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SHOCKING!



**DON'T
TAT
THAT
CAT!**



*Dispelling
THE 'WITCH'
CHILDREN MYTH*

**HOW TO SPOT A
SCAM**

**MOM
SPENDS
R2-MIL
ON HER
GIRLS**



*'My focus is my
children, our children.'*

SHOCK TWIST!
**BRANGELINA
DIVORCE
CALLED OFF?**

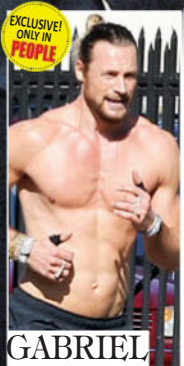
OMG!
**INSIDE
HOLLYWOOD'S
WILD WEEK!**



JEN



JESSICA



GABRIEL

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☒ FASHION ☒ BEAUTY ☒ HEALTH ☒ RECIPE ☒ CELEB FITNESS

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ED'S LETTER

HELLO PEEPS,

IT'S official – our world has gone crazy (though you didn't need me to tell you that – just look at our dear friends across the Atlantic). There is a despicable new craze on the rise that is on the rise – one that needs to be stopped: **Tattooing animals**. Yes, you read correctly. Turn to pages 24 and 25 to read more on this utterly bizarre and unacceptable trend. In other animal news, we need to turn our attention to the plight of Angel, the albino dolphin. Angel was caught in Japan's infamous 'Cove' in 2014, one of hundreds of dolphins that were rounded up to be either butchered or captured for the general public's amusement. Being albino, Angel stood out from 150 bottlenose dolphins on that tragic day, and since then she's lived a miserable life in a small tank, where her health has suffered greatly; it's absolutely heartbreaking. Turn to pages 26 and 27 to read Angel's story and visit www.seashepherd.org for more information and how you can help out.



Until next week.

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Week In Focus

BY ROBERT CLUNIE

SOME of the more spectacular events of the week.

PICS: EPA

But Pope, Let Me Take A Selfie

THIS is what happens when a handshake simply won't do. Good on you, sir! Pope Francis is quite the progressive man having a young lad take such an intimate photograph with him. Truth be told, his security contingent must have been very relaxed during his papal visit to the Parish of Santa Maria Josefa of the Heart of Jesus in Rome.

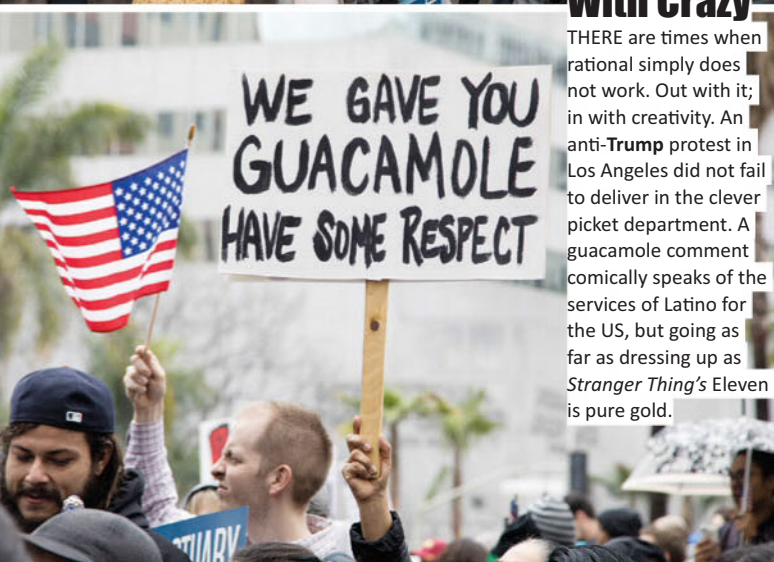
Hello?

"CAN you hear me, Msholozzi? I was wondering if after all these years you'd like to meet." Yes, they may have had a diplomatic telephone conversation, but as far as most reporting goes, the two presidents talked about corruption and chicken. As you do. But things went well, according to insiders, so it seems a couple more years for peace, boy – if we may paraphrase **George Gegan. Adele** did walk off with five Grammys though.



Arguing With Crazy

THERE are times when rational simply does not work. Out with it; in with creativity. An anti-**Trump** protest in Los Angeles did not fail to deliver in the clever picket department. A guacamole comment comically speaks of the services of Latino for the US, but going as far as dressing up as *Stranger Thing's* Eleven is pure gold.



Not For The Faint Of Body

JOHANNESBURG was a cornucopia of colour over the Valentine's weekend as observers of the Kavadhi or the Burden Dance traversed the Tamil Shree Siva Subramaniam Temple with parts of their bodies pierced as a sign of worship to the Hindu God of War, Lord Murugan. The act of piercing oneself is a sign of personal debt bondage – this is inherently where the 'burden' lies.



Careful Now...

HERE you request danger pay. It's easy enough to fall off a bicycle, but one can only imagine the 140 year's worth of band aids required for a race involving the awkward looking Penny-Farthing bicycle. The town of Evandale, Tasmania hosted the National Penny-Farthing Championships recently for amateurs to test their mettle, and guts, in having a go at the first mass-produced bicycle for personal use.



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

BY MARK WASSERMAN

#What's Trending



#CoverGirl/Boy

1 Man Oh Man!

THIGH-HIGH boots, suspenders and lattice tops might be favourites of Kim Kardashian, but if this runway was anything to go by, they're soon to be a must-have for guys, too. And regardless of what you may think about these threads, they're a thing. At least according to designer Alejandro Gómez Palomo, whose recent collection debuted on the catwalk at New York Fashion Week when he sent out a lavish and OTT collection that, at its core, gave a bejewelled and faux-fur 'In Your Face' to the unaccepting and the regressive when it comes to gender stereotypes. "It's about the sexual self," said the emotional designer backstage. Each of his models was male, but was wearing clothes that

might traditionally be classified as 'feminine'—although, as is the style trend around the world, seemingly, clothes are clothes and can be worn by anyone. Models sashayed out onto the runway wearing electro-blue pseudo-blazers with the shoulders widely removed. Others would wear a flamenco-inflected minidress with thigh-high laced boots; a tailored coatdress with queenly feather quill embroidery on the chest; and a possibly bridal look of white briefs, white corset, and white marabou-trimmed cape. And we loved them all! At first glance, it might be easy to label Palomo's clothes as couture-inspired costume—perhaps drag, or even post-drag, with a bit more design than flash. Yet, however you see them, it's tough to argue that they weren't uplifting. More than one person remarked that he or she hadn't left a show feeling so good in so long. As one member of the audience said, "That was the most amazing, beautiful, decadent, evil thing I've ever seen!" Palomo started his line for Spring 2015 after graduating from the London College of Fashion, but has remained, for the most part, under the radar. That has now changed. We can guarantee.

2 OOPS! He Did It Again...

AT a campaign-style rally in Florida recently, Foot-Swallower-In-Chief Donald Trump issued a critique of Europe's refugee policies, ticking off a list of places that have been struck by terrorists. But he also mentioned Sweden, which has simply not been a target of recent terrorist attacks. Swedes reacted with confusion, anger and ridicule. Mostly the latter. Our favourite was this meme, shared by Facebook user Nicholas Fjord, referencing one of Sweden's most popular exports after ABBA, Ikea.



#Facts.WhoNeeds'Em?

JE SUIS
IKEA



5 SHIRTLESS CON

NYFW always sets tongues wagging, but when **Jeremy Meeks**, the model who was referred to as 'the hot mugshot guy' walked the Philipp Plein fashion show in New York recently, tongues weren't just wagging, they were panting too. You'll remember that **Meeks** was arrested in a gang crackdown in Stockton, California in June 2014 and pleaded guilty to felony weapons charges. He was sentenced to 27 months in prison in February 2015. He was released in time to walk the New York Fashion Week catwalk recently in German designer Plein's fashion show, so it would seem all is forgiven and forgotten. Except his gorgeous looks!



3 ISN'T IT IRONIC?

LESS than a month after it was reported that **Alanis Morissette's** ex-manager had been stealing millions from her, another person has stolen from her. Recent reports claim burglars broke into **Alanis'** home in Brentwood, CA and went to town on her jewellery box. While **Alanis** wasn't named, well, by name, a police spokesperson

confirmed that a safe containing R26-million worth of jewellery was taken during the robbery. As for how the burglars knew that **Alanis'** house contained R26-million in jewellery, who even knows? Maybe they used specially-trained bijoux-sniffing cats or something? Or maybe, and more likely, they just follow **Alanis** on Instagram and thought, "Those look nice, I think I'll take all of them." The strangest thing about the whole story, we think, is that **Alanis** really seems like the kinda girl who weaves her own muesli and knits her own jewellery. In fact, as one commentator said: "I'm honestly shocked that the burglars didn't pop open that safe and find a note that says, "The greatest treasure is love."



4 Brace For Landing

IN 2015, **Harrison Ford** crash-landed on a golf course in Venice in California, and suffered some injuries that required hospitalisation. But that wasn't his first accident. Before that, **Harrison** crash-landed a helicopter in 1999 and scraped the runway during an emergency landing in 2000. The 74-year-old **Indiana Jones** actor is still at it today, and was involved recently in yet another aeroplane mess. This time he didn't crash or end up with injuries, but the FAA has opened up an investigation into what happened. **Harrison** was, er, solo (sorry!) while flying one of his planes and wanted to land at John Wayne Airport in Santa Ana, CA. Air traffic controllers told him to land on runway 20-L, but **Harrison** apparently got confused, because he aimed for a taxiway instead. NBC News says that **Harrison** had a near miss with an American Airlines 737 filled with around 116 people. Indiana seemed



surprised as to why that runway had a jet taxiing on it. "Was that airliner meant to be underneath me?" Air traffic controllers then informed **Ford** that he had landed on a taxiway rather than the runway. Landing on a taxiway is a violation of Federal Aviation Administration safety rules. The FAA investigations could lead to either a simple warning letter or the suspension of **Harrison's** pilot's license. We're sure **Calista Flockhart** is thinking of hiding **Harrison's** keys, and we can't say we blame her...



**PEOPLE
EXCLUSIVE
PICS!**

PICS: PAN MEDIA

This shot will be
perfect for
the Alba-m...

Jess De-Stresses

NOTHING beats spending some quality time with the bae while lounging in Los Cabos, Mexico. Hollywood actress **Jessica Alba** and hubby **Cash Warren** decided to ditch their busy schedules for some alone time as a family, taking their kids along. The lovely couple, who got hitched in 2008, were seen enjoying each other's company while soaking up the rays the country is famous for. They'd obviously decided to give the kids the slip though, since they were nowhere to be seen, so it was clearly a couple's afternoon, and there's nothing wrong with that! The *Mechanic: Resurrection* star showed off her slender bod in black bikini top and paired it with blue and white bottom, while her beau opted for a more casual gear with a button-down shirt and baseball cap.



#peoplespotted

BY ROBERT CLUNIE

We're on
a break!

PEOPLE
EXCLUSIVE
PICS!

The One Where Jen Turns 48...

WE bet this vaycay made their day, their week, their month, or even their year, but so many questions need answering here. Is Snow Patrol's **Johnny McDaid** going to be The One for fiancée **Courtney Cox**? What on Earth went through **Justin Theroux**'s mind when he got that back tattoo? Where are the other party guests? Yes, pressing questions indeed, but the most important question here is how **Jennifer Aniston**'s 48th birthday bash in Los Cabos, Mexico could have us raising that age old (geddit?) question *again*: How can it be that **Jen** and **Courtney**, 52, look as though they are teenagers on Spring Break? A dermal flaw here and there is to be expected, but these two ladies put many-a-20-something to shame. **Justin** and **Johnny** are lucky guys indeed!

PICS: PAN MEDIA

Friends Don't
Let Friends
Do This

#peoplespotted

BY ROBERT CLUNIE

PEOPLE
EXCLUSIVE
PICS!

PICS: AAI FOTOSTOCK

The best way
to spend a
Weeknd...

All Aboard The Love Boat!

MOST of us spent our days preceding good old Valentine's baffled in gift stores staring at the ever-growing collection of 'I Love You' trinkets. What do you get? How much should you spend? What can you afford? Will he/she like, or in the very least, appreciate it? Yep, February 14 is quite the head-scratcher for the

economic journeyman. **Selena**

Gomez and her new love,

The Weeknd, spent

theirs in quite a first class manner:

aboard a luxury yacht. It seems as though the two had the run of the mega boat while a private chef prepared an top-notch meal for them.

They quaffed the finest wines and

Champagnes – and the subsequent Dutch courage

obviously helped with their

cosying up for a sneaky snog. How much easier Valentine's Day would be if we had a couple of zeroes in the bank, eh?!



PICS: ELITEPHOTOAGENCY / GREATSTOCK

OMG!

Inside Hollywood's Wild Week!

WHAT did the stars get up to this week?

FROM a Hollywood tell-all to celebrity illnesses and shocking news, this week's stories are jaw-dropping, as always!

REVEALED!

Paris Opens Up in Tell-All

PARIS JACKSON has been making headlines a lot these days – and if her so-called new tell-all is real, we're about to find out much more about the young star, who is the daughter of the late King Of Pop, **Michael Jackson**. According to reports, the 18-year-old star is about to open up about her freaky family, with sources revealing there will be everything from sexual abuse stories, to murder and even suicide. "**Paris** is over everyone else and their mother writing books and screenplays about her father's death to profit off of it," an insider says. "She doesn't need the money. She just wants to shut down all the BS that is out there." Recently chatting to *Rolling Stone* magazine, **Paris** shared some inside family info, but sources say she's about to reveal more. "**Paris** believes that **Michael** was murdered, as do many of her other family members," a **Jackson** family insider says. "She needs to get this out into a book so that she can finally let it go and stop obsessing about his death." Sources add that she'll touch on her alleged sex abuse too, as well as the other dark spots in her life.

HEARTBREAKING!

Val Opens Up About Illness

VAL KILMER is chatting about his heartbreaking illness, revealing he has 'some speech therapy to do still'. While the actor is denying claims that he is in 'ill health', he did open up on his Facebook page recently about having to need the speech therapy after last year's physical challenges (**Kilmer** was rumoured to have had surgery on a throat tumour). According to **Kilmer**: "I am in perfect health and enjoyed another sold-out show last night just above home in Oxnard. The happiest audience I've performed for. Thank you all for your support..." **Kilmer** is reportedly a Christian Scientist, who believes disease can be cured by prayer.



SAD NEWS!

Another Skin Cancer Scare For Jackman

WHILE **Hugh Jackman** is assuring fans that all is well, the star recently had another skin cancer removed from his nose. Once again the star is warning people about the importance of wearing sunscreen after having to undergo surgery again thanks to another cancer scare. **Jackman** took to Twitter to share a photo of his bandaged nose after doctors discovered 'another basal cell carcinoma'. "Thanks to frequent checks & amazing doctors, all's well," **Jackman** wrote in the caption. "Looks worse w/ the dressing on [than] off! WEARSUNSCREEN." He added: "An example of what happens when you don't wear sunscreen. Basal Cell. The mildest form of cancer but serious, nonetheless. PLEASE USE SUNSCREEN and get regular check-ups." The *X-Men* star was first treated for basal cell carcinoma in 2013 and has since had five operations to remove cancerous cells.



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KUTCHER SAVES

SEX SLAVE VICTIMS

BY VANESSA PAPAS

SAVING lives from sexual predators, one child at a time.

WHEN Karla Jacinto was rescued from the clutches of a sex trafficking syndicate she had been raped an estimated 43 200 times. She was forced to have sex with up to 30 men a day, seven days a week, for four years before finally being rescued by police in 2008. What makes her story even more chilling is that Karla was just 12 years old when she was dragged into the sex slave industry. Her story highlights the brutal realities of a dark underworld that has destroyed the lives of tens of thousands of girls across the globe just like Karla. Today Karla is now 28 years old and an outspoken advocate against human trafficking. She, like many other survivors, is hoping new technology by Hollywood

actor and tech investor Ashton Kutcher's company, Thorn, will stop the abuse of other children, teens and women kidnapped and abducted for the commercial sex industry.

Most of us know Kutcher for his role in the comedy series *Two And A Half Men* and various other blockbuster movies including *What Happens In Vegas*, *The Guardian* and the cult hit *Dude, Where's My Car*. But you may be surprised to hear that Kutcher is not only an actor and producer, but a businessman and tech investor who is dedicating his time to the fight against sexual abuse.

In 2008 Kutcher co-founded Thorn – a company with a mission to eliminate sex-trafficking and child exploitation over the Internet – along with his ex-wife Demi Moore. The two went on to establish the Thorn Task Technical Force. Some 20 technology companies including Facebook, Google, Twitter, Yahoo!, Snapchat and Imgur are all part of this special task force. They dedicate their time and resources to searching the darker corners of the Internet, hunting out traffickers who have been involved in trafficking innocent people. Since establishing Thorn, the organisation has so far identified

and rescued countless victims and captured over 2 000 traffickers – many of whom are now in the process of facing criminal charges.

Recently, Kutcher announced the success behind a technology tool created by Thorn to cut sex trafficking, and urged United States legislators to drum up government support for this technology. 'Spotlight' targets online classified advertising websites that offer children for commercial sex trade. "Technology can be used to enable slavery, but it can also be used to disable slavery," said Kutcher. "Spotlight is a cloud-based data-collection and analysis tool that purportedly helps police identify and find sex traffickers and their victims. The app – funded by the McCain Foundation – has helped to identify over

16 000 trafficking victims so far since its inception, 2 000 of whom were minors."

Kutcher explains 'Spotlight' is a result of informed research collected in the field, which helps his team, along with his many partners, remain on the cutting edge of technology.

"There are more than 100 000 escort ads posted every day in this country.

Somewhere in that pile of data, are children who are bought and sold online for sex," he said. "The Internet houses the largest marketplace for buying and selling children in this country."

Kutcher, who is now married to actress Mila Kunis and has two children, said he is committed to the crusade against sex trafficking. "The right to



Most sex trafficking victims are advertised or sold online



Survivor Karla Jacinto was raped an estimated 43 200 times before being rescued



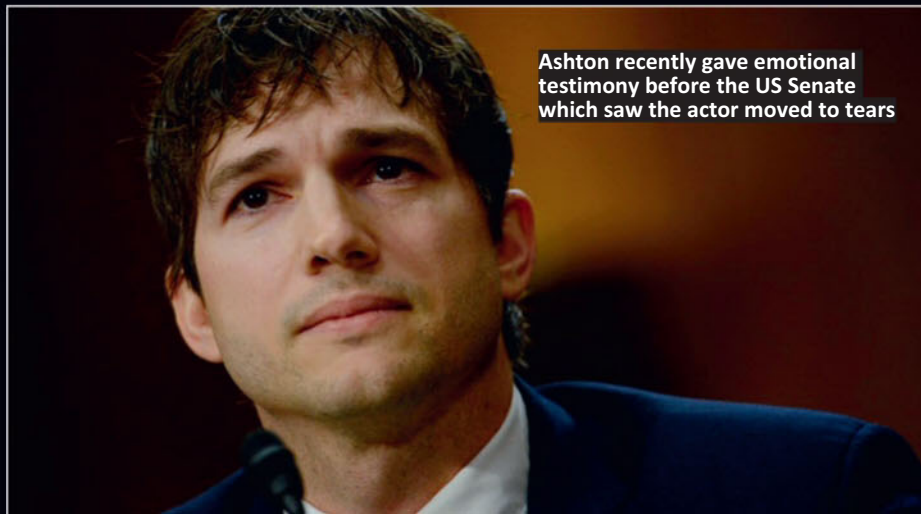
Ashton and ex-wife Demi Moore are dedicated to fighting child and women abuse

pursue happiness for so many is stripped away, it's raped, it's abused, it's taken by force, fraud or coercion – it is sold for the momentary happiness of another," he said. "I've been on FBI raids where I've seen things that no person should ever see." Sex trafficking, along with its correlative elements (kidnapping, rape, prostitution and physical abuse) is illegal in nearly every country in the world. Each year, up to 300 000 children are at risk of being trafficked for commercial sex in the United States, according to the US Department of Justice, with most sex trafficking victims advertised or sold online. Sadly, South Africa is also a haven of sex slavery and child trafficking. According to a report issued by the Democratic Alliance, SA could have as many as 100 000 young girls working in underground sex dens as sex slaves, some of whom are as young as nine years old. South African children are subjected to trafficking mainly within the country, recruited from poor rural areas and brought to and moved between urban centres such as Johannesburg, Cape Town, Durban, and Bloemfontein. The tradition of ukuthwala, the forced marriage of girls as young as 12 to adult men, is still practised in some remote villages in Eastern and Western Cape provinces, leaving these girls vulnerable to forced labour and sex slavery, it is believed.

FOR more information on the work that Thorn does, visit www.wearethorn.org

thorn

Ashton recently gave emotional testimony before the US Senate which saw the actor moved to tears



BRAD'S COMPLICATED LIFE

BY EL BROIDE

HOW the star's divorce from **Angelina Jolie** has rocked his world to the core.

The Divorce Is Off?

AFTER dragging him through the dirt with a public divorce and custody battle, it seems **Angelina** has had a 'dramatic change of heart' and has told **Brad** that she wants him back! In fact, **Angie** reportedly organised a meeting with **Brad** in New Orleans to talk about their financials going forward, knowing full-well that the couple had amazing times in the city (they owned a house there). There, **Angie** spilled the beans. "Apparently she didn't hold back. She admitted she made a mistake with this divorce and more than anything she wants to be a family again," a source close to **Angie** says. "She's hot-headed and does things without thinking. Now that she's had time to calm down, she regrets throwing their marriage away so quickly. She realises she still loves Brad and misses the life they had together." Despite going full-throttle on each other since they decided to end their marriage, the two have been speaking a lot lately and have reportedly been getting on well. "They talk regularly about visitations," adds the insider. "The nastiness has died down." There is still love between the former couple; they both feel their family isn't complete without each other – and it's taking a toll on the kids. "They've been acting out a lot, and it's pretty clear why. They've been very vocal about missing their dad and wanting Mommy and Daddy to get back together."

WE can't help but feel sorry for Brad Pitt. In the past few months the actor's life has been turned upside down, beginning with the shocking divorce announcement. Since then, Brad was investigated by LA's Department of Children and Family Services and the FBI on child abuse allegations, and underwent a very public custody battle with his estranged wife, all while trying to put the pieces of his life back together. And it seems the actor still has a long road ahead of him. Here are a few the rumours doing the rounds.

More Time With The Kids

BRAD and **Angie** are still discussing the custody of their six children but it seems the actor has made a major breakthrough, especially after he was cleared of any misconduct by the FBI. While **Angie** is gunning for sole custody, **Brad** is proving to both **Angie** and the court that joint custody can work. He is working on repairing the relationship with his children and it's been a trying time for the family. "He's begun having unsupervised overnight visits with the kids," an insider spills. "He has had two kids with him, unmonitored, on two separate nights. **Brad's** relationship with oldest sons **Maddox** and **Pax** remains strained following the confrontation that took place between **Brad** and **Maddox** aboard the family's private jet in September." **Brad**, however, has strong relationships with his other children, which has made things a little easier. "He is hoping to have at least four of the kids for at least one week by the end of February or early March," says the insider. "**Angie** isn't happy with that idea, but this is what joint custody is going to look like." The insider adds that the former couple are still receiving treatment and, as mentioned, it could be the reason for a shock reconciliation.





Revenge Romance With Kate

ALTHOUGH Brad and Angie may be getting back together, they're both exploring other romances. Brad Pitt and Kate Hudson have reportedly been spending a lot of time together and sources say that Kate has been Brad's rock during this difficult time of his life. So, naturally, he has seen a different side of her and loves how caring, compassionate and loving she has been. The two have reportedly been hooking up in private but if things continue to go the way they are, the couple might go public sooner than we think. "They've become extremely close over the past few weeks, following several secret meet-ups," the source says. Brad, however, is still being careful and treading lightly. He doesn't want his kids to meet her until he knows his plan going forward and if Angie really is the one for him.



Angie & Jared Heat Things Up

ANGIE, like Brad, is still playing the field and reportedly sparks may be flying between her and 30 Seconds To Mars frontman and actor Jared Leto. "There has always been a spark between them," a source close to Jared says. "Now, during these tough times for Angie, it seems Jared has helped her cope and even brought her out of her funk. They're kindred, unconventional spirits – so much so that I think Jared could be the perfect guy for Angie if she's ever ready for a new love in her life." Much like Kate was to Brad, Jared was there during the actress' time in need and the two have developed a special bond. "Jared reached out to Angie after she filed divorce papers in September," an insider claimed. "The word is they spoke several times on the phone before meeting up in LA for dinner, and they've been seeing each other whenever they can since then." Angie has had a massive crush on the *Suicide Squad* actor for years so Brad won't be surprised that the two are hooking up. "It's not going to shock Brad at all if they're hooking up," the insider adds. "He's always known about Angelina's crush on Jared." We're not going to lie, they would make an adorable couple!



THE actress gives her side of the story.

BY ROBERT CLUNIE



THE Brangelina split saga has conjured up plenty of hearsay. Credible third party sources, by the same token however, have managed to keep the general public updated on any and all events that may have transpired between Jolie and Pitt.

Brad, in the past, has come forward with his personal tinge on their split, but little has come from Angelina. An engrossed public had to wait until recently for her to come forward about their separation and impending divorce.

She was in Cambodia promoting her new film, *First They Killed My Father* – a biographical adaptation of an account on the genocide under Cambodia's then-dictator, Pol Pot. The UNICEF ambassador understandably did not give a full account, but maintained that her primary focus now is her children.

"My focus is my children; our children," she explained to the BBC. "We are and forever will be a family and so that is how I am coping. I am coping with finding a way through to make sure that this somehow makes us stronger and closer." She added, "Everything I do I hope I represent the right things to my children and give them the right sense of what they're capable of and the world as it should be seen. Not through the prism of Hollywood or through a certain kind of life but really take them into the world where they have a really good sense and become rounded people."

The relationship between Brad and Angelina fell apart in September last year when rumours surfaced of an abusive incident involving Pitt and her children aboard an aircraft. The two had been locked in a custody battle since, but they endeavoured to come to agreeable terms as soon as possible. This happened in January when they reached an agreement to finalise custody documents.

Angie was visibly emotional in the video interview and not much had been said on her relationship with Pitt other than her belief that they'll always 'be a family'. "I don't want to say very much about that, except to say it was a very difficult time and we are a family, and we will always be a family." She added, "We are and forever will be a family and so that is how I am coping. I am coping with finding a way through to make sure that this somehow makes us stronger and closer. It was very difficult. Many people find themselves in this situation. My whole family have all been through a difficult time."

TINS^{EL}TOW

TWIN-CREDIBLE BABYBOOM

THERE'S a baby boom going on in Hollywood – and it's happening at the double!

GEORGE CLOONEY and wife Amal are expecting twins while Beyoncé also just announced the happy news that she and husband Jay Z are expecting not one but two babies, making both couples part of a stunning line up of superstar parents with twins. Call it double the trouble or double the fun, these

famous parents are upping the ante when it comes to juggling parenthood and Hollywood. So, to lend a hand to **George** and **Amal**, **Beyoncé** and **Jay Z** or anyone else who might be expecting or raising twins, here Hollywood's other twin-credible parent's talk how they cope with doubling up on parenting duties.



ANGELINA JOLIE & BRAD PITT

TWINS: Eight-year-old **Vivienne** and **Knox** (July 12, 2008). **DESPITE** having four children already, **Angelina** and her now ex-husband **Brad** were rather overwhelmed by their twin arrivals back in 2008. "We weren't expecting twins, so it did shock us because we jumped to six children quickly but we like a challenge," **Angelina** said at the time. "Yes, it is chaos but we are managing it and having a wonderful time." **BABY TALK:** **Angelina** always made sure it was a family affair when the twins were young, including her four other children in the day-to-day household chores. "They are old enough to feel included to change diapers themselves, to feed bottles themselves, like if I pump into a bottle," she explained. "We're trying to find ways where it can be a fun group thing. Everybody gets special time so we can make sure we know where they are at."



JENNIFER LOPEZ & MARC ANTHONY

TWINS: 10-year-old (on February 22) Maximilian and Emme. **THREE** years after her 2004 wedding to her now ex-hubby **Marc Anthony**, **J.Lo** announced the happy news she was pregnant with twins. The superstar's father, David, revealed that the double good news was not totally unexpected. "The twin thing is in my family," says David. "My sister also had twins, so it's a hereditary thing." **BABY TALK:** **J.Lo** has made no secret of the fact that Max and Emme have changed her for the better. "The twins have honestly given me new direction," says the 47-year-old singer, actress and talent show judge. "They have made me realise what is real and what isn't. They have changed everything."



TWIN'S



MARIAH CAREY & NICK CANNON

TWINS: Moroccan and Monroe turn six on April 30.

MARIAH and her then husband **Nick Cannon** became parents to fraternal twins in 2011. **Mariah** gave birth via caesarean section at 35 weeks due to gestational diabetes and the risk of pre-eclampsia. "I don't think I understood the enormity and the magnitude of what it really does to your body," the 46-year-old singer says of her troubled pregnancy. "It's not just, 'Oh, you don't look pretty and you have a bump'. It's difficult to understand what I went through because my pregnancy was very unique in terms of what happened to me."

BABY TALK: **Mariah** was one of the first people to congratulate **Beyoncé** and **Jay Z** on their announcement saying, "I'm so happy for you both. Having twins is the most incredible experience ever!" Although, the diva also wants to warn **Bey** and other mothers of what lies ahead: "To anyone who has ever carried twins, it is a totally different experience. You don't even know who you are!"

SARAH JESSICA PARKER & MATTHEW BRODERICK

TWINS: Seven-year-old Marion and Tabitha.

SEX AND THE CITY star **Sarah** and her actor husband **Matthew Broderick** welcomed their girls via a surrogate in 2009 – adding to their son, James, born in 2002. **SJP** revealed, just before her twins arrived, how surrogacy offered them the chance to have more children.

"We've been trying to expand our family for a number of years and we actually have explored a variety of ways of doing so," the now 51-year-old actress revealed at the time. "This was one of the things we discussed with seriousness that had real possibilities for us."

BABY TALK: "We didn't expect it," says **Sarah** on her double joy. "I think after a certain amount of time, you tend to hold your hopes at bay a bit so as not to be disappointed. One really would have been thrilling and we would've felt incredibly lucky. Two was a comedy!"



JULIA ROBERTS & DANNY MODER

TWINS: 12-year-old Hazel and Phinnaeus (November 28, 2004).

TWO years after she married her cameraman husband, **Pretty Woman** **Julia** welcomed her first two children into the world. The star reveals how she turned to her own mother for help with her twins and her youngest, nine-year-old Henry, in their early years. "I remember asking her when I had three kids under three years old and just felt like I was running in a thousand directions at once; 'How on earth did you raise all of us? You worked full-time, and you did all these things'. She could have said, 'Well, you know, you just do your best'. But she said, 'Darling, it's called day care. I dropped you and your sisters off at 07h30 in the morning, and I would pick you up at 16h00 in the afternoon'."

BABY TALK: **Julia** says that motherhood is a whole lot harder than Hollywood. "I get everybody out the door to school on time, clean, fed, happy. That's directing a whole production right there!"



ELSA PATAKY & CHRIS HEMSWORTH

TWINS: Tristan and Sacha celebrate their third birthday on March 18.

AFTER their first child, India Rose, was born in 2012, **Thor** hunk **Chris** and his stunning wife **Elsa** were soon celebrating again at the double with the birth of their twin boy and girl. **Chris** has since raised his popularity with regular Instagram snaps of his happy home life in Australia with his kids.

BABY TALK: "They are nonstop, active kids," says **Chris** of his brood. "The biggest thing I've learned by having kids is that now I know what love is. I know what frustration is. I know the full gamut of emotions, good and bad. I feel I had just scratched the surface prior. It feels like I have six. Each time you add one, it feels like three more."



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PEOPLE 15

GEORGE & AMAL'S

THE couple are ready to welcome their bundle of joy – and it's a mixed bag of emotions.

Baby Joy

BY EL BROIDE



WE still can't believe that the once-notorious-bachelor George Clooney is going to be a dad – to twins! And with time getting nearer to welcome the little ones into their family, the couple have put their careers on hold and are enjoying the pregnancy stage while preparing for the new arrivals.

George and Amal have moved to England for the next few weeks, where they will be spending some time with each other away from the spotlight and the pressures of being celebrities in Hollywood.

But despite promising not to work, Amal has set up a home office and George has a movie-editing suite there to keep them busy, according to an insider. "Though work really isn't their focus right now anyway."

The actor has also cut down on the film roles he has planned for the future while human-rights lawyer

Amal is 'starting to pull back from engagements'. The source adds that Amal is putting everything into place now, cutting down on work as she plans to take a full six months of maternity leave once she gives birth, which is expected to happen in June. "Being parents is their new priority," says the source. "George never imagined he'd feel so content. They can't wait for their family to be complete."

Despite this, George is still secretly freaking out about becoming a dad for the first time. "He knows there are going to be many hard moments," the source explains. "He's been around many babies and, truthfully, he's nervous he's not going to be a good dad. So, he's making it his mission to be as involved as possible." At least he isn't freaking out about nappy duty, right?

Amal has seen how involved George is and it's reportedly making her fall in love with him more and more every day. It is incredibly beautiful to watch and these two are serving us major couple goals!

CELEBS EXPECTING

IT'S a baby boom in Hollywood! These celebs are also ready to welcome a little one in 2017:

Beyoncé & Jay Z

IN true **Bey** style, the star broke the Internet when she announced she and husband **Jay Z** were expecting twins on Instagram. "We would like to share our love and happiness. We have been blessed two times over. We are incredibly grateful that our family will be growing by two, and we thank you for your well wishes. - The **Carters**," the singer wrote.



Rosie Huntington-Whiteley & Jason Statham

WE are obsessed with this couple! **Rosie**, like many celebs, took to her Instagram account as well as she posted a stunning picture of herself in a bikini on the beach showing off her baby bump to announce the news. "Very happy to share that **Jason** and I are expecting," she captioned the picture. We're very happy too!



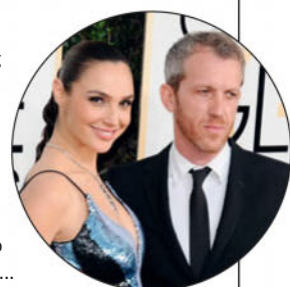
Cheryl Cole & Liam Payne

THEY'RE two of the greatest musicians to have come out of the UK and after shockingly revealing that they're a couple, former *X Factor* judge **Cheryl Cole** and former *X Factor* contestant **Liam Payne** are expecting. We're so excited to meet their little one.



Gal Gadot & Yaron Varsano

JUST months after shooting wrapped on the upcoming *Wonder Woman* film, Israeli actress **Gal Gadot** and her husband **Yaron Varsano** announced that they're expecting child number two! "So excited to share this wonder with you... #mommyforthesecondtime," **Gal** wrote on Instagram.



LIFE AS A

BY PEARL
MPHUTHI

Teen Mom

THE *Teen Mom* ladies are heading straight to the bank.



JENELLE EVANS

SHE'S probably the most talked-about member of the cast and with good reason! The star makes mega cash from promoting diet products over her social media, as well as making guest appearances (not to mention she also has a degree in Medical Assisting) – and to think it all started on a series about pregnant teens, from which, she once revealed, she's made around half a million dollars. "I wouldn't really say that I've made a million dollars," she said. "I would say a little bit over maybe half a million? I'm not really allowed to discuss it."

CHELSEA HOUSKA

CHELSEA'S ex Adam Lind claimed that the reality star made R3.3-million for the sixth season and her contract is rumoured to be up to R4-million for upcoming seasons! She also makes an income from her fulltime job as an aesthetician, and by promoting weight loss products like waist trainers on her social media.



MACI BOOKOUT

THIS mother of three actually revealed that she still lives a normal life: "Reality TV can make you very famous, but you basically get the s-t end of the deal: Everyone knows your name and talks about you, but there's no red-carpet prestige or glamorous piles of money." Hmm...not sure we believe *that* one! "Once you become a so-called reality TV star, people immediately think you're a high-end celebrity and you travel the world and have a mansion and so much money and all these other things they associate with having your face on television. The fact is, my real life isn't that much different from what it would have been without MTV. I still live in Chattanooga and go to Wal-Mart and buy bread and milk."



AMBER PORTWOOD

SO, where do things stand with Amber these days? Like the rest of the girls (except for Maci, appaz), Amber gets paid for guest appearances and speaking about her experience as a teen mom and being part of the show. She also made cash when she released her book *Never Too Late*. Back in 2011, Amber made R1.8 million per six-month contract and adds up to R2.7-million per year. Not bad!



CATELYNN LOWELL

SHE may be a stay-at-home-mom (sorta), but her bank account is getting more impressive by the day! The star, alongside her husband Tyler Baltierra, makes enough dough from touring, appearing on reality show *Couple's Therapy* and from their 2015 memoir *Conquering Chaos*. In fact, a close source revealed that the couple had bought both of their moms cars, and Tyler paid for his sister to get a boob job. Awww. Touching.



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PEOPLE 17

**PEOPLE
EXCLUSIVE
PIC!**

PICS: WWW.ELITEPHOTOAGENCY.COM / GETTYSTOCK



NORTH is already getting up to mischief — luckily, for now, it's innocent **Kardashian** behaviour.

BY ANGELA BEKIARIS

NORTH GETS MISCHIEVOUS

THERE'S nothing like a toddler on the loose with nail polish. Just ask Kim Kardashian, who found daughter North West painting her bedroom purple recently.

While we've all been waiting for the young diva to follow in the footsteps of every other woman in the family by launching her own clothing line, or starting her own spin-off to the family reality show *Keeping Up With The Kardashians*, **North** went ahead and showed us that she is in fact a normal kid who just loves to paint. Well... The walls, for now.

"I go downstairs to get something for her brother for two seconds, and she paints her room purple with nail polish," **Kim** said in a Snapchat video. Poor **North** knew it was wrong though, so she attempted to clean it up with two incredibly long pieces of paper towel sprawled on the floor. "Oh,

thank you for helping me clean it up now," **Kim** added. "This is even more helpful."

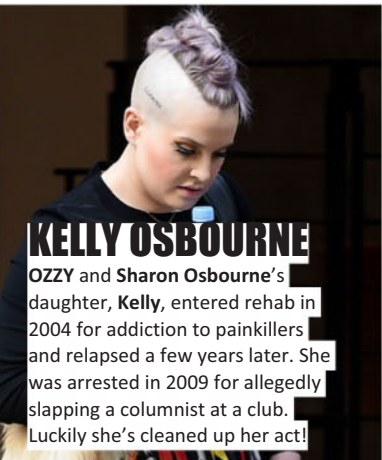
North is heard in the background telling her mom, "Don't step on it." One thing's for sure, **North** is no longer shy of the camera — guess with those genes, she was born to snap out of it at some stage.



CELEB KIDS GONE Wild

WHEN you're rich and famous, it's hard to be good.

IT'S no secret that kids can be a handful, but when it comes to bad behaviour, some of Hollywood's parents have more to deal with than others. Sadly, some of them were all grown up when they got into trouble.



KELLY OSBOURNE

OZZY and **Sharon Osbourne's** daughter, **Kelly**, entered rehab in 2004 for addiction to painkillers and relapsed a few years later. She was arrested in 2009 for allegedly slapping a columnist at a club. Luckily she's cleaned up her act!

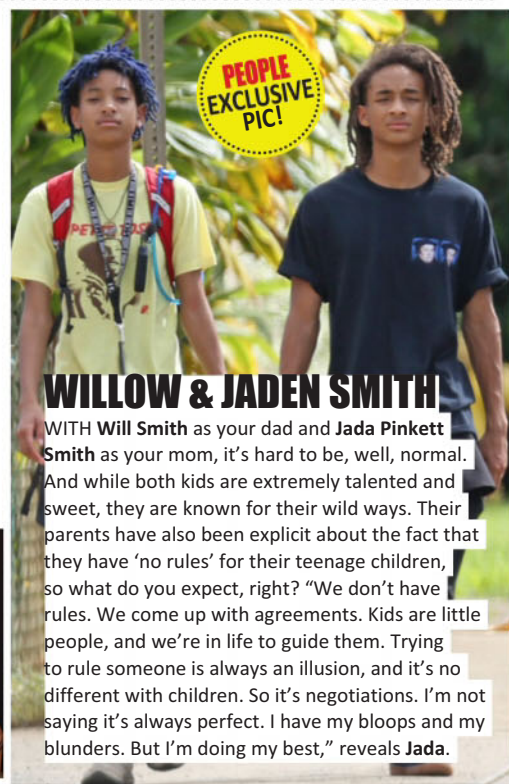


SURI CRUISE

SHE'S had it all handed to her on a silver platter — and when mommy **Katie Holmes** left daddy **Tom Cruise**, things escalated. From spa days, to huge birthday parties, **Suri** has got a little out of hand over the years, and let's just say, she probably has bigger demands than most of Hollywood's A-listers, which has turned her into a little brat at times.

HONEY BOO BOO

STARDOM definitely didn't tame this little diva, known for her role in *Toddlers And Tiaras*. Too much confidence and a very strange family left this child wild, to say the least. Luckily, she's a little better these days. As for mom, **Mama June**... Not sure we can say the same for her mother, though.



**PEOPLE
EXCLUSIVE
PIC!**

WILLOW & JADEN SMITH

WITH **Will Smith** as your dad and **Jada Pinkett Smith** as your mom, it's hard to be, well, normal. And while both kids are extremely talented and sweet, they are known for their wild ways. Their parents have also been explicit about the fact that they have 'no rules' for their teenage children, so what do you expect, right? "We don't have rules. We come up with agreements. Kids are little people, and we're in life to guide them. Trying to rule someone is always an illusion, and it's no different with children. So it's negotiations. I'm not saying it's always perfect. I have my bloopers and my blunders. But I'm doing my best," reveals **Jada**.

— EXCLUSIVE TO WOOLWORTHS —
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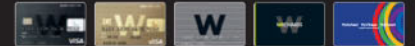
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SAVING NIGERIA'S

'Witch' Children

BY VANESSA PAPAS

BEING classified as a child witch is tantamount to receiving a death sentence.



Hope was found after being left for dead by his family because they thought he was a witch. When Hope was found he was riddled with worms and could barely stand. Hope is today happy and healthy in the care of Anja and her volunteers



HEART-BREAKING photos of a two-year-old clinging to life – found starving and roaming naked in the streets – put a face on the plight of thousands of babies and children living in fear in Nigeria.

Branded as 'evil' by preachers and other members of his community, the toddler was abandoned by his family because they thought he was a witch. For months he survived on nothing but scraps of rotting food thrown to him by passersby. When Danish humanitarian worker Anja Ringgren Loven found him, the little boy was at death's door. He was disorientated, his ribs were poking through his skin and his tummy was swollen, riddled with worms.

"When we first entered the village, I looked over my shoulder and slowly turned around to see a boy sitting on the side of the road. I thought I was going to see a bigger boy but when I saw he was the size of a little baby, my whole body froze," says Anja. "We were told he had been fending for himself on the streets for eight months. I wrapped him in a blanket and rushed him to the nearest hospital where he had to undergo a life-saving blood transfusion." Hoping for a miracle, she named the boy Hope. After two days, Hope's condition was stable. He was eating and reacting positively to medication. "It wasn't long before he was able to go home with me."

Anja's quest to help save 'witch' children started in 2011 when she left her job as a store manager in her homeland of Denmark, sold everything she owned and travelled to Africa. For three months she volunteered as a relief worker for DanChurchAid – a Danish humanitarian group that has been working in Africa since the '60s, fighting hunger and poverty and HIV/Aids, and fighting for democratisation and women's rights through humanitarian action. During Anja's work she saw first-hand how children were being abused, neglected, tortured and killed because of superstition and beliefs. She started working in Nigeria and founded the African Children's Aid Education and

Development Foundation (ACAEDF). Later she established the orphanage DINNØdhjælp. The orphanage provides medical care, food and schooling for children labelled witches – accused of killing relatives, casting spells (delivering death, illness, unemployment, pregnancy, debt, or simply bad luck) and being demon possessed. In addition to Hope, some of the other more than 30 children DINNØdhjælp has helped include Glory, Savior, Prince and Nsikak. Glory was found in an abandoned house in July, 2013. She had been tortured by her own family who accused her of being a witch.

Savior, nine, and his little brother Samuel were rescued from their abusive granny. Their younger brother didn't survive the torture they were all exposed to. Prince, nine, and Nsikak, 15, were both accused of being witches by their fathers. Nsikak's dad tortured him for three days, starving him and binding his hands and feet so tightly he will always have scars. "When a child is accused of witchcraft, the accusation often comes from either an uncle, grandmother, stepmother, father, neighbours, people from the village or the priest. Actually, it's

very rare they are accused by their own parents, but once a child has been accused of being a witch, there is no turning back," explains Anja. "Villagers will require the child to either be exorcised of the so-called evil spirits through nightly exorcism rituals by the local priest, or the parents take the child to a witch doctor, whom they believe has magical powers to exorcise the witch from the child. But this costs a lot of money and superstition is most common in the poorest areas. The children are often tortured and killed either by being beheaded, buried alive, burned alive or simply beaten or tortured to death." Although the beliefs in witches, black magic and sorcery do not exist only in Africa, the superstition

is particularly prevalent in Nigeria. "Where you find extreme poverty, you will also find extreme ignorance," says Anja.

"Poverty means that children do not attend school and as a result no progress is being made. Right now, Nigeria is the African country with the most children out of school. When the Nigerian government does not use agents to inform and educate, we must, through our educational work, try to stop the superstition." While children are removed from the abuse, DINNØdhjælp encourages them to see their families. "It is our biggest responsibility that the children maintain contact with their families," says Anja. "Sometimes we take the children to what we call 'home visits', and this is something the children look forward to. Home visits are the most important part in our advocacy programme. When children who were previously accused of being witches come back to their family and village again and look healthy, strong, speak good English, have got their confidence and hope back, that gives the whole village something to think about. They realise their own ignorance and that the children are not witches and that the ones who accused them of being witches have been indoctrinated by either the pastor or other villagers." Hope's story – and the 'guardian angel' care worker who saved him – has inspired people worldwide. A series of photos taken of him that went viral when he was found in late 2015 have been showcased on social media alongside recent photos of a now happy and healthy little boy. Hope has become a beacon of light for other 'witch' children in Nigeria who have suffered the same abuse. His story is helping spread awareness across communities that children are to be treasured, and reinforcing the inspirational belief that 'where there is love there is hope'.



Glory



Savior



Nsikak



Anja's charity African Children's Aid Education and Development Foundation care for other children like Hope



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My Story **'WE LOST IT ALL'**

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

IT is best to keep a stiff upper lip in times of hardship. The resolve will see you through.

"DENNIS, my husband of 15 years, basically took care of everything,

even while I still worked. He enjoyed the role of being a husband, dad and most importantly a Jack-of-all-trades. We agreed that I would put my salary towards our retirement policies and savings.

You know that saying 'you don't think it will happen to you?' Yes it did. We both lost our jobs in the same year. It wasn't easy at all. The pride that Dennis used to have, months ago, was no longer there. Even so, he'd still try to be the happy and an awesome dad to his kids. My husband isn't one to really express

himself, especially when he's stressing. Though, as his committed wife of 15 years, I could see that it took a toll on him. We would learn of the after effects too late. We had to surrender our savings. We had to pay towards the rent, the car, school fees, insurance and food. Eventually the savings wasn't there to save us anymore. We had to borrow from a kind and dear relative. Then my husband wasn't feeling too well and went to see our personal doctor. I was really surprised as Dennis doesn't ever get sick. The next thing I was called into the doctor's room and we had to rush my Dennis to the nearest hospital, which was Helen Joseph. The doctor provided a thorough report, which we couldn't read or understand, but the word 'urgent' was written in bold. I rushed to the hospital with my children, thinking it was a drip my husband needed. We got there at 17h00 to a packed hospital. This is when it hit me – the medical aid that we had for 15 years was no more. Dennis was admitted at 02h30. That was just the beginning of what I assumed was our last visit. The next day, the doctor advised us that Dennis had permanent kidney failure. His body rejected food and water. I was in



absolute tears, but I refuse to let my kids see me in that state. He was diagnosed with kidney disease. I then remembered how Dennis didn't finish his food, lost weight and had intense headaches. Now he has to undergo dialysis three times a week until a donor is found. I've learnt through this experience that it is all about making peace, being patient and never giving up.

'EVENTUALLY the savings weren't there to save us anymore.'

I feel so guilty and ashamed as Dennis would never, ever want to surrender those policies. He always said those are for our kids one day and surrendering your pension before maturity date also has many penalties. The amount we received will be able to pay for both our kids' school fees over the next year, for petrol, food and rent. I used to worry about the balance of the amount getting smaller until I said, 'No more'. I have faith that I will get a job soon and have advertised to collect kids from school. For now, I have to relieve Dennis of the burden. He's been through so much already. From once being very healthy, to now being medically boarded. I've been constantly telling him that family and friends are assisting financially. I know that I will need to break the news to him one day. But for now, just seeing him laugh, smile and play with the kids again is absolutely priceless. Nothing makes me more humble than giving Dennis the honour of walking tall as the proud husband and dad he still is. I know we will not be in this situation for ever. After all, I am his other half. It can and will only get better."

MnandiNews

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.

I GOT a DSTV decoder and so I had to open a new customer account. I was helped by Denecia Simons at the Multichoice Customer Centre in Randburg. She was very good and helpful. She ensured the whole process went smoothly even though so many documents were needed. It was a pleasure to meet her and deal with her.

First Time Customer, Johannesburg

I THINK the Shell petrol attendants have gone on a training course or some upskilling as I have found the service at their petrol stations to have improved drastically. I'm a rep and drive a lot throughout SA; if I have a choice I now fill up there.

Paul Adams, Colesburg

WE had an emergency electrical job and chose to pay per hour an electrician from the side of the road outside a well-known hardware store. My friends said I was crazy but Michael did everything asked of him at a very fair price. He used to be employed until his employer moved to Australia. Sometimes I think we should support individuals here in South Africa instead of big corporations and big business.

Proudly South African, Pretoria North

WE have a community WhatsApp group and it was such a pleasure seeing how we all came together when an informal settlement near us was affected by fire. People dropped off blankets, nappies, clothing, shoes, food and all the items to help the families who had lost everything. I felt most sorry for the people who lost their papers.

Tshepiso Baloyi, Krugersdorp

MY friend always buys a lottery ticket. I make fun of him because I think you never win. This last week he won a small amount and shared it with me. I'm thankful and now I buy one a week and will share my winnings with him.

Mr X, Evaton West



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PICS: MAGAZINE FEATURES

Just A Cat And A Dog, Hiking Together

FLUFFY BFFs Jessie the Australian Labradoodle and Koda, the four-month-old newly adopted kitten, are a little different to your run-of-the-mill pet dog and cat. WHY, you might ask? Well, they accompany owner Emily Aubrecht in Alberta, Canada, on her hiking adventures in the great outdoors.

Says Emily, "Jessie instantly became attached to Koda, she must have thought he was her baby." While it took a bit of getting used to for Jessie, she either gives little Koda a piggyback or adorably carries him in a special pet hiking pack and the two now go everywhere together. Describing her furry companions, Emily says, "Koda is not your average indoor cat. Being the brave explorer he is, he often sports a special harness for outdoor travel, as does Jessie. Koda's favourite pastimes include visiting the river, going for drives, and visiting the pet shop with his bestie. Jessie is very energetic and friendly – she enjoys bike rides, hikes, and swimming." We hope this amazing trio continue to have many adventures together!

ADOPT Adorable Me!

HOW To Adopt Me: If one of us has caught your eye and you're willing to provide us with a loving home, please call Olivia Stirling on 081 893 4427. Give a dog a home!

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



Chase



Lala



Lucky



Popcorn



Shandy

TIPS ON ADOPTING A PET

- * 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?

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

- * 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: MY four-year-old Maltese poodle has very bad breath. I noticed some of her teeth are decaying. Is this normal for a dog this young and what should I do?

A: UNFORTUNATELY, this is common especially amongst toy breeds (Yorkshire Terriers, Dachshunds, Miniature Pinschers, Chihuahuas and the Maltese). The trick to good dental care is to start young and to reward good behaviour. At this stage you can use your finger as a brush mainly to get the dog used to the feeling. Flavoured pet toothpastes are best but you can use chicken broth, steak gravy, peanut butter – anything which tastes nice can be used. The secret to clean teeth is not what you use but how you use it. Emphasis should be placed on rewarding a good dog for allowing you to brush its teeth with a treat straight after. A baby tooth brush will suffice or choose a pet toothbrush. The mechanical action of brushing removes plaque (yellow stuff and prevents it turning into tartar (the hard brown stuff that

coats teeth which you can't brush off and needs dental scaling to remove). Plaque turns into tartar in about two weeks so once a week brushing will suffice. Obviously the more you brush the better your pets dental hygiene will be. You only need to brush the outside part of the teeth as the tongue helps to clean the inside part of the tooth. Dental chews go some way in reducing the build-up of plaque but cannot be your only source of teeth cleaning. Various veterinary products which you spray on gums or put in the water will not make up for a lack of brushing but can be used once your pet's mouth is shiny clean. With regards to your Maltese, I suggest you consult your local vet and once her teeth have been professionally cleaned and the rotten teeth extracted, you can use the above information to maintain her dental hygiene.

Send all your vet related questions to vancom@telkomsa.net. For more information on BAESAC log onto <https://www.facebook.com/baesac99/>



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DON'T TAT THAT CAT!

BY ROBERT CLUNIE

THERE is a despicable act on the rise: the tattooing of animals. And it's a practice that needs to be stopped.

THERE is a grim and abhorrent fad rearing its ugly, rights-contravening head – one that so often claims a voiceless victim. We say 'fad' even though the practice is as old as modern history itself. It is, however, a practice that ought not to be exercised in a contemporary, progressive society. Rights activists champion so admirably for the fair treatment of animals, but common sense does not always prevail. The willing and conscious actions of a few individuals should not be allowed to unravel the progress made in animal welfare preservation. The practice of body modification soon followed the development of specialised tools in the latter parts of the Neolithic period. Humans experienced great periods of intelligent evolution during this stage. Tattoos, in particular, played a critical role in the moulding of a cultural identity in many regions across the globe. The Neolithic period also marked the beginning of subsistence farming; the marking of animals through various methods, therefore, followed. It has been in use for over 3 800 years when some of the first laws on the practice were tabulated in ancient Mesopotamia within the Code of Hammurabi.

The branding, marking and tattooing of an animal is still in use to this day. Happily, for the most part at least, individuals employ it in an ethical, safe and legal manner. Trained professionals like agricultural experts and veterinarians would either brand, tag or tattoo animals (method depending on species) for identification or medical purposes. Branding techniques available in our day and age are designed to be used on animals – they are, as a result, safe and humane. The tattooing of animals for aesthetic purposes, however, is as distasteful as it is repugnant. Cats and dogs are often targets as their docile natures make for an obeying canvas.

The vain, egotistical trend is, worryingly so, far more common than the general public realises. Scores of cases were and are reported annually, but only with the advent of social media has the craze entered the public consciousness proper. Tattoo artists often make themselves guilty as they are equipped with the skill and gear to perform such a procedure. Being a skilled artist does not, in any shape or form, however, lend any credibility or justification to such a vile act. Tattooing of one's pet has gained some traction in Russia – here one would often see hairless Sphynxes getting inked. Early social media posts in the country came about in 2009, but it was not until 2012 when public outrage became fervent. A man called Timur Rimut from Tatarsan posted a video of his hairless



Sphynx, Coco, being sedated before receiving a tattoo. To add insult to crazy, Timur inked a tattoo on his pet's chest that matched the same Latin inscription of his, reading: *Carpe Diem* (seize the day in English) above a jewel of sorts. Timur would later, rather weirdly, go on to get himself a tattoo of his cat with the matching ink on one of his limbs.

The year 2014 saw pictures posted by a New York City-based tattoo artist showing a sedated dog with a tattoo on his shaven shoulder. The inking on the dog was a picture of a gaudy heart, pierced by an arrow that had an inscription on it reading: 'Alex & Mel'. The worrisome part of this tale was the circumstances under which the dog received the tattoo. He had gone in for surgery at a veterinarians' office, but had not emerged from his sedation when his owner thought an inking would be a good idea. The attitude of the owner was rather cavalier in that he made it sound like the sedation made the act acceptable. The apparent acquiescence by the vet is also of great concern. The practice has since been banned in New York State and Pennsylvania. A spokesperson from the ASPCA came forward in condemnation. "The tattooing of an animal for the selfish joy and entertainment of its owner, without any regard for the well-being of the animal, is not something the ASPCA supports. While a vet may tattoo an animal for identification purposes, this is a far cry from that."

A North Carolina man called Ernesto Rodriguez also came under fire when he tattooed two of his pitbull puppies. He haughtily claimed that the dogs were under sedation and therefore did not feel a thing. Mistah Metro, a New York-based artists who works for Red Legged Devil Tattoos, tattooed his dog under the same circumstances – once more under the supervision of a vet who sedated the dog for a procedure. It was not until two years later, in late 2016, where the tattooing of pets really garnered an incensed outcry. Once more (or rather twice) had it been tattoo artists who'd take advantage of their positions and the availability of equipment to permanently mark their beloved animals. Both dog and cat sported multiple inkings – some of them eerily gang related – and their owners inexplicably looked as though they are riding a wave of impunity. Emerson Damasceno, a Brazilian tattoo artist, displayed a gross amount of ignorance when his bull terrier suffered under his misguided reasons for applying the tattoos. His dog has no less than five markings on its face alone. The pup had been stained with an anchor-knuckle duster hybrid topped with a diamond on his nose. He

furthermore has a set of stars underneath his eyes and the logo of the Los Angeles Dodgers tattooed in both his ears. As if this is not absurd enough, Emerson

came out saying that he thought the tattoos would protect his dog from cancer. Despite his girlfriend coming to his defence, he, a little too late, saw an onslaught coming and promptly deleted the images off his Facebook page. The most recent incident – out of Russia once more – caused the biggest furore. A tattoo artist known as Aleksandr Purtov posted an actual video of him tattooing his hairless Sphynx. His cat, called Demon, already had multiple designs inked onto its body. Aleksandr has such a love of the art that he wished for his pet to reflect that passion too. He also claimed that people had done so for ages and he can't understand why there is such an outcry of late. Demon already had a prison tower, playing cards and a pinup girl tattooed on its highly sensitive skin. Some allude to these designs as a reflection of one's standing in the criminal underworld. He can be seen etching a star on his cat's chest in the video with the help of his girlfriend. Reports vary in that some state that the cat had either been sedated or that he gave it some painkillers to ease the process. Nevertheless, he does not believe any harm was done to the cat as she had gone under before.

"This isn't his first tattoo," he said. "He just goes under and doesn't feel a thing. He always wakes up fine from the anaesthesia and behaves normally after that." It is also clear that he is completely aware of his foul deeds. "Of course I feel pity for doing it to him. It's not like he wanted to do it himself. He has a different skin, so tattoos are applied differently," he said as if to rationalise his actions. Various social media users voiced their anger and concerns online, but it was the opinion of Elizabeth Skorynina, head of an Animal Rehabilitation Centre in Russia, that

really put matters in perspective. "Any person who has a tattoo can tell you that's it is a painful process, and for animals it's even more so. Sphynx cats have very sensitive skin and any irritation causes them discomfort and pain. If the tattoo artist uses muscle relaxants like xylazine, the animal's life is in danger. It switches off all motor functions, but the brain operates normally, so the cat feels everything! Plus, any anaesthesia is dangerous, especially if used more than once a year."

Chief among the reasons why this practice ought to be outlawed is that animals can neither give nor deny consent. This is a clear violation of their rights. Tattoos are painful. While humans can take care of a scabbing wound, animals can not. Finally, these procedures are unnecessary. An animal should only be marked if it would benefit their well-being or their protection. Their physiological makeup differs vastly to ours, which makes the practice morally unacceptable.



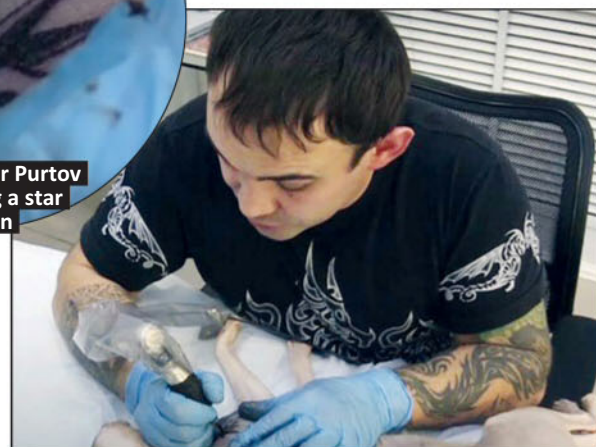
Emerson Damasceno and his tattooed bull terrier



Sedated dog in New York receiving an 'Alex & Mel' tattoo



Aleksandr Purtov tattooing a star on Demon



Russian gang inspired tattoo previously applied on Demon

IF YOU KNOW OF SIMILAR CASES IN SOUTH AFRICA, PLEASE CONTACT ROBERTC@CAXTON.CO.ZA TO HELP TAKE THE MATTER FURTHER.

SAVING

BY VANESSA PAPAS



Sarah Lucas of Australia for Dolphins (AFD)

PICS: WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK



Marine Activist Ric O'Barry



Angel's swollen eye

EVERY year, a hunt for blood takes place in the waters of Taiji, Japan. Hundreds of wild dolphins are rounded up and butchered in the infamous 'Cove'. The hunts are subsidised by the dolphin captivity industry, which pays high prices for a few 'show quality' dolphins. During each hunt a small portion of dolphins – the most beautiful of the species – are spared, only to be taken for a life in captivity in dolphinariums, aquaria and swim-with-dolphin programmes around the world. Angel was one such dolphin.

In 2014, the story of Angel gained international coverage not only because she was just a baby when ripped away from her mother while swimming in a pod of about 150 bottlenose dolphins and put in a tiny tank at Taiji Whale Museum, but because she was an albino.

Albinism occurs when cells that normally make the pigment melanin, responsible for skin, hair, and eye colour, fail to produce it at normal levels, or at all. Albinism can come with several different health problems. The pigment melanin provides protection against the sun's rays, and also plays an important role in eyesight. Without it, many albinos suffer from vision problems. Because of this, it's rare to see an albino dolphin in the wild. Veteran Dolphin Project Cove Monitor Karla Sanjur remembers the day Angel was captured. "I woke up to the biggest pod of bottlenose dolphins the fishermen had seen in a long time. There were over 250 of them. I had never seen anything like it. Amongst the pod was an albino calf. White as snow, she shone in the water. Every time I saw her she was next to her mom, swimming side

by side. I thought to myself, "She looks like an angel with fins." She was the first one taken into captivity. A prize, rare albino dolphin to attract the masses – who knows how much one would pay to see an albino? The rest of the pod was divided into groups and endured three days of captive selection. In the end, they took around 35 captive, slaughtered around 60 to 70 and the rest were driven out to sea."

Sarah Lucas, CEO of Australia for Dolphins (AFD), first visited Angel shortly after her capture. "Angel was initially kept in a small outdoor swimming pool, where she could do nothing but swim in small circles," explains Sarah. "The most heart-wrenching thing was seeing her all alone. I think it must have been so traumatic for her to be taken from her mother, and suddenly thrown into alien conditions. I felt very sad for her.

ANGEL

THE plight of an albino dolphin has captured the attention of marine conservationists who have described the dolphin's life as 'a living hell'.

TO help Angel and the other dolphins trapped at the Taiji Whale Museum, you can make a donation to Sea Shepherd Conservation Society. Log onto www.seashepherd.org for more information.



Activists are slowly making headway against the facility



Angel was eventually placed in an indoor tank with four or five other dolphins, but this hasn't improved her welfare. There's very little space. In the wild, Angel might have swum 100 kilometres in a day, but she now has to swim in awkward circles trying not to hit the edge of her tank. The tank is barren, and completely devoid of stimuli. Angel also has 'rake' scars on her skin, probably from dominant male dolphins attacking her." Not only is Angel being bullied, but her tank is filled with chlorinated water, which experts say could spell the end of this majestic mammal's life. "We documented the dolphins inside this filthy chlorinated tank with swollen eyes, skin that was eaten away at, not able to swim without jagged, unnatural movements," say Sea Shepherd Cove Guardians. "Since this last visit, the water in the tank has been re-chlorinated, evident to

us as soon as we walked through the doors to the tunnel and smelled the overwhelming stench of chlorine. As an albino, Angel would be more susceptible to eye irritations from the chlorine. Her eyes are closed all the time but it's not just Angel who is suffering as a result. In a video taken at the Museum, most of the dolphins appear to have closed eyes. Dolphins are swimming blindly in circles or floating lifelessly on the surface, trying to keep their faces as close to the surface as possible to avoid the painful sting of chlorine. What you see is blatant abuse." Courtney Vail, a marine consultant for AWI, believes the problem could be even more sinister than 'burning eyes'. "The condition is not normal and should be investigated by a competent veterinarian ophthalmologist. It is possible that Angel could have either a viral or bacterial

infection. And if either of those conditions go systemic, then her life could be in danger," adds Courtney. Last year, several reports circulated that Marine Activist Ric O'Barry, along with representatives from AFD, Save Japan Dolphins, and the Earth Island Institute, won a law suit in the quest to have Angel moved. However, the lawsuit was not won in favour of Angel's freedom. The suit was filed against the Taiji Whale Museum for discriminating against westerners, and not giving them the same access to the museum as Japanese nationals. Last year, the judge in the case made a ruling in the activists' favour. While this means Angel still won't be free, it's believe the decision will aid the ongoing battle to have her relocated to a sea pen at the front of the museum's property.

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.

A PLACE TO CALL

Home

WORKING to ensure disadvantaged South African children and babies have a safe place to call home.



Children in need receive medical care from nurses and all of them have the opportunity to be educated



FAMILY is everything but many children in South Africa will never know what 'home' feels like. Born HIV-positive, Robert (not his

real name) was abandoned in hospital in August 1998. He was sent to Nazareth House Children's Home at just two weeks old. On the day he arrived, a volunteer at the home named Jenny met him and immediately the two formed an unbreakable bond. When Robert turned six months old he was allowed to go home with Jenny every weekend. He soon became very much a part of Jenny and her family's life and a decision was taken to foster him, but a family tragedy delayed the process. Desperate to find a solution, Kim Killeen, a close

family friend who had met Robert as a baby, and Jenny sat down and spoke about ways they could give Robert a normal childhood, as well as the thousands of other babies and toddlers that were in need of a home.

And so Ukuthemba Foundation came into being. Robert went on to live at Ukuthemba. He went to the local school where he excelled in art, drama and loved playing football. In 2015, he flew to London as a guest at the annual charity ball where he made a speech about his life and got a standing ovation from the audience who could not quite believe he was so eloquent and confident enough to speak in front of 200 people. Last year, Robert was the first child in the Ukuthemba family to write his Matric examinations and received excellent results especially in Art and Drama.

His artwork is displayed in the school and outside the principal's office. He is now taking a well-earned gap year and contemplating his future studies.

There are many babies, toddlers and children like Robert who were born into tragic circumstances but have found a home at Ukuthemba, based in Cape Town. The Foundation rescues these children and places them within a loving family unit (rather than large orphanages); these families consist of around six children with a house mother. This alternative approach to housing the children provides a home-like environment where they can be nurtured, attend local schools and be integrated into society, with the emphasis being on love, education and protection. This year, the Foundation is opening their sixth home and is looking into opening a halfway home for the young adults who have finished studying and are entering

'THIS year, they're opening their sixth home and are looking into opening a halfway home for the young adults.'



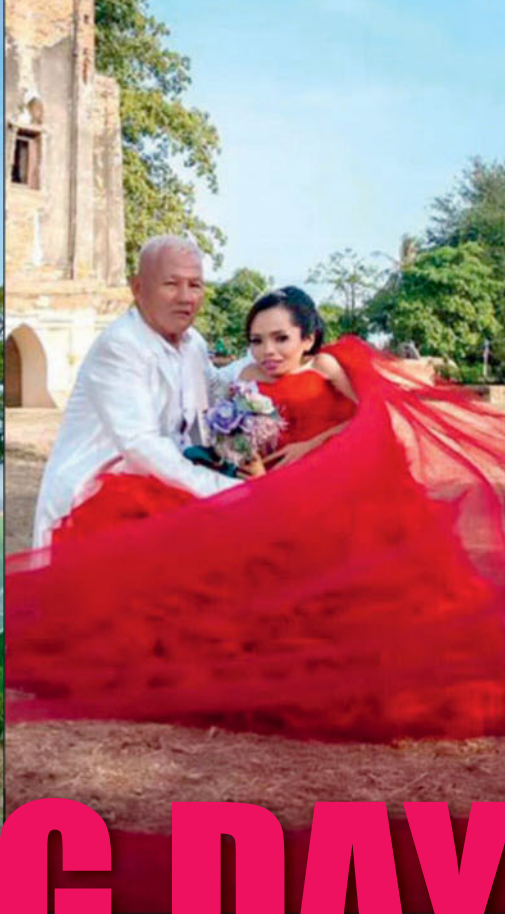
The Foundation provides a permanent solution for orphaned and abandoned children in South Africa

the work force or doing further studies. This home will be a gentle support and stepping stone for these adults who are starting out in the world, who want some independence but are not left to fend for themselves, which can be quite a scary process. "Ukuthemba is a Xhosa word which means to believe, trust and hope. It is one of those words that is not easy to define because it represents the essence of all that we cherish in humanity, in the absence of which we find heartbreak and despair. Fortunately, through the work of our organisation and with the assistance of people like you, those born into despair can be raised to believe that there is hope and this is our sacred trust," says Kim. "Since we started in 2006, we are now seeing some of the children grow up into wonderful young people, while maintaining their very important place in the family unit. Without this care they may not have survived, thrived or completed their education, like many children and young people living in South Africa. This work is vital for young South Africans who are the future of our country and we look to the community for their support."

Pay It Forward

entertainment, glamorous black tie dinner, an auction with some incredible items to be bid on, dancing, a blackjack tournament and a packed programme for your kids. Proceeds will go directly towards Ukuthemba to assist the Foundation in the work they do. In addition to supporting the fundraising event, or providing financial aid (banking details can be found on their website), you can sponsor one of their children and actively contribute to their future by setting up a standing order on your bank account, or help the Foundation fulfil their wish list. Items needed include linen, clothing and shoes for boys and girls, cooking pots, educational toys, school books, pencil cases and other stationery, baby/children's cereal/juice/tea, and toiletries. For more information on reservations and on the Foundation, e-mail sarah at sarah@ukuthemba.org or log onto www.ukuthemba.org.





A BIG DAY FOR A LITTLE GAL

BY ROBERT CLUNIE

A WOMAN suffering from a bone disorder finds love and sees her dream wedding come true.

SAYPHON JARUNSI thought, like many single women in their late 30s may have done before, that she would struggle to find love. Scores of eligible ladies inexplicably think that their age would somehow invariably hamper their quest at finding a matching, loving partner. Sayphon is 38, but her reasons for doubt had very little to do with her age. No, her misgivings at finding true love began at a very young age, as she suffers from a debilitating disease. She was in fact born with a severe bone disability – possibly a form of osteoporosis – that stunted her growth to such an extent that she had never been able to walk. Her legs are so underdeveloped that they appear as little more than skinny protuberances – an unfortunate effect that saw her youth as one filled with bullying. Her appearance was especially the target of ridicule as she effectively developed a form of dwarfism.



Sayphon suffers from a severe bone disability that saw her suffering from a life of poverty

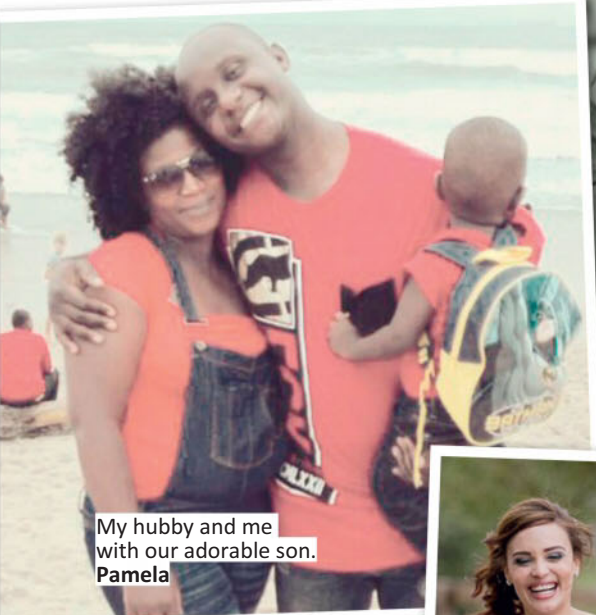
"People looked down on me because I was different and some even said I would only look beautiful when I was in my coffin," she says.

Sayphon is from the town of Yasothon in the far northeast corner of Thailand. The country is considered a newly industrialised nation and boasts one of the lowest unemployment rates in the world at under one percent. A tenth of the population, however, live below the national poverty line and almost half of the population are farm hands, or work in agriculture or the informal sector. Career prospects for Sayphon, considering her disability, and despite her good health otherwise, were all but non-existent. Her condition, therefore, had her living in poverty. Much seemed lost to her, but fate would have

it that she'd meet a charming security guard who would eventually blow her away. He was 30 years her senior and his profession did not exactly herald wealthy living, but this did not deter her one bit. She was smitten, but her dream wedding seemed some way off as money had been the main inhibitor. They couple moved in together though; a small consolatory prize for their love. Sayphon would not let her hopes and dreams of the perfect wedding die. Enter the enigma that is Mr Ritchaveephat, or rather 'Salon Angel' the tattooed beautician and make-up artist. She took a chance – one that paid dividends – and called him up. Salon Angel's regular means of operation, and his income, involves work for strings of wealthy clients. He'd use this advantageous avenue to explore his philanthropic side by donating his services to the poor at no cost. Her words to Salon Angel were, "I just want to be a beautiful bride, but I have no money." He obliged. Ritchaveephat roped in the services of Anton Weddings for assistance. Between them they saw to the materialisation of their make-up and hairdressing, a venue, costumes and a photo album. The eccentric Salon Angel was even in attendance on her auspicious day to see his handiwork unfold. "My dream has come true," Sayphon said during the ceremony.

Dear people

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



My hubby and me with our adorable son.
Pamela



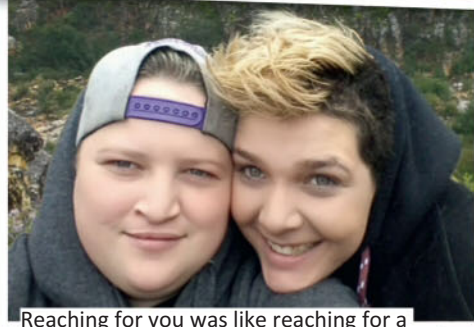
My soulmate and love of my life –
Isabelle and Minette Moolman
SGP Moolman



Our beautiful little princess.
Most gorgeous in our eyes.
Tanisha Rooplal



1 Corinthians 13:4-7
Abigail Nzimande



Reaching for you was like reaching for a star: so distant, so gloriously beautiful and so mystical. I dared, and I succeeded only because you reached for my outstretched hand. I am forever blessed by your love. I love you lots, Nachele Olivier.
Hilda Haman



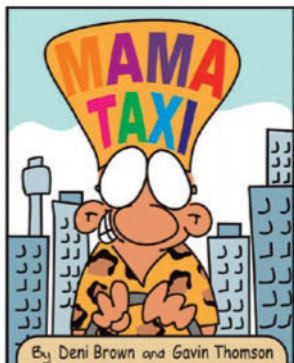
Blessed to have this soul in my life... Love you, Halima, my angel...
Hasina



Love my lil' boy soooo much!!!
Angele Macklin



This is my daddy dearest, the most important man in my life. Love you lots.
Nemone Williams



By Deni Brown and Gavin Thomson



www.peoplemag.co.za © Brown & Thomson 2017



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!

WE WERE ON *A Break!*

"THE waiter placed another large glass of wine in front of me. 'Thanks', I said, smiling weakly. It was my first Friday night without the kids so I was treating myself. But I didn't feel much like celebrating. My husband, Michael, and I had decided to separate a few weeks before and I missed him terribly.

We were childhood sweethearts and had married in our early 20s, before battling for many years to have children.

We conceived Ruby, six, through IVF, then Poppy had completely surprised us and came naturally a couple of years later.

They say IVF puts strain on a couple, but we'd managed well.

Then, out of the blue, Michael announced he wanted a break.

'We spent so many years trying for kids that I feel like I missed out on my youth', he admitted.

'So you want to sow your wild oats?' I raged. I was furious with Michael and demanded he move out.

We agreed he'd have the kids every second weekend. Sipping my wine now, I felt tears prick my eyes.

How had things ended up like this?

Just then, one of Michael's work colleagues, Grant, walked into the bar.

I tried to hide, but he saw me and walked right up to me.

'Mind if I join you?' he asked. Reluctantly, I nodded. All I wanted to do was drown my sorrows, not spend my night with Michael's colleagues. But Grant was surprisingly good company. We were soon laughing and he ordered me another drink. I found out he'd recently split from his wife and it was his first weekend alone, too.

'I don't know how Michael could leave you', he said, a few drinks later.

'You're gorgeous'.

I couldn't help but feel flattered. At least someone wanted me!

Later, when Grant asked me to go back to his place, I agreed. If Michael was off sowing his wild oats, why shouldn't I?

Back at his house, Grant and I had sex.

But the next morning, along with a thudding headache, came the huge enormity of what I'd just done.

'This never happened', I said to Grant, hurriedly getting dressed. 'I won't breathe a word', he promised. At home that afternoon, I looked at all the things that reminded me of Michael and couldn't stop crying.

Suddenly, a knock on the door pulled me out of my funk. It was Michael and the kids. 'One night with the girls brought me to my senses', he said. 'Please take me back'.

I was stunned. I wanted us to get back together so badly, but I'd just betrayed him in the worst way...and with someone he worked with.

We hugged and I agreed we should try and make it work.

'I met a girl at a bar but I couldn't go through with it', he admitted, after the girls had gone to bed. 'I don't need any other woman when I've got you'.

I smiled, yet guilt burned inside me.

Grant moved company not long afterwards, and Michael and I are still together and happier than ever. I try not to let the guilt overwhelm me. After all, we were on a break."

**'IF he was sowing his wild oats, why shouldn't I?' –
Rosaline, 40**

WHAT'S HE DOING HERE?

"AN e-mail popped up on my screen. 'Quick smoke?' my colleague Caroline had written. We were assistants to an executive in a big construction company and there was an area outside the office where we always met for a cigarette and a gossip.

'How are you holding up, Shirly?' she asked as soon as we got there.

My bottom lip trembled.

I'd recently ended things with my boyfriend, Tom.

We'd been together for eight years and I had expected us to get married and have kids.

But a few weeks ago he had taken me out for dinner and instead of proposing, he had unceremoniously dumped me. I was heartbroken.

'What you need', Caroline said to me now, 'Is a rebound. Someone to take your mind off Tom'.

'I don't feel like dating anyone right now', I muttered, miserably. Just then, Mark, the cute guy from accounts, came outside for a smoke.

'What about him?' she whispered.

'No way, he'd never date me', I replied.

'Yes, he would, he's always flirting with you!' she said.

Mark flirted shamelessly with everyone, but I found myself giggling at the idea.

He was devilishly handsome with dark hair and a square jaw.

Back at our desks, Caroline wouldn't let the issue go.

'Have you e-mailed him yet?' she hissed over our computers.

'No! Go away!' I said, laughing.

By the end of the day she'd started to wear me down.

What's the worst that could happen? I thought.

So I typed, 'Fancy a drink?' Then searched for his name on the work Intranet and clicked send.

Instantly, I regretted sending it, but to my huge surprise, he replied straightaway.

'How about after work at The Centurion?' he wrote.

'See?' Caroline said, feeling very proud of herself.

She hauled me off to the ladies and spruced me up with make-up and hairspray.

At the bar, I sat in a corner table and waited for Mark to turn up. My heart was pounding. Then, a guy from IT walked in. His name was Mark, too. He was a real sweetie, really shy but always helpful when I had computer problems. What the hell was he doing here?

To my horror, he came right up to me and said, 'So, what can I get you?'

My mouth dried up as the truth suddenly dawned on me – I'd e-mailed the wrong guy!

'Um, a white wine, please', I stammered, my mind racing, trying to decide what to do. I couldn't tell this poor guy it had been a mistake. That would be so mean.

Swallowing my pride, I decided I would drink my wine then make a polite excuse and bolt.

But as Mark and I chatted

I started enjoying myself.

He was clever, polite and

charming. He'd travelled

a lot and had loads of

interesting stories. He

was also really cute, with

dimples and deep blue eyes

I'd never noticed before.

At the end of the night he called me a taxi.

'Can we do this again?' he asked, shyly.

Without thinking, I kissed him and

said yes. Mark and I have now been

together for three years and recently got

married.

At the wedding he told everyone in his speech how I had pursued him by e-mail at the office.

No-one but Caroline knows that I didn't actually mean to e-mail him. That will always be our little secret."



CURSE THAT *Psychic!*

"CLUTCHING a bottle of wine, I rang the doorbell of my friend Alex's flat. A minute later, Alex appeared at the door, wearing an awful pair of flannelette pyjamas and a pathetic expression.

'Why aren't you dressed?' I asked her. 'I thought we were supposed to be going out'. Alex shrugged and led me into the lounge. 'I can't face going out', she said. 'Anyway, what's the point? We never meet anyone decent'. I sighed. 'Here we go again', I thought. I'd seen Alex in this state plenty of times before — and it was always about a week after she'd dumped her latest boyfriend. Alex and I had been friends since high school and, at 28, we knew each other pretty well. While I'd had a couple of longish relationships, Alex's boyfriends never lasted more than a month or so. The pattern was always the same: she'd meet someone, think he was the one and then, after a few weeks, decide that he wasn't. After each break up, she'd go through a period of misery, convinced she'd never meet Mr Right. 'What was wrong with Matt?' I asked, referring to the latest guy to get the Alex chop. 'You two seemed to be getting on really well'.

Alex pulled a face. 'He just wasn't right for me', she said vaguely, but I knew exactly what she meant — he wasn't a 30-year-old blond European soccer player.

For the hundredth time, I silently cursed the psychic Alex and I had visited soon after we'd left school. The woman had told me I'd become a hairdresser, marry a tall, dark man at 21, have three children and travel later in life — and she couldn't have been more wrong. With Alex, however, the psychic had some luck. She'd predicted Alex would work in an artistic area, move away within the next year and marry a blond man, who'd been born in Europe, played football, and was two years older than her.' When will she forget all that nonsense the psychic told her?

'WHEN was she going to forget that stupid psychic?'

— Patty, 28



HE'S SUCH A PIG

"AS soon as I was introduced to Peter, I knew he was The One. So when he finally proposed, I felt like the luckiest girl in the world. Then one weekend I had to go away for a work conference.

'I'll call about 17h00 on Sunday as soon as I'm back', I said, kissing him goodbye.

Peter was renting a flat, but I was living with my parents to save up for a home deposit for us both. The conference was boring so I was really excited when it finished early and I managed to get an earlier flight home. I decided to surprise Peter. When I arrived at his place later that afternoon, our friend Sarah's car was in the driveway. I had a key so let myself in.

As I walked through the door, the place was silent and Peter's bedroom door was closed. I gently pushed it open. To my horror, they were naked on the bed, writhing

'I COULDN'T believe my Peter could do such a thing...' around together. Peter was nuzzling Sarah's breasts while she groaned in ecstasy, eyes closed. They didn't even notice I was standing there. I pulled the door shut and fought back tears as I ran out. How could he? I thought. Somehow I managed to calm myself down. At 17h00 I smsd Peter: 'I'm home, feel like going out for dinner? Xx'.

— Mary, 32

By then I'd hatched a plan. 'Sure. Can't wait to see you', he texted back. Peter picked me up an hour later. We went to a restaurant in town and

I ordered myself a glass of the most expensive wine and a big juicy steak. 'I may as well enjoy my last meal with the scumbag!' I thought. I put on a wonderful show. Peter had no idea anything was wrong. As we left the restaurant, I slid my engagement ring off when Peter's back was turned and put it in my clutch bag. Time for revenge...

'I forgot to mention...my conference actually finished early', I said coolly as he drove us home. Peter glanced at me, his eyes visibly widened. 'Imagine my surprise when I let myself in and found you in bed with your head buried in Sarah's boobs!' I said with a snarky tone.

Peter, usually a man of many words, was silent. Then I let my anger cut loose. 'How could you?' I screamed. 'I trusted you, I loved you and you betrayed me'.

'I'm sorry', he stammered.

Before Peter could stop the car, I wound down the window. 'It's over, so I won't be needing this anymore', I yelled, pretending to pull off my engagement ring and throw it out the window.

'What do you think you're doing?' he shouted, slamming on the brakes and bringing the car to a standstill. 'That cost me R50 000!' Peter jumped out of the car and started scrambling around in the bushes. 'Money well spent', I yelled, hopping out of the car and pacing up the road. I left him there searching for the ring and walked the last 10 minutes home. The next day, I took the ring to a pawnbroker and splashed out on a holiday with the money. I ignored all of Peter's pathetic messages.

Although I was heartbroken by what he'd done, sipping cocktails by the pool certainly softened the blow. I'm just glad I found out what a pig he was before it was too late!"

MAYBE WE COULD

Share A Tent...

“HANDING my hubby his morning coffee, I gave him a nudge. ‘Our parent-teacher meeting is tonight’, I reminded Tony, 29. ‘You need to meet me at the kids’ school at 18h00’. Our twins Kyle and Katie, six, had not long started the school year and I was keen to hear how they were getting on. ‘You might have to go without me’, Tony sighed. ‘I’m swamped at work...’

I let out a sigh of my own. I was sick of having to go it alone. I’d drop the kids off, pick them up, help them with homework and volunteer for after-school clubs. Tony never got involved. He was always busy at work. But I still worked and found time to be a part of the kids’ education. That night I was thrilled when I was told by their teachers that they excelled in every subject.

‘It’s a shame you weren’t there to hear it’, I said to Tony when he got in that night I knew he was sorry but it was so frustrating that he couldn’t juggle things the way I could. A week later, Kyle and Katie’s teacher said they were taking all the kids on a camping trip and asked for volunteers to help. ‘I’ll do it’, I offered.

That night, I asked Tony if he’d like to come along too, knowing full well what the answer was going to be. ‘I have too much on’, he said. So on the day, I kissed him goodbye and went to the school with the twins, where we met the rest of the group.

Rightaway, one of the other parents caught my eye.

‘I’m Pete’, he smiled, shaking my hand. ‘My son Ashley is in the twins’ class!’ When Pete told me he was chaperoning the trip too, a bolt of excitement shot through me. He seemed like a nice guy and wasn’t bad looking. This might be fun...

After we arrived at the camp site, we all went on a short hike. Walking with Pete I learned that he was funny, charming...and a single dad.

‘I love getting involved with all the school stuff’, he said. ‘It’s great to see Ashley’s progress first hand!’

‘I wish my husband would see it that way’, I sighed.

That evening we helped the kids put their tents up. By the time that was done, we were both exhausted. ‘Mine’s a two-man tent’, Pete said, before dropping a hint: ‘If we share it’ll save us putting your tent up too.’

‘Good idea’, I smiled.

Snuggled down in our sleeping bags later, we shared a couple of cans of beer.

‘You’ve made today really fun’, Pete said, smiling.

Then he leaned in for a kiss. It’s a terrible thing to admit, but I didn’t stop him. In fact, I enjoyed every minute of it. We ended up having sex as quietly as we could in case someone heard!

I’ve seen Pete at the school gate since but we haven’t talked.

Whenever Tony works late or is too tired to help the twins with their homework, I think about that night and wish he could be a bit more like Pete.”

‘MY husband didn’t want to join me and the kids, but Pete did.’ – Angela, 28



TWISTED SISTER

“MY younger sister Denae is what you’d call ‘hard work’, bless her. Ten years younger than me, Denae was spoiled growing up and has Mom and Dad wrapped round her little finger. She knows it, too! My hubby Mikey and I adore Denae but we don’t pander

to her as much as my parents – they’re forever giving her money for rent when she’s overspent, or loaning her their car. Although we do let most of what she says slide, she can be quite rude which I put down to her being so spoiled! ‘I’m bringing a date’, Denae announced on the phone when we were discussing my 30th birthday plans. I didn’t even know she was seeing anyone. Most guys don’t

put up with demanding Denae and split up with her after a few months. The rest are complete pushovers and she gets bored of them.

‘I wonder which category this one will fall into’, I chuckled to Mikey. I was really looking forward to my 30th celebrations. We’d booked an area at one of my favourite restaurants and the owners were putting on a special spread, just for me.

As the day approached I felt giddy with excitement. I couldn’t wait for my nearest and dearest to be in the same place at the same time. But as I got ready that night, I didn’t feel that great.

‘I look huge’, I told Mikey, as I looked at myself in the mirror. I’d put on a bit of weight in the past year or so and only now did I realise the skin-tight skirt I’d bought for the occasion was a little snug.

‘You’re gorgeous, Mikey assured me. ‘The outfit looks amazing’.

We headed to the restaurant early to make sure everything was ready. Mom was there already putting up balloons.

‘Denae’s new boyfriend Chris is ever so nice’, she told us happily. ‘But he’s no pushover’.

‘That’s good’, I thought. Maybe she’d met her match! I could see what she meant when I met Chris – he seemed like a great guy. And he’d brought Champus – what more could I ask for?

Denae was wearing a tiny black dress and huge heels and seemed so happy.

We had a greet night and quaffed back lots of Champagne cocktails. I’d almost

forgotten my earlier image issues when I passed Denae going into the toilet.

‘Woah, skirt’s a bit snug there, sis. Something you’re not telling us?’ she cackled, heading back inside.

‘How hateful’, I thought. It was my big night and she’d wrecked it – we couldn’t all be a size eight! I was just about to give her a piece of my mind when I saw Chris on the way to the men’s room. He could see I was upset. ‘I hate her’, I said. I broke down and told him what had happened. I was roaring drunk. I didn’t stop there. Not by a long shot.

I went to town ranting and raving about how selfish and spoiled she was. ‘I’d get out now if you can’, I said dramatically. ‘She’s seeing two other men so you’ve got no chance anyway!’ The rest of the night is a bit of a drunken haze but the next day, Denae rang me in tears.

‘Chris dumped me!’ she sobbed. ‘He said we don’t have the same values!’ Same values? Hah, no, it was my little white lie. Or, more accurately, my great big, fat lie! She didn’t even mention the comment she made about me – she must’ve forgotten it. Chris seemed like a nice person and I’d scared him away. But it was payback for ruining my birthday.”

Kate, 30



PLAYING THE

GAMBLE

DEEP down, we know the cynics are right and we have little chance of pocketing millions, yet still we continue to play the lotto – why?

BY WALTON GOLIGHTLY

GOVERNMENTS have been using lotteries to raise funds since the Han Dynasty in China in around 200BC. In 15th Century Europe, lotteries financed the building of fortifications and military campaigns. In 1612, King James I allowed the Virginia Company of London to hold a private lottery to raise money to help establish the first permanent English colony in the US, at Jamestown, Virginia.

ON January 13, 2016, three Powerball players in the US won \$1 586-billion, currently the world's biggest jackpot. Many countries have a state-run lottery, including, of course, South Africa. And, generally speaking, you're far more likely to die on the way to buying your lottery ticket than you are to actually win the lotto.

The thing is, deep down, most of us know that – most of us intuitively grasp that we have more chance of, say, drowning in a bathtub (one in 840 000), or having to visit the ER for a pogo-stick related injury (one in 115 000 in the US; but you get the idea).

Despite this, despite overwhelming statistical evidence that our chances of winning the lottery are depressingly small, we still keep playing. Why?

Here's what the experts say:

Not Logical, Jim!

WE are not quite the rational beings we like to think we are. All of us are prey to 'cognitive biases' that affect the way we respond to people and situations.

These can be highly personal – such as a refusal to trust all fair-haired men, because our philandering husband had blond hair. Or they can be based on misconceptions of how the world works shared by many people. Both have this in common – we are often unaware of the extent to which these 'prejudices' affect what we like to call our 'reasoning'.

Sometimes the results are harmless, sometimes not so.

Maybe Next Time...

WHAT happens if you get three or four numbers out of

six correct (the odds of this are generally less than one in 1 000)? Chances are, you're 'inspired' to play again. According to a 2009 research paper, that's because near misses activate the exact same reward systems in the brain as actual successes!

Too Many Zeroes

YOU can imagine what one paperclip looks like. You can imagine what a pile of 10 will look like. But a thousand? Similarly, saying something like you have a one-in-200-million chance of winning a lottery is meaningless. As numerous studies have shown, we struggle to truly comprehend really big numbers, like the trillions of dollars or rands bandied about in news reports. The classic example is being devastated if someone close to us dies, while being left relatively untouched by hearing that famine in a country has claimed a million lives to date. It's not that we're unfeeling (or dumb in the case of lotteries) – we just can't grasp the full meaning of large figures.

Why Not Me?

WE tend to judge the likelihood of something happening based on how readily examples of the thing come to mind. And we read about lucky lottery winners all the time! We don't read about how John has been playing the lottery for 10 years now without ever hitting the jackpot. As a result winning seems possible.

Casinos play on this bias all the time. That's why they promote big jackpot winners near the front entrance. We never hear about the millions of losers. What would happen to our lotteries, muses psychology lecturer Kevin Bennett, if all the losers' names appeared in local papers as well as stories about the winners?

Probably not much, because other biases are also at play and people will still focus on the possibility

of winning. And maybe that kind of optimism isn't such a bad thing; maybe it's also why we can love someone no matter how many times they screw up.

The Gambler's Fallacy

YOU flip a coin 100 times and it comes up heads every time. What are the odds the next flip will be tails? Still 50 percent. "The gambler's fallacy is the mistaken belief that because an outcome hasn't occurred for a while it's somehow 'due' to occur," explains psychologist Ryan Anderson. And so you have people selecting lottery numbers based on how long it's been since they 'came up', reasoning this somehow gives them control over an entirely random process.

Good Money After Bad

THE sunk-cost fallacy is when you make a decision based on the time and resources that you have already committed. Therefore, people will often persevere with what they sometimes know is economically irrational (buying more lottery tickets) simply because they have already 'invested' so much.

This is an extremely pervasive cognitive bias. It's why we think we can save a failing business by investing more money. Or why we often stay in a bad relationship longer than we should – because we've already put so much effort into making it work.

It's Fun!

SO you're unlikely to win – that doesn't mean you can't get something else out of playing the lottery. As one behavioural expert notes, it's absolutely ridiculous to assume that everyone is equally motivated by financial rewards and nothing else. We pay big bucks for tickets to a Test match we





could just as easily watch in the comfort of our homes because it's more fun to be there, cheering the Boks on from the stands. It's the same with playing the lottery, with the added bonus that you stand a chance of gaining something! And it's fun to think of what you'll do with all that money. Moreover, the cost is not all that great – it's not as if your children are going hungry while

you bet the last of your savings on red at the casino. Neither will playing the lottery lead to that. That's another bias; one relied on by spoilsports who want us to be as miserable as they are. As long as you're aware of the forces at work, you should be okay. And the next time the office cynic asks you why you play the lottery, grin and say, "Why not?"

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Small Business Corner

NEW

PATIENCE MASENGA CLEANING

WE here 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?

PATIENCE MASENGA CLEANING is an all-round, scrupulous cleaning service that has expertise in cleaning even the toughest of messes. They are a start-up with only three staff members at present, but they are looking to expand quite rapidly.

What Do They Do?

THE cleaning service comprises a hardworking, dedicated and trustworthy team of domestic cleaners that shuttle from one job to the other on a daily basis. No job is too much for Patience and her team. They can tackle anything from a general shining to even the most stubborn grime-ridden stains on any surface imaginable. They also specialise in carpet cleaning should a customer request it.

Where Are They Based?

PATIENCE'S service currently operates out of the Vaal area. They serve the triangular area of Vereeniging, Vanderbijlpark and Sasolburg, but she would love to expand the business to the greater Johannesburg area as well.

Who Benefits?

PATIENCE believes that the community in general benefits most from her service. She saves many people the time, money and effort doing something that they would ordinarily not want to do themselves. She also looks to expand her business quickly and effectively and thereby be a catalyst for job creation.

How Can You Help?

EMPLOYING their services would greatly help in expanding the business. As mentioned, you can also be one to help with job creation by pulling in Patience's team for assistance. You can directly contact Patience via e-mail on patience.masenga.cleaning@gmail.com or you can contact her on 071 983 0774. You can alternatively visit their website on <https://patencemasengacleaning.wordpress.com/contact/> for an obligation-free quote.

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



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Cool Stuff

BY LETITIA HEROLD

FROM gaming devices to power banks and more, we bring you the latest news and gadgets from the tech world.



Nick Jonas looking smart (and we're not just talking about his phone)

Classic Foosball For iPad

iStore
COMPATIBLE with iPads 3, 4 and the new iPad Air and Air 2, this is a great and fun iPad accessory for the kids and the young-at-heart to bring a complete foosball experience to your tablet. Complete with eight functional 2-axis control bars and real scoring markers at each end, this app-enabled accessory immerses you into the game of foosball and gets you ready to show off your mad skills.



Switch Nintendo

ATTENTION gamers! The new Nintendo Switch is designed to go wherever you do, transforming from home console to portable system in a snap. So you get more time to play the games you love, however and whenever you like!

Kodiak Plus 2.0 Power Bank

The Gadget Shop

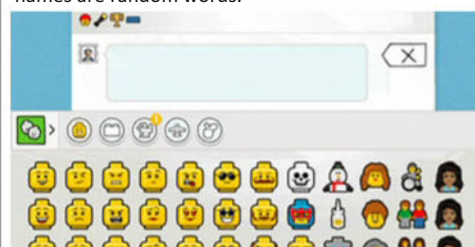
THE Kodiak Plus 2.0 is a portable power bank, that can power your tablet, phone or GPS. Its dual outlets and waterproof design means it's ready for any off-the-grid adventure you can think of.



Tech News

Lego Launches Social Network App For Under 13s

LEGO has launched a kid-friendly app that comes with strict restrictions for their safety and parents' peace of mind. Described as 'Instagram for kids', the app lets pre-teens post pics of their own creations whilst allowing them to comment on other people's posts too. Avatars are Lego mini figures and the account names are random words.



Tech News

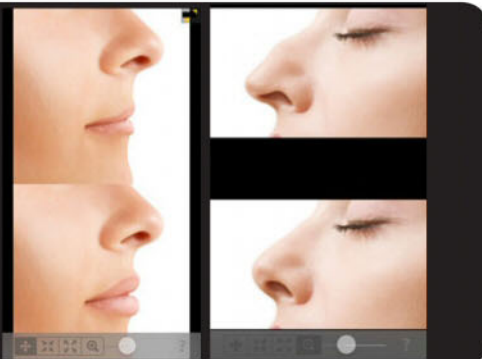
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Kylie's Getting Her Own Spin-Off Show

IT'S no secret that over the past few years, Kylie Jenner's popularity has been on the rise. In fact, she is now one of the highest paid sisters in the famous family and continues to break records and gain fans. However, it seems Kylie's so popular that E! is considering giving her own spin-off show – and Kris is thrilled! The 19-year-old is interesting because not only is she living the life of the rich and famous, but she's incredibly young and deals with things many other 19-year-olds do. E! thinks this is a perfect angle for the show and are incredibly excited to get the project started. "Cameras will follow Kylie around to her glitzy photoshoots and

glamorous nights out at LA clubs," a source reveals. "Then, the cameras will also be around when Kylie is at home and being a young girl in Hollywood." The source adds that Kylie is already sourcing famous faces to appear in the show with her like boyfriend Tyga, her famous sisters and her friends. However, she doesn't want her family to have too much screen time. "Kylie doesn't want her family to steal her thunder," says the source. "She's determined to be even bigger than her sister Kim." Luckily, momager Kris is on board and is putting the deal in place. Kris knows how much the world adores Kylie and she wants to capitalise on this. "Ratings for KUWTK have dropped," the source notes, "So Kris is hoping Kylie's show will make her millions!" This is a show we'd totally tune in for! Who knows, we could see it on the small screen before the end of the year...

Nick's Fantasy Suite Nightmare

WHILE Nick Viall has had many ups and downs on *The Bachelor*, it was what happened after meeting the families of the final three women he had chosen, when Nick and the girls jetted off to Finland, that things got rather interesting...

"All three contestants go into the Fantasy Suite with Nick, but he was just stringing all of the girls along," an insider reveals. "While he made each of the three feel that she was the one he wanted to commit to, Nick was telling producers that he wanted to hook up with every single one." Nick reportedly slept with two women during the week's drama and when the winner found out she was totally blind-sided. Nick famously spoke out when Andi Dorfman (a former Bachelorette) slept with both Nick and winner Josh Murray saying she shouldn't have played with his feelings, but now, he's done the same thing! "One of the girls who sleeps with Nick and gets eliminated was completely devastated," says the insider. "She was crying hysterically after being sent home. Producers were so worried, they called to check up on her. She truly thought Nick was going to pick her." The winner is also devastated that Nick told both her and another contestant that he loves them and it's made her have second thoughts. The dramatic season premieres this week.



Teresa Pays Off Tax Fine

IT'S been just over a year since Teresa Giudice was released from prison and now she is well on her way to fixing the mess that landed her in jail. The *Real Housewives Of New Jersey* star has paid in full the restitution fine she and her husband Joe Giudice were given in their 2014 court case which found them both guilty of tax fraud. A source says, "The prosecutor's already notified the court she's all square," but adds that Teresa still remains under 'supervised release for about a year'. Teresa earned the majority of the money since her release from TV channel Bravo as well as her book about her time in prison, *Turning The Tables: From Housewife To Inmate And Back Again*. Joe is still serving his 41-month service but he faces the risk of deportation should a judge see fit. In the meantime, Teresa is getting their life back on track from the outside and will appear on the new season of the show which premieres later this year.



ON THE BOX THIS WEEK

Braxton Family Values, Wednesdays At 18h30 On Vuzu Amp.

THE fifth season of *Braxton Family Values* is here and this week, Toni, Traci, Towanda, Trina and Tamar

Braxton give us another inside look into their fabulous life and how living with a big family affects them.



Cake Boss, Tuesdays At 20h00 On TLC.

CAKE BOSS is back for a new season! Join Buddy Valastro and the rest of the team from his bakery in New Jersey as they make some of the most delicious creations in the world.



Spring Break With Grandad, Wednesdays At 21h15 On MTV.

SPRING BREAK is known as a time when youngsters party hard. *Spring Break With Grandad* will test the limits of just how hard eight party-goers can party – with a catch! They will need to take their grandad on the ride as well.



Crossing Lines

THIS series is set in the world's most exotic locales, where an elite team of eager cops work to solve and explosion of international crimes. *Catch Crossing Lines, Fridays at 20h55 on Sony Channel.*

TOP 10 DSTV PICKS

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THIS WEEK'S FAB 5

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the week.



The Disappointments Room

SUPPOSEDLY inspired by chilling true events and written by *Prison Break*'s **Wentworth Miller**, *The Disappointments Room* tells the story of one family's terror-filled encounter within their own home. Looking for a fresh start, Dana (**Kate Beckinsale**) and David (**Mel Raido**), together with their five-year-old son, move into a beautiful old rural home that was everything they dreamed for their young family. However, hidden in the house is a secret room – a room which holds a dark history... *The Disappointments Room* releases March 3, 2017.

The Home Team

JOIN the experts as they renovate and restore a typical Australian suburban home. With DIY tips, design and landscaping, the Home Team will help you navigate your next DIY project or renovation. This season is a renovator's dream as **Leah McLeod**, **Anthony Scott**, **James** and **Julia** transform an ordinary run-down 1950s suburban home with affordable DIY renovations. *Catch The Home Team, Mondays at 12h00 on The Home Channel.*





Kendra On Top

THIS reality show documents former Playgirl **Kendra Wilkinson-Baskett**'s transition into motherhood as she tries to balance her family life. **Catch Kendra On Top, Mondays at 19h00 on Vuzu Amp.**

Lego Batman

VIEWERS can watch in excitement as Batman teams up with the Justice League in order to stop the alliance between the super-evil Joker and Lex Luthor. **Catch Lego Batman, Saturdays at 09h10 on Cartoon Network.**

Regular Show

TWO of the laziest park keepers in the world are back with exciting jam-packed mischievous fun and adventure. **Catch Regular Show, weekdays at 17h20 on Cartoon Network.**

Dog TV

THIS brand new series takes a closer look at dogs and their owners. **Catch Dog TV, Saturdays at 10h00 on Animal Planet.**

Spartan Race

AN adrenaline-fuelled competition that sees teams face off in an obstacle course, testing their determination, endurance and will. **Catch Spartan Race, Sundays at 16h00 on M-Net Family.**

Gogglebox

AN entertaining television review programme in which some of the most opinionated and avid TV viewers comment freely on the best and worst television shows from the comfort of their own sofas. **Catch Gogglebox, Mondays at 19h05 on Sony Channel.**

Legion

BASED on the Marvel comics, this is the story of David Haller, who, diagnosed as schizophrenic, has been in and out of psychiatric hospitals for years. After an encounter with a fellow patient, he learns there may be more to him than mental illness. **Catch Legion, Thursdays at 20h30 on FOX.**

Angie Tribeca

THE single-camera comedy stars **Rashida Jones** as Angie Tribeca, a 10-year veteran and lone-wolf detective who refuses to rest until justice has been served. **Catch Angie Tribeca, Wednesdays at 20h00 on M-Net Edge.**



Kids Do The Craziest Things

EACH episode showcases priceless moments of kids just being kids. Whether they're cute, curious or just a little bit crazy, this series captures every mischievous moment. **Catch Kids Do The Craziest Things, Saturdays at 18h30 on Discovery Family.**

The Hollars

JOHN HOLLAR, (John Krasinski) a struggling NYC artist, is forced to navigate the small middle-American town he left behind when news of his mother's illness brings him home. Back in the house he grew up in, John is immediately swept up in the problems of his dysfunctional family, high school rival, and an over-eager ex-girlfriend as he faces impending fatherhood with his girlfriend in New York. **The Hollars releases March 3, 2017.**



OMG Afternoons

JOIN E! this March and enjoy the afternoons filled with some of our favourite series. In **Big Rich Texas**, follow the privileged lives of five mother-daughter duos as they attempt to claw their way to the top of the social hierarchy at an exclusive country club in Dallas and deal with the drama that brews between them. Then, don't miss **How Do I Look?**, the ultimate makeover show that sees fashion victims get a major wardrobe overhaul, along with new hair and make-up, with the help of two of their friends and a celebrity stylist. Next, in **Keeping Up With The Kardashians**, follow the lives of America's most famous celebrity family, featuring an exclusive look at the private lives of Kim Kardashian and her siblings. **Catch OMG Afternoons, weekdays at 15h15 on E! Entertainment.**



Khuli Chana Collaborates With Cassper Nyovest

A COLLABO for the history books by two small-town rappers turned Kings of South African hip hop. Motswako originator **Khuli Chana** features award-winning star **Cassper Nyovest** in this smashing hit! The single will form part of the **One Source** EP, his first album in the years. The track **All Hail** follows the highly successful, Metro-nominated single **One Source**, and this powerful industry collaboration will no doubt boost the success of the EP further. The single also features the North-West's finest **Maglera Doe Boy**, who finds himself honing his skills with the best of them and, at his age, his future is bright. **One Source EP and its single All Hail are available for download from iTunes.**



Seen On Set



FUN FACT

UNATHI attended the University of Utrecht in the Netherlands, where she obtained a degree in international media studies.

YOUR backstage pass to the best movie and TV sets.

IDOL HANDS

THE

Idols SA crew was spotted getting their noses powdered in preparation for their upcoming season, and **Randall**, as always, just couldn't stop himself from smiling from ear to ear. Fellow judge and radio presenter **Unathi Msengana** couldn't resist whetting our appetites by hitting Instagram with this pic, which was taken during the Durban auditions. Also featuring usual suspects **Somizi Mhlongo**, **Randall Abrahams**, along with **ProVerb** as host, the 13th season promises to be bigger and better. Sadly, though, we won't be seeing **Gareth Cliff** return to the judges table. Frowny face.

LIGHTS, CAMERA, CONFECTION!

SPOTTED getting ready once again to tantalise our taste buds (visually, at any rate) on her cooking show *Sarah Graham's Food Safari* was celebrated chef and author, well, **Sarah Graham**. Known for her impressive culinary skills **Sarah** travels this season to epic locations on a flavourful journey through Mozambique and the Kruger National Park. This snap was taken during her trip to Maputo. *Make sure to catch Sarah Graham's Food Safari, Mondays at 18h00 on M-Net.*



FUN FACT

SARAH grew up on a small game reserve in Zimbabwe.

WHAT'S MOLLY COSTNER? THESE DAYS?

HOLLYWOOD bigwigs **Jessica Chastain** and **Kevin Costner** are collaborating in an upcoming film *Molly's Game*, and were spotted taking a bit of a production break on a park bench in New York City following a few hectic hours of work. The film is a true-life drama that follows a young skier and former Olympic hopeful who becomes a successful entrepreneur (and a target of an FBI investigation) when she establishes a high-stakes, international poker game. *Molly's Game is slated to release later this year.*



FUN FACT

GROWING up **Kevin** wrote poetry, and sang in the First Baptist Choir.

CELEBS HAVING THEIR SAY ON TWITTER...

You Said WHAT?



"When you find that spark don't let it burn out."
– **Mbali Nkosi**

"Have you ever looked at someone & just saw your entire future laid out like a map. A destination u can't wait to explore?[sic]"
– **Linda Mtoba**

"When something is important, you find the time or you make the time." – **Makgotso M**

Off The Record With...

BY EL BROIDE

OVER the past few years, local electronic group GoodLuck has cemented themselves as one of the greatest dance acts in Africa.

They released their third studio album *The Nature Within* late last year and spawned hits such as *Thinking About You* and *Find Me In The Forest*, which sees the group take on a more commercial sound as they expand their horizons internationally. This week, the group opens up about their new album, performing live and their hit *The Open Sea*.

Congrats on your new album. Why name it *The Nature Within*?

We wanted it to be something that could echo the sentiments we were feeling when we wrote and recorded the music. Nature has always been a strong theme in our music since the beginning (remember when we recorded an entire album outdoors in the Namibian desert?!), but this album was a bit more introspective. I guess you could say we were taking more inspiration from human nature, so we thought *The Nature Within* would be the perfect name for this album.

How different is this record compared to your previous two?

If you know GoodLuck you will know that we have always been super diverse. We have always chosen to venture into many different styles of electronic music and we have never allowed ourselves to be boxed in by genre. This album still reflects that, but it is more consistent – it follows more of a thread. It is also the first album that has Jules singing entirely on her own. Jules' heart has been translated to song so it makes a nice change to have her sing all the songs she's written. There are many collaborations on the album. What was it like working with so many other producers?

It's always wonderful to work with other musicians and producers – there are no rules in making music and it's awesome to see how other people are bending and breaking convention to create. That makes for an inspiring catalyst for song writing and production, but it also means you have to have a very clear idea of what you want to aim for with the songs as you can sometimes end up with a really cool idea that isn't going to work on the album. It's a juggle to try and take the best ideas and hone them into something that our

fans are going to love and still push the boundaries that GoodLuck is known for.

You've just released your new single *The Open Sea*. What inspired that song?

It was written about that feeling that you get when you become lost in somebody for a moment of time. Those exceptionally fleeting holiday romances that would never last but they totally consume you in every way. That desire that you can feel to know somebody inside out, instantly. We also wanted to compare that sort of love to being lost at sea – you have no idea of which direction you are travelling in but you don't really care, it's terrifying but incredible at the same time; you just want to be with that person for however long you've got.

You guys give an electric live performance. What do you think makes for a great act to watch on stage?

We have always felt that live performance is 10 percent about the band and 90 percent about the

Ben Peters, Juliet Harding and Matthew O'Connell

audience. I think that nowadays people want to be totally immersed

in the experience of live music – they

want to feel as though they are a part of it in every sensory way. We make sure to keep this in mind when creating and rehearsing our live shows because we believe that the energy should be collective.

You've been playing internationally for a while now. Why do you think so many around the world identify with your music?

Obviously electronic music is in vogue right now but it wasn't when we started out, we were just following a passion for producing music that made us feel a certain way and brought people together. We couple real instruments and electronic instruments together and there aren't that many people in the world who are doing that; and then it just happens that Jules writes beautiful songs over that – and I think it's that which appeals to people from all walks of life and all ages.

Familia Sophie Ellis-Bextor

★★★★

SOPHIE ELLIS-BEXTOR has been making music for 16 years and has just released her sixth studio album *Familia*, which includes the new single *Come With Us*. Sophie's sound has definitely evolved over the years; she has a unique tone to her voice and what we love about her music is how real, raw and honest it sounds. The emotions pour out and it's a beautiful thing to hear. This isn't an album that will top charts – but Sophie knows this, and has owned the fact that she wants to make more 'organic' music, instead of following the standard pop recipe. Sure, parts feel dated, but *Familia* is a good album from a singer who is incredibly underrated and *El's Favourite Track: Come With Us*



Fifty Shades Darker OST Various Artists

★★★★★

FANS have been flocking to cinemas to watch the second installment of the *Fifty Shades Of Grey* franchise, one of the most anticipated releases of 2017 and much like the first film, *Fifty Shades Darker* has an epic soundtrack. The film's lead single, Taylor Swift and Zayn Malik's smash hit *I Don't Wanna Live Forever* has already topped the charts in countries around the world and has become one of the highest selling singles of 2017 so far. The album also includes fantastic tracks from Halsey, Tove Lo, John Legend, a collaboration between Nick Jonas and Nicki Minaj, Anderson East, Sia and many more. The overall sound of the album is dark but sexy and each song adds a lot to the film. Trust us, after watching the film you're going to want to get your hands on this.

El's Favourite Track: Nick Jonas And Nicki Minaj – Bom Bidi Bom



No Borders Hugh Masekela

★★★★★

HUGH MASEKELA has been one of the greatest artists to ever come out of South Africa and proves he is still a force to be reckoned with as he releases his new album *No Borders* – his first in five years. Naturally, the 77-year-old musician has explored a variety of African, jazz, blues and pop sounds on the record and recorded a rather diverse album sonically. His music is organic and pure and doesn't have the bells and whistles many acts in 2017 use – something that is quite refreshing to hear. The singer has pushed himself artistically yet again and has teamed up with artists such as Tressor, Themba Mokoena, Kabomo, J'Something and many more. The album is long, rich, emotional and sees the South African legend give an effortless performance, cementing his position as one of Mzansi's greatest musicians.

El's Favourite Track: Heaven In You (Feat. J'Something)



WE chat to musicians making waves in the music scene!



GoodLuck

Before They Were Famous

BY MARK WASSERMAN

MANY young'uns think that Julia Louis-Dreyfus made her name on *Veep* (which we absolutely *love*, by the way), but the actual truth is that, whilst she is the daughter of a French billionaire – which is the equivalent of a South African gazillionaire (or tenderpreneur) – the girl has worked hard to get where she is in showbiz today. Here is her story on how she managed to do it.

* **JULIA LOUIS-DREYFUS** was born on January 13, 1961, in New York City.

* HER mother, Judith, was a writer and special needs tutor.

* HER father, Gérard Louis-Dreyfus, chaired Louis Dreyfus Energy Services.

* SHE is the great-great-granddaughter of Léopold Louis-Dreyfus, who in 1851 founded the Louis Dreyfus Group, a French commodities and shipping conglomerate, which members of the family control to this day.

* HER paternal grandfather, Pierre Louis-Dreyfus, was president of the Louis Dreyfus Group; he remained in France during World War II, fighting as a cavalry officer and later in the French Resistance.

* **JULIA'S** father fled to America from France.

* HER paternal grandmother, Dolores, and her mother were American.

* HER paternal grandfather was from an Alsatian Jewish family, though she does not consider herself Jewish.

* IN 1962, one year after Louis-Dreyfus' birth, her parents divorced.

* AFTER relocating to Washington, DC when **Julia** was eight, her mother married L. Thompson Bowles, Dean of the George Washington University Medical School.

* DURING her childhood, her mother occasionally took her to Unitarian church services.

'THE level of incompetence in this office is STAG-GER-ING!' – Julia-Louis Dreyfus as VP Selina Meyer in *Veep*

BEFORE becoming a VIP (or is that VEEP), **Julia** worked hard to get to where she is today.



As Selina Meyer in *Veep*

* **LOUIS-DREYFUS** spent her childhood in several states and countries, in connection with her stepfather's work with Project HOPE, including Sri Lanka, Colombia, and Tunisia.

* SHE graduated from the Holton-Arms School in Bethesda, Maryland in 1979.

* SHE attended Northwestern University in Evanston, Illinois. There, she was a member of the Delta Gamma sorority, and studied theatre for several years.

* SHE dropped university due to an acting job offer.

* **LOUIS-DREYFUS** broke into comedy as a performer in The Practical Theatre Company in Chicago, which led to her casting in the sketch show *Saturday Night Live* from 1982 to 1985.

* HER breakthrough came in 1990 with a nine-season run playing Elaine Benes on *Seinfeld*, one of the most critically and commercially successful sitcoms of all time.



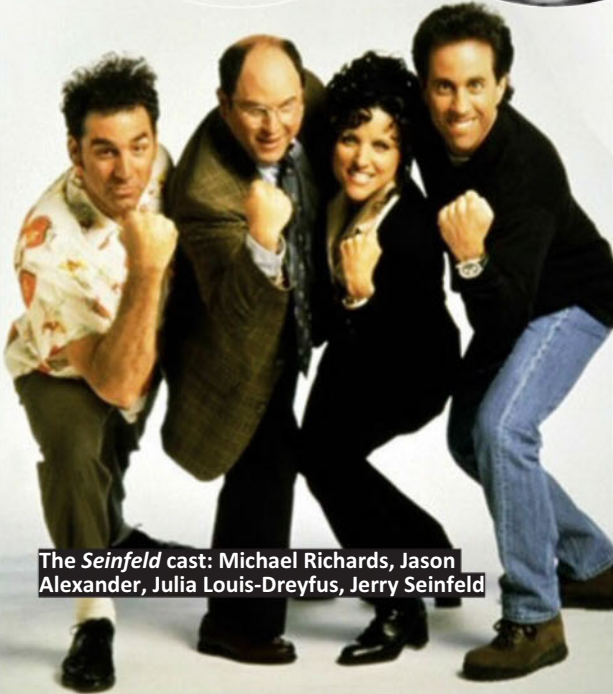
On *Saturday Night Live* with Sid Caesar



In 1986's *Troll*



Julia as a young girl



The *Seinfeld* cast: Michael Richards, Jason Alexander, Julia Louis-Dreyfus, Jerry Seinfeld

* **OTHER** notable television roles include Christine Campbell in *The New Adventures Of Old Christine*, which had a five-season run on CBS, and her role as Selina Meyer in *Veep*, which has recently been renewed by HBO for a fifth season.

* **LOUIS-DREYFUS** has received a Golden Globe Award and seven Emmy Awards.

* SHE has also received six Screen Actors Guild Awards, five American Comedy Awards and two Critics' Choice Television Awards.

* WHILE at Northwestern, **Louis-Dreyfus** met future husband and *Saturday Night Live* comedian Brad Hall.

* SHE and **Hall** married in 1987 and have two sons together, Henry, born in 1992, and Charles, born in 1997.

* IN 2007, she was invited back to Northwestern to receive an honorary Doctor of Arts degree.

* **LOUIS-DREYFUS** has stated that she holds much respect for 'women who are not afraid of making themselves look bad or foolish to get a laugh'.

* SHE cites her acting idols as **Lucille Ball**, **Mary Tyler Moore**, **Madeline Kahn**, **Teri Garr**, **Valerie Harper** and **Cloris Leachman**.

* **ACTRESS Tina Fey** has stated that **Louis-Dreyfus** served as inspiration for her character Liz Lemon on the award-winning NBC comedy series *30 Rock*.

Julia Louis-Dreyfus

SCHEDULES M-Net

March 2 – 8

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
07:30 Chicago PD 08:30 Chicago Fire 09:30 In The Heart Of The Sea 11:30 The Great Indoors 12:00 The Ellen DeGeneres Show 13:00 My Kitchen Rules 14:00 Chicago Med 15:00 Big Little Lies 16:00 Modern Family 16:30 The Big Bang Theory 18:00 The Goldbergs 17:00 The Ellen DeGeneres Show 18:00 The Goldbergs 18:30 My Kitchen Rules 19:30 Lethal Weapon 20:30 Suits 21:30 Blindspot 22:30 Blacklist 23:45 Brooklyn 01:45 Entertainment	07:00 Great Indoors 07:30 Big Little Lies 08:30 Carte Blanche 09:30 The Huntsman: Winter's War 11:30 The Goldbergs 12:00 The Ellen DeGeneres Show 13:00 My Kitchen Rules 14:00 The Blacklist 15:00 Suits 16:00 Lethal Weapon 17:00 The Ellen DeGeneres Show 18:00 The Big Bang Theory 18:30 My Kitchen Rules 19:30 TBA 20:30 MacGyver 21:30 Riverdale 22:30 Blindspot 23:40 Never Back Down 01:40 Jarhead 3 03:10 Trigger Point	06:00 Me Before You 08:00 My Kitchen Rules (Omnibus) 13:00 Below The Surface 14:00 Benefactor 15:00 Chicago Med 16:00 Chicago Fire 17:00 Chicago PD 18:00 The Goldbergs 18:30 Mom 19:00 The Great Indoors 19:30 TBA 20:30 Riverdale 21:30 NCIS: New Orleans 22:30 Brothers Grimsby 00:00 The Hateful Eight 02:55 Forget And Forgive 04:45 The 33	07:00 The Ellen DeGeneres Show (Omnibus) 11:00 The Voice South Africa 12:30 MacGyver 13:25 TBA 14:30 TBA 15:30 Sarah Graham's Food Safari 16:00 Winging It 16:30 Project Runaway 17:30 Voice South Africa 19:00 Carte Blanche 20:05 X Men: Apocalypse 22:25 Solace 23:15 Home Invasion 00:55 The Little Prince 04:20 Goosebumps	06:00 My Kitchen Rules 07:00 Goldbergs 07:30 Suits 08:30 Lethal Weapon 09:30 Kindergarten 11:30 Mom 12:00 The Ellen DeGeneres Show 13:00 My Kitchen Rules 14:00 The Voice South Africa 15:30 Winging It 16:00 Carte Blanche 17:00 The Ellen DeGeneres Show 18:00 Sarah Graham's Food Safari 18:30 My Kitchen Rules 19:30 Grey's Anatomy 20:30 Bull 21:00 Billions 22:30 Carte Blanche 23:35 Jarhead 3 01:25 Standoff	06:00 My Kitchen Rules 07:00 Modern Family 07:30 MacGyver 08:30 TBA 09:30 The 33 11:30 Sarah Graham's Food Safari 13:00 My Kitchen Rules 14:00 Blindspot 15:00 Bull 16:00 Grey's Anatomy 17:00 The Ellen DeGeneres Show 18:00 Mom 18:30 My Kitchen Rules 19:30 Chicago Fire 20:30 Chicago PD 21:30 Chicago Med 22:30 Billions 23:20 13 Hours 01:40 Secret In Their Eyes 03:30 Robodog 05:00 Ellen DeGeneres	08:30 Grey's Anatomy 09:30 The Voice South Africa 11:00 Entertainment Now 11:30 Sarah Graham's Food Safari 12:00 The Ellen DeGeneres Show 13:00 My Kitchen Rules 14:00 Project Runaway 15:00 Chicago PD 16:00 Chicago Fire 17:00 Ellen DeGeneres 18:00 The Great Indoors 18:30 My Kitchen Rules 19:30 Modern Family 20:00 The Big Bang Theory 20:30 Big Little Lies 21:30 Blacklist 22:30 Riverdale 23:40 No Escape 01:30 Bull

Fun Fact

X-Men: Apocalypse

ORIGINALLY Apocalypse was supposed to be a space entity as in the comics, but director Bryan Singer found the religious aspect of the character more interesting and removed the space element from the film.

Top Pick This Week



Synopsis

X-Men: Apocalypse

After the re-emergence of the world's first mutant – the almost omnipotent world-destroyer Apocalypse (Oscar Isaac) – the X-Men must unite to defeat his plan for the extinction of all humanity.

SCHEDULES SABC 1

March 2 – 8

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:30 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 Dinofroz 07:00 YO.TV 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy 09:30 Muvhango 10:00 Skeem Saam 10:30 Sudi Snaysi 11:00 Daily Theta 12:00 Sports 13:00 Lunchtime News 13:30 YO.TV 14:00 Mnandi Me 14:30 Teenagers On A Mission 15:00 IKG 15:30 YO.TV 16:30 Daily Thetha 17:28 Journeys Of Inspiration 17:30 Ndebele/Siswati News 18:00 Taste Makers 18:30 Skeem Saam 19:00 Xhosa/Zulu News 19:30 Throwback 20:00 Generations: The Legacy 20:30 Uzalo 21:00 View 21:30 Cutting Edge 22:00 Yilungelo Lakho 23:00 Daily Thetha 00:00 Koze Kuse	06:00 Kids News & Current Affairs 06:30 Sports Buzz 07:00 YO.TV 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy 09:30 Muvhango 10:00 Skeem Saam 10:30 Sudi Snaysi 11:00 Big Up 11:30 Throwback 12:00 Imizwilili 13:00 Lunchtime News 13:30 YO.TV 14:00 Nyan Nyan 14:30 Teenagers On A Mission 15:00 IKB 15:30 YO.TV 16:30 Daily Theta 17:28 Reflections Of Faith 17:30 Ndebele/Siswati News 18:00 Fan Base 18:30 Skeem Saam 19:00 Xhosa/Zulu News 19:30 Live Amp 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Alctraz 22:00 Shuga 23:00 Factual Talk 00:00 Koze Kuse	05:00 Geleza Nathi 06:00 Imani – Divine Spark 06:30 Siyakholwa 07:00 The Lion Guard 07:30 Dinofroz 08:00 YO.TV 09:00 Urban Music Experience 10:00 Mzansi Insider 11:00 Generations: The Legacy (Omnibus) 13:30 Full Coverage: Cricket 14:00 Soccer 411 15:00 Soccer Build-Up 15:30 ABSA Premiership 17:30 Roots 18:00 Friends Like These 19:00 Xhosa/Zulu 19:30 Real Goboza 20:00 TBA 22:30 Raw Silk 23:30 Zaziwa 00:00 Koze Kuse	05:00 Geleza Nathi 06:00 Siyakholwa 06:30 Bonisanani 07:00 Chugginton 07:30 Dinofroz 08:00 YO.TV 09:00 Gospel Music Show 10:00 Mzansi Insider 11:00 Mokapelo 11:30 Taste Makers 12:00 Uzalo (Omnibus) 14:30 Eita 15:00 Soccer Build-Up 15:30 ABSA Premiership 17:30 Kulcha Kwest 18:00 Friends Like These 19:00 News 19:30 Ingozi 20:00 Ngempela 20:30 Zaziwa 21:00 We Were Soldiers 23:00 Urban Music Experience 00:00 Koze Kuse	05:00 Aum 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 Transformers 07:00 YO.TV 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy 09:30 Muvhango 10:00 Skeem Saam 10:30 Sudi Snaysi 11:00 Daily Theta 12:00 Yilungelo Lakho 13:00 Lunchtime News 13:30 YO.TV 14:00 Making Moves 15:00 Degrassi 15:30 YO.TV 16:30 One Day 17:28 Leaders 17:30 Ndebele/Siswati News 18:00 Now Or Never 18:30 Skeem Saam 19:00 Xhosa/Zulu News 19:30 Ses'Top La 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Soccerzone 22:00 Gospel Gold 23:00 Daily Theta 00:00 Koze Kuse	05:00 Izwi La Bantu 05:30 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 The Lion Gaurd 07:00 YO.TV 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy 09:30 Muvhango 10:00 Skeem Saam 10:30 Sgudi Snaysi 11:00 Daily Theta 12:00 Soccerzone 13:00 Lunchtime News 13:30 YO.TV 14:00 Ispani 15:00 Degrassi 15:30 YO.TV 16:30 Factual Talk 17:28 Izwi La Bantu 17:30 Ndebele/Siswati News 18:00 Nyan Nyan 18:30 Skeem Saam 19:00 Xhosa/Zulu News 19:30 Selimathunzi 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Raw Silk 22:00 My World 23:00 Daily Theta 00:00 Koze Kuse	05:30 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 Matt Hatter Chronicles 07:00 YO.TV 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy 09:30 Muvhango 10:00 Skeem Saam 10:30 Sgudi Snaysi 11:00 Daily Thetha 12:00 Chatroom 12:30 Identity 13:00 Lunchtime News 13:30 YO.TV 14:00 Khumbul'ekhaya 15:00 IKB 15:30 YO.TV 16:00 Factual Talk 17:28 Listen For A Moment 17:30 Ndebel/Siswati News 18:00 Mokapelo 18:30 Skeem Saam 19:00 Xhosa/Zulu News 19:30 Ses'Top La 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Khumbul'ekhaya 22:00 Sport @ 10 23:00 Soccer

Top Pick This Week



March 2 – 8

SCHEDULES SABC 2

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Rivingo 05:30 Takalani Sesame 05:57 Motheo 06:00 Morning Live 09:00 Parliament 09:30 Inside The Baobab Tree 10:00 Abomzala 10:30 Each One Teach One 11:00 It's For Life 11:30 Keeping Score 12:30 Keeping Score 12:30 90 Plein Street 13:00 7de Laan 13:30 Uzalo 14:00 Skeem Saam 14:30 Muvhango 15:00 Doc McStuffins 15:30 Words And Numbers 16:00 Hectic Nine-9 17:00 Naruto 17:30 Venda/Tsonga News 18:00 7de Laan 18:30 Nuus 19:00 Bester Assie Bure 20:00 Setswana/Sesotho News 20:30 Ngula Ya Vutivi 21:00 Muvhango 21:30 Speak Out 22:00 When Duty Calls 22:30 Snapped: Killer Couples 23:30 My Wife And Kids 00:00 Prime Time News	05:00 Rivongo 05:30 Takalani Sesame 05:57 Motheo 06:00 Morning Live 09:00 Parliament 09:30 Inside The Baobab Tree 10:00 Skwizas 10:30 Supernanny 11:30 Red Cake Not The Cooking Show 12:30 90 Plein Street 13:00 7de Laan 13:30 Speak Out 14:00 Skeem Saam 14:30 Muvhango 15:00 Doc McStuffins 15:30 My Night 16:00 Hectic Nine-9 17:00 iCarly 17:30 Venda/Tsonga News 18:00 7de Laan 18:30 Nuus 19:00 Red Cake Not The Cooking Show 20:00 Setswana/Sesotho News 20:30 Hole In The Water 21:00 Muvhango 21:30 Go Isa Lesong 22:00 Mathholaadibona 22:30 Boxing Magazine 23:30 When Duty Calls 00:00 Prime Time News 03:00 Your World	05:00 Hola Ha Monate 05:30 Living Land 06:00 Magical World Of Luna-Belle 06:15 Magical World Of Luna-Belle 06:30 Inside The Baobab Tree 06:57 Op Pad 07:00 Morning Live 08:30 House Call 09:30 Game On 10:00 Athletics Alive 10:30 Swimming Magazine 11:00 Dtv 11:30 Naruto (Omnibus) 13:30 Muvhango (Omnibus) 16:00 We Steal Secrets 18:00 Life With Thami 18:30 Nuus 19:00 Wipeout SA 20:00 Setswana/Sesotho News 20:30 Abomzala 21:00 Lotto Draw 21:04 Sacrifice 23:00 Fees Van Die Ongenooides 00:00 Prime Time News	06:00 Inside The Baobab Tree 06:30 iCarly 06:57 Motheo 07:00 Morning Live 08:30 Jewish Magazine 09:00 Issues Of Faith 10:00 BBC Songs Of Praise 10:30 Psalms 11:00 Die Word 11:30 Geure Van Die Vallei 12:00 TBA 13:00 Beter Assie Bure 14:00 Soul'd Out Sessions 15:00 Hole In The Wall 15:30 Life With Thami 16:00 Kidnapped Lost In Africa 18:00 Fokus 18:30 Nuus 19:00 The Nature Of Life 20:00 Setswana/Sesotho News 20:30 Skwiza 21:00 Gospel Classics 22:00 Making Cents 23:00 Issues Of Faith 00:00 Prime Time News	05:00 Rivoningo 05:30 Takalani Sesame 05:57 Motheo 06:00 Morning Live 09:00 Parliament 09:30 Magical World Of Luna-Belle 09:45 Magical World Of Luna-Belle 10:00 Go Isa Lesong 10:30 In Debt 11:30 Science And Spirituality 12:30 90 Plein Street 13:00 7de Laan 13:30 Mponeng 14:00 Skeem Saam 14:30 Muvhango 15:00 Doc McStuffins 15:30 48 Hours 16:00 Hectic Nine-9 17:00 Naruto 17:30 Venda/Tsonga News 18:00 7de Laan 18:30 Nuus 19:00 Vetkoekpaleis 19:30 Kliphard 20:00 Setswana/Sesotho News 20:30 Leihlo La Sechaba 21:00 Muvhango 21:30 Keeping Score 22:00 Bantu Hour 23:00 NCIS 00:00 Prime Time News 03:00 Your World	05:30 Takalani Sesame 05:57 Motheo 06:00 Morning Live 09:00 Parliament 09:30 Inside The Baobab Tree 10:00 Mathholaadibona 10:30 Talk SA 11:00 Crimes Against Elderly 11:30 Global Warming 12:30 90 Plein Street 13:00 7de Laan 13:30 Uzalo 14:00 Skeem Saam 14:30 Muvhango 15:00 Doc McStuffins 15:30 Discover Science 15:45 Discover Science 16:00 Hectic Nine-9 17:00 Naruto 17:30 Venda/Tsonga News 18:00 7de Laan 18:30 Nuus 19:00 Fees Van Die Ongeoides 20:00 Setswana/Sesotho News 20:30 Vusaseki 21:00 Muvhango 21:30 Keeping Score 22:00 Gospel Classics 23:00 The Rickey Smiley Show 00:00 Prime Time News 03:00 Your World	05:00 Rivoningo 05:30 Takalani Sesame 05:57 Op Pad 06:00 Morning Live 09:00 Parliament 09:30 Inside The Baobab Tree 10:00 Hester Ester En Bester 10:30 Kliphard 11:00 Game On 11:30 Shoreline 12:30 90 Plein Street 13:00 7de Laan 14:00 Skeem Saam 14:30 Muvhango 15:00 Doc McStuffins 15:30 Roughing It Our 16:00 Hectic Nine-9 17:00 Naruto 17:30 Venda/Tsonga News 18:00 7de Laan 18:30 Nuus 19:00 Geure Van Die Vallei 19:30 Pasella 20:00 Setswana/Sesotho News 20:30 Motswako 21:00 Lotto Draw 21:04 Muvhango 21:30 Bone Of My Bones 22:00 Soul'd Out Sessions 23:00 The Rickey Smiley Show (Omnibus)



March 2 – 8

SCHEDULES SABC 3

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Deutsche Welle 05:30 The Smurfs 06:00 Espresso 09:00 Honchos 09:30 Jam Sandwich 10:00 The Bold And The Beautiful 10:30 High Rollers 11:00 Isidingo 11:30 Larger Than Life 12:00 Trending SA 13:00 News 13:30 Africa News Update 14:00 Fun-Natix 15:00 Whose Wedding Is It Anyway? 16:00 Real Talk 17:00 Afternoon Express 18:00 The Bold And The Beautiful 18:30 News 19:00 Isidingo 19:30 Whitney 20:00 Top Billing 21:00 Moments In Time 22:00 Trending SA 23:00 Arrow 00:00 Days Of Our Lives 01:00 The Bold And The Beautiful 01:30 Isidingo 02:00 High Rollers 02:30 Starsky & Hutch 03:30 Arrow 04:30 Deutsche Welle	05:00 Deutsche Welle 05:30 Avatar 06:00 Espresso 09:00 The Last Lioness 10:00 The Bold And The Beautiful 10:30 Top Travel 11:00 Isidingo 11:30 Larger Than Life 12:00 Trending SA 13:00 News 13:30 Africa News Update 14:00 Fun-Natix 15:00 Moments In Time 16:00 Real Talk With Anele 17:00 Afternoon Express 18:00 The Bold And The Beautiful 18:30 News 19:00 Isidingo 19:30 Whitney 20:00 Exes 21:00 Game 21:00 Jo Koy 22:00 Trending SA 23:00 Mecum 12:00 Deakmakers 12:00 Days Of Our Lives 01:00 The Bold And The Beautiful 01:30 Isidingo 02:00 High Rollers 02:30 Starsky & Hutch 03:30 V 04:30 Deutsche Welle	05:00 Sid The Science Kid (Omnibus) 06:30 Weekend Edition 09:00 Talent On Track 09:30 Xcellerate 10:00 Challenge Sos 10:30 An Nuur The Light 11:00 Sadhana Region 11:30 One Day With Bryan Miles 12:00 Top Chef 13:00 High Rollers (Omnibus) 14:10 Whitney 15:00 Minute To Win It 16:00 Fatman & 13 Brides 16:30 Just Cooking 17:00 Whose Wedding Is It Anyway? 18:00 Jam Sandwich 18:30 News 19:00 3:10 To Yuma 21:00 Deadfall 23:00 Humans 00:00 Comedy Central 01:00 Joy Koy 01:00 Trendz 03:00 Mela	05:00 New Day 06:00 The Smurfs 06:30 Weekend Edition 09:00 Made In SA 09:30 TBA 10:00 Yum.me 10:30 Isidingo (Omnibus) 12:30 Top Billing 13:30 Mela 14:30 The Hunchback Of Notre Dame 16:30 TBA 17:30 Return Of The Last Lioness 18:30 News 19:00 Abducted 21:00 The Honchos 21:30 Interface 22:00 Who Do You Think You Are? 23:00 Republic Of Doyle 00:00 Republic Of Doyle 01:00 Rookie 02:00 Charlies Angels 03:00 Starsky & Hutch 04:00 Starsky & Hutch	05:00 Deutsche Welle 05:30 Sid The Science Kid 06:00 Espresso 09:00 Trendz 09:00 The Bold And The Beautiful 10:00 Magic With Mo 11:00 Isidingo 11:30 Larger Than Life 12:00 Trending SA 13:00 News 13:30 Africa News Update 14:00 Fun-Natix 15:00 Fatman & 13 Brides 15:30 Just Cooking 16:00 Real Talk 17:00 Afternoon Express 18:00 The Bold And The Beautiful 18:30 News 19:00 Isidingo 19:30 High Rollers 20:00 Sharp Shooters 21:00 Marc Lottering 22:00 Trending SA 23:00 Following 00:00 Days Of Our Lives 01:00 The Bold And The Beautiful 01:30 Isidingo 02:00 High Rollers 02:30 Republic Of Doyle 03:30 The Following 04:30 Deutsche Welle	05:00 Deutsche Welle 05:30 Nutri Ventures 06:00 Espresso 09:00 Hair Battle 10:00 Spectacular 10:30 The Bold And The Beautiful 11:00 High Rollers 11:30 Isidingo 12:00 Trending SA 13:00 News 13:30 Africa News Update 14:00 Fun-Natix 15:00 Mela 16:00 Real Talk 17:00 Afternoon Express 18:00 The Bold And The Beautiful 18:30 News 19:00 Isidingo 19:30 High Rollers 20:00 Top Chef 21:00 Humans 22:00 Trending SA 23:00 Dr 90210 00:00 Days Of Our Lives 01:00 The Bold And The Beautiful 02:00 High Rollers 02:30 Republic Of Doyle 03:30 Dr 90210 04:30 Deutsche Welle	05:00 Deutsche Welle 05:30 Nutri Ventures 06:00 Espresso 09:00 Trendz 10:00 The Bold And The Beautiful 10:30 High Rollers 11:00 Isidingo 11:30 Larger Than Life With Jason Goliath 12:00 Trending SA 13:00 News 13:30 Africa News Update 14:00 Fun-Natix 15:00 Sharpshooters 16:00 Real Talk 17:00 Afternoon Express 18:00 The Bold And The Beautiful 18:30 News 19:00 Isidingo 19:30 High Rollers 20:00 Mecum 21:00 The BigBang 21:30 Theory 22:00 Trending SA 23:00 Who Do you Think You Are? US 00:00 Days Of Our Lives 01:00 The Bold And The Beautiful 01:30 Isidingo 02:00 High Rollers 02:30 Rookie



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

www.peoplemagazine.co.za

BY PEARL MPHUTHI

Palpitations In 3...2...1....

BE still our beating heart! Model **Gabriel Aubrey** is at it again. And by 'it' we mean causing cardiac arrests all over the show. Once more the 41-year-old was spotted in Los Angeles, California jogging — but of course *this* time he just had to be shirtless! For shame, **Gabriel**! We know you're more ripped than an old pair of jeans — you don't need to rub it in our faces. That's just cruel.

people

PIC/ELITE



GABRIEL AUBRY



THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Grassroots	05:00 Life By Design	05:00 Against All Odds With Mpho Lakaje	05:00 Afro Musica	05:00 Pending Poison	05:00 Hillsong	05:00 Against All Odds
06:00 eNCA Simulcast	06:00 eNCA Simulcast	05:30 Infomercial	05:30 Joseph Prince – New Creation Church TV	06:00 eNCA Simulcast	06:00 eNCA Simulcast	06:00 eNCA Simulcast
08:30 Infomercials	08:30 Infomercials	05:35 Cool Catz	06:00 I Am Soul	08:30 Infomercials	08:30 Infomercials	08:30 Infomercials
09:00 The Young And The Restless	09:00 The Young And The Restless	06:00 Peppa Pig	06:30 The Simon Mokoena Show	09:00 The Young And The Restless	09:00 The Young And The Restless	09:00 The Young And The Restless
10:00 Checkpoint	09:50 Infomercial	06:05 Cool Catz	07:00 Hillsong	10:00 SA's Got Talent	10:00 SA's Got Talent	09:50 Infomercial
10:30 Afro Music	10:00 Reed Between The Lines	06:30 Bob The Builder	07:30 Grassroots	11:00 MTV Exposed	11:00 The Close Up	10:00 SA's Got Talent
11:00 Kai My 'Kasi	10:30 How I Met Your Mother	06:45 Fireman Sam	08:00 Peppa Pig	11:00 e-Shibobo	11:30 Rhythm City	11:00 Ground Zero
11:30 Rhythm City	11:00 Jongo	07:00 Silly Seasons	08:05 Cool Catz	11:30 Rhythm City	12:00 Scandal!	11:30 Rhythm City
12:00 Scandal!	11:30 Rhythm City	07:30 My Little Pony	08:30 Paw Patrol	12:00 Scandal!	12:30 Paternity Court	12:00 Scandal!
12:30 Ashes To Ashes	12:00 Scandal	08:00 Sistahood	09:00 Storms Hawks	12:30 Paternity Court	13:00 News Day 2016	12:30 Paternity Court
13:00 News Day	12:30 Ashes To Ahes	09:00 Sofia The First	09:30 ShizLive	13:00 News Day 2016	13:30 WWE	13:00 News Day
13:30 WWE Raw	13:00 News Day	09:30 Scandal	10:00 Mary Mary	13:30 205 Live	14:30 Peppa Pig	13:30 WWE
14:30 Peppa Pig	13:00 News Day	11:30 WWE Main Event	11:00 Enchanted	14:30 Peppa Pig	14:35 Cool Catz	14:30 Smackdown
14:35 Cool Catz	13:00 News Day	12:30 e-Shibobo	11:15 Felix	15:00 Bob The Builder	15:00 Julius Jr	14:35 Cool Catz
15:00 Blaze And The Monster Machines	14:30 Zooman	13:00 The Ultimate Braai Master	13:15 America's Got Talent	15:15 Fire Man Sam	15:30 Pokemon	15:00 Kate And Mim-Mim
15:30 Pumpkin Reports	16:00 Frenzy	14:15 Pocahontas	15:00 America's Got Talent	15:30 Power Rangers	15:55 DC Super Hero Girls	15:30 Regal Academy
15:55 DC Super Hero Girls	16:30 The Steve Harvey Show	16:00 WWE Total Divas	15:00 America's Got Talent	15:55 DC Super Hero Girls	16:00 Frenzy	15:55 DC Super Hero Girls
16:00 Cra-z-e World Live	17:30 TBA	17:00 WWE Smackdown	16:00 Ultimate Braai Master	16:00 Sistahood	16:30 The Steve Harvey Show	16:00 ShizLive
16:30 The Steve Harvey Show	18:00 Club 808	18:00 e-News Direct	17:00 WWE Raw	16:30 The Steve Harvey Show	17:30 Unusual Suspects	16:30 The Steve Harvey Show
17:30 Unusual Suspects	18:30 e-News Direct	18:05 Wipeout USA	18:00 e-News Direct	17:30 Unusual Suspects	18:30 e-News Direct	17:30 Unusual Suspects
18:30 e-News Direct	19:00 Rhythm City	19:00 e-News Direct	18:05 Breaking The Habits	18:30 e-News Direct	19:00 Rhythm City	18:30 e-News Direct
19:00 Rhythm City	19:30 Scandal!	19:30 Enchanted	18:30 Omang – Who Are You?	19:00 Rhythm City	19:30 Scandal!	19:00 Rhythm City
19:30 Scandal!	20:00 Gold Diggers	21:50 Fight Club	19:00 e-News Direct	19:30 Scandal!	20:00 Gold Diggers	19:30 Scandal!
20:00 Gold Diggers	20:30 Brooklyn's Finest	00:40 The Breed	19:30 Black-Ish	20:00 Gold Diggers	20:30 Marvel's Agents Of S.H.I.E.L.D.	20:00 Gold Diggers
20:30 Brooklyn's Finest	04:00 The Steve Harvey Show	02:30 Headless Horseman	20:00 Romeo Must Die	21:30 Hustle	21:30 Heist	20:30 The Blacklist
23:10 Entrapment	04:50 e-Insert	04:10 e-Shibobo	22:10 Volcano	22:30 Teen Wolf	22:00 Checkpoint	21:30 How To Get Away With Murder
01:30 Evelyn		04:40 e-Insert	00:30 16 To Life	00:25 Jumping For Joy	22:30 Go	22:30 Go
03:15 Zooman			02:10 Volcano	02:10 Teen Wolf	22:25 Go	22:30 Green Sails
			04:05 Umuthi Ongapheli	03:50 Unusual Suspects	04:20 e-Shibobo	00:35 Tennessee Williams' The Roman Spring of Mrs. Green Sails
			04:35 Planet's Funniest Animals	04:45 e-Insert	04:50 e-Insert	02:50 Green Sails

Top Pick This Week

Blade

Synopsis

Romeo Must Die

WHEN a gang lord's son is murdered his brother, Han, breaks out of prison to find out how it happened and to avenge his death. He arrives on turf owned by the rival gang-lords Ch'u Sing and Isaak O'Day, and when it's clear that something bigger is involved, Han teams up with O'Day's daughter to continue the hunt for justice.

TV Quiz



Chrisley Knows Best
airs Sundays at
08h30 on CBS
Reality

Gig Guide

Where YOU Should Be Seen:
March 2 – 8

March 3, Elvis Blue – Kaal @ U S Woordfees 2017, Spier Amfiteater, Stellenbosch. Tickets are R100 – R170.

March 4, Edamini Beach Festival, Spaarwater Dam (Edamini) Duduza. Tickets are R200.

March 4, Huawei KDay, Meerendal Wine Estate, Cape Town. Tickets are R120 – R280.

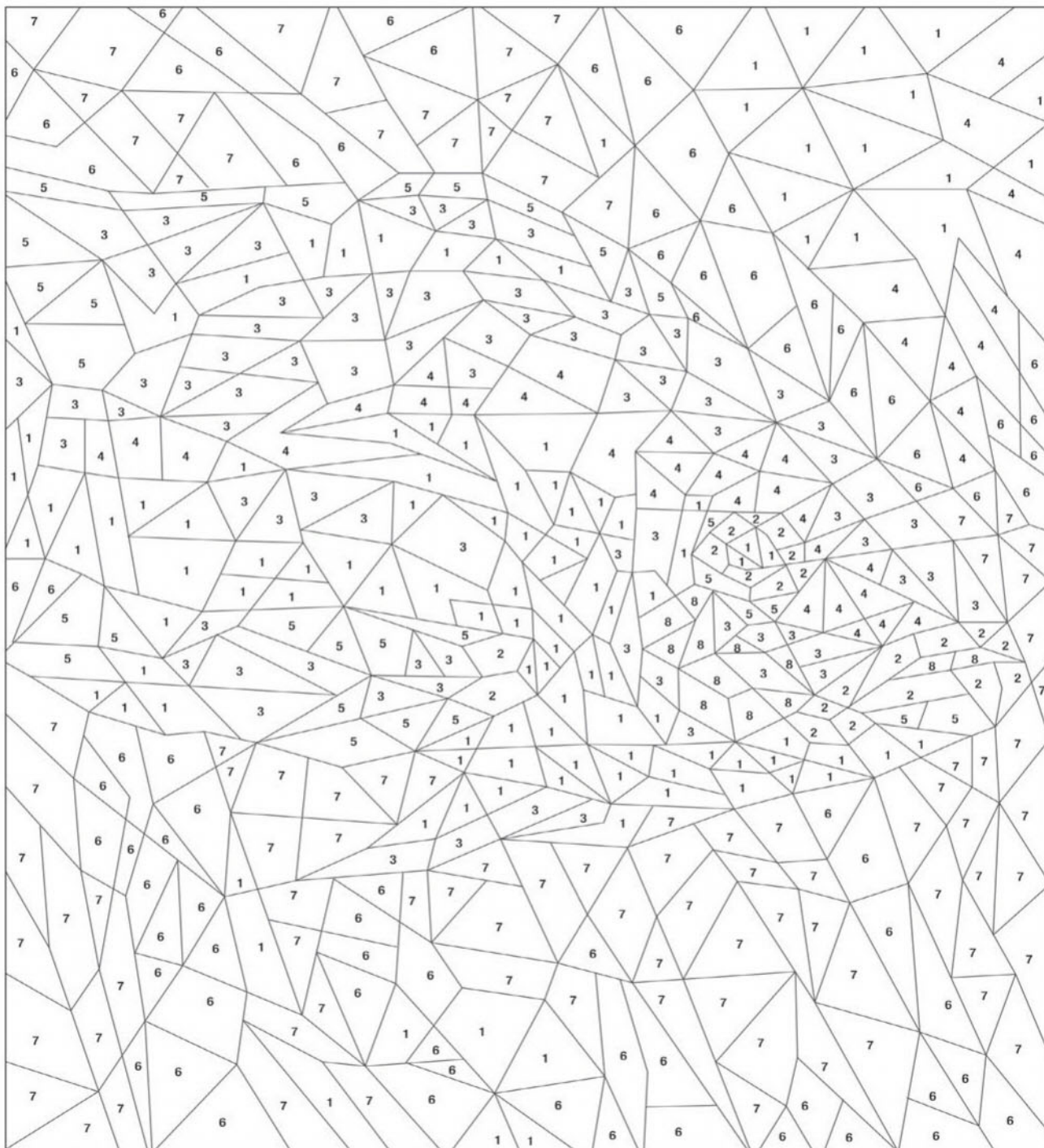
Trivia Quiz

1. How many strings does a cello have?
2. In which year did Britain start using the decimal currency?
3. What is the average temperature of the human body?
4. What was the name of the Bronte sisters' brother?
5. What is an antonym?
6. Who created Kodak cameras?
7. Name the train which was designed and driven by George Stephenson?
8. What is the bluebird a symbol of?
9. Which former American president had a popular children's toy named after him?
10. What is rum distilled from?

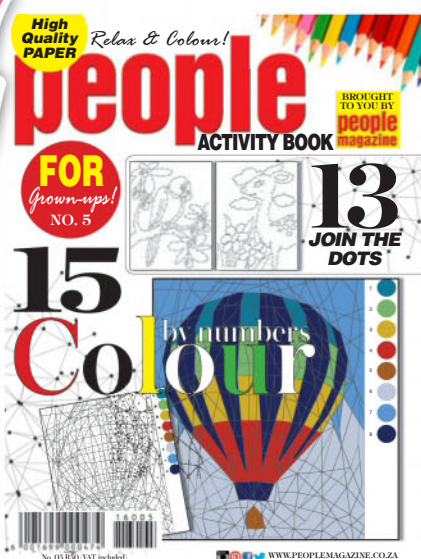
Celeb Quiz

1. True or False: **Khloé Kardashian** is expecting her first child.
2. Which local celeb got signed by EGM New York Talent Management Agency?
3. Which media darling left *Rhythm City*? (Ask Bill Gates for a hint)
4. Who won Miss Universe 2017?
5. Which local rapper recently got a tattoo on his face?
6. Actress **Lorcia Cooper** stars as which character on *Lockdown*?
7. Which media darling gave away 10 bursaries to deserving students?
8. Which TV personality spoiled herself with a trip to Bali?
9. Which reality star caused a bit of a stir when he was caught with a model in a hotel pool?
10. Which Hollywood darling was recently reported to be a nightmare neighbour?

1. How many kids does **Todd Chrisley** have?
2. True or False: **Todd** is a grandfather.
3. How many seasons does the show have?
4. Who in the family is a beauty pageant competitor?
5. True or False: **Chase** was forced to get a tattoo removed by his father.
6. Who is Chloe?
7. True or False: **Jackson** is **Lindsie's** child?
8. Whats **Todd's** mother **Faye's** favourite drink?
9. Who is Kent Parham?
10. In what year did the show premiere?



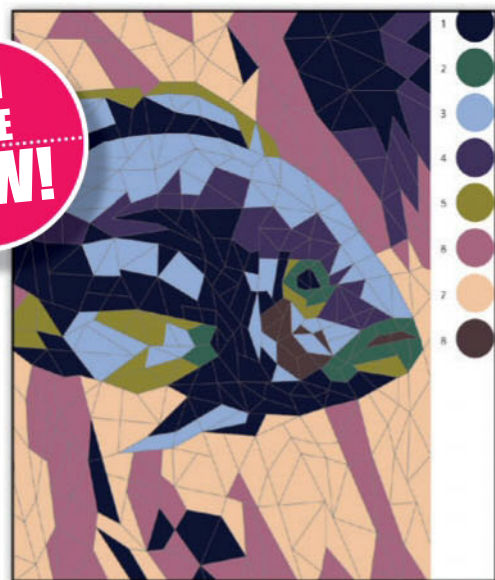
MORE INSIDE



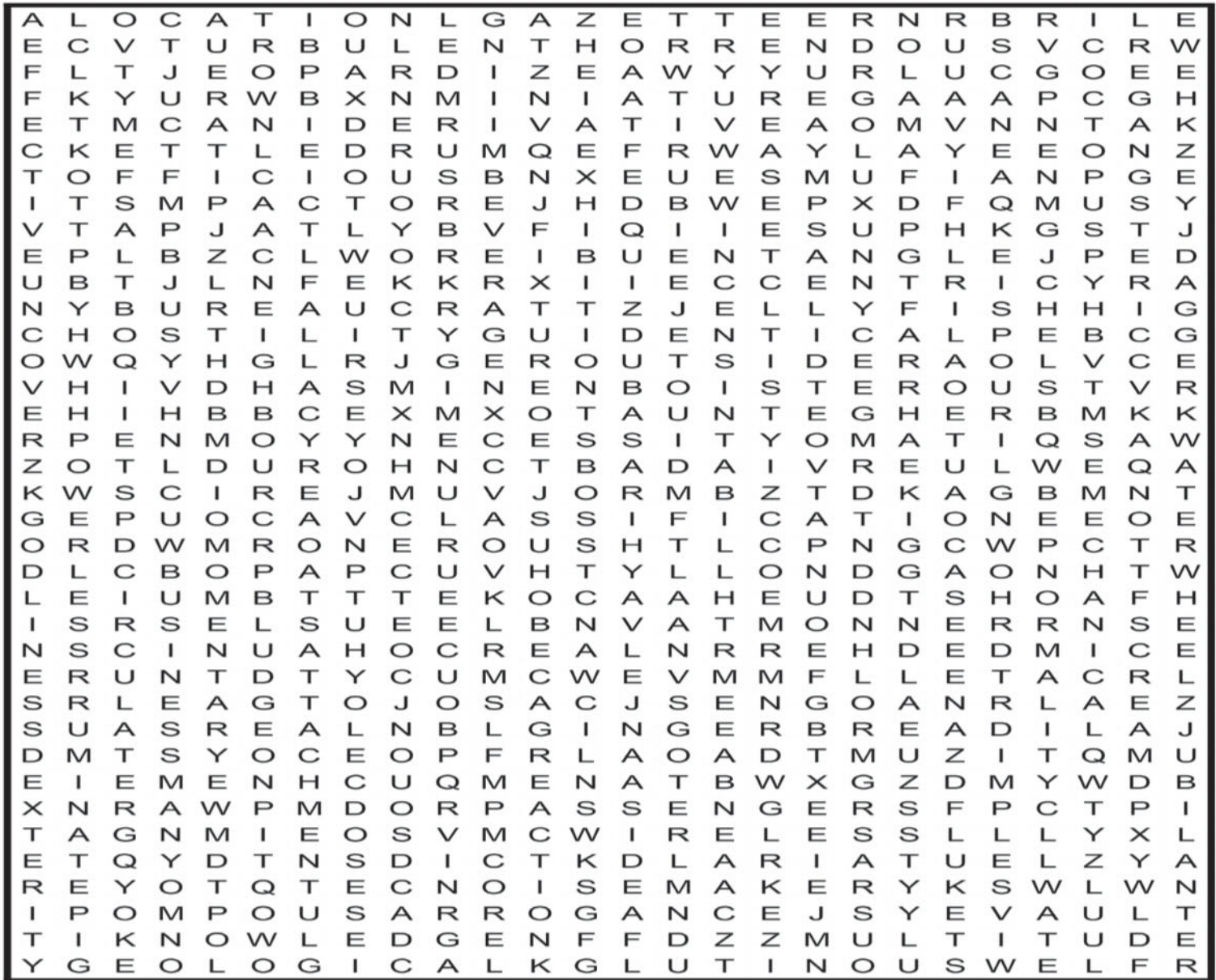
ACTIVITY BOOK

**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. 403



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.

ACTOR
ACTUALITY
ARROGANCE
ATTACHMENT
AUDIENCE
BALL
BEAK
BEVERAGE
BIOGRAPHY
BLUDGEON
BOISTEROUS
BOLERO
BUREAUCRAT
BUSINESSMAN
CASE
CAVALCADE
CENTENNIAL

CIRCULATE
CLASSIFICATION
CLOTH
DAGGER
DERIVATIVE
DEXTERITY
DIMPLES
DOSE
ECCENTRIC
EFFECTIVE
ENTANGLE
ERASE
EXHIBITION
FALLACY
FIXTURE
FLOUNDER
FLUKE

GANGSTER
GAUGE
GAZETTEER
GEOLOGICAL
GINGERBREAD
GLUTINOUS
GODLINESS
HELICOPTER
HERB
HINDRANCE
HORRENDOUS
HOSTILITY
IDENTICAL
JELLYFISH
JEOPARDIZE
JUBILANT
KETTLEDUM

KNOWLEDGE
LANE
LARIAT
LOCATION
MANAGEMENT
MEAN
MECHANICAL
MENU
MINE
MINIATURE
MOMENTARY
MULTITUDE
NECESSITY
NEIGHBOUR
NOISEMAKER
NORMALITY
OCTOPUS

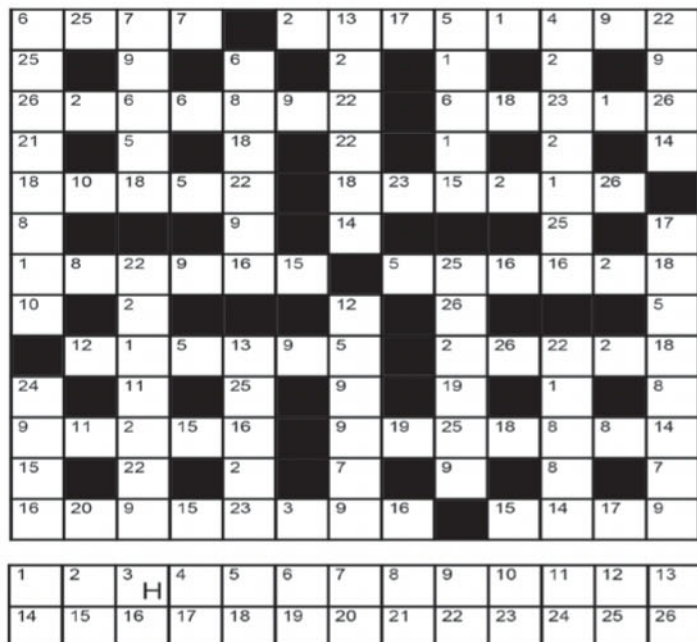
OFFICIOUS
ONEROUS
OPEN
ORATE
OUTSIDER
PALE
PASSENGER
PHENOMENAL
POMPOUS
PORE
POWERLESS
QUIZ
RAVEN
REACTION
RUMINATE
SALT
SCREAM

SIDE
STAR
SUMPTUOUS
TABLE
TAUNT
TREES
TURBULENT
UNCOVER
VAULT
WATERWHEEL
WAYLAY
WINE
WIRELESS
WORRY
YOKE



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 '3' has the letter 'H' so a useful start is to insert 'H' in all the boxes that contain the number '3'. Vowels appear at least once in a word but letters such as **X** and **Z** are few.

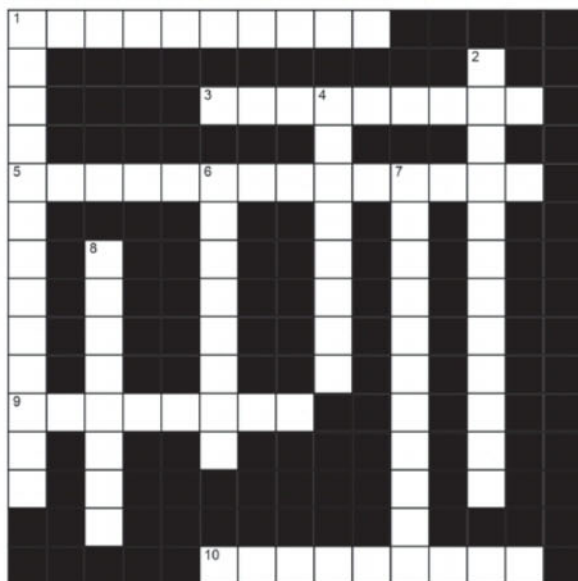


NUMBER CRUNCH

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.

$$\begin{array}{r} \boxed{} \boxed{4} + \boxed{8} \boxed{} = \boxed{} \boxed{6} \boxed{2} \\ + \phantom{\boxed{}} \phantom{\boxed{}} + \phantom{\boxed{}} \phantom{\boxed{}} \\ \hline \boxed{} \boxed{6} \boxed{5} + \boxed{} \boxed{5} \boxed{7} = \boxed{6} \boxed{2} \boxed{} \\ \hline \boxed{4} \boxed{} \boxed{9} + \boxed{3} \boxed{} \boxed{5} = \boxed{} \boxed{8} \boxed{4} \end{array}$$

CELEB CROSSWORD...



Across

1. US actor, whose films include *Argo*, *The Accountant*, *The Town*, *Gone Girl*, *Pearl Harbor* and *Armageddon* (3,7)
3. US actor, star of the films *Good Will Hunting*, *Green Zone*, *The Martian*, *Jason Bourne*, *Elysium* and *The Talented Mr Ripley* (4,5)
5. *Solace*, *The Edge*, *Shadowlands*, *Hannibal* and *The Silence Of The Lambs*, are films in which this Academy Award-winning British actor starred (7,7)
9. Five-time Academy Award-nominated US actress, whose films include *American Hustle*, *The Fighter*, *Man Of Steel*, *Leap Year* and *Arrival* (3,5)
10. US actor and singer, whose films include *Suicide Squad*, *Dallas Buyers Club*, *Mr Nobody*, and *Chapter 27* (5,4)

Down

1. The role of Rey Curtis in the TV series *Law & Order* was played by this US actor, whose films include *The Infiltrator*, *Miss Congeniality* and *Catwoman* (8,5)
2. US actor whose movie roles include Danny Zuko, Tony Manero and Vincent Vega (4,8)
4. See 8
6. US actor _____ **Brendon**, who played the roles on TV of Xander Harris in *Buffy the Vampire Slayer*, and Kevin Lynch in *Criminal Minds* (8)
7. US actress who stars in the 2016 film *Bad Moms*, and who played the title role in the TV series *Veronica Mars* (7,4)
- 8/4. *Bad Santa*, *Sling Blade*, *Armageddon*, *Monster's Ball*, *The Astronaut Farmer* and *Pushing Tin*, are films in which this US actor starred (5,3,8)

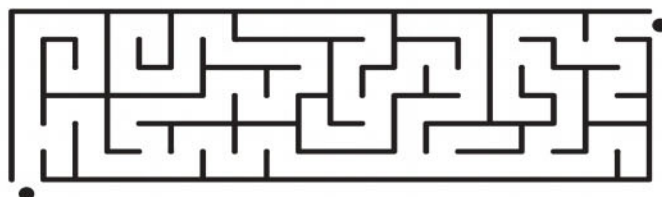
NUMBERSEARCH

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

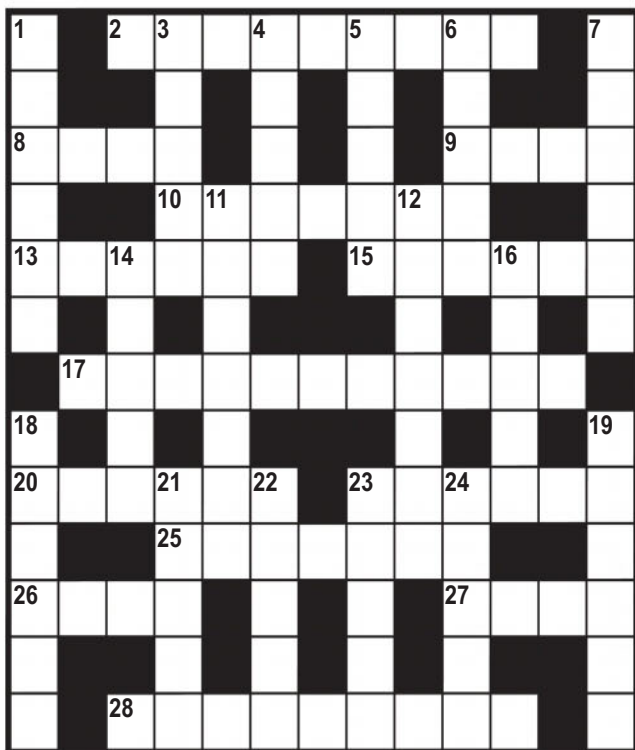
8	6	8	5	4	9	6	7	5	8	5	9	8	3	3
2	7	0	7	0	1	2	3	7	4	3	6	5	1	1
8	5	4	0	5	3	9	5	6	9	1	5	4	4	3
6	9	7	4	4	5	4	7	1	4	4	2	7	1	6
1	1	9	3	5	2	0	1	6	8	2	7	6	2	5
6	5	4	1	4	8	2	4	6	0	9	5	5	6	8
3	4	8	5	3	3	7	8	2	3	3	3	1	5	0
6	9	5	3	1	8	5	7	6	1	9	4	4	2	1
8	0	9	2	6	1	3	3	7	1	1	8	7	5	7
4	8	1	7	8	7	4	7	8	4	0	8	0	5	6
3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

0854612	2487687464	5476514708	9517172351
1312807415	2940275340	5809451957	976034759
1645809451	3141265255	741567458	
1857619442	4553	8002	
20763051	4766	8017692328	
2329671085	5206	8552190625	

KIDS MAZE



CRYPTIC CROSSWORD



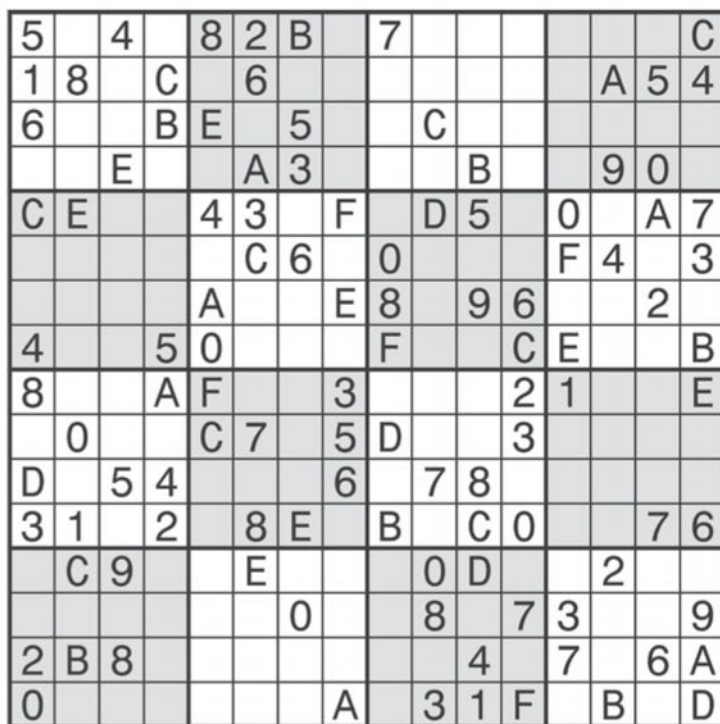
Across

Down

2. How it spins? That's strictly confidential! (3-6)
8. There's a mild report in the East about a certain leader (4)
9. Often developed to have one look after it inside (4)
10. Such artificial shine is mainly rubbish (7)
13. Bad weather for a saint can cause a lot of tension (6)
15. Fashions created by little Leslie and his pen (6)
17. They have their standards to uphold, after all! (4-7)
20. They're rash in the US when it comes to the cavalry (6)
23. Or to be out in a gale gives one lots to talk about! (6)
25. Sly Cleo keeps nearby (7)
26. Such language spoken in her set! (4)
27. Seen to be prevalent whenever I fetch them in (4)
28. How Sandy eats when this parade ground command to relax is forthcoming! (5,4)
1. Concerning your attitude – take a rest from it! (6)
3. There's nothing in this sort of game for a Greek (5)
4. Take a spin out in the country (5)
5. Throws out the lists of actors (5)
6. A way in for gentry who have lost their heads? (5)
7. The fashion of a saint is so very unassuming (6)
11. Comes in with a gull? Speaking in tongues? (7)
12. Little Ernest is late but he's here forever it seems (7)
14. Lures like a sovereign (5)
16. Broadly speaking, it's musical! (5)
18. Most astute but needs taming to begin with! (6)
19. It's a steep conversion, money's gone! (6)
21. It's the fragrance of this century (5)
22. I get born again and take flight (5)
23. For example, return and see the birds (5)
24. Instruments in fully restored condition (5)

MONSTER SUDOKU

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



MAGIC MAZE

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

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

Bunch of	Muscadine	Red	Sultana
Concord	Muscat	Ripe	White
Dried	Niagara	Seedless	Wine
Hybrid	Port	Sour	

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!

Mystery

GAMINE

Fraud

FREAK

Anger

EQUIP

Sordid

LAZYES

TODAY'S WORD



"That's nothing — he should try coming home at four in the morning and avoid the _____ stairs."

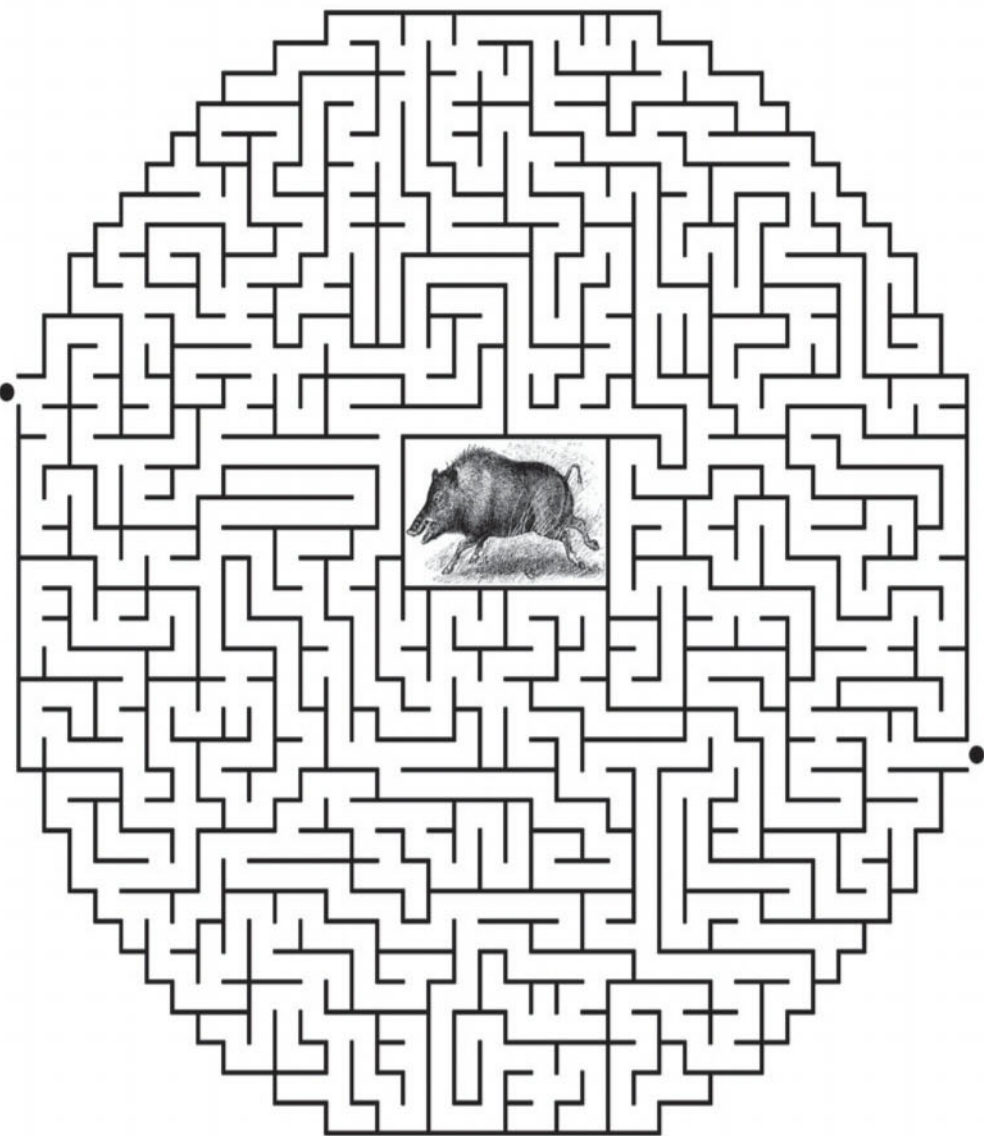
STICKLERS

Two hours ago it was as many hours after 2 o'clock in the afternoon as it was before midnight.

What time is it now?



MEGA MAZE



MISSING LINKS

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

RESULT		ACTION	
	672	÷	
=		+	43
=	67	x	
=		+	85
=	822	÷	
=		-	82
=	55	÷	
=		x	9
=	45	x	
=		+	83
=	848	-	
=		x	7
=	553		

FIND-A-WORD

Actor Footlights Parody
 Applause Hit Rehearse
 Audience Jazz Revue
 Audition Magician Scene
 Comedy Mask Song
 Comic Matinee Spotlight
 Concert Minstrel Stage
 Dance Music Star
 Debut Opera Variety
 Drama Ovation Vaudeville
 Encore Overture
 Extravaganza Pantomime

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

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

WORDOKU

D			C	Y				K
Y		K		N	P		L	D
		N		L	D	Y		
		Y					W	
L				K		P		
		C			K		P	
	K				N			X



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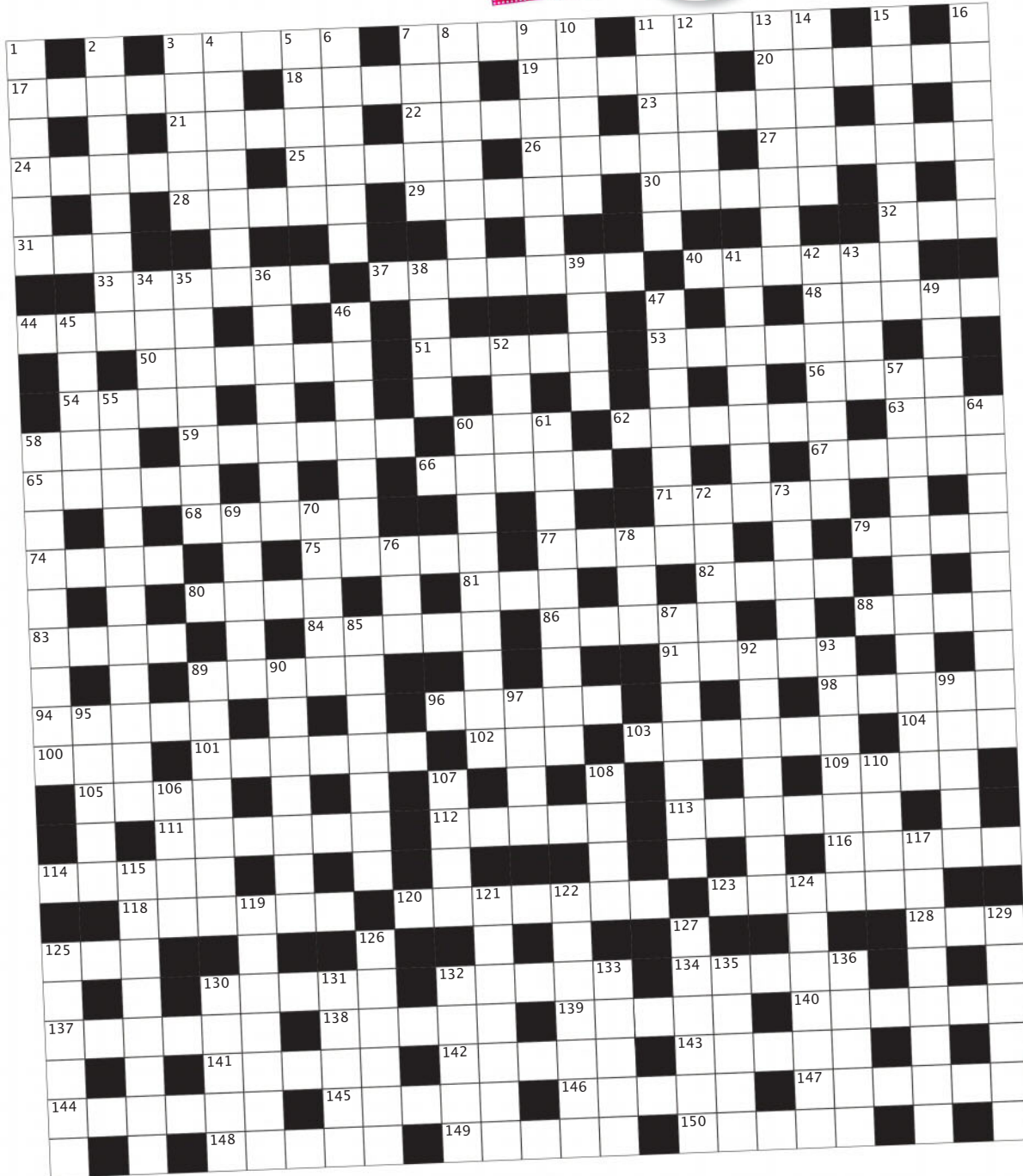
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JUMBO

CROSSWORD
NO. 395

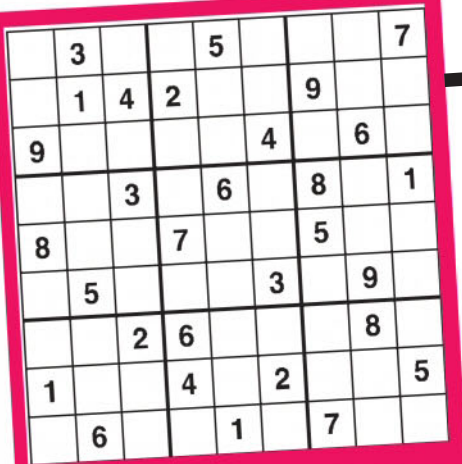
ACROSS

3. Artist's cap
7. Trainee
11. Visitor
17. Foreign
18. Olympics award
19. Amulet
20. Air rifle projectile
21. Andean animal
22. Shade tree
23. Deadly African virus
24. Hot pepper
25. Glacial ridge
26. Second of two
27. Gamin
28. Malice
29. Alpha's opposite
30. Milk farm
31. Building wing
32. Sign of spring
33. Fixate on
37. Formal speech
40. Solemn promise
44. Category
48. Proportion
50. Metrical foot
51. Design
53. Crowd scene players
54. Gush forth
56. In the know (2,2)
58. Girl's name
59. Be that as it may
60. Overweight
62. Staring
63. Louse egg
65. Flower part
66. Glossy, spotted shell
67. Deck opening
68. Cavalry weapon
71. Perspire
74. Way of walking
75. Worship
77. Frolic
79. Inert gas
80. List of dishes
81. Similar, of the same ...
82. Too
83. Black
84. Police trap
86. Small fish
88. Big bell
89. Waste conduit
91. Physical condition
94. Dress smartly (3,2)
96. Smelly
98. Torah authority
100. Vex
101. Medicinal herb
102. Groove
103. City on the Willamette
104. Spy novelist, ... Deighton
105. Naughty child
109. Deserved share or reward
111. Unwitting victim
112. In the lead
113. Draw out
114. Mine excavation
116. **Melissa McCarthy** movie
118. Dead Sea land
120. Spoil rotten
123. Only just
125. Sewing aid
128. Prepared
130. Vital beat
132. Aggressive patriot
134. Competent
137. Run-of-the-mill
138. Long-billed bird
139. Oenology symbol
140. Russian carriage
141. Source of milk
142. Poet, ... Allan Poe
143. Lethargy
144. Conclusion
145. Actress, ... **Hannah**
146. Lasses
147. Lay waste
148. Have faith in
149. Genders
150. Stitched



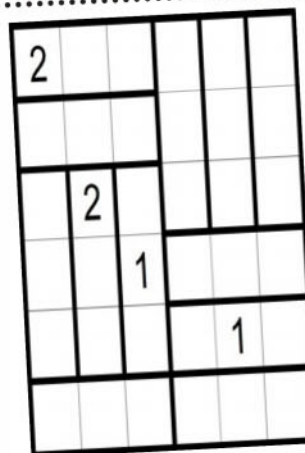
SUDOKU

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. Save
2. Clear broth
3. Accounts
4. Celestial event
5. Ant
6. Ragged
7. Small role
8. Fearful
9. Bucolic poem
10. Greek letter
11. Avaricious
12. Planetary shadow
13. Spend wildly
14. Visibly sad
15. ABC
16. Made amends
34. French cheese
35. Tidal wave defense
36. Italian dessert
38. Cupola
39. Sieve
41. Crisscross pattern
42. Depth of water needed to float a ship
43. Catch one's breath
45. Happen next
46. Embarrassed
47. For the reason that
49. Greek column style
52. Melt
55. Inferior legal practitioner
57. Quickly (2,3,6)
58. Type of pasta
60. Alien
61. Winterwear
64. Words indicating second thoughts (4,5)
69. Craggy ridge
70. Reason
72. Ire
73. Greek fabler
76. Kimono sash
78. Golf score
85. Deceived
87. Took for granted
89. Splash, as oil
90. Sweetly charming
92. USA
93. Religious recluse
95. Elliptical path
97. Melody
99. Make murky
106. Vipers
107. Daybreak
108. Sick as ... (1,3)
110. And others (2,2)
115. Emollient
117. Otherworldly
119. In pieces
121. Tail off
122. Suitcases
124. Great joy
125. Make calm
126. Mock (4,2)
127. Jacket parts
129. Delineated
130. Young fowl
131. Storage sites
132. Baby kangaroos
133. Gold braid
135. Thickly packed
136. Threesome

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. Jolly Yuletide visitor | ___ A ___ | ___ Fe ___ | ___ E ___ |
| 2. Pulley | ___ O ___ | Bank robbery | ___ E ___ |
| 3. Brother of Pollux | ___ S ___ | Abductor | ___ P ___ |
| 4. Hardy's buddy | ___ L ___ | Bacall or Hutton | ___ N ___ |
| 5. Make a call | ___ E ___ | Fake | ___ Y ___ |
| 6. Houlihan's rank | ___ J ___ | City official | ___ Y ___ |
| 7. Beguile | ___ C ___ | All-inclusive | ___ R ___ |
| 8. Eagle's claw | T ___ | Beauty shop | S ___ |
| 9. Dogsled driver | ___ H ___ | Mobilize | ___ T ___ |
| 10. Vanna or Betty | ___ H ___ | Compose | ___ R ___ |

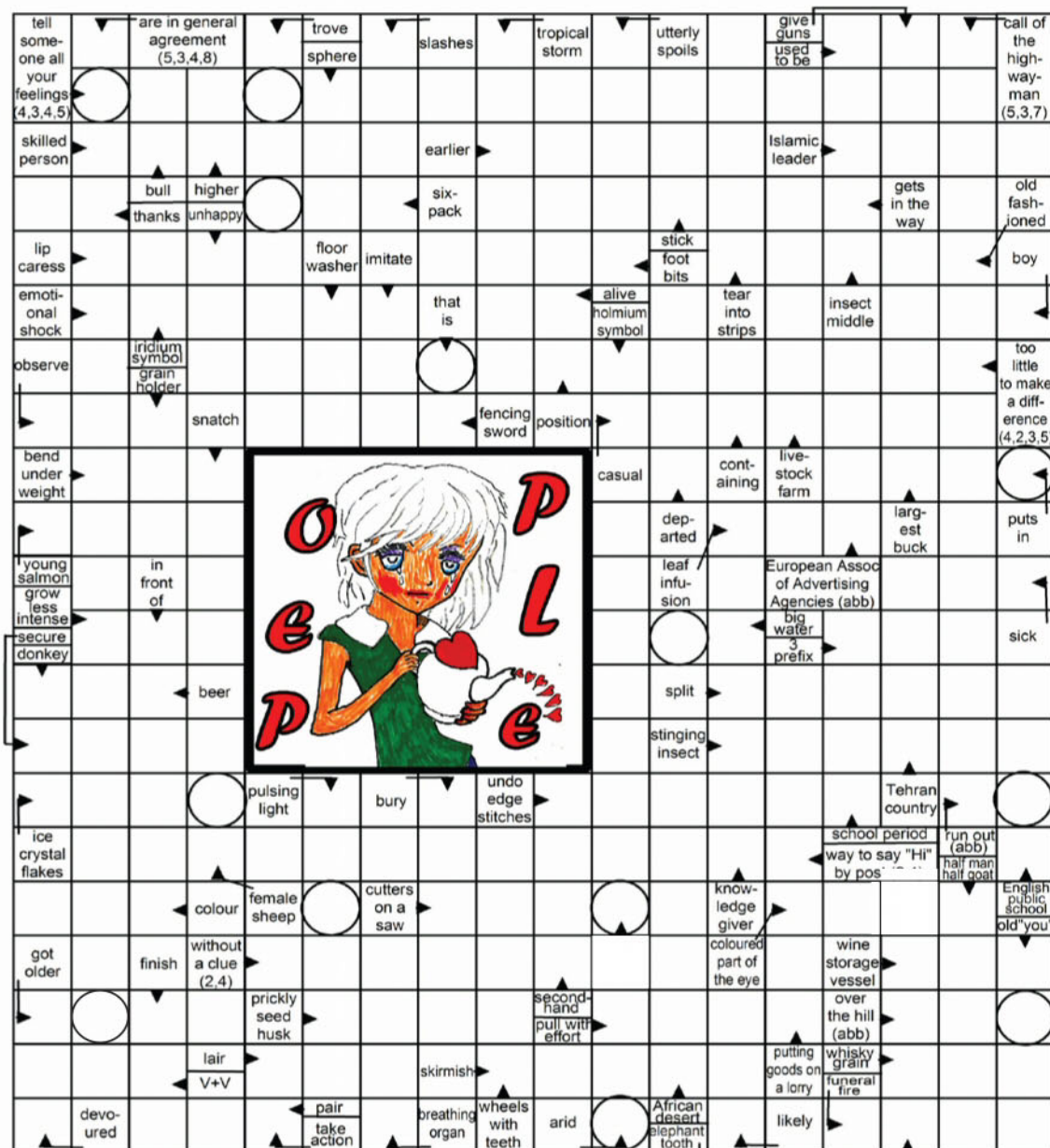
BLOCKWORD

NO.
684

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: Laudable. SMS 48408 with the answer, your name and surname, e-mail address (if you have one), and **people**/Blockword No. 684. Be sure to SMS before March 13, 2017. By doing this, you could win R500. Winner of No. 680: Cindy McBride. Answer: Prevarication. 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.

	-		x		15
÷		÷		x	
	+		x		16
+		+		-	
	+		x		15
11		13			19

1 1 3 4 5 6 7 8 9

ON SALE NOW!

FIND THE FARM ANIMALS

people puzzles

No. 22 For Kiddies!

15 COLOUR-INS & COLOUR BY NUMBERS

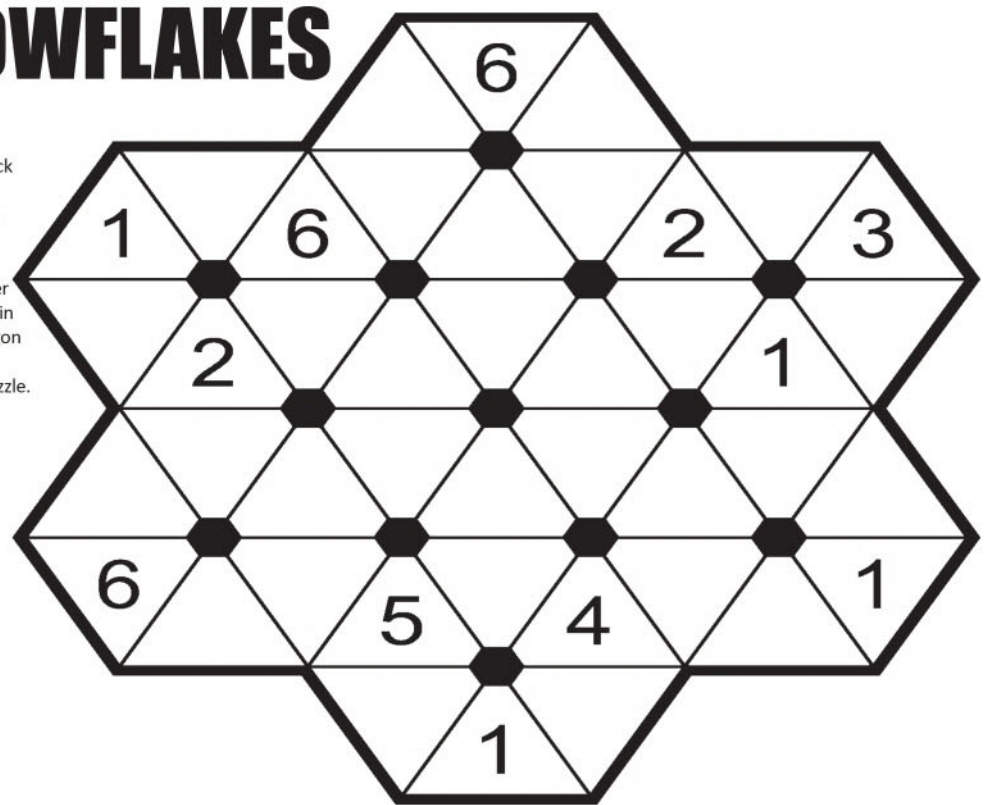
Inside!

- 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.



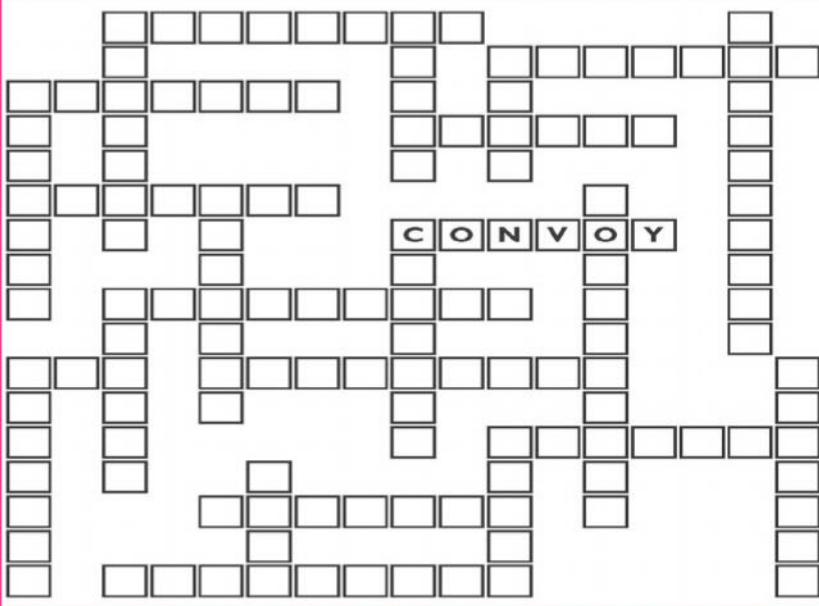
DIFFICULTY THIS WEEK: ♦ ♦ ♦ ♦ ♦

♦ Easy ♦ ♦ Medium ♦ ♦ ♦ Difficult

ARROW WORD

Extra info at the end of a book	Exact	Survivor			Nautical mile per hour	Land in water		River of SE Devon	Panto's Baba	Make one tougher	
								Greatly reduce			
Worth		Wingless insect						Helen actress		Knot	
					Hard drinker		Small spider				
Alphabetical word books		De-mented		Indo-nesian island					... and outs		
Church-man			Land of sleep				Monetary unit of Ethiopia			Delete	
				Poetry reading		Trouble constantly					
Drugged cigarette	Young bird of prey		Produced by pines						Social outcast		
						Small rare and unusual object		Mexican poet, Octavio ...			
			Leg or arm		Wrinkle in the skin						
Male parent		In ... of, instead					Before (poetic)			Married	
Lurk							Chemical symbol for neo-dymium	Painter Slevogt's initials		Last note	
					Prisoner						
Skin prefix		Wound-ing									

CRISS CROSS



3 LETTERS

CON

4 LETTERS

CONC

CONE

5 LETTERS

CONCH

CONCY

6 LETTERS

CONSUL

CONVEY

CONVOY

7 LETTERS

CONCEDE

CONCEPT

CONCERN

CONCOCT

CONICAL

CONNECT

CONSENT

CONTACT

CONTAIN

CONTEST

CONTROL

8 LETTERS

CONTRACT

9 LETTERS

CONTAINER

CONCEITED

CONCISELY

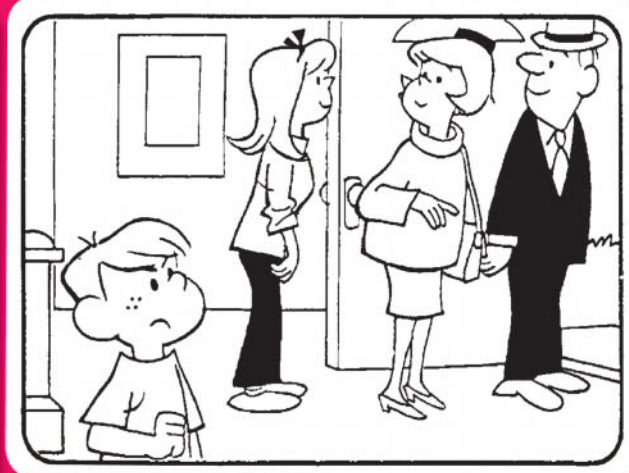
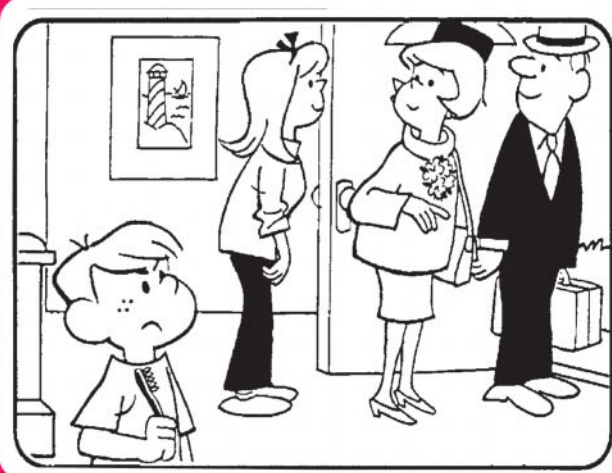
10 LETTERS

CONFIDENCE

CONTRABAND

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.

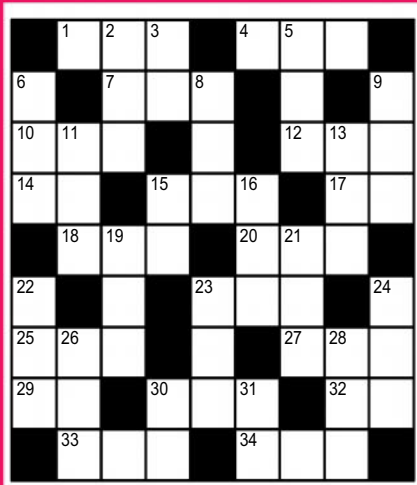
LEAVE							URNS
SHE							DOG
BLUE							STAR
HAND							NAME
WATER							BALL
FOOT							ROOM
STATE							BED
HALF							SHIP
PEANUT							CUP
WELL							UNIVERSE
SNOW							BEE
HYDRO							COPY

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.

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

MATHS QUIZ

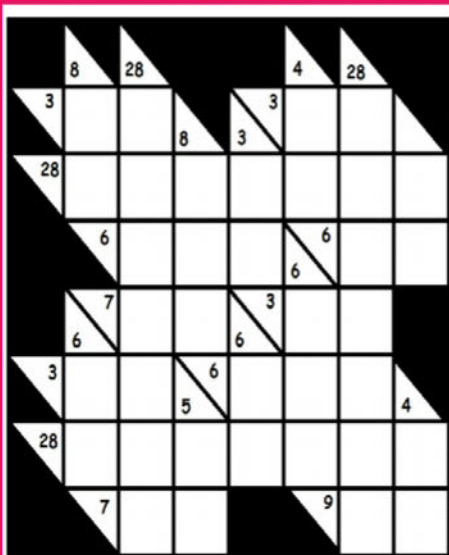


ACROSS

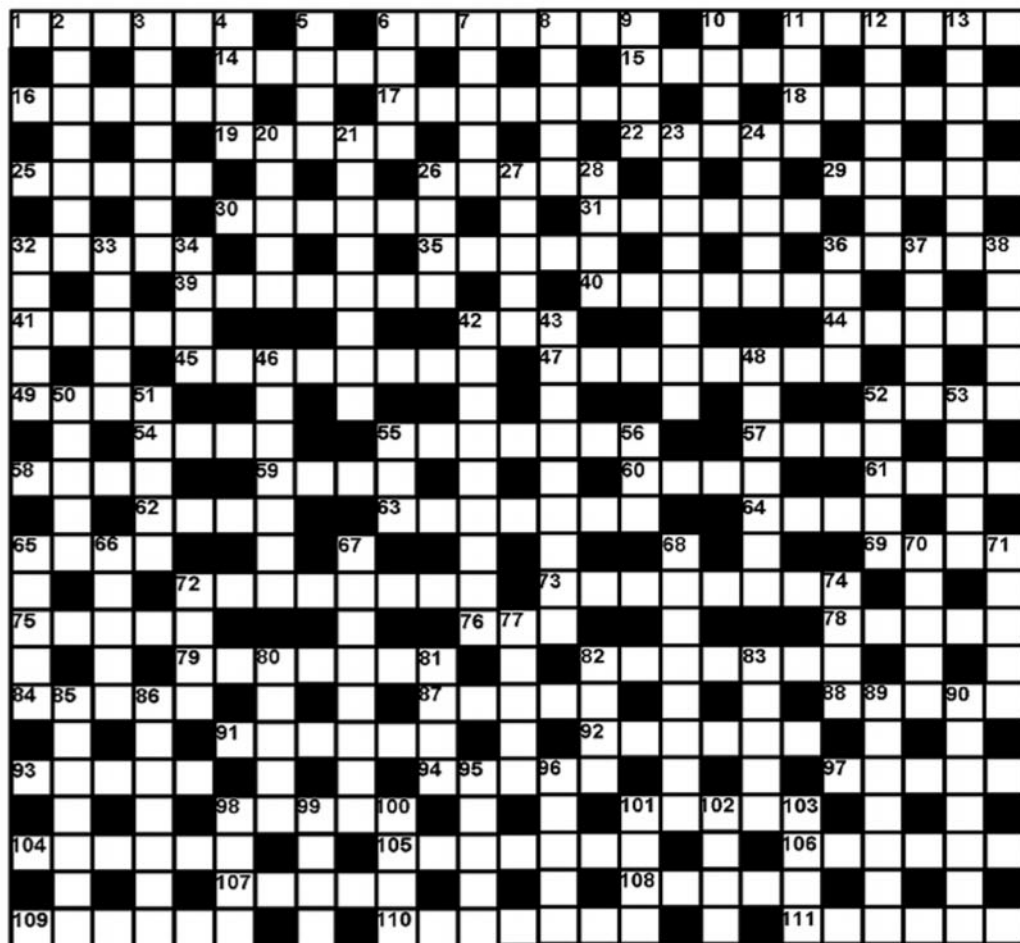
1. $558 \div 2$
4. $6696 \div 8$
7. $335 + 146$
10. $456 \div 3$
12. $463 + 296$
14. $39 - 20$
15. $535 + 260$
17. $276 \div 6$
18. $19 + 95$
20. $4590 \div 9$
23. $1918 \div 2$
25. $3844 \div 4$
27. 203×4
29. 11×2
30. $179 + 224$
32. 13×7
33. $345 - 72$
- DOWN
2. $112 + 630$
3. 49×2
5. $2856 \div 8$
6. $736 - 25$
8. $1512 \div 8$
9. $6972 \div 7$
11. $690 - 99$
13. $588 - 48$
15. 37×2
16. $55 + 500$
19. $705 \div 5$
21. $1782 \div 9$
22. $529 + 263$
23. 455×2
24. $550 - 29$
26. $5598 \div 9$
28. $970 \div 5$
30. $129 \div 3$
31. $63 - 28$

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

- 1) Unwind (6)
- 6) Concentrating hard (7)
- 11) Give pleasure (6)
- 14) More than required (5)
- 15) "Come in" (5)
- 16) Estimate (6)
- 17) Porch (7)
- 18) Start out (6)
- 19) Symbol on a playing card (5)
- 22) Game with an oval ball (5)
- 25) Staff of life food (5)
- 26) Gripping tool (5)
- 29) Small stream (5)
- 30) Relic from the distant past (6)
- 31) Optimistic (6)
- 32) Fruit like victorias (5)
- 35) Eggs on (5)
- 36) Lower or upper limit (5)
- 39) Make bigger (7)
- 40) Infertile (7)
- 41) Nut for a pie (5)
- 42) Object made from clay (3)
- 44) Like an elf (5)
- 45) Collection of computer data (8)

DOWN

- 2) Breathing tube (7)
- 3) Type of ball delivery at cricket (7)
- 4) Not so much (4)
- 5) Ancient covered walkway (4)
- 6) Destiny (4)
- 7) Hard marine deposit (5)
- 8) Sudden muscle contraction (5)
- 9) Animal with antlers (4)
- 10) and a male of the species (4)
- 11) Any animal hunted for food (4)
- 12) Order stopping trade (7)
- 13) Prime cut of beef (7)
- 20) Roam around stealthily (5)
- 21) Give a detailed account of (8)
- 23) Portable rain protection (8)
- 24) Cook in the open, over a fire (5)
- 26) Hint (4)
- 27) English prefix (5)
- 28) Word used to a cat (4)
- 32) Bagpipe player (5)
- 33) Father's brother (5)
- 34) Despatch (4)

- 47) Substitutes (8)
- 49) South American ostrich-like bird (4)
- 52) Flower stalk (4)
- 54) Gap closer (4)
- 55) Large single-handled jug (7)
- 57) Single thing of a group (4)
- 58) Milk pudding with tiny balls (4)
- 59) Country with Lima as its capital (4)
- 60) Smallest part of an element (4)
- 61) Prepared foodstuff (4)
- 62) Staple food of China (4)
- 63) Strong gripping type of clip (7)
- 64) Part of a skeleton (4)
- 65) Unit of computer storage (4)
- 69) Come down to earth (4)
- 72) Arachnid with a sting (8)
- 73) Supervises (8)
- 75) Rubbish (5)
- 76) Heavy weight (3)
- 78) Lift up (5)
- 79) One who gives an order (7)
- 82) Sign a receipt (alternative spelling) (7)
- 84) Happening (5)
- 87) Place solidly (5)
- 88) Dark and gloomy (5)

- 91) Old name for Scotland (6)
- 92) Range or scope (6)
- 93) Mass of water in the sky (5)
- 94) Takes in food quickly (5)
- 97) Period of four weeks (5)
- 98) Enlighten (5)
- 101) Colour to go on (5)
- 104) Refusal to grant (6)
- 105) One who ejects people from property (7)
- 106) Under-garments (6)
- 107) Pleasant smell (5)
- 108) Force to do (5)
- 109) Linking dash between words (6)
- 110) Garment (7)
- 111) Lyre player (6)

- 36) Honey makers (4)
- 37) Out of condition (5)
- 38) Material for jeans (5)
- 42) Very harmful (9)
- 43) Geometric figure with three sides (9)
- 46) Submarine's weapon (7)
- 48) Disintegrate into tiny bits (7)
- 50) Intoxically exhilarating (5)
- 51) Have a high regard for (5)
- 52) Strong iron alloy (5)
- 53) Devoured (5)
- 55) Popular drinking place (3)
- 56) Piece of old cloth (3)
- 65) Go for a dip in the sea (5)
- 66) Do business (5)
- 67) A drink before a meal (8)
- 68) Someone you owe money to (8)
- 70) Supple and lithe (5)
- 71) Put off (5)
- 72) Hit by a bullet (4)
- 74) Cast off (4)
- 77) Lake from an old river-bend (5)
- 80) Cut into cubes (5)
- 81) Interpret text (4)

- 82) 15th March on the Roman calendar (4)
- 83) Distance a gun can fire (5)
- 85) Smooth and silky (7)
- 86) Give food to (7)
- 89) Place a repeat order (7)
- 90) Female actor (7)
- 95) Type of African antelope (5)
- 96) Potassium or sodium nitrate (5)
- 98) Vigour and enthusiasm (4)
- 99) Small picture on a screen (4)
- 100) Period of 365 days (4)
- 101) Tiny sand grains (4)
- 102) Suddenly spot (4)
- 103) Invalid (4)

SOAP BLOCKWORD



WIN

NO.
665

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 *isiBaya*. SMS 48408 with the answer, your name and surname, and e-mail address (if you have one), as well as **people/Soap Blockword No. 665**. Be sure to SMS before March 13, 2017. By doing this, you stand the chance of winning R500. Winner of No. 661: Anand Singh. Answer: Mxolisi Xulu. Winners will be paid electronically. SMSes charged at R1.50 and free SMSes do not apply. Terms and conditions apply.

Inquisitive	Something which does not exist	One who is brutal without giving victims a chance	Unvaried	Mortar's partner	Entire amount	Picture with prominent features exaggerated	Catalogues	Aspersions	Pen-tip	Scores by pushing and deflecting the ball (cricket)	Lawrence _____? -Victor is Carter Walton in <i>The Bold and The Beautiful</i>
○						Basic					
Ramble			Made progress	○	Small room with a polygonal bay window			Purchase			
Writer of verse					Place within				Disposable handkerchief	Pig-pen	
○	○		Relating to smelling Bundles of goods			○				Armenian money	○
Subtle emanation					Not strong or skilful enough (to do)			Of a sphere, flattened at the poles			
				Of the stars	Hits (a golf ball) high in the air	Ultimate		Sudden commotion		Sharp narrow-bladed duelling sword	
	Lazy Bind by some favour rendered			Object of worship					Small island		Consumed
		Putrefy			○	Newspaper boss		Acquittals	Dust or remains of anything burnt		○
○			Primal chaos								Coffer
Years old	Dull	_____? Reeves is Jennifer Horton in <i>Days of Our Lives</i>			Small fortress		Inner; secret	Protective devices			
			Tennis playing area	In pursuit of						_____? Griffiths is Vusi in <i>Muvhango</i>	Auction item
											Suricate
			Skin tumour of pigmented cells	Italian 'mister'	Avoid by cunning	Lumps (of gold) Blemishes					
				○						Dishes of eggs beaten then fried	Map-book
											Handicraftsmen
Colloidal hair-care product				Publisher	Daily period of darkness						
		○		Wind blowing towards the west					Oxidation on iron Operatic song		Frequently Soak
_____? Claus				Extremely Single	Small hollow in a surface	○			Islands (poetic)		
			Country, capital Madrid Gimmicky items							Ethane and methane, e.g. Answer (abbr)	
	Stabbing knives				Colour you see when furious	Silencing order			Equal (prefix) Rash		
	Artificial silk fabric	Tropical shrub of the Cassia genus						Come into view		Unable to feel	○
			○	Projecting roof-edges					Danger warning One from Dublin?		Impertinent
Sandile Dlamini's character in <i>Rhythm City</i>	Passage of series of steps	Abominable snowman	Border				Mitigate	Unspecified item of many		Competently	Complete



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PEOPLE 59

CELEB BLOCKWORD

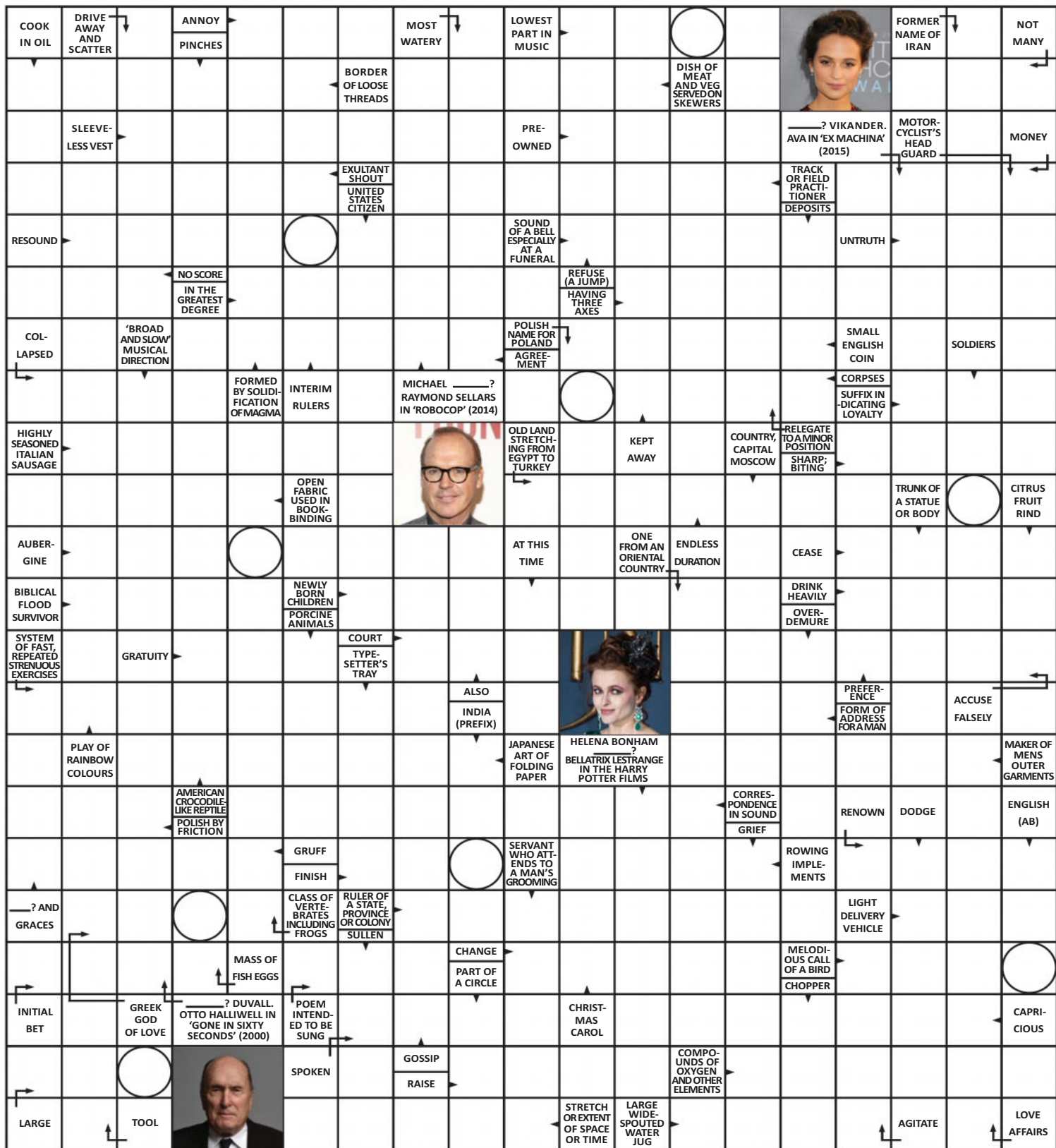
WIN

**NO.
665**

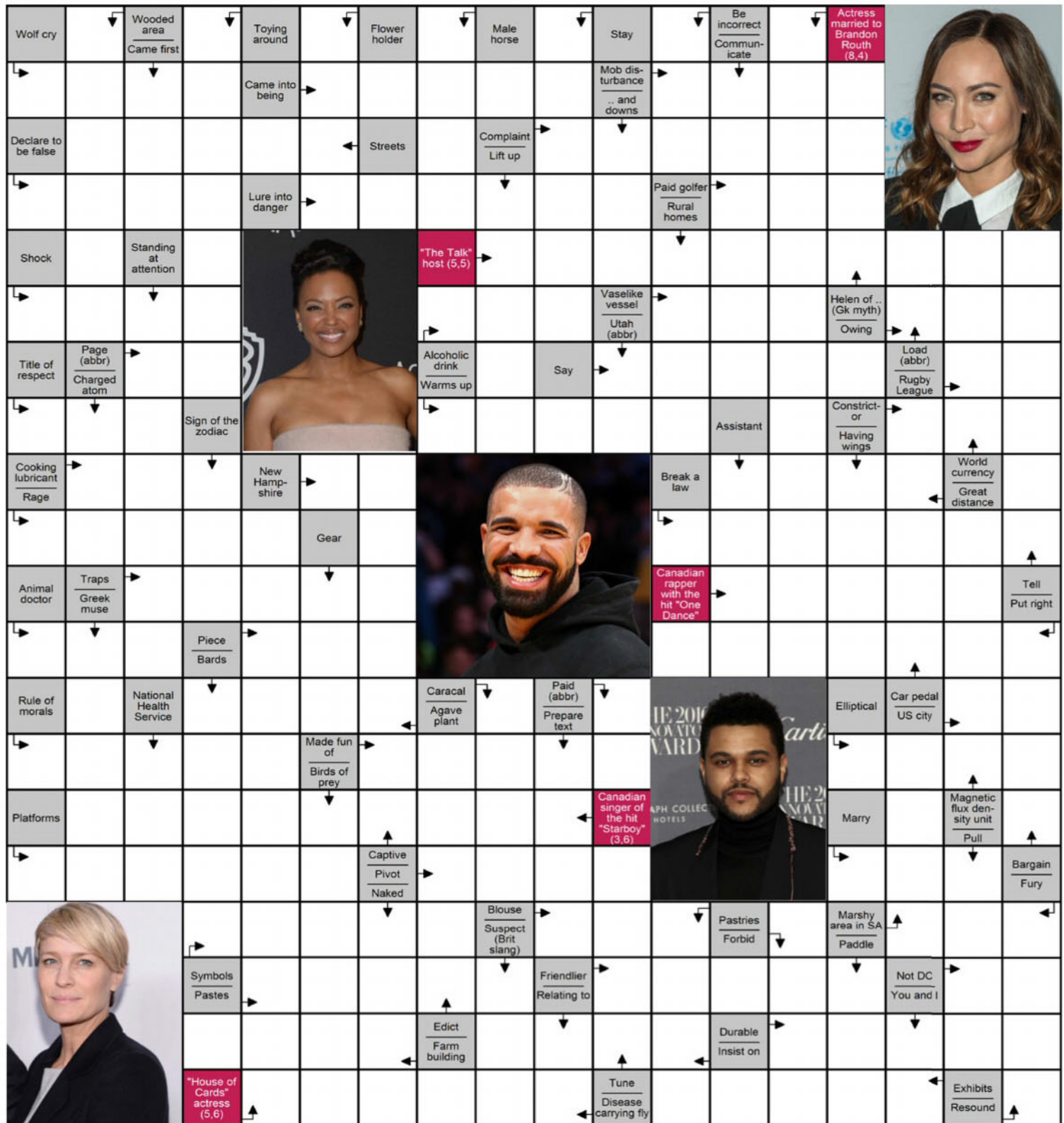
R1 000

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 *Baby Boy* and *Crime Partners*. SMS 48408 with the answer, your name and surname, and e-mail address (if you have one), as well as **people/Celeb** Blockword No. 665 Be sure to SMS before March 13, 2017. By doing this, you stand the chance of winning R1 000. Winner of No. 661: Myriam Hockney. Answer: Ray Liotta. Winners paid electronically. SMSes charged at R1.50 and free SMSes do not apply. Terms and conditions apply.

BY JOHN WHIFFIN / PICS: WWW.ELITEPHOTOAGENCY.COM



GENERAL KNOWLEDGE



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5

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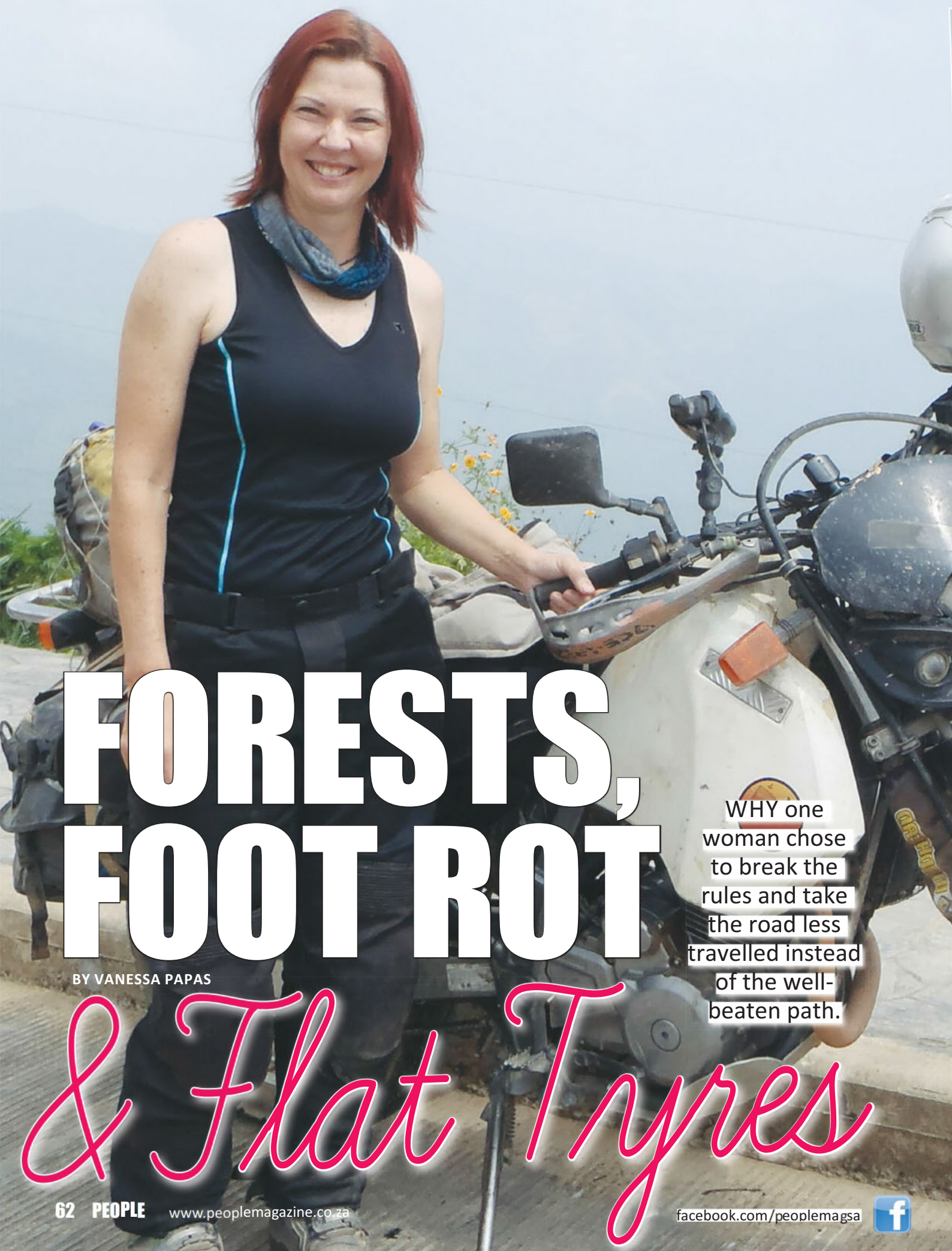
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FORESTS, FOOT ROT

BY VANESSA PAPAS

WHY one woman chose to break the rules and take the road less travelled instead of the well-beaten path.

& Flat Tyres

Riding through Kazakhstan with a tour group

Through the dusty Amazon

One of the many broken bridges on the BAM road in Siberia

THEY say life is all about the journey, not the destination. From the plains of beautiful desolate Mongolia to the broken bridges on the Baikal-Amur Mainline (BAM) road in Siberia, Russia, and the long stretches of nothingness in Kazakhstan, Lorraine Spence lived her dream of seeing the world on the back of a motorbike.

A magnet when it comes to adventure, Lorraine, now aged 49, completed the trip of a lifetime, riding for six months and covering a distance of over 33 000 kilometres come rain or shine. Meeting new people, learning new cultures and sparking great curiosity from passers-by, she spent half of her time riding with three different groups of adventure motorcyclists on various legs of her journey, and the other half riding completely solo and unsupported on a Suzuki DRZ 400, fondly nicknamed Dizzy. When Dizzy's heart finally gave up (she got a hole in the radiator and overheated, busting the engine), Lorraine hopped onboard a Suzuki DR650 SE she named Dozer.

Lorraine became the second woman in the world to ride the western half of the BAM Road – an old railway that's famed for being one of the most physically and mentally toughest adventure motorbike routes on the planet. The 4 300km BAM Road has scared (and scarred) many a brave man and machine. Mostly gravel, the road traversing Eastern Siberia and the Russian Far East is marred with collapsed and rickety old bridges, bogs, dangerous waist-high river crossings

'I'VE always believed it's not about where you go, it's about the memories you make.'

and cutting potholes, not to mention extreme weather conditions. Always one to go against the grain and refuse to conform, Lorraine rode the Vitim Bridge, one of the most notorious bridges along the BAM. There are only a few people who had ridden the western half, between Bratsk and Tynda, and, as mentioned, only two women – Lorraine and a local Russian lady.

Born and bred in South Africa, Lorraine learnt to ride road bikes growing up but stopped when she went to University. Twenty years later, after reading UK adventurer and author Lois Pryce's

Lois On The Loose (Pryce took a solo trip from Alaska to Ushuaia on her Yamaha) Lorraine got itchy feet and decided it was time to get back on a bike. She took a few off-road bike and adventure courses, read lots of books, researched several routes around the world and spoke to other biking enthusiasts to brush up on her saddling skills before leaving for her trans-continent trip.

"I've always loved travelling. I had my bike licence but hadn't ridden for almost 22 years," says Lorraine. "I started small and did my first trip just to see what it was like and test my equipment – two weeks riding from Switzerland to Germany. Then I decided I was ready to take on the world and went from Zurich to Singapore via Siberia, covering 33 000km on my bike in six months. I broke up the journey, riding some parts in groups, and others solo.

One of the major highlights of my journey was riding the BAM road. It's really off-road stuff

with very difficult terrain. You sometimes have to get up onto the train tracks and ride along them because you can't cross all the rivers on a bike.

It took nine days to do the BAM and it poured almost every day.

I was wet 24/7 and got foot-rot as a result, but I kept on riding.

Never once did I ever think of turning around and coming back home. I love being challenged. I love the feeling of total freedom – of being alive. The hard times are challenging, but the good times are like a drug. You have this euphoric feeling that you just can't explain."

Lorraine explains she found Siberia to be a real treasure trove for travellers.

"It's one of the most remarkably beautiful places in the world with tall pine trees,

rugged mountains and clear lakes," she says. "It's an enigmatic and mysterious place and there's no better way to see the country's rich natural wonders – up-close-and-personal – than on a bike." During her trip, Lorraine says she learnt so much about herself she never knew before. "I've always been radically independent but I learnt that sometimes you need to put your trust in others, even strangers – and that was a major lesson I learnt when my bike broke down in Russia. A young couple riding a Suzuki GSX found me and for two days they towed me on my motorbike to Irkutsk near Lake Baikal. I came off so many times we had to go really slowly. They took me to a Russian Orthodox priest who rides a Harley Davidson. I stayed with him and his family for 10 days while we tried to get my bike fixed."

Because Lorraine had wanted to do the BAM road she only had a 10-day transit visa from Mongolia to get out of Russia but landed up staying for 35 days. When she realised that her bike couldn't be fixed she went to Immigration who opened a file, took fingerprints and promptly ordered Lorraine to court on charges of overstaying her visa. The judge fined Lorraine 2 000 Russian Roubles (only R440), but insisted she leave the country within five days, banning her from returning to Russia for the next five years.

Crossing Asia not being enough, Lorraine returned home only to save up and make plans to get back on a bike – this time a Kawasaki KLR650 (aka Gadget) – for yet another adventure. Last year she and Gadget travelled 40 200km across 22 countries including Colombia, Ecuador, Bolivia, Peru, Brazil, French Guiana, Suriname and Guyana, as well as seven states in America (California, Arizona, New Mexico, Texas, Oklahoma, Arkansas, Tennessee).

Everyone warned Lorraine that Brazil was dangerous but she travelled from the north to the south, staying in the homes of complete strangers, from policemen to bike gangs to magistrates and even a retired French Foreign Legion captain, without any problems!

"I've still got a few things left on my bucket list," laughs Lorraine, who has no intention of slowing down, although she has since tied the knot. "I want to travel to 100 countries before I die. So far the headcount sits at 92. My next goal is to ride through Scandinavia with my husband doing a short month-long trip. My long-term goal is to ride the whole of Africa within the next five years."

For Lorraine, the journey will never be over. "I've always believed it's not about where you go, it's about the memories you make, the experiences you have and the people you encounter along the way. It's about living life on your own terms and only really stopping for a short rest."

Life on the road: no toilets on these long stretches in Kazakhstan!

Follow Lorraine on www.lorrainespence.com

'OUR SON HIRED A HITMAN TO KILL US'



Susan and John Sutton were having difficulty with their adopted son Christopher

A SHOCKING tale of family betrayal.

JOHN and Susan Sutton were at their wits' end. They had tried everything to make sure their adopted son Christopher had a happy life. They had tried the loving, giving-him-everything-he-wanted approach but that had seemed to fail.

He was cutting classes and even broke into a teacher's home, causing Over R600 000 of damage. So they finally decided on the tough love route and shipped him off to a boot camp for

wayward teens in Samoa when he was 16. When he returned he seemed reformed and once again the loving son.

But little did the couple know their tough action would backfire and end with Susan dead and John blinded for life.

It was on Sunday, August 22, 2004, that the Sutton family gathered for a birthday celebration that included their son, Christopher, his girlfriend, Juliette, and family friend Teddy Montoto.



After the fun ended, Susan and John retired to separate bedrooms in their Coral Gables, Florida, home.

They had no idea, however, that about four blocks away there was a man who had driven up with one intention – to kill them both. Dressed in all black with a Glock 9mm semi-automatic pistol, the man shot John, then turned to Susan and shot her six times. But he was not done. The gunman turned back to John.

Susan died instantly while John, shot twice in the head, amazingly survived.

"John Sutton flipped out of the bed and landed on the floor. Then the gunman turned towards Susan and shot her six times," Prosecutor Carin Kahgan reveals. "Susan didn't have a chance and John Sutton should have died for all intents and purposes, but he didn't."

John Sutton says, "I could not imagine that anyone would want to kill us. Everybody says it was somewhat of a miracle that I survived I lost a tremendous amount of blood. They apparently gave me last rites. They thought that I was gone." Melissa Sutton, the couple's adopted daughter, was 18, a freshman in college at the time. When she arrived at the hospital, she says, her father was 'almost unrecognisable'.

"The fact that I knew his hands, and I knew his ears and his skin tone, I could tell that this kind of disfigured person was my dad," she recalls. She knew him but he had a harder time recognising her. When John Sutton woke up in intensive care, he was blind.

"The magnitude of my injury, the facial pain and the loss of the eyesight was just so huge," says John.

"And I thought people were trying to kill me while I was in the hospital. I felt I wasn't safe. I wanted to get out of there."

Miami-Dade Detective Rosanna Cordero interviewed Teddy Montoto, John's law partner. Montoto told the detective he was on the phone with

John's wife, Susan, and heard gunfire. So he raced to the scene, arriving just after police. Detective Cordero says, "I was the one who told him that Susan had died and he was very emotional about it." And then Montoto, who had already told police that he had a gun, admitted to a secret... "He did in fact confess to having a sexual relationship with Susan. Obviously, he has a motive. A motive at least to kill John, maybe, not necessarily Susan, but love triangles can drive people to very



Christopher actually choked his mother once, saying that he could kill her



'CHRISTOPHER was shipped off to Samoa to a place called Paradise Cove. But this was no vacation; it was a hardcore behaviour modification programme for troubled boys.'



John was left blind in one eye

extreme behaviour."

But Teddy Montoto's gun didn't match the murder weapon.

Lead Detective Larry Belyeu says, "It was at that point that I started interviewing some of John's closest friends and there was one name that kept coming up. They said, 'You need to look at Christopher Sutton'. I said: 'Christopher Sutton, the son?' 'Absolutely'."

Detective Belyeu thought it odd that fingers were being pointed at John and Susan's son, Christopher, then 25 years old.

For months after the shooting, Christopher had been by his father's side. And when John finally left the hospital, he moved in with his son.

But police were hearing alarming stories about Christopher.

Detective Belyeu adds, "He actually choked his mother one time, saying that he could kill her."

The son who once seemed so devoted was now their prime suspect.

And it all seemed to stem from something that had happened several years earlier.

When he was just 16, John and Susan Sutton sent their son away to a behavioural school in Samoa, as he had been getting into lots of trouble.

But Christopher denied he was a problem child and during a prison interview with the US TV show *48 Hours* he insisted, "I was definitely into body piercings and tattoos – things my parents actually hated, but I really wasn't doing anything that was horribly wrong."

Then, when Christopher was 16, things really escalated. In Christopher's room, Susan found a note.

Susan's sister Mary says, "It was a plan to kill his parents for the inheritance."

The Suttons were frightened and they wanted Christopher out of the house. They even got a restraining order against their 16-year-old son.

Christopher was shipped off to Samoa to a place called Paradise Cove. But this was no vacation; it was a hardcore behaviour modification programme for troubled boys. A year into Paradise Cove, Christopher sent an emotional video message home to his parents: The message said, "All right, mom and dad... Wanted to tell you I don't feel



Christopher Sutton with his adoptive parents and his sister, Melissa



**Garrett Kopp
in court**

leaving the theatre with Juliette a little before midnight.

But something caught Detective Cordero's eye.

She reveals, "The first thing he does, as he's walking out – he's not even out of the theatre – is he gets on his cellphone."

Lead Detective Larry Belyeu ordered Christopher's phone records.

He recounts, "We saw a particular number that came up several times."

That number came up 331 times in the weeks leading up to and right after the murder.

'IN court Garrett claimed that Christopher promised him R1.3-million to kill the Suttons. After a day-and-a-half of deliberations, Christopher Patrick Sutton was found guilty of first-degree murder.'

like you guys love me... I feel like I've been sent here just to get me out of your hair... You guys still dislike me for some reason. Even though my wishes aren't to be here, they don't come true."

John, Susan and Melissa travelled to Samoa to see for themselves what it was like.

Christopher says he tried to tell his parents about

alleged abuse that went on there, and was hoping to leave Paradise Cove forever on his 18th birthday. But his father got a court order to keep him there for another year.

However, Christopher was nowhere near his parents' house when they were attacked. He and his girlfriend were at the movies – and can be seen on the theatre's security cameras.

On the tape, Christopher is seen



**Paradise Cove
was a far cry
from paradise**

Belyeu continues, "We identified that number as belonging to an individual by the name of Garrett Kopp."

A man named Garrett Kopp had been arrested less than 24 hours after the shooting for assaulting someone with a gun in another part of Miami. He was now out on bail.

Detective Belyeu immediately called the arresting officer: "I said, 'Now please tell me you still have that gun?'"

The officer did and it was a match – it turned out to be the same gun used in the Sutton shooting. Garrett Kopp, 21, was brought in for questioning.

After six hours of questioning, Kopp confessed and claimed that Christopher Sutton had threatened him into killing his parents.

Christopher was on the run for almost two weeks before police found him.

John Sutton didn't want to believe it but what he was hearing was starting to make sense.

He says, "I was told that Garrett was the shooter, and of course, I put that together. Garrett and Christopher were like twins."

But if prosecutors wanted Garrett to testify, it was going to cost them.

The death penalty was taken off the table. Garrett would get a deal: just 30 years for shooting John and Susan.

In court Garrett claimed that Christopher promised him R1.3-million to kill the

Suttons.

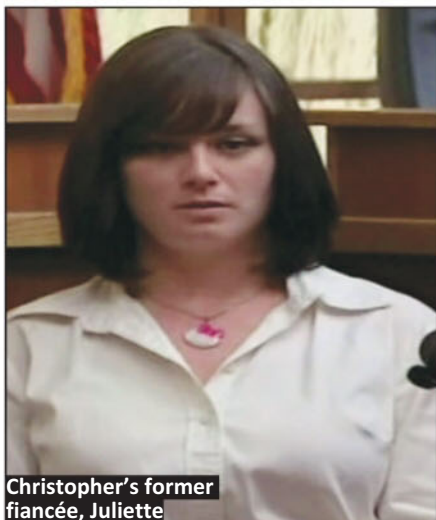
After a day-and-a-half of deliberations, Christopher Patrick Sutton was found guilty of first-degree murder.

Before sentencing, an emotional John Sutton addressed the court – and didn't ask for leniency. He says, "Regardless of the result, this is a bad case. I lost Susan. I lost Christopher long before that. I lost my eyesight."

Christopher was sentenced to life in prison with no possibility of parole.

His sister, Melissa, says she'll never speak to him again.

Choking back tears Melissa said, "You know, my parents were the best parents and the fact that one child did something awful does not mean that they didn't love him unconditionally. They gave him every opportunity that he deserved; he didn't take advantage of it."



**Christopher's former
fiancée, Juliette**



**Photos from the
crime scene**



THEY may sound untrue, but believe us, they happened!

BY WALTON GOLIGHTLY

CRAZY CRIMES: 1

Verdict

Better Late Than Never

BY 2009, prisoner James Washington believed he had got away with a 1995 murder, but then he had a heart attack. The doctors said there was nothing they could do for him. In a fit of remorse, Washington confessed to the murder of a guard. Then, he miraculously recovered! Washington tried to take back his confession, but prosecutors in Nashville, Tennessee, used it to augment evidence they had from 1995, and in October 2012 he was convicted of the murder and sentenced to 51 years in prison.



James Washington

Mine, All Mine

ON September 7, 2016, at the Italian Pizza Kitchen restaurant in Washington DC, a woman was chatting up a man she did not know, when she playfully took a chip from his plate. The man asked her to stop, but she took another. When the man asked her to please not do that again, the woman took yet another chip. The man, who happened to be an off-duty police officer, promptly arrested her for second-degree theft. The property listed as stolen was 'three French fried potatoes'.



Mack Yearwood

Can't Kick The Habit

A LIFELONG pickpocket known as 'Auntie Sato', 83, who has spent nearly 30 years of her life behind bars, was sentenced again to two years, six months, in August last year for snatching a purse in Tokyo's Ueno Station. Why, asked the judge, does she keep at it, especially since she also owns property and has rental income? "I thought about stopping, but gave up," said Auntie Sato. "It's hopeless."

Strange Request

A MIDDLE-AGED man was the subject of three police reports in Aberdeen, Scotland, in August and September 2016. He was approaching women and asking for piggyback rides.

The Horror...

IN September 2016, according to the *Derby Telegraph*, Sanjeev Sandhu, 29, was sentenced to six months in jail because of the 'extreme' pornography on his phone. One image was of children having sex, but the judge also noted images featuring humans having sex with dogs, a donkey, a bull and...a fish.

Well, They Were Mine

BOYD WILEY, 47, was arrested in August when he walked into the Putnam County Sheriff's Office, in Florida, and, apparently in all seriousness, demanded that deputies return the 91 marijuana plants they had unearthed from a vacant lot in the town of Interlachen several days earlier. Until that moment, the police officers had not known whose plants they were. Needless to say Wiley was arrested.



Boyd Wiley

On The Ball

THE police also use Facebook, as Mack Yearwood, 42, of West Palm Beach, Florida, recently discovered when he uploaded his wanted poster for his Facebook profile picture. The police who, until then, had no leads on his whereabouts arrested him a day later.

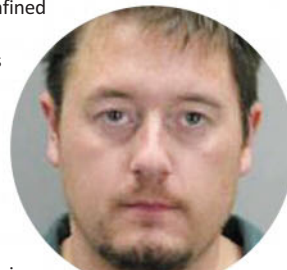
Bad Mistake

A CHINESE tourist visiting Dulmen, Germany, in July 2016, went to a police station to report his stolen

wallet, but signed the wrong form and was logged in as requesting asylum, setting off a bureaucratic nightmare that left him confined for 12 days at a migrant hostel before the error was rectified.

What A Cheek, 1

LAWYER Andrew Schmuhl, 32, ordered to trial in Fairfax County, Virginia, in May last year, declared that he was not responsible in 2014 when he invaded the home of a man who had recently fired Schmuhl's wife. Using a Taser, he had held the man and his wife hostage for three hours and ultimately slashed the man's throat and stabbed the woman repeatedly. According to the *Washington Post*, Schmuhl claimed he should be found not guilty because he was 'involuntarily' intoxicated at the time – on pain medication. He was convicted.



Andrew Schmuhl

What A Cheek, 2

FORMER elementary school teacher Maria Caya, who was allowed to resign quietly in 2013 from her Janesville, Wisconsin, school after arriving drunk on a student field trip, actually made money on the incident. In November 2016, the city agreed to pay a \$1-million settlement – because the police had revealed her blood-alcohol level to the press in 2013, allegedly, 'private' medical information. The lawsuit against the police made no mention of Caya's having been drunk or passed out, only that she had 'become ill'.



Maria Caya

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?



STEPHANIE KONSTABEL
Disappeared: August 12, 2016
Age: 13
Stephanie was playing outside her house in Eersterust when she disappeared. She was wearing blue jeans, black sport shoes and a pink blouse.



YOLANDE THANDIWE BOSCH
Disappeared: December 10, 2016
Age: 15-20
Yolande was last seen leaving her home in Park Road and has been missing ever since.



SAKIE TERRY MAGERU
Disappeared: December 3, 2016
Age: 20-25
Sakie left his home in Nelspruit and never returned. He was wearing white trousers and a blue T-shirt.



THANDO GENU
Disappeared: December 22, 2016
Age: 25
Thando left his home in Kraaifontein and has not been seen since. He was wearing a blue jacket, blue trousers, black shoes and a white Nike cap.

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

HELPLINES

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

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

Web: www.edsupport.co.za
Cancercare Centre (011) 646-5628
SA Depression & Anxiety Support Group (SADAG) (011) 783-1474 or (011) 884-1797
Alcoholics Anonymous South Africa (011) 452-9907
SANCA (011) 482-1070
Gamblers Anonymous 0800 006 008



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PEOPLE 67

PUZZLE ANSWERS

Codebreaker

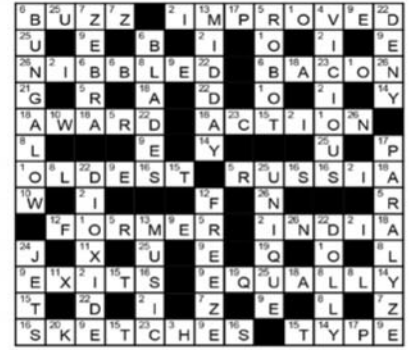
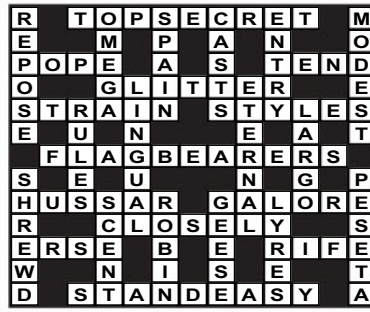
Even Exchange

1. Santa, Sante
2. Hoist, Heist
3. Castor, Captor
4. Laurel, Lauren
5. Phone, Phony
6. Major, Mayor
7. Entice, Entire
8. Talon, Salon
9. Musher, Muster
10. White, Write

Arrow Word



Cryptic Crossword



Sudoku

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

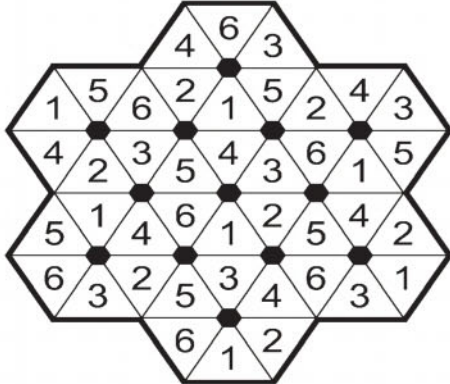
Maths Quiz

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

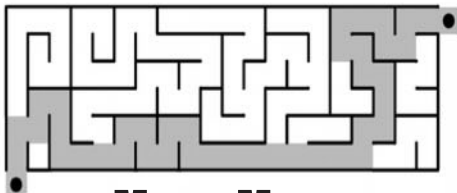
Go Figure

9	-	6	x	5	15
÷	÷	x			
3	+	1	x	4	16
+	+	-			
8	+	7	x	1	15
11		13		19	

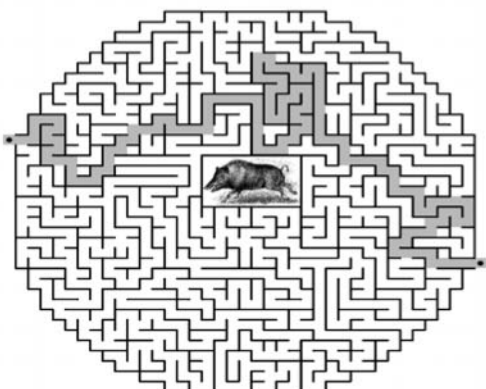
Snowflakes



Kids Maze



Mega Maze



Celeb Wordmatch

LEAVE	T	A	K	I	N	G	TURNS
SHE	D	E	V	I	L		DOG
BLUE	M	O	V	I	E		STAR
HAND	M	A	I	D	E	N	NAME
WATER	C	A	N	N	O	N	BALL
FOOT	L	O	C	K	E	R	ROOM
STATE	F	L	O	W	E	R	BED
HALF	S	I	S	T	E	R	SHIP
PEANUT	B	U	T	T	E	R	CUP
WELL	K	N	O	W	N		UNIVERSE
SNOW	Q	U	E	E	N		BEE
HYDRO	C	A	R	B	O	N	COPY

Scramblers

1. Enigma; 2. Faker;
3. Pique; 4. Sleazy

Today's Word
SQUEAKY

Sticklers

It's 9:00 p.m.

Number Crunch

$$\begin{array}{r} 74 + 88 = 162 \\ + \quad + \quad + \\ 365 + 257 = 622 \\ \hline 439 + 345 = 784 \end{array}$$

ACROSS: 3. BERET 7. CADET 11. GUEST 17. EXOTIC 18. MEDAL 19. CHARM 20. PELLET 21. LLAMA 22. MAPLE 23. EBOLA 24. CHILLI 25. ESKER 26. OTHER 27. URCHIN 28. SPITE 29. OMEGA 30. DAIRY 31. ELL 32. BUD 33. OBSESS 37. ADDRESS 40. PLEDGE 44. GENRE 48. RATIO 50. IAMBUS 51. MOTIF 53. EXTRAS 54. SPEW 56. UP ON 58. SUE 59. ANYWAY 60. FAT 62. GAPING 63. NIT 65. PETAL 66. COWRY 67. HATCH 68. LANCE 71. SWEAT 74. GAIT 75. ADORE 77. CAPER 79. NEON 80. MENU 81. ILK 82. ALSO 83. EBON 84. STING 86. SPRAT 88. GONG 89. SEWER 91. SHAPE 94. TOG UP 96. FETID 98. RABBI 100. IRE 101. ARNICA 102. RUT 103. EUGENE 104. LEN 105. BRAT 109. MEED 111. STOOGIE 112. AHEAD 113. ELICIT 114. STOPE 116. TAMMY 118. ISRAEL 120. INDULGE 123. BARELY 125. PIN 128. SET 130. PULSE 132. JINGO 134. ADEPT 137. COMMON 138. HERON 139. GRAPE 140. TROIKA 141. UDDER 142. EDGAR 143. ENNUI 144. FINALE 145. DARYL 146. GIRLS 147. RAVAGE 148. TRUST 149. SEXES 150. SEWED

DOWN: 1. RESCUE 2. BOUILLON 3. BILLS 4. ECLIPSE 5. EMMET 6. TEASED 7. CAMEO 8. ALARMED 9. ELOGUE 10. THETA 11. GREEDY 12. UMBRA 13. SPLURGE 14. TEARY 15. ALPHABET 16. ATONED 34. BRIE 35. SEAWALL 36. SABAYON 38. DOME 39. SIFT 41. LATTICE 42. DRAUGHT 43. GASP 45. ENSUE 46. ASHAMED 47. BECAUSE 49. IONIC 52. THAW 55. PETTIFOGGER 57. ON THE DOUBLE 58. SPAGHETTI 60. FOREIGNER 61. TRACKSUIT 64. THEN AGAIN 69. ARETE 70. CAUSE 72. WRATH 73. AESOP 76. OBI 78. PAR 85. TRICKED 87. ASSUMED 89. SPATTER 90. WINSOME 92. AMERICA 93. EREMIT 95. ORBIT 97. TUNE 99. BEDIM 106. ASPS 107. DAWN 108. A DOG 110. ET AL 115. OINTMENT 117. MYSTICAL 119. ASUNDER 121. DWINDE 122. LUGGAGE 124. RAPTURE 125. PACIFY 126. JEER AT 127. LAPELS 129. TRACED 130. POULT 131. SHEDS 132. JOEYS 133. ORRIS 135. DENSE 136. TRIAD

Missing Links

672	÷	28
24	+	43
67	x	11
737	+	85
822	÷	6
137	-	82
55	÷	11
5	x	9
45	x	17
765	+	83
848	-	769
79	x	7
553		

General Knowledge Blockword



5	A	4	9	8	2	B	1	7	F	0	D	6	E	3	C
1	8	D	C	7	6	F	0	3	2	E	8	B	A	5	4
6	3	0	8	E	4	5	9	1	C	A	8	2	7	D	1
F	2	E	7	D	A	3	C	5	6	B	4	8	9	0	1
C	E	B	A	4	3	9	F	2	D	5	1	0	6	A	7
9	D	A	1	5	C	6	2	0	B	7	E	F	4	8	3
7	F	3	0	A	B	1	E	8	4	9	6	C	D	2	5
4	6	2	5	0	D	7	8	F	A	3	C	E	1	9	8
8	7	C	A	F	0	D	3	4	9	6	2	1	5	B	E
B	0	6	E	C	7	A	5	D	1	F	3	9	8	4	2
D	9	5	4	B	1	2	6	E	7	8	A	C	3	F	0
3	1	F	2	9	8	E	4	B	5	C	0	A	D	7	6
A	C	9	F	3	E	4	7	6	D	B	8	5	2	1	8
E	4	1	D	6	5	0	B	A	8	2	7	3	F	C	9
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18) EMBARK 19) SPADE 22) RUGBY 25) BREAD 26) CLAMP 29) BROOK 30) FOSSIL
31) UPBEAT 32) PLUMS35) URGES 36) BOUND 39) ENLARGE 40) STERILE 41) PECAN 42) POT
44) ELFIN 45) DATABASE 47) REPLACES 49) RHEA 52) STEM 54) DOOR 55) PITCHER 57) UNIT
58) SAGO 59) PERU 60) ATOM 61) EATS 62) RICE 63) BULLDOG 64) BONE 65) BYTE
69) LAND 72) SCORPION 73) OVERSEES 75) TRASH 76) TON 78) HOIST
79) ORDERER 82) INDOORSE 84) EVENT 87) EMBED 88) DREAR
91) SCOTIA 92) EXTENT 93) CLOUD 94) DOWNS 97) MONTH 98) EDIFY
101) GREEN 104) DENIAL 105) EVICTOR 106) UNDIES 107) AROMA
108) IMPEL 109) HYPHEN 110) RAIMENT 111) LYRIST

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10. Julia Roberts

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5. Emtee 6. Tyson 7. Bonang
8. Pearl Modiadie 9. Scott Disick
10. Julia Roberts



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PISCES

February 20 – March 20

ARIES: Mar 21 – Apr 20

Your Week: Adventurous and opportunistic action ought to culminate in success. You might be surprised to see how far you can go when you let yourself loose, and will easily bring previously daunting objectives to quick and profitable conclusions.

Taken: Time to show that you have a serene and lovely disposition, and lots of kindness.

Single: Connecting well with the opposite sex gives you immense emotional satisfaction.

TAURUS: Apr 21 – May 20

Your Week: Positive thinking could make you brilliant at this time, should enable you to acquit yourself well in many ways. Let others settle for being average, but you must rise above them while swift personal growth and development is possible.

Taken: Your powerful romantic inclination and desires are enhancing your relationship.

Single: In a clever, entertaining and challenging mood, you are sure to get attention.

GEMINI: May 21 – Jun 21

Your Week: Household work may occupy much of your time. It seems that you need to discuss important issues with your loved ones, and can resolve certain difficulties. You can also play a vital part in making your surroundings pleasant and secure.

Taken: Love will grow if you can be a soothing and calming presence in your union.

Single: A promising love affair can be compared to a lovely fairytale. Do not spoil it.

CANCER: Jun 22 – 23 Jul

Your Week: You are displaying a taste for personal success and, because the portents are predominantly promising, could succeed in making your name known in impressive style. There is a surprise coming your way and it should be entirely pleasing.

Taken: Now easy to get along with, you are bringing warmth and stability to your marriage.

Single: Chances are that you could soon be linking up again with a lover from your past.

LEO: Jul 24 – Aug 23

Your Week: You must now look for an opportunity to cash in on experience you have gained in the commercial world. Alternatively, you can benefit through a really good connection. If self-employed, launch out adventurously while luck favours you.

Taken: Kindness, sympathy and a desire to be helpful make marriage just perfect.

Single: You could now find a trustworthy other to look after, to love and adore you.

VIRGO: Aug 24 – Sep 22

Your Week: The splendid news is that life holds some pleasant portents for you. Whatever you have planned for this interval, you have a super chance of coming through it well. Anticipate making a breakthrough if you are looking for approbation.

Taken: Sensuous and amorous, you are inclined to make all the right romantic moves.

Single: You have a keen perception as to what makes the other gender tick, so use it.

LIBRA: Sep 23 – Oct 22

Your Week: Changes are brewing. Some issues and arrangements are ending and fresh beginnings must result. This process will contribute significantly to your personal transformation and development. Instinct enables you to make sensible choices.

Taken: Make partnership really good by being willing to compromise at all times.

Single: A show of refinement and gentility could attract some amorous attention.

SCORPIO: Oct 23 – Nov 22

Your Week: Because you cannot plan a good future if you dwell too often in the past, you are urged to get in tune with the present. Absorb all that is useful from it, and then use that knowledge as a base on which to erect your long-range aims.

Taken: You are capable of seeing your partner's point of view, which is good.

Single: Some new romantic alliances could be in store. A choice must be made.

SAGITTARIUS: Nov 23 – Dec 21

Your Week: Make an earnest and enthusiastic endeavour to enrich yourself. Show those who are positioned to reward your effort that you are a zealous advocate of solid preparation and hard work. You have both charisma and ingenuity going for you.

Taken: Please your sweetheart by being very easy to be with both day and night.

Single: You may not be looking for marriage but can certainly attract romantic love.

CAPRICORN: Dec 22 – Jan 20

Your Week: It is a good friend who shows you your faults and thereby spares you disaster, so do not permit foolish pride to cause you to resent such constructive criticism. Friends who neglect to advise and guide you are useless by comparison.

Taken: Make a happy home of prime importance. Your mate will happily fit into it.

Single: You are a wanderer in search of affection, and could suddenly be fulfilled.

AQUARIUS: Jan 21 – Feb 19

Your Week: A truly thoughtful appraisal of your intensely personal affairs is recommended because you will undoubtedly find satisfactory solutions to most difficulties. With your private worries rapidly thinning out, you can initiate fresh plans.

Taken: You and your darling are learning how best to live with and love each other.

Single: Hold your breath and hope for the best when you encounter an attractive admirer.

PISCES: Feb 20 – Mar 20

Your Week: Polish your strengths and they will diminish your weaknesses. The vital thing is to get to know the full extent of your capabilities. You may be pleasantly surprised to discover that your potential extends far beyond your assumption.

Taken: Your keen intuition is working especially well in relation to home life.

Single: Get lucky by cultivating a positive attitude to all things romantic.



Strange But True

BY ROBERT CLUNIE



Did You Know?

THE International Space Station travels in and around eight kilometres per second. This also translates to a near 29 000km/h at top speed. This enables the space station to orbit the Earth once every 90 minutes.

An Unwanted Record

TEN-YEAR-OLD Shahana Khatun is your average Bangladeshi Grade Four pupil. She is well-liked by her peers and her father, Mohammad Shahjahan, is a regular day labourer. Shahana, however, had growths develop on her body as early as six-months-old. There were suspicions that it had been hives at first, but it turned out to be something far rarer – extremely rare, in fact. She started developing bark-like growths on her face. Tree-man syndrome is an extremely rare disease that affects a microscopic portion of the human population. It is believed that four cases had been reported before. Shahana, however, is possibly the first female to have developed the disease. “I really hope that the doctors will remove the bark from my beautiful daughter’s face,” her father said. He would have been happy to hear that doctors believe her case to be rather minor. A simple procedure ought to remove the growths.



Baba Yaga's Cleaning Service

STRANGE is as strange does. The global economy is not the sentient force it used to be, and so any and all with an entrepreneurial spirit and a viable idea ought to make best use of their opportunities. Hava Celebic, or Nana Hava as she is affectionately known, is an 80-year-old granny from the Balkan nation of Bosnia and Herzegovina with a very lucrative business. Forget the minimum wage, pretty much anywhere, Nana Hava can make up to R140 for just a couple of minutes' work. She claims she is the only person in the world with a healing tongue. She'd quaff pints of spirits in her rural homeland as a sterilising agent as a precursor to a good eyeball-licking. One can presume that her clientele are labourers as she's often cleared their eyes of anything from lead or iron to coal, sawdust and glass. Her steep charge for a quick lick possibly alludes to an effective service she provides. People line up to have themselves an ocular repair.



Did You Know?

THE brainwave leading up to the 1980 release of the highly popular *Pac-Man* video game came from a rather funny source – as many things do. The game's designer and inventor, Toru Iwatani, came up with the idea while he was chomping on a slice of pizza.

TELL US YOUR STORY: E-mail

robertc@caxton.co.za.
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(Please keep ALL submissions to FEWER THAN 550 words!)

BLINDSIDED

BY CANCER

BY ROBERT CLUNIE

A YOUNG Thai woman contemplates suicide as an aggressive cancer devours her face.

AT 14 years of age, Fifa thought herself to be a regular Thai teenager with the rest of her life ahead of her. She'd not be entirely wrong, but never could she have imagined the kind of affliction that would befall her. Deep within the the human body often lies something horrible that could change one's life forever.

Fifa is 27 right now; she has lived with an excruciating amount of pain for over a decade – a pain that is in fact visible to the public. She first noticed that something was physically wrong when a small lump on the roof of her mouth caused her some bother. This was 13 years ago. She sought medical help promptly. The news was devastating, however. She was diagnosed with an extremely rare form of cancer at her very, very young age. Doctors told her that the unusual, malignant growth was in fact a cancer known as CA hard palate. Cancers of the hard palate (essentially the base of the skull) are uncommon, but treatable.

Radiotherapies can prove effective, but a simple surgery can also do the trick. Fifa rather opted for radiation and chemotherapy all those years ago. The procedure looked as though it had been successful. Her convalescence seemed to be on track, but the malignant growth had not rescinded or, alternatively, been removed completely.

Fifa suffered piercing, unbearable pain for four years after her series of treatments. The growth had returned and put severe pressure on her oral cavity. She went back to her doctors

on many an occasion, but they inexplicably downplayed her complaints despite her having a legitimate record of the illness.

She powered through the pain as best she could after she had been turned away. The lump, however, grew in size. With it came an onset of other seriously disturbing symptoms. Fifa started bleeding from her nose and mouth sporadically – clearly a sign that somewhere, something in her cranial cavity was critically wrong. Blood would even dry and clump at the opening of her nostrils.

The growth was a tumour. It grew exponentially, causing her unthinkable pain as tissue, cartilage and sinew was pushed from their normal positioning. Her face morphed so badly that her right eyes seemed to pop out of skull and her features blew up to such an extent that the swelling almost had a cartoon-like look to it. She is now desperate for an effective treatment. She has gone blind in her right eye and doctors fear that the rapid expansion of the tumour will consume the base of her skull and enter her brain. Her condition is too far gone to be relieved by radiation or chemotherapy. Her cancer is effectively terminal if she can't find any alternatives. She hopes for one of Thailand's famous alternative therapies as an answer – and says the pain is too much to bear. Fifa is on the brink of taking her own life to rid herself of the suffering, making hers one of the most awful stories we've heard.



Fifa says the pain caused by the growing tumour is excruciating



THE DEATH OF AN

BY WARREN ROBERTSON

Unremarkable Man

THE death of a stranger in an airport that became an international incident.

fact that he is in the headline represented a threat." Immediately Malaysia's police were on high alert. An international incident of this nature happening on their turf meant the world's media gaze was on them. Two days after the assassination a woman was arrested trying to leave Malaysia on a low cost flight. CCTV camera footage of the incident captured a woman of Asian descent standing outside Kuala Lumpur airport terminal. She had

shoulder-length hair, was wearing a skirt and a light-coloured top with the letters 'LOL', and was carrying a handbag.

Police said in a statement that when arrested the woman was carrying a passport under the name of 'Doan Thi Huong' and was alone at the time of her arrest. Police say they were also hunting for 'a few others, all foreigners' who are believed to still be

in Malaysia.

According to a reporter from Hong Kong's *Oriental Daily* newspaper, the woman, whose passport said she was born in Nam Dinh, Vietnam, told police she was asked to spray Kim as part of a 'prank', urged on by four men.

The woman said the men instructed her to spray the liquid on Kim as her woman companion covered his face with a handkerchief. The newspaper quoted a police source saying the two women left the airport in a taxi together, but soon after separated, agreeing to meet at a specific hotel at a later time. When the arrested woman arrived at the rendezvous, however, she found neither the other women, nor the four men, and so returned to the airport to try make her own way home, where she was picked up by police. Kim Jong-nam, the eldest son of Kim Jong-il, had been widely considered next in line to succeed him until 2001, when he was caught trying to take his son to Tokyo Disneyland with a fake visa. He was detained for several days before being deported to China. There seems little doubt at this stage amongst journalists and politicians in

North Korean leader Kim Jong-un



the east that despite the Vietnamese passports of the assassins, this was clearly a hit orchestrated from North Korea. Since taking power, younger brother Kim Jong-un has executed more than 140 senior party and military officials deemed a threat to his authority, often ordering them killed by machine guns and even flamethrowers, according to the Institute for National Security Strategy, a research group affiliated with the South's National Intelligence Service. In 2015, South Korean officials said that Gen. Hyon Yong-chol, the Defence minister, had been executed with an anti-aircraft gun in Pyongyang after dozing off during military events and second-guessing Kim's orders. In August last year, they said Kim found fault with a deputy premier's 'disrespectful posture' during a meeting and had him executed by firing squad. Ken E. Gause, a specialist in leadership studies at the CNA Corporation, a research group in Alexandria, Virginia, said the assassination also might have been meant as a warning to all North Korean expatriates. "Given the recent defections," he said, "Kim Jong-un felt the need to show that the regime could get to anyone who may be contemplating opposing it." Whether Kim Jong-nam's death is merely yet another of Un's attempts to rid himself of potential successors and detractors, or whether there is something more to it, what is clear is that North Korea is no longer keeping its politics close to home.

PICS: GREATSTOCK / WWW.ELITEPHOTOAGENCY.COM

OVERWEIGHT with a large pair of spectacles, the man looked thoroughly unremarkable standing in the departure hall of the airport for Kuala Lumpur, awaiting a four-hour flight to Macau. He

was approached as he stood, some eyewitnesses said, by two women, one of whom sprayed him, or perhaps punctured him with a needle, while the other covered his mouth with a handkerchief.

Bystanders were surprised, confused, at this seemingly random occurrence, so perhaps it's no surprise their testimonies are so muddled. The South Korean news broadcaster TV Chosun said that two women had stabbed the man with a poisoned needle and fled in a taxi and that the local police were searching for them. *The Star*, a Malaysian newspaper, quoted the police as saying the victim had sought help from a departure hall receptionist after someone 'grabbed him from behind and splashed liquid on his face'. What is certain is that soon after whatever it was though women did to him, this unremarkable man died as medics rushed him to a hospital.

The man's death on Monday, February 13 at the international airport for Malaysia's capital, was initially only minor news until a journalist from the South Korean and Malaysian news media revealed who he was a day later. The victim was Kim Jong-nam, 45, the estranged older half-brother of Kim Jong-un, the unpredictable and ruthless leader of North Korea.

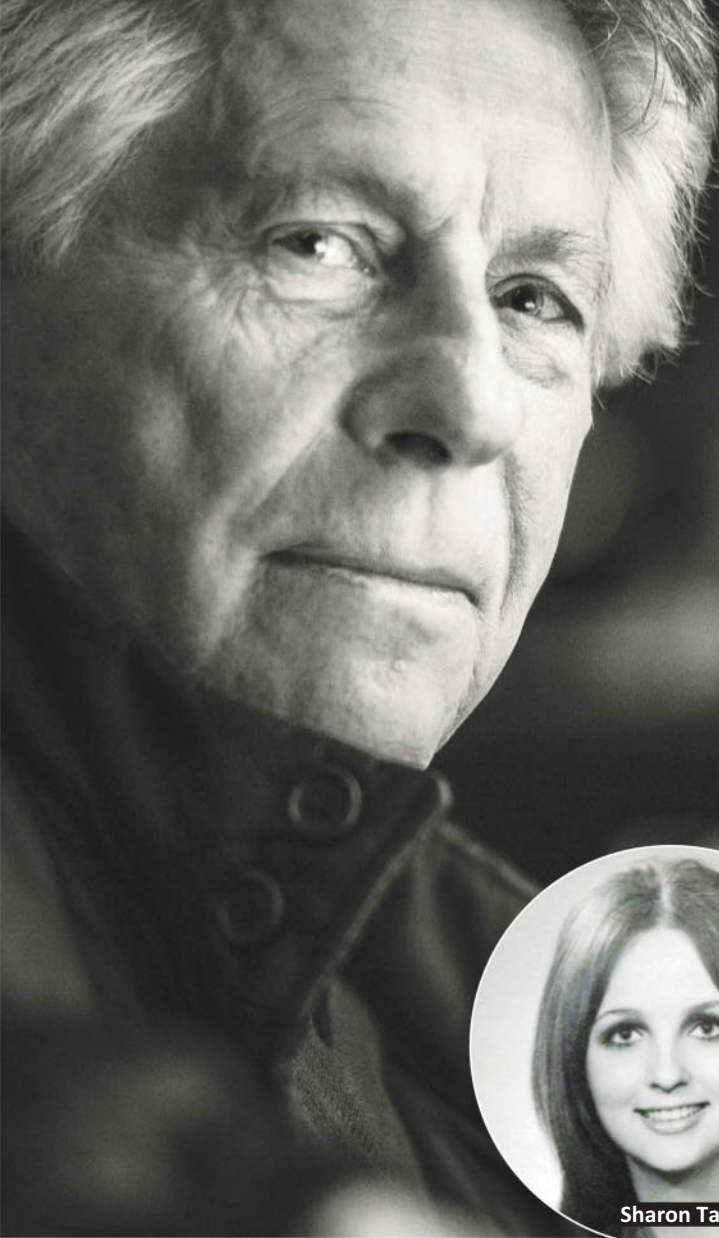
Experts on North Korea's politics immediately speculated that Kim Jong-un had ordered the assassination of his older half sibling, who at one time had been the heir apparent and had been favoured by China, the country's ally and principal benefactor.

"Maybe Kim Jong-nam was about to do something drastic that would either compromise the regime or the family," said Jae H. Ku, director of the US-Korea Institute at the Johns Hopkins School of Advanced International Studies. "By the nature of things in North Korea, the

'MAYBE Kim Jong-nam was about to do something drastic that would either compromise the regime or the family.'



Picture of Malaysian newspaper story about Kim Jong-nam's murder case



THE multiple award-winning director of films such as *The Pianist*, who has been a fugitive from American justice officials for almost 40 years, claims he has reached a plea deal around the case that would keep him out of prison, according to his attorney, Harland Braun.

Braun has written to Los Angeles county superior court judge Scott Gordon to unseal a secret transcript of the testimony of the prosecutor in the case, which he believes will confirm the deal.

The Franco-Polish director was accused of drugging 13-year-old Samantha Gailey – now calling herself Sam Geimer – before raping her at film star **Jack Nicholson's** house in LA in 1977.

Polanski, who is now 83, admitted having unlawful sex with a minor, or statutory rape, and spent 42 days in a state prison before being released.

But in 1978, believing a judge was going to invalidate the plea deal and hand him a larger prison sentence, he fled for France, and later Switzerland.

Polanski was arrested in Switzerland in 2009 on a US extradition request and spent 10 months under house arrest before the Swiss authorities rejected the US order.

Braun believes the secret

testimony of a prosecutor collected in 2010 in the US supports **Polanski's** claim that an agreement he'd made to serve just 48 days would convince the US authorities his client had served his time.

"After we confirm the contents, we will urge the court to recognise the decision resulting from a litigation initiated by

the (district attorney) and in which the DA participated," Braun told AFP.

Polanski's French legal team said the filmmaker was not intending to be present at a hearing scheduled for next week in Los Angeles to consider a request.

Polanski told the private news channel TVN24 that, should this legal bid work, he would be happy that 'this business is over once and for all'.

"I only regret that I had to wait so long. I'll finally be able to feel safe in my own country." With prosecutors still seeking Geimer to argue the case for **Polanski's** continued guilt, Geimer has said she is tired of people treating her like a victim, and has no interest in the matter being pursued any further. "What happened to me is, sadly, common – however, not the end of the world, and I'm sure I would have been fine, and I was fine, but nobody wants me to be fine. I continue to be asked to be a victim so people can use my experience, change it, make it worse, dramatise it for their own agendas. I'm not a victim anymore, I can speak for myself, I don't want to be used," she said.

Born in Paris in 1933 to Polish Jewish parents who later brought the family back to their native country, **Polanski** saw his parents arrested by the Nazis in Krakow's Jewish ghetto and sent to concentration camps.

He began his career in the film industry and eventually moved to Hollywood in 1968, where he shot his first international hit, *Rosemary's Baby*, starring **Mia Farrow** as an expecting mother carrying the devil's own spawn.

But tragedy struck the following year when his heavily-pregnant wife, the model and actress **Sharon Tate**, and four friends were brutally murdered in the director's mansion by cult leader Charles Manson and his followers.

Polanski has said he wants to visit **Tate's** grave in Los Angeles, the celebrity news website TMZ has reported. He has also not been able to visit his daughter in London, it said.



Sharon Tate

POLANSKI

TO RETURN TO THE US

A Free Man?

FILMAKER **Roman Polanski** has plans to return to the United States.

BY MARK WASSERMAN

Samantha Gailey, now known as Sam Geimer



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PEOPLE 75

TWINS WITH A

R26-Mil Price Tag

TWO parents reveal the staggering lengths they go to to indulge their nine-year-old beauty queen twin girls.



The twins in October 2016

TWINS Alycesaundra and Giavanna Lyerly are just nine years old but astonishingly their doting parents have already spent over R26-million indulging their young daughters.

While most young girls can only dream of living the life of an A-list celeb, these pampered pageant queens get everything their hearts desire.

The kids get R13 500 a WEEK in pocket money, have their own bodyguard, a limited-edition Hummer vehicle that they're too young to even drive, four Rolex watches and thousands more in diamond jewellery.

If that was not enough, after the girls started competing in pageants at the age of 10 months old, their parents splashed out another R13-million on building them their own auditorium so they could hold their own beauty competitions in their back garden.

Dad Ron, who is a farmer, has also opened bank accounts which are now so full of money, if the girls never wanted to work, it wouldn't be a problem.

Mom Kelly, 38, from South Carolina, says, "Yes the girls get a lot, but I don't think they are spoiled at all. The twins do have a lot of things, but why not if we can afford it? We are determined to give them the best life possible and have now saved enough money that if they didn't want to work, then they wouldn't have to. The kids work hard at their pageants and at school, so this is our way of rewarding them and giving them the best chance in life.

Aly said she wanted to start a

fashion line so we immediately agreed to help her. It costs us a fortune and makes no money, but it's her passion, so we will do everything to support it even if it is just a hobby. As far as we are concerned we live a pretty simple life."

After struggling for years to conceive, Kelly, a make-up artist, was understandably delighted when after undergoing IVF treatment she fell pregnant with twins.

And from the moment they were born, knew she wanted her miracle babies to never want for anything.

She says, "For years we went through so much heartache as we never thought we would be able to have kids. But then we were blessed with two beautiful girls and from the moment they were born I knew I wanted to do everything I could to make sure their lives were happy and full of love."

Both girls regularly compete in beauty pageants and have done since they were babies.

But competing does not come cheap.

The twins also have weekly voice, modelling and acting lessons.

Kelly says, "Competing in pageants is incredibly time consuming and expensive. The girls need to have hair extensions, make-up and I've lost count

'COMPETING in pageants is incredibly time consuming and expensive. The girls need to have hair extensions, make-up and I've lost count of how much we have spent on their outfits.'

of how much we have spent on their outfits over the years – it's thousands; and don't get me started on their shoe collection! Then when we travel to shows, we take a body guard with us to make sure the girls are safe. Now they even have their own tour bus too, with their faces covering the outside. It might seem excessive, but we have so much fun doing it, it makes all of us happy and the girls are incredibly good at what they do."

Dad Ron loves the pageant world even more than Kelly does.

Says Ron: "Having twin girls is very expensive but I love every minute of it. I even own a pair of jeans which have a picture of the girls made out of rhinestones on the back pockets. Taking them to pageants has been brilliant fun and seeing them win is fantastic. If I can afford to buy them things, why not as you only live once. The tour bus might seem extravagant but we were spending so much on hotels when we took them

to competitions, it seemed like a smart thing to spend money on. As soon as I saw the limited-edition Hummer car I knew they had to have it as there are only four of them made in the world. I'm trying to buy another one. People think I'm crazy and the girls are not even old enough to drive, but I just think of it as an investment."

Both Ron and Kelly say they keep twins' feet on the ground by encouraging them to do charity work.

Kelly says, "The girls are very humble and grounded and know exactly how lucky they are and appreciate all they have. We make sure they do chores round the house and school work comes before anything. When they are not competing they also love helping out on the farm and look after the animals. They are always wanting to help others less fortunate than themselves and if I thought they were turning into spoiled brats, then I would cut off everything in a heartbeat. But for now why not spend the money on them? They are my world and I just want to give them everything I can."



Aly with dad Ron and Giavanna



Mom Kelly with her twin daughters



KICK YOUR CREDIT INTO CHECK

IS the silly season's overspending still haunting your credit record three months down the line?



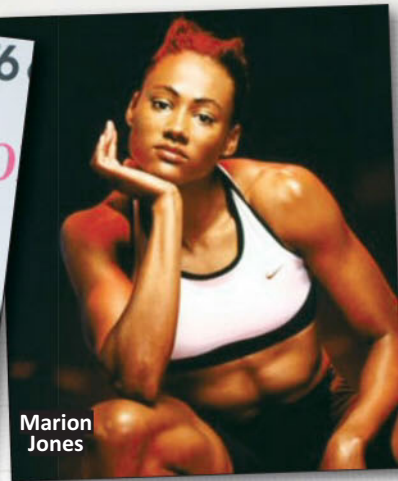
Nico van Staden, head of credit at FNB Credit Card



Donald Trump



Tionne Watkins



Marion Jones



Stephen Baldwin

STEPHEN BALDWIN, Mike Tyson, Tionne Watkins and even Donald Trump; Olympic gold medallist and track athlete Marion Jones, football superstar Michael Vick, Drake Bell, Toni Braxton and Janice Dickinson: who would have guessed these big names have had bad credit scores?

"A credit record is the documentation at a credit bureau of all the various credit agreements you have taken out. Most people know that the way they manage their credit is tracked, but don't realise the role that a credit record will play in their future financial wellbeing," explains Nico van Staden, head of credit at FNB Credit Card. "Credit providers, including banks, retailers and personal loan companies amongst others are required, by law, to submit information on your credit repayments to the credit bureaus. On a monthly basis a credit provider will supply the bureaus with detailed information on your loans. This includes what date you opened the loan, how much the loan is for, what is outstanding as well as the instalment amount. Details such as frequency of payments, any missed payments, overdue accounts or judgements against you are also reflected there."

A good credit record is so important because the information that is kept and regularly updated by credit bureaus is used by the same credit providers to assess your affordability levels as well as your risk profile. If you miss a repayment, it will reflect at the bureau. For example, if you miss a store card instalment in January but catch it up in February, this will still be reflected on your bureau record and stored for 24 months. The bureau record will show that you are currently up to

date, but missed the payment in January.

"A credit record that shows you manage your loans badly, by frequently paying late, missing repayments or have any judgements against your names will make it difficult to get further credit, as well as possibly increase the interest rate you pay on any new credit you apply for, as you will be considered high risk," says Nico. "A bad credit record means that you can jeopardise access to finance for events such as buying a home, financing a car or getting a personal loan for when it really matters. If your older child needs finance for a student loan, this could also be a problem as the parent's credit record is taken into account."

How then can you keep your credit record healthy? Nico says the first step is making sure that you have a solid budget in place. Understand the money coming into your account versus the money going out and manage this well. Don't take out credit for unnecessary items; this is where many consumers go wrong. They overextend themselves by buying clothing, luxury goods or spending on entertainment and then struggling to pay back instalments on stuff sitting in a garage or a dinner that is long past.

"Check your credit record yearly, at least. You are allowed to access your credit record profile free of charge once a year and can also purchase your report for a minimal fee from the credit bureaus. This is a good exercise to see if there are any defaults or judgments listed against your name, or if there is any incorrectly listed information on your repayment behaviour. Have a debit order loaded

on your account for repayments. This is the easiest way to ensure that you don't miss a repayment. Do not be tempted to reverse a legitimate debit order on your account when you are feeling the pinch and this will reflect on the bureau within the month."

If you have a poor credit record the first thing to do is to try catch up on any payments. This will mean becoming very strict with the way in which you spend money and may require changes to your lifestyle. Speak to your bank or credit provider if you are not managing; they may be able to help restructure your repayments. Once you have caught up on your arrears, you will need to start paying back the short-term credit facilities that you have such as credit card, store cards or personal loans. Start with the loan with the highest interest rate and do not be tempted to take out more credit once that loan has been paid off. This will show credit providers that you are willing to pay back loans."

Nico concludes: "Finally, realise that this cleaning up your credit record is a long process; don't expect a quick win here. It will probably take a full two years before your credit record is healthy again if you have missed repayments. But having a good credit record is vital for your future financial health."

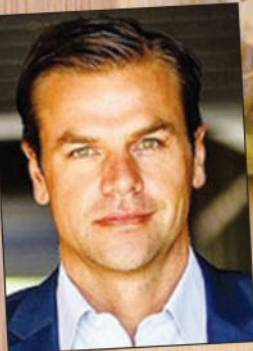
Did You Know?

- * ONE in four consumers has errors on their credit report that could affect their credit score.
- * YOUR credit score is a number that lenders use to help them decide whether to give you a loan and what interest rate they should charge.
- * A HIGH credit score can save you tens of thousands of rands in bond interest, lower your motor insurance premiums, and even help you land your next job.

RYK NEETHLING'S BRAAI PIE



BY VERA FOURIE



'MY family always enjoys this as a side dish at our braais. Although it says it will serve four or five, that's for normal people. If

you're making it for swimmers, it'll only be sufficient for two of them!' – **Ryk Neethling, Olympic Swimmer**

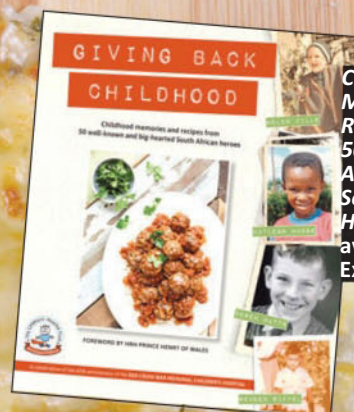
INGREDIENTS

SERVES 4-5

Three Skinless chicken breasts
200g bacon lardons (chopped)
Two sheets of phyllo pastry
Two-three handfuls of baby spinach leaves
One small punnet of white or brown mushrooms (sliced)
Three rounds of feta cheese
Three handfuls of grated mozzarella or Cheddar cheese
Spices of your choice (e.g. garlic, spicy Italian) to taste
One egg (whisked)

METHOD

PREHEAT the oven to 180°C. Bake the chicken breasts for about 25 minutes or until cooked through. When ready, cut into strips. Fry the bacon in a frying pan until done. Grease a baking tray with butter, then place one sheet of the phyllo pastry on the tray. Sprinkle over the spinach, followed by the chicken strips and then the mushrooms. Crumble the feta over the top and spread the bacon over it. Sprinkle over the mozzarella or Cheddar with the spice of your choice. Finally, place the second sheet of phyllo on top. Press the edges of the pastry together with a fork. Paint the whisked egg over the pastry, and bake in the oven at for approximately 20 minutes or until the pastry is golden brown. Cut into squares and serve.



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



BE aware of the dangers of this highly contagious disease.

March Is TB Awareness Month

PICS: FOTOLIA / WWW.ELITEPHOTOAGENCY.COM

TUBERCULOSIS, also known as TB, is a disease caused by bacteria called *mycobacterium tuberculosis*. This bacteria attacks the lungs, but can in the process damage other parts of the body, too. TB spreads through the air when a person sneezes, coughs or talks. If you have been exposed you should visit your doctor immediately for tests. We share some symptoms, causes and risks.

Latent TB Vs Active TB

LATENT TB is when you have the TB infection, but the bacteria remains in your body in an inactive state, causing no symptoms. It's not contagious, however it can turn into active TB. Active TB makes you very sick and can spread to others.

TB Signs & Symptoms

MAYOCLINIC.ORG shares some symptoms to look out for:

- * Coughing that lasts three or more weeks
- * Coughing up blood
- * Chest pain, or pain with breathing or coughing
- * Unintentional weight loss
- * Fatigue
- * Fever
- * Night sweats
- * Chills
- * Loss of appetite

Famous TB Patients

MANY celebrities have been diagnosed with tuberculosis.

* THE late Nelson Mandela contracted the disease in 1988 while imprisoned in Pollsmoor Prison in Cape Town. It was treated and cured.

* **SIR TOM JONES** got TB at the age of 12 – he was

reportedly very ill for two years.

* **ARCHBISHOP** Desmond Tutu was diagnosed at the age of 14. A TB research centre at the University of Stellenbosch is named after him.

* **TINA TURNER** got TB at 31, with rumours

that her abusive ex-husband made her perform while suffering from the disease.

* **MEXICAN-BORN** entertainer **Carlos Santana** battled TB in 1965 at the age of 18. According to reports he spent three months recuperating in hospital.

TB Risk Factors

WHILE anyone can get tuberculosis, there are some who are at a greater risk of contracting the disease.

* **A Weakened Immune System:** This includes people with HIV/Aids, diabetes, severe kidney disease, certain cancers and malnutrition.

* **Travelling Or Living In Certain Areas:** Africa, Eastern Europe, Asia, Russia or the Caribbean Islands.

* **Poverty And Substance Abuse:** Places that have a lack of medical care, those who are on drugs or drink a lot of alcohol, or who smoke a lot.

Did You Know?

- TB can affect other parts of your body, including your kidneys, spine or brain.
- **YOU'RE** more likely to get TB from someone you live with or work with than from a stranger.
- **MOST** people with active TB who've had appropriate drug treatment for at least two weeks are no longer contagious.

Get Fitness Ready



Top: R599, Vivolicious



Shorts: R399, Adidas, Zando



Trainers: R1 599.95, Nike

STOCKIST: ZANDO: 0861 192 636 / H&M: (011) 592-3200
WOOLWORTHS: (011) 290-1011

Courtesy of www.mayoclinic.org and www.medicineplus.gov

PULL your weight when it comes to fitness.

4 Weight Training Tips For Men

BODYBUILDING.COM gives men some good advice when it comes to weight training.

1. **Pay Attention To The Tempo:** The tempo, for those who don't know, is the speed at which you lift the weight, and experts stress that while weight training it's vital to vary the tempo at which you train.
2. **Rest Between Sets:** Over-training isn't going to help build bigger muscles, fellas. According to Bodybuilding.com, 'the amount of time that you rest between sets is dependent upon the intensity at which you lift (how close to your maximum)'.
3. **Prevent Imbalances:** Always make sure your training programme trains both the agonist and antagonist muscle groups.
4. **Pre-Workout Cardio And Stretching:** Always start a session with some cardio, say experts – five to 15 minutes will do. This will increase your core temperature, avoiding injuries during the workout. Also make sure to stretch the body part you are about to train after the cardio.

Encourage Physical Activities

WITH March 4 – 8 being School Health Week, we are sharing some tips to keep your kids physically healthy at all times.

1. Encourage your kids to do sports.
2. Enjoy family fitness which will keep your kids active and happy to participate in sports and other activities at school too.
3. Encourage them to try out for a sports team – whether it's swimming, soccer, netball or cheerleading, keep them active
4. Make physical activity fun by including their friends or fun activities with the family.
5. Make it convenient for them and allow them to choose their own activity.
6. Make fitness a priority and as they get older help them understand the importance of it.

Health Benefits Of Push-Ups

THEY'RE not easy, nor are they fun, but boy, are push-ups beneficial! Here's why you should get own on all fours, people...

1. They help build upper body strength.
2. They help strengthen your core.
3. They're great for an instant energy boost.
4. They help increase bone mass.
5. Push-ups increase your metabolic rate.

4 Smart Stretching Tips

WE all know we have to stretch – even though we sometimes don't – but are you doing it right? We share some important tips.

1. **Stretch Safely:** Listen to your body – holding a stretch for too long or until it hurts is obviously not a good idea. It should feel good, with mild discomfort at the most, say experts.
2. **Do It Regularly:** Experts suggest we stretch at least three times a week to maintain flexibility.
3. **Always Warm Up First:** As mentioned above, never stretch a cold muscle. Five to 10 minutes of warming up is enough – jog, walk, just warm up.
4. **Don't Bounce:** Ballistic stretching – where people bounce while stretching – may do more harm than good, say experts.

WHAT IS CYBERBULLYING?

CYBERBULLYING is when someone uses technology to harass, threaten or embarrass another person. This has just as many negative effects as face-to-face bullying. This can be done on social media or by text and while some cases are obvious, others can be hard to spot. According to Kidshealth.org, it's been found that about one in four teens has been the victim of cyberbullying, and about one in six admits to having cyberbullied someone. The website adds that, in some studies, more than half of the teens surveyed said that they've experienced abuse through social and digital media.

PSYCHOLOGICAL bullying is often far more detrimental than the physical kind.



CYBERBULLYING SIGNS

BELOW is a list of signs to look out for, courtesy of Kidshealth.org:

- * Being emotionally upset during or after using the Internet or the phone
- * Being very secretive or protective of one's digital life

- * Withdrawal from family members, friends, and activities
- * Avoiding school or group gatherings
- * Slipping grades and 'acting out' in anger at home
- * Changes in mood, behaviour, sleep, or appetite
- * Wanting to stop using any technology
- * Being nervous or edgy when receiving messages or e-mail

Look Out For Body Dysmorphic Disorder In Teens

Is your teen constantly preoccupied and upset about body imperfections or appearance flaws? This could be a sign of body dysmorphic disorder (BDD). Kidshealth.org describes this condition as one which 'involves obsessions, which are distressing thoughts that repeatedly intrude into a person's awareness'. Just like an eating disorder, where teens obsess about their weight, those with BDD worry about an aspect of their appearance – from their hair, to their figure, to the size of their nose and lips.

BDD Warning Signs

TIMBERLINEKNOLLS.COM shares some of the signs to look out for if you think you, or a loved, one could have the disorder.

1. Preoccupation with physical appearance
2. Belief that one has an abnormality or defect in appearance that makes them ugly
3. Frequently looking in the mirror or avoiding mirrors altogether
4. Believing that others take special notice of one's appearance in a negative way
5. Frequent cosmetic procedures with little satisfaction
6. Excessive grooming
7. Feeling extremely self-conscious
8. Refusing to take photographs
9. Skin picking
10. Comparing appearance with that of others
11. Avoiding social situations
12. Wearing excessive make-up or clothing to camouflage perceived flaws

Did You Know?

ACCORDING to experts, body dysmorphic disorder is a serious disease and can be very severe if accompanied by other psychiatric or addictive disorders.

Dear Doc



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

DEAR DOC,
WHY am I itching all over?
For about a month, I have had all-over itchiness. My legs itch, my arms itch, the inside of my nose feels like it is being eaten alive by bugs. I've tried everything. Help!
Insane Itching

DEAR INSANE ITCHING, THERE could be a number of different reasons for your itch, and I suggest you see a dermatologist for an examination. You are describing your itch as affecting basically your entire organ, your skin. The possible causes for generalised itching includes infection, inflammation, and break down of the skin's natural barrier. Organisms such as mites could be passed from person

to person and are contagious. The common term is scabies. If you have skin contact in crowded places, you have a higher chance of getting it. It can cause generalised itching and often you can see skin burrows between your fingers. Allergies also frequently result in severe itching. The commonest culprits tend to be products, especially bath/shower soaps, but pollen, housedust mite and food allergies can also cause itchiness. There are a many other causes of skin itching and a few basic blood tests may also be necessary to make sure there's nothing going on internally that's making you itch. Please see your doctor before you drive yourself crazy from scratching.



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



BY LISA RALEIGH

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

LAUREN CONRAD'S FLAT TUMMY

LAUREN CONRAD has been at the top of her game since her debut into fame on MTV's *Laguna Beach*. The self-made star may be busy round the clock, but she still manages to stay bikini ready year-round, thanks to some of her own fitness strategies.

Be Consistent: LC knows that great results come from regular workouts. If a busy week means she misses a workout, she views that as a hiccup and jumps right back on the bandwagon the next week.

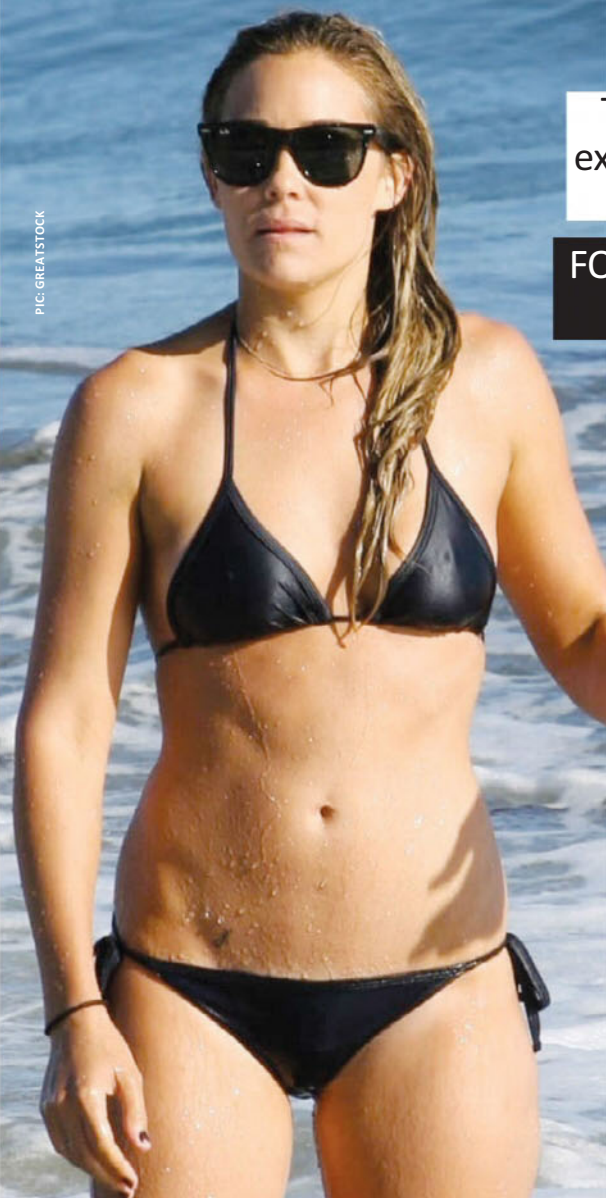
Start The Day Well: Lauren never skips breakfast to set a healthy tone for the rest of her day. Getting enough energy in the morning is also crucial for stabilising your blood sugar and keeping you satisfied until lunchtime.

Spot Your Triggers: Everyone is different, which means we don't all share the same bad habits. For some, it's craving pizza when the weekend strikes, and for others, it's reaching

for unhealthy snacks when your sugar dips every afternoon. **Lauren** identifies her food and decision-making weaknesses, so she can tackle them the healthy way when they hit.

Reward Yourself: The blonde beauty knows the power of incentives, and ensures that she rewards her healthy habits regularly to keep her on track. It may be as small as a manicure, or as big as a weekend away when you reach your goal weight, but rewards are a powerful way to keep you going.

Work Your Core: LC pays special attention to her core when she trains, to keep her midsection tight and toned. Try three of her favourite exercises below to tone up your



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.

Forearm Plank

LOWER yourself into plank position, with your forearms flush against the ground and hands together to form a triangle shape. With your hips in line with your body and core tight, hold the position for 15 to 25 seconds. Aim for three sets.

Scissor Abs

LIE on your back with your legs extended in front of you and arms at your sides. Brace your core and lift your legs off the ground. Keeping them straight, cross and uncross your ankles, lowering them back to the ground at the end of your set. Aim for three sets of eight to 12 reps.

ACADEMY AWARDS

Special

(Part 3)

WE take a trip down the Oscars memory lane.

FROM bright colours, show-stopping hair and make-up to embellished gowns galore, the fashion game has been going strong from 2014 to 2016. The Oscars never disappoint when it comes to fashion and beauty and, sure, there are always a few misses, but we still get

excited to see what Hollywood's biggest names steps out in. You also get a helping hand on some of the latest trends, giving you an idea on how to incorporate them into your wardrobe or how each one looks on different skin tones and silhouettes. Here are our bests (and a few worsts).

Red Carpet Natural Hair

LUPITA NYONG'O had a real-life Cinderella moment – she took her red carpet wander in a gown fit for a princess including a gold tiara headband. Plus, natural hair for the win!

Gold Leaf Crown Fascinator: R349, Forever New

Lupita Nyong'o

THIS was a big red carpet moment and we are sure people will remember this look for the rest of their lives. Her dress was a complete stunner – a pleated powder blue custom designed Prada gown. She looked like a Grecian goddess and every photographer wanted her to twirl, which made it even more gorgeous and breathtaking.

Margot Robbie

A SHOCKING colour swap. We're so used to seeing Margot with blonde hair, but she debuted black locks on 2014's red carpet.

Colour Elixir Lipgloss In Lustrous Plum: R155.95, Max Factor



Angelina Jolie

ANGELINA JOLIE looked gorgeous in this sheer embellished Elie Saab gown that draped beautifully.

Kate Hudson

KATE evoked old Hollywood glam in a cleavage-baring, low-cut beaded gown! And the cape?! Oh my! So much drama! Between the detailing and the old school shoulder pads, she nailed it perfectly!

RDS



Lady Gaga

WE have to love this look even though we've got used to her outrageous fashions but the star looked uber-chic in this strapless curve-hugging embellished Versace gown.



Shimmering Keratin Oil: R169.95, OGX



Kerry Washington

KERRY WASHINGTON always looks great in a statement lip. And the deep wine tone she wore at the 2014 Oscars is no exception. Want her look? Mirror your lip tone in your outfit.



Color.Bug: R200, Kevin Murphy



Kelly Osbourne

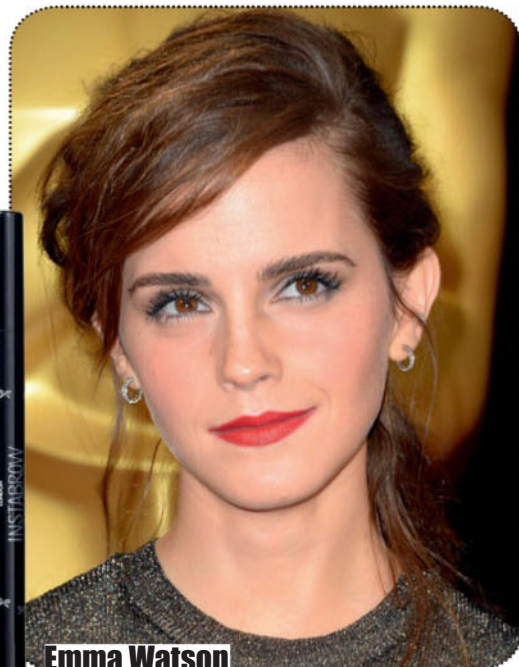
THE pioneer of pastel, Kelly's mauve hair added a welcome pop to her classic beaded dress and glowing make-up.



Expressions Eyeshadow: R230, Bodyography

Cristin Milioti

THE lip colour and silvery lids both helped to accentuate her beautiful pale skin. But maybe Cristin should've considered a hairstyle with a bit more edge or one styled away from her face.



Emma Watson

SOMETIMES all you need is a bright lip. Yes, Emma's hair was a bit bleh for the most glamorous night of the year, but her adherence to beauty rules makes up for this. The matte red lip, defined lashes and combed-up brows are beautiful.



Insta Brow Brow Gel: R240, Ciate London



Georgina Chapman

IT won't be a red carpet without glamorous waves. Georgina's curls gave her a polished look with shine. When you have something so flawless, less is more.



Maria Menounos

HER look was completed with a beautiful braided up-do that emulated a Grecian goddess. She kept her make-up pretty and simple, showing off her natural beauty. Kudos, Maria.



Jada Pinkett Smith

NOT an easy look to pull off. Jada's make-up is very matchy-matchy to her dress. Both her lips and eyes are the exact shade as the gown, but she wears it effortlessly.

2014

2015

Red Carpet Dreads

ZENDAYA'S two-toned dreads were actually magical. While she received a bit of flak (by one *Fashion Police* judge in particular) she nailed modern-day glam.



Deo Dreads: R95, Ladine



Keira Knightley

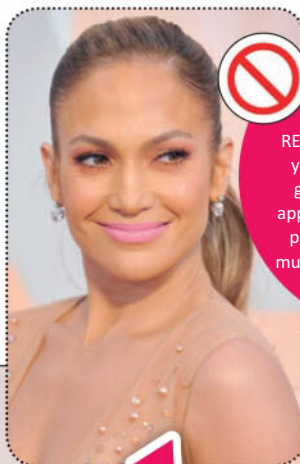
THE champion of elegant, romantic locks, **Keira's** loose waves, mauve lip and soft eyes, showed that less can be more.

Herbal Matte Lipstick In Regal Café: R95, By Palladio, Dis-Chem



Oscars DON'T: Jennifer Lopez

REDDISH tones surrounding your entire eye is never a good thing. Add a goopy application of clashing candy pink lip gloss and way too much bronzer and you've got **Jennifer's** worst Oscars look.



Jennifer Lopez & Robert Duvall's Wife

THIS is why we love **Jenny** from the block! She just always wows in the most gorgeous looks. The star stepped out on the carpet in a plunging embellished beaded gown. Unfortunately for the star, she had a B**** Stole My Look moment as **Robert Duvall's** wife rocked up in a similar dress in a different hue. Oops! But she still gets our vote as she looked amazing in Elie Saab.



Chrissy Teigen

SHE'S known for always looking sexy and pulling out all the stops whenever she steps out on the carpet. She stunned in an embellished, low-cut and extreme thigh-high slit Zuhair Murad gown.

Zendaya Coleman

REGARDLESS of the controversy surrounding **Zendaya's** look we simply love it! A great combination of glam and edge.



Lupita Nyong'o

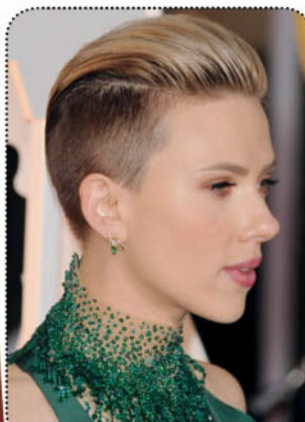
WHITE was popular at the 2015 Oscars and no one rocked white like **Lupita** did. She wore a Calvin Klein dress made of 6 000 pearls. Now when there's that much work done to any look, it has to be breathtaking and no argument, this was! This dress was striking and dazzling!



Supermoist Lipstick
In Electric Tangerine:
R109.95, Yardley

Red Carpet Lips

EMMA STONE embraced chartreuse, or that colour between yellow and green (one of the trickiest shades ever). She paired it with one of the easiest shades for lips, though: orange. There's a shade for everyone!



Scarlett Johansson

WHILE it was the year of modest and understated styles on the red rug – **Scarlett** chose a brave buzzcut and quiff combo. Not for the faint of heart.



Jennifer Hudson

FALSE lashes strike again! They make **Jen's** gold eyeshadow, subtle waterlining and natural brows stand out fantastically.



Emma Stone

EMMA has always been the star to watch at any red carpet event simply because she always takes fashion risks that most wouldn't look twice at. She turned heads once again in this long-sleeve chartreuse beaded gown, complementing her skin tone and gorgeous red locks.



Lady Gaga

O! **Lady Gaga**... Why the rubber gloves? This voluminous gown would've been a complete knockout if she hadn't ruined it with the gloves.



Rita Ora

RITA'S make-up is a cute nod to the 1960s. Think **Twiggy**. She also showed off her shorter hair.



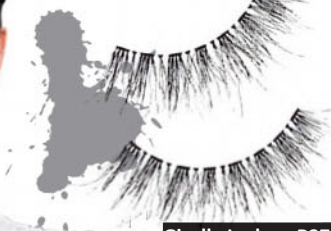
Carmen Ejogo

THIS is how you make retro-inspired hair feel modern. **Carmen** mixes soft 1930s flapper-style curls with a modern dye job to keep her look unmistakably contemporary.



Permanent Hair Colour Gel: R180, Herbatint

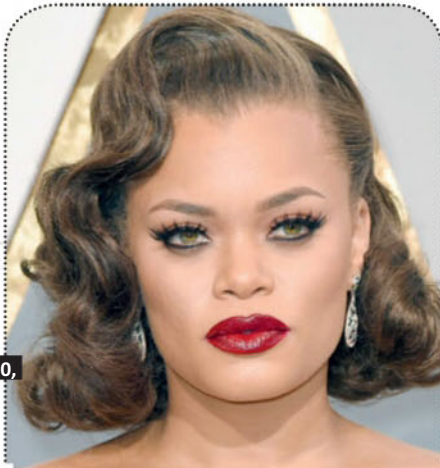
2016



Giselle Lashes: R370, By Huda Beauty, 27PinkX

Andra Day

USUALLY not one to make it onto best beauty lists, **Andra Day** knocked it outta the park this time. The dark lips, the spiky lashes, the hair, the tight lining round the eyes, the nails – we could go on about this for days.

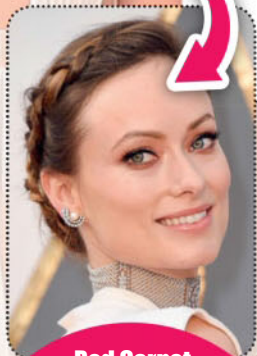


Lady Gaga

GAGA'S look is rooted in rich, shimmery variations of rose and copper paired with soft lipstick. Her **Marilyn Monroe**-style 'do is appropriate. But it just might be time to step away from the brow bleach.



Shimmer Strips Extreme Shimmer Shadow & Liner: R249.95, By Physicians Formula, Dis-Chem



Red Carpet Braid

AN elegant plait was woven along **Olivia's** hairline, which transformed into a bun at the nape of her neck. Her hair was soft and ethereal, but a smoky peach and gold eye with earthy tones pay homage to **Olivia's** edginess.



Jennifer Lawrence

NO brainer that **Jennifer** was on many lists of being the best dressed at the Oscars. She stepped out in a Dior black lace number that created an edgy and sultry look.



Nail Lacquer In All White Now: R138, Morgan Taylor



Charlize Theron

CHARLIZE was all about sex appeal in a very low-cut gown by Christian Dior. She oozed sex appeal.



Daisy Ridley

DAISY'S insanely awesome, super-structured futuristic bun was a hit, and allowed her strong brows to take centre stage.

Olivia Wilde

OLIVIA always looks stunning on the carpet. She wore a deep plunging neckline ivory Valentino pleated gown with a diamante choker, which completed the look and made her appear regal! This was ultra-feminine.

Red Carpet Brows

OBVIOUSLY, Priyanka threads her brows, because they are thin and angular. Maybe too much so. But her brownish-berry lip colour is soft and creamy, so we might just forgive her.



Priyanka Chopra

THE gorgeous Bollywood actress showed off her insanely hot physique in a white lace Zuhair Murad gown. The design perfectly hugged her curves and just looked stunning on the carpet.

Kerry Washington

WHILE normally a fan of a bold lip and soft eye, Kerry opted for an inky eye and nude lip. It's easy to see why we love (and copy) it. The trick? Tone down the upturned eye with matte skin and just a bit of contour.



Professional Contouring Palette: R79.95, Catrice

Olivia Munn

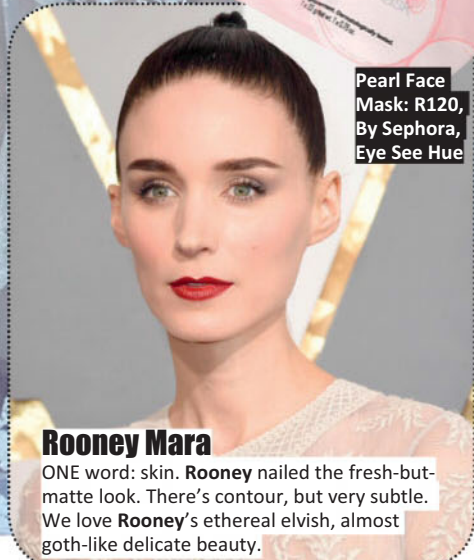
OLIVIA injected the red carpet with a major dose of bright, sunny orange, while keeping her eyes neutral.



Juicy Shaker In Apricot: R270, Lancôme

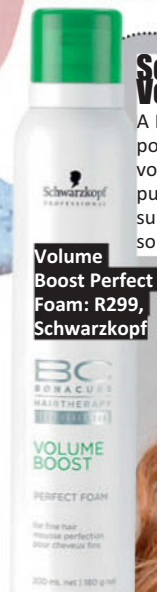


Pearl Face Mask: R120, By Sephora, Eye See Hue



Rooney Mara

ONE word: skin. Rooney nailed the fresh-but-matte look. There's contour, but very subtle. We love Rooney's ethereal elvish, almost goth-like delicate beauty.



Volume Boost Perfect Foam: R299, Schwarzkopf



Sofia Vergara

A MIDDLE-PART ponytail with volume is hard to pull off, but on sultry Sofia it is so chic.



Rachel McAdams

ACTRESS Rachel McAdams stepped out in an emerald green satin gown that beautifully revealed her gorgeous legs. She looked ultra-glam and made a statement.

FLEECED: AVOID GETTING SCAMMED

BY ALEX J. COYNE

REMEMBER, there is no prince out there desperate to give you money...

WE'VE all received the obvious e-mail from a scammer: "Hello Dear, my name is Mrs Davis from the Prince's National Bank of India..." But now that scammers are getting smarter, do you know enough about wolves in sheep's clothing to spot it *before* you get fleeced?

Most Popular Scams

The Big Win

How It Works: You receive an e-mail or SMS claiming that you have won a competition that you don't remember entering. From there, you are asked to either send through personal information like your full name and ID, or asked to pay someone to 'release the funds'.

Proof Of Payment

How It Works: There's a proof of payment in your inbox, and it looks like it's from the bank. Consumer beware: It might be what's known as 'phishing'. Usually, you will be asked to confirm your username and password to a cloned website that can look almost exactly like your bank's homepage.

Always check potential payments with your bank.

Online Purchases

How It Works: Always use common sense when meeting buyers and sellers from classifieds. In 2012, a Cape Town man was

murdered after advertising his BMW online. Online purchases large or small can also turn into a scam when you are asked to pay ahead – for example, a car that 'has to be sold today'. Sometimes these can be so elaborate as to include a fake proof of payment or a payment that seems completely legit, then gets reversed.

The Invisible House

How It Works: Make sure that you or someone you know has *seen* a property before you go ahead and put down a deposit. The house deposit scam involves being asked to put down a deposit for a property (or sometimes a vacation house)

that just doesn't exist when you get there.

Counterfeit Products

How It Works: Are you *sure* that's an authentic '50s Telecaster you're trying to buy? Always authenticate items, especially high-value and often-counterfeited items like branded wear, guitars and supposed vintage or antique items with an expert before putting down cash. As a rule, do your research before buying *anything* on- or offline.

Work From Home

How It Works: Some job offers sound too good to be true, and are. You are offered an exceptionally high return and your job is usually just to recruit others to work from home too – by guess what? Doing the same. This, no matter how legit it might be made to seem, is just a new spin on pyramid schemes.

Catfishing

How It Works: Beware of sudden declarations of love on social networking and dating sites. This could be a catfish: A scammer pretending to be a suitor but who's only interested in your cash. It's always categorised by demands for money, a reluctance to meet in person; scammers are frequently abroad, and often go under the guise of being soldiers. Their profiles are fake in that the scammer has stolen a genuine person's photos. Use Google Image Search to reverse search the photos if you are in doubt.

REPORTING SCAMS

* **SA Fraud Prevention Service (SAFPS)** deals with protection against identity theft.

<http://www.safps.org.za/>
* Use **ScamBuster** to report new scams or check if something smells fishy.

<http://www.scambuster.co.za/>
* **The Competition Tribunal of South Africa** regulates any contests, competitions and lotteries.

<http://www.comptrib.co.za/>
* **The National Consumer Commission (NCC)** protects consumers as a whole, but also from scams.

<http://www.thencc.org.za/>

* **Small Claims Court (SCC)** handles lawsuits amounting to R15 000 and under; submit a claim if you've been wronged.
<http://www.justice.gov.za/scc/scc.htm>

SOURCES: FNB.CO.ZA, SCAMBUSTER.CO.ZA, SAFPS (ROY RETIEF), JUNKMAIL.CO.ZA, STANDARDBANK.CO.ZA, NEDBANK.CO.ZA, JUSTICE.GOV.ZA



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31 March — 2 April 2017

LOURENSFORD WINE ESTATE, SOMERSET WEST

MOUNTAIN BIKE CHALLENGE: 1 APRIL 2017

Some of the most breathtaking mountain bike trails are in the Helderberg, and the Cape *Getaway* Show Mountain Bike Challenge is the perfect opportunity to experience them with your friends and family. You can either take part in the 10km, 20km or 40km ride.

Venue Lourensford Wine Estate,
Somerset West

5km @ 8am (R50)

A non-technical family fun ride.

20km @ 7.30am (R200)

An ideal route for beginners on
a jeep track with moderate climbs.

40km @ 7am (R300)

A challenging, technical ride,
mostly single track.

Book online ticketpros.co.za

Cost is per rider and includes free
entry for the rider plus a partner
to the Cape *Getaway* Show.

TRAIL RUN: 2 APRIL 2017

Join us for the *Getaway* Trail Run, a fun 13km trail route through the beautiful Lourensford Wine Estate. It takes place on 2 April 2017 (the final morning of the Cape *Getaway* Show). There is limited space so book now to avoid disappointment.

Venue Lourensford Wine Estate,
Somerset West

Time 7am

Cost R100

Book online ticketpros.co.za

Cost is per runner and includes
free entry for the runner
plus a partner to the
Cape *Getaway* Show.

Visit getawayshow.co.za

or contact Monique Brevis on monique.brevis@ramsaymedia.co.za