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CAN DAY HOSPITALS SAVE YOU MONEY?



Posters

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PEOPLE EXCLUSIVE!

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Meghan

PLUS

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MATRIC DANCE

SPECIAL

GUIDE, FASHION & BEAUTY

15 PAGES!

DISABLED BEAUTY PAGEANT STARS



PEOPLE EXCLUSIVE!

Your Weekly Fix! **MUST-READ**

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- **BONANG** TO HOST MISS SA 2018
- **DANCE MOM** AT DEATH'S DOOR?



HER PRE-WEDDING **DIET REVEALED!**

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CELEBS • REAL LIFE • HEALTH • FASHION • BEAUTY

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Gossip & Features

- 2 Contents
- 3 Week in focus
- 6 Spotted: Bella Hadid **PLUS** Jessica Simpson **PLUS** Kylie Jenner
- 10-11 What's Trending
- 49 Pumpkin's wedding
- 75 Sandra's stalker found dead
- 76-77 Meghan like you've never seen her before
- 78 Spotted: Liev Schreiber **PLUS** The Baldwins
- 80-82 In case you missed it...
- 83 Kim's crazy life

Real Life

- 32 How to lose friends and alienate people
- 33 Strange but true
- 34 Verdict
- 35 Hope out of horror
- 36-37 Nothing disabled about their beauty **PLUS** Cosmetic catastrophe
- 40-41 Animal news **PLUS** Take me home
- 44-45 Suicide doctors **PLUS** An about-face in pride

Fashion, Beauty & Health

- 12-19 Matric dance fashion and beauty
- 20-21 Suited for prom
- 22 Getting groomed
- 28-29 Body, mind & health news
- PLUS** Dear Doc
- 30-31 Celeb fitness **PLUS** What's in her bag? **PLUS** Recipe

Regulars

- 7-9 Décor
- 27 Travel
- 38-39 **people** has heart **PLUS** My story
- 46-47 Money talks **PLUS** We talk small business **PLUS** Word wise
- 54-55 Dear **people** **PLUS** Horoscope
- 58-69 Puzzles
- 70-71 Puzzle answers
- 79 Classifieds

Entertainment Central

- 42-43 Poster: Avengers – Black Widow, Groot and Rocket
- 48 Gig guide **PLUS** Hanging out with
- 50 Between the lines
- 51 Off the record **PLUS** CD reviews
- 52 Seen on set
- 53 Reality bites
- 56-57 LOLsies
- 72-74 Schedules **PLUS** Cool stuff



ED'S LETTER



Hello!

BY this time next week Meghan and Harry will have tied the knot!

Now we all have a past, and **Megan** is no exception, though hers is perhaps a little less – how shall I put this? – *colourful* than that of her husband-to-be's, if you know what I mean. That's not to say it's any less charming, though, and this is something you can see for yourself because this week we managed to get our hands on some exclusive never-seen-before pictures of her in her youth on pages 76 and 77. Some of them are simply too adorable! And all this just adds to my eagerness to see her walk down the aisle on May 19. How will she look in her dress? It's been said that she's slimmed down to 50kg for the event, but I think we can all agree that she certainly didn't need to. If you're like me and can't get enough of all things royal-wedding-y then you just cannot miss out on our stand-alone bookazine, which I told you about last week, and which will be on sale from May 25. Wedding mania doesn't end there, though. To celebrate the royal nuptials we're offering our readers a fabulous competition this week: a chance to win the wedding of their dreams, valued at over R94 000! The perfect start to your happily ever after!

Enjoy your **people** this week!

Andrea

andrea@cxton.co.za

Have something on your mind? Chat to me directly, WhatsApp me on 060 858 1086 – DONE!



Take Note!

Go to www.peoplemagazine.co.za for more celeb news.

HAIR: MARVIN LOPES FROM JEALOUX; NICOL WAY (011) 706-9131



Best Paw Forward

THERE are so many horrors and maladies plaguing the world today that it is nice to take a bit of a break from it. Australians are arguably the masters of recreation and they did not disappoint at the Melbourne Dog Lovers Show. Over 50 shelters and a contingent of their pups were in attendance, but the highlight must have been the Common Woof Games to celebrate the Year of the Dog. Dogs big and small competed in a variety of events that included, among others, canine basketball, hurdling, barrel racing and various water sports...

PICS: EPA

Hell Of A Game

INTIMIDATION plays its part in sporting dominance to some degree – mental jostling can be the difference between a win or a loss. It's a bit of a shame then that this iniquitous-looking fan could not help his Toluca side beat Monarcas during a clash of Mexico's top-flight Liga MX. Instead the two drew level at two goals apiece. His effort, though, ought to be commended and it does appear that he gave the young fan behind him a bit of a scare.

SOME of the more spectacular events of the week.



Week In Focus

BY ROBERT CLUNIE



Fire And Brimstone

CHAOS has erupted on Hawaii's largest island after the Kilauea volcano spewed molten lava up to 60 metres in the air on May 3. Twenty six homes were subsequently destroyed, one of which belonged to a first-time homeowner. To pile on the island and the local residents' misery, the volcanic blast was followed by a 6.9 magnitude earthquake – the most severe on the island since 1975. The area surrounding Leilani Estates was covered in a thick, smouldering crust and 1 700 residents had to be evacuated.



Great Show, Old Chap

ONLY in Britain, one can suppose. Nothing screams 'England' as much as tweed, a well-manicured moustache and a good old bike ride. Fogies and hipsters united in the country's capital in early May to participate in the annual Tweed Run – a cycling event in which thousands gather for a stroll in turn-of-the-century garbs and penny-farthings for a total distance of around 19km. The North's entering summer at present; the sweat must have flowed.

The Volley Of Discontent

IT has been called the world's most intractable conflict and for 100 years, on and off, Israel and Palestine have been having it out. The creation of the State of Israel in 1948 only worsened matters since the Gaza-Strip border's creation. It's been 70 years of conflict and disgruntlement. The quarrel has escalated in recent weeks as Palestinian protesters demand that refugees across the Middle East be allowed to return to their homeland. Israeli soldiers subsequently fired teargas canisters at the protestors, with over 150 being injured.



MUST-SEE ONLINE VIDEOS THIS WEEK BROUGHT TO YOU BY CANON!



<https://www.youtube.com/watch?v=1mh14GFdNOM&t=140s>



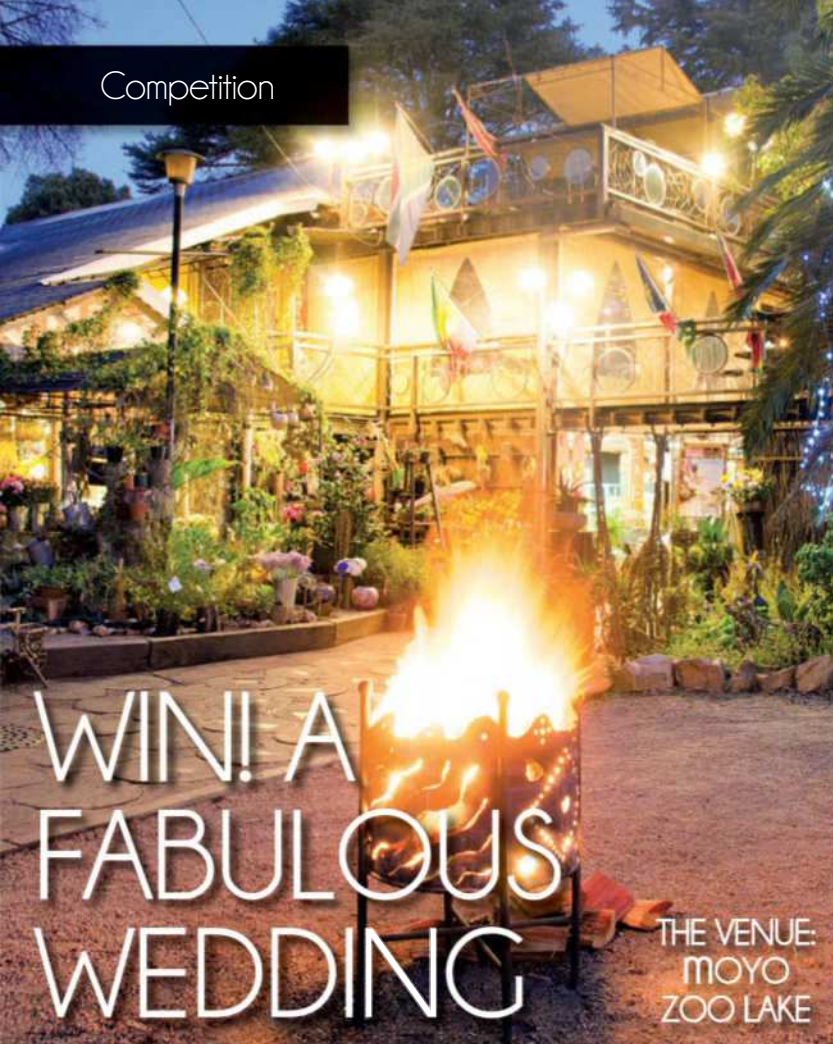
<https://www.youtube.com/watch?v=KnYGNIBdUlc&t=17s>



<https://www.youtube.com/watch?v=SuyaGkRCZZY>

Competition

THE HONEYMOON:
GONDWANA PRIVATE
GAME RESERVE



WIN! A
FABULOUS
WEDDING

THE VENUE:
MOYO
ZOO LAKE

THIS amazing prize will see you tying the knot in a wedding to be remembered, with a reception at the beautiful moyo at Zoo Lake and a romantic honeymoon getaway for two at Gondwana Private Game Reserve. The bride will be spoilt for choice by Diamond Love Bridal, receiving a dress hire from a range of luxury wedding dresses. Photo Booth Guys will be sure to capture all your special moments, while The Gingerbread House will have all your guests talking about your beautiful wedding cake for years to come. As for the drinks, Women In Wine and Whitley Neill Gin have that covered for the special day.

The runner-up couple will be spoilt by Birchwood to a weekend getaway which includes breakfast and dinner.

The Main Prize Is Valued At R94 800.
The Runner-up Prize Is Valued At R4 220.

HOW TO ENTER:

SUBMIT a recent photo of you and your betrothed, and tell us your love story and why you believe you should win, in less than 100 words. Send the e-mail to velilen@caxton.co.za. Competition opens May 7, 2018 and runs until June 30, 2018. Terms and conditions apply.

moyo
Celebrate Africa

GONDWANA
GAME RESERVE
garden route south africa

DiamondLove
BRIDAL COUTURE



BIRCHWOOD
HOTELS & RESORTS
Relax. do business!

WHITLEY NEILL
HANDCRAFTED DRY GIN



PICTURES: PHOTO BOOTH GUYS



CAKE: THE GINGERBREAD HOUSE



DRINKS:
WHITLEY
NEILL GIN
& WOMEN
IN WINE

MAIN PRIZE INCLUDES:

MOYO ZOO LAKE is a tranquil retreat from the urban hustle and bustle of Joburg. By day moyo offers a relaxed, family-friendly atmosphere; as the African sun sets, cocktails on the deck and fabulous live music set the tone for an extraordinary evening of fine-dining and soulful vibes. moyo magic gives new meaning to children's parties and the perfect wedding! Package is intended for 30 guests, which includes meals and basic décor, cutlery and staffing to the value of R32 000. (E-mail: Zoolake@moyo.com)

DIAMOND LOVE BRIDAL boasts a gown collection made of the finest quality fabrics, as well as fashion-forward designs and an impeccable flattering fit. If you are looking to hire or purchase your wedding gown, Diamond Love's professional consultants, who are well trained and are specialists in the bridal industry, will help you select the perfect fit, making you the perfect bride-to-be. Package includes a dress hire from the Diamond Love luxury range worth R25 000 including fitting consultations etc. (Visit: Diamondlovebridal.co.za)

GONDWANA PRIVATE GAME RESERVE is situated in the heart of the Garden Route, where you'll find a beautiful piece of land to stir your senses. Less than a four-hour drive from Cape Town International Airport, along South Africa's scenic Garden Route, the 11 000-hectare (26 000-acre) private game park offers a distinctive and luxurious malaria-free Safari Holiday destination with free-roaming Big 5 safari animals (lion, buffalo, elephant, rhino, and leopard). Package includes a two-night getaway, including all meals and game drives, to the value of R20 000. (Visit: www.gondwanagr.co.za)

PHOTO BOOTH GUYS have a combined experience of 12 years in the photo booth industry. They specialise in premium quality photo booth rentals at affordable prices and aim to make each event they take on special in its own way. (Visit: www.photoboothguys.co.za)

THE GINGERBREAD HOUSE BAKERY is an Artisan Cake Studio and Bakery based in Edenvale, Johannesburg. We specialize in Wedding Cakes and styled buttercream cakes. All cakes are beautifully

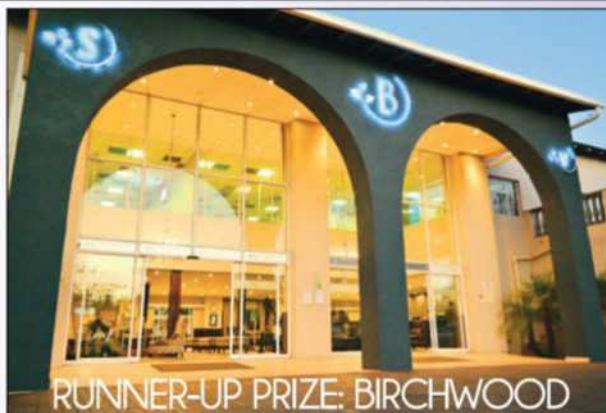
handcrafted according to our clients needs, with no detail left untouched. All ingredients used are of the finest quality, to ensure we only give our clients the best. We also offer candy displays and all other sweet treats. (Visit: Thegingerbreadhouse.co.za)

WOMEN IN WINE is the first wine-producing company owned, controlled and managed by a broad base of women. It has a premium and a reserve range of wines. Package includes 24 bottles of white wine and 24 bottles of red wine valued at R4 200, and a discounted price offer on the sparkling wine. (Visit: womeninwine.co.za)

WHITLEY NEILL GIN is a handcrafted gin of exceptional quality inspired by the vivid beauty and mystery of Africa, and a never-ending drive for perfection. Distilled in small batches by Johnny Neill, Whitley Neill brings together eight generations of expertise and a life-long love of adventure. Package includes six bottles of Whitley Neill craft gin including the Hibiscus Protea Gin and London Dry Gin valued at R2 100. (Visit: www.whitleyneillgin.co.za)

RUNNER-UP PRIZE:

BIRCHWOOD will provide an accommodation voucher for their Silverbirch @ Birchwood product valued at R4 220; prize includes breakfast and dinner for two guests sharing for a weekend. April 2018 marks Birchwood's 20-year anniversary of being in hospitality, and truthfully it could not be more perfectly timed as the property and facilities within have never been better in terms of aesthetics, service levels and overall offering. (Visit: Birchwoodhotel.co.za)



RUNNER-UP PRIZE: BIRCHWOOD

TERMS AND CONDITIONS:

BY entering the competition you give Caxton the right to market other Caxton Magazine offers to you. Ts & Cs apply; transfers and/or transport for the winners and their guests to venues are not included; all drinks (excluding the Women In Wine range and Whitley Neill Gin that constitute part of the prize) at Moyo Zoo Lake will be for the winner's own account, as well as any individuals over the 30-people guest limit. Prizes must be redeemed within one year. Actual prizes may differ from those images used as promotional material for the competition. Visit Peoplemagazine.co.za for full competition details and rules.

LIFE'S JUST BEACHY

BY GABRIELLE OZYNSKI



PEOPLE EXCLUSIVE PICS!

IS that a baby bump we see there, **Jessica Simpson**? The reality star turned businesswoman and her hubby, **Eric Johnson**, were seen enjoying a day at the beach, where we caught sight of what looked to be her preggy belly!



BELLA HADID sashayed her way around the pool in a tiny but stylish bikini. It's interesting to note how a nose job completely changed Bella's face, taking her from plain Jane to super model.



PEOPLE EXCLUSIVE PICS!



KYLIE JENNER and **Travis Scott** were seen having a fabulous time on a yacht with their friends. And, oh yes, there was a baby there too. **Stormi**, to be precise, who mostly trailed around in the arms of a nanny while mom and dad socialised and relaxed the day away.



PICS: GREATSTOCK / RTT / INPRA

Usher In

Spanish Style

CHOOSE bold with alternative ideas that go beyond pale.

Décor

BY CARLI PRINSLOO

ORION / MAGAZINE FEATURES



SITUATED behind the famous (or rather infamous) Chateau Marmont Hotel, Usher's three-storey 1920s Spanish-inspired abode comprises five bedrooms and four full and two half bathrooms, and features a number of truly striking visual elements. Usher shows that he definitely has an eye for design and the home's glitz and glam will no doubt appeal to the most stylish décor enthusiasts. Whether you're living in Madrid or Barcelona, or nowhere near either, it's easy to add a touch of Spain to your home décor.

Welcome To The Club

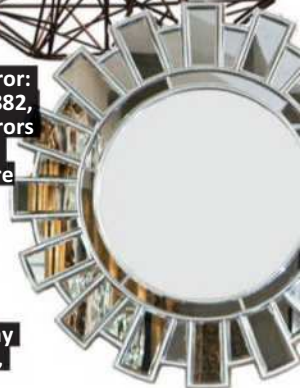


Silver Balls: From R49, Decorware

Mesh Pendant Light: R1 799.95, The Lighting Warehouse



Mirror: R6 882, Mirrors And More



THE front doors open onto a hall entry with contemporary artwork adorning jet-black walls, which gives the entryway a nightclub feel. What better way for Usher to feel at home right when he enters the front door? A dramatic wrought iron staircase winds up to the second floor with geometric, diamond-shaped light fixtures, lending the entrance an air of opulence while giving a nod to nightclub lighting.

Santorini Day Bed: R7 995, Coricraft



Movie Nights



MOVIE tickets are becoming more and more expensive, so if you are lucky enough to have the extra space, why not create your own at-home movie theatre? Or just convert your lounge into the perfect space to watch your favourite Netflix shows. There will be no reason to take a trip to IMAX. When creating your movie theatre comfort should be key. Daybeds or a comfy couch is a must. Usher's state-of-the-art screening room is lined with plush pewter velvet curtains, lavish pouffes and a gigantic screen.



Six-Can Mini Fridge: R1 199, Mantality



Portable Mini LED Entertainment Projector: R999, TakeALot

Lumos Popcorn Bucket: R30, Makro



Continues on pages 8-9

High Voltage Violet



FOR a harmonious curtain-to-room relationship, try matching your wallpaper and curtains. The dining room takes a purple graphic print and runs away with it! Purple printed wallpaper match the curtains, draping and valances – an all-over touch that’s anything but boring. Matching these two elements can add ample dimension to a room. Black and white accents and contrasting African-inspired art keep the patterned curtains from feeling too one-note atop patterned walls.

Art Prints: From R1 205, Knus



Azure Blue Bowl: R65, Woolworths

Pima Printed Rug: R999, By Sixth Floor, Superbalist

Chadwick Dining Table: R19 995, Block And Chisel

Tenang Zebra Weave Dining Chair: R5 000, SHF

Green Tapei Table: R1 995, Esque

Scented Candle: R149, H&M

Stockholm Chair: R6 000, SHF

Small Valeria Black Frosted Glass Vase: R440, La Grange Interiors

Spiked Ceramic Lamp: R980, Jenny Robert Exclusive Decor

Green Room



THERE are a few characteristics of Spanish-style homes that you may be able to replicate with a little interior rebuilding. For example, exposed wooden ceiling beams are very popular. However, if you’re unable to make this change, you can start with stucco-like wall paint and plenty of dark wood features. In **Usher’s** lounge he stuck to majority black and white with pops of luminous green. Unique shapes and different textures are also found in this interesting room.

Soaking In Luxury



A TWO-PERSON spa tub is the focal point of the elegant master bathroom, lending a romantic feel to the setting. Lavish marble encases the floor and beautiful detailing adorns the intricate mouldings. Add drama to an otherwise clean, modern palette with pops of colour. Usher's all-white bathroom comes to life with black and white prints and lively greens.

Check-Weave Hand Towel: R79.99, H&M



Jute Knitted Pouffe: R2 495, Block And Chisel

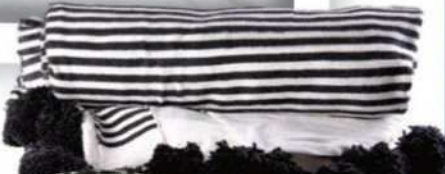


Negrita Round Basin: Price On Request, Haded

Splatter Planter: R699, By Rialheim, @Home



Modern Moroccan Throw Stripe: R1 500, The Storer



Bold In Black



NOTHING gives a room a make-over faster (or cheaper) than a few coats of paint. And nothing delivers more drama than dark colours. When walls wear a moody hue, it shows a daring, dramatic interior design decision that definitely pays off. Weathered wood, woven rattans, plush velvet and light-catching crystals increase the depth, dimension and contrast in Usher's bedroom. Take a chance and enrobe a room in rich shades from grey to navy to black.

Satin Brass Table Lamp Base: R229.99, Mr Price Home



Paavo Stool: R1 295, Block And Chisel

Ethnic Natural Scatter Cushion: R179, Volpes



Classically Modern



BLENDED traditional with up-to-date features is key when you want to give an updated look to a classic kitchen. The steel-grey Shaker-style cabinetry leans toward the simple and clean. But the marbled horizontal tiles on the backsplash add a touch of pure contemporary style, while the sleek stainless-steel appliances blend old and new together. The glass fronts keep the wall of the cabinets from seeming heavy.

Vintage 24-Piece Cutlery Set: R1 149, Jamie Oliver



Lillian Multi-side Table: R3 995, Block And Chisel



Blush Tassel Seagrass Basket: R299, Poetry



Creatista Plus: R7 499, Nespresso



Rectangular Mirrored Tray: R899, Zara Home



Gold/White Medium Champagne Cooler: R599.95, Boardmans



#WHAT'S Trending

OUR weekly roundup of what set the

Web alight!

BY MARK WASSERMAN

1 Paris Gets Payback!

TMZ reports that a female hacker by the name of Paytsar Bkhchadzhyan – doesn't sound at all dodge – will be sentenced in federal court soon for digitally relieving **Paris Hilton** of \$130 000 (now when last did we hear that figure recently? Is it getting Stormy out there?) of her – let's face it – not-so-hard-earned dollars. The walking collection of consonants has also been found guilty of siphoning naked pics of the early 2000s IT girl from



Hilton's iCloud account. Sigh. There we go again. Paytsar electronically pilfered from **Paris** and two other unnamed people from 2015 to 2017 until she was caught. In addition to breaking into **Paris'** bank accounts and using her credit card details to do things like spend \$40 000 on a New Year's Eve party at LA's Roosevelt Hotel. Paytsar also impersonated **Paris** in e-mails to real **Paris'** assistant, asking her to transfer \$80 000 to the hacker's account. It's not revealed whether or not the assistant fell for the scam, but we're going to go out on a limb here and wager that **Paris** probably hires people based on their

outfits being 'cute' and whether they get the approval from whatever fauna she keeps in her bag at any given time. Then there is the issue of the password choice: 'ParisHilton123' or 'password' perhaps? There's no word on what Paytsar did with the nude photos of **Paris**, though. They probably couldn't be used for blackmail, seeing as she already has a steamy tape out there on the Net and we all know what she looks like – inside and out. So those pics probably wouldn't go for much besides a leftover work lunch and a packet of crisps. Plain salted.



#Again?

2 Khloé KAN Always Get What She Wants

THE new mother of True Kardashian looks to be hanging on to her relationship with **Tristan Thompson** (aka the cheatin' father of her month-old baby). Despite reports that **Khloé Kardashian** wasn't even prepared to speak to her (former) ex, the couple were spotted out for lunch together at Cleveland's TownHall restaurant recently, according to TMZ.

Look, when it comes to this family, you never know if this is the next page in the Kardashian/Jenner script, or if it is really and true-ly a reconciliation made in the last half hour.

"**Khloé** seems happy. She loves being a mom. She's focused on keeping her family together. She seems okay with **Tristan** – there's no talk of a split," a source says. "When she wants something to work, she will make it work," the source adds. "Her

family's issue with **Tristan** is that they think he won't change. But **Khloé** isn't listening to this. She has been very firm with **Tristan**, and she believes he wants to keep his family together as well."

Despite **Khloé's** wishes, it does seem that **Kardashians** and men are sort of a 'don't mix well' situation. **Khloé's** ex-husband appeared to think almost dying in a brothel was preferable to remaining in the **Kardashian** world, while **Kim** could be argued as being married to an egomaniac who's clearly off his meds.

PEOPLE EXCLUSIVE PIC!



#OnOrOffGuys?



3 Britney Rubs It In Our Faces – And Her BFs!

BRITNEY SPEARS is gearing up for her Piece Of Me tour which means working hard with her vocal coach to perfect every note, run and key change in her repertoire. She recently posted a clip of herself working out with her 24-year-old, ex-backup dancer-cum-model-cum-personal-trainer boyfriend **Sam Asghari**, who is more than a snack; he's a full Casino buffet. Did we mention that **Sam** is fine as hell? But in order to make ourselves feel better – out with the jealous, in with the love, right? – how about this... We bet he's no fun at all. He's probably always up early, trying drag a girl out of bed to go for a run and a swim or some nonsense and replacing all the soda with healthy juice alternatives. At least that makes us feel a little better about our lives.

#We'reLying





#¡QuéDelicioso!

4 Now THESE Are Our Kinda Clowns!

RECENTLY was Cinco de Mayo, the day when many American messes use the excuse of 'celebrating Mexico's independence' (which is actually celebrated on September 16) to put on a sombrero from Party City and a stick-on *fiesta* moustache and get a tad tipsy on tequila and beer. (Cinco de Mayo is actually a celebration of the Mexican army's victory over the French at the Battle of Puebla in 1862. FYI.) Cinco de Mayo is also a day on which to pay tribute to just some of the many magnificent things from Mexico. This week it's the Instagram shots for Wapayasos, a troupe of shirtless clowns who are battling against child obesity in Mexico. We're signing up for THAT class! Wapayasos was put together in Guadalajara by a group of hot young pieces who are concerned about the child obesity rates in Mexico. They performed at children's parties, but found worldwide Internet fame earlier this year when a video of them shaking their muscles while singing about a mango went viral. Who's up for some funny business!

5 Colton Haynes' 6-Month Marriage Is Over!

NOW we're not saying that **Colton Haynes'** marriage to **Jeff Leatham** was doomed as soon as they chose **Mama Kris Jenner** to officiate their wedding, it's just that we actually totally are. Only six months ago, 29-year-old **Colton Haynes** married 46-year-old floral designer **Jeff Leatham** in a lavish all-star Palm Springs ceremony that **Kris Jenner** officiated. We say all-star because **Melanie Griffith** was a guest and that's really all you need to make your event 'all-star'. And seven months before that lavish wedding ceremony, **Jeff** proposed to **Colton** in an even bigger engagement ceremony featuring the one and only true diva, **Cher**! But now TMZ reports that **Colton** and **Jeff** are over. Sources say they aren't *entirely* sure why **Colton** and **Jeff's** marriage has crumbled, but rumour has it infidelity on **Jeff's** part had a starring role. The two haven't confirmed this yet, but we don't need a statement: **Colton** has stopped following **Jeff** on Instagram and erased all pictures of **Jeff's** face from his account. It's THAT serious. That's the only proof we need. And our thoughts and prayers should be with **Colton's** fingers right now, because his page was covered with lovey dovey pics of him and **Jeff**, so he had a lot of deleting to do. He also released (on MySpace, if you can remember what that is!) called *Man It Sucks* yesterday. Case closed. Come to Mama, **Colton!** We'll kiss it all better!



#Sads



STYLIST: SUZY MUKENDI
BEAUTY: CARLI PRINSLOO
FASHION ASSISTANT: DENEAL FLORENCE
PHOTOGRAPHER: BRENDA TAYLOR

Make Matric Magical

YOUR matric dance will be an occasion you will remember for the rest of your life, which is why your outfit and make-up needs to be on point, so you can look back on those photos of yourself and your date with nothing but good memories. And sure, you want to glam up, and we're going to help you to do that, but remember, in reality the most important fact about the night is that you need to be glam AND comfortable. After all, you still need to be able to dance the night away whilst looking your absolute best. Which is why we've got you covered in terms of matric dance fashion and beauty this week! Follow these tips and you'll be thanking us for years to come!

Tip

METALLIC embellishments will always be a trend, as no one can say that they don't like a bit of bling in their outfits. They are fashionable and are the hottest choice of the year for matric dances. What we also love is that they make enough of a statement that you don't need to go crazy with accessories to stand out. It's versatile, and goes with any outfit or make-up.

Earrings: Price On Request, Tessa Design
Necklace: R455, Jungi
Dress: R5 800, By Viola Chan, Bride & Co
Cuff: R240, Tessa Design

All-Over Gold

METALLICS have never been bigger in fashion, and where fashion goes, so too does beauty. There's nothing more luxurious looking than gold make-up. Applying gold on lids is one thing, but gold powder on the face - that might be a scarier notion. But hear us out! Grab a gold-flecked powder and concentrate on applying it above the cheekbones and slightly blending it down to the cheeks. Layer over or under a soft pink blush for more dimension. If you're looking for a understated way to wear gold make-up, try it on lips. It will give a shimmery dose of subtle, skin-warming gold.

Crushed Metallic
Eyeshadow In
Solstice: R99, By
Palladio, Dis-Chem

Luminous Sparkling
Dust: R300, By
Hean, Glamore

The POREfessional:
Pearl Primer:
R475, Benefit

Metal-Matte
Lipstick In
Dreamweaver:
R298, By
Gerard
Cosmetics,
27PinkX

Tinted Moisturiser:
R470, Bodyography





Tip

WANT to feel like a princess from your entrance to a whirl around the dance floor? The ball gown is the way to go!

Earrings: R120, Tessa Design
Dress: R5 800, By Voila Chan, Bride & Co
Choker (Worn As a Belt): R160, Tessa Design

Emerald Eyes

If you see your formal as your time to shine, then bold is the way to go. Pick up a colour from your dress and incorporate it into your make-up, whether it be on eyes or lips. Here, emerald eyes were our focus.

Concentrate the gemstone green shade on the outer corners of the eyes and blend inwards, then use a smoky grey or charcoal shade on the bottom lashline. This placement allows the colour to pop while not looking overdone. Let the eye be the attention grabber by wearing nothing more than a natural-coloured lipstick and a little contour.



Absolute Eye Colour In Green Moss:
R39.95, Catrice

Charcoal Herbal Eyeliner:
R30, Palladio



Face Contour Palette : R275,
The Body Shop



Magnetic Jades Smokey Eye Drama Kit:
R169.95, Max Factor



High Impact Mascara:
R310, Clinique





Tip

SHOW skin without being too dramatic and inappropriate by going with a style in a neutral hue or that has dramatic detailing at the back.

Earrings: R199, Tessa Design
Dress: R5 800, By Viola Chan, Bride & Co
Heels: R2 490, Europa Art

Negative Space

FOR those dresses where an entire eye look may just not be in the cards, delve into new ways of using eyeliner (not just your go-to cat eye) to make a statement. We present to you next level liner: the negative space liner. This 'less is more' approach can add both glam and edge to your eye make-up. Extending your flick into the crease creates a graphic design. If this look alone is too minimalistic for you, add glamour with glitter on the lids or choose cherry, brick or ruby lips to finish off.

Tip

WHEN using a kohl pencil, make sure it's sharp to get the most precise lines.

Automatic Eye
Lining Pencil:
R130, Black Opal



Colour Elixir
Lipstick In
Mulberry:
R155.95, Max
Factor



Color Icon Glitter
Single Eyeshadow
In Vices: R34.95, By
Wet 'n Wild, Clicks

Liquid
Liner: R210,
Revlon



Pro Brush
Collection
Angled Brush:
R159.95, NYX



BLACK OPAL.
GRAYON PRECISION YEUX





Tip

ATTENTION shorter girls: Dresses with spaghetti straps are perfect for you! And if it's a dream to wear a floor-length gown, make sure it's sleek and figure-hugging and avoid the reams of fabric that will only make you get lost in the dress.

Earrings: R299,
Accessorize
Dress: R8 999.99,
JJ Schoeman
Bangle: R299,
Accessorize
Rings: R699,
Accessorize
Heels: R2 450,
Castelo

KARO
ESTILISTA

STOCKIST: ACCESSORIZE: (011) 615-7755 / CASTELO: (011) 883-5212
EUROPA ART: (011) 883-5354 / BRIDE & CO: 011 807 4007 / JJ SCHOEMAN: (011) 447-5455
JUNGI: 011 325 2225 / TESSA DESIGNS: (011) 268-0997 / 27PINKX: WWW.27PINKX.CO.ZA
BLACK OPAL: (011) 462 5321 / BOBBI BROWN: SELECTED RETAILERS / BODYOGRAPHY: (011) 463-9912
BYS COSMETICS: (011) 830-1396 / CATRICE: SELECTED RETAILERS / CLICKS: 0860 254 257 / CLINIQUE: 0800 390 014
DIS-CHEM: 0860 347 243 / ELIZABETH ARDEN: (021) 597-1700 / GLAMORE: WWW.GLAMORECOSMETICS.CO.ZA
MAX FACTOR: 0860 254 257 / NYX: 086 010 2492 / REVLON: (011) 971-0812 / SMASHBOX: SELECTED RETAILERS
THE BODY SHOP: 0860 000 827 / YARDLEY: 0800 463 446 / CREDITS: MAKE-UP DONE BY: CARLI PRINSLOO - (011) 889-0738
HAIR DONE BY: RIAAN FROM KARO HAIR - 011 447 8565 / FASHION ASSISTANT: DENEAL FLORENCE
MODEL: MARTINIQUE FERRA AND FROM ICE MODELS -011 447 6141

Glossy Glaze

ANOTHER easy way to elevate your look is to call in the vinyl finish trend. Wet-looking lids, lips and complexion can transform any shade of your choosing to an on-trend colour. For lips, it's easy: just gloss will do. For face, mix moisturiser with clear lip gloss and place on the high points of the cheekbones for great shine. Add a sheen to lids by dabbing gloss over eyeshadow with your fingertips. Just think of it as adding a topcoat on your face!

Tip

IS a full-on glossy face much too much for you? Choose one element and make it shine!



Stayfast Mono
Eye Shadow:
R109.95, Yardley



Beautiful Colour
Lip Gloss: R265,
Elizabeth Arden



Five-Palette
Eyeshadow
In Spring
Bouquet:
R105, BYS
Cosmetics



O Glow:
R395,
Smashbox



Eye Gloss
In Bikini
Pink: R490,
Bobbi
Brown





BY SUZY MUKENDI

GUYS, your matric dance is just as important as girls' when deciding what to wear.

YOU won't necessarily go totally over the top like the ladies do with the booked nail and facial appointments – although no-one is saying you shouldn't! – but what you decide to wear is important. You want to look like a man who took control of his overall look, including accessories and shoes, not a man whose outfit got draped over him by a relative or a rental tux boutique. Here's how to make sure you slay your look, and make what should be a dream evening come true!

**STYLIST: SUZY MUKENDI
PHOTOGRAPHER: BRENDA TAYLOR**

Menswear Trends



White Floral Lapel Pins And Polka Dot Pocket Square: R200.74, Woolworths

Silver Black Watch: R599, By Skone, Zando

Black And Silver Ring: Price On Request, Topshop

Mid Grey Skinny Suit: Price On Request, Topman

Tip
IF you don't want to go all out and be too showy, then stick to a simple tailored suit, but add a few elements to show you made an effort. Look dapper by adding a printed tie or coloured pocket square.



Salmon Loafers: R699, Markham



Navy Blue Bow Tie With Polka Dot Pocket Square: R200.74, Woolworths



Floral Lapel Pins: R200.74, Woolworths



Three-Pack Socks: R149 By Jcrew, Zando

Tip
THOSE who are more daring should wear this bold, rich textured suit. Just make sure to keep everything else simple. Pair the suit with a neutral colour or print. No one wants to look like a clown at their matric dance.

**Shirt: Price On Request, Bride & Co
Tie: R350, Bride & Co
Suit Jacket: Price On Request, Keys Fashion
Pants: Price On Request, Keys Fashion
Shoes: R2 890, Europa Art**



Navy And Brown Suit:
Price On Request,
Topman



Red Floral Pocket Square And Lapel Pin:
R200.74, Woolworths



Rose Gold Watch: R899
By Skone,
Zando



Floral Print Bow Tie: R151.31,
Woolworths

Brown Detailed Lace-Up Shoes:
R2490, Clarks



Silver Set-Of-Two Bracelets: Price On Request,
Topshop



Dusty Rose Suit: Price On Request,
Topman



Floral Socks:
R189 By Stance,
Zando



Shirt: Price On Request, Keys Fashion
Suit Jacket: Price On Request, Keys Fashion
Waistcoat: Price On Request, Keys Fashion
Pants: Price On Request, Keys Fashion
Shoes: R2 890, Europa Art

Tip
A STRIKING checked suit will help you stand out from the rest of the crowd – it's fresh and different. Add a bold pocket square for a finishing touch.

Shirt: Price On Request, Keys Fashion
Suit Jacket: Price On Request, Keys Fashion
Waistcoat: Price On Request, Keys Fashion
Pants: Price On Request, Keys Fashion
Brogues: R3 990, Europa Art



BY CARLI PRINSLOO

Gents' Grooming Guide

TIP
ALWAYS
be a well
mannered
gentleman,
especially to
your date.

THE five-point plan to looking great at your matric farewell.

GIRLS may take centre stage at the matric dance, but guys need to look their best on the big day too! Girls treat themselves to a pedicure, manicure and a trip to the make-up artist's chair before the big night. Who says the guys can't pamper themselves a bit too?

Step 1

PLAN your haircut at the right time. About one week before the big day is enough lead to allow your sharply shorn 'do to settle in. You don't want to pose for pics looking sloppy and in want of a haircut or like you just left the barber.

Step 2

SINCE men don't usually wear make-up to their matric dance, your skin has to look its best. Start three days before and add a little pow to your skincare regimen with an exfoliator and a masque. Increasing numbers of men are realising that even the toughest of skin requires a little TLC now and again.

Step 3

WHEN it comes to facial hair, you're going to have to shave or trim before the big night. If you want to keep some scruff, keep it neat and clean. As for brows, tweeze excess strays in the unibrow area, but don't over-pluck or shape them. Just clean your natural shape – you don't want them to look too arched.

Step 4

AT your formal it's photos all around! The flash photography picks up shine very easily, which can make your skin look oily. A light dusting of an HD powder (it's transparent and undetectable) will make sure you're camera ready.

Step 5

A NIGHT like a matric dance is an occasion to break away from your usual scent and try something new. Spritz a few drops of cologne on before getting into the limo. Generally speaking, your chest, mainly around the base of the throat, is the best place to apply fragrance.



Homme Mineral Sensi Baum After Shave Soothing Balm: R295, Vichy

Men Exfoliating Cleanser: R335, Clarins

HD Studio Photogenic Finishing Powder: R189.95, NYX

Scimitar Razor: R905, The Bluebeards Revenge



Hydra Therapy Mask: R775, By URTH, Mantality



Euphoria For Men Eau de Toilette Spray (50ml): R945, Calvin Klein

STOCKISTS: CALVIN KLEIN: SELECTED RETAILERS / CLARINS: (011) 809-6300 / MANTALITY: (010) 590-6171
NYX: 086 010 2492 / THE BLUEBEARDS REVENGE: (021) 448-8847 / VICHY: 0861 184 249



PIC: BRENDA TAYLOR

Make Your Matric Dance

BY VANESSA PAPAS

Magical

THE key to an epic matric dance? Party 'til your feet hurt, take selfies 'til your face hurts and most of all – have good, clean fun!

THE Oscar-worthy ball gown and tuxedo; the Jimmy Choo killer heels; the celeb-style make-up and hair; the fancy ride that would make Justin Bieber look twice; the cute date whom you've had your eye on all year – your matric dance can be the stuff magic is made of. While each teen's experience varies, one thing is clear: it's a night you'll remember forever. We've put together a guide jam-packed with everything you need to know to make your matric dance epic.

Continues on pages 24-25



www.peoplemagazine.co.za

PEOPLE 23

Get All Your Ducks In A Row

PREPARATION is key when it comes to making the most of your matric dance. Don't leave anything to chance, and that includes everything from your attire to your date. There are a few checklists you should be aware of:

Don't Wait – Ask Your Date: Forget about waiting around for your knight on a white horse. Ladies, it's the 21 century and that means you can ask that cutie to the dance without feeling stupid or embarrassed. The same applies to guys – there is no time like now to ask that pretty girl with the infectious laugh to hold your arm! Be bold. Be brave. Just be! *Carpe diem.*

Start Saving: Don't leave all the costs up to your folks. Matric dances can be very expensive. It's best to start saving up now. Costs to consider when planning for a matric dance include...

- A dress or suit – the largest portion of your budget and a wide price range, but it could cost up to R5 000.
- Accessories – shoes, a clutch bag, jewellery could all add up to around R1 250.
- Beauty – expect to pay around R1 000 for hair, nails and make-up.
- Photography – do you want some professional photos of you and your partner? Expect to pay around R1 000.
- Tickets – how much will these be? Prices range from about R250 to R1 500.
- Dinner – is this included or will you be heading out afterwards?
- After Party – is there a cover charge? Set around R250 aside

Get Appointments For Hair And Make-up

Early: If you want your make-up and hair done

professionally make sure to get appointments at least one month in advance to get the good slots. Most stylists and artists will give you a sneak preview of the final look before your big day to make sure you're happy with the end result. Go for a timeless look that you will be proud of for years to come. If you're working with a shoe-string budget, keep in mind there's also no need to spend a lot of money on a hair and make-up artist. Either do practice runs before the day or find a friend or family member with this special talent to turn you into Cinderella.



Make A Day Out Of It: Spending the day with friends – whether it's a girlie morning or a round of footie with the boys, being around your mates is a great way to build up to a great evening.

Hire Instead Of Buy: Dresses, tuxedos and suits can be very expensive when bought. Why not hire an outfit, as it is, after all, only for one night? There are a number of places you could visit to hire an outfit, all it takes is research. You could also choose a less expensive outfit and make it more exciting with accessories.

Take Loads Of Photos: A matric dance is an amazing event to celebrate your 12 years of school. It is a once-in-a-lifetime event where a lot of memories will be made, so make sure you have enough evidence to keep for many years to come. Take lots and lots of pics!

Dance, Even If You Don't Know How: Some of us can tear up a dance floor with **Channing Tatum** moves – others have two left feet; whatever your dancing skills are, there's no fun to be had sitting on the side lines, and your date will hate you for it too. If you are shy rather dance in big groups and you'll blend in perfectly. Be clever and pack a pair of comfy yet fashionable shoes. Also make sure you can sit, bend and dance in that stunning dress you've been eyeing.

Use A Pool Car: Sure, hiring a limo to take you to your dance is a showstopper but it's not a necessity, especially if money is tight. When it comes to travel, you can organise a nice car without having to pay. Perhaps someone's dad has a really nice car, and you and your friends could travel together. If that is not possible get a lift with a friend, or just ask your parents to drop you off.

Top Tip: ONCE you're done with your dress, and it is not going to be worn again, why don't you sell it for extra money or pass on the good deed and donate it a charity such as the Princess Project? This project ensures that hundreds of underprivileged girls across South Africa can attend their dances in beautiful dresses.

These Prom Dresses Will Break The Bank!



Armani Stretch Silk Dress – R18 500



Jovani Prom Dress – R18 500



Mermaid Dress By Tarik Ediz – R24 000



Silk Georgette Dress By Ralph Lauren – R31 000



The Dress Goddess Creation – R173 400

Be The Belle Of The Ball

THE biggest and most difficult part of any matric dance for a girl is finding the perfect dress. Dressing shopping can become frustrating, overbearing and time consuming, but it doesn't have to be.

TAYLOR SWIFT'S Atelier Versace dress at the Grammy awards in 2016 has been one of the biggest influencers on matric dance fashion. Swift wore an orange bandeau top and pink satin skirt with a slit all the way up to the waist band. She had on matching knickers. Choosing the right matric dance dress doesn't need to give you sleepless nights. Amanda Ferri, owner and style guru of the Amanda Ferri Showroom, gives the following advice.

*** Have An Idea Of What You Want:** Before going matric-dance-dress shopping, do a little research on the different styles of dresses and choose your top five favourites. Keep in mind the colour that suits your skin tone and don't be afraid to choose a bold, unique colour like mocha.

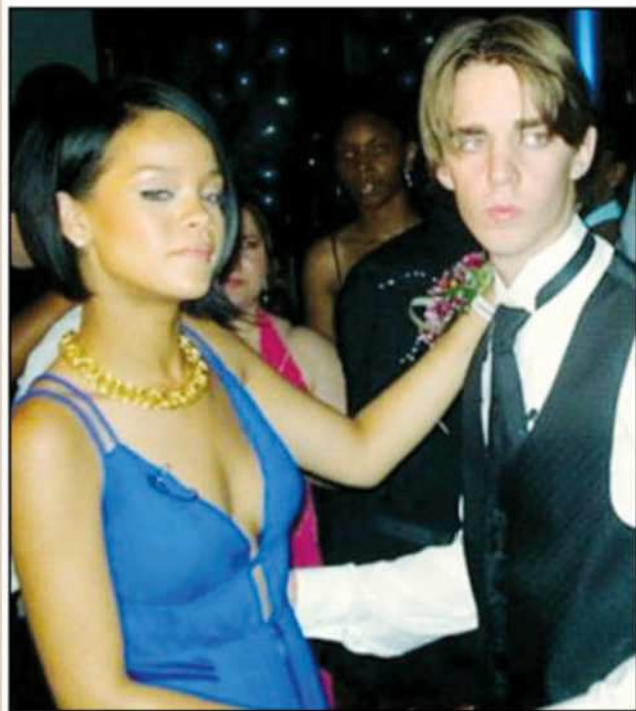
*** Be Open To Different Dress Styles:** Having found a style that you really love, the biggest mistake you can make is being closed off to any other style. Confidence is key! Try a few styles on and keep in mind, dresses look different when they're on the hanger from when they do on your body.

*** Try A Few Styles To Find One To Suit Your Body Type:** Different dress styles suit different body types. You may like a dress you saw on a flat-chested model, but having a heavy chest can give the dress a whole new look. A small-bust girl can never go wrong with a v-shaped neckline, and an hourglass figure would look killer in a mermaid style dress.

*** Shop With An Open Mind And Good Attitude:** If you have been to a few dress stores already and you feel your mood changing, STOP. Going in and trying on dresses should be fun. Going in with a closed mind and bad attitude can result only in frustration for yourself and those trying to help you. Keep a smile on your face and be open to trying any dress the stylist throws at you.

*** Wear The Correct Underwear:** In order to get the full effect of each dress you try, remember to go wearing the correct underwear. Seamless panties or even spunks are your best friend when going dress shopping. This saves you the trouble of imagining the dress with the correct underwear.

Top Tip: DON'T let the little things ruin what should be the best part of planning your memorable matric dance.



Dancing With The Stars

SOME celebs went back to the matric dance floor.

THEY may be all grown up but these celebs relived their matric dance nights in their adult years!

* **Taylor Swift** went to the matric dance at Hillcrest High School in Tuscaloosa with Whit Wright as a part of the MTV show *Once Upon A Prom*.

* A terminal brain tumour prevented 15-year-old Kennedy Brown from attending her school's matric dance, but her classmates threw an early celebration just for her – and Drake showed up to be her date!

* **Katy Perry** didn't surprise just one fan – she shocked the entire student body when she crashed a matric dance in Melbourne, Australia.

* Other celebs who went to the dance with fans include **Rihanna, Demi Lovato, and Tupac.**

Tips On How To Get A Date For The Dance

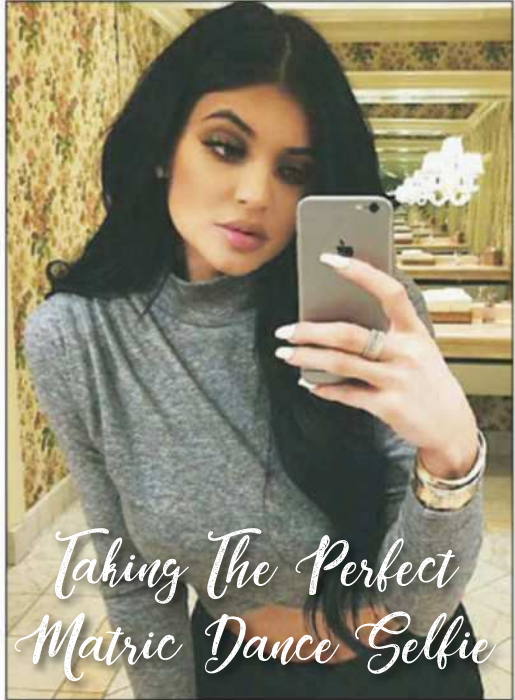
YOU'RE getting nervous because you don't know how to ask your crush to the dance? Remember, nothing ventured, nothing gained!

For those of us in a relationship it's a no brainer who you're taking to the big dance, but for all the singletons out there, it can be challenging.

Sometimes the best bet if you're single is to take a friend – someone whom you know you'll have a good time with. Simply ask your friend who they are going with or who they would like to go with. If they don't have a date yet or don't have an interest in going with anyone, tell them that you are in the same situation. Either you can follow this up with an invitation to go with you, or you can wait to see if they take the bait and invite you to go with them.

Asking your crush to the dance can be a little trickier. Of course you're afraid that they'll reject you and that they'll know that you like them. While this may be frightening, you'll never know if they feel the same way about you if you don't take a chance. The best way to do it is head-on. Just ask.

Continues on page 26



Taking The Perfect Matric Dance Selfie

KYLIE JENNER'S best selfie tip is just to take selfies. A lot of selfies. She's said that she takes 'like, 500 selfies' before she finds one she likes enough to post. For the best matric dance selfies, consider these expert tips:

- * Sometimes it can be difficult to take a flattering photo of yourself while also holding your phone. When taking a selfie, you generally have two options: Hold the camera with one hand or two. While using two hands is easier because you can hold the camera with one hand and push the shutter release button with the other, you have to be more careful not to cover up the lens. If you use both hands and pull the camera away from your body, your arms can act as a frame.
- * If in doubt, ask a friend to take your snaps.
- * One difficulty with selfies is that the background is usually busy and distracting. Also, you can often tell that the person in the photo is reaching out to hold the phone. You can solve both of these problems by cropping in tight on your face in the shot.
- * Look up toward the camera. As you're doing so, slightly raise your eyebrows to make your eyes appear larger. Then, think of something that truly makes you smile, which will create the look of genuine happiness that will shine through in your photo.
- * For the perfect pout, relax your mouth, and exhale, blowing air through your lips. Whether you choose to then keep your mouth loosely open or fully closed in your selfie, blowing air through your lips before you snap a pic keeps your mouth from looking tense in your pic.
- * Most high-quality selfies need good lighting. Poor lighting can make selfies unflattering and hard to see. Natural lighting works best. So stand near a window while facing the light. Don't stand with your back to the sun or you'll end up a silhouette.
- * Many people take selfies without considering the best angle. If you don't want to appear artificially pasty or overweight, choose an angle that makes you look your best.

Should You Lose Your V-Card?

COPING with matric dance peer pressure can be hectic, especially when you feel pressurised to have sex on the night.

YOU'VE had a tough year – filled with work, stress and pressure and now it's time to let your hair down and have a good time. Of course, the night comes with pressures of its own – one of which is whether or not to have sex. Yes, we said it out loud. No need to beat around the bush when it comes to the topic. MDP, otherwise known as or matric dance pressure, is real. Of course, sex without protection is a big no-no but there are other things you need to consider before closing the deal other than STDs and unwanted pregnancies.

A survey by the Centre for Disease Control and Prevention showed that roughly 14 percent of teen girls have sex on matric dance night. The best advice? Don't follow the crowd. Follow your head instead. If you're in a relationship, have the 'big sex talk' before the big night. If you're going to the dance with your other half, make sure you're on the same page before you leave the house. If you love and trust him/her and are ready to have sex, make sure you have condoms on you. If you're not ready, don't be scared to say so and stick to your guns.



The Spin On Alcohol

DON'T drink and drive – ever! Statistics show that more than half of high school students (54 percent, to be exact) have four or more alcoholic drinks at their matric dance. What's more concerning than the shots of Vodka, tequila and Jägerbomb you might down is the fact that you might still handle the wheel after. Drinking and driving is a big no-no. Before you even think about driving drunk, remember these frightening facts:

- * More than 50 percent of all road deaths involved alcohol, and 60 percent of the perpetrators were between the ages of 18 and 35.
- * The number of teens arrested for drinking and driving peaks during matric dance season.

- * In a survey 31 to 41 percent of teens said it was likely that they or their friends would use drugs or alcohol on the night of the matric dance. Even a small amount of alcohol can affect driving ability.
- * Drivers who mix alcohol and marijuana greatly increase their chance of an accident, because marijuana and alcohol together have 'multiplicative effects' on impairment.
- * More than 85 percent of teens say they or their peers are likely to drive impaired instead of calling their parents for help because they are afraid of getting in trouble.
- * Just 21 percent of teens have called their parents to pick them up because they or their driver were impaired.

Celebrities Who Didn't Go To The Dance



Madonna never attended her 1975 prom at Rochester Hills High School in Michigan. Instead, she claims she sat at home alone because she couldn't get a date



Owen Wilson was at military school when his matric dance took place.

Las Vegas

If there's anything Las Vegas is good at, it's making *all* its guests feel like celebrities.

But when it comes to the actual stars, Vegas is one of the most celeb-studded cities in the world. We've all seen at least one **Kardashian** hosting a birthday at the TAO nightclub and **Paris Hilton** has been spotted a few times DJing at various venues. And then there's what's on offer. From free drinks and surprise upgrades of hotel rooms to world-renowned chefs and endless shows of amusement, Vegas is synonymous with having the trip of a lifetime. After all, what happens in Vegas stays in Vegas.



PICS: SOCIAL MEDIA



Hakkasan

Jennifer Lopez



WHAT THEY DO:

* HAKKASAN, the 7 400m² five-storey club in MGM Grand, has become the place to party – but if any celebs are here, they're most likely hidden away in one of the oversized VIP booths. But **Jennifer Lopez**, **Vanessa Hudgens**, **Pharrell Williams**, **Calvin Harris**, **Tiesto**, **Cheryl Burke** and **Paris Hilton** have been spotted at the DJ booth, while stars like **LeAnn Rimes** have been seen dining in the restaurant. **Jessica Alba** celebrated her 33rd birthday there in 2014.

WHERE THEY DRINK:

* THE contemporary steakhouse that is STK Las Vegas, which features a bar scene and relaxed dining atmosphere, is a favourite amongst A-listers. **John Legend** and **Chrissy Teigen** are just a couple of the high-powered guests who have been seen there.

STK Steakhouse



Lobster tacos

WHERE THEY DINE:

* GO for the lobster tacos or the Bobby Baldwin Burgers – a must-try trio of sliders – but it's steaks that are the real name of the game at the Fix Restaurant & Bar.
 * THE Kumi Japanese Restaurant & Bar offers modern Japanese fare with a Korean twist from Chef Akira – the perfect combination at Mandalay Bay. Must-orders include the 007 with crispy rice, blackened tuna and white fish Carpaccio that tastes like lobster sliced thin.
 * HEAD for the Lavo Italian Restaurant inside the Grand Canal Shoppes, with Mediterranean and Italian design. The highlight would be the signature Kobe meatballs or Vegas history-themed cocktails.



Italian meatballs at Lavo

WHERE THEY STAY:

* CAESARS HOTEL is the ultimate go-to for A-lister **Barack Obama**. The former president slept among the imperial statues at Caesars Palace several times during his presidential campaign. More recently, he and his family checked in to a 6 700m² suite with its own private pool.
 * THE PALMS has been a longtime magnet for high-profile celebrities. **Michael Phelps** caught some criticism for groping a dancer at one of the hotel's nightclubs after he returned from the Beijing Olympics! But he was back at the Palms for New Year's Eve, having dinner and hitting up the **Kid Rock** concert and after-party.
 * THE biggest hotel (by room count) in Las Vegas, MGM Grand has the biggest casino in town, many of the best restaurants, a huge range of on-site entertainment options, and an enormous and fun pool complex, perfect for celebrity sightings. Everyone from **Audrina Patridge** to **Kendra Wilkinson** has been spotted there.



Caesars Hotel

STAYING fit is vital if you want to live a healthy lifestyle. Here are some tips to help you out.

GO GREEN FOR Breakfast

MAKE a green smoothie for breakfast to kick-start your healthy day. Choose kale, spinach, or any other ingredients you know are oh-so-good for you. A green smoothie is filled with vitamins A and C, calcium, fibre, folic acid, magnesium and other nutrients.



HOW MUCH EXERCISE DO ADULTS NEED?

ACCORDING to Medlineplus.gov, adults need at least 30 minutes of aerobic activity on most days – that includes walking fast, jogging, swimming, and biking. Trainers suggest you exercise at a moderate intensity – you must be able to say a few words in a row while exercising, but not be able to sing. We also need strengthening activities twice a week, such as lifting weights, working with exercise bands, and doing sit-ups and push-ups. Work different parts of the body, from your legs to your hips, back, chest, stomach, shoulders, and arms.

GET THOSE ABS INTO GEAR WITH A REVERSE CRUNCH

LIE down on the floor with your legs fully extended and your arms on either side of your torso with your palms flat on the floor. Raise your legs up so that your thighs are perpendicular to the floor and feet are together and parallel to the floor – this is the starting position. While inhaling, move your legs towards your torso and roll your pelvis backwards, raising your hips off the ground. At the end of this movement your knees will be touching your chest. Move your legs back to the starting position while exhaling. Do 10 reps.

8 FITNESS TIPS TO SWEAR BY

IT'S time to get moving. Do it the right way and feel fabulous in no time. Here are some must-know tips to remember:

- 1. Move Your Body Every Day Of The Week:** You don't have to hit the gym daily but you do need to be active in one way or another. Walk, run, swim, do a yoga class; even dance in front of the mirror for half an hour!
- 2. Follow The 80/20 Rule:** That's eating healthily 80 percent of the time and indulging occasionally.
- 3. Add Some Muscle-Building Activities To Your Weekly Workouts:** While cardio is great for getting the heart pumping, you need some resistance bands or free weights to get that metabolism going crazy.
- 4. Find A Form Of Exercise You Enjoy:** Doing what you love will ensure a lasting effort. Boredom will not!
- 5. Workout In The Morning:** While this isn't for everyone, it's the best way to kick-start your day and your energy.
- 6. Never Go More Than Two Days In A Row Without Exercise:** No matter where you are, get some sort of activity in.
- 7. Try Circuit Training:** It helps your burn calories and increase muscle.
- 8. Exercise And Diet Are Married:** Yes, that's right – and if they're happily married they'll last forever. You need both healthy eating and exercise to see results!

Get Fitness Ready



Printed Sports Bra:
R1 179,
Maagi

Black Leggings:
R399,
Champion Plain, Zando

**Trainers: R1 999,
By Nike, Zando**

STOCKIST: ZANDO: 0861 192 636
MAAGI: 084 912 4444

6 Unexpected Health Benefits Of Grapefruit

EAT right and keep the family healthy – it's not as hard as you may think.

EVER wondered why people who are on diet or trying to get healthy add grapefruit to their breakfast? It's simply because it...

- 1. Strengthens Your Immune System** — Maintaining good levels of vitamin C in the body can reduce the severity of cold symptoms, acting as a natural antihistamine.
- 2. Boosts Your Metabolism** — A 2006 study published in the *Journal Of Medicinal Food* found people who ate half a grapefruit before each meal, without making any other dietary changes, lost an average of 1.5kg over 12 weeks.
- 3. Reduces Kidney Stone Risk** — Naringenin, known for its bitter taste of grapefruit, has been found to successfully prevent the formation of kidney cysts.
- 4. Fights Gum Disease** — According to a 2005 study published in the *British Dental Journal*, the daily consumption of grapefruit can reduce gum bleeding for those who suffer from gum disease.
- 5. Protects Against Cancer** — A 2006 study published in the *Journal Of Nutritional Biochemistry* found grapefruit helps repair damaged DNA in human prostate cancer cells.
- 6. Reduces Stress** — According to a 1995 study published in the Japanese *Journal Of Psychopharmacology*, the smell of citrus fruit can make a difference on curbing stress and anxiety levels, and depression.



GRAPEFRUIT VS ORANGE

ORANGES can add flavour to recipes and are commonly eaten whole or juiced. The peel can also be used as a slug repellent for gardeners, and a special type of honey can be made by having bees in citrus groves during bloom. Grapefruits are often eaten halved with sugar or other sweeteners on top while the inside is cut away from the peel with a knife or a spoon, and the juice is also popular as a breakfast beverage. The peel oil is used to flavour many different sodas as well as enhance the flavour of other juices.

TREAT your mind the same way you treat your body – with tender, loving care!



7 Mind Relaxation Tips

STOP. Take 10 minutes to relax, breathe and gather your thoughts. Your body and mind need it. Here are ways to relax the mind:

1. Meditate
2. Breathe deeply
3. Tune into your body
4. Decompress
5. Laugh out loud
6. Play some tunes
- 7 Get some exercise

Courtesy of www.webmd.com

Dear Doc



DR KAREN KOCH,
a medical doctor,
answers your
health questions.

DEAR DOC,
MY index finger on my left hand has an infection that is slowly spreading to the top of my finger. The nail looks bad because it looks as if it has hills and hollows, with the top of the nail ready to break off. The skin is red and broken all the way down the finger. I've used an anti-fungal cream on it but it's not working. Please help!
Nasty Nail

DEAR NASTY NAIL,
THIS sounds like a fungal infection that has resulted in damage to the nail bed. There are several anti-fungal preparations available but they have to be taken for several months before the infection is eradicated. Unfortunately in order to treat nails you need to take oral medications. No ointments will treat fungal infections of the nail.

The goal of treatment is to eradicate the infection from the growth plate, which is located under the skin at the base of the nail. Once the infection has been eradicated from the growth plate the lunula (crescent shaped area at the base of the nail) will begin to look healthy again. Your old nail will not look normal. You will have to wait for new healthy nail to grow out. As the nail continues to grow the proportion of healthy versus damaged nail will alter as the damaged portion diminishes through regular cutting of the nails. It is essential throughout this process that the medication be taken as prescribed without any lapses in treatment, otherwise the infection can recur in the nail bed with resultant prolongation of treatment time. The total length of treatment is normally about six months. There is no quick fix solution with such infections. But if you persevere you will succeed!



E-mail any questions to people@caxton.co.za and write 'Dear Doc' in the subject line.



fruit

Help Your Family Eat Better

EATING healthily isn't as hard as it sounds. And if you can get the whole family to eat healthily you're one step closer to happiness. Here are 15 suggestions to help you out, courtesy of Healthyforgood.health.org:

1. Turn fruits and vegetables into fun meals – get creative when preparing them.
2. Always choose whole grain options, such as whole wheat bread for sandwiches.
3. Be a good role model by eating healthily yourself.
4. Choose fish, chicken and beans – great protein choices – remove all fat.
5. Read nutrition labels and choose foods that provide nutrients like vitamins, minerals and dietary fibre.
6. Keep fruits and yoghurts on hands for healthy snacks.
7. Control those portions – make sure your kids eat enough but not too much.
8. Enjoy fish high in omega-3 fatty acids, such as salmon, mackerel, trout and albacore tuna.
9. Stay away from salt – avoid adding salt to meals, before or after cooking.
10. Package your own on-the-go healthy snacks such as nuts and seeds.
11. Try to keep water on the dinner table as opposed to juices or sodas.
12. Introduce sparkling water, unsweetened tea or sugar-free beverages instead of sugar-sweetened soda or tea.
13. Instead of frying foods – which can add a lot of extra calories and unhealthy fats – grill, roast or bake.
14. Get your kids into the kitchen and involve them in the healthy cooking process.
15. Try a meatless meal each week such as a vegetarian pasta or a mushroom burger.



FINANCIAL STRESS CAN TAKE ITS TOLL

THIS year is moving fast and many of you are still suffering from 2017 debt. But there are some ways to deal with financial strain. We share some tips, courtesy of Thebalance.com:

1. **Create A Budget:** It's time to sit down with a piece of paper and a pen and work things out well – and stick to it.
2. **Get An Emergency Fund:** If possible, start putting some money aside for a rainy day – you know, like when the car suddenly needs a service which will cost you R5 000.
3. **Make Changes:** Think about what you can cut out, or how you can settle some bills to help the year flow easier.

6 Ways To Prevent Wandering

DEMENTIA is a tough disease – for the person affected as well as family members, friends and caregivers. We share some ways to help prevent loved ones with dementia or Alzheimer's disease from wandering.

1. Secure your home. Keep doors locked and keys out of reach.
2. Make sure the person always carries their ID. While it won't prevent them wandering, but it will help you find them if it had to happen.
3. Dress your loved one in bright clothing.
4. Use radio tracking devices such as bracelets or other jewellery with radio transmitters.
5. Know your neighbours and keep them in the loop about what is going on.
6. Put up signs. Experts say a sign saying 'Stop' or 'Do Not Enter' can be enough to prevent your loved one from wandering.

TV personality, author, lifestyle and fitness expert

Lisa Raleigh will help you achieve your desired

celebrity body.



BY LISA RALEIGH

Get Intense With Danica Patrick



THIS year is going to be Danica Patrick's final foray in NASCAR, but that doesn't mean she doesn't have plenty of inspiration and advice to offer through her new book, *Pretty Intense*.

Not only has Danica managed to crack a male-dominated sport, but she's advocated for women to focus on a healthy mind and body so they can do and be their best. Here are a few ways this 36-year-old stays inspired.

Get It Done: Whether Danica is doing a functional training workout or pure cardio, she believes in short, intense workouts – so there's no excuse to not get it done!

Cook Your Own Meals: When it comes to food, Danica makes her own meals at home so she knows exactly what's in her food. Her top sources of inspiration in the kitchen include cooking shows and cookbooks.

Variety Is The Spice Of Life: Danica makes sure her healthy eating never get boring by including plenty of different colours, textures and spices in every meal.

Think Positive: "You are creating your life day by day with your thoughts. Think positive things. Believe in yourself," Danica said during an interview on *Good Morning America*.

WHETHER it's on Instagram, fitness shoots or magazine covers, Danica's abs are enviable. Here are a few moves that will help flatten and tone that stubborn stomach area.



Burpees

THIS is one of Danica's go-to moves and can be performed anywhere. They're tough, but they work! Stand with your feet shoulder-width apart. Descend to a squat position and place your hands on the floor directly in front of you. Place your weight onto your hands and jump your feet back so you're in plank position. Keep your core engaged and your back straight. Now jump your feet back to the outside of your hands and jump up with your hands over your head.

Sets & Reps

Beginners: Two sets of 10
Intermediate: Three sets of 12
Advanced: Four sets of 15
Rest Period: 15 seconds between each set and one minute between each circuit



Russian Twist

SIT with your torso leaning back at a 45-degree angle, knees bent, and your heels resting lightly on the floor or elevated. Holding a small medicine ball in your hands with your arms extended, twist your torso to one side and hold for a few seconds before returning to centre and repeating on the other side.

Bicycle Crunch

WHILE lying flat on your back with your hands behind your head, bring your knees up towards your chest and lift your shoulders and shoulder blades off the floor. Now straighten one leg while turning your body in the opposite direction so your elbow meets the opposite knee. Do the same on the other side.



What's In Her

BY CARLI PRINSLOO

DANICA pours out her purse.

Bag?

Bring It On!

"I DON'T have a desk job – I spend at least four nights a week away from home, so I have to be prepared with all the essentials: nail clippers, Tylenol, tampons, floss. I'm ready for anything."

WE know Danica as the NASCAR beauty and yoga enthusiast, but she's also skincare conscious and has developed a skincare brand, along with a team of doctors, called Belair Skin Science. That's not all. She also has her own fitness programme – Pretty Intense; has a line of fitness clothing and is the proprietor of Somnium wine. Where she gets time for anything else, we're sure we don't know. But whether she's walking the dogs, making some kind of new art, cooking, going in the garden, doing some yoga, or working out, she always has these at hand.



Essential Nail Set: R95, Woolworths



Shoulder Bag: R249, H&M

All About Skin

HER skincare routine is straightforward, but potent. "I have an active serum I use in the morning. Then I use tinted moisturiser over that for SPF and colour. At night, I use a tretanoid (a vitamin A derivative) cream to reproduce healthy collagen. I think moisture goes a long way."

Retinol 0.5: R1 350, SkinCeuticals



Life's Too Short Travel Mug: R49.95, Clicks

Aviator Metallic Mirrored Sunglasses: R99, By Daily Friday, Superbalist



Caffeine Kick

HOW does she usually start her day? "With breakfast. No, I lied – with coffee."

Face Framing

SHE'S always seen at the sports track with her signature sunglasses shape: aviators. That's another item we see spilling out of her bag. "Aviator sunglasses fit my face really well, so I like to stick to that shape."



1.5kg Ankle Wrist Weights: R249, By Trojan, Makro

Staying Healthy

"I WORK out a lot. I lift weights to stay strong for my job. My routine includes a lot of functional training, like squats and lunges with an upper body move for core stabilisation. Cardio is also important and it feels good to work my lungs and breathe deep. I think of taking care of my body from the inside out, especially as I'm getting older, and eat foods because they're healthy."

Sweet Potatoes Stuffed With Broccoli And Feta

Ingredients

- 2 Medium sweet potatoes
- ¾ Cup of broccoli florets, chopped
- 1 Tablespoon of olive oil
- 1 Teaspoon of minced garlic
- Pinch of crushed red pepper
- Feta cheese

Recipe

BY VERA FOURIE

Method

COOK the sweet potatoes (by either boiling in water until soft, or microwaving them on high for eight minutes, turning potatoes over after four) until you can pierce them with a fork. In the meantime, cook the broccoli for about three minutes in a medium skillet in boiling salted water and drain. Heat the oil in pan, add the garlic, broccoli and crushed red pepper and saute for about one minute. Cut a slit lengthwise through each potato; push the ends inward to form a pocket and slightly loosen the flesh with a fork. Crumble one tablespoon of feta into each pocket, fill with broccoli mixture, then crumble some more feta over the top. Serve with a few pieces of roasted chicken, or a protein of your choice, or simply enjoy on their own. And to really up the ante on this recipe, add a generous splash of the new Knorr Balsamic & Pineapple sauce.

KNORR SALAD DRESSINGS has introduced a new exciting variant to their already impressive range of Salad Dressings. The new Balsamic & Pineapple variant is a fresh tropical flavour of pineapple perfectly balanced with the sweet, crisp and slightly tart flavour of balsamic vinegar. It is perfect for topping a seasonal green and grilled chicken salad but also pairs well with fruity salad additions like strawberries, raspberries and blueberries. Generously drizzle it over any salad or meat or seafood dish for a tangy, zesty flavour like no other.



INTRODUCING KNORR VINAIGRETTE
Balsamic & Pineapple



TRIED & TESTED

FOR more yummy recipes go to www.peoplemagazine.co.za

THE following might seem to be stating the obvious, but many people are unaware of the behaviour or bad traits which make them someone no one wants to be around with. Often, these are changes that tend to sneak up on you as you deal with the challenges life throws at you. For example, constantly worrying about money might lead you to becoming 'negative' about everything – an attitude guaranteed to push people away.

TOO SELF-ABSORBED

YOU focus solely on yourself, talk only about yourself and often don't care what others have to say.

"Many people do this without realising it," says John, a psychologist **people** spoke to. It doesn't make you a narcissist. "People bandy that term about far too much. Narcissism is a serious personality disorder. You don't want to meet a true narcissist."



WHY PEOPLE *Unfriend You*

WITH a little self-awareness, it's possible to shed toxic characteristics and save some friendships.

For one thing, 'narcissists do not recognise that they have boundaries and that others are separate and are not extensions of themselves', say US psychiatrists Sandy Hotchkiss and James Masterson in *Why Is It Always About You?* Other people 'either exist to meet their needs or may as well not exist at all'.

That's not you, but if people are starting to use the n-word about you, pay attention. Start listening more and talking less! Remembering birthdays is a good strategy too (especially if you're a male!)

TOO SENSITIVE

THIS is another way in which being too self-absorbed manifests itself. A good example is when two of your friends go somewhere without you – and you feel hurt. Whatever you do, don't confront them! Real life isn't a US sitcom where everybody gets to 'express' their feelings, no matter how selfish. Confront your friends about something that probably wasn't a big deal for them, and they'll start seeing you in an unattractive new light, as needy and possessive. Instead, get over it. They're still your friends; their lives don't stop when you're not around.

TOO COMPETITIVE

WHENEVER something good happens to them, let your friends have their moment. Forget your own achievements and praise theirs; say nothing that could be construed as one-upmanship or a snide aside. Why

shouldn't you be unequivocally happy for them? They're your friends, not your enemies.

TOO BOSSY

IF you constantly need to be in charge and try to control what others are doing, you're acting in an unattractive way. It's probably why your friends occasionally go out without you. Chill!

TOO RUDE

DO you frequently embarrass your friends with your rude comments or bad behaviour in public? Stop it! No one wants to hang out with someone who's always looking to pick a fight. People who argue for the sake of arguing are especially annoying. (They need to go away and deal with their insecurity.)

TOO NEGATIVE

PESSIMISM is never attractive. If you're constantly putting things down, or seeing situations in a negative light, try and change your attitude. Often

negativity is due to depression – try talking about *that* with a close friend rather than slugging off everything in sight.

BEING UNRELIABLE

FINALLY, 'beware of being unreliable, yet dependent upon others', says life coach Sebastian Eguez. Are you always busy when a friend calls for help? If so, that's an unattractive quality – especially if you often ask for help yourself.

GET HELP

SEEKING advice about a problem that's affecting your behaviour – and therefore others – is most certainly not being self-absorbed! For one thing, it'll help the person understand why you haven't been your (usually likeable, upbeat) self lately.

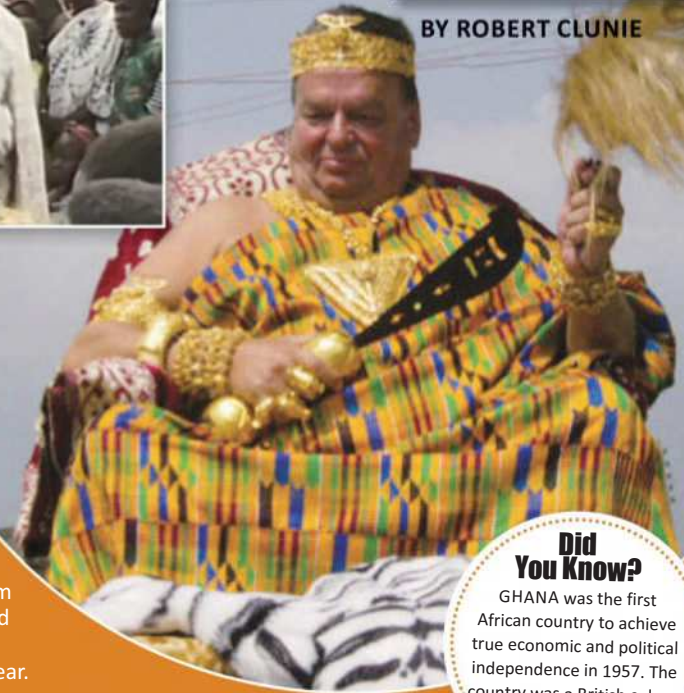


PICS: FOTOLIA

BY ROBERT CLUNIE

Top-Deck Royalty

HERE'S a rather unconventional happily-ever-after for you. People dating those of different races and, sometimes, classes is really no big deal in our day and age, but Gerhard Meickl, 69 from Austria and his Ghanaian wife could not have been from worlds further apart. The state he comes from, Tyrol, is one dominated by the Austrian Alps, and never in his wildest imagination would he have ever thought that he'd become king of Awukugua – a village north of Ghana's capital, Accra; King Nana Awere Akosah he was crowned. It so turned out that his partner was Ghanaian royalty and he has been sitting atop the throne since 2006. What makes him stand out so is that he is a rather large, pale pensioner from Europe. Nevertheless, he has been embraced warmly by his subjects since, but had to take some time to learn the customs – especially those concerning eating and drinking in front of others. He still resides in Austria, but visits Awukugua once a year.



Did You Know?

GHANA was the first African country to achieve true economic and political independence in 1957. The country was a British colony up until that year.

Legging It



THE rules on South Africa's roads are, well, relaxed – to put it lightly. On paper they are ironclad, but rarely are they enforced as they should be and the laxity from our beloved constabulary often leads to bizarre interpretations as to what is okay and what isn't. We're all aware of the presence on the road of taxis, who put themselves and others in danger – almost seemingly on purpose – but a man without working legs? Skitching – that is, grabbing onto a speeding vehicle while on a bicycle or skateboard – is an interesting if somewhat idiotic means of transport, used mainly by those meddling kids on skateboards and BMXs who find themselves somewhat tired. It was also the method of choice for a wheelchair-bound man in Gauteng, who skitched in his wheelchair alongside a taxi on a busy motorway. Somehow, by the power of his reflector jacket, he managed to release and check the other lanes before speeding off toward his desired turn-off.

Did You Know?

GEORGE KLEIN, a little known Canadian engineer, was responsible for the invention of the electric wheelchair in the 1950s. His inspiration was spurred by the number of Second World War veterans who struggled with mobility after the war.

Will Pout For Food



Did You Know?

CHINA aims to pull its entire population above the poverty line in 2020. In fact, between 2013 and 2016, the country brought 55.6-million rural people out of poverty.

THERE is a common belief that the youth of today is fast forming the foundations of a bratty society. They want without input and genuinely believe that there are oodles owed to them (though granted they don't always have the best examples to look up to given the state of reality television). A young Chinese lady, however, took the cake – and then some – in this field. The unnamed woman is a panhandler – by trade. As strange as it sounds she does this because of the insanely outlandish reason that thinks she is too beautiful to work, and believes she can make more with her looks by scrounging money from unwitting pedestrians. She once worked as a waitress, but, unsurprisingly, got fired from her job. She also thinks that, with her looks, prostitution would have been a breeze, but refused to do so. "I'm a natural beauty, able-bodied, and healthy and I choose to beg here instead because I do not want to work." Famous last words?

Have you seen something strange? WhatsApp us on 060 858 1086. Send us a short description and a picture.



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www.peoplemagazine.co.za

SOURCES: DORGENPROJECT.ORG, AFRIC-FACTS.ORG, ENGINEERING.TORONTO.CA

PIC: MAGAZINE FEATURES

A Mother's Fight For Justice: Part 2

THE death penalty was too good for the woman behind her son's murder!

MARGARET DAVIS believed the three men who shot and killed her son, Steven, had been hired by his Filipina wife, Evelyn.

She'd learnt that Evelyn was stealing money from her son, that the gunmen used a key to get into the house, that no one could contact Evelyn in the hours after Steven's death – and that Evelyn said the gunmen had been in the house for 20 minutes when there was no way she could have known that fact.

She also learnt Evelyn had a boyfriend called Arnold Adoray.

"Her lust for Adoray killed Steven," she says. "There is no other explanation."

The local police, however, insisted the murder had been a robbery that had gone wrong. Undeterred, Margaret took out a second mortgage to hire private investigators.

"Here I was, Margaret Davis from Bingham, behaving like Inspector Jane Tennison in

Prime Suspect," she says. "I felt powerful, courageous and very, very scared." She was also concerned about her two grandchildren, who were still in their mother's care. So she decided to try to take them back with her to Nottinghamshire for a holiday. While she was negotiating with the British Consul to get the children passports and exit visas, the Philippines police arrested Arnold Adoray and security guard Alex Dagami. Both were charged with Steven's murder. Margaret could hardly contain her excitement. "All we have to do now," she told her husband, Alan, "is to get Evelyn's agreement for us to borrow the children for a while." Then the British Embassy rushed Margaret, Alan and granddaughter Jessica out of the Philippines. They were concerned their lives were in danger because of possible reprisals from associates of the two men charged with Steven's murder. The other child, Joshua, was with Evelyn's family in a remote province. So, in September 2002, just six weeks after her son was killed, Margaret Davis was back in Nottinghamshire. Her days were taken up with her granddaughter.

"At night," she remembers, "I sought refuge with my computer, firing off e-mails to my MP, my British lawyer, my Filipino lawyer, the British Embassy in Manila and anyone else I could think of who might be able to put pressure on the police to pursue their investigation against Evelyn."

She also wanted to reclaim her grandson, Joshua. It was a campaign that infuriated her daughter-in-law.

"She says Joshua will see Steven before he sees his grandmother," a friend from the Philippines told Margaret in an e-mail. Fortunately, it turned out to be only a threat. After six weeks of negotiations and some bribery, Joshua joined his sister in Nottinghamshire. He was suffering from malnutrition and infections, caught while

staying with his relatives, where he'd been tied to a tree by his ankle to make sure he didn't escape.

Then Evelyn charged her mother-in-law with abducting her children, which meant Margaret could be arrested if she returned to the Philippines. Margaret took out further loans to sustain her campaign to get justice for her son.

"I felt abandoned and helpless," she admits.

A short while later, Roberto Palobay was arrested. He was married to Evelyn's elder sister and turned state's evidence, saying Evelyn had organised the murder.

In February 2004, Adoray and Dagami were sentenced to 30 years each. Next, Evelyn was arrested, in a remote province of the Philippines where she'd been in hiding. She was sentenced to 40 years, without the possibility of parole or remission.

The prosecution told the judge that Margaret was not in favour of the death penalty. She wasn't – but not on moral grounds, notes the *Daily Mail's* Geoffrey Wansell. "I thought it was too good for her," says Margaret. "I wanted her to suffer every day of her life for what she did. I wanted her to wake up everyday knowing that she would never see her children. This is what it's like for me, and it's the worst feeling a mother can experience."



Evelyn



Margaret Davis

Steven

HAVE YOU SEEN THEM?

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

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



LEVY GIBSON GOLOLO

Disappeared: February 22, 2018
Age: 22
Levy left his home in Kwamhlanga and never returned. He was wearing blue overalls and black sports shoes.



HOPEWELL MDUZUZU GUMEDE

Disappeared: February 26, 2017
Age: 30
Hopewell was last seen by his brother in Umlazi and never returned. He was wearing a red golf shirt and blue jeans.



THOTYELWA NJOBE

Disappeared: December 15, 2017
Age: 23
Thotyelwa left her home in Tembisa South and has never been seen since. She was wearing a black and a grey dress.



SOLOMON MKHABELA

Disappeared: February 1, 2018
Age: 38
Solomon left his home in Komatipoort and never returned. He was wearing a blue T-shirt, blue shorts and black sandals.

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

HELPLINES

POWA: Telephone: (011) 642-4345/6
E-mail: info@powa.co.za
Web: www.powa.co.za
Rape Crisis (021) 447-1467
E-mail: info@rapecrisis.org.za
Web: www.rapecrisis.org.za
Lifeline (011) 715-2000 / 0800 012 322

Childline 082 233 2333 or 0800 055 555
SAPS Family Violence, Child Protection And Sexual Offences Unit (FCS) (011) 403-3413
Teddy Bear Clinic (011) 481-5161
Aids Helpline 0800 012 322, or (011) 880-0405
Web: www.aidsinfo.co.za
Anorexia and Bulimia Family Support Group (011) 640-1965

Web: www.edsupport.co.za
Cancercare Centre (011) 646-5628
SA Depression & Anxiety Support Group (SADAG) 0800 567 567
Alcoholics Anonymous South Africa (011) 452-9907
SANCA (011) 482-1070
Gamblers Anonymous 0800 006 008



Humbling COURAGE

OUT of horrific suffering she came back stronger.



WHEN Shalita Kyomuhendo was finally able to speak again, she told how she'd been doused in acid and petrol and thrown in a shallow grave.

But having survived against the odds, her next words, after more than a year of silence, conveyed the depth of her agony. "Now," she said, "I want to die."

Shalita was just 19 when she crossed the border from her home in Uganda to search for her mother, after genocide had ravaged a neighbouring country.

Tragically, she was too late – she arrived to find her mother already dead.

But when she tried to return home to her dad and step-mom – and her own baby son – she found the border closed.

Shalita was held by soldiers from that country – which she is still too scared to allow us to identify. They interrogated her and accused her of spying. Then they blindfolded her and locked her for months in a small, dark room. One day, the blindfold was suddenly removed.

"It was so dark I couldn't tell where I was," she recalls. "Then they poured a bucket filled with acid and petrol over me. I don't remember anything after that. But I was later told the soldiers took me to a banana plantation, wrapped me in a mat and tried to dig a grave. Next morning, workers arrived before the sun came out. Five hours later I came back to life, the workers saw me moving. I don't know how I survived."

Much of Shalita's body and face had been disfigured by the barbaric mixture.

Yet, thanks to her courage, the kindness of UK charity workers and the help she received after being flown to the UK, she is not only back from the brink but stands out as a beacon of hope.

Now 39 and a mother of three, she has a loving partner, Ahmed, whom she met when he helped nurse her back to health.

"I've come a long way," she smiles. "I really appreciate how many people have helped me and been nice to me. I still have nightmares about what happened and, physically, I still go through a lot of pain every day. But I don't want to be sad any more. There's a reason I survived against the odds – to help others."

After being found on the brink of death, Shalita was taken to a local hospital – where medics said she had no hope. Her eyes, nose, mouth, chin and ears had been destroyed by the acid, and much of her skin. She could not see, walk, talk or eat. "I was out of my senses," she says. "I didn't even know who I was."

A year later, Shalita was visited by Mary, a charity worker from ActionAid. She fought for Shalita to be transferred to a private hospital nearby.

First she had lifesaving surgery to repair a hole in her chest. Then facial therapy allowed her mouth to open enough to speak.

Shalita recalls, "I told Mary my story. And I told

her I wanted to die. I looked so strange everyone was scared of me. But Mary told me I could not die. She reminded me I had a son, Junior, who was just a few months old when I'd left. She told me I'd survived for a purpose."

In 2002, another charity worker stepped in to bring Shalita to the UK.

"Mary was battling cancer – she wanted to make sure I'd be okay if she passed away. She saw I needed hope. She told me that one day I'd maybe get my sight back. And she promised me that if I came through everything, I'd be able to reunite with my son."

Shalita was taken to a residential home in Wallington, South London.

"I was scared of everything around me," she says. "But I was given so much love, I began to pick up. One social worker, Colin, used to make me feel like nothing had ever happened. He'd play my favourite music and listen to my childhood stories."

Shalita then moved to a hospital in London, where she learned how to walk and talk again.

"It took a long time ... it still is taking a long time," she says. "I relearned how to engage, I made a lot of friends. I was the youngest by far."

Shalita has had operations to rebuild her nose, chin, eyelids and lips, seven on her arm, and skin grafts on her chest.

Then she had met partner Ahmed, 70, a retired chef and charity volunteer.

"Ahmed used to come in and give me counselling and cook me African food," she says. "He'd sit with me through the night

because I was in so much pain. I wondered what he wanted, my face is so disfigured. But he told me, 'Shalita, you have a beauty in you. These are just scars.'"

The couple have children Shannan, 12, and Ariz, four. Junior, now 19, is studying business at university.

"Shannan always tells me I'm beautiful," says Shalita. "And Junior is protective. If somebody says something unkind he tells me, 'Never mind, they're jealous of you.'"

In 2011 Shalita, whose right eye had been removed, had a pioneering seven-hour op on her left one.

"Before, I was completely blind," she says. "I had 'spiritual eyes', where I would imagine what my friends would look like. When the consultant took my bandages off, I saw the shape of him and the colour of his shirt. I jumped off the chair and screamed."

Shalita cried tears of joy when she saw Shannan for the first time – and caught her first glimpse of Junior since he was a baby. But then she saw her own scarred face in the mirror.

"I started crying," she says. "I was a beautiful girl – it was hard seeing how disfigured I was."

She had cosmetic work from Finishing Touches, including semi-permanent make-up, medical tattooing and digital skin rejuvenation – and is now a model for the firm.

"When I started treatment I was unsure," she said. "But I've been given so much confidence. I'm happy to walk in public now."

Shalita now plans to be a support worker. She says, "I finally accept myself. By telling my story I can empower others, give them hope. I can tell them I believe in them, too."



Shalita before the attack



Her eyes, nose, mouth, chin and ears had been destroyed by the acid



Tell us your story!
 E-mail people@caxton.co.za.
We print, we pay!
 Please keep all submissions to no more than 500 words.

Exclusive!

DISABLED SISTERS

ARE QUEENS OF THE

Beauty Pageant

SOURCE: GREATSTOCK

THE world of beauty pageants has helped two disabled sisters find their confidence and, for one of them, her first words.

FROM a young age both Ava and Jessa struggled with their confidence, with Jessa unable to speak at all. Ava was born with achondroplasia, the most common form of dwarfism, and Jessa has spina bifida milamidiseal – one of the most complex forms of spina bifida.

Parents Jacqueline and Jason Whipple turned to beauty pageants to see if they could bring the girls out of their shells. Between them, Ava and Jessa have appeared in 40 beauty pageants, winning several crowns along the way, not to mention the hearts of everyone who meets them – and their parents couldn't be prouder. "We're succeeding at our goal," says Jacqueline. "We wanted to change the face of beauty and change people's perceptions. I love watching them on stage. I love watching them succeed. I love watching them be proud of themselves."

The Whipples, from South Carolina, always knew that they wanted a big family, so they decided to adopt. Ten years later the couple have four children with disabilities, including 10-year-old Brady, four-year-olds Corbin and Jessa, and nine-year-old Ava. "For various reasons, my injury primary among them, we couldn't have children naturally, but we wanted to have a family. So we started to look for adoption," says Jason.

"Ava was our only international adoption. She was in a very poor orphanage in Bulgaria. The first picture that we ever saw of her, I knew that this was our child." His wife adds, "When I was in the process of bringing Ava home from Bulgaria the only thing I could do to feel connected to her was buy things for her for to have when she got home. In the process, I started thinking about these pageantry dresses; my husband was like, 'You're not putting our kids in pageants; you're just not!'" Despite his initial reservations Jason has since embraced the pageant world and credits it with transforming both girls' confidence. "I'm gonna be honest, when Jackie told me she wanted to get the girls involved in pageants, I was not on board. I had seen all these shows, like *Toddlers And Tiaras*, and heard all the nightmare horror stories and

I didn't want that for my girls. But I wanted Jackie to be happy and I wanted my girls to be happy, so I agreed to one pageant. That pageant has turned into I can't even count how many pageants." Jacqueline adds, "When we started pageants Jessa didn't

talk at all – she was non-verbal. She was doing speech therapy weekly; we didn't know if she was ever going to talk, we had hope but we didn't know. Along the way, at pageants, she started talking to people, saying words, saying things. It kind of pulled it out of her. It changed her perception of herself, I think." Ava says, "I like to model and being on the stage and seeing everybody and everybody seeing me. I don't think my disabilities affect the pageant." Pageant director Tonya Taylor has made sure that the girls compete alongside their peers

at every stage of the competition. "I saw them first perform at one of my pageants and I thought that Ava, of course, was a firecracker, and Jessa is a complete sweetheart," she says. "Overall, I think the girls are absolutely amazing. They're different but you wouldn't know that from them. That was my biggest thing, I want them to come but I want her



Jessa wins Overall Miss Originality with Ava at her latest pageant in West Columbia



Jessa smiles backstage



to compete in the regular age groups. I'm not going to make it a handicapped age group just for your girls; they know they're different, so why not let them meet friends and compete with the best of the best.

They hold their own, I can assure you of that." At their last pageant, Ava and Jessa won several crowns and titles, including Division Best Hair and Outfit of Choice, Elite Supreme and Miss Originality.

"Ava struggles with self-esteem issues," says

Jason. "She struggles with thinking that she's valuable. Obviously we know that this came from her first three-and-a-half years in an orphanage, so this has really helped her find her value, her self-worth. It's amazing to watch them perform and my heart swells with pride. With Jessa it's really helped her come out of her shell and become silly and express herself better. With Ava, it's helped her to find that inner voice that says, 'I matter!'"



Ava poses in her Lady Liberty outfit



Jessa at one of their many pageants

Botched Beauty

A WOMAN ended up in ICU after a series of injections to increase the size of her lips.

SOURCE: MAGAZINE FEATURES

E LIZAVETA TKACHENKO, 30, turned to friend Irina Lobach, a self-taught beauty therapist, because she wanted to make herself more beautiful but ended up with a disfigured face, headaches and feeling out of breath.

Lobach, an accountant, said she had studied beauty treatments in her spare time and had begun treating clients at her home in the city of Stavropol in south-western Russia's Stavropol Krai region. "I am 30 years old. Due to what happened, my health is ruined," says Ms Tkachenko. "It's unclear what the aftermath of this will be in the future. My lip burst in two places, serosanguinous fluid got into my lip, my head would hurt terribly. One day later I was transferred to intensive care."

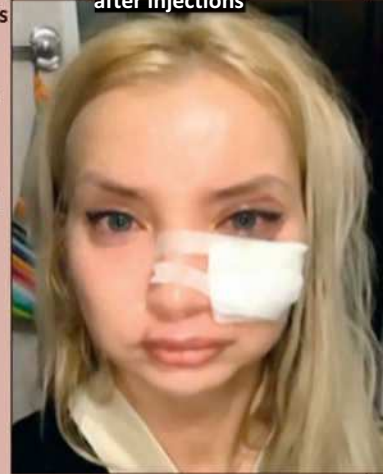
Lobach claimed that she had undergone a special course to learn how to deliver the injections and said she used only the best products.

But after she was unable to tell doctors what she had injected into her friend, police concluded she lacked even a basic knowledge of medicine and was not qualified for the job.

Police have launched an investigation into Lobach. Doctors do not yet know whether they will be able to give Tkachenko her original face back.



Elizaveta Tkachenko after injections



Irina Lobach and Elizaveta Tkachenko before the injections



BY JACQUI THOMPSON

SPREADING feel-good news.

WANT to say thank you? Got something positive to say about someone? Has a stranger done a good deed for you? Have you received outstanding service from a place or a person? We want to know about it. No kind deed should go unacknowledged. E-mail mnandinews@gmail.com or sms the word 'Mnandi' to 48408. Keep your message to about 50 words and include your name or pseudonym and area.

THANK YOU to Dr Brunke for his kindness to my father-in-law. We are undergoing a very difficult time and he was wonderful, taking time to consult with him. So often you hear of patients being processed without concern or time. Dr Brunke is not like that.
The Akiloye family, Constantia Kloof

WITH the recent heavy rains a woman driver had stalled in a massive pool of water. My husband was doing a U-turn to go back and help her. When we got back to the scene, two men had got out of their car in the pouring rain and were pushing her out. A pedestrian walking past got involved too. The driver was crying and stressing as she was a nurse and would be late for her shift. You never know who she helps in her line of work; it could be anyone – maybe one day even one of the people who helped her that day! It was wonderful to see everyone helping one another.
Lilly-Ann van der Bijl, Centurion

I WAS touched by the actions of an elderly disabled beggar who works on the corner of Mutual and Rivonia Roads in Sandton. I handed him a R10 note and he started digging in his pockets and asked me how much change I wanted! It moved me that he made no presumption. Of course, he ended up with the full amount. He was very genuine.
Heinz Miller, Sunset Acres

THOKOZANI in the lock division at Builders Warehouse in Sunninghill worked on a tumble lock that I couldn't get to function properly for at least 25 minutes. Even though we couldn't solve the problem, I asked how much I owed him for his time and his answer was, "Sir, we don't charge for service." How impressive is that!? Builders Warehouse, he's a star!
Andre Thomas, Sunninghill

Want to say thank you? WhatsApp us on 060 858 1086 and we will feature your kind gesture.



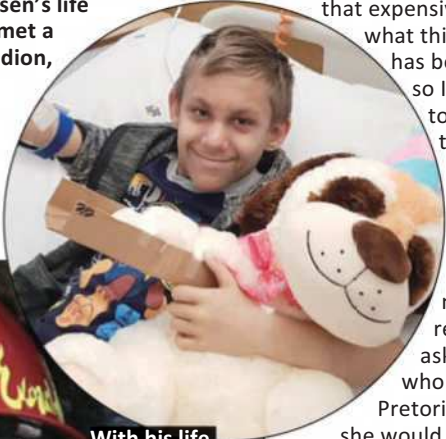
BY ANGELA BEKIARIS

Mommy's Brave

Little Fighter

GIDION wants to become a firefighter when he grows up, but without financial assistance his illness won't allow him to.

BUSINESSMAN Craig Pedersen's life changed forever when he met a special little boy named Gidion, whose biggest dream is to become a firefighter. Gidion, now nine, was born premature, weighing just one kilogram, and diagnosed with fanconi anaemia (FA) – a genetic disorder resulting in fatal bone



With his life expectancy believed to extend not even beyond his teen years, Gidion has at present little hope of achieving his dream of becoming a firefighter



marrow failure in children, affecting one in 100 000 worldwide. "A friend of mine shared a post online in which Gidion's mom, Tuschka, had appealed for anyone to assist her with arranging a helicopter flight for Gidi around his eighth birthday," Craig tells us. "I remember that there was just something about this little smiling boy with his firefighter helmet, and all he wanted was a flip in a heli. I've done a number of helicopter trips over the years and thought, 'Well, it can't be that expensive – look what this little guy has been through,' so I volunteered to pay for the trip. All the 'big names' in companies around SA were tagged in the post, but nobody was responding. I asked Natascha, who runs my Pretoria office, if she would make contact with Tuschka to organise the logistics. I got to thinking that since the little guy likes sirens so much it would be cool if my friend 'Johnny Bravo' – a paramedic, close protection and advanced driving contractor, and police reservist – could perhaps pick him up in a response vehicle and take him to the airfield for his flight. Johnny jumped in and made a few calls and before we looked again it had become an awesome kids party for Gidi's birthday with a helicopter ride, fire engines and way more." Says Johnny, "I was in Iraq when I was contacted by Craig who told me about Gidi's condition and that he always wanted to be a fireman. He asked me if I could arrange a heli flip for him. I contacted Ryan Horsman, owner Of Halo Aviation at Lanseria International Airport, where I'm a locum flight paramedic, and told him the story. Ryan

Take Note! Go To www.peoplemagazine.co.za For More People Has Heart...



then organised a heli flip and visit to the Lanseria Airport fire station. That's when everybody else got on board, including JMPD and MMC Michael Sun for Safety and Security JHB."

Since the party, Craig has become friends with the family, adding, "I've got to know the 'Gidi magic'. I've never met such a brave little boy, he's truly inspirational." By the age of two Gidion had undergone four surgeries. By age six he was put on steroids to stimulate his bone marrow function. Now, at nine, Gidion has been told that the treatment is no longer working, and that he won't live past his teens. Unless he makes his way overseas where there is a cure for fanconi anaemia – but at an enormous cost: R6-million deposit.

"He's nine years old by the grace of God," mom Tuschka says. "He is besotted with fire engines, fire fighters, ambulances, policemen and helicopters. His little world revolves around an enormous collection of cars and trucks which amuse him for hours on end as he rushes around the house in his ambulance outfit or fireman's hat. He loves sports when he's allowed to play (in cautious moderation) and although aware that he has a fatal disease is completely oblivious to it and lives every day to the maximum with his trusty sidekick (his cat, Zazu). To every possible extent he's a normal little nine-year-old boy who goes to school and dislikes homework and chores. While his condition and its side effects would make Gidi a more suitable candidate for home schooling, he's determined to have as normal a life as possible in every respect."

Tuschka adds, "Bone marrow is responsible for the production of all our blood cells – red blood cells that carry oxygen, platelets that regulate blood clotting and all our immune cells. This means that Gidion has a deficit in all these areas affecting his health in so many ways. He also has impaired hearing and deformed thumbs. The biggest risk for mortality in children with FA is leukaemia, which is bone marrow cancer. For a few years, Gidion has been on section 21 medication (androgenic steroids) to stimulate his bone marrow function. The steroids have severe side effects, like pushing our angel-child in the hormonal state and development of a 17-year-old male. Despite constant platelet

transfusions, tests and surgeries he never complains, seldom cries and just soldiers on. As a mother, I cannot start to tell you how despondent I feel that the only thing standing between my little boy and continued health is money. Gidion's medical expenses are

beyond any average person's income and includes therapy, medication, four weekly blood tests, hospitalisations, small school education, and a hearing device, to name just a few. Despite the best efforts of our local specialists, the medication is not working anymore and Gidion needs to have a specialised bone marrow transplant. Unfortunately it cannot be done in South Africa as we don't have specialised paediatric FA centres. I've

consulted with an FA specialist in the UK and in the USA (Prof. Wagner of the Minnesota Masonic Children's Hospital) who have both agreed to accept Gidi as a patient, to source a donor and complete the transplant. At the moment the USA seems to be the more practical and 'affordable' of the two options."

Tuschka says that because of the complexity and the post-operative requirements, the family would have to stay abroad for at least six months, and needs a staggering amount of money to make this all possible."

At the moment Craig is helping Tuschka and a few volunteers put together a charity raffle website as well as Hope200, a drive to get 200 companies to each donate R10 000 towards Gidi's medical expenses, which will go a long way to getting the transplant he needs.



'Johnny Bravo' – a paramedic, close protection and advanced driving contractor, and police reservist



Gidion with Craig and Johnny

Pay It Forward

GIDION has a crowdfunding page which can be found at the Fanconi Anaemia Hope Foundation website, <http://www.fahf.co.za>. FAHF was established in 2017 by friends and family around Gidion to help raise funds for his medical care, to spread the word about what FA is and assist the families of those with this condition. See the site for more details.

A Modern

My Story

Miracle

THIS reader so nearly met her end, but miraculously recovered from a terminal illness.

"WE were staying in a lovely coastal cottage near Cape Town. It was so peaceful and tranquil there; I could hear the waves breaking on the rocks at night. All was well until one day I woke up feeling ill with flu-like symptoms.

This got worse during the day so I went to see our local doctor. By this time my legs and feet were swelling and I was finding it hard to breathe. The doctor diagnosed me with congestive heart failure. I was so shocked to hear this, but I went home with tablets and the doctor's orders to rest. I was so saddened that my health was not getting better but worse. At this time I could not walk too far.

We hired a wheelchair for me to go to the bathroom from my bedroom. I started to feel really ill – my chest was so bad I could hardly breathe so I had to get a machine to help with my breathing. My appetite disappeared and I could only keep down small bits of fruit. My partner and I went back to the doctor and he informed us that I was in the last stages of congestive heart failure.

My family then all got together to discuss my last days. I was still taking my chronic medication everyday and I just sat in my wheelchair, debilitated. Then, one morning, I woke up early feeling a lot better. I lifted my duvet and noticed that the swelling had gone down. I tried to move my legs and feet and to my happiness I found I could! I slowly sat up and realised my breathing was a lot better – I could get oxygen into my lungs.

I started to stand on my own without the wheelchair. I was gobsmacked. I started walking, one step at a time, out of my bedroom towards my partner who was sitting solemnly in the kitchen. He looked up towards me absolutely shocked. I said 'It's me!!! I have been given a miracle!'

My doctor could not believe who she saw walking into her rooms to visit. She just stared in shock and held me. To this day I am still walking around with no wheelchair, but still on chronic medication. That was five years ago.

My family are so incredibly happy to see me visiting them and I walk down to the beach daily breathing in that fresh ocean air, and I put my feet into the sea water and I am so happy to be blessed and to be given this incredible miracle of a new life."

Tell us your story.
E-mail robertc@caxton.co.za.
we print, we pay!
(Please keep all submissions to no more than 500 words.)

PLEASE NOTE: These stories are sent in by readers and each is the opinion of the reader only. **people** magazine is not responsible for what is sent in or how actions/procedures have been followed.

*Names have been changed.



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TWIN calves, a boy and a girl, were born to Eloise in August 2017.

Ellie Eloise



Spotted With Her Twins

CONSERVATIONISTS working in Tanzania's Tarangire National Park have not one but two good reasons to be hopeful for the park's savanna elephant population.

Researchers for WCS (Wildlife Conservation Society) who have been studying the Tarangire ecosystem's northern subpopulation for 25 years recently spotted the calves – one male and one female – during their monitoring efforts and have been keeping a close eye on the infant animals. The scientists report that the mother elephant, named Eloise, estimated to be 57 years old, gave birth to the twins in August 2017, which makes her the oldest mother elephant known to have given birth to twins.

Unfortunately, twin elephant calves have a bigger challenge than single offspring in the journey to adulthood; mortality among twins is usually greater

than with single infants. Male infants, with their higher growth rates and greater nutritional needs, are particularly vulnerable during their infancy.

In spite of the odds, Tarangire researchers report that the twins are both doing well and are already approximately eight months old. They will continue to suckle with their mother for another three to four years while making the transition to the park's lush vegetation.

"The twins were originally quite thin and we were worried that they wouldn't survive. Fortunately the park has experienced good rains in the past three months, and both twins have gained significant weight and we are happy to see that they are now playing more frequently," said Dr Charles Foley, director of WCS's Tarangire Elephant Project. "The elephants in and around Tarangire National Park are well protected by the park rangers and local communities, and with the guidance of an experienced matriarch, we have high hopes for their survival. Every elephant calf born is a step towards the recovery of the species, and twins are even better."

WCS works across the African continent to study and protect both savanna and forest elephants, both of which have become imperiled by a number of threats, foremost of which is the illegal killing of these charismatic animals for the ivory trade.

Did You Know?
ELEPHANT twins are extremely rare; it's estimated that less than one percent of elephant births are twins, according to Whiteelephant.co.za.





Lost & Found

Tell us your story!
 E-mail people@cxaton.co.za.
We print, we pay!
 Please keep all submissions to no more than 500 words.

AN animal lover was reunited with a slaughterhouse pooch she rescued that went missing from the airport.



A MELIA CLAYTON spent nine desperate days searching for Marlin after the dog meat trade survivor vanished from Roissy-Charles de Gaulle airport in Paris.

The 22-year-old was working at an animal charity in Hoi An when she decided to rescue two-year-old mongrel Marlin, who was destined for death in Vietnam. But Marlin went missing during the flight layover to London. She was later found after a public search was mounted.

It was the end of an emotional rollercoaster for Amelia, who has revealed the crushing moment she realised Marlin had escaped earlier this month – after eight months of planning a way to bring the pup home to the UK.

“I couldn’t believe it. After eight months of planning her return, she was gone. My heart stopped and I just started running and screaming her name.”

When Amelia first found Marlin she was chained to a wall, suffering severe skin conditions and was terrified of humans from sustained beatings. The student covered the costs of Marlin’s veterinary treatment and

transportation through Australia’s Fight Dog Meat charity, and the pair set off from Vietnam to London late last month.

But when Amelia left Marlin with some fellow passengers in the airport for just seconds while she collected her luggage, she returned to find the frightened dog had escaped. Volunteers launched a social media campaign and soon hundreds of animal rescuers were joining forces to scour the surrounding woodlands.

When the dog was found an amazing video shows the miraculous moment Amelia embraced her atop a grassy hill in surrounding woodland near the airport.

“I couldn’t believe it when I saw her, it was the most emotional moment. She came over to me then she just fell on her back shaking. When she let me pick her up all the volunteers that helped came over and everyone was crying.” Amelia thanked the animal rescuers who helped her, as well as Fight Dog Meat for their financial backing. “I could not have done this without the amazing help from the people of Paris. They were feeding me and keeping me warm throughout this ordeal. And of course, thank you to Fight Dog Meat,” says Amelia.

Did You Know?

AN estimated five million dogs – many snatched from loving homes – are eaten per year in Vietnam.

Take Note!

Go To www.peoplemagazine.co.za For More Animal News..

THIS week we have gorgeous doggies from Woodrock Animal Rescue.

ADOPT Adorable Me!

PLEASE call 084 585 2418 if you would like to adopt one of us.



TIPS ON ADOPTING A PET

BEFORE you adopt your furever furkid, make sure you have considered the following:

- * Do you travel away from home a lot?
- * Does your complex / neighbourhood allow pets?
- * Do you have a safe and secure home for the new addition?
- * Do you have the time and money to look after a pet?

- * Will you love and care for this animal its entire life?
- * Will the animal fit in with your other pets?
- * Ensure the breed is one that suits you and your family.
- * Do you have enough space for your furkid to exercise?

- * If you have kids take the appropriate safety measures
- * Adopt a rescue and don't support backyard breeders
- * Shelters always need volunteers, donations or funds. Consider helping even if you cannot adopt your own pet.



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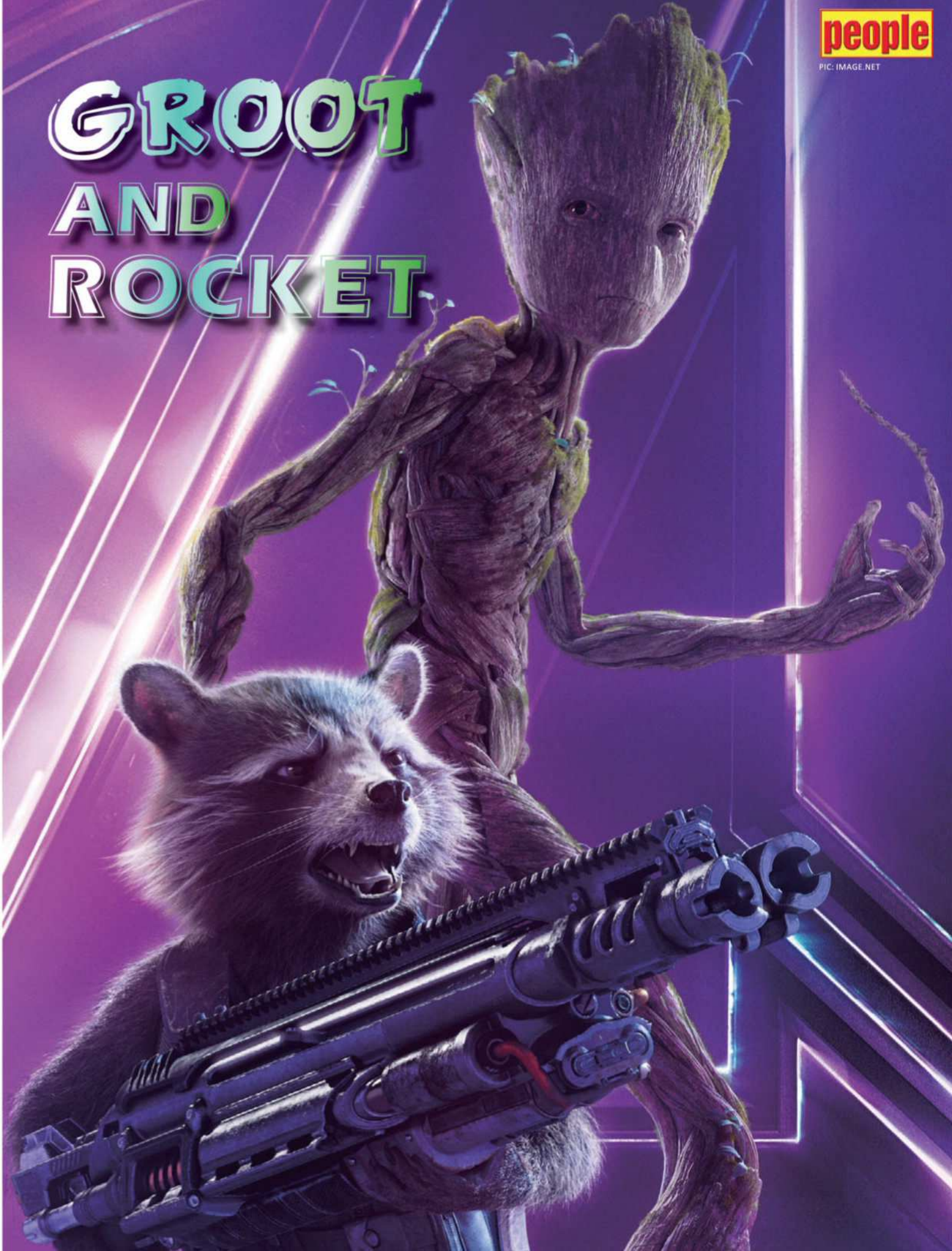


Black Widow

people

PIC: IMAGE.NET

GROOT AND ROCKET



DOCTORS are our healers, yet they have the highest rate of suicide among any profession.

First, Do No Harm

BY VANESSA PAPAS

DR DEAN LORICH had what seemed a perfect life – family, fame, fortune. One of Manhattan’s most prestigious trauma surgeons, Dean was the first choice for some of the red carpet’s hottest celebrities and perhaps best known for treating U2 frontman Bono after his 2014 bike accident, as well as performing surgery on American footballer Michael Cox after he suffered a broken leg during a 2014 game in Seattle.

But what appeared to be ‘perfect’ turned out to be tragic and dark. So tragic and so dark that Dean took his own life. The father of three girls, who was the associate director of the Orthopaedic Trauma Service at the Hospital for Special Surgery and also a professor at Weill Cornell Medical College, was found dead in his home. He had stabbed himself in the chest. Police said his 11-year-old daughter found his body. The exact reasons for his suicide still remain unclear. Those closest to him said he was a remarkable human being, always professional and always with a smile on his face.

Across the world the suicide rate among doctors is startling. Studies report that doctors are more likely to commit suicide than the general population. Female physicians are at higher risk of attempting suicide (but failing) than men, showing rates over 250 percent

higher among women and about 70 percent higher among men versus the general population. Historically, doctors who sought help for suicidal thoughts faced profound stress in the workplace yet appeared to be highly functional.

Earlier this year the documentary *Do No Harm* hit the small screen. Jumping off hospital rooftops, hanging themselves in broom cupboards, overdosing on drugs – the documentary outlined how doctors often plan out their suicides like well-planned school projects. Medical students and families of physicians touched by suicide feature in the documentary, and speak about this silent epidemic and the truth about a sick healthcare system that not only drives our brilliant young doctors to take their own lives but puts patients’ lives at risk too.

“Five years ago today I was at a memorial. Another suicide. Our third doctor in 18 months. Everyone kept whispering, ‘Why?’. I was determined to find out. So I started counting dead doctors. I left the

service with a list of 10. Five years later I have 547. I’ve got 723 doctor suicides on my registry,” says Dr Pamela Wible, founder of the site Idealmedicalcare.org. Pamela explains that although high doctor suicide rates have been reported since 1858, more than 150 years later the root causes of these suicides



Dr Dean Lorich and his wife

remain unaddressed. Most doctors have lost a colleague to suicide. Some have lost up to eight during their career. For every woman who dies by suicide in medicine, we lose seven men. Women prefer to overdose and men choose firearms. Gunshot wounds and jumping off high buildings prevail in America. In India, doctors are found hanging from ceiling fans. Across the world, male anaesthesiologists – who are at the highest risk of suicide – die by overdosing themselves with anaesthetic.

“Many doctors who die by suicide are the happiest most well-adjusted people on the outside. Just back from Disneyland, just bought tickets for a family cruise, just gave a thumbs up to the team after a successful surgery – and hours later they shoot themselves in the head. Doctors are masters of disguise. Even fun-loving happy docs who crack jokes and make patients smile all day may be suffering in silence. We are all at risk,” says Pamela.

While there are many reasons a person would consider suicide, stress, anxiety and depression (most often the untreated kind) are often the core reason.

Louise Stanger – speaker, educator, social worker, clinician, and interventionist who uses an invitational intervention approach to work with complicated mental health, substance abuse, chronic pain and process addiction clients – explains doctors face many very real stresses:

“The educational demands, extended workdays, the demands of patient care which are both rewarding and exacerbating, chronic stress, lack of institutional emotional support, and the availability of addictive substances

PICT: FOTOLIA



Exclusive!

An About-Face In Pride

WORDS won't bring them down.

SOURCE: GREATSTOCK



TWO inseparable sisters born with facial deformities are proving that beauty doesn't have to be conventional.

Asia Williams, 22, and India Walls, 20, were born with Treacher Collins syndrome (TCS), a genetic craniofacial disorder that affects the bones and tissue in the face and can also affect hearing and eyesight. But their mother, Nicole, taught her girls from day one to embrace their unique beauty. After enduring years of bullying, the sisters decided to share their story online to encourage people to accept the traits that set them apart from the crowd.

While their mother worked hard to grow the girls' confidence, experiencing bullying in real life and online impacted their self-image for several years.

"It was really bad to the point where I didn't want to come to school," says India. "It was just crazy and it came to a point where I didn't want to be on this earth anymore."

The sisters inherited the syndrome from their mother, who is overjoyed at the way her girls have embraced their beauty and have helped others with TCS to do the same.

"My girls showing and sharing their story on social media, to me, it is a blessing because some people just need to hear other people's stories," says Nicole. "As a mother to Asia and India, it makes me very proud of them. People are looking up to them and they are admiring them - I even learn from them."

As children both girls faced health issues - India spent several years under careful watch after having a tracheotomy and needing a feeding tube as a baby - but they have never let their problems hold them back. Asia and India have also got a lot of support from their friends, who have seen them grow from self-conscious teens to confident young women.

One, Otis Vaughn says, "It's a very huge impact for them to get out there and let everybody know, 'hey, it's okay.' They motivate everybody online so that's really a good thing nowadays, so I really think it's a very good thing what they are doing online."

Childhood friend Alexis Williams adds: "Beauty is in the eye of the beholder and they are beautiful to me. Their personality is beautiful - they are very generous, they put themselves last."

After one of their family photos went viral, the girls have attracted tens of thousands of followers to their Instagram account and are continuing to share their story in the hopes of connecting with more people who have TCS.

"The advice that I would give to other people who have Treacher Collins syndrome is never compare yourself because comparing yourself is what's going to destroy you," says Asia, with India finishing: "Just love yourself!"

coupled with a 'conspiracy of silence', which leads to underreporting or failure to report when a doctor is in trouble... This spiderweb of silence may be inadvertently perpetuated by families and co-workers, who fear that addressing the problem head-on or doing a compassionate loving invitational intervention may cause their loved one financial harm or increased work stress," she says.

Often doctors refuse to seek treatment because of gruelling work weeks, and for those who do, the system fails them. Doctors may attempt to be their own doctor - they will diagnose and treat themselves (i.e. self medicate); doctors have easy access to prescription drugs, they may be fearful of stigma attached to mental health disorders and, if they do seek treatment, they may become fearful that they will be judged in the workplace. Tshogofatso Ubisi of the Medical Students' Council at the University of the Witwatersrand believes medical students with mental illness have very poor help-seeking behaviour. Many turn to substance abuse as a way of dealing with whatever stressors and issues they may have.

Doctors are not the only medical professionals at risk. The high rate of suicide among vets is rarely talked about, and when it is discussed it's shrouded in presumption. Chien Chih-cheng, the vet who euthanised herself in Taiwan after being overwhelmed by grief at the plight of stray animals; Hannah Richards, who devoted her life to treating animals but couldn't make ends meet; and the father of three, Roger Baker, 66, who injected himself with a legal drug after becoming overwhelmed with debt. While causes of vet suicides vary, experts group the causes together and include the harsh emotional stress, the financial burden, the odd working hours and, potentially, the normalisation of

euthanasia. According to the Veterinary Defence Association South Africa, the veterinary profession is unique in that it deals with a third party - being the owner of the animal - and not the patient directly. The owner often doesn't understand the medicine or surgical techniques required for treatment, or the consequences of taking certain steps in the treatment, yet makes

the decisions. The owner has complete control over the patient and there is often major conflict between the patient's needs and the owner's wants. The patient cannot talk to the veterinarian so diagnosis often requires laborious testing and approaches to treatment that do not always work first time around. Money

is always an issue. Veterinarians are rarely, if ever, able to perform a thorough and complete diagnostic work due to the owner's financial constraints; yet owners often have 'human medicine' expectations. Medicine is hard for lay people to understand and people are frequently emotional and irrational where animals are concerned, and are unable to be objective. All these factors can work together to create the perfect storm in certain clients. The mix of misunderstanding, emotions, and irrational thoughts leads some people to feel they must take revenge for whatever reason. This often happens under the misperception that the client should act as advocate to stop the veterinarian from 'harming' more animals. This emotional approach leads many people to bring the situation to a public platform, creating intense pressure on the hapless veterinarians involved. Veterinarians under stress for all of the above-named reasons will sometimes have suicidal thoughts and have been known to follow through, thinking that this is the only way out.



Louise Stanger

If You Or A Loved One Needs Help

* THE South African Depression and Anxiety Group is Africa's largest mental health support and advocacy group and is committed to quality counselling, outreach and capacity building work throughout South Africa. For counselling queries e-mail: zane@sadag.org. To contact a counsellor between 08h00-20h00, Monday to Sunday, (011) 234-4837; fax number (011) 234-8182. Emergencies: 0800 567 567. The 24-hour helpline: 0800 12 13 14.



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BY JOHN WINTERS

Mastigophorous Propensities

UNLOCKING the secrets of the words we use.

FOR your perusal this week, some strange words from our amazing language...

* **CACHINNATORY:** Annoyingly loud laughter, often put on, exaggerated; from the Latin *cachinnare* with the same sense. "He threw his full length of limb upon a neighbouring sofa, and literally rolled with cachinnatory convulsions; nor did his risible emotions subside until the entrance of the hung-beef restored him to recollection," writes Edward Bulwer-Lytton in his 1842 novel *Paul Clifford*.

* **EPIZEUXIS:** The repetition of a word for emphasis, as in the estate agent's cry of 'Location, location, location!' Another famous example is Alfred, Lord Tennyson's *Break, Break, Break/On thy cold grey stones, O sea'* (from the aptly named poem *Break, Break, Break*, first published in 1842). It's not necessary to follow the rule of repetition so strictly, hence Richard III's, "A horse, a horse, my kingdom for a horse!" From a Greek word meaning 'yoke together'.

* **MASTIGOPHORE:** An attendant or officer carrying a whip. For example, the reviewer of Sir Walter Scott's 1842 biography of John Dryden noted that Dryden was educated at Westminster School under 'the celebrated Dr Busby', who had 'mastigophorous propensities' and 'who revelled in groans, and tears, and learning'. From the Greek *mastigophoros*, where *mastix* is a whip, and *-phoros*, bearing or carrying, it's likely the word was made up by English writer Samuel Parr in 1812, as 'a bit of obscure academic drollery', in the words of one etymologist.

* **PIGWIDGEON:** Avid readers of the *Harry Potter* stories will know that Ron Weasley had a tiny owl called Pigwidgeon. It's an appropriate name because the word has often meant a small or insignificant person or thing. It's also been used for a stupid or contemptible person. The original sense was of a species of fairy considered to be more mischievous than nasty. Indeed, 'pig' here may be a corruption of 'pug', an old name for a fairy. The origin of 'widgeon' is unknown.

* **TUMBARUMBA:** Another name for tmesis, or the practice of inserting one word into the middle of another, as in 'abso-bloody-lutely'. It's possible the term comes to us from Australia.

* **INFANDOUS:** 'Unspeakable' or 'too odious to be expressed or mentioned', from the Latin *infandus*, 'abominable'. It first appears in print in the 1630s and fell out of fashion in the early 1700s. It's occasionally revived, but no one is sure how it's pronounced.

* **UGSOME:** From the Old Norse *ugga*, to dread. You could argue 'ugsome' is the opposite of 'handsome', says one etymologist. It's also the source as the exclamation 'ugh'. The word was in common use for a long, long time, and then disappeared. It was revived in the 18th and 19th centuries, invariably by writers seeking an archaic word to help set a historical scene, before all but vanishing again. Sir Walter Scott used it, as did Charles Dickens ('One very ugsome devil with goggling eyes, seems to hold up frightful claws, to bar the traveller's way').

BY VANESSA PAPAS

Can Day Hospitals Save You Money?

LIVING costs continue to rise but what can consumers do to minimise medical aid premium increases?

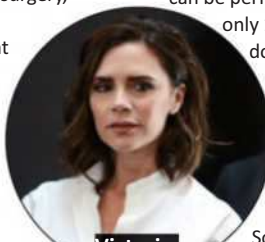
WHEN Sienna Miller split her eyebrow after walking into a prop onset; when Victoria Beckham suffered a small stress fracture to her foot; and when Heidi Klum stepped on a rusty nail – it took them less than an afternoon to get treated and discharged. In the cases of these A-list celebs, they could have simply gone to a day hospital and saved oodles on the medical bill.

Day hospitals across the world are transforming the surgical experience for millions of patients by providing them with a more convenient alternative to hospital-based surgery, achieving the highest quality standards and positive patient experiences cost-effectively. By this time of year, most people have received notifications from their medical aid providers announcing next year's fee increases. According to Stats SA's August CPI report, medical insurance costs increased by 10.3 percent in 2017 and we're likely to see a similar increase for 2018. But what can South Africans do to minimise medical aid fee increases? We chat to Bibi Goss-Ross, chief operations officer of Advanced Health and a director of the Day Hospital Association (DHA) for advice on how to save costs. "South African consumers who have access to private healthcare should think differently about where they go for certain surgical procedures, because this has a direct bearing on their premium costs. While some consumers downgrade their medical plans or consider more competitive offerings, it's far easier to simply stay in control of medical

expenses incurred throughout the year, and in doing so help keep premium increases to minimum," says Bibi. "Surgical procedures performed in acute hospitals are one of the main reasons for double-figure fee hikes, because they're particularly expensive. But while undergoing surgery can seldom be avoided, the costs around it can be managed. What people can and should do is choose to have certain procedures performed in day hospitals. Ask your doctor if the procedure can be performed in a day hospital and chances are that if an overnight stay isn't required, it can be." Almost 70 percent of all surgical procedures can be performed safely in a day hospital but only 15 percent are currently being done. And these include some of the most common procedures such as colonoscopies, repairing fractures, grommets, biopsies, the removal of tonsils and simple and superficial tumors, and numerous other day-case surgeries. So why are South Africans not making the most of this opportunity? Bibi believes it's because medical schemes typically pay for the surgical procedures regardless of whether they're performed in day hospitals or acute hospitals. For this reason, it's natural for consumers to perceive the costs don't directly affect them and therefore are generally quite happy to have day appropriate surgeries performed in traditional facilities, despite the higher costs. "It's a principle of saving costs, which everyone can do. It's our responsibility. Just as with the Western Cape's extreme water shortage, where every drop counts, people are acting to minimise wastage and thinking differently about water usage. Following this analogy, we need to consider our healthcare costs in a similar way because annual increases in healthcare expenditure is unsustainable. By doing things



Sienna Miller



Victoria Beckham



Heidi Klum

PICS: ORION / FOTOLIA



the way we've always done them, we're paying more than what we ought to, because at the end of the day we're simply contributing towards unnecessarily high healthcare costs. We're naïve to argue that medical aid will absorb the cost when what it's really about is lowering healthcare expenditure," Bibi explains.

Apart from the clear cost benefit, there are several other advantages to using day hospitals. Patients who need surgeries that can be performed in a day hospital and arrive an hour or two before surgery are operated on and returned home as soon as their pain levels are under

control and once the doctor has checked and discharged them. What it means for the facility is a significant reduction in utilities, catering, staff and other operational costs because it closes at the end of the day. And this saving is passed on to the patient. Another key factor in favour of day hospitals is the risk of infection which is significantly reduced in day facilities due to shorter stays and because no high-risk patients will be admitted. Hospital acquired infections (HAIs) can be life-threatening to ill or post-surgery patients who are exposed to them. They're often picked up in intensive care units and contracted in hospital environments, worsened by steadily-rising incidences of antibiotic resistance. There is a lower risk of contracting HAIs among patients who attend day hospitals for outpatient surgeries.



Bibi Goss-Ross, chief operations officer of Advanced Health and a director of the Day Hospital Association

"Not only do day hospitals, like Advanced Health, offer the same service for day cases and less exposure to superbugs, but they do so at a better rate. In a traditional hospital the average theatre charge can be over 30 percent more expensive than at a day hospital," explains Bibi. "This translates

into noteworthy savings. According to statistics shared with the DHA, a vasectomy, for example, is around 11 percent cheaper if performed at a day hospital, with the cost difference rising to 37 percent for a GIT scope and 41 percent to treat an abscess."

At the moment there's potential for a significant increase in appropriate day-cases to be performed in day hospitals in South Africa. And because day hospital surgeries are so much more cost effective, more and more medical schemes support the concept and actively encourage their members to use these facilities.

"There aren't many instances where consumers can take ownership of rising costs, but in this case we can," says Goss-Ross, who emphasises that patients who go to day hospitals not only pay less but also receive quality treatment because these facilities typically house state-of-the-art equipment and attract top surgeons. So why pay more than you need to for procedures?

It's a clear waste of money and is sure to send your premium surging. The big question is: if there's a way to take the power back into your own hands by insisting upon more cost-effective alternatives, why not do so?

How Can Consumers Take Back The Power?

- * Shift away from the mindset that medical aid will cover all your hospital costs and instead focus on lowering healthcare expenditure, to help curb premium increases.
- * Insist upon more affordable healthcare options with your doctor. If necessary seek a second opinion, considering that 70 percent of surgical procedures can safely be performed in day hospitals.
- * Be mindful that day hospitals offer an affordable accessible alternative to traditional hospitals for day procedures, without compromising on quality.

At-A-Glance Benefits Of Utilising A Day Hospital Facility

- * Quicker turnaround time
- * No staff shifts/rotation – work with the people you know
- * Nursing staff involved in all aspects of the patients stay
- * Assistance with pre-authorisations
- * Flexible and negotiable co-payments
- * Be part of system – medical aid will channel patients
- * Day Clinic is a safer more easily controlled environment
- * Doctors form part of the system to reduce costs for the industry
- * Safeguards funders reserves
- * More patients can be reached
- * Lower costs for the same procedures

Take Note!

Go To www.peoplemagazine.co.za For More Money Talks...

Bexters Crystals

Small Business Corner

BY ROBERT CLUNIE

KEEP your eyes on the enterprise.

WE at **people** magazine believe in the small business enterprise as a driver of our economy. We are strong supporters of individuals who exhibit an entrepreneurial spirit and who are creating jobs. And that's why we want to give them our full support.

Who Are They?

BEXTERS CRYSTALS is originally from Australia and has been used by leading athletes, sports people and therapists for over 50 years. They launched in South Africa in 2016 and are proudly made here for the local market. Bexters is a 100 percent natural and effective product.

What Do They Do?

BEXTERS focuses on the following range of sport and age-related therapies:

- * Targeted relief of aching limbs and joints
 - * Drawing fluid and reducing swelling
 - * Rejuvenation and relaxation
- Ideal for sporting injuries and tired muscles, the sport crystals, made of sodium carbonate, can be used in a hot bath or foot soak, while the application wraps to help reduce swelling.

Bath Crystals are specially formulated with essential peppermint oil to aid with inflammation and sore muscles, and magnesium sulphate to help relieve cramping.

Where Are They Based?

THEIR head office is based in Morningside Manor, Johannesburg. Their products are stocked across pharmacies and wellness retail stores nationwide.

Who Benefits?

- * The aged
- * Arthritis sufferers
- * Sports people



Alison Bulgin, head of distribution in SA

How To Get In Touch

E-mail: crystals@request.co.za
Contact Number: 083 226 3570
Website: www.bexters.co.za



HAVE a small business you'd like us to feature? Contact Robert Clunie at robertc@cxton.co.za and fill us in on your entrepreneurial venture.

WhatsApp us on 060 858 1086



OR

5 Minutes With...

Kia Johnson

SOME would refer to Kia Johnson as the unsung hero of the local entertainment scene. The SAfm beauty is a seasoned radio host, with a career that spans over 15 years, and a great television presenter. Moreover, Johnson has presented and produced for the *Expresso Morning Show* on SABC 3 and went on to launch her own TV Show, *Life Of KJ*, which was a success. We catch up with the star to chat about her love for radio, lessons learnt over the years, her plans to create awareness around human trafficking, women empowerment and so much more.

What is it about radio that made you want to pursue a career in it?

I've always enjoyed really good conversations from the time I could talk. When I decided to pursue a career in radio, what drew me closer to this medium was the personal way you got to engage with your audience, even though you're talking to hundreds of thousands of people. I was also drawn to the way that a presenter could change my day from a negative to a positive one just by their presence and interaction on this platform.

Who was your favourite radio host when growing up?

Mark Gillman – he was funny, straight to the point and had a way of making you look at various topics from a different perspective each time. He also had great energy, which I needed in my early morning drive in congested traffic en-route to work.

What do you love the most about being on the platform?

It's fresh and constantly evolving. Talking about trending topics and hearing what the audience feels always awakens one's mind. You're learning all the time.

What do you know about the industry now that you wish you knew when you first started?

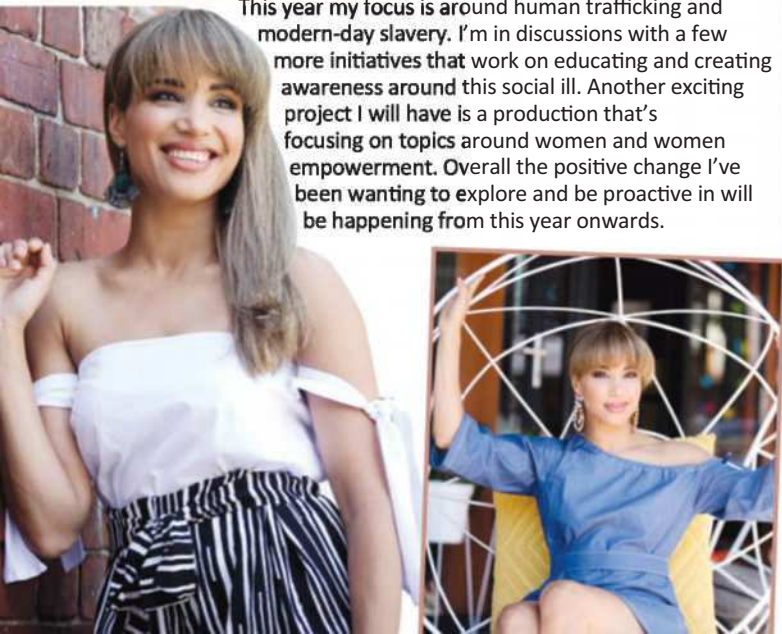
That it's okay to make mistakes so you don't have to be so hard on yourself. I'm a perfectionist and I pride myself on always doing great work all the time, but there are days when everything just goes wrong, and you just can't control that. In these moments I wish I hadn't criticised myself so harshly and just given myself a pat on the back for doing my work to the best of my ability.

You've said growing up you were introverted – what made you come out of your shell?

I was always super quiet and buried in my books but when I changed over schools and found myself facing a new and challenging environment I had to adapt. It was then that I began gaining more confidence and forced myself to become more active in class discussions and extra-mural activities like drama and sports. Having to adapt like this I simply had to become the extrovert I am now.

What are some of your plans for this year?

This year my focus is around human trafficking and modern-day slavery. I'm in discussions with a few more initiatives that work on educating and creating awareness around this social ill. Another exciting project I will have is a production that's focusing on topics around women and women empowerment. Overall the positive change I've been wanting to explore and be proactive in will be happening from this year onwards.



KERRY-ANNE ALLERSTON has been in the music industry for 17 years and her passions include travel, film, food and music! She is a presenter on Mix 93.8 FM on Saturdays and Sundays from 16h00 to 19h00 as well as the presenter for Balcony TV Johannesburg, Marshall Music consultant. Kerry-Anne also emcees and DJs at events. www.balconytv.com/Johannesburg



The Marriott Ballito Beats



UB40 25th SA Anniversary Tour

Kahn

Kerry-Anne's Gig Guide May 17 – June 10

Where YOU Should Be Seen.

**Thursday, May 17 To
Sunday, June 10**

Buddy – The Buddy Holly Story
Emperors Palace, 64 Jones Road,
Kempton Park. R150 – R200
Tickets at: www.computicket.com

Thursday, May 17, 18h30

UB40 25th SA Anniversary Tour
Durban ICC, 45 Bram Fischer Road,
KZN.

Tickets at: www.computicket.com

Friday, May 18 To Sunday 20

The Bubbly Festival:
Champagne, fine food & music.
Hyde Park Shopping Centre,
6th Road entrance.
Tickets at: www.webtickets.co.za

Friday, May 18, 20h00

Kahn Live
Cresta Barnyard, Cresta Shopping
Centre, Johannesburg. R150
Tickets at:
www.barnyardtheatre.co.za

Friday, May 18, 21h00

The Black Cat Bones & Bad Peter
Rafters, 81 Garsfontein Road &
Blesbok Street, Mooikloof Ridge,
Pretoria. R80 at the door.

Saturday, May 19, 12h00-00h00

Rock For SAINTS
Live music, raffles, prizes and
more.

All proceeds go to
SAINTS Animal Charity
Rumours Rock City, corner
Weltevreden Road & Valley
Avenue, Cresta, Johannesburg.
R50 at the door.

Saturday, May 19, 12h00

Brandewyn & Braai Fees
Atlantic Beach Country Club,
Melkbosstrand, Cape Town.
R110 – R195
Tickets at: www.webtickets.co.za

Saturday, May 19, 18h30

UB40 25th SA Anniversary Tour
Sun Arena at Time Square,
209 Aramist Avenue, Menlyn,
Pretoria.
Tickets at: www.computicket.com
or www.bigconcerts.co.za

Sunday, May 20, 14h00

The Marriott Ballito Beats
Featuring Gangs of Ballet
Sugar Rush Park & Mango Groove
Esenembe Road, Ballito.
R30 – R150
Tickets at: www.webtickets.co.za

Pumpkin Weds In Vegas

OH my gourd!

BY GABRIELLE OZYNSKI

NO, it's not a vegetable tying the knot, although this is Vegas so nothing would surprise us.

It's **Mama June's** daughter, **Lauryn 'Pumpkin' Shannon**, who at the ripe old age of 18 is marrying her baby daddy **Josh Efirid**. Back in December 2017, **Pumpkin** gave birth to his daughter, whom they named **Ella Grace**.

Radaronline reported that **Josh** actually popped the question in 2016 and his grandmother expressed her unhappiness at this, saying they were 'too young for

marriage'.

The couple were joined by **Mama June** and **Honey Boo Boo** on the day; sister **Anna**, however, did not attend.

Pumpkin strutted around Vegas, complete with white veil and a wedding ring.

There appear to be no marriage records for the couple, so it's possible **Pumpkin** married **Josh** in a civil ceremony, just like her mama did with now ex **Sugar Bear**.

Their nuptials will feature on **Mama June: Not To Hot** in the US, although there is no indication when it will be shown here.



Pumpkin with husband Josh



PICS: GREATSOCK/MAGAZINE FEATURES

A Dancer At Death's Door

SOURCES have it that whatever she has left will go to her inner circle.

BY ROBERT CLUNIE

A CURSE plaguing **Abby Lee Miller**? Might not be such an outlandish claim. A string of hardships has plagued the 51-year-old former **Dance Moms** star, and her latest setback may be the worst yet.

Her health is in jeopardy and it is rather serious. **Miller** well and truly believes that she won't make it through this ordeal.

Miller was diagnosed with Burkitt lymphoma an extremely aggressive form of cancer, after a growth was removed from her back, and this comes on the heels of her having recently spent nearly a year in jail for fraud.

Sources have it that she is getting her business affairs and last will and testament in order – in other words, she's planning for the worst.

Abby has no immediate or close family and sources have it that whatever she has left will go to her inner circle and a few friends.

"**Abby Lee's** deciding who gets what in her will. She made a few friends in prison and she'd like to reward them. It's a very sad, scary time for **Abby**

Lee. She's never felt so alone. She's trying to stay strong but she can't get through the day without crying. She doesn't seem to think there is much hope. She's strong but not good. It's bad and very aggressive," an insider said.

Miller recently shared a picture from her hospital bed on her Instagram account where she was hooked up to an IV drip. Her condition looks dire and she'll likely have to remain in the hospital for the immediate future. It also means that she'll be exempt from the remainder of her prison sentence because of the grim state her health is in presently.



Abby Lee Miller in hospital



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www.peoplemagazine.co.za

BY EL BROIDE

Meghan Markle's Sister Changes Book Title



Meghan Markle

In a bid to repair her relationship with Meghan Markle (and score a wedding invite, perhaps?) Samantha Markle has decided to change the name of her upcoming book.

Samantha's been working on a memoir about life as Meghan's sister, which is expected to make her millions; but the working title *The Diary Of Princess Pushy's Sister* has done no favours for her and her sister's strained relationship, and the project is now going forward as *A Tale Of Two Sisters*.

"I wanted an appropriate title, not one that aroused curiosity but that was confusing," Samantha said in a recent interview. "[With] the previous title that was my point – that you can't judge a book by its cover title. I wanted the public to look beyond that, just like I want the public to look beyond social labels because they are injurious. But the opposite occurred and it backfired on me."

While Samantha and Meghan share a father, the former has revealed that she was not extended an invitation to the royal wedding. The sisters haven't spoken in three years, leading many to believe Samantha was only releasing the book at this opportunistic time to make money off the new royal.

Samantha, however, insists she is genuinely happy for her sister and reached out to her in a letter posted to Kensington Palace.

"I sent a letter. Just basically [saying] 'I'm really happy for you, congratulations, you're amazing, you're going to do well and congratulations,'" Samantha says. "No, I didn't hear back but I'm sure she's busy. She's got a lot on her plate right now – she's in a whirlwind. She's becoming a princess. It's probably really hard for her to think about anything else except for her wedding and everything like that."

There is still no official release date for *A Tale Of Two Sisters*.

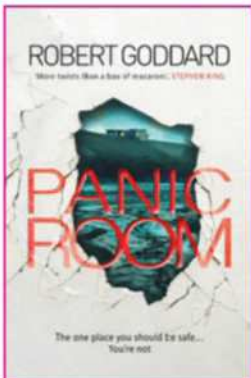
THE books you should be reading right now.

Panic Room Robert Goddard

★★★★★

THERE'S a huge mansion on a Cornish cliff which has been uninhabited for years – apart from Blake, a young woman of dubious background who, secretive and alone, currently acts as house sitter. But when people come knocking at the mansion's door looking for the owner, Jack Harkness, and his money, Blake's life of solitude is turned upside down, and the answers to an intriguing mystery might just be found in the house's secret panic room.

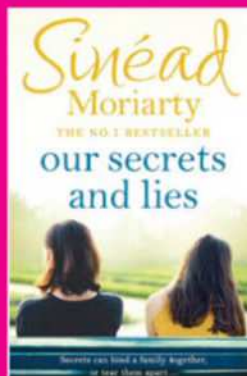
This is a thrilling book with many a twist and turn along the way. Blake's character grows wonderfully over the course of the novel and Robert's brilliant writing manages to keep you on the edge of your seat from start to finish. We really enjoyed this thriller.



Our Secrets And Lies Sinéad Moriarty

★★★★

HAVING her son and daughter at the young age of 21 meant that Lucy Murphy had to look after her family instead of herself. Lucy has always worked hard so her children can have a great life and when the twins are offered a scholarship to a prestigious school, Lucy is elated. But this isn't really something the 17-year-olds want, and Lucy is blind to the cost of forcing her own wishes on the twins, particularly her sensitive daughter – until catastrophe strikes. To have any hope of surviving as a family, all three will have to face up to some surprising and difficult truths; and Lucy will need to learn how to let go of her kids and let them live their own lives, something so many mothers struggle with. This is a moving, gripping and thought-provoking story which mothers around the world will relate to.



The CEO Next Door Elena Botelho & Kim Powell

★★★★★

FORGET everything you think you know about powerful CEOs. Only seven percent of top CEOs graduated from an elite college or business school and eight percent didn't graduate at all. In fact, people who have become CEOs have had on average five to seven career setbacks on their way to the top. In this thought-disrupting book, authors Elena Botelho and Kim Powell have crammed a myriad of myth-busting and counter-intuitive insights into what it really takes to get ahead, covering the way actual CEOs of top companies think and behave, and the kind of traits to develop if you want to make your ambitions a reality. It's filled with fantastic lessons that will help you think outside of the box when it comes to your business.



Expectations
Hayley Kiyoko

★★★
HAYLEY KIYOKO is one of the freshest faces in music right now. Her smash hit *Curious* became a worldwide phenomenon and she's finally released her debut album *Expectations*. Hayley is one of the few openly gay female musicians from Hollywood and has used this project as a form of expression and as way to reach out to other gay people. The album is edgy and has some brilliantly produced pop tracks that have the potential to become radio hits. However, Hayley seems to be so obsessed with making content tailored to her fellow members of the LGBT community that her own personality fails to shine through occasionally. Despite this, her voice is incredibly strong and the album will go down as one of the most important releases of 2018.
El's Favourite Track: *What I Need (Feat. Kehlani)*



Bobby Tarantino II
Logic

★★★★★
AMERICAN rapper Logic has had an incredible year. His single about suicide prevention, *1-800-273-8255*, with Alessia Cara introduced the star to an international audience and he's back now with his new project *Bobby Tarantino II*. With the new collection, Logic brings his effortless rapping style to his new audiences – and proves he's more than just a one-trick pony. Since this is a mixtape, Logic didn't obsess about creating hits and the organic creation process sees him creating a collection of impressive material. The star highlights his strengths and reminds the world that he is an artist it should be keeping an eye on.
El's Favourite Track: *Everyday*



Afrikaanse Samestelling
Nianell

★★★★★
NIANELL'S angelic voice has been wowing local audiences for a very long time and with her new project, *Afrikaanse Samestelling*, the singer continues to draw people in to her world thanks to her beautifully haunting vocals. The album doesn't stray far from the adult contemporary sound which the star has become known for, but the singer does manage to outdo herself time after time. The poetic lyrical content is heightened by her emotional vocal performance and makes for a rather spiritual listen. Nianell doesn't look to reinvent the wheel on this project, rather focusing on perfecting her particular area with *Afrikaanse Samestelling* – and it's the perfect reminder that she is, indeed, one of the most talented musicians in South Africa right now.
El's Favourite Track: *Think About Us*



Off The Record With...

Roan Ash

BY EL BROIDE

AFTER releasing his debut single *If I Ever Saw Heaven* earlier this year Roan Ash has been hailed one of the most exciting new acts to watch in 2018. He recently put out his new EP *Whisky To My Soul* and has proven that the country spirit within him has the ability to speak to a magnitude of South Africans. This week we got up close and personal with the star, who opened up about his musical journey.

Give us a glimpse into your musical journey so far.

My musical journey has been exciting, humbling and challenging. The amazing thing about the entertainment industry is that you get the opportunity to create something new and call something special into existence. On my journey I've had the pleasure of working with extraordinary people. I found that music is like breathing; it's inside of me and it's inside of anyone who cares to listen.

What has been the biggest lesson the music industry has taught you so far?

Rome wasn't built in a day. Overnight success takes at least 10 years. I'd say being patient was and is one of the hardest things to do. At times when I felt uncertain I had to learn to keep my head down, keep pushing, and remind myself why I do what I do. Hard work always pays off.

What drew you to the country genre? Why do you identify with it?

As a young boy country music played a huge role but it was only in my teens that I completely fell in love it. Country lyrics reach deep and meet your inner being. I believe that music should have heart and a story to tell and country music has that.

Why do you think so many South Africans have fallen in love with the country genre?

Everyone has a story, a struggle and a past; it's inevitable. As soon as someone can relate to something it captivates them in such a magical way. There's a quote that says, 'If you play country music backwards, the guy gets his wife, dog and house back'.

If I Ever Saw Heaven blew us away. What inspired the song?

The song's inspiration was simple. I was sitting on the couch and the melody of the chords inspired me to write the first line. It was only after a few months that I developed a personal connection with the song. The song is a raw way thinking that all people with imperfections, weaknesses and flaws have something beautiful worth fighting for.

Which song means the most to you on the EP?

It would easily be *Darling*. I have a personal connection to the song. It was inspired by my niece who was born with poor vision. While writing the song I could look at life through the eyes of a child and it's a really special song to me.

What, in your opinion, makes a great song?

That's simple – honesty.

What does the rest of 2018 have in store for you?

I have a couple of fantastic shows lined up and the writing never stops. I'm excited to see what more the *Whiskey To My Soul* EP holds and I will be working hard to promote the project this year.

WE chat to musicians making waves in the music scene!



FYI, Katie Holmes Is FBI

KATIE HOLMES is finally returning to our screens! Yes, we spotted the actress in character as an FBI agent on set of her forthcoming series, the title of which is yet to be revealed. What we do know though is that it follows FBI Special Agent Hazel Otis, played by **Holmes**, who's in the midst of an investigation into a domestic terrorism threat when a personal indiscretion – an affair with a prominent general – shatters her life and threatens her career at the FBI.

YOUR backstage pass to the best movie and TV sets.



CELEBS HAVING THEIR SAY ON TWITTER... TWITTER... STARS Said What?



"Don't be weird. I'm just a fan like everybody else."
– Nina Hastie



"If you wanna see the true character of a person watch the way they treat someone who can't do anything for them."
– Kanye West



"When you are doing well, you attract energies, negative and positive ... that comes with the territory. Don't forget to drink lots of water and mind your business!!!!" – AKA



(G)OWNING THE RED CARPET

IT may have been a fake red carpet but American actress **Rachel Bilson** still walked it better than many celebs we've seen over the years walk real ones. The stunner was spotted filming scenes for her upcoming comedy-drama series *Take Two* in Vancouver, Canada, having the camera (and everyone else present, no doubt) fall head over heels for her in a striking purple gown. If ex-hubby **Hayden Christensen** isn't having any regrets at the dissolution of his marriage last year, these shots are almost guaranteed to change that.

More Large Tiny Untruths Headed Our Way

WE spotted **Reese Witherspoon, Nicole Kidman, Shailene Woodley** and **Laura Dern** filming in California, which can mean only on thing – Season Two of the hit series *Big Little Lies* is well underway, and can time just hurry up already because we can't wait! The new season is set to be as good as the first, if not better, and though we base this on absolutely nothing but wishful thinking, you should still take our word and keep nights towards the end of 2018 free.



PICS: GREATSTOCK

On The Box This Week



Perfect Match, Saturdays At 20h00 On 1 Magic

IN this incredibly speedy dating show, 16 couples have just two minutes to see if they are able to impress the other enough to go on a second date.



My Kitchen Rules Australia, Mondays At 17h45 On M-Net

THE new season of *My Kitchen Rules Australia* is here – and this time the competition is fiercer than ever. Tune in to catch all the action as well as a shocking elimination.



The Amazing Race, Tuesdays At 20h00 On Sony Entertainment Television

IT'S one of the world's most popular reality shows and the 25th season is in full swing. Tune in to see the teams jetting around the world in a battle to win \$1-million.



Mike 'The Situation' Sorrentino

Pops The Question

NEWS and views from the world of reality television.

If you've been watching the new season of MTV's *Jersey Shore* you'll have noticed that Mike 'The Situation' Sorrentino isn't the villain he used to be.

The reality star has been sober for over two years and has really worked hard on getting his life back on track. On the love front, things got pretty serious recently when the star asked his girlfriend Lauren Pesce to marry him – and you can catch the engagement on an upcoming episode! "It was really special for me to do this, to get down on one knee on *Jersey Shore*," Mike

said. Lauren added that the engagement was 'really special' – "It really meant a lot to both of us that they wanted to be involved and put so much effort into wanting to make it perfect."

Meanwhile, Mike's tax evasion sentencing, originally scheduled for April 25, has been postponed until June 20. Earlier this year, he pleaded guilty to one count of tax evasion as part of his plea deal. However, with his new attitude and fiancé, Mike is ready for whatever comes his way and we're really proud of how much he's grown.

Jenelle Evans Pulls Out Gun In Road Rage Incident

WHOA! This is crazy! *Teen Mom* star Jenelle Evans was reportedly in an explosive road rage incident that saw her pull a gun on a fellow driver – all while her son Jace was in the car with her. In a 911 call, Janelle accuses a fellow driver of aggressively tailgating her and then recklessly cutting her off, causing her to slam on her breaks so hard that Jace 'almost hit the dash'. In the call she says, "I had my son in the car because my son was at therapy. [The driver's] been tailgating me the whole time in traffic. Would not stop. Then he races in front of me and purposely slammed on the brakes at 70 something miles an hour. He is literally going crazy, swerving in and out of lanes." However, the other driver insists Janelle was the one driving recklessly and followed him to his home where she threatened him with a gun! Now, the incident could see her axed from the show. "This latest gun-pulling incident has a lot of people – cast and crew – freaked out since the reunion is coming up in a few weeks. Because of David Eason pulling a knife, everyone now has to go through metal detectors before entering the soundstage, but there's still a concern that Jenelle could bring a weapon to set," says an insider.



Dear People

Hi everybody! Send only one pic to dearpeople@cxatxon.co.za with your name and a caption, and put the photo category in the subject line. WhatsApp us your picture on 060 858 1086 and we will feature you in **PEOPLE** magazine.



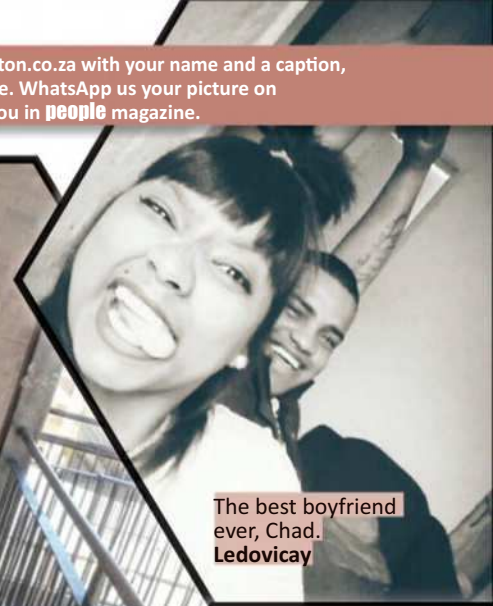
Babes Wodumo in Pretoria after Motsepe foundation – they came to our filling station in 2016.
Daniel Molefe



Enjoying the moment with my beautiful Mandisa.
Aneza Siwane



Me and my babies, King junior and Princess Amber.
Shanice



The best boyfriend ever, Chad.
Ledovicay



My niece I love her to bits.
Elsie

Horoscope

BY WILLIAM SMITH



Janet Jackson

Taurus

Apr 21 – May 20

Celeb Birthdays

- Rami Malek** – May 12, 1981
- Janet Jackson** – May 16 1966
- Sam Smith** – May 19, 1992
- Grace Jones** – May 4, 1948

ARIES: Mar 21 – Apr 20
Your Week: Make the best of an auspicious spell for realising your earnest personal hope or for at least taking it closer to fulfilment. Fortify your confidence if it has recently been low, by resorting to meditation. Prayer will strengthen you.
Taken: You and your partner must try to be increasingly creative in your lovemaking;
Single: Your desire is being acknowledged. Luck and love are currently so well-blended.

TAURUS: Apr 21 – May 20
Your Week: You are now pretty much on top of personal situations. This admirable control can be extended to your external activities. Achieve your worldly aspirations by dealing personally with vital details. Self-reliance makes you successful.
Taken: You will be pleasantly surprised by the love and affection coming back to you.
Single: A new and highly promising love affair beckons if you are on the market again.

GEMINI: May 21 – Jun 21
Your Week: Positivity ought to make a world of difference to your fortunes. Endeavour to be more productive as well. A display of plain old common-sense should secure an improvement in your affairs. A case of bringing logic and talent together.
Taken: Resolve to do a little more than is expected of you, in relation to your mate.
Single: You could indeed be successful in getting a special individual to notice you.

CANCER: Jun 22 – 23 Jul
Your Week: This session should both get off to a bright start and progress satisfactorily provided you plan cleverly and perform efficiently. Prime yourself for success, be opportunistic and properly organised so as to make the utmost of your luck.
Taken: You must devote extra effort to making your closest relationship harmonious.
Single: Set out to increase your circle of friends, and then you will find love again.

LEO: Jul 24 – Aug 23
Your Week: You must consider new options and take a few chances – because it is time to improve family conditions so as to guarantee loved ones a good future. You have reliable foresight – are now suitably selective and ought to make fine choices.
Taken: Affection can be renewed. Desire fully-expressed acts with considerable force.
Single: It is opportune to practise the art of seduction. You are the star attraction.





Me and my beautiful wife.
Tebogo



Happy engagement to Nakeeta Adams and Calvin Fredericks
Nakeeta Bellville South

My besties.
Cindy



My beautiful family. George, Shanelle and Goboitshepo. I really love them
George



VIRGO: Aug 24 – Sep 22
Your Week: Energetic sports activity with your friends or lively games with youngsters in your environment will enable you to get into good condition. Outdoor activity is essential if you desire excellent health and a long and fruitful existence.
Taken: Any disruptive influences in your intimate relationship are sure to diminish.
Single: Expect to get your way in relating to the opposite sex. However, be selective.

SAGITTARIUS: Nov 23 – Dec 21
Your Week: You are highly intuitive just now – adept at quickly getting to the centre of problems and thereby preventing things from worsening. The important thing is that your insight can also be effectively exercised on behalf of your allies.
Taken: This is when fading love can be revived. The next bold move must come from you.
Single: Go all out to make the acquaintance of the person who interests you romantically.

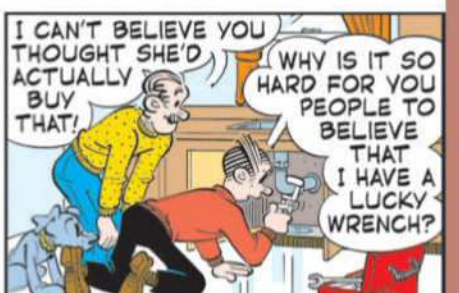
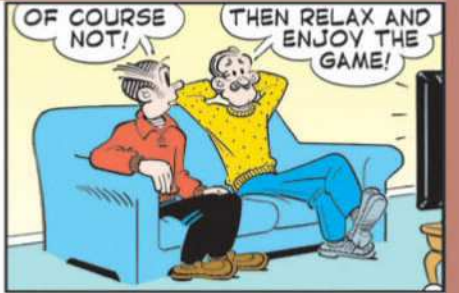
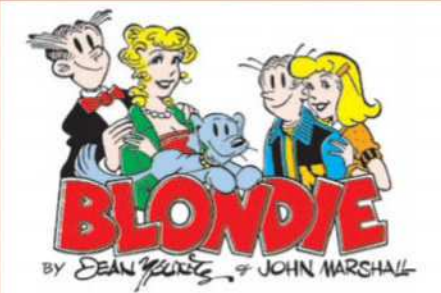
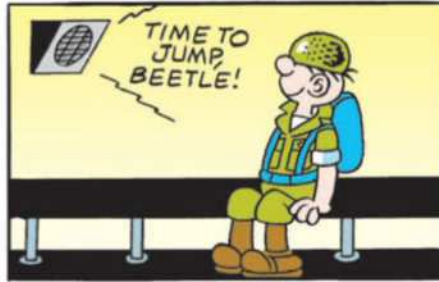
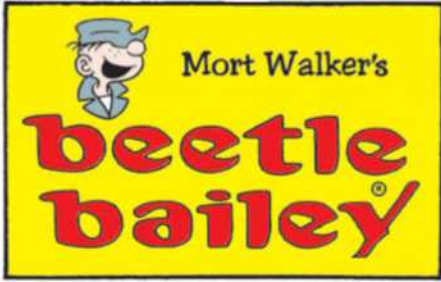
PISCES: Feb 20 – Mar 20
Your Week: The marked adaptability that you are now showing makes you easy to live and to work with – bodes extremely well for your relationships on all levels. Greater understanding and humour places you in a good light and attracts co-operation.
Taken: Sweep away doubts by giving your darling your undivided love and attention.
Single: Someone wanting to connect with you is waiting to get a positive sign from you

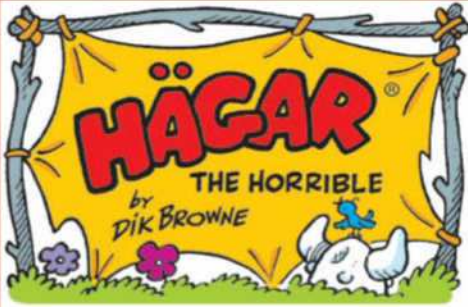
LIBRA: Sep 23 – Oct 22
Your Week: Your immediate fortunes appear to be quite encouraging, with increasing scope and incentive to push ahead with activities that are of the most importance to you. Strengthen your position by becoming more self-confident and competitive.
Taken: Frequent compromises are needed so as to have a mutually fulfilling union.
Single: A real charmer shows interest in you. It could lead to a fulfilling heart affair.

CAPRICORN: Dec 22 – Jan 20
Your Week: Plan well ahead while you are plodding on steadily with what you have in hand. You certainly can prepare the way for long-range success while you are taking care of the present. It is one of the main keys to building a golden future.
Taken: You are sure to feel appreciated now that your love and affection is returned.
Single: There is a hint of a fresh romance, assuming you are a completely free agent.

SCORPIO: Oct 23 – Nov 22
Your Week: You can negotiate successfully on behalf of yourself and your friends; should turn your attention to agreements and arrangements that require updating and improving. This is also a fortunate time for forming a commercial partnership.
Taken: Always bear in mind that love is an art, and requires a lot of imagination.
Single: Everything falls into place just when you are yearning for love and affection.

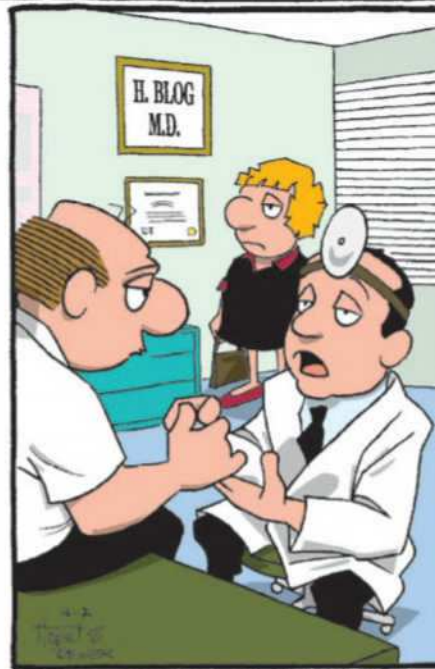
AQUARIUS: Jan 21 – Feb 19
Your Week: If you happen to be undecided over a commercial or personal issue, this could be the period in which certain psychological barriers come tumbling down; and in which unplanned and even impulsive actions result in a successful outcome.
Taken: Companionship is highly pleasing, especially if the relationship is still new.
Single: Stimulate greater interest in yourself by the opposite sex by looking your best.





THE LOCKHORNS

BY BUNNY HOEST & JOHN REINER



TV QUIZ!



1. The show is based on the early days of which talk show host?
2. True or False: During that time he worked as a trial consultant.
3. The series follows employees at which company?
4. Which actor stars as Benjamin Benny Colón?
5. Name the team's lead investigator, who used to work as a police detective in narcotics.

6. In the first episode Dr Bull utters the phrase, "I hate lawyers." This is the same phrase **Michael Weatherly** said a number of times on which hit series?
7. In which episode is Bull asked to consult on a civil suit against a teacher who had a sexual relationship with a minor?
8. In *Make Me* who investigated a spiritual learning centre to find the person who brainwashed Troy Dickerson into killing his father?
9. True or False: The series was recently renewed for a third season.
10. What's the title of the first episode of Season Two?

Catch Bull, Thursdays at 21h35 On M-Net

1. Who recently became the first black female headliner at Coachella Valley Music Festival?
2. How old was **DJ Avicii** when he passed on?
3. What is the name of the local media personality who was invited to host the Global Gift Nelson Mandela Centenary Dinner in London?
4. What are the names of Mzansi Magic's *Isibaya* actors who made a cameo on the first episode of the Season Three of *Tjovitjo*?
5. True or False: Miss Universe **Demi-Leigh Nel-Peters** has been signed to IMG models.
6. Who is the latest **Kardashian** sister to collaborate with **Kylie** on a new make-up collection?
7. Who plays the character of the controversial Tebogo on local soapie *The Queen*?
8. What is the name of **Khloé Kardashian's** new born baby?
9. What is the title of **J.Cole's** new album?
10. What is the name of **Meghan Markle's** future father-in-law?

CELEB QUIZ!

Name the movies from the following taglines.

1. "A lively comedy about a guy who isn't."
2. "On the air. Unaware."
3. "Love is in the hair"
4. "See our family. And feel better about yours."
5. "Great trilogies come in threes."
6. "The mission is a man."
7. "The first casualty of war is innocence."
8. "An adventure 65-million years in the making."
9. "On May 6th ... see Paris die!"
10. "Be afraid. Be very afraid."

TRIVIA QUIZ!

Giant Wordsearch No.

462

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

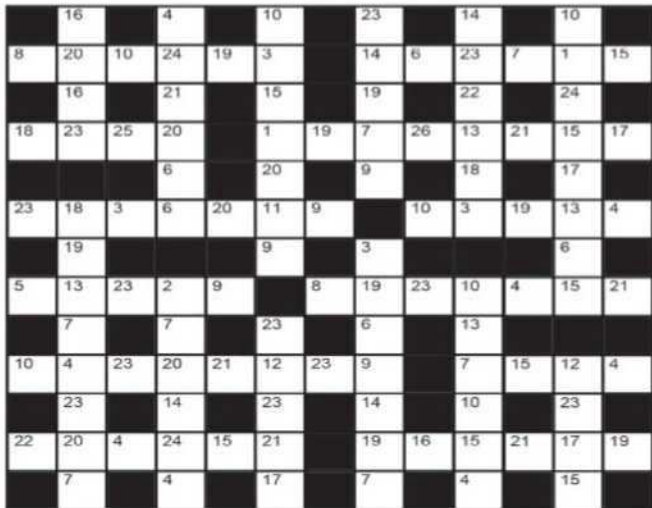
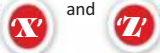
Can you find the listed words in the box of letters? They may read horizontally, vertically and diagonally, either forwards or backwards, but always in straight lines.

- | | | | |
|-----------|-----------|----------|----------|
| ADONIS | DELAY | HYPERION | ROADS |
| ADVICE | DIDO | ILIAD | SLOUGH |
| ARABIA | DITTY | IMAGE | SNAKE |
| ARCAKES | DOLORES | ITALY | SNOW |
| ASLEEP | DORIS | JANUARY | SONG |
| AUGURIES | DREAMS | KILMENY | THISTLES |
| BABEL | DUST | LARA | UP THERE |
| BEAUTY | EXCELSIOR | LIMBO | WANTS |
| CAELICA | FANCY | LOVE | WAVE |
| CAIRO | FATIGUE | MANDALAY | WIND |
| CHRISTMAN | FEVER | MARINA | WREATH |
| CLOUDS | FIAMMETTA | NATURE | ZIMIR |
| COMING | FOOLS | ODES | |
| CROW | GREEN | PARADISO | |
| DAWN | HIAWATHA | RAIN | |
| DAYS | HUNGER | RETURN | |



Codebreaker

CODEBREAKERS require inspired guesswork. They are crosswords without clues. Every letter of the alphabet is used (you might find it useful to cross out the letters located by the grid as you find them) and each letter has its own number. In this puzzle '14' has the letter 'G' so a useful start is to insert 'G' in all the boxes that contain the number '14'. Vowels appear at least once in a word but letters such as **X** and **Z** are few.



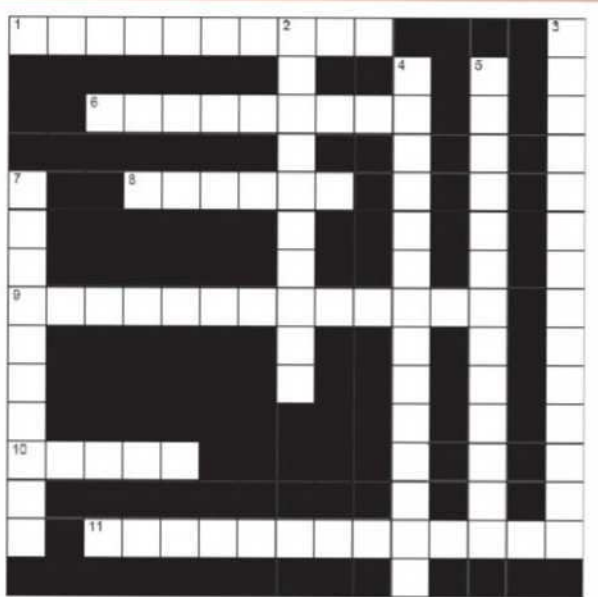
1	2	3	4	5	6	7	8	9	10	11	12	13	
14	G	15	16	17	18	19	20	21	22	23	24	25	26

NUMBER CRUNCH

$$\begin{array}{r}
 6 \square 0 - 23 \square = \square 52 \\
 + \quad \quad + \quad \quad + \\
 19 \square - 17 \square = \square 9 \\
 \hline
 88 \square - \square 13 = \square 71
 \end{array}$$

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

CELEB CROSSWORD...



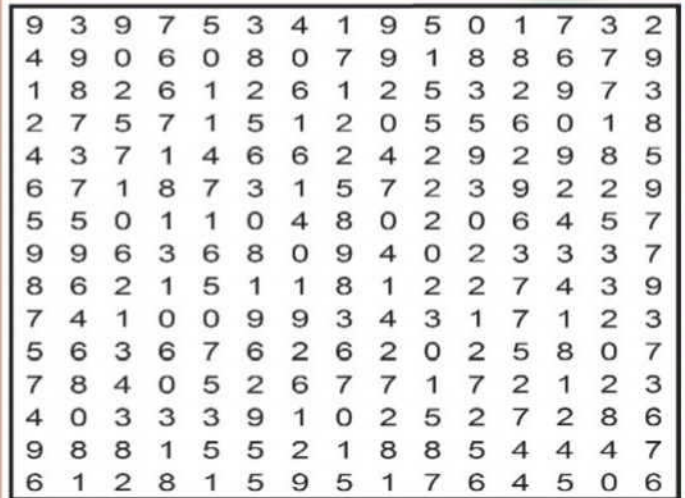
- Phil in *Groundhog Day*, Bob Harris in *Lost In Translation*, Carl Spackler in *Caddyshack*, and Dr Peter Venkman in *Ghostbusters* are film roles played by this US actor (4,6)
- Goodfellas*, *Field Of Dreams*, *Hannibal*, *Wild Hogs*, *Killing Them Softly*, *Corrina, Corrina*, and *Identity* are films in which this US actor starred (3,6)
- See 10
- For her role in *Girl, Interrupted* this US actress, whose films include *By The Sea*, *Salt*, *The Tourist*, and *A Mighty Heart*, won an Academy Award (8,5)
- 10/8. German-born US actress, whose film roles include Helen in *Troy*, Abigail Chase in *National Treasure*, and Kathy Ertz in *The Infiltrator* (5,6)
- Irish actor, whose films include *Dante's Peak*, *The Thomas Crowne Affair*, *Mrs Doubtfire*, *Evelyn*, *Seraphim Falls*, *Grey Owl* and *The Matador* (6,7)

DID YOU KNOW?
HAWAII'S Mauna Kea is 10 200m high, but only 4 205m of the mountain is above sea level. Mount Everest stands a full 8 848m above sea level.

- The Girl With The Dragon Tattoo*, *Carol*, *Lion*, *The Social Network*, *The Secret Scripture*, and *Pan* are films in which this US actress starred (6,4)
- Born in Israel in 1981, this US actress won an Academy Award for her role in *Black Swan*, and starred in the films *Jackie*, *Closer*, and *V For Vendetta* (7,7)
- Preston Packard in *Kong: Skull*, Major Marquis Warren in *The Hateful Eight*, and Jules Winnfield in *Pulp Fiction*, are film roles played by this US actor (6,1,7)
- Linda in *The Pursuit Of Happyness*, Nyah Nordoff-Hall in *Mission: Impossible 2*, and Lindsey Wakefield in *Good Deeds* are film roles played by this English actress (7,6)
- 300*, *Dredd*, *The Purge*, and *The Brothers Grimm* are films in which this English actress, who starred in the TV series *Terminator: The Sarah Connor Chronicles*, and plays the role of Cersei Lannister in *Game of Thrones*, appeared (4,6)

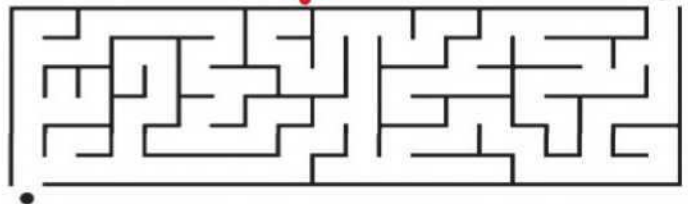
NUMBERSEARCH

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



- | | | |
|------------|------------|------------|
| 136927 | 4355 | 79373676 |
| 1517232342 | 5357056174 | 8202335281 |
| 181321245 | 57939 | 8307919029 |
| 1826126125 | 6094 | 8356984232 |
| 2612532973 | 7105914357 | 895642149 |
| 2757151205 | 7578956421 | 912127437 |
| 2985 | 7919029697 | |

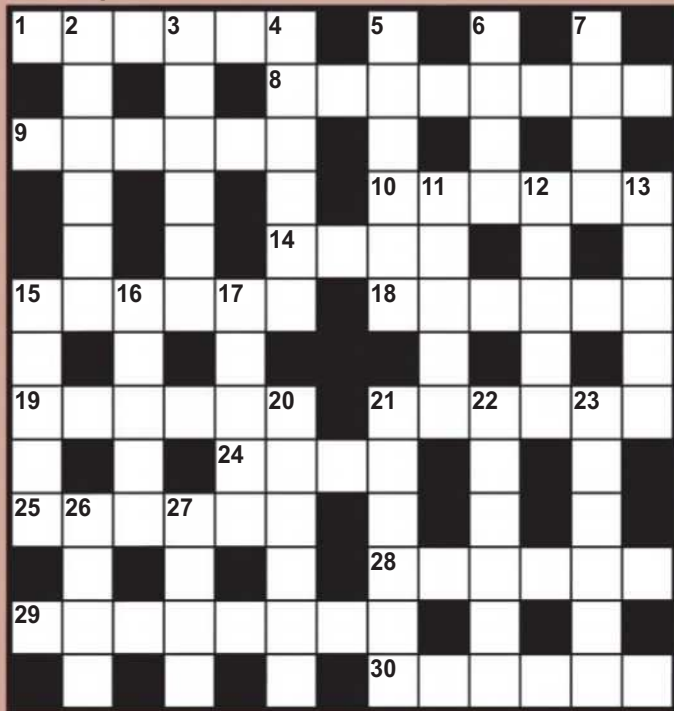
KIDS MAZE



Across

Down

Cryptic Crossword



Across

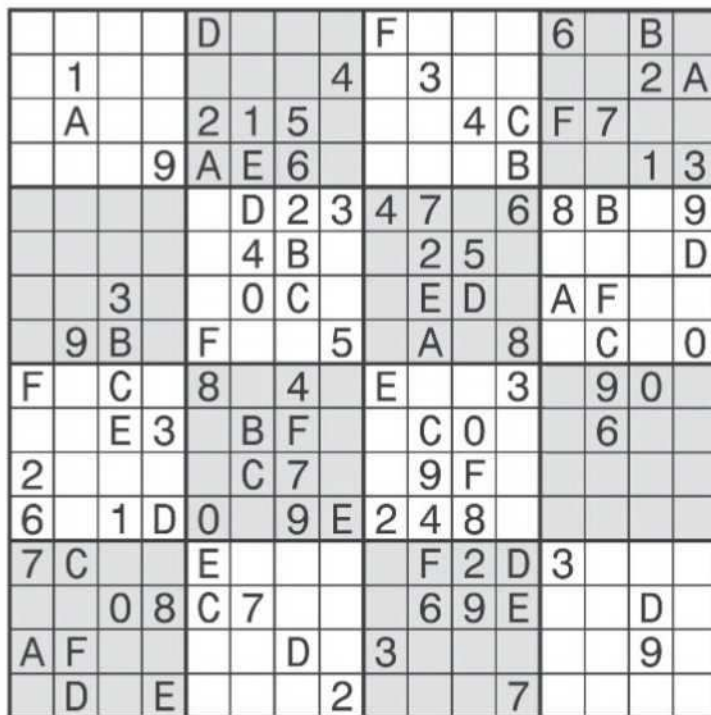
Down

1. So such ornamental fabric can be comforting to a sufferer? (6)
8. I find Tony cutting off Bill despite his high rank (8)
9. Crete's a great place to keep it hidden! (6)
10. I'm having a gin-sling or rather, trying to! (6)
14. Spend some and the last portions remain (4)
15. Enter the enemy when Diane takes five (6)
18. See the little alien down the lane with his kite (6)
19. Currently, it will roll away from your shirt (6)
21. A saint from Mars? That hurts! (6)
24. Touched part of the Eiffel Tower (4)
25. How to tear about and do your turn (6)
28. Deny having reached the age of ten (6)
29. Little Sidney visits Crete but remains prudent about it (8)
30. He tries to have a different view of this kind of ridicule (6)

2. There's a decoration for little Ronald from the fairy king (6)
3. It's currently fair in this part of the world (6)
4. Even trees can provide something to eat (6)
5. The sailor read badly! It so wears one! (6)
6. It's looking luminous and you're gloomy about it! (4)
7. Nuts can be a knock-out when mixed (4)
11. The mail's read out by the Mohammedans (5)
12. Thin, nervous but deep within, right on target (5)
13. It's merely a stage in producing a few openings (5)
15. Become liable to bring that snarling creature inside (5)
16. My man spins a tale about 5 Romans (5)
17. My doctor goes to the back of the ship to pick up a money order (5)
20. Free, I have some hesitation in smoking it (6)
21. Two saints in the United Nations pull off some daring feats (6)
22. Come down and attend a match here (6)
23. Sailors are apt to get a deposit on their teeth (6)
26. Do I go at 5 to see the Latin poet? (4)
27. Little Archibald is so sly! (4)

MONSTER SUDOKU

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



MAGIC MAZE



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

- | | | | |
|-----------|----------|----------|----------|
| Ageless | Fillmore | Morello | Sycamore |
| Baltimore | Helpless | Moreno | Unless |
| Careless | Lesson | Moreover | Wireless |
| Cordless | Lessor | Rushmore | |

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STICKLERS

In what field or profession will you find the following terms?

- ① A. blad B. chromalin C. backlist D. halftones
- ② A. baste B. dogle C. placket D. weft
- ③ A. crickhopper B. doughball C. lipping D. dabbling
- ④ A. blunging B. dunt C. engobe D. fettling



"I hear you're a _____
— what's the name of your group?"

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Mislead: DUELED

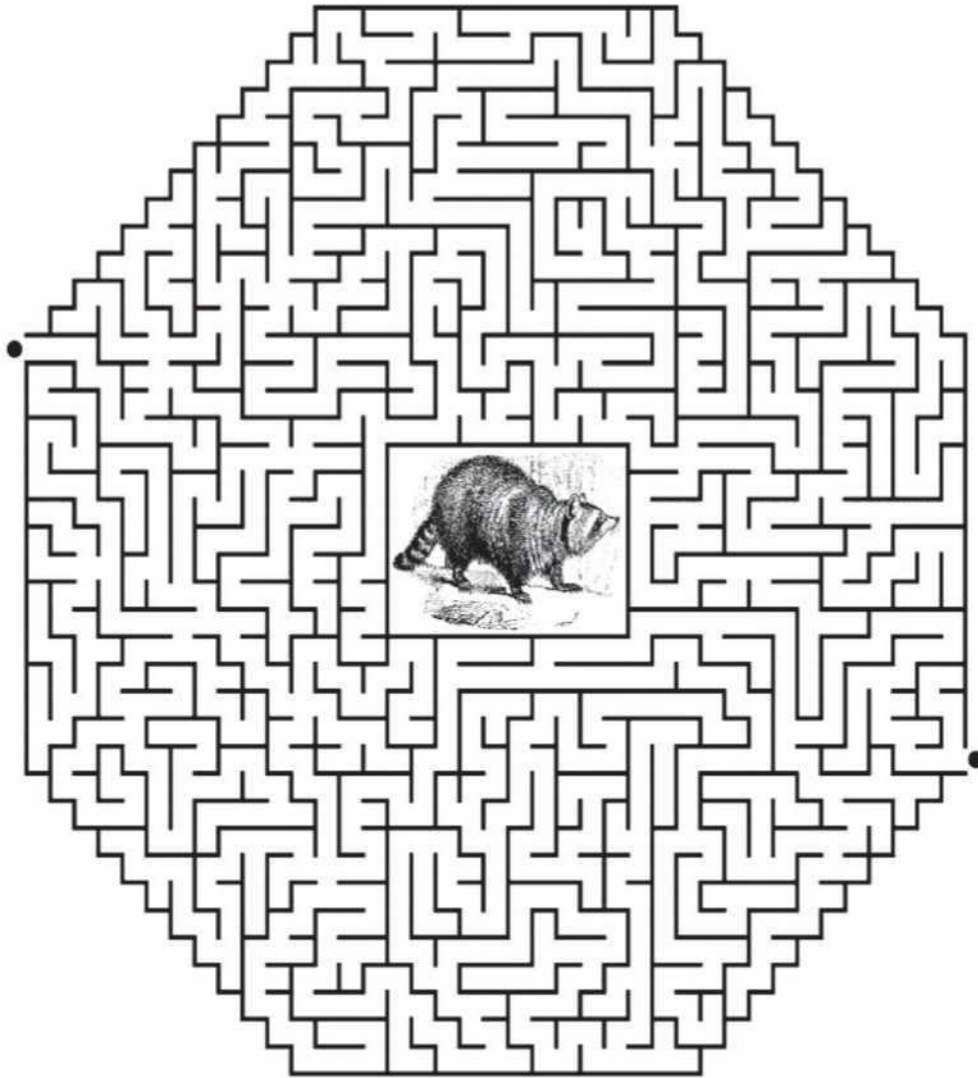
Dubious: CUPSETS

Cause: CUREOS

Murmur: DONER

TODAY'S WORD

MEGA MAZE



MISSING LINKS

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

RESULT		ACTION	
	484	÷	
=		+	37
=	59	x	
=		+	42
=	868	÷	
=		-	6
=	25	÷	
=		x	28
=	140	x	
=		+	63
=	763	-	
=		x	3
=	528		

FIND-A-WORD

- Oatmeal
- Obdurate
- Obedience
- Obelisk
- Obese
- Obituary
- Object
- Oblate
- Obligate
- Oboe
- Observe
- Ocean
- Octagon
- Octave
- Odyssey
- Oesophagus
- Oilskin
- Okay

- Olive
- Omega
- Omnipresent
- Onyx
- Opera
- Ophthalmology
- Option
- Orchestra
- Order
- Ordinary
- Oscillate
- Overhead
- Oxide
- Oxymoron
- Ozone

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

Wordoku

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

			R			I
E	W					
O						Q R
			W			
	R	I	U		T	W
	E			Y		O
					Y	T
U	T					I
				U		E



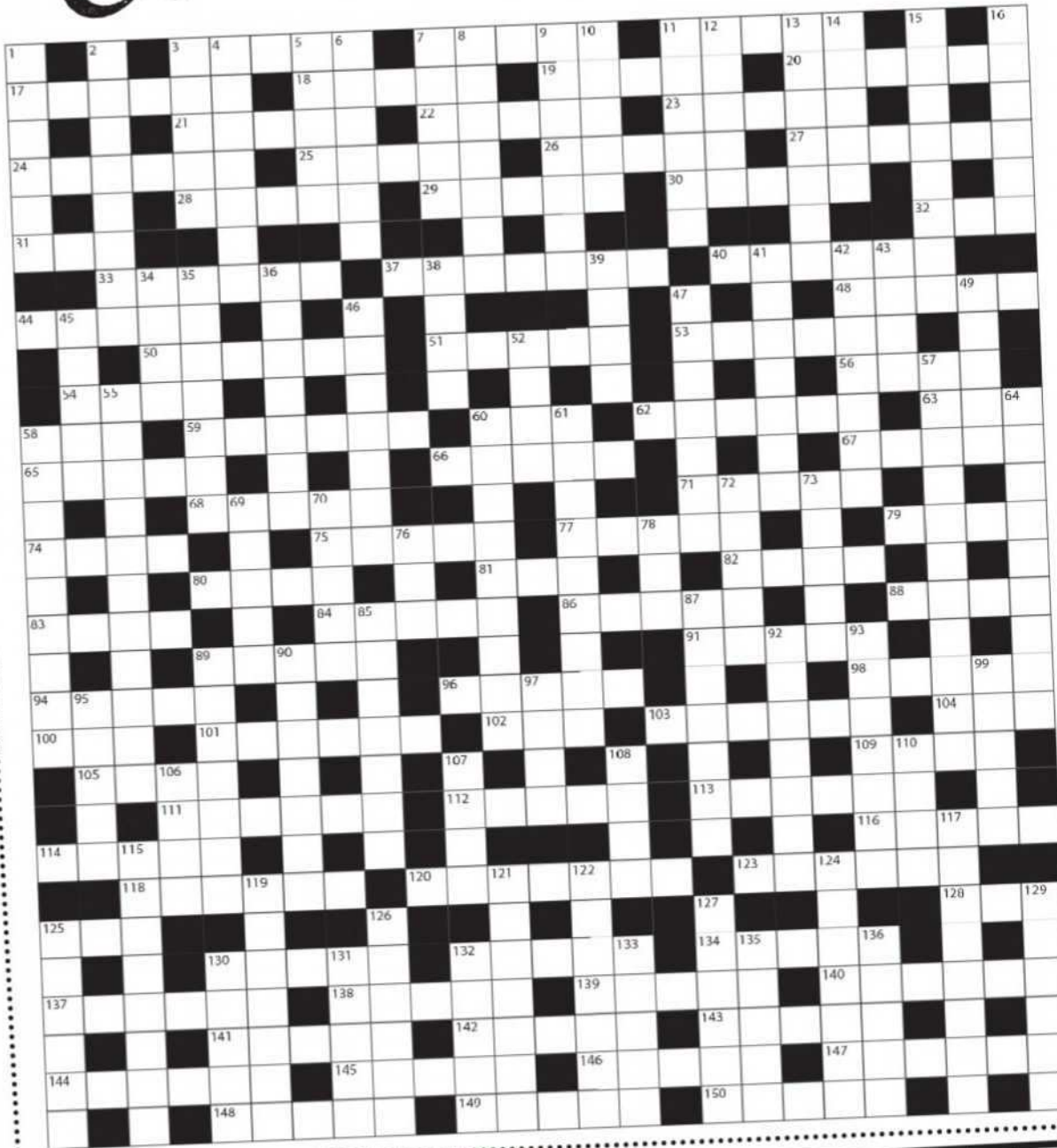
Follow us on twitter.com/people_sa

JUMBO Crossword

NO.
453

ACROSS

3. Packing case
7. Expression of contempt
11. Centre of attention
17. Hackneyed phrase
18. Truism
19. Child
20. Soviet statesman, ... Khrushchev
21. Images
22. Islamic sacred book
23. Fast
24. Withdraw
25. Catlike animal
26. Principle
27. Work together (4,2)
28. Stiffness, ...mortis
29. Macerate
30. Frozen
31. Shanty
32. Water caltrops
33. Forced out
37. Arctic lights
40. Captivate
44. Snatch
48. City head
50. Type of moth
51. Noblemen
53. Gullet
54. Evanesce
56. Ego
58. Clerical vestment
59. Rotates
60. Fish of the cod family
62. Adjustments
63. Sea creature
65. Confidence
66. Hold-up
67. Additional
68. Ring-shaped object (US)
71. Assessed
74. Male bird
75. Slow (music)
77. Sluggish
79. Emolument (1,3)
80. Undergarment
81. Regret
82. Atmosphere
83. Bare
84. Span
86. Large farm
88. Continent
89. Fruit
91. Large plate or dish
94. Honey-coloured
96. Banal
98. Sharp mountain ridge
100. Baronet's title
101. Bolts
102. Puke
103. Bigger
104. Assistance
105. Absurd
109. Title
111. Engraver
112. Summit
113. Word placed before another
114. Kiosk
116. Petticoats
118. Beggars
120. Foreign nannies (2,5)
123. Tie up
125. Signal
128. Eggs
130. Nearby
132. Animal
134. Greek fabler
137. Behave in a silly way
138. Majestic
139. Jewelled headband
140. Fishes with a net
141. Prone
142. Of the moon
143. Muse of lyric poetry
144. Flowers
145. Throbbled
146. Slanted
147. Jewish priests' garments
148. Be quiet!
149. Aquatic mammals
150. Clonks



SUDOKU

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

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

TATAMI

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

3					
			1		
			2		
					1

DOWN

1. Burn slightly
2. From the top to the bottom (3,2,3)
3. Insect's trill
4. Proof of payment
5. Ballroom dance
6. Thrust out
7. Jobs
8. Asphyxiate
9. Beginner
10. ... and dined
11. Pass up
12. Speak
13. Bringing together
14. Allied oneself
15. Trivial funds (3,5)
16. Floor covering
34. Not new
35. Scattered
36. Issue
38. Wrinkly fruit
39. Church recess
41. Aviator, Amelia ...
42. Collected
43. Overdue
45. Weapon
46. Let down
47. Flight attendant
49. Bid
52. Make angry
55. Magical phrase
57. Vent (3,3,5)
58. Large reptiles
60. Previously (6,3)
61. Trading
64. Tear to shreds
69. Musical drama
70. Extreme
72. Asian nursemaids
73. Bizarre
76. Wimple wearer
78. Hightailed it
85. Gauche
87. Indian bean tree
89. Chatter
90. Very thirsty
92. Sanitary measures
93. Lose lustre
95. Central point
97. Frost
99. Link (3-2)
106. Chop down
107. Neutral shade
108. Celebrity
110. Wheel shaft
115. Preprandial drink
117. Very hard, heavy timber
119. Make illegal
121. Introduction
122. Set up for use
124. Ran briskly
125. Halloween prop
126. Hold tightly
127. Progenitor
129. Help
130. Theatre boxes
131. Regions
132. Hay bundles
133. Grows weary
135. Fifth-largest planet
136. Stage items

EVEN EXCHANGE

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

1. Hall or parlor game	B _ _ _ _	Drummer Starr	R _ _ _ _
2. Flaky season	_ _ _ _ T _ _	Triumphant one	_ _ _ _ N _ _
3. Jolly green person	_ I _ _ _	Civil War general	_ R _ _ _
4. Carnation locale	_ _ P _ _	Clothing tag	_ _ B _ _
5. Vacation oasis	_ _ S _ _	News story	_ _ P _ _
6. Alcatraz cubicles	_ _ _ _ S	Viola's bigger cousin	_ _ _ _ O
7. Schnozzle	M _ _ _ _	Jigsaw or crossword	P _ _ _ _
8. Proportion	_ _ T _ _	Transistor or ham	_ _ D _ _
9. Gym closet	_ _ _ _ R	Necklace ornament	_ _ _ _ T
10. Rabbit cage	_ _ T _ _	Inkling	_ _ N _ _

BLOCKWORD

BY BARRIE THOMSON

NO. 743

TO ENTER this BLOCKWORD, all you have to do is finish the grid, and the ringed areas will make up one word. The clue to the answer is: Ornamentation. SMS 48408 with the answer, your name and surname, e-mail address (if you have one), and **people**/Blockword No. 743. Be sure to SMS before May 27, 2018. By doing this, you could win R500. Winner of No. 739: Thabiso Lebethe. Answer: Decomposition. SMSes charged at R1.50 and free SMSes do not apply. Terms and conditions apply.



person with more skill than others (2,1,5,2,5,3)	spend your nest egg (3,7,4,7)	hair-styling cream	bank worker ripped	relating to ancient story	charge for transport of goods (8,4)	otherwise	tiny particle	energy		
stiff bristle			playing thing		Italian cathedral monk's gown			not looked after		
neck-wear		god of thunder		come to a stop		golf ball stand				
		knotted mass	original thought		two prefix	give up				
at that time fish eggs		blood colour		flashily dressed man		mountain	spread (out)	needle case	lip caress	
		short bit of a film	poverty stricken			brief rest	tiny bit of money			
our VIP	disorderly vowels		very wet	venomous snake	big hole	plain and simple				
		Turkish hat					banish			
ugly giants							go on a pleasure ship	dried plum	plant blood	repeated designs
raises temperature		mysterious Himalayan animal					informally a man			residual fuel oil (abb)
	notable act		peculiar				refuse collectors			without light
right-hand page of a book	tall grass plant	fishing stick					song for two			
				π	very soft (pencil)	simple bed				DIY in full (2,2,8)
given out	extra strength (abb)	rigid								
has being	hard cooking fat	stage prompt		lungsten carbide tipped (abb)		maize outer shell warming device	sporting competition			
The Century of Lights (3,2,13)	long fluffy scarf			ready for marriage	skin irritation	no comment (abb)	sports car	fire residue		
A										
employees			frequently	Roman 60	of tender years	beetroot soup	female bird	printing width measure		male deer

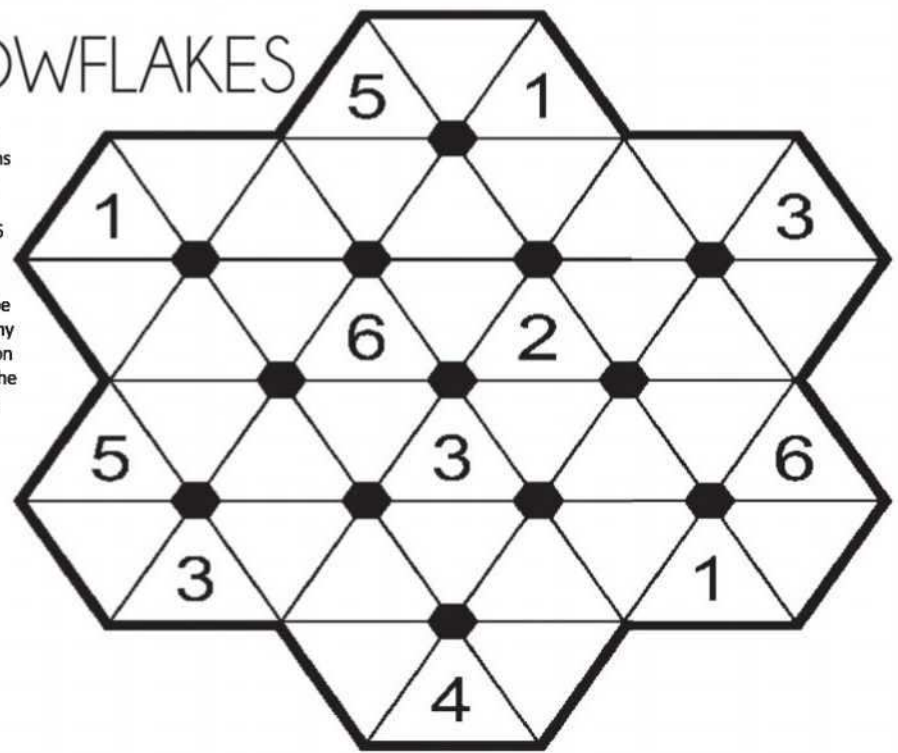


GO FIGURE

SNOWFLAKES

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

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



	÷		+		10
+		+		+	
	x		x		28
x		x		+	
	÷		+		11
18		15		24	

1 1 2 3 4 6 7 8 9

DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

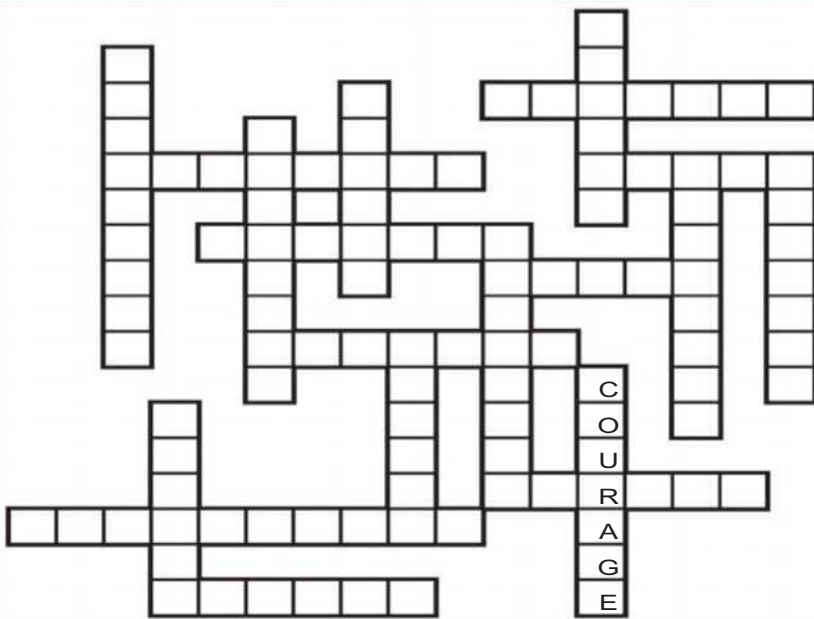
ON SALE NOW!



ARROW WORD

Capital of India, New ...	Rubbed out	How a cat drinks	Physically attractive	Small flight	Orange drink	Muslim religion	Unit of noise intensity
▶	▼	▼		German emperor	▼		
Gemstone		Elapse		Country paradise			Slander
▶		▼				Dress	Mexican poet, Octavio ...
▶				Pick up a ringing telephone	Units of electric current	▼	▼
Attempt	Trap, entangle		Is not			Girl's name	
Make one unaffected	▼					▼	
Bivouac	Examine and explain	Smoker's debris		Rushing stream			Egg drink
▶	▼	▶	Cunning manoeuvre	Prefix meaning 'through'			▼
Chemical symbol for neon		High quality tea		Call for a horse to stop		Quickly	
▶		▶		▼		▼	
Sugar shaker		So long	Enclose		Past, gone		Over there
▶		▼			▶		▼
Children's game	Incidentally (2,2,3)		Geological time	Type of lettuce			Actor Stallone's initials
▶	▶		▶	▶			▼
Water jug			Capital of Greece				
▶			▶				

CRISSCROSS



5 LETTERS

LILAC
MAUVE

6 LETTERS

ARCHIL
INDIGO
ORCHID
PURPLE
TYRIAN
VIOLET

7 LETTERS

~~COURAGE~~
CRIMSON
MAGENTA

8 LETTERS

ROYALTY
AMETHYST
EMPERORS
HERALDRY
LAVENDER

9 LETTERS

AUBERGINE

10 LETTERS

PERIWINKLE

SPOT THE DIFFERENCE!

AT first glance, these two pictures may look identical. But there are some subtle changes in the second picture. See if you can find the six differences.



CELEB WORDMATCH

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

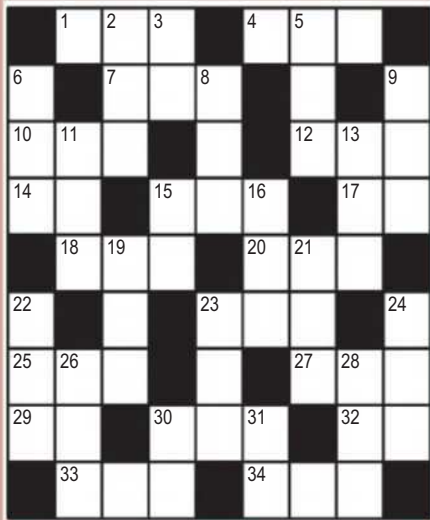
KEYBOARD	■							HIT
RAIN								PLAY
BLACK								FLOOR
MONEY								OUT
GUN								KEG
OLD							■	TEST
BONE	■							DOLL
CREST								ANGEL
GENERAL								OFFICE
CURD								PUFF
AQUA								BIOLOGY
BAND							■	WHEEL

WISHING WELL

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

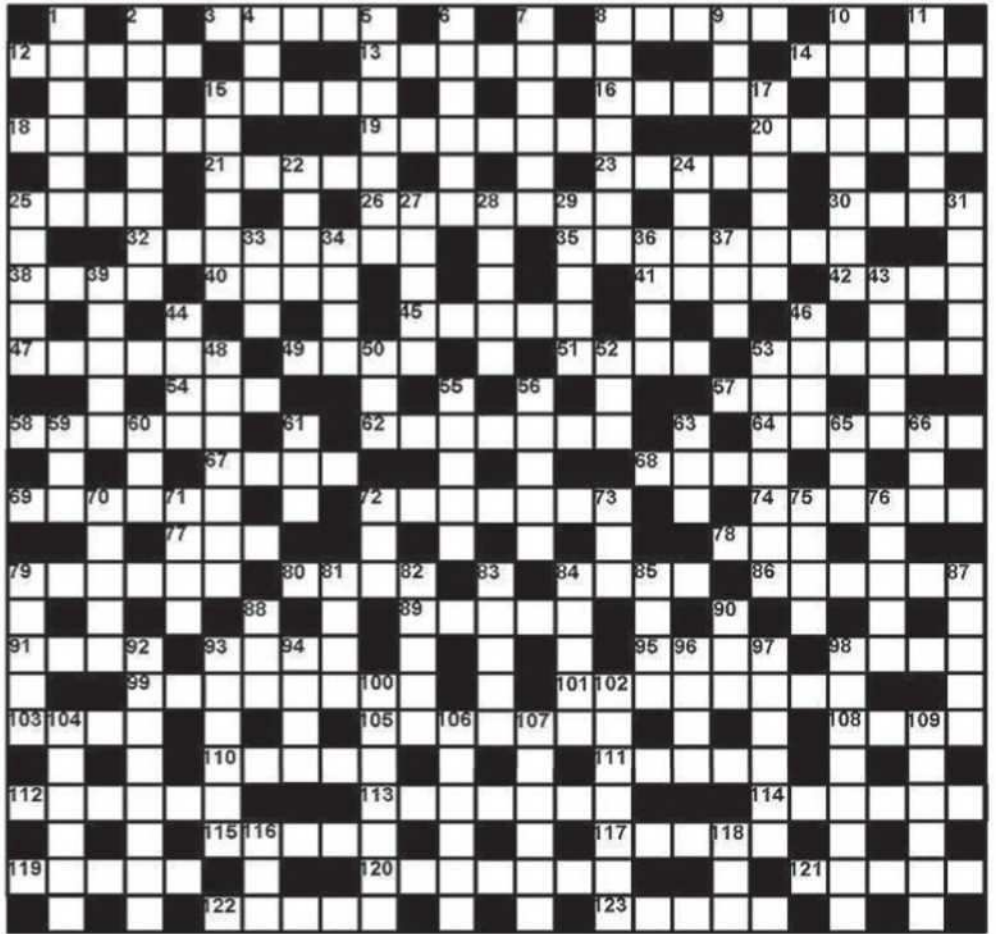
4	7	6	4	7	4	3	5	3	2	6	4	6
T	E	O	H	S	I	Y	A	O	B	T	N	H
3	5	4	7	3	8	3	6	3	2	8	3	8
U	F	K	T	H	F	E	E	E	E	U	D	T
2	8	5	3	4	2	3	7	8	5	7	2	7
A	U	A	A	P	D	D	E	R	S	E	V	M
4	2	6	8	7	5	4	6	2	3	5	3	8
O	E	R	E	O	T	S	S	N	V	S	I	C
3	4	3	7	2	6	4	6	5	2	4	7	2
C	I	E	F	T	H	T	E	T	U	I	C	R
6	4	6	8	5	6	5	7	2	4	7	2	7
L	V	P	R	A	Y	R	O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

MATHS QUIZ



- ACROSS**
- 1 ... $2928 \div 3$
 - 4 ... $5992 \div 8$
 - 7 ... $676 \div 4$
 - 10 ... $894 \div 2$
 - 12 ... $517 + 269$
 - 14 ... 3×8
 - 15 ... $457 + 299$
 - 17 ... $385 \div 5$
 - 18 ... $843 - 30$
 - 20 ... $1694 \div 2$
 - 23 ... $430 \div 2$
 - 25 ... $60 + 656$
 - 27 ... 29×9
 - 29 ... 11×8
 - 30 ... $2920 \div 8$
 - 32 ... $84 \div 2$
 - 33 ... $5058 \div 6$
 - 34 ... $522 - 15$
 - DOWN**
 - 2 ... $62 + 655$
 - 3 ... 33×2
 - 5 ... $1668 \div 4$
 - 6 ... 121×2
 - 8 ... $5730 \div 6$
 - 9 ... $436 + 131$
 - 11 ... $1344 \div 3$
 - 13 ... $971 - 94$
 - 15 ... $657 \div 9$
 - 16 ... $2724 \div 4$
 - 19 ... $43 + 83$
 - 21 ... $277 + 175$
 - 22 ... $1890 \div 5$
 - 23 ... $231 - 15$
 - 24 ... $336 \div 3$
 - 26 ... 47×4
 - 28 ... $1294 \div 2$
 - 30 ... $59 - 26$
 - 31 ... $385 \div 7$

CROSSWORD



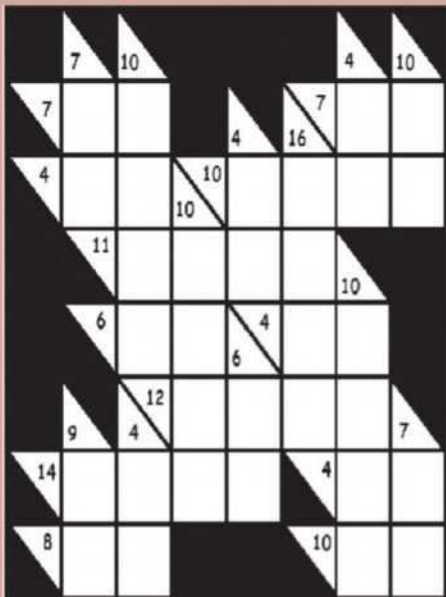
ACROSS

- 3) Present for acceptance (5)
- 8) Item on a bracelet (5)
- 12) Toccata and ___ (Musical form) (5)
- 13) Extraordinary things (7)
- 14) Go stealthily (5)
- 15) Years between 12 and 20 (5)
- 16) Gatekeeper's house (5)
- 18) Roar like a bull (6)
- 19) Treatment to cure (7)
- 20) Find (6)
- 21) Containing nothing (5)
- 23) Excess fat (5)
- 25) Burial chamber (4)
- 26) Female big cat (7)
- 30) Cooking place (4)
- 32) Made flat (8)
- 35) Carved headstone (8)
- 38) Fencing sword (4)
- 40) Simplicity (4)
- 41) Prophetic sign (4)
- 42) Prepare a newspaper for publishing (4)
- 45) Yank up (5)
- 47) New plant growths (6)
- 49) RSA elephant reserve (4)
- 51) Biblical garden (4)
- 53) Was put into a pot (6)
- 54) Wood for a wine barrel (3)
- 57) TV Doctor (3)
- 58) Wanting to 'drop off' (6)
- 62) Place for guns (7)
- 64) Northern state of America (6)
- 67) Horizontal mine access shaft (4)
- 68) At that time (4)
- 69) Confident poise (6)
- 72) Easy to enjoy (7)
- 74) Fashionable (6)
- 77) Key on the keyboard (3)
- 78) Weeding tool (3)
- 79) Prairie wolf (6)
- 80) One rung on a ladder (4)
- 84) Small club (4)
- 86) Capital of Lesotho (6)
- 89) Smell (5)
- 91) Water festival (4)
- 93) Very long time period (4)
- 95) Matured (4)
- 98) Clasped in the hand (4)
- 99) Mechanical advantage (8)

- 101) Very bad headache (8)
- 103) King of Israel before David (4)
- 105) Wearing ermine fur (7)
- 108) Fibber (4)
- 110) Manmade fibre (5)
- 111) Young hooligan (5)
- 112) Wire on a guitar (6)
- 113) Amoral (7)
- 114) Grumble peevisly (6)
- 115) Total boredom (5)
- 117) Old language of Rome (5)
- 119) Pleasure boat with sails (5)
- 120) Capital of Kenya (7)
- 121) Foul-smelling animal of America (5)
- 122) Traditional saying (5)
- 123) Hold on tight (5)

KAKURU

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



DOWN

- 1) Man's formal set of clothing (6)
- 2) Easily duped (8)
- 4) Professional charge (3)
- 5) Put into a new form (7)
- 6) Spanish dance (6)
- 7) Facial appearance (6)
- 8) Caribbean song and dance music (7)
- 9) Waste piece of cloth (3)
- 10) Personal account of something (8)
- 11) War fight (6)
- 15) Number of disciples (6)
- 17) Number for a cricket team (6)
- 22) Close friends (4)
- 24) Percussion instrument (4)
- 25) Lock of hair (5)
- 27) American state (5)
- 28) Lowest possible point (5)
- 29) Emission from a fire (5)
- 31) Documented (5)
- 33) Devour (3)
- 34) Pb metal (4)
- 36) Point on a wave form (4)
- 37) Cat sound (3)
- 39) Wear away naturally (5)
- 43) Looks after very well (5)
- 44) Come to a halt (4)
- 46) Pond (4)
- 48) Able to be spoken (7)
- 50) Used a spade (3)
- 52) Not very bright (3)
- 53) Ghost (7)
- 55) Serpent (5)
- 56) Pleasurable pastime (5)
- 59) One time round a race circuit (3)
- 60) Electroendosmosis abbreviation (3)
- 61) Personal identity number (3)
- 63) Old word for 'your' (3)
- 65) Beer (3)
- 66) Young goat (3)
- 70) Faithful (5)
- 71) Floor coverings (4)
- 72) Untruth (3)
- 73) Self esteem (3)
- 75) Proper (4)
- 76) Brother's daughter (5)
- 79) Animal pens (5)
- 81) Sea fish often tinned (4)
- 82) Fire prodger (5)
- 83) Swiss potato cake (5)
- 84) Activity against the law (5)
- 85) Shredded tobacco (4)
- 87) Beneath (5)
- 88) Golf ball stand (3)
- 90) Large body of water (3)
- 92) In reasonable condition (3,5)
- 93) Pay-back a wrong (6)
- 94) By mouth (4)
- 96) Fly larva (4)
- 97) Claim no ownership (6)
- 98) Capital of Finland (8)
- 100) The real thing (7)
- 102) Perfection (7)
- 104) Real (6)
- 106) Historical account (6)
- 107) Having little width (6)
- 109) Chest pains (6)
- 116) Shake the head (3)
- 118) Country hotel (3)

MELTING POT *Blockword*

Miscellaneous accessories				Set in motion Prostrate	Anthem or church cantata		Crumble			Crust formed over a wound or sore		Pregnancy		Middle (prefix)
			Unmixed				Poke		Substance with characteristic reactions					Spindles on which wheels turn
			Part of a train track Poems intended to be sung				Enormous Contend					Friend Acid-tasting		
									Either of a pair of possibilities				Classify	Crooked fairway (golf)
Wall painting	Path of a planet round the sun					Buck Number of cat's lives, proverbially				Alloy of copper and zinc Angolan capital				
		Concealed or disguised Centre of a wheel		Raised strip between furrows	Object location system using radio pulses					Iron with a little carbon	Praise Backless chair			
							Count the number of Spray-can	Assemble Looking for						Everlasting
		Remove or clear							Dispute by a lawsuit Rarefied		Rebaked piece of enriched bread		Not (prefix)	From that time or place
			Non-conformist Junction in a branching system						Otherwise Varsity qualification					Era
		Unspecified one of many	Rest		Dined							Foot-race of 42.2 kms		
State of wedlock	Close companion								Preying animal		Reflection of sound			Unruly crowd Put to sea
				Tinge deeply	Mark of infamy Catch sight of									Indispensable items
						Atmosphere directly above a country	Rips Un-enclosed		Public speech or actions promoting disorder	Handle				
Elephant drivers Nervous twitch						Cuts off the top of				Ill-will	Rowing implement Sodium chloride	Bundle of insulated wires in a sheath		Commerce
		Impel Decimal base					Ceases Renounce				Hunted animal Entices			
	Play without dialogue					Dull and tedious				Water grass Shapeless mass	Egg cells		Roman goddess of the hearth and household	
			Eight (prefix)		Medical practitioner Relating to stretching Company symbol							Shrub		
Frost, ice (prefix)	Spirit distilled from wine					Talkative State of armed conflict	Floundered Embankment to restrain water							
Common forest-trees with smooth grey bark					Was in debt			Put into words Whim						
					Substantial (meal)			In senile dotage					Coral island with a central lagoon Chooses	Multitude of fish swimming together
Gown	Hearing organ		Wanderer		Absolute power					Overseer				

BY JOHN WHIFFIN / PICS: PUBLICITY/WWW.ELITEPHOTOAGENCY.COM/
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DID YOU KNOW?
OVER 90 percent of an iceberg's volume (and mass) is underwater.

DID YOU KNOW?
MARS has two moons, Phobos and Deimos, thought to be captured asteroids.

DID YOU KNOW?
ON September 3, 1971, Qatar gained its independence from the UK.

General Knowledge

DID YOU KNOW?
 AT over 17-million square kilometres, Russia is the world's largest country by landmass.

Tie Map direction	North Amer Indian Blemish	Data units	Vigorous enjoyment	Trade union (abbr)	America's Got Talent' judge (5,4)		Supporter of ones country	It takes photos	The heavens Shelves
		Young person Earnest entreaty		Take to court Take offer					Continue to be Small island
		WI pop music Most senior		Not right Flying saucer			Rupees (symbol) Ream (abbr)		Obese
Existed Close			Large plant Noisy		Principles Money of Moldova				
	Italian yes Region			Not punctual Filing clerk			Spoken essay Exhibit		
		Cancel Body part				Beryllium (symbol) Landed property			
Give a detailed account Okay				Midday meal Relieve pain				Defrosts	
		Foot digits Gaelic	Nation's ships 19th Gk letter		Minute particle Throw out				
'Joey' in 'Dawson Creek' (5,6)						Upright Pungent root vegetable			
	Established	Clan Beams of light	Forbid	Variety (abbr)			You and I Most wealthy		
			Sand mound						'Claire' in 'Final Destinat- ion' (3,6)
	Covered in sand For what purpose?			Defensive covering		Relating to the nose Diplomacy		Under- world Ibidem (abbr)	
		Christian song Aluminium (syimb)	Each (abbr)				Roof room Edible tuber		
Season before winter External	Did weights	Sounder of mind			Overcome with guilt Articles				Asian staple food
			'Valentina' in 'The Mayor' (3,7)						
Ripped Songs				Over the top (abbr) 24 hours		From that time Combine		Prophetic sign Consumed	Emblem Warships of a country
						Owing East Indies (abbr)			
Edible flesh Stops							Bearing weapons		
		Tranquility On the other hand		Aspects				Foreigners	Grotto

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5 EASY WAYS TO SUBSCRIBE

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Even Exchange

1. Bingo, Ringo
2. Winter, Winner
3. Giant, Grant
4. Lapel, Label
5. Resort, Report
6. Cells, Cello
7. Muzzle, Puzzle
8. Ratio, Radio
9. Locker, Locket
10. Hutch, Hunch

Arrow Word



Cryptic Crossword



Sudoku

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

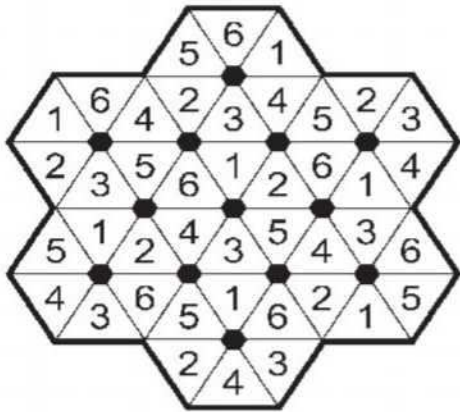
Maths Quiz

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

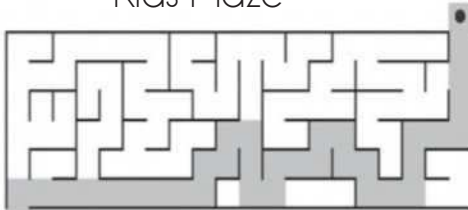
Go Figure

2	÷	1	+	8	10
+		+		+	
1	×	4	×	7	28
×		×		+	
6	÷	3	+	9	11
18		15		24	

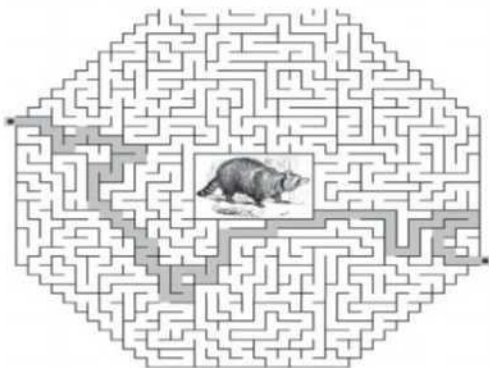
Snowflakes



Kids Maze



Mega Maze



Celeb Wordmatch

KEYBOARD	S	M	A	S	H	HIT
RAIN	S	H	A	D	O	W
BLACK	F	O	R	E	S	T
MONEY	M	A	K	I	N	G
GUN	P	O	W	D	E	R
OLD	F	L	A	M	E	
BONE	C	H	I	N	A	
CREST	F	A	L	L	E	N
GENERAL	P	U	B	L	I	C
CURD	C	H	E	E	S	E
AQUA	M	A	R	I	N	E
BAND	W	A	G	O	N	
						WHEEL

Scramblers

1. Delude; 2. Suspect;
3. Source; 4. Drone

Today's Word

CONDUCTOR

Sticklers

1. publishing
2. sewing
3. fishing
4. pottery

Number Crunch

6	9	0	-	2	3	8	=	4	5	2
+			+				+			
1	9	4	-	1	7	5	=	1	9	
8	8	4	-	4	1	3	=	4	7	1

ACROSS: 3. CRATE 7. PSHAW 11. FOCUS 17. CLICHE 18. AXIOM 19. MINOR 20. NIKITA 21. ICONS 22. KORAN 23. RAPID 24. RETIRE 25. GENET 26. TENET 27. TEAM UP 28. RIGOR 29. SHRED 30. GELID 31. HUT 32. NUT 33. OUSTED 37. AURORAE 40. REGALE 44. WREST 48. MAYOR 50. ERMINE 51. LURDS 53. THROAT 54. FADE 56. SELF 58. ALB 59. WHIRLS 60. BIB 62. TWEAKS 63. EEL 65. NERVE 66. DELAY 67. EXTRA 68. DONUT 71. RATED 74. COCK 75. LENTO 77. TARDY 79. A FEE 80. VEST 81. RUE 82. AURA 83. NUDE 84. RANGE 86. RANCH 88. ASIA 89. PAPA 91. ASHET 94. AMBER 96. CORNY 98. ARETE 100. SIR 101. ARROWS 102. WIG 103. LARGER 104. AID 105. DAFT 109. NAME 111. ETCHER 112. CREST 113. PREFIX 114. STALL 116. SLIPS 118. PLEADS 120. AU PAIRS 123. TETHER 125. CUE 128. OVA 130. LOCAL 132. BEAST 134. AESOP 137. FRIVOL 138. REGAL 139. TIARA 140. TRAWLS 141. GIVEN 142. LUNAR 143. ERATO 144. IRISES 145. ACHED 146. LEANT 147. EPHODS 148. SHUSH 149. SEALS 150. THUDS

DOWN: 1. SCORCH 2. TIP TO TOE 3. CHIRR 4. RECEIPT 5. TANGO 6. EXSERT 7. POKES 8. SMOTHER 9. AMATEUR 10. WINED 11. FOREGO 12. ORATE 13. UNITING 14. SIDED 15. PIN MONEY 16. CARPET 34. USED 35. STREWED 36. EDITION 38. UGLI 39. APSE 41. EARHART 42. AMASSED 43. LATE 45. RIFLE 46. DEFLATE 47. STEWARD 49. OFFER 52. ROIL 55. ABRACADABRA 57. LET OFF STEAM 58. ANACONDAS 60. BEFORE NOW 61. BARTERING 64. LACERATED 69. OPERA 70. ULTRA 72. AYAH 73. EERIE 76. NUN 78. RAN 85. AWKWARD 87. CATALPA 89. PRATTLE 90. PARCHED 92. HYGIENE 93. TARNISH 95. MIDST 97. RIME 99. TIE-UP 106. FELL 107. ECRU 108. STAR 110. AXLE 115. APERITIF 117. IRONWOOD 119. ABOLISH 121. PRELUDE 122. INSTALL 124. TROTTED 125. COFFIN 126. CLENCH 127. PARENT 129. ASSIST 130. LOGES 131. AREAS 132. BALES 133. TIRES 135. EARTH 136. PROPS

Missing Links

484	÷	22
22	+	37
59	x	14
826	+	42
868	÷	28
31	-	6
25	÷	5
5	x	28
140	x	5
700	+	63
763	-	587
176	x	3
528		

General Knowledge Blockword



THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
07:05 Grey's Anatomy	06:00 MasterChef Australia	06:00 Milton's Secret	07:00 Asterix In Britain	07:00 The Big Bang Theory	07:00 Survivor South Africa	06:00 My Kitchen Rules
08:00 The Good Doctor	07:05 Chicago Fire	07:50 Pokémon: Heroes	08:30 The Middle	07:30 Young Sheldon	08:00 S.W.A.T.	07:00 Bull
09:00 The Flash	08:00 Chicago PD	09:30 Once Upon A Time	09:00 American Idol	08:00 Blue Bloods	09:00 Supergirl	08:00 Nashville
10:00 American Housewife	09:00 Marvel's Agents Of S.H.I.E.L.D.	10:30 Ellen's Game Of Games	11:00 American Idol	09:00 Once Upon A Time	10:00 American Housewife	09:00 Arrow
10:30 MasterChef Australia	10:00 Speechless	11:30 Arrow	13:30 The Book Of Henry	10:00 Speechless	10:30 My Kitchen Rules	10:00 The Middle
11:30 The Big Bang Theory	10:30 My Kitchen Rules	12:30 The Flash	15:30 American Housewife	10:30 My Kitchen Rules	11:30 Grey's Anatomy	10:30 My Kitchen Rules
12:00 Young Sheldon	11:40 Bull	13:30 Marvel's Agents Of S.H.I.E.L.D.	16:00 Survivor South Africa	11:30 Nashville	12:30 The Good Doctor	11:40 Chicago Fire
12:30 Blue Bloods	12:30 S.W.A.T.	14:30 Enter The Warrior's Gate	17:00 The Wedding Bashers	12:30 Carte Blanche	13:30 American Idol	12:30 Chicago PD
13:30 Carte Blanche	13:30 The Wedding Bashers	16:30 Speechless	18:00 The Wedding Bashers	13:30 The Wedding Bashers	15:30 Zoo	13:30 American Idol
14:30 Chicago Med	14:35 The Wedding Bashers	17:00 The Middle	19:00 Carte Blanche	14:30 The Wedding Bashers	16:15 Man With A Plan	15:30 Zoo
15:25 Zoo	15:25 Zoo	17:30 American Housewife	20:05 The Dark Tower	15:25 Zoo	17:45 My Kitchen Rules	16:15 Man With A Plan
16:15 9JKL	16:15 Man With A Plan	18:00 American Idol	21:45 Last Week Tonight With John Oliver	16:45 Supergirl	19:00 Chicago Fire	17:45 My Kitchen Rules
16:45 DC's Legends Of Tomorrow	16:45 Once Upon A Time	20:00 Riverdale	22:25 The Most Beautiful Day	17:45 My Kitchen Rules	20:00 Chicago PD	19:00 The Big Bang Theory
17:45 My Kitchen Rules	17:45 My Kitchen Rules	21:00 The Belko Experiment	00:30 Riverdale	19:00 Grey's Anatomy	21:00 Chicago Med	19:30 Young Sheldon
19:00 Survivor South Africa	19:00 American Idol	22:45 Gomorrah	01:30 Gomorrah	20:00 The Good Doctor	22:00 Counterpart	20:00 Blue Bloods
20:35 S.W.A.T.	21:00 Nashville	23:45 Barry	02:10 Billions	21:00 Billions	23:00 Transparent	21:00 Seal Team
21:35 Bull	21:00 Nashville	00:25 Curb Your Enthusiasm	03:45 Newsies: The Broadway Musical	22:00 Westworld	23:45 The Late Late Show With James Corden	22:00 The Path
22:00 Trust	22:30 Curb Your Enthusiasm	01:00 The Good Place		23:05 Mr. Mercedes	00:40 Billions	23:00 Lucifer
23:00 Outlander	23:10 The Good Place	01:50 High Maintenance		00:05 The Late Late Show With James Corden	01:50 Westworld	00:05 The Late Late Show With James Corden
00:00 The Late Late Show With James Corden	00:00 High Maintenance	02:30 Transparent		03:00 Pokémon: Heroes	03:00 Pokémon: Heroes	01:00 Chicago PD
01:00 Seal Team	00:20 The Late Late Show With James Corden			04:25 Grandma's House		02:00 Counterpart
02:00 Philip K. Dick's Electric Dreams	01:20 Trust					03:00 In Dubious Battle
03:00 Lucifer	02:20 Outlander					05:00 Close Up With The Hollywood Reporter
04:05 Norman: The Moderate Rise And Tragic Fall Of A New York Fixer						



The Dark Tower

Fun Fact *The Dark Tower*

DURING one of Jake's visions at the beginning of the film, he hears the phrase, "The man in black fled across the desert, and the gunslinger followed." This is, word for word, the opening line of the first book in the *Dark Tower* series.

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:30 Childrens Animation	06:30 Sports Buzz	05:00 Geleza Nathi	05:00 Geleza Nathi	06:00 Kids News And Current Affairs	06:00 Kids News And Current Affairs	06:00 Kids News And Current Affairs
07:00 YO.TV	07:00 YO.TV	06:00 Bonisanani	06:00 TBA	06:30 TBA	06:30 TBA	06:30 Jabu's Jingle
07:30 Takalani Sesame	07:30 Takalani Sesame	06:30 SuperBook	07:00 My Perfect Family	07:00 YO.TV	07:00 YO.TV	07:00 YO.TV
08:00 Isidingo	08:00 Isidingo	07:00 YO.TV	07:30 My Perfect Family	07:30 Takalani Sesame	07:30 Takalani Sesame	07:30 Takalani Sesame
08:30 Generations: The Legacy	08:30 Generations: The Legacy	07:30 Children Animation	08:00 YO.TV	08:00 Isidingo	08:00 Isidingo	08:00 Isidingo
09:00 Muvhango	09:00 Muvhango	08:00 YO.TV	08:30 Siyakholwa	08:30 Generations: The Legacy	08:30 Generations: The Legacy	08:30 Generations: The Legacy
09:30 Skeem Saam	09:30 Skeem Saam	09:00 Imizwili	09:00 Gospel Avenue	09:00 Muvhango	09:00 Muvhango	09:00 Muvhango
10:00 Family Bonds	09:30 Skeem Saam	10:00 Mzansi Insider	10:00 Mzansi Insider	09:30 Skeem Saam	09:30 Skeem Saam	09:30 Skeem Saam
10:30 Daily Thetha	10:00 TBA	11:00 Generations: The Legacy (Omnibus)	11:00 Blue Couch	10:00 TBA	10:00 TBA	10:00 TBA
11:30 Fanbase	10:30 Big Up	13:30 Soccer 411	11:30 African Religion	10:30 Daily Thetha	10:30 Daily Thetha	10:30 Daily Thetha
12:00 Sports	11:00 Throw Back Thursday	14:30 The Road To Russia	12:00 Uzalo (Omnibus)	11:30 The Real Goboza	11:30 Mi Kasi Su Kasi	11:30 Zaziwa
13:00 News	11:30 Live Amp	15:00 Soccer Build-Up	14:30 Build Up	12:00 Yilungelo Lakho	12:00 Soccerzone	12:00 The Chatroom
13:30 Furry Tales	12:00 Imizwili	17:30 Laduma	15:00 Laduma	13:00 News	13:00 News	12:30 Identity
13:45 YO.TV	13:00 News	18:00 Nedbank Final	17:00 Road To Russia	13:30 YO.TV	13:30 YO.TV	13:00 News
14:00 IKB	13:30 YO.TV	21:00 Xhosa/Zulu News	17:30 Kulcha Kwest	14:00 Making Moves	14:00 Ispani	13:30 YO.TV
14:30 Teenagers On A Mission	14:00 Selimathunzi	22:00 Selimathunzi	18:00 Friends Like These	15:00 Degrassi	15:00 Degrassi	14:00 Khumbul' ekhaya
15:00 IKB	14:30 Teenagers On A Mission	22:30 One Day	19:00 Xhosa/Zulu News	15:30 YO.TV	15:30 YO.TV	15:30 YO.TV
15:30 YO.TV	15:00 IKB	00:00 Koze Kuse	21:30 Real Goboza	16:30 My World	16:30 Daily Thetha	15:30 Degrassi
16:30 Daily Thetha	15:30 YO.TV Live		22:00 Selimathunzi	17:30 Ndebele/Siswati News	17:30 Ndebele/Siswati News	16:30 Daily Thetha
17:30 Ndebele/Siswati News	16:30 Daily Thetha		23:00 Gospel Avenue	18:00 TBA	18:00 Nyan' Nyan' News	16:30 Siswati/Ndebele News
18:00 IKB	17:30 Ndebele News		01:30 Koze Kuse	18:30 Skeem Saam	18:30 Skeem Saam	17:30 Reno Race
18:30 Skeem Saam	18:00 TBA			19:00 Xhosa/Zulu News	19:00 Xhosa/Zulu News	18:30 Skeem Saam
19:00 Xhosa/Zulu News	18:30 Skeem Saam			19:30 Selimathunzi	19:30 Selimathunzi	19:00 Xhosa/Zulu News
19:30 Throw Back Thursday	19:00 Xhosa/Zulu News			20:00 Generations: The Legacy	20:00 Generations: The Legacy	19:30 Zaziwa
20:00 Generations: The Legacy	19:30 Live Amp			20:30 Uzalo	20:30 Uzalo	20:00 Generations: The Legacy
20:30 Uzalo	20:00 Generations: The Legacy			21:00 Expressions	21:00 Expressions	20:30 Uzalo
21:00 TBA	20:30 Uzalo			22:00 Cutting Edge	22:00 Cutting Edge	21:00 Khumbul' ekhaya
22:00 Yilungelo Lakho	21:00 TBA			22:30 Identity First	22:30 Identity First	22:00 Sports
23:00 Daily Thetha	23:00 Mzansi Insider			00:00 Koze Kuse	00:00 Koze Kuse	23:00 Soccer
00:00 Koze Kuse	00:00 Koze Kuse					01:00 Soccer



Fast Five

We are not responsible for schedule changes made by the TV channels

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Epic Hangout	05:00 Epic Hangout	05:00 At My Age	05:00 It's For Life	05:00 The Epic Hangout	05:00 Epic Hangout	05:00 Epic Hangout
05:30 Takalani Sesame	05:30 Takalani Sesame	05:30 Dijo Le Bophelo	05:30 Words And Numbers	05:30 Takalani Sesame	05:30 Takalani Sesame	05:30 Takalani Sesame
06:00 Morning Live	06:00 Morning Live	06:00 Magical World Of Luna-Belle	06:00 Inside The Baobab Tree	06:00 Morning Live	06:00 Morning Live	06:00 Morning Live
09:00 Parliament	09:00 Parliament	06:30 Inside The Baobab Tree	06:30 A.N.T. Farm	09:00 Parliament	09:30 Rags	09:00 Parliament
09:30 Dinosaur Train	09:30 Dinosaur Train	07:00 Morning Live	07:00 Morning Live	09:30 Ubongo Kids	10:00 YO.TV	09:30 Rags
10:00 YO.TV	10:00 YO.TV	08:30 Housecall	08:30 Simcha	10:00 YO.TV	10:30 Talk SA	10:00 YO.TV
10:30 Grand Masters	10:30 Raising Babies	09:30 Dtv	09:00 Issues Of Faith	10:30 Back From Zero	11:00 At My Age	10:30 TBA
11:00 It's For Life	11:30 Afro Café	10:00 Relate	10:00 Songs Of Praise	11:30 TBA	11:30 Bophelong	11:00 Ladies Club
11:30 Jab	12:30 Jikulumessu	10:30 Jikulumessu (Omnibus)	10:30 Psalted	12:30 Jikulumessu	12:00 Kick It	11:30 Health
12:00 Forced Love	13:00 7de Laan	13:00 Breaking New Ground	11:00 Die Woord Erediens	13:00 7de Laan	12:30 Jikulumessu	12:30 Jikulumessu
12:30 Jikulumessu	13:30 Uzalo	13:30 Muvhango (Omnibus)	12:00 Sport On 2	13:30 Uzalo	13:00 7de Laan	13:00 7de Laan
13:00 7de Laan	14:00 Skeem Saam	16:00 Home	13:30 7de Laan (Omnibus)	14:00 Skeem Saam	13:30 Uzalo	13:30 Uzalo
13:30 Uzalo	14:30 Muvhango	18:00 Mehlomdala Nuus	13:30 TBA	14:30 Muvhango	14:00 Skeem Saam	14:00 Skeem Saam
14:00 Skeem Saam	15:00 What About Mimi?	19:00 American Ninja Warriors	16:00 ATKV-Mediaveertjies	15:00 Doc McStuffins	14:30 Muvhango	14:30 Muvhango
14:30 Muvhango	15:30 YO.TV	20:00 Setswana/Sesotho News	18:00 Fokus	15:30 YO.TV	15:00 Doc McStuffins	15:00 What About Mimi?
15:00 Doc McStuffins	16:00 A.N.T. Farm	20:30 Ga Re Dumele	18:30 Nuus	16:00 How Do They Do That	15:30 YO.TV	15:30 YO.TV
15:30 YO.TV	16:30 Hectic Nine-9	20:56 Lotto Draw	19:00 TBA	16:30 Hectic Nine-9	16:00 Words And Numbers	16:00 Cookabout
16:00 Hug A Tree TV	17:00 Naruto	21:00 Funny People	20:00 Setswana/Sesotho News	17:00 Naruto	16:30 Hectic Nine-9	16:30 Hectic Nine-9
16:30 Hectic Nine-9	17:30 Venda/Tsonga News	23:00 Swartwater	20:30 Abomzala	17:30 Venda/Tsonga News	17:00 Naruto	17:00 Naruto
17:00 Naruto	18:00 7de Laan	00:00 News	21:00 Gospel Classics	18:00 7de Laan	17:30 Tsonga/Venda News	17:30 Tsonga/Venda News
17:30 Tsonga/Venda News	18:30 Nuus	02:30 Sports Live 2017	22:00 TBA	18:30 Nuus	18:00 7de Laan	18:00 7de Laan
18:00 7de Laan	19:00 #Karektas	03:00 Your World	23:00 Musiek	19:00 Swartwater	18:30 Nuus	18:30 Nuus
18:30 Nuus	20:00 Setswana/Sesotho News		00:00 Roulette	20:00 Setswana/Sesotho News	19:00 Swartwater	19:00 Nuus
19:00 Musiek	20:30 TBA		01:30 Network	20:30 Nhlanhla ya Rixaka	20:00 Setswana/Sesotho News	19:30 Die Kat
19:30 Roulette	21:00 Muvhango		02:00 News	20:56 Vodacom Yebo Millionaires	20:30 Sesotho News	20:00 Setswana/Sesotho News
20:00 Setswana/Sesotho News	21:30 TBA		02:30 Sports Live	21:00 Millionaires	20:30 Sesotho News	20:30 Sesotho News
20:30 Ngula Ya Vutiva/Zwa Maramani	22:00 TBA		03:00 Your World	21:30 Jab	20:30 Sesotho News	20:30 Sesotho News
21:00 Muvhango	23:30 When Duty Calls			22:00 TBA	20:56 Vodacom Yebo Millionaires	20:30 Sesotho News
21:30 Speak Out	00:00 News			22:30 Breaking New Ground	21:00 Millionaires	20:56 Lotto Draw
22:00 When Duty Calls	03:00 Your World			23:00 Issues Of Faith	21:30 Guilt	21:00 Muvhango
22:30 I Survived				00:00 News	22:00 Afro Café	21:30 Guilt
23:00 Jikulumessu				03:00 Your World	23:00 Jikulumessu	22:00 Afro Café
00:00 News					23:30 Jikulumessu	23:00 Jikulumessu
03:00 Your World					00:00 News	03:00 Your World

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Hectic	05:00 The Drakers	05:00 Special Assignment	05:00 Sadhana	05:00 Xcellerate	05:00 Yum.Me	05:00 Jonas
06:00 Expresso	05:30 Life With Boys	05:30 Close Up	05:30 An Nur	05:30 Challenge SOS	05:30 Made In SA	05:30 Robot Trains
09:00 Real Talk With Anele	06:00 Expresso	06:00 Frankly Speaking With JJ Tabane	06:00 A New Day	06:00 Expresso	06:00 Expresso	06:00 Expresso
10:00 The Bold And The Beautiful	09:00 Real Talk With Anele	06:30 Sadhana	07:00 Sadhana	09:00 Real Talk With Anele	09:00 Real Talk With Anele	09:00 Real Talk With Anele
10:30 7de Laan	10:00 The Bold And The Beautiful	07:00 An Nur	07:30 Yum.Me	10:00 The Bold And The Beautiful	10:00 The Bold And The Beautiful	10:00 The Bold And The Beautiful
11:00 Isidingo	10:30 7de Laan	07:30 Robot Trains	08:00 Made In SA	10:30 7de Laan	10:30 7de Laan	10:30 7de Laan
11:30 Muvhango	11:00 Isidingo	08:00 Xcellerate	08:30 The Drakers	11:00 Isidingo	11:00 Isidingo	11:00 Isidingo
12:00 Air Wolf	11:30 Muvhango	08:30 Challenge SOS	09:00 Life With Boys	11:30 Muvhango	11:30 Muvhango	11:30 Muvhango
13:00 News	12:00 Miami Vice	09:00 Jonas	09:30 Isidingo (Omnibus)	12:00 Magnum	12:00 The A Team	12:00 Knight Rider
13:30 Africa News Update	13:00 News	09:30 The Bold And The Beautiful (Omnibus)	12:00 Top Billing	13:00 News	13:00 News	13:00 News
14:00 Hollywood News Feed	13:30 Africa News Update	12:00 Presenter Search On 3	13:00 Like A Boss	13:30 Africa News Update	13:30 Africa News Update	13:30 Africa News Update
14:30 Lab Rats	14:00 Close Up	13:00 Don't Tell The Bride	14:00 Mela	14:00 Close Up	14:00 Hollywood News Feed	14:00 Close Up
15:00 Hectic	14:30 Lab Rats	14:00 Top Chef Junior	15:00 Kaaviya Thalaivan	14:30 Lab Rats	14:15 Zoom In	14:30 Lab Rats
15:30 Rustic Chakula	15:00 Hectic	15:00 Survivor	18:00 SABC News	15:00 Hectic	14:30 Labts Rats	15:00 Hectic
16:00 Hostess With Lorna Maseko	15:30 Frankly Speaking With JJ Tabane	16:00 Funny You Should Ask	18:02 Tyler Perry's For Better For Worse	15:30 Mela	15:00 Hectic	15:30 It's Okay
16:30 Afternoon Express	16:00 The Scoop	16:30 Funny You Should Ask	18:30 Planet Earth 2	16:30 Afternoon Express	15:30 Like A Boss	15:30 We're Family With David
17:30 The Bold And The Beautiful	16:30 Afternoon Express	17:00 Lenny Kravitz: Just Let Go	19:30 Docuville	17:30 The Bold And The Beautiful	16:30 Afternoon Express	16:00 Cleveland Hustles
18:00 Real Talk With Anele	17:30 The Bold And The Beautiful	18:00 SABC News	20:30 Frankly Speaking With JJ Tabane	18:00 Real Talk With Anele	17:30 The Bold And The Beautiful	16:30 Afternoon Express
19:00 Isidingo	18:00 Real Talk With Anele	18:02 Top Billing	21:00 News	19:00 Isidingo	18:00 Real Talk With Anele	17:30 Then Bold And The Beautiful
19:30 Presenter Search On 3	19:30 It's Okay	19:00 TBA	21:30 Special Assignment	19:30 Survivor	19:00 Isidingo	18:00 Real Talk With Anele
20:30 The Scoop	20:00 We're Family With David	21:00 News	22:00 EFC Magazine	20:30 Cleveland Hustles	19:30 Top Chef South Africa	18:00 Real Talk With Anele
21:00 News	21:00 News	21:30 TBA	23:00 EFC Magazine	21:30 #WTF Tumi	20:30 Man Cave	19:00 Isidingo
21:30 Knightfall	23:30 Base 3	23:30 Base 3	00:00 Base 3	22:30 Trending SA	21:00 News	19:30 Don't Tell The Bride
22:30 Trending SA	04:30 Deutsche Welle TV	04:30 An Nuur		23:30 Base 3	21:30 #WTF Tumi	20:30 The Hostess With Lorna Maseko
23:30 Base 3				04:30 Deutsche Welle TV	22:30 Trending SA	21:00 News
03:30 The Rookies					23:30 Base 3	21:30 The Following
04:30 Deutsche Welle TV					04:30 Deutsche Welle TV	22:30 Trending SA

Lab Rats



THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:30 e-News	05:30 e-News	06:45 The Jungle	06:30 The Close Up	08:30 eShibobo	05:30 e-News	05:30 e-News
08:30 Checkpoint	08:30 The Soul Man	Bunch To The	07:00 Grassroots	09:00 Bin Kuch Kahe	08:30 Malcom &	08:30 Malcom &
09:00 Bin Kuch Kahe	09:00 Bin Kuch Kahe	Rescue	07:25 e-Insert	09:30 Marido En	Eddie	08:30 Eddie
09:30 Marido En	09:30 Marido En	07:00 PJ Masks	07:35 Hillsong	Alquiler	09:00 Bin Kuch Kahe	09:00 Bin Kuch Kahe
Alquiler	Alquiler	07:15 Monchichi	08:00 Peppa Pig	10:30 Days Of Our	09:30 Marido En	09:30 Marido En
10:30 Days Of Our	10:30 Days Of Our	07:30 Transformers:	08:05 Cool Catz	Lives	Alquiler	09:30 Alquiler
Lives	Lives	Robots In	08:30 Everything's	11:20 Infomercial	10:30 Days Of Our	10:30 Days Of Our
11:15 Infomercial	11:15 Infomercial	Disguise	Rosie	11:30 Rhythm City	Lives	Lives
11:30 Rhythm City	11:20 Infomercial	08:00 Sistahood	08:45 Everything's	12:00 Scandal	11:15 Infomercial	11:15 Infomercial
12:00 Scandal	11:30 Rhythm City	08:30 Marvel: Hulk	Rosie	12:30 Imbewu: The	11:30 Rhythm City	11:30 Rhythm City
12:30 Imbewu: The	12:00 Scandal!	And The	09:00 All Football	Seed	12:00 Scandal	12:00 Scandal!
Seed	12:30 Imbewu: The	Agents Of	GGO	13:00 e-News	12:30 Imbewu: The	12:30 Imbewu: The
13:00 e-News	Seed	S.M.A.S.H.	09:30 ShizLive	13:30 House	Seed	Seed
13:30 House	13:00 e-News	09:00 Marvel: Hulk	10:00 Rhythm City	14:25 Infomercial	13:00 e-News	13:00 e-News
14:25 Infomercial	13:30 House	And The	10:00 Peppa Pig	14:30 Peppa Pig	13:30 House	13:30 House
14:30 Peppa Pig	14:25 Infomercial	Agents Of	14:35 Cool Catz	14:35 Cool Catz	14:25 Infomercial	14:30 Peppa Pig
14:35 Cool Catz	14:30 Kart Racer	S.M.A.S.H.	15:00 Angelina	15:00 Ballerina	14:30 Peppa Pig	14:35 Cool Catz
15:00 Monchichi	16:20 e-Insert	09:30 Scandal	15:15 The Jungle	15:15 The Jungle	14:35 Cool Catz	15:00 Jolly Jamm
15:15 Alvin And The	16:25 Just For Laughs	(Omnibus)	Bunch To The	Rescue	15:00 Bo On The Go	15:15 PJ Masks
Chipmunks	Gags	11:20 Imbewu:	Bunch To The	15:30 Pokémon	15:00 Pokémon	15:30 Supa Strikas
15:30 Regal Academy	16:50 Judge Judy	The Seed	Rescue	15:55 Frenzy	15:55 Frenzy	15:55 ShizLive
15:55 Craz-e World	17:15 Days Of Our	(Omnibus)	15:30 A Football	16:25 Just For Laughs	16:25 Just For Laughs	16:25 Just For Laughs
Live	Lives	13:30 eShibobo	GGQ	16:50 Judge Judy	16:50 Judge Judy	16:50 Judge Judy
16:25 Just For Laughs	18:00 Snapped	14:00 Infomercial	15:55 Sistahood	17:15 Days For Our	17:15 Days For Our	17:15 Days For Our
16:50 Judge Judy	19:00 Rhythm City	14:10 True Heart	16:25 Just For Laughs	Lives	Lives	Lives
17:15 Days Of Our	19:30 Scandal!	16:05 The Broxtrolls	16:50 Judge Judy	18:00 Fatal	18:00 Fatal	18:00 Snapped
Lives	20:00 e-News	18:00 e-News	17:15 Days Of Our	Attraction	Attraction	Attraction
18:00 Fatal	20:30 MacGuyver	18:05 The Almost	Lives	19:00 Rhythm City	19:00 Rhythm City	19:00 Rhythm City
Attraction	21:30 Imbewu: The	Impossible	18:00 Snapped	19:30 Scandal	19:30 Scandal!	19:30 Scandal!
Rhythm City	Seed	Game Show	19:00 Rhythm City	20:00 e-News	20:00 e-News	20:00 e-News
19:00 Rhythm City	22:00 Terminator 3	USA	19:30 Scandal!	20:30 Chicago PD	20:30 Chicago PD	20:30 The Blacklist
Scandal!	00:15 Broken City	18:30 Lip Sync Battle	20:00 e-News	21:25 Sinawe	21:25 Sinawe	21:30 Imbewu: The
20:00 e-News	02:20 What Would	19:00 e-News	20:30 Saints And	21:30 Imbewu: The	21:30 Imbewu: The	Seed
20:30 Empire	You Do For	19:30 Tooth Fairy	Sinners	Seed	Seed	Seed
21:30 Imbewu: The	Love?	21:35 The Purge	21:30 Imbewu: The	22:00 Checkpoint	22:00 Checkpoint	22:00 How To Get
Seed	03:50 The Soul Man	Anarchy	Seed	22:30 Snapped	22:30 Snapped	Away With
22:00 The Fixer	04:20 Mowsako - A	23:40 Terminator 3	22:00 Queen Sugar	23:00 Sister Blue	23:00 Sister Blue	Murder
23:00 Heart On Fire	Way Of Life	01:45 Perfect	23:00 Slightly Single	00:50 Hearts On Fire	00:50 Hearts On Fire	23:00 Identical
00:50 1000 To 1	e-Insert	Stranger	In LA	02:30 Accidentally	02:30 Accidentally	00:40 In The Cut
02:35 Faster			The Purge	Engaged	Engaged	02:25 Slightly Single
04:45 e-Insert						In LA

Cool Stuff

TAKE a look at our tech picks for the week.

Wi-Bell Smart Video Intercom

The Gadget Shop

THIS advanced video intercom system uses Wi-Fi technology to connect via an app to your smartphone and sends a push notification to your phone, alerting you of someone at the gate or entrance. With amazing real time video connectivity, you can interact with your guests via a video screen and your phone. Switch on the motion detection and your Wi-bell will automatically detect when someone is there - without them ringing the bell.



R2 649

Orbit Keys Gammatek

KEYS and portables will never go missing in action again with the ultimate portable possessions locator. Linked with the downloadable Orbit App, Orbit lets you find your lost keys and is powered by a replaceable battery.



PRICE ON REQUEST

Kindle Touch Leather Black Cover

Circuit City

THIS authentic leather cover is ideal for kids using a Kindle Touch device, and will protect your gadget nicely.



R499

Tech News

Mozilla Launches A New Browser For Virtual Reality

MOZILLA FIREFOX REALITY launched a new browser which can be used for virtual reality headsets. Mozilla is set to release regular updates in upcoming weeks on the new VR browser.



Tech News

Instagram Removes Applewatch App

INSTAGRAM will no longer feature an Apple Watch app. The move comes



off the result of Apple's deciding to not accept updates for apps which are not native to the watchOS 2 SDK or later versions.

App We Love Opera Mini - Fast Web Browser:

Free, Google Play

DO everything you want online without wasting your data plan with this cool app, which is designed to be fast, safe and save you loads of data!



SANDRA'S STALKER *Nightmare*

BY EL BROIDE

HOW an obsessed fan wound up dead after a five-hour standoff with SWAT.

PICS: INPRA



Joshua James Corbett

FAME is a tricky thing. On the one hand it offers you financial security for a lifetime and many opportunities to do incredible things. You are loved by millions across the globe and you can make a difference because of the attention you attract. However, on the other hand, your privacy becomes non-existent and you often need to be protected from obsessed fans who either want to love or hurt you. This is exactly the case for Sandra Bullock, whose stalkers, Joshua James Corbett, was found dead inside his home in La Crescenta, California after a five-hour stand-off with the SWAT team.

Joshua had been a fan of Sandra's for a long time but took things to a disturbing level when he broke into her Hollywood home back in 2014. Sandra was there during the scary incident and had to hide in her closet while guiding police to her house. After his arrest, police found a notebook detailing his plans to sexually assault the star. They also found 24 firearms at his home, including 'machine guns, assault rifles and explosive devices'.

In a shocking handwritten note inside the journal Joshua claimed, "I will forever be thinking of you and Louis, my son, as you are my wife by law, the law of God and you belong to me and me to you." The incident scared Sandra to the point of potentially leaving Los Angeles for good.

In May last year Joshua pleaded no contest to breaking into her home after being charged with felony stalking and burglary; he struck a plea deal which saw him sentenced to five years probation and treatment at a mental health facility. Additionally, Sandra was granted a 10-year protective order against him. Just a month later, he was released from a mental health facility and has remained rather quiet until police went over to his house to serve him with a warrant, which reportedly resulted in his barricading himself inside a building in the back of the property. While it is still unclear what the nature of the warrant, what is certain is that things got ugly. LAPD's Fugitive Warrant Section went to the home at around 07h00, and insiders reveal that SWAT was requested shortly after.

The police say Joshua threatened to kill them and revealed that he did have a weapon. Crisis negotiators were then called onto the scene to try and regain control of the situation and around five hours later, after some silence, the police stormed into the house and found Joshua dead from self-inflicted wounds.

While Sandra has not commented on the situation, it's guaranteed she's breathing a sigh of relief; Joshua was clearly a dangerous man.

PEOPLE EXCLUSIVE PICS!

THE EARLY DAYS *Of A Duchess*

A PEEK into Meghan Markle's youth.



PICS: GREATSTOCK

Michelle Priddy, Ninaki Priddy and Meghan at Buckingham Garden 1996

THIS never-before-seen photograph shows a teenage Meghan Markle at Buckingham Palace from the outside looking in... but not for long!

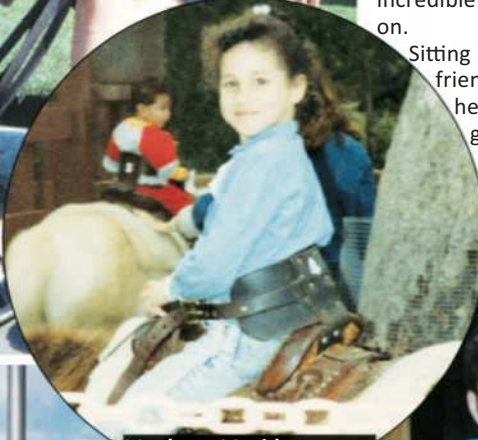
Prince Harry's bride will be an official member of the Royal Family in a matter of days, and these amazing recently unearthed frames show just what an incredible journey she has been on.

Sitting next to close childhood friend Ninaki Priddy and her sister Michelle on the grassy verges in front of the Palace, a teenage Meghan, looks clearly overjoyed. The visit was part of

a European tour with the Priddy family in June of 1996. The photographs from that trip also show her on stage at a cabaret show in Paris, outside the Louvre and playfully posing with their tour guide.

Earlier images show her at various stages of her youth, at talent shows and birthday parties. Later images, including from high school parties and reunions with friends in later years, show Meghan blossoming from a sweet giggly girl into the woman who won the prince's heart.

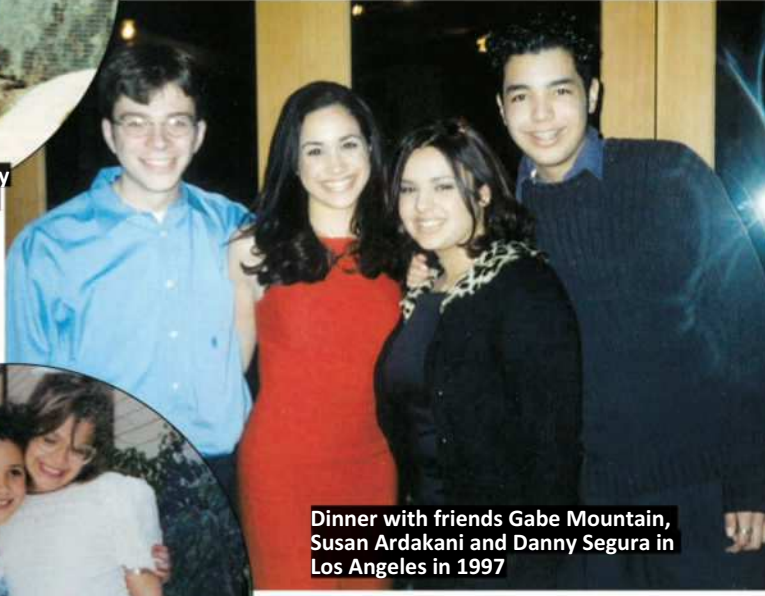
The photographs, taken by Ninaki and her family, also include Meghan and her mom Doria at her university graduation in Chicago in 2003.



Meghan, 11, rides a pony at Knott's Berry Farm, a theme park outside LA



Meghan playfully poses outside the Louvre in the French leg of her European trip with the Priddy family in June of 1996



Dinner with friends Gabe Mountain, Susan Ardakani and Danny Segura in Los Angeles in 1997



Meghan, 12, poses with teachers and school friends for Grade Six graduation at Little Red School House, in Los Angeles



Meghan with friends Mia McSweyn and Ninaki Priddy at a high school house party in 1998



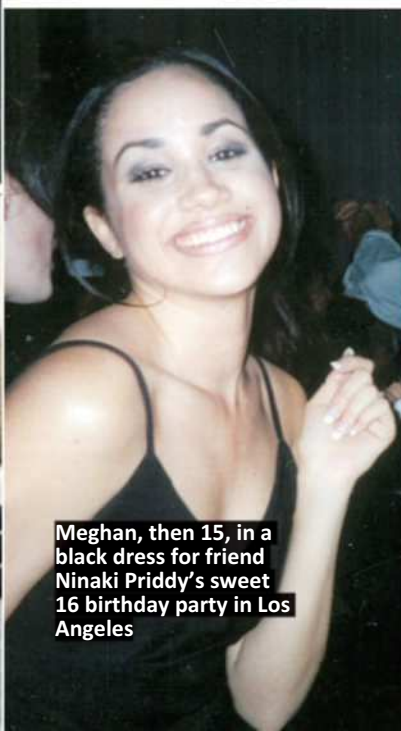
Meghan poses with friend Christina Zanetos by the lockers during their first year at Immaculate Heart high school in LA, 1995

SOHO HOUSE
WEST HOLLYWOOD

Celebrating New Year's Eve 2012 with friend Ninaki Priddy at Soho House in LA



Meghan hugs friends Ninaki and Celine on the grounds of Hollywood Little Red School House on the day of the class talent show in June 1993



Meghan, then 15, in a black dress for friend Ninaki Priddy's sweet 16 birthday party in Los Angeles



With mom Doria at her NWU graduation, Chicago, June 2003

MEGHAN'S WEDDING

Slim-Down

BY EL BROIDE

HOW the new royal got in tip-top shape just in time for her wedding – but is her weight-loss regimen going overboard?

PIC: INPRA

SOME people just have it and Meghan Markle has always looked good. That being said, even she wants to lose a bit of weight to look her best for her big day on May 19, and has reportedly undertaken a new diet and workout routine to ensure just that.

In fact, sources reveal that her slim-down means that her Ralph & Russo wedding dress had to be altered three times, because she keeps getting smaller.

"Like most brides, Meghan has been on a bit of a health kick and has lost a significant amount of weight," a source close to the duchess-to-be says. "Accordingly, she's had at least three fittings at Kensington Palace, with the dress taken in each time."

But perhaps Meghan has taken her wedding slim-down a little *too* seriously, with some saying she lost more weight than she intended. Apparently the former *Suits* actress now weighs in at just 50 kilos!

"She obviously wanted to tone up for the wedding, but even she has to admit that the weight is just dropping off her," one source says. "Most of it must be due to stress. Anyone in her position would be shedding the kilos too."

Naturally, having the entire world focused on every aspect of your wedding is a scary concept and it's been an incredibly stressful time for Meghan.

"Think about it. Billions of people will be watching and everyone will be commenting on her figure, her mannerisms and, of course, what she's wearing," says an insider. "That's got to be turning her into a jittery bundle of nerves!"

But at the rate that she's going it's likely Meghan will lose even more, 'especially if she stays on the strict eating and exercise plan she's been following'.

"Every morning she goes for a run around Kensington Palace and then she'll dive into the pool and do 20 to 25 laps."

The star is also eating clean to complement her exercise regimen.

"I try to eat vegan during the week and then have a bit more flexibility with what I dig into on the weekends," she once said. "I definitely try to eat as clean as possible."

"She's a beautiful girl," the source adds. "But she looked great before the weight loss."

While we understand the pressure Meghan is facing, we hope she doesn't obsess about her weight and wedding too much and that she enjoys the moment and marriage to her husband. One thing is for sure – we're incredibly excited about seeing this fairytale wedding unfold and the next chapter of Harry and Meghan's life begin.



#peoplespotted

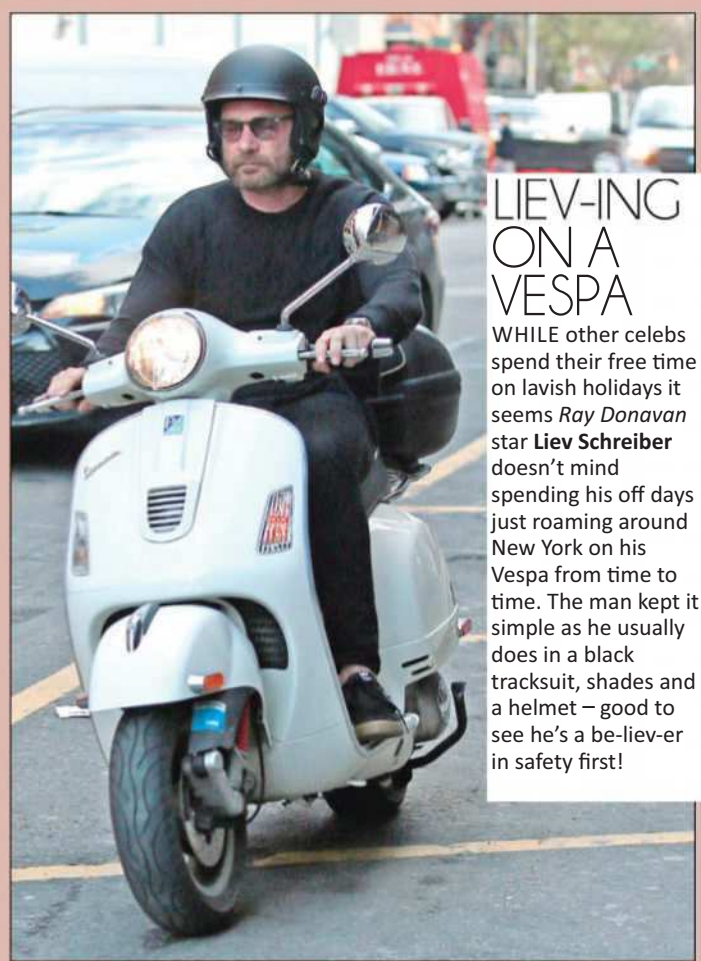
BY MICHAEL SEKHU

WE TOT(E)S LOVE THE BALDWINS

SPOTTED here are actor **Alec Baldwin** and his adorable family, including his pregnant wife **Hilaria** and their cutie-pie tots. They spent some quality time together in the city of New York accompanied by a friend, getting some ice cream and just being, like, you know, *normal* people. Bizarre.



PEOPLE EXCLUSIVE PICS!



LIEV-ING ON A VESPA

WHILE other celebs spend their free time on lavish holidays it seems **Ray Donovan** star **Liev Schreiber** doesn't mind spending his off days just roaming around New York on his Vespa from time to time. The man kept it simple as he usually does in a black tracksuit, shades and a helmet – good to see he's a be-liever in safety first!

PICTURES BY ORION

IN CASE YOU *Missed It...*

BY ROBERT CLUNIE

IT'S hard to keep up with Hollywood's shenanigans. But that's why we are here, so get your dose of some of the biggest headlines of the week.

20 Out Of 10!

THE gloves, and other items of clothing, have well and truly come off and we like it! **Jennifer Lopez** and **Ashley Graham** will have thousands drooling from both sides of the mouth, no doubt. What we have here is a set of images that will shamelessly be archived deep within the brain's limbic system for quite some time to come. Their beauty is indisputable and for it **J.Lo** became Guess' most seasoned campaigner at 48. Paul Marciano, the brand's 66-year-old co-founder, personally asked her to appear in an advertisement. In it a multi-million rand McLaren P1 clearly takes a backseat in its own non-existing rear compartment. A scantily clad **Lopez** in a white tank top and the tightest of red PVC hot pants unashamedly whirled every part of her curvaceous figure on the supercar in the name of good branding. **Ashley Graham**, in the meantime, also lent her figure to the promotion of a clothing brand, this one Swimsuits For All, and stressed the importance of self-love and body positivity, tweeting, "I hope these images instil a fearless belief in everyone to be happy in their own skin and enjoy living in the moment, no matter who is watching." Say what you will about a fuller figure, there is no doubt that the plus-size model should remain as such. It will be a mighty shame if she transforms into an archetypal skinny Jezebel.



THERE'S no need
to feel left out!

PICS: ORION / GREATSTOCK / RTI / SOCIAL MEDIA



FAMILY MATTERS



AVRIL LAVIGNE is a little chunkier than she was in years gone by, but she is still a looker undoubtedly. Gone are ripped jeans, punk rock, spades of eyeliner and Saturday afternoons at the local skate park; now a Lyme disease-free **Avril** has a piano-driven upcoming album, a first in five years. She has a new man to boot in Phillip Sarofim, an heir to a wealthy Texan billionaire. Thankfully the money has not driven her from the music, but one has to ask why such a wealthy couple would frequent a place as pedestrian as a fruit market.



IT was inevitable, but the incredulous has happened. **Caitlyn Jenner** will be a bride for a change. The 68-year-old **Jenner** now plans to marry her (at times uncertain) girlfriend, 47-years-her-junior **Sophia Hutchins** – a transgender woman herself. They were rumoured to be friends only for a long time, but now it seems they are living together. No dates have been confirmed but it seems the two are set to tie the knot during a small ceremony in Malibu later this year.

A **FREAKY Wednesday** it was, rather, given the turbulent history within the **Lohan** family. A very public and messy divorce between her parents in 2007 effectively turned her into a second parent to her younger siblings and her life as a consequence spiralled. Matters now, however, seem to be on the mend. Not only has she recently re-established a relationship with her father, **Michael**, but **Lindsay** and her mother, **Dina**, recently celebrated his birthday on April 25, smile 'n all.

SIGHS OF RELIEF

THE sporting world recently was elated when tennis superstar **Serena Williams** gave birth to daughter **Alexis Olympia Ohanian**. News, however, broke that both **Serena** and her baby nearly suffered an unthinkable fate during the childbirth. The then-unborn baby's heart rate dropped with every contraction and a point came when doctors had to perform an emergency C-section. The baby was delivered safely, but soon after **Williams** developed blood clots close to her lungs. She'd suffered from this before so luckily the signs and symptoms could be identified rather quickly.



THERE is, after all, some luck in **Shannen Doherty's** life. She's one to go about her own business and not one to bother others. Nothing sensationalist emanates from her camp, as apposed to the case of many other celebrities. But for all her subtlety, the former **Charmed** actress has been plagued by illness for many years. She was first diagnosed with **Crohn's disease** in 1999 before a shocking breast cancer diagnosis in March of 2015. She has caught a break recently, though, and can now finally undergo surgery to remove a tumour since she entered remission last year. She did, however, have to bank blood for her operation, but this proved a little a headache as strangers willingly donated their own, effectively granting her a second chance at life.



FOREVER **Troy Barnes** from the show **Community**; remembered always as his musical moniker, **Childish Gambino** – **Donald Glover** is cool. Heck, we don't even care that his son is named **Legend**. Very little is known about his personal life, though, but here we got a rare glimpse of him spending time with his children and his partner, **Michelle**.

ON THE LOCAL FRONT:

BY MICHAEL SEKHU

AVENGERS: INFINITY WAR SCORES BIGGEST BOX OFFICE OPENING IN SA!

MARVEL STUDIOS has been doing the most in recent times, and their latest release, *Avengers Infinity War*, shattered local box office records by becoming the biggest ever opening in SA film history. On the day of its opening, April 27 it made over R8.4-million, and R24.6 million throughout that weekend, with 287 000 attendances, including Thursday night previews! The company is planning on releasing a few more films this year including *Deadpool 2* and *Ant-Man And The Wasp*.



RIKY RICK TAKING A BREAK FROM MUSIC

RIKY RICK has decided that he needs a break from music to spend time with his family. A noble move from the rapper, though we're not sure we could wake one day and decide we're taking a break from making money. After all, we got bill to pay! Or maybe we just took wrong career choice... In any case, the man known as the King of Cotton made this unpredicted announcement through social media, also revealing that he's going to do some soul searching and isn't sure whether he'll return to music or not.



BLAKE CONVERTS AND CONFESSES

AS easy as that! **Blake Shelton's** conversion to Catholicism may seem like a simple formality so that he can marry **Gwen Stefani**; one might suppose he merely sampled some crackers and wine before his intentions were acknowledged. Nevertheless, **Shelton** has always been a man of faith, and committed to this conversion as a sign of dedication to **Stefani's** very Catholic family. She is a very religious woman and wants her children to be raised as such.



BONANG TO HOST THE MISS SA 2018!

BONANG MATHEBA is continuing the great run she started in 2017. Following the new season of her reality show *Being Bonang*, it was announced that the personality will host this year's Miss SA pageant, marking the 60th Anniversary of the Diamond Jubilee Spectacular. The pageant is set to take place on May 27, at Time Square Sun Arena in Pretoria.



KARABO MOKOENA'S MURDERER SENTENCED TO 32 YEARS IN PRISON

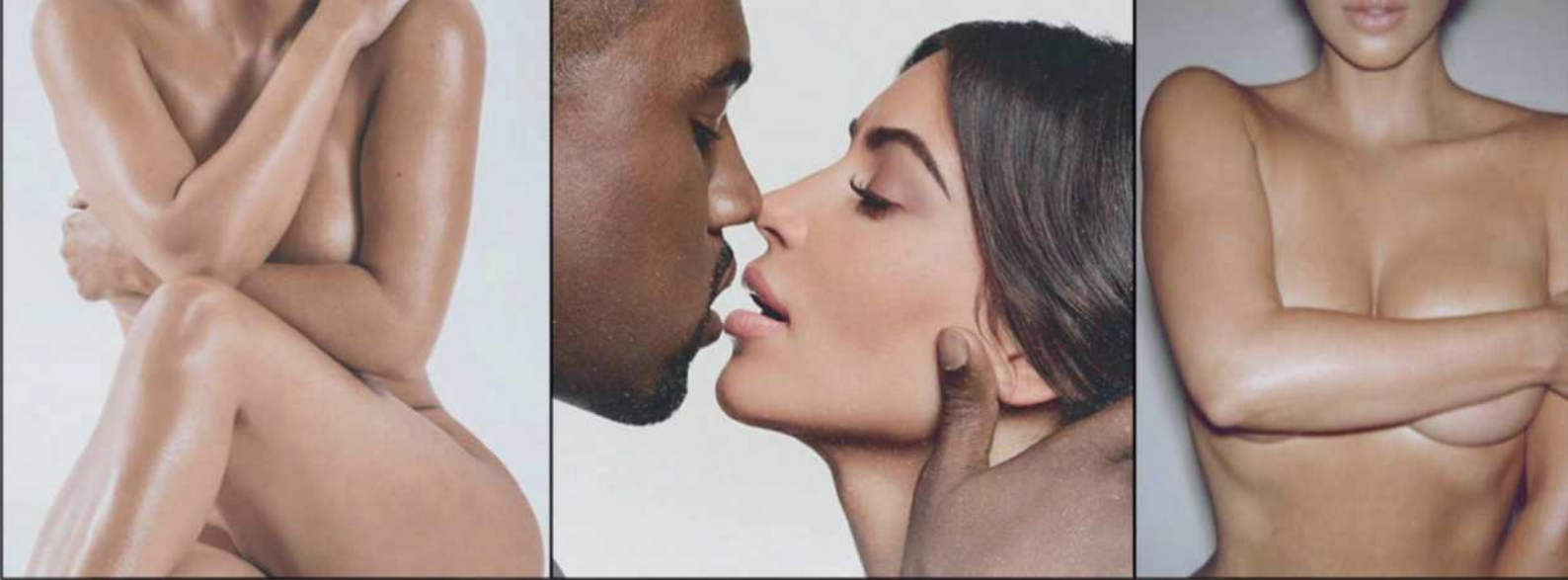
SANDILE MANTSOE, murderer of **Karabo Mokoena**, was sentenced to a cumulative 32 years behind bars after he was found guilty of murdering his girlfriend. Mantsoe was given 30 years for murder, five years for assault and four for attempting to defeat the course of justice. Part of the assault and attempt to defeat the course of justice sentences will run concurrently with the murder sentence, however. This will not bring back the life of **Karabo** but will at least bringing some closure to her family and the rest of the country.



AT HOME WITH THE SULTANS

LOVE is about reciprocity in many cases and reciprocity from **Rihanna's** side is forthcoming. She began dating Saudi billionaire and businessman **Hassan Jameel** last year during which time he showed great interest in her life. Now she met the man's family in his home country during a tactical business trip. She used the launch of her Fenty Beauty line in Saudi Arabia as an opportunity to meet **Jameel's** folks. The relationship thus far looks to be quite serious and **Rihanna** herself has referred to it as 'unlike anything she's been involved in'.

HEAD TO OUR WEBSITE FOR 24/7 CELEB NEWS!



Threats, Controversy & *Nude Selfies*

BY ANGELA BEKIARIS

KEEPING up with Kanye and Kim has become harder than ever with their latest X-rated gifts and violent gang threats.

BETWEEN Kanye West going on a rant over Donald Trump and slavery, receiving violent threats allegedly relating to the Los Angeles-based gang The Crips, and wife Kim Kardashian planning her raunchy anniversary gift for her man, it's hard to imagine who's keeping an eye on the kids!

Out of nowhere the rapper went on a huge Twitter rant about his love for Donald Trump, and went crazy on TMZ live, making some terrible statements about slaves having a choice! He also spoke out about his addiction to pain killers after having liposuction, which he blamed on the media's constantly watching his every move. But while Kris Jenner told Ellen DeGeneres that Kanye 'will explain himself in his own way', it was the violent threats, however, that have the whole family concerned.

Daz Dillinger, a former member of Snoop Dogg's Tha Dog Pound duo – and a member of the notorious LA gang the

Crips – responded to Kanye's claims by urging his fellow gang members – in a since-deleted video – to 'f*** Kanye up' if he stepped foot in California.

Because of all of this, mother-in-law dearest has had to heighten security measures as daughter Kim is totally freaking out.

"Kanye may have put himself and his family's life in danger and now Kris feels the need to get extra security to make sure they are safe," reports a source, adding "These gang members do not mess around."

However, while Kim is reportedly 'freaking out' over everything going on, it hasn't stopped her from planning his anniversary gift – and it's a hot one.

While we expected her to go all-out with a new car or secret vacation, she has chosen to give him the one thing she loves most: Herself! The reality star is planning an X-rated gift consisting of naughty nudes and sexy selfies. Insiders say the pair likes to keep their marriage spicy with a big book of naked photos.

"Kim has decided she wants to spice up their sex life. It'll be totally classy and in the style of her selfies book."

reveals a source, adding, "After everything Khloé is going through with boyfriend Tristan straying, Kim's decided to take pre-emptive action. She's going to get a selection of her nudes turned into a book for him, which is so Kim."

In light of this, naturally, she's also motivated to get into even better shape. But she could be in danger, with health officials fearing her obsession will go too far as she starts a dangerous and controversial liquid diet to lose weight fast.

Experts have spoken out about her eating (or should that be drinking?) plan, saying that, while Kim *will* lose weight fast, she'll also, in all likelihood, gain it back fast.

"Kim is in great shape, but if she wanted to lose weight the best thing would have been to start her diet a little earlier," reveals an expert. "A safe 12-week plan of healthy eating with a mix of cardio and strength training would have seen her lose the excess pounds."



Daz Dillinger, rapper and member of LA gang the Crips

PICS: ORION / SOCIAL MEDIA



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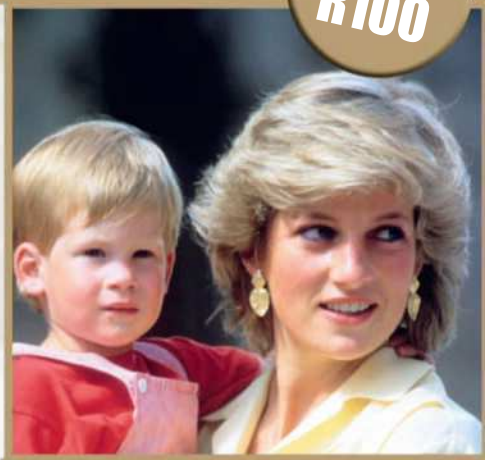
THE ROYAL

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The Biggest
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*Harry
&
Meghan*

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