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Tennis champ battles rare autoimmune disease

HOW THE STRATEGY SHE USED ON COURT IS HELPING HER COPE

PUZZLES BONANZA

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THEMBINKOSI MTHEMBU

SHAKA ILEMBE STAR ON THE PAIN THAT GIVES HIS NEW ROLE SPECIAL MEANING



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you



PRINCESS ANNE AT 75

Why Charles' no-nonsense sister is more popular than ever

'SHE'S THE BEST QUEEN WE'LL NEVER HAVE'



MONEY TROUBLE FOR NICKY & LEE-ANN

Golden couple's quiet move to Dubai as insolvency looms



TAYLOR SWIFT & TRAVIS KELCE

'WE'RE SO PROUD OF EACH OTHER'

Lovebirds on the 'wild, romantic' way they met, their instant chemistry and how they handle the pressures of fame

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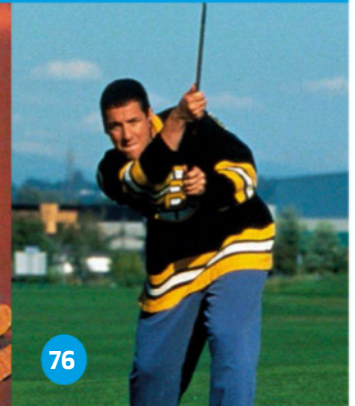
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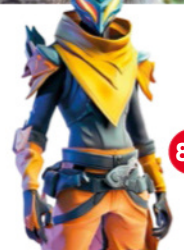
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NDEED, you are right: this week's magazine does cost R10 more than last week's issue.

That's the hard news.

But here's the good news: YOU now also has 16 more pages than before!

Included in our increased offering is a pullout supplement with 15 pages of puzzles plus more stories than before.

We've had to increase our cover price to ensure our business model stays on track, but we don't want to do so without giving you more value for your money – hence the extra pages with extra content.

Hopefully this means you can spend even more precious me-time with your YOU every week.

We'll keep doing our very best to make sure each week's issue is packed with all the things you've come to love on our pages – nothing gives us a bigger thrill than making sure we make magic for our readers.

Thank you for your continued support – it's a joy and a privilege to work on your YOU every week!

Gynne

YOU subscribes to the SA Press Code, committing us to journalism that's true, accurate, fair and balanced. If you feel we don't comply, call the Press Ombudsman on 011-484-3612 or email pressombudsman@ombudsman.org.za.

WINNING LETTER

FEELING THE LOVE

Most people assume that disabled people are asexual. These preconceived ideas include the notion that people who use wheelchairs do not have romantic relationships and, dare I say, enjoy intimacy.

I am living proof that this way of thinking is incorrect. I use a mobility device to get around and I have had romantic encounters and I enjoy them. I have the same desires and needs as the next person.

Although I am single now, I know I am capable of being a loving and caring partner

to someone special.

But before this can happen, I wish people would leave their judgments at the door and take the time to appreciate what disabled people have to offer.

Don't dismiss someone just because they are unable to walk or move their bodies in the conventional way, because disabled people are people too.

We have the same feelings as everyone else and we also want companionship, love and lots of fun!

TALLULAH

R400!

TALK TO US

Got something to get off your chest? We'd love to hear from you. Letters and SMSes should be no longer than **200 words**. Opinions expressed here aren't necessarily those of YOU's editorial team. We can't undertake to reply to all letters. The sender of the winning letter receives **R400**.

Email letters@you.co.za
SMS 36489



MONUMENT OF SHAME

Regarding the R105-million sale of Markus Jooste's Hermanus mansion (YOU, 21 August), this property, now marketed as a "landmark of luxury," is in truth a monument to greed and betrayal.

While estate agents speak of stunning views, thousands of South Africans live with the wreckage of Steinhoff: pensions gutted, savings lost, futures stolen. Glossy brochures can't disguise the truth – this opulence was funded by deceit.

It is obscene that Jooste's lavish sanctuary is paraded for admiration while ordinary people count their losses. We must remember the victims, not romanticise the spoils of corruption.

NEVER FORGET

QUIET LEADERSHIP

During my 25 years of being employed at the same service station I've never held a position of leadership. However supervisors often entrust me with the responsibility of training new staff members.

I also empower junior staff members to be more effective and innovative. I urge them to seize the initiative and take responsibility and I provide support and guidance from a less-visible position.

In fact it's more enjoyable to lead from behind. You're appreciated by the authorities and the workers because you voluntarily share your experience out of the goodness of your heart.

MJ KUBU

IT'S HARD FOR INTROVERTS

Is there room in society for introverts? It seems like this personality type is often overlooked. It starts in preschool. Shy kids often aren't noticed, while the extroverts with their bubbly personalities are placed front and centre.

The child who doesn't want to recite a poem in front of the class might be branded as defiant or rebellious and receives negative evaluations: not a "team player", "uncooperative".

Few people understand the fear an introvert experiences when exposed to a group of people. It's not easy for introverts to make friends. Gaining their trust takes a long time. Every day is a challenge.

Even just walking past colleagues and greeting them in the morning can be an unpleasant experience. It takes superhuman effort to deliver presentations, provide valuable input or lead meetings. Making small talk and mingling are

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NO WORK FOR PAY

■ To the woman suing her firm for paying her to do nothing for 20 years (YOU Facebook), the world has gone mad! You have been paid for doing nothing for two decades. They should have medically boarded you for being unable to do your job. If anything, you should be thanking them for continuing to support you. I hope this gets kicked out of court.

REINI

■ South Africa's state-owned enterprises are packed with people who've reported

for duty for years and had no meaningful work allocated to them. It's incredibly destructive to the career of the person who finds themselves in this position.

JULES

■ Many people in this country also get paid for doing nothing.

CONCERNED CITIZEN

■ Quite bizarre. She should repay all the money she was paid for all these years.

MUDANETT

stressful. You stand to the side, leave as early as possible or find excuses not to attend.

Introverts are often classified as snobs or colleagues who can't or won't contribute, who are "negative", and are therefore ignored. Yet, they are often none of the above. They are also working hard and making contributions. Introverts should be appreciated.

RONEL

A MAGICAL SEASON

It's often said that winter is ugly, that everything is dead. For me, it is the opposite: winter is so beautiful and everything is actually alive.

The best part is an early morning walk with my beanie on. The fresh, icy air on my face makes everything feel clean.

Winter is soup-and-bread time, biltong time, rugby time, pruning time, quince time. I just love my warm bed at night, while sparing a thought for all the people who don't have a warm shelter.

In the morning, I marvel at the sparkle of pure-white grass – even though my beautiful red flowers have been frost-bitten. I cut them off lovingly because I know they will bloom again.

Perhaps many of us are now also in the winter of our lives. I just want to say to you: take heart. Winter will pass and the sun will shine again.

ANNATJIE

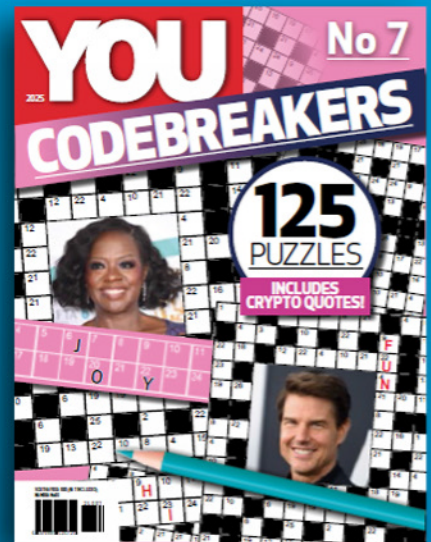
NO PLACE FOR ZOOS

Feeding pets to zoo animals in Denmark (YOU, 21 August) is a shameful disgrace. Zoos are outdated, colonial enterprises that do not serve an educational or scientific purpose.

The complex natural environments and natural behaviour of wild animals cannot be recreated in captivity. Zoo animals show deep psychological trauma from being in captivity through behaviours such as pacing and swaying.

Moreover, according to a BBC programme, more than 5 000 healthy zoo animals are culled in European zoos because they're "surplus" and not "genetically valuable". This culling exposes the lie that zoos are there for animals' survival and for conservation purposes.

There is no excuse for zoos – online livestreaming is packed with nature programmes showing wild animals performing natural behaviours in their natural environments.



CODES TO BE CRACKED

The seventh issue of YOU Codebreakers is jam-packed with puzzle fun, including crypto quotes where the aim is to decipher something said by a famous person using the clue provided and your wits. There's also a delightful mix of code-breaker grids for those who are new to the game and experts.

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IN BRIEF

Siv Ngesi's period-pad campaign is an amazing initiative (YOU, 21 August). Thank you for making a difference to the lives of many women and girls around South Africa.

EDUCATOR

What a brilliant young man Siv Ngesi is. May success and happiness follow you.

MALAKAVRE

His mother's passing may be a wake-up call for Brad Pitt (YOU, 21 August). Grief has a way of reminding us of what truly matters. Perhaps Jane's legacy of love will inspire the star to heal the gaping rifts with his children. Perhaps he'll start to learn to value family above fame and past conflicts.

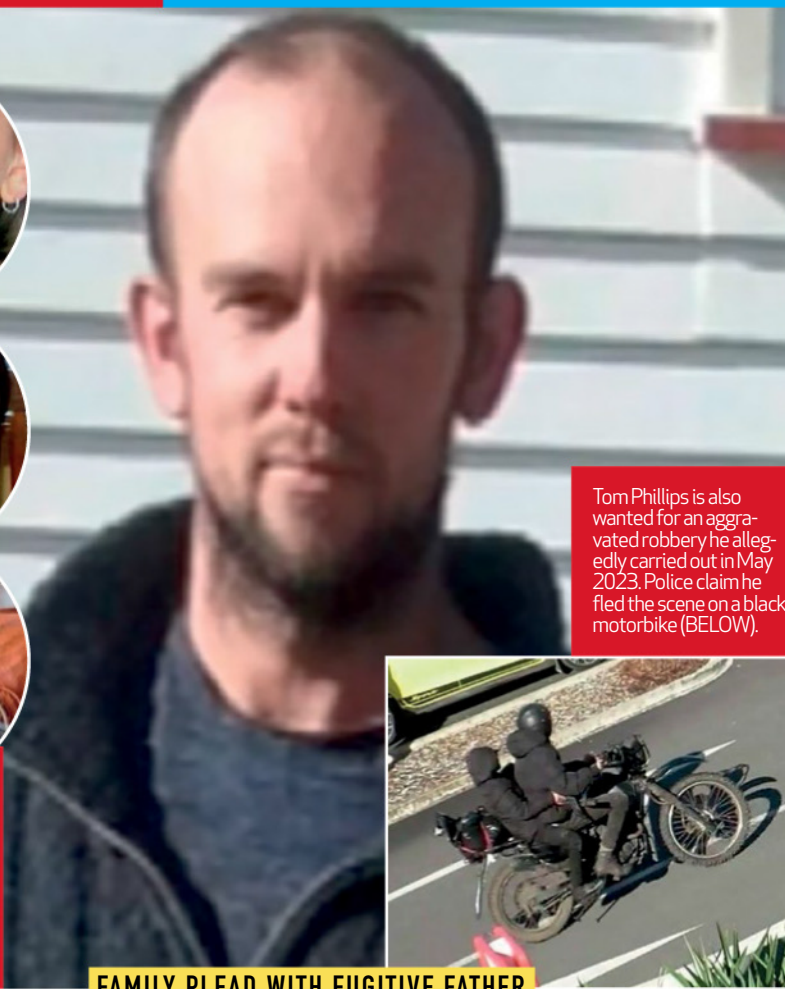
MIA

Prince Harry's public fallout at Sentebale (YOU, 21 August) exposes how celebrity egos can imperil vulnerable lives. While he steps away, retreating into his life of unimaginable luxury, it is the children battling poverty and Aids who pay the price. Working for a charity demands commitment, not glory.

FOR PITY'S SAKE



FROM TOP: Ember, Jayda and Maverick Phillips have been missing with their father in the New Zealand wilderness since 2021.



Tom Phillips is also wanted for an aggravated robbery he allegedly carried out in May 2023. Police claim he fled the scene on a black motorbike (BELOW).



FAMILY PLEAD WITH FUGITIVE FATHER

DAD ON THE RUN

THE family of a fugitive dad who has been on the run with his three young children for almost four years has spoken out publicly for the first time to urge him to come home.

Tom Phillips vanished from the rural town of Marokopa on New Zealand's North Island in December 2021 with Jayda (now 12), Maverick (10) and Ember (9) following a custody dispute with their mother.

Authorities believe Phillips and the children have been living off the grid, with Phillips using survival skills to feed

and clothe the kids. However, police allege he's committed a series of crimes, including robbery.

They were last spotted by pig hunters in a remote part of the island in October 2024 and remain at large despite numerous police search operations and a NZ\$80 000 (R825 600) reward.

While the children's mother, Cat, has made numerous public pleas, Phillips' family has not commented – until now.

"I miss you and I miss being part of your life," Phillips' sister, Rozzi Phillips, recently told New Zealand journalist Paddy Gower on his TV show.

Rozzi told the reporter she's making the appeal now "in the hope that just maybe, maybe he's going to see this, and maybe he's going to get to see that he can come home, and that we are here for him, and it might just be okay".

Police believe Phillips and the children are hiding in a densely forested and hilly region that has plenty of cave networks and is teeming with wildlife.

The disappearance continues to fascinate New Zealanders, with many amazed Phillips has been able to evade capture for so long and survive off the grid with three young kids.

STILL BEHIND BARS

MENENDEZ BROTHERS DENIED PAROLE

LYLE and ERIK MENENDEZ were recently denied parole for their roles in the 1989 killings of their parents, José and Kitty Menendez. The brothers, now 57 and 54 respectively, have served nearly three decades in jail after being sentenced to life in prison in 1996.

The siblings, aged 21 and 18 at the time, claimed they killed their parents after years of sexual abuse by José but prosecutors argued the murders were motivated by a multi-million-dollar inheritance.

The parole hearings were part of several attempts by the brothers, who have

both earned college degrees behind bars, to get the justice system to re-evaluate their case. But Los Angeles County district attorney Nathan Hochman opposed their release, citing insufficient acceptance of responsibility.

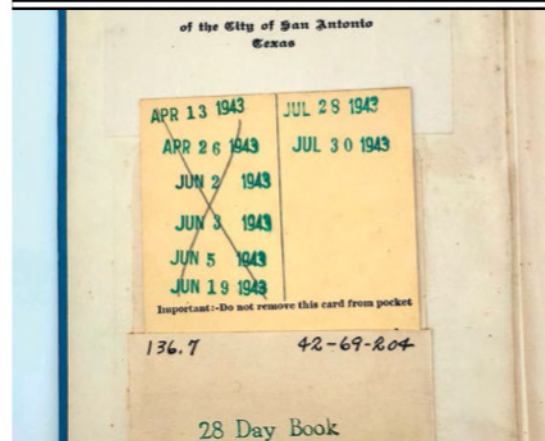
Erik's parole was denied due to his criminal history, including decades of prison infractions involving contraband phones, drug smuggling, violence and inappropriate behaviour with visitors.

While commissioners praised Lyle as a "model inmate" with "genuine remorse," they noted he still exhibits "antisocial personality traits".



Erik Menendez

Lyle Menendez





PIC OF THE WEEK

CHURCH ON THE MOVE

Sweden's 113-year-old Kiruna Church, a much-loved wooden landmark, has been moved five kilometres to a new site. Weighing 672 tonnes, it was slowly carried on steel beams and transported over two days at just 500 metres an hour. The move is just one step in a decade-long process of relocating the whole town of Kiruna, which is at risk of sinking due to its proximity to Kiruna Mine, Europe's biggest underground mine.

SPORT

BREATH-HOLDING RECORD BROKEN

CROATIAN freediver **VITOMIR MARIČIĆ** has set a new Guinness World Record by holding his breath underwater for 29 minutes and 3 seconds – smashing the previous record by nearly five minutes.

The extraordinary feat, undertaken to raise awareness for ocean conservation, puts Vitimir's endurance on par with harbour seals and is about twice as long as a bottlenose

dolphin is thought to hold its breath.

To achieve this remarkable milestone, Vitimir used a pure oxygen preparation technique, breathing pure oxygen for 10 minutes beforehand. This process increased his blood-oxygen levels to five times the normal limit, providing crucial reserves for his body's tissues.

"I started with nearly five times more oxygen than usual," Vitimir explained on Instagram. "Without that, I never could have lasted so long"



QUOTE OF THE WEEK

'I think I earned my right and have the luxury of kind of choosing where I want to go and what I want to play'

— NOVAK DJOKOVIC

on his recent decision to prioritise only tennis' most prestigious events, the Australian, French and US Opens and Wimbledon

NUMBERS GAME



R468 million

How much a one-off Ferrari Daytona SP3 recently sold for, making it the most expensive new one ever bought. Auctioned by RM Sotheby's, the bespoke supercar was commissioned through Ferrari's Tailor Made customisation programme.

IS THAT A FACT?

82 YEARS OVERDUE

A LIBRARY BOOK checked out in July 1943 has finally made its way home. Your Child, His Family, and Friends by marriage counsellor Frances Bruce Strain was recently returned to San

Antonio Public Library in the US by someone who "inherited" it after their father's death.

The parenting guide was borrowed when the person's father was just 11 years old.

"The book must have been borrowed by my grandmother, Maria del Socorro Aldrete Flores (Cortez)," the anony-

mous returner wrote in a letter shared by the library on Instagram.

The letter writer added: "I hope there is no late fee for it because Grandma won't be able to pay it anymore."

Fortunately, the library scrapped overdue fines in 2021. The book's inside cover

bore a warning of 3c (US) daily penalties. Today, 3c would equal 56c daily, resulting in a theoretical fine exceeding \$16 000 (R288 000). However, the library confirmed no payment would be required.

Eight decades may seem like a long time for an overdue library book, but it's nowhere

near the record.

Guinness World Records says the most overdue library book was returned to Sidney Sussex College, University of Cambridge in England, in 1956.

The book, a German history text, was borrowed in 1668, some 288 years earlier. No fine was extracted.



TWO TS IN A POD

SHE doesn't need more fans – she already has millions around the globe.

But when pop superstar Taylor Swift sat down for a candid two-hour chat on boyfriend Travis Kelce and his brother Jason's podcast it didn't just break podcasting records – it also turned some unlikely listeners into full-blown Swifties.

"I was a bit annoyed that this sports podcast was going to have a pop singer on it," a 54-year-old sports fan commented on YouTube. "I was going to skip it. But I have *never* been this engrossed in anything for two hours in my entire life. I am now a Taylor Swift fan."

The episode, which smashed the record for the most listened to in New Heights' podcast history, marked the first joint interview by the famous couple and their love was on full display – to the delight of everyone listening.

In between the story of how she got her master's back in May, backstage secrets of her Eras tour and the announcement of her new album *The Life of a Showgirl*, Taylor and Travis – who were seated close together and often affectionate with each other – dished up intimate insights into their two-year relationship.

"I owe a lot to this podcast," the 35-year-old singer said. "This podcast got me a boyfriend since Travis decided to use it as his personal dating app about two years ago."

In what could be viewed as a full-circle moment she recalled how the NFL star's "wild, romantic gesture" of admitting he had a crush on her on the podcast in July 2023 was like something out of an '80s romcom. At the time Travis (35) discussed trying and failing to give Taylor a friendship bracelet with his phone number on it when he attended her Eras Tour concert in Kansas.

Taylor Swift and Travis Kelce are no longer hiding their love from anyone!

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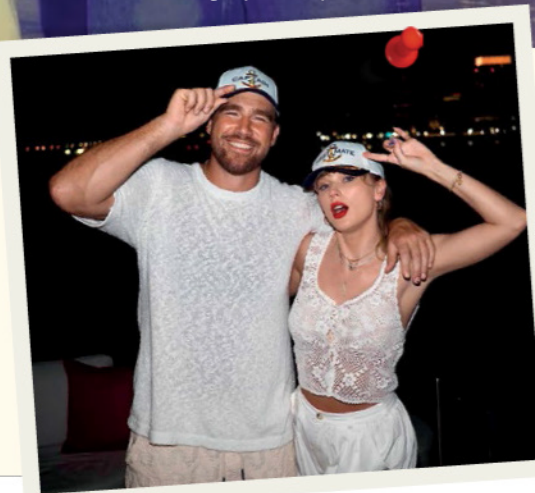


TOP LEFT: The famous lovebirds spoke openly about their relationship on a podcast recently. BELOW: Sources say Travis treats Taylor with dignity and respect.

Teasing her boyfriend, who plays for the Kansas City Chiefs, Taylor said, "You realise he didn't even reach out to our management... he thought that 'cause he knows the elevator lady he could talk to her about just getting down to my dressing room."

She then joked that Travis threw a "man tantrum" when he was denied entry.

But Taylor admitted that Travis' public attempts to woo her left her pretty impressed.



"I was like if this guy isn't crazy, which is a big if, this is sort of what I've been writing songs about wanting to happen to me since I was a teenager.

"It was wild but it worked. I'm glad it worked."

They went on to meet for the first time at one of Travis' games and confirmed their romance in September 2023. Once they started talking they both felt a connection.

"I knew he wasn't crazy the first couple of times we talked," Taylor said.

"I was just, like, he's truly getting to know me in a way that's very natural, very pure, very normal... also just the way he could make me laugh.

"Travis is a vibe-booster. He's like a human exclamation point."

She also admitted she knew zero about his career or football in the beginning.

"You were not judgemental about the fact I knew nothing about the world you were in... You were so nice."

Travis also shared his first impression of Taylor. "She blew me away. I had never experienced something so mesmerising on stage and then so real and so beautiful in person. I give the Eras Tour credit because if I'd never gone to that show I would never have gone on the podcast and told everybody how butthurt I was.

"I'd never just been so engulfed in the curiosity of who you were."

IN THE beginning many thought their romance wouldn't last. She comes from the world of pop music, he from professional sport. What could they possibly have in common?

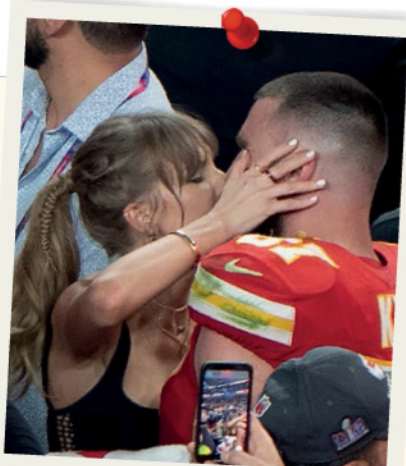
Quite a lot, Travis says.

"I hadn't experienced somebody in the same shoes as me, having a partner who understands the scrutiny, understands the ups and downs of being in front of millions," he told GQ magazine, whose September cover he graces.

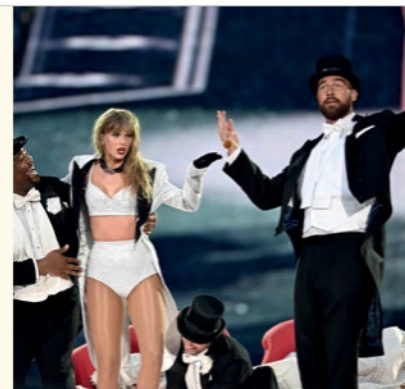
"That was very relatable, seeing how exhausted she would get after shows. She may not think of herself as an athlete. But I've seen what she goes through. I've seen the amount of work she puts on her body and it's mind-blowing."

It's clear they're each other's biggest cheerleaders. In February last year Taylor flew into the US from Japan where she'd just finished four back-to-back shows to support her man at the Super Bowl.

After they won Travis embraced her on the field and gave her a gushing shout-out on Instagram.



LEFT: Taylor Swift kisses Travis Kelce after his American football team Kansas City Chiefs won the Superbowl last year. She's become a keen fan of the sport. RIGHT: The athlete made a cameo appearance on stage at TayTay's concert in London last year.



"Thank you for the support, thank you for coming, thank you for making it half-way across the world. You're the best, baby."

Later that year he reciprocated, making a cameo appearance on stage at her London show dressed in a tuxedo and top hat to participate in her I Can Do It With a Broken Heart segment.

"It was great to just be a ham and have some fun. And I didn't disappoint Taylor so that's all that really matters," he said later.

Taylor has also shared how they stay on top of the issues that could otherwise plague their relationship as an A-list couple.

In December 2023 she told Time they make sure to prioritise each other.

"When you say a relationship is public that means I'm going to see him do what he loves, we're showing up for each other, other people are there and we don't care.

"The opposite of that is you have to go to an extreme amount of effort to make sure no one knows that you're seeing someone. And we're just proud of each other."

Travis is also said to be a big part of Taylor's sexier image, which is evident on her new album cover where she's seen posing seductively in a feathered leotard and fishnet stockings.

"Travis treats her with so much dignity and respect and it has allowed her to explore a sexier side of herself safely," a source says.

IT CERTAINLY seems a case of the right person at the right time when it comes to these two.

Before Taylor, Travis dated fitness model and sports journalist Kayla Nicole on and off from 2017 to May 2022. After their public breakup Kayla – who now has her own podcast called The Pre-Game – vowed she'd never date another star athlete again.

Before Travis, Taylor was in a six-year

relationship with British actor Joe Alwyn. Her superstardom was reportedly a factor in their breakup.

"Joe has struggled with Taylor's level of fame and the attention from the public," a source says, adding they also "grew apart".

"Though they'd been discussing marriage, Taylor didn't see them working out in the long run."

For Travis, Taylor's fame is not an issue.

"They've built a lot of trust. They both knew what they signed up for and navigated it well," an insider told Us Weekly.

"They've managed to satisfy fans' demands of seeing them in public while also maintaining a surprisingly low-key private life as well."

The past few months have been the longest stretch of uninterrupted time the lovebirds have had together since they began dating.

They've been spotted holding hands on romantic dinner dates in New York, taking in an ice hockey championship game in Florida and attending a wedding in Knoxville, Tennessee.

Travis also finally shared photos of his famous girlfriend on Instagram, sending Swifties into a frenzy.

He posted a carousel of intimate pics showing the two of them posing with a friend in the snow, sipping wine in the mountains and skating on an ice rink.

"Had some adventures this offseason, kept it 100," he wrote.

Of course, the only thing better than what they have right now is to make things official.

"They want to be married and have kids in the future. They're both genuinely ready for that chapter," a source told Us Weekly.

"They have settled into a real rhythm as a couple and the more time they spend together, the more they realise how aligned they are.

"Travis has the best personality and Taylor is never bored with him." □

Say less and do more has always been Princess Anne's approach and even at 75 she's proving why she's considered the royal family's hardest worker

COMPILED BY NICI DE WET



LEFT: Princess Anne rewore this dress from the King's Foundation Awards ceremony in June for her 75th birthday portrait. BELOW LEFT: The second portrait, also taken at her Gatcombe Park home, featured her in a red dress with pearl jewels.

NO DRAMA, JUST DUTY

SHE would much rather be doing something than saying something – and preferably with minimal fuss, thank you very much. It's been Princess Anne's way for as long as anyone can remember and also earned her the title of hardest-working royal.

So when it came time to celebrating her milestone 75th birthday on 15 August King Charles' only sister specifically requested no fuss be made. The only celebration she allowed was a reception for more than 100 of her charities at Buckingham Palace in June.

On the big day itself she reportedly sailed to Scotland with her husband, Vice Admiral Sir Timothy Laurence – sailing is a passion they share. She couldn't escape the royal tradition of releasing a new portrait, however – in her case two.

Taken at her Gatcombe Park home in Gloucestershire the first shows her posing in a blue dress with white trim, while in the second she wears a belted red dress with white button detailing.

"The epitome of a strong woman," said one fan on the royal family's official Instagram account where the portraits were shared.

"Leading by example is your most precious crown, and we are immensely grateful," wrote another.

Anne's colour scheme mirrored that of her country's flag, the Union Jack, no doubt a sign of the pride she has for the country she's served since birth.

The Royal Mint also took the occasion of her birthday to release a new coin honouring Anne's "remarkable lifetime of service".

The commemorative £5 piece states simply, "The Princess Royal. Celebrating 75 years. Duty and devotion."

Anne herself personally approved the coin which features a portrait of her wearing the aquamarine pineflower tiara and her official coat of arms.

At her charity reception in June, Anne spent two hours shaking hands with

more than 200 guests.

"This personifies what Her Royal Highness cares about," a palace source told The Telegraph at the time.

"She didn't want to do anything for her birthday but bring her charities together."

"She doesn't say no to very much," another insider adds. "But she always wants to know where she can add value."

INSIDERS say the princess has a new lease of life after the terrifying horse accident in June last year that saw her hospitalised for five days. At the time the palace played it down, saying she'd sustained "minor injuries and concussion" from an incident on the grounds of her estate. After a short break she returned to her duties in July.

However, she has no memory of the accident.

"I know where I thought I was going and that was to the chickens, a regular visit, nothing to do with horses," Anne said afterwards.

"I don't have any idea what I was doing in the field because I never normally went that way."

Insiders say the accident left her daughter, Zara Tindall (44), "shaken to the core".

"It was much worse than the public ever knew," a source close to the princess royal shared.

Anne seemed to hint at this, saying the ordeal "reminds you, shows you, you never quite know, something (happens) and you might not recover".

She says she is "taking each day as it comes".

"You are sharply reminded that every day is a bonus really."

Like her late mother, Queen Elizabeth, and her brother, Charles, Anne remains committed to carrying out her duties for as long as possible.

"I don't think there's a retirement programme on this particular life," Anne said earlier this year. "It isn't really an option, no, I don't think so."

As one close source told British newspaper The Telegraph, "She's got what I think we all hope for in middle age. Enthusiasm for everything, an understanding of how the world works, and still contributing."



ABOVE: Anne and brother Charles in a photo released on her third birthday in 1953. ABOVE RIGHT: The Royal Mint's £5 coin in honour of her 75th birthday.



ABOVE: Anne is the only daughter of the late Queen Elizabeth II and Prince Philip. BELOW: Her 30th birthday portrait, also taken at her Gatcombe Park home.



'I DON'T THINK THERE'S A RETIREMENT PROGRAMME ON THIS PARTICULAR LIFE'

LOVED BY ALL

There's little doubt diligent Anne is loved by her countrymen.

In a YouGov poll carried out this year she was the third-most popular of the royals, just behind future-heir Prince William and his wife, Kate.

Many of her fans have bemoaned the fact she wasn't born first.

"She's the best queen we'll never have," said one at a royal event.

But others think things have turned out as they should.

"I'm not so sure about that. She is very good at the job she has," another responded.

While other members of the Windsor

family have become tabloid fodder – her brother, Prince Andrew, and nephew, Prince Harry, to name a few – she's remained just about scandal-free.

"She just keeps her head down the whole time, keeps working away and leaves others to worry about column inches," her 47-year-old son, Peter Phillips, said in a TV interview last year.

She was however involved in one of the most dramatic incidents in royal history when an armed man tried to kidnap her near Buckingham Palace in 1974.



**'SHE'S THE BEST
QUEEN WE'LL
NEVER HAVE'**



RIGHT: Anne in turquoise and grey on day one of this year's Royal Ascot event. LEFT: In another blue look, but this time at the Horse Guards Parade in London.

YET SHE CAN BE SCATHING . . .

Anne is known for her rather brusque plain-speaking public demeanour – reminiscent of her late father, Prince Philip.

And just like him she doesn't suffer fools gladly. She's been known to make scathing remarks without batting an eyelid.

In 2012, the year Britain hosted the Olympics, she let slip exactly what she thought of someone in the lead-up to the event.

Anne allegedly called someone on the International Olympic Committee (IOC), which she sits on, "probably the most stupid person in world sport".

The slip-up happened

when her mic was left on during a discussion.

Lord Sebastian Coe, president of the International Association of Athletics Federations, says the moment remains one of his favourites.

"As her words echoed around the room she never even flinched. It was as though it never happened and we just moved on."

And once on Christmas Day she reportedly upset a fan who'd been waiting outside the church at Sandringham to greet the royal family as they left.

As Iris Halfpenny handed flowers to Anne telling her she'd arranged them herself,

Anne replied that it was a "ridiculous thing to do".

UK body-language expert Judi James describes her as having a "stubborn sense of confidence".

"Anne's body language looks very much like her taste in fashion and personal styling.

"All three appear to have been decided on decades ago and then stuck to with an air of stoic determination.

"In an era devoted to narcissistic image enhancements Anne looks like a woman refreshingly comfortable in her own skin and a woman unbothered by the opinions of others."



1

1 Anne wore a turquoise Susan Small coatdress and John Boyd pillbox hat for Prince Charles' Investiture in 1969.
2 At the 1973 London premiere of *Jesus Christ Superstar* in a floral balloon-sleeved dress.
3 She had the balloon sleeves of this gown she wore to the 1984 Baftas altered for a Save the Children Festival of Trees event in the 2000s.
4 In a bold floral top and purple skirt for King Constantine of Greece's 70th birthday celebration in 2010.

2

3

4

A STYLE ALL OF HER OWN

She may be the last person to label herself a style icon yet Anne has emerged as an unlikely one. While she does not exude the high glamour of Princess Catherine or the late Princess Diana, Anne always looks smart and stylish – and regularly renews her clothes.

She wears dark sunglasses for formal outdoor events, sometimes chooses cheaper costume jewellery over pieces from the royal collection and often keeps leather gloves on even when indoors.

"Anne is all about practicality and function over anything else," an insider says.

Yet she's not without flair – she has become synonymous with the silk headscarf, which she's worn since the 1970s, either around her neck or over her head.

In fact, her love of the style is just one of the reasons she's become so adored by Gen Z who cite her as a "quiet luxury" pin-up for her cool equestrian aesthetic. There are many videos on TikTok dissecting her outfits.

While Anne is usually seen

in subdued colours, she's been known to step out at events in a bright colour or print, showcasing her more flamboyant side.

She rarely wears clothes from international design houses, instead favouring small, local labels. Among her go-tos are Shibumi, a brand based in Gloucestershire whose cashmere coats and scarf shawls she loves. Another is the Cheltenham-based Cotswold Collections.

In 2020 she was praised by then-Vogue editor Edward Enninful. "Princess Anne is a true style

icon and was all about sustainable fashion before the rest of us really knew what that meant," he said.

"She is timeless in her style and she wears a tailored suit better than anyone else I can think of."

Silvia Venturini Fendi, creative director at major fashion label Fendi, cited the royal as an inspiration for her autumn/winter 2024-2025 menswear collection titled *Town and Country*. Dubbing Anne "the chicest woman in the world", she described her as capable of "maintaining her femininity while wearing a uniform".



FROM FAR LEFT: Anne has worn this coat at least five times; donning her signature silk scarf; at Royal Ascot in 2021 wearing a Vera Miles look; in a bold check look at Royal Ascot in 2017. RIGHT (clockwise): Anne loves hats. At the 2018 Cheltenham Festival; at the 2022 Festival of British Eventing; at the same event in 2008; at the 2024 Cheltenham Festival.





GONE TO GROUND

Questions swirl around the financial affairs of businessman Nicky van der Walt as it emerges he and model wife Lee-Ann Liebenberg made a hush-hush move to Dubai

BY MEGHAN LAWRENCE PICTURE: SHARON SERETLO

THEY were South Africa's It couple. Glamorous, good looking and super-wealthy Lee-Ann Liebenberg and Nicky van der Walt made no secret of the fact that they had a taste for the finer things in life.

From their designer clothing to the champagne they quaffed and their envy-inducing holidays in exotic locations, nothing but the best would do for the supermodel and her polo-player-turned-businessman husband.

Sometimes their extravagance seemed a bit over the top, like when they splashed out on a Dior crib for their first-born child Gia and decorated the walls of her nursery with Ralph Lauren wallpaper. But the power pair made no apologies for their lavish lifestyle – it seemed like a case of “if you’ve got it, flaunt it”.

So it was a surprise when news broke recently that Nicky has been provisionally sequestered and is facing the threat of insolvency. Judge Nobahle Mangcu-Lockwood didn't mince her words when handing down judgment at the high



LEFT: Nicky van der Walt and Lee-Ann Liebenberg are facing financial difficulties. **RIGHT:** His restaurant Tang at the V&A Waterfront in Cape Town.

court in Cape Town declaring that the businessman had moved to Dubai to “evade” paying his debts.

Apparently when the sheriff arrived at the couple's Sandton residence last year to serve the warrant of execution he discovered all their assets had been quietly shipped out of the country in early May and that the family had moved to Dubai.

Nicky also confirmed to the sheriff of the court that he had sold his vehicles.

While the couple have openly shared plenty about their private and business lives on social media it seems they didn't share anything about their plan to leave South Africa. Instead they quietly packed up and left with their three children, Gia (13), Gabriella (9) and Jagger (4).

If they are going through a difficult time they're keeping it firmly under wraps. Social media posts by Lee-Ann (42) from July show her and Nicky (45) on holiday in France and Greece with their kids, looking as if they hadn't a care in the world.

HE'S always been a guy who likes to think big, and in 2016 Nicky announced he was part of a R110-million undertaking to restore Cape Town's famous Ritz Hotel to its former glory – complete with its iconic revolving top-floor restaurant and a nightclub.

At the time he said he was going to manage the 220-room hotel while his wife would be on board in an advisory role. But it seems he may have bitten off more than he could chew. After millions were ploughed into the refurbishment project, Nicky's relationship with his business partners soured.

The high court in Cape Town ordered Nicky's management company to vacate



**'HE SIDESTEPED THE SHERIFF
ON SEVERAL OCCASIONS.
THAT'S WHY WE APPLIED FOR
PROVISIONAL SEQUESTRATION'**



LEFT and ABOVE: Lee-Ann and Nicky often share photos of their children Gia, Gabriella and Jagger on social media.
FAR LEFT: Nicky told GQ just last month how successful his restaurant and bar Tang is.

the property in 2018 with Judge Patrick Gamble saying the company had displayed “chutzpah of the first order” by occupying the Sea Point hotel since March 2017 without paying the agreed rent, believed to be R1,3m a month, to the owner of the property, Ritz Plaza.

Nicky and Lee-Ann moved back to Joburg, where they threw their energy into Tang, a trendy bar and restaurant in Sandton and Cape Town. But it turns out he owed R3,3m from a co-suretyship agreement he entered into with the owner of property company Mel Properties 100, Walter Hennig, to develop the hotel. And now the chickens have come home to roost, with the court ordering him to repay what he owes plus interest, which adds up to well over R5m.

Fred van der Westhuyzen, acting on behalf of Mel Properties 100, tells YOU they had no choice but to initiate sequestration proceedings after Nicky failed to comply with a 1 November 2023 court order to pay the outstanding amount.

“We were obliged to issue a warrant for execution so the sheriff could seize his assets. He also sidestepped the sheriff on several occasions. That’s why we went to apply for provisional sequestration.”

It’s been an eventful few years for Nicky and Lee-Ann. After a miscarriage, the model and former Miss SA finalist gave birth to their son Jagger in March 2021. But a few months later Lee-Ann announced that she intended to divorce

responded, assuring his social-media followers that he and his wife weren’t splitting. “Lee is suffering from deep PPD (postpartum depression) and all I can do is try to be there for her,” he wrote. “I ask everyone to please give us space to work through this and respect our family and pray for her to get better so we can put it behind us and focus on our beautiful children. Lee-Ann, I love you with all my heart, baby. Always and forever.”

A year later he and Lee-Ann told YOU they’d saved their marriage by going to couples therapy which had taught them to understand each other better and respect their mutual boundaries.

THE pair aren’t shy about publicly expressing their love for each other on social media.

“Happy birthday to my beautiful, amazing wife!”

Nicky said in a tribute post to Lee-Ann last year. “Today, we celebrate YOU – the heart of our family and the light of my world. I love you more than words can say! Thank you for being the best wife and mother.”

There have been other posts since – of the pair sipping champagne, celebrating their 14th wedding anniversary and a visit to Cape Town with their kids earlier this year. But there’s no hint of their new life in Dubai or any money woes.

A source with knowledge of insolvency tells YOU it would have “serious financial

implications” for Nicky.

“After the judge ruled Nicky can be provisionally sequestered, the Master’s Office in Cape Town will appoint provisional liquidators to search for his assets,” the expert explains. “The liquidators will be looking for everything, even if Nicky’s assets are in Dubai.”

Mangu-Lockwood confirmed in her judgment Lee-Ann and Nicky were married out of community of property and she therefore did not form part of the creditor’s application.

However the expert says

if it turns out Nicky has moved his assets over to his wife the liquidators could draw her into proceedings.

Also if he’s declared insolvent he will no longer be allowed to be a director of companies, the source points out. According to the Companies and Intellectual Property Commission, Nicky is a director of Tang Waterfront, Tang Holdings and Tang Holdings Group.

Although Nicky has expressed disappointment about the court judgment he said in a statement he’s committed to paying the ordered amount by 29 September so he can focus on his restaurant business without further distractions.

He stated he emigrated to Dubai with his family in September 2023 to open Tang Dubai. In an interview with GQ in July Nicky, who was named Best Restaurant Personality 2024 in the RASA Rosetta Awards, implied his restaurant was doing a roaring trade. However calls to Tang Dubai immediately go to voicemail.

The Palace Hotel in Dubai, where Tang is located, tells YOU the restaurant is no longer operating. “We don’t know what’s going on here. It’s probably been closed for two months,” says the hotel.

Nicky and Lee-Ann are reportedly back in Cape Town but YOU wasn’t able to establish whether it’s just for a visit or if they’ve moved back for good.

They’ve both changed their cellphone numbers and Nicky’s communications officer Nicole Ogle said he’s not keen to talk. “He’s not going to grant any interviews.”

It seems as if the couple prefer to communicate via social media, and in a family pic shared by Lee-Ann just days after the court judgment, it was all smiles. □

MY BIGGEST RESET YET

She's overcome many hurdles on and off the court. Now nine-time Grand Slam champ Monica Seles is facing her latest health challenge with the same can-do mindset

COMPILED BY **JANICE BECKETT-MSIZA**

IN HER heyday she won nine Grand Slam titles – seven of them before she turned 19. She spent months as the world No 1, reaching the final in nearly every tournament she played. Then came the unthinkable.

In 1993 Monica Seles was stabbed while playing against Bulgaria's Magdalena Maleeva by a deranged Steffi Graf fan who wanted to help Steffi regain her No 1 spot. The attack sent shockwaves through the tennis world and forced her off the court for two years.

Despite the emotional trauma she made a remarkable return and won another Grand Slam.

After retiring in 2008 she continued playing exhibition matches alongside tennis legends like John McEnroe and Chris Evert and mentoring younger players.

But in 2019 she stepped back from the spotlight. Fans occasionally wondered what had happened to the teen prodigy but she maintained a low profile. Now she's sharing why.

Monica was diagnosed with myasthenia gravis (MG), an incurable chronic autoimmune disease that attacks the communication pathways between nerves and muscles.

She'd never heard of the condition



ABOVE: Monica Seles has been diagnosed with an incurable chronic autoimmune disease. **ABOVE LEFT:** She may struggle physically with day-to-day tasks, but Monica still loves to get on the court and hit a few balls. **LEFT:** With Max, one of her many rescue dogs.

until symptoms like extreme weakness in her arms and legs, along with troubling double vision, forced her to seek medical help. "Just blowing my hair out became very difficult," she recalls.

After years of keeping her diagnosis private, the 51-year-old is speaking out to raise awareness about the condition. "My MG journey over the past five years has not been easy. It took me quite some time to really absorb it, speak openly about it, because it's a difficult one. It affects my day-to-day life quite a lot."

Though simple daily tasks have be-

come challenging Monica is finding ways to adapt. "After my stabbing I had to process it internally for years and my diagnosis was very similar. I had to understand my new normal," she says.

MONICA first noticed something was wrong in 2019 but the path to a diagnosis wasn't straightforward. "I'd be playing tennis with some kids or family members and I'd miss a ball. I was like, 'Yeah, I see two balls,'" she recalls.

At first she tried pushing through it but “a couple of instances happened when – on court and in daily life – I realised there was something going on.”

She sought medical advice just as the Covid-19 pandemic began, which made consultations even more challenging. Her doctor referred her to a neurologist and after two years of tests and scans she got her answer. “When I first got my diagnosis I’d never heard of it in the news or from anybody else. I had a hard time pronouncing it,” she says.

The diagnosis left her feeling isolated but Monica had developed a crucial life skill over the years – how to rally when everything falls apart. She calls it her reset philosophy.

“I had to, in tennis terms I guess, reset a few times,” she explains.

Just like in tennis where you reset between points – mentally clearing yourself and positioning for what’s next – she’s applied this same approach to her biggest life challenges.

Her first reset came at 13 when she left her tight-knit Serbian family to pursue tennis in America without speaking English. Her father, Karolj, had been her coach, mother Ester the family backbone and brother Zoltan her training partner. The sacrifice paid off when she claimed her first major title at the 1990 French Open.

“I mean, just being in Paris winning the title, I was like, ‘Oh my gosh’. I didn’t realise how much my life would change,” she reflects.

Overnight fame brought her second reset. “That was a reset too – the fame, money, the attention, changes everything and it’s hard as a 16-year-old to deal with all that.”

The 1993 stabbing marked her third reset. Monica took two years away from tennis, battling a binge-eating disorder alongside physical recovery. “I had to do a huge reset,” she says.

When she returned she won the 1996 Australian Open. “My last Grand Slam title was totally different. After the stabbing to come back and know that to a certain degree I could still play at that level, it was special.”

Now MG represents her fourth reset – and she’s approaching it with the same determination that has carried her through before.

“It’s been very challenging dealing with it,” she says. “But knowing that there’s hope out there and a great community has helped me tremendously.”

MONICA officially retired 17 years ago after dozens of tournament wins. “It was a wonderful journey – I love the game of tennis – but I needed a break from it,” she says. “I needed to move onto other journeys, other passions.”

Those passions have included extensive charity work. The international tennis hall-of-famer serves as goodwill ambassador for IIMSAM, a non-profit promoting spirulina against severe malnutrition, and speaks for charities supporting people with disabilities.

In 2014 she married billionaire Tom Golisano after dating him since 2009. The 83-year-old businessman is worth an estimated \$6,4 billion (R115,2bn) and formerly owned the Buffalo Sabres, a professional American ice-hockey team. While they don’t have children together, Monica is a stepmother to Steven and Cynthia from Tom’s previous marriage.

“As we get older we realise what life is about – family and good friends,” Monica says.

Her latest passion involves channelling her MG experience into advocacy through a partnership with immunology company Argenx.

“I’ve since realised that by sharing my story, I can raise awareness of this disease, empower patients to advocate for themselves and help them connect with the MG community for support,” she says.

She plans to attend the US Open this month for an Argenx awareness event and will catch some tennis while she’s there. The sport remains central to her life and she’d love to try television



Monica is married to Tom Golisano, an American billionaire businessman and philanthropist.

commentary again.

“I personally love listening to Chrissy Evert obviously because she can cover so many different generations and the expertise,” she says.

“She has so much life experience, which I think is so important for the younger generation to hear.”

Monica has her own pearls of wisdom to share from her experience.

“That ball is bouncing – and you’ve just got to adjust,” she says. “That’s what I’m doing now.” □

RIGHT: The sports world was stunned when Monica was stabbed in 1993 by a fanatic Steffi Graf fan in Germany. BELOW: At the US Open semifinal in 1996. BELOW LEFT: As a teenager Monica won the French Open in 1992 for a third consecutive time. It was her sixth major title.





Heads rolled, parts broke and there were spills galore at the world's first robot games – seems like humans still have the edge over machines for now!

COMPILED BY **DENNIS CAVERNELIS**

THERE was no blood, sweat or tears at this global athletics event but at least one head left its shoulders, there was plenty of crashing and falling over, and quite a few competitors needed to be dragged off the field after collapsing in a tangled heap.



More than 500 bipedal robots from 16 countries gathered in Beijing recently for the first World Humanoid Robot Games. Robots took part in multiple Olympic-style events, including soccer, running, dancing and kickboxing.

The first World Humanoid Robot Games, which took place in Beijing, China recently, was both an impressive showcase of robotics technology and a demonstration of its limitations when compared to the strength, speed, grace and agility the human body is capable of.

More than 500 bipedal humanoid robots from 16 countries took part in the Olympic-style games in events including soccer, running, kickboxing and dancing.

"In many cases," noted Popular Science of the competitive events, "gravity was the real winner."

The games opened with the 1 500m race, which was won by Unitree, China's leading robotics company. It also took third place. Second place went to veteran Chinese robo-athlete X-Humanoid, which earlier this year won the first humanoid robot half-marathon, also in Beijing.

But there were runners who didn't finish at all – one robot was forced to retire from the race

Not all robots were up for the athletic challenges that faced them. But while the robots didn't break any records, their ability to run at all is a huge advancement in robotic technology.

after its head came off its shoulders as it rounded a bend.

"Keeping [the head] balanced while in movement is the biggest challenge for us," said Wang Zizi (19) from the Beijing Union University team that entered the robot.

Another robot runner ran into a human walking alongside the track, knocking him over.

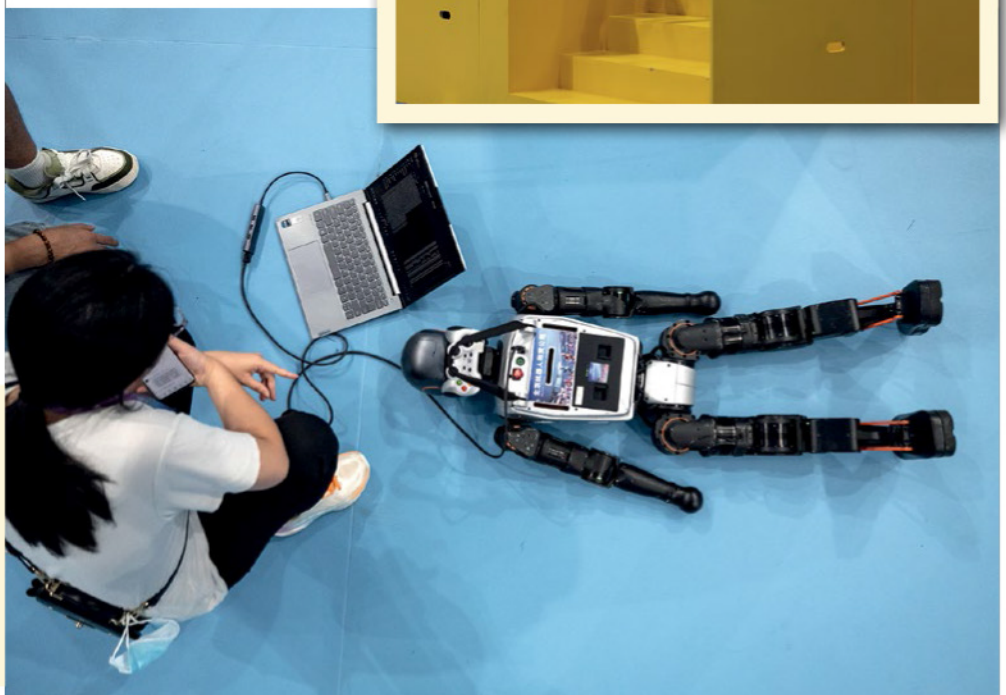
The winning Unitree robot finished in a time of six minutes and 34 seconds – almost twice as long as the human record set by Morocco's Hicham El Guerrouj in 1998 at 3 minutes and 26 seconds.

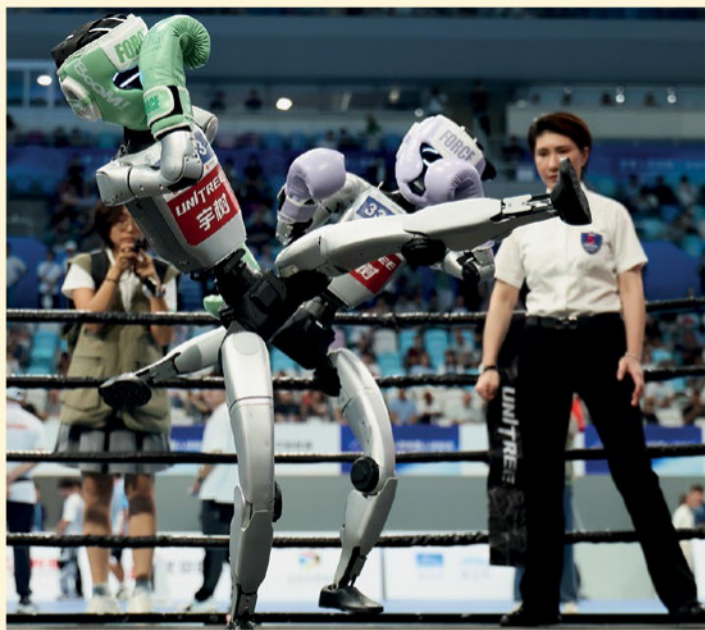
Its speed was nonetheless impressive, said robotics professor Ken Goldberg from the University of California, Berkeley, explaining

that while it wasn't close to the record, it was much faster than many non-professional human runners.

"Despite the falls, significant progress in robot locomotion and balance is being achieved, including backflips, sideflips and other acrobatic and martial arts moves," Goldberg said.

An opening ceremony-style spectacular followed the race with four robots in 3D-printed terracotta warrior ➤





carried it offstage. Over in the kickboxing arena robots wearing colourful gloves and headgear did well landing

coordination abilities useful for factory assembly lines.

A kickboxing match at the games – where robot competitors wore protective headgear and gloves – moved at a slower and less accurate pace than a human encounter would have.

◀ armour beating drums in synchrony as five others danced alongside a human performer.

“These humanoid robots hold drumsticks and execute precise strikes perfectly in time with the music,” said Gao Qian, deputy head of the academic affairs office of Beijing Dance Academy.

ing kicks but when they missed one they’d topple to the ground. They also struggled to land punches.

“To be honest the hit rate is a little low,” lamented a commentator in the event’s official livestream. “They’re punching the air.”

Things didn’t go much better in a five-a-side soccer match where an attacking robot scored a goal only after repeatedly failing to bypass a mostly stationary goalkeeper.

When the ball did get past it, the goalkeeper robot lost its balance and collapsed to the ground.

The organisers emphasised the research value of the competition, saying that football matches help develop

“We come here to play and to win but we are also interested in research,” said Max Polter from Germany’s HTWK Robots football team. “You can test exciting new approaches in this contest without the financial risk of product development.”

Robots took part in challenges such as navigating obstacles and skills-based tasks such as moving materials and sorting packages.

“We hope to truly advance humanoid robots from the laboratory into real-world applications in factories, hospitals, homes and other scenarios. This is a crucial step toward achieving large-scale production,” said Li Zhiqi from the Beijing municipal government’s counsellors’ office, which hosted the event held in China’s National Speed Skating Oval, a 12 000-seat arena originally built for the 2022 Winter Olympic Games.

THERE was also a robo-runway show, with robots wearing fashionable outfits walking on the stage and waving to the cheering crowd.

One sequined robot tripped and fell face-first into the stage where it lay prostrate for a minute before a pair of humans carefully picked it up and

THE Humanoid Robot Games are part of China’s strategy to build a world-class humanoid industry by 2027 as it seeks solutions to its ageing population and declining workforce.

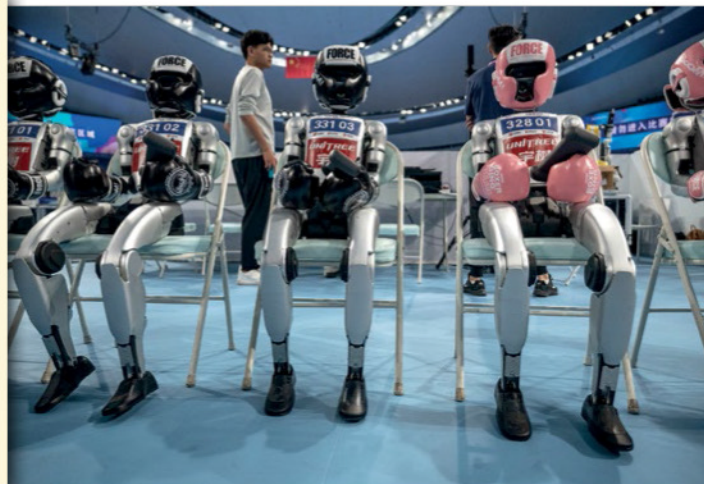
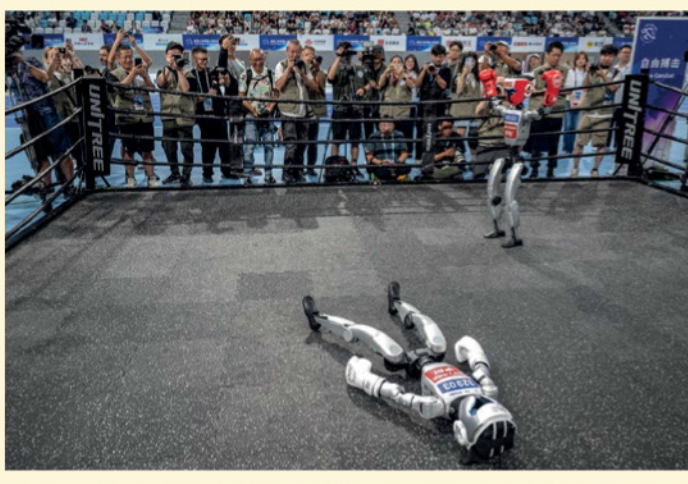
The event was the latest in a series of high-profile robotics events, including the world’s first humanoid robot half-marathon in Beijing, a robot conference and the opening of Robot Mall,

a shopping centre selling robotic goods, from gadgets to humanoid robots.

Humanoid robots

LEFT: Technicians wait with their humanoid robots before the medal ceremony for the 3-on-3 football event.





While other forms of AI such as large language models can be trained using reams of digital data, there is much less data available for training an algorithm on how to walk through crowded restaurants or up and down flights of stairs.

Robots don't yet have the dexterity of a human hand to perform even mundane tasks such as folding clothing or using a kitchen knife. A human hand has about 27 "degrees of freedom" or independent movements through space.

Tesla's Optimus humanoid, one of the most advanced models, has 22.

Alan Fern, a robotics professor at Oregon State University, said the games helped "give the public a realistic impression of where things really are – five years ago it was rare to see a humanoid robot that could reliably walk, let alone run, jump or handle rough terrain."

But Fern said the robots seen in these games are generally not equipped for higher-level functions such as planning or reasoning and usually need a human operator to guide them.

"The robots are still dumb." □

could take the place of factory workers as China tries to retrain and redeploy its workforce into more hi-tech jobs.

Robots could also offer practical and emotional support for older people.

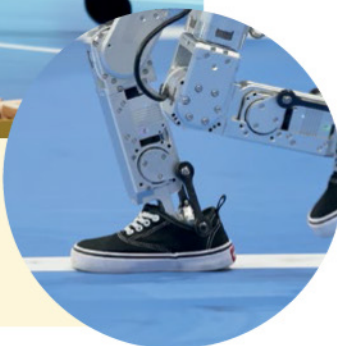
"The vision of robot-assisted elderly care is not far away," said a recent article in People's Daily, a mouthpiece of the Chinese Communist Party.

But there's still a sizeable leap between robots playing football and managing small daily tasks to robots that can

Walking on uneven surfaces was another challenging event for the robots, but their articulation has improved a great deal over the past few years.

safely interact with vulnerable people.

"My view on the whole humanoid explosion is honestly a bit of scepticism," said Dr Kyle Chan, a researcher at Princeton University in the US.



RIGHT: Chinese actor and model Hu Bing presents a bouquet to a robot at the opening ceremony of the games. Robots modelled outfits and performed music and dances. FAR RIGHT: The event was also a chance for technicians and robotics engineers to test how the technology plays out in the real world.



NINE & READY TO SHINE

She wanted to be a hairdresser, but now Lexi Venter is getting rave reviews for her performance in the hit movie *Don't Let's Go to the Dogs Tonight*

BY **NOKUTHULA ZWANE-EJIKE**



SHE never dreamt about becoming an actress – being a hairdresser looked way cooler as far as nine-year-old Lexi Venter was concerned.

But as soon as Hollywood star Embeth Davidtz clapped eyes on the blonde cutie from Durban she knew she'd found a star.

Embeth was looking for “a non-actor, unspoiled, feral little girl” to play the role of Bobo in the movie adaptation of Alexandra Fuller’s bestselling memoir *Don’t Let’s Go to the Dogs Tonight* and Lexi fitted the bill perfectly.

She had auditioned just to humour her mom, Vanessa, who’d spotted a Facebook ad calling for girls to send in audition videos for the film, which Embeth not only stars in but also directs.

After submitting her video and being invited to a callback in Ballito, Lexi didn’t think much more about it – so it was a huge surprise when Embeth came to her house to offer her the role in the movie, which was produced by Anele Mdoda, Trevor Noah and Frankie du Toit.

“I enjoyed meeting Embeth,” Lexi says. “I was very excited and happy that I got the part.”

Back then she had no idea Embeth is a big-name star who has appeared in films such as *Schindler’s List*, *Matilda* and *The Amazing Spider-Man*.

Embeth decided to keep this a secret so Lexi could focus on being herself and not become starstruck. “I only found out right at the end,” Lexi tells YOU.

LEXI found it easy to slip into the role of Bobo, a “wild and free” kid who spends her days running around the farm and riding her motorbike and horses. She didn’t need to learn to ride a motorbike – she had ridden one since age five. The production team used Lexi’s own bike in the movie after spraying it to suit the period and look of the movie.

Shot in South Africa with a local cast including Rob van Vuuren, Zikhona Bali and Fumani Shilubana, the film explores Zimbabwe’s transition from colonial rule to independence through a child’s eyes.

FROM LEFT: Young Lexi Venter stars in *Don’t Let’s Go to the Dogs Tonight* along with Embeth Davidtz, Rob van Vuuren and Zikhona Bali.



LEFT: Lexi Venter at the movie’s Joburg premiere with Zikhona Bali and Embeth Davidtz. **BELOW:** With mom Vanessa, brother Logan and dad Riaan.



Lexi’s first day on set was a blend of excitement and nerves. “I was nervous but there were lots of people to help me and everyone was so kind,” she recalls.

She says her parents, Vanessa (48), a massage therapist and photographer, and Riaan (47), a wildlife cinematographer, gave her some good advice.

“They told me to just be natural and be myself. Listen to the director and try and follow what she tells me to do.”

Lexi says it also helped that her parents were able to explain the historical context of the movie, which made it easier for her to learn her lines.

‘IT WAS FUN GETTING TO DO THINGS I’M NOT ALLOWED TO DO AT HOME’

“I didn’t find anything hard about becoming Bobo. It was quite fun getting to do things I’m not allowed to do at home.”

Those forbidden thrills included learning to load a gun and perfecting fake smoking. Lexi was taught how to puff without inhaling with imported film cigarettes which are 100% tobacco- and nicotine-free and

their use was kept to the bare minimum. Rehearsals and run-throughs were done using a pencil.

“It was fun to arrive each day and see all the different sets. Every day was different.”

She says it helped having her mom, dad and 12-year-old brother Logan on set to support her. “They were able to come with me. Even my dog, Shadow, was allowed to come.”

Logan thinks it’s cool his little sister got to star in a movie, which had its world premiere at the 2024 Telluride Film Festival in the US. “He even got to be my stand-in sometimes,” Lexi says.

Her mom says the family didn’t regard all the time they had to be on set as a sacrifice. “We were all so excited for her and to be included was just an adventure for all of us,” Vanessa says.

The rhythm of being on set soon be-

came second nature for Lexi – the early morning wake-ups, rehearsing lines in the car, then time spent with the wardrobe and makeup crews.

“After that I would go to my chill room and relax until needed. When I was called, they would touch up my makeup and we would rehearse the scene first and then film it from all different angles.”

WITH critics hailing her performance as “unforgettable” and “mesmerising”, it seems a bright future beckons. Having been signed by New York talent agency Brookside Artist Management it’s probably just a matter of time before we see Lexi on the big screen again.

She had so much fun starring in her debut, which hit the SA movie circuit in July, that she’s happy to put her hairdressing dreams on hold for now.

But her parents intend to be very selective about what roles to accept, ensuring each opportunity serves Lexi’s future career rather than pushing her into work for work’s sake. “The acting is seen as an extracurricular for now, similar to her piano and ballet lessons,” Vanessa says.

It’s already quite a juggling act to accommodate everything because the Grade 4 learner is always on the go.

“I love doing ballet, playing the piano, swimming in the ocean and boogie-boarding and surfing. I also enjoy playing squash and riding my bike,” she says.

English and science are her favourite subjects because she loves writing and stories and learning about the world around her.

Lexi has this advice for other aspiring young actors: “I want them to know that it’s not as easy as it looks – it’s a lot of hard work. There are a lot of lines to learn. But I also want them to know that it’s a lot of fun and I enjoyed it.” □

THE NEXT BIG THING

A young boy in the Eastern Cape township of Zwide he would sit glued to the TV watching rugby. Later he watched the Junior Springboks play and it was the beginning of a dream that would blossom just a few years later.

Today at just 20 Bathobele Hlekani is making waves in rugby.

Standing 1,93m tall and weighing 115kg he's an imposing presence on any field. But it's not just his giant frame that has rugby fans buzzing – it's the way he uses every inch of it.

The utility forward's name is being mentioned everywhere – from township clubs to the highest echelons of SA rugby, including Bok coach Rassie Erasmus.

Bathobele's real breakout moment came in Italy where he helped the Junior Springboks clinch the prestigious World Rugby Under-20 Championship for the first time in 13 years. His performance was so impressive he was selected as one of just three Junior Boks called up to train with the senior national squad in July ahead of the Rugby Championship.

It was during that camp that he caught everyone's attention. A video of him maintaining possession against multiple senior Boks went viral, leading fans to dub him the country's next big thing.

For Batho, as he's affectionately known to friends and teammates, the past year has felt completely surreal.



Star Junior Springbok loose forward Bathobele Hlekani was honoured with a rugby award at Graeme College.



IT'S BEEN A LONG ROAD
FROM ZWIDE, BUT NOW
BATHOBELE HLEKANI
HAS THE RUGBY WORLD
AT HIS FEET

BY ALULUTHO GUZANA



FAR LEFT: With Siya Kolisi, Rassie Erasmus, Cheswill Jooste and Haashim Pead. **LEFT:** A young Batho showing off his African Bombers jersey.

"This has been the best year of my life," he tells YOU from Durban where he's playing for the Sharks in the Currie Cup. "Sometimes I lie in bed thinking I'm dreaming because of the hardships I endured growing up and now I'm here. I'm just in awe of how far I've come," he says.

BATHOBELE'S journey began in the dusty streets of Zwile township where his single mom Sibongile worked as a domestic worker to feed him and his three siblings.

Growing up he played street soccer with friends and when they attended rugby training he followed. At 11 he joined African Bombers – the same club that launched Siya Kolisi's career.

"After my first match I knew I had made the right decision," Batho recalls.

His speed caught the coach's eye and he was moved from wing to flank. By Grade 7 he was playing for Ndzondelelo High's Under-14 side but life remained a struggle as his mother often couldn't afford rugby boots. "Friends and neighbours would lend me gear," he says. "Their kindness kept me going."

The turning point came in 2021 when coach Xolani Grootboom knocked on his door with news about trials for the Grant Khomo Week. "When he told me about the trials I said my mom doesn't have money. He said, 'Don't worry, I will accompany you.'"

Although he wasn't registered, his coach's recommendation got him into the trials. Batho made it through all three rounds and was selected for the Under-16 team. "I knew I had to give everything because this might be my only chance," he says.

His selection earned him a scholarship to Graeme College

in Makhanda but the transition was brutal.

"Moving was tough because it was the first time I'd left my mom and I didn't speak English," he says. "Teachers and classmates helped me adjust."

His persistence paid off for Eastern Province when he was named as the Under-18 Craven Week's best player.

Then just as everything seemed to be coming together, tragedy struck during the December holidays when Sibongile suffered a stroke and lost the ability to speak and walk.

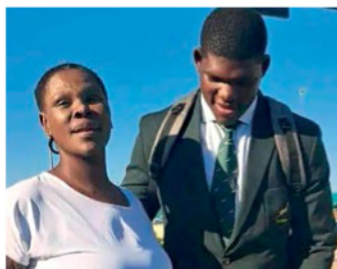
"I felt helpless watching her suffer. My aunt stepped in to care for us," Batho recalls.

After his mom had recovered Batho channelled his emotions into rugby.

In 2023 during matric he made his second Craven Week appearance, earned SA Schools selection and was named forward of the year at the Ruggas Awards.

His performance at the Graeme Rugby Festival later that year caught a Sharks selector's attention and cemented his place in the Under-19 team.

'MOVING WAS TOUGH – IT WAS THE FIRST TIME I'D LEFT MY MOM'



HIS rapid rise continued after his Sharks selection. In January 2024 he moved to Durban but before settling in he joined the Bok Under-20 camp in Cape Town.

By May he made his Junior Bok debut at the Under-20 Rugby Championship.

"At tending the camp was surreal because throughout high school I watched the Junior Boks on television," Batho says. "Being part of the team and making it to Australia was amazing but nerve-racking. This was the first time I'd travelled overseas and played in a Test match."

He then made his senior debut for the Sharks in the 2024 Currie Cup, helping them win the title again after six years.

He joined the Junior Boks at the Under-20 Championship in Italy and helped SA triumph with a 23-15 win over New Zealand. "Winning the cup after so long was so special," he says. "I kept motivating my teammates that we could do it because we'd played this team before."

His form caught the attention of the Bok coaches, who invited him to attend the two-week conditioning camp.

"I didn't believe it when they called. I thought it was one of the other players pranking me," he says with a laugh. "Being in the presence of players I watched at the World Cup was incredible."

While he didn't make the squad the Bok coaches see his potential. "It was fantastic to have Bathobeale with us," Rassie told Planet Rugby "His enthusiasm and the way he grabbed the opportunity with both hands was impressive."

Now as Batho continues his development, he'll move to Johannesburg in December after signing with the Lions.

"I'm super excited – new team, new environment and many more things to learn," he says.

For the boy who once watched the Junior Boks on television with stars in his eyes, earning his senior Springbok cap has surely never felt closer. □

ABOVE: Batho with mom Sibongile. **LEFT:** Celebrating with the Junior Boks after they won the world title.



Gelda Waterboer became famous when her TikTok video warning kids about inappropriate touching went viral.

TEACHER'S TRENDING MOMENT

Her viral video has had more than 110 million views – and it was prompted by her childhood abuse

BY COLIN HENDRICKS

WHEN teacher Gelda Waterboer sang a rhyme to her Grade 1 learners to help them understand inappropriate touching, she really wanted them to take the message to heart.

So she uploaded it to TikTok, hoping they would watch it again at home.

The Namibian educator never expected that within two weeks the video would be viewed 110 million times, turning her into a viral sensation who was being written about by the likes of the New York Post and BuzzFeed.

It's the way she belts out the rhyme that makes her video stand out. Watching her, it's clear it's something deeply personal.

"These are my private parts. Nobody should touch them. Nobody should squeeze them. And if you touch my private

parts, I will tell my mother, I will tell my father, I will tell my teacher..."

And she's not paying any heed to those who say Grade 1 is too early to expose children to these types of messages.

"I don't think abusers sit and wait for a certain age – they just wait for an opportunity," she says.

AMOM of three, Gelda says that from the time her youngest daughter was three she started teaching her "that no one was allowed to touch her there".

When I was in first grade I went through something because of a family member," Gelda (31), a teacher at Rogate Primary School in the

Namibian town of Otjiwarongo, tells YOU by video call. "It was a traumatic experience."

And that's what drives her today. She wants to spare her learners from having to go through the same thing.

"I want to tell them upfront that certain things are not normal," she says. "Because when it happened to me I thought, 'Oh maybe it's normal. Maybe that's what they do because it's your family member and you trust that person.'"

The rhyme has actually been around for years.

"I saw it on YouTube three years back and started sing-

ing it to my classes because I felt like it was the type of stuff I needed to hear as a kid."

parts, I will tell my mother, I will tell my father, I will tell my teacher..."

She's already seeing a difference in her class since she introduced the rhyme to her pupils.

"Now if they go to the bathroom and someone is looking at or chasing them they tell me. It's stuff they'd never noticed before."

Her colleagues refer to her as their "celebrity" and learners start singing her rhyme whenever they see her.

"It makes me quite embarrassed," she laughs.

But if it saves even one child from falling prey to a predator it will all be worth it, she says.

What happened to her as a child had a huge impact on her.

"As a teenager I needed so much attention from men and I just wanted to be in a relationship and would run after them. It was a very chaotic phase in my life."

She's in a much better place mentally these days, she says.

To her surprise the family member who abused her apologised earlier this year.

"He said that what he did was really wrong and that he's proud of the woman I am today and grateful I'm not letting what happened to me send me in a different direction."

Although she forgave him, his apology got her thinking.

"It made me realise that he was well aware of what he had done and if I had a voice, I would have told someone."

While she can't turn back the clock she can try to prevent the same thing from happening to other kids.

"I want to be the teacher that I never had that every child needs."

Gelda will complete her honours degree in education in October and wants to start on her master's next year.

"I want to go further in education so I can make a bigger impact."

But for now she's happy in her classroom.

"I just want to be the best person for the kids right now and make sure they know they have an adult they can talk to if they don't feel safe." □

Gelda was stunned when she saw how well her video of her singing a safety song to her learners was doing online.



YOU GLAM GRAN TOP 10

Our panel deliberated for weeks – now it's up to you to decide who will walk away with the title of **YOU's Glam Gran**.

We received hundreds of entries celebrating grandmothers who love abundantly, inspire everyone around them and exude confidence and style.

Our **Top 10 finalists** come from all walks of life and each has her own unique story – but what they all have in common is that they are exceptional grandmothers who radiate **elegance** and **grace**.



Anthea McCormick (56),
Paarl



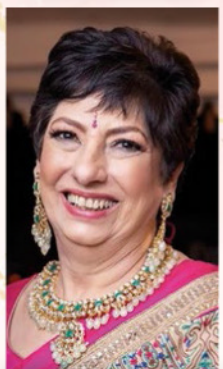
Amanda Cloete (60),
Springbok



Annah Mametsa (57),
Polokwane



Frances September (93),
Cape Town



Jean Naidoo (66),
Durban



Leigh-Ann Ducroq (54),
Johannesburg



Martha Motloutsi (64),
Pretoria



Mandy Heggie (58),
Sedgfield



Mantsopa Mosime (68),
Rustenburg



Virginia Hassen (70),
Cape Town

FABULOUS PRIZES FOR THE WINNER!

- R10 000 in cash
- A Bada Bing Bada Body hamper worth R3 000
- A SKNLOGIC hamper to the value of R2 148
- The winner's story will appear in YOU and on you.co.za – and her picture will feature on the cover of the magazine.
- The winner will also receive a copy of her very own bespoke YOU cover, featuring her as the cover star.
- The winner will be styled by our beauty and fashion teams and feature as a model on YOU's fashion pages.



- Visit YOU's voting page on you.co.za
- Get to know our Top 10 finalists and then choose the person you believe deserves the Glam Gran title. You will only

HOW TO VOTE

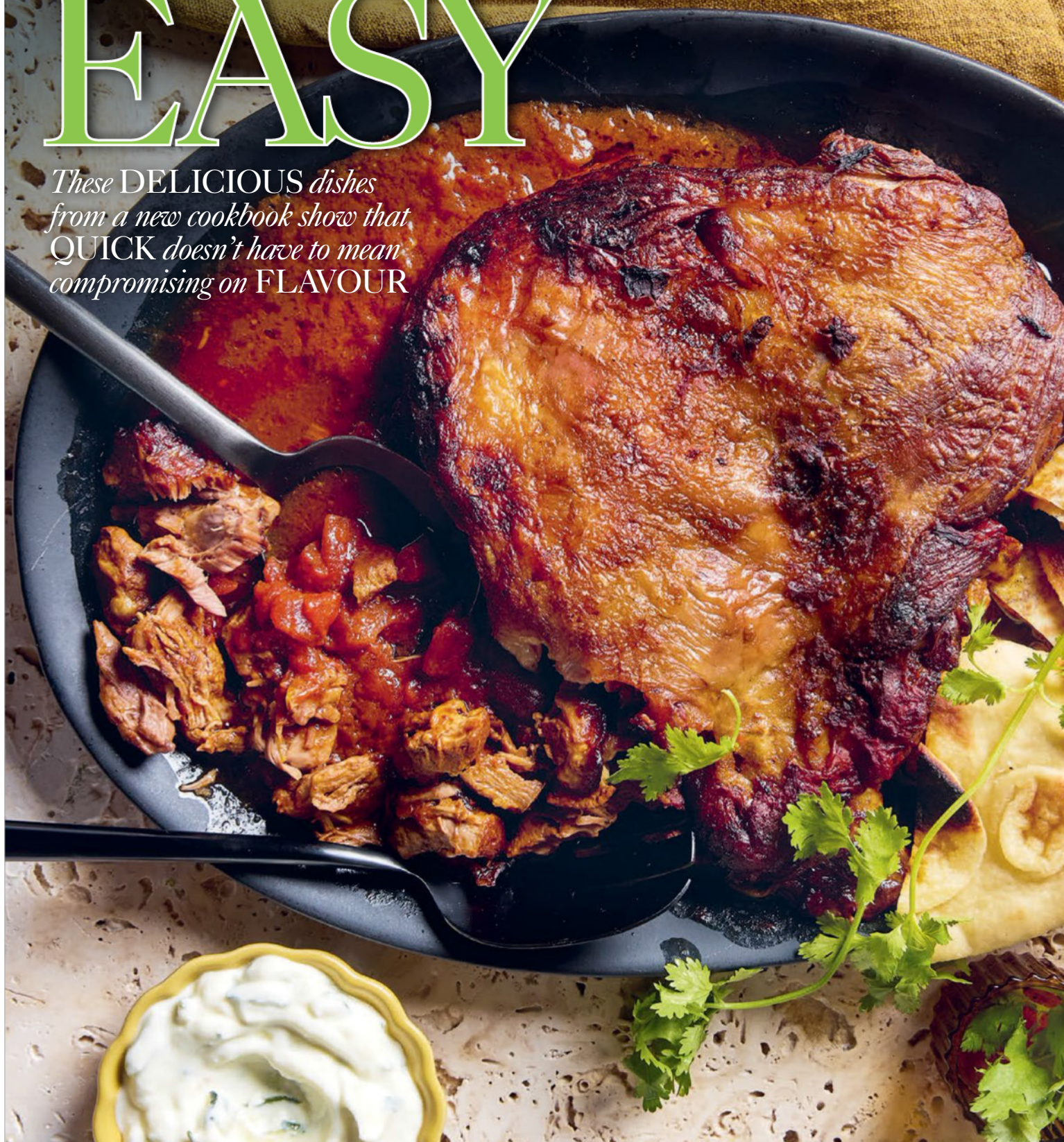
- be able to vote once, so be sure to use your vote wisely!
- Only votes made on our voting page will be counted.
- Voting closes

- on Friday, 5 September.
- The finalists with the most votes will be considered for the winner.
- Our winner will be announced during September.



Supper made EASY

*These DELICIOUS dishes
from a new cookbook show that
QUICK doesn't have to mean
compromising on FLAVOUR*



TANDOORI LAMB SHOULDER

SERVES 6-8 / PREPARATION: 10 MINS / COOKING: 2 HRS 15 MINS



TANDOORI LAMB SHOULDER

- 1,5kg deboned lamb shoulder
- 15-30ml (1-2T) oil
- 30ml (2T) rogan josh curry paste
- 15ml (1T) grated fresh ginger
- 10ml (2t) crushed garlic
- 15ml (1T) tomato paste
- 2 onions, roughly chopped
- 1 can (400g) peeled and chopped tomatoes
- 250ml (1c) lamb OR vegetable stock, plus extra if needed
- 15ml (1T) sugar

TO SERVE

- basmati OR cauliflower rice
- store-bought naan OR home-made flatbreads
- a dollop of plain yoghurt
- chopped fresh coriander

Preheat the oven to 170°C.

- 1** Brown the lamb in the oil in a large ovenproof pot. Mix the remaining ingredients and pour over the meat.
- 2** Roast for 2 hours with the lid on, adding a little extra stock along the way if needed. After 2 hours, turn the temperature up to 200°C and cook with the lid off for 15 minutes or until the lamb has crisped up slightly on the outside.
- 3 To serve** Prepare your choice of sides.
- 4** Remove the pot from the oven. Shred the meat using two forks and stir it gently into the cooking liquid.
- 5** Serve the lamb on rice, cauliflower rice or flatbreads, topped with the yoghurt and fresh coriander.



FUSS-FREE BACON & FETA FRITTATA



FUSS-FREE BACON and FETA FRITTATA

SERVES 4 / PREPARATION: 5 MINS / BAKING: 20 MINS

- 150g diced bacon
- 15ml (1T) olive oil
- 2 handfuls (about 100g) finely chopped baby spinach
- 6 eggs, lightly whisked
- 250ml (1c) full-cream milk
- 125ml (½c) crumbled feta, soft goat's milk cheese OR grated cheddar
- salt and freshly ground black pepper to taste

TO SERVE

- green salad of your choice

Preheat the oven to 190°C.

- 1** Fry the bacon in a little oil in a medium-size ovenproof pan for 3-4 minutes or until lightly golden.
- 2** Stir in the spinach until it wilts.
- 3** Mix together the eggs and milk and pour into the pan.
- 4** Add the cheese and season.

- 5 To serve** Bake the frittata for 20 minutes or until golden. Remove from the oven, allow to cool slightly and serve with the salad.

VARIATIONS

- * Use sliced smoked salmon instead of bacon, which will also reduce the cooking time as you will only need to wilt the spinach and then everything can be combined and put in the oven.
- * Make individual muffin-size frittatas as a delicious snack or lunchbox filler.



ONE-POT CREAMY TOMATO PASTA



ONE-POT CREAMY TOMATO PASTA

SERVES 4 / PREPARATION: 5 MINS / COOKING: 15 MINS

- 500g baby tomatoes
 - 15ml (1T) olive oil
 - 5ml (1t) crushed garlic
 - 400g gnocchetti pasta shells
 - 750ml (3c) hot water
 - 200g Boursin® Full Fat Cream Cheese with Garlic & Mixed Herbs
 - salt and black pepper to taste
- TO SERVE**
- a small handful of fresh basil leaves

- 1 Cook the tomatoes in the oil in a large pot over medium heat for 3-4 minutes or until they start to blister. Add the garlic and cook for a minute.
- 2 Add the pasta along with the water and stir through. Cook for 8 minutes or

until al dente, adding a little extra water if needed.

- 3 Stir in the cream cheese then remove the pot from the heat. Allow to stand for a minute or so until the cheese has melted, then season with the salt and pepper and stir everything together.
- 4 **To serve** Serve immediately in bowls and garnish with the basil leaves.

Quick TIP

You can add diced bacon – simply fry it with the tomatoes. Or add 1 to 2 cups of shredded roast chicken along with the cream cheese.



CHICKEN CACCIATORE



CHICKEN CACCIATORE

SERVES 4 / PREPARATION: 10 MINS / COOKING: 1 HR 15 MINS

- 6-8 chicken thighs (skin on, bone in)
 - salt and black pepper to taste
 - a dash of oil
 - 1 onion, diced
 - 1 carrot, diced
 - 2 sticks celery, diced
 - 5ml (1t) crushed garlic
 - 5ml (1t) dried mixed herbs
 - 30ml (2T) tomato paste
 - 250ml (1c) red wine OR chicken stock
 - 2 cans (400g each) peeled and chopped tomatoes
- TO SERVE**
- polenta OR tagliatelle, cooked according to packet instructions
 - 2 handfuls of pitted black olives
 - fresh coriander leaves
 - fresh green salad

Preheat the oven to 180°C.

- 1 Season and fry the chicken pieces in the oil in a large, shallow ovenproof pan until golden on both sides. Remove from the pan and transfer to a plate,

then fry the onion, carrot, celery, garlic and mixed herbs for about 8 minutes, stirring often.

- 2 Add the tomato paste, stir well, then add the red wine or chicken stock and the tomatoes.
- 3 Return the chicken to the pan and bring everything to a simmer. Place the lid on and transfer to the oven for 45 minutes.
- 4 **To serve** Prepare the polenta or tagliatelle while the chicken cooks.
- 5 Stir in the olives just before serving and garnish with the coriander. Serve with the side and salad.

THAI CHICKEN NOODLE BOWLS

SERVES 4 / PREPARATION: 5 MINS / COOKING: 15 MINS

- 8 ready-made chicken meatballs
- olive oil
- 30ml (2T) Thai red curry paste
- 5ml (1t) each

- crushed garlic and crushed ginger
- 2 cans (400g each) reduced-fat coconut milk
- 125ml (½c) vege-

table stock

- 300g egg noodles
- 4 heads pak choi OR 2 handfuls baby spinach OR broccoli, roughly chopped

TO SERVE

- soy sauce to taste
- chopped fresh coriander leaves
- lime wedges

- 1 Fry the meatballs

in a dash of the oil over medium heat until cooked and golden. Transfer to a plate lined with kitchen paper towels while you make the curry base.

- 2 Using the same pot, make the curry base by frying the curry

paste, garlic and ginger in a dash of oil until fragrant. Add the coconut milk, stock and noodles and simmer for 5 minutes or until the noodles are just cooked.

- 3 Remove the pot from the heat, add the pak choi,

baby spinach or broccoli and meatballs and stir together.

- 4 **To serve** Divide the meatballs and vegetables between bowls and serve with the soy sauce, coriander and lime wedges.



THAI CHICKEN
NOODLE BOWLS

VANILLA PANNA COTTA *with* SMASHED RASPBERRIES

SERVES 4 / PREPARATION: 20 MINS / COOLING & COOKING: 3 HRS

PANNA COTTA

- ▀ 250ml (1c) cream
- ▀ 15ml (1T) castor sugar
- ▀ 5ml (1t) vanilla paste
- ▀ 2 leaves of gelatine
- ▀ 250ml (1c) full-cream Greek yoghurt

RASPBERRIES

- ▀ 250ml (1c) frozen

- ▀ raspberries
- ▀ 30ml (2T) castor sugar
- ▀ 15ml (1T) lemon juice
- ▀ 5ml (1t) lemon zest

1 Panna cotta Heat the cream, castor sugar, vanilla paste and gelatine in a small saucepan

over low-medium heat, stirring gently until the sugar dissolves, about 2-3 minutes. Do not allow the mixture to boil as this will ruin the gelatine. Once sugar has melted, remove pan from the heat.

2 Strain the mixture through a sieve into a large jug. Gently mix in the yoghurt until smooth, then divide the mixture between four serving glasses.

Cover the glasses with foil or clingfilm and refrigerate for 2-3 hours or until set.

3 Raspberries Add all the ingredients to a small pot. Bring to a simmer, stir for 2-3 minutes or until the castor sugar has melted, roughly mashing the fruit with a fork. Remove from the heat and set aside to cool.

4 Once cooled, top each dessert with the raspberries and serve.



Quick TIP

This dessert can be made up to two days in advance. You'll need four pretty serving glasses or ramekins.



VANILLA PANNA COTTA WITH SMASHED RASPBERRIES



BROWN BUTTER CHOC CHIP COOKIES



BROWN BUTTER CHOC CHIP COOKIES

MAKES ABOUT 20 / PREPARATION: 45 MINS /
CHILLING: 30 MINS OR 24 HRS / BAKING: 12-15 MINS

- ▀ 200g butter
- ▀ 150g light brown sugar
- ▀ 100g castor sugar
- ▀ 1 egg
- ▀ 5ml (1t) vanilla extract
- ▀ 625ml (2½c) cake flour
- ▀ 5ml (1t) bicarbonate of soda
- ▀ 2,5ml (½t) salt
- ▀ 100g dark chocolate chips OR chunks
- ▀ sea salt flakes (optional)

Line one large or two small trays with baking paper.

1 Add the butter to a saucepan over medium heat and allow it to melt, swirling the pan from time

to time. Allow the butter to simmer until it is a nutty golden brown (this will take about 5 minutes), then transfer to a large mixing bowl. Allow to cool while you gather the rest of the ingredients.

2 Mix the butter and sugars using an electric mixer or wooden spoon until combined, then add the egg and vanilla extract and mix.

3 Sift the flour, bicarbonate of soda and salt over the mixture, then mix until just combined. Fold in the chocolate chips or chunks.

- 4** Divide the dough into palm-size balls and place about 3cm apart on the lined baking tray or trays.
- 5** Gently flatten each cookie and sprinkle some sea salt flakes (if using) over each one.
- 6** For best results, cover with clingfilm and transfer to the fridge to chill for 30 minutes or up to 24 hours before baking. Chilling the dough gives maximum chewiness inside and crunch outside.
- 7** Preheat the oven to 180°C, then bake the cookies for 12-15 minutes or until fragrant and not too browned.
- 8** Remove from the oven, transfer to a wire rack and allow to cool for a few minutes before tucking in.



COFFEE AND PECAN TRAY CAKE



COFFEE *and* PECAN TRAY CAKE

MAKES 1 (20CM) CAKE / PREPARATION: 10 MINS /
BAKING: 35 MINS

- ▀ 125ml (½c) dark brown sugar
- ▀ 125ml (½c) castor sugar
- ▀ 10ml (2t) ground cinnamon
- ▀ 115g butter
- ▀ 125ml (½c) roughly chopped toasted pecan nuts
- ▀ 30ml (2T) self-raising flour
- ▀ 2 eggs
- ▀ 5ml (1t) vanilla extract
- ▀ 30ml (2T) heaped instant coffee granules
- ▀ 250ml (1c) butter-milk
- ▀ 500ml (2c) cake flour

Preheat the oven to 180°C. Grease and line

- a 20cmx20cm cake tin.
- 1** Add the sugars, cinnamon and butter to the bowl of a food processor and pulse until combined. Set aside 60ml (¼c) for the topping.
- 2** Transfer the 60ml (¼c) cinnamon-sugar mixture to a separate bowl along with the pecan nuts and self-raising flour.
- 3** Add the eggs, vanilla extract, coffee granules and butter-milk to the cinnamon mixture still in the food processor and pulse briefly until combined.
- 4** Add the flour, mix

- well, then pour into the cake tin. Scatter the reserved topping over.
- 5** Bake for 35 minutes or until cooked through and a skewer inserted into the centre of the cake comes out clean.
- 6** Cool in the tin for at least 5 minutes before serving. □



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*PRICE CORRECT AT THE TIME OF GOING TO PRINT.

FLORAL FEVER

Wearing a flowing silk chiffon maxidress and casual toe-loop sandals – a perfect blend of spring's light elegance and effortless comfort – model Marlies Pia Pfeifhofer steps out in style in Munich.



By Arlow
R1 099,
YDE



By Miss
Friday
R1 399,
YDE



R389,
Takealot

DRESSES



R1 999,
Forever
New

R229,99,
Exact



By H&M
R449,
superbalist.
com



Spring is here! Step out in flower-inspired pieces to celebrate the season

BY JARRED DE KOCK

R950,
Truworths



By Iconography
R1 499,
bash.com



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R329,
superbalist.
com



R379,99,
The Fix



R799,
Truworths



R699, Truworths

Actress Emma Stone embraces the season in a sleeveless blue floral dress during the Louis Vuitton Cruise 2026 show in Avignon, France.



Influencer Anna Sophie rocks a colourful pink floral-print shirt in Miami, pairing it with matching pants, a pink crochet handbag and black leather sandals for a fun co-ordinated look.



R699,
Poetry



R1199, Mango



R799,
superbalist.
com

TOPS



By H&M
R299,
superbalist.
com



By H&M R329,
superbalist.com



R839,
Zara



H&MR329,
superbalist.com

R99,99, PEP



R899, Mango



By Arlow R799, YDE



Model Sierra Skye embraces spring romance in a floral skirt and structured corset top at Paraiso Miami Swim Week – a feminine look with just the right amount of flair.



By H&M R329, superbalist.com



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THE BROW FACTOR

Thick, healthy eyebrows are in. From natural oils to clever grooming tricks, here's how to get fuller, more defined brows **BY LEILA PETERSEN**

USE A TARGETED GROWTH SERUM

If you're looking to grow fuller brows, incorporating an eyebrow serum into your routine is one of the most effective steps you can take. These serums are formulated to stimulate regrowth and strengthen strands, helping to transform sparse, straggly brows into thicker, healthier arches.

Most are enriched with a cocktail of ingredients such as peptides to boost follicle activity, biotin and panthenol to strengthen the hair, and amino acids or plant oils to prevent breakage and fallout. Some also contain antioxidants to protect and hydrate the brow area.

Applied to clean, dry brows, these serums work overtime to nourish the follicles and encourage new growth. While they are not an overnight miracle, with consistent use, you can expect results within six to eight weeks.

- 1 The Body Shop Long Game Lash & Brow Serum **R325 for 4ml**
- 2 RefectoCil Lash & Brow Booster **R1010 for 6ml**
- 3 Essence Grow Like a Boss Lash & Brow Growth Serum **R137,95 for 6ml**



CONDITION WITH A NATURAL OIL

Using a nourishing oil is a natural way to support healthier, fuller-looking brows. While there's no hard scientific proof that oils directly trigger new hair growth, they do help by hydrating the skin, strengthening existing brow hairs and nourishing the follicles.

Castor oil is the most popular option. Packed with omega-9 fatty acids and vitamin E, it can improve circulation, reduce inflammation and deeply condition the area. Just be sure to use 100% pure castor oil. Apply a small amount with a cotton bud or spoolie onto clean brows at night and massage it in gently.

If castor oil causes irritation or feels too heavy, olive, coconut or rosemary oils are great alternatives. All are rich in essential fatty acids and antioxidants that feed the hair follicles and may support regrowth over time.

- 4 Benefit Whoa So Soft Brow Oil **R450 for 10ml**
- 5 AfriPure 100% Pure Organic Castor Oil **R59,47 for 50ml**
- 6 Faithful to Nature Rosemary Hydrosol **R69,99 for 30ml**



STOP OVERPLUCKING YOUR BROWS

The golden rule for growing thicker brows is simple: stop overplucking. Repeated tweezing can damage the hair follicles, making it harder for hair to grow back. Brow hairs grow in cycles of three to four months, so it's important to give them at least 12 weeks to recover.

Resist the urge to remove every stray hair, especially those very near your natural brow line. If your brows feel unruly, pluck only hairs that sit far outside your shape or better yet visit a professional to map out your ideal brow and guide your regrowth journey.



OVERPLUCKED pencil-thin brows might have had their heyday, but today's brow mood is bold, full and fluffy, bringing balance, definition and a youthful lift to the face. If your natural arches are looking a little sparse thanks to tweezing habits, ageing or genetics, don't worry, you're not alone – and there are ways to fix it.

Ready to let your brows reach their full potential? Here are eight easy ways to achieve thicker, healthier-looking brows.

MASSAGE AND EXFOLIATE

Just like your scalp, the brow area benefits from increased blood flow. Gently massaging your brows for a few minutes a day using your fingertips helps stimulate circulation around the hair follicles, which can support healthy growth.

Once a week, follow with a light exfoliation to remove dead skin cells and product buildup that may block growth. Use a soft facial scrub or a clean toothbrush and apply gently to avoid irritation.

Exfoliating also helps your brow serums and oils absorb more effectively. After cleansing your brows, apply your

chosen treatment and tap it in gently to boost its benefits. Keeping the brow area clean, nourished and stimulated can improve the condition of your brows and help encourage fuller, healthier looking growth over time.

CONSIDER TINTING

Ideal for those who have light brows, brow tinting uses semi-permanent dye to darken hair and add definition,

helping your brows appear fuller and more polished. The treatment can last up to six weeks and cuts down on the need for daily filling or shaping. It's a quick way to lift your features and enhance your natural brow shape.

For best results, visit a professional who can match the right shade to your colouring and ensure an even, safe application without the risk of skin staining or irritation.

KEEP HEALTHY AND HYDRATED

Healthy brows start from within. Staying hydrated helps your body flush out toxins and keeps the skin and hair follicles nourished. Aim for six to eight glasses of water a day and support hair growth with a balanced diet rich in vitamins A, B, C, E, biotin, zinc and iron. Foods like leafy greens, nuts, sweet potatoes and oily fish all support stronger, healthier hair.

FILL IN THE GAPS

While you wait for new growth to come in, filling in your brows can help you resist the urge to overpluck and will instantly boost the appearance of fullness. The trick is to create soft, realistic definition using fine hair-like strokes that mimic your natural brows. Here's how to do it:

STEP 1

Start with clean brows and brush them upward with a spoolie to reveal their natural shape. Gently pluck hairs in the eye area beneath the brow line.

STEP 2

Choose a brow pencil that matches your brows depth and undertone.

STEP 3

Once you've mapped out your ideal shape, lightly draw short strokes in sparse areas, focusing on the arch and tail. To keep the look natural, leave a bit of skin visible between each stroke, as this keeps brows from looking heavy or overly drawn on.

STEP 4

Finish with a clear brow gel to set the shape and hold hair in place.

- 7 Revlon Colorstay Brow Creator in Soft Brown **R71,98**
- 8 L'Oréal Paris Infallible 24HR Brow Lamination **R259,95**
- 9 Maybelline Brow Ultra Slim Defining Pencil in Warm Brown **R139,95**

ADD VOLUME WITH A FIBRE GEL

If you want brows that look thicker in seconds, a fibre-infused brow gel is a must. These tinted formulas contain tiny fibres that cling to each hair, making brows appear fuller and more 3D. For extra oomph try brushing the gel backwards through your brows before sweeping it into place. This gives each hair maximum lift and coverage while holding the shape all day.



- 10 MAC Eye Brows Big Boost Fibre Gel in Stud **R570**
- 11 Bobbi Brown Natural Brow Shaper in Espresso **R699**
- 12 Revlon ColorStay Brow Fiber Filler in Warm Brown **R285**

STOCKISTS AFRIPURE, L'ORÉAL PARIS, MAYBELLINE, REVLOL AND THE BODY SHOP AT CLICKS.CO.ZA; BENEFIT AND ESSENCE AT WOOLWORTHS.CO.ZA; BOBBI BROWN AND MAC AT SUPERBALIST.COM; FAITHFUL TO NATURE FAITHFUL-TO-NATURE.CO.ZA; REFECTOCIL AT TAKEALOT.COM

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BERRY GOOD!

You'll be surprised by how easy it is to grow these delicious fruits at home

COMPILED BY **KIM VAN REIZIG**

STRAWBERRIES

Sun-loving strawberries require about six hours of sun each day in well-drained, moist soil with thick mulch. Plant them in March and April and expect delicious fruit between August and December.

BLUEBERRIES

Ideal for hedges and containers, these hardy plants enjoy a slightly acidic soil and full sun and require daily watering. Blueberries are deciduous shrubs that will bear fruit for up to 20 years.





CAPE GOOSEBERRIES

This hardy, quick-growing plant produces gooseberries in abundance, on bushes that can reach a height of about 1m. They enjoy plenty of sun, space and can thrive in most types of well-watered soil.



CRANBERRIES

Cranberries are a flat-spreading plant like strawberries and can be grown in slightly acidic soil in the garden or in containers, provided they have plenty of space to spread out. Water daily and add mulch and compost annually. Fruit can be harvested at the end of autumn – it takes about three years to start bearing fruit.

GOJI BERRIES

These medium to large shrubs can grow in a variety of soil types, endure heat and cold and are drought-tolerant. Berries are produced from the second year onwards and can be harvested from late summer. Prune in winter to help it produce more fruit. Their dainty leaves are edible too!

TIPS

Keep birds at bay by covering growing berries in bird-netting.



BLACKBERRIES

These easy-to-grow ramblers produce berries that ripen from November to February.

Plant in full sun to semi-shade, spaced about 50cm apart. Keep the soil moist, remove dry canes in winter and add compost at the beginning of spring.

RASPBERRIES

These low-maintenance, sun-loving ramblers can be trained along garden structures.

Harvest in summer through to April. Don't let the soil dry out, cut back canes that have fruited and feed once a year with manure and mulch.



Do you push to speed things along, hover over the toilet or go ‘just in case’? These loo habits could cause future problems **BY LISA McCARTY**

WHEN pelvic floor therapist Sara Reardon posted a video on social media warning against “power peeing” with the headline, “In case your mom didn’t tell you: don’t push when you pee,” it swiftly garnered 46 million views.

This approach, says Reardon, can weaken your pelvic floor muscles and cause urinary incontinence and other bladder problems.

It turns out “power peeing” is not the only bathroom habit worth unlearning. Experts say there are right and wrong ways to pee. If you do it incorrectly often enough, it can lead to long-term pelvic health problems.

Other techniques to stay away from, they say, are straining to go, hitting the bathroom “just in case”, waiting too long, and peeing in the shower.

“Whether you’re hovering, standing or sitting – if you need to strain to get urine out, that’s unhealthy,” says Ekene Enemchukwu, an associate professor of urology at Stanford University School of Medicine and Director of Urology at the Pelvic Health Center in the US.

Over time, these peeing methods can increase urgency, leakage and accidents, and can also cause pelvic floor muscles to weaken, potentially resulting in incontinence, sexual problems and pelvic organ prolapse. That occurs when one or more of the bladder, urethra, vagina, uterus or rectum drops down out of place.

Pelvic floor muscles are “built like a hammock” to support your uterus, ovaries, bladder and bowels, Reardon says. “They’re anchored to the pubic bone, tailbone and sides, responding to high-pressure activities like running and jumping.”

When someone pees, the pelvic floor muscles need to relax, Enemchukwu says.

FAST FACT

We produce 1,2-1,5 litres of urine every 24 hours – enough to fill a large water bottle.

MIND YOUR PEEES!

It’s not something you have to think about – your brain and your body just do it and close things off as part of the normal urination cycle.

Day and night, the bladder fills with urine and sends a signal to the brain to check, ‘Is this a good time to pee?’

“If it is, you relax your pelvic floor [and] your bladder squeezes urine out,” Enemchukwu says. “When the bladder feels it has finished emptying, it will stop squeezing. Your internal sphincter – an involuntary muscle – will close, and your external sphincter – a voluntary muscle – will also close subconsciously back to its normal baseline state.”

But if you push forcefully to pee or stop too soon instead of letting the urine come out, it can cause muscle tension and confuse the signals between the bladder, the pelvic floor and the brain.

“When we tighten up, it’s a survival instinct. It tells the bladder, ‘It’s not a good time to pee,’” Enemchukwu explains. Over time, this can lead to incomplete bladder emptying, urinary retention, post-void dribbling (urinary leakage after you think you’re done peeing), and pelvic floor dysfunction, she says. If you do this regularly, you may eventually need to retrain your pelvic floor to coordinate properly with the bladder again.

WHAT TO AVOID

1 DON'T PUSH

Although power-peeing between meetings or as you're rushing off to work saves time, it can work against you, experts say.

"The assumption is, when you push, that your muscles are dropping and opening," says Meghan Markowski, a women's health specialist at Brigham and Women's Hospital in Boston in the US who focuses on the treatment of pelvic floor disorders.

"Pushing tightens the pelvic floor, forcing the urine out instead of releasing it naturally," she says.

This type of seated strain can result in pelvic floor dysfunction, meaning the inability to relax and coordinate your pelvic floor muscles correctly, which can cause both urinary and faecal leakage, as well as urinary tract infections.

2 DON'T HOVER OVER THE TOILET SEAT

When using a public toilet people often squat above it to avoid contact with possible germs.

"But squatting forces your muscles to be active and your hips

to be engaged," Reardon says. When your lower body is working hard to hold you up, it makes relaxing your pelvic floor more difficult.

Like pushing, hovering can cause other problems, such as incomplete bladder emptying and an increased risk for UTIs

3 DON'T PEE 'JUST IN CASE'

If you urinate before you need to – like right before you leave the house to go out – you may want to rethink that plan.

Most people pee six to eight times a day, experts say. However, if you go too soon, it begins to train your bladder to respond to small amounts of urine, which becomes "the new normal", Reardon adds. This can lead to an overactive bladder, which results in more frequent urges to urinate before your bladder is actually full. This can be disruptive for work, sleep and daily life.

There are exceptions. "If you're going to the beach where there is no toilet available and you pee before you go, that makes sense," Enemchukwu says.

4 DON'T HOLD IT IN

On the other hand, delaying bathroom trips when you do have to go isn't more efficient – it puts stress on your body.

Health care providers and teachers [often] put off going to the bathroom because of time constraints. This causes their bladders to get too full, which results in their pelvic floor muscles getting tight from holding urine for too long, and they are unable to go – and when they pee, they can't relax, Reardon says.

"When you delay urination, your bladder stretches out and becomes a 'floppy bag' with no elasticity," Enemchukwu adds. Over time, your brain can start "ignoring your bladder", which can lead to a build-up of bacteria in the urine.

A 2022 study found an association between delayed peeing and an increased risk of UTIs.

5 DON'T PEE IN THE SHOWER

Although it can be convenient (despite the ick factor), there are some cases where you should definitely avoid it.

For women with pelvic floor dysfunction, for example, and men with enlarged prostates, standing up instead of sitting down can make it harder to empty the bladder – even when they need to urinate.

"It may be harder for some people to relax without being seated," Reardon says.

Others may begin to have a "Pavlovian response" when they hear the sound of running water and need to rush to the toilet, Markowski says.

One small study in 2024 reported that running water was a top reason for the sudden urge to urinate. Another found other triggers, such as arriving home and being near a familiar bathroom.

6 DON'T EXPECT YOUR BLADDER EMPTY ENTIRELY

The bladder is constantly filling with urine, Reardon says, and there will always be some remaining.

"You could push pee out all day, but the bladder will still not be empty."

TOILET TRAINING!

The good news is that you can retrain your brain and bladder with healthier habits. Here are some tips:

1 PRACTISE BELLY BREATHING

"Sit, lean forward and breathe when you're on the toilet," Reardon says. This signals the pelvic floor muscles to relax and the bladder to push urine out. A study from 2022 showed this approach helped improve symptoms of both urinary incontinence and overactive bladder.

2 RELAX YOUR MUSCLES

If you're unable to go on demand, try a reverse kegel.

Regular kegels are done by "squeezing and lifting" your pelvic muscles, Markowski says, "but this is the opposite – it's the descent and opening" of the pelvic floor.

Inhale, then exhale from the low belly to naturally release urine, without needing to push.

3 CHANGE THINGS UP

If you're still having trouble, try double voiding.

"Wipe, stand up and sit down again – to relax your muscles a second time," Reardon says.

Another suggestion is to shift your hips back and forth on the toilet, to give your bladder a chance to empty. One small study found double voiding helped to lower the rate of bacteria in urine. □



ASK DR LOUISE



Write to **Dr Louise**, PO Box 39410, Moreleta Park 0044, or email info@drlouise.co.za.

I HAVE FALLEN IN LOVE BUT HE IS 20 YEARS MY JUNIOR

Q I've fallen in love with a man who is 20 years younger than me. He has also fallen in love with me and wants to begin a romantic relationship. Although I'm a youthful and attractive 60-year-old – my friends don't think I look my age – I'm deeply concerned about what the future might hold.

He's 40 and although he insists he doesn't want children (he has never been married) I fear he might regret this decision later in life. He wants us to build a life together. After experiencing two divorces, both due to infidelity, I'm hesitant. I chose not to have children as I couldn't bear raising them in households with unfaithful fathers.

I don't think I could handle being cheated on again – especially not if the mistress turns out to be much younger. What chance would I stand then? This thought frightens me more than I can express. What is your advice?

Monique, email

A Pursuing a romantic relationship with your boyfriend is indeed a risk but it also holds the potential for substantial happiness. While no one can predict the future it's worth remembering that he may not betray your trust; in fact, he could turn out to be a loyal and devoted partner who cherishes you.

At 40 he may very well be a mature adult who treasures the qualities you bring to his life – qualities he might not find in someone younger. After the heartbreak and lack of loyalty you've endured you deserve a chance at happiness.

Even if this relationship lasts only for a few years, those years could bring you immense joy compared to a life without love or companionship. Life itself is a gamble and it seems as if this particular gamble might be worth taking.

In my experience counselling couples with significant age gaps (where the wife is older), age is rarely the issue behind their challenges.

Often the complications stem from blending families or navigating relationships with children from prior marriages. In your case as you both don't have children, this potential hurdle isn't a concern.

Ultimately this is a decision only you can make but the potential for love and fulfilment might just outweigh the fear of "what if".

WHAT IS WRONG WITH MY PARTNER?

Q I love my partner but over the past year he has changed significantly. After being retrenched he spent several tough months unemployed.

Thankfully he found work a few months ago but the experience seems to have left its mark.

He's no longer the cheerful fun-loving person he once was. Now he's withdrawn, avoids socialising and prefers to stay at home. What could be wrong?

Sonja, email

A Losing a job can be an incredibly traumatic experience even when the individual knows it wasn't personal – perhaps the company faced financial difficulties rather than it being a reflection of his abilities.

Unemployment often leads to feelings of inadequacy and hopelessness.

For many, even once they've secured a new job, they remain stuck in the mental rut of worry and anxiety, which makes it difficult to return to their previous personality and outlook.

It's likely that your partner is suffering from depression. I recommend he consult a psychologist who can help him process his feelings and if necessary, refer him to a psychiatrist for further support.

It's important to note that he may find it difficult to share these emotions with you; he may feel ashamed for "letting you down" or for you having had to shoulder the financial burden during his unemployment.

He may even continue to have distressing memories or dreams about that challenging period. Encourage him to seek professional help. With the right support he can heal and rediscover his former self.

'I'VE ALWAYS BEEN ATTRACTED TO WOMEN WHO ARE ASSERTIVE AND HAVE CONFIDENCE – QUALITIES THAT OLDER WOMEN POSSESS. THEY KNOW WHAT THEY WANT!' – TAYE DIGGS, US ACTOR

HOW CAN I MAKE HIM NOTICE ME?

Q My brother has a childhood friend three years older than me. As we grew up I developed deep feelings for him. While he has always treated me like a little sister and been protective of me I've never been able to shake my love for him.

After school my brother went to university while his friend went overseas. I studied too and have since started working. Now that he's returned I've realised my feelings are even stronger.

However he still sees me as that little girl, oblivious to the fact I'm now an attractive, confident young woman. How can I get him to see me as this instead of continuing this "sisterly" dynamic?

Marianna, email

A Give him time. He needs space to adjust to the new version of you. It's also possible that he's hesitant to pursue anything as dating his friend's sister may seem inappropriate in his eyes.

Consider speaking to your brother about your feelings. He might subtly mention your changes to his friend, helping him see you in a different light. Your brother could also pave the way by addressing any concerns the friend may have about harming their friendship by dating you.

You could invite him to a social gathering. Observing how others view and interact with you might help shift his perspective and see you as a mature, attractive woman rather than his friend's little sister he once knew. □

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Pension-backed home loans: what you need to know

Rather than taking out a bond, here's another way to finance your home – if you qualify

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BY LETITIA WATSON

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

LAST year saw a big shake-up to South Africa's retirement system with the amendment of the Pension Funds Act. The new structure changes when and how much members can draw

from their retirement savings. While the two-pot retirement system didn't eliminate pension-backed home loans, there are a few changes you need to be aware of if you use this method of property finance.

IN A NUTSHELL: HOW IT WORKS

As in the past, some pension funds have agreements with employers and approved lending institutions so that members can use their retirement savings as security for a home loan instead of taking out a bond. If your employer has this kind of arrangement in place, these loans will be available to all employees, irrespective of their income bracket.

In practice it works like this: you don't withdraw the money from your pension fund – instead, your fund guarantees the loan. Some people mistakenly assume the home loan repayments form part of the monthly amount you contribute for retirement. It is not – the repayment is totally separate from your pension fund contribution.

The monthly home loan payment is usually deducted directly from your salary and paid over to the credit provider by your employer.

LOAN AMOUNT

The maximum home loan amount you can apply for will depend on how much you have

saved in your retirement fund, the fund's rules and how much you can afford.

● **YOUR PENSION FUND SAVINGS** Your total retirement savings are divided into three components: savings, vested and retirement. The loan guarantee amount will be a percentage, for instance 50%, of the combined value of these three components.

● **THE FUND RULES** Each pension fund has its own rules. They will stipulate the maximum percentage of the fund value that can stand as a loan guarantee, as mentioned above. The fund rules also determine the maximum loan term, which is usually 20 or 30 years. The loan must be repaid when the member reaches the fund's retirement age.

● **WHAT YOU CAN AFFORD** Having pension fund savings as backing doesn't guarantee approval. The loan is subject to the approval of the credit provider, who will assess if you can afford the monthly repayments just as with a normal home loan. You should

be able to repay it without financial stress.

THE INTEREST RATE

Pension-backed loans don't have their own specific interest rates. Just like other home loans, the credit provider will determine the interest rate. It will be a variable rate linked to the bank's prime lending rate and is subject to change when the repo rate goes up or down.

LEGAL REQUIREMENT: CONSENT DURING DIVORCE

Under the amended Pension Funds Act it is now a requirement that the non-member spouse gives consent before a pension-backed housing loan can be granted if divorce proceedings are under way.

WHAT YOU CAN DO WITH A PENSION-BACKED LOAN

This hasn't changed. The loan can be used:

- to buy residential property (a house or vacant land);
- as a deposit for property, or you can use the loan with a regular home loan as a deposit;
- in conjunction with a state housing subsidy;
- to cover bond registration costs;
- to build a house;
- to pay an existing home loan;
- for home repairs and improvements; and
- for energy upgrades when you, for example, install solar UPS systems, solar geysers or an inverter attached to an electrical board. There will be

safety, compliance and grid compatibility requirements for installation.

REQUIREMENTS

- You must be permanently employed and a member of the retirement fund for at least 12 months.
- You must be a South African citizen.
- You are, or will be, the owner of the residential property.
- You don't have any existing housing loans or other loan guarantees from the pension fund.
- You cannot get a loan if your employer doesn't offer it as an option even if you are a member of a pension fund.

IT'S NOT THE BEST OPTION FOR EVERYONE

If you're nearing retirement, you should be cautious about taking out this type of loan, even if it's just for home improvements. The loan must be repaid at the fund's required retirement age, which could be different to when you think you can stop working. Be especially careful if your work prospects aren't stable.

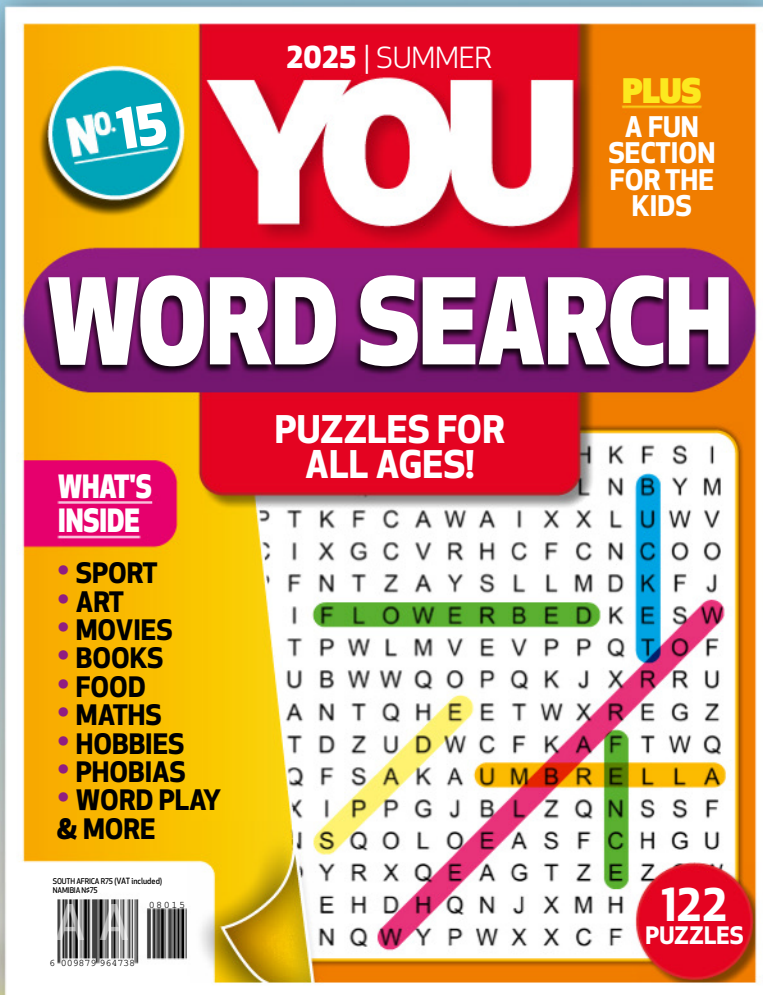
If you leave your job or stop contributing to the fund, the loan may become payable immediately.

If you default or exit the fund early, your retirement savings may be used to settle the debt – potentially triggering tax implications. □

TIP The loan must be related to housing. Your application will not be approved if you want to use the money for other purposes, such as buying a car.

GET MORE ADVICE

- ▶ Your human resources department at work or your pension fund will be able to advise you.
- ▶ Websites of banks and pension funds have general information about these loans.



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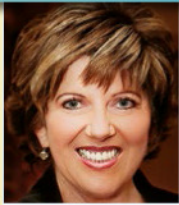


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YOUR STARS

BY PETRA DU PREEZ



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VIRGO

23 AUG – 22 SEP



SPOTLIGHT IS ON YOU, WATCH OUT

As much as you would like to digest what life offers you in small palatable portions, chances are you're dealing with the unknown and perhaps even a curveball this

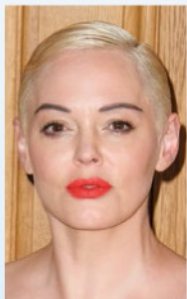
week. Change-promoting Uranus turns backwards in your career horoscope on the 6th so anything can happen, perhaps even out of the blue. In addition, this month's full

moon is in Virgo on the 7th, so clearly you're taking centre stage in the cosmos for the time being. **YOUR LUCKY NUMBERS** 3, 21, 32, 34, 22, 17

FAMOUS BIRTHDAYS



BEYONCÉ
4 SEPTEMBER
1981



ROSE MCGOWAN
5 SEPTEMBER
1973



DEVON SAWA
5 SEPTEMBER
1978



ASHWIN WILLEMSE
8 SEPTEMBER
1982



MICHAEL BUBLE
9 SEPTEMBER
1975



SHADO TWALA
10 SEPTEMBER
1958

VIRGO – WORKING LIFE

- **Ultimate job entails** Being super organised and punctual
- **Interview tip** Try not to come across as over-anxious
- **Your best traits** Being humble, service-oriented, sense of purpose
- **Your worst traits**

- Procrastination, perfectionism, self-critical
- **Your shadow side** Don't trip over your own need for order
 - **Lunchtime** Visiting the health store, a walk in the park, doing the filing
 - **Show me the money** Modest enough to get by

LIBRA

23 SEP – 22 OCT

If you're tempted to push boundaries, aim for this towards the 5th when you may be feeling bolshy enough to give it a go. Either way, the full moon on the 7th is going to reveal imbalances at work whatever they may be, but which need to be addressed. An overseas influence may undergo sudden unexplained changes – let it be. **YOUR LUCKY NUMBERS** 15, 31, 45, 50, 33, 19

SCORPIO

23 OCT – 21 NOV

Your co-ruler Mars squares up to Jupiter on the 5th, so you may be building up anger that's exaggerated or inflated. Some soul searching is needed to determine if the source of this is a colleague or your own inner issues. The full moon on the 7th points to a re-evaluation of certain friendships and alliances. An unexpected request from your beloved leaves you starry-eyed. **YOUR LUCKY NUMBERS** 3, 26, 38, 39, 35, 14

SAGITTARIUS

22 NOV – 20 DEC

Menacing Mars squares up to your governing planet Jupiter on the 5th, suggesting you're ready to take up a cause on behalf of others. Do what you feel is right, but keep in mind it's in your nature to blow things out of proportion. Your partner is having a complete change of heart towards the 6th, which you may not have seen

coming and could temporarily throw you off track.

YOUR LUCKY NUMBERS 3, 15, 25, 31, 18, 7

CAPRICORN

21 DEC – 20 JAN

Risk-taking isn't your thing so you may feel uncomfortable if your other half initiates something to this effect which is likely work-related. If, on the other hand, you sense you're due a change, you may welcome this even though you dislike sudden change. Fortunately, the full moon on the 7th is also the perfect time to re-evaluate in order to get a new outlook. **YOUR LUCKY NUMBERS** 7, 27, 43, 48, 31, 22

AQUARIUS

21 JAN – 18 FEB

Your governing planet Uranus moves retrograde on the 6th, suggesting you may have a change of heart or mind. There's no need to rush to conclusions, but since your creativity horoscope is activated by this, you could reflect on alternate ways of living out this side of your life. If you're still contemplating money matters from last week, the full moon on the 7th throws new light on this. **YOUR LUCKY NUMBERS** 1, 18, 23, 51, 21, 13

PISCES

19 FEB – 20 MAR

Your co-ruler Jupiter, currently in a compatible water sign, is energised by Mars on the 5th, prompting you to take action on the creative front. If money has been a hindrance of late, your partner might be more amenable or generous at this time, so why not have a go? This month's full moon is on the 7th and falls across your relationship and love horoscope. Something is bound to be revealed. **YOUR LUCKY NUMBERS** 4, 18, 50, 51, 19, 6

ARIES

21 MAR – 19 APR

You're in a forward-looking mood this week if the square between your ruler Mars and generous Jupiter on the 5th is anything to go by. It certainly involves the love of your life and the two of you are either planning a trip somewhere or talking about home improvements. The important thing is to get the ball rolling with ideas and conversations. The full moon on the 7th may

highlight health matters. **YOUR LUCKY NUMBERS** 9, 15, 25, 34, 17, 14

TAURUS

20 APR – 20 MAY

As a sign who loves stability, especially financially, and who dislikes change, you might feel uncomfortable to learn the planet of disruption, Uranus, is reversing in your money horoscope on the 6th. The best approach is to have contingency plans in place so that whatever curveball life throws at you, can be dealt with. Listen to friends but make up your own mind. **YOUR LUCKY NUMBERS** 11, 29, 39, 41, 33, 25

GEMINI

21 MAY – 20 JUN

You're still getting used to having disruptive Uranus in your sign when it does an about-turn and moves retrograde on the 6th. Think of this as a chance to have a break, so as to assimilate the recent changes in your life. If these are work-related, you'll be happy to know the full moon on the 7th is bound to highlight current issues. Find time to have some fun too. **YOUR LUCKY NUMBERS** 1, 27, 34, 45, 28, 11

CANCER

21 JUN – 21 JUL

You're raring to go this week and travelling seems to be on the cards. Not only is the planet of travel, Jupiter, going through your sign, but this month's full moon on the 7th falls across your travel horoscope too. At the very least you ought to be investigating options and destinations if not yet booking your tickets, especially if such plans are work-related and costs are not entirely from your wallet. **YOUR LUCKY NUMBERS** 2, 13, 45, 49, 31, 7

LEO

22 JUL – 22 AUG

Last week's money chat between you and your partner continues this week with a likely resolution by the full moon on the 7th. Much of this has to do with how the two of you manage your debt and other financial commitments so that life is not so overwhelming on that front. Considering that next year is likely to be your year, you can be cautiously optimistic. **YOUR LUCKY NUMBERS** 3, 30, 41, 52, 36, 23

15
PAGES
OF FUN &
GAMES

YOU

PUZZLES

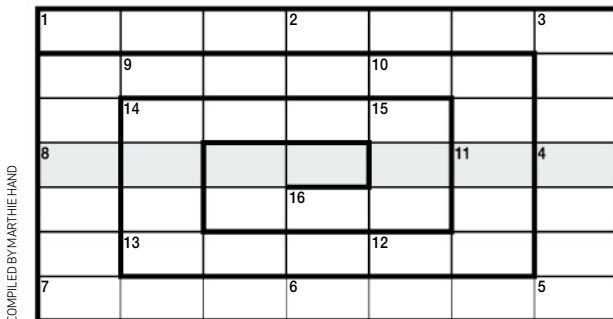
GET IN TOUCH WITH US EMAIL puzzles@you.co.za WITH ANY FEEDBACK, SUGGESTIONS OR QUERIES

> SPIRAL

Keyword clue: WANDERER

Starting with clue No 1, fill in the grid in a clockwise direction with four-letter words working your way to the centre of the spiral puzzle. The last letter of each word becomes the first letter of the next. If you have correctly filled in the grid there should be a seven-letter keyword reading across from clue No 8.

- | | |
|-------------------------------|--|
| 1 Petty run-in | 9 Lotion |
| 2 Medieval jester | 10 List of choices on screen |
| 3 Rude look | 11 Eurasian mountain range |
| 4 Thick band of neck feathers | 12 Board game |
| 5 Cobra's tooth | 13 Creatures that hoot |
| 6 Expression of surprise | 14 Title of Iran's former ruler |
| 7 Where a horseshoe is fixed | 15 Cry for assistance |
| 8 Loose body weight | 16 Heraldic fur with gold spots on black |

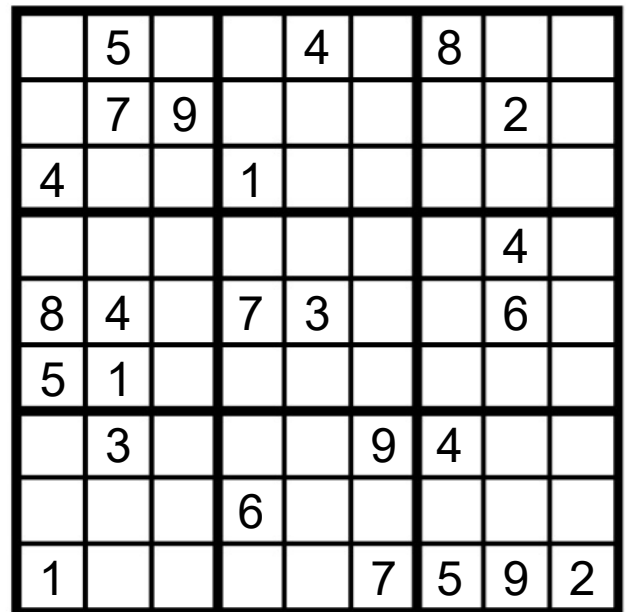


COMPILED BY MARTHE HAND

> SUDOKU

These number puzzles are quite simple. Place the numbers 1 to 9 in the empty squares so that the same number appears only once in each row, each column and each 3x3 box.

NO 1: HARD



COMPILED BY MARTHE HAND

> CRYPTO QUOTE

Example: AXYDLBAAXR is: LONGFELLOW

One letter stands for another. In the example above, A is used for the three Ls, X for the two Os and so on. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different. **This week's hint: VBMZPE is MAKING**

CTA VTUZZS'U MZPK CN BJCTG GBMZPE

UCVDGXZPE TEYI BPK VBMZPE ZG

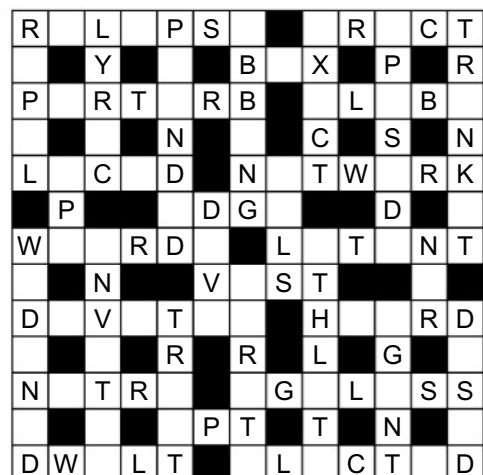
JDBTGZNTY. - QDAAI SBPGADYY

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

PRESS FEATURES

> VOWELLESS PUZZLE

All the vowels have been removed from the grid, leaving the consonants. Complete the grid by filling in the vowels, A, E, I, O, U. Some blocks may have more than one possible solution.



COMPILED BY THERESA MURPHY

WORD SEARCHES

The words in the lists appear in the grids – horizontally, vertically or diagonally, backwards or forwards. Find and circle them.

The solutions to this week's puzzles start on page 64.

NO1

ITEMS SEEN ON FLAGS

- Anchor
- Bear
- Boat
- Crane
- Crescent
- Cross
- Crown
- Diamond
- Dragon
- Eagle
- Leaf
- Lion
- Map
- Moon
- Mountain
- Pegasus
- Person
- Shield
- Ship
- Spiral
- Star
- Stripe

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

- Sun
- Swan
- Tree
- Triangle
- Union Jack
- Weapon

NO2

WATER...

- Borne
- Buck
- Colour
- Course
- Craft
- Cress
- Fall
- Flooding
- Fowl
- Front
- Hole
- Less
- Lilies
- Logged
- Marked
- Melon
- Mill
- Park
- Proof
- Shed
- Side
- Skiing
- Sport

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

- Tight
- Way
- Wheel
- Wise
- Works

NO3

CONTRANYSMS

These words have contradictory meanings. For example, "out" can mean visible (like stars) or invisible (like lights).

- Apology
- Bolt
- Bound
- Buckle
- Cleave
- Clip
- Consult
- Disciplined
- Dusting
- Execute
- Fast
- Finished
- Flog
- Lease
- Left
- Moot

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

- Original
- Oversight
- Pitted
- Resign
- Sanction
- Table
- Trim
- Weathered

NO4

RANDOM WORDS

- Actor
- Adapt
- Alleged
- Arrive
- Arty
- Cabbage
- Cap
- Cut
- Cute
- Develop
- Eggs
- Guitar
- Gullible
- Meal
- Nasty
- Orange
- Pan
- Print
- Raspy
- Return

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

- Shape
- Spade
- Stay
- Super
- Tart
- Unable
- Violent
- Wink

WORD LINKS

Fill in the word that completes the first word and starts the second word. Example: After (sun) flower = Aftersun and sunflower.

Down _____ line

Spit ____ room

Blind ____ kick

> ANAGRAMS

Use the letters in the grids to create as many words as possible containing four letters or more. Each word must contain the letter in the shaded block in the middle, and may contain any of the other letters only once. No proper nouns, foreign words or abbreviations.

NO1

T	P	R
E	O	E
L	M	U

How did you do?

Good: 19 words
Great: 31 words
Genius: 46 words

NO2

R	E	B
N	E	T
L	E	G

How did you do?

Good: 15 words
Great: 28 words
Genius: 38 words

COMPILED BY ALPIESTEYN

> SPOT THE DIFFERENCE

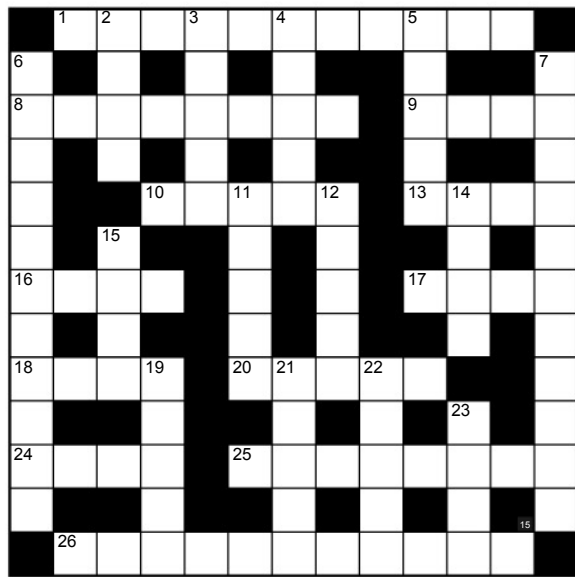
See how much of an eagle eye you have and find the 7 differences between these two pictures of the various Labubu toy items for sale at The LabuTique Shop in Anaheim, California.



GALLO IMAGES/GETTY IMAGES

TWO-WAY TEASER

BRAINBUSTER № 1101



Two sets of clues but the answers are the same

CRYPTIC CLUES

ACROSS

- 1 Happy with one's debts? That's open to argument! (11)
- 8 Opposed to my holding on for printer's type (8)
- 9 With which it's lousy, having some public experience (4)
- 10 Fetch north when in a sailing ship (5)
- 13 Dull sound, though loud, pairs outside (4)
- 16 I had shortly to join half of them: the same goes for Latin (4)
- 17 A broad smile is right in the spirit of it (4)
- 18 The way gear lever moves will confine the student (4)
- 20 Do away with any old iron (5)
- 24 An insomniac hesitates to admit it hurts him (4)
- 25 Looking toward the blow, turn the key and watch over it (8)
- 26 Topless Wren, prettier thus as instant language translator (11)

DOWN

- 2 The crop for Titus, one is told (4)
- 3 It goes like clockwork, so send money up for it (5)
- 4 Material for French negative about to be used at home (5)
- 5 Wise little fellow brought up in hotel work (3)
- 6 Finding it funny, chat may put one out (8,3)
- 7 She's out in front: she's the star (7,4)
- 11 Chains, maybe, in evidence at links (5)
- 12 He makes the present American soldier very short (5)

- 14 A number of animals one was soundly aware of (4)

- 15 Lamb could turn out to be tame (4)
- 19 Turn one down without the right to turn one out (5)
- 21 Like a new banknote, it may be, out of the bag (5)
- 22 Go bad and say something more the French can follow (5)
- 23 She's an equine sea on the moon (4)

QUICK CLUES

ACROSS

- 1 Relating to dispute (11)
- 8 Brittle, bluish-white element (8)
- 9 Head-infesting parasites (4)
- 10 Fetch with one (5)
- 13 Fall with a dull sound (4)
- 16 The same (Latin) (4)
- 17 Smile broadly (4)
- 18 Barred entrance (4)
- 20 A fragment (5)
- 24 Protracted pain (4)
- 25 Not on the lee side (8)
- 26 One translating orally (11)

DOWN

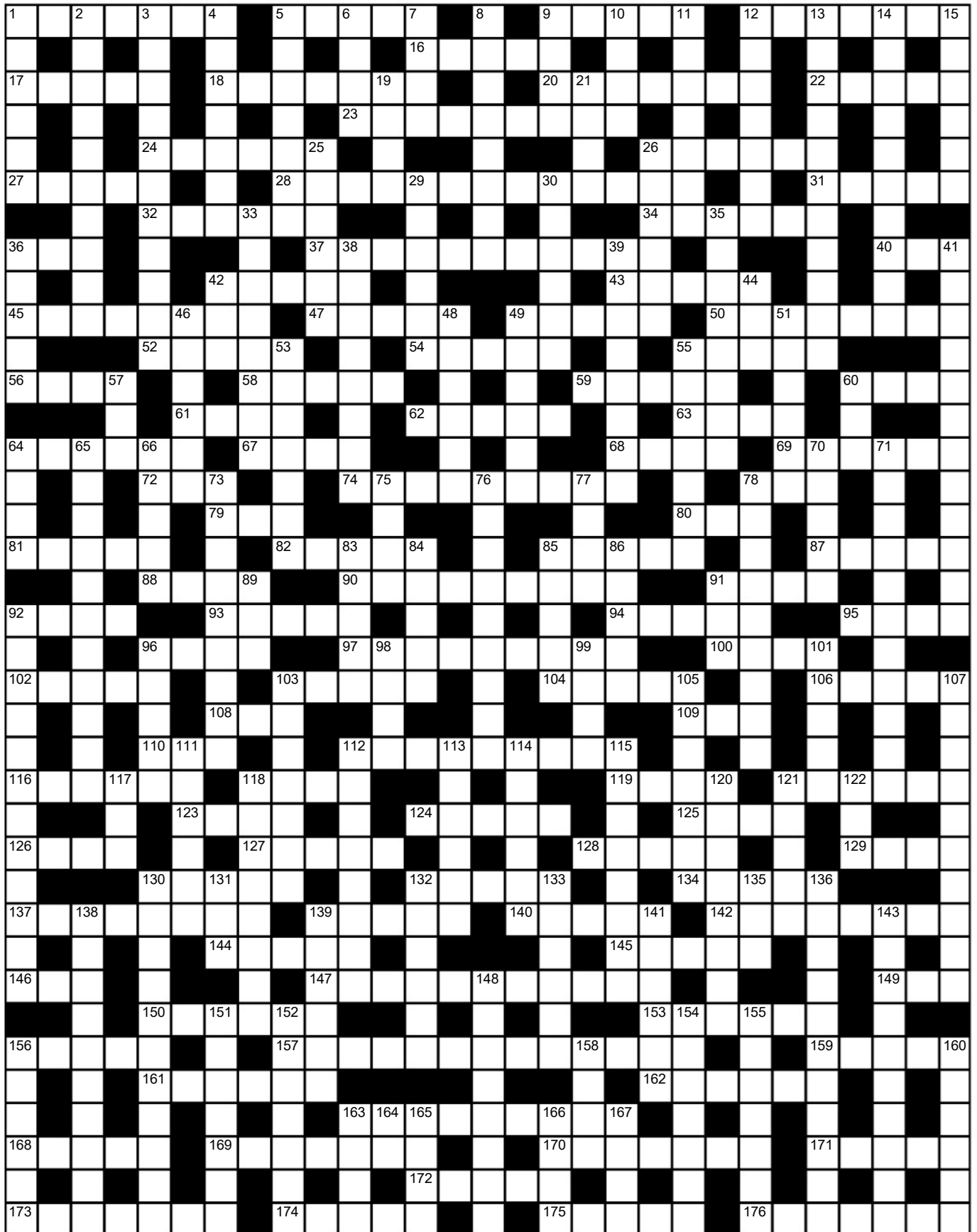
- 2 Grain for porridge (4)
- 3 Minute-measuring device (5)
- 4 Silk voile (5)
- 5 Young bird (5)
- 6 Nitrous oxide (8,3)
- 7 Principal actress in a play (7,4)
- 11 Removes creases (5)
- 12 Donor (5)
- 14 Company of animals (4)
- 15 Flesh as food (4)
- 19 Throw out (5)
- 21 Potato wafer (5)
- 22 Confuse (5)
- 23 Female horse (4)

ACROSS

- 1 Rush-hour problem (7)
- 5 Find the total (3,2)
- 9 Show uncertainty (5)
- 12 Meetings (inf) (7)
- 16 Printers' daggers (5)
- 17 Buckle (arch) (5)
- 18 Venus and Mars, eg (7)
- 20 Fussy (7)
- 22 Brief brawl (3-2)
- 23 Doctor (9)
- 24 Assertions (6)
- 26 Shout of discovery (6)
- 27 Europe language (5)
- 28 Drawings (13)
- 31 Young mayfly (5)
- 32 Tiny tree art (6)
- 34 Tried and ... (6)
- 36 Female lobster (3)
- 37 Expected (11)
- 40 Bitumen (3)
- 42 Feeling of resentment (5)
- 43 Literary twist (5)
- 45 Don't give up (4,2,2)
- 47 Sources of dates (5)
- 49 Sums of money owed (5)
- 50 On an even keel (8)
- 52 Apprehension (5)
- 54 An anaesthetic (5)
- 55 Bread maker (5)
- 56 Lather (4)
- 58 Whisks (5)
- 59 Scope (5)
- 60 Plant's main stem (4)
- 61 Swallow rapidly (4)
- 62 Polite (5)
- 63 Tool hut (4)
- 64 Sushi spice dab (6)
- 67 Fluctuate (2-2)
- 68 French city (4)
- 69 Cake of choux pastry (6)
- 72 Break the ... (make the first move) (3)
- 74 Mean quality (9)
- 78 African antelope (3)
- 79 Slide on snow (3)
- 80 Anger (3)
- 81 Silenced a TV (5)
- 82 Toss (5)
- 85 Broken (inf) (5)
- 87 Connoisseurship (5)
- 88 Thick slice (4)
- 90 Express regret (9)
- 91 Remain in place (4)
- 92 Bulk (4)
- 93 Brown songbirds (5)
- 94 Footrest (5)
- 95 Clarified butter (4)
- 96 Stretch across (4)
- 97 Most beautiful (9)
- 100 Adam's apple spot (4)
- 102 Sleeveless garment (5)
- 103 Up from sleep (5)
- 104 Ice cream serving (5)
- 106 ... Dei (lamb of God) (5)
- 108 Poetic paean (3)
- 109 Chopping tool (3)
- 110 Metal rod (3)
- 112 Symphony music group (9)
- 116 Four-wheeled carriage (6)
- 118 Simple room (4)
- 119 Prejudice (4)
- 121 Loose snow (6)
- 123 Blue-green shade (4)
- 124 Challenges (5)
- 125 Ringlet (4)
- 126 Fixed look (4)
- 127 Courageous (5)
- 128 VII (5)
- 129 Defrost (4)
- 130 Vestibule (5)
- 132 Revived style (5)
- 134 Perpendicular to the keel (5)
- 137 Standards (8)
- 139 Leaked (5)
- 140 Fragment (5)
- 142 Disquiet (8)
- 144 Cattle breed (5)
- 145 Bronze-medal position (5)
- 146 Chop (off) (3)
- 147 Somnambulist (11)
- 149 Relative (abbr) (3)
- 150 Disaster (6)
- 153 On a wayward path (6)
- 156 Printing flourish (5)
- 157 Becoming more frequent (2,3,8)
- 159 Runs into (5)
- 161 September season (6)
- 162 Mystery (6)
- 163 Disorderly struggle (9)
- 168 Thus (5)
- 169 Instalment of a loan (7)
- 170 Large pheasant (7)
- 171 Figure of speech (5)
- 172 Señor's squiggle (5)
- 173 Type of boat (7)
- 174 Used a stopwatch (5)
- 175 Ledge (5)
- 176 Luanda citizen (7)

DOWN

- 1 Named (6)
- 2 Approval (10)
- 3 Long crisp loaf (6,5)
- 4 Hook or Ahab (7)
- 5 A red blood cell deficiency (7)
- 6 Profound (4)
- 7 Nosegay (4)
- 8 Background (8)
- 9 Cable-free internet (2-2)
- 10 Overlapping diagram (4)
- 11 Hermit (7)
- 12 Remittance (7)
- 13 Requiring no ironing (4-3-4)
- 14 Upbeat (10)
- 15 Gained a point in a contest (6)
- 19 You (arch) (4)
- 21 Romanian city (4)
- 25 Mistake (4,2)
- 26 Joins (a competition) (6)
- 29 Tahini ingredient (6)
- 30 Become ragged (6)
- 33 Appropriately (8)
- 35 Tan (8)
- 36 Māori war dances (5)
- 38 Response (8)
- 39 Health supplements (8)
- 41 Reallocate (12)
- 42 Pastry-lined dish (3)
- 44 Himalayan ox (3)
- 46 Disastrous (6)
- 48 Stern (6)
- 49 Create (6)
- 51 Heavy and inert (6)
- 53 Down payment (7)
- 55 Cookie (7)
- 57 Jamaican pop music (3)
- 60 Everyone (3)
- 64 Sudden notion (4)
- 65 (The) Washington history museum (11)
- 66 Feathered creatures (5)
- 70 Full of twists (5)
- 71 Caught and arrested (11)
- 73 Moving staircase (9)
- 75 Above (4)
- 76 Urge persistently (9)
- 77 Oceans (4)
- 78 The two ... of Verona (play) (9)
- 83 Makes a grating noise (5)
- 84 Little ... (Louisa May Alcott book) (5)
- 85 Flying toys (5)
- 86 Basil sauce (5)
- 89 Prohibit (3)
- 91 Male offspring (3)
- 92 Relating to ancient stories (12)
- 96 Diving apparatus (5)
- 98 Hind part (4)
- 99 Wound mark (4)
- 101 Beaufort West is in this region (5)
- 103 Noisy festivity (7)
- 105 Universal cure (7)
- 107 Emergency tyre (5,5)
- 111 Writer (6)
- 112 Culinary liquid (5,3)
- 113 Moved towards (6)
- 114 Sharp weapons (6)
- 115 Renounce (8)
- 117 Female rabbit (3)
- 118 Sauerkraut vegetables (8)
- 120 Overexposed to UV rays (8)
- 121 Earnest requests (5)
- 122 Thai temple (3)
- 130 Vent one's emotions (3,3,5)
- 131 Rubbish container (3)
- 132 Respect deeply (6)
- 133 Eyepiece (6)
- 135 Terminate (3)
- 136 Boisterous celebration (11)
- 138 Significance (10)
- 139 Performing well (2,4)
- 141 Put in words (6)
- 143 Like heavy rains (10)
- 148 Clean energy source (8)
- 151 Plinth bearing a statue (7)
- 152 Get in touch with (7)
- 154 Dispatch (4,3)
- 155 Emblems of royalty (7)
- 156 Tourist magnets (6)
- 158 Brink (4)
- 160 Spiritual healer (6)
- 163 Layer of pond dirt (4)
- 164 Switzerland (www) (2)
- 165 Retired (abbr) (4)
- 166 Primates (4)
- 167 Ale (arch) (4)



SUDOKU

These number puzzles are quite simple. Place the numbers 1 to 9 in the empty squares so that the same number appears only once in each row, each column and each 3x3 box.

NO 2: EASY

		5		1	2		4	
					4	7		
3						2		5
			3	4		1		
1			6		9			7
		3		5	1			
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NO 3: MEDIUM

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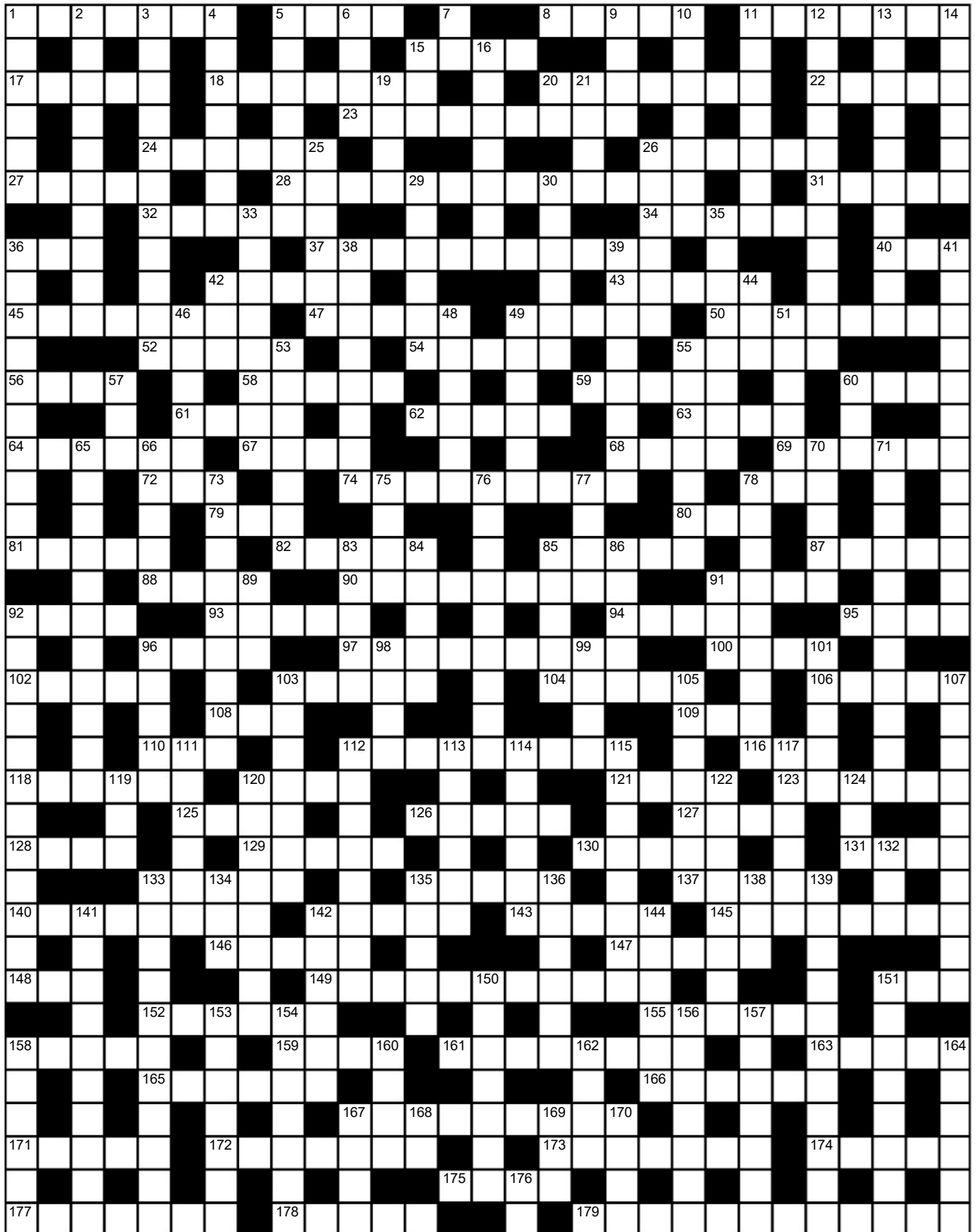
BRAINBUSTER № 1102

ACROSS

- 1 Ability to adjust to ocean's motion (3,4)
- 5 Hospital section (4)
- 8 Airport boarding points (5)
- 11 William, Harry and George, eg (7)
- 15 Persian sprite (4)
- 17 First Greek letter (5)
- 18 Framework for a climbing plant (7)
- 20 Rock of volcanic origin (7)
- 22 Thin candle (5)
- 23 Mind reading (9)
- 24 Disasters (6)
- 26 Protective suit (6)
- 27 Raccoon-like animal (5)
- 28 Lively and interesting (13)
- 31 Alliances (5)
- 32 Hog's home (6)
- 34 Geothermal spout (6)
- 36 Light silver-grey colour (3)
- 37 Not yet proven (11)
- 40 Calligrapher's fluid (3)
- 42 Woodworking tool (5)
- 43 First performance (5)
- 45 Spiny animal (8)
- 47 Deserves (5)
- 49 Coils (5)
- 50 Dull (8)
- 52 Begins (5)
- 54 The heavens (5)
- 55 In the front (5)
- 56 Discharge (4)
- 58 Coral ring (5)
- 59 Neck warmer (5)
- 60 Exploit (4)
- 61 Melody (4)
- 62 Wager (5)
- 63 Elephant tooth (4)
- 64 Gaming centre (6)
- 67 Doppelganger (4)
- 68 Bad (4)
- 69 Respect (6)
- 72 United (3)
- 74 Spellbound (9)
- 78 ... to Joy (Beethoven) (3)
- 79 Neither here ... there (3)
- 80 Chop (off) (3)
- 81 Eagle's nest (5)
- 82 Hang loosely (5)
- 85 Bone of contention (5)
- 87 Movie genre (short) (3-2)
- 88 Geek (4)
- 90 Staff (9)
- 91 Gown (4)
- 92 Remove fat from milk (4)
- 93 Octet number (5)
- 94 German bills (5)
- 95 Elegant (4)
- 96 Male deer (4)
- 97 Profitable (9)
- 100 Morsel (4)
- 102 Respond (5)
- 103 Pharaohs' land (5)
- 104 Symbol (5)
- 106 Canines, eg (5)
- 108 Ogle (3)
- 109 Female sheep (3)
- 110 Boy (3)
- 112 Short narratives (9)
- 116 Diocese of a bishop (3)
- 118 Edible mollusc (6)
- 120 Gratuities (4)
- 121 Limerick, eg (4)
- 123 Search a riverbed (6)
- 125 Show concern (4)
- 126 Twangy music instrument (5)
- 127 Indian garment (4)
- 128 Sweet fortified dessert wine (4)
- 129 Requested (5)
- 130 Pesto herb (5)
- 131 Donate (4)
- 133 Destined (5)
- 135 Hardwood tree (5)
- 137 Manner (5)
- 140 Accent (8)
- 142 Chopped in small blocks (5)
- 143 Decimal fraction (5)
- 145 Goes in again (2-6)
- 146 Friends (inf) (5)
- 147 Roof edges (5)
- 148 Wheat spike (3)
- 149 Empire State and Burj Khalifa, eg (11)
- 151 007 (3)
- 152 Criminal (SA) (6)
- 155 English dog breed (6)
- 158 Part (5)
- 159 Affectedly proper (4)
- 161 Reflexive pronoun (8)
- 163 Tear to pieces (5)
- 165 Inherent character (6)
- 166 Destroy (6)
- 167 Space traveller (9)
- 171 Arrange in a row (5)
- 172 Grievances (7)
- 173 Pasta dumplings (7)
- 174 Varnish resin (5)
- 175 Eyelid woe (4)
- 177 Tavern (SA) (7)
- 178 See-through (5)
- 179 Unsupported claims (12)

DOWN

- 1 Interference in reception (6)
- 2 Neared (10)
- 3 Liberated (11)
- 4 Young tree (7)
- 5 Most toasty (7)
- 6 Crowd uproar (4)
- 7 Repeat action (prefix) (2)
- 9 Very small (4)
- 10 Cause of great affliction (7)
- 11 Church leaders (7)
- 12 Translated (11)
- 13 Coffee with milk froth (10)
- 14 Leather strips (6)
- 15 Pen ... (writing friend) (3)
- 16 Disgust (7)
- 19 Slender (4)
- 20 Information technology (abbr) (2)
- 21 Stairway to the Ganges (4)
- 25 Reaping tool (6)
- 26 Points of view (6)
- 29 Rose hazards (6)
- 30 Elsewhere excuses (6)
- 33 Making no progress (8)
- 35 Fresh-faced (8)
- 36 Attainable (10)
- 38 What tops a magazine article (8)
- 39 Compulsively dependent (8)
- 41 Compulsive thief (12)
- 42 Shallow (3)
- 44 Bind (3)
- 46 Hurry (6)
- 48 Quick drawing (6)
- 49 Wane (6)
- 51 Placed in order (6)
- 53 Custodian (7)
- 55 Item (7)
- 57 Hot brew (3)
- 60 In shape (3)
- 65 Map references (11)
- 66 Group of 12 (5)
- 70 Feeling (5)
- 71 Informed (11)
- 73 Implored (9)
- 75 Scruff (4)
- 76 Made critical jottings (9)
- 77 Irish Gaelic (4)
- 78 Antonyms (9)
- 83 In a suitable way (5)
- 84 Upright (5)
- 85 Indigenous people of Greenland (5)
- 86 Smooth (5)
- 89 Archaeological site (3)
- 91 Burgle (3)
- 92 Atmospheric layer (12)
- 96 Hackneyed (5)
- 98 Once ... a time (4)
- 99 Small rodent (4)
- 101 Anaesthetic (5)
- 103 Most spooky (7)
- 105 Greek goddess of vengeance (7)
- 107 Desperately (10)
- 111 Curved walkways (6)
- 112 Star-shaped symbol (8)
- 113 Cajoled (6)
- 114 Take issue (6)
- 115 Splash (8)
- 117 Fit for consumption (6)
- 119 Spirit measure (3)
- 120 Conduct business (8)
- 122 Abuse (8)
- 124 Laid by a hen (3)
- 132 Silver orfe (3)
- 133 Upkeep (11)
- 134 Target (3)
- 135 Animal (5)
- 136 Assistant (6)
- 138 Affirmative reply (3)
- 139 Official approval (11)
- 141 Showing acute insight (10)
- 142 Want (6)
- 144 Trouble (6)
- 150 Eliminate completely (4,3)
- 151 Balkan capital (8)
- 153 Eight-sided figure (7)
- 154 Germinates (7)
- 156 Personal belongings (7)
- 157 Autocratic Russian rule (7)
- 158 Flower segments (6)
- 160 Ponder (over) (4)
- 162 Avoid deliberately (4)
- 164 Robots (6)
- 167 Fever (4)
- 168 ... Eliot (poet) (2)
- 169 Mature (3)
- 170 Unit of pressure (4)
- 176 Ytterbium (symbol) (2)



BLOCKBUSTERS COMPETITION

№ 1996

QUESTION WHAT IS THE WORD SPELLED OUT BY THE LETTERS IN THE COLOURED BLOCKS?

ONE READER WILL WIN A PUZZLES JOURNAL

YOU Quick Puzzles Journal is perfect for brain-game lovers and those who like to stay organised. This beautiful hardcover planner features a selection of games such as crosswords, codebreakers, word search, sudoku and more. There's also plenty of space for jotting down ideas, personal notes and to-do lists.



HOW TO ENTER: COMPLETE THE BLOCKBUSTER, WRITE DOWN THE LETTERS IN THE COLOURED BLOCKS AND USE THEM TO UNRAVEL THE ANSWER TO THE QUESTION. SMS THE KEYWORD YOU, YOUR ANSWER AND YOUR NAME AND CITY TO 36400. EACH SMS COSTS R150. ONLY ONE SMS PER ENTRANT WILL BE ACCEPTED. KEEP THE ORIGINAL COMPLETED CROSSWORD AS PROOF. THE COMPETITION IS CLOSED TO MEDIA24 STAFF (AND THEIR IMMEDIATE FAMILIES). THE CLOSING DATE IS 25 SEPTEMBER 2025.

Mutual info exchange	Apron-like dress	Makes content cat sounds	Greek harvest goddess Dulls	One who nags continually	Having more height	Butterfly genus	Amalgamation Thanks (inf)	Throw in the towel
				Direct opposite				Send forth Unruffled
By office sections	13th Greek letter		Set off Flung about		Mischievous sprites	Anklebones Young woman		
							Taboo action (2-2)	
On the other side	Icy deposit at night			Pit-cairn Islands (www)	Worked hard for			Obtain Spoken essay
				10 million rupees			Mistakes Showy display	
Current gauge		Rowing blade				TV display Brunei money		Black thorns Winds into loops
				Hat edge		Trigonometric function		
Yours truly		Turn into a mummy			Sundried brick		Poker declaration	Flickering softly
Old radio knob			Hair curler			Garlic mayonnaise		
Out on a ... (perilous spot)	Japanese noodle dish			Revolt Naevi	Pending (2,3) Porridge option			
		Chinese eddo	Swerve wildly				Solar prismatic arc	
Two-masted sailboat	Quickly Cry			Unoccupied area	Store's stock		After deductions	Doctrines
		Aisle Sheets of glass				Amazement Artist's stand		
Stand-in office worker			Bound	Company heads			Result of Make a levee	Smooth floor finish
		Stadium Gave off			In a straight line	Left ashore Linen items		
Savoury pastry			Judge worth	Core elite squad Curtains			Technical (abbr) Copy Carrier	Perfume compounds
Candid						Eraser Inhibit from action		
	Wanders aimlessly						Consumer Stop	
Not out Gosh darn it!	Divine nourishment Mourned			Be nostalgic for	Current fashion	Citrus fruit		Upper case (abbr) Stake
			Nautical distances (3,5)					
Loosen				Put forward as fact			Vexed	
Trait carrier								
			Took to court					Unit of length Came into being
Lower interior wall sections				Lop off			Irish Rep Army (abbr)	

COMPILED BY BANCA MOBEL

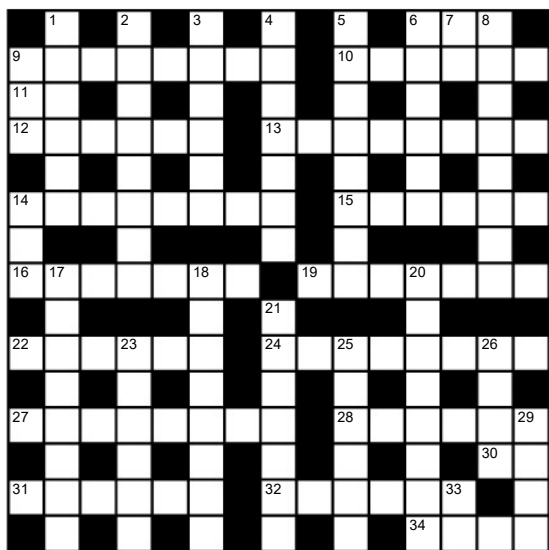
N01

Pass-able (2-2)	Contract extension	Dealt (out)	Spice blend of India	World's lowest lake (4,3)	Barry Gibb's singing style	Morocco (www)	Decree ... (law)	Infants
Handed-down history		Speak publicly		Seats	The New World		Drive back	Tragic Thomas Hardy heroine
Hermit		Line of work		Map books	Strike lightly			
			Little piggy			Malice		
Solemn pledge	Dutch cheese		Bamboo eaters	Sales person (inf)	Numismatist's interest	Invents	Einsteinium (symbol)	
	Re: sheep						Final	
		Corrupt			Online bullies			Sword handle
Historic Italian city		Nevada city		Wooden clog	Forest growth		Cigar residue	
			Plant bristle		Gambling house		Type of muscle	
Game piece		Remove a choker				Pest		Sunday meals
Redecorated	Scuba enthusiast					Fossil fuel	Terms	
				Social insects	Extent		Abbr found in footnote	
				Learned	Sea on the Med			Right (abbr)
Judge's mallet	Leaving out of a syllable	Mountain tops			While		Took a chair	Anti-septic acid
			More untidy	Price markers	Red Planet		Least hairy	
				Edges		Performed slowly (music)		
Potential energy (abbr)		Was lost in thought				Aluminium oxide		
			Boarding school rooms	Dog-wood		Bigger		
				Composed			Exist	
Stove tops	Revolt				Summer shoe		Ethiopia language	More ostentatious
	Wrist ornament				Neck of land			
		Utah Amer Indian people			In a ... (jiffy)	Make a list of		
Made ready					Scatter liquid in blobs		Chlorine (symbol)	
							Loving touch	
		Babble on	Cavern (arch)			Filled tortilla		Loosely twisted yarn
			Night lights			Ray of light		
Necklace unit	Ulrich (Metallica)	Pain in the neck			Narrow coal scuttles		Lung crackle	
Explicit		Church recess					Against	
			Indian money			Firmly affixed		
			Sport groups			Bob or beehive		
Take by force				Llama relative				Chide
								Leadership
			Recycle			Fort (abbr)	Snow runner	
Takes the wheel				Malarial fever	More tedious			Proportions
								Red dye

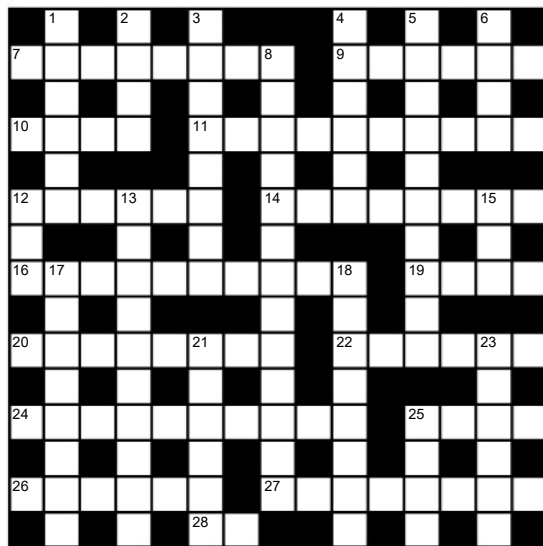
COMPILED BY BIANCA MOREL

QUICK PUZZLES

NO1



NO2



ACROSS

- 6 Standard golf score (3)
- 9 Subject to restraint (8)
- 10 Phases (6)
- 11 Occupational therapy (abbr) (2)
- 12 Plunging into water (6)
- 13 Lingered aimlessly (8)
- 14 Furthermore (8)
- 15 Descend using rope (6)
- 16 Chest of drawers (7)
- 19 Small trace (7)
- 22 Field of activity (6)
- 24 Start (8)
- 27 Slingshot (8)
- 28 Gesture (6)
- 30 You and I (2)
- 31 Tenant under a lease (6)
- 32 Lend an ear (6)
- 34 Auctioned off (4)

DOWN

- 1 Dainty (6)
- 2 Openly rebellious (8)
- 3 Drooped (6)
- 4 Musical mixtures (7)
- 5 Guess (8)
- 6 Flat wall sections (6)
- 7 Silver (symbol) (2)
- 8 Flowing back (8)
- 9 Fishing pole (3)
- 14 Turf (3)
- 17 Revoked (8)
- 18 Carries out a task (8)
- 20 Table supports (8)
- 21 Sink a boat (7)
- 23 Pass (6)
- 25 Orange cocktail (6)
- 26 Gloat (inf) (4)
- 29 Be in want of (4)
- 33 Dr... (Bond villain) (2)

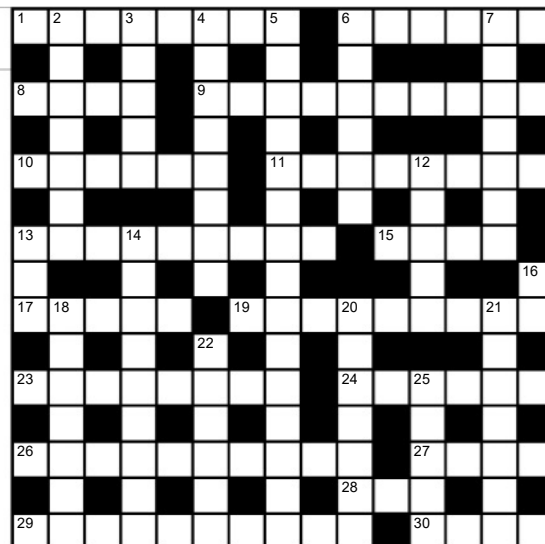
ACROSS

- 7 Informed (8)
- 9 Burdened (6)
- 10 Intense anger (4)
- 11 Menaced (10)
- 12 Shopkeeper (6)
- 14 Client (8)
- 16 Son's son (10)
- 19 Dunking biscuit (4)
- 20 Biased (8)
- 22 Uses a broom (6)
- 24 Resentment (10)
- 25 Pierce (4)
- 26 Irritate (6)
- 27 Ghosts (lit) (8)
- 28 Perform (2)

DOWN

- 1 Type of soft wool (6)
- 2 Similar (to) (4)
- 3 Momentous (8)
- 4 Shines (6)
- 5 Horse track (10)
- 6 Heredity unit (4)
- 8 Lacking purpose (13)
- 12 Band booking (3)
- 13 Consist of (10)
- 15 Greek dawn goddess (3)
- 17 Became aware of (8)
- 18 Catastrophe (8)
- 21 Arranged (6)
- 23 Sets down (6)
- 25 Location (4)

NO3



COMPILED BY NATALIE CAVENELS

ACROSS

- 1 SA neighbour (8)
- 6 Serpentine (6)
- 8 Minibus transport (4)
- 9 Methods (10)
- 10 Down tools (6)
- 11 Superfluous (8)
- 13 Planner (9)
- 15 Sign of sleepiness (4)
- 17 Home to all (5)
- 19 First principles (9)
- 23 Give authority to (8)
- 24 Utters (6)
- 26 Arsonist (10)
- 27 Harvest (4)
- 28 Draw a match (3)
- 29 Food plants (10)
- 30 Alone (4)

DOWN

- 2 Splash (7)
- 3 Accused's elsewhere excuse (5)
- 4 Fearless (8)
- 5 Trivial (15)
- 6 Fiddle (with) (6)
- 7 Perfidy (7)
- 12 Tenant's contract (5)
- 13 Be in debt (3)
- 14 Plant with a heart (9)
- 16 Manuscript (abbr) (2)
- 18 Examine (7)
- 20 Bugs (7)
- 21 Pedicure target (7)
- 22 Mexican sweet-filled party decoration (6)
- 25 Land measures (5)

ANAGRAM

Anagrams are great fun. Rearrange the letters in each clue block to spell a new word or phrase. The words crisscross as in a regular crossword puzzle. We've given you the first word to get you started.

R	A	I	N	B	O	W	WAN BIRO	NEST AFT											
	POINT		NICE SPORT	PLEATS								I MAD	RESIDED			END SO			
							SOLD PIE	I GARDEN											
				LINK				PER		LEA									
										NO ELM									
IRKS		LIDO					SAPS						VILE			SING			
STAKES		GO EARN											FRAIL			KITS			
				OPTS	OR PEA	WE SAD		LEAD	FLARE	SNIDE									
				WETS															
				ROTE						SWEDE	SKID								
										GLARE									
	CARE					LATE ELF										WEE			
				TUNA								SATES							
				SLATE															
	TOGA					MEADS							REVEL	TINS		RED TAP			
														ROD PEW					
					RENTS		ME EEL	SET IN		PEG AD									
										PETS									
DADS		NORI	AS DOG							OVALS						POSE			
					I BADE														
					TIMER								PAWS						
	BAT																		
					A GLEN	IS TAN													
					PROD														
					SNORE	BASSY	AVID		LOSES	IDEAS	TORT								
LIME		ARID							AS GAS										
					REMIT		SOD				VEST								
					LEI														
							REALITY	BRaille											
	FREER		DIET OPS	TARE								SIDE US	EVE STAIRS			AT OAR			
							DEN USER	TO SPEAR											

COMPILED BY BIANCA MOREL

Work hours tracker		Answer an invite (abbr)	→				Charlie's Angels actress (4,9)		Wharf	→				↘	Large NZ parrot	↘	Modifying text	
	→						↘		Bony	↘	Cold beverage (4,3)							↖
Think up		Deep sleep	→								↘				↖	18th Greek letter		Refrigerated transport
→														↖	Wound cover Mooched (inf)			↖
Classify		Provide with	→						Crucifix	↘					↘			Goal Re-creates (scene)
		Leave behind												↗	Key-board instrument			
→		↘				↗	Inspid Infant body-suit	↗					↗				↖	
Hitch	Vitality		↗	Relaxed Savoury Indian pancake	→	↗			Beat in an auction	→				↗		↗	Cash dispenser (abbr)	Vampire Lady ... (singer)
→					↗	Treated with contempt			Water parted by Moses (3,3)	→				↗				↖
Nihilistic artistic style	Record material						↖	French Riviera city								↖	Common viper	Chop into small cubes
→	↘					↗	Clouds' place	→										↖
							Poker hand											
Verify	→																	↖
Mild																		↖
→																		↖
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GALLO IMAGES/GETTY IMAGES

COMPILED BY BIANCA MOREL



**Russian
former
tennis
player
(5,9)**

Glossy
Heroic tale

Zeus' shield (Gk myth)



Make one

▼

--	--

Zombie-land actor (5,9)



NO1

	19		14	4	3	15	9	15		7	12	8	3	18	4		9				
23	4	21	6	13	18		21	4	21	12	18		17	3	6	4	15	9			
	16		12	18	9	21	12	4		23	3	18	9	3	8		7				
3	15	7		3		13	8	17	3	15	15	4		18		17	13	9			
8	4	3	18		13	8	17		23		24	4	19		15	13	21	4			
3	21	13	3	15		15	4	10	3	9	4	10		15	7	26	9	15			
15		24	13	9	4		10	13	20	4	10		9	7	26	12		9			
15	5	12	3	21	4	15		17	12	18		17	21	13	4	15	9	15			
	12		10	3	21	4	15		15		21	3	13	18	15		4				
14	4	10		25	13	9	9	16		17	4	6	9	15		15	3	9			
26	12	21			4		3	4	19	13	15		4		15	12	21	4			
21	4	3	20	7		9	13	9	3	18	13	20		15		21		17			
4		25	3	13	9	4	21		15		10	26	6	6	3	21		13			
15	9	4	17	15		3	20	20	4	10	4	10		16	13	4	6	10			
9	13	21	4		25		3	21	15	26	18		10		21	3	13	6			
15	8	15		17	3	18	15	16		4	9	7	4	21		6	3	16			
	4		17	12	21	4	4		19		15	3	6	4	15		21				
17	21	4	4	8	17	9		15	3	19		15	9	3	6	4	15	9			
4		21	3	17	15		21	12	6	4	21		3	21	4	3		21			
15	17	12	21	15		10		18	26	9	4	10		15	4	21	19	4			
9	3	17	15		20	12	23		21		19	12	8		17	6	12	15			
	13	9		22		20	13	18	4	8	3	15		14		16	4	15			
	18		6	12	15	9	21	4		3	9	9	3	13	18		15				
19	4	8	M	I	N	13	18	13		9	25	13	15	9		15	18	26	26	9	16
	10		10	4	17	9	7	15		9	3	18	24		10		15				

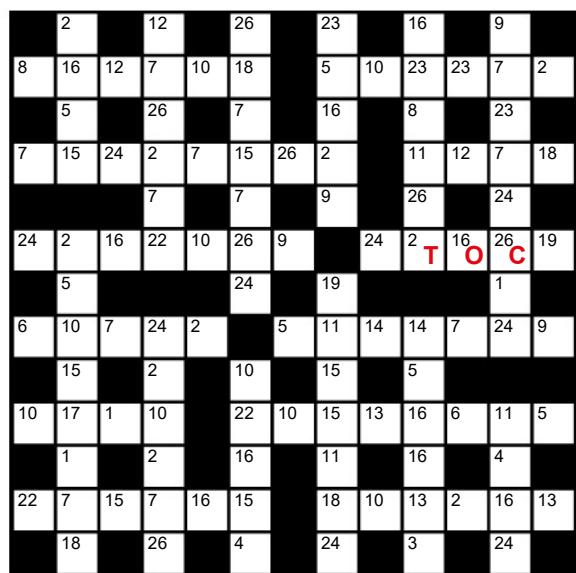
A N
B O
C P
D Q
E R
F S
G T
H U
I V
J W
K X
L Y
M Z

ALL CODEBREAKERS COMPILED BY GERDA ENGELBRECHT

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

Each letter of the alphabet is represented by the same number throughout the puzzle. For example, in this puzzle 8 = M, 13 = I, 18 = N. Use these clues to fill in the matching numbers in the grid, then work out the missing words and add the solved letters to the number grid guide (left).

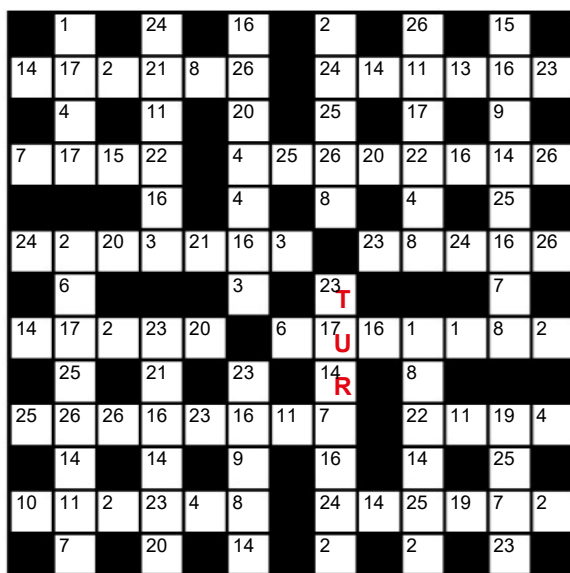
NO 2



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

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

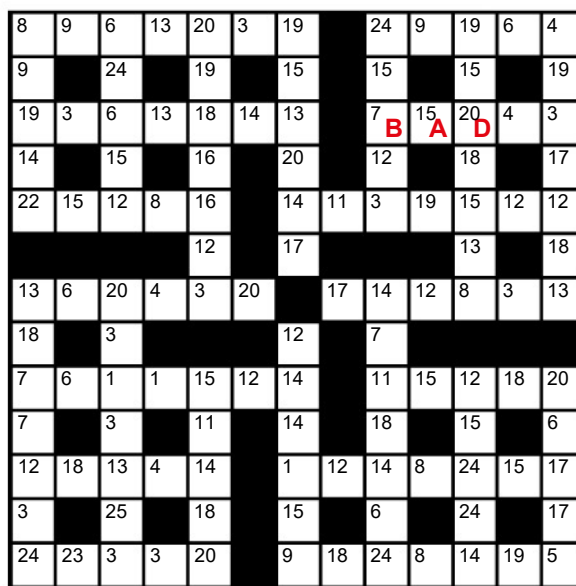
NO 3



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

A N
B O
C P
D Q
E R
F S
G T
H U
I V
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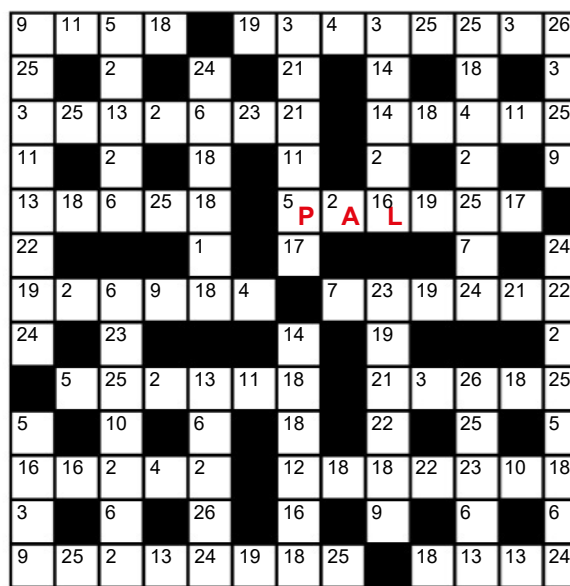
NO 4



1	2	3	4	5	6	7	8	9	10	11	12	13
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A N
B O
C P
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E R
F S
G T
H U
I V
J W
K X
L Y
M Z

NO 5



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

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

Puzzles galore!

We have so many more puzzles for you. YOU Codebreakers No 7, YOU Blockbusters No 39, YOU Word Search No 15, YOU Quick Puzzles Mini No 6, YOU Word Search Mini No 6 and YOU Sudoku Mini No 1 are all in stores right now.



BLOCKBUSTER 1

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

COMP BLOCKBUSTER 1989

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

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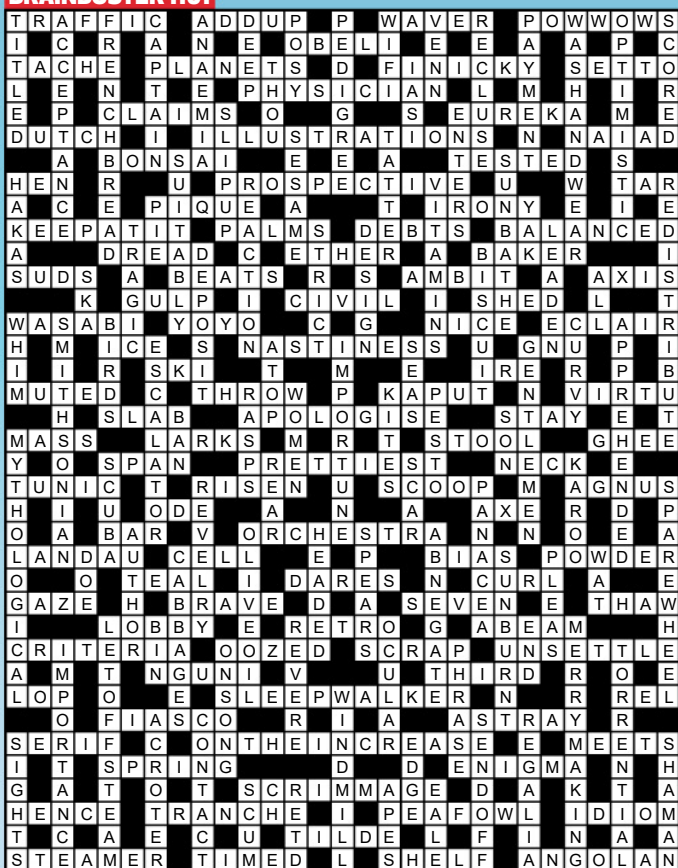
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C	O	N	T	R	I	V	E	S	C	A	B	A
U	E	N	D	O	W			R	E	E	N	A
G	R	A	D	E				B	R	O	O	D
B	D	O	S	A				O	U	T	B	I
S	N	A	G	N				R	E	D	S	E
N	I	C	E	R				A	D	D	E	R
D	A	D	A	S	K	Y		E	B	D	I	C
C	O	N	F	I	R	M		M	A	L	I	A
G	E	N	T	L	E	O		I	R	O	N	S
T	S	U	E	R				C	L	I	O	F
D	A	M	S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

PHOTO BLOCKBUSTER 2

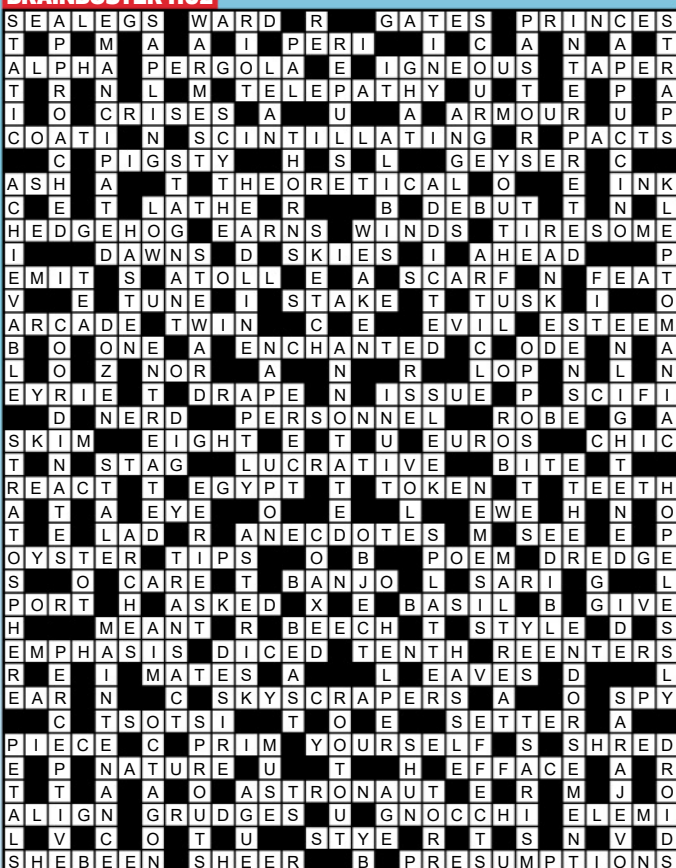
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N	O	V	A	A	G	A	M	A
P	L	Y	R	E	E	N	S	C
P	U	P	A	E	M	S	C	H
L	M	A	R	I	A	S	H	A
M	A	C	A	R	O	N	I	E
T	O	R	M	I	T	T	D	A
D	E	M	I	S	E	C	O	S
P	T	O	P	H	A	T	S	N
A	B	A	S	E	I	D	U	P
U	N	D	R	A	P	E	P	A
P	L	Y	O	L	I	V	I	A
R	P	L	A	T	E	N	S	A
T	U	T	U	R	S	P	A	T
S	H	R	I	M	P	U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

ALL PUZZLE AND CROSSWORD SOLUTIONS APPEAR IN THE SAME ISSUE, EXCEPT FOR THE COMPETITION BLOCKBUSTER. THAT SOLUTION AND THE NAMES OF THE WINNERS ARE PRINTED SEVEN WEEKS LATER DUE TO THE COMPETITION ELEMENT.

BRAINBUSTER 1101



BRAINBUSTER 1102



SPOT THE DIFFERENCE



QUICK PUZZLE 1



QUICK PUZZLE 2



VOWELLESS



QUICK PUZZLE 3

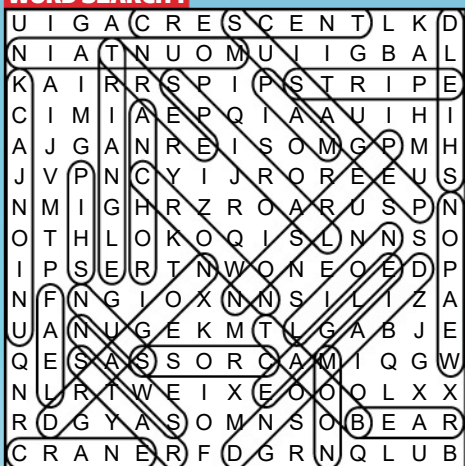


WINNERS OF BLOCKBUSTER 1989 PACKS OF PUZZLE MAGAZINES

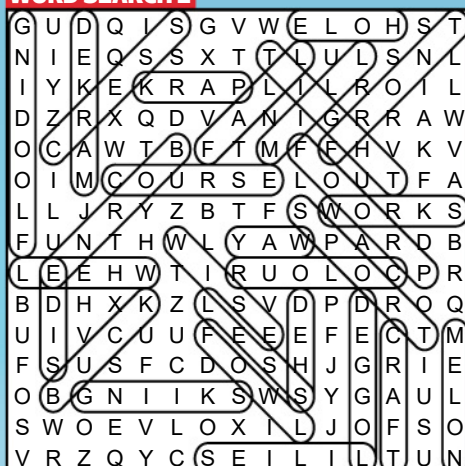
● Stella de Kock, Somerset West ● Antoinette
Owen-Jones, Muizenberg ● Lionel Hardenberg, Parow
ANSWER: Herbarium
MEANING: A collection of dried plants

SOLUTIONS

WORD SEARCH 1



WORD SEARCH 2



WORD SEARCH 3



WORD SEARCH 4



SUDOKU 1

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

SUDOKU 2

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

SUDOKU 3

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

TWO WAY TEASER

ACROSS

1 Contentious, 8 Antimony, 9 Lice, 10 Bring, 13 Thud, 16 Idem, 17 Grin, 18 Gate, 20 Scrap, 24 Ache, 25 Windward, 26 Interpreter

DOWN

2 Oats, 3 Timer, 4 Ninon, 5 Owllet, 6 Laughing gas, 7 Leading lady, 11 Irons, 12 Giver, 14 Herd, 15 Meat, 19 Eject, 21 Crisp, 22 Addle, 23 Mare

CRYPTO QUOTE

Our music's kind of about taking something ugly and making it beautiful.

– Jerry Cantrell

WORD LINKS

- 1 Down (stream) line
- 2 Spit (ball) room
- 3 Blind (side) kick

SPIRAL

1	T	I	F	2	F	O	O	3	L
	A	9	B	A	L	10	M	E	E
	L	14	S	H	A	15	H	N	E
8	F	L	A	N	E	11	U	4	R
	O	W	E	16	P	L	R	U	
	O	13	O	D	U	12	L	A	F
7	H	S	O	6	G	N	A	5	F

ANAGRAMS

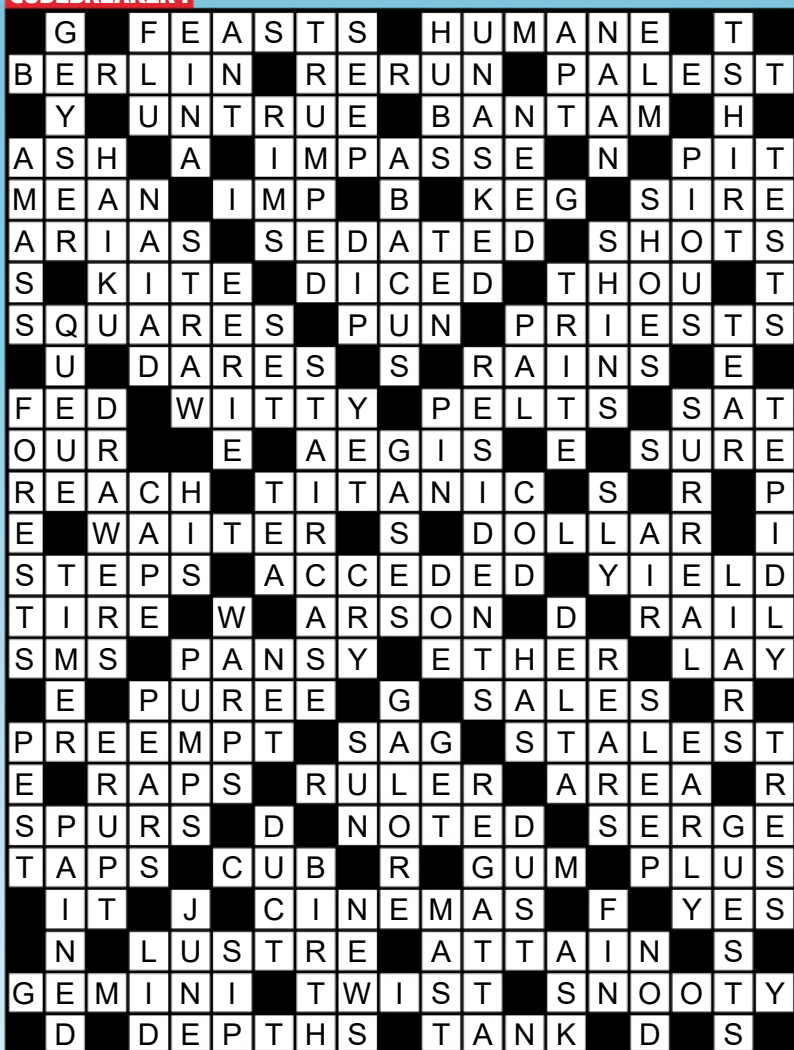
N01

elope, emote, euro, lope, lore, lout, meteor, metro, mole, mope, more, morel, mote, motel, moue, moult, outer, outré, petrol, PETROLEUM, plot, poem, poet, pole, pore, port, pour, pout, pouter, prom, remote, role, romp, rope, rote, roué, rout, route, tempo, tome, topee, tore, toupee, tour, trope, troupe

N02

been, beer, beet, beetle, beget, belt, bent, beret, berg, betel, egret, enter, entrée, gene, genet, genre, gent, genteel, gentle, gentler, glee, glen, grebe, green, GREENBELT, greet, leer, lent, rebel, reel, regent, relent, renege, rent, teen, tern, treble, tree

CODEBREAKER 1



1 2 3 A 4 E 5 Q 6 L 7 H 8 M 9 T 10 D 11 12 U 13 I
14 F 15 S 16 Y 17 P 18 N 19 G 20 C 21 R 22 J 23 B 24 K 25 W 26 O

CODEBREAKER 4



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14 O 15 A 16 Z 17 M 18 I 19 R 20 D 21 W 22 P 23 S 24 C 25 26

CODEBREAKER 5



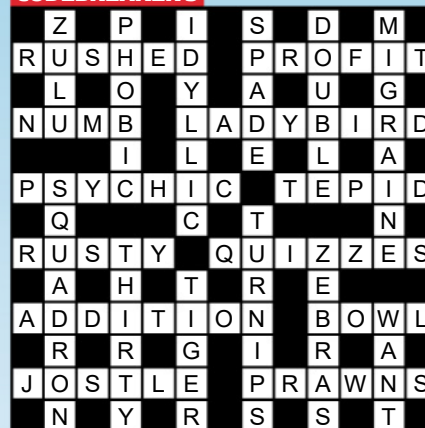
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CODEBREAKER 2



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14 D 15 N 16 O 17 Q 18 L 19 K 20 21 M 22 B 23 S 24 25 26 C

CODEBREAKER 3



1 Z 2 S 3 C 4 L 5 6 Q 7 N 8 E 9 G 10 J 11 O 12 I 13 F
14 R 15 M 16 I 17 U 18 W 19 Y 20 H 21 B 22 T 23 P 24 A 25 D 26

ANAGRAM CROSSWORD



TV MOVIES / THURSDAY 4 SEPTEMBER– WEDNESDAY 10 SEPTEMBER

★★★★ BRILLIANT / ★★★ EXCELLENT / ★★ WORTHWHILE / ★ SO-SO / ★ IF YOU MUST

A All ages D Drugs H Horror L Language N Nudity P Prejudice PG Parental guidance S Sex V Violence

THURSDAY

■ **THE LOST GIRLS** ★★ 2022, 100 min, PG13, M-Net, 06:00. Fantasy. Like her grandmother and her mother before her, Wendy must escape Pan's hold on her and the promise he wants her to keep. Siobhan Hewlett, Tilly Marsan.

■ **HUSTLERS** ★★ 2019, 110 min, 16L, e.tv, 02:00. Comedy. Follows a crew of savvy former strip-club employees who band together to turn the tables on their Wall Street clients. Constance Wu, Jennifer Lopez.



Watch Hustlers on Thursday on e.tv at 02:00.

FRIDAY

■ **HOW TO TRAIN YOUR DRAGON: THE HIDDEN WORLD** ★★ 2019, 104 min, PG, M-Net, 15:00. Animation. When Hiccup discovers Toothless isn't the only Night Fury, he must seek the Hidden World before a hired tyrant finds it first. Voices of Jay Baruchel, America Ferrera.

■ **SEPTEMBER 5** ★★ 2024, 95 min, 16, M-Net, 21:00. Biography. During the 1972 Summer Olympics in Munich, Germany, a US sports broadcasting team must adapt to live coverage of the athletes being held hostage. Peter Sarsgaard, John Magaro.

■ **HARD TARGET** ★★ 1993, 97 min, 16VL, e.tv, 22:35. Action. A woman hires a drifter as her guide through New Orleans in search of her missing father. Jean-Claude Van Damme, Lance Henriksen.

■ **DAMAGE** ★★ 2009, 102 min, 16VL, e.tv, 02:35. Action. An ex-con battles it out in the cage to pay for the operation that would save the daughter of his victim. Steve Austin, Walton Goggins.

SATURDAY

■ **THE GREEN HORNET** ★★ 2011, 119 min, PG13V, e.tv, 15:35. Action. A rich man teams up with his late dad's assistant to become a masked crime-fighting team. Seth Rogen, Jay Chou.

■ **DOG MAN** ★★ 2025, 89 min, PG, M-Net, 16:00. Animation. After a policeman and his police dog are fused together to turn into Dog Man, he must stop the villainous Petey the Cat. Voices of Pete Davidson, Poppy Liu.

■ **CHINESE ZODIAC** ★★ 2012, 109 min, PG13V, e.tv, 20:00 & 03:05. Action. A man searches the world for a set of mystic artefacts. The 12 bronze heads of the animals from the Chinese zodiac. Jackie Chan, Shu Qi.

■ **FACE/OFF** ★★ 1997, 138 min, 16VL, e.tv, 22:15. Action. To foil a terrorist plot, an FBI agent undergoes facial transplant surgery and assumes the identity of a criminal mastermind. John Travolta, Nicolas Cage.

■ **1917** ★★ 2019, 119 min, 16VL, M-Net, 03:00. War. Two soldiers, assigned the task of delivering a critical message to another battalion, risk their lives for the job to prevent them from stepping right into a deadly ambush. Dean-Charles Chapman, George MacKay.

SUNDAY

■ **CHICKENHARE AND THE HAMSTER OF DARKNESS** ★★ 2022, 91 min, PG, M-Net, 13:00. Animation. A brave young animal explorer teams up with two trusty friends to find a powerful artefact before his greedy uncle can get his paws on it. Voices of Joe Ochman, Michael Ornstein.

■ **THE GREEN HORNET** ★★ 2011, 119 min, PG13V, e.tv, 13:25. Action. See Saturday.

■ **CHINESE ZODIAC** ★★ 2012, 109 min, PG13V, e.tv, 15:45. Action. See Saturday.

■ **KINGSMAN: THE SECRET SERVICE** ★★ 2014, 129 min, 16VL, e.tv, 20:00. Action. A spy organisation recruits a promising street kid into the agency's training programme, while a global threat emerges from a twisted tech genius. Colin Firth, Taron Egerton.

■ **CONCLAVE** ★★ 2024, 120 min, PG, M-Net, 20:05. Drama. Cardinal Lawrence is tasked with leading one of the world's most secretive and



Kingsman: The Secret Service is on Sunday on e.tv at 20:00.



Watch Face/Off on Saturday on e.tv.

ancient events, selecting a new pope. Ralph Fiennes, Stanley Tucci.

■ **A DATE WITH MISS FORTUNE** ★★ 2015, 97 min, PG13, e.tv, 23:40. Comedy. A writer falls in love with a woman whose traditional family ties interfere with her life. Jeannette Sousa, Ryan Scott.

■ **LOVE AT MARIPOSA BEACH** ★★ 2022, 89 min, PG, M-Net, 03:15. Romance. A woman with difficulties at work goes to visit her mother at the place where she was born. On a journey of reflection, Claire ends up discovering love. Lucía Gómez-Robledo, Miguel Brocca.

■ **MEET MY VALENTINE** ★★ 2015, 89 min, PG, e.tv, 03:25. Comedy. After finding out he has only months to live, Tom sets out to make sure that his wife and eight-year-old daughter are taken care of after he is gone. Scott Wolf, Courtney Ford.

MONDAY

■ **THE ROYAL NANNY** ★★ 2022, 84 min, PG, M-Net, 06:00. Comedy. An MI5 agent becomes the royal nanny and has to overcome challenges on her mission as she keeps the family safe for Christmas and resists Prince Colin's charms. Rachel Skarsten, Dan Jeannotte.

■ **FACE/OFF** ★★ 1997, 138 min, 16VL, e.tv, 02:00. Action. See Saturday.

TUESDAY

■ **THE LOST GIRLS** ★★ 2022, 100 min, PG13, M-Net, 06:00. Fantasy. See Thursday.

■ **KINGSMAN: THE SECRET SERVICE** ★★ 2014, 129 min, 16VL, e.tv, 02:00. Action. See Sunday.

WEDNESDAY

■ **LOVE AT MARIPOSA BEACH** ★★ 2022, 89 min, PG, M-Net, 06:00. Romance. See Sunday.

■ **THE GREEN HORNET** ★★ 2011, 119 min, PG13V, e.tv, 02:00. Action. See Saturday.



HARD TARGET E.TV FRIDAY 22:35

A woman hires a drifter as her guide as she goes in search of her missing father.

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
05:02 ♦ GELEZA NATHI 06:00 ♦ MAM' SAKHILE'S STORY HOUSE 06:30 IRON MAN 07:00 ♦ TAKALANI SESAME 07:30 ♦ MAM' SAKHILE'S STORY HOUSE 08:00 ♦ GENERATIONS: THE LEGACY 08:30 ♦ MUVHANGO 09:00 ♦ UZALO 09:30 ♦ SKEEM SAAM 10:00 ♦ AMALANGA AWAFINI 10:30 ♦ SUBURBAN BLISS 11:00 ♦ DAILY THETHA 12:00 ♦ SOCCERZONE 13:00 LUNCHTIME NEWS 13:30 ♦ LUNCHTIME VIBES 14:30 ♦ FOOLED BY LOVE 15:00 ♦ TEENAGERS ON A MISSION 15:30 ♦ DEAL OR NO DEAL 16:00 KULCHA KWEST 16:30 ♦ WORKING LAND 17:00 4IR 17:30 NDEBELE/SWAZI NEWS 18:00 SELIMATHUNZI 18:30 AMALANGA AWAFINI Local drama series. Follows the story of newfound riches after living a life of hardship. 19:00 KHOSA/ZULU NEWS 19:30 SKEEM SAAM 20:00 GENERATIONS: THE LEGACY 20:30 UZALO 21:00 GOOM NATION 22:00 ♦ SOON COMES NIGHT 23:00 ♦ 1'S AND 2'S 00:00 SA MUSIC	05:30 ♦ THE BOSS BABY: BACK IN BUSINESS 06:00 MORNING LIVE 09:00 TRENDZ TRAVEL 09:30 ♦ LIKE TYMA LIKE NTWANA 10:00 ♦ GIYANI: THE LAND OF BLOOD 10:30 ♦ SKEEM SAAM 11:00 ♦ LITHAPO 11:30 ♦ DEAL OR NO DEAL SA 12:00 ♦ MOHLOLOHADI 12:30 ♦ MMALONYA 13:00 ♦ STEVE HARVEY'S FUNDERDOME 14:00 ♦ ISIDINGO 14:30 ♦ ISIDINGO 15:00 ♦ TAKALANI SESAME 15:30 TEAM ZENKO GO! 16:00 TECHNO SPIES 16:30 HECTIC NINE-9 17:00 ROUGHING IT OUT 17:30 TSONGA/VENDA NEWS 18:00 ♦ LITHAPO 18:30 DEAL OR NO DEAL 19:00 TSWANA/SOTHO NEWS 19:30 ♦ THE COOLEST OG'S Game show. Hosted by Steve Harvey. 20:30 LIKE TYMA LIKE NTWANA Talk show. TT Mbha and his father explore father-son relationships and delve into absent fathers, paternity discovery and role-modelling. 21:00 GIYANI: THE LAND OF BLOOD 21:30 MOHLOLOHADI 22:00 MMALONYA 22:30 TO BE ANNOUNCED 23:30 FULL VIEW	05:00 ♦ DEUTSCHE WELLE NEWS 05:30 ♦ TEAM SAYARI 06:00 EXPRESSO 09:00 ♦ FINEST HOMES CAPE TOWN Reality series. Explores the world of architecture, interior design, landscaping to all the elements that turn a house into a home. 09:30 ♦ MUSIEK ROULETTE 10:00 ♦ WHEEL OF FORTUNE 10:30 ♦ SWEET DIVA 11:30 ♦ GENERATIONS: THE LEGACY 12:00 KNIGHT RIDER Retro-action series 13:00 ♦ ON POINT 14:00 ♦ PASSWORD US WITH JIMMY FALLON 15:00 TEAM SAYARI 15:30 ♦ THE INSIDER SA 16:30 SWEET DIVA 17:30 ♦ EUROMAXX 18:00 SURVIVOR 41 Reality competition show 19:00 THE INSURANCE APPRENTICE Competition series. Aims to create awareness about insurance work and attract new people to the industry. 20:00 ENGLISH NEWS 20:30 AFRIKAANS NEWS 21:00 DEAL OR NO DEAL UK Game show 22:00 COUNTDOWN TO MURDER 23:00 DEUTSCHE WELLE NEWS	05:00 E.TV NEWS 05:30 THE MORNING NEWS 06:00 THE MORNING SHOW 08:30 DOKTER ALI 09:30 BEGEERTES 10:30 ♦ BLINK KANT BO 11:30 JUDGE JUDY 12:00 ♦ HOUSE OF ZWIDE 12:30 ♦ SCANDAL! 13:00 ♦ ISITHA: THE ENEMY 13:30 ♦ SMOKE AND MIRRORS 14:00 ♦ CRIMEWATCH 14:30 TAKALANI SESAME 14:55 LET'S GO LUNA! 15:10 ALVINNN!!! AND THE CHIPMUNKS Animation series. 15:20 KARMA'S WORLD 15:35 THE SMURFS Animation series 16:00 JUDGE JUDY 16:30 GELUKBRINGERS 17:30 YOSEF 18:30 KELDERS VAN GEHEIME Local drama series 19:00 HOUSE OF ZWIDE Local drama series 19:30 SCANDAL! 20:00 ENEWS 20:30 ♦ KELDERS VAN GEHEIME 21:00 SMOKE AND MIRRORS 21:30 ISITHA: THE ENEMY Local drama series 22:00 GOLD DIGGERS 22:30 ♦ THE LAST WORD WITH SHAHAN RAMKISSOON 23:00 DIE WIEL DRAAI 00:00 SMS TO WIN 02:00 HUSTLERS 04:00 ♦ INTERROGATION RAW	06:00 THE LOST GIRLS 08:00 ♦ MASTERCHEF AUSTRALIA 09:00 ♦ CHICAGO FIRE 10:00 ♦ SUMMERTIDE Double bill 12:00 ♦ WATSON 13:00 ♦ MASTERCHEF AUSTRALIA 14:00 ♦ WALKER 14:55 ♦ SURVIVOR 47 16:10 ♦ CHICAGO FIRE 17:05 ♦ ALERT: MISSING PERSONS UNIT 18:00 MASTERCHEF AUSTRALIA 19:00 LAW & ORDER: ORGANIZED CRIME Crime series. Stabler recovers from a grievous injury while Captain Olivia Benson over- sees both his recovery and the still unsolved case of the missing sex worker. 20:00 NCIS: ORIGINS Action series 21:00 MOB LAND Crime series. Bella does a runner to London. Tattersall gets Alice's tootsies tapping. Kevin confronts his past. The Harrigans sit down for a normal family dinner. 22:00 ♦ DARK SIDE OF GLORY Documentary series 23:25 ♦ 1923 Western series 00:30 ♦ FUNNY WOMAN 01:25 ♦ POKER FACE 02:20 ♦ HAPPY FACE 03:20 ♦ FBI 04:05 ♦ FBI: MOST WANTED 04:50 ♦ SURVIVOR 47	06:00 ♦ THE RIVER 06:30 ♦ MZANSI MAGIC MUSIC SPECIALS 07:00 ♦ AFROPOP NATION 07:30 ♦ DATE MY FAMILY 08:30 MZANSI ORIGINAL FILMS: MA 09:30 ♦ ITHONGA 10:00 ♦ INIMBA 10:30 ♦ GENESIS 11:00 ♦ AFROPOP NATION 11:30 ♦ THE RANAKAS 12:00 ♦ THE RIVER 12:30 ♦ ITHONGA 13:00 ♦ INIMBA 13:30 ♦ GENESIS 14:00 ♦ DECONSTRUCTED 14:30 ♦ THE RANAKAS 15:00 ♦ OUR PERFECT WEDDING 16:00 ♦ DATE MY FAMILY 17:00 DECONSTRUCTED 17:30 SIPHO 18:30 THE RIVER Local drama series. 19:00 NANDI AND THE REV 19:30 GENESIS 20:00 GUSH'LYF 20:30 ITHONGA 21:00 INIMBA 21:30 LOOKING FOR LOVE 23:00 LOKSHIN BIOSKOP: NGUYE LO 00:00 LOKSHIN BIOSKOP: MAMPARA 01:35 LOKSHIN BIOSKOP: PLASTIC LOVE 03:00 LOKSHIN BIOSKOP: N HONEST LIVING 04:30 LOKSHIN BIOSKOP: MAMA STOLE MY HUNK

TV / THURSDAY / 4 SEPTEMBER

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
06:00 ♦ MAM' SAKHILE'S STORY HOUSE 06:30 IRON MAN 07:00 ♦ TAKALANI SESAME 07:30 ♦ MAM' SAKHILE'S STORY HOUSE 08:00 ♦ GENERATIONS: THE LEGACY 08:30 ♦ MUVHANGO 09:00 ♦ UZALO 09:30 ♦ SKEEM SAAM 10:00 ♦ AMALANGA AWAFANI 10:30 ♦ SUBURBAN BLISS 11:00 ♦ IMIZWILILI 12:00 ♦ SPORT 13:00 LUNCHTIME NEWS 13:30 ♦ ISSAVIBE 14:00 ♦ VS GAMING 14:30 MAM' SAKHILE'S STORY HOUSE 15:00 GOATS LIKE US 15:30 ♦ DEAL OR NO DEAL 16:00 RESTYLE MY STYLE 16:30 MY FIRST 17:00 SELIMATHUNZI 17:30 NDEBELE/SWAZI NEWS 18:00 CONNECT 18:30 AMALANGA AWAFANI Local telenovela. Twins find a winning lottery ticket that changes their lives. 19:00 KHOSA/ZULU NEWS 19:30 SKEEM SAAM 20:00 GENERATIONS: THE LEGACY 20:30 UZALO 21:00 TO BE ANNOUNCED 23:00 ♦ MZANSI INSIDER 00:00 SA MUSIC	05:00 ♦ SNAZZY STORIES 05:30 ♦ THE BOSS BABY: BACK IN BUSINESS 06:00 MORNING LIVE 09:00 ♦ RATANANG 10:00 ♦ GIYANI: THE LAND OF BLOOD 10:30 ♦ SKEEM SAAM 11:00 ♦ LITHAPO 11:30 ♦ DEAL OR NO DEAL SA 12:00 ♦ MOHLOLOHADI 12:30 ♦ MMALONYA 13:00 ♦ STEVE HARVEY'S FUNDERDOME 14:00 ♦ ISIDINGO 14:30 ♦ ISIDINGO 15:00 ♦ TAKALANI SESAME 15:30 TEAM ZENKO GO! Animated series. Niah, Ari, Ellie and Jax go undercover to help others and squash their town's problems in secret! 16:00 SNAKE PARK 16:30 HECTIC NINE-9 17:00 ROUGHING IT OUT 17:30 TSONGA/VENDA NEWS 18:00 ♦ LITHAPO 18:30 DEAL OR NO DEAL SA 19:00 TSWANA/SOTHO NEWS 19:30 WILD WORLD DIARIES 20:30 TRENDZ TRAVEL 21:00 GIYANI: THE LAND OF BLOOD 21:30 MOHLOLOHADI 22:00 MMALONYA 22:30 TKO BOXING 23:30 FULL VIEW 03:00 THE LATE EDITION	05:00 ♦ DEUTSCHE WELLE NEWS 05:30 ♦ CITY SLICKERS 06:00 EXPRESSO Breakfast show 09:00 ♦ DESIGN FOR YOU 09:30 ♦ MUSIEK ROULETTE 10:00 ♦ WHEEL OF FORTUNE 10:30 ♦ SWEET DIVA 11:30 ♦ GENERATIONS: THE LEGACY 12:00 KNIGHT RIDER Retro-action series 13:00 ♦ ON POINT 14:00 ♦ THE INSURANCE APPRENTICE 15:00 CITY SLICKERS 15:30 ♦ THE INSIDER SA 16:30 SWEET DIVA Telenovela 17:30 EUROMAXX 18:00 THE MASKED SINGER US 19:00 WEAKEST LINK US 20:00 NEWS 20:30 AFRIKAANS NEWS 21:00 DEAL OR NO DEAL UK 22:00 SEX, KNIVES AND LIPOSUCTION Documentary series. Cherry Healey plunges into the alluring, shocking and controversial world of cosmetic surgery as she tries to determine if happiness is just a nip and tuck away. 23:00 PREMIER LEAGUE REVIEW 23:30 LFCTV 02:30 DEUTSCHE WELLE NEWS	05:00 E.TV NEWS 05:30 THE MORNING NEWS 06:00 THE MORNING SHOW 08:30 DOKTER ALI 09:30 BEGEERTES 10:30 BLINK KANT BO 11:30 JUDGE JUDY 12:00 ♦ HOUSE OF ZWIDE 12:30 ♦ SCANDAL! 13:00 ♦ ISITHA: THE ENEMY 13:30 ♦ SMOKE AND MIRRORS 14:00 ♦ DEVI 14:30 TAKALANI SESAME 14:55 MUSH-MUSH AND THE MUSHABLES 15:10 ALVINNN!!! AND THE CHIPMUNKS 15:20 THE JUNGLE BUNCH 15:35 BEYBLADE X 16:00 JUDGE JUDY 16:30 GELUKBRINGERS 17:30 YOSEF Telenovela 18:30 KELDERS VAN GEHEIME 19:00 HOUSE OF ZWIDE 19:30 SCANDAL! 20:00 ENEWS 20:30 ♦ KELDERS VAN GEHEIME 21:00 THE POWERBALL DRAW (LIVE) 21:02 SMOKE AND MIRRORS Local drama series 21:30 ISITHA: THE ENEMY 22:05 GOLD DIGGERS 22:35 HARD TARGET 00:35 SMS TO WIN 02:35 DAMAGE 04:30 ♦ JUDGE JUDY	06:00 ♦ SUMMERTIDE Double bill 08:00 ♦ MASTERCHEF AUSTRALIA 09:00 ♦ CHICAGO FIRE 10:00 ♦ WATSON 11:00 ♦ CARTE BLANCHE 12:00 ♦ AUSTRALIA SURVIVOR: AUSTRALIA V THE WORLD 13:30 ♦ MASTERCHEF AUSTRALIA 14:30 ♦ LAW & ORDER: ORGANIZED CRIME 15:25 HOW TO TRAIN YOUR DRAGON: THE HIDDEN WORLD 17:05 ♦ CHICAGO FIRE 18:00 MASTERCHEF AUSTRALIA Reality cooking competition. Yesterday's winners are battling it out in a service challenge at Vue De Monde. 19:00 ELSEBETH Comedy series 20:00 POKER FACE Comedy series. Charlie is convinced by her new gym buddy that there's more to the tragic death of a local lifter than poor technique. 21:00 SEPTEMBER 5 22:35 ♦ THE PITT Drama series 23:35 ♦ 1923 Crime series 00:40 ♦ DARK SIDE OF GLORY 02:05 ♦ MOB LAND 03:05 ♦ MR. LOVERMAN 04:00 ♦ FBI: MOST WANTED 05:00 ♦ RESCUE: HI-SURF	06:00 ♦ THE RIVER 06:30 ♦ MZANSI MAGIC MUSIC SPECIALS 07:00 ♦ AFROPOP NATION 07:30 ♦ DATE MY FAMILY 08:30 MZANSI ORIGINAL FILMS: MNGANI WAM 09:30 ♦ ITHONGA 10:00 ♦ INIMBA 10:30 ♦ GENESIS 11:00 ♦ AFROPOP NATION 11:30 ♦ THE RANAKAS 12:00 ♦ THE RIVER 12:30 ♦ ITHONGA 13:00 ♦ INIMBA 13:30 ♦ GENESIS 14:00 ♦ DECONSTRUCTED 14:30 ♦ THE RANAKAS 15:00 ♦ OUR PERFECT WEDDING 16:00 ♦ DATE MY FAMILY 17:00 ♦ MZANSI MAGIC MUSIC SPECIALS 17:30 AFROPOP NATION 18:00 DECONSTRUCTED 18:30 THE RIVER 19:00 THE REQUEST 19:30 GENESIS 20:00 ♦ LAUGH OUT LOUD: THE COMEDY SHOW 20:30 ITHONGA 21:00 ♦ INIMBA 21:30 ♦ SHAKA ILEMBE 22:30 MZANSI ORIGINAL FILMS: NYAMEZELA 23:30 ♦ MZANSI MAGIC MUSIC SPECIALS 00:00 LOKSHIN BIOSKOP: PLAY THE PLAYA

TV / FRIDAY / 5 SEPTEMBER

CHINESE ZODIAC

E.TV SATURDAY 20:00

A man searches the world for a set of mystic artefacts.



SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
05:00 GELEZA NATHI Kids show 06:00 BONISANANI Kids show 06:30 YO.TV Kids show 07:00 BIG BREAKFAST Kids variety show 08:00 ♦ GENERATIONS: THE LEGACY Omnibus 10:30 ♦ AMALANGA AWAFANI Omnibus 13:00 BORN LEGENDS 13:30 FUT AFRIQUE 14:00 GAME ON 14:30 SOCCER: BUILD-UP 15:00 SOCCER 17:30 INGONO YOMSAMO Docu-reality series Aiming to educate viewers on a massive spiritual awakening among Africans and influential personnel who play a role in making people more aware of traditional and African spiritual matters. 18:00 TO BE ANNOUNCED 19:00 XHOSA/ZULU NEWS 19:30 HEAVY HITTERS 20:00 UNPROVOKED VUSI NOVA Local docu-reality 20:30 USHUNI KAMASKANDI Local docu-reality 21:00 KHUMBULEKHAYA Local docu-reality 22:00 ♦ USHUNI WOMHLABA 23:00 ♦ MZANSI INSIDER 00:00 NBA Match to be announced	05:00 ♦ FUN FACTORY Kids show 06:00 ♦ NEWS OF THE WILD Kids wildlife show 06:30 WORDS AND NUMBERS 06:57 ♦ CRUX 07:00 MORNING LIVE 08:30 ♦ ISIDINGO Omnibus 13:00 ♦ GIYANI: THE LAND OF BLOOD Omnibus 15:30 ♦ KENAN Comedy series. Kenan offends Tami when he reveals that he only sees her as a colleague and not as a friend; Gary and Rick encourage Birdie to use TikTok before she's ready, which lands her in trouble at school. 16:00 TO BE ANNOUNCED 18:00 TSWANA/SOTHO NEWS 18:30 TO BE ANNOUNCED 20:30 FARGO Crime series. Deafy and Odis join forces; Josto seeks revenge; Oraetta finds new employment; Gaetano makes a move; and Zelmare and Swanee help the Smutneys with their debt. 20:57 LOTTO DRAW (LIVE) 21:00 FARGO Episode continues 21:30 WHY ARE WE SO ANGRY? 22:30 ♦ NCIS Action series 23:30 FULL VIEW 03:00 THE LATE EDITION	05:00 ♦ MY PERFECT LANDING 05:30 ♦ FAMOUS FOODIES 06:00 ♦ TECHNO SQUAD 06:30 ♦ TEAM SAYARI 07:00 ♦ CITY SLICKERS 07:30 ART 2.1 08:00 ♦ TOP GEAR Omnibus 13:00 ♦ PLANET SHARK 14:00 ♦ WILD ORPHAN RESCUE 14:30 RED BULL THE CLIP SHOW 15:00 ♦ WELCOME TO WREXHAM Documentary series 15:30 SOCCER: BUILD-UP 16:00 PREMIER LEAGUE Match to be announced 18:00 SOCCER WRAP UP 18:30 THE MASKED SINGER US Musical game show 19:30 PASSWORD US WITH JIMMY FALLON Game show. In each game, two teams, composed of a celebrity player and a contestant, attempt to convey mystery words to each other using only single-word clues to win a cash prize. 20:30 THE LONGEST DATE Reality show. The couples are emotionally battered and bruised as they face a physical challenge. A shocking injury leaves one couple unbalanced, while another couple's lack of chemistry threatens to end their date. 21:30 ♦ YELLOWSTONE Action series 22:30 DEUTSCHE WELLE NEWS	05:00 ♦ TAKALANI SESAME Omnibus 06:40 ♦ OPEN SEASON: CALL OF NATURE 06:55 ♦ MUSH-MUSH AND THE MUSHABLES Animated series 07:10 ♦ THOMAS AND FRIENDS: ALL ENGINES GO 07:25 ♦ THE SMURFS Animated series. 07:55 ♦ BEYBLADE X Animated show 08:30 ♦ SCANDAL! Omnibus 10:20 ♦ SMOKE AND MIRRORS Omnibus 12:25 ♦ ISITHA: THE ENEMY Omnibus 14:20 ♦ JUST FOR LAUGHS GAGS Double bill 15:35 THE GREEN HORNET 18:00 FRIENDS OF AMSTEL: THE CHALLENGE Game show 19:00 SOUTH AFRICA TONIGHT 19:30 THE NEIGHBORHOOD Comedy series 20:00 CHINESE ZODIAC Jackie Chan set a Guinness World Record in this movie for most credits in one movie. Jackie carried out 15 of the major creative movie-making roles for this movie, including director, producer, actor, fight choreographer and composer. 22:15 FACE/OFF 01:05 SMS TO WIN 03:05 CHINESE ZODIAC	06:00 ♦ WATSON 07:00 ♦ ELSEBETH 08:00 ♦ NCIS 09:00 ♦ RESCUE: HI-SURF 10:00 ♦ CHICAGO FIRE Omnibus 14:30 ♦ AUSTRALIAN SURVIVOR: AUSTRALIA V THE WORLD 16:00 DOG MAN 17:30 ♦ ST. DENIS MEDICAL 18:00 ST. DENIS MEDICAL Comedy series. Double bill. Bruce and Alex give conflicting medical advice to a young athlete; Joyce competes with Tiger Woods in her alumni magazine; Matt and Serena (almost) drop an unconscious patient. 19:00 DESTINATION X Reality game show 20:00 REAL TIME WITH BILL MAHER 21:10 ♦ REYKA Local crime series. It's six months later and things are going well for Reyka. She's working out of a new police station and she's met a guy. But after a disastrous TV interview and the discovery of a murder, cracks appear in her "perfect" new world. 22:15 ♦ HAPPY FACE 23:20 ♦ POKER FACE Comedy series 00:15 ♦ OUTLANDER 01:25 ♦ FUNNY WOMAN 02:25 ♦ SMOTHERED 03:00 1917	06:00 ♦ MZANSI MAGIC MUSIC SPECIALS 06:30 MZANSI ORIGINAL FILM: MINA NAWE 07:30 MZANSI ORIGINAL FILM: UBABAZALA 08:30 ♦ THE RIVER Omnibus 11:00 ♦ INIMBA Omnibus 13:30 ♦ LAUGH OUT LOUD: THE COMEDY SHOW 14:00 ♦ THE REQUEST 14:30 ♦ 1802: LOVE DEFIES TIME Omnibus 16:00 ♦ MZANSI ORIGINAL FILM: INCWADI YOKUGQIBELA 17:00 ♦ KWANELE BAZALI 17:30 ♦ UGEBULA NGATHI 18:00 ♦ GUSH'LYF 18:30 THE CLEAN SWEEP 19:00 MZANSI ORIGINAL FILM: UMHLOLA KA ZODWA 20:00 THE MOMMY CLUB 21:15 AWKWARD DATES 21:45 JOSEPH DARY: EXCHANGING PHONES 22:15 MKHONTO 23:45 WWE SMACKDOWN 00:45 ♦ MZANSI MAGIC MUSIC SPECIALS 01:15 ♦ WWE SMACKDOWN 02:15 LOKSHIN BIOSKOP: TOBETSA 03:20 LOKSHIN BIOSKOP: HO KENA 04:20 LOKSHIN BIOSKOP: UNCLE MALUME

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
05:00 ♦ GELEZA NATHI Kids show 06:00 TO BE ANNOUNCED 08:00 ♦ IMVELO Magazine show 08:30 ♦ GOSPEL AVENUE Religious music show. Sunday morning dose of traditional gospel music with your favourite celebrities as they share their favourite praise songs 09:30 ♦ SKEEM SAAM Omnibus 12:00 ♦ UZALO Omnibus 14:30 SOCCER: BUILD-UP 15:00 SOCCER Match to be announced 17:30 ICEBO LABANTU Local reality show. Focuses on extending a helping hand to families in need so they can give their loved ones dignified farewells by providing support and resources to those who can't afford funeral costs. 18:00 THE UNPLUG Music show. Presenter and musician Slikour hosts artists who performs some of your favourite songs. 19:00 XHOSA/ZULU NEWS 19:30 NFVF YOUTH SLATE 20:00 SOON COMES NIGHT 21:00 TO BE ANNOUNCED 23:00 ♦ GOSPEL AVENUE 00:00 SA MUSIC	05:30 ♦ BUSH RADAR 06:00 THE EPIC HANGOUT 06:30 HOLLYWOOD BETS DURBAN 10KM MARATHON 09:30 SADHANA 10:00 AN NUR: THE LIGHT 10:30 MY BRAVE FACE 11:30 RED BULL ABC 12:00 SAFA TV 12:30 GAUTENG CLUB RUGBY 13:00 NBA LIFESTYLE 13:30 ♦ LITHAPO Omnibus 16:00 ♦ CRIME SCENE KITCHEN 17:00 VIMBA 17:30 ♦ RELATE 18:00 TSWANA/SOTHO NEWS 18:30 RED CAKE: NOT THE COOKING SHOW 19:00 KENAN 19:30 ♦ WIFE SWAP SA Reality series. Two families from very different backgrounds, with contrasting lifestyles and values, agree to temporarily swap wives in a heartfelt and eye-opening social experiment. 20:30 LOFFPRYSING Liesl Penniken showcases Afrikaans gospel music and talks to guests about their faith. 21:00 THRONEROOM EXPERIENCE 21:30 TO BE ANNOUNCED 22:30 NCIS Action series 23:30 FULL VIEW 03:00 THE LATE EDITION	05:00 ♦ DEUTSCHE WELLE NEWS Omnibus 07:30 ECO AFRICA The filmmakers highlight innovative projects from across Africa and Europe. 08:00 ECO INDIA 08:00 AN NUR: THE LIGHT Islamic magazine show 08:30 ♦ AFTERNOON EXPRESS 09:30 DW SHIFT 10:00 ARTS UNVEILED 10:30 ♦ THE 77 PERCENT 11:00 ♦ CLOSE UP 11:30 ♦ EUROMAXX 12:00 ♦ DEAL OR NO DEAL CELEBRITY 13:00 TO BE ANNOUNCED 14:00 TO BE ANNOUNCED 16:30 WILD ORPHAN RESCUE 17:00 GORDON RAMSAY UNCHARTED Travel series. Chef Gordon journeys to incredible and remote locations in search of culinary inspiration, epic adventures and cultural experiences. 18:00 PLANET SHARK Meet the nomadic sharks thriving in the ocean's depths, a lone blue shark in the Atlantic and hundreds of hammerheads in the Pacific. 19:00 TO BE ANNOUNCED 21:00 LFCTV 23:00 DEUTSCHE WELLE NEWS	05:00 ♦ COOL CATZ NEW MASTERS 06:00 ♦ GRASSROOTS 06:30 ♦ TOMORROW'S WORLD 07:00 I AM SOUL PRECIOUS 07:30 JUDGE FOR YOURSELF 08:00 JOSEPH PRINCE: NEW CREATION CHURCH TV 08:30 ♦ HOUSE OF ZWIDE 10:25 ♦ KELDERS VAN GEHEIME Omnibus 12:25 ♦ JUST FOR LAUGHS GAGS Double bill 13:25 THE GREEN HORNET Nicolas Cage was initially cast as Chudnofsky, but dropped out. He intended to play the role with a Jamaican accent, much to director Michel Gondry's dismay. 15:45 CHINESE ZODIAC 18:00 FAMILY FEUD SOUTH AFRICA 19:00 SOUTH AFRICA TONIGHT 19:30 CHECKPOINT 20:00 KINGSMAN: THE SECRET SERVICE Colin Firth worked out for around six months to be in top fighting shape and physical form to portray gentleman spy Galahad/Harry Hart. 22:40 ♦ DEVI 23:10 CRIMEWATCH 23:40 A DATE WITH MISS FORTUNE 01:25 SMS TO WIN 03:25 MEET MY VALENTINE	06:00 ♦ ST. DENIS MEDICAL Double bill 07:00 ♦ WATSON 07:55 ♦ ALERT: MISSING PERSONS UNIT Crime series 08:50 ♦ FBI: INTERNATIONAL 09:45 ♦ AMERICAN IDOL 10:15 ♦ AMERICAN IDOL 12:00 ♦ DESTINATION X 13:00 CHICKENHARE AND THE HAMSTER OF DARKNESS 14:35 ♦ ELSEBETH 15:30 ♦ NCIS 16:30 ♦ LAW & ORDER: ORGANIZED CRIME 17:30 AUSTRALIAN SURVIVOR: AUSTRALIA V THE WORLD 19:00 CARTE BLANCHE Flagship current affairs and investigative journalism show 20:05 CONCLAVE In the wake of Pope Francis' death on 21 April 2025, numerous sources have cited this film for its accuracy in detailing the conclave process. 22:10 ♦ MOBLAND 23:10 ♦ THE PITT Drama series 00:10 ♦ FBI 01:05 ♦ NCIS: ORIGINS 02:05 ♦ DEXTER: ORIGINAL SIN Drama series 03:15 LOVE AT MARIPOSA BEACH 05:00 ♦ SUMMERTIDE Local drama series	06:00 ♦ VIP INVITE 07:15 ♦ MZANSI MAGIC MUSIC SPECIALS Omnibus 08:00 ♦ HER STORY 09:00 ♦ AFROPOP NATION 09:30 ♦ DECONSTRUCTED 10:00 ♦ ITHONGA Omnibus. 12:30 MZANSI ORIGINAL FILMS: EZIDLA UMZI 13:30 ♦ LOSE IT OR LOSE ME 14:00 ♦ THE CLEAN SWEEP 14:30 ♦ GENESIS Omnibus 17:00 ♦ UGEBULA NGATHI 17:30 ♦ GUSH'LYF 18:00 MARRIED AT FIRST SIGHT: MZANSI 19:00 NANDI AND THE REV 19:30 KWANELE BAZALI 20:00 LEVELS Drama series. When R1 billion in foreign currency vanishes in a bold heist at a private airport, Crime Intelligence call in top detective Bongzi Nkosi to head up the investigation. But her world is shaken when a rising star from head office, Detective Stephen Vilakazi, is sent to be part of the investigation. 21:00 ♦ UNFOLLOWED 22:10 016 FM 22:40 ♦ UGEBULA NGATHI 23:10 WWE RAW Double bill



YELLOWSTONE SABC3 TUESDAY 19:00

John and Kayce Dutton discuss the attack.

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
05:02 ♦ GELEZA NATHI 06:00 MAM' SAKHILE'S STORY HOUSE 06:30 IRON MAN 07:00 ♦ TAKALANI SESAME 07:30 ♦ MAM' SAKHILE'S STORY HOUSE 08:00 ♦ GENERATIONS: THE LEGACY 08:30 ♦ MUVHANGO Local drama series 09:00 ♦ UZALO 09:30 ♦ SKEEM SAAM 10:00 ♦ AMALANGA AWAFANI 10:30 ♦ SUBURBAN BLISS Local comedy series 11:00 ♦ DAILY THETHA 12:00 TO BE ANNOUNCED 13:00 LUNCHTIME NEWS 13:30 ♦ GQOM NATION 14:30 JABU'S JUNGLE 15:00 MYVUBU AND FRIENDS 15:30 ♦ DEAL OR NO DEAL 16:00 KULCHA KWEST 16:30 DICHIPHI 17:00 EXPRESSIONS 17:30 NDEBELE/SWAZI NEWS 18:00 MY FIRST 18:30 AMALANGA AWAFANI 19:00 XHOSA/ZULU NEWS 19:30 SKEEM SAAM 20:00 GENERATIONS: THE LEGACY 20:30 UZALO Local drama series 21:00 SOCCERZONE 22:00 INKABI ZEZWE Local docu-reality series 23:00 ♦ LUNCHTIME VIBES 00:00 SA MUSIC	05:30 ♦ THE BOSS BABY: BACK IN BUSINESS 06:00 MORNING LIVE 09:00 ♦ BEYOND 09:30 ♦ MY PERFECT FAMILY 10:00 ♦ GIYANI: THE LAND OF BLOOD 10:30 ♦ SKEEM SAAM 11:00 ♦ LITHAPO 11:30 ♦ DEAL OR NO DEAL SA 12:00 ♦ MOHLOLOHADI 12:30 ♦ MMALONYA 13:00 ♦ WIDE WORLD DIARIES 14:00 ♦ ISIDINGO 14:30 ♦ ISIDINGO 15:00 ♦ TAKALANI SESAME 15:30 TEAM ZENKO GO! 16:00 ULTIMATE MATHS 16:30 HECTIC NINE-9 17:00 ROUGHING OUT 17:30 TSONGA/VENDA NEWS 18:00 LITHAPO Local telenovela. Follows a young man from QwaQwa in search of his biological father. 18:30 DEAL OR NO DEAL SA 19:00 TSWANA/SOTHO NEWS 19:30 HOARDERS FAMILY SECRET 20:30 LEIHLA LA SECHABA Current affairs show. Tackles issues related to community development, politics and economics. 21:00 GIYANI: THE LAND OF BLOOD 21:30 MOHLOLOHADI 22:00 MMALONYA 22:30 TO BE ANNOUNCED 23:30 FULL VIEW 03:00 THE LATE EDITION	05:00 ♦ DEUTSCHE WELLE NEWS 05:30 ♦ MY PERFECT LANDING Drama series 06:00 EXPRESSO Breakfast variety show. 09:00 ♦ THE 77 PERCENT Youth show 09:30 ♦ MUSIEK ROULETTE Music show 10:30 ♦ SWEET DIVA 11:30 ♦ GENERATIONS: THE LEGACY 12:00 KNIGHT RIDER Retro-action series 13:00 ON POINT 14:00 TO BE ANNOUNCED 14:30 SPORT LIFE 15:00 MY PERFECT LANDING 15:30 ♦ THE INSIDER SA 16:30 SWEET DIVA 17:30 ♦ ARTS UNVEILED 18:00 TO BE ANNOUNCED 19:00 THE LONGEST DATE 20:00 NEWS 20:30 AFRIKAANS NEWS 21:00 THE LAST POST Drama series. This is the story of a British army unit quashing a Yemeni fight for independence in the Middle East and the women and children who were there with them. 22:00 TOP GEAR Motoring show 23:00 PREMIER LEAGUE REVIEW 00:00 DEUTSCHE WELLE NEWS	05:00 LIFE BY DESIGN 05:30 THE MORNING NEWS 06:00 THE MORNING SHOW 08:30 DOKTER ALI 09:30 BEGEERTES 10:30 ♦ BLINK KANT BO 11:30 JUDGE JUDY 12:00 ♦ HOUSE OF ZWIDE 12:30 ♦ SCANDAL 13:00 ♦ ISITHA: THE ENEMY 13:30 ♦ SMOKE AND MIRRORS 14:00 ♦ JUDGE FOR YOURSELF 14:30 TAKALANI SESAME 14:55 PETER RABBIT 15:10 ALVINNN!!! AND THE CHIPMUNKS Animation series 15:20 ANGRY BIRDS SUMMER CAMP MADNESS 15:35 DRAGONS: RACE TO THE EDGE 16:00 JUDGE JUDY 16:30 GELUKBRINGERS 17:30 YOSEF Telenovela 18:30 KELDERS VAN GEHEIME 19:00 HOUSE OF ZWIDE 19:30 SCANDAL! 20:00 ENEWS 20:30 ♦ KELDERS VAN GEHEIME 21:00 SMOKE AND MIRRORS 21:30 ISITHA: THE ENEMY Local drama series 22:00 GOLD DIGGERS 22:30 ♦ THE LAST WORD WITH SHAHAN RAMKISSOON 23:00 DIE WIEL DRAAI 00:00 SMS TO WIN 02:00 FACE/OFF 04:30 ♦ JUDGE JUDY	06:00 THE ROYAL NANNY 07:30 ♦ MASTERCHEF AUSTRALIA 08:30 ♦ CHICAGO FIRE 09:30 ♦ ELSEBETH 10:30 ♦ AUSTRALIAN SURVIVOR: AUSTRALIA V THE WORLD 12:00 ♦ ALERT: MISSING PERSONS UNIT 12:55 ♦ MASTERCHEF AUSTRALIA 13:55 ♦ CARTE BLANCHE 14:55 ♦ SURVIVOR 47 16:10 ♦ CHICAGO FIRE 17:05 ♦ FBI: INTERNATIONAL 18:00 MASTERCHEF AUSTRALIA 19:00 WATSON Drama series 20:00 FBI Action series 21:00 THE PITT Drama series. Double bill. Santos and Collins deal with their own moral and legal quandaries. Samira earns praise from patients and reproach from Robby. Javadi upends McKay's attempts to help an unhoused patient. 22:00 THE PITT 23:00 ♦ LAST WEEK TONIGHT WITH JOHN OLIVER Comedy current affairs news show 23:50 ♦ 1923 Western series 01:00 ♦ REYKA Local crime series 02:05 ♦ MR. LOVERMAN 03:00 ♦ MOBLAND 03:55 ♦ NCIS: ORIGINS 04:50 ♦ SURVIVOR 47	06:30 ♦ MZANSI MAGIC MUSIC SPECIALS 07:00 ♦ AFROPOP NATION 07:30 ♦ DATE MY FAMILY 08:30 MZANSI ORIGINAL FILMS: AY'PHAKELWAS 09:30 ♦ ITHONGA 10:00 ♦ INIMBA 10:30 ♦ GENESIS 11:00 ♦ AFROPOP NATION 11:30 ♦ THE RANAKAS 12:00 ♦ THE RIVER 12:30 ♦ ITHONGA 13:00 ♦ INIMBA 13:30 ♦ GENESIS 14:00 ♦ DECONSTRUCTED 14:30 ♦ HER STORY 15:30 ♦ OUR PERFECT WEDDING 16:30 ♦ DATE MY FAMILY 17:30 ♦ GUSH'LYF 18:00 ♦ LOSE IT OR LOSE ME 18:30 THE RIVER 19:00 1802: LOVE DEFIES TIME 19:30 GENESIS 20:00 016 FM 21:00 ITHONGA 21:30 INIMBA 21:30 ♦ LOSE IT OR LOSE ME 22:00 MZANSI ORIGINAL FILMS: MAOLEDI 23:00 MZANSI ORIGINAL FILMS: BENG'SHADELANI 00:00 LOKSHIN BIOSKOP: NEVER SAY GOODBYE 01:30 LOKSHIN BIOSKOP: THE PRICE OF NJABULO 03:00 LOKSHIN BIOSKOP: THE BOY IS MINE 04:30 LOKSHIN BIOSKOP: LOVE SPECIALIST

TV / MONDAY / 8 SEPTEMBER

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
05:02 ♦ GELEZA NATHI 06:00 MAM' SAKHILE'S STORY HOUSE 06:30 IRON MAN 07:00 ♦ TAKALANI SESAME 07:30 ♦ MAM' SAKHILE'S STORY HOUSE 08:00 ♦ GENERATIONS: THE LEGACY 08:30 ♦ MUVHANGO 09:00 ♦ UZALO 09:30 ♦ SKEEM SAAM 10:00 ♦ AMALANGA AWAFANI 10:30 ♦ SUBURBAN BLISS Local comedy series 11:00 ♦ DAILY THETHA 12:00 TO BE ANNOUNCED 13:00 LUNCHTIME NEWS 13:30 LUNCHTIME VIBES 14:30 ♦ KHUMBUL'EKHAYA Local docu-reality series 15:30 ♦ DEAL OR NO DEAL 16:00 KULCHA KWEST 16:30 ♦ YILUNGO LAKHO 17:30 NDEBELE/SWAZI NEWS 18:00 ORANGE COUCH 18:30 AMALANGA AWAFANI 19:00 XHOSA/ZULU NEWS 19:30 SKEEM SAAM 20:00 GENERATIONS: THE LEGACY 20:30 UZALO 21:00 CUTTING EDGE 21:30 ♦ ASIKHULUME Local talk show 22:00 DEAL OR NO DEAL CELEBRITY 23:00 ♦ INGONO YOMSAMO 00:00 SA MUSIC	06:00 MORNING LIVE 09:00 ♦ LIVING LAND 09:30 ♦ MY PERFECT FAMILY 10:00 ♦ GIYANI: THE LAND OF BLOOD 10:30 ♦ SKEEM SAAM 11:00 ♦ LITHAPO 11:30 ♦ DEAL OR NO DEAL SA 12:00 ♦ MOHLOLOHADI 12:30 ♦ MMALONYA 13:00 ♦ HOARDERS FAMILY SECRET 14:00 ♦ ISIDINGO 14:30 ♦ ISIDINGO 15:00 ♦ TAKALANI SESAME 15:30 TEAM ZENKO GO! 16:00 ULTIMATE MATHS 16:30 HECTIC NINE-9 17:00 ROUGHING IT OUT 17:30 TSONGA/VENDA NEWS 18:00 LITHAPO 18:30 DEAL OR NO DEAL SA 19:00 TSWANA/SOTHO NEWS 19:30 CRIME SCENE KITCHEN Reality cooking game show. A culinary guessing game in which bakers must decode what type of dessert was made, when all that's left are a few clues. 20:30 CONNED 21:00 GIYANI: THE LAND OF BLOOD 21:30 MOHLOLOHADI 22:00 MMALONYA 22:30 TO BE ANNOUNCED 23:30 FULL VIEW 03:00 THE LATE EDITION	05:00 DEUTSCHE WELLE NEWS 05:30 ♦ FAMOUS FOODIES 06:00 EXPRESSO 09:00 ♦ CLOSE UP 09:30 ♦ MUSIEK ROULETTE 10:00 ♦ WHEEL OF FORTUNE 10:30 ♦ SWEET DIVA 11:30 ♦ GENERATIONS: THE LEGACY 12:00 KNIGHT RIDER Retro-action series 13:00 ON POINT 14:00 TO BE ANNOUNCED 15:00 ♦ FAMOUS FOODIES 15:30 ♦ THE INSIDER SA 16:30 SWEET DIVA 17:30 ♦ AFRIMAXX Local game show 18:00 AFTERNOON EXPRESS Lifestyle show that gives women an opportunity to interact and engage daily, gaining many ideas from cooking, fashion, wellbeing and even finance. 19:00 YELLOWSTONE Action series. John and Kayce discuss the attack. Jamie finds his new home. Beth and Rip have unexpected company. 20:00 NEWS 20:30 AFRIKAANS NEWS 21:00 THE LAST POST Drama series 22:00 TOP GEAR 23:00 LFTV 02:00 DEUTSCHE WELLE NEWS	05:00 E.TV NEWS 05:30 THE MORNING NEWS 06:00 THE MORNING SHOW 08:30 DOKTER ALI 09:30 BEGEERTES 10:30 BLINK KANT BO 11:30 JUDGE JUDY 12:00 ♦ HOUSE OF ZWIDE 12:30 ♦ SCANDAL! 13:00 ♦ ISITHA: THE ENEMY 13:30 ♦ SMOKE AND MIRRORS 14:00 ♦ CHECKPOINT 14:30 TAKALANI SESAME 14:55 THOMAS AND FRIENDS: ALL ENIGMAS GO 15:10 ALVINNN!!! AND THE CHIPMUNKS 15:20 OPEN SEASON: CALL OF NATURE 15:35 TROLLSTOPIA 16:00 JUDGE JUDY 16:30 GELUKBRINGERS 17:30 YOSEF 18:30 KELDERS VAN GEHEIME 19:00 HOUSE OF ZWIDE 19:30 SCANDAL! 20:00 ENEWS 20:30 ♦ KELDERS VAN GEHEIME 21:02 SMOKE AND MIRRORS 21:30 ISITHA: THE ENEMY 22:00 ♦ GOLD DIGGERS 22:30 CRIMEWATCH 23:00 DIE WIEL DRAAI 00:00 SMS TO WIN 02:00 KINGSMAN: THE SECRET SERVICE 04:20 ♦ INTERROGATION RAW	06:00 THE LOST GIRLS 08:00 ♦ MASTERCHEF AUSTRALIA 09:00 ♦ CHICAGO FIRE 10:00 ♦ DESTINATION X 11:00 ♦ NCIS: ORIGINS 12:00 ♦ ELSEBETH 13:00 ♦ MASTERCHEF AUSTRALIA 14:00 ♦ WATSON 15:00 ♦ SURVIVOR 47 16:00 ♦ CHICAGO FIRE 17:00 ♦ NCIS 18:00 MASTERCHEF AUSTRALIA Reality competition. 19:00 ALERT: MISSING PERSONS UNIT Crime series. A kidnapped playwright received threats to close a theatre with a tragic fire history, or face death by burning. Jason tasks Wayne with discovering the father of Sidney's baby. 20:00 FBI: INTERNATIONAL Crime series. The Fly Team work to lure a criminal on the FBI's "most wanted" list out of Russia. 21:00 DEXTER: ORIGINAL SIN Crime series 22:00 OUTLANDER Drama series 23:10 ♦ 1923 Western series 00:15 ♦ THE PITT Double bill 02:15 ♦ REAL TIME WITH BILL MAHER 03:20 ♦ DARK SIDE OF GLORY	06:00 ♦ THE RIVER 06:30 ♦ MZANSI MAGIC MUSIC SPECIALS 07:00 ♦ AFROPOP NATION 07:30 ♦ DATE MY FAMILY 08:30 MZANSI ORIGINAL FILMS: MINA NAWA 09:30 ♦ ITHONGA 10:00 ♦ INIMBA 10:30 ♦ GENESIS 11:00 ♦ HER STORY 12:00 ♦ THE RIVER 12:30 ♦ ITHONGA 13:00 ♦ INIMBA 13:30 ♦ GENESIS 14:00 ♦ DECONSTRUCTED 14:30 ♦ OUR PERFECT WEDDING 15:30 ♦ MAKOTI, ARE YOU THE ONE? 16:30 ♦ DATE MY FAMILY 17:30 ♦ MARRIED AT FIRST SIGHT: MZANSI 18:30 THE RIVER 19:00 1802: LOVE DEFIES TIME Telenovela. A young doctor is about to start her career when destiny intervenes and transports her back in time. 19:30 GENESIS 20:00 ♦ LOSE IT OR LOSE ME 20:30 ITHONGA 21:00 INIMBA 21:30 ♦ THE CLEAN SWEEP 22:00 ♦ GUSH'LYF 22:30 ♦ UGEMBULA NGATHI 23:00 ♦ DATE MY FAMILY 00:00 LOKSHIN BIOSKOP: OUR HOUSE

TV / TUESDAY / 9 SEPTEMBER

After a district attorney is executed, the Fugitive Task Force uncover a money-laundering scheme connecting a biker gang to Wall Street.



SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
05:02 ♦ GELEZA NATHI 06:00 ♦ MAM' SAKHILE'S STORY HOUSE 06:30 IRON MAN 07:00 ♦ TAKALANI SESAME 07:30 ♦ MAM' SAKHILE'S STORY HOUSE 08:00 ♦ GENERATIONS: THE LEGACY 08:30 ♦ MUVHANGO 09:00 ♦ UZALO 09:30 ♦ SKEEM SAAM 10:00 ♦ AMALANGA AWAFANI 10:30 ♦ SUBURBAN BLISS 11:00 ♦ DAILY THETHA 12:00 ISENZO SAMI 13:00 LUNCHTIME NEWS 13:30 LUNCHTIME VIBES 14:30 CUTTING EDGE 15:00 ♦ ASIKHULUME 15:30 ♦ DEAL OR NO DEAL 16:00 KULCHA KWEST 16:30 ♦ THE CHAIR 17:30 NDEBELE/SWAZI NEWS 18:00 IKASI LAMI 18:30 AMALANGA AWAFANI 19:00 XHOSA/ZULU NEWS 19:30 SKEEM SAAM Local drama series 20:00 GENERATIONS: THE LEGACY 20:30 UZALO 21:00 KHUMBUL'EKHAYA Local docu-reality show 22:00 SPORT 23:00 ♦ YILUNGELO LAKHO 00:00 SA MUSIC	05:00 ♦ SNAZZY STORIES 05:30 ♦ THE BOSS BABY: BACK IN BUSINESS 05:57 ♦ CRUX 06:00 MORNING LIVE 09:00 ♦ KHA RI TSHINE MA AFRICA 09:30 ♦ FOREVER YOUNG 10:00 ♦ GIYANI: THE LAND OF BLOOD 10:30 ♦ SKEEM SAAM 11:00 ♦ LITHAPO 11:30 ♦ DEAL OR NO DEAL SA 12:00 ♦ MOHLOLOHADI 12:30 ♦ MMALONYA 13:00 ♦ CRIME SCENE KITCHEN 14:00 ♦ ISIDINGO 14:30 ♦ ISIDINGO 15:00 ♦ TAKALANI SESAME 15:30 TEAM ZENKO GO! 16:00 KNOW YOUR STORY 16:30 HECTIC NINE-9 17:00 ROUGHING IT OUT 17:30 TSONGA/VENDA NEWS 18:00 LITHAPO 18:30 DEAL OR NO DEAL SA 19:00 TSWANA/SOTHO NEWS 19:30 ♦ THE COOLEST OG'S 20:30 NGULA YA VUTIVI/ ZWA MARAMANI 20:57 LOTTO DRAW (LIVE) 21:00 GIYANI: THE LAND OF BLOOD 21:30 MOHLOLOHADI 22:00 MMALONYA 22:30 TO BE ANNOUNCED 23:30 FULL VIEW 03:00 THE LATE EDITION	05:00 DEUTSCHE WELLE NEWS 05:30 ♦ TECHNO SQUAD 06:00 EXPRESSO 09:00 ♦ EUROMAXX Travel show. Game show 09:30 ♦ MUSIEK ROULETTE 10:30 ♦ SWEET DIVA 11:30 ♦ GENERATIONS: THE LEGACY 12:00 KNIGHT RIDER Retro-action series 13:00 ON POINT News show 14:00 AFRI MAX 14:30 ECO AFRICA 15:00 TECHNO SQUAD 15:30 ♦ THE INSIDER SA 16:30 SWEET DIVA Telenovela 17:30 AFRIMAXX 18:00 PASSWORD US WITH JIMMY FALLON Game show 18:30 SECRET SAUCE 19:00 DAVID KLATZOW: LOOKING INTO DARKNESS Local crime series 20:00 CRIMES 20:30 AFRIKAANS NEWS 21:00 THE LAST POST Drama series 22:00 TOP GEAR Motoring show 23:00 DEUTSCHE WELLE NEWS	05:30 E.TV NEWS 05:30 THE MORNING NEWS 06:00 THE MORNING SHOW 08:30 DOKTER ALI 09:30 BEGEERTES Telenovela 10:30 BLINK KANT BO 11:30 JUDGE JUDY 12:00 ♦ HOUSE OF ZWIDE 12:30 ♦ SCANDAL! 13:00 ♦ ISITHA: THE ENEMY 13:30 ♦ SMOKE AND MIRRORS 14:00 ♦ THE LAST WORD WITH SHAHAN RAMKISSOON 14:30 TAKALANI SESAME 14:55 PETER RABBIT 15:10 ALVINNN!!! AND THE CHIPMUNKS 15:20 POPPY CAT 15:35 TOTAL DRAMA ACTION 16:00 JUDGE JUDY 16:30 GELUKBRINGERS 17:30 YOSEF 18:30 KELDERS VAN GEHEIME Local drama series. 19:00 HOUSE OF ZWIDE 19:30 SCANDAL! 20:00 ENEWS 20:30 ♦ KELDERS VAN GEHEIME 21:00 SMOKE AND MIRRORS 21:30 ISITHA: THE ENEMY 22:00 GOLD DIGGERS 22:30 DEVI 23:00 DIE WIEL DRAAI 00:00 SMS TO WIN 02:00 THE GREEN HORNET 04:10 ♦ JUDGE JUDY	06:00 LOVE AT MARIPOSA BEACH 07:30 ♦ MASTERCHEF AUSTRALIA 08:30 ♦ CARTE BLANCHE 09:30 ♦ AUSTRALIAN SURVIVOR: AUSTRALIA V THE WORLD 11:00 ♦ LAW & ORDER: ORGANIZED CRIME 11:55 ♦ FBI: INTERNATIONAL 12:50 ♦ MASTERCHEF AUSTRALIA 13:55 ♦ ALERT: MISSING PERSONS UNIT 14:55 ♦ SURVIVOR 47 16:10 ♦ CHICAGO FIRE 17:05 ♦ ELSEBETH 18:00 MASTERCHEF AUSTRALIA 19:00 NCIS Action series. A deadly alliance between a cartel and a mob boss leads NCIS to discover missing nuclear materials, forcing Parker to make risky choices. 20:00 FBI: MOST WANTED 21:00 MR. LOVERMAN Comedy series 22:00 FUNNY WOMAN Comedy series 23:00 ♦ 1923 Crime series 00:05 ♦ OUTLANDER Drama series 01:15 ♦ DEXTER: ORIGINAL SIN 02:15 ♦ LAST WEEK TONIGHT WITH JOHN OLIVER 03:15 ♦ REYKA 04:20 ♦ SMOTHERED 04:50 ♦ SURVIVOR 47	06:00 ♦ THE RIVER 06:30 ♦ MZANSI MAGIC MUSIC SPECIALS 07:00 ♦ AFROPOP NATION 07:30 ♦ DATE MY FAMILY 08:30 MZANSI ORIGINAL FILM: MNGANI WAM 09:30 ♦ ITHONGA 10:00 ♦ INIMBA 10:30 ♦ GENESIS 11:00 ♦ MAKOTI, ARE YOU THE ONE? 12:00 ♦ THE RIVER 12:30 ♦ ITHONGA 13:00 ♦ INIMBA 13:30 ♦ GENESIS 14:00 ♦ DECONSTRUCTED 14:30 ♦ OUR PERFECT WEDDING 15:30 ♦ MAKOTI, ARE YOU THE ONE? 16:30 ♦ DATE MY FAMILY 17:30 ♦ NANDI! AND THE REV 18:00 KWANELE BAZALI 18:30 THE RIVER Local drama series 19:00 1802: LOVE DEFIES TIME 19:30 GENESIS 20:00 UGEMBULA NGATHI 20:30 ITHONGA 21:00 INIMBA 21:30 ♦ 016 FM 22:00 YA LEPELLE 23:00 DIPOLOKO 00:00 LOKSHIN BIOSKOP: LOVE SPECIALIST 01:40 LOKSHIN BIOSKOP: IZINTOMBI ZODWA

PROGRAMME INFORMATION IS SUPPLIED BY THE BROADCASTERS AND CORRECT AT TIME OF GOING TO PRINT
Movies are highlighted in red – see movie guide for details ♦ Repeat

chuckles

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

ALL ABOUT TIMING

- My jeweller finally fixed my watch.
I told him it was about time.
- I was going to tell a joke about time travelling.
But you guys didn't like it.
- What kind of dog can stay underwater for a long time?
A subwoofer.
- Tomorrow I am going to open the time capsule I buried as a kid.

I can't wait to see how big my puppy got.

TOYING AROUND

- Every time my son opens a Russian doll to find another one, he starts laughing hysterically.
Must be an inside joke.
- My buddy said he made a voodoo doll of me.
I think he's pulling my leg.

Sometimes, it takes a lot of courage to tell your cat that he's living in your house and not the other way around.



IT'S A COVER-UP

- I love putting on warm underwear fresh out of the dryer.
Plus, it's fun to look around the laundromat and guess who they belong to.
- What type of underwear do lawyers wear to court?
Legal briefs.



- What does Thor call his underpants? Thunderwear.
- Apparently Starbucks and Victoria's Secret are collaborating on a new line of designer lingerie.
It's called Coffee Cups.
- Did you know that Chuck Norris and

Superman once had a fight?
The loser had to wear their underpants on the outside.
■ I don't have a single pair of underwear without holes in them.
How else am I supposed to put them on?

THIS TASTES FUNNY

- **Wife:** You shouldn't be using a straw.
Me: I know, I know, it's bad for the environment.
Wife: That's not how people eat lasagna.
- Two crabs are eating a billionaire on the bottom of the ocean.
One turns to the other and asks: "Does this taste a little rich to you?"

OLYMPIC GLORY

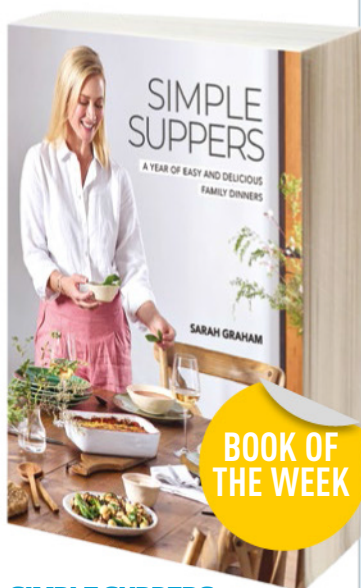
- I didn't realise how many competitors there were in the Olympics.
Just heard the commentator say there were two Brazillion gymnasts!
- The Easter Bunny decided to join the Olympics.
He heard first place gets 24 carrots.
- I am a little worried about the future of Olympic skiing.
It's just going downhill. Fast.
- What's the main rule of the Insomnia Olympics?
You snooze, you lose!
- What is an Olympic gymnast's favourite spice?
Somersalts.
- I just competed in the suntanning Olympics.
I got bronze.

- **How much cake can you feed a snake?**
Only a slither.
- My microwave likes anything I feed it.
I can give it expired food and it'll still say: "Mmmmmmm." □

WHAT TO READ?

From a cookbook to spine-tingling thrillers, we've got you covered

COMPILED BY JANE VORSTER



BOOK OF THE WEEK

SIMPLE SUPPERS

★★★★★

By SARAH GRAHAM
Penguin

Does the thought of having to cook another spaghetti for supper make you want to weep? Never fear – local food guru Sarah Graham is here to offer you plenty of inspo. With her latest offering, *Simple Suppers*, she provides “an arsenal of recipes” that require minimal planning, prep, ingredients and equipment – from one-pot wonders to kiddie-friendly favourites and meals you can cook in advance.

The book contains a year of dinner ideas and is divided according to the seasons with four weeks of recipes supplied for each, plus a section with seasonal desserts and sweet treats.

Many of the dishes like the one-pot sticky chicken and quick chilli con carne can be whipped up in 25-30 minutes, but there are also more ambitious meals such as the chicken cacciatore, tandoori lamb shoulder or cheat's chicken lasagne, which require more cooking time but thankfully not an overwhelming amount of preparation.

This is a practical, handy book packed with wholesome, delicious, fuss-free meals. Turn to page 28 to sample some of the recipes from *Simple Suppers*. - JANE VORSTER



THE CHILDREN OF EVE

★★★★★

By JOHN CONNOLLY
Hodder & Stoughton

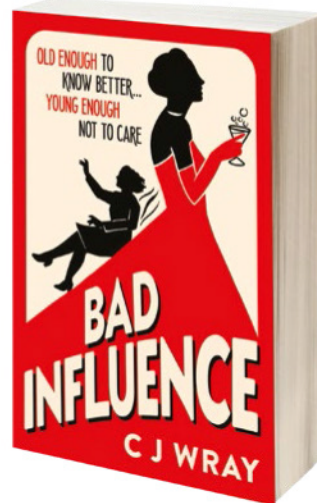
Wyatt Riggins has gone missing, leaving behind a cellphone message containing a single word: RUN. When his girlfriend, artist Zetta Nadeau, hires Charlie Parker to investigate, it comes to light that Wyatt, an ex-soldier, has been involved in the abduction of four children from Mexico. Initially it appears that cartel boss Blás Urrea is their father, but then it emerges that all his offspring are safe and well in Mexico.

So who exactly are these missing children and why is it that Urrea desperately wants them back? He has dispatched his agents to America to retrieve them, even if it means killing everyone who stands in their way. One of these agents is Eugene Seeley, a solver of problems. The other is La Señora, a truly terrifying woman.

The Children of Eve is another spellbinding Charlie Parker novel, with a masterful blend of action, the supernatural and extremely bad villains. It starts off slow, but soon brims with tension and twists.

This is the 22nd novel in the Charlie Parker series and I suppose it can be read as a standalone. But it will be much more enjoyable if you've followed Charlie from the very start of his career.

- ANDRÉ J BRINK



BAD INFLUENCE

★★★★★

By C J WRAY
Orion

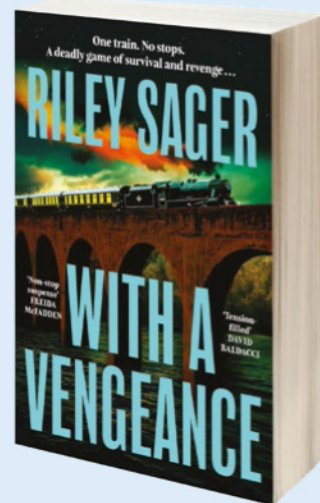
As a child, Jennifer “Jinx” Sullivan witnessed horrendous cruelty when she was a prisoner of war in Japanese-occupied Singapore. After the war she, her mother and little brother ended up as refugees in post-war Britain where they suffered poverty and prejudice.

Penny Williamson, a WW2 spy turned social worker, became a questionable mentor to Jinx, taking her on many dangerous adventures – from jumping off a train near Florence and dodging the CIA to planning heists in London. Although they parted company in the 1960s, Penny's bad influence lingers on.

Now in her late eighties, Jinx feels a driving need to leave her tranquil village in the English Cotswolds and return to Florence in search of hidden treasure.

Her only way to get to Italy is by going on an organised coach trip with other pensioners and taking her sullen teenage carer Thea with her. On the trip, an unlikely friendship develops between Jinx and the teen, who has lost her mother and has a rocky relationship with her father.

I thoroughly enjoyed this book. Not only is it a gripping mystery, but also a poignant read about friendship, secrets, promises and facing up to the past. - GERRY WALDEN



WITH A VENGEANCE

★★★★★

By RILEY SAGER
Hodder & Stoughton

It's 1954 and Anna Matheson decides it's time for the six people who destroyed her family 12 years ago to pay the price for what they did.

She invites them to take an overnight train trip from Philadelphia to Chicago aboard the luxurious Phoenix.

There are no other passengers on board other than Anna and her guests. She intends to use the non-stop journey to confront them and make them confess to their crimes, then hand them over to the police as soon as they arrive at their destination.

But Anna's plans are soon derailed by the murder of one of the passengers.

As more people start dying, it's clear there's someone else on the train who is out for revenge. As the train hurtles through a snowstorm in the night, Anna must try to protect her enemies while hunting the killer.

The corpses pile up as the hours pass and the tension mounts in this locked-room murder mystery.

Although it's a bit over the top, there are enough surprises to make it a gripping read. It's the perfect option if you're looking for a book you can devour in a couple of sittings. - ANDRÉ J BRINK



CHILL out

EDITED BY DENNIS CAVERNELIS

The HOTTEST
things in POP
CULTURE and
ENTERTAINMENT
THIS WEEK

ON OUR RADAR

1

A CHAT WITH LADYSMITH BLACK MAMBAZO

COLLAB

MUSIC



SOLD-OUT KZN TOUR

THEY are two of Mzansi's most-loved acts and they're making magic together.

LADYSMITH BLACK MAMBAZO and **JEREMY LOOPS** are taking their sold-out KwaZulu-Natal Echoes Between Us Tour* to Joburg this month.

Fans can catch them on 19 and 20 September at The Teatro at Montecasino where they will

perform new hits Coming Home and This Town as well as Ladysmith favourites like Homeless and Diamonds on the Soles of Her Shoes.

We caught up with Ladysmith frontman **SIBONGISENI SHABALALA (53)** to talk working with Jeremy and more.

You've just finished a tour in the US where the band have performed for

decades. Tell us about that relationship?

We've been going there ever since the (1986) Graceland album when my father (Joseph Shabalala) teamed up with Paul Simon. Since I joined the band in 1993 we've toured every year. The USA is a different culture and they don't understand when we sing in Zulu, but they understand the music. They can feel it and relate.

WATCH
THIS

2

Would you ever consider another collab with Paul?

We'd love to do it, but he's pretty much retired now. He's 83 and busy with his own projects.

Tell us about your relationship with Jeremy.

During Covid Jeremy approached us, saying he'd always wanted to work with us. He writes beautiful songs and just has this youthful energy that invigorates one. He wrote both our hits and then we put our spin on them.

Your father passed away in 2020 – do you still feel him in the music?

Oh yes, I still feel him in spirit watching us from the wings. He used to do that when he was alive, sit there and cheer us on and make sure we felt confident. He taught me everything I know about singing.

What has been your career highlight so far?

After I joined the band in 1993 we were invited to sing at Madiba's birthday and I got to meet him. He told me that our music had been his inspiration while in prison and that we were good cultural ambassadors.

Ladysmith has won five Grammys, most recently in 2018 for World Music Album for their album Shaka

Zulu Revisited: 30th Anniversary Celebration. What is your favourite memory from the awards show?

I got to meet my idols Stevie Wonder and Dolly Parton, whose music my mom always played when we were growing up. In 1996 we actually got to record with her in New York (they covered Cat Stevens' Peace Train) and I took my mom along to meet her.

You have three brothers in the band and two of you have sons in it. How does that feel?

Me and my brothers are the second generation so we are trying to get the next generation going. We hope the youngsters will keep the legacy going. I'm not retiring right now though! Maybe when I'm in my 70s.

You're involved in discovering new musical talent in South Africa. Tell us more.

We have a mobile academy that goes around the country and encourages the youth to learn about their culture and learn about their music so that they know who they are. We then help develop them, get them into the recording studio, promote them. We've taken some of the talent with us overseas to tour. We've got beautiful voices in this country. – NICI DE WET
* Tickets at webtickets.co.za

**THE TERMINAL LIST: DARK WOLF**
Prime Video

This prequel to The Terminal List series was co-created by Terminal List author Jack Carr and Season 1 showrunner David DiGilio. The origin story follows Ben Edwards (TAYLOR KITSCH) on his journey from the Navy Seals to the clandestine side of CIA special operations. The Terminal List's CHRIS PRATT reprises his role as James Reece.

**TEN POUND POMS**
Season 2, Showmax

A group of Brits escape post-war Britain to embark on a life-changing adventure on the other side of the world in Australia. After life Down Under turns out not to be the dream they were promised, nurse Kate Thorne (MICHELLE KEEGAN) and the Roberts family fight for their slice of the Australian dream.

**CASINO ROYALE**
Ster-Kinekor Throwback Cinema
DANIEL CRAIG's

2006 debut as James Bond is back on the big screen for a limited run. The rebooted series starts with Bond earning his licence to kill before being assigned to investigate a private banker Le Chiffre (MADS MIKKELSEN), who funds terrorist organisations.

**THE ROSES**
In cinemas
BENEDICT CUMBERBATCH and OLIVIA COLMAN

star in this pitch-black comedy as Theo and Ivy, a picture-perfect married couple whose life together goes awry when Ivy's career takes off and Theo is fired from his job. It's based on the 1981 novel by Warren Adler and previously filmed as The War of the Roses, with Michael Douglas and Kathleen Turner.

BIG
SCREEN

3

PRINCE: SIGN O' THE TIMES**NOW IN IMAX**

The purple PRINCE's 1987 concert movie gets a really big screen makeover for its release in Imax theatres, "enhanced with precision surround-sound audio, customised theatre

geometry and crystal-clear images".

Sign O' The Times, named after the musician's acclaimed double album, is widely celebrated for capturing Prince at his creative peak.

The digitally

remastered release blends concert footage with cinematic storytelling, powerful visuals and genre-defying sound, including some of his most famous tracks – If I Was Your Girlfriend, Sign O' The Times and U Got the Look, his hit duet with Sheena Easton.



4

PODCAST

DON'T LET THE VAMPIRES IN
Cannonball by WESLEY MORRIS
On YouTube, Spotify, Apple Podcasts

New York Times critic Wesley and pop-culture writer Rembert Browne consider the vampiric threats facing black art in America in dissecting Sinners, Ryan Coogler's vampire movie that's a rarity: an original work.

WHO-DUNNIT?



1

THE THURSDAY MURDER CLUB

Netflix

BRITISH game-show host **RICHARD OSMAN** – he's the really tall one on Pointless, on BBC Brit on DStv – started a thriving side hustle with his debut novel *The Thursday Murder Club*, which became a

series of books about a group of pensioners in a retirement home who team up to solve unsolved crimes.

Netflix's adaptation of his book is co-produced by Steven Spielberg and directed by Harry Potter helmer **CHRIS COLUMBUS**.

The movie stars MobLand headliners **HELEN MIRREN** and **PIERCE BROSNAN** as former spy Elizabeth and ex-union activist Ron, along with **BEN KINGSLEY** as ex-psychiatrist Ibrahim and **CELIA IMRIE** as ex-nurse Joyce.

Chris was lavish in his praise of his cast. "This is the finest cast

I've worked with since Harry Potter. They're just so incredibly well-prepared and it's because they do everything. They do theatre, they do television, they do film, and they've developed those sorts of muscles."

When one of their retirement home's managers is murdered,

2

OLD SCHOOL

1970s



JAWS (1975)

Netflix

Steven Spielberg's blockbuster celebrates its 50th anniversary this year.

1980s



MASTERS OF THE UNIVERSE (1987)

Prime Video

Frank Langella hams it up as the evil Skeletor in this flick based on the toy line. The long-awaited remake is coming next year.

1990s



HAPPY GILMORE (1996)

Showmax

The laughs haven't aged a bit (okay, mostly haven't) in this vintage Adam Sandler comedy.



MEET RICHARD OSMAN

Richard (54) is 2,01m tall and was a TV executive before he became a quiz-show host.

In addition to *Pointless* – which he created – he's hosted Richard Osman's House of Games and Two Tribes and he's been a regular on comedy panel shows.

His novels in The Thursday Murder Club series have all been international and New York Times bestsellers and his fifth book in the series *The Impossible Fortune* will be published this month.

He found inspiration at his mom's retirement community.

"You just sit and chat with these

people and they've lived extraordinary lives. You hear amazing stories and gossip and wisdom. You think, 'These people are so overlooked'. The idea that these people, with their wisdom and their invisibility, would be the perfect people to solve (a crime) is exactly where *The Thursday Murder Club* comes from.

"Take these people who are underestimated but who have these incredible skills, put them together and they can achieve anything."

Richard lives in London with his wife Ingrid and their cats, Liesl and Lottie. He has two adult children from his first marriage.

the gang leap into action – slowly and carefully, naturally – to find the killer.

"There's a wonderful mystery at its core so mystery fans will be very happy," Chris says.

"But thematically it's interesting that we've got four elderly people who are living in a

retirement community and who are fascinated by death and murder. They are facing their own demise yet at the same time they are obsessed with studying cold cases.

"I fell in love thematically with that. It's comedic, but it's also very emotional."



ATONEMENT (2007) Showmax

Don't forget the tissues for this heart-rending tale of love, loss and betrayal during the Second World War.

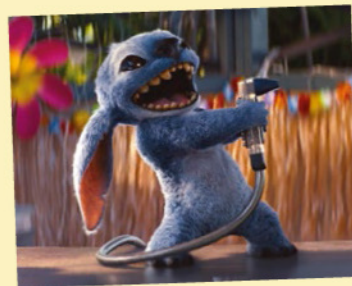
3

KIDS STUFF



LEGO DISNEY PRINCESS: VILLAINS UNITE Disney+

After Ariel, Moana, Tiana, Rapunzel and Snow White thwarted Gaston's plan to take over their kingdoms he calls upon fellow bad guys and girls Ursula, Jafar and the Evil Queen to help take down the princesses once and for all. When the princesses learn about his scheme they recruit a few friends of their own with the help of Magic Mirror – Aurora, Belle and Cinderella! Together the princesses team up for a showdown with the villains.



LILO & STITCH Disney+ from 3 September

The year's highest-grossing Hollywood movie is the live-action version of the animated classic about a young Hawaiian girl Lilo (newcomer MAIA KEALOHA), and her unconventional adopted alien "puppy" Stitch (CHRIS SANDERS).

Stitch helps to mend Lilo's broken family – but not without wreaking comedy havoc on the Hawaiian Islands.

The two animated *Lilo & Stitch* movies and the series are also streaming on Disney+ and a live-action sequel is in the works too.

SMALL SCREEN



4

KPOPPED Season 1, Apple TV+

Given the global popularity of K-pop it's a little surprising it's taken this long for a show like this to pop up.

Gangnam Style's **PSY** and three-time Grammy winner **MEGAN THEE STALLION** host the celebration featuring K-pop idols and Western artists in 'song battles' where they must team up and re-imagine one of their big songs.

The genre-bending partners deliver electrifying renditions for a live audience in Seoul who vote for the 'K-popped' performance of the night.

The K-pop acts include Billie, Itzy, Kep1er, Jo1, Ateez, Stayc, Kiss of Life and Blackswan and Western artists include Patti LaBelle, Megan Thee Stallion, Spice Girls Mel B and Emma Bunton, Vanilla Ice, Taylor Dayne, Keshia, Eve, J Balvin, Kylie Minogue, TLC, Boy George, Jess Glynne, Ava Max and Boyz II Men.

Time & time zones

We look at time and how methods of timekeeping have developed over the years

Tick-tock-tick-tock! This usually refers to time passing by, like the second hand on a watch. This is also why the famous app's name is TikTok – it refers to the short, quick videos for which the platform is known.

But have you ever wondered how time came about? And why time in other parts of the world is different from the time where we are?

Today we can check the time instantly on our phones and watches, but figuring out how to measure time accurately took thousands of years. Scientists studied the sun, moon and stars to create the calendars we use today.

CALENDARS

The people of ancient civilisations watched stars move across the sky and noticed how seasons changed with them. They used this to divide the year into different periods. About

5 000 years ago, the Sumerians in what is now Iraq created a calendar with months of 30 days each. The Mayas in Central America made a 365-day calendar, but the ancient Egyptians were the best at measuring time with their solar calendar.

WHAT ARE TIME ZONES?

Earth spins on its axis every day and orbits around the sun once a year. Since the sun stays in one place while our planet spins, different parts of Earth get sunlight at different times. This is why we have day and night in different places at the same time. For example, when it's daytime during a rugby match in New Zealand, it's still night-time in South Africa.

THE ORIGIN OF TIME ZONES

When people in the 1800s started trading across different parts of a country, they realised everyone needed to use the same time system. An engineer named Sanford Fleming, who is



▲ Sanford Fleming, the father of time zones.

known as the father of time zones, figured out in 1878 that Earth spins exactly 15° every hour. Since Earth makes a complete 360° turn in 24 hours, this meant they could divide the world using longitude lines. Each time Earth rotates 15°, there is a new longitude line.





▶ When the sun sets in the west, it becomes day again in another part of the world.



SOUTH AFRICAN STANDARD TIME

Our country's standard time, SAST, is the official time zone South Africa uses. It's two hours ahead of the Greenwich Meridian (GMT+2). This means that if it is, for example, 12:00 midday in Greenwich, it's 14:00 in SA.

SUMMER TIME

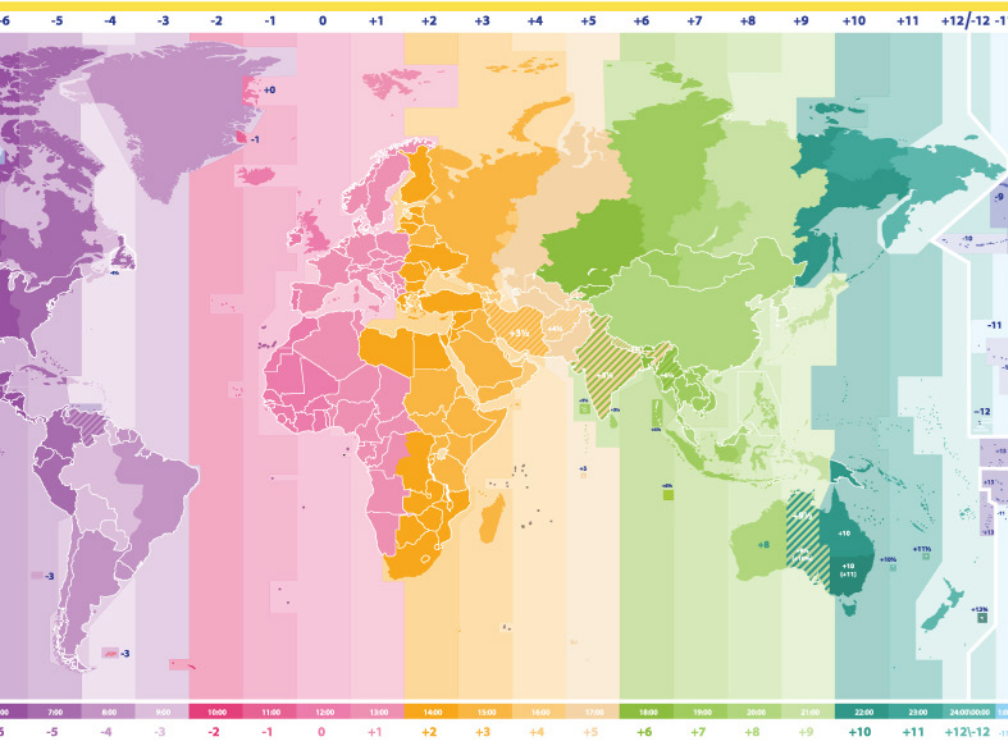
Daylight Saving Time is a system where a country decides to move its time one hour forward during spring and summer. This is done to better utilise the daylight by having more light in the evenings. South Africa doesn't use this system.

SEE IF YOU CAN ANSWER THE FOLLOWING QUESTIONS:

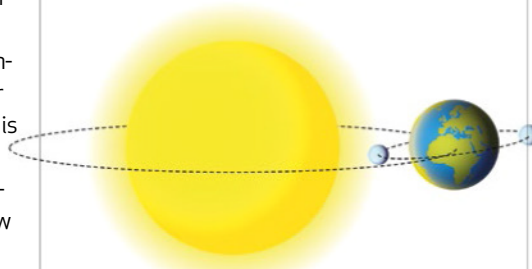
1. In which country will the sun rise first, China or England?
2. Your cousin lives in Melbourne, Australia. You want to call her to tell her about your birthday, but Australia is eight hours behind you. What time is it at her house if you call her at 10:00 in the morning?
3. Liam's flight departs from Cape Town International Airport at 19:15 in the evening. He flies to New York, which is seven hours behind us. The flight lasts 13 hours. What time will Liam arrive in New York if he takes a direct flight?
4. Rio de Janeiro is five hours behind us. This means that if it's 12:00 here, it's 07:00 there. Which of the following times would be the best time to call your friend who is holidaying there?

09:00 SAST
16:00 SAST
02:00 SAST
04:00 SAST

Answers:
1. China
2. 10:00 + 8 hours = 18:00 or 6pm
3. 13-7 = 6; 19:15 + 6 hours = 01:15 the next day
4. 16:00 in the afternoon, when it's 11:00 there



- ▲ This map shows the 24 different time zones.
- ▼ Earth rotates daily around the sun. It also turns on its own axis.



through Greenwich, a town on the River Thames in London. The Royal Observatory, where scientists did these calculations, is still there today. The Greenwich Meridian is also known as the Prime Meridian.

STANDARD TIME

Every time zone has its own "standard time" based on how far east or west it is from Greenwich Meridian. Moving away from Greenwich changes the time by one hour per zone. This means if it's 12:00 in Greenwich, other places will have different times depending on their zone. Standard time makes it easier for people around the world to communicate and plan things because everyone in the same area uses the same time.

LONGITUDE AND LATITUDE LINES

These are imaginary lines that are "drawn" over the globe to easily find places on Earth.

Latitude lines: These are lines that run horizontally (east to west). They show how far north or south a place is from the equator. The equator is the 0° latitude line.

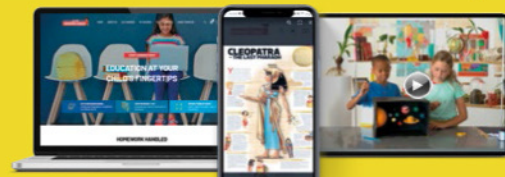
Longitude lines: These are lines that run vertically (north to south). Longitude lines show how far a place is east or west from the Greenwich Meridian (0° longitude line).

GREENWICH MERIDIAN

In 1884, countries around the world agreed to create the 24 time zones we still use today. They chose the Greenwich Meridian as the starting point. This longitude line runs



- ▲ On this sketch you can see the longitude and latitude lines. They are imaginary.



MAKE YOUR OWN

PIGGY BANK

Saving money can be a real adventure – and it's even more fun when you make your own money box to keep your coins and notes safe

Compiled by **JOAN VAN ZYL** Infographic: **CLINT VISSER**



NOTE
Adult supervision is needed.

STEP BY STEP

1 GET THE BOTTLE READY

- Peel off any labels and make sure your bottle is clean and dry. Keep the cap on – it will be your piggy's snout and also where you'll take your money out later.



TIPS BEFORE YOU START

- It's easier to cut the coin slot by pressing the craft knife down to make a little cut, then lifting it and doing the same next to it. Don't try to slice across – it's tricky and not safe.
- If you want your piggy bank to stand taller, you can use a toilet roll instead of bottle caps for the legs. Cut the roll in half from top to bottom, then cut each half diagonally. Cut each piece slightly smaller. Roll them into tubes and glue the edges to hold them together. Paint them to match your piggy bank. Just remember, these legs aren't as strong as bottle caps, so don't overfill your piggy with heavy coins!
- If you use a clear bottle, you can see how much money you've saved!

WHAT YOU NEED



2 DECORATE THE BODY

- Cut a strip of wrapping paper and wrap it around the middle of the bottle. Glue the ends together so it stays in place.



3 MAKE THE COIN SLOT

- Use your marker to draw a small rectangle in the middle of the bottle. Ask an adult to help cut it out with the craft knife (see our tips). Make sure a R5 coin can fit through!

TIP If the bottle is soft enough, you can carefully wriggle a pair of scissors to make the slot.



4 MAKE THE FEET

- Glue two bottle caps together. Do the same with the other two. These will help your piggy stand strong! Add glue to the top of each pair.

5 STICK THE BOTTLE ON

- Now place the bottle on top of the feet (bottle caps). They should be spread out to balance your piggy properly.

6 MAKE THE SNOUT AND EARS

- Put the bottle cap down on the pink paper and trace around it. Cut out the circle – that's your piggy's nose! Glue it to the front of the bottle cap.
- Cut two teardrop shapes out of pink paper. Add a little tab at the bottom of each one so you can glue them easily. Add glue to the tabs, fold them back and stick the ears on top of the bottle.

7 ADD THE EYES AND NOSTRILS

- Glue the googly eyes onto your pig's face.
- Use your marker to draw two little ovals on the snout. Oink!

8 MAKE THE TAIL

- Twist the pipe cleaner around your finger to make a curly pigtail. Glue it onto the back of your piggy bank.

DID YOU KNOW?

The very first piggy banks were made of a type of clay called "pygg" – that's where the name comes from!

TA-DA!

Now you can start saving for something special – one coin at a time!

WE TALK ABOUT



Time's girls of the year revealed

TIME magazine has created something new – its first girls of the year list featuring 10 amazing young girls from around the world. It's a worthy initiative that recognises deserving talent.

Time is famous for making lists of important people. Every year it publishes the Time100, a list of the most influential people globally. They also pick a person of the year – someone who made the biggest impact that year, whether good or bad.

Dayana Sarkisova, a senior editor at Time, came up with idea of celebrating girls because she wants her one-year-old daughter to grow up to be brave, intelligent and kind. She then searched for girls who show these qualities while also breaking stereotypes and solving problems.

The list includes artists, writers and innovators from around the world.



Rutendo Shadaya is a 17-year-old writer of Zimbabwean origin who lives in New Zealand. She has already written two books, *Rachel and the Enchanted Forest* and *Rachel and the Chevene Pirates*.



Coco Yoshizawa is a 15-year-old skateboarder who represented Japan at the 2024 Olympics and won gold. She's been skateboarding since she was seven and wants to go to the 2028 Games in the US.



Valerie Chiu Wing-ye (15) from Hong Kong was 12 she started Teen Animals da Scientists, a group that teaches children about the United Nations' sustainable development goals through science education.



Zoé Clazure (15) became famous in France when she was a finalist on *The Voice Kids France* at age 10. She has also won the Junior Eurovision singing competition in 2023. She writes about being bullied and is an ambassador for The Non-Violence Project, which promotes peace.



Clara Proksch (12) came up with a clever way to clean sand used in playgrounds so that children don't get sick from it. The city council in Munich, Germany, where she lives, listened to Clara and is now looking at ways to better clean sand in public playgrounds.



Ivanna Richards (17) is the first Mexican woman to be part of the F1 Academy, a series of races that would like to see more young girls interested in Formula One. The racing bug bit her early – she was just four when she rode around in racing cars with her dad, a fellow competitive racer.



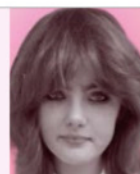
Kornelia Wieczorek (17) was 14 when she created a biodegradable fertiliser using rhizobium bacteria. It's an important invention because the European Union wants to move away from using nitrogen fertilisers and pesticides in a few years.



Defne Özcan (17) became the youngest person in Türkiye to fly a plane on their own – at just 16. She wants to become a mechanical engineer like her dad and hopes she can inspire other Turkish girls to join the science and technology fields.



Rebecca Young (12) lives in Scotland, where it can get as cold as -8°C. When she was 11 she designed a solar-powered backpack with an electric blanket inside it. Engineering firm Thales then made 30 of them and donated them to a shelter in Glasgow.



Naomi S DeBerry (12) was six when her dad needed a kidney transplant. She was too young to understand so someone suggested she and her parents make a book to help her. She went on to write *My Daddy Needs a Gift*, and now Naomi wants to become a surgeon one day.



ELSEWHERE IN THE WORLD



MARSHALL ISLANDS

ISLAND NATION PLAYS ITS FIRST OFFICIAL SOCCER GAME

The Marshall Islands, an island state in the Pacific Ocean, played its first official football match last month. The game, against the US Virgin Islands, was played on a high school field in the American state of Arkansas.

Before that fixture, the Marshall Islands was the last country never to have played an official international match. The team unfortunately lost the game 4-0.



SWITZERLAND

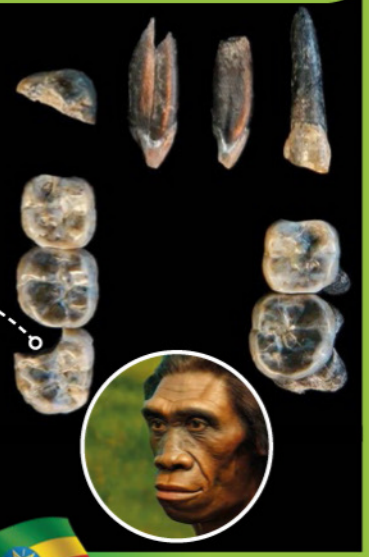
FREE PUBLIC TRANSPORT FOR ALL

The Swiss city of Geneva has announced that public transport will temporarily be free in an attempt to address pollution. The city's smog monitoring system recently detected that ozone concentrations have exceeded the safety threshold of 180 micrograms per cubic metre over 24 hours.

In response to this, residents and



visitors are now being encouraged to switch from cars to buses, trams and boats in a bid to bring the pollution level down.



ETHIOPIA

TEETH OF UNKNOWN HOMININ SPECIES FOUND

Researchers at the Ledi-Geraru anthropological site in Ethiopia have found teeth that belong to two different hominin species. It's very rare that two species are found in the same place. Ten of the teeth belong to the *Australopithecus* genus and three to the genus *Homo*, which includes humans. However, the teeth – estimated to be about 2,6 million years old – do not belong to any known *Homo* species.



CAN YOU BELIEVE IT?

'DEMON RABBIT' CASE SOLVED

For a long while, residents of the town of Fort Collins in Colorado, in the US, have shared photos of rabbits that seemingly had horns.

People even called them "Frankenstein bunnies", "demon rabbits" and "zombie rabbits". But scientists say no one needs to be too worried – they have not suddenly grown horns.

The rabbits all have a harmless virus called the Shope papilloma virus, which causes wart-like growths to stick out of their heads like horns.

It is transmitted by fleas and ticks, and is often seen in summer months when the parasites are especially active. The virus was first seen and described in rabbits in 1930 by American virologist Richard E Shope.

A rabbit with the harmless Shope papilloma virus.

Orange shark of the Caribbean



SHARKS' steely grey colour is as much of a defining characteristic as their sharp teeth and cold, beady eyes. So this bright-orange shark was a surprising catch for the two anglers who came across it in the Caribbean Sea.

The fishermen caught the colourful predator during a sport fishing trip near Tortuguero National Park in Costa Rica last year, and researchers have described it as a first-of-its-kind catch.

The 1,8-metre shark was caught at a depth of 37 metres and later released, but not before the two men took pictures, which they shared on Facebook.

After speaking with the

abglers, researchers determined that the shark had a condition called xanthochromism.

The men reported that the shark had white eyes instead of the typical black, which the researchers say indicates a rare case of albino-xanthochromism – the “first scientifically documented case of total xanthism in the species and the first record from the Caribbean Sea”, the researchers said recently in the journal *Marine Biodiversity*.

Xanthochromism is a genetic mutation that causes an excess of yellow-orange pigment in the skin, hair or fur of animals and has occurred in a wide variety of species but has not been seen in sharks.

WORD
OF THE
WEEK

VIROLOGY

This is a compound of the word “virus” and the suffix “-ology”, and it means the study of viruses. The word “virus” itself is of Latin origin, meaning “slime” or “poison”.

NUMBER STORIES

90 minutes



How long it took US archaeology student **YARA SOUZA** to make her first discovery. Yara, an international university student at Newcastle University in England, went to do excavation work for the first time in July. She discovered a rare piece of gold from the ninth century in Northumberland 90 minutes into the dig.

1 390

The number of soccer matches Brazilian goalkeeper **FABIO** had featured in by the middle of August, bringing him level with English legend Peter Shilton for the most official appearances in men's football. Fabio (44), who plays for Brazilian club Fluminense, has since surpassed the milestone to make the record his own.



2 750km



The distance three German postal workers are cycling to deliver letters and Christmas wish lists to Santa Claus. The three “elves” set out last month from St Nikolaus in Germany and will pass through Denmark and Sweden before reaching Rovaniemi in Finland, where the famous Santa Claus village is, to deliver letters addressed to Father Christmas.

PIC OF THE WEEK



A western lowland gorilla tucks into frozen fruit at Prague Zoo, in the Czech Republic, as the city experiences a heatwave.

THIS WEEK IN HISTORY

📌 29 AUGUST 1997 – NETFLIX.INC IS LAUNCHED

On this day in 1997, entrepreneurs Reed Hastings and Marc Randolph launched Netflix, Inc as a DVD-by-mail rental service.

People could go online and decide which DVD they wanted to rent, and it was then sent to them by mail. The very first DVD they posted to a client was the movie *Beetlejuice* by Tim Burton.

The idea for Netflix, Inc came about when Reed was upset he had to pay \$40 (then about R184) for a late return of an Apollo 13 DVD.

So in contrast to other stores that rented DVDs, Reed and Marc decided they would charge no late fees.

In 1999, they made a big change, charging clients a monthly fee to hire any DVD they wanted. The model was very successful and in 2007 it started to become more like the service we know today, when users could stream a limited number of movies and series via the internet.



As online speeds improved, the streaming service became increasingly popular and by 2016 it was available in more than 190 countries.

It also started producing original content in 2013, with popular shows such as *Stranger Things* and *Squid Game*. Today, Netflix has more than 301 million subscribers.

FIVE QUICK QUESTIONS

1

From which country did the famous fictional bear Paddington travel to England?

2

How many strings does a standard violin have?



3

What fruit is in this picture?

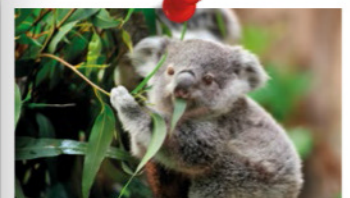


4

A series of three books or films is called a ...?

5

What do koala bears mainly eat?



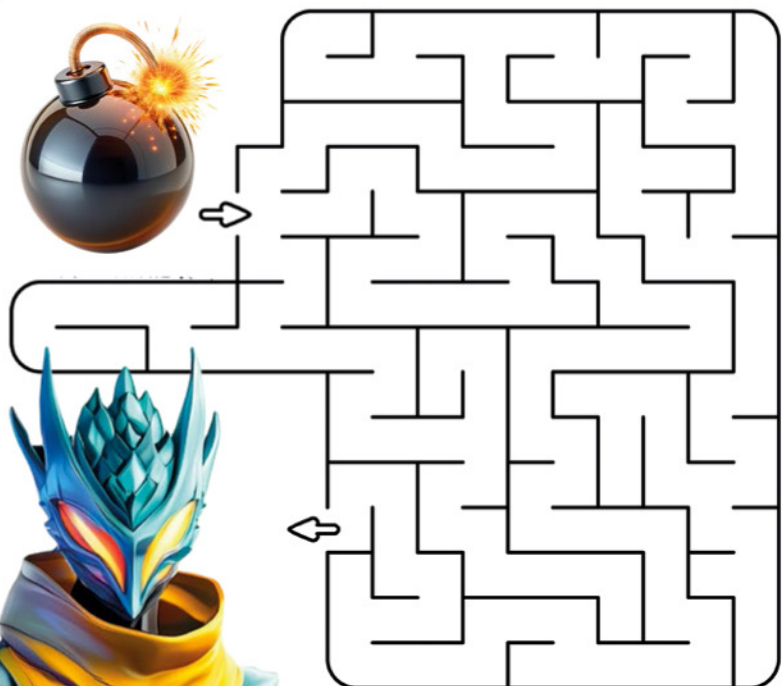
ANSWERS:
1 Peru
2 Four
3 Dragon fruit
4 Trilogy
5 Eucalyptus leaves

SOURCES: REUTERS.COM, TIME.COM, THEGUARDIAN.COM, EDITION.CNN.COM, CBSNEWS.COM, APNEWS.COM, BBC.COM, NETWERK24.COM, STUFF.CO.NZ



ADOBESTOCK

Get the explosive out

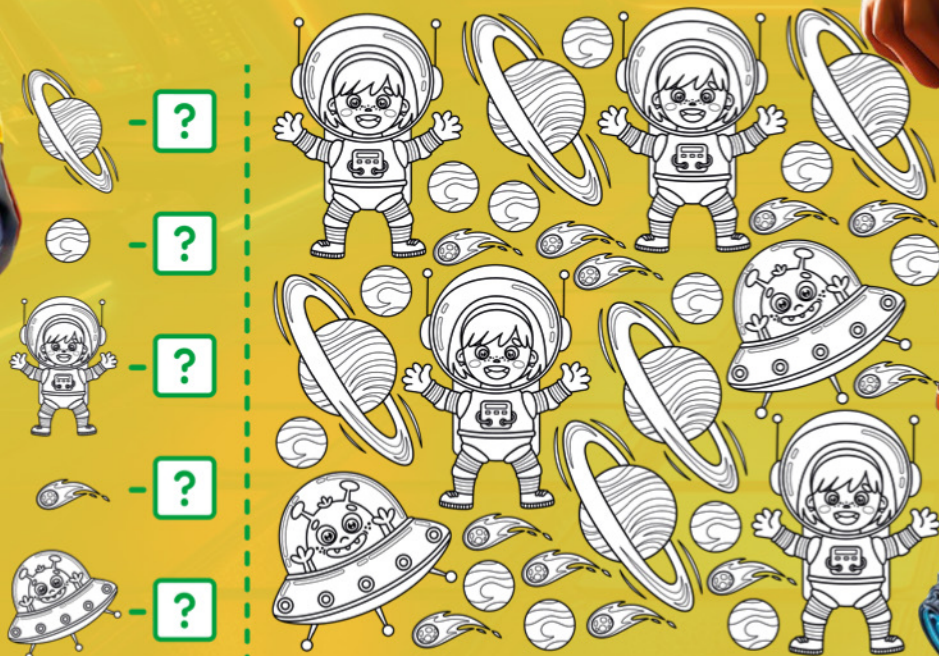


Sudoku

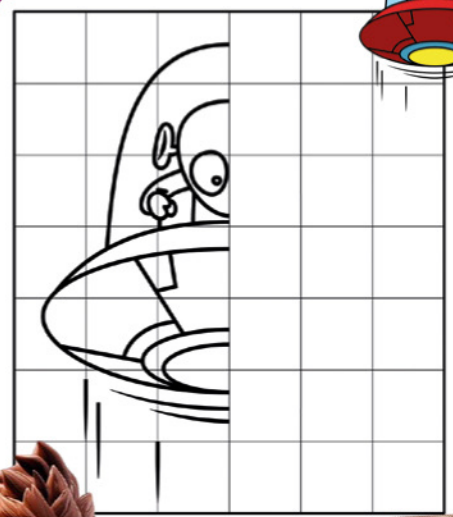
5		4		3	
1			4		6
2			6	1	
	1	3			4
3	5		2	4	
	2			6	

3	6			2	
		1		6	5
5	1		2		6
		6		3	
6				1	
	3	4	6		2

How many of each?



Complete the picture



Space maths

$$\text{Planet} + \text{Planet} + \text{Planet} = 9$$

$$\text{Planet} = ?$$

$$\text{Planet} + \text{Planet} + \text{Planet} = 17$$

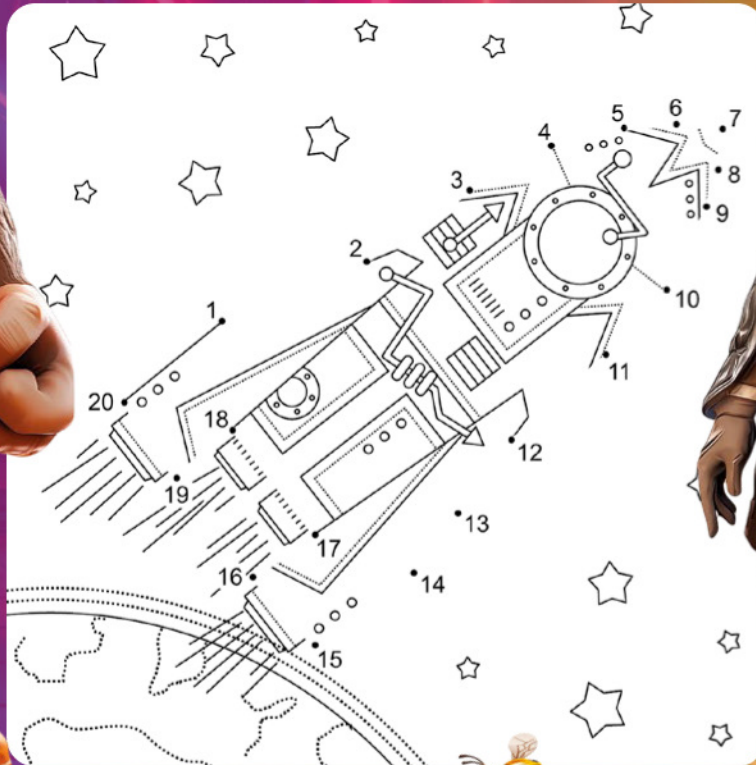
$$\text{Planet} = ?$$

$$\text{Planet} + \text{Planet} + \text{Planet} = 19$$

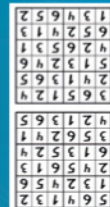
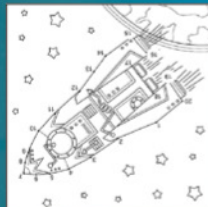
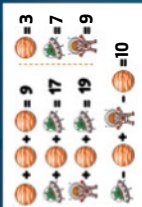
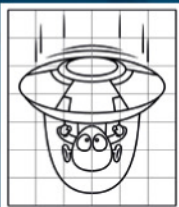
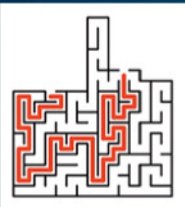
$$\text{Planet} = ?$$

$$\text{Planet} - \text{Planet} + \text{Planet} - \text{Planet} = ?$$

Connect the dots



ANSWERS



Twin sisters Shuangjie and Esther were born in China but were separated as toddlers. Esther was adopted and grew up in America, unaware of Shuangjie's existence. But in 2019 they were reunited.



'MOM, AM I THE MISSING TWIN?'

When she adopted a baby girl from China, she was told the child had been abandoned. Years later she read about a girl whose sister had been illegally snatched by the authorities and realised everything she'd been told about her daughter was a lie

BY **BARBARA DEMICK**

ONE night in September 2009 a widowed mother in Texas named Marsha was up late at her kitchen table scrolling through correspondence when she opened an email that would change her family's life.

It was from an acquaintance who was sharing a newspaper article – as it happens, an article I'd written from China – about government officials

who had snatched children from impoverished families to supply the lucrative adoption market. The article featured an interview with a nine-year-old girl speaking wistfully about her identical twin who had been taken away. 'A Young Girl Pines for Her Twin' was the headline.

Marsha had two daughters from China. She and her husband Al, both employees of the defence contractor Lockheed Martin, had adopted when they were in their 50s even though they both had adult children from previous marriages and were looking forward to retirement.

Their motives were largely humanitarian. Marsha, a devout Christian who had once wanted to be a missionary, was saddened by the plight of baby girls who had been abandoned by their parents because of China's brutally enforced one-child policy. She'd been flooded with tears after reading an article in Reader's Digest about a man who threw his four-year-old daughter down a well so he

could have a son. They had adopted their first daughter, Victoria, in 1999 and their second, Esther, in 2002.

"Could Esther be the missing twin?" the acquaintance, also an adoptive mother, had written in the email.

Marsha shook her head. There was no possibility. Confirming her daughters were asleep she went to a hallway closet and pulled out a briefcase containing the adoption papers, then riffled through until she found what she was looking for: a certificate attesting to the child's origins and their legitimate status as an orphan.

"Shao Fuquan... found abandoned at the gate of the Qiaotou Bamboo Craft Plant of Shaoyang City on 4 June 2002... We cannot find her natural parents and other relatives up to now."

She was reassured. Then she turned to the article online and read more carefully. The twin had been taken near Shaoyang, China, where Esther's orphanage was located. A dozen local officials had "stormed the house and grabbed the 20-month-old" on 30 May 2002. That was less than a week before the girl was supposedly found at the bamboo factory. The article also said the girl had a "distinctive bump" on her left earlobe.

Marsha clicked on an accompanying photograph. It showed the mother, Zanhua, and her remaining nine-year-old daughter Shuangjie (meaning double purity, in recognition of her status as a twin) sitting outside their home. She enlarged the photo so she could look more closely at Shuangjie's pouty lips, knowing half-smile and wide cheekbones.

She recognised that face.

All the pieces fell into place. The dates matched. The description. Marsha and her husband had been puzzled by Esther's behaviour as a young child. Almost two-and-a-half when she came to the US, Esther had been slower to bond than their first daughter. Al had once remarked, "It almost seems as if she's been raised."

Now it all made sense. There was one obvious conclusion: everything she'd been told about Esther was a lie.

MARSHA cycled through powerful waves of emotion. Fear. Guilt. Betrayal. Sadness for Esther having experienced such a brutal trauma so early in life, sadness for the mother whose daughter had been taken away, sadness for the ➤



Esther (right) was adopted by American couple Al and Marsha in 2002 and raised in Texas along with Victoria, who they'd adopted in China a few years earlier.

◀ Chinese girl who missed her twin.

Anxiety swept over her. She was terrified that the journalist – me – would reveal Esther as the stolen twin. Reading comments on adoption websites demanding confiscated babies be returned to their birth parents in China, her worst fears were for her daughters.

Al had died of lymphoma the previous year and the family was steeped in grief. She worried Esther was quietly suffering from this long-ago trauma, a wound that could be reopened if she learned what had happened. Marsha wanted to keep it a secret until the girls were old enough to understand, not that she fully understood herself. She vowed to say nothing to anyone except immediate family.

A few days later Esther asked to use her mother's phone to message Carrie, the fiancée of Marsha's son who was like a big sister to Esther and Victoria. Marsha had an old-style flip-phone and as soon as Esther punched in Carrie's name, her last text popped up on screen. "It's terrible for twins to be separated," Carrie had written.

Esther couldn't understand why the topic of twins was suddenly of interest. But she sensed it was an urgent matter and may be related to her. By then both girls had noticed Marsha appeared unusually agitated and distracted.

When asked what was going on she was evasive. There were hushed phone conversations that fell silent when the girls walked into the room.

At one point Marsha went up to Esther and without explanation pushed her hair aside and snapped a picture of the small bump on her left ear. "I thought that was kind of weird," Esther said later.

That same week Marsha summoned her daughters into her bedroom.

"Girls there's something that I need to share with you," she said. She began a long-winded account of how a scandal had erupted in China about babies confiscated for adoption and how one of the babies had a twin sister who was looking for her.

Esther listened for a few minutes, then interrupted. "Mom, am I the twin?" she asked.

Marsha was taken aback. Was there something Esther remembered? She stammered that she didn't know anything for sure and in any case it was nothing to worry about, probably nothing that affected them.

Esther bided her time, waiting until one afternoon when Marsha was nap-



TOP: A 2009 picture of Shuangjie and her mother, Zanhua, which convinced Esther's adoptive mom that the two girls were twins. ABOVE: A poster advertising China's one-child policy.

ping on the living room sofa, her laptop sitting on the kitchen table. She was a respectful daughter who didn't want to think of herself as a snoop but she found herself quickly navigating to her mother's email. She clicked on the article sent to her mother, noting the detail about the bump on the ear.

When Marsha woke up from her nap, Esther blurted it out.

"If I tell you something, will you promise not to get angry?" she asked, barely waiting for the answer. "I know now it's all true. I really am the missing twin."

EARLIER in 2009 I had travelled to Hunan province to report on the story of children who had been seized by Family Planning, the euphemistically named agency that enforced the one-child policy.

The families victimised were poor, rural, often living in the mountains without political connections or education.

The village where we met the twin and her mother was accessible only on foot, requiring a precarious walk over a crude

bridge of logs tied together over a stream.

Called Gaofeng, or High Phoenix, the village looked stuck between eras. Everything was in the process of falling down or going up. The old wooden homes were being replaced with new construction, houses that were unattractively built of dispiriting red brick. Everything looked incomplete, missing a roof or a window.

The family was living temporarily in what was little more than a log cabin with a door of corrugated metal and a roof of plastic sheeting.

Their worldly possessions appeared to be three pigs, one cow, a few chickens and a duck. Zanhua, the mother, told me they were building a proper house and that her husband was doing migrant labour in a nearby city to earn cash for the construction.

For lack of anywhere else to sit we settled outside on low plastic stools laid out on the dirt. Shuangjie nestled close to her mother, sometimes resting her head on her mother's knee.

Zanhua did most of the talking. She told her story with animation but not excessive emotion or self-pity. Before the twins she'd already had two daughters and intended to stop there. But her father-in-law insisted she try again for a son to perpetuate the family line.

To stay off the radar of Family Planning officials who might have forced her to abort and even get sterilised, she hid out in late pregnancy and went into labour in a shack hidden in a bamboo grove just across the street from where we were speaking.

Though they didn't get the coveted son, they loved their twins and had no intention of relinquishing them. To avoid detection they decided to separate them, taking Shuangjie to the city where Zanhua's husband was working and hiding the other – Fangfang – in the care of Zanhua's brother and his wife. But Family Planning officials found out. They stormed the house, overpowered the wife and ran out with Fangfang.

Zanhua felt bad for her youngest daughter who grieved for her missing twin although they hadn't been together since infancy. "Shuangjie," she told me, pointing to the little girl draped on her lap, "she always asks me, 'When are you going to get my sister back?'"

The little girl, with some prodding, finally spoke up in a squeaky little voice.

"She would be the same age as me. It would be fun. We could play together, wear the same clothes and go to school

together,” she said.

“Yes, twins shouldn’t be separated,” Zanhua agreed. “If it was possible we’d want to take her back. I gave birth to her. I still want her or at least to know where she is.”

By the time we had finished speaking the sun was low enough that we sat in the shadows of the bamboo, which were crisscrossing the landscape like the bars of a prison.

“Come back again and next time bring my daughter,” Zanhua told me. I gave a noncommittal nod.

When I got back to my office in Beijing where I was bureau chief for the Los Angeles Times, I began to search. I found a Yahoo group for parents who had adopted from the orphanage in Shaoyang where I suspected she’d been taken. Babies set for adoption could be in the orphanage for up to a year because of the paperwork involved.

The adoptive parents were raising money to support the orphanage and often posted photos of their children. With the moderator’s help I identified several possibilities. The most likely seemed to be an older couple, Marsha and Al, who had two girls from China and had become passionate advocates of international adoption.

They had put up two photos of the girl they called Esther. One showed her at the time of adoption, a toddler with thin hair and downcast eyes. Another showed a well-dressed four-year-old in a puffy blouse with a smile stretching from cheekbone to cheekbone.

Was Esther actually Fangfang? Did she look like Shuangjie? I thought so, but I wasn’t sure. I thought surely Zanhua and her husband could tell me.

Borrowing a technique from police procedurals I plucked random photographs from the internet of Chinese girls of similar age and appearance. I printed out a sheet with eight colour photographs, interspersed among them the two of Esther. They were like mugshots.

Not to raise anybody’s hopes, I wrote a note saying that these were just photos of adoptees and maybe there was a slim chance one resembled their daughter.

I sent the photos through an intermediary. The response came back immediately. The Chinese family had identified the correct photos. They were certain.

Now what? Marsha hadn’t returned my messages and her number was unlisted.

As I was debating what to do, the



LEFT: Shuangjie and Esther get to know each other. ABOVE: Esther helps her twin sister to do her makeup. Other than Shuangjie being a bit taller, the girls are strikingly similar.

moderator of the Yahoo group – who had become an intermediary – passed on Marsha’s plea that I stop trying to contact her. She and her family, mourning Al’s death, “are not ready or able to deal with this at present”.

In the end I sent some of the information I had collected to Marsha through a relative, assuring her I didn’t intend to write a story. I wrote to Zanhua and her family to say I had confirmed that her daughter was alive and well in the US, but they would be unable to contact her at this time.

BUT life didn’t go back to normal, especially not for Esther. The revelation rattled her sense of security.

Perhaps if she’d discovered her past later in life she might have been gratified that her birth family loved her and she hadn’t been willingly surrendered. But at nine her first reaction was alarm. She felt like a freak.

She wasn’t just another kid from Texas. Or just another Chinese adoptee like Victoria, who had assumed a new identity. She had an entire previous life in China, another name, a storied past. And she had a twin – a half of herself that had been left behind. She didn’t want to be a twin.

“Does this mean I will have to go back to China?” Esther asked her mother.

Marsha assured her nobody could take her away. She would be her daughter forever, a US citizen forever.

Victoria and Esther were already curiosities in their community. They lived in

a fast-developing but still-rural patch of Texas with strip malls and horse pastures. Their little town had almost no black people, few Hispanics and as far as they could remember no other Asians. They drew stares. Children sometimes touched their hair.

Marsha had tried her best to make her daughters feel less isolated. When they were young she drove them to gatherings of other Chinese adoptees in Austin. She bought the girls books and videos about China. It was a delicate balancing act, trying to make her daughters proud of their origins without shoving their ethnicity down their throats.

As Esther reached her teen years she became more self-conscious about being Asian. She began thinking about her other half in China. Around the time she turned 16 she spoke to her mother about contacting her twin. And Marsha asked Sam, her son, to reach out to me for help.

In the end it was easier to find Shuangjie again than her parents. At 16 she’d already moved on from the village. She was a teaching intern at a preschool in Changsha, capital of Hunan province. She lived in a dorm with other young trainees. And like most Chinese people her age she was connected to the wider world through social media. She had her own smartphone and an account on WeChat, the ubiquitous app used by more than a billion people in China.

A film-maker gave me her contacts. A colleague in Beijing messaged to give her a heads-up that we had news of her twin sister. I friended her on WeChat and ➤

**‘DOES THIS
MEAN I
WILL HAVE
TO GO
BACK
TO CHINA?’**

◀ she accepted. The lines of communication were open and I was the go-between.

Marsha had suggested Esther start by writing a letter. A real letter, handwritten. They didn't want to text or for the birth family to have their contact information. A few days later a letter appeared in my mailbox. The handwriting was tidy, the spelling and grammar exact.

"Hello Shuangjie. I'm Esther. Please allow me to introduce myself. As you already know, I am 16 years old... I am short, just under 5ft (1,5m) tall, but I actually don't mind in the least. People guess my age to be about 13 or 14, which I think is funny. How tall are you?"

"I recently started my own photography business... I love to cook/bake and I like fashion and art and music.

"In January, we celebrated the lunar new year for the first time and we all wore red and I made orange chicken and fried rice which we ate with chopsticks. We also watched Disney's Mulan and decided to make it a tradition for every new year."

To avoid raising expectations that she was planning to move back to China Esther added a pointed, though gracious, explanation: "I am very happy and want you to know I have a caring and lovely family whom I love dearly."

I suggested Shuangjie write a letter in response.

"Dear Esther, hello. My name is Shuangjie. I am 16 years old and an outgoing girl. I am about 150cm tall and the slightly chubby type of girl. I like playing ping-pong, badminton. I like to listen to music and do calligraphy.

"My favourite colours are white and black, and my favourite season is the fall: the temperature of the season is just right, not cold or hot. We very much want to see you and hope you and your family are not afraid. We won't snatch you away from your family. We understand. I hope we will keep in touch in the future. I really want to wear the same clothes as you, go shopping together and listen to music together. I think it's a magical thing that two people look very much alike. In school, teachers would call the wrong name because they can't tell us apart, and our friends would also be confused as to who is who."

The girls became pen pals with me as the courier, translating and relaying messages. Esther sent photos and Shuangjie reciprocated. They looked alike. Flat, wide noses, flared at the nostrils,



TOP: Esther (fourth from left) with her biological parents, Zanhua and Youdong, and sister Shuangjie having a meal together for the first time on the day of their reunion. ABOVE: The American and Chinese families enjoyed getting to know each other.

well-defined eyebrows, eyes that crinkled at the edges when smiling.

When I suggested that I set up a video chat, they both jumped at the idea.

I booked a hotel, figuring we would need fast Wi-Fi for a video call, and Shuangjie arrived at the appointed time. The technology worked without a hitch – just like that, Esther's face popped up on the tiny screen. The girls stared at each other from 11 000km and 13 hours apart.

For what seemed a long time they just examined each other. Neither said a word. Shuangjie's mouth was agape, a look of awe on her face. Then she broke into a big smile. "I'm so happy I can finally see you," she said.

"I can see you, too," Esther replied.

The girls related best through gestures. Esther held up her waist-length hair and pulled it back to look more like Shuangjie. Shuangjie showed Esther a birthmark on her back, which Esther lacks. By the end of the call we were all exhausted, physically and emotionally.

But there was one more piece of business to attend to. I felt we needed positive proof that the girls were twins. I had bought a simple collection kit online from a DNA testing lab. It consisted of a couple of cotton swabs and test tubes. Shuangjie rolled hers around inside her cheek for a few seconds and we put the swab back in the test tube and sealed it. We did it again with a second swab just to make sure.

As she was still a minor I would need a parental signature to do the DNA test, which meant another visit to Gaofeng village, where the twins were born. It was 2017 – eight years since my earlier visit – and we were able to drive the entire time on paved road.

The family was now living in a brick house, nestled under the terraced paddies crawling up the mountains. This time Zanhua was away working in the city – the couple used to alternate, with one earning cash, the other staying home to mind the farm.



IT'S LIKE SEEING ANOTHER ME IN THE MIRROR

Zeng Youdong, the twins' father, had stayed behind to prepare for the rice harvest. To my relief he wasn't angry with me for waiting so long to tell him more about his missing daughter.

When I opened my laptop to show him photos of Esther he couldn't peel his eyes away from the screen.

"You should tell her not to be afraid," he said finally. "I understand she is not coming back to live in China. Just to see her makes me happy."

After the DNA test confirmed that Esther was in fact their missing twin we started organising a visit to China over the lunar new year holiday, a traditional time for family reunions.

I'M NOT sure what I had expected when the families finally came face to face in February 2019. None of the imagined scenarios prepared me for the long silences and reticence.

We filed silently into the family house and stood awkwardly, wondering what to do. Esther and Shuangjie faced each other across the table, avoiding eye contact.

Shuangjie led a round of introductions. There was the oldest sister Ping (23), wearing padded pink pyjamas. The second sister, Yan (21). The parents had finally had a son, now a lanky 16-year-old.

Throughout the introductions the parents hung back. Youdong stood quietly

Esther's biological mom, Zanhua, and adoptive mom, Marsha. Although Zanhua is sad about how her daughter was taken away from her, she is grateful she was raised well.

in the doorway between the dining room and kitchen, watching with a private smile. Zanhua hadn't come out to greet us, instead busying herself in the kitchen.

Only after she'd carried out dish after dish of food – pork, fish heads with hot pepper, spicy cabbage – did she finally speak. "Eat, eat, before it gets cold."

Those were the first words she spoke to her long-lost daughter.

With Shuangjie and Esther sitting side by side, it was for the first time possible to compare and contrast.

Esther had a smattering of freckles probably because, as an American, she wasn't as concerned as many Chinese women about avoiding the sun.

The most striking difference was size. Shuangjie was larger, more than 7cm taller. But they were otherwise close enough in appearance to revel in all that they shared.

"It's like seeing another me in the mirror," Esther exclaimed.

We came back to the village every day for the rest of the week. On one visit Marsha gave the speech she'd rehearsed for nearly a decade, ever since she'd learned about Esther's past in 2009.

"Esther's name means star. She has been a bright star in my life," she began. "But I would never have adopted her if I knew she was stolen from you."

"It was the situation, the government," Youdong said.

"Still, it gives me pain knowing that my gain was your loss," Marsha replied.

"I'm overjoyed just to be able to see her again," Youdong said.

"I'm happy she can come here and be with her birth family. I want that connection to remain," Marsha said.

"I'm grateful to you. I can see that you raised her very well," Youdong replied.

But while it was all very polite, there were underlying tensions that bubbled to the surface. Youdong couldn't understand why Marsha and her husband, at a relatively advanced age and with adult children, came to China to adopt.

And he was confused by the role played by Sam, who in his late 40s was almost the same age as him.

"I'm surprised Sam did not object to the adoption," Youdong said at one point.

That took Marsha and Sam aback, both a little offended by the assumption

that an adult son would have power over his mother, especially one as independent as Marsha. Sam tried to reassure them how much he loved having Esther and Victoria as sisters.

About the finances of the adoption Youdong was even blunter, so much so that the Americans cringed at his question. "How much did you pay for her?"

Youdong knew nothing of international adoption, even less of the niceties of The Hague convention that was designed to guard against the outright sale of children.

Marsha didn't lose her composure but briefly explained the laws and answered directly. The adoption had cost \$25 000 (about R262 000 in 2002), she said. Except for a \$3 000 (R31 500) contribution to the orphanage, the fees were paid through the government's China Center of Adoption Affairs; they had not been dealing with child traffickers and had been able to afford it because they sold their house.

It was an artful answer – it gave Marsha a chance to explain that Americans weren't just buying babies. And to emphasise gracefully that American adopters were not necessarily rich. Her family in particular was not.

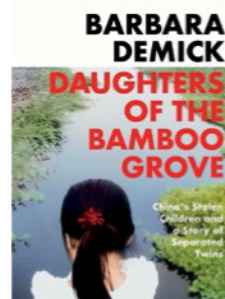
Over our last meal Youdong made an exception to his policy of not drinking alcohol by serving us warm rice wine, brewed at home with rice grown in their own fields. We had a series of toasts and a few more speeches.

"From now on I will call you Mom and Dad," Esther told her Chinese parents through the interpreter. Marsha nodded her assent.

Zanhua toasted me as well. She spoke of the visit I had first made in 2009 when she said I had promised her I would bring back her daughter. I couldn't remember making any such promise but I drank to it anyway.

I remembered that the first day we'd arrived Zanhua had flinched when Marsha tried to hug her. But now the women had a long embrace, celebrating their collaborative motherhood. And I thought I detected a tear in Zanhua's eye at saying goodbye again to her daughter. □

Winner of the Samuel Johnson Prize for Nothing to Envy



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Do you know your delulu from your digital decay? Check out these new Cambridge Dictionary entries

COMPILED BY **DENNIS CAVERNELIS**

DELULU

S COOBY-DOO? In the loo?

No, that's skibidi and delulu, actually. And if you're none the wiser, not to worry – not all the people who use the word skibidi know what it means. Delulu, right?

These two terms are among the 6 000-plus words that have been added to the Cambridge Dictionary this year.

Other notable inclusions are inspo, brologarchy, tradwife and lewk, words “which gained momentum over the first half of this decade”, says Wendalyn Nichols, a publishing manager for Cambridge Dictionary.

“As lexicographers our job is to observe and record and it is

not to pass judgement on the terms,” she says, referring to tradwife, which is often used as a label for more conservative women who embrace traditional gender roles.

Her team tracks what people are looking up online, monitoring mainstream and social media, getting feedback from users and watching for cultural tipping points.

“When a word moves out of quotation marks, that’s another sign that enough people know what this is,” she says. “It has a definition that people recognise and we want to capture it.”

Language is “a proxy for broader cultural changes,” says Adam Aleksic, a linguist and the author of *Algospeak: How Social Media Is*

Transforming the Future of Language. “At the core of skibidi, tradwife and delulu I see natural human tendencies to be funny, conservative or delusional, all a reflection of our own humanity.”

Internet culture is changing the English language, says Colin McIntosh, the lexical programme manager at Cambridge Dictionary, “and the effect is fascinating to observe and capture”.

The Cambridge Dictionary team only adds words they believe will remain popular. “It’s not every day you get to see words like skibidi and delulu make their way into the Cambridge Dictionary,” McIntosh says.

Here’s a guide to some of the new words.

Short for ‘delusional’, this term has been around online for the past decade or so. It was first used as an insult directed at obsessive K-pop fans for their belief they would date their idols. Lately, though, it’s become associated with the idea that personal beliefs are more important than reality.

Its dictionary entry defines it as “believing things that are not real or true, usually because you choose to”.

The phrase “delulu with no solulu” was used by Australian Prime Minister Anthony Albanese to attack opponents in parliament, officially taking it from slang to mainstream.



This refers to electronic products that are made and sold cheaply, and often replaced, leading to e-waste. Yes, it’s those charging cables, novelty lights, mini fans, disposable vapes and the like that are either binned after they’ve stopped working or abandoned in drawers. One UK report says consumer spending on fast tech has quadrupled to £11,6 billion (R278,4bn) since 2023.

Short for inspiration, usually pertaining to something posted online that gives one ideas for doing something or that makes you want to do something. For example: “This is one of my favourite Instagram accounts for interior design inspo.”

SNACK- ABLE

Describes content you can read or play in small amounts, reflecting shrinking attention spans.

FAST TECH

INSPO



RED FLAG / GREEN FLAG

These are not new entries but have been updated. They are popular terms on social media where they're often used to describe negative and positive traits in a partner. A red flag is "a sign that something bad is happening or could happen" and a green flag is "a sign that something is good or is likely to succeed".

SKIBIDI

First used in the animated YouTube series Skibidi Toilet, it has "different meanings, such as cool or bad, or it can be used with no real meaning as a joke", according to Cambridge. "It has entered the language as an intensifier," Nichols says.

The series Skibidi Toilet, created by Russian-Georgian animator Alexey Gerasimov (27), which launched in 2023, features human-headed toilets battling camera-headed humans. It is widely used as a nonsensical (and sometimes pejorative) expression and meme.

When skibidi is used in combination with rizz – short for charisma – it means someone is "really good at flirting", Nichols says. But combined with other terms or used on its own, its meaning changes.

Examples of skibidi in a sentence include:

What the skibidi are you doing?

What was the most skibidi part?

That wasn't very skibidi rizz of you.

MOUSE JIGGLER

This post-pandemic entry refers to a device or software used by remote workers to make it seem as though they're working when they're not behind their laptop.

DIGITAL DECAY

This is the gradual process by which information online disappears or becomes inaccessible. According to recent research by the Pew Research Center in the US, nearly 40% of webpages that existed a decade ago are no longer accessible.

LEWK

First used in fashion journalism, this word was popularised by the reality TV series RuPaul's Drag Race. It's a play on "look" and means a particular style, especially one that's unusual and impressive.



TRADWIFE



TECHNOFOSSIL

An object that could remain on Earth for a very long period after it has been thrown away and is likely to be found and studied by people in the future.

Plastic will be a signature technofossil because it's so incredibly durable, says palaeontologist Prof Sarah Gabbott of the University of Leicester in the UK. "So wherever future civilisations dig, they're going to find plastic."

WORK WIFE / SPOUSE

Used to denote workplace relationships between two people who help and trust each other.



BROLIGARCHY

This word, which combines "bro" and "oligarchy", is defined as "a small group of men, especially men owning or involved in a technology business, who are extremely rich and powerful and who have or want political influence". It was used to describe tech bosses **Mark Zuckerberg**, **Jeff Bezos** and **Elon Musk** when they attended Donald Trump's presidential inauguration in January.

Cambridge Dictionary editors began tracking the word tradwife on Instagram and YouTube in 2018, first as two separate words before it began to be used as a single word in 2020. It's short for traditional wife and is defined as "someone who stays at home doing cooking, cleaning, etc and has children that she takes care of and who posts on social media about that lifestyle".

Mother of eight **Hannah Neeleman** of the YouTube channel **Ballerina Farm** has been dubbed the queen of tradwifery. **Stranger Things** star **Millie Bobby Brown** was labelled a tradwife after she married **Jake Bongiovi** at 20 and moved to a farm where she keeps chickens, sheep, goats and other animals.

THE JURASSIC SPARK BILLIONAIRE

BEN LAMM IS A MAN WITH A PLAN – TO BRING THE MAMMOTH AND DODO BACK AND GIVE THE WORLD THE TOOLS TO TACKLE THE NEXT BIG EXTINCTION

COMPILED BY **ROXANNE MOONEYS**

WHAT do you do when you're an out-of-the-box thinker, have loads of money and you're worried about the many animal species threatened by extinction because of climate change?

You start working on a plan to "de-extinct" long-dead animals such as the woolly mammoth, that's what.

Billionaire American entrepreneur Ben Lamm knows his latest venture sounds like something out of Jurassic Park, but he has a vision. His goal isn't just to resurrect woolly mammoths, the dodo and extinct fauna – he reckons his company can ultimately use the same technology to rescue endangered species too and protect the biodiversity on Earth.

Ben and his firm, Colossal Biosciences, have teamed up with well-

known Harvard geneticist Professor George Church. They began working together after Ben read an article about George's work to bring the mammoth back.

"We were basically on life support in terms of money," George says, "and then Ben came along and helped bring in big funding."

Another creature in their sights is the moa, a 3,6m-tall flightless bird native to New Zealand which went extinct about 600 years ago.

Colossal Biosciences believes they can create a new moa within five to 10 years and this project has helped attract one of their well-known investors, filmmaker



RIGHT: Ben with director Peter Jackson, who is equally excited about the moa's (LEFT) revival.

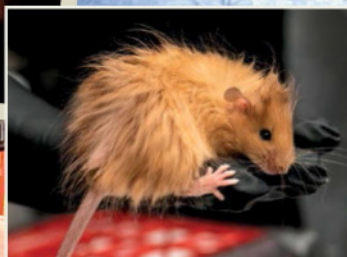




LEFT: Ben Lamm and Gareth Edwards, director of Jurassic World Rebirth. RIGHT: Ben and George Church, co-founder of Colossal Biosciences.



ABOVE: Dire wolves Romulus and Remus. LEFT: In 2024 Colossal created a mouse with mammal characteristics.



Peter Jackson of The Lord of the Rings fame and his wife and business partner, Fran Walsh. Peter, who owns

one of the largest collections of moa bones in the world, invested \$15 million (R270m) in the company.

Other big-name investors include Paris Hilton, brothers Chris, Liam and Luke Hemsworth and legendary US quarterback Tom Brady. "I meet a lot of people," Tom says, "but Ben and George have something special."

BEN grew up in Austin, Texas, and started his first business while he was at university – an e-learning company called Simply Interactive. Since then he's launched and sold several businesses, becoming a billionaire in the process.

Success, however, took a toll on him. In 2020 he contracted a virus in his heart which made him extra vulnerable to Covid. He had to spend a long time in isolation from his family but it taught him to take better care of himself, he says.

Hollywood has taken note



Ben with Joe Rogan, whose podcast he appeared on earlier this year.

of Ben's work and Oscar-winning director of My Octopus Teacher James Reed is working on a documentary about Colossal with Michael Dougherty, director of Godzilla: King of Monsters, producing.

Unlike the monster movies of the big screen, Colossal and Ben have no intention of cooking up new creatures. At a recent conference someone suggested they make real Pokémon but Ben says humanity "has bigger problems. We have the climate crisis. Once we've solved that then we can start thinking about the weird and the wonderful".

EARLIER this year Colossal Biosciences announced the birth of three dire wolves: Romulus, Remus and Khaleesi. Dire wolves as a species went extinct 10 000 years ago.

Using DNA from a 13 000-year-old tooth and a 72 000-year-old skull Ben's team were able to analyse the full genome of the species, then used gene-editing technology to genetically modify cells from a living grey wolf to create embryos which were transferred to a surrogate – a domestic dog.

'THANK YOU ... FOR MAKING SCIENCE COOL'

The animals look like the dire wolves in Game of Thrones – snow-white, wild and almost unreal. But says paleogeneticist Dr Nic Rawlence the animals are genetically engineered grey wolves with giant wolf characteristics such as a larger skull and white fur.

"It's a hybrid," he says.

Colossal says the animals are being cared for on a 2 000-acre preserve "certified by the American Humane Society and registered with the US department of agriculture". Colossal has also created two litters of cloned red wolves, the most critically endangered wolf in the world.

Ben is unbothered by criticism. It's not just about the wow factor of resurrecting extinct animals but about how the same technology can be used to save and protect animals and plants under threat. "By 2050 half of Earth's plant and animal species could disappear. It's going to have a huge impact on food, water and health."

Of course the question on everyone's lips is: is this going to be a real-life Jurassic Park? "We don't have a problem with the comparisons," Ben says.

He hopes, if his project succeeds, it will inspire a new generation of scientists. "We get kids drawing pictures of dodos or mammoths and parents sending us a thing saying, 'Thank you for doing this. You're making science cool,'" Ben says.

"If we can put synthetic biology in the hearts and minds and homes of people, change people's perspective, maybe, maybe we get one less influencer and one more scientist, right?" □

Forensic experts search the scene where the remains of Alessandro Venier were discovered in a village in Italy.



A DEADLY DECISION

A mother and her son's girlfriend are implicated in a gruesome killing that has rocked an Italian village – after a confession brought everything to light

COMPILED BY **LAVERN DE VRIES**



ABOVE LEFT: Alessandro Venier was killed and then dismembered at the alleged request of his girlfriend and the mother of his child, Maily Castro Monsalvo. ABOVE RIGHT: The gruesome deed was allegedly committed by his mother, Lorena Venier, a respected nurse in their small village in Gemona del Friuli, Italy.

FOR 20 years she had been a trusted nurse. Patients praised her gentle touch, colleagues respected her professionalism and younger nurses looked up to her as a mentor. Lorena Venier spent her career saving lives, but what no one knew was that she'd also taken one.

In a crime that has shocked Italy, the 61-year-old recently confessed to murdering and dismembering her son after police discovered his remains in a barrel in the family's garage. Alessandro Venier (35) had been cut into three pieces with surgical precision and covered in lime to hide the smell of decomposition.

His mother had hoped to cover up the crime, expecting people in their small village in Gemona del Friuli to assume he had simply followed through with his plan to move to South America with his girlfriend, Maily Castro Monsalvo. But her plan failed when six days later Monsalvo called police and confessed to helping Venier kill him.

Within hours, both women were in custody. Venier was arrested and faces charges of murder and concealing a body, while Monsalvo (30) is being investigated for instigating the crime.

Venier claims she acted to protect her future daughter-in-law and baby granddaughter. According to her confession, Alessandro had been violently abusing both her and Monsalvo, who had recently given birth.

Her unemployed son had drug and alcohol problems and had allegedly threatened to drown Monsalvo in a Colombian river. When he made plans to take the family to South America, Venier feared for their safety. "She is the daughter I never had. I could not have allowed them to go to Colombia.

"She and the baby would have run very serious risks there," she said at a recent court hearing. "The only way to stop him was to kill him."

THE ONLY WAY TO STOP HIM WAS TO KILL HIM

pleas. On 25 July the women took matters into their own hands, beginning what would become a six-hour ordeal.

"We knocked him out with a sleeping pill around 5.30pm, but he didn't die until around 11pm," Venier says.

She first tried to poison him, hoping he would simply fall asleep and not wake up. "I emptied an entire blister pack of medicine into lemonade, but it wasn't enough."

When that only made him groggy, she injected him twice with insulin she'd stockpiled from her workplace.

"I'd had them at home for about five years. I'd got them from work because at the time I'd decided to kill myself."

They even planned to rewrite history for the sake of the child.

"We would have said only good things about her father, we would have portrayed him in a good light, keeping the truth of the violence we suffered hidden."

But the secret weighed heavily on Monsalvo. Unable to carry the burden any longer, she called the police and confessed to the grisly murder. When investigators arrived at the family home, they discovered Alessandro's remains hidden in a plastic barrel in the garage.

Venier held nothing back during questioning. "She was lucid and aware during her confession, explaining in detail exactly what prompted her to act, her motives," says her lawyer, Giovanni De Nardo, who has requested a psychiatric

evaluation for his client.

The crime has sent shock waves through the tight-knit community where Venier lived, with many struggling to make sense of what happened.

"We had good relations with her," says her neighbour, Alberto Guillan. "We never heard any arguments. The whole thing is inexplicable."

Criminologist David Wilson says it's an extremely rare case. "In Western countries, only 10% of people who kill are female. This is a filicide, meaning a parent who kills a child, which is unusual."

He says poisoning is typical of female murderers "but dismemberment is rare because it's very difficult to cut up a body and usually requires medical expertise".

Venier remains in custody awaiting trial while Monsalvo is also behind bars waiting to hear if she'll be charged. Her lawyer describes her as very confused and says she is struggling to face up to what happened.

In the small Italian village where family means everything, all attention has turned to helping the six-month-old infant, who is now in protective care.

"Nothing like this has happened here before," says mayor Roberto Revelant.

"The whole community is rallying around the baby. We are working with social services to make sure she's safe." □

VENIER had raised Alessandro alone from the time he was young, after his Egyptian father walked out on them. For 35 years she had devoted herself entirely to him, but over time their relationship began to fracture.

The strain was evident to colleagues at Gemona del Friuli Hospital, who occasionally witnessed her private struggles. "She was affected by a troubled relationship with her son," one co-worker recalls.

Though she rarely spoke about personal problems at work, her distress over Alessandro's unemployment, drug abuse and erratic behaviour was sometimes impossible to hide.

"Her son had given her, and continued to give her, concerns. I had seen her cry," another colleague remembers.

The situation escalated in January when Monsalvo gave birth and Alessandro became increasingly volatile. Monsalvo, who was struggling with postnatal depression, turned to Venier for help.

"She had been asking me to kill my son ever since the day their daughter was born," Venier told investigators. "She was being beaten up, insulted and threatened many times with death. My son downplayed the postnatal depression."

Venier alleges her son beat her up when she tried to intervene in the abuse. Eventually she agreed to Monsalvo's



FAR LEFT: Neighbours say they didn't ever hear arguments coming from the Venier family home so the brutal killing has shocked them. **LEFT:** Alessandro's remains were found hidden in a plastic barrel in the garage on the property.

The insulin wasn't enough either. "Once the insulin had taken effect, we tried to suffocate him with a pillow, but Alessandro continued to fight back, even though he was weak."

They finally strangled him with bootlaces. "The plan didn't include cutting him up," she said, explaining she only resorted to the hacksaw when his body wouldn't fit in their disposal container.

"I took care of the dismemberment myself. I used a hacksaw and a sheet to hold the blood. I dissected him into three pieces," she told police.

VENIER seemed to have a fool-proof plan. She and Monsalvo would tell everyone Alessandro had simply followed through with his intention to move to South America.

"Once things had calmed down, she would return to Colombia, to her family, with the baby. I would fly to visit them as soon as I retired," Venier later explained.



For decades Belgian psychotherapist Esther Perel has been dishing out advice to couples on how to keep the spark alive in their relationships.



LOVE ACTUALLY

Relationship expert Esther Perel says there's a reason you and your partner aren't having sex – you're too close! Her advice? Create mystery, schedule intimacy and stop scrolling together on the couch

BY JACK REAR

THERE'S nothing that can shock or surprise her about what couples get up to in the bedroom – as one of the leading experts in human relationships, Esther Perel has heard it all.

But while the Belgian-born psychotherapist has been dishing out advice about intimacy for decades, she insists it isn't all about sex.

"I'm not interested in helping people just do it," she says. "I'm interested in people experiencing aliveness, vibrancy, vitality, curiosity – all ingredients of the erotic. That can come from talking about books, art and nature as much as having sex."



Love and closeness often kill desire, Esther warns. She says injecting a bit of mystery can help rekindle the flame.

Over her 40-year career, Esther (67) has become an expert on love, marriage, relationships, infidelity and sex. She made it to Forbes' inaugural 50 Over 50 list in 2021 and is fêted by Oprah Winfrey, who calls her a "rock star".

Esther's 2006 book, *Mating in Captivity: Unlocking Erotic Intelligence*, is a global bestseller, translated into 30 languages, with more than a million copies sold. Her podcast, *Where Should We Begin?* with Esther Perel, has drawn a devoted following and she has more than two million fans on Instagram – all while continuing to practise as a couples and family therapist in New York.

"I'd never have thought I'd still be here," Esther says. "Next year we'll celebrate the 20th anniversary of my book."

And yet *Mating in Captivity* wasn't an instant success, she admits. "It took quite a few years before it became a hit with readers.

"As times changed, I think people began to understand it and there began to be a different conversation about sexuality within the context of committed relationships."

Much has changed since the book was published but the central themes hold true. "The things that nurture love – closeness, responsibility, worry for the wellbeing of your partner, anxiety, care-taking – aren't the same ingredients that nurture the erotic," Esther says.

"When I'm responsible for you, I'm not letting go. I'm focused on you, I'm not inside myself. Responsibility and pleasure don't necessarily go that well together."

As marriage has evolved into more of

a romantic institution where couples place more emotional needs on each other, perhaps it's inevitable that the mystery and intrigue vital for desire to flourish start to diminish.

"The ingredients that are essential to love aren't necessarily the same ones that fuel desire," she continues. "Love wants closeness, love wants to contract the distance, it wants to minimise the tension. Desire thrives on those things."

HOW TO RESTORE DESIRE TO A LONG-TERM RELATIONSHIP

"The first question I always ask couples is this: when were you last drawn to your partner?" Esther says.

In all of the hundreds of couples from around the globe she's worked with, she says she encounters only four answers:

"The first is when I see him radiant, competent, in his element," she says. "The second is when we've been apart and we reunite. The third is when he surprises me – that can be a surprise of any kind,

whether he's telling me something I didn't know about him or if he shows a side you don't often get to see.

"And finally, when I see him in the eyes of another; when I see how other people look at him or listen to him when he holds forth.

"In each of these descriptions this person who is so familiar is momentarily somewhat mysterious, somewhat unknown, and in this space between you and him is this erotic element," Esther explains. ➤

'THE THINGS THAT NURTURE LOVE AREN'T THE SAME THINGS THAT NURTURE THE EROTIC'

◀ When it comes to restoring sex and desire into a long-term relationship, the trick is to create differentiation.

"Back in 2006, I'd have called that distance, but people misunderstood: you don't have to play at being distant," she says. "It's about differentiation, it's about remembering that your partner is a different person to you."

Esther believes good relationships are like accordions: they need both closeness and distance, oneness and differentiation, similarities and differences.

"A separate bed, a separate trip, all these things can help," the psychotherapist advises. "You don't have to go to everything together, leave together, go to bed together, wake up together. Desire needs space: it needs freedom, it needs mystery, it needs the unknown so that there's something to explore."

"It needs a bridge to cross to go visit somebody. If you've become intertwined, you can't have a relationship because you're already the same person."

What this differentiation might look like will depend on the couple. In *Mating in Captivity*, Esther discusses a couple who learn to rediscover the erotic charge simply by avoiding physical contact for a week, while others find it by exploring separate hobbies.

WHY YOU NEED TO PUT DOWN YOUR PHONE AND BE PRESENT

Though Esther acknowledges that couples are generally thinking about maintaining vibrant relationships more now than ever before, things have deteriorated too.

"Between 2006 and today, presence is the most important thing we've lost," she says.

What started as couples watching TV together morphed into couples scrolling on the sofa side by side with the TV in the background. "Then at some point one of you wants to say something to the other but the other is still scrolling and says, 'Uh huh, uh huh' and gives you this kind of digital-lag response."

"The person is there but they're not present. That's normal now – and we wonder why people are having less sex?"

In her research around the process of mourning, psychologist and family therapist Dr Pauline Boss coined the term "ambiguous loss" to describe a type of loss when someone is physically or psychologically absent, such as with missing

persons or dementia, or even divorce. Esther thinks it applies equally to relationships where people don't really engage with each other.

"Sex isn't just something you do – it's somewhere you go with another," Esther says. "So where do you go? What parts of you do you connect with when you experience sexuality?"

"Is it a place for spiritual union? Is it a place to be mischievous? Is it a place to finally be taken care of and not to have to take any responsibility?"

"Is it a place to express your aggression and dominance safely? Is it a place to surrender? A part of you is being expressed there and presence is vital for you and your partner to see it."

In short, if you're obsessively scrolling on your phone you can't simply expect to suddenly snap into a passionate, erotic headspace.

"Sexual needs are codes for deeper needs," she says. "Sex means something, even if it's a hit-and-run. What is the meaning for you? What do you want to experience there? If you know that emotional need, you're much more likely to stay connected, so it's no longer an issue of mismatched desires. 'I want, I don't want', all that goes out the window."

HOW TO KEEP THE SPARK ALIVE WHEN YOU'VE BEEN MARRIED FOR DECADES

It's a tale so well-trodden that it's practically a cliché: the once-passionate couple who marry, have kids, live in perfect harmony for years, eventually find themselves never having sex at all.

Perhaps one partner would like to have more but the other is less inclined and over years resentment festers and grows until sex becomes a sore point.

In that situation how can long-term partners put sex back on the table? "There are several parts to this which I try to instil in people," Esther says.

"The first thing is willingness. Willingness is different from desire or arousal. When we focus on those, we want people to be matched. The reality of many couples is that they're not always matched, neither in timing nor in energy nor in

the subtext or emotional meaning of it. But we don't always eat because we're hungry, do we?"

Esther conjures up an image of a couple in the kitchen. One is making food, the other says they're not hungry. But once the food is prepared, the not-hungry person tastes some and enjoys it.

"So it goes with sex," she says. "Learning to say, 'Let me see where this takes me' instead of either 'I'm in the mood' or 'I'm not in the mood' is an important thing we can do."

Sexlessness, she contends, is rarely about sex itself.

"Ask yourself: when do you turn yourself off, shut yourself down, extinguish yourself – and why?"

"People often say it's when they're on the phone, when they're working, when they're worrying about money or the kids, when they're bloated, when they're overworked, when they feel bad about themselves, when they fought, when they don't talk."

"And often what it turns out to be is, 'I turn myself off when I'm not feeling well, when I don't take care of myself, when I don't feel connected to you'."

"So how do you reverse it? Ask yourself, when do you awaken? When do you get in the mood?"

"That might be, 'When I'm in nature, when I go dancing, when I sing, when I see my friends, when I laugh, when I go to comedy, when I see you naked, when I like my own body, when I'm in a hot shower'. Again, very little is essentially sexual. It's really about how I feel about me, you and life."

"Once you have that list then ask yourself, when was the last time you did those things to feel alive? You don't get turned on if you just sit there for 27 years then look at each other."

Preparing for sex doesn't just mean foreplay. "It's the whole thing; it's about feeling energised so you can be responsive and available and put your energy into it," Esther observes.

Today we have re-contextualised sex as romantic and passionate and in that shift, we became fixated on the idea that desire must be spontaneous and all-consuming.

Nowhere is that change more clearly displayed than in our open disdain for couples who schedule sex and that has to change, Esther says.

'THE REALITY OF MANY COUPLES IS THAT THEY'RE NOT ALWAYS MATCHED'

“When you say ‘schedule’ people think it’s boring, an obligation. It’s being intentional. And that’s good because intentionality conveys value. Intentionality says ‘this matters to us’. We make space for it, we set time for it, we clean the room for it, we clean ourselves for it.”

“Couples who plan their sex lives, who make a ritual of it are prioritising sex and putting effort into it. That’s how you keep sex alive.”

WHY DO PEOPLE CHEAT (AND WHAT CAN YOU DO ABOUT IT?)

“Infidelity has existed since marriage was invented, and people stray for a multitude of reasons. Sometimes those have to do with the relationship – sometimes it’s rejection, betrayal, disconnection, alienation. Loneliness is a big one,” Esther says.

“Sometimes it has reasons that have very little to do with the relationship. The reasons are internal.”

Ultimately, she thinks infidelity is a reaction against the “deadness” of a relationship. That might be because the couple’s intimacy has smothered their passion. It might be that their lack of presence has convinced their partner that they no longer care.

“Most people today are going to have two or three relationships or marriages in their adult life. Some of us will do it with the same person. The story of an affair is that your first marriage is over. But you can create a second one.”

But it is possible to recover a relationship that has died. The key, Esther says, is for both partners to be willing to actively cultivate a sense of curiosity.

“It means exploration, it means discovery, it means active engagement with the unknown, it means being alive. It’s a good entry door.”

And creating a new sense of curiosity about your partner is best done by creating risk.

“It’s about opening yourself up to the possibility that you don’t know your

partner as well as you think,” she says. “Instead of settling into a cosy existence, why don’t we have a conversation about something interesting besides what we want from each other?”

“Do you know how many people go out with friends, they see their partner talking, talking about the movie or the band or the experience, and then they get into the car or the subway and they say, ‘Who is picking up Johnny tomorrow after school?’ or ‘Did you pick up the groceries?’ From there to not wanting to have sex, the distance is not far.

“It’s about curiosity, it’s about playing,” she adds. “Play is when taking risks is fun. It could be telling interesting stories,

creating new rituals, trying new food.

It’s about giving your partner the chance to see you and themselves in a new context.”

So, what is Esther’s ultimate secret to maintaining a long-term relationship?

“People often say, ‘I want what’s important to me to be important to you too,’” she answers. “You can’t make someone be the same as you. You accept your differences, and you accept that someone can do something for you that means nothing to them. And you can do things for your partner even if you’re not interested yourself.

“You don’t have to change but you should try to accommodate.” □

Although it may seem unromantic to schedule intimacy, psychotherapist Esther Perel says it’s essential.



ESTHER'S TOP NINE SEX & RELATIONSHIPS TIPS

1 It’s important to understand that love and desire are not one and the same. They call different parts of us.

2 The number one ingredient for erotic desire is presence. If you are always watching TV or scrolling on your phone and your husband is doing the same, is it any wonder then that you’re having less sex?

3 Willingness is one of the most overlooked keys to a good sex life. Learn to say, “Let me see where this takes me.”

4 Foreplay is not five minutes before the main thing. Preparation for sexuality is waking yourself up, feeling alive, relaxed, confident and empowered.

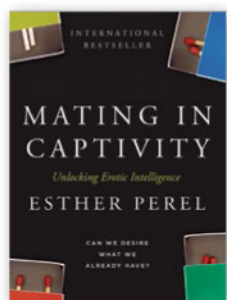
5 Committed sex is premeditated sex, it’s not spontaneous.

6 Most people today in the West are going to have two or three relationships or marriages in their adult life. Some of us will do it with the same person.

7 People can end up being unfaithful because it doesn’t seem like their partner cares, so don’t be complacent.

8 Fantasies are powerful. They can give people something they don’t have already. But what you want in your imagination is not what you want in real life.

9 You don’t have to change what sex means for you, but you may want to add something that you know is pleasing to the other person. This is true of everything in the relationship.



Esther Perel’s 2006 book, *Mating in Captivity: Unlocking Erotic Intelligence*, is a global bestseller, that has been translated into 30 languages, with more than a million copies sold.



Thembinkosi played King Dingiswayo in *Shaka iLembe*.
BELOW: In his role as a police officer in *Homecoming*.

WHETHER his days are filled with photoshoots, meetings, filming on set or a combination of all three, his workday always ends with a

session in the gym.

It's become a sacred ritual, says Thembinkosi Mthembu. It's a routine that keeps him grounded, something that's become essential for the actor – especially during the intensity of his portrayal of King Dingiswayo.

For the millions who tune in to *Shaka iLembe* every Sunday night Thembinkosi (31) isn't just an actor – he was the embodiment of the king, the noble ruler of the Mthethwa, known for his military strategy.

Thembinkosi's portrayal of the beloved king has been described as masterful, bringing to life the story of the formidable leader who paved the way for Shaka's rise to power. When King Dingiswayo died in a recent heart-wrenching episode, devastated fans took to social media to praise the actor for his performance.

"Give that man his flowers" became the rallying cry as fans processed their grief. Others declared him the GOAT – the Greatest of All Time.

One fan captured the prevailing sentiment, saying, "Thembinkosi Mthembu's talent is truly God-given, destined for powerful roles like Dingiswayo. What he brought to *Shaka iLembe* is nothing short of iconic."

FROM KING TO COP

Thembinkosi Mthembu is riding high – but the road to TV stardom has been bumpy

BY **NOKUTHULA ZWANE-EJIKE**



On hearing this Thembinkosi laughs and with a humility that's endeared him to fans and colleagues alike, he says, "Thank you for saying I'm the GOAT, but not yet!"

He worked with acting coach Gregory Maqoma as well as series directors Zeno Peterson and Angus Gibson to perfect his portrayal of the king.

"Gregory told me, 'F*** lines, just do what you think would be appropriate when accepting death'. I'm an honest performer – I went for honest reaction rather than a dramatic performance. I just went with what I felt."

It was this kind of honest performance that earned him a Safta win for best actor for the first season of iShaka last year – along with nominations for series The River, Adulting and Outlaws – and if fans have anything to say about it his emotionally charged performance in Season 2 is likely to earn him another one.

THANKS FOR SAYING I'M THE GOAT BUT – NOT YET!

BORN and raised in KwaNdengezi near Durban, his upbringing with his brother Philani and sister Nontuthuko

shaped him into the man he is today.

"It was chilled. I wasn't from a rich family. I was taught to appreciate whatever we had – whether it was an item, compliment or guidance.

"Growing up everything I got was hand-me-downs from my siblings. It would start with my sister, move to my brother, then end with me. A phone, blankets – everything," he says.

"My mother taught me appreciation. My dad taught me to be a man while Mom was tender. Being the last-born I was a spoiled brat – I was naughty. But when I left for varsity they'd tamed me enough to be likeable."

Acting wasn't his original plan, he says. "I played soccer and never thought of acting in primary or high school. Until I went to DUT (Durban University of Technology) I thought I'd succeed in football."

After completing a diploma in drama at DUT in 2017 he moved to Johannesburg.

It was a challenging time, he says. His partner Nonsindiso Mthembu was pregnant and he missed his family in Durban, who worried about his future and urged him to "try something else instead".

Despite their concerns his mom Thandiwe Mchunu gave him money for rent. He landed the odd job in commercials but didn't get acting work for almost a year and it left him feeling lonely and isolated.

"I became depressed," he recalls.

The following year when he moved to Soweto things became even tougher.

His relationship with Nonsindiso was good but he rarely saw her or their daughter, Melokuhle (now 7), and his living conditions were spartan.

"I had a bed, a sheet covering the window and a bathing dish. No curtains. And a laptop without data."

He joined a gym in the community and it became the turning point he needed.

He made new friends he could talk to about his problems and started to feel like he was part of something again.

"I'm glad things happened that way because it was a lesson."

He continued to audition and landed his first acting role in the Showmax series The Republic, which began streaming in 2019.

Appearances in other series followed – The River, Adulting, Outlaws and then Shaka iLembe. "That role [of Dingiswayo] really changed my life for the better," he says

HIS latest role as a cop in the telenovela Homecoming on Mzansi Wethu on DStv is one that's close to his heart.

"Sifiso is different to Dingiswayo," he says of the role. "He's a cop and a healer. Interestingly I

grew up around cops – my siblings became police officers."

His role in Homecoming is a tribute to police officers, he says, because he sees them as heroes. But it's also difficult because it reminds him of the painful experience of losing his sister.

Nontuthuko was shot dead by an ex-boyfriend at her office in 2016.

"Her co-workers allowed him in because they knew they'd dated since college. He shot my sister then killed himself," Thembinkosi said on Podcast and Chill.

It's a loss he hasn't made peace with, he says. "To be honest I haven't healed from my sister's passing. I tried but I haven't forgiven the perpetrator. It's something I am constantly evading."

But there is plenty that's good in his life. He and Nonsindiso (29) tied the knot in a traditional ceremony a little over a year ago.

"She's very calm and quiet. I have friends who don't know her voice. She's peaceful," he says of the woman he credits as being a huge part of his success.

It's not easy for Thembinkosi to talk about Melokuhle. When he was establishing himself as an actor in Johannesburg his mother suggested that the little girl should stay with his family in Durban.

Not living in the same city as her "makes me feel bad". "Balancing things is hard," he adds. "My mom and dad, her mother and my big brother Philani should take credit for raising my kid."

Despite the distance they have a strong bond. "We talk almost daily," Thembinkosi says, adding that his daughter visits him during school holidays and sometimes accompanies him to work.

"She met the Shaka cast and crew and was happy seeing what I do."

Next year Melokuhle will move to Johannesburg and Thembinkosi will be "a full-time father".

"I'm ready," he says. He and Nonsindiso also hope to have their white wedding at some point.

On the work front he's setting his sights on starring in movies, hopefully big ones that could lead to an Academy Award. He also wants to be a good role model for his daughter.

While he may have had success on the small screen and has legions of fans the actor admits he often doubts himself, but he plans to start therapy to deal with it.

"I want to grow as a performer." □



KIDS GONE, CAREER ON!

Now that her children have flown the coop, Catherine Zeta-Jones' star is shining bright as she once again captivates Tinseltown

COMPILED BY

JANICE BECKETT-MSIZA

WHEN she made a brief appearance as Morticia Addams in hit Netflix series *Wednesday*, the creators immediately recognised the magic.

Catherine Zeta-Jones cast such a spell on them that they gave her a bigger role in season 2 – and critics say she's stealing the show.

In the current storyline Wednesday (Jenna Ortega) and Pugsley (Isaac Ordonez) are enrolled at Nevermore Academy, leaving Morticia with an empty nest. With more time on her hands, she takes up a fundraising role at the school, leading to electrifying scenes including a blindfolded sword duel between mom and daughter.

For Catherine (55), wielding a sword feels like second nature. She learnt to fence for the 1998 movie *The Mask of Zorro*, her breakout role opposite Antonio Banderas. While she praises Jenna (22) as a talented professional who helped her prepare, Catherine confidently declares herself the superior swordswoman. "Look, I'm older than her and I did two Zorros," she quips. "I do have a bit of a sword skill going on."

What really sets the show apart, though, is its emotional depth. Catherine got to showcase her acting range through what director Tim Burton says is the crucial element of the entire series – the mother-daughter relationship dynamic. "I got to bend into the comedy and the emotion, the vulnerability," she says. "Morticia is like all of us. We're strong, but we're vulnerable."

Like her character, Catherine is also an empty nester. Her daughter, Carys (22), graduated from Brown University this year and her son, Dylan (25), did the same in 2022.

With the kids having flown the coop, Catherine has used her newfound freedom to flourish professionally. Besides her scene-stealing role as Morticia, she has other exciting projects lined up. She's working on indie film, *The Gallerist*, with Natalie Portman and playing a former crime boss in the Amazon series *Kill Jackie*.

"It's a new chapter," she says. "It's what I have been craving – variety."

CATHERINE'S appetite for variety isn't new. From a young age she has pursued adventure, which shaped her incredible journey from working-class Wales to Hollywood stardom.

She was raised in the seaside town of Mumbles in Swansea, where her mom, Patricia, was a seamstress and her dad, David, worked in a sweet factory until a life-changing bingo win of £100 000 (now R2,4 million) allowed him to buy the business and, crucially, fund Catherine's tap-dancing lessons.



ABOVE LEFT: Catherine Zeta-Jones returns as Morticia Addams in the second season of Netflix series Wednesday alongside Jenna Ortega, who plays the main character. ABOVE RIGHT: The actress gained her sword-fighting skills when she starred as Elena in 1998 film The Mask of Zorro.



'MORTICIA IS LIKE ALL OF US. WE'RE STRONG, BUT WE'RE VULNERABLE'

She was just nine years old when she left Wales for London's West End to star in *Annie*, launching a career that would see her captivate British audiences in the TV series *The Darling Buds of May* before conquering Hollywood.

Her sword-fighting prowess and natural beauty in *The Mask of Zorro* enthralled audiences. It also caught the attention of Michael Douglas, who boldly declared at their first meeting, "I want you to have my babies".

After a whirlwind romance, they tied the knot in New York in 2000. The newlyweds decided to swop the city's intensity for Bermuda, where Michael's mother was from. "The city in the summertime is too hot," Catherine says. "So Michael took me to Bermuda and I thought, 'I love this'. It's a British colony, there were pictures of the Queen [Elizabeth II] when I went to the bank."

Catherine, a self-confessed royalist, enjoyed the country so much they stayed for a decade while raising their children. Today she and Michael own four properties across New York, Canada and Spain. "I know it sounds very jet-set and I love to surround myself with beauty, but it's not excessive, it's very comfortable," she says.

She may have a glamorous lifestyle, but Catherine has weathered some serious storms. In 2010 Michael was diagnosed with stage 4 throat cancer while simultaneously battling ex-wife Diandra Douglas over proceeds from his Wall Street movie sequel.

In 2011 Catherine was diagnosed with bipolar disorder and later that year checked herself into a mental-health facility for treatment. "There is no need to suffer silently, and there is no shame in seeking help."

In 2013, she once again sought professional treat-

ment for bipolar disorder.

"She's doing a really good job of getting balanced," Michael said back then. "I'm proud of her."

DESPITE their public show of solidarity, cracks started to show and in 2013 they separated and underwent intensive therapy both individually and together.

"Their marriage was hanging by a thread," a close friend reveals. "They both needed to reassess and to reset. They never stopped loving each other but there were times they didn't like each other that much."

Catherine moved to their upstate New York home with Dylan and Carys, bringing her mother over from Wales for support. Michael remained at their \$12-million (R216m) New York apartment, visiting his family every weekend.

To make matters worse, Catherine's career was at an all-time low. "At one point she was selling stuff on QVC [a US free-to-air shopping channel]," the insider says.

The split had many wondering if their 25-year age gap had finally caught up

each other, respecting each other's space and prioritising family.

After a stellar career that earned him two Oscars, Michael (80) has embraced retirement while Catherine enjoys a career revival. "Catherine is 25 years younger than I am. She's very busy right now. And I think in the spirit of maintaining a good marriage, I'm happy to play the wife," he jokes.

He accompanied Catherine to her hometown of Swansea, where she filmed *Kill Jackie*. Catherine is relishing the prospect of playing the cocaine kingpin-turned-art dealer whose past foes are out to murder her.

"I'm playing a Welsh woman, speaking in my own accent for the first time. It's really empowering," she says.

"For years Catherine was very much the junior partner when it came to work," the friend says of her decision to focus on raising the kids.

"She's a great mother and really only started focusing on her career again once the kids were grown up. That's why this career resurgence is so heartening. Catherine is now being bombarded with offers – and she's determined to make the most of every opportunity."

For someone who has always hungered for variety, this new chapter is shaping up to be her most thrilling yet. □



Catherine is married to *Basic Instinct* actor Michael Douglas, with whom she has two children, Dylan and Carys (LEFT).

YOUR GUIDE TO THE WORLD OF CELEBS

Have **YOU** Heard



Actress Blake Lively has subpoenaed her *It Ends with Us* co-star, Isabela Ferrer, in her battle with Justin Baldoni.

THE PLOT THICKENS!



Justin is accused of sexual harassment by Blake on the set of *It Ends with Us*, and of leading a smear campaign against her.

Her lawyers now claim Wayfarer had said for them to cover the legal fees, she would need to surrender control of her response to Blake to them.

"From that point forward, Baldoni has tried to manipulate, threaten, control and otherwise act inappropriately towards Ms Ferrer," her lawyer, Sanford Michelman, said in the court documents. "Not actually allowing Ms Ferrer to provide the documents that reveal the true facts."

After Wayfarer failed to pay the legal fees, Isabela submitted her communications to Blake.

Justin's team have also subpoenaed her for further communications related to the case but according to them, Isabela and Michelman evaded their legal requests on numerous occasions. The young actress has asked the court to dismiss the new subpoena request as they feel they have already submitted all communication, but Justin's team argue there might be more information that could help their case.

Justin has also called Isabela's claims of harassment an inappropriate attack on him and his counsel.

In June, Justin was dealt a blow when his \$400-million (£7.2 billion) countersuit against Blake; her husband, Ryan Reynolds; their publicist, Leslie Sloane; and *The New York Times* was dismissed by a judge.

As part of his lawsuit he claimed Blake and her team had coerced their costars, including Isabela, to "shun Baldoni, in an early attempt to give fans the impression that Baldoni had committed an egregious sin".

E

ARLY next year one of the most anticipated court cases in Hollywood will kick off but will there be any drama left for the courtroom?

It Ends with Us co-stars Blake Lively and Justin Baldoni are still at loggerheads outside of court before the trial starts next March. Now their young co-star, Isabela Ferrer, has also been dragged into it.

Blake (38) sensationally launched a lawsuit against Justin (41), who also directed the movie, last December citing sexual harassment and a retaliatory smear campaign against her.

Isabela (24), who played the younger version of Blake's character Lily Bloom, has now accused Justin and his team of harassment and trying to exert financial control over her.

This comes after Blake's legal team subpoenaed her back in February to provide them with communications that would be relevant to the legal dispute.

According to Isabela's lawyers, once she was subpoenaed she invoked an indemnification clause in her contract that required Justin's company, Wayfarer Studios, to pay her legal fees.



Blake and Justin played lovers in the film adaptation of Colleen Hoover's bestseller, but it seems things were anything but loving behind the scenes.

SOPHIE'S BREAKUP WAVE

When Sophie Turner innocently waved at a fellow actor at a party, she had no idea it would spell the end of his engagement.

While appearing on *Late Night* with Seth Meyers, the 29-year-old actress revealed she was at an afterparty in 2014 with a friend who started fangirling when she saw the unnamed actor.

The *Game of Thrones* star didn't personally know the actor but when her friend asked her to say hello to him, she waved from across the room.

"That was it," she told the audience. "Later on, I see this girl looking at me, and she's a famous actress. And I go, 'I have to go and tell her how much she means to me.'"

The actress, however, was less than impressed when Sophie approached her, telling her to stop "flirting with my fiancé".

That's when Sophie realised the actress was pointing at the actor she'd innocently waved at earlier. "I have no idea who this man is," she went on. "Turns out, they broke their engagement off that night because of my [wave]. I didn't realise I held this power."

After the interview, where she did not name the actors, the internet went wild trying to figure out who Sophie was talking about.

Many reckoned she was referring to exes Evan Peters and Emma Roberts, who just happened to be at the party. The couple had a tumultuous relationship between 2012 and 2019 and even got engaged in 2014.



The internet thinks Sophie Turner (ABOVE) was referring to Evan Peters and Emma Roberts in a recent interview.

PERRIE'S HEALING

Back in the early 2010s Little Mix singer **PERRIE EDWARDS** and One Direction's **ZAYN MALIK** were a match made in heaven.

But after a messy breakup in 2015, which saw Zayn (now 32) end their two-year engagement over text, Perrie (32) had to work hard to deal with the scars of that toxic relationship.

So when he contacted her three years later – when his relationship with his baby mama, Gigi Hadid (30), hit a rough patch – she felt conflicted, especially because she'd since moved on to a healthier relationship with footballer Alex Oxlade-Chamberlain (32), with whom she has a son, Axel (3).

While appearing on the podcast *We Need to Talk* she spoke about how nervous she felt



telling Alex about her ex contacting her.

"I remember sweating and panicking thinking, 'I've got to tell him that obviously I've spoken to him!' And I would be terrified... And he was like, 'Okay, well, I really appreciate you telling me. That's fine. Hopefully he doesn't contact you again,'" she recalled.

"He's very mature. He's very laidback. He's very level-headed. He's not the type to get mad or angry or funny about things," she said.



POTTER MAGIC

The filming of the new Harry Potter TV series has started and it looks as if some real-life magic is kicking off on set.

Londoners got a glimpse of the new Harry, Scottish actor **DOMINIC MCLAUGHLIN** (11), and Hagrid, who will be played by Nick Frost (53), walking about on Borough High Street.

Robbie Coltrane, who played Hagrid for 10 years and appeared in all eight Harry Potter movies, died in 2022.

If fans were wondering how Nick, who is 1,71m tall, had suddenly become a giant, it's because his body double, former rugby player **MARTIN BAYFIELD**, was standing in for him.

Martin, who is 2,08m tall, donned a padded suit and animatronic head modelled on Nick's face for some shots.

The new series is set to air in late 2027 and will feature a whole new cast.



ALL IN THE FAMILY

ON SET WITH THE SANDLERS



S

PENDING long hours and even months away from their families can take its toll on movie stars. But when you're **ADAM SANDLER** it's no biggie as he usually pulls a

few strings to make sure they're right there on set with him.

So if the actresses playing his daughter and her dance instructor in his new movie, *Happy Gilmore 2*, look familiar, it's because they're his real-life daughter, **SUNNY** (16), and his wife, **JACKIE** (50).

His eldest daughter, **SADIE** (19), is also in the movie as a member of Adam's character Happy's Alcoholics Anonymous group. Over the past two decades Adam (58) has cast Jackie in more than 20 of the movies he's starred in or produced.

The couple met on the set of his 1999 hit *Big Daddy*. In the movie Jackie's character was only on-screen for a few seconds as a waitress but that was enough to leave a lasting impression on the leading man.

In 2020 he wrote a sweet tribute to her on the anniversary of the day they met. "22 years ago today we locked eyes and fell deep," Adam wrote alongside a throwback image of him and Jackie. "Looking forward to the next 22, young lady. Love you my forever girl!"

Jackie is even on set when he's filming scenes with his characters' love interests. Bit awks you might think but according to Adam, she's a hoot on set.

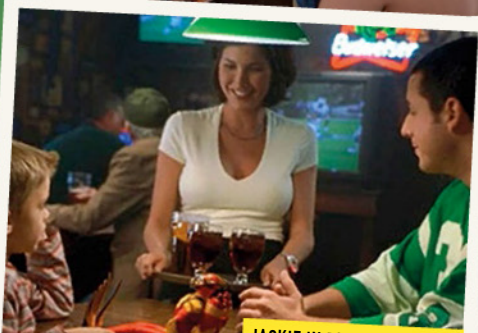
In fact while he was filming the 2019 movie *Murder Mystery* with Jennifer Aniston, he says Jackie was quite vocal from the sidelines.

"The only awkward part is hearing my wife on the side going, 'Harder! Harder! Kiss her harder! Deeper,'" he said.

JACKIE IN *HAPPY GILMORE 2* (2025)



JACKIE IN *BIG DADDY* (1999)



JACKIE IN *HOTEL TRANSYLVANIA* (2012)



► Deputy President Paul Mashatile and Minister of Sports, Arts and Culture Gayton McKenzie.

THE NATIONAL ARTS AND CULTURE AWARDS

CELEBRATING OUR NATION'S EXCELLENCE

▲ Intersexions actress Zola Nombona made a statement in red.

◀ Olympic gold medallist Tatjana Smith stole the show in a blue ruffled gown.

▼ Designer Laduma Ngxokolo, founder of luxury knitwear brand MaXhosa Africa, wore one of his signature knits.

◀ Model and TV personality Refilwe Modiselle shone in an eye-catching red-and-cream gown.

◀ Local musician and politician Papa Penny Penny.

► Fashion designer Mzukisi Mbane took top honours on the first night of the event.

► Rapper Gigi Lamayne dazzled in a sequined frock.

◀ Designer Gert-Johan Coetzee paired his tux with a blue polo neck.

MZANSI'S STARS SHINE BRIGHT

SOUTH Africa's glitterati descended upon the Sun City Superbowl in Rustenburg for a fabulous two-day talent parade recently. The Department of Sports, Arts and Culture threw the ultimate party to celebrate our finest.

Friday night belonged to the arts and culture crowd. Mzukisi Mbane graciously accepted his outstanding

fashion/textile designer award from industry legends Gert-Johan Coetzee and Laduma Ngxokolo, while theatre royalty Tshireletso Nkoane snagged the outstanding actor in theatre award.

Sunday night was the sports stars' time to shine. Swimming sensation Tatjana Smith was crowned Sports Star of the Year while legendary runner Zola Budd-Pieterse was honoured with the Steve

Tshwete Lifetime Achievement Award.

Tatjana, the most-decorated SA Olympian, spoke to YOU about her golden year in which she won two medals at the 2024 Paris Games.

"It's special every time I win. It was a challenging build-up and being called the golden girl comes with a lot of weight and expectations. This is a proud moment for me, and this award represents that"



In episode 1, she stepped out in a mint-green Yves Saint Laurent blouse, a pink Gucci skirt, Aquazzura heels and a bejewelled Gucci bag.

In episode 2, she wore a bustle-style Maison Margiela denim skirt with a nude Donna Karan top.

For the season finale, Carrie paired a Molly Goddard skirt with a LWren Scott cardigan, a velvet fascinator and a check coat.

In episode 9, Carrie wore a vintage Vivienne Westwood blouse, a skirt made of vintage silk and heeled brogues from Sarah Jessica Parker's shoe collection.

In episode 4, for her road trip with Seema (Sarita Choudhury), Carrie chose head-to-toe Vivienne Westwood: the dress, the card, the leather bag, the works!

Yes, she does casual, but couture casual! In episode 5, Carrie wore paint-splattered denim overalls by Taxi over a Dolce & Gabbana blouse.

Stylish IN THE CITY

W

HAT'S a season of anything Sex and the City-related without fabulous fashion to feast our eyes on? And Just Like That... didn't disappoint. As a farewell to the three-season spinoff that brought Carrie Bradshaw (Sarah Jessica Parker) and her girls back together for more couture, chaos and confusion, we picked our fave Carrie looks from the final season.



In episode 1, Carrie was all about the quirky with a gingham hat by Maryam Keyhani – which went viral – and a Ossie Clark dress.



In episode 11, Carrie opted for a Lena Hoschek blazer, a navy-blue shawl, a Chloé denim maxiskirt, Ann Demeulemeester boots and an oversized bag by Coach.



In episode 5, she looked fabulous in belted floral capri pants by Zimmermann paired with a vintage top.



Carrie recycled this vintage Chanel blouse she wore in an episode of the original Sex and the City series. This time she paired it with a skirt by Pink Gun Gallery and René Caovilla heels.



In episode 7, she paired a lace Simone Rocha midi dress with a vintage Ann Demeulemeester fringe jacket, Maison Margiela shoes, a saucer hat and a vintage crossbody bag.



In episode 10, Carrie stunned in this vintage Vivienne Westwood dress with a satin corset and voluminous skirt, finished with a Taller Marmo coat, Aquazzura heels and Venetia Studium bag.



In episode 1, she wowed with her signature look: a jacket over a dress. This time it's a blush-pink combo with 3D roses, a fitted bodice and an oversized jacket by Simone Rocha paired with nude Aquazzura heels.

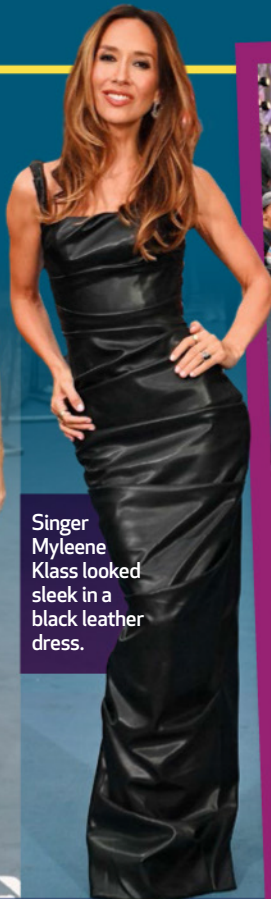
UK PREMIERE
OF CAUGHT
STEALING



Caught Stealing co-stars Zoë Kravitz and Austin Butler both opted for black Saint Laurent ensembles.



Model Lottie Moss's tattoos were on full display in a strapless golden gown featuring 3D floral embroidery.



Singer Myleene Klass looked sleek in a black leather dress.



Austrian model Nadine Leopold looked edgy in a black oversized suit by Epuzer.

DOUBLE DOSE *of dazzle*

LOS ANGELES
PREMIERE OF
SPLITSVILLE



It was a stylish mother-daughter moment as Dakota Johnson stepped out in a floor-length silver leather Gucci dress, while mom Melanie Griffith chose a white power suit with trainers.

Two major movie premieres means twice the glam! Check out the stars who turned heads

BY **ALULUTHO**
GUZANA



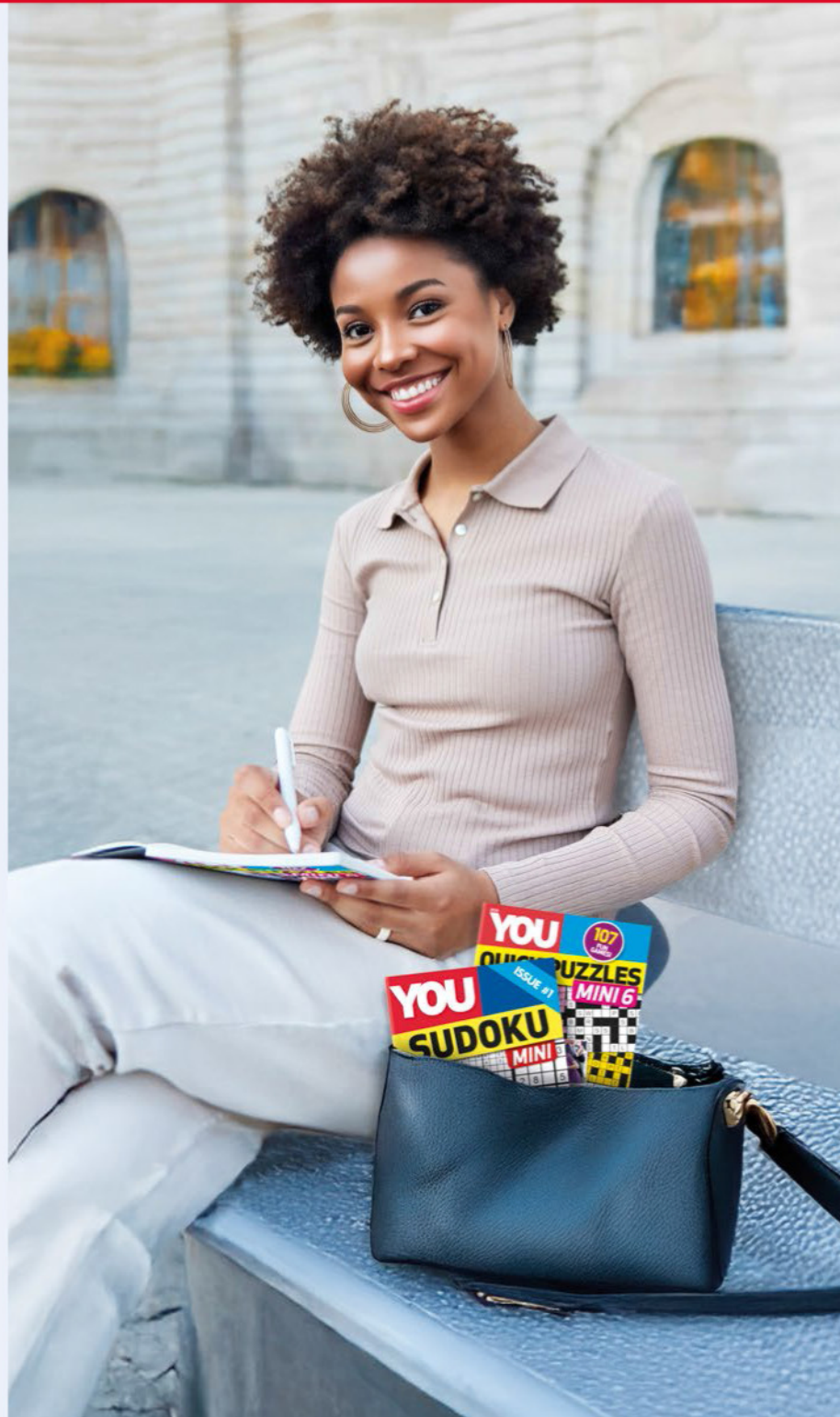
Ava Phillippe, the daughter of Reese Witherspoon and Ryan Phillippe, opted for a metallic minidress.



Actress Adria Arjona turned heads in a backless sculptural gown by Loewe.

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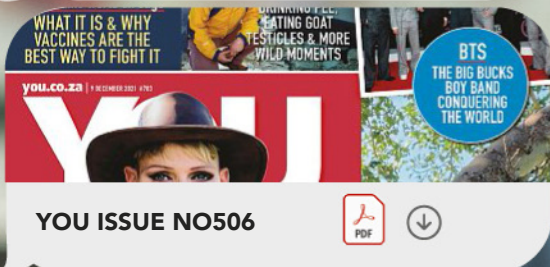
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