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HAMILTON DLAMINI TAKES ON THE WILD, WILD WEST



EXCLUSIVE

Leleti Khumalo bares all: depression, losing a child, skin condition & new role 'I'VE ACCEPTED THAT THIS IS PART OF ME'



JOYOUS OCCASION

Lindelani Mkhize on bouncing back after his heart attack

'I CONSIDER THIS A MIRACLE & A LESSON FOR MYSELF'

TESTING HORROR

Outrage & pain for moms whose kids got tested without permission

THEY TOLD MY SON HE WAS HIV+ IN FRONT OF OTHER CHILDREN

INSPIRATION

Author Scelo Mncube explains how putting his pain on paper helped him to heal

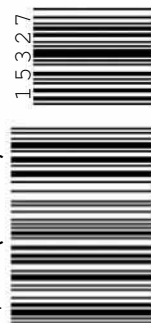
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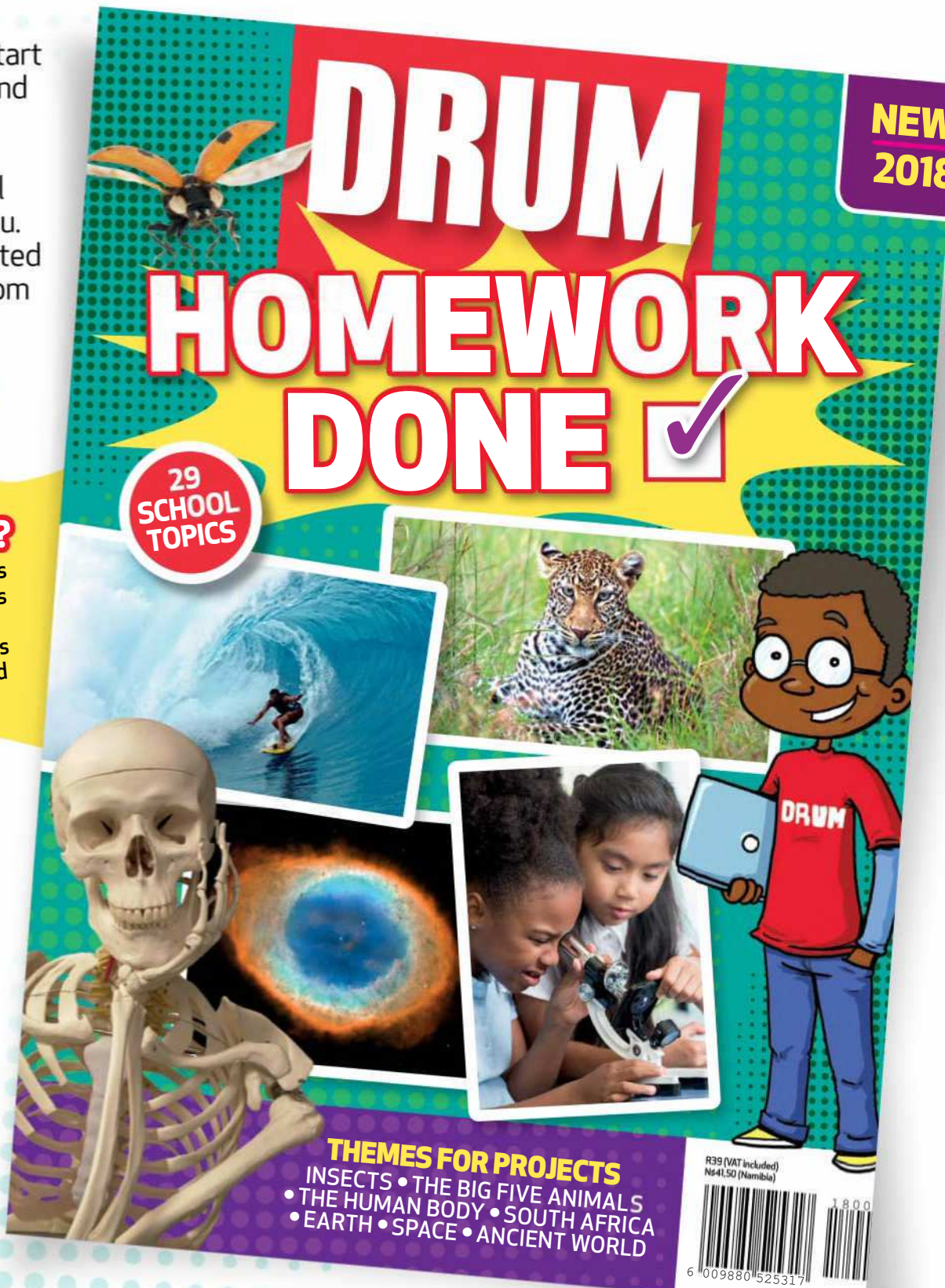
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1 8 0 0

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Check Cape (350138) **269**
 Tunic with Chain Trim (352966) **249**
 Ponti Pants (350880) **199**
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 Ponti Pants (350880) **199**



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1) Check Shacket (346741) **389**
 Pearl Knitwear (350348) **279**
 Ponti Pants (350874) **179**
 2) Waterfall Jacket (351992) **349**
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 Ponti Pants (350874) **179**
 3) Cardigan (350360) **399**
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 Ponti Pants (350880) **199**



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 Ponti Pants (350874) **179**
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(350037)
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Jeans
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199

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Jacket
(351857)
329
Floral
Tunic
(352001)
229
Fashion
Jeans
(350572)
299

3) Check
Shirt
(351886)
269
Sleeveless
Puffa
Jacket
(351858)
329
Skinny
Jeans
(335720;
335678)
199



Floral
Top
(351997)
169
Slim Leg
Jeans
(348737)
199

Grey
Embroidered
Top
(351999)
199
Skinny
Jeans
(335720;
335678)
199



Jacquard
Shawl
(352896)
269

Basic
T-Shirt
(325830;
325827)
79
2 for R130

Cardigan
(351285)
329

Stretch
Twill Pants
(346511)
199



Sleeveless Puffa
Jacket
(351858)
329

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Shirt
(351521)
249
Stripe
Shirt
(352912)
249

LEGEND



Printed
Shirt
(352907)
269
Striped
Shirt
(351509)
269
Plain
Shirt
(348997)
259
Sleeveless
Jacket
(350566)
339
Chino
Pants
(328045;
328046)
259



Check
Shirt
(352911;
352910)
249



Sleeveless Polar
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(349077)
169

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LEGEND

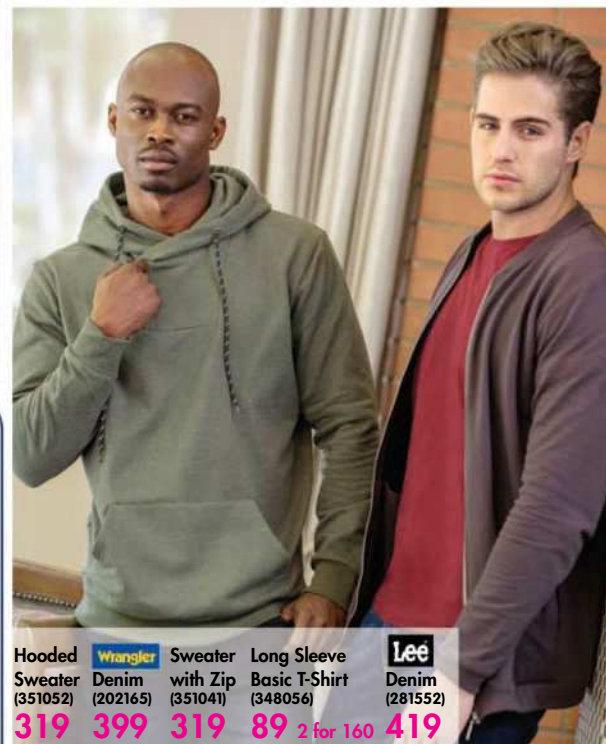
- Shawl Collar Knitwear (349522) **359**
- Sleeveless Puffy Jacket (352240) **499**
- Long Sleeve Golfer (350476) **289**
- Legend Denim (201946) **239**
- 3-Button Sweater (351044) **319**



- Sweater (351042) **319**
- Denim (347969) **349**
- Hooded Sweater (351046) **279**
- Denim (347969) **349**



Cashmerlon Knitwear (325600) **199**



- Hooded Sweater (351052) **319**
- Wrangler** Denim (202165) **399**
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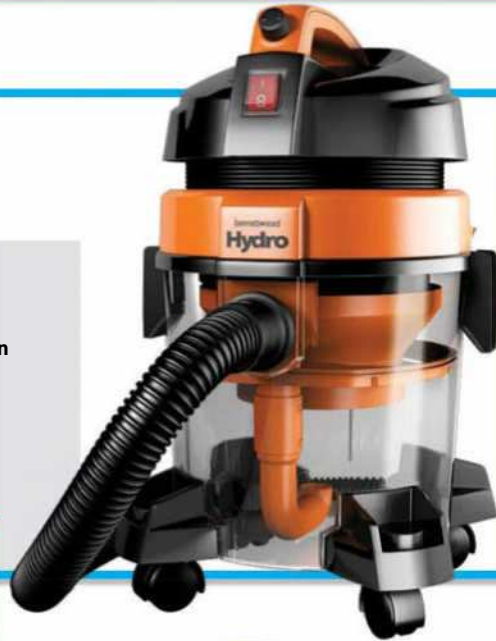
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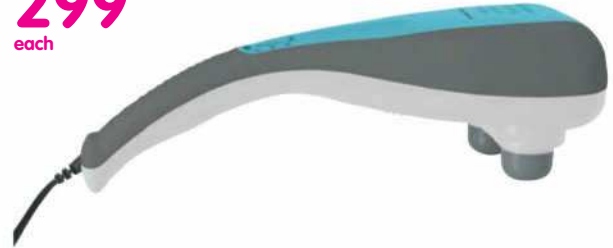


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- 3 interchangeable heads to customise massage
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- 4 massage heads
- Ergonomic, lightweight design for all-round body massage
- Compact, portable and perfect for travel
- 1-year guarantee (301999)

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PAIN & POWER


HERE are so many stories in this issue that moved us beyond measure.

The pain felt by the mom who discovered her child was tested for HIV at school without her permission is clear in our story on page 14. "My heart was torn into a million little pieces," she says.

Then there's the story of Scelo Mn-cube, who wrote a book called *I was Raped ... and You were Born*. Those were the words his mother had written to him in a letter before she died – and it changed his life forever when he discovered it. Read more on page 76.

Then, of course, there's lovely Leleti Khumalo, who's showing her skin in all its glory. The actress shares why she's tackling her new role without covering up her vitiligo. See page 12.

Until next week,
THE DRUM TEAM

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



AVOIDABLE TRAGEDY

Schools are supposed to be the safest places for our kids. Parents put all their trust in teachers and the school environment. So, it's horrifying for a parent to be called by the school you entrusted your child's life with to be told your child has died ("Where is the human dignity in this?", 5 April).

It's really sad. I'm making a call to all stakeholders to hear this plea. Let's come together and help make our schools safe for everyone. It's so embarrassing because this recent incident is not the first time a

LETTER OF THE WEEK

WINNING NATION

IT'S been said that if you want to hide information from a black person, hide it in a book. It's high time we all work together to break this curse.

Parents must encourage their children to read and teach them the importance of reading if they want to have a brighter future.

Teachers must continue to do their good work and instil the culture of reading for kids to compete globally.

Churches must also play a role in shaping young people to see the power of a good education.

It's only through reading that our nation will be developed. As it's often said, "A reading nation is a winning nation".

ONKARABILE WISDOM MOKOTO, EMAIL

THE WINNING LETTER RECEIVES R300.

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

child has died this way and we can't keep losing lives like this. Proper toilets are a right, not a privilege. It degrades people not to have access to proper, clean toilets.

GODFREY MALIBE, ACORNHOEK

FIGHT FOR YOUR RELATIONSHIP

Today's relationships and marriages don't last because people know very little about sacrifice.

You can't keep having new relationships every year – leaving your partner every time there's a problem.

Hold on to your partner and fight together to overcome the problems instead of fighting against each other.

VICTOR MARAWU, EAST LONDON

PUZZLE PLEASERS

I was delighted to spot your puzzle book at Shoprite a few days ago and am thoroughly enjoying everything in it (except the Sudoku which I just can't master).

It's informative, varied and very clearly printed for an elderly person like myself – and it's really inexpensive for the hours of fun it provides.

SHIRLEY GRAHAM, EMAIL

* I bought your first issue of DRUM Puzzles and found it stimulating. I showed my friends and they started solving puzzles too.

The crosswords with photos and the ones with missing vowels are good and challenging, as are the Spot the Difference games. The Codebreakers are nice and difficult – keep on publishing them.

Crisscross and Sudoku are also good,

but the Spirals are boring – maybe I'll learn to do them later.

CYRIL MUDAU, EMAIL

* I recently purchased the new edition of DRUM Puzzles. I'm thoroughly enjoying completing the various puzzles. Please advise when the next edition will on sale.

SURENDA DAYA, EMAIL

It's always great to get positive feedback from our readers on our new publications. A second edition could be on the horizon soon but you can also check out DRUM Word Search magazine (to get a copy, see contact details at the bottom of the opposite page), which will also provide hours of fun.

THE DRUM TEAM

GOOD ADVICE

I was doing a management assistant course when one of my former school-teachers criticised me for doing it, saying it was no good as I wouldn't get a decent job.

I didn't finish the course because I got a part-time job.

I later met the same teacher and he asked if I got my job through the course I'd been doing. I told him I'd left the course because I'd been offered a job and because he'd criticised my choice.

He then told me it was a mistake to have given up my course as it's not good to leave things unfinished.

My point is we shouldn't do things, or not do things, for the benefit of others. We must do what is best for us.

XOLISILE MBOMBO, EMAIL



REAL-LIFE HERO

The article "He saved my life" (22 March) moved me to tears.

Here's someone who, though he was afraid to let a stranger into the company car he was driving, helped save a life.

We all hear stories about rescues but to me, Themba Gumede is a real-life hero who acted out of compassion and saved Mhlengi Gwala's life.

God's grace was, and remains upon them both.

DHANALUTCHMEE MOOTYEN, MAURITIUS

BE A GOOD PARENT

From the day a child is born, she or he needs constant guidance from his or her parents until that child becomes a responsible adult.

Nothing beats the joy of seeing your children growing up to be good people.

I wonder how some parents find it in their hearts to neglect their kids. Such parents are selfish and don't consider the impact negligence have on their children.

A neglected child will often feel empty, useless and unwanted and that can destroy their confidence and shatter their dreams.

Parents must make their homes enjoyable for the children so they won't prefer street life over time at home.

Playing with your kids whenever you get a chance strengthens your bond and makes them go to you for guidance.

I wish we could go back to when every adult used to be every child's parent.

Stop neglecting your kids. They deserve to be raised well under the supervision of their loving parents.

PERCY MOFFAT, EMAIL

FREEDOM OF RELIGION

It seems to be a trend in South Africa for people to criticise other people's beliefs.

I see no problem with people's choices of religion because it isn't as though there are verified religions on this earth.

The Constitution allows us to choose what we want to believe in without fear of criticism or victimisation.

Showing your devotion to your religion, rather than bad-mouthing other religions, is a good way to attract more people to your faith.

Let's allow everyone to freely choose and embrace their own religions, then we'll all have a good world to live in.

MESHACK MATHE, EMAIL

LIVE YOUR BEST LIFE

We all have what it takes to enjoy life even if we're poor and face many challenges.

Negative perceptions about ourselves prevent us from living our best lives.

The limit you put on yourself in social situations makes it difficult for you to lead a fulfilling life. Nobody will restrict you in doing things with enthusiasm if you're fired up.

It's healthy to try something new. If things don't work out for you, don't stop living. Stay alert and sober-minded so you can correct whatever went wrong.

Stand up and carry on with what you're passionate about. There is no shame in being yourself so don't be afraid of what people say. Don't hide from life – when you dare to do what you desire, you might inspire others to do the same.

EPHENIA KUBU, EMAIL

facebook **YOUR OPINIONS**

Isibaya star Michelle Mosalakae says living with albinism never stopped her from reaching for her dreams. DRUM readers shared their thoughts.



I'm not living with albinism but I get criticism and discrimination everywhere I go.

Discrimination and criticism doesn't mean anything if it's based on an error of judgment or ignorance. If you're not criticised for anything then you better check yourself – you're not supposed to fit everywhere, and be liked by everybody. You're supposed to stand out and that comes with a lot of criticism and discrimination.

BOTLHALE WISDOM

You are soooooo beautiful girl!

GLENDANESU MUCHENA

Gorgeous girl!

DINI TSEBEKGALE

Wow! Such beauty!

TEBOHO METSING

She is beautiful and talented too.

PATIENCE NKHOMI MALEMA

You are beautiful, my dear.

AGNES MKHIZE

You go, gal!

PHINDILE SMELANE



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PUZZLE FUN FROM DRUM!

Unwind with 117 great brain games in the first issue of DRUM Puzzles (R32)! This magazine is perfect for puzzle lovers of any skill level – beginners and experts. Solve classic crosswords and arrow puzzles, crack codebreakers, have a go at spot the difference with celeb pictures, become the master of sudoku and more! The solutions are included at the back of the magazine.
* DRUM Word Search (R42) offers hours of word-search fun. Sift through a maze of letters for hidden words in 101 great puzzles. Puzzles are grouped in themes and there's a section for kids that will help expand their vocabulary with themes such as animals, superheroes and more. Get your copy in stores or order from Johan Terblanche on johan.terblanche@media24.com or 021-406-4962.



ONLY R32

ONLY R42

BARING IT ALL

After years of covering up, Leleti Khumalo is proud to show off the skin condition that made her feel depressed in the past

BY ZAMA CHUTSHELA

SHE'S one of the most familiar faces on Mzansi's celebrity landscape, gracing magazine covers and appearing in hit films. But even fans who've followed her stellar career for years will see her now as never before. This time there's no war-paint covering her gorgeous skin. Instead Leleti Khumalo (48) is showing every white patch on her body in new e.tv drama series *Imbewu: The Seed*.

The actress, who shot to fame as a teenager in *Sarafina!*, is also trying her hand behind the scenes as a producer for the new show. But it's her role as Ma-Zulu that's bound to get the nation talking, partly because of the juicy role and also because Leleti's showing her skin condition for the first time onscreen.

She only has an hour to spare between filming, Leleti tells us as she steps off the set. She settles into a chair and gets straight to the point: after years of hiding her skin under layers of make-up to mask her vitiligo, she's on a mission to educate people about the condition in which the skin loses its pigment.

"I used to cover my white patches with make-up but for *Imbewu* I will not be covering it. People will get to see me without the make-up," she says.

"I had a long discussion with the creators of *Imbewu* and they actually allowed me to do it. My plan is to educate people about vitiligo but I also don't want to do a half job. I'll be doing educational talks on vitiligo and I'd obviously want the talks to have an impact."

Leleti, who has openly spoken about her condition, started developing vitiligo at the age of 19 but as a young woman

growing up in the township of KwaMashu, KwaZulu-Natal, she didn't know what it was.

"It was pure ignorance on my part," she says. "In fact, I didn't even know what it was until I became pregnant."

She takes a deep breath then continues. "It's deeper than what people see as it affects every aspect of your life – although it's not painful, it is incurable.

"My doctor warned me it's going to be worse after giving birth, but at that point it didn't bother me as I was too excited about the babies," the mom of four-year-old twins Yamukelani and Ulwenzile says.

But her joy soon turned to despair, then depression. When she became pregnant in 2012, Leleti was expecting triplets and not twins – but tragically lost one baby at birth.

"Losing my baby was one of the hardest moments in my life," she reveals.

"I was left with too many questions – I cried, I prayed and I blamed myself. It was a double tragedy for me as I had to deal with my skin condition at the same time."





LEFT: Leleti Khumalo with Imbewu: The Seed castmates Thembi Mtshali and Mpumelelo Bhulose. **ABOVE:** Performing in hit musical Sarafina!.

HER broken heart wouldn't have healed were it not for the support of her husband, Skhuthazo Khanyile. "We dealt with the loss of the baby and he assured me he still loved me despite my skin condition. "These babies are the best thing that has ever happened to me," she gushes. "In my previous marriage I tried everything to have babies, but nothing worked." Leleti was previously married to playwright Mbongeni Ngema, who created Sarafina!.

"I'm not sure where I'd be had I not met Mbongeni," she says of her ex. "Maybe I'd be far with my career or I wouldn't have made it. What I know is he gave me a good platform."

A year after her 13-year-marriage to Mbongeni crumbled, Leleti met businessman Skhuthazo and "it was love at first sight."

She credits her beloved husband for helping her love herself, flaws and all.

Her skin condition, which had got progressively worse during pregnancy, paled in comparison to the loss of her baby but it also troubled the popular actress.

"My skin was changing every day and I went straight into depression. There were days I couldn't cope and there were days I'd feel stronger. Suddenly, I was more conscious about my looks and I kept wondering how people would accept me," she says.

She slowly learnt to live with her condition. "The more I researched vitiligo the more I became comfortable in my

skin. I've accepted that this is part of me."

That's the reason she chose to portray MaZulu as naturally as possible.

Leleti's eyes light up as she talks about her new role. "MaZulu is a rich but miserable woman. Her husband is infertile and the only person who knows about this is herself and her mother-in-law."

The saucy storyline is bound to get people talking, she says. "MaZulu gets impregnated by her husband's younger brother and her job is to keep the secret."

"The story might be viewed as taboo but the reality is such practices exist in our African communities."

She landed the job after leaving Uzalo where she played the much-loved character MaNzuza. "I'm grateful for this opportunity as it means growth and recognition for me. I believe the creators of Imbewu considered my experience and skill as well as the journey I've travelled."



Leleti's husband Skhuthazo Khanyile are proud parents to four-year-old twins.

PRODUCING has always been her dream.

"As an actress who's been in the industry for a long time I didn't want to be just an actress, I wanted to change the narrative," Leleti says.

"I wanted to tell women's stories from behind the scenes and from a woman's perspective. So when I was asked to join the production team I took the opportunity with both hands."

With her hectic schedule as a mother, wife, actor and producer Leleti seems to have everything under control. But she's quick to tell us one of her biggest challenges is time.

"I have to divide my time between acting and producing. When I'm not on set I'm involved in planning, researching and doing other roles as a producer."

Like any new job it's daunting, but she's in good hands with Imbewu creators Duma kaNdlovu and Anant Singh.

"The advantage is I'm surrounded by people who've been doing this for decades. They didn't just support me, they also allowed me to put my creativity in the storyline."

As a black female producer in a male-dominated industry, she'd love to see more transformation in showbiz. "The creative industry hasn't transformed much. There's still a lot of exploitation and gender stereotypes. It's up to us as producers to change this."

"One of the biggest challenges is the lack of recognition for black talent. In most cases those with real talent are overlooked and the ones with no talent get the roles. Seemingly, looks are more important than talent. This is wrong, it's unfair and it is killing our industry."

"It's actually one of the reasons I decided to become a producer. I know I can't change the industry, but I want to be remembered as someone who introduced change," she says.

She's been blazing a path for more than 30 years after she starred as Sarafina! on stages from South Africa to New York, earning her a coveted Tony nomination and NAACP Image award for best actress.

With such a track record, Leleti is likely to change Mzansi's showbiz scene again – and this time she's doing it fresh-faced. ■

* Imbewu: The Seed starts on Monday 16 April at 9.30pm on e.tv.



HIV TESTING HORROR

Another scandal hits the department of basic education as children are coerced into taking HIV tests without their parents' consent

TEXT AND PICTURES BY NOSIPIWO MANONA

WHEN she caught sight of two plain white tents erected just outside the gates of Alfonso Arries Primary School in Booyens Park, Port Elizabeth, she had a scary premonition her life was about to change forever.

What Nomsa* didn't know was that it would spark an investigation by the Eastern Cape education department into the rights of children after a local non-governmental organisation (NGO) conducted HIV tests at the school without their parents' permission.

They also disclosed the results to some students – some as young as 12 – in front of their classmates.

Nomsa (43) says she found it curious when she saw older kids from Grades 5, 6 and 7 walking in groups toward the school gate on 22 March, a day after Human Right's Day.

"I noticed a learner returning to class, brushing her upper arm as if she'd had an injection," Nomsa recalls.

She heard someone shouting that parents should check on their kids at the gate as tests were being done on them. Nomsa jumped into action.

As she reached the school's gate and saw her son approaching, she knew she was already too late. "He was crying. My heart sank as I watched him. Time seemed to stop and I knew something really bad had happened."

Her son tearfully told her the woman inside the tent had pricked him. She then told him he was HIV-positive – within earshot of other learners and staff.

Upon hearing the news, Nomsa says her eyes blurred and she had an "out-of-body experience".

"It felt like I was trapped in time, frozen and watching things unfold uncontrollably from the sky above."

She doesn't know how long the moment lasted or what exactly happened, but her colleagues later filled in the gaps for her. They said she screamed, fell to the ground and "behaved like a mad woman who had been told the most tragic news".

"I died inside because I knew his life and future had changed forever," Nomsa says. "My heart was torn into a million little pieces and I don't think I'll ever be able to put it together again."

The visibly emotional mother says she and her son "have been wronged in the worst possible manner by people who were supposed to have the best interests of my child at heart".

THE Eastern Cape education department says they regularly use service providers for health-related education across schools.

According to Malibongwe Mtima, spokesperson for Eastern Cape education MEC Mandla Makupula, the challenge the department faces is to make services accessible, youth-friendly and acceptable to young people.

"Schools' reproductive health (SRH) services, including the whole integrated school health programme (ISPH) package, are not compulsory," he says.

Mtima explains ISPH and SRH services promote good health among learners. One of the aims is to reduce teen pregnancy and school dropout rates.

"All participation is voluntary. Parents and learners have the right to refuse participating in such services," Mtima adds.

A child can give their assent to do the test if they're older than 12, according to the Children's Act, 2005 (see box).

"If a parent, guardian or caregiver does not want their child to receive the service, they may say so on the consent form."

Kheth'Impilo, the NGO that performed HIV tests on kids at schools around the province on behalf of the education department, has come under fire for violat-



ABOVE: Nomsa* was devastated when her son was tested for HIV, without her consent and his status revealed within earshot of classmates. **ABOVE LEFT:** Testing took place at Alfonso Arries Primary School. **ABOVE RIGHT:** Parents of pupils at Woolhope High School in Malabar say kids were offered bribes by NGO Kheth'Impilo (LEFT) to consent to tests.

ing children's rights.

But Vincent Titus, head of the community services cluster at Kheth'Impilo, denies any wrongdoing by his NGO.

"These allegations have not been substantiated," he says, adding that the NGO, whose head office is in Cape Town, was in PE "on a fact-finding mission and every step was followed procedurally," including sending consent forms to the parents at Alfonso Arries Primary.

"When the learner support agent at the school ran out of consent forms, she made copies," he tells DRUM.

But Titus concedes some tests were done on learners without their parents' permission. "On the day of testing some learners didn't have the relevant forms. However, the Children's Act covers this."

But George Kahn of Richard Spoor Inc Attorneys in Joburg says Kheth'Impilo crossed a line and grossly misrepresented the provisions of the Children's Act of 2005, as well as the Constitution.

He says it appears the organisation misread the act and ignored other legislation that pertains to the medical well-being of children.

SOME parents, however, are challenging the Children's Act.

Umeshani Edgar (32), says she felt disrespected when a Kheth'Impilo employee forced her 12-year-old daughter to take the HIV test.

Days before testing 1 000 learners at Alfonso Arries Primary, learners from

Woolhope High School in Malabar were told to come to school a day after they had finished writing their term exams.

According to Umeshani, her daughter was one of the learners who'd been told there would be a language test at school.

"I received a call from her. She said they were being forced to do an HIV test at school. I told her not to take any tests without a consent form from me," the angry mother says.

Umeshani says her daughter called again and said a woman named Pretty told her she had to take the test and that kids aged 12 and older didn't need a consent form.

"The woman then called my mom and was rude to her. When she eventually called me, she told me there's nothing I can do because my daughter is 12."

Umeshani then phoned her daughter and told her to leave the premises. "I can't be disrespected by a person I don't know – or anyone for that matter – on matters involving my family," she fumes.

Umeshani was more enraged when her daughter sent her a voice note saying Kheth'Impilo staff tried to convince learners to stay, promising them each R50 airtime if they took the test.

"She was very upset. She said she felt

dirty because the Kheth'Impilo people made her feel that one of her parents could be HIV-positive," Umeshani says.

The education department has launched a full investigation. "We will get to the bottom of the crisis and take relevant action based on the findings," Mtima says

But for Nomsa, it's too little too late. She says her problem isn't with the results, but with the fact that Kheth'Impilo compromised her child and her family's privacy.

"I want to know who's going to fix this, who'll make it go away and how they'll make it go away." ■

*Not her real name

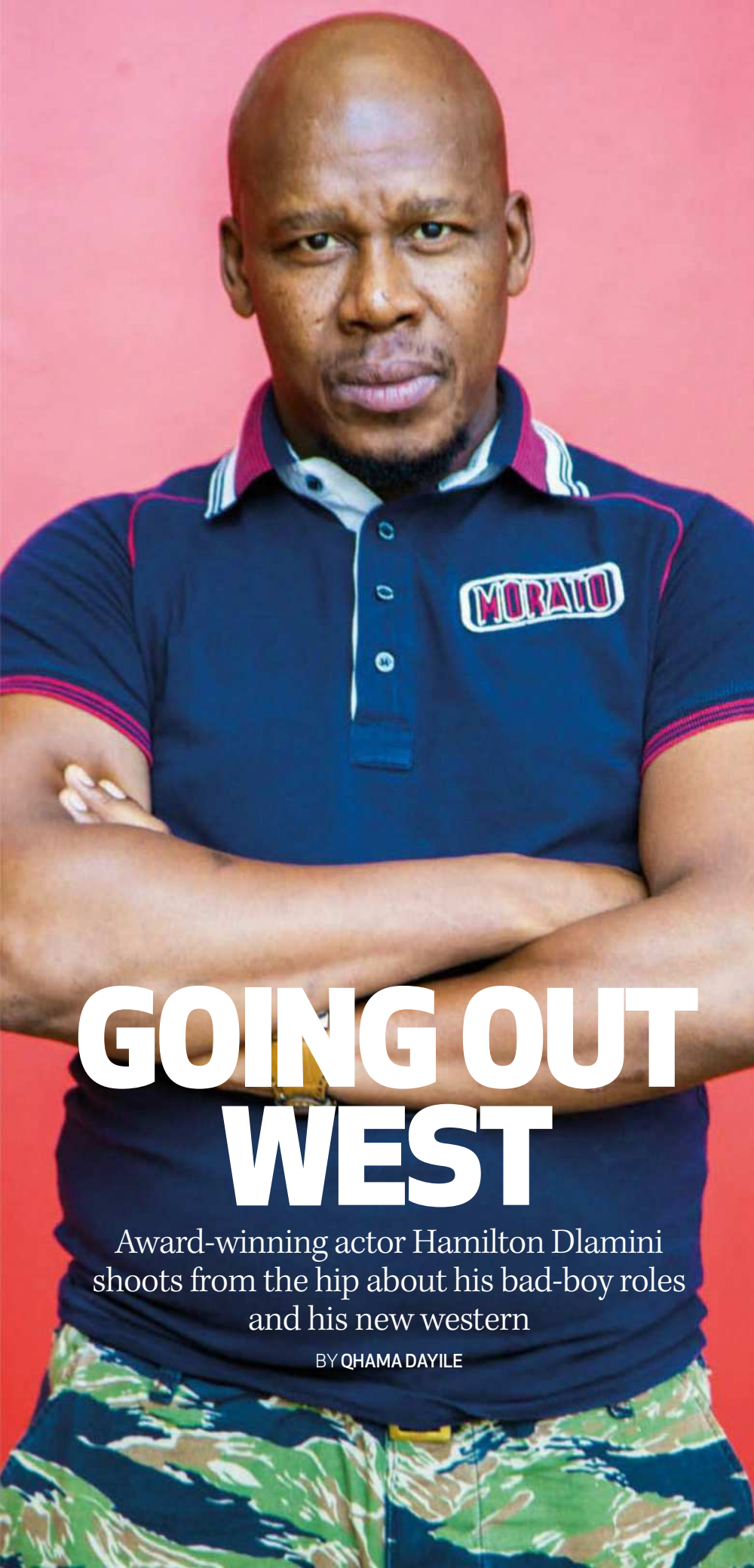
'I want to know who's going to fix this - who'll make it go away?'

WHAT THE LAW SAYS

The Children's Act of 2005 says children under 12 may not be tested for HIV unless it's in their best interest and consent has been given by a parent or guardian.

A child can also be tested if "a health worker may have contracted HIV due to contact in the course of a medical procedure involving contact with any substance from the child's body that may transmit HIV; or any other person may have contracted HIV due to contact with any substance from the child's body that may transmit HIV, provided the test has been authorised by a court".

Children over the age of 12 can give consent to be tested. The act says that if a child younger than 12 "is of sufficient maturity to understand the benefits, risks and social implications of such a test" they can give consent.



GOING OUT WEST

Award-winning actor Hamilton Dlamini shoots from the hip about his bad-boy roles and his new western

BY QHAMA DAYILE

AS A teenager he knew he'd never be the doctor his father hoped he'd be. His maths marks simply weren't good enough to be accepted to study medicine so he turned his attention to acting – a passion his parents were initially sceptical of.

But just look at him now. Hamilton Dlamini has forged himself a career as one of the finest bad guys in the Mzansi entertainment world – an out-and-out villain viewers love to loathe.

And it's reaping major rewards too.

Hamilton (48) recently went home with a Golden Horn for best actor in a soapie/telenovela at the Saftas for his role as ruthless property magnate Banzi "The Wolf of Braamfontein" Kunene in Mzansi Magic's *Isithembiso*.

He knew he'd win, Hamilton says. He works hard to hone his craft and he deserved it. But Banzi isn't his only role making waves.

Hamilton stars in South Africa's very own western, *Five Fingers for Marseilles*, which is currently in cinemas.

The film, in Sesotho with English subtitles, is being hailed as a major triumph. It has scored five stars on movie review site Rotten Tomatoes and was described by one reviewer as "almost too entertaining for its own good".

Set in post-apartheid South Africa in the small town of Lady Grey in the Eastern Cape, it tells the story of an outlaw who returns home after years on the run in Johannesburg. The *Five Fingers* gang is made up of black childhood friends who rebel against the white oppressors who've been brutalising the community of Marseilles.

It may be a western but it has all the hallmarks of a uniquely South African story: the pain of the past, the residue of the previous regime and the corruption caused by ambition.

The film, directed by Nelspruit-born Michael Matthews, also stars Vuyo Dabula, Jerry Mofokeng, Warren Masemola and Zethu Dlomo.

Hamilton plays gang member Sepoko, an orphan who lost his mother to a lightning strike and grew up in abject poverty.

"He's never known the good life," Hamilton says. His character is a revolutionary who, for all his baddie tendencies, "says some things that are profound and beautiful".



ABOVE LEFT: Hamilton recently bagged a Safta for best actor in a soapie/telenovela for his role in *Isithembiso*. **ABOVE:** With Bheki Mkhwane in Mbongeni Ngema's play, *Woza Albert*. **LEFT:** As Sepoko in *Five Fingers for Marseilles*, the new SA western.

HAMILTON is no stranger to poverty either. He grew up in gang-infested Sebokeng township in Gauteng, the son of a truck driver father and stay-at-home mom.

Once he realised his dad's dream of him becoming a doctor wouldn't come to anything he signed up for acting classes with the late Ken Gampu in Joburg.

He paid for the classes himself with money he made selling peanuts, sweets and cigarettes on trains in the late 1980s and found himself "forever dodging the cops and warring gangs".

His experiences helped mould the actor he is today, Hamilton says – but he still makes a point of embedding himself in the darker side of life to bring authenticity to his roles.

Criminals, and how they think and behave have always fascinated him.

"Most real-life bad guys come from broken homes. When I research my villainous characters I look at all these broken people."

He "gets a thrill" from taking minibus taxis and hanging out at places most celebrities won't be seen at.

"I go to shebeens and places that are considered dangerous because that's where I learn to build my characters."

Hamilton says he found "a carbon

copy" of Banzi in *Eyadini Lounge* in Umlazi, Durban.

"I studied the man's voice, his gestures and the way he walked and incorporated all of that into my character. I think this is why he's so well-loved and why I won my Safta."

REAL-LIFE Hamilton is a far cry from the bad guy he plays on screen.

He's a devoted family man and loves nothing more than to spend time at home with his three kids – Ntokozo (22), a BCom student, Refilwe (19), a ballet dancer, and Kgosiamé (15), an up-and-coming rapper – and their three dogs, Lulu, Black and Dog.

Hamilton and his wife of 23 years, nutritionist Martha, met in Hillbrow in the lift of the block of flats where they lived.

Martha was a university student and Hamilton had just moved out of his parents' home to find work as an actor in Joburg. Wearing overalls, a bucket hat and

'I want my children to have the best childhood and I always want to support them'

sneakers, Hamilton greeted Martha but didn't have the nerve to ask her out because he didn't think he'd meet her classy standards.

"I just told her she was beautiful and that was that."

Two weeks later Hamilton – this time dressed in a snazzy suit – saw Martha while she was out shopping and decided to go for it.

"I'd come from a corporate performance and I looked good but when I asked her out she said she already had a boyfriend."

A few weeks later the boyfriend was out of the picture and Hamilton went all out to woo her.

"I remember watching her cook pasta in my flat while listening to Youssou N'Dour and thinking, 'She'll one day be my wife'."

A year later Martha was pregnant with their first child and Hamilton paid lobola and took her home to meet his family.

He credits his wife for keeping his feet firmly on the ground. "My wife helped me avoid a lot of what actors go through – like alcoholism, drugs and adultery."

"I have a stable home – I go out and have a drink, but I know I have a family who loves and supports me. My wife tolerated my struggles and even when I didn't have a cent she supported me."

He wants his children to grow up knowing he'll be there for them every step of the way.

"My community, teachers and my parents didn't support my dream until I was much older. I want my children to have the best childhood and I always want to support them."

Hamilton also wants to instil values in talented youngsters who may feel hopeless about their chances of success.

"I teach writing, acting and directing classes to kids in different townships, which is all self-funded. I teach these kids never to allow the system to victimise them and I tell them they're valued," he says.

Hamilton is writing his memoir, which charts his journey to success. He doesn't have a name for the book yet but he aims to launch it next year.

On top of all this he's also preparing for a tour of the United Kingdom and the USA with the cast of *The Head and the Load*, a play by William Kentridge, later this year.

Not too shabby for a guy who got his start selling peanuts on trains. ■

MATTERS OF THE HEART

Joyous Celebration's Lindelani Mkhize shares the lessons he's learnt from his recent health scare

TEXT AND PICTURES: ZAMA CHUTSHELA



IT HAD been a long day on the road and it was nearly 2am by the time he finally reached home.

Exhausted, Lindelani Mkhize opened the front door of his home in Ballito near Durban – and no sooner had he set foot inside when a searing pain struck his chest.

The Joyous Celebration founder was startled but took a few painkillers and went to bed. He was alone in the house as his wife and kids were in their other home in Johannesburg.

The pain didn't go away though – in fact, it got worse. Still, it couldn't be anything serious, he told himself. Yes, his workload had been heavy and his days long but he always made time to exercise and go for his annual medical check-ups. He'd be fine.

Then something stirred in the back of his mind.

"I remembered an article I'd read some time ago about how if you have a pain in your chest or hand it could be a sign of a stroke or heart attack. I immediately got out of bed and drove myself to the hospital in Umhlanga."

That article probably saved his life, he says.

Tests at the hospital picked up that blood clots were preventing his heart from pumping normally. A cardiologist was called in and Lindelani (52) was taken to the intensive-care unit then trans-

ferred to Entabeni Hospital in Durban.

"By the time I got there I was worse," he recalls. "They performed more tests which revealed more clots."

Although he knew he was in trouble "the thought of dying never crossed my mind".

"I remember everyone was running around, telling me to keep my eyes open. I could hear a machine slowly beeping but I wasn't scared," he says. "I just told myself I was going through a challenge and the doctors would take care of it."

THREE days later Lindelani was back home. Stress and fatigue had caused the heart attack, doctors told him.

In retrospect he realised he'd been overworking himself and ignoring his body's warning signs.

"I haven't taken a break in two years," he says. "I also have a sleeping problem and hardly ever get to sleep before 2am."

"I think what fooled me was the fact I'd been training a lot to keep fit and going

for those regular check-ups. I honestly thought my body was coping."

The first person he called once doctors had stabilised him was his father-in-law, Albert Nhlanhla, a medical doctor.

"I told my father-in-law first because I didn't want my wife, Nhlanhlo, to panic. Also as a medical doctor I knew he'd know how to handle the situation," Lindelani says.

He's trying to take things easy now.

"The doctor warned me to rest as much as possible. I'm glad to be here, telling people my story – I consider this a lesson for myself. As a result I would like to teach people about the importance of listening to your body."

There were warning signs that all was not right, he now realises.

"Last year I developed the skin condition vitiligo. I first noticed some white patches on my head then it spread to my armpits. I went for a check-up and they confirmed it was vitiligo. I was told by doctors it was stress related and that my cells were imbalanced.

"The doctors advised me to rest more



Music producer Lindelani Mkhize with the other co-founders of gospel group Joyous Celebration, Mthunzi Namba (LEFT) and Jabu Hlongwane.

He was prescribed medication to control the spread of the condition but stopped taking it because “it was making me fat”.

“After the heart attack it got worse and spread all over my body. I now believe vitiligo was a warning sign, but I didn’t pay attention to it.”

THE music legend’s business interests are still growing but he’s determined to find a balance between work and family life.

“I am where I am because of the support of my family,” he says.

He tries to spend as much time as possible with his kids, Lindiwe Gasela (26), Owethu (18), Thando (13), Maya (12) and Xolani Mkhize (8).

But he admits he’s also focusing on his newest venture, the Contento Group, a black-owned company with interests in entertainment, engineering and property.

Lindelani is the chairperson of the group and sees himself as an entrepreneur, both when it comes to Contento and Joyous Celebration.

“My job is to seek and seize opportunities,” he explains. “I describe myself as the engine behind Joyous Celebration because I have to come up with creative ideas for the group.

“I have to keep the brand alive. I do the same thing with Contento and come up with solutions for companies.”

While he’s best known as the co-founder, director, conductor and producer of Joyous Celebration, he also studied engineering – the career path his late mother, Busisiwe, envisioned for him.

“My mother was a professional musician and she would take me with her to rehearsals as she didn’t have a babysitter for me,” he says.

As much as his mother

Lindelani had a heart attack while he was alone at his home in Ballito, Durban. He says he’d been working really hard and ignored his body’s warning signs. His wife, Nhlanhlo (left), and their children were in Joburg at the time.



Lindelani is now an entrepreneur too with interests in engineering, entertainment and property.

but I didn’t listen. Everyone around me kept telling me I wasn’t resting but I was having none of it,” he admits.

He recalls speaking to Leleti Khumalo, who also has vitiligo (see page 12), about the condition.

“I remember her telling me it’s incurable – which is what the doctors told me too.”



loved music, she didn’t see it as a sustainable career option for her boy and encouraged him to become an engineer.

By the time he completed matric his brother was already a dentist and his sister was studying computer science.

“I did enrol for engineering but in my second year of studying I dropped it and pursued a music degree at the University of Natal.

“I didn’t tell my mother I changed courses. When she found out she was shocked but by then I was done with my degree.”

He’s delighted Contento has engineering as one of its interests.

“I’m finally fulfilling my mother’s dream,” he says.

Now he just has to do what the doctors told him and not work too hard. Even the biggest hearts need tender loving care. ■

MORE ABOUT HEART DISEASE

* Some 225 South Africans die of heart disease every day, according to the Heart and Stroke Foundation South Africa.

* The foundation says 80% of heart diseases and strokes in people younger than 65 can be prevented by following a healthy diet, exercising, not smoking and keeping stress levels at bay.

* For more on heart health, visit heartfoundation.co.za

MARTIN DE KOCK, SUPPLIED, GALLO IMAGES/CITY PRESS/LEON SADIKI, GALLO IMAGES/SOWETAN/TEBOGO LETSIE



STATE OF THE OPPOSITION

From Helen Zille's twitchy Twitter finger to Mmusi Maimane's inexperience and disciplinary action against Patricia de Lille – the DA has its work cut out for it in the post-Zuma era

BY GABISILE NGCOBO

NOT too long ago they were leading the charge against Jacob Zuma, demanding he have his day in court and corruption be stamped out.

And for a growing number of South Africans fed up with the Zuma government, the Democratic Alliance seemed like a party worth watching – until Cyril Ramaphosa was installed in the Union Buildings and Ramaphoria started to spread through the country.

Not only is he tackling many of the issues at the forefront of the DA's agenda but the opposition party is in a mess in many other ways too.

Infighting, the drought in the Western Cape, fragile coalitions and Helen Zille's twitchy Twitter fingers all point to a party that doesn't quite know what to do with itself.

Is the DA in danger of imploding? We asked the experts to weigh in.

RAMAPHORIA

This is certainly a challenging time for the DA, says Daniel Silke director of the Political Futures Consultancy.

"It was relatively easy to use Jacob Zuma as the target for most of the DA's criticism but with him out of the picture, Cyril Ramaphosa is much more difficult to deal with from the DA's perspective."

The party needs to find a different angle on how to deal with "Ramaphosa's ANC", he adds.

"They're scrambling to find new ways to counter Ramaphosa who's an attractive leader and often speaks the same language as some of the DA supporters."

Further putting a spanner in the works is the fact the new president is beginning to clean up the party's act, which further takes the limelight away from the DA.

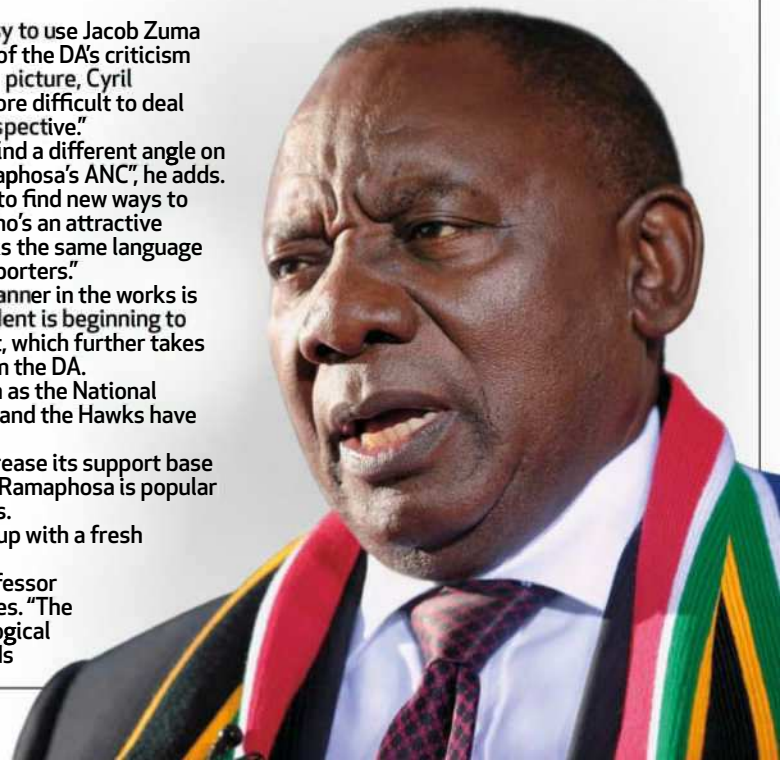
"State agencies such as the National Prosecuting Authority and the Hawks have now woken up."

The DA needs to increase its support base but it won't be easy as Ramaphosa is popular with urban black voters.

"They need to come up with a fresh strategy."

Political analyst Professor Somadoda Fikeni agrees. "The ANC's policy and ideological focus is moving towards

socio-economic transformation and that's an area the DA isn't very strong on," he says.





THE DA'S SUPPORT BASE

The DA must bridge a huge divide between its traditional white support base and newer black support base, says Dirk Kotzé, professor of political sciences at Unisa.

With Mmusi Maimane at the helm, a new culture is being developed.

"It's becoming a diverse party and there are deepening opinions about matters such as black economic empowerment, employment equity and land, Kotzé says.

"The DA hasn't found a proper middle ground when it comes to narrowing these different support bases and that's left it susceptible to criticism."

This makes it harder to find a common

position within the party, which creates factions and causes intense jostling for positions, Silke adds.

NELSON MANDELA BAY

The EFF's planned motion of no-confidence against the mayor of Nelson Mandela Bay, Athol Trollip, is another headache for the DA.

Fikeni says if the DA loses its power in Nelson Mandela Bay it could mean other DA-led coalitions in Johannesburg and Tshwane could also fall.

At the time of going to print the DA and the Patriotic Alliance (PA) had agreed to a coalition in a bid to secure Trollip as mayor. The PA's Marlon Daniels was appointed deputy mayor.

THE 2019 ELECTIONS

Fikeni says opposition parties in any vibrant society are crucial to keep the governing party in check and the DA represents a constituency most parties don't defend.

"Minorities such as white people and the wealthy no longer have a political home. The Freedom Front Plus caters for Afrikaners and other parties are mainly black."

He predicts the DA will have to work hard if they are to maintain the 27% of votes the party got in the 2016 municipal elections, but Kotzé says the DA should get between 28% and 30% of the vote.

"In all the elections since 1999 they've grown incrementally, irrespective of who was president, and that trend will probably continue."

Silke says if the DA can be perceived as a viable alternative to the EFF there should be limited damage at the polls.

"Their growth may resume if the Ramaphosa administration doesn't perform and there are problems in the ANC."

THE INFIGHTING

The handling of Patricia de Lille's disciplinary hearing is the messiest thing the DA has done, Fikeni says.

The mayor is charged with bringing the party into disrepute, interfering in the selection process of the city manager and covering up maladministration.

De Lille, who claims she's a victim of a witch hunt, survived a no-confidence motion brought by her party by one vote last month.

"In trying to find her guilty the DA had to destroy the narrative that Cape Town is a model city which shows what their future government could look like," Fikeni adds. "They now have to say Cape Town is a corrupt city, just to get at De Lille."

#ZILLE

Despite facing disciplinary action last year for tweets about the "benefits of colonialism", Helen Zille seems incapable of staying away from Twitter.

She recently tweeted about the Life Esidimeni tragedy, asking what families of the victims had done "before these tragic deaths, to raise the alarm about their loved

ones starving and living in profound neglect?"

Zille uses Twitter in an irresponsible way but people are now used to her, Kotzé says, adding "there's very little that can be done against her". Her term as premier ends next year.

Professor Mcebisi Ndletyana, head of the political economy faculty at Mapungubwe Institute for Strategic Reflection, says while Zille doesn't enjoy the support she once did, the DA would do well "to keep her". "She's still liked and respected in the white community."



WHAT THE DA NEEDS TO DO

The party should fine-tune its message and explain its policies if it's to retain the support of traditional backers and find new voters, Silke says.

"The DA has always struggled to explain what it stands for," he says.

"They have a very interesting policy on land expropriation and restitution, but most South Africans probably have no idea what

that policy is."

The party supports a process that "seeks to achieve redress in rural communities, promotes inclusion to lift rural people out of poverty and supports growth and prosperity in the agricultural sector".

And they still have to hold the ANC accountable, because even under Ramaphosa, the ANC is not "squeaky clean," Silke says.

THE DROUGHT

The DA, which governs the Western Cape, didn't come across well in its attempt to manage the province's dwindling water supply, Fikeni says.

"The responsibility for managing the crisis was taken from Cape Town mayor Patricia de Lille and handed over to her deputy Ian Neilson – and she fought to get it back.

"Then Premier Helen Zille came to say 'it's my space' and then DA leader Mmusi Maimane came in – but as a politician, not as a mandated minister – to say 'I'm leading it'."

The apparent infighting over who was responsible for managing the crisis undermined the party's traditional support base, Silke says.



HOW'S THE LEADER DOING?

Mmusi Maimane has had a difficult time as the party's first black leader, but the party has grown under him, Silke says.

Fikeni describes Maimane as a talented man with great potential. "But his lack of experience shows when he deals with some of the more complex issues."

Kotzé says Maimane has done well for himself. "It's still very early in his political career and we'll have to see how he manages this difficult party, which is becoming more diverse and undergoing a transformation process of its own."

MANAGING MENOPAUSE

In a new book on this challenging time in a woman's life, Author Liz Earle offers some help in combating the worst menopause symptoms

HOT flushes, sleepless nights, mood swings, weight gain – anyone going through menopause will be familiar with these bad guys of the change. But there's loads more to the Big M than these well-known trials and troubles.

In her comprehensive and enlightening new book, *The Good Menopause Guide*, wellness guru Liz Earle takes an honest look at some of the other nasty niggles many women experience at this trying yet inevitable stage of life.

Many women feel miserable and isolated as menopause symptoms set in, but there are ways to make this time of life more manageable.

HAIR TODAY, GONE TOMORROW

Perhaps you notice your hair is losing volume, becoming finer and weaker and you can't grow it as long as you once did.

You may also discern a receding hairline at the front or temples and just less hair altogether.

Oestrogen allows hair to thrive in a growing phase and the longer this phase, the longer we're able to grow our hair. So it makes sense that dwindling levels of oestrogen result in a shorter growth cycle and the loss of hair before it reaches its optimal length.

Not only is our main female hormone receding, menopause can trigger a rise in androgens – male hormones that worsen thinning of hair similar to the early stages of male pattern hair loss



while promoting excess facial and body hair.

SOLUTIONS

*** Try a new hairstyle.** Many women find a liberating short crop gives hair a new lease on life, and embrace their natural colour and the freedom from hair that needs styling and high maintenance. Of course the reverse is also true and there are few easier or swifter ways to reverse the outward signs of ageing than covering grey hair with semi-permanent tints.

*** Light up.** Avoid an "Oh no!" situation when



returning from work or a social gathering to discover a very visible wiry chin hair. Invest in a well-lit magnifying mirror and super-strong bathroom lighting. Keep a good pair of tweezers permanently at hand to eliminate stray hairs as soon as they appear. More long-lasting solutions to this problem include laser treatment, waxing, depilatory cream, threading and electrolysis.

***Dose yourself up.** You may feel your iron supplement days are almost over but the opposite is true – iron gives us energy, prevents anaemia and wards off feelings of fatigue, not to mention it promotes better hair growth.

***Look after lashes.** Eyelashes can become sparser too. Applying several layers of a lash-conditioning mascara is an effective way of boosting volume.

Don't be tempted to try the eyelash "re-generation" gels and serums – as well as being very expensive, they have been found to trigger eye irritations and even cause eyelashes to fall out.

COULD YOU REPEAT THAT?

Hearing loss should be monitored by an audiologist – especially as research shows that 40% of those over 50 have some kind of hearing loss (and 70% by the age of 70).

Oestrogen has a protective effect on the auditory system and a study in Sweden revealed menopause acts as a trigger for relatively rapid age-related hearing decline in healthy women, starting in the left ear.

SOLUTIONS

***Protect your hearing as much as possible by avoiding noisy environments**

and wearing ear protection on planes and at music concerts.

***Play It Down** is a free iPhone and iPad app that allows users to assess their hearing ability and noisy environments.



FORGET SOMETHING?

Confidence can really take a knock if you feel muddle-headed and your memory seems worryingly bad.

Why is it that forgetfulness is such an issue during menopause?

Oestrogen regulates levels of the hormone cortisol, which in turn affects brain chemicals. As oestrogen levels dip, the control it has over cortisol can be erratic, resulting in short-term memory lapses. It's common not to feel (or want to be) as engaged as once before; over-

WATCH YOUR MOUTH

Oral health needs to be a priority now as the gums and tissue in our mouths start to show signs of receding.

As we get older we produce less saliva. This allows bacteria to stick to our teeth and gums, making them more vulnerable to decay.

Studies reveal a link between dental plaque and the plaque that forms in the arteries resulting in atherosclerosis, a major factor in cardiovascular disease (CVD).

It may sound strange but if there's a history of CVD in the family, it's advisable to see a dental hygienist every six months (or even three months) in order to keep plaque under control.

come by a sense of boredom, the ability to concentrate or multitask also wanes.

You may find yourself asking: am I becoming lazier? Is this what old age is going to be like? Do I have early-onset dementia?

It's reassuring to remember these are common symptoms and many are the stories of doing ridiculously silly things like putting dishwasher tablets in the washing machine, trying to cancel a bank card already cancelled the day before and forgetting where we parked the car 20 minutes earlier.

While we know that falling hormone levels can contribute to these symptoms, it's also important to acknowledge and give ourselves credit for dealing with these seismic changes at what's an incredibly busy time of life for many of us: having a responsible job, parenting commitments and possibly volunteering and community projects.

I LOOK DIFFERENT

I'm fascinated by the approach US gynaecologist Dr Rebecca Booth, author of *The Venus Week*, takes with osteoporosis, common among ageing women.

When she wants patients to take the risk of it seriously, she just tells them osteoporosis will affect their face too.

"They're usually shocked and think it affects only the larger bones in the skeleton such as the spine, hips and legs – but not the face," Dr Booth explains.

(Turn over)



(From previous page)



“The orbital bone that encircles our eyes is a central feature of the face and as bone density declines with the ageing process, our orbits widen a bit, causing our eyes to sink ever so slightly, resulting in dark shadows and a loss of volume below the eyes. We focus on the wrinkles but the framework of the bone is vital to support our skin.”

SOLUTIONS

***Protecting jaw bones and teeth.** Far too many women don't recognise some of their symptoms as being connected with menopause and oral health is a serious area of concern.

There can be quite dramatic changes even if you have no history of dental issues. As oestrogen levels decrease, bones weaken and there may be bone loss in the jaw. An American Dental Association report noted that postmenopausal women with osteoporosis needed new dentures more often after 50 than those without osteoporosis.

***Oral discomfort.** Common symptoms often reported to dentists are sore mouth, burning sensations, altered taste perception and a dry mouth.

One reason for this is there are oestrogen receptors in the mouth and when the hormone declines, not as much saliva is produced. Yet another excellent reason to keep hydrated and to make sure you always have a jug of filtered tap water at hand.

***Receding gums.** Inflammation and declining hormone levels make gums more sensitive and prone to recession, which leaves teeth vulnerable to decay.

Bleeding gums are a cause for concern as it may be a sign of gingivitis, so do see a dental hygienist or dentist who'll advise on how to prevent further deterioration.

IT'S WINDY IN HERE!

I'm afraid there's another delightful symptom of menopause that needs to be tackled. Thanks to our hormones being in flux we may produce more stomach gas - which means we may pass more wind.

Worrying about it isn't conducive to enjoying carefree sex but there are a few solutions to try. This process of excessive gas kicks off during perimenopause, when the balance of good and bad bacteria involved in the digestive process is disrupted by the fluctuating levels of oestrogen and progesterone. When bacteria in the gut is balanced healthy digestion occurs, but when patterns are altered the stomach reacts by increasing the production of gas.

Obviously, the optimal solution is to balance hormone levels but there are other practical ways to help reduce stomach gas.

SOLUTIONS

*** Eat smaller portions more frequently.**

Drinking probiotic yoghurt could also help maintain healthy gums.

***Tooth loss.** Studies have shown that overall body bone loss may contribute to tooth loss in otherwise healthy mouths, which is a great incentive to crank up your dental hygiene by brushing teeth twice a day and flossing once a day, plus visiting the dentist twice a year and seeing the hygienist.

One US study showed that women on hormone replacement therapy were 24% less likely to suffer a loss of teeth, which is encouraging news.

PASS ME MY GLASSES

Eye checks will detect changes in vision such as presbyopia (otherwise known as “old sight”), which results in the need for reading glasses and usually coincides with perimenopause.



***Chew food more slowly.** This will break it down into smaller chunks and allow the digestive enzymes in saliva to work efficiently.

***Take a probiotic supplement to boost the levels of beneficial gut bacteria - which is helpful for all-round good health in any case.**

Choose a capsule or powder that contains several different strains of beneficial microflora with at least six to 10 varieties.

***Exercise regularly.** With the increased flow of blood through the body, the digestive system is stimulated to work more efficiently.

It's a good time to talk to your optician if you wear contact lenses as you may experience reduced tolerance to them due to “dry eye syndrome” during perimenopause, which can cause eye irritation and itchiness.

You may need to start wearing your glasses more and limit use of contact lenses. Why? Falling hormones affect the ocular tissues and the production of tears. You may also notice symptoms such as blurred vision, burning eyes and a sense of having something in the eye.

SOLUTIONS

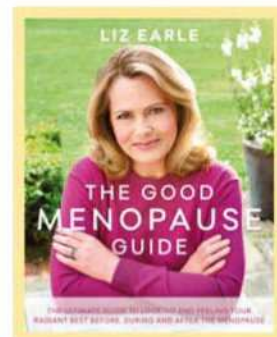
***Keep a bottle of lubricating eye drops in your bag - especially if staring at a computer for any length of time.**

***Invest in a pair of good-quality sunglasses to help protect against cataracts and age-related macular degeneration.**

***Make it a habit to wear sunglasses on bright and windy days to avoid eyes feeling dry and sensitive.**

***Those who drink a probiotic yoghurt daily often report improvements in eye health. ■**

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EXTRACTED FROM THE GOOD MENOPAUSE GUIDE BY LIZ EARLE, PUBLISHED BY ORION SPRING AND DISTRIBUTED IN SOUTH AFRICA BY JONATHAN BALL. AVAILABLE IN ALL GOOD BOOKSHOPS.



A NEW BEGINNING

The giant tumour on her face made her an outcast, but now surgery has given Simaria a fresh start

COMPILED BY NICI DE WET



Simaria Singh with Rajesh Shukla (right), the children's rights activist in Khandwa, India, who rescued her from a life on the streets.

IT'S a heartbreaking tale with a happy ending. A teenage girl with a severe facial deformity that saw her shunned by her family has been plucked from the streets of India, where she was living as an outcast, and given a new lease of life.

Simaria Singh (15) was rescued last year by Rajesh Shukla (43), a children's rights activist, who was shocked to find her begging on the streets of Khandwa, a city in central India.

He took her to a hospital in nearby Indore where doctors removed the tumour that had blighted her life – a whopper of a growth weighing 2.26kg. The cost of the surgery came to £1 700 (more than R28 000) but surgeons did the operation at no charge.

"This is nothing short of a miracle," Rajesh said afterwards. "She's extremely happy and the first question she asked me was if she can get married now."

Prashant Newalker, one of the neurosurgeons who operated on Simaria, says

she had a congenital condition called meningoencephalocele.

"She had a defect in her skull and fluid from her brain leaked through the nasal cavity and formed a tumour at her frontal and nasal bones. Early detection of this condition during pregnancy is possible but it looks as if, in her case, her mother didn't undergo an ultrasound scan."

Newalker and his team closed the defect in Simaria's skull and the prognosis for her future is positive.

"The success rate is very high in such surgeries with only a 1% chance of recurrence of the cyst," he says. "We're hopeful she'll lead a healthy life now."

But Simaria likely will need further surgery to correct her facial disfigurement and help to restore her eyesight.

her parents. For two months she was begging on the streets for food."

He says he offered to pay doctors £600 (R10 000) towards her surgery but they insisted on doing it free of charge.

Rajesh has since been in touch with Simaria's parents who now want her back.

The family is extremely poor, he says. Her father, Jagannath Singh, is a labourer who works for a daily wage while her mother, Mudra Devi, stays at home and looks after their seven other children.

"We're hoping to keep Simaria with us until she's completely well and then we'll leave the decision up to her.

"If she wishes to continue living with us, the children's home will happily accept her." ■

SOURCES: DAILY MAIL, US SCIENTECH, INTERNATIONAL BUSINESS TIMES

MORE ABOUT SIMARIA'S ILLNESS

Meningoencephalocele is a condition in which a sac of fluid, brain tissue and the brain's surrounding membranes protrude through a defect in the skull.

The cause is unknown but may be linked to exposure to toxins during pregnancy and to a deficiency in folic acid, which is essential to the healthy growth of a fetus.

Treatment depends on the size, location and severity of the meningoencephalocele but usually involves surgery.

Sufferers may have reduced intelligence after the procedure.

SOURCE: GENETIC AND RARE DISEASES INFORMATION CENTRE

FOR years Simaria faced ridicule and scorn and other kids refused to eat next to her because of the growth, which deformed her face and left her partially blind in her left eye.

Even after Rajesh had rescued her she was kept in a separate room in the children's home where he worked so she wouldn't scare the other kids.

In counselling sessions Rajesh was horrified to learn her own parents had turned their backs on her.

"The girl had been deprived of love and care all her life and was compelled to leave her home in October due to constant taunts by



Rajesh with Simaria after the operation which doctors did free of charge.

A TASTE OF **ARGENTINA**

Spice up your meat with some
Latin American flair

RECIPES & STYLING: ESTHER MALAN, GALLIOVA FOOD WRITER OF THE YEAR
PICTURES: JACQUES STANDER



PICANHA STEAK WITH CHIMICHURRI

SERVES 4

PREPARATION:

15 MIN

COOKING:

15 MIN

RESTING: 10 MIN

800g picanha steak
salt and freshly ground
pepper
15ml (1T) olive oil
6 sprigs rosemary,
tied in a bunch

15ml (1T) butter

CHIMICHURRI

20g flatleaf parsley

4 garlic cloves,
crushed

2 red chillies,
chopped

125ml (½c) olive oil
juice of 1 lemon

1 sprig fresh
oregano,
chopped, OR 5ml
(1t) dried oregano

5ml (1t) freshly ground
pepper

5ml (1t) sea salt flakes
OR 2,5ml (½t) table
salt

1 Season the steak
all over with the salt
and freshly ground
pepper. Rub olive oil
all over the steak.

2 Heat a nonstick pan
until smoking hot and

put the steak in the
pan with the fatty part
facing down. Fry for
2-3 minutes or until
the fat changes colour
and starts rendering.

3 Turn the steak over
and fry the other side
until a golden-brown
crust has formed. Turn
the steak on one side
and fry for a minute,
turn over and repeat

on the other side.

4 Turn the heat down
and once again fry
the steak with the fatty
side down – add the
rosemary and butter
and fry for 3 minutes.
Turn the meat over
and fry for another
3 minutes or until
cooked to your liking.
5 Remove the steak
from the pan, drizzle

any juices left in the
pan over the meat
and cover in foil.
Let it rest for at least
10 minutes.

6 CHIMICHURRI

Mix all the ingredients
and season with the
salt.

7 Cut the steak into
thick slices, drizzle the
chimichurri over and
serve.



MATAMBRE (ARGENTINIAN STEAK ROULADE)

SERVES 4-6
PREPARATION:
 20 MIN
MARINATING:
 1-2 HR
COOKING:
 15 MIN

8 small minute steaks
 freshly ground pepper
 125ml (½c) red wine
 30ml (2T) lemon juice
 30ml (2T) Worcestershire sauce
 15ml (1T) honey
 60ml (¼c) olive oil
 2 bay leaves
 4 garlic cloves, crushed

STUFFING
 15ml (1T) oil
 1 onion, chopped
 100g spinach
 60ml (¼c) breadcrumbs
 1 egg
 60ml (¼c) olives
 1 red pepper, julienned

TO FINISH
 60ml (¼c) BBQ sauce of your choice

Make a fire, ensuring there are enough coals for braaiing. Keep toothpicks or meat string handy.

1 Season the steaks on both sides with freshly ground pepper.

2 Mix the rest of the ingredients in a marinade bowl and add the steaks. Marinate for 1-2 hours in the fridge.

3 STUFFING Heat the oil in a pan and fry the onions until tender. Add the spinach and stir-fry until wilted. Remove from the pan and allow to cool.
4 Mix the spinach with the breadcrumbs,

egg and olives.

5 Remove the steaks from the marinade and spread stuffing on each. Put some red pepper strips on the top of each steak and roll the meat, fastening with a toothpick or meat string.

6 TO FINISH Arrange the steak roulade on a braai griddle, brush with BBQ sauce and braai for 2-3 minutes a side or until cooked to your liking.

7 Carefully halve each roulade and serve.



PAN-FRIED STEAK WITH CHILLI AND LEMON

Steak should be at room temperature before cooking – it ensures the meat is juicy and cooks evenly.

SERVES 2
PREPARATION:
 10 MIN
COOKING:
 10-15 MIN
RESTING:
 5-10 MIN

Use 1 club or T-bone steak (450-500g) salt and freshly ground pepper
 10ml (2t) olive oil
 30ml (2T) butter
 4 garlic cloves, unpeeled and bruised
 2 red chillies, chopped
 grated zest of 1 lemon and 15ml (1T) of juice

4 sprigs of thyme
 extra sea salt flakes (optional)

1 Season the steak well on both sides with salt and freshly ground pepper. Rub oil over.

2 Heat a large nonstick pan until smoking hot. Sear the steak until a golden-brown crust has formed on one side (about 1 minute). Turn over and repeat.

3 Pressing the steak down with tongs, fry the meat for 30 seconds on the fatty side.

4 Turn down the heat slightly and add the rest of the ingredients. Fry the steak for 2-3 minutes a side or until cooked to your liking (rare, medium rare or

well done).

5 Put the steak on a plate and drizzle the pan juices over. Let it rest for 5-10 minutes. Sprinkle more sea salt flakes over (if using) and serve.

TIP

Remember, the meat continues to cook for a little while it rests so don't fry it for too long or it will be dry and overcooked by the time you eat it.

(Turn over)



SLOW-ROASTED SALTED RIB WITH OLIVE FOCACCIA

SERVES 4
PREPARATION:
15 MIN
COOKING:
40-45 MIN
BAKING:
15-20 MIN

1 rack of mutton ribs
SALT SOLUTION
30ml (2T) salt
60ml (1/4c) water
FOCACCIA
500g readymade store-bought bread dough
60ml (1/4c) black olives

leaves of 2 sprigs rosemary (no stalk)
45ml (3T) olive oil
salt

Preheat the oven to 180°C. Put a wire rack on a baking sheet and grease with nonstick spray. Grease a second large baking sheet with olive oil.

1 Put the ribs on the prepared wire rack.
2 SALT SOLUTION Dissolve the salt in the water and pour

into a clean spray bottle. Spray the ribs on both sides liberally with the salt water.

3 Roast the ribs in the oven for 10 minutes. Spray with the salt water again and turn over. Roast for another 10 minutes and once again spray with the salt water. Repeat another 2-3 times or until the ribs are golden brown and done.

4 FOCACCIA Roll out the dough into a rough oval on a floured surface, then put the rolled-out dough on the second prepared baking sheet. Press the olives and rosemary into the surface of the bread and drizzle oil over. Season with the salt and bake for 15-20 minutes until done.

5 Cut the ribs into portions and serve with the bread.



SPICY SEARED STEAK WITH HASSELBACK POTATOES

SERVES 4
PREPARATION:
20 MIN
ROASTING:
40-45 MIN
COOKING: 5 MIN
RESTING:
5-10 MIN

POTATOES

4-6 potatoes (peeled if preferred)
30ml (2T) olive oil
10ml (2t) sea salt flakes
5ml (1t) dried origanum

STEAK

4 garlic cloves, crushed
5ml (1t) cumin seeds
10ml (2t) dried origanum
5ml (1t) paprika, smoked or plain
2,5ml (1/2t) cayenne pepper
1ml (1/4t) nutmeg
5ml (1t) freshly ground pepper
5ml (1t) sea salt flakes
OR 2,5 ml (1/2t) table salt
4 steaks (200g each), at room temperature
15ml (1T) olive oil

TO FINISH

handful of fresh oregano, to garnish

Preheat the oven to 200°C. Grease a baking sheet with

a little olive oil. Make a fire and be sure that there are enough coals for braaiing.

1 POTATOES

Cut thin slices in the potatoes but not all the way through, so each potato looks like a concertina. Put the potatoes on the prepared baking sheet and drizzle oil over – ensuring the oil enters the gaps between the slices.

2 Sprinkle salt and origanum over and put potatoes in the oven. Roast for 40-45 minutes or until golden-brown and done.

3 STEAK Mix the garlic, herbs and spices well. Rub generous amounts of the mixture over the steak and drizzle olive oil over. Rub the oil into the steak so it covers all the meat.

4 Braai the steaks over the coals for 2 minutes a side or until cooked to your liking. Transfer the steaks to a plate and let them rest for 5-10 minutes.

5 TO FINISH Serve the steaks with the potatoes and garnish with oregano.

MEAT-FREE MEALS

Enjoy the wonderful flavours and textures of these delicious vegetarian dishes from Cape Town-based photographer and blogger Melissa Delpoort's first cookbook

EDITED BY CARMEN NIEHAUS

IN HER book, *Whole: Bowl Food for Balance*, Melissa Delpoort focuses on mindful eating – cutting out processed foods and embracing foods that provide fuel and leave you feeling energised.

Her nearly 90 recipes are packed with nourishment and provide healthy, balanced and easy meals – all served in a bowl.

Many are vegetarian or vegan, but there's plenty for meat-eaters too.



SPICED BAKED CAULIFLOWER WITH LENTILS

The cauliflower is the hero of this dish, even though its preparation is simply to rub it with spices and cook it whole.

SERVES 2
PREPARATION:
20 MIN
BAKING:
40 MIN
COOKING:
1 HR

SPICE RUB

5ml (1t) ground cumin
5ml (1t) ground ginger
3ml (¾t) black pepper
5ml (1t) turmeric
2,5ml (½t) ground coriander
2,5ml (½t) ground cinnamon
2,5ml (½t) cayenne pepper
5ml (1t) salt

CAULIFLOWER AND LENTILS

45ml (3T) coconut oil
1 head cauliflower
1 large onion, chopped
1 clove garlic, minced
4 tomatoes, chopped
375ml (1½c) brown lentils
1 litre (4c) vegetable stock
salt and pepper
5 medjool dates, pitted and chopped
40g raw almonds, chopped
1 large handful of fresh coriander, roughly chopped

Preheat the oven to 180°C.

1 SPICE RUB

In a bowl, combine the spices for the rub and mix.

2 CAULIFLOWER AND LENTILS

Make a paste with 30ml (2T) coconut oil and 15ml (1T) of the spice rub. Brush it evenly over the whole cauliflower.

3 Put the cauliflower on a baking tray in the oven and roast

for 40 minutes. Switch the oven off and leave the cauliflower inside until you're ready to serve it.

4 Add the onion and 15ml (1T) coconut oil to a medium-size saucepan over medium heat and cook until translucent. Add the garlic and stir.

5 Mix in 15ml (1T) of the spice rub and let the flavours draw into the onion.

6 Add the tomatoes and stir well for 5 minutes. Add the lentils and stir for another 5 minutes. Add the vegetable stock and bring to a simmer. Cover the saucepan and cook for 40 minutes, checking it every 10 minutes or so to ensure it's not drying out. If the water level gets low, top up with boiling water. After 40 minutes the lentils should be soft. Season with salt and pepper.

7 Serve the lentils in a bowl with the cauliflower (either whole or chopped up) and top with the dates, almonds and coriander.



Many vegetables retain their flavour if you cook them whole, giving your dish a more intense taste.

(Turn over)

THAI GREEN CURRY WITH QUINOA

This is another classic favourite and crowd-pleaser.

I've coupled it with quinoa rather than rice to give it a protein kick.

As delicious as coconut milk is, it can sometimes mute other flavours, so make sure you taste as you cook and don't be afraid to add seasoning.

And, of course, don't forget the squeeze of lime before serving.

SERVES 4

PREPARATION:

15 MIN

COOKING:

50 MIN

GREEN CURRY PASTE

- 4 cloves garlic, skins removed
- 3 stalks fresh lemon-grass, outer leaves removed
- 6-cm piece of fresh ginger
- 2 shallots
- 4 green chillies (or more if you like heat)
- 12ml (2¼ heaped t) ground cumin
- 1 handful of fresh coriander
- 30ml (2T) fish sauce (vegan alternative: soy sauce)

CURRY

- 250ml (1c) uncooked quinoa
- 100g shimeji mushrooms
- 1,2 litres (5¼c) coconut milk
- 250ml (1c) water

- 100g sugar snap peas
- 250g tender-stem broccoli
- 250g pak choi
- 100g baby corn
- 100g bean sprouts
- salt and pepper
- 1 handful of fresh coriander
- 2 limes, quartered
- tamari sauce

1 GREEN CURRY PASTE

In a food processor, add all the ingredients for the paste and blend until almost smooth.

2 CURRY

Cook the quinoa according to the packet instructions.

3 In a large saucepan, fry the curry paste over medium heat for 5 minutes to release all the flavours.

4 Add the mushrooms and fry for another 5 minutes.

5 Add the coconut milk and water and simmer for 10 minutes, allowing the flavour to develop.

6 Add the sugar snap peas, broccoli, pak choi, baby corn and bean sprouts. Cover the saucepan with a lid and cook for 5 minutes. Season with salt and pepper.

7 Build your bowl with quinoa and the curry and top with freshly chopped coriander, a squeeze of lime and a drizzle of tamari sauce.



LENTIL MEATBALL MASALA

These meatballs are a great afternoon snack to keep in the fridge. They're little balls of protein to give you energy at any time of the day.

SERVES 4

PREPARATION:

30 MIN

COOKING:

1 HR 30 MIN

CHILLING: 30 MIN

BAKING: 20 MIN

LENTIL MEATBALLS

- 250ml (1c) uncooked brown lentils
- 1 litre (4c) vegetable stock
- 30ml (2T) coconut oil
- 1 brown onion,

- chopped
- 250ml (1c) grated carrots
- 2 cloves garlic, minced
- 125ml (½c) rolled oats
- 1 handful of fresh flat-leaf parsley
- 6 fresh basil leaves
- 22ml (1½T) tomato paste
- 90ml (6T) finely grated Parmesan cheese (optional)
- 10ml (2t) dried oregano
- 1 large egg

MASALA PASTE

- 1 brown onion
- 3 cloves garlic, peeled
- 3-cm piece fresh ginger
- 22,5ml (1½T) garam masala
- 1 red or green chilli
- 7,5ml (½T) turmeric
- 7,5ml (½T) ground cumin
- 7,5ml (½T) ground cloves
- 5ml (1t) salt
- 10ml (2t) cayenne pepper
- 1 handful of fresh coriander, chopped

- 40g raw almonds
- juice of ½ lemon
- SAUCE**
- 325ml (1½c) tomato passata
- 250ml (1c) vegetable stock
- 400ml coconut milk
- salt and pepper
- 250ml (1c) uncooked wild rice

1 LENTIL MEATBALLS In a medium-size saucepan over medium heat, mix the lentils and stock. Bring to a simmer, cover and cook for about 30 minutes until softened. Drain and set the lentils aside.

2 Meanwhile, in a large frying pan over medium heat, add 15ml (1T) of the coconut oil. Add the onion and fry until translucent. Add the carrots and garlic and fry for another 2 minutes, then set aside.

3 Put the oats, parsley

and basil in a food processor and pulse a few times until the oats have broken up.

4 Add the lentils, onion mixture, tomato paste, Parmesan and oregano to the processor and season.

5 Pulse a few times until the mixture has just combined.

6 Add the egg to the mixture. Pulse further until the mixture has just combined. Set aside in the fridge for 30 minutes or overnight until the mixture has set.

7 Preheat the oven to 180°C. Line a large roasting tray with baking paper.

8 Using a tablespoon, portion out the lentil mixture and roll into balls in the palm of your hand.

9 Arrange them into rows on a baking tray. Bake for 20 minutes, turning them at the halfway point.

10 MASALA PASTE

Meanwhile, put all the ingredients for the masala paste into a food processor and blend until smooth.

11 SAUCE In a deep frying pan over medium heat, add the masala paste and the remaining 15ml (1T) coconut oil. Fry for 2 minutes to release the flavours.

12 Add the tomato passata and stock to the masala paste and simmer for about 10 minutes until the colour starts to deepen.

13 Add the coconut milk and simmer for another 15 minutes. Season to taste.

14 Cook the rice as per the packet instructions.

15 Build your bowl with rice and meatballs and top with garam masala sauce. Garnish with fresh coriander.





BAKED FALAFEL VEGETABLE BOWL

SERVES 4

PREPARATION:
40 MIN

BAKING: 50 MIN
CHILLING: 10 MIN
COOKING: 5 MIN

VEGETABLES

6 medium-size carrots, sliced
1 head cauliflower, broken into florets
10ml (2t) mustard seeds
20ml (4t) ground cumin
oil, for drizzling
salt and pepper

FALAFEL

500ml (2c) uncooked brown lentils
1 generous handful of fresh coriander
1 generous handful of fresh parsley
½ jalapeño
30ml (2T) coconut oil
2 cloves garlic, peeled
juice of ½ lemon
5ml (1t) ground cumin
30ml (2T) rolled oats
salt and pepper

DRESSING

5ml (1t) honey
60ml (¼c) olive oil
15ml (1T) tahini
juice of ½ lemon
salt and pepper

TO FINISH

5ml (1t) coconut oil
500ml (2c) sliced red

cabbage
2 handfuls baby spinach
60ml (¼c) pistachios, shelled
1 jalapeño, sliced

Preheat the oven to 180°C. Keep the oven on for the duration of this recipe as you're going to use it later for the falafels.

1 VEGETABLES

Arrange the carrots, cauliflower, mustard seeds and cumin on a large roasting tray. Toss the vegetables until they're covered with the spices and drizzle the oil over. Season with salt and pepper. Roast in the oven for 30 minutes or until the edges become crispy. Don't forget to toss them halfway through.

Once ready, remove from the oven and set aside.

2 FALAFEL Cook the lentils according to the packet instructions. Drain and set aside to cool.

3 In a food processor, pulse together all the falafel ingredients. Don't pulse until

smooth, as you want the falafels to have texture. Set aside in the fridge for 10 minutes to set.

4 Line a large roasting tray with baking paper. Once the falafel mixture has set, remove from the fridge and form golf-ball-size patties.

5 Arrange the patties on a roasting tray. Put them into the oven for 18 minutes, turning them over halfway through cooking.

6 DRESSING

In a bowl, combine all the ingredients for the dressing and set aside.

7 TO FINISH

Heat the oil in a medium-size pan over high heat and sauté the cabbage for 4 minutes.

8 Build the bowl by layering the spinach, cabbage, roast veg and falafels. Top with the pistachios, jalapeño and dressing.



BUTTERNUT, CHICKPEA AND LENTIL CURRY

I love a one-pot-wonder meal and this butternut curry is a prime example of that. Not only does it deliver on flavour, it will also leave you with fewer dishes to wash.

SERVES 6
PREPARATION:
15 MIN
COOKING:
1 HR 20 MIN

15ml (1T) coconut oil
1 brown onion, chopped
2 cloves garlic, minced
15ml (1T) ground ginger
15ml (1T) ground cumin
15ml (1T) turmeric
7.5ml (1½t) cayenne pepper
2 large leeks, sliced
600g butternut, peeled and cubed
500g lentils
250g cooked chickpeas
800ml coconut milk
800g plum tomatoes, diced
250ml (1c) vegetable stock

salt and pepper
325ml (1½c) uncooked wild brown rice
2 handfuls of fresh coriander, chopped

1 Heat the coconut oil in a large saucepan (preferably cast iron). Over medium heat, fry the onion until translucent.

2 Add the garlic, ginger, cumin, turmeric and cayenne pepper. Fry for a minute or two to release the flavours. If it becomes dry, add a splash of water to help it along into a paste.

3 Add the leeks, butternut, lentils, chickpeas, coconut milk, tomatoes and vegetable stock. Simmer for 1 hour and 15 minutes. Keep your eye on it and give it a stir every 10-15 minutes. If it looks as if it's drying out, top up with hot water. Season with salt and pepper.

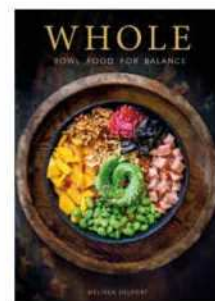
4 While the curry is simmering, cook the

rice according to the packet instructions.

5 Once the rice and curry are ready, serve with freshly chopped coriander.

GOOD TO KNOW

Spices have many medicinal properties. Turmeric, for example, has anti-inflammatory properties, so this comforting bowl heats and heals you from the inside out.



WHOLE: BOWL FOOD FOR BALANCE BY MELISSA DELPORT (PENGUIN RANDOM HOUSE, R300*)

FLATTER YOUR **FIGURE**

BOLD & BRIGHT

Make a statement in a fiery red frock and stunning accessories to match.



**ACTRESS
AMBER
RILEY**

Dress (4-20)
R599, Woolworths



Clutch bag
R859, Zara



Earrings R169,50,
Colette by Colette
Hayman



Heels by
Dune R1 699,
Edgars

Dress (S-XXL)
by Mango
R699, Edgars



Sling bag by Dune
R999, Edgars



TIP
An eye-catching necklace not only complements your outfit, it also draws attention away from the areas you don't want to highlight.

Necklace R299,50,
Colette by
Colette Hayman



Heels by
Madison R599,
Spree.co.za



Whether your style is chic and timeless or casual and playful, flaunt your curves just like these full-figured stars

BY PETA-LEE MATJAOLA



DENIM DAYS

Give a denim shirt or denim-look top a feminine touch by wearing it with a leather skirt and heels.

Socks (1 pair) by Falke R59, Spree.co.za

Shirt (XXS-XXL) by Trener R899, Woolworths



Skirt (S-XL) R450, Foschini



Heels by Dune R1 499, Spree.co.za



US TV STAR TOCCARA JONES

Shirt (32-40) by Somerset Jane R959, Spree.co.za

Watch R1 495, Sissy Boy

(Turn over)

TIP
A denim shirt is a style staple and never goes out of fashion. Wear it semi-tucked in, knotted at the front or let it hang loose.



Skirt (S-XXL) R450, Foschini



Heels by Madison R599, Spree.co.za



(From previous page)

POWER DRESSING

Make an entrance in a pants suit, statement bag and trendy sneakers or fashionable brogues.



Blazer (8-22) R799, Foschini



Earrings R199, Accessorize



Pants (8-22) R450, Foschini



Brogues by Dune R1 299, Edgars



Pants (30-38) by Edit R399, Spree.co.za



Blazer (4-16) by Country Road R2 299, Woolworths



Sneakers by Madison R599, Spree.co.za

TIP
Sneakers add a touch of playfulness to an otherwise serious look.



Handbag R550, Queenspark



**ACTRESS
JILL SCOTT**

PRETTY PRINTS

If you're fuller-figured avoid wearing busy prints from top to bottom. Rather choose one printed item or something with minimal embellishment to flatter your figure.



Blouse (8-22) R399, Foschini



Earrings R299, Accessorize



Jeans (8-22) R499, Foschini



Heels by Footwork R499, Spree.co.za

TIP
Jeans can be worn to the office too. Keep it sophisticated with a printed blouse, high heels and simple add-ons.



Blouse (XXS-XXL) by Trenergy R999, Woolworths



Jeans (L-XXL) R799, H&M

Handbag R829,50, Colette by Colette Hayman



Shoes R399, Queenspark



ACTRESS OCTAVIA SPENCER

STOCKISTS ACCESSORIZE 021-447-7718; COLETTE BY COLETTE HAYMAN 021-937-5436; EDGARS 0800-203-925; FOSCHINI 0860-104-764; H&M 0860-690-707; QUEENSPARK 021-460-9400; SISSY BOY 021-506-4600; SPREE.CO.ZA; ZARA 021-302-1500; WOOLWORTHS 0860-022-002

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MR COOL

Keep it simple in stripes and denim or layer up in both trends BY PETA-LEE MATJAOLA PICTURES: CORRIE HANSEN

1



WeCan24

Our model is Shaun Mpongoshe (21) from Cape Town, a chef and winner of WeCan24's DRUM photoshoot competition. He submitted a portfolio of his food creations and included recipes too.

Educational digital network WeCan24 empowers young people to share their stories. To find out more, visit wecan24.co.za

2



3



4



1 Shirt R129,99 and shorts R159,99, MRP. **Jacket** R899 and **shoes** R350, Woolworths.

2 **Golfer** R230 and **shoes** R320, Exact. **Pants** R450, Woolworths.

3 **T-shirt** R199, Woolworths. **Jeans** R599 and **denim jacket** R799, Cotton On. **Shoes**

R119,99, MRP.

4 **Golfer** by Brave Soul R199, Spree.co.za. **Denim shirt** R399 and **shoes** R499, Woolworths. **Jeans** by Sergeant Pepper R999, Spree.co.za.

5 **Shirt** R149,99, MRP. **Pants** R450 and **shoes** R350, Woolworths.

5



STOCKISTS COTTON ON 011-784-0218; EXACT 0860-005-439; MRP 0800-212-535 SPREE.CO.ZA; WOOLWORTHS 0860-022-002

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SMOOTH OPERATOR



NO MORE BUMPS AND BURNS

■ Wet a hand towel or face cloth with warm water and press it against the area you're about to shave. This softens the hair and skin so that irritation is minimised.

■ Make sure the hair on the area you're about to shave is perfectly clean. Residue may cause your tool to not function at its best, making it necessary for you to go over the area more than is good for your skin.

■ When shaving, move your shaving gadget in the direction of hair growth (commonly downwards).

■ After shaving, run a cloth under cold water and dab it against the shaved area for a cooling, soothing effect.

■ Avoid products containing alcohol. It strips away the skin's defence barrier, making it susceptible to infections.

FOR THE GUYS

Here's a variety of hair removal products for men – yes, guys use hair-removal cream too!

> Safeway 2 Head Rotary Shaver **R199**



< Safeway Precision Foil Shaver **R189**



> DX Smooth Hair Remover 200ml **R68,95**

> Safeway Slim Rechargeable Trimmer **R299**



> Tabac Gentlemen's Care Shaving Gel Sensitive 200ml **R150**



> Remington Apprentice Hair Clipper Set **R229**



> Philips Aqua Touch Wet & Dry Electric Shaver **R629**

AFTER CARE

< Beaucience For Men Aftershave Balm 75ml **R149,99**



> Fino Man Bump Control 100ml **R70**



> Nivea Men Sensitive Post Shave Balm 100ml **R99,95**



< Bump Patrol Aftershave Intensive Solution 65ml **R74,95**



> Earthsap Tea-Tree Shaving Cream 125ml **R70**



Want silky-smooth skin without irritation? Try these tips for removing unwanted hair

BY NTHABISENG MAKHOKHA

LADIES' CORNER

From wax wands to epilators, there are lots of options for women to choose from.



< Remington Smooth & Silky 4-in-1 Epilator **R798**



> Safeway Ladies USB Shave Kit (includes shaver, nail clipper, nail file, cuticle pusher, tweezers and a power bank) **R239**



> Loving Touch Teenz 5 Softgrip Disposable Razors **R23,95**



> Nair Argan Oil Bikini & Under-arm Glide-On Hair Remover 100ml **R84**

> Mandys Precision Tipp Facial Wax Wand 6g **R106,99**



> Tweezerman Rose Gold Slant Tweezer **R359**



> Mandys Microwavable Film Wax For Face & Brow 40g **R86,99**



MINIMISE SKIN SENSITIVITY

■ It isn't a good idea to apply hair removal cream before or after using a hair removal device, such as a razor or epilator. Your skin will be overly sensitive and could react.

■ Discard your razor after using it three times. Using it for prolonged periods will blunt the blade, requiring you to go over the skin too many times, which can cause irritation.

■ Don't leave hair removal product on your skin for more than 10 minutes as it will make your skin sensitive.

■ If you've applied hair removal cream, clean the area with soap and water after removing the product. If you're planning to use a razor or epilator, wash your skin before shaving.

■ Epilators and waxing can cause redness. Apply a cool damp towel over the affected area to soothe it.



AFTER CARE



< Earthsap After Shave Balm 100ml **R105**



< Fino Woman Soothe 50ml **R69,95**



> Sorbet Reveal Body Scrub in Sea Botanicals 200ml **R49,95**



> Lipidol After Shave Oil 100ml **R89,95**

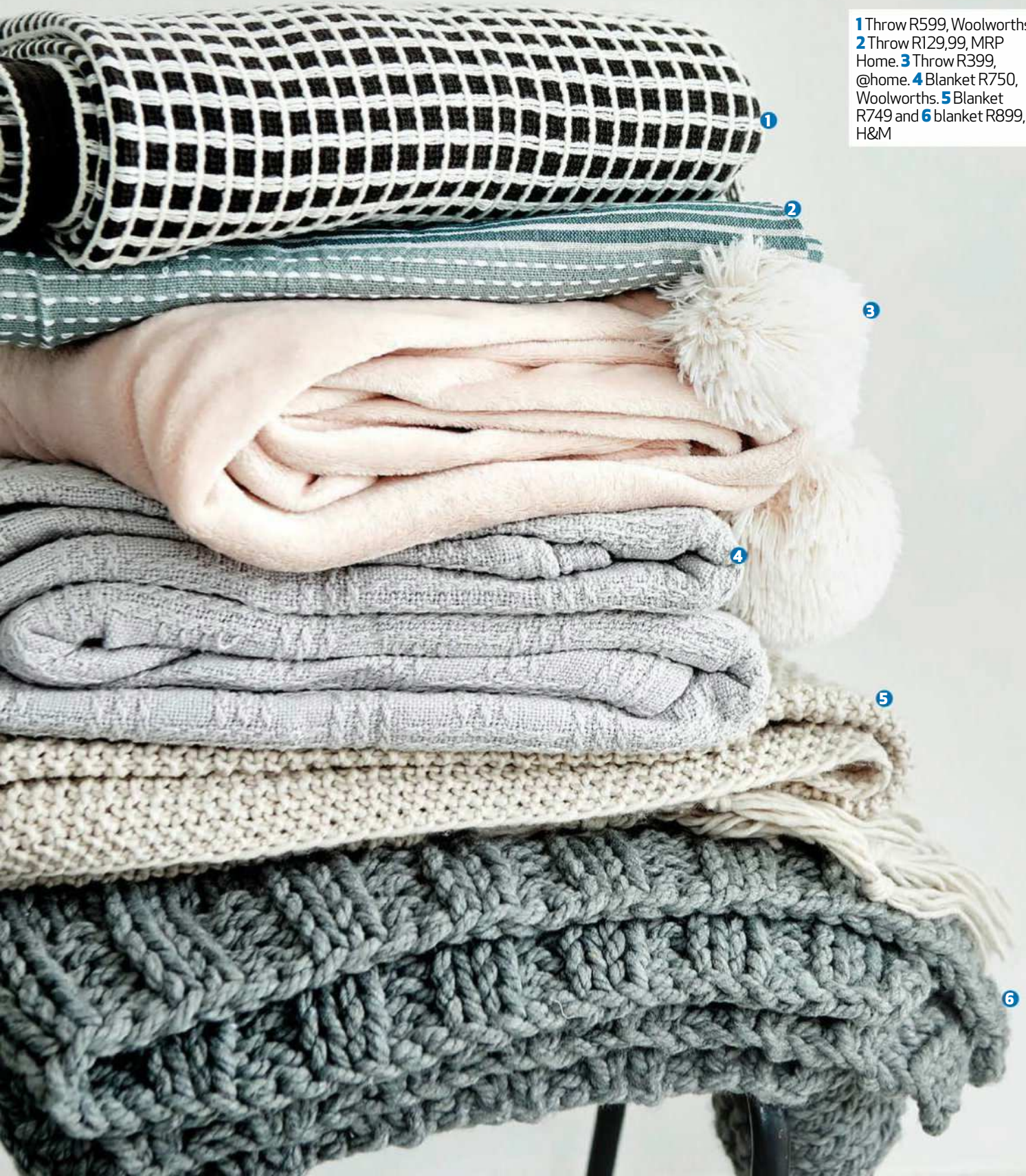
STOCKISTS BEAUCIENCE 021-709-0364; BUMPATROL 0860-002-652; EARTHSAP 021-785-3268; FINO 0800-201-170 (DIS-CHEM); LIPIDOL 0860-254-257 (CLICKS); LOVING TOUCH 0860-254-257 (CLICKS); MANDYS MANDYS.CO.ZA; NAIR 0860-254-257 (CLICKS); NIVEA 0860-102-091; PHILIPS 0861-084-456; REMINGTON 0860-254-257 (CLICKS); SAFEWAY 0860-254-257 (CLICKS); SORBET 0860-254-257 (CLICKS); TWEEZERMAN TAKEALOT.COM
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SNUGGLE TIME

Winter is coming – so make sure you have some beautiful, cosy blankets to stay snug and warm

BY SHELLY BERGH PICTURES: JACQUES STANDER

1 Throw R599, Woolworths.
2 Throw R129,99, MRP Home.
3 Throw R399, @home.
4 Blanket R750, Woolworths.
5 Blanket R749 and 6 blanket R899, H&M



PLAIN



▲ Knit blanket R1 099, H&M

▼ Throw R599, H&M



▲ Blanket R69, Makro



▼ Fleece throw R34,99, Pep



▲ Cotton throw R389, Makro

> Alpaca blanket by Hinterveld R3 788, Linen Drawer



< Knit throw R995, Weylandts



▲ Chenille throw R399, Woolworths



▲ Fleece blanket R229,99, Sheet Street



▲ Sherpa fleece blanket R149,99, Sheet Street



> Mink throw R199, @home

STRIPES & PATTERNS



▲ Sherpa fleece blanket R299,99 Sheet Street



▲ Cotton throw R995, Weylandts

▼ Sherpa fleece blanket R249,99, Sheet Street



▲ Throw R699, Woolworths



< Fleece blanket R150, Woolworths



▲ Throw R349,95, Boardmans



< Fleece blanket R199, Woolworths

▼ Blanket from R219,99, Pep



TIP
Add colour and texture to your bedroom with a beautiful fluffy throw or blanket.



STOCKISTS @HOME 0860-66-66-74; BOARDMANS 0800-203-925; H&M 086-0690-707; LINEN DRAWER 021-872-0108; MAKRO 0860-300-999; MRP HOME 0800-212-535; PEP 086-073-7000; SHEET STREET 0800-203-681; WEYLANDTS 086-010-3400; WOOLWORTHS 0860-100-987

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< Sherpa fleece blanket R249,99 each, Sheet Street

▲ Throw R499,95, Boardmans

CLOSE TO THE BONE

Most people don't give their bones a second thought – until they break one. But it's vital to look after them as strong bones will improve the quality of your life as you get older COMPILED BY JANE SURTEES

IT'S an area of health we often ignore but our bones are vital for so many things. For a start, it's our skeleton that gives our bodies structure. Bones also protect our organs, support our muscles and allow movement. And they produce red and white blood cells and store calcium.

Strong bones together with strong muscles can help you enjoy an active, mobile and independent life for longer.

WHEN DOES BONE HEALTH BEGIN?

It starts in the womb where the baby's skeleton is developing and it continues throughout life.

A newborn baby has around 300 bones, many of which are made mostly of cartilage. Over time a lot of this cartilage turns into bone in a process called ossification. As the baby grows, some of the bones fuse together to form bigger ones so that by adulthood your skeleton contains 206 bones.

"The particularly important years for bone health are during childhood and especially adolescence when bone formation (the making of new bone) is at its peak," says Teréza Hough, CEO of the National Osteoporosis Foundation of South Africa (Nofsa). "This peak is generally reached somewhere between the ages of 20 and 30."

YOUR BONES CHANGE ALL THE TIME

Bone is a living tissue that changes over your lifetime – it grows in length only up until bone formation is at its peak but it can still increase in thickness or diameter.

Ongoing bone development takes place through what's known as remodelling, which is a continuous process of bone resorption – the transfer of calcium from bone tissue to the blood – and formation. Old bone is broken down by cells called osteoclasts and replaced by bone-building cells known as osteoblasts.

This constant remodelling is a sign of healthy bones and allows them to perform their many functions, including repairing small fractures that occur from daily movement. Injury, exercise and other physical activities trigger the remodelling process.

When we hit middle age the renewal process slows down and this means our bones tend to get thinner and osteoporosis can set in.

"When you have osteoporosis there's an uncoupling of the remodelling process where the osteoclasts do their work too fast and the cavities don't get fully filled by osteoblasts that are struggling to do their work properly," Hough explains. "This results in thinning, porous (sponge-like) bones that fracture easily."

WHAT IS OSTEOPOROSIS?

It's a systemic disease (one that affects the entire body rather than a single organ or body part) that gradually weakens bones. They become abnormally porous and brittle, which results in frequent fractures or breaks.

These can occur after a minor fall, as a result of a bump or sneeze, or even from bending over to tie a shoelace. Any bone can break due to osteoporosis, but some of the most serious and common fractures are those of the spine and hip.

Osteoporosis is both a serious and common disease, Nofsa says. Its figures estimate that worldwide a fracture caused by this disease occurs every three seconds.

Hip fractures – one of the most serious and life-threatening fracture events – often result in loss of physical independence and the need for assisted care.

Fewer than half of those who survive a hip fracture regain their previous level of function, Nofsa says, and around 20-25% of people who suffer a hip fracture die within a year.

BONE HEALTH BASICS

Include plenty of **calcium** in your diet, particularly if you're going through puberty. Good sources include dairy products such as milk, cheese and yoghurt, almonds, seeds, peas, broccoli, kale, canned sardines or salmon with bones, and soy products. You can also take a supplement.

And don't forget your **vitamin D** levels – your body needs this to absorb calcium. Sunlight boosts the body's production of vitamin D and you'll find other sources in oily fish, such as tuna and sardines, egg yolks and fortified products such as milk, fat spreads and some breakfast cereals. You can also take a supplement.

Get moving – your bones need to be under stress to get stronger so **weight-bearing exercises** such as walking, jogging, tennis and climbing stairs can help. Start young and get babies moving around the floor even before they can walk. Avoid long periods of sitting – so watch the kids as they get older and

crave television, computers and video games.

Core strengthening is also important to give support to the spine and improve balance, which increases flexibility and prevents falls.

It may sound obvious but as you age, try to **avoid falling** – osteoporosis may weaken the bones but it's falling that actually breaks them. As well as exercise, check your home for hazards, get your eyes tested and review your medicine list as some can cause dizziness and affect your balance.

Healthy living – no surprise here. A well-balanced diet and exercise should be reinforced by avoiding substance abuse, particularly **smoking and drinking** too much.

If you're worried, visit your doctor. They might recommend a **bone mineral density test**, which is the only way to determine the extent of your bone loss. It uses X-rays to measure the amount of calcium and other minerals in your bones.

If you've been diagnosed with osteoporosis there are **treatment options** available. The treatment drugs can be divided into two broad groups – those that stop bone resorption (chewing away of bone) and those that stimulate bone formation (building new bone).

"A number of effective medications are approved for the prevention and treatment of osteoporosis," says Teréza Hough, CEO of the National Osteoporosis Foundation of South Africa. "These medications must be tailored to a person's specific needs and used in conjunction with recommended lifestyle changes."



RISK FACTORS FOR OSTEOPOROSIS

* **Calcium** Too little calcium reduces bone density, making them brittle and fragile. Calcium also plays an important role in muscle contraction, transmitting messages through the nerves and the release of hormones.

If you're not getting enough calcium in your diet your body takes calcium from the bones to ensure normal cell function, which can lead to weakened bones.

Hough says adults should be aiming for a total daily calcium intake of 1 000-1 200mg, which is roughly three dairy portions. She says most people will probably need to take a calcium supplement of 500-600mg, but decent levels of calcium can be found in the following foods: dairy products such as milk, yoghurt and cheese; dark-green, leafy vegetables like kale and broccoli; soy foods like soy milk and calcium-fortified tofu; and beans, including white and baked beans.

* **Ageing** As you age your body may reabsorb calcium and phosphate from your bones instead of keeping these minerals in them. This means your bones will become weaker and thinner.

* **Physical inactivity** Too little exercise increases your risk of osteoporosis.

"Physical exercise – specifically weight-bearing exercises like running, walking and dancing – is the only physiological way to stimulate bone formation, as it releases small electric currents on the bone surface that stimulate the osteoblasts' cells," Hough explains.

* **Gender** Osteoporosis affects women more than men – one in three women

and one in five men at the age of 50 will suffer a fracture of this nature in their remaining lifetimes, Hough says.

This is because women's bones have less tissue than men's, and they generally have smaller frames and less bone mass.

* **Size** If you have a small frame or are very thin you might have insufficient bone mass to cope with ageing.

* **Nutrition** Your diet is important as a low dietary intake of minerals like calcium, protein and other necessary key elements for bone development can result in rapid bone mineral loss.

Poor nutrition and reduced muscle strength caused by eating disorders can lower bone strength, and a low body weight can reduce oestrogen levels which can also reduce bone strength.

* **Hormones** During bone growth oestrogen is needed for proper closure of the growth plates in females and males. In young bones, oestrogen deficiency leads to increased osteoclast (the ones that break down the bone cells) formation and enhanced bone resorption.

This is why bone loss dramatically increases in women at menopause. Low testosterone levels can also cause a loss of bone mass in men.

* **Tobacco and alcohol** Too much of either of these can weaken your bones.

Both oestrogen and testosterone are regarded as our bones' protective hormones, and smoking suppresses both these sex hormones in women and men.

Too much alcohol (more than two alcoholic drinks per day) is directly toxic to bone-building osteoblasts and it makes

you lose calcium through your urine.

* **Medical conditions** Various disorders such as Crohn's disease (an inflammatory bowel disease), celiac disease (an autoimmune disorder) and Cushing's disease (when you have too much of the hormone cortisol in your body), as well as stomach and weight-loss surgery, can affect your body's ability to absorb calcium.

* **Medication** Some medications may have side effects that directly weaken bone or increase the risk of fractures due to falls. These include antiretroviral therapy, glucocorticosteroids (for things like asthma and arthritis), excessive thyroid hormone treatment, aromatase inhibitors (used in the treatment of breast cancer), and some steroid hormones, immunosuppressants, anti-convulsants and anti-epileptic drugs.

* **Race and family history** Although osteoporosis is still more common in people of white, mixed or Asian races, a few local studies have shown the black population has exactly the same bone density as other races.

"In South Africa, with our diverse population groups, we know that osteoporosis can occur in all race groups," Hough says. "Hip fractures may occur less in our black population, but osteoporosis in the spine and subsequent spine fractures seem to occur equally in all race groups."

Genetics plays an important role in your peak bone mass and the rate of bone loss as you age. If one of your parents or grandparents has had a broken bone, especially a broken hip, you're at higher risk of osteoporosis. ■

BY THE NUMBERS

300

The estimated number of bones babies are born with

206

bones in a human adult – some bones present at birth fuse together



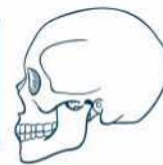
27

bones in a human hand, including the wrist



26

bones in the human foot



22

bones in the skull, including 14 in the face

14%

of an adult's total body weight is bones

**ASK
SIS
DOLLY**



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

I DON'T KNOW HOW TO HANDLE MY TEMPER

Q I'm a 23-year-old mom with one child. I have low self-esteem, seem to get angry easily and struggle to forgive quickly. Now the father of my child has dumped me and I'm finding it very hard to carry on. Please help me.

DB, SMS

A It's commendable that you're able to recognise your shortcomings because when you don't know what the problem is you can't do anything about it. You know that your temper is problematic, so now you can start working on it so it doesn't end up affecting every sphere of your life.

Sometimes things we go through as children affect us as adults. Your anger, unwillingness to forgive and low self-esteem might stem from past experiences. But that doesn't mean you have to always subject other people to your anger.

It has already affected your relationship and it will soon affect your child, who may then grow up bitter and angry because of you.

I suggest you see a counsellor so you can work through your issues. Once you've done this you'll feel better and then maybe you can talk to the father of your child about getting back together. But it's important to deal with what's going on with you first.

If he isn't willing to try again, don't despair. You're young and can have another fulfilling relationship. Just make sure you keep up regular contact between the father and child.

You can contact LifeLine on 011-728-1331 or The Family Life Centre on 011-788-4784 to set up a counselling session.

THE TRUST IS GONE

Q I'm a 21-year old woman and my guy is 24. We met in 2014 and I became pregnant in 2015. After that he decided to pay lobola and I moved in with him.

Last year I found out he was cheating on me with his colleague and he said it was a mistake. I love him so I forgave him, but every time he leaves for work I get the feeling he's going to see her. That makes me angry and sometimes I shout at him when I think about his affair. How can I get over what he did?

HURT, SMS

A Trust is very fragile and once it is broken it's a mammoth task to repair

it. You've been hurt by someone you loved and trusted so it will take time for you to completely heal from this.

Your partner needs to be on board with you on the journey to recovery.

It was his betrayal that damaged the relationship and he shouldn't think that just saying "Sorry, it was a mistake" is enough to get things back to normal.

I suggest you talk to your partner about your fears and anxieties so he knows exactly how you're feeling. This is going to take time and patience. And remember, forgiveness is about moving on even though you know the truth.

'The child supplies the power but the parents have to do the steering'

- BENJAMIN SPOCK, AMERICAN PAEDIATRICIAN AND BEST-SELLING AUTHOR ON BABIES AND CHILDCARE

MY ADULT KIDS BEHAVE LIKE BABIES

Q I'm so worried about my kids. They're all grown up – they're 27, 29 and 32 – but they still behave like babies. Not one of them is married or even in a good relationship, even though my girl and eldest boy have children.

And they don't have good jobs – sometimes they don't work at all. They seem to prefer parties to the workplace. What can I do to get them back on the right track?

CONCERNED, EMAIL

A As parents we sometimes feel like we've failed when our adult children just don't seem to reach the independence milestone.

If you've put a roof over their heads, food on the table and

clothes on their backs as they grew up, you've done your part. You've also made sure they got an education and instilled values in them.

They're adults now and should fend for themselves. I suggest you talk to them about the future and indicate your concerns to them. Be gentle and don't label them as disappointments.

They should be living in their own places and looking after or starting their own families soon. If they keep staying in your house it could very well cause problems when you are gone. They might end up fighting for ownership of the house.

If you haven't done it already, you should think about drawing up a will. ■

DON'T MISS OUT

FOR FOODIES



DRUM Food

This is a great gift for friends who love to entertain. It has 110 great dishes to try out – there's amasi fritters, sticky ribs, chicken feet pot and Oreo cheesecake. Mmm! These recipes are so good you'll want to get your own copy too!

PRICE: R32

FOR THE KIDS



DRUM Homework Done

Why not give primary school learners a head-start on school projects and homework with this magazine? The informative issue includes 29 curriculum-relevant articles with colourful pictures to get kids learning.

PRICE: R39

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2  

Call or email Johan Terblanche at 021-406-4962 or johan.terblanche@media24.com

3  **mysubs**

In digital format at mysubs.co.za

FOR THAT SPECIAL OCCASION



DRUM Hope's Food

Aspiring master chefs will love this magazine. It's packed with 97 tasty recipes to hone their culinary skills. There's pulled pork bunny chow, dukkah lollipop chops with mashed potato or tea-infused truffles and more. And as an added gift, why not offer to taste the end product. Yum!

PRICE: R29,95



DRUM Hair

No pamper pack is complete without a copy of the award-winning DRUM Hair. The magazine is filled with the latest trends, advice and step-by-step guides to inspire that perfect look.

PRICE: R47



DRUM Weddings

Give a bride-to-be the gift of expert advice for planning her dream day. This magazine has all the inspiration for a gorgeous traditional ceremony or a fresh take on a white wedding.

PRICE: R50

The magazines that are not on shelf are on sale at mysubs.co.za or can be ordered from Johan Terblanche on 021-406-4962 or johan.terblanche@media24.com



HELPING THEM GRIEVE

One in five South African children experiences the death of a parent. Experts explain how you can help a child come to terms with their loss

BY DEBORAH HERD

WHEN her mom died suddenly in a taxi accident, 13-year-old Xolisa Ngcobo* felt a devastating loss. Fortunately, her grandmother was able to step in and Xolisa went to stay with her.

"I really missed my mom and it took me some time to settle in, but my grandmother was there for me," Xolisa says. "She was my rock."

Sadly, tragedy struck again not long after Xolisa moved in – her grandmother passed away too. Xolisa went to live with her other grandmother, but the double loss was more than she could handle.

"I felt empty and alone," she says. "Life just didn't seem to have any purpose."

Xolisa began isolating herself from friends and family. Then, through school, she met Zanele Banisa, a facilitator with Khululeka Grief Support.

Zanele sensed that Xolisa didn't know how to express herself.

"We used some of our activities to help Xolisa look at her thinking patterns and to identify her support network," Zanele says. "She was then able to identify and express her emotions."

Xolisa says she often cried in the sessions but the opportunity to talk to Zanele made her feel "found" again.

"Having a safe space where I was allowed to let go and feel was exactly what I needed," she says.

Here are some ways to help a child come to terms with loss.

1 MAINTAIN ROUTINE

Figure out the child's routine and stick to it. "The younger the child – babies included – the more important this is. Even when a child doesn't understand death, it's important to keep a routine in place," Khululeka director Deborah Diedericks says.

Children do things at a specific time in a certain way, so someone needs to step in to maintain that. If a child loses a primary caregiver they experience a "broken attachment", she says.

The best way to stop this happening is for someone to fill the gap. Then a child learns that when things go wrong other people will be there.

"If that doesn't happen, they learn that when things go wrong they get left behind. This has a profound developmental impact," Diedericks says.

Try to stick to a routine and introduce changes gradually.

2 BE CONSISTENT AND HONEST

A child will ask different people what happened to their parent. Make sure everyone tells the same story.

"Children know death is a painful subject, but not allowing them to talk adds to their suffering and confusion," says Banisa. "Children need honest an-

COMMON RESPONSES TO GRIEF

These are a child's normal responses for the first year following the death of someone close to them and should gradually become less intense and less frequent. If any of these persist for longer than a year or don't gradually get better, seek professional counselling.

- * Loss of concentration leading to school and learning problems
- * Too concerned with processes. How? Why?
 - * Repetitive questioning
 - * May act as if nothing has happened
 - * May pretend the person is alive
- * General distress and confusion.

swers. If a parent died violently, stick to the truth without giving all the details. For example, say, 'A cruel man hurt mummy and she died.'

Young children understand things literally, so avoid euphemisms like 'gone to sleep'. If you don't tell them the truth they'll hear it from someone else or make up their own story, which could be worse. Sometimes adults think children need to be protected and a child is relocated to live with a relative without knowing why.

When six-year-old Babalwa Zulu's* mother died her family sent her to live with her grandmother in the Eastern Cape.

"Babalwa was 12 before she found out her mother had died," says Diedericks.

She thought her mother didn't want her anymore and had sent her away. "Abandonment is considerably harder to cope with than death," says Diedericks. "And in Babalwa's mind, her mother had given her away."

3 GIVE CHOICES AND CAUSES

Explain what a funeral is and, if the child is old enough to understand, ask if they want to attend. Let them decide. Try to help them understand, according to your beliefs, where the person who has died is now.

Make sure the child knows that their parent isn't coming back and that the funeral is when people say goodbye. Explain what will happen during the funeral and afterwards regularly ask if they would like to visit the grave.

4 MODEL APPROPRIATE BEHAVIOUR

It's okay for you to cry and for a child to see you crying. Hiding your emotions is not healthy for anyone.

Be honest about how you're feeling, but find a middle ground. Crying to the point that you are no longer functional – you stop feeding the child or stop doing chores – is not modelling good behaviour.

"The child will learn that when things go wrong, things stop working," Diedericks says. "Show sadness and talk about the person who died and bring them into conversations. 'Your mother would have loved that dress' or 'I wish your mother

was here to celebrate your birthday.'

"If you don't show them how to behave, they will come up with less appropriate ways to cope with their grief."

5 EACH DAY IS DIFFERENT

Some people think that during the grieving process a person moves through different stages with each day being better than the last. But grief doesn't follow a sequence or last a certain amount of time. It's therefore important to allow a child to grieve in their own way.

British paediatrician Dr Richard Wilson, who worked closely with bereaved parents who'd lost a child through Sudden Infant Death (SID), devised the Whirlpool of Grief to try to help people understand their feelings better.

"You're in a boat with your family meandering down the river of life. At some point the bottom falls away and the boat tumbles down a waterfall. You all fall out of the boat and someone dies.

"As you reach the bottom of the waterfall you hit the whirlpool of grief. You're gasping for breath, hardly able to keep your head above water. You go round and round in shock, in denial, not believing.

"At some point you end up on the rocks, battered and bruised and feeling as though you aren't in your own life. You think you aren't going to survive. But then, at some point, which varies for everyone, you find yourself back in the boat. There are other people in the boat and, for a moment, you think you may survive.

"Then, for no reason, you fall out of the boat and are back on the rocks – it may be a birthday, an anniversary, the first Christmas, no reason, but you are as crushed as before.

"Eventually you manage to get back into the boat and continue along the river of life. The boat doesn't contain the same people but there are people in it – some from before and others that are new. You are back on the journey of life. Eventually, you find calm waters."

6 HELP THE HEALING PROCESS

There are various activities that can help a child process grief and heal.

* **Create a memory box** containing tangible memories – like a scarf or ring – of the person who died, or cut out images from a magazine that are reminders. This is useful for all ages and particularly if a parent died when the child was a baby.

* **Build a memorial** by making a collage using all kinds of objects around the house, including images. This is helpful for all ages from three upwards.

* **Draw a freedom bird.** When someone dies, we all wish we had told them certain things. A child feels the same way.

The freedom bird is an opportunity to write down what they wanted to say. Draw the outline of a bird and then write messages on it. Explain that the bird flies up and sits on the lap of the person who died, taking the messages to them. This is useful when a child can write.

* **Colour a stripy remembrance painting.** On a sheet of paper, draw lots of lines in different colours. Ask the child to cut holes in the lines for every person in their life who has died. The holes can be any shape and size. Let the child hold up the picture and see the gaps.

At this point, the child's life, like the picture, has a big hole with wind blowing through it. They feel incomplete and empty, but explain that they won't always feel that way. Give them another piece of paper to cut shapes to stick onto the back of the page covering the holes.

Like the picture, their lives will never go back to the way they were but the gaping holes will close up. They will still miss the person, but won't feel broken forever. This is helpful from ages four to 12. ■

*Not their real names.

SIGNS OF DISTRESS IN A CHILD

If a child shows any of these behaviours, try the activities in point 6 to help them process their grief. Make sure you build and maintain a relationship, meet the child's daily needs and keep communication channels open by talking about anything that scares them. If there's no sign of change, seek professional counselling.

- * Nightmares or disturbed sleep
 - * Aches and pains
- * Violent play and aggression
- * Feelings of vulnerability and helplessness
- * Attempts to take on the role of the parent who died.

YOUR MONEY SORTED

ALTERNATIVE INVESTMENTS

Art, jewellery and property can be lucrative markets if you do your homework

WONDERING whether to invest your money in things other than unit trusts and savings accounts? Here's what you need to know about alternative investment options.

IN THE NAME OF ART

If you've been thinking about dabbling in the art world, the same basic rules apply as with other investments – study the market, research artists, and ask for advice from people and companies that specialise in this area. By doing this you'll minimise your risk and improve the potential gains of your purchase.

When buying a work of art as an investment, consider the financial performance of the particular artist's work. If their works have become more popular and valuable over time, it's quite possible your capital gain will be positive.

Don't think only famous artists, such as Irma Stern and Gerard Sekoto, are worth investing in – only the fabulously rich can afford their work anyway. Pieces by young, emerging artists are more affordable and their value can increase nicely.

BEWARE Unlike traditional financial investments, investing in art isn't strictly regulated.

If, for example, the financial services company who handled your investment makes a mess of things you can report it to the relevant authorities. But it's not that easy to get your money back

if, for instance, you paid too much for a work of art.

Art isn't easily converted into cash when you need it. It's a niche market and before you can sell it, your piece of art will first have to be exhibited and then auctioned.

2017 ART IN NUMBERS

20%

The percentage by which the turnover of art auctions worldwide has risen

19th

SA's spot on the list of the top 20 countries worldwide with the highest turnover at art auctions

R388 million

The estimated turnover at local art auctions

SOURCE: ARTPRICE.COM

ALL THAT GLITTERS

When it comes to jewellery, there's a difference between the retail value (what you pay when you buy it) and the resale value.

Let's say you bought a gold bangle. If you resell it to a jeweller, you'll probably only be paid for the value of the smelted metal because they'll use it to make something else.

Some jewellers might offer to sell your jewellery on your behalf and display it in their shop – but then they'll probably take a

percentage of the selling price as commission.

Heirlooms and expensive, unique pieces that are known for the workmanship of the designer and jeweller can be auctioned by art and design auctioneers such as Stephan Welz & Co. These types of auctioneers employ experts to appraise jewellery.

Always keep your proof of purchase and have your jewellery appraised by a reputable jeweller. Do this even if you're not planning to sell, as you'll need the information for insurance purposes.

SAFE AS HOUSES?

Although it's true you can increase the value of your property through renovations and improvements, it's important to bear in mind your property's value is first and foremost determined by the area and the value of the surrounding properties, says Samuel Seeff of Seeff Properties.

If you do decide to have work done on the property, what would your money be best spent on? Expenses such as good maintenance and neatness – from the paving to the roof – should increase its market price.

Seeff says most prospective buyers aren't DIY-oriented and generally don't have the time or inclination to make improvements. A beautiful kitchen and bathroom, neat flooring and lots of built-in cupboards will definitely count in your favour.

In SA a patio with a braai area is

TIP

Don't put all your eggs in one basket. It's a bad idea to invest all of your pension or inheritance in artwork, jewellery or your home – rather diversify your assets.

also a desirable feature.

BEWARE Don't overcapitalise.

Do a cost estimate of your planned improvements then work out if it's worth the money.

If your improvements raise the value of your home to higher than those of surrounding homes, you're not likely to recoup the costs if you decide to sell one day.

For example, it's a bad idea to build six bedrooms with bathrooms en-suite in a house in a neighbourhood where all the other homes have three bedrooms and two bathrooms, as surrounding properties affect the resale value and perceived value of your home.

GET HELP HERE

- ▶ Information about valuations and auctions of local art and jewellery: straussart.co.za and stephanwelzandco.co.za
- ▶ Tips on renovations and upgrades: property24.com
- ▶ The global art market: artprice.com

FOR PETE'S SAKE

Bob goes to see his friend Pete, a farmer. He finds Pete in his barn and dancing naked around his tractor.

"What are you doing, Pete?" Bob asks.

Pete stops dancing and says, "My wife has been ignoring me lately so I talked to my psychiatrist about it. He said I needed to do something sexy to a tractor."

DEEP LOVE

Why did the fish blush?

Because it saw the ocean's bottom.

END OF THE ROAD

A blonde and a brunette are on a road trip. The brunette is driving and the blonde is in the passenger seat.

As they're going down a steep mountain pass the brunette realises the car's brakes have stopped working. She tells the blonde if they can't slow down they are going to career off the side of the mountain.

"Don't worry!" the blonde says.

"There's a stop sign ahead!"

NOT-SO-GOOD NEWS

Tom goes to see his doctor for a check-up. After examining him the doc announces, "I have good news and bad news."

"Give me the good news, doc," Tom says.

"The good news is, you have 24 hours left to live."

"What!" Tom exclaims. "That's the good news? So what's the bad news?"

"The bad news is I should've told you yesterday."

NATURE'S WAY

A child goes to his father and asks, "Dad, how do parents think of names for their children?"

"Well, son" his father replies, "the night before the mother gives birth

HOUDINI DO IT?
At one stage the famous escape artist Houdini used a trap door in every show he did. You could say it was a stage he was going through.

the father goes into the woods for the night. When he wakes the following morning, the first thing he sees is what he names his child. That's why your sister is Soaring Eagle. Why do you ask, Buck Poop?"

CONTROL ISSUES

Three friends are having a few beers in a pub. Two of them are talking about the amount of control they have over their wives, while the third remains quiet.

After a while one of the first two turns to the third guy and asks, "Well, what about you?"

"I'll tell you," the third fellow replies. "Just the other night my wife came to me on her hands and knees."

The first two guys are amazed. "What happened then?" they ask.

"She said, 'I can see you hiding under that bed. Now come out of there and fight like a man.'" ■

SOURCES: LAUGHFACTORY.COM, LAFFGAFF.COM, ACADEMICTIPS.ORG, LAUGHFACTORY.COM, LAFFGAFF.COM



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Making it easier for you

TAURUS

20 Apr – 20 May
Your personal year is drawing to a close, making it a good week to put the demands of the material world on the back burner and give thought to your expectations for the year ahead. You may want to identify the failures of the past year and figure out how to avoid them again. It's also an apt time to pinpoint your achievements and build on them.
YOUR LUCKY NUMBERS
43, 52, 3, 51, 32, 22

GEMINI

21 May – 20 Jun
Mercury starts its forward motion this week – music to the ears of a busy Gemini. You can also look forward to open communication channels. Whether you want to clinch a business deal, smooth-talk your way out of a difficult situation, network or get your viewpoints across your gift of the gab should stand you in good stead.
YOUR LUCKY NUMBERS
50, 24, 35, 22, 31, 19

CANCER

21 Jun – 21 Jul
This could be an exciting week, especially in your professional life. Unexpected changes may break a dull routine, interesting projects may find their way to your inbox or stimulating people may cross your path. On the downside, unforeseen circumstances can interfere with making headway with your goals.
YOUR LUCKY NUMBERS
28, 47, 6, 44, 7, 39

LEO

22 Jul – 22 Aug
The scene is set for an educational week, which makes it a good time to exercise your brain cells. You may want to further your studies, enhance your professional life or delve into a subject of



ARIES

21 MAR – 19 APR

With the sun moving through your sign, it's time to make hay while it shines. You may want to chase an innovative career goal, get your body into first-rate shape or start a brand-new project. Mercury turns direct in Aries this week – signalling a period of smooth operations. However, making hasty changes can bring about more than you've bargained for so take care.
YOUR LUCKY NUMBERS
29, 32, 50, 14, 2, 52

FAMOUS ARIES



KOURTNEY KARDASHIAN
18 APRIL

PROVERB
12 APRIL

LUCAS RADEBE
12 APRIL

SLIKOUR
13 APRIL

JP DUMINY
14 APRIL

JERRY MOFOKENG
17 APRIL

FINE-TUNED AND OFF-KEY ARIES

- * At best Aries is honest.
- * A Ram is a doer rather than a talker.
- * Fine-tuned Aries is positive and enthusiastic.
- * A switched-on Aries is a brave soul.
- * At worst, Aries is irritable and intolerant.
- * An off-key Ram gets angry when beaten at a competition.
- * An argumentative Ram is completely out of tune.

personal interest. Mercury should smooth the way for intellectual pursuits. You may also stumble upon a few exciting discoveries.
YOUR LUCKY NUMBERS
50, 9, 4, 17, 48, 36

VIRGO

23 Aug – 22 Sep
Mercury starts its forward motion this week, which could have positive spin-offs. Things should progress according to plan – whether you're trying to get on top of a demanding work schedule, wanting to get your home and garden in a perfect condition or giving it your best shot at sticking to a healthy lifestyle regime.
YOUR LUCKY NUMBERS
37, 11, 38, 30, 34, 5

LIBRA

23 Sep – 22 Oct
Mercury, master of the tongue, starts its forward motion in your love horoscope this week, good news for a Libra who prefers open communication channels

with the love of his/her life. It's a good week to talk about compromises. Guard against tipping the scales towards the end of the week – a time when overindulgence can cause damage to your waistline.
YOUR LUCKY NUMBERS
41, 14, 1, 8, 45, 21

SCORPIO

23 Oct – 21 Nov
Since it's a week where you may have to contend with people trying to put pressure on you, your self-control will probably be put to the test. Although your innate resilience should pull you through it may nevertheless be a stressful time. Unforeseen happenings at the workplace could either be disruptive interferences or bring about exciting changes.
YOUR LUCKY NUMBERS
46, 23, 40, 2, 42, 51

SAGITTARIUS

22 Nov – 20 Dec
Mercury, orator and scribe of the zodiac,

resumes its forward motion in a compatible fire sign this week. If misunderstandings caused some havoc of late it's a good time to try to make amends. The danger of not knowing when enough is enough lurks towards the end of the week. Try to keep this in mind – whether you're on a shopping spree or teasing friends.
YOUR LUCKY NUMBERS
13, 26, 25, 18, 33, 10

CAPRICORN

21 Dec – 20 Jan
If you've had trouble lately with technology letting you down or domestic appliances going faulty, the state of affairs is likely to improve. It's a week where you might like to spend some time at home. Home is your haven – whether you want to organise your study, make your garden more water-wise, do maintenance jobs or just chill out on the couch.
YOUR LUCKY NUMBERS
20, 29, 52, 15, 27, 41

AQUARIUS

21 Jan – 18 Feb
It's a week full of surprises, for better or for worse. If you're somewhat set in your ways you may get pushed out of your comfort zone. Try to be open to new ideas and different experiences. It's a week where you may surprise yourself and blow others away with breakthroughs or inventions.
YOUR LUCKY NUMBERS
51, 49, 12, 16, 7, 3

PISCES

19 Feb – 20 Mar
All eyes are on your finances and what's more, commercial Mercury is starting its forward motion so make hay while the sun shines. If you feel somewhat overwhelmed by fiscal facts and figures you may want to consult with a professional financial adviser. Either way, try not to waste the opportunity for a positive impact on your cash flow.
YOUR LUCKY NUMBERS
42, 38, 43, 17, 15, 1

WHAT DO YOU KNOW? TAKE OUR QUICK QUIZ

- 1 Who won American Idol season 1?
A. Jordin Sparks
B. Kelly Clarkson
C. Phillip Phillips
D. Carrie Underwood
- 2 The capital of Cameroon is ...?
A. Yaoundé
B. Ouagadougou
C. Asmara
D. Accra
- 3 Which Australian cricketers recently admitting to ball-tampering claims?
A. Mitchell Starc and David Warner
B. Steve Smith and Cameron Bancroft
C. Shaun Marsh and Josh Hazlewood
D. Nathan Lyon and Mitchell Marsh
- 4 The the best airport in Africa is ...?
A. George
B. Durban
C. Cape Town
D. Joburg
- 5 Which social-media site is involved in a data-privacy scandal?
A. Instagram
B. Tinder
C. Facebook
D. Vine
- 6 Singer Jennifer Ferguson opened a rape case against ...?
A. Brickz
B. Moses Sithole
C. Danny Jordaan
D. Jimmy Maketta
- 7 If you're spheksophobic you're afraid of ...?
A. Wasps
B. Round shapes
C. Numbers
D. Speckled eggs
- 8 ... has been named airline of the year.
A. Etihad Airways
B. Qatar Airways
C. British Airways
D. Emirates
- 9 A group of oxen is called a ...?
A. Burden
B. Yoke
C. Colony
D. Field
- 10 Who recently got a fashion icon award for her four-decade catwalk career?
A. Naomi Campbell
B. Kate Moss
C. Tyra Banks
D. Cindy Crawford
- 11 The 2018 WesBank SA car of the year is ...?
A. Opel Astra
B. Alfa Romeo Giulia
C. Volvo S90
D. Porsche Panamera
- 12 Which T20 cricket spectacle recently started?
A. Indian Premier League
B. Cricket World Cup
C. Momentum Cup
D. Sunfoil series
- 13 Who is the current rugby Six Nations Championship holder?
A. England
B. France
C. Ireland
D. Scotland
- 14 What is the only bird that can fly backwards?
A. Vulture
B. Hummingbird
C. Sparrow
D. Penguin



INSTAGRAM/FEARBACKCOFFEE

- 15** Which award-winning SA artist was second on Forbes Africa's list of top 10 most-bankable musicians on the continent?
A. Cassper Nyovest
B. Oliver Mtukudzi
C. Akon
D. Black Coffee

ANSWERS
1B, 2A, 3B, 4C, 5C, 6C, 7A, 8D, 9B, 10A, 11D, 12A, 13C, 14B, 15D

SPOT THE DIFFERENCE

HOW TO PLAY
There are seven differences between these two pictures of Rebecca Malope and Lebo Sekgobela. Can you find all of them?



LIBRARIO LESOLE

Programme information is supplied by the broadcasters. Schedules are subject to change at short notice.



GENERATIONS: THE LEGACY

Things finally seem to be looking up for Getty. Lesedi confronts Jason. Lucy (MANAKA RANAKA) is stunned by Mrekza's revelation. An angry villager demands to see Mazwi. Brandon doesn't deal well with an emotional situation. Cosmo's innocent advice leads to disaster. Sphe and Nandi are taken hostage.



SCANDAL!

A murderous threat pushes someone to the dark side. Phindile (PRETTY NCAYI-YANA) is on the receiving end of cold treatment. A young man reveals his true nature to a friend. A secret witness tries to leverage his knowledge into a new business venture. A businessman must make a difficult choice and could lose something dear to him.



ISIDINGO

Benjamin is worried about how much influence Gabriel (AUBREY POO) has over Sechaba. MmaKgosì begins working at the Rec. Gatanga tells Morongwa no amount of muthi will make her bad luck go away - she needs to repent. Nina's on the back foot in both her business and personal life, but someone helps out by making a huge sacrifice for her.



MUVHANGO

Rendani is summoned to Thathe in the middle of the night. James (DINGAAN MOKEBE) shows the Zikalalas he's a force to be reckoned with. Vho-Makhadzi announces the new regent. Hangwani gives Vho-Masindi a piece of her mind. Gugu faces yet another disappointment. Imani is up to something sinister.



RHYTHM CITY

Mampfo suffers the consequences of taking the law into her own hands. Zolani's (MALUSI MBELE) life is threatened. Cuba receives a surprising gift. Public pressure mounts over Rene's disappearance. Bongsi makes an unexpected decision that Bash doesn't like. Madi-kgetla accuses David of misleading the police.

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

THURSDAY 12 APRIL

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
<p>09:00 Bin Kuch Kahe 09:30 Santa Diabla aka Broken Angel 10:30 □ Days of Our Lives 11:30 □ Rhythm City 12:00 □ Scandal! 12:30 To be announced 13:00 eNews 13:30 House 14:30 2 Hands 14:35 Cool Catz 15:00 Monchichichis 15:15 Alvin and the Chipmunks 15:30 Regal Academy 16:00 Craze World Live 16:25 Just for Laughs 16:50 Judge Judy 17:15 Days of Our Lives 18:00 Unusual Suspects 19:00 □ Rhythm City 19:30 □ Scandal! 20:00 eNews 20:30 The Heat 22:55 Change of Heart Romance. A TV producer decides to focus her show on a charming B&B without revealing her identity. Leah Pipes, Rick Malambri. 85 min. 2016. PG13.</p>	<p>09:00 □ □ Muvhango 09:30 □ Skeem Saam 10:00 □ Izoso Connexion 10:30 □ Daily Thetha 11:30 □ Fanbase 12:00 □ Sport 13:00 LUNCHTIME NEWS 13:30 YoTV 14:00 Now or Never 14:30 Teenagers on a Mission 15:00 To be announced 15:30 YoTV 16:30 □ Daily Thetha 17:30 □ News 18:00 Mi Kasi Su Kasi 18:30 Skeem Saam Local drama series. Celia and Rachel have a massive fallout. 19:00 □ News 19:30 Throwback Thursday 20:00 Generations: The Legacy 20:30 Uzalo Local drama series. MaNgqobo's happiness is in jeopardy. Nkunzi comes clean to Mxolisi. 21:00 One Day Leaders 22:00 □ Yilungelo Lakhoh 23:00 Daily Thetha</p>	<p>09:00 It Only Hurts When I Laugh 09:30 Dinosaur Train 10:00 □ Leihlo La Sechaba 10:30 Grand Masters 11:00 □ It's for Life 11:30 □ Keeping Score Double bill. 12:30 Jikulumessu: Open Your Eyes Wide 13:00 ▣ □ 7de Laan 13:30 □ Uzalo 14:00 □ Skeem Saam 14:30 □ Muvhango 15:00 What About Mimi? 15:30 Words and Numbers 16:00 Hectic Nine-9 17:00 Naruto 17:30 □ News 18:00 □ 7de Laan 18:30 ▣ Nuus 19:00 ▣ Musiek Roulette 20:00 □ News 20:30 □ Ngula Ya Vutivi/ Zwa Maramani 21:00 □ Muvhango 21:30 Speak Out 22:00 When Duty Calls 22:30 Snapped: Killer Couples</p>	<p>09:00 □ Real Talk with Anele 10:00 □ Bold & Beautiful 10:30 ▣ □ 7de Laan 11:00 □ Isidingo 11:30 □ □ Muvhango 12:00 □ Relic Hunter 13:00 News 13:30 Africa News Update 14:00 Hollywood News 14:15 Zoom In 14:30 □ Rustic Chakula 15:00 □ The Hostess with Lorna Maseko 15:30 □ #WTF!TUMI 16:30 Afternoon Express 17:30 Bold & Beautiful Soapie. Brooke urges Ridge to give Coco a chance. 18:00 News 18:02 Real Talk with Anele 19:00 Isidingo 19:30 □ Thula's Vine 20:30 □ The Scoop 21:00 News 21:30 #WTF!TUMI Talk show. 22:30 Base 3 03:30 □ The Rookies 04:30 Deutsche Welle News</p>	<p>09:00 □ The Flash 10:00 □ American Housewife 10:30 □ MasterChef Australia 11:30 □ Big Bang Theory 12:00 □ Young Sheldon 12:30 □ Close Up with the Hollywood Reporter 13:30 □ Carte Blanche 14:30 □ Chicago Med 15:25 □ SEAL Team 16:15 □ Superior Donuts 16:45 DC's Legends of Tomorrow 17:45 MasterChef Australia 19:00 NCIS: Los Angeles Action series. The team organises a rescue mission for Helty. 20:00 SWAT 21:00 Suits 22:00 A Very English Scandal 23:00 To be announced 00:10 Late Late Show with James Corden 01:10 □ Homeland 02:05 □ Philip K Dick's Electric Dreams 03:00 □ Lucifer</p>	<p>08:00 Lokshin Bioskop: Noah 10:00 □ The Queen 10:30 □ Isithembiso 11:00 □ The Doctors 12:00 □ Ring of Lies 12:30 □ Isibaya 13:00 □ The Queen 13:30 □ Isithembiso 14:00 Lokshin Bioskop: How I Met My Husband 15:30 The Doctors 16:30 Hot Bench 17:00 The Talk 18:00 Lokshin Bioskop: Imbali 19:00 Ring of Lies 19:30 Isithembiso 20:00 Living the Dream with Somizi 20:30 Isibaya Local drama series. Gondi and Duma realise they've been played by Ngwebedla. 21:00 The Queen 21:30 Ultimate House Party 22:30 Owami 23:30 □ Vernac Attack 00:00 □ The Doctors</p>



HIGHLIGHTS OF THE DAY

SWAT (M-NET 20:00) Action series. Hondo (SHEMAR MOORE) and Jessica's affair is discovered by the police commission's president.

THE HEAT (E.TV 20:30) Comedy. A by-the-book FBI agent teams up with a foul-mouthed, rule-breaking detective to bring down a ruthless druglord. Sandra Bullock, Melissa McCarthy. 117 min. 2013. 16.

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<p>09:00 Bin Kuch Kahe</p> <p>09:30 Santa Diabla aka Broken Angel</p> <p>10:30 Days of Our Lives</p> <p>11:30 Rhythm City</p> <p>12:00 Scandal!</p> <p>12:30 To be announced</p> <p>13:00 eNews</p> <p>13:30 Jackie Chan Adventures</p> <p>14:30 Spooky Buddies</p> <p>16:15 Frenzy</p> <p>16:50 Judge Judy</p> <p>17:15 Days of Our Lives</p> <p>18:00 Unusual Suspects</p> <p>19:00 Rhythm City</p> <p>19:30 Scandal!</p> <p>20:00 eNews</p> <p>20:30 A Good Man</p> <p>Action. An ex-special ops soldier working as a handyman is dragged into in a war between rival Chinese and Russian gangs. Steven Seagal, Victor Webster. 102 min. 2013. 16VLN.</p> <p>22:35 Pitch Black</p> <p>00:45 Taken in Broad Daylight</p> <p>02:30 Tornado Warning</p> <p>04:05 Action Zone</p> <p>04:35 The Soul Man</p>	<p>09:00 Muvhango</p> <p>09:30 Skeem Saam</p> <p>10:00 Izoso Connexion</p> <p>10:30 Big Up</p> <p>11:00 Throwback Thursday</p> <p>11:30 Live Amp</p> <p>12:00 Imizwilli</p> <p>13:00 Lunchtime News</p> <p>13:30 YoTV</p> <p>14:00 Selimathunzi</p> <p>14:30 Teenagers on a Mission</p> <p>15:00 To be announced</p> <p>15:30 YoTV</p> <p>16:30 Daily Thetha</p> <p>17:30 News</p> <p>18:00 Stumbo Stomp</p> <p>18:30 Skeem Saam</p> <p>Local drama series. MaNtuli learns Clement is being ignored in the classroom.</p> <p>19:30 Live Amp</p> <p>20:00 Generations: The Legacy</p> <p>20:30 Uzalo</p> <p>21:00 Shakespeare in Mzansi: Dreamworld</p> <p>22:00 End Game</p> <p>23:00 Mzansi Insider</p> <p>00:00 Keze Kuse</p>	<p>09:00 It Only Hurts When I Laugh</p> <p>09:30 Dinosaur Train</p> <p>10:00 Speak Out</p> <p>10:30 Raising Babies 101</p> <p>11:30 Afro Café</p> <p>12:30 Jikulumessu: Open Your Eyes Wide</p> <p>13:00 7de Laan</p> <p>13:30 Uzalo</p> <p>14:00 Skeem Saam</p> <p>14:30 Muvhango</p> <p>15:00 What About Mimi?</p> <p>15:30 Cave Quest</p> <p>16:00 Hectic Nine-9</p> <p>17:00 Disney's Ant Farm</p> <p>17:30 News</p> <p>18:00 7de Laan</p> <p>18:30 News</p> <p>19:00 Red Cake: Not the Cooking Show</p> <p>20:00 News</p> <p>20:30 Botho</p> <p>21:00 Muvhango</p> <p>21:30 Lesilo Rula</p> <p>22:00 Ditlabonyane Ke Ditlaboima</p> <p>22:30 Boxing Magazine</p> <p>23:00 The Challenge</p> <p>23:30 When Duty Calls</p> <p>00:00 SABC News</p>	<p>09:00 Real Talk with Anele</p> <p>10:00 Bold & Beautiful</p> <p>10:30 7de Laan</p> <p>11:00 Isidingo</p> <p>11:30 Muvhango</p> <p>12:00 Relic Hunter</p> <p>13:00 News</p> <p>13:30 Africa News Update</p> <p>14:00 Close Up</p> <p>14:30 Frankly Speaking with JJ Tabane</p> <p>15:00 The Scoop</p> <p>15:30 Trending SA</p> <p>16:30 Afternoon Express</p> <p>17:30 Bold & Beautiful</p> <p>18:00 News</p> <p>18:02 Real Talk with Anele</p> <p>19:00 Isidingo</p> <p>19:30 Eish! Saan</p> <p>20:00 Is That a Fact?</p> <p>21:00 News</p> <p>21:30 Rachel Getting Married</p> <p>Drama. A woman who's been in and out of rehab returns home for her sister's wedding. Anne Hathaway, Rosemarie Dewitt. 113 min. 2008. 16LS.</p> <p>23:30 Base 3</p> <p>03:30 The Rookies</p>	<p>09:00 DC's Legends of Tomorrow</p> <p>10:00 Man with a Plan</p> <p>10:30 MasterChef Australia</p> <p>11:40 NCIS: Los Angeles</p> <p>12:30 SWAT</p> <p>Action series.</p> <p>13:30 Dancing with the Stars South Africa</p> <p>15:55 SEAL Team</p> <p>16:45 Once Upon a Time</p> <p>17:45 MasterChef Australia</p> <p>19:00 American Idol</p> <p>Reality singing competition. Season 16 starts.</p> <p>21:00 American Idol</p> <p>22:00 Divorce</p> <p>Comedy series. After a successful sale Jackie proposes she and Robert team up for a house-flipping business, but he's not at all sure about the idea.</p> <p>22:30 Loudermilk</p> <p>23:10 Trial & Error</p> <p>23:40 High Maintenance</p> <p>00:15 Late Late Show with James Corden</p> <p>01:10 A Very English Scandal</p> <p>02:10 To be announced</p>	<p>08:00 Lokshin Bioskop: The Boy is Mine</p> <p>10:00 The Queen</p> <p>10:30 Isithembiso</p> <p>11:00 The Doctors</p> <p>12:00 Ring of Lies</p> <p>12:30 Isibaya</p> <p>13:00 The Queen</p> <p>13:30 Isithembiso</p> <p>14:00 Lokshin Bioskop: Finding Mr Right</p> <p>15:30 The Doctors</p> <p>16:30 Hot Bench</p> <p>17:00 The Talk</p> <p>18:00 Yobe</p> <p>18:30 WWE Raw</p> <p>19:30 Isithembiso</p> <p>20:00 Let's Eat with Siphokazi</p> <p>20:30 Isibaya</p> <p>Local drama series. Judas and Mkabayi face-off. The Ndlovus welcome a new member.</p> <p>21:00 The Queen</p> <p>Local drama series. Harriet is determined to save her daughter.</p> <p>21:30 Massive Music</p> <p>22:00 Ultimate House Party</p> <p>23:00 Abomama Bomthandazo</p> <p>00:00 The Doctors</p>



HIGHLIGHTS OF THE DAY

UZALO (SABC1 20:30) Local drama series. Nkunzi (MASOJA MSIZA) finds a way to make MaNgcobo submit to him. Mastermind makes a deal with Qhabanga. Thobile struggles at the salon.

TRIAL & ERROR (M-NET 23:10) Drama series. Josh tries to show the hostile jury what Larry is really like when they visit the crime scene inside the Henderson home.

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
<p>09:00 Disney's Elena of Avalor</p> <p>09:30 Scandal!</p> <p>Omnibus.</p> <p>11:20 To be announced</p> <p>11:45 Spooky Buddies</p> <p>13:30 eShibobo</p> <p>14:15 Treasure Buddies</p> <p>Family. A group of puppies goes on a treasure-hunting adventure. Voices of Tucker Albrizzi, Adam Alexi-Malle. 93 min. 2012. A.</p> <p>16:10 Spy Kids</p> <p>18:00 eNews Headlines</p> <p>18:05 GWR: Smashed</p> <p>19:00 eNews</p> <p>19:30 Brave</p> <p>21:25 Star Trek: Into Darkness</p> <p>Sci-fi. The crew of the starship Enterprise try to find a vindictive new enemy who's intent on destroying Starfleet. Chris Pine, Zoe Saldana. 132 min. 2013. PG13.</p> <p>00:05 Change of Heart</p> <p>01:45 Star Trek: Into Darkness</p> <p>04:10 All That Glitters</p> <p>04:35 eShibobo</p>	<p>09:00 Imizwilli</p> <p>10:00 Mzansi Insider</p> <p>Local breakfast show. The show reflects on home-grown talent, from celebrities to professionals to shining the spotlight on ordinary South Africans doing extraordinary things.</p> <p>11:00 Generations: The Legacy</p> <p>Omnibus.</p> <p>13:30 Soccer 411</p> <p>14:30 The Road to Russia</p> <p>15:00 Soccer (build-up)</p> <p>15:30 Laduma</p> <p>17:00 Roots</p> <p>18:00 Friends Like These</p> <p>Local game show. Each week an all-male team of friends competes against an all-female group of friends to win a dream holiday.</p> <p>19:00 News</p> <p>19:30 Real Goboza</p> <p>20:00 To be announced</p> <p>22:30 One Day Leaders</p> <p>23:30 Zaziwa</p> <p>Local talk show. Gives viewers a chance to know more about their favourite local celebs.</p> <p>00:00 Keze Kuse</p>	<p>08:30 House Call</p> <p>09:30 DTV</p> <p>Local magazine show. Featuring stories that inspire, empower and educate the deaf community.</p> <p>10:00 Botho</p> <p>10:30 Naruto</p> <p>Omnibus.</p> <p>13:00 Breaking New Ground</p> <p>13:30 Muvhango</p> <p>Omnibus.</p> <p>16:00 Agent Cody Banks 2: Destination London</p> <p>18:00 Mehlomadala</p> <p>18:30 News</p> <p>19:00 American Ninja Warrior</p> <p>20:00 News</p> <p>20:30 Mofereferere Lenyalong</p> <p>20:56 Lotto Draw: Live</p> <p>21:00 Born on the Fourth of July</p> <p>Biography. A paralysed Vietnam War veteran, who feels his country has failed him, becomes a political activist. Tom Cruise, Raymond J Barry. 145 min. 1989. 16VL.</p> <p>23:30 Swartwater</p>	<p>09:00 Disney's Jonas</p> <p>09:30 Bold & Beautiful</p> <p>Omnibus.</p> <p>12:00 Close Up</p> <p>12:30 Hollywood News</p> <p>12:45 Zoom In</p> <p>13:00 Amazing Race</p> <p>14:00 Wildlife Rescue Africa</p> <p>15:00 Tropika Island of Treasure</p> <p>16:00 Is That a Fact?</p> <p>17:00 Nqubeko Mbatha: Heaven's Ways</p> <p>18:00 News Highlights</p> <p>18:02 Top Billing</p> <p>19:00 Catch and Release</p> <p>Comedy. A woman mourning the death of her fiancé learns secrets that push her towards one of his friends. Jennifer Garner, Timothy Olyphant. 124 min. 2006. PG13.</p> <p>21:00 News</p> <p>21:30 Lions for Lambs</p> <p>Drama. A politician, a journalist and a college professor find their lives intertwined by two soldiers in Afghanistan. Tom Cruise, Meryl Streep. 92 min. 2007. 16.</p> <p>23:30 Base 3</p>	<p>09:05 Kerwhizz</p> <p>09:35 Once Upon a Time</p> <p>10:30 Ellen's Game of Games</p> <p>11:30 Arrow</p> <p>12:30 The Flash</p> <p>13:30 DC's Legends of Tomorrow</p> <p>14:30 Despicable Me 3</p> <p>Animation. Former supervillain Gru meets his long-lost twin brother, who wants to team up with him for one last heist. Voices of Steve Carell, Kristen Wiig. 89 min. 2017. PG.</p> <p>16:00 Man with a Plan</p> <p>16:30 Speechless</p> <p>17:00 The Middle</p> <p>17:30 American Housewife</p> <p>18:00 American Idol</p> <p>Double Bill.</p> <p>20:00 Riverdale</p> <p>Teen drama series. Jughead and Betty organise a welcome home party for FP's release.</p> <p>21:00 CHIPS</p> <p>22:45 Gomorrah</p> <p>23:55 Divorce</p> <p>00:35 Loudermilk</p> <p>01:15 Trial & Error</p> <p>01:45 High Maintenance</p>	<p>09:30 Lokshin Bioskop: Finding Mr Right</p> <p>Omnibus.</p> <p>13:30 Ring of Lies</p> <p>Omnibus.</p> <p>15:30 Lokshin Bioskop: Imbali</p> <p>16:30 Our Perfect Wedding</p> <p>17:30 Yobe</p> <p>18:00 WWE Smackdown</p> <p>Professional wrestling featuring World Wrestling Entertainment superstars.</p> <p>19:00 Living the Dream with Somizi</p> <p>19:30 Lokshin Bioskop: Umflokazi</p> <p>20:30 Mortal Kombat</p> <p>Action. Three fighters are summoned to a mysterious island to compete in a tournament. Christopher Lambert, Robin Shou. 101 min. 1995. PG13V.</p> <p>22:10 Lokshin Bioskop: Reflections</p> <p>Romantic drama. In the close-knit community of Ladysmith in KwaZulu-Natal two young people start a relationship after meeting in a taxi on their way home.</p> <p>23:40 Lokshin Bioskop: Urisho</p> <p>01:00 The Talk</p>



HIGHLIGHTS OF THE DAY

BRAVE (E.TV 19:30) Animation. A stubborn princess defies an old custom, unleashing a curse that brings chaos to her kingdom. Voices of Kelly Macdonald, Billy Connolly. 93 min. 2012. PG.

CHIPS (M-NET 21:00) Action. A rookie highway patrol cop teams up with a veteran who's investigating a heist involving crooked cops. Michael Pena, Dax Shepard. 100 min. 2017. 16VL.

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<p>09:00 AI Football GGO</p> <p>09:30 ShizLive</p> <p>10:00 <input type="checkbox"/> Rhythm City Omnibus.</p> <p>12:00 <input type="checkbox"/> Omang: Who Are You?</p> <p>12:35 <input type="checkbox"/> Mahadi-Lobola</p> <p>13:05 <input type="checkbox"/> The Brave</p> <p>15:05 <input type="checkbox"/> Brother Bear</p> <p>16:50 <input type="checkbox"/> Sinawe</p> <p>17:00 <input type="checkbox"/> Biggest Loser USA</p> <p>18:00 <input type="checkbox"/> eNews</p> <p>18:05 <input type="checkbox"/> eKasi: Our Stories</p> <p>19:00 <input type="checkbox"/> eNews</p> <p>19:30 <input type="checkbox"/> Modern Family Comedy series.</p> <p>20:00 <input type="checkbox"/> The Wolverine Fantasy action. Long-lived mutant Wolverine must confront his demons after being lured to Japan by an old acquaintance. Hugh Jackman, Tao Okamoto. 126 min. 2013. PG13.</p> <p>22:35 <input type="checkbox"/> Phone Booth Thriller. A man who picks up the phone in a public booth is told he'll be shot if he moves. Colin Farrell, Kiefer Sutherland. 81 min. 2003. 16VL.</p> <p>00:15 <input type="checkbox"/> The Wolverine</p> <p>02:35 <input type="checkbox"/> Phone Booth</p>	<p>09:00 Gospel Avenue</p> <p>10:00 Mzansi Insider</p> <p>11:00 <input type="checkbox"/> Blue Couch</p> <p>11:30 Imvelo</p> <p>12:00 <input type="checkbox"/> Uzalo Omnibus.</p> <p>14:30 <input type="checkbox"/> The Road to Russia</p> <p>15:00 Soccer (build-up)</p> <p>15:30 Laduma</p> <p>17:30 Kulcha Kwest</p> <p>18:00 Friends Like These Local game show. An all-male team of friends competes against an all-female group of friends to win a dream holiday.</p> <p>19:00 <input type="checkbox"/> News</p> <p>19:30 <input type="checkbox"/> Ingozi Local drama series. How will Thandeka's confession be received? Zikhona is nervous on her big day. Dali isn't convinced about his father's sudden epiphany.</p> <p>20:00 <input type="checkbox"/> Tjovitjo</p> <p>20:30 <input type="checkbox"/> Rocky Balboa Drama. Thirty years after his first big fight Rocky comes out of retirement to go up against the reigning heavyweight champ. Sylvester Stallone, Milo Ventimiglia. 102 min. 2006. PG.</p> <p>23:00 <input type="checkbox"/> Gospel Avenue</p>	<p>09:00 Road from Christ to Constantine</p> <p>10:00 <input type="checkbox"/> Songs of Praise</p> <p>10:30 Psalmed Local Christian magazine show. Hosted by Jolene Martin.</p> <p>11:00 Die Woord Erediens</p> <p>11:30 <input type="checkbox"/> Geure Uit die Vallei</p> <p>12:00 Sports</p> <p>12:30 <input type="checkbox"/> 7de Laan Omnibus.</p> <p>16:00 <input type="checkbox"/> Ice Harvest</p> <p>18:00 <input type="checkbox"/> Fokus</p> <p>18:30 <input type="checkbox"/> News</p> <p>19:00 To be announced</p> <p>20:00 <input type="checkbox"/> News</p> <p>20:30 Abomzala Local comedy series. Thandi deals with her own sense of mortality.</p> <p>21:00 Gospel Classics Local music show. Takes viewers down memory lane by showcasing the all-time gospel classic hits. Presented by Tshepo Maseko.</p> <p>22:00 Hidden Histories: Krotoa Daughter of the Cape Documentary series.</p> <p>23:00 <input type="checkbox"/> Musiek Roulette</p> <p>00:00 SABC News</p>	<p>09:00 Life with Bob</p> <p>09:30 <input type="checkbox"/> Isidingo Omnibus.</p> <p>12:00 <input type="checkbox"/> Top Billing</p> <p>13:00 <input type="checkbox"/> The Hostess with Lorna Maseko</p> <p>13:30 <input type="checkbox"/> Sport Stars Uncovered</p> <p>14:00 Mela</p> <p>15:00 <input type="checkbox"/> Zindagi Na Milegi Dobara Comedy. Three friends go on a road trip through Spain after one of them gets engaged. Katrina Kaif, Hrithik Roshan. 155 min. 2011. PG.</p> <p>18:00 News</p> <p>18:02 <input type="checkbox"/> Eish! Saan</p> <p>18:30 <input type="checkbox"/> Wildlife Rescue Africa Documentary series. A growing elephant population is destroying their own habitat so Douw and JJ are called to find an alternative to culling the entire herd.</p> <p>19:30 Moments in Time</p> <p>20:30 <input type="checkbox"/> Frankly Speaking with JJ Tabane</p> <p>21:00 News</p> <p>21:30 <input type="checkbox"/> Special Assignment</p> <p>22:00 EFC</p> <p>00:00 Base 3</p>	<p>09:00 <input type="checkbox"/> American Idol Double bill.</p> <p>13:00 <input type="checkbox"/> Speechless</p> <p>13:30 <input type="checkbox"/> Sing Animation. A theatre owner decides to hold a singing competition to save his business. Voices of Matthew McConaughey, Reese Witherspoon. 108 min. 2016. PG.</p> <p>15:30 <input type="checkbox"/> American Housewife</p> <p>16:00 <input type="checkbox"/> Kevin can Wait</p> <p>16:30 <input type="checkbox"/> Man with a Plan</p> <p>17:00 <input type="checkbox"/> Dancing with the Stars South Africa</p> <p>19:00 <input type="checkbox"/> Carte Blanche</p> <p>20:00 <input type="checkbox"/> Dancing with the Stars South Africa Live results show.</p> <p>20:30 <input type="checkbox"/> Kong: Skull Island</p> <p>22:30 <input type="checkbox"/> Last Week Tonight with John Oliver</p> <p>23:10 <input type="checkbox"/> A Serious Game Drama. Two former lovers meet up years after breaking up. Both are married but find themselves falling for each other again. Michael Nyqvist, Alba August. 115 min. 2016. 16L.</p> <p>01:10 <input type="checkbox"/> Gomorrah</p> <p>02:5 <input type="checkbox"/> For Love & Honor</p>	<p>09:00 Lokshin Bioskop: Ukholo</p> <p>10:00 <input type="checkbox"/> Isibaya Omnibus.</p> <p>12:30 Lokshin Bioskop: Umfelokazi</p> <p>13:30 <input type="checkbox"/> Homeground</p> <p>14:00 <input type="checkbox"/> Let's Eat with Siphokazi</p> <p>14:30 <input type="checkbox"/> Isithembiso Omnibus.</p> <p>17:00 <input type="checkbox"/> Becoming Mrs Jones Wedding special documenting Minnie Dlamini's prenuptial journey and marriage to Quinton Jones.</p> <p>18:00 <input type="checkbox"/> Date My Family</p> <p>19:00 <input type="checkbox"/> Our Perfect Wedding Local reality show. Each week one engaged couple takes viewers on their journey to the altar.</p> <p>20:00 <input type="checkbox"/> Abomama Bomthandazo</p> <p>21:00 <input type="checkbox"/> Ingoma</p> <p>21:30 <input type="checkbox"/> Vernac Attack Comedy show. This local stand-up comedy extravaganza showcases some of the country's most prolific comedians performing in their mother tongues.</p> <p>23:00 <input type="checkbox"/> The Doctors Omnibus.</p>



HIGHLIGHTS OF THE DAY

TJOVITJO (SABC1 20:00) Drama series. After reconciling with his grandmother, Mafred (WARREN MASEMOLA) gains a new lease of life. Bra Terror sets out to fix things with Queen.

KONG: SKULL ISLAND (M-NET 20:30) Action. A team of scientists travels to a strange island inhabited by giant creatures. Tom Hiddleston, Samuel L Jackson. 118 min. 2017. PG13.

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
<p>09:00 Bin Kuch Kahe</p> <p>09:30 Santa Diabla aka Broken Angel</p> <p>10:30 <input type="checkbox"/> Days of Our Lives</p> <p>11:30 <input type="checkbox"/> Rhythm City</p> <p>12:00 <input type="checkbox"/> Scandal!</p> <p>12:30 <input type="checkbox"/> Kasi Living: Edladleni</p> <p>13:00 eNews</p> <p>13:30 Heist</p> <p>14:30 2 Hands</p> <p>14:35 Cool Catz</p> <p>15:00 Angelina Ballerina</p> <p>15:15 The Jungle Bunch to The Rescue</p> <p>15:30 Power Rangers Dino Super Charge</p> <p>15:55 Sistahood</p> <p>16:25 <input type="checkbox"/> Just for Laughs</p> <p>16:50 Judge Judy</p> <p>17:15 Days of Our Lives</p> <p>18:00 Snapped</p> <p>19:00 <input type="checkbox"/> Rhythm City</p> <p>19:30 <input type="checkbox"/> Scandal!</p> <p>20:00 eNews</p> <p>20:30 Saints and Sinners</p> <p>21:30 Imbewu: The Seed</p> <p>22:00 Queen Sugar</p> <p>23:00 <input type="checkbox"/> Aaliyah: The Princess of R&B</p>	<p>09:00 <input type="checkbox"/> Muvhango</p> <p>09:30 <input type="checkbox"/> Skeem Saam</p> <p>10:00 To be announced</p> <p>10:30 Daily Thetha</p> <p>11:30 <input type="checkbox"/> Real Goboza</p> <p>12:00 <input type="checkbox"/> Yilungelo Lakho</p> <p>13:00 <input type="checkbox"/> Lunchtime News</p> <p>13:30 YoTV</p> <p>14:00 <input type="checkbox"/> Making Moves</p> <p>15:00 <input type="checkbox"/> Degraasi: The Next Generation</p> <p>15:30 YoTV</p> <p>16:30 <input type="checkbox"/> My World</p> <p>17:30 <input type="checkbox"/> News</p> <p>18:00 <input type="checkbox"/> Now or Never</p> <p>18:30 <input type="checkbox"/> Skeem Saam Local drama series. MaNtuli decides to take matters into her own hands.</p> <p>19:00 <input type="checkbox"/> News</p> <p>19:30 <input type="checkbox"/> Single Galz Local comedy series.</p> <p>20:00 <input type="checkbox"/> Generations: The Legacy</p> <p>20:30 <input type="checkbox"/> Uzalo Local drama series.</p> <p>21:00 <input type="checkbox"/> SoccerZone</p> <p>22:00 To be announced</p> <p>23:00 <input type="checkbox"/> Making Moves</p> <p>00:00 <input type="checkbox"/> Koze Kuse</p>	<p>09:00 It Only Hurts When I Laugh</p> <p>09:30 <input type="checkbox"/> The Magical World of Luna-Belle</p> <p>10:00 <input type="checkbox"/> Stokvel</p> <p>10:30 <input type="checkbox"/> Back from Zero</p> <p>11:30 To be announced</p> <p>12:30 <input type="checkbox"/> Jikulumessu: Open Your Eyes Wide</p> <p>13:00 <input type="checkbox"/> 7de Laan</p> <p>13:30 <input type="checkbox"/> Uzalo</p> <p>14:00 <input type="checkbox"/> Skeem Saam</p> <p>14:30 <input type="checkbox"/> Muvhango</p> <p>15:00 <input type="checkbox"/> What About Mimi?</p> <p>15:30 <input type="checkbox"/> Wired Up</p> <p>16:00 <input type="checkbox"/> Hectic Nine-9</p> <p>17:00 <input type="checkbox"/> Naruto</p> <p>17:30 <input type="checkbox"/> News</p> <p>18:00 <input type="checkbox"/> 7de Laan</p> <p>18:30 <input type="checkbox"/> News</p> <p>19:00 <input type="checkbox"/> The Wright Stuff</p> <p>19:30 <input type="checkbox"/> Kliphard</p> <p>20:00 <input type="checkbox"/> News</p> <p>20:30 <input type="checkbox"/> Leihlo La Sechaba</p> <p>21:00 <input type="checkbox"/> Muvhango</p> <p>21:30 <input type="checkbox"/> Jab</p> <p>22:00 <input type="checkbox"/> Relate</p> <p>23:30 <input type="checkbox"/> Breaking New Ground</p> <p>23:00 <input type="checkbox"/> Issues of Faith</p>	<p>09:00 <input type="checkbox"/> Real talk with Anele</p> <p>10:00 <input type="checkbox"/> Bold & Beautiful</p> <p>10:30 <input type="checkbox"/> 7de Laan</p> <p>11:00 <input type="checkbox"/> Isidingo</p> <p>11:30 <input type="checkbox"/> Muvhango</p> <p>12:00 <input type="checkbox"/> Relic Hunter Adventure series. Nigel and Syd seek the help of a Hungarian monk who may be able to lead them to the sword once used by a legendary saint.</p> <p>13:00 News</p> <p>13:30 <input type="checkbox"/> Africa News Update</p> <p>14:00 <input type="checkbox"/> Close Up</p> <p>14:30 <input type="checkbox"/> Mela</p> <p>15:00 <input type="checkbox"/> Trending SA</p> <p>16:30 <input type="checkbox"/> Afternoon Express</p> <p>17:30 <input type="checkbox"/> Bold & Beautiful Soapie. Ivy attempts to dissuade Quinn from travelling to Australia for Liam and Steffy's wedding.</p> <p>18:00 News</p> <p>18:02 <input type="checkbox"/> Real Talk with Anele</p> <p>19:00 <input type="checkbox"/> Isidingo</p> <p>19:30 <input type="checkbox"/> Tropika Island of Treasure: Maldives</p> <p>20:30 <input type="checkbox"/> The Mavericks</p> <p>21:00 News</p> <p>21:30 <input type="checkbox"/> Trending SA</p> <p>22:30 <input type="checkbox"/> Base 3</p>	<p>09:00 <input type="checkbox"/> Once Upon a Time</p> <p>10:00 <input type="checkbox"/> Speechless</p> <p>10:30 <input type="checkbox"/> MasterChef Australia</p> <p>11:40 <input type="checkbox"/> Suits</p> <p>12:30 <input type="checkbox"/> Carte Blanche</p> <p>13:30 <input type="checkbox"/> Dancing with the Stars South Africa</p> <p>15:55 <input type="checkbox"/> SEAL Team</p> <p>16:45 <input type="checkbox"/> Ellen's Game of Games</p> <p>17:45 <input type="checkbox"/> MasterChef Australia</p> <p>19:00 <input type="checkbox"/> Grey's Anatomy Drama series. Jo applies for fellowships around the country which throws Alex for a loop. Tom Kora-cick helps April acknowledge her crisis of faith.</p> <p>20:00 <input type="checkbox"/> This is Us Drama series. The history of the Pearsons as told through the life of the family car.</p> <p>21:00 <input type="checkbox"/> Here And Now</p> <p>22:00 <input type="checkbox"/> Close Up with the Hollywood Reporter</p> <p>23:00 <input type="checkbox"/> American Horror Story: Cult</p> <p>00:00 To be announced</p> <p>01:00 <input type="checkbox"/> A Serious Game</p> <p>02:55 <input type="checkbox"/> The Marine 5: Battleground</p> <p>04:25 <input type="checkbox"/> The Boss Baby</p>	<p>09:30 <input type="checkbox"/> Isibaya</p> <p>10:00 <input type="checkbox"/> The Queen</p> <p>10:30 <input type="checkbox"/> Isithembiso</p> <p>11:00 <input type="checkbox"/> The Doctors</p> <p>12:00 <input type="checkbox"/> Ring of Lies</p> <p>12:30 <input type="checkbox"/> Isibaya</p> <p>13:00 <input type="checkbox"/> The Queen</p> <p>13:30 <input type="checkbox"/> Isithembiso</p> <p>14:00 Lokshin Bioskop: Luthando</p> <p>15:30 <input type="checkbox"/> The Doctors</p> <p>16:30 <input type="checkbox"/> Hot Bench</p> <p>17:00 <input type="checkbox"/> The Talk</p> <p>18:00 Lokshin Bioskop: Thando Lwami</p> <p>19:00 <input type="checkbox"/> Ring of Lies</p> <p>19:30 <input type="checkbox"/> Isithembiso</p> <p>20:00 <input type="checkbox"/> Ingoma</p> <p>20:30 <input type="checkbox"/> Isibaya Local drama series. Mkabayi struggles with her anger at her brother. It Mkhize shares her exciting news with Mpiyakhe.</p> <p>21:00 <input type="checkbox"/> The Queen</p> <p>21:30 <input type="checkbox"/> Mzansi Magic Music Specials</p> <p>22:00 <input type="checkbox"/> Umemulo</p> <p>23:00 <input type="checkbox"/> The Doctors</p> <p>00:00 <input type="checkbox"/> The Talk</p> <p>01:00 Lokshin Bioskop: Nazo</p>



HIGHLIGHTS OF THE DAY

QUEEN SUGAR (E.TV 22:00) Drama series. Season 1 starts. Nova (RUTINA WESLEY) and her two estranged siblings come together to save their family's ailing sugar-cane farm.

AALIYAH: THE PRINCESS OF R&B (E.TV 23:00) Biography. The story of musician and actress Aaliyah who tragically died in a plane crash in 2001. Alexandra Shipp, Lyriq Bent. 88 min. 2014. PG.

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
<p>09:00 Bin Kuch Kahe</p> <p>09:30 Santa Diabla aka Broken Angel</p> <p>10:00 Days of Our Lives</p> <p>11:30 Rhythm City</p> <p>12:00 Scandal!</p> <p>12:30 Imbewu: The Seed</p> <p>13:00 eNews</p> <p>13:30 House!</p> <p>14:30 2 Hands</p> <p>14:35 Cool Catz</p> <p>15:00 Bo on the Go</p> <p>15:30 Pokémon</p> <p>15:55 Frenzy</p> <p>16:25 Just for Laughs</p> <p>16:50 Judge Judy</p> <p>17:15 Days of Our Lives</p> <p>18:00 Unusual Suspects</p> <p>19:00 Rhythm City</p> <p>19:30 Scandal!</p> <p>20:00 eNews</p> <p>20:30 Chicago PD</p> <p>Action series. An infamous criminal escapes from prison.</p> <p>21:25 Sinawe</p> <p>21:30 Imbewu: The Seed</p> <p>22:00 CheckPoint</p> <p>22:30 Snapped</p> <p>23:30 My George</p> <p>01:20 Aaliyah: The Princess of R&B</p>	<p>09:00 Muvhango</p> <p>09:30 Skeem Saam</p> <p>10:00 To be announced</p> <p>10:30 Daily Thetha</p> <p>11:30 Mi Kasi Su Kasi</p> <p>12:00 SoccerZone</p> <p>13:00 Lunchtime News</p> <p>13:30 YoTV</p> <p>14:00 Ispani</p> <p>15:00 Degrassi: The Next Generation</p> <p>15:30 YoTV</p> <p>16:30 Daily Thetha</p> <p>17:30 News</p> <p>18:00 Nyan'Nyan</p> <p>18:30 Skeem Saam</p> <p>Local drama series. Everyone worries about Kwaito and Tboose's whereabouts.</p> <p>19:00 News</p> <p>19:30 Selimathunzi</p> <p>20:00 Generations: The Legacy</p> <p>20:30 Uzalo</p> <p>Local drama series.</p> <p>21:00 Expressions</p> <p>21:30 Cutting Edge</p> <p>22:00 The Chatroom</p> <p>22:30 Identity</p> <p>23:00 Daily Thetha</p> <p>00:00 Kaze Kuse</p>	<p>09:00 Parliament</p> <p>09:30 Dinosaur Train</p> <p>10:00 Stokvel</p> <p>10:30 Talk SA</p> <p>11:00 At My Age</p> <p>11:30 Bophelong</p> <p>12:00 Kick It!</p> <p>12:30 Jikulumessu: Open Your Eyes Wide</p> <p>13:00 7de Laan</p> <p>13:30 Uzalo</p> <p>14:00 Skeem Saam</p> <p>14:30 Muvhango</p> <p>15:00 What About Mimi?</p> <p>15:30 How Do They Do That?</p> <p>16:00 Hectic Nine-9</p> <p>17:00 Naruto</p> <p>17:30 News</p> <p>18:00 7de Laan</p> <p>18:30 News</p> <p>19:00 Swartwater</p> <p>20:00 News</p> <p>20:30 Nhlalala Ya Rixaka</p> <p>20:56 Vodacom Millionaires</p> <p>21:00 Muvhango</p> <p>21:30 Forced Love</p> <p>22:00 Gospel Classics</p> <p>23:00 Jikulumessu: Open Your Eyes Wide</p> <p>Double bill.</p>	<p>09:00 Real Talk with Anele</p> <p>10:00 Bold & Beautiful</p> <p>10:30 7de Laan</p> <p>11:00 Isidingo</p> <p>11:30 Muvhango</p> <p>12:00 Relic Hunter</p> <p>13:00 News</p> <p>13:30 Africa News Update</p> <p>14:00 Hollywood News</p> <p>14:15 Zoom In</p> <p>14:30 Sport Stars Uncovered</p> <p>15:00 The Hostess with Lorna Maseko</p> <p>15:30 Trending SA</p> <p>16:30 Afternoon Express</p> <p>17:30 Bold & Beautiful</p> <p>Soapie. Katie witnesses a sexually charged conversation between Ridge and Quinn.</p> <p>18:00 News</p> <p>18:02 Real Talk with Anele</p> <p>19:30 Isidingo</p> <p>19:30 Top Chef SA</p> <p>20:30 Rustic Chakula</p> <p>Local lifestyle cooking show.</p> <p>21:00 News</p> <p>21:30 Trending SA</p> <p>22:30 Base 3</p> <p>03:30 The Rookies</p>	<p>09:00 Ellen's Game of Games</p> <p>10:00 Kevin can Wait</p> <p>10:30 MasterChef Australia</p> <p>11:30 Grey's Anatomy</p> <p>12:30 This is Us</p> <p>13:40 The Voice</p> <p>15:25 SEAL Team</p> <p>16:15 Superior Donuts</p> <p>16:45 Arrow</p> <p>17:45 MasterChef Australia</p> <p>19:00 Chicago Fire</p> <p>Drama series. Brett and Kidd compete for the affections of a hazmat officer.</p> <p>20:00 Chicago PD</p> <p>21:00 Chicago Med</p> <p>Drama series. Dr Charles feels pressure when Drs Choi and Manning criticise his medical decision regarding an ill baby.</p> <p>22:00 Counterpart</p> <p>Drama series. Quayle meets one of Howard's sources.</p> <p>23:00 Chance</p> <p>00:10 To be announced</p> <p>01:00 Here and Now</p> <p>02:10 Starship Troopers: Traitor of Mars</p> <p>03:40 Vice</p>	<p>09:30 Isibaya</p> <p>10:00 The Queen</p> <p>10:30 Isithembiso</p> <p>11:00 The Doctors</p> <p>12:00 Ring of Lies</p> <p>12:30 Isibaya</p> <p>13:00 The Queen</p> <p>13:30 Isithembiso</p> <p>14:00 Lokshin Bioskop: Zolile</p> <p>15:30 The Doctors</p> <p>16:30 Hot Bench</p> <p>17:00 The Talk</p> <p>18:00 Date My Family</p> <p>19:00 Ring of Lies</p> <p>19:30 Isithembiso</p> <p>20:00 Yobe</p> <p>20:30 Isibaya</p> <p>Local drama series. Melusi is embarrassed when he discovers the drivers are talking about him.</p> <p>21:00 The Queen</p> <p>Local drama series. Harriet is starting to unhinge. Goodness seduces Bakang.</p> <p>21:30 Isithunzi</p> <p>22:00 Mortal Kombat</p> <p>23:30 Hot Bench</p> <p>00:00 The Doctors</p> <p>01:00 The Talk</p> <p>02:00 Lokshin Bioskop: The Knight</p>



HIGHLIGHTS OF THE DAY

SELIMATHUNZI (SABC1 19:30) Local variety show. Spotlighting special events and glamorous functions across the country. Hosted by Siphesihle Vazi.

CHICAGO PD (M-NET 20:00) Drama series. The death of Judge Tommy Wells' daughter puts the intelligence team on the track of a pill-mill operation spreading into the suburbs of Chicago.

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
<p>09:00 Bin Kuch Kahe</p> <p>09:25 Santa Diabla aka Broken Angel</p> <p>10:30 Days of Our Lives</p> <p>11:30 Rhythm City</p> <p>12:00 Scandal!</p> <p>12:30 Imbewu: The Seed</p> <p>13:00 eNews</p> <p>13:30 House</p> <p>14:30 Peppa Pig</p> <p>14:35 Cool Catz</p> <p>15:00 Mister Maker</p> <p>Comes to Town</p> <p>15:30 Supa Strikas</p> <p>15:55 ShizLive</p> <p>16:25 Just for Laughs</p> <p>16:50 Judge Judy</p> <p>17:15 Days of Our Lives</p> <p>18:00 Unusual Suspects</p> <p>19:00 Rhythm City</p> <p>19:30 Scandal!</p> <p>20:00 eNews</p> <p>20:30 The Blacklist</p> <p>Drama series. Reddington becomes involved in a deadly game with a powerful family.</p> <p>21:30 Imbewu: The Seed</p> <p>22:00 How to Get Away with Murder</p> <p>23:00 Crash Course</p>	<p>09:00 Muvhango</p> <p>09:30 Skeem Saam</p> <p>10:00 To be announced</p> <p>10:30 Daily Thetha</p> <p>11:30 Zaziwa</p> <p>12:00 Chatroom</p> <p>12:30 Identity</p> <p>13:00 Lunchtime News</p> <p>13:30 YoTV</p> <p>14:00 Khumbul'ekhaya</p> <p>15:00 Degrassi: The Next Generation</p> <p>15:30 YoTV</p> <p>16:30 Daily Thetha</p> <p>17:30 News</p> <p>18:00 Reno Race</p> <p>18:30 Skeem Saam</p> <p>Local drama series. Kwaito is found but his reappearance leaves more questions than answers.</p> <p>19:00 News</p> <p>19:30 Zaziwa</p> <p>20:00 Generations: The Legacy</p> <p>20:30 Uzalo</p> <p>21:00 Khumbul'ekhaya</p> <p>22:00 Sport</p> <p>23:00 Soccer (delayed)</p> <p>01:00 Soccer (delayed)</p> <p>03:00 Soccer (delayed)</p>	<p>09:00 Parliament</p> <p>09:30 Dinosaur Train</p> <p>10:00 Radical Rasdien: The Joey Rasdien Show</p> <p>10:30 Kliphard</p> <p>11:00 Ladies Club</p> <p>11:30 Health Talk</p> <p>12:30 Jikulumessu: Open Your Eyes Wide</p> <p>13:00 7de Laan</p> <p>13:30 Uzalo</p> <p>14:00 Skeem Saam</p> <p>14:30 Muvhango</p> <p>15:00 What About Mimi?</p> <p>15:30 Huga Tree</p> <p>16:00 Hectic Nine-9</p> <p>17:00 Naruto</p> <p>Anime series.</p> <p>17:30 News</p> <p>18:00 7de Laan</p> <p>18:30 News</p> <p>19:00 Geure Uit die Vallei</p> <p>19:30 De Kat</p> <p>20:00 News</p> <p>20:30 Motswako</p> <p>20:56 Lotto Draw: Live</p> <p>21:00 Muvhango</p> <p>21:30 Guilt</p> <p>22:00 Afro Café</p>	<p>09:00 Real Talk with Anele</p> <p>10:00 Bold & Beautiful</p> <p>10:30 7de Laan</p> <p>11:00 Isidingo</p> <p>11:30 Muvhango</p> <p>12:00 Relic Hunter</p> <p>Adventure series. Sydney and Nigel are hot on the trail of a Chinese "dragon's egg" said to be filled with explosives.</p> <p>13:00 News</p> <p>13:30 Africa News Update</p> <p>14:00 Close Up</p> <p>14:30 Eishi Saan</p> <p>15:00 The Mavericks</p> <p>15:30 #WTFUUMI</p> <p>16:30 Afternoon Express</p> <p>17:30 Bold & Beautiful</p> <p>18:00 News</p> <p>18:02 Real Talk with Anele</p> <p>19:00 Isidingo</p> <p>19:30 The Amazing Race</p> <p>20:00 The Hostess with Lorna Maseko</p> <p>21:00 News</p> <p>21:30 #WTFUUMI</p> <p>22:30 Base 3</p> <p>03:30 The Rookies</p> <p>04:30 Deutsche Welle News</p>	<p>09:00 Arrow</p> <p>10:00 The Middle</p> <p>10:30 MasterChef Australia</p> <p>11:30 Chicago Fire</p> <p>12:30 Chicago PD</p> <p>13:30 American Idol</p> <p>15:25 SEAL Team</p> <p>16:15 Superior Donuts</p> <p>16:45 The Flash</p> <p>17:45 MasterChef Australia</p> <p>19:00 Big Bang Theory</p> <p>Comedy series. Sheldon and Amy try to eliminate stress from wedding planning by applying maths to the process.</p> <p>19:30 Young Sheldon</p> <p>Comedy series. Sheldon's family struggles with his absence when he moves to Dallas to attend a school for gifted children.</p> <p>20:00 Blue Bloods</p> <p>21:00 Homeland</p> <p>22:05 Philip K Dick's Electric Dreams</p> <p>23:05 Lucifer</p> <p>00:00 To be announced</p> <p>01:00 Chicago Med</p> <p>02:00 Counterpart</p> <p>03:00 Starship Troopers: Traitor of Mars</p>	<p>08:00 Lokshin Bioskop: Something About Busi</p> <p>10:00 The Queen</p> <p>10:30 Isithembiso</p> <p>11:00 The Doctors</p> <p>12:00 Ring of Lies</p> <p>12:30 Isibaya</p> <p>13:00 The Queen</p> <p>13:30 Isithembiso</p> <p>14:00 Lokshin Bioskop: Never Say Goodbye</p> <p>15:30 The Doctors</p> <p>16:30 Hot Bench</p> <p>17:00 The Talk</p> <p>18:00 Our Perfect Wedding</p> <p>19:00 Ring of Lies</p> <p>19:30 Isithembiso</p> <p>20:00 Perfect Match?</p> <p>20:30 Isibaya</p> <p>Local drama series. Phumelele and Fezile struggle to navigate through Mkabayi and Mpiyakhe's feud. Shadrack finds returning to his old life harder than expected.</p> <p>21:00 The Queen</p> <p>21:30 Becoming Mrs Jones</p> <p>22:00 The Imposter</p> <p>23:00 Owami</p> <p>00:00 The Doctors</p> <p>01:00 The Talk</p>



HIGHLIGHTS OF THE DAY

THE AMAZING RACE (SABC3 19:30) Reality competition series. One dangerous misstep leaves a racer dangling 183m above the ground in Singapore. Hosted by Phil Keoghan.

GUILT (SABC2 21:30) Local drama series. Emily, Consolation, Sbu and Phenyso meet around Phenyso's hospital bed and decide not to reveal their secret.



WATCH THIS

Catch Dwayne Johnson and Naomie Harris in *Rampage* – in cinemas from 12 April.

FILM

Rocking the jungle

It's man vs ape in arcade-game adaptation *Rampage*

It's not easy adapting video games for the big screen because the best ones borrow the most exciting bits from movies and make them interactive. Recycling those bits back into a passive experience is always going to be a bit of a letdown.

Unless, of course, your movie stars Dwayne "The Rock" Johnson. The franchise saviour's mere presence dramatically increases a movie's overall watchability.

Older readers with really long memories may recall *Rampage* was an arcade game during the simpler, coin-operated era of video games. Players could control a giant lizard, ape, or wolf and gleefully destroy cities while swatting away puny humans and their helicopters.

If that sounds familiar, it's basically *Godzilla*, *King Kong* and every other giant monster movie – ever.

But this flick's twist is that Dwayne is a primatologist who is friends with George, a giant gorilla – mutated thanks to experiments performed on him by an unethical corporation.

As always, it's up to The Rock to bring it and find a cure to save the day.

PLAYERS, ARE YOU READY?

Video-game adaptations are rarely successful – or faithful to their sources – but movies based on the idea of video games fare much better. Let's take a look.

TRON & TRON: LEGACY (1982 & 2010)

When arcade games and Atari were in their prime, Disney's movie had a novel idea: What if a player got sucked inside a game and had to play in life-or-death gladiator-style tournaments?

WARGAMES (1983)

Teenage Matthew Broderick hacks a US military supercomputer, plays computer games with nukes and almost starts World War III.

WRECK-IT RALPH (2012)

More Tron-style shenanigans, but this time told from the point of view of a video-game villain who dreams of being a hero in his gaming world. *Ralph Breaks the Internet: Wreck-It Ralph 2* (BELOW) is due out later this year.



★ DVD

SHOT CALLER ***

THRILLER. 115 MIN. 2017. 16LV.

This wildly implausible story of a clean-cut stockbroker (*Game of Thrones*' **NIKOLAJ COSTER-WALDAU**) who becomes a hardened gangster after being jailed for drunk driving manages to be pretty gripping stuff.

Our hero has family on his mind as he violently navigates his way through prison and – once he's released – the criminal underworld. Nikolaj and his tattooed tough-guy co-stars all deliver solid performances.



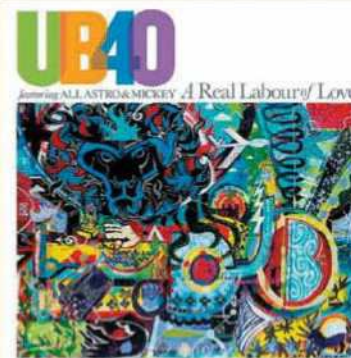
★ CD

A REAL LABOUR OF LOVE ***

BY UB40

The latest album by this long-standing band – they were formed in 1978 – is a solid and satisfying compilation of cover tunes, mostly of definitive 1980s reggae hits, with a few gems from other eras scattered in between.

UB40 adds their own distinctive sound to familiar songs and lead singer Ali Campbell still has that magic voice. There's nothing new to be found here, but old and new fans will find a lot to enjoy.



COMPILED BY DENNIS CAVERNELIS



CeeLo Green says a new Gnarls Barkley album is coming.

LISTEN TO THIS

MUSIC

The odd couple

CeeLo Green and Danger Mouse are back in studio after a decade-long hiatus

CeeLo Green is back with a new single, *Brick Road* (Cookin Up), which will feature on his forthcoming solo album, *Songbirds*. He describes the record as “a process, and it’s also a recipe”.

Speaking to hip-hop site DJBooth, the Forget You singer explained that “It’s not fast food, it’s a delicacy. I wanted to write something relative for the here and now.”

The crooner also revealed he’ll be teaming up with Danger Mouse for a new Gnarls Barkley album this year, their first in a decade.

The duo, Thomas “CeeLo Green” Callaway and producer Brian “Danger Mouse” Burton, aka Gnarls Barkley and are best known for their 2006 hit *Crazy*.

“I think [Danger Mouse and I] are kind of rebuilding from the ground up.

“There’s no building without a basement, it’s got to come up out the dirt, come up out the mud,” CeeLo told DJBooth.

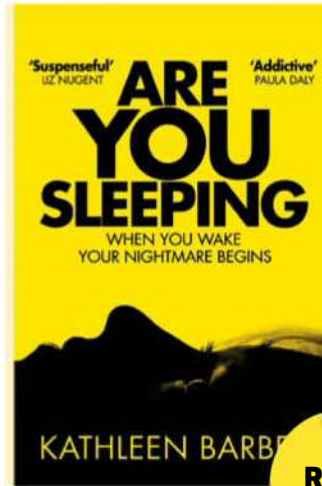
Gnarls Barkley’s last album, *The Odd Couple*, was released in 2008. There’s no word yet on when fans can expect the new LP but we hope it’s soon!

★ STREAMING

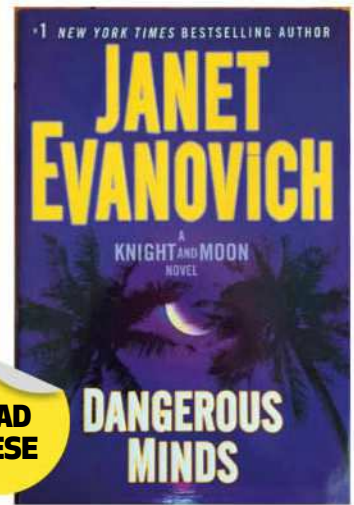
LOST IN SPACE ON NETFLIX FROM 13 APRIL. SEASON 1.

This reboot of the ‘60s sci-fi series sees the futuristic Robinson fam blast off into space to colonise a new planet. As the title suggests they get lost and must forge new alliances to survive in a dangerous alien environment light years from home.

The cast includes Molly Parker and **TOBY STEPHENS** as parents trying to look after three kids while stranded in an alien world.



READ THESE



BOOKS

Memorable reads

Sink your teeth into a gripping psychological thriller or an out-of-this-world story

ARE YOU SLEEPING
BY KATHLEEN BARBER
(SIMON & SCHUSTER)
R279*

Thirteen years after her father was murdered Josie Buhrman is dealt another blow when her mother runs away to join a cult. The only person she has is her sister, but she too ends up betraying Josie.

In an effort to start a new life she moves to New York, changes her name and settles into a blissful life with her partner, Caleb. But a decade down the line her past catches up with her when investigative reporter Poppy Parnell reopens the case of her father’s murder, asking the question that has mystified Josie her whole life: who killed him?

She returns to her hometown where she must confront the demons of her past.

This predictable psychological thriller is readable nonetheless and had me hooked until the end. Just the thing for lazy afternoons next to the pool.

— NOMBULELO MANYANA

DANGEROUS MINDS
BY JANET EVANOVICH
(HEADLINE PUBLISHING)
R299*

In this second instalment in the Knight and Moon series, Wayan Bagus has lost his island. It was 300km north-east of Samoa and had a mountain, beaches, a rain-forest and a volcano. Now it’s vanished without a trace.

He turns to a friend, the extremely wealthy Emerson Knight, who in turn enlists the help of his cousins, Vernon and Riley Moon, to find the island – or the reason it disappeared.

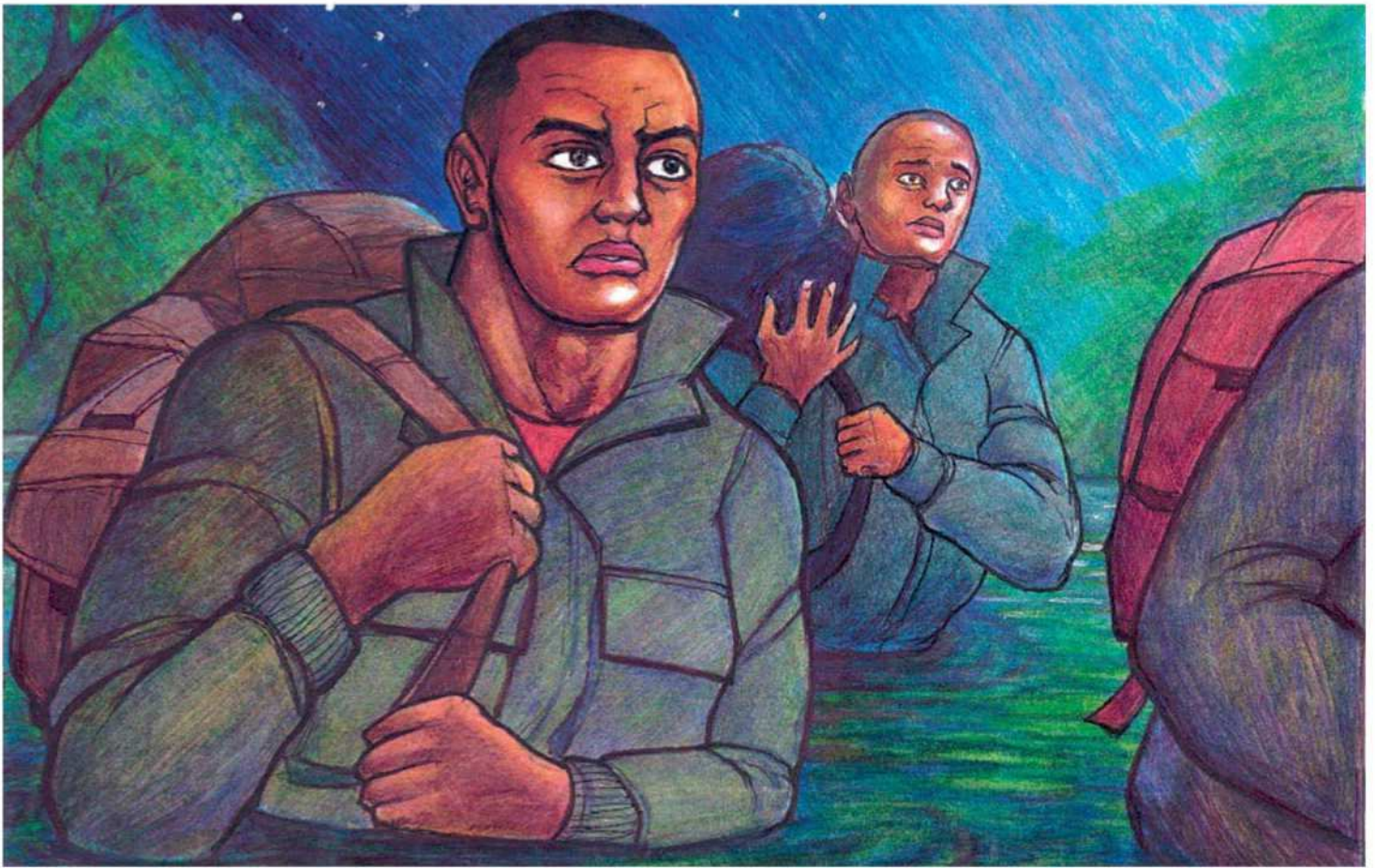
Riley has a Harvard degree and Vernon believes in Bigfoot, while Emerson treats everything as a big joke. Together with Wayan, the peculiar foursome embarks on a mission that will eventually save the world from destruction.

If you believe in conspiracy theories and Bigfoot and that aliens have landed on Earth, you might just find the plot in *Dangerous Minds* believable. If not, stay far away. — ANDRÉ J BRINK

* AT TAKEALOT.COM. PRICE CORRECT AT TIME OF GOING TO PRINT BUT IS SUBJECT TO CHANGE WITHOUT NOTICE.

SOURCES: GAMESPOT.COM, THEVERGE.COM, XXL.MAG.COM, HOTNEWHIPHOP.COM, ROLLINGSTONE.COM

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CROSSING OVER

Goodwill risks everything to find out what happened to his missing father and to improve his family's lot in life

EVERYBODY in Aztola told stories about how good life was on the other side of the border in Obodo. And so, at the tender age of 17, all Goodwill wanted to do was to travel to this country to find a good job to improve his standard of living and support his family.

Life in Aztola was hard for Goodwill and his family. His mother was a seasonal worker on the farms and had to support him and his four sisters on her meagre income. Goodwill dropped out of school to work with his mother in order to assist with the upbringing of his siblings.

His father had left the country when Goodwill was 10 years old to try to secure a future for his family. In the first year after he left, he regularly sent money home and life was good for Goodwill and his sisters. But then the income suddenly

stopped and the family had not heard from him since.

Goodwill dreamt of buying a new house for his mother and lots of nice things for himself. He made a promise that one day he would achieve these goals, but the harsh reality of life always caught up with him and he started to believe his dreams were just illusions.

ONE morning when Goodwill and his mother were working in the fields, he overheard two of the other workers talking about going over the border.

He approached them and asked if he could join them. The men were hesitant at first, but he managed to convince them to take him along.

That night after their simple meal of pap and spinach, Goodwill approached his mother.

"I met some guys who are going to cross the border tomorrow night and I'm planning to go with them. This is my chance to finally go and look for father, and I might even be able to find a job and help you and my sisters."

His mother responded angrily, "I will not have this foolish conversation, Goodwill, do you understand me? Your father also had dreams and high hopes of going to Obodo, and where is he now? It's been over six years and we haven't heard from him, not even a letter, nothing."

"Goodwill, listen to me," she said, crying now. "Your father used to tell me the same story. He said he believed his father was somewhere in Obodo. Look what misery those illusions brought to this family, and now you want to repeat the cycle. My son, promise me you won't leave this family."

He nodded to console her, but his mind was made up.

THE next day it was raining and no one was working in the fields. Goodwill helped his mother with chores around the house, but he was on edge. He was waiting for a text message.

Later that afternoon it came through at last. "Meet at the end of the gravel road. 7pm."

His heart was pounding but there was no turning back now. He helped his sisters with their homework, and secretly stashed some personal belongings inside his old school bag.

Goodwill sat down to dinner with his family but his heart felt heavy. After their meal his mother went to lie down and he knew this was his chance to go. With 15 minutes to spare, he ran all the way to the end of the gravel road where John and Lovemore were waiting for him.

"We thought you weren't coming," John said.

"No brother, I've been waiting too long for this opportunity," Goodwill replied.

He followed them in silence for what seemed like hours until they finally arrived at the border fence.

"We're going through here," Lovemore pointed to a small hole. On the other side they crossed a stream and followed a narrow path through the sparse trees. Lights shone in the distance. "That's Tulina," John whispered. "If we make it there, we can hitch a lift to the big city."

And that's what they did. Goodwill couldn't believe they'd made it.

The fast-paced life of Bebina was something of a culture shock for Goodwill, but John and Lovemore were at ease, as they'd done this trip many times before.

They found a room in one of the derelict buildings and soon enough Goodwill managed to find a job as a security guard. When he wasn't on duty, he roamed the streets showing people the picture of his father. He contacted his mother to let her know he was safe and every month he made sure he sent money home.

Goodwill's search for his father was relentless and one morning, on his way back from work, he was stopped by a stranger. "Are you the young man who's been asking about his father?"

"Yes. I came to the city to look for him."

"Well boy, do you still have that picture I hear you've been showing people all over town?"

Goodwill pulled it from his shirt pocket

and handed it to the man.

"Yes, that's him," the man nodded. "My name is Samson and I knew your father well. We met on the train – we were both on our way to look for work at the mine. We instantly became friends and both found jobs there."

Goodwill couldn't contain his excitement. "Where is he? How can I get hold of him?" he interrupted.

"Hold on. Let me tell you the full story. Come, let's sit down," Samson said, leading Goodwill to a bench at the bus stop.

"Your father became my best friend and we shared almost everything. He told me about his wife and children. But we were working under dangerous conditions at the mine, and one day we were drilling in one of the shafts and the roof caved in on us.

"I was a little higher up than your father and I was seriously injured, but the full impact hit your father. When I regained consciousness the other miners told me they'd pulled us out from under the rocks, but your father didn't survive. He died in that mine."

"Is it true?" Goodwill implored. "Is my father really dead?"

"Yes, son. I'm sorry but I need you to be strong because there's more I need to tell you. Your father tracked down some relatives of his late father in this country, but he never told me how to contact you. The family here was informed of his death and gave him a decent funeral.

"Your father found out he was born here and his mother, your grandmother, took him with her to Aztola when she had a falling out with your late grandfather. He managed to get Obodo citizenship just before the accident."

Goodwill couldn't believe what he was hearing. "But what does this mean for my family?"

"It means you can also claim citizenship, you and your family. And that's not all, son. I'd told the bosses at the mine that your father had a family in Aztola so they

held on to all his money until they could locate you. You must come with me to the mine and claim what belongs to you and your family. I will help you."

In the days that followed, Samson proved true to his word. He helped Goodwill get a temporary identity document and then they went to the mine to sort out the financial papers.

Next on the list was a visit to meet his father's newly-found family.

It was an emotional day for Goodwill but they welcomed him and Samson with open arms. At his father's grave Goodwill couldn't contain his tears,

but at the same time he felt some inner strength entering his body and he knew that everything would be fine from now on.

'Are you the young man who's been asking about his father?'

THREE months later, Goodwill sat with his mother and sisters watching television in the living room of their new home. It was on the same street where Samson lived.

Everything had worked out – the mine and insurance company had paid out and Home Affairs had helped relocate Goodwill's family. He had gone back to school to finish his studies and his sisters had found places in local schools as well.

His mother finally had everything she wanted. Her husband's dreams had come true after all – he had provided for his family, and so much better than anyone could have imagined.

Goodwill sat looking lovingly at his family and suddenly burst out laughing.

"My son, have you now lost all your senses?" his mother asked. "What are you laughing at?"

"I was just thinking about how I came here and all those things you told me, mom," he replied smiling. "I was so scared crossing that border. But it turns out I was in the birthplace of my father, not illegal at all. So what was all the fuss about?"

His mother and sisters couldn't help but laugh too. ■

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FROM COCOA

- 1 Dried cocoa beans
- 2 Cleaned beans (nibs)
- 3 Cocoa powder

TO CHOCOLATE

Chocolate is a delicacy enjoyed around the world, but where does it come from?

SOME people like chocolate so much we call them chocoholics. But can you really blame them? Chocolate is truly delicious. Whether you prefer chocolate cake, hot

chocolate, a slab of chocolate or chocolate ice cream, it's a treat that's wildly popular around the world.

But where does it come from? Let's find out more about the origins, production and processing of chocolate.

COCOA IS HEALTHY

Cocoa is good for you because it's a powerful antioxidant. But milk chocolate contains a huge amount of sugar, which isn't healthy, and small amounts of cocoa. This is why it's better to opt for dark chocolate, which has a higher cocoa content and isn't sweetened as much.

ORIGINS

Chocolate is made with cocoa, which is obtained from cocoa beans. The first people to cultivate the cocoa tree in about 1 000 BC were probably the Olmec, the earliest known civilisation in what's now southeast Mexico. Their word "kakawa" gave us the word "cocoa".

In the 1400s and 1500s the Aztec civilisation developed in the area. The word "chocolate" is derived from their word "xocoatl", which refers to a bitter drink they brewed from cocoa beans.

These beans were so valuable to the Aztecs they also used them like money. According to Aztec documents from the 16th century, 100 cocoa beans could be exchanged for a decent turkey hen.

Sweetened chocolate was first invented after Europeans had conquered the Americas and got to

know the local cuisine. Legend has it Aztec king Montezuma (1466-1520) welcomed Spanish conquistador Hernán Cortés (1485-1547) with a celebratory feast during which xocoatl was served.

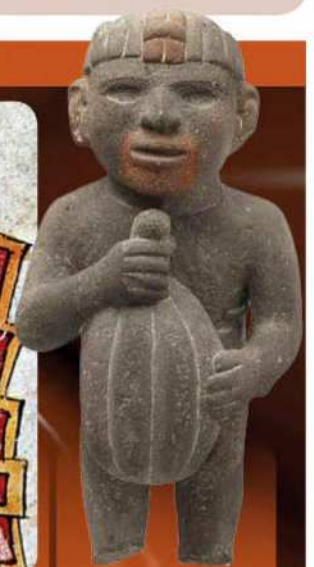
The Spanish didn't like it at first but in later years, after they'd added honey and sugar, sweetened chocolate became popular throughout Spain.

By the 17th century chocolate had become a posh drink in Europe, where people considered it to be nutritious and have medicinal properties. But it was available only to the rich until the end of the 18th century, when the invention of the steam engine made mass production possible.

These days chocolate goodies count among the most common and popular delicacies worldwide.



▲ Serving chocolate as a drink, with a variety of additives but usually unsweetened, was part of every important occasion in Aztec culture.



▲ A 15th century Aztec stone figurine holding a cocoa pod.

THE COCOA TREE

Cocoa comes from the cocoa tree, a tropical plant that grows well in warm, humid climates. This tree, which can grow taller than 10m and can live for more than 50 years, produces the cocoa beans used to make cocoa mass and butter, which is used to make chocolate.

Swedish botanist Carolus Linnaeus (1707-78) gave the cocoa tree its scientific name, *Theobroma cacao*, which means "food of the gods".

You'll probably agree that chocolate's delicious taste makes it a food of the highest order!

PRODUCERS

The cocoa tree originally grew in the Amazon basin and other tropical areas of South America, but it has since been introduced to many other parts of the world. All the countries where cocoa trees are grown today are close to the equator, where it's almost always warm and humid. These countries include Ecuador and Brazil in South America and Ivory Coast and Ghana in West Africa. Africa supplies about 70% of all cocoa beans, but cocoa is also cultivated in Asia, especially in Indonesia and Malaysia.

FRUIT

The cocoa tree flowers throughout the year so it can have blooms and ripe and green fruit at the same time. The tree's fruit looks like a long squash or pod.

When the fruit is ripe the pod makes a deep, hollow sound when you tap on it. Then it's ready to be picked. The cocoa beans inside the pod are the sought-after part of the plant. Each fruit contains 20 to 40 seeds (beans) of about 1g each. These beans are found inside the fruit's pulp.

A cocoa tree can produce 1-2kg of beans a year.

PROCESSING

Once the fruit has been harvested the next step in production is turning it into cocoa mass, which forms the basis for chocolate.

First the fruits are left in the sun for five to six days to ferment. The sugar in the pulp containing the seeds is converted into liquid, which drains away. This enhances the flavour of the beans. The beans are then dried and packed into bags to be transported to a factory.

There the cocoa beans are sorted and cleaned. Machines are used to break and remove their shells. After being broken into smaller pieces (nibs) the beans are roasted at 135°C. The roasting darkens the cocoa pieces and gives them their typical chocolate flavour.

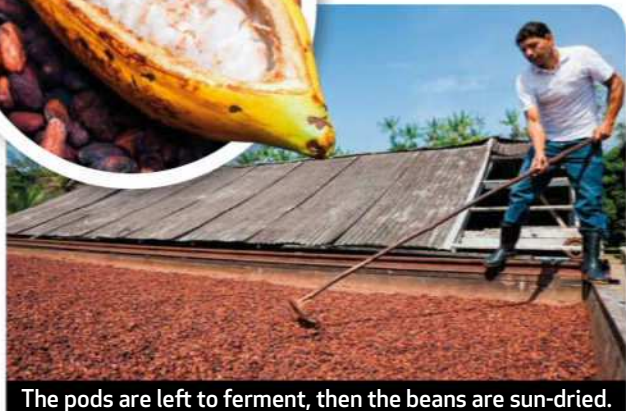
The cocoa pieces are then ground into a thick chocolate-coloured liquid called chocolate liquor or cocoa mass, which sets as it cools. This forms the basis of all cocoa and chocolate products.

Cocoa powder is made by removing half the cocoa butter content from the cocoa mass. The remainder of the cocoa is then processed further into the fine cocoa we use for hot drinks or cooking purposes.

So next time you eat a chocolate or drink hot chocolate, you'll know exactly where this delicious treat comes from. Enjoy!



Cocoa pods grow on trees.



The pods are left to ferment, then the beans are sun-dried.



The cleaned, roasted beans are ground to a thick liquid.



The liquid is processed and dried to make cocoa powder.



Turn over

for part 2 of the highest mountains in the world.








FIND OUT MORE



✓ To see how chocolate is made go to [youtube.com/watch?v=ZtMfWD-QHT8](https://www.youtube.com/watch?v=ZtMfWD-QHT8)

REACHING NEW HEIGHTS

4 LHOTSE (ASIA)

 <p>8 516m Like Everest – the highest peak in the world above sea level – Lhotse is part of the Himalayan mountain range. It lies south of Everest, to which it's joined by the South Col, a pass 7 600m high. Lhotse means "south peak" in Tibetan.</p>	 <p>Nepal & China Like Everest, Lhotse lies between Tibet, a region of China, and Nepal.</p>	 <p>1956 Ernst Reiss and Fritz Luchsinger from Switzerland reached the top on 18 May 1956. Chantal Mauduit from France was the first woman to summit Lhotse on 10 May 1996.</p>	 <p>370 At least 370 people have successfully climbed the peak. The main Lhotse climbing route follows the same path as Everest's South Col route but after Camp 3 those climbing Everest turn left and Lhotse climbers turn right.</p>	 <p>20 At least 20 people have died on this peak. Lhotse is one of the steepest peaks in the world and most deaths occur from falling. Krzysztof Wielicki from Poland made the first winter ascent on 31 December 1988. He also made the first winter ascent of Everest (with Leszek Cichy) in 1980 and of Kangchenjunga (with Jerzy Kukuczka).</p>
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5 MAKALU (ASIA)

 <p>8 485m Makalu is part of the Himalayas and lies 19km southeast of Mount Everest. It's an isolated peak with four sharp ridges that give it a pyramid shape. The name probably comes from the Sanskrit word "Mahakala", which is said to refer to the Hindu god Shiva. Locally the peak is also called Kumbhakarna ("the giant") in Sanskrit.</p>	 <p>Nepal & China Like Everest and Lhotse, Makalu lies on the border between Nepal and Tibet in China.</p>
--	--

CLIMBING EVEREST

- The two most important things you'll need to be able to climb the world's highest mountains are physical fitness and lots of money!
- To build up fitness you'll have to start hiking, then climbing hills and small mountains to work your way up to being able to climb peaks above 8 000m. A year before you plan to climb Everest you should start running 12km four days a week and doing weight training for upper-body strength.
- To climb Everest you'll need to pay for permits, equipment and guides – all of which could cost up to \$100 000 (R1,15 million).
- One of the reasons high peaks are difficult to climb is the effects of altitude. Above 8 000m there's less oxygen and air pressure. If you climb too quickly your body doesn't have time to adjust, and you may experience shortness of breath, nausea, headaches and hallucinations.
- Most climbers use oxygen tanks above 8 000m to fight the effects of altitude sickness, but about 200 people have climbed Everest without it.
- Climbing Everest takes six to nine weeks, as climbers first go up and down between camps

This week we take a look at the fourth-, fifth- and sixth-highest mountain peaks in the world – and what it takes to be able to climb them

WEEK 2 OF 2



6 CHO OYU (ASIA)

First ascent	Number of ascents	Death rate
1955 Lionel Terray and Jean Couzy from France reached the summit on 15 May 1955. Kitty Calhoun from America was the first woman to reach the top, on 18 May 1990.	206 At least 206 people have made it to the top. Makalu is extremely difficult to climb because of its sharp ridges on every side.	22 Makalu's sheer pyramid shape means climbers need a lot of technical expertise to reach the summit. The peak also offers no shelter from the extremely cold weather conditions.

Height & name	Countries	First ascent	Number of ascents	Death rate
8 201m Like most of the peaks on this list, Cho Oyu is part of the Himalayan mountain range. The origin of the name Cho Oyu is uncertain. It may be derived from the Tibetan words "chomo yu", which mean "turquoise goddess".	Nepal & China Cho Oyu lies between Nepal and Tibet, China, about 30km northwest of Everest. It's just west of Nangpa La pass, part of a trade route between the two countries. With its moderate slopes, the peak is considered the easiest eight-thousander (see box) to climb.	1954 Austrians Herbert Tichy and Joseph Jochler and Sherpa Pasang Dawa Lama reached the top on 19 October 1954.	3 130 At least 3 130 have made it to the summit. Many of those who want to climb Everest use Cho Oyu as training. The first women to reach the top were Vera Komarkova and Margita Dina Sterbova from Czechoslovakia (now Czech Republic and Slovakia) on 13 May 1984.	40 Because of Cho Oyu's relatively moderate slopes climbers don't need a lot of technical expertise to reach the summit, but it's still extremely taxing because of the altitude. The peak is also isolated and inaccessible to rescue helicopters. Most deaths are a result of falls, but the weather and altitude also take their toll.

so their bodies can adjust to the altitude.

■ On the day climbers want to push for the summit they leave Camp 4 between 9pm and midnight, aiming to reach the top during the early morning. This then gives them lots of time to

climb back down to Camp 4 before it gets dark.

■ Most climbers go up the mountain in groups of eight to 15, accompanied by just as many support staff made up of Sherpas, a group of people native to Nepal.

Living at these altitudes

for so long has helped Sherpas to adapt and they aren't affected by altitude sickness like other people who are just visiting.

They help climbers by carrying their gear, setting up tents and fastening and checking ropes.

WHAT IS AN EIGHT-THOUSANDER?

These are the 14 mountain peaks on Earth higher than 8 000m above sea level. They're all in Asia and each of their summits is located in the death zone – an altitude where there isn't enough oxygen for humans to survive. The 14 include the six on this and last week's pages plus 7 Dhaulagiri I (8 167m), 8 Manaslu (8 163m), 9 Nanga Parbat (8 125m), 10 Annapurna I (8 091m), 11 Gasherbrum I (8 080m), 12 Broad Peak (8 051m), 13 Gasherbrum II (8 035m) and 14 Shishapangma (8 027m).



FIND 7 DIFFERENCES

WORD SEARCH

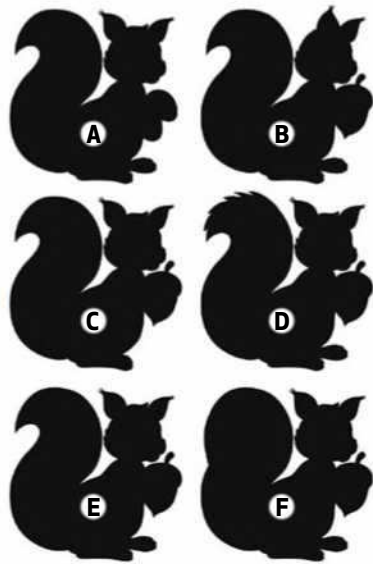
The words in the list below are all hidden in the grid - horizontally or vertically, backwards or forwards. Find and circle them.

busy	s s j f g v r s s
cooler	w r e d n e z q l
fall	a a y i l u u t t
harvest	l k m o l i t b s
mealies	l e o w r a z s e
nuts	o c d r l s e l v
raincoat	w a e f a l l m r
rake	s l y s u b g h a
squirrel	t a o c n i a r h
swallows	

Make up a story about autumn using all the words in the list, then draw a picture to go with it.



MATCH THE RIGHT SHADOW



DID YOU KNOW?

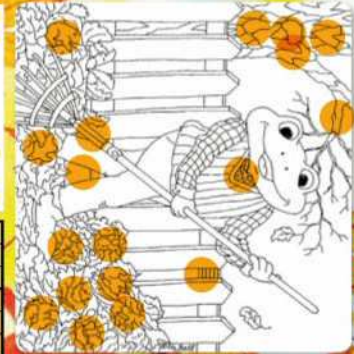
In autumn squirrels collect seeds and nuts and store them underground as food is scarce in the cold winter months.

COUNT THE LEAVES



W a e f a l l m r
s l y s u b g h a
t a o c n i a r h

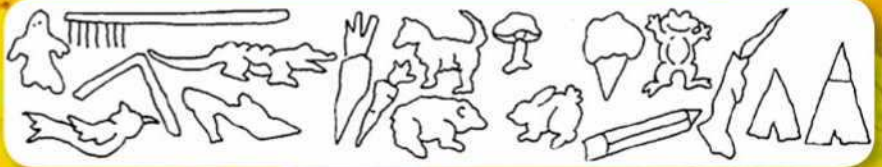
S N C R A O
A R O N C S
I N S A O R C
C O R S N A
O A N C S R
R C S A O N



CREATED BY FREEPIK

HIDDEN PICTURES

Find all the 18 small items hidden in the big picture below.



WORD SUDOKU

Complete the grid by filling in the blanks so each row, column and mini grid contains the letters A, C, O, R, N and S. Don't guess - use your logic!

S					O
		O	N		
	S	A	O	R	
	O	R	S	N	
		N	C		
R					N



SUMS WITH LEAVES

A + = 2

B + = _____

C + = _____

D + = _____

TIP
Before you start, press the leaves between the pages of a heavy book for a few days to flatten them.

GET CREATIVE!

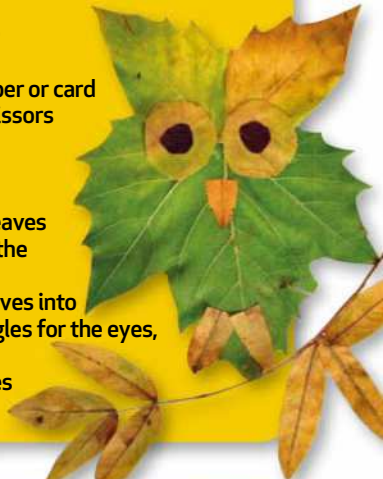
Next time you go to the park, or are out in the street or even just in your backyard, collect the prettiest, brightest leaves you can find and let your imagination dream up cool creatures - like this owl.

YOU WILL NEED

- Leaves
- A sheet of paper or card
- Blunt-nose scissors
- Glue

THEN

- Arrange the leaves into a design on the paper.
- Trim some leaves into circles and triangles for the eyes, mouth and beak.
- Glue the leaves in place.



ANSWERS
MATCH THE RIGHT SHADOW. COUNT THE LEAVES 13. SUMS WITH LEAVES A-2, B-4, C-3, D-5.

WORDSEARCH NO. 381

HOW TO DO IT

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

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



EYES

- ACTOR
- APPLAUSE
- AUDITORIUM
- BALCONY
- BOARDS
- CHARACTER
- CHORUS GIRL
- DESIGNER
- DISGUISE
- ENTRANCE
- EYES
- FIRST NIGHT
- FOYER
- GALLERY
- GREASE PAINT
- INTERVAL
- MATINEE
- MONOLOGUE
- MUSICAL
- MYSTERY
- PERFORMANCE
- PREMIERE
- PROMPTER
- REHEARSAL
- STAGE
- STALLS
- UNDERSTUDY



SOLUTION TO PICTURE PUZZLE NO. 1174



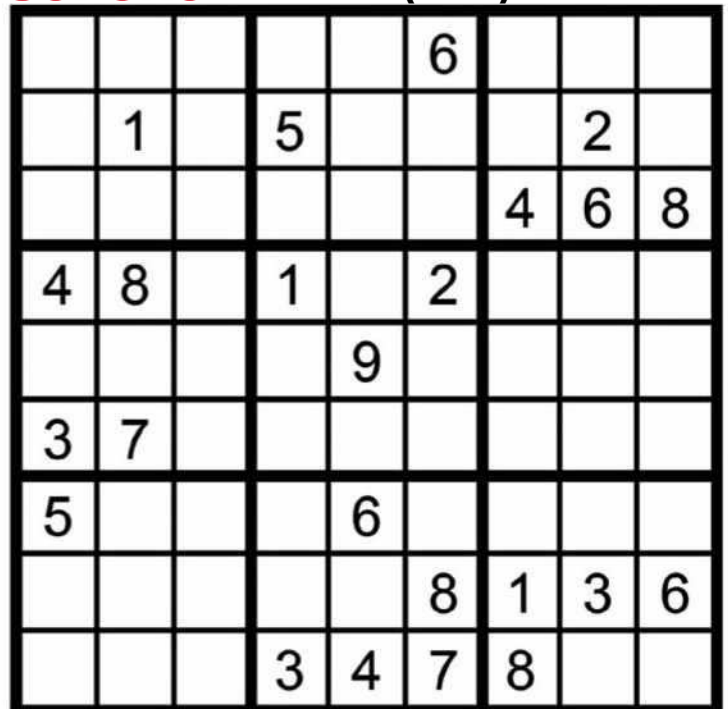
PICTURE PUZZLE NO. 1174 KEYWORD

Question: Get the name of a former Generations actress-turned-underwear designer.
Answer: Thando Thabethe.

WINNER

The following lucky reader has won R500 cash: Bernard McKenzie of Roodepoort.

SUDOKU NO. 045 (EASY)



SOLUTION NO. 044

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

HOW TO PLAY

The Sudoku puzzle is a grid, divided into nine columns up and down, nine rows side to side and nine 3x3 square boxes. You have to place the numbers 1 to 9 in the empty squares so each row, each column and each box contains the same number only once. Use the numbers that are already filled in as clues.

BRAIN GAMES GALORE



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 UNSCRAMBLE THE LETTERS IN THE BLUE BLOCKS TO GET THE NAME OF A LOCAL OLYMPIC SWIMMING CHAMPION. SMS THE KEYWORD DRUM FOLLOWED BY YOUR ANSWER, NAME AND TOWN OR CITY TO 36400*.

No. 1179

						THUMBS UP	POSITION		SOFT FRUIT	MURDER		PRETTY WRITING	UNUSED	
ON A R100 NOTE		NIGHTBIRD	AFRICA		ISIDINGO ACTRESS 7.5									
						MOTH LARVA	REPRESENTATIVE		AMUSE		DISTANCE MEASURE			WEST
IDIOT			...DE KLERK											VOICE BOX
INSECT						FIREARMS					SNIP			MASTER'S DEGREE
YELL		OUR MONEY	MORE						HELLO			TYPE OF HERB	A TIDE	
						GOOD, BETTER, ...	WRITER, ... BLYTON					NEGATIVE	LEFT	A HARD WOOD
MILK SUGAR		EATING PLACE		MONSTER	THE SUN IS ONE				FINE					
							SOUTH-EAST		CAUGHT	BODY JOINT	OPERATION		HALF AN EM	
BIG						CASUAL PANTS					FROZEN DRINK	FRAUD		
HONEY-MAKER	INFORMAL					LAND FOR CROPS	JOURNAL	TOP SERVE		LOAD		NOISY TALK		LEVY
			UNDER-SHIRT			STAMP COLLECTOR	BOREDOM					SHORT FOR DIANA	ACORN TREE	HEAD OFFICE
NO CHARGE	GOGGLE-BOX			EAST INDIES	HALF		UNION		OUTSIZE		SOUTH	REPTILE POISON	LAUGH SOUND	
				ONE SOURCE RAPPER 5.5									CAST-RATED BULL	
MARRIED WOMAN'S TITLE							BEHOLD		SNAKE-LIKE FISH			SINGER, ... TURNER		BLACK PANTHER ACTOR 4.4
POD VEGETABLE	ROOM						TAKE TO COURT				ANGLO-NORMAN			
			THE THING				ARTICLE		AT HOME		PORT ELIZABETH		KILOGRAM	
	EAST	HAND PROTECTION							INNOCENT					
	VENUS OR MARS							CAN	ACRE		EARLY ENGLISH		LIGHT BROWN	
				A GREETING	FLAT						COMPLETED	TART	NOMINAL	KING
	AVERAGE			NOT BRIGHT				MORNING	HIGHER	NIGHTLY				MALE BEE
	QUEEN			YEBO				GOLD SYMBOL		ME		MONTH		FOOT PART
QUICK		DRAMA		PANIC RUSH									CALF-LENGTH SKIRT	

COMPILED BY NALEDI MARTIN DE KOCK FACEBOOK / AMTHABOMDULULI

TO STAND A CHANCE OF WINNING, CORRECTLY COMPLETE THE PICTURE PUZZLE AND UNSCRAMBLE THE LETTERS IN THE BLUE BLOCKS TO SPELL OUT THIS WEEK'S HIDDEN WORD. USE THE CLUE TO HELP YOU. SMS THE WORD DRUM FOLLOWED BY YOUR ANSWER, NAME AND TOWN OR CITY TO 36400 BEFORE 3 MAY 2018. *SMSES COST R 1.50 EACH. THE COMPETITION IS OPEN TO SOUTH AFRICAN CELLPHONE NUMBERS ONLY. YOU MUST BE THE REGISTERED OWNER OF THE CELLPHONE OR HAVE THE OWNER'S PERMISSION TO USE IT. NO POSTAL ENTRIES WILL BE ACCEPTED. KEEP YOUR COMPLETED PUZZLE IN CASE YOU WIN. WINNERS WILL BE SELECTED BY RANDOM DRAW. THE EDITOR'S DECISION IS FINAL. THE COMPETITION IS CLOSED TO STAFF AND THEIR IMMEDIATE FAMILIES OF MEDIA24.



Entertainment
by Metro FM DJ
Msizi Shembe



FUN FOR EVERYONE

There's something for everyone at the Chilla Nathi Cookout Experience

WHITE Star Super Maize Meal and DRUM have teamed up to give 15 lucky readers a chance to win tickets to the Chilla Nathi

Cookout event!

If you love good food, great music and even better vibes join us for a day of fun at Mayor's Garden in Alexandra Park, Pietermaritzburg, on Sunday 6 May. This family-day experience – which includes an assortment of music, food and fashion – is a celebration for entertainment-seekers of every persuasion. Chilla nathi means “come hang out with us” and the event organisers want you to do just that.

What to expect? There'll be yummy delicacies to enjoy at a host of food stalls as well as trendy fashion, accessories, fresh produce and arts and crafts on sale. Msizi Shembe, presenter of Metro FM's Sunday Soul Therapy, will also be there



on the 1s and 2s to soothe guests' souls.

Did we mention kids under 12 enter free? Keep the little ones entertained at the Kiddies Craft Village and be sure to make use of the free Wi-Fi. Indulge your senses and make it a #SundayFunDay to remember. With entertainment and activities galore, there's something for everyone. See you there!

Enter now to stand a chance to win two VIP tickets to the Chilla Nathi Cookout Experience and enjoy access to the entertainment marquee along with free food and drinks.

Follow the Chilla Nathi Cookout Experience on www.facebook.com/WhiteStarSuperMaizeMeal

HOW TO ENTER

Simply SMS “Chilla” with your name and surname, email and complete physical address to 34683* before 5pm on Sunday 29 April.

DATE: Sunday 6 May

TIME: 10am to 9pm

VENUE: Mayor's Garden, Alexandra Park, Pietermaritzburg

ENTRY FEE: R40 for adults, kids under 12 enter free

WHAT NOT TO BRING: No coolers and weapons allowed

WHAT WOULD HAPPEN IF ...

A new book explores what would happen to your body if you were caught in these worst-case scenarios. Warning: it's not pretty!

EVER had nightmares about being buried alive? Or fretted that a great white shark is going to chomp you as you splash about in the waves on a seaside holiday?

And as America and North Korea delighted in the my-button-is-bigger-than-yours bluster not long ago, have you lain awake at night wondering what life would be like in a nuclear wasteland with just cockroaches for company?

In this extract from an entertaining – if somewhat macabre – new book, *And Then You're Dead: A Scientific Exploration of the World's Most Interesting Ways to Die*, journalist Cody Cassidy and scientist Paul Doherty probe these questions and more.

Warning: strong stomach required.

YOU WERE ATTACKED BY A GREAT WHITE SHARK?

So let's say you're splashing about in the waves and a great white decides to go in for a nibble.

Sharks like to attack from below and behind so you'd probably be struck in the legs.

They also have bad table manners: they don't chew. They tear and rip by thrashing their heads from side to side and rolling their bodies.

Sharks like to saw flesh off then swallow it whole. A single bite is more than enough to remove your leg.

The great danger in a leg chomping is a cut to your femoral artery, which is responsible for oxygenating your entire leg.

If it were slashed unevenly or at an angle, it wouldn't recede correctly – that's bad. You'd black out in 30 seconds. From there you'd go into circulatory shock – your tissues would die from lack of blood, swell up and compound the problem by blocking blood flow elsewhere in the body.

Four minutes after the attack you'd have lost 20% of your blood and you'd enter a critical stage. Your heart needs a minimum blood pressure to keep beating and once you'd lost 20% of your blood volume you'd drop below that threshold.

After that it would be only a few minutes until complete brain death.



YOU WERE IN AN AIRPLANE AND YOUR WINDOW POPPED OUT?

If you were within the first few minutes of flight and still under 20 000 feet (7 000m), you'd probably be okay.

You could still breathe for half an hour before you passed out at that altitude and the pressure difference wouldn't be great enough to suck you out. It would be a little chilly and noisy, but as long as you're wearing a jersey you'd be fine.

If you're at 35 000 feet (10 668m) and the window pops out, the plane rapidly depressurises. The first thing you'd notice is all the air getting sucked out of every orifice in your body.

And because it's humid air, it would condense and come out as a fog. That would happen to everybody, so the entire plane would be a thick fog of everyone's body air. Gross.

Fortunately that would clear up in a few seconds, because the air in the plane is getting sucked out of the open window. Unfortunately, it's not a neighbour's window, it's yours, and that makes a big difference.

If you were sitting just two seats away from the missing window, the wind would be rushing out of the plane with hurricane speed – but that's still slow enough that if you were wearing a seat belt you'd be held fast.

Unfortunately you chose the window seat, where the air would rush out at 482km/h – fast enough to pull you out of your seat even if you're strapped in. You wouldn't be sucked all the way out of the plane. That's good for everyone in the plane. It would save you from a long fall and for everyone else your body would serve as a decent plug. It would slow the air's escape and give people more time to put on their oxygen masks.

Your troubles would only be beginning. The first thing you'd notice would be the wind. The 965km/h gale blasting you would push you against the aircraft, wrapping you in a J-shaped figure around the side of the plane. The second thing you'd notice would be the cold. The temperature at 35 000 feet is -51°C. In that chill your nose would become frostbitten within a few seconds.

The third issue isn't something you'd notice but is probably the most life-threatening. The air's so thin you wouldn't get enough oxygen to survive, only you wouldn't know you were suffocating.

Your body can't detect when there's too little oxygen so you'd keep breathing but you'd have less than 15 seconds before you passed out – and four minutes before brain death.



YOUR LIFT CABLE BROKE?

Lifts are the safest motorised transport you can use. Nearly all lift accidents are due to "operator error". (Safety tips: don't squeeze your way into closing lift doors and don't try to climb out of a stuck lift.)

Part of the reason lifts are so safe is thanks to the safety brake, invented by Elisha Graves Otis in 1853. The safety brake is on the lift car itself and allows a lift to stop even if the cable is severed.

Should the impossible happen and your lift plummets from the top of a skyscraper, you wouldn't necessarily die.

With a bit of luck, and because of a few freaks of physics, you could survive.

A lift free-falling from 170 storeys would hit the ground at 305km/h – an almost certainly fatal speed. But if you're lucky, your lift fits snugly in its shaft. If that's the case, the air below won't be able to escape fast enough, creating a pillow of pressure like a soft airbag that could slow your descent.

That would help, but you'd still need to do more to survive. Gradually slowing your stop is the key to reducing the g-forces on your body.

Your best chance is to load your entire body evenly. Do not jump. Even if you somehow, magically, jumped an instant before you hit, you would reduce your impact speed only by a few kilometres an hour.

And when you crashed, your organs would break from their arterial moorings and push their way down through your body.

Best idea? Lie on your back. It's the best way to bring your body to a stop without causing an organ pile-up.

YOU WERE BURIED ALIVE?

Once you're placed in an airtight coffin you'd start using up its oxygen. A typical coffin has 900 litres of air and you take up 80 of it, so you would have 820 left.

Your lungs take in half a litre a breath, but you use up only 20% of the oxygen for each breath – meaning you could rebreathe the same air a few times before depleting it.

Of course, you wouldn't need to breathe every last bit of oxygen before running into trouble. Air is 21% oxygen and that's where you're happy.

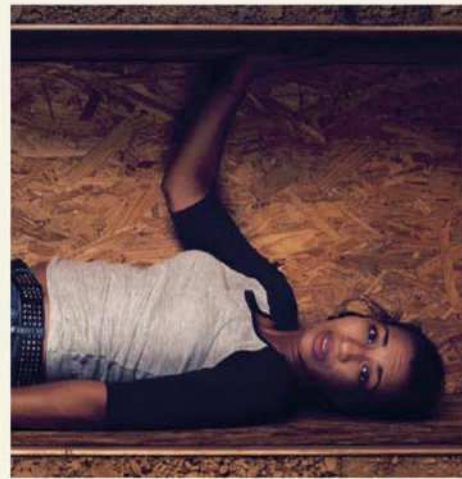
Once you began using up oxygen you'd quickly run into issues: headaches, dizziness, nausea and confusion as your brain cells began to starve. Your coffin has enough oxygen to last around six hours before you start to asphyxiate – as long as you stay calm.

You'd think that you'd last longer holding your breath, but that actually increases your oxygen usage when your body overcompensates for the carbon dioxide (CO₂) build-up with bigger breaths than it needs.

Slow, controlled breathing is the way to go. Once the oxygen drops to 10% you'd go unconscious and quickly fall into a coma. Sudden death happens at 6-8% oxygen.

And there's another issue competing to kill you. By breathing, you're replacing the oxygen in your coffin with CO₂. That's a problem. The excess CO₂ binds with your blood and limits the amount of oxygen it can carry into your tissues – effectively asphyxiating your vital organs and poisoning your central nervous system, which would manifest as confusion and delirium.

So perhaps you'd see a ghost in your coffin...



EXTRACT FROM AND THEN YOU'RE DEAD: A SCIENTIFIC EXPLORATION OF THE WORLD'S MOST INTERESTING WAYS TO DIE, BY CODY CASSIDY AND PAUL DOHERTY (PUBLISHED BY ALLEN & UNWIN). R185 AT TAKEALOT.COM.

PRICE CORRECT AT THE TIME OF GOING TO PRINT AND SUBJECT TO CHANGE WITHOUT NOTICE.

GALLO IMAGES/GETTY IMAGES



A RAY OF HOPE FOR HIS PEOPLE

As a child he envisioned bringing X-ray technology to the townships – now this Eastern Cape radiographer has realised his dream

BY ZAMA CHUTSHELA PICTURES: SBU NDLOVU

IT TOOK a tumble while playing with friends in primary school to change the course of his life – and improve the lives of thousands of people.

Xolisa Menemene broke his arm and had to endure a long taxi ride from his home in Motherwell, on the outskirts of Port Elizabeth, to town for an X-ray. And once at the hospital he had to wait in excruciating pain for his turn in the queue.

The radiographer was snowed under with patients and Xolisa decided then and there this was a career he wanted to pursue when he grew up.

But he didn't only want to work in radiography – he wanted to find a way of bringing the machines closer to the townships so people didn't have to travel long distances to get the treatment they needed.

And Xolisa (34) has done just that. He now operates three X-ray centres in different parts of the country. He opened his first branch at the Ziyabuya shopping complex in KwaDwesi township in Port Elizabeth in 2016, launched the second at a shopping centre in King William's Town a year later and last month set up the third branch at a centre in V-section Umlazi in Durban.

The branches are all located in shopping malls in the townships because he wants them to be accessible to communities and the doctors who serve them, he says.

"It makes life easy for both the patients and doctors. It saves time and money spent travelling to town – ideally if there's a doctor in a township or at a mall then there should be a radiographer close by.

"I opened the Durban branch because of the new clinic, New Day, that opened there recently. I knew medical doctors at the clinic would need my services and they wouldn't want to send their patients all the way to town. I approached them and they agreed to work with me."

XOLISA'S journey to professional success wasn't easy as he makes it sound. He was raised by a single mother, Thobeka Menemene, and she sometimes struggled to pay school fees, he says.

"From time to time my father would contribute but it was never enough. I watched my mother struggling to raise myself and my younger brother, Ludwe, and it pained me.

"She worked as a cleaner at a hotel in Summerstrand and often overworked herself so we didn't go to bed hungry. She'd do other piece jobs to make ends meet.

"I must have been eight years old when I made a decision that one day I'd stop the cycle of poverty in my family," he recalls. "I was determined to make life better for everyone."

After breaking his arm Xolisa dreamt of working in radiography until he became interested in computers when he was in high school – perhaps a future in IT would be better, he thought.

But then a careers exhibition renewed his love for radiography.

He spent time at the X-ray stall and became more determined than ever to revert to Plan A.

Xolisa completed his matric at Lawson Brown High School, a former model-C



Xolisa Menemene quit his well-paying job to bring affordable and accessible radiography services to his community. ABOVE: He has three X-ray centres around the country. RIGHT: With his employee, Zama Lusanda Vena, at one of his practices.



their patients to me. “At first they were reluctant because they didn’t know who this local radiographer was but they eventually warmed up to me and started referring patients to me.”

With his business he’s had to learn to be an all-rounder.

“I had to master everything or business wouldn’t come my way. I had to market the business, sell my ideas and do human resources. Fortunately my wife, Alime, does the finance part of it,” Xolisa says.

He currently employs five radiographers and two as-

school in PE, and left for Joburg to study at Wits University.

“I stayed in Johannesburg for three days,” he says. “On the fourth day I packed my bags and went back home. Everything was too fast for me and I couldn’t stand the atmosphere.

“When I got home I went to Nelson Mandela Metropolitan University [NMMU] and tried to apply for admission. I was rejected because it was too late,” he says.

He took a gap year and found a job at Nando’s earning R850 a month. “It wasn’t much, but I managed to save for my tertiary education and help my mom with money too,” he says.

In 2004 he was accepted to study diagnostic radiography at NMMU.

“It was the toughest year of my life. My son, Khanya, was born in January of that year and in April my mother passed away.”

But he persevered. The following year he got a bursary and completed his studies in 2007.

The first part of his dream was accomplished – now it was time to get part two off the ground.

XOLISA was appointed as a junior radiographer at Nompumelelo Hospital in Peddie in the Eastern Cape and was soon promoted to chief radiographer.

The money was good, he admits, but

he wanted to go back home and serve his community.

“I knew my people needed me. For me it didn’t make sense that elderly people were travelling to town and waiting in long queues for X-rays. I wanted to bring an affordable and accessible service closer to the people.”

But he couldn’t just quit his job – he had no money or assets.

“I needed at least R1 million to start the business, because X-ray equipment is very expensive.”

Xolisa applied for funding from banks and government institutions but was unsuccessful. So he felt he had only one option left – to quit and cash in his pen-

sion, which was R400 000.

“I then approached the Small Enterprise Finance Agency for extra funding and they came on board and loaned me R700 000,” Xolisa says.

Then he tackled another challenge.

“I still had to introduce myself to healthcare practitioners in the industry. I was the new kid on the block and I had to convince doctors to refer

‘I wanted to bring an affordable and accessible service closer to the people’

RIGHT: Xolisa’s wife, Alime, with a patient. She helps him at his various practices.

sistants and his goal is to have a 24-hour medical centre “that does ultrasounds, CT scans and mammograms,” he says.

“We’d also like to have partnerships with new hospitals so we can run their X-ray sites. We’re hoping to spread our services throughout the country.”

Trying to bring services closer to the people has taught him dreams don’t come served on a silver platter.

“If you want something you must be willing to make sacrifices. I wanted to open my practice in 2010 but I couldn’t because I had no money.

“When you tell your friends or colleagues about your dreams they might discourage you. Just keep on following your dreams.”

If it could work for him, he says, it might work for you. ■



facebook

TIME TO UNFRIEND FACEBOOK?

It's easier to edit settings from a desktop than a smartphone.

It's probably the go-to social media site to vent, share and boast, but the latest data-privacy scandal rocking Facebook could be a wake-up call for its users

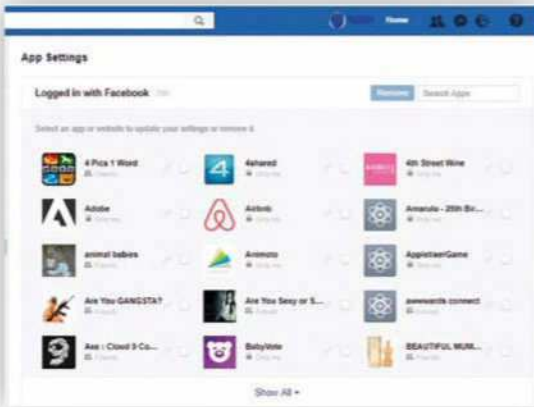
COMPILED BY SANDY COOK

IT'S a jittery time to be one of Facebook's 2 billion-plus users. With news that Cambridge Analytica, the shady data consultancy firm hired by Donald Trump's election campaign, raided the data of about 50 million users there's never been a better time to go on a Facebook diet.

Now is the time to trim your privacy settings, cut back on what advertisers know about you and slim down that bloated Friends list. Perhaps it might even be time to consider bidding farewell forever to the powerful social network. Here's how to get rid of Facebook or review what you share.



Facebook co-founder Mark Zuckerberg is under fire for the platform's data-harvesting fiasco.



On the left of the screen select Apps. Facebook will tell you how many apps you're logged into via the social network.

To look at the info you've provided each app, click on the pencil. You can stop your friends from seeing that you use the app or stop the app from seeing who your friends are. **To delete the app click on the cross to remove the app permanently.** But this won't remove your data from the app's database. To do that you'll have to contact the company to request they remove your data, which they're under no obligation to do.

Next go to Apps, websites & plugins. If you don't want Facebook sneaking in to the rest of your online world you can Disable Platform here.

This means you won't be able to log into third party sites using your Facebook credentials.

Now go to Apps others use. Here you'll see a surprisingly long list of personal info about you that your friends may unwittingly be sharing with other apps, games and websites.

Unlick anything you want kept private.

APP ATTACK

As a seasoned Facebooker you've probably granted permission to sites such as Netflix, Scrabble and Tinder or taken one of those daft yet irresistible quizzes to decide whether you're a dolphin or a mongoose. Chances are each time you taken the bait you've handed over your profile data to complete strangers to do with as they will. **How can you check who has your info and edit those settings?** **Hold on the down arrow at the top right of your Facebook page and click on Settings.**



HOLD THE ADS

So you spent your lunch hour browsing fashion sites for lingerie and now your newsfeed is flooded with ads for lacy push-up bras, G-strings and nursing bras.

The bad news is Facebook tracks your every move online and there's nothing you can do about it. But you can gain control over what it does with this data.

Go to Settings then click on Ads on the navigation bar left of your screen. Banish targeted ads from your feed by turning off Ads based on my use of websites and apps.

You can also turn off Ads on apps and websites outside the Facebook companies to stop you seeing Facebook ads on other parts of the web. If you select that option, it means you'll still see ads but they won't be as relevant to you.

If you don't want others to see that you liked a sponsored post, head on down to Ads with your social actions and select No one. This setting applies to your likes, follows, comments, shares, app usage, check-ins, recommendations and events you joined that appear with ads your friends see.

Then check out Hide ad topics. It may amuse/surprise/annoy you to see the subjects Facebook has deemed you're interested in. Here you can choose to hide these ads for six months, a year or even permanently.

BLOCK ADS ON YOUR PHONE

You can opt out of receiving ads on your smartphone or tablet under the device's Settings (as opposed to Facebook settings). **For iPhones and iPads,** go to Settings, Privacy, then scroll down to Advertising. From there click the Limit ad tracking button.

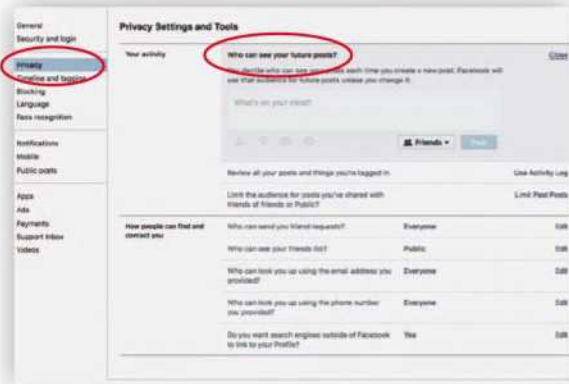
For Android devices, go to Settings, then Accounts and Sync, select Google, then Ads and, finally select Opt out of interest-based ads.

FRIENDS FOCUS

So you're friends with 400 people on Facebook, all of whom have access to the pictures, posts, likes and links you've chosen to share. Maybe it's time to whittle that friends list down but if you don't want the hassle or awkwardness of brutally unfriending people, here's how to control what they can see.

Go to Settings then Privacy. Check out Who can see my future posts. You have choices, from the public to friends and you can even specify which friends to exclude or allow a select group of friends who can see your posts.

To control how people access you on Facebook go to How people find and contact you. Here you can set limits on who can send you friend requests and who can see your friends list.



STOP THE TAGGING

Ever been irritated by being tagged in an embarrassing picture without your permission? The bad news is there's nothing you can do about it, but the good news is you can control whether it goes in your feed.

Go to Settings then Timeline and tagging (on the left side of your screen, under Privacy) and choose the tagging settings you're comfortable with.

You can also enable the option to review posts you're tagged in before the post appears on your timeline so you can reject it if you'd rather not have it made public to your friends.

To test your changes, click on Review what other people see on your timeline. This will show you what your account looks like through the eyes of others.

HOW TO ARCHIVE YOUR DATA

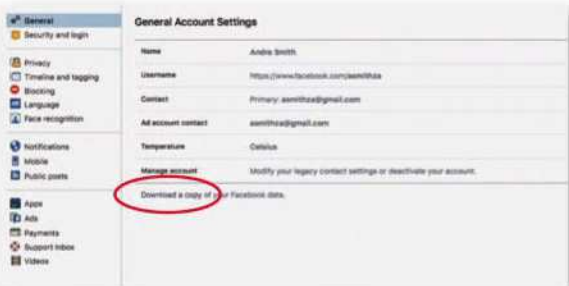
You have the option to download all the info Facebook has collected on you over the years.

To access your archive, go to Settings and click Download a copy of your Facebook data at the bottom of the screen.

That will take you to a new page, where you can click on Start my archive to get a copy of what you've shared on the site, as well as any personal data that's been collected.

You'll have to enter your password. Facebook will then notify you via email when your archive is ready to download. It can take up to 10 minutes.

The information is broken down into sections such as pictures, text messages, Facebook messages, contact info, advertisers, etc. Be prepared to be amazed by how much of your stuff is out there!



SO LONG, FAREWELL!

Freaked out by the privacy scandal? Sick of seeing your friends' idyllic holiday snaps? Perhaps it's time to quit. Deactivating your account isn't the same as deleting it.

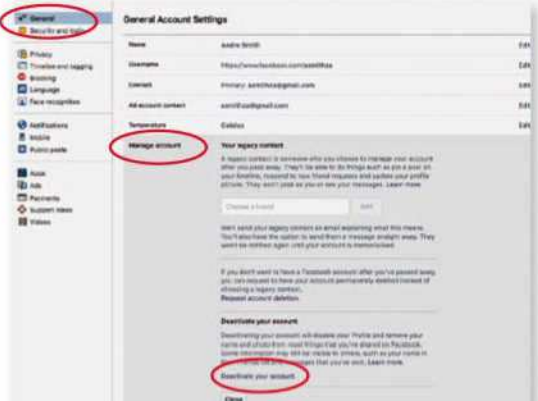
To deactivate, go to Settings and click General. Click Manage my account, then Deactivate my account. This might help if you want to go on a temporary digital detox.

Deleting your account isn't quite as straightforward. Click on the Quick help button (signified by a question mark at the top right-hand corner of your screen).

Type delete account in the Search field. From the list of search results select How do I permanently delete my account? and Facebook will give you obscure instructions to "log into your account and let us know".

This is code for delete my account, so select this link, enter your password, solve the

security captcha and your request will be initiated. Facebook delays deletion for a few days so if you log into your account during this period your request will be cancelled and you'll have to redo it.



“I WAS raped and you were born.”

These words written by his mother changed his life and robbed him of his sense of self.

They kept echoing in his head and no matter how much he tried to run away from the truth, he couldn't escape it.

So Scelo Mncube chose to do the only thing that made sense to him: write a book – and hopefully exorcise the demons that had been living in his head since the day he found out the truth about his conception.

The KwaZulu-Natal-born motivational speaker published his work last year, almost 10 years after his shocking discovery.

The book, *I was Raped . . . And You were Born*, is now available nationally. And Scelo hopes it will motivate others not to give up on life.

His life story is one of pain, suffering and ultimately triumph.

The 25-year-old was born in Ntuzuma, KZN, and raised by a single mother along with his two sisters, Ntombentle and Nonjabulo.

Everything was good until his mom, Busi, died in 2006 after battling an illness – leaving behind heartache.

“When you have parents, even a single parent, you don't notice certain things because they shield you from hardship. But when my mom died everything came crashing down.”

Four days after his mom passed away a man came knocking on the door demanding rent and gave the siblings three days to come up with the cash.

When they couldn't, they were evicted.

“My two sisters were taken in by their fathers and I was left alone,” says Scelo, who had never known his father.

After knocking on doors and begging for money from neighbours, he went to live with an aunt in Umlazi where he stayed for three months until she left for the Eastern Cape, selling her house and leaving Scelo alone again.

“No one wanted me,” he says.

This time he had nowhere to go and ended up on the streets, sleeping at an Engen garage in Umlazi.

Throughout it all he tried to keep up with his schoolwork – attending classes at a nearby high school whenever he could.

“In 2008 the principal told me I could



PUTTING HIS PAIN ON PAPER

Scelo Mncube was heartbroken when he found out he was the product of rape – but then he wrote a motivational book about it

BY THULANI GQIRANA

not continue studying there if I wasn't paying. I wasn't even on the books.

“I told him I was homeless but he didn't believe me. He told me to get documentation that proved my mother had died.”

So he travelled back to Ntuzuma to search for something to prove his story – little did he know the trip would change his life.

SCELO went to see one of his family members who had a briefcase full of documents his mom had left behind.

“I opened it and a brown envelope addressed to me fell out.”

When his mom was alive Scelo often asked her who his dad was and all she would say was, “Your father is Jesus.”



LEFT: Thandazile Gumede helped Scelo when he was a homeless teenager living in a taxi. **ABOVE:** His mom, Busi, died 12 years ago and never revealed her painful secret to her son.

But that fateful day in 2008 he found out the truth.

“Scelo, I don’t know when you are going to find this letter,” he read.

“But I want to say this to you: I was raped and you were born.

“I don’t know your father. I wanted to abort you in the sixth month but I gave birth to you in the eighth month.

“I wrote this letter to apologise that life is not what it is supposed to be. I was a hard worker but I failed.”

Distraught, Scelo asked his mother’s family if it was true but nobody wanted to talk to him about it.

He was called names, told to leave and the letter was ripped into pieces, he says.

Devastated and depressed, he went back to the streets.

“I could not put my life together. I dropped out of school, I was listless and nothing seemed to work.

“I could not stop thinking about the words in that letter.

I was dying daily inside,” Scelo says.

He also couldn’t stop thinking about the pain his mother had suffered.

“She always tried to be strong in front of me.”

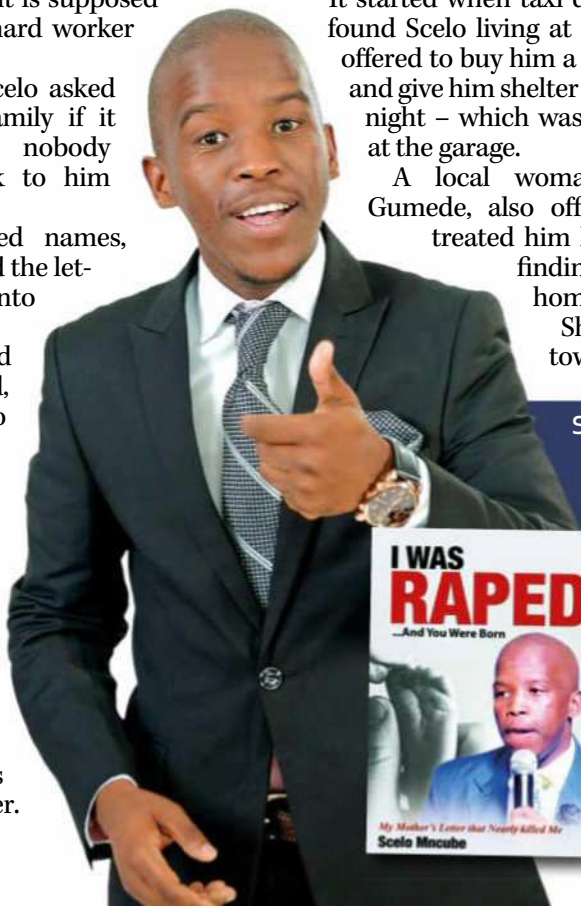
And all the while she was living with her terrible secret.

Things finally started turning around for Scelo, thanks to the help of kind strangers.

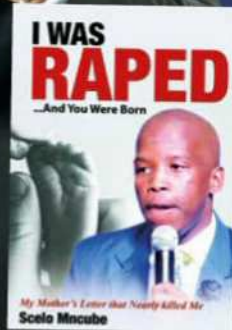
It started when taxi driver Tso Ntuli found Scelo living at the garage and offered to buy him a school uniform and give him shelter in his taxi every night – which was always parked at the garage.

A local woman, Thandazile Gumede, also offered help and treated him like a son after finding out he was homeless.

She took him in towards the end of



Scelo has gone from a street kid to a motivational speaker and author. His book, *I Was Raped ... And You Were Born* (LEFT), deals with the pain of coping with the knowledge that he’s the result of rape.



his school career.

Scelo finished matric in 2011 at the age of 19. Although he wanted to study further, he didn’t have the money.

“I decided to do what I was good at, and when I had enough money I would be able to do what I love and study,” he says.

What he was good at was speaking – something he discovered when he entered a motivational speaking competition on a radio station while in high school.

“Bab’ Tso told me about it and said I should call in and share my story. Not a lot of people could say they were studying for matric while living in a taxi.”

Scelo made it to the top three in the competition.

“[Late gospel musician] Sfiso Ncwane heard my story on the radio show and looked me up.

“He helped me set up speaking engagements – some paid nothing, others paid up to R1 500.”

By 2013 he was speaking in churches and events across KwaZulu-Natal and in a couple of years he’d made enough money to buy back his mother’s house in Ntuzuma, where he now lives with his sisters.

AST year, when the country was enraged by the rise in violence against women and when #MenAreTrash was trending on social media, he decided to write

his book.

“I understood the anger women felt. I also had to deal with my own anger and felt maybe I could help someone in the process.

“I was also hoping someone who knew my mother might know more of the story about what happened to her, and come forward,” he says.

Scelo – whose work is published by Grashyo Publishers – is still single because “I have to fix my life”.

“I’m still broken but I’m working on myself,” he adds.

Scelo is already working on a second book, which focuses on accepting the man who violated his mom.

“I’ve come to realise my father has always been there.

“When my mom said my father was Jesus she was right. That’s the book I’m writing next.” ■

SMALL GIRL, BIG VOICE

She's not yet a teen but Naomi Wadler is wise beyond her years – and she showed it in her short but powerful speech about violence against black girls and women

COMPILED BY DENNIS CAVERNELIS

IT TOOK less than four minutes for her to become one of the faces of a mass movement and an internet sensation. She's just 11 years old but she's already being marked for greatness – and some have even gone so far as to say she could become America's president one day if she carries on like this.

And watching footage of Naomi Wadler addressing a crowd of hundreds of thousands, it's not hard to see why.

The Grade 5 learner's short, eloquent speech at the recent March for Our Lives rally in Washington, DC was one of the highlights of a day marked by tears and defiance.

Naomi was by no means the only speaker that day – young person after young person commanded the microphone to get their points across.

But she was one of the most memorable, raising awareness of the plight of African-American girls and women in a country where minority groups are often overlooked.

The rally – one of the biggest youth protests on American soil since the Viet-

nam War – was held to demand authorities do something about gun control.

This came in the wake of the Valentine's Day massacre at Marjory Stoneman Douglas High School (MSD) in Parkland, Florida, that left 17 people dead and mobilised hundreds of thousands of schoolkids across America to walk out of their classrooms and take a stand against how easy it is to buy guns in the country.

Naomi was worried her speech would be off-topic but her fears were allayed when she was told all the learners would be speaking about their own experiences.

So she went ahead, talking about how gun violence involving people "who look like me" hadn't drawn the same outrage, sympathy or media coverage.

"People have said I'm too young to have these thoughts on my own," she said. "People have said I'm a tool of some nameless adult. It's not true. My friends and I might still be 11 and we might still be in elementary school but we know. We know life isn't equal for everyone and we know what's right and wrong. We know we have seven short years until we too have the right to vote.

"I urge everyone here and everyone who hears my voice to join me in telling the stories that aren't told. To honour the girls and women of colour who are murdered at disproportionate rates in this nation."

NAOMI was told about the Parkland shooting by her mother, Julie Wadler, who had a connection to the tragedy. Jaime Guttenberg (14), one of the victims of the massacre, was the daughter of one of Julie's high-school friends.

Naomi is from Alexandria in Virginia, 1 600km away from the horror of Parkland, but she started thinking about what she could do to make a difference.

She read everything she could about the shooting and the planned protests. Then she and her best friend, Carter Anderson, started wondering why "younger kids shouldn't take part too".

The pair organised a walkout at their primary school, George Mason Elementary, a 20-minute drive from Washington, DC. Their walkout wasn't 17 minutes



LEFT: Naomi (left) with pop star Miley Cyrus (middle) and Mya Middleton at the March for Our Lives rally. **RIGHT:** Speakers at the rally, singer Jennifer Hudson and students Edna Chavez, Zion Kelly, Emma Gonzalez and Naomi.



long like those at many other schools to honour the 17 victims of the Parkland shooting – it was 18 minutes long.

The extra minute was in memory of Courtlin Arrington (17), a black girl who was gunned down at her Alabama high school on 7 March.

Unlike the Florida shooting, her killing received far less media attention.

Naomi and Carter's walkout was met with resistance, with school authorities saying it would be unsafe for kids to leave the premises during the day.

Naomi's response?

"How will we be safe in our own classrooms in the world we live in now when it's okay for someone to walk into a store with an expired ID and buy an assault rifle?"

About 60 learners joined the walkout, carrying signs and laying down on the ground in silence outside their school as their parents watched.

During her speech at the rally Naomi explained the extra minute in honour of Courtlin.

"I think that when specifically African-American women are shot and killed their names aren't remembered. So I thought it would be important to add an extra minute."

A study last year found black women were more likely to be shot to death in America compared to women of other racial groups.

"It's subconsciously embedded in people's minds that somebody with a darker complexion is worth less and their life isn't as valuable as a white girl or man's," Naomi said.

THE preteen, who was born in Ethiopia to a white mom and black dad, attends a school where nearly 60% of kids are white, around 30% are Hispanic and about 6% are black.

'People say I'm too young to have these thoughts on my own'

Her daughter is "an aware kid," Julie told the Washington Post. "She wants to know why on the news they identify black people as black but not white people as white. She wants to know why Trayvon Martin was shot [by a neighbourhood watch volunteer in 2012]. She wants to know why Philando Castile was shot [by a cop in 2016]."

"Her father is black and she wants to know if she has to worry about him being stopped and killed," Julie added.

Naomi's parents were planning their spring holiday break when the March for Our Lives organisers contacted them and asked if Naomi would be one of their speakers – they'd noticed her after her school walkout went viral.

Julie agreed and watched proudly as her daughter captivated the crowds – including a clutch of celebrities who attended the march.

Actor George Clooney called Naomi before the march to tell her how impressed he was of an interview she'd given after her walkout. "He said he loved how I spoke so eloquently and the message I was trying to get across," Naomi said.

She admitted later she'd been panicky

about the speech, despite appearing so poised. "I tend to be a pretty catastrophic thinker when it comes to these things," she said. "I think, 'Oh my God, I'm going to die'. I need life-saving serum."

After the speech she hugged her mother and joined her school friends to watch the rest of the rally from the audience.

Later that day, when they arrived home, there was a note on their front door from a friend saying she'd done a great job and her teachers emailed her mom, praising her speech.

Naomi, who doesn't have any social media accounts, was casually told by her mom she'd gotten a shout-out on Instagram from Oscar winner and Black Panther star Lupita Nyong'o.

"She screamed so loud I thought I lost my hearing for a month," Julie said.

Naomi has managed to keep most of the attention her speech received at arm's length, she told The Washington Post. "I haven't been googling myself, so I haven't seen everything," she said the day after her words went global.

"My speech might not have a giant impact on society, but I hope black girls and women realise there's a growing value for them." ■



FAR LEFT and ABOVE: About 800 000 people marched against gun violence in Washington, DC. Actress Lupita Nyong'o (LEFT) congratulated Naomi on her speech.



WORLD CUP WOES

Russia has been in the headlines for all the wrong reasons recently. Can it pull off soccer's biggest spectacle? COMPILED BY KIRSTIN BUICK

INCREDIBLE infrastructure, sparkling cities and some state-of-the-art stadiums.

Russia has spared no expense in their preparations to host the 2018 Fifa World Cup and with less than two months to go until kick-off, the country is ready to receive the world.

But how many fans will show up is another matter entirely.

After an alleged assassination attempt on a former Russian spy living in the UK, to say Russia is looking a little less than kosher is an understatement.

President Vladimir Putin has denied any involvement in the nerve-gas attack on former Russian double agent Sergei Skripal and his daughter, Yulia, last month but the UK is having none of it.

British Prime Minister Theresa May expelled 20 Russian diplomats from the country, and their allies in the west showed solidarity – expelling 100 diplomats between them, including 60 from the US alone.

Of the 31 countries that qualified for the World Cup, at least nine have taken action against Russian diplomats in the wake of the Skripal poisoning.

None have mentioned World Cup sanctions, but with a nasty taste in soccer-mad England's mouth there's no telling what the next few weeks may hold.

Political tension isn't the only challenge Russia is facing.

We take a closer look at where things stand.

THE GOOD

Russia got to work soon after winning their bid, with an estimated budget of \$10 billion (R115 billion) to bring their cities up to scratch.

There's a distance of 640km between the host cities in the vast country so much of the budget went to sprucing up transport infrastructure.

How many fans will show up is another matter entirely

Many of the airports in host cities received an overhaul and brand-new tram lines were laid in Samara in south-western Russia.

Several luxury hotels were built across the country too – but the most impressive feat has been the stadiums. Of the 12 being used in the World Cup, more than half were built from scratch and the rest received major revamps.

The two largest stadiums in the country – the Luzhniki Stadium in Moscow and the Saint-Petersburg Stadium in St

Petersburg – will play host to most of the 64 games, with seven matches to be played at each.

Luzhniki is the venue for the all-important final match. The huge venue was opened in 1956 and has seen some major sporting events over the decades, including the 1980 Olympic Games.

It was also the location of the 1982 Luzhniki disaster, when a stampede left 66 people dead in the country's worst sporting disaster.

The iconic stadium was given a £300 million (R4,95 billion) revamp for the World Cup, in which seating was increased from 78 000 to 81 000, the athletics track was removed and stands were positioned closer to the pitch.

The natural grass in the high-tech arena is kept alive during the freezing Russian winters by special lamps with artificial lighting. The arena's roof, now extended to shelter all the stands, will be turned into a giant screen to broadcast the matches.

Unlike Luzhniki, the Saint-Petersburg Stadium is brand new and has been under construction for over a decade. Now the home of FC Zenit St Petersburg, the 67 000-seater arena cost about \$1 billion (about R11,5 billion) to build – reportedly taking the project 548% over budget.

According to Fifa's website, the Japa-



TOP LEFT: Dancers at the State Kremlin Palace in Moscow during the World Cup draw. TOP: Russian fans clashed with police at the 2016 Uefa Euro contest. (ABOVE LEFT) French players were called “monkeys” at a recent Russia-France warm-up game. ABOVE: President Vladimir Putin denies involvement in the attack on former Russian spy Sergei Skripal and his daughter, Yulia (ABOVE RIGHT).

nese architect who designed the seven-storey structure, Kisho Kurokawa, wanted the stadium to look like “a spaceship that has landed on the shores of the Gulf of Finland”. The venue boasts some impressive tech, including a retractable roof and a sliding pitch.

Other stadiums include Fisht Stadium in Sochi, built for the Winter Olympics; Kazan Arena, built for the World Summer Universiade Games in 2013; and the brand-new Nizhny Novgorod Stadium, designed to represent water and wind.

Not all the stadiums are quite ready yet: the Cosmos Arena in Samara made headlines in last month when it emerged there was still “a huge amount of work” to be done there. The 45 000-seater venue is due to host a Group E match between Costa Rica and Serbia in less than two months – and the pitch had yet to be laid.

THE BAD

Racism

Playing soccer against top-tier Russian sides hasn’t been pleasant for black players in many years – and a recent incident left a foul taste in the mouths of many.

On 27 March Russian fans chanted racist slurs during a World Cup warm-up match between the home side and France in St Petersburg, calling some French players “monkeys”.

Fifa said they’re investigating the incident and Russia pledged to crack down on racism on the field.

But Zenit St Petersburg’s star striker Hulk (real name Givanildo Vieira de Sousa) says racism is par for the course in Russia. The Brazilian claims he’s repeatedly experienced racism from fans, and even referees. “If (racism) happens in the World Cup, it will be really gross,” he says.

Hooliganism

Russia proved it had its own brand of soccer-mad undesirables in the French city of Marseille during Euro 2016.

Russian fans caused days of chaos during the tournament, clashing with their English counterparts. Over 31 people were injured in street clashes that a spectator described to CNN as a “war scene”.

Shockingly, Igor Lebedev, deputy chairman of the Russian parliament, congratulated the attackers for defending their country’s honour. A year later he proposed the solution was to turn hooliganism or “draka” – the Russian word for fight – into a spectator sport.

Several months later Russian fans turned on one another at a Russian Premier League game. And in a BBC documentary, one Russian fan said trouble is “100% guaranteed” at the World Cup.

Despite this, Fifa president Gianni In-

fantino says he’s “not at all concerned” by the threat of hooliganism, and he has “full confidence” in Russian authorities.

THEN THERE’S PUTIN...

Relations between Russia and the West have never been great, but things have taken a dramatic turn for the worse since Russia bid for the tournament way back in 2008.

First their successful bid was mired in allegations of bribery, then Russia was embroiled in wars with Ukraine and Syria. The sensational Olympic doping scandal followed, when it was discovered dozens of Russian athletes were taking banned substances.

Then came their puppet master-like involvement in the US election that saw Donald Trump win – and now there’s the Skripal poisoning scandal. Even a wildly successful World Cup is unlikely to do much for President Putin’s global prestige, Simon Kuper of the Financial Times says.

“Russia will presumably host a smooth World Cup, but that feat carries little prestige since even Jacob Zuma’s South Africa managed it in 2010.

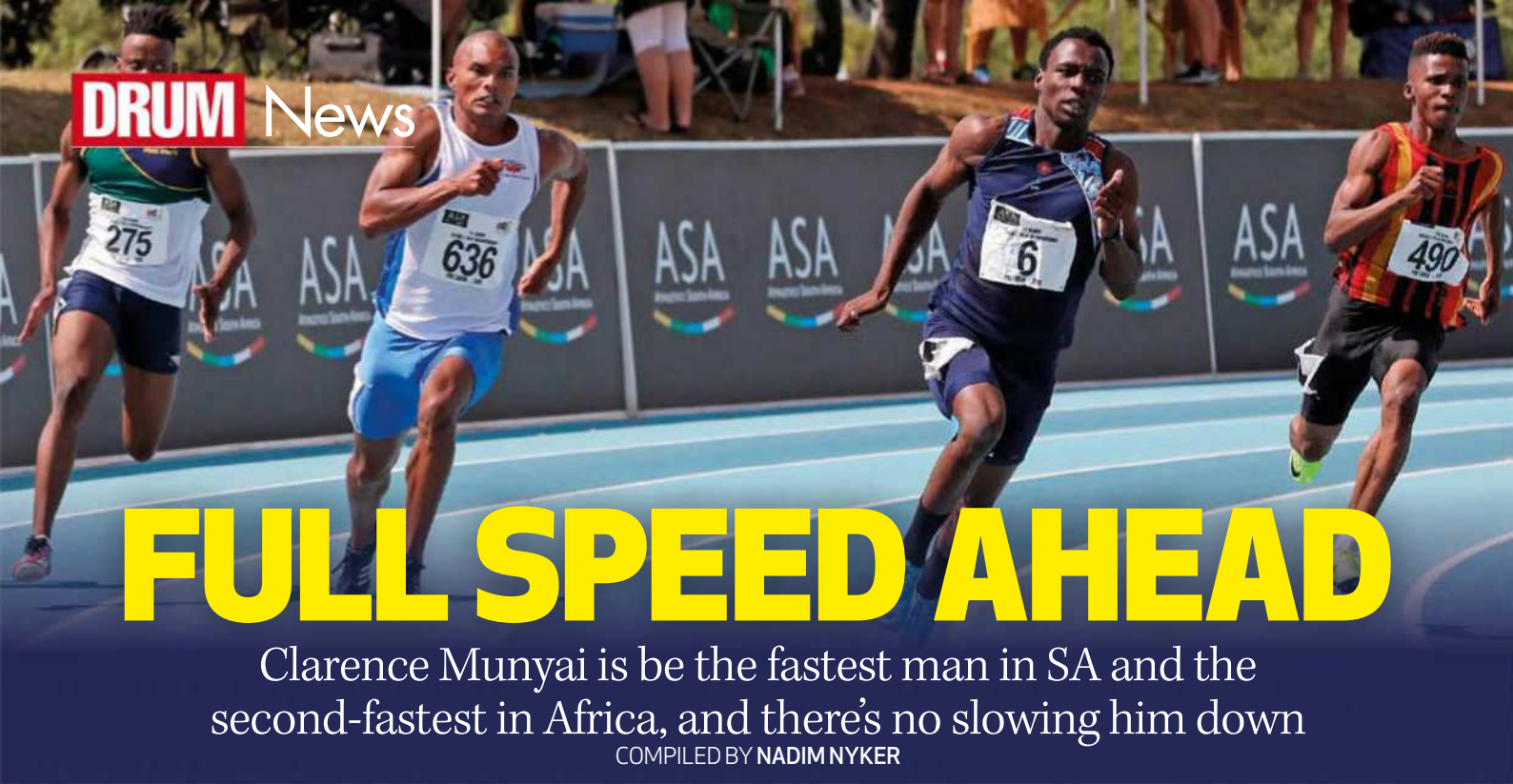
“And though western countries don’t boycott World Cups, few of their politicians, sponsors and fans will come.” ■

SOURCES: FIFA.COM, THE SUN, THE MIRROR, THE GUARDIAN, REUTERS, CNN, FINANCIAL TIMES

FAST FACTS

- 64 matches will be played by 32 teams in 12 venues across 11 Russian cities.
- Russia’s World Cup logo was unveiled in October 2014 by cosmonauts at the International Space Station then projected onto Moscow’s Bolshoi Theatre.
- Both players and spectators won’t need visas to enter the country, regardless of nationality.
- 9 of the 12 stadiums were built for the World Cup.
- The official mascot is a wolf named Zabivaka (“the one who scores” in Russian).
- 3.2 billion people watched the 2010 World Cup – that’s 46% of the world.





FULL SPEED AHEAD

Clarence Munyai is the fastest man in SA and the second-fastest in Africa, and there's no slowing him down

COMPILED BY NADIM NYKER

HE STRODE to the finishing line, his coach's words still ringing in his ears: "They fear you every time you step onto the field, give them more reason to fear you."

And when he crossed the line in a record 19,69 seconds at the recent ASA Senior and Combined Events Track and Field Championships at Tuks Stadium in Pretoria, he drove fear into the hearts of many South African athletes – including golden boy Wayde van Niekerk.

After smashing Van Niekerk's performance, Clarence Munyai (20) is now South Africa's fastest man.

Munyai bit a 0,15-second chunk off Van Niekerk's time of 19,84, which the 25-year-old posted in Jamaica last year before injuring himself during a charity rugby match in October (see page 85).

The new time puts Munyai in the league of some of the world's best: sprint legends Tyson Gay (19,58), Justin Gatlin (19,57), Michael Johnson (19,32), Yohan Blake (19,26) and world record holder Usain Bolt (19,19).

His March result saw

the sprinter climb to 10th place on the 200m world all-time list, surprising even the young man himself.

"I knew I had 19,8 [seconds] in my legs but when I saw 19,7, I was like, "Eish, I didn't expect that," Munyai said after the race.

The Johannesburg-born athlete's new time is also the second best in African history.

It's just one-hundredth of a second off the African record of 19,68 set by Namibia's Frankie Fredericks at the 1996 Atlanta Olympic Games – two years before Munyai was born.

Munyai still can't believe his lightning feat and is grateful to his coach, Hennie Kriel, who encouraged the speedster with his mantra of becoming the one all athletes fear.

"I keep these words in my mind all the time," he says.



An ecstatic Clarence Munyai recently smashed Wayde van Niekerk's 200m record. He did it in just 19,69 seconds.



MUNYAI has had a speedy road to success, dominating both junior and senior circuits.

The track star appeared on the international radar in 2016 at the ASA Senior Championships in Stellenbosch when he won the 200m in 20,73 seconds. Last July he bagged gold in the 200m at the Africa Under-20 Championships in Algeria. He also finished third in his heat at the 2016 Rio Olympics but didn't qualify for the semifinals.

And he's done it all thanks to a strict regimen. He trains six times a week at the High Performance Centre at the University of Pretoria and his pre-race rituals include listening to Kanye West and Jay-Z and remembering coach Kriel's words.

Coach Kriel says he expects the win to change Munyai's life.

"The first benefit, which is one of the things that give me pleasure, is that this will give him a big financial boost.

"I hope he learns to invest in himself because staying healthy is expensive. I spoke to his agent and big event promoters are already trying to book him. We normally take whichever race we can get, but choosing where we want to run makes things easier."

The sprinter now has his sights set on the Commonwealth Games, which takes place in Australia this month.

Watch out world, we bet he'll be a bolt of lightning! ■

SOURCES: IAAF.ORG, IOL.CO.ZA, EWN.CO.ZA, SPORT24.CO.ZA, SUNDAY WORLD, THESOUTHAFRICAN.COM

BACKPAGE/NUZI/NTOMBELA, GALLIMAGES/ROBERTSEIDES



PROTEAS CLIMB TEST RANKINGS

Proteas bowler **MORNE MORKEL** and opener Dean Elgar have been rewarded for their performances in the third Test against Australia.

Despite announcing his international retirement after this series, Morkel picked up 9 for 110 in his penultimate match. He's now sixth on the ICC Test bowling list and Kagiso Rabada remains No 1.

Disgraced Aussie captain Steve Smith is still the No 1 batsman, while SA's Aiden Markram cracked the top 20 Test batsmen list for the first time in his career.



WANTED: NEW CHIEFS KEEPER

Embattled Kaizer Chiefs are weighing their goalkeeping options as keeper **BRILLIANT KHUZWAYO**'s contract ends on 30 June. Despite reports Amakhosi wants to hold on to the 28-year-old shot-stopper, they're apparently having a hard time convincing Khuzwayo - who's been linked to Cape Town City and Orlando Pirates - to stay.

He's eager for regular game time, but he's well aware that if he stays at Chiefs he'll have to compete with Itumeleng Khune for a place in the starting 11. The club is said to be keen for SuperSport United's Reyaad Pieterse to cover for Itu. However, Khuzwayo's departure hasn't yet been confirmed.



MESSI'S INJURY WOES

Argentina's golden boy, **LIONEL MESSI**, was well on his way to La Liga glory - with 35 goals in 43 games for Barcelona - but he's been benched thanks to hamstring injuries.

La Pulga missed two vital games and has fallen behind on training for the Fifa Soccer World Cup in June, which could be his last.

He was on the sidelines for his country's 2-0 win over

Italy and when 2010 World Cup champs Spain thumped the Argentines 6-1.

"I've been suffering from this hamstring injury for some time," Messi said.

"I always want to play, but the road to the World Cup is still long."

Injured Brazilian striker Neymar and Englishmen Harry Kane and Jack Wilshere are all also in a race against time for soccer's showpiece.

RASSIE LOOKING ABROAD

After an embarrassing Super Rugby run, Springbok coach **RASSIE ERASMUS** is anything but spoilt for choice.

With the poor performances of the local lads, Erasmus has hinted he'll use his first match to test overseas-based players. He has reportedly been talking to several of them, with an eye on them joining the Boks' World Cup campaign.

He plans on visiting Willie le Roux, Juan de Jongh (both

Wasps), Faf de Klerk (Sale), Frans Steyn, Bismarck du Plessis, Jan Serfontein (all Montpellier), Duane Vermeulen, JP Pieterse (both Toulon) and Pat Lambie (Racing 92).

Prop Vincent Koch (Saracens) is also on his radar. This could raise the stakes for the likes of Tendai Mtawarira (Sharks), Malcolm Marx (Lions) and the Stormers' Dillyn Leyds.

GALLOIMAGES/SYDNEY SESHIBEDI, GALLOIMAGES/PHILIP MAETA, GALLO IMAGES/GETTY IMAGES

SPORT IN NUMBERS

6 600

The number of athletes taking part in this month's Commonwealth Games in Australia.

140

The number of Test wickets Kagiso Rabada had taken before the age of 23. Dale Steyn had taken just 32 at that age.

10

The number of times Liverpool's Mohamed Salah's goals and assists cost less in wages than Man United's Paul Pogba.

SOURCES: BLEA CHERREPORT.COM, THESPORTSMAN.COM, ESPNCRICINFO.COM, BUSINESS.QLD.GOV.AU, DAILMAIL.CO.UK, IOL.CO.ZA, EWN.CO.ZA, SPORT24.CO.ZA, SOC.CERLADJUMA.CO.ZA, CITIZEN.CO.ZA, SACRICKETMAG.COM, BUSINESSLIVE.CO.ZA, ENCA.COM, SARUGBYMAG.CO.ZA.



DOING IT FOR TEAM SA

CASTER SEMENYA is SA's flag-bearer at the Commonwealth Games' opening ceremony - her third stint after doing duty at two Olympic Games.

"It is quite special, I feel honoured to lead the team onto the field," said Semanya who aims to bring home two gold medals. "I'm truly honoured and truly blessed. We lead by example... two golds for me!"

And with Wayde van Niekerk out of action, the fastest man in South Africa over 100 metres, Akani Simbine, also plans to shine at the tournament.





Babes enjoyed two surprise parties – one organised by her record company West Ink (LEFT) and a glam dinner hosted by her proud parents, Mbongeni and Thokozile Simelane (BELOW).



Birthday
BABE

Babes Wodumo turns 24 with two parties, some serious bling and her bae on her arm!

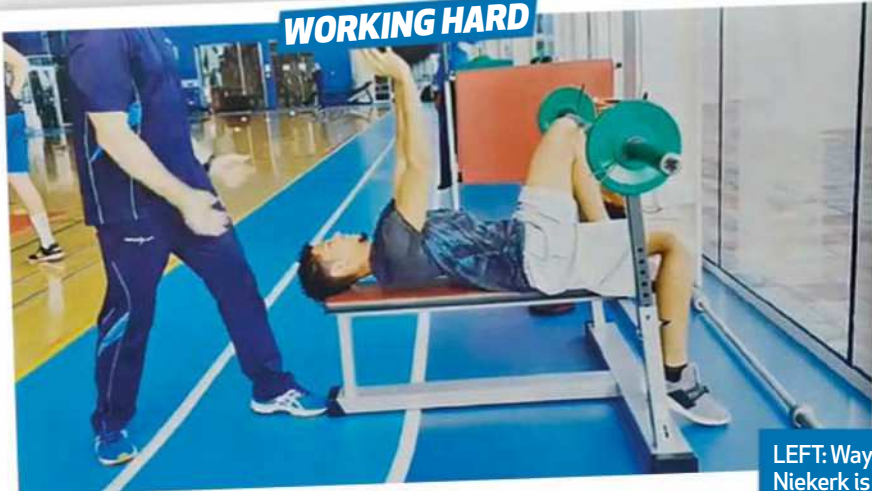
ABOVE: Her celebrations weren't OTT but Babes rocked a multi-coloured wig and glittering minidress. RIGHT: Her bae, Mampintsha, and that ring on her finger.

HE'S known for her colourful wigs and trendy threads so we imagined **BABES WODUMO** would be popping bottles at a club to celebrate her special day. Instead, the self-proclaimed queen of gqom recently had two very low-key celebrations to mark her 24th birthday. Part of the festivities included treating ladies from Muthande Society for the Aged in Durban to a day of pampering and a delicious lunch. "I love the elderly and I always try to make time to do what I can for my community," says Babes, whose father **MBONGENI SIMELANE**

is a pastor. The second-leg of her celebration was a surprise party thrown by her record company, West Ink, headed by her boss and bae, **MANDLA "MAMPINTSHA" MAPHUMULO**. Babes was spotted on his arm at the upmarket Elangeni & Maharani hotel in Durban rocking a glam green sequined dress and eye-catching bling. "I just wore the ring for swag – it's not an engagement ring," she tells us. Although Babes has previously admitted she's engaged, the Wololo singer hasn't revealed who the lucky man is. Mbongeni says he's aware of the rumours

but won't acknowledge an engagement until cultural traditions have been followed. "Babes is not engaged nor married, but I don't know," he says. "To be engaged in my culture means a man sends his family to negotiate a price for the bride and that has not happened for her. "If Babes wants to have a secret engagement or marriage, that's her business. I can't force my values on her because she's old enough to decide for herself." True or not, it seems the birthday girl had a blast!

WORKING HARD



LEFT: Wayde van Niekerk is sweating it out until he's back in top form. ABOVE RIGHT: With fitness coach O'Bakeng Molopyane. RIGHT: On baecation with his wife Chesney in the Maldives.

GETTING BACK ON TRACK

YOU can't keep a good man down – just ask Olympic sprinter **WAYDE VAN NIEKERK**. The gold medallist has been hard at work trying to silence critics who say he'll never run again after he injured his knee during a charity rugby match last October.

The 25-year-old has been hitting the gym with performance coach and therapist **O'BAKENG MOLOPYANE**, who is part of a team of specialists helping Wayde with his rehabilitation.

"I'm grateful to all who are contributing to this

successful process of healing and rehab," he recently posted on Instagram.

Wayde has also vowed to regain his top form. "Yes, I am stronger than ever before. Yes, I am the greatest. Yes, I will rewrite history. Yes, I will take all my records back," he captioned another snap.

Recapturing his glory is part of the track star's plan to build an empire with his wife, **CHESNEY CAMPBELL**. The couple was married last year.

They were forced to cut their honeymoon short due to Wayde's injury, but enjoyed a baecation in the Maldives in February just before the Olympian's rehabilitation got into full swing.



5 things you didn't know about ... Pabi Moloi

She's no stranger to the small screen – or the airwaves – so it's no surprise Pabi was chosen to host the latest *Presenter Search on 3*, the SABC3 reality show which finds fresh new talent for the shows *Expresso*, *Afternoon Express* and *Top Billing*.

"I'm thrilled at the chance to witness dreams coming true," Pabi (34) says of her new gig. "It's amazing how many people desire the simple opportunity to step under the lights and shine bright."

WE ASKED THE TRENDING SA PRESENTER TO SHARE FIVE THINGS VIEWERS MIGHT NOT KNOW ABOUT HER

1

I've climbed up the Eiffel Tower in Paris and I've walked on the Great Wall of China.

4

My favourite indulgence is an opulent spa day.

2

I can sing along to all the songs on Alanis Morissette's album *Jagged Little Pill*. I'm word-perfect(ish).

5

Coffee before conversation in the mornings, please!

3

I listen to hip-hop when I exercise.

■ The new season of *Presenter Search on 3* premieres on Thursday 10 May at 7.30pm on SABC3.



SUPPLIED, INSTAGRAM/WAYDEPREMIER



Hands off

Bey does not approve her man being touched without permission!

A BITE OF BEYONCÉ

Who bit Queen Bey? And why? Who would even dare bite Beyoncé? So many questions, so few answers, so much speculation! Before we get ourselves in too much of a froth over this slice of madness, let's take a moment to remember that whatever happened, it will be addressed on Jay-Z's next album!

Tiffany Haddish says...

The Girls Trip comic was partying with Bey and Hova in December at an after-party for Jay's 4:44 concert, the story goes. An actress (still unidentified at the time of going to print) set B off by touching Jay's chest and, incidentally, inspired her contribution to DJ Khaled's track Top Off: "If they're tryna party with the queen/They gon' have to sign a non-disclosure."

Tiffany told GQ magazine the actress then bit Beyoncé in the face. "So Beyoncé stormed away, went up to Jay-Z and was like, 'Jay! Come here! This b****...' and snatched him."

"They went to the back of the room. I was like, 'What just happened?' And Beyoncé's friend walked up and was like, 'Can you believe this b**** just bit Beyoncé?'"

Tiffany offered to mete out justice for Bey, but the singer told her not to.

She ended her story by observing, incredulously, "There's people out here biting Beyoncé!"

Bey's people say...

"I absolutely cannot comment on any of this, as I have no knowledge," Bey's rep, Yvette Noel-Schure, told GQ magazine.

Chrissy Teigen says...

"I cannot leave this planet without knowing who bit Beyoncé in the face," the supermodel, mom and author tweeted. "I can only think of one person who would do this. But I cannot say. But she... is the worst."

Chrissy, annoyingly, didn't say who she suspected. But eventually she found out her suspicion was off the mark! "My initial guess was wrong. The real person? I *never* would have guessed. I'VE SAID TOO MUCH... I AM NEVER TELLING," she tweeted. "I'm scared I've said too much KNOWLEDGE IS A CURSE!"

The 'biter' says...

"Y'all are funny. Under no circumstances did I bite Beyoncé and if I did it would've been a love bite," actress Sanaa Lathan tweeted in her denial.

She played a vampire in Blade so she knows a bit about biting! TMZ reported Tiffany told pals it was Sanaa, "but it was not an aggressive bite. It was playful and non-invasive."



COMPILED BY DENNIS CAVERNELIS

BUSINESS AS USUAL

Queen Bey and Jay are obviously not fazed by whatever is hitting the headlines. The power pair took in the sights of Kingston, Jamaica, while filming a promo video for their upcoming On the Run II Tour.

They frolicked on the beach wearing fine, fancy clothes and, if we're honest, we're kinda jealous.

Sure they're working and they have a huge world tour ahead, but they look as carefree as we'd like to be.

One day...

**Sizzling
in
Jamaica!**

BUDGET BEY

One day you're chilling in the Caribbean, gazillionaire style, the next you're pushing a trolley in a budget chain shop with the kids. See, these celebs are just like us!

Back home from Jamaica, Beyoncé unsuccessfully tried to go incognito with a pair of dark glasses while shopping at Target with daughter **BLUE IVY** and mom Tina Knowles-Lawson.

The fam was spotted stocking up on Easter treats and gifts.

"Bro im so freaking sad right now :(((my sister ran into beyonce at target up in LA," tweeted a fan.

Another posted, "It's not everyday you see @beyonce at target".

It's not, but the star has been seen at the shop around Christmas too...

**Who runs the
set on a video
shoot?
Beyoncé,
of course!**





IT'S a quiet time in Kardashian-Jenner Land when the biggest news around is **KYLIE JENNER (20)** is no longer suing **BLAC CHYNA**. The reality TV starlet and her half-brother, Rob Kardashian, had accused Chyna of causing \$100 000 (about R1,1 million) worth of damage to a property they were renting to her, and Rob alleges his ex also tried to strangle him with an iPhone charger cable in December 2016.

KYLIE DROPS LAWSUIT

The Rob & Chyna star – who has a son, King Cairo (5), with Kylie's ex Tyga and a daughter, 17-month-old Dream, with Rob – is happy with the development. "We have maintained from the beginning that Kylie Jenner's case against my client, Blac Chyna, was meritless," Chyna's lawyer, **LISA BLOOM**, told RadarOnline.com. "We are pleased that after six months of litigation we were able to force Ms Jenner to dismiss her case." Although Kylie has removed herself from this lawsuit, Chyna has her own against several members of the famous family. In court papers she alleges they interfered with the production of Rob & Chyna and are responsible for the end of the reality show "because they contacted E! to 'demand the network not proceed with a second season.'" Despite their legal battles, Rob and Chyna have agreed to co-parent Dream.

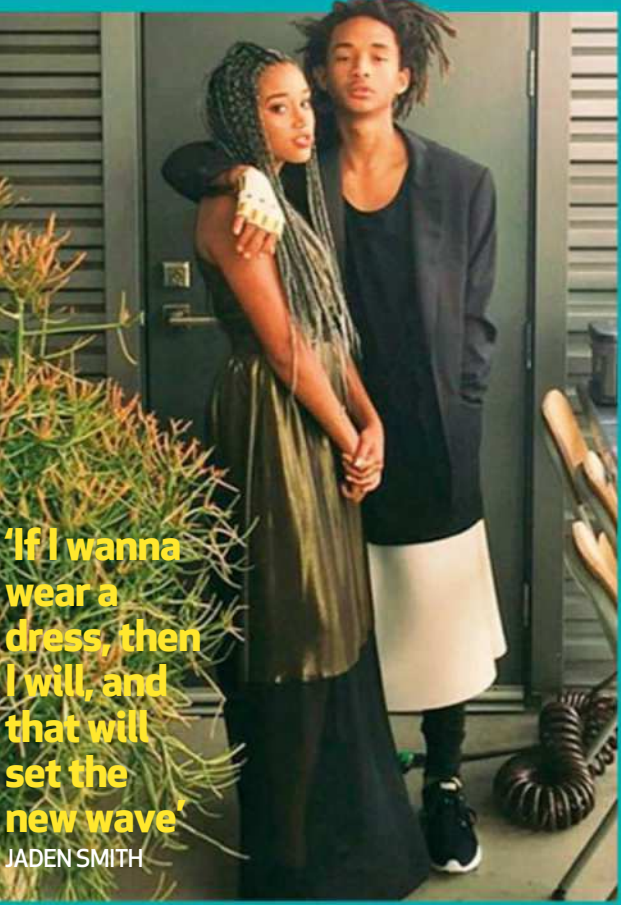


Round 1 goes to Chyna and her lawyers, Lisa Bloom and Walter Moseley



Back when they were selfie BFFs

Hanging out with my lil sis



'If I wanna wear a dress, then I will, and that will set the new wave'
JADEN SMITH

FEARLESS FASHIONISTA

JADEN SMITH will wear whatever he wants – and he doesn't care what anyone thinks about it. The singer and actor, son of Will Smith and Jada Pinkett Smith, has often grabbed headlines with his bold fashion choices and has described himself as an "icon" who breaks down gender stereotypes. On Twitter Jaden defended his choice to wear dresses, saying, "If I Wanna Wear A Dress, Then I Will, And That Will Set The New Wave ... JADEN SMITH #ICON." The Karate Kid star was pictured wearing a skirt when he accompanied Hunger Games actress **AMANDLA STENBERG** to her prom and has been featured in a women's wear campaign for Louis Vuitton. The 19-year-old has also launched his own gender-neutral clothing line, MSFTS, and recently collaborated with G-Star Raw, of which singer-producer Pharrell Williams is a co-owner, to create a sustainable denim range.



JADEN'S FASHION FOOTPRINT

From FAR LEFT: At this year's Nickelodeon Kids' Choice Awards; rocking a gender-neutral outfit at the Louis Vuitton Fall/Winter show at Paris Fashion Week; at this year's Grammys.

IT'S BIG WILLY SALSA STYLE

WILL SMITH has moves. But he doesn't have moves like Jagger – even superstars need a little help from their friends like salsa music god and ex-Mr JLo, **MARC ANTHONY**.

Will posted an Insta video of him and Marc on a yacht off the coast of Miami where Marc's track *Vivir Mi Vida* was playing as he tried to keep pace with the expert.

The movie star captioned the video: "#Bucketlist – Salsa Lessons from @MarcAnthony."

If you're not one of Will's 13.4 million Insta followers, click now and you too can enjoy his entertaining videos and previews of new music – like his St Patrick's Day rap ditty about drinking too much and making the wrong kind of hook-ups.

The guys gettin' jiggy with it in Miami



Just call me Miss Mary

NO MORE drama for Oscar nominee and singer **MARY J BLIGE**, who is now officially divorced from **KENDU ISAACS**. The pair reached an agreement and finalised their divorce after 13 years of marriage late last month.

Last year a judge ordered the *Mudbound* star to pay \$30 000 (R330 000) to her former manager and hubby in temporary spousal support – a fraction of the \$130 000 (R1,4 million) a month Kendu had demanded. The final settlement hasn't been made public. They were married in 2003 and in 2016

Mary filed for divorce and described the process as hellish. "I don't know if people seen the last eight or five years of my life, but it's been hell," she said.

"And it's been ugly and it's been public and it's been nasty. So, in the midst of all that, and the stuff people don't even know about – fighting for my life, fighting for my marriage, fighting for my morals and everything – I discovered my strength. My real strength is discovered."

'It's been hell. And it's been ugly and it's been public and it's been nasty'

MARY J BLIGE



Mary reportedly dumped Kendu after he cheated on her





LOOKS WE LOVE

These stars dazzled at the 31st Nickelodeon Kids' Choice Awards and the 33rd Stellar Gospel Music Awards

BY THULANI GOIRANA AND SHOUNEES MOOLA

Budding fashion designer Kheris Rogers in Sabrak Boutique at the Nickelodeon Kids' Choice Awards (NKCA).

Black-ish and Grown-ish star Yara Shahidi in a Rosario frock and Jimmy Choo heels at the NKCA.

Black-ish star Marsai Martin in an Alexander McQueen dress and Loriblu heels at the NKCA.

Zendaya in a Virgil Abloh dress, Casadei heels and Yeprem jewels at the NKCA.

A Wrinkle in Time star Storm Reid in a Moschino suit and Malone Souliers heels at the NKCA.



◀ Erica Campbell of Mary Mary fame was the belle of the ball in blue at the 33rd annual Stellar Gospel Music Awards in Las Vegas. ▶ American actress and comedienne Christianee Porter in a golden Sylvia Mollie creation at the Stellar Awards.



◀ American gospel singer-songwriter LeAndria Johnson in a Linda Bezuidenhout Couture dress and Badgley Mischka heels at the Stellar Awards. ▶ Power star Anika Noni Rose in a Jovani jumpsuit and skirt ensemble, also at the Stellar Awards.



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DRUM

WORD SEARCH


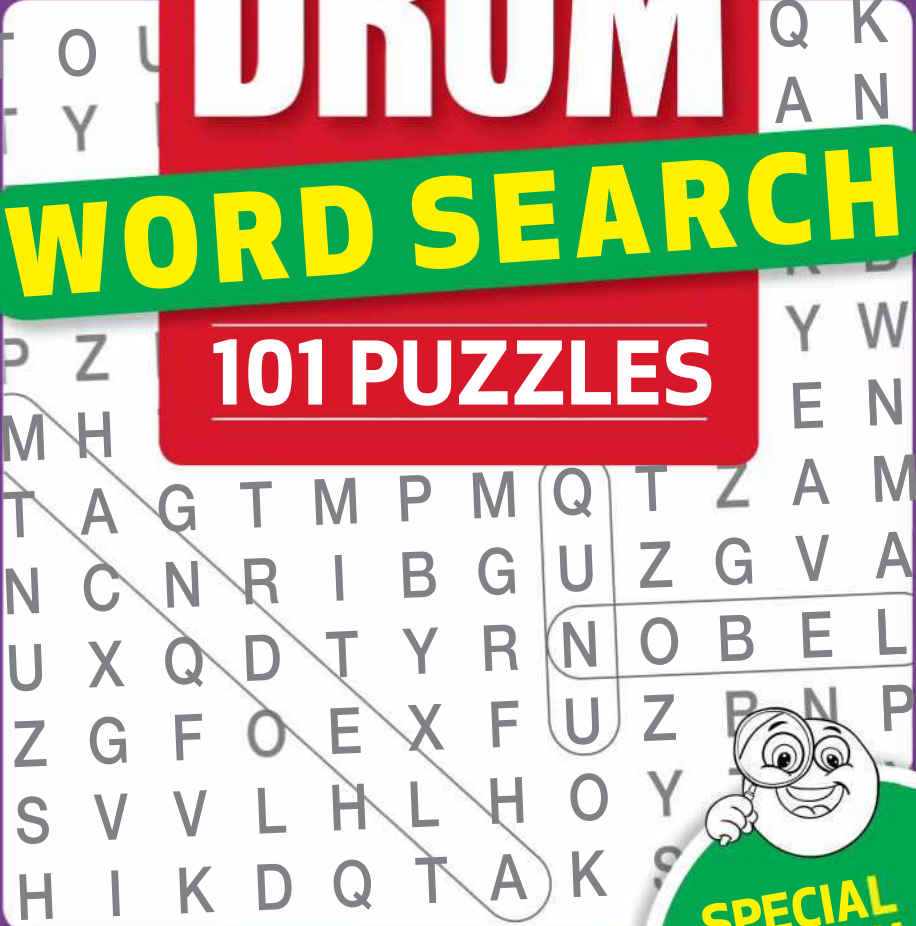
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Moloko, 27, Pretoria

2014 Mercedes-Benz CLA 200 A/T

'They went above and beyond for me. Now I'm saving R448 a month.' 'They asked about my family, they were making jokes, we were laughing ... it was like speaking to a friend,' says Moloko, who found switching to OUTsurance really easy. She's been telling friends and family how quick and easy it was ... and suggesting they see how much they can save too! Don't miss out ... make 2018 your year to switch and save!

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