

HAPPY ENDING

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IN COMMAND

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'THUGS NEED TO KNOW WE ARE IN CHARGE'



5 JULY 2018 #339

THE BEAT GOES ON

DRUM

REAL TALK

Azania Mosaka opens up about the pressures of her new job

IT COMES WITH ANXIETY - BUT I'M DOING SOMETHING I LOVE



ON THE MEND

AKA talks new music, Bonang & healing his broken heart

'WHEN I REALISED SHE DIDN'T MISS ME I HAD TO LET GO'



MANE ATTRACTION

INSIDE JADA PINKETT SMITH'S HAIR LOSS HORROR

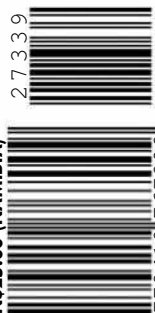
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- The rising stars of the beautiful game
- Romelu Lukaku from poor child to big bucks superstar

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Let's celebrate his 100th birthday by remembering the values that live within us all. So, whenever you give or receive a commemorative banknote - connect with your fellow South Africans and pass on our values.

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To find out more search #TheMadibaInMe



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INSPIRING TALENT

WHEN Romelu Lukaku saw his mom mixing water into the milk they'd have for lunch, he knew they were in trouble. He was just six years old but he vowed he'd ensure they'd live like kings one day.

The footballer, who's a star for Belgium at the Fifa World Cup, kept his promise and his story has brought many to tears. It's a remarkable tale of a young child who was determined to one day care for his loved ones – read more on page 76 about his moving journey.

Another inspiration in this issue is Kau Mohlamonyane. The 17-year-old of Mpumalanga created a device that can help save household water and he represented South Africa in the United States, impressing international scientists (see page 70).

Enjoy the reads!

THE DRUM TEAM



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



FOOTBALL'S BEST

For the past 10 years either [Cristiano] Ronaldo or [Lionel] Messi have been named the world's best male footballer (Ready for action, 14 June).

With Ronaldo starting the Fifa World Cup on a high note by scoring his usual incredible goals, I'm betting on him taking the trophy this year over his fierce competitor – who is unstoppable and also a joy to watch. But so far Ronaldo is the undisputed champ!

MCDIVETT KHUMBULANI TSHEHLA, EMAIL

YOUTH DAY DILEMMA

I went to an event to celebrate Youth Day

LETTER OF THE WEEK

EDUCATION BEGINS AT HOME

WHEN we think of bad parents we often think of alcoholics who leave their children unattended or those who beat their children to within an inch of their lives.

But there's a category of bad parents we don't often speak of: those who call their children "useless" or "stupid" for having failed at school.

Those are crushing things to say to a child who has just been humiliated by their academic performance.

Words are powerful. Words can help build your child towards success or paralyse them to fail.

As parents we need to recognise our children's strengths and weaknesses and build on their strengths, and support them to combat their weaknesses.

It is a progressive process.

It's unfair to expect perfect results if you as a parent never put in the work, support and encouragement to help get those results. Parents must understand that education takes place at home as well as at school.

SARA DIMPLES, HEILBRON

THE WINNING LETTER RECEIVES R300.

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and I was very ashamed to learn some of my peers are only interested in drinking, music and wearing nice clothes. My fellow youth, we must learn to improve ourselves. Let's wise up now or tomorrow you'll cry alone.

CONCERNED MILLENNIAL, SMS

* The youth of today don't seem to understand the history behind Youth Day, a day that's meant to honour those who rose up against the apartheid regime in 1976. Many young people now are only interested in celebrating alcohol. I understand alcohol means happiness to many people, but the way we celebrate it in most communities is shameful.

Every day we wake up and waste the accomplishments of those who died for our freedom of education. South Africans, in future let's celebrate this day properly – not just for us but for future generations.

WINNY SHOKANE, DIEPSLOOT

* Had Hector Pieterse survived the bullet that took his life in 1976 at the age of just 13, he would have been 55 this year. I wonder what he would make of the drinking festival that now marks Youth Day. Would he grab a beer and make the circle bigger? I think not.

I think he would rather we do on 16 June as we do on Mandela Day. I propose a literacy day as a fitting tribute. Now that, I think, is something Hector and his

comrades would drink to.

ZITHULELE SIBANYONI, EMAIL

* The youth of 2018 tackle issues with courage. Today you're faced with unemployment, but you tackle it by becoming entrepreneurs. You're arrested by poverty, but you break free from it by fighting for free education. I applaud you, youth of 2018. You don't just aspire to be on top, you fight to be on top.

NONHLANHLA MAJOLA, EMAIL

* Our struggle today is different from 1976 as our main challenges are unemployment and drugs. My message to unemployed youth is to never let your position get the better of you. Stick to your goals. Unemployment can make you feel angry and depressed, which leads many youth to drugs.

But the first step in solving a problem is acknowledging its presence. Being jobless doesn't mean you're a failure. You have many good qualities and you can make a contribution to your life and to society. South Africans like to wait for things to drop into their laps, but this is a bad habit. If we stop procrastinating and do what needs to be done we can achieve more.

MOTLOKOA PAKANA, HEILBRON

DADS ARE PARENTS TOO

I had to change my baby's nappy on the floor of a handicapped toilet because

the shopping centre I was in doesn't cater for dads with babies. The baby-changing rooms are only inside the ladies' toilets.

You wouldn't believe how many public spaces aren't accessible for dads out alone with their babies. There are many places that have no facilities for changing babies in either male or female cloakrooms. Some of the changing tables are too dirty.

It's 2018 and the narrative that only moms are caregivers to little ones needs to come to an end. It only entrenches the patriarchal idea that childcare is the mother's responsibility, or that all babies have mothers. I'm a proud father of a baby girl who just turned one. I love spending time with her and take her along when I go shopping. What I want for my child is simple: I want her to eat well, sleep well, dress well and be free of disease. She and all other children deserve it.

JOHN SHABANGU, ZITHOBENI

bullying (The real superheroes, 21 June).

The same sensitive and uncensored scenes gain momentum when they're shared online. Cellphones aren't used to simplify lives as they were intended, so it's time campaigns are launched to teach people about morality and to move away from this culture of insensitivity.

ZODWA MYENI, VOSLOORUS

*Social media has been abuzz with videos of learners beating and fighting with their teachers in recent months. This escalating problem resulted in people getting nostalgic about the days when corporal punishment was enforced in schools.

But if we are to fix violence in our communities we must first look at family structure, which plays a key role in child development. Families must connect their children to the community and teach kids how to get along in the world and how to cope with adversity.

Successful families communicate with one another, spend time together, embrace a common spiritual or religious belief system and deal with crises proficiently.

TIYISELANI BEVHULA, EMAIL

DUMP ESKOM'S BOARD

Eskom is on the brink of collapse and something has to be done, and quickly. For its board to tell the public they don't have enough funds to steer the ship leaves much to be desired. I don't understand why Eskom is in this mess and the board needs to help us understand. Government is pumping millions into it and they're getting huge salaries and bonuses.

Now they're saying they have to introduce load-shedding to cut down on the running costs. Must we suffer for their stupidity and lack of foresight? The board must be changed. These people are clearly incapable of running the power utility.

PEPE NKOMOMBINI, EMAIL

facebook YOUR OPINIONS

DJ Zinhle sent a sweet Father's Day message to her ex, AKA, saying how happy she was to be co-parenting their daughter with the rapper.

DRUM readers shared their thoughts on the matter.



INSTAGRAM

I'm so proud of them for finding their co-parenting zone. Good one, guys. And Kiernan, I hope you've grown and left the childish antics behind.

LIHLE THOLE

I wish my baby daddy was like AKA.

PRISCILLA MAMA-MOLEBOGENG HOPE LEDWABA

It's good to see two people coming together for a common goal - helping to raise a beautiful soul.

EDITH RAMOFHI

[AKA] said on Real Talk that she's a good mother.

YOLANDA FUMA

He always says great things about her. He even took her out on Mother's Day. They're both very cool with each other, no negative vibes.

SONNY MCWAYS

I'm guessing that means they're on the same page at least!!!

FISTO FANI KHUMALO

Very good that these two managed to put their differences aside to co-parent. Big up, guys, you'll raise a happy child.

SOLOMON TRACY



THE MORAL MAYHEM

I appreciate technological gadgets like cellphones but I'm perplexed by the way in which they're used. These days it's easy to film a person dying instead of helping that person.

A husband tells his wife he's at work when he's gallivanting with his *makh-wapheni*. The same cellphones are used to film disrespectful learners who are beating teachers, as well as scenes of explicit sex in schools, parties and

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ONLY R32



ONLY R42

HE SHOOK the country with the release of his fourth highly-anticipated album and teased fans by hinting it might be his last – which is why he had to make it count.

It's called Touch My Blood for a reason, AKA says: it's raw and personal and addresses everything people want to know about him.

"The album focuses on my thoughts and emotions," he says. "It's unguarded. I wasn't afraid to be vulnerable and share what's been happening in my life."

And that includes the dark days he went through following his break-up with Bonang Matheba at the end of last year.

His new offering was cathartic and now he's a man on the mend, he tells us. Just don't expect him to go into detail about why he and Bonang split, he cautions. That, it seems, is going to remain a mystery.

"I understand there is curiosity but I will not take people through why we broke up. I think that needs to stay between me and her. There is a respectability in not speaking about the small things and I don't think it's right to share everything."

AKA – real name Kiernan Forbes – is chatting to us over a late lunch at a restaurant in Illovo, Joburg.

He orders a double shot of his branded bottle of Cruz watermelon infused vodka and a starter portion of grilled squid heads before getting down to business.

Although he won't get into the nitty-gritty of the break-up, he will admit it hurt. A lot. But it helped him learn to love himself and appreciate the genuine people in his life, he adds.

"I've never been happier than I am right now and I owe some of this happiness to the break-up. I'm calmer now. I know my character, I

AKA says his split from Bonang Matheba helped him appreciate the people in his life more.



BRUISED BUT NOT BROKEN

The end of his relationship with Bonang helped him learn to love himself, says AKA – and he's happier than he's ever been

BY QHAMA DAYILE

DINO CODEVILLA/INSTAGRAM/AKAWORLDEWIDE



AKA and DJ Zinhle are happily co-parenting their daughter Kairo, he says, and are definitely not involved romantically.



ABOVE FROM LEFT: Bonang Matheba and AKA in happier times. ABOVE: With Kairo. The adorable tot is the apple of her dad's eye. The rapper says having Kairo helped him grow as a man and learn patience.

know who I am and I know what I have time and patience for.”

He believes he “invests too much in love” and the collapse of his relationship made him realise this. “I’ve always thrown everything I have into a relationship. I’m a relationship type, but for the first time I can say I’m in a relationship with myself.”

His healing began when it became apparent Bonang didn’t miss him.

“I definitely missed her – I missed being with her and laughing with her and when I realised she didn’t miss me, I had to let go. She made me not miss her.”

He now has more time for himself, AKA says.

“I had to experience the pain and get over the hurt. I went to the gym, I ate a lot of fish and expensive meals, I drank a lot of alcohol and partied a lot to try to get over the hurt and now I’m okay.”

“In fact, I’m doing just great.”

BONANG (31) and AKA’s break-up was the talk of Mzansi and their millions of social media followers have been glued to their accounts for months, desperate for titbits.

Probably the oddest post of the lot was when AKA went on Twitter recently, detailing finding rocks in his cupboard.

“You think you know someone until you unpack all their shit and find rocks tied up in a plastic bag in your bedroom cupboard,” he wrote.

“I’m not talking about bath salts... I’m talking the type of rocks you pull out of a river. What are they doing wrapped up in my bedroom? I don’t know. I never thought I would end up feeling so bitter about love.”

He decided to clean up his home after the break-up, he tells us now, and found the “mysterious” stones.

“I was looking through my stuff in the house and cleaning out the closet when I found them in the bedroom. It was creepy and weird, almost ritualistic and spiritual. I showed my friends and they told me to get rid of that creepy sh*t,” he says. “Who puts stones and crystals in a weird plastic bag in the closet? It was bizarre.”

Returning to the studio to record his latest album was a haven for the musician and he enjoyed mixing things up.

“My previous albums were really centred on sounds and based on samples and hip-hop drums. But this one is driven by emotion, a time, a place, my heart and my mind.”

So could it really be his last? Maybe, the 30-year-old says.

He wants to concentrate more on his business ventures at his arts and entertainment enterprise, Beam Group. And then, of course, there’s the number one person in his life.

‘I had to experience the pain and get over the hurt’

KAIRO, his daughter with DJ Zinhle (34), is the apple of his eye. Now that his period of mourning for his break-up is well and truly over, he’s enjoying spending as much time with his little girl – who turns three this month – as possible, in between marketing his new album.

There has been speculation he and Zinhle are back together but it’s not true, he says.

“She’s the mother of my child. She’s a beautiful woman, someone who’ll always be there because we share a daughter, but we are definitely not back together.”

“We will always be in each other’s lives. As far as a relationship is concerned, we’re in a serious long-term relationship – there is a child involved. But it’s not an intimate love affair.”

He takes his role as a father very seriously, AKA says. “I’m still learning to be a good father. My daughter has helped me mature and grow as a man. I’m a bit more patient now. I think a little bit more before I speak because I understand there are consequences that could affect my entire family.”

“The old AKA was reactionary. Now I decide what to respond to, but I’m far from tame. I still feel like I can speak my mind and I’m never scared to speak up, but I now know what works for me. I cannot live my life worried about what people will think.”

He is in a better place in his life and wants to share his success and happiness. He recently partnered with his mother, Lynn Forbes, in community projects.

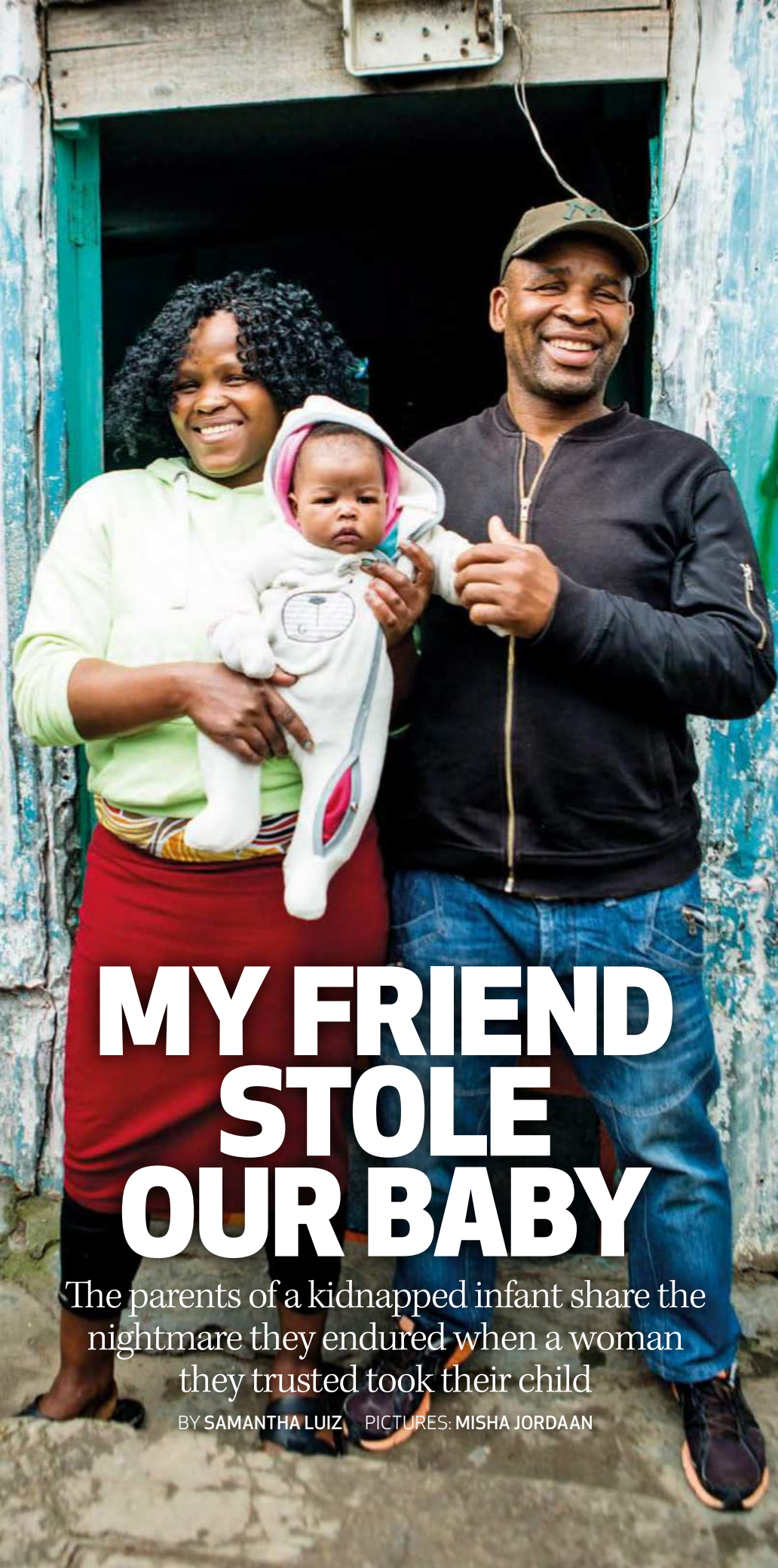
“Not so long ago, I dropped off all my old sneakers for Special Olympics South Africa. We also delivered food parcels to underprivileged families in Joburg.”

Life has been good to him and he wants to share his good fortune. The Magriza rapper will start the AKA Foundation this year to help him achieve this goal.

“My music makes people feel good and I want to share my blessings with others too.”

All in all, sounds like a good fresh start. ■

*Several attempts to contact Bonang for comment were unsuccessful.



MY FRIEND STOLE OUR BABY

The parents of a kidnapped infant share the nightmare they endured when a woman they trusted took their child

BY SAMANTHA LUIZ | PICTURES: MISHA JORDAAN

SHE gently cradles her baby in front of a make-shift heater that's warming the small home. The new mom, her partner Bongani Yaba and her daughter, Mivuyo, can't stop staring at little Anoyolo, who's making cute baby sounds.

The three-month-old baby girl was recently snatched from her family home at Kiki Hostels in Gugulethu, Cape Town, but was returned safe and unharmed after a whirlwind search.

It was an agonising 24 hours for Anoyolo's mother, Nomfundo Maqashu.

"I'm still shaken," the 37-year old says. "But we're glad to have our cute little one back," she says, kissing the baby's forehead.

The relieved mother says it all began when she left her eight-year-old daughter from a previous relationship, Mivuyo, and the then two-month-old baby she shares with Bongani in the hands of her friend, Sinovuyo Nodali.

She needed to do a quick shop run and trusted the 32-year-old to babysit her child as she'd often done in the past. "I had no reason to think this time would be different," Nomfundo says. "Little did I know it would be the biggest mistake of my life."

When she returned from the shop about an hour later, Nomfundo found Mivuyo in the house alone – Sinovuyo was gone, and so was the baby. "I tried calling her, but the number went straight to voicemail."

Panicked, she rushed to where the woman was staying with a boyfriend a few houses away. "Her clothes were all gone. My heart sank when I realised what had happened."

When Bongani (55) came home from his construction job, the couple immediately went to the police station to report their baby missing.

According to a police source close to the investigation, the Pink Ladies Organisation for Missing Children was contacted to help search for Anoyolo.

"They also tried to get hold of Sinovuyo on WhatsApp and Facebook, but no such luck," Nomfundo says.

Bongani picks up the story. "It was a public holiday and we considered she could have gone for a visit, or even be drinking.



Nomfundo Maqashu (left) and Bongani Yaba are happy to be reunited with their daughter, Anoyolo. They say after what they've been through they won't easily trust others with their child's welfare again.

"We tried hard to remain positive," he says, reaching for the baby.

But it was tough and Nomfundo was anxious, wondering where their baby was, and if she was warm and safe. "She'd taken Anoyolo just as she was, wearing the romper she had on that day. No extra clothes, nothing.

"I really wasn't okay. I wasn't sure I was going to get her back."

'I tried calling her, but the number went straight to voicemail'

IT WASN'T long before the police got their first lead.

A source close to the investigation says they received a phone call from a woman in the Eastern Cape – where Sinovuyo is originally from. She claimed to be Sinovuyo's neighbour back in her village and directed police to her father.

But the police hit a brick wall when Sinovuyo's father denied knowing her.

On Sunday night, a day after Anoyolo was allegedly kidnapped, police received another lead from a former friend of the suspect.

It was the breakthrough they needed – Bongani says the tip-off revealed some startling details. "We found out Sinovuyo had another boyfriend in Darling [north of Cape Town]. She'd told him she was pregnant and would be travelling to Cape Town to give birth," he says.

"It was all lies, but he must have taken her word she was pregnant."

Bongani says a neighbour of the newly revealed second boyfriend led police to Sinovuyo's cousin, who knew where they could find her.

Following up on the lead, a terrified police and Nomfundo accompanied Bongani and Nomfundo to a house in Atlantis, near Darling. "I immediately recognised

my baby lying on a bed in the room," Nomfundo says.

"Sinovuyo was with her boyfriend's family, who were shocked. She told them the baby was hers."

"We don't use WhatsApp but we heard she'd even changed her WhatsApp profile

photo to that of our daughter, saying the baby is hers," Bongani adds.

Sinovuyo was arrested on a charge of kidnapping. "She was crying as the police loaded her in the van," he says.

The alleged kidnapper is set to return to court on 9 July to apply for bail.

In the meantime, the department of social development has deployed a social worker to assist the family in dealing with the ordeal.

"Social workers from our Gugulethu office will assist the mother, who has been reunited with her child, with trauma counselling and other social sup-

port," social development spokesperson Sihle Ngobese says.

NOMFUNDO says she had known Sinovuyo little over a month before that fateful day. She had come from using the outside toilet when the woman approached her. "She came up to me and asked how I am," Nomfundo recalls. "She seemed friendly and we struck up a conversation."

Nomfundo, originally from Tsolo in the Eastern Cape, says Sinovuyo told her she had left her boyfriend in Atlantis and moved in with an ex-lover who lived nearby. "She asked if we could be friends, and I said yes."

Over the next few weeks the two women spent a considerable amount of time together. "We became quite close."

Sinovuyo would often visit her at home where they would chat. If Nomfundo was busy with chores and placed her baby on her bed, Sinovuyo would offer to carry the baby, she adds. "She had become a friend to me. I trusted her."

When she had errands to run, Nomfundo would ask Sinovuyo to babysit. "If I had to do my hair or do the washing she'd look after the baby. She grew quite protective of my baby.

"She wouldn't let anyone else pick her up. It was just her."

In retrospect Nomfundo says she should've known something was amiss when the baby's clinic card went missing. "We thought we had misplaced it. But we now know better."

She's happy to be reunited with her baby, and Nomfundo advises other moms to "not trust anyone with your baby".

"We've learnt our lesson," says Bongani, lovingly gazing at his daughter. "If we're both busy, we'd rather take her to crèche. We'll never leave our baby with anyone again."

Sinovuyo Nodali gained Nomfundo Maqashu's trust before allegedly kidnapping her baby, Anoyolo.



FACEBOOK



LEFT: Azania Mosaka has taken over the reins from Anele Mdoda on SABC3 talk show Real Talk. ABOVE: She also holds down a job as a presenter on Radio 702.

THE REAL AZANIA

She has big shoes to fill as the new host of Real Talk, but Azania Mosaka is ready for the challenge – and she’s making the show her own

BY THOLAKELE MNGANGA PICTURES: LUBABALO LESOLLE

SHE has two decades of work experience under her stylish belt and has conquered TV, radio and the world of business.

But even she admits following in Anele Mdoda’s footsteps on Real Talk on SABC3 and becoming the face of afternoon TV is a bit daunting.

“It comes with a lot of anxiety and pressure,” Azania Mosaka says. “But it’s also exciting because I’m getting to do something I love.”

She’s a few weeks into the show and it hasn’t been easy following on from someone like Anele, with her charismatic nature and big personality.

“I’m like an artist coming to a canvas that has already been started,” she says. “The sketching has begun and it’s about saying, ‘Where do I take it? How do I complete this picture?’”

So she’s going to do the only thing she can: make the show her own. Azania wants to make sure the hour-long feature isn’t only centred around gossip but

focuses on “having heartfelt conversations” – something she’s already started in interviews with Bonang Matheba, Mshoza and DJ Zinhle.

“For me it’s important to reflect on what drives the news agenda but it’s also important to celebrate people and validate them.

“I want to make an impact on viewers by touching on the real-life experiences of the people I interview.”

As if that’s not enough of a challenge, Azania (41) is also pursuing her life-long dream of learning to fly.

She grew up wanting to be a pilot or an economist, she tells us. And with most of her dreams in the entertainment industry coming true, she’s taking steps to achieve one of those childhood goals.

Azania, who has a BCom degree from Wits University, says the decision came after one of her radio shows where she asked listeners what they would be do-



ing if they weren't in their current jobs, and she mentioned she'd probably be a pilot.

Next thing she'd been contacted by a flight instructor about taking lessons.

It took three months for her to respond to the offer, but once she did she approached it like any other opportunity.

"I said to myself, 'You've never backed down from a challenge so what's stopping you now?' So I just did it."

She lifted a plane into the air for the first time at the end of May and is in the process of getting a private pilot's licence.

AZANIA started her career as a model at the age of 16. It wasn't something she'd planned, she says.

"A high-school friend wanted to be a model but she was scared to go alone so she asked me to go with her," she says. "When we got to the agency they asked if I also wanted to try out and that's how it all began."

She was soon doing advertorials and modelling campaigns after only a few test shoots and auditions. That same year she auditioned for a youth talk show called *The Joint*, and went on to host it for two years.

"That's how I got into the industry – by saying yes to something someone else saw in me. I have always been open to the universe leading you and opening these different doors because you don't know where they might take you."

But by 19 the Pimville-born beauty decided it was time to see what the world beyond South Africa's borders had to offer. So she packed her bags and headed to London, where she spent three years "roughing it" in the English capital.

"It was hard," she admits. She had a number of jobs, including that of cashier at a McDonald's, a stocker at a CD warehouse and a hotel receptionist.

"It was great because I was forced to grow up really quickly. The pound to

rand [exchange rate] wasn't great so I couldn't cry to my mom about not having money. I had to learn fast and grow up quickly."

She came back to South Africa when her relationship with her daughter Shamiso's British father ended. "We fell in love, we had a baby, but the relationship fell apart and I decided to come back home."

The then-21-year-old single mom worked as a regular nine-to-five office worker to take care of her one-year-old daughter. The entertainment bug bit her again when a friend asked her to present the pilot episode of a variety show called *Bassiq* on SABC1. She hasn't looked back.

She's worked as a producer on Glen Lewis' breakfast show on Metro FM and, after a lot of hard work and persistence, became a radio host. She's now the host of the Azania Mosaka Show on Radio 702 from 1pm to 3pm weekdays.

And she wouldn't change a thing about her journey, she says.

BEING a mother is what brings her the greatest joy. Azania is mom to 21-year-old Shamiso and Tatenda (12), her child with her sports broadcaster ex-husband Tony Ndoro.

It's also her most challenging role, she says. "You can't protect your children from everything and the biggest lesson that has taught me is you have to stand by them when they're going through their worst."

One of her biggest tests as a mom

came last year when Shamiso was the talk of social media after attending a Migos concert in Johannesburg.

A series of tweets posted on Shamiso's account suggested she'd spent the night with the rappers after being invited to an after-party.

"It was unfortunate because no one cared about the facts," Azania says.

She wasn't angry at her daughter, she says.

"Of course she was excited – I know what it's like to be young and crushing over Silk or Boyz II Men and whoever was hot at the time. I know what that energy and rush is like so I'm not going to tolerate anyone saying she was wrong to be excited."

The mistake Shamiso made was posting a picture of two people in a bed, leading to suggestions she'd spent the night with one of the rappers.

"She didn't make the mistake of going to a concert of a band she loves and going to an after-party with her friends where the celebrity you like sends you a wave and you get

excited," the protective mother says.

"She was three weeks away from her first-year exams at Wits, so it was hard. It was absolutely traumatic. She had to see someone, she had to go for counselling and she had friends and family there for her as she kept it together to write exams, which she did successfully."

The family have recovered from the experience and Shamiso has even gone on to do some TV work, including a roundtable discussion on Vuzu about the impact of social media bullying.

Life and the entertainment industry have taught her the importance of hard work, says Azania, who also co-owns a chain of salons called Miss Salon London in Joburg alongside business partners and friends Ego Iwegbu and Linda Jangulo.

She's not done and she'll always be searching for a way to reinvent herself.

"The industry is about the hustle. You have to believe in your skills but also show other people that you're worthy. Longevity is not assured."

She seems to be doing pretty well though. ■

The industry is about the hustle. You have to believe in your skills'

RIGHT: Azania's big break in radio came when she was appointed as a producer on Glen Lewis' Metro FM breakfast show. **FAR RIGHT:** The talk-show host is mom to daughter Shamiso and son Tatenda.



THERE'S plenty to keep him awake at night: the surge in cash-in-transit heists, alarming numbers of policemen being charged with crimes, violence against women and children – the list is long.

And yes, the police minister admits, he does have sleepless nights sometimes. But he's up for the job and he's not afraid to get his hands dirty.

"I can do something about it so there's no time to sit and worry."

Bheki Cele, his trademark fedora perched on his head, is a man on a mission. He recently personally manned emergency police phone lines, not only assuring people their complaint would be attended to but giving out his personal cellphone number in some cases too.

"We work for the public," he says. "They pay the bills so why can't they have my number?"

But it's backfiring on him a little, he adds. "Sometimes they phone at 2am and they're partying and saying, 'Minister, come join us!'"

There's been precious little time for partying since President Cyril Ramaphosa brought Cele in as police minister when Fikile Mbalula was given the boot in a February cabinet reshuffle.

It was a surprise move given Cele's controversial background but the 66-year-old hit the ground running and has made bold promises to the nation that crime would be brought down under his watch. "South Africans soon will be safe," he declared at a press briefing in June. "We're putting all our minds together to ensure we fulfil our mandate to prevent, combat and investigate crime.

"We want to give our utmost assurance that the gigantic footsteps of the police will be felt from all corners of this country."

Cele spent three years as national police commissioner during Jacob Zuma's presidency and knows what it takes to be a top-ranking police official. But this time it's different, he says. He spends only about three days a week at home in Cape Town and wife Thembeke Ngcobo, 20 years his junior, sees little of him.

"I tell you, the wives of ministers have it tough. They don't get to see their husband except if it's on TV or in the newspaper."

He also spends hours in meetings and misses "people on the ground". But that



MAN ON A MISSION

Building a fit, skilled police force and tackling thugs are on police minister Bheki Cele's to-do list **BY CARLA COETZEE PICTURE: FANI MAHUNTSI**



LEFT: Bheki Cele watches as his predecessor, Fikile Mbalula, addresses media. **RIGHT:** He was well-liked as police commissioner and didn't hesitate to get his hands dirty. Bheki hopes to do the same in his position as police minister.



doesn't mean he doesn't know what's happening on a grassroots level.

"That gives me the advantage," he says. "There was a call yesterday, about a cash heist in Germiston. People at the scene, people with private companies, flood me with information. Sometimes I know about incidents before the crime intelligence boss, Peter Jacobs!"

'I defuse a situation - both sides are willing to speak to me'

HIS diary is full, he says. In 40 minutes he's leaving his office at police headquarters

in central Pretoria to catch a flight to Durban for his next meeting. And he was up with the president until 11pm last night. "So I'm tired," he admits. "But things are going well."

Still, he adds, if he could choose he would've preferred to have his previous job back. "As commissioner you're expected to get your hands dirty. I liked that."

His background gives him many advantages. He knows a lot of people in the police service and knows how things work. "They can't bulls**t me," he says with a wink.

Cele, who served as police commissioner from 2009, was fired by Zuma in 2012 after corruption charges were levelled against him.

Along with property mogul Roux Shabangu, he was accused of incurring R1,7 million worth of irregular rental agreements for new police offices in Pretoria and Durban.

Then-public protector Thuli Madonsela later found he was responsible for the deals as he hadn't followed correct procurement procedures.

Cele shrugs. The police needed those new stations, he says. He did what he needed to do. Subject closed. Move on.

The minister gives the impression he

has a solution for every problem the police face. And there are many, he concedes. "The first is the wellbeing of the police. More than 66 000 officers are overdue for promotion - can you imagine how they must feel?"

"So this year we plan to promote 28 000 and within three years all the overdue positions will be seen to," he says.

Some cops have held the same rank for 15 years, he adds, shaking his head. He also wants to increase the number of women in the force.

He's already ordered long overdue upgrades to technology systems and lengthened the basic training programme.

"I said six months' training is too short. Police were doing six months' training and six months' practical. I've changed it to a year's training and a year's internship."

Cele has grand plans to cut down on crime too. "We're making progress with the cash-in-transit heists - we've made arrests and we have dedicated teams. We've also met with industry to discuss how we can work together."

What about violence against women and children, we ask?

He's silent for a moment.

"That's the most difficult one. A large section of the population doesn't take it seriously but it's a threat to all of us. I take it very seriously."

As he does the number of police officers linked to violent crimes.

"Just yesterday I said to officers, 'Don't get involved in such things. Don't throw our name away'.

"I think they lost their way while I was gone - everyone wanted to manage the police. But the police need to be commanded."

ACK of self-confidence isn't one of the police minister's failings. Incidents such as the Marikana massacre wouldn't have happened under his watch, he says.

"I defuse a situation - both sides are willing to speak to me. When [AWB leader] Eugene Terre'blanche was killed I was the one who went and spoke to the family and the Afrikaners to keep the peace."

He can talk to anyone and communicates well, he says - which is why he manned the phones to the public the other day. People need to know he's there for them and he's on their side.

Cele acknowledges many of his actions and statements as police commissioner - including his "shoot-to-kill" order - were controversial, but he stands by them. "I never said 'shoot to kill'," he says. "I said the police will use deadly force as the law dictates, if it's necessary. Thugs need to know we're in control."

He still believes, as he did then, that cops need to shape up and get fitter. "I see officers who are chest in, stomach out, and it has to change."

Cele himself used to wake up at 5am every weekday morning to exercise but his new job makes this difficult. "I try but my diary isn't my own. If I'm not

in the gym at five I'm up and reading the newspapers by six. Last week my wife told me I need to make time. I think she's telling me something," he says, smiling.

But his time is limited. "If there's an emergency, I have to go."

Like now. Cele adjusts his hat and poses for a picture.

"Make me look young, *neh*," he says. ■

RIGHT: Bheki and his wife, Thembeke Ngcobo, wed in 2010. The fedora-wearing minister is 20 years her senior.





LIVES ON THE LINE

As cash-in-transit heists become more sophisticated and violent, guard Themba Simelane tells DRUM he fears each day could be his last

BY KAIZER NGWENYA

HE KISSES his wife and children goodbye every morning, says a quick prayer for guidance and heads out the door. And for an extra layer of protection, he grabs a small bottle of muthi made by his sangoma, hoping it'll be enough to bring him home in one piece.

He leaves his family every day with the fear a colleague will, later that day, have to tell his wife her husband died in a hail of bullets.

Themba Simelane (53) is a security guard working for a cash-in-transit company. It's one of the most dangerous jobs in the country right now with the dramatic rise in cash-in-transit heists. There's been a hold up almost every day in the past four months.

"It's a dangerous job with lousy pay. It's only the prayer each morning that keeps me going. I don't even feel safe when wearing a bulletproof vest. I'm too jumpy, even when I'm off duty my heart wants to stop beating when I hear a car backfire. What kind of life is that, not knowing

if you'll return home in a coffin, disabled by a bullet or blown into pieces by a bomb?"

Themba is a bundle of nervous energy when we meet up with him and his wife, Betty (51), at their home in Johannesburg.

He's been a cash-in-transit security guard for six years, he says, and has had a few brushes with death.

The closest he came to dying was last year when he and his colleagues were attacked by robbers east of Johannesburg. They were making a pick-up at a supermarket in a mall, he shares, clearly still traumatised.

He was pushing a trolley with bags of money when he heard a voice he still hears in his nightmares. "Don't move," the robber said.

"I felt the gun muzzle at the back of my neck. I froze," Themba says. He was so scared he immediately let go of the trolley when he was threatened with death.

"Hit the floor, you dog! Don't try anything stupid *nja* (dog), do what I say," he was told. He felt a foot pressed on his back pinning him down and a hand pull-

ing his pistol out of the holster.

"I became cold as fear gripped me. I felt helpless and I was praying for my life. It's a tough life. We are outsmarted and out-gunned by these guys. They use assault rifles and heavy-calibre revolvers like .44 and .357 Magnums.

"We use full metal jacket ammunition and they use hollow points [that cause more damage]. It's hell out there, I'm telling you."

MUTHI is probably the only thing he has in common with the robbers, he says laughing.

His wife doesn't approve of him consulting traditional healers and she sometimes throws away the bottles of muthi and gets angry when he comes home with fresh incisions below his Adam's apple, sternum, wrists and ankles – made by his traditional healer for protection.

"I go to church when I'm off duty because I want God to protect me and my family and my colleagues. But sometimes I feel prayers alone aren't enough.



LEFT: Security guards recently marched to the office of the Gauteng Safety MEC after an increase in cash-in-transit heists. **ABOVE:** A recent heist in Hillbrow, Johannesburg left two guards wounded. **ABOVE RIGHT:** Robbers now use commercial explosives to blow up vans. **RIGHT:** A cash-in-transit worker carries a placard during the march.

"I just need double armour or protection from a sangoma.

"When these guys hit you, you feel naked and confused – and what can you do with a 9mm pistol when facing guys with R5 and AK-47 assault rifles?

"We have families that we have to live for. It's the only way we can survive," he says. Nothing scares him more than the possibility of robbers threatening his family, Themba says, making an example of a woman who was allegedly killed by a heist mastermind last year when she refused to share information about the company she worked for.

"They can easily come to my place and threaten to harm my wife if I don't give them information. I'm scared and not ashamed to say it."

According to the South African Banking Risk Information Centre, there have been more than 150 heists reported since the beginning of the year. A total of 295 heists were reported between August 2017 and May 2018.

"We risk our lives for a meagre wage. Many of us take home less than R8 000 a month. There are no jobs in this country and people take any job to earn a little money to look after their families," Themba says.

"I'd love to do something safer, anything. The criminals are becoming brave and are not scared to confront us, and say very calmly 'Drop the money bag and

lie face down . . . or else you're dead."

"Just like that," he says with a snap of his fingers, "he can snuff out your life."

EASY access to commercial explosives used in the mining and construction industry and police corruption are some of the reasons for the dramatic increase in cash-in-transit heists, says Dr Mahlogonolo Thobane, a criminologist at the University of South Africa. She recently published a study on the rise of heists.

Thobane says the robberies are costing the banking and cash-in-transit industry vast amounts of money, not only on cash being stolen, but also the money being spent on fighting this crime.

"Surveillance measures are radically increasing as criminals become more professional and sophisticated," she says.

Police minister Bheki Cele says police are making progress in apprehending heists suspects. "In less than 24 hours we have arrested 13 suspects, including the second in command of a cash-in-transit syndicate," he told media at a press conference in June. "One criminal we arrested had been out on bail 41 times before."

Gone are the days when robbers used to follow the money trucks and create an accident by smashing a stolen car into

an armoured truck, Themba says. Now they don't hesitate to blow the armoured trucks.

"If these guys knock on the window and show us a bomb we have no choice but to get out and run for our lives, to get out with our hands in the air or else they will start shooting."

They don't even get counselling after these traumatic robberies, Themba shares. Clinical psychologist Melody Ngcuka says security guards like Themba cover the pain of their job with a sense of humour, or they will be filled with rage.

"They are staring death in the face almost every day. It takes so much courage to talk about experiences that are humiliating and invalidating. Some trauma survivors hold deeply entrenched feelings of self-blame and other distorted inaccuracies about the role they played or were unable to play when confronted with a difficult situation," she says. They use laughter as a coping mechanism, she adds.

For Themba, and many security guards transporting money, going to work every day is a game of Russian roulette. They don't know if they'll make it home.

"Life goes on and one keeps on praying . . . and paying the traditional healer for muthi," he says with a sad shake of his head.

"*Ngibophile* (I am safe), my bro, but for how long, I don't know." ■

'We risk our lives for a meagre wage. I'm scared and not ashamed to say it'





THE A TO Z OF TAX

It's almost time to submit your tax return – and the deadline is earlier this year. Here's what you need to know and advice on what you can claim for and how to do it

BY CHARLEA SIEBERHAGEN-GREY

YOU can almost hear the collective groan – it's tax season again. And as if it wasn't bad enough that you have to give up a big chunk of your hard-earned salary to the taxman,

you now have to devote hours to sifting

through paperwork to file your tax return.

But as much as you hate it there's no legal way to avoid it – and although it's a painful process you can at least take comfort in the fact you're doing your bit to keep the wheels of the economy turning smoothly.

Your taxes could be used to fund a

teacher's salary, build a highway, buy an essential piece of life-saving equipment for a hospital or pay a state pension to an elderly person who's desperately in need.

This year the South African Revenue Service (Sars) is encouraging taxpayers to get started earlier because they've shortened the tax season by three weeks.

The deadline has been brought for-

ward to give tax officials more time to help solve questions and concerns before tax returns are finalised, says Mark Kingon, acting commissioner of Sars.

So this means if you prefer filing your tax return in person at a Sars branch you have until 21 September to do so. Taxpayers who are registered for eFiling need to complete their returns before 31 October.

It doesn't matter how many times you've filed a return, it can still be a confusing business.

And who knows, if you play your cards right you might even be pleasantly surprised to discover the taxman owes you a refund. We break it down.

WHO HAS TO PAY TAX?

South Africans who earn more than a set monthly income have to pay income tax, says Lecia Smit, an accountant and tax practitioner from Pienaar Stofberg management consultants in Bellville, Cape Town.

You have to pay tax if:

- * You're younger than 65 years old and earn more than R75 750 a year (more than R6 312 a month in taxable income)
- * You're older than 65 and earn more than R117 300 a year (more than R9 775 a month)
- * You're older than 75 and earn more than R131 150 (more than about R10 929 a month).

WHO NEEDS TO FILE A TAX RETURN?

Though everyone who earns above the

2018 TAX YEAR (1 MARCH 2017 TO 28 FEBRUARY 2018)

TAXABLE ANNUAL INCOME (R)	RATES OF TAX (R)
0 – 189 880	18% of taxable income
R189 881 – R296 540	R34 178 + 26% of taxable income above R189 880
R296 541 – R410 460	R61 910 + 31% of taxable income above R296 540
R410 461 – R555 600	R97 225 + 36% of taxable income above R410 460
R555 601 – R708 310	R149 475 + 39% of taxable income above R555 600
R708 311 – R1 500 000	R209 032 + 41% of taxable income above R708 310
R1 500 001 and above	R533 625 + 45% of taxable income above R1 500 000

WHAT YOU NEED TO PAY

If you're employed at a company your employer should automatically deduct your monthly income tax off your salary through a system known as Pay as You Earn (PAYE) and pay it to Sars.

The percentage of your income you pay in tax is calculated according to how much you earned during the 2017/18 tax period (1 March 2017 until 28 February 2018), and works on a sliding scale. The more you earn the more tax you pay, as the table above shows.

So, for instance, take Mbali Khumalo, who's 40 years old. She earns a taxable income of R200 000 annually which means:

- * She falls into the second tax bracket as indicated in the table above.
- * She pays 18% tax on R189 880, which is R34 178,40.
- * She also pays 26% tax on the amount above R189 880. So R10 120 @ 26% = R2 631,20.
- * This means she has to pay R34 178 + R2 631,20 = R36 809,60 tax a year (more or less).

thresholds as explained in the table above has to pay income tax, not everyone needs to file an annual tax return.

If you answer yes to all four of the following requirements, you don't have to file a tax return this year:

- * Your gross income (total pay before tax and other deductions) for the 2017/18 tax year (March 2017 to February 2018)

is less than R350 000.

- * You only have one employer.
- * You only have one source of income which is subject to employee tax.
- * You don't want to claim any other expenses (such as medical aid fees, additional medical expenses, allowances or retirement annuities) back from Sars.

WHAT'S PROVISIONAL TAX?

If you're self-employed and qualify to pay tax (according to the amounts above), but you aren't subject to the Pay as You Earn (PAYE) system you'll pay provisional tax.

Or if you run a small business in your spare time you'll also need to pay it – even if you're already paying PAYE on your full-time job.

If this applies to you it means you'll have the additional hassle of filing two provisional returns (IRP6s) every six months (in August and February), with estimations of your earnings for the period.

This will be used to calculate how much you owe in tax. Provisional taxpayers are required to make at least two

(Turn over)

UNDERSTAND THE TERMS

EFILING A free online process for the electronic submission of tax returns and declarations and other related tax services to Sars.

COST TO COMPANY This includes all the costs associated with your employment contract and can include company contributions to medical aid, pension or provident funds or the Unemployment Insurance Fund (UIF).

GROSS SALARY Your salary before any deductions have been made.

NETT SALARY Also described as "take-home pay". This is the amount that is left after deductions have been made.

INCOME TAX Income tax is the normal tax which is paid on your taxable income.

PAY AS YOU EARN (PAYE) the tax deducted by employers from employees' salaries.

IRP5 An employee tax certificate which reflects remuneration received, certain deductions and PAYE deducted during the period of employment in a particular tax year. Your employer should provide this certificate.

IRP6 A tax return filed by provisional taxpayers twice a year.

ITR12 The annual income tax return for an individual.

REBATE A tax rebate is a tax credit you can deduct from your normal tax liability when calculating your income taxes payable to Sars.

(From previous page)
payments to Sars every year.

WHO GETS MONEY BACK?

People often listen jealously to others bragging about the pots of money they got back from Sars but if you work for a salary there are only a few instances where you can expect to get cash back, explains Piet Nel, head of the technical department of the South African Institute of Tax Professionals.

But it's not impossible and it pays to be aware of where you could score a refund. You could qualify if your employer has paid too much tax on your behalf to Sars (check table on previous page).

Once you've completed your return via e-filing and provided information about your annual income Sars will automatically notify you if you're due a refund because you've paid too much tax.

There are also other special allowances that Sars will take into account, and it's worth knowing your medical expenses and the amount you contribute to your retirement fund could also earn you a tax rebate.

WHAT YOU CAN CLAIM BACK

Rebates for medical expenses

Since 2012 taxpayers who belong to a medical scheme have scored a monthly tax break, or rebate.



For the 2018 tax year, the medical tax rebate is R303 for the main member, R303 for one dependant and R204 for each additional dependant thereafter, Smit says.

If you belong to a medical aid via your company you can ask your employer to apply this rebate automatically to your

monthly salary, which means you'll be paying less tax, explains Janine Mqukwana, a spokesperson for Sars.

"However it's up to your employer whether or not to do it," she adds.

If it's not taken into account by the employer, you can claim it from Sars when you file your tax return, Smit says.

If you belong to a private medical scheme it will provide you with an annual tax certificate which reflects your contributions. Submit these details to Sars to ensure you get your refund.

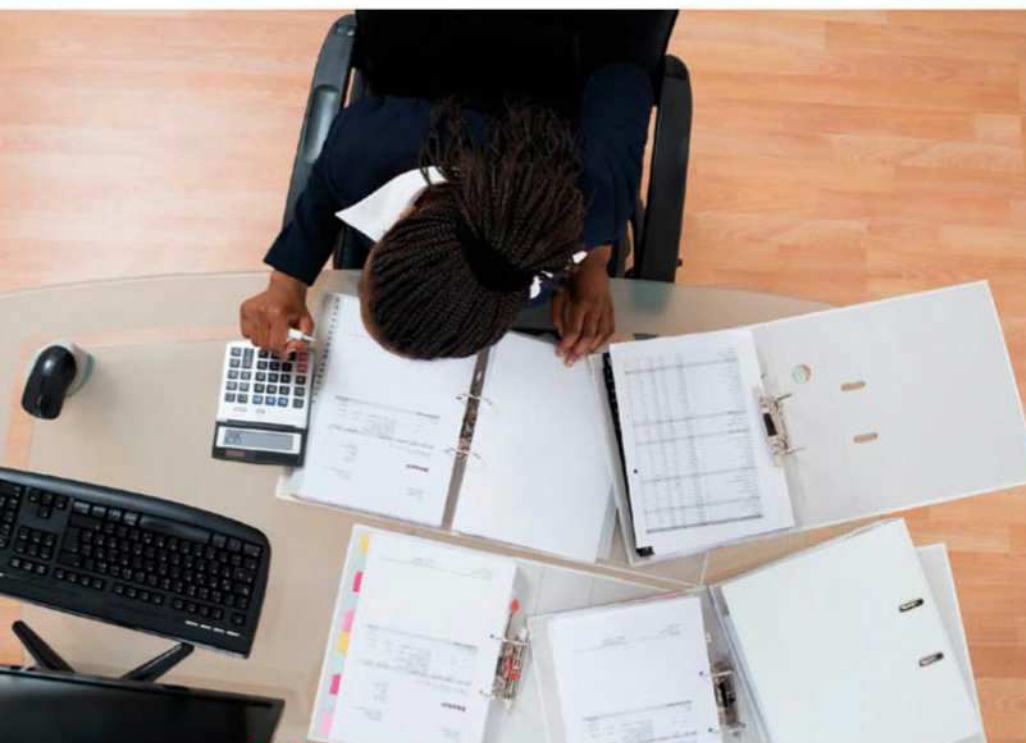
You could also be entitled to money back for medical expenses that weren't covered by your medical fund.

So it's worth keeping a record of all payments you made out of your own pocket – or if you submit them all to your medical aid they should offer a detailed account of them on your annual medical tax certificate, making it easy for you to just enter the figure into your return.

Smit says only legitimate medical expenses such as amounts you paid for doctors, hospitals and prescription medication can be claimed back as additional medical expenses.

Sars has a guide on its website where you can check which medical expenses qualify for a rebate.

The website also has a help function which explains step by step how to fill



in medical expenses on your tax return.

Medical rebates for under-65s without disabilities

* If you spend more than 7,5% of your annual taxable income on extra medical expenses you might be able to reclaim a quarter of these expenses provided you meet certain requirements.

On an annual salary of R350 000, this means you might feasibly be able to reclaim a quarter of your expenses if you spent more than R26 250 in the course of the year.

Sars will take various factors into account when calculating how much of a rebate you're entitled to, including how many tax credits you've already scored for belonging to a medical aid.

The formula for calculating additional medical expense tax credits for under-65s is:

- * Total annual contribution to medical fund
- * Minus four times the medical tax credits to which that person is entitled in terms of medical scheme contributions
- * Plus the extra medical expenses you paid out of your own pocket
- * Minus 7,5% of your annual taxable income
- * Multiplied by 25%.

And for those over 65:

It works on the same principle, except over-65s can reclaim a third (33,3%) of their qualifying out-of-pocket medical expenses.

- * Your total annual contributions to your medical fund
- * Minus three times the medical tax credits to which that person is entitled
- * Plus the extra medical expenses
- * Multiplied by 33,33%.

Annuities and pensions

All taxpayers who contribute monthly to a pension fund, retirement annuity or provident fund can reclaim at least 27,5% of these contributions.

For example, if you contribute R1 000 a month to such a fund (R12 000 a year)

you'll be able to reclaim R3 300 from Sars. However, the maximum you can reclaim is R350 000 and you're also limited to reclaiming 27,5% of your annual taxable income.

If your company contributes to a pension fund on your behalf it's likely this rebate will be factored into your monthly tax deductions, Nel explains.

So if this is the only retirement saving you're doing it's unlikely you'll be entitled to any further refunds.

However, if you pay pension contributions yourself or have retirement annuities, you need to provide Sars with the necessary tax certificates and supporting documents (private funds will email you this document at the end of the financial year).

"It's important taxpayers keep supporting documents of all income and expenditure that's recorded on your tax return," Smit says.

She recommends you store these documents for five years after filing your tax return so you're prepared in the event Sars decides to audit your tax affairs at a later stage.

Freelancers and people who are self-employed

If you don't earn a regular salary and make a living some other way (such as through freelance work, commission or being self-employed), you can reclaim work-related expenditure from Sars.

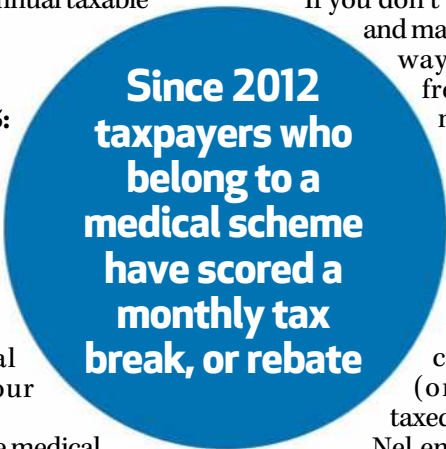
Subtract these expenses from your total income to calculate your profit (on which you'll be taxed), Smit explains.

Nel emphasises that you'll need proof of for example rates and electricity bills and interest on your home loan if you're claiming for using part of your home as an office.

You'll also need accurate records if you're claiming telephone and data costs.

It can get quite complicated and he suggests getting help from a qualified tax practitioner when tax season rolls around. ■

EXTRA SOURCES: NETWERK24; SARS.GOV.ZA; FIN24.COM



THE BEAUTY OF EFILING

Lecia Smit, an accountant and tax practitioner from Pienaar Stofberg management consultants in Cape Town, says eFiling is a convenient way of submitting your tax returns and can save you a lot of time and frustration because it isn't necessary to stand in line at a Sars office.

According to Piet Nel, head of the technical department of the South African Institute of Tax Professionals, it's a good idea to submit your returns electronically if they're simple. For example, your income consists of remuneration (which is more than R350 000 as explained above) and your employer has already deducted Pay as You Earn (PAYE).

However you should consider hiring a tax practitioner when your tax gets more complicated, Nel suggests. Such as in cases where you receive an allowance (like a travel allowance), an overseas income, an income from your own business, you do freelance work or when you have multiple sources of income.

HOW TO GET STARTED

As soon as you've registered as a taxpayer at any Sars office, you'll be issued a tax number. Using this, you can register on the eFiling portal (www.sarsefiling.co.za/).

- * Click on "Register" and indicate whether you're filing your own return or whether you're a tax practitioner.
- * Then complete your personal details. Your Sars login details will be sent to you.
- * Sars also offers a "Help-You-eFile" service in which a Sars agent can help you telephonically to file your return.
- * There's a downloadable PDF help guide on the Sars website. It offers step-by-step information on eFiling and includes screenshots, so it's really easy to understand.

WHEN DOING YOUR EFILING, YOU'LL NEED THE FOLLOWING DOCUMENTS

- * Your IRP5, which is the employees' tax certificate your employer issues to you.
- * Certificates for local income earned.
- * Any other documentation relating to income received.
- * Details of medical expenses paid and medical scheme contributions made, like your medical scheme tax certificate.
- * The certificates reflecting your retirement annuity fund contributions made.
- * A logbook reflecting accurate details of business motoring mileage (if you get a work travel allowance).
- * Any other documentation relating to the allowable deductions you want to claim.

FISH TALES

Keep a few cans of pilchards on hand for quick and easy meals. This affordable protein is wholesome and tasty and comes tinned in a variety of sauces

BY CARMEN NIEHAUS

PICTURES: JACQUES STANDER



PILCHARDS are low in fat and packed with protein. They're also rich in calcium – especially the bones, which are soft enough to eat. Canned pilchards come in plain, tomato, sweet chilli and hot chilli sauce varieties.

um – especially the bones, which are soft enough to eat. Canned pilchards come in plain, tomato, sweet chilli and hot chilli sauce varieties.

SEAFOOD STEW

Delicious with fresh bread to mop up the sauce.

SERVES 4

PREPARATION:

10 MIN

COOKING: 10 MIN

1 onion, chopped
4 garlic cloves, chopped

oil
500g frozen seafood mix, defrosted and well drained
1 can (400g) tomatoes in juice, chopped
125ml (½c) white wine
1 can (400g) pilchards in tomato sauce
1 sachet (60g) tomato paste
handful of chopped fresh

parsley
freshly baked bread to serve

1 In a saucepan or deep frying pan, fry the onion and garlic in the oil until soft.

2 Add the seafood mixture, tomatoes, wine, pilchards and tomato

paste. Simmer for about 7 minutes or until the mixture is fragrant and the pilchards have disintegrated. Sprinkle the parsley over.

3 TO SERVE Break the freshly baked bread into chunks and use it to mop up the sauce and the last morsel from your plate.



FANCY FISHCAKES

These tasty treats are low in carbs because they're thickened with sweet potatoes.

MAKES 8-10

FISHCAKES

PREPARATION:

15 MIN

COOKING: 20 MIN

FISHCAKES

600g sweet potatoes, cooked

1 can (410g) pilchards in chilli tomato sauce, well drained

1 small onion or 3 spring onions, chopped

1 garlic clove, crushed

10ml (2t) soy sauce

45-60ml (3-4T) chopped fresh coriander

15ml (1T) lime or lemon juice

1 egg, whisked

125ml (½c) fresh breadcrumbs (optional)

100g crushed almond flakes, sesame seeds or breadcrumbs for coating oil for shallow-frying

TZATZIKI

250ml (1c) grated

cucumber, well drained

250ml (2c) plain double-cream yoghurt salt

2 spring onions, chopped

1 garlic clove, chopped

TO SERVE

chilli sauce

fresh coriander to garnish

1 FISHCAKES Mix all the ingredients except the coating and oil, adding the optional breadcrumbs only if the mixture is too soggy.

2 Form flat cakes and roll each in the almonds, sesame seeds or crumbs.

3 Heat enough oil for shallow-frying in a pan and fry the fishcakes in batches until done and brown on both sides. Drain on paper towels.

4 TZATZIKI Mix the ingredients well.

5 TO SERVE Top the fishcakes with tzatziki, chilli sauce and coriander.



SARDINE AND SPINACH GRATIN

A deliciously wholesome dish baked in a white sauce with plenty of cheese.

SERVES 4

PREPARATION:

15 MIN

BAKING: 25 MIN

1 bag (200g) spinach,

stalks removed and leaves shredded

30ml (2T) oil

8 garlic cloves, crushed

2 leeks, chopped

100ml cake flour

500ml (2c) milk

250ml (1c) grated mature

cheddar cheese

3 eggs, whisked

2 cans (120g each)

South African sardines, drained

125ml (½c) large chunks of bread

SALSA

1 tomato, chopped

1 small onion, chopped
handful of fresh coriander, chopped
45ml (3T) red wine vinegar

Preheat the oven to 180°C. Grease a square roasting pan or an ovenproof dish with nonstick spray.

1 Put the spinach in a saucepan, cover with a lid and steam until wilted. Remove and squeeze out most of the moisture.

2 Heat the oil in the same saucepan and fry the garlic and leeks until soft. Stir in the flour and mix until smooth. Slowly stir in the milk and turn up the heat while stirring continuously until the mixture starts to boil and

thickens.

3 Remove from the heat and stir in half the cheese. Cool a little, then mix in the eggs, fish and spinach.

4 Transfer to the prepared pan or dish, sprinkle the rest of the cheese and the bread on top, and bake for about 25 minutes or until set.

5 SALSA Mix all the ingredients and serve with the gratin.

TIP

Instead of the white sauce, whisk together 2 eggs, 250ml (1c) milk and a pinch of salt. Add all the cheese, the fish and spinach and bake.

(From previous page)



PILCHARD PILAF

A flavoursome, fishy rice dish.

SERVES 4
PREPARATION: 15 MIN
COOKING: 25 MIN

2 onions, chopped
4 garlic cloves, crushed
oil for shallow-frying
1,2ml (¼t) ground fennel
5ml (1t) each ground cumin
and ground coriander
1 cinnamon stick
3 cardamom pods
500ml (2c) basmati rice
750ml (2c) water
1-2 cans (400g each)
pilchards in sweet chilli
sauce
chopped fresh coriander

TO SERVE

1 round feta cheese,
crumbled
a few mint leaves, chopped
fresh coriander to garnish

1 Fry the onion and garlic in a little hot oil until soft. Add all the spices and the rice and stir. Add

the water and bring to the boil. Turn down the heat and simmer until all the moisture has been absorbed and the rice is soft but not mushy.

Switch the stove plate off, cover with a lid and steam for 5 minutes.

2 Stir in the fish, turn the stove plate on and allow the fish to heat through. Sprinkle chopped coriander over.

3 TO SERVE Transfer to a plate, sprinkle feta and mint over and garnish with fresh coriander.

TIP

Use bulgur wheat or couscous instead of rice. Remember to adapt the amount of water accordingly.



FISH SAMOOSAS

These samosas are baked so they're not as oily as when they're deep-fried. The mealies add a lovely texture to the fish curry filling.

MAKES 12
PREPARATION: 30 MIN
BAKING: 10 MIN

FILLING

1 onion, chopped
2 garlic cloves, crushed
oil for shallow-frying
5ml (1t) each leaf masala
and roasted masala
2,5ml (½t) each ground
cumin and ground
coriander
15ml (1T) tomato paste
handful each of chopped
fresh coriander and mint
1 can (400g) minced
pilchards or middlecut
pilchards
250ml (1c) mealie kernels
salt and freshly ground
pepper

SAMOOSAS

8 sheets phyllo pastry
melted butter

YOGHURT SAUCE

60-125ml (¼-½c) chopped
fresh mint
250ml (1c) plain double
cream yoghurt

TO SERVE

chilli sauce

Preheat the oven to 180°C. Grease a baking sheet with nonstick spray or butter.

1 FILLING Fry the onion and garlic in the oil until soft. Add the spices and mix. Stir in the tomato paste and herbs.

2 Drain the fish well (if necessary) and add to the onion and spices. Mix until smooth and add the

mealie kernels. Season with salt and pepper.

3 SAMOOSAS Brush two phyllo sheets with butter and layer one on top of the other. Cut into four strips.

4 Spoon a dollop of filling at the lower edge of a phyllo strip, fold the end over to form a triangle, then continue fold to the end of the strip. Secure the edge with melted butter. Repeat with the rest of the phyllo and filling.

5 Brush melted butter over the samosas, arrange on the prepared baking sheet and bake for about 10 minutes or until golden brown.

6 YOGHURT SAUCE

Mix the ingredients well.

7 TO SERVE Serve the samosas with the yoghurt sauce and drizzle chilli sauce over.

SUPER SAVERS

You can spoil your family with delicious dishes even when money is tight

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

BUTTER CHICKEN

This fragrant curry is bulked up with sweet potatoes and lentils.

SERVES 6

PREPARATION:

15 MIN

COOKING: 40-45 MIN

30ml (2T) oil
1 onion, chopped
4 garlic cloves, crushed
5cm fresh ginger, grated
1 chilli (optional)
2,5ml (½t) each cumin and mustard seeds
5ml (1t) ground coriander
2,5ml (½t) each ground cumin and turmeric
15ml (1T) roasted masala
15ml (1T) tomato paste
750ml (3c) chicken stock
125ml (½c) red lentils
2 sweet potatoes, peeled and cubed
3 chicken breasts, cubed
60ml (¼c) cream
salt

TO SERVE

4 x 250ml (4c) cooked rice
prepared poppadoms
a few sprigs of fresh coriander
125ml (½c) plain yoghurt

- 1** Heat the oil and fry the onion, garlic, ginger and chilli (if using) until fragrant.
- 2** Add all the spices and tomato paste and stir-fry slowly for a minute. Pour the chicken stock over and bring to the boil.
- 3** Add the lentils and sweet potato and simmer until done, stirring occasionally.
- 4** Add the chicken, stir and simmer for about 10 minutes.
- 5** Turn down the heat, stir in the cream and season with salt.
- 6 TO SERVE** Serve the curry with the rice, poppadoms, coriander and yoghurt.



(From previous page)

STICKY PORK RIBS WITH POTATO AND CABBAGE STIR-FRY

Pork is a more affordable alternative to lamb or beef and the potato and cabbage stir-fry is an inexpensive yet tasty side dish.

SERVES 4-6
PREPARATION:
15 MIN
COOKING: 1 ¼ HR

800g pork rib, separated into individual ribs
 500ml (2c) chicken stock
BASTING SAUCE
 60ml (¼c) soy sauce
 125ml (½c) light brown sugar
 30ml (2T) tomato sauce
STIR-FRY
 30ml (2T) oil
 1 onion, sliced
 ½ cabbage head, shredded
 250g baby potatoes, boiled until just done and halved
 2,5ml (½t) dried chilli flakes
 15ml (1T) white wine vinegar
 salt and freshly ground pepper
TO SERVE
 fresh herbs (optional)

submerged. Seal the lid well and pressure-cook for 35-40 minutes or until the meat is tender. Remove the ribs from the liquid.

2 BASTING SAUCE
 Heat all the sauce ingredients in a saucepan, stirring until the sugar has dissolved.

3 Arrange the cooked ribs on the wire rack and generously brush with the sauce. Turn the ribs over and brush the other side with sauce too. Roast the ribs for 15 minutes, turn over and brush with the sauce again. Roast for another 10-15 minutes or until golden brown and sticky.

4 STIR-FRY While the ribs are roasting, heat the oil in a deep pan and fry the onion until fragrant. Add the cabbage and stir-fry until softened.

5 Add the potatoes, chilli flakes and vinegar and stir-fry until the potatoes are heated through. Season with salt and pepper.

6 TO SERVE Serve the ribs with the stir-fry and fresh herbs (if using).
 (Turn over)

Preheat the oven to 200°C. Put a wire rack on a baking sheet and grease with nonstick spray.

1 Put the ribs in a pressure cooker and add the chicken stock. Add boiling water if needed – the ribs should be completely

TUNA AND PEA FRITTATA

Frittata is an Italian egg-based dish that doesn't cost an arm and a leg. It's delicious and filling – especially if you add tuna for extra protein.

SERVES 4-6
PREPARATION:
20 MIN
COOKING: 30-35 MIN

FRITTATA

250ml (1c) frozen peas
 2 cans (170g each) tuna, drained
 60ml (¼c) mayonnaise
 1.5ml (1T) chopped chives
 2 garlic cloves, crushed
 salt and freshly ground pepper
 6 potatoes, boiled until just done and sliced
 1 onion, sliced

125ml (½c) grated cheddar cheese (optional)

EGG CUSTARD

4 eggs, whisked
 250ml (1c) milk
 salt and freshly ground pepper

Preheat the oven to 180°C. Grease a medium ovenproof dish with nonstick spray.

1 Pour boiling water over the peas and let them stand for 10 minutes. Drain and set aside.

2 In a large mixing bowl,

mix the tuna, mayonnaise, chives and garlic well. Season with salt and pepper.

3 Layer some of the potatoes and onion in the bottom of the ovenproof dish. Add a layer of the tuna mixture and sprinkle half the peas over. Repeat the layers, ending with the last of the peas. Sprinkle the cheese on top (if using).

4 EGG CUSTARD Beat the eggs and milk together in a bowl and season with salt and pepper. Pour over the frittata. Bake in the preheated oven for 30-35 minutes or until the egg custard has set.



STUFFED BAKED SWEET POTATOES

Meatless Mondays aren't the only reason to pick a vegetarian dish. This one is affordable and filling.

SERVES 4
PREPARATION:
10 MIN
COOKING: 1 HR

6-8 medium sweet potatoes,
scrubbed

STUFFING

60ml (¼c) sunflower seeds,
toasted

30ml (2T) olive oil

1 red onion, finely chopped

2 garlic cloves, crushed

500ml (2c) cooked rice

1 can (410g) kidney beans,
rinsed and drained

1 round feta cheese,
crumbed

juice and grated zest of

1 lemon

10g fresh parsley, chopped

salt and freshly ground

pepper

Preheat the oven to 180°C. Line a baking sheet with baking paper or foil and grease with nonstick spray.

1 Pierce the sweet potatoes all over with a

fork and arrange on the prepared baking sheet. Roast for 40-50 minutes or until the sweet potatoes are soft and cooked – the cooking time will depend on the size of the sweet potatoes.

2 STUFFING While the sweet potatoes are in the oven, toast the sunflower seeds in a dry pan until they start discolouring. Remove from the pan and set aside to cool.

3 Lightly mix all the stuffing ingredients, including the sunflower seeds, in a mixing bowl.

4 As soon as you take the sweet potatoes from the oven, make a deep slit lengthwise in each. Lightly press open and generously stuff each sweet potato with some of the bean mixture. Roast for another 10 minutes or until the stuffing is hot.



BREAD PUDDING WITH APPLE AND CINNAMON

Sunday dessert doesn't have to be an expensive venture. This pudding is ideal if you have leftover bread you don't want to waste. If you can't find apples, you can use other canned fruit or raisins instead.

SERVES 6
PREPARATION:
15 MIN
COOKING: 25-30 MIN

1 day-old bread loaf
or 10 slices of bread
1 can (410g) apple pieces,
drained
2 cinnamon sticks,
broken into pieces
(optional)

EGG CUSTARD

4 eggs
500ml (2c) milk
2,5ml (½t) ground
cinnamon

TO FINISH

60ml (¼c) butter, melted

60ml (¼c) light brown
sugar
2,5ml (½t) ground
cinnamon

TO SERVE

125ml (½c) cream,
whipped

Preheat the oven to 180°C. Grease 6 small ovenproof dishes or 1 medium ovenproof dish well with nonstick spray.

1 Break the bread into rough pieces. Arrange the bread and apples in the ovenproof dish(es). Add the cinnamon sticks (if using).

2 EGG CUSTARD Beat all the ingredients together and pour over the bread.

3 TO FINISH Drizzle the butter over the bread pudding(s). Mix the sugar and cinnamon and sprinkle over the pudding(s).

4 Bake for 25-30 minutes or until the egg custard has set completely.

5 TO SERVE Serve the bread pudding(s) hot with whipped cream.

TIP

For a chocolate version scatter roughly chopped chocolate over the pudding just before it goes into the oven.



BEST BUYS

Splash out or get it at a steal – you can look fabulous whatever your budget

BY PETA-LEE MATJAOLA AND WAGHEEBA JANUARY

JERSEYS



A STEAL



By Utopia R299, zando.co.za

SMART BUY



By Mango R449, spree.co.za

SPLURGE



By Country Road R1 310,39, Woolworths

SHIRTS



R199,99, The Fix



R375, Contempo



By Witchery R1 411,27, Woolworths

CARDIGANS



R199,95, Ackermans



R529, H&M



By Queenspark R899, zando.co.za

GILETS

A STEAL

SMART BUY

SPLURGE



R249, Jam Clothing



By Style Republic
R399, spree.co.za



By Witchery
R2 218,28, Woolworths



R229,99, MRP



R429, H&M



By Witchery R2 218,28, Woolworths



BLAZERS



R399,95, Ackermans



By Mango R949, spree.co.za



R3 499, Poetry



LEATHER JACKETS

(From previous page)

JEANS



A STEAL



From R99,99, Pep

SMART BUY



R219,99, MRP

SPLURGE



By Levi R899, zando.co.za

WIDE-LEG PANTS



R299,99, The Fix



R529, H&M



By Leigh Schubert R995, spree.co.za

JUMPSUITS



R149,99, MRP



R629, H&M



By Isabel de Villiers R995, spree.co.za

A STEAL

SMART BUY

SPLURGE



R159,99, MRP



R550, Queenspark



By Leigh Schubert R1 295,
spree.co.za



SHIRT DRESSES



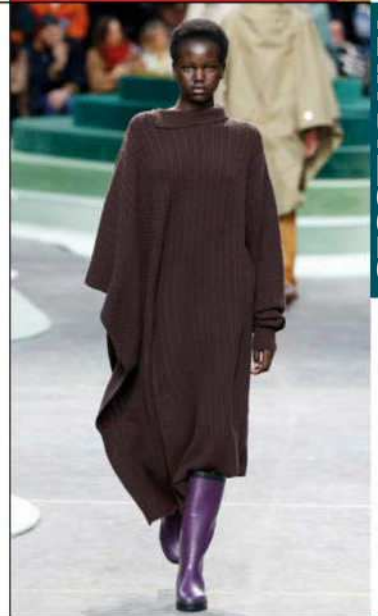
R159,95, Ackermans



R629, H&M



By Country Road R1 814,78,
Woolworths



KNIT DRESSES



R79,95, Ackermans



R139,99, The Fix



R402,50, Woolworths



PENCIL SKIRTS

EARRINGS



A STEAL



R39,99, MRP

SMART BUY



R249, Forever New

SPLURGE



By Witchery R448,99, Woolworths

SUNGLASSES



R149, H&M



By Vogue R1 590, Luxottica



By Ray-Ban R2 490, spree.co.za

HANDBAGS



By Blackcherry R379, spree.co.za



R699, Accessorize



R2 636,01, mimco-accessories.com

HATS



By Joy Collectables R149, spree.co.za



By Witchery R599, Woolworths



By Simon & Mary Charles R925, Tread & Miller

A STEAL

SMART BUY

SPLURGE

BERETS



R69,99, MRP



R179, H&M



R200,74, Woolworths



ANKLE BOOTS



By Style Republic R299, spree.co.za



R659, Zara



By Dune R2 099, Edgars



BLACK SNEAKERS



R179,99, MRP



R499, Woolworths



By Dune R1 299, Edgars



DETAILED SNEAKERS



R199,99, MRP



R450, Woolworths



By Dune R1 499, Edgars



STOCKISTS ACCESSORIZE 021-447-7718, ACKERMANS 0860-900-100, CONTEMPO CONTEMPOSHOP.CO.ZA; EDGARS 0800-203-925; FOREVER NEW 021-419-4552; H&M 021-826-7300, JAM CLOTHING 031-303-9670, LUXOTTICA 021-486-6100, MIMCO-ACCESSORIES.COM; MRP 0800-21-25-35; PEP 0860-737-000, POETRY 021-419-0020, QUEENSPARK 021-460-9400, SPREE.CO.ZA; THE FIX 0860-101-048; TREAD & MILLER 021-671-0356; WOOLWORTHS 0860-022-002; ZANDO.CO.ZA; ZARA 021-302-1500
WE MAKE EVERY EFFORT TO PROVIDE ACCURATE PRICES BUT MISTAKES MAY OCCUR. DRUM AND THE SUPPLIERS DO NOT BIND THEMSELVES TO THE PRICES PRINTED HERE.

Use it to moisturise your body and lips. It can also be used to remove stubborn makeup – apply it over lipstick or eyes, gently rub in for a few seconds then wipe off using wipes or a damp face towel.

> Vaseline Rich Condition Petroleum Jelly Cocoa Butter **R33,49 for 250ml**



This product can be used to moisturise lips, cuticles and skin, as well as smooth hair.

> Dr. Pawpaw Shea Butter Balm 25ml **R95**



ONE FOR ALL

Save money, time and space with these nifty products that have multiple uses

BY NTHABISENG MAKHOKHA



This eye makeup remover also doubles as an eye serum.

< Filorga Optim-Eyes Lotion 110ml **R470**



An eyebrow filler and highlighter in one.

▲ Eylure Brow Contour two-in-one colour and highlighter in No 10 Dark Brown **R105**

This can be used as blush to highlight your cheeks and give you a naturally radiant complexion or as a lip stain.

> Catrice Blush Tint for Cheeks & Lips in Rose Flush **R60**



This hairdryer smooths your hair straight as you brush, minimising frizz.

< Revlon Perfect Heat Perfectionist 2-in-1 Hairdryer **R615**

Use any one of these as a moisturising lip balm, or as a cream blush to make cheeks look dewy but not shiny.

> Clinique Chubby Stick Moisturizing Lip Colour Balm in Chunky Cherry, Super Strawberry and Grandest Grape **R300 each**



This liner can be used to line your eyes and lips. Use it with a gel liner for the perfect winged look, or with a lipstick or lipliner for seamlessly outlined lips.

▼ Real Techniques Silicone Liner Brush **R125**



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INECTO COLOURS
in a BRAND NEW pack!
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with aloe & milk protein
enriched conditioner,
lets you confidently
colour your hair.



NOW IN A BRAND NEW PACK.



INECTO® THE COLOUR OF CONFIDENCE

This balm hydrates lips as well as the sensitive skin around your eyes.

> Bionike Defence Elixage Contour R3 Eye-Lip Balm 15ml **R335**



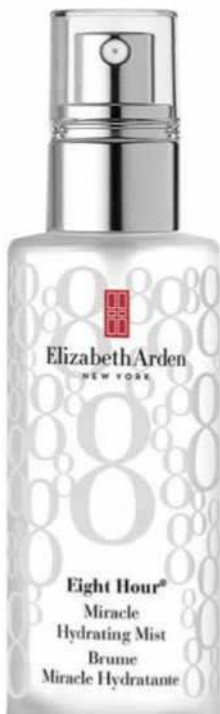
Unlike bronzers or highlighters that are used after applying makeup, this liquid illuminator can be used as a foundation to give your skin a natural glow, or over foundation as a highlighter. You can also apply it to the rest of your body for a sun-kissed glow.

< NYX Born To Glow! Liquid Illuminator 18ml **R149,95**



Enjoy having four different liners for your eyes and lips in one pen. Just click for the colour of your choice.

< Clarins 4-Colour All-in-One Pen in Shade 02 **R500**



You can use this spray as foundation primer, and because it isn't oil-based it's suitable for all types of foundation. Also try lightly spraying it over your face after applying makeup to help it set. And you can use it to top up your skin's moisture levels throughout the day.

> Elizabeth Arden Eight Hour Miracle Hydrating Mist 100ml **R360**



A scrub and mask in one, this soap combats acne and eczema.

< Afri Berry Moroccan Gold Black Soap 150ml **R135**

If you have lighter lashes, you'll enjoy the benefits of having your lashes tinted every time you put on mascara.

> Yardley Intense Lash Tinting Mascara **R150**



This oil is dry to the touch and absorbs fast. Use it to hydrate your face, nourish the skin on your body and soften your hair.

> Nuxe Multi-purpose Dry Oil Face, Body, Hair 50ml **R225**



Use this oil as a primer before your moisturising foundation, or apply it as a moisturiser to create a dewy complexion. You can also add a drop to your moisturising foundation to give your skin a natural finish.

< Smashbox Photo Finish Primer Oil 30ml **R525**



You can use this as a lip balm or as a brilliant tint for your cheeks.

> Dr. Pawpaw Tinted Peach Pink Balm 25ml **R95**



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THE POWER OF ATTRACTION.

  Planet Of Attraction

MAKEOVER MAGIC

Liven up your living room with modern items that won't break the bank

BY KIM BOUGAARDT PICTURE: MISHA JORDAAN

BEFORE



AFTER



1 Cone standing brass floor lamp R699,99, MRP Home. **2** Distressed wooden trays R59,99 each, Poco. **3** Boho skull canvas (50x50cm) R79,99, Sheet Street. **4** Framed smokey eyes picture (60x60cm) R399,99, MRP Home. **5** Teal railroad scatter cushion R99,99, **6** Kano scatter cushion R119,99 and **7** Teal velvet scatter cushion R79,99, Sheet Street. **8** Mustard velvet scatter cushion R139,99, MRP Home. **9** Abstract scatter cushion R99,99, Sheet Street. **10** Metal and wood table lamp R499, Poco. **11** Navy chenille throw R84,99, PEP. **12** Plain cotton blend throw R119,99, Sheet Street. **13** Blue fog medium ottoman R499,99, MRP Home. **14** Distressed wooden tray R59,99, Poco. **15** Midnight-black bud vase R59,99, MRP Home. **16** Cactus bud vase R39,99, Poco. **17** Duck-egg blue rug R169,99, Sheet Street. **18** Ivory micro shaggy rug R499,99, MRP Home.



< Cushion cover R79,99, H&M

> A3 hanging poster R299, superbalist.com



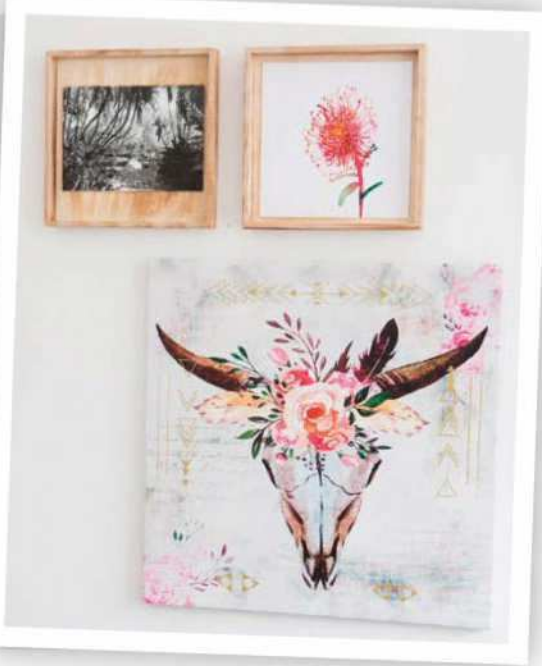
< Protea wall art R199,99, MRP Home

ART
Décor usually starts with artwork or decorative pieces from which colours are incorporated into the room's look and feel.

Art adds character to walls and can be as easy as canvases that have the right look or colour.

Stick to three hues in one space and hold things down with a neutral shade like white, black or grey.

TIP
Showcase your own paintings and photography and upcycle wooden trays, like we did in this makeover.



ACCESSORISE

Add colour and texture with scatter cushions and throws. Three to five cushions are enough, depending on the size of the couch.

Play around with scale and pattern and use interesting vases and small decorative items to add character to your living room.



> Chrome table lamp with white lampshade R399, @home

LIGHT IT UP

Artificial lighting doesn't only set the tone for a makeover, it also sets the mood within a space.

Once natural light disappears and the lights go on, you need something that's not just pretty but functional too.

It's best to invest in good lighting items that work well for your needs.

> Small vase R49,99, H&M



> Yellow jacquard mingle loop rug R159,99, MRP Home



> Potted greenery R16,99, PEP Home



< Wood and wire wall planter R139,99, MRP Home



> Magnetic sand timer R79,99, Sheet Street

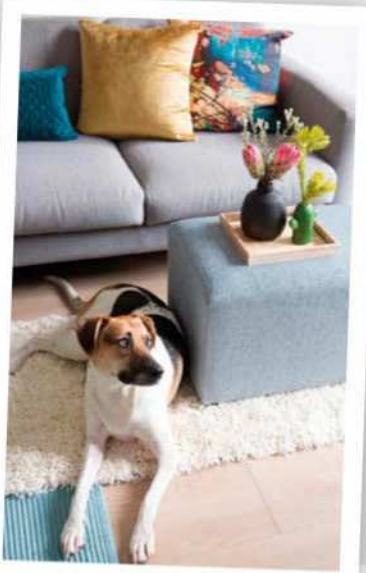


QUICK MAKEOVER

Think twice before you toss out a piece of furniture. Whether it's worse for wear or you're in the mood for something new, décor paint is an inexpensive and easy way to breathe new life into old items.



< Pop furniture & décor paint R99, superbalist.com



MULTIFUNCTIONAL

Ottomans double up as coffee tables or extra seating and they're great for putting your feet up after a hard day.

It's worth spending a bit more on pieces that will have lasting power.

TIP
If space is a problem, look for ottomans that also function as storage units.

FLOORING

Layering is trendy right now. Mix it up with different piles and textures in various sizes for a look that's modern and relaxed. It also warms up a space.



> Metal mini planter R79,99, H&M



< Nori table R699, superbalist.com



> Pearl vase R79,99, Sheet Street

TIME FOR **TEA**



The simple ritual of a daily cuppa can help you slow down and recharge while also improving your health BY NICI DE WET

FOR many of us there's nothing more comforting than a good cup of tea, whether it's to kick-start the day or unwind at the end of it. But tea also holds many health benefits for both mind and body.

In the East tea has been regarded as a key to good health for thousands of years, and studies have indeed found they're packed full of antioxidants as well as having anti-inflammatory and antimicrobial properties.

Here's a guide to the various types of tea and their health benefits.

1 BLACK TEA

This includes most of the teas found on supermarket shelves and is made from the fully fermented leaves of the *Camellia sinensis* plant, which gives it its characteristic dark brown/black colour. The flavour is strong and robust and it has a higher caffeine content than other teas.

2 OOLONG & WHITE TEA

Made from the partially fermented leaves of *Camellia sinensis*, oolong is often described as being between a black and a green tea.

The more scarce white tea is made from the plant's youngest leaves, which are picked before they're fully open. Considered the most delicate of all teas, it's known for its subtlety, complexity and natural sweetness.

3 GREEN TEA

This tea is made from the unfermented leaves of the *Camellia sinensis*, which are steamed soon after harvesting, allowing them to keep many of their natural health benefits. It boasts the highest number of antioxidants of all teas, says local tea expert and master blender Jonathan Kelsey.

4 HERBAL TEAS

Herbal teas are made from dried fruits, flowers, spices or herbs that come from plants other than *Camellia sinensis*. They've been used for hundreds of years as natural remedies and examples include rooibos, chamomile, hibiscus, elderflower, buchu, peppermint, ginger and honeybush.

5 FLAVOURED TEAS

These use a tea base to which flavourants are added. "For example, Earl Grey is made with a black tea base and flavoured with bergamot orange oil, while chai tea uses black tea or rooibos with spices such as cinnamon, cardamom and vanilla," Kelsey says. "Green tea is often paired with fruity flavours such as lemon and apple or mint."

Studies have found tea is packed full of antioxidants as well as having anti-inflammatory and antimicrobial properties



HEALTH BENEFITS

Black, oolong and green tea

- * These teas are all rich in antioxidants called flavonoids, which are known to help prevent cell damage.
- * Green and black tea both contain the amino acid theanine, which can help improve cognitive function and reduce mental fatigue.
- * Black and green tea have probiotic benefits, which helps keep your gut healthy.
- * Regular consumption of black tea can help fight tooth decay, according to the UK's Tea Trade Health Research Association. It does this by killing the bacteria in your mouth that lead to oral diseases – but don't counteract this effect by adding sugar.
- * Green tea is known for its metabolism-boosting and fat-burning properties, but recent studies have found black tea can also help prevent weight gain by altering the gut microbiome.
- * Black tea is often touted as a good alternative to coffee, as it's the tea with the highest caffeine level and can help boost mental alertness. On average a cup of black tea contains half as much caffeine as coffee. A maximum of five cups of tea a day is recommended.

Herbal teas

- * Rooibos is packed with polyphenols that have anti-inflammatory and antiviral properties. It also contains high levels of magnesium and zinc.
- * Chamomile tea is known for its calming effect and is often used as a sleep aid. Its sedative effect is believed to be due to a flavonoid called apigenin.
- * Peppermint tea is known as the "stomach healer" and has also been found to help with sinus and headache pain.
- * Ginger tea is excellent for nausea and can help relieve indigestion.
- * Hibiscus tea is said to help lower high blood pressure.
- * Rosehip tea is high in vitamin C.
- * Licorice root and fennel tea is said to help ease gastrointestinal issues.

Flavoured teas

These teas carry the health benefits of their base tea, so check what was used.

EXTRA SOURCES: THEFRAGRANTLEAF.COM, HEALTHLINE.COM, EUNATURAL.COM, THESPRUCEEATS.COM, DEVELOPGOODHABITS.COM

FAST FACTS

- * The top tea-producing countries in the world are China, India, Kenya, Sri Lanka and Turkey.
- * Adding milk comes down to personal preference, but research has found milk proteins can bind with the flavonoids and catechins in tea, making it more difficult for the body to absorb these and get the health benefits. Drinking your tea with honey and/or lemon instead means you also get the benefits of these two superfoods.
- * Packaged tea, unopened, can last a year beyond its "best by" date.
- * It's a good idea to preheat your teapot or cup first – if hot water is poured into a cold vessel the temperature of the water drops too quickly and the full flavour of the tea won't be extracted.

BREWING TIPS

- * Black, dark oolong and herbal teas should be made with water that's just boiled. Don't let the water boil too long as this lowers the oxygen content, which can make the tea taste flat.
- * "Green tea should ideally be prepared with water that hasn't reached boiling point," says local tea expert and master tea blender at Joekels Tea Packers, Jonathan Kelsey, whose tongue is insured for a whopping R5 million. "So turn off the kettle or remove it from the stove just before it boils."

If the water is too hot, the tea will be bitter and much of its delicate aroma will be lost. Brewing green tea at a lower temperature ensures its sweet and complex flavours aren't overpowered by bitter-tasting flavours.

- * This also applies to white and green oolong teas – boiling water cooks the leaves and destroys their flavour. The best temperature is around 80°C, but you don't need a thermometer. If you have a see-through kettle, pour the water as soon as you see bubbles begin to rise from the bottom of the kettle, or bring the water to a boil first and then let it cool for two to three minutes before pouring.

BREWING TIMES

Let taste guide you, but general steeping guidelines are:

- Japanese green tea 1-2 minutes
- Chinese green tea 2-3 minutes
- Green oolong tea 2-3 minutes
- Dark oolong tea 3-5 minutes
- Black tea 3-5 minutes
- Herbal infusions 5-10 minutes

AT-HOME SPA hacks

A day at the spa sounds like heaven, but there's just no time or money. Don't sweat it, here's how to get your feel-good fix at home

1

SET THE MOOD

What's a spa day without tranquil music to help you zone out?

Create a playlist with all your favourite tunes to help you relax and switch off all devices and gadgets to avoid distractions.

Don't forget to light a few scented candles to engage all your senses.



2

REFRESH YOUR FACE

Get rid of that tired look by preparing a simple cucumber mask to leave your skin feeling refreshed and hydrated.

- 30ml (2T) apple cider vinegar
- 15ml (1T) chopped cucumber
- 15ml (1T) honey
- 5ml (1t) ground cinnamon
- 5ml (1t) bicarbonate of soda

Add all the ingredients to the bowl of a blender and blend until it forms a smooth paste. Apply to your skin, massaging in circular, upward motions. Rinse off after 2-3 minutes with cool water and pat dry for a dewy glow.

TLC FOR YOUR HAIR

Combining the protein and biotin in eggs with the potassium and natural oils in bananas will restore nourishment and work wonders on limp hair.

- 2 egg whites
- 1 ripe banana
- 250ml (1c) milk
- 15ml (1T) olive oil

Add all the ingredients to the bowl of a blender and blend until it forms a smooth paste. Apply the mask to your hair and leave it on for at least 30 minutes before washing it out with your regular shampoo.



4

BUFF YOUR BODY WITH A SCRUB

Sugar is a wonderful exfoliator as it's gentle enough not to cause irritation but also coarse enough to get rid of dead skin cells.

Combine **125ml (½c) brown sugar** with **125ml (½c) coconut oil** to form a coarse paste. Massage the mixture all over your body in the shower and then rinse off with warm water for silky soft, radiant-looking skin.

5

TREAT YOUR FEET

A peppermint foot scrub is great way to revive tired feet. Peppermint oil helps relieve aches and pains and also acts as an antiseptic. Olive oil softens and moisturises.

- 250ml (1c) Epsom salts
- 15ml (1T) olive oil
- 30ml (2T) coconut oil
- 5 drops of peppermint oil
- 60ml (¼c) crushed dried peppermint leaves

Mix the ingredients together well. Soak your feet in a tub of warm water for 10 minutes, then gently rub in the scrub until you feel the tingle from the peppermint. Then rinse and dry thoroughly.



Before you get masked up, boil two chamomile teabags in milk and allow them to cool in the fridge. Once chilled, kick back and put them over your eyes for an extra refreshed look.



DON'T STOP
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References: 1. Lachapelle J., et al. *Clin. Pract.* (2013) 10(5), 579-592.
2. Kanagalingam J., et al. *Int. J. Clin. Pract.* (2015) 69(11), 1247-1256.
3. BETADINE® Mouthwash & Gargle. Approved package insert. March 1996.



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LEO

22 Jul – 22 Aug
Feisty Mars is currently going backwards through your love horoscope, which may cause a hiccup or two. It's a time where it might take little to let the sparks fly between you and your partner, resulting in quarrels. Difficult as it may be, try to avoid throwing your toys out of the cot and creating drama.

YOUR LUCKY NUMBERS

4, 20, 29, 13, 52, 5

VIRGO

23 Aug – 22 Sep
Venus is moving into your sign this week, and might bring many positive spin-offs. You may capture the heart of your soulmate, should you be looking for the perfect match. It's also a time when you can be a magnet for lucrative transactions and valuable propositions. Your artistic flair will also flow with ease, so it's a good time to practise your art and craft.

YOUR LUCKY NUMBERS

50, 24, 6, 28, 22, 15

LIBRA

23 Sep – 22 Oct
It's a week to make the most of your fortes to advance your professional life as well as guard against character flaws sabotaging your progress. With the natural Libra characteristics of diplomacy and tact you'll be able to promote a cause without ruffling feathers. Procrastination, a less desirable trait, can make you miss the boat and hamper your progress.

YOUR LUCKY NUMBERS

12, 47, 9, 46, 39, 51

SCORPIO

23 Oct – 21 Nov
Your planet, Mars, is currently in retrograde motion, which could have a go-slow effect on your life. This is not necessarily a negative occurrence, especially not if you're a Scorpio who occasionally likes to retreat from the



CANCER

21 JUN – 21 JUL

It's a good week to take stock of your physique and to take care of your body's needs. If beating the winter blues with comfort food has added inches to your waist, try to opt for healthier alternatives. It's also important to keep the rhythm of your exercise regime going, regardless the weather conditions. Furthermore, spend enough time by yourself, especially if it's what's needed to keep you emotionally in tune.

YOUR LUCKY NUMBERS

35, 19, 38, 52, 33, 41

world to be immersed in a space of deep contemplation. It's a good time to reassess the focus of your life, re-evaluate the causes worth fighting for and reconsider the matters you spend your energy on.

YOUR LUCKY NUMBERS

26, 10, 17, 7, 43, 25

SAGITTARIUS

22 Nov – 20 Dec

It's a week to look wider, aim further and reach higher. Broadening your perspectives will enable you to make wise decisions. It's also a time to accumulate information and gain knowledge, so you may want to read relevant articles, go online or speak to the experts. Meeting new faces and exploring different places also seem to be on the cards.

YOUR LUCKY NUMBERS

37, 46, 50, 16, 52, 40

CAPRICORN

21 Dec – 20 Jan

Venus, goddess of love, moves into a compatible earth sign this week, which

should make you feel quite au fait when it comes to matters of the heart. If there's someone special you'd like to impress it's a good time to ask him/her out on a date. If you're in a relationship it's maybe time to put obligations on hold and have fun with your partner.

YOUR LUCKY NUMBERS

51, 21, 3, 35, 44, 42

AQUARIUS

21 Jan - 18 Feb

It's a week to focus on your health and wellbeing. As an Aquarius you'll probably lean towards alternative ways rather than the orthodox when it comes to practices to nourish body, mind and soul. Whatever your personal preferences, try to follow a healthy diet and allow time for rest.

YOUR LUCKY NUMBERS

23, 5, 49, 43, 18, 1

PISCES

19 Feb – 20 Mar

The love goddess, Venus, moves into your love horoscope this week,

FAMOUS CANCERIAN



MINNIE DLAMINI
7 JULY

SOFIA VERGARA
10 JULY

VIN DIESEL
18 JULY

SELENA GOMEZ
22 JULY

JENNIFER LOPEZ
24 JULY

DA LES
26 JULY

HEALTH, LEISURE AND LIFESTYLE

- * Feeling safe and secure keeps Cancer happy and healthy.
- * Domestic Cancer enjoys the comfort of home.
- * Moods swings form part of the Crab's make-up.
- * From time to time the Crab needs solitude.
- * Associated with the stomach, Cancer can rely on his/her gut-feel.
- * Being emotionally in tune is vital for the Crab's wellbeing
- * Regular, rhythmical exercise is recommended for Cancer.

which should be magical news for a romantic Pisces. At best you can look forward to a period of love and romance painting stars in your eyes. However, there can be a pitfall or two along the way. Try to be realistic and don't put him/her on a pedestal, which could result in disappointment.

YOUR LUCKY NUMBERS

11, 36, 45, 39, 31, 48

ARIES

21 Mar – 19 Apr

Your planet, Mars, is currently in reverse gear, which could have an influence on many aspects of your life – for better and for worse. While you may not feel all that energetic, your impulsive streak may be dampened too, which could result in fewer mistakes. Be careful about your actions so they don't come back to bite you. Try to take a step back and reconsider your options before you act.

YOUR LUCKY NUMBERS

11, 50, 32, 14, 33, 27

TAURUS

20 Apr - 20 May

Your planet, Venus, moves into a compatible earth sign this week, which may bring a sense of stability to different areas of your life. You may feel comfortable expressing your artistic side, grounded in your relationships and secure in the material world. It furthermore seems to be a particularly good week to be creative.

YOUR LUCKY NUMBERS

3, 31, 51, 38, 25, 28

GEMINI

21 May – 20 Jun

With the sun traversing through your money horoscope it's time to make hay while it shines. Working in your favour, it seems to be a week where career visions open up and work opportunities abound. This could yield positive results in terms of your cash flow. However, be careful not to lose track of your goal.

YOUR LUCKY NUMBERS

8, 30, 14, 16, 34, 2



Laager[®]

Rooibos Tea

The taste of home



Lebo and Tebo Ndala, chefs and owners of withlovefromthetwins

A Healthy Shake

Lebo and Tebo's freakshake is a treat for kids and adults alike. Made with the natural fresh taste of Laager Rooibos combined with fresh fruit, this shake hits the spot.

Ingredients

1 cup brewed Laager Rooibos tea, cooled
1 ½ cups (225g) frozen strawberries, halved
2 bananas, sliced and frozen
2 tbsp almond butter, (alternative peanut butter) plus extra for garnish
1 cup milk or soy milk
2 tbsp honey

Garnish:

Honey
Coconut flakes
Pineapple, quartered
Strawberries
Cherries

Method

Pour the cooled Rooibos tea into an ice tray and freeze. Place the strawberries, banana, almond butter, milk, honey and Rooibos ice cubes in a blender jug and pulse until smooth.

To serve; drizzle honey over the rims of the glasses then roll in coconut flakes, ensure the rims are completely covered. Divide the smoothie mix between the two glasses. Stack the fresh pineapple, strawberries and cherries on a kebab stick and serve immediately.





Ingredients

4 cups (500g) cake flour
2/3 cup (150g) salted butter, chilled
1/4 cup plus a tbsp (70g) caster sugar
1 tbsp baking powder
3 large eggs
2/3 cup (160g) buttermilk
1 tsp vanilla extract
2 Laager Rooibos Teabags, keep the tea leaves and discard the bags
1 1/3 cup (200g) frozen blueberries dusted in flour

Yoghurt Glaze:

1 cup (125g) icing sugar, sifted
1 tbsp double thick yoghurt
Zest of 1 lemon plus 1 tsp juice

Scones Anyone?...

Blueberry Rooibos Scones with Yoghurt Glaze (Makes 10)

Only the best recipes are passed down from generation to generation. Try Lebo and Tebo's quick and easy family recipe for Blueberry and Rooibos scones. Perfect for tea time and delicious served warm with a steaming pot of Laager Rooibos.

Method

1. Sift the dry ingredients together. Grate in the cold butter and rub it into the dry ingredients to form a rough, shaggy mixture with large crumbs.
2. Combine the eggs, buttermilk, vanilla and tea and whisk. Mix the wet ingredients into the dry ingredients until the dough just comes together (don't overwork it). It should be a rough uneven dough.
3. Add the frozen blueberries then flatten the dough onto a lightly floured surface using your hands, then cut it into 5cm rounds using a cookie cutter or a glass.
4. Place on a lined baking tray then brush with a little milk and bake in a preheated oven at 180°C (or 160 fan-forced) for 45 minutes or until golden.
5. For the glaze; whisk all the ingredients together to form a smooth paste. Once the scones are fully baked through, serve with the yoghurt glaze.



Twin Chefs Lebo and Tebo Ndala are passionate cooks and avid tea drinkers.

Well known as pop-up culinary artists who curate recipes to inspire others, they own a catering company and blog **withlovefromthetwins** and share their food obsession with others on Twitter via **@TwinmadeFood**.

They attribute their success in the food and beverage industry to strong family support and their natural instinct to feed others.

Born and bred in Pretoria they were raised with strong family traditions, love and respect by their mother and grandmother.

"Tea in our household has always been a moment to savour with a pot of Rooibos accompanied by home-made scones or pastries," explain the twins. *"As tea lovers, we don't take sugar or milk with our tea, we like it as it is... and nothing beats the simple and refreshing taste of Lager Rooibos".*

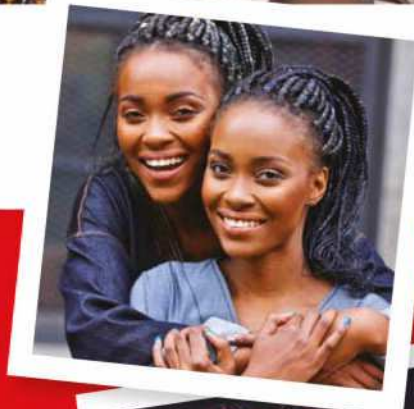


Baking Tips

with love from the twins

Enjoy these top ten baking tips with love from the twins Lebo and Tebo:

- 1 Room Temperature is best for baking** - Use room temperature ingredients especially eggs and margarine
- 2 Plan ahead** - measure out everything before you start so you know you have all the right ingredients and quantities on hand
- 3 Know your oven** - all oven temperatures differ slightly so know your oven well and watch your bakes
- 4 Centre It** - the best rack to bake on is the middle rack so make sure your rack is in the correct place
- 5 Follow the method** - stick to what it tells you as baking is a science so 10 minutes of beating means 10 minutes of beating!
- 6 Play it Cool** - avoid temptation and allow your bakes to cool completely before cutting and icing as you don't want to make a mess at the end
- 7 Know your utensils** - Use rubber spatulas for folding and whisks for incorporating air into your batter
- 8 Time it right** - set a timer as a reminder to take out your bakes in time
- 9 Keep yourself clean** - always wear an apron to avoid splashes and spills
- 10 Be bold** - Experiment with different flavours - Rooibos gives an earthy almost nutty flavour to home-made breads and bakes



ASK
SIS
DOLLY

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

I DON'T LOVE HER ANYMORE

Q I'm 27 years old and my girlfriend is 26. We've been dating for two years and now she's pregnant with my child.

The problem is I no longer feel the same about her. I don't love her anymore and it's not just because I found out she's pregnant – this feeling started a few months ago.

I really don't want to hurt her, especially now, and I want to be there for my child but I'm no longer happy in this relationship. I also think she's noticed I'm no longer the same guy. Please help me deal with this in the right way.

ST, SMS

A It's good that you're acknowledging you don't have feelings for your girlfriend anymore instead of mistreating her and playing games. You just have to build up the courage to sit her down and be honest with her.

Prolonging the break-up will only make matters worse, so you need to do it sooner rather than later. She'll be hurt, but at least she won't be living a lie and will know where she stands with you.

It's unfortunate that you've only just realised this now that an innocent baby is on the way. But that doesn't mean you have to hold on to the relationship. You won't be doing yourself, her or the child a favour by doing so.

If you're worried about how to handle this I suggest you seek the assistance of a relationship counsellor who can help you tell her about your decision in the best way possible. Explain that you are willing to be part of the child's life and want to be an involved father. When the time is right, discuss how you're going to co-parent. You can call Famsa on 011-975-7106/7 for assistance. Good luck.

I'M IN LOVE WITH MY EX

Q I'm a 31-year-old mother of two. I've been with my boys' father for eight years. I love him but he's very stubborn and never listens or wants to be corrected, so we've had a few problems.

Last year we broke up for a bit and I met an ex-boyfriend at a wedding. We hadn't been in contact or seen each other for nine years but instantly felt a connection again.

We know we should be together but both have partners and children we don't want to hurt. We agreed to be friends and nothing more to respect our partners, but every time we talk to each other the feelings become so strong.

Should we stick with our partners for the sake of our kids or follow our hearts?

NP, EMAIL

A If you belonged with your ex you wouldn't have parted ways and wouldn't have lost contact for nine years. Let's imagine there had been no wedding and you never had that chance meeting with your ex – would you have been hankering after him?

You both need to make an informed choice. As you say, it's not only about you anymore. But you also can't make a decision based on trying to keep your family together. You may end up resenting your children if you feel you sacrificed your happiness for them.

Work on your current relationships and deal with the issues that make you unhappy. If you decide to follow your hearts, make sure you think things through very carefully before proceeding.

'Being deeply loved by someone gives you strength, while loving someone deeply gives you courage'

- LAO TZU, CHINESE PHILOSOPHER

CRUSHING ON THE POPULAR GUY

Q I'm 18 and have a crush on a boy at school. He recently discovered my secret, which is very embarrassing.

I really love him but I know it would never work as he's so popular. I try to avoid him because every time I see him I fall even more in love, but I don't seem to be able to move on. Please help.

AL, EMAIL

known as puppy love. It's the first time you're having these strong feelings for a boy and it's an intense experience. If he's Mr Popular that probably makes him even more attractive to you.

But keep in mind that you're not likely to feel this way for-ever. In time you will look back at this and wonder what you were thinking and probably laugh at yourself. For now just make sure it doesn't take over your life to such an extent that it's all you can think about and affects your schoolwork.

Don't be embarrassed either – and don't do anything you'll regret later. ■

THE BUDDY SYSTEM

Friendship can take many forms, but the good ones share certain qualities. We find out what it takes to be the best of friends

BY DEBORAH HERD



EVERYONE knows you can't choose your family – but you certainly can choose your friends.

But that doesn't mean friendships are easy. The path can be bumpy, there are highs and lows and there are times when you're tight and others when the connection feels like it's slipping.

Every friendship doesn't have to be about a close bond – some are for fun, for a social life, for networking and some are short-lived during a particular phase in your life.

The important thing is to know what value you place on the friendships in your life, no matter which category they fall into. You also have to decide if it's a

healthy friendship or if it drains you, which can easily happen.

Life coach Pula Matsaung says that within friendship, as in any relationship, it's important to manage expectations. "Look for what you need where you can find it," she advises. "Know who you're dealing with and love people for who they are."

If you don't, she says, you'll end up feeling short-changed. For a friendship to be fulfilling on both sides, people need to behave in certain ways and stick to their friends' code of conduct.

Friendship can be as conditional as marriage. There are things you expect – a sympathetic ear, for one. And things you don't, like your best friend dating your ex.

"After connecting with a friend, you

both need to part each other's company feeling fulfilled, worthy and wanting to give and receive more," social worker Jackie Opperman says.

Here's what to look for in a friend – and how to be a better one.

BE DEPENDABLE

One of the most important traits in a friend is being dependable. Good friends are reliable, at least most of the time. They can depend on each other not to let the other down. A friend needs to be there – both physically and emotionally. They turn up when you need them.

Matsaung says we must live more consciously. "In this busy modern world, we live on autopilot. We are not conscious of where we are, what we're doing, where we're going."

As a result, people don't always make an effort to get together. "Be conscious of valuing the relationship with your friend and check in frequently. You'll make time to schedule things that you're conscious of in your life."

BE TRUSTWORTHY

Good friends can be trusted with each other's emotions and secrets. When you know you can trust a friend, you can share your feelings and be vulnerable. You don't have to put on a happy face or tough exterior. You can be authentic – the real you – because your friend knows you and loves you for who you are.

Are you a friend other people know they can't tell secrets to? Be honest with yourself when you answer.

Friends are reliable and keep their word. Always keep to yourself anything a friend has told you in confidence. If you're not sure whether it's a secret, ask.

And when you say you're going to do something, do it.

There are different levels of friendship, Matsaung says, and you need to know what your responsibilities are at each level. "You can say one thing to one friend that you'd never say to another."

BE LOYAL

Friends don't talk badly about each other or gossip behind their backs – and they stand up to those who do. A lack of

loyalty in a friendship means it becomes superficial and can lead to resentment. A good friend has your back and you have theirs.

"See yourself, and other people, in a positive light," Matsaung says. "Understand what your role is in the friendship and don't look for payback. You don't need to agree with your friends all the time, but you do need to support them."

And if your friend wants an honest opinion, offer it carefully, Opperman advises. "Consider your tone of voice, the words you choose and how you present your honest opinion. This will ensure your friend more easily aligns with what may be difficult feedback."

BE EMPATHETIC

A good friend is understanding and kind. They know what's going on with you. They "get" you. They recognise how you're feeling and respond in the appropriate way.

This is done not by judging or criticising but by being a listener, offering a shoulder to cry on and a caring ear. A good friend expresses support rather than an opinion.

But sometimes you have to be honest, even when it's not always what your friend wants to hear.

People aren't always looking for advice, though. Sometimes they just want you to listen. Matsaung recommends asking

your friend, "How do you want me to support you right now?"

Don't judge. The ability to withhold judgment isn't easy, she warns. It requires a lot of personal insight and restraint, but it does show a friend's selfless regard.

BE ENGAGED

A good friend is present, fun to be with, has a positive attitude to life and knows what their priorities are. Within the friendship they handle challenges in a proactive way and keep negative experiences in perspective.

Let's face it – good friends are entertaining. You can have fun on your own – but it's better shared.

"Do not focus on one thing (like your job) to the detriment of everything else in your life," Matsaung says.

"You need to make time to be more present and prioritise what's important. Relationships take time and we have to prioritise putting in that time." ■

TIME TO DITCH THAT TOXIC FRIEND

So you've been friends for years, but lately the balance of your relationship has shifted. Your friend never initiates meeting, she repeatedly lets you down at the last minute and when you do spend time together it's all about her.

She doesn't get pleasure from your successes – she's jealous – and has a growing habit of putting you down. It's just not fun like it used to be. You leave your time together feeling down and bad about yourself. So is it time to dump this friend?

Firstly, ask yourself if your friend is simply going through a tough time. If they are, then this is the time to step up and support them.

Life coach Pula Matsaung says you must analyse the relationship from your perspective and also from your friend's. Once you've done that, you can get a grip on whether the relationship is working or not and move forward.

According to research at Israel's Tel Aviv University we're bad judges of our own friendships.

The researchers found only half of the people you consider to be a buddy consider you to be their friend. But, Matsaung says, if you move on, make sure you don't do it with bitterness, anger or blame. "If you do, you'll keep attracting such behaviour," she says. For some, the easiest way to end a friendship is by being direct. Tell your friend it's not working for you and you want to end the relationship. It's tough but honest.

If that's too blunt, say no to invitations and stop responding to messages until they ask you and you can break it gently.



GALLO IMAGES/GETTY IMAGES

YOUR MONEY SORTED

SECOND-HAND CARS

You've bought a used vehicle and it's giving you trouble. What can you do to fix the situation?



TIP If your car starts acting up soon after you've bought it, take it back to the dealership you bought it from rather than trying to have it fixed yourself. If you get work done on the car before taking it back to the dealership, it's easy for the dealer to say the car was in working condition when you bought it and that the work you had done was what damaged it, warns Charl Marais of attorneys JS Marais Inc.

Your chances of proving that the car was defective when you bought it will then decrease dramatically.

YOU'RE allowed to return a car you've bought from a dealership within six months under certain circumstances in terms of the Consumer Protection Act. But a private sale isn't covered by the law. We look at the ins and outs of buying a used car.

BUYING FROM A CAR DEALERSHIP

These days the Consumer Protection Act prohibits used-car dealerships from selling vehicles *voetstoots* (as is). Previously, when a dealership sold a vehicle *voetstoots* it meant you bought the vehicle with all its defects and without any guarantees. Should anything have gone wrong with the car, you wouldn't have had any recourse.

But the consumer act now requires dealerships to disclose to buyers any defects they should reasonably be aware of, says Charl Marais of attorneys JS Marais Inc. In this instance "reasonably" basically refers to defects that dealers with their

expertise should be able to identify but a lay person might not notice. The dealer is also legally required to provide the buyer with a list of all the work they've done on the car. You're allowed to inspect the vehicle and take it for a test drive in order to make an informed decision.

Once you've bought the car from a dealership you're allowed a six-month period in which you can return it – provided your reasons for doing so are legitimate, reasonable and provable.

There are terms and conditions for returning a vehicle. You may do so only due to defects, not normal wear and tear or negligence on your part.

It's important to know the difference – worn tires are wear and tear, but a gear that suddenly slips could be a defect.

The buyer can't return a vehicle if they're having problems because they didn't maintain the car properly. There are people who reckon they're allowed to return a car within six months even if they neglected its maintenance. But in order to get their money back, the buyer has to be able to

prove the defect existed when the car was sold to them. Automotive workshops will be able to confirm whether it's an old problem that's causing trouble with the car.

Even if the dealership agrees to take the car back and return the buyer's money, the buyer might not get the full amount back. The wear and tear that's taken place in the time the buyer has been driving the car is one of the things that can be subtracted from the amount the buyer paid.

If the dealer isn't willing to settle and you as the buyer know you've been bamboozled, you can contact the Motoring Industry Ombudsman – there are complaint forms on the website miosa.co.za.

The ombudsman is a neutral arbitrator between the motoring industry and consumers. Its services to consumers are free of charge.

9,4%

The amount by which the sales of used vehicles in South Africa increased in April 2018 compared with April 2017.

SOURCE: STATISTICS SOUTH AFRICA

PRIVATE TRANSACTION

The Consumer Protection Act applies only if the transaction is between a consumer and a person or persons whose business is selling cars. If you buy a car from a private seller, they can use the *voetstoots* clause in the contract. If the vehicle starts giving trouble after the sale, the buyer can try to return it to the seller but the seller will probably bring the *voetstoots* clause into play.

In that case the buyer will need legal help at their own expense. The buyer then has to convince a court that the seller had known, or reasonably should've known, about the defect but instead had deliberately failed to mention it, thereby essentially defrauding the buyer.

The best option when buying from a private seller is to request that an independent car mechanic check the vehicle for defects before you pay for it. If you're the buyer, you'll have to pay the mechanic but you'll probably be saving money in the long run, as well as buying peace of mind.

GET ONLINE HELP

- ▶ autoadvice.co.za
- ▶ aa.co.za
- ▶ carzar.co.za

How to safeguard your money from scammers



Keep your hard-earned money safe while you save for your next goal!

— **WalletWise** —
YOUR NEXT



GALLOIMAGES/GETTY IMAGES

WE ALL love the convenience of internet banking, but it comes with the responsibility of protecting ourselves against cyber scammers. Because you get to access your money at a click of a button, if you unknowingly share your details criminals could access it too.

Iketsetse-Zenzele is a radio drama series that share an entertaining spin on banking practices, with stories of everyday people who fall victim to scams – or get roped into it by fraudsters.

This week's episode takes us back to TT and Grace. We also hear from Mike, who finally agrees to join the police task team to understand how his mother started committing cyber scams.

LOOK OUT FOR THESE SCAMS

PHISHING

Criminals use websites to trick you into sharing your information for malicious reasons. Never click on an internet banking login link in an email or SMS. Your bank will never ask you to login to verify any information or authorise payments via email or SMS.

VISHING

A combination of "voice" and "phishing". You will be contacted to verify or update your banking details telephonically from a seemingly reliable official. The criminals call you and try to gain access to your personal information for financial reward. Keep an eye or ear out for emails that seem too good to be true.

Tune in to the next episode of Iketsetse-Zenzele on SABC African Language Stations (ALS) between 4pm and 6pm! Choose your favourite frequency:

Ukhozi FM; Umhlobo Wenene FM (UWFM); Thobela FM; Lesedi FM; Motsweding FM; Ligwalagwala FM; Phalaphala FM; Munghana Lonene FM (MLFM); Ikwewezi FM and Eden FM.



SOME COMMON SCAM MESSAGES

- "Congratulations! You've won R50 000 in our weekly draw. Submit your ID number and credit card details to confirm your identity."
- "Your payment is overdue. Follow the instructions for a fast and easy payment method."
- "We are introducing a new security system."

Follow the link to update your details:"

- "Your account has been locked. Click on the link/attachment to reactivate your account."
- "We've noticed a fraudulent transaction was made from your account. Please confirm your details."

WOMAN OF TASTE

A cannibal chief invites another cannibal chief from a different tribe over for dinner. They sit down and eat the tastiest meat ever.

After dinner the visiting cannibal chief says, "Wow, that was good! Your wife makes the best meat."

His host replies, "Yeah, I'm going to miss her..."

MATHS SIMPLIFIED

A man is pulled over for speeding. The cop walks up to the car and says, "Sir, do you know you were going 130km an hour?"

"Officer, there is no way I could have been going 130km an hour," the driver says.

"Really! Why is that?"

"I couldn't have been going 130km an hour because I've only been out driving for 25 minutes," the driver replies.

FREE PASS

Thato has applied for a job as a prison guard.

The warden interviewing him says, "Now these prisoners are really tough guys. Do you think you can handle them?"

"No problem," Thato says. "If they don't behave, out they go!"

LION'S DEN

A man tells a ringmaster he's interested in joining the circus as a lion tamer. The ringmaster asks him if he has any experience.

"Why, yes," the man says. "My father was one of the most famous lion tamers in the world and he taught me everything."

"Really? Did he teach you how to make a lion jump through a flaming hoop?"

"Yes, he did."

"And did he teach you how to have six lions form a pyramid?"

"Yes, he did."

"And have you ever stuck your head in a lion's mouth?"

"Just once... I was looking for my father."

THE SURROGATE

At his annual check-up the doctor asks an 80-year old man how he's doing. "I've never been better!" he boasts. "I have an 18-year-old bride who's pregnant with my child. What do you think about that?"

The doctor considers this for a moment, then says, "Let me tell you a story. I knew a guy who was an avid hunter. He never missed a hunting season. But one day he went out in a bit of a hurry and accidentally grabbed his umbrella instead of his gun.

"So there he was in the woods when suddenly a grizzly bear appeared in front of him! He raised his umbrella, pointed it at the bear and squeezed the handle. And do you know what happened?" the doctor asks.

Dumbfounded, the old man replies, "No."

The doctor continues, "The bear dropped dead in front of him!"

"That's impossible!" exclaims the old man. "Someone else must have shot that bear."

"That's what I'm getting at," the doctor replies.

THE INTERPRETER

A mafia godfather, accompanied by his attorney, walks into a room to meet with his former accountant.

"Where is the three million bucks you embezzled from me?" he asks the accountant.

The accountant doesn't answer, so the godfather says, "Where is my money?"

The attorney interrupts, saying, "Sir, the man is

UNACCOUNTED FOR

A businessman tells his friend his company is looking for a new accountant. "Didn't your company hire a new accountant a few weeks ago?" the friend asks. "That's the accountant we're looking for!"

a deaf mute and can't understand you but I can interpret for you."

The attorney, using sign language, asks the accountant where the money is.

The accountant signs back, "I don't know what you're talking about."

"He doesn't know what you're talking about," the attorney says.

The godfather pulls out a 9mm pistol, puts it to the accountant's temple, cocks the trigger and says, "Ask him again!"

The attorney signs to the accountant, "He wants to know where it is!"

The accountant signs back, "Okay! Okay! Okay! The money is hidden in a brown suitcase behind the shed in my backyard!"

The godfather says, "Well, what did he say?"

The attorney says, "He says go to hell, you don't have the guts to shoot him."

WEARING THIN

A local painter is hired and paid R3 000 to repaint the inside of a church. He's too stingy to spend all the money on paint, so he dilutes the paint with water.

When he sees the thinned paint isn't enough to cover all the walls he dilutes it even further.

But he still needs more, so he decides to add water one

more time.

Just then a voice from heaven booms, "Stop! Repaint and thin no more!"

FALSE ALARM

A man takes his dog to the vet and says, "My dog is cross-eyed, is there anything you can do for him?"

"Well, let's have a look."

The vet picks the dog up and examines his eyes, then checks his teeth. Finally he says, "I'm going to have to put him down."

"What? For being cross-eyed?" the dog owner exclaims, horrified.

"No, because he's really heavy."

ANIMAL PROWESS

A horse walks into a bar, orders a beer, sits down at one of the tables and starts reading his paper.

The barman is a bit shocked but pours the beer and takes it over to the horse, who hands him a R50 note. The barman figures the horse isn't that bright, so he decides to pull the short-change trick on him and brings back R5. The horse doesn't say a word.

Eventually he finishes his beer and goes up to the bar to order another.

The barman says, "You know, we don't get many horses in here."

The horse replies, "At R45 a beer, I'm not surprised."

BREAKING THE VOW

An old man visits a sangoma to ask him if he can remove a curse he's been living with for the past 50 years.

"What are the exact words that were used to put the curse on you?" the sangoma asks.

"I now pronounce you man and wife." ■

Nation in
Conversation

Badge's passion for farming helped him grow and carve a successful career in agriculture

Farming for a sustainable future

HEMAY not have been able to attend school due to a lack of funding, but Moniwa Badge Skosana worked hard to uplift himself. He has been farming since 2011, and hasn't looked back.

Badge farms maize and soya beans in a crop-rotation system on a 1750-hectare piece of land in the Balmoral district of Mpumalanga.

His wife, Sofia Skosana, also enjoys farming and regularly visits the farm to assist with planting radishes, onions and tomatoes, which are sold to locals in Siyabuswa where she lives with the children while they attend school.

Badge emphasises he grew up on a farm in Carolina district and simply loves farming and the fruitful rewards.

"We're doing well on the farm here," the 65-year-old farmer says with a chuckle. "We also have 160 cattle, 10 goats and too many chickens to count."

Badge has been selling his maize and soya beans through Afgri Grain Management since 2013. He loves ploughing the land and seeing the crops sprout after all the hard work. What started from a small-scale endeavour now sees

yields of 2 500 tons of maize per harvest.

Badge got his love of farming from his father who ploughed the land, and learnt Afrikaans from white farmers while growing up on the farm.

He's endlessly proud of his 21-year-old son, Andile, who is currently completing his studies in agriculture. His firstborn, Temba, also assists on the farm and he's happy two of his four children are walking in his footsteps.

Badge began his career as a contractor building roads in Mpumalanga, which provided an income for 15 years. He later decided to pursue his passion and started to farm. He leased a piece of land from the government and made his dream a reality.

While the first year of farming was hard, he's grateful for the guidance Harvest Time Investments offered in empowering him with support and helpful recommendations.

Lack of rain has proven to be a struggle, but Badge says measures were put in place and crop insurance with Afgri helped immensely when yields were low, allowing him to afford to continue farming and pay back the money once he made a profit from the next harvest. The orga-



TOP: Moniwa Badge Skosana and Harvest Time agronomist Nic Basson. ABOVE: Badge surveying the land on his thriving farm with his mentor, Vincent Ngqukumba.

nisation also assists with the marketing of his harvest.

Today Badge has 16 farm workers who also live with him on the farm.

Their day starts at 7am and ends at 5pm, like many city dwellers, but their yields are fruitful and the produce provides food, jobs and a fully fledged business based on agriculture and cultivating the land.

Badge is working towards owning his own piece of land to farm on, which will allow his children to build a future on the farm.

Learn more about Badge in the video on drum.co.za

www.nationinconversation.co.za

@NationConverse

@NationinConversation

PLATINUM PARTNERS:

GOLD PARTNERS:

IN ASSOCIATION WITH:



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



GENERATIONS: THE LEGACY

Tshidi (LETOYA MAKHENE) overhears an argument and realises she's onto something big. Tau advises his former protégé to keep up the act. Gadaffi uncovers something in Jack's emails. Lucy uses aggression to hide her pain. Mrekza can't deal with the facts and flees. Sphe plays the game, not knowing she's the one being played.



SCANDAL!

A mother goes out of her way to protect her son. An ex-con promises to shield a friend from harm. A jealous wife fishes for confirmation of infidelity. Romeo pulls a fast one on a new enemy. Wesley is set up. Phindile (PRETTY NCAYIYANA) suspects someone is gossiping about her. Romeo unwittingly tips his hand to a dangerous enemy.



ISIDINGO

Sechaba gives Lerato (TEMA SEBOPEDI) an ultimatum. Lerato tries reaching out to Sechaba but it's clear they're drifting apart. Majola confronts Gabriel with evidence he's running a prostitution ring. Sechaba risks all when he sets out to strike a deal with the devil. Lincoln is caught in the crossfire between Ben and Ntando.



MUVHANGO

Brother Max refuses to give up on Gugu. Tenda drives Azwindini to breaking point. Will Maureen be able to move on with her life? Thobile and Rendani butt heads and neither is willing to back down. Susan faints. Someone catches Skhumbuzo's eye. Mulalo (SYDNEY RAMAKUELA) cautions Tenda not to trust Azwindini.



RHYTHM CITY

Mapula stands up to Melusi. Kop gets wind of what Stone said to Blossom and is far from happy. Melusi shows his true colours. Mzi (JESSE SUNTELE) confesses all to David. Pearl and Mzi stand firm in the face of David's rage. Mapula tells Sabelo the truth about Melusi. Rene feels left out. David accuses Bash of being a Nalovu spy.

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

THURSDAY 5 JULY

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
<p>09:00 Bin Kuch Kahe 09:30 Marido en Alquiler 10:30 ☐ Days of Our Lives 11:30 ☐ Rhythm City 12:00 ☐ Scandal! 12:30 ☐ Imbewu: The Seed 13:00 eNews 13:30 House 14:30 Peppa Pig 14:35 Cool Catz 15:00 All Hail King Julien 15:30 Silly Seasons 16:00 Craze World Live 16:25 Just for Laughs 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 20:30 Greenleaf 21:30 Imbewu: The Seed 22:00 The Fixer Drama series. Leo Bergen sets up a meeting between Sally and an old friend. 23:00 Disgrace 01:25 Meant to Be 03:15 Stranger with My Face</p>	<p>09:00 ☐ ☐ Muvhango 09:30 ☐ Skeem Saam 10:00 To be announced 10:30 ☐ Daily Thetha 11:30 ☐ Fanbase Local music variety show. 12:00 ☐ Sports 13:00 Lunchtime News 13:30 To be announced 14:00 ☐ Now or Never 14:30 Teenagers on a Mission Local science and technology show. Mr E contacts Thami and Nolwazi and tells them they need to find a theory to save Earth from destruction. 15:00 To be announced 16:00 YoTV 16:30 ☐ Daily Thetha 17:30 ☐ Come Again 18:00 ☐ Mi Kasi Su Kasi 18:30 ☐ News 19:00 To be announced 20:00 To be announced 22:00 To be announced 22:30 2018 Fifa World Cup Highlights. 23:00 ☐ Daily Thetha 00:00 Koze Kuse</p>	<p>09:00 It Only Hurts When I Laugh 09:30 Raggs 10:00 ☐ YoTV 10:30 Grand Masters 11:00 It's for Life 11:30 ☐ Jab 12:00 ☐ Forced Love 12:30 Jikulumessu: Open Your Eyes Wide 13:00 ▣ ☐ 7de Laan 13:30 ☐ Uzalo 14:00 ☐ Skeem Saam 14:30 ☐ Muvhango 15:00 Dinosaur Train 15:30 YoTV 16:00 Behind the Rainbow 16:30 Hectic Nine-9 17:00 Naruto 17:30 ☐ News 18:00 ☐ 7de Laan 18:30 Skeem Saam 19:00 ▣ Beter Assie Bure 20:00 ☐ News 20:15 ▣ News 20:30 Uzalo 21:00 ☐ Muvhango 21:30 Speak Out 22:00 When Duty Calls 22:30 Solving It</p>	<p>09:00 ☐ Real Talk 10:00 ☐ Bold & Beautiful 10:30 ▣ ☐ 7de Laan 11:00 ☐ Isidingo 11:30 ☐ Muvhango 12:00 ☐ Air Wolf 13:00 On Point 14:00 Hollywood News 14:15 Zoom In 14:30 Ebu Children's Drama and Documentaries 15:00 Hectic on 3 15:30 ☐ Man Cave 16:00 ☐ Neill Anthony Private Chef 16:30 Afternoon Express 17:30 Bold & Beautiful 18:00 News 18:02 Real Talk 19:00 Isidingo 19:30 The Scoop Local entertainment show. 20:00 Generations: The Legacy 20:30 Presenter Search on 3 21:30 News 22:00 To be announced 23:00 Trending SA 00:00 Base 3</p>	<p>09:00 ☐ Scorpion 10:00 ☐ American Housewife 10:30 ☐ My Kitchen Rules Australia 11:35 ☐ Big Bang Theory 12:05 ☐ Young Sheldon Comedy series. 12:30 ☐ Madam Secretary 13:30 ☐ Carte Blanche 14:30 ☐ Chicago Med 15:25 ☐ This is Us 16:15 Superior Donuts Comedy series. Randy gets more than she bargains for when she hires Tush as her secretary. 16:45 Marvel's Agents of Shield 17:45 My Kitchen Rules Australia 19:00 Survivor SA 20:00 NCIS Los Angeles Action series. Callen and Sam join forces with the Bureau of Alcohol, Tobacco, Firearms and Explosives when a notorious international weapons dealer returns to the US. 21:00 Bull 22:00 CB Strike 23:15 Love Island</p>	<p>08:00 Lokshin Bioskop: The Room Divider 10:00 ☐ The Queen 10:30 ☐ Isithembiso 11:00 ☐ The Doctors 12:00 ☐ Ring of Lies 12:30 ☐ Isibaya 13:00 ☐ The Queen Local drama series. 13:30 ☐ Isithembiso 14:00 Lokshin Bioskop: Jackpot Mathambo 15:30 The Doctors 16:30 Hot Bench 17:00 The Talk 18:00 Lokshin Bioskop: Imbongi 19:00 Ring of Lies 19:30 Isithembiso Local drama series. Simi's grandmother stands firm. Sne and Kandy start a pet project. 20:00 Living the Dream with Somizi 20:30 Isibaya 21:00 The Queen 21:30 Terminator 2: Judgment Day 00:00 ☐ Hidden Truth 01:00 ☐ The Talk</p>

HIGHLIGHTS OF THE DAY



SKEEM SAAM (SABC2 18:30) Local drama series. Kwaito (CLEMENT MAOSA) gets a message from his enemy. The situation at the hospital keeps getting worse – much to everyone's concern.

GREENLEAF (E.TV 20:30) Drama series. Kerissa examines her marriage to Jacob. Senator Bob Banks puts more pressure on the bishop to open the church's books for review.

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
<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</p> <p>13:30 House</p> <p>14:30 Camp Rock</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!</p> <p>20:00 eNews</p> <p>20:30 MacGyver</p> <p>Action series. MacGyver must find the mole who is leaking classified intel to the organisation that is trying to take down The Phoenix Foundation.</p> <p>21:30 Imbewu: The Seed</p> <p>22:00 Predestination</p> <p>00:00 Grizzly Rage</p> <p>Action. Four teens are hunted by a grizzly bear after accidentally killing her cub. Tyler Hoechlin, Kate Todd. 86 min. 2007. 16VL</p> <p>01:45 Disgrace</p>	<p>09:00 ☐ ☐ Muvhango</p> <p>09:30 ☐ Skeem Saam</p> <p>10:00 To be announced</p> <p>10:30 ☐ Big Up</p> <p>11:00 ☐ Throwback Thursday</p> <p>Local variety talk show. Keeps viewers updated on what happened on social media this past week.</p> <p>11:30 ☐ Live Amp</p> <p>12:00 ☐ Imizwilili</p> <p>13:00 Lunchtime News</p> <p>13:30 To be announced</p> <p>14:00 ☐ Selimathunzi</p> <p>14:30 Teenagers on a Mission</p> <p>15:00 Soccer (build-up)</p> <p>16:00 2018 Fifa World Cup W49 vs W50.</p> <p>18:00 Soccer (wrap up)</p> <p>18:30 ☐ News</p> <p>19:00 Soccer (build-up)</p> <p>20:00 2018 Fifa World Cup W53 vs W54.</p> <p>22:00 Soccer (wrap up)</p> <p>22:30 2018 Fifa World Cup Highlights.</p> <p>23:00 ☐ Mzansi Insider</p> <p>00:00 Koze Kuse</p> <p>Local music show.</p>	<p>09:00 It Only Hurts When I Laugh</p> <p>09:30 Raggs</p> <p>10:00 ☐ YoTV</p> <p>10:30 Raising Babies 101</p> <p>11:30 ☐ Afro Café</p> <p>12:30 Jikumlessu: Open Your Eyes Wide</p> <p>13:00 ☐ ☐ 7de Laan</p> <p>13:30 ☐ Uzalo</p> <p>14:00 ☐ Skeem Saam</p> <p>14:30 ☐ ☐ Muvhango</p> <p>15:00 Dinosaur Train</p> <p>15:30 YoTV</p> <p>16:00 Signal High</p> <p>Local teen drama.</p> <p>16:30 Hectic Nine-9</p> <p>17:00 Naruto</p> <p>17:30 ☐ News</p> <p>18:00 ☐ 7de Laan</p> <p>18:30 Skeem Saam</p> <p>19:00 #Karektas</p> <p>20:00 ☐ News</p> <p>20:30 Uzalo</p> <p>21:00 Muvhango</p> <p>21:30 ☐ Matswakabele</p> <p>22:10 ☐ It Only Hurts When I Laugh</p> <p>22:30 2018 Simon Sabela Film and TV Awards</p> <p>00:30 SABC News</p>	<p>09:00 ☐ Real Talk</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>Action series.</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 ☐ 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</p> <p>19:00 Isidingo</p> <p>19:30 It's OK We're Family with David Kau</p> <p>Local comedy series.</p> <p>20:00 Generations: The Legacy</p> <p>20:30 Fundi's</p> <p>Double bill.</p> <p>21:30 News</p> <p>22:00 The Bouquet</p> <p>00:00 Base 3</p> <p>03:30 Chips</p> <p>04:30 Deutsche Welle News</p>	<p>09:00 ☐ Marvel's Agents of Shield</p> <p>10:00 ☐ The Goldbergs</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 SA</p> <p>15:25 ☐ This is Us</p> <p>16:15 Superior Donuts</p> <p>16:45 Timeless</p> <p>Adventure. Lucy, Rufus and Garcia Flynn chase the Mothership to the time of the witch trials in Salem.</p> <p>17:45 My Kitchen Rules Australia</p> <p>19:00 The Voice</p> <p>21:00 Nashville</p> <p>Drama series. Season 5 ends. Maddie and Juliette's conflict comes to a head.</p> <p>22:00 Hit the Road</p> <p>22:35 Curb Your Enthusiasm</p> <p>23:30 Love Island</p> <p>00:25 The Good Place</p> <p>00:55 ☐ CB Strike</p> <p>02:05 ☐ Mr Mercedes</p> <p>03:05 Within</p> <p>04:35 Murder, She Baked: A Deadly Recipe</p>	<p>08:00 Lokshin Bioskop: The Price of Njabulo</p> <p>10:00 ☐ The Queen</p> <p>Local drama series.</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: Mampara</p> <p>15:30 The Doctors</p> <p>16:30 Hot Bench</p> <p>17:00 The Talk</p> <p>18:00 ☐ Yobe</p> <p>18:30 WWE Raw</p> <p>19:30 Isithembiso</p> <p>20:00 Mzansi Music Special</p> <p>20:30 Isibaya</p> <p>21:00 The Queen</p> <p>21:30 Massive Music</p> <p>Local music show. Includes artist interviews, captivating studio performances and a weekly music chart. Hosted by Lalla Hirayama and Smash Afrika.</p> <p>22:00 ☐ Abomama</p> <p>23:00 Second Wife</p> <p>00:00 ☐ Hidden Truth</p> <p>01:00 ☐ The Talk</p>



HIGHLIGHTS OF THE DAY

IT'S OK WE'RE FAMILY WITH DAVID KAU (SABC3 19:30) Local comedy series. David wants to cast Jessica Nkosi in the movie to play a parody version of herself.

ISITHEMBISO (MZANSI 19:30) Local drama series. Banzi needs help fighting his demons. Claudia decides to love herself but ends up loving someone else. Sne and Kandy adopt Jameson.

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
<p>09:00 Marvel's Avengers Assemble</p> <p>09:30 ☐ ☐ Scandal!</p> <p>Omnibus.</p> <p>11:20 ☐ Imbewu: The Seed</p> <p>Omnibus</p> <p>13:25 Family Time</p> <p>13:30 eShibobo</p> <p>14:00 Barbie: Mermaidia</p> <p>15:35 Descendants</p> <p>Family. The son of a cursed prince plans to become king, but a group of teens – the children of Disney villains – spoil his plans. Dove Cameron, Booboo Stewart. 112 min. 2015. PG.</p> <p>17:50 Descendants: Wicked World</p> <p>Animated short film.</p> <p>18:00 eNews</p> <p>18:05 The Almost Impossible Game Show</p> <p>18:30 Lip Sync Battle</p> <p>19:00 eNews</p> <p>19:30 Ratatouille</p> <p>21:45 Your Friend the Rat</p> <p>Animated short film.</p> <p>22:00 The Call</p> <p>23:55 Predestination</p> <p>01:50 Step Up 3D</p>	<p>07:30 To be announced</p> <p>08:00 Big Breakfast</p> <p>09:00 ☐ Imizwilili</p> <p>Local choral music show presenting groups in a fresh and exciting way.</p> <p>10:00 Mzansi Insider</p> <p>Local breakfast show. The show reflects on home-grown talent, from celebs to professionals to shining the light on ordinary South Africans doing extraordinary things.</p> <p>11:00 ☐ ☐ Generations: The Legacy</p> <p>Omnibus.</p> <p>13:00 ☐ 2018 Fifa World Cup</p> <p>To be announced.</p> <p>15:00 Soccer (build-up)</p> <p>16:00 2018 Fifa World Cup W55 vs W56.</p> <p>18:00 Soccer (wrap up)</p> <p>18:30 ☐ News</p> <p>19:00 Soccer (build-up)</p> <p>20:00 2018 Fifa World Cup W51 vs W52.</p> <p>22:00 Soccer (wrap up)</p> <p>22:30 2018 Fifa World Cup Highlights.</p> <p>23:00 ☐ Mzansi Insider</p> <p>00:00 Koze Kuse</p>	<p>08:30 House Call</p> <p>09:30 DTV</p> <p>Local magazine show. Featuring stories that inspire, empower and educate the deaf community.</p> <p>10:00 ☐ Relate</p> <p>10:30 ☐ Naruto</p> <p>Omnibus.</p> <p>13:00 RSVP: Dare to Change</p> <p>13:30 ☐ ☐ Muvhango</p> <p>Omnibus.</p> <p>16:00 My Life in Ruins</p> <p>Comedy. A travel guide in Greece gets a new lease of life and rediscovers romance. Nia Vardalos, Richard Dreyfuss. 95 min. 2009. PG1.</p> <p>18:00 Mehlomdala</p> <p>18:30 ☐ News</p> <p>19:00 American Ninja Warrior</p> <p>20:00 ☐ News</p> <p>20:30 ☐ Ga Re Dumele</p> <p>20:56 Lotto Draw: Live</p> <p>21:00 Mandela</p> <p>23:15 ☐ Onder die Suiderkruis</p> <p>00:15 Final Fantasy: The Spirits Within</p>	<p>08:00 Terrific Trucks</p> <p>08:30 Challenge SOS</p> <p>09:00 48 Hours</p> <p>09:30 Bold & Beautiful</p> <p>12:00 ☐ Presenter Search on 3</p> <p>13:00 ☐ Don't Tell the Bride</p> <p>14:00 ☐ Top Chef Jr</p> <p>15:00 ☐ Amazing Race</p> <p>16:00 ☐ Fundi's</p> <p>Double bill.</p> <p>17:00 Zano</p> <p>18:00 News</p> <p>18:02 Top Billing</p> <p>19:00 After the Ball</p> <p>Romantic comedy. A young girl with a passion for fashion tries to expose her evil stepmom and wicked stepsisters for stealing designs. Portia Doubleday, Lauren Holly. 101 min. 2015. PG13.</p> <p>21:00 News</p> <p>21:30 Battleship</p> <p>Adventure. A Navy exercise turns into a life and death situation when aliens invade Earth. Alexander Skarsgård, Rihanna. 131 min. 2012. PG13.</p> <p>23:30 Base 3</p> <p>04:30 ☐ An Nur: The Light</p>	<p>09:30 ☐ Timeless</p> <p>10:30 ☐ Supergirl</p> <p>11:30 ☐ MacGyver</p> <p>12:30 ☐ Scorpion</p> <p>13:30 ☐ Marvel's Agents of Shield</p> <p>14:30 Ozzy</p> <p>16:30 The Goldbergs</p> <p>17:00 Mom</p> <p>Comedy series. When an injury temporarily forces Bonnie to use a wheelchair, Christy must take over as building manager and makes a surprising discovery.</p> <p>17:30 American Housewife</p> <p>Comedy series.</p> <p>18:00 The Voice</p> <p>20:00 Riverdale</p> <p>21:00 Flatliners</p> <p>Horror. Medical students give one another near-death experiences to get first-hand accounts of what happens in the afterlife. Ellen Page, Diego Luna. 109 min. 2017. PG13L.</p> <p>23:00 Love Island</p> <p>00:00 Ride Upon the Storm</p> <p>01:10 ☐ Hit the Road</p> <p>01:50 ☐ Curb Your Enthusiasm</p>	<p>08:00 Lokshin Bioskop: Something About Busi</p> <p>09:30 Lokshin Bioskop: An Honest Living</p> <p>11:00 ☐ The Queen</p> <p>Omnibus.</p> <p>13:30 ☐ Ring of Lies</p> <p>Omnibus.</p> <p>15:30 Lokshin Bioskop: Imbongi</p> <p>16:30 ☐ Our Perfect Wedding</p> <p>17:30 ☐ Yobe</p> <p>18:00 WWE SmackDown</p> <p>Professional wrestling.</p> <p>19:00 Living the Dream with Somizi</p> <p>19:30 Lokshin Bioskop: Isibonakaliso</p> <p>20:30 Surviving Compton: Dre, Suge & Michel'le</p> <p>22:00 ☐ Massive Music</p> <p>22:30 ☐ Homeground</p> <p>Lifestyle entertainment show. Hosts Minnie Dlamini and Lungile Radu interview celebrity guests live in studio and relive some of the hottest sporting highlights of the week.</p> <p>23:30 Lokshin Bioskop: Something About Busi</p> <p>01:00 ☐ The Talk</p>



HIGHLIGHTS OF THE DAY

RATATOUILLE (E.TV 19:30) Animation. A kitchen worker becomes an overnight sensation thanks to the help of a rat who can cook. Voices of Brad Garrett, Patton Oswalt. 111 min. 2007. PG.

MANDELA (SABC2 21:00) Documentary. Explores the life of Nelson Mandela, from his early days as a lawyer to becoming South Africa's first democratically elected president.

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
<p>09:00 AI Football GGO 09:30 ShizLive 10:00 Rhythm City Omnibus. 12:00 To be announced 12:30 The Spotlight 13:00 Ratatouille 15:05 Let It Shine 17:00 American Grit 18:00 eNews 18:05 America's Funniest Home Videos 18:30 Totally Insane GWR 19:00 eNews 19:30 Modern Family 20:00 Iron Man Action. A millionaire uses the iron suit he built to fight crime. Robert Downey Jr, Terrence Howard. 126 min. 2008. PG13V. 22:35 Jaws Thriller. A police chief, a marine scientist and a grizzled fisherman set out to kill a murderous shark. Roy Scheider, Richard Dreyfuss. 124 min. 1975.16. 01:15 J Ray Donovan 02:15 Eminem: Behind the Lyrics 03:20 Marriage Retreat 04:45 e-Insert</p>	<p>09:00 Gospel Avenue Local gospel music show. Celebrities share their journeys in faith through gospel artists and the music they've selected. Presented by Khaya Mithethwa 10:00 Mzansi Insider Local breakfast show. 11:00 Blue Couch Local talk show. Teenagers get to talk about the issues that are important to them. 11:30 Imvelo Local magazine show focusing on African traditional practices. 12:00 Uzalo Omnibus. 14:00 Fifa World Cup Match 16:00 Fifa World Cup Match 17:30 Roots 18:00 Kulcha Kwest 18:30 News 19:00 Friends Like These 20:00 Higher Learning 22:00 Big Up 22:30 Fifa World Cup Highlights. 23:00 Gospel Avenue 00:00 Koze Kuse</p>	<p>09:00 Issues 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 Gifted Hands: The Ben Carson Story Biography. Based on the true story of a young, underprivileged boy who puts his difficult upbringing behind him to become one of the world's leading brain surgeons. Cuba Gooding Jr, Kimberly Elise. 86 min. 2009. PG13. 18:00 Fokus 18:30 News 19:00 50/50 20:00 News 20:30 Abo Mzala Local comedy series. With the Bra Gibs visit looming the tension gets to Ella and Mpho. Thuli struggles to remember who she is. 21:00 Gospel Classics 22:00 To be announced 23:00 Beter Assie Bure</p>	<p>09:00 Life with Boys 09:30 Isidingo Omnibus. 12:00 Top Billing 13:00 Like a Boss 14:00 Mela 15:00 Chennai Express Adventure. A man finds adventure when he falls in love with a woman he meets on a trip to fulfil his late grandfather's last wish. Deepika Padukone, Shah Rukh Khan. 141 min. 2013. PG. 17:30 To be announced 18:00 News 18:02 For Better or Worse Comedy series. Marcus uses the money for Angela's new shop to buy a new car and clothing, prompting Angela to move out. 18:30 Blue Planet 19:30 The Coronation Documentary. Queen Elizabeth II shares her memories on the 65th anniversary of her Coronation. 20:30 Frankly Speaking with JJ Tabane Local talk show. 21:00 News 21:30 Special Assignment 22:00 EFC</p>	<p>09:00 The Voice Double bill. 13:00 The Goldbergs 13:30 Doctor Strange Fantasy. A neurosurgeon is given a supernatural new lease of life after an accident leaves him unable to operate. Benedict Cumberbatch, Chiwetel Ejiofor. 115 min. 2016. PG13VL. 15:15 American Housewife 16:00 The Wild Ones 17:00 Survivor South Africa 18:00 My Kitchen Rules South Africa 19:00 Carte Blanche 20:05 Valerian and the City of a Thousand Planets Sci-fi. Two space agents must race against time to identify and stop a menacing force that threatens to destroy the entire universe. Dane DeHaan, Cara Delevingne. 137 min. 2017. PG13V. 22:20 Last Week Tonight with John Oliver 23:00 Centaur 00:35 Riverdale 01:30 Ride Upon the Storm Drama series.</p>	<p>06:00 The Doctors 07:00 Icalongo 08:00 Gospel Alive 09:00 Lokshin Bioskop: Umona 10:00 Isibaya Omnibus. 12:30 Lokshin Bioskop: Isibonakaliso 13:30 Homeground 14:00 Mzansi Music Special 14:30 Isithembiso Omnibus. 17:00 Idols SA 19:00 Our Perfect Wedding Local reality series. Couples attempt to pull off their perfect weddings, despite all the pitfalls that await them before tying the knot. 20:00 The Herd 21:00 Ingoma 21:30 Abduction Thriller. A young man sets out to find the truth after he discovers his baby photo on a website for missing people. Taylor Lautner, Lily Collins. 106 min. 2011. PG13. 23:30 Hidden Truth Omnibus. 04:30 Ka-Ching 05:00 Icalongo</p>



HIGHLIGHTS OF THE DAY

LET IT SHINE (E.TV 15:05) Drama. A teenage rapper goes to battle with his rival to try to win the heart of the girl of his dreams. Tyler James Williams, Coco Jones. 104 min. 2012. PG.

HIGHER LEARNING (SABC1 20:00) Drama. A wise lecturer is the voice of reason for three students confused by disturbing events on campus. Laurence Fishburne, Omar Epps. 127 min. 1995. 16VSL.

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
<p>09:00 Bin Kuch Kahe 09:30 Marido en Alquiler 10:30 Days of Our Lives 11:30 Rhythm City 12:00 Scandal! 12:30 Imbewu: The Seed 13:00 eNews 13:30 House 14:30 Peppa Pig 14:35 Cool Catz 15:00 Angelina Ballerina 15:15 Siyabonga Gogo 15:30 AI Football GGO 16:25 Just for Laughs: Gags 16:50 Judge Judy 17:15 Days of Our Lives 18:00 Medical Detectives 18:30 Anger Management Comedy series. Charlie gets Nolan a job working at Kate's office and asks him to spy on her. 19:00 Rhythm City 19:30 Scandal! 20:00 eNews 20:30 Chicago Med 21:30 Imbewu: The Seed 22:00 Queen Sugar 23:00 Iron Man 01:35 Ray Donovan 02:35 Meant to Be</p>	<p>08:30 Generations: The Legacy 09:00 Muvhango 09:30 Skeem Saam 10:00 To be announced 10:30 Daily Thetha Local talk show. Inspiring and empowering South Africans through engaging dialogue. 11:30 Real Goboza 12:00 Yilungelo Lakho Local consumer show that informs and educates buyers on their rights and provides advice. 13:00 News 13:30 To be announced 14:00 Making Moves 15:00 Degrassi: The Next Generation 15:30 YoTV 16:30 My World 17:30 Centre Stage 18:00 Mokapelo 18:30 News 19:00 Ses'op La 19:30 Single Guyz 20:00 To be announced 22:00 SoccerZone 23:00 Fifa World Cup Highlights.</p>	<p>09:30 Ubongo Kids 10:00 YoTV 10:30 Ke Zaka 11:30 50/50 12:30 Jikulumessu: Open Your Eyes Wide 13:00 7de Laan 13:30 Uzalo 14:00 Skeem Saam 14:30 Muvhango 15:00 Doc Mcstuffins 15:30 YoTV 16:00 The Epic Hangout 16:30 Hectic Nine-9 17:00 Dragonball Z Kai 17:30 News 18:00 7de Laan 18:30 Skeem Saam 19:00 Die Vlieënde Springbokkie 19:30 To be announced 20:00 News 20:15 News 20:30 Uzalo Local drama series. MaNgcobo and MaMlambo both discover who shot Nkunzi. 21:30 JAB 22:00 Mehlomadala 22:30 Grand Masters</p>	<p>09:00 Real Talk 10:00 Bold & Beautiful 10:30 7de Laan 11:00 Isidingo 11:30 Muvhango 12:00 Magnum PI 13:00 On Point 14:00 Close Up 14:30 Kuu Kuu Harajuku 15:00 Hectic on 3 15:30 Mela 16:30 Afternoon Express 17:30 Bold & Beautiful 18:00 News 18:02 Real Talk 19:00 Isidingo 19:30 Cleveland Hustles 20:00 Generations: The Legacy 20:30 The Amazing Race Reality competition series. When the race continues in Namibia, a flat tyre deflates one team's hopes of leading the pack and the dreaded double U-turn returns. 21:30 News 22:00 #WITFUMI 23:00 Trending SA 00:00 Base 3 03:30 Chips</p>	<p>09:00 Timeless 10:00 The Goldbergs 10:30 My Kitchen Rules Australia 11:35 Nashville 12:30 Carte Blanche 13:30 The Wild Ones 14:30 My Kitchen Rules South Africa 15:25 DC's Legends of Tomorrow 16:15 The Middle 16:45 Supergirl 17:45 My Kitchen Rules Australia 19:00 Station 19 Drama series. Jack continues to butt heads with Andy when he begins his first shift as co-captain. 20:00 The Good Doctor 21:00 Billions 22:10 Handmaid's Tale Drama series. Offred adjusts to a new way of life. A new unexpected person disrupts the Colonies. 23:15 Love Island 00:10 Mr Mercedes 01:10 Centaur 02:40 Once Upon a Time in Venice</p>	<p>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: A Family Affair 15:30 The Doctors 16:30 The Talk 17:30 Idols SA 19:00 Ring Of Lies 19:30 Isithembiso Local drama series. Bambatha and Claudia know they've made a mistake. 20:00 Ingoma 20:30 Isibaya 21:00 The Queen 21:30 Homeground 22:00 Second Wife 23:00 Lokshin Bioskop: Ovami Nami 00:00 Hidden Truth 01:00 The Talk 02:00 Lokshin Bioskop: The Epitaph 03:30 Lokshin Bioskop: A Family Affair</p>



HIGHLIGHTS OF THE DAY

THE GOOD DOCTOR (M-NET 20:00) Medical drama series. Dr Shaun Murphy (Freddie Highmore) questions the need for an elective surgery that will allow his young patient to smile.

QUEEN SUGAR (E.TV 22:00) Drama series. Season 1 ends. Nova and Calvin finally reunite, but their union causes controversy in the community.

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
<p>09:00 Bin Kuch Kahe 09:30 Marido en Alquiler 10:00 Days Our Lives 11:30 Rhythm City 12:00 Scandal! 12:30 Imbewu: The Seed 13:00 eNews 13:30 House</p> <p>Drama series.</p> <p>14:30 Peppa Pig 14:35 Cool Catz 15:00 Storm Hawks 15:30 Pokémon 15:55 Frenzy 16:25 Just for Laughs 16:50 Judge Judy 17:15 Days of Our Lives 18:00 Forensic Files 18:30 Anger Management</p> <p>Comedy series.</p> <p>19:00 Rhythm City 19:30 Scandal! 20:00 eNews 20:30 Chicago PD 21:25 Sinawe 21:30 Imbewu: The Seed 22:00 CheckPoint 22:30 Snapped 23:00 Jaws 01:40 Stranger with My Face</p>	<p>09:00 Muvhango 09:30 Skeem Saam 10:00 To be announced 10:30 Daily Thetha 11:30 Mi Kasi Su Kasi</p> <p>Local documentary series that showcases and celebrates the diverse offerings of South African kasis and their youth.</p> <p>12:00 2018 Fifa World Cup Highlights. 13:00 Lunchtime News 13:30 To be announced 14:00 Ispani 15:00 Degrassi: The Next Generation 15:30 YoTV 16:30 Daily Thetha 17:30 Zaziwa 18:00 Nyan'Nyan</p> <p>Local docureality show. Couples are given opportunities to confront secrets in their relationships.</p> <p>18:30 eNews 19:00 Soccer (build-up) 20:00 2018 Fifa World Cup W57 vs W58. 22:00 Soccer (wrap up) 22:30 2018 Fifa World Cup Highlights. 23:00 Daily Thetha</p>	<p>09:00 It Only Hurts When I Laugh 09:30 The Magic World of Luna-Belle 10:00 YoTV 10:30 Talk SA 11:00 Going Strong 11:30 Bophelong 12:00 Kick It! 12:30 Jikulumessu: Open Your Eyes Wide 13:00 7de Laan 13:30 Uzalo 14:00 Skeem Saam 14:30 Muvhango 15:00 Doc McStuffins 15:30 YoTV 16:00 Words and Numbers 16:30 Hectic Nine-9 17:00 Dragon Ball Z Kai 17:30 eNews 18:00 7de Laan 18:30 Skeem Saam 19:00 Onder die Suiderkruis 20:00 eNews 20:15 eNews 20:30 Soccer 21:00 Muvhango 21:30 Forced Love 22:00 Gospel Classics</p>	<p>09:00 Real Talk 10:00 Bold & Beautiful 10:30 7de Laan 11:00 Isidingo 11:30 Muvhango 12:00 The A-Team</p> <p>Retro action series. Four Vietnam vets – on the run from the military for a crime they didn't commit – become vigilantes who help the innocent.</p> <p>13:00 On Point 14:00 Hollywood News 14:15 Zoom In 14:30 Ebu Children's Drama and Documentaries 15:00 Hectic on 3 15:30 Like a Boss 16:30 Afternoon Express 17:30 Bold & Beautiful 18:00 News 18:02 Real Talk 19:00 Isidingo 19:30 Man Cave 20:00 Generations: The Legacy 20:30 Top Chef Jr 21:30 News 22:00 #WTFUMI Local talk show. 23:00 Trending SA</p>	<p>09:00 Supergirl 10:00 American Housewife 10:30 My Kitchen Rules Australia 11:35 Station 19 12:30 The Good Doctor 13:30 The Voice 15:25 This is Us 16:15 The Middle 16:45 MacGyver 17:45 My Kitchen Rules Australia 19:00 Chicago Fire</p> <p>Drama series. Severide is surprised when Rene Royce returns to the firehouse.</p> <p>20:00 NCIS Action series. The team investigate when a lieutenant, who's been missing for over a year, is murdered.</p> <p>21:00 Chicago Med Medical drama. Dr Bekker takes the lead on a surgery, then takes the heat when something goes wrong.</p> <p>22:00 Trust 23:15 Love Island 00:15 Late Late Show with James Corden 01:10 Billions</p>	<p>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</p> <p>14:00 Lokshin Bioskop: Ingoma 15:30 The Doctors 16:30 Hot Bench 17:00 The Talk 18:00 Lokshin Bioskop: Ingoma 19:00 Ring of Lies 19:30 Isithembiso</p> <p>Local drama series. Heaven threatens Kero with war. Mayor Shivambu picks up on the sparks between Claudia and Bambatha.</p> <p>20:00 Yobe 20:30 Isibaya 21:00 The Queen 21:30 Project Runway South Africa 22:30 Surviving Compton: Dre, Suge & Michel'le 00:00 Hidden Truth 01:00 The Talk 02:00 Lokshin Bioskop: Zolile</p>



HIGHLIGHTS OF THE DAY

PROJECT RUNWAY SOUTH AFRICA (MZANSI 21:30) Local reality series starts. Gives aspiring fashion designers a chance to compete for a big break into the industry. Hosted by Lerato Kganyago.

SURVIVING COMPTON (MZANSI 22:30) Drama. Chronicles singer Michel'le's relationships with Dr Dre and producer Suge Knight. Rhyon Nicole Brown, Curtis Hamilton. 157 min. 2016. 16.

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
<p>09:00 Bin Kuch Kahe 09:30 Marido en Alquiler 10:30 Days of Our Lives 11:30 Rhythm City 12:00 Scandal! 12:30 Imbewu: The Seed 13:00 eNews 13:30 House</p> <p>Drama series.</p> <p>14:30 Peppa Pig 14:35 Cool Catz 15:00 Monchichis 15:15 PJ Masks 15:30 Supa Strikas 15:55 ShizLive 16:25 Just for Laughs 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 20:30 Judge Karen</p> <p>Reality show.</p> <p>21:30 Imbewu: The Seed 22:00 Kingdom 23:00 Great Gain 01:20 A Stranger's Heart 03:00 Step Up 3D</p>	<p>09:00 Muvhango 09:30 Skeem Saam 10:00 To be announced 10:30 Daily Thetha 11:30 Zaziwa</p> <p>Local talk show. Gives viewers a chance to know their fave celebs.</p> <p>12:00 Chatroom 12:30 Identity 13:00 Lunchtime News 13:30 To be announced 14:00 Khumbul'ekhaya</p> <p>Local docureality series helps people heal their relationships with lost or estranged family members.</p> <p>15:00 Degrassi: The Next Generation 15:30 YoTV 16:30 Daily Thetha 17:30 Come Again 18:00 Selimathunzi 18:30 eNews 19:00 Soccer (build-up) 20:00 2018 Fifa World Cup W59 vs W60. 22:00 Soccer (wrap up) 22:30 2018 Fifa World Cup Highlights. 23:00 2018 Fifa World Cup To be announced.</p>	<p>09:30 Raggs 10:00 YoTV 10:30 Kliphard 11:00 Ladies Club 11:30 Health Talk 12:30 Jikulumessu: Open Your Eyes Wide 13:00 7de Laan 13:30 Uzalo 14:00 Skeem Saam 14:30 Muvhango 15:00 Dinosaur Train 15:30 YoTV 16:00 Disney Cookabout 16:30 Hectic Nine-9 17:00 Dragon Ball Z Kai 17:30 eNews 18:00 7de Laan 18:30 Skeem Saam 19:00 Spyskaart 19:30 DeKatv 20:00 eNews 20:15 eNews 20:30 Uzalo 20:56 Lotto Draw: Live 21:00 Muvhango 21:30 Bone of My Bones 22:00 Afro Café 23:00 Jikulumessu: Open Your Eyes Wide</p>	<p>09:00 Real Talk 10:00 Bold & Beautiful 10:30 7de Laan 11:00 Isidingo 11:30 Muvhango 12:00 Knight Rider</p> <p>Retro action series.</p> <p>13:00 On Point 14:00 Close Up 14:30 Ebu Children's Drama and Documentaries 15:00 Hectic 15:30 It's OK We're Family with David Kau 16:00 Cleveland Hustles 16:30 Afternoon Express 17:30 Bold & Beautiful 18:00 News 18:02 Real Talk 19:00 Isidingo 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 Crime series. 23:00 Trending SA 00:00 Base 3</p>	<p>09:00 MacGyver 10:00 Mom 10:30 My Kitchen Rules Australia 11:35 Chicago Fire 12:30 NCIS 13:30 The Voice 15:25 This is Us 16:15 The Middle 16:45 Scorpion 17:45 My Kitchen Rules Australia 19:00 Big Bang Theory</p> <p>Comedy series. Sheldon goes to Vegas to win money for science and Penny and Bernadette take Amy shopping.</p> <p>19:30 Young Sheldon Comedy series ends. When his grandmother is pursued by two suitors Sheldon interferes, forcing her to set some ground rules.</p> <p>20:00 Madam Secretary 21:00 Seal Team 22:00 The Path 23:00 Love Island 00:00 Late Late Show with James Corden 00:55 Chicago Med 01:50 Trust</p>	<p>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</p> <p>14:00 Lokshin Bioskop: How I Met My Husband 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</p> <p>Local drama series. Anathi makes a life-changing confession.</p> <p>20:00 Perfect Match? 20:30 Isibaya 21:00 The Queen 21:30 The Imposter 22:30 Ubizo 23:30 Hot Bench 00:00 Hidden Truth 01:00 The Talk 02:00 Lokshin Bioskop: Imali Yegazi 03:30 Lokshin Bioskop: How I Met My Husband</p>



HIGHLIGHTS OF THE DAY

MADAM SECRETARY (M-NET 20:00) Drama series. When the president and Elizabeth (TÉA LEONI) refuse to negotiate with a terrorist to return a CIA asset the team must find a way to do it.

THE FOLLOWING (SABC3 22:00) Crime series. Ryan and the FBI purposely leak information through reporter Carrie Cook about having Dr Arthur Strauss in custody.



LISTEN TO THIS

We're not sure it's a yay for Kanye West's new album.

YE IN NUMBERS



1 Ye hit the top spot on the Billboard 200 chart – Kanye's eighth album in a row to immediately hit No 1, which means he's now tied with Eminem and The Beatles for a record number of consecutive chart-toppers.

7 The number of tracks on Ye, making it Yeezy's shortest album. It's 23 minutes long, and guest artists include **NICKI MINAJ**, Kid Cudi, Ty Dolla Sign and 070 Shake.



208 000
Ye had 180 million streams and sold 85 000 copies – the equivalent of 208 000 album sales in the USA in the first week.

MUSIC

Close, but no cigar

Yeezy's long-awaited record has dropped – but it misses the mark

Kanye West's keenly anticipated eighth studio album courted controversy ahead of its release, with the rapper's bizarre insights on slavery ("It sounds like a choice") and support for US President Donald Trump ("We share dragon energy") making headlines.

The album, *Ye*, was expected to address at least some of what was coming out of Yeezy's mouth, but it does little to clear things up – or even to impress.

Instead the politics, drama and online trolling were just pre-release publicity that amounted to little more than clickbait.

Ye isn't about the state of the American nation, it's all about Kanye – Kanye the celeb, the husband, the rapper, the father. The tone is constantly shifting from arrogance to anxiety, especially on *No Mistakes*.

There are no stand-out tracks on this seven-track record. *I Thought About Killing You* – with its addictive beat – verges on greatness, but doesn't reach the heights of his earlier work.

On *Yikes* he raps about his experiences with recreational and legal drugs. It's a decent pop track but it is neither insightful nor particularly introspective.

The mini album is just too short. The expectation was *Ye* would be substantial and insightful. Important even. In its current form it feels like a first draft, like it needs to be worked on a while longer and fleshed out to achieve the greatness that's only hinted at.

★ DVDS

GAME NIGHT ***

COMEDY. 100 MINS. 2018. 16 LV

Super-competitive couple Annie and Max live for their weekly game nights with their friends, Ryan (**BILLY MAGNUSSEN**) and his bae Sarah (**SHARON HORGAN**).

When Max's annoyingly successful brother shows up to one-up the night with a murder-mystery game, comedic chaos ensues when the players discover the game is not make-believe.

The premise is similar to the 1997 thriller *The Game* but played for laughs – some predictable, some self-aware, but mostly satisfyingly funny.



THE COMMUTER ***

THRILLER. 107 MIN. 2018. 13 LV

Watching **LIAM NEESON**'s latest action outing is familiar, but satisfying. After a rough day at work, mild-mannered insurance salesman Michael MacCauley meets a mysterious woman who offers him a lot of money to help her locate a train commuter.

But, nothing is as it seems and the film is quite intriguing for the first half before Michael breaks out a particular set of ex-cop skills and it all settles into a familiar, if entertaining, series of action set pieces.





You're it, Jeremy Renner! Tag is in cinemas now.

WATCH THIS

FILM

Catch me if you can

Tag sees a group of friends play the childhood game as adults

There are movies based on video games and on board games, but Tag has to be the first movie based on a playground game.

For one month a year a group of childhood friends risk their necks, jobs and relationships to take one another down with a cry of "You're it!"

This year the game coincides with the wedding of their only undefeated player, Jerry (**JEREMY RENNER**), which should make him an easy target – but he's ready.

It's based on the true story of 10 men who've been playing tag since they were in primary school – 28 years ago.

But unlike their movie counterparts, who go to ridiculous extremes to tag one another, the real players use the game as a reason to get together and to stay in touch. They haven't, they say, ruined one another's weddings – although funeral tag is not off limits.

Real-life player Patrick Schultheis said in an interview he was tagged at his father's funeral. "I was in the front row and guys were going up to communion, patting me on the shoulder, and [tag member] Beef comes up and pats me on the shoulder and mouths to me, 'You're it'. My dad would've thought it was funny."

★ GAME

PURE FARMING 2018 ***

PS4, XBOX ONE, PC

The game is a solid farming simulator featuring a variety of farming equipment, from the most basic tractor trailers to some crazy combine harvesters. Where it shines is in its accessibility.

Simulator games can sometimes be difficult to understand and will often drop players right into the thick of the action with little to no direction. The beginner mode solves these issues by letting players tackle objectives one by one, which will get new members to the genre growing their farms in no time. – GARETH SEILER

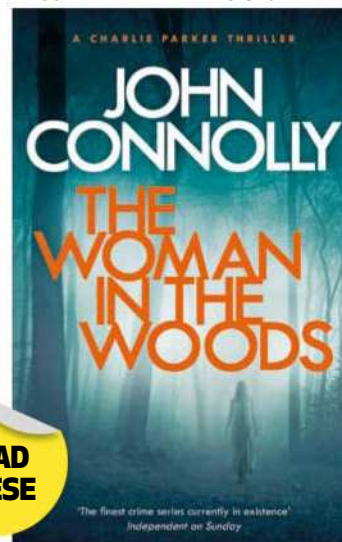


Chill Out **DRUM**

COMPILED BY DENNIS CAVERNELIS



READ THESE



BOOKS

Memorable reads

Two supernatural thrillers – one South uniquely African – are this week's picks

KNUCKLEBONE BY NR BRODIE (PAN MACMILLAN) R235*

Reading this thriller was an exhilarating yet terrifying experience. From unsolved murders to demonic possessions, it had my imagination running wild – yet not wild enough to escape the weird sense that something like this could really be happening under our noses.

Young ex-cop Ian Jack finds himself at the scene of a "housebreaking" gone wrong and has to team up with his former colleague and love interest, Reshma Patel, to solve the case.

However, things take a dark turn when they uncover links to animal poaching syndicates, witchcraft and evil sangomas.

There are many fantasy thrillers out there but none as uniquely South African as Knucklebone.

Every story I was told as a child about *abathakathi* [bad sangomas] and tokoloshes came to life and it was nothing short of electrifying.

– PAM MAGWAZA

THE WOMAN IN THE WOODS BY JOHN CONNOLLY (HODDER & STOUGHTON) R435*

The partly preserved body of a woman is discovered deep in the woods of Maine in the US. Examination of the remains reveals she died in childbirth, but there's no sign of any baby. Private investigator Charlie Parker is hired to find the child but he soon realises he's not the only one looking.

Other people are following the trail left by the woman and they're leaving dead bodies in their wake.

This, the 16th in the Charlie Parker series, is a mixture of good old-fashioned detective work with a dose of the supernatural thrown in. It's truly spooky – like the scene where a young boy gets a call from a dead woman, or when Charlie has conversations with his dead daughter.

If you're a Charlie Parker fan, you won't want to miss this instalment. But don't read it when you're alone at night!

– ANDRÉ J BRINK

* AT TAKEALOT.COM. PRICE CORRECT AT TIME OF GOING TO PRINT BUT IS SUBJECT TO CHANGE WITHOUT NOTICE.

SOURCES: BUSTLE.COM, WSJ.COM, BILLBOARD.COM, VULTURE.COM, WASHINGTONPOST.COM, NYTIMES.COM, INDEPENDENT.CO.UK, CNN.COM

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THE OTHER BROTHER

Sibu is filled with grief and anger when he gets a call from the hospital to tell him his brother has had yet another serious accident

JUST as I was getting ready to get into bed and curl up under my warm duvet, my phone rang, rudely disrupting my intention to rest after a long day at work. There was something eerie about this call, as I didn't recognise the number. And even the ringtone had a furious sense of urgency. Tired as I was, I prepared myself for bad news.

"Hi, who am I speaking to?" I asked, with traces of fear emerging from my voice.

"Mr Mashaba, this is Sphiwe Ngwenya from Mill Hospital. I'm afraid I have bad news for you and your family."

My spine numbed and my lungs felt like they were shrinking.

"Your brother has been in a motorbike accident and he's broken his neck and sustained other critical injuries. As we

speak, he is fighting for his life in the intensive care unit."

My face was overcome by a burning sensation. I lost my voice and my vision simultaneously, trying to comprehend what I'd just been told.

"Sir, are still there?" No response. "Sir?" No response.

I felt volts of anger surging from my toes to my head and I hung up. How could Khaya be so reckless? In fact how could Khaya be so immature? He was 41, three years younger than me, and although I could imagine his son going dirt biking, I'd hoped Khaya had matured.

To make things worse, I knew something was wrong – I always had bad dreams before he injured himself. I had vivid visions of him standing on a cloud getting into a diving position, and in last night's dream he had actually dived.

I made my way over to my mom's house.

She had to know what her "Tiger" had done this time, even though she was too old and fragile to handle such news.

"Hi, mom," I said reaching to hug her small frame.

"My Sibu, I'm so happy to see you. To what do I owe the pleasure?"

"I'm afraid it's Khaya... he's in ICU after a bad dirt bike accident," I said, allowing a tear to trickle down from my left eye to my chin.

She looked at me in disbelief, which let loose another tear, from my right eye this time, as I failed to dilute the grief. "I want to see my Tiger now, Sibu," she screamed.

This was what Khaya did best. He caused a mess, leaving me to fix it while he earned all the sympathy and concern from my mother and others. My father had been an adrenaline junkie just like him, but he'd passed away in a skydiving accident when I was only 17, so I'd hoped

Khaya would be much more cautious in life. But that was why Mom called him Tiger and I was just plain old Sibiu. Tiger had in fact broken so many bones I was surprised he'd made it past 40.

MY MOM and I arrived at Mill Hospital – she was clutching my forearm and looking directly into my eyes.

“Sibu, I know how much you care about your brother but I have the feeling that his critical condition doesn't bother you,” she said.

“What? I can't believe you've just said that,” I responded angrily.

“Let's not argue about this now, Sibiu, I was just saying.”

The problem was that my mother was not far off the mark. Deep inside, I found some sort of comfort in Khaya's accident. Not because I hated him, but because I loved him so much. It was so hard for me to constantly be anticipating the next call informing me of how he'd escaped death by inches. I'd warned him repeatedly about his extreme lifestyle and the visions I had, but it didn't make any difference.

Maybe there was a bit of jealousy involved too. Growing up, Khaya always had our parents' attention when he boasted about his sports medals and outstanding academic results. I was just average Sibiu. Nothing I did was spectacular.

He was the popular one, he got all the girls, and everyone thought he was the older brother. However, this didn't mean I loved him any less. I loved Khaya a lot, and after our father passed on I felt like it was my responsibility to ensure he was safe and secure.

In the reception I started to feel that hospital sickness. I always got nauseous and light-headed whenever I was in a hospital. It was a sickness I'd become used to, thanks to Khaya.

“How can I help you?” the middle-aged receptionist asked, with a plastered smile on her worn face.

“I'm here to see Khaya Mashaba.”

“And you are?”

“Sibiu Mashaba, his older brother.”

As she shuffled through her files a junior nurse approached her from behind. She looked traumatised and drained.

“Julie, you won't believe what happened,” she sobbed.

“Can't you see I'm busy?” the receptionist snapped back, her head still in her files.

“It's Khaya, he's passed away,” the young woman persevered.

“Which Khaya are you talking about?” the receptionist finally looked up.

“Khaya Mashaba, my daughter's father.”

Now it was the receptionist's turn to look shocked. She slowly turned her head towards me to see if I had heard what the young nurse had said. I had, but I was not sure if I'd understood her correctly.

“Excuse me,” I addressed the young nurse. “Please repeat what you just said.”

“Sir, I'm sorry but it seems your brother has passed on,” the receptionist interrupted. “I wasn't talking to you!” I yelled back.

The young nurse was in shock, trying to work out what was going on. Finally she understood that she was standing in front of Khaya's family. It was an embarrassing situation.

We looked at each other, and I wondered how this young woman could have had Khaya's child. He only got divorced from Nolo a year ago, so maybe this had been the cause of their sour split.

But this was not the time – Mom hadn't said a word since we got here. After the news of his death, she'd quietly been trying to digest something no mother should ever have to hear. And now a baby. This was typical of Khaya.

HE LOOKED so peaceful on his deathbed. I'd never seen him so calm and collected.

My mother wept and wept as she looked at her lifeless son. And for once there was nothing I could do.

Khaya had passed away. He was no longer with us and everything was different now.

When he'd injured himself as a kid I'd always cheered him up by making jokes and stealing snacks from the cupboard.

Later I got aggravated when he didn't

take my warnings seriously. But now Khaya has forced me see the bigger picture – how important it was to keep it real.

Sitting there in the hospital, I realised there'd been no point telling Khaya what to do, because that was who he was and that was the life he wanted. We were not the same. We all have special traits, and that's why it's vital we're able to express who we are.

My mother walked towards me and gently took my hand.

“Sibiu, I remember when your brother stole Mrs Green's son's bicycle. She came to our house knowing that it was your brother who did it, but you took the blame for him.”

“And that was when I knew how special you were. And that was why your brother was able to do extraordinary things – because you showed him extraordinary love.”

“I didn't mean to offend you with what I said earlier. I know how much you loved your brother. He was just like your father, whose biggest dream was to break the African skydiving record...”

Mom's story was interrupted by the nurses who asked us to leave.

WOKE up the next day with a heavy head from crying but I forced myself to get moving. There was something I needed to do.

I drove to my appointment with Rudolf Venter, all the time thinking about how I would make both my father and brother proud. This would be my dedication to them.

The helicopter rose up slowly, the noise from the propellers made it impossible for me to hear my own thoughts. But I was on top of the world.

“Mr Mashaba, are you ready for your first skydive?” Venter called out.

I didn't even reply. I just dived out of the helicopter, like Khaya had done in my dream. ■

'He was the popular one, got all the girls, and everyone thought he was the older brother.'

WRITE FOR US AND EARN R1 000!

We're looking for good short stories of about 1 500 words to use in the magazine and on our digital platforms. Include your contact details and the following signed declaration to the stories you submit: I declare that the attached story is my original work. Send us a copy of the story, not the original. Post your story to DRUM Fiction, PO Box 653284, Benmore, 2010, or email fiction@drum.co.za

DRUM Kids' Games



Butterflies

Snails

GET CRAFTY WITH SUCKER STICKS

Get out your craft supplies and spend an afternoon creating some cute creatures



Graceful ballerinas



Pretty fairies

Try these ideas too!



Farmyard friends

YOU WILL NEED

- * Large ice-cream sticks
- * craft glue and scissors
- * paint, paintbrushes and/or felt-tip pens
- * stiff paper or card
- * pipe cleaners
- * cupcake liners
- * googly eyes, rhinestones, glitter, glitter pens, ribbons, wool, scraps of fabric, tissue paper and anything else you might like to decorate your creations

DIRECTIONS

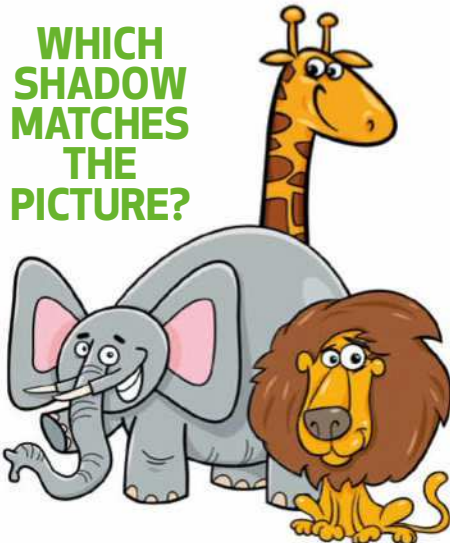
Snails and butterflies

Sketch an outline of your creature's body or wings on the paper or card, then cut out and decorate. Paint and decorate the sucker stick. Glue the two together when everything is dry.

Ballerinas

Fold the cupcake liners in half and glue them to the centre of the stick. Once the glue is dry, grab your felt-tip pens and draw a face, hair and ballet slippers on the stick. Wrap a pipe cleaner around the centre of the stick to resemble arms. Add scrapbook stickers, glitter or rhinestones to finish the look!

WHICH SHADOW MATCHES THE PICTURE?



A



B



C



D



E



F

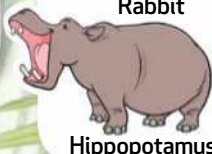
RANK ACCORDING TO SIZE



Frog



Rabbit



Hippopotamus

1	BIG ↑
2	
3	
4	
5	
6	↓ SMALL



Bear



Bumblebee



Fox

ANSWERS WHICH SHADOW MATCHES THE PICTURE? E. RANK ACCORDING TO SIZE | hippopotamus, 2 bear, 3 fox, 4 rabbit, 5 frog, 6 Bumblebee.



PENG'S RESCUE

Help Peng through the maze to rescue Chao and Chi.



START



END



WHAT DOESN'T BELONG?

Chao and Chi discovered many things living in and around the pond. Unscramble the words below to see what they are. Can you tell which one doesn't belong in a pond?

1 GROF

2 POLDATE

3 ROTET

4 TERLYWALI

6 PUSCOTO

5 CABR

7 FYLRAGDON

8 TLEURT

9 NASIL

10 OUTTR



WORDSEARCH

Find and circle the names of the Duck Duck Goose characters hidden in the grid - horizontally, vertically or diagonally, backwards or forwards.

c x r p x g x a a n
 l h e r g j n c w t
 u n a y e l n a t s
 g o y o y b s r e y
 i a z o r r s l i m
 k i m n r h i p d z
 i h c k a n t j i i
 f p f e l b e d n a



Stanley



Edna



Chao



Chi



Larry



Banzou



Carl

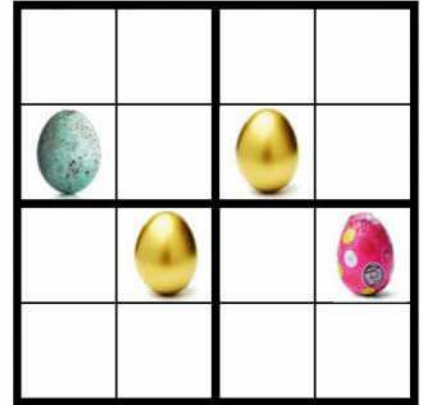
Niles



Peng

EGGY SUDOKU

Sketch each block in the grid so there's one coloured egg in every row, column and quadrant.



ANSWERS WHAT
 DOESN'T BELONG? 1 frog,
 2 tadpole, 3 zetter, 4 waterlily,
 5 crab, 6 octopus (doesn't
 belong), 7 dragonfly, 8 turtle,
 9 snail, 10 trout.



WORDSEARCH NO. 387

HOW TO DO IT

Find a word, circle its letters and cross it off the list. Words might be forwards, backwards, up, down or diagonal but are in a straight line, never skipping letters. Some letters are used more than once.

Tick the small box next to a word as you find it in the jumble. A diagonal line between words indicates they can be found separately in the grid.



AMAZING

- AMAZING
- BICYCLE
- CABBAGE
- DEBRIEF
- ECLIPSE
- FIFTEEN
- GRAPHIC
- HUMDRUM
- INNINGS
- JACKDAW
- KITCHEN
- LAPWING
- NECKTIE
- ORGANIC
- PACKAGE
- QUARTER
- RACCOON
- SEAGULL
- TAFFETA
- UNSCREW
- VIBRATE
- WALLABY
- X-RAYING
- YAWNING
- ZOOLOGY



SOLUTION TO PICTURE PUZZLE NO. 1186

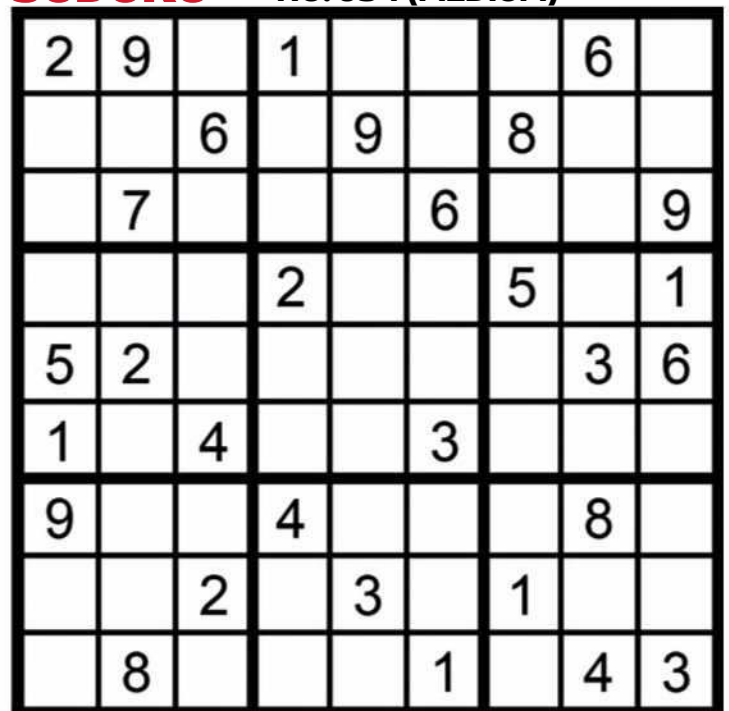


PICTURE PUZZLE NO. 1186 KEYWORD

Question: Who plays Kea Khoza in The Queen?
Answer: Dineo Moeketsi.

WINNER
The following lucky reader has won R500 cash: Miranda Khala of Gugulethu.

SUDOKU NO. 054 (MEDIUM)



SOLUTION NO. 053

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

HOW TO PLAY

The Sudoku puzzle is a grid, divided into nine columns up and down, nine rows side to side and nine 3x3 square boxes. You have to place the numbers 1 to 9 in the empty squares so each row, each column and each box contains the same number only once. Use the numbers that are already filled in as clues.

WHAT DO YOU KNOW? TAKE OUR QUICK QUIZ

1 Who hosted this year's MTV Movie & TV Awards?

- A Queen Latifah
- B Cardi B
- C Tiffany Haddish
- D Regina Hall

2 The Wailing Wall can be found in...?

- A Tel Aviv
- B Jerusalem
- C Lebanon
- D Lisbon

3 Cristiano Ronaldo scored ... goals in Portugal's Fifa World Cup opening match?

- A 3
- B 2
- C 1
- D 4

4 Which financial services provider's system was recently hacked?

- A Absa
- B Liberty
- C Nedbank

D Old Mutual

5 Which Sharks player scored two tries to help the Springboks beat England in the first Test?

- A JP Pietersen
- B Sbu Nkosi
- C Lwazi Mvovo
- D Tendai Mtawarira

6 Mafikizolo's Nhlanhla Nciza recently turned ...?

- A 50
- B 45
- C 40
- D 30

7 Apple teamed up with ... to create original content for a new venture?

- A Oprah
- B Jay-Z
- C Kanye West
- D Barack Obama

8 Doc Khumalo's full name is ...?

A Theophilus Doctorson Khumalo
B Doctors Khumalo
C Diego Doctorson Khumalo
D Doctorine Khumalo

9 When will Zimbabweans head to the polls for the first time post-Robert Mugabe?

- A 30 August
- B 30 July
- C 30 September
- D 30 October

10 A 500ml bottle of cooldrink roughly has about ... of sugar?

- A 10 teaspoons
- B 5 cups
- C 5 teaspoons
- D 3 cups

11 On 24 June women in which country were granted the right to get driver's licences?

A Australia
B Iran
C Israel
D Saudi Arabia

12 Beyoncé and Jay-Z recently filmed a music video in ...?

A China
B The Louvre
C Russia
D Space

13 Sportscaster Robert Marawa reportedly signed a ... deal with the SABC?

- A R5 million
- B R50 million
- C R1 million
- D R15 million

14 The latest video-game craze gripping youngsters is called ...?
A Old Fort
B Fortworth
C Fortnite
D FortyFour



DINO COOPER/UMA

15 Which SA model recently caused a stir by calling Gaza a "sh**hole country"?

- A Lalla Hirayama
- B Shashi Naidoo
- C Liesl Laurie
- D Lee-Ann Liebenberg

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

SPOT THE DIFFERENCE

HOW TO PLAY

There are seven differences in these two pictures of Robert Marawa. Can you find all of them?



LUBABALO/ESQUITE

BORN TO BE A FIREBRAND

The teen who challenged the hair policy at her school two years ago is still making her voice heard

BY NKOSAZANA NGWADLA PICTURES: FANI MAHUNTSI

SHE'S been stared at, teased and taunted – she's even been called a terrorist.

Zulaikha Patel is certainly not a typical teen.

At 13 she became the face of the #StopRacism-AtPretoriaGirlsHigh movement when she led a protest to challenge her school's rules on hair. The

demonstration over discriminatory hair policies dominated news headlines and sparked similar protests around the country.

Zulaikha's story spread across social media like wildfire and her fiery stance gained her global fame when an artist painted a 12-foot (3,65m) mural of the fist-pumping teen in Brooklyn, New York – her delicate face dwarfed by a halo of hair.

Two years later, Zulaikha (16) is still rocking her headline-making hair. The hair policies at her school have since been amended, "and now wearing my hair in its natural state is no longer a crime."

The teen tells DRUM she's unapologetic about her role in kick-starting a national conversation she thought was vital. "I'm an activist for anti-racism and anti-sexism. It's important for people to stand up for what they believe in, and that's what I'm doing."

People are still talking about her hair, but now it's a conversation she steers as a guest speaker at conferences discussing new identities in South African schools.

She says she lives by the saying "fists up, Afros out".

Zulaikha – whose mother is black and father Indian – is also a proud ambassador of the local Kidz of Biko organisation. "We aim to empower African youth, to give them a platform to tackle topics such as politics, racism and sexism, teach them African history and celebrate African leaders."

Her favourite subjects at school are English and history but Zulaikha says she gets her love of politics from her late father, Suresh Gulam Patel, who

died of stroke earlier this year. "My father taught me about politics, especially African history, from a young age and grew my consciousness."

YET the Grade 10 learner says she wouldn't have survived the backlash of her 2016 protest without the support of her loving mother, Sarah (46), a clinic supervisor for South African National Blood Services.

"I experienced a lot of victimisation and I've been labelled a terrorist multiple times." Lighting up she says, "My mom is such an amazing woman, her strength is what's given my sister and me courage to be the young, strong black women we are today."

She and her fashion design student sister are worlds apart but Zulaikha says "arty-farty" Amira (25) is one of her biggest supporters.

In 2016 Amira told DRUM Zulaikha's hair was such an issue in primary school she went for counselling and consulted a social worker who "helped her understand that she was not projecting a bad image".

"She got tired of teachers cornering her, telling her in between classes 'Your hair isn't supposed to look like that', 'It's too wild', and 'A beautiful girl shouldn't look like this'," Amira said (The great hair debate, 15 September 2016).

Zulaikha is happier now she's defined her own beauty and Amira can't be prouder of her barrier-breaking sister. "Zulaikha is so talkative, man, she says the most cringe-worthy things and I just want to hide.

"We're totally different, but I admire what she's doing at such a young age." ■



LEFT: Zulaikha Patel with mom Sarah. The teen activist is part of Kidz of Biko. ABOVE: Steve Biko, who with other students started the Black Consciousness movement in the 70's.



Activist Zulaikha Patel says her school has changed their hair policy and she can now proudly rock her fro.

WATER-WISE WHIZZKID

This talented Mpumalanga teen created a device that helps households save water – and he got to show off his invention in America

BY KAIZER NGWENYA PICTURES: LUBABALO LESOLLE



Kau Mohlamonyane showcased his water-saving prototype at an international science and engineering fair in the US.

HE WAS doing dishes when it occurred to him he was wasting a great deal of clean water waiting for it to get hot. And his thoughts and ideas on how to save the precious resource got him his first overseas trip.

A month after jetting to the United States to showcase his invention at the Intel International Science and Engineering Fair in Pittsburgh, Pennsylvania, Kau Mohlamonyane is still in awe of his American adventure.

“I’d never been on an airplane before nor had I been out of the country,” the 17-year-old says. “I’d imagined America to be this industrialised country with buildings everywhere and very little plants and trees. I was surprised to see how green America is,” he gushes.

The talented teen was one of a handful of South African science students selected to represent the country at the fair. Kau displayed a water-wise smart pipe he invented that can detect wasted clean water that passes through drainage systems.

The water-wise whizzkid has always been interested in science experiments and says his inspiration for the smart pipe came about one night while doing dishes.

“I realised I was wasting clean water that could be used to fill a bath tub or flush the toilet if it was saved in a reservoir or sent back to the geyser.

“I started thinking about a way to save the water in the kitchen or bathroom – some people first open the hot water tap and allow cold water from the pipes to run down the drain. They only put the plug or stopper in when the water gets warm,” he says.

After focusing on the problem for five days the Grade 12 learner at Ben Viljoen High School in Groblersdal, Mpumalanga, asked his science teacher, Sarel Snyman, for a photoresistor to take home.

“The photoresistor is a light-detection device that’s used to show the cleanliness of water. I calibrated it to adjust experimental results and checked the readings’ accuracy to detect clean and dirty water passing through the smart pipe I’d invented.”

It took him 18 months and four prototypes to make a smart pipe he was pleased with. It works by channelling clean water to a reservoir or tank built outside a house while sending dirty water into a drainage system.

The device, which Kau made with recycled appliance parts, has an exit pipe that allows the dirty water to flow into the drainage system while another pipe, fitted into a black box, flows the clean water into a reservoir.

Kau says he found his smart pipe could save up to 16% of water used in households.

“Households waste large quantities of clean water in day-to-day activities. My research shows a family of five can save up to 3 600 litres of water a week with my device.”

RIGHT: Kau has been encouraged in his scientific endeavours by his maths and science teacher, Sarel Snyman (left), his father, Norman Mohlamonyane, and his school's principal, Albert Swaters. The Ben Viljoen High School learner's hard work paid off – he won a gold medal at the fair (FAR RIGHT).



IT COST Kau R400 to buy old appliances, the parts of which he used to make the smart pipe. The teen saved his pocket money and hit junkyards to bring his vision to life.

For months he was holed up in his kitchen and the school's lab as he experimented with his idea.

Kau's hard work was rewarded when he came out tops at the Eskom Expo for Young Scientists International Science Fair at Birchwood Hotel in Kempton Park in August last year, winning a coveted bursary from global technology leader Siemens.

"I performed well at the regionals and received a gold medal as well as a chance to progress to the national competition. I was happy and thought this was where it would end."

He was pleasantly surprised when he was told he could showcase his innovation to scientists and engineers in the US in May. "I went there to represent my country and compete in the best possible way I could," he says with pride.

Kau soaked up the experience and was fascinated by the sights and sounds.

He lights up when he talks about spotting a Tesla car. "As someone who's interested in engineering, it was very nice to see the Tesla. It's my favourite car brand and I snapped a few pictures and asked to sit inside because we don't have it in South Africa.

"The fact it was designed by a South African, Elon Musk, was an added bonus."

In Pittsburgh, Kau competed against 1 800 young scientists from 75 countries, pitting their skills for the \$4 million (R54 million) in prizes up for grabs. He knew it wouldn't be easy competing with other bright sparks from different

parts of the world.

"I didn't win any prize money, but I was awarded a gold medal for my smart pipe," Kau says, gently rubbing the medal.

"Getting a pat on the back or a handshake from top scientists was encouraging."

HE HASN'T always felt this empowered. In 2016 he was knocked out of the Eskom Expo at the lowest level for a water purification system he'd created. "It was discouraging because I'd put a lot of work and effort into my research."

Yet that didn't stop the determined teen from trying again. "I like what I'm doing and I honestly believe I'm good at it. I don't invent and build things because I'm forced to but because I want to.

"We, the young ones, must do what we love – whether it's science, finance, medicine, sports or the arts."

It's not surprising the young man is one of his school's top maths, physical

science, engineering, graphic design and electrical technology learners. He's also part of a select group of students doing alpha maths lessons – a higher standard of maths done in first year at university level. Maths, says Kau, isn't as difficult as people think. "It's just a matter of attitude. If you think it's difficult to do maths then it's going to frustrate you and make you think it's difficult."

He shares his love of the subject with his school principal father, Norman Mohlamonyane, who often helps him figure out difficult equations.

A love for figures and learning clearly runs in the family. Kau's mother, Nkatla, is a curriculum implement-

er at the Mpumalanga department of education and his sister, Noni (26), has a BCom and works for a financial services company in Sandton. His other sister, Lebogang (23), is a mathematical science student at the University of Johannesburg.

Once he matriculates Kau plans to study electrical engineering at the University of Pretoria.

"I met a few scientists from Massachusetts Institute of Technology at the science fair. They gave us information on how to be accepted at the institution. But I'm not keen to study overseas – I want to be near my parents," he says.

For now he plans to improve his invention "so one day it will be commercialised".

"Most of the judges were interested in my project and understood what it's about. There's nothing like it in the world. It's a unique and new invention." ■

'I went there to represent my country in the best possible way I could'



Kau – whose proud dad, Norman, is a school principal – believes students should be encouraged to study subjects they find interesting.

NEW KIDS ON THE PITCH

With the Fifa World Cup in full swing, we look at the young stars giving football greats a run for their money COMPILED BY KIRSTIN BUICK

HIRVING LOZANO (22)

COUNTRY: MEXICO
CLUB: PSV EINDHOVEN

The lightning-fast winger triggered gasps with his match-winning goal against reigning champs Germany in Mexico's opening Group F clash.

Premier League bigwigs Liverpool and Arsenal have been sniffing around the young star since early this year, and his stellar performance in Russia made La Liga giants Barcelona take notice too.

But Lozano made it clear he's entirely focused on the World Cup right now. "The important thing is to just focus on the next game, do as well as possible and go step by step," he told reporters after El Tri's 2-1 against South Korea.

FAST FACT Lozano is affectionately known as "Chucky" by fans - like the doll from the horror movies - because he delights in playing scary pranks on his teammates.



ALEKSANDR GOLOVIN (22)

COUNTRY: RUSSIA
CLUB: CSKA MOSCOW

At 4-0 up in their group-stage clash against Saudi Arabia, the home team certainly didn't need the points - but Golovin's incredible free kick during overtime made Russian fans rapturous.

He'd been instrumental throughout the game, providing assists to Denis Cheryshev and Yuri Gazinsky - and even a yellow card for tripping Saudi midfielder Al-Faraj couldn't dampen fans' enthusiasm for their golden boy.

Although Golovin is signed to CSKA until 2021, several big names are believed to be interested in luring him abroad, including Juventus and Barcelona. If a transfer takes place, reports suggest he could command a hefty €30 million (R478 million).

FAST FACT At the time of going to print, Golovin had run further than any other World Cup player, racking up 25km in 180 minutes.



RODRIGO BENTANCUR (21)

COUNTRY: URUGUAY
CLUB: JUVENTUS

The midfielder seems to be everywhere when he's on the pitch. With 104 touches in Uruguay's 1-0 defeat of Egypt - the most in his team - Bentancur marked himself the youngster to watch, even in a team dominated by big names such as Luis Suárez and Edinson Cavani.

The gifted youngster has been dubbed the Uruguayan Paul Pogba, thanks to the towering height (1,87m, just shy of Pogba's 1,91m) and the incredible technique he and the French superstar seem to share.

"I think he's one of the positives of the tournament, individually, so far," Chelsea star Cesc Fàbregas said of Bentancur. "You can see he has a lot of personality, likes to play. He's not scared and for a team like

Uruguay that doesn't have a lot of 'ballers' or possession - they need a player like him."

FAST FACT The lanky player's nickname is El Flaco - "The Thin One".



KYLIAN MBAPPÉ (19)

COUNTRY: FRANCE
CLUB: PARIS-SAINT GERMAIN

PSG forked out serious cash - a rumoured €180 million (R 2,86 billion) - to keep AS Monaco loan Mbappé on their field. But now the team are being investigated over financial foul play, thanks to last year's controversial Neymar transfer, and Manchester City and Real Madrid are rumoured to be hoping to lure the forward to their clubs.

He scored his first World Cup goal against Peru, making him the first teenager to score for France in the history of the tournament.

"I'm very happy," the teen said after being elected man of the match.

"It's a dream come true."
FAST FACT He's the first player called up by France born after their 1998 World Cup win.





PIONE SISTO (23)

COUNTRY: DENMARK
CLUB: CELTA DE VIGO

Sisto was born in Kampala, Uganda, after his parents fled Sudan. They immigrated to Denmark when he was just two months old – and the lean winger is now one of the Danish team's brightest young stars.

"It's very rare that you find someone with as much determination as Pione Sisto," said FC Midtjylland manager Glen Riddersholm of his former player. "Pione is just unique in the way he takes himself and his talent very seriously."

FAST FACT He assisted in so many goals in the first half of the 2016 season with Celta that he earned the nickname "Pione Asisto".



GABRIEL JESUS (21)

COUNTRY: BRAZIL
CLUB: MANCHESTER CITY

He's the youngest member of Brazil's starting side and the team's joint top goal scorer in coach Tite's era, along with Neymar and Paulinho. But despite his key role in Seleção's 2-0 defeat of Costa Rica in Russia, Jesus knows his starting spot isn't safe, with Liverpool forward Roberto Firmino waiting in the wings.

"Let me be clear about this: it's a positive thing to have two centre-forwards who are good enough to start," Jesus said. "It's healthy to have competition for places and I'm very happy he's in such good form. I'll be cheering him on if he plays."

FAST FACT During the 2014 World Cup, a photo did the rounds of the 17-year-old Jesus spray-painting buildings in his São Paulo neighbourhood green and yellow in fanatical support for his national team.

BREEL EMBOLO (21)

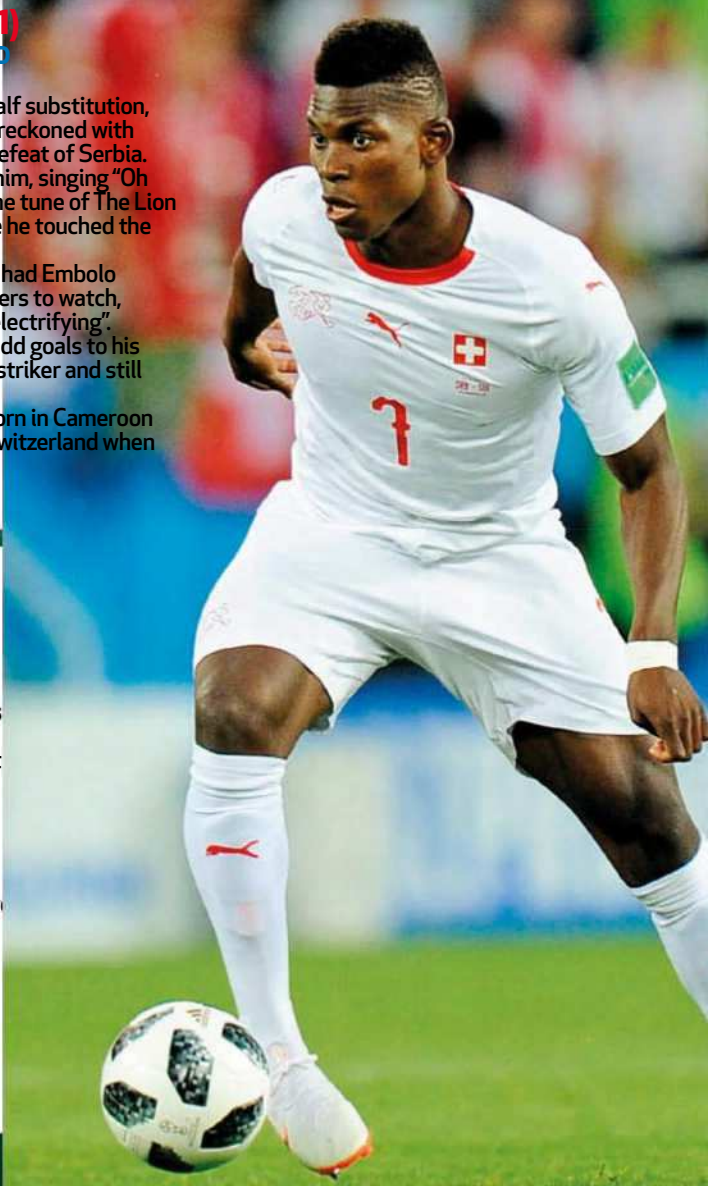
COUNTRY: SWITZERLAND
CLUB: SCHALKE 04

Despite being a second-half substitution, Embolo was a force to be reckoned with during Switzerland's 2-1 defeat of Serbia. And the fans clearly love him, singing "Oh Embolo! Oh Embolo!" to the tune of The Lion Sleeps Tonight every time he touched the ball.

One BBC commentator had Embolo pegged as one of the players to watch, calling his style "raw but electrifying".

"Embolo still needs to add goals to his game but he's a powerful striker and still only 21."

FAST FACT Embolo was born in Cameroon but his family moved to Switzerland when he was five.



MARCUS RASHFORD (20)

COUNTRY: ENGLAND
CLUB: MANCHESTER UNITED

With a goal against Slovakia and several assists, Rashford was a key piece in the puzzle for England in last year's World Cup qualifiers.

And after a great showing against Tunisia in the group stages, fans fumed when he was left out of the starting line-up in England's clash against Panama.

FAST FACT Rashford scored an incredible two goals in his Premier League debut for Manchester United in 2016.

SENSATIONAL saves, gravity-defying moves, showstopping tackles and jaw-dropping goals – welcome to the Fifa World Cup, the place where dreams are made and stars shine in a glorious galaxy of speed and skill.

Every four years the greatest show on Earth produces players who stand out in a pool of talent, and Russia 2018 is no exception.

Here's our pick of the brightest and the best – guys with so much fleet-footed flair you can't help admiring them even if you don't support their team.

**GOLDEN BOOT
CONTENDERS SO FAR**

HARRY KANE (24), ENGLAND

At the time of going to print he was the tournament's leading goalscorer following his hat-trick in England's 6-1 drubbing of Panama.

Kane also scored twice against Tunisia in his country's Group G opener. England manager Gareth Southgate calls the Tottenham Hotspur star "irreplaceable". But can the captain take his country all the way?

England has won the World Cup only once – in 1966 – and are regarded as notorious chokers.



CRISTIANO RONALDO (33), PORTUGAL

There's just no stopping CR7. A hat-trick against Spain in his country's opening Group B match set the bar and he was at it again in the game against Morocco, delivering a sizzling header into the back of the net.

The Portuguese captain is one of just four players to score in four separate World Cups, joining the ranks of Uwe Seeler and Miroslav Klose of Germany and Brazilian legend Pele. Ronaldo took Portugal to glory in the 2016 Uefa Euro tournament – could he scoop football's biggest prize and take home the World Cup too?

FANCY FOOTWORK

Here's our pick of the soccer stars who are lighting up the Fifa World Cup

COMPILED BY SHANAAZ PRINCE

ROMELU LUKAKU (25), BELGIUM

On fire – that's the best way to describe the towering, 1,91m striker. One goal against Panama, another against Egypt, two against Tunisia... Belgium is being touted as having a shot at the title, and it's largely thanks to him.

There was some doubt Lukaku would play against Tunisia because of an ankle injury, yet there was little sign of any damage when his blistering boot foxed the goalie – twice.



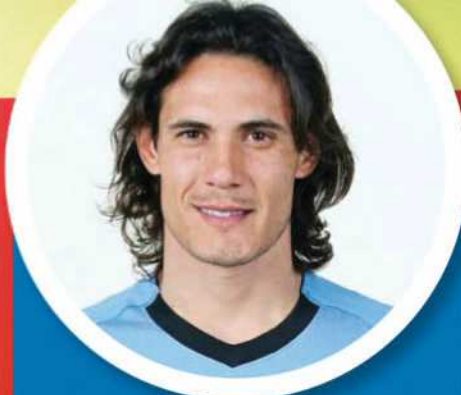
OTHERS ON FIRE



LUKA MODRIĆ (32), CROATIA

The midfielder put on an inspired performance in the clash against Argentina, scoring a goal in a decisive 3-0 victory.

Many consider this his last World Cup and he clearly wants to make it count. His strategy in the game against Argentina was to stop Lionel Messi – and it worked.



EDINSON CAVANI (31), URUGUAY

He made his international debut 10 years ago and is Uruguay's second-highest goal-scorer with 42 scored for his country since then. El Matador, as he's been dubbed, continued his winning ways – setting up the goal that took his country to a 1-0 victory over Egypt.



DENIS CHERYSHEV (27), RUSSIA

He's lighting up the field for the host nation, scoring three goals in Russia's first two games – all the more remarkable considering he's been plagued by injury, playing only intermittently for his country.

"I never dreamt of something like this," he said after scoring two goals in the opening match against Saudi Arabia. "I just felt so happy to come here with the national team."



JAVIER HERNÁNDEZ (30), MEXICO

Mexico, one of the underdogs, beat reigning champs Germany 2-1. And one of the players they must thank is Hernández, who scored the second goal. He also helped secure Mexico's victory over South Korea. This is his third World Cup – and he's scored in every one.



CARLOS VELA (29), MEXICO

He hasn't played for his country for three years and also missed the previous World Cup. He scored the first goal in the nail-biter against Germany – and shone bright against South Korea too, delivering a curling strike over the bar to find the back of the net.

PAUL POGBA (25), FRANCE

He scored the winning goal against Australia in the 80th minute and has been on fire since, but the midfielder knows some pundits have predicted this may be his last World Cup.

"Maybe it's my last, we don't know. But I'm really enjoying myself – I'm going to forget the critics and do my talking on the pitch."



CHRISTIAN ERIKSEN (26), DENMARK

He was the youngest player of the tournament in South Africa in 2010 and is now living up to his potential. Eriksen scored what is considered one of the goals of this year's World Cup in his side's clash with Australia.

It was a rocket of a kick over the goal-keeper's head in the seventh minute. He has scored 23 goals in his international career.



BERNARDO SILVA (23), PORTUGAL

He missed out on an opportunity to represent Portugal in their victorious Uefa Euro campaign in 2016 but is making up for it now. The left-footed player has been dubbed the next Cristiano Ronaldo and seems to be getting better with every game.



EDEN HAZARD (27), BELGIUM

He's making up for what was described as an average performance in the 2014 World Cup in Brazil. This time around he scored two of Belgium's five goals against Tunisia – adding to his tally of 24 international goals.

PHILIPPE COUTINHO (26), BRAZIL

Coutinho scored his team's first goal of the World Cup against Switzerland and was at it again in the game against Costa Rica. He's considered a key player in his side – and some believe he's even better than Neymar.

"He's the one who makes the team tick," Brazilian soccer legend Roberto Carlos says. "I love watching that guy play. He's brilliant with the ball and he's clever off it too."



SOURCES: WIKIPEDIA.ORG; BBC.COM; THEGUARDIAN.COM; TELEGRAPH.CO.UK; FOXSPORTS.COM; SPORT24.CO.ZA; DAILYMAIL.CO.UK; INDEPENDENT.CO.UK; FIFA.COM

DOING IT FOR MY MOM

Belgian striker Romelu Lukaku has long fulfilled his promise to get his family out of poverty – now he's set on taking Belgium to the World Cup final

COMPILED BY SANDY COOK

“LOVE you, Mom.”

This was the clear message Romelu Lukaku sent after scoring two goals for Belgium against Panama in their first match of the 2018 Fifa World Cup.

To the watching masses, it wasn't that unusual – players usually dedicate goals to special people in their lives. And the 25-year-old striker was back at it when his team took on Egypt, booting one of Belgium's three goals into the back of the net to dash the North Africans' World Cup hopes.

Then it was on to Tunisia. Lukaku was on fire again, scoring twice in Belgium's 5-2 drubbing of the African nation.

But what many of the millions of people watching his magic on the pitch might not realise is how deep Lukaku's devotion to his mother goes – and the promise he made to her when he was just six years old and realised how desperately poor they were.

He'd end her suffering, he vowed. And he's done that 10 times over.

During the past 11 seasons, the left-footed machine has scored an astonishing 172 goals in 367 appearances.

He's Belgium's all-time leading goal scorer with 37 goals for his country and, at the time of going to print, was tied with Belgian footballer-turned-coach Marc Wilmots for most World Cup goals scored for Belgium with five.

He was also the first player with consecutive multi-goal games at a World Cup since Maradona in 1986.

Then there's his impressive salary: Lukaku, who plays for Premier League club Manchester United, earns £250 000 (R4,5 million) a week, and he recently signed a multi-year sponsorship deal with Puma that's been described as the largest endorsement deal in this company's history.

But he's never forgotten the mother whose life he pledged to change.

UKAKU, born in Antwerp, Belgium, to Congolese parents Roger, a professional soccer player, and Adolphine, a cleaner, told his remarkable rags-to-riches tale on the Players'

Tribune on the eve of the World Cup in Russia. “I remember the exact moment I knew we were broke,” he begins.

“I was six years old and I came home for lunch during our break from school. My mom had the same thing on the menu every single day: bread and milk. When you're a kid, you don't even think about it. But I guess that's what we could afford.

“I saw my mom at the refrigerator with the box of milk, like normal. But this time she was mixing something in with it. I didn't understand what was going on. Then she brought my lunch over to me, and she was smiling like everything was cool. But I realised right away what was going on.

“She was mixing water in with the milk. We didn't have enough money to make it last the whole week. We were broke.

“My father was at the end of his soccer career and the money was all gone. The first thing to go was the cable TV. No more soccer. I'd come home at night and the lights would be shut off. No electricity for two, three weeks at



ABOVE and FAR RIGHT: Romelu Lukaku during the 2018 Fifa World Cup Belgium vs Panama match in Sochi, Russia.



FAR LEFT: Lukaku grew up in poverty. **ABOVE LEFT:** Mom Adolphine, Lukaku, brother Jordan and father Roger at the Golden Shoe Award ceremony in Belgium in 2011. **ABOVE RIGHT:** Lukaku's Dutch girlfriend, Sarah Mens.

Everton. He found his feet while on loan – and the back of the net, outscoring all his Chelsea teammates in the Premier League.

In 2014 Lukaku signed a five-year contract with Everton, then in July last year was snapped up by Manchester United in a deal worth around £75 million (R1,35 billion).

Now he's setting Russian soccer stadiums alight – and cheering him on is his girlfriend Sarah Mens, the beautiful brunette daughter of Dutch TV presenter Harry Mens.

The pair have been together since 2016 and “she’s in the stands to watch him every week”, a friend of the couple says.

Lukaku appreciates the support of both Sarah and his parents – but there’s one person he wishes was still here.

“I just really, really wish my grandad was around to witness this,” Lukaku says. “I’m not talking about the Premier League. Not Manchester United. Not the Champions League. Not the World Cup.

“I just wish he was around to see the life we have now. I wish I could have one more phone call with him, and I could let him know . . . ‘See? I told you. Your daughter is okay. No more rats in the apartment. No more sleeping on the floor. No more stress. We’re good now. We’re good.’” ■

SOURCES: ESPN.COM, DAILYMAIL.CO.UK, HEIGHTLINE.COM, EXPRESS.CO.UK, THESUN.CO.UK, KICKOFF.COM, MANCHESTER-EVENINGNEWS.CO.UK, BBC.CO.UK, ESPN.COM, SPORTBIBLE.COM

a time.”

That day of the watered-down milk and bread lunch, he didn’t say a word. “But I made a promise to myself that day. It was like somebody snapped their fingers and woke me up. I knew exactly what I had to do.

“I couldn’t see my mother living like that. I kept my promise to myself for a while. But some days I’d come home from school and find my mom crying. So I finally told her one day, ‘Mom, it’s gonna change. You’ll see. I’m going to play soccer for [Belgian League side] Anderlecht, and it’s going to happen soon. You won’t have to worry any more.’”

He asked his father what age you needed to be to play professional soccer. Sixteen, he replied. “I said, ‘Okay, 16 then.’ It was going to happen. Period.”

The young Lukaku devoted every spare minute to soccer but the youngster, who was taller than most of his peers, faced challenges along the way and found himself singled out for both his size and his race. “When I was 11, one of the parents from the other team literally tried to stop me from going on the pitch. He was like, ‘How old is this kid? Where is his ID? Where’s he from?’

“I thought, ‘Where am I from? What? I was born in Antwerp. I’m from Belgium.’”

This treatment only made the young player more determined to succeed.

“I wanted to be the best soccer player in Belgian history. Not good. Not great. The best. I played with so much anger, because of a lot of things. Because of the rats running around in our apartment.

Because of how the other parents used to look at me. I was on a mission.”

By the time he was 12, Lukaku had scored 76 goals in 34 games in junior league matches.

He’ll never forget a phone conversation he had with his grandfather in Congo when he was a boy.

“Usually, he always wanted to hear about my soccer. But this time it was strange. He said, ‘Can you promise me? Just look after my daughter. Just look after her for me, okay?’ I said, ‘Yeah, Grandad. I got it. I promise you.’ Five days later he passed away. And then I understood what he really meant.”

That phone call made him even more determined to care for his mother and he was as good as his word: he signed with Anderlecht when he came of age.

“I told my mom I’d make it by 16. I was late by 11 days.”

FROM then there was no stopping him. He wanted bigger and better things – and one of the first clubs he set his boyhood eye on was Chelsea.

A visit to Stamford Bridge as a teenager strengthened his resolve.

“I thought, ‘What a stadium. If one day in my life I’ll cry it’ll be the day I play here,’” he recalls. “I love Chelsea.”

His dream came true in 2011 when he signed a five-year contract with the London club. But it wasn’t the triumph he was hoping for: he spent most of the season on the bench and when the club won the Uefa Champions League he refused to hold up the trophy, saying he didn’t feel like a winner.

Then followed a few years when The Blues farmed him out to other sides, including West Bromwich Albion and



GALLOIMAGES/GETTY IMAGES/AM/FOTOSTOCK, INSTAGRAM/ROMELUKAKU

BALD TRUTH

Losing your hair can knock your self-esteem – as Jada Pinkett Smith discovered. Here’s a look at why it happens and how it’s treated

BY KIM ABRAHAMS

SHE was standing in the shower one day, looked down at her hands and gasped in horror.

Strands of black hair were tangled in her fingers – clumps had come away from her scalp.

“It was one of those times in my life where I was literally shaking in fear,” said actress Jada Pinkett Smith. “I had just handfuls of hair in my hands and I was just like, ‘Oh my God, am I going bald?’”

After that the *Girls Trip* star started wearing stylish, colourful turbans to cover her thinning hair. With her high cheekbones and flawless skin, she still looked sensational but it was inevitable people would start asking questions about her big cover-up.

Eventually she decided enough was enough: she wasn’t going to hide the truth any longer.

Jada (46) opened up about her struggle with hair loss during the Facebook Watch show *Red Table Talk*, a candid talk series she started with her daughter, Willow (17), and her mother, Adrienne Banfield-Norris (64).

“My hair has been a big part of me,” she told them. “Taking care of my hair has been a beautiful ritual – and having the choice to have hair or not. Then one day

not having that choice . . .

“I really had to put it into a spiritual perspective, like the higher power takes so much from people. People are out here with cancer. People have sick children.

“I watch the higher power take things every day and by golly, if the higher power wants to take your hair? That’s it?”

Looking at it from that perspective, she said, “really did settle me”.

DESPITE having a raft of medical tests, Jada – also mother to actor Jaden Smith (19) and wife of Hollywood superstar Will Smith (49) – still doesn’t know the cause of her thinning hair, although she thinks it might be stress.

“I’m getting my little steroid injections and they seem to be helping. Not curing, but helping. And I’m open to other ideas.”

Jada said the best way to treat her changing hair has been to embrace it with style.

“When my hair is wrapped I feel like a queen,” she said.

She isn’t the first Hollywood star to have dealt with hair loss. Actresses Keira Knightly, Viola Davis

RIGHT: Actress Jada Pinkett Smith opened up about her struggle with hair loss on the Facebook series *Red Table Talk*, which she started with daughter Willow and mom Adrienne Banfield-Norris.



and model Tyra Banks have all spoken openly about their hair loss battle.

"I wore a wig in the Jacuzzi," Viola said after she was diagnosed with alopecia areata, a stress-related condition that affects the growth of hair (see below). "I had a wig I wore around the house. I had a wig I wore to events. I had a wig I wore when I worked out. I never showed my natural hair.

"It was a crutch, not an enhancement. I was so desperate for people to think I was beautiful. I had to be liberated from that [feeling] to a certain extent."

These stars aren't alone. Around 40% of women experience visible hair loss by the time they reach 40, according to the American Academy of Dermatology.

Hormonal imbalance and stress are large contributors to hair loss. In many cases the condition is hereditary and unavoidable.

What are the causes and treatment options if you experience hair loss?

We take a look.

GENETIC VERSUS REACTIVE HAIR LOSS

Genetic, or hereditary-pattern baldness, is a condition caused by a combination of genetics, hormone levels and the ageing process.

"All cells in our bodies are genetically pre-programmed to die at a predestined time.

This happens with the hair follicle too," explains Dr Suretha Kannenberg, a dermatologist at the University of Stellenbosch in the Western Cape.

"When the cells in the hair follicle stop replicating at that predestined time, the hair will die and shed."

People who suffer from genetic hair loss will normally experience it from around the age of 50, but Dr Kannenberg says some could experience it earlier.

Reactive hair loss occurs when the proliferative (or growth) phase is suddenly halted earlier than would have been genetically pre-programmed.

"The hair cycle consists of long proliferative phases where the hair dies, sheds and the follicle goes into a resting phase," Dr Kannenberg explains.

Human hair follicles are usually in various cycles at any one time to ensure there's always hair on our head.



FAR LEFT: Actress Viola Davis revealed she wore wigs to cover up her hair loss. **LEFT:** Former supermodel Tyra Banks has also been candid about her struggle with a condition that affects many women.

"When this cycle suddenly ceases, due to various psychological or physical stresses to the body, hair volume thins."

Reactive hair loss usually occurs in your twenties and thirties.

ALOPECIA AREATA

This is a rare autoimmune disease where the immune cells attack the hair follicles.

"I like to think of it as a short-circuit in the immune system," Dr Kannenberg says.

"Nobody knows exactly what triggers it, but this usually happens in people who are genetically predisposed."

"They often have a family history of the same disease or other autoimmune conditions, such as vitiligo."

There are various treatment options, such as corticosteroid cream or injections into the bald area.

"However, sometimes that isn't enough and then we can try light therapy or sometimes even oral medications."



PREVENT HAIR LOSS

Although there are treatment options such as injections and light therapy, the best ways to avoid or minimise hair loss is by following a healthy diet and limiting the use of chemical products and heated appliances.



COMMON STAGES AND CAUSES OF HAIR LOSS

It's common for women to experience reactive hair loss after pregnancy and during menopause. The hair may shed and this will lead to thinning, or the hair will often become dry and brittle.

"Hair growth during pregnancy is usually preserved – hair volume will often increase and hair will

usually have a healthy gloss," says Dr Suretha Kannenberg, a dermatologist at the University of Stellenbosch in the Western Cape.

This is in response to the mass of hormones flooding the body. After pregnancy women can experience hair loss due to the sudden loss of hormones. "It usually oc-

curs around three months after birth."

Common causes of hair loss include:

- * Hormonal imbalance
- * Stress
- * Iron deficiency
- * Acute and chronic diseases
- * Any medical operation
- * Medication
- * Malnutrition

GALLO IMAGES/GETTY IMAGES; AAFOTO/STOCK; INSTAGRAM/TYRABANKS; INSTAGRAM/VIOLADAVIS; FACEBOOK/REDBLLETALK

A FAMILY DIVIDED

Rugby legend Jonah Lomu died almost three years ago, but tension between his wife and family still runs high

COMPILED BY LAVERN DE VRIES



HE WAS the talk of the town during and after the 1995 Rugby World Cup in South Africa – a towering slab of muscle who stunned the opposition with his lightning-fast speed and almost super-human strength.

Yet Jonah Lomu was as much a tragic figure as he was a legendary one: health problems cut short his career and sent him to an early grave. The All Black was just 40 when he died of a heart attack in November 2015 following a long battle with kidney failure – but it seems the world hasn't heard the last of the 1,96m giant yet.

Thanks to his wife, Nadene, his name is back in the headlines – even if it's for rather controversial reasons.

Nadene recently decided to lay a tombstone at her husband's grave in Auckland, New Zealand – but Jonah's brother, John, claims she didn't tell the rest of the Lomu family of her intentions.

"We're a bit suspicious about the timing of the unveiling," John told the Daily Mail. "We found out like everybody else three days before the event."

John is upset their mother, Hepi, who had been close to Jonah, was forced to miss the ceremony as she had flown to Fiji for a trip that had been organised before she knew about the unveiling.

The Lomu family is also upset Nadene didn't consult them on the epitaph, which features the quote "families can be together forever" as well as a photo of Jonah, Nadene and their sons, Brayley (10) and Dhyreille (9).

Guests gathered at the Manukau Memorial Gardens in Auckland for the ceremony, where black and white balloons with the number 11 – a reference to Jonah's jersey number – were tied nearby. Some balloons contained the words "Love you Dad".

Young Brayley – who appeared to have the number 11 shaved into his left eyebrow, just like his dad used to have – briefly addressed the gathering.

Nadene's name is also on the headstone below the words "beloved husband, best friend and eternal companion".

It also mentions Jonah's parents Semisi and Hepi, and a quote: "The greatest gift in life you will ever have is to love and be loved in return."

JONAH'S grave is managed by Nadene and has been the subject of a long-running rift between the widow and her late husband's family.

On the first anniversary of Jonah's death, John and sister Sela were barred from visiting the site. "All we wanted was to have a prayer over his grave to mark one year and she asked us not to do it,"

Rugby legend Jonah Lomu died in 2015. The recent unveiling of his tombstone by his widow, Nadene (ABOVE LEFT), highlighted friction in the family

Sela said in 2016.

The family is also devastated they don't have any contact with Nadene's sons. The boys are taken care of financially through a fund fellow rugby players set up to honour their dad. The Johan Lomu Trust reportedly excludes Nadene.

"When the kids are old enough and they have questions about their dad, we'll tell them the truth," John said.

Nadene has come in for a bashing on social media following the tombstone controversy – so much so New Zealand radio host Sela Alo, a close friend of the family, spoke out about the "cyberbullying".

"My heart cried after I saw some of the comments," he said. "We need to believe both these families will find peace in their own time. The bullying and comments have not only disrespected Nadene but Jonah as well. Jonah adored his wife and his heart would be breaking for what she's going through now."

In a speech at the tombstone unveiling, John, one of the few Lomu family members in attendance, hinted at a reconciliation.

"It's time to be together as a family," he said.

It's what Jonah would no doubt want too. ■

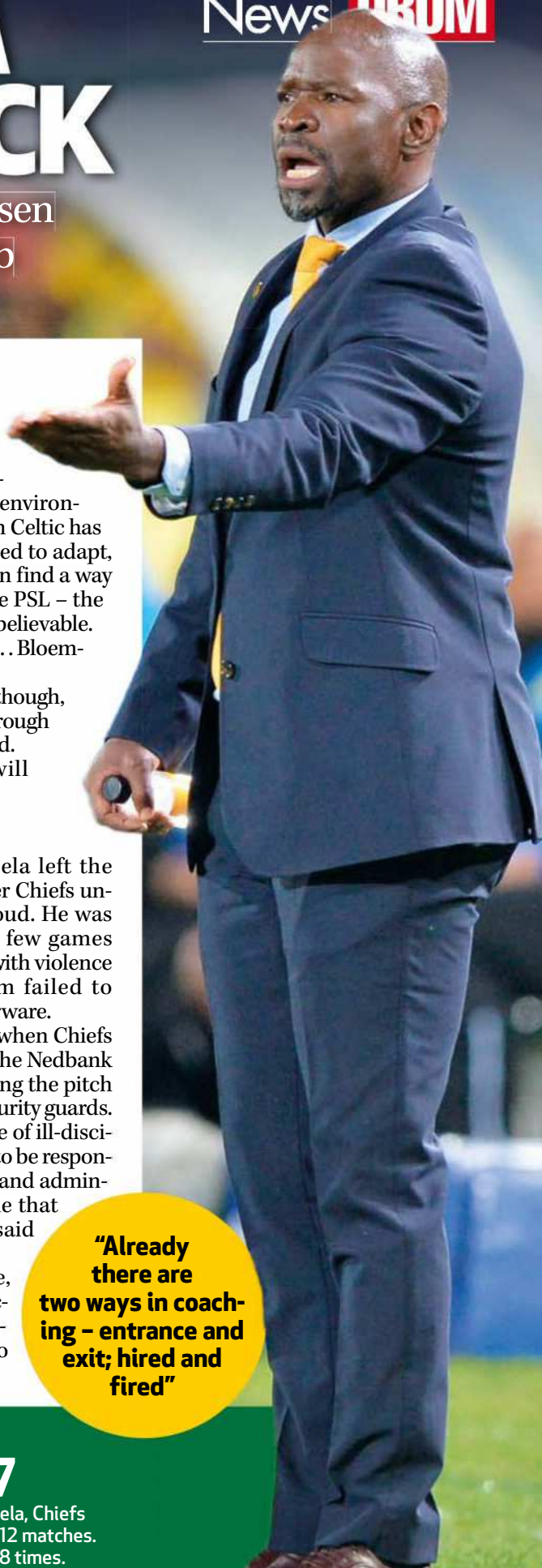
'We're a bit suspicious about the timing of the unveiling'



KOMPHELA BOUNCES BACK

Like a phoenix, Steve Komphela has risen from the ashes and landed a new job

COMPILED BY THULANI GQIRANA



HE'S back! Former Kaizer Chiefs coach Steve Komphela is back in the Premier Soccer League (PSL) from next season and he's ready to get in the swing of things – this time as coach of troubled Bloemfontein Celtic.

He's on a two-year contract, with an option for a year's renewal.

Max Tshabalala, who owns Celtic, hopes the dynamic Komphela will help return the club to the PSL top eight.

"Our strategy was to get a reputable local coach with immense pedigree who can take us to greater heights, and in Steve we found an appropriate candidate," he said.

The team didn't achieve its goals last season, Tshabalala added, and thinks they'll do better with Komphela. "We have now acquired the services of someone passionate, hungry for success and willing to bring the excitement synonymous with Celtic supporters.

"He has the judgment, knowledge and experience. He promotes the youth and has an exceptional eye for raw talent and that is exactly what we need as a team."

Komphela will be taking over from Serbian coach Veselin Jelusic, who resigned in June.

What's next?

Will he be able to handle the pressure of the new job?

"I don't know if I can handle pressure,

only people can tell. But I think I've been in an environment that is extremely testing."

Kaizer Chiefs and Bloemfontein Celtic have different environments, he said. "Bloemfontein Celtic has its own unique pressure. I need to adapt, get to be oriented so that I can find a way to navigate. Every team in the PSL – the Absa Premiership – is just unbelievable. Everybody is under pressure... Bloemfontein Celtic is no different."

He'll deal with any pressure though, KickOff reported. "It is only through pressure that we grow," he said.

The 2018/19 PSL will kick off in August.

"The minute you start playing long balls it becomes scrappy and that's football from Mars, and we don't play football from Mars"

Flashback

Steve Komphela left the popular Kaizer Chiefs under a dark cloud. He was let go after a few games were marred with violence when his team failed to deliver any silverware.

He quit in April when Chiefs were knocked out of the Nedbank Cup, which led to fans invading the pitch and attacking players and security guards.

"We have to cut this culture of ill-discipline and delinquency. I have to be responsible and protect the players and administration, and set an example that this must stop," Komphela said at the time.

"If it has to stop with me, then it must be so... I am effectively saying to you that I consider it my responsibility to protect everybody at stake." ■

"Already there are two ways in coaching – entrance and exit; hired and fired"

SPORT IN NUMBERS

11

Celtics ended the season at No 11 on the PSL log.

3

Komphela was the coach at Kaizer Chiefs for three years. In that time, the club failed to lift a single major trophy.

47

Under Komphela, Chiefs won 47 out of 112 matches. They drew 38 times.

GALLO IMAGES/LEFTY SHIVAMBU

KNOWING ME, KNOWING YOU

THEY say you shouldn't mix business with pleasure, but singer **LERATO MVELASE (35)** begs to differ – she's teamed up with her BFF of 16 years, **MPUMI MZUBE (36)**, for a new song.

And if the public's early response is anything to go by, Sthingthing will be a hit in no time.

LERATO

How well do you know each other?
Like the back of our hands!

Where did you meet?
We were working on *The Journey*, a musical produced by Duma ka Ndlovu in 2002, and we got to travel together to Switzerland.

Your first impression of Mpumi?
I thought, "This girl is as strong as me and she's really nice but I'm nicer."

What do you enjoy doing together?
Everything – we eat together, we sleep in the same bed, and sometimes we even bath together! Not a day goes by without us speaking.

What's the hardest thing you've had to overcome as friends?
There was a time when we didn't have money. We made a promise to each other we'd work hard so we don't go back to being poor.

What do you dislike about Mpumi?
My friend is very bossy and I'm scared of her – she shouts at me all the time. Lol.

What's her favourite food?
She loves ujeqe (steamed bread).

Mpumi's ultimate holiday destination?
She loves any place near the ocean that has a nice sea breeze, is beautiful, sunny and has beautiful tourist spaces.

Lerato's song – featuring Mpumi alongside kwaito veteran Professor, Emza and DJ Active – is taken from the upcoming album *House of Helem Vol 1*, which drops this month.

We asked the inseparable powerhouses to dish the dirt on each other.



MPUMI

How well do you know each other?
We're so close we are sisters.

Where did you meet?
At Bassline in Newtown while working on a play with Duma ka Ndlovu.

Your first impression of Lerato?
I thought she talks a lot! I also thought she was pretty, funny, hardworking and talented. I saw a lot of myself in her and that's probably why we clicked.

What do you enjoy doing together?
Everything – especially singing and joking around.

What's the hardest thing you've had to overcome as friends?
Having to rise above poverty and being able to provide for our families.

What do you dislike about Lerato?
She always asks me to massage her one foot or her head and no matter how much

I massage it's never enough – she still wants more!

What's her favourite food?
She'll lap up any pasta dish.

Lerato's ultimate holiday destination?
She doesn't have a specific destination but she wants to go to Thailand. She likes relaxed and serene environments where there are good spa treatments – so islands like the Maldives or Zanzibar would be great for her.

BY QHAMA DAYILE & SHANAAZ PRINCE

FLAME ON



SHE goes by The Flame on Instagram and she certainly sets our feeds on fire. Rhythm City actress **NOMALANGA SHOZI** is always on fleek – everything from her fashion

to her face – even without make-up – seems flawless. And we love her hair game! We get to know her better.

STYLE MAVEN



MY BEAUTY ICON IS... **Lupita Nyong'o.**



MY FIVE FAVOURITE PEOPLE TO STALK ON INSTAGRAM... **Jourdan Dunn, [designer] Olivier Rousteing, Tyler The Creator, Michael B Jordan and Nicki Minaj.**



FROM TOP: The fierce fashionista can rock anything from urban chic to tutus with perfect poise. From sliders and mules to heels, Nomalanga never seems to put a fashion foot wrong.

THE BEAUTY ESSENTIAL I CAN'T LIVE WITHOUT... **Dove soap.**

FANCY FEET



COUNTDOWN WITH PAXTON

SHE'S been walking on air after recently dropping her debut album, *This is Me* – and **PAXTON FIELIES** can't be happier. "It's such a rewarding feeling as this was what I was working towards," the *Idols SA* season 13 winner says. "I'm beyond blessed to have been given this opportunity." The 17-year-old does a fun countdown with **DRUM** – she's clearly a massive *Rihanna* fan!

5 people you'd invite to a dinner party... *Rihanna, Drake, Shane Eagle, Craig Lucas and Lauryn Hill.*

4 things on your bucket list... To do things I never thought I'd have the courage to do – like shark cage diving, bungee jumping and parasailing. To travel the world, and see places like

Italy and Japan. To sell out big arenas like Madison Square Garden in New York or Coachella. Meet *RiRi* and do a collaboration!

3 people you love to follow on Instagram... Influencer *Nadia Jaftha*, comedian *Lasizwe* and *RiRi*.

2 lessons you've learnt since winning Idols... Consistency and authenticity are key. I've also learnt to take every chance and drop every fear.

1 pet peeve... People who tell you something without knowing the proper facts – that really irritates me.





SURPRISE, HE'S HERE!

A QUICK visit to the doctor for a check-up turned into a day of drama, then joy for **NE-YO** and his wife, **CRYSTAL SMITH**, when she gave birth earlier than planned. Crystal shared an Instagram story where she described going for a check-up then being rushed into surgery. The couple's then-unborn son, **ROMAN ALEXANDER-RAJ SMITH**, "wasn't doing well in my womb and had to be taken immediately or doctors feared the worst," Crystal wrote.

She described those hours as, "Scariest moments ever!!! But he's here and he's healthy and we are so happy!!!!!!"

Later that day the Good Man singer also shared a snap of him and his son having some skin-to-skin time, and wished himself a happy Father's Day.

Crystal and Ne-Yo got married in 2016, and also have a two-year-old son, Prince Shaffer Chimere Smith Jr.

Ne-Yo also has two children from a previous relationship with Monyetta Shaw, son Mason Evan (6) and daughter Madilyn Grace (7).



Little Roman cuddles with his dad



Naps all round after a job well done

SINGLE & SASSY

NICKI MINAJ hasn't spent much time single before now – but she's loving it! The rapper, who says she's always had a bae from the time she was 15 years old, has been riding solo since she broke up with **NAS** in January.

She dated rapper **SAFAREE SAMUELS** for nearly 12 years until they called it quits in late 2014, and later went out with **MEEK MILL** from 2015 to 2016, then hooked up with Nas in May last year.

The 35-year-old Chun-Li rapper told Elle magazine her newly single status makes her "feel strong and powerful".

"The fact is I am a young woman who doesn't need a man for money. I don't need a man for a job," she told the magazine.

"I've never had to f*** for beats. I've never had to f*** for a record deal. I don't have those pressures. I get up when I want, shop when I want." Her next album, aptly titled Queen, drops in August.

'The fact is I'm a young woman who doesn't need a man for money. I don't need a man for a job'



THE EXES



Bye-bye, Nas



Meek & Nicki had some good times





'We still have a lot of that music'

JAY-Z

DROP IT LIKE IT'S HOT

BEYONCÉ and **JAY-Z** have charted a blueprint of their relationship. They celebrate the highs and lows, and ultimately their commitment to each other. This is all in a nine-track album they surprised fans with when they released their first-ever joint album, *Everything is Love*, after they started their *On the Run II* tour.

The record, which landed without any pre-publicity hype, was announced during the London leg of their tour, when the words "album out now" appeared on a screen.

The timing was unexpected but Hova hinted in an interview last year that he and Bey were working on new music together, but had paused so she could focus on *Lemonade*.

"Her album came out as opposed to the joint album we were working on," he said at the time, adding that *Lemonade* was closer to being completed.

And, he said, this is just the beginning of their collabs. "We still have a lot of that music."

BEYONCÉ @Beyonce

Stream #EverythingIsLove now, exclusively on TIDAL. Also stream a TIDAL-exclusive track. EverythingIsLove.TIDAL.com



STANDING BY HER MAN

HER husband is a convicted sex predator, but **CAMILLE COSBY** has no intention of divorcing him – despite rumours and reports she'd moved out of the mansion she shared with the once-beloved comedian.

BILL COSBY (80) and Camille (74) have been married for 54 years.

Bill was convicted in April on three counts of aggravated indecent assault for drugging and sexually assaulting former Temple University women's basketball coach Andrea Constand.

A family spokesperson said the couple were not splitting up. "Mrs and Mr Cosby are not getting divorced and she's with him in the Philadelphia home as we speak. There are no issues in their marriage."

Camille has stood by her man even after more than 60 women came forward to accuse The Cosby Show star of rape and sexual assault. He's to be sentenced in September.



1978

Camille is supporting her husband – no matter what

'It's even greater to acknowledge the heroes that we have in real life'

CHADWICK BOSEMAN



CHADWICK'S REAL HERO

EVEN superheroes have heroes.

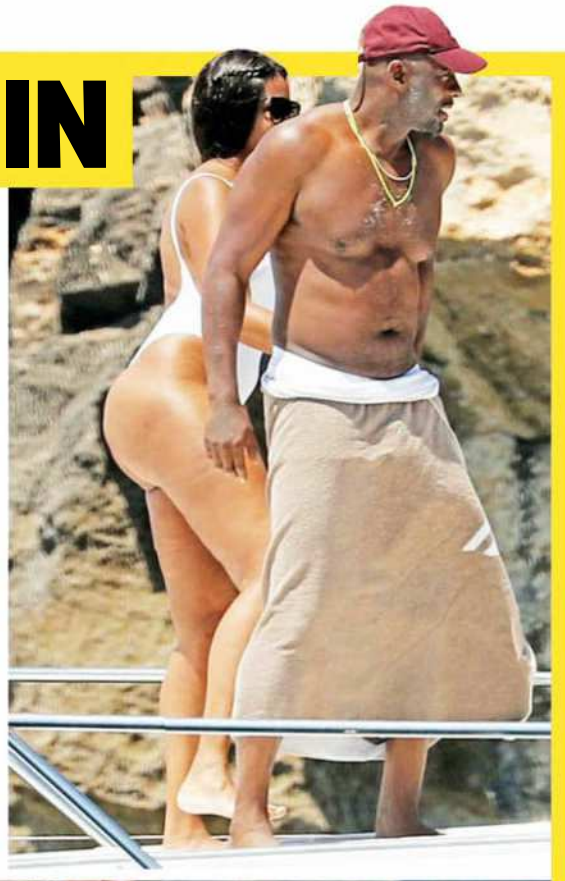
Black Panther star **CHADWICK BOSEMAN** won the MTV Movie & TV award for best hero, but during his acceptance speech he invited **JAMES SHAW JR** to the stage and told him, "This is going to live at your house," and handed him the golden popcorn statue.

James is a real-life hero who took on a gunman who attacked a restaurant in Tennessee and wrestled his

gun from him. Four people were fatally shot in the incident, and many others injured, including James.

"Receiving an award for playing a superhero is amazing but it's even greater to acknowledge the heroes that we have in real life," Chadwick told the audience. "He fought off a gunman in Antioch, Tennessee, at a Waffle House. He saved lives... a real-life hero."

SIZZLING IN SPAIN



FOUR months into their engagement and it seems things haven't cooled down between **IDRIS ELBA** and fiancée **SABRINA DHOWRE**. The couple, who got engaged after seven months of dating, couldn't keep their hands off each other as they sailed around the Mediterranean island of Ibiza on a luxury yacht.

Idris (45), who recently announced he'll be reprising the title role in the BBC crime drama *Luther* for a fifth season, appeared smitten with his 29-year-old bride-to-be as she flaunted her curves in a white thong swimsuit.

It's not hard to see how sizzling Sabrina, a Canadian actress and model, managed to land the *Dark Tower* star – who once claimed "marriage was off the cards" for him. Talk about a beach babe!

SOURCE: DAILYMAIL.CO.UK



TANIKA RAY
The actress and TV personality sparkled in a glitter gown.



BOZOMA SAINT JOHN
The chief brand officer at Uber shone in a fitted yellow frock.



GABRIELLE DENNIS
in a thigh-baring Mark Zunino gown.



WOODY MCCLAIN
The Bobby Brown Story actor sizzled in a red suit.

COLOUR CRUSH

These local and international stars dazzled at the 18th BET Awards

BY THULANI GQIRANA & SHOUNEES MOOLA



JANELLE MONÁE
ditched her signature monochrome for a rainbow-coloured Nicolas Jebran dress.



SAWEETIE
The rapper made us green with envy in this dress.

AMBER ROSE
in a Bryan Hearn dress and Tom Ford heels.

REGINA HALL
in a Diane von Furstenberg dress.

AMARA LA NEGRA
in a Valentino Omar pants and dress design.

QUEEN NAJJA
The YouTube vlogger stunned in a black number.



1 Pearl Thusi at The Late Night Brunch during the 2018 BET Experience at OUE Skyspace Los Angeles.
2 BET Africa host Nandi Madida at the BETX International Nominee Party during the 2018 BET Experience in Los Angeles.
3 Criselda Dudumashe at the 2018 BET Awards in a KwaNtu Afrocentric Designs creation.
4 Sjava (left), who won the viewers' choice best international act award, donned the traditional attire of the iBandla lamaNazaretha (also known as the Shembe Church), of which he is a member. Cassper Nyovest wore a custom-made Mahone outfit.



LEX SCOTT DAVIS
The actress was flawless in a black showstopper.

(Turn over)



KEYSHIA K'OIR
The reality TV star went for a pale-pink high-neck, long-sleeved gown with ruffles and a train.



BLAC CHYNA
in a risqué Laurel DeWitt dress.



LEOMIE ANDERSON
The British model rocked thigh-high boots and a minidress.



REMY MA
in a Karen Sabag dress and Christian Louboutin heels.



LOGAN BROWNING
in a Dion Lee bralet and skirt and Stuart Weitzman jewels.



YANDY SMITH
The Love & Hip Hop star wore a jumpsuit with ruffled sleeves.



STAR LOOK
ELISE NEAL
in a dress and jewels by Michael Costello.

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That's why Clere is **SA's NO.1 body crème***



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*Nielsen Total SA Dec 2017 Data

NEW

48h

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