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WINNING LETTER
 'She didn't beg him to hold on – this would only have prolonged his pain'

A DOULA FOR THE DYING

EIGHT years ago the husband of a dear friend in England was given four months to live and sent home with opiates. Instead they followed a combination of holistic and medical treatments and Peter simply thrived.

Sadly in March this year Peter decided it was enough – he was tired and he felt it was time to go. So my friend became a doula (much like a birth doula). She understood that when Peter was ready he'd leave in peace.

She didn't beg him to hold on – this would only have prolonged his pain. She simply enjoyed his presence and let go of any fear. She respected that if he chose to go when she was out of the room it was his choice. There was no guilt or angst.

Peter wanted to be at home until the end and my friend had to prevent a nurse from sending him to hospital. Peter had all his favourite things around him. He smiled often, even after slipping into a coma.

She slept in his room afterwards, chatting and connecting, and it was healing for her too. We had a memorial around the world for Peter, giving him a great send-off at the same time in the same way.

I love the idea of a doula who can make these precious days peaceful for those leaving and those staying behind. I wish I could pass this gift on to everyone.

CHRISTINE, EMAIL

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Letters should be no longer than 200 words. Opinions expressed here are not necessarily those of YOU's editorial team. We can't undertake to reply to all letters. The sender of the winning letter receives R300.

MY SOCIAL life is currently being ruled by the World Cup football fixtures. Dinner is at whatever time there isn't a match and we're not scheduling any weekend plans that clash with important games – or any games, really.

Yes, football fever has properly gripped our household and my husband has that glassy-eyed look shared by every soccer fan (there's a reason it's the shortened version of the word fanatic).

He knows the name of practically every player and has an assortment of interesting facts about them, their teams and the countries for which they play.

Although I sometimes pretend I do, I don't mind that he's basically glued to the screen until the World Cup ends. I hope to use some of the interesting facts in our story on page 88 to impress him – even though he probably knows hundreds more and will share them with me in great detail.

Of course, I won't be quoting anything from the story we have on the World Cup eye candy – turn to page 90 to see what I'm talking about.

Charlene



SENSELESS LOSS

A man drops off his son for evening classes then falls asleep while waiting for him. He has a gun and in a state of confusion when suddenly waking after hearing a knock on the window he pulls the trigger (YOU, 21 June).

I'm not judging this man but I believe gun owners are becoming dangerous. Someone taps on the window and you don't check first but rather pull your gun out and start shooting?

A life is now lost and the excuses all sound stupid and senseless. I feel so sorry for the mother but for the father as well. He'll have to live with a guilty conscience for the rest of his life.

MOTSHIDISI GALEBOE MOTLOGELWA, EMAIL

BIRDS IN PRISON CAGES

Could the SPCA please rescue those poor birds from Pollsmoor prison (YOU, 7 June)? Why should they be subjected to a life of hell living with those inmates?

The picture of the cage in a dingy cell has really upset me. Those birds should be able to feel sunshine on their bodies and see blue skies. This is terribly upsetting. Action needs to be taken!

JAY, GAUTENG

■ Why do poor birds have to become prisoners as well by being locked in a cage? Prisoners don't deserve pets.

WENDY, MIDRAND

HOW YOU GAVE ME RELIEF

I have a mental illness that comes with great physical pain. After escaping a severely abusive boyfriend I'm left with the monstrous effects of post-traumatic stress disorder and paralysing anxiety attacks.

Simple tasks such as making coffee brings on attacks. I had to quit my job because I can't be around too many people.

And I scratch! Every time I start freaking out I take my frustrations out on my skin until I bleed. We've tried everything to stop these anxiety attacks but once they start, nothing helps – until last week.

I was introduced to your Blockbuster and for the first time in months I was so focused on completing this puzzle that I didn't scratch for three hours.

I know puzzles aren't a long-term fix but it's given me hope that I can get better. I hope YOU can accept my simple thank you from my grateful heart!

SAMANTHA, EMAIL

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Jason and Jolene

Jason Rohde's lover, Jolene Alterskye, knew the man was married yet she embarked on a sexual relationship with him (YOU, 14 June). She seemed bent on destroying the marriage so the two of them could be together.

When the trial is over she'll just walk away and get on with her life.

But wait. They say what goes around comes around. Hopefully the wheel turns quickly and she gets to pay her dues.

JW, PORTELIZABETH

■ I don't believe Jason Rohde killed his wife and I'm sceptical of therapists. They say what makes their cash-cow clients look good and what their clients believe. I've seen it many times in my work.

Every woman says she wants the truth but when she gets it she can't

handle it. Real life isn't a fairytale. Accept it with dignity, get what you're entitled to, keep your dignity and get on with your new life. People fall out of love – accept it.

This isn't the '20s when you stayed together forever.

FARIDA, EMAIL

■ After reading the article about what led to the death of Susan Rohde, I found the words of Dolly Parton's song Jolene ringing in my ears:

"Jolene, Jolene, Jolene, Jolene/ 'I'm begging of you please, don't take my man."

Regardless of the outcome of Jason Rohde's trial, Jolene Alterskye will have to live with the guilt resulting from the part she played in this tragedy for the rest of her life.

AVRIL McINTYRE, OLIVEDALE

IN BRIEF

This is my toy Pom, Pokka, enjoying our Monday tradition of reading YOU together!

Thanks for the best magazine ever!

MICHELLE NOWERS, EAST LONDON



What beautiful photos and write-ups YOU did for the royal wedding (YOU, 31 May). We're pensioners and can't afford the mag but when we saw the cover we couldn't resist. We weren't disappointed.

CLIVE & DANIELLE, EMAIL

TV off. Radio off. Listening to the most welcome sound of all: rain!

MOXIE, SMS

Well done on your Father's Day gift ideas (YOU, 14 June) and for the pricing in the R100s instead of R1 000s. Kids and moms don't have that kind of money.

GRATEFUL, SMS

Have to agree with Baffled's letter that booze is the true baddie (YOU Say, 7 June). Never have we seen abuse after a few cigarettes! Let's start applying the same prohibitive laws to alcohol.

ALSO BAFFLED, SMS

When my sister fell short after caring for my mother and brother after my dad's death nine years ago, I offered to have them live with us – only to be told by my mom that they'll never adapt to my family's strange ways. Really, Mom? I was raised in your strange home but you never heard me saying that.

ANNOYED, GAUTENG

I think most women who hide behind their hair with fringes have a reason to conceal something. It's psychological.

MARTI, MITCHELLSPLAIN



because it makes you miserable, then deal with it, my dear, as an adult should. Children should grow up with *both* parents (even if they do get divorced).

ANTI-DIVORCE, WINDHOEK

UNHAPPY WITH MY TEETH

I'm a 40-year-old mom of two and when I meet people the first thing they see are my big front teeth. The look on their faces breaks me inside.

I'm not dealing well with having such big teeth. I can't go through life never being comfortable to smile. My husband divorced me because I was embarrassing him. My kids are embarrassed too, even though they love me dearly. I also hear my colleagues make fun of me and they even post things on Facebook for me to read. I've blocked them all.

Does anyone have any advice on how I can get a smile like everyone else?

CLAUDETTE, EMAIL

STOP BEING SO SELFISH, ANGIE!

Madame Jolie, it's heartbreaking and spiteful of you as a grown, mature woman to be using your children as pawns in your divorce proceedings (YOU, 14 June). Get a life, lady, and for the children's sakes, think outside the selfish box for a change.

Brad was good enough back then when love was in the air to take on the co-parenting role to your adopted children, and then to father three more with you. So what's your problem?

If you can't stay long in one place

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WATCH & LEARN, MEGHAN

The new duchess has been learning the ropes from the most senior royal as a caring queen takes her under her wing

COMPILED BY KIRSTIN BUICK

FORGET cosy nights in with her husband at their new country bolthole in Oxfordshire or loved-up sessions in front of the TV at their city pad in Kensington Palace's recently renovated Nottingham Cottage.

After a super-short, super-secret honeymoon abroad with Prince Harry, Meghan has spent her first weeks as a newlywed hard at work, thrust into the life of a full-time royal with breathless speed.

But it's not hard to see why the powers that be in *The Firm* were keen to get the Duchess of Sussex show up and running – people just can't get enough of her.

Cries of "Meghan! Meghan! Duchess!" hit fever pitch at her recent official outing in Cheshire, even though she had a far more senior royal at her side.

But Queen Elizabeth (92) is likely to have been delighted to have her new granddaughter-in-law steal the limelight – she's singled Meghan (36) out for special treatment after all.

The palace PR machine had reportedly been touting the idea of a joint

'The queen knows the pitfalls of not giving new members a guiding hand'

RIGHT: Kate, Duchess of Cambridge, and the queen in Leicester in 2012. The monarch also gave the duchess guidance after she married Prince William in 2011.



FROM FAR LEFT and ABOVE: Meghan's first solo engagement with Queen Elizabeth came just a few weeks after her wedding to Prince Harry. The Duchess of Sussex and the queen travelled to Cheshire overnight for their "away day" engagements.

visit for a while but it was the queen herself who suggested it should be sooner rather than later, according to royal writer Richard Kay. Clearly seeing the potential the young American has to breathe yet more life into the once-dusty old monarchy, the queen has taken a personal interest in showing Meghan the ropes.

"The queen knows the possible pitfalls of not giving new members a guiding hand," says Ingrid Seward, author of the recent biography of the queen and Prince Philip, *My Husband and I*.

"It's all about the monarchy. She can't expect Meghan to know everything without being shown," Seward adds.

And as Meghan and Harry will embark on their first royal tour – to Australia, Fiji, the Kingdom of Tonga and New Zealand – later this year she'll want to have Meghan's skills polished in a few short months.

"She doesn't want 70 years of hard

work to be for nothing and wants to pass on her knowledge," Seward says. "I'm sure she feels Meghan needs a steadying hand in these early days."

It's "the way of the royal family – all part of the training and getting used to being in public life and under public scrutiny", says the queen's former press secretary Charles Anson.

FIRST up on Meghan's royal crash course was the trip to Cheshire, about 320km north-west of London.

The aged monarch and her eager student had a series of public appearances lined up, including opening a bridge and a theatre, and a formal lunch.

(Turn over)

SHE HELPED KATE TOO!

Kate may have grown up in the upper reaches of British society and so been more prepared for royal married life, but that doesn't mean she wasn't given any guidance by the queen.

Reports claim the monarch wanted to be as approachable as possible, determined not to repeat the mistakes she'd made with Princess Diana.

"She's making a huge effort with Kate," a source said at the time. "Kate's progress as Duchess of Cambridge is being managed with care."

Even though Kate had been part of the fold for a while, dating Prince William on and off for years before they met at the altar, there was still a need for grooming, royal writer Geoffrey Levy says.

"Nothing too drastic, just lengthening her hemlines a touch here and there and encouraging her to be a little less showy and not to play to the cameras. In short, the queen doesn't want Kate to become another Diana."

As the future king's wife, Kate's royal role will be far tougher than Meghan's. Prince Harry is sixth in line to the throne, behind his father, Prince Charles (69), his brother, William, and William and Kate's children, Prince George (4), Princess Charlotte (3) and Prince Louis (two months).



(From previous page)

The trip had the pair holed up in the queen's private train overnight – a privilege that, as far as anyone knows, neither Kate, Duchess of Cambridge (36), nor even Harry (33) has experienced.

Even Kate's husband, Prince William (36) – who's second in line to the throne – has only been on the train once, during his 21st birthday tour in 2003, according to Hello! magazine.

The trip – Meghan's first official engagement with the queen without her new husband – was an undeniable honour for the duchess and a sure sign of the nonagenarian's favour.

By contrast, Kate had to wait a full year after her 2011 nuptials before the opportunity presented itself.

She attended the opening of a refurb-

ished restaurant in Fortnum & Mason, the royal grocers, with the queen and Prince Charles' wife, Camilla, Duchess of Cornwall.

It's unsurprising the move prompted whispers it's a sign Meghan might be the queen's new favourite.

But the trip in no way means Meghan is the queen's pet, according to Kay.

"I understand the decision was taken because it was felt the Duchess of Sussex might need more help to adjust to life inside the royal family than the already poised Kate Middleton did.

"Remember, unlike Kate, she doesn't

have a family to fall back on here," Kay says.

"The queen's thinking is simple," a member of the royal staff says. "She wants to put her [Meghan] at her ease."

Though groomed to perfection, the Duchess of Sussex did seem uncharacteristically unsure of herself at the outset of the day's events, anxiously fidgeting with her figure-hugging Givenchy dress and running her fingers through her long, dark locks.

But as the day wore on and the two women shared a few genuine giggles, Meghan's demeanour changed. They looked, as one observer put

'Meghan is someone who, like Diana, isn't afraid to speak her mind'

SO MUCH IN COMMON

The queen and Meghan may come from completely different worlds, but as they chatted and laughed their way through their Cheshire appearances, it was clear a real friendship is blooming between the women.

The unlikely pair actually have plenty in common – which might be why the queen is already so comfortable with the Los Angeles-born feminist.



RIGHT: Meghan as a World Vision Ambassador in 2017 in India. BELOW: In 2016 at Mbandazi Primary School in Rwanda. BELOW RIGHT: The queen with staff members of the Royal Foundation of St Katherine in 2011 in London.



CHARITY AND HELPING PEOPLE

Meghan's passion for charity would certainly be a point of admiration for the queen, who has her hands full as the patron of more than 600 charitable organisations.

The royal family are already keen to highlight Meghan's passion for helping people, with her charitable past given pride of place on the palace website.

"From a young age the duchess had a keen awareness of social issues and actively participated in charitable work," Meghan's new profile on royal.co.uk reads.

As the queen passes on her responsibilities in her twilight years, Meghan is now the perfect choice for taking the philanthropic reins.

"It will be fascinating to see which patronages she chooses and how many," royal commentator Richard Fitzwilliams says.

"It's worth remembering that Diana cut her involvement to six in 1996. I suspect Meghan will choose fewer than some other members of the royal family but be more hands-on, as Diana undoubtedly was."



it, "like BFFs".

"By the time she'd watched the queen unveil two plaques, completed a walk-about, attended a civic lunch and accepted numerous posies, her early stiffness had gone and she began to relax," Kay says.

MEGHAN couldn't have a better role model to look up to than England's longest-reigning monarch.

In her engagement interview with the BBC, Meghan spoke with reverence of her grandmother-in-law-to-be.

"It's incredible, I think, to be able to meet her through his [Harry's] lens, not just with his honour and respect for her

as the monarch but the love he has for her as his grandmother," she said.

"All of those layers have been so important for me so that when I met her I had such a deep understanding and of course incredible respect for being able to have that time with her."

Harry is aware of what's ahead for his bride and must surely be grateful for his grandmother's help.

Luckily Meghan is unfettered by the constraints Kate and the late Princess Diana faced as consort to the king-to-be, likely giving her leave to embody the vivacious warmth Diana tried so hard to squeeze into her royal role.

The striking personality similarities between his mother and Meghan are believed to be a big part of what first drew Harry to his bride.

"One of the things that really attracted Harry was what she's like on the inside," says ABC News' royal contributor Victoria Murphy.

"Meghan is someone who, like Diana, is so strong-willed in her beliefs, who leads with the heart, who isn't afraid to speak her mind."

And like the mother-in-law she'll never meet, Meghan is already breaking down barriers within the British monarchy, says Patrick Jephson, former private secretary to Diana, who died in 1997 aged 36.

"Meghan has this remarkable story of her own success and her diverse background," he explains. "All of these things will help continue to make the monarchy relevant." ■

SOURCES: PEOPLE, HELLO!, DAILY MAIL, VANITY FAIR, THE MIRROR, HARPER'S BAZAAR, ABC NEWS, EXPRESS.CO.UK

THEIR PASSION FOR POOCHES

It's no secret that at their first meeting the queen's beloved corgis took to dog-lover Meghan (pictured below with Bogart, whom she had to leave with a friend in Canada as he was too old to move to the UK) straight away – and there couldn't have been a better stamp of approval for the monarch

than her pernickety pooches.

"It was very sweet," Meghan said in the couple's BBC interview of that first meeting. Harry was quick to chime in.

"For the past 33 years I've been barked at. This one walks in and absolutely nothing!" he said. "Just wagging tails."



'For the past 33 years I've been barked at. This one walks in and nothing'

– PRINCE HARRY



THEIR SURPRISING ROMANCES

Meghan and the queen have both beat the odds in what many would argue are rather unlikely love matches.

A young Princess Elizabeth had to fight tooth and nail to wed the love of her life, Prince Philip of Greece and Denmark, the older abandoned son of a Nazi-loving aristocrat.

Meghan and Harry also faced criticism at the outset – as a mixed-race American divorcée and actress, Meghan was nothing like the image of the pretty blonde society girl everyone had expected the young prince to wed.

7de Laan actress and singer Hildegardt Whites and musician husband Kuba Silkiewicz are head over heels in love with their firstborn, Miles.



I KNOW BONITA'S PAIN

Hildegardt's 7de Laan character is desperate to save the life of her sick son – something the actress can relate to after her baby Miles developed heart problems after birth

BY MICHELLE NORTJE PICTURES: MARTIN DE KOCK

A SOFT jersey, stylish jeans and leopard-print stilettos – the outfit she's wearing today is a far cry from her usual work get-up these days: the drab, baggy uniform of a prisoner.

Still, Hildegardt Whites says she has more in common with her incarcerated 7de Laan character, Bonita Meintjies, than people may think.

She may never have been behind bars but she's all too familiar with Bonita's devotion to her child – she too would do whatever it takes when it comes to her son.

"It wasn't easy to film this storyline but I liked the challenge," Hildegardt says of the scenes that have kept viewers glued to their TV screens in recent weeks.

In the dramatic storyline, Bonita is sent to jail for the kidnapping of Karmen

(Gabiella Linton), the baby daughter of Vanessa (Ingrid Paulus) and Xander (Theodore Jantjies).

But she had good reason for doing what she did: Bonita's little boy, Daniel (Riley Moses), suffers from a rare bone marrow disease and Karmen, his half-sister, is the only suitable donor.

When Vivian (Vinette Ebrahim), the twin sister of Charmaine, lies to Bonita by telling her Daniel is dead, she spirals out of control and starts a fire in the prison in an attempt to commit suicide.

The storyline is so explosive and the dramatic jail scenes so riveting that close to three million people have been tuning in every night to watch the SABC2 soapie, says Rosa-Marie Erasmus, 7de Laan's spokesperson. It's a much-needed shot in the arm for the soap, which had seen viewership figures dropping off over the past year.

While she's enjoying being at the fore-

front of the action, Hildegardt says the scenes in which Bonita kidnaps Karmen were challenging for her.

Like her character, Hildegardt (31) and her musician husband, Kuba Silkiewicz (32), went through a difficult time as parents. Their little boy, Miles, was diagnosed with a leaking heart valve shortly after he was born on 25 April last year.

"It was a really hard time for us. He was so small and it felt as if there was nothing I could do for him," Hildegardt says.

The only hope was surgery and Miles had to undergo an operation when he was just a few days old. Afterwards he had to stay in the intensive care unit of Netcare Sunninghill Hospital in Johannesburg for two weeks. It was stressful and traumatic for the fraught parents, but mercifully the operation was a success.

"It was difficult but we got through it," Hildegardt says, gazing lovingly at the little boy who's quietly playing nearby while

we chat to his mom and dad. “The Lord was good to us and just look at him now – he’s 100% healthy.”

KUBA had to be strong for his wife and son. “I shut off in my head – there was no time to be emotional,” he says. “In situations like that I don’t think about it, I just do it. I focus.”

“I couldn’t be with Miles immediately after the birth,” Hildegardt adds. “I was too weak after having a C-section. Kuba was going back and forth between me and the baby.”

Bonita, she says, had no one to help her when her life fell apart.

“She was alone and had to struggle with her emotions on her own. I was so lucky to have Kuba.”

Scenes that dealt with Daniel’s illness and Bonita’s anxiety and depression were tough to shoot. Hildegardt sometimes found herself “crying terribly” afterwards, she says.

“After Miles’ illness I’m able to immerse myself in the role of a mom who’ll do anything for her child,” she says.

In the soap Bonita is married to Xander’s brother, Vince (Jacques Blignaut). But a month after a passionate night with Xander, she realises she’s pregnant.

DNA tests after Daniel’s birth prove Xander to be the father and Bonita and Vince get divorced.

She then tries everything to create a loving family with a reticent Xander and their child – so much so that she pretends Daniel is sick to keep Xander’s attention.

But it’s only later, when Daniel really becomes ill and no one wants to believe her, that a desperate Bonita kidnaps Kar-

men in a misguided attempt to get her son the bone marrow he so desperately needs.

“If I weren’t a mom myself, I’m not sure how I’d be able to play this part,” Hildegardt says. “I understood her pain. A mother will do anything for her child.”

Of course, she adds, she’d never go so far as to resort to kidnapping.

In preparing for the storyline she watched YouTube videos about depression, especially about post-partum depression.

“When I’m portraying Bonita, I do it with everything in me. I get home with an aching body at night,” she says.

When she first read the script featuring Bonita and Daniel’s storyline, she was “terribly excited but also nervous”.

She says her 7de Laan friends, Vinette, Bertha le Roux (who’s returning to the soap as Emma) and Ingrid were her inspiration to give the part her all. “They’re phenomenal women who act from the heart.”

Now and again her own emotions do tend to bubble up and overwhelm her.

“I channelled all my emotions [into Bonita] and I was tired after every emotional scene. But though it was challenging, I enjoyed it.”

Kuba supported her throughout. Though he wasn’t necessarily aware of exactly what scenes were shot on a particular day, he was a quiet source of strength.

“I don’t talk about my work often,” Hildegardt says. “I’m a big girl so I can handle it.”

But, she adds, “He does help me learn my lines. It’s fun and special.”



The desperate antics and jail scenes of Hildegardt’s soapie character, Bonita, are keeping viewers glued to their TV screens.

ON THE home front whirlwind Miles with his curly hair and big brown eyes keeps her on her toes. After a long day on set she immerses herself into caring for him before preparing for the next day’s scenes.

“He’s fed and bathed then I have to read him a story or sing to him. Only then do Kuba and I start learning my lines – with lots of coffee in between!” she says.

Miles is the apple of his dad’s eye and they enjoy listening to music together. Though he’s still a baby, his taste in music is quite sophisticated, Hilda says proudly. “Miles adores music, especially jazz.”

When Kuba’s working on new music, Miles will often sit with him and he’ll “just want to play the guitar”.

The little boy, who prefers Bach to Barney the purple dinosaur, is the couple’s “little miracle”.

“He makes my heart burst,” Hildegardt says. “He’s the reason I’m so passionate about Bonita and Daniel’s storyline.”

Kuba feels the same about his wife and son. “I’d do anything for them!”

Thankfully they’ve weathered the storm and have sailed into calmer waters. Now they get to enjoy and marvel at the precious moments of parenthood.

And what awaits poor Bonita? Hildegardt’s lips are sealed – but her mysterious smile holds the promise of plenty of drama. ■



ABOVE: Miles’ parents call him their little miracle after his full recovery from a leaking heart valve. RIGHT: Hildegardt says she’ll do anything for her son.



HORROR ON THE TRACKS



Commuter Leigh Jansen faces a long recovery after being badly burnt when a carriage was cruelly set alight

BY KIM ABRAHAMS



LEFT: Leigh before the fire. **RIGHT:** She was left with third-degree burns and a fellow passenger died in the attack.

SHE'D been travelling to work and back by train for 15 years and considered herself a savvy commuter. She kept an eye on her belongings, watched out for potential pickpockets and thugs, and had her office on speed-dial to warn them when trains were delayed – as they often were.

So when Leigh Jansen of Southfield, Cape Town, found herself in a carriage with just one other woman as the train

took off early one winter morning in May, she breathed a sigh of relief.

For once the train was on time and she didn't have to worry about dodgy characters. Little did she know the horror that awaited her.

Leigh, a 42-year-old single mom of one, has been in hospital ever since that day, battling life-changing injuries after an act of vandalism and violence that defies understanding.

Two men poured petrol into the carriage – located just behind the driver's cab – in which Leigh and her fellow commuter were riding, then tossed lit matches into the liquid and leapt off the train.

The other woman died in the inferno and Leigh, who managed to leap from a window, sustained third-degree burns to

her face and upper body.

For eight days she couldn't speak due to damage to her throat from the flames and smoke inhalation, and it would be two weeks before she was able to eat again – and even then she could manage only a bit of soft fruit and yoghurt.

"She's been through agony," says her mom, Ursula Schenker, speaking to YOU from her home in Plumstead, Cape Town. "Leigh is a real talker – I mean, you should be here when there's a family gathering. This one is talking over that one and you must shout to get a word in."

Watching her daughter unable to communicate was hell, she says. It will be months before Leigh is able to resume her life "and she says she'll never, ever travel by train again".



'She managed to jump from the train and landed on stones on the track'

Leigh's mother, Ursula Schenker, says she'll fight to ensure the perpetrators are brought to justice.

LEIGH decided to change her routine that fateful day and caught a train at a different station. "Normally she'd park her car at Plumstead station but that morning she left her car at her flat in Southfield and walked to Southfield station," Ursula says.

Leigh works in the Cape Town CBD as a fuel scheduler – it's her job to schedule the delivery of petrol and diesel to filling stations in the Western Cape for a national oil company.

She told her mom that after she'd taken her seat in the near-empty carriage, she'd joked with the other woman that they could travel in peace for once.

"But then, she told me, two men came in and doused the carriage with petrol. And as the train took off they threw matches through the door, and the carriage went up in flames.

"Leigh told me all she could think of was her son, Chile. She thought, 'Why must he be deprived of a mother?'"

Leigh's screams alerted the driver, who stopped the train just before the next station at Ottery. "When the doors opened the smoke and flames were blown straight towards Leigh. She says she can still feel the fire going down her throat," Ursula says. "She managed to jump from the train and landed on stones on the track."

Leigh removed her burning jacket and ran for help, eventually collapsing on the grass near where the train had stopped. Judy Sackim, who lives nearby, noticed her and ran over. She recognised Leigh as she often shopped for groceries at the Spar where Judy works.

"If Leigh hadn't been the kind of person who talked to everyone it could've taken a long time to find out who she was," says Ursula, a retired international trader who now works as a community activist.

She'd just returned from gym when her phone rang with the news: her daughter was badly burnt and had been

taken to Tygerberg Hospital.

On 6 June, Leigh underwent a skin graft in which skin was taken from her left leg and transferred to her burnt face.

She has a long road ahead of her, Ursula says, and will need more operations in future along with extensive physiotherapy. "But the health of her organs is what the doctors are focusing on at the moment."

THE past few weeks have been tough for the whole family, Ursula says, and 10-year-old Chile is battling to process what happened to his mom.

When the little boy, a Grade 5 learner at Khanyisa School in Plumstead, saw his mother for the first time he was devastated.

"He told his teacher he didn't want to talk about it but I told him he'd have to work through it at some point.

"When I told him his mommy alerted the driver to the fire on the train, he said, 'Oumie, are you saying my mommy is a hero?' So that's where he's at. At the hospital he's just telling everyone, 'My mommy is a hero.'"

Chile has been living with his dad, Leigh's ex-husband, Lee, since the attack. Ursula adds her daughter's ex has been a big help and support for Leigh and the family. "I think she's looking at relationships differently now, especially her relationship with Lee. When we're at the hospital we're all in this together."

Although her daughter's recovery is

her top priority, Ursula is adamant that Metrorail should be taken to task.

"Leigh must first get better and then I'll sit with her and make a decision about what to do. Leigh will be the face of this but it's potentially for all victims [of violence on trains]."

Ursula has started Justice for Leigh, a campaign to fight for the rights of victims of what she calls Metrorail's incompetence. "It's time they put victims first," she adds passionately.

She points to pics of herself and Leigh on a trip to Portuguese Island off the coast of Mozambique a month before the attack. "Leigh was so happy. We were taking lots of photos and having a wonderful time," Ursula recalls. "Now she's lying in a hospital bed bandaged like a mummy."

Riana Scott, spokesperson for Metrorail, says the company "sincerely regrets that Leigh was subjected to such an ordeal". She says Metrorail representatives visited Leigh in hospital and have requested to meet her mother too.

"The process of rendering assistance to victims [of incidents on Metrorail property] is guided by the insurers and legal department of Prasa [Passenger Rail Agency of South Africa] and it's well underway in this case.

"The incident is being investigated by Metrorail as well as the police and we'll cooperate in any way we can to ensure the guilty are brought to book."

No arrests had been made at the time of going to print. ■

TRAIN TALLIES

70 carriages are lost each month in Cape Town due to vandalism. Damage to signals and cable theft is reported every day.

R25 000 is being offered as a reward payable by Metrorail for information leading to a conviction of vandals or perpetrators of violence.

62% of Metrorail trains were on time countrywide between 1 April and 31 December last year.

100 people have been arrested by Metrorail this month after a crackdown on vandals and those in possession of drugs.

R12,56 billion has been budgeted by Prasa to upgrade carriages and ailing infrastructure this year.

2 million passengers are transported by Metrorail every day.

60 minutes – the average length of delays across all lines in Cape Town this year.

50 years – the age of many Metrorail train coaches.

Danie de Wet recently finished his seventh Comrade Marathon after the freak mining accident in which he was impaled by an industrial crowbar. His wife, Liezl supported him all the way. BELOW: YOU spoke to Danie shortly after the accident.



A PROMISE MADE – & KEPT!

Danie was determined to run Comrades again after his accident BY GABISILE NGCOBO PICTURES: DINO CODEVILLA

HE COULD feel the sweat pouring down his face. It felt as if his lungs were going to burst and every step seemed to require superhuman effort.

But Danie de Wet had come too far to give up.

Entering the home stretch of the Comrades Marathon the 37-year-old forced himself to pick up his pace to a steady jog. He was going to do it, the thing so many people had believed would be impossible for him ever to do: he was going to complete his seventh Comrades Marathon.

Three years ago, lying in a hospital bed with his life hanging in the balance, it seemed unlikely he'd ever be able to run a marathon again. Back then, having

spent 13 days in an induced coma, he was told by doctors he was lucky to be alive.

This was after he'd been involved in a freak mining accident in which a nearly 2m-long industrial crowbar penetrated his body, skewering him like a kebab as it penetrated his left thigh, ripping through his upper body to emerge from his left shoulder.

The horrific incident at Sibanye Gold mine in Carletonville near Johannesburg made national news headlines (YOU, 13 August 2015).

As the X-ray showing the extent of Danie's injuries went viral people shook their heads in wonder. How was it possible for anyone to survive such a grisly accident?

Danie, a mining engineering supervisor, was 3,5km underground when it

happened. He'd been trying to unblock a water pipe when he lost his footing, falling on to a 1,8m-long crowbar. The sharp point tore into him, going right through his bowel, small intestine and left kidney.

At Netcare Milpark Hospital in Joburg two medical teams worked frantically to save his life. But though doctors told Danie he faced a long road to recovery he refused to allow the extent of his injuries get him down.

Then and there, lying in his hospital bed minus one kidney, he made himself a promise: whatever it took, he'd run the Comrades Marathon again.

"I wanted to prove to myself that I don't give up in life, no matter what happens to me. If you still have the ability to walk, hear, see and run, why not do it?" Danie tells us matter-of-factly.

IT'S a few days before the Comrades and Danie's in good spirits. We're visiting him at home in Carletonville where he lives with his wife, Liezl, and their three children, Danelle (13), Elandie (11) and Danie Jnr (8).

Although he's upbeat about his chances in the 90km race between Pietermaritzburg and Durban it's clear Liezl is feeling a bit nervous on his behalf.

She says after the accident she was convinced Danie's running days were behind him, so when he announced last year that he was ready to start training again she was sceptical.

"I didn't think it would get that far," she says.

But Danie proved her wrong. Determined to conquer his seventh Comrades, he started training last June with a group of friends. It was hard going at first because he was so out of shape.

"I weighed 111kg and I was wearing these shorts that didn't fit me," he says. "I looked terrible and couldn't even run or breathe and my chest was burning."

His sedentary lifestyle together with an array of health issues had caused him to put on weight.

About six months ago he was diagnosed with chronic kidney disease and last year after he started experiencing stomach problems he discovered he had two ulcers. The latter problem put an end to his five-year volunteer service in mine rescue, although he's been able to continue working underground as an engineer.

"When you're in mine rescue you must lift heavy stuff, remove bodies underground, and it's really tough," he explains.

On top of this he was also trying to get over the emotional strain of losing both his father and godfather. His godfather, Nicolas van Rensburg – a keen runner who inspired his interest in the Comrades Marathon – died in October 2016 after a battle with motor neuron disease. A month later his dad, Luka, died as a result of a motorbike accident.

"It was a difficult time," Danie says. But he doesn't allow himself to wallow in self-pity.

"When you're alive and wake up in the morning you can make two choices: are you going to be depressed for the rest of your life, or are you going to turn it around to be a positive thing?"

Thanks to all the training he had to do



Danie shows off his Comrades jersey. After the accident no one thought he'd be able to run the race again.

he's now back to his ideal weight of 90kg. His health issues also forced him to make big changes to his diet – he's had to cut out spicy food, tomato, lettuce and bread and is doing his best to avoid sugar.

Even though Liezl had her reservations about him running the Comrades again, medical experts gave him the all-clear. However, doctors warned Danie that he must keep hydrated and mustn't push himself too hard.

"They even said the reason he'd recovered so quickly was because he had a powerful mindset," Liezl says.

She still can't believe how far they've come. Danie's life-threatening accident was so devastating for their kids that they needed to see a trauma counsellor before they could visit their dad in hospital.

"If I had to go through this again,



SUPPLIED

Doing what he loves best – running. Danie finished this year's Comrades in 10 hours, 30 minutes and 37 seconds.

I wouldn't allow [the visit] as it upset both the kids and Danie," Liezl says. "He was sad because the kids didn't want to touch or hug him because they were scared they were going to hurt him. He started crying. It turned into a nightmare."

But they made it through.

"The biggest thing is that we're blessed and we still have him. We're happy to see him run the Comrades. That's his passion," she says.

DANIE recalls being intrigued by the race when he watched it on TV as a little boy. By the age of 16 or 17 he was taking part in road

racers himself.

He ran his first Comrades when he was 19, dedicating his run to his mother who'd died of a brain haemorrhage when he was in matric.

The last Comrades he ran before his accident was in 2013. "One of first things he asked when he woke up in hospital was whether he'd be allowed to run the Comrades again," Liezl says.

Danie was relieved when Professor Ken Boffard, the head of Netcare Milpark Hospital's trauma unit, shrugged his shoulders and said, "Why not?"

Danie has since gifted the 1,8m crowbar to Boffard and Milpark. And now he's given them his bronze Comrades medal as a token of his gratitude.

He finished the race in 10 hours, 30 minutes and 37 seconds – comfortably within the 12-hour cut-off time. But when we catch up with him a day after the Comrades he admits it was so difficult he almost gave up about 60km into the race.

"We were running a big hill and it was very tough. You know you need to finish but your legs are gone and they're sore."

He had to set himself a goal and it was baby steps until he could regain his strength. "You say, I'll run up until that tree and then walk until that one."

It was this fighting attitude that got him to the home stretch, where Liezl was waiting for him, tears of relief streaming down her face.

Although his limbs are still aching Danie's on a high when he talks to us.

"I feel blessed," he says.

And in case you're wondering, yes, he's definitely planning to go back next year to do it all again. ■



FORTNITE FEVER!

It's a craze that's sweeping the world, but how is this game affecting your kids?

COMPILED BY KIM ABRAHAMS



IT'S been around for only a year but it's already a global phenomenon – 40 million gamers log in every month to blow one another to bits in a never-ending cycle of death and destruction.

Not since Minecraft has a video game inspired such fanaticism – and controversy.

Fortnite sees players scavenging for weapons and building fortifications in a brightly coloured, postapocalyptic world and having to slay every player not on their team to win.

It sounds like something you'd expect gaming-mad adults to do in their spare time. But with its Pixar-like animation and immersive world – not to mention the fact that it's free and easy to download on most consoles, PCs and some mobile devices – it's easy to see why kids all over the world have fallen hook, line and sinker for Fortnite too.

And there are plenty of red lights flash-

ing. The game is sucking kids in to such an extent they become addicted.

The most disturbing story to emerge so far is that of a nine-year-old girl from the UK who was so addicted she wet herself instead of going to the bathroom so she didn't have to stop playing.

Her parents, identified only as Richard and Carol, knew she'd downloaded Fortnite but it wasn't until March that they picked up on some distressing signs.

"My husband saw her light on in the night and found her sitting on a urine-soaked cushion playing the game," Carol recalls.

"He found that her backside was red raw. She was so hooked on the game she wouldn't even go to the toilet."

Her obsession with the game led to her

schoolwork suffering too.

"Before we knew what was going on, we'd ask our daughter what the problem was and she became unusually argumentative and aggressive. We just put it down to her hormones."

Then they started noticing regular payments from their credit card to Microsoft, which added up to more than £50 (R900) a month.

When they confronted her she admitted it "could have been" for extras she'd paid for on Fortnite.

"We were furious and confiscated her Xbox," Carol says. "But then she lashed



LEFT and FAR LEFT: Screen grabs from video game Fortnite, which has kids in a frenzy. The game is set on modern-day Earth after a severe storm wipes out most of the population. Players have to build forts and construct weapons and traps to survive.

requires players to kill their competitors to win.

Fortnite is available on PC, PlayStation 4, Xbox One and iOS mobile devices and is set to come to Android later this year.

Downloading the game is free but you'll be charged extra if you buy the game's currency, V-Bucks – R129 will get you 1 000 V-Bucks. This currency can be used to customise your character through various weird and wonderful "skins" or to buy Battle Passes. A Battle Pass, which will set you back about R950 in V-Bucks, gives gamers unique weekly challenges to unlock special rewards.

Although Fortnite has an age restriction of 12, at no stage during the sign-up are you asked for your age – all it requires is an email address.

WHAT GAMING DOES TO THE BRAIN

Video games can affect a child's brain in the same way alcohol or drug abuse does, according to a recent study by California State University.

The research, led by Professor Ofir Turel, found the reward system in games triggers the same changes in brain function as seen in people hooked on substances.

Pauline Mawson, a clinical psychologist based in Johannesburg, echoes the study's findings. "When a child plays video games, the four feel-good chemicals – endorphins, oxytocin, serotonin and dopamine – are released due to the hype and excitement."

It's much the same high that drug addicts and alcoholics experience.

Children are more vulnerable because their brain isn't fully developed. The pre-frontal cortex (the part of the brain that controls decision-making and social behaviour) is fully developed only between the ages of 23 and 25, says Sharon Ait-

ken, a child psychologist based in Cape Town.

The reward or impulse system in children also develops faster than their self-control system.

"This means that if you take someone who's 13, they'll have a mature reward system but their self-control system isn't as well developed," Turel explains.

"So they're far more predisposed towards impulsive and risky behaviours."

SIGNS YOUR KID COULD BE ADDICTED

In January this year the World Health Organisation officially classified gaming disorder as a mental health condition characterised by impaired control to the extent that gaming comes before everything else.

Mawson suggests parents pay close attention to these signs:

- Any strange behaviour uncharacteristic of the child.
- Irritation when they can't have access to the games.
- Lying or stealing to gain access to the games.
- Secrecy – hiding information on when or how much they play.

Boundaries are important but should differ from child to child, she advises.

"Restrictions promote responsible gaming but they depend on the child and their routine.

"I'd suggest no more than half an hour on weekdays and two hours over the weekend."

ARE THERE BENEFITS TO GAMING?

Mawson believes gaming can help children who are depressed and suffer from social anxiety to develop friendships and social skills.

"It can also develop special interests for a child that could lead to a potential career or other interests."

There are also cognitive benefits to gaming, which include:

- Improved coordination and problem-solving skills.
- Enhanced memory.
- Improved concentration and attention span.
- Better brain speed.
- Enhanced multitasking skills.

But the experts emphasise games must be played in moderation or the bad will outweigh the good. ■

SOURCES: MIRROR.CO.UK, DAILYMAIL.CO.UK, YOUTUBE.COM, THESUN.CO.UK, INDEPENDENT.CO.UK, WHO.INT

out and hit my husband in the face."

The couple have sent their daughter to a rehab facility and want parents to know "how the game could ruin your children's lives".

But the Fortnite fad shows no sign of fizzling out anytime soon. While there are no SA statistics available, the global numbers are startling.

To put things into perspective, the number of players worldwide – 125 million at the time of going to print – is more than double the population of South Africa.

What exactly is this addictive game that's been likened to a drug? And should you ban your kids from playing it?

FORTNITE EXPLAINED

The creators, Epic Games, describe the player-versus-player (PVP) game as "Minecraft meets Left 4 Dead" – the popular 3D block-building strategy game and a first-person shooter that requires players to kill zombie-like mutant humans after a deadly virus outbreak.

Fortnite requires players to do a bit of both but in a bright, cartoonish world.

Released in July 2017, it's a survival game set on modern-day Earth after 98% of the population has been wiped out by a severe storm. It's up to players to build forts and construct weapons and traps to survive.

Fortnite has up to four players working together in real time on various missions on randomly generated maps.

A spinoff, Fortnite Battle Royale, was released in September last year and became a phenomenon all on its own.

In this free-to-play version, up to 100 players are dropped out of a plane and must search for weapons and equipment as they land with nothing more than a pickaxe. There are no blood and guts but it



GALLO IMAGES/GETTY IMAGES © IAKOV FILIMONOV | DREAMTIME.COM, SCREENGRABS



Sharnelle Hough with ex-boyfriend Xander Bylsma who's now accused of murdering her and her best friend.

HOW SAFE IS SHE REALLY?

In the wake of the Stella schoolgirl killings we ask experts how parents can spot telltale signs their teen is in a toxic relationship **BY GABISILE NGCOBO**

UNTIL the unthinkable happened, her father had no reason to be suspicious of his daughter's boyfriend.

Xander Bylsma was pleasant to have around, polite and friendly, and seemed to worship the ground his pretty girlfriend, Sharnelle Hough, walked on.

"He was always so nice when he visited us," her grieving dad, Ronnie, says.

"He practically worshipped Sharnelle. But afterwards I started hearing stories of how things were when they were alone."

The tragic story is now all too well known: Xander (19) has been charged with murdering ex-girlfriend Sharnelle (17) and her best friend, Marna Engelbrecht (16), in the girls' hostel of the local high school in Stella, a small town in North West.

Police say Xander confessed to the killings, and in the aftermath of the horror, tales started emerging of how controlling he was.

"He wanted to know where she was all the time," Sharnelle's cousin Linmari told us (YOU, 14 June). "He was obsessed with her – that's why she left him."

The shocking case raises a few serious questions. How can parents teach their teenage daughters to be aware of warning signs in a relationship? What are the red flags that a romance is turning toxic – and what can you do about it without alienating your child?

We asked experts.

Forewarned is forearmed

Prevention is definitely better than cure, says Marlize Heppell, a clinical psychologist based in Klerksdorp, North West.

"If you raise your daughter with the necessary knowledge to identify potentially dangerous partners, this will have

a more profound effect than trying to point out the red flags once she's in a relationship."

Teach your daughter what's healthy and what isn't. If he makes her feel uncomfortable in any way, he's a no-go; if he tries to make her do things she isn't ready for, she should get out; if he wants to see her 24/7, he's probably trouble.

Parents should lead by example, adds Professor Christiaan Bezuidenhout of the department of social work and criminology at the University of Pretoria.

During adolescence young people start to detach from their families and connect more with their peers.

This is why the gender-role interaction between mother and father is extremely important. "If your own relationship is unhealthy, how can a child trust you and follow your example?" Bezuidenhout says.

If a girl grows up in a home where
(Turn over)

ARE YOU AT RISK OF IRON DEFICIENCY?

Iron deficiency is very common and affects 1 in 2 healthy South African women.^{1,2}

Iron is an essential nutrient for your body, which you get from your food.³ It is needed for your mental and physical health and to keep your energy levels up.^{3,4} Sometimes your body's demand for iron can exceed supply, and this can lead to iron deficiency.³

Causes of iron deficiency include:

- Lack of iron in the diet e.g. vegetarian diets^{3,5}
- Blood loss e.g. heavy menstrual bleeding^{3,5}
- Malabsorption e.g. coeliac disease^{3,5}
- Increased needs e.g. pregnancy^{3,5}

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(From previous page)

there's physical and/or emotional and verbal abuse between parents, this behaviour becomes the norm. And this means your child won't realise anything is wrong if a boyfriend starts treating her the same way.

Subtle signs of danger

Girls should be attuned to more understated forms of manipulation such as jealousy, control, possessiveness and dependency.

A girl who's constantly being bombarded with text messages and phone calls from her boyfriend could be in trouble. Boys who want their girlfriends all to themselves might also be bad news.

Watch your daughter, Heppell advises. Is she still seeing her friends or is he dominating her time?

And does she become defensive when you question her about her boyfriend? Apologising for him is another sign he's too controlling and that she's becoming too wrapped up in him.

"They actually start taking partial or full responsibility for his wrongdoing. They start to lose their sense of self."

Appearance and behaviour

Take careful note of your daughter's appearance, experts say. Is she losing weight? Dressing out of character? This is another sign she might be doing whatever it takes to please a controlling boyfriend.

Also watch out for symptoms of depression such as a change in sleeping habits, staying in her bedroom all day, sadness, fatigue or anxiety. If your usually bubbly daughter withdraws and becomes melancholy or sullen, try to talk to her about it as soon as possible, Bezuidenhout says.

Another hint is when your child suddenly withdraws from activities she used to enjoy, such as athletics or dancing.

"Her boyfriend might say things to her such as, 'When you do ballet everyone's looking at your legs.' In this way he's controlling her," Bezuidenhout says.

Substance abuse and self-harm

A girl might also start abusing substances to cope with stress – for instance, she suddenly starts coming home drunk after a night out with friends.

"Substance abuse numbs her emotions and makes it easier for her to justify her boyfriend's behaviour. She can say, 'He

TOUGH LOVE

If push comes to shove, parents can take away privileges such as pocket money or cellphones.

But tough love doesn't involve shaming or belittling your child or kicking her out of the house, says Professor Christiana Bezuidenhout of the department of social work and criminology at the University of Pretoria. It's about unapologetically being the parent figure and setting firm boundaries.

If you see things go sideways, consider getting a close family member to talk to your child, or take her to a psychologist. Also communicate your concerns to the boyfriend's parents. Don't go in guns blazing – simply ask if you can have a meeting, then discuss your concerns in a calm, rational way.

The more people are aware of the problem, the safer your child will be.

loves me, that's why he's controlling'," Bezuidenhout says.

Teens can also harm themselves by burning their arms, cutting their skin, overeating or self-medicating.

"It's often too late when you see these signs," he warns. "Parents and the school's social worker or psychologist should have been involved already."

What to say and how to say it

Have an open, frank conversation if you can see your daughter is entangled in a destructive relationship, Heppell advises.

"A neutral environment might be a better place to discuss what's going than at home where she can just walk out or turn her back on you. For instance, take her to her favourite restaurant for lunch where you can have one-on-one time."

Bezuidenhout agrees. "Create oppor-

tunities where you have quality time with her alone. Try not to fly off the handle or she won't open up to you."

Heppell and Bezuidenhout agree that what you say is important.

Make sure you never make her feel as if any of this is her fault. Avoid saying things like "Look at what you're doing" or "You've got the wrong friends."

Rather be accommodating and tell her how her situation makes you feel. Start with something along the lines of, "I've noticed you haven't been yourself lately and I'm a little worried. I love you and seeing you struggling hurts me too. I'm here for you and I want to help you."

Bezuidenhout says you can also bring in your own experiences as a teenager if you went through something similar.

"Then you'll be able to give her options on how to deal with the problem. Ask how long she needs and let her know you trust her and that you're there for her at all times. It's vital she knows you have her back and that you're in this with her. Keep reaffirming you love her and care for her."

The right tone

There's a lot of peer pressure for girls to have a boyfriend, Bezuidenhout says.

You can try to stop her from seeing her boyfriend if she's underage, but the older your child becomes the more difficult it will be to isolate her. Point out the danger signs and express your concerns without being too prescriptive because your child needs to decide on her own.

"You as a parent have an indirect involvement. Your role is to help her to understand her relationship isn't healthy." ■

EXTRA SOURCES: ALLPRODAD.COM, VERYWELLFAMILY.COM

'It's often too late when you see substance abuse and self-harm'



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SUPPLIED

LEFT: Magda van Rooyen and Francois Pretorius met in 2015. FAR LEFT: They were married by Reverend Annerie du Toit.



MY MR RIGHT HERE AT LAST

Magda found love in her seventies when she started a conversation with widower Francois in church

BY JACO HOUGH-COETZEE PICTURE: SHARON SERETLO

T ALL began with a whisper in church – a quick question to a guy sitting in the same pew.

Little did she realise it would be the first step that would set them on course for the altar. And making it all the more special is the fact that Magda van Rooyen had given up hope of ever finding lasting love.

The 77-year-old retired maths teacher had led a full life and was living contentedly in a Bloemfontein retirement home.

But life has wonderful ways of taking you by surprise – and in this case it came in the form of Francois Pretorius (74).

They've been married for a week when they welcome us into their home at Noorderbloem retirement village.

Magda used to see Francois out and about in the village, where he settled after the death of his wife in 2011.

Although they greeted each other “we didn't really take much notice of each other”, says Francois, who was deputy head of the Free State provincial traffic department.

Then one Sunday in 2015 everything changed. Francois was seated next to Magda in church and she decided to find out more about him.

“Where are you from?” she asked.

“I went to school in a tiny place you won't know,” he said. “Between Bothaville and Orkney.”

She couldn't believe it – she was from that area too. Which town, she shot back. “Vierfontein,” he replied.

“And her jaw dropped,” Francois recalls.

Magda had gone to school in the tiny Free State town too – her mom had been a teacher and her dad the headmaster in the '50s. They hadn't known each other though. “I'm a little older than he is, see?”

Magda says with a wink.

After the service they went for a coffee and to chat about the old days, and things progressed steadily from there.

A month later Francois told Magda he was off to Sun City where he had time-share and casually told her if she wanted to, she could come along.

After that week they became close, visiting each other in the evening and even going camping in Francois' caravan.

On 11 May this year he decided it was time to take things to the next level. They'd been visiting Kobus, one of Francois' three children, that evening. Magda asked Francois something, to which he responded, “Not before we're married.”

Kobus' wife, Rina, began hopping up and down. “Just say yes!” she yelled.

“I was at a complete loss,” Magda recalls. “I said to her, ‘Rina, but he hasn't asked me the question.’”

Francois picks up the story. “So I turned to her and said, ‘Will you continue this journey with me?’ Man, her jaw dropped again!”

At first they thought they'd have a spring ceremony in September followed

by a spit braai for about 50 guests. But somehow the plans for their big day took on a life of their own and they ended up organising the wedding in just four days. It was held in a kiddies' theme park after Francois' granddaughter Marigin's fifth birthday party.

Marigin's parents had planned her party for Saturday 2 June, and four days earlier Magda was telling her niece Yolanda Cooke about it. Yolanda said, “Why don't you just get married on the same day?”

Magda replied, “Now you're talking.”

Just a handful of family and friends were there when Magda entered the “train station” on a model train.

The happy couple were dressed casually as there had been no time to have special outfits made. Nor was there time to buy wedding rings so they exchanged temporary silicone bands.

The festivities continued at Kobus' home with potjiekos and much merriment.

For Magda it was worth the lengthy wait for Mr Right. “As my mother, Hester, always used to say,” she says. “Patience is made to be used.” ■

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These warming winter soups are satisfying enough for a meal-in-one on a cold evening

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

HEARTY CHICKEN AND VEGGIE SOUP

SERVES 6

PREPARATION: 15 MIN

COOKING: 1½ HOURS

- ▶ 15ml (1T) oil
- ▶ 2 celery stalks (with leaves), chopped
- ▶ 1 onion, chopped
- ▶ 2 garlic cloves, crushed
- ▶ 30ml (2T) Thai red curry paste
- ▶ 250g dried soup mix
- ▶ 1 litre (4c) chicken stock
- ▶ 3 potatoes, peeled and cubed
- ▶ 4 carrots, peeled and cut into chunks
- ▶ 3 chicken breast fillets, sliced
- ▶ dash of lemon juice
- ▶ salt and freshly ground pepper

TO FINISH

- ▶ handful of fresh coriander, chopped
- ▶ 2 red chillies, finely chopped

- 1 Heat the oil in a large saucepan and stir-fry the celery, onion and garlic until fragrant. Add the curry paste and stir-fry for a minute.
- 2 Add the soup mix and cover with water. Cook over medium heat for about an hour or until the soup mix is almost done.
- 3 Add the stock, potatoes and carrots and simmer for 15 minutes. Add the chicken and simmer for another 5 minutes or until the chicken has turned white and is done. Add more water if the liquid evaporates too fast. The soup mix will ensure the soup thickens.
- 4 Season with the lemon juice, salt and pepper.
- 5 **To finish** Add the coriander and chillies, stir and serve.



BEEFY TOMATO SOUP

SERVES 4-6

PREPARATION: 10 MIN

COOKING: 1¼ HOURS

- 300g potjiekos beef, diced
- salt and freshly ground pepper
- 60ml (¼c) flour
- 30ml (2T) oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 100g tomato paste
- 1 litre (4c) beef stock
- 2 cans (410g each) chopped tomatoes
- 5ml (1t) smoked paprika
- 2,5ml (½t) cayenne pepper
- 15ml (1T) dried mixed herbs
- dash of lemon juice

TO FINISH

- handful of fresh parsley, chopped
- 1 lemon, cut into wedges

- 1** Season the meat with the salt and pepper. Roll in the flour to coat and shake off any excess.
- 2** Heat the oil in a large saucepan and fry the onion and garlic until fragrant. Add the tomato paste and stir-fry for a minute.
- 3** Add the meat and stir-fry for 10 minutes. Add the stock and simmer for 45 minutes or until the meat is tender, stirring occasionally and adding water if needed.
- 4** Add the tomatoes, spices, herbs and lemon juice and season with more salt and pepper if needed.
- 5 To finish** Sprinkle the parsley over and serve with the lemon wedges.



BUTTERNUT SOUP WITH MASALA AND CASHEW NUTS

SERVES 4-6

PREPARATION: 10 MIN

COOKING: 40-45 MIN

- 1kg peeled butternut, deseeded and diced
- 250ml (1c) chicken stock
- 1 Granny Smith apple, peeled, cored and grated
- 15ml (1T) roasted masala
- 250ml (1c) cream
- salt

TO SERVE

- 100g spiced cashew nuts, roughly chopped
- 6-8 basil leaves

- 1** Put the butternut in a large pot and add the chicken stock. Add hot water until the butternut is completely covered. Bring to the boil and cook until the butternut is softened all the way through.
- 2** Add the apple and simmer for another 5 minutes.
- 3** Remove from the heat and purée using a stick blender.
- 4** Return the soup to the stove over low heat. Add the masala and cream.

Season with salt and stir well. Remove from the stove.

- 5 To finish** Spoon the soup into bowls, sprinkle the cashew nuts and basil leaves on top and serve.

TIP

Any kind of pumpkin or sweet potato can be used instead of the butternut.

(Turn over)



PEA SOUP WITH SPICY BACON

SERVES 6
SOAKING: OVERNIGHT
PREPARATION: 15 MIN
COOKING: ABOUT 1 HOUR

- 15ml (1T) oil
- 1 onion, chopped
- 2 leeks, chopped
- 200g diced bacon
- 500ml (2c) chicken stock
- 500g dried peas, soaked overnight in water
- salt and pepper
- TO FINISH**
- 250ml (1c) frozen peas
- 15ml (1T) oil
- 2 garlic cloves, crushed
- 1,2ml (¼t) cayenne pepper
- 5ml (1t) smoked paprika
- 2,5ml (½t) dried thyme

- 1** Heat the oil in a large pot and stir-fry the onion until fragrant. Add the leeks and stir-fry until soft. Add a third of the bacon and stir-fry for 5 minutes.
- 2** Add the stock and bring to the boil.
- 3** Drain the peas and add to the pot. Add enough hot water to cover the peas completely. Cook over medium heat for 35-45 minutes or until the peas are soft. Stir occasionally and add water as needed.
- 4** Remove from the stove and blend with a stick blender until smooth

– or keep it chunky if you prefer. Season with salt and pepper.

- 5 To finish** Pour boiling water over the frozen peas and set aside until needed.
- 6** Heat the oil in a pan and fry the rest of the bacon until crispy. Add the garlic, cayenne pepper, paprika and thyme and stir-fry until fragrant.
- 7** Spoon the soup into bowls. Drain the peas and sprinkle over the soup. Top with the spicy bacon mixture and season with more salt and pepper if needed.

BEAN SOUP WITH CHEESY GARLIC BREAD

SERVES 6
SOAKING: OVERNIGHT
PREPARATION: 20 MIN
COOKING: ABOUT 2 HOURS

- 500g dried soup beans, soaked overnight in water
- 300g potjiekos lamb, cut into smaller pieces
- salt and pepper
- 15ml (1T) oil
- 2 onions, chopped
- 4 garlic cloves, crushed
- 4 thyme sprigs or 2,5ml (½t) dried thyme
- pinch of ground nutmeg
- 500ml (2c) beef stock

GARLIC BREAD

- 6-8 slices of bread of your choice
- 4 garlic cloves, crushed
- 100g grated cheddar cheese
- 1 round feta cheese, crumbled

TO SERVE

- few extra sprigs of fresh thyme

- 1** Drain the beans and transfer to a large pot. Cover with water and boil for 40 minutes or until soft but not mushy.
- 2** While the beans are cooking, season the lamb well with salt and pepper.

Heat the oil in another large pot and brown the meat. Remove from the pot and set aside.

- 3** Add the onions, garlic and thyme to the meat pot and fry until fragrant. Return the meat and add the nutmeg and stock. Cook for 45-60 minutes or until the meat is tender, stirring occasionally and adding water as needed – don't let the meat become dry.
- 4** Drain and rinse the beans when soft. Add to the meat and simmer for 15 minutes. Season with salt and pepper if needed.
- 5 Garlic bread** Preheat the oven to 200°C. Grease a baking sheet with nonstick spray.
- 6** Arrange the bread on the prepared baking sheet. Mix the garlic with the cheddar and feta cheeses in a bowl and sprinkle over the bread. Toast in the oven for 10-12 minutes or until golden and the cheese has melted.
- 7 To serve** Garnish the soup with thyme and serve with the bread. ■



TREAT YOURSELF



Tuck into these delicious dishes from a new book by the co-owner of iconic Knysna restaurant Île de Pain

COMPILED BY CARMEN NIEHAUS

IEZIE Mulder, who owns Île de Pain with partner Markus Fäbinger, has just published her second cookbook, *Anytime*, filled with yummy, healthy favourites. Try these deliciously wholesome recipes.

HEAVENLY HANOI CHICKEN SALAD

The varied ingredients add a range of flavours yet this recipe stays in the Asian taste palette.

SERVES 6

MARINATING: 2 HOURS

PREPARATION: 30 MIN

COOKING: 20–30 MIN
(8 MIN A KEBAB)

MARINADE

- ▶ 60ml (¼c) fresh lemon juice
 - ▶ 125ml (½c) olive oil
 - ▶ 5ml (1t) chopped garlic
 - ▶ 3 thyme sprigs
 - ▶ 2,5ml (½t) salt
 - ▶ pinch of pepper
 - ▶ 6 (about 130g each) free-range chicken breasts
- ### CARAMEL SAUCE
- ▶ 250ml (1c) brown sugar
 - ▶ 15ml (1T) fish sauce
 - ▶ 375ml (1½c) chicken stock

TIP

Make a bigger quantity of the caramel sauce and store it in a jar – it's wonderful on pork, fish and chicken.

- ▶ 1,2ml (¼t) chopped chilli
- ▶ 2,5ml (½t) lemon juice
- ▶ 10ml (2t) grated ginger
- ▶ 7ml (1½t) finely chopped lemongrass

VINAIGRETTE

- ▶ 45ml (3T) lemon juice
- ▶ 30ml (2T) soy sauce
- ▶ 30ml (2T) sesame oil
- ▶ 30ml (2T) maple syrup
- ▶ 10ml (2t) grated ginger
- ▶ 125ml (½c) vegetable oil
- ▶ 5ml (1t) fish sauce
- ▶ pinch of chilli flakes

SALAD

- ▶ 500ml (2c) sliced red cabbage
- ▶ 500ml (2c) sliced white cabbage
- ▶ 1 handful rocket
- ▶ 2 clementines (or naartjies), segmented
- ▶ 1 mango, cut into strips
- ▶ 1 can (400g) litchis, halved
- ▶ 60ml (¼c) fresh mint
- ▶ 60ml (¼c) fresh coriander
- ▶ 125ml (½c) cashew nuts, toasted
- ▶ salt and pepper

- 1 Marinade** Whisk all the marinade ingredients, except the chicken, in a mixing bowl.
- 2** Cut the chicken breasts diagonally into 3cm pieces.
- 3** Toss the chicken with the marinade in a plastic container with a lid and marinate for at least 2 hours in the fridge.
- 4 Caramel sauce** Preheat a saucepan with a wide bottom over low to medium heat. Add the sugar in an even layer and allow it to melt without stirring. Keep the heat on low so the sugar melts evenly.

(Turn over)

t – teaspoon/s T – tablespoon/s c – cup/s

(From previous page)

- 5 As soon as the sugar has melted, give it a good stir and cook gently until it turns a deep amber shade. The colour changes quite quickly once it gets to this stage, so engage all your senses.
- 6 Combine the rest of the sauce ingredients in a measuring jug.
- 7 As soon as the sugar reaches the desired colour, carefully add the stock mixture to the caramel. Be careful as the boiling hot sugar will bubble up when the liquid is added.
- 8 Cook for another 8-10 minutes until the sauce has a syrupy consistency. Remove from the heat and set aside to cool.
- 9 **Vinaigrette** Whisk all the ingredients for the vinaigrette together.
- 10 **Salad** Put the cabbage and the rest of the salad ingredients except the salt and pepper in a bowl, add enough vinaigrette to moisten the salad and toss together. Let it sit for a few minutes then season with salt and pepper.
- 11 Thread the marinated chicken pieces onto six metal or bamboo skewer.
- 12 Fire up your braai (or preheat your oven grill) and grill the kebabs for about 4 minutes on each side. Brush them with caramel sauce halfway through, and another few times just before serving.
- 13 Serve with the salad (on a big platter or as individual servings) and a chunk of crusty bread to mop up the juices.

BAJA FISH TACOS

"Mexican food is definitely on my top 10 list of favourite foods around the world," Liezie writes. "Dig in and enjoy!"

MAKES 6
PREPARATION: 20 MIN
COOKING: 20 MIN

COLESLAW

- ▶ 30ml (2T) lime juice
- ▶ 45ml (3T) mayonnaise
- ▶ 30ml (2T) plain double-cream yoghurt
- ▶ 15ml (1T) honey
- ▶ 4 x 250ml (4c) thinly shaved cabbage
- ▶ 30ml (2T) chopped fresh coriander
- ▶ salt and pepper

FISH

- ▶ 1kg firm white fish fillets, skinned
- ▶ salt and pepper
- ▶ 15ml (1T) vegetable oil

FOR SERVING

- ▶ 12 flour tortillas
- ▶ 3 avocados, sliced
- ▶ 125ml (½c) sour cream
- ▶ salsa fresca (made with chopped tomatoes, spring onions and fresh coriander)
- ▶ lime wedges
- ▶ chopped chilli

- 1 **Coleslaw** Stir the lime juice, mayonnaise, yoghurt and honey together in a bowl until combined.
- 2 Add the cabbage and coriander and season with a pinch of salt and pepper. Set aside.
- 3 **Fish** Cut the fish into 4-5cm strips and season with salt and pepper.
- 4 Heat oil in a frying pan over medium heat and cook the fish strips in batches. Keep warm.
- 5 **For serving** Heat the tortillas in a cast-iron skillet. Cover with a tea towel to keep them warm.
- 6 To assemble the tacos, put a spoonful of coleslaw and 2-3 fish strips in each tortilla, top with 2 slices of avocado, a dollop of sour cream and a spoonful of salsa.
- 7 For a final touch, add a squeeze of lime and a sprinkle of chopped chilli.



FOOLPROOF BUTTERMILK SCONES

"This recipe is foolproof. I make these scones with my eight-year-old niece, Samaara, all the time," Liezie says.

MAKES 9
PREPARATION: 15 MIN
BAKING: 16 MIN

- ▶ 375g (750ml, 3c) cake flour
- ▶ 50g (60ml, ¼c) white sugar
- ▶ 15g (22ml, 1½T) baking powder
- ▶ 6g (5ml, 1t) salt
- ▶ 200g (250ml, 1c) ice-cold unsalted butter, cubed
- ▶ 1 egg
- ▶ 1 egg yolk
- ▶ 300g (310ml, 1¼c) buttermilk
- ▶ 1 whisked egg (for wash)
- ▶ cream and strawberry jam

Preheat the oven to 220°C.

- 1 Sift together the flour, sugar, baking powder and salt in the bowl of an electric mixer. Pulse once or twice to combine.
- 2 Add the cold butter cubes to the flour mixture and process until it looks like fine crumbs.
- 3 Whisk the egg, extra yolk and buttermilk together in a separate bowl.
- 4 Add the wet mixture to the dry ingredients and mix by hand just until the dough comes together in a soft ball. Don't overmix.

TIP

Sift the dry ingredients well. It removes any lumps, aerates the flour and distributes the leavening agent evenly throughout.

- 5 Turn the dough out onto a lightly floured surface, gather all the bits together and gently knead a few times until it comes together in a cohesive ball.
- 6 Press it with your fingertips into an 18 cm square of dough, about 3cm thick, then cut into 9 even-size squares with a sharp chef's knife.
- 7 Put the scones slightly apart on a baking tray lined with a silicone sheet or baking paper, and brush the tops with egg wash, using a pastry brush. Leave to rest for 5 minutes, then brush again with egg wash.
- 8 Bake for 16 minutes or until golden brown. Transfer to a wire rack and cool slightly before serving.
- 9 Serve with cream and jam.



MOROCCAN PIE

This makes an impressive centrepiece for any dinner table. It can be served as a side dish or as a delightful lunch or dinner with a green salad.

SERVES 6-8
PREPARATION: 40 MIN
BAKING: 50 MIN

FILLING

- ▶ 10ml (2t) coriander seeds
- ▶ 10ml (2t) cumin seeds
- ▶ 5ml (1t) mild paprika
- ▶ 2,5ml (½t) ground cinnamon
- ▶ 2,5ml (½t) salt
- ▶ 90ml (6T) olive oil
- ▶ 900g butternut, cut into 2cm chunks
- ▶ 2 small onions, chopped
- ▶ 4cm fresh ginger, finely chopped
- ▶ 60ml (¼c) almonds, blanched

- ▶ 60ml (¼c) pistachios, shelled
- ▶ 30ml (2T) dried cranberries
- ▶ 45ml (3T) honey
- ▶ 60ml (¼c) chopped fresh coriander
- ▶ 4 x 250ml (4c) baby spinach

TO ASSEMBLE

- ▶ 125ml (½c) melted butter
- ▶ 8 large sheets phyllo pastry
- ▶ 125ml (½c) hummus
- ▶ 60ml (¼c) almonds, blanched
- ▶ 60ml (¼c) pistachios, shelled
- ▶ 30ml (2T) dried cranberries

- ▶ 45ml (3T) honey
- SAUCE**
- ▶ 375ml (1½c) creamy yoghurt
- ▶ 125ml (½c) coconut milk
- ▶ 3 mint sprigs, chopped
- ▶ 30ml (2T) harissa paste
- ▶ lemon wedges for serving

Preheat the oven to 180°C.

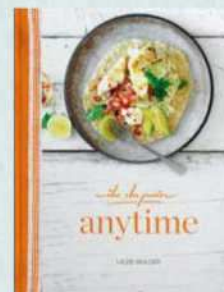
- 1 Filling** Toast the coriander and cumin seeds in a small dry saucepan for 3-4 minutes, until aromatic.
- 2** Grind the seeds coarsely using a mortar and pestle. Add the paprika, cinnamon, salt and 60ml (4T) of the olive oil, and mix well.
- 3** Toss the butternut chunks with the spice

mix and tip in a single layer onto a baking sheet. Roast in the preheated oven for 20 minutes or until golden brown.

4 Meanwhile, heat the rest of the oil in a medium-size frying pan. Cook and stir the onion until golden brown, then add the ginger.

- 5** Stir in the almonds, pistachios and cranberries. Add the honey and stir until melted.
- 6** Add the coriander and spinach and stir until the spinach begins to wilt.
- 7** Remove from the heat and toss the roasted butternut in. Set aside.
- 8 To assemble** Put a loose-bottom tart mould or

- quiche tin on a baking sheet and brush with a little melted butter.
- 9** Layer the phyllo sheets in the mould, brushing each one with melted butter and allowing plenty of pastry to hang over the sides unevenly.
- 10** Spoon half the filling mixture in the middle of the pastry, top with a layer of the hummus, then spoon over the rest of the filling.
- 11** Fold the edges of each sheet of pastry over to the middle one at a time, creating voluptuous folds. Brush with butter.
- 12** Bake the pie for 20-30 minutes, until golden and crispy.
- 13** Just before the pie is ready, heat the remaining butter in a pan, add the nuts and cranberries and cook until golden brown.
- 14** Add the honey and stir until it's melted. Add a splash of hot water to thin it down.
- 15** Drizzle the nut and cranberry mixture over the pie once it's out the oven.
- 16 Sauce** Mix the yoghurt, coconut milk, mint and harissa.
- 17** Serve the pie with the sauce and lemon wedges on the side. ■



ÎLE DE PAÏN ANYTIME, BY LIEZIE MULDER (QUIVERTREE) R405* AT TAKEALOT.COM

* PRICE CORRECT AT TIME OF GOING TO PRINT AND SUBJECT TO CHANGE WITHOUT NOTICE.



A statement jersey dress like this one from a Vadim Merlis show in Moscow, Russia, would look great with leather pants or skinny jeans.

THE DAYLIGHT REBEL



Sneakers by Nike R1 299, spree.co.za



Top R229, H&M



Skirt by Style Republic R329, spree.co.za



Sweat shirt R329, H&M

COLOUR

POP

THE EASY WEEKENDER



Dress R453,94, Woolworths



Watch by Tempo R699, Sterns



Jacket R659, Zara



Bag R459, Zara



Boots by Style Republic R399, spree.co.za

THE AFTER-DARK MIXER



Earrings R219,50, Colette by Colette Hayman



Dress R382,32, Woolworths



Heels by Miss Black R499, spree.co.za



Jacket R659, Zara



Sling bag R449,50, Colette by Colette Hayman

Warm up chilly winter days with hot shades and retro pieces **BY PETA-LEE MATJAOLA**

THE URBAN GIRL



Sweatshirt by Mango R549, Edgars



Sweatshirt R329, H&M



Backpack R669,50, Colette by Colette Hayman



Skirt by Revenge R599, spree.co.za



Sneakers by Jada R499, spree.co.za

Go for a bold look in an oversize jersey with pants in the same colour or print, like this outfit showcased at the Pratt Institute Fashion Show in New York.



STOCKISTS COLETTE BY COLETTE HAYMAN 021-937-5436; EDGARS 0800-203-925; H&M 021-826-7300; SPREE.CO.ZA; STERNS 021-937-4504; WOOLWORTHS 0860-022-002; ZARA 021-302-1500

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DAY TO NIGHT

Make a statement piece work for you, whatever the occasion

BY WAGHEEBA JANUARY

DAY

NIGHT



Sunglasses by Ray-Ban
R2 090, spree.co.za



Poncho R399, Miladys



Watch by Chaps
R1 599, spree.co.za



Earrings R125,
bycara.co.za



Backpack by Moda Scapa
R249, spree.co.za

Sneakers
by Levi's
R399,
spree.co.za



JUMPSUIT

R599, Foschini



Necklace
R299,50, Colette
by Colette
Hayman



Faux fur jacket
R1 209,51,
Woolworths



Bracelet R199,
Accessorize



Clutch R699, Accessorize



Heels by Madison
R699, spree.co.za

DAY

NIGHT

Beret R149, Miladys



Knit R99,95, Ackermans



Poncho from R459, Miladys



Bangles R299 for four, Accessorize



Bag R402,50, Woolworths

Sneakers by Index Converse R849, spree.co.za



WIDE-LEG PANTS



Earrings R249,50, Colette by Colette Hayman

R249,99, The Fix



Top by Witchery R1106,64, Woolworths



Faux fur gilet by Style Republic R299, spree.co.za



Brooch R99,95, Woolworths



Cuff R150, Woolworths



Heels by Plum R599, spree.co.za

GALLO IMAGES/GETTY IMAGES

DAY

NIGHT



PRINT DRESS

By Mango
R549,
spree.co.za



Sunglasses by Vogue R1 590, Luxottica



Cap R349, superbalist.com



Biker jacket
R349,99, MRP



Scarf by Country Road
R604,25, Woolworths



Knee-high
boots R329,99,
MRP



Bag R899, Charles & Keith



Earrings R199, Accessorize



Coat
R1 099,
H&M



Ring R199,
Accessorize



Clutch by Black Cherry R329, zando.co.za



Heels R149,99, MRP

DAY

NIGHT



Earrings R199, Accessorize



Knit by Mango R949, spree.co.za

Denim jacket R329, H&M



Scarf by Cotton On R199, superbalist.com



Ankle boots R999, Zara



Cross-body bag R799, Accessorize



PLEATED SKIRT

By Witchery R906,88, Woolworths



Bodysuit R179,99, The Fix

Earrings R99,95, Woolworths



Watch by DKNY R1 999, spree.co.za

Clutch R599, Accessorize



Heels by Dune R1 399, Edgars



Short blazer R629, H&M

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TAKE ON TIME

Stay young-looking with anti-ageing power serums

BY NTHABISENG MAKHOKHA



ANTI-AGEING serums are most effective on skin that's already showing signs of ageing such as age spots, dehydration, fine lines and wrinkles. But you can start using them as early as 25.

Over time, serum formulations have advanced, allowing beauty brands to customise them for various needs.

Despite a reputation for being pricey, serums aren't all expensive, although they do cost more than regular moisturisers.

GALLO IMAGES/GETTY IMAGES



✓ Nivea Q10 Plus Anti-Wrinkle Replenishing Serum Pearls R230 for 40ml

✓ Dr Gobac Regenerating Serum R510 for 25ml

✓ Mineraline Time II Anti-Ageing Serum R245 for 50ml

✓ Ponds Age Miracle Intensive Cell Regen Serum R179,95 for 30ml

✓ Payot Elixir Lift Regenerating Tightening Serum R869 for 30ml

DO'S & DON'TS

✗ Don't wait too long after you've washed your face to apply skincare products – no more than three minutes.

✓ Do apply sunscreen if you're using serum during the day and your moisturiser doesn't already contain it. The sun can cause the active ingredients in your serum to react negatively on the skin, causing redness or peeling.

✓ Do switch from your daytime moisturiser to a richer night cream in the evening.

✗ Don't use hot water to wash your face – it will dry out your skin.

✓ Do skip toner if you have sensitive skin as most toners contain alcohol which will aggravate your skin.

✓ Do stick to healthy eating habits, exercise regularly and drink lots of water.

✓ Do spend less time in the sun and always wear sunscreen.

✗ Don't mix your serum with your moisturiser. This will make the serum useless as it won't be able to penetrate the skin as effectively.

✓ Do apply your anti-ageing serum on your neck and shoulders and the back of your hands, as ageing signs are evident in these areas too.

✓ Do take precautions with certain serums and know when they should be applied. For example those with high doses of vitamin A, also referred to as retinol, should be applied only at night. This is because the ingredients in the serum may react to sunlight, making your skin more prone to sunburn.

STOCKISTS BIOEFFECT AT PLACECOL.COM; BIOMEDICAL 012-809-2856; BIONIKE AT DIS-CHEM; CLICKS 0860-254-257; DIS-CHEM 0800-201-170; DR GOBAC 011-784-2422; EDGARS 0800-203-925; ELIZABETH ARDEN 021-597-1700; GATINEAU AT ABSOLUTESKIN.CO.ZA; LAMELLE AT LAMELLE.CO.ZA; L'OREAL 0860-102-491; MINERALINE AT DIS-CHEM; NEUTROGENA 0860-410-032; NIVEA 0860-102-091; PAYOT AT DIS-CHEM; POND'S 0860-572-861; SIX 011-312-7840; SORBET AT CLICKS
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WHAT CAUSES SKIN AGEING?

The first and most obvious factor is time. As you get older, your age starts to show on your skin. This is caused by the reduction in the levels of proteins, such as collagen, in the skin. As a result, you start experiencing loss of elasticity and plumpness. Factors that speed up the ageing process or cause premature ageing include stress, sun damage, an unhealthy diet, smoking and consuming too much alcohol.

WHY USE AN ANTI-AGEING SERUM?

These serums contain active ingredients that boost what the skin needs to make it appear younger. Most anti-ageing serums target fine lines, dark marks, dehydration and sagging skin. Daily moisturisers and night creams hydrate the top layer of the skin but don't penetrate it to deliver dramatic results. Serums, on the other hand, penetrate the skin and work from the inside out. Another great thing about these serums is that they're good value for money. You need only a few drops at a time.

MAKE THE MOST OF IT!

How to ensure your serum works best

- 1 Cleanse your skin as usual using warm water. Use gentle circular motions and pat your skin dry when you're done.
- 2 If you use toner, apply it now. A toner tightens pores and removes any remaining dirt.
- 3 Next apply the serum using the tips of your fingers.
- 4 Apply moisturiser to seal the serum in.
- 5 Apply sunscreen if your day moisturiser doesn't contain it.
- 6 Remember to wait until each layer has settled on the skin (30 seconds to a minute) before proceeding with the next step. This should be your daily routine no matter the weather or occasion.



Elizabeth Arden Ceramide Lift & Firm Sculpting Gel **R755** for 50ml

BioNike Defence Elixage R3 Oil Serum **R650** for 30ml

Lamelle Correctives Intensive GF Serum **R795** for 30ml

Correctives Intensive GF Serum

BioMedical Emporium Retinol Serum **R915** for 30ml

BioMedical Retinol Serum

Neutrogena Ageless Intensive Wrinkle Serum **R200** for 29ml

Elizabeth Arden Prevage Anti-Aging + Intensive Repair Daily Serum **R2140** for 30ml

BioEffect EGF Day Serum **R1400** for 30ml

Sorbet Age Effect Power Serum **R160** for 50ml

Jorbet AGE AFFECT Power Serum

L'Oréal Revitalift Laser Renew **R329,99** for 48ml

Gatieneau Collagen Expert Ultimate Smoothing Serum **R1045** for 30ml

Six Age Reverse Serum **R753** for 50ml

EXTRA SOURCES: GARNIER.CO.UK; AAND.ORG; PAULASCHOICE.COM; INSTYLE.COM

HEAVEN SCENT

These candles and diffusers make a room smell divine and can improve your mood BY SHELLY BERGH

CANDLES



TIP
If floral scents are a bit too much for you, go for something cotton-scented for a fresh, clean smell.



TIP
Sweet-smelling vanilla can help lift your mood, making you happier and more relaxed.

- 1 Peony blossom candle in tin R229, Home etc
- 2 Cotton scented candle in jar R129, H&M
- 3 Vanilla candle in glass R29,99, MRP Home
- 4 Vanilla candle in ceramic pot R159, yuppiechef.com
- 5 Meraki sandalwood and jasmine candle in glass R295, Weylandts
- 6 Vanilla candle R125, Weylandts
- 7 Berry candle R79,95, Boardmans
- 8 Vanilla candle in jar by Still Pure R199, takealot.com
- 9 Vanilla candle in glass R301,62, Woolworths



DIFFUSERS



1

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TIP
Pick packaging to complement your existing décor. This amber bottle works well with vintage furniture.

TIP
This two-in-one product humidifies the air while filling the room with the scent of your choice.

- 1 Mediterranean fig reed diffuser R129, @home
- 2 Water flower reed diffuser R99, @home
- 3 Key lime and ginger reed diffuser by Charlotte Rhys R519, yuppiechef.com
- 4 Patchouli reed diffuser R99,99, MRP Home
- 5 Jasmine reed diffuser R159,99 with reeds, MRP Home
- 6 Wild fig reed diffuser R159,99 with reeds, MRP Home
- 7 Lavender reed diffuser refill R129, Edgars
- 8 Sandalwood reed diffuser R199,95 Edgars
- 9 Ultrasonic essential oil diffuser and humidifier by GeenLeaf R799, takealot.com
- 10 Apple and cinnamon reed diffuser by Sarah Jane R279,95, Boardmans

EXTRA SOURCES: ACADEMICCUPCOM

STOCKISTS @HOME 0860-66-66-74; BOARDMANS 0800-203-925; EDGARS 0800-203-925; H&M 086-0690-707; HOME ETC 011-476-3224; MRP HOME 0800-212-535; TAKEALOT.COM 0861-222-989; WEYLANDT'S 086-010-3400; WOOLWORTHS 0860-100-987; YUPPIECHEF.COM 0861-702-4969
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★ ★ ★
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*vs the best-selling Dishwash Liquid in SA

Put the sparkle back in your dishes



Trust
MAQ Dishwashing
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power of lemon
– it lasts
and lasts!

WHOSE turn is it to do the dishes? Well, with MAQ Dishwashing Liquid with the power of lemon, this chore just got a whole lot easier! MAQ boasts a rich, longer-lasting foam that easily removes grease and baked-on food on your crockery, glassware, pots and pans.

Make dishwashing less of a chore with the dishwashing liquid that lasts longer and gets the job done in a jiffy, thanks to its superior formulation and the power of active lemon.

What's more, it's cost-effective – so a little goes a long way.

Stuck with that dreaded sink full of dirty dishes – scuffed-up pots and greasy pans,

a pile of post-dinner plates and mountains of bowls, cups and glasses?

Fear not! Simply fill the sink with hot water, add a squirt of MAQ Dishwashing Liquid and swish up a rich foam to loosen and lift the grime and grease with ease – leaving your dishes super-clean and shiny.

Look out for MAQ Dishwashing Liquid at your local retailer. ■



ENTER NOW TO WIN A MAQ HAMPER!

Want to put MAQ to the test? Well, here's your chance! Answer the easy question to stand a chance of winning a hamper of MAQ cleaning products worth R300.

The hamper contains MAQ Dishwashing Liquid, MAQ Multipurpose Cream Cleaner, MAQ Multipurpose Thick Bleach, MAQ Auto Washing Powder and MAQ Soft Fabric Conditioner.

TO ENTER SMS your answer to the question below, followed by your name, surname, contact details and full address, to 33150.

QUESTION: How much is the MAQ hamper worth?

YOU CAN DO IT!

Cutting back on sugar isn't easy but it's the best thing you can do for your health. Here's realistic advice BY SHANAAZ PRINCE

IT'S not easy to give up the sweet stuff. It's in practically everything we eat and life is pretty bland without it, isn't it?

But sugar is coming under increasing criticism on the health front.

"Added sugar is probably the single worst ingredient in the modern diet," says Paula Galvão, founder and CEO of Eden Life Wellness Clinic in Sandton, Johannesburg.

"It interferes with hormones that regulate hunger and satiety [the sense of being full], harms your metabolism and leads to increased fat storage."

So how to go about cutting back on sugar? We asked experts for tips.

ACCEPT THAT IT WILL BE A CHALLENGE

There are no easy fixes – it will take discipline. One of the most important things to do when making a change to your eating habits is to get your mind ready. Remind yourself to commit to the goal every day (possibly even at every mealtime!).

RETRAIN YOUR TASTE BUDS

We've conditioned ourselves, often unconsciously, to sweeter tastes and so we've become slaves to added sugar in our diets, says Maxine De Araujo, registered dietician at Mindful Eating Dietician Consultancy in Johannesburg.

"The only way to appreciate natural sweetness again is to stop consuming refined sugar, usually for six to eight weeks," she says.

"This lets your taste buds adapt and begin to undo their desensitisation to sugar. In this time people often find they start to recognise the natural sweetness of foods such as sweet potato. And after this period they find they're unable to consume as much refined sugar as they used to."

DITCH THE ADDED SUGAR

There's a difference between naturally occurring sugars – such as those found in fruit and vegetables – and added sugar, which is found in most processed foods.

"Added sugar is not necessary for a healthy diet," De Araujo says. "A can of cooldrink contains about eight teaspoons of added sugar and no other necessary nutrients."

MAKE THESE SMART FOOD CHOICES

■ **Stop buying processed foods.** Ensure your plate is made up mostly of foods that are as close to their natural state as possible.

This means more vegetables and fruit, meat, poultry and fish, plain nuts and seeds, and legumes such as dried beans, chickpeas and lentils.

■ **Don't add sugar to coffee and tea.** If you can't bear the thought of going cold turkey, start by cutting down to one teaspoon, then half a teaspoon, then nothing.

■ **Choose drinks wisely.** Make water your first choice and avoid sweetened drinks.

"Limit fruit juice to half a cup a day and dilute it with water," De Araujo says. "You can also use low-kilojoule, sugar-free cordials or opt for drinks with sugar-free flavourings such as vanilla and cinnamon."

■ **Avoid sugary snacks.** Opt for plain popcorn, plain nuts and seeds, biltong and fruit.

"But just because these foods are lower in sugar doesn't mean portion size doesn't matter," De Araujo warns. "For example, a snack portion of biltong would be about 25g."

Limit yourself to two fruit portions a day, she adds. While the sugar in fruit comes with the nutritional benefits of fibre, vitamins, minerals and antioxidants, it's still best to watch your intake. Fresh fruit should be your first option, rather than dried (maximum of a quarter cup a day of a variety with no added sugar).

Raw veggies with hummus also make a good snack, Galvão says. "Other good options are Greek yoghurt with fruit, apple slices with nut butter, tuna on wholegrain crackers and homemade energy bars."

LEARN LABEL LINGO

"The ingredients are listed in descending order according to weight. So the main ingredient is listed first," Galvão says.

Avoid if the first ingredient is sugar (it could be called sucrose, dextrose, maltose, corn syrup or barley malt, among others).

"The sugar content of breakfast cereals for children is shocking," says Hamish van Wyk, dietician and diabetes educator at the Centre for Diabetes and Endocrinology in Johannesburg. Opt for wholegrains with no added sugars such as oats and bran.

OTHER THINGS TO CONSIDER

■ A sugar-free label means one serving contains less than 0,5g of sugar. "When you're

choosing between standard products and their sugar-free counterparts, compare the food labels. If the sugar-free product has fewer carbohydrates, it might be the better choice," Galvão says.

■ A "no sugar added" label means no sugar was added during processing or packaging. But foods with this label may still be high in sugar, so check the total per 100g.

"Labels state 'carbohydrates of which total sugars' – that's what you want to look at," Van Wyk says. "As a guideline, low sugar is less than 5g per 100g, moderate is 5-22,5g per 100g and high is more than 22,5g per 100g."

"As for drinks, low sugar is less than 2,5g per 100ml, moderate is 2,5-11,25g per 100ml and high is more than 11,25g per 100ml!"

IF YOU DO ONLY THREE THINGS ...

We asked our experts for their top three tips.

1 Cut out sweetened fizzy drinks, ice tea and flavoured water – these are sugar traps.

2 Eat less – or cut out – chocolates and sweets.

3 Check labels, and limit foods with more than 5g of sugar per 100g.

SWEETENING THE DEAL

What's the best alternative if you want some sweetness? There are two categories to choose from: nutritive sweeteners (which contain kilojoules) and non-nutritive sweeteners (kilojoule-free).

While things such as honey and maple syrup are considered more natural, they aren't necessarily healthier, says Hamish van Wyk, registered dietician and diabetes educator at the Centre for Diabetes and Endocrinology in Johannesburg. "Sugars are sugars."

"Sugar alcohols such as xylitol, mannitol, sorbitol and isomalt are slightly lower in kilojoules," De Araujo says. "But it's minimal, so this isn't very helpful when it comes to weight loss and disease prevention. One teaspoon of xylitol contains 65kJ whereas one teaspoon of sugar contains 80kJ!"

Non-nutritive sweeteners (artificial sweeteners) such as stevia, saccharin, aspartame and sucralose are helpful in weight loss and weight maintenance as they contain no carbohydrates or kilojoules, De Araujo says.

Nutritive sweeteners

Sugar alcohols are a type of carbohydrate used as sugar substitutes. Technically, they aren't really sugars – which is why foods containing them are often labelled "sugar-free". But they do contain kilojoules, which is why you can't eat unlimited quantities. Here are the better-known kinds.

- **Sorbitol** – 60% of the sweetness of sucrose (cane sugar)
- **Xylitol** – 100% as sweet as sucrose
- **Isomalt** – 60% as sweet as sucrose
- **Mannitol** – 70% as sweet as sucrose
- **Hydrogenated starch hydrolysates (HSH)** – from 40% to 90% as sweet as sucrose

Non-nutritive sweeteners

Also called artificial sweeteners, these contain no kilojoules and are much sweeter than sucrose, so only small amounts are needed. They're generally considered safe, although high intakes of some have been tentatively linked to an increased risk of certain cancers.

- **Saccharin** – around 300 times as sweet as sucrose. Scientists say up to 1g a day poses no health risks to adults.
- **Stevia** – 300 times as sweet as sucrose
- **Acesulfame-K** – 200 times as sweet as sucrose
- **Aspartame** – 200 times sweeter than sucrose. It's not stable in heat or for long periods in liquid form, so isn't used in cooking.
- **Sucralose** – 600 times sweeter than sugar. It's heat-stable and often used in baked goods.
- **Cyclamate** – 30 times sweeter than sucrose. It's currently banned in the USA because of studies linking it to an increased. ■



ASK DR LOUISE



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

SHE SAYS SHE'S IN LOVE WITH ME

Q Yesterday I went to lunch with a girlfriend. We've been friends for several years and are both attractive women who tend to turn heads when we enter a room. I recently got engaged and met up with her to ask her to be my bridesmaid.

However she declined and I was so shocked I couldn't just leave it there – I had to know what her reason was for saying no. She told me she was in love with me herself and had always dreamt of us getting together.

I was flabbergasted. I've never thought of her in that way, even when we had sleepovers occasionally. I don't want to lose her as a friend and I really don't know how to handle the situation now.

May, email

A Just try to think of her simply as a human being who fell in love with you. Her sexual preference isn't that important. What would you have done if a male friend had told you the same thing? You probably would have told him you're flattered and feel honoured to be the focus of his love but are unable to reciprocate as you simply didn't feel the same way and are in love with your fiancé. So do the same with her.

Would you break off a friendship with a male friend who says he's in love with you? If not, don't do it with her.

Of course the dynamics of the friendship might change. You may no longer want to share anything too intimate with her, such as special moments with your fiancé that might hurt her, or confide in her about disagreements or concerns in your relationship with him, as her view on these might be influenced by her feelings for you.

If you want to remain friends you'll have to be more cognisant of what you can discuss with her and what you should steer clear of. But try to see her as the same person you enjoyed spending time with. Whether your friendship survives of course also depends on how she handles things between the two of you.

SEX DRIVE DOWN THE DRAIN

Q I'm 54 years old and have been diagnosed with bipolar disorder. My problem is my sex drive has gone down the drain. I think about sex a lot but when it happens it's over in seconds and I don't get a full erection.

My wife, through no fault of her own, has lost interest in sex. We have sex only about once a month now. What do I do? The usual medications for getting an erection aren't working.

Worried, email

A Bipolar mood disorder has depression as one of its dominant features and one of the features of depression is low libido. Your wife's lack of interest in sex is probably because she's not satisfied sexually – if, as you say, things are over in seconds then there's nothing in it for her.

You should consult a urologist about your erectile problem so you can have a full examination that includes looking at blood flow in the sexual organs. People can suffer from an inhibition of sexual desire due to depression without necessarily having erectile problems.

A urologist will also be able to check why the medication designed to assist with erections doesn't work for you. It's possible the medication for your mood disorder interferes with your erection.

If there's no physiological reason for what's happening, consult with a psychologist trained in sex therapy to help uncover the underlying cause. Erectile problems can be rooted in psychological issues.

Seeing a sex therapist will also give you the opportunity to learn about satisfying your wife sexually in ways that don't involve penetration – research suggests that only 50% of women reach orgasm by means of penetration only.

'Nothing is really work unless you would rather be doing something else'

– SCOTTISH NOVELIST JM BARRIE

MY LIFE IS JUST WORK

Q I'm a personal assistant and my boss expects me to work until 8pm every day and to come in on weekends. He usually arrives at 9am while I start at 8am and usually end up working until 8pm. My boss says if I can't get my work done during the week I should come in on weekends, but my workload is simply too much to get done in normal working hours no matter how diligent I am.

It feels as if my life consists of work and nothing else. On top of this he doesn't pay overtime – I'm simply expected to work extra hours without compensation. I'm starting to feel depressed.

Gerty, email

A Your employer is abusing you. Expecting you to work extra hours without additional

compensation is against the labour law.

You have to be more assertive – tell him the amount of work he expects you to do can't be completed in normal working hours and that you're no longer willing to work until 8pm every night or on weekends.

Your employer has to understand he can't continue to abuse you in this manner.

A happy employee is a productive one and if he wants you to work more productively he'll have to treat you fairly.

Working long hours every day will just make you less productive, so it's in his best interests to allow you to have a better life/work balance.

Familiarise yourself with the basic conditions of employment act and stand up for your rights.

The law covers working hours, overtime pay and more. You'll find it on the labour department's website at labour.gov.za.

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YOUR MONEY SORTED



EMPLOYMENT CONTRACTS FOR DOMESTIC STAFF

Why you should have this agreement with your helper, what it should entail and how to set one up

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By **LETITIA WATSON**

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

THERE are many reasons to have a contract with your domestic helper or gardener. Firstly, it's a legal requirement. The basic condi-

tions of employment acts requires employers to enter into a written contract with domestic staff such as housekeepers, gardeners, nannies and care workers. The only instance when a contract isn't required is if the

person works fewer than 24 hours a month.

Secondly, the labour sector is strictly regulated. A contract ensures you treat your employees fairly and that they provide the service you pay for.

CONTRACTS MADE EASY

A contract doesn't have to be a hassle. Download an example from the department of labour's website (labour.gov.za) and use it to draw up your own contract. It must contain the following information:

- ▶ Addresses and personal information (full names and ID numbers) of employer and employee, as well as the address where the work is to be done.
- ▶ Working hours and days (see the numbers box for legal requirements).
- ▶ The date of employment commencement and the contract term if the employment is for a specific length of time, such as six months.
- ▶ Wages – how much, when it's to be paid and what's included, such as accommodation or travel (see Get Help Here for more on wages).
- ▶ Remuneration for overtime, Sundays and public holidays. Domestic staff may not work overtime more than three hours a day or 10 hours a week, and must be paid at least 1,5 times their hourly wage for overtime worked. Alternatively, you can give time off in lieu of overtime payment – but the employee has to agree to this arrangement beforehand.

- ▶ Working on Sundays isn't compulsory and a worker must be paid double their hourly wage for it. But if someone usually works on Sundays they must be paid 1,5 times their usual hourly wage. If they work on public holidays they must be paid double the usual hourly wage.
- ▶ Annual leave. Employees should receive the same pay for days they're on annual leave as when they're at work. Annual leave may not be less than 21 days for full-time employees, or one day's leave for every 17 days worked, or one hour off for every 17 hours worked. You may not pay an employee instead of giving them leave – you may only do this if they've been fired and still have leave due to them. Leave may also not be given later than six months after the end of the annual leave cycle (a leave cycle is the 12 months following the start date of employment).
- ▶ The employee's job description and details of their responsibilities.
- ▶ Notice periods. Either of you can end the agreement with one week's notice within the first six months, after which you must give four weeks' notice. Notice must be given in writing, except when the person is illiterate, in which case it can be given verbally.

IMPORTANT!

The contract must be signed by both you and your employee, and preferably by a witness as well. If the employee has any difficulty understanding the contract you must explain the contents and ensure they understand what it entails. You must keep a signed copy of the contract while the person is in your employ, and for three years after they leave your employment.

You're also legally obligated to provide your employee with payslips. It doesn't need to be fancy – simply buy an invoice book from a stationery store and write out a slip every month. The carbon copy is for you to keep.

Your domestic helper or gardener may not work more than:

45

hours a week

9

hours a day in a five-day work week

30

-minute lunchbreaks need to be included

MORE ABOUT TIME OFF

SICK LEAVE

If your employee is off sick for more than two days running or gets sick often – more than three times in two months – you may request a doctor's letter before you pay the person for those days. Full-time employees are allowed one day's sick leave for every 26 days worked in the first six months of employment.

In a 36-month period (in other words three years), they're allowed the number of sick days equivalent to how many days they would've worked in six calendar weeks.

Someone who works for you only one day a week is also entitled to sick leave but it needs to accumulate – for every 17 days worked the person is entitled to one day's paid sick leave.

FAMILY RESPONSIBILITY LEAVE

An employee who's been working for you for longer than four months and works at least four days a week is entitled to three paid family responsibility leave days in every 12-month cycle since the start of employment.

It may be taken when a child is sick, or when the employee's spouse/partner, parent, child, grandparent or sibling dies. The employer is entitled to ask for proof of illness or death.

MATERNITY LEAVE

Domestic employees are entitled to maternity leave. Detailed information about this is available at labour.gov.za.

GET HELP HERE

- ▶ To register someone for UIF online, go to ufiling.co.za.
- ▶ Wage requirements: mywage.co.za, labourguide.co.za
- ▶ General labour-related information and advice: capelabour.co.za



GENERATIONS: THE LEGACY

SABC3, FRIDAY 20:00
Smanga is fed up with his brother's attitude.

YOU LEISURE

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>05:00 JOURNEYS OF INSPIRATION</p> <p>05:02 GELEZA NATHI</p> <p>06:00 KIDS' NEWS & CURRENT AFFAIRS</p> <p>07:00 YO.TV</p> <p>07:30 TAKALANI SESAME</p> <p>08:00 ♦ ISIDINGO</p> <p>08:30 ♦ GENERATIONS: THE LEGACY</p> <p>09:00 ♦ MUVHANGO</p> <p>09:30 ♦ SKEEM SAAM</p> <p>10:00 ♦ SUBURBAN BLISS</p> <p>10:30 ♦ DAILY THETHA</p> <p>11:30 ♦ FANBASE</p> <p>12:00 ♦ SPORT@10</p> <p>13:00 NEWS</p> <p>13:30 TO BE ANNOUNCED</p> <p>14:00 ♦ NOW OR NEVER</p> <p>14:30 TEENAGERS ON A MISSION A frequency of energy from the future contacts Thami and Nolwazi.</p> <p>15:00 2018 FIFA WORLD CUP Build-up.</p> <p>17:00 2018 FIFA WORLD CUP Senegal vs Colombia.</p> <p>18:00 XHOSA/ZULU NEWS</p> <p>19:00 2018 FIFA WORLD CUP Build-up.</p> <p>20:00 2018 FIFA WORLD CUP England vs Belgium.</p> <p>22:00 2018 FIFA WORLD CUP Wrap-up.</p> <p>22:30 2018 FIFA WORLD CUP Highlights.</p> <p>23:00 TO BE ANNOUNCED</p> <p>00:00 KOZE KUSE</p>	<p>05:00 ♦ EPIC HANGOUT</p> <p>05:30 ♦ TAKALANI SESAME</p> <p>05:57 ♦ MOTHEO</p> <p>06:00 MORNING LIVE</p> <p>09:00 PARLIAMENT</p> <p>09:30 RAGGS</p> <p>10:00 ♦ YO.TV</p> <p>10:30 GRAND MASTERS</p> <p>11:00 IT'S FOR LIFE</p> <p>11:30 ♦ JAB</p> <p>12:00 ♦ FORCED LOVE</p> <p>12:30 JIKULUMESSU: OPEN YOUR EYES</p> <p>13:00 ♦ 7DE LAAN</p> <p>13:30 ♦ UZALO</p> <p>14:00 ♦ SKEEM SAAM</p> <p>14:30 ♦ MUVHANGO</p> <p>15:00 DINOSAUR TRAIN</p> <p>15:30 YO.TV</p> <p>16:00 BEHIND THE RAINBOW</p> <p>16:30 HECTIC NINE 9</p> <p>17:00 NARUTO</p> <p>17:30 TSONGA/VENDA NEWS</p> <p>18:00 7DE LAAN Justin tells Vince about his new love interest.</p> <p>18:30 SKEEM SAAM</p> <p>19:00 BETER ASSIE BURE</p> <p>20:00 AFRIKAANS NEWS</p> <p>20:15 TSWANA/SOTHO NEWS</p> <p>20:30 UZALO</p> <p>21:00 MUVHANGO</p> <p>21:30 SPEAK OUT</p> <p>22:00 WHEN DUTY CALLS</p> <p>22:30 ♦ SOLVING IT</p> <p>23:30 ♦ JIKULUMESSU: OPEN YOUR EYES</p> <p>00:00 SABC NEWS</p>	<p>05:00 ♦ HECTIC ON 3</p> <p>06:00 EXPRESSO</p> <p>09:00 ♦ REAL TALK WITH ANELE</p> <p>10:00 ♦ BOLD & BEAUTIFUL</p> <p>10:30 ♦ 7DE LAAN</p> <p>11:00 ♦ ISIDINGO</p> <p>11:30 ♦ MUVHANGO</p> <p>12:00 ♦ AIR WOLF</p> <p>13:00 ON POINT</p> <p>14:00 HOLLYWOOD NEWS</p> <p>14:15 ZOOM IN</p> <p>14:30 EBU CHILDREN'S DRAMA & DOCUMENTARIES</p> <p>15:00 HECTIC ON 3</p> <p>15:30 ♦ MAN CAVE</p> <p>16:00 ♦ NEILL ANTHONY: PRIVATE CHEF</p> <p>16:30 AFTERNOON EXPRESS</p> <p>17:30 BOLD & BEAUTIFUL</p> <p>18:00 NEWS HIGHLIGHTS</p> <p>18:02 REAL TALK WITH ANELE</p> <p>19:00 ISIDINGO</p> <p>19:30 THE SCOOP Magazine show covering the latest trends in local and international fashion.</p> <p>20:00 GENERATIONS: THE LEGACY Cosmo can't stop thinking about Mei.</p> <p>20:30 PRESENTER SEARCH</p> <p>21:30 NEWS</p> <p>22:00 THE KENNEDYS</p> <p>23:00 TRENDING SA</p> <p>00:00 BASE 3</p> <p>03:30 REPUBLIC OF DOYLE</p> <p>04:30 DEUTSCHE WELLE News.</p>	<p>05:00 GRASSROOTS</p> <p>05:30 ♦ JUDGE JUDY</p> <p>06:00 ♦ REAL TALK WITH ANELE</p> <p>06:30 THE MORNING NEWS</p> <p>08:30 ♦ CHECKPOINT</p> <p>09:00 BIN KUCH KAHE</p> <p>09:30 MARIDO EN ALQUILER</p> <p>10:30 ♦ DAYS OF OUR LIVES</p> <p>11:30 ♦ RHYTHM CITY</p> <p>12:00 ♦ SCANDAL!</p> <p>12:30 ♦ IMBEWU: THE SEED</p> <p>13:00 ENEWS 1PM</p> <p>13:30 HOUSE</p> <p>14:30 2 HANDS</p> <p>14:35 COOL CATZ</p> <p>15:00 ALL HAIL KING JULIEN</p> <p>15:30 SILLY SEASONS</p> <p>16:00 CRAZ-E WORLD LIVE</p> <p>16:25 JUST FOR LAUGHS: GAGS</p> <p>16:50 JUDGE JUDY</p> <p>17:15 DAYS OF OUR LIVES</p> <p>18:00 FORENSIC FILES</p> <p>18:30 ANGER MANAGEMENT</p> <p>19:00 RHYTHM CITY Gail finds out the truth about Pearl and Suffo's history.</p> <p>19:30 SCANDAL!</p> <p>20:00 ENEWS 8PM</p> <p>20:30 GREENLEAF Drama series. Grace moves back to Memphis to pursue the man she holds responsible for her sister's death.</p> <p>21:30 IMBEWU: THE SEED</p> <p>22:00 THE FIXER</p> <p>23:00 RIDE ALONG</p> <p>01:05 SHARK ISLAND</p> <p>02:40 IN HER SHOES</p>	<p>06:00 ♦ MY KITCHEN RULES AUSTRALIA</p> <p>07:00 ♦ STATION 19</p> <p>08:00 ♦ THE GOOD DOCTOR</p> <p>09:00 ♦ SCORPION</p> <p>10:00 ♦ AMERICAN HOUSEWIFE</p> <p>10:30 ♦ MY KITCHEN RULES AUSTRALIA</p> <p>11:30 ♦ THE BIG BANG THEORY</p> <p>12:05 ♦ YOUNG SHELDON</p> <p>12:30 ♦ MADAM SECRETARY</p> <p>13:30 ♦ CARTE BLANCHE</p> <p>14:30 ♦ CHICAGO MED</p> <p>15:25 ♦ THIS IS US</p> <p>16:15 SUPERIOR DONUTS</p> <p>16:45 AGENTS OF S.H.I.E.L.D.</p> <p>17:45 MY KITCHEN RULES AUSTRALIA</p> <p>19:00 SURVIVOR SOUTH AFRICA</p> <p>20:00 NCIS LOS ANGELES The team uncover a killer who puts on shows for wealthy voyeurs.</p> <p>21:00 BULL A friend from Bull's past hires him to help convince a jury that a domestic abuse survivor who shot her husband isn't guilty of murder.</p> <p>22:00 C.B. STRIKE</p> <p>23:00 JAMESTOWN</p> <p>23:15 LOVE ISLAND</p> <p>00:15 ♦ THE LATE LATE SHOW WITH JAMES CORDEN</p> <p>01:20 ♦ SEAL TEAM</p> <p>02:15 ♦ THE PATH</p> <p>03:05 THE NUT JOB</p> <p>04:40 BORN IN CHINA</p>	<p>06:00 ♦ THE DOCTORS</p> <p>07:00 ♦ THE TALK</p> <p>08:00 LOKSHIN BIOSKOP: THE PRICE OF NJABULO</p> <p>10:00 ♦ THE QUEEN</p> <p>10:30 ♦ ISITHEMBISO</p> <p>11:00 ♦ THE DOCTORS</p> <p>12:00 ♦ RING OF LIES</p> <p>12:30 ♦ ISIBAYA</p> <p>13:00 ♦ THE QUEEN</p> <p>13:30 ♦ ISITHEMBISO</p> <p>14:00 LOKSHIN BIOSKOP: BAD THROW</p> <p>15:30 THE DOCTORS</p> <p>16:30 HOT BENCH</p> <p>17:00 THE TALK</p> <p>18:00 LOKSHIN BIOSKOP: THE PRINCESS MUST GET MARRIED</p> <p>19:00 RING OF LIES</p> <p>19:30 ISITHEMBISO</p> <p>20:00 LIVING THE DREAM WITH SOMIZI</p> <p>20:30 ISIBAYA</p> <p>21:00 THE QUEEN An old friend asks for Harriet's help. Something strange is happening at Boi's Corner. Mmabatho finds out more of the truth.</p> <p>21:30 ISILILO</p> <p>23:50 THE WARRIOR'S WAY Action. 2010. 16V. 100 min.</p> <p>01:30 ♦ HIDDEN TRUTH</p> <p>02:30 ♦ THE TALK</p> <p>03:30 LOKSHIN BIOSKOP: BAD THROW</p> <p>05:00 ♦ KA-CHING</p>

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>05:00 REFLECTIONS OF FAITH</p> <p>05:02 GELEZA NATHI</p> <p>06:00 KIDS' NEWS</p> <p>06:30 SPORTS BUZZ</p> <p>07:00 YO.TV</p> <p>07:30 ♦ TAKALANI SESAME</p> <p>08:00 ♦ ISIDINGO</p> <p>08:30 ♦ GENERATIONS: THE LEGACY</p> <p>09:00 ♦ MUVHANGO</p> <p>09:30 ♦ SKEEM SAAM</p> <p>10:00 ♦ SUBURBAN BLISS</p> <p>10:30 ♦ BIG UP</p> <p>11:00 ♦ THROWBACK THURSDAY Variety talk show.</p> <p>11:30 ♦ LIVE AMP</p> <p>12:00 ♦ IMIZWILILI</p> <p>13:00 NEWS</p> <p>13:30 YO.TV</p> <p>14:00 ♦ SELIMATHUNZI</p> <p>14:30 TEENAGERS ON A MISSION</p> <p>15:00 ♦ THANDEKA'S DIARY Comedy series.</p> <p>15:30 YO.TV</p> <p>16:30 ♦ DAILY THETHA</p> <p>17:30 ♦ MY WORLD</p> <p>18:30 XHOSA/ZULU NEWS</p> <p>19:00 TO BE ANNOUNCED</p> <p>19:30 LIVE AMP Music show. Viewers are encouraged to vote for their favourite video of the week.</p> <p>20:00 TO BE ANNOUNCED</p> <p>22:30 2018 FIFA WORLD CUP Highlights.</p> <p>23:00 TO BE ANNOUNCED</p> <p>00:00 KOZE KUSE Music show.</p>	<p>05:00 ♦ EPIC HANGOUT</p> <p>05:30 ♦ TAKALANI SESAME</p> <p>05:57 ♦ MOTHEO</p> <p>06:00 MORNING LIVE</p> <p>09:00 PARLIAMENT</p> <p>09:30 RAGGS</p> <p>Kids' programme.</p> <p>10:00 ♦ YO.TV</p> <p>10:30 RAISING BABIES 101</p> <p>11:30 ♦ AFRO CAFÉ</p> <p>12:30 JIKULUMESSU: OPEN YOUR EYES</p> <p>13:00 ♦ 7DE LAAN</p> <p>13:30 ♦ SPEAK OUT</p> <p>14:00 ♦ SKEEM SAAM</p> <p>14:30 ♦ MUVHANGO</p> <p>15:00 DINOSAUR TRAIN</p> <p>15:30 YO.TV</p> <p>16:00 SIGNAL HIGH Local teen drama.</p> <p>16:30 HECTIC NINE-9</p> <p>17:00 NARUTO</p> <p>17:30 TSONGA/VENDA NEWS</p> <p>18:00 7DE LAAN</p> <p>18:30 SKEEM SAAM Alexos threatens Kwaito. Granny fears history is about to repeat itself.</p> <p>19:30 #KAREKTAS</p> <p>20:00 AFRIKAANS NEWS</p> <p>20:00 TSWANA/SOTHO NEWS</p> <p>20:30 UZALO Captain Mthimkhulu continues to investigate Nkuzi's shooting.</p> <p>21:00 MUVHANGO</p> <p>21:30 BOXING (LIVE)</p> <p>00:00 SABC NEWS</p>	<p>05:00 ♦ DRAKER KIDS</p> <p>05:30 ♦ WHIP THE CHEF</p> <p>06:00 EXPRESSO</p> <p>09:00 ♦ REAL TALK WITH ANELE</p> <p>10:00 ♦ BOLD & BEAUTIFUL</p> <p>10:30 ♦ 7DE LAAN</p> <p>11:00 ♦ ISIDINGO</p> <p>11:30 ♦ MUVHANGO</p> <p>12:00 ♦ MIAMI VICE</p> <p>13:00 ON POINT</p> <p>14:00 ♦ CLOSE UP</p> <p>14:30 EBU CHILDREN'S DRAMA & DOCUMENTARIES</p> <p>15:00 HECTIC ON 3</p> <p>15:30 ♦ FRANKLY SPEAKING WITH JJ TABANE</p> <p>16:00 ♦ THE SCOOP</p> <p>16:30 AFTERNOON EXPRESS</p> <p>17:30 BOLD & BEAUTIFUL</p> <p>18:02 REAL TALK WITH ANELE</p> <p>19:00 ISIDINGO Lincoln asks Ben for a favour to keep Ntando close.</p> <p>19:30 IT'S OK WE'RE FAMILY WITH DAVID KAU Comedy. David wants Joey Rasdien as a co-producer.</p> <p>20:00 GENERATIONS: THE LEGACY Gadaffi talks the fire back into his woman.</p> <p>20:30 FUNDI'S</p> <p>21:30 NEWS</p> <p>22:00 WILDLIKE</p> <p>00:00 BASE 3</p> <p>03:30 REPUBLIC OF DOYLE</p> <p>04:30 DEUTSCHE WELLE News.</p>	<p>05:00 LIFE BY DESIGN</p> <p>05:30 ♦ JUDGE JUDY</p> <p>06:00 ♦ REAL TALK WITH ANELE</p> <p>06:30 THE MORNING NEWS</p> <p>08:30 THE SOUL MAN</p> <p>09:00 BIN KUCH KAHE</p> <p>09:30 MARIDO EN ALQUILER</p> <p>10:30 ♦ DAYS OF OUR LIVES</p> <p>11:20 E-INSERT</p> <p>11:30 ♦ RHYTHM CITY</p> <p>12:00 ♦ SCANDAL!</p> <p>12:30 ♦ IMBEWU: THE SEED</p> <p>13:00 ENEWS 1PM</p> <p>13:30 HOUSE</p> <p>14:30 JUMP IN!</p> <p>16:15 FRENZY</p> <p>16:25 FAMILY FEUD</p> <p>16:50 JUDGE JUDY</p> <p>17:15 DAYS OF OUR LIVES</p> <p>18:00 FORENSIC FILES</p> <p>18:30 ANGER MANAGEMENT</p> <p>19:00 RHYTHM CITY</p> <p>19:30 SCANDAL! Mlu reluctantly admits to something he's been in denial about and comes to a painful decision.</p> <p>20:00 ENEWS 8PM</p> <p>20:30 MACGYVER Action series. MacGyver and Jack look for Riley when she disappears.</p> <p>21:30 IMBEWU: THE SEED</p> <p>22:00 INDEPENDENCE DAY</p> <p>00:55 IN HER SHOES</p> <p>03:30 ♦ FATAL ATTRACTION</p> <p>04:25 ♦ THE SOUL MAN</p> <p>04:55 E-INSERT</p>	<p>06:00 ♦ MY KITCHEN RULES AUSTRALIA</p> <p>07:00 ♦ CHICAGO FIRE</p> <p>08:00 ♦ CHICAGO P.D.</p> <p>09:00 ♦ AGENTS OF S.H.I.E.L.D.</p> <p>10:00 ♦ SPEECHLESS</p> <p>10:30 ♦ MY KITCHEN RULES AUSTRALIA</p> <p>11:35 ♦ BULL</p> <p>12:30 ♦ NCIS: LOS ANGELES</p> <p>13:25 ♦ THE WILD ONES</p> <p>14:25 ♦ MY KITCHEN RULES SOUTH AFRICA</p> <p>15:25 ♦ THIS IS US</p> <p>16:15 SUPERIOR DONUTS</p> <p>16:45 TIMELESS When a Rittenhouse sleeper agent in 1941 Hollywood steals the only copy of Citizen Kane, Lucy, Wyatt and Rufus team up with Hedy Lamarr to get it back.</p> <p>17:45 MY KITCHEN RULES AUSTRALIA</p> <p>19:00 THE VOICE</p> <p>21:00 NASHVILLE</p> <p>22:00 HIT THE ROAD Comedy series.</p> <p>22:35 CURB YOUR ENTHUSIASM</p> <p>23:20 LOVE ISLAND</p> <p>00:20 THE GOOD PLACE Fantasy comedy series.</p> <p>Eleanor, Chidi, Tahani and Jason try to solve a riddle.</p> <p>01:00 ♦ C.B. STRIKE</p> <p>02:20 ♦ MR. MERCEDES</p> <p>03:30 ♦ VICE</p> <p>04:15 CARRIE PILBY</p>	<p>06:00 ♦ THE DOCTORS</p> <p>07:00 ♦ THE TALK</p> <p>08:00 LOKSHIN BIOSKOP: PLEASE SAY PLEASE</p> <p>10:00 ♦ THE QUEEN</p> <p>10:30 ♦ ISITHEMBISO</p> <p>11:00 ♦ THE DOCTORS</p> <p>12:00 ♦ RING OF LIES</p> <p>12:30 ♦ ISIBAYA</p> <p>13:00 ♦ THE QUEEN</p> <p>13:30 ♦ ISITHEMBISO</p> <p>14:00 LOKSHIN BIOSKOP: SEBOLELO</p> <p>15:30 THE DOCTORS</p> <p>16:30 HOT BENCH</p> <p>17:00 THE TALK</p> <p>18:00 ♦ YOBE</p> <p>18:30 WWE RAW</p> <p>19:30 ISITHEMBISO Banzi is overwhelmed.</p> <p>20:00 ♦ PAPA PENNY AHEE</p> <p>20:30 ISIBAYA Mehlemamba is convinced his fears are real and decides to confess to S'bu.</p> <p>21:00 THE QUEEN The Khozas gear up for a war with Gracious.</p> <p>21:30 MASSIVE MUSIC</p> <p>22:00 ♦ ABOMAMA</p> <p>23:00 MY DREAM</p> <p>00:00 ♦ HIDDEN TRUTH</p> <p>01:00 ♦ THE TALK</p> <p>02:00 LOKSHIN BIOSKOP: SEBOLELO</p> <p>03:30 LOKSHIN BIOSKOP: PLEASE SAY PLEASE</p> <p>05:00 ♦ KA-CHING</p>

Movies are highlighted in red – see movie guide for details ♦ Repeat

TV | THURSDAY | 28 JUNE

TV | FRIDAY | 29 JUNE

THE HITMAN'S BODYGUARD

M-NET, SUNDAY 20:05

A hitman must be safely transported to The Hague to testify against a war criminal.



YOU LEISURE

30 JUNE | TV | SATURDAY

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>05:00 ♦ GELEZA NATHI 06:00 BONISANANI 06:30 TO BE ANNOUNCED 07:00 NTUNJAMBILI TWIN CAVES Kids' show. Demana and Demazana are siblings drawn into a magical cave where they take part in a series of challenges and adventures with the help of the wise Magangane. 07:30 TO BE ANNOUNCED 08:00 BIG BREAKFAST 09:00 ♦ IMIZWILI 10:00 MZANSI INSIDER Breakfast show. 11:00 ♦ GENERATIONS: THE LEGACY Omnibus. 13:00 2018 FIFA WORLD CUP Highlights. 15:00 2018 FIFA WORLD CUP Build-up. 16:00 2018 FIFA WORLD CUP 1C vs 2D. 18:00 2018 FIFA WORLD CUP Wrap-up. 18:30 XHOSA/ZULU NEWS 19:00 2018 FIFA WORLD CUP Build-up. 20:00 2018 FIFA WORLD CUP 1A vs 2B. 22:00 2018 FIFA WORLD CUP Wrap-up. 22:30 2018 FIFA WORLD CUP Highlights. 23:00 TO BE ANNOUNCED 00:00 KUZE KOSE</p>	<p>05:00 ♦ GOING STRONG 05:30 ♦ DJJO LE BOPHELO 06:00 ♦ UBONGO KIDS Double bill. 06:57 ♦ OP PAD 07:00 MORNING LIVE 08:30 HOUSE CALL Medical talk show hosted by Dr Victor Ramathesele. A panel of experts answer viewers' health and lifestyle questions. 09:30 DTV Magazine show aimed at the deaf community. 10:00 ♦ RELATE 10:30 ♦ NARUTO Omnibus. 13:00 BREAKING NEW GROUND 13:30 ♦ MUVHANGO Omnibus. 15:30 BLACK OR WHITE 18:00 MEHLOMDALA 18:30 AFRIKAANS NEWS 19:00 AMERICAN NINJA WARRIOR Game show. Competitors tackle the world's most difficult obstacle courses. 20:00 TSWANA/SOTHO NEWS 20:30 GA RE DUMELE 20:56 LIVE LOTTO DRAW 21:00 I'LL SEE YOU IN MY DREAMS 23:00 ♦ ONDER DIE SUIDERKRUIS 00:00 SABC NEWS 01:30 SPORT LIVE 02:00 TRENDZ 03:00 YOUR WORLD</p>	<p>05:00 ♦ SPECIAL ASSIGNMENT Current affairs show. 05:30 ♦ CLOSE-UP 06:00 ♦ FRANKLY SPEAKING WITH JJ TABANE 06:30 ♦ SADHANA 07:00 ♦ AN NUR, THE LIGHT Islamic magazine show. 07:30 ROBOT TRAINS 08:00 XCELERATE 08:30 CHALLENGE SOS 09:00 48 HOURS 09:30 BOLD & BEAUTIFUL Omnibus. 12:00 ♦ PRESENTER SEARCH ON 3 13:00 ♦ DON'T TELL THE BRIDE Reality show. 14:00 ♦ TOP CHEF JR 15:00 ♦ THE AMAZING RACE Competition series. 16:00 ♦ FUNDIS 17:00 SLIQ ANGEL 18:00 NEWS HIGHLIGHTS 18:02 TOP BILLING Lifestyle magazine show. 19:00 MR. TURNER This film was nominated for four Oscars: cinematography, costume design, original score and production design. 21:00 NEWS 21:30 8 MILE This film won the Oscar for best song for Lose Yourself performed by Eminem. 23:30 BASE 3 Music programme. 04:30 ♦ AN NUR, THE LIGHT</p>	<p>05:00 ♦ THE CLOSE UP 05:30 INFOMERCIALS 05:35 COOL CATZ Kids' show. 06:00 2 HANDS 06:05 COOL CATZ 06:30 ANGELINA BALLERINA Animated show. 06:45 SIYABONGA GOGO 07:00 ALL HAIL KING JULIEN 07:30 TRANSFORMERS: ROBOTS IN DISGUISE 08:00 CRAZ-E: SISTAHOOD 08:30 AVENGERS ASSEMBLE Double bill. 09:30 ♦ SCANDAL! Omnibus. 11:20 ♦ IMBEWU: THE SEED Omnibus. 13:25 FAMILY TIME 13:30 ESHIBOBO 14:05 BARBIE AS THE PRINCESS AND THE PAUPER 15:55 HIGH SCHOOL MUSICAL 18:00 ENEWS HEADLINES 18:05 THE ALMOST IMPOSSIBLE GAME SHOW 18:30 LIP SYNC BATTLE Music competition show. 19:00 ENEWS 7PM 19:30 INSIDE OUT This movie won the Oscar for best animated film. 21:30 TED 2 23:50 THE BIG BANG 01:45 ♦ FATAL ATTRACTION 02:40 RESURRECTING THE CHAMP</p>	<p>06:00 RATCHET & CLANK 07:45 GADGETGANG IN OUTER SPACE 09:30 ♦ TIMELESS 10:30 ♦ SUPERGIRL 11:30 ♦ MACGYVER 12:30 ♦ SCORPION 13:30 ♦ AGENTS OF S.H.I.E.L.D. 14:30 BENJI THE DOVE 16:30 THE GOLDBERGS Comedy series season 5 returns. Geoff joins the family when they go out for Erica's birthday dinner. 17:00 MOM Comedy series. Bonnie has withdrawals after giving up cable TV to help Christy pay for law school applications. 17:30 AMERICAN HOUSEWIFE Comedy series. Katie enlists Angela's legal help to convince Chloe Brown Mueller to sign off on the venue for the spring gala. 18:00 GENIUS JUNIOR 19:00 THE VOICE 20:00 RIVERDALE Drama series. 21:00 BAD BLOOD 22:30 RIDE UPON THE STORM 23:40 LOVE ISLAND 00:50 ♦ HIT THE ROAD 01:35 ♦ CURB YOUR ENTHUSIASM 02:25 ♦ THE GOOD PLACE 03:00 ♦ TRANSPARENT 03:35 FOR LOVE & HONOR 05:00 MAUDIE</p>	<p>06:00 ♦ THE DOCTORS Double bill. 08:00 LOKSHIN BIOSKOP: THE PRICE OF NJABULO 09:30 LOKSHIN BIOSKOP: STEPFATHER SE VOET 11:00 ♦ THE QUEEN Omnibus. 13:30 ♦ RING OF LIES Omnibus. 15:30 LOKSHIN BIOSKOP: THE PRINCESS MUST GET MARRIED 16:30 ♦ OUR PERFECT WEDDING Local reality show. 17:30 ♦ YOBE Reality show. 18:00 WWE SMACKDOWN 19:00 LIVING THE DREAM WITH SOMIZI Reality show. 19:30 LOKSHIN BIOSKOP: LEETO LA TEKESI HAPE HAPE PT 3 20:30 NUTTY PROFESSOR II: THE KLUMPS Fantasy comedy. An overweight scientist is threatened by his thin alter ego, Eddie Murphy, Janet Jackson. 106 min. 2000. PG13. 22:30 ♦ MASSIVE MUSIC 23:00 ♦ HOMEGROUND Lifestyle sports show. 23:30 LOKSHIN BIOSKOP: THE PRICE OF NJABULO 01:00 ♦ THE TALK Omnibus.</p>

1 JULY | TV | SUNDAY

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>05:00 ♦ GELEZA NATHI 06:00 TO BE ANNOUNCED 08:00 YO.TV 08:30 SIYAKHOLWA Children's religious show. 09:00 GOSPEL AVENUE Gospel music show hosted by Khaya Mthethwa. 10:00 MZANSI INSIDER Breakfast show. 11:00 ♦ BLUE COUCH Teen talk show. 11:30 IMVELO This religious magazine show focuses on African traditional practices performed at rituals and events. 12:00 UZALO Omnibus. 14:00 DREAM TEAM 15:00 2018 FIFA WORLD CUP Build-up. 16:00 2018 FIFA WORLD CUP 1B vs 2A. 18:00 2018 FIFA WORLD CUP Wrap-up. 18:30 XHOSA/ZULU NEWS 19:00 2018 FIFA WORLD CUP Build-up. 20:00 2018 FIFA WORLD CUP 1D vs 2C 22:00 2018 FIFA WORLD CUP Wrap-up. 22:30 2018 FIFA WORLD CUP Highlights. 23:00 ♦ GOSPEL AVENUE 00:00 KOZE KUSE Music programme.</p>	<p>05:00 ♦ IT'S FOR LIFE 05:30 ♦ WORDS AND NUMBERS 06:00 ♦ INSIDE THE BAOBAB TREE 06:30 ♦ A.N.T. FARM Kids' show. 06:57 ♦ MOTHEO 07:00 MORNING LIVE 08:30 DERECH ERETZ Jewish magazine show. 09:00 ISSUE OF FAITH 10:00 ♦ SONGS OF PRAISE 10:30 SLICE OF LIGHT 11:00 DIE WOORD EREDIENS 11:30 SPYSKAART 12:00 BEYOND BOUNDARIES 12:30 ATHLETICS ALIVE 13:00 SWIMMING MAGAZINE 13:30 ♦ 7DE LAAN Omnibus. 16:00 COPYING BEETHOVEN ** Biopic. Ed Harris, Diane Kruger. 104 min, 2006, 13PG. 18:00 FOKUS 18:30 AFRIKAANS NEWS 19:00 50/50 Environmental show. 20:00 TSWANA/SOTHO NEWS 20:30 ABO MZALA Comedy series. 21:00 GOSPEL CLASSICS Music show presented by Tshepo Maseko. 22:00 ♦ FW DE KLERK: LAST WHITE PRESIDENT Documentary. 23:00 ♦ BETER ASSIE BURE Game show. 00:00 SABC NEWS</p>	<p>05:00 ♦ SADHANA 05:30 ♦ AN NUR, THE LIGHT 06:00 ♦ A NEW DAY 07:00 SADHANA 07:30 YUM.ME Local cooking competition show for tweens and teens. 08:00 MADE IN SA Teen reality series. 08:00 DRAKER KIDS 09:00 LIFE WITH BOYS 09:30 ♦ ISIDINGO Omnibus. 12:00 ♦ TOP BILLING 13:00 LIKE A BOSS 14:00 MELA Indian magazine show. 15:00 DESI BOYZ 17:30 TO BE ANNOUNCED 18:00 NEWS HIGHLIGHTS 18:02 FOR BETTER OR WORSE Comedy series. Marcus, Richard, Joseph and Todd react to the burning of Marcus' car and clothes. 18:30 BLUE PLANET Documentary series. 19:30 DOCUVILLE 20:30 FRANKLY SPEAKING WITH JJ TABANE Talk show. 21:00 NEWS 21:30 SPECIAL ASSIGNMENT 22:00 EXTREME FIGHTING CHAMPIONSHIP Mixed martial arts. 00:00 BASE 3 00:00 NEWS Music show.</p>	<p>05:00 THE FAITH SHOW 05:30 JOSEPH PRINCE: NEW CREATION CHURCH TV 06:00 I AM SOUL PRECIOUS 06:30 ♦ THE CLOSE UP 07:00 GRASSROOTS 07:35 HILLSONG 08:00 2 HANDS 08:05 COOL CATZ 08:30 EVERYTHING'S ROSIE Double bill. 09:00 AI FOOTBALL GGO 09:30 CRAZ-E: SHIZ LIVE 10:00 ♦ RHYTHM CITY Omnibus. 12:00 MAHADI-LOBOLA 12:30 THE SPOTLIGHT 13:30 INSIDE OUT 14:50 HIGH SCHOOL MUSICAL 2 16:50 SINAWA 17:00 AMERICAN GRIT 18:00 ENEWS HEADLINES 18:05 AMERICA'S FUNNIEST HOME VIDEOS Clip show. 18:30 TOTALLY INSANE GWR 19:00 ENEWS 7PM 19:30 MODERN FAMILY Comedy series. Mitch and Cam spy on their tenants in the flat upstairs. 20:00 ANT-MAN 22:25 SIX DEGREES OF SEPARATION 00:45 ONE HIT FROM HOME 02:35 GRIZZLY RAGE 04:10 ♦ ESHIBOBO</p>	<p>07:00 RUGRATS IN PARIS: THE MOVIE 08:30 ♦ MOM Comedy series. 09:00 ♦ THE VOICE Double bill. 13:00 CAPTAIN AMERICA: CIVIL WAR 15:30 AMERICAN HOUSEWIFE Comedy series. 16:00 THE WILD ONES A behind-the-scenes look at Cape Town's Two Oceans Aquarium. 17:00 ♦ SURVIVOR SOUTH AFRICA: PHILIPPINES Competition show. 18:00 MY KITCHEN RULES 18:30 SOUTH AFRICA Cooking competition show. 19:00 CARTE BLANCHE Investigative journalism show. 20:05 THE HITMAN'S BODYGUARD The movie poster showing Ryan Reynolds carrying Samuel L Jackson is a spoof of the poster for The Bodyguard (1992) where Kevin Costner is carrying Whitney Houston. 22:05 LAST WEEK TONIGHT WITH JOHN OLIVER Satirical news show. 22:50 ROSALIE BLUM 00:25 ♦ RIVERDALE 01:20 ♦ BILLIONS 02:25 A UNITED KINGDOM 04:15 THE BOOK OF LOVE</p>	<p>06:00 ♦ THE DOCTORS 07:00 ICILONGO 08:00 GOSPEL ALIVE 09:00 LOKSHIN BIOSKOP: EMOBENI 10:00 ♦ ISIBAYA Omnibus. 12:30 LOKSHIN BIOSKOP: IMBONGI 13:30 ♦ HOMEGROUND 14:00 ♦ PAPA PENNY AHEE 14:30 ♦ ISITHEMBISO Omnibus. 17:00 ♦ PERFECT MATCH Local dating show. 17:30 LIVING THE DREAM WITH SOMIZI Reality series. 19:00 OUR PERFECT WEDDING Local reality series. Couples try to pull off the ultimate wedding. 20:00 ABOMAMA Drama series. 21:00 INGOMA 21:30 TERMINATOR 2: JUDGMENT DAY Sci-fi action. A soldier returns from the future to defend a boy destined to become the leader of the rebellion against the machines. Arnold Schwarzenegger, Linda Hamilton. 137 min. 1991. 16VL. 00:00 ♦ HIDDEN TRUTH Omnibus. 05:00 ♦ ICILONGO</p>



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M-NET, MONDAY 22:10
Offered deals with the consequences of a dangerous decision.



2 JULY | TV | MONDAY

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>05:00 AUM</p> <p>05:02 GELEZA NATHI</p> <p>06:00 KIDS' NEWS & CURRENT AFFAIRS</p> <p>A show that makes topical news stories easy for children to understand.</p> <p>06:30 YO.TV</p> <p>08:00 ♦ ISIDINGO</p> <p>08:30 ♦ GENERATIONS: THE LEGACY</p> <p>09:00 ♦ MUVHANGO</p> <p>09:30 ♦ SKEEM SAAM</p> <p>10:00 TO BE ANNOUNCED</p> <p>10:30 DAILY THETHA</p> <p>Talk show.</p> <p>11:30 ♦ REAL GOBOZA</p> <p>12:00 ♦ YILUNGELO LAKHO</p> <p>13:00 NEWS</p> <p>13:30 TO BE ANNOUNCED</p> <p>14:00 ♦ MAKING MOVES</p> <p>15:00 2018 FIFA WORLD CUP Build-up.</p> <p>16:00 2018 FIFA WORLD CUP 1E vs 2F.</p> <p>18:00 WRAP-UP</p> <p>18:30 XHOSA/ZULU NEWS</p> <p>19:30 2018 FIFA WORLD CUP Build-up.</p> <p>20:00 2018 FIFA WORLD CUP 1G vs 2H.</p> <p>22:00 2018 FIFA WORLD CUP Wrap-up.</p> <p>22:30 2018 FIFA WORLD CUP HIGHLIGHTS</p> <p>23:00 ♦ MAKING MOVES</p> <p>00:00 KOZE KUSE</p> <p>Local music show.</p>	<p>05:00 ♦ EPIC HANGOUT</p> <p>05:30 ♦ TAKALANI SESAME</p> <p>05:57 ♦ MOTHEO</p> <p>06:00 MORNING LIVE</p> <p>09:00 IT ONLY HURTS WHEN I LAUGH</p> <p>09:30 UBONGO KIDS</p> <p>10:00 ♦ YO.TV</p> <p>10:30 KE ZAKA</p> <p>11:30 ♦ 50/50</p> <p>12:30 JIKULUMESSU: OPEN YOUR EYES</p> <p>13:00 ♦ 7DE LAAN</p> <p>13:30 ♦ UZALO</p> <p>14:00 ♦ SKEEM SAAM</p> <p>14:30 ♦ MUVHANGO</p> <p>15:00 DOC McSTUFFINS</p> <p>15:30 YO.TV</p> <p>16:00 EPIC HANGOUT</p> <p>16:30 HECTIC NINE-9</p> <p>17:00 NARUTO</p> <p>17:30 TSONGA/VENDA NEWS</p> <p>18:00 7DE LAAN</p> <p>18:30 SKEEM SAAM</p> <p>19:00 DIE VLIËNDE SPRINGBOKKIE</p> <p>19:30 KLIPHARD</p> <p>20:00 AFRIKAANS NEWS</p> <p>20:15 TSWANA/SOTHO NEWS</p> <p>20:30 UZALO</p> <p>Nkunzi awakes in hospital wondering who shot him.</p> <p>21:00 MUVHANGO</p> <p>21:30 JAB</p> <p>22:00 ♦ MEHLOMADALA</p> <p>22:30 ♦ GRAND MASTERS</p> <p>23:00 ♦ ISSUES OF FAITH</p> <p>00:00 SABC NEWS</p>	<p>05:00 ♦ XCELLERATE</p> <p>05:30 ♦ CHALLENGE SOS</p> <p>05:57 EXPRESSO</p> <p>09:00 ♦ REAL TALK WITH ANELE</p> <p>10:00 ♦ BOLD & BEAUTIFUL</p> <p>10:30 ♦ 7DE LAAN</p> <p>11:00 ♦ ISIDINGO</p> <p>11:30 ♦ MUVHANGO</p> <p>12:00 ♦ MAGNUM P.I.</p> <p>13:00 ON POINT</p> <p>14:00 ♦ CLOSE UP</p> <p>14:30 EBU CHILDREN'S DRAMA AND DOCUMENTARIES</p> <p>15:00 HECTIC ON 3</p> <p>15:30 ♦ MELA</p> <p>16:30 AFTERNOON EXPRESS</p> <p>17:30 BOLD & BEAUTIFUL</p> <p>Saul is unenthusiastic when new boss Thomas tells him what kind of business he expects Spectra Fashions to be.</p> <p>18:00 NEWS HIGHLIGHTS</p> <p>18:02 REAL TALK WITH ANELE</p> <p>19:00 ISIDINGO</p> <p>19:30 CLEVELAND HUSTLES</p> <p>20:00 GENERATIONS: THE LEGACY</p> <p>Nina wants to know how Majola feels. He says he'll arrest her if she's guilty.</p> <p>20:30 THE AMAZING RACE</p> <p>21:30 NEWS</p> <p>22:00 #WTF TUMI</p> <p>23:00 TRENDING SA</p> <p>00:00 BASE 3</p> <p>03:30 REPUBLIC OF DOYLE</p> <p>04:30 DEUTSCHE WELLE</p> <p>News.</p>	<p>05:00 ♦ COOL CATZ LEGACY</p> <p>05:30 ♦ JUDGE JUDY</p> <p>05:55 E-INSERT</p> <p>06:00 THE MORNING SHOW</p> <p>06:30 THE MORNING NEWS</p> <p>08:30 ♦ THE SPOTLIGHT</p> <p>09:00 BIN KUCH KAHE</p> <p>09:30 MARIDO EN ALQUILER</p> <p>10:30 ♦ DAYS OF OUR LIVES</p> <p>11:30 ♦ RHYTHM CITY</p> <p>12:00 ♦ SCANDAL!</p> <p>12:30 ♦ IMBEWU: THE SEED</p> <p>13:00 ENEWS 1PM</p> <p>13:30 HOUSE</p> <p>14:30 PEPPA PIG</p> <p>14:35 COOL CATZ</p> <p>15:00 ANGELINA BALLERINA</p> <p>15:15 SIYABONGA GOGO</p> <p>15:30 AI FOOTBALL GGO</p> <p>16:25 JUST FOR LAUGHS: GAGS</p> <p>16:50 JUDGE JUDY</p> <p>17:15 DAYS OF OUR LIVES</p> <p>18:00 FORENSIC FILES</p> <p>18:30 ANGER MANAGEMENT</p> <p>19:00 RHYTHM CITY</p> <p>19:30 SCANDAL!</p> <p>20:00 ENEWS</p> <p>20:30 CHICAGO MED</p> <p>21:30 IMBEWU: THE SEED</p> <p>22:00 QUEEN SUGAR</p> <p>Drama series. Aunt Violet and Hollywood's relationship hits a roadblock.</p> <p>23:00 ANT-MAN SEPARATION</p> <p>01:30 SIX DEGREES OF SEPARATION</p> <p>03:25 MICHAEL JACKSON: THE JOURNEY</p>	<p>06:00 ♦ MY KITCHEN RULES AUSTRALIA</p> <p>07:05 ♦ THE BIG BANG THEORY</p> <p>07:30 ♦ YOUNG SHELDON</p> <p>08:00 ♦ MADAM SECRETARY</p> <p>09:00 ♦ TIMELESS</p> <p>10:00 ♦ THE GOLDBERGS</p> <p>10:30 ♦ MY KITCHEN RULES AUSTRALIA</p> <p>11:35 ♦ NASHVILLE</p> <p>12:30 ♦ CARTE BLANCHE</p> <p>13:30 ♦ THE WILD ONES</p> <p>14:30 ♦ THIS IS US</p> <p>15:25 ♦ DC'S LEGENDS OF TOMORROW</p> <p>16:15 SUPERIOR DONUTS</p> <p>16:45 SUPERGIRL</p> <p>17:45 MY KITCHEN RULES AUSTRALIA</p> <p>19:00 STATION 19</p> <p>20:00 THE GOOD DOCTOR</p> <p>Medical drama series. When the team treats a patient who has to decide between a dangerous surgery that could change his life or remain the same, he asks Dr Murphy what he'd if he had the same choice.</p> <p>21:00 BILLIONS</p> <p>22:10 THE HANDMAID'S TALE</p> <p>Drama series season 2 starts.</p> <p>23:20 LOVE ISLAND</p> <p>00:20 MR. MERCEDES</p> <p>01:20 BEAUTY AND THE DOGS</p> <p>02:55 ONCE UPON A TIME IN VENICE</p> <p>04:30 POP, LOCK 'N ROLL</p>	<p>06:00 ♦ THE DOCTORS</p> <p>07:00 ♦ THE TALK</p> <p>08:00 LOKSHIN BIOSKOP: SKHWAMA</p> <p>A young man dreams about winning money so he can impress the girl of his dreams.</p> <p>09:30 ♦ ISIBAYA</p> <p>10:00 ♦ THE QUEEN</p> <p>10:30 ♦ ISITHEMBISO</p> <p>11:00 ♦ THE DOCTORS</p> <p>12:00 ♦ RING OF LIES</p> <p>12:30 ♦ ISIBAYA</p> <p>13:00 ♦ THE QUEEN</p> <p>13:30 ♦ ISITHEMBISO</p> <p>14:00 LOKSHIN BIOSKOP: THE MASHONISA</p> <p>15:30 THE DOCTORS</p> <p>16:30 HOT BENCH</p> <p>17:00 THE TALK</p> <p>18:00 LOKSHIN BIOSKOP: UMONA</p> <p>19:00 RING OF LIES</p> <p>19:30 ISITHEMBISO</p> <p>20:00 INGOMA</p> <p>20:30 ISIBAYA</p> <p>21:00 THE QUEEN</p> <p>21:30 HOMEGROUND</p> <p>22:00 MY DREAM</p> <p>22:45 LOKSHIN BIOSKOP: UMONA</p> <p>00:00 ♦ HIDDEN TRUTH</p> <p>01:00 ♦ THE TALK</p> <p>02:00 LOKSHIN BIOSKOP: SKHWAMA</p> <p>03:30 LOKSHIN BIOSKOP: THE MASHONISA</p> <p>05:00 ♦ KA-CHING</p>

3 JULY | TV | TUESDAY

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>05:00 IZWI LA BANTU</p> <p>05:02 GELEZA NATHI</p> <p>06:00 KIDS' NEWS & CURRENT AFFAIRS</p> <p>06:30 YO.TV</p> <p>07:30 TAKALANI SESAME</p> <p>Kids' educational show.</p> <p>08:00 ♦ ISIDINGO</p> <p>08:30 ♦ GENERATIONS: THE LEGACY</p> <p>09:00 ♦ MUVHANGO</p> <p>09:30 ♦ SKEEM SAAM</p> <p>10:00 TO BE ANNOUNCED</p> <p>10:30 DAILY THETHA</p> <p>11:30 ♦ MI KASI SU KASI</p> <p>Documentary series.</p> <p>12:00 ♦ SOCCERZONE</p> <p>13:00 NEWS</p> <p>13:30 YO.TV</p> <p>14:00 ISPANI</p> <p>Talk show.</p> <p>15:00 2018 FIFA WORLD CUP Build-up.</p> <p>16:00 2018 FIFA WORLD CUP 1E vs 2F.</p> <p>18:00 2018 FIFA WORLD CUP Wrap-up.</p> <p>18:30 XHOSA/ZULU NEWS</p> <p>19:00 2018 FIFA WORLD CUP Build-up.</p> <p>20:00 2018 FIFA WORLD CUP 1H vs 2G.</p> <p>22:00 2018 FIFA WORLD CUP Build-up.</p> <p>22:30 FIFA WORLD CUP Highlights.</p> <p>23:00 ♦ DAILY THETHA</p> <p>00:00 KOZE KUSE</p>	<p>05:00 ♦ EPIC HANGOUT</p> <p>05:30 ♦ TAKALANI SESAME</p> <p>05:57 ♦ MOTHEO</p> <p>06:00 MORNING LIVE</p> <p>09:00 IT ONLY HURTS WHEN I LAUGH</p> <p>09:30 UBONGO KIDS</p> <p>10:00 ♦ YO.TV</p> <p>10:30 TALK SA</p> <p>11:00 GOING STRONG</p> <p>11:30 BOPHELONG</p> <p>12:00 ♦ KICK IT!</p> <p>12:30 JIKULUMESSU: OPEN YOUR EYES</p> <p>13:00 ♦ 7DE LAAN</p> <p>13:30 ♦ UZALO</p> <p>14:00 ♦ SKEEM SAAM</p> <p>14:30 ♦ MUVHANGO</p> <p>15:00 DOC McSTUFFINS</p> <p>15:30 YO.TV</p> <p>16:00 WORDS AND NUMBERS</p> <p>16:30 HECTIC NINE-9</p> <p>17:00 NARUTO</p> <p>17:30 TSONGA/VENDA NEWS</p> <p>18:00 7DE LAAN</p> <p>18:30 SKEEM SAAM</p> <p>19:00 ONDER DIE SUIDERKRUIS</p> <p>20:00 AFRIKAANS NEWS</p> <p>20:15 TSWANA/SOTHO NEWS</p> <p>20:30 UZALO</p> <p>20:56 VODACOM MILLIONAIRES</p> <p>21:00 MUVHANGO</p> <p>21:30 ♦ FORCED LOVE</p> <p>22:00 ♦ GOSPEL CLASSICS</p> <p>23:00 ♦ JIKULUMESSU: OPEN YOUR EYES</p> <p>Double bill.</p> <p>01:00 SABC NEWS</p>	<p>05:00 ♦ YUM.ME</p> <p>05:30 ♦ MADE IN SA</p> <p>06:00 EXPRESSO</p> <p>09:00 ♦ REAL TALK WITH ANELE</p> <p>10:00 ♦ BOLD & BEAUTIFUL</p> <p>10:30 ♦ 7DE LAAN</p> <p>11:00 ♦ ISIDINGO</p> <p>11:30 ♦ MUVHANGO</p> <p>12:00 ♦ THE A-TEAM</p> <p>13:00 ON POINT</p> <p>14:00 HOLLYWOOD NEWS</p> <p>14:15 ZOOM IN</p> <p>14:30 KUU KUU HARAJUKU</p> <p>15:00 HECTIC ON 3</p> <p>15:30 ♦ LIKE A BOSS</p> <p>16:30 AFTERNOON EXPRESS</p> <p>17:30 BOLD & BEAUTIFUL</p> <p>Eric is disappointed when Thomas tells him he's tired of waiting for his turn at Forrester Creations, and that he won't be returning to the company.</p> <p>18:00 NEWS HIGHLIGHTS</p> <p>18:02 REAL TALK WITH ANELE</p> <p>19:00 ISIDINGO</p> <p>Gabriel walks out on Nina.</p> <p>19:30 MAN CAVE</p> <p>20:00 GENERATIONS: THE LEGACY</p> <p>20:30 TOP CHEF JR</p> <p>21:00 NEWS</p> <p>21:30 #WTF TUMI</p> <p>22:30 TRENDING SA</p> <p>23:30 BASE 3</p> <p>03:30 REPUBLIC OF DOYLE</p> <p>04:30 DEUTSCHE WELLE</p> <p>News.</p>	<p>05:00 ♦ HILLSONG</p> <p>05:30 ♦ JUDGE JUDY</p> <p>06:00 THE MORNING SHOW</p> <p>08:00 THE MORNING NEWS</p> <p>08:30 ♦ MALCOLM & EDDIE</p> <p>09:00 BIN KUCH KAHE</p> <p>09:30 MARIDO EN ALQUILER</p> <p>10:00 ♦ DAYS OF OUR LIVES</p> <p>11:30 ♦ RHYTHM CITY</p> <p>12:00 ♦ SCANDAL!</p> <p>12:30 ♦ IMBEWU: THE SEED</p> <p>13:00 ENEWS</p> <p>13:30 HOUSE</p> <p>14:30 PEPPA PIG</p> <p>14:35 COOL CATZ</p> <p>15:00 SOFIA THE FIRST</p> <p>15:30 POKÉMON SUN AND MOON</p> <p>15:55 CRAZ-E: FRENZY</p> <p>16:25 JUST FOR LAUGHS: GAGS</p> <p>16:50 JUDGE JUDY</p> <p>17:15 DAYS OF OUR LIVES</p> <p>18:00 FORENSIC FILES</p> <p>18:30 ANGER MANAGEMENT</p> <p>19:00 RHYTHM CITY</p> <p>19:30 SCANDAL!</p> <p>20:00 ENEWS</p> <p>20:30 CHICAGO PD</p> <p>21:25 SINAWA</p> <p>21:30 IMBEWU: THE SEED</p> <p>22:00 CHECKPOINT</p> <p>22:30 SNAPPED</p> <p>Documentary series.</p> <p>23:00 TED 2</p> <p>01:20 MARRIAGE RETREAT</p> <p>02:55 KNIGHTS OF THE SOUTH BRONX</p> <p>04:35 ♦ MALCOLM & EDDIE</p>	<p>06:00 ♦ MY KITCHEN RULES AUSTRALIA</p> <p>07:00 ♦ SURVIVOR SOUTH AFRICA: PHILIPPINES</p> <p>08:00 ♦ NCIS: LOS ANGELES</p> <p>09:00 ♦ SUPERGIRL</p> <p>10:00 ♦ AMERICAN HOUSEWIFE</p> <p>10:30 ♦ MY KITCHEN RULES AUSTRALIA</p> <p>11:35 ♦ STATION 19</p> <p>12:30 ♦ THE GOOD DOCTOR</p> <p>13:30 ♦ THE VOICE</p> <p>15:25 ♦ THIS IS US</p> <p>16:15 ♦ SUPERIOR DONUTS</p> <p>16:45 ♦ MACGYVER</p> <p>17:45 MY KITCHEN RULES AUSTRALIA</p> <p>19:00 CHICAGO FIRE</p> <p>Drama series.</p> <p>20:00 NCIS</p> <p>Action series. Season 15 starts.</p> <p>21:00 CHICAGO MED</p> <p>Medical drama. A mother brings her daughter to hospital, claiming she's possessed.</p> <p>22:00 TRUST</p> <p>Crime series. Angelo and young Paul Getty try to agree on the appropriate next move.</p> <p>23:00 LOVE ISLAND</p> <p>00:00 STRIKE BACK</p> <p>01:00 ♦ BILLIONS</p> <p>02:05 ♦ THE HANDMAID'S TALE</p> <p>03:05 MY DEAD BOYFRIEND</p> <p>04:35 MURDER, SHE BAKED: A DEADLY RECIPE</p>	<p>06:00 THE DOCTORS</p> <p>07:00 ♦ THE TALK</p> <p>08:00 LOKSHIN BIOSKOP: SOMETHING ABOUT BUSI</p> <p>09:30 ♦ ISIBAYA</p> <p>10:00 ♦ THE QUEEN</p> <p>10:30 ♦ ISITHEMBISO</p> <p>11:00 ♦ THE DOCTORS</p> <p>12:00 ♦ RING OF LIES</p> <p>12:30 ♦ ISIBAYA</p> <p>13:00 ♦ THE QUEEN</p> <p>13:30 ♦ ISITHEMBISO</p> <p>14:00 LOKSHIN BIOSKOP: MAMA STOLE MY HUNK</p> <p>15:30 THE DOCTORS</p> <p>16:30 HOT BENCH</p> <p>17:00 THE TALK</p> <p>18:00 ♦ DATE MY FAMILY</p> <p>19:00 RING OF LIES</p> <p>19:30 ISITHEMBISO</p> <p>20:00 YOBE</p> <p>20:30 ISIBAYA</p> <p>21:00 THE QUEEN</p> <p>21:30 ♦ ISTHUNZI</p> <p>22:00 NUTTY PROFESSOR II: THE KLUMPS</p> <p>Sci-fi comedy. An overweight professor tests a formula that turns him into a slim loud-mouth. Eddie Murphy, Janet Jackson. 2000. 13L. 106 min.</p> <p>00:00 ♦ HIDDEN TRUTH</p> <p>01:00 ♦ THE TALK</p> <p>02:00 LOKSHIN BIOSKOP: PLEASE SAY PLEASE</p> <p>03:30 LOKSHIN BIOSKOP: MAMA STOLE MY HUNK</p> <p>05:00 ♦ KA-CHING</p>



THE BIG BANG THEORY

M-NET, 19:00
Raj takes credit for Penny's astronomical discovery.

YOU LEISURE

TV | WEDNESDAY | 4 JULY

Movies are highlighted in red - see movie guide for details

Repeat

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
05:00 LISTEN FOR A MOMENT 05:02 GELEZA NATHI 06:00 KIDS' NEWS & CURRENT AFFAIRS 06:30 JABU'S JUNGLE 07:00 YO.TV 07:30 TAKALANI SESAME 08:00 ♦ ISIDINGO 08:30 ♦ GENERATIONS: THE LEGACY 09:00 ♦ MUVHANGO 09:30 ♦ SKEEM SAAM 10:00 TO BE ANNOUNCED 10:30 DAILY THETHA 11:30 ♦ ZAZIWA Celebs share the music that's helped shape their lives. 12:00 ♦ CHATROOM 12:30 ♦ IDENTITY 13:00 NEWS 13:30 TO BE ANNOUNCED 14:00 ♦ KHUMBUL'EKHAYA 15:00 ♦ DEGRASSI: THE NEXT GENERATION Teen drama. 15:30 YO.TV 16:30 ♦ DAILY THETHA 17:30 ♦ COME AGAIN 18:00 SELIMATHUNZI 18:30 XHOSA/ZULU NEWS 19:00 ♦ SES TOP'LA 19:30 ♦ SINGLE GUYZ 20:00 SPORT@10 21:00 TO BE ANNOUNCED 23:00 FIFA WORLD CUP Highlights. 00:00 ♦ 2018 FIFA WORLD CUP	05:00 ♦ EPIC HANGOUT 05:30 ♦ TAKALANI SESAME 05:57 OP PAD 06:00 MORNING LIVE 09:00 IT ONLY HURTS WHEN I LAUGH 09:30 RAGGS 10:00 ♦ YO.TV 10:30 ♦ KLIPHARD 11:00 LADIES CLUB 11:30 HEALTH TALK 12:30 JIKULUMESSU: OPEN YOUR EYES 13:00 ♦ 7DE LAAN 13:30 ♦ UZALO 14:00 ♦ SKEEM SAAM 14:30 ♦ MUVHANGO 15:00 DINOSAUR TRAIN 15:30 YO.TV 16:00 DISNEY COOKABOUT 16:30 HECTIC NINE-9 17:00 NARUTO 17:30 TSONGA/VENDA NEWS 18:00 7DE LAAN 18:30 SKEEM SAAM 19:00 SPYSKAART 19:30 DEKAT TV 20:00 AFRIKAANS NEWS 20:15 TSWANA/SOTHO NEWS 20:30 UZALO 20:56 LIVE LOTTO DRAW 21:00 MUVHANGO 21:30 ♦ BONE OF MY BONES 22:00 AFRO CAFÉ 23:00 ♦ JIKULUMESSU: OPEN YOUR EYES 01:00 SABC NEWS	05:00 ♦ 48 HOURS 05:30 ♦ ROBOT TRAINS 06:00 ESPRESSO 09:00 ♦ REAL TALK WITH ANELE 10:00 ♦ BOLD & BEAUTIFUL 10:30 ♦ 7DE LAAN 11:00 ♦ ISIDINGO 11:30 ♦ MUVHANGO 12:00 ♦ KNIGHT RIDER 13:00 ON POINT 14:00 CLOSE UP 14:30 KUU KUU HARAJUKU 15:00 HECTIC ON 3 15:30 ♦ IT'S OK WE'RE FAMILY WITH DAVID KAU 16:00 ♦ CLEVELAND HUSTLES 16:30 AFTERNOON EXPRESS 17:30 BOLD & BEAUTIFUL Coco has decided to mend her relationship with Sally. 18:00 NEWS HIGHLIGHTS 18:02 REAL TALK WITH ANELE 19:00 ISIDINGO Anja is revealing nothing about her mystery man. 19:30 NEILL ANTHONY: PRIVATE CHEF 20:00 GENERATIONS: THE LEGACY 20:30 DON'T TELL THE BRIDE 21:30 NEWS 22:00 THE FOLLOWING 23:00 TRENDING SA 00:00 BASE 3 03:30 REPUBLIC OF DOYLE 04:30 DEUTSCHE WELLE News.	05:00 ♦ COOL CATZ LEGACY 05:30 ♦ JUDGE JUDY 06:00 THE MORNING SHOW 08:00 THE MORNING NEWS 08:30 ♦ MALCOLM & EDDIE 09:00 BIN KUCH KAHE 09:30 MARIDO EN ALQUILER 10:30 ♦ DAYS OF OUR LIVES 11:20 E-INSERT 11:30 ♦ RHYTHM CITY 12:00 ♦ SCANDAL! 12:30 ♦ IMBEWU: THE SEED 13:00 ENEWS 1PM 13:30 HOUSE 14:25 INFOMERCIALS 14:30 PEPPA PIG 14:35 COOL CATZ 15:00 MONCHHICHI 15:15 PJ MASKS 15:30 SUPA STRIKAS 15:55 CRAZ-E: SHIZLIVE 16:25 JUST FOR LAUGHS: GAGS 16:50 JUDGE JUDY 17:15 DAYS OF OUR LIVES 18:00 FORENSIC FILES 18:30 ANGER MANAGEMENT 19:00 RHYTHM CITY 19:30 SCANDAL! 20:00 ENEWS 8PM 20:30 LETHAL WEAPON 21:30 IMBEWU: THE SEED 22:00 KINGDOM 23:00 KUNG POW: ENTER THE FIST 00:40 KNIGHTS OF THE SOUTH BRONX 02:20 ONE HIT FROM HOME 04:05 ♦ MALCOLM & EDDIE	06:00 ♦ MY KITCHEN RULES AUSTRALIA 07:00 ♦ BULL 08:00 ♦ NASHVILLE 09:00 ♦ MACGYVER 10:00 ♦ MOM 10:30 ♦ MY KITCHEN RULES AUSTRALIA 11:35 ♦ CHICAGO FIRE 12:30 ♦ BULL 13:30 ♦ THE VOICE 15:25 ♦ THIS IS US 16:15 SUPERIOR DONUTS 16:45 SCORPION 17:45 MY KITCHEN RULES AUSTRALIA 19:00 THE BIG BANG THEORY Comedy series. 19:30 YOUNG SHELDON Comedy series. George and Mary try to bond with their other kids. 20:00 MADAM SECRETARY Political drama series. After the ambassador to Kyrgystan is declared persona non grata, Elizabeth must find away to hold a conference there. 21:00 SEAL TEAM 22:00 THE PATH 23:05 LOVE ISLAND 23:55 THE LATE LATE SHOW WITH JAMES CORDEN 00:55 ♦ CHICAGO MED 02:00 ♦ TRUST 02:45 A UNITED KINGDOM 04:35 THE SECRET LIFE OF PETS	06:00 ♦ THE DOCTORS 07:00 ♦ THE TALK 08:00 LOKSHIN BIOSKOP: AN HONEST LIVING A man desperate to keep a promise meets a woman who entices him with the possibility to do just that but she wants something in return. 09:30 ♦ ISIBAYA 10:00 ♦ THE QUEEN 10:30 ♦ ISITHEMBISO 11:00 ♦ THE DOCTORS 12:00 ♦ RING OF LIES 12:30 ♦ ISIBAYA 13:00 ♦ THE QUEEN 13:30 ♦ ISITHEMBISO 14:00 LOKSHIN BIOSKOP: VAN TOEKA LOVE 15:30 THE DOCTORS 16:30 HOT BENCH 17:00 THE TALK 18:00 ♦ OUR PERFECT WEDDING 19:00 RING OF LIES 19:30 ISITHEMBISO 20:00 PERFECT MATCH? 20:30 ISIBAYA 21:00 THE QUEEN 21:30 ♦ THE IMPOSTER 22:30 LOKSHIN BIOSKOP: LOVE SPECIALIST 00:00 ♦ HIDDEN TRUTH 01:00 ♦ THE TALK 02:00 LOKSHIN BIOSKOP: AN HONEST LIVING 03:30 LOKSHIN BIOSKOP: VAN TOEKA LOVE



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YOU LEISURE TV MOVIES: THURS 28 JUNE – WED 4 JULY

THURSDAY

- **RIDE ALONG** ★★ 2014, 99 min, PG13VL, e.tv, 23:00. Action comedy. A security guard tries to prove himself to his girlfriend's brother. Ice Cube.
- **SHARK ISLAND** ★★ 2015, 86 min, 13VL, e.tv, 01:05. Horror. Four friends on a weekend getaway try to escape a zombie shark. Cassie Steele.
- **IN HER SHOES** ★★★ 2005, 130 min, PG13, e.tv, 02:40. Comedy drama. Two estranged sisters are brought closer together. Cameron Diaz.
- **THE NUT JOB** ★★ 2014, 85 min, PG, M-Net, 03:05. Animated comedy. Squirrels raid a nut shop, which happens to be a front for criminals.
- **BORN IN CHINA** ★★★★★ 2016, 79 min, PG, M-Net, 04:40. Documentary. A look at the lives of a panda, a golden monkey and a snow leopard.

FRIDAY

- **JUMP IN!** ★★★ 2007, 85 min, PG, e.tv, 14:30. Sport drama. A teen discovers his love for rope-jumping. Corbin Bleu, Keke Palmer.
- **WILDLIKE** ★★★ 2014, 104 min, PG13, SABC3, 22:00. Adventure. A troubled teen girl befriends a man preparing for a hike. Bruce Greenwood.
- **INDEPENDENCE DAY** ★★★ 1996, 145 min, PG13, e.tv, 22:00. Sci-fi action. Aliens attack Earth. Will Smith, Jeff Goldblum.
- **IN HER SHOES** ★★★ e.tv, 00:55. See Thursday.
- **CARRIE PILBY** ★★★ 2016, 98 min, 13SL, M-Net, 04:15. Comedy drama. A genius struggles to understand the world. Bel Powley.

SATURDAY

- **RATCHET & CLANK** ★★ 2016, 94 min, PG, M-Net, 06:00. Animated adventure. A mechanic and a robot have to save the universe.
- **GADGETGANG IN OUTER SPACE** ★★★ 2017, 80 min, A, M-Net, 07:45. Animated sci-fi. A group of kids find a crash-landed spaceship.
- **BARBIE AS THE PRINCESS AND THE PAUPER** ★★★ 2004, 85 min, A, e.tv, 14:05. Animated adventure. A princess swaps places with a poor girl who looks just like her.
- **BENJI THE DOVE** ★★ 2017, 90 min, PG13VL, M-Net, 14:30. Adventure. Boys who are being bullied create a club to fight injustice. Kelly AuCoin.
- **BLACK OR WHITE** ★★★ 2014, 121 min, PG13, SABC2, 15:30. Drama. A white grandfather and a black grandmother fight for custody of their biracial granddaughter. Kevin Costner.
- **HIGH SCHOOL MUSICAL** ★★★ 2006, 98 min, PG, e.tv, 15:55. Musical comedy. Two teens discover their love of singing. Zac Efron.
- **MR. TURNER** ★★★★★ 2014, 150 min, 16S, SABC3, 19:00. Biopic. A look at the life of English artist JMW Turner. Timothy Spall.

■ **INSIDE OUT** ★★★★★ 2015, 95 min, PG, e.tv, 19:30. Animation. A girl's emotions are in turmoil.

■ **BAD BLOOD** ★★★ 2017, 90 min, 16, M-Net, 21:00. Thriller. An Australian woman discovers a dark secret about her fiancé. Xavier Samuel.

■ **I'LL SEE YOU IN MY DREAMS** ★★★★★ 2015, 92 min, PG13, SABC2, 21:00. Comedy. A widow embraces new experiences. Blythe Danner.

■ **8 MILE** ★★★★★ 2002, 110 min, 16VSL, SABC3, 21:30. An aspiring rapper's struggles. Eminem.

■ **TED 2** ★★ 2015, 115 min, 16L, e.tv, 21:30. Fantasy comedy. A teddy bear must go to court to prove he's a person. Mark Wahlberg.

■ **THE BIG BANG** ★★★ 2011, 101 min, 16SNVL, e.tv, 23:50. Thriller. A private detective is hired to find a missing stripper. Antonio Banderas.

■ **RESURRECTING THE CHAMP** ★★★ 2007, 112 min, PG13L, e.tv, 02:40. Sport drama. A journalist helps a homeless man. Samuel L Jackson.

■ **FOR LOVE & HONOR** ★★★ 2016, 84 min, PG, M-Net, 03:15. Romcom. A soldier butts heads with a military academy dean. James Denton.

■ **MAUDIE** ★★★★★ 2016, 115 min, PG13, M-Net, 05:00. Biopic. A look at the life of Canadian artist Maud Lewis. Sally Hawkins, Ethan Hawke.

SUNDAY

■ **RUGRATS IN PARIS: THE MOVIE** ★★★ 2000, 78 min, A, M-Net, 07:00. Animated adventure. A toddler's dad is about to marry a child-hater.

■ **CAPTAIN AMERICA: CIVIL WAR** ★★★★★ 2016, 147 min, PG13V, M-Net, 13:00. Sci-fi action. The UN wants a superhero team to agree to be overseen by a committee. Chris Evans.

■ **INSIDE OUT** ★★★★★ e.tv, 13:00. See Saturday.

■ **HIGH SCHOOL MUSICAL 2** ★★ 2007, 104 min, A, e.tv, 14:50. Musical comedy. Friends get summer jobs at a country club. Zac Efron.

■ **DESI BOYZ** ★★★ 2011, 122 min, PG13, SABC3, 15:00. Comedy. Two friends are exposed as male escorts. Akshay Kumar, John Abraham.

■ **ANT-MAN** ★★★★★ 2015, 117 min, PG13, e.tv, 20:00. Sci-fi action. A burglar is approached by a scientist to help him pull off a heist. Paul Rudd.

■ **THE HITMAN'S BODYGUARD** ★★★ 2017, 118 min, 16VL, M-Net, 20:05. Action. A bodyguard must get a hitman to court. Ryan Reynolds.

■ **SIX DEGREES OF SEPARATION** ★★★★★ 1993, 112 min, 18NL, e.tv, 22:25. Comedy drama. A young black man insinuates himself into the lives of a rich white New York couple. Will Smith.

■ **ROSALIE BLUM** ★★★ 2015, 95 min, PG, M-Net, 22:45. Comedy. A man decides to follow a mysterious woman. Noémie Lvovsky.

■ **ONE HIT FROM HOME** ★★ 2012, 90 min, PG

13V, e.tv, 00:45. Sport drama. An injured baseball player coaches a struggling team. Dave Stone.

■ **A UNITED KINGDOM** ★★★★★ 2016, 111 min, PG13, M-Net, 02:25. Biopic. Botswana's king falls in love with a white woman. David Oyelowo.

■ **GRIZZLY RAGE** ★ 2007, 86 min, 13V, e.tv, 02:35. Horror. A group of teens are hunted down by a bear. Tyler Hoechlin, Graham Kosakoski.

■ **THE BOOK OF LOVE** ★★★ 2016, 106 min, 13VL, M-Net, 04:15. Drama. A grieving architect helps a homeless teen build a raft. Jason Sudeikis.

MONDAY

■ **ANT-MAN** ★★★★★ e.tv, 23:00. See Sunday.

■ **ROSALIE BLUM** ★★★ M-Net, 01:20. See Sunday.

■ **SIX DEGREES OF SEPARATION** ★★★★★ e.tv, 01:30. See Sunday.

■ **ONCE UPON A TIME IN VENICE** ★★ 2017, 94 min, 16VSL, M-Net, 02:55. Action comedy. A gang steal a cop's dog. Bruce Willis.

■ **MICHAEL JACKSON: THE JOURNEY** ★★★ 2014, 76 min, PG, e.tv, 03:25. Documentary. A look at the life of the iconic American singer.

■ **POP, LOCK 'N ROLL** ★★★ 2017, 89 min, 13VL, M-Net, 04:30. Local dance movie. A dancer falls for a gangster's wife. Maurice Paige.

TUESDAY

■ **TED 2** ★★ e.tv, 23:00. See Saturday.

■ **MARRIAGE RETREAT** ★★ 2012, 90 min, PG13, e.tv, 01:20. Drama. Married friends are confronted with their problems. Jeff Fahey.

■ **KNIGHTS OF THE SOUTH BRONX** ★★★ 2005, 89 min, PG, e.tv, 02:55. Drama. A man uses chess to teach learners about life. Ted Danson.

■ **MY DEAD BOYFRIEND** ★★ 2016, 90 min, 16SL, M-Net, 03:05. Comedy. A woman finds her slacker boyfriend dead. Heather Graham.

■ **MURDER, SHE BAKED: A DEADLY RECIPE** ★★★★★ 2016, 86 min, PG13V, M-Net, 04:35. Crime. A baker tries to solve a murder. Alison Sweeney.

WEDNESDAY

■ **KUNG POW: ENTER THE FIST** ★★ 2002, 81 min, 13VL, e.tv, 23:00. Action comedy. A spoof of martial arts films. Steve Oedekerk, Fei Lung.

■ **KNIGHTS OF THE SOUTH BRONX** ★★★ e.tv, 00:40. See Tuesday.

■ **ONE HIT FROM HOME** ★★ e.tv, 02:20. See Sunday.

■ **A UNITED KINGDOM** ★★★★★ M-Net, 02:45. See Sunday.

■ **THE SECRET LIFE OF PETS** ★★★ 2016, 87 min, A, M-Net, 04:35. Animated comedy. A terrier's quiet life is turned upside down.

BY NICI DE WET

FIRST AID FOR PETS

CATS and dogs often suffer minor injuries, some of which can be treated at home. Here's what to do and how to know when you should take them to a vet.



SUPERFICIAL CUTS

■ Flush the wound using fresh water, a mild saline solution (salt has antibacterial properties) or a mild solution of Hibitane, available from most vets.

“Don't use antiseptics or any human medications on your pet,” advises Cape Town-based veterinarian Dr Bronwyn Leverton. “Some of the over-the-counter medications you think may be safe – paracetamol and Dettol for example – can be toxic to your pet.”

■ Most superficial wounds don't need ointment and can be left open to heal.

“It's fine if your dog or cat licks their wound,” Leverton says. “It's their natural instinct and their saliva has antibacterial properties. They just mustn't lick excessively.”

Your pets can't speak but vets spend years learning to diagnose their health problems and treat them. If you can't afford a vet, welfare organisations can help. There are also many pet medical aids available.

■ Superficial wounds don't usually need antibiotics but, if you're unsure, take your pet to the vet for an exam, she advises.

■ In the case of bleeding, apply pressure to the area for three to five minutes. If the bleeding continues, see a vet as the wound may need stitches. “Heads and paws tend to bleed a lot but they usually look a lot worse than they are,” she says.

■ Injuries from rusty nails don't require a tetanus shot. “[Vets] don't vaccinate against this. Dogs and cats are far more resistant to it than people are.”

Rather don't...

■ Flush any wounds over the chest or abdomen – these should preferably be checked by a vet.

■ Bandage or place a tourniquet over a wound. “More often than not bandages or tourniquets applied at home do more damage than good,” Leverton says. “They can be wrapped too tightly or may be keeping infection in a wound that should be left open. If you think it needs a bandage of some sort, see a vet.”

BITE WOUNDS

■ These can be deceiving, Leverton warns. “The wound may look minor but bacterial infection can set in on a deeper level from what we call an ‘infection injection’, caused by the dirty teeth of the other dog.”

■ Bite wounds can also cause crush injuries. “These can be invisible to the eye as there may not be any break in the skin, but they can be serious and painful, so it's best to check with your vet.”

SPRAINS AND FRACTURES

■ There's no home test for a sprain – a vet examination is needed to see whether it's a simple sprain or major ligament damage, as they present similarly.

■ Generally an animal with a fracture won't put any weight on the affected limb, Leverton says.

“It's best to get your pet X-rayed to see if there's a fracture or whether the injury is soft tissue related.” ■

THREE-LEGGED WONDER!



Meet Minzi, a mini Pomeranian with a prosthetic leg who's living life to the full!

The three-year-old, who weighs just 1,3kg, has become an Instagram darling after her owners created an account for her to show there's life and happiness after adversity.

Minzi's leg broke when she was dropped at four months. It then had to be amputated due to a botched job by doctors, say her owners, Sandra Drolshagen and Andre Padecken, who live in Germany.

As struggling students they had to shell out €600 (about R9 000) for the prosthetic leg. But it was worth it as she can now happily run around with her animal housemates, Aisha, Lia, Monty and Cora, who also feature on her MissyMinzi account.

Minzi and the other dogs keep their nearly 100 000 followers entertained with adorable activities, such as spa sessions and family days out – and after each session they're rewarded with liver sausages, Sandra says.



WIN A HEALTH HAMPER

Ten readers will each win a Ricky Litchfield dog hamper worth R600!

Each hamper contains Ricky Litchfield InflammActive anti-inflammatory capsules, shampoo, topical gel, Complete Care wipes (enriched with buchu extract) and Hot Spot spray – a natural antiseptic, antibacterial and antifungal treatment which aids the management and control of skin conditions.



SMS the keyword RICKY, the answer to the question below and your full name and daytime delivery address to 33150* by 5pm on Thursday 5 July. **QUESTION** What plant extract with potent medicinal properties is Ricky Litchfield's newly launched Complete Care Wipes (and all other products) enriched with?



SMOOTH OPERATOR

Apple's new OS will speed up your old device – and more

APPLE recently unveiled its shiny new operating system at the Worldwide Developer's Conference 2018 in California – and instead of pulling a rabbit out of a hat for its high-end users, the

company is finally giving some love to owners of its older devices.

Of course, it wouldn't be Apple without a few bells and whistles, would it?

Here are a few great updates you can expect to land on devices soon.

FOCUS ON WELLNESS

Health was a major focus for Apple with iOS 12. In addition to giving Apple Watch a few nifty upgrades (including workout apps and automatic workout tracking), the tech giant has given its other devices a more robust Do Not Disturb function to limit the notifications you receive on your phone during certain times, plus a Screen Time app to help you monitor your (or your children's) usage.

The latter is great news for parents – you can set limits on the time kids spend on certain apps on their device each day.

SPEEDING THINGS UP – EVEN ON OLDER DEVICES

The new iOS 12 operating system is all about performance and efficiency – the tech giant claims it will be able to launch apps up to 40% faster, provide up to 50% faster keyboard display and open your camera up to 70% faster.

This is great news for those with older Apple devices, and certainly a reaction to the backlash the company has faced over rumours it was slowing down older devices to force users to upgrade to its latest offerings.

FACETIME WITH MORE FACES

Apple is taking FaceTime to the next level, with the new version allowing users to chat with up to 32 people at once. Great for virtual family reunions – although using all 32 spots might make the conversation hard to follow. To top it off, you'll be able to use personalised Animojis as well.



A SMARTER SIRI

Apple has long been criticised for dropping the ball with its voice assistant, allowing the likes of Google's assistant and Amazon's Alexa to tear ahead of its own Siri.

With iOS 12 the company has taken steps to fix this, integrating the voice-based technology with more outside apps. Users will now also be able to give Siri personalised commands with the Shortcut app.

For example, you could tell Siri you're going to the gym, prompting him (or her) to open up all the fitness apps you use while training.

UPGRADED AR EMOJIS

Memojis, an update on last year's Animojis, will also ship with iOS 12. Apple is a little late to the party on this feature – Samsung's AR Emoji was launched with the S9 and S9+ which hit markets earlier this year.

Still, critics say Apple's 3D customisable personal avatars could run rings around the widely panned Samsung offering, thanks to the sheer variety of styles and looks to choose from.

The best part? Your little emoji alter ego will be able to stick out its tongue. Talk about a breakthrough!



WHEN CAN I GET IT?

The final version of iOS 12 is likely to be available on your device in September with Apple's new product releases, but if you just can't wait to get your hands on the tech you're in luck.

The beta-testing version will be open to the public on 26 June. You can access it by signing up at <https://beta.apple.com>. Be warned though – it's not a finished version of the OS, so install it with caution.

YOUR STARS

By **PETRA DU PREEZ**

For birth charts and other astrology enquiries email Petra at YourStars@you.co.za or go to astrozone.co.za.



CANCER

21 JUN - 21 JUL

Your finances might worry you this week

If you're a true Cancer, chances are it's a matter of family first. This is however a time when your own needs should take highest priority. You might require time by yourself to dwell on the past, or perhaps you'd like to focus on a career goal. You could also have a need to nourish body, mind and soul. Try to delegate domestic chores, put responsibilities and duties on the backburner and be a bit selfish – in a healthy way.

YOUR LUCKY NUMBERS 5, 47, 22, 39, 13, 44

LEO

22 JUL - 22 AUG

Networking Mercury moves into your sign this week, which means you should feel quite at home mixing and mingling with other people. Your self-assurance and way with words shouldn't let you down, whether you want to promote your business, attract a lover or entertain the crowds. With pleasure-seeking Venus also traversing your sign, the scene is furthermore set for an entertaining week of having fun with friends and enjoying the arts.

YOUR LUCKY NUMBERS 36, 19, 41, 4, 2, 10

VIRGO

23 AUG - 22 SEP

Unpredictability and sudden changes can have a disruptive effect this week. This could make life tricky for a fussy Virgo who likes to have all their ducks in a row. You may have to cope with surprise visitors, contend with unexpected changes of plan or put up with interruptions to your routine. Try to go with the flow and enjoy the excitement.

YOUR LUCKY NUMBERS 42, 21, 52, 40, 51, 7

LIBRA

23 SEP - 22 OCT

It's a week to guard against tipping of the scales. Too much gallivanting with your friends can leave a hole in your purse, being too accommodating in your relationships can leave your needs unmet, and getting too serious about work can deprive your inner child. Try to keep moderation in mind and follow the middle road. Balance in all aspects of life is vital.

YOUR LUCKY NUMBERS 37, 17, 35, 9, 18, 47

FAMOUS BIRTHDAYS



ELON MUSK
28 JUNE 1971



TICHINA ARNOLD
28 JUNE 1969



NICOLE SCHERZINGER
29 JUNE 1978



MIKE TYSON
30 JUNE 1966



OLIVIA DE HAVILLAND
1 JULY 1916



BOBBY SKINSTAD
3 JULY 1976

CANCER DO'S AND DON'TS

- ✗ Don't deprive the Crab of family time.
- ✓ Do allow Cancer to take care of your needs.
- ✗ Don't expect Cancer to forget about the past.
- ✓ Do allow the Crab ample alone time.
- ✗ Don't let Cancer's moods get you down.
- ✓ Do expect Cancer to take trips down memory lane.
- ✗ Don't make the Crab feel insecure.

SCORPIO

23 OCT - 21 NOV

Mercury, lord of commerce, moves into your professional horoscope this week – a good omen if you've got financial goals to reach. It's a good time to use your fiscal acumen to fill your coffers, whether through selling your product, generating additional income with a supplementary job or drawing up a financial plan for your business.

YOUR LUCKY NUMBERS 50, 27, 16, 33, 45, 22

SAGITTARIUS

22 NOV - 20 DEC

Mercury, master of the mind, moves into a compatible fire sign this week, which should make you feel quite comfortable in the intellectual arena. It's a great week to enter into philosophical discussions, further your education or take on the role of a teacher. It's also an opportune time to motivate and inspire the people around you with words.

YOUR LUCKY NUMBERS 34, 29, 20, 52, 15, 31

CAPRICORN

21 DEC - 20 JAN

It's a week to be careful with your cash, especially if you believe money makes the world go around. With hasty Mars going backwards through your financial horoscope, even a responsible Capricorn can fall into the trap of impulsive spending. It's clearly not a good time to try to keep up with the Joneses. Try to reduce expenses and focus on safe investments.

YOUR LUCKY NUMBERS 11, 8, 18, 10, 24, 51

AQUARIUS

21 JAN - 18 FEB

Mars, planet of drive and doing, is travelling in reverse gear through your sign. As a result you might feel without oomph – which could be a sign it's time to slow down, whether physically or mentally. It's time to take stock of your activities and define what you spend your energy on. Consider making room for restorative practices like yoga or tai chi.

YOUR LUCKY NUMBERS 44, 48, 50, 12, 20, 26

PISCES

19 FEB - 20 MAR

It's a week for leisure and pleasure, so you may want to put work on the backburner and take some time out. Hang hang out with friends, devote time to your favourite hobby, escape to the movies or while away the hours daydreaming. It's also a time when children may prove to be good company, so include the young ones in some of your plans.

YOUR LUCKY NUMBERS 5, 1, 46, 29, 25, 6

ARIES

21 MAR - 19 APR

Mercury, master of the mind, moves into a compatible fire sign this week, which means it's a good time to study. Whether you want to attend classes, do an online course or visit the library, get those brain cells working. It's also a time when you're likely to welcome mental stimulation – all the more reason to pour energy into learning about new things.

YOUR LUCKY NUMBERS 32, 7, 30, 50, 48, 38

TAURUS

20 APR - 20 MAY

It's a payback time. If you like the lifestyle provided by your community and enjoy the environment you live in, you might want to contribute. Whether you donate money to a community project, get involved in an environmental scheme or volunteer to help out at a fundraising venture or nature reserve, your support will be appreciated.

YOUR LUCKY NUMBERS 1, 2, 39, 28, 23, 3

GEMINI

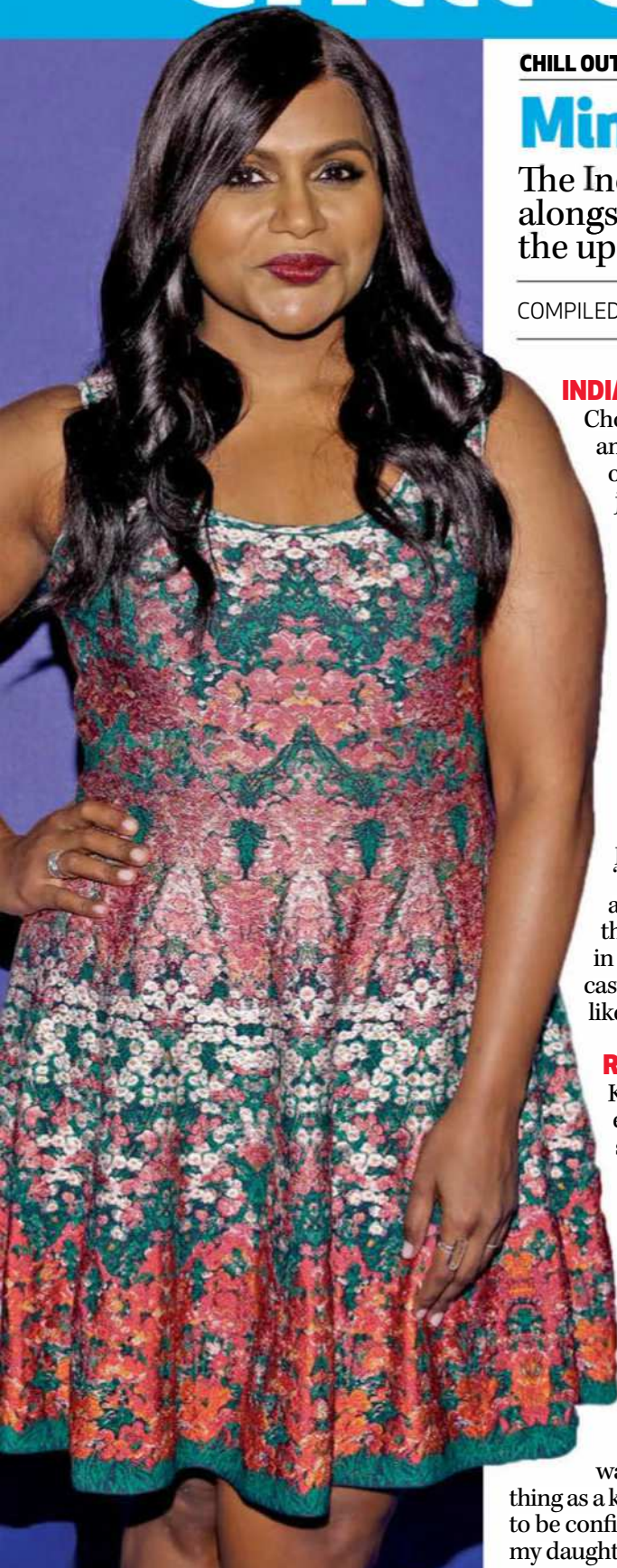
21 MAY - 20 JUN

It's a week when mental stimulation can get the better of you, so you'll have to pace yourself. Too many facts, figures and thoughts cramming your mind can leave you mentally exhausted. You might want to take up meditation or do breathing exercises. It could also be a good idea to allow yourself time out from social media and electronic devices.

YOUR LUCKY NUMBERS 14, 43, 51, 30, 52, 49

*chill out

SPOTLIGHT / WHAT TO WATCH /
MUSIC / FICTION / BOOKS /
PUZZLES



CHILL OUT | SPOTLIGHT

Mindy Kaling

The Indian-American actress stars alongside a slew of female leads in the upcoming *Ocean's 8*

COMPILED BY WENDY STELZMANN

INDIAN HERITAGE She was born Vera Mindy Chokalingam to immigrant parents in the USA and was the first Indian-American to have her own network TV show, *The Mindy Kaling Project*. It ran for six seasons and many of the storylines were loosely based on her mother, Swati Chokalingam, who – like the lead character – was an obstetrician/gynaecologist. Her mom was “such a pillar, such a rock in my family”, Mindy says. She was devastated when Swati was diagnosed with stage 4 pancreatic cancer last year. She moved back home to be with her mom, who died eight months later.

GIRL POWER The 39-year-old actress says she feels lucky to have been involved in the projects she's done in the past two years. “Looking at *A Wrinkle in Time*, looking at *Ocean's 8*, I only worked with actresses over the age of 35... it's been great. To be able to be in two movies starring these incredible, diverse casts of women is incredible. I forgot what it was like to act with guys, pretty much.”

ROOKIE MOM Mindy gave birth to daughter Katherine Swati Kaling in December and is enjoying being a mom, even though she says she's never been a “kid person”. Motherhood “is so rewarding, in a way you can't explain; I feel brave having done it”. Katherine's dad, who isn't named on the birth certificate, is rumoured to be Mindy's ex and former *The Office* castmate, actor BJ Novak.

PARENT PRIORITIES She wants to teach her daughter the importance of fitness early on. “I'm excited for her to see me work out and to know it's a normal part of my life,” the actress says. “I wasn't raised that way and I think when you don't see that kind of thing as a kid, it's really hard to pick it up. I also want her to be confident. I wasn't that way as a child, and I want my daughter to be really confident all the time.” ■

IN HER OWN WORDS

Mindy's view of the world is reflected in these quotes from her three non-fiction books – *Is Everyone Hanging Out Without Me?*, *Questions I Ask When I Want to Talk About Myself* and *Why Not Me?*

■ “I'll leave you with one last piece of advice, which is: if you've got it, flaunt it. And if you don't got it? Flaunt it. 'Cause what are we even doing here if we're not flaunting it?”

■ “Being called fat isn't like being called stupid or unfunny, which is the worst thing you could ever say to me.”

■ “Chubby people can never truly pull off ethereal, the same way skinny people can never be jolly.”

■ “The truth is, if I were going to lose weight successfully I'd have to think about what I eat constantly. I can't imagine a life more boring.”

■ “I just want ambitious teenagers to know it's totally fine to be quiet, observant kids. Besides being a delight to your parents, you'll find you have plenty of time later to catch up.”



TOP: Mindy in *A Wrinkle in Time*. ABOVE: With Helena Bonham Carter in *Ocean's 8*.

GALLO IMAGES/GETTY IMAGES, WARNER BROS.

***** BRILLIANT ***** EXCELLENT ***** WORTHWHILE ***** SO-SO ***** IF YOU MUST ***** Personal reviews are rated. A All ages D Drugs H Horror L Language N Nudity P Prejudice PG Parental guidance S Sex V Violence.

In *Jurassic World: Fallen Kingdom*, animal behaviourist Owen Grady (Chris Pratt) is on a mission to rescue Blue, the velociraptor he raised.



AT THE CINEMA

CHILL OUT | WHAT TO WATCH

Jurassic World: Fallen Kingdom ★★★

Sci-fi action. With Chris Pratt, Bryce Dallas Howard and Rafe Spall. Director: JA Bayona. 13LV.

This fifth movie in the Jurassic Park franchise picks up three years after the Jurassic World theme park on Isla Nublar was abandoned when the genetically engineered Indominus Rex broke out and started eating tourists.

Dinosaurs have been allowed to roam free on the island but now an erupting volcano threatens their existence and a global debate rages about whether they should be saved. When park manager-turned-dinosaur rights activist Claire Dearing (Howard) receives funding for a secret rescue operation, she persuades

ex-boyfriend Owen Grady (Pratt), the park's animal behaviourist, to join her.

After *Jurassic Park*'s two sequels, *The Lost World* (1997) and *Jurassic Park III* (2001), failed to live up to expectations, fourth instalment *Jurassic World* (2015) revitalised the franchise by harking back to the thrilling set pieces, clever script and likeable characters that made Steven Spielberg's 1993 film so enjoyable. Unfortunately *Fallen Kingdom* emulates *The Lost World* in that it starts off promisingly, offers up its biggest and best set piece halfway through then descends into somewhat silly, overwrought plot developments.

Half of the film is a nail-biter disaster movie in the vein of Bayona's *The Impossible* (2012), while the less effective second half emulates his horror film *The Orphanage* (2007). On the plus side, you're never sure where the story is headed, there are many laugh-out-loud moments and Howard and Pratt still have great chemistry.

★ DVDs

INGRID GOES WEST ★★★★★

Comedy drama. Ingrid Thorburn (Legion's **Aubrey Plaza**) is a somewhat unstable young woman prone to equating passing interactions on social media with meaningful friendships.

After taking a liking to Taylor Sloane (Elizabeth Olsen) – an Instagram-famous “influencer” – she moves to Los Angeles in a bid to befriend the socialite.

This pleasantly surprising dark comedy's commentary on the influence of social media veers towards the absurd and over-the-top. But first-time director Matt Spicer ultimately avoids a sanctimonious cautionary tale by creating a fairly relatable narrative from the perspective of the stalker.

With great performances from the cast – which includes O'Shea Jackson Jr and *Avengers: Infinity War*'s Pom Klementieff – and beautiful sets captured in the hues of Instagram filters, this is a worthwhile and relevant watch. – **BUHLE-BETHU QATYANA**

2017. 94 MIN. 16DLSV.

KIDNAP ★★★

Action. Waitress Karla Dyson (**Halle Berry**), who's fighting a custody battle with her estranged husband over their six-year-old son (Sage Correa), takes the boy to a carnival.

Then any parent's nightmare becomes a reality: she sees her son being bundled into a stranger's car. Desperate to save him, Karla jumps into her vehicle and gives chase.

This action-packed movie, a female version of the *Taken* flicks, will keep you on the edge of your seat, and Berry is convincing as an ordinary mom who'll do anything to save her son.

– **COLIN HENDRICKS**

2017. 91 MIN. 13LV. ALSO ON DSTV BOX OFFICE.



★ DStv Box Office

PITCH PERFECT 3 ★★★★★

Musical comedy. With the eight members of a capella singers The Bellas having finished college, the group is over. But they miss singing together – so Beca (**Anna Kendrick**), Fat Amy (**Rebel Wilson**), Chloe (Brittany Snow) and the others reunite to perform at an event with former Bella Emily (True Grit's Hailee Steinfeld).

The gig falls through, so they enter a competition that could lead to a chance to work with DJ Khaled...

Pitch Perfect followers will love to hear their heroes sing again, and the music in this

super-slick production is as entertaining as ever.

But while the cast, and Kendrick and Wilson in particular, deliver the goods, the plot doesn't really convince and you get the feeling this franchise has run its course and this instalment is just more of the same.

Elizabeth Banks and John Michael Higgins are once again hilarious as the kooky singing competition commentators, but this movie is strictly for fans only.

– **WILLEM MÖLLER**

2017. 91 MIN. 10-12PG V. ALSO AVAILABLE ON DVD.



★ All Ages D Drugs H Horror L Language M Nudity P Prejudice PG Parental guidance S Sex V Violence
 ★ BRILLIANT / ★★★★★
 ★ EXCELLENT / ★★★★★
 ★ WORTHWHILE / ★★★★★
 ★ SO-SO / ★★★★★
 ★ F-YOUMUST

DVDS SUPPLIED BY VIDEORITE FISHHOOK - FIND THEM ON FACEBOOK

UNIVERSAL PICTURES, NEON, RELATIVITY MEDIA

Jimmy Nevis

Six years after the release of his debut album, *Subliminal*, Cape Town's Jimmy Nevis is back with his long-awaited third album, *Chimera*. We catch up with the singer

How is *Chimera* different to your previous offerings? When I started out I had a lot of fans who were teenagers, and I was just 20. Since then most of them have gone through university and got married – so much has changed for both me and my fans. Back then I was writing about love, like, “You broke my heart and I’m done with this.” But now I’m older it’s more like, “You broke my heart but I also let you break my heart.” I wanted to express the more complicated aspects of love that I think I understand better six years on.

A *Chimera* is a mythical fire-breathing monster made up of parts of various animals. What’s the significance of the name? It’s a symbol of my music and my persona. I grew up listening to a lot of old-school music like Chicago and Earth, Wind & Fire and I also grew up in the church, so there’s an almost gospel undertone. It’s R&B but with elements of jazz and hip-hop. The idea of being made of many parts really sums up both me and my music.

There are 17 tracks – quite an undertaking. Tell us how it all came together.

This is my first album where there wasn’t a strict deadline so I had more leeway. I felt I wasn’t trying too hard and there’s so much spur-of-the-moment, raw emotion in it. For example, with *Feel Something* I was having an argument with a friend. So I went to a deli to get away for a bit and ended up writing the song in 10 minutes. When I got back to the studio I recorded it immediately and nailed the first verse and chorus on the first take.

Which is your favourite track? *Pre-love*. Recording the vocals was challenging and took me to new places as a musician. Listening to the way it turned out makes me feel all warm and fuzzy inside

– like giving birth to a child who doesn’t end up on drugs and grows up to have a great life!

You’ve spoken about being in a dark place after the release of your previous album (2014’s *The Masses*) and said you considered quitting music altogether. What helped you out of that slump?

There was politics with the record label and I felt I wasn’t progressing the way I wanted to. It felt like a “quarter-life crisis”. I ended up travelling around the

US with a friend and it was so awesome to interact with people as just Matthew

[Jimmy’s real name is Matthew le Roux]. It helped to be outside of my career for a bit. Recording this album also helped – making music has always been a coping mechanism for me.

What do you do to unwind? I cook! It’s so relaxing to focus on something else. I put on a great playlist, pour a glass of wine, light candles and cook a mean curry.



CHIMERA

★★★★

By JIMMY NEVIS

On his third album Jimmy moves away from syrupy love songs towards a more grown-up R&B and alternative pop sound. It’s a bright and bold new direction as he embraces hard-hitting anthems and powerful ballads, singing about relationships in a confident, straightforward way.

The 17-track offering puts his stellar songwriting and cheeky lyrics front and centre, establishing him as one of SA’s leading musicians.

‘The idea of being made of many parts really sums up both me and my music’

CHILL OUT | BOOKS

Book buzz

This week we review two crime thrillers and the diary of a disillusioned born-free

COMPILED BY **JANE VORSTER**



I'VE GOT MY EYES ON YOU

★★★★
By **MARY HIGGINS CLARK**
Simon & Schuster

This is one of those books you can read in a single night – a simple crime, a multitude of suspects, and police determined to bring the killer to justice. Yet there's still enough intrigue to keep the reader interested and turning the pages.

When 18-year-old Kerry Dowling is found dead at the bottom of the family pool, her parents and sister have more questions than answers.

As many popular kids tend to do, the teenager had a party while her parents were away. Yet while dozens of friends attended, no one saw the murder. Could the killer be her boyfriend, whom she'd had a screaming match with on the night of the get-together? Or her odd neighbour who hadn't been invited? Kerry's elder sister, Aline, wants answers, and she's not willing to wait for the police to find them. But as she goes searching for the murderer, she faces dangerous obstacles.

This thriller is classic Mary Higgins Clark. -**THULANI GQIRANA**

MACBETH

★★★
By **JO NESBØ**
Hogarth

When a drug bust in some bleak, unnamed Scottish town goes badly wrong, it's up to inspector Macbeth and the members of his team to clean up the mess.

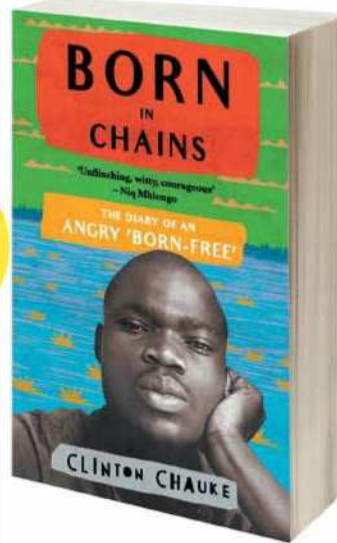
He's rewarded and promoted to head the organised crime unit – which whets his appetite for more power.

If you know William Shakespeare's famous Scottish play, you'll instantly recognise the characters in Nesbø's new novel.

Where Macbeth in the play is a general, here he's a policeman, and his beautiful wife is the owner of a casino.

She helps him to kill Duncan, the chief commissioner of police, so he can climb the career ladder – just as Shakespeare's Macbeth murdered King Duncan.

I suppose there are readers who might regard this as an inspired take by Nesbø on one of the Bard's most famous plays, but as a crime novel it just doesn't work. This is definitely not for fans of Harry Hole. -**ANDRÉ J BRINK**



BORN IN CHAINS: THE DIARY OF AN ANGRY 'BORN-FREE'

★★★
By **CLINTON CHAUKE**
Jonathan Ball Publishers

In this memoir, 24-year-old Clinton Chauke takes a brutally honest look at his life and how it's been shaped by his circumstances – born into poverty, he just never manages to escape it, despite his best efforts.

If you've grown up in a township, or know people who have, you'll be aware of the struggles he's faced: mud houses, no electricity or running water, no proper schooling, being left to your own devices as your parents go off to work in the city, and black tax.

As he tries to improve his lot in life he grapples with politics, religion, tribalism and the circumcision traditions surrounding becoming a man.

He goes from being bullied at school because he's a very dark Shangaan and being obsessed with church, to marching in #FeesMustFall protests and expressing his hatred for white people.

It's heartbreaking reading yet Clinton's perseverance and undying hope for a better life than the one he has in Atteridgeville's squatter camp is admirable.

This is one of those reads you'll either instantly love or really struggle to get into.

It's a bit long-winded and drawn out, but also witty and entertaining. -**SHOUNEES MOOLA**

THE NEUROSCIENTIST WHO LOST HER MIND

★★★
By **BARBARA K LIPSKA**
Penguin Random House

Dr Barbara Lipska is a neuroscientist, an expert who works behind the scenes looking for causes of brain defects in the hope that someday her team will be able to devise a physical diagnostic tool for mental disorders – and ultimately cure them.

She runs a brain bank and has published hundreds of papers on neuropsychiatric disorders. But the brain that's served her well all these years suddenly betrays her.

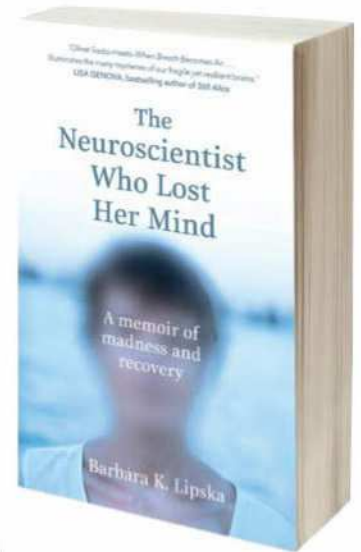
She gets a diagnosis that turns her life upside down: a bleeding brain tumour, which can only mean metastatic melanoma, the most aggressive type of cancer.

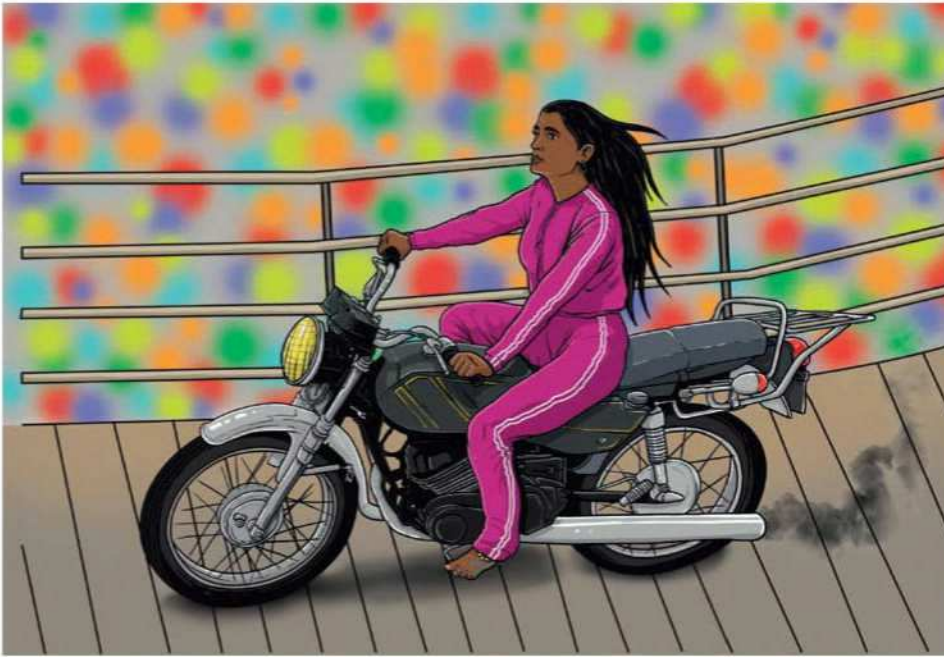
Barbara has survived breast cancer and melanoma of the skin, but knows this is a death sentence. As she loses her memory she wanders the streets of her neighbourhood for hours, unable to recognise her own home.

In addition she has to deal with behavioural changes, physical symptoms and irrational thoughts as she displays symptoms similar to dementia and schizophrenia.

This memoir, which is in much the same mould as Still Alice by Lisa Genova and A Beautiful Mind by Sylvia Nasar, offers an accessible insight into the world of neuroscience and both the power and fragility of the human brain.

-**NONHLANHLA KHUMALO**





CHILL OUT | FICTION

The Magic of India

The sights, sounds and smells were so exciting and exotic – and the daredevil girl on the bike simply riveting

BY DOUGLAS McPHERSON ILLUSTRATION: MICHAEL DE LUCCHI

INDIA had always wanted to visit the land she was named after, the subcontinent where she was conceived on her parents' hippie trek 23 summers before.

Some said she had the temperament of her namesake – torrid, wild, confusing and unknowable. She'd always wanted to make the comparison for herself.

And now here she was, melting beneath the 32°C sun that gleamed off her brightly patterned headscarf and caused her shirt to stick damply to her back.

The mela – the fair – was in town and everywhere she looked was noise and colour. Lorries decorated like temples with wooden carvings, gold paint, beads and tapestries threw up clouds of orange dust from the rutted road. Elephants, donkey carts and chickens mingled with the traffic and pedestrians.

Wizened men with grey beards squinted from shadowed doorways. Women in richly coloured saris shouted from steaming food stalls. The aroma of chilli, coriander and ginger called for attention

even more forcefully. Girls in loose and elegant shalwar walked like princesses among men in the traditional sarong-style lungi and others in Western-style short-sleeved shirts in a rainbow of colours from lemon to lime.

A throaty roar spun India's head around. A man with a long black beard and flowing robes was dragging a lion on a lead through a doorway. He scooped his hand under the beast's rump and forced it over the threshold like a reluctant dog.

India felt as if she was drowning in sensory overload. She knew her parents feared for her safety. But if she didn't come now, then when?

Flies and mosquitoes buzzed past her ears like helicopters. Then something buzzed louder. She jumped aside as a motorbike ploughed through the dust. At the handlebars was a boy with a big white-toothed grin, long hair and a leather waistcoat over his leanly-muscled torso. Riding pillion, a girl in a silky fuchsia tracksuit shouted through a megaphone.

India reeled as if punched in the ear by

words she didn't understand: "Maut ka Kua!"

A young boy, no more than nine, must have seen her confusion. He grinned, pointed and yelled in gleeful English, "Well of Death! Well of Death!"

It loomed ahead of her, amid the circus tents, sideshows and fairground rides – a rough wooden cylinder, maybe 15m tall and the same across. It was encased in rickety scaffolding and topped with a pointed tent like a spire.

India handed her rupees to a man with a monkey on his shoulder and followed the procession up springy wooden steps. Exhausted and faint, she steadied herself on the handrail and felt it wobble in her grip.

THE sun was muted inside the tented section but augmented by hot spotlights. The oven-like air was filled with deafening rap music, the lyrics shouted in Hindi.

India found herself on a narrow platform encircling the wooden cylinder. She made her way to a gap amid the spectators and peered over the chest-high rim.

Staring down the vertiginous sides was indeed like peering into a well. Far below, on the rough dirt of the circular base, were parked three small hatchback cars with scuffed paint and no glass in their windows. Three motorbikes were parked at rakish angles.

Surrounded by the vehicles, half a dozen young figures lounged and chatted around a record deck from which the rap music pounded.

India was intrigued to see the girl in the fuchsia tracksuit amid the black-haired gypsy-like boys. Her gleaming hair falling to her tiny waist, she looked about the same age as India.

Leaning on the splintery ends of the vertical wooden planks that formed the well's sides, India wondered how the girl's life differed from her own.

A cheer went up as the rap music was joined by the heart-racing sound of three motorbikes being kicked into spitting, spluttering life. In convoy, three riders began circling the base of the well, with the girl in fuchsia piloting the lead bike.

Tyres rumbled on roughly nailed wood as the bikes mounted a slanted track around the well's perimeter. Then, held in place by centrifugal force, they began climbing the vertical sides.

Her ears full of roaring engines and her nose full of pungent exhaust smoke,

India felt the vibration of the planks shaking her to her core as the motorcyclists spiralled up the well towards her, racing parallel to the earth.

In the lead, a blur of pink, her gleaming hair streaming out behind her like a horse's tail, the girl took her hands off the handlebars and stood on the footrests. Grinning widely, she struck an air-punching pose that drew fresh applause from the crowd.

More engines joined the thunder.

No, thought India, surely they can't...

As she watched in disbelief, the three cars began to circle the well and climb the vertical sides. With three cars and three bikes defying gravity on the sides of the well, the whole structure seemed to sway and ripple and warp.

With her breath held and her heart in her mouth, India felt like she was no longer merely watching the surreal spectacle. She felt she'd become a stretching and flexing strand in its fragile web of bizarre physics.

One by one, the cars and bikes descended to the pit of the well until only the girl in fuchsia was left on the sheer wooden wall. While her friends decelerated, she sped up, her screaming tyres barely a foot beneath the rim of the well.

India flinched as the machine flashed by her every few seconds, scalding her face with its heat and burning her nostrils with the tang of its exhaust smoke. But she couldn't stop watching as the girl swung a silk-clad leg over the tank of her bike. With the bike racing at right angles to the wall and not holding on in any way, she lay on her back across the saddle.

Her dusty feet were bare. Jewelled bracelets flashed on her ankles. Her toenails were painted the same deep red as the bindi on her forehead. With her arms outstretched and her teeth gleaming in a beatific grin, she looked like an angel in flight.

And as India watched, transfixed, she forgot that she was dying.

SIX months later Dr Andy Singh was making his evening rounds of a Johannesburg hospital. As he approached the room where India Clark lay thin and

fragile, with her head wrapped in a silk scarf, he sighed heavily.

Like everyone else on the team he'd fallen a little in love with the girl who faced her fate so bravely. It broke his heart to know there was nothing they could do for her now but make her comfortable.

He remembered their conversations about the country after which she was named. She'd asked if he'd ever been there. South African born and bred, he'd laughed and told the pale blonde girl that he'd never been further east than his local Indian restaurant.

"You must go," she'd insisted, then told him all about the mela and the Maut ka Kua.

As he pushed open her door, the young doctor blinked at the sunset burning through the window. It turned the whole room crimson and brought a healthy glow to India's usually pallid face.

Her eyes were closed and she was smiling. He wondered if she was dreaming, perhaps about her Eastern namesake. He hesitated to disturb her. Then he realised she wasn't breathing.

INDIA had heard stories about people on their deathbeds telling relatives that they could hear the heavenly choir and see angels coming to meet them.

But it wasn't singing she heard as her room turned red in the sunset. It was the distant roar of motorbikes.

As she closed her eyes, she felt the world begin to spin around her. But when she opened them, it wasn't the world that was spinning, it was her.

She was riding pillion on a dirt bike piloted by the Indian girl in the fuchsia tracksuit as they circled the vertical sides of the Maut ka Kua.

The well was filled with sunlight and India saw there was no tented roof above them, just clear blue sky and a blinding white sun.

The angel at the handlebars looked over her shoulder and grinned. Then she twisted the accelerator and the bike sped up. Around and around they circled, spiralling up the sheer wooden walls, then over the rim and upwards into the azure sky, away from the well of death. ■

© DOUGLAS McPHERSON

Tyres rumbled on roughly nailed wood as the bikes mounted a slanted track around the well's perimeter



Cold Sores? Sun Blisters? Mouth Ulcers?

Solution...
Fithealth
L-Lysine
Tablets and
Lysine Lip
Cream



- For best results, use Fithealth L-Lysine Tablets and Fithealth Lysine Lip Cream in conjunction with each other
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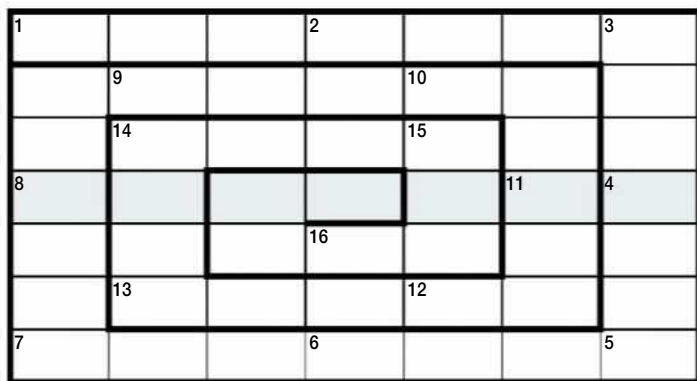


fithealth

SPIRAL

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

- | | | |
|--|----------------------------------|--|
| 1 Coarsely ground corn | 7 Behave silly and playful | Keyword clue:
a type of icing |
| 2 Object with metal pins that fits into a socket | 8 Reasonable and just | |
| 3 Arthritis | 9 Place for a boxing match | |
| 4 Pastry case with filling | 10 Protective garment (hospital) | |
| 5 Move slightly into a sloping position | 11 Round, flat Indian bread | |
| 6 Branch | 12 Unable to feel | |
| | 13 Dried ink drop | |
| | 14 Dull sound | |
| | 15 Nightfall | |
| | 16 Generous | |



COMPILED BY MARTHE HAND

CRYPTO-QUOTE

Example: **AXYDLBAAXR**
is: **LONGFELLOW**

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

YISU TRXKFQV IEU ENZEVU AQQF

EARXY KQEPISFD VRXK RZF RYIQK

UIRKQ FR JEYYQK ZIEY SY SU, EFW YIEY

WKQEJ PRFYSFXQU. – WSEFE FVEW

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

Last week's solution: The sacred rights of mankind are not to be rummaged for among old parchments or musty records.
– Alexander Hamilton

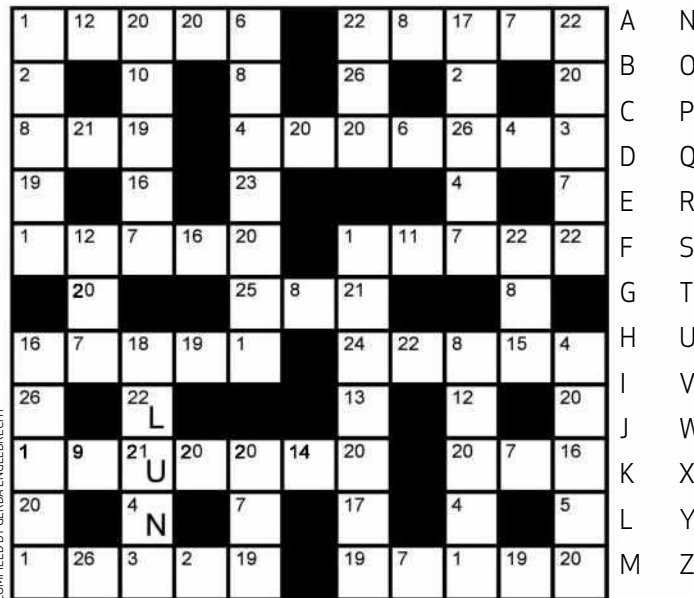
WORDLINK

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

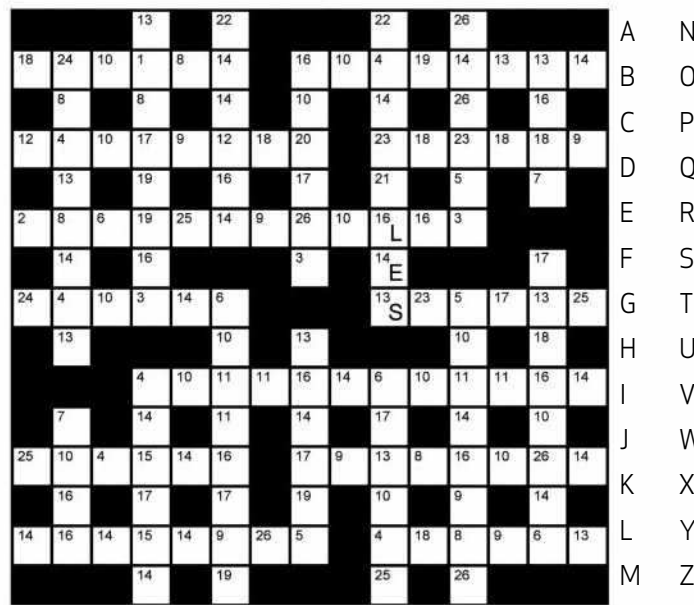
PRESS FEATURES

CODEBREAKER

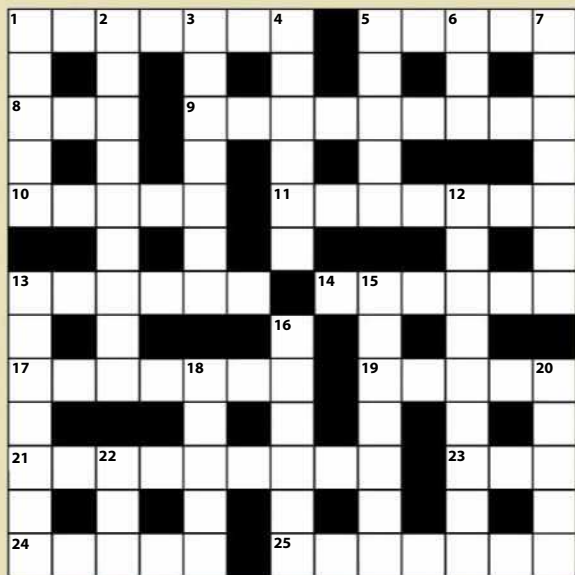
Each letter of the alphabet is represented by the same number throughout the puzzle. For example, in the puzzle below 4=N, 21=U and 22=L. Use these clues to fill in the matching numbers in the rest of the grid, then work out the missing words and add the solved letters to the number grid guide below the puzzle.



COMPILED BY GERDA ENGELBRECHT



Dragon --- weight



TWO-WAY TEASER

Two sets of clues but the answers are the same

CRYPTIC CLUES

ACROSS

- 1 Head of force put in danger searched for weapons (7)
- 5 Arrangement for group on top (5)
- 8 Eggs from duck on van, mostly (3)
- 9 How you hammer without wanting to pay? (2,3,4)
- 10 Eventful incident when prosecutor grabs hold of sheep! (5)
- 11 Museum man's reversed rota with NI police (7)
- 13 Waddle when unsteady – don't hurry! (6)
- 14 Knowledge you can get your teeth into? (6)
- 17 Ceremony when you overtake at speed? (7)
- 19 Attracts spectators with cricket shots (5)
- 21 Grounds in this have provided drink (9)
- 23 Certainly repeatable on board (3)
- 24 Reversible doctrine (5)
- 25 Way in which you have to show regard (7)

DOWN

- 1 Overflow in the first animal rescue (5)
- 2 Suffering a lot in a rough road? (2,1,3,3)
- 3 King now has everybody – you can't tell him anything (4-3)
- 4 Find Ted standing up etc though drunk (6)
- 5 She's about to return unqualified (5)
- 6 Room, leaf or cloth (3)
- 7 His progress was booked (7)
- 12 Rough wade vital in big surge of water (5,4)
- 13 If cited in trouble, shortfall's revealed (7)

- 15 I'm a favourite American causing Driving Force (7)
- 16 Bad sprout causing dazed state (6)
- 18 He works underground at gathering in information (5)
- 20 Large thin piece he's put in fixed (5)
- 22 Supporter in the cooler (3)

QUICK CLUES

ACROSS

- 1 Played boisterously (7)
- 5 Establish new business (5)
- 8 Eggs (3)
- 9 Paid at once (2,3,4)
- 10 Theatre play (5)
- 11 Head of a museum (7)
- 13 Drag one's heels (6)
- 14 Knowledge (6)
- 17 Ceremony involving low aircraft (7)
- 19 Moves into a certain direction (5)
- 21 Container for hot drink (9)
- 23 Yes (3)
- 24 Religious doctrine (5)
- 25 Polite regard (7)

DOWN

- 1 Overflow of water (5)
- 2 Facing great distress (2,1,3,3)
- 3 Person who thinks he has great knowledge (4-3)
- 4 To discover a crime (6)
- 5 Perpendicular, very steep (5)
- 6 Main evening meal (Br) (3)
- 7 Person undertaking religious journey (7)
- 12 Huge surge of water (5,4)
- 13 Shortfall (7)
- 15 Driving force (7)
- 16 State of unconsciousness (6)
- 18 Spy (5)
- 20 Bedcover (5)
- 22 An ardent admirer (3)

BRAINBUSTER NO 724

ACROSS

- 1 Without stopping to think (2,3,4,2,3,6)
- 11 Displace (8)
- 15 Artistic composition (4)
- 18 Buck (3,4)
- 19 Envisage (7)
- 20 Starchy cereal used in puddings (4)
- 22 Fable (6)
- 23 Securing with a hammer (7)
- 24 Looked for (6)
- 25 Definite article (3)
- 26 Adjust (5)
- 28 Agitated (5)
- 30 Astrology sign (3)
- 31 Recovery clinic (short) (5)
- 32 Gown (4)
- 33 Slightly open (4)
- 34 To void (5)
- 35 Blackthorn (4)
- 37 Dwell (4)
- 39 How I ... Your Mother (TV series) (3)
- 40 Illustrations in an atlas (4)
- 42 Consumes (4)
- 45 Took in as one's own child (7)
- 48 Jab (4)
- 49 Repulsive (inf) (4)
- 50 Winter and summer, eg (7)
- 53 Wound fluid (3)
- 54 Breakfast, lunch and dinner (5)
- 56 Shocks (5)
- 59 Chubby (5)
- 61 Beer (3)
- 62 Fever (4)
- 63 Piece of land with fixed boundaries (3)
- 64 Baton (3)
- 65 Posterior (4)
- 66 Centre of a storm (3)
- 68 Punishment (11)
- 69 ... a trade (conduct) (3)
- 70 Proprietor (9)
- 71 Make merry (9)
- 72 Enemy (3)
- 73 Get situated (9)
- 74 Twitch (3)
- 76 Figures representing a scene (7)
- 78 Lived (7)
- 80 Subside (5)
- 81 Skim (a text) (5-4)
- 84 Banish (5)
- 85 Dashing (6)
- 87 Displease (6)
- 89 Rests on a chair (4)
- 92 Fusion (9)
- 94 Footwear (4)
- 96 Revoke (8)
- 97 Oatmeal, eg (8)
- 98 Falling flakes (4)
- 100 District (9)
- 103 Divider in a home (4)
- 106 Coin money (6)
- 107 Flop (6)
- 109 Be troublesome (3,2)
- 110 Secrets (9)
- 114 Fanatic (5)
- 115 Extract (7)
- 117 Tallest (7)
- 119 As well (3)
- 120 Obtain something (5,4)
- 122 Observe (3)
- 123 At the scene (2,3,4)
- 125 Position (9)
- 127 Ventilate (3)
- 128 A dislike of humankind (11)
- 129 Weep (3)
- 131 Reflection of sound (4)
- 132 Fountain, eg (3)
- 133 Anger (3)
- 135 Petty quarrel (inf) (4)
- 136 Priestly garb (3)
- 138 Informal language (5)
- 139 Itemised records (5)
- 142 At no time (5)
- 143 ... constrictor (3)
- 144 Remainder (7)
- 148 Door fastener (4)
- 149 Purple fruit (4)
- 150 Relative (7)
- 154 The distance between two points (4)
- 156 Quarry (4)
- 157 Feel sorrow (3)
- 158 So be it (prayer) (4)
- 159 Couldn't care ... (4)
- 161 Profundity (5)
- 162 Tempo (4)
- 164 Borehole (4)
- 166 Supernatural creature (5)
- 167 Ostrich-like bird (3)
- 169 Shine (5)
- 171 Fill with optimism (5)
- 173 Frost (3)
- 175 Found in oysters (6)
- 176 Sweltering (7)
- 177 There is (contr) (6)
- 179 One a single occasion (4)
- 180 Bill (7)
- 181 Having rays or tentacles (7)
- 182 ... and pepper (4)
- 183 Wasteful (8)
- 184 Share ideas to solve a problem (3,4,5,8)

DOWN

- 1 Worshipped object (4)
- 2 Resilient (5)
- 3 Suffering (8)
- 4 Open to suggestion (8)
- 5 La Bohème, eg (5)
- 6 Call upon (4,2)
- 7 Commotion (10)
- 8 Binding contract (10)
- 9 Mystery (6)
- 10 Mark ... (author of Tom Sawyer) (5)
- 11 Piece of luggage (8)
- 12 Gifts (8)
- 13 Traditional saying (5)
- 14 Horse's gait (4)
- 16 Part of the corolla (5)
- 17 Fume (3,3)
- 20 Morose (6)
- 21 Spirit (5)
- 27 Ridiculous (12)
- 29 Military force (4)
- 35 Limber (6)
- 36 Breakfast option (4)
- 38 Most suitable (5)
- 41 Impostor (5)
- 43 Large continent (4)
- 44 Freedom from danger (6)
- 46 Came into being (10)
- 47 Situation that can get dangerous (4,4)
- 51 A-B-C (8)
- 52 Generous (4-6)
- 55 Traditional knowledge (4)
- 56 Help (7)
- 57 Not rural (5)
- 58 Place (7)
- 59 Go ahead (7)
- 60 The ... Ranger (4)
- 67 Chic (7)
- 69 Easily annoyed (7)
- 72 Moves (wings) (5)
- 75 Pancake (5)
- 77 Height (9)
- 79 Telling (9)
- 82 ... your heart out (3)
- 83 Type of grain (3)
- 86 Put to the test (5)
- 88 Ways out (5)
- 90 Countryside hotel (3)
- 91 Serrated tool (3)
- 92 Part of a tennis game (3)
- 93 Secret agent (3)
- 94 Stitch (3)
- 95 Nocturnal bird (3)
- 98 Clever (5)
- 99 Open-air (7)
- 101 Groove (3)
- 102 Liquid distilled from coal (3)
- 104 Creatives (7)
- 105 To bequeath (5)
- 106 Glasses (10)
- 108 Beat (10)
- 110 Thawing (7)
- 111 Depart (3,4)
- 112 Entrails (7)
- 113 Retail centres (8,4)
- 116 Narrowed (blood vessels) (8)
- 118 Particle in an atom (8)
- 121 Dislikes (5)
- 124 Portent (4)
- 126 Ancient instrument (4)
- 127 Calculating device (6)
- 130 Harmless ammo (6)
- 132 Folio (5)
- 134 Summon (5)
- 137 Strong, cold wind (4)
- 140 Concert master (10)
- 141 Tool for an author (10)
- 143 Close to the ... (accurate) (4)
- 145 Tolerate (6)
- 146 Majestic (8)
- 147 Sudden disturbance (8)
- 148 Publicity (4)
- 151 World Wide Web (8)
- 152 Fielding position (cricket) (5,3)
- 153 Partners (6)
- 155 Groom (5)
- 160 Iron alloy (5)
- 163 Even though (6)
- 165 Clergy member (6)
- 168 Large-scale (5)
- 170 Crunchy (5)
- 172 Starred in (5)
- 174 Collision (5)
- 175 Ceremony (4)
- 178 Mix (4)

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CORRECTLY COMPLETE THE BLOCKBUSTER AND YOU COULD WIN a YOU Crossword Dictionary!



PHAROS, THE PUBLISHER, WILL GIVE AWAY ONE OF THESE DICTIONARIES WEEKLY FOR THE REST OF THE YEAR

ENTER BEFORE 19 JULY 2018.
SMS THE KEYWORD YOU, YOUR ANSWER, YOUR NAME AND CITY TO 36400.

NO 1620

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

HOW TO ENTER: CORRECTLY COMPLETE THE BLOCKBUSTER, WRITED DOWN THE LETTERS IN THE COLOURED BLOCKS AND USE THEM TO UNRAVEL THE ANSWER TO THE QUESTION. SMS THE KEYWORD YOU, YOUR ANSWER AND YOUR NAME AND CITY TO 36400. EACH 5 SMS COSTS R150. ONLY ONE SMS PER ENTRANT WILL BE ACCEPTED. KEEP THE ORIGINAL COMPLETED CROSSWORD AS PROOF. THE COMPETITION IS CLOSED TO STAFF AND THEIR IMMEDIATE FAMILIES OF MEDIA24, MEGAPROM AND THEIR ADVERTISING AGENCIES. THE CLOSING DATE IS 19 JULY 2018.

COMPLETED BY: BIANCA MOREL

SA political party (7,8,8)	Post from admirers (3,4)	Egyptian goddess	CEO Be entitled to	Open star cluster in Taurus	Port in Portugal	Ulcerative skin disease	Exchange for money (4,2)	They keep journals	Awe-struck Flowery
Easily scared (6,2,4,6)				Washes lightly			Male parent		
				Escapade			Fill with horror		
Ignored immediately (9,3,2,4)			Quit	Russian unit of length			Cap of Norway		Italian money
		Sunday meal				Silliness			Sign of fatigue
Indian dress	Stair part	Constrain			Discoloured	Palm fruits		Odeum	
Wildebeest					Common moth		Mass of salt water		
	Noisy brawl				Correctly			Islands off Scotland	
On	Express		Grain fungus		Trying experiences		More irritable (inf)		
Clergyman's salary			Hosiery material				Produce		
				Gloomiest				Troubled	Winter or Spring
				Indian native					Ova
In a reserved way			Greased				Fixing collars		
			Open plan lounge				Baked treat		
		Dept of France				Engraving			
Borrow	Ancient city in Africa	Dog or cat			More capable	Hoots		Emerge from an egg	
Fashion	Gloom				Relating to ions		Limb		
	Era						Made with hazelnuts		
	Implicated								
Unable to be found			Resulted				Emphasised recording		Related
Dove call			Pig sound					Fort (abbr)	Adheres
NE African		Norse creator god			Prostrate			Person lacking pigmentation	
				Group of eight	Snuggle				
				Pleasant	Outdoor jacket		Soft low singing		
Annual general meeting (abbr)	Ship's boat						Pottery		
	Devil-fish				Atlas chart			Blasted	
		Laundry agent			Medical student			Not strict	
		Cease						Except that	
Grate				Outer layer	Epidermis			Grin	
Enclosed				Clothes edge	Fury				
		Speech impediment					Sum		LSD
		Usher in					Small devil		Upper thigh joint
Take				Type of discrimination				Trickery	
As soon as possible							Press	Television	
							Our country		
								Juicy fruit	
								Hindi bread	
		Microphone (inf)			Fowl fattened for eating				Vice President
									Maize



If you get stuck, ask other readers for advice on the YOU Crosswords Facebook page.

NO 1597

COMPILED BY BIANCA MOREL

	... algebra (computers)	Merge	Speak foolishly	Open courts	Released from grasp (lit)	Types of racemes	Narrow boats	Re the moon	Church space
		Re the ear			Wise	Right (abbr)		Lease granter	Blushes
				XXX	US taxman (abbr)		Firm		
		Baronet (abbr)		Goodbye		Humbled	Seamen's chapel		
	'Closer' artists (3,12)	Sincere				Formal (words)			Sauce basis
			Old fashioned		Chest		Minerals		
	Animal exhibits				Mild oath (archaic)		African river		
	Change posture			Indian loincloth		Great Lake			
				Taro		At first		United States	
				Wattle		Exhilaration		Nobleman	
Spruce up	Adventure	Have (archaic)		Tent dweller				'Bangarang' EDM DJ	
	Untruth	Town in NW Italy							
			Young eagle			Each (abbr)			
			Forest feline			Earth			
Family of languages	Ancient Greek city			Thorny flower		Fears			
	Agitate			Argon (symbol)		Hanging spike			
		Apex			Surpass				
		Cambodian native			Liable to law suit				
Joke	Maori amulet		Rugby League	Lacking imagination			Agitate a liquid		
Internet service provider (abbr)	Polar region		Mineral spring	Enslave			Palm leaf		
		Rapidity			Cancel out				
		Roman three			Applied (abbr)				
			Hessian fabric			Re phrases			
			Hostel room			Edible cannabis			
	SA city			Deodar	Loud horns				
	Protozoan			Work slowly	Turn away				
Capital of Egypt			To shock			Not in a figurative sense			
Weak			Loutish			Dye			
		Turn			S Hemisphere constellation		Lair		
		Flavour-some					Tropical fish		
'Rock-star' artist (4,6)						Cosmetic powder			
							Ontario (abbr)		
			7th Gk letter	Historical period (4,4)			Almost		
			Tame animal				Didymium (symb)		
	Most glacial						Drag		
	Expel saliva			It is		Balsam			
				Minute particle		Dal segno (abbr)			
					Containing water				
	... well			Legends					
	Ream (abbr)			Indian bread (pl)		Full of rich soil			
						Helios			
							Hatred		
							Crowned		

GALLO IMAGES/GETTY IMAGES

CROSSWORDS

WINNERS & SOLUTIONS

BLOCKBUSTER 1613

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

PHOTO BLOCKBUSTER 1590

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

WINNER OF BLOCKBUSTER 1613 CROSSWORD DICTIONARY

Gillian Lambour,
Cape Town
ANSWER:
POTATO

TWO-WAY TEASER SOLUTION

ACROSS 1 Frisked, 5 Setup, 8 Ova, 9 On the nail, 10 Drama, 11 Curator, 13 Dawdle, 14 Wisdom, 17 Flypast, 19 Pulls, 21 Coffeepot, 23 Aye, 24 Tenet, 25 Respect.
DOWN 1 Flood, 2 In a bad way, 3 Know-all, 4 Detect, 5 Sheer, 6 Tea, 7 Pilgrim, 12 Tidal wave, 13 Deficit, 15 Impetus, 16 Stupor, 18 Agent, 20 Sheet, 22 Fan.

BRAINBUSTER 723

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

SUDOKU

HOW TO PLAY

Fill in the missing numbers on the grid so every horizontal row, every vertical column and every 3x3 square contains the numbers 1 to 9 without omitting or repeating any.

SOLUTION TO NO 334

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

NO 335 - EASY

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

BY GERDA ENGELBRECHT

LAUGH A LITTLE

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

NO WELL FINE

"I got a compliment on my driving today," a blonde tells her friend. "There was a note on my windscreen that said, 'Parking fine!'"

GOING DOWN

How do you drown a submarine full of blondes?

Knock on the door.

NO PRESSURE

An elderly man is in hospital awaiting an operation to be performed by his son, a renowned surgeon.

Just before he's put under, the old-timer asks to speak to his son.

"Don't be nervous, my boy," he says. "Just do your best and remember, if it doesn't go well and something should happen to me... your mother would have to come and live with you and your wife."

GETTING THERE

My ex-wife still misses me. But her aim is steadily improving.

DECKED OUT

A frantic patient bursts into a doctor's office and shouts, "Doctor, I believe I'm a deck of cards!"

"Go sit in the waiting room, please," the doctor says. "I'll deal with you later."

THIRSTY

An opportunist is the guy who drinks the water while the pessimist, the optimist and the realist argue about how full the glass is.

GOOD ADVICE

Never date cross-eyed people. They might be seeing somebody on the side.

WEEK EXCUSE

Apparently taking a day off isn't something you should do when you work for a calendar company.

THE IMPORTANT STUFF

A guy goes to see his doctor. "I've forgotten so many things lately, doc, and it's getting worse," he says. "What can I do?"

"Yes, this is a well-known illness," the doctor replies. "Unfortunately there's no cure. While we're on the subject, I'd like to remind you to pay my bill before you leave."

IT GETS WORSE

Father: Son, you were adopted.

Son: What? I knew it! I want to meet my biological parents!

Father: We're your biological parents. Now pack your stuff, the new ones are picking you up in 20 minutes.

SHORT, ROUND AND SWEET

A man walks into a bakery, points at an item on the shelf and says to the assistant, "I'll have that thing there, please."

"Cupcake," the assistant says.

"Okay, Cupcake," the guy says. "I'll have that thing there, please."

GOING BATTY

Two lady mice meet and start chatting.

"Look," one says after a while, "I've got a new boyfriend!" She shows the other mouse a picture on her cellphone.

"I don't believe it!" she shouts, "that's a bat!"

"What? The guy told me he was a pilot!"

TALKING THE WALK

Harry: Hey, Sue, what do you say to a nice walk?

Sue: Oh, Harry, that would be lovely!

Harry: Wonderful. Could you pick up some beer and cigarettes on your way back?

NOT SO SIMPLE

I've spent half an hour trying to take off my girlfriend's bra. I give up. I wish I'd never tried it on in the first place.

HERE'S LOOKING AT YOU

I suspect my neighbour might be stalking me. Last night she was googling my name on her computer. I saw it clearly through my binoculars.

WORKS EVERY TIME

"Do you know how to make a dumb person curious?"

"No, how?"

"I'll tell you tomorrow."

AIN'T CHEAP

A dog is sitting in a bar sipping a bourbon when a customer walks up to him.

"It's not often I see a dog drinking bourbon in here," he tells the dog.

The dog sniffs. "Yeah, well, with these prices it's hardly surprising."

NO TIME TO BE PICKY

"Waiter, could you bring me some toothpicks, please?"

"I'm sorry, sir, but you'll have to wait a little bit. They're all currently in use."

THE EXTRA ONES

I got a really cute dog and called him Threemiles. It sounds great when I say, "I walk Threemiles twice a day."

JUST SAYING

If you start to think I talk too much, just tell me. We can talk about it.

(Turn over)

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Please see a doctor if your symptoms worsen or persist.² In infants and children, oral rehydration must also be given to avoid dehydration which can be dangerous²



¹ D 11.9 Anti-diarrhoeals Naturopathy. This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease. **References:** 1. Dupont C & Vernisse B. Anti-Diarrheal Effects of Diosmectite in the Treatment of Acute Diarrhea in Children: A Review. Paediatr. Drugs 2009;11(2):89-99. 2. Smecta® Package insert. For more information contact Pharmaplant (Pty) Ltd. Reg. no. 1996/017921/07, 106 16th Road, Midrand, 087 742 1860. www.lithahealthcare.co.za. LP 1519 06/2018



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YOU 28/06/18 AC



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AidCall 24/7
There for them when you can't be

(From previous page)

ROLLING WITH IT

A guy is moving into a new block of flats and goes to see his upstairs neighbour.

"Hi," he says. "You live directly above me so you must have the same two-bedroom flat as me. If I may ask, how many rolls of wallpaper did you buy when you moved in?"

"We bought 18 rolls," the neighbour replies. Two months later the guy meets up with his neighbour again.

"Remember how I asked you how many rolls of wallpaper you bought for your flat," he says. "And you said 18? Well, I also bought 18 but after I'd put up wallpaper on every wall I still had 10 rolls left over."

"That's funny," the neighbour says. "So did we."

ON THE NAIL

My teacher asked me to characterise myself in five words.

"Quite lazy," I told her.

TO DIET FOR

A jar of chocolate nuts has about 9870 calories. But I don't care, I never eat the jar anyway.

STILL WISHING

"I wish I could go to the Maldives again."

"Wow, you've been to the Maldives?"

"No, but I'd wished I could go there before."

GETTING THERE

I broke my personal record for the 100-metre dash. I'm on 64 metres.

IT'S NOTHING, REALLY

I saw a poster today where somebody's asking, "Have you seen my cat?" So I called the number and said I hadn't. I like to help where I can.

DON'T MENTION IT

My neighbours are listening to great music. Whether they like it or not.

NOT OVERDOING IT

It's important to take breaks between individual exercises. I personally stick to breaks of three to four years.

SWEET CHOICE

If you had to decide between a diet and a piece of chocolate, which would you prefer - dark, white or milk chocolate?

THE BRIGHT SIDE

The jellyfish has existed as a species for 500 million years, surviving just fine without a brain. That gives hope to quite a few people.

LIKE THAT

My relationship is like an iPad. I don't have an iPad. ■

SOURCES: SHORT-FUNNY.COM, UNJOKES.COM

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Ocean friends



- 1 Unscramble the sea creature words.
- 2 Name the one creature that can fly.
- 3 Find and circle all the words hidden in the grid – horizontally, vertically or diagonally, backwards or forwards.

1 **barc**

2 **plodhin**

3 **shif**

4 **raymo lee**

5 **cooputs**

6 **tetor**

7 **panlice**

8 **harks**

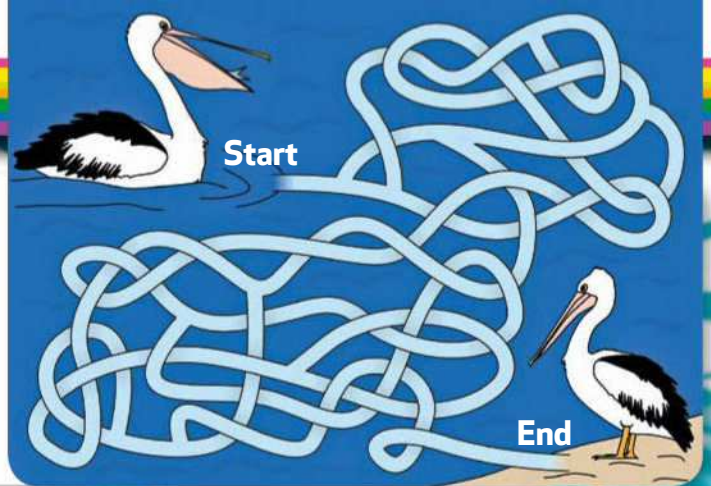
9 **quisd**

10 **halew**

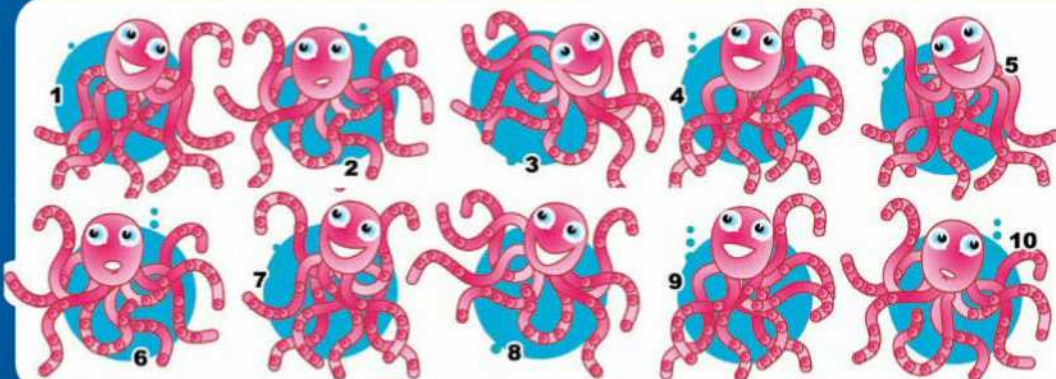
m p w f r y d k o d
 e t e e i o b r c n
 d l t l l s v a t u
 x t a p i t h h o y
 o v h h y c o s p e
 n i w v w k a t u m
 n c r a b f s n s z
 q j r x q d i u q s
 m o r a y e e l g j
 z k j e m k f f q e

Help Mr Pelican reach his mate

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Find 11 differences



Match the only two identical images



On
DStv channel
147



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*Kings of the campground **via**
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A photograph of two men, James Patterson and Bill Clinton, standing side-by-side. James Patterson is on the left, wearing glasses and a dark suit jacket over a light blue shirt. Bill Clinton is on the right, wearing a dark suit jacket over a blue checkered shirt. Both are smiling. The background is a plain, light-colored wall.

ONCE UPON A TIME IN THE WHITE HOUSE

Having flogged more than 375 million copies of his novels James Patterson outguns Dan Brown, John Grisham and Stephen King in publishing. His latest project is a political thriller which he co-wrote with former US president Bill Clinton. Here the men talk about their collaboration



LEFT: James Patterson and Bill Clinton's thriller is set at the White House (ABOVE).

BILL Clinton explodes into the living room of his New York home like a heat-seeking charm grenade. There are about six people in there waiting for him, some new, some staff. America's former president seduces the newbies in turn. It doesn't take long.

He asks one of the women about her kids and how they're doing at school. She melts. He woos me with long and detailed anecdotes about the various famous-person souvenirs that adorn the room. I'm intrigued.

This is the legend. Slick Willie Clinton. The Comeback Kid. Folksy southern charisma, fierce intellect and an affability apparently undimmed by spending almost 40 years cocooned in a power bubble. When he's in politician mode he's almost perfect, even now.

He draws me straight to two threadbare old flags framed on the wall, one American, one British. Apparently they were sewn by jubilant Parisians to wave while the allied forces liberated their city in 1944. Elsewhere he points to framed sketches that musician Bono draws for Hillary on her birthday, and a "fascinating" biography about Arthur Koestler, the Hungarian-British journalist and writer, which he's reading.

I'm here to talk to Bill about a thriller he's just co-written with the world's best-selling author, James Patterson, who joins us from his nearby home, also in suburban New York, looking a bit like the

baddie CIA chief played by Brian Cox in the Bourne movies.

As the two 71-year-olds buddy about, they talk putting techniques and Tiger Woods' comeback. James moans he can't sleep properly anymore, so he stays up late watching basketball. When they stand up for a picture, James laments the height he's lost over the years. Bill says he's just over a centimetre down from his prime of 1,87m, though when I stand next to him he feels closer to my height of (nearly) 1,82m.

Beneath the good-ol'-boy bonhomie, however, something is eating at Bill. What's that, I ask, pointing to a bronze cast of two hands shaking. It's Israeli prime minister Yitzhak Rabin and Palestinian president Yasser Arafat, he explains, sealing their famous "brave gamble" on the 1993 Oslo peace accords in the rose garden of the White House back when Bill was president.

The day before our interview scores of Palestinians were shot and killed on the border with Gaza, as Israel's Benjamin Netanyahu, a Clinton nemesis, simultaneously celebrated the American embassy's move from Tel Aviv to Jerusalem with the Trump family. That handshake, a high point of the Clinton presidency, must feel like ancient history?

"Yeah, it does," he says. "I got physically ill seeing what they did to them [the Palestinians]. Nobody cares about them

anymore. Just like I told Arafat would happen if they didn't take the peace deal. I warned him." Later, he describes the Palestinians' decision to reject that peace agreement, at the Camp David summit with former Israel prime minister Ehud Barak in 2000, as "the most colossal political error of my lifetime".

But what's really bothering Bill are issues much closer to home. Had his advice to reach out to "left-behind" Rust Belt voters during the 2016 presidential campaign been heeded instead of scorned, he might now be inhabiting the role of first husband, wielding immense power behind the throne of yet another Clinton administration. Instead he's on the outside, discarded by his party and stigmatised by the progressive movement.

Following the rise of #MeToo he's become anathema to many on the left.

There was a moment in the 1990s, at the height of the scandal that broke over his affair with White House intern Monica Lewinsky, that some liberal feminists rose to Bill's defence and smeared his accusers, preaching sexual liberation in mitigation for his womanising. But these are different, more censorious times, and Bill no longer has any hard power to protect him.

The Democratic presidential hopeful Kamala Harris said recently that he should've resigned over the Lewinsky

(Turn over)

This is the legend. When Bill is in politician mode he's almost perfect

(From previous page)

affair. The directive to believe women who allege sexual assault has revived the ghosts of Bill's past, not least Juanita Broaddrick, the nurse who alleges he raped her in 1978.

Bill vehemently denies this. But reports that candidates are refusing his offers of support in Congressional races demonstrate just how toxic his once potent political brand has become.

WE GATHER around the kitchen table in his Chappaqua compound, about 50km from New York City. James is low key and relaxed in a dad jumper. Bill's hand shakes as he sips his coffee, revealing a hint of frailty under the blue power suit.

They say they wrote a book together because they have the same lawyer, who thought they might get on. It's clear, though, that these two septuagenarians also share something else: a pressing concern for the plight of their country. Bill describes the book as a "love letter to America". James says it seeks to emphasise that being president is a "deadly serious job".

The book will be Bill's first novel, but not his first bestseller – his 2004 autobiography, *My Life*, also sold millions of copies. The *President Is Missing* will sell by the truckload and the US channel Showtime has already splurged millions on the television rights, which had Hollywood in a state of frenzy last summer. Everyone's looking for a new *House of Cards*. This book seems like a savvy commercial move. After all, the Obamas are preparing to coin it, having signed a giant, multi-year deal to make programmes with Netflix. So why shouldn't Bill also cash in?

So how did it actually work then? Who wrote what? "We alternated the work," James says. "We just went back and forth with everything, from the title to the outline." He says the idea of working with Bill was "stunning" to him.

"I grew up here [upstate New York] in a small town and nobody ever came here when I was a kid. But one day President Eisenhower came to town. I never forgot seeing Eisenhower."

For a thriller writer this project is a gift from the publishing gods. The presidency



ABOVE: Brokering the peace accords between Israeli prime minister Yitzhak Rabin and Palestinian president Yasser Arafat in 1993. **LEFT:** Bill's fling with White House intern Monica Lewinsky almost sank his presidency.



is the ultimate subject, and Bill the ideal guide. James hopes the book will be among "the best thrillers ever written about a president". What elevates it, he believes, is authenticity; small details such as the secret tunnels and ten-pin bowling alleys in the basement of the White House, but also the unique insight Bill has into actually being president, knowing that the fate of the world rests on your decisions.

Both authors are keen to emphasise that this is not an overtly political book, but you could've fooled me. There's the title for a start. And the storyline: an apocalyptic computer virus threatens America, so the president, Jonathan Lincoln Duncan, a war hero, goes off-grid in an attempt to stave off catastrophe. The plotting is immaculate – there's a reason James is publishing's kingpin. The writing is taut, though cliché-ridden. But the politics are unmistakable. It's a paean to what you might call the secular religion of Americanism, a post-partisan vision of what the presidency ought to be about: competency, sacrifice, the greater good. It reminds me a little of the way Shakespeare used his plays to deliver

dire warnings about Elizabethan England.

Longer term, Bill says, he's planning a second volume of his autobiography, about his life post-presidency. But conscious of the public mood, he's for now entering an inhospitable public square with a mask on, shielding his views on America today with the deniability of fiction. The book opens with the president under political siege, facing partisan impeachment hearings compared to the "Salem witch trials". Sounds familiar.

Bill laments the fact that American politics resembles a "blood sport", with the voters "like people in the Colosseum". But does Bill ever feel any sympathy for President Donald Trump? After all, he knows better than anyone what it feels like to be vilified and exposed while in the Oval Office. "Well, I know what it feels like," he acknowledges. "But since I didn't go around and attack everybody else first, I didn't earn it quite so much. A lot of this stuff is just payback."

One thing he'll grant Trump is a popular touch.

"Whether you like it or not, one of Trump's great strengths was that people understood what he had to say. There was almost no government-speak."

It saddens him, though, that parts of the South, his old stomping grounds, are now referred to as Trump country. "It

may be part of what is now Trumpland, but it's my culture, I know how people think," he adds, perhaps still smarting over the way he was ignored by his wife's campaign when he encouraged them to focus on swing voters in Michigan and Pennsylvania.

Another pressing concern in the book is tribalism. "Our democracy can't survive its current downward drift into tribalism, extremism, and seething resentment," says the fictional president at one point. Does Bill think American democracy is truly in mortal danger? "Ask me in three years," he says. "It's under assault. It's clearly one of the objectives of President Putin: if he wreaks havoc, he wins."

He and James believe that America needs to commit much more of its budget to cyber-security. "We're spending billions on defence, but we're spending almost nothing on the scariest threat that we have," James adds.

BILL never stops performing and persuading, never breaks eye contact. He reminds me that "Roosevelt once said that the president has to be America's greatest actor", and you feel like he couldn't turn the show off now even if he wanted to.

For all his concern over the current state of America, Bill clearly still believes in his old maxim: there's nothing wrong with America that can't be fixed by what is right with America. "In this country we somehow find a way to get back in balance," James says. Bill nods in agreement. "You can't say America's in danger yet, we've got too much going for us," he adds.

But the presidential election result definitely sent a strong signal that the mood has shifted. Bill's Democratic Party currently has almost no legislative power. No control of any big levers of government. What's gone wrong? "They [Democrats] wake up and they lose 30 governors and 30 legislators in a country where they have the majority in every conceivable poll," says Bill. "They say, 'Oh my God, how did this happen?' It happened because they were both not vigorous enough and not outreaching enough."

And what of good old-fashioned American sexism, one problem that never seems to go away? What of Hillary's failure to smash the glass ceiling and the #MeToo movement that followed? In the book, the president's chief of staff had



Supporting his wife, Hillary Clinton, in 2016 as she conceded defeat to Donald Trump in the US presidential race.

her own political ambitions thwarted when she was caught calling her opponent a "cocksucker". If a man had said it, she responds, it wouldn't have been an issue.

That line sounds like something Bill's wife might have said. Was it inspired by Hillary's treatment in 2016? "She never came up with any of this," Bill retorts, before pivoting hard to talk about the book's female assassin, who was "raped and abused" in the Balkan wars. "It was awful." He'll talk generally about the treatment of women, but is reluctant it seems to go there himself.

One can't help but admire Bill's ability to stay bouncy despite his difficulties. As the conversation has been a little bleak, I try a lighter question. "Given your political career is behind you now, can you tell me, Mr President, did you inhale?" Bill grins. "I'm glad you asked me about that. No!"

The reference to the brouhaha that arose when, in 1992, he claimed to have tried marijuana while a student at Oxford, insisting he hadn't inhaled, seems

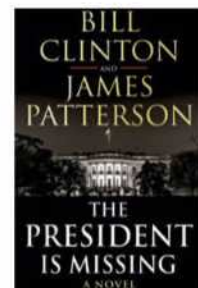
to perk him up right away. He emphasizes breezily that the whole thing was a "phony issue" cooked up by the political media and comes back to it later. "I would have if I could have, but I didn't," he adds. "I tried like hell, but I didn't."

Towards the end of the book, as the action resolves, the fictional president makes a long, rousing speech to the nation that reads much like an alternative Clinton manifesto. "Think about how different it would be if we reached beyond our base to represent a broader spectrum of opinions and interests," he exhorts his country. "We'd learn to listen to one another more and defame one another less."

This, you feel, is the sentiment that lies at the heart of both the book project and Bill's current frustration. He sees his country divided and the union coming apart at the seams. People are turning to the likes of Donald Trump out of deep dissatisfaction. The nation needs a voice and a vision that can help bridge some of its many chasms. That voice was Bill's once, the man who, despite all the scandals, ended his second term with an approval rating of 65%, the highest of any president since Harry Truman.

As I pack up to leave the house James is working his way towards his car, but Bill is still holding forth: on the merits of various thrillers, how he really didn't inhale, and what a wonderful actress Jennifer Lawrence is. The Comeback Kid will keep talking. But is America listening? ■

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Bill and James at work on their thriller, *The President Is Missing*, at Glen Arbor Golf Club in New York last year.



A FAMILY DESTROYED

The partner of a man shot and killed by his father in a triple killing pours her heart out about her night of horror

BY JANA VAN DER MERWE PICTURE: PAPI MORAKE

THE house looks creepy. Even though it's daylight the curtains are drawn – as if trying to shield the world from the terrors that took place inside.

Behind the high palisade fence two dogs yap in the deserted yard. Jack Russell Spike and dachshund Troy are desperate for their owners to come back but Vanecia Becker hasn't felt strong enough yet to set foot in the house in Germiston on the East Rand – so for the moment friends are popping in occasionally to feed the two animals.

You can understand why Vanecia (29) is reluctant to return. It's here that the man who was to become her father-in-law, Johan Brody (64), shot and killed her fiancé, David (38), along with his two other children, Tanya (37) and Anna-

Marie (33), before turning his .22-pistol on himself. Vanecia believes it's a miracle she and her nine-year-old son, Kian, escaped death that night. But she's given up trying to fathom what it was that made Johan decide to spare her and his grandchild.

"He was a monster," the stay-at-home mom tells us in the chilly lounge of her aunt's home in Randburg, Johannesburg, where she's now staying with Kian and Ava, a puppy David rescued from the street. This is where she now faces the task of explaining to her only child why he'll never see his dad again.

BEFORE the shooting David was concerned about his father's state of mind. Something was wrong, and he knew it.

"Lord, please hold my hand tightly tonight," Johan wrote



ABOVE LEFT: Vanecia Becker with Ava, the puppy of her murdered fiancé, David Brody. FROM TOP: 1 Tanya, 2 Anna-Marie and 3 David were killed by their father, Johan Brody (ABOVE).

on Facebook late in the afternoon before the shootings, seemingly depressed again. Vanecia didn't think anything of it and told David before going to bed, "Your dad is at it again."

At 2.30am Johan phoned his son in the cottage on the property where he and Vanecia lived.

When David walked into the house,

Johan was standing in the passage with a pistol in his hand. Just get yourself and your fiancée and child away from here, he ordered his son.

Soon after David ran into the cottage to warn Vanecia and his son to leave, a shot rang out. It ended Tanya's life. Anna-Marie had already been shot in the forehead through a pillow as she lay in bed.

Desperate to see what was going on, David ran back into the house and his father mowed him down in the passage.

Johan then stumbled into the cottage, telling Vanecia to grab Kian and get away from there. He told her he'd shot and killed all three his kids.

"Not David! Not David!" Vanecia screamed at him.

As a weeping Kian sat with his dad's puppy on his lap, his granddad left the cottage and went back to the house.

There, in the main bedroom, he ended his own life.

WHEN Vanecia and family friends think back now they can see the warning signs had been there for a long time. They say the cracks first started to show almost two years ago after Johan's wife, Lettie (54), died of heart failure.

"Lettie led a good life close to God, but when she died everything changed," a neighbour tells us. "Maybe she was the pillar everything rested on, and once she was gone nothing was right anymore. I think it's then that Johan started to build a thick wall around himself."

David and Vanecia were together for nearly 12 years and lived in a cottage on his parents' property for eight of those years.

Vanecia says Johan was an unpleasant person, but after his wife's death he became worse and started treating his daughters, especially Anna-Marie, badly.

"Anna-Marie was so soft-hearted. She was such a loving person. Always did what she could for others and all she ever asked for in return was acceptance, a bit of attention and love."

Tanya, a teacher's assistant, was "a darling" and "loved children a lot". Vanecia describes her as a chatterbox who was always first to know any news.

The two sisters didn't enjoy going out and didn't have boyfriends. "Anna-Marie always joked that if she had to get married one day she'd marry her mom," Vanecia says.



The Germiston, Gauteng, home of the Brody family is now deserted.

She says Anna-Marie was really fond of her mom and blamed her dad for Lettie's death. In the week before her death he didn't even visit her in hospital – apparently because he didn't like hospitals.

"I think [their marriage] was a comfort zone for him. There was no love. When he called her he'd say, 'Stupid, come here,' or 'Stupid, are you going to cook now?' He never called her 'my love' or even just referred to her by her name, Aletta or Lettie, when he asked her for something."

At devout Lettie's funeral Johan tried to stop his kids reading a passage from the Bible – but in the end David stood up and read a verse from his mom's copy.

After Lettie's death Vanecia was keen to move out but David insisted on staying to look after his dad. She says Johan made her feel so uncomfortable that sometimes she'd lock herself in the cottage. "He'd stare at me as if he was looking straight through me."

Anna-Marie and Tanya had to take care of the household chores: cleaning, seeing to meals and washing and ironing their dad's clothes. He'd shout at them if he thought they weren't doing a good job.

Tanya had moved into Anna-Marie's room to protect her from her dad, Vanecia says. There on the double bed the two sisters were killed in their sleep.

About a month before the tragedy Johan lost his job as a driver when the

company he worked for went into liquidation. But Vanecia insists it wasn't because of money problems that he was so angry and depressed. She says that as a former Transnet employee he received a pension and his family also chipped in to help cover his expenses.

But in those final weeks he started drinking more and more and was abusive, especially towards Anna-Marie, who wore only men's clothes and years ago penned a story about a girl who was molested when she was little.

When Johan downed handfuls of tablets two weeks before the shooting, David came to his rescue by sticking his finger down his throat to induce vomiting. They knew something was wrong – but never in their wildest dreams imagined Johan would do what he did next.

VANECIA later found out David had gone to his death holding a silver chain, a gift from her on their first Christmas together. David never took the chain off but removed it there in the passage shortly before his dad killed him.

The couple were planning to get married in June next year and David intended wearing jeans to the ceremony. With this in mind, Vanecia wore blue jeans to her fiancé's memorial service, which was held at Trinity Methodist Church just kilometres from the murder scene.

In another poignant touch she made sure the church was filled with cream and red roses – the same flowers she'd wanted for their wedding day.

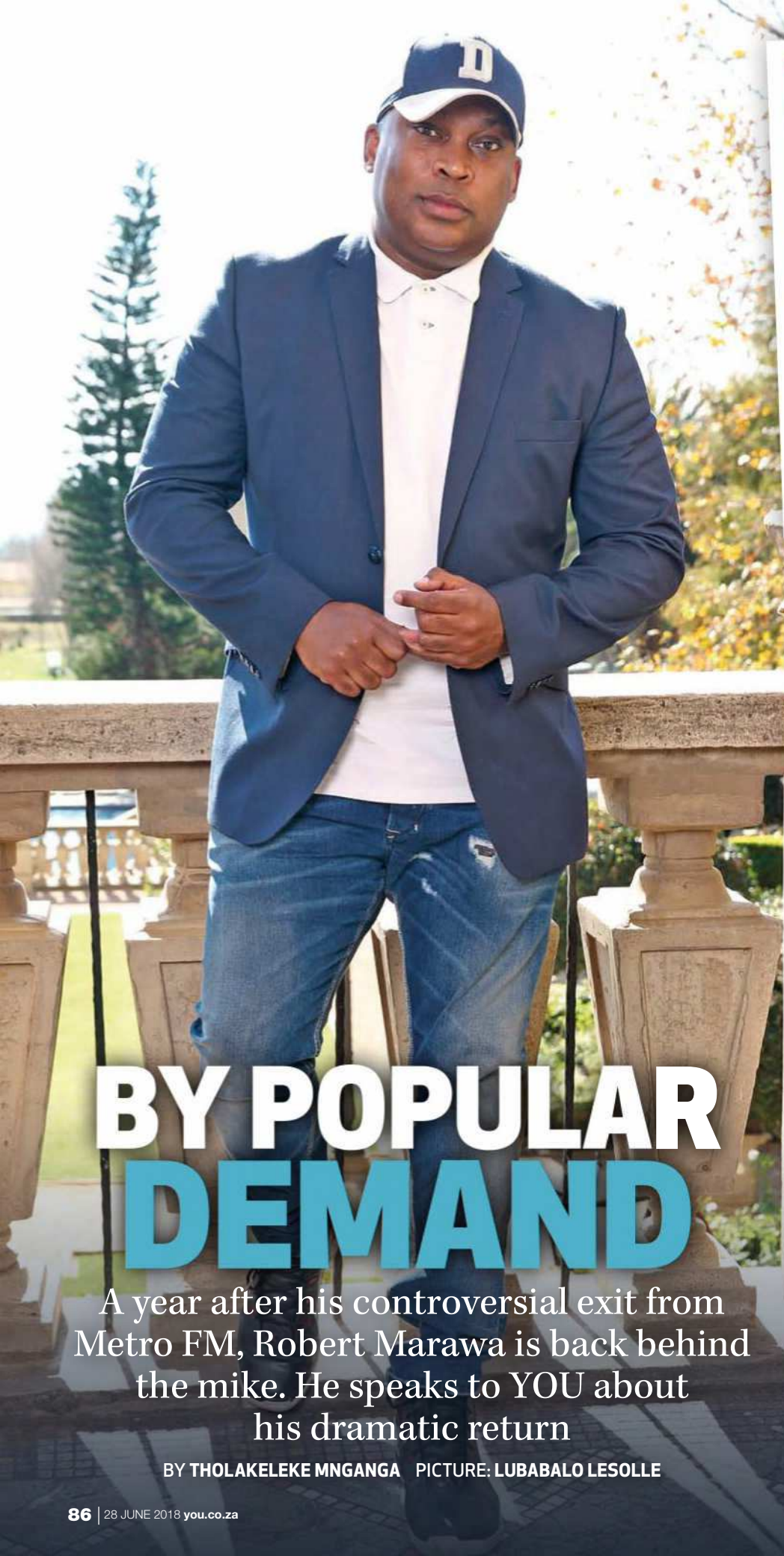
"I'll no longer have roses at our wedding so I arranged the perfect funeral."

One of her neighbours shakes his head sadly as he talks to us. For weeks he's been trying to come to grips with what happened – but it's just too much to take in.

"In one night the whole family was wiped out," he says. "You hear about these things only in the movies. You never dream it could happen on your front stoep." ■



Vanecia (middle) and David's best friend, Candice Thomas (right), at his memorial service.



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BY POPULAR DEMAND

A year after his controversial exit from Metro FM, Robert Marawa is back behind the mike. He speaks to YOU about his dramatic return

BY THOLAKELEKE MNGANGA PICTURE: LUBABALO LESOLLE

THE public broadcaster announced he was back and the internet went into meltdown.

They'd won, his fans said – all that pressure they'd put on the powers that be had worked and their favourite sports presenter was back on air.

It's been nearly a year of radio silence for veteran TV and radio personality Robert Marawa, who was fired from Metro FM in July 2017.

The decision was taken due to behind-the-scenes in-fighting: three weeks before his axing Robert (45) had refused to return to his sports show in solidarity with his producer, Beverly Maphangwa, whom he believed had been unfairly suspended after playing clips on air that included commentary from pay channel SuperSport.

After a public spat, the SABC took Robert off-air. But now he's back. In a candid interview just days after the SABC announced his return, he says he doesn't regret what happened.

"I took a firm stand in support of my producer and I'd do so over and over again because you've got to stand up for certain principles."

He's sorting out the details of whether he'll work with the same support staff he had before being fired, he adds.

Robert is grateful to the listeners who petitioned for his return.

"The listener is my boss. They formed forums and there were people who signed a petition and went to the parliamentary portfolio committee and demanded my return.

"People rallied because they knew



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1 After leaving Metro FM in 2017, Robert used his time off to hang out with his son, Awande, who started Grade 1 this year. The DJ is the only son of Phumlile Lynette (2) and the late Frank Marawa (3).

what had happened was wrong and there was no legal merit for what had happened.”

His colleagues in the entertainment and broadcast industry also stood by him, Robert adds.

“People like [DJ] Lulo Café and [Metro FM presenter] Wilson B Nkosi. Wilson was the biggest weekly requester of me to come back. He kept on saying, ‘Whatever it is, whatever it takes, please come back.’”

Broadcasters Ismail Abrahams and Rams Mabote also threw their weight behind him, urging him to return to radio.

Now their wish has been granted as Robert will be back on the airwaves in August, hosting a simulcast sports show on Metro FM and Radio 2000 – on Mondays to Fridays from 6-7pm.

B EING off-air gave Robert a chance to master his craft and spend time with his son, Awande (6), and the rest of his loved ones.

“I got to listen to other radio stations at different times. I last listened to Metro FM on 15 June 2017 so if I was driving I’d get to listen to a lot of music. It also gave me a lot of time.

INSTAGRAM/@ROBERT_MARAWA



ABOVE: Robert with Wilson B Nkosi (left) one of the colleagues who stuck by him. **RIGHT:** Tbo Touch offered him a slot on Touch Central but he declined.

“My son was going to big school – he’s in Grade 1 – so I was waking up and taking him to school and fetching him in the afternoon. It just helped me to catch up with him, do homework and hang out.”

While he was off-air, his show went through five presenters, including Udo Carelse and Thomas Mlambo.

He doesn’t hold any grudges against any of the sportscasters who took over, Robert says – although if, like him, they’d “lost their jobs via dubious reasons” he’d have consulted them before taking over.

“But everything is cool.”

Negotiations for his return have been in the pipeline for months, he says, and during that time there was no shortage of offers.

Two days after he left Metro FM he was approached by Tbo Touch to host a slot on Touch Central, the online radio station Touch launched with fellow radio presenter Gareth Cliff.

“I still have a copy of Touch’s contract at home,” he says. “I took him out to lunch and I said to him, ‘The kind of people I’m trying to reach out to would be a waste on your platform.’”

He also had an offer from Gauteng-

‘I took a firm stand in support of my producer and I’d do it again’

based radio station Power987, but it wasn’t the right fit for him either.

Then in April, Radio 2000’s management revealed its new line-up – and it included him. Fans were beside themselves but the station jumped the gun, Robert says.

“It was an incomplete conversation. I hadn’t signed a contract. It was just mischief-making on some people’s part.”

And now the announcer, who was born in Vryheid, KwaZulu-Natal, is back at the SABC on a three-year contract believed to be worth R5.5 million.

Although Robert won’t confirm how much he’ll be paid, he says, “If it were [true] it’s nowhere near what the highest-paid sports person in the SABC building earns. Not by far.”

I N JUNE and July, Robert will be swamped covering the 2018 Fifa World Cup for SuperSport, but that won’t get in the way of a huge birthday celebration he has planned for little Awande.

“18 June is the day I really look forward to because that’s his birthday – on the same day as Madiba’s,” he says. “So we’ll do our 67 minutes and then we focus on his 67 hours from there onwards.”

His son has really changed his life, he says.

“You start looking at yourself through another human being. I was the only boy in the family

of three sisters so I never really had a brother – I started that journey with my nephew, my eldest sister Nomvula’s son, and it’s continued with Awande. It brings dynamism into my life.”

His relationship with Awande’s mother, actress Zoe Mthiyane (37), suffered a rocky few years. In 2015 she wrote an open letter to Robert on her Facebook page, accusing him of being an absent father. She also requested he pay R29 900 a month in child support.

But things have improved between them – in March Zoe told YOU’s sister magazine Drum that they’re doing well in co-parenting their son.

Once they understood their roles, Robert adds, it became a beautiful association.

So is there a special woman in his life now? Yes, he says: his mother, Phumlile Lynette (81). “There’s one lucky lady – she gave birth to me!” ■



INSTAGRAM/@ROBERT_MARAWA



IT'S ALL HAPPENING!

The World Cup is in full swing. Here are fascinating snippets about soccer's greatest spectacle COMPILED BY COLIN HENDRICKS

THE rivalry can make or break friendships, the TV remote becomes the most hotly contested item in the house and die-hard fans have been known to pull a sickie so they don't miss a second of their favourite team's game.

Welcome to the Fifa World Cup – a month of madness when soccer reigns and everything else in life takes second place.

As things get seriously under way in Russia we take a look at several of the more weird, wonderful and inspiring stories that help make the beautiful game that much more special.



HOW DID YOU GET HERE?

Iceland might be one of the world's coldest countries but its national soccer team is hot stuff. Remember how they captured the world's imagination at the Uefa European Cup in 2016?

The boys from a country with a population of 330 000 could well do so again: their first game against Argentina ended in a 1-1 draw – against the mighty Lionel Messi's Argentina. Unlike most countries, Icelandic

players don't only play footie for a living – most have day jobs too. The goalkeeper, Hannes Halldórson, for instance, is one of his country's best-known filmmakers.

The Central American country of Panama is also making its debut at this year's World Cup.

President Juan Carlos Varela was so happy with the team he declared 11 October – the day the team qualified – a public holiday.

LEFT: Iceland's Hannes Halldórson stops a penalty by Argentina's superstar captain, Lionel Messi, in their recent Group D Fifa World Cup game. The match ended in an astonishing 1-1 draw.



PLAYERS WITH PIZZAZZ

They carry the hopes of African fans on their shoulders, but this isn't the Nigerian team's only claim to fame: their kit is considered the most stylish of the World Cup.

Nike designed the team's World Cup kit with its sassy zigs and retro zags and it's a sure-fire hit – and money spinner.

Within just three hours of Nike making the outfits available in February they were sold out.

EISH, ZIMBABWE!

Of all the reasons a team might be disqualified during the first rounds, Zimbabwe's has got to be the most embarrassing. They didn't qualify for the World Cup because the country hadn't settled its debt to its former Brazilian coach, José Claudinei Georgini.

Fifa ordered them to pay their debt in 2012 but the Zim soccer body is in dire financial straits and reportedly sold assets to try pay off the money it owes its creditors.

Zimbabwe didn't contest its exclusion from the tournament.



NO SEX, PLEASE - WE'RE SOCCER PLAYERS

Many coaches forbid their players from doing the deed during the World Cup, including those of Germany, Spain, Mexico and Chile. Sex is a distraction, they believe, along with a waste of energy that can be put to better use on the pitch.

Brazil's coach gave his players the go-ahead to get steamy between the sheets – but with strict instructions that they shouldn't get too "acrobatic".

The no-sex rule doesn't apply to fans, of course. And it seems there's nothing like a little heat on the pitch to turn up the temperature in the bedroom. Nine months after the 2006 World Cup in Germany the country's birth rate jumped by 10%.

FELINE FORTUNE TELLER

Achilles, a deaf cat that lives at the Hermitage Museum in St Petersburg, will be forecasting the outcome of the World Cup in Russia. The psychic kitty has so far only been wrong once, about a soccer match during last year's Confederations Cup.

He's not the first animal to be asked to gaze into its proverbial crystal ball. In 2010 Paul the British octopus correctly predicted Spain would be the champions after being presented with two boxes, one with a Spanish flag and the other with a German flag.



A SCANDAL TO END ALL FIELDS

Russian minister for agriculture Pyotr Chekmaryov warned fans, players and officials ahead of the tournament about the huge problem the country has with locusts.

The Russian city of Volgograd, one of the World Cup host cities, has about a million hectares of locust-infested land. If the ravenous winged creatures make their way onto the pitches, the grass could be munched away in minutes.

A SPARKLE OF INSPIRATION

He's slept on doorsteps, worked as a street cleaner, flipped pizzas and washed cars – all in pursuit of being a soccer player.

Now Iranian goalkeeper Alireza Beiranvand is living his dream at the World Cup and making global headlines at the same time.

Beiranvand, the son of a nomadic farmer, ran away from home when he was a teen because his father refused to let him play soccer.

On the road, he took on any job. He met a coach who offered to let him train with his team in Tehran. But he had nowhere to live and spent nights around Azadi Tower in the city, where poor migrants lived, sleeping on the streets.

He worked his way up to the national under-23 side until he was drafted into the big league.

"I suffered to make my dreams come true but I have no intention of forgetting that because it made me the person I am now," he says.



FOOTIE FACTS

- The winning team will walk away with \$35 million (about R472,5 million), the runners-up win \$25 million (more than R337 million), and each participating team is paid \$8 million (about R108 million) by Fifa.
- It's costing Russia more than \$12 billion (about R162 billion) to host this year's World Cup. The country has had to build nine of the 12 stadiums (of which two are in Moscow) especially for the tournament.

- Wolf Zabivaka, the official mascot of this year's World Cup, was created by Russian graphic design student Ekaterina Bocharova.
- The winning team doesn't get to take home the real World Cup trophy – as soon as the team has posed with it for pictures on the pitch they're given a cheaper replica trophy. Only heads of state and members of the winning team are allowed to touch the real thing.



SOURCES: MARCA.COM, BBC.COM, BUZZFEED.COM, THEWEEKIN.TIPSCREW.COM, MANTLEL-GENE.COM, DAILYMOTION.COM, LOVEFOOTBALL.NET, DW.COM, ISPO.COM, USATODAY.COM, ESPN.COM, BOSTON.COM, QZ.COM, RFEERL.ORG, SPJUTNIKNEWS.COM, WMAAGAZINE.COM, YOGIE.COM

TRULY A JOY TO WATCH!



So you don't understand the offside rule?
That doesn't mean you can't enjoy the talent
on display in Russia COMPILED BY NICI DE WET

RAMADAN SOBHI

Team Egypt Age 21

Why we love him: You'd be hard pressed to find a nicer pair of hazel eyes or a sweeter smile and he's one of the finest young players to come out of Africa in a long time. But sadly for the wing's legion of fans he got married last year to Habiba Ekramy, sister of national teammate Sherif Ekramy.



RAMIN REZAEIAN ▲

Team Iran Age 28

Why we love him: The Iranian defender's biceps alone need a special mention. He likes showing them off on Instagram, along with his selection of fancy fast cars. But that's okay with us... We'll catch a ride with him any day.



RÚRIK GÍSLASON

Team Iceland Age 30

Why we love him: If blue-eyed, blond-haired Nordic gods get you going, this guy is for you. Not only can he kick a ball while rocking a man bun, he has political aspirations too. He was a candidate for the Independence Party in his country's parliamentary election last year. Brains and brawn... sigh.

A

H, THE World Cup. A feast of football, a smorgasbord of skill, a banquet of brilliance.

You can't go anywhere without hearing about who scored, who blew it and who should win.

But it's not only the prowess on the pitch that's worth watching – the players that dribble that ball get us drooling at home.

So we put together our Dream Team in Russia: 11 of the hunkiest hunks who make the beautiful game that much more beautiful.



DJIBRIL SIDIBE

Team France Age 25

Why we love him: There's something super-sexy about the bald-headed defender who made it into the French squad after suffering a near-debilitating knee injury earlier this year. *Sacré bleu*, thank heaven for that!



YANN SOMMER

Team Switzerland
Age 29

Why we love him: His luscious locks and irresistible smile make it difficult not to fall for the Swiss goalkeeper, who made his debut for his country at the 2014 World Cup. We'll even forgive him his rather bizarre habit of practising with what he calls "dark performance-enhancing" glasses. Whatever - can we just throw ourselves into the net, please?



MARTIN OLSSON

Team Sweden
Age 30

Why we love him: He has a Swedish dad and Kenyan mom to thank for his model good looks, which could see him gracing any glossy fashion mag or runway. "I'm proud of my heritage," the defender says. And the good news is there are two of him! He has a twin brother named Marcus, who also plays soccer in the UK (for Derby County). Double swoon.

KEITA BALDÉ DIAO ▼

Team Senegal Age 23

Why we love him: With his drool-worthy appearance, sculpted body and slightly cocky air, the Senegalese forward - who once got booted out of Barcelona's youth team for putting an ice cube in a teammate's bed - can chase us down any day. We love a man with a naughty streak.



MATS HUMMELS

Team Germany
Age 29

Why we love him: With his towering 1,92m build, penetrating gaze and brooding gorgeousness Mats looks as if he's stepped straight off the catwalk. And that's not far-fetched - he's the ambassador for high-end watch manufacturer Tag Heuer. If you really want to feast your eyes on this hottie, head over to his Instagram account. You can thank us later.



MARCO ASENSIO

Team Spain
Age 22

Why we love him: As Spain and indeed football's next big thing, Marco can do no wrong... which extends to the looks department too. His dark Spanish veneer, charming manner and megawatt smile make the star mid-fielder a modern-day lothario. He was even linked to pop sensation Dua Lipa a few months ago, although she shot down the reports.



ANDRÉ SILVA

Team Portugal
Age 22

Why we love him: Just look at him! The sizzling striker is taking over the dreamboat crown from veteran teammate and mentor Cristiano Ronaldo. Thanks to his clean-cut appearance and that sculpted bod, he's been snapped up by brands such as Nike and watch brand Custos Geneve to star in their campaigns. Phwoar was never more appropriate.

WILLIAM TROOST- EKONG

Team Nigeria
Age 24

Why we love him: His chiselled chin and drop-dead sexy English accent (he went to school in the UK) make him ever so yummy. But there's more to this son of a Nigerian dad and Dutch mom than meets the eye: he's said he won't stand for any racism in Russia. Pretty and principled. What's not to love?



SOURCES: DAILYMAIL.CO.UK, METRO.NEWS, BRUNDESLIGA.COM, MIRROR.CO.UK, WWD.COM, INSTAGRAM, WALESONLINE.CO.UK



A MIGHTY FEISTY HEIST

ONE is an ex-con, another a suburban mom, yet another a blunt-smoking Rastafarian – and they all form part of the slickest, sassiest, hottest band of female thieves you'll ever meet.

Ocean's 8 has been described as the ultimate girl-power movie with an irresistible blend of comedy, intrigue and glamour.

It's also proving to be box-office gold, raking in \$41,6 million (R562 million) on its opening weekend in America and toppling Solo: A Star Wars Story off the top spot.

The spinoff from the hit Ocean's trilogy stars Sandra Bullock as mastermind Debbie Ocean. She's the ex-felon sister of Danny Ocean, the heist leader played by George Clooney in the three Ocean's films.

Sandra is propped up by an all-star cast: fellow Oscar winners Cate Blanchett and Anne Hathaway, along with Helena Bonham Carter, Sarah Paulson, Mindy Kaling, Awkwafina and Rihanna.

The film is set against the glittering backdrop of the Met Gala, the fashion world's biggest night. It's here that Debbie and her posse plan to lift a \$150 million (R2 billion) diamond necklace off the neck of a famous Hollywood actress.

Here's more about the movie of the moment.

MAKING MAGIC

The Ocean's franchise began with 1960's

First it was Ghostbusters, now the Ocean's franchise has an all-female cast. Here's more on this fierce and fab glossy posse COMPILED BY NICI DE WET

Ocean's 11, which starred actors from the group known as the Rat Pack, including Frank Sinatra, Dean Martin and Sammy Davis Jr.

In 2001 director Steven Soderbergh remade it as Ocean's Eleven with George, Brad Pitt, Matt Damon and other A-listers. It was such a hit he made two more – Ocean's Twelve in 2004 and Ocean's Thirteen in 2007.

The all-female spin-off was the brainchild of director Gary Ross (51), whose credits include The Hunger Games, Pleasantville and Seabiscuit.

"One night I was kicking ideas around with a friend and this idea just jumped into my head," he says. "I thought it's weird but there's never been a female ensemble like this – not where there's these kickass women going to do something like this."

He pitched the idea to Steven, who helped him get the ball rolling.

Gary also worked closely with screenwriter Olivia Milch to create the characters.

"I'm passionate about telling stories about women and seeing the range and diversity of all the women out there," she says.

"Also the way women speak to one another – it's a language that's very specific.

For example they're funny on purpose, not because they're dumb or inebriated."

Much of the filming took place at New York's Metropolitan Museum of Art, which hosts the annual Met Gala.

Gary had to get permission to film there and called safety meetings to protect the many priceless artworks. "I mean, one false move and you've wrecked the budget of the film! Luckily we got out without a calamity."

FASHION FANTASTIC

With the world of fashion being the focal point of the heist, it was only fitting the cast got their chance to dress up.

Guided by costume designer Sarah Edwards, each star teamed up with a fashion house they thought most suited their character to create a designer outfit for the Met Ball.

Sandra went with an Alberta Ferretti dress while Cate chose an emerald Givenchy jumpsuit and Anne opted for a hot-pink Valentino gown to go with her diamond necklace.

THE GOOD AND THE UGLY

Critics have been raving about the movie, with Rolling Stone describing it as "a heist caper that looks gorgeous, keeps the twists coming and bounces along on a



LEFT: The cast of *Ocean's 8* (from left) – Sandra Bullock, Cate Blanchett, Mindy Kaling, Sarah Paulson, Awkwafina, Anne Hathaway, Rihanna and Helena Bonham Carter. **ABOVE:** Debbie (Sandra) in an Alberta Ferretti gown in a scene from the film. **ABOVE RIGHT:** Daphne (Anne) wearing the necklace Debbie's gang plan to steal.

comic rhythm that's impossible to resist". But, inevitably, there have been meanies making their feelings felt on Twitter, with some comparing it to 2016's all-female *Ghostbusters* remake.

"Nobody asked for *Ocean's 8*. Did we learn nothing from the new *Ghostbusters*?" one wrote.

"*Ghostbusters* the vagina edition didn't do well – why would you try and do the same with *Ocean's 8*?" another said.

The comments were all made before the movie's release. "There should be a rule that you're not allowed to say anything nasty until after the film comes out," Sandra responded. "But obviously that's never going to happen."

WHAT THE CAST SAID...

Sandra and Cate on the all-female line-up
"I felt like it was a long time coming. Too long if you ask me. I saw a group of women supporting one another in the most humbling way," Sandra says.

"Isn't it interesting that two or three years ago this seemed like an impossibility," Cate says. "And it's so great it's being released now and you go: well, of course! A lot has shifted, I think"

Anne on being a new mom on set

She had to stop filming on occasion to pump breast milk for her son, Jonathan (now 2), but says the camaraderie of her female co-stars made it okay.

"I remember there was one moment where we were shooting a little long and

I just kind of went, 'Uhhh,' and the girls were like, 'What's wrong?' And I said, 'I'm sorry, I should have pumped an hour ago.' And the girls just formed around me, and were like, 'We need a break. Annie needs to go do this'."

Mindy on being scared of Riri

"She was amazing but I'm so intimidated by her because I feel like pop stars are right up there. So when I met her I was like, 'Hi, Rihanna, it's great to meet you.'

"And like on the third day, I'd go up to her and be, like, 'Hey Rihanna, it's Mindy Kaling,' and she's like, 'I know, we're in a movie together.'"

MOVIE TRIVIA

■ There are lots of cameos by celebs playing themselves – look out for reality TV stars Kim Kardashian and Kylie and Kendall Jenner, fashion designer Zac Posen, tennis champ Serena Williams, actress Katie Holmes and Vogue matriarch and Met Gala organiser Anna Wintour.

■ Matt Damon and Carl Reiner cameo as their *Ocean's* trilogy characters, Linus Caldwell and Saul Bloom.

■ Anne and Helena played sisters in 2010's *Alice in Wonderland* and starred together in the 2012 musical film *Les Misérables*.

■ Cate and Sarah co-starred in 2015's *Carol*.

***Ocean's 8* is in SA cinemas now. ■**

SOURCES: GO INTO THE STORY, SLASH FILM, THEGUARDIAN.COM, NEWSHUB.CO.NZ, BUSTLE.COM, DAILYMAIL.CO.UK, TELEGRAPH.CO.UK

THE CRIMINAL EIGHT



Debbie – SANDRA BULLOCK (53) Gang leader and Danny Ocean's sister. She's been in jail for fraud and has been planning to steal a priceless necklace for five years.



Lou – CATE BLANCHETT (49) Debbie's old comrade-in-crime loves chic suits and motorbikes.



Daphne – ANNE HATHAWAY (35) The vacuous Hollywood darling who wears the necklace to the Met Gala.



Nine Ball – RIHANNA (30) A dreadlocked, dagga-smoking Rasta, ace hacker and surveillance expert.



Tammy – SARAH PAULSON (43) A suburban mom who harbours a dark profiteering side.



Constance – AWKWA-FINA (29) A street-wise thief with a penchant for riding a skateboard.



Amita – MINDY KALING (39) A blackmarket jeweller who can transform any bling into something else.



Rose – HELENA BONHAM CARTER (52) A disgraced fashion designer who needs to woo Daphne into agreeing to wear her clothes.



MPNET

When Survivor SA host Nico Panagio extinguished Tevin Naidu's flame last week it came as a shock to the contestant's many fans.

WITH his tatty vest and baggy shorts hanging more loosely off his lean frame by the day and a fine sheen of sweat on his dirt-smudged brow, he

was almost unrecognisable.

Were it not for his oddly well-groomed beard and glossy head of hair, the handsome young doctor would have looked nothing like the dapper TV host of SABC3 talk show Mela that fans know so well.

But with the hardships of Survivor South Africa: Philippines behind him, Tevin Naidu (25) is back to his suave old self when we meet him at the Multichoice offices in Randburg, Johannesburg, soon after he was bootied off the show.

His departure came as a major upset. Fans were blindsided when Tevin – who became known as “the puppet master”, “the godfather” and even “the mafia king” thanks to his cunning manoeuvres – was voted off the island by the newly merged tribe.

Tevin, who also presented SABC2's now-defunct Eastern Mosaic, says he has no regrets, even though he was eliminated long before the R1 million prize was even in play.

“It was a boyhood dream coming true,” Tevin says. “I’ve been a fan of Survivor since the age of seven, so I’ve been watching the show for almost 18 years.”

He’s not kidding. The former Mr India SA has watched all 36 American seasons, all six South African seasons and all four Australian seasons. “Some seasons more than five times,” he adds proudly.

His Survivor expertise meant he had big plans and he’s rather put out he didn’t get to set the wheels in motion. “I had a list and I’m sad it didn’t come to be because a lot of my pointers were meant to happen post-merge [when the initial two tribes become one]. I had so many intriguing things to do to create drama.”

His medical knowledge was also a big part of his strategy, he says. “I love neuro-



I PLANNED TO CREATE CHAOS

Super-smooth Tevin's cunning strategy on Survivor backfired when the tribe voted him out. He tells YOU about his game plan

BY SHANAAZ PRINCE PICTURE: LUBABALO LESOLLE

science, sociology, psychology and understanding the mind and brain, and how people work. Survivor is one of the greatest social experiments out there," he says.

"As a fan I wanted to play the type of game that fans would enjoy watching, but more specifically, the type of game I enjoy watching and playing.

"I planned on being a villain to the audience, but a hero to the tribe."

HIS intrigues certainly got viewers' tongues wagging – as did his immaculate facial hair. Even in the sweltering island heat, the self-professed metrosexual still managed to keep his famous 'stache groomed to perfection.

"We were allowed some sunblock and I'd put some in my hair and I'd twirl my 'stache with some sunblock," Tevin says. "But I'm lucky I have thick black hair so even when there was no sunblock my hair always looked okay."

Many assume his polished appearance means he'd had a silver-spoon upbringing, Tevin says, but this wasn't the case.

He was born in Vereeniging near Joburg before moving to Durban as a child with his mom, Vasi (53), dad, Charm (59), and sister, Rochelle (30).

"I grew up in humble beginnings in a place called Clare Estate in Sydenham, Durban. So I grew up with gangsterism. Some of my friends have been stabbed, some of my friends have been shot, some of my friends went to prison."

And while both his parents were police officers – his mom a colonel and spokesperson and his dad a sergeant – troublemaker Tevin often found himself in hot water, ending up with a black eye and a broken nose more than once.

"I was one of those kids – I was the bully to the bullies," he says. "I was always trying to defend someone, justifying my actions in a way, so I was never really malicious."

But once he got involved in the entertainment industry and got his medical degree, going on to become a doctor at King Edward VIII Hospital in Durban, he realised he wanted to live a more responsible life.

"Growing up I was a lot more selfish than I am now. I've grown up in the past five years and a lot has changed in terms of my personality."

On the island, Tevin's mischievous side won out. As part of the blue Mindanao

INSTAGRAM/@TEVINNAIDU



RIGHT: Tevin is a medical doctor, as well as a model and TV presenter. **ABOVE:** With his Mela co-presenters, Mishal Mookrey (left) and Fadeen Mia.



INSTAGRAM/@TEVINNAIDU

tribe, outwitting, outplaying and outlasting was his only motivation.

"I planned on just playing a strategic game – lie, cheat, steal, create chaos," he says. "No one would ever know I was doing the things I was doing, but I'd be the puppet master. I planned on playing a little less openly strategically and out there," he says.

Initially, he thought fellow Durbanite Marthinus Oosthuizen (29) and Cape Town mom-of-two Murishca Martheze (34) were the two players he'd take with him to the final three – but he was forced to rethink things when both his allies' torches were extinguished early on.

Luckily he and PK (Pheko Phetoe, 28) formed a bond and their alliance made the pair a force to be reckoned with. But in the end, the mining technician from Centurion turned on Tevin, teaming up with the other players to send him home.

"I believe I would've been a shield for him," Tevin says, though he reckons he should've let PK call the shots every now and then. "I could've given him an opportunity to shine. I could've actually taken PK to the end. We were that close and I wouldn't have minded PK winning the million."

"I would've loved to be the villain that got to the end and lost."

T WASN'T all puppeteering and no play for smooth-talking Tevin, who found himself cuddling up to Somerset West travel writer Josie Eveleigh (28) on chilly island nights.

But when we ask about her, Tevin's keeping his cards close to his chest. "I don't kiss and tell," he says, laughing. "For me, this is a game, where you have to think with the right head. But I think she's beautiful, she's smart and we'll see. I did mention that I'm going to ignite the flame in her heart."

"I think at the reunion show it will just have to be reignited."

The part of the show he was most looking forward to is the contestants' visit from their loved ones. Tevin had planned to bring his mom, Vasi – another Survivor superfan – to the island when the time came.

"She's the most important person in my life," he says. "A big part of why I entered was because of her. Survivor is the only television show I watch with my mom, so if we're in different cities I save every episode so we can watch it together."

"I just wanted to get to the loved one visit so she could join us. I told the players that I didn't care if they wanted to vote me out after that. Once my mom was there, they could get me out afterwards."

Despite his early exit, Tevin is still a Survivor fanatic – and he'd love to do it all over again. "People asked me when I got there what would be my downfall in the game, and I said it would be overconfidence and complacency. I was right. So it was bitter-sweet – but I'm happy with the game I played. I entered Survivor not to gain anything out of it. I entered Survivor to play Survivor." ■

M-NET



Tevin formed a great alliance with fellow contestant PK until PK sided with the other contestants to vote him out.

'I could've taken PK to the end'

SHE'S GOT THIS!

Pre-parenthood jitters? What are those? She's just become a mom for the first time but former Miss South Africa **TATUM KESHWAR** (34) is as relaxed as they come.

"It'll all come naturally," says the model and former beauty queen, who recently gave birth to her child with businessman hubby **WARREN WHEATLEY**. "I trust my instincts and know I'll be more than fine."

Little **CHRISTIAN JAMES** was born on 15 June – just in time for Father's Day – and she and Warren are over the moon.

"There's no gift more special that we could bestow on one another than a heart that exists outside of your body," she wrote on Instagram alongside a picture of the newborn sleeping on her chest and Warren asleep beside them. "Happy Fathers' Day Baby @warren_wheatley. We love you."

As far as parenting goes, they're a balanced couple, she says – he'll probably be the chilled one while she's likely to be overprotective.

ABOVE LEFT and LEFT: The couple enjoyed a babymoon last month. BELOW: A radiant Tatum with baby Christian.



5 things you didn't know about DANIEL BARON

He wears his heart on his sleeve on his latest single, One More Goodbye. "The song has a very real back story," says **DANIEL** (27) of the track, which climbed to No 12 on the Apple iTunes Top 200 chart in the first week of its release. "It's about my recent break-up with my girlfriend of four-and-a-half years who also happened to be my manager."

While he's let us in on a thing or two through his music, we asked the singer to share a few fun facts about himself that you might not know.

- 1** My tongue is 11cm long (the average is about 10cm), which I believe contributes to my vocal abilities.
- 2** In my spare time I'm an avid kitesurfer and property investor.
- 3** I have a scar at the back of my head from a crazy rock 'n roll night out.
- 4** I've written soundtrack songs for three films – Stuck, a US documentary; Afrikaans movie Vir Altjd; and a sci-fi film called Taking Earth.
- 5** Fitness has become very important to me. I go to the gym at 5am every weekday and eat a high-protein, low-carb meal every three hours during the day.

"My parents travelled there when I was a young and brought me postcards and traditional Turkish outfits," says Sue, who's seven months pregnant. "I've longed to explore Turkey ever since."

The couple suggest making friends with locals wherever you travel. "We've seen some pretty insane secret spots not known to the usual tourist crowd."

Babymoon in Turkey

Istanbul has been on her bucket list for 25 years, so when **SUE** (33) and **JP DUMINY** (34) were considering destinations for a little "babymoon" before No 2 arrives, the Turkish city came out tops.

The couple and their three-year-old daughter, Isabella, recently went on their last holiday as a family of three, taking in the city's rich architectural history, enjoying its food and – of course – doing a spot of shopping.

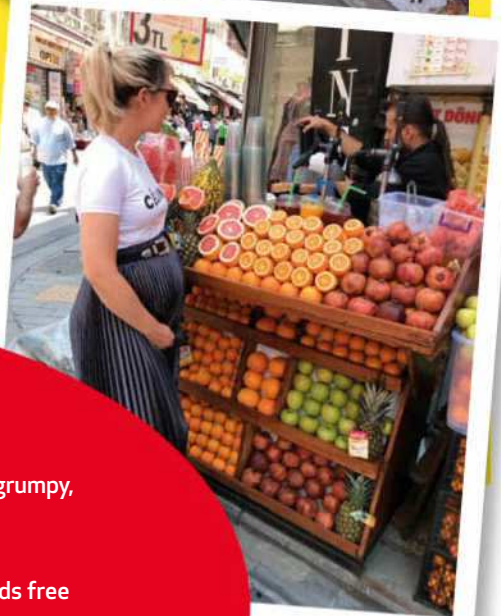
In fact, JP always travels light so he can update his wardrobe wherever he goes. "He took only hand luggage to Istanbul as he knows it's great for shopping and super-affordable for South Africans," Sue tells us. "He couldn't wait to shop!"

SUE'S TIPS FOR TRAVELLING WITH A TODDLER

- Always take a full medicine kit (antibiotics included!).
- Try to fly during the night or at nap time.
- Pack a new toy – if your toddler becomes difficult and grumpy, it's a saving grace!
- Pack plenty of snacks.
- If Mom is calm and collected, your toddler will be too.
- I prefer backpacks to baby bags as they leave your hands free to carry and handle your toddler.



JP and Sue enjoyed browsing the delights on offer at Istanbul's legendary Grand Bazaar.



ARIANA ENGAGED ALREADY!



THAT was quick! Less than a month after becoming an item **PETE DAVIDSON** (24) and **ARIANA GRANDE** (25) are engaged.

It was a whirlwind romance by any standards. Reports they were seeing each other emerged on 21 May, just days after Ariana announced her split from rapper Mac Miller (26) and Pete was last seen with actress girlfriend Cazzie David (24).

A week later, Pete fuelled the rumours by sharing a photo of himself and the No Tears Left To Cry singer in Harry Potter costumes.

The Saturday Night Live actor and comedian also took to Instagram about 10 days later to show off his new tattoos – Ariana’s initials and her trademark bunny ears mask.

Finally, about four weeks after the initial rumours they confirmed they were planning to walk down the aisle and soon after Ariana announced on Instagram they’d moved in together.

But while many of the four-time Grammy nominee’s fans are delighted for

her, others are concerned that one of the reasons the pop star is moving so quickly is the lingering effects of post-traumatic stress disorder brought on after the bomb explosion at her 2017 concert at Manchester Arena in the UK. She recently told *Vogue* the terror attack in May last year, which claimed 22 lives, was extremely traumatic for her.

“I don’t think I’ll ever know how to talk about it and not cry,” she said. “I’ve always had anxiety but when I got home from tour

it was the most severe I think it’s ever been.”

Pete is also no stranger to mental health battles. He was diagnosed

‘They’re just two people who found love quickly’

with borderline personality disorder (BPD) in 2016 and has spoken candidly about his struggle with the condition.

He recently hit back at the negative reactions to his relationship with Ariana. “Normally I wouldn’t comment on something but I’ve been hearing a lot of ‘people-with-BPD-can’t-be-in-relationships’ talk,” he wrote in an Instagram story. “Just because someone has a mental illness doesn’t mean they can’t be happy and in a relationship.”

You tell ‘em, Pete!

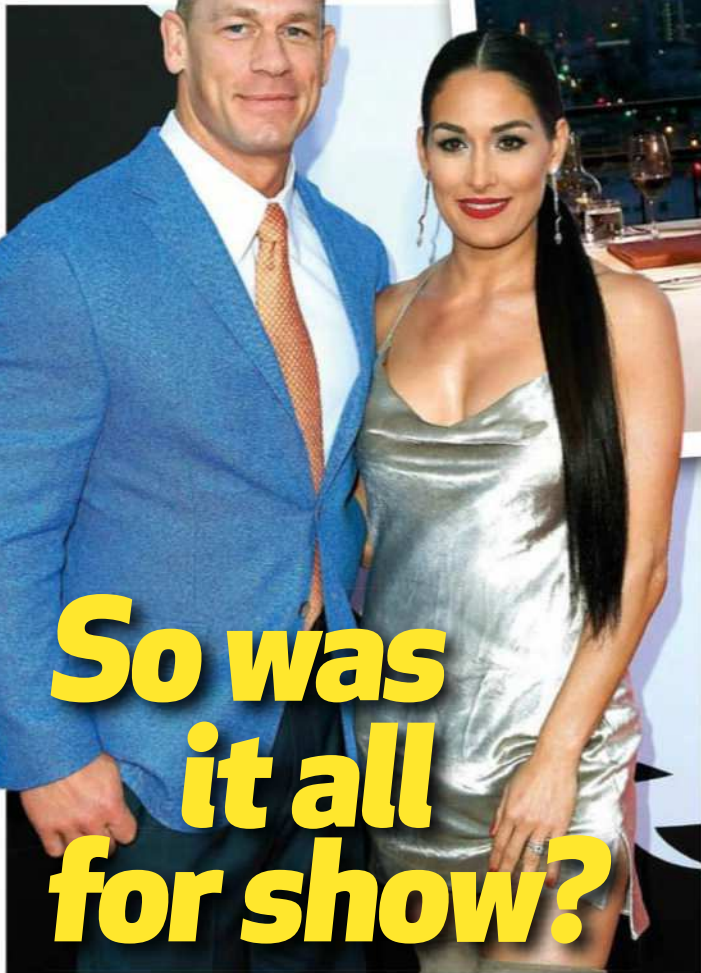
SOURCES: PAGESIX.COM, PEOPLE.COM, THECUT.COM

Ariana roped in Miley Cyrus for One Love Manchester, a benefit concert that raised funds for victims of last year’s Manchester Arena terror attack.



ALL IMAGES: GETTY IMAGES, GREATSTOCK/PLUSHNEWS, MAGAZINEFEATURES, INSTAGRAM, TWITTER, SNL, ENTERTAINMENT WEEKLY

TWITTER THINKS IT'S FAKE



jeff kalb jr @jeffkalbphoto
 Seriously... The fake break up was a horrible play for ratings. Made me lose what little respect I had for you

Diane Locklear @DianeLocklear6 · Jun 14
 Replying to @WWE @BellaTwins and 3 others
 Nikki felt nothing because she told @JohnCena what to say come on guys this whole FAKE BREAKUP is getting kinda boring Nikki needed some kind of storyline

young boy ana. @AnaKicks · 11h
 at least John Cena and Nikki Bella's scripted breakup angle is ending soon so there's some happiness in the world still.

So was it all for show?

It's been a difficult few months for WWE stars **JOHN CENA** and **NIKKI BELLA**, who split earlier this year, just weeks before they were due to marry. Reports at the time suggested the reason for the split was John (41) didn't want kids, while Nikki (34) had her heart set on becoming a mom.

But the Blockers actor has since changed his tune. In a recently aired scene from Nikki's reality show *Total Bellas*, the former couple reunited for a romantic dinner and John declared, "I wanna marry you - and marriage especially is about sacrifice. And I'll make that sacrifice for you. I'll give you a child".

When Nikki looked shocked, John told her he was "willing to have surgery", implying that the WWE star would need to have his vasectomy reversed in order to become a dad.

But sceptical fans aren't buying their romantic reunion, calling their short-lived break-up "fake".

Nikki has since hit back at critics who claim their split was fabricated to boost ratings. "I'm a human being that literally went through a break-up," the brunette beauty told ET Canada.

"Mine has just been blown up and people all of a sudden are saying that I'm faking it."

Mindy on motherhood

Ocean's 8 star **MINDY KALING** (39) has opened up about being a single mom and dealing with life's unexpected twists.

Speaking at a graduation ceremony at her alma mater, Dartmouth College in the USA, the actress and writer told graduates not to be scared if they "don't do things in the right order" and to remember that life takes unexpected twists.

"After my daughter was born in December I remember being in my house with her for the first time and thinking, 'Huh. According to movies and TV, this is traditionally the time when my mother and spouse are supposed to be here, sharing this experience with me,'" Mindy said. "And I looked around and I had neither. And for a moment it was kind of scary. Like, 'Can I do this by myself?'"

She then realised she wasn't alone. "I'm surrounded by family and friends who love and support me. And the joy I feel from being with my daughter, Katherine, eclipses anything from any crazy checklist."

Mindy hasn't said who her daughter's dad is, but all eyes are on *Mindy Project* co-star and BFF **BJ NOVAK** (38) with whom she's said she has a "complicated" relationship.



Mindy Kaling @mindykaling · Jun 11
 Thank you @dartmouth, my Alma Mater, for welcoming me back to deliver today's commencement speech. To say it was an honor is an understatement. #Dartmouth18s (You can watch it here: bit.ly/2H8I88F)

SOURCES: WORKINGMOTHER.COM, EXPRESS.CO.UK



Judge gets tough on Angie

IT'S been 20 months since they filed for divorce and the custody battle between **BRAD PITT** (54) and **ANGELINA JOLIE** (43) is only intensifying.

The latest blow to uber-private Angie is the leaking of court documents outlining a shared custody schedule for Maddox (16), Pax (14), Zahara (13), Shiloh (12) and twins Vivienne and Knox (9).

The *By the Sea* actress is required to tell their children that the court has determined that not having a relationship with their father is harmful to them, and that they're safe with their father. The only

child to whom the order doesn't apply is the eldest, Maddox, with whom Brad allegedly had an altercation shortly before the shock split was announced in September 2016. This is because Maddox, who turns 17 in August, is considered of age.

Brad is allowed to see the children for four hours a day while they're in London, where Angie is filming *Maleficent 2*. The brood will then travel back to the US to be with the *Allied* actor in Los Angeles for a week from 21 July.

Brad is then responsible for returning them to their mom in the UK and has to

foot their travel bill. He'll have custody again from 11 August until the estranged couple's next court hearing on 13 August.

The order also stipulates that Angie may call only once a day when the kids are with Brad and she has to provide him with each child's cellphone number so he can text or call them without her monitoring the conversations. The court has warned that Angie risks losing primary custody if she fails to comply with the new terms.

Soon after the documents made their way online, a spokesperson for Angie called the leak misleading and deplorable.



Aw shucks, Billy Bob

Angelina Jolie's spirits might be lifted after hearing the kind words of ex-husband **BILLY BOB THORNTON** (62), whom she was married to from 2000 to 2003, had to say about her.

"I look at that time as a great time 'cos Angie is still a friend of mine and she's a great person," the *Fargo* actor said in a recent interview with the Hollywood Foreign Press Association.

The Oscar-winning screenwriter, who's been married to his sixth wife, puppeteer Connie Angland (53), since 2014, said he and Angie "just had different lifestyles". She loved to travel while he was far happier staying put.

He also mentioned the infamous vials of blood he and Angie used to wear around their necks. "The necklaces were a simple thing: 'Hey, let's poke our finger with a pin and smear a little on there and when we're away from each other we'll wear the necklaces.' But by the time it came out in the press it sounded like we were wearing a bucket of blood around our necks."

Jen's in love (again)

Actress **JENNIFER LAWRENCE** (27) recently told talk-show host Andy Cohen that her gal pal Amy Schumer (37) had some harsh words for her after her split from *Mother!* director Darren Aronofsky (49) late last year. "I told her [Amy] and I was really sad," the Oscar winner said.

"The next day I got a bouquet of flowers delivered and there was a note that says, 'I'm so sorry to hear you're gonna die alone. Love, Amy!'"

Seems the comedian has been proved wrong pretty quickly, though!

The Red Sparrow star was recently spotted out with her new beau, **COOKE MARONEY** (33), a New York art dealer and gallery director.

Sources say they met through mutual friends and have been together since late May.

"They looked very comfortable," an onlooker says. "She's smiling like I've never seen her do with any of her previous boyfriends." Fingers crossed, Jen!



Jennifer & Darren



ABOVE: Team West on *Celebrity Family Feud*, hosted by Steve Harvey (front): Kanye, Kim and Kanye's cousins Kim Wallace, Jaiil Peraza and Ricky Anderson.

BELOW: Team Kardashian: sisters Kendall Jenner and Khloé Kardashian, Kris Jenner's mom, Mary Jo Campbell, and Kris, momager to the Kardashian clan.



Kanye couldn't keep up with the Kardashians

The much-anticipated episode of hit US show *Celebrity Family Feud* featuring the Kardashian family versus the West family has finally aired – and fans agreed it was well worth the wait.

Rapper **KANYE WEST** (41) teamed up with his wife, reality TV star **KIM KARDASHIAN** (37), and three of his cousins to take on Kim's family on the show, where the goal is to correctly guess the results of audience survey questions.

The father of three was all smiles during the show, which was taped back in February – months before

his series of controversial tweets made headlines in April.

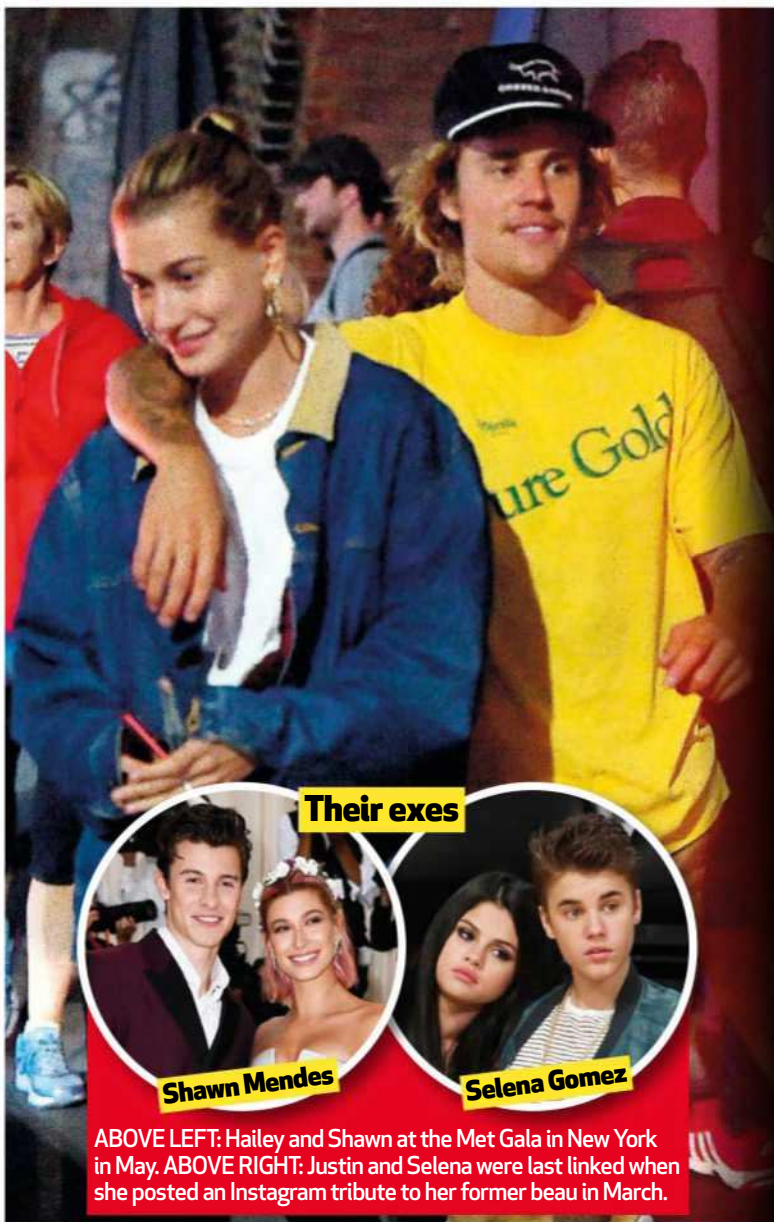
"Kanye was the best *Family Feud* celebrity panellist we've ever had on the show," host Steve Harvey told talk-show host Ellen DeGeneres.

"He loves the show. His people said, 'Steve, this is the most Kanye has ever smiled since we've been working for him!'"

Fans agreed that seeing the usually sullen Kanye so happy made it a bit disappointing when Team Kardashian ended up triumphing over Team West.

Never mind, you'll get 'em next time, Ye.

SOURCES: TOOFAB.COM, YAHOO.COM, VANITYFAIR.COM, DAILYMAIL.CO.UK



Justin & Hailey OVER THE 'WEIRDNESS'

It's hard to work out what's going on with these two! Just weeks after model **HAILEY BALDWIN** said she and **JUSTIN BIEBER** were "better as friends", the pair were seen looking all loved up while out on a stroll in New York.

"I met him when I was really young and he was one of my best friends," the daughter of *The Usual Suspects* star Stephen Baldwin (52) had said previously. "At a certain point that turned into something else, but that just happens when you're 18, 19. It was what it was," she explained.

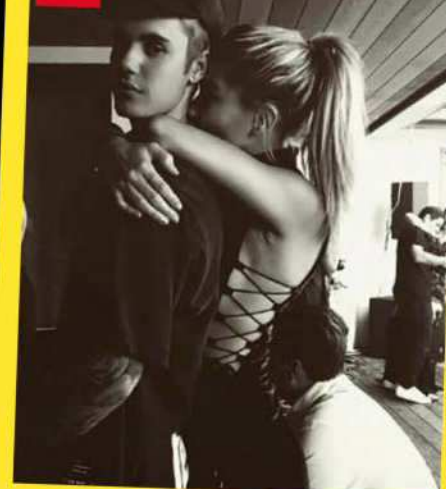
The 21-year-old added that they "didn't speak for quite some time and there was a lot of weirdness that went on" after they broke up.

"But it brought both of us to the realisation that we just work much better as friends. Now it's a very mature situation," she said.

The rekindled friendship definitely seems to have blossomed into something more as onlookers reported seeing the former flames kissing in a New York park earlier this month.

We wonder what their exes – singers Selena Gomez (25) and Shawn Mendes (19) – make of their "mature situation".

2015



Their exes

Shawn Mendes

Selena Gomez

ABOVE LEFT: Hailey and Shawn at the Met Gala in New York in May. ABOVE RIGHT: Justin and Selena were last linked when she posted an Instagram tribute to her former beau in March.

She might not have Justin – but her fans have her back

When fashion news site The Catwalk Italia recently asked its 1.4 million Instagram followers to rate their favourite **SELENA GOMEZ** look it got more than it had bargained for.

Instagrammers were shocked when fashion designer **STEFANO GABBANA**, of Dolce & Gabbana, added his two cents' worth to the comments, cattily labelling the singer "so ugly" – despite the fact that the look Selena is sporting in the far right of the image is the D&G dress she wore to the Oscars in 2011.

Needless to say Selena's millions of online fans immediately backed her up, and singer Miley Cyrus (25) even leapt into the fray with some colourful language to support her pal.

What others said

megan_ray7 @stefanogabbana I don't think you realize what you just did. Good look sir. 😡😡😡😡 Selena's fans don't play games.

gomezsave me @stefanogabbana the only ugly thing i see here is your personality

mileycyrus Well what that sick head said (if it's true) is fucking false and total bull sht.

mileycyrus She fine as fuck 🙄



stefanogabbana She's so ugly!!!

SOURCES: NEWS.COM.AU, USMAGAZINE.COM



Let's talk about SEX, BABY!

It was always going to be interesting when **JADA PINKETT SMITH** (46), her daughter, **WILLOW**, and mother, **ADRIENNE BANFIELD-NORRIS** (64), sat down to talk about sex on Facebook TV's most recent episode of Red Table Talk.

The Girls Trip actress dropped the first bombshell, revealing that she was taught about masturbation when she was just nine.

"My grandmother taught me about self-pleasuring because she wanted me to know that that pleasure was from me," Jada said.

But 17-year-old Willow had a shocking revelation of her own: that her first experience with sex was walking in on her parents doing the deed. "I was going downstairs to get some juice and I saw for a little moment and I ran away. I was like, 'Oh my God, this is so crazy. What did I just see?'"

Jada later continued the chat on the Today show, saying she hadn't needed her son, **JADEN** (19), to tell her when he'd lost his virginity because she'd already figured it out. "There's just a certain swag," said Jada, who's married to actor Will Smith. "He was walking different, and there was just a loss... My little boy was gone."

IF IT WASN'T FOR GEORGE...

When the American Film Institute recently honoured **GEORGE CLOONEY**, many of his former co-stars had kind words for the 57-year-old actor – but few were as grateful as his former ER co-star **JULIANNA MARGULIES**.

"Honestly, I owe my career to George Clooney," the 52-year-old actress told talk-show host Seth Meyers, explaining that her character, nurse Carol Hathaway, had died in the pilot episode of the show and she was about to move on to something else.

"I was about to sign on to a not-very-good sitcom because I needed a job," the actress recalled. "He [George] called me out of the blue, kind of put his neck out on the line for me and said, 'I heard that your character tested well. And if I were you I wouldn't take another job because I think they're going to bring you back to life!'"

They did indeed revive her – and Julianna went on to star in the first six seasons of the hit medical drama. She later landed the role of Alicia Florrick in *The Good Wife*, which won her international acclaim and a coveted Golden Globe Award.

Julianna Margulies and George Clooney, who as ER's Carol Hathaway and Doug Ross are among TV's most beloved couples, have remained close over the years.



MTV MOVIE & TV AWARDS



The stars were out in force at the 26th annual awards ceremony held in the Barker Hangar at Santa Monica Airport in California

STRIKING COLOURS

- 1** Grown-ish star Yara Shahidi complemented her powder blue Tory Burch suit with a touch of blue eye shadow.
- 2** Model Jasmine Sanders stood out in a canary yellow Alexander Terekhov belted dress.
- 3** Kelsey Asbille Chow, from Disney XD's Pair of Kings, showed off her figure in a sheer pink frock.



BOLD IN BLACK

- ◀ Bad Moms star Kristen Bell, who's getting ready to reprise her voice role in Disney's forthcoming Frozen 2, showed off her toned legs in a black and gold metal and lace dress by Julien Macdonald.
- 1** Storm Reid, who looked adorable in a Viktor & Rolf dress, dished on the best piece of advice she got from A Wrinkle in Time co-star Oprah Winfrey. The media mogul told her not to, "waste energy on things you can't change in your life".
- 2 & 3** Riverdale stars Camila Mendes, in Elisabetta Franchi, and Lili Reinhart, in Prada, were both daring in black. The hit show was nominated in the best show category.





LEATHER & JEWEL TONES

1 The Greatest Showman star Zendaya, who presented an award, looked chic in a structured leather August Getty Atelier creation.
2 X-Men: Apocalypse actress Olivia Munn went bold and glam in an emerald velvet jumpsuit with a plunging neckline by Galvan London.
3 Nerve actress Arielle Vandenberg dazzled in a glittery blue frock by Zhivago.



SIZZLING METALLICS

1 This is Us actress Mandy Moore showed off her pins in a form-fitting studded minidress by Alberta Ferretti.
2 Aubrey Plaza, in a pale pink and gold minidress by Elisabetta Franchi, was nominated for best villain for her Legion character, Lenny Busker.
3 Reality TV superstar Kim Kardashian sported long braids along with a shimmering floor-length silver skirt and a white Versace tube top.
4 Girls Trip actress Tiffany Haddish, who looked regal in a stunning metallic silver Galia Lahav gown, hosted the event.



(Turn over)



1 Dacre Montgomery, who was nominated for best scene stealer for his role as Billy in *Stranger Things*, brought along his model girlfriend, Liv Pollock. **2** Actor Seth Rogen was accompanied by his wife, actress and screenwriter Lauren Miller, who's appeared in films such as *Superbad* and alongside her husband in *50/50*. **3** Alone singer Halsey, smouldering in a daring red dress by Julien Macdonald, cosied up to boyfriend rapper G-Eazy on the red carpet.



1 Chadwick Boseman, who was nominated in the best performance in a movie category, looked trendy in denim. **2** Vinny Guagnino, Mike Sorrentino, DJ Pauly D and Ronnie Ortiz-Magro of *Jersey Shore* fame struck a pose in their shades. **3** Michael B Jordan's *Black Panther* character, Eric Killmonger, was nominated in the best villain category. **4** Nick Jonas teamed up with Mustard for the debut performance of their new single, *Anywhere*.

DASHING DUDES

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OUTBONUS R2 302

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