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Fashion

AT SONA & THE GRAMMYS



**NIC CAGE'S
SON ARRESTED – AGAIN!**

GAGA

JLO

NOMA

HEIDI

**MORE
INSIDE...**

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28-29

ED'S LETTER

IT'S all about fashion this week as we take a look at who glammed not just at the Grammys but at the SONA too. All around, the outfits were fabulous! Well, except for one or two... Lady Gaga obviously was a bit, well, gaga (but that's par for the course, and we love her for it), but Heidi Klum was definitely not on my fave list this year! I did love J.Lo's and RiRi's dresses, though – truly stunning. Turn to pages 8 and 9 for more!

As for the SONA – colour, colour, colour is all you saw on that red carpet. **Duduzile, Dikeledi, Lindiwe** and **Ntombikayise** wore bright African prints and looked vibrant, with the **Gigababes** and **Chief Mandla** and his gorgeous wife **Rabia** looking absolutely flawless. But if that's not enough fashion for you, then turn to pages 84 to 91 as we take a look back at what the stars wore to the Oscars!

This week we start a new column – *Small Business Corner* (page 71). We know how hard it is for small business, so once again we are giving back to our readers! If you have a small business, let us know, and if we feel your business will help other readers out we will feature you in **people** magazine. It's that simple – reach over 1.4-million readers and that's just in print. It's an opportunity not to be missed! Enjoy!

Andrea

andreac@caxton.co.za



HAIR: MARVIN LOPES FROM JEAUVAL, NICOLWAY (011) 706-9131

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F(e)ire Slinger Supreme

DA SHU HUA is as unique as it is an uncommon sight outside of Nuanquan Town in rural northeast China. Da Shu Hua is the practice of flinging molten iron against hard, cold objects (like stone walls) to create spectacular displays of fireworks. Thousands descend on the town during the Spring Festival to witness Wang De's traditional performance light up Nuanquan's sky.

Week In Focus

BY ROBERT CLUNIE

SOME of the more memorable events of the week.

PICS: EPA / BRENDA TAYLOR



A Facelift For The Two Towers

GOODNESS, what a shame it would have been if Tolkien's tome saw a refurbishing! Happily however, can we say that one of Soweto's (Johannesburg as a whole, in fact) most iconic landmarks had itself a new coat of paint applied. JCDecaux SA joined forces with Vodacom and renowned artists, Helen Sebidi, Bambo Sibiya and Karabo Moletsane to overhaul the 100m tall monoliths in the vision(s) of a public participation competition – keeping it a piece as a reflection of everyday Sowetan life.



The Wind Of Erosion

THE Nice Carnival is arguably one of the premier festivals on the global celebratory calendar – it always dishes up astounding floats to marvel at. This year's theme was 'King of Energy'. Participants cleverly, or rather satirically, constructed a giant bust/float of **Donald Trump**, called the *Wind Of Change*, where not-so-energy-efficient hairdryers were aimed at his golden mane as it traversed the French Riviera.



A Champion's Passing

WE as South Africans, great lovers of sport, bid our untimely farewells to one of Springbok rugby's favourite sons. The great **Joost van der Westhuizen** – architect of the modern scrumhalf – sadly lost his battle with Motor Neuron Disease. His family laid white roses on his bare, modest coffin in front of a substantial Loftus crowd in Pretoria during his memorial. Their day had been an exhausting one as members effectively attended two services for him – one private, one public.



#What's TRENDING

OUR weekly roundup of all the things that set the online community #LOLing, #crying, #caring and #sharing.

BY MARK WASSERMAN

Great Grammys Of Fire

AWARDS season is well and truly underway for 2017, and, although we love them all, the Grammys are the ones that always promise to bring the fire – literally and figuratively. And this year they did that and then some! And the fashion? Well, turn to pages 8 and 9 to see what we mean! From kick off to closing, there wasn't one moment on the stage that didn't give us feels, from the emotional tribute **Adele** paid to the late **George Michael**, to the fierceness that was **Beyoncé's** performance. Kicking off the show, **James Corden** blended a rap intro with staged falls and tech glitches, totally owning his role as host. And then there was the collaboration that we never knew that we really, really, wanted when **Metallica** and **Lady Gaga** appeared on stage and unleashed an epic performance of the former's *Moth Into Flame*. While **Metallica's James Hetfield** was initially beset by microphone issues (seriously – are there any techies left in the US?), he and **Gaga** eventually shared a single mic, adding an element of rockmanship that actually went on to boost the performance. Also making an appearance in a fab purple jacket was heartthrob **Bruno Mars**, who never fails to disappoint. And then **Queen Bey** gave a mother of a performance (for reals – read about her pregnancy on pages 16 to 19) when she took to the stage in an outfit which took everyone's breath away. During a nine-minute artistic set that celebrated motherhood, **Beyoncé** wore a golden crown and was surrounded by more than a dozen dancers, moving gracefully and professionally through her songs which entailed, at one point, pulling off a gravity-defying chair stunt! So, exhausted, we got to the end of the evening with smiles on our dials and great memories of a fantastic evening!

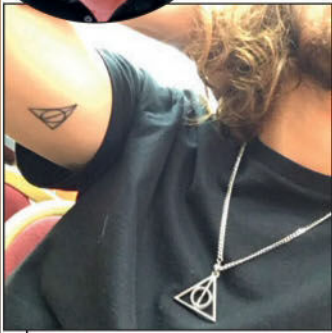


#TheySetTheNightOnFire



2 Expecto Patronum!

J.K. ROWLING should really have been the Defence Against The Dark Arts teacher over at Hogwarts, because the author threw a patronus so fiercely at master baiter **Piers Morgan** on Twitter this past week that we know, with authority, that the *Harry Potter* creator now owns him, soul and all. The political grudge match began when **Rowling** tweeted to tell her huge army of fans how much she had enjoyed watching **Morgan** being attacked by a forthright panel of commentators in an argument about the impact of **Donald Trump's** presidency on the popular American current affairs discussion show, *Real Time With Bill Maher*. "Yes, watching **Piers Morgan** being told to f*** off on live TV is exactly as satisfying as I'd always imagined," she wrote.



When **Morgan** spotted **Rowling's** tweet, he replied: "This is why I've never read a single word of *Harry Potter*." As if, **Piers**. Instead of ignoring the jibe about her work, **Rowling** fired back: "Because you had a premonition

that one day the author would roar with laughter at seeing you called out for your bulls*** on live TV?" It carried on in that tone for a while, but the situation got hilariously awkward when **Morgan's** son, Spencer, tweeted a pic of his *Harry Potter*-inspired tattoo and jewellery. We can safely say with certainty that **Rowling** caught the Golden Snitch in this twar, and ended the game with a victory for sanity.



#PiersWasSteamRowled



Piers Morgan @piersmorgan
National treasure?
She wrote a few wizard books.

New York Magazine @nytmag

In @jk_rowling vs. @piersmorgan one is a vocal national treasure the other is just uh. vocal. nytm.ag/2l0x0EK



J.K. Rowling @jk_rowling
.@piersmorgan If only you'd read *Harry Potter*, you'd know the downside of sucking up to the biggest bully in school is getting burned alive.

Piers Morgan @piersmorgan · Feb 11

Told off?
She's not my headmistress.
Ms Rowling just wants to insult & demean anyone who disagrees with her politics.



Tech soldier @myamme
Patronising @piersmorgan got told off!! Thanks you @jk_rowling 🙌 "Piers Morgan embroiled in huge TV row"

3 50 Shades Of Cringe

SO, the books had an impact in bedrooms the globe over, but the film adaptations have met with mixed reviews. Well, the first one at least. It would seem, however, that the second cinematic instalment of the *50 Shades* trilogy, *50 Shades Darker*, was considered across the board, rather, well, limp. The website *Vulture* had a round-up of all the catty things the critics are saying. And they ain't pretty. But they are pretty funny. "As soon as *Fifty Shades Darker* kicked off to the opening strains of a whispery Coldplay cover, it all came flooding back. Here we are again: watching two anatomical marvels writhe meaninglessly in the moonlight, like a burlesque performed by bots," said *Slate*. Then *Brooklyn Magazine* wrote, "Kind of strange that in a purportedly kinky movie, the two main characters only ever seem to achieve orgasm in the missionary position." Our favourite (there are many, many more) was critic Donald Clarke of the *Irish Times*, who wrote, "Has there ever been a film in which the hero has so much sex without properly taking off his trousers?" So much shade being thrown, right?



#AllTheShade

4 Oh Ricky, You're So Fine...

THIS week's human visual feast is former *Hollyoaks* actor **Ricky Whittle**. Tell us, is there anything more perfect than a hot actor with a hot bod on a hot beach making us all, well, hot? We think not. **Whittle**, who is taking a tiny break from the screen (but thankfully not the sunscreen) was also the runner up contender on the UK hit show *Strictly Come Dancing*, so we know the (Holly)oke has some serious moves. The full package, right? Right.



#FunInTheSun



#ThanksForAllThatJazz

5 The Day The Music Died

AL JARREAU, the jazz-pop musician best known for the hits *Breakin' Away* and the theme song to the popular 1980s TV show *Moonlighting*, died recently, according to posts on his verified social media accounts. He was 76. **Jarreau** died in LA surrounded by his wife, son and a few friends, according to posts on his Facebook page and Twitter account. Nicknamed the 'Acrobat of Scat' for his innovative vocal stylings, **Jarreau** was one of the few performers of his day who successfully bridged pop, jazz and R&B. He released more than 20 albums over his storied career, won seven Grammy Awards and remained a tireless

performer right up until his death. "He is thankful for his 50 years of travelling the world in ministry through music, and for everyone to share this with him – his faithful audience, the dedicated musicians, and so many others who supported his efforts," the post read.



**PEOPLE
EXCLUSIVE
PIC!**

*You could
say he's
Kourt'ing me.*

Hot Hailey

GIRLS just wanna have fun right? Well, that applies to model **Hailey Baldwin**. The star was seen revealing her goodies in a tribal number on a mini-vacation.

Scott's 'New' Gal Shows Off

BELLA BANOS is probably the least favourite person on **Kourtney Kardashian's** list after she was spotted all lovey dovey with the K sister's baby daddy **Scott Disick**. His alleged new flame was spotted in Miami in a cheeky two-piece. The 20-year-old model recently revealed that she actually met the reality star almost two years ago.

**PEOPLE
EXCLUSIVE
PIC!**

Lookin' Good

TV PRESENTER **Jill Wagner** sure looks delish for 38. The **Wipeout** star is seen soaking up the sun in a full suit, and we can bet she got tongues wagging.



Charlotte Crosby



Marnie Simpson



OMG(eordie), They're Hot!

WE have to give props to the cast of MTV reality show *Geordie Shore* literally on various shores. The guys have drop-dead gorgeous ribs and packs and the ladies have their curves in all the right spots out for all to see. Take a peek and say you don't agree...

**PEOPLE
EXCLUSIVE
PICS!**



Kyle Christie

Holly Hagan



**PEOPLE
EXCLUSIVE
PIC!**

Just Cruzin'

ANOTHER hottie who caught our attention in Miami is *OITNB* actress **Jackie Cruz**. It's great to see the beaut out of her prison uniform! Though looking this hot ought to be a crime!

Scott Timlin

FASHION AT THE GRAMMYS

THE glam and the flops.

BY PEARL MPHUTHI

THE 59th annual Grammy Awards held at the Staples Centre in LA was by far the most talked about and trending event so far in 2017. From leather to lace, we take a look at our best and worst dressed celebs.

PICS: THE CITIZEN / SOCIAL MEDIA



Rihanna

HANDS down, Bad Girl **RiRi** is a fashionista! The 28-year-old *Needed Me* hit maker showed a bit of skin in a fitted crop top and black ample skirt by Armani Prive.



Jennifer Lopez

THIGH game on steroids! She never disappoints, and the 47-year-old looks breathtaking in this Ralph & Russo dress.

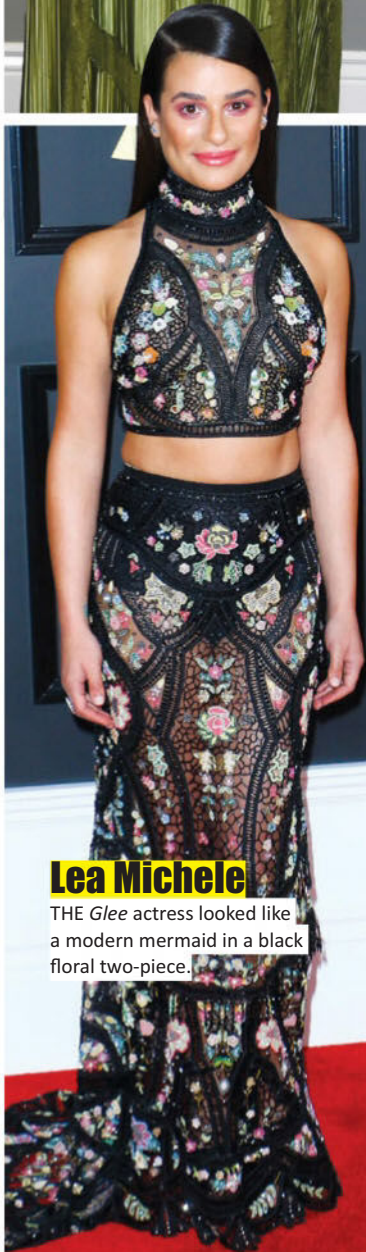


Demi Lovato

HER curves are to die for! The singer turned heads in a gold knitted designer dress. We totally love the shape and the long hair.

Adele

WE'RE green with envy! **Adele** always makes a statement on the red carpet.



Lea Michele

THE *Glee* actress looked like a modern mermaid in a black floral two-piece.



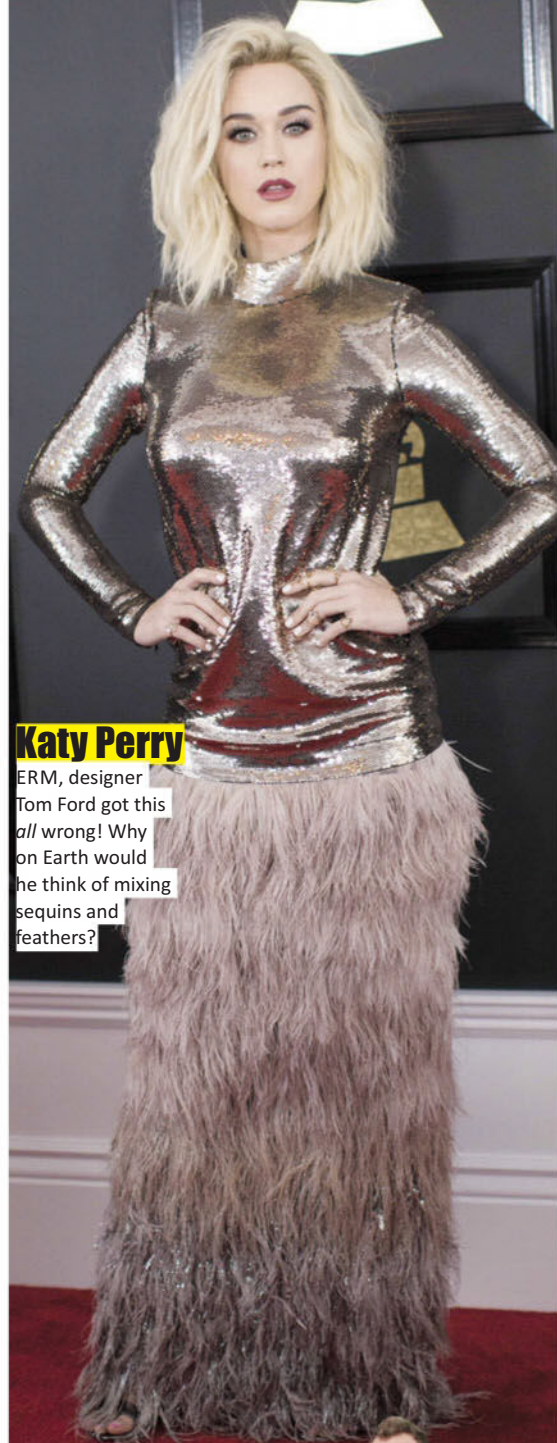
Lady Gaga

WE love how bold and unique her style is! Edgy, high-heeled and totally **Gaga**, Mother Monster owned this look!



Heidi Klum

WE'RE not sure what look she was going for, but honestly, this Philipp Plein mini dress is too casual for an event like this.



Katy Perry

ERM, designer Tom Ford got this *all* wrong! Why on Earth would he think of mixing sequins and feathers?



Ellie King

THE singer looks like she's just escaped the Enchanted Forest, and got tangled in every bush

ALL THE **FASHION** FROM THE *State Of The Nation 2017*

BY SUZY MUKENDI

SOME certainly made a state-ment!

THE State of the Nation Address has become one of the most talked about events in South Africa. As usual, the red carpet had a lot of head turning with all the statement pieces worn by the MPs along with their significant others. So let's take a look at what the honourable members wore.

Chief Mandla Mandela & Rabia Clarke

NELSON MANDELA'S grandson Mandla and his pregnant wife showed up in black and white matching Xhosa outfits. When interviewed, he said, "Every year I try to capture our culture and tradition. Our outfits are inspired by the community we come from."

CRL Rights Commission Chair Thoko Mkhwanazi-Kaluva

WE loved the combination of different shades of blue and textures mixed together in her look.

Malusi & Noma Gigaba

THIS couple never disappoints when it comes to rocking the red carpet. Our Minister of Home Affairs and his wife looked fab in a blue suit and Gert-Johan Coetzee dress respectively. They were definitely the best dressed couple on the carpet.

Best Dressed Couple

Duduzile Manana

THE creativity of this Ndebele-inspired look was spot on, although perhaps too bulky for the weather.

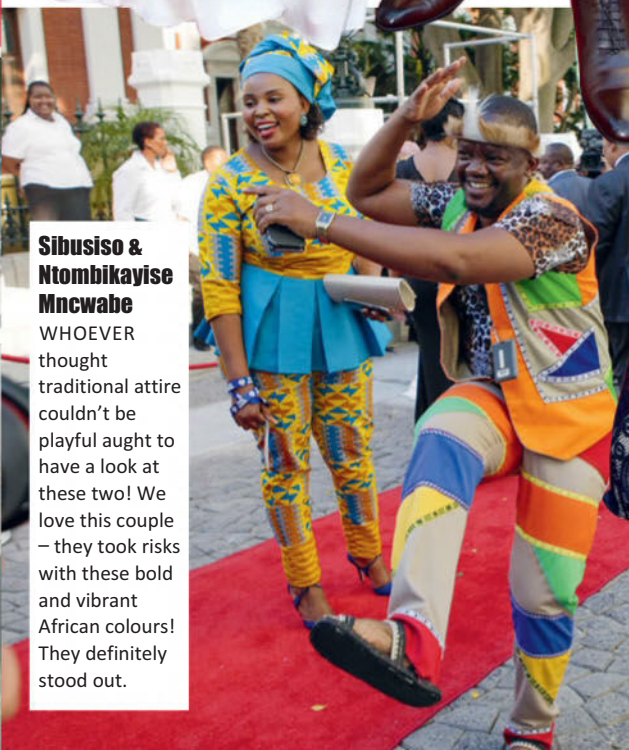
Dikeledi Mahlangu

THIS must be one of our favourite looks from the carpet. **Dikeledi** went for a bold look in a printed yellow dress with green accents. From the sheer mesh over to the head gear, she pulled all the stops and worked it on the carpet.



Bheki & Thembeka Cele

THEMBEKA CELE, wife of Deputy Minister of Agriculture, Forestry and Fisheries **Bheki Cele**, stood out in a long-sleeve embroidered and sheer full-length gown by fashion brand Kluk CGDT. We would've liked it if the gown was a bit more fitted, but other than that this was elegant, ultra sexy and glamorous.



Sibusiso & Ntombikayise Mncwabe

WHOEVER thought traditional attire couldn't be playful ought to have a look at these two! We love this couple – they took risks with these bold and vibrant African colours! They definitely stood out.



Patricia De Lille

PATRICIA arrived in a colour block kaftan featuring floral designs. This style worked perfectly for her; sure, it was a bit on the casual side, but she looked beautiful.



Lindiwe Zulu

LINDIWE stepped onto the red carpet in a dress designed by her daughter. We can definitely say that the beading work made the outfit and the style suited Lindiwe to perfection.



Helen Zille

HELEN was looking elegant, trendy and sophisticated in a navy blue long-sleeve lace dress.

TREND ALERT!!! *African Print*

WE saw a lot of African print on the carpet – some kept it traditional while others gave the trend a modern feel, but both were winners. African print will forever be on trend: not only does it suit all skin types but it's also a nice way of adding colour and edge to any look. Here are a few items that we're currently obsessing over.



Burgundy And Cream Print Dress:
R2 650, By Hey Lady, Zando



Blue Printed Top: R436.53, Bay One



Heels: R818.74, Bay One



Dress: R740.36, Bay One



Kimono With Tassels: R779, By Lisp, Zando

OMG!

*Inside
Hollywood's
Hectic Week!*

BY ANGELA BEKARIAS

CHECK out this
week's OMG
stories....

FROM adoptions to new love
and big demands,
Hollywood has it all as
always, and we're here to
spill!

PLAYBOY PAYDAY

Mariah's Toy Boy Is Making Demands

HAVING a toy boy isn't easy — especially when you're rich and famous. Ask **Mariah Carey**. It seems the new man in her life, **Bryan Tanaka**, is making the demands in this relationship. According to reports, her young beau is now demanding she pay him big bucks to continue their reality TV romance on her new show *Mariah's World*. Sources say 'he's had a taste of fame, and is playing hardball'. **Tanaka** is no longer satisfied getting one payday as her dancer and so-called 'creative director'. "**Bryan** was happy to do [the show] in exchange for the free publicity and the career boost," reveals an insider. "But now that he's had a taste of fame and seen how keen **Mariah's** team are to maintain the right image, he's playing hardball." He reportedly wants a raise of 'between R200 000 and R330 000 per episode. "**Mariah** wants to show her fans she's happy with a hot dancer falling at her feet, but **Bryan's** asking for a lot of money. It's caused some tension between them."

PICS: ELITEPHOTOAGENCY

ADOPTION NEWS!

Madonna Takes Home Twin Girls

THERE'S been speculation for some time that **Madonna** was going to adopt more kids, and now it's finally official. The Queen of Pop, 58, opened up her heart once again to more children when he took home twin sisters from Malawi recently. A court in Malawi confirmed the adoption order for the four-and-a-half-year-old twins. According to Malawi's judiciary spokesperson Mlenga Mvula, their mother died 'a week after she delivered the babies' in August 2012. "After their mother died, the children were looked after by their grandmother, who could not fully provide for them, so they were taken into an orphanage." Mvula adds that the Malawi court took **Madge's** long-standing relationship with the country into considering when considering her application. "**Madonna** has been very close to Malawi," Mvula told *US People* magazine, adding, "She has been involved in so many projects and is currently helping to expand the children's ward at the Queen Elizabeth Central Hospital. So **Madonna** has been coming to Malawi frequently. So it is not unusual to people in Malawi at all. They know **Madonna** very well in terms of the high-profile work she has done for the community."



NEW LOVE?

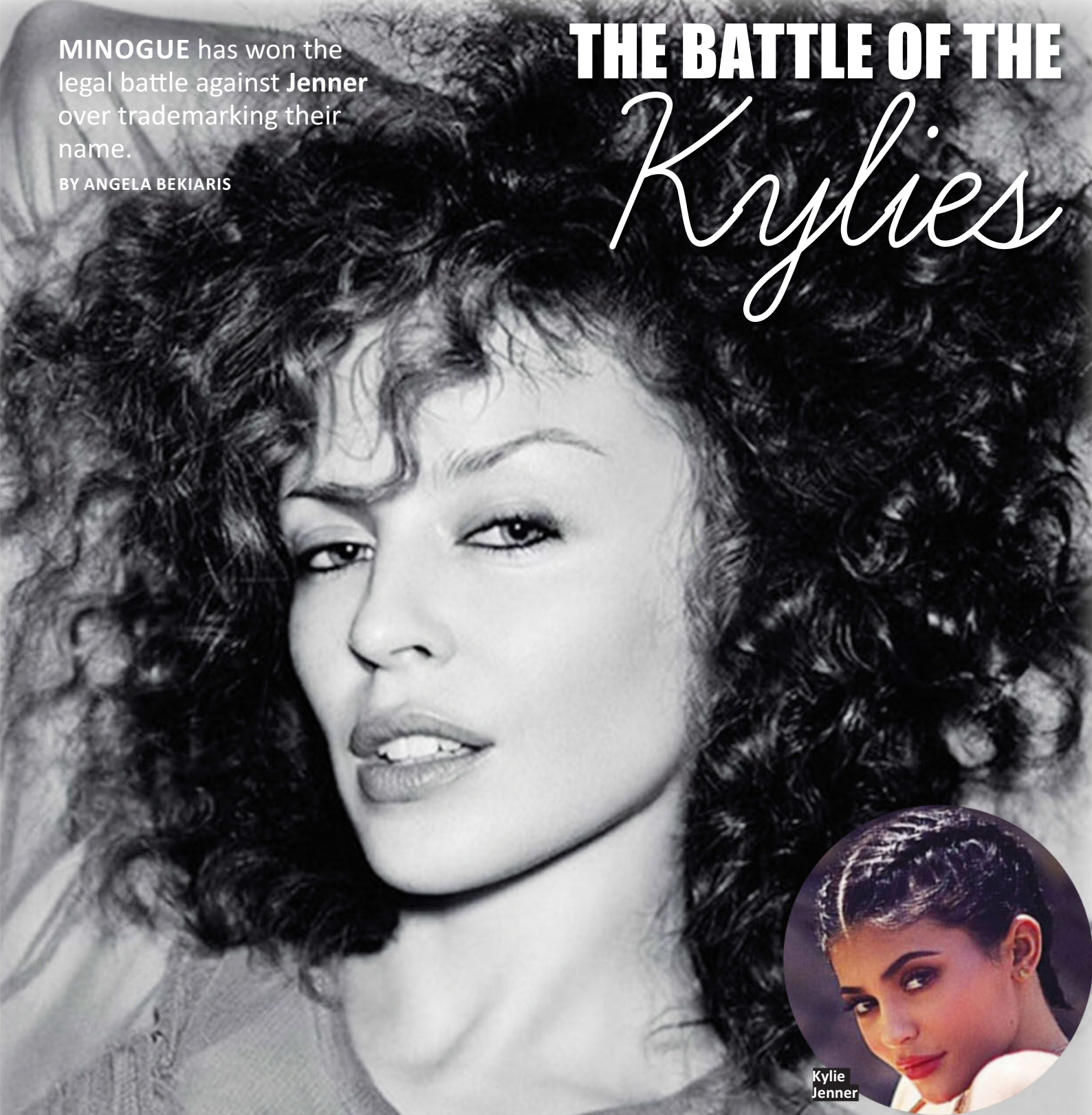
Is Gaga Reuniting Or Moving On?

SO, we're a little confused. As news broke that **Lady Gaga** and ex **Taylor Kinney** were reuniting, there were also rumours of **Gaga** with a new man. With sources revealing **Gaga** and **Kinney** shacked up at the Super Bowl, not only reuniting but taking things quite seriously again, we all got a little excited. Until we saw the pop star looking rather cosy with a mystery man. Insiders revealed, "**Gaga** and **Taylor** are still seeing each other low-key right now and **Taylor** did, in fact, go with her to Texas," with sources adding that this was not the first time the pair were spotted together recently. "They have not really stopped seeing each other, physically, and she has not got romantically involved with anyone because she is still very much in love with **Taylor**." Well... Perhaps not. The star is now rumoured to be dating talent agent **Christian Carino**, who was reportedly kissing **Gaga** before her big gig recently. Yes, the same gig that **Kinney** was rumoured to be supporting her. Gotta love these celebs...

MINOGUE has won the legal battle against Jenner over trademarking their name.

BY ANGELA BEKIARIS

THE BATTLE OF THE *Kylies*



WHEN it comes to the Kardashian-Jenner clan, there's always drama – but who would have thought innocent Kylie Minogue would get embroiled in a war with them?

It seems **Kylie Jenner** got on the wrong side of the Australian-born singer when she tried to trademark her first name last year – and while we'll admit that the **Jenners** have more than enough power in Tinseltown, it seems they messed with the wrong celebrity this time, and **Kylie M** went on full attack mode. **Minogue** took down the young **Jenner** sister in the battle over their

shared name. According to reports, in February 2016 **Minogue** filed paperwork to stop **Jenner** from using the 'Kylie' trademark, and a year later a judge dismissed **Jenner's** application. According to the United States Patent and Trademark Office documents, **Minogue** claimed that 'if Applicant [**Jenner**] is permitted to register its 'KYLIE' mark, confusion resulting in damage and injury to Opposer [**Minogue**] would likely occur'. The singer went on to point out that she's owned www.kylie.com since 1996, adding she has been in the entertainment industry since 1979. "Ms Jenner is a secondary reality television

personality who appeared on the television series *Keeping Up With The Kardashians* as a supporting character to Ms **Jenner's** half-sisters **Kim**, **Khloé**, and **Kourtney Kardashian**," said the pop star, adding, "Ms **Jenner** is active on social media where her photographic exhibitionism and controversial posts have drawn criticism from, e.g., the Disability Rights and African-American communities." She also noted that **Jenner** is only a '2015 home-schooled graduate'. However, insiders say **Jenner** has since launched an appeal. Give it up, **Kylie (Jenner, that is)** – you're up against a red-blooded woman here!



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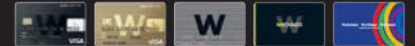
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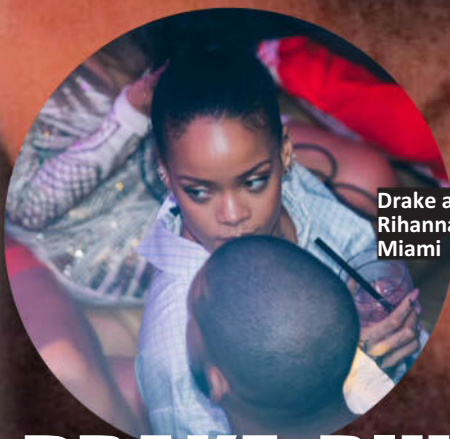
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THE rapper's intense romance is heating up – but he can't decide which girl he has really fallen for.

BY EL BROIDE



Drake and Rihanna in Miami

DRAKE, RIHANNA & J.LO'S

Messy Love Triangle

DRAKE has never been afraid to admit when he has his eye on someone. He wasn't afraid of telling Nicki Minaj he had a thing for her when she was still dating Safaree Samuels and it seems his mouth has finally landed him in some hot water. The star has openly admitted that he has a massive crush on Rihanna and the two have dated on and off for seven years; however, he has recently started a romance with Jennifer Lopez. However, Drake is reportedly in love with both women – and it's getting messy.

"J.Lo and Drake were having a great time and getting serious, but Drake had a change of heart," says an insider. "He's been in contact with Rihanna, and he has his heart set on winning her back. Drake cares about J.Lo, but he misses Rihanna." Drake and Rihanna broke up in October last year, just two months before the rapper started dating the Jenny From The Block singer, and hasn't had time to

process the break up.

Drake is inspired by Jennifer and enjoys her company but with her being 17 years older, he feels he should try and fix things with the Barbados beauty. "The age difference is becoming a bit of an issue too. Casper [Smart] was much younger than J.Lo and it worked out well 'cause he devoted all his time to her. Drake is much younger than J.Lo, but he is so successful he has a lot of distractions that are getting in the way of things becoming super hot with her. Drake may not be mature enough to handle his own celebrity status and still hold down a superstar like J.Lo," the source adds. "Drake is also all over the place. He works a lot, travels a lot and is not giving J.Lo the time and attention she is used to in a relationship."

Naturally, this news didn't sit well with J.Lo. In fact, she's furious that Drake felt he could string her along while he discovers his feelings. She's 47 and refuses

to play games anymore – especially with love. The *Shades Of Blue* actress has often spoken out on the fact that she is a firm believer of love and loves hard – no matter how many times she's been burned. So, she feels very used by the rapper. "Jennifer still cares about Drake," the insider adds, "But she has a take-it-or-leave-it attitude toward him. Drake and J.Lo still hang out and hook up, but they aren't so serious anymore."

Meanwhile, Rihanna is not interested in getting back together with the rapper and, truthfully, Drake he's seems to be only holding onto J.Lo her while he tries to convince Rihanna to take him back. Dating is a messy game sometimes! We totally get that Drake has strong feelings for Rihanna and wants her back – but we don't think it's fair for him to be stringing J.Lo around while he makes his decision. She's had her heart broken many times and we really don't want to see her go through heartache again.



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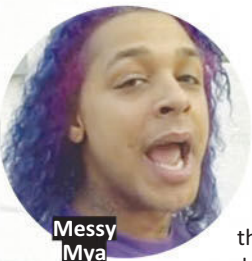


BEYONCÉ

BY ANGELA BEKIARIS

SLAMMED WITH LAWSUIT

BEY and her preggy belly are going to court.



Messy Mya

ONE week after announcing that she's pregnant with twins – and breaking the Internet while doing so – Beyoncé is facing an over-R267-million lawsuit.

The singer has been slammed with claims that she 'improperly used the voice of an up-and-coming rapper and YouTube personality in her hit song *Formation*'.

According to reports, in the lawsuit, filed in federal court in Louisiana, 'the estate of **Anthony Barre** – aka rapper **Messy Mya** – claims that *Formation* used **Barre**'s voice without authorisation' (**Barre**, who was from New

Orleans, US, was shot and killed in 2010).

"Defendants used Mr **Barre**'s voice, performance and words from his copyrighted works to create the tone, mood, setting and location of the New Orleans-themed *Formation*," the lawsuit reads. Plus, there are claims accusing the star's work on the album *Lemonade* as being a 'ripoff', too. According to the suit, they have 'received nothing' for the alleged use of his voice – "No acknowledgment, no credit no remuneration of any kind."

Alleging copyright infringement and other counts, the suit is seeking damages 'believed to exceed \$20-million'.

Three Fun Facts About *Formation*

1. THERE'S another famous voice on the track, apart from rapper **Messy Mya** – New Orleans-based bounce rapper **Big Freedia**.
2. THE music video was actually filmed in Pasadena, not New Orleans.
3. THE shots of the damage caused by Hurricane Katrina came from a documentary.

'Love Child' Devastated Over Pregnancy



Jay Z's alleged love child Rymir

MEANWHILE, **Jay Z**'s alleged love child, Rymir Satterthwaite, was heartbroken after hearing the pregnancy news, say insiders, adding he 'would really love to meet his siblings one day!' "Rymir is absolutely devastated by the fact that **Jay Z** is boasting about **Beyoncé** becoming pregnant with twins, because he thinks **Jay Z** won't even take care of the child that he already has!" reveals a source. "It's just sad at this point. Rymir is not going to be put off by **Jay Z** anymore and he will continue

to fight until justice is served. Rymir really would love to meet his siblings one day when it is proven that **Jay Z** is, in fact, his dad!" Insiders say **Jay** has been trying to avoid taking a paternity test which may prove he fathered Rymir, 23, whose mother Wanda Satterthwaite, claims she had steamy sex sessions with the star in 1992. Family Civil Liberties Union (FCLU) President Gregory Roberts believes the case could be settled if '**Jay** would just agree to take the DNA test'. After hearing

the pregnancy news, Roberts congratulated **Jay** and **Bey** in a statement adding, "To usher in their new twins, it would be wonderful if Mr **Carter** would close loose ends and subject himself to a paternity test to either clear the confusion, or welcome another member of his family into the fold. Thankfully, with today's genetic advancements, Mr **Carter** could easily and efficiently clear his name and rest easily knowing that he has not forgotten a loved one by mistake."

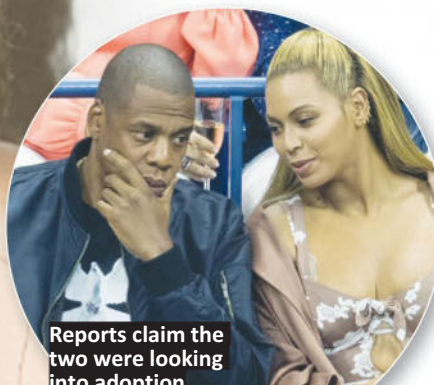


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PEOPLE 17

THEY HAD GIVEN UP TRYING FOR BABY NO.2



Reports claim the two were looking into adoption



WITH an already five-year-old daughter, **Blue Ivy**, insiders reveal that **Beyoncé** and **Jay Z** had given up trying to have another baby. "They had been trying and trying to conceive," reveals an insider about the pair who announced they're going to be welcoming another two additions to the family this year. A friend reveals **Beyoncé**, 35 – who shared in her 2013 HBO documentary, *Beyoncé: Life Is But A Dream*, that she suffered a miscarriage before **Blue** was born – was 'frustrated' after unsuccessful in vitro fertilisation treatments. "They were looking into surrogates and adoption." But just as they were starting to lose hope, the friend adds, "Out of nowhere, it stuck!" And while both **Bey** and **Jay**, 47, are thrilled with the news, insiders say **Blue** can't wait to become a big sister. "She was asking about another baby forever. Now she gets two!"

SPOT THE GENDER!



Boys? Girls? Both? We'll just have to wait...

WHEN the star took to Instagram to share the happy news recently, it led to quite a lot of speculation about the gender of the babies – and shattered the record for most-liked pics of all time, while at it. With **Bey** dressed in lingerie and a veil while cradling her belly, many commented on the huge display of multi-coloured roses and blooms, as well as her outfit – blue Liviara silk panties and Agent Provocateur burgundy bra with pink bows – which drew speculation about the gender. But while fans are already taking bets that there is a boy and a girl on the way, we all know that the ever-so-secretive **Beyoncé** won't reveal a thing until the birth, so we will just have to wait...

Exclusive!

Beyoncé's Master Plan For Twins To Save Her Failing Marriage



SOURCE AND PICS: PAN MEDIA

THE star's former manager speaks out.

BEYONCÉ'S shock pregnancy is part of her masterplan to save her marriage to Jay Z, her former manager and close friend has revealed.

Brian 'Kenny' Moore, who helped the singer to find fame in the band Girls Tyme,



Brian was instrumental in Beyoncé's rise to fame

before the formation of Destiny's Child, congratulated the singer on the news she's expecting twins, and believes she's following in her mother Tina's footsteps – doing everything she can to salvage her relationship with her rapper husband. Brian says, "All I know from the past, is how her parents were. Tina and Mathew fought hard to stay together over the years, I admired them, but I guess things then got out of hand. They were always fighters and loved each other. It's the same thing her mom did, she fought tooth and nail to hold on to that marriage, and **Beyoncé** is cut from same cloth. She's not going to let anything beat her, not even marriage. I pray that the babies make their relationship stronger. I would want nothing more than her and **Jay Z** to go off into the sunset, be happy, and become grandparents one day." **Beyoncé's** father Mathew was accused of being unfaithful even in the early years of his marriage to the star's mom. They went on to have two more children before finally divorcing in 2011.

Talking from his home in Houston, Texas, Brian, 54, said the news was 'fantastic' and **Beyoncé**, 35, always wanted a big family – often chatting to her other band members

about having a big brood.

"The girls had conversations about it when they were younger, but back then they were concentrating on their careers," he said. "It wasn't like they were playing with dolls like normal girls, the conversation was more, 'When we make it'. I wasn't expecting her and **Jay Z** to have more babies now. But I did expect her to have more children in the future. Two more babies would be perfect for her. She always worked hard and played hard. She's done everything she's needed to do, but she'll remain on top with her music, she's a smart girl. I know **Beyoncé**, and she'll figure it out. She'll find a way to make sure her kids don't suffer, and her fans don't suffer either. I think she'll do the **Céline Dion** thing and keep working, but make time to be the best mum she can be. She's already doing a great job with **Blue Ivy**. I don't believe she had IVF, but I wouldn't see a need for anything like that. There are some twins in her family, through her cousins I believe. For at least one of the twins to be a boy would be amazing. There are a lot of girls in her family, a boy would be a good addition and **Jay Z** would be happy."



Brian 'Kenny' Moore



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PEOPLE 19



CAITLYN

Plans Final Surgery

BY EL BROIDE

AFTER years of transformation, **Caitlyn Jenner** is finally ready to undergo the final surgery in her quest to become a woman.

CAITLYN JENNER both shocked and inspired the world when she announced that she was transitioning into a woman.

The decision was a lengthy one and has been something the reality star has been dealing with for years. Despite this, she finally started living her truth and was able to go under the knife a few times to ensure her body reflected what she felt on the inside. However, there was a big surgery still weighing on her mind and the Olympic winner is finally ready to take the last step.

After months of research, Caitlyn 'has decided to have gender-confirmation surgery', an insider close to the star says. "This isn't Botox – this is a massive and life-changing undertaking. She has been talking with a therapist for years to make sure that she is mentally prepared for the changes that will occur after this."

Unlike the smaller surgeries she has gone through – she has had a boob job, tummy tuck, Botox, lip fillers and a whole lot more – the gender reassignment surgery is by far the most complex and dangerous of them all. "She'll have a long recovery," explains the insider. "Even though the process has come a long way thanks to modern medicine, it is still one that is painful and requires a lot of personal care to make sure there are no infections."

Doctors indicate that the healing process will last longer than six weeks, but it's not only the pain that Caitlyn and the doctors are worried about. "Postoperative depression can set in because she's going to have hormone changes," the source explains. "It doesn't hit right away, but there is a real emotional time coming for her. About two or three months in, the depression can set in. Not to be confused with regret, it's just processing everything

that's happened.

Caitlyn has also spoken about the gender reassignment surgery with her close group of friends and family – even **Kris Jenner**, despite the two not seeing eye to eye since they split back in 2013. "Kris has been understanding of Caitlyn's need to have this procedure, but she does have some sadness," says the insider. "She has to mourn the man that she was with for so many years, the man that she slept with and made children with." The former couple has had a lot of ups and downs but Kris is finally on Caitlyn's side and just wants her to be happy.

'THIS isn't Botox – this is a massive and life-changing undertaking.'

Despite Kris' change of heart, Caitlyn is still scared just how much a toll the surgery will take on her two youngest children, **Kendall** and **Kylie**. "Nobody is ever prepared for a parent

to go through a change like this, and it's been hard on them," adds the insider. Even though they're 'well-educated on what this procedure means, it's still been tough. It's the closing of the chapter on their father's life'. However, Caitlyn is finally putting herself first. This surgery means so much to her and she's ready to start a new chapter in her life. "The surgery is the last piece of Caitlyn's puzzle that she needs to feel complete," the source continues. "Cait has wanted to do this for a while. It's a huge secret, and she will reveal the details in her upcoming tell-all book, *The Secrets Of My Life*."

This is such a big step in Caitlyn's life and we are so proud of her for taking the leap. Not only is the surgery going to change her life forever, but it will also inspire many other transgender people around the world to accept themselves and live the best version of themselves they can.

PICS: GREATSTOCK



BY EL BROIDE
HOW their
turbulent
relationship
has caused a
downward
spiral.



Weston Cage crashed into several cars before being arrested for drunk driving

NICHOLAS CAGE'S SON'S *Shock Arrest*

NICHOLAS CAGE and his son Weston have always had a rocky relationship. However, things reached a boiling point when Weston was arrested for driving under the influence earlier this month. Weston reportedly hit 'multiple vehicles without stopping and police were in awe over the trail of damage he had left behind'. Yikes! According to a source, 26-year-old **Weston Cage** got behind the wheel of his white Chevy Camaro after boozing it up and damaged multiple vehicles in the process. "This was a hit and run collision at Roscoe and Balboa Blvd," LAPD Officer Madison reveals, adding that police noticed that 'there were several other vehicles that had been hit' – "He basically left a trail of damage by hitting multiple vehicles and not stopping."

Weston then checked into hospital for minor injuries and after finally checking out, he was arrested for a DUI offense. Madison divulges the details of the hit and run.

"The driver was seated in the driver's seat, trying to start the car," Madison says, adding that the musician had hit stop signs, a street sign and multiple mailboxes, before hitting a tree.

The Los Angeles County Sheriff's department confirmed that Weston was ultimately arrested before being released on R420 000 bail.

Nicholas and **Weston** have never really seen eye-to-eye and it could be the reason the musician is on a downward spiral. Sources reveal that **Nicholas** and **Weston's** relationship started to break down around 2011 when **Weston** was arrested for causing a 'violent incident' outside a Hollywood restaurant and, ultimately, put under psychiatric hold. It was then that his mother **Christina Fulton** asked UCLA Medical Centre to keep him in care for two more weeks for 'reasons that relate to his father'. While she wasn't specific on what she meant, she did tell CNN she did 'not want him with **Nicholas Cage**'. "I do not want him in that care. That is not the care my son needs."

However, awkwardly enough, **Weston** blamed his mother for the breakdown in the relationship with his father. "Any problems that I have ever had is because of the relationship that I had with my mother," he wrote in a statement. **Christina** fired back saying "My son is under a spell. **Weston** would say whatever his dad wants him to say."

Weston has since, reportedly, distanced himself from both his parents as he plans to make a life of his own. However, it's believed that this strain has taken a toll on him – and the DUI was his way of acting out. This, unfortunately, isn't the first time **Weston** was cuffed by the police. He and wife at the time, **Nikki Williams**, were both arrested for domestic abuse twice in the same month back in 2011, and he was in rehab battling substance and alcohol abuse. We really hope **Weston** gets the help he needs. He may not want to rekindle the relationship with his father, but he should at least get clean so he stops putting his life, and the lives of others, in danger.



Strange But True

BY ROBERT CLUNIE

TELL us your story: E-mail robertc@caxton.co.za. we print, we pay! (Please keep all submissions to FEWER than 550 words!)

Around The World In 80 Swipes

THE Australians have often been likened to South Africans for their disposition, nature, likeness of mind and general pragmatism. The old adage 'n boer maak 'n plan' is appropriate in this particular Aussie's case. Cassandra Jacqueline is but your average cash-strapped 21-year-old student from Adelaide. She keeps afloat financially by working for minimum wage as a waitress – like millions of other students across the globe. There is hardly anything unusual about this. But she dreamt of travel – hardly a dream one could fulfil on her budget. Come technology and with it the myriad of dating sites at our disposal. Cassandra, in this instance, picked the site called Miss Travel. The site merely requires you to create a complete profile and stipulate how you would like to travel. Cassandra scored the jackpot after suitors lined up to take her to any exotic locale imaginable. In all, she has been to the likes of Vietnam, Singapore, Thailand, Bali and a five-star trip to Japan. She can hardly imagine herself reverting to conventional dating and it seems that she'd forever be swiping left on the infamous Tinder.

Did You Know?

THE Japanese will often slurp their food, especially soba noodles (buckwheat), rather loudly when they eat it. The slurping primarily serves two purposes. Firstly, it is an indication to the chef that the meal is delicious and secondly, slurping helps cool down hot food.

Did You Know?

CRUDE OIL goes by many names. Chief among these are 'Texas Tea', 'black gold', 'the mother of all commodities' and 'slippery dip'. The reverence for the product stems from its versatility in the manufacturing of other goods that include petrol, synthetic fabrics, plastics and pharmaceuticals.

But First, Lemme Take A Selfie

THERE are scores of people that are familiar with the scourge of medical malpractice. Some patients recover, some are crippled for life and others unfortunately do not make it. Those who do often find their bank account prettily lined with a couple of zeroes. Most cases can be attributed to unforced errors and mistakes as doctors know what the grave implications may be if they are found out. Forty-eight-year-old Gino Pucciarelli, an architect by trade, thought he entered the Santa Maria della Misericordia hospital in Perugia, Italy for a routine procedure to alleviate his sleep apnoea. The operation is delicate, but most emerge from the ER relatively unscathed. He was released from hospital on July 3, 2015, but had to be readmitted eight days later because of profuse bleeding. He then died five days thereafter. He had been treated at this hospital before for the same condition – his returning was merely a case of trust built with practitioners. His family soon after suspected negligence. They hired a lawyer to look into the five doctors who treated him. Prosecutors decided to bring forth charges of manslaughter against the doctors when an image leaked of two of them merrily snapping selfies while Gino lay unconscious in the background.

Did You Know?

SOCIAL media giant Twitter paid an interesting homage when naming their logo 'Larry the Bird'. Contrary to what may have been published, the logo is actually named after Boston Celtics legend and 12-time NBA All-Star Larry Bird.

SOURCES: FACTS-ABOUT-JAPAN.COM, INVESTINGANSWERS.COM, ENTREPRENEUR.COM



Exclusive!

THE 24-YEAR-OLD *Toddler*

BORN on October 16, 1993, Sari is unable to walk and has to rely on her relatives to push her around in a wheelchair. Sari also struggles to communicate verbally other than a few simple words and sounds.

Sari's mother didn't even realise her daughter suffered from any kind of medical condition until she was two years old.

The second of five children, Sari lives with her mom, Suryani H. Suud and sister Lela in Didie Jaya District, Indonesia.

Suryani says, "When she was a child, she was a beautiful girl; she didn't look disabled. But at two years old she still wasn't able to do anything. She couldn't talk or walk. I feel very sad. I see my first and third children and they are healthy but Sari is different. I was deeply shocked but thanks to God, Sari has siblings who love and take care of her. People would stare at us and others would ask, 'Why can't she walk and why is she so short?' When Sari was a baby, I used to take her to the market, and someone asked why my first child and Sari looked so different. I was sad, so I couldn't answer it."

In spite of her childlike appearance, Sari menstruates every month and, in a hint towards her age, also asks her mother for lipstick and toiletries.

"When she saw us use talcum powder, lipstick and hand and body lotion, she asked for them," adds Suryani. "When she talks, it's like baby speak, it's not fluent. Nobody understands what

she says, but I understand."

Unable to afford much medical treatment when Sari was a child, Suryani wasn't able to get assistance or a more concrete diagnosis for her daughter until Sari was 13 years old. "We had little money...and no one knew what the ailment was," she says. "Doctors said Sari had a hormone deficiency because they didn't know exactly what had happened. They recommended physiotherapy to help her move and walk."

The medical team at Ibnu Sina Hospital in Sigli City diagnosed Sari with a hormonal growth disorder and think the most likely diagnosis is Turner syndrome, a genetic disorder that affects one in 2 000-2 500 babies – and only occurs in girls. Effects include stunted growth and underdeveloped reproductive organs. While there is no cure, if treated early on the condition can be suitably managed, allowing sufferers to lead a relatively normal life. Tragically, because doctors didn't see Sari until she was

MEASURING 87cm in height and weighing 20kg, Sari Rezita Ariyanti looks like your average three-year-old; except she's actually 24.



Sari Rezita Ariyanti with her sister in Pidie Jaya

already a teenager, it is that much harder to treat her now.

Doctor Suriadi Umar, at Ibnu Sina Hospital, says Sari's delayed diagnosis could have also contributed to further developmental delays.

"Because of Sari's hormonal abnormalities, it is possible it affected the motor gland and made her slower. Because we didn't see Sari until she was a teenager, the muscles didn't respond quickly.

If we had seen her at the age of six months we could have immediately consulted the parents on Sari's condition. God willing, now we know the core disease, we will see Sari slowly move through treatment and physiotherapy."

Sari receives physio once a week and is still wheelchair-bound although her mother hopes that one day her adult daughter will be able to take her first steps. "She could walk, a doctor has said it could happen one day if she has the right

therapy," says Suryani.

'DOCTORS said Sari had a hormone deficiency because they didn't know exactly what had happened.'



PRIVATE SCHOOL

AS the 2017 academic year kicks off, parents are reminded to consider the long-term costs of education.



PRIVATE EDUCATION is pricey, even for celebs. Madonna's eldest child, Lourdes Leon, attends a private school, which costs over R670 000. Bruce Willis and Demi Moore's daughters, Rumer, Tallulah, and Scout, attended The Willows Community School in California which costs R300 000 on average. In South Africa, Hilton College, Michaelhouse, St Martin's, St Andrew's and Roedean School are among the most expensive in our country. For parents wanting to enrol their children into private education, a tax-free investment (TFI) might be the golden key.

"TFIs are the perfect tool to ease the long-term burden of putting a child through school," says Seugnet de Villiers, Investment Analyst at Nedgroup Investments. "A tax-free investment is a long-term savings vehicle that was introduced by the government to encourage South Africans to manage their money better. The tax-free savings allows investors to invest a relatively small amount of money and take advantage of the medium-long term benefits of compounding, without paying any tax on interest, dividends or capital gains. This way, by investing relatively small monthly payments (the amount it would cost to buy a small gift, for example), the investment can compound and can accumulate an attractive lump sum by the time the child turns 18 and takes over ownership of the investment. A substantial lump sum like this could make all the difference when it comes to covering for university fees and other associated costs." Seugnet continues to say education is one of the most significant avenues through which childhood aspirations can be realised. While saving for your child's education may be the primary goal for opening TFI, it is without a doubt the gift that will keep on giving if the investment is managed sensibly for the long-term.



Seugnet de Villiers, Investment Analyst at Nedgroup Investments

"TFI offers each South African, including children, the opportunity to invest tax-free in a wide variety of investment products," she explains. "Saving for your retirement has always been encouraged through significant tax-saving and is such an important building block of your total portfolio, but it is not the type of investment you will rely on pre-retirement to fund specific goals like your children's education and a deposit on a house; or to boost the lifestyle you can afford at retirement. For this, you need to add something extra through the likes of a unit trust investment. Here you now have two options: tax-free and 'normal' (non-TFI accounts). Unit trusts are ideal candidates for

TFI, as they meet the TFI requirements: simple, transparent and suitable.

The same unit trust can also be used for discretionary investments and/or other investment vehicles like retirement annuities and preservation, resulting in the only difference being the tax treatment in each vehicle. Money withdrawn from a TFI account can't be replaced, as any contribution made is subject to the annual limit of R30 000.

Therefore, to unlock the true power of tax-free compounding, you should consider investing your longer-term savings in a TFI account, rather than using it for short-term transactions." Your personal tax-saving, says Seugnet, will depend on your marginal tax rate, the type of fund you choose and how much capital gains you realise at withdrawal. The type of fund you choose depends on your risk and return objectives and what your existing investment portfolio consists of. Your capital gain potential depends on your marginal tax rate, how much exposure you have to growth assets (like equity and property) and how long you leave your money to grow.

"In the investment world, 'one size fits all' does

not exist and fund selection will always depend on your personal needs and preferences. You need to be mindful of the type of assets you are already exposed to, to ensure you don't unintentionally put all your eggs in one basket. In addition, you must consider the taxability of your existing investment portfolio. Interest earned and capital gains realised are exempt from tax up to an annual limit prescribed by SARS."

Time and risk tolerance have a positive relationship, and so does risk and return. The longer you can leave your money invested, the more time you have to make-up for the potential negative impact of short-term volatility and still benefit from the power of compounding. Conversely, the shorter your investment horizon (less than three years) the more important it is to protect your capital against the potential negative impact of short-term market corrections. Similarly, the riskier the asset, the greater the potential long-term gain.

Growth assets like equity tend to behave more volatile in the short term, but offer greater long-term return potential. Income assets like bonds and cash tend to be less volatile in the short-term and offer lower return potential in the long-term. Property can be seen as a hybrid of income and growth characteristics. In a world where costs are ever-increasing, every little bit of saving helps. The numbers also clearly demonstrate that with the power of compounding what may seem like a small amount today can grow something very meaningful over the long-term. So make sure that you, and your family, take part in the TFI-drive started by National Treasury to help South Africans to save.

Through these initiatives, and with careful preparation and a little forethought, providing your child with quality, private education is not only possible and affordable, but it is viable without derogating from income that you and your family will need to live from day-to-day while your young ones are attending school.

My Story CONNED BY A NIGERIAN FOR BIG BOOBS



SHE tried to break the spell of ageing, but instead found herself duped out of thousands, and with an infidelity scandal to hide.

"MY ex boyfriend brought a pamphlet home one day. I've always said that I wish I could have big boobies. The ad spoke of many things, including breast augmentation. I called the number one day and the guy said he could help. I was so excited about the news.

I made an appointment for the following weekend, but I didn't get the funds I anticipated, so I never went. Prof Ross started calling to ask whether I was going to see him or not. I told him I didn't have the money – the price was R1 700. He asked how much money I had available. I told him I had about R400. We agreed to meet again over that weekend. We met and I promptly handed

the money over to him. He gave me a small bottle with a red cream inside. I was told that I will see the

changes within three days. I showed my boyfriend the bottle. He laughed at me. He said they took my money and gave me a Vimbela – a product people use for babies. Something inside of me believed him because the smell was familiar but I stayed in denial.

Prof Ross called three days later to confirm

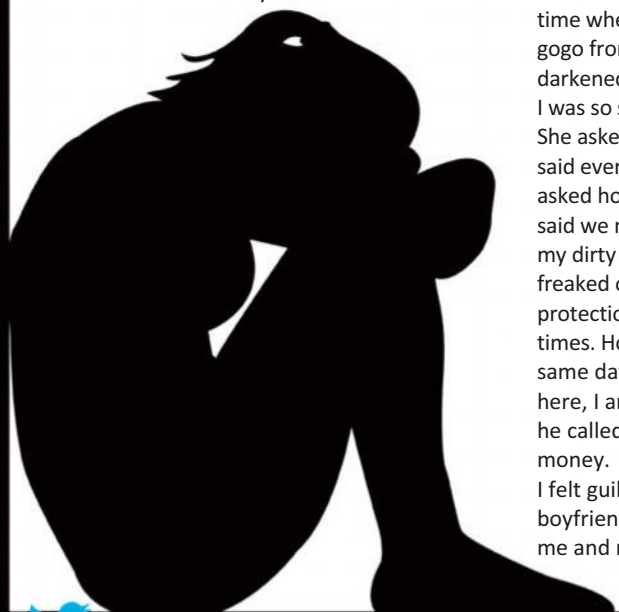
changes to which I replied no. He said I must come to his office with six eggs and R700. I went to his office where I waited a few minutes before being called. He told me that the reason the muthi didn't work is because my blood is dirty. He said that my mom was bewitched. Any child that came out of her would be sick. He told me to urinate in a bottle. Guess what? He turned my urine red, he broke the eggs into the bottle and out came disgusting stuff like needle and hair. He told me he had to give me more muthi, but that it's actually at his flat. We went to his flat where he gave it to me. The instructions on the muthi read that I must get a guy to

'I TOLD her I was 21. She said we must have sex 21 times in order for my dirty blood to be cleansed by the muthi.'

burn it for me then put it on his penis and sleep with me afterwards. He also said it had to be a stranger. He then said

he could ask his friend who happened to be unavailable. Then he offered himself, and I agreed. He rubbed my breasts with muthi while he was sexing me. I went home. It happened three times, but no change with my boobs. He called one morning asking for another R300. It was in a different office this time where he'd consult with his sangoma gogo from Nigeria. He closed the door, darkened the room and did some magic. I was so scared to hear the old woman talking. She asked what I wanted. I told her and she said everything was going to be okay. She asked how old I was – I told her I was 21. She said we must have sex 21 times in order for my dirty blood to be cleansed by the muthi. I freaked out because this time it was without protection. I couldn't handle as many as three times. How was I gonna manage 21? That very same day I told myself, 'When I get out of here, I am never coming back'. I ran away. If he called, I'd tell him I am busy and have no money.

I felt guilty whenever I looked at my boyfriend. He never knew how it ended with me and my big boobies."



Mnandi News

BY JACQUI THOMPSON

SPREADING
feel-good news.

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

THIS may seem like a small thing, but I am so happy Wimpy now supersedes their coffee! It is my favourite, so thank you to Wimpy!

Angela Mphuthi, Dundee

DAVE and his perfectly named wife Angel and their son Ethan stopped to help us when our car overheated. We were in the middle of nowhere and there was no cellphone signal. Without them we would have spent the night in the car in the middle of the Karoo. They towed us back into Fraserburg even though it was the opposite direction they were going.

The Mchunu Family, Western Cape

WE have been supporting the artists at the traffic lights in Constantia near the Constantia Shopping Mall for years. They constantly come up with new ideas and mediums. Every international visitor we've had buys something from them. It is part of what makes South Africa so unique. Their artwork brightens a traffic jam.

Elaine Reddy, Cape Town

MY kids stopped a police car to help them reach a duckling stuck in a drain. It was a sergeant and a female police officer. My daughter didn't get their names but I hope you read this and know that you are both heroes to them and their friends. Thank you for your kindness, and we now have a new member of our family.

Family, Mountain Rise, KZN

I WANT to thank my wonderful husband Andre who taught our son to fish and to do so with respect. They always catch and release but it has become such a bonding experience for them in the outdoors and it forces him to slow down and spend time together. It's wonderful to see.

Deborah, East London

SHOPPING at Le Creuset we were impressed with the sales ladies knowledge of their product and their enthusiasm for it! Whatever their sales training is, it works! We ended up buying more than we planned.

Happy Shoppers, Southbroom



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www.peoplemagazine.co.za

PEOPLE 25

I'M A POLE-DANCE

Granny

MAKEDA SMITH,
a 56-year-old
grandmother-of-three
tells how her sexy
hobby helped her get
over bankruptcy and
heartbreak.

“THE caption read: ‘Whose granny is this? Somebody come get their granny.’

One day last year I was on Instagram when somebody tagged me in a post. I clicked on it and gasped. There was a video of me, pole dancing, with that caption. I was in shock. The comments below were horrible. People wrote things like: ‘Oh my God, I’d give her R50’. Then one of my friends sent me a Facebook message saying, ‘Makeda, somebody took one of your videos and it’s going viral’.

‘I can’t read the comments, because I’m going to cry’, I said to myself, ‘And I’m not going to want to dance anymore...’ For me pole dancing is the way I got my mojo back. Ten years ago I was suicidal and depressed. I’d been a successful showbiz publicist for two decades. By 2007 I’d almost a dozen properties and land in Mexico. Then the real estate bubble burst and I filed for bankruptcy. In February 2008 my boyfriend Nathaniel moved out. I’d hit rock bottom.

By 2011 I was living in a one-bedroom apartment in Hollywood. My Mercedes had been repossessed. I felt like I’d failed my daughters Jasmine and Asha (now 34 and 27).

At the time I was living off of coupons. One day I came across a deal for a pole dance class. It was three classes for R340. So I thought I’d try it.

About a month later, I took my first class. I was pretty nervous about it because



SOURCE AND PICS: MARISSA CHARLES



DANCING granny



especially women. It turned into this cult thing and I got more and more likes. So when the post about me went viral last year I told myself, 'I've got to face my fears and

'THERE'S a trick called 'the fireman' where you just swing around. But you'd be amazed that something that looks so simple takes a lot of co-ordination and builds your muscles.'

I'd never done it and I was 50 at the time, but it was really cool. For the first 20 minutes we did yoga to stretch. Then we learned to walk around the pole gracefully and do some basic swings. There's a trick called 'the fireman' where you just swing around. But you'd be amazed that something that looks so simple takes a lot of co-ordination and builds your muscles. They played great music in the class and everybody was warm and friendly. It was almost like a sisterhood. Nobody was judgmental. It was just fun.

The whole time I was in the class I didn't think about my life, my man leaving, my house or my car being gone. It was like being away from everything. I felt invigorated. After that I was hooked.

A year later, when I learned to invert – which is when you jump on the pole and you're upside down – I was in awe of myself. I was getting my self-esteem back.

I started posting pictures and videos of me pole dancing, alongside inspirational messages, on Facebook. I wanted to empower people,



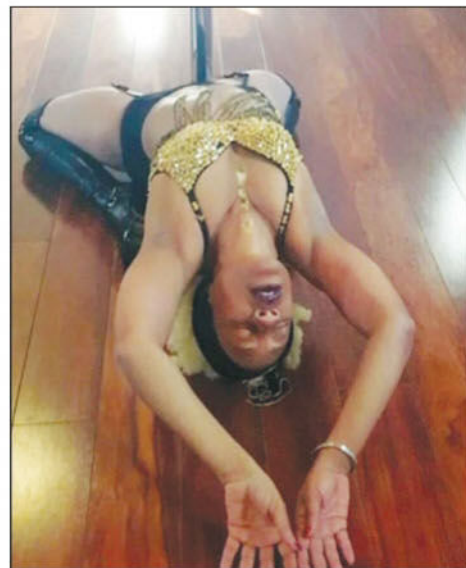
Makeda decided to embrace her granny status



address this'. I went on social media and tagged the people who had made fun of me. In one post, next to a picture of me way up in the air, I wrote: 'I would tell you to kiss my ass but you can't reach it'. At the end I typed: '#grannygotgame, #grannyonapole.' The haters tried to shame me for my

granny status, so I embraced the hashtag as an act of defiance and victory.

Now I plan to start teaching and doing pole dancing workshops. My classes will be targeted to older women. We need to reclaim our sexuality because the older we get the better it gets. We grow and we glow."



people

Has Heart

BY VANESSA PAPAS

EVERY week we bring you heartwarming stories of ordinary people dealing with extraordinary circumstances, and offer readers the chance to help them by paying it forward.

SAVING AFRICA'S PRIDE

THIS foundation tackles canned hunting, cub petting and owning big cats as pets.

IT was a story that blanketed the sunny African plains in darkness. The Sand River pride consisting of two lionesses and their five sub-adult male cubs were shot and killed after breaking out of a reserve. Their deaths sparked outrage and fury among guides, animal activists and tourists alike, and catapulted a Foundation into action with the goal to prevent a tragedy like this from ever happening again.

“Not very often do the Sand River Pride leave my mind, they were one of the reasons I started campaigning and fighting for wild lions all those years ago,” says Drew Abrahamson of Captured In Africa Foundation (CIAF), which works hard to dispel the myth that wild lions benefit from the captive lion industry, thus making the captive industry a conservation tool which can release captive lions to restock reserves. The captive industry in South Africa has one gain which is to make as much money as possible. “There are so many pictures that float around social media of lions that have been hunted, like the Sand River Pride, who were resident in the Western Sector Sabi Sands. I watched the cubs grow up before my eyes turning into the most gorgeous males you have ever seen, with distinct facial features. At the age of around two their lives were cut short by the bullets of hunters, chased by tracker dogs until they could not go any further. One of the sub-adults was shot in the back of the head while trying to get back under the fence to the safety of the reserve! What so many people don’t understand is that lions are Africa’s apex predator, they are one of the main controllers of the eco system and if they are not around there will be unbalance of epic proportions.”

Drew says the lion numbers in Africa are said to be between 15 000 to 20 000 and of that, roughly only 2 500 are males. “Considering that the males are predominantly what the trophy hunters are after, you can clearly see that this is not sustainable. We need to start making a concerted effort to protect our wild lions. They are under immense pressure from human encroachment, poisoning due to retaliatory killing of livestock, and so on. If we want to carry on seeing healthy Lion numbers throughout Africa, the most important thing is to protect our wild spaces, if these are gone...so are our lions and life as we

know it!”

In countries such as South Africa, Zimbabwe, Botswana, Zambia, Egypt and the Middle-East, there is huge exploitation of what some refer to as Africa’s ‘natural resources’ and where these resources are under threat or have been exploited, Captured In Africa Foundation hope to protect and in many cases rescue and/or relocate to safeguard their future.

“South Africa in particular is a hub for lion breeding and exploitation – times arise when lions and other big cats require intervention,” says Drew. “This intervention can either be a rescue of an exploited big cat from breeders or private owners, or a relocation of a big cat from one wild area to another. Lions, leopards and cheetahs have all fallen victim to this conflict, whether near villages or farms, local people and farmers must understandably protect their interests. However, we believe working in harmony with wildlife is critical in today’s environment when we can ill-afford to lose any more iconic species – with this philosophy, we are able to mitigate and/or arrange interventions in such circumstances where there may be a ‘problem animal’ such as a big cat attacking livestock, or a cat having escaped a reserve boundary fence. Having a broader view to these ‘problem animals’ means we can deal with situations effectively, keeping the animal alive and showing that these species are not necessarily a ‘problem’.

Drew adds that managed wildlife reserves are also under huge strain to ethically and responsibly control wildlife numbers. Culling lions in particular is sadly still a necessity and reality. In order for these reserves to correctly maintain such numbers, an outlet needs to be found to avoid the unnecessary killing of what are generally healthy animals. The Captured In Africa Foundation works hand-in-hand with these reserves and wildlife management, along with government authorities and seeks to facilitate relocations to other reserves where the animals can continue living in a wild environment – thus avoiding a reserves’ need to cull.

The Foundation also tackles the issue of cubs bred for canned hunting. In South Africa there are currently about 8 000 lions in captivity, bred on mass for the cub petting industry, walking with lion



A member of The Sand River pride



Hunters show off their 'trophies'



experiences and canned hunting. "Canned Hunting is a commercial industry to which the Captured In Africa Foundation team advocate for a ban.

It is this industry which has seen an increase in a need for genuine sanctuary homes for lions.

Lion cubs hold a particular fascination for tourists and volunteers, who pay good money to pet, play, walk and care for them under the assumption that it is part of conservation efforts for lions or other big cats. In fact, what tourists and volunteers are really doing is taming these lions ready for a trophy collector in what is known as a captive lion hunt, aka canned hunting.

Captured In Africa Foundation advise against all petting and walking with lion, tiger or cheetah experiences available to tourists and volunteers"

Another concern the Foundation tackles is the private ownership of big cats, which has for decades and continues to be a worldwide issue.

"Owning an exotic animal has for far too long

been seen as a status symbol, or personal possession to enjoy and often keep as a 'pet'. In the USA for example, there are great efforts to bring new laws

banning the ownership of exotic animals such as big cats. Middle

Eastern countries such as

Egypt and the United Arab Emirates have long been

keen importers and

breeders of cheetahs,

lions and tigers,

although thankfully

the UAE has now

put a ban in place

restricting private

ownership and we

sincerely hope the

rest of the world

stand up, take notice

and follow suite. With

a lack of animal welfare

laws in such countries, there

is a hastened need for better

education and protection for big

cats in these countries.



Drew has dedicated her life to educating people on the importance of preserving our lions

Captured In Africa Foundation have also seen a worrying trend of private lodges and nature reserves buying (or loaning from lion breeders) one or two lions, that they will then use and exploit for tourist activities as cub petting and walking with lions experiences... all of which goes to feed the 'farming' industry of these species."

Pay It Forward

IF you'd like to help save the African lion, readers are urgent to not partake in irresponsible tourism and only visit areas who look after their wildlife and work with communities, and refuse to support facilities offering interactions with captive lions, tigers, cheetahs, elephants (cub petting, lion walks, elephant rides etc). Captured In Africa Foundation are developing an amazing educational programme, enabling teachers, education officers and parents to invite Captured In Africa Foundation along for their team to speak to children and adults.

For more information e-mail: foundation@capturedinafrica.co.za.



Drew examining an injured lion

Dear people

Hi everybody! Send only one pic to dearpeople@caxton.co.za with your name and a caption, and put the photo category in the subject line.



Cousins kinda love – Onthatile and Boipelo Molokomme during Grandpa's unveiling at Pankop.

Jacqueline Molokomme



Lisa, my daughter! Daddy loves you!

Mlamuli



My blue-eyed girls, Draven and Chocolate Russell.

Karen Russell

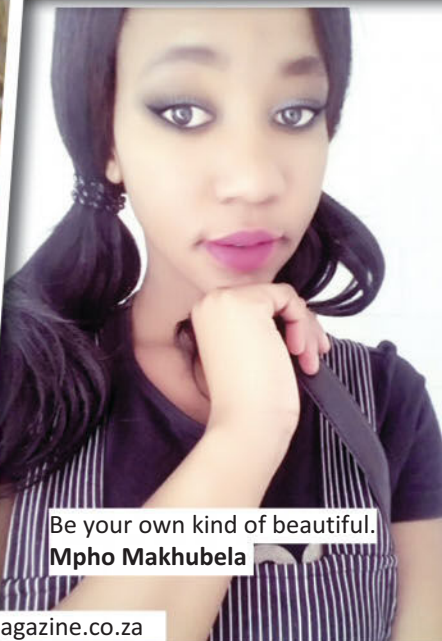
Heino van der Merwe, I love you so much. XOXO.

Marizaan



At Paulette Kekana's traditional wedding – it was nice.

Bervely



Be your own kind of beautiful.

Mpho Makhubela



Me and my beautiful son, Jaden.

Sammy Ngwenya



Me and my favourite pet in the whole world. Love you lots.

Hayden Bailey

READY TO MINGLE

“WASN'T really impressed with any of the guys' profile pics. 'I bet you're so glad you're not single anymore', I told my best friend Carly. 'Definitely!' she said, beaming. She'd just started dating a new guy. We were enjoying a Thursday night in and I was scrolling through the dating app Tinder, looking for potential suitors. When she went home, I continued sipping on wine and checking out the site. I just wanted company and someone to have fun with. Then a profile picture stopped me in my tracks. Tall, decent looking and a friendly smile – just my type. Mike, 33, lived just 10km away and said he was single and ready to mingle. He'd mentioned in his profile he loved going to the gym. So I racked my brain for a cheeky message to send him. 'I'd love to work up a sweat with you', I typed, grinning. He replied almost immediately. 'Name a time and place and we can make that happen', he said.

'THE one-night stand was great... Until I found out who he was.' – Meagan, 32

We exchanged a few more flirty messages before I offered to cook him dinner at my place that Saturday night. 'Can't wait', he said. Although Tinder was more about hooking up than finding a soul mate, I still wanted to impress. So before he arrived, I prepared a lovely pasta dish. I was so nervous when he knocked on the door. 'You're even better looking in person', he said, grinning.

What a charmer! We shared a bottle of red and chatted over dinner. As soon as we put down our cutlery, he leaned over and kissed me passionately. 'You haven't shown me your bedroom yet', he said. Feeling confident, I grabbed his hand and led him into my room. We had sex for hours. It was incredible! As he was getting dressed, I wanted to avoid any awkward conversations. 'This was great – maybe we'll see each other again one day', I said. He looked instantly relieved. 'Yeah, maybe', he said. He planted a kiss on my cheek, said goodbye and left. I felt rather naughty. I'd never had an organised one-night stand like that. I was sure I'd never see him again, so our night of passion could stay our little sexy secret. I didn't even tell Carly. A few days later, she invited me to join her and her new man for brunch. I arrived at the café first and browsed the menu. When I peered up and saw Carly walking towards me hand in hand with her new beau, I almost fell off my chair. It was Mike! My secret one-night-stand Mike! He was pale as a ghost as Carly introduced us. 'Nice to meet you', I said, forcing a smile. I tried to be as cool and calm and possible, but inside I wasn't just feeling guilty, I was also cross. How could he cheat on my best friend? With me? When Carly had to go to the bathroom, I jumped at the chance to say something. 'You're a pig... But you seem to make her happy. She can never know, but delete your Tinder account immediately', I demanded. He nodded sheepishly. When we finished our meal, I didn't stick around. I made my excuses and told Carly I had to rush off. Later on that night, I jumped on Tinder to check. Luckily, Mike's profile was gone. I avoided them over the next few months until they thankfully broke up. I'll never be able to tell her the truth because it'd break her heart and cause issues between us. I'm just glad he's out of our lives."



Your True Confessions! WHEN was the last time you came clean and everyone heard?

C'MON – fess up! Everyone has their little secrets that they're hiding from the rest of the world. Admit it. Well, now we're giving you a chance to clear your conscience and confess – anonymously! We're offering to print your uncut secrets in our mag, and we'll pay you for it. E-mail your

confession to people@caxton.co.za (we promise to keep all your details hush hush). But for now, sit back and take in these offerings as some other readers share their guilt, problems and dirty secrets with you. Who knows – these stories might make you feel better about your own skeletons in the closet!

A BARGAIN WITH The Boss

“BURIED my head in my hands, unable to face the mountain of bills in front of me. My husband, Dave, 40, and I had been in financial trouble since I'd left work to have our daughter and he'd been made redundant. Luckily, he'd quickly managed to find another job at a factory.

But it paid much less than his previous one and we were struggling to pay our bond. 'I might have to ask my parents for a loan', I told Dave one day. Our daughter, Katia, was only a month old and I couldn't bear the thought of leaving her to go back to work.

'Wait!' he said, a faint glimmer of hope in his eyes. 'My boss mentioned yesterday that a new role has come up in their head office. They've probably got one of the more experienced workers in mind, but if I work hard enough, he might just consider me'.

'Hey, it's worth a shot!' I said, smiling. Over the next few weeks, I watched Dave work himself to the bone. When he mentioned a work night out to celebrate the end of the financial year, I figured it'd be a good chance for him to blow off some steam.

At the bar, the guys from the factory took turns buying rounds. When Dave was at the bar, his boss, Sam, turned to me. 'Dave never mentioned he had such a beautiful wife', he whispered in my ear. He was so close that I could smell the whiskey and stale cigarettes on his breath. 'Oh...thanks', I stammered. He was bald, overweight and in his 60s, but having only recently given birth, I couldn't help but feel flattered.

'Look, I know you and Dave are struggling', Sam said. 'Your husband shows a lot of promise, but the recruiters want to give the job to someone more senior'. I nodded slowly. 'I have a lot of influence here and I know I can sway things the other way', he said. 'There's just one thing I'd ask for in return...'

He traced his finger along my arm and looked me up and down like a juicy piece of steak. 'Think about it', Sam mouthed at me. In bed that night, I struggled with whether to tell Dave about Sam's offer. At first, I'd been furious about being objectified like some kind of prized trophy. But the more I thought about it, the more I considered actually doing it.

What was one night with Sam in return for a secure life for my family? The job paid so well it'd not only allow us to meet our bond repayments, but also put Katia into a great school.

I decided to put my dignity aside and fish Sam's number out of Dave's phone when he wasn't looking.

I organised to go over to Sam's place a few nights later, telling Dave that I was going out with my friend Sarah. I closed my eyes and imagined I was on a holiday as he failed around on top of me.

Sure enough, Dave came home from work one day beaming.

'I got the job!' he cried. Dave's been in the role for a year now and loves it. I know I did the right thing, but I'll never be able to tell him how he really got that promotion."

'IT was either cheat or hit the street' – Kelly, 39





Horoscope

BY WILLIAM SMITH

February 19 – March 20

PISCES

ARIES: Mar 21 – Apr 20

Your Week: This should be a round in which you accomplish your ends without having to try very hard – unsurprisingly since providence appears to be backing your efforts with an extra measure of good fortune. You can probably afford to take a risk.

Taken: With your love nature coming alive, you are ready and able to please your mate.

Single: This ambit is very well-trended for realising your amorous ambition and desire.

TAURUS: Apr 21 – May 20

Your Week: Improve your diet and take more exercise if you want to count on life being at its best for you. Brush up your knowledge on health products and nourishment – consult experts in those fields with a view to greatly enhancing your powers.

Taken: Refreshed mutual care and understanding can now be established. Love blossoms again.

Single: Aim for reconciliation if you have been emotionally adrift from the one you truly love.

GEMINI: May 21 – Jun 21

Your Week: If you think about it, you will realise just how important you really are and take great pride in doing your best enthusiastically for your loved ones. Your family circle needs your contribution – and fate will reward your endeavours.

Taken: Your love life should prove uncomplicated. Differences can easily be ironed out.

Single: This may well be a time in which you can rejuvenate the love you once shared.

CANCER: Jun 22 – 23 Jul

Your Week: Your capacity for concentration and hard work peaks at this point, and special endeavours should prove highly rewarding. This is also a significant term for reviving ideas that worked before as they are likely to enrich you yet again.

Taken: Togetherness promises to be easy going. Bolster it with loving words and little treats.

Single: You may not be looking for romance yet could encounter someone who is quite irresistible.

LEO: Jul 24 – Aug 23

Your Week: The changes that transpire in the course of this positive period are sure to give you a welcome uplift. Focus on aims and hopes that affect your future as timely moves in that direction may actually deliver more than you anticipate.

Taken: Cosy heart-to-heart exchanges with your mate could serve truly useful purposes.

Single: You can now pursue your heart's desire with real purpose and great expectations.

VIRGO: Aug 24 – Sep 22

Your Week: Among your splendid assets is the ability to create the sort of atmosphere and circumstances in which you can truly thrive. This will be yet another of those phases in which you are able to set up a lot of things for personal advantage.

Taken: Put it in order by taking timely and careful stock of your intimate relationship.

Single: Socialise assuming you are seeking a soul mate because love and luck now favour you.

LIBRA: Sep 23 – Oct 22

Your Week: A friendly phase and you must circulate in order to meet people who will have a stimulating effect on your mind and imagination. It is an encouraging cycle for taking up fresh interests, for utilising your abilities in brand-new ways.

Taken: Greater care and consideration from you should elicit warm and loving responses.

Single: You may plan and act confidently because your romantic prospects are looking good.

SCORPIO: Oct 23 – Nov 22

Your Week: Take the necessary action to improve your appearance. It is vitally important to upgrade your confidence and to make a good impression – and you can do no better than polish your image and attitude. The right outlook works wonders.

Taken: Concentrate on pleasing your sweetheart by saying and doing all the right things.

Single: Your buoyant demeanour will attract some eager admirers. You may be spoilt for choice.

SAGITTARIUS: Nov 23 – Dec 21

Your Week: Let your personality stand out now that you are so well-favoured to succeed in the worldly sense. In making a good impression you should get opportunities to progress in new and exciting ways. Do not squander your chances to move ahead.

Taken: Your imaginative responses, in the romantic context, are certain to be appreciated.

Single: Be sure to present your attractive side. You can make and get away with bold moves.

CAPRICORN: Dec 22 – Jan 20

Your Week: Keep your thinking very straightforward in order to make the right decisions and choices. You will thereby also be able to communicate well with people in all spheres of life, and acquit yourself admirably in interviews and meetings.

Taken: Set quality time aside to spend with your darling. Be upbeat and entertaining.

Single: This appears to be a very promising ambit for realising your amorous aspiration.

AQUARIUS: Jan 21 – Feb 19

Your Week: Your personal prestige should hit a high point during this round. People take to you and your aims, and things just seem to fall into place as regards your worldly aspirations. You are currently rich in charisma and resourcefulness.

Taken: The onus is on you to delight your true love with a special gesture of appreciation.

Single: A newcomer, who is both enchanting and attractive, could be just right for you.

PISCES: Feb 20 – Mar 20

Your Week: Your sensible handling of family affairs should endear you to those in need of advice and aid. Your sympathy and understanding sets the good example and will serve to strengthen domestic relationships. Put everything right step-by-step.

Taken: Love and togetherness move into the sublime sphere so relax and enjoy the hugs and kisses.

Single: If wholly heart-free, you could be on the brink of a really thrilling new heart-affair.





We're guessing Justin Bieber has both the pet store and his back-up dancer on speed-dial

CHECK out the latest gadgets the tech world has to offer.

Cool Stuff
BY LETITIA HEROLD

Vivofit JR Garmin

DESIGNED to motivate and encourage kids to stay on the move, the new Vivofit JR is comfortable, durable, waterproof and features one-year battery life. Kids can wear it all day long as it tracks steps, sleep and activity. It also includes helpful tools to motivate kids for parents, who can assign responsibilities and agreed-upon rewards for completed tasks.

R1599



R3 499

Powershot SX430 Canon

A GREAT accessory for families looking for a camera to capture special moments. The Powershot SX430 features a massive 45X zoom and shoots quality HD movies. It also connects easily to your devices and makes sharing your pics even easier.



R9 999

Ninebot miniPRO iStore

THE Ninebot miniPro is a spectacular robot that easily and automatically reads your movements to keep you balanced. Users can master the skills required to ride this robot in just three minutes. It can travel a total distance of 30km on a single charge. The foot control pad is ergonomically designed to provide a maximum curvature radius for your inner leg, making riding as natural as standing.



Tech News

Johannesburg Startup To Become Africa's First Smartphone Manufacturer

ONYX CONNECT is to become the first manufacturer of smartphones on the African continent. This privately owned company managed to raise a considerable amount of funds from investors and will begin the production of smartphones in the first quarter of 2017.

Tech News

School Children Receive Books Produced By Canon For Room To Read Charity

CANON has partnered with education charity Room To Read to create and deliver 3 300 books to 176 schools across South Africa – promoting reading and learning in an overall drive to boost literacy levels and education. Room To Read began when Canon wanted to eliminate waste from print samples produced at trade shows, using its integrated workflow software and printers to create books instead.



Apps We Love

Fancy Free Google Play

FANCY lets you discover and buy amazing things curated by the global community. Create your own wishlists and earn credit for sharing your collection with friends. You can also create a group gift, shop gift guides and send a Fancy gift card.



STOCKISTS: CANON: WWW.CANON.CO.ZA / ISTORE: WWW.MYISTORE.CO.ZA / GARMIN: WWW.GARMIN.CO.ZA

* PRICES checked at time of going to print and are subject to change.



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PEOPLE 33

A DEADLY OBSESSION

BY VANESSA PAPAS

EXPLICIT photos taken of his murder led police straight to Travis Alexander's lover.

EXPLICIT video selfies; a vengeful and jealous girlfriend; a brutal killing – the murder of Travis Alexander was one of the most bizarre crimes of passion the world had ever heard of.

On June 9, 2008, the naked body of 36-year-old Travis was found in the shower of his townhouse. He had been stabbed 29 times, his throat slit from ear to ear – nearly decapitating him – and a bullet lodged in the back of his head. His hands were scratched, showing signs of defensive wounds. He had lacerations on his back, limbs and torso. It was clear from his injuries that the final moments of Travis' life were horrific. His death was ruled a homicide and police began searching for clues that could lead them to Travis' killer.

His flat, which he shared with his girlfriend, Jodi Arias, was corner to corner covered in blood. It's believed the killer had dragged his body from room to room. There was blood in the sink, suggesting the killer washed their hands. A bloody palm print was located in

the bathroom hallway, and was later found to have a mixture of Jodi and Travis' DNA. Police found a digital camera at the scene, left on top of the washing machine. When investigators retrieved deleted photos they were shocked. Several photographs had been taken of Alexander in the shower alive, and posing for the camera.

The last photo showed the water turned crimson as the killer accidentally took a snapshot of his murder. They also seized Travis and Jodi's cellphones and recovered a series of sadomasochistic communications in the weeks leading up to Travis' murder. From the messages it appeared that Travis had tried to break up with Jodi

a few days before his body was found, but Jodi maintained they were still very much in love. Police discovered Travis had scheduled a trip to Cancun, Mexico, and had been due to leave the day after his death. He had also

missed an important conference call on the night of June 4, 2008. When a colleague was unable to reach him, they were concerned and went to his home to see if he was okay. When they entered, they noticed large pools of blood in the hallway leading to the master bathroom and Travis in the shower.

As with many violent murder investigations police were quick to focus on those closest to the victim. In the case of Travis, who worked as a motivational speaker and salesman, Jodi was the logical suspect. Jodi, a photographer by trade, finally admitted to police during questioning that on the night Travis Alexander was killed, they'd had sex. Jodi, who'd had a two-year-long lust/hate

relationship with Travis, admitted she'd taken pornographic photographs of the encounter, as well as photos of herself and Travis naked, but denied any involvement in his death. She claimed that armed robbers had broken into their home that evening and



Judge Sherry
Stephens

killed Travis. Her story, however, was riddled with holes. With a key piece of evidence in hand – the camera and the photographs as well as the bloody hand print – police believed they had a watertight case against the pretty young brunette. Evidence continued to pile up when police discovered that Jodi's grandparents had had a break-in and a gun stolen, the bullets of which matched the bullet found in the back of Travis' skull. Jodi was arrested and the State sought the death penalty. She pled not guilty. The trial was postponed several times. During the proceedings, Jodi testified that her relationship with Travis became increasingly physically and emotionally abusive and that he'd attacked her on the night of his death. She said she killed him in self-defence. It wasn't until some five years later that Jodi was finally convicted of first-degree murder. Jodi will spend life in prison, not because of a jury sentence, but because a jury could not reach a unanimous verdict on whether to sentence her to death.

Last year, Jodi announced she had found love behind bars and was planning on getting married in prison and one day having children. The now 35-year-old is believed to have met her man on Skype. His identity has not been made public. While a lavish wedding is not permitted in prison, Jodi would be allowed to wed. Many, however, have said that she has 'no plans' on actually going ahead with the marriage and is only using her suitor to help her get out of prison.

Travis' ex-girlfriend
Lisa Daidone testifies in
court



Evidence
photos
of Travis
Alexander's
murder



Jodi Arias in
court



State
attorney
Juan
Martinez



Defense
attorney Kirk
Nummy

DRIVER AT THE WHEEL

Who Is Deni Brown?

BY DENI BROWN AND ROBERT CLUNIE

WE get to know creator of Mama Taxi a little better.

DENI BROWN has always dabbled in writing during a career as a professional musician travelling the country. A cartoon around a cat (called Purrs For Thought) was soon born. A book was self-published and the strip featured in a local paper. Then around 12 years ago, the idea struck to write something typically South African...

Because what's more typical and topical than a taxi driver? "I decided to step out of the box and make it a female driver. The title, Mama Taxi, and the characters' names, Mavis and Zandi, came to me in the bath, where the best ideas usually appear."

But she soon realised that an illustrator was needed. "Woe is me," she jokingly says. "I cannot draw." An ad in a local paper never made it to print, but a call to the editor soon granted her an audience with Gavin Thomson, who did a weekly editorial cartoon for them.

"I met Gavin at an outdoor café in sunny Kalk Bay. I showed him my ideas for Mama Taxi as well as two others. Well, he chose the taxi of course and said he would draw up a few ideas. He sent me some examples. His illustrations were fabulous."

They compiled a half a dozen cartoons and sent them out to various publications. "I was very naïve about marketing and the publishing industry in general," Deni says. They received no response at first, but soon an e-mail came through from one of the biggest newspapers in the country.

"We were excited, especially as they flew us from Cape Town to Joburg for a board meeting to discuss a contract. However, it was a contract we couldn't agree to as we'd have to sign away all our rights. Plus, they wanted to change the name! It was the scariest 'no' I've ever had to say!"

But Deni persevered with newspaper editors and soon struck gold with *The Citizen*. They agreed to publish the comic strip five days a week – so she'd have to come up with funny gags in the world of taxis and traffic every day! "I didn't think I could do it, but here I am, still at it after about 4 500 strips," Deni exclaims. The gags are

not just about the road and taxi drivers; they touch on topical events, items in the news, everyday things that people can relate to and hopefully smile about.

Mama Taxi eventually expanded to other newspapers – and, of course, to **people** Magazine – and is now celebrating its 11th print year. This is an amazing achievement for a South African strip – second only to Madam & Eve. They've had corporate work done

'I DIDN'T think I could do it, but here I am, still at it after about 4 500 strips.'



too and feature regularly in school text books and exams.

A strong character in the strip is Frikkie the traffic cop. So strong in fact, he detoured into his very own strip last year, appearing on the motoring pages of independent newspapers. "It was another achievement for us to have a brand new cartoon published," says Deni. "Mama Taxi and I have something in common. We are both rarities – women trying to succeed in male-dominated industries: a taxi driver and a cartoonist. So far so good. These days, Gavin and I don't see much of each other as we work electronically, but of course we talk every day. I generally come up with ideas." Her ideas are doodled in storyboard form. They are

typed up and mailed to Gavin, who then goes through the process of drawing, inking and colouring. Following this he sends them back to do what they call a 'preview' – a spell-check, really. Gavin then adds the titles and sends a high resolution copy to the newspaper before the 17h00 deadline.

"My brain never switches off. Ideas come from all over: in conversation, via social media, snippets in newspapers... The best gags are those that happen in an instant. I keep pens and notebooks all over; in my home, my car and in my bag. There really aren't any holidays for the cartoonist's mind."

But what of her music? "I am still involved in music and I am part of a little group that jams once a week," Deni says. "We compose experimental music with an emphasis on electronica. I am fascinated by sonics. It's a far cry from the rock 'n roll bands I played in, but it's a very therapeutic."

She received a big surprise in 2014 when she was diagnosed with breast cancer. The following year was an extremely difficult one. One in which she almost lost her sense of humour. Deni had to endure chemotherapy and radiation treatment, and their side effects. "I don't know how I managed to continue, but I did, at times with a little help from a friend," she says. "I kept copious notes of every detail of my experience and at the end of it I put it all into a book. I called it *Keeping A Breast* (trying to find the funny side). It includes some illustrations done by cartoonist friends and is now available as an e-book on Amazon. The intention was to encourage women going through cancer treatment to remain positive and retain a sense of humour, which is what helped me – even if some of it was not funny at the time!"



Blake & Gwen: The Wedding's On Hold

COULD there be trouble in paradise for two of our favourite *The Voice* coaches? The couple, who bonded with each other on the set of the show after both went through very public divorces, fell for each other fast and have already started planning their wedding. But the wedding has reportedly been put on hold and it could mean bad news for the couple. "In public, they've been putting on happy faces," a source close to the couple says. "But behind the scenes, the tension between them has reached a boiling point. Shortly after the holidays, it got bad enough that Gwen was thinking of calling off the wedding entirely." What's even more awkward is the fact that it's the wedding that's been tearing them apart. "When all the details about

their big day leaked out last November," the friend says, "Gwen went ballistic." Another insider confirms: "She was instantly angry at Blake, because she was sure that there was no way the leak could have come from her side. In her view, the people around her are professionals, who've been properly managing her worldwide fame for decades." The couple seems to have major trust issues and it's destroying the bond they've built over the years, and and has asked ex Gavin Rossdale for advice. "Gwen's been reaching out to her ex-husband for support," the friend explains. "He was her best friend for so many years, and he's the father of her children, so she still leans on him. That can't be sitting too well with Blake – he's got a lot of pride."

Jemma And Chantelle's Hot Romance

AT first we just thought they became really good friends really quickly, but it seems there's actually a romance brewing between *Ex On The Beach* star Jemma Lucy and former *Geordie Shore* star Chantelle Connelly and after watching a few of Jemma's raunchy Snapchat and Instagram posts, the two seem to be very much a couple. The pair was spotted holding hands on a romantic date night and Chantelle even introduced Jemma to her mother on a wild night out, which then saw Jemma and Chantelle's mom locking lips for a cheeky Snapchat picture. She captioned the bizarre photo: "Introducing my girl to the mother." The two sparked romance rumours when they both appeared in an x-rated naked shoot last month. It is still unclear what the shoot was for, with many suggesting it was just a fun couple experience. Both girls have opened up about their bisexuality and have both dated men before. Chantelle left the hit TV show to get back together with then-boyfriend Tommy Sayers while Jemma has slept with *Geordie Shore* stars Gary Beadle, Scott Timlin and *Ex On The Beach* co-star Stephen Bear. However, the two look incredibly loved up and seem to be enjoying their new relationship. We must admit, they do look cute together.



Kourtney's Pregnant! But Who's The Dad?

SIGH. Is there ever a month that goes by without some major drama in the *Kardashian* household? Last week we printed photos of Scott Disick cosying up to a mystery blond while on vacation just days after it seemed he and Kourtney Kardashian were making amends, and now Kourt is reportedly preggers – but isn't sure who the father is. While Kourtney and Scott have been seeing a lot more of each other lately, she has had a fling with young model Younes Bendjima. "Those close to her think Younes is the father," says the source. "She finds his model looks and charming personality irresistible." The two met at Paris Fashion Week back in October last year and hit it off. However, Kourtney is still in love with Scott – despite the way he treats her and her kids. A source also says she has slipped back into bed with him a few times and he 'could easily be the father'. Kourtney and Scott started getting close back in November last year but by December his behaviour started to unravel again. "He tries to be on his best behaviour for months and then will slip up and disappear," says an insider. "Kourtney thinks his actions are unfair to her and their children so she continues to date around." Despite this, Kourt is reportedly excited to expand her brood. They are the light of her life and she can't wait to bring a fourth child into the world.



ON THE BOX THIS WEEK

My Kitchen Rules, Weekdays At 18h30 On M-Net

THERE'S a hot new culinary reality show on our screens this week. In *My Kitchen Rules*, celebrity chefs Pete Evans and Manu Feildel go around America as they search for homes in which they can transform into 'instant restaurants'.



The Search: E! Host South Africa, Wednesdays At 20h55 On E! Entertainment

WE meet the eight contestants chosen to compete for a job of a lifetime – being the official E! host for South Africa. In a reality TV-style show, the contestants live together and compete against one another as they hope to win their dream job.



So You Think You Can Dance, Saturdays At 19h30 On Vuzu Amp

IT'S been another gruelling season of *So You Think You Can Dance*, and this week we finally crown the winner of the show's 13th season. Who do you think will walk away with the title of this season's champion?



FAST N' LOUD

February 23 – March 1

Fast N' Loud

MOTOR mastermind **Richard Rawlings** and mechanical prodigy **Aaron Kaufman** search the furthest corners of Texas for derelict classic cars to buy and restore. *Catch Fast N' Loud, Tuesdays at 17h15 on Discovery.*



TOP 10 DStv PICKS

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

THIS WEEK'S FAB 5

people searches the entertainment world to bring you the hottest highlights of the week.



Jason Bourne

YEARS after Jason Bourne (**Matt Damon**) learned the truth about his past and endeavoured to stop those who lied to him, Nicolette Parsons (**Julia Stiles**) approaches him with new secrets and lies. Bringing two of the CIA's most successful and horrific black ops programmes, code-named 'Operation Treadstone' and 'Operation Blackbriar', into the light of day has only made the world slightly safer. Other black ops missions are still taking place. Jason Bourne must come out of hiding and do the job he volunteered to do before it is too late. *Jason Bourne is available from DVD retailers nationwide.*

Fist Fight

THIS loose remake of the 1987 teen comedy *Three O'Clock High* brings together an unlikely duo, **Ice Cube** and **Charlie Day**, who both star as high school teachers prepared to solve their differences the hard way. On the last day of the year, mild-mannered high school English teacher Andy Campbell (**Day**) is trying his best to keep it together amidst senior pranks, a dysfunctional administration and budget cuts. But things go from bad to worse when he accidentally crosses his much tougher and deeply feared colleague, Ron Strickland (**Ice Cube**). *Fist Fight releases February 24, 2017.*





Doctor Who?

PETER CAPALDI and Jenna Coleman return as The Doctor and Clara for the ninth season of the global hit sci-fi series. *Catch Doctor Who, Saturdays at 18h00 on BBC First.*



Gotham

GET lost in the dark gritty streets of Gotham City in the days before Bruce Wayne became Batman; when commissioner Gordon was the city's major figure of law and order. *Catch Gotham, Fridays at 19h00 on M-Net Edge.*

GoodLuck's The Open Sea

FOLLOWING the release of their new single *The Open Sea*, GoodLuck has released summery new visuals for the smash hit. *The Open Sea*, a collaboration between GoodLuck and German duo Younotus, is the fourth single from GoodLuck's critically acclaimed third album, *The Nature Within* released in October 2016. Shot in the Maldives, the *Open Sea* music video features GoodLuck vocalist Juliet Harding basking in the sublime beauty of the Maldives along with epic shots of the landscape and the ocean – the perfect accompaniment to the perfect summer track. *Check out the video on YouTube.*



Married At First Sight South Africa

COMING in February is the second locally-commissioned series for Lifetime in Africa, *Married At First Sight South Africa*. The programme follows singles who have failed to find love and have decided to put their hearts in the hands of a team of experts. This team selects their (in theory) perfect partner, and the couples then meet for the first time – at the altar! After the wedding and honeymoon, the married couples move in together and start their new lives. From the first kiss to the first tears, cameras document every moment as experts analyse the relationships. Six weeks of marriage later, the couples have to make a decision: will they stay together or file for divorce? *Catch Married At First Sight South Africa, Fridays at 20h50 on Lifetime.*



Hidden Figures

STARRING *Empire's* Taraji P. Henson, as well as Octavia Spencer and Janelle Monáe, this movie has already scooped the award for Outstanding Performance By A Cast In A Motion Picture at the recent SAG Awards, and is based on the unbelievable true life stories of a group of African-American female mathematicians – Katherine G. Johnson, Dorothy Vaughan and Mary Jackson – who served as the brains behind one of the greatest operations in US history. We follow these women as they quickly rise in the ranks of NASA alongside many of history's greatest minds specifically tasked with calculating the momentous launch of astronaut John Glenn into orbit, and guaranteeing his safe return. *Hidden Figures releases February 24, 2017.*



Switched At Birth

AN acclaimed family drama about two teenage girls who discover they were switched at birth. *Catch Switched At Birth, Thursdays at 20h30 on Vuzu.*

The Real

HOSTED by Loni Love, Tamera Mowry, Jeannie Mai and Adrienne Bailon, this entertaining talk show covers all sorts of topics. You don't want to miss it! *Catch The Real, weekdays at 17h45 on BET.*

Legends

MARTIN ODUM is an undercover FBI agent who changes himself into a different person for each case. *Catch Legends, Thursdays at 20h30 on Fox.*

Love And Hip Hop

THIS show centres on the loyal women behind the giants of hip hop, who are now rocking the spotlight. *Catch Love And Hip Hop, Fridays at 19h00 on Vuzu Amp.*

Ex Isle

FIVE former couples travel to a remote island to work together to find closure in order to build new, healthy relationships, with the help of a professional. *Catch Ex Isle, Wednesdays at 21h30 on Vuzu.*

Judge Rinder

CRIMINAL barrister Robert Rinder rules on real life cases in the studio courtroom. *Catch Judge Rinder, Tuesdays at 17h30 on ITV Choice*

How It's Made

MORE everyday items are put under the microscope as we discover how things are made. *Catch How It's Made, Tuesdays at 17h40 on Discovery Family.*

Seen On Set



YOUR backstage pass to the best movie and TV sets.

PEACE... OFF!

SO, we're guessing *How To Win Friends And Influence People* probably isn't going to be found on **Thuli Thabethe's** book shelf; but perhaps we should give her the benefit of the doubt this time and assume she momentarily forgot which way the peace sign is supposed to face. *Although*, looking at that cheeky smile, we're not too sure... She and the rest of the Ngwenya gang

– **Abdul Khoza, Linda Mtoba, Menzi Ngubane** – were spotted on the set of their soapie *Isibaya*, and we just hope **Thuli** doesn't give that friendly salute to the rest of the crew!

FUN FACT

ABDUL is related to *The Queen* actor **Stembiso Khoza**.



FUN FACT

IN 2012 **Thuso Mbedu** attended the Stella Adler Studio of Acting in New York City

EASY NOW, IT'S JUST A SELFIE

WE haven't seen someone this keen to take a selfie since our picture editor! Of course, we're referring to **Thuso Mbedu**, the lovely lady on the left. The man on the right, **Siyabonga Radebe**, doesn't seem quite as excited, though **Thuso** is certainly making up for it. The two had this taken behind the scenes of the soapie *Saints And Sinners*, where they play cousins Boni and Phakamani.

ER... WE'LL PASS ON DINNER, THANKS

WE can't help but feel we're interrupting something here... And there's a certain pearl of wisdom that's rolling around at the back of our minds – though we can't quite put our finger on it. Something about not doing a certain action where you usually do a certain other action... In any case, we spotted the excentric **Warren Masemola** from *Ses'Top La* in the middle of, um, something, and we think it's in everyone's best interests if we just left him to it. Yeah.

FUN FACT

WARREN'S favourite programmes include *Weeds*, *Shameless*, *Modern Family* and *Breaking Bad*.



CELEBS HAVING THEIR SAY ON TWITTER...



You Said WHAT?

"Stop compromising. Compromise is the key ingredient for complaints. Settle for what you deserve." – **Amanda du-Pont**

"Know your opponent and you will never lose, know yourself and you will always win." – **Lalla Hirayama**

"2017 is not a game. Some serious mkhaba must fall, tuck in, booty out, strike a pose. Don't be fooled. Camera Angle." – **Natasha Thahane**

Off The Record With...

BY EL BROIDE

WE chat to musicians making waves in the music scene!

Mango Groove's CLAIRE JOHNSON



THEY'RE one of the most formidable names in South African music. They burst onto the scene over 30 years ago and made a huge impact with their music.

Now, Mango Groove are back with their first new album in seven years and lead singer **Claire Johnston** opens up about the record, their hiatus and the future.

***Faces To The Sun* is your first album in seven years and South Africa has missed Mango Groove. What took so long?**

Life, I guess, got in the way, to some extent. On a personal note, **John** (founding member of Mango Groove) and I separated and subsequently divorced, and in the same year my mom passed away. It was a very hectic time but all of those events fed into the *Faces* album and, I believe, gave it more emotional depth. I also like to think we've made up for it as *Faces To The Sun* is a double album!

You said that the album started as a solo project for you and evolved into a Mango Groove project. Talk to us a bit about the songwriting process.

You're quite right! *Faces To The Sun* began as a solo concept album almost five years ago titled *Sing The Beloved Country*. The idea was for me to pay tribute to some of my favourite South African songs. **John** and I soon realised that it would make for a very interesting Mango Groove project. Once we were close to completion, **John** was so inspired that he found himself writing new material and the idea of the double album was born. The first CD is the tribute album and the second the new material.

You've worked with some incredible artists on powerful renditions of some of Mzansi's most-loved songs. How did that idea come together?

We thought that it would be both appropriate and exciting to involve some of our SA music heroes as this would add so much to the initial concept, which was all about celebrating and honouring our country's musical legacy. We

were super lucky that we got our wish list of collaborators, all of whom understood and liked what we were doing. It was a joy and honour working with them – Freshlyground's **Zolani Mahola**, **Juanita du Plessis**, **Kurt Darren**, **Vusi Mahlasela**, **Rebecca Malope** to name a few.

***From The Get Go* has been met with a positive response. Why do you think this was the perfect lead and comeback single for Mango Groove?**

I think *From The Get Go* was a good choice as it's very much the Mango Groove sound, which, after a seven-year break, is important to re-establish. It's also a fun summer tune which makes people smile. We really are happy that it's been so well received. The first time you perform a new song on stage you are genuinely anxious that people will simply stare blankly at you waiting for one they know and love.

You've been performing at festivals and shows around the country. How does it feel watching thousands of people who have been affected by your music?

It remains a thrill after all these years. What's been especially surprising and humbling has been the extent to which we have a whole new audience in people who weren't even born when our first album came out in 1989.

You have a song in memory of Nelson Mandela on the new album. How did *The Road* come about?

The Road was written around the time of Madiba's death. When *Faces To The Sun* morphed into a double album, it just felt right to add the track to the collection.

Mango Groove celebrates 31 years in the music industry this year. What is your secret to success?

To a large extent it's support from the public that keeps us inspired and confident to keep going. We're so glad that after all these years we are still making music that inspires people.

What does the rest of 2017 hold for the group?

Lots of live shows. We are hoping to get to as many parts of our beautiful country as possible, as well as some international travel.

Grammy Nominees 2017 Various Artists

★★★★★

THE Grammy Awards have come and gone, and every year the world's biggest music award show releases a compilation of the world's biggest hits on one album. Featuring songs from some of the biggest names in music (who are nominated for a Grammy Award this year, of course), the album is the perfect way to reminisce about the songs of 2016. With music from **Beyoncé**, **Demi Lovato**, **Twenty One Pilots**, **Lukas Graham**, **Adele**, **Justin Bieber** and many more, this album features a collection of audio gems and is the perfect addition to anyone's music bank.

El's Favourite Track: *Twenty One Pilots – Stressed Out*



Oh My My OneRepublic

★★★

IT'S been three years since OneRepublic released an album – but they're back! They released the hit singles *Wherever I Go* and *Kids* last year, which became huge for the group, and now the band is out with their fourth studio album *Oh My My*. It must be said, though, this is a confusing album. OneRepublic did a whole lot of experimentation here and seem *too* obsessed with 'switching it up'; they've almost lost their identity. The album sounds more like an album of singles than a record with a theme and a story to tell, which is disappointing. However, the songs are written incredibly and *Oh My My* is produced beautifully. **Ryan Tedder** delivers another strong vocal performance and uses his ability in a number of ways but really shines when he puts his falsetto to full use. All in all though it seems as though the group is almost desperate to make an attempt at being relevant – something OneRepublic shouldn't ever worry about.

El's Favourite Track: *Wherever I Go*

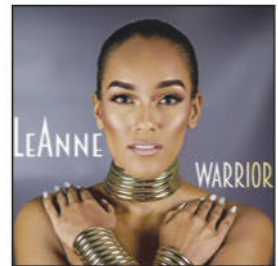


Warrior LeAnne Dlamini

★★★

AFTER what feels like forever, **LeAnne Dlamini** has brand new album, *Warrior*. R&B is a genre that hasn't been getting the attention it deserves on the local front. However, *Warrior* isn't an R&B record in the traditional sense. To appeal to a wider audience, **LeAnne** has blended hip-hop and afro-pop aspects into her music and managed to find a decent common ground between the genres. She also shows off all aspects of her vocal range – R&B requires an artist to use both their lower and upper register often and **LeAnne** does a great job showcasing her ability. She understands the strength and the weakness in her voice and almost always succeeds in ensuring her delivery is on point. Although not a perfect record, this a collection of tracks which really represent **LeAnne**. The production is great and the lyrical content is strong.

El's Favourite Track: *Je T'aime*



Before They Were Famous

BY MARK WASSERMAN

WE'RE bringing you some QI facts on Fry.

Stephen Fry

"I HAVE nothing to declare except my genius" – this, of course, from the greatness that was Oscar Wilde; true, if perhaps not overly modest. How fitting, then, that in 1997 the literary giant was played by a man whose own genius is as indisputable. Indeed, he has become such an icon not only in the world of film, but of television and radio as well as literature, that it wouldn't at all be surprising if, years from now, a film entitled *Fry* were released, educating future generations about the life of this man of many talents. In case you yourself are in need of such a lesson, we encourage you to read on...

* HIS full name is **Stephen John Fry**.

* HE is an English comedian, actor, writer, presenter and activist.

* **FRY** briefly attended Cawston Primary School in Cawston, Norfolk, before going on to Stouts Hill Preparatory School in Uley, Gloucestershire, at the age of seven, and then to Uppingham School, Rutland, where he joined Fircroft house, and was described as a 'near-asthmatic genius'.

* HE was expelled from Uppingham when he was 15 and subsequently from the Paston School.

* WHILE **Fry** was in Pucklechurch, his mother had cut out the crossword from every copy of *The Times* since he had been away, something which **Fry** said was 'a wonderful act of kindness'. **Fry** later stated that these crosswords were the only thing that got him through the ordeal.

* AFTER his troubled childhood and adolescence, **Fry** secured a place at Queens' College, Cambridge, where he studied English literature.

* WHILE at university, he became involved with the Cambridge Footlights, where he met his long-time collaborator **Hugh Laurie**. As half of the comic double act **Fry And Laurie**, he co-wrote and co-starred in *A Bit Of Fry & Laurie*.

* **FRY'S** acting roles include a Golden Globe Award-nominated lead performance in the film *Wilde*, Melchett in the BBC television series *Blackadder*, the title character in the television series *Kingdom*, and a recurring guest role as Dr Gordon Wyatt on the crime series *Bones*.

* HE has also written and presented several documentary series, including the Emmy Award-winning *Stephen Fry: The Secret Life Of The Manic Depressive*, which saw him explore his bipolar disorder, and the travel series *Stephen Fry In America*.

* HE is also the long-time host of the BBC television quiz show *QI*.

* BESIDES working in television, **Fry** has contributed columns and articles for newspapers and magazines.

* SINCE the publication of his first novel, *The Liar* (1991), **Fry** has written three further novels, several non-fiction works and three volumes of autobiography. *Making History* (1997) is partly set in an alternative universe in which Adolf Hitler's father is made infertile and his

replacement proves a rather more effective Führer. The book won the Sidewise Award for Alternate History.

* **FRY'S** career in television began with the 1982 broadcasting of *The Cellar Tapes*, the 1981 Cambridge Footlights revue which was written by **Fry**, **Hugh Laurie**, **Emma Thompson** and **Tony Slattery**. The revue caught the attention of Granada Television, who, keen to replicate the success of the BBC's *Not The Nine O'clock News*, hired **Fry**, **Laurie** and **Thompson** to star alongside **Ben Elton** in *There's Nothing To Worry About!*.

* **FRY** has appeared in a number of BBC adaptations of plays and books, including a 1992 adaptation of the Simon Gray play *The Common Pursuit* (he had previously appeared in the West End stage production); a 1998 Malcolm Bradbury adaptation of the Mark Tavener novel *In The Red*, taking the part of the Controller of BBC Radio 2; and in 2000 in the role of Professor Bellgrove in the BBC serial *Gormenghast*, which was adapted from the first two novels of Mervyn Peake's *Gormenghast* trilogy.

* HE made his film debut in the 1985 film *The Good Father*.

* **FRY** then had a brief appearance in *A Fish Called Wanda*, and then appeared as the eponymous Peter in **Kenneth Branagh's** *Peter's Friends* in 1992.

* BETWEEN 1990 and 1993, **Fry** starred as Jeeves (alongside **Hugh Laurie's** Bertie Wooster) in *Jeeves And Wooster*, 23 hour-long adaptations of P.G. Wodehouse's novels and short stories.

* IN 2001, he began hosting the BAFTA Film Awards, a role from which he stepped down from in 2006.

* LATER in 2001, he wrote the English libretto and dialogue for **Kenneth Branagh's** film adaptation of *The Magic Flute*.

* TOWARDS the end of 2003, **Fry** starred alongside **John Bird** in the television adaptation of *Absolute Power*, previously a radio series on BBC Radio 4.

* THAT same year, **Fry** made his directorial debut with *Bright Young Things*, adapted by him from Evelyn Waugh's *Vile Bodies*.

* **FRY** narrates the first two seasons of the English-language version of the Spanish children's animated series *Pocoyo*.

* HE appeared in the genealogy series *Who Do You Think You Are?*, tracing his maternal family tree to investigate his Jewish ancestry.

* IN 2007, he presented a documentary on the subject of HIV and Aids, *HIV And Me*.

* IN January 2016 it was announced that **Fry** would be appearing as the character 'Cuddly Dick' in Series Three of the Sky One family comedy *Yonderland*.

* **FRY** continues to make regular film appearances, notably in treatments of literary cult classics. He portrayed Maurice Woodruff in *The Life And Death Of Peter Sellers*, served as narrator in the 2005 film version of *The Hitchhiker's Guide To The Galaxy*, and in 2005 appeared in both *A Cock And Bull Story*, based on *The Life And Opinions Of Tristram Shandy, Gentleman*, and *V For Vendetta*, as a non-conforming TV presenter who challenges the fascist state.

* **FRY** also starred in the **Tim Burton** version of *Alice In Wonderland*, as the voice of the Cheshire Cat.

* **FRY** is also known for his voice-overs, reading all seven of the *Harry Potter* novels for the UK audiobook recordings, narrating the *LittleBigPlanet* and *Birds Of Steel* series of video games, as well as an animated series of explanations of the laws of cricket, and a series of animations about Humanism for the British Humanist Association.

* **FRY'S** distinctive voice has been featured in a number of other video games, including an appearance as Reaver, an amoral supporting character in Lionhead Studios games *Fable II* and *Fable III*, and as the narrator of Sackboy's story in the



crossover fighting game PlayStation *All-Stars Battle Royale*.

* **FRY'S** use of the word 'luvvie' (spelled 'lovie' by **Fry**) in *The Guardian* on April 2 1988 is given by the Oxford English Dictionary as the earliest recorded use of the word as a humorous synonym for 'actor'.

* HE is on cordial terms with **Prince Charles** through his work with the prince's Trust.

He attended the prince's wedding to Camilla Parker Bowles in 2005.

* REGARDING football, he is a supporter of Norwich City, and is a regular visitor to Carrow Road.

Fry as Oscar Wilde in the 1997 biopic *Wilde*



Fry with his long-time collaborator Hugh Laurie



Stephen Fry at the launch of his book *Making History*



Fry in a 1990s beer advertisement

'IT is a cliché that most cliché are true, but then like most cliché, that cliché is untrue.' – Stephen Fry



Stars John Sessions, Clive Anderson and Stephen Fry at the BBC Paris Radio Theatre for the radio version of *Whose Line Is It Anyway?*

SCHEDULES M-Net

February 23 – March 1

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
07:00 Modern Family	07:00 Great Indoors	06:00 Dear Eleanor	07:00 The Ellen	07:00 The Goldbergs	07:00 Modern Family	07:00 The Big Bang
07:30 Chicago PD	07:30 Blue Bloods	08:00 Series TBA	DeGeneres Show	07:30 Suits	07:30 TBA	Theory
08:30 Chicago Fire	08:30 Carte Blanche	09:00 Series TBA	(Omnibus)	08:30 Lethal Weapon	08:30 Project Runway	07:30 TBA
09:30 Suffragette	09:30 Little Prince	10:00 Series TBA	11:05 Robodog	09:30 Love The Coopers	09:30 Junior	08:00 Mom
11:30 The Great Indoors	11:30 The Goldbergs	11:00 Series TBA	13:00 MacGyver	11:30 Mom	09:30 Hello My Name is Doris	08:30 Grey's Anatomy
13:00 TBA	13:00 TBA	12:00 Series TBA	14:00 Project Runway	13:00 TBA	11:30 Sarah Graham's	09:30 The Voice South
14:00 Chicago Med	14:00 Blacklist	13:00 Robodog	15:00 Project Runway	14:00 The Voice South	13:00 Food Safari	Africa
15:00 Blue Bloods	15:00 Suits	15:00 Chicago Med	16:00 Sarah Graham's	15:30 TBA	14:00 TBA	11:00 TBA
16:00 Modern Family	16:00 Lethal Weapon	16:00 Chicago Fire	Food Safari	16:00 Carte Blanche	15:00 Bull	11:30 Sarah Graham's
16:30 The Big Bang Theory	18:00 The Big Bang Theory	17:00 Chicago PD	17:00 TBA	18:00 Sarah Graham's	16:00 Too Young To Die	Food Safari
18:00 The Goldbergs	18:30 TBA	18:00 The Goldbergs	17:30 The Voice South	18:30 TBA	18:00 Mom	13:00 TBA
18:30 TBA	19:30 Project Runway	18:30 Mom	19:00 Carte Blanche	19:30 TBA	18:30 TBA	14:00 TBA
19:30 Lethal Weapon	20:30 MacGyver	19:00 The Great Indoors	20:05 London Has Fallen	22:30 Jarhead 3	19:30 Chicago Fire	15:00 Chicago PD
20:30 Suits	21:30 Bull	20:30 Project Runway	21:50 Entertainment Now	01:05 Loft	20:30 Chicago PD	16:00 Chicago Fire
21:30 Blindspot	22:30 Anomalisa	21:30 Lethal Weapon	22:20 Grey's Anatomy	03:05 My Big Fat Greek Wedding 3	21:30 Chicago Med	18:00 The Great Indoors
22:30 The Blacklist	01:00 Grey's Anatomy	22:30 The Other Side Of The Door	23:20 The Night Before	05:00 The Ellen	22:30 Madam Secretary	19:30 Modern Family
23:30 Gift Of Miracles	02:00 Home Invasion	00:10 The Lady In The Van	01:05 99 Homes	DeGeneres Show	23:35 Goosebumps	20:00 The Big Bang Theory
01:00 Entertainment Now	03:27 Little Savages	01:50 Finest Hour	02:55 Grandma		01:25 The 5th Wave	20:30 Blue Bloods
01:30 Entertainment Now	05:00 The Ellen	03:45 Zoalander 2	04:35 Jessica Darling's It List		03:25 Home Invasion	21:30 The Blacklist
02:00 Blindspot	DeGeneres Show	05:25 Adventure Club			05:00 The Ellen	22:30 Chicago Med
03:00 Barbershop: The Nextcut					DeGeneres Show	23:50 Hello, My Name is Doris
05:00 The Ellen DeGeneres Show						01:30 Bull
						02:45 The Danish Girl
						05:00 The Ellen DeGeneres Show

Top Pick This Week

Fun Fact

The Jungle Book

DIRECTOR Jonathan Levine revealed on Collider that all of the film's comedy was mostly improvised and the dramatic moments were stuck to as per the written script, which he admitted was more like an outline guide.



The Other Side of the Door

Synopsis

The Other Side Of The Door

AFTER her young son is tragically killed in an accident, a woman learns of a ritual that will bring him back to life to say goodbye, but when she disobeys a sacred warning, she upsets the balance between life and death.

SCHEDULES SABC 1

February 23 – March 1

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:30 Geleza Nathi	05:30 Geleza Nathi	05:00 Geleza Nathi	05:00 Geleza Nathi	05:00 Aum	05:00 Izwi La Bantu	05:00 Listen For A Moment
06:00 Kids News & Current Affairs	06:00 Kids News & Current Affairs	06:00 Imani – Divine Spark	06:00 Siyakholwa Bonisanani	05:02 Geleza Nathi	05:30 Geleza Nathi	05:30 Geleza Nathi
06:30 Dinfofro	06:30 Sports Buzz	06:30 Siyakholwa	07:00 Chugginton	06:00 Kids News & Current Affairs	06:00 Kids News & Current Affairs	06:00 Kids News & Current Affairs
07:00 YO.TV	07:00 YO.TV	07:00 The Lion Guard	07:15 Chugginton	06:30 Transformers	06:30 The Lion Guard	06:30 Matt Hatter Chronicles
07:30 Takalani Sesame	07:30 Takalani Sesame	07:30 Dinfofro	07:30 Dinfofro	07:00 YO.TV	07:00 YO.TV	07:00 YO.TV
08:00 The Bold And The Beautiful	08:00 The Bold And The Beautiful	08:00 YO.TV	08:00 YO.TV	07:30 Takalani Sesame	07:30 Takalani Sesame	07:30 Takalani Sesame
08:30 Isidingo	08:30 isidingo	09:00 Urban Music Experience	09:00 Gospel Music Show	08:00 The Bold And The Beautiful	08:00 The Bold And The Beautiful	08:00 The Bold And The Beautiful
09:00 Generations: The Legacy	09:00 Generations: The Legacy	10:00 Mzansi Insider	10:00 Mzansi Insider	08:30 Isidingo	08:30 isidingo	08:30 isidingo
09:30 Muvhango	09:30 Muvhango	11:00 Generations: The Legacy (Omnibus)	11:00 Come Again	09:00 Generations: The Legacy	09:00 Generations: The Legacy	09:00 Generations: The Legacy
10:00 Skeem Saam	10:00 Skeem Saam	13:30 Sports Magazine	11:30 Taste Makers	09:30 Muvhango	09:30 Muvhango	09:30 Muvhango
10:30 Sudi Snaysi	10:30 Sgudi Snaysi	14:00 Soccer 411	12:00 Uzalo (Omnibus)	10:00 Skeem Saam	10:00 Skeem Saam	10:00 Skeem Saam
11:00 Daily Theta	11:00 Big Up	15:00 Soccer Build-Up	14:30 Soccer Build-Up	10:30 Sgudi Snaysi	10:30 Sgudi Snaysi	10:30 Sgudi Snaysi
12:00 Sports	11:30 Throwback	15:30 Laduma	15:30 Laduma	11:00 Daily Theta	11:00 Daily Theta	11:00 Daily Theta
13:00 Lunchtime News	12:00 Thursday Imizwili	17:30 IKB – MMA 2017	18:00 Friends Like These	12:00 Yilungelo Lakho	12:00 Soccerzone	12:00 Soccerzone
13:30 YO.TV	13:00 Lunchtime News	18:30 MMA 2017 Red Carpet	19:00 News	13:00 Lunchtime News	13:00 Lunchtime News	13:00 Lunchtime News
14:00 Teenagers On A Mission	13:30 YO.TV	19:30 Xhosa/Zulu News	19:30 Ingozi	13:30 YO.TV	13:30 YO.TV	13:30 YO.TV
15:00 IKG	14:00 Nyan Nyan	20:00 2017 Metro FM Music Awards	20:00 Ngempela	14:00 Making Moves	14:00 Ispani	14:00 Ispani
15:30 YO.TV	14:30 Teenagers On A Mission	22:30 Raw Silk	21:00 Zaziwa	15:00 Degrassi	15:00 Degrassi	15:00 Degrassi
16:30 Factual Talk	15:00 IKB	00:00 Koze Kuse	23:00 Urban Music Experience	15:30 YO.TV	15:30 YO.TV	15:30 YO.TV
17:15 Journeys Of Inspiration	15:30 YO.TV		00:00 Koze Kuse	16:30 One Day Leaders	16:30 Factual Talk	16:30 Factual Talk
17:30 Ndebele/Siswati News	16:30 Factual Tak			17:28 Aum	17:28 Izwi La Bantu	17:28 Izwi La Bantu
18:00 Taste Makers	17:30 Ndebele/Siswati News			17:30 Ndebele/Siswati News	17:30 Ndebele/Siswati News	17:30 Ndebele/Siswati News
18:30 Skeem Saam	18:00 Fan Base			18:00 Now Or Never	18:00 Nyan Nyan	18:00 Mkapelo
19:00 Xhosa/Zulu News	18:30 Skeem Saam			18:30 Skeem Saam	18:30 Xhosa/Zulu News	18:30 Skeem Saam
19:30 Throwback	19:00 Xhosa/Zulu News			19:00 Xhosa/Zulu News	19:30 Selimathunzi	19:00 Xhosa/Zulu News
20:00 Thursday Generations: The Legacy	19:30 Live Amp			19:30 Ses'Top La	20:00 Generations: The Legacy	19:30 Ses'Top La
20:30 Uzalo	20:00 Generations: The Legacy			20:00 Generations: The Legacy	20:30 Uzalo	20:00 Generations: The Legacy
21:00 Thursday Live	20:30 Alcatraz			20:30 Soccerzone	21:00 Raw Silk	20:30 Uzalo
22:00 Yilungelo Lakho	22:00 Urban Music Experience			21:00 Soccerzone	22:00 My World	21:00 Khumbul'ekhaya
23:00 Factual Talk	23:00 Factual Talk			22:00 Factual Gold	23:00 Factual Talk	22:00 Sport
00:00 Koze Kuse	00:00 Koze Kuse			23:00 Factual Talk	00:00 Koze Kuse	23:00 ABSA Premiership: Highlands Park

Top Pick This Week



Ses'Top La

February 23 – March 1

SCHEDULES SABC 2

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Rivingo	05:00 Rivongo	05:30 Dijo Le Bophelo	06:30 iCarly	05:00 Rivoningo	05:00 Rivoningo	05:00 Rivoningo
05:30 Takalani Sesame	05:30 Takalani Sesame	06:00 Magical World	07:00 Morning Live	05:30 Takalani Sesame	05:30 Takalani Sesame	05:30 Takalani Sesame
05:57 Motheo	05:57 Motheo	06:30 Inside The	08:30 Jewish Magazine	05:57 Motheo	05:57 Motheo	05:57 Op Pad
06:00 Morning Live	06:00 Morning Live	07:00 Inside The	09:00 Issues Of Faith	06:00 Morning Live	06:00 Morning Live	06:00 Morning Live
09:00 Parliament	09:00 Parliament	07:30 Baobab Tree	10:00 BBC Songs Of	09:00 Parliament	09:00 Parliament	09:00 Parliament
09:30 Inside The	09:30 Inside The	08:30 Morning Live	10:00 Praise	09:30 Magical World	09:30 Inside The	09:30 Inside The
Baobab Tree	Baobab Tree	09:30 House Call	11:00 Each One Teach	09:30 Of Luna-Belle	10:00 Bathlolaadibona	10:00 Baobab
10:00 Abomzala	10:00 Skwizas	09:30 Game On	11:00 One	10:00 Go Isa Lesong	10:30 Talk SA	10:00 Hester Ester En
10:30 Each One Teach	10:30 Supernanny	10:00 Athletics South	11:30 Geure Van Die	10:30 In Debt	11:00 Hala Ha Monate	10:30 Bester
One	11:30 Red Cake Not	10:30 Africa	12:00 Into The	11:30 Science And	11:30 Global Warming	10:30 Kliphard
11:00 It's For Life	The Cooking	10:30 Swimming	12:00 Dragon's Lair	11:30 Spirituality	12:30 Mamello	11:00 Game On
11:30 Keeping Score	Show	11:00 Dtv	13:00 Beter Assie Bure	12:30 Mamello	13:00 7de Laan	11:30 Shoreline
12:00 Keeping Score	12:30 Mamello	11:30 Naruto	14:00 Soul'd Out	13:00 7de Laan	13:30 Uzalo	12:30 Mamello
12:30 Mamello	13:00 Speak Out	(Omnibus)	15:00 Sessions	13:30 Mponeng	14:00 Skeem Saam	13:30 7de Laan
13:00 7de Laan	13:30 Skeem Saam	13:30 Muvhango	Hole In The Wall	14:00 Skeem Saam	14:30 Muvhango	14:00 Skeem Saam
13:30 Uzalo	14:00 Muvhango	(Omnibus)	15:00 Life With Thami	14:30 Muvhango	15:00 Doc McStuffins	14:30 Muvhango
14:00 Skeem Saam	15:00 Doc McStuffins	16:00 TBA	16:00 Fokus	15:00 Doc McStuffins	15:30 Discover	15:00 Doc McStuffins
14:30 Muvhango	15:30 My Night	17:00 Pocahontas	18:00 Nuus	15:30 48 Hours	15:30 Science	15:30 Roughing It Our
15:00 Doc McStuffins	16:00 Hectic Nine-9	18:00 Life With Thami	18:30 Nuus	16:00 Hectic Nine-9	15:45 Discover	16:00 Hectic Nine-9
15:30 Words And	17:00 iCarly	19:00 Wipeout SA	19:00 A Kalahari Tale	17:00 Naruto	16:00 Science	17:00 Naruto
Numbers	17:30 Venda / Tsonga	20:00 Setswana /	20:00 Setswana /	17:30 Venda / Tsonga	16:00 Hectic Nine	17:30 Venda / Tsonga
16:00 Hectic Nine-9	News	Sesotho News	Sesotho	18:00 7de Laan	17:00 Naruto	18:00 7de Laan
17:00 Naruto	18:00 7de Laan	20:30 Abomzala	20:30 Skwiza	18:00 Nuus	17:30 Venda / Tsonga	18:00 Nuus
17:30 Venda / Tsonga	18:30 Nuus	21:00 Lotto Draw	21:00 Gospel Classics	19:00 Vetkoekpaleis	18:00 7de Laan	18:30 Nuus
News	19:00 Red Cake Not	21:04 Moonlight Mile	22:00 Shadows Of Life	19:30 Kliphard	18:30 Nuus	19:00 Geure Van Die
18:00 7de Laan	The Cooking	23:00 Fees Van Die	23:00 Issues Of Faith	20:00 Setswana /	19:00 Fees Van Die	19:30 Pasella
18:30 Nuus	Show	Ongenooides	00:00 Prime Time	Sesotho News	19:00 Ongeooides	20:00 Setswana /
19:00 Bester Assie	20:00 Setswana /	00:00 Prime Time	01:30 Network	20:30 Leihlo La	20:00 Setswana /	Sesotho News
Bure	Sesotho News	News		Sechaba	Sesotho News	20:30 Motswako
20:00 Setswana /	20:30 Hole In The Wall			Muvhango	20:30 Nhlala ya rixaka	21:00 Lotto Draw
Sesotho News	21:00 Muvhango			21:30 Keeping Score	21:00 Muvhango	21:04 Muvhango
Ngula Ya Vutivi	21:30 Live Boxing			22:00 Bantu Hour	21:30 Keeping Score	21:30 90 Plain Street
21:00 Muvhango	00:00 Prime Time			23:00 NCIS	22:00 Gospel Classics	22:00 Soul'd Out
21:30 Speak Out	News			00:00 Prime Time	23:00 My Wife And	Sessions
22:00 When Duty Calls	03:00 Your World			News	Kids	23:00 My Wife And
22:30 Snapped: Killer				03:00 Your World	23:30 My Wife And	Kids
Couples					Kids	23:30 My Wife And
My Wife And					00:00 Prime Time	Kids
Kids					News	00:00 Prime Time
00:00 Prime Time						
News						

Top Pick This Week



Moonlight Mile

February 23 – March 1

SCHEDULES SABC 3

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Deutsche Welle	05:00 Deutsche Welle	05:00 Sid The Science	05:00 New Day	05:00 Deutsche Welle	05:00 Deutsche Welle	05:00 Deutsche Welle
05:30 Smurfs	05:30 Avatar	Kid (Omnibus)	06:00 Smurfs	05:30 Sid The Science	05:30 Nutri Ventures	05:30 Nutri Ventures
06:00 Espresso	06:00 Espresso	06:30 Weekend Edition	06:30 Weekend Edition	06:00 Kid	06:00 Espresso	06:00 Espresso
09:00 Honchos	09:00 Lions Of	09:00 Talent On Track	09:00 Made In SA	06:00 Espresso	09:00 Hair Battle	09:00 Trendz
09:30 Jam Sandwich	09:00 Crocodile	09:30 Xcellerate	09:30 TBA	09:00 Trendz	09:00 Spectacular	10:00 The Bold And
10:00 The Bold And	10:00 The Bold And	10:00 Challenge SOS	10:00 Yum.me	10:00 The Bold And	10:00 The Bold And	The Beautiful
The Beautiful	The Beautiful	10:30 An Nuur The	10:30 Isidingo	10:00 The Beautiful	The Beautiful	10:30 High Rollers
10:30 High Rollers	10:30 Top Travel	Light	(Omnibus)	10:30 Magic With Mo	10:30 High Rollers	11:00 Isidingo
11:00 Isidingo	11:00 Isidingo	11:00 Sadhana Region	12:30 Top Billing	11:00 Isidingo	11:00 Isidingo	11:30 Larger Than
11:30 Larger Than Life	11:30 Health Freaks	11:30 One Day With	13:30 Mela	11:30 Larger Than Life	11:30 Larger Than Life	Life With Jason
12:00 Trending SA	12:00 Trending SA	Bryan Miles	14:30 TBA	12:00 Trending SA	12:00 Trending SA	Goliath
13:00 News	13:00 News	12:00 Top Chef	16:30 TBA	13:00 News	13:00 News	12:00 Trending SA
13:30 Africa News	13:30 Africa News	13:00 High Rollers	17:30 The Last Lioness	13:30 Africa News	13:30 Africa News	13:00 News
Update	Update	(Omnibus)	18:30 News	Update	Update	13:30 Africa News
14:00 Fun-Natix	14:00 Fun-Natix	14:12 Whitney	19:00 TBA	14:00 Fun-Natix	14:00 Fun-Natix	Update
15:00 Whose Wedding	15:00 Moments In	14:36 Whitney	21:00 The Honchos	15:00 Fatman & 13	15:00 Mela	14:00 Fun-Natix
Is It Anyway?	Time	15:00 Minutes To Win	21:30 Interface	Bride	16:00 Real Talk	15:00 Sharpshooters
16:00 Real Talk	16:00 Real Talk With	16:00 Fatman & 13	22:00 Ross Kemp:	15:30 Just Cooking	17:00 Afternoon	16:00 Real Talk
17:00 Afternoon	Anele	Brides	Extreme World	16:00 Real Talk	Express	17:00 Afternoon
Express	17:00 Afternoon	16:30 Just Cooking	23:00 Republic Of	17:00 Afternoon	18:00 The Bold And	Express
18:00 The Bold And	Express	Whose Wedding	Doyle	Express	The Beautiful	18:00 The Bold And
The Beautiful	18:00 The Bold And	Is It Anyway?	00:00 Republic Of	18:00 The Bold And	18:30 News	The Beautiful
News	The Beautiful	Jam Sandwich	Doyle	The Beautiful	19:00 Isidingo	18:30 News
18:30 News	18:30 News	18:30 News	01:00 Rookie	18:30 News	19:30 High Rollers	19:00 Isidingo
19:00 Isidingo	19:00 Isidingo	19:00 TBA	02:00 Charlie's Angels	19:00 Isidingo	20:00 Top Chef	19:30 High Rollers
19:30 Whitney	19:30 Whitney	21:00 TBA	03:00 Starsky & Hutch	19:30 High Rollers	21:00 Humans	20:00 Mecum
20:00 Top Billing	20:00 Exes	23:00 Humans	04:00 Starsky & Hutch	20:00 Sharp Shooters	22:00 Trending SA	21:00 The Big Bang
21:00 Moments In	20:30 Game	00:00 Amy Schumer		21:00 Stuart Taylor	23:00 Dr 90210	Theory
Time	21:00 Jo Koy	01:00 Comedy Central		22:00 Trending SA	00:00 Days Of Our	Special
22:00 Trending SA	22:00 Trending SA	02:00 Trendz		23:00 The Following	Lives	Assignment
23:00 Arrow	23:00 Mecum			00:00 Days Of Our	The Bold And	Trending SA
00:00 Days Of Our	Dealmakers			Lives	The Beautiful	Who Do You
Lives	12:00 Days Of Our			01:00 The Bold And	01:30 Isidingo	Think You Are?
01:00 The Bold And	Lives			The Beautiful	02:00 High Rollers	US
The Beautiful	01:00 The Bold And			01:30 Isidingo	02:30 Republic Of	00:00 Days Of Our
Isidingo	The Beautiful			02:00 High Rollers	Doyle	Lives
02:00 High Rollers	Isidingo			02:30 Republic Of	03:30 Dr 90210	01:00 The Bold And
02:30 Starsky & Hutch	02:00 High Rollers			Doyle	04:30 Deutsche Welle	The Beautiful
03:30 Arrow	03:30 TBA			03:30 The Following		01:30 Isidingo
04:30 Deutsche Welle	04:30 Deutsche Welle			04:30 Deutsche Welle		02:00 High Rollers

Top Pick This Week



Ross Kemp
Extreme World

people

PIC: SONY MUSIC

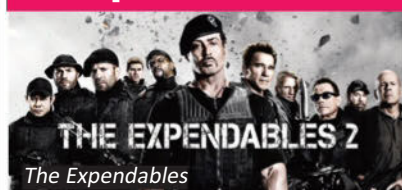


Turni And The Volume



THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Grassroots	05:00 Life By Design	05:00 Against All Odds With	05:00 Afro Musica	05:00 Zulu Nation –	05:00 Hillsong	05:00 Against All Odds
06:00 eNCA Simulcast	06:00 eNCA Simulcast	05:30 Odds With	05:30 Joseph Prince	05:30 Adapting To	06:00 eNCA Simulcast	06:00 eNCA Simulcast
08:30 Infomercials	08:30 Infomercials	05:30 Mpho Lakaje	05:30 – New Creation	06:00 The Changes Of	08:30 Infomercials	08:30 Infomercials
09:00 The Young And	09:00 The Young And	06:00 Infomercial	06:00 Church TV	06:00 eNCA Simulcast	09:00 The Young And	09:00 The Young And
10:00 The Restless	09:50 The Restless	05:35 Cool Catz	06:00 I Am Soul	08:30 Infomercials	09:50 The Restless	10:00 The Restless
10:30 Checkpoint	10:00 Infomercial	06:00 Peppa Pig	06:30 Precious	09:00 The Young And	10:00 Infomercial	10:00 SA's Got Talent
11:00 Afro Music	10:00 Reed Between	06:05 Cool Catz	07:00 The Simon	10:00 The Restless	10:30 SA's Got Talent	10:30 MTV Exposed
11:30 Kai My 'Kasi	10:30 The Lines	06:30 Bob The Builder	07:30 Mokoena Show	11:00 Infomercial	10:30 MTV Exposed	11:00 Ground Zero
12:00 Rhythm City	11:00 How I Met Your	06:45 Fireman Sam	08:00 Grassroots	11:30 Rhythm City	11:00 The Close Up	11:30 Rhythm City
12:30 Scandal!	11:30 Rhythm City	07:00 Mother	08:05 Cool Catz	12:00 Scandal!	11:30 Rhythm City	12:00 Scandal!
13:00 Ashes To Ashes	12:00 Scandal	07:30 My Little Pony	08:30 Paw Patrol	12:30 Ashes To Ashes	12:00 Scandal!	12:30 Paternity Court
13:30 News Day	12:30 Ashes To Ahes	08:00 Sistahood	09:00 NFL Rush Zone:	13:00 News Day 2016	13:00 News Day 2016	13:00 News Day
14:30 WWE Raw	13:00 News Day	08:30 Star Wars	09:00 Guardians	13:30 205 Live	13:30 WWE	13:30 WWE
14:35 Cool Catz	13:00 WWE NXT	09:00 Rebels	09:30 Unleashed	14:30 Peppa Pig	14:30 Experience	14:30 Peppa Pig
15:00 Blaze And	14:25 Infomercial	09:30 Scandal	10:00 ShizLive	14:35 Cool Catz	14:35 Peppa Pig	14:35 Cool Catz
15:30 The Monster	14:30 Stuart Little	11:20 Infomercial	10:00 Mary Mary	15:00 Bob The Builder	15:00 Julius Jr	15:00 Kate And Mim-
15:55 Machines	16:00 Frenzy	11:30 Infomercial	11:00 Infomercial	15:15 Fire Man Sam	15:30 Pokémon	15:30 Regal Academy
16:00 Pumpkin	16:30 The Steve	12:30 e-Shibobo	11:15 Felix	15:30 Power Rangers	15:55 DC Super Hero	15:55 DC Super Hero
16:30 Reports	17:30 TBA	13:00 The Ultimate	13:15 America's Got	15:55 DC Super Hero	16:00 Girls	16:00 Girls
16:55 DC Super Hero	18:00 Club 808	14:00 Braai Master	15:00 America's Got	16:00 Sistahood	16:30 The Steve	16:30 The Steve
17:00 Girls	18:30 e-News Direct	14:00 Bee Season	16:00 Ultimate Braai	16:30 The Steve	17:30 Harvey Show	17:30 Harvey Show
17:30 Craz-e World	19:00 Rhythm City	16:00 WWE Total	17:00 WWE Raw	17:30 Unusual	18:30 Unusual	18:30 Unusual
18:00 Live	19:30 Scandal	17:00 Divas	18:00 e-News Direct	18:30 Suspects	19:00 Suspects	19:00 Suspects
18:30 The Steve	20:00 Gold Diggers	18:00 Smackdown	18:05 Headlines	19:00 e-News Direct	19:30 Rhythm City	19:30 Rhythm City
19:00 Harvey Show	20:30 Falcon Rising	18:05 e-News Direct	18:30 Sweet Success	19:30 Scandal!	20:00 Scandal!	20:00 Scandal!
19:30 Unusual	22:35 The Awakening	19:00 Wipeout USA	19:00 Omang – Who	20:00 Gold Diggers	20:30 Gold Diggers	20:30 Gold Diggers
20:00 Suspects	00:35 An Inconvenient	19:30 eNews Direct	19:30 Are You?	20:30 Marvel's Agents	21:30 Marvel's Agents	21:30 Marvel's Agents
20:30 e-News Direct	04:10 Falcon Rising	20:00 Felix	20:00 e-News Direct	21:30 Of Shield	22:00 Of Shield	22:00 Of Shield
21:00 Rhythm City	04:40 The Steve	20:30 The Brother	20:30 Black-Ish	22:30 Hustle	23:00 Hustle	23:00 Hustle
21:30 Scandal!	04:40 Harvey Show	21:30 Solomon	21:30 Expendables 2	00:55 Jayson's Lyric	00:55 Jayson's Lyric	00:55 Jayson's Lyric
22:00 Gold Diggers		23:30 Undercover	22:10 Once Upon A	02:40 Jayson's Lyric	02:40 Jayson's Lyric	02:40 Jayson's Lyric
22:30 Quarantine 2		01:05 Bridesman	00:10 Crime	04:50 e-Insert	04:50 e-Insert	04:50 e-Insert
23:00 A Brother's Kiss		03:05 The Brother	01:55 The			
02:05 Baggage Claim		04:50 e-Insert	04:15 Expendables 2			
02:30 The Steve			04:55 e-Insert			
03:50 Harvey Show						
04:40 e-Insert						

Top Pick This Week



Synopsis

The Expendables II

MR CHURCH reunites the Expendables for what should be an easy job, but when one of their men is murdered on the job, their quest for revenge puts them deep into enemy territory and against an unexpected threat.

TV Quiz

K. Michelle:
My Life airs
Fridays at 22h00
on Vuzu.



K. MICHELLE
my life

Gig Guide

Where YOU Should Be Seen:

February 23 – March 1

Feb 24, Babes Wodumo

One Night Only, Ayepyp Lifestyle Lounge, Pretoria.

Tickets are R100 – R500.

Feb 24, Black Friday.

Buccaneers, East London.

Tickets are R80.

Feb 26, BlackByrd @ Oude

Libertas Summer Season Festival, Stellenbosch.

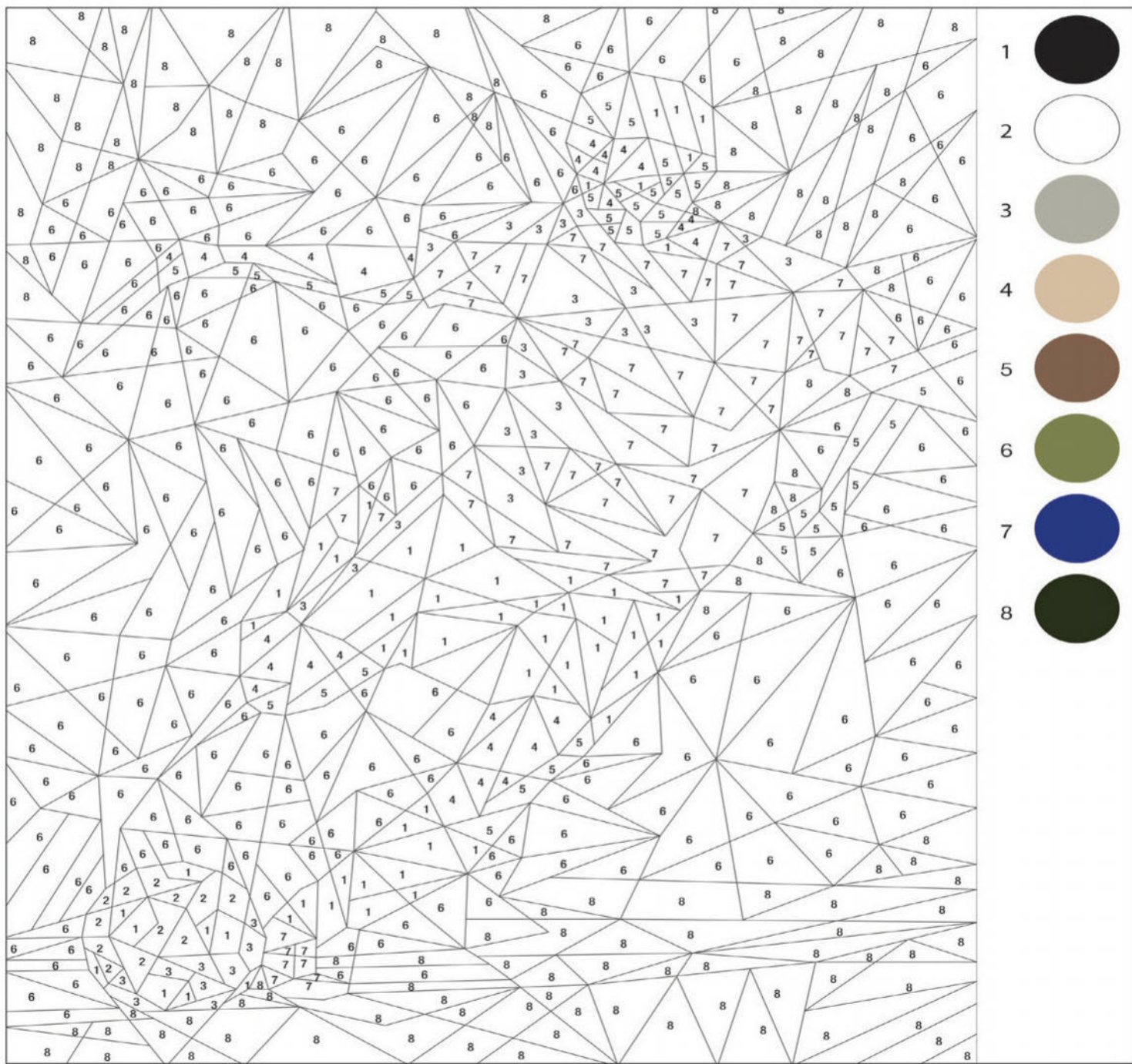
Tickets are R190.

Trivia Quiz

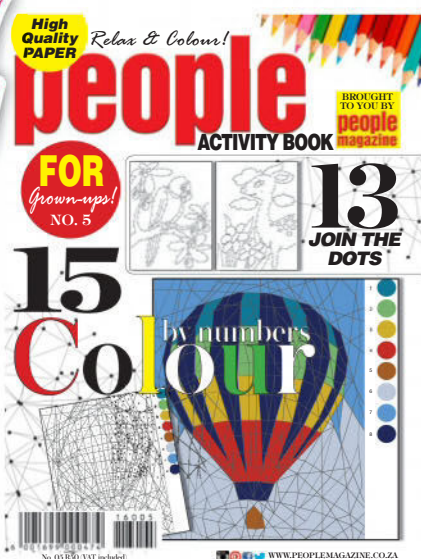
1. What is the world's largest railway station?
2. Eritrea, which became the 182nd member of the UN in 1993, is in which continent?
3. Wich party came into power in Germany 1933?
4. Ultraviolet rays are converted by the body into which beneficial compound?
5. Golf player **Vijay Singh** comes from which country?
6. When did the first Afghan war take place?
7. Which animal represents the deadly sin of envy?
8. What is the highest straight flush in a game of poker?
9. Aurora, Chandler, Legacy and Reka are all varieties of which fruit?
10. Emetophobia is the irrational fear of which bodily function?

Celeb Quiz

1. True or False: **Mariah Carey** wants to record a ballad about her James Packer split.
2. How many children does **Taraji P. Henson** have?
3. How long has rapper **Ja Rule** been married?
4. Which **Kardashian** star recently posted a naked Snapchat?
5. True or False: **Kim Kardashian West's** stolen jewels have been melted and sold.
6. True or False: **Princes William and Harry** have commissioned statue of their mother **Diana**.
7. How old is **Omar Epps**?
8. How many members are in the muso group Fifth Harmony?
9. True or False: **Tyga** and **Kyle** are reportedly getting married.
10. True or False: **John Kani** is set to star alongside **Angela Bassett**.



MORE INSIDE



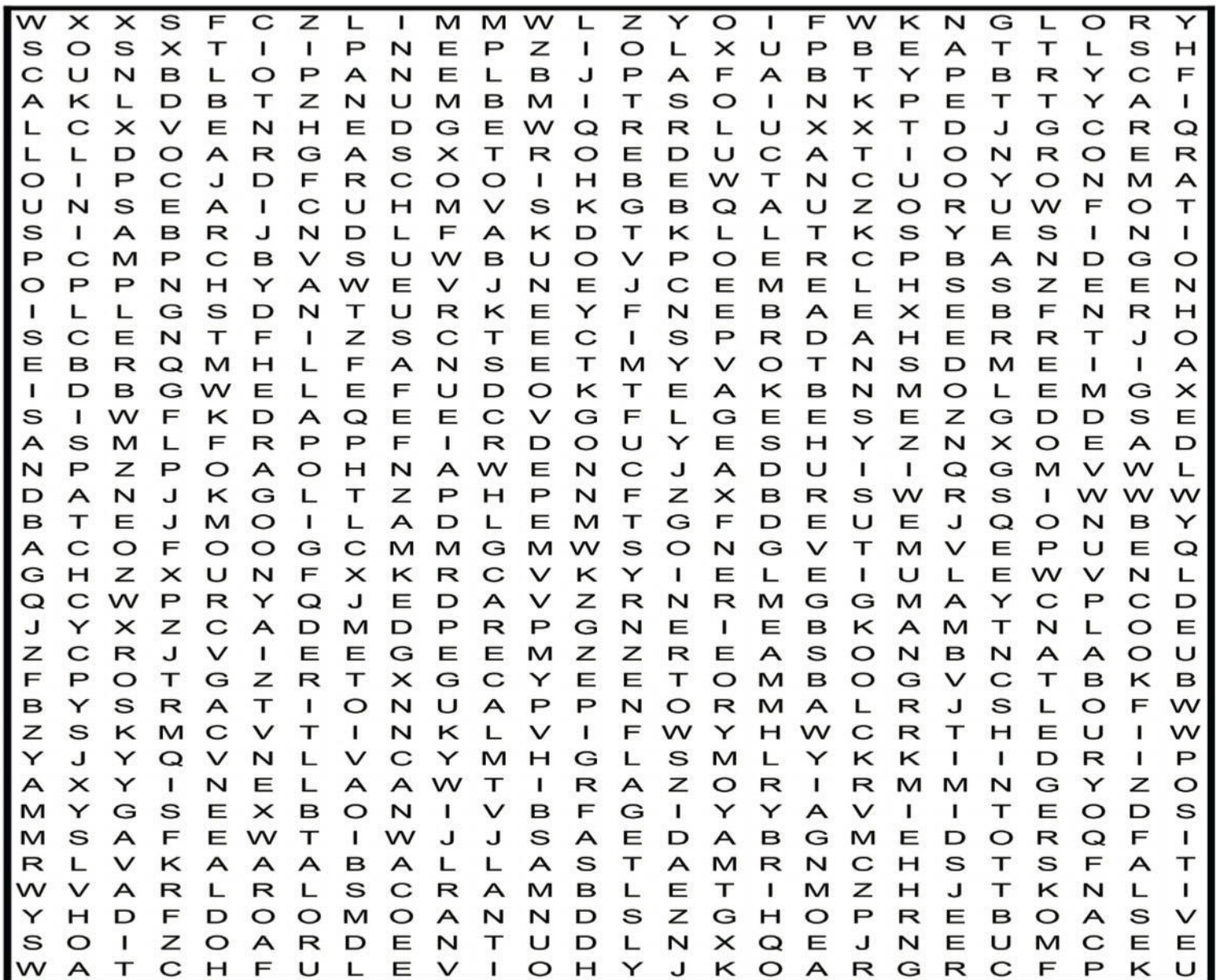
ACTIVITY BOOK

ON SALE NOW!

KISS the post-holiday blues goodbye by introducing some reds, yellows, greens and whole lot more with our jam-packed activity book, guaranteed to keep you entertained for ages!



GIANT WORDSEARCH NO. 402



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

ANXIOUS
ARCH
ARDENT
BADGE
BALLAST
BAND
BIRDWATCHER
BOIL
BROKE
CALLOUS
CALM
CARE
CLEAN
CLINIC
CONFIDENT
COOK
COOL

DIFFERENT
DISPATCH
DRAGOON
DRAIN
DRAWBACK
DRIZZLE
EDUCATION
EMBARK
EMERGENCY
ENGINE
FALSE
FEATHER
FEELING
FIXTURE
FLAG
FLAT
FREEDOM

GLORY
GRIND
GROW
HEDGE
HERO
HINT
HOAXED
INERT
INSERT
IRONY
JEER
JIGSAW
JUDGE
KETTLEDUM
KNOT
LABOUR
LADLE

LAMB
LEDGER
LIVESTOCK
LOGIC
LOWLAND
LUCID
MALT
MAZE
MEDAL
MOAN
MOLE
NICOTINE
NORMAL
NUMB
PANEL
PERIMETER
PETTY

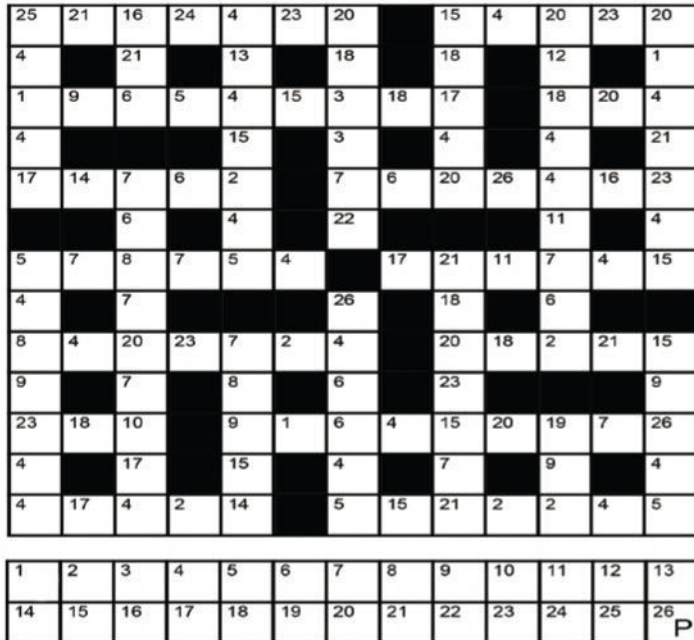
PLANT
POET
POISE
POSITIVE
RATION
RAZOR
REASON
RESORT
RISK
RODE
SAFE
SAMPLER
SANDBAG
SCAN
SCAREMONGER
SCENT
SCRAMBLE

SENSE
SHAKE
SOUND
TAXI
TIMID
TOMB
TREAD
TURKEY
UPBEAT
VANILLA
WATCHFUL
WHITEWASH
WITHIN
WOBBLE
WONDERFUL



CODEBREAKER

CODEBREAKERS require inspired guesswork. They are crosswords without clues. Every letter of the alphabet is used (you might find it useful to cross out the letters located by the grid as you find them) and each letter has its own number. In this puzzle '26' has the letter 'P' so a useful start is to insert 'P' in all the boxes that contain the number '26'. Vowels appear at least once in a word but letters such as **X** and **Z** are few.



NUMBERSEARCH

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

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

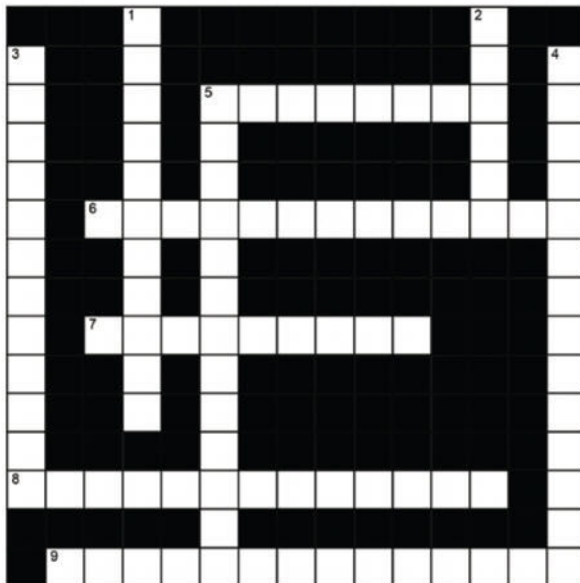
1279	5208353081	8892661617	9810512492
14901	5689	8926616174	9916
3530817968	59765	8963	
457533216	7257595647	949843	
4930652813	7350214794	969290	
5191865230	84198	9744184198	

NUMBER CRUNCH

$$\begin{array}{r} \boxed{2} \boxed{1} - \boxed{3} \boxed{0} = \boxed{2} \boxed{1} \\ + \quad + \quad + \\ \boxed{1} \boxed{5} - \quad = \quad \boxed{4} \boxed{8} \\ \hline \boxed{6} \boxed{8} - \quad \boxed{1} \boxed{3} = \quad \boxed{6} \boxed{5} \end{array}$$

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

CELEB CROSSWORD...



Across

- 22 Bullets, The Big Blue, Wasabi, The Squad, Ronin and The Chef are films in which this French actor starred (4,4)
- US actor, comedian, voice actor and producer whose films include the Ice Age movies, The Infiltrator and Moulin Rouge! (4,9)
- US actor whose films include Guilt, Dead Calm, The Phantom and Titanic in which he played the role of Caledon Hockley (5,4)
- English actress, whose TV roles include Irene Adler/Moriarty in Elementary, and Margaery Tyrell in Game Of Thrones, and whose films include Rush, A Long Way From Home and The Forest (7,6)
- The Kids Are All Right, Red Dawn, Detention and Zathura are films in which this US actor, who played the role of Petta Mallark in The Hunger Games series, appeared (4,10)

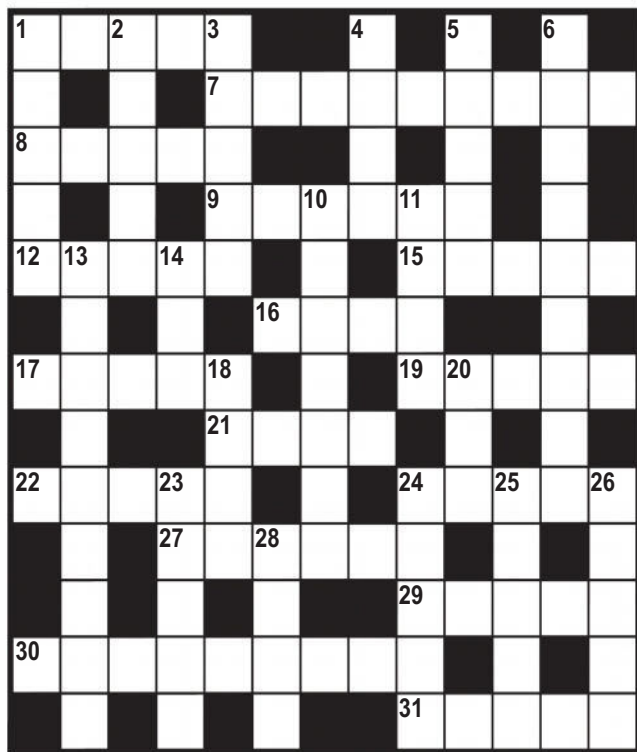
Down

- English actress who played the role of Alexis Colby in the TV series Dynasty, and whose films include The Bitch and The Stud (4,7)
- Cuban-US singer and actress _____ Estefan, whose hits include Cuts Both Ways and Everlasting Love (6)
- Tom Buchanan in 2013's The Great Gatsby, Brendan Conlon in Warrior, Patrick in Zero Dark Thirty, Richard Loving in Loving, and Lucas in Midnight Special are film roles played by this Australian actor (4,8)
- Ben Cash in the 2016 film Captain Fantastic, Nikolai in Eastern Promises, and Aragorn in The Lord Of The Rings movies, are roles played by this US born Danish actor (5,9)
- US actor who received Academy Award nominations for his roles in Places In The Heart and In The Line Of Fire, and whose films include Con Air, RED, Changeling, Dangerous Liaisons, and RED 2 (4,9)

KIDS MAZE



CRYPTIC CROSSWORD



Across

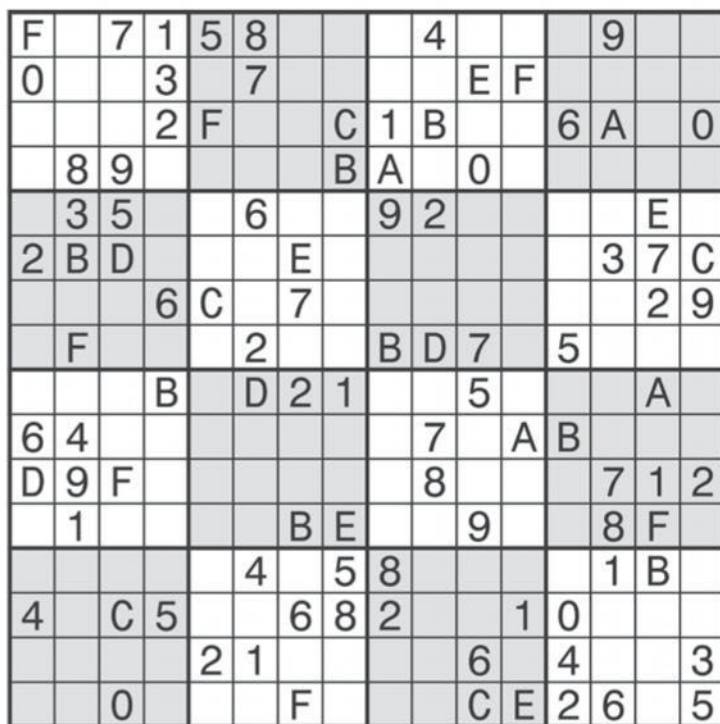
1. How one pales at the sound of those bells (5)
7. There's such a stupidly obstinate attitude down on the farm! (3,6)
8. A pie's turned brown! (5)
9. Played by 100 Romans or one trapper (6)
12. This type of ridge is constructed of bare teak (5)
15. Adam's wife has 50 each way just to break even (5)
16. Made into cheese (4)
17. I use a form of art to make such jewellery (5)
19. It's just the vehicle for Danes (5)
21. Come along and get something to eat (4)
22. I step out with a certain amount of ill-will (5)
24. How bores have a way of becoming temperate (5)
27. I find nouns have an identity of pitch (6)
29. A schemer, you'll find, has a certain hardness about him (5)
30. Vowed not to live in it? (9)
31. It all comes out concerning wrongdoing! (5)

Down

1. Pa has another try at the title (5)
2. Most of that specimen is sufficient for our needs (5)
3. Paces about with the astronauts (4)
4. How to avoid taking it from this hungry man (4)
5. Just as the confusion causes ill-conceived movement (5)
6. Consumed by an emotional outburst however self-restrained (9)
10. Military police can prove to be so wearing! (3,4)
11. Trees are discovered on the LMS line (4)
13. Sheltered from the weather but in far off and poor circumstances (9)
14. What rot – returning to the hill! (3)
18. Name the difference – so let it be! (4)
20. It's the self-evidence of the good (3)
23. I put in 50 and watched it grow (5)
24. Rene's the one to show contempt (5)
25. The good queen gets 50 Romans to consecrate it (5)
26. Or any variation in the material is acceptable (5)
28. I, sir, will give you one in the eye! (4)

MONSTER SUDOKU

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



MAGIC MAZE

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

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

Back away	Draw back	Reset	Set back
Back up	Move back	Retreat	Turn back
Backward	Pull back	Return	Vacate
Countermand	Recede	Revoke	

SCRAMBLERS

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

Somber
ROMEOS
Fury
GEAR
Fairly
PRIEST
Cavort
PROM

TODAY'S WORD



"A bit of advice — if you want to sell my husband, the _____ has to go!"

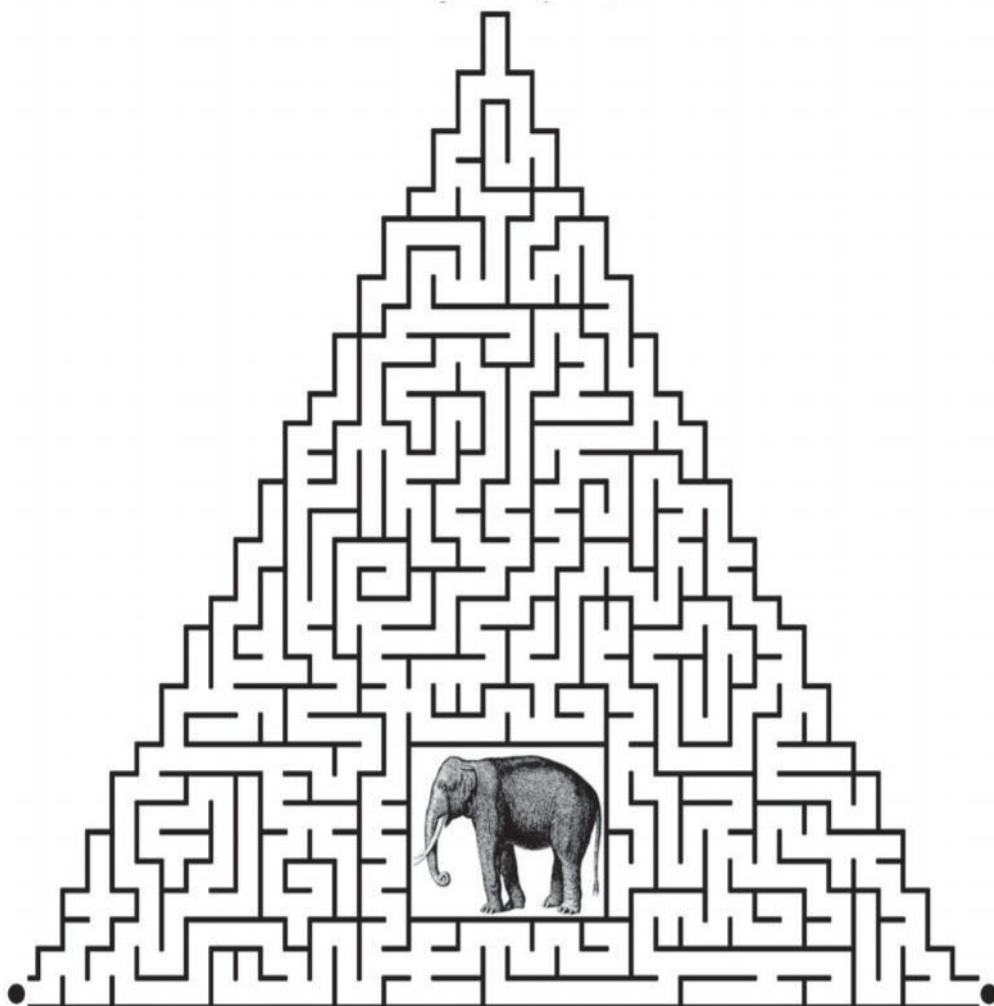
STICKLERS

Which triangle has the larger area?

1. A triangle with sides of 30, 40 and 60
2. A triangle with sides of 40, 50 and 90



MEGA MAZE



MISSING LINKS

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

RESULT		ACTION	
	46	x	
=		+	143
=	833	-	
=		x	12
=	828	÷	
=		+	41
=	64	x	
=		+	42
=	874	÷	
=		-	2
=	36	÷	
=		x	27
=	324		

WORDOKU

FIND-A-WORD

Airflow
Austria
Bandoneon
Bass
Bellows
Chords
Couplers
Finger But-
tons
Frame
France
Free Reed

Germany
Italy
Keyboard
Melody
Music
Notes
Octaves
Paired Reeds
Pallet Valves
Piano
Pitch
Players

Register
Scale
Semitones
Sound
Steel Reeds
Switzerland
Wind

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

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

T				S				
	L			O				
		G			E			L
	G							V
O		E	D	B				
B		L				E		
		V						D
	T	O						
D					G		B	



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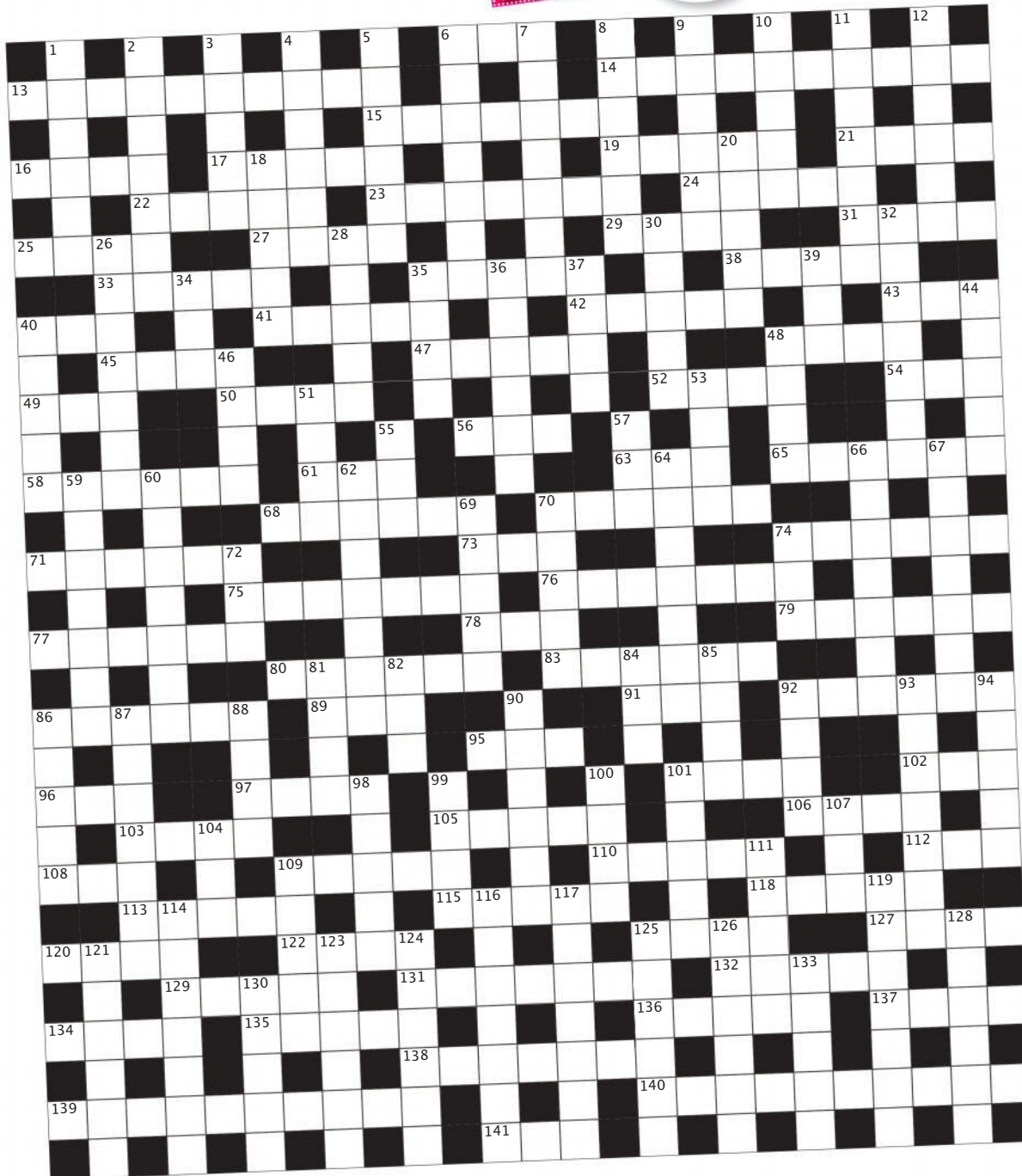
www.peoplemagazine.co.za

PEOPLE 53

JUMBO

CROSSWORD NO. 394

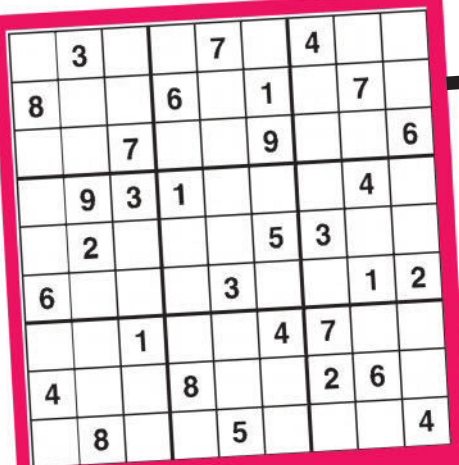
ACROSS



6. Jump
13. Regardless (2,3,5)
14. Sociable
15. Embroidery frame
16. Equestrian sport
17. Words of wisdom
19. Painter's prop
21. Military group
22. Manservant
23. Skinflint
24. Skilled
25. Apportion
27. Nuisance
29. Actress, ... Moore
31. Breakfast fare
33. Planetary path
35. Toastmaster
38. Sweets
40. Canine coat
41. Pandemonium
42. Automaton
43. Navigational aid
45. Whirlpool
47. Magical opening, ...-pocus
48. Unskilled labourer
49. Prohibit
50. Crooked
52. Fade away
54. Barley bristle
56. Greek island
58. Compositions
61. Siesta
63. Grimalkin
65. First-rate
68. Talented
70. Against
71. Even though
73. Symbol of wisdom
74. Shook up
75. Tapenade ingredient
76. Slanting
77. Charity event
78. Pixie
79. Hairpiece
80. Subordinate
83. Soft felt hat
86. Present as a gift
89. Knight's title
91. Rumanian coin
92. Nauseous
95. Young lion
96. Climbing vine
97. Alpine goat
101. Goat cheese
102. Noah's craft
103. Catch a wave
105. Crow over
106. Portuguese navigator, Bartolomeu ...
108. Protein source
109. Detached
110. Fifty-fifty
112. Unhappy
113. Two under par
115. Muscle malady
118. Confuse
120. Not too hot
122. Cry of dismay
125. Son of Adam
127. Nervous
129. Inexperienced
131. Leading lady
132. Spicy hot drink
134. Helpful hint
135. Stylishly quaint
136. Lariat
137. Small, medium or large
138. Enterprise
139. Very slow speed (5'1,4)
140. Misleading clue (3,7)
141. Bring action against

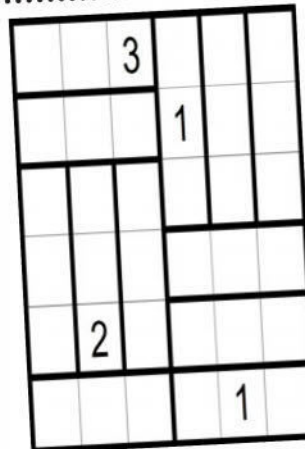
SUDOKU

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



TATAMI

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



DOWN

1. Once more
2. Reveal
3. Military award
4. Reprimand
5. Bear witness
6. Boring
7. Incite to anger
8. Came to terms
9. Sea debris
10. Strong rope
11. Watered down
12. Really angry
18. Third dimension
20. Decree
26. Bullfighters
28. Shrewdness
30. Nudge
32. Nadia Comaneci or Dominique Dawes
34. Future flower
35. Resound
36. Lozenge
37. In the past
39. Once called
40. Tale with a moral
44. Calendar girl
46. Edible tubers
48. Cooped up
51. Rajah's wife
53. Insects
55. Choose
57. High card
59. Save from ruin
60. Temporarily inactive
62. Kabul native
64. Thing
66. Swear falsely
67. Egg dishes
69. Senior member
70. Up in the air
72. Sailor
74. Deep black
81. Nighthawk or Skye
82. Irritate
84. Family
85. Cow-barn
86. Scottish baby
87. Shady lawyer
88. Stray
90. Dawn deity
92. Campus courtyard
93. Accumulated
94. Joined
98. SA clicking language
99. Many moons
100. Flower stalk
101. Regional wildlife
104. Floor cover
107. Help
109. Go
111. Bowling alleys
114. Memory loss
116. Moms and dads
117. Convulsion
119. Landlords
121. Tilted
123. Deadly
124. Digging tool
125. Stalk vegetable
126. Not al fresco
128. Staring
130. Hibernian
133. Movie set flunky

EVEN EXCHANGE

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

- | | | | |
|------------------------|---------------|----------------------|---------------|
| 1. Writing style | _____ S _____ | Investigate | _____ B _____ |
| 2. Chore | _____ D _____ | Badly behaved | _____ T _____ |
| 3. Italian river | _____ B _____ | Cereal box | _____ G _____ |
| 4. Goddess of love | _____ U _____ | Lets off steam | _____ T _____ |
| 5. Literary category | _____ R _____ | Oil lamp inhabitant | _____ I _____ |
| 6. Pungent tasting | _____ I _____ | In well health again | _____ E _____ |
| 7. Gave your word | _____ E _____ | Zorro's weapon | _____ D _____ |
| 8. Tease provocatively | _____ R _____ | Fire-starter | _____ N _____ |
| 9. LA athlete | D _____ | Hotel guest | L _____ |
| 10. Get the better of | _____ W _____ | Attire | _____ F _____ |

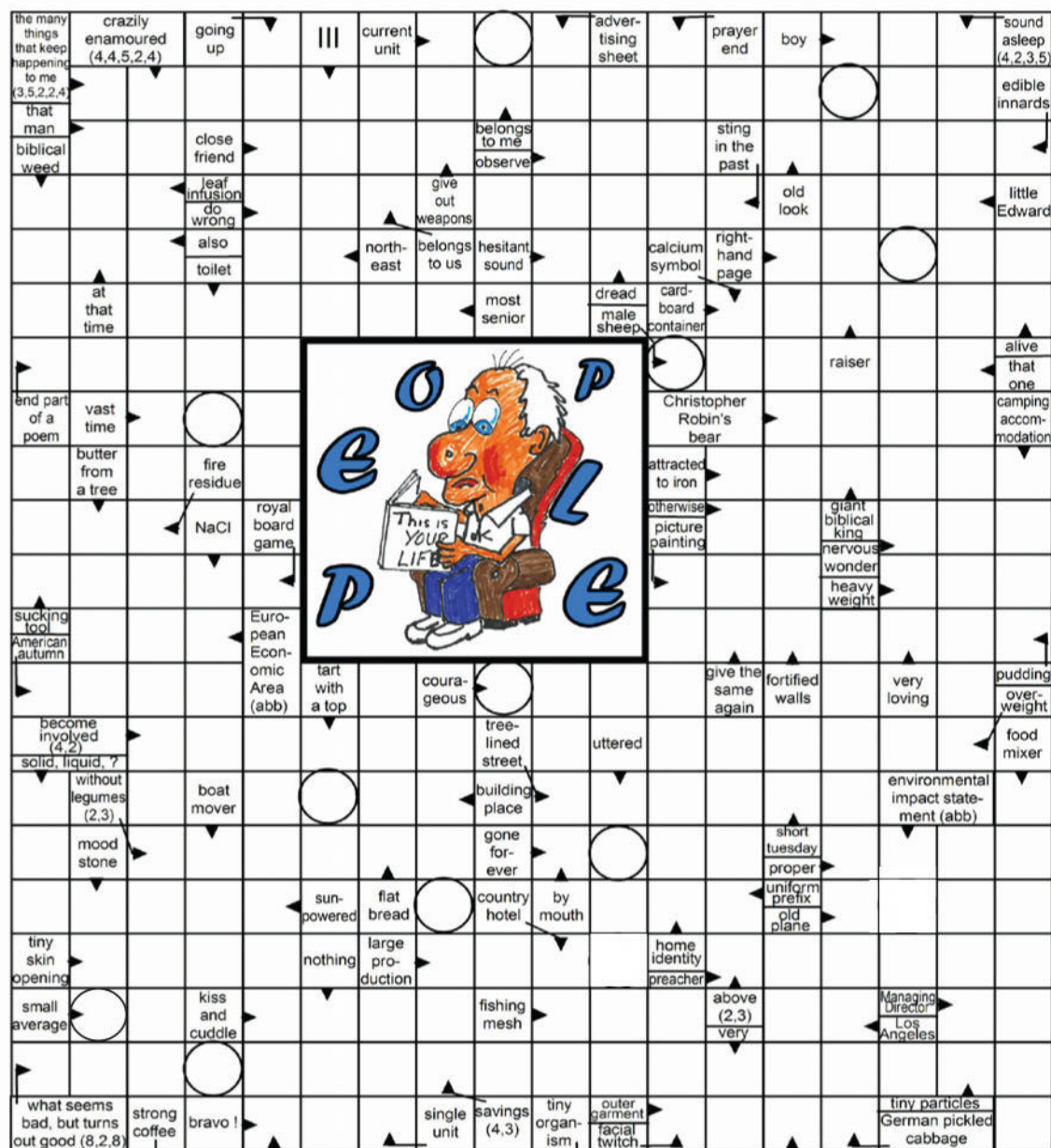
BLOCKWORD

NO.
683

BY BA RIE THOMSON

WIN R500

TO ENTER this BLOCKWORD, all you have to do is finish the grid, and the ringed areas will make up one word. The clue to the answer is: Germs, for example. SMS 48408 with the answer, your name and surname, e-mail address (if you have one), and **people**/Blockword No. 683. Be sure to SMS before March 6, 2017. By doing this, you could win R500. Winner of No. 679: Sheila Bruce. Answer: Battle-scarred. Winners will be paid electronically. SMSes charged at R1.50 and free SMSes do not apply. Terms and conditions apply.



GO FIGURE

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

	+		÷		5
x		-		x	
	÷		x		7
+		+		-	
	-		x		8
10		10			6

1 2 4 4 5 6 7 8 9

ON SALE NOW!

people puzzles
No. 22 For Kiddies!

15 COLOUR-INS & COLOUR BY NUMBERS

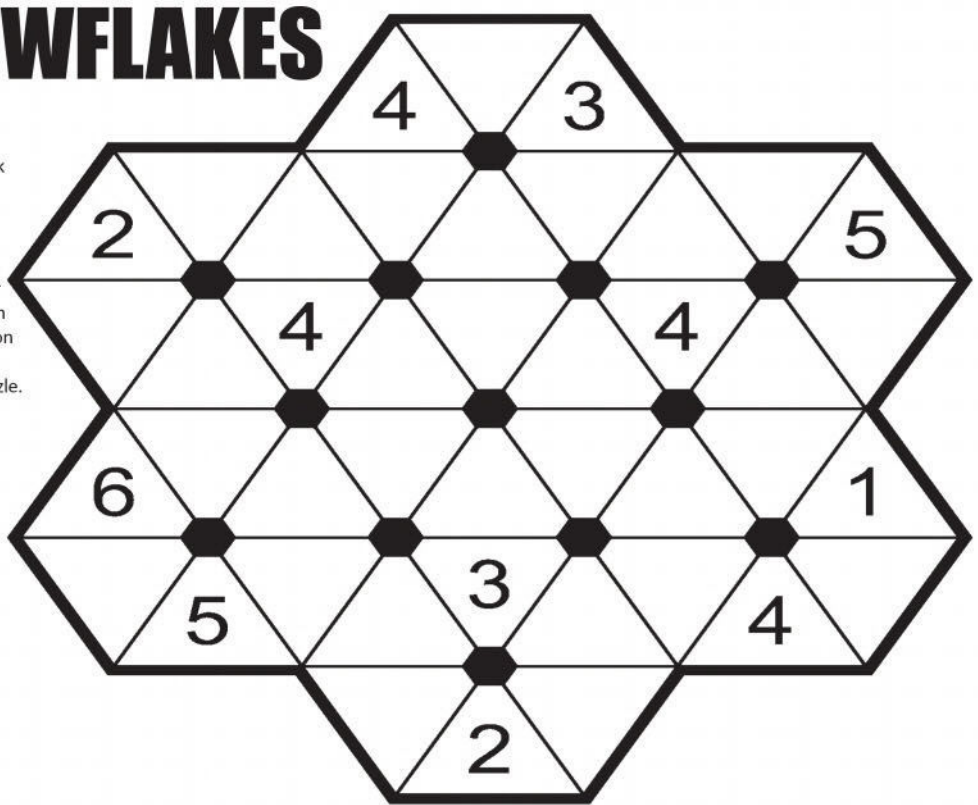
Inside!

- SUDOKUS
- COPY AND DRAW
- CROSSWORDS
- WORDSEARCHES
- HOW MANY?
- JOIN THE DOTS
- FIND THE NUMBERS

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SNOWFLAKES

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

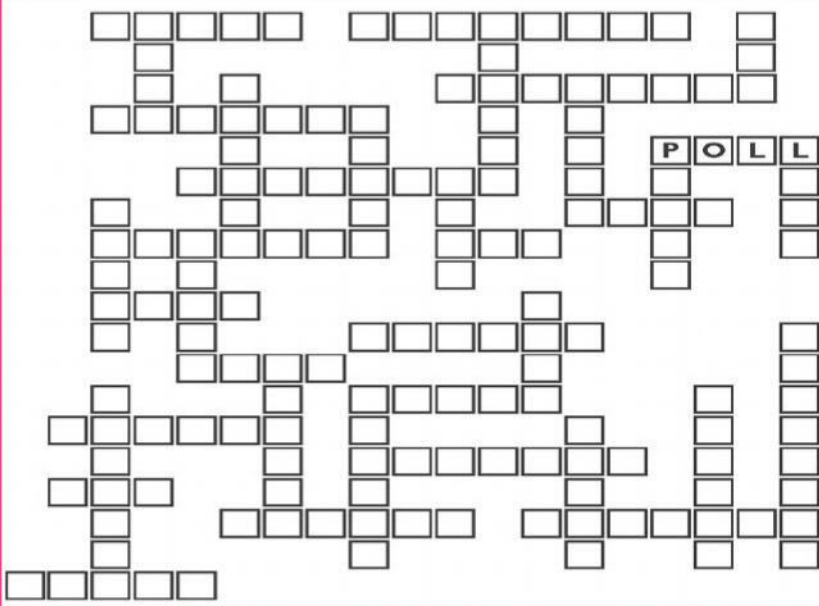


DIFFICULTY THIS WEEK: ♦ ♦ ♦
♦ Easy ♦ ♦ Medium ♦ ♦ ♦ Difficult

ARROW WORD

Talking points	▼	Wee dram	▼	Agreement, accord	▼	Traditional cooker	Hebrew prophet	Like a lad	▼	▼	Pastry dishes
Sharp pain	▶	▼				Prevent	▶				
Capital of Bulgaria	▶					Two-piece swimsuit		Japanese money	▶		
▶			Capital of Qatar	▶	Actor, ... Karloff	▶					Join an army
Rigid furrow		... Day, actress	▶					Arm cover		America (1,1,1)	▼
Anon	▶				Boggy		Keep clear of	▶			
Eastern inn for trailers	Comfortable chair	Lodger		Grind or crush	▶				Grain		
▶	▼	▼									
Polluted fog		... Geller, spoon-bender	▶				Body of industrial countries (1,1,1,1)			Isolated	▼
▶				Large box for clothes		Patent	▶				
Chemical symbol for curium			Odd number	▶					At the summit		Home-work
▶						Ever, poetically (1'2)		Measure of current	▶		▼
Hypotheses			Writer Nin's monogram	▶	Newspaper chief						
Inebriate		Royal princess	▶				Be infatuated	▶			
▶								Vigour, zest	▶		

CRISS CROSS



3 LETTERS

BOX
LOW
WIN

4 LETTERS

HIGH
LEAD
LOSE
LOSS
~~POLL~~
SEAT
TALK
TORY

5 LETTERS

BOOTH
COUNT
CROSS

ELECT

LARGE
PAPER
PARTY

SMALL

VOTES

6 LETTERS

BALLOT
CHOOSE
DEBATE
DECIDE
LABOUR
POLICY
PUBLIC
SPEECH

7 LETTERS

DEPOSIT

GENERAL

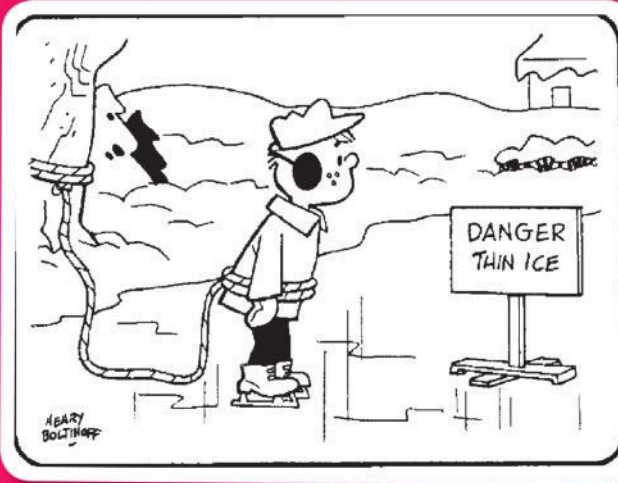
LIBERAL
RECOUNT
ROSETTE

8 LETTERS

CAMPAIGN
ELECTION
MAJORITY
MINORITY

SPOT THE DIFFERENCE!

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



CELEB WORDMATCH

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

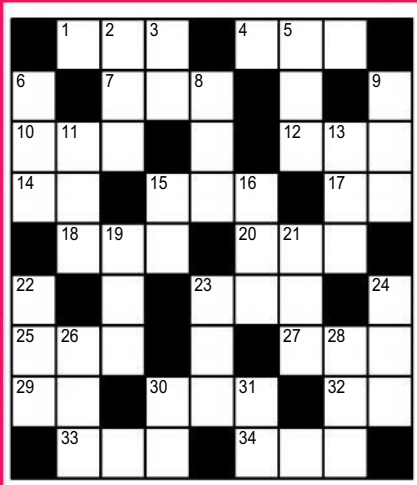
DIRT							SHOT
FUN							CUP
MENTAL							CARE
DAISY							MAIL
THUMB							SHOW
BABY							TOP
MONKEY							BOOK
POT							ROOM
BLACK							CARPET
METEOR							CAP
TIME							GRACE
SAFETY							FIRE

WISHING WELL

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

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

MATHS QUIZ

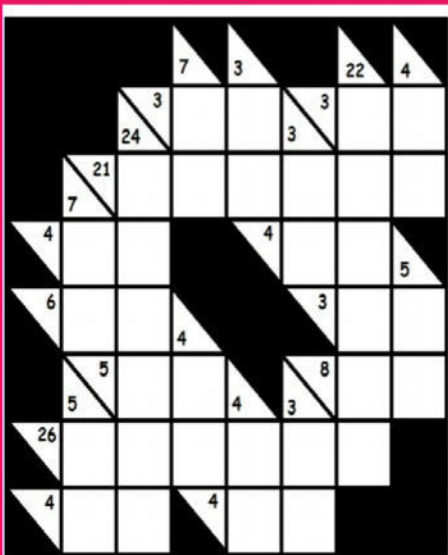


ACROSS

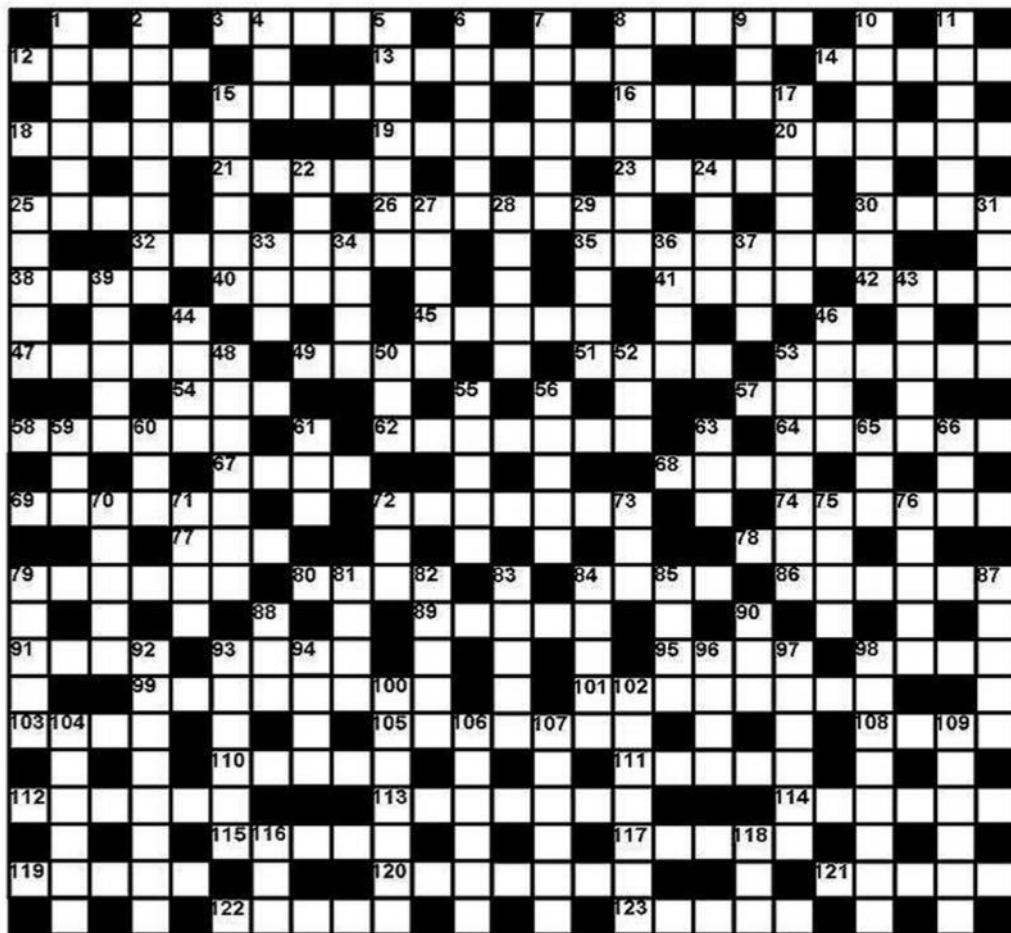
1. $2574 \div 9$
4. $3396 \div 4$
7. $2466 \div 6$
10. $2628 \div 4$
12. $1650 \div 6$
14. 13×5
15. $351 + 352$
17. $21 - 7$
18. $328 - 15$
20. 155×2
23. $2568 \div 3$
25. $1152 \div 3$
27. $734 \div 2$
29. $329 \div 7$
30. $137 + 459$
32. 7×8
33. $189 + 219$
- DOWN
2. $1694 \div 2$
3. $305 \div 5$
5. $3798 \div 9$
6. $3294 \div 9$
8. $176 - 36$
9. $53 + 501$
11. $51 + 502$
13. $365 + 345$
15. $657 \div 9$
16. $670 \div 2$
19. 67×2
21. $978 \div 6$
22. $1170 \div 5$
23. $6632 \div 8$
24. $97 + 479$
26. $4370 \div 5$
28. $5886 \div 9$
30. 29×2
31. 9×7

KAKURU

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



CROSSWORD



ACROSS

- 3) Seize without right (5)
- 8) Cook over open flames (5)
- 12) Land of the rising sun (5)
- 13) Fried meat ball (7)
- 14) Started (5)
- 15) Volley of gun fire (5)
- 16) Expression of impatience (5)
- 18) Mother or father (6)
- 19) Mistake (7)
- 20) Intense feeling of dislike (6)
- 21) Ice house (5)
- 23) Pointless nonsense (5)
- 25) Legume (4)
- 26) Rather worried (7)
- 30) Verbal exam (4)
- 32) Edible snail (8)
- 35) Mosaic floor covering (8)
- 38) Teller of untruths (4)
- 40) Stay out of sight (4)
- 41) Cavity (4)
- 42) Leg joint (4)
- 45) Oil yielding fruit (5)
- 47) Look up to (6)
- 49) Non-scientific subjects (4)
- 51) Proper (4)
- 53) Halogen element 'I' (6)
- 54) Every (3)
- 57) Country hotel (3)
- 58) Title for a French woman (6)
- 62) Someone who looks up to you (7)
- 64) Smooth, cylindrical and tapering (6)
- 67) The same again (4)
- 68) Old word for 'You' (4)
- 69) Plan (6)
- 72) Shrove Tuesday food (7)
- 74) Struck with great force (6)
- 77) Hill-loving insect (3)
- 78) Swine (3)
- 79) Choice sample (6)
- 80) Behind time (4)
- 84) Tumbled over (4)
- 86) Large wine bottle (6)
- 89) Immature insect (5)
- 91) Force out (4)
- 93) Simplicity (4)
- 95) Fencing sword (4)
- 98) Urban area (4)
- 99) Do better than (8)
- 101) Assumption of control (8)

- 103) Got bigger (4)
- 105) Distances along (7)
- 108) Twelfth of a foot (4)
- 110) Place for a temporary stop over (5)
- 111) Chief devil (5)
- 112) Not plentiful (6)
- 113) Band for the hair (7)
- 114) Carrying away (6)
- 115) Dull and uninteresting (5)
- 117) Hay stacks (5)
- 119) River of Paris (5)
- 120) Biblical letter (7)
- 121) Colour to go for (5)
- 122) Change to correct (5)
- 123) Target sport (5)

DOWN

- 1) Royal house (6)
- 2) Pub keeper (8)
- 4) Large water (3)
- 5) Without a fee (Latin) (3,4)
- 6) One who gives something out (6)
- 7) Caribbean religion (6)
- 8) Repeated musical passage (7)
- 9) Water-treatment centre (3)
- 10) School book to write in (8)
- 11) Picture taker (6)
- 15) Fasten with needle and cotton (6)
- 17) Breathe with a whistle (6)
- 22) White cooking fat (4)
- 24) Relating to aircraft (4)
- 25) Very light modelling wood (5)
- 27) Fundamental character (5)
- 28) Very brightly coloured (5)
- 29) Say something (5)
- 31) Feudal lord (5)
- 33) Point at a target (3)
- 34) Toothed wheel (4)
- 36) South American ostrich (4)
- 37) Beer (3)
- 39) Carrying weapons (5)
- 43) Simple and trusting (5)
- 44) Baby carriage (4)
- 46) Finished (4)
- 48) Basic unit of matter (7)
- 50) Infusion of dried leaves (3)
- 52) Listening organ (3)
- 53) Having a temporary effect (7)
- 55) In the midst of (5)
- 56) Having great width (5)
- 59) Curve (3)
- 60) Devoured (3)
- 61) Metal-bearing rock (3)
- 63) The woman in question (3)
- 65) Male sheep (3)
- 66) Golf ball stand (3)
- 70) Loathes (5)
- 71) Principal (4)
- 72) Coal mine (3)
- 73) Seeing organ (3)
- 75) Setting agent from seaweed (4)
- 76) Very juicy sweet fruit (5)
- 79) Thin piece of leather (5)
- 81) Assert with confidence (4)
- 82) Run away to marry (5)
- 83) Incorrect (5)
- 84) Strong belief (5)
- 85) Vegetable for Wales (4)
- 87) Chew noisily (5)
- 88) Used to be (3)
- 90) Sign of the lion (3)
- 92) Very tall (8)
- 93) Made an image with acid (6)
- 94) Short statistic (4)
- 96) Shut in (4)
- 97) Happenings (6)
- 98) Act of deception (8)
- 100) Badly brought up (3-4)
- 102) Guaranteed (7)
- 104) Swayed back and forth (6)
- 106) Pope's representative (6)
- 107) Peace agreement (6)
- 109) Ride a horse at medium pace (6)
- 116) Top edge of a jar (3)
- 118) Appropriate equipment (3)

SOAP BLOCKWORD

WIN

NO.

664

BY JOHN WHIFFIN AND EDINA HAGNER / PICS: PUBLICITY/WWW.ELITEPHOTOAGENCY.COM

R500

TO ENTER this SOAP BLOCKWORD, all you have to do is finish the grid. When completed the scrambled letters will spell out the answer for the clue: An actor in *Generations: The Legacy*. SMS 48408 with the answer, your name and surname, and e-mail address (if you have one), as well as **people/Soap** Blockword No. 664. Be sure to SMS before March 6, 2017. By doing this, you stand the chance of winning R500. Winner of No. 660: Karen van Biljon. Answer: Mankosi. Winners will be paid electronically. SMSes charged at R1.50 and free SMSes do not apply. Terms and conditions apply.

			Fleshy part of the upper leg Habitual joker			Squabble Revolt	Wrongly (prefix)		Failure Regimen				Brown or bronze-green freshwater fish with barbels
Courage in endurance				Stroke of a whip Second working day				Sizeable Into parts					
							Also	Purchase					Concealed
Deadly epidemic or pestilence						Short-lived hobby Upside-down tree				On a single occasion Indian (prefix)			
						Irreligious Make certain							
			Teenage spots Injure with hot liquid or steam					Memoran-da (abbr) Tibetan ox				Biblical garden of paradise Horrific	Small and sweet
			Condition Half-way through (prefix)				Short pictorial poem Active at night	Opening between threads of a net	Biggest African desert				Prisoner of war
Pork product		Bowl-like mouth of a volcano	Leavante Shebe's character in Scandal!			Grace Give up all claim to				Movie-house Burden		Lindani Nkosi is Lincoln _____? in Isidingo	
Make a mistake	Baldness Deflect rays in a medium							Exuberant cricket batting strokes Layer				Dish of meat in pastry Beer with -out hops	
						Long wooden backless seat				Unwell Male adults			Norwegian drinking salutation
							Male sheep	Small-minded				Hither and _____? (to and fro) Pen fluid	Unctuous Require
			Meadow Often (archaic)				Very small Very large						
						Precedes -sor of chemistry Make believe				Turn upside down Crush to powder			
			Hearing organ Hot beverage					Loving greatly Spectacular robbery		Came to rest in a fixed position			
Of lovers; to secretly run away together Fast train		Et cetera (abbr)	Germandt Goldenhuys plays Louis _____? in Binnelanders	Bark; peel; crust		Deep, open cut			Attaches Raising		Ntokozo _____? plays Mastermind Maphumulo in Uzalo	New (prefix)	Colloidal hair-care solution
						Trim a lawn		Porcine animals Friend					Wore away
	Snoop						Country, capital Muscat Light meal				Bound Highest European mountains		
								Categorizes Droop in the middle			Road surface System of Hindu philosophy		Soviet and Russian space station 1986-2001
			Repetitions (abbr) Two (archaic)					Three in cards and dice Cricket extra			Consume Allow		
						Lure Crust formed over a wound			Revere greatly				
			Agitate Of a horse, to become a father				2016 Olympics venue Printer's blue			African carnivore related to the civet			
Hire Mysteriously obscure				Chief Executive Officer	Umbrella-like sunshade			Similar to					Soak Free (Latin)



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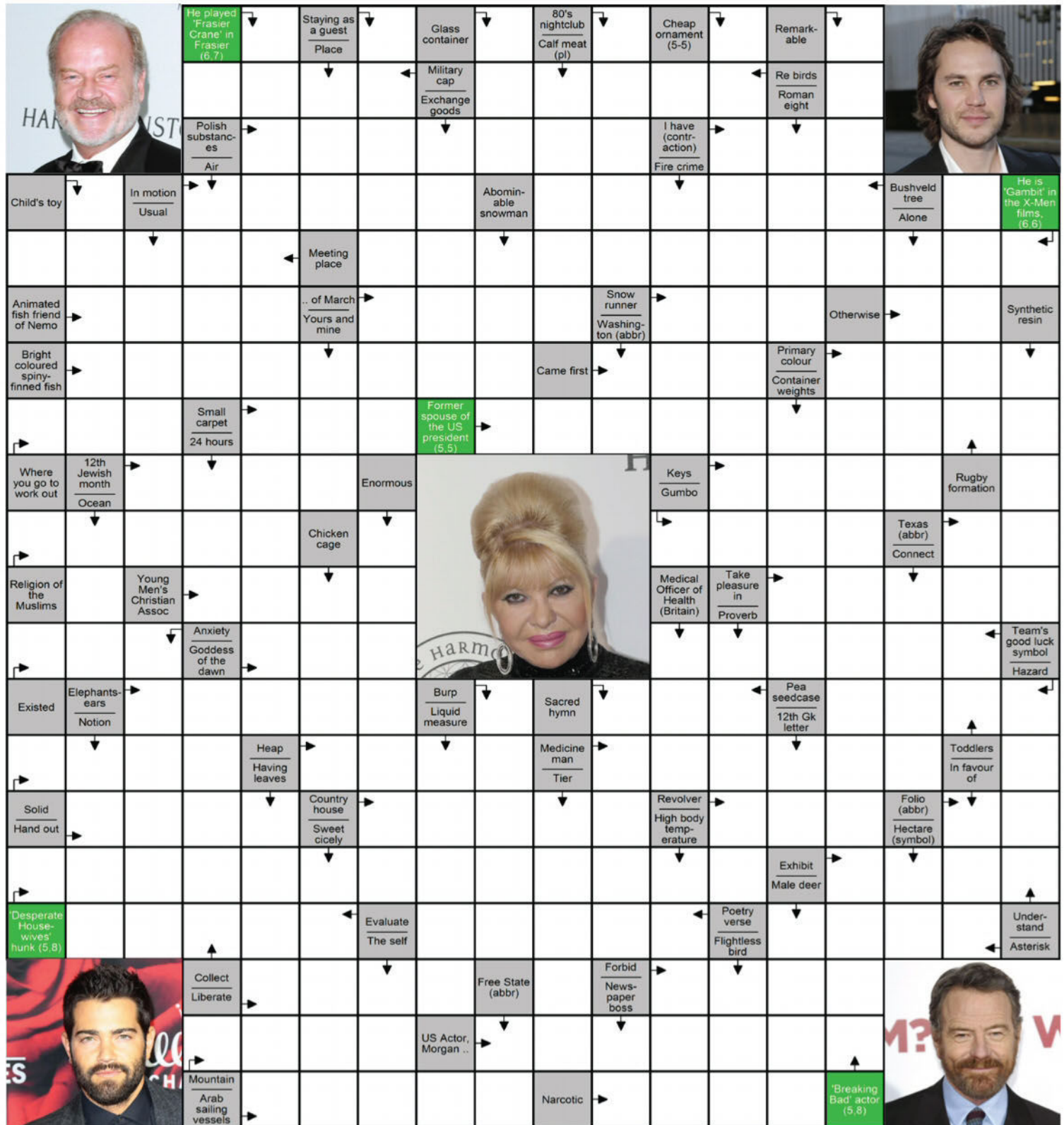
PEOPLE 59

R1 000

TO ENTER our CELEB BLOCKWORD, all you have to do is finish the grid. When completed, the circled letters will spell out the name of a celebrity whose films include *The Power Of One* and *A Kid In King Arthur's Court*. SMS 48408 with the answer, your name and surname, and e-mail address (if you have one), as well as **people**/Celeb Blockword No. 664 Be sure to SMS before March 6, 2017. By doing this, you stand the chance of winning R1 000. Winner of No. 660: Arlene Gray. Answer: Adam Sandler. Winners paid electronically. SMSes charged at R1.50 and free SMSes do not apply. Terms and conditions apply.

[illegible]

GENERAL KNOWLEDGE



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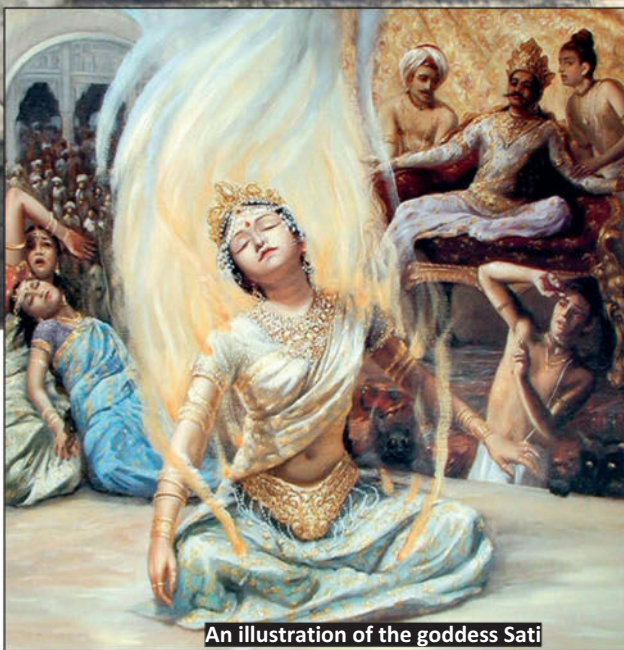
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people Subs, freepost
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sub no, OR surname and cell number.
Fax proof of payment with address to
086 756 6375

DEATH AT A FUNERAL

BY MARK WASSERMAN

BANNED years ago as cruel and inhumane, there remains in parts of India a taboo cultural practice which treats widowed women in the harshest of ways.



An illustration of the goddess Sati

In an age of ascending feminism and focus on equality and human rights, it is difficult to assimilate the Hindu practice of sati, the burning to death of a widow on her husband's funeral pyre, into our modern world. Indeed, the practice is outlawed and illegal in today's India, yet it occurs up to the present day and is still regarded by some Hindus as the ultimate form of womanly devotion and sacrifice.

Sati is the practice among some Hindu communities by which a recently widowed woman either voluntarily or, more often these days by use of force or coercion, commits suicide after her husband's death. The most common form of sati is when a woman throws herself onto her late husband's funeral pyre. However, other forms of sati exist, including being buried alive with the husband's corpse, throwing one's self in front of a moving train and drowning.

In a country that shunned widows, sati was considered the highest expression of wifely devotion to a dead husband. It was deemed an act of peerless piety and was said to purge her

of all her sins, release her from the cycle of birth and rebirth and ensure salvation for her dead husband and the seven generations that followed her. Because its proponents lauded it as the required conduct of righteous women, it was not considered to be suicide, otherwise banned or discouraged by Hindu scripture. Under British rule, sati was initially tolerated informally before being formally legalised under certain conditions and then eventually outlawed

in 1829. This was followed up by laws in the same directions by the authorities in the princely states of India in the ensuing decades, with a general ban for the whole of India issued by Queen Victoria in 1861. The main problem with the practice (apart for the principle, of course) particularly in recent times, is that, whilst sati was supposed to be voluntary, there have been accounts of women being forced or drugged into killing themselves. Property tussles are often the reason, with male heirs preferring to do away with a widow, leaving the inheritance entirely in their hands. In the late 1950s, a royal sati took place. Performed in Jodhpur by Sugankunverba, the widow of Brigadier Jabbar Singh Sisodia, her act of self-immolation occurred illegally and supposedly in secret. The Maharani Padmavati Gaekwad of Baroda, her close friend, provided this account of her death in 1984: "About a month before he died she stopped eating and drinking. She went about her household chores, looked after her husband and nursed him, but without letting on she got together all the things required for the last rites.

I used to go to their house to cheer them up and one evening just a little before sun-down as I drove into the compound, I heard this very deep chanting of Ram-Ram as if coming from a deep, echoing chasm. He had passed away two minutes earlier and she had already announced that she was going to commit sati when he was cremated at sunrise. While they attended to his body she went to her bathroom, had a bath and put on the brand new clothes that she had stored in her trunk. When she had dressed she sat with her husband's head on her lap all night. Twice his body perspired and twice she wiped it down saying, 'Why are you so impatient? I am coming with you. Be calm. The sun's first rays are still to come'. Morning came and her devar arrived, her husband's brother who was going to perform the last rites. When he doubted her intentions she got up and sat over the lamp which they kept burning near the dead body. She fanned the flames with the hem of her sari and sat there for five minutes until he said, 'I'm satisfied'. Now normally when a sati goes to the pyre she is accompanied by a procession, but the word had spread like wildfire through the whole city and people started gathering. So she said, 'We can't walk, bring cars and a truck', and in this way they avoided the police who were waiting at the entrance to the big burning ghat. She had sent for me, but I didn't get the message and got there late and by that time the flames had got too high for me to see her – but I heard her voice saying 'Ram-Ram', which never stopped for a second until she died. She is worshipped today not only by Rajputs but by everybody and so many artis and bhajans (devotional songs) have been composed about her,

PICT: FOTOLIA / SOCIAL MEDIA



and her funeral pyre burnt for almost six months non-stop with all the coconuts that people kept putting on it."

In today's India, sati is rarely discussed openly. Ostensibly, it is considered a shameful practice, particularly by the burgeoning middle class, long outlawed and of interest only as a minor historical footnote. And yet the practice continues,

particularly in rural areas of India, with over 40 documented cases occurring since the 1950s, approximately one recorded incidence per year, with some anecdotal evidence to suggest that there are a much greater number of successful and unsuccessful sati attempts. Indeed, pro-sati advocates, generally men, demand the right to commit, worship, and propagate sati. One well-documented case, that of 18-year old Roop Kanwar, occurred in 1987 at the village Deorala in Rajasthan. Eyewitness reports of the incident present conflicting stories about the voluntariness of her death: that she was dragged from a shed in which she had been hiding, that she was sedated, that she herself told her brother-in-law to light the pyre when she was ready. Several thousand people managed to attend the event, after which she was hailed as a 'pure mother'. Devotees from all over India flocked to her shrine to pay homage, bringing huge revenues and status to the village. The event produced a public outcry. Kanwar's sati led to the creation of state level laws to prevent the occurrence and glorification of future incidents and the creation of the central Indian government's The Commission of Sati (Prevention) Act 1987. However, of the 56 people charged with her murder, participation in her murder or glorification of her murder during two separate

investigations, all were subsequently acquitted. Speaking to *Russia Today*, Kailash Meena, a member of People's Union for Civil Liberties, says, "Whatever the rich people did in the past, the poor think is a mark of status and follow blindly, because through Sati, a family's spiritual status and prestige jumps, and so does its source of income. On the other hand, sometimes when

a husband dies, his widow is left with no financial support, and prefers to die in a sort of respectable suicide." Other incidents of sati continue to take place. Fifty-five year old Charan Shah's self-immolation in 1999 at Satpura village in Uttar Pradesh is shrouded in mystery as witnesses refused to co-operate with official investigations. Shah's suicide is notable because it led to the publication of a vitriolic article apparently justifying the practice of sati and demanding the repeal of the Commission of Sati (Prevention) Act, by a respected female academic, Madhu Kishwar.

In May 2006, Vidyawati, a 35-year-old woman, allegedly jumped into the funeral pyre of her husband in Rari-Bujurg Village, Uttar Pradesh. In August 2006, Janakrani, a 40-year-old woman, died on the funeral pyre of her husband in Sagar district. In October 2008, a 75-year-old woman committed sati by jumping into her 80-year-old husband's funeral pyre at Checher in Raipur. And as recently as 2009, a 60-year-old widow named Sharbati Bai attempted to commit sati on her husband's pyre in Rajasthan's Sikar district. She couldn't because the village and the police stopped her just in time. And though the practice itself is banned, the

Did You Know?

THE term sati is derived from the original name of the goddess Sati, who self-immolated because she was unable to bear her father Daksha's humiliation of her (living) husband Shiva. Sati as practice is first mentioned in 510 CCE, when a stele commemorating such an incident was erected at Eran, an ancient city in the modern state of Madhya Pradesh. The custom began to grow in popularity as evidenced by the number of stones placed to commemorate sats, particularly in southern India and amongst the higher castes of Indian society, despite the fact that the Brahmins originally condemned the practice. Over the centuries, the custom died out in the south only to become prevalent in the north, particularly in the states of Rajasthan and Bengal. While comprehensive data is lacking across India and through the ages, the British East India Company recorded that the total figure of known occurrences for the period 1813 – 1828 was 8 135; another source gives the number of 7 941 from 1815 – 1828, an average of 618 documented incidents per year.



Although there are many forms of sati, the majority involves the widow being burned along with her dead husband



India has at least 250 sati temples

glorification of sati lives on. In fact, India still has at least 250 sati temples, including 11 in the district of Sikar alone. Women who commit sati are often worshipped as Sati Devi or a goddess. The priest of one such temple, Makhan Sharma, says that once a woman becomes a Sati, she attains healing powers. "Her respected status means that people's prayers are answered. That's why people come here from all around. Our pain and diseases are healed through her blessings."

Following public outcries after each instance there have been various reforms passed which now make it illegal even to be a bystander at a sati event. Other measures include efforts to stop the glorification of the victims, including the erection of shrines over their ashes, the encouragement of pilgrimages to the site of the pyre and the derivation of any income from such sites and pilgrims. However, it must be recognised that the tradition of sati in India is very complex indeed. Despite the existence of state and country-wide laws prohibiting the act and its glorification, incidents continue to occur every year and they may be on the increase. As one Indian feminist notes, these occurrences confirm that deeply held and deeply cherished norms cannot be changed simply by enacting laws.

Eighteen-year-old Roop Kanwar



A 'Gift' From GOD

BY ROBERT CLUNIE

CONGENITAL defects are becoming more prevalent as yet another baby in India is born with multiple limbs and genitals.

HERE the world sits once more with its jaw line firmly planted on the floor. Yet another miracle baby with congenital faults has been born. This is an example of one more case to make global headlines, but one can't help but think of there is something sinister at work. Yes, it is quite remarkable that these infants are born in the first place. It is even more impressive that some of them survive, but is there an environmental or nutritional issue that may be causing these deformities? Only time will tell.

A baby boy was born on January 21 this year, and while the delivery was rather normal, the same cannot be said of his condition. The boy was born to Lalitamma, 23 and Chennabasava, 26. He was born with an extra set of legs and two sets of male genitals. The boy was born in the Dhadeasugure Primary Health Centre PHC in Raichur, Karnataka in

the south of India – it left both doctors and parents shocked.

Dr Virupaksha said of the process at the time of delivery, "It was a normal delivery," but simultaneously stressed that the condition 'was not'. Another doctor said that the whole situation was 'very challenging' for his team of surgeons.

"I referred the family to VIMS. I spoke to the surgeons there on Sunday, and they told me that the baby was being kept under observation. I hope the infant becomes normal," Virupaksha T added.

Medical experts are currently seeking further advice as to how they should proceed. It is now a case of deciding whether to keep the child the way he's been born or planning and executing a complex set of surgeries.

Lalitamma and Chennabasava, however, had been more than happy to raise the child as he is, claiming

that the financial burden of surgery would be too great for their family to bear. "My first son, born three years ago, is healthy. We are poor and cannot afford expensive treatment," Lalitamma said. But family members and close friends were persistent that she consider her options, and though it took some effort, she has agreed to have treatment, and her boy is due for an examination at the Vijayanagara Institute of Medical Sciences in Ballari – an approximate 150km south of her village. The boy was born with polymelia. This extremely rare birth defect affects mammals in particular – seldom does it happen that humans are born with it. The embryo develops as a conjoined twin, but later it degenerates, leaving the stronger foetus fused to the remaining set of limbs left over from the other embryo. Lalitamma, however, still believes that her child is a gift from God, despite his deformity.

HAVE YOU SEEN THEM?

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

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



BARBARAH GUGULETHU SAMBO
Disappeared: December 15, 2016
Age: 26
Barbarah left her home in Pretoria Central and has not been seen since. She was wearing a black blouse, blue trousers and black sports shoes.



IAN IRVIN KOMI FRANS MOLEFE
Disappeared: November 9, 2016
Age: 32
Ian left his home in Temba and has never been seen since. He was wearing black trousers, black shoes and a black shirt.



NTIMUTSE OBED KEKANA
Disappeared: December 10, 2016
Age: 35
Ntimutse was transporting goods to Maputo, Mozambique and never returned. He was wearing a brown t-shirt. He lives in Akasia



NORBET WILLIE VAUPEL
Disappeared: October 29, 2016
Age: 75
Norbet last left his home in Boschkop and has never been seen since.

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

HELPLINES

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

Web: www.edsupport.co.za
Cancercare Centre (011) 646-5628
SA Depression & Anxiety Support Group (SADAG) (011) 783-1474 or (011) 884-1797
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PUZZLE ANSWERS

Codebreaker

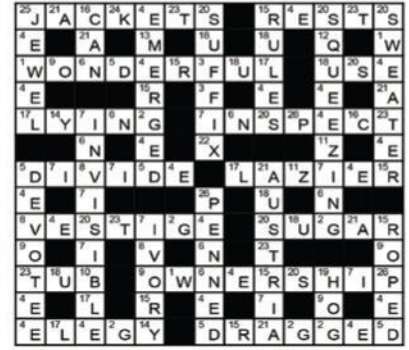
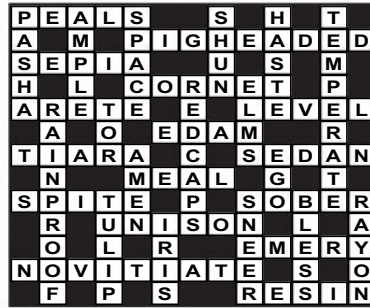
Even Exchange

1. Prose, Probe
2. Errand, Errant
3. Tiber, Tiger
4. Venus, Vents
5. Genre, Genie
6. Bitter, Better
7. Swore, Sword
8. Flirt, Flint
9. Dodger, Lodger
10. Outwit, Outfit

Arrow Word



Cryptic Crossword



Sudoku

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

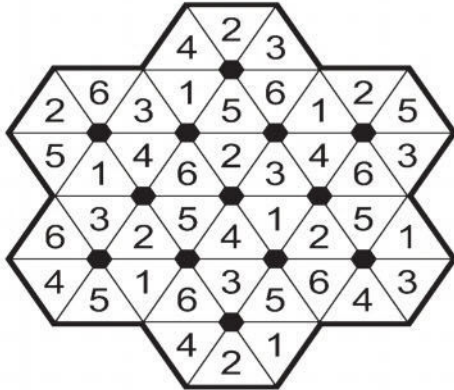
Maths Quiz

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

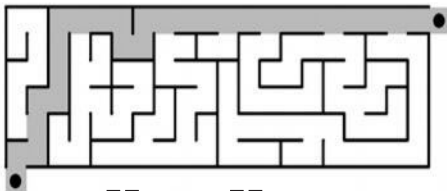
Go Figure

1	+	9	÷	2	5
x	-	x			
4	÷	4	x	7	7
+	+	-			
6	-	5	x	8	8
10		10		6	

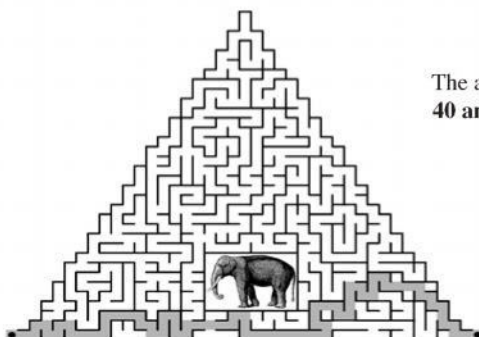
Snowflakes



Kids Maze



Mega Maze



Celeb Wordmatch

DIRT	C	H	E	A	P	SHOT
FUN	L	O	V	I	N	CUP
MENTAL	H	E	A	L	T	CARE
DAISY	C	H	A	I	N	MAIL
THUMB	S	K	E	T	C	SHOW
BABY	C	A	R	R	O	TOP
MONKEY	P	U	Z	Z	L	BOOK
POT	B	O	I	L	E	ROOM
BLACK	M	A	G	I	C	CARPET
METEOR	S	H	O	W	E	CAP
TIME	S	A	V	I	N	GRACE
SAFETY	C	A	T	C	H	FIRE

Scramblers

1. Morose; 2. Rage;
3. Sprite; 4. Romp

Today's Word

MIRROR

Sticklers

The answer is 1. A triangle with sides of 30, 40 and 60. The other choice is not a triangle.

Number Crunch

$$\begin{array}{r} 521 - 304 = 217 \\ + \quad + \quad + \\ 157 - 9 = 148 \\ 678 - 313 = 365 \end{array}$$

Jumbo Crossword

ACROSS: 6) HOP 13) IN ANY EVENT 14) GREGARIOUS 15) TAMBOUR 16) POLO 17) ADAGE 19) EASEL 21) UNIT 22) VALET 23) SCROOGE 24) ADEPT 25) METE 27) PEST 29) DEMI 31) EGGS 33) ORBIT 35) EMCEE 38) CANDY 40) FUR 41) HAVOC 42) ROBOT 43) MAP 45) EDDY 47) HOCUS 48) PEON 49) BAR 50) AWRY 52) WANE 54) AWN 56) COS 58) ESSAYS 61) NAP 63) CAT 65) TIPTOP 68) GIFTED 70) AVERSE 71) ALBEIT 73) OWL 74) JARRED 75) ANCHOVY 76) OBLIQUE 77) BAZAAR 78) ELF 79) TOUPEE 80) MINION 83) TRILBY 86) BESTOW 89) SIR 91) LEY 92) QUEASY 95) CUB 96) IVY 97) IBEX 101) FETA 102) ARK 103) SURF 105) GLOAT 106) DIAS 108) NUT 109) LOOSE 110) EQUAL 112) SAD 113) EAGLE 115) SPASM 118) ADDLE 120) WARM 122) ALAS 125) CAIN 127) EDGY 129) NAIVE 131) HEROINE 132) NEGUS 134) CLUE 135) RETRO 136) LASSO 137) SIZE 138) VENTURE 139) SNAIL'S PACE 140) RED HERRING 141) SUE

DOWN: 1) ENCORE 2) UNCOVER 3) MEDAL 4) BERATE 5) ATTEST 6) HUMDRUM 7) PROVOKE 8) AGREED 9) JETSAM 10) CABLE 11) DILUTED 12) FUMING 18) DEPTH 20) EDICT 26) TOREROS 28) SAVVY 30) ELBOW 32) GYMNASIUM 34) BUD 35) ECHO 36) CACHOU 37) ERST 39) NEE 40) FABLE 44) PIN UP 46) YAMS 48) PENT 51) RANI 53) ANTS 55) OPT 57) ACE 59) SALVAGE 60) ABEYANT 62) AFGHANI 64) ARTICLE 66) PERJURE 67) OMELETS 69) DOYEN 70) ALOFT 72) TAR 74) JET 81) ISLE 82) IRK 84) ILK 85) BYRE 86) BAIRN 87) SHYSTER 88) WAIF 90) AURORA 92) QUAD 93) AMASSED 94) YOKED 98) XHOSA 99) AGES 100) STEM 101) FAUNA 104) RUG 107) AID 109) LEAVE 111) LANES 114) AMNESIA 116) PARENTS 117) SEIZURE 119) LESSORS 121) ASLANT 123) LETHAL 124) SHOVEL 125) CELERY 126) INSIDE 128) GAZING 130) IRISH 133) GOFER

Missing Links

46	x	15
690	+	143
833	-	764
69	x	12
828	÷	36
23	+	41
64	x	13
832	+	42
874	÷	23
38	-	2
36	÷	3
12	x	27
324		

General Knowledge Blockword



THE WAY

A SOLDIER fighting for his country and the little stray dog that stole his heart.

Back Home

COMPILED BY VANESSA PAPAS

ONCE in a while a story touches hearts across the world. The tale of Sergeant Craig Grossi and his dog Fred is one such story.

When Craig, a member of an elite team of Marines, met Fred, a street dog from Sangin District in Helmand Province, Afghanistan, it was love at first sight. Craig knew full well it would be almost impossible to bring Fred back home to the United States with him, but he decided he would try anyway. Not

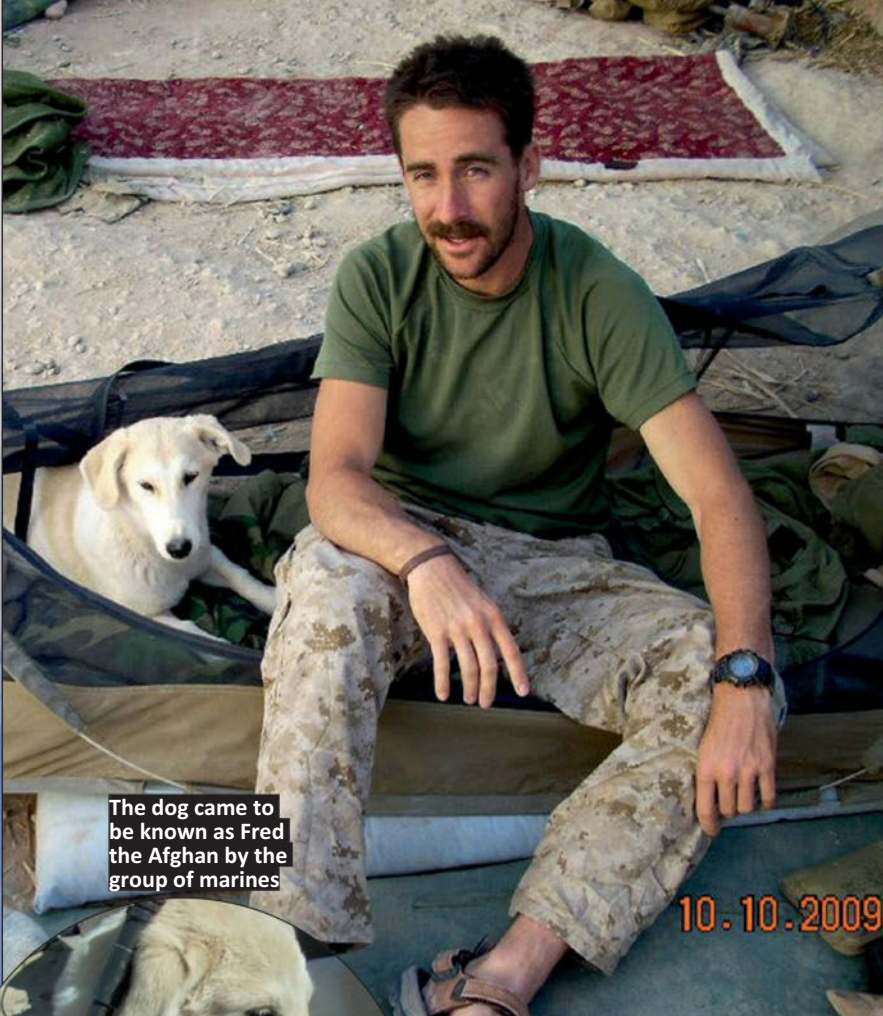
deterred by the fact that, if caught, Craig would be thrown behind bars and Fred would be put down without question, Craig smuggled the dog out of Afghanistan, across the Atlantic, and into America.

Craig joined the human intelligence sector of the US Marines in 2003, serving his first tour in the middle of war-torn Afghanistan. After the tour he chose to leave the service, but it wasn't long before he changed his mind. He re-enlisted again and was deployed for a second time to Afghanistan in 2010 in

what would prove to be his most dangerous assignment. Just hours after he arrived, Taliban fighters set in and attacked his unit. For four days, he and his team fought tooth and nail to stay alive. At the time he and his team were in a region no Americans had been in in years. When the fighting finally subsided, he looked around and saw a dog with a big goofy head and little legs lying among the rubble.

"I watched him find little scraps of food and take them into the nearby bushes and eat them. He'd walk across the marine





The dog came to be known as Fred the Afghan by the group of marines



compound," says Craig. "He was as confident as he was little. I could see straight away that he was a loner. That was one of the interesting things about him. He had someone found a way to make it work – a way to survive – in a place where the odds were so heavily stacked against him. He resisted the urge to become a part of a pack; life would have been easier for him if he had, but he chose a different path. I remember thinking to myself, 'This dog has got it all figured out'." The military had a rule for the soldiers not to approach the dogs as many of them were aggressive. Up until that point, Craig had never had a problem with that rule. "I could see this dog didn't belong to anyone and from what I could tell he had had no real positive human interaction either," explains Craig. "A piece of beef jerky in hand, I cautiously made my way over to him. He was dirty and covered in bugs but he wagged his tail and it blew me away. When I offered him

some beef jerky, he very politely took it. I thought, 'How could this stray dog, who had no one in the world to care about him, be so good-spirited?'" A few scratches behind the ears later, Craig stood up and started walking away, and Fred followed him.

Fred the Afghan, as Craig and his team fondly called him, came to be part of that group of Marines. Craig and Fred spent many hours together and became inseparable. "I had loved him from the first moment I met him, but as the days went by all the other guys started to like him too," says Craig. Their bond, however, could not last. Craig knew that. The unit was being called back to the main base, where they would rest for a few days before being deployed somewhere else in the country. Fred would never be allowed to join him. Leaving his new friend behind, however, was simply not an option. A conversation between man and dog the night before Craig was due to leave made it clear that if Fred wanted to join him, he'd have to give him a sign. The next day the helicopter came. Craig was sheltering himself when suddenly he felt a familiar poke at his heel. It was Fred. He was terrified from the chopper noise and the wind, but he was there. Craig explains how he put Fred in a duffel bag among the unit to keep him hidden.



Craig had seen lots of stray dogs living in packs in Afghanistan before but this dog was different



Craig smuggled Fred out of Afghanistan and back to his home in the United States

When they arrived at the base he managed to smuggle Fred into a friend's pick-up truck. "As we were driving I saw a yellow sign with red letters: DHL. The shipping company had set up a station while we were out in the field. It was amazing timing. I went over to the station that night to check it out. I asked, hypothetically of course, how I would go about shipping a dog back to the US. They saw right through me and asked to see the dog. When Fred met the DHL guys, they too fell in love. I had to go back into the field and didn't have time to pull together all the paperwork to ship Fred back to my parents' house in the US. The DHL workers agreed to keep him for him while I was gone."

In the field, Craig was hit by a rocket and suffered a brain injury. While recovering in the hospital, all he could think about was Fred. As soon as he got out, he went straight over to DHL to Fred and began putting plans in motion to get Fred to America. He found a veterinarian willing to give Fred a quick exam, organised the forms for Fred's trip and sourced a crate so Fred could travel safely. Fred arrived at JFK Airport in New York City, welcomed with open arms by Craig's family. Three months later, Craig joined Fred.



Crouching Soaring

SHARE your animal stories and pictures with us! E-mail gabrielleo@caxton.co.za and receive R500 if your story is published.

SOURCE: MAGAZINE FEATURES



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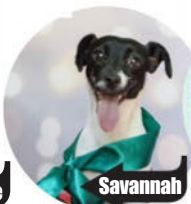
Dipper



Luke



Phoebe



Savannah



Steel

THIS week we have gorgeous dogs from A New Hope Dog Rescue based in the south of Jhb.

TIPS ON ADOPTING A PET

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

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

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

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

ASK THE VET

VETERINARIAN Dr Perushan Yenketsamy of Bryanston Avian Exotic and Small Animal Clinic (BAESAC), answers your pet questions!



Q: I'VE heard there is rabies in our area. What steps can I take to protect my animals?

A: RABIES claims the lives of over 55 000 people annually, with 90 percent of cases occurring in Asia and Africa. In South Africa rabies is carried and spread mainly by the black-backed jackal, the bat-eared fox, the yellow mongoose and dogs. However, rabies can be found in cattle, sheep, goats, horses, squirrels, wild cats and many other animals. The common misconception is that rabies is only spread by the bite of an infected animal when in fact it is spread in the saliva of an infected animal. This means licking faces and open wounds, as well as scrapes from teeth during play, can also transmit the virus. Another scary aspect is that rabies in an animal is not always apparent and we quarantine suspect animals for 10 days in which time they will show the signs associated with the disease if they are positive. The only other method of diagnosing the disease is to

ethanise the animal and send away for laboratory diagnosis. All dogs and cats should be vaccinated as puppies and kittens starting at three months of age and then within nine months of the first vaccine. Veterinarians usually vaccinate for rabies at three months of age and again a month later. Thereafter, the vaccination schedule becomes somewhat blurry. By law, all dogs and cats in endemic areas (where rabies is always prevalent) should be vaccinated every year. In sporadic areas (where rabies only occurs from time to time) animals can be vaccinated every three years. Because every animal is different, one cannot guarantee one vaccination every three years is sufficient to provide adequate immunity to the animal, which is why some vets (like myself) prefer to vaccinate every year. There are also options for those who cannot afford to pay privately for the vaccine. You can contact your local state veterinarian and find out when a rabies vaccination campaign will be in your area and have it done at cost.

* Send all your pet-related questions to vancom@telkomsa.net, and we'll get our expert to answer them for you!



ing Warthog, ing Leopard

LUCKY the leopard's hunting prowess was captured on camera by a game park camp manager.

A LEOPARD soars through the air with her front legs spread like wings as she hunts a warthog. In a gravity defying leap the female predator almost seemed to be flying as she pounces on her prey.

The leopard had been stalking the unsuspecting warthog and followed him out of sight into bushes. Suddenly the two animals burst from the bush, with the leopard in pursuit of the wild pig, who realised he could not outrun his pursuer and turned to confront her.

The creatures then faced each other in a tense two-minute stand-off, before the big cat, who is pregnant, pounced.

She flew metres into the air and soared above the defiant warthog, before finishing him off. Photographer Peter Thompson captured these breathtaking action shots in the Masai Mara National Reserve, Kenya.

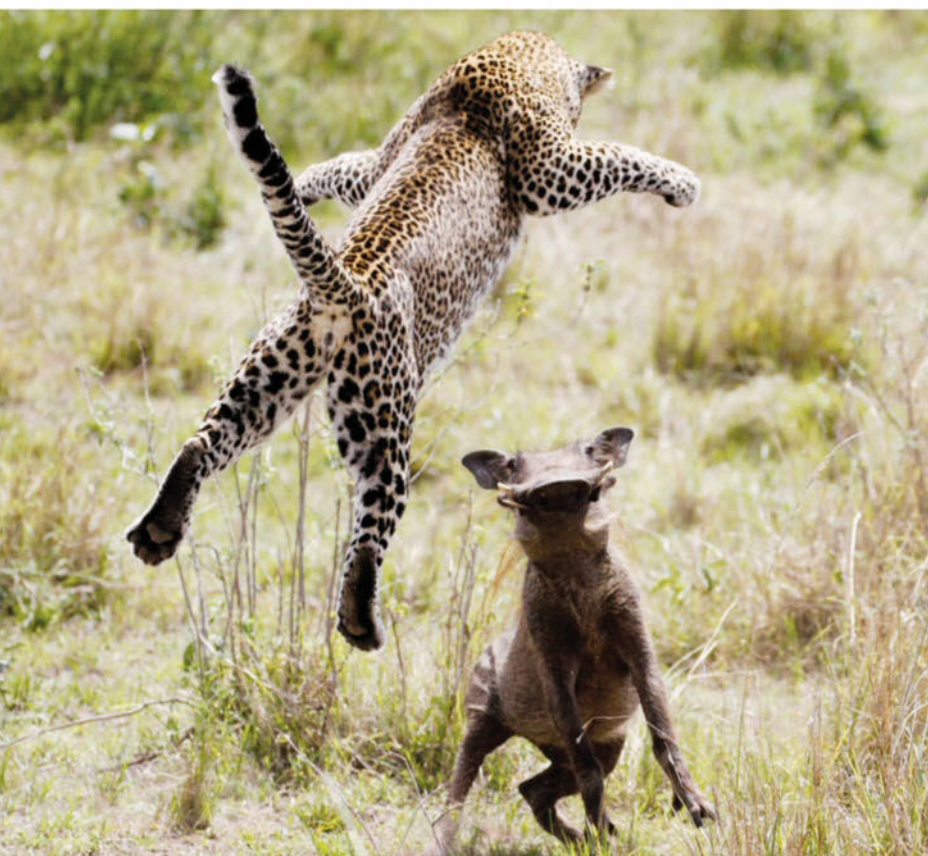
The 27-year-old, who runs a safari camp in the reserve, said, "The leopard began stalking the warthog and then she followed it into a nearby bush. They were out of sight for a while and then they came shooting out towards our vehicle and the stand-off began. Then the acrobatics began and the leopard killed the warthog, taking just a few seconds to strangle it. The only movements from the leopard were

the chase and then she circled the warthog right before she went in for the kill, jumping from a stand-still position."

He added, "As soon as the warthog put some space between itself and the leopard, it turned to face the predator. That's what makes this whole story so amazing – if it was a lion instead of a leopard then nine times out of 10 the warthog would have chased the lion away, but because of the leopard's abilities it was almost as if it was toying with the warthog."

The leopard is well known in the park, and has been named Bahati by locals – which means 'Lucky'.

Peter, who is originally from Australia, and his wife watched the fight from just metres away. He said, "My wife and I manage a camp in the Masai Mara, and this happened less than a kilometre from our entrance. We were driving through to another camp when my wife spotted the leopard beneath a tree so we drove over and watched it. We wanted the warthog to get away, but we also wanted the leopard to eat. There was so much adrenaline pumping through us to see something like that. We went back to the camp and showed our resident guides and all of them said they had never seen anything like it before in all their years guiding in Masai Mara."



Small Business
Corner

DOGGY CHEF

Where at **people Magazine** believe in the small business enterprise as a driver of our economy. We are strong supporters of those individuals who exhibit a strong entrepreneurial spirit. They are great creators of jobs, no matter how big or small the task, and they often tend to do what they do simply for the love of it. They uplift so many people in this country. It is for this very reason that we feel we need to provide them with as much support we can possibly give.

Who Are They?

DOGGY CHEF is the only supplier in Gauteng of biologically appropriate raw food for dogs. The team is headed by Franki and Kobus Marais. They oversee all operations and research and development. They are also assisted by their K-9 quality control team who test new recipes out.

What Do They Do?

DOGGY CHEF researches and develops a variety of free range, raw meat meals for dogs that are delivered straight to your door. Their product is organic, made with fresh, natural products, free range game meat and fresh market produce. There are no artificial preservatives, colorants, flavourings and wheat, corn or soy ingredients. They also tailor the meals to each individual dog.

Who Benefits?

ALL of our canine companions. The organic raw food helps with the tartar build up on teeth, skin conditions, chronic diarrhoea, weight management and the immune system.

To feature your business in this column e-mail robertc@caxton.co.za.

How Can You Help?

YOU can help your dog first and foremost by providing him or her with the finest nutrition available. By making the choice, you'll also help a small business team looking to grow their business.

Where Are They Based?

THEY are based in Johannesburg. They can be reached via their Facebook page or website. You can also call Franki on 081 477 5706 or Kobus on 072 275 5202. You can also mail them directly on info@doggychef.co.za.



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NOT FOR SENSITIVE READERS!

THE ritual sacrifice of pigs in the name of good luck and fortune has been described as 'a blood bath'.

BY VANESSA PAPAS

THE ANNUAL PIG CHOPPING FESTIVAL

THOUSANDS of locals and tourists alike will flock this month to a village near Vietnam's capital Hanoi to witness the brutal execution of pigs despite condemnation by animal rights groups across the globe as well as Hollywood stars such as **Joaquin Phoenix, Minnie Driver and Pamela Anderson.** For centuries residents of Nem Thuong village in Bac Ninh province have dedicated a day to the brutal slaughter of pigs – chopped in two so that people can smear banknotes with their blood in the belief that it will show respect to and please the gods, in turn bringing good health, peace and prosperity to those who partake in the frenzy.

Although the Southeast Asian nation is growing in its numbers of people fighting for the rights of animals, the Nem Thuong Pig Slaughter Festival will still take place this year. Pigs will be paraded around the village to the sound of beating drums and horns before being tied down and sliced in half with repeated machete hacks to cheers from the crowd. Earlier this year, the Vietnamese Ministry of Culture, Sports and Tourism called on villagers to tone down 'the more bloody aspects' of the Festival following criticism by international animal anti-cruelty organisations. According to Luu Dinh Thuc, vice chairman of the province's capital town, the villagers did agree to at least move the actual slaughtering process to somewhere away from the general public yet the torture is still displayed for all to see.

Animals Asia Foundation based in Hong Kong, which campaigns against the tradition and other regional animal cruelty issues, says it is unknown how many pigs will be tortured. The festival last year was attended by thousands of people, including many children, but only two pigs were killed. Animals Asia say the roots of the Festival stem from a historical event that took place over a thousand years ago.

'THE older generations here say it is the village's choice, that the pig slaughtering does not violate the law.'

An anti-imperial general named Doan Thuong (who lived from 1181 to 1228) took refuge in the area while fighting invaders. He killed wild hogs to feed his soldiers, hence the tradition of slaughtering pigs. Nguyen Dinh Loi, from Nem Thuong's Old People's Association, maintains the Festival has to continue due to tradition. "The older generations here say it is the village's choice, that the pig slaughtering does not violate the law and must be decided by the villagers themselves," he says. "We want to keep the traditions of our ancestors." Vietnamese Professor Tran Lam Bien has also justified the festival, saying that in the beliefs of many nations in the world, animal blood with its typical red colour is always a manifestation for vitality. "Vietnamese citizens chop pigs to get the blood to present to the

local god, implicitly seeking the god's support for plentiful and fertile land as the blood was offered. Once the animal is slaughtered, its blood is splashed all around into the local land, which also represents such meaning," he explains. Meanwhile, PETA (People for the Ethical Treatment of Animals) – the largest animal rights organisation in the world, with more than 5-million members and supporters – says it's almost impossible to believe that animals are still being tortured and killed in the name of tradition. "Witnesses have described the events that unfold during this festival," says Ingrid E. Newkirk, president of PETA. "Terrified pigs are tied by all four legs and forced onto their backs, spread-eagle. A large sword is then used to cut the screaming animals in half." PETA maintains chopping healthy live pigs is a cruel behaviour to animals. It hardens emotions of the viewer to witness how the animals are treated brutally, especially children, who are vulnerable and have incomplete psychological stability.

According to an indepth report on Rescuer's Heart For Animals, an independent organisation passionate about supporting fellow animal rescuers and highlighting their good work, Vietnam's Luna New Year celebrations in February always involve slaughtering pigs and some people eat raw pig meat. People end up in hospital with swine bacteria and some die. The report explains how a source from the National Hospital of Tropical Diseases in Hanoi said people become infected with the streptococcus suis bacteria, a pork-based pathogen and that patients had direct contact with pork through butchering, selling pork, or eating 'tiet canh', a type of pudding made with raw pig's blood. The disease can cause septicæmia or blood poisoning, meningitis, pneumonia and endocarditis, inflammation of the heart membrane. Sometimes blood poisoning does not kill, but still causes necrosis, requiring the amputation of legs or hands. It's also associated with other complications after one is cured, such as hearing impairment, loss of memory and epilepsy. According to Dr Nguyen Trung Cap from the hospital's Emergency Department, the dead patients were brought to the hospital after having the blood dish, and their condition became critical quickly with declining liver, kidney and lung functions. Half the patients said they ate 'tiet canh'. On the animal cruelty calendar, this month also marks Taiwan's 'Pigs Of God' Festival, otherwise known as 'Holy Pig' Festival, to mark the birthday of Taoist god Zushi. Later this month, local residents will gather to see the dead bodies of giant pigs displayed in the annual festival outside the Zushi temple in Sanhsia district in the New Taipei City. The pigs, which are killed the night before, are decorated with flowers, put on floats and paraded through the city streets. It's not their manner of death that has sparked outrage but rather their quality of life. Farmers have allegedly adopted inhumane methods to force-feed pigs to increase their weight. Animal rights activists say pigs are kept in small enclosures and hit on the snout to force them to keep eating, which causes them to gain unnatural weight, with some tipping the scales of 720kg – the normal weight of an adult male being half of that. The biggest one even went up to a record high of more than 1 000kg."

"Getting a pig ready to enter the Pigs of God festival takes up to two years," says one activist. "During this time animals are constantly force-fed to a point where they are incapable of standing. This kind of procedure is both psychologically and physically damaging to the pigs, who often suffer from organ failure and pressure sores caused by lying down for long periods.



THE BALD AND THE *Beautiful*

A BRAVE teenager whose locks fell out when she was just six years old has embraced her hair loss in a stunning photoshoot.

Lucy Bayfield has embraced her baldness to raise awareness of the condition which has left her with no hair.

Mature Lucy has suffered from alopecia for nearly 10 years, having had 'lovely long, thick hair' as a child.

But the 15-year-old has wholeheartedly accepted the condition, saying, "It's just something that happens to certain people. It's not my fault and there's nothing I can do about it – but I can fix my mindset."

Stunning Lucy has now 'dared to bare' in a courageous photoshoot which celebrates her fearlessness.

She says, "Of course people are going to say things about you, that just comes with being different. But it's just natural and I've come to realise the people who say these things aren't going through what I've been through."

Lucy's alopecia was first picked up by a hairdresser when she was six years old after finding a small bald patch in her hairline behind her ear.

Gradually over the years, clumps of hair kept falling out until she was completely bald by the time she turned 13. Doctors aren't able to pinpoint an exact cause, but mom Hayley Bayfield, 42, had a stillbirth the year before which she believes may have been the trigger.

Lucy says, "I can remember the day quite clearly. The hairdresser noticed a small patch where the hair was missing, so my mom took me to the doctors straight away. I remember getting into the car after the doctors and becoming really

upset all of a sudden. It wasn't so much that I was losing my hair, more the word that scared me. To be diagnosed with something I didn't understand when I was so young was frightening."

Before her hair fell out, Lucy had luscious long locks down to her bottom which her mother struggled to manage. Hayley – who also has a 10-year-old son called Ewan – says,

"Her hair was so long and thick it was difficult to manage on a school day. I'd just put it in a long plait each morning, so never noticed the bald patch because I always did her hair the same way. I had a stillbirth the year before – Kate – and Lucy was absolutely devastated. Kate was due around her birthday so it was like an extra birthday present for her. I've always wondered whether that was the trigger, although the doctors can never really tell you why it happens."

Lucy then underwent several different treatments which made her scalp bleed in an attempt to boost hair growth. School teacher Hayley says, "She would have treatment every month but it never worked. One of them was quite painful – the nurse could only explain it like she was being hit with an elastic band. Her whole scalp used to bleed. She also had steroid treatment and a gun which would pressure-shoot liquid onto her scalp. Lucy was so brave, she never complained."

At first Lucy was 'convinced' her hair would eventually grow back and was reluctant to have a wig.

But she has now come to terms with her alopecia, and alternates styling a wig with embracing her baldness and empowering others.

Lucy says, "When I was in primary school, everyone knew so I never had to explain myself. But when I started secondary school I was on my own, so it was a bit scary and my hair was falling out more and more. I'd wake up in the morning and there'd be loads of hair on the pillow, or it would all come out in the bath. Eventually it got so thin I didn't even have to brush it. I knew I'd look totally different in a wig, but then all the girls at school started doing nice things with their hair and tying it up, which is when I decided to try them."

She was able to get two wigs a year on the NHS but they irritated her scalp and she would have to take it off every time she did trampolining – her favourite sport.

Following some research, Lucy found a 'hair system' where the wig is more permanent and can be styled with heat and left on during sport.

But thanks to an 'amazing' tutor who fundraised on Lucy's behalf, she's been able to afford two of these wigs.

Hayley says, "We knew as soon as she got those wigs she couldn't go back to synthetic. Luckily the funding system on the NHS has changed, so we get a voucher each year instead of a wig which can contribute towards this. It's a huge help." Lucy feels more confident in her wig – but isn't afraid to go out in public without it.

The inspirational teen says, "I just took it off one day and went to school without even thinking about it. I knew people would look at me but I just thought that's alright, there's nothing wrong with that. I need to give my scalp a break sometimes so if I don't want to wear the wig, I won't. I don't think twice about not wearing it."

Lucy's dad Scott is incredibly proud of his daughter, as is Hayley.

Scott, a 42-year-old paramedic, says, "It would be difficult for any teenage girl and she's fixated on make-up, but she just takes it in her stride. She would love a full head of hair but she just holds her head high and makes the best of a bad thing."

Hayley adds, "She's always just got on with it."



Lucy alternates styling a wig with embracing her baldness

A BRAVE teenager with alopecia showcases her hair loss in stunning photoshoot.



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PICS: WWW.ELITEPHOTOAGENCY.COM

Ranee's

GRUELLING JOURNEY

BY
ROBERT
CLUNIE

A LITTLE girl's family tirelessly seek a cure for her to return to a normal life.

THE continuum of rare medical scourges worldwide persists in its attack of young children. Take Ranee Boonrung, for example. She is a nine-year-old Thai girl who has been diagnosed with a severe form of psoriasis.

Ranee's psoriatic outbreak began two years ago when she was but a regular little girl with a wide smile. Her suffering must be all the more acute considering she has known what it's like to live a normal life. Her childhood, from a psychological perspective, has been cruelly impaired. Her parents, too, are extremely concerned as to how this dermatological ailment would affect their

daughter's health in the long run. Psoriasis is a topical dermatological disease where the regenerative properties of the skin work at a very fast

pace. Healthy skin cells take around 28 to 30 days to complete a cycle, one in which old cells naturally shed and new develop and slowly surface to become part of the epidermis. Psoriasis on the other hand sees the regenerative cycle speed up, taking place between three and four days.

The rapid cycling of skin cells disallows older cells to mature and drop off as they should, and normal shedding does not occur. Skin cells then pile up and cluster to form lesions that can be extremely itchy or painful. In most cases the lesions or patches turn a bright red-pink due to an increased blood flow. Injuries to affected areas may be susceptible to physical changes or damage to the skin.

Ranee's psoriasis, however, seems to have developed into yellow



reptile-like scales that cover her entire body. Her condition, in all likelihood, seems to have morphed into a variant of the condition known as pustular psoriasis – basically small non-infectious pus-filled blisters. Her case has been described as one of the worst on record. She is in dire need of an effective treatment. The irritation caused to her skin is unbearable.

Her parents have sought numerous treatments in their home province of Yala. These do not come cheap, though – as with any serious medical treatment – and they are not exactly well-off. Her first trip to a medical facility had been to Trang's Institute of Dermatology, but visible changes had still been left wanting. Doctors are also of the opinion that there is not as yet a definitive cause of

psoriasis, so Ranee's case is even more baffling. The family had no choice but to cross provincial lines into neighbouring Songkhla Province to the city of Hat Yai, where neither a local hospital nor the university could be of any assistance. They had to cross the border into their home province once more before her mother heard of a doctor in the province of Buriram – some 1 500km away in the far northeast corner of Thailand.

It sounds like a promising endeavour, but there will be some hurdles to overcome. Money in their household is a prime concern. "We've now heard of a doctor in Buriram who might be able to help prevent the sickness progressing – but the treatment will take three months." She subsequently asked those on the web to aid in their financial woes. "We are poor and the cost of travel and treatment is very expensive so we're hoping an appeal on the Internet might help our daughter get better."



Ranee's condition is one of the worst doctors have seen



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PEOPLE 75

CURING CANCER

BY WARREN ROBERTSON

IS the cure for cancer just around the corner?

PICS: FOTOLIA

CANCER is a disease that currently devastates humanity, killing roughly 8.5-million people a year and affecting another 6-million. This year about 564 800 people are expected to die of cancer, more than 1 500 people a day, in the USA alone. Cancer is the second leading cause of death in the West, exceeded only by heart disease, and one of every four deaths among developed Western countries is from cancer, which is a disease that currently devastates humanity, killing roughly 8.5-million people a year and affecting another 6-million. This year about 564 800 people are expected to die of cancer, more than 1 500 people a day in the USA alone.

Cancer is the second leading cause of death in the West, exceeded only by heart disease, and one of every four deaths among developed Western countries is from cancer.

The first major promising sign of a cure is that one of the world's largest IT companies Microsoft has vowed to 'solve the problem of cancer' within a decade by using ground-breaking computer science to crack the code of diseased cells so they can be reprogrammed back to a healthy state. In a dramatic change of direction for the technology giant, the company has assembled a 'small

army' of the world's best biologists, programmers and engineers who are tackling cancer as if it were a computer problem. The company is working at treating the disease like a computer virus that invades and corrupts the

body's cells. Once it is able to do so, it will be able to monitor for them and even potentially reprogramme them to be healthy again, experts working for Microsoft have said.

In the short term, the unit is also using advanced computing research to try and set computers to work learning about drugs and diseases and suggesting new treatments to help cancer patients. The belief is that no human doctor would be able to read the vast amount of research available on cancer in order to generate a thorough overview of the illness. So much data exists that a human would take centuries to read and understand it all in order to connect the dots and make links between previously unconnected areas of research. It is Microsoft's belief that computers, programmed to understand, would be able to further human understanding of the illness simply by sifting what we already know.

The long-term plan, however, is a much bigger one. Researchers at Microsoft are working on a computer made from DNA which could live inside cells and look for faults in bodily networks, like cancer. If it spotted cells with cancerous potential it would reboot the system and clear out the diseased cells. Dr Andrew Philips, head of the group, says, "It's long-term, but I think it will be technically possible in five to 10 years' time to put in a smart molecular system that can detect disease."

According to Philips the programming principles and tools group has already developed software that mimics the healthy behaviour of a cell, so that it can be compared to that of a diseased cell, to work out where the problem occurred and how it can be fixed. A more promising treatment system in the short-term is Immunotherapy. Since 2014, journalists and researchers have been suggesting that Immunotherapy provides the best hope for curing cancer around the world. There is little doubt that the potential for artificially boosting the body's immune response against cancer is the most exciting advance in the treatment of tumours in the past couple of years, but there are still many questions which need to be answered before this becomes the standard treatment.



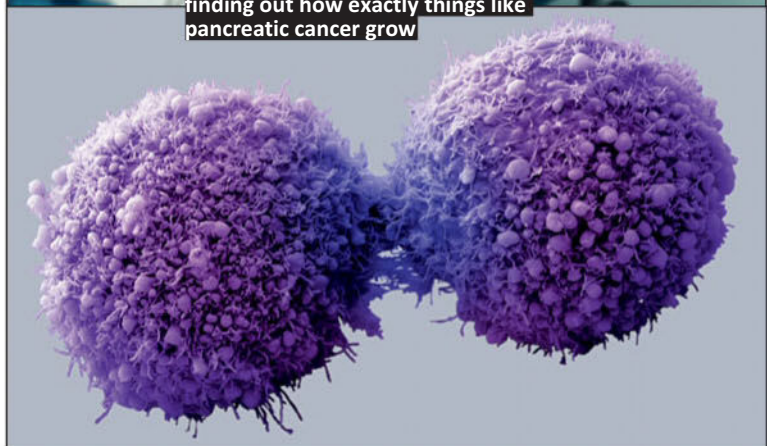
Dr Andrew Philips

The treatments have thus far been found to respond best to those tumours caused by external influences such as skin cancer, or smoking-induced lung cancers. The formation of these kinds of tumours cause hundreds of mutations, and already trigger the body's immune response, rushing a number of immune cells to the area. Over time, however, these tumours learn how to switch off the immune cells thereby shielding themselves from attack. Once this is done, these types of tumours, called 'hot tumours' by researchers, are then able to take over, and eventually kill. Intriguingly, combining checkpoint blockade drugs results in fewer extreme side effects for patients with melanoma than for those with lung cancer. "This is something that is very recently being recognised, maybe in the past two years," says Jedd Wolchok, an oncologist at Memorial Sloan Kettering Cancer Centre in New York City. "The same doses of the same medicine may not be tolerated equally in patients who have different cancers. We may have to use less medicine in patients with lung cancer. Immunotherapy is not a one-size-fits-all situation."

There have, however, been huge breakthroughs dealing with one form of 'cold tumour' in a totally different area. Pancreatic cancer is one of the most deadly and misunderstood of all cancers, but thanks to a new study, we now know a key factor how that form of cancer grows. What's more, the researchers believe that they may be able to prevent this process, a finding that could lead to new treatments and perhaps even a cure for this notoriously hard-to-treat cancer.



Developments have been made into finding out how exactly things like pancreatic cancer grow



Tumours, like all living organisms, need a stable, nutrient-filled environment in order to grow. As revealed in a study, now published online in the Proceedings Of The National Academy Of Sciences, pancreatic cancer tumours use stromal cells, which are the cells that make up connective tissue in organs, to speed up their metabolism and cause epigenetic changes to their DNA. All this helps the tumours to grow and spread, and further harm a patient.

"The tumour is essentially hacking into that stromal microenvironment and grabbing what it needs to up its metabolism," says Michael Downes, a Salk senior scientist involved in the research, in a recent statement.

The truth is any kind of discovered cure will only be suitable for certain types of cancer, but humanity has never been closer to finding a solution.

"Cancer isn't just one disease – there are hundreds of types, and as we understand the genetic signatures of individual tumours it's becoming clear that each person's cancer is as unique as they are – so it's simplistic to talk about a single cure," says Professor Peter Johnson, chief clinician at Cancer Research UK.



THE BIG 5 OF GRIEF RECOVERY

BY ANGELA BEKIARIS

WHEN things take a turn for the worst, take a deep breath and take things a step at a time, say experts.

DEALING with grief, or intense sorrow, is hard for everyone. But while some people react differently to certain things in life, experts strongly believe that the five stages of grief need to be experienced and dealt with step by step. We look into the big five to help you and your loved ones cope as best as possible.

1

Denial

'IT can't be!' 'It's not possible!' These are all common responses after hearing the news. Hearing about the loss of a loved one can seem surreal. At the same time, it is a huge shock, which could lead to denial. Chances are you feel shocked, numb or in complete disbelief. This stage is temporary but very common, and denial is a coping mechanism for many. The world as it seems meaningless and hopeless and nothing makes sense. This is, however, nature's way of letting it all sink in slowly enough for you to handle it.

You couldn't have prevented it, though, and you will eventually realise that. We always want life to be perfect, and we would do anything to go back in time and change things, but during this stage you have to accept that what happened was out of your hands, and that nothing you did caused the loss. You need to start looking toward the future – that doesn't mean forgetting the past, but accepting it.

4

Depression

DEPRESSION is hard to deal with at the best of times, never mind during a great sorrow. Sadness sets in fast, and with that comes crying, sleepless nights and loss of appetite. The feelings of anger, loneliness and shock affect all emotions, and serious depression can and most probably will set in – not always immediately though. Empty feelings present themselves on a much deeper level, and the realisation that your loved one is gone forever affects everything around you. This is the time to talk about that person to those who loved them too, or to join groups and chats where you are able to open up and share stories. Follow the necessary steps along the way to ensure you don't stay depressed. This might take longer for some than others, but you will get past it with a great support system.

2

Anger

WHILE you might be wondering why you're angry and snapping at everyone, fact is this is normal during the time, and those around you won't be offended, we promise. You're angry at the person, the situation and the future you see ahead. Experts, however, feel that this stage is necessary – the more you feel every emotion, the better you will heal. You probably feel deserted and abandoned and that's okay... Just give yourself the time to accept and heal.

5

Acceptance

IT'S hard to accept losing a loved one, we know. While you're never going to get over the loss, you do have to accept that it's happened. You can't change it. You can't turn back time. And you can't bring the person back. You will still feel sad but you will start moving forward, and don't beat yourself up about it – this is the time for you to accept the loss, the reality and the permanent situation you're now dealing with. Make new friendships and keep yourself busy and make sure the good days always override the bad.

3

Bargaining

THIS is when you start to dwell on everything, say experts. What could you have done to prevent the situation? 'If only', 'what if'... All these thoughts are normal and experienced by everyone during a traumatic time.

TIP

THE grieving process depends on one's personality, age and support system. There is no fixed period to grieve.



SCHALK BURGER

GAME BOBOTIE

Recipe



BY VERA FOURIE



METHOD

PREHEAT the oven to 180°C.

Soak the bread in half of the cream.

Heat half of the oil and butter in a large saucepan, then brown the game and pork mince. Set aside. In a frying pan, fry the onions with the remaining oil and butter until soft. Add the carrots, curry powder and turmeric and mix well. Add the onion mixture to the meat, and then add the jam, almonds and lemon juice. Season well. Add the bread along with the cream in which it soaked. Spoon the mixture into an oven dish.

Whisk together the remaining cream, buttermilk and eggs. Pour the custard over the meat, then tuck the lemon leaves into the custard topping. Bake in the oven for 45 minutes or until the topping is golden-brown and set.

Serve with yellow rice and a fresh salad.

TRIED & TESTED

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

INGREDIENTS

Serves Eight to 10

Three thick slices white bread, crusts removed

250ml cream

45ml cooking oil

45ml butter

1kg game mince (any type)

1kg pork mince

Two onions, chopped

Two carrots, grated

60ml medium curry powder

20ml ground turmeric

30ml apricot jam

60ml almonds, chopped and toasted

30ml lemon juice, freshly squeezed

Salt and pepper to taste

125ml buttermilk

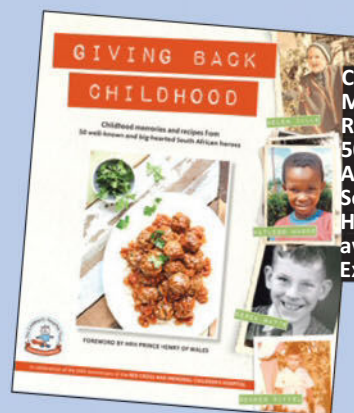
Four Eggs

Four Lemon leaves

"THIS dish holds such good memories for me and my family. We owned a farm in the Karroo and we went there very

often – particularly during school holidays. Later, as we grew up, we hunted and then we worked the meat ourselves in the butchery on the farm. It was great being together, all working together and appreciating the hard work a butcher does! We made our own biltong, droëwors etc., as well as traditional game lunches. This was one of our favourites."

– Schalk Burger



Childhood Memories And Recipes From 50 Well-Known And Big-Hearted South African Heroes, which is available from Exclusive Books

February Is Healthy Lifestyles Awareness Month

FEBRUARY 19 marked Healthy Lifestyle Awareness Day in the month where not only is love celebrated more than the rest of the year, but where people are urged to live a healthy lifestyle. We're sharing some easy ways to stay healthy this (and every) month.

1. Buy fewer processed foods.
2. Exercise daily.
3. Eat three proper, healthy meals a day.
4. Snack on healthy foods such as unsalted nuts, fruit or yoghurt.
5. Prepare meals in advance – always!
6. Ward off weight with protein.
7. Get enough vitamin D.
8. Boost brain power.
9. Get enough sleep every night.
10. Drink plenty of water throughout the day.

What's Causing Your Gums To Bleed?

WE share some factors which could be causing those gums to bleed. Pay attention!

- 1. Poor Oral Hygiene Habits:** Don't let plaque accumulate; your gums will get inflamed which can lead to bleeding.
- 2. A Bad Toothbrush:** Just like you want to drive the best car, you should want to brush with the best brush. Get one that isn't too hard on your gums.
- 3. Not Flossing:** Twice a day, that is. Experts reveal that flossing can add 10 years to your life... Worth the try, for sure. Make sure to floss after every meal, and definitely after brushing your teeth, but be careful to be gentle as flossing vigorously will cause your gums to bleed.
- 4. A Poor Diet:** If your body is lacking certain vitamins and minerals, such as calcium or vitamin C, it could increase your risk of gum problems.



Did You Know?

CHILDREN'S toothpaste contains less fluoride due to the fact that kids swallow toothpaste at times. According to experts, if too much fluoride is ingested 'it can lead to fluorosis which will result in permanent white stains on their teeth'.

TIP AN annual check-up at the dentist is vital. Your teeth are just as important as the rest of your body.

Care For Your Own Teeth

WHILE check-ups are important, you need to know how to take care of your teeth at home, too. Here's how:

- * Rinse your mouth with warm water.
- * Remove plaque that may be lodged in between your teeth.
- * Brush and floss twice a day – when waking up and just before bed.

* Avoid sweets and chocolates which will save you from fillings.

Oral Tips For Tots

DON'T be fooled – they might still be young, but they need to visit the dentist, too. Milk teeth, say experts, are just as important as permanent ones, so make sure your toddler brushed and flosses regularly. In fact, go ahead and use your kids' toothpaste, too.

Did You Know?

MOUTH ulcerations, oral contraceptives and some medical conditions could cause bleeding gums too, so chat with your dentist if this is happening.

PICS: FOTOUA

Get Fitness Ready

Leggings: R399, H&M



Sports Bra: R549, By Adidas, Zando



Sneakers: R1 999.95, Nike

STOCKIST: ZANDO: 0861 192 636 / H&M: (011) 592-3200 / NIKE: NIKE.COM

Why You Should Start

Body News
BY ANGELA BEKIARIS

Kettlebell Training

THERE are many benefits to kettlebell training, but here are 23 reasons to get you started:

1. It's a serious cardio workout which doesn't have you needing to climb on a treadmill.
2. It's great for any age, shape or size.
3. It combines cardio and strength.
4. You can do it anywhere
5. It's great for fat loss and building muscle.
6. Strengthens every muscle of your body.
7. It's not bodybuilding but will help you tone.
8. It's fun and can even be done in front of the TV while watching your favourite reality show.
9. It's cheap – all you need is a kettle bell or two, no gym membership.
10. It will help you build a lean, muscular physique.



11. It won't make you bulk, ladies.
12. Easy to learn – but make sure to learn properly and be safe while using one.
13. It won't hurt your joints like some cardio exercises.
14. You can add kettlebells to your Pilates workouts too.
15. Build mobility.
16. Helps you develop core strength.
17. More cost effective than gym machines.
18. Helps with coordination.
19. Increases mental focus.
20. Helps with lower back pain.
21. Helps with good posture.
22. It helps ease aches and pain.
23. Will help you develop power.

TIME to train yourself a better booty!

Did You Know?

WHILE cellulite can be caused by a variety of factors, one of the main ones is poor circulation say experts.

10

Reasons To Do Squats



THEY'RE easy to do, and can be done at any time – even while cooking dinner, ladies, so there's no excuse. Here are some reasons to start squatting, courtesy of Naturallylivingideas.com:

1. To increase entire body muscle and strength
2. To burn fat
3. To get rid of cellulite
4. To improve circulation

Did You Know?

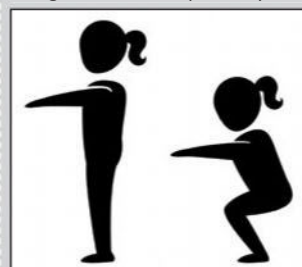
DOING squats is reportedly great for a man's libido. Experts reveal squats increase testosterone production and increase blood flow to the genitalia.

5. To prevent injuries
6. To get better posture
7. To build core strength
8. To tone abs, legs and butt
9. Helps improve digestive
10. Helps build healthy bones and joints

How To Squat

ALWAYS make sure you know how to perform an exercise, as to avoid injuries. Here are some tips, courtesy of naturallylivingideas.com:

- * Stand with your feet shoulder-width apart, toes facing forward
- * Place your hands on your thighs, gaze upwards and lift your chest high.
- * Bend your knees, placing weight on the heels, and sit back.
- * Keep the head and chest upright while sliding your hands down your thighs, ending where your elbows reach your knees (your knees should not go beyond your toes!).
- * Hold for five seconds.
- * Rise up, pressing through the heels, and straighten out the hips until you're in the starting position



* Repeat 15 to 20 times per set and try to do them at least three times a week.

Exercise Safely

WHETHER you're at the gym, in a yoga class or just taking a job around the neighbourhood, always make sure to exercise safely. Here are some things to keep in mind...

1. Know your body and be aware of any changes at any time.
2. Always warm up before starting an exercise and cool down after.
3. Don't overdo it – pace yourself.
4. Don't stick to one exercise – mix things up and allow your body to get a variety of training done
5. Stay hydrated at all times.
6. Check your gear – don't run with the wrong shoes or exercise without a correct sports bra
7. Do it right – make sure you've been briefed before trying anything new.





POP PROBIOTICS TO FIGHT STRESS

WE know probiotics are good for the body, but for the mind, too? According to All4Women.co.za, studies have shown that taking probiotics could help

you relax a little – that's right, get rid of that anxiety. 'University of Missouri researchers have determined that a common probiotic in some supplements and yoghurt can decrease stress-related behaviour and anxiety', reports the website.

Did You Know?

ACCORDING to All4women.co.za, chamomile tea helps with the increase of glycine, a chemical that relaxes nerves and muscles and acts like a mild sedative.



Kill Two Birds With One Stone

WHILE there are some foods which are great for weight loss, and others which are fabulous mood boosters, there are some which benefit both. Great news, right! Try these foods below to manage stress and shed some kilos at the same time...

1. **Oranges:** Not only are they filled with vitamin C which is great for overall health, but oranges (and other food rich in vitamin C such as broccoli, strawberries, pineapple and potatoes) have been proven to be beneficial in combating stress due to its job of decreasing levels of cortisol while straightening your immune system.
2. **Oats:** They're great for breakfast, and potentially great for de-stressing, too. Oats, and other whole grains such as quinoa and popcorn are high in complex carbohydrates

helping your brain to increase production of serotonin, a hormone directly opposed to stress.

3. **Spinach:** Foods like spinach, which are rich in magnesium, prevent headaches and fatigue, caused by a lack of magnesium, which in turn prevent stress levels increasing.
4. **Salmon:** Omega-3 fatty acids are great for stress and anxiety as they 'can protect you from surges in stress hormones and also help prevent heart disease and lessen the symptoms of PMS', report experts.
5. **Avocados:** Foods which are rich in potassium, like avos and potatoes, help lower blood pressure which gets elevated during stressful periods.
6. **Black Tea:** It's healthy, and apparently helps keep you calm. Experts suggest some black tea after a long day, or if you're struggling to sleep – but stick to herbal options, as you don't want the caffeine to keep you awake.

HAVE A WORK-LIFE BALANCE

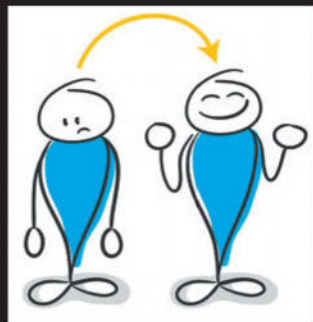
EASIER said than done at times, we know, but it's important to try to keep life as balanced as possible. Here are some tips, courtesy of Webmd.com, on how to have a work-life balance at the best of times.

1. **Have Downtime In Your Schedule:** Planning your work week is great, but make sure to have enough time for family and activities you enjoy, too.
2. **Drop Activities Which Take All Of Your Time:** If you're doing something which needs you all the time, drop it and find something new. Nothing should be taking up all your time, and draining you.
3. **Rethink Your Errands:** Can you order groceries online to save some time and add time to family functions? Make things work for you – even if it saves you just one hour a day.
4. **Don't Stop Moving:** Being busy isn't an excuse not to move – exercise daily, even if it's for a short period of time. Your body and mind needs it more than you realise.



5. **Relaxation Goes A Long Way:** Yes, that means time out. You need it, you deserve it and you will thank us for enjoying some relaxation every now and again.

ARE YOU A PESSIMIST?



STOP now if these seven signs are very familiar....

1. You would love to be the optimistic one.
2. You don't believe you're a pessimist but a realist.
3. You often feel forced into the negative role.
4. You wonder if your pessimism is making things go wrong.
5. You're prone to some anxiety.
6. Spontaneity is hard for you.
7. Trust comes hard to you.

Dear Doc



Dr Karen Koch, a medical doctor, answers your health questions.

DEAR DOC,
MY boyfriend has acne on his butt and it's getting worse! What is causing it, and how do you treat it? The skin on his face is completely clear, which makes me think it's something different. What should he do?
Bummed Out

DEAR BUMMED OUT,
IT may be acne on his buttocks or it may be a problem called 'folliculitis' – a type of irritation or infection around the tiny hairs found there. Acne on the bum is caused by the same oil buildup and irritants that cause acne on other body parts such as the face, back, and upper chest. It is especially common for men to have acne in locations other than the face due to higher testosterone levels.

If he is using a lotion, soap, or body wash that has additives or oils in it, he should switch to a non-comedogenic soap. Moisturising shampoos and conditioners can also cause pores to clog when they are rinsed down the back, so he should wash his bottom after rinsing out his last hair product. A benzoyl peroxide body wash (e.g. Benzac wash) can also help. It should be left on for 20 seconds before washing it off. There are also cream products which are applied and left on. Benzoyl peroxide can bleach fabric, so use with caution around clothing and linens. If the pimples do not improve or he develops fevers, deep nodules, scarring, or other alarming symptoms, he should see a doctor.





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

Celeb Fitness



BY LISA RALEIGH

FOLLOW your favourite celebs' exercise routines and look and feel as good as they do!

Get Emily Ratajkowski's Toned Body

INCLUDE these three yoga-inspired moves for a tight torso and long, lean limbs:

THIS beautiful brunette has shot to fame thanks to her sultry shape.

HERE are a few of Emily's health tips that keep her in such great condition:

* **She Eats High Protein:** Emily craves iron-rich foods so includes plenty of lean meats into her diet.

* **She Cooks Where She Can:** Preparing her own food helps Emily keep track of how much salt and sugar goes into her food.

* **She Takes It Uphill:** The beauty loves hiking and picks a hilly terrain to explore weekly, time permitting.

* **She Loves Yoga:** Emily practises yoga a minimum of twice a week, and credits it for her long, lean physique.

* **She Eats Acai Bowls:** A mix of acai berries, banana, granola and coconut shavings is the star's favourite health fix.

PIC: GREATSTOCK

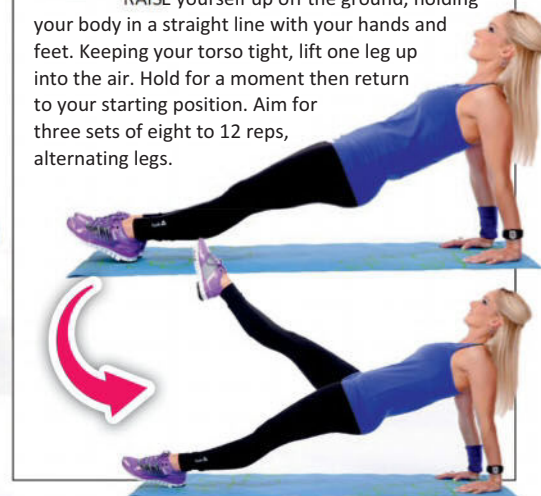
1 Side Plank Dips

LIE on your side in a straight line, resting on one forearm. Keeping your torso tight, lift your hips up off the ground and balance on your forearm and feet. Hold this position for five to 10 seconds at a time and repeat with the opposite side. Aim for two sets of eight to 12 reps on each side.



2 Reverse Plank With Leg Lift

RAISE yourself up off the ground, holding your body in a straight line with your hands and feet. Keeping your torso tight, lift one leg up into the air. Hold for a moment then return to your starting position. Aim for three sets of eight to 12 reps, alternating legs.



3 Plank With Leg Lift

DROP down to your forearms, rise onto your toes and keep your head in line with your spine. Slowly lift one leg up into the air, hold for a moment then lower it back down to the ground. Aim for three sets of eight to 12 reps, alternating legs.



ACADEMY AWARDS

PICS: WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK

(Part 2) • Special

2006-2007

BE red-carpet inspired.

THE Academy Awards is no doubt the night with the most glitz and glam. And when you bring the best in the business together, you can bet they're

going to show up dressed up and made up to the nines. Here are some of the boldest, most glamorous looks we've seen since 2006 to 2013. Get next week's copy to see more!

2006



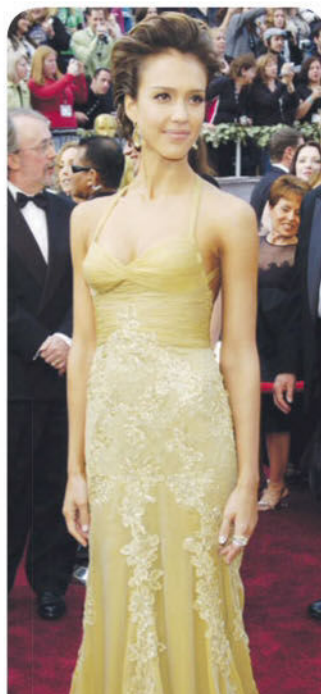
Keira Knightley

NORMALLY this fabric is a big no no as it just doesn't look flattering and looks tacky but Keira made it work. The custom Vera Wang plum taffeta mermaid shape gave her some curves. She finished off her look with a glamorous curly updo.

Curl Define Leave-In Conditioning Lotion: R178, Kadus Professional



Pin Bristle Dressing Brush: R645, Evo



Jessica Alba

JESSICA wore a dress that we all want when we need a little help. The dress lifted her bust and sucked in her waist. The lace detailing on the skirt made the look soft and complemented her skin tone.



Michelle Williams

MICHELLE made a bold move, choosing a mustard-hued, cleavage-baring, vintage-inspired gown by Vera Wang. She finished off her look with a romantic side bun, igniting a trend that can still be worn today. Being super fair and blonde, her bright red lip prevented her from looking washed out.



The Glacious Stylo Eyeshadow: R229,95, LOV

Jada Pinkett-Smith

BEFORE Jada decided to boycott the Oscars, she stunned on the red carpet. Want her bronze eye, but don't have the right eyeshadow? Grab your bronzing palette!



Colour Riche Matte Lipstick: In Cliché Mania: R149,95, L'Oréal



RDS

2013

2007

Oscars Trend: Emeralds



KATE WINSLET

FOR a dress that was around hundred thousand dollars, it didn't live up to expectation. **Kate** decided on a mint green gown with draped train by Valentino. **Kate** is generally known for her elegant and timeless outfits, but this, while not at all awful, left something to be desired. We're kinda in a love/hate relationship with this look.

GREEN was a bold and favoured look on the carpet, even when it came to the jewellery. The three celebrity who we feel rocked the trend are **Naomi**, **Victoria** and **Cameron**.



Naomi Campbell

THIS exquisite choker she wore was ahead of the trend as chokers are big right now.



Cameron Diaz

CAMERON'S earrings contrasted beautifully with her then auburn hair.



Victoria Beckham

Victoria looked elegant as always in white but we loved the jewellery more. It gave the look a chic and colourful kick.



Five-Piece Rings: R99.95, Woolworths

Silver Charm: R1 399, Pandora

Oval Ring: R99.95, Woolworths



EMILY BLUNT

CALVIN KLEIN is your go-to when you want to look and feel sexy but classy at the same time. And trust **Emily** to embody that description. This blue sequined gown was just glamorous.



Nicole Kidman

NICOLE KIDMAN looked elegant in a lipstick-red Balenciaga gown to match her red lipstick. She may not have been nominated for any awards in 2007, but this dress definitely got her noticed and her sleek locks helped to keep the focus.

Dercos Neogenic Shampoo: R210, Vichy

Beautiful Colour Precision Glide Lip Liner In Red Door Red: R210, Elizabeth Arden



Jennifer Lopez

JENNIFER LOPEZ sparkled in a crystal-strung Marchesa design. "Pretty huh? I want to keep it!" she told reporters; but we were focused on her stunning hair and make-up. She pulls out all the stops for the big award nights year after year. This soft, curly bob and feline eyeliner flicks are gorgeous.



Volume Boost Powder: R485, Brazilian Blowout

2008

Best Dressed



Jennifer Garner

JENNIFER GARNER looked stunning in a black silk fishtail Oscar de la Renta gown with ruffling detailing. Simple and elegant.



Renee Zellweger

THIS may be the best that Renee has ever looked. She stepped out on the carpet in a metallic sparkling detailed gown by Carolina Herrera. We love that she kept accessories to a minimum, because the dress stole the show and it didn't need anything more.

Magnif' Eyes
Mono
Eyeshadow
In Q-Jump:
R69.95,
Rimmel



Jennifer Hudson

ONE thing we can learn from 2007's Best Supporting Actress winner is to use a light, shimmery colour and place it directly on the center of your lid, the inner corner and under the arch. The highlights open up your entire eye, giving you a bright, polished look.



Rosamund Pike

WANT perfect blush? Just look at Rosamund Pike! If you have strong cheekbones with a deep hollows, applying blush only to the apples softens the face and makes it less angular, like Rosamund did here.

Keisha Whitaker

EFFORTLESS. Keisha's flapper hair-do was nothing over the top. She kept it simple, elegant and looked absolutely perfect.

LA Lights Blush
And Highlight
Palette In
Pacific Coast
Pink: R470,
Smashbox





Beyoncé

BEYONCÉ represented her own line with this House Of Dereon dress. The black mermaid dress with a fishtail hem featured gold floral embroidery, and hugged her curves in all the right places.



Miley Cyrus

MILEY stepped out looking like a Disney princess in a silver and white embroidered ball gown with a long train. We cannot fault her with this look.

Heidi Klum

TRUST Heidi to always surprise us with what she chooses to wear on the carpet. She always leaves us speechless, although this time not for the right reason. This dress is definitely a statement, but the way it was styled missed the mark and the accessories were just too much. We will give her snaps though – for supporting an important cause – the outfit was connected to the Coca Cola for the Heart Truth Campaign.



Freida Pinto

FREIDA gave a nod to her homeland with a sari-inspired dress design, but keeps her hair and make-up simple – a low chignon and lips with just a smidge of colour – to balance her cobalt dress.



Natalie Portman

ULTRA pretty lilac eyeshadow, which matched **Natalie's** strapless dress, completed the look. Her hair was swept back to showcase her décolletage.



Kate Winslet

WE love that **Kate** doesn't play it safe, while still keeping it classic. Her sculptural style looked amazing, and wasn't she ahead of the game? This sleek modern take on a retro style doesn't look dated at all.



MegaLast Liquid Lip Colour:
R44.95, By Wet n Wild, Clicks



ColorStay Shadowlinks
In Lilac: R45, Revlon



Whip It Good Styling Mousse: R395, Evo



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2010



Zoe Saldana

ZOE experimented with colour and texture in this bold and daring Givenchy gown with sparkles and floating layers of tulle and pops of purple hue. Her updo is the rare blend of grown-up and playful, not to mention extremely flattering. Use dry shampoo to give volume and get the piecey texture that keeps it from looking old-fashioned; and create a bun just below the crown, which is more youthful than placing it at the nape.



Dry Shampoo (50ml): R69.95, By CoLab, Clicks



Jennifer Lopez

JENNIFER LOPEZ bought drama to the table in a dramatic icy pale pink gown by Armani Prive. Adding to the drama, the gown featured a curved bustier and Swarovski crystals.

Bun Ring: R49.95, Denman



Sandra Bullock

SANDRA stepped out in a champagne gown by Marchesa. The dress featured a train, a lace detail bodice and delicate cap sleeves. But we digress – we were crushing on her bright pink lip and the sleekness of her hairstyle!

Matte Flat Velvet Lipstick In Pink: R49.95, By LA Girl, Dis-Chem



Sarah Jessica Parker

WE don't know what we love more, the metallic make-up or the jumbo bun. What could have looked too forced looked cool thanks to a wispy finish with her hair and lashings of nude lipgloss.



Carey Mulligan

WE'RE sure Carey's crop (and entire make-up look for that matter) is a throwback to Audrey Hepburn. This is a look that will never date. Soft eyes and lips plus natural brows equals beauty goals.

Brow Drama Pomade Crayon: R99.95, Maybelline



2011



Jennifer Lawrence

WOWZA! Jennifer looked absolutely stunning in a custom red dress by Francisco Costa for Calvin Klein Collection. The sleek silhouette stood out. Even if it was simple, she looked stunning – especially with that killer bod.



Cate Blanchett

FASHION-FORWARD Cate Blanchett wore a pleated chiffon dress with pearl embroidery and yellow as a contrasting colour. It looked couture on the red carpet, and she accompanied her it with a light pink lip colour and rosy cheeks. Natural does it!



Sweet Kiss Gloss
In Rose Qui Peut:
R139.95, Bourjois



Natural Bronzer:
R350, Bodyography



Mila Kunis

MILA went for a romantic look at the Oscars in a lavender chiffon gown with lace detailing by Elie Saab. This look is dreamy and just beautiful! Mila wore shimmering body bronzer that flattered her skin, and went for pale lips that matched her dress to tie the look together.

Oscars Trend: Ponytails



Kate Beckinsale

IF you think a ponytail at the Oscars is inappropriate, just look at Kate (and Reese and Jennifer, too). She turned a basic ponytail into a sexy and easy updo by adding a bouffant for extra height and curling the ends for a flirtatious touch.

MyCurl:
R2 099,
Veaudry



Jennifer Hudson

UNEXPECTED curly ponytail at the back and voluminous updo at the front – Jennifer's hair was a masterpiece. It even had a knot!



Reese Witherspoon

REESE took the trend at the time for ponies to the extreme! Her all-American '60s take was full of body and bounce.



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PEOPLE 89

2012



Gwyneth Paltrow

GWYNETH had a big fashion moment at the Oscars. It blew our minds and she looked extremely glam and chic in a cape dress by Tom Ford.

Stayfast
Eyeshadow
Stick In
Midnight:
R99.95,
Yardley



Meryl Streep

WE absolutely loved this gown on **Meryl Streep**! She looked like the Oscar statue in a gold plunging neckline draped gown by Lanvin.



Angelina Jolie

THIS look will forever be remembered, and we're still undecided as to whether that's a good thing. People mocked her leg-baring show: her leg was shown and taken with every angle, which is quite sad because it detracted from this gorgeous velvet gown by Atelier Versace. She did, however, accentuate the sultry gown with even more sultry make-up.



Prime And Fine
Pore Refining
Anti-Shine Base:
R79.95, Catrice



Octavia Spencer

OCTAVIA SPENCER was already a winner in the make-up department with her dark brows, framing her face and especially her eyes. Keep your complexion matte by starting your make-up application with mattifying primer.



Jessica Chastain

WE'VE never seen a more perfect cat eye than **Jessica's**. She lets her eyes stand out by keeping the rest of her face muted. Even though she didn't take home an award, she definitely made it on many best beauty lists.

False Lash
Effect Mascara:
R165.95, By Max
Factor, Clicks



2013



Jennifer Lawrence

JENNIFER'S updo is surprisingly simple to recreate. After applying a few drops of Anti-Frizz Serum, blow-dry and take random pieces from each side and loosely twist them and pin them together at the back of the head. Then gather the remaining bits of hair into a loose bun. To finish off this glamorous upstyle, enhance your eyes with a silky sleek eyeliner, like Jennifer did.



They're Real! Push Up Liner:
R335, Benefit



Amanda Seyfried

CHOOSING a colourful eye make-up is super risky for an event like the Oscars, but Amanda's lavender shadow is an example of how well it works when it works! It looks especially beautiful with her bright azure eyes.

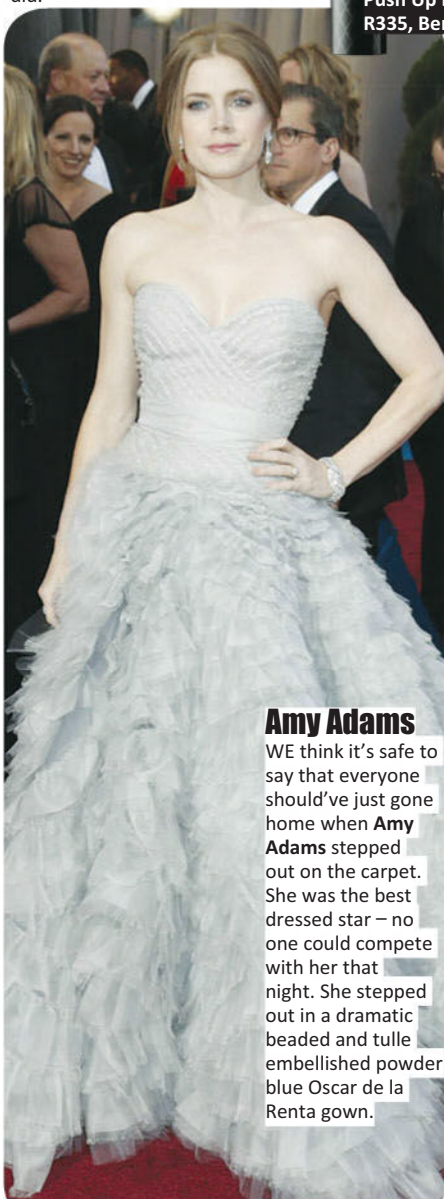


5 Colour Eyeshadow In Purple Shimmer:
R59.95, Ralo



Kelly Rowland

KELLY looked regal in a black and white structured strapless Donna Karan Atelier gown, which featured a wrap folded in an asymmetrical fold to make a thigh-high slit.



Amy Adams

WE think it's safe to say that everyone should've just gone home when Amy Adams stepped out on the carpet. She was the best dressed star – no one could compete with her that night. She stepped out in a dramatic beaded and tulle embellished powder blue Oscar de la Renta gown.



Charlize Theron

THE simplicity of this Dior gown definitely stood out. We love the simple detailing and accessories paired with this gown.

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