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JULY - DECEMBER 2018

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Take Note!

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ED'S LETTER




Hello!

**A** ROYAL fairy tale took place on May 19 – Meghan and Harry tied the knot! And what a day it was! The church was filled with royalty and A-list celebs, with stars like George Clooney, Oprah Winfrey and the always happy-looking Victoria Beckham and her gorgeous husband David helping to make it the event of the year. But really, no moment was brighter than when Meghan emerged from

the car and walked down the aisle. She looked breathtaking! Didn't crack a nod to the do? Me neither... \*sigh\*. Not to worry, there're always the pictures, and this week we've done a Royal Wedding four-page special, from pages 4 to 7, in your weekly fix; PLUS there's the wedding bookazine that's on sale now, which is truly stunning and makes for a beautiful coffee table book. So while you might not have been there to hear them say 'I do', we've got the next best thing for you.

Until next week!

Have something on your mind?  
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 – DONE!



*Andrea*  
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MEGHAN & HARRY

THE ROYAL WEDDING

SATURDAY 19TH MAY 2018



*A Fairy Tale for Modern Times*  
 A COLLECTOR'S SOUVENIR

people magazine

HAIR: MARVIN LOPES FROM JEAUVAL, NICOL WAY (011) 706-9151



BY ROBERT CLUNIE

### Blacker Than The Blackest Black

LIFE can get a little boring; for some, the macabre is a way to remedy this earthly affliction. For 27 years now the city of Leipzig in Germany has hosted the annual Wave-Gotik-Treffen (or 'Wave-Gothic Meeting' should your German be left wanting). Each year 20 000 people the world over descend on the town where ghastly gear and dark music is encouraged – genres of an inconceivable nature like Neofolk, symphonic metal and EBM are best enjoyed during the popular Victorian picnic.



SOME of the more spectacular events of the week.



### Lungs Of Steel

MOUNT EVEREST is undoubtedly and quite literally the pinnacle of every serious mountaineer's career. It tests man's physiology, mental fortitude and spirit in quite a number of ways and for this reason the mountain has claimed many lives. Kami Rita Sherpa, 48, however, is a one-of-a-kind climber who simply can't be defeated by the Himalayan massif. In late May he became the outright record holder for the most summits – a staggering 22 climbs to the top.

### A Date With Dusk

THE holy month of Ramadan is well underway. Its canons are being followed to a tee, but while most know that Muslims abstain from eating, drinking and sexual acts from daybreak to nightfall, few know what snacks are popular as soon as the sun sinks below the horizon. Date palms in Pakistan are quite the popular tucker to break the long fast before a big meal is eaten.



### Be Gone, Snake Oil Salesman

WILDLIFE in Taiwan scored a small victory in late May when the last of Huaxi Street Night Market's snake vendors closed up shop. The Asia Snake Restaurant apparently shut its doors due to a

short supply of the slithering reptiles – the protected species' population has been dwindling fast since the 1980s because of a demand for snake wine, blood, testicles and soups. Males more often frequented these establishments as they believed the by-products would do wonders for their virility.



PICS: EPA



### The Wedding's Crasher

THE biggest event of 2018 was likely responsible for some of the biggest hangovers of 2018, too. Prince Harry and Meghan Markle tied knot in a rather spectacular affair (see pages 4-7), but some of Britain's proletarian masses had a little more fun. Reports first suggested that this woman had herself a simple rest following the wedding, but the tell-tale signs of indulgence are there: a shoeless, non-vigilant woman taking a nap in the baking sun? Nobody's fooled.



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





# A Royal Fairy Tale

BY ANGELA BEKIARIS

A COUPLE suited and adored.

“YOU look amazing!” were the first three words that came out of Harry’s mouth when he laid eyes on his bride at St George’s Chapel in Windsor, accompanied by the biggest smile. And she did. Dressed in a pure white silk Givency gown, the American former actress wowed the world as she walked down the aisle and prepared to marry her Prince Charming, who looked dashing in his official British Army Blue and Royals frock coat uniform – to honour the 10 years he served. Harry might have joked about his pants being too tight (according to lip readers), David Beckham might have almost stolen the limelight looking oh-so-hot (which should seriously be a crime!), and Oprah Winfrey might have forgotten to take her sunglasses off when she walked into the chapel, but none of that mattered once Meghan Markle got out of the queen’s Rolls Royce. In a fairy tale wedding like no other, the world teared up while watching Prince Henry of Wales marry his beautiful bride. It was love at first sight – not just for the couple, who clicked immediately on a blind date, but for the whole world, who fell in love with the beautiful pair the minute it saw them together. The chemistry was visible from day one, the love between them is crystal clear, and their big day couldn’t have been more perfect. It really was a fairy tale come true for the girl who spent her childhood playing princess dress-up. As Meghan walked down the aisle, we all got a bit choked up – and watching her mom Doria Ragland, the only family member from Meghan’s side to attend, proudly watching her daughter marry the love of her life didn’t make things easier! It was formal, it was royal, but most of all it was spectacular. From the weather, to the dress, the tributes, and of course the A-list guest list, Harry and Meghan made history on May 19, 2018. And we are lucky enough to be able to tell the story.



MEGHAN & HARRY

THE ROYAL WEDDING

SATURDAY 19TH MAY 2018



A Fairy Tale for Modern Times  
A COLLECTOR'S SOUVENIR

Royal Wedding  
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# When Harry Met Meghan

THEY were set up on a blind date by a mutual friend in July 2016. After just two more dates, and a trip to Botswana together, things took off and were clearly headed in the right direction. By October that year their secret romance started making headlines and by November Harry confirmed in a statement he was dating

the *Suits* actress, fearing her safety with all the press coverage. In September 2017 the pair were photographed for the first time together holding hands during a wheelchair tennis competition at the Invictus Games in Toronto. Their engagement was announced in November that year, when the couple appeared for photographers on the grounds of Kensington Palace. This was followed by **Meghan** saying her farewells to her acting career and Hollywood, and moving to England to be with her man.







## Here Come The Celebs

WE expected celebrities, of course, but weren't sure who made the cut — and who knew they could carry off the 'royal look' so well for the biggest wedding of the year? **Amal and George Clooney** stole guest entrances, with **Amal** in a marigold dress by Stella McCartney and **George** looking as handsome as ever. **Oprah Winfrey** made an entrance in her sunglasses, dressed in a pastel pink Stella McCartney gown; **Meghan's Suits** co-star **Gina Torres** looked elegant in a floral tea dress by Costarellos; and **Victoria Beckham** got heads turning as usual (although, this time everyone wondered why the fashion icon was seemed dressed for a funeral!). **Meghan's other Suits** co-stars **Abigail Spencer, Rick Hoffman, Sarah Rafferty, Patrick Adams** and **Gabriel Macht** were of course amongst the crowd, too, as well as big names like **Tom Hardy, Sir Elton John, James Blunt, Idris Elba, Serena Williams, James Corden,** and **Meghan's good friend and actress Priyanka Chopra,** to name just a few.





## Meghan's Entrance

CHAUFFEURED in a 1950 Phantom IV – the same car that was made for **Queen Elizabeth II** when she was still a princess – **Meghan** was watched eagerly as she made her way to the

chapel where her groom and the world were dying to see her appear! We got a sneak peek of the tiara as she passed the crowd, and her eventual entrance was exciting, nerve-wracking and historic. She was glamorous, elegant and everything the world expected her to be.



## The Dress

UNDERSTATED but elegant, **Meghan's** (reportedly R5.7-million) Givenchy gown, which had a 15m veil embroidered with 53 Commonwealth flowers, left the crowd completely speechless. It was designed by Birmingham-born Clair Weight Keller, the first female artistic director at Givenchy, who is said to have worked closely with **Meghan** on the design, with Keller carrying out extensive research at fabric mills throughout Europe to develop an exclusive double bonded silk cady especially for the bride.

PICS: MAGAZINE FEATURES / GREATSTOCK / AAI



## The Empty Seat

MANY believed the empty seat next to **Prince William** was a tribute to their mom, the late **Princess Diana**. But insiders reveal the chair in front of the queen is always left open so that she can have a clear view of the proceedings.



## Party Time!

MOST people have one wedding reception, but the Duke and Duchess of Sussex divided their celebrations into two. They first was enjoyed at St George's Hall, where the 600 guests from the chapel attended. This was followed by the after-party, an intimate dinner with just 200 guests at Frogmore House in Windsor Great Park, consisting of humorous speeches, even by **Prince Charles**, a mini concert by **Sir Elton John** – a medley of four hits: *Your Song*, *Tiny Dancer*, *Circle Of Life* and *I'm Still Standing* – gourmet food, and some naughty speeches from **Prince William** and some of **Harry's** friends. The pair made their way to the party in true **Harry** style: a silver-blue E-Type Jaguar, which even had a personalised number plate detailing the date of their wedding. As for the gorgeous bride, she partied the night away in something sexier, a dazzling gown (by Stella McCartney) that showed more skin than the first.





# #WHAT'S Trending

OUR weekly roundup of what set the

BY MARK WASSERMAN

## Web alight!

### 1 The Show Must Go On!

FORMER Black Eyed Peas singer **Fergie** pretty much flew the opposite of first class when she rode the New York City subway on Tuesday night. For most people, a subway commute is spent mindlessly staring at a phone. But for **Fergie**, it was an Instagram-worthy adventure. She hilariously documented her descent surrounded by a team of bodyguards – the subway can be a dangerous place after all! – as she made her way to the Paley Honors gala where she was set to present an award. Of course, it's not usual for **Fergs** to take public transport, only this time she had to on account of an Armageddon-esque storm hitting the Big Apple. New Yorkers were forced underground to escape the nasty weather and the horror traffic up on the surface. "So we're taking the subway because a tropical storm hit New York," she explained on social media. "And then we had to get from Columbus Circle to Cipriani Wall Street in a full white suit, check it out, August Getty. And uh, yeah, through the rain! And we're gonna go to the Paley Honors, and I'm the first presenter, so here we go!" Commuters slowly began to catch on that The Dutchess herself was riding along with them, prompting one to play her song *Glamorous* on a phone. **Fergie**, predictably, started singing along.



#JustOneOfThePeople

### 3 'Please Rise For President Jen & The First Lady'

**JENNIFER ANISTON** will be taking on the role of president of the United States for an upcoming Netflix movie, the streaming platform announced recently.

**Aniston**, 49, will star opposite comedienne **Tig Notaro**, 47, as Beverly and Kasey Nicholson, with **Aniston** playing America's first female and lesbian president. The movie, titled *First Ladies*, is co-written by **Notaro** and her wife **Stephanie Allynne** and produced by the two along with **Will Ferrell** and **Adam McKay**, among others. Given that the current occupant of the White House managed to land the gig as leader of the free world, we reckon seeing **Jen An** and her on-screen wife moving into the oval office will be more than a return to normalcy and the kind of politics we're used to seeing! BRING IT ON!



Stephanie Allynne



Tig Notaro

PICS: ORION / SOCIAL MEDIA



### Reboot(y) Abound!

OMG! Can we wait? No we can't. Why? Because recently the trailers for both the return of *Murphy Brown* and the new *Magnum P.I.* dropped online, and this is nostalgia at its best! While the trailers confirm that **Candice Bergen** and **Faith Ford** and more are back reprising their roles in *Murphy*, **Tom Selleck** is NOWHERE to be found in the *Magnum* reboot. WHAAAAAT! What's *Magnum* without facial hair? But wait – in place of 'taches we are being offered major ab shots, which could make the whole affair super-duper special in its own way, right? We're gonna give it a shot.



#Memories



#GirlPower



BY CARLI PRINSLOO

# KATY'S Palace

WHEN it comes to home décor this California Gurl has impeccable taste.

THE pop star's spread is definitely a hit. Katy Perry's four-bedroom, six-bathroom Mediterranean-style home, built in 1954, is both luxurious and welcoming – with Katy's personal quirky touches added as a bonus. Not surprisingly, when the 13-time Grammy nominated *Swish Swish* singer has \$10-million (about R120 000 000) to fork out for an amazing pad in LA. But if this is sadly not in this year's budget, why not take some elements from her interior design for your own home? Forget waking up in Vegas; we want to wake up in Katy Perry's Hollywood Hills home.



FACT  
KATY'S neighbours include Jennifer Lawrence and Adele.

## Sunlit & Striking



Cream Farmstyle Pendant: R1 009, Illumina

OVERSIZED windows and French doors allow light to filter in and bathe the entire ground floor in a natural glow. Opting away from traditional dining set-up, a lengthy table features two high-backed, ornately carved chairs at both heads of the table while the rest of the seating comprises two long benches.



Grande Mirror: R14 999, Velvet Home + Living

Stacked Elephant Statue: R399.99, Mr Price Home



Pamela Dining Chair: R2 995, Loft Living



Cream Orchid: R399.95, Boardmans



Eaton Upholstered Bench: R11 999, La Grange Interiors

Continues on page 10-11



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PICS: ORION/RTI



## Double Duty Design

AN air of comfortable luxury pervades the living space. You can probably see yourself relaxing on the velvet deep-set mint sofas one minute and having the royal family over for tea the next. Nothing short of the very best for this courteside killer queen!



**Goma Delft Scatter: R575, Vintage Vista**



**Raas Ottoman: R2 750, SHF**



**Turquoise And Gold Vase: R485, Gift Tree**



**Mercuriose Glass Decorative Jar: R599, Zara Home**



**Navy And White Geometric Lamp: R2 600, Jenny Robert Exclusive Décor**

THE dining area kind of reminds us of a **Katy Perry** fairytale-inspired music video. The dining room table is made from a spherical burlwood tree stump base topped with a slim white marble top on a fluffy green mat, which affords an outside-in feel. A whimsical trio of red and white stuffed mushroom decoration sits on top.

## Playful Dining



**Lanka Oblong Platter: R479, Maxwell And Williams**



**Mushroom Kitchen Timer: R120, Big Blue**



**Tala Red Squirrel Nutcracker: R303, Fine And Fabulous**



**Rootstock Round Table: R14 995, Loft Living**

**Folklore Enamel Coffee Pot: R399, By Wild And Wolf, Fine And Fabulous**



**Milk Carton Sugar & Milk Set: R299, By Humble And Mash, Gift Tree**





# A Taste Of The Exotic



THE sprawling master suite takes up the entire second floor (!!!) and includes a sitting room dominated by a massive carved stone fireplace, so it's obviously our fave of the house's four bedrooms. The interior reveals Ms Perry's Moroccan and Indian design inspiration, with things like geometric prints, carved furniture and multicoloured textiles.



**Velvet Embroidery Scatter Cushion:** R499, Woolworths



**Deca Pouf:** R1 495, Loft Living



**Olivia Tea Table:** R 4 895, Loft Living



**Fauna And Flora Rug:** R3 500, Knus



**Black Peacock Scroll Mirror:** R3 250, Vintage Vista



**Picasso Four Panel Screen:** R2 795, Coricraft

ADJACENT to Katy's main bedroom is this colourful corner. For those rare moments of peace and quiet, a home library or even a reading nook can offer an escape from daily life. Every object placed in your reading nook should create a relaxing environment. From the paint colours to the chairs, an at-home library should be a comforting space. Don't forget a cosy blanket and a pillow or two!

## Reading Room



**ECS Breakfront Bookcase:** R23 995, Loft Living



**Soft Fabric Pot:** R145, Esque



**Geo Woven Throw:** R505, Woolworths



**Embossed Leather Notebook:** R220, Poetry



**Fine Carved Wooden Box:** R220, Poetry



**Calita Occasional Chair:** R4 995, Block And Chisel

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# HOT TRE

# Wint

**W**INTER ain't coming – it's here! So we're all about showing you what's hot when it's too cool. The great thing is, some of these aren't only for winter; they're spring-friendly too. Sure, we may sound like we're getting ahead of ourselves, but it is already mid-2018, people – time is flying by! Helping us this week were fashion and lifestyle blogger Sarah Langa Mackay and singer Kayla. It was such a pleasure to have these two ladies with us. They were the perfect muses, and we had a little heart-to-heart with them to get to know them a little bit better.



## SARAH LANGA

Earrings: R2 140, CiCi Collection  
Top: R249.99, The Fix  
Skirt: R699, Forever New  
Boots: R1 999, Castelo

## KAYLA

Earrings: R1 990, CiCi Collection  
Necklace: R1 390, CiCi Collection  
Dress: R1 799, Sissy Boy  
Boots: R1 999, Castelo



# NDS FOR

# nter

**TIP**  
 EVERYONE needs a bold coat in their wardrobe for winter: perfect throw-on to uplift an outfit!



## KAYLA

Earrings: Price On Request, Tessa Designs  
 Jacket: R1 499.99, Lady & Lord  
 Skirt: R600, Lady & Lord  
 Boots: R359.99, The Fix

## SARAH LANGA

Earrings: Price On Request, Tessa Design  
 Coat: R2 499, Guess  
 Playsuit: R1 499.99, Lady & Lord  
 Boots: R359.99, The Fix







# GETTING TO KNOW KAYLA

## Tell us a bit about yourself.

I was born in the South of Johannesburg, the eldest of two daughters. Our home was always filled with family; we had a big, loving home, especially while my grandmother was still alive. She knew how to hold us all together through anything.

We spent most of our holidays in Rorkes Drift, KZN because that's where my grandfather was from. Our family was quite musical, everything needed a song – my parents still fight amongst each other about who I got my voice from (I say neither, LOL!).

Growing up I always wanted to sing, and made it a point to partake in every competition, choir, etc. and that's how my love of the stage grew.

## Tell us a bit more about what you do?

I am involved in many aspects of the entertainment industry – modelling, acting, presenting – but firstly I am a musician (singer/songwriter).

## So what inspires you everyday with what you do?

Acknowledging and respecting how blessed I am to have the opportunities that I have, and that not like many out there, I get to follow the career I've always dreamt of.

## What life lessons have you learnt so far?

I think the biggest of them all is that time is of the essence, in everything. I'm also still learning that no one is in charge of your happiness or the direction of your life and even though they are influencers of either factor, only you hold the power within yourself, and when you learn how to manage that you will learn how to cope and take better care of yourself and others around you.

## Which challenges have you overcome?

It's very tricky to say as I still have so many yet to overcome, but I think the biggest challenge thus far was the confidence within myself; it's surely grown as I have and I hope to one day break new ground.

## What are the next steps for you job-wise?

Besides my music, I am definitely working on some new TV gigs, and campaigns with some great brands.

## How many years have you been doing what you do?

Eight years this year!

## How do you balance work and your private life?

I actually haven't mastered the art of that, and in this industry it's incredibly difficult to balance between the two because work is constantly happening, so you just have to prioritise the things in your personal life and make time for it in between, and make some time to re-energise and get back to the grindstone.

## KAYLA

- Hat: R179, Cotton On
- Earrings: R1 960, CiCi Collection
- Necklace: R199, Accessorize
- Top: R249.99, The Fix
- Dress: R349, Forever 21
- Boots: R2 890, Castelo

## SARAH LANGA

- Earrings: R2 140, CiCi Collection
- Choker: R149, Accessorize
- Top: R799, Forever New
- Bracelets: Model's Own
- Jumpsuit: R1 199, Sissy Boy
- Ring: Model's Own
- Courts: R249.99, The Fix



## SARAH LANGA

Earrings: R199, Tessa Design

Necklace: R399, Aldo Accessories

Top: R479, Topshop

Pants: R889, Topshop

Heels: R699, Call It Spring



### TIP

NOW, we've said before that one of the trends for winter is colour, but how would you wear a bold colour from head to toe? Easy: throw a heavyweight blazer or coat and there you have it.

## KAYLA

Earrings: R199, Tessa Design

Top: 399, Cotton On

Jacket: R500, Forever 21

Skirt: R499, Forever 21

Boots: R399.99, The Fix

## GETTING TO KNOW SARAH LANGA

### What are your plans for the rest of 2018?

SO, 2018 is the year I have dedicated to focusing on my studies, it being my last year studying my degree. I also plan on focusing on my new online store LUVANT ([www.luvant.co.za](http://www.luvant.co.za)). I need to make sure that this year is the year I put my store out there in terms of PR and marketing, having an official launch and social media campaign driving people to the store so that they can experience the service we offer.

### What are your favourite quotes to live by?

"I woke up this morning to succeed what I had failed to achieve yesterday" – this was a quote I lived by when I was still just in high school; I was always driven to be the best version of myself and work hard to be the best at everything I put my mind to.

### What's your goal for your career?

My ultimate goal is to be able to build an online platform where up-and-coming influencers can seek mentorship from experts in the industry and gain knowledge and guidance as to how one can commercialise a service. Essentially my ultimate goal is to be able to assist people coming into the influencing platform, and do well at it. I would love to be the an expert at what I do.

### What brings you the greatest satisfaction?

Well... lots of chocolate, for starters! That is not a joke – I am obsessed with chocolate. But really, I would say this definitely brings me the greatest satisfaction: coming home after a long day to take off my make-up and put on my onesie and watch Netflix.

### Who's your style icon?

I have quite a few such as Aimee Song (@songofstyle), Camila Coelho, Yasmin Furmie, Lulama Wolf – mostly local and international fashion bloggers and influencers I find to be iconic when it comes to style. I always reference their social media pages when looking for fashion inspiration

### Do you have any fashion tips for women out there?

Let the way you dress be an expression of who you are; find freedom through clothing and fashion. Everything that you are not able to say in words, say in clothes! This is what I do everyday and not only does it help attract people that are like-minded but it can also keep people away from your space when you're having a bad day. LOL! Fashion is a gesture and an extension of our body language.



# TIP

COLOUR for winter helps a lot, especially if you want to add a pop to your look. Like bold coloured boots, for example. But remember to pair them with neutral or simple prints.

## SARAH LANGA

Necklace: R499, Aldo

Accessories

Dress: R1 499.99, Pink & Lord

Platforms: R1 499, Steve Madden

## KAYLA

Hoops: Price On Request,

Tessa Design

Necklace: R4 520, CiCi Collection

Top: R219.99, The Fix

Coat: R1 699, Forever New

Skirt: R549, Sissy Boy

Boots: R1 999, Castelo

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# WINTER *Wrap Up*

Get The Look



BY SUZY MUKENDI

**THE winter 2018 trends to follow now.**



## CHECK PRINTS

EVER since '90s-style made a comeback people have been going retro-crazy! Everywhere you turn you will see '90s-inspired outfits. What we're loving (and have always loved) is checked flannel, either worn open or layered over a knit top or as a top by itself.

**Embroidered Top: R599, Sissy Boy**

**Bell Bottom Pants: R334, Bay One**

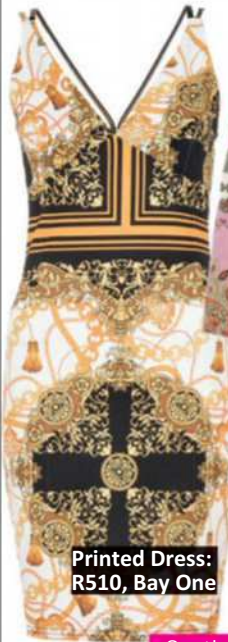
**Check Skirt With Buttons: Price On Request, Topshop**

**Check Jumpsuit With Belt: R648, Bay One**

STOCKISTS: FOREVER NEW: (011) 883-4585 / ZANDU: 0861 192 636 / LEGIT: 0800 203 925 / BAY ONE: WWW.BAY.ONE / TOPSHOP: (011) 685-7070 / WOOLWORTHS: (011) 290-1011 / SISSY BOY: (011) 883-0322

## SCARF PRINTS

A BLEND of Bohemian and baroque, scarf prints aren't seen in scarves only now but on clothing too.



**Printed Dress: R510, Bay One**



**Off-Shoulder Printed Dress: R601, Bay One**



**Asymmetrical Dress: R601, Bay One**

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## DOUBLE DENIM

DENIM will always be a staple trend in everyone's wardrobe; denim on denim is just the next logical step, exuding an everyday-luxury and elegance.

Denim Skirt: R503.37, Woolworths

Pink Denim Skirt: Price On Request, Topshop

Denim Bralette: Price On Request, Topshop

Pink Denim Jacket: Price On Request, Topshop

## STERLING SILVER

YOU may think wearing silver screams 'spaceman vibes' – you're wrong. Okay, maybe it did before, but thanks to us designers and trendsetters, there are less sci-fi ways of wearing the trend, ones that amp up the simplest outfit. Invest in silver pieces for your everyday wardrobe.

Metallic Pleated Skirt: R179, LeGit

Metallic Brogues: R669, By Dolcos, Zando

Sequin Dress: R2 299, Forever New





# Base With Bang

TAKE skincare to the next level with your choice of foundation.

**F**RAGRANCES, allergens, preservatives and oils in make-up can cause blotchiness or acne. You might have heard of the benefits of letting skin 'breathe' and there are definite pros to wearing zero make-up, but why resort to having completely bare-faced days when there are foundations you can feel free to wear without worrying about the aftereffects? These fabulous five foundations offer coverage without collateral – and they're infused with skincare-enhancing ingredients.

**Dermablend 3D Correction: R360, Vichy**  
THE perfect corrective foundation with three benefits in one amazing foundation: 1) Emulsifier-free, this formula feels water fresh when it meets the skin, cooling it down until it dries, so it's perfect for sensitive skin types. 2) Upon application, the Alligel formula leaves a soft, velvety veil on the skin, minimising the look of oily acne-prone skin conditions. 3) It's high in coverage and enriched with skincare ingredients including salicylic acid and epurulin, to soothe the feel of skin and reduce blemishes.

**Prevage Anti-Ageing Foundation: R695, Elizabeth Arden**  
THE ultimate goal with our painstaking and time-consuming skincare regimens is keeping ageing at bay as best we can. Introducing Elizabeth Arden's breakthrough in anti-ageing make-up. Infused with the most powerful antioxidant, called idebenone1, this exclusive anti-ageing complex continuously repairs skin's appearance for the ultimate skin renewal. Hydra-pigments that encapsulate moisture-rich pigments meld with the skin, creating a shield to help skin retain moisture while delivering long-wear colour and blurring skin's imperfections for a radiant complexion.

**Second To None Stick Foundation: R525, Iman Cosmetics**  
INFUSED with jojoba esters' nourishing antioxidant vitamins, this stick helps regulate natural production of oil, hydrating without clogging pores. And because we know parabens are nasty, Iman created this one paraben-free. Apply it with a damp beauty blender sponge for a natural and sheer look or use a foundation brush and blend evenly for maximum coverage.

**Oxygenating Foundation: R1 140, By Oxygenetix, Skin Renewal**  
BEST described as a 'second skin', Oxygenetix's healing foundation conceals and camouflages skin imperfections while boosting healing. Their patented Ceravita Complex, aloe and seven-layer silica gel technology form the unique, breathable matrix that powers the foundation. Ceravita supports new skin cell production and the healing process following aesthetic procedures or skin problems. The oxygenating, natural components of the gel base, vitamin E, grape seed extract and salix alba extract work in harmony to create a light, breathable, protective skin.



**Filteray Face Plus SPF50+: R320, Coverderm**  
WE know how bad UV rays from the sun are for our skin, but scientists are only now starting to figure out the effects that other types of light, for example blue light (that includes light emanated by phone or computer screens) can have on our skin, too. While lots of foundations protect from UVA and UVB rays, only few protect from this blue light damage. Coverderm has come to the rescue with a foundation that provides long-lasting protection from the full spectrum of rays. It prevents premature ageing and it regenerates and hydrates the skin.

Dascha Polanco



Take Note!

Go To [www.peoplemagazine.co.za](http://www.peoplemagazine.co.za) For More Beauty...

Continues on page 20



BY CARLI PRINSLOO

STOCKISTS: BVS COSMETICS: (011) 830-1396 / AVON: 0860 102 345 / CATRICE: SELECTED RETAILERS / COVERDERM: (012) 460-1220 / DIS-CHEM: 0860 347 243 / ELZABETH ARDEN: (021) 597-1700 / IMAN COSMETICS: (011) 879-1000 / FLORIDA: (012) 548-0725 / L.O.V COSMETICS: SELECTED RETAILERS / MUI COSMETICS: WWW.POISERHANDS.CO.ZA OR (011) 033-0500 / REVOLUTION: (011) 971-0812 / SKINLOGIC: SELECTED SALONS AND SPAS / SORBET: (011) 202-7940 / STILLA: (021) 702-3466 / VICHY: 0861 184 249 / BIONIKE: 0860 347 243 / SKIN RENEWAL: WWW.ONLINEKINS.HOP.CO.ZA



# Make-Up MAP

OUR smart sequence  
minimises make-up  
mistakes.

**T**HERE really aren't any rules when it comes to make-up nowadays. With black lipstick and glitter overload trending, it's really your own prerogative. Is there a right order to apply your face, though, for maximum impact? What comes first: concealer or foundation? Do you sweep on setting powder last? Why do certain things go on before others? Make-up artists will debate over the best strategy to follow. Here's our rundown on how to put on make-up, layer by layer.

## 1. MOISTURISE

WAIT a minute for moisturiser to absorb. This will avoid any blotchiness or ultimately limiting the amount of coverage foundation can offer throughout the day. Bonus points if your moisturiser has an SPF.



Hydrating Serum:  
R225, SKNlogic

## 2. PRIME

WANT your meticulously applied make-up to stay put from dawn till dusk? A primer is the answer. Primer creates a clean, smooth base for the rest of the make-up and will help product stay put longer. Swoop a primer over eyes and lips too.



Time-Flash Express  
Smoothing Active  
Primer: R660, Filorga

## 3. FOUNDATION

WE'RE here to solve the endless debate: if you apply foundation before concealer you'll find that you don't need as much, which saves product and moolah in the long run.

Dual Wet And Dry  
Foundation: R129.95, By  
Palladio, Dis-Chem

## 4. CONCEAL

SAY goodbye to undereye bags! Conceal only where you feel you need extra coverage to avoid the cake-face look.

PhotoReady Concealer Stick:  
R215, Revlon



REVLOV  
PHOTOREADY™



Contouring Palette  
Powder: R240, BYS

## 6. BLUSH

DON'T forget to add colour to cheeks after contouring and highlighting. Blush will add a much needed pop of colour to the middle of the face and is a fresh, youthful, instant brightener.



Mark Be Blushed  
Powder: R99.90,  
Avon

## 5. HIGHLIGHT AND CONTOUR

**KIM K** never skips this step, as we well know. Add definition to features, but keep contouring and highlighting subtle. No-make-up make-up is the trend right now.





Gal Gadot



Make Up Fix Matte Setting Spray: R169.95, Sorbet

## 7. FINISHING POWDER

NOW that your complexion is perfected, blur fine lines and pores with a light dusting of powder. If a dewy complexion is what you're after, swap finishing powder for a setting spray.

Velvet Brow Powder Artist: R79.95, Catrice

## 8. EYEBROWS

EYEBROWS frame the face. So why shouldn't you use that as a guideline for where eyeshadow should go and how much is needed?

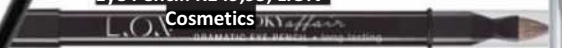
## 9. EYESHADOW

A RULE of thumb, no matter what eye look you're going for: bring bright light to the inner corners and add a slightly darker shade to the outer corners.

Couture Eye Colour Compact: R599, Mii Cosmetics



The Smoky Affair Dramatic Eye Pencil: R149.95, L.O.V Cosmetics



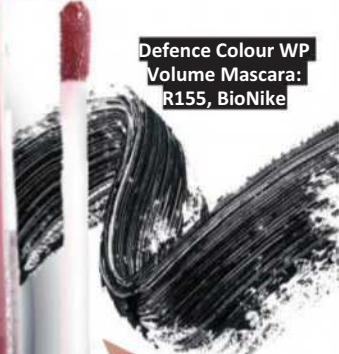
## 10. EYELINER

LINER finishes off any eye look, whether you're applying a liquid line with serious colour payoff or subtly smudging a pencil on the lashline.

## 11. MASCARA

LACQUERED lashes can get in the way when trying to perfect a cat flick, so put on mascara only after applying shadow and liner. Any eyeshadow fallout can also be covered with a slick of mascara.

Defence Colour WP Volume Mascara: R155, BioNike



Emily Ratajkowski



## 12. LIP COLOUR

FOR a winter trend-approved lip, choose shades of brown or hues of berry. Or stick to a classic: the red lip.

Stay All Day Liquid Lipstick In Amore: R325, Stila





# Fighting Cancer One Day At A Time

BY ANGELA BEKIARIS

## THE cancer battle can be won!

“MY mom was diagnosed with cancer eight years ago. It was a tough time – obviously because no one ever wants to hear the ‘C’ word, but also because it was one month before I was about to marry the love of my life,” says Christine, a reader. “Cancer is in my family – my grandparents, aunts and uncles have all had cancer; not the same type. But while some have won the battle, others weren’t as lucky. I’m happy to say my mom was one of the lucky ones. She caught it early. After seeing blood in her stool she took immediate action. With our family history she rushed to our GP, who wasn’t very worried at the time, diagnosing her with hemorrhoids. But she just knew something was wrong and asked

her specialist for a colonoscopy. Hearing the results was heartbreaking, scary and unreal all at the same time. You don’t understand the feeling until it affects someone you love – you never think it will happen to you, but it can. There was no going back though. We had to come together as a family and find a way to get through it; furthermore, find a way to keep my mom positive. She was rushed into theatre to remove the tumour, which was successful, and spent the next few weeks recovering for my big day. She even waited until the wedding was over to start chemotherapy – she was given the all-clear five years later. Of course, the annual tests are still stressful, for her and for us, and my siblings and I make sure to have our regular check-ups. While we might not be able to prevent getting cancer, we could catch it early if it were to strike, and be one of the lucky ones, just like my mom.”

## Key Signs And Symptoms

### To Look Out For

CANCER RESEARCH UK shares some signs and symptoms for us to be aware of. Remember to always listen to your body – if something doesn’t feel right, it probably isn’t! And while a lump is usually the first sign, there are others – make note, though: having the following symptoms doesn’t mean you have cancer, but does mean you should contact your medical professional.

1. Breathlessness
2. Unexplained vaginal bleeding
3. Croaky voice
4. Very heavy night sweats
5. Difficulty swallowing
6. Persistent bloating
7. Persistent heartburn or indigestion
8. Mouth or tongue ulcer that won’t heal
9. A change in bowel habit
10. Loss of appetite
11. Blood in urine or stool
12. Unusual breast changes
13. Unexplained weight loss
14. New mole or changes to existing ones
15. Persistent cough or coughing up blood
16. Unusual lump or swelling anywhere

PICS: ORION / FOTOLIA

**FACT** JUNE 3, 2018 marks National Cancer Survivors Day, an annual Celebration of Life that is held in hundreds of communities nationwide and around the world. On this day, people gather to show the world that there is life after a cancer diagnosis – and it’s something to celebrate.

## Hollywood’s Cancer Survivors

IT’S not always glitz and glam in Hollywood. For these stars, being diagnosed with cancer changed their lives forever. Luckily, they won their battles.

\* **HUGH JACKMAN** underwent three surgeries in one year to remove skin cancer from his nose, and according to the actor, this is not the end. “I’m realistic about the future and it’s more than likely that I’ll have at least one more but probably many more, which is not uncommon for an Aussie, particularly from English stock growing up in Australia where I don’t remember ever being told to put sunscreen on,” he says.

\* **SHERYL CROW, Christina Applegate, Jane Fonda, Wanda Sykes, Giuliana Rancic, Kylie Minogue, Cynthia Nixon and Anastacia** are amongst the many stars who have battled breast cancer. **Applegate**



Christina Applegate



Mark Ruffalo

decided to have a double mastectomy, explaining, “It just seemed like, ‘I don’t want to have to deal with this again. I don’t want to keep putting that stuff in my body. I just want to be done with this’. And I was just going to let them go.” And **Sykes** told **Ellen DeGeneres** that she was hesitant to announce that she had cancer. “I was like I don’t know, should I talk about it or what. How many things could I have? I’m black, then lesbian. I can’t be the poster child for everything.”

\* **ROBERT DE NIRO** is a prostate cancer survivor.  
\* **KATHY BATES** is a two-time cancer survivor, having beaten ovarian cancer in 2003 and breast cancer in 2012.

\* **ROD STEWART** is a survivor of thyroid cancer.  
\* **SHARON OSBOURNE** battled colon cancer and documented her 2002 struggle on her MTV reality show at the time, *The Osbournes*.

\* **MARK RUFFALO** had a benign brain tumour removed in 2002.



Giuliana Rancic

## Reduce Your Risk

WHILE you might not be able to prevent getting cancer, there are some ways to reduce your risk. MayoClinic.org lists the following:

1. Don’t use any type of tobacco.
2. Eat healthily.
3. Maintain a healthy weight and be physically healthy.
4. Get immunised.
5. Protect yourself from the sun.
6. Avoid risky behaviours: practise safe sex and avoid sharing needles.
7. Have regular medical check-ups.

## DID YOU KNOW?

SKIN CANCER is one of the most common kinds of cancer, and one of the most preventable.

FACTS courtesy of [mayoclinic.org](http://mayoclinic.org) and [cancerresearchuk.org](http://cancerresearchuk.org)





# CELEBRITY VACATIONS:

Travel

BY SUZY MUKENDI

# New Orleans, LOUISIANA

**N**EW ORLEANS is a unique, magical city unlike any other in the US. It leaves a lasting impression on anyone who passes through, and more often than not they end up returning for another visit – or even calling it their home!

Celebrities like Sandra Bullock and Nicolas Cage, for instance, have bought property there, while others such as **Serena Williams** and **Beyoncé's** little sister Solange decided to tie the knot there. Speaking of **Bey**, she and **Jay-Z** also call it home – well, one of their many, that is. Their \$2.6-million garden district palace on Harmony Street was built in 1925 as a Presbyterian church, and later was used as a ballet studio.



Serena Williams and Alexis Ohanian married in New Orleans



Beyoncé and Jay-Z's home



Fritzel's European Jazz Pub

## WHAT THEY DO:

\* **BEYONCÉ** and her hubby sat courtside at the NBA All-Star Weekend game at the Smoothie King Center.

\* **JAY-Z** made an appearance at New Orleans' historic Preservation Hall club for a show by **Jay Electronica**

\* **FRITZEL'S EUROPEAN JAZZ PUB** is one of last and best places on Earth to watch traditional New Orleans jazz. Nobody who goes in there doesn't have a good time!

## WHERE THEY DINE:

\* **WHILE Kim Kardashian** was in New Orleans to see **Serena Williams** and Reddit co-founder **Alexis Ohanian** tie the knot, the star documented her love for deep-fried pastry cravings with world-famous Café Du Monde's beignets.

\* **ENJOY** Bloody Mary's and other classic neighborhood fare at Liuzza's By The Track, who also know how to handle hangovers!

\* **IF** you're a history buff who spends more time

Googling before a trip than packing, you'll definitely want to stop by **Antoine's** in the French Quarter. Created by Antoine Alciatore in 1840, this French-American



Antoine's cocktails and oysters



establishment is the oldest family-run restaurant in the United States! You'll notice touches of Louisiana, Paris, and even New York on the menu. Their most famous dish is Oysters Rockefeller, and celebrities and politicians like Franklin Roosevelt, **Tom Cruise**, **Bill Clinton**, and **Whoopi Goldberg**, have all dined there.

\* **BEYONCÉ** and **Jay-Z** recently dined at Dooky Chase.

## Windsor Court Hotel



upscale spa and large fitness centre (though guests should note that there are fees for Wi-Fi and for valet parking!).

## WHERE THEY STAY:

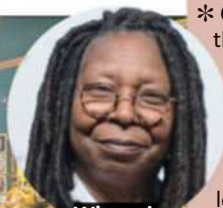
\* **CELEBRITIES**, royals, and travelers choose the Windsor Court for its classic and luxurious style, attentive staff and big rooms. While there's plenty to do on the property like afternoon tea, a tour of the hotel's art collection, or drinks at the Polo Lounge, the Windsor Court is quietly located near all the French Quarter action.

\* **WITH** a grand lobby, classic rooms, a rooftop pool, an historic restaurant, and wonderful service, the Roosevelt New Orleans attracts everyone from celebrities to businessmen/women. The hotel features an

## The Roosevelt New Orleans



Antoine



Whoopi Goldberg





GET your body pumped and your mind motivated.

BY ANGELA BEKIARIS

PICS: FOTOLIA

# Ramp Up That Intensity



**F**ITNESS experts suggest you ramp up the intensity on your workouts if you want to see results. If you want to rev up your metabolism and break through a plateau you need to up the intensity of your workouts, say experts, who add Tabata workouts are great for doing this – especially if you want to cut some time from the gym.

## What Is Tabata Training?

ACCORDING to Active.com Tabata training was developed by Japanese scientist Dr Izumi Tabata and a team of researchers from the National Institute of Fitness and Sports in Tokyo, who conducted research on two groups of athletes: one at a moderate intensity level, and the other at a high-intensity level. The moderate intensity group worked out five days a week for a total of six weeks, with each workout lasting one hour; the high-intensity group worked out four days a week for six weeks, with each workout lasting four minutes and 20 seconds (with 10 seconds of rest in between each set). Results showed that group one had increased their aerobic system (cardiovascular), but showed little or no results for their anaerobic system (muscle). Group two showed much more increase in their aerobic system and increased their anaerobic system by 28 percent, concluding that high-intensity interval training has more impact on both the aerobic and anaerobic systems.



## A Tabata Workout

ACTIVE.COM shares an example of what a Tabata workout looks like:

1. Push-ups (four minutes)
2. Bodyweight Squats (four minutes)
3. Burpees (four minutes)
4. Mountain Climbers (four minutes)

## Did You Know?

TABATA is great to get a quick workout in if you're short on time, need to switch up your routine, or want improve endurance and speed.

Get Fitness Ready

**Printed Sports Bra: R380, By Movepretty, Zando**

**Gym Bag: R499, By Nike, Zando**

**Grey Leggings: R353.07, Woolworths**

STOCKIST: ZANDO: 0861 192 636 / WOOLWORTHS: (011) 290-1011

# Why Do You Need Calcium?

**Y**OUR bones need calcium to stay strong, and the older we get the weaker they get – especially in women – which means your dose needs to increase. Calcium plays an important role in muscle contraction, transmitting messages through the nerves, and the release of hormones.

## 7 Ways To Get Calcium

KIDSHEALTH.ORG shares some tips:

1. Add dairy products to your diet, such as cheese in your omelette or packing a yoghurt for work.
2. Eat more veggies – add white beans to your favourite soup.
3. Soy foods are a great source.
4. Calcium-fortified foods should be added to your diet.
5. Canned fish has been known to up your calcium levels.
6. Almond milk is a delicious and fabulous way to get more calcium.
7. Use whole-grain tortillas to make burritos or wraps; enjoy whole-grain crackers with low-fat cheese.

## Did You Know?

TEENAGERS need 1 300mg of calcium each day.





**YOU** know it's important – but do you know why?



**TIP** A GREAT way to avoid late-night snacking or binging is to light a vanilla-scented candle in your kitchen, say experts. According to a study carried out at St George's Hospital in London, the smell has been proven to reduce sugar cravings – it significantly lowers one's appetite for sweet drinks and foods.



## Don't Drink Your Calories

AVOID unhealthy drinks, such as sodas, energy drinks and excessive alcohol – drinks with artificial sweeteners are bad for your teeth and bones.

**YOUR** mind needs a good night's rest and some serious concentration.

# Start Concentrating

**IT'S** time to start focusing more, and we have some fabulous ways to help you out.

- 1. Start Yoga:** It's great for the hips, and even better for the mind. It's a popular meditation method worldwide and is proven to help improve concentration levels.
- 2. Read:** Get your hands on a good book and start reading, say experts, as it helps calm the mind and aids sleep. Plus it's a great concentration exercise.
- 3. Play Games:** Crossword puzzles, sudoku and word searches are brilliant ways to keep your mind active and focused, and your memory in check.
- 4. Stay Healthy:** Eating well and getting regular exercise will help keep your mind in just as good a shape as your body. A nutritious diet will help you concentrate and help your brain function better. Vitamin E, for example, can help alleviate problems caused by estrogen deficiency, and simple sugars and caffeine should be avoided, as they can worsen symptoms.



## Did You Know?

**SEAFOOD** is an excellent dietary source of docosahexaenoic acid, as is flaxseed oil if you are a vegetarian.

Dear Doc



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

**DEAR DOC,** HOW much caffeine is too much? Admittedly I need a cup of coffee or three before I'm even remotely functional in the morning. My friends and family say I need to cut down on caffeine. But surely there are far worse health habits. How much coffee is genuinely unhealthy/too much?  
*Java Junkie*

**DEAR JAVA JUNKIE,** THE amount of caffeine which is 'too much' varies from individual to individual. For most healthy adults moderate doses of caffeine – 200 to 300 milligrams (mg), or about two to four cups of brewed coffee a day – aren't harmful. If your coffee habit is causing symptoms like: sleeplessness,

anxiety, restlessness, irritability, diarrhoea, heartburn, rapid heartbeat or tremors then you may need to cut back. Of course, your coffee intake may also impact on other underlying conditions like high blood pressure, heart arrhythmias or anxiety. If this is the case, then you probably can't drink four cups a day. Tolerance also plays an important role when it comes to caffeine. You may have gradually built up to several cups of coffee a day over years and therefore the caffeine has fewer side effects on you than if you were starting out for the first time. Ultimately it's very subjective and there are no 'hard and fast rules' when it comes to safe coffee intake.

## Optimists Live Longer

**WELL,** it does make sense! Experts explain that being an optimist could add years to your life. According to a study from Duke University Medical Centre, heart patients who were more optimistic about their treatment actually lived longer than those who were more pessimistic in their mindsets. The *European Heart Journal* also found that people who are optimistic have less chance of suffering from heart disease. Time to turn 2018 into a positive year!



Follow us on [twitter.com/people\\_sa](https://twitter.com/people_sa)



E-mail any questions to [people@caxton.co.za](mailto:people@caxton.co.za) and write 'Dear Doc' in the subject line.





BY LISA RALEIGH

# A Grande

## WORKOUT WITH ARIANA

TV personality, author, lifestyle and fitness expert Lisa Raleigh will help you achieve your desired celebrity body.

**A**RIANA GRANDE is a powerhouse superstar in a petite frame who is admired for her consistently fit physique.

ARIANA'S personal trainer has highlighted these three moves as the basis of her workouts – she does one move per day 150 times each in between her cardio! Try these recommended sets and reps first.

### Sets And 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

\* **Go Vegan:** Ariana has been a strict vegan for the last few years and says it's one of the best things she could have ever done for her health.

\* **Stay Active:** With an already busy schedule performing, Ariana says she takes every opportunity she can to stay active doing things she likes – like hiking.

\* **Keep It Simple:** With three quick and easy smoothie recipes on rotation, Ariana knows she always has a healthy meal option and doesn't need to think about it too much. Oats is her go-to breakfast.

\* **Snack And Sleep Smart:** Blueberries are her go-to snack and Ariana makes sure to get plenty of sleep.



1

### Reverse Lunge

STANDING with your feet shoulder-width apart and arms raised in front of you, step one foot back and lower one knee down to the ground. Now return to start position and repeat on the other side



### Sliding Pike

WITH your feet on a towel or set of paper plates and your hands slightly raised off the ground and resting on a surface such as a step, engage your core, lift your hips up and slide your feet towards your hands. Return to start and repeat.



3

### Superman With Ball

LIE face down with your arms and legs extended, holding a Pilates ball in front of you. Now engage your core and lift your thighs, chest and the ball off the ground before going back down. Repeat.



# What's In Her Bag?

BY CARLI PRINSLOO

**ARIANA** shares her handbag must-haves.



## Go For Glam

"I LOVE lashes. I feel like I could be completely naked, but have lashes, and I'd be fine. Like, I'll forget! Just walk out naked and completely forget."

**Volume No 107 Eye Lashes: R59.99, Eylure**



## The Weighting Game

HER personal trainer sings her diet praises: "Ariana eats incredibly well and she always had a healthy diet. She makes a lot of smoothies." The fresher the juice and ingredients used in a smoothie, the better the flavour and nutrition. Use organic ingredients whenever possible or whip up a vegan option, like Ariana would.

**Double Walled Water Bottle: R199.99, Typo**



## HD Lips

HAVING a hand in creating a Viva Glam collection for MAC

Cosmetics in the past, Ariana's clearly the kind of girl who loves to have fun with make-up. We're sure she keeps her favourite bold lip colours close by for touch-ups.

**Lipstick In Candy Yum Yum: R240, MAC Cosmetics**



## Mom And Me

THE best beauty tip she learned from Momma Grande. "My mom always does a cat eye, too – a thick black line on top."

**Liquid Eye Liner Precise Black: R199, Almay**



**Bucket Sling Bag: R139.99, Mr Price**



## Step Up

ARIANA is 'obsessed with steps'. This is definitely a health tip she repeatedly emphasises everyone should do. Whether it be dancing to reach the step goal or walking on the treadmill, try to hit 12 000 steps a day.

**Mi Band 2: R999, Xiaomi**



## Perky Ponytail

FLYAWAYS and ponytails are the worst of enemies. Ariana recommends using a hair stick to smooth down stray baby hairs. "It's great for flyaways and keeps your pony looking sleek."

**Hair Stick: R275, TIGI**

# Ariana's

# Vegan Blueberry Muffins

Recipe

BY VERA FOURIE

## Ingredients

- 1 Cup of vegan buttermilk
- 1 Tablespoon of lemon juice
- 2 Cups of flour
- 2½ Teaspoons of baking powder
- ¼ Teaspoon of baking soda
- ½ Teaspoon of salt
- ½ Cup of sugar
- ¼ Cup of coconut oil
- 1 Teaspoon of vanilla extract
- Zest of one lemon
- 1½-2 Cups of fresh blueberries

## Method

PREHEAT the oven to 180°C and line a muffin tin with baking cups and set aside. In a small bowl combine the lemon juice and buttermilk, then set aside to allow the mixture to curdle. In another bowl combine the flour, baking powder, baking soda, and salt. Set this aside, too. In a third, large bowl, mix together the sugar, coconut oil, lemon zest, and vanilla extract. Add the buttermilk mixture and stir to combine, then gradually mix in the dry ingredients until well incorporated – be careful not to over-mix, though; a few lumps are okay. Gently fold in the blueberries and spoon the mixture into the muffin tins, filling each cup about ¾ of the way. Bake for 20-25 minutes until golden (a knife inserted into the middle should come out clean), then remove from the oven and allow to cool.





If you think it's hard to deal with a person who lashes out, think again. The silent treatment is much worse...

How To  
Handle Those  
Who Hold  
**Grudges**  
BY WALTON GOLIGHTLY

**R**ESearch shows that most of us realise people might commit actions that require an apology, but also understand everyone does something wrong from time to time – and in the end, ‘the hurts you cause should even out with the hurts directed toward you’, explains Prof Susan Whitbourne. An apology would be welcome, but we don’t sit there fuming and waiting for one to come. At least not for long!

By contrast, people who hold grudges believe the world is split into those who are right and those who are wrong. The way they see it, their anger toward you is well-deserved, because you’re in the wrong. What’s more, both the grudge and the anger that accompanies it are often disproportionate to the ‘wrong’.

“Someone holding a grudge may be punishing you not only for something you actually did in the here and now, but also for a wrong or series of wrongs done to them in the past,” says psychotherapist F. Diane Barth. Often those wrongs occurred when they were children and unable to respond to the ‘injuries’. All they could do was hold the anger and resentment inside. “Now they feel self-righteous about expressing it,” notes Barth – even though their anger is misdirected.

So what can you do when someone seems to be holding a grudge against you? If you actually did something wrong, apologise!

“It’s your responsibility to make amends when you’re the one who made the mistake,” says Whitbourne.

If you don’t think you’re at fault, ask the other person why they’re upset with you, then let them know you understand they see things differently and you didn’t mean to hurt or insult them.

In both instances, ask what you can do to make things better.

“Sometimes your good intentions, along with an apology, will be enough,” says Barth.

After you’ve made your apology and/or defended yourself, leave it alone! Returning to the issue and trying to get the other person to acknowledge your viewpoint is also valid will simply reinforce the grudge (and a sign you’re also capable of holding a grudge).

In many cases, a person holding a grudge will let it go faster when you move on first. “Try acting as though you’re not worried that the

person is angry with you and see what happens,” suggests Barth.

Unfortunately, sometimes those with grudges won’t accept your apology.

“This is mainly because they wish to prolong their hold on you and have others feeling sorry for them,” says US-based psychiatrist Mark Dylan.

“My ex-boyfriend used the silent treatment to get his point across,” says Alice.

“What made it much harder to deal with was the fact that half the time, I had no idea why he was angry. One moment things were going great, the next, he wasn’t speaking to me, except maybe in short statements.”

Whenever she tried to ask what was wrong he’d sneer, “You know!” Or say, “You shouldn’t have to ask!”

“It was unnerving,” continues Alice. “For most of the 18 months or so we were together, I had to walk on egg shells to keep the peace.”

If this is the kind of person you’re dealing with, then make like Alice and hit the road. Or to put it another way, if you want to fix things with someone, make sure they’re worth it. Do they know holding grudges against you is causing you pain? If they do (because you’ve told them), and they’re still not letting it go, then you need to let them go!

Of course, if the grudge-holder is your boss (or mother-in-law), then you’re not in a position to move on. In this case, look for support from colleagues (or other relatives), but without whining or badmouthing the grudge-holder. If your comments get back to them it’ll only make matters worse.

Most of all, no matter the situation, try to remember that even if a grudge seems personal, it’s not all about you. Barth puts it well:

“Something that you don’t know about, and that has nothing at all to do with you, is going on in the other person’s psyche – because in the end, a grudge is more about the problems of the person holding it than about the person who is the target.”

PICS: FOTOLIA





YOUR  
SIX-MONTH  
*Horoscope*  
(July – December 2018)

SIX months! Yes, just six months left of 2018. Six months in which to round out this year successfully. You must renew the resolutions made at the start of 2018 – and rejuvenate any fading aims, hopes and dreams. Go forth with refreshed self-confidence. Good luck!

Continues on pages 30-31







## Aries Profile

SELF-ASSURANCE and superior vitality are among your super assets, so it is no wonder that you are an action-orientated person. You also harbour strong and definite aspirations, and powerful personal opinions. Your enthusiasm is contagious so you are an inspiring leader. On the other hand, you are often rash and can be very stubborn at times. You need

to acquire balance as far as your personality is concerned. You are fortunate to be physically attractive and are accordingly popular among the opposite sex. Underscoring your cheerful love nature is a great deal of passion but you sometimes ruin your promising relationships by becoming too bossy. You are fashion-conscious yet also somewhat self-indulgent; like to spoil yourself and thereby tend to get into debt.

## Aries Starguide (Mar 21 – Apr 20)

**Work & Money:** Make an end to unproductive tasks and arrangements. Free yourself for more rewarding business

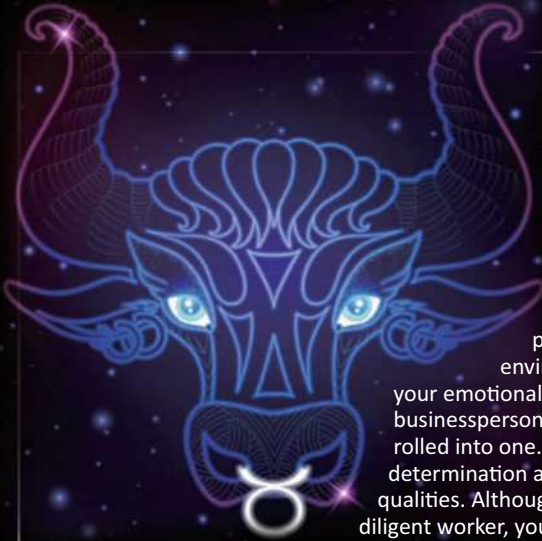
activities. Watch out for a special opportunity to begin a new and exciting undertaking. Manage your money properly at all times.

**Home & Family:** Sort out domestic priorities and get your loved ones to understand the importance of making family life all that it can and should be. Lead the way and set the example, and then you will get the

necessary co-operation.

**Love & Pleasure:** All should soon become clear to you if you have been wondering where you stand in the game of love. The good news is that you have a very good chance of realising your hope. Marriage goes through phases yet it lasts.

**Health:** Do something exciting and different so as to work off your extra energy.



## Taurus Profile

YOU are truly romantic and perfectly practical, so your main desires are love and security. A peaceful and harmonious environment does wonders for your emotional wellbeing. You are a good businessperson and a fine homemaker rolled into one. Common sense and determination are among your admirable qualities. Although you are a hard and diligent worker, you also have a pleasure-loving side to your makeup and tend to reward

yourself pretty often for your sterling endeavours. You thrive on luxury and comfort but like to share your joys with your partner and family. Loyal and affectionate to the core, you need to be constantly loved and appreciated. In the role of lover, you are very sensual and passionate, and instinctively know how to please and fulfil your mate.

## Taurus Starguide (Apr 21 – May 20)

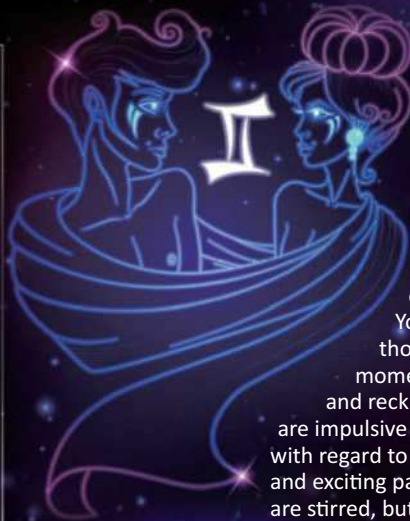
**Work & Money:** A new source of income should soon open up to you. Take care not to get in over your head when you start buying new things. Keep a nice balance between work and play, as well as between money coming in and cash going out.

**Home & Family:** Devote more time

to your family and make plans for the future along with your loved ones. You will be well rewarded by fate if you nurture domestic harmony. Take care of your elders and encourage the young to do well.

**Love & Pleasure:** If single, someone who instantly understands the way you feel and think could soon spark your interest. Romance is light and lively whether you are married or eligible. Plan a romantic journey to an exotic destination.

**Health:** Your wellbeing will not suffer and could benefit from a change of diet.



## Gemini Profile

MERCURIAL, verbal and dualistic, you are a prized catch in the eyes of your ardent admirers but you are hard to hold onto because of your ever-changing nature.

You are intelligent and can be thoughtful and amusing one moment, and then so restless and reckless the next instant. You are impulsive and rather manipulative with regard to romance, are an innovative and exciting partner when your feelings are stirred, but you can be flighty and

superficial too. You need constant mental stimulation and quickly get bored and lose interest when it is not forthcoming; in fact, the way to your heart is through your mind. Routine is not for you, so you are apt to change your appearance and to move around a lot. You thrive on change and variety both in life and in love.

## Gemini Starguide (May 21 – Jun 21)

**Work & Money:** Let your mind roam freely over the profitable possibilities that lie before you. Plan carefully and act purposefully. You can benefit from good advice so listen and learn. Teamwork ought to prove better than individualism.

**Home & Family:** It is all change during the forthcoming year. Some of your relatives and certain circumstances will force you into new ways of living. Old habits have to be discarded and new rules must be introduced into your home.

**Love & Pleasure:** Anticipate plenty of excitement, fun and variety – and it is all tied in with romance and friendship. A thrilling reunion is indicated. If single, a new courtship ending in marriage seems to be a strong probability.

**Health:** This is when you are at you best – even doing the seemingly impossible.







## Cancer Profile

IMBUED with a complex quintessence because you are so sensitive, you are constantly going through positive and negative phases.

Your emotions are tender and easily bruised, yet also respond instantaneously to warmth and affection. You are moody when you cannot get your way with others; inclined to mope when

your ideas and desires are disregarded. You thrive on recognition and approval, and always do your best to earn it on merit. Although soft on the inside, you can put on quite a tough front if necessary. Security is your abiding ambition, and you are prepared to do whatever needs to be done to achieve it. You are a devoted and caring partner but also a rather clinging, jealous and suspicious lover, so you create much happiness but also periodic tension.

## Cancer Starguide (Jun 22 – Jul 23)

**Work & Money:** Cultivate a strong mental picture of yourself succeeding in the business world. You will become prosperous if you are all fired up to succeed. Do not gamble on luck; rather build up your own jackpot with regular savings.

**Home & Family:** There could be much going on in your family circle during the next six months but most of it will only affect you indirectly. A change of base appears quite likely if you are independent and in need of more freedom.

**Love & Pleasure:** If married there is no flame like an old flame to keep you warm. If lonely, think carefully about letting an ex-sweetheart back into your life. A new love may turn out to be true love if you are alone and heart-free.

**Health:** Pressure eases off and you can once again put your wellbeing in good order.

## Leo Profile

YOU are the great organiser who instinctively takes charge of people and situations; usually make a good job of your duties and responsibilities because you are proud and creative. Praise and recognition are what you crave so you maintain a high profile; like to be seen at all the right places and enjoy entertaining people in your posh home. You are house-proud and love to preside over both tea-parties and gala occasions. Your strong sense of drama and super sense of humour keep you at the centre of attention; and you are sometimes apt to create sensation by doing really impressive or wholly zany things. You have an eye for beauty, are always well turned out, and spend a fortune on clothes and jewellery. Of course, you do everything with romance in mind.



## Leo Starguide (Jul 24 – Aug 23)

**Work & Money:** Start raising your financial expectations. You can thereby prime yourself for a powerful push ahead in your career. Play safe: pay cash and buy only what you can afford. Do not go into debt for the sake of having things.

**Home & Family:** Curb your impatience when it comes to family issues. Be sure to take only carefully measured actions and then all will proceed well. Especially keep out of other relatives' private concerns. Aim for harmony in your home.

**Love & Pleasure:** Take advantage of a good time for resurrecting worthy former associations. Vital friendships could lead to exciting new pursuits. Progress in your social life should impact wonderfully well on your long-range future.

**Health:** Get out and about in the fresh air as it will do you a lot of good to commune with nature.



## Virgo Profile

YOU are practical by nature albeit somewhat overly fussy at times. Essentially reliable and invariably rational, you are a mental perfectionist with a strong sense of duty. Then again, you are obsessed with details and tend to find fault with almost everything. A basic lack of self-confidence or an anxiety complex holds you back periodically. There are also occasions when you feel superior to all and sundry. You are a good manager of money and usually budget with savings in mind. In love, you are idealistic, loyal and dutiful.

Although you are basically earthy, you are sometimes aloof or apt to nag your partner. Yet you instinctively make sacrifices for the sake of love. Imbued with a sharp mind, you often exhibit a good sense of humour or sarcastic wit.

## Virgo Starguide

(Aug 24 – Sep 22)

**Work & Money:** That which initially seems to be an unfair burden could actually be a vital lesson in disguise, if it makes you strong enough to overcome barriers and obstacles in business. Your financial rewards could be considerable.

**Home & Family:** Happenings on the home front will challenge your ingenuity. You have to box cleverly with some of your difficult relatives. Good countermeasures can defuse trouble. Let past experiences guide you in handling family matters.

**Love & Pleasure:** Capitalise on your romantic assets and eliminate your rough spots because you may face competition for your heart's desire. You must be an exciting lover and a loyal companion all in one if you want to be the winner.

**Health:** Smile a lot and be cheerful – it is good for your personality and soul.







## Libra Profile

YOU are refined and romantic but also unreliable and flirtatious. You thrive on partnership, providing all aspects of togetherness are tilted ever so slightly in your favour. You seldom make promises because you do not trust yourself to honour them; are usually two-minded about everything and tend to alter your stance time and again. Extremely fashion-conscious with a good sense of balance and form, you are nearly always well turned out. Blessed with artistic ability, you enjoy expressing yourself in creative ways. Pleasant surroundings, at home and at work, are essential for your wellbeing. You function best in posh settings where you can display your charm and poise to good avail. Although usually calm, you can become surprisingly angry when offended.

## Libra Starguide

(Sep 23 – Oct 22)

**Work & Money:** Teamwork should prove profitable whereas similar results may be hard to obtain on your own. Timing is important and you must plan down to the last detail. Constructive endeavours with the right partner go off very well.

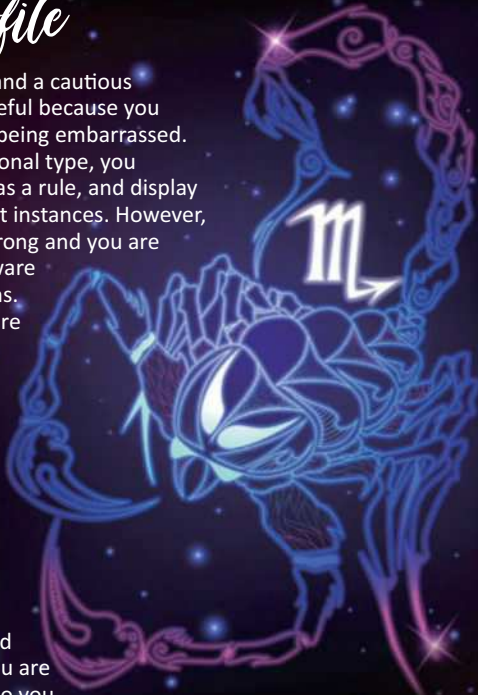
**Home & Family:** You can best handle whatever domestic life throws at you by staying calm. Changes will be for the better, whether you make them or have them thrust on you. Your loved ones need guidance and you must interact with them.

**Love & Pleasure:** Growing self-confidence and generally good energy levels make you a winner in love and in sport. In fact, you might have to work some of it off in the gym or by jogging. A marriage could soon result if romance is new.

**Health:** Too much of a good thing is bad for you. You must control your appetite.

## Scorpio Profile

YOU are a shrewd thinker and a cautious communicator. You are careful because you hate making mistakes and being embarrassed. Although you are an emotional type, you exercise moral judgement as a rule, and display sentiment sparingly in most instances. However, your romantic instinct is strong and you are consistently consciously aware of your desires and passions. No wonder then that you are an ardently amorous lover, and also a jealous and possessive partner. But your periodic moodiness and unwillingness to communicate openly tends to cause bad feeling in your relationship. Your opposite-number probably admires your determination and grit but despairs over your fixed and stubborn habits. Overall you are mysterious and intriguing so you frequently attract interest.



## Scorpio Starguide

(Oct 23 – Nov 22)

**Work & Money:** Protect your position by devoting more attention to your duties and responsibilities. Earn praise and a raise by proving that you are skilled and energetic. Use your special skills to make extra money in your spare time.

**Home & Family:** Things tend to

run contrary to expectations. The people around you may often act out of character. Family prospects seem to change constantly and fresh ideas frequently come to light. Yet everything ends up much happier.

**Love & Pleasure:** Your social life promises to be full of stimulating diversity, which is good news if you are eligible for a new romance. A shared holiday can work wonders for your relationship if you are already one of a loving twosome.

**Health:** Do your best to improve your way of living. Rid yourself of bad habits.

## Sagittarius Profile

YOU are outgoing and adventurous, love the outdoors and sports, and you are ever ready to travel, even at short notice. Your friendly nature and high spirits make you very popular. Although you are mostly easygoing with a super sense of humour, you are sometimes outspoken in an unintentionally offensive manner; tend to say exactly what comes to mind, and seldom retract your words because you are primarily frank and honest. As far as dating and relating are concerned, you are paradoxical in that you are a daring and impulsive romantic, with high ideals and expectations, and yet you are loath to settle down completely. You are very companionable but also need your own space. You love and respect your mate, show flashes of jealousy, yet you are not clinging.

## Sagittarius Starguide

(Nov 23 – Dec 21)

**Work & Money:** You may look forward to a time of great accomplishments, and the rewards for your endeavours should be substantial. The important thing is to save more than you spend. Make a habit of contributing toward future security.

**Home & Family:** Consider the needs of your family when making plans. Keep them informed of what you are trying to achieve. Focus on what is really important and ask for their advice and help. Get daily family routines running smoothly.

**Love & Pleasure:** Sparkling social life enables you to broaden your circle of friends and to attract new admirers. Get involved in a worthy group project if you want to raise your prestige. Your romantic status can be greatly improved.

**Health:** Cater to your sport-loving nature as it will keep you in good shape.





## Capricorn Profile

YOU are the determined and steady sort who harbours great personal and worldly ambitions. You are self-reliant and well organised, and your achievements are merited and impressive. You accept the hard knocks of life, and usually triumph over your problems. Because you are serious and hard-working you do not have much time for fun and entertainment; can often be too dour or dull. You must try to be a bit more romantic and flamboyant in order to have fulfilling personal and social relationships. Since you harbour secret feelings of inferiority, you constantly feel the need to prove yourself. This attitude sometimes causes you to overreach yourself and suffer setbacks. The important thing is to attain balance in your life. Work hard but also learn to relax.

## Capricorn Starguide

(Dec 22 – Jan 20)

**Work & Money:** Making the right connections is what you should be doing because influential people can help to make your dreams come true. You must of course be realistic and persistent. Do not overshoot your limits or take silly risks.

**Home & Family:** Make your family

environment inviting and comfortable in order to keep your loved ones happy and contented. Get everything into the open because honesty is best. You and your family must help one another at all times.

**Love & Pleasure:** This is a round when passion holds sway and two hearts unite. Aim to thrill and you will indeed make yourself irresistible. You could soon be making a new love commitment if you are single. Marriage looks promising.

**Health:** Strike a balance between work and rest in order to avoid stress.

creative, you are sometimes too conscious of your own limitations. In order to fulfil your true potential you must conquer your fears and doubts.

## Pisces Starguide

(Feb 20 – Mar 20)

**Work & Money:** Listen to your intuition often and also to the voice of experience because between your own common sense and the suggestions of successful people in business you can do very well. But choose your associates carefully.

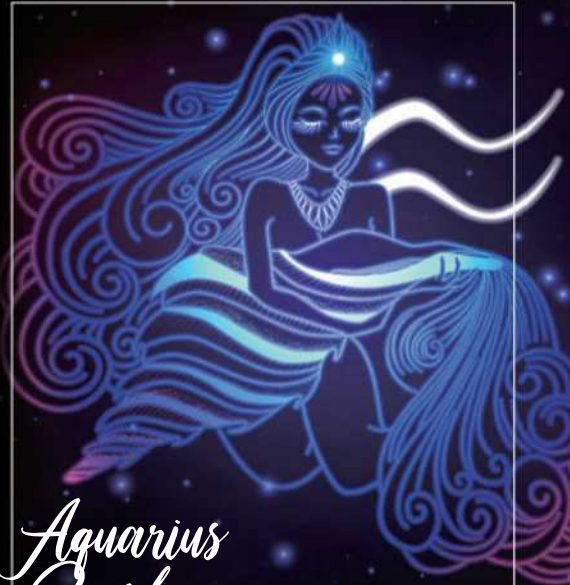
**Home & Family:** When all is said and done, you will realise that your strongest allies are your closest relatives. Listen to their advice because you are sure to learn something valuable. Put great emphasis on give-and-take in your home.

**Love & Pleasure:** Destiny has dealt you powerful trump cards and you must play them bravely in your roles as lover, artist or advisor. Work on improving rapport with your partner, and score by making timely compromises.

**Health:** Examine personal habits as you can do a lot to improve your appearance.

## Pisces Profile

UNDERSTANDING, tolerance and sympathy are among your major virtues. You also see through people very quickly because you are so perceptive and sensitive; and yet you do not judge others as a rule because you are so broadminded. You are idealistic and dreamy to quite some extent, have a deeply spiritual side to your makeup, and often require solitude. You are truly romantic and therefore easily wounded by rejection; tend to make many personal sacrifices for the sake of love and togetherness. But you are sometimes hard to fathom because you are apt to lose yourself in a world of your own making. Although you are



## Aquarius Profile

YOU are favoured with intellectual prowess and sociable qualities yet you are often unpredictable and can be quite aloof at times. Your approach to life is usually impersonal yet you have a strong humanitarian instinct that periodically comes to light. Truth and progress are your banners, and you have noble ideals and principles. But you are also a puzzle to most people, and although you are friendly, few are allowed to get really close to you. You are able to mingle on all levels and yet retain your individuality. This attitude can, of course, put strain on your romantic and family relationships every now and again. You are caring but also need to have privacy. Since there is no pettiness or meanness in your makeup, you are usually respected by all and sundry.

## Aquarius Starguide

(Jan 21 – Feb 19)

**Work & Money:** Seemingly always primed for action, and able to handle important undertakings, you can hardly fail to succeed in your job, and a raise in income could soon follow. You may make some enemies in being so ambitious and competitive.

**Home & Family:** Be prepared to play your part in sorting out issues. Your loved ones will often need your advice and support. You will have to stay very calm when emotion overflows. Make everyone fully aware of the rules in your home.

**Love & Pleasure:** Cut out time-wasting actions. Aim straight for the target and get the desired results if you have a romantic objective or a special holiday in mind. You will regret it if you do not convert your dreams into realities.

**Health:** Examine your life and habits. You will see where you can improve things.

Take Note!

Go To [www.peoplemagazine.co.za](http://www.peoplemagazine.co.za) For Your Weekly Horoscope...



BY JOHN WINTERS

## ARE YOU AN 'ASKHOLE' OR JUST 'CELLFISH'?

UNLOCKING the secrets of the words we use.

FOR a word to be no longer considered new – and therefore included in a dictionary – it needs to be understood (and used) by a significant portion of English speakers for approximately one generation, or 15 to 20 years. However, neologisms or 'new words' are being coined all the time. Here some more examples:

- \* **Ambigophobia:** The fear of dealing with things that are open-ended or subject to interpretation.
- \* **Arachnoleptic fit:** The frantic dance performed just after you accidentally walked through a spider's web.
- \* **Askhole:** Someone who gets a kick out of asking stupid and pointless questions.
- \* **Bodgasm:** The feeling of euphoria experienced when climbing into bed after a long day.
- \* **Beelzebub:** Described by blogger Hawthorn Mineart as 'Satan in the form of a mosquito that gets into your bedroom at 03h00 and cannot be cast out'.
- \* **Butterfingers:** A clumsy person. Apparently coined by Charles Dickens.
- \* **Cellfish:** Rude individual who continues talking on their cellphone when other people are around.
- \* **Denigroot:** To pretend never to have met.
- \* **Fashionista:** Coined by writer Stephen Fried to describe Gia Carangi, regarded by many as the world's first supermodel. She regularly appeared on the cover of *Vogue* and *Cosmopolitan*, and modelled for Armani, Chanel, Christian Dior, Versace, and Yves Saint Laurent. Sadly, she became addicted to heroin and died of AIDS-related complications in November 1986, at the age of 26.
- \* **Fauxtography:** The practice of creating faked photographs, usually by manipulating the images with software.
- \* **Figital:** Excessively checking one's devices. Example: "Victoria grew tired of watching her figital fiancé glance at his iPhone every five seconds." Coined by lexicographer and young-adult novelist Lizzie Skurnick.
- \* **Foreplay:** Any misrepresentation or outright lie about yourself that leads to sex.
- \* **Frust:** The thin line of debris that refuses to be swept onto the dust pan.
- \* **Hipattis:** Terminal coolness.
- \* **Irritainment:** Annoying TV shows you can't stop watching.
- \* **Link Rot:** The gradual obsolescence of the links on a web page as the sites they point to become unavailable.
- \* **Muffin Top:** The roll of fat that appears on top of trousers with a low waist.
- \* **Lullabuooy:** An idea that keeps floating into your head and prevents you from drifting off to sleep.
- \* **Phonundrum:** The confusion you experience when hearing a phone ring and wondering if it's yours or not.
- \* **Tyrrunt:** Child who bosses everyone around (tyrant + runt). Another word coined by Skurnick.
- \* **Vasoball:** A game of catch played by children in the living room.
- \* **Zen Mail:** An incoming e-mail message without any text or attachments.

BY VANESSA PAPAS

# HOW DI CAN BREAK YOU

HONESTY really is the best policy, especially when it comes to life insurance policies!

THE LEAGUE star Steve Rannazzisi made the worst decision ever when he first lied about narrowly escaping the 9/11 attacks. After years of keeping up the charade, evidenced surfaced that proved his story to be bogus. In fact, there was no record of Rannazzisi ever working at the World Trade Center. Disgraced cyclist Lance Armstrong lied for ages about taking performance enhancing drugs.

By the time he fessed up, he'd lost a huge amount of respect. Bill Clinton's denial that he'd had extra-martial affairs saw the former US president lose a lot of credibility.

Not being honest can get you into a lot of trouble, because, let's face it, the truth pretty much always comes out eventually. Often full disclosure at the right time can be in your best interest later on. A really good example of a time when being truthful is important is when you're buying life insurance. At some point in the buying process you'll be asked to answer questions about your medical history and your current health status. This is called

'NOT being honest can get you into a lot of trouble, because, let's face it, the truth pretty much always comes out eventually.'



Gretchen Pletschke, head of Learning, Indie

underwriting, and insurance companies use it to work out just how risky you are and what type of cover they can give you. But how much disclosure is enough? And what could happen if you 'adjusted' some

facts? We chat to Gretchen Pletschke, head of Learning, Indie – a life insurer that's revolutionising the industry with a six-minute online buying process that includes just six medical questions to get you fully-underwritten and fully-covered before you've even paid your first premium. "Let's say you're signing up for some life insurance. Good for you, because you're thinking ahead to protect yourself and your loved ones against some bad financial situations that could arise out of something bad happening to you," says Gretchen. "The insurance

company gives you some paperwork to complete and somewhere in that paperwork are some questions about your age, gender, height, weight, educational status, and medical history. Hypothetically, let's say you're a bit of a social smoker and you're a little overweight (not massively, but just enough for it to push up your BMI). Right now, you feel totally fine. So, when you reach the question about how frequently you smoke, you figure it's not worth raising a red flag over a few casual smokes, so you say you don't smoke. And when you're asked how much you weigh, you just round the real number down a little bit to the weight you plan on being after a month of those bootcamp classes. On the question about your family history, you decide it probably doesn't make you look very insurable if you admit that both your mom and grandmother had colon cancer, so you just leave that information out."



Lance Armstrong



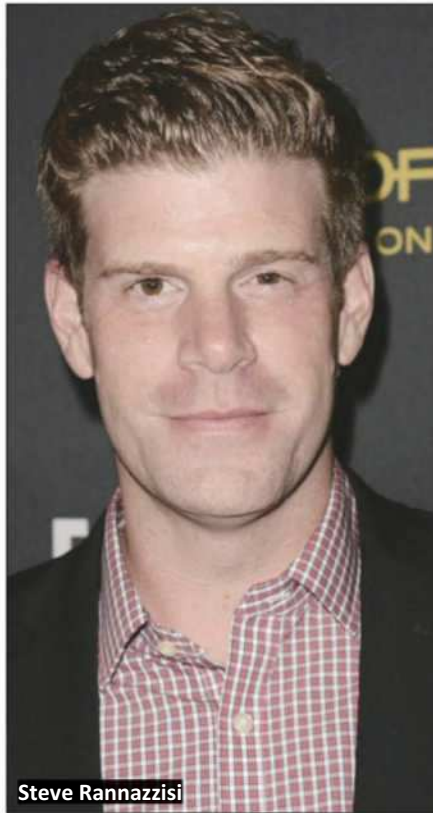


# ISHONESTY UR BANK BALANCE

No big deal, right? Wrong, says Gretchen. "Most insurers will send a nurse to do some medical tests upfront that confirm the validity of your answers, so in the case of your weight and smoking, you could be busted before you've even signed up. Fact is, insurance companies can't really afford to delve deeply into the medical history of every person that wants to get insured with them, so for now at least, you'll probably get away with not having told them about the family history of colon cancer. But, that omission can bite you in the butt when, years down the line, you make a claim."

Underwriting isn't only done at the beginning when you first take out insurance. There's a little something called 'claims underwriting', which insurers do when you make a claim. At this point they do do background checks to confirm that the information you disclosed in the initial underwriting was actually true. Anything that's in your doctors' files may become known to them, and finding out that your mom was treated for colon cancer two years before you took out that policy could easily be picked up.

"What could happen next will really suck: your claim might not be paid or it'll be adjusted downwards, even if it has nothing to do with the condition you failed to disclose. All those premiums you'd been paying for years will be wasted and, more importantly, you won't have the financial support you'd anticipated at a time when you (and your family) so desperately need it. That may seem pretty harsh, but actually, like any relationship, it's a two-way street paved in trust," Gretchen explains.



Steve Rannazzisi

"For insurers, it's important because they have to cover the risks of thousands of people at the same time, which is called 'pooling risk'. If that 'pool' is teeming with a lot of 'rotten fish', then that puts them in a potentially unstable position, which could mean that everyone else in that 'pool' suffers. For you, the client, if you're honest upfront, the insurer can properly assess your risk and get you the premium that's right for you, so that your needs can be adequately covered."

It's also worth mentioning that this only counts for existing conditions, anything you knew about when you took out the insurance policy. Unless your insurer clearly requires it, you shouldn't have to let them know about any medical conditions that arise from that point onwards. And what's more, most insurers won't penalise you if you simply didn't know you had something when you were disclosing upfront.

So, give your insurer the information you have to the best of your knowledge upfront, and you won't lose out later on.



Bill Clinton



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KEEP your  
eyes on the  
enterprise.

Small Business Corner

BY ROBERT CLUNIE

## BB'S BURFEE BLISS

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?

BB'S BURFEE BLISS is a home-based sweetmeats and confectionery business founded by Fathima Patel in 2017. The BB is an acronym for Burfee Bliss but also is a play on her first name, 'Bibi'. Having grown up in Ireland with a South African background, marriage brought her to Sandton. Over the years of visiting family in South Africa Fathima acquired the fingers for sweetmeat making and her journey into the home baking industry began after she had established herself as a confectionery master within her many social circles.

### What Do They Do?

FATHIMA'S aspiration is to innovate on traditional sweetmeat presentations and standards and establish a unique conceptual brand of her own. Customer satisfaction regarding taste and texture is essential and the mainstay of a successful order. BB's Burfee Bliss offers popular sweetmeats with a focus on burfee, chana magaj and coconut ice. Ranging from everyday-eating traditional orders to custom orders for wedding and engagement parcels, there is something for every occasion. With new cake trends emerging, burfee cakes and burfee cupcakes, especially bespoke decorated ones, are growing as contemporary trends. Traditionally, Eid and Diwali times as well as wedding seasons are the busy periods, but every craving is catered for and fresh sweetmeats are made almost on a weekly basis.



Fathima Patel

### Where Are They Based?

BB's BURFEE BLISS is located in Buccleuch, a quiet residential suburb opposite Woodmead in Sandton and only a few kilometres away from the Mall of Africa.

### Who Benefits?

ANYONE and everyone who loves something sweet! Traditionally these are Indian confectioneries, very popular amongst the Muslim, Cape Malay, Hindu and Tamil communities, but as of recent, other South African communities have grown to love these confectionaries. Burfee is one dessert that, once tasted, is forever craved!

### Contact Details

Telephone/WhatsApp: 071 378 6759  
E-mail: [bbsblissconfectionery@gmail.com](mailto:bbsblissconfectionery@gmail.com)  
Instagram: [bbsburfeebliss](https://www.instagram.com/bbsburfeebliss)

WhatsApp us on  
060 858 1086



HAVE a small business you'd like us to feature? Contact Robert Clunie at [robertc@caxton.co.za](mailto:robertc@caxton.co.za) and fill us in on your entrepreneurial venture.



# GO-GO Granny!

BY ROBERT CLUNIE

**Did You Know?**

A 'MCDANCE' in stripping slang refers to a half-hearted dance done by an employee of an establishment without much enthusiasm often due to boredom.



**Y**OU'RE never too old to start something new, a hoary inanity goes. As banal as it is, it's true and often this cliché can offer a person a new zest for life. Helga Kamieth-Arndt is a 76-year-old German whose old bones still have a little kick left in them. She had a childhood desire to try out something daring, but family life made it impossible for various reasons. Her husband and son died in 2004 and 2006 respectively and the house grew empty and lonely. Boredom, a little spirit and the desire to fulfil of her dream saw her become the country's oldest stripper at Club Klax in Dresden. Helga dances exclusively to '90s music and she has subsequently become a hit with patrons of all ages. Despite a bad back and a troublesome thyroid gland, Helga says that stripping is like a fountain of youth to her. Her pension is also in safe hands as she can make upwards of R4 000 a night.

TRUTH is often stranger than fiction.



## The Wayfaring Winner

**R**UNNING the total distance of your own street is a tough gig for most; running a marathon is an unimaginable couple of hours of pure pain and asthma attacks. Nevertheless, a London Marathon medal finish is a prize so many dream of, apparently even those of a vagabond nature. The recent edition saw a rather odd finisher whose achievement is suspect, though he firmly believes he deserves his medal. Stanley Skupien, 38, collected his prize upon 'completion'; the man is famous among staff at the city's Heathrow airport, being known as the jogging tramp. But it turns out the circumstances of his participation are unorthodox at best. He managed to spot a legitimate runner's number dropping off from their apparel, whereupon he seized his big break. So Skupien ran only half the race's distance, though he shed a tear upon completion. He refuses to give his prize up.

**Did You Know?**

THE reason the modern marathon distance is set at 26.2 miles (42.2km) is that Queen Alexandra, in 1908, demanded that the race be seen from the comfort of Windsor Castle.



## A Rather Clucked Up Curriculum

**T**HERE are arguments that school curriculums only set up pupils to succeed academically. Street smarts, taxes and good old fashioned husbandry fall short quite spectacularly. And while a programme entitled 'The Class of Life' may sound quite promising, but it has become a contentious matter in the Izumo Agricultural and Forestry High School in southern Japan. In it school children are taught the correct way to take care of fertilised chicken eggs during their 21-day incubation period. It's a marvellous idea given that some may well enter the agricultural industry, but it does not stop there. Students are then required to raise their given chicks until the fowl has reached maturity. This exercise includes many educational facets, but to pass they have to kill, slaughter, cook and eat their chicken. Some students refrain from naming their birds while others have apologised before striking the fatal blow.



**Did You Know?**

THE modern fowl, or chicken, the most ubiquitous farm animal on the planet, was one of the last to be domesticated, around 4 000 years ago in Southeast Asia.



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





**Tell us your story!**  
E-mail [people@coxton.co.za](mailto:people@coxton.co.za).  
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Please keep all submissions to no more than 500 words.

# TO RIGHT HER Face...

**HER life changed after her nose was eaten away. But four years later, she can finally leave home again.**

**A MOTHER-OF-TWO who had her nose eaten by a rare autoimmune disease has opened up about life since having her new magnetic nose fitted.**

Jayne Hardman, 48, had her nose removed after developing a type of vasculitis, Wegener's granulomatosis – a rare disease that rotted the flesh on her nose – after being head-butted by her dog. The family dog, CeCe, a 90-kilogram Neapolitan mastiff, knocked into Jayne's face four years ago, and caused her nose to swell. Later that year both nostrils collapsed and in fear the autoimmune disease would destroy more facial features, the doctors had no other choice but to amputate her nose. Jayne was left with a hole in her skull, but in January this year, after four prototype prosthetics, she was given her magnetic nose. After spending three years being unable to leave the house in fear of looking 'too weird', Jayne has found a new lease on life with her prosthetic. "For three and a half years my nose was disappearing and towards the end of last year the bone had completely disappeared," she explains. "After having my nose amputated, I finally have a perfect prosthetic nose and have the confidence to leave my house whenever I feel like it. I trialed four other noses before having the one I have now; I couldn't be happier with it, it's done so well and people can never tell that it's not real." She adds, "So although I've lost my real nose, I feel like I am now complete. Something weirdly clicked into place when I clicked this magnetic nose on."

After being head-butted by her dog Jayne's nose continued to pour with blood, but the doctors insisted that it was not broken and just needed to be iced. However after her nose continued to swell, Jayne returned to the doctors and was eventually diagnosed with the rare autoimmune disease.

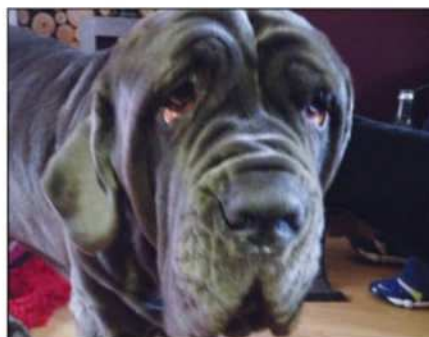
"I knew from the moment that CeCe hit my head that something wasn't right with my nose, and from that day on it never went back to normal,"

says Jayne. "The disease was always there but it was lying dormant, it was CeCe that saved me, really – if the collision hadn't happened I could have died. If the disease had remained unnoticed, my immune system would still be working

**Jayne had a rare autoimmune disease that resulted in having her nose removed and replacing it with a magnetic one**

to kill off all of my cells and slowly destroy me."

She adds, "Over the years after my diagnosis, my nose started to dissolve; in the end amputation was the only sensible thing to do. I went through several rounds of chemotherapy to stop my immune system from killing all of my cells, but even after that they couldn't save my nose. The day I found out my nose was being removed was the worst day of my life, but I knew it had to be done to make progress. I had already been wearing glue-on prosthetics over my collapsed nose, so I just had to believe the doctor that



**CeCe, Jayne's dog, who started the strange tale when she head-butted her owner**



the new prosthetic after my nose was removed would be even better."

Once her nose was removed, the National Health Service (NHS) started to create the perfect prosthetic for Jayne and took several moulds of the cavity. However, to ensure that her nose would be easily detachable – so that she could still clean out the hole in her face – doctors had to drill metal screws into her skull.

"The pain of the metal screws being tightened into my skull was a pain I cannot describe; it was just excruciating," she says.



And although she was unable to taste or smell when her nose was removed, she's regained both senses. "I am on a concoction of steroids and antibiotics to help keep illness at bay and help with my recovery," she says. "Now I am focusing on seeing the fun side of what's happened

to me, and even when I've sneezed it off or it's flown across the room at my son, we just see the funny side. I still feel extremely lucky to be alive, so I want to make sure that no one else goes through this and if I can save one person from losing their nose, it will all be worth it."

For more information visit:  
<http://www.vasculitis.org.uk/>

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BY JACQUI THOMPSON

## SPREADING feel-good news.

**W**ANT 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](mailto: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.

THE staff at Pick n Pay on William Nicol are amazing. After shopping there I was driving home and noticed my engagement ring was gone. My heart stopped! In a flat panic I stopped on the side of the road and searched my boot, handbag, grocery packets, lifting up car mats, everything. It wasn't there. I rushed back to PnP in a state, and some amazing ladies helped me search the parking lot for about an hour. I spoke to the manager, Patrick, and he said he would look on the cameras right away and inform all his staff and they would look until they found it. I was hopeful but doubtful. After looking for another hour, I eventually gave up hope and left to go home. When I was nearly home I got a call from Patrick saying I needed to go back as they think they'd found my ring! A lady was cleaning, found my ring and handed it to Patrick and his team. Let me just say, I hugged him and held onto him and sobbed! Such incredible people work at William Nicol PnP; they were all so worried for me, supportive and comforting me the whole time. All the staff came together as a team to look for my ring. Thank you from the bottom of my heart to the amazing staff at PnP William Nicol! Especially Patrick, Neo and Albertina. There are good people in this world. Restores my faith in humanity.

*Abigail, Fourways*

JOSEPHINE at Jackson's Real Foods in Bryanston is a motivated cashier with excellent selling skills. When I was buying some groceries there she explained the loyalty programme they now offer and all of the advantages, discounts, special offers and more that I would benefit from if I signed up. She was so good and it was the first time I'd ever had a loyalty programme explained so clearly to me that I immediately joined.

*T. Isaacs, Bryanston*

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



## Amped Abo



**THIS**  
alternative  
model is  
not letting  
her unusual  
characteristic  
get in the way  
of her living her  
life.

**M**EET the stunning alternative tattoo model who, after a battle against bone cancer in her early teens left her

with a stiff leg for almost a decade and a half, bravely chose to have the limb amputated last year.

The image here shows Lisa Scheer, 26, from Duisburg, Germany as a child before she was struck by the crushing news that she had developed bone cancer, whilst more recent photos show a very different-looking Lisa, complete with tattoos and piercings, displaying her newfound

confidence despite the loss of the bottom half of her right leg.

After being diagnosed with bone cancer as a 12-year-old, Lisa underwent two years of gruelling chemotherapy and surgery to fight and remove deadly tumours, but was left with a non-functioning right leg following major surgery to remove her cancerous femur and tibia, which were replaced by an endoprosthesis.

"I was still too young to really understand what was going on, so I did what I was told in order to survive,"

Lisa recalls. "After two years of chemotherapy and plenty of suffering,



**Lisa Scheer,**  
before she  
got sick





especially for my parents and family, I was classified as cured after the femur and tibia surgery.

"I may have been cured from the wretched cancer but marked for life by a knee that was completely stiff after the surgery. So, aged 14, I went back out into the world, but everything was different. I experienced mean classmates, constant teasing and bullying but it all made me harder and more self-confident. However, I never came to terms with my fate; I hated my leg, it just wasn't me. The scar was deep and tough, the joint stiff and immobile as if it was glued together from the inside. All I wanted was to be a normal child again, living a normal life, but that wasn't going to happen. Things got better as I got older and wiser; I learned a trade, made friends, went out partying and dancing and found the love of my life.

But there was still nothing the doctors could do except for pointing out how well I was managing. I just couldn't accept things as they were; I had desire to do so much more in my life that wasn't possible with my stiff leg – I wanted more out of life than just managing and getting by." Lisa went on to discuss her amputation and how her life has changed in the year since her procedure. "It was a risky procedure and I had to chance my life, but it was the only option for me to have a better quality of life," she says.

"I was so happy, after 14 years of waiting I felt



almost reborn. It was a long way back to normality as it was such a big change and took me a time to recover from such a big surgery. The amputation has made some things a little more complicated, but many things are better now. I get really good reactions and good vibes from everyone about my leg and a lot of respect from people around the world, which I think is beautiful.

My handicap has also opened up new opportunities for me as a model and I'm unique in that there aren't any tattoo models that I know of that have an amputation!"

Finally, Lisa opened up about her unique look and modelling career, whilst also providing her own unique thoughts on beauty.

"I got into modelling four years ago when I went along to a photoshoot with my little cousin and instantly fell in love with it," she says.

"When I was younger I was a punk girl and later a metal fan so that scene has massively influenced my unique look. I've already lost count of my tattoos but it's a big project that I won't stop working on until I'm tattooed all over my body.

I love my look because I'm myself so if I think something is cool or beautiful I go for it. I think everyone is beautiful and unique in their own way, everyone should love themselves as, if you love yourself, it radiates your beauty."



Lisa and her husband on their wedding day

## ALL GOOD Things...

THIS reader went through a bad patch in life, but found that things have a way of working themselves out in the end.

**"A** WHILE ago my ex abused me emotionally, and today I sit with many mental health problems like anxiety. Remember, guard your heart because your heart is the organ from which all life flows. Nevertheless, everything works out in the end.

I thought for a long time that I wasn't going to meet 'the one', as I'd loved my ex almost to the point of suicide because he was my first. Even though he treated me badly I accepted it because I was young. I worked through it completely on my own until my mom caught wind of the situation. She was upset that I didn't tell her, but now we are closer than ever and I don't have any suicidal thoughts. I learnt so much; I'm strong and all thoughts that were negative are always positive now. There is so much left to learn, so much to explore. You only get one life! My motto now is that you were given this life and you are strong enough to live it!

Young girls, you will meet Mr Right when you least expect it. Speak up if something is not right with your boyfriend, husband or even a friend. For a long time I thought I wouldn't be good enough for anyone after my ex, but fate had it that I met the most wonderful man. He is loving, supportive and caring. I'm the happiest I have been in years!

Out of a bad situation came something so beautiful and special! Never give up! Actively work on any anxiety and depression – you'll be but much better off for it. All it takes is a little self-belief and a little discipline.

Don't ever stop believing in yourself.

You will find the right man when even when not searching, just like I have, and I couldn't be happier. Don't ever be too scared to speak up, especially if you are fearful, scared, and uncertain or feel like you can't talk to anyone. Open up rather; you're not alone."

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

TOLD BY ANONYMOUS AND EDITED BY ROBERT CLUNIE

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.



COMPILED BY  
GABRIELLE OZYNSKI

Source <https://onekindplanet.org> and [iheartdogs.com](http://iheartdogs.com) / EWT / Wildlife ACT

# MASS RELOCATION OF WILD DOGS

**AFTER** an absence of 25 years, wild dogs have been reintroduced into Gorongosa National Park.

**I**n an incredible feat, in partnership with the GNP (Gorongosa National Park), the Endangered Wildlife Trust has relocated 15 wild dogs from KZN into GNP in Mozambique.

The dogs will be back in that country for the first time in 25 years, in a relocation process that also involved other key partners. According to EWT these were Maremani Game Reserve, the Limpopo Department of Economic Development, Environment and Tourism (LEDET), the KwaZulu-Natal Wild Dog Advisory Group (KZNWAG) – spearheaded by Ezemvelo KZN Wildlife (EKZNW) and supported by Wildlife ACT – and The Bateleurs, a dedicated team of pilots who donate their time, skills and aircraft for conservation.

Wild dogs sadly disappeared during the civil war which raged from 1977 to 1992 in Mozambique. These carnivores are listed by IUCN as endangered, as there are only 6 600 left in Africa.

The Mozambican government together with the Carr Foundation have worked to bring back life to the GNP and herbivores are now thriving in the 400 000 hectare park. Now they are ready to bring back the carnivores. Says the EWT, “Wild Dogs from South Africa’s EWT-managed metapopulation

will form the founder pack for this recovery project. The metapopulation, comprising the various individual populations of wild dogs within a selection of managed national parks and reserves, currently numbers 250 individuals in 28 packs. This population has increased over the last 20 years and has ensured the increase in wild dog ranges in South Africa by 25 percent and numbers by 100 percent, thus allowing the translocation of a founder pack into neighbouring Mozambique.”

The wild dogs were fitted with tracking collars for post-release monitoring and vaccinated against rabies and canine distemper. They were sedated prior to departure and flown by the Bateleurs in a quick and safe journey and are now living in a boma. After two months they will be released into the park.

“This boma stay will take place so that the males and females become accustomed to one another and become habituated to the area, all the while being monitored by the Gorongosa project’s carnivore conservation team. We will work closely with the Gorongosa team to train a new generation of Mozambican vets and ecologists in wild dog recovery and management.”



**Did You Know?**

ONCE mature, males will stay within the pack, while females migrate and join new packs.





**A LOST husky was identified by police by responding to its favourite song.**



**Did You Know?**  
 DESPITE huskies having a thick double-layer coat that keeps them warm in temperatures far below zero, they should never, ever be shaved if they live in warmer climes.

# MISSING DOG SINGS THE SONG OF ITS PEOPLE

**A SIBERIAN HUSKY was reported missing by a resident of the Ramot neighbourhood in the city of Beer Sheva, in the Southern District of Israel.**

Eagle-eyed officers spotted a bedraggled and emaciated hound that matched the description of the lost dog when they were out on patrol in the nearby Bedouin town of Tel Sheva. A group of youths who were walking with the husky – whose name was not given – said they had found the malnourished animal in a field. Suspecting that it might be the missing dog, police contacted the owner – who was not identified – to suggest that he drive over to check. The man said that this was not necessary – they would be able to tell if it was his animal when they played the theme music to *Shemesh*, a classic Israeli sitcom, or the children’s cartoon *Arthur*.

Video footage shows the instant, unmistakable reaction when officers hit the right songs, with the husky bellowing out a series of ear-splitting howls. After police passed on the good news, the overjoyed owner and beloved pet enjoyed an emotional reunion.



**Take Note!**

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## WE OUR PETS

Let's make your pet famous and feature your furry friends in **people** magazine.

FROM this week's issue, we will be sharing our favourite pet pictures with you. Send us a caption and your picture to [Gabrielle@caxton.co.za](mailto:Gabrielle@caxton.co.za) and let's make your animal famous! These are our favourites this week.



**LAYLA** our princess brings so much joy to our lives; we even send her to day care during the day. Thank you Margs and family for taking such good care of her during the day.  
**Jade from Kempton park**



**ODIN and Freya's** philosophy in life: Live. Love. Howl.  
**Carli & Julian**



"MY name is **Jordan** and I'm nine months old, my mom thinks I'm just adorable and she loves me so much."  
**Penny**

## ADOPT Adorable Me!

THIS week we have gorgeous fur babies from Woodrock Animal Rescue.



Phone Estelle on 084 585 2418 if one of us has caught your eye!

### 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.

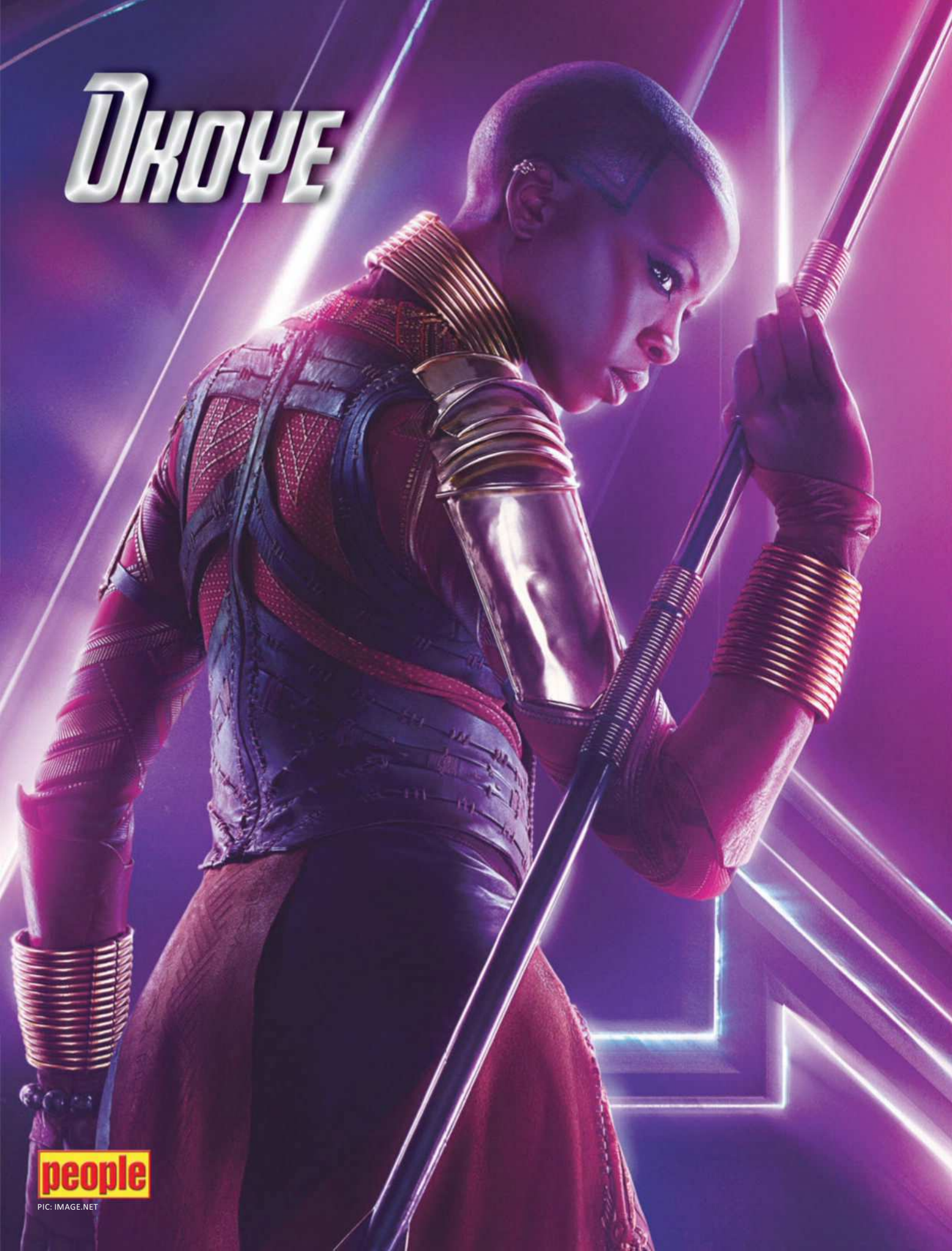


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# OROYE





# DOCTOR STRANGE

people

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PICS: FOTOLIA / ?????? / ???????????

# THE WORLD IN SERIAL KILLERS

IT'S a small world, they say – just how many killers do you think might have passed you by?

**T**HE stranger sitting next to you on the bus; the friendly delivery boy who brings you your post; the pretty girl next door; the teacher; the accountant; the lawyer; the doctor; the best friend – serial killers walk among us, and despite centuries of examining the makings of these monsters, experts are still no closer to understanding what makes them tick.

A serial killer is a person who murders three or more people over a significant period. Serial killers are not born serial killers. Psychological factors and childhood experiences play an extremely significant role in their development. Serial killers span all racial groups, genders and ages. We dive into the twisted world of the most infamous and gruesome serial killers – country by country.







### ENGLAND:

#### HAROLD SHIPMAN

BRITISH serial killer Harold Shipman, who worked as a medical doctor, killed over 200 of his patients by injecting them with lethal doses of painkillers. It was only when the local undertaker noticed that Dr Shipman's patients seemed to be dying at an unusually high rate, and exhibited similar poses in death (most were fully clothed, and usually sitting upright) that the doctor caught the attention of police. After a two-year long investigation Shipman was finally arrested. Although his victim count was far higher, he was only found guilty of murdering 15 women – making him one of the most prolific convicted serial killers in the UK in recent history. The day before his 58th birthday, he hanged himself in his prison cell.



### GERMANY: STEPHAN LETTER

WHILE working as a nurse, tending mostly to the elderly, Germany's Stephan Letter murdered at least 80 people between January 2003 to July 2004. Most of his patients were older than 75, but they ranged in age from 40 to 94 years old. It's believed he fatally injected his patients with a cocktail of tranquilisers and muscle relaxants. In December 2006 Letter, who was 28 years old at the time, was found guilty of 29 murders and was sentenced to life imprisonment. During his trial he insisted that his actions were those of mercy killings.



### PAKISTAN: JAVED IQBAL

PAKISTANI serial killer Javed Iqbal was found guilty of the sexual abuse and murder of 100 boys, all aged between six and 16. He would lure or kidnap his victims – mostly runaways and orphans living on the street – before strangling them and dismembering their bodies. He would dispose of the corpses using baths of hydrochloric acid. He then dumped the remains in a local river. Iqbal was sentenced to death by hanging. The judge passed sentence, saying, "You will be strangled to death in front of the parents whose children you killed. Your body will then be cut into 100 pieces and put in acid, the same way you killed the children." Iqbal was found dead in his cell before the execution could be carried out.

Continues on pages 46-47



## HAVE YOU SEEN THEM?

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

**I**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?



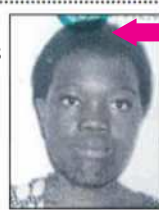
**JACQUES POOCK VAN ROOYEN**  
Disappeared: April 2, 2018  
Age: 18  
Jacques left his home in Elsburg and was not seen again. He was wearing blue trousers, black sports shoes and a black jacket.



**SPHESIHLE SHABALALA**  
Disappeared: March 24, 2018  
Age: 22  
Sphesihle was last seen in Brighton Beach with a friend. He was wearing blue shorts and a brown vest.



**AZILE NONKONYANE**  
Disappeared: March 10, 2018  
Age: 24  
Azile left his home in Sydenham and has not been seen since. He was wearing a black and navy T-shirt and blue overall trousers.



**NTOMBIKOHONA NOLWAZI HLAMBISA**  
Disappeared: February 5, 2018  
Age: 25  
Ntombikohona left her home in Orlando and has not been seen since. She was wearing a white dress and red shoes.

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



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# STRANGE LAWS

## Part 2

SOME other weird laws  
from the 'Land of the Free'...

### CALIFORNIA

IN the Golden State a frog that's participated in a frog jumping competition cannot legally be killed. Apparently, these contests are a popular pastime for some Californians, who have tried in vain every year since 1986 to break the record of a frog called Rosie the Ribeter.

Within the city limits of Chico, meanwhile, you may not build, maintain or use a nuclear weapon. Breaking the law will result in a fine. (Think about that a moment.)

### MASSACHUSETTS

SINCE 1917, it's been prohibited to dance to the US national anthem, the *Star Spangled Banner*, in Massachusetts. In Boston, meanwhile, it's illegal to eat peanuts in church.

### NEW YORK

IN New York City, 'altered' bagels (sliced, toasted, or served with cream cheese) carry sales tax. Uncut bagels are tax exempt.

### MISSISSIPPI

FOLLOWING former New York mayor Michael Bloomberg's contentious attempt to restrict the size of soft drinks sold throughout that city, Mississippi governor Phil Bryant signed a law preventing his state's lawmakers from enacting rules that limit portion sizes. Thanks in part to the 'Anti-Bloomberg Bill', one in three Mississippians remains obese.

### WISCONSIN

GIVING credence to its reputation as 'America's Dairyland', Wisconsin law demands that all cheese and butter produced in the state be 'highly pleasing'. Also, public schools, jails and hospitals are not permitted to serve margarine, unless the substitution is necessary for a person's health.

### NEVADA

IN Nevada it's illegal to use an X-ray device to determine someone's shoe size. In the town of Nyala, meanwhile, you may not buy drinks for more than three other people at any one time of the day.

### NEW JERSEY

IT'S against the law to murder someone, but in New Jersey you get into even more trouble if you kill someone while you're wearing a bulletproof vest. The state also doesn't permit the slurping of soup.

### NEW MEXICO

IN Las Cruces, New Mexico, you're not allowed to carry a lunchbox down Main Street. Apparently, the law is there to encourage people to patronise the area's restaurants.

### OHIO

OPERATORS of underground coal mines must provide 'an adequate supply of toilet paper' with each toilet. In Marion, Ohio, meanwhile, it's illegal to eat a doughnut while walking backward.

### HAWAII

HAWAII'S natural beauty is its own advertisement. To keep it that way, the state has officially outlawed billboards (with some exceptions) and aerial advertising, as part of an 'urban beautification' initiative that dates back to 1927.



### RUSSIA: ANATOLY BIRYUKOV

TAKING innocent lives what was Anatoly Biryukov thrived on. Biryukov was convicted of the killing of five babies in the Moscow area between September and October 1977. He kidnapped and murdered his first victim on September 16, 1977 when he stole a stroller that had been briefly left unattended in a busy street in Moscow. Later that day the baby was found dead in the hallway of an apartment building on the same street. Three days later Biryukov kidnapped his second victim, a three-month-old girl. The next month another baby was found dead in a landfill. The infant had been sexually assaulted. After months of intense police investigations Biryukov was arrested and executed by firing squad on February 24, 1979.

### AMERICA: RICHARD COTTINGHAM

RICHARD FRANCIS COTTINGHAM is a serial killer from New Jersey operating in New York between 1967 and 1980. He was nicknamed 'The Torso Killer', because he would dismember his victims, usually leaving nothing but a torso behind. In one case he dismembered two prostitutes in a hotel room, taking the hands and heads with him before setting the room on fire. He was eventually convicted of murder in 1981 after being caught fleeing the scene of an attempted murder. Officially Cottingham killed six people, but he claims to have been responsible for between 85 and 100 murders. During his trial Cottingham testified that since he was a child he was fascinated with bondage. Three days after he was found guilty he attempted suicide in his cell by drinking liquid antidepressants, and again by cutting his forearm with a razor.



### IRAN: ALI ASGHAR BORUJERDI

ALI ASGHAR BORUJERDI is the first Iranian serial killer and rapist reported in the 20th century. Moving to Iraq as a child with his family, he started assaulting, raping, and later murdering adolescent boys in Baghdad when he was 14 years old. In 1933, after having taken 25 lives, he escaped Baghdad and avoided arrest by the skin of his teeth. He carried on with his deeds, killing eight boys, most of them homeless vagrants. The first bodies – heads severed – were found on December 31, 1933. Borujerdi was arrested once and released for lack of evidence, but in early March of 1934, the police detained him again, and this time he confessed. He was tried, convicted, and, after an unsuccessful appeal, hanged in front of a large crowd in Tehran's Sepah Square on June 26.



### EGYPT: RAMADAN ABDEL REHIM MANSOUR

A STREET gang leader and serial killer who raped and murdered at least 30 children in the course of seven years, Ramadan Abdel Rehim Mansour targeted children aged 10 to 14 years old, most of them boys. He would lure street children onto the carriage roof of trains, where they were then raped and tortured and tossed onto the trackside, many of them still clinging to life. Some of the children were dumped into the Nile, or buried alive. He was convicted and sentenced to death in Tanta in 2007.





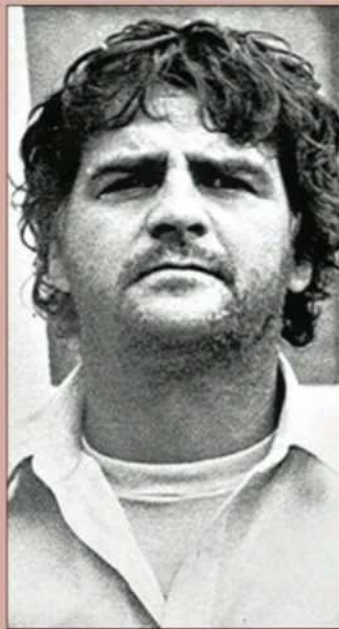


### **BRAZIL: MARCELO COSTA DE ANDRADE**

ALSO known as 'The Vampire of Niterói', Marcelo Costa de Andrade raped and killed 14 children. His crazy antics are believed to have stemmed from an abusive childhood – he was beaten and sexually abused regularly by the age of 10 and began to prostitute himself at the age of 14. From April to December 1991 Andrade raped and killed 14 young boys aged six to 13. He would lure the boys to secluded spots and rape them, then strangle or beat them to death. He had sex with the corpses and decapitated one of his victims. He believed that doing so would send them to heaven. He also drank some of the victims' blood to 'become as beautiful as them'. Andrade was arrested on December 18, 1991, and declared insane on April 26, 1993.

### **CANADA: CLIFFORD OLSON**

CLIFFORD ROBERT OLSON confessed to murdering 11 children and young adults between the ages of nine and 18 years in the early '80s. His first victim was Christine Weller, 12, who was abducted and found more than a month later on Christmas Day. She had been strangled with a belt and stabbed repeatedly. Colleen Marian Daignault, 13, vanished and five months later her body was found. Daryn Todd Johnsrude, 16, was abducted and killed. His body was found less than two weeks later. Sixteen-year-old Sandra Wolfsteiner was also murdered, along with 13-year-old Ada Anita Court. Six more victims followed in quick succession in July 1981, including Simon Partington, nine, Judy Kozma, 14, Raymond King II, 15, Sigrun Arnd, 18, Terri Lyn Carson, 15, and Louise Chartrand, 17. Olson was arrested on August 12, 1981, and sentenced to life behind bars. In September 2011 he developed terminal cancer and died age 71.



### **CHINA: GAO CHENGYONG**

NICKNAMED 'The Chinese Jack the Ripper', 54-year-old Gao Chengyong raped, tortured, killed and mutilated at least 11 children and women. Gao's first murder occurred on May 26, 1988. The 23-year-old victim was found in her home with 26 wounds to her body. The youngest victim was an eight-year-old girl. Chengyong would follow his victims home, rape them, slash their throats, and then mutilate their sexual organs. Police found the sixth victim after the serial killer had cut off her breasts, hands, and ears. Over Chengyong's active period police collected enough fingerprints and semen from the crime scenes to tie the 11 murders together. He was arrested and sentenced to death on March 30, 2018.

# CLOSER TO HOME

**DID you know that South Africa ranks among the world's worst three countries – after the US and Russia – for serial murders and rapes?** Since 1936, 71 serial murderers have been identified in South Africa. Johannesburg and Pretoria are the worst affected cities, and Gauteng and KwaZulu-Natal the worst provinces when it comes to serial killers. Up to five new serial killers are identified across the country every year. These serial killers we list below had police puzzled and working around the clock on breaking the case.

### STEWART WILKEN

STEWART WILKEN raped and murdered at least 10 victims in Port Elizabeth in the 1990s. His crimes puzzle criminologists to this day, as his choice of victims fits several personality profiles, genders and age brackets, which is unusual for serial killers. Known by the moniker 'Boetie Boer', Wilken was also charged with a strange brand of necrophilia, as his horrific sex crimes were motivated by a notion of delivering his victims to God, including his own daughter. He was arrested in 1997. He is believed to still be serving a life sentence in St Albans Prison.



### GERT VAN ROOYEN

MANY South Africans will remember the reign of terror that was Gert van Rooyen's – a paedophile and serial killer. Van Rooyen and his partner Joey Haarhoff are believed to have kidnapped and killed at least six young girls between 1988 and 1989. Tracy-Lee Scott-Crossley, 14, disappeared on her way to Cresta shopping mall in Randburg. Two months later Fiona Harvey, 12, of Pietermaritzburg, disappeared. On June 7, 1989 Joan Horn, 12, of Pretoria, disappeared. On September 22, 1989 Kempton Park girls Odette Boucher, 11, and Anne-Mari Wapenaar, 12, went missing. The bodies of these children were never found, but the kidnappings finally came to an end in January 1990 when their final victim escaped from their home in Capital Park. Van Rooyen killed Haarhoff before turning the gun on himself. The case, to this day, remains one of South Africa's greatest tragedies.



### JACK MOGALE

IN the guise of a Zion Christian Church preacher, Jack Mogale would earn the trust of his victims before sexually assaulting and killing them. Mogale committed his crimes near his residence in Westonaria and Lenasia south of Johannesburg. In February 2011 Mogale was convicted for 52 of the 61 counts levelled against him, and is now serving life in prison.

### NORMAN AFZAL SIMONS

THE STATION STRANGLER, whose real name is Norman Afzal Simons, worked as a school teacher during which time he murdered and sexually assaulted his victims, all aged between nine and 13 and from the coloured community. The Mitchell's Plain murderer was himself a victim of serious sexual abuse when he was younger, and claimed the voice of his stepbrother told him to do it. At least 22 killings have been attributed to him, but he was only charged for one at trial, along with one count of kidnapping. Simons is serving a 35-year sentence – 25 for murder and 10 for kidnapping.



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## 5 Minutes With... Michael Lesar!

**B**ORN and raised in Cape Town, Michael Lesar is a DJ who made a name for himself in the city's house music scene. In 2002 Lesar and a few of his friends started Deep Heat Parteez – an event where he was a resident DJ for almost a decade – and many doors have opened for him since then. Also known as King of Swing, Michael continues to tour the world, serenading crowds with his skills on the ones and twos. We recently chatted to him about his music career, swing music, life on the road and more. You recently returned from a gig in Dubai. How did you find the experience?

Dubai was awesome, I enjoyed my stay very much and the hospitality was top notch! I had a one-month residency in downtown Dubai right in front of the Burj Khalifa, which is the tallest building in the world, at a place called Katana Dubai. It's always exciting to play at a different country.

One of your genres in music is swing – something not all that well known in SA. Can you describe it for us?

It's basically swing jazz music from the 1920s/1930s, and in recent years it's become quite popular, with producers adding the electronic element to the music, transforming it into the genre we now know as electro swing.

Besides in SA you gig a lot overseas, how does the rest of the world find your sound?

The response has been great, similar to South Africa's. I've been fortunate enough to play a variety of sounds at different festivals and events in a quite a few countries; the events were always of a non-commercial nature so were always well received. I always add a few local artists into my sets whenever I can.

You've been doing music for over 15 years at the highest level – at this stage in your career, what motivates you to keep creating music?

My love for music and the culture is what keeps me motivated. Being able to make people happy, spreading positive vibes and making a decent living doing it is the best feeling ever! This combined with being able to travel will keep me motivated for the next 50 years.

Tell us about some of your influences when you were starting out. I started listening to jazz records around 16/17 years old and that's when my love for music began. Miles Davis, John Coltrane, Charlie Parker, Milt Jackson, Oscar Peterson, and George Benson are just a few of my influences. When I first discovered DJing it was the local DJs at the time that made me fall in love with the art. House music was and always will be my first love.

Do you remember the first gig you played? How did it go?

Yes, at a friend's house party – and somebody stole four of my brand new vinyls! That was terrible because I only had about 10 to begin with, thanks for reminding me! [Laughs.]

You spend most of your time on the road because of gigs; how do you ensure that you lead a healthy lifestyle?

It's all about balance, and the fact that most of my work is over weekends means I have time to take it easy during the week. Also, there are many nights when I just play my gig and leave soon after so that I can have a good night's rest. At the moment I'm based in Johannesburg and only have one or two small road trips planned for this year.



**K**ERRY-ANNE ALLERSTON has been in the music industry for 18 years and her passions include travel, film, food and music! She is a presenter on Mix 93.8 FM on Saturdays and Sundays from 13h00 to 16h00 as well as the presenter for Balcony TV Johannesburg, Marshall Music consultant. Kerry-Anne also emcees and DJs at events.  
[www.balconytv.com/Johannesburg](http://www.balconytv.com/Johannesburg)  
[www.mixfm.co.za/kerryannesgigs@gmail.com/](mailto:kerryannesgigs@gmail.com)  
 Twitter @Kallerston



## Kerry-Anne's Gig Guide June 1 – 17

### Where YOU Should Be Seen.

**Friday, June 1, 20h00**

**Led Zeppelin Tribute**

Featuring members from Wonderboom, Van Coke Kartel, Prime Circle, The Black Cat Bones and Jesse Clegg.

Cresta Barnyard, Cresta Shopping Centre, Johannesburg. R150

Tickets at: [www.baryardtheatre.co.za](http://www.baryardtheatre.co.za)

**Friday, June 1, 21h00**

**Prime Circle, Tuin & Wit Kasteel Live**  
 Rafters, corner Blesbok & Garsfontein Road, Mooikloof, Pretoria. R150  
 Tickets at: 082 600 3469

**Saturday, June 2, 11h00 – 20h00**

**The Fitch & Leeds Gin & Tonic Festival**

Delicious food, drinks and live music.  
 Chris Saunders Park, Umlhanga. R140

Tickets at: [www.webtickets.co.za](http://www.webtickets.co.za)

**Saturday, June 2, 10h00 – 18h00**

**Fantasy Fayre 2018 – The Bestiary**

Stalls, prizes, games, fancy dress, craft beer and more.  
 La Vue Guest Lodge & Function Venue, Plot 161, Nooitgedacht, Muldersdrift. R70 – R90  
 Tickets at: [www.quicket.co.za](http://www.quicket.co.za)

**Saturday, June 2, 11h00**

**Gathering Of Nations**

Line-up: Rubber Duc, The Slashdogs, The Color Blew and more.  
 Apaches Bar & Night Club, 25 Flamink Road, Alberton.  
 Tickets at the door.

**Saturday, June 2**

**Brian Finch – Intimate Show**  
 Radium Beer Hall, 282 Louis Botha Avenue, Orange Grove, Johannesburg.  
 Bookings: Andy – 083 542 1044

**Saturday, June 2, 11h00**

**Joburg Craft Rum Festival**

Ground, Driefontein Road, Muldersdrift.  
 Tickets at:  
[www.joburgcrafttrumfestival.nutickets.co.za](http://www.joburgcrafttrumfestival.nutickets.co.za)

**Saturday, June 2, 11h00**

**Benoni Beer & Gin Festival**

Benoni Northerns Sports Club, 1 Brodigan Avenue, Benoni.  
 R100 – R120  
 Tickets at:  
[www.greenlive.nutickets.co.za](http://www.greenlive.nutickets.co.za)

**Saturday, June 2, 19h00**

**Dangerfields, Lo-ghost**

**And Indian Mynah Live**

The Mercury Live, 43 De Villiers Street, Zonnebloem, Cape Town.  
 R50 – R60 at the door.

**Wednesday, May 30 To**

**Saturday, June 2, 19h30**

Cape Town Big Band Jazz Festival  
 Concert Hall, Baxter Theatre Centre, Cape Town. R70 – R120  
 Tickets at: [www.ctbigbandjazzfest.co.za](http://www.ctbigbandjazzfest.co.za)  
 / [www.webtickets.co.za](http://www.webtickets.co.za)

**Friday, June 1 To Sunday 17**

**Woza Albert**

With Percy Mtwa, Mbongeni Ngema and Barney Simon.  
 The Fringe at Joburg Theatre, Johannesburg. R70 – R120  
 Tickets at: [www.webtickets.co.za](http://www.webtickets.co.za)

**Thursday, June 7 To Sunday 10**

**Afriski Winter Music Festival**

Line-Up: Jack Parow, Rubber Duc, Gunshot Blue, 4AM, and more.  
 From R400.  
 Tickets at: [bookings@winterfest.co.za](mailto:bookings@winterfest.co.za)  
[www.winterfest.co.za](http://www.winterfest.co.za)



BY ROBERT CLUNIE

## THE CALM BEFORE THE STORM

DARE we say that **Ed Westwick** should enjoy every day as if it may well be his last as a free man? The former *Gossip Girl* star was seen enjoying a bit of a holiday in Tulum, Mexico and the weather, likely, had been far sunnier than his current mind-set. If the string of sexual assault allegations laid against him are found to be of substance then maybe, just maybe, he'd like to park off south of the border for a little longer.



## HANGING TEN

LET'S give credit where credit is due. **Jack Osbourne** is a far cry from bulkier version we were introduced to. If he'd gone surfing (as seen here, in Malibu) in his former self, getting his frame into a wetsuit would likely have been the same herculean task of stuffing a Thanksgiving turkey. While at times he may seem a little rotund, **Jack** has been leading a rather active lifestyle – a career in fitness and travel reporting has done him a world of good. Surfing, if we may add, is no easy pursuit indeed.



## WHICH PERRY IS WHICH?

FOR those familiar with Sam Raimi's 1990 gloomy superhero flick, *Darkman*, this scene right here should serve as an unwelcome, unnerving reminder of its existence. It is rather sweet that **Katy Perry** treated her mother,



**Mary**, on Mother's Day, but a recovery room of sorts is a really, really great idea. The lifeless bandaging reminds one of the equally unsettling Japanese Noh mask. Or perhaps a set of criminals gearing up to rob a bank.

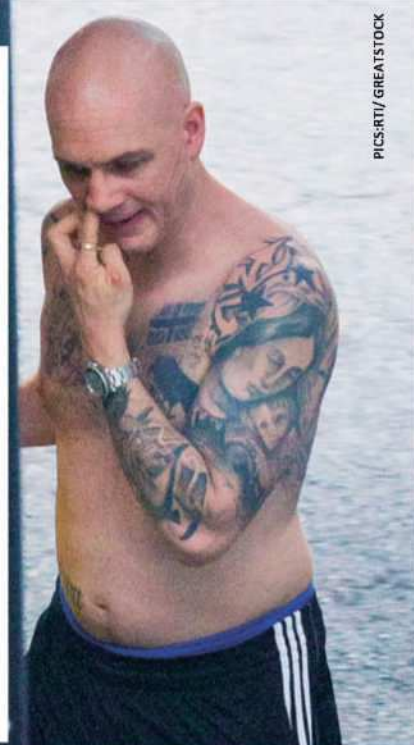
## CAREFUL NOW...

WE'RE digging the legs and the upbeat demeanor, but **Fergie** best be careful before her name is etched within 'upskirt' folklore. She does, however, seem to have her wits about her. Predecessors like **Miley Cyrus**, **Paris Hilton** and **Britney Spears** may or may not have had one too many when their nether regions were put on display for the world to see. Why she was on a golf cart in Central Park in the middle of the night remains a mystery though.



## TOM'S DIAMOND SMUGGLING RACKET

WE'VE come to know **Tom Hardy** as a contender for a place in the 'top method-acting' echelons. He'll get there but he still falls well short of **Christian Bale** and **Daniel Day-Lewis'** preparatory albeit bizarre exploits. What we'd like to know is when and where notorious mob boss, Al Capone, ever looked like an English football hooligan clearly in need of a Kleenex. **Tom's** latest film, *Fonzo*, chronicling the late gangster's life will undoubtedly be a hit; his image, though, might just have taken one.



PICS:RTI/ GREATSTOCK

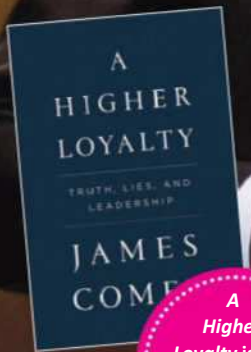


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BY EL BROIDE

THE books you should be reading right now.



A Higher Loyalty is out now at all major book stores.

# Juicy Excerpts From James Comey's New Book

**F**ORMER FBI director James Comey has just released a tell-all book titled *A Higher Loyalty* from his time at the Oval Office and in it shares some rather telling things about American president Donald Trump.

The book has been called 'unsparing, richly detailed and mortifying for the president' and the author has painted a pretty vivid picture of the world's most 'powerful' man.

"He painted Trump as a relentless liar who is obsessively unethical, devoid of humanity and a slave to his ego; who is clueless about his job and unconcerned about a Russian assault on American

democracy," a source says. Comey describes how Trump reminded him of his early days prosecuting mafia kingpins:

"The boss in complete control. The loyalty oaths. The us-versus-them worldview. The lying about all things, large and small, in service to some code of loyalty that put the organisation above morality and above the truth," Adding, "What is happening now is not normal ... It is not fake news. It is not okay."

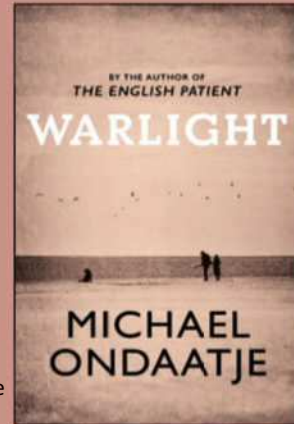
The book is filled with many more shocking stories about the president and is a must-read for anyone interested in American politics.

## Warlight Michael Ondaatje

★★★

THIS story takes place in London back in 1945 – shortly after the end of the Second World War. Fourteen-year-old Nathaniel and his sister, Rachel, have been abandoned by their parents, left in the care of The Moth.

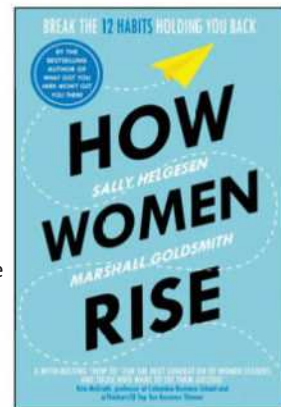
The children suspect that their guardian is a criminal, and the reactions from the people they meet only serve to fuel these misgivings. A dozen years later Nathaniel begins to uncover all he didn't know or understand about that time and learns some shocking truths. While the novel has a great story, we found the overall experience rather a basic one. The plot is interesting and the writing is good, but it's one of those books that don't really leave much of an impression.



## How Women Rise Sally Helgesen

★★★★

ARE you a woman who hesitates about putting forward ideas? Are you reluctant to claim credit for your achievements? Do you find it difficult to get the support you need from your boss or the recognition you deserve from your colleagues? If you answered yes to any of these questions, you need to get your hands on this incredibly inspiring book from Sally Helgesen. *How Women Rise* identifies 12 common habits that can prove an obstacle to future success and tells you how to overcome them. If you are looking to change the direction of your career and become a strong, formidable woman in the workplace, this book will give you the motivation to ensure you put yourself first.



## The Magic Misfits Neil Patrick Harris

★★★★

YOU know Neil Patrick Harris the actor; now meet Neil Patrick Harris the author. In this exciting new book for young adults the *How I Met Your Mother* star tells the story of Carter – a boy who doesn't believe in magic; although he's a street magician, he knows how tricks deceive the eye. When Carter runs away from his con artist uncle he finds himself in trouble with dastardly carnival ringleader B.B. Bosso. But a chance encounter with Mr Dante Vernon leads him to a magic shop where he teams up with five other like-minded kids who become the Magic Misfits, and together they can put a stop to the nefarious B.B. Bosso. Neil does a good job as a new author. While the story is a little generic, it will definitely ensure young adults are entertained with its wonderful direction, and get their imaginations running wild.





**WE chat to musicians making waves in the music scene!**

BY EL BROIDE

Off The Record

**A**FTER a six-year hiatus one of South Africa's most exciting rock acts, CrashCarBurn, is back! The group has spent the last few months recording their comeback record and *Headlights*, and it's finally here. This week we get up close and personal with lead singer **Garth Barnes** as he chats about the band's break, the new album and their hilarious new music video.

**Headlights is your first album in six years – why the wait?**

For a long time we'd been following the industry trend of releasing singles instead of full-length albums. Even though we haven't released a full album since 2012, we've released a good number of singles during that time. The problem with putting out singles, though, is that you're always writing something that might have a chance on radio, so you miss out on those little gems that might not necessarily be picked up by radio but are nonetheless great tracks! So eventually, we we're like, "Okay, the singles journey was fun, but it's time now for an album!"

**The sound is much lighter than we've heard from you. What prompted that decision?**

I don't think it was a conscious decision, but rather a result of our approach to the songwriting process this time around, which was very different to how we tackled our previous albums. In the past we'd all pile into the band room with a basic idea and then flesh out the song very much by feel. The approach worked well for us in the past, but on the down side what this method did was immediately eliminate any chilled or slow jams because they just weren't 'fun' to play. With this album we tried a very completely different approach: we sat down and wrote in the studio and only asked one question: Does this SOUND good – regardless of how boring it might be to play? I think it's that process that allowed songs like *Nobody* and *Headlights* to see the light of day.



Jaco Britz

Etienne Janse Van Rensburg

Garth Barnes

Brendan Barnes

**Off The Record With...**

**CRASHCARBURN**

**What makes *Summer Forever* the perfect comeback track?**

It's just a really fun, feel-good song that makes you want to dance! But I think we chose *Summer Forever* as our first single because we thought it was a good stepping stone from our old albums to the new sound. If you heard the track on the radio, someone who knows the band would be like, "Oh yes, that's CrashCarBurn."

**Glen Biderman-Pam features in the hilarious video for the track. What was that like?**

GLEN is hilarious! We could have released two videos with the amount of great footage we got on the shoot. He'll do whatever it takes to make a production work. There is a scene where he had to share an ice cream with the lead dog in the video. We were going to get a shot of him licking the ice-cream and then cut to the dog licking a separate ice-cream and he was like, "No way, it's got to be one shot to make it believable." So he just licked the same ice cream as the dog!

**Talk to us a bit about the album's lyrical content.**

I think it's a very positive album. It's not like we're angsty teens anymore. We're all happy, relatively well-adjusted adults now! So, themes of appreciation, love, perseverance and optimism are there throughout the tracks.

**Why do so many identify with your music?**

I think it's because we're a relatable bunch of guys writing songs about relatable issues. There's no over-the-top theatrics or unnecessary showmanship that puts us on any kind of pedestal for fun. It's just four mates making music and having a good time doing it.

**What'll be the next single off the project?**

We'll probably go with something a bit different. Most likely *Headlights* – maybe it's time to shake things up a bit. The track is kind of an '80s style slow-jam with a distinctive CrashCarBurn Twist!

**What do the next few months hold for you?**

Touring. We can't wait to share the new songs! All our gigs are up on our Facebook page.

**Apastron Diamond Thug**

★★★★  
LOCAL  
alternative group Diamond Thug recently released their debut



album *Apastron*, which comes after their incredibly successful EP *Monday Will Have To Wait*, and *Deep Of The Night*, their hit collaboration with local electronic act Goldfish. The album oozes emotion and is super ethereal. **Chantel Van T** is a star and her vocals are on fire on this record. Her growth has been exceptional over the past few years and she continuously works hard at perfecting her craft. *Diamond Thug* has an alternative, folky, celestial feel to it and the group really has that spark that continues to set them apart from other acts. Support local music and download or stream *Apastron* this week!

**El's Favourite Track: Cosmic Dreamer**

**Invasion Of Privacy**  
**Cardi B**

★★★★★

NOT since **Nicki Minaj** has the world taken to a female rapper so much like it has to **Cardi B**. Ever since she released *Bodak Yellow* last year the world has been obsessed with the artist, who has gone on to work with the likes of **Migos**, **Bruno Mars** and **Nicki** herself. Now she's released her remarkable debut album, and while her flow isn't as slick as some of her peers, **Cardi B's** ability to open up through her music has set her apart. The star spits some serious bars and every track is good enough to be a single. The star is unapologetic, real and confident on this record, owning her insecurities and using them to her advantage on this record.



The raw approach and fantastic production has made this one of the most exciting hip hop records of the year.

**El's Favourite Track: Be Careful**

**Speak Your Mind**  
**Anne-Marie**

★★★★★

SHE'S the voice on hits like *Rockabye* and *Friends* and on *Speak Your Mind*, her debut album, **Anne-Marie's** takes you on a sonic journey. While crafted in the pop space, each song almost has a mind of its own and it makes for an interesting listen. The golden thread that pulls it all together, however, is **Anne-Marie's** strong vocals. Her voice is incredibly clean and strong and the singer understands her instrument. She tests herself by taking it to a variety of different areas, and effortlessly hits every note. Her girl-next-door approach makes her an artist the audience is able to relate to – and this is heightened by the lyrical content. There's an authenticity to the material **Anne-Marie** has created for this project.



**El's Favourite Track: Friends**





# It Should Be *Cashper*

CASSPER NYOVEST is seen here during the filming of the music video for his song *Ksazobalit*, and we are literally amazed at how everything the rapper touches seems to get the Midas treatment. Would you believe that the video racked up nearly a million views on YouTube within its first week? Of course, we're pretty sure the cameos by A-listers *Somizi* and *Pear Thusi* didn't hurt...

YOUR backstage pass to the best movie and TV sets.

# Con-Deuce-Ive To Controversy

HE may have found himself in hot water recently, but that seemingly hasn't done much to affect his prospects in Tinseltown. Despite having been accused of sexual misconduct by five women, **James Franco** still has his fingers in a few pies, and can be seen here on set filming scenes for the second season of HBO's *The Deuce*, which made its debut late last year.



# Shailene On The Shoreline

JUST in case you thought we were telling you big little lies about the second season being in production, here's more photographic evidence. **Shailene Woodley** was spotted getting into the groove of things while filming on the beach for, well, *Big Little Lies*; but, as we said before, that bit of televisual fun will only be out in early 2019. Honestly, that's something we wish we were lying about.

PEOPLE EXCLUSIVE PIC!



PICS: GREATSTOCK / MAGAZINE FEATURES

# STARS Said What?

**CELEBS** HAVING THEIR SAY ON TWITTER...  
TWITTER



"A good team is everything."  
- Nandi Madida



"It is only a lesson if you learn from it. I learn everyday."  
- Conor McGregor



"I don't trust anything I see. Even salt looked like sugar."  
- Tory Lanez



# On The Box This Week



## The Real Housewives Of Atlanta, Wednesdays At 18h00 On 1 Magic

IN another dramatic episode of *The Real Housewives Of Atlanta* **Portia** organises a trip to Houston to help the victims of Hurricane Harvey, but someone else's competing event gets under her skin.



## Jersey Shore: Family Vacation, Thursdays At 21h15 On MTV

IN a wild party night **Vinny** puts his relationship at risk when he flirts with a stripper and tries to convince her to come back to the house with him.



## Black Ink Crew Chicago, Tuesdays At 21h50 On BET

WHILE on vacation in Mexico, **Cobra** has a tough decision on his hand after **Phor** tells her the truth about **Velvet** and **Lily** tries to resurrect her relationship with her sisters.

BY EL BROIDE

Reality Bites

# Wait, What?

## Cait's Getting Married?

IT seems Caitlyn Jenner is ready to say 'I do' yet again. Cait's love life has been in an exciting place ever since rumours started to swirl in October last year that she was dating her live-in companion Sophia Hutchins – and now it seems they're ready to take their relationship to the next level. Cait and the 21-year-old transgender woman have found solace in each other after both going through the process of reassigning their gender – and have 'completely fallen in love with each other', according to an insider.

"Cait really sees herself spending the rest of her life with Sophia. She lost her support system when she fell out with her family and these days she feels like Sophia is the only person she can count on." The couple has reportedly already started making plans for their big day and intend to have a small, intimate affair.

"This is a dream come true for Cait, whose biggest issue is the crippling depression she suffers when she's lonely," a different source says. "The plan is for them to say their 'I do's' at a bluff near Cait's Malibu mansion". While Cait would love the *Kardashian* clan to attend, something tells us they won't be too keen to celebrate with her...

PEOPLE EXCLUSIVE PIC!



NEWS and views from the world of reality television.

## The Truth Behind Scotty T's Geordie Shore

### Exit



IF you're an avid follower of MTV's *Geordie Shore* you'll have notice that fan-favourite **Scotty T** has been missing for a few seasons now. At first it was believed that the reality star had been axed from the show due to his bad behaviour. "Scott has been removed from filming as he has not followed orders to clean up his act. His behaviour on set hasn't improved and the producers had no option but to send him packing," an insider revealed back then.

But in a recent interview **Scotty** claims he chose not to return to the show – and some of the new cast members are to blame. "They asked me to go back to *Geordie Shore* last series but I said no," he says. "I preferred to present *Just Tattoo Of Us* with **Charlotte** and have a laugh and just be myself. I would go back for a cameo to show my face and remind them who is the boss – but I wouldn't go back full time. Especially not with some of the new cast, who are just divs."

**Scotty** adds that he doesn't even keep tabs on what is happening on the show.

"I don't bother watching it anymore anyway. What's really to watch now I'm no longer on the show?"



## Dear People

Hi everybody! Send only one pic to [dearpeople@caxton.co.za](mailto:dearpeople@caxton.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.

My angels, your mom loves you.  
Abigail



#420...  
Ashton  
Maistry



Me and my baby, love you... Nnana  
Jessica



Me and my two best friends. Love them a lot.  
Noma



When duty calls.  
Nurse Khethiwe



## Horoscope

BY WILLIAM SMITH



La Toya  
Jackson

# Gemini

## Celeb Birthdays

Maxwell – May 23, 1973

Lenny Kravitz – May 26, 1964

Mel B – May 29, 1975

La Toya Jackson – May 29, 1956

**ARIES:** Mar 21 – Apr 20

**Your Week:** Confident self-projection is essential, in order to gain personal and worldly objectives, and to partake successfully of social activity. Forge fresh links. If you get to know them better, friends of friends could become useful allies.

**Taken:** Improve your appearance in order to rekindle the love and affection.

**Single:** The attraction between you and another could end in a special date.

**TAURUS:** Apr 21 – May 20

**Your Week:** Well-planned development of your intensely personal interests is sure to reap the desired results. Resolve to make optimum use of your reasoning capability and organising skills. You can benefit from your own insights and ingenuity.

**Taken:** Welcome a round that is favourable for marital and partnership plans.

**Single:** A new and worthy love affair could develop with surprising swiftness.

## Apr 21 – May 20

**GEMINI:** May 21 – Jun 21

**Your Week:** Grasp your chance to stamp your personal authority on events, to exhibit your leadership skills, while your rapport with others is so good. Increased energy and fresh inspiration grants you decided advantages in competitive situations.

**Taken:** Your partnership is rejuvenated so cheer up and make the utmost of it.

**Single:** A pleasant atmosphere prevails and you could be socially in demand.

**CANCER:** Jun 22 – 23 Jul

**Your Week:** If you need special advice on financial and business arrangements, especially contracts, take advantage of the helpful trend which is now in force. You can deal successfully with people in authority; will obtain excellent assistance.

**Taken:** If amour has lately been quite dull it now takes a turn for the better.

**Single:** A romantic spin-off from an introduction seems to be a possibility.

**LEO:** Jul 24 – Aug 23

**Your Week:** A period in which you are mentally stimulated and likely to take part in some really inspiring conversations. Good communication is your key to progress and success. Speak clearly and sparingly, and listen well. You have much to learn.

**Taken:** The onus is on you to establish deeper understanding with your partner.

**Single:** If amour comes into focus, it may be an ex-flame who wants to make up.







I'm in Grade 11 in Meadowlands Technical High School – I love writing and netball.  
**Mitchel Pamhare**



Ready to hit the road.  
**Nonhlanhla**



**Mavesta Kagiso**



Me and my beautiful queen.  
#Rey&Mzee  
**Mzwakhe**



The two cousins, Brayton and Brandon.  
**Priscilla**



**VIRGO:** Aug 24 – Sep 22

**Your Week:** You should now be enjoying a decidedly cheerful trend on the home front – and visitors to your abode are likely to have some good news for you. A lively and kindly atmosphere makes your domestic life highly pleasant and quite rewarding.

**Taken:** Remember that amour must be refreshed periodically if it is to endure.

**Single:** A passionate love match could make up for a previous disappointment.

**LIBRA:** Sep 23 – Oct 22

**Your Week:** Creative, cultural and social activities are favoured to give you pleasure so, if you have special designs in mind apropos any of these aspects of life, this is the time to reach for your goal. Sporting activity should also be pleasing.

**Taken:** Regarding your relationship, do your utmost to maintain a good ambience.

**Single:** New love, with admiration and possessiveness in the mix, seems likely.

**SCORPIO:** Oct 23 – Nov 22

**Your Week:** Even if you are healthy, you must safeguard your wellbeing on a precautionary basis; so be more selective about that which you eat and drink; and get enough sleep and rest. Adopt healthier habits if you have been neglecting yourself.

**Taken:** Romantically, this ought to be a successful and even exciting interim.

**Single:** The stage is set for some cheerful encounters with the opposite sex.

**SAGITTARIUS:** Nov 23 – Dec 21

**Your Week:** Teamwork leads to quick successes whereas solo efforts may only stumble along. You must, of course, choose the right allies in order to meet the demands of this challenging round. Examine the options and get to work on the best ones.

**Taken:** Focus on pleasing your sweetheart by saying and doing the right things.

**Single:** You can pick and choose while you are attracting plenty of attention.

**CAPRICORN:** Dec 22 – Jan 20

**Your Week:** You should manage to extract a good measure of comfort and satisfaction from this round. The basic harmony in your habitat bodes well for resolving family matters successfully. Connections with relations and in-laws should improve.

**Taken:** Use sweet words and thoughtful deeds in order to keep the love flowing.

**Single:** If you are lonesome, someone worthy could soon be warming your heart.

**AQUARIUS:** Jan 21 – Feb 19

**Your Week:** Bold, and even cheeky, self-projection is essential if you hope to succeed in the worldly and social senses. Improving your appearance will surely work to your great advantage. Making a good impression is now the all-important thing.

**Taken:** More caring and understanding from you will bolster your relationship.

**Single:** Events could be quite dramatic assuming you are heart-free and lonely.

**PISCES:** Feb 20 – Mar 20

**Your Week:** Ensure that you are turning in commendable efforts in the business sector and also that you are being seen to be doing so by those who manipulate the vital strings. Your praiseworthy application to duty is certain to be acknowledged.

**Taken:** Use a lesson from the past to refresh and strengthen your partnership.

**Single:** A change in routine could possibly result in a special invitation.

**ON SALE NOW!**

**people** 160 PUZZLES No. 151

**people** No. 27

**people** 76 PAGES OF PUZZLE FUN

**Kiddies Puzzles**

**people** Colour-Jigs Mazes

**people** Spot The Differences

**people** 160 PUZZLES No. 151

**people** No. 27

**people** 76 PAGES OF PUZZLE FUN

**Kiddies Puzzles**

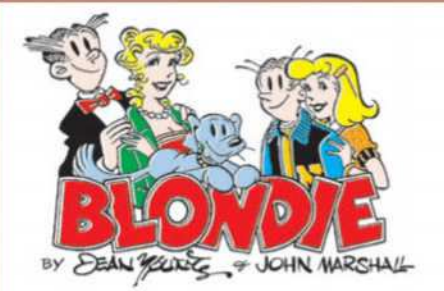
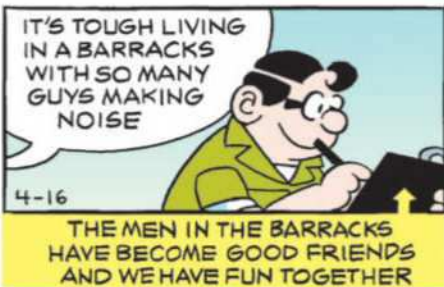
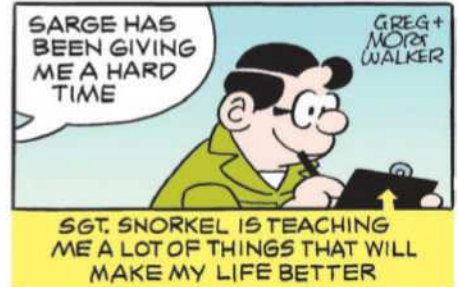
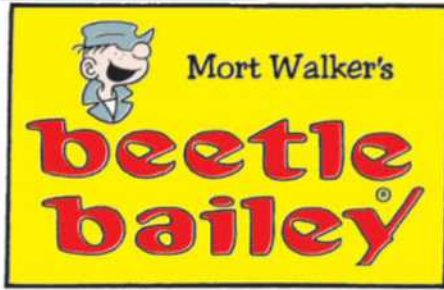
**people** Colour-Jigs Mazes

**people** Spot The Differences

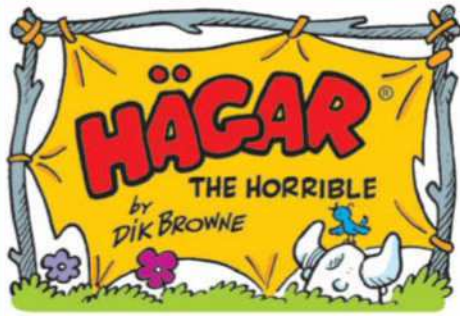


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**THE LOCKHORNS**

**BY BUNNY HOEST & JOHN REINER**





# TV QUIZ!



1. True or False: *The Good Place* is an American fantasy comedy television series created by Michael Schur.
2. Who starts giving Eleanor formal lessons in ethics?
3. What is the average running time for the series?
4. The exteriors are shot in the Little Europe set at which California studio?
5. The series focuses on a woman who wakes up in the afterlife – what's her name?

6. True or False: This sees **Jameela Jamil** in her first role in a series or film.
7. All of the coffee cups in *The Good Place* are green and feature what phrase?
8. What was this first lesson?
9. In *Mindy St. Claire* Jianyu and who else face a huge decision?
10. **Ted Danson** stars as which character?

**Catch The Good Place, Mondays At 23h30 On M-Net**

1. What is the name of **Jaden Smith's** girlfriend?
2. What is the name of **Seth Meyers'** two-year-old son?
3. Who is **Karrueche Tran's** new boyfriend?
4. How many children does **Alec Baldwin** have?
5. How old is **Katie Holmes'** daughter **Suri**?
6. True or False: **Zayn Malik's** upcoming album is titled *Bella*.
7. What is the name of local reality TV star **Blue Mbombo's** sister?
8. What is the name of **Denise Zimba's** new EP?
9. What are the names of the two leading ladies on the *Bad Boys* spin off show?
10. True or False: *Real Housewives Of Atlanta* star **Kenya Moore** is pregnant.

# CELEB QUIZ!

1. What is the hardest substance in the human body?
2. What is the typical lifespan of a human red blood cell?
3. Recent studies on interstitial fluid aside, what is the human body's largest organ?
4. Do blondes or brunettes have more hair follicles?
5. What is the rarest blood type found in humans?
6. Does urine fall on the acidic or alkaline side of the pH scale?
7. What is the primary function of the kidney?
8. What liquid is secreted from the lacrimal gland?
9. Humans bones, per weight and volume, are stronger than which metal?
10. What is the biggest cell in the human body?

# TRIVIA QUIZ!

# Giant Wordsearch No.



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

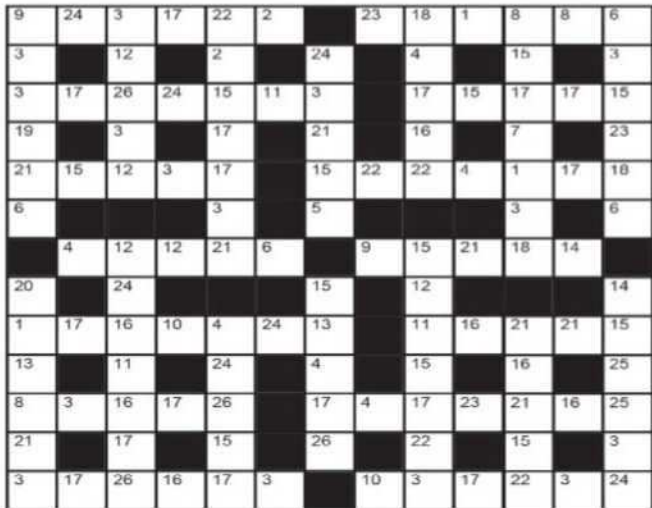
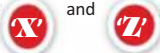
- |            |           |          |          |
|------------|-----------|----------|----------|
| AREAS      | GNATS     | MILL     | TARE     |
| ASPECT     | GROVES    | MOSS     | TARN     |
| AVIAN      | HAZE      | ORCHARD  | TIDE     |
| BEACON     | HIKE      | PALM     | TORS     |
| BEES       | HILLS     | PARK     | TOUR     |
| BIKING     | HOPS      | PATH     | VIEWS    |
| BOGS       | IDYLLS    | PINE     | WALK     |
| BUSHES     | ISLES     | PLANT    | WATCHING |
| CANYON     | JUNIPER   | PRESERVE | YACHTING |
| EAGLES     | KITES     | RAMBLING |          |
| ELMS       | LABURNUM  | SAGE     |          |
| EVERGREENS | LAKE      | SEAS     |          |
| EXPLORE    | LEAS      | SEEDS    |          |
| FAIR       | LOCALE    | SITE     |          |
| FIELDS     | MAGNOLIAS | STONE    |          |
| GARDENS    | MARSH     | STREAM   |          |





# 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 '20' has the letter 'J' so a useful start is to insert 'J' in all the boxes that contain the number '20'. Vowels appear at least once in a word but letters such as **X** and **Z** are few.



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

## NUMBERSEARCH

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

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

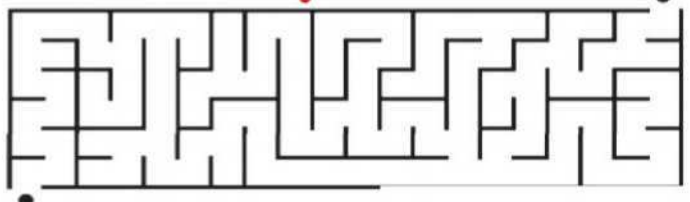
- |            |            |            |
|------------|------------|------------|
| 041653     | 3491845235 | 6873059214 |
| 1072679481 | 3794156    | 755718654  |
| 173267     | 4173267    | 7867191589 |
| 18934      | 4980475571 | 84213      |
| 29310526   | 5614010947 | 8570596366 |
| 2967998451 | 59281      | 8934642576 |
| 3380765250 | 6364098136 |            |

## NUMBER CRUNCH

$$\begin{array}{r} 18 \square + \square 16 = 4 \square 9 \\ + \quad + \quad + \\ \square 52 + \square 3 = 40 \square \\ \hline \square 35 + \square 69 = 9 \square 4 \end{array}$$

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.

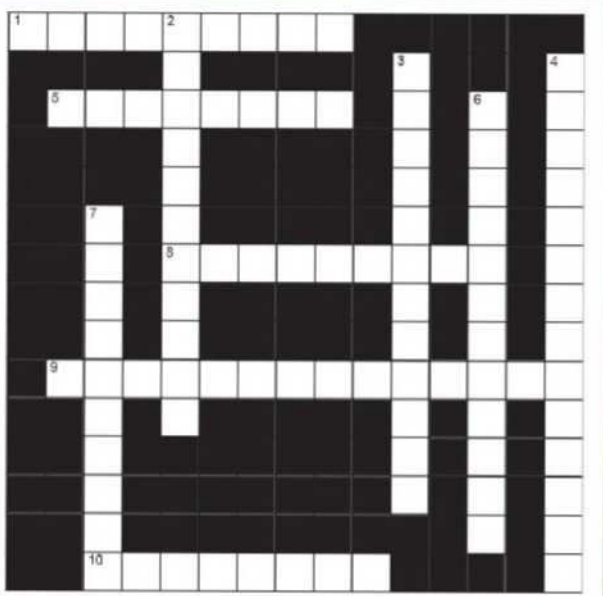
## KIDS MAZE



Across

Down

## CELEB CROSSWORD...



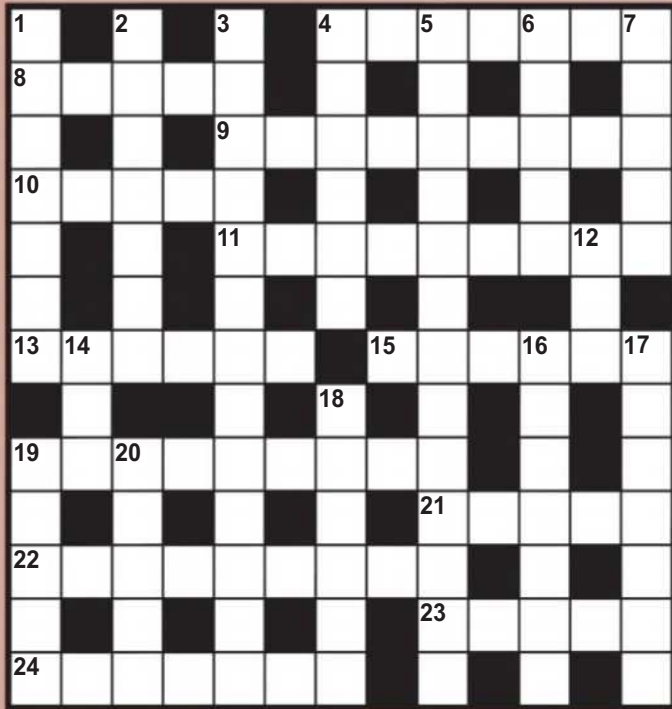
- US actress who starred in the films *Friends With Benefits*, *Ted*, *Bad Moms*, *Jupiter Ascending*, *The Book Of Eli*, and *Date Night* (4,5)
- Canadian actress whose films include *Tallulah*, *Freeheld*, *Inception*, *Hard Candy*, and *Juno* (5,4)
- US actor who was nominated for an Academy Award for his role in *Brokeback Mountain*, and whose film characters include Lou Bloom in *Nightcrawler*, Billy Hope in *Southpaw*, and Detective Loki in *Prisoners* (4,10)
- US actor and filmmaker who won Academy Awards for his roles in *Milk* and *Mystic River*, and was nominated for *I Am Sam*, *Sweet And Lowdown*, and *Dead Man Walking* (4,4)

- Canadian actor, whose film characters include Jack Traven, Jonathan Harker, Neo, Johnny Utah, and Detective Tom Ludlow (5,6)
- Pearl Harbor*, *Black Hawk Down*, *Lucky Number Slevin*, *Wicker Park*, *40 Days And 40 Nights*, and *The Black Dahlia* are films in which this US actor starred (4,8)
- Irish actor, whose films include *Trespass Against Us*, *Gangs Of New York*, *Alone In Berlin*, *Live By Night*, *In The Heart Of The Sea*, and *In Bruges* (7,7)
- Spanish actor who won the Academy Award for Best Supporting Actor for his role as Anton Chigurh in the 2007 film *No Country For Old Men*, and whose movies include *Skyfall* and *Pirates Of The Caribbean: Dead Men Tell No Tales* (6,6)
- Suicide Squad* and *Doubt* are films in which this US actress, who won the Academy Award for Best Supporting Actress for her role in the 2017 film *Fences*, starred (5,5)

**DID YOU KNOW?**  
IN 1930 the Calvin Corporation introduced one of the first commercial car radios, the Motorola model 5T71. It sold for then between \$1.10 and \$1.30.



# Cryptic Crossword



## Across

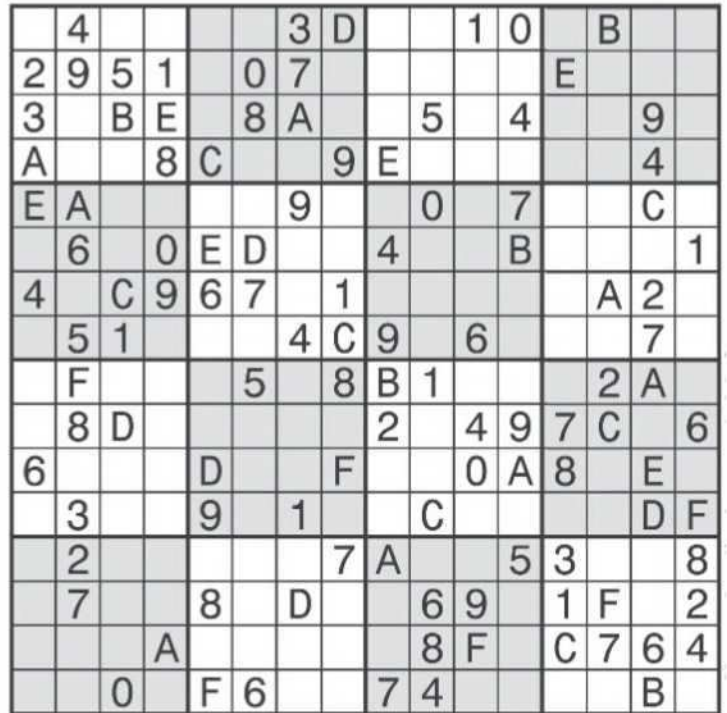
## Down

4. The best is having 100 that divides equally (7)
8. Or the doctors' association produces something spicy (5)
9. The liar gets tons of nothing and it goes to his head (9)
10. How a trap can be put aside (5)
11. It will turn out that at the happening you consumed it! (9)
13. It's in with the cost causing some alarm (6)
15. Her tan is the result of holding pollen (6)
19. The saint gargles and wanders off (9)
21. There's a definite principle involved whichever way you look at it (5)
22. Lost again and suffering from homesickness (9)
23. Either way, you'll find it in your dynamo (5)
24. Opposes disturbing the sisters (7)

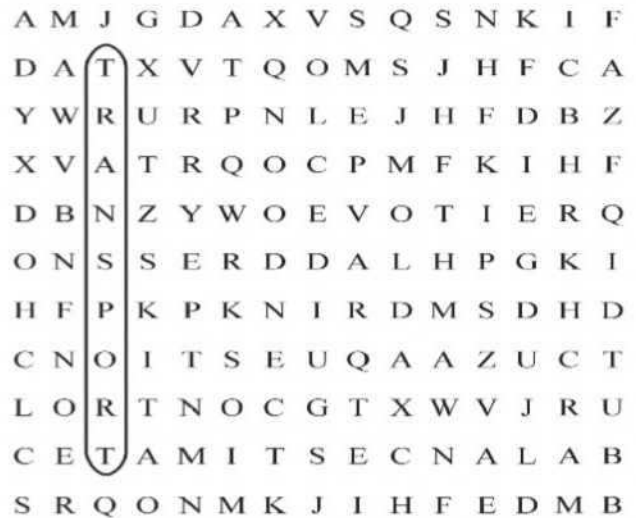
1. Rapt in the ape and his movements on the low wall (7)
2. Wandering off in a coma from the din (7)
3. Grin at master B going out to knock down doors (9,4)
4. Be there to rant and jest (6)
5. Heavens above! Is that what they're doing in Hollywood? (8,5)
6. Break a chain and put it on the table (5)
7. Save letter from loss, that's a relief! (5)
12. Go to Europe on foot (3)
14. Frequently you'll find it in the loft (3)
16. Ron's the one to go out and get stung by them (7)
17. Terry meets his CO in the minister's residence (7)
18. Lines up to sing with Jolson (6)
19. Ron's a one to get into echo-sounding (5)
20. Prose seems to be all about flowers (5)

# 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

- |         |          |         |           |
|---------|----------|---------|-----------|
| Address | Cook     | Guide   | Question  |
| Balance | Drink    | Judge   | Stamp     |
| Brush   | Estimate | March   | Transport |
| Control | Fight    | Process |           |

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# STICKLERS

How many individual cubes are in the stack below? All rows and columns run to completion unless you actually see them end.



## SCRAMBLERS

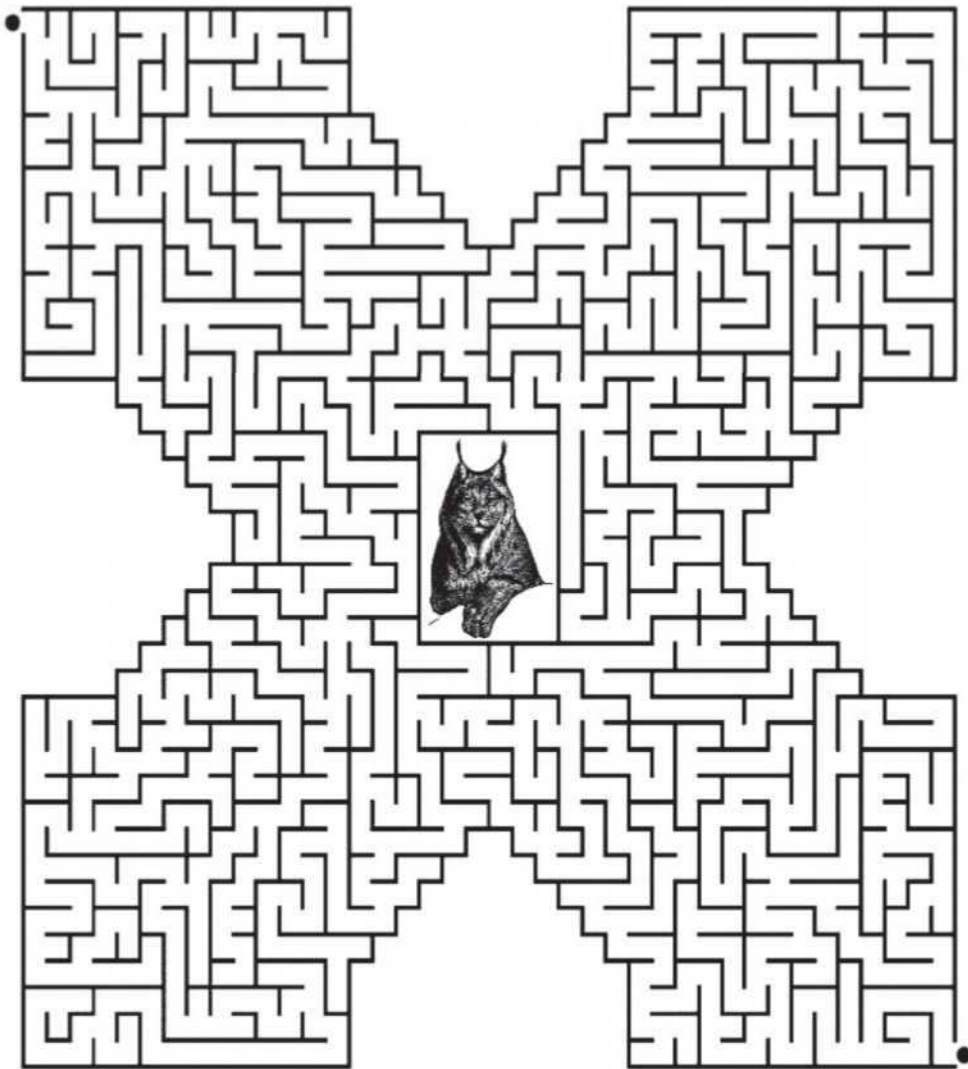
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

- Delight **ASLEEP**
- Rant **IRATED**
- Bright **TADRAIN**
- Edge **GRIFEN**

TODAY'S WORD



# MEGA MAZE



# MISSING LINKS

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

RESULT	ACTION
936	÷
=	+ 185
= 221	+
=	÷ 8
= 73	-
=	x 47
= 846	-
=	÷ 18
= 43	+
=	- 67
= 28	x
=	x 6
= 672	

# FIND-A-WORD

- Audience
- Bishop
- Black
- Board
- Capture
- Championship
- Check Mate
- Club
- Colour
- Concentration
- Diagonal
- History
- King
- Knight
- Manoeuvre
- Master
- Matches
- Moves
- Pawn
- Pieces
- Players
- Queen
- Rank
- Rook
- Rules
- Sixteen
- Squares
- Strategy
- Timer
- Tournament
- Watch
- White
- Winner

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

# Wordoku

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

D			C		W	E
Q					C	
X		S				
S	X				W	
					D	
			Z		E	Q
W	C		Q		E	A
	E			W		X
			S			



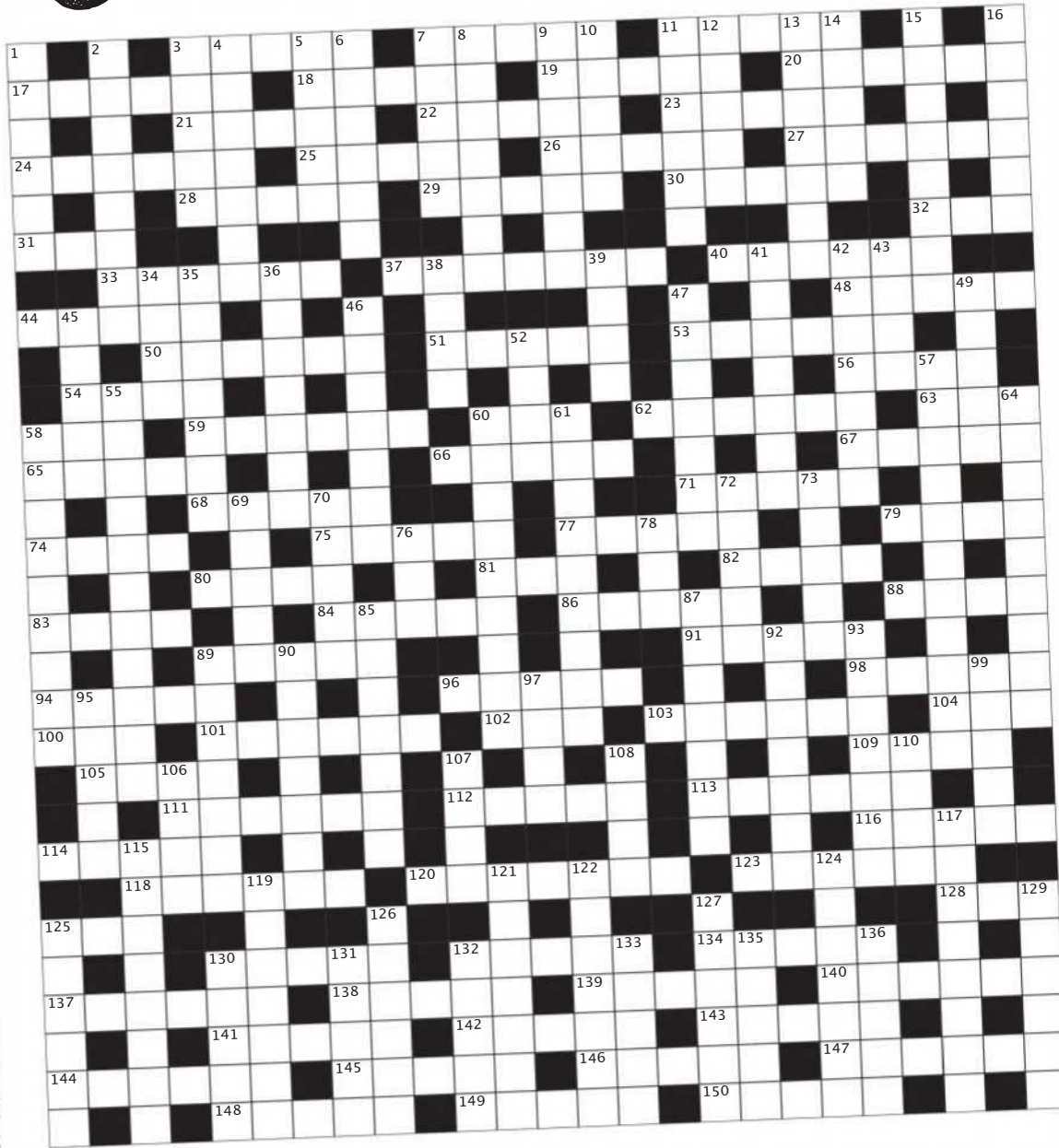


# JUMBO Crossword

NO.  
455

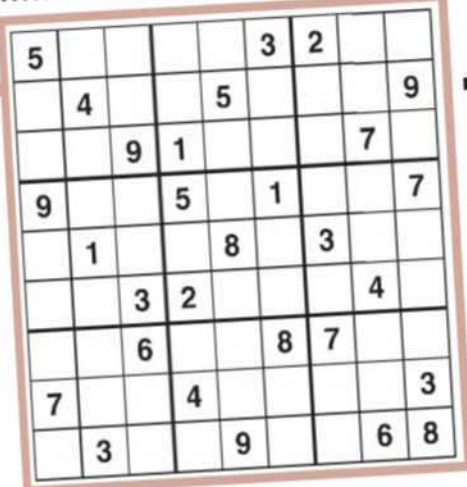
## ACROSS

3. Pokes
7. Rich tapestry
11. Mix together
17. Fund-raising event
18. Golf score
19. Indistinct
20. For a short time
21. Cake topper
22. Atoll component
23. Scope
24. Biker's protection
25. Glacial ridge
26. Actress, **Winona** ...
27. Quick look
28. Birds
29. Sweetener
30. Heavenly messenger
31. Fish eggs
32. Dog or cat
33. Sounds
37. Formal speech
40. Take for granted
44. Church feature
48. Focus of infection
50. Yarn bundles
51. Indian kings
53. Restricts
54. Wee ones
56. Situated on
58. Japanese coin
59. The East
60. Farm animal
62. Swear
63. By way of
65. Off-white
66. Lessen
67. Happening
68. Actor, ... **Murphy**
71. Relieved
74. Regretted
75. Hauls
77. Groups of cattle
79. Affectedly dainty
80. Hoodwink
81. Dead heat
82. Chills and fever
83. Low islands
84. Mountain ridge
86. Synthetic fabric
88. Brilliant success
89. Perceive
91. Mistake
94. Bay window
96. Game of chance
98. Geometry calculation
100. Money roll
101. Film genre
102. Pooch
103. Outcome
104. Coal carrier
105. College official
109. Farewell (2-2)
111. Think about
112. Feudal lord
113. Israeli money
114. Unruly crowd
116. Cook with dry heat
118. Stranger
120. Bank transaction
123. Botched
125. Type of fish
128. Faulty firecracker
130. Easy gait
132. Arm joint
134. Chief monk
137. Exact retribution
138. Musical drama
139. Golf club
140. Tempo
141. Diplomat
142. Dangles in the throat
143. Elliptical
144. Lettuce leaves
145. Rifle adjunct
146. Dodge
147. Exertion
148. Doctrine
149. Barter
150. Vigilant



## 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.



## TATAMI

double set of numbers  
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).





# DOWN

1. Bowman
2. Wealthy
3. Wielded
4. Clergymen
5. Slow-witted
6. Most wise
7. Pseudonym
8. Saved
9. Mediocre
10. Woodland deity
11. Chest of drawers
12. Study
13. Carpers
14. Reside
15. Seal or walrus
16. Turn down
34. Kiln
35. Annoying
36. Uplifted
38. Move quickly
39. Impudence
41. Tops
42. Wild
43. Fine spray
45. By an by
46. In pieces
47. Held a poker face
49. Remove badge
52. Prison
55. All around (2,5,4)
57. Worked up
58. Cornfield effigy
60. Drunk
61. Getting together
64. Tried
69. Braised meat stew
70. Notions
72. Hatha yoga posture
73. Fifty-fifty
76. Wonder
78. Sunbeam
85. Get better
87. Crime
89. Malign
90. Crazy person
92. Hawaiian guitar
93. Shreds
95. Wireless
97. First-class (1-3)
99. Great deal
106. Helper
107. Helpful hint
108. Actress, ... **Moore**
110. Medicinal plant
115. Cashed in
117. Opposite of subtraction
119. Enormous
121. Commotion
122. Glowered
124. More succinct
125. Alter
126. Portray
127. Asian temple
129. Reduce in rank
130. Representative
131. Detached
132. Blow up
133. Use a loom
135. Carpenter's tool
136. Larceny

# 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. Bloke	— E — — —	Track down	— O — — —
2. Boxer's accessory	— — — V —	Spherical map	— — — B —
3. Beehive product	H — — — —	Cash	M — — — —
4. Create a new gizmo	— — — — N —	Buy stocks	— — — — S —
5. Labyrinth plant	— — — — Z —	Augusta's state	— — — — N —
6. Batman's cohort	— — — B —	Violin's coating	— — — S —
7. Zoo swinger?	M — — — —	Braying animal	D — — — —
8. Backbone	— — — P —	Gleam	— — — H —
9. Clergyman	— — — A —	Human being	— — — E —
10. Cologne's river	— — — I —	Lake Geneva's river	— — — O —

# BLOCKWORD

BY BARRIE THOMSON

NO. 745

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: Proof. SMS 48408 with the answer, your name and surname, e-mail address (if you have one), and **people**/Blockword No. 745 Be sure to SMS before June 10, 2018. By doing this, you could win R500. Winner of No. 741: Pam Lamont. Answer: Brotherliness. SMSes charged at R1.50 and free SMSes do not apply. Terms and conditions apply.

WIN R500

The crossword puzzle grid contains the following clues and answers:

- Across:**
  - 1. look lasciviously
  - 2. sail support
  - 3. available to all
  - 4. very
  - 5. took a seat
  - 6. relating to the state of oestrus
  - 7. deep cut source
  - 8. fire residue join up
  - 9. ode
  - 10. Noah's ship
  - 11. universal energy
  - 12. quantity
  - 13. deciduous tree
  - 14. wild weather depart
  - 15. in the direction of
  - 16. most costly
  - 17. vast time
  - 18. dry leaf infusion
  - 19. not in not on
  - 20. Angola capital
  - 21. take out a knot
  - 22. snares
  - 23. ragwort
  - 24. in the air
  - 25. skating jump
  - 26. come in
  - 27. hatchet
  - 28. small trademark
  - 29. thin border
  - 30. Paris country
  - 31. kitchen garment
  - 32. surprising
  - 33. hole for a cord
  - 34. plural mouse
  - 35. devoured
  - 36. vague suggestion
  - 37. citrus peel pig house neck garment
  - 38. deep earth crack
  - 39. room under a roof
  - 40. assert without proof
  - 41. soft French cheese female rear
  - 42. powerful
  - 43. musical sound
  - 44. looked for
  - 45. citrus peel pig house neck garment
  - 46. gather together
  - 47. young newt
  - 48. fencing sword
  - 49. wet smack sound
  - 50. virtual memory (abb)
  - 51. public rail-car
  - 52. looked for
  - 53. citrus peel pig house neck garment
  - 54. frequently
  - 55. untruth
  - 56. enemy
  - 57. boat mover
  - 58. virtual memory (abb)
  - 59. thick mucus
  - 60. public rail-car
  - 61. drug taker
  - 62. maiden name
  - 63. halt
  - 64. French art museum
  - 65. Dutch cheese
  - 66. Belgian seaport
  - 67. non-Jew
- Down:**
  - 1. agitated as a feline (4,1,3,2,1,3,3,4)
  - 2. clinging plant
  - 3. watch keenly (4,1,5,7)
  - 4. dead language
  - 5. happening
  - 6. peeper protector
  - 7. frodient
  - 8. sun brown
  - 9. ye...med (for)
  - 10. fire prodder leg joint
  - 11. punt kick (abb)
  - 12. accept
  - 13. run after
  - 14. requires too warm
  - 15. Military Police (abb)
  - 16. try
  - 17. paint by dabbing
  - 18. thanks
  - 19. plural mouse
  - 20. devoured
  - 21. assert without proof
  - 22. soft French cheese female rear
  - 23. powerful
  - 24. musical sound
  - 25. citrus peel pig house neck garment
  - 26. gather together
  - 27. young newt
  - 28. fencing sword
  - 29. wet smack sound
  - 30. virtual memory (abb)
  - 31. public rail-car
  - 32. looked for
  - 33. citrus peel pig house neck garment
  - 34. frequently
  - 35. untruth
  - 36. enemy
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  - 39. thick mucus
  - 40. public rail-car
  - 41. drug taker
  - 42. maiden name
  - 43. halt
  - 44. French art museum
  - 45. Dutch cheese
  - 46. Belgian seaport
  - 47. non-Jew



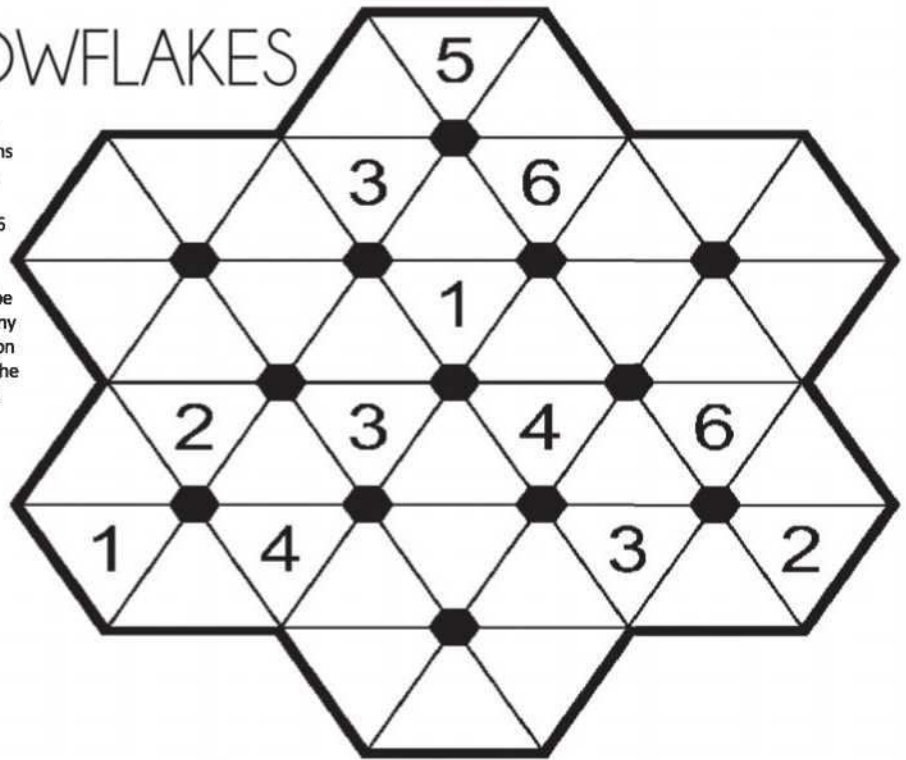


# GO FIGURE

# 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.



	+		÷		14
x		÷		+	
	÷		+		9
-		+		x	
	+		+		17
23		11		16	

**DIFFICULTY THIS WEEK:** ◆◆◆

◆ Easy    ◆◆ Medium    ◆◆◆ Difficult

1 2 3 5 6 7 7 8 9

ON SALE NOW!

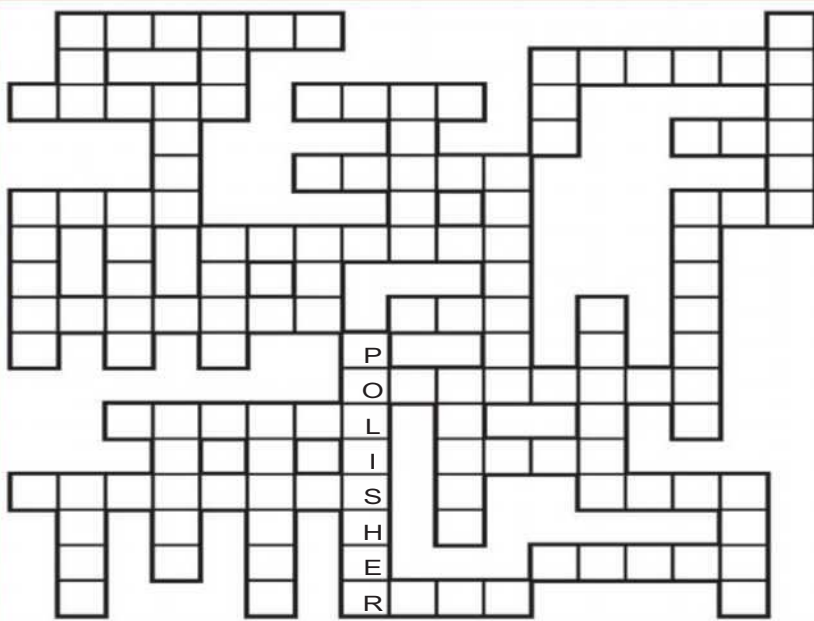


# ARROW WORD

Midday nap	United front		Untic shoes	Professor ... Miami, Hire US series payment ... dc Triomphe	British Telecom (1,1)
Mocked by fate			Act firmly	Crawling shellfish	
Legitimate	Soll			American 'Ltd'	OI secret schemes (4-4)
Make less thin				Type of clergyman	Film Company (1,1,1)
Sense of style	Magnifying glass	Small furry animal	Reveal secret info	Gossip	Arrived
Amatory			Artists' stands	One who owes money	Writer Proust's initials
Meg ... actress		And the rest (2,6)		... Dare, comic strip hero	Sooner than
Spanish painter			British honour (inits)		Eye infection
Wingless insect				Round body in the sky	Phone code (1,1,1)
... Remo Italian port		Fourth note	Point of the compass		
Period of the year	Finely-ground wheat			Highly	Japanese money
					New York (abbrev)



# CRISSCROSS



### 3 LETTERS

AWL  
AXE  
BIT  
DIE  
FAN  
HOE  
SAW

RAKE  
VICE

### 5 LETTERS

ANVIL  
CLAMP  
CLASP  
CRANE  
HOIST

SCYTHE  
SHEARS  
SHOVEL

7 LETTERS  
CRAMPON  
HATCHET  
MANDREL  
PINCERS

### 4 LETTERS

ADZE  
CART  
FORK  
JACK  
LOOM  
MULE  
PICK

JEMMY  
KNIFE  
LEVEL

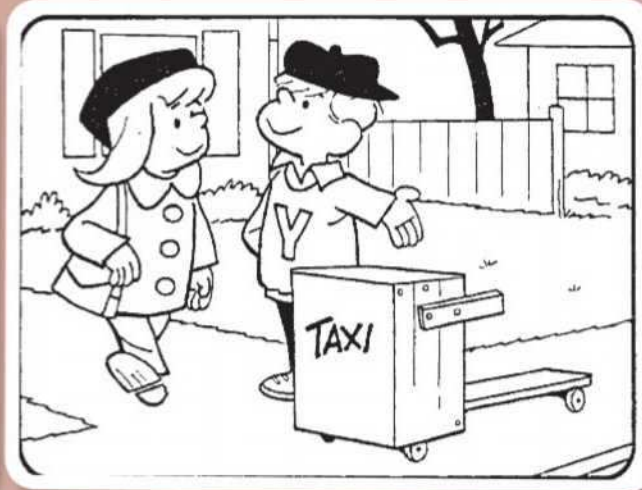
8 LETTERS  
CALIPERS  
OILSTONE  
POLISHER

### 6 LETTERS

CHISEL  
FOLDER  
PESTLE

## 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.

PROOF						SHIP
ROAST						JACKET
WORK				■		PRESS
GOING						STATE
HOPE	■					PASS
WORD						PARTY
DAIRY						PROD
SIGNIFICANT				■		WISE
MAJOR						CUP
SHORT	■					FISH
MURDER						SMITH
HIGH						SAUCER

## WISHING WELL

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

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







# MELTING POT *Blockword*

Restraint	▼	Muslim opponent of the Crusaders	Small roofed retail stall	▼	Olympic award							Hostile	▼	Puts inside
		▼	▼			Street musician			Existing		Equality		Unspecified item of many	
Highest European mountain range				Attack	Capital of Syria				Natural satellites					Turns upside down
				At large; over a wide area		Earth (prefix) Underground room						'Stop' colour		
	Country, capital Vienna					Sloping; oblique Surpass		Alter-natively	Elephant keeper and driver					Like better
	▼		Fill tightly or compactly						Central mass or kernel		Do not (abbr)			Strike
			Bodily bag-like structure Entice			Develop-ment One of the 'ice giant' planets						Swerved		
Take to court Quick informal photo								Deep-seated enmity Expect				Cloudlike mist near the ground Of the country		Deep open cut
Something that sticks out		Thin Mexican pancake with meat filling				Moved rhythm-ically Mosque official						Fine water-deposited sediment		
▼								Mountain lake		Art of carving in stone				Remote-controlled aircraft
Applauds		Stream-lined housing for an engine		Any mast, yard or boom on a vessel		Tortilla chips	Subject					Cut down, as grain		
▼				Artificial waterway					Hindu woman's long cloth garment	Edible seed in a hard shell			Hormone causing constriction of arteries	Not many
Scholarly One from Montevideo?								Spotted				Classify		
▼						Sale to the highest bidder			Energy	Split up into parts				
			Before (prefix)					Military police officer Representative signs		A breed or line of descent	Made sorrowful	Scorch		Rented out for a period
			Den Be sullen out of petty res-entment	Female deer	Endures						An official South African language	Individual item or article		
Usual window material					Remits	Fellow contender Proverb						Rubber wheel surrounds	Shoot	Tired
▼					Dismal									Study of blood and its diseases
Cereal dish of rolled oats, nuts and fruit		Or near offer						Having joints as a door					Once ? twice shy	Bargain contentiously
Carry a heavy load over difficult terrain					Moral crime					Badger's burrow				
								Sending into exile	Cause					Of the north
Neither this ___? that				Region claimed by both India and Pakistan	Loses one's footing	Lustre				Sunrise direction	Gain knowledge	Hanger-on or parasite	Space between	Shout

BY JOHN WHIFFIN / PICS: PUBLICITY/WWW.ELITEPHOTOAGENCY.COM/ ARTICLES.MERCOLA.COM/WWW.THEFACTSITE.COM

DID YOU KNOW?

LATIN originated in Latium, a small region on the coast of west central Italy.

DID YOU KNOW?

EVERYONE can receive type O blood, as it has neither A nor B antigens on red cells.

DID YOU KNOW?

IN military terms, a 'click' means a distance of 1.000 metres.










# General Knowledge

**DID YOU KNOW?**  
 THE Great Pyramid of Giza is the only one of the Seven Wonders of the Ancient World still standing.

	Untidy person French (abbr)	French friend	Elliptical On the internet	Gold (symbol) Interprets words	Is not Perfect (abbr)	Magnificent display	Enclosed by	Wide-spread reputation
					Imparts a taste to Morning moisture			
				Terminated ... Catholic		Middle (abbr) Over the top (abbr)		
	Microsoft founder (4,5)					Gave food Pick		No deal (abbr) Hic jacet (abbr)
Indian pastry Grass patch	Industrial machine operator			Old age pension (abbr)	Cried Slippery fish		Snobbish hotel	
						Coypu Organ of smell		
Extinct NZ ratite Wine stopper				Snacks Each (abbr)			Motel Talons	
			Brazilian footballer			Gift Fervent devotion		Very warm White
The heavens		'May' in 'Madea's Family Reunion' (4,7)	Armed conflict Northern Sotho		Aetatis (abbr) Jagged line			
		Infested with snakes Atlas chart					Nota ... Securely	
Pork meat Irritate	Having knowledge							To such an extent Salaries
			Tint			Biological warfare (abbr)	Urging Desert soil	
Lose temporarily	Wireless Clamp like tool (3,3)			Melting point (abbr)				Fellow of the Institute of Actuaries
			Primary colour Fifth note					
Un-happiness Hardly any				Guinea (www) Actinon (symb)				Scream Military centre
		Earth Lowest part	Oxalis tuber Postscript		Coffee cup Cabbage variety			Zero Goodbye (inf)
	Din 24 hours						IT author (7,4)	'Reason for Hope' author (4,7)
			Ethical models Bishop (abbr)	UFO's Leg bye (abbr)				
			Telephone inventor Proportion			Writing instrument Pay as you earn		
Light in complexion	Small mass			Not decent Wager		Small bite Equipment	The Big Apple Red Cross	

SOURCES: WIKIPEDIA / HTTP://ARTICLES.MERCOLA.COM / HTTP://USMILITARY.ABOUT.COM

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### Even Exchange

1. Fellow, Follow
2. Glove, Globe
3. Honey, Money
4. Invent, Invest
5. Maize, Maine
6. Robin, Rosin
7. Monkey, Donkey
8. Spine, Shine
9. Parson, Person
10. Rhine, Rhone

### Arrow Word



### Cryptic Crossword



### Sudoku

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

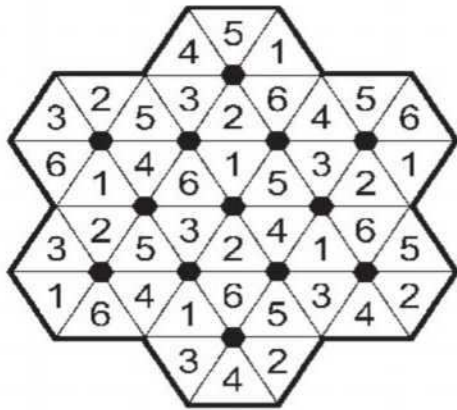
### Maths Quiz

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

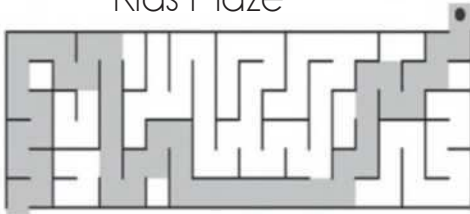
### Go Figure

5	+	9	÷	1	14
x	÷		+		
6	÷	3	+	7	9
-	+		x		
7	+	8	+	2	17
23		11			16

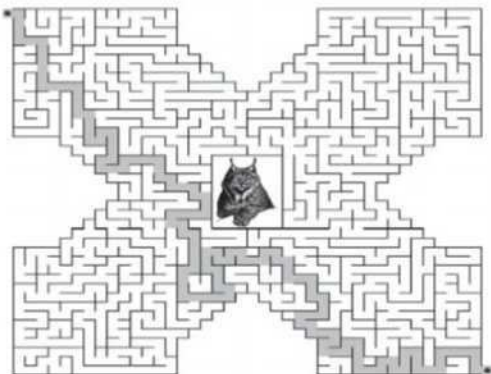
### Snowflakes



Kids Maze



### Mega Maze



### Celeb Wordmatch

PROOF	R	E	A	D	E	R	SHIP
ROAST	D	I	N	N	E	R	JACKET
WORK	B	E	N	C	H	PRESS	
GOING	S	T	E	A	D	STATE	
HOPE	C	H	E	S	T	PASS	
WORD	S	E	A	R	C	H	PARTY
DAIRY	C	A	T	T	L	E	PROD
SIGNIFICANT	O	T	H	E	R	WISE	
MAJOR	L	E	A	G	U	E	CUP
SHORT	S	W	O	R	D	FISH	
MURDER	W	E	A	P	O	N	SMITH
HIGH	F	L	Y	I	N	G	SAUCER

### Scramblers

1. Please; 2. Tirade;
3. Radiant; 4. Fringe

Today's Word

**ASPIRIN**

### Sticklers

48 cubes

### Number Crunch

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

ACROSS: 3. PRODS 7. ARRAS 11. BLEND 17. RAFFLE 18. EAGLE 19. VAGUE 20. AWHILE 21. ICING 22. ISLET 23. RANGE 24. HELMET 25. SERAC 26. RYDER 27. GLANCE 28. DOVES 29. SUGAR 30. ANGEL 31. ROE 32. PET 33. NOISES 37. ADDRESS 40. ASSUME 44. ALTAR 48. NIDUS 50. SKEINS 51. RAJAS 53. LIMITS 54. TOTS 56. ATOP 58. SEN 59. ORIENT 60. PIG 62. AFFIRM 63. VIA 65. CREAM 66. ALLAY 67. EVENT 68. EDDIE 71. EASED 74. RUED 75. DRAGS 77. HERDS 79. TWEE 80. DUPE 81. TIE 82. AGUE 83. CAYS 84. ARETE 86. RAYON 88. COUP 89. SENSE 91. FAULT 94. ORIEL 96. BEANO 98. ANGLE 100. WAD 101. ACTION 102. DOG 103. RESULT 104. HOD 105. DEAN 109. TA-TA 111. IDEATE 112. LIEGE 113. SHEKEL 114. HORDE 116. ROAST 118. EERIER 120. DEPOSIT 123. MESSED 125. COD 128. DUD 130. AMBLE 132. ELBOW 134. ABBOT 137. AVENGE 138. OPERA 139. WEDGE 140. RHYTHM 141. ENVOI 142. UVULA 143. OVATE 144. GREENS 145. SCOPE 146. EVADE 147. EFFORT 148. TENET 149. TRADE 150. ALERT

DOWN: 1. ARCHER 2. AFFLUENT 3. PLIED 4. RECTORS 5. DENSE 6. SAGEST 7. ALIAS 8. RESCUED 9. AVERAGE 10. SATYR 11. BUREAU 12. LEARN 13. NAGGERS 14. DWELL 15. PINNIPED 16. REJECT 34. OAST 35. IRKSOME 36. EDIFIED 38. DART 39. SASS 41. SUMMITS 42. UNTAMED 43. MIST 45. LATER 46. ASUNDER 47. BLUFFED 49. UNPIN 52. JAIL 55. ON EVERY SIDE 57. OVERWROUGHT 58. SCARECROW 60. PLASTERED 61. GATHERING 64. ATTEMPTED 69. DAUBE 70. IDEAS 72. ASANA 73. EQUAL 76. AWE 78. RAY 85. RECOVER 87. OFFENSE 89. SLANDER 90. NUTCASE 92. UKULELE 93. TATTERS 95. RADIO 97. A-ONE 99. LOADS 106. AIDE 107. CLUE 108. DEMI 110. ALOE 115. REDEEMED 117. IMMENSE 119. IMMENSE 121. PALAVER 122. SCOWLED 124. SHORTER 125. CHANGE 126. DEPICT 127. PAGODA 129. DEMOTE 130. AGENT 131. LOOSE 132. ERUPT 133. WEAVE 135. BEVEL 136. THEFT

### Jumbo Crossword

### Missing Links

936	÷	26
36	+	185
221	+	363
584	÷	8
73	-	55
18	x	47
846	-	72
774	÷	18
43	+	52
95	-	67
28	x	4
112	x	6
672		

### General Knowledge Blockword









THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:00 My Kitchen Rules	06:00 My Kitchen Rules Australia	06:00 <b>The Thornberrys Movie</b>	07:00 <b>Get Squirrely</b>	07:00 The Big Bang Theory	06:00 My Kitchen Rules	06:00 My Kitchen Rules
07:05 Grey's Anatomy	07:05 Chicago Fire	07:45 <b>Rugrats In Paris: The Movie</b>	08:30 The Middle	07:30 Young Sheldon	07:00 Survivor South Africa	07:05 Bull
08:00 The Good Doctor	08:00 Chicago PD	09:30 Once Upon A Time	09:00 American Idol	08:00 Blue Bloods	08:00 S.W.A.T.	08:00 Nashville
09:00 The Flash	09:00 Marvel's Agents Of S.H.I.E.L.D.	10:30 Ellen's Game Of Games	10:45 American Idol	08:55 Once Upon A Time	09:00 Supergirl	09:00 Arrow
10:00 American Housewife	10:00 Speechless	11:30 Arrow	12:35 <b>Speechless</b>	09:50 My Kitchen Rules Australia	10:00 American Housewife	10:00 The Middle
10:30 My Kitchen Rules	10:30 My Kitchen Rules	12:30 The Flash	13:05 <b>Ballerina</b>	10:50 The Wild Ones	10:00 My Kitchen Rules Australia	10:30 My Kitchen Rules
11:30 The Big Bang Theory	11:40 Bull	13:30 Marvel's Agents Of S.H.I.E.L.D.	15:00 <b>The Wild Ones</b>	11:50 Carte Blanche	11:30 Grey's Anatomy	11:30 Chicago Fire
12:00 Young Sheldon	12:30 S.W.A.T.	14:30 The Outcasts	17:00 Survivor South Africa	13:30 The Wedding Bashers	12:30 The Good Doctor	12:30 Chicago PD
12:30 Blue Bloods	13:30 Miss SA	16:30 Speechless	18:00 My Kitchen Rules South Africa	14:30 My Kitchen Rules Africa	13:30 American Idol	13:30 American Idol
13:30 Carte Blanche	15:25 DC's Legends Of Tomorrow	17:00 The Middle	19:00 Carte Blanche	15:25 DC's Legends Of Tomorrow	15:30 DC's Legends Of Tomorrow	15:30 DC's Legends Of Tomorrow
14:30 Chicago Med	16:15 Man With A Plan	17:30 American Housewife	20:30 <b>Snatched</b>	16:15 Man With A Plan	16:15 Man With A Plan	16:15 Man With A Plan
15:25 NCIS Los Angeles	16:45 Once Upon A Time	18:00 The Voice	22:05 <b>Vice</b>	16:45 Supergirl	16:45 Arrow	16:45 Arrow
16:15 Kevin Can Wait	17:45 My Kitchen Rules	20:00 Riverdale	22:40 <b>Victoria And Abdul</b>	17:45 My Kitchen Rules Australia	17:45 My Kitchen Rules	17:45 My Kitchen Rules
16:45 Marvel's Agents Of S.H.I.E.L.D.	19:00 The Voice	21:00 <b>Unforgettable</b>	00:30 Riverdale	19:00 Grey's Anatomy	19:00 Chicago Fire	19:00 Chicago Fire
17:45 My Kitchen Rules	21:00 Nashville	22:45 Gormorrah	01:30 Gomorrah	20:00 The Good Doctor	20:00 Chicago PD	20:00 Chicago PD
19:00 Survivor South Africa	22:00 Barry	23:45 Barry	02:35 Billions	21:00 Billions	21:00 Chicago Med	21:00 Chicago Med
20:35 S.W.A.T.	22:30 Curb Your Enthusiasm	00:25 Curb Your Enthusiasm	04:00 <b>Carrie Pilby</b>	22:00 Westworld	22:00 Trust	22:00 Trust
21:35 Bull	23:10 The Good Place	01:00 The Good Place		23:05 Mr. Mercedes	23:00 Transparent	23:00 Transparent
22:00 Trust	00:00 High Maintenance	01:30 High Maintenance		00:05 The Late Late Show With James Corden	23:35 Late Late Show With James Corden	23:35 Late Late Show With James Corden
23:00 Outlander	00:20 The Late Late Show With James Corden	02:25 Transparent		01:00 Gomorrah	00:35 Billions	00:55 Chicago Med
00:00 The Late Late Show With James Corden	01:20 Next Of Kin			02:35 Enter The Warrior's Gate	01:50 Westworld	01:50 Trust
01:00 Seal Team	02:20 Harrow			04:25 TBA	02:50 Wilson	02:50 My Big Fat Greek Wedding
02:00 The Path	03:20 Mr. Mercedes				04:25 <b>Pokémon Destiny Deoxys</b>	04:25 <b>Carrie Pilby</b>
03:00 Lucifer	04:35 <b>Born In China</b>					
04:15 Keeping Up With The Kandasamy's						



### Fun Fact *Snatched*

AMY SCHUMER was hospitalized with Chronic Bronchitis during filming, which shut down production for a week.

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:30 Children 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 TBA
07:30 Takalani Sesame	07:30 Takalani Sesame	06:30 TBA	06:30 TBA	07:00 YO.TV	07:00 YO.TV	07:00 YO.TV
08:00 Isidingo	08:00 Isidingo	07:00 YO.TV	07:00 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	07:30 My Perfect Family	07:30 Isidingo	07:30 Isidingo	07:30 Isidingo
09:00 Muvhango	09:00 Muvhango	08:00 YO.TV	08:00 YO.TV	08:00 Generations: The Legacy	08:00 Generations: The Legacy	08:00 Generations: The Legacy
09:30 Skeem Saam	09:30 Skeem Saam	09:00 Imizwili	08:30 Siyakholwa	09:00 Muvhango	09:00 Muvhango	09:00 Muvhango
10:00 TBA	09:30 TBA	10:00 Mzansi Insider	09:00 Gospel Avenue	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)	10:00 Mzansi Insider	10:00 TBA	10:00 TBA	10:00 TBA
11:30 Mi Kasi Su Kasi	10:30 Big Up	13:30 Soccer 411	11:00 Blue Couch	10:30 Daily Thetha	10:30 Daily Thetha	10:30 Daily Thetha
12:00 Soccerzone	11:00 Throw Back Thursday	14:30 The Road To Russia	11:30 African Religion	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	12:00 Uzalo (Omnibus)	12:00 Yilungelo	12:00 Soccerzone	12:00 The Chatroom
13:30 YO.TV	12:00 Imizwili	15:30 Laduma	14:30 Build Up	13:00 Lakho	13:00 News	12:30 Identity
14:00 Ispani	13:00 Furry Tales	17:30 Roots	15:00 Laduma	13:00 News	13:30 YO.TV	13:00 News
15:00 Degrassi	13:45 YO.TV	18:00 Xhosa/Zulu News	17:00 Road To Russia	13:30 YO.TV	15:00 Degrassi	13:30 YO.TV
15:30 YO.TV Live	14:00 Selimathunzi	18:30 SAMA 24th RED Carpet	17:30 Kulcha Kwest	14:00 Making Moves	15:30 YO.TV	14:00 Khumbul' ekhaya
16:30 Daily Thetha	14:30 Teenagers On A Mission	19:30 RGB	18:00 Friends Like These	15:00 Degrassi	16:30 Daily Thetha	15:00 Degrassi
17:30 Ndebele/Siswati News	15:00 IKB	20:00 24th SAMA Awards	19:00 Xhosa/Zulu News	15:30 YO.TV	17:30 Ndebele/Siswati News	15:30 YO.TV
18:00 Nyan Nyan	15:30 YO.TV	22:30 Live Amp	20:00 TBA	16:30 My World	18:00 Nyan Nyan	16:30 Daily Thetha
18:30 Skeem Saam	16:30 Daily Thetha	23:30 Zaziwa	20:30 TBA	17:30 Ndebele/Siswati News	18:30 Skeem Saam	17:30 Siswati/Ndebele News
19:00 Xhosa/Zulu News	17:30 Siswati/Ndebele News	00:00 Koze Kuse	22:30 Big Up	18:00 TBA	19:00 Xhosa/Zulu News	18:00 Come Again
19:30 Selimathunzi	18:00 TBA		00:00 Koze Kuse	18:30 Skeem Saam	19:30 Selimathunzi	18:30 Skeem Saam
20:00 Generations: The Legacy	18:30 Skeem Saam			19:00 Xhosa/Zulu News	20:00 Generations: The Legacy	19:00 Xhosa/Zulu News
20:30 Uzalo	19:00 Xhosa/Zulu News			19:30 TBA	20:30 Uzalo	19:30 Zaziwa
21:00 Expressions	19:30 Live Amp			20:00 Generations: The Legacy	21:00 Expressions	20:00 Generations: The Legacy
21:30 Cutting Edge	20:00 Generations: The Legacy			20:30 Uzalo	21:30 Cutting Edge	21:00 Uzalo
22:00 The Chatroom	20:30 Uzalo			21:00 Soccerzone	22:00 Chatroom	21:30 Khumbul' ekhaya
22:30 Identity	21:00 TBA			22:00 Local Doccie	22:30 Identity	22:00 Sports
23:00 Daily Thetha	23:00 Mzansi Insider			23:00 Making Moves	23:00 Daily Thetha	23:00 Soccer
00:00 Koze Kuse	00:00 Koze Kuse			00:00 Koze Kuse	00:00 Koze Kuse	01:00 Soccer



24th SAMA Awards

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	05:57 Motheo	06:00 Ubongo Kids	06:00 Inside The Baobab Tree	06:00 Morning Live	06:00 Morning Live	06:00 Morning Live
09:00 Parliament	06:00 Morning Live	06:30 Inside The Baobab Tree	06:30 A.N.T. Farm	09:00 Parliament	09:00 Parliament	09:00 Parliament
09:30 Raggs	09:00 Parliament	07:00 Morning Live	07:00 Morning Live	09:30 Ubongo Kids	09:30 Ubongo Kids	09:30 Raggs
10:00 YO.TV	09:30 Raggs	08:30 Housecall	08:30 Simcha	10:00 YO.TV	10:00 YO.TV	10:00 YO.TV
10:30 Grand Masters	10:00 YO.TV	09:30 Dtv	09:00 Issues Of Faith	10:30 Ke Zaka	10:30 Talk SA	10:30 TBA
11:00 It's For Life	10:30 Raising Babies	10:00 Relate	10:00 Songs Of Praise	11:30 50/50	11:00 Going Strong	11:00 Ladies Club
11:30 Jab	101	10:30 Naruto	10:30 Psalms	12:30 Jikulumessu	11:30 Bophelong	11:30 Health
12:00 Forced Love	11:30 Afro Café	13:00 Breaking New Ground	11:00 Die Woord Erediens	13:00 7de Laan	12:00 Kick It	12:30 Jikulumessu
12:30 Jikulumessu	13:00 7de Laan	13:30 Muvhango (Omnibus)	11:30 Spyskaart	13:30 Uzalo	12:30 Jikulumessu	13:00 7de Laan
13:00 7de Laan	13:30 Uzalo	13:30 Muvhango (Omnibus)	12:00 Beyond Boundaries	14:00 Skeem Saam	13:00 7de Laan	13:30 Uzalo
13:30 Uzalo	14:00 Skeem Saam	16:00 TBA	12:30 Athletics Live	14:30 Muvhango	14:00 Skeem Saam	14:00 Skeem Saam
14:00 Skeem Saam	14:30 Muvhango	18:00 Mehlomdala	13:00 Swimming Magazine	15:00 Doc McStuffins	14:30 Muvhango	14:30 Muvhango
14:30 Muvhango	15:00 Doc McStuffins	18:30 Nuus	13:30 7de Laan (Omnibus)	15:30 YO.TV	15:00 Doc McStuffins	15:00 Dinosaur Train
15:00 Doc McStuffins	15:30 YO.TV	19:00 American Ninja Warrior	16:00 Small Soldiers	16:00 How Do They Do That	15:30 YO.TV	15:30 YO.TV
15:30 YO.TV	16:00 A.N.T. Farm	20:00 Setswana/Sesotho News	18:00 Fokus	16:30 Hectic Nine-9	16:00 Words And Numbers	16:00 Words And Numbers
16:00 Behind The Rainbow	16:30 Hectic Nine-9	20:56 Lotto Draw	18:30 Nuus	17:00 Naruto	16:30 Hectic Nine-9	16:30 Hectic Nine-9
16:30 Hectic Nine-9	17:00 Naruto	21:00 TBA	19:00 50/50	17:30 Venda/Tsonga News	17:00 Naruto	17:00 Naruto
17:00 Naruto	17:30 Venda/Tsonga News	23:00 Swartwater	20:00 Setswana/Sesotho	18:00 7de Laan	17:30 Tsonga/Venda News	18:00 7de Laan
17:30 Tsonga/Venda News	18:00 7de Laan	00:00 News	20:30 Abomzala	18:30 Nuus	18:00 7de Laan	18:30 Nuus
18:00 7de Laan	18:30 Nuus	02:30 Sports Live	21:00 Gospel Classics	19:00 Vleende	18:30 Nuus	19:00 Spsykaart
18:30 Nuus	19:00 #Karektas	03:00 Your World	22:00 His Big White Self: Eugene Terreblanche	19:30 Springbokkie	19:00 Swartwater	19:30 Dekatv
19:00 Musiek Roulette	20:00 Setswana/Sesotho News		23:00 NCIS	20:00 TBA	20:00 Setswana/Sesotho News	20:00 Setswana/Sesotho News
20:00 Setswana/Sesotho	20:30 Relate		01:00 Network	20:30 Setswana/Sesotho News	20:30 Sesotho News	20:30 Sesotho News
20:30 Ngula Ya Vutiva/Zwa Maramani	21:00 Muvhango		01:30 Frankly Speaking With JJ Tabane	21:00 Leihlo La Sechaba	20:30 Nhlanhla Ya Rixaka	20:30 Nhlanhla Ya Rixaka
21:00 Muvhango	21:30 Matswakabele		02:00 Your World	21:30 Jab	20:56 Vodacom Yebo Millionaires	20:56 Vodacom Yebo Millionaires
21:30 Speak Out	22:30 TKO Boxing Magazine			22:00 It Only Hurts When I Laugh	21:00 Millionaires	21:00 Millionaires
22:00 When Duty Calls	23:00 The Challenge			22:30 Breaking New Ground	21:30 Jab	21:30 Jab
22:30 Silent Screams	00:00 News			23:00 NCIS	22:00 Gospel Classics	22:00 Gospel Classics
23:00 Jikulumessu	03:00 Your World			00:00 News	23:00 NCIS	23:00 NCIS
00:00 News					00:00 Jikulumessu	00:00 Jikulumessu

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

Neil Anthony





THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:30 e-News	05:30 e-News	06:00 Peppa Pig	06:30 The Close Up	05:30 e-News	05:00 Hillsong	05:30 e-News
08:30 Checkpoint	08:30 The Soul Man	06:05 Cool Catz	07:00 Grassroots	08:30 eShibobo	05:30 e-News	08:30 Malcom & Eddie
09:00 Bin Kuch Kahe	09:00 Bin Kuch Kahe	06:30 Angelina	07:25 e-Insert	09:00 Bin Kuch Kahe	08:30 Malcom & Eddie	09:00 Bin Kuch Kahe
09:30 Marido En Alquiler	09:30 Marido En Alquiler	06:45 The Jungle	07:35 Hillsong	09:30 Marido En Alquiler	09:00 Bin Kuch Kahe	09:30 Marido En Alquiler
10:30 Days Of Our Lives	10:30 Days Of Our Lives	Bunch To The Rescue	08:00 Peppa Pig	10:30 Days Of Our Lives	09:00 Bin Kuch Kahe	10:30 Days Of Our Lives
11:15 Infomercial	11:15 Infomercial	07:00 PJ Masks	08:05 Cool Catz	11:20 Infomercial	09:30 Marido En Alquiler	11:30 Rhythm City
11:30 Rhythm City	11:30 Rhythm City	07:15 Monchichi	08:30 Everything's Rosie	11:30 Rhythm City	10:30 Days Of Our Lives	12:00 Scandal!
12:00 Scandal	12:00 Scandal!	07:30 Transformers: Robots In Disguise	08:45 Everything's Rosie	12:00 Scandal	11:15 Infomercial	12:00 Scandal!
12:30 Imbewu: The Seed	12:30 Imbewu: The Seed	08:00 Sistahood	09:00 All Football GGO	12:30 Imbewu: The Seed	11:30 Rhythm City	12:30 Imbewu: The Seed
13:00 e-News	13:00 e-News	08:30 Marvel's Avengers Assemble	09:30 ShizLive	13:00 e-News	12:00 Scandal	13:00 e-News
13:30 House	13:30 House	09:00 Marvel's Avengers Assemble	10:00 Rhythm City (Omnibus)	13:30 House	12:30 Imbewu: The Seed	13:30 House
14:25 Infomercial	14:30 <b>Pokémon</b>	09:30 Scandal (Omnibus)	11:50 Infomercial	14:25 Infomercial	13:00 e-News	14:25 Infomercial
14:30 Peppa Pig	<b>The Movie: I Choose You!</b>	11:20 Imbewu (Omnibus)	12:00 Backchat	14:30 Peppa Pig	13:30 House	14:30 2 Hands
14:35 Cool Catz	16:25 Just For Laughs Gags	13:30 eShibobo	12:35 Mahadi-Lobola	14:35 Cool Catz	14:30 2 Hands	14:35 Cool Catz
15:00 Monchichi	16:50 Judge Judy	14:15 <b>Ice Dreams</b>	13:00 <b>Night At The Museum</b>	15:00 Angelina	14:35 Cool Catz	15:00 Mister Maker Comes To Town
15:15 Alvin And The Chipmunks	17:15 Days Of Our Lives	16:05 <b>Megamind</b>	13:00 <b>Mom's Night Out</b>	15:00 The Jungle	15:00 Bo On The Go	15:30 Pokémon
15:30 Regal Academy	18:00 Snapped	18:00 e-News	15:00 <b>Mom's Night Out</b>	15:15 The Jungle	15:55 Frenzy	15:55 Frenzy
15:55 Craz-e World Live	19:00 Rhythm City	18:05 The Almost Impossible Game Show USA	16:50 Sinawe	15:30 A Football GGO	16:25 Just For Laughs	16:25 Just For Laughs
16:25 Just For Laughs	19:30 Scandal!	18:30 Lip Sync Battle	17:00 The Biggest Loser USA	15:55 Sistahood	16:50 Judge Judy	16:50 Judge Judy
16:50 Judge Judy	20:00 e-News	19:00 e-News	18:00 e-News	16:25 Just For Laughs	17:15 Days For Our Lives	17:15 Days For Our Lives
17:15 Days Of Our Lives	20:30 <b>MacGyver</b>	19:30 <b>Night At The Museum</b>	18:05 America's Funniest Home Videos	16:50 Judge Judy	18:00 Fatal	18:00 Fatal
18:00 Fatal	22:30 <b>Contraband</b>	21:40 <b>The Boy Next Door</b>	18:30 Totally Insane GWR	17:15 Days Of Our Lives	19:00 Rhythm City	19:00 Rhythm City
Attraction	00:15 <b>A Single Shot</b>	23:30 <b>Crew 2 Crew</b>	19:00 e-News	18:00 Snapped	19:30 Scandal	19:30 Scandal!
Rhythm City	02:30 <b>The Way Of War</b>	01:25 Fatal	19:30 Modern Family	19:00 Rhythm City	20:00 e-News	20:00 e-News
Scandal!	04:10 Fatal	Attraction	20:00 <b>The Amazing Spider-Man 2</b>	20:30 Chicago PD	20:30 Chicago PD	20:30 Chicago PD
e-News			22:55 <b>Moulin Rouge</b>	21:25 Sinawe	21:30 Imbewu: The Seed	21:30 Imbewu: The Seed
20:30 Empire			01:35 <b>4Play</b>	21:30 Imbewu: The Seed	22:00 Checkpoint	22:00 Checkpoint
21:30 Imbewu: The Seed			03:05 <b>Loverboy</b>	22:30 <b>The Boy Next Door</b>	23:00 <b>Snapped</b>	23:00 <b>Snapped</b>
22:00 The Fixer			04:40 e-Insert	00:50 <b>Forbidden Woman</b>	00:50 <b>Forbidden Woman</b>	00:50 <b>Forbidden Woman</b>
23:00 <b>Crew 2 Crew</b>						
00:55 <b>Bridesmaids</b>						
03:10 <b>4Play</b>						
04:40 e-Insert						

Cool Stuff

TAKE a look at our tech picks for the week.

**QDOS Qi Wireless Charging Pad**

iStore

THE QDOS wireless charging pad (AirMat) is the most convenient solution to your wireless charging needs. The mat contains three charging coils to maximise the charge surface area. The Qi wireless charging standard allows compatibility with the latest iPhone and other wireless-enabled devices.

R799



**GoPro Hero**

The Gadget Shop

THIS action cam boasts all the signature tech the GoPro brand is renowned for. The Hero boasts automatic cloud back-up, auto-offload to your phone and Wi-Fi/Bluetooth connectivity, touch screen, voice control and is waterproof for up to 10 metres.



R3 799

**Motherboard Chopping Board**

Yuppie Gadgets

TAKE your love for tech gadgets to the kitchen with this cool motherboard chopping board. It's a tech-lovers perfect kitchen accessory!

R367.50



**Tech News**

**Sony Mobile And Telkom Team Up With Music Artist Onesimus**

SONY MOBILE COMMUNICATIONS and Telkom announced an exclusive partnership between the two telecom giants and African music artist **Onesimus** with the launch of the new Xperia XA2 Ultra Dual Sim smartphone. This exciting partnership kicks off with an exciting deal where fans will receive three **Onesimus** soundtracks when upgrading to or purchasing the Xperia XA2 Ultra Dual Sim.

**Tech News**

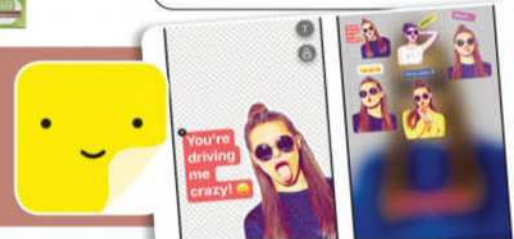
**Canon Cements Its 2018 Commitment To Photojournalism**

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# JOHNNY DEPP'S SCARY SPIRAL: *Drugs, Partying & Legal Drama*

BY EL BROIDE

PICS: ORION / AAI

**THE troubled movie star's life is in shambles as he is hit with yet another law suit.**

It wasn't that long ago when Johnny Depp was the golden boy of Hollywood, but after a string of personal dramas the star has turned back to a life of drugs and alcohol as his world spirals out of control.

The star has recently been embroiled in a nasty lawsuit with his former business managers at The Management Group which has escalated to a sum of more than \$33-million (about R417-million). Johnny has accused the group of mishandling his fortune and as *that* legal drama drags, another begins. The star is now also being sued by his ex-bodyguards Eugene Arreola and Miguel Sanchez for a string of unpaid wages; the two also claim Depp forced them to work in dangerous conditions.

Johnny's former bodyguards reveal that the movie star forced them to cover up his 'out-of-control partying' adding that they once had to 'wipe drugs from Depp's face in a nightclub to stop others around him from seeing the substance'.

However, the allegations don't stop there. The duo add that they, on multiple occasions, also had to serve as babysitters for the star's children Lily-Rose and Jack while Johnny 'spiralled into a financial hurricane'.

This lawsuit threatens to expose the star's dangerous lifestyle and could be a catalyst for other lawsuits. Johnny has just ended a messy \$9-million (R114-million) divorce settlement with ex-wife Amber Heard and insiders reveal that it pushed him over the



The only time Johnny emerges from his seclusion is to visit his club



His drama with ex-wife Amber Heard has taken a toll on his psyche



edge, adding Johnny was 'struggling' and 'depressed' throughout the proceedings – especially since Amber made the abusive part of their relationship public.

"Johnny's definitely been worse for wear ever since he split from Amber," an insider shares. "Hardly anyone sees him anymore, but when they do, it's not pretty. It looks like he spends his days drinking, because whenever he appears on set he's all bloated and pasty. Everyone is worried the guy will drink himself into an early grave."

In fact, Johnny's life is reportedly so reclusive as he struggles to deal with the number of legal issues on his plate that he only ever leaves his house if he is filming or promoting a movie or to visit his club 'The Viper Room' in West Hollywood.

"He's never been the most outgoing personality in the room, but Johnny's become a total introvert these days," the source

continues. "He's holed up in his Hollywood Hills place, which is rundown and dark. It's a really depressing place for someone who is already acting like he is depressed."

Hollywood insiders reveal that the star could be up to \$53-million (R670-million) in debt and that things aren't expected to take a turn for the better anytime soon.

"If Johnny continues living in this miserable existence, those close to him worry that he may hurt himself," the source continues. "He doesn't have much of an inner circle left, but his friends and of course his kids are trying to drag him out of this funk. But so far it's not working. Johnny seems determined to be a recluse."

We really hope that the actor gets the help he needs to get himself out of this depression. Once he has a clearer mindset, he will be able to tackle the many challenges ahead of him clearer.



Johnny reportedly made his bodyguards 'babysit' his daughter



# JULIA'S DRINKING Nightmare

BY ANGELA BEKIARIS

THE star has never looked worse as she deals with sister-in-law's rehab drama.

ONCE one of Hollywood's most beautiful women, Julia Roberts is looking gaunt and tired as she deals with sister-in-law Jyl Moder's battle with alcohol. Sources say Jyl's ordeal and recent rehab drama has been a complete nightmare for the star and her husband Danny Moder. RadarOnline reveals the couple have been at odds for a while trying to help Moder's sister, who has been battling with alcohol addiction for years, and the stress is really affecting Roberts who, after being spotted out recently looking very gaunt, has loved ones extremely worried about her too now. One look at her makes it clear that it's taken its toll. According to insiders, Julia and Danny have been picking up the tab for the many rehab visits, which at

one stage was reportedly as much as \$500 (R6 400) a day for the luxury facilities.

"Jyl had been in expensive rehabs, but never taken them seriously," tattled a source. And while the famous couple even staged an intervention for the troubled 52-year-old – who was arrested in 2015 and held on \$50 000 bail for domestic violence after fighting with her then live-in boyfriend in a bar – things took a long time to get better. Radar reports that Jyl was tossed out of her home in Palm Desert, California for causing problems with neighbours and leaving garbage outside – one of many embarrassing moments for Julia and Danny. But Julia eventually put her foot down and made some changes, placing Jyl in an expensive rehab which followed a tough love approach. "This time Jyl realised that she had to take it seriously!" a source says, adding that Jyl has just celebrated a year of sobriety.

Still, while this may have paid off – for now, at any rate – it's still causing a lot of friction between the celebrity couple. Plus, Jyl is very close to Danny's ex-wife Vera, which makes matters worse, and is also an unpleasant reminder of Julia's half-sister Nancy Motes, who battled addiction before a fatal overdose in 2014.

Insiders say Jyl had been keeping a diary as part of her 'sobriety process' in an effort to 'make amends with Julia and offer an olive branch'; and though she claims that things are now good between the family, others beg to differ, worrying that Julia has taken too much strain during this time and that, despite not being she the actual addict herself, she's clearly been affected by the drama. It certainly shows on her face!

Jyl Moder





# Willow Smith's SELF-HARM HELL

THE singer stunned her mother as she reveals that she turned to self-mutilation after the worldwide success of her debut single.

BY EL BROIDE

**W**ILL and Jada Pinkett-Smith have always prided themselves on their unconventional parenting skills. They are adamant that their kids Jaden and Willow make their own decisions and live with the consequences – and they seem to have turned out alright (for the most part). However, Willow did enter a dark patch after the international success of her debut single *Whip My Hair*. On Jada and Willow's Facebook Watch talk show, *Red Table Talk*, the duo were tackling the subject of loss. When Jada asked Willow what her greatest loss was, she replied that she felt that she lost her 'sanity' after *Whip My Hair* came out in 2010.

"It was after that whole *Whip My Hair* thing, and I had just stopped doing singing lessons and I was kind of just in this grey area of, 'Who am I? Do I have a purpose? Is there anything I can do besides this?'" Willow told her mom on the show.

"After the tour and the promotion and all of that, they wanted me to finish my album. And I was like, I'm not gonna do that. And after all of that kinda settled down and it was like a kind of lull, I was just listening to a lot of dark music. It was just so crazy and I was plunged into this black hole, and I was cutting myself."

The news took Jada by surprise as she had no idea that her daughter was feeling so low and depressed.

"What? When were you cutting yourself?" Jada asked. "I didn't see that part. Cutting yourself where?" Willow then showed her the spot where she'd cut herself adding, "I mean, you can't even see it but there's still a little something there, but like, totally lost my sanity for a moment there. I never talk about it because it was such a short weird point in my life. But you have to pull yourself out of it."



PICTURE: INPRA



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# INSIDE MARGOT KIDDER'S

BY ANGELA BEKIARIS

## Tragic Life

PICS: ORION / AAI

**THE *Superman* star lived a troubled life that left her finding the need to escape her notoriety.**

**S**HE became famous for her role as Lois Lane in *Superman* alongside Christopher Reeve, but while her death at the age of 69 came as a shock to many recently, it's Margot Kidder's tragic life, which saw her drugged and homeless, that's leaving fans completely speechless.

According to reports the actress, who died in her sleep on May 13, had to deal with substance abuse, bipolar disorder, homelessness and more during her lifetime. While she was a passionate advocate for the environment and for peace, she was also a woman who struggled with mental illness caused by many years of pain and suffering.

"I was crazy at different times when I was suicidal and depressed," admitted the star, who beat *Grease* actress **Stockard Channing** for the role in the hit blockbuster 1978 *Superman* film. Her role led to fame and fortune, but her life wasn't as perfect as many would have thought. According to sources the actress became addicted to painkillers after suffering neck injuries and pain from a car accident on the set of cancelled TV series *Nancy Drew And Daughter* in 1990. And that was just a part of her very troubled life.

The star, who admitted to abusing drugs including cocaine, Valium and speed as a youngster – and even said there were times when she just wanted to die – was left bankrupt after the many medical bills related to those neck injuries.

"I lost my house. I sold all my jewellery," she once revealed. "By the time I got my life together I'd gone from being a young woman to being middle-aged."

Once speaking openly about her addictions, **Kidder** said, "I was a binge drinker. It wasn't healthy for me emotionally or physically – and for my daughter it was dreadful." She added, "I attempted suicide at 21, and have scars on my wrists."

Sadly, her health wasn't the only thing she had trouble controlling – **Kidder** was troubled in love too. Married three times over the years, she finally gave up on romance in the 1980s, remaining single until the day she died.

Over the years the broke actress even spent time living on the streets in Los Angeles, and after years of what sources describe as 'scary incidents' she was diagnosed with bipolar disorder. She even suffered some career setbacks after a public nervous breakdown in 1996, although she continued acting in smaller roles on TV series



Margot in 1981



Margot with *Superman* co-star Christopher Reeves

### 4 FAST FACTS

- 1. MARGOT** went to 11 schools in 12 years.
- 2. SHE** was an active volunteer of the Stafford Animal Shelter while residing in Livingston, Montana.
- 3. SHE** was found by police in a distressed state in 1996, hiding in someone's garden claiming she'd been stalked and attacked, and had apparently cut her hair off with a razor blade. She was later placed in psychiatric care.
- 4. ACCORDING** to her final wishes, a pack of wolves would devour her remains.

including *Smallville*, *Brothers & Sisters*, and *The L Word*, as well as on stage, including Broadway's 2002 production of *The Vagina Monologues*.

Her years of pain and suffering came to an end when she finally found peace upon settling in a log cabin in Pine Creek, Montana, where there is a population of less than 100.

"It's so peaceful and nobody bothers me," she said at the time. She also became an advocate for mental health.

### Before She Was Famous

**MARGOT KIDDER** was born on October 17, 1948 in Yellowknife, Northwest Territories, Canada, and caught the acting bug at a very young age. As a child she wrote in a diary that she wanted to become a movie star, and that one day it would happen, but she had to overcome something else first – her constant mood swings and the urge to kill herself. She was sent off to boarding school where she took part in school plays, such as *Romeo And Juliet*, in which she played the lead. After graduation she moved to Los Angeles to start a film career, later to be seen in a number of films, some of which turned her into a big star: *Black Christmas*, *The Great Waldo Pepper* and *92 In The Shade*. She was married three times – to Phillippe de Broca, **John Heard** and Thomas McGuane, with whom she had one child.





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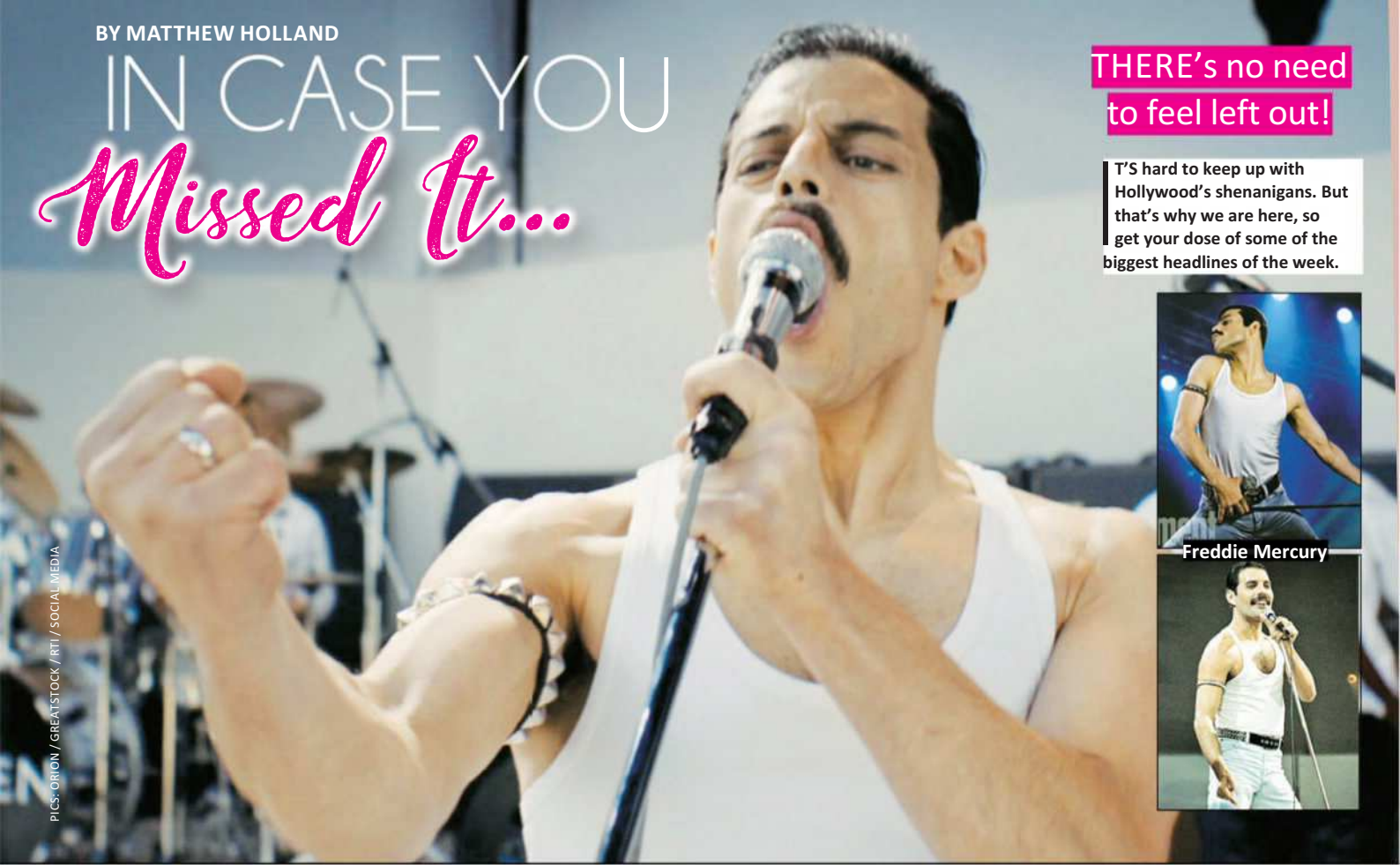


BY MATTHEW HOLLAND

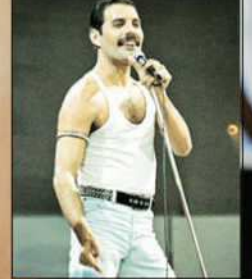
# IN CASE YOU *Missed It...*

**THERE'S no need  
to feel left out!**

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.



Freddie Mercury

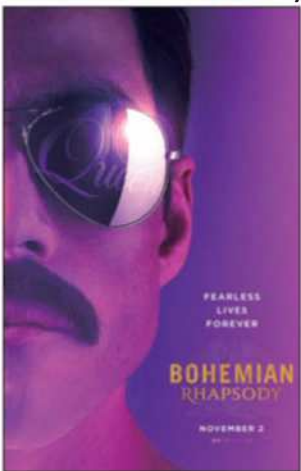
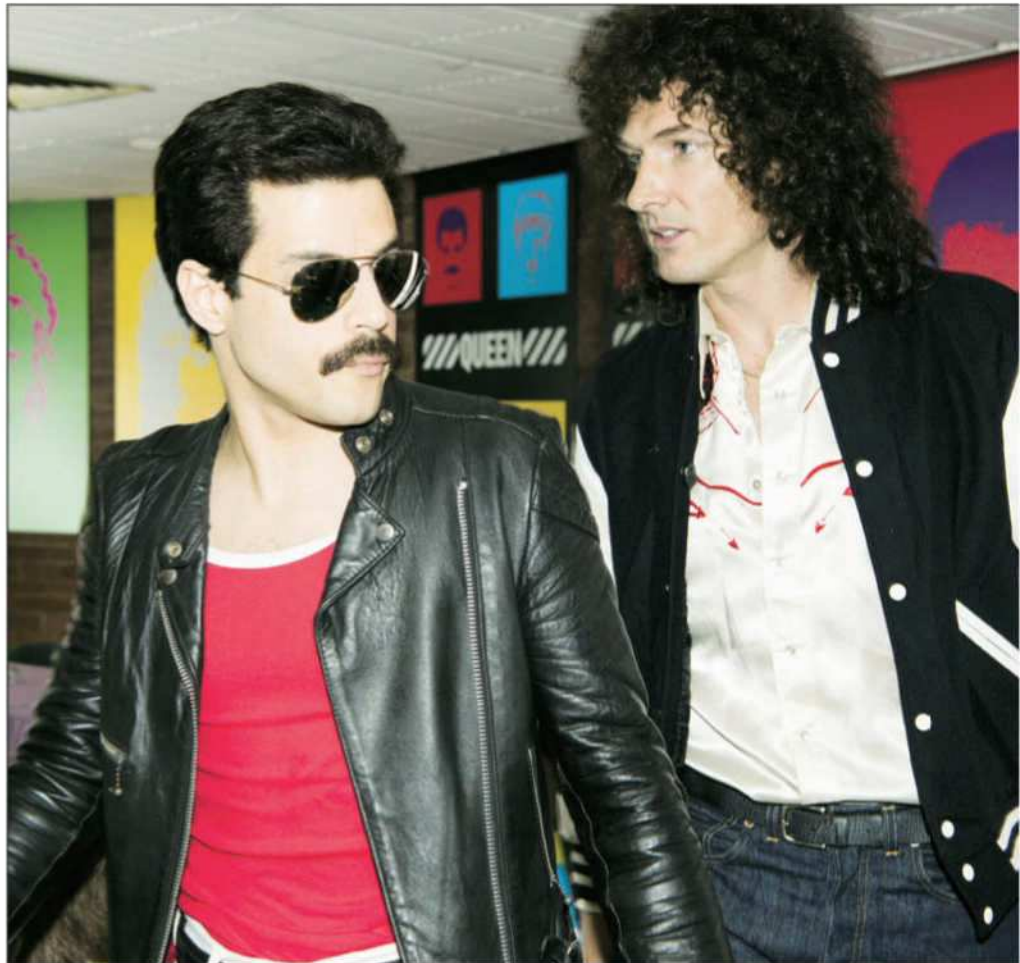


PICS: ORION / GREATSTOCK / RTI / SOCIAL MEDIA

## THE SHOW MUST GO ON

IS this the real life? Well, it certainly isn't just fantasy; as for real life, you'd be forgiven for thinking so, such is the uncanny transformation of **Rami Malek** into the legendary figure of **Freddie Mercury**. The trailer for the Queen biopic *Bohemian Rhapsody* has finally been released and any fan of theirs (that is to say, anyone with properly functioning ears) will be champing at the bit to see the full spectacle of the rock band's early days played out on screen once they get this one-minute-38-second taste. **Ben Hardy**, **Gwilym Lee** and

**Joseph Mazzello**, from the glimpses given, make for fantastic young versions of band members **Roger Taylor**, **Brian May** and **John Deacon**, respectively; but naturally it's **Malek's** appearance as **Mercury** that has a kind of magic to it, and if the trailer is anything to go by, rocked we will be when the movie hits our screens (though when, exactly, that will be is still uncertain).





# WEALTHY – BUT HEALTHY?



THERE is one direction, it seems, when it comes to **Louis Tomlinson's** family matters, and unfortunately it looks to be a bit of a downward one. Just 18 months after the boyband heartthrob's mother passed away from leukaemia news comes that his father is battling liver cancer.

Troy Austin, who has been estranged from his son for the last five years, recently underwent surgery to remove a tumour, though is now said to be in recovery (at the time of going to print). Unlike the case of **Louis'** mother, Johannah Deakin, Austin admits his condition was probably self-inflicted, so to speak. "I can't blame it on anything else. Each day I was smoking up to 25 cigarettes and drinking six to eight cans of Tyskie, a Polish lager. And my diet was terrible. It was Chinese and Indian takeaways and a lot of chips."

IN other cancer news, it's been reported that **Val Kilmer's** health has taken a turn for the worse once again – according to RadarOnline, at any rate. The entertainment site published recent photos of the *Top Gun* star, voicing concern for what they described as a 'horrifying, gaping wound' visible on the actor's arm, which could be taken as a sign of some 'flesh-eating cancer crisis'. Readers may find themselves for more worried, however, over the look of **Val's** very swollen face, which seems more of an indicator of bad health than the rather conservative lesion.



IT'S safe to speculate that, given her recent meltdown involving police, the general consensus holds **Heather Locklear** is indeed in need of some form of therapy, but we doubt retail kind is what anyone had in mind. **Heather** recently completed what is said to be at least her seventh rehab stint, following her boozy altercation with law enforcement and fiancé **Chris Heisser** in February, but during the two-month stay it's believed she shopped 'up a storm'. "While **Heather** was in rehab, she was filling her closet," an insiders claims. "She ordered up a storm online – and just in time for when she returned home. Let's hope it's not a new problem that affects her sobriety."

## FAMILY MATTERS

CONGRATULATIONS are in order for a rather Legendary couple as baby number two enters their lives. **Chrissy Teigen** announced a little while ago that she had given birth to a bouncing baby boy, taking to social media to spread the news. "Somebody's herrrrrrre!" she tweeted along with baby bottle and high-five smiley emojis. She and **John Legend** hadn't released any other details at the time of writing, but we can say he's bit of an early bird, considering he was expected only sometime in June.



**WHITNEY HUSTON** may have passed away some time ago, but her voice certainly lives on; unfortunately, so too does the drama. A documentary on the diva made its debut at the Cannes festival and features an accusation as equally disturbing as it is stunning: **Whitney** was sexually abused as a child – by her cousin, soul singer **Dee Dee Warwick!**



The film, *Whitney*, includes an interview with her aunt, Mary Jones, who makes the accusation, claiming **Whitney** had said to her, "Mary, I was [abused] too. It was a woman." When Jones was asked if **Houston** had named the person, she replied, "It was **Dee Dee Warwick.**"



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Continues on page 82



# ON THE LOCAL FRONT:

BY MICHAEL SEKHU

## LOSING FAITH: QUEEN TWERK IN PIMPING WORK?

INSTAGRAM model **Faith Nketsi**, known to her thousands of followers as **Queen Twerk**, recently trended on social media for all the wrong reasons. She's been accused of pimping out young women to rich men through her company, Feline Management. A few girls came out on social media, one of them claiming to have been used by six men, all taking turns, and that **Faith** paid her R20 000 to not utter a single word. **Nketsi** has since denied these claims and said she's prepared to take the matter to court.



## SKEEM SAAM'S CLEMENT MAOSA PUTS A RING ON IT

**SKEEM SAAM'S Clement Maosa** recently celebrated his 30<sup>TH</sup> birthday at an intimate event attended by a few of his industry friends including **Caster Semenya**, **Oros Mampofu** and **Musa Mthombeni**. To everyone's surprise, the actor got down on one knee and popped the big 'will you marry me' question to his long-time girlfriend. Luckily for him, she said yes – imagine being turned down on your dirty thirty! Congrats

to Clement and the love of his life.

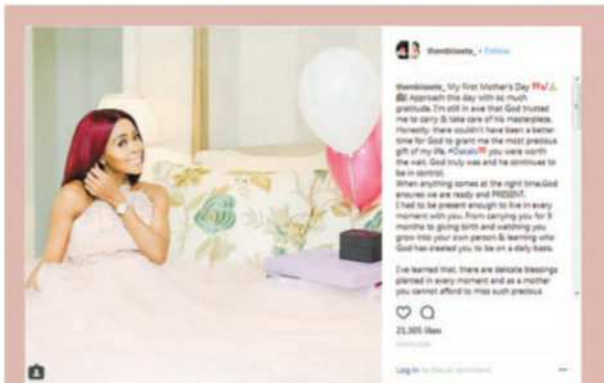


# TALES FROM KARDASHIA



KEEPING up with **Kim**? Bad idea – at least according to a corner of the Twitterverse that is royally peeved-off with the star. **Kim** caused a kommotion recently when she promoted

appetite-suppressing lollipops on Instagram. "You guys... @flattummyco just dropped a new product. They're Appetite Suppressant Lollipops and they're literally unreal," she said in the ad which has since been deleted, and which drew the wrath of several Tweeters, including **The Good Place's Jameela Jamil**, who commented, "F\*\*\* off. No. You terrible and toxic influence on young girls." Another irate user posted, "I actually can't BELIEVE the nerve of **Kim Kardashian** promoting 'appetite suppressant lollipops'," while even **Liam Hackett**, CEO of equality and anti-bullying charity **Ditch The Label**, weighed in with his thoughts: "...I am disgusted at @KimKardashian ... This promotes an unhealthy and damaging relationship with food."



## THEMBI SEETE CELEBRATES FIRST MOTHERS' DAY!

NEW mom **Thambi Seete** made the most out of her first Mothers' Day. The 41-year-old, who welcomed her first child in April, shared her excitement and gratitude on social media posting, "My First Mother's Day, I Approach this day with so much gratitude. I'm still in awe that God trusted me to carry & take care of his masterpiece." **Seete** also wrote that her baby **Dakalo** was worth the wait! Cute, right?



## CASSPER NYOVEST & DESTRUCTION BOYZ GET INTERNATIONAL RECOGNITION

BET revealed that this year's BET Awards 2018 will take place on June 24 at the Microsoft Theatre in LA, and to our delight we learned our very own **Cassper Nyovest** and **Destruction Boyz** were nominated in one of the biggest categories of the evening – Best international Africa Act 2018! They'll be up against some stiff competition, though, with the likes of **Stormzy** and **DaVido** also making the list. Fans can vote on the BET website.



"You get a Happy Mother's Day, and you get a Happy Mother's Day – EVERYONE GETS A HAPPY MOTHER'S DAY... Except you, b\*\*\*" – such were the presumed sentiments of **Caitlyn Jenner** to the 'amazing moms' in her life – and **Khloé Kardashian**. They were conveyed on Mother's Day (obvs) when **Caitlyn** made an Instagram post honouring all the **Kardashian/Jenner** moms (even **Kris**!) – all except former step-daughter **Khloé**, whose relationship with the transgender personality has been anything but warm recently. **Khloé's** even said in the past that **Caitlyn** would *never* get to meet her baby, **True Thompson**. The post was deleted but not before the snub was noticed. Guess there shall be no hatchet burying with these two anytime soon – unless they're burying it in each other.



HEAD TO OUR WEBSITE FOR 24/7 CELEB NEWS!



THANKS for the meme-ories;  
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Memes

Have The Last

# LAUGHTER

EVERY now and again we need a good laugh... And if our comics section wasn't enough to tickle your funny bone, we've put together some Internet memes that'll have you in stitches. That, or you'll be scratching your head going, "What the actual \*BLEEP\* are they smoking over there?"

If came across a meme that you thought was funny this week, send it to [andrea@caxton.co.za](mailto:andrea@caxton.co.za) or WhatsApp it to 060 858 1086



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Caps are weaves for guys! 🤔  
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