2020 Kia Seltos 1.6

52-year-old female

PREMIUM:

R572pm

OUTBONUS R2 140

2018 Toyota Corolla Quest 1.6

53-year-old female

PREMIUM:

R501pm

OUTBONUS R1 875

2017 Ford Ranger 2.2 TDCi

38-year-old male

PREMIUM:

R804pm

OUTBONUS R3 007

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PREMIUM:

R382pm

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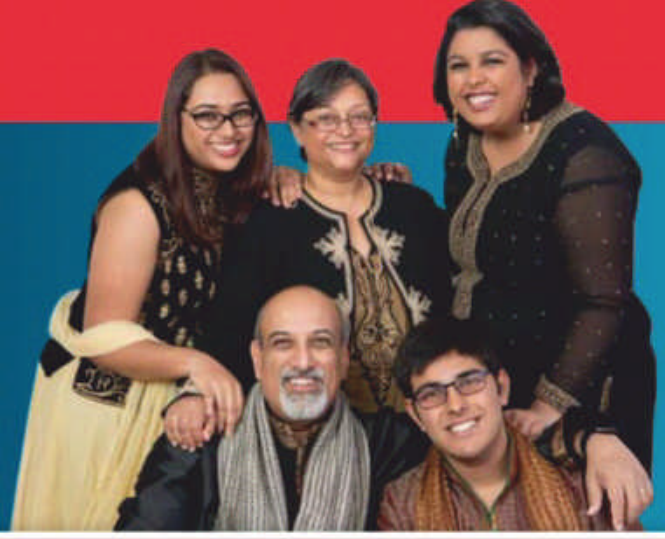

FAMILY MAN

Getting personal with Salim Abdool Karim

WHAT SOUTH AFRICA'S FAVOURITE PROFESSOR IS LIKE AT HOME

TRICKY TEENS

From sex to social media

HOW TO COPE WITH THE CHAOS & KEEP YOUR COOL

you.co.za | 17 SEPTEMBER 2020 #719

YOU

EXCLUSIVE!

THE TRUTH ABOUT HER FOUNDATION & CORSICA TRIPS

Princess Charlene & palace insiders speak out about raging rumours

NEW ROMANCE

Lockdown love blooms for Trevor Noah & Minka Kelly

HE'S EVEN ABANDONED HIS 'NO LIVING TOGETHER' RULE!

MICHELLE BOTES

Happy again after 7 years in the wilderness

I WAS BURNT OUT BUT I'M READY TO LIVE & LOVE NOW

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Ziyaad, 36

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Kitumetsi, 40

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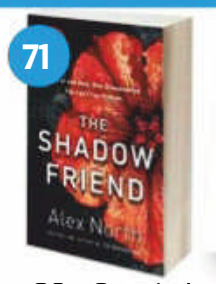

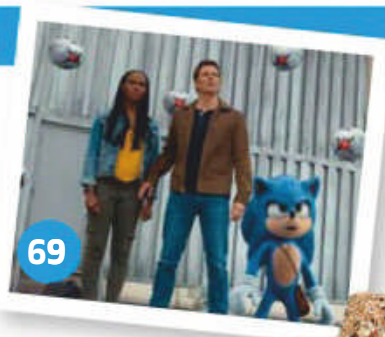

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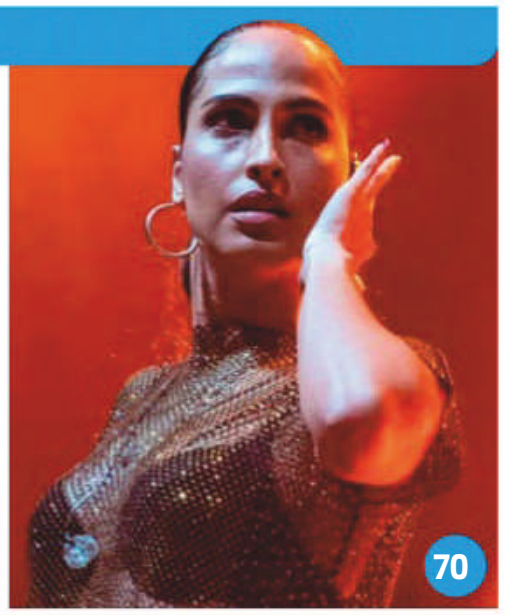

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YOU SAY

MY NEPHEW just celebrated his first birthday. And although it's the only normal he's known, it's so strange for me when I think of his short time on Earth.

Half of it has been spent in lockdown. He knows the camera of a cellphone quite well but not the loud and raucous family lunches we're all accustomed to and who knows how he'll react when he's around huge groups of kids.

Last year this time we were awaiting his arrival. How unrecognisable the world is compared to then.

Yet look at us. We're still here, making it (even though some days are really, really hard). Like my nephew, we're living our new normal as if there's no other, and making the most of what we have.

Every time we put together this magazine, I think of you, hoping something in this issue will touch your hearts and bring a smile to your faces. That you will find some kind of solace, if only for a little while, as you escape into the pages of YOU. And that for a little while your world will be normal again.

Charlene

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WINNING LETTER
'I'm so proud of myself for making an income in these dark times'

WHAT LOCKDOWN HAS TAUGHT ME

I'M BY by no means rich, nor do I come from a wealthy family. I work incredibly hard for my money in order to live a comfortable life.

When the coronavirus hit, my husband and I, who both work in tourism, lost our jobs. It was a complete shock to the system. For the first five weeks I was in a very dark place, completely overwhelmed by the stress of bond payments and expenses of daily living.

After seeing a huge increase in beggars I realised that I actually don't have it that bad. To keep my mind off my worries, I turned to cooking and baking, and to my surprise, it all tasted really good and I thought, "Let me see if I can sell some items." That's when I started selling rusks.

The support from the community was overwhelming. In three months I've sold more than 140 batches of rusks! I'm so proud of myself for keeping busy and making an income in these dark times.

Lockdown has also taught me a valuable lesson about money. I don't have to go for a facial or haircut every month. I don't have to buy the most expensive products. I don't need new clothes every season. I choose to support local and independent business before I buy from the big corporate companies. There are so many hidden gems out there.

It's been an interesting year that taught me more about my resilience, confidence and strength, than my whole life combined.

BAKER, BALLITO

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YOU NEWS
A 21ST CENTURY RAPUNZEL
She's proud of her mega-long locks – and men find it irresistible
COMPILED BY JACQUELINE COETZEE

'I think people who say they don't like my long hair are just jealous'

TIME FOR A TRIM

Just like the 21st Century Rapunzel (YOU, 13 August), I too had hair of an exceptional length. As a teenager my hair grew down to below the back of my knees and was my mother's pride and joy.

My best friend also had long hair but, whereas my mother trimmed at least 4mm off mine every month, my friend never allowed a pair of scissors near her locks. The result was that her hair was always shorter than mine, and ended in the same scraggly fly-away ends that Malgorzata sports. Nothing encourages your tresses to grow faster than a regular monthly trim.

Malgorzata's hair is absolutely beautiful but would look so much better without the scraggly lifeless ends. A much-needed trim would enhance the visual appeal of her crowning glory.

A CUT ABOVE, EMAIL

A FRIEND IN LOCKDOWN

I'm 89 and the past few months have been unusual to say the least. With the coronavirus I've become a real hermit. At my age I dare not put my nose outside for fear of catching the disease.

I used to read a lot but now that the libraries are closed I have only your magazine. My daughter brings it to me regularly once a week to read and keep my brain active.

I do the Blockbuster and I'm thankful for the extras. It helped me to get through August, which is a difficult time for me. In 1992 my sister died unexpectedly in this month. Then in 1993 my youngest son was killed and 27 years later I'm still struggling to come to terms with it.

Days and nights when I'm awake I get up and do some brain exercise. So please don't stop and keep on giving us the extra puzzles we look forward to.

GRATEFUL GREAT-GRANDMOTHER, EMAIL

COVER UP IN THE SHOPS

To be of any effect whatsoever, masks have to cover our mouths and our noses completely. Unfortunately, grocery shopping has become a hazardous activity, particularly at the checkout points because of the lack of staff training and supervision.

Many grocery store managers allow

Meghan and Harry's new mansion

Thanks YOU for this article on Harry and Meghan (YOU, 13 August). Well, she certainly got what she was aiming for all along: mixing with and living like her star friends while all Harry's friends got left behind.

But I think they've bitten off more than they can chew with this house.

Until she married him Meghan was relatively unheard of, even in her own country. And we all know the people of Hollywood seldom see 50-year marriages or even 10-year ones, if it comes to that and with the high cost of wanting to live as her friends do, I think they've made a huge mistake. Time will tell.

I don't feel sorry for Harry but I wish him well for the future and hope he has time to spend with his grandmother before she passes on because should she die and he'd not seen her for a while it could have repercussions on the marriage. I've seen it before.

SUE GLAISTER

■ So Harry and Meghan have managed to purchase a mansion and in close proximity to her pals. Wonder what she'll think up next?

BETH, SMS

■ A more whiny, self-absorbed, narcissistic twosome I've never come across.

Shame on them for trashing the queen, and William and Kate. My respect for Meghan and Harry is no more.

EX-FAN, SMS

their staff to wear their masks incorrectly, thereby potentially infecting customers. Many allow customers to remove their masks or wear them incorrectly.

I would like to support only those stores that demonstrate they care about their customers by actively monitoring the compliance of staff and customers with wearing masks correctly.

CONCERNED SHOPPER. BOKSBURG

PICK UP THAT DOGGY POO

We regularly take our dogs to a pleasant park in the southern suburbs of Cape Town. There are signs requesting dog walkers to pick up their dogs' poo, and bags are even made available there.

But oh my, what's wrong with some people who just walk away after their darlings have defecated?

Be responsible and do the right thing, even if it's a bit unpleasant. Most people do. What makes you so special?

MOXIE, EMAIL

ANYONE FOR A HUG?

I think the global community needs a hug. After the collective embrace of comfort and security, kindness needs to be practised and felt by our global citizens.

Wouldn't it be heartwarming if we created a movement that encouraged such behaviour and welcomed diversity and inclusion? We aren't incapable of changing our violent and hateful ways.

If we start small, it's bound to create a ripple effect. Let it start with you. Let it start today and let it filter over to the days that will follow.

KIKS AND KINDNESS, SMS

IN BRIEF

My husband and I are pensioners. On Monday 31 August we had breakfast at our favourite restaurant in Randridge Mall. When we asked for the bill the waitress told us it had been paid for, but wouldn't say who'd done it. To the person who did this for us, from the bottom of our hearts, thank you so much.

SHEILA AND BARRY, EMAIL

Vernon Daniels, I fully agree with you and join you in congratulating the Covid-19 field hospital (YOU Say, 27 August). I greatly admire and care about all the long-suffering carers and staff. You will be remembered fondly and blessed.

SINDY, DURBAN.

Am I the only one who finds it extremely irritating to have adverts around the screen in the middle of 7de Laan? It's bad enough that we only get about 20 minutes out of 30 because of advertising as it is, then we must still be bombarded during the show. Come on SABC, enough is enough.

FED UP, EMAIL

To all arthritic patients, maybe the more you treat your pain the more you're adding to the problem. More than half your problem is sitting in your gut, so get to cleaning it out regularly – every day and more than once a day. Go on a fresh food diet and leave off the braai and canned or frozen foods. All freshly juiced fruits and vegetables are beneficial.

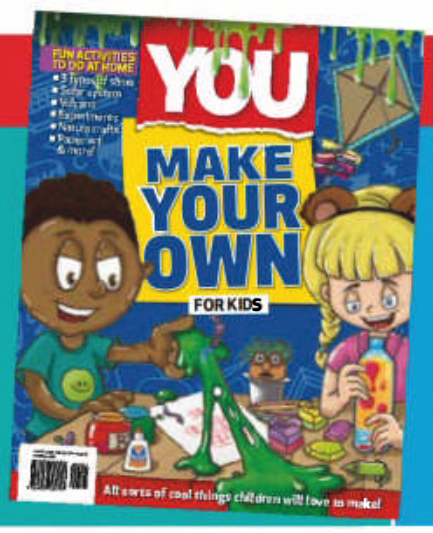
ANNE, NORTHPINE

Well said "No Competition" (YOU Say, 27 August). I too have no time for Prince Charles and his wife, Camilla. I'll never forgive them for the way they treated Diana and I believe a great number of people in the UK feel the same way.

MONARCHIST, EMAIL

Busy kids, happy kids

Keeping children occupied and entertained can be hard when no screens are involved. Enter the engaging projects in YOU Make Your Own. It's packed with awesome DIY experiments and crafts. They can make musical instruments, build an electromagnet, create origami, make glow-in-the-dark slime and much more! Get your copy in stores now, online at youstore.co.za or a digital copy at magzter.com. Or contact Johan Terblanche on 021-406-4962 or johan.terblanche@media24.com and have it delivered to your door.



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IT'S JUST NOT TRUE!

No, she doesn't flee the palace. No, her foundation is not in trouble. Princess Charlene hits back at the rumours

BY **NICI DE WET**

ABOVE: Princess Charlene, her husband Prince Albert and their twins, Princess Gabriella and Prince Jacques, on the balcony of the Pink Palace during the Sainte Devote celebrations in January.

SHE'S had her fair share of criticism over the years and she's usually okay with that – she knows it comes with the territory.

After all, when you marry a prince who presides over one of the most fascinating principalities in the world, you have to take the good with the bad.

And for the most part, her Serene Highness Princess Charlene of Monaco has managed to maintain a dignified silence.

But sometimes she feels it's important to speak out – especially when your reputation and everything you've fought so long and hard for are on the line.

Which is exactly what the Benoni-bred mom-of-two is doing now. She didn't want to – her attitude when scathing stories appear about her is to look the other way. Yet this time she felt she needed to say something, especially as her beloved foundation has been dragged into it.

Popular French magazine Paris Match recently published an article which has the princess and her camp up in arms. It paints a picture of a lonely, brittle princess who seldom smiles and had trouble settling into Monaco – a place peopled by "sharks and vipers", as she allegedly called them.

The story also claims she disobeys royal rules and regularly flees to Corsica or Turkey and has grown suspicious of everyone, even those who have supported her for years.

The family on the cover of Paris Match in 2015. The magazine recently ran a scathing article on Charlene.

What's more, the princess believes she's become untouchable, the story says, and often cancels appearances at the last minute – something those close to her say simply isn't true.

"She often packs in three to four engagements a day," a palace insider says.

Yet what has upset Charlene most are the allegations that her foundation is in disarray.

One of the bombshell claims is that former Springbok rugby captain Francois Pienaar, a long-standing member of the board, quit due to internal strife and that Charlene herself appears to have lost interest in her foundation. Francois denies this and the allegation is refuted by the board of directors.

'I want to be present and actively involved. It's a life with purpose'

Speaking exclusively to YOU from the Pink Palace in Monaco, the princess says the claims and allegations are "a total fabrication".

"None of it is true. It has come as a shock and I'm saddened by it."

She wasn't approached by the publication for comment and neither was Albert, she says.

Charlene was all the more stunned because the family had been on good terms with the magazine and posed with then-10-month-old twins Prince Jacques and Princess Gabriella for a cover in October 2015.

Albert, however, has a history with the publication, and sued it in 2005 after they ran a story outing his love child, Alexandre (17), from his fling with French-Tongolese air hostess Nicole Coste.

The case went to court and Paris Match was ordered to pay €50 000 (then R380 000). Albert also successfully sued The Sunday Times in the UK for the same story.

However, in 2015 the European court of human rights overruled the French court's decision, saying that Paris Match was justified in publishing the piece as it was in the public interest.

"The story had importance that went beyond the scope of the prince's private life," the judges said.

ALMOST no stone is left unturned in the Paris Match article and even the early years of her relationship with Albert are delved into.

One incident recounted is from 2007 – long before their 2011 marriage – when she accompanied Albert to the opening of an exhibition about the life of his mother, Grace Kelly, at the Grimaldi Forum.

Charlene is told to wait as two Hermès Kelly bags are given to Albert's sisters, Caroline and Stephanie – "the true princesses".

The early years of her marriage are also picked apart and she's quoted as saying the people in Monaco "didn't understand my mentality or my South African humour".

(Turn over)

GALLO IMAGES/GETTY IMAGES, GALLO IMAGES/AFP, INSTAGRAM/@PCMFSOUTHAFRICA

LEFT: Charlene with former Springbok captain Francois Pienaar at the Riviera Water Bike Challenge Gala in April 2018 in Monte Carlo. ABOVE: Engaging with children during one of her water safety and swimming programmes in Monaco.

(From previous page)

The princess battled to settle down in a land where French is *de rigueur* and outsiders struggle to fit in.

"They laughed at her French," the article says. "Despite taking courses at an institute in Villefranche-sur-Mer it was limited to a few words taught to her by her guards.

"To remedy this, the palace assigned a butler who was already employed in the service of the royal family. Dedicated and attentive, he guided Charlene through the protocol of the palace."

Insiders say Charlene is now proficient in French and this much was evident when she delivered a perfect speech for Albert in the language at the 10th anniversary of her husband's reign in June 2015.

The story goes on to say she grew in self-confidence over the years and walks with her head held high. "I might be a South African country girl but I can see through people," she's quoted as saying.

There are also insinuations that Albert and Charlene are unhappy and that she grants herself "formerly inconceivable freedoms".

None of it is true, a close friend of the family says. "They are more committed than ever to each other.

"They truly love each other and Albert really adores Charlene. He has huge respect for her because she's her own woman and she in turn has great admiration for him."

BUT of all the allegations, the most hurtful are the ones against the South African branch of her Princess Charlene of Monaco Foundation (PCMF).

The charity organisation, which she started in 2015, was born out of personal tragedy.

"My cousin drowned when he was five years old," she told Times Weekend magazine in 2013. "He went to swim in a neighbour's pool and fell in."

Ever since then she's worked tirelessly to promote water safety among kids, especially in disadvantaged areas. The foundation has also thrown its weight into supporting several charitable endeavours.

However, in January, Charlene decided to close her SA office, believing it would be more efficient to run everything from Monaco under her PCMF umbrella, explains Chantell Wittstock, the foundation's director.

"It just made better business sense for her. We'd still run projects in South Africa but decisions would be made in Monaco."

The board was told of the developments and everyone understood, Chantell says. "There was no ill will and no one was forced to resign."

Francois tells YOU the claims in the article – that he left after a letter was sent demanding explanations about expenses and that he felt he could no longer support the "sad princess whom he previously admired" – are "categorically untrue".

"I was never contacted for comment," he says.

Yes, he adds, it's true he resigned but "that was due to the foundation closing [in SA] and for no other reason".

"My relationship with Charlene and the foundation is as strong as ever."

'My relationship with Charlene and the foundation is as strong as ever'

YET before the foundation could properly close its doors in SA, Covid-19 reared its ugly head.

Chantell, who's married to Charlene's younger

LEFT: Charlene captioned this picture of her and Albert on Instagram, "We are strong together!" BELOW: Charlene trains on the open ocean with fellow competitor and UFC champion Conor McGregor for her upcoming 180km waterbike challenge.

brother, Sean Wittstock (37), says they felt they simply couldn't stand back and do nothing.

"We launched the #StrongTogether campaign, which was a huge success. It reached 92 million people around the world and benefited 45 local charities. We managed to raise R2,57 million for communities and charities struggling during the pandemic."

On the back of this success a decision was taken not to close the foundation and instead restructure it and breathe new life into it with effective projects on the near horizon, Chantell says.

One of their major changes was getting TV presenter and businesswoman Clare Wiese-Wentzel (37), daughter of South African business magnate Christo Wiese, on board.

"I'm delighted to welcome Clare as a new board member," Charlene says. "She's an outstanding individual in her own right and I'm sure she'll bring much value to my foundation in the future."

One of their goals is to expand into Sub-Saharan African.

"Charlene has already built a school and church in Zambia, where her uncle is a pastor, and we want to do more of that," Chantell adds.

"We really want to turn the foundation into a young and dynamic organisation, which makes a real difference."

CHARLENE is no stranger to challenges and now she's also facing one of the biggest physical ones of her life: a water-bike race from Calvi in France to Monaco, which kicks off on 12 September.

Called The Crossing, its aim is to raise funds for various programmes run by her foundation and it will see her leading her own team called Serenity over 180km of open sea.

She'll be up against her older brother, Gareth Wittstock (40), who's also leading a team.

Among the big sports stars taking part are mixed martial arts star Conor McGregor, former French Olympic swimmer Yannick Agnel and Australian road cyclist David Tanner.

Charlene has been training relentlessly for months to get into peak condition – and one glimpse at her social media attests to this, with many images showing her training out in the ocean, often at night.

'When she sets her mind to something, absolutely nothing will derail her'

Chantell says it's ridiculous to suggest the princess is too thin. "She looks better than she ever has. She's been training day in and day out. She's fit, strong and healthy."

As for their allegation that she "fled" to the island of Corsica earlier this year, it was to train, Chantell says.

And Albert supports her all the way. "Often when she's out in the ocean training, he's there on the sidelines supporting her. He knows as a fellow Olympian [he was in the bobsled team of 1971] what it takes mentally and physically to compete in something at this level. He's truly so proud of her and backs her all the way."

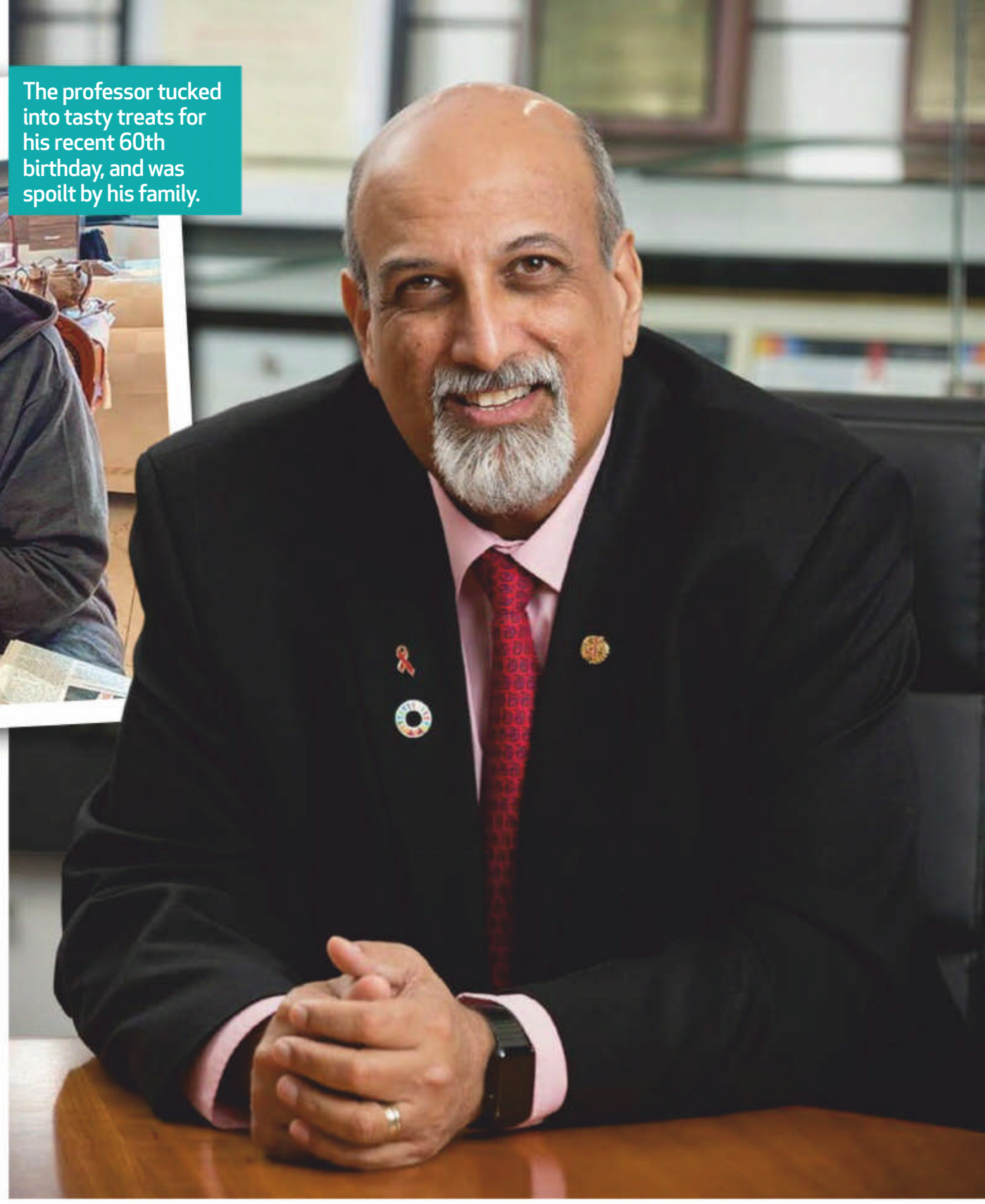
Charlene too is hardly going to let recent events get to her either.

"She's formidable. When she sets her mind to something, absolutely nothing will derail her – it's why she became an Olympic swimmer in the first place."

Helping others is what ultimately drives her and why she started her foundation in the first place.

"She has the biggest heart, and that's what people don't know. She's absolutely dedicated to helping others and making a difference." ■

The professor tucked into tasty treats for his recent 60th birthday, and was spoilt by his family.



A BIT OF A BREATHER

Government Covid-19 adviser Salim Abdool Karim took a well-deserved break to celebrate his 60th birthday with his family

BY **GEZZY S SIBISI**

A TABLE groaning with delicious doughnuts, flaky croissants and enough koesisters to satisfy his sweet tooth. It may seem a little indulgent for breakfast but it's not everyday Professor Salim Abdool Karim takes the morning off.

Still, this is a special occasion: his 60th birthday. And if anyone deserves a little downtime, it's the good prof.

As government's chief adviser on Covid-19 "Slim", as he's known to his friends, has been working around the clock – and he's the first to admit trying to get a handle on the deadly virus has been a Herculean task.

"Covid-19 is non-stop work because there's so much to do, and it all needs to be done quickly because the epidemic moves so fast," he tells YOU.

"If you lose two or three days, it's just too much. The epidemic will get ahead of you. We've really had to pull out all the stops over the past few months."

With numbers easing somewhat now and evidence that the country has passed its first wave, Salim is finally able to take a bit of a breather. But work is never far from his mind, not even on special occasions.

For his birthday, his children gave him a customised hoodie with #ProfKarim emblazoned on the back. On the front is his catchphrase, #NextSlide – because anyone who's watched the professor give his updates on TV will know how much he loves a slide.

The kids were clearly having a good-natured dig at their dad's newfound popularity. The scientist and activist has become a household name, thanks to his calm presence and easy-to-understand explanations of where SA is tracking with the pandemic.

But for Salim, the best birthday gift was having all his kids under one roof. "Both my daughters live in Johannesburg and my son lives in Cape Town, so it was really special to have them come over during lockdown," Salim says, chatting to YOU from his offices in his hometown of Durban.

His wife, Quarraisha, and the kids went to town spoiling him. "They made such a scrumptious breakfast, it took me at least a week to recover," he says with a chuckle. The Abdool Karim women are master chefs, he says proudly, and the

Salim with his family, (from back) daughter Aisha, wife Quarraisha, daughter Safura and son Wasim. They're far from conventional the prof says.

SUPPLIED

girls love competing with their mom in the kitchen.

"They love cooking mostly Indian dishes that have been passed down the generations," says Salim, whose favourite meal is Quarraisha's biryani.

YET the family is far from conventional.

"For some people it may be seem odd and uncomfortable, but we easily talk about condoms and pertinent issues over dinner," Salim says.

Everyone in the family has been doing their bit to fight Covid-19. Their eldest, Safura (28), is a public health lawyer; Aisha (25) is a journalist at the Bhekisisa Centre for Health Journalism; while Wasim (21) is studying computer science at the University of Cape Town.

Quarraisha (60) is one of the country's leading epidemiologists and has been at the forefront of the coronavirus battle alongside her husband, whom she met when they were both medical students in the department of virology at the then University of Natal.

In 1986, Salim accepted a scholarship to study at Columbia University in New York and hung out with Quarraisha at his farewell party. The two talked through the night and promised to keep in contact.

"While I was in New York, we kept in touch by writing letters to each other. I then asked her if she'd like to marry me and she agreed."

He took a break from his studies for a quick visit home to wed his bride, who then joined him in New York. More than three decades later, they've travelled the world, raised a family and collaborated on several award-winning projects, particularly in the field of HIV/Aids research.

"We've also been sharing a secretary for the past 20 years," Salim says.

He learnt to be frugal from his father. As a young boy Salim would accompany his dad to work at a Durban clothing factory and his school holidays were all spent toiling alongside him.

"My job was to count each box and see that there were six shirts in each box. I used to do that every day, all day, and it was lovely. I have very fond memories of meeting all the different workers."

'We've really had to pull out all the stops over the past few months'

HIS father had a strict work ethic, which Salim adopted as a young boy.

"I was a very studious student. I played a leadership role in setting up social clubs and various activities in the school," he recalls.

A bright student with a love for physics and maths, he earned his nickname because he was bold enough to speak his mind. His Afrikaans teacher would often tell him, "*Jy dink jy's slim*" (You think you're clever), and the nickname stuck.

Salim still stays in touch with his high-school physics and maths teachers. "Those two had a significant impact on me; they inspired me. I couldn't wait for those classes. They were so exciting," he says.

But you'd be wrong to think the professor was a dyed-in-the-wool nerd.

He's always loved music and was known as "disco diabolic" back in the day.

"I was a huge fan of pop and disco music after seeing the film Saturday Night Fever. I used to run a disco that I built myself in 1978. It had a disco ball, lighting system, smoke machine – the works! People would hire me for their events."

These days he's swopped his bootleg pants and disco balls for walks on the beach. And after a long day's work, Salim enjoys watching The Daily Show with Trevor Noah.

"I tape it every night because I don't always get the chance to watch it live. I love Trevor – he's funny and his commentary is so relevant," he says.

As with many families, there's always a battle for the TV remote in the Abdool Karim household. "We have big debates – my wife likes rom-coms while I prefer action movies, so we take turns."

Now that the curve has flattened, the couple plan to make up for lost time and catch up on their favourite Netflix shows.

"Hospitals are much more prepared now: they know which wards to set aside, they know how to manage Covid patients and where to get their office supplies, so it's going to be much easier with the second surge," Salim says.

But that doesn't mean we should all breathe easy, he warns. "We've got to maintain vigilance, we've got to monitor where the cases are occurring, we've got to be able to respond if there's an outbreak somewhere, and we need to ensure we're well-stocked and ready for when the second surge does arrive."

Aye, aye, Prof. ■

Trevor Noah and American actress Minka Kelly have kept their relationship away from the media spotlight.

LOVED-UP IN LOCKDOWN

Living together? Looks like Trevor Noah's new romance is serious – but who is the brunette beauty who's stolen his heart?

COMPILED BY **NASIFA SULAIMAN**

HE'S been one of America's most eligible bachelors since taking over The Daily Show and becoming the hunkiest host on late-night TV – yet Trevor Noah has always been too busy travelling and working for lasting love.

But has the Soweto-raised comedian finally lost his heart enough to scrap one of his own taboos – that couples should never live together, even if they're married? Looks like it.

Trevor recently hooked up with US actress and model Minka Kelly and sources say things are serious – serious enough for the star to abandon his golden rule.

The pair are now living together in his multimillion-dollar New York apartment, and by all accounts they're smitten with each other.

"Minka has dated a lot of guys, but has never found Mr Right," a source says. "She's finally found her Prince Charming in Trevor."

So just who is the leggy brunette who's moved in with one of South Africa's biggest exports? Let's take a look.

A LOW-KEY RELATIONSHIP

Minka, who's best known for her role as a cheerleader in the TV series Friday Night Lights, has been linked to a string of celebs, including Grey's Anatomy hottie Jesse Williams and Captain America, Chris Evans.

Now it's Trevor who's caught her eye. The pair move in the same circles and met through mutual friends. Minka, who at 40 is four years older than Trevor, has had a "huge crush" on the comedian for years, an insider says.

When friends told him about her interest in him, Trevor reached out and they built a connection.

The new couple haven't breathed a word about their relationship on social media, nor have they been spotted in public together. But sources close to the pair say they have been isolating in Trevor's swanky Manhattan pad, where he's been filming The Daily Show since lockdown.

"Don't look to him to confirm or deny anything," a friend says. "But he's in love and the feeling is mutual."

RULES ARE MADE TO BE BROKEN

Cosying up behind closed doors goes against what Trevor said in an interview on the Howard Stern Show last year.

He wasn't opposed to marriage though, he said. But living under the same roof was a different story.

"I think one of the biggest reasons peo-

FAR LEFT: The couple are said to be holed up in Trevor's posh New York pad where the talk-show host has also been filming The Daily Show during quarantine (LEFT). BELOW: Minka is vocal about the racial tension exploding in America.

ple get divorced and relationships break up is because of this cohabiting bulls**t that we've come to believe is the way relationships are supposed to be," he said.

Even so he believes in love, he added. "Say I like sitting on the couch and watching too much TV and I'm a slob – and then if somebody says I love that and they're being honest, you have now found true love."

All it took to change his mind on shacking up, it seems, was a brunette beauty who also has a thing for saying it like it is.

Like Trevor, Minka keeps her cards close to her chest but in a rare interview she disclosed some dating advice.

"I think brutal honesty is extremely important. Don't be afraid of being upfront about your feelings and your life."

WHO'S THAT GIRL?

Like Trevor, Minka has a mixed heritage, with Dutch, Irish and French blood. And like her new guy, she knows what it's like to have a tough childhood.

Minka was born in Los Angeles in 1980 and raised in New Mexico. Her mom, Maureen Dumont Kelly, was an actress and her French-American dad, Rick Dufay, is a guitarist who played in the rock band Aerosmith.

Her dad wasn't around much and Minka grew up with her mom, who worked as a stripper to get by.

"It wasn't like he didn't want to be part of our lives. He wanted to try to do the family thing. It was my mom who was too busy having fun," she says.

Mom and daughter had a complicated relationship but Minka says they'd made their peace by the time Maureen died of colon cancer a few years ago.

Minka has worked in modelling and was once asked to become a Playboy Playmate. But she channelled her energy into acting instead, making a name for herself as Lyla Garrity in Friday Night Lights and appearing in Charlie's Angels, Jane the Virgin and Almost Human.

In her latest role she plays Dawn Granger, a vigilante superhero, in the teen series Titans on Netflix.

BIRDS OF A FEATHER

Minka, who was once voted the sexiest woman alive by Esquire magazine, is an ambassador for the International Fund for Animal Welfare and often uses her social media platforms to draw attention to the plight of animals.

She often speaks out against discrimination too – just like Trevor, who's becoming an increasingly significant voice in American politics.

The talk-show host, who recently made it onto the Fortune 40 Under 40 list of the most influential people in the world, has been frank about the racial tension brewing in the US – and Americans are tuning in to what he has to say.

The Daily Show has increased its viewership by more than 50% since he took over and, according to the Los Angeles Times, the show has logged more than 2,8 billion views on Facebook, Twitter, Instagram and YouTube this year – the most of any late-night show.

Trevor hasn't lost his funny bone, though. "I believe in the importance of jokes. I will never lose that. I always tell people, jokes are what made me," he says. "But I no longer have to choose between a joke and what I want to say." ■

THE EX FILES

Minka Kelly previously dated Grey's Anatomy star Jesse Williams but ended their relationship in 2018 after months of dating.

They reportedly met while working on a videogame, just three months after Jesse split from his wife, Aryn Drake-Lee, with whom he has two children.

The actress has denied breaking up their marriage.

"I hope the cheating rumours aren't true. It would be disappointing," an Instagram follower wrote on her feed. "They're not," Minka wrote. "Hate for you to be disappointed. Glad I could clear that up for you. Now f*** off."

Trevor's last relationship also seemed quite serious. He dated singer, songwriter and model Jordyn Taylor for four years.

The couple often attended red-carpet events together and things seemed to be going somewhere when he took Jordyn to meet his mother and grandmother in Soweto.

But sources say they grew apart, and in 2019 Jordan made the news of their split Instagram-official.

Yet even though they'd broken up, she says there was no bad blood.

"Of course I love him. How can you not? I love him so much, but you guys should know we broke up but yeah, I love him."

SOURCES: COSMOPOLITAN.COM, DAILYMAIL.COM, EONLINE, ETONLINE, GQ.CO.ZA, PEOPLE.COM, THESUN, USMAGAZINE

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'THIS WAS HIS HAPPY PLACE'

Sheldon's parents tell YOU of their devastation after their son Sheldon was trampled and gored to death by an elephant

BY **CHER PETERSEN**

HE COULDN'T understand why his son wasn't answering his phone. They'd scheduled a 9.30am video call so it was strange that he wasn't responding.

Maybe something had come up at the private lodge in Limpopo where Sheldon Hooper worked as a field guide, his dad, Gordon, decided.

Still, he had an uneasy feeling and so he dialled his son's number again.

What he didn't realise was that hundreds of kilometres away, his son's phone was lying on the ground, ringing, while Sheldon was hanging on to life by a thread.

Moments later Gordon's whole world imploded as his wife, Cindy (47), burst into his home office.

"Sheldon's been attacked by an elephant," she told him.

Someone from the Thornybush River Lodge, the luxury reserve where he worked, had phoned but the details were vague.

Gordon (63) phoned the lodge and the news was devastating. By that point paramedics were on scene, he was told.

Sheldon (27) was lying in the arms of his 22-year-old girlfriend, Rebecca Rowles, who also worked at the lodge. CPR (cardiopulmonary resuscitation) was being administered.

"At that point I knew he was going to die," Gordon, who's experienced in first aid, tells us. "I know that when you get to CPR, the heart has stopped."

About 20 minutes after the attack, Sheldon was dead.

The resort is about seven hours away from his home near Hartbeespoort in the North West, but Gordon tried to get there as soon as he could. When he and Cindy arrived, the lodge's management and volunteer trauma counsellors were waiting to comfort them.

"I asked to go see the site where he had died," Gordon tells us.

He stood there trying to take it all in: the upturned earth where the elephant had trampled and gored his son and the blood splattered across the grass.

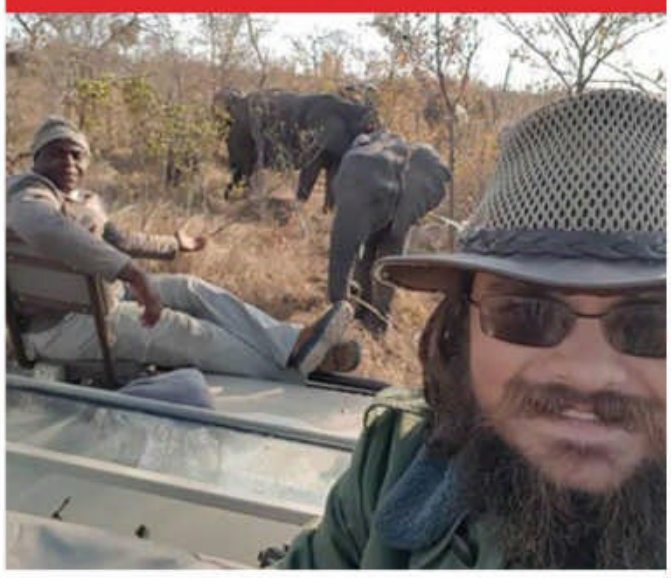
DETAILS about what happened to Sheldon are still sketchy. He and a colleague were apparently out trying to fix a fence.

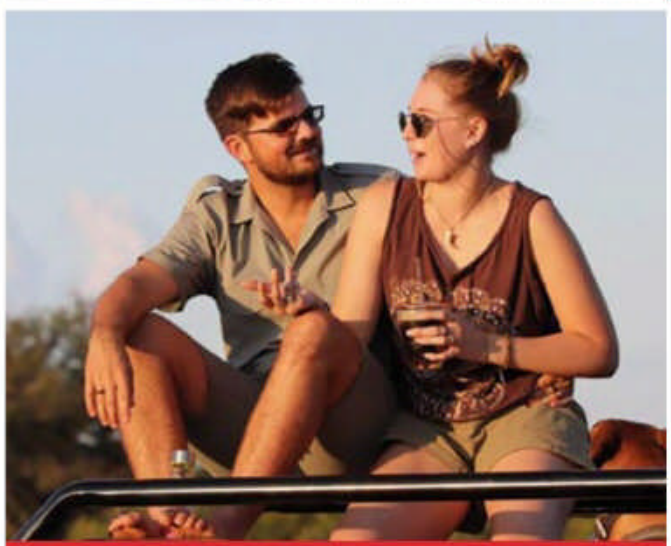
They were in a thicket and so focused on their work that they were oblivious to the fact they weren't alone. Although the lodge was surrounded by an electric fence, a herd of about four elephants managed to get across from the neighbouring Kruger National Park.

One version of events is that Sheldon may have inadvertently got too close to a calf, causing an adult elephant to charge at him. But Rebecca rubbishes this, saying an aggressive elephant was the cause of Sheldon's death.

The autopsy results show a massive gash in his femur, a ruptured spleen and liver, a neck injury to the C3 vertebrae and a stab wound to the chest – severing

LEFT: Sheldon Hooper, a field guide at Thornybush River Lodge, died after a tragic accident. ABOVE: Sheldon, pictured with his grandmother Alice Milns and her partner, Les van der Merwe, loved the outdoors.





TOP: Bethuel Sithole, a good friend of Sheldon, nicknamed him Mandhevhu, meaning the man with the lion's mane. ABOVE: On the day he died, Sheldon and his girlfriend, Rebecca Rowles, had been planning on celebrating their nine-month anniversary.

SUPPLIED, FACEBOOK/SHELDON.E.HOOPER

all the major arteries connecting his heart and brain.

"Had he survived he probably would've been an invalid," Gordon says.

Sheldon's colleague and best friend, Matthew Dyson, tells us he was shocked when the lodge's operations manager, JB Burger, phoned to tell him that "the elephant had got Sheldon".

But he reveals it wasn't a complete surprise. He's convinced it was the same elephant that had been terrorising staff since June.

'She was unusually aggressive and had charged numerous staff members'

"She was unusually aggressive and had charged numerous staff members, including myself. I mentioned that this elephant would kill someone."

But he didn't actually expect it to happen. He feels a certain degree of responsibility for what happened.

"I'd injured my knee trying to fix the fence the elephant broke. I needed medical attention and was off work for five weeks. That's why Sheldon was brought in to replace me temporarily," he explains.

Matthew says he got a voice message from Sheldon early in August, telling him that the aggressive elephant had broken in again. A few days later he phoned complaining that he'd run out of ideas about ways to fix the electric fence.

"Since Sheldon's death a fencing company fixed it and that elephant hasn't been broken in since," Matthew tells us.

A FEW weeks have passed since the accident, but the pain is still raw.

Cindy tries to stay strong while talking to us via a video call but it's impossible and the tears flow.

The couple have two younger children, Jason (24) and Carmen (21), while Gordon has a daughter, Sarah Rambarran (34), from a previous marriage.

Sheldon had chatted to his dad via Skype the day before the tragic accident.

Gordon, a managing director at a brand planning company, needed his son's help to explain how to use a piece of software to himself and three of his staff members.

Sheldon, who'd actually designed the software, was happy to oblige and they'd set up the meeting for the following day.

After they finished their call, Sheldon sent Gordon another message, saying, "Love you dad." That was the final communication he'd ever receive from his son.

Cindy reminisces about Sheldon and his incredible connection to the great outdoors.

"That's why I needed to get to the lodge, to be able to feel the things that had surrounded him – that he loved," she says. "That gave me a lot of strength and support."

Since he was a young boy, Sheldon seemed to have a knack for connecting with animals and he also had a talent for fixing things – broken plumbing, electrical appliances, you name it, says his mother who runs an environmental events sanctuary.

Sheldon had worked at the lodge for only three weeks before the accident. But even in that short time he'd managed to make a good impression.

"The lady in the scullery came to me and she hugged me, and she said, 'You know, my angel has left us'," Gordon says.

"And I asked, 'Why do you call him, your angel?' And she said, 'The first day I met him, when he came to River Lodge, he came and said hello to me and he said please can I see your room, all in Shangaan.

"I took him to my room. He looked around and he noticed that my fan was broken, and he just fixed it'."

That's just the kind of person he was, Gordon says.

After finishing school, Sheldon enrolled to study engineering but after a year he decided it wasn't for him. Once he completed his field guide training, he found his calling, working at a number of resorts.

It was for this reason his family decided to hold his memorial in the bush in Mpumalanga.

And as they gathered to pay tribute to Sheldon they were stunned when an elephant matriarch and her herd that were grazing at a nearby dry riverbed, slowly inched closer to the crowd of mourners.

"They can feel our emotions, I believe," Cindy says.

"For me that was a real eye-opener. It made me understand what I felt from when Sheldon was a little boy – that he was connected and this was his happiest place on earth." ■

■ Thornybush River Lodge CEO Trevor Jordan told YOU he relied on eyewitness accounts to find out what happened to Sheldon.

The lodge also consulted the Save the Elephants research group, who advised them not to cull the elephant.

THE FLYING SAMARITAN

Tertius has gone to heroic lengths to fly home stranded southern Africans during the Covid-19 pandemic

BY KIM ABRAHAMS

Tertius Myburgh has even used his own money to help stranded South Africans and Zimbabweans.

HIS Facebook profile is chock-a-block with messages of gratitude: people thanking him for reuniting them with their families, for stepping in to help when they were stranded in foreign countries without any clue how they were going to get home.

"He will always be my hero," writes one woman. "Without him we would still be stuck!"

"My daughter together with many others is now safely home and this would not have been possible without you," says another.

For the past few months, commercial pilot Tertius Myburgh has been helping desperate South Africans and Zimbabweans stranded in foreign countries as a result of the global lockdown to get home.

As Covid-19 hit with a vengeance, Tertius had every reason to feel sorry for himself. Late last year he'd packed up his home in Roodepoort, Gauteng, and moved with his wife, Nicolene (39), and kids, Nicolas (16), Rhodes (10) and Elenore (9), to start a new life in New Brunswick, Canada.

But three months after he'd started a new job there, the coronavirus pandemic grounded most of the world's planes and Tertius (42) found himself out of a job.

Although he was disappointed, he didn't have time to mope because he soon had his hands full organising repatriation flights.

After hearing about his countrymen who were stranded in every part of the globe with no idea how they were going to get home, Tertius knew he had to step in to help.

Using only his cellphone and laptop, he has so far managed to organise five rescue missions to places as far afield as Wuhan in China and Myanmar, and he has another two lined up.

It's no small task and speaking to us by video call from his new home in Canada, Tertius admits he wanted to quit after the first flight, which took five weeks to organise.

But word soon got around and he was bombarded with hundreds of WhatsApp messages from frantic South Africans.

IT ALL started back in March when Tertius' former high-school principal, Klaus König, contacted him via Facebook Messenger.

Klaus, a former principal of Hoërskool Florida in Gauteng's West Rand, was stuck in the Asian country of Myanmar with his sister and a colleague and knew of four other South African citizens who were in a similar predicament.

He turned to Tertius after an unsuccessful bid to get help from South Africa's department of international relations and cooperation (Dirco).

Tertius knew no South African Airways (SAA) plane would fly to Myanmar for seven people.

The only way this would be viable would be to find more citizens who wanted to be repatriated.

"Besides, SAA was doing their own repatriations and they were focusing on major cities in the United States and United Kingdom," he says.

"Nobody was flying to that side of the world to fetch people."

Tertius reached out to embassies in Vietnam, Cambodia and Thailand – countries on the border of Myanmar – to find out if there were any stranded South Africans in those countries but received no response.

He eventually got hold of a woman who was a seafarer on a ship in the Philippines. She put him in touch with a man who was arranging for South African and Zimbabwean citizens to get back home.

Between the two of them they discovered they now had enough stranded people to fill up a plane – but the next problem was finding an aircraft.

After being turned down by Air Namibia, Tertius approached Air Zimbabwe.

"I have known their top management for a few years due to the work I did in South Africa," he says. "They were

LEFT: Passengers line up to board a flight home. They're charged R17 500 per ticket. BELOW: Travellers take a group selfie at an airport.

We've used up everything we had but we made a decision to do this'

immediately keen."

They agreed to supply him with a plane and cabin crew on condition that he organised all the other logistics.

Although Tertius isn't flying the aircraft himself, he's arranging everything – from organising the petrol for flights and filling up the seats to lining up all the necessary clearances from the civil aviation authorities across the world. This he has been more than happy to do.

By early April, the first flight took off from Zimbabwe to Myanmar.

There they picked up Klaus and the six other South Africans before heading to the Philippines, where they filled the seats with a mix of South Africans and Zimbabweans.

The South Africans disembarked in Johannesburg before the rest travelled on to Harare. However, the trip wasn't without problems.

"I sent my paperwork to Dirco, but they never replied to approve my flight," Tertius recalls.

"So this plane arrives at OR Tambo International Airport, requesting landing clearance and nobody knows about it."

Tertius also hadn't arranged a quarantine facility for the passengers.

"They spent about two hours on the ground, just parked in one corner until I could sort this out," he says. "It was a steep learning curve for me."

The costs involved in arranging a trip like this are sky-high. The aeroplane alone, with just one meal and drink, costs $10 000 (about R170 000) to hire. An airstair, which passengers use to board the plane, costs $2 000 (R34 000).

The cabin crew charge $4 500 (R77 000) an hour and often they're flying for up to 30 hours.

Then there's the fuel. One trip guzzles around 250 000 litres, costing anywhere between R5-R8 a litre, which bumps up the total cost for the trip to more than R1 million.

Tickets are sold to passengers for R17 500. Tertius says they've tried to keep fares low to ensure everyone can afford them. But this means he and his wife, a business developer for South African private airline company CemAir, have had to dip into their own pockets to cover additional expenses.

For instance, during one repatriation trip, the Boeing 767's engine broke down in Bangkok which meant that the 140 passengers were stranded for three weeks, many without money for food and accommodation, while the aircraft was being fixed.

Tertius decided to book out a nearby hotel for these people who'd put so much faith in him. Luckily the hotel was willing to offer him a special rate that included breakfast and dinner.

"I was running that bill from my credit card, giving my credit card details over the phone so they could do manual transactions," he says.

All these unforeseen expenses have added up, making a big dent in Tertius and Nicolene's savings.

"We've used up everything we had but we made the decision to do this. To help people."

His kids have been incredibly supportive, Tertius adds.

"They hear me speak on the phone to some of these passengers and they want to know why this one is crying or why that one is angry."

Nicolene's knowledge of aviation has also come in handy.

She's currently running her own repatriation system for CemAir but it's only within Africa.

It's been two weeks since Tertius' last repatriation flight from China. The next trip is to Riyadh in Saudi Arabia then it's New Zealand.

"There have been many times I've wanted to get out of this," he says. "But then you hear about people's plight and you feel compelled to help." ■

GALLO IMAGES/GETTY IMAGES, SUPPLIED, FACEBOOK/CARMEN JOHANNIE

CABIN CREW	AEROPLANE	AIRSTAIR	FUEL	TICKET
R77 000	R170 000	R34 000	250 000l	R17 500
an hour	with one meal and drink	Passengers use it to board the plane	Amount of fuel per trip, costing R5-R8 a litre	per passenger

Jenna Clifford with two of her three daughters, Chanelle and Summer Clifford-Kotzé, and Summer's poodles, Leo and Zara. Chanelle is a design consultant at Jenna Clifford Design and Summer is an intern.

'YOU HAVE TO KEEP GOING'

Jewellery designer Jenna Clifford reflects on the breakdown of her marriage and why she's hopeful about the future

BY CARLA COETZEE

HER name is synonymous with style and glamour – and that's because the jewellery she designs is worn with pride by royalty, Hollywood stars and models.

But away from the limelight, Jenna Clifford's life hasn't been nearly so sparkly these past three years. Things have been tough, the world renowned jewellery designer admits.

Not only did both her parents pass away, but she also split from the man she'd loved for decades.

Two years ago Jenna (61) opened up to us about her heartache after Dex Kotzé (59), father of two of her three children, turned to her one day and told her he no longer loved her (YOU, 15 March 2018).

But Jenna isn't one to let things keep her down for too long.

She shed all her tears after Dex moved out of their farmhouse in White River, Mpumalanga in 2017, she says.

For 28 years they'd been a dynamic duo in business and in love.

It was with him that she founded Jenna Clifford jewellery in 1992 – so the loss felt monumental and Jenna knew it was important to give herself time to grieve.

But after taking 11 months off from her business, she picked herself back up and carried on working.

"To be successful you have to keep going," says Jenna, who's been married twice before. "To throw in the towel is never an option. I believe feeling drives purpose but at the end of the day we're stronger than we give ourselves credit for. I learnt that about myself."

She doesn't dwell on what she could've done differently to make Dex stay.

"Men like beautiful things. They like new things. Women are made to be monogamous, men might not be," she says, arching an eyebrow.

But now she's looking to the future. She's getting ready to launch a new jewellery line and is about to debut her new crockery range, which will be available online.

It's the first time in 12 years she's designed crockery, she tells us. Life, after all, goes on.

"I'm a granny of two. I'm a crone but I'm happy. And I'm rich – rich in friendships, soul and love. All the important things in life," she says.

(Turn over)

Make joy YOUR NEW NORMAL!

Life can easily throw you for a loop, especially during a global pandemic. The stresses of uncertainty, disconnection and financial strain may have put your happiness on lockdown, but there's hope. It's time to look forward and improve your mental, physical and emotional health – and this magazine will help you get that crucial balance.

WE SHOW YOU HOW TO

- Manage stress
- Deal with anxiety and depression
- Eat for optimal health
- Move in ways that work for you
- Find stillness
- Improve your core relationships

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ABOVE: The first Jenna Clifford crockery range in years will be available online from October. ABOVE RIGHT: Jenna with her glamorous daughters (from left) Shayna McAllister, Summer and Chanelle.

(From previous page)

THE Jenna Clifford design studio in Sandton, Johannesburg, is a hive of activity.

Clients and friends pop in for a cappuccino, or just to say hello to Jenna.

She's taken many under her wing and given them the opportunity to prove themselves in the design industry.

This one's mom she knew from way back, she tells us, while that one is a former client.

All her design consultants are women.

"Women contribute so much but the patriarchal society wants us to sit back and shut up. No," Jenna says, a glint in her eye.

"You can be caring and feminine and strong. I surround myself with women of that calibre and I especially want to mentor and help young women to become successful."

'I want to help young women to become successful'

Jenna perches elegantly on an antique chair with her 18-year-old poodle, Rose, behind her.

"Rosy is blind and deaf but she'll always be my baby. She had her little ones in my bed years ago," Jenna says, gesturing with a hand sporting a huge pink bejewelled ring, one of her own designs.

After returning from her 11-month sabbatical some two years ago, she's been working harder than ever. But even while away to heal she wasn't idle.

"That would be impossible. I'm a Virgo, so I need to stay busy and live close to the earth. I designed during the sabbatical and wasn't involved in the operational side of the business."

She still insists Dex never cheated and says there wasn't any major blow-out that led to the end of her relationship. He'd simply fallen out of love with her.

Jenna doesn't want to say much about the R1-million lawsuit she's brought against him.

"Dex is a very private person and I respect that. I wanted to keep this news out of the media but I have a fiduciary responsibility that debts against the company are settled," she explains.

The matter is still in court. Directors had been allowed to take loans from her company and she says Dex defaulted on such a loan.

They don't really speak anymore.

He's resigned as director of the company, which is owned by their family trust

"I won't challenge that [partnership in business].

"I still love him as I love everyone who played a pivotal role in my life. He's still loved by my family and I wish him happiness," Jenna explains.

Then she jumps up to get a naartjie juice.

"I buy eight crates of naartjies a week and then we juice them – lots of vitamin C, you know. I won't drink boxed juice ever again," she says.

A few moments later two glasses with naartjie juice, ice and fresh mint are placed on the table in front of us.

One of her best friends, Annette Palframan, moved in with Jenna during lockdown.

"She's also a Virgo so we moved into my townhouse here in the city and did the garden on the rooftop.

"We cooked delicious, nourishing food. Food isn't just to stuff your face with, it's supposed to be an experience."

She shows us a few of the new designs she's working on.

"They're characterised by strong symbols and the stone associated with strength," she explains.

Then she jumps up again and shows us the 6kg weights she uses to keep fit and strong. She works with a fitness trainer three times a week.

"We go for a walk but it's actually almost a jog. I also do boxing. I put up the inflatable boxing bag in the office and people wonder who's getting a pummelling," she says, chuckling.

OUTSIDE in the lush garden, which she planted herself, Jenna takes a drag on a cigarette.

She's been smoking less since lockdown, she says.

The conversation turns to her relationship status. Despite what's happened, she hasn't entirely lost faith in men.

"I have many male friends. It's been like this my whole life. You get good men out there," she says.

After two divorces and her failed relationship with Dex, does she think she'll ever marry again?

"I'm not closing my head or heart to it. Would it be nice to meet an intelligent, gentle soul who loves strong women and might be a few years younger?

"Sure, but I'm not holding my breath," she says with a wink. ■

Jenna insists Dex Kotzé, her husband of 28 years, didn't cheat on her. He'd simply fallen out of love with her, she says.

HERE'S TO GOOD HEALTH AND BETTER BURGERS

All the meaty flavour without the meat – make your braai day a Fry day with the Big Fry Burger

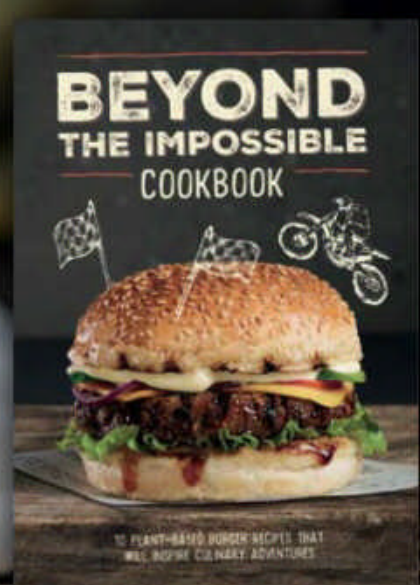
HAVE you heard about the Big Fry Burger? It's a locally made, plant-based burger that looks, tastes and sizzles just like meat. The Fry Family Food Co. has been at the forefront of the plant-based boom, creating delicious meat alternatives since 1991. And now they've gone above and beyond the impossible to develop a burger to satisfy even the BIGGEST meat-eater. Choosing plant-based substitutes isn't just a popular Hollywood diet trend, it's healthy for you and the planet!

TASTE THE GOODNESS

It took three years of innovation to perfect the patty, so you'll taste the difference. The burger is 100% plant-based, non-GMO, naturally cholesterol-free and it's a good source of protein – that's 20g per 112g patty, which is higher than the average beef burger. It also comes in 100% recyclable packaging and best of all? It's delicious too!

Find the Big Fry Burger in the frozen section of select retailers. Follow The Fry Family Food Co. on Facebook for more delicious products in the range.

Wow your loved ones with help from a family company inspiring healthier choices, made easily available. Scan the QR code to download the Fry's cookbook and get creative with your braai day burgers – it's free!



FRY'S
THE FRY FAMILY FOOD Co
NATURE'S PLANT PROTEINS

Chicken in a flash

It's handy to keep a few chicken breasts in the freezer – they're great for loads of quick, tasty meals and will suit your budget too!

BY CARMEN NIEHAUS
PICTURES: JACQUES STANDER

ONE-POT CHICKEN-AND-RICE CASSEROLE

This tasty one-pot dish is made with chicken breasts with the skin on.

SERVES 4-6
PREPARATION: 15 MIN
COOKING: 20-30 MIN

- 4 chicken breasts, skin on and deboned, cut into large chunks
- salt and freshly ground pepper (or Sichuan pepper)
- 5 cardamom seeds, shelled
- 10ml (2t) whole cumin seeds
- 3 cinnamon sticks
- olive oil
- 2 onions, sliced into rings
- 250g basmati rice
- 80ml (⅓c) raisins
- 750ml (3c) chicken stock
- 10g each fresh parsley and coriander, chopped
- handful toasted hazelnuts, chopped

TO SERVE

- 125ml (½c) full-cream plain yoghurt
- 30ml (2T) olive oil

1. Season the chicken with salt and pepper. Place in a large bowl and add the spices and a generous splash of olive oil. Mix thoroughly.
2. Heat 30ml (2T) oil in a saucepan or pot and fry the onions slowly until caramelised. Remove from the saucepan.
3. In the same saucepan, fry the chicken in another 45ml (3T) hot oil until browned. Remove from the pot.
4. Add the rice to the saucepan, mix with the flavoursome pan juices, then add the onion. Season with salt and pepper. Add the raisins and ¾ of the chicken stock. Cover, reduce the heat and simmer for about 20 minutes or until the rice is soft and most of the liquid has evaporated. After 10 minutes of simmering, add the chicken (adding more stock as needed).
5. Remove from the heat. Then remove the lid, cover with a tea towel, return the lid and put the saucepan back on the stove to steam for another 10 minutes.
6. Mix the herbs and hazelnuts through the dish and transfer to a serving plate.
7. **To serve** Mix the yoghurt and olive oil and serve as a condiment with the chicken and rice.

MEDITERRANEAN STUFFED CHICKEN BREASTS

This meal of chicken breasts stuffed with tomatoes, olives and feta is fit for dinner guests.

SERVES 4
PREPARATION: 30 MIN
COOKING: ABOUT 40 MIN

- 3 chicken breasts, skin on and deboned
- salt and freshly ground pepper

FILLING

- 100g feta, crumbled
- 45-60ml (3-4T) bottled sun-dried tomatoes, chopped
- 3 bacon rashers, fried and chopped
- 80ml (⅓c) chopped toasted almonds or toasted sunflower seeds
- a few sprigs fresh basil
- oil for cooking

VEGGIES

- 2 onions, roughly chopped
- 1 whole garlic bulb, halved
- 1 can (400g) tomatoes
- 80ml (⅓c) chopped fresh basil
- 4 baby marrows, sliced
- 1 each red and yellow pepper, cut into pieces
- 125ml (½c) black olives
- 30ml (2T) capers
- salt and freshly ground pepper
- a pinch of sugar

Preheat the oven to 190°C.

1. Make a cut on one side of the chicken breast – but don't slice through – and butterfly. Season with salt and pepper.
2. **Filling** Mix the feta, tomatoes, bacon and nuts or seeds and place a spoonful of the mixture on the bottom half of the chicken breast. Add the fresh basil. Close and secure with a toothpick or string.
3. Heat a little oil in a pan and fry the chicken until light brown.
4. **Veggies** Mix all the ingredients, season with salt, pepper and sugar and transfer to an ovenproof dish. Cook for about 20 minutes, then add the chicken on top – skin-side up – and cook for another 20 minutes until the chicken is done but still moist and most of the liquid has evaporated. Serve with noodles.

(Turn over)

TIP

To cook the chicken separately in the pan, fry until browned, close the lid, turn the heat down and steam for another 10 minutes until cooked.

HANDMADE CERAMIC WARE: PATAT ONTWERP

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

CHICKEN KEBABS

The curry basting used for lamb kebabs works equally well on chicken. I use chicken breasts with skin on and I debone them myself.

MAKES 5 LARGE KEBABS
PREPARATION: 30-40 MIN
MARINATING: 1 HOUR TO OVERNIGHT
COOKING: ABOUT 20 MIN

- 1 small onion, chopped
- 2 garlic cloves, roughly chopped
- 15ml (1T) grated fresh ginger
- 5ml (1t) grated lemon zest
- 30ml (2T) lemon juice
- 15ml (1T) ground coriander
- 15ml (1T) ground cumin
- 15ml (1T) roasted masala
- 15ml (2T) biryani masala
- 5ml (1t) salt
- 60-80ml (¼-⅓c) chutney
- 125ml (½c) full-cream plain yoghurt
- 3 chicken breasts, skin on and deboned
- 2 red onions, cut into wedges
- 100g dried peaches

TO SERVE

- flatbread
- mango atchar sauce (recipe below left)

1. Add the onion, garlic, ginger, lemon zest, spices and salt to a food processor and chop. Mix in the chutney and yoghurt.
2. Cube the chicken, place in a non-metal dish and pour the marinade over. Marinate for an hour or overnight in the fridge.
3. On kebab skewers, thread the chicken alternating with the onions and peaches. Braai over coals or roast in a hot oven until cooked.
4. **To serve** Serve on flatbread with the mango atchar sauce.

MANGO ATCHAR SAUCE

MAKES 250ML (1C)

- 1 jar (410g) store-bought mango atchar
- 125ml (½c) coconut milk
- generous handful fresh coriander, chopped
- 60ml (¼c) toasted coconut
- handful unsalted peanuts

1. Put the atchar and coconut milk in a food processor and pulse until smooth and well-combined. Transfer to a serving dish and sprinkle the coriander, toasted coconut and peanuts over. Serve with the kebabs.

STIR-FRY CHICKEN WITH ORANGE SOY SAUCE

The sweet citrus sauce is the perfect finishing touch to this stir-fry.

SERVES 4
PREPARATION: 20 MIN
COOKING: 20 MIN

- 2-3 oranges, peeled

STIR-FRY

- 80ml (⅓c) lemon juice
- 100-125ml honey or sugar
- 60ml (¼c) soy sauce
- 3-4 chicken breast fillets, sliced into strips
- salt
- oil
- handful sesame seeds
- 1 bunch spring onions, chopped
- 1 red pepper, seeds removed and sliced into strips
- ¼ Chinese cabbage, shredded
- 15ml (1T) garlic-and-ginger paste

TO SERVE

- Chinese noodles or jasmine rice
- peanuts and fresh coriander for sprinkling (optional)

1 Cut the orange in segments, catching up the juice while you slice. Set aside the segments.
2 **Stir-fry** Add the lemon juice to the orange juice until you have 125ml of liquid. Add the sugar or honey and soy sauce and mix well.
3 Season the chicken with salt.
4 Heat the oil in a wok and fry the chicken strips until just cooked. Sprinkle sesame seeds over.
5 Add the spring onions, peppers, cabbage and garlic-and-ginger paste and stir-fry fast for about 1 minute – the veggies should still be crispy.
6 Add the sauce and stir-fry until fragrant – about 2-3 minutes. Then add the orange segments.
7 **To serve** Serve the stir-fry on noodles or rice and sprinkle peanuts and coriander over (if using).

(Turn over)

CRUMBED CHICKEN WITH LEMON

This dish is similar to a schnitzel.

SERVES 4
PREPARATION: 15 MIN
COOKING: 20 MIN

- 4 chicken breast fillets, slightly flattened to equal thickness
- salt and freshly ground pepper
- 125ml (¼c) cake flour
- 125ml (¼c) grated pecorino (or any hard Italian cheese)
- 2 eggs, whisked
- oil for shallow-frying
- butter
- juice of 2 lemons
- grated zest of 1 lemon
- 15ml (1T) chopped parsley
- 1 garlic clove, crushed

TO SERVE

- steamed broccoli

1. Season the chicken breasts with salt and pepper.
2. Mix the cake flour and the pecorino and sprinkle in the bottom of a flat dish.
3. Pour the whisked eggs in another flat dish.
4. Roll the chicken breasts in the egg, then in the flour mixture.
5. Heat the oil in a pan and fry the chicken until golden. Close the lid and steam until cooked. Remove from the pan.
6. Wipe the pan clean and melt the butter. Add the lemon juice and zest, parsley and garlic and heat until warm.
7. **To serve** Serve the chicken breasts on the broccoli and pour the lemon sauce over it.

TIP

Halve a lemon and fry lightly in a pan – sliced side down – until slightly toasted. Serve with the chicken.

CRISPY SESAME CHICKEN WITH STICKY SAUCE

This dish is simply delicious.

SERVES 3
PREPARATION: 20 MIN
COOKING: 20 MIN

FLOUR MIXTURE
- 160ml (⅔c) cake flour
- 2,5ml (½t) salt
- 2,5ml (½t) pepper
- 2,5ml (½t) garlic salt
- 10ml (2 t) paprika
- 15ml (1T) sesame seeds

CHICKEN
- 2 eggs, whisked
- 80ml (⅓c) corn flour
- 4 chicken breast fillets, cubed

SAUCE
- 30ml (2T) oil
- 3 garlic cloves, crushed
- 30ml (2T) rice wine vinegar
- 60ml (¼c) honey
- 60ml (¼c) sweet chilli sauce
- 90ml (6T) tomato sauce
- 60ml (¼c) brown sugar
- 125 ml (½c) soy sauce

TO SERVE
- jasmine rice or Chinese noodles
- chopped spring onions and sesame seeds for sprinkling

1 **Flour mixture** Mix all the ingredients and transfer to a flat dish.
2 **Chicken** Put the eggs and corn flour in separate flat dishes. Dip the chicken cubes in egg, followed by the corn flour, egg again and finally the flour mixture.
3 Heat enough oil for shallow-frying in a wok and fry the chicken until golden but still moist. Remove and wipe the pan clean.
4 **Sauce** Mix all the ingredients for the sauce, pour into the pan and simmer until fragrant – about 2-3 minutes. Return the chicken cubes and heat through.
5 **To serve** Serve the chicken on the rice or noodles and sprinkle with the chopped spring onions and sesame seeds.

TIP

Buy chicken breasts on the bone and with the skin on – they're easy to debone. Use a fillet knife and use your fingers to find the bone. Use the bones for making stock.

Steal her

Want to be fashionable but safe? Pin a silk scarf to your mask.

Sunglasses R125, Foschini

Shirt R399, Miladys

Scarf by Aldo R349, superbalist.com

Mask R19,99, MRP

Waist bag R129,99, MRP

Tip

Pair your mask-and-silk-scarf combo with stylish shades. The sunglasses will keep the scarf from slipping so make sure the shades go over it.

Skirt R529, Woolworths

Boots R499, superbalist.com

American influencer Olivia Palermo shows us how lightweight layering is done for spring. Her chic monochrome look is a perfect canvas for a statement scarf.

Camisole R79,99, MRP

style

Get fashion influencer Olivia Palermo's trendy lockdown looks

BY **WAGHEEBA JANUARY**

Socialite Olivia teams a printed scarf with a matching maxi skirt and cropped top by Lucy Paris and Alberta Ferretti mules. "It's all about folding the scarf into a triangular shape, so it covers my mask and tying the ends in the back to secure it. Staying safe is the ultimate style statement," she says.

Sunglasses R125, Foschini

Mask R50, Rusultaan

Scarf R150, Old Khaki

Dress R179,99, MRP

Cellphone bag R459, Zara

Mules by Luella R699, Foschini

Tip

Sleek, classy flat mules add an urban edge to almost any outfit. Pair them with your favourite dress or maxi skirt for an effortless look.

FASHION ASSISTANT: JARRED DE KOCK
GALLO IMAGES/GETTY IMAGES

Style maven Olivia knows how to turn heads with her bold looks. She pairs a chic scarf with a bright-blue tiered maxi skirt, printed blouse and bedazzled sneakers.

Skirt R699, Zara

Scarf by Joy Collectables R119, superbalist.com

Mask R50, Rusultaan

Sunglasses R59,99, MRP

Clutch bag R599, Woolworths

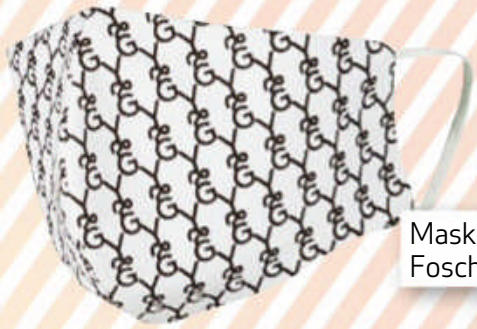
Tip

You don't have to compromise comfort for style. Classic sneakers make any look edgier and they're comfy too.

Sneakers R199,99, MRP

Shirt R599, Poetry

Shirt R139,99, MRP



Mask R59, Foschini

Crossbody bag by Country Road R599, Woolworths

Tip

Make your accessories pop with a belt that lends a contrasting effect, or a statement bag. It will make any tonal look stand out.

Olivia's lockdown street style is comfy, yet chic. She often pairs mules with maxidresses or full skirts and statement belts.

Sunglasses R99, Miladys

Scarf R225, Old Khaki

Knit skirt by Country Road R1 299, Woolworths

Belt R539, Zara

Mules R139,99, MRP

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10 best anti-ageing habits

Pamper your skin with these simple tips for a youthful appearance

1 Wear an SPF

Protect your skin from ageing UVA rays – which are present all year round, even on cloudy days – by using a foundation containing SPF 15 or higher.

"Pick one that creates a dewy finish if you're in your 40s or above, as it won't draw attention to fine lines," says makeup artist Ariane Poole. "Choose a formulation that's lightweight, pigment-dense for good coverage and contains antioxidant vitamins."

TRY THESE

1 Almay Even Skin Makeup SPF 15 in Toast **30ml R285**
2 Bionike Defence Colour Make Up Lift Anti Age Foundation in Ivoire **30ml R264,95**
Essence Soft Touch Mousse Makeup in Matt Sand **16g R79,95**

2 Pamper your body after bathing

When it comes to radiating youth, remember to pay as much attention to your body as your face. "Water and shower products alone can leave skin dry and dehydrated because they strip away the natural oils in the skin," says Kimberley Harding of UK spa chain Champneys. "Regular use of a body moisturiser will quench your skin's thirst and keep it looking radiant."

TRY THESE

1 Mixa Restoring Body Lotion **250ml R46**
2 Ingram's Tissue Oil Lotion **400ml R59**
3 Clere Vanilla Honey Cream Luscious Body Crème **500ml R36,99**
4 Nivea Rich Nourishing Body Lotion **400ml R49**

3 Super-hydrate your hands

"Hands tend to show signs of ageing faster than your face – thanks to frequent washing and exposure to cleaning products, which strip them of their natural oils," explains Lynn Gray, a hand and nail expert at international beauty company Mavala. "Using a weekly moisturising hand mask helps to regenerate and moisturise skin."

Massage the product into clean, dry hands before bed, then slip on a pair of cotton gloves for better absorption.

TRY THESE

1 Sorbet Rejuvenating Hand & Nail Cream **75ml R35**
2 Palmer's Shea Formula Raw Shea Hand Cream **60g R37,95**
3 Sorbet Firming Hand & Nail Cream **75ml R35**

4 Deep-cleanse your face

Turn your daily cleanse into a mini facial with a little expert know-how. "Cleansing well improves microcirculation in the upper layers of skin by increasing blood flow and boosting lymphatic drainage," says British anti-ageing facialist Cherry Woods.

"This aids absorption of products you apply next and leads to a brighter, radiant complexion. What's more, your skin does most of its repairing and regenerating at night. To do this effectively, it needs to be able to breathe and expel excess oil and debris through your pores. If you don't cleanse thoroughly, your skin will struggle to do this and the build-up can cause breakouts."

Woods suggests warming the cleanser between your hands and using deep, lifting strokes to massage it into your face. Then, remove with a warm cloth and repeat the process. Double cleansing ensures a complete clean.

TRY THESE

1 Eucerin DermoPurifyer Oil Control Cleansing Gel **200ml R164,95**
2 Filorga Oxygen Glow Clean Clear Skin-Effect Super Cleanser **125ml R265,50**
3 Bioderma Sensibio Mild Cleansing Foaming Gel **200ml R270**

Optimise your skin overnight when it does most of its repairing and regenerating

TEXT: ©TOPSANTE/PAN MEDIA

5 Try an overnight treatment

"Night-time – when your skin isn't being challenged by environmental stressors such as pollution, UV and weather – provides a great opportunity to optimise your skin by using masques or oils with a high concentration of nourishing, active ingredients," says British anti-ageing facialist Cherry Woods.

These include products with high strengths (1% would be considered high strength for a non-prescription product) of retinol, which mustn't be used during the day as it reacts with the sun, or slow-absorbing ingredients that need time to sink in. First, cleanse skin well and follow with a gentle, alcohol-free toner. Next, apply the mask or facial oil, massaging in well, using upward strokes. Put a towel on your pillow to avoid leaving stains.

TRY THESE
1 Nivea Perfect & Radiant Even Tone Overnight Serum **40ml R190**
2 Eucerin Even Brighter Night Cream **50ml R339,99**
3 Celltone Brightening Night Cream **50ml R299,95**

6 Tidy your brows

"Neat, full brows are very youthful, and emphasising them creates a lifting effect for your whole face," says make-up artist Ariane Poole.

"If brows are untidy, have them threaded to create a neat finish that you can maintain yourself. Then, brush brows downward, etch along the top with a brow powder or pencil – a colour slightly lighter than your hair will be most flattering – comb the hairs back into place then fill in any gaps. Gently stroke a touch of brow gel over them to keep in place."

TRY THESE
1 Rimmel Brow This Way Fibre Pencil Medium **R109,95**
2 Palladio The Brow Definer in Medium Brown **R71,95**
3 L.A. Girl Shady Slim Brow Pencil in Soft Brown **R67,95**

7 Exfoliate weekly

"Gentle exfoliation removes dead skin cells, excess oils and flakiness, which allows moisturiser to penetrate deeper," says British anti-ageing facialist Cherry Woods. "It also triggers the skin-cell regeneration process, which helps to create the appearance of more youthful skin and reduces wrinkle depth too."

TRY THESE
1 L'Oreal Paris Pure Clay Glow Scrub **150ml R95**
2 Nivea Perfect & Radiant Wash, Scrub, Mask 3 in 1 Cleanser **150ml R110**
3 Eucerin Dermo Purifyer Oil Control Scrub **100ml R159,99**

8 Use an eye cream

"The skin around your eyes is thinner and more delicate than the rest of your face," says Dr Alexis Granite, consultant dermatologist at the Cadogan Clinic in London. "Using an anti-ageing eye cream may help improve or prevent wrinkles here by improving hydration and protecting against UV light and pollutants."

TRY THESE
1 African Extracts Rooibos Rejuvenating Eye Cream **20ml R185**
2 Endocil Ceramide Enrichment Eye Cream **25ml R99,95**
3 365 Skin Workout Specialised Active Eye Cream **20ml R610**

9 Scrub lips every other day

As we get older, our skin produces less collagen and loses vital lipids (fats). "Collagen is a protein that supports your skin's tissue and makes lips plump, while lipids provide the 'packing'," explains British anti-ageing facialist Cherry Woods. "By descaling flaky skin, you'll trigger the production of new cells, which leads to visibly plumper lips."

You'll also create a smoother surface so lipstick lasts longer. Apply a layer of petroleum jelly, then use a soft toothbrush to gently slough off any dead skin. Or, try a targeted lip scrub.

TRY THESE
1 MAC Lip Scrubtious in Sweet Vanilla **R340**
2 Essence My Beauty Lip Ritual Step 1 **R54**
3 Revlon Kiss Exfoliating Balm in Sugar Mint **R59,90**

10 Include serum every day

"Serums are formulated with smaller particle sizes, which allow a higher concentration of active ingredients to penetrate more deeply into your skin than creams," explains Dr Alexis Granite, consultant dermatologist at the Cadogan Clinic in London.

"Some of the best hydrating ingredients to look for include antioxidant vitamins C and E; vitamin A (retinol); plumping hyaluronic acid; peptides, which reduce water loss and stimulate collagen; and ceramides, which replenish natural lipids and lock in moisture."

TRY THESE
1 Eucerin Even Pigment Perfector Dual Serum **30ml R619,99**
2 Nivea Q10 Plus Anti-Wrinkle Replenishing Serum Pearls **40ml R259,99**
3 Neutrogena Ageless Intensives Deep Wrinkle Serum **29ml R219,95**

STOCKISTS: AFRICAN EXTRACTS 021-514-3100, ALMAY 011-971-0800, BIODERMA 0860-254-257 (CLICKS), CELLTONE CELLTONE.CO.ZA, CLERE 0800-002-652, ENDOCIL 0860-104-061, EUCERIN 0860-102-091, ESSENCE 0800-201-170 (DIS-CHEM), FILORGA 0800-203-925 (EDGARS), INGRAM'S 0860-254-257 (CLICKS), MAC 011-516-0077, MAX FACTOR 0800-201-170 (DIS-CHEM), MIXA 0860-102-491, NIVEA 0860-102-091, PALMER'S 031-737-000, REVLON 011-971-0800, SORBET 0860-254-257 (CLICKS), 365 SKIN WORKOUT 0860-254-257 (CLICKS)

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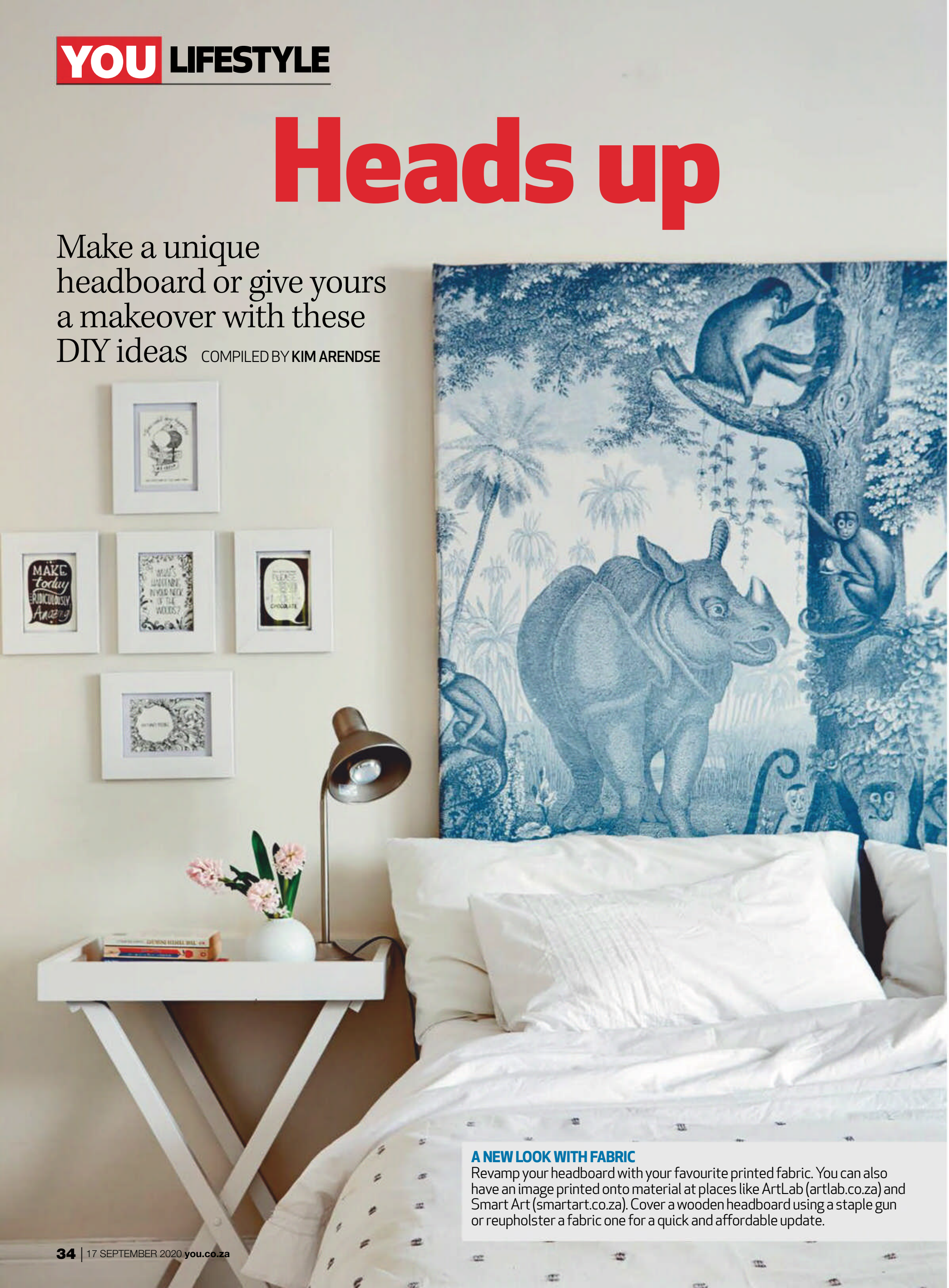
Heads up

Make a unique headboard or give yours a makeover with these DIY ideas COMPILED BY **KIM ARENDSE**



A NEW LOOK WITH FABRIC
Revamp your headboard with your favourite printed fabric. You can also have an image printed onto material at places like ArtLab (artlab.co.za) and Smart Art (smartart.co.za). Cover a wooden headboard using a staple gun or reupholster a fabric one for a quick and affordable update.

GALLO IMAGES/GETTY IMAGES

PLAY WITH PAINT

Use a pencil to lightly draw a silhouette of your favourite city (or anything else you fancy) onto the wall behind the bed, taking into account the bed's width.

Use masking tape to outline the drawing and use paint to colour it in. Allow the paint to dry completely before removing the tape.

DISPLAY A COLLECTION

Use a pencil to lightly draw a headboard shape of your choice onto the wall behind the bed. Then use a collection of pictures, prints, buttons, stickers and anything else you want to stick into the framework you created.

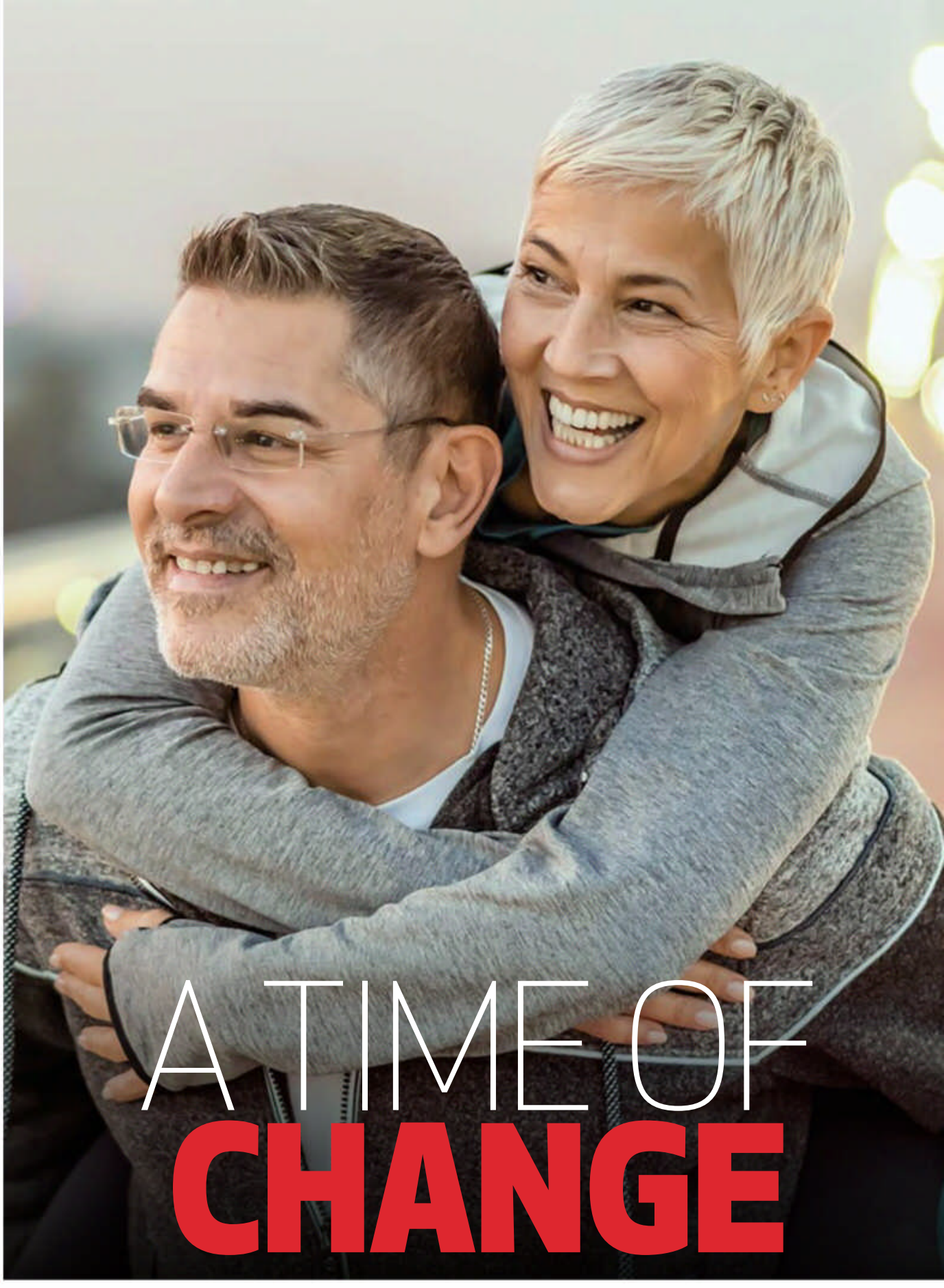
You can use Prestik, glue or modge podge for sticking. Ensure the items are close together but spaced evenly apart.

REPURPOSE A RUG

Give an old rug a a new lease of life as a headboard. For this affordable idea, simply buy a second-hand rug from a reputable website such as Facebook Marketplace, Gumtree or OLX, or search in the bargain bin at your favourite homeware store. You could also hang up a large throw on hooks or using double-sided tape.

WRAP IT UP

Use ribbon or leftover bits of fabric cut into strips and wrap it tightly around your headboard for a quick, affordable update.



A TIME OF CHANGE

As a man ages, his testosterone levels decrease – here's how to manage the symptoms BY PIETER VAN ZYL & KIM ARENDSE

IT'S not something men talk about in the same way as women do. For women the "change of life" can be an intense experience with distressing symptoms that include night sweats, mood swings and hot flushes.

For men the change is more gradual, so it's not quite as noticeable. The symptoms could even be seen as simply part of getting older – the loss of energy, the bulging belly, the trouble sleeping. Not to mention the accompanying loss of libido . . .

Most of these symptoms are the result of decreased testosterone, a sure sign of advancing years. But some men are hit harder than others and sometimes the so-called "male menopause" wreaks havoc with the body.

There's a name for the condition: andropause, aka testosterone deficiency syndrome (TDS). And help is at hand in the form of hormone therapy, which involves a testosterone injection every three months.

But experts warn this shouldn't be considered a quick fix for men with erectile dysfunction or general lack of energy. Here's what you need to know about the signs, symptoms and treatment of age-related low testosterone.

WHEN IS IT ANDROPAUSE?

Boys start producing testosterone in adolescence but production of the hormone starts to decline when men are in their thirties, says Professor Riana Bornman from the University of Pretoria's School of Health Systems and Public Health.

From age 40, they start to lose 1 to 2% of testosterone a year. When testosterone levels have dropped to the extent that a man experiences a combination of symptoms (see box) that wreak havoc with his life, male "menopause" has set in.

By their mid-50s about 30% of men suffer from TDS, says Professor Mohamed Haffejee, head of urology at Wits University in Johannesburg. By age 70, their testosterone levels may be down by as much as 50%. Though all men suffer lower testosterone production as they age, only some will need hormone therapy, he adds.

The type of therapy depends on the extent of the decline in testosterone level. Nowadays, a testosterone level lower than 12 nanomoles per litre (nmol/L) of blood is considered abnormal, but hormone therapy is usually only advisable when the level drops to 8nmol/L, which is when the patient is diagnosed with TDS, Bornman says.

Contributing factors to an increased risk of TDS include trauma to the testes and contracting mumps during or after puberty.

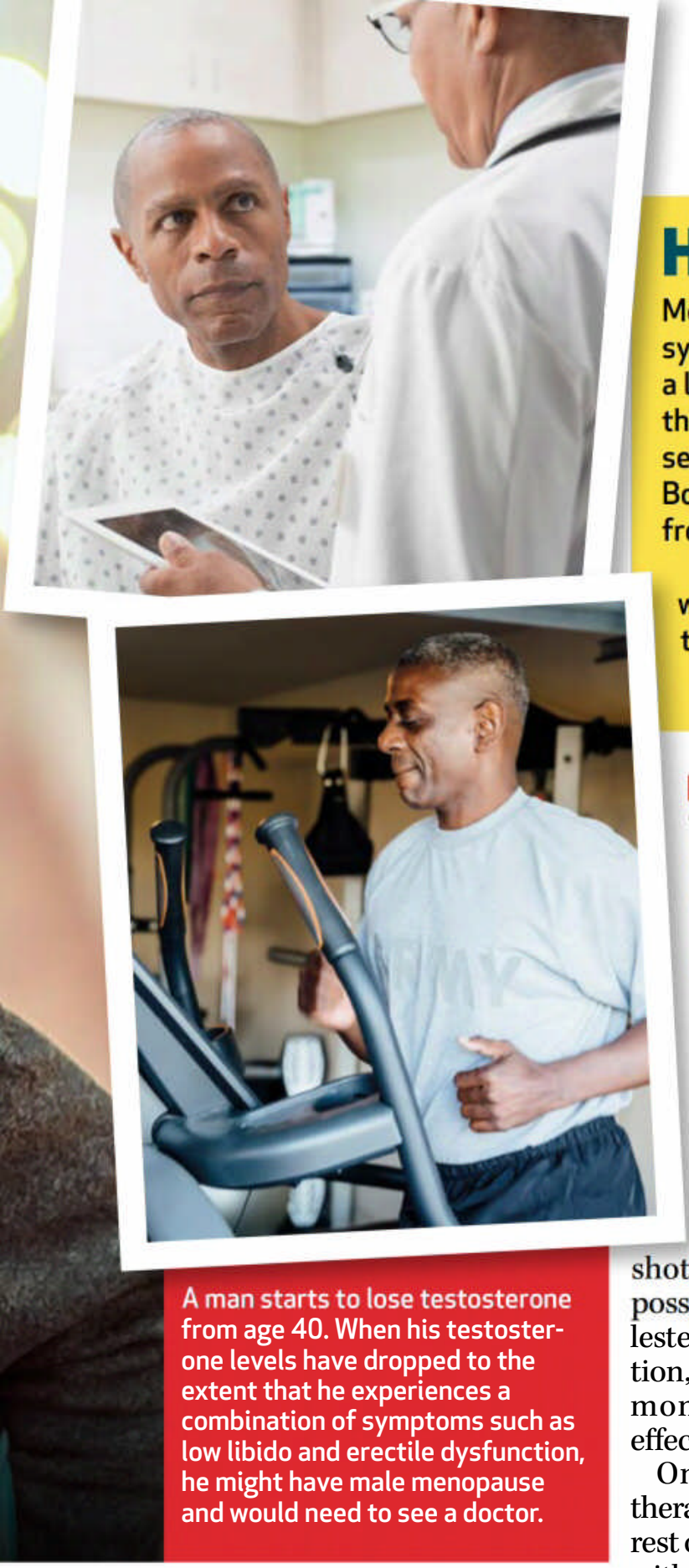
WHEN TO SEE A DOCTOR

Low testosterone levels in older men often go unnoticed. This often happens because many men who have low testosterone experience no symptoms.

Also, the signs and symptoms can be caused by a number of other things. An increased girth measurement, insulin resistance and osteoporosis are all linked to low testosterone levels, says Dr Hilton Kaplan, a Cape Town endocrinologist.

Some of the symptoms of TDS are related to normal ageing, or can be associated with other conditions such as thyroid problems or alcohol abuse. They can also be a side effect of certain medications, such as those prescribed for hypertension.

Erectile dysfunction, for example, can



A man starts to lose testosterone from age 40. When his testosterone levels have dropped to the extent that he experiences a combination of symptoms such as low libido and erectile dysfunction, he might have male menopause and would need to see a doctor.

GALLO IMAGES/GETTY IMAGES

HOW TO HELP THE MAN IN YOUR LIFE

Men with testosterone deficiency syndrome (TDS) can experience such a loss of self-esteem and confidence that they'll want to completely avoid sexual contact, says Professor Riana Bornman, an expert in andropause from Pretoria.

It's usually his significant other who'll persuade a man to see a doctor. But be sensitive, she adds.

"Don't say things like 'you're getting old' or 'you're not the man you used to be'," she cautions.

Dr Elmari Mulder Craig, a sexologist and relationship expert from Pretoria, suggests saying something like, "I read somewhere these can be symptoms of decreased testosterone levels. You don't have as much energy to do stuff anymore." Then suggest that he gets his testosterone level checked.

also be a sign of vascular disease, Haffejee warns. When changes to the vascular walls cause the arteries and veins to narrow – as is the case when cholesterol clogs the arteries – too little blood reaches the penis, causing difficulty getting an erection. This should be seen as a warning sign of possible heart disease and it's advisable to get an electrocardiogram (ECG).

Write down your symptoms when you experience them and discuss it with your primary care physician. If a blood test confirms your testosterone levels are abnormally low, the doctor can recommend hormone therapy or refer you to an endocrinologist or urologist for specialist treatment.

'Only some men will need hormone therapy'

IS HORMONE THERAPY SAFE?

Testosterone injections have had a bad reputation over the years. But that's because the injections used to be administered weekly, causing sharp peaks and crashes in testosterone levels.

"Because of this see-saw effect men would feel fitter and happier one day than they have in years, only for this to be followed by periods of deep despondency," Haffejee says.

Other side effects of the weekly shots included irritability, anxiety and possible negative effects on the liver, cholesterol and blood count. The new injection, which is administered every three months, has eliminated these side effects, he adds.

Once you've started with hormone therapy you must continue with it for the rest of your life – unless you're diagnosed with prostate cancer. This is because testosterone supplements can advance the cancer's growth, Bornman says.

So before you start with the treatment your doctor must rule out any sign of prostate cancer. You'll also need regular blood tests for prostate-specific antigen (PSA), a protein the body produces more of when you have prostate cancer.

The three-monthly testosterone shots cost about R2 300 each. It can take weeks or even months before you notice a difference but it's worth the investment, Bornman says.

WILL LIFESTYLE CHANGES MAKE A DIFFERENCE?

A healthy diet and regular exercise can help maintain muscle mass and build strength. Exercise is also a mood enhancer and will aid peaceful sleep, Haffejee advises.

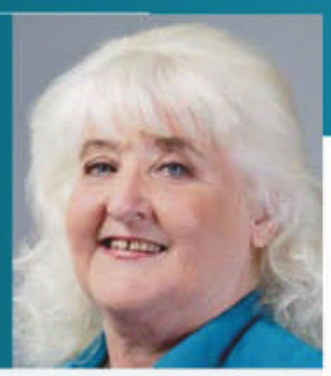
It's important to keep your weight down as overweight men are more at risk, Bornman warns. The testosterone levels of overweight and obese men drop more dramatically because fat tissue contains an enzyme that breaks down testosterone. ■

SYMPTOMS OF MALE MENOPAUSE

Common signs and symptoms of low testosterone include:

- Low libido
- Decrease in sexual performance
- Erectile dysfunction
- Loss of muscle mass and physical strength
- Developing a large belly or "man boobs"
- Joint pain
- Excessive sweating
- Poor concentration
- Decrease in energy
- Low mood
- Sleep disturbance
- Irritability and anxiety
- Physical exhaustion
- Decrease in beard growth
- Increased body fat

ASK DR LOUISE



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

I DON'T WANT MY EX NEAR OUR SON

Q My husband and I got divorced eight years ago when our son was eight years old. One of the reasons I divorced him was because he was a workaholic who had no time for his family. He didn't make time for our son, and after the divorce when he had visits with him he'd often cancel, leaving my son devastated. But my son nevertheless dotes on his father regardless of his behaviour.

Now my ex has contacted me to say he wants regular access to our son. I'm not in favour of this as I feel my ex doesn't live by the same values I've tried to instil in my son – one of the main ones being that money isn't everything in life. I'm afraid he'll corrupt our child.

He simply left us in the lurch and disappeared. Why should I allow him to come back now and upset our lives?

Joanne, email

A Your feelings are understandable, but legally it's the Children's Act and South African constitution that pertain to this issue. A child has the right to contact with their parents except if the influence of the parents is to the serious detriment of the child, according to the Children's Act. It's the human right of a child to know their parents, according to the constitution.

It's likely that the global pandemic and what we're all going through has changed your ex-husband's perspective. Perhaps he's come to realise there are more important things in life than work and that he should appreciate his son and put effort into that relationship.

If your ex-husband isn't a threat to your son's mental and physical wellbeing you should allow him to have access to his child. His values might be different from yours but remember, your son is 16 now and so old enough to make up his own mind about what he thinks and believes, even if it's still with your guidance.

Instead of opposing him, rather allow your ex to see his son and be honest with your ex about your concerns. Tell him you want him to be good influence in your son's life. Also keep in mind that if you alienate your son from his father he might come to resent you for it later.

THE WOMAN OF MY DREAMS IS MARRIED

Q I'm a bachelor who's had his fair share of dating and relationships and believed I'd never meet my soulmate.

But recently I went to drop off some stuff for my grandmother who lives in an old-age home and I met a stunning woman in the foyer who was there doing the same thing.

We dropped off the things we'd brought and went to sit under a tree to have a chat as we were drawn to each other.

She told me she's married but unhappily so and that her husband abuses her. She also told me she's unable to leave him because she lost her job during lockdown.

We spoke for what felt like a few minutes but was actually an hour and I couldn't let her go without getting her phone number.

Since then I've dreamt about the two of us being together. I want to pursue this relationship. How can I do this?

Mark, email

A You shouldn't pursue her as it's likely to mean heartache for you later. The fact that she's married means she's not free to have a relationship with you. Is an affair really what you want? If you do start an affair, she might never get divorced.

You also need to keep in mind that a person who's been abused in a relationship has emotional baggage that you might find difficult to deal with.

Rather walk away now and forget about what might've been. Times are difficult now and things that were easily overcome before the pandemic aren't as straightforward now.

Throw away her phone number before you get so emotionally involved that it's even more difficult to walk away.

'The oak fought the wind and was broken, the willow bent when it must and survived' – U.S. AUTHOR ROBERT JORDAN, THE FIRES OF HEAVEN

I DIDN'T GET TO TELL MY WIFE I LOVE HER

Q My wife recently contracted Covid-19, was hospitalised and died. I couldn't even be at her deathbed to tell her I love her. I was simply informed that she'd died and that I could arrange for her body to be collected.

I feel as if I let her down by not being there for her. It must've been terrible to die alone without her loved ones by her side. I feel as if she'll never forgive me.

Brian, email

A The process of dying is a lonely and individual process. Even when loved ones are at someone's deathbed, the person who's dying is often in a world of their own. Dying is an experience we'll all go through and other people might try to make it easier but it's at this point that religion and religious beliefs bring comfort.

If your wife was religious, hopefully her beliefs brought her some comfort at the time of her death. The fact that you feel you let her down shows you loved her deeply, so I'm sure she knew that, as you would've showed you love her in many ways while she was alive.

Try to be at peace now, and know that if she could've chosen she'd rather have had you safe than at her side and at risk of contracting the virus in the hospital.

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YOUR MONEY SORTED

Can I claim for damages or loss because of loadshedding?

GO TO you.co.za FOR MORE FINANCIAL ADVICE

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

LOADSHEDDING is here to stay – at least for the foreseeable future. That's why it's important to establish if your insurance covers damages or losses to your property or electronic equipment caused by frequent electricity outages.

TIP Take care when using candles or oil lamps during a power outage. If a fire breaks out due to your negligence, your claim will be denied.

THEFT

Burglars might exploit loadshedding as it disables alarms and electric fences – unless there are backup batteries. Most insurers pay out claims for burglaries that happened during loadshedding, as long as they weren't due to the client's negligence (such as that the alarm was faulty anyway) or lack of proper maintenance (such as failing to replace a dead backup battery).

If, for example, your house alarm was disabled by loadshedding and your backup battery was unexpectedly out of order too, your claim will be considered. But you must be able to prove the alarm system had been properly maintained.

For a successful claim, you must adhere to policy requirements. For example, if your policy requires burglar bars and you don't have any, your claim can be denied.

The insurer also requires there be clear indications of forced entry (such as a broken door or window) to your home or outbuilding to consider a claim.

ELECTRONIC EQUIPMENT

It can cost you a pretty penny if electronic equipment such as TVs, computers, fridges and washing machines give up the ghost when there's a power surge after loadshedding. A power surge is when too much electricity suddenly surges through your home's wiring. It can happen quickly and cause major damage.

Most insurance policies don't automatically cover damages or loss caused by power surges. You'll need to take out additional cover for that, which means you'll pay a little more on your monthly premium. Ask the insurer how much cover you'll get. Sometimes the claim amount is limited to a specific amount or number of claims, for example you may only claim for power-surge damages twice in a 12-month period.

Lightning storms can also cause power surges. If you live in a lightning-prone area, check your policy documents to see if a lightning conductor is a requirement and if it is, make sure you have one or your claim could be denied.

Bear in mind that if you suffer damages because your power supplier cut your electricity as a result of you failing to pay your bill, you're not covered.

A GENERATOR

As loadshedding has increased, so too has the use of home generators. These are expensive to replace and are also a fire hazard if not installed and used properly. Some insurers cover generators in their policies but it's by no means the norm.

Check your policy document to see if you're automatically covered, says Greta Goosen, MiWay Insurance's head of client services.

If you have cover for a generator, it usually falls under your building or house contents insurance. If it's a non-portable (in other words permanently installed) generator, it falls under building cover, while a portable generator is covered under home contents.

If it's not automatically covered, you can ask for it to be added – which means paying a little extra on your monthly premium.

For a successful claim, you must also comply with the legal requirements and regulations for generators, for example, it must be correctly installed. This includes the requirement that it must be installed by a qualified, licensed electrician who must issue a clearance certificate that the generator meets SABS standards.

Your insurer might have other requirements too, for example that it must be at least 5m away from the house in a well-ventilated area; that you install effective smoke and carbon-monoxide detectors; and that the fuel for the generator must be stored in a separate, locked area. Having a fire extinguisher of a specific size, for example at least 4,5kg, is also often another requirement.

GAS APPLIANCES

You must notify your insurer when you install a gas appliance, or any claims relating to it can be denied.

To get cover, you must also comply with the laws on gas appliances, including supplying a certificate of conformity for gas appliances. The appliance must be installed by a technician who's certified by the Liquefied Petroleum Gas Safety Association of Southern Africa. This is crucial because if the installation wasn't done properly by someone who wasn't licensed, the claim will be denied.

Your insurer might also have additional requirements, such as that your gas canisters be kept in a locked, ventilated cabinet or cage, even if it's outside the house.

SOLAR PANELS

This is usually covered in your building insurance policy but it's worth checking with your insurer.

You must also establish if your insurer has specific installation requirements because bad workmanship is usually an exclusion on policies.

Notify your insurer when installing a gas appliance, or any claims related to it may be denied

GET HELP HERE

- **For claim disputes, contact the ombudsman for short-term insurance at osti.co.za or 0860-726-890.**

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Want to know what's new and exciting in retail? Here's the latest from our advertisers

MAKE WASHDAYS EASY

Searching for an efficient washing powder? MAQ Auto Washing Powder is super-effective, formulated for advanced cleaning and stain removal no matter how large the load – or how dirty!

Simply allow MAQ Auto to do the work! Its formulation is suitable for all fabrics and colours – and, because it's low-foam, it's perfect for your automatic machine. Available countrywide.

A RICH & CREAMY TREAT

The smooth texture and delicate flavour of Excella Salad Cream gives a new twist to hot or cold dishes, including saucy salads and yummy sandwiches. It also adds that finishing touch to hamburgers, fish and chips – and so much more!

Experiment with and experience the taste Excella Salad Cream lends to any dish. Available countrywide. Make sure Excella Salad Cream is on your shopping list!

SIMPLY DECADENT

Bliss Double Cream Yoghurt from Clover is a deliciously thick, creamy yoghurt.

The nutritious, guilt-free treat comes in a wide variety of flavours as well as convenient pack sizes – 1kg, 500g and six-pack (6x100g) tubs, as well as a convenient 175g on-the-go pack for those in-between moments of indulgence. Available at all leading retailers.

NUTRITIOUS SNACKS

Welcome to the wonderful world of Nutrikids magic where we you'll find flavoured dairy snacks, instant powder milk, ready-to-drink milk and fruit nectar blends – all enriched with essential vitamins for your toddler's development.

Products are packed with calcium and vitamins A,B, C and D for good health – and are great for lunchboxes, snacks or as a nutritious treat. Create a little magic with Nutrikids!

POLICE

TIME TO SHINE

Police watches mirror the inner strength and beauty of the new-millennium woman. Enticing, bold and trendy, these chic time-pieces conjure up the perfect synergy between classic and contemporary styles and stand out from the crowd.

Each of the models pay homage to the brand's DNA – freedom to choose what's real to you. To view the range or find your nearest stockist, visit policelifestyle.co.za

DOES YOUR CHILD HAVE WORMS?

It may be time to deworm your family! Did you know one in two children in South Africa may have an intestinal worm infestation? It's important for family members to be dewormed – and Wormstop is an affordable, trusted choice.

It's effective against the most common worm types, with easy dosing options for adults and children from two years old. Available at your nearest pharmacy.

YOUR STARS

By PETRA DU PREEZ

For daily horoscopes go to you.co.za.

VIRGO

23 AUG – 22 SEPT

It's time to make a few changes in your life

The main feature in your life this week is new beginnings. Spend some time in solitude to figure out which areas of your life need tweaking – whether it's your exercise routine, diet or your immediate career goals. With your planet Mercury now traversing your money horoscope, it's an appropriate time in which to realign your work ambition with your income-generating abilities. Try not to be too picky.

YOUR LUCKY NUMBERS
27, 35, 43, 25, 8, 9

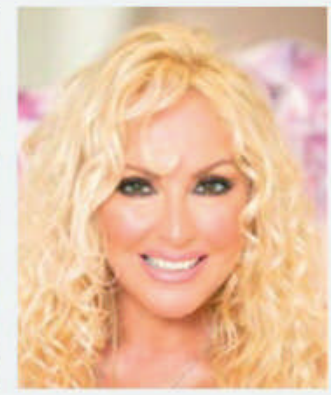
FAMOUS BIRTHDAYS

ZOZIBINI TUNZI
18 SEPTEMBER 1993

JADA PINKETT SMITH
18 SEPTEMBER 1971

KATINKA HEYNS
20 SEPTEMBER 1947

JASON DERULO
21 SEPTEMBER 1989



PATRICIA LEWIS
22 SEPTEMBER 1967

BRUCE SPRINGSTEEN
23 SEPTEMBER 1949

THE VIRGO FACT FILE

- Virgo is represented by the symbol of the Corn Maiden
- It's the sixth sign of the Zodiac, and Pisces is the opposite sign
- Their element is Earth, which makes them practical and sensible
- Their modality (distinct quality) is mutable, making them flexible
- Mercury is their planetary ruler which makes them good at analysing
- On the positive side, they're hard-working and conscientious
- On the negative side, they're perfectionists and critics of note

LIBRA

23 SEPT – 22 OCT

Although you're a social person by nature, current circumstances could mean that you find yourself spending more time alone now. Don't let this keep you from expressing your communication skills – it's highlighted this week thanks to curious Mercury moving through your sign. Expect to come up with a wide range of ideas – but ultimately, you need to be practical and realistic. Let go of any outlandish ideas which won't lead you anywhere.

YOUR LUCKY NUMBERS
9, 19, 37, 32, 3, 20

SCORPIO

23 OCT – 21 NOV

You may have been too focused on your survival strategies of late and in the process neglected your personal hopes and wishes. Grant yourself some time this week to dream, even if they may not be forthcoming for a while. Your intuition is particularly sharp, so take note of flashes of inspiration, even if this means unravelling a secret or two.

YOUR LUCKY NUMBERS
39, 22, 5, 2, 41, 38

SAGITTARIUS

22 NOV – 20 DEC

A fresh start is on the cards for your career, whether you send out your CV to prospective employers or you take a step towards a side hustle. With a bundle of planets currently in your money horoscope, you need to trim your budget. Try not to compare yourself to others – some will have more than you and others will have less.

YOUR LUCKY NUMBERS
19, 6, 4, 11, 49, 31

CAPRICORN

21 DEC – 20 JAN

Your plans for the future could involve a course of study, probably online. You're also unlikely to spend money without getting it back. Expect a mixed bag of emotions this week – from being optimistic to being down in the dumps. This too shall pass, so when you're feeling down, be sure to give yourself a pat on the back and a serious pep talk.

YOUR LUCKY NUMBERS
24, 28, 43, 21, 26, 5

AQUARIUS

21 JAN – 18 FEB

Two heads are better than one and now's the time for you and your other half to sit down and jointly revise the household budget. Even if you're not materialistic, taking responsibility for household finances is something that needs to be shared. Let your creative juices flow when it comes to ideas but try not to take any criticism personally.

YOUR LUCKY NUMBERS
39, 35, 13, 16, 45, 26

PISCES

19 FEB – 20 MARCH

Expect a clean slate as far as a relationship is concerned. Whether you're ready to move on from a past hurt, on the verge of taking a love union to the next level or accept that something simply isn't working, take a deep breath and face the truth. Listen to what the other party has to say without letting preconceived ideas cloud your opinion.

YOUR LUCKY NUMBERS
26, 14, 28, 7, 31, 5

ARIES

21 MARCH – 19 APRIL

With the planet of action, Mars, in your sign but still in reverse gear, you're probably feeling frustrated. Instead of wasting energy, refocus your attention on the mundane tasks that are often neglected in your daily life. Whether you tidy up your home office, repack your grocery cupboard or organise your wardrobe, creating order will be satisfying.

YOUR LUCKY NUMBERS
27, 37, 26, 10, 15, 5

TAURUS

20 APRIL – 20 MAY

Letting your hair down is just what the doctor ordered for you this week. As the ever-cautious bull when it comes to spending money, find creative ways of having a bit of fun without it burning a hole in your pocket. Cook up a feast and share it with those who you hold close. Loved ones who live far away are merely a click away on your computer.

YOUR LUCKY NUMBERS
33, 35, 29, 2, 28, 47

GEMINI

21 MAY – 20 JUNE

As a versatile Gemini, you thrive in an environment that's stimulating and varied. If constantly being on the go isn't currently an option, turn your attention to creating various activities on the spot at home. Whether you catch up with your filing or haul out those half-written stories to be updated with a new vision, now's the time to create order in your home.

YOUR LUCKY NUMBERS
11, 45, 51, 41, 24, 38

CANCER

21 JUNE – 21 JULY

You may have a yearning to spend more time with your siblings, cousins and other family. It may be the ideal time to start a new chat group or set a regular time for gathering online with the clan if face-to-face visits aren't possible. As a nurturer by nature, you may want to identify someone in your neighbourhood who could be in need of your support.

YOUR LUCKY NUMBERS
15, 36, 43, 4, 9, 22

LEO

22 JULY – 22 AUG

If your budget allows, it's a great time in which to spend money on your appearance, especially if you feel a new hairdo is required. But though this is a great pick-me-up, cash in your wallet may currently be more beneficial than spending like there's no tomorrow. You may hate being constricted by a budget, but now's the time to stretch your rands.

YOUR LUCKY NUMBERS
5, 28, 13, 47, 24, 18

GALLO IMAGES/FOTO24/THEANA BREUGEM, GALLO IMAGES/GETTY IMAGES, MARK LEWIS

YOU LEISURE

LAUGH A LITTLE

Fancy yourself a joker? Email original jokes to chuckles@you.co.za or send them to Chuckles, YOU, PO Box 7167, Roggebaai 8012, and we may publish them on this page.

KIDDIES' CORNER

Question: When should you stop for a glow worm?
Answer: When he has a red light!
Question: If a wizard were knocked out by Dracula in a fight, what would he be?
Answer: Out for the count.
Question: Why did the witch give up fortune-telling?
Answer: There was just no future in it.

FAMILY TROUBLE

Two cannibals are sitting by a fire. The first one says, "You know, I really hate my mother-in-law."

The second says, "So try the potatoes."

OUT OF SEASON

"Bongani," the ardent Bafana Bafana supporter's wife says.

"I read in the newspaper that a man in Germiston swapped his wife for a season ticket to all of Bafanas' games. Would you do something like that?"

"Hell no," Bongani growls. "The season's half over!"

CHILDHOOD AMBITIONS

Question: As a child, the wicked magician always wanted to saw people in half. Is he an only child?
Answer: No, he has lots of half-brothers and -sisters.

A DOG'S LIFE

A salesman drops in to see a business customer. Not a soul is in the office except a big dog emptying the wastepaper bins.

The salesman stares at the animal, wondering if his imagination is playing tricks on him.

The dog looks up and says, "Don't be surprised. This is just part of my job."

"Incredible," the man exclaims.

"I can't believe it! Does your boss know what a prize he has in you? An animal that can talk!"

"Please don't tell him," the dog says. "If he finds out I can talk he'll make me answer the phone too."

PRESENT PERCEPTION

On their first day of school the kids arrive with gifts for their teacher.

The florist's son has brought a bouquet of flowers and the sweetshop owner's daughter a pretty box of candy.

Then the liquor store owner's son presents a large, heavy box.

The teacher lifts it up and notices it's leaking a bit. She touches a drop of the liquid with her finger and tastes it.

She hazards a guess: "Is it wine?"

"No," the little boy says.

The teacher tastes another drop and says, "Champagne, perhaps?"

"No," the boy says. "It's a puppy!"

BUTTER FINGERS

A construction worker is cutting timber with a circular saw when he accidentally cuts off all his fingers.

When he gets to the local hospital's emergency room the doctor takes one look at his hand and says, "Wow! Well, give me the fingers and I'll see what I can do."

"What do you mean, give you the fingers?" the guy says.

"We have microsurgery and all kinds of incredible techniques. I can put the fingers back on your hands and make you like new," the doctor says. "Why didn't you bring the fingers?"

"Well, doc, I couldn't pick them up."

MYSTERIES OF ENGLISH

- The bandage is wound around the wound.
- The farm is used to produce.
- The dump is so full it has to refuse more refuse.
- We must polish the Polish furniture.
- The soldier has to desert his dessert in the desert.
- A bass is painted on the front of the bass drum.
- There's a row among the oarsmen about how to row.
- They're too close to the door to close it.
- The buck does funny things when the does are present.
- A seamstress and a sewer fell into a sewer.
- To help with planting the farmer teaches his sow to sow.
- Upon seeing the tear in the painting I shed a tear.
- I had to subject the subject to a series of tests.
- How can I intimate this to my most intimate friend?

TEEJEL® GEL
choline salicylate

Relief* at your fingertips

*Effective pain relief for
Teething pain | Mouth ulcers | Brace cuts | Denture sores[1]

REFERENCE: 1. TEEJEL® GEL Approved Package Insert, 2 October 1979.
S0 TEEJEL® GEL. Contains choline salicylate 87,1 mg/g. Contains ethanol. Sugar free. Reference No. G2805 (Act 101/1965). Please refer to the package insert for full prescribing information.
Please report any suspected adverse events to ZAdrugsafety@mundipharma.co.za. Mundipharma (Pty) Ltd, Block D, Grosvenor Square, Park Lane, Century City, Cape Town, South Africa, 7441.
www.mundipharma.co.za ZA-M-TJL-0320-0004 METEE101

mundipharma

NCIS: LOS ANGELES

E.TV, FRIDAY 20:30

Callen (Chris O'Donnell) is placed on suspension for shooting the Chameleon.

17 SEPTEMBER | TV | THURSDAY

SABC1

05:00 JOURNEY OF INSPIRATION
05:02 GELEZA NATHI
06:00 KIDS' NEWS & CURRENT AFFAIRS
06:30 YO.TV
07:00 DBE LEARNING TUBE
08:00 ◆ ISIDINGO
08:30 ◆ GENERATIONS: THE LEGACY
09:00 ◆ MUVHANGO
09:30 ◆ SKEEM SAAM
10:00 ◆ EMZINI WEZINSIZWA
10:30 ◆ DAILY THETHA
11:30 ◆ LIP SYNC BATTLE
12:00 TO BE ANNOUNCED
13:00 NEWS
13:30 ◆ MAM' SAKHILE'S STORY HOUSE
14:00 ◆ SELIMATHUNZI
14:30 ◆ TEENAGERS ON A MISSION
15:00 ◆ DEGRASSI: NEXT CLASS
Teen drama. Frankie is driving herself crazy over Jonah.
15:30 YO.TV
16:30 ◆ ISPANI
17:30 NDEBELE/SWAZI NEWS
18:00 ONE MIC
18:30 SKEEM SAAM
19:00 XHOSA/ZULU NEWS
19:30 ◆ THROWBACK THURSDAY
20:00 GENERATIONS: THE LEGACY
Jack isn't the kind of man to take a hit and not retaliate.
20:30 UZALO
21:00 ◆ THE HIP HOP EFFECT
22:00 ◆ AGENT
23:00 ◆ YILUNGELO LAKHO
00:00 KOZE KUSE

SABC2

06:00 MORNING LIVE
08:00 INSIDE THE BAOBAB TREE
08:30 BABY TV
09:00 TEENS 101
09:30 LADIES CLUB
10:00 ◆ AUTHENTIEK
10:30 ◆ FOKUS
11:00 ◆ 7DE LAAN
11:30 ◆ MUVHANGO
12:00 ◆ UZALO
12:30 ◆ GENERATIONS: THE LEGACY
13:00 ◆ SKEEM SAAM
13:30 ◆ LITHAPO
14:00 ◆ TOUCHED BY AN ANGEL
15:00 MY WORLD KITCHEN
15:30 TAKALANI SESAME
16:00 WORDS & NUMBERS
Kids' quiz show presented by Denver Vraagom who puts contestants through their paces as they battle it out with words and numbers games.
16:30 HECTIC NINE-9
17:00 YU-GI-OH!
17:30 TSONGA/VENDA NEWS
18:00 7DE LAAN
18:30 AFRIKAANS NEWS
19:00 FUNDIS
19:30 KLIPHARD
20:00 TSWANA/SOTHO NEWS
20:30 MOTSWAKO
21:00 MUVHANGO
21:30 VUTHA
22:00 ◆ BORN TO KILL?
23:00 ◆ YU-GI-OH!
23:30 FULL VIEW

SABC3

05:00 ◆ HECTIC ON 3
06:00 EXPRESSO
09:00 ◆ SAFARI LIVE
10:00 ◆ 7DE LAAN
10:30 ◆ GENERATIONS: THE LEGACY
11:00 ◆ TRENDING SA
11:30 ◆ JUDGE FAITH JENKINS COURT SHOW
12:00 AIRWOLF
Action series. A group of corrupt soldiers attempt to sabotage a train carrying US and Soviet observers and lethal gas to a location where it's to be destroyed.
13:00 ON POINT
14:00 DBE LEARNING TUBE
15:00 MPC REPORT 2020
16:00 HECTIC ON 3
16:30 JUDGE FAITH JENKINS COURT SHOW
17:00 AFTERNOON EXPRESS
18:00 TRENDING SA
18:30 THIS IS US
Drama series. A history of Beth and Randall through the ages.
19:30 DINNER DATE
20:30 LOUIS THEROUX: THE NIGHT IN QUESTION
Documentary. In the USA, Louis Theroux meets college students accused of sexual assault.
21:00 ENGLISH NEWS
21:30 EMJINDINI
22:30 THE GLOBE
23:30 ◆ KOZE KUSE

E.TV

06:00 THE MORNING SHOW
08:00 THE MORNING NEWS
08:30 ◆ DAYS OF OUR LIVES
09:20 ELIF
10:15 INFOMERCIALS
10:30 DOODSONDES
11:30 ◆ RHYTHM CITY
12:00 ◆ SCANDAL!
12:30 ◆ IMBEWU: THE SEED
13:00 ENEWS 1PM
14:00 PATERNITY COURT
14:30 PEPPA PIG
14:35 NINA'S WORLD
15:00 NINJAGO: MASTERS OF SPINJITZU
15:30 ZAFARI
15:55 THE EPIC TALES OF CAPTAIN UNDERPANTS
16:20 JUDGE JUDY
16:45 DAYS OF OUR LIVES
17:30 DEUR DIK EN DUN
18:30 NEWS: COVID-19 UPDATE
19:00 RHYTHM CITY
19:30 SCANDAL!
20:00 ENEWS 8PM
20:30 HAWAII FIVE-0
Action series. Chin Ho is drugged, kidnapped and placed in a maximum-security prison as retaliation for Frank Delano's death. Will he make it out alive?
21:30 IMBEWU: THE SEED
22:00 GREENLEAF
23:00 SO WHAT NOW?
00:00 CRADLE OF LIES
01:40 FAMILY GATHERING
03:15 ANY DAY

M-NET

06:00 ◆ THE CHASE
07:00 ◆ AMERICA'S GOT TALENT
08:00 ◆ WILL & GRACE
08:30 ◆ NCIS: LOS ANGELES
09:30 ◆ S.W.A.T.
10:30 ◆ THE KELLY CLARKSON SHOW
11:30 ◆ AMERICA'S GOT TALENT
12:30 ◆ THE CHASE
13:00 ◆ NEW AMSTERDAM
14:30 ◆ THE ROOKIE
15:30 ◆ MANIFEST
16:30 ◆ MODERN FAMILY
17:00 THE KELLY CLARKSON SHOW
18:00 AMERICA'S GOT TALENT
19:00 THE SINGLE WIVES SA
Reality dating show.
20:00 INCONCEIVABLE
21:00 BULL
Drama series. Chunk, working with his law professor's legal clinic, aims to get a new trial for a man he believes was wrongfully convicted of triple homicide by a prosecution team that included Benny.
22:00 BEECHAM HOUSE
Drama series. Season 1 ends. After spending several days and nights in his cell, John has finally worked out who betrayed him.
23:00 LOVE ISLAND UK
00:00 ◆ FBI: MOST WANTED
00:55 ◆ THE AFFAIR
01:55 ◆ BRIARPATCH
02:45 RAFIKI
04:20 A DOG'S JOURNEY

MZANSI

06:00 ◆ THE DOCTORS
07:00 ◆ THE TALK
08:00 LOKSHIN BIOSKOP: PLEASE SAY PLEASE
09:30 ◆ ISIBAYA
10:00 ◆ THE QUEEN
10:30 ◆ GOMORA
11:00 ◆ THE DOCTORS
12:00 ◆ THE RIVER
12:30 ◆ ISIBAYA
13:00 ◆ THE QUEEN
13:30 ◆ GOMORA
14:00 LOKSHIN BIOSKOP: INGADI
A dissatisfied and greedy domestic worker wants to dig out a heavy money trunk she found buried in her employer's garden. But trouble begins when the whole neighbourhood's servants want a share.
15:00 LOKSHIN BIOSKOP: BEN 9
17:00 THE TALK
18:00 LOKSHIN BIOSKOP: UYANGENZA
19:00 THE RIVER
19:30 GOMORA
20:00 UTHANDO NES'THEMBU
20:30 ISIBAYA
21:00 THE QUEEN
21:30 UMAKHULU
22:30 ◆ THE DOCTORS
23:30 ◆ THE ROAD
00:30 ◆ THE TALK
01:30 LOKSHIN BIOSKOP: HOW I MET MY HUSBAND
03:00 LOKSHIN BIOSKOP: INGADI
04:00 LOKSHIN BIOSKOP: BEN 9

18 SEPTEMBER | TV | FRIDAY

SABC1

06:00 KIDS' NEWS & CURRENT AFFAIRS
06:30 YO.TV
07:00 DBE LEARNING TUBE
08:00 ◆ ISIDINGO
08:30 ◆ GENERATIONS: THE LEGACY
09:00 ◆ MUVHANGO
09:30 ◆ SKEEM SAAM
10:00 ◆ EMZINI WEZINSIZWA
10:30 ◆ BIG UP
11:00 ◆ THROWBACK THURSDAY
11:30 ◆ LIVE AMP
12:00 ◆ IMIZWILILI
13:00 NEWS
13:30 ◆ MAM' SAKHILE'S STORY HOUSE
14:00 ◆ THE CHATROOM
14:30 ◆ TEENAGERS ON A MISSION
15:00 SPORTSBUZZ
15:30 YO.TV
16:30 ◆ RESTYLE MY STYLE
17:00 ◆ MY NIGHT
17:30 NDEBELE/SWAZI NEWS
18:00 ◆ LIP SYNC BATTLE
18:30 SKEEM SAAM
19:00 XHOSA/ZULU NEWS
19:30 LIVE AMP
20:00 GENERATIONS: THE LEGACY
Nontle knows she's onto something and isn't about to let go. Zitha's late-night visitor has a nasty surprise for her.
20:30 UZALO
21:00 THE MASTER
23:00 GET2GETHER EXPERIENCE
01:00 KOZE KUSE
Music programme.

SABC2

05:00 ◆ THABANG THABONG
05:30 ◆ DBE LEARNING TUBE
05:57 ◆ MOTHEO
06:00 MORNING LIVE
08:00 INSIDE THE BAOBAB TREE
08:30 BABY TV
09:00 SECRET LIFE OF 4,5 AND 6-YEAR-OLDS
10:00 ◆ BETER ASSIE BURE
11:00 ◆ 7DE LAAN
11:30 ◆ MUVHANGO
12:00 ◆ UZALO
12:30 ◆ GENERATIONS: THE LEGACY
13:00 ◆ SKEEM SAAM
13:30 ◆ LITHAPO
14:00 TOUCHED BY AN ANGEL
15:00 ANDY'S SAFARI ADVENTURES
15:30 TAKALANI SESAME
16:00 STAR FALLS
Teen comedy.
16:30 HECTIC NINE-9
17:00 YU-GI-OH!
17:30 TSONGA/VENDA NEWS
18:00 7DE LAAN
18:30 AFRIKAANS NEWS
19:00 AFRO CAFÉ
19:30 VERIFIED
19:58 CHIEF RABBI: ROSH HASHANAH
20:00 SETSWANA/SESOTHO NEWS
20:30 ◆ MEHLOMADALA
21:00 MUVHANGO
21:30 ◆ GA KE NYAKE O SEPELA
22:00 ◆ NGWANAKA O KAE?
22:30 TKO BOXING MAGAZINE
23:30 ◆ YU-GI-OH!

SABC3

05:00 ◆ MADE IN SA
05:30 ◆ WHIP THE CHEF
06:00 EXPRESSO
09:00 ◆ SAFARI LIVE
10:00 ◆ 7DE LAAN
10:30 ◆ GENERATIONS: THE LEGACY
11:00 ◆ TRENDING SA
11:30 ◆ JUDGE FAITH JENKINS COURT SHOW
12:00 MIAMI VICE
Action series. A murder case reunites Crockett with a killer who tricked the detective into freeing him from death row.
13:00 ON POINT
14:00 DBE LEARNING TUBE
15:00 SAFARI LIVE
16:00 HECTIC ON 3
16:30 JUDGE FAITH JENKINS COURT SHOW
17:00 AFTERNOON EXPRESS
18:00 TRENDING SA
18:30 THIS IS US
Drama series. Season 3 ends. Rebecca helps Kate and Toby care for baby Jack. Zoe and Kevin look after Tess and Annie.
19:30 WAGS
Reality show following the wives and girlfriends of professional athletes.
20:30 ◆ THE MINDY PROJECT
21:00 ENGLISH NEWS
21:30 STILL ALICE
23:30 THE GLOBE
00:30 KOZE KUSE

E.TV

05:55 E-INSERT
06:00 THE MORNING SHOW
08:00 THE MORNING NEWS
08:30 ◆ DAYS OF OUR LIVES
09:30 ELIF
10:15 INFOMERCIALS
10:30 DOODSONDES
11:30 ◆ RHYTHM CITY
12:00 ◆ SCANDAL!
12:30 ◆ IMBEWU: THE SEED
13:00 ENEWS 1PM
14:00 PATERNITY COURT
14:30 AUSSIE AND TED'S GREAT ADVENTURE
16:20 JUDGE JUDY
16:45 DAYS OF OUR LIVES
17:30 DEUR DIK EN DUN
18:30 DEVI
19:00 RHYTHM CITY
19:30 SCANDAL!
20:00 ENEWS 8PM
20:30 NCIS: LOS ANGELES
Action series. Season 4 starts.
21:30 IMBEWU: THE SEED
22:00 HITMAN
Olga Kurylenko was distraught after having to cut her hair for the role. She said she didn't feel like herself anymore but she used this to help her connect with her character.
22:55 THE LATE SHOW WITH STEPHEN COLBERT
00:10 LYMELIFE
02:25 HITMAN
04:05 ◆ THE FIRST 48 HOURS
04:55 E-INSERT

M-NET

06:00 ◆ THE CHASE
07:00 ◆ AMERICA'S GOT TALENT
08:00 ◆ THE GOLDBERGS
08:30 ◆ BULL
09:30 ◆ CARTE BLANCHE
10:30 ◆ THE KELLY CLARKSON SHOW
11:30 ◆ AMERICA'S GOT TALENT
12:30 ◆ THE CHASE
13:35 ◆ NCIS: LOS ANGELES
14:30 ◆ S.W.A.T.
15:30 ◆ MANIFEST
16:30 ◆ MODERN FAMILY
17:00 THE KELLY CLARKSON SHOW
Daytime talk show.
18:00 AMERICA'S GOT TALENT
19:00 THE MASKED SINGER
Reality show. Season 3 starts. Double bill.
21:00 A MILLION LITTLE THINGS
Drama series. Shelly and Delilah plan a baby shower for Regina when Eve gives her and Rome shocking news.
22:00 THE GOOD PLACE
Drama series. Michael and Eleanor discover something troubling and turn to an unusual source for help.
22:30 SHRILL
23:05 LOVE ISLAND UK: UNSEEN BITS
00:00 ◆ INCONCEIVABLE
00:55 ◆ FBI
01:40 ◆ BEECHAM HOUSE
02:45 WILDLIFE
04:30 THE CHRONICLE MYSTERIES: THE WRONG MAN

MZANSI

06:00 ◆ THE DOCTORS
07:00 ◆ THE TALK
08:00 LOKSHIN BIOSKOP: KE SUMMER BOSS
A coming-of-age story about a young boy who steals Mam'fundisi's panties off her washing line on a hot day. This gets him in and out of trouble.
09:30 ◆ ISIBAYA
10:00 ◆ THE QUEEN
10:30 ◆ GOMORA
11:00 ◆ THE DOCTORS
12:00 ◆ THE RIVER
12:30 ◆ ISIBAYA
13:00 ◆ THE QUEEN
13:30 ◆ GOMORA
14:00 LOKSHIN BIOSKOP: CALL CENTRE
15:30 LOKSHIN BIOSKOP: SIKA
17:00 THE TALK
18:00 WWE RAW
19:00 THE RIVER
19:30 GOMORA
20:00 BOUNCE
20:30 ISIBAYA
21:00 THE QUEEN
21:30 ◆ MASSIVE MUSIC
22:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
23:00 ◆ THE DOCTORS
00:00 ◆ THE ROAD
01:00 ◆ THE TALK
02:00 LOKSHIN BIOSKOP: CALL CENTRE
03:30 LOKSHIN BIOSKOP: SIKA
05:00 ◆ DAILY SUNTV

PROGRAMME INFORMATION IS SUPPLIED BY THE BROADCASTERS AND CORRECT AT TIME OF GOING TO PRINT

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

THE EMOJI MOVIE

E.TV, SATURDAY 20:00

A special emoji goes on a journey to try to become a normal emoji.

TV | SATURDAY | 19 SEPTEMBER

SABC1

05:00 ◆ GELEZA NATHI
06:00 ◆ BONISANANI
06:30 YO.TV
07:30 ◆ PAW & CLAWS
Kids' show.
08:00 BIG BREAKFAST
Breakfast show.
09:00 ◆ IMIZWILILI
Highlighting youth choirs.
10:00 MZANSI INSIDER
Magazine show covering a wide variety of topics, including entertainment news, movie reviews, motivational speakers and doctors' responses to viewer health questions.
11:00 ◆ GENERATIONS: THE LEGACY
Omnibus.
13:30 SPORT MAGAZINE
14:30 SOCCER
Build-up.
15:00 SOCCER
17:00 ◆ ROOTS
Traditional music show that caters for indigenous music genres.
17:30 ROAD TO MISS INDONI
18:00 AMANDA BLACK
19:00 XHOSA/ZULU NEWS
19:30 THE REAL GOBOZA
Celebrity news show.
20:00 THREE MUSKETEERS
22:00 GET2GETHER EXPERIENCE
23:30 ◆ SELIMATHUNZI
00:00 ◆ KOZE KUSE
Local music show.

SABC2

05:00 ◆ RAGGS
05:30 ◆ THE MAGICAL WORLD OF LUNA-BELLE
06:00 ◆ SID THE SCIENCE KID
06:57 ◆ OP PAD
07:00 MORNING LIVE
08:30 ◆ MUVHANGO
Omnibus.
11:00 ◆ LITHAPO
Omnibus.
12:30 ◆ RELATE
13:00 BEYOND
13:30 HEALTH 2020
14:00 EACH ONE TEACH ONE
Educational show offering professional behavioural experts, therapists and psychologists with valued opinions, interventions and methods for dealing with and identifying challenges.
14:30 BREAKING NEW GROUND
15:00 ◆ TOUCHED BY AN ANGEL
16:00 TROUVOETE
18:00 AFRIKAANS NEWS
18:15 TSWANA/SOTHO NEWS
18:30 EXCUSE ME FOR LIVING
20:30 SUPERNATURAL
Fantasy series. Season 13 ends. Sam and Dean continue to be tested in the battle between good and evil.
20:57 LIVE LOTTO DRAW
21:00 SUPERNATURAL
21:30 ELDER SKELTER
22:30 ◆ SIDE BY SIDE
23:30 FULL VIEW
02:30 ◆ TRENDZ TRAVEL

SABC3

05:30 ◆ SPECIAL ASSIGNMENT
06:00 ◆ PSALTED
06:30 ◆ AN NUR, THE LIGHT
07:00 ◆ SADHANA: THE INWARD PATH
07:30 MORTIFIED
08:00 ◆ XCELLERATE
08:30 ◆ CHALLENGE SOS
09:00 ◆ READY FOR THIS
09:30 ◆ JUDGE FAITH JENKINS COURT SHOW
12:00 ◆ WHO WANTS TO BE A MILLIONAIRE?
13:00 ◆ MILE APART, MILES TOGETHER
14:00 ◆ DINNER DATE
15:00 ◆ MELA
16:00 ◆ LAURYN HILL: AUSTIN CITY LIMITS
17:00 ◆ KIMORA: LIFE IN THE FAB LANE
Reality series. Kimora has three days to find a fabulous new home in Los Angeles
17:30 ◆ KIMORA: LIFE IN THE FAB LANE
18:00 ◆ TOP BILLING
19:00 THE GREATEST DANCER
Dance talent show. It is the last of the auditions, followed by the call-backs, where each of the dance captains must choose three acts for the live challenge shows.
20:00 ◆ THE INSIDER SA
21:00 ENGLISH NEWS
21:30 THE STEPFORD WIVES
00:30 KOZE KUSE

E.TV

05:00 NINA'S WORLD
05:25 PEPPA PIG
05:30 HOME: ADVENTURES WITH TIP AND OH
05:55 PJ MASKS
06:10 FRIENDS: GIRLS ON A MISSION
06:25 HANAZUKI
06:40 THE MOJICONS
06:55 THE EPIC TALES OF CAPTAIN UNDERPANTS
07:25 VOLTRON: LEGENDARY DEFENDER
08:00 ◆ DEVI
08:30 ◆ SCANDAL!
Omnibus.
10:20 ◆ IMBEWU: THE SEED
Omnibus.
12:15 INFOMERCIALS
12:30 ◆ MAHADI-LOBOLA
13:00 XPLOSION
14:00 AUSSIE AND TED'S GREAT ADVENTURE
16:00 TOY STORY 2
18:00 SPARTAN RACE: ULTIMATE TEAM CHALLENGE
Competition series. Teams face-off in an obstacle course.
19:00 ENCA NEWSNIGHT
19:30 SUPERSTORE
20:00 THE EMOJI MOVIE
21:55 KEEPING UP WITH THE JONESES
00:05 OPERATION CHROMITE
02:05 KEEPING UP WITH THE JONESES
04:00 ◆ SPARTAN RACE: ULTIMATE TEAM CHALLENGE

M-NET

06:00 ◆ SUNNYSIDE
Double bill
06:50 ◆ MODERN FAMILY
08:00 SUPERNANNY US
09:00 ◆ THE SINGLE WIVES SA
10:00 ◆ BULL
11:00 ◆ HAWAII FIVE-0
12:00 ◆ MAGNUM PI
13:00 ◆ MENTAL SAMURAI
14:00 ◆ LITTLE BIG SHOTS
15:15 SWIFT
17:00 THE GOLDBERGS
17:30 LAST MAN STANDING
Comedy series. Mike and Chuck's plans to open a classic-car renovation service crash when Joe is invited to join in.
18:00 MOM
Comedy series. Christy escorts a reluctant Chef Rudy to court-ordered AA meetings. And Bonnie attempts to make Adam feel more at home in the apartment.
18:30 WILL & GRACE
19:00 ELLEN'S GAME OF GAMES
20:00 KATY KEENE
21:00 RIVERDALE
22:00 OUTLANDER
23:00 MY BRILLIANT FRIEND: THE STORY OF A NEW NAME
00:00 ◆ THE GOOD PLACE
00:30 ◆ SHRILL
01:00 ◆ THE GOOD FIGHT
02:00 ◆ PERRY MASON
03:00 STARDOG AND TURBOCAT
04:30 BERNIE THE DOLPHIN

MZANSI

06:00 ◆ THE DOCTORS
07:00 ◆ THE DOCTORS
08:00 LOKSHIN BIOSKOP: NEVER SAY GOODBYE
09:00 LOKSHIN BIOSKOP: UNCLE MALUME
A young man is under pressure to get married after a sangoma tells his younger sister, that culturally, she can't get married unless he gets married first.
11:00 ◆ THE QUEEN
13:30 ◆ THE RIVER
Omnibus.
16:00 ◆ MATERIAL CULTURE
16:30 ◆ OUR PERFECT WEDDING
17:30 ◆ PLEASE STEP IN
18:00 LOKSHIN BIOSKOP: IBUTHO
19:00 ◆ THE LOWDOWN WITH THOMAS GUMEDE
19:30 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
20:30 LOKSHIN BIOSKOP: MONATE MPOLAYE
21:30 WWE SMACKDOWN
Professional wrestling show featuring World Wrestling Entertainment superstars.
22:30 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
00:30 ◆ HOMEGROUND
01:00 ◆ MASSIVE MUSIC
01:30 ◆ 1MAGIC: HITS
03:00 LOKSHIN BIOSKOP: NEVER SAY GOODBYE
04:30 LOKSHIN BIOSKOP: UNCLE MALUME

TV | SUNDAY | 20 SEPTEMBER

SABC1

05:00 ◆ GELEZA NATHI
06:00 ◆ TEENAGERS ON A MISSION
07:00 ◆ SIYAKHOLWA
07:30 ◆ BONISANANI
Kids' show about religion, values, culture and tradition.
08:00 ◆ IMVELO
08:30 ◆ GOSPEL AVENUE
Gospel music show. Celebrities share their journeys in faith through gospel artists and the music they've selected.
09:30 ◆ SKEEM SAAM
Omnibus.
12:00 ◆ UZALO
Omnibus.
14:30 SOCCER
Build-up.
15:00 SOCCER
17:30 ◆ GOSPEL UNPLUGGED
The show caters exclusively for various genres of urban gospel music, from hip-hop to House and R&B.
18:00 ◆ WORLD OF DANCE
Reality competition series. Contestants perform in front of a panel of judges to compete for $1 million and the title of "best in the world."
19:00 XHOSA/ZULU NEWS
19:30 FAMILY SECRETS
20:00 THE KINGDOM
21:00 HAPPINESS IS A FOUR-LETTER WORD
23:00 ◆ HOME AFFAIRS
00:00 KOZE KUSE

SABC2

05:00 ◆ RAGGS
05:30 ◆ THE MAGICAL WORLD OF LUNA-BELLE
06:00 ◆ BABY TV
06:57 MOTHEO
07:00 MORNING LIVE
08:30 7DE LAAN
11:00 SIMCHA
11:30 CROSSING THE DIVIDE
12:00 THE LIGHT
12:30 SPORT ON 2
14:00 ◆ TKO: TOTAL KNOCK OUT
15:00 ◆ TOUCHED BY AN ANGEL
16:00 ISSUES OF FAITH
Documentary series that reflects various issues confronting South Africa's religious communities.
17:00 SUNDAY BEST
18:00 AFRIKAANS NEWS
18:15 TSWANA/SOTHO NEWS
18:30 OUR WEDDING STORY
19:00 RSVP: DARE TO CHANGE
19:30 THE CUBE
Game show. One lucky contender has the chance to win a cash prize, but first he or she must demonstrate skill, nerve and determination by braving The Cube.
20:30 SPEAK OUT
21:00 ALEXANDRA, MY ALEXANDRA
22:00 ◆ SUPERNATURAL
23:00 ◆ LIFE 24/7
23:30 FULL VIEW
02:30 ◆ UNFILTERED
03:00 THE GLOBE

SABC3

05:00 ◆ SPECIAL ASSIGNMENT
05:30 PSALTED
06:00 NEW DAY
06:30 AN NUR, THE LIGHT
07:00 SADHANA: THE INWARD PATH
07:30 YUM.ME
08:00 YOU'RE SKITTING ME
Teen comedy.
08:30 ◆ MADE IN SA
Teen reality series profiling young people in mentorship programmes on their journeys to fulfilling their dreams. They are given tough challenges that they need to complete to help them on their way to achieving their career goals.
09:00 ◆ WHIP THE CHEF
09:30 ◆ TRENDING SA
Omnibus.
12:00 ◆ TOP BILLING
13:00 ◆ AMA KNOW BEST
13:30 ◆ AMERICAN NINJA WARRIOR
Top competitors tackle a series of challenging obstacle courses.
14:30 BOLLYWOOD MOVIE TO BE ANNOUNCED
17:30 MELA
18:30 WILDEBEEST: BORN TO RUN
Documentary.
20:30 CELEBRATED LOVE
20:30 TOP GEAR
21:00 ENGLISH NEWS
21:30 PUSHING TIN
23:30 ◆ KOZE KUSE

E.TV

05:00 ◆ JUST FOR LAUGHS GAGS
05:30 JOSEPH PRINCE: NEW CREATION CHURCH TV
06:00 ◆ I AM SOUL PRECIOUS
06:30 ◆ GOGO'S BEAUTIFUL GAME
06:55 PEPPA PIG
07:00 NINA'S WORLD
07:25 VEGGIETALES IN THE CITY
07:55 BE COOL, SCOOBY-DOO!
08:25 NINJAGO: MASTERS OF SPINJITZU
09:00 ◆ RHYTHM CITY
11:00 ◆ CHECKPOINT
11:30 FILM AND STARS
12:00 INFOMERCIALS
12:15 TOY STORY 2
14:15 THE EMOJI MOVIE
16:10 IMPACT
18:00 FAMILY FEUD SA
Game show hosted by Steve Harvey.
19:00 ENCA NEWSNIGHT
19:30 MODERN FAMILY
Comedy series. Mitchell gets Cam the police ride-along he's always dreamt of.
20:00 THE FATE OF THE FURIOUS
When the crew is shown the garage of all of the cars, including the army tank, you can see Paul Walker's G-TR that his character drove in Furious 7 (2015) up on top of one of the three-tier car racks.
22:50 EKASI: OUR STORIES
23:50 UNDERCOVER BRIDESMAID
01:25 ◆ JUDGE JUDY
02:30 THE FATE OF THE FURIOUS

M-NET

06:00 ◆ THE GOLDBERGS
06:30 ◆ LAST MAN STANDING
07:00 ◆ MOM
07:30 ◆ WILL & GRACE
08:00 ◆ ELLEN'S GAME OF GAMES
09:00 ◆ SUPERNANNY US
10:00 ◆ KATY KEENE
11:00 ◆ THE MASKED SINGER
13:00 HEIDI
13:30 HOW TO TRAIN YOUR DRAGON
15:00 ◆ A MILLION LITTLE THINGS
16:00 ◆ THE SINGLE WIVES SA
17:00 MENTAL SAMURAI
Game show in which contestants battle to answer questions accurately with speed and precision on a specially designed course.
18:00 LITTLE BIG SHOTS
Young children from all over showcase their abilities.
19:00 CARTE BLANCHE
20:05 1917
Director Sam Mendes and editor Lee Smith have said that despite the apparently continuous shot, there were actually dozens of "invisible" edits, concealed by transitions through black, moves behind objects and so on.
22:00 ◆ INCONCEIVABLE
23:00 TRAUMFABRIK
00:35 ◆ RIVERDALE
01:25 ◆ OUTLANDER
02:30 THE FRONT RUNNER
04:20 SPYCIES

MZANSI

06:00 ◆ THE DOCTORS
07:00 ICILONGO
08:00 ◆ GOSPEL ALIVE
09:00 LOKSHIN BIOSKOP: UKUKHANYA
10:00 ◆ ISIBAYA
12:30 LOKSHIN BIOSKOP: MONATE MPOLAYE
13:30 ◆ HOMEGROUND
14:00 ◆ MZANSI MAGIC MUSIC SPECIAL
14:30 ◆ GOMORA
17:00 ◆ CELEBRITY MYSTERY BOX
17:30 ◆ UTHANDO NES'THEMBU
18:00 DATE MY FAMILY
Local dating show in which singles who are looking for love are sent on dates with the families of three potential partners.
19:00 OUR PERFECT WEDDING
Reality wedding show hosted by Thembisa Mdoda. Each week, one engaged couple takes the journey to the altar.
20:00 LOOKING FOR LOVE
21:00 ◆ BOUNCE
21:30 COAT OF MANY COLOURS
22:30 ◆ THE ROAD
03:30 LOKSHIN BIOSKOP: KINGS OF SOWETO
A hardened criminal, who's making a name for himself in the drug world, unexpectedly falls in love with a rebellious young girl – changing his outlook on life.
05:00 ◆ GOSPEL ALIVE

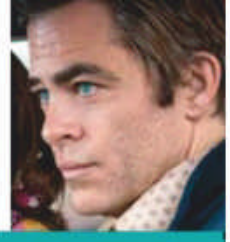
PROGRAMME INFORMATION IS SUPPLIED BY THE BROADCASTERS AND CORRECT AT TIME OF GOING TO PRINT

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

I AM THE NIGHT

M-NET, TUESDAY 22:30

A soldier, recently returned from the Korean War and now a reporter, covers a murder.



21 SEPTEMBER | TV | MONDAY

SABC1

05:00 AUM
05:02 GELEZI NATHI
06:00 KIDS NEWS AND CURRENT AFFAIRS
06:30 BEN 10
07:00 DBE LEARNING TUBE
08:00 ◆ GENERATIONS: THE LEGACY
08:30 ◆ MUVHANGO
09:00 ◆ UZALO
09:30 ◆ SKEEM SAAM
10:00 ◆ EMZINI WEZINSIZWA
10:30 DAILY THETHA
11:30 ◆ REAL GOBOZA
12:00 ◆ YILUNGELO LAKHO
13:00 NEWS
13:30 ◆ MAM' SAKHILE'S STORY HOUSE
14:00 ◆ DUMI MKOKSTAD
15:00 ◆ DEGRASSI: NEXT CLASS
Teen drama series. Zoë and Rasha want to make it work.
15:30 YO.TV
16:30 ◆ THE CHATROOM
17:00 ◆ EXPRESSIONS
17:28 AUM
17:30 NDEBELE/SWAZI NEWS
18:00 NGOMUSA
18:30 SKEEM SAAM
19:00 XHOSA/ZULU NEWS
19:30 ◆ SGUDI 'SNAYSI
20:00 GENERATIONS: THE LEGACY
20:30 UZALO
21:00 ◆ DANKIE SAN KASI RAP BIBLE
22:00 TO BE ANNOUNCED
23:00 ◆ MAKING MOVES
00:00 ◆ KOZE KUSE

SABC2

05:00 ◆ THABANG THABONG
05:30 ◆ DBE: LEARNING TUBE
05:57 ◆ MOTHEO
06:00 MORNING LIVE
08:00 ◆ INSIDE THE BAOBAB TREE
08:30 BABY TV
09:00 RAISING BABIES
09:30 ◆ GOING STRONG
10:00 ◆ 50/50
11:00 ◆ 7DE LAAN
11:30 ◆ MUVHANGO
12:00 ◆ UZALO
12:30 ◆ GENERATIONS: THE LEGACY
13:00 ◆ SKEEM SAAM
13:30 ◆ SIDE BY SIDE
14:00 TOUCHED BY AN ANGEL
Drama series.
15:00 KIT & PUP
Animation for preschoolers.
15:30 TAKALANI SESAME
16:00 EPIC HANGOUT
17:00 YU-GI-OH!
17:30 TSONGA/VENDA NEWS
18:00 7DE LAAN
18:30 AFRIKAANS NEWS
19:00 50/50
20:00 TSWANA/SOTHO NEWS
20:30 LEIHLO LA SECHABA
21:00 MUVHANGO
Matshidiso tries to escape but Pinkie blocks her.
21:30 LITHAPO
22:00 LOVE & OTHER DRUGS
23:30 ◆ YU-GI-OH!
00:00 FULL VIEW
02:00 ◆ UNFILTERED
03:00 THE GLOBE

SABC3

05:00 ◆ XCELLERATE
05:30 ◆ CHALLENGE SOS
06:00 EXPRESSO
09:00 ◆ SAFARI LIVE
10:00 ◆ 7DE LAAN
10:30 ◆ GENERATIONS: THE LEGACY
11:00 ◆ TRENDING SA
11:30 ◆ JUDGE FAITH JENKINS COURT SHOW
12:00 MAGNUM P.I.
Retro action series. Magnum crosses paths with a retired New York policeman.
13:00 ON POINT
14:00 DBE LEARNING TUBE
15:00 SAFARI LIVE
16:00 HECTIC ON 3
16:30 JUDGE FAITH JENKINS COURT SHOW
17:00 AFTERNOON EXPRESS
18:00 TRENDING SA
18:30 THIS IS US
Drama series. Jack meets Rebecca's parents.
19:30 WHO WANTS TO BE A MILLIONAIRE?
20:30 UNFILTERED
21:00 ENGLISH NEWS
21:30 LINE OF DUTY
Drama series. A fresh police leak lead to another raid, while Arnott's attempts to gather information for a case put him in a dangerous situation.
22:30 THE GLOBE
23:30 ◆ KOZE KUSE

E.TV

05:00 ◆ COOL CATZ LEGACY
05:30 ◆ JUDGE JUDY
05:55 E-INSERT
06:00 THE MORNING SHOW
08:00 THE MORNING NEWS
08:30 ◆ DAYS OF OUR LIVES
09:20 ELIF
10:15 INFOMERCIAL
10:30 DOODSONDES
11:30 ◆ RHYTHM CITY
12:00 ◆ SCANDAL
12:30 ◆ IMBEWU: THE SEED
13:00 ENEWS
14:00 PATERNITY COURT
14:30 PEPPA PIG
14:35 NINA'S WORLD
15:00 PJ MASKS
15:15 THE MOJICONS
15:30 TRANSFORMERS: ROBOTS IN DISGUISE
15:55 TROLLHUNTERS: TALES OF ARCADIA
16:20 JUDGE JUDY
16:45 DAYS OF OUR LIVES
17:30 DEUR DIK EN DUN
18:30 COVID-19 UPDATE
19:00 RHYTHM CITY
19:30 SCANDAL!
20:00 ENEWS
20:30 CHICAGO FIRE
21:30 IMBEWU: THE SEED
22:00 CLAWS
Season 2 starts.
23:00 THE LATE SHOW WITH STEPHEN COLBERT
23:45 BABY BOOTCAMP
01:25 WEB OF LIES
03:05 OPERATION CHROMITE

M-NET

06:00 ◆ THE CHASE
07:00 ◆ AMERICA'S GOT TALENT
08:00 ◆ THE GOLDBERGS
08:30 ◆ MENTAL SAMURAI
09:30 ◆ LITTLE BIG SHOTS
10:30 ◆ THE KELLY CLARKSON SHOW
11:30 ◆ AMERICA'S GOT TALENT
12:30 ◆ THE CHASE
13:30 ◆ A MILLION LITTLE THINGS
14:30 ◆ CARTE BLANCHE
15:30 ◆ MANIFEST
16:30 ◆ MODERN FAMILY
17:00 THE KELLY CLARKSON SHOW
18:00 AMERICA'S GOT TALENT
19:00 LEGACY
Local telenovela starts.
19:30 NEW AMSTERDAM
Medical drama series. Kapoor helps a former pilot deal with his life as a paraplegic.
20:00 THE ROOKIE
Drama series. Officer Nolan kicks off his birthday by guarding a crime scene at a law office.
21:30 MRS AMERICA
Drama series starts.
22:30 BRIARPATCH.
Crime series season 1 ends.
23:30 LOVE ISLAND UK
00:30 ◆ MY BRILLIANT FRIEND: THE STORY OF A NEW NAME
01:30 ◆ THE AFFAIR
02:30 READY OR NOT
04:10 A DOG'S JOURNEY

MZANSI

06:00 ◆ THE DOCTORS
07:00 ◆ THE TALK
08:00 LOKSHIN BIOSKOP: THE WEDDING DRESS
09:30 ◆ ISIBAYA
10:00 ◆ THE QUEEN
10:30 ◆ GOMORA
11:00 ◆ THE DOCTORS
12:00 ◆ THE RIVER
12:30 ◆ ISIBAYA
13:30 ◆ GOMORA
14:00 LOKSHIN BIOSKOP: WHEN DAYS ARE DARK
15:30 LOKSHIN BIOSKOP: THE KNIGHT
An engaged executive meets the man of her dreams during a crisis in her life.
17:00 THE TALK
Daytime talk show.
18:00 LOKSHIN BIOSKOP: TRANSIT
19:00 THE RIVER
19:30 GOMORA
20:00 BOUNCE
20:30 ISIBAYA
Local drama series.
21:00 THE QUEEN
21:30 ◆ HOMEGROUND
22:00 COAT OF MANY COLOURS
23:00 ◆ THE DOCTORS
00:00 ◆ THE ROAD
01:00 ◆ THE TALK
02:00 LOKSHIN BIOSKOP: IBALA
03:00 LOKSHIN BIOSKOP: WHEN DAYS ARE DARK
04:30 LOKSHIN BIOSKOP: THE KNIGHT

22 SEPTEMBER | TV | TUESDAY

SABC1

05:00 IZWI LA BANTU
05:02 GELEZA NATHI
06:00 KIDS' NEWS AND CURRENT AFFAIRS
06:30 TO BE ANNOUNCED
07:00 DBE LEARNING TUBE
08:00 ◆ GENERATIONS: THE LEGACY
08:30 ◆ MUVHANGO
09:00 ◆ UZALO
09:30 ◆ SKEEM SAAM
10:00 ◆ EMZINI WEZINSIZWA
10:30 DAILY THETHA
11:30 ◆ ONE MIC
12:00 TO BE ANNOUNCED
13:00 NEWS
13:30 ◆ MAM' SAKHILE'S STORY HOUSE
14:00 ◆ BRIAN THEMBA
15:00 ◆ DEGRASSI: NEXT CLASS
15:30 YO.TV
16:30 ◆ YILUNGELO LAKHO
17:28 IZWI LA BANTU
17:30 NDEBELE/SWAZI NEWS
18:00 NYAN'NYAN
18:30 SKEEM SAAM
19:00 XHOSA/ZULU NEWS
19:30 SELIMATHUNZI
20:00 GENERATIONS: THE LEGACY
Mazwi's not happy about an early-morning phone call but will he leave it at that?
20:30 UZALO
21:00 CUTTING EDGE
22:00 ◆ NYAN'NYAN
22:30 ◆ THE CHATROOM
23:00 ◆ ISPANI
00:00 ◆ GELEZA NATHI

SABC2

05:00 ◆ THABANG THABONG
05:30 ◆ DBE LEARNING TUBE
05:57 ◆ MOTHEO
06:00 MORNING LIVE
08:00 INSIDE THE BAOBAB TREE
08:30 BABY TV
09:00 RAISING BABIES 101
09:30 BACK FROM ZERO
10:00 ◆ GEURE UIT DIE VALLEI
10:30 ◆ PASELLA
11:00 ◆ 7DE LAAN
11:30 ◆ MUVHANGO
12:00 ◆ UZALO
12:30 ◆ GENERATIONS: THE LEGACY
13:00 ◆ SKEEM SAAM
13:30 ◆ SIDE BY SIDE
14:00 TOUCHED BY AN ANGEL
Drama series.
15:00 KIT AND PUP
15:30 TAKALANI SESAME
16:00 EPIC HANGOUT
Kids' educational series.
17:00 YU-GI-OH!
17:30 TSONGA/VENDA NEWS
18:00 7DE LAAN
18:30 AFRIKAANS NEWS
19:00 KOSKASKENADES
19:30 MELODY
Local drama series.
20:00 TSWANA/SOTHO NEWS
20:30 I WISH I SAID
21:00 MUVHANGO
21:30 LITHAPO
22:00 ◆ SUNDAY BEST
23:00 ◆ YU-GI-OH!
23:30 FULL VIEW
03:00 THE GLOBE

SABC3

05:00 ◆ YUM.ME
05:30 ◆ YOU'RE SKITTING ME
06:00 EXPRESSO
09:00 ◆ SAFARI LIVE
10:00 ◆ 7DE LAAN
10:30 ◆ GENERATIONS: THE LEGACY
11:00 ◆ TRENDING SA
11:30 ◆ JUDGE FAITH JENKINS COURT SHOW
12:00 THE A-TEAM
Retro action series. When a criminal gang infiltrates a small town and begins intimidating several gas station owners, the A-Team are called in to help.
14:00 DBE LEARNING TUBE
15:00 SAFARI LIVE
16:00 HECTIC ON 3
16:30 JUDGE FAITH JENKINS COURT SHOW
Reality courtroom show.
17:00 AFTERNOON EXPRESS
18:00 TRENDING SA
18:30 THIS IS US
Drama series. Beth and Randall adjust to life in Philadelphia. Jack and Rebecca take the big three to the pool.
19:30 INSIDER SA
20:30 SPECIAL ASSIGNMENT
21:00 ENGLISH NEWS
21:30 LINE OF DUTY
Drama series. The AC-12 team make a shocking discovery.
22:30 THE GLOBE
23:30 ◆ KOZE KUSE

E.TV

05:00 ◆ GOGO'S BEAUTIFUL GAME
05:30 ◆ JUDGE JUDY
06:00 THE MORNING SHOW
08:00 THE MORNING NEWS
08:30 ◆ DAYS OF OUR LIVES
09:25 ELIF
10:15 INFOMERCIAL
10:30 DOODSONDES
11:30 ◆ RHYTHM CITY
12:00 ◆ SCANDAL!
12:30 ◆ IMBEWU: THE SEED
13:00 ENEWS
14:00 PATERNITY COURT
14:30 PEPPA PIG
14:35 NINA'S WORLD
15:00 ELENA OF AVALOR
15:30 THE BOSS BABY: BACK IN BUSINESS
15:55 POKEMON JOURNEYS
16:20 JUDGE JUDY
16:45 DAYS OF OUR LIVES
17:30 DEUR DIK EN DUN
18:30 COVID-19 UPDATE
19:00 RHYTHM CITY
19:30 SCANDAL!
20:00 ENEWS 8PM
20:30 CHICAGO P.D.
Action series.
21:30 IMBEWU: THE SEED
Local drama series.
22:00 CHECKPOINT
22:30 ◆ DEVI
23:00 THE LATE SHOW WITH STEPHEN COLBERT
23:45 B-SIDE
01:30 FALSE PRETENSES
03:10 MOZART AND THE WHALE
04:55 ◆ E-INSERT

M-NET

06:00 ◆ THE CHASE
07:00 ◆ AMERICA'S GOT TALENT
08:00 ◆ HAWAII FIVE-0
09:00 ◆ MAGNUM P.I.
10:00 ◆ LEGACY
10:30 ◆ THE KELLY CLARKSON SHOW
11:30 ◆ AMERICA'S GOT TALENT
12:30 ◆ THE CHASE
13:30 ◆ THE GOLDBERGS
14:00 ◆ LAST MAN STANDING
14:30 ◆ MOM
15:00 ◆ WILL & GRACE
15:30 ◆ MANIFEST
16:30 ◆ MODERN FAMILY
17:00 THE KELLY CLARKSON SHOW
18:00 AMERICA'S GOT TALENT
19:00 LEGACY
19:30 NCIS: LOS ANGELES
Action series. While the team investigates the theft of a computer virus, Callen and Sam consider their future at the agency.
20:30 S.W.A.T
Action series. Street is caught between his duty to S.W.A.T. and his foster brother.
21:30 FBI
22:30 I AM THE NIGHT
Crime series season 1 starts.
23:30 LOVE ISLAND UK
00:25 ◆ MRS. AMERICA
01:25 ◆ BRIARPATCH
02:10 ◆ SHRILL
02:40 RUST CREEK
04:25 SISTERS OF THE WILDERNESS

MZANSI

06:00 ◆ THE DOCTORS
07:00 ◆ THE TALK
08:00 LOKSHIN BIOSKOP: A LIFETIME OF TEARS
09:30 ◆ ISIBAYA
10:00 ◆ THE QUEEN
10:30 ◆ GOMORA
11:00 ◆ THE DOCTORS
12:00 ◆ THE RIVER
12:30 ◆ ISIBAYA
13:00 ◆ THE QUEEN
13:30 ◆ GOMORA
14:00 LOKSHIN BIOSKOP: THE EPITAPH
A young woman sets out to find out who murdered her family.
15:30 LOKSHIN BIOSKOP: SECOND CHANCES
17:00 THE TALK
18:00 ◆ DATE MY FAMILY
19:00 THE RIVER
19:30 GOMORA
20:00 PLEASE STEP IN
20:30 ISIBAYA
21:00 THE QUEEN
21:30 THE SCAM: IMPILO
22:00 LOKSHIN BIOSKOP: INGOMA
23:30 ◆ THE DOCTORS
00:30 ◆ THE ROAD
01:30 ◆ THE TALK
02:30 ◆ MZANSI MAGIC MUSIC SPECIAL
03:00 LOKSHIN BIOSKOP: THE EPITAPH
04:30 LOKSHIN BIOSKOP: SECOND CHANCES

PROGRAMME INFORMATION IS SUPPLIED BY THE BROADCASTERS AND CORRECT AT TIME OF GOING TO PRINT

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

MUVHANGO

SABC2, WEDNESDAY 21:00

Tendamudzimu (Nat Ramabulana) is upset that the royal house won't share info on Vhutshilo.

TV | WEDNESDAY | 23 SEPTEMBER

PROGRAMME INFORMATION IS SUPPLIED BY THE BROADCASTERS AND CORRECT AT TIME OF GOING TO PRINT

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

SABC1

05:00 DEVOTIONS
05:02 GELEZA NATHI
06:00 KIDS' NEWS AND CURRENT AFFAIRS
06:30 YO.TV
07:00 DBE LEARNING TUBE
08:00 ◆ ISIDINGO
08:30 ◆ GENERATIONS: THE LEGACY
09:00 ◆ MUVHANGO
09:30 ◆ SKEEM SAAM
10:00 ◆ EMZINI WEZINSIZWA
10:30 DAILY THETHA
11:30 ◆ GOSPEL UNPLUGGED
12:00 ◆ THE CHATROOM
12:30 ◆ IDENTITY
13:00 NEWS
13:30 ◆ MAM' SAKHILE'S STORY HOUSE
14:00 ◆ KHUMBUL'EKHAYA
15:00 ◆ DEGRASSI: NEXT CLASS
15:30 YO.TV
16:30 ◆ ISPANI
17:28 DEVOTIONS
17:30 NDEBELE/SWAZI NEWS
18:00 ◆ MI KASI SU KASI
18:30 SKEEM SAAM
19:00 XHOSA/ZULU NEWS
19:30 WOMEN YEAR 2: MOSHIDI'S CHILD
20:00 GENERATIONS: THE LEGACY
20:30 UZALO
21:00 ◆ KHUMBUL'EKHAYA
22:00 SPORT@10
23:00 ◆ MZANSI INSIDER
00:00 KOZE KUSE

SABC2

05:57 ◆ OP PAD
06:00 MORNING LIVE
08:00 DOC MCSTUFFINS
08:30 BABY TV
09:00 RAISING BABIES 101
09:30 ◆ STORIES UNTOLD
10:00 HEALTH TALK
11:00 ◆ 7DE LAAN
11:30 ◆ MUVHANGO
12:00 ◆ UZALO
12:30 ◆ GENERATIONS: THE LEGACY
13:00 ◆ SKEEM SAAM
13:30 ◆ LITHAPO
14:00 TOUCHED BY AN ANGEL
15:00 ANDY'S SAFARI ADVENTURES
15:30 TAKALANI SESAME
16:00 DISNEY COOKABOUT
16:30 HECTIC NINE-9
17:00 YU-GI-OH!
17:30 TSONGA/VENDA NEWS
18:00 7DE LAAN
18:30 AFRIKAANS NEWS
19:00 FOKUS
19:30 KNIEDIEP IN DIE WARM WATER
20:00 TSWANA/SOTHO NEWS
20:30 NGULA YA VUTIVI/ZWA MARAMANI
20:57 LOTTO DRAW: LIVE
21:00 MUVHANGO
21:30 LITHAPO
22:00 BREAKING NEW GROUND
22:30 ◆ HEALTH TALK
23:00 ◆ YU-GI-OH!
23:30 FULL VIEW

SABC3

05:00 ◆ 48 HOURS
05:30 ◆ MORTIFIED
06:00 EXPRESSO
09:00 ◆ SAFARI LIVE
10:00 ◆ 7DE LAAN
10:30 ◆ GENERATIONS: THE LEGACY
11:00 ◆ TRENDING SA
11:30 ◆ JUDGE FAITH JENKINS COURT SHOW
12:00 KNIGHT RIDER
Retro action series.
13:00 ON POINT
14:00 DBE LEARNING TUBE
15:00 SAFARI LIVE
16:00 HECTIC ON 3
16:30 JUDGE FAITH JENKINS COURT SHOW
17:00 AFTERNOON EXPRESS
18:00 TRENDING SA
18:30 THIS IS US
Drama series. Randall is confronted with a tough choice.
19:30 MILES APART, MILES TOGETHER
Reality show. Reuniting South Africans with family members who've moved abroad.
20:30 AMA KNOWS BEST
21:00 ENGLISH NEWS
21:30 NCIS
Action series. The NCIS team investigates death of a healthy, young petty officer.
22:30 THE GLOBE
23:30 ◆ KOZE KUSE

E.TV

05:00 ◆ COOL CATZ LEGACY
05:30 ◆ JUDGE JUDY
06:00 THE MORNING SHOW
08:00 THE MORNING NEWS
08:30 ◆ DAYS OF OUR LIVES
09:15 ELIF
10:30 DOODSONDES
11:30 ◆ RHYTHM CITY
12:00 ◆ SCANDAL!
12:30 ◆ IMBEWU: THE SEED
13:00 ENEWS
14:00 PATERNITY COURT
14:30 PEPPA PIG
14:35 NINA'S WORLD
15:00 44 CATS
15:15 LITTLEST PET SHOP: A WORLD OF OUR OWN
15:30 DENNIS AND GNASHER UNLEASHED
15:55 POWER RANGERS: DINO CHARGE
16:20 JUDGE JUDY
16:45 DAYS OF OUR LIVES
17:30 DEUR DIK EN DUN
18:30 COVID-19 UPDATE
19:00 RHYTHM CITY
19:30 SCANDAL!
20:00 ENEWS
20:30 TAKEN
21:30 IMBEWU: THE SEED
22:00 KINGDOM
23:00 THE LATE SHOW WITH STEPHEN COLBERT
23:45 THE EMOJI MOVIE
01:25 RIOT
03:00 DRIVEN UNDERGROUND

M-NET

06:00 ◆ THE CHASE
07:00 ◆ AMERICA'S GOT TALENT
08:00 ◆ MOM
08:00 ◆ NEW AMSTERDAM
09:00 ◆ THE ROOKIE
10:00 ◆ LEGACY
10:30 ◆ THE KELLY CLARKSON SHOW
11:30 ◆ AMERICA'S GOT TALENT
12:30 ◆ THE CHASE
13:30 ◆ MENTAL SAMURAI
14:30 ◆ BULL
15:30 ◆ MANIFEST
16:30 ◆ MODERN FAMILY
17:00 THE KELLY CLARKSON SHOW
18:00 AMERICA'S GOT TALENT
19:00 THE LEGACY
19:30 HAWAII FIVE-0
Action series. Five-0 investigates when a rancher is murdered after finding human skeletons on his property.
20:30 MAGNUM PI
Action series.
21:30 FBI: MOST WANTED
Crime series. A single mom goes on a rampage at a Public Defender's office after her son is given a harsh sentence.
22:30 THE AFFAIR
23:35 LOVE ISLAND UK
00:35 ◆ FBI
01:25 ◆ I AM THE NIGHT
02:25 ◆ THE GOOD PLACE
02:50 TRAUMFABRIK
04:30 THE BIG TRIP

MZANSI

06:00 ◆ THE DOCTORS
07:00 ◆ THE TALK
08:00 LOKSHIN BIOSKOP: BEN 9
09:30 ◆ ISIBAYA
10:00 ◆ THE QUEEN
10:30 ◆ GOMORA
11:00 ◆ THE DOCTORS
12:00 ◆ THE RIVER
12:30 ◆ ISIBAYA
13:00 ◆ THE QUEEN
13:30 ◆ GOMORA
14:00 LOKSHIN BIOSKOP: PAYBACK
15:30 LOKSHIN BIOSKOP: THE IMPOSTER
When a con artist is mistaken for someone else, he decides to play along to win the heart of a beautiful woman.
17:00 THE TALK
18:00 ◆ OUR PERFECT WEDDING
19:00 THE RIVER
19:30 GOMORA
20:00 CELEBRITY MYSTERY BOX
20:30 ISIBAYA
21:00 THE QUEEN
21:30 ◆ THE OMEN
22:30 ◆ THE DOCTORS
23:30 ◆ ZABALAZA
00:30 ◆ THE TALK
01:30 LOKSHIN BIOSKOP: THABO TURBO T
03:00 LOKSHIN BIOSKOP: PAYBACK
04:30 LOKSHIN BIOSKOP: THE IMPOSTER

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THURSDAY

■ **CRADLE OF LIES** ★★ 2016, 90 min, 13VL, e.tv, 00:00. Thriller. Five years after falling into a coma while pregnant, a woman wakes up and goes in search of her child. Nicole de Boer.

■ **FAMILY GATHERING** ★★★ 2010, 87 min, PG, e.tv, 01:40. Drama. A man who oversees his father's farm is aggravated when his sister arrives and forces him to make changes. Harry Hamlin.

■ **RAFIKI** ★★★ 2018, 83 min, 16, M-Net, 02:45. Romantic drama. Two Kenyan women fall in love. Samantha Mugatsia, Sheila Munyiva.

■ **ANY DAY** ★★ 2015, 100 min, 13SVL, e.tv, 03:15. Drama. An alcoholic boxer tries to find redemption after serving 12 years in prison. Sean Bean.

■ **A DOG'S JOURNEY** ★★★ 2019, 109 min, PG, M-Net, 04:10. Fantasy. A dog tries to protect a girl through several lifetimes. Dennis Quaid.

FRIDAY

■ **AUSSIE & TED'S GREAT ADVENTURE** ★★★ 2009, 89 min, PG, e.tv, 14:30. Adventure. A dog tries to find his young owner's missing Teddy bear. Alyssa Shafer, Kirstin Eggers.

■ **THE MASTER** ★★★ 1992, 138 min, 16VL, SABC1, 21:00. Action. A martial arts master enlists the help of his best student to help him fight one of his former students. Jet Li.

■ **STILL ALICE** ★★★★ 2014, 101 min, PG13, SABC3, 21:30. Drama. A language professor struggles to cope when she's diagnosed with Alzheimer's Disease. Julianne Moore.

■ **HITMAN** ★★★ 2007, 100 min, 16VLN, e.tv, 22:00 & 02:55. Action. An elite assassin goes on the run after finding out his own agency wants him dead. Timothy Olyphant, Dougray Scott.

■ **LYMELIFE** ★★★ 2008, 95 min, 16, e.tv, 00:10. Comedy drama. In '70s America a 15-year-old boy watches his family fall apart. Alec Baldwin.

■ **WILDLIFE** ★★★★ 2018, 105 min, PG13, M-Net, 02:45. Drama. In 1960 Montana, USA, a teenage boy tries to come to terms with his parents' failing marriage. Carey Mulligan.

■ **CHRONICLE MYSTERIES: THE WRONG MAN** ★★★★ 2019, 120 min, PG13V, M-Net, 04:30. Crime. A crime-podcast host tries to the clear a man of murdering his wife. Alison Sweeney.

SATURDAY

■ **THE THREE MUSKETEERS** ★★ 2011, 110 min, PG13, SABC1, 10:00. Action adventure. In 17th-century France a young nobleman heads to Paris to become a musketeer. Logan Lerman.

■ **AUSSIE & TED'S GREAT ADVENTURE** ★★★ e.tv, 14:00. See Friday.

■ **SWIFT** ★★ 2019, 90 min, PG, M-Net, 15:15. Animated adventure. A swift grows up among gulls.

How To Train Your Dragon: The Hidden World, Sunday on M-Net at 13:30.

■ **TOY STORY 2** ★★★★ 1999, 92 min, A, e.tv, 16:00. Fantasy adventure. When a cowboy toy is stolen by a collector, his friends try to rescue him.

■ **TROUVOETE** ★★★ 2015, 90 min, PG13, SABC2, 16:00. Local comedy. A marketing manager tries online dating. Erica Wessels, Bouwer Bosch.

■ **EXCUSE ME FOR LIVING** ★★ 2012, 106 min, PG13, SABC2, 18:30. Romantic comedy. A depressed drug addict is ordered to lead a senior men's group or go to prison. Tom Pelphrey.

■ **THE EMOJI MOVIE** ★ 2017, 86 min, PG, e.tv, 20:00. Animated comedy. An emoji goes on an adventure to become normal.

■ **THE STEPFORD WIVES** ★★ 2004, 93 min, PG13, SABC3, 21:30. Sci-fi comedy. A couple begin to realise there's something strange about their female neighbours. Nicole Kidman.

■ **KEEPING UP WITH THE JONESES** ★★★ 2016, 105 min, PG13, e.tv, 21:55 & 02:05. Action comedy. A suburban couple discover their neighbours are undercover spies. Zach Galifianakis.

■ **OPERATION CHROMITE** ★★★ 2016, 111 min, 16V, e.tv, 00:05. War drama. During the Korean War in 1950, a team of South Korean spies are sent into North Korea. Lee Jung-jae.

■ **STARDOG AND TURBOCAT** ★★★ 2019, 90 min, PG, M-Net, 03:00. Animated adventure. A dog with superpowers teams up with a vigilante cat to save their town from a dog catcher.

■ **BERNIE THE DOLPHIN** ★★★ 2018, 88 min, A, M-Net, 04:30. Adventure. Two siblings try to help a dolphin get back to his family. Lola Sultan.

SUNDAY

■ **TOY STORY 2** ★★★★ e.tv, 12:15. See Saturday.

■ **HOW TO TRAIN YOUR DRAGON: THE HIDDEN WORLD** ★★★★ 2019, 104 min, PG, M-Net, 13:30. Animated fantasy. A Viking chief tries to find a home for his people and dragons.

■ **THE EMOJI MOVIE** ★ e.tv, 14:15. See Saturday.

■ **THE FATE OF THE FURIOUS** ★★★ 2017, 136 min, 13VL, e.tv, 20:00 & 02:30. Action. A black ops agent turns against his crew. Vin Diesel.

■ **1917** ★★★★ 2019, 119 min, 16V, M-Net, 20:05. War drama. During World War 1 two British soldiers must race against time to deliver an important letter. Dean-Charles Chapman.

■ **HAPPINESS IS A FOUR-LETTER WORD** ★★★ 2016, 88 min, PG13, SABC1, 21:00. Local drama. A few weeks before her wedding, a woman's world falls apart. Mmabatho Montsho.

■ **PUSHING TIN** ★★★ 1999, 124 min, 16, SABC3, 21:30. Comedy. A feud erupts between two air-traffic controllers. John Cusack.

■ **TRAUMFABRIK** ★★★ 2019, 90 min, 16, M-Net, 23:00. Romantic drama. In 1961 a man is determined to reunite with his love after they're separated by the Berlin Wall. Dennis Mojen.

■ **UNDERCOVER BRIDESMAID** ★★★ 2011, 87 min, 13V, e.tv, 23:50. Romantic comedy. A bodyguard goes undercover as a bridesmaid. Brooke Burns.

Still Alice, Friday on SABC3 at 21:30.

■ **THE FRONT RUNNER** ★★★ 2018, 113 min, 16L, M-Net, 02:30. True-life drama. A US senator's presidential campaign is derailed because of his affair. Hugh Jackman.

■ **SPYCIES** ★★ 2019, 99 min, A, M-Net, 04:20. Animated adventure. Two secret agents must find stolen top-secret material.

MONDAY

■ **LOVE & OTHER DRUGS** ★★★ 2010, 112 min, 16SNL, SABC2, 22:00. Romantic comedy. A young woman with Parkinson's Disease and a pharmaceutical sales rep embark on a no-strings attached relationship. Jake Gyllenhaal.

■ **BABY BOOTCAMP** ★★★ 2013, 90 min, PG, e.tv, 23:45. Romantic comedy. A fitness instructor starts working as a nanny. Danneel Ackles.

■ **WEB OF LIES** ★★★ 2009, 90 min, 13SV, e.tv, 01:25. Thriller. An IT security specialist is wrongly accused of bank fraud. Majandra Delfino.

■ **READY OR NOT** ★★★★ 2019, 95 min, 18VL, M-Net, 02:30. Horror comedy. A bride finds out she must try to survive the night while being hunted by her wealthy in-laws. Samara Weaving.

■ **OPERATION CHROMITE** ★★★ e.tv, 03:05. See Saturday.

■ **A DOG'S JOURNEY** ★★★ M-Net, 04:10. See Thursday.

TUESDAY

■ **B-SIDE** ★★★ 2013, 97 min, PG13, e.tv, 23:45. Romantic comedy. A DJ and a fading pop star fall in love. Ryan Eggold, Jennifer Damiano.

■ **FALSE PRETENSES** ★★★ 2004, 90 min, 16V, e.tv, 01:30. Thriller. After her husband commits suicide, a woman searches for the con man who tricked them. Peta Wilson, Stewart Bick.

■ **RUST CREEK** ★★★ 2018, 108 min, 16, M-Net, 02:40. Thriller. After getting lost in the woods, a college student forms an uneasy alliance with a loner. Hermione Corfield, Jay Paulson.

WEDNESDAY

■ **THE EMOJI MOVIE** ★ e.tv, 23:45. See Saturday.

■ **RIOT** ★★★ 2015, 87 min, 16VL, e.tv, 01:25. Action. A cop robs a Russian mob bank to end up in the same prison as the mob boss who killed his wife. Matthew Reese, Dolph Lundgren.

■ **TRAUMFABRIK** ★★★ M-Net, 02:50. See Sunday.

■ **DRIVEN UNDERGROUND** ★★ 2015, 90 min, PG13, e.tv, 03:00. Crime drama. A woman hides her daughter, a key witness in a mob murder, in a small town. Kristy Swanson, Emily Tennant.

■ **THE BIG TRIP** ★★★ 2019, 84 min, A, M-Net, 04:30. Animated adventure. A stork mistakenly delivers a baby panda to the wrong door. ■

A All ages D Drugs H Horror L Language N Nudity P Prejudice PG Parental guidance S Sex V Violence ★ BRILLIANT / ★★★★ EXCELLENT / ★★★ WORTHWHILE / ★★ SO-SO / ★ IF YOU MUST

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Yewande Omotoso

30 SEPT 2020

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DURATION 60-90 minutes

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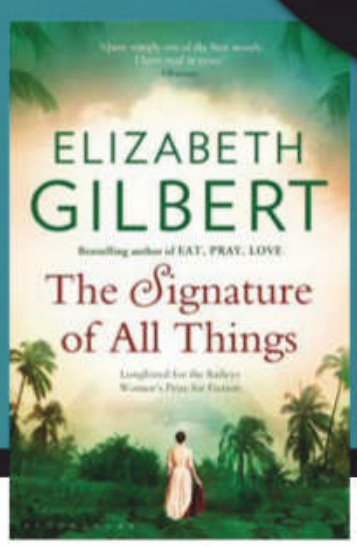

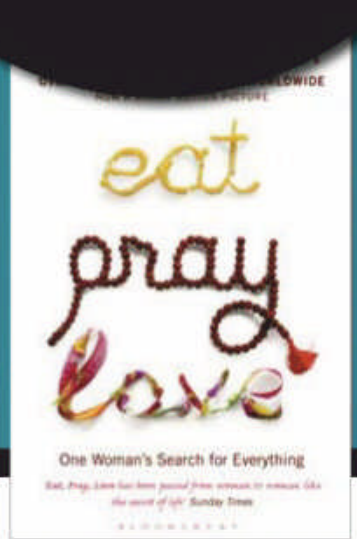

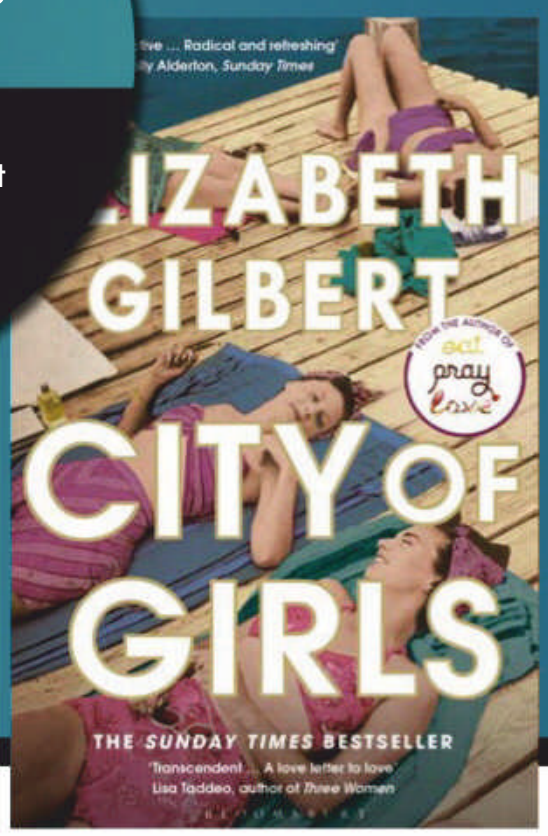

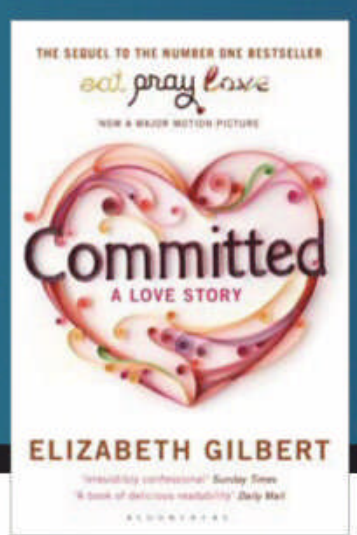

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YOU PUZZLES

15 PAGES OF FUN & GAMES

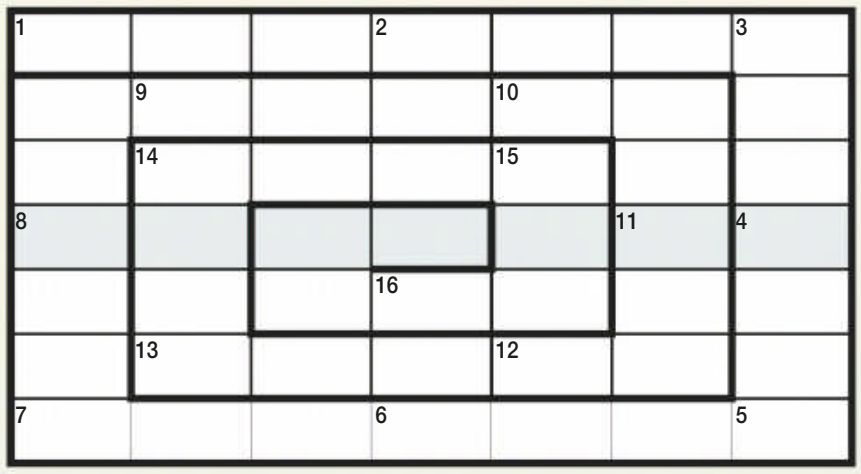
WORD SEARCHES ▸ ANAGRAMS ▸ SPOT THE DIFFERENCE ▸ TWO-WAY TEASER ▸ BRAINBUSTER ▸ PHOTO BLOCKBUSTERS ▸ BLOCKBUSTERS ▸ CODEBREAKERS AND MUCH MORE!

SPIRAL

Keyword clue: FOREIGN OUTPOST

Starting with clue No 1, fill in the grid in a clockwise direction with four-letter words, working your way to the centre of the spiral puzzle. The last letter of each word becomes the first letter of the next. If you've correctly filled in the grid, there should be a seven-letter keyword reading across from clue No 8.

1 Tenant's payment
2 Not wild
3 Be jealous of
4 Sweet potatoes
5 . . . as a bug
6 Objective
7 Delicate fabric
8 Draw with acid
9 Legal inheritor
10 Uses oars
11 Miss South Africa's accessory
12 A pile
13 Majestic display
14 Persian fairy
15 Man or Wight
16 Island where Napoleon was exiled



COMPILED BY MARTHIE HAND

SUDOKU

These number puzzles are quite simple. Place the numbers 1 to 9 in the empty squares so that the same number appears only once in each row, each column and each 3x3 box.

HARD

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

COMPILED BY GERDA ENGELBRECHT

CRYPTOQUOTE

Example: A X Y D L B A A X R
is: L O N G F E L L O W

One letter stands for another. In the example above, A is used for the three Ls, X for the two Os and so on. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different. This week's hint: ZFK is AND.

FHT ZFK ACSF DA'L PHHK AH IZWLS DF HWG

IWGLWDA HU CZIIDFSLL ZFK OWLA XS CZIIJ.

– PWDRRZWVS ZIHRRDFZDGS

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

PRESS FEATURES

VOWELLESS PUZZLE

All the vowels have been removed from the grid, leaving the consonants. Complete the grid by filling in the vowels, A, E ,I ,O, U.

T	W		D	D	L		■	S	T			R
	■	L	■		■	S			■	P	■	
T	R		P	L		T	■	W		P		D
L	■		■		■		■		■	R	■	D
	S	S		Y	■	T		D	P		L	
■		■	■		K		D	■	■	V	■	S
P		G		D		■	D		G		S	T
	■	R	■	■	L		S	S	■	■		■
R			R	D		R	■		P		R	
S	■	C	■	R	■		■	L	■	V	■	P
	B		S		■	M			N		S	T
N	■	R	■	S	P		■	T	■	N	■	L
		Y	S	S	■	S	W			T	L	Y

PANMEDIA

WORD SEARCHES

The words in the list appear on the grid – horizontally, vertically or diagonally, backwards or forwards. Find and circle them.

ALL WORD SEARCHES COMPILED BY ALFIE STEYN

NO 1

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

AIR TRAVEL

airline
aisle
arrivals
baggage
boarding pass
cabin crew
cockpit
customs
departures
domestic
eticket
gate
international
landing
layover
passport
pilot
runway
seatbelt
takeoff

NO 2

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

CIRCULAR OBJECTS

ball
bangle
biscuit
bubble
clock
coin
dartboard
drain
hockey puck
hoop
moon
orange
pancake
Petri dish
pizza
plate
quoit
sun
wedding ring
wheel
wreath

NO 3

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

WAYS TO USE EGGS

biscuits
boiled
cake
custard
eggnog
French toast
fried
frittata
meringue
mousse
muffins
omelette
pancakes
poached
quiche
salad
sandwich
Scotch eggs
scrambled

NO 4

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

VISION

acuity
astigmatism
binocular
distance
eyesight
focus
gaze
glimpse
image
myopia
near
night
ocular
optic
perception
pupil
retina
sense
sightedness
view
visual

WORDLINK

Fill in the word that completes the first word and starts the second word. Example: After (sun) flower = Aftersun and sunflower.

Back_____ coach

ANAGRAMS

Use the letters in the grid to create as many words as possible containing four letters or more. Each word must contain the letter in the shaded block in the middle, and may contain any of the other letters only once. No proper nouns, foreign words or abbreviations.

ALL ANAGRAMS COMPILED BY ALFIE STEYN

NO 1

O	O	A
T	C	E
T	R	D

How did you do?
Average: 22 words.
Good: 37 words.
Excellent: 51 words

NO 2

M	S	M
N	D	B
A	O	U

How did you do?
Average: 15 words.
Good: 25 words.
Excellent: 37 words

Last week's solutions

No 1 doge, dole, done, donee, dong, dongle, dowel, down, endow, enol, geode, glow, glowed, gold, golden, gone, gown, gowned, kendo, know, KNOWLEDGE, leno, lode, loden, lodge, loge, lone, long, longed, lowed, node, ogee, ogle, ogled, olden, owed, owned, woke, woken

No 2 alow, awes, awls, caws, claw, claws, clew, clews, cower, cowers, cowl, cowls, cows, craw, crawl, crawls, crew, crewel, crews, crow, crows, escrow, ewer, ewers, ewes, laws, lower, LOWERCASE, lowers, lows, owes, owls, resew, rowel, rowels, rows, scow, scowl, scowler, scrawl, screw, sewer, slaw, slew, slow, slower, sower, swear, swore, wale, wales, ware, wares, wars, weal, weals, wear, wears, weasel, were, woes, wore, worse

SPOT THE DIFFERENCE

See how much of an eagle eye you have and find the 7 differences between these two pictures.

GALLO IMAGES/GETTY IMAGES

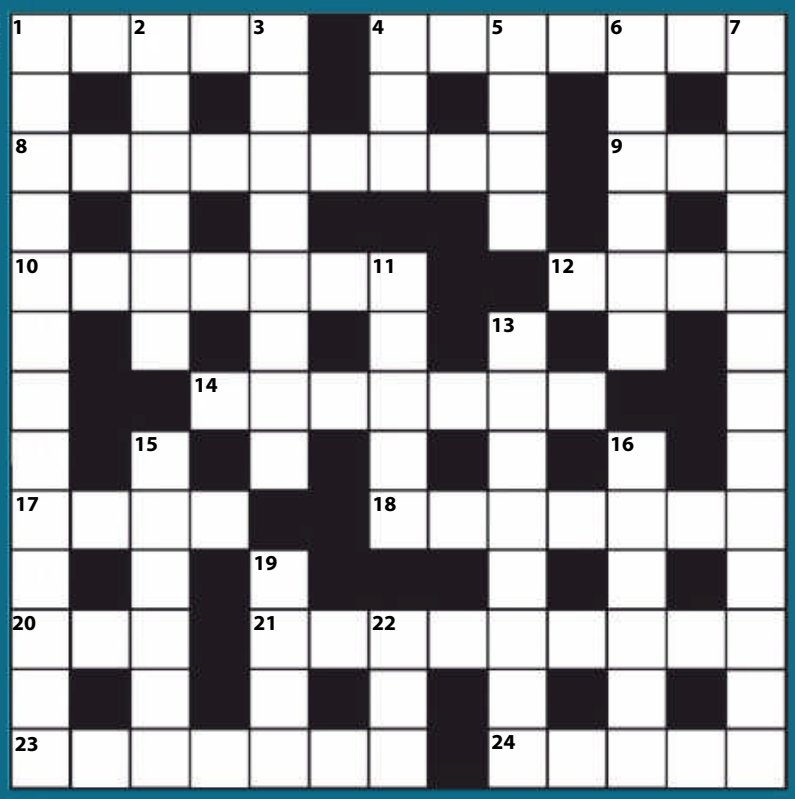
Solutions in next week's issue

Saddle ____ lash

Last week's solutions
1 Here (after) sun
2 Let (down) right

COMPILED BY NATALIE CAVERNELIS

TWO-WAY TEASER



Two sets of clues but the answers are the same

CRYPTIC CLUES

ACROSS

1 Decomposed matter in soil will smell strong to you and me (5)
4 He points the finger that somehow accrues (7)
8 Went back over one's steps round table-top and withdrew (9)
9 Joint that grows on a rose bush (3)
10 Clearly showed the need Vic had of it (7)
12 Is loyal, and that's no lie (4)
14 Some final words that may be carved in stone (7)
17 Boy might have the hidden energy to do as he's told (4)
18 Atrocious house in upheaval (7)
20 Decorate a cake with diamonds (3)
21 Prince of the fallen angels may be doubly blue about last letter (9)
23 Letters may be written out in support (7)
24 A stretch of open country to set in rows (5)

DOWN

1 A girl's favourite is to log one who studies reptiles (13)
2 Method of measurement consisting of verses (6)
3 Picture in water-colour? (8)
4 Fitting starts as patient trembles (3)
5 Morse's was a dashed dotty affair (4)
6 Globe is showing rep he's involved with (6)
7 Ought to be blamed for disrupting her sleep-in? Be right to do so (13)
11 It's a d_____ irritation: get rid of it! (5)
13 Drink at posh hotel among the travellers who put up there (8)
15 Remove some words from complete ledger that's turned up (6)
16 A spool was a shilling: discard it! (6)
19 Be next to bit of brass that's upended (4)
22 Look at the space that's to be threaded (3)

QUICK CLUES

ACROSS

1 Decomposed organic matter in soil (5)
4 One bringing a charge against somebody (7)
8 Revoked, withdrew (9)
9 Rose fruit (3)
10 Made evident (7)
12 Veracious (4)
14 Tombstone inscription (7)
17 Follow orders (4)
18 Outrageously wicked (7)
20 Frozen water (3)
21 A devil (9)
23 Board support (7)
24 Distance to target (5)

DOWN

1 Expert in snakes, reptiles (13)
2 Based on the metre (6)
3 Picture of the sea (8)
4 Likely to (3)
5 Secret language (4)
6 Circular solid (6)
7 Blameworthy (13)
11 A drainage cut (5)
13 Drink of white wine and soda water (8)
15 Cross out, remove (letters, words) (6)
16 Reel, spool for winding yarn (6)
19 End, lean on (4)
22 Hole in needle (3)

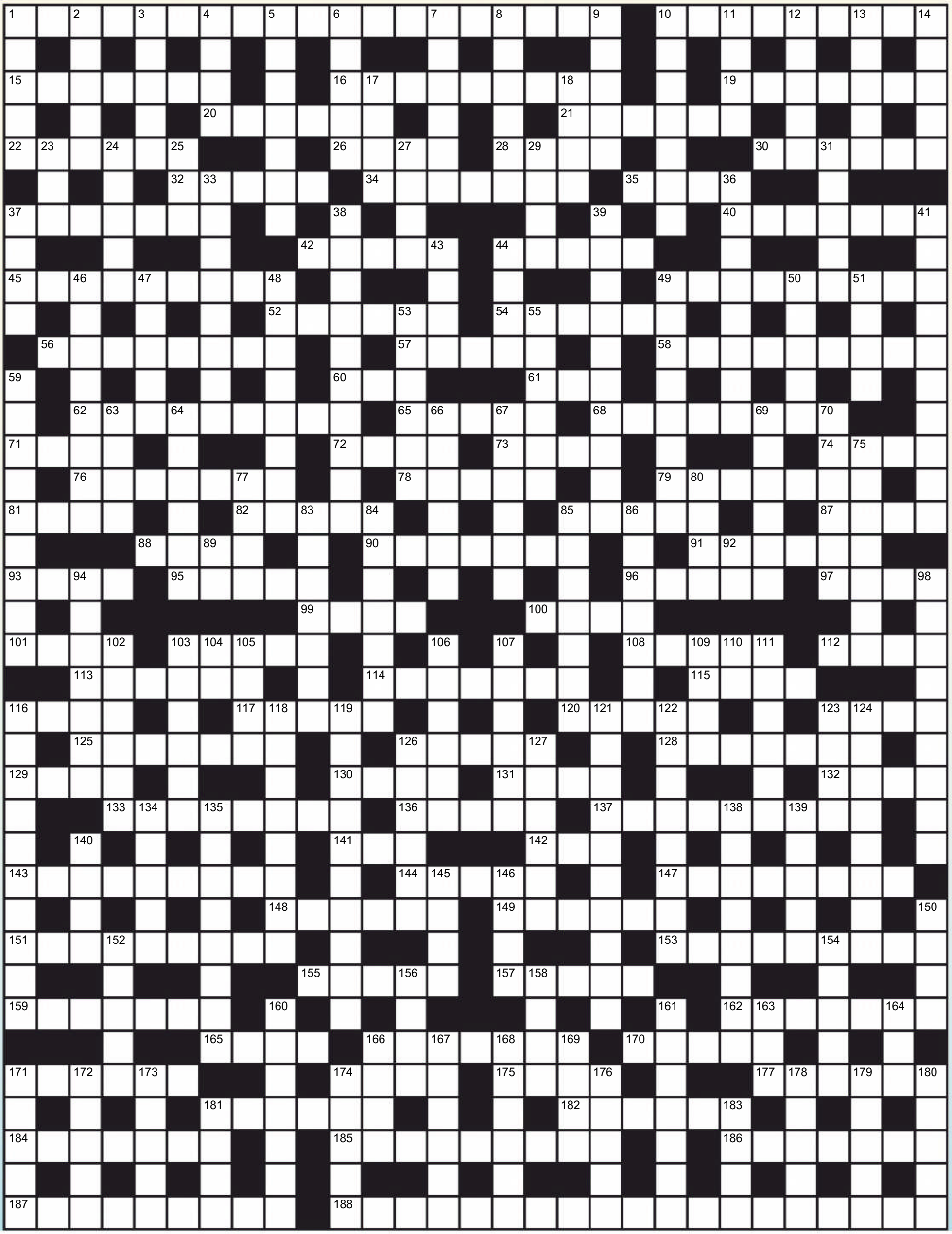
BRAINBUSTER № 840

ACROSS

1 It's not complicated (3,3,6,7)
10 Luggage (9)
15 Introduce gradually (5,2)
16 Shun (9)
19 One-piece lycra outfit (7)
20 Rigorous (6)
21 Breathe (6)
22 Vertically longer (6)
26 Pit (4)
28 Boat (4)
30 By means of (in official documents) (6)
32 Mammary gland (5)
34 Faultless (7)
35 Heavy toxic metal (4)
37 Emit (7)
40 Eludes (7)
42 Elevate (5)
44 Insurgent (5)
45 Extremely wicked (9)
49 White gem (9)
52 Rides a bike (6)
54 Arenas (6)
56 Egg dish (8)
57 Pasta sauce (5)
58 With the most power (9)
60 Low earth orbit (abbr) (3)
61 Male's title (3)
62 Canberra is its capital (9)
65 Naked figures (5)
68 Haphazard (8)
71 Boat propellers (4)
72 Playthings (4)
73 Net (4)
74 Moving aboard (4)
76 Souvenir (7)
78 Produces (5)
79 Pure bliss (7)
81 Snake sound (4)
82 Cave (5)
85 Elaborate speech (5)
87 Drinks (4)
88 Punch in (4)
90 Enjoyment (7)
91 Small sealed envelope (6)
93 Diplomacy (4)
95 Snigger (5)
96 Tangles (5)
97 Store (4)
99 . . . the habit (quit an addiction) (4)
100 Smooch (4)
101 Young elephant, eg (4)
103 Accepted or habitual practice (5)
108 Water source in the desert (5)
112 Group of three (4)
113 Wrongdoer (6)
114 Slander (7)
115 Reverberate (4)
116 Cambodia is on this continent (4)
117 Contention (5)
120 Velvet-like leather (5)
123 Single sheet of glass (4)
125 Wicked (7)
126 Exams (5)
128 Heavenly (7)
129 Plate (4)
130 Existing in the physical world (4)
131 Ready (4)
132 Catches (4)
133 Eternally (8)
136 Plant tissue (5)
137 Cheater (9)
141 Travel on snow (3)
142 Suppuration (3)
143 At first (9)
144 Mediaeval Scandinavian language (5)
147 Defender (8)
148 Defame (6)
149 Dutch national colour (6)
151 Quiet (9)
153 Truly (9)
155 Television (inf) (5)
157 Parasitic insect (5)
159 Popular (7)
162 Roman god of the sea (7)
165 Act (4)
166 Impose (7)
170 Latin American dance (5)
171 Enjoyed a book again (6)
174 Mindful exercise (4)
175 Tidy (4)
177 Holiday place (6)
181 Faucet (6)
182 Growled (lion) (6)
184 Outstanding (7)
185 Obtain something (5,2,2)
186 Language of Venice (7)
187 TV show (9)
188 Not get involved (5,2,3,9)

DOWN

1 Feedback (5)
2 Not large (5)
3 Corpulent (5)
4 Sprints (4)
5 Transported (7)
6 Long historical period (5)
7 Intersection (6)
8 Once more (6)
9 Happening (5)
10 Knitted top (Am) (7)
11 Inactive (4)
12 Hinder breathing (5)
13 Extra (5)
14 Unfortunately (5)
17 Halt (4)
18 Sieve (4)
23 Beer (3)
24 Immature insect (5)
25 Groove (3)
27 Dregs (4)
29 Dull pain (4)
31 Cook by dry heat (5)
33 Suave (8)
36 Ate greedily (8)
37 A tune (4)
38 Mathematical device (10)
39 Magazine's audience (10)
41 Onlookers (10)
43 Or . . . ! (warning) (4)
44 Sleep (4)
46 Weapons (8)
47 Religious custom (5)
48 Long-necked onion (8)
49 Slaughter (8)
50 Hums (5)
51 Portent (4)
53 Name derived from a person (6)
55 Hurls (6)
59 Foretelling events (9)
63 Consumes (4)
64 Dissertation (6)
66 Functional (6)
67 Appear (6)
69 Lofts (6)
70 Hold your . . . (wait) (6)
75 Not one nor the other (7)
77 Story (4)
80 In addition to (4)
83 Type of flightless birds (7)
84 Tutor (7)
85 Long steps (7)
86 Annoying (7)
89 Indefinite article (2)
92 Astatine (symbol) (2)
94 Temperature scale (7)
98 Avowed (9)
102 Betrothed (6)
103 Defeated (6)
104 Selenium (symbol) (2)
105 Seed cover (4)
106 Barely ever (6)
107 Glitter (6)
109 Pip (4)
110 Internal combustion (abbr) (2)
111 Suspend a plan (6)
116 Extra (10)
118 Words with similar meanings (8)
119 Unsettled (10)
121 Discomfort (10)
122 Discloses (8)
123 Yearn (4)
124 Make sour (8)
126 Demanding (6)
127 Smile coyly (6)
134 Put into words (5)
135 Deprived (8)
138 Exercising (8)
139 Chain of hills (5)
140 Suva is its capital (4)
145 The one and . . . (4)
146 Dirty (4)
150 Part of a wheel (4)
152 Dark, fine-grained sedimentary rock (5)
154 Tariffs (5)
156 An organ (4)
158 On a single occasion (4)
160 Moderate (7)
161 Trucks (7)
163 Sensory organ (3)
164 Neither . . . (3)
166 Bit (4)
167 Type of bird of prey (6)
168 Entirely (Latin) (2,4)
169 Sour taste (4)
171 Preceding period (3-2)
172 Old-fashioned (5)
173 Orange-yellow (5)
174 Yellow parts of eggs (5)
176 Fight . . . and nail (5)
178 Electronic message (5)
179 An edible bulb (5)
180 Looks after (5)
181 Appear (4)
183 Ceased to exist (4)



COMPILED BY GERDA ENGELBRECHT

BLOCKBUSTERS

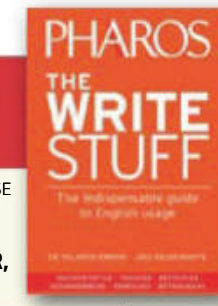
NO 1736

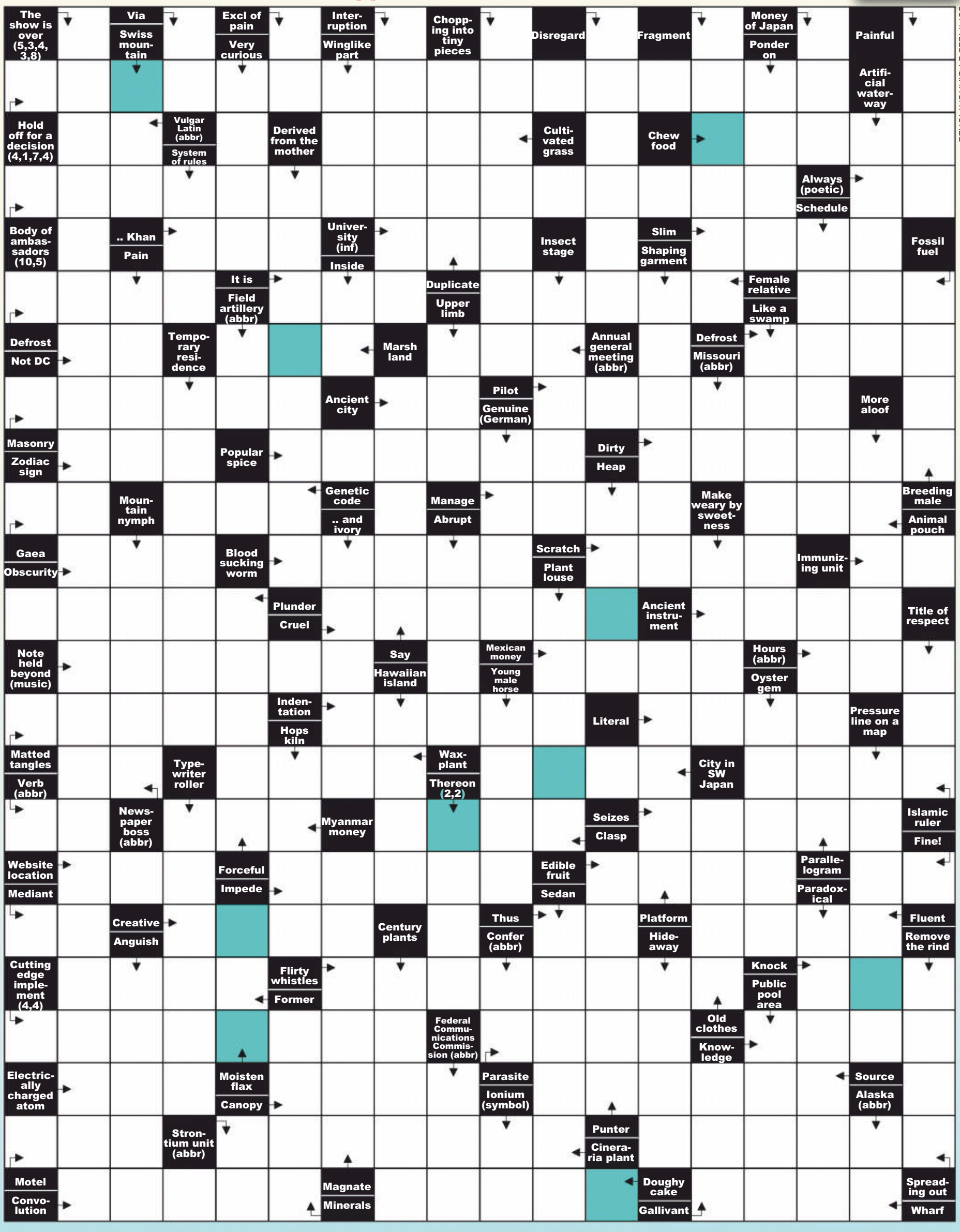
QUESTION WHAT IS THE WORD SPELT OUT BY THE LETTERS IN THE COLOURED BLOCKS?

CORRECTLY COMPLETE THE BLOCKBUSTER AND YOU COULD WIN a copy of The Write Stuff!

PHAROS, THE PUBLISHER, WILL GIVE AWAY ONE OF THESE BOOKS WEEKLY FOR THE REST OF THE YEAR

ENTER BEFORE 8 OCTOBER 2020.
SMS THE KEYWORD YOU, YOUR ANSWER, YOUR NAME AND CITY TO 36400.

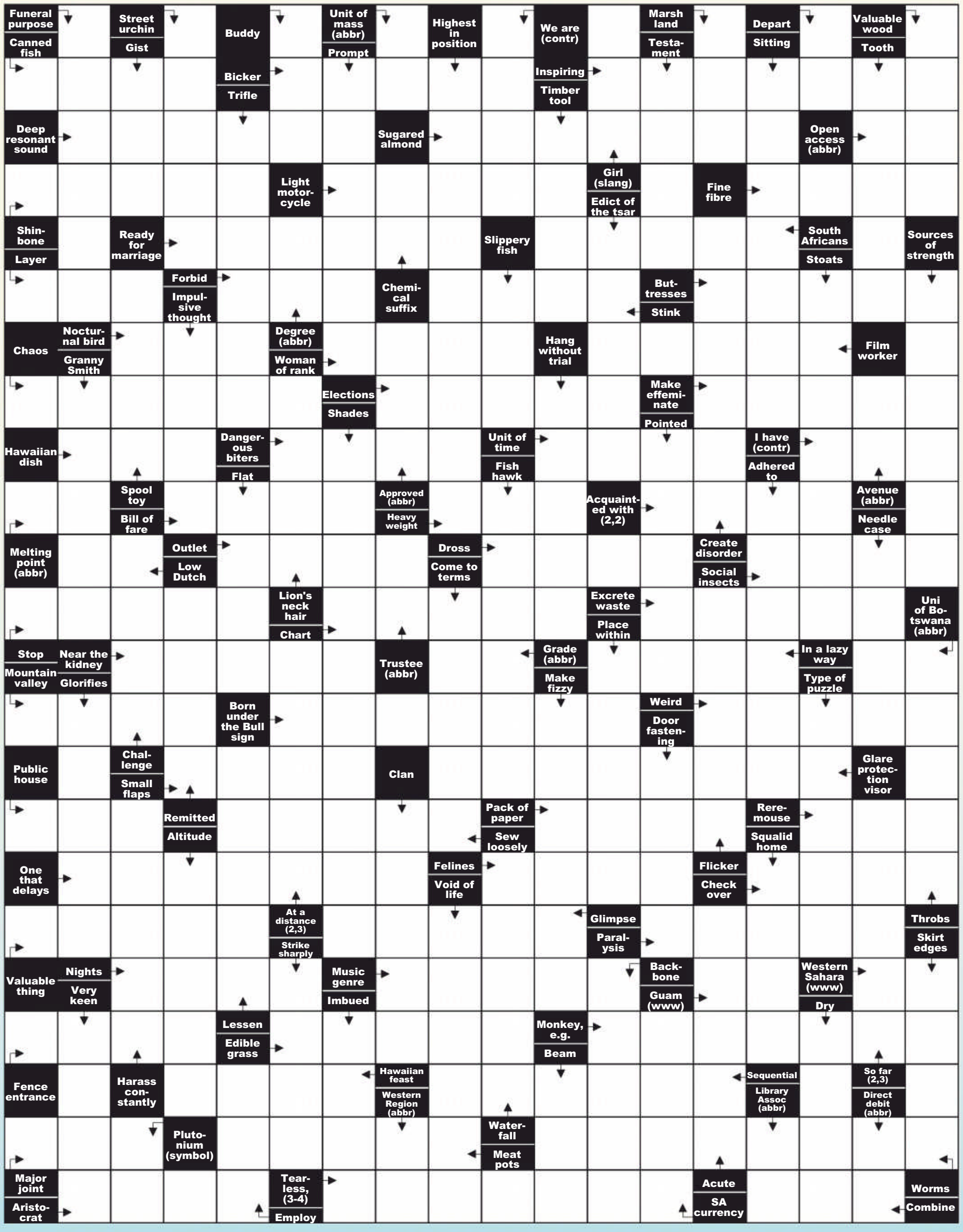




COMPILED BY BIANCA MORÉL

HOW TO ENTER CORRECTLY COMPLETE THE BLOCKBUSTER, WRITE DOWN THE LETTERS IN THE COLOURED BLOCKS AND USE THEM TO UNRAVEL THE ANSWER TO THE QUESTION. SMS THE KEYWORD YOU, YOUR ANSWER AND YOUR NAME AND CITY TO 36400. EACH SMS COSTS R1,50. ONLY ONE SMS PER ENTRANT WILL BE ACCEPTED. KEEP THE ORIGINAL COMPLETED CROSSWORD AS PROOF. THE COMPETITION IS CLOSED TO STAFF (AND THEIR IMMEDIATE FAMILIES) OF MEDIA24, GRAPEVINE INTERACTIVE AND THEIR ADVERTISING AGENCIES. THE CLOSING DATE IS 8 OCTOBER 2020.

NO 1

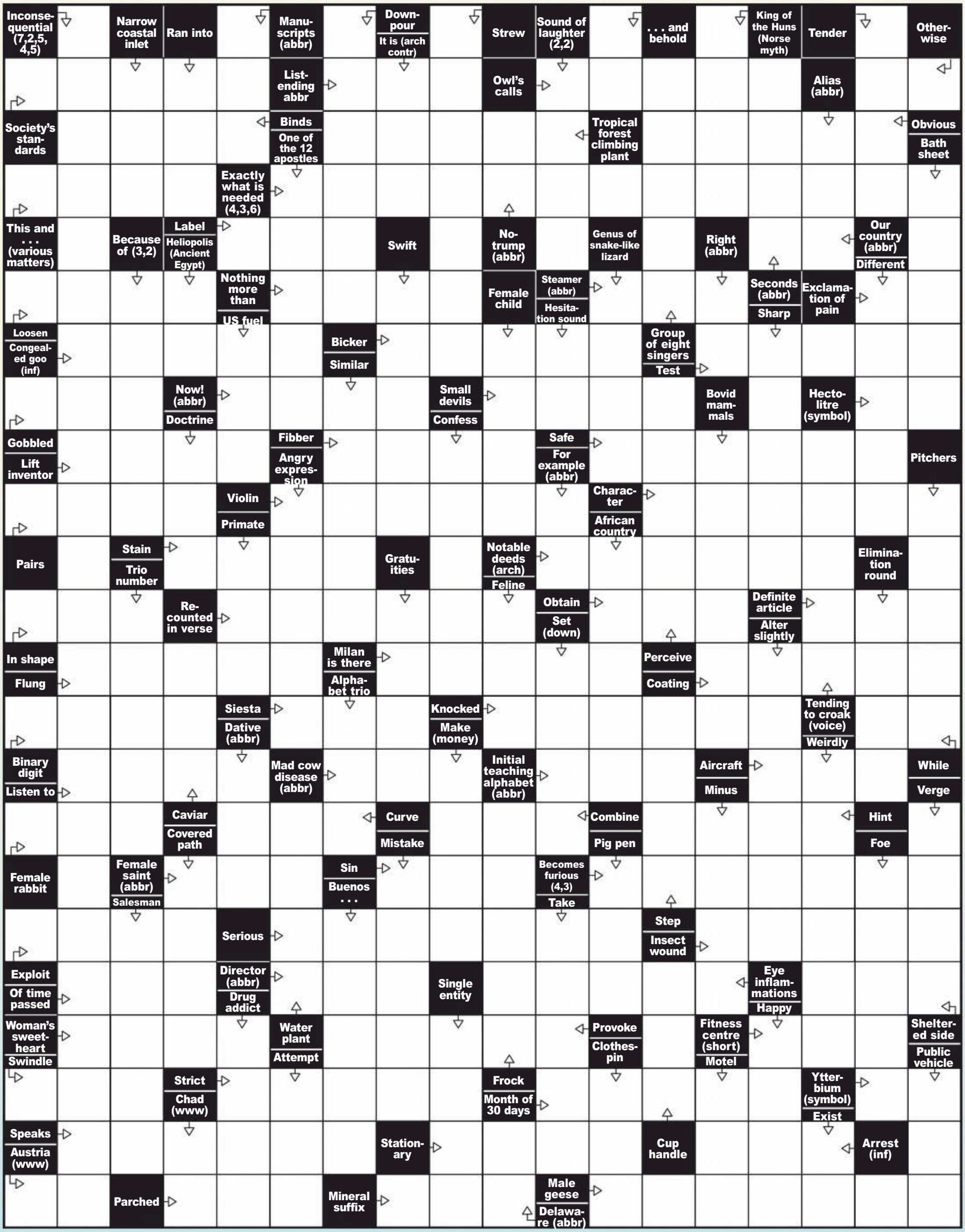


COMPILED BY BIANCA MORÉL

BLOCKBUSTER

NO 2

COMPILED BY BIANCA MORÈL



ANAGRAM CROSSWORD

Anagrams are great fun. Rearrange the letters in each clue block to spell a new word or phrase. The words crisscross as in a regular crossword puzzle. We've given you the first word to get you started.

@LOVATTSPUZZLES.COM

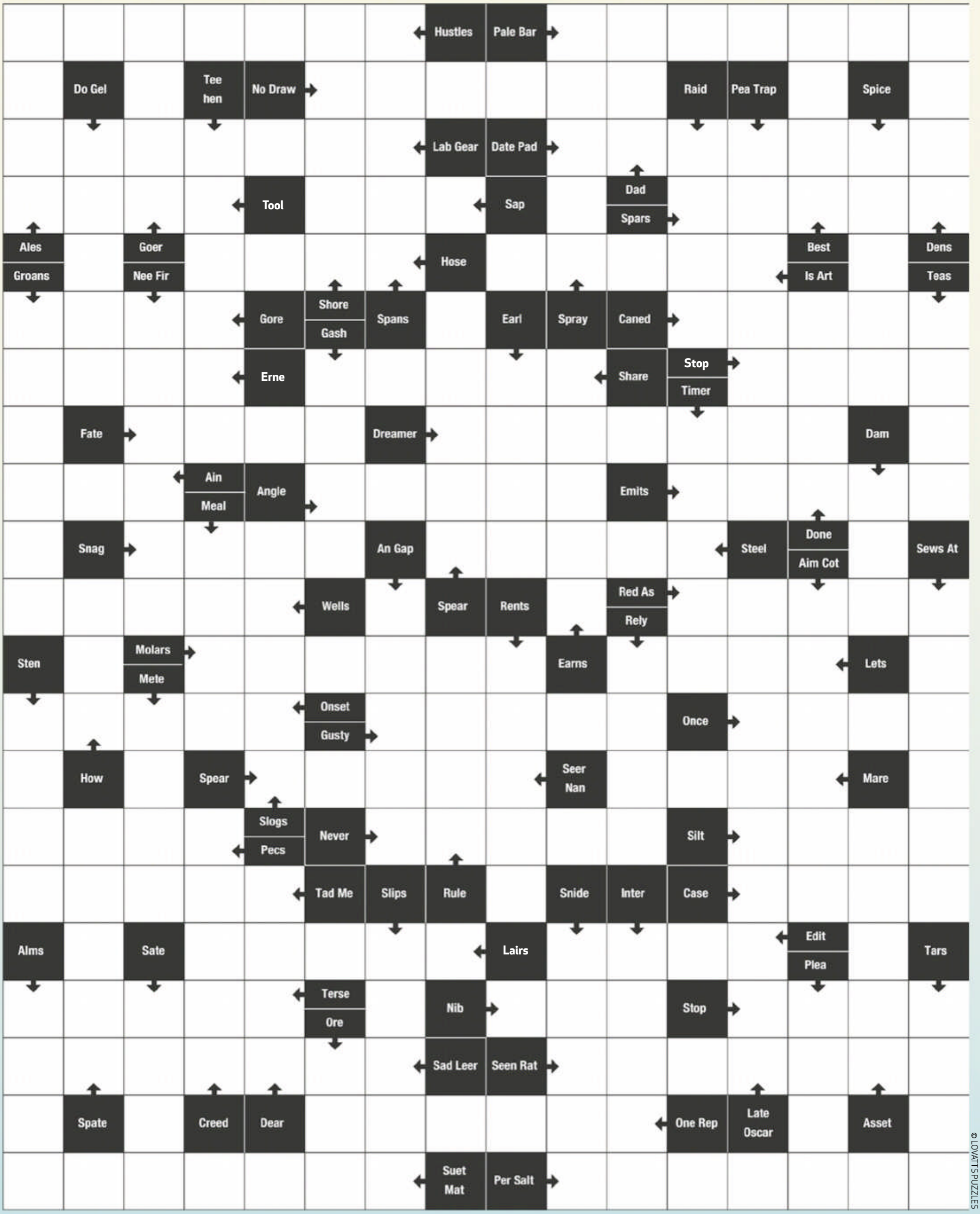


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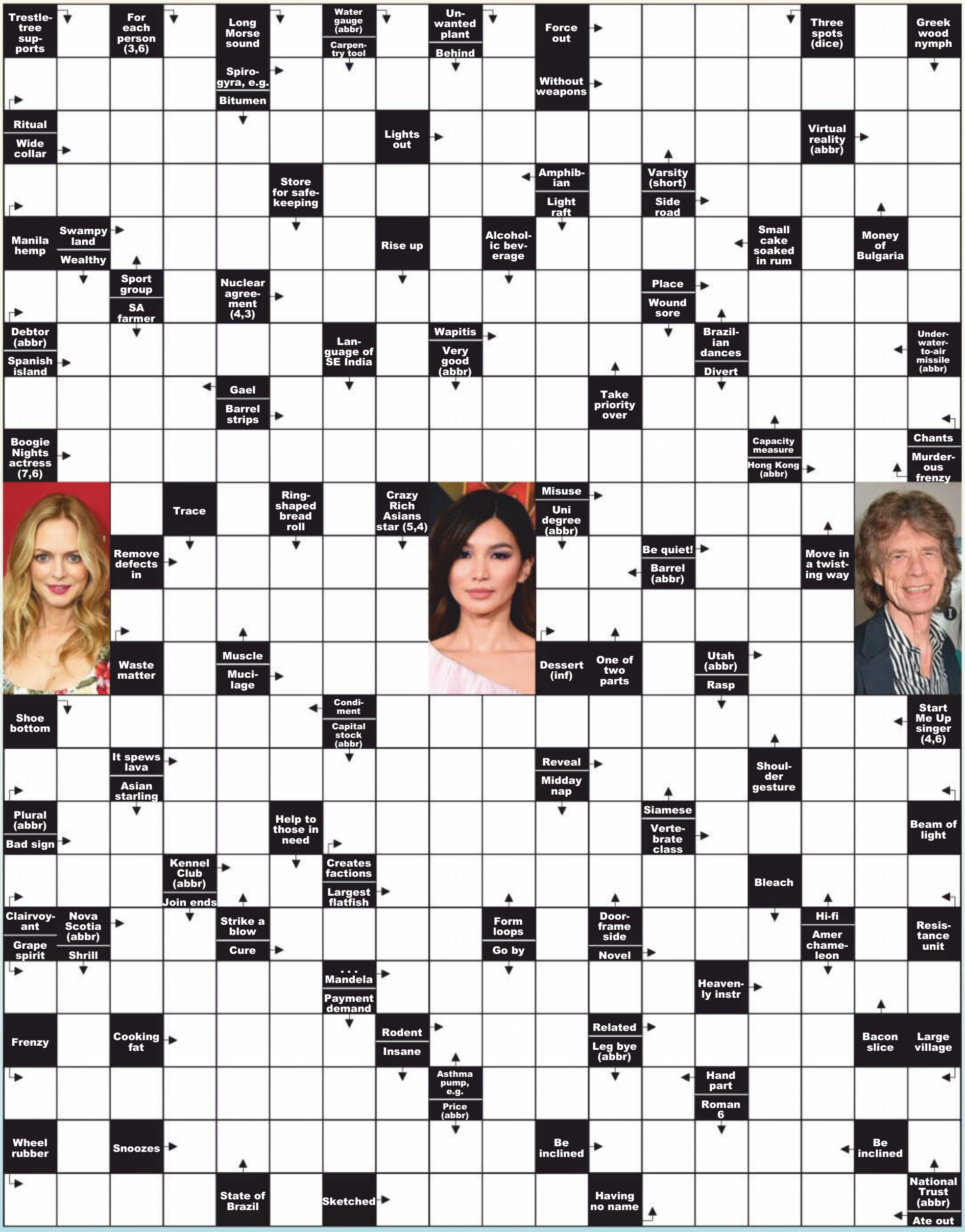
PHOTO BLOCKBUSTER

NO 1

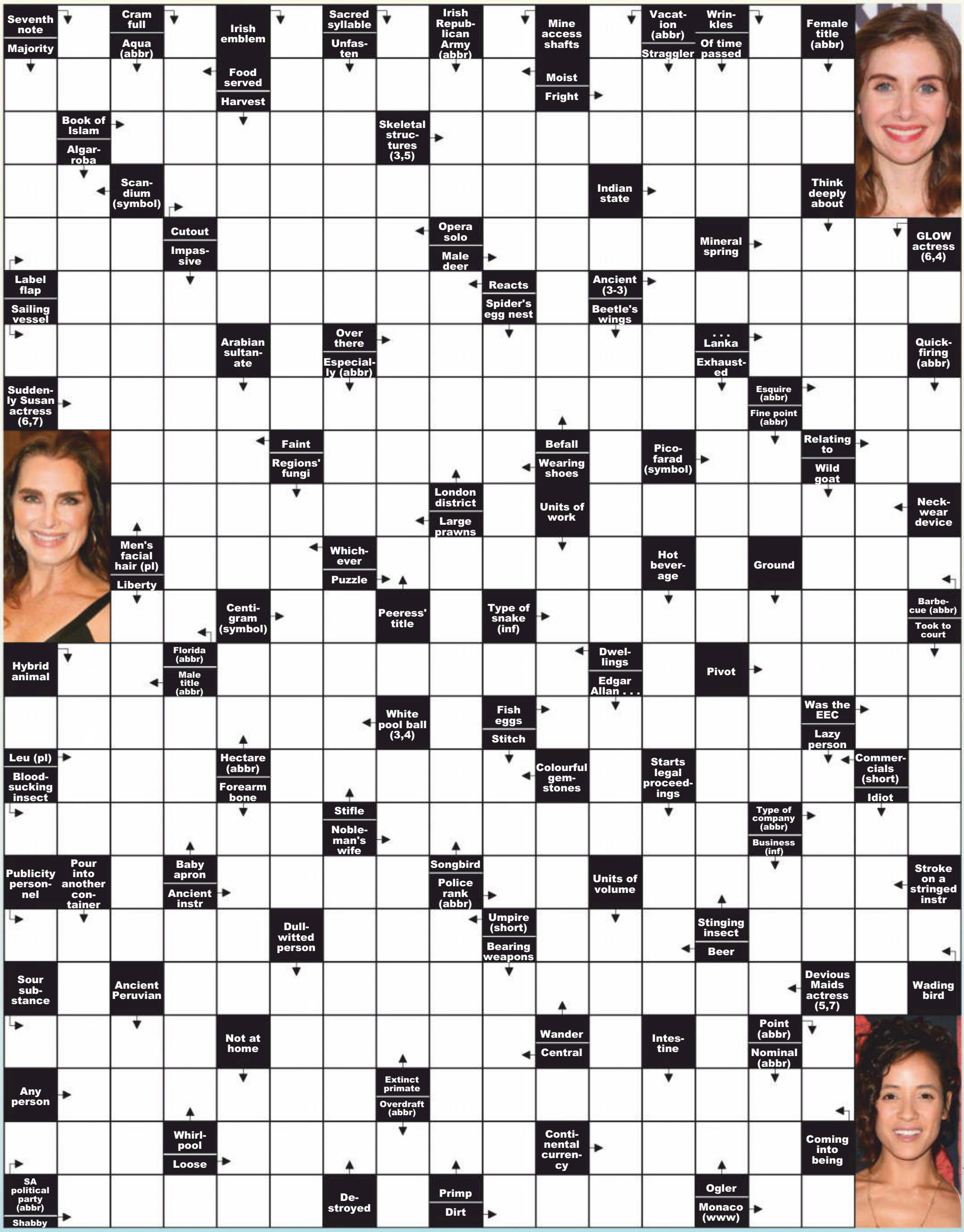


COMPILED BY BIANCA MORÉL

GALLO IMAGES/GETTY IMAGES

PHOTO BLOCKBUSTER

NO 2



COMPILED BY BIANCA MORÉL

GALLO IMAGES/GETTY IMAGES

CODEBREAKERS

NO 1

ALL CODEBREAKERS COMPILED BY GERDA ENGELBRECHT

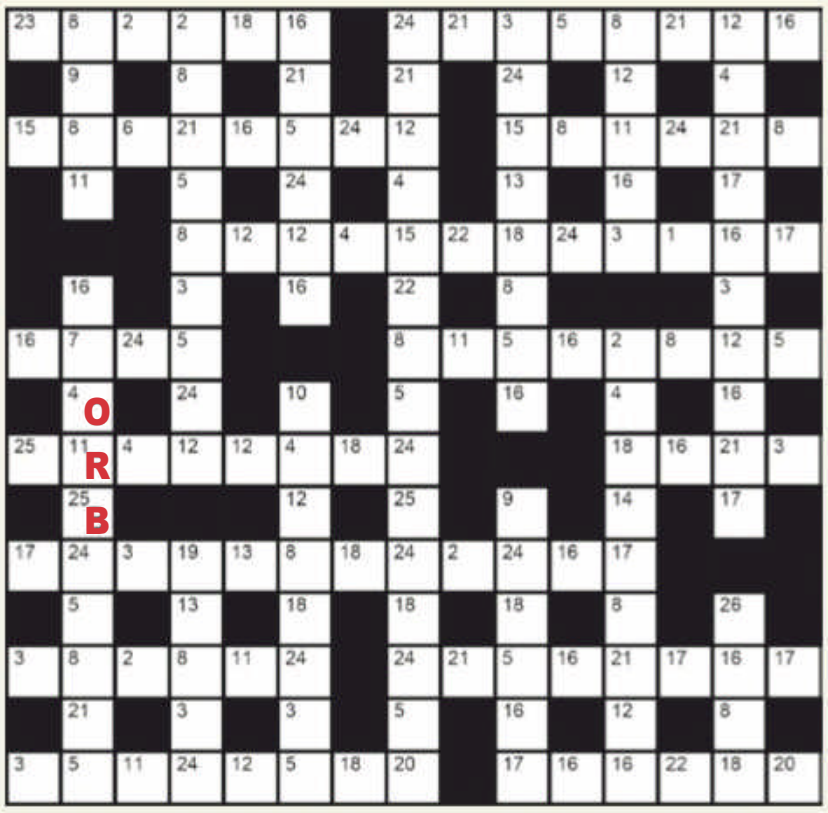
9	21	10	9	24		22	4	7	2	19		19	21	24	17	22
	25		7		11		17		26		24		5		24	
18	12	20	11	25	9	2	9		9	25	9	18	2	24	12	16
	16		12		16		21	23	9		1		26		1	
11	9	9	24	4	16	10		21		14	9	25	12	1	9	17
4			2		4		22	6	4		24		24			5
10	9	2	22		9	7	2	9	16	17	22		22	12	16	10
	7				22		21		22		9				5	
22	11	9	21	6		6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

Each letter of the alphabet is represented by the same number throughout the puzzle. For example, in the puzzle to the left, 2=T, 11=P and 21=A. Use these clues to fill in the matching numbers in the grid, then work out the missing words and add the solved letters to the number grid guide below the puzzle.

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

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

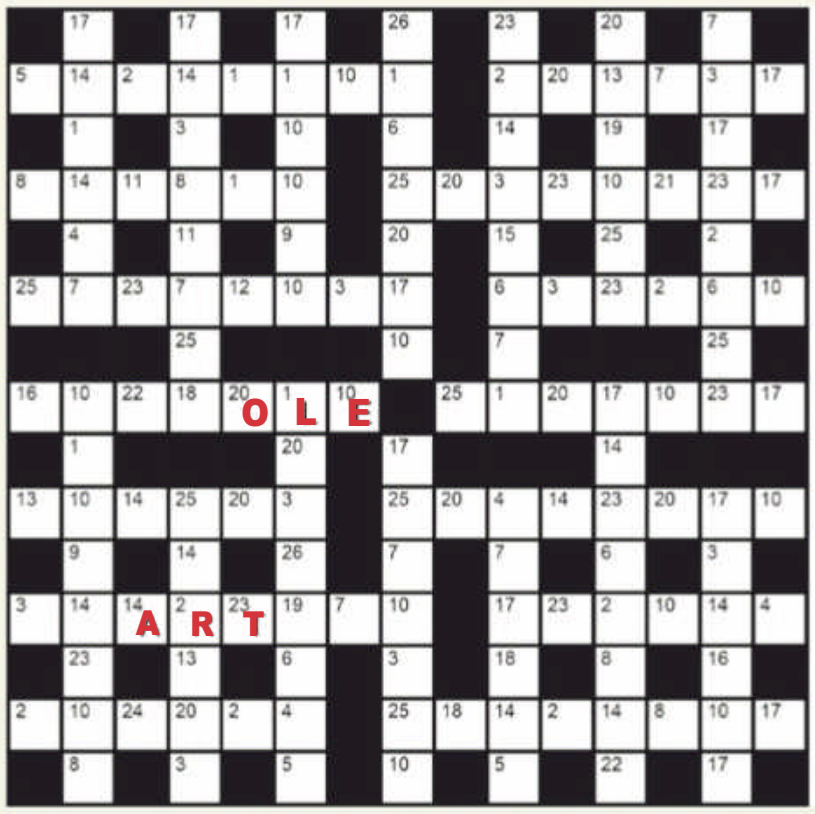
NO 2



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

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

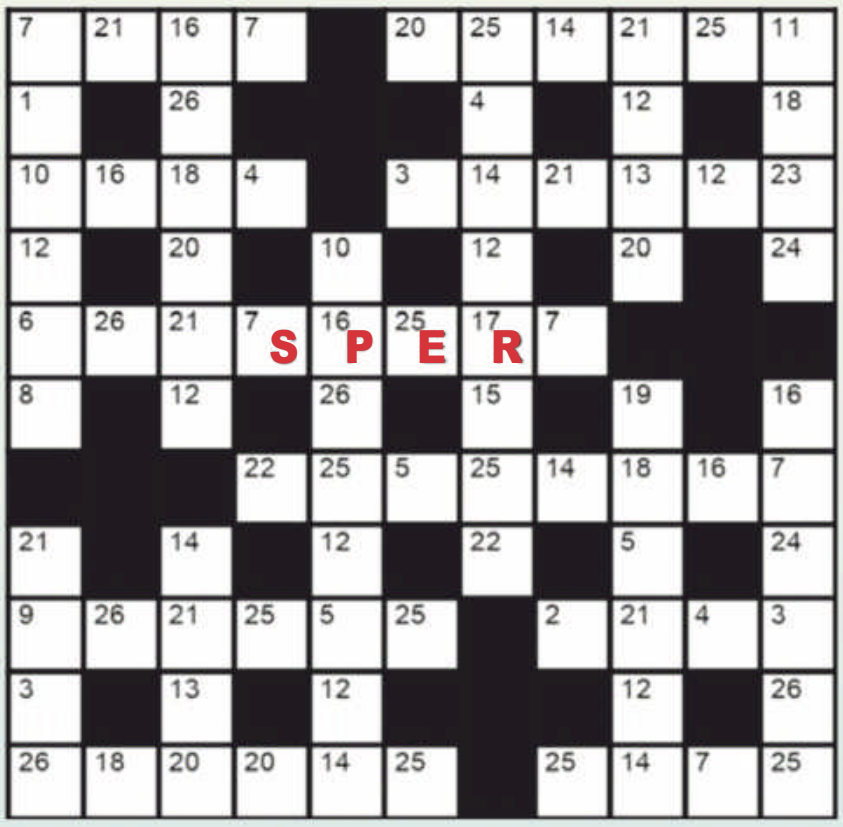
NO 3



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

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

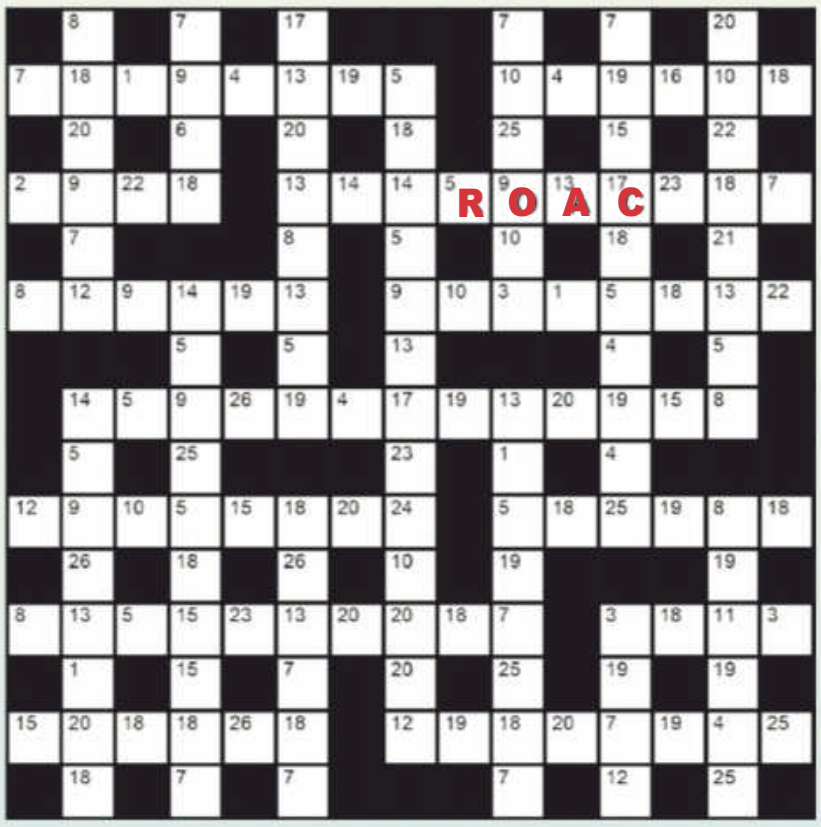
NO 4



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

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

NO 5



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

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

Want more puzzles?

Get YOU Blockbusters No 24 and YOU Codebreakers in stores now and enjoy plenty of puzzles and games to de-stress and have fun.

WINNERS & SOLUTIONS

COMPETITION BLOCKBUSTER 1729

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

BLOCKBUSTER 1

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

BLOCKBUSTER 2

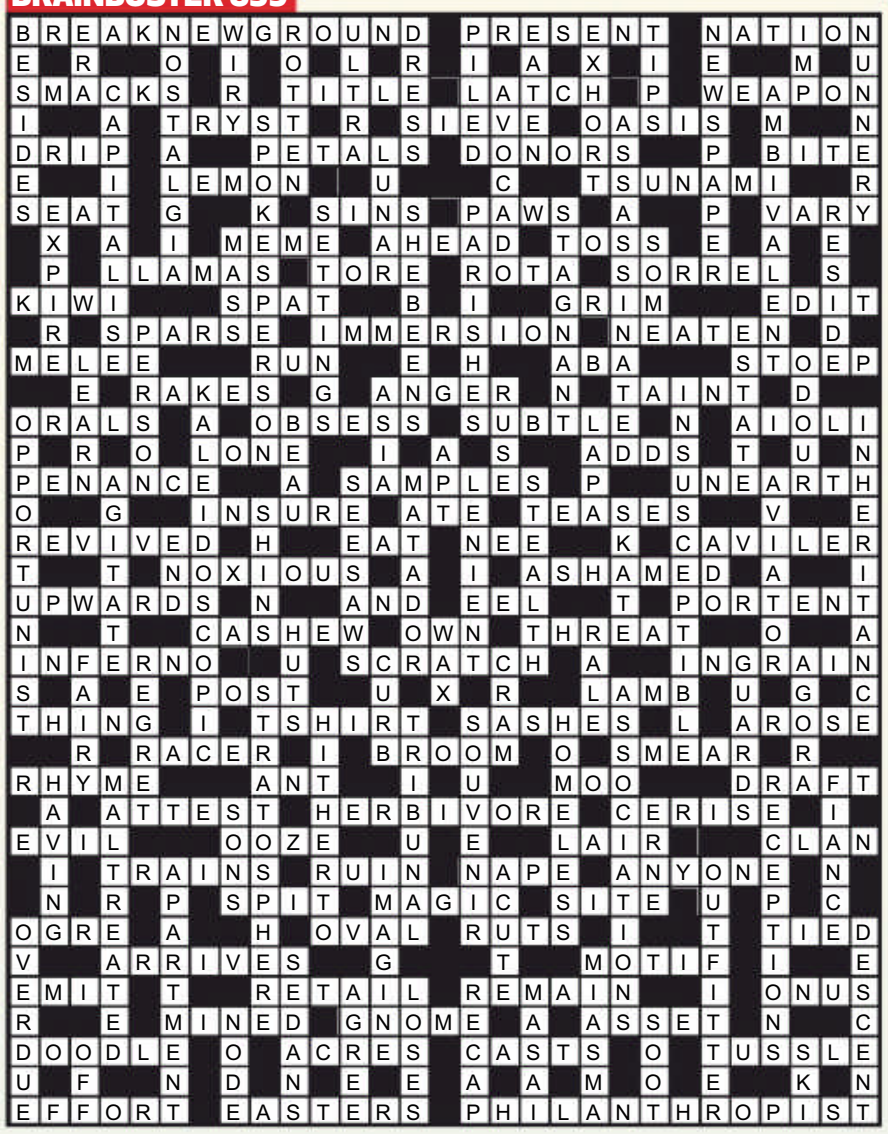
	Y		W		A		U		S		W		C		P		P	
H	A	V	E		N	O	T	T	O	S	A	Y		B	O	U	T	
	K	O	I		G	U	A	R	D	E	D		L	A	T	T	E	
B		W	R	E	S	T		E	A		E	S		T	O	E		
			D	A	T	E		A		A		T	A	L	O	N		
P	A	W		S		R	A	T		P	L	A	N	E		S	I	
	S	H	E	E	R		L	Y	C	E	U	M		R	A	I	L	
A	T	E		L	A	M	S		A	R	C	E	D		I	L	L	
	R	E	M		C	O	O	L	S		E	N	R	O	L		U	
S	O	L	A	C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

PHOTO BLOCKBUSTER 1

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

PHOTO BLOCKBUSTER 2

BRAINBUSTER 839



SPIRAL

1 B	E	E	2 R	I	C	3 E
A	9 R	E	V	10 S	L	D
J	14 T	R	A	15 P	U	D
8 A	P	O	L	O	11 G	4 Y
I	A	O	16 T	R	A	O
S	13 R	U	O	12 P	S	L
7 A	N	L	6 U	D	U	5 K

SUDOKU

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

VOWELLESS

TWO-WAY TEASER

ACROSS: 1 Manipulation, 8 Converse, 9 Ecru, 11 Tidal, 12 Testudo, 13 Espy, 15 Beau, 19 Byronic, 20 Along, 22 Ante, 23 Impetigo, 24 Necessitated.
DOWN: 2 Awned, 3 Ideals, 4 Upsets, 5 Include, 6 Neuro-surgeon, 7 Scatterbrain, 10 Use, 14 Piratic, 16 Any, 17 Scampi, 18 Camera, 21 Ovine.

CRYPTOQUOTE

The time to relax is when you don't have time for it. – Sydney Harris

WINNER OF BLOCKBUSTER 1729
YOU CROSSWORD DICTIONARY
Joe Pitt, East London
ANSWER: SUSPENSION

WORD SEARCH 1

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

WORD SEARCH 2

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

SPOT THE DIFFERENCE

WORD SEARCH 3

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

WORD SEARCH 4

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

CODEBREAKER 1

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

1 F	2 I	3 H	4 Q	5 Y	6 W	7 E	8 C	9 R	10 D	11 X	12 K	13 T
14 S	15 B	16 N	17 V	18 L	19 G	20 J	21 O	22 A	23 Z	24 M	25 U	26 P

CODEBREAKER 2

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

1 H	2 W	3 J	4 X	5 B	6 Y	7 E	8 K	9 T	10 I	11 M	12 F	13 A
14 P	15 V	16 N	17 L	18 C	19 S	20 R	21 Q	22 D	23 U	24 G	25 Z	26 O

CODEBREAKER 3

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

1 V	2 H	3 L	4 J	5 B	6 I	7 Q	8 P	9 W	10 O	11 C	12 D	13 T
14 G	15 U	16 Y	17 X	18 S	19 N	20 R	21 Z	22 F	23 A	24 K	25 E	26 M

ANAGRAM CROSSWORD

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

CODEBREAKER 4

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

1 G	2 K	3 Z	4 F	5 L	6 W	7 A	8 S	9 D	10 X	11 N	12 U	13 Q
14 H	15 Y	16 R	17 O	18 T	19 C	20 B	21 V	22 M	23 P	24 J	25 E	26 I

CODEBREAKER 5

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

1 H	2 T	3 I	4 D	5 Y	6 C	7 W	8 A	9 N	10 R	11 S	12 Q	13 V
14 O	15 B	16 L	17 E	18 M	19 Z	20 X	21 J	22 K	23 U	24 F	25 P	26 G

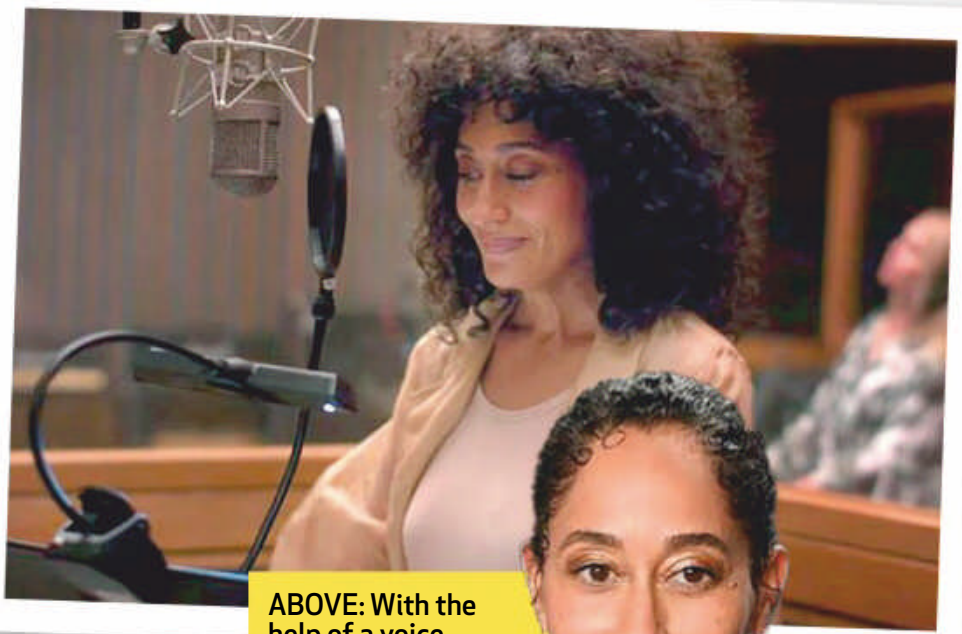
ALL PUZZLE SOLUTIONS WILL NOW APPEAR IN THE FOLLOWING WEEK'S ISSUE, EXCEPT FOR THE COMPETITION BLOCKBUSTER WHICH WILL HAVE ITS SOLUTION PRINTED SEVEN WEEKS LATER, AS ALWAYS

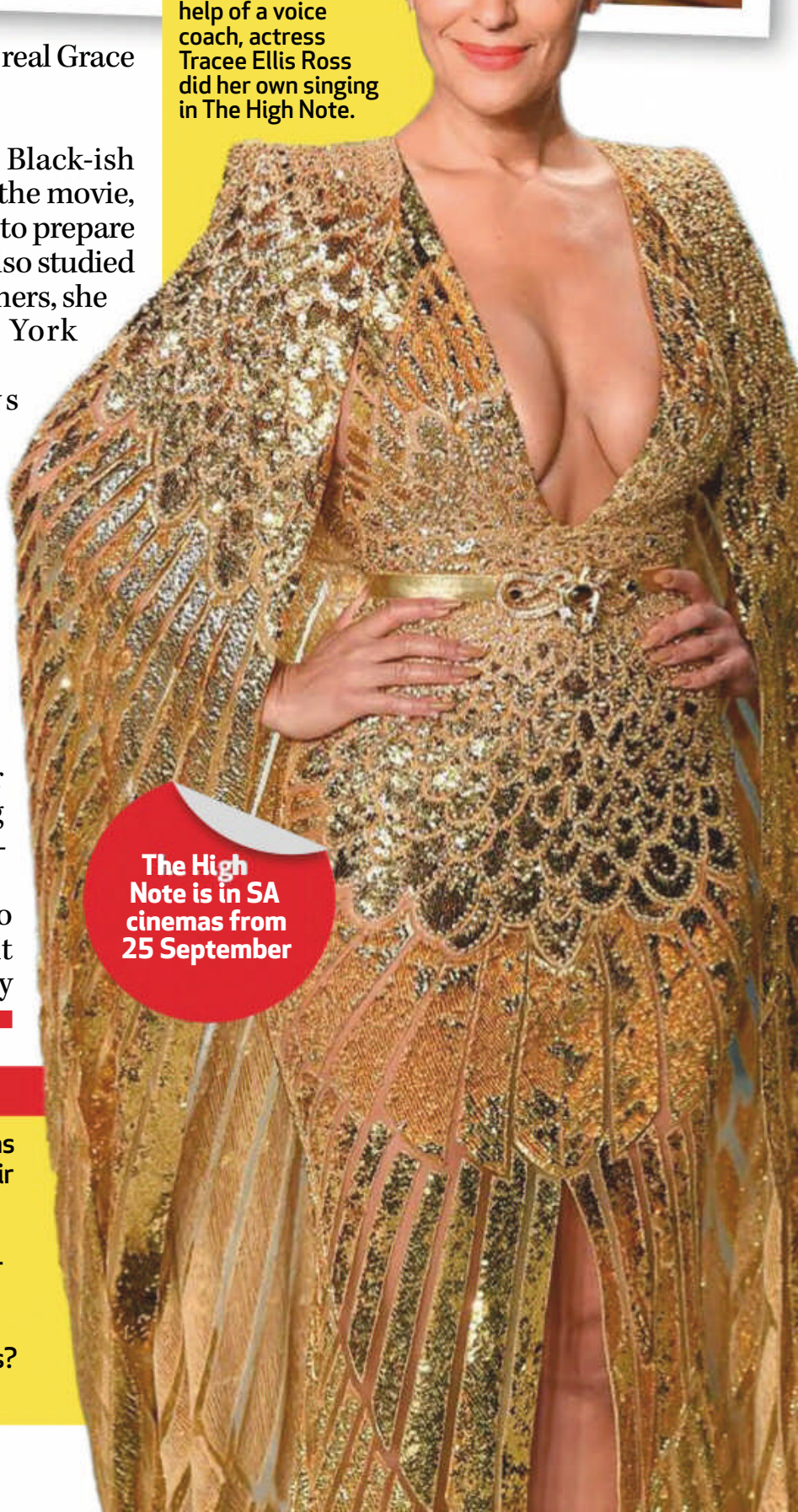
CHILL OUT | SPOTLIGHT

Tracee Ellis Ross

The Black-ish star talks about how she prepared for her new movie role

COMPILED BY **WENDY STELZMANN**





ABOVE: With the help of a voice coach, actress Tracee Ellis Ross did her own singing in The High Note.

The High Note is in SA cinemas from 25 September

THE RIGHT MOVES Her mom is a music icon, but it wasn't just the singing that Tracee Ellis Ross was worried about for her role in The High Note. Turns out Diana Ross' daughter was also anxious about getting the dance moves right.

"I've never been more overwhelmed in my life," Tracee (47) said of the dance numbers she had to learn, admitting that she asked the choreographers to cut her some slack. "I was like, 'We've been working on this one little move for quite some time now. Should we perhaps vary it and come up with a different move that my body seems to want to bend in the shape of? Because what I'm doing doesn't look like what you're doing.' "

FORK IN THE ROAD In the movie Tracee plays R&B superstar Grace Davis, who hasn't made any new music in a decade but instead plays it safe by performing her biggest hits over and over for her fans. Her assistant, Maggie (played by Dakota Johnson), is a lone voice of support when Grace says she wants to record a new album.

"Grace spent her life being what she thought everybody wanted her to be so she could make her dreams come true," Tracee says. "And she's at that point in her life where that crossroad happens – 'I can keep doing what I've been doing because it works or I can be who I am and let my real Grace Davis fly.' "

FINDING HER VOICE The Black-ish star did her own singing in the movie, working with a voice coach to prepare the six original songs. She also studied many, many clips of performers, she told The New York Times.

> 'I've always really wanted the right movie to come along'

"I've always wanted to sing, and I've also always really wanted the right movie to come along. This was a special enough role to encourage me to walk through my terror."

The Golden Globe winner was worried her singing would be "comedic and silly", she says.

"It was terrifying for me to face my dreams. But I went after it, and I'm so happy with how it all turned out." ■

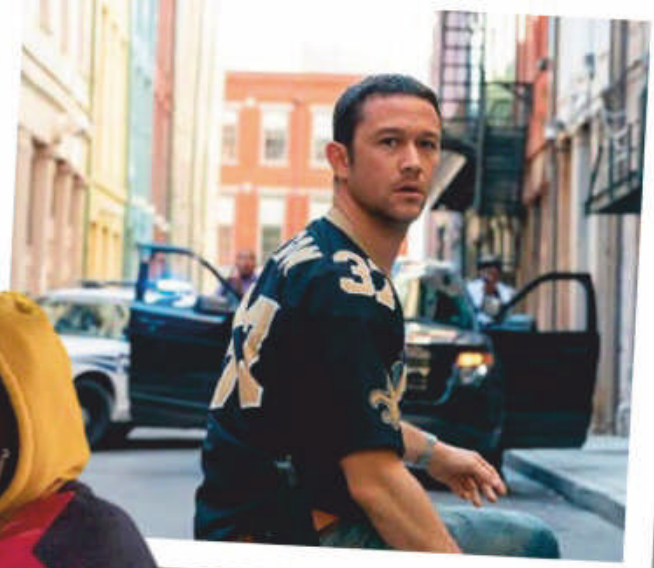
FAST FACTS

■ The role is in no way based on her mom, Tracee says. "In all honesty, none of this is taken from the world I know of being my mom's child. The story really has nothing to do with any of the things I know from my mom's experience."

■ The first time Tracee played a song from the movie for her mom, they were in her car "because the car is a really great place to listen to music". "She was looking forward and she has lots of hair like me so I couldn't see her face. But we were holding hands and when the song finished there were tears all over her face."

■ Tracee says she's open to the idea of a future singing career. "Who knows? It was really fun. We'll see."

GALLO IMAGES/GETTY IMAGES, FOCUS FEATURES
SOURCES: GOODHOUSEKEEPING.COM, EW.COM, NYTIMES.COM, NPR.ORG



LEFT: Former soldier Art (Jamie Foxx) needs the help of drug dealer Robin (Dominique Fishback) to find his daughter in Project Power. ABOVE: Joseph Gordon-Levitt plays a cop using an illegal drug to fight criminals.

NOW ON NETFLIX

Project Power ★★★

Sci-fi action. It's early morning and a freighter docks in the New Orleans harbour. A middleman, Biggie (Rodrigo Santoro from 300), oversees the unloading of crates full of pills, which he offers to a group of "young entrepreneurs" for distribution.

Among them is Newt (Colson Baker, aka rapper Machine Gun Kelly) and teenager Robin (Dominique Fishback), who's desperately trying to pay her mom's medical bills.

The illicit drug, called Power, bestows superpowers on whoever takes it. You can be anything from bulletproof to invisible or elastic – but only for five minutes. And in some cases, the pill can be deadly.

Robin forms an alliance with policeman Frank Shaver (Inception's Joseph Gordon-Levitt) who takes the pills to give him the upper hand over criminals. But she finds herself in deep trouble when she crosses paths with former soldier Art (Jamie Foxx), who has a history of taking Power and is tracking down his daughter's kidnappers.

Mattson Tomlin, co-writer of the new Batman movie featuring Robert Pattinson, wrote the script. Though many critics have complained about the unoriginality of the premise, comparing it to Limitless (2011), Gordon-Levitt, Foxx and Fishback are its highlights. The latter manages to steal many scenes as the fearless Robin.

There's plenty of action, while generous doses of humour provide welcome escapism from the pandemic.

– LARA ATSON

2020. 113 MIN. 16.

★ Showmax

BRIARPATCH SEASON 1

This new series produced by Mr Robot creator Sam Esmail stars **Rosario Dawson** (Sin City) as Allegra Dill, an investigator working for a US senator. She returns to her Texas hometown to investigate the death of her sister – a local cop killed by a car bomb.

But what starts out as a search for a killer turns into an all-consuming fight to bring her corrupt hometown to its knees.

The show is based on the 1984 novel by Ross Thomas and co-stars Alan Cumming (The Good Wife) and Edi Gathegi (X-Men: First Class).

The first season has a 78% approval rating on reviews-aggregator site Rotten Tomatoes.

Variety's Daniel D'Addario writes, "Anchored by a strong Dawson performance and flavoured with wit and a real sense of place, Briarpatch is a charmer. It keeps those aspects of Mr Robot that were most audience-friendly and jettisons the rest."

A All ages **D** Drugs **H** Horror **L** Language **N** Nudity **P** Prejudice **PG** Parental guidance **S** Sex **V** Violence

NETFLIX, USA NETWORK, RLJE FILMS, PARAMOUNT PICTURES

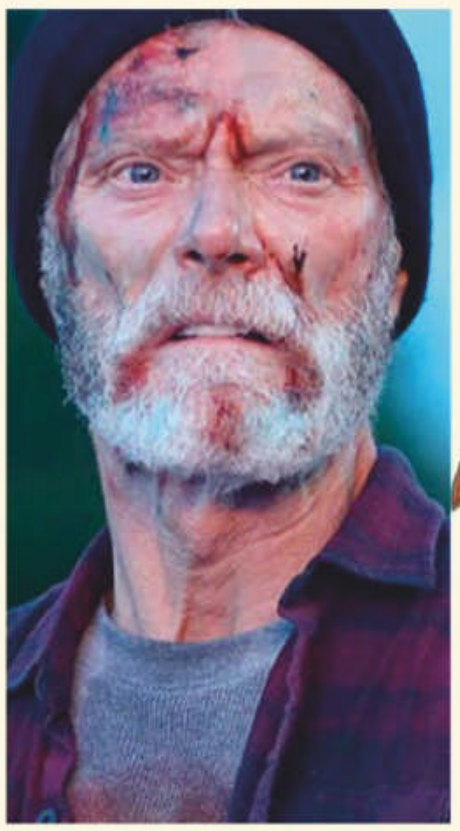
★ DStv Box Office

VFW ★★★★½

Action. It's said that with age comes wisdom, but for the US war veterans in this film it's a refusal to suffer fools. A group of old-timers (including **Stephen Lang** and William Sadler) get together at a bar for Veterans of Foreign Wars (VFW). When a young woman (Sierra McCormick) runs into the bar with a bag of drugs, a gang leader (Travis Hammer) sends his minions to get it back, but unfortunately for him he didn't take the tough oldsters into account.

This is an entertaining throwback to the low-budget action films of the '70s and '80s. It's in the same vein as Quentin Tarantino's Grindhouse movies, but it's even more old-school *skop, skiet en donder* with chainsaws, axes and even monster trucks being used. Half the fun is trying to figure out who will remain standing. **– PIETER VAN ZYL**

2019. 92 MIN. 18VL.



SONIC THE HEDGEHOG ★★★½

Fantasy comedy. The blue hedgehog's fans were sceptical when the trailer showed a more life-like but creepy Sonic than his cartoonish videogame look. Luckily the design was fixed.

Sonic (voiced by Ben Schwartz) is on Earth hiding from those who want to take his powers. When his superspeed accidentally knocks out the power of half the US, it puts mad scientist Doctor Robotnik (Jim Carrey) on his trail. Luckily Sonic gets help from the local sheriff (X-Men's **James Marsden**).

The title character is playful and funny and pairs well with Marsden, while Carrey's performance is the exact amount of zany to pull off an entertaining villain. This is fun for the whole family, especially if you're a fan of the games. **– FRANCO HAVENGA**

2020. 99 MIN. 7-9PG DV. ALSO AVAILABLE ON APPLE TV+.

Get to know Snoh Aalegra

COMPILED BY **MAXINE PETERS**

LITTLE GIRL, BIG DREAMS If you're a fan of Sade or Amy Winehouse, you'll likely love the soulful, smooth voice of Snoh.

The artist, born Shahrzad Fooladi to Iranian parents in Sweden, started singing as a pre-teen, obsessed with the music her mother listened to. She was drawn to big vocalists from a young age, and credits the likes of Stevie Wonder, Whitney Houston and Michael Jackson for shaping her sound.

Persian music and poetry, which were part of her upbringing, also play a role. "We're very warm, poetic, romantic," she says of her Iranian heritage. "I love that side, but at the same time, my love for melancholy and minor chords when I make music comes from the dark Swedish winters."

ALL THE FEELS After moving to London then Los Angeles, to create and collaborate on a larger scale, she had the opportunity to work with John Mayer and Sia, as well as rapper Common. Then came her debut album, Feels, in 2017.

'Prince was everything I imagined him to be and one of the funniest people I've ever met. Meeting him changed my life.'
– Snoh on pop legend Prince

Dealing with a difficult breakup, she poured her heart into the project, much like an open diary for her fans. It paid off, receiving rave reviews.

"There was a lot of self-healing and self-discovery. I had no choice but to share every chapter with you guys," she said to fans. "I may saturate the colours a little, but I use my own experience as the foundation for each song – all my lyrics are real life."

Her follow-up album – Ugh, Those Feels Again – was released last year and features singles Whoa and Find Someone Like You.

"I don't think my sound has changed too much. It's a little bit more open, more airy – a hint happier than the last album. I just make music that I love. I've let go of trying to please people."

STAR QUALITY The 32-year-old, who's been described as a breath of fresh air to R&B, also caught the attention of the late legend Prince. She was mentored by the icon for more than two years, before he died in 2016.

"He was one of the first people – on his level – who told me I'm great."

They went on to become friends, even sharing doughnuts at 4am after one of his concerts. "He was wearing his whole stage outfit, you know? He'd have a turtleneck, bootleg-cut pants with his diamond-covered sceptre and just two bodyguards, and there we go!"

SOURCES: FORBES.COM, METRO.CO.UK, SSENSE.COM, TEENVOGUE.COM, TIDAL.COM

ALBUM REVIEWS

SPELL MY NAME
TONI BRAXTON
★★★★

Considering the number of years Toni's been on the scene and now with the release of her 10th studio album, it seems the saying "if it ain't broke, don't fix it" is fitting.

Many artists have tried a new sound and failed, but Toni has a winning formula and has stayed true to R&B through the years.

This 10-track project features Grammy winner H.E.R. with an insane guitar solo on Gotta Move On, while Missy Elliott hypes Toni up to get over a failed love on Do It. It's an album you can cry to or vibe to, but Toni just wants us to remember her name!

– MAXINE PETERS

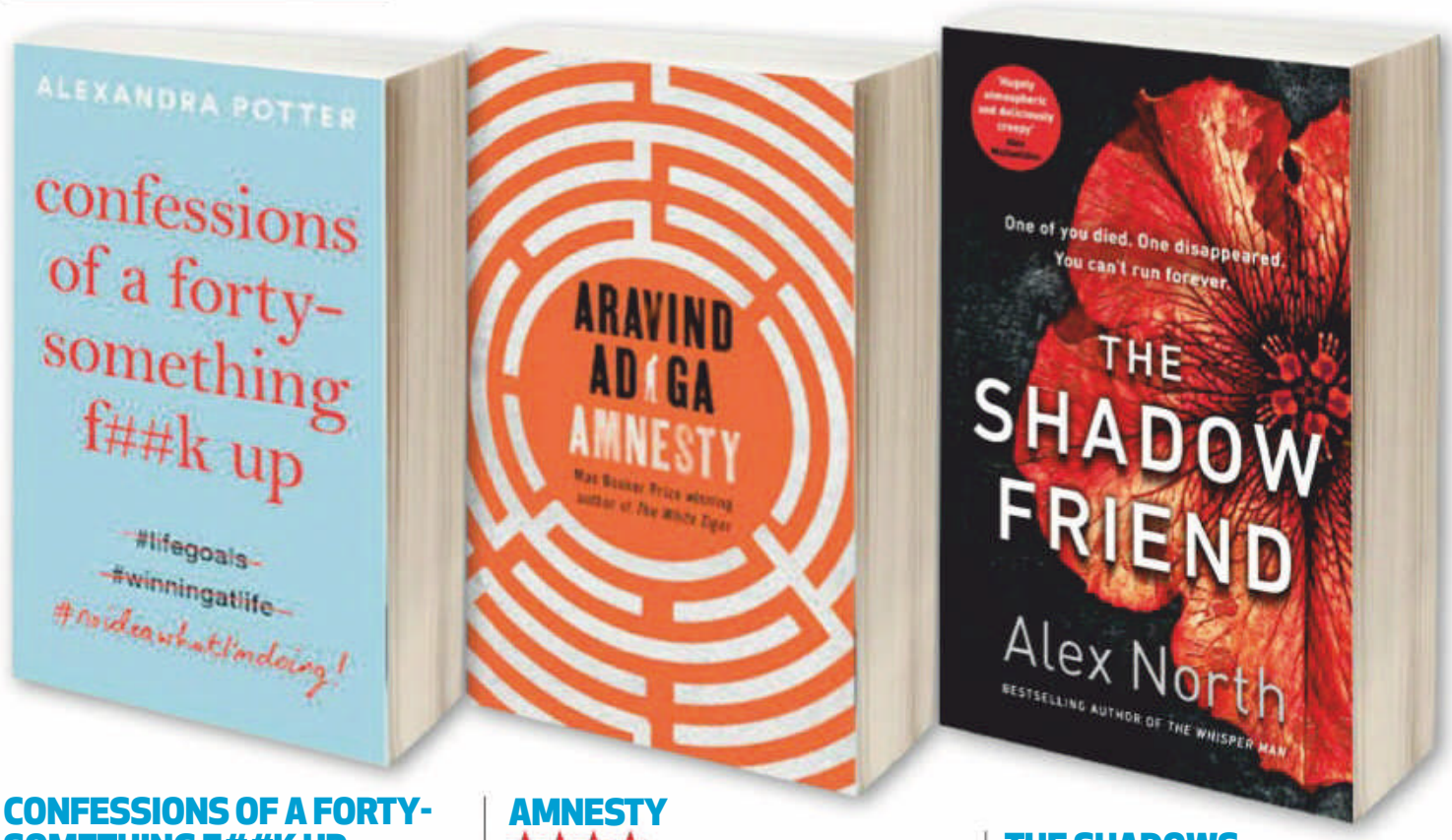
GALLO IMAGES/GETTY IMAGES

Books that hook

Three gripping fiction reads, plus an inspirational cookbook

READ THIS

EDITED **BY JANE VORSTER**



CONFESSIONS OF A FORTY-SOMETHING F##K UP

★★★★

By ALEXANDRA POTTER
Macmillan

For Nell, the big 4-0 has arrived with a vengeance – forcing her to accept that a loving husband, adorable children and a beautiful home might not be on the cards. Instead, she's dealing with a broken engagement to an American chef; no job; and a trip back home to cold, miserable London.

There she ends up writing obituaries and sharing a flat with an uptight yet strangely attractive landlord named Edward.

Left out of the mommy club of her former friends, she strikes up an unlikely friendship with an eccentric, recently widowed 80-year-old named Cricket. In their own way, each helps the other cope with the loss of their old lives while navigating the uncharted waters of their new ones.

This book will resonate with every woman who's ever wondered why life hasn't worked out quite how they'd imagined it would.

Packed with poignancy and humour, it's a tale about finding love and friendship in the most unexpected places. Bridget Jones fans will love this book. **– NICI DE WET**

AMNESTY

★★★★

By ARAVIND ADIGA
Picador

To look at Danny you'd think he was a bona fide Aussie citizen. He's dyed his hair, lost his Sri Lankan accent and landed himself a vegan girlfriend. But Danny is an illegal immigrant, having overstayed his student visa. He lives above a grocery store and earns his keep by cleaning people's homes.

One day he finds out that one of his clients, Radha, has been murdered and it's pretty clear to Danny who killed her: her wildly unstable gambling boyfriend, Prakash. So here's the dilemma: tell the police what he knows and risk being deported back to his sorry life in Sri Lanka, or let the matter go and continue living in the shadows?

The action takes place over the course of a day. It has the feeling of a thriller as Danny traverses Sydney in a game of cat and mouse with the sinister Prakash, all the while wrestling with his conscience. It's a piercing and timely insight into the precarious lot of refugees trying to carve out a place of their own in a hostile world. A superb novel from the Booker-prize-winning author of The White Tiger. **– SANDY COOK**

THE SHADOWS

★★★

By ALEX NORTH
Macmillan

Paul Adams returns to his childhood home of Gritten to visit his dying mother. This is the same town where 25 years ago a horrible murder was committed by his erstwhile friend, Charlie Crabtree. Paul stays in his mother's home in his old bedroom and soon things start happening.

He learns of a murder in a nearby town almost exactly the same as the one committed so long ago. His senile and delirious mother warns him of something or someone in the house. On top of it, someone is following him.

Charlie Crabtree disappeared after the murder. Soon Paul starts wondering if it's possible that he's committed another murder?

The Shadow Friend is a psychological thriller with a strong focus on the power of dreams. Charlie had convinced his friends that not only could they control their dreams, but that two people can have the same dream at the same time.

It's an interesting, creepy and suspenseful read that at times made my skin crawl. **– ANDRÉ J BRINK**

REVIEW

JAN: A BREATH OF FRENCH AIR

★★★★

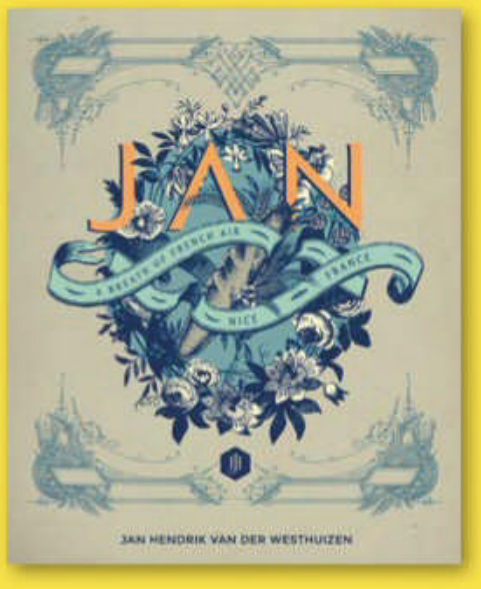
By JAN HENDRIK VAN DER WESTHUIZEN
Struik

Jan Hendrik van der Westhuizen is a South African chef who opened a fine-dining restaurant in an old motorcycle repair shop in Nice, France, which has gone from strength to strength. This book, he says, is a homage to SA's proud tradition of "indiscriminate hospitality" and to enter its pages is to embark on a food adventure that's aspirational but also accessible.

Stunningly photographed, high-end coffee-table cookbooks like this one can be daunting, but there are enough recipes in here for the everyday cook to attempt to make it a useful addition to your library. I tried his lamb shanks with a Parmesan crumb crust, an unctuous dish that impressed with relatively little effort. I can't wait to make the roasted butternut and almond quiche, or the chocolate mousse cake with roasted banana.

In a homage to his SA roots, there's a naartjie panna cotta to try and milk tart recipe with poached fruit. I might even have a go at making home-made butter and ricotta.

What I won't be trying is his white chocolate and scallop ice cream with cauliflower purée and black rice chips (seriously?). Put this on your Christmas list for the foodie in your life. **– SANDY COOK**



Take Care

Not even a virus can stop Anna from carrying out her duties at the old-age home

BY **YOLANDE LOFTUS** ILLUSTRATION: **MICHAEL DE LUCCHI**

SHE tore up the wedding photo with swollen, stiff fingers. Finally, when the pieces were to her liking, she released a handful into the air, as high as her bird-like arm allowed. The shiny confetti rained down on her sheepskin slippers.

"No, Ouma. Tonight you'll cry for that photo!" Anna's voice was sharper than usual. Tears clouded the pale, almost see-through eyes gazing up at her.

Normally Ouma's antics amused her. It was all this worry, the strained whispers in quiet corridors, made more ominous by the plastic visors guarding weary faces. They said it was just a precaution, nothing to worry about . . . yet.

She bent down, careful to scoop up all the pieces. Ouma's face had remained intact on one of the little shreds. Her grey hair like a permed mane around her beaming face. The bride, one of her granddaughters, had her arm around Ouma's shoulder. Her face was severed in half. Ouma loved to tear things up. Tonight Anna would have to tape it together, eyes straining, only the candle for light.

Tomorrow things would be better. She gathered her belongings – her handbag, an umbrella and the beautiful crocheted blanket. She draped the soft mint-green throw around her shoulders. Ouma had made it for her.

ANNA stared longingly at the taxi hooting as it whooshed past her – it would be a much shorter trip home. Instead she joined the long, snaking line for the bus. Eventually, with a sigh of relief she took a seat in front. She listened to the bus driver's phone conversation.

"The president is speaking tonight . . . No, I don't know . . . No, they say no buses. No, not us . . . maybe taxis . . ."

He was talking loudly, worry making his voice rise and fall unevenly. This sickness, it was on everyone's lips. Could a microscopic virus dump the whole world in disaster? She'd heard the nurses talking about it. Anna had wanted to be nurse. She'd dreamt about it when she was a little girl.

Her sister had cut a photo from a newspaper in the school library and got her hands caned for the transgression. But it was worth the pain to bring home a present for Anna's seventh birthday.

Even after the paper became worn, the image remained clear: the crisp-white uniform, the shiny shoes and the kindest face Anna had seen.

At night her girlish fingers folded it and slid it under their shared mattress. She tore it to shreds the day she realised her little-girl dream would never come true. Instead she'd have to take care of *her* little girl. Anna shook her head. This was no time to think about long-lost dreams.

"Mommy, why didn't you buy electricity? I gave you money! Is that new meter confusing you again?" Ayesha was rattling through her handbag, fixing the hair of Elly, her daughter, and eyeing the candle simultaneously.

Anna wanted to take her daughter in her arms, she wanted to make her a cup of tea, to tell her it will be all right. Evading Ayesha's question, she asked one of her own, "Is it safe to go to work? They say this virus comes from overseas. All those tourists at your hotel . . ."

"I don't know, Mom. The manager is coming to talk to us tonight. That's why I have to go in for an hour or two."

Ayesha sighed, worry etched in the furrow between her eyebrows. Anna knew how hard her daughter worked. Ayesha called out to Elly to say goodbye. The little girl came running, arms stretched out. She fell into the hug, pressing her cheek to her mother's.

Ayesha's little car, which wasn't safe enough for the busy highways she used to get to work, stuttered to life.

Elly was brimming with questions, "Why are you taping this photo back together, Annie?"

As a babbling toddler she'd alternated between calling her Anna and Granny. When it got too confusing she settled on Annie. "You know Annie is a care worker at an old-age home?"

Elly muttered, "Uh huh", fixated on the bride's face that Anna was painstakingly putting back together.

"A granny tore up this photo, and she's going to be very sad if I don't fix it."

"Why did she tear it if she likes it?" Elly's big eyes widened in confusion.

How could she explain about a disease that crept in to steal memories, to ravage all the little traits that make up a person?

"Ouma is a little sick and a little tired of life. Tearing up things makes her feel strong again. But she's always sad when she realises she destroyed something she loves, so Annie wants to fix it for her."

Elly held the photo closer to the candlelight. "Mommy says there's no use waiting for someone to fix our lives. We have only ourselves to make things right."

ANNA walked into Ouma's room quietly and put the photo on the nightstand. In the photo, Ouma was shining with happiness. In the stark-white hospital bed she was so small. Disease had stolen her thoughts and most of her body weight. Her limbs were emaciated, child-like, except for the angry, red, swollen joints.

Ouma's daughter often talked about the days before, the days when they would have tea together and laugh until their bodies shook with good-to-be-alive tears. In Ouma's first year at the home she'd heard that great laugh a few times.

Ouma was lady-like, almost regal, but when she laughed it was with the abandon of a wild child. Ouma didn't laugh anymore. "Meeting in the dining hall. All nurses and carers, report immediately."

The announcement made Anna jump. She was brushing Ouma's hair, deep in thought and memories. Meetings were scheduled long in advance. An urgent summons was a sure sign of trouble.

Anna didn't like her boss. She was too blunt and never cared much for a kind word. But she did respect the woman. Under her watchful eye every resident was looked after like family.

"I'm closing this building off today." She looked up sharply, enough for the calls of shock to die a sudden death. "This virus prefers older people and those with comorbidities. The only way to protect our residents is to isolate them entirely. No one leaves, no one comes in."

She explained that no one would be forced to stay. She'd be staying, of course, and Sister Sithole had indicated she'd stay too. Everyone else had till the end of the day to decide. Residents' families would be allowed to say goodbye. After that visits would be via technology only.

She left and the room exploded in panicked discussion. Anna started her shift, her thoughts in a whirl. She locked herself in the bathroom to make a call. Phones were not allowed during working hours.

Her words tumbled out. She whispered into the phone with urgency, "She'll call you soon. She's going down the list. But I wanted to let you know first. Bring the girls. It's going to be so lonely for Ouma."

Then she sent a message to Ayesha, explaining the difficult decision she'd have to make before the end of the day. After mumbling a short prayer, she turned off her phone and rushed to Ouma's room.

She dressed Ouma in her prettiest outfit. The soft pink jersey and the grey tweed pants. Anna was busy changing the sheets when Ouma's masked family rushed in. They greeted her with awkward elbow bumps instead of the usual warm hugs.

"Could you please take a photo of all of us together … in case …" One of the granddaughters handed Anna her fancy phone as her voice trailed off. Today her head was too full. She couldn't remember their names. All three were blonde, just like their mom. "Say, 'Ouma!'" Anna called out with fake cheer as she took the photo.

"I'm going to call Matron. We want you in the photo too, Anna."

Afterwards she sat with them for a few minutes then she excused herself to get on with her duties. At the door she turned back and said, "Please remember to send the photo. Maybe we can print it here, so Ouma has something to tear up."

Walking down the hall Anna could hear the fear in their too-loud laughter. What if the virus infected Ouma's already exhausted body? Anna worked even harder than usual. She was the one who knew how everyone liked their hair and their tea. She dealt with diapers, spills and outbursts in a motherly way.

But what about Ayesha? What if she needed help with Elly? It was long past the end of her shift. She gathered her handbag and her umbrella. Tied the blanket snugly around her shoulders.

She turned on her phone. It vibrated, a message with an image. The granddaughters and great-granddaughter were smiling at the camera. Ouma's daughter clasped her mother's hand tightly. Ouma wasn't looking at the camera. She was smiling, her head turned slightly, gazing lovingly at Anna.

She walked back. She put her handbag and umbrella down. Untied the blanket from her shoulders. Her phone vibrated again. This time it was Ayesha.

"I know you've already decided to stay. I'm so proud of you, Mom. The way you cared for me will keep me strong through whatever is coming next. We love you." ■

© YOLANDE LOFTUS

EDITED BY **SANDRA VISSER**

These natural substances are found all over the world and have a variety of uses

RESOURCES: MINERALS AND GEMSTONES

PART 3 OF 3

Mineralogy is the scientific study of the chemical composition and crystal structure of minerals, while **gemmology** is a branch of mineralogy focusing on gemstones.

MINERALS are substances found in nature. Most minerals are solid, and non-organic, have a crystal structure and are formed by geological processes.

A mineral can consist of a single chemical element or a combination of chemical elements. There are thousands of types of known minerals, of which two of the most common are mineral quarts and feldspars.

A gemstone or semi-precious stone is a piece of mineral crystal that's been cut and polished to make jewellery and other accessories.

Traditionally, rarer stones such as diamonds, rubies, sapphires and emeralds are regarded as precious, while all the other stones used to make jewellery such as garnets, jade and amethysts, are considered semi-precious.

Precious gemstones are usually more expensive because of their colour, lustre and rarity.

South Africa is rich in a variety of minerals. Some of our largest mineral reserves include platinum, chromium and vanadium. SA is also among the world's top 10 diamond-producing countries, while Russia produces the most.

ARE MINERALS ROCKS?

Minerals and rocks aren't the same thing. A mineral is a specific **chemical compound** with a particular **crystalline structure.** A **rock is a mixture** of different ratios of minerals. Two samples of the same type of rock can contain different types of minerals, while **minerals always consist of exactly the same chemical substances** in the same ratio to one another. For example, a ruby is a mineral (and a gemstone). Unlike rocks, a ruby from Namibia will have exactly the same composition as a ruby from Brazil or India.

IN NATURE

Minerals are created through **natural processes.** There are a few substances with the same chemical compounds as minerals that are made by living organisms as part of shell or bone. The **shell of molluscs**, for example, are made of the minerals **calcite or aragonite**, or a compound of both.

Various processes in nature and geology are responsible for creating minerals. The mineral **halite** (table salt or rock salt) forms when **water** in a warm, shallow part of the **ocean evaporates**, leaving behind the salt crystals in it. Many minerals are formed when **magma** (molten rock) cools and becomes a solid substance – **igneous rock.**

THE MOST COMMON MINERALS

Only **10 minerals** account for about **95% of Earth's crust**. About a quarter or the more than **5 000 known minerals** on the planet's surfaces are known as **silicates**. The **feldspar** group of minerals – a mixture of oxygen, silicone, aluminium and trace elements (small amounts) such as sodium, potassium, calcium and more unusual elements such as barium – are by far the **most common silicates**. They account for nearly 58% of all minerals that geologists can access.

Dark silicate minerals are also called ferromagnesian because of the **presence of iron and magnesium** in them. These minerals – which also contain olivine, pyroxene, amphibole and biotite – account for about 16,5% of the planet's surface.

Common quartz, which is made of silica with trace elements, makes up 12,5% of Earth's crust. Then there's the **mica group** and various metallic oxides, which make up 7%. Lastly, though entire mountains often consist of **carbonate minerals**, these only make up 1,5% of the planet's surface.

The remaining 5% contains thousands of known minerals, though many of these are **extremely rare** and often only found in a **single location** such as Tanzanite, which is only found in northern Tanzania.

USES

We use minerals on a **daily basis**. Each time you switch on the TV or microwave, you're using minerals. The **copper** in the wires that conduct electricity to these appli-

Amethyst cluster from the Magaliesburg in Gauteng.

DID YOU KNOW?

The International Mineralogical Association (IMA) is constantly updating its list of known minerals. The latest list (July 2020), published on its website at ima-mineralogy.org, contains information about 5 616 types of minerals, and new ones are constantly being identified. Most of these are extremely rare.

◀The Big Hole near Kimberley was caused by diamond mining. ▼Diamond cutting and polishing is the process of transforming a rough mineral into a brilliant, faceted display of light.

DIAMONDS IN SA

The first diamonds in South Africa were discovered in the 1860s. Kimberley's Big Hole is the result of diamonds being discovered in 1871 on Colesberg Kopje, on a farm belonging to the De Beer brothers. The discovery led to thousands of people coming to SA from all over the world in search of these precious stones. Today SA's largest diamond producer is the Venetia mine in Limpopo which is owned by De Beers.

ances is made of a mineral. **Table salt** or halite is a mineral we use to season our food. The pencil you write with contains the mineral **graphite**. **Ore minerals** are the source of metals from which things such as cars, bikes and gardening tools are made.

PRECIOUS STONES

Though many minerals make beautiful crystals, precious stones are the most valued of all. Uncut **gemstones** look **unremarkable**, like rocks. But once they're **cut and polished**, they take on a beautiful shine – which is why they're so highly valued. The value can change, however. For example, in the past **amethysts** were considered a valuable precious stone. But since large reserves of amethyst have been discovered and mined in Brazil, this particular stone has **lost most of its value.**

Each gemstone is unique in terms of its chemical compounds and how it was formed:

- **Diamonds**, which consist of carbon atoms, are the hardest natural substance on Earth. These precious stones are formed deep underground under high pressure and are fairly rare.
- **Rubies** consist of the mineral corundum. It's red because it contains chromium.
- Corundum is also the main compound in **sapphires**. Mixtures of small amounts of iron, titanium and chromium are what causes the colour variations.
- **Emeralds** are formed from the mineral beryl, which is a compound of beryllium aluminium silicate. Trace elements of chromium and vanadium influence the colour.

PHYSICAL PROPERTIES

Most precious stones are **hard minerals.** Their hardness is measured on the **Mohs scale of mineral hardness**, which is a measurement out of 10. **Talc** is the **softest** mineral, while **diamonds** are the **hardest.**

The colours of minerals vary greatly, from the translucence of diamonds to pure black. Some gemstones contain **flecks or stripes,** while others **brightly reflect light.**

Like all minerals, gemstones have a **crystalline structure**, in which the solid substance's atoms are arranged in **repetitive**, **three-dimensional patterns**. Gemmologists also consider properties such as the chemical composition, melting point, density and fission properties.

SYNTHETIC GEMS

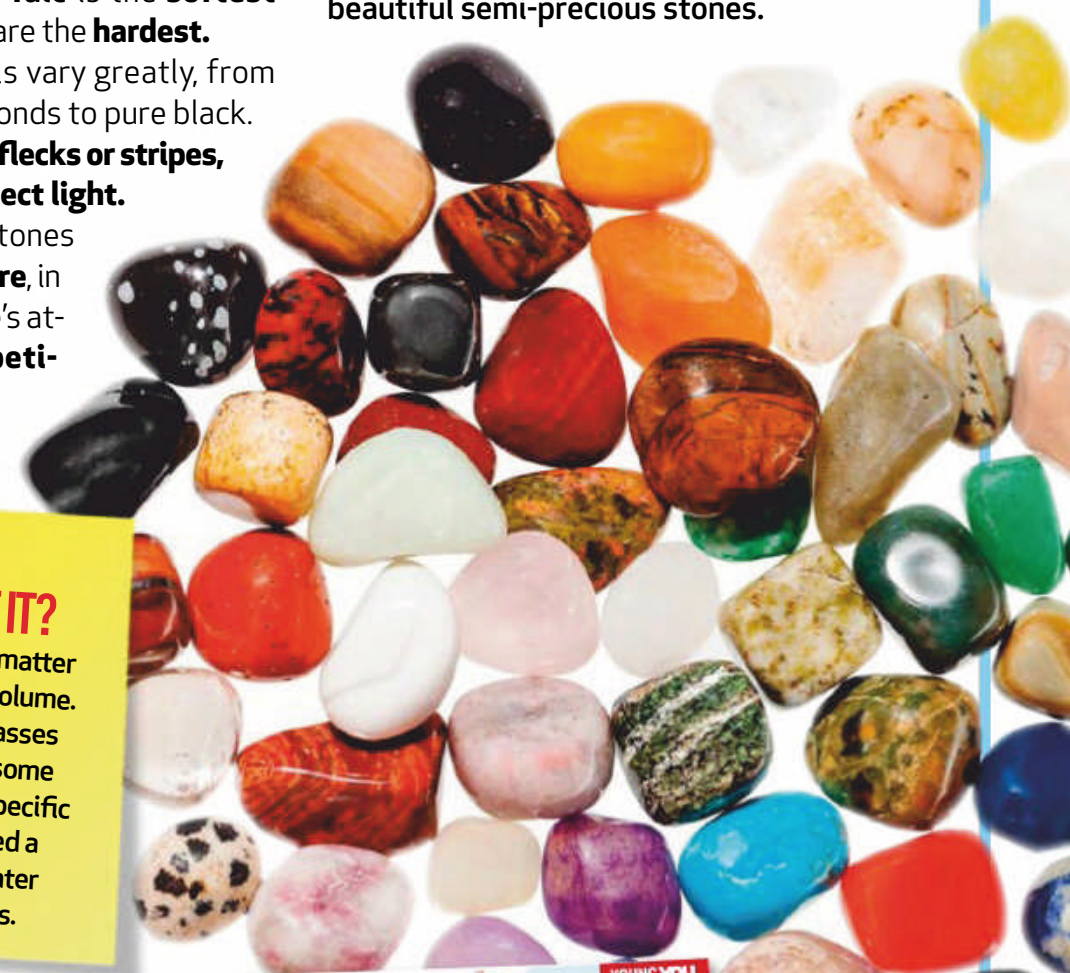
In the 19th century, chemists were able to recreate rare gems such as rubies after much experimentation.

In 1902 French chemist **Auguste Verneuil** (1856-1913) developed the **first commercially viable method** of creating artificial gems. But when it comes to precious stones, most of those who can afford it still prefer the real deal.

NAMING

The description **"semi-precious stone"** for pretty stones found in relative **abundance in nature**, that **aren't as hard** and so also not as valuable, is becoming outdated. In the world of mineralogy and gemmology the word "gemstone" is rather used across the board because **in science one stone isn't intrinsically more valuable** than another just because it's rarer. ■

▼Though not considered as valuable as precious stones, there are a variety of beautiful semi-precious stones.



CAN YOU BELIEVE IT?

Minerals are always solid matter with a solid form and set volume. This means liquids and gasses can't be minerals, but in some cases the solid form of a specific gas or liquid is considered a mineral. For example, water isn't a mineral, but ice is.

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Help with school projects All previous articles of YOU in the Classroom can be downloaded in PDF format. Go to **you.co.za** and click on the **Classroom** link.

LEARN MORE

✔ To see the priciest and rarest gemstones in the world go to **tinyurl.com/rarest-gems**

Turn to page 80 to find out how to make crystal candy.

GALLO IMAGE/GETTY IMAGES

TEXT: CUM LAUDE MEDIA. SOURCES: PALEONTICA.ORG, NATIONALGEOGRAPHIC.COM, KIDS.BRITANNICA.COM, MINERALSCOUNCIL.ORG.ZA, STATISTA.COM

COMPILED BY **SUZAAN HALL**

WE TALK ABOUT

Elon Musk and a pig called Gertrude

HE'S famous for his aerospace enterprise SpaceX and his electric-car company Tesla, and now Elon Musk is shaking things up again with his new venture, Neuralink.

The South African-born entrepreneur hopes to help people with spinal-cord injuries or conditions such as dementia and Parkinson's to move and communicate by implanting computer chips in their brains.

At the moment the groundbreaking technology is still being tested on pigs – and that's where Gertrude comes in.

Elon introduced the pig to the world during an online media conference. He said researchers implanted the Neuralink device in her brain three months ago. The Neuralink is a type of microchip, the size of a coin, which is connected to the brain with tiny wires – thinner than a human hair.

The microchip sends signals to a computer screen so one can see brain activity. In Gertrude's case, they could see how her brain works when she sniffs food and eats.

What's the purpose of the technology?

With Neuralink, it's hoped the microchip will help people who have difficulty moving or suffer from a brain condition to control their phones or computers using their brains.

For example, they'd only have to think what message they want to send, and the phone would type it for them. Ultimately, they hope the device might even lead to a cure for certain types of diseases by providing better insight into how the brain works.

And in the long run, they're hoping it will lead to what Elon calls "superhuman cognition". Cognition is your ability to understand something. He thinks we'll need superhuman cognition to compete with robots and computers which are getting increasingly smarter.

The device must still be tested on humans. Elon and his people have applied for permission to do that later this year.

Is it even possible?

It depends who you ask. Elon and the researchers at Neuralink believe it will work. Other companies are involved in similar research.

But there are other experts who reckon it's over-ambitious to think humans can communicate with computers with our thoughts.

100

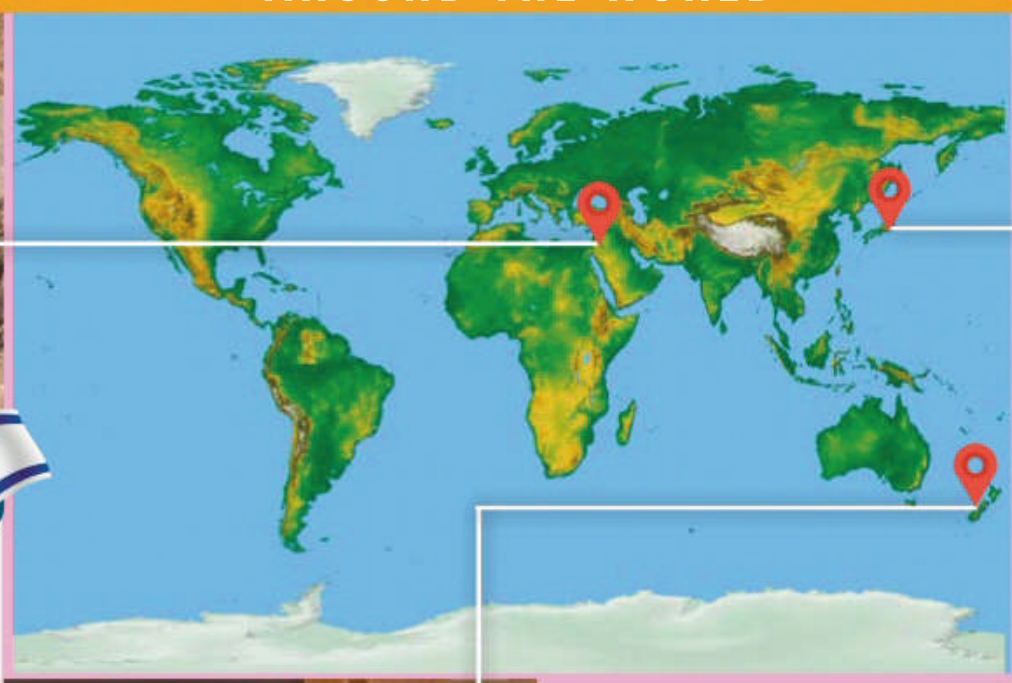
Number of employees at Neuralink. Elon Musk says he wants to employ 10 000 people.

Before Elon's media conference, Ari Benjamin, a scientist from the University of Pennsylvania in the US, told the BBC the project's biggest challenge will probably be the complexity of the human brain.

"Once they have the recordings, Neuralink will need to decode them and will someday hit the barrier that is our lack of basic understanding of how the brain works," he said.

"Decoding goals and movement plans is hard when you don't understand the neural code in which those things are communicated."

AROUND THE WORLD



ISRAEL

TEENS DISCOVER GOLD COINS

Two Israeli teenagers have made an incredible discovery: a clay jar containing 425 gold coins that were buried more than 1 100 years ago.

The teens were volunteers on an archaeological programme in Yavneh, south of the capital Tel Aviv. The jar contained full dinars (a currency) but also smaller gold pieces that had been cut off the dinars to serve as small change – common practice in Islamic countries since around the year 850.

Researchers believe the discovery will help us better understand the history of the area because the coins will most likely be imprinted with the name of the ruler at the time and the date.

NEW ZEALAND

CHRISTCHURCH TERRORIST SENTENCED

Brenton Harrison Tarrant, the Australian man who shot dead 51 Muslim worshippers in two mosques in Christchurch, New Zealand, last year, has been sentenced in court.

Judge **CAMERON MANDER** sentenced him to life in prison without the option of parole. This is the first time in New Zealand's history that such a strict sentence has been passed.

"Your crimes are so wicked that even if you are detained until you die it will not exhaust the requirements of punishment and denunciation. As far as I'm able to gauge, you're empty of any empathy for your victims," Mander said when he handed down the sentence.

JAPAN

PREMIER STEPS DOWN DUE TO ILL HEALTH

SHINZŌ ABE (65), Japan's prime minister for nearly eight years, has announced his resignation due to ill health. He made the announcement just four days after breaking the record for the longest-serving Japanese premier.

His absence from public life in the past few weeks has led to speculation in the media about his health. He was also spotted at a hospital twice in one week.

Shinzō had been premier from 2006-2007 and started his second term in 2012. This term would've ended in September 2021. The ruling Liberal Democratic Party must now appoint a new leader.

GOOD NEWS

JACQUES KALLIS ENTERS HALL OF FAME

Former Proteas all-rounder Jacques Kallis was recently inducted into the ICC (International Cricket Council) Hall of Fame. Kallis is the fourth South African to be honoured in this way. The others are Graeme Pollock, Barry Richards and Allan Donald. The 44-year-old is the only player in the world to score at least 10 000 runs and take at least 250 wickets in both Test and One-Day cricket.

BAD NEWS

THE LASTING EFFECTS OF AIR POLLUTION

The lungs of children and teenagers who've been exposed to even low levels of air pollution as babies don't function as well as those of their peers who haven't been exposed, a new study found. The researchers studied 915 German children and tested their lung capacity at ages six, 10 and 15. They're concerned by the results as it shows lung damage suffered in a person's first year of life has a life-long effect on their lungs.

CAN YOU BELIEVE IT?

LOO WITH A VIEW

New public toilets in the Japanese capital Tokyo have see-through walls. Apparently, the reason for the design is so people can see how clean the toilets are before entering. The walls have been constructed from special glass – which darkens when someone enters and locks the door – so that people can't watch you doing your business in there.

SCIENCE

Millions of mosquitoes released in Florida

IT SOUNDS like a nightmare: 750 million mosquitoes are to be released in the American state Florida.

But these mosquitoes are on a mission: they're going to help eradicate other mosquito species that carry diseases such as dengue fever and the Zika virus.

What's the plan?

Authorities are planning to start the release in 2021 after getting the green light from state officials. The mosquitoes to be released will have been genetically modified (a part of their genetic makeup is changed in a laboratory) so these will all be male mosquitoes. Only female mosquitoes suck blood because they need it to make eggs.

The scientists are hoping the genetically modified males will mate with the existing females and in so doing, share a gene that will hopefully ensure all female offspring will die off before they're old enough to start biting people.

The idea is that the mosquito population in the area will gradually decline, curbing the spread of disease to people.

What's the reaction?

Not everyone thinks it's a good idea. Around 240 000 locals have signed an online petition against Oxitec, the company in charge of the project.

"The release of genetically engineered mosquitoes will needlessly put Floridians, the environment and endangered species at risk in the midst of a pandemic," environmental organisation Friends of the Earth said in a statement.

But Oxitec maintains the plan is safe. "We've released billions of our mosquitoes through the years. There's no potential risk to the environment or people."

Oxitec is planning a similar project in Texas but has yet to get the go-ahead from local authorities.

SOURCES BBC.COM, BRITANNICA.COM, COLLINSDICTIONARY.COM, EDITION.CNN.COM, NETWERK24.COM, NYTIMES.COM, SAHISTORY.ORG.ZA, THEGUARDIAN.COM,

WORD OF THE WEEK

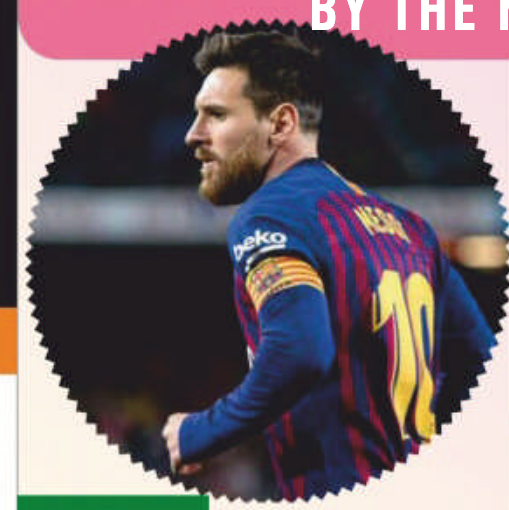
MARTYR

HOW TO SAY IT: maa-tuh

A martyr is someone who's tortured, persecuted and killed because of their religious or political beliefs. They're revered and honoured by others who share their beliefs because they're willing to get hurt, suffer and die rather than renounce (give up) their beliefs.

The word martyr can also be used negatively. If someone plays the victim, in other words pretends to suffer or repeatedly points out their suffering to get attention and sympathy, one might say to them, "Don't be such a martyr." In this case, it's not a compliment!

BY THE NUMBERS



20

The number of years Argentinian soccer star Lionel Messi played for Spanish club Barcelona, which he now wants to leave. Messi has requested that a part of his contract be activated which allows him to move to another club on short notice, without the new club having to pay transfer costs.

Negotiations with Barça are still in the works, but it seems Messi will probably 1be joining English club Manchester City. Messi, who's widely considered the best player in the world, was only 13 years old when he joined FC Barcelona.

100 million

The number of YouTube views Jerusalema, a song by SA artists Master KG and Nomcebo Zikode, has had. The song was released last year and was popular here but it reached new international heights this year. It's popularity is mostly thanks to a new dance challenge – people around the world are sharing videos of themselves dancing to the hit song.

214

That's the combined age of the world's oldest married couple.

Julio Mora (110) and Waldramina Quinteros (104) from Ecuador were entered into the Guinness World Records last month for this feat. The couple have been married for 79 years.

Though there are longer marriages, there aren't any others between two people who are so old. Julio and Waldramina are in good health, both physically and mentally.

28 trillion

The weight of the ice in tons that has melted on Earth in less than 30 years. A trillion is a million million and can be written as 1 000 000 000 000. British scientists have studied satellite pictures taken since 1994 of the poles, mountains and glaciers on the planet to determine how much ice has disappeared.

They've warned that the melting ice is causing sea levels to rise rapidly. For every centimetre the levels rise, a million people are displaced from coastal areas. The melting ice also makes it harder for Earth to reflect sunlight back into the atmosphere.

18+

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PIC OF THE WEEK

A family from Minnesota in the US attend a candlelight vigil for Jacob Blake. Jacob (29), a father of six, was left paralysed, after being shot by police last month. Video footage showed that the unarmed man was shot several times in the back. The shooting has once again triggered protests against racism and police violence in the US.

THIS WEEK IN HISTORY

12 SEPTEMBER 1977
STEVE BIKO DIES

The former leader of the South African Students' Organisation, Steve Biko (full name Bantu Stephen Biko), died on this day in Pretoria.

He'd been arrested about three weeks before in Grahamstown (now Makhanda) and had been held in a police cell in Port Elizabeth, where he'd been maltreated and tortured.

In September, he was transferred to a prison in Pretoria where he died.

The apartheid government at the time first said his death was the result of a hunger strike (which is when prisoners protest by refusing to eat). But a media investigation uncovered that Biko had been assaulted while being held in PE and had received no medical attention before he was moved to Pretoria. The Rand Daily Mail wrote on its front page that Biko had suffered serious brain injuries – which had been the cause of his death.

The inhumane way he'd been treated in jail caused an international outrage. Biko's death in this way made him a martyr (see Word of the Week) in the struggle against white domination. It brought fresh motivation to those fighting against the apartheid system.

FIVE QUICK QUESTIONS

1) Which Turkish city is situated on two continents?

2) Cameron van der Burgh is known for his ability in which sport?

3) Who's the current British prime minister?

4) Where in your body is the epiglottis?

5) This flag belongs to which of our neighbouring countries?

ANSWERS
1 Istanbul. The city is divided in two by the Bosphorus, a narrow strait between the continents of Asia and Europe.
2 Swimming. A career highlight was when he won the gold medal in 100m breaststroke at the 2012 Olympic Games. He announced his retirement from competitive swimming in 2018.
3 Boris Johnson. He's the leader of the Conservative Party and became prime minister last year.
4 In the throat. The epiglottis is a small flap that keeps food from entering your windpipe. It opens when you breathe and closes when you swallow.
5 Lesotho. The black hat featured on the flag is a traditional Basotho hat called a mokorotlo.

GALLO IMAGES/GETTY IMAGES, LUBABALO LESOLLE, HEIDI LEVINE/POOL/SIPA PRESS, AP, SATOSHI NAGARE/COURTESY OF THE NIPPON FOUNDATION

MAKE YOUR OWN ROCK CANDY

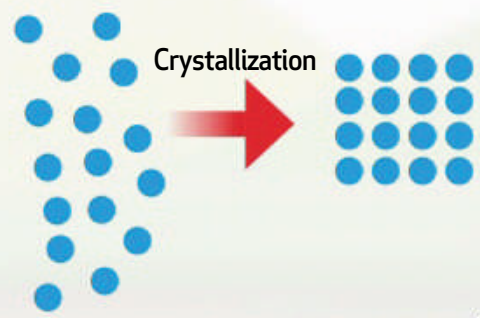
The word crystals might bring to mind glittering chandeliers but did you know there are edible crystals? Here's how to make your own sweet crystals –you'll be amazed at how the crystals grow each day

COMPILED **LESEGO SEOKWANG** INFOGRAPHICS: **MICHAEL DE LUCCHI**

SUGAR crystals are a great treat for a sweet tooth – plus making them also provides for a fun science experiment. And all you need is a few simple ingredients and a bit of patience.

WHAT ARE CRYSTALS?

Crystals are solid substances that form from molecules (particles so small that you can't see them with the naked eye) which are arranged in exact and repeating patterns. Crystals most commonly form from a solution when liquids cool and start to harden. The loose solid molecules group in a repeating and uniform pattern which results in crystal formation.



WHAT YOU'LL NEED

STEP 1

Pour different colours food colouring (and flavouring, if using) into the glasses. You only need a few drops of colouring, but make the solution as dark as possible for the best results.

STEP 2

Let an adult help you to heat 2 cups of water and 6 cups of sugar in the saucepan over medium heat. Stir constantly with a wooden spoon until the sugar is dissolved. Continue stirring for 1 minute while the water boils and then turn off the heat.

TIP: If any sugar is undissolved, the crystals will grow on this and not only your skewers. Pour the solution through a strainer and retain only the liquid.

STEP 3

Let an adult carefully pour the hot mixture into a heat-resistant jug. Then pour the mixture into the glasses. Fill the glasses to equal levels (depending on how tall and full your glasses are, this recipe makes four to six servings) and mix it with the colouring using a fork. Let the mixtures cool down for about 30 minutes.

EDITED BY **HUGO LOUBSER**

DID YOU KNOW?
There'll be about a quadrillion (a number with 15 zeros!) molecules attached to each skewer.

HOW DOES IT WORK?

- Heating the water lets it absorb more sugar than normally. This creates a super-saturated solution.
- As the solution cools, the saturation point of the water decreases and it's no longer able to hold the amount of sugar.
- The sugar molecules are no longer part of the solution. They cling onto the dry sugar on the skewers, called the "seed" crystals.
- The bigger the crystals get, the more they attract other sugar molecules, creating even bigger crystals.

TOP TIP
The cooler and darker the place you store the crystals, the bigger they'll grow.

STEP 4

Dip each skewer in the syrup, then roll it in the remaining ¼ cup of sugar. Put each skewer in a glass, making sure it doesn't touch the bottom or sides of the glass by securing it in place with a clothes peg. Leave the skewers in the glasses and watch the crystals grow daily.

TIP: If no crystals are forming after 24 hours, remove the skewer from the solution and boil the solution again, adding more sugar.

STEP 5

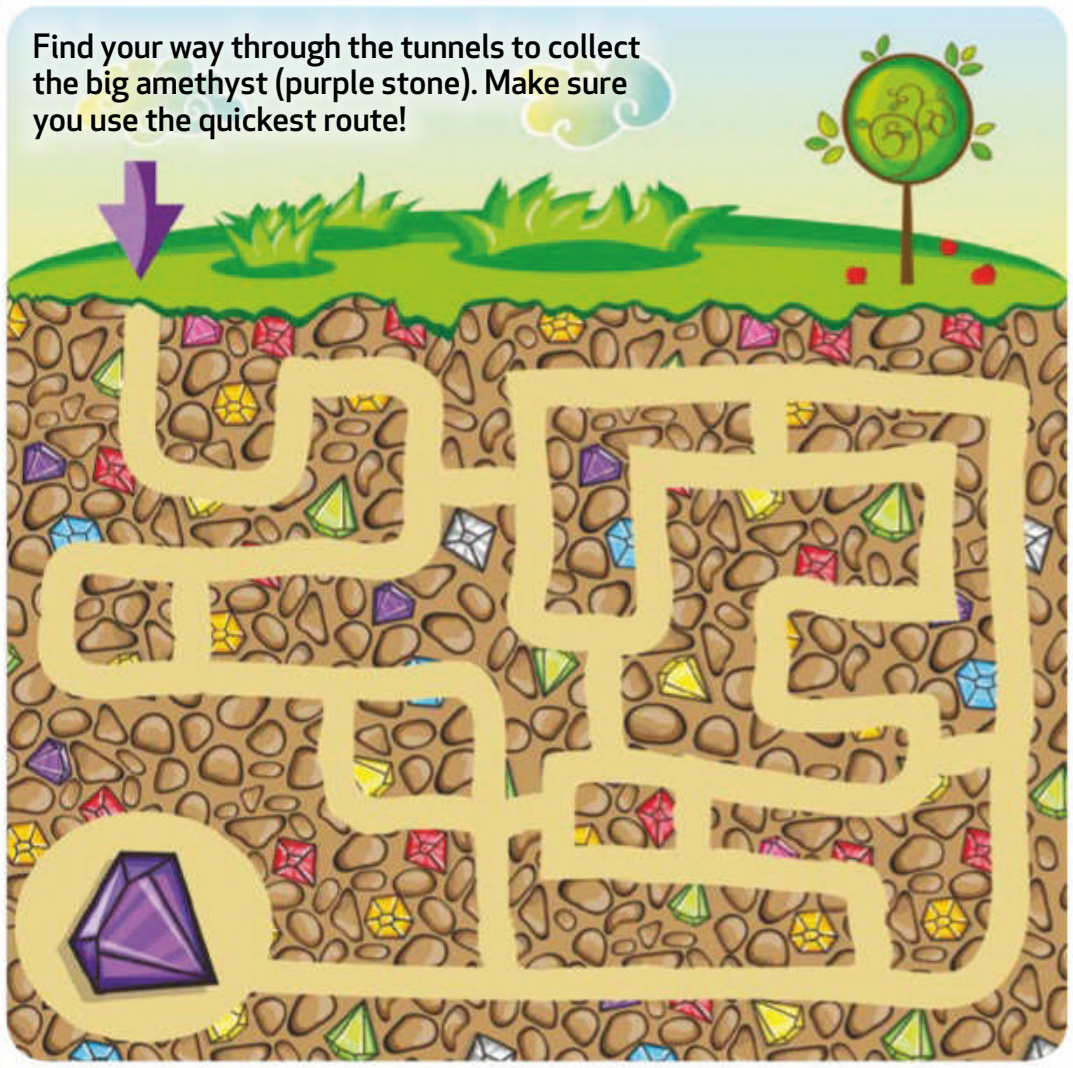
Remove the skewers after 3-5 days. Let the extra syrup drip off and lay them on a paper towel to dry before eating. Enjoy!

TIP: If there's a crust on top of the water's surface, use a butter knife to gently break through it, avoiding the crystals near your skewer.

YOUNG YOU

Down the mine

Find your way through the tunnels to collect the big amethyst (purple stone). Make sure you use the quickest route!



Precious stones

Complete the names of the gems by filling in the missing vowels. Which is the hardest stone?

1 d_ _m _nd

2 r_by

3 _m_r_ld

4 s_pph_r_

Count them all

Count the jewels the gemologist has found and fill in the numbers next to each colour.

A

B

C

D

How many stones did you count in total?

Treasure chest

1 All the words in the list below are hidden in the grid – horizontally, vertically or diagonally, backwards or forwards. Find and circle them.

2 Make up a story using all the words in the list or draw a picture of a treasure chest with all the items yours would contain.

diamond
emerald
gold
island
pearls
pirate
ruby
silver
stolen
treasure

s	h	q	y	t	s	j	p	d	e
k	i	b	d	t	n	d	e	l	r
s	u	l	o	n	n	w	a	o	u
r	t	l	v	o	a	c	r	g	s
g	e	s	m	e	d	l	l	i	a
n	o	a	z	y	r	m	s	y	e
t	i	e	t	a	r	i	p	i	r
d	e	m	e	r	a	l	d	l	t
u	q	v	t	k	l	w	p	j	c
l	p	g	b	v	r	p	v	p	s

Jewel sudoku

Complete the grid so that each row, column and quadrant contain one of each jewel. Use your logic, don't guess!

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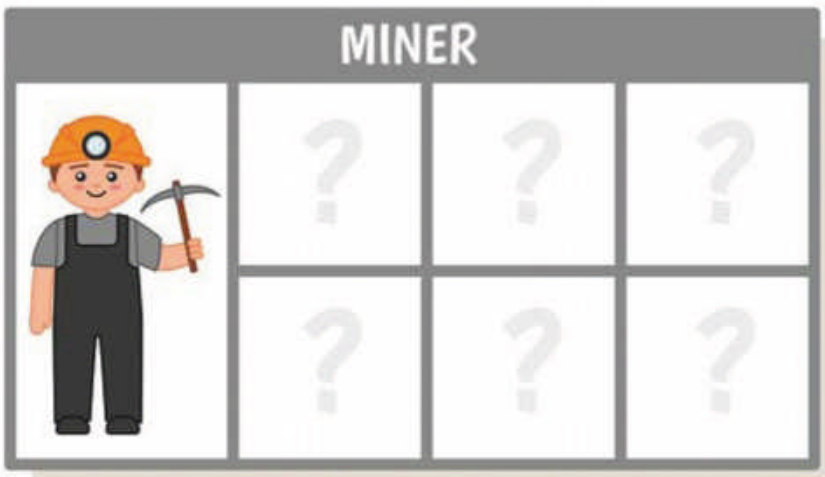
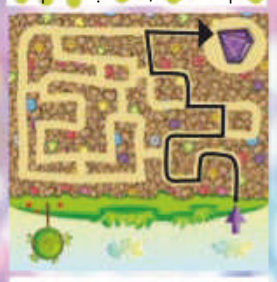
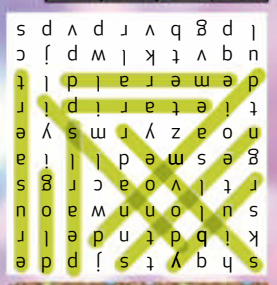
Cut and paste

Cut out each item below and paste them where they fit best – with the ballerina or the miner.







ANSWERS

Precious stones
1. diamond (hardest), 2. ruby, 3. emerald, 4. sapphire.

Count them all
A-8, B-9, C-12, Total=29.

Cut and paste
Ballerina: B, D, F, G, I, K.
Miner: A, C, E, H, J, L.

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Hollard.

Sumner Redstone was the Hollywood mogul who sacked Tom Cruise and made a fortune from Star Wars. Now he's died at 97, leaving behind a private life more lurid than his films

BY TOM LEONARD

THE X-RATED BILLIONAIRE

THERE were just two things that kept Sumner Redstone happy each day in his final years: sex and steak, says a girlfriend.

Though he demanded both from the "nurses" paid to attend him in his Los Angeles mansion, he was confined to a wheelchair and unable to speak.

And so, the billionaire media mogul found both a little taxing to enjoy.

Though Redstone – a tenacious and driven tycoon who'd turned his father's cinema chain into a vast $40 billion (R680bn) empire that included Paramount Pictures, CBS, MTV and Viacom – liked to insist he'd never die, he passed away last month aged 97.

Despite his last few years being dominated by court battles with girlfriends that revealed jaw-droppingly tawdry details of his personal life, he was known principally for what a rival described as his "business thuggery" as he built one of America's largest entertainment empires.

Indeed, Redstone was so cantankerous that even when he could no longer speak, he recorded three words or phrases on an iPad that could be played back to people: "Yes", "No", and "F*** you".

He expressed that last sentiment many

LEFT: Even in death, media mogul Sumner Redstone continues to stir up controversy. ABOVE: At a Mission: Impossible 3 screening in 2006 with Tom Cruise, whom he subsequently fired.

times during his long and rambunctious life – towards everyone from actor Tom Cruise, whom he sacked over his Scientology proselytising and bizarre public behaviour, to members of his own family with whom he fought bitterly over his business empire.

He was a dangerous man to cross, often compared to a mad dog "foaming at the mouth" and once shouting so loudly during a business meeting that one of his teeth came out and shot across the room.

His grandchildren called him "Grumpy" – a nickname he'd suggested – and he could be so foul-tempered with waiters that he was banned from some restaurants.

REDSTONE, who famously liked to say that "content is king", became the most powerful man in Hollywood relatively late in life.

Raised in a Boston flat that was so miserable it didn't even have its own toilet, his father – the family surname had been Rothstein but, like so many Jewish immigrants, it was changed – reportedly worked for the Mafia bootlegging alcohol during America's prohibition.

He once shouted so loudly in a business meeting that one of his teeth came out and shot across the room

Redstone Snr later – reportedly with underworld money – set up a chain of drive-in cinemas, undermining his son's claims to have been entirely self-made.

Sumner went to Harvard, learned Japanese in a year and was enlisted to help break Japanese codes during World War 2. He later joined the family business, setting about aggressively expanding it across the country.

His driving passion to win in business he later put down to a near-death experience in 1979 when he was staying – with a mistress – in a Boston hotel that caught fire. As flames enveloped his room, Redstone (then 55) survived by hanging on to a third-floor window ledge until a fireman reached him on a ladder.

His girlfriend escaped largely unscathed but he suffered burns to 50% of his body and underwent 60 hours of surgery. He was soon playing his beloved tennis again but his racket had to be strapped to his right hand, which had been melted to a claw.

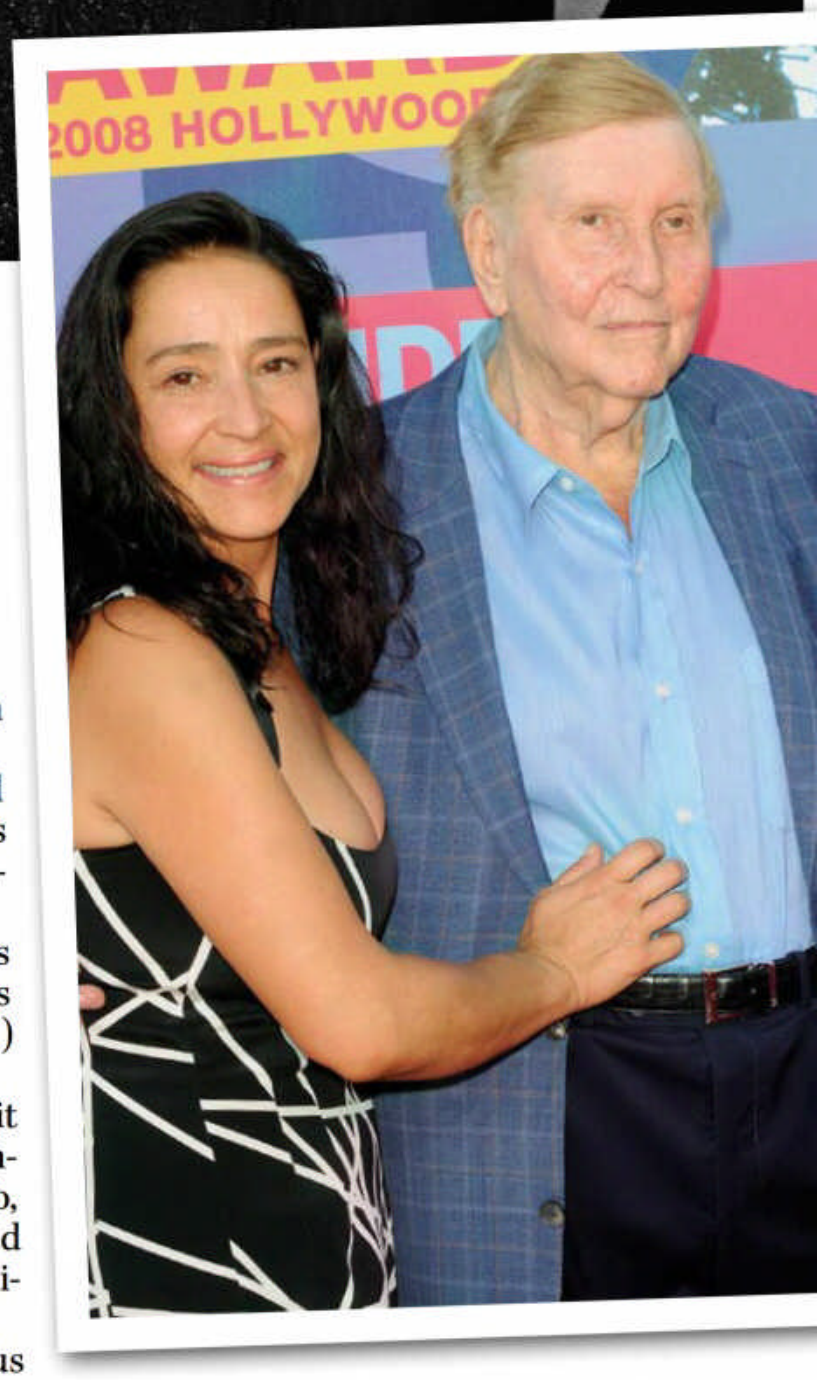
In 1987 he bought Viacom, a cable TV company that owns the MTV and Nickelodeon channels. He borrowed heavily for this purchase but it would later turn him from multi-millionaire to billionaire.

Much of his money came from canny stock market investments such as the 5% stake he bought in 20th Century Fox. Redstone had gone to see Star Wars (1977) and, predicting it would be a monster hit, rushed out of the cinema to a petrol station payphone. Redstone immediately bought 25 000 shares in the company that had released the film, correctly predicting they'd soar in value.

He soon added Paramount Pictures (whose films included his personal favourite, The Godfather), the Blockbuster video shop chain, publishing house Simon & Schuster, and CBS TV.

(Turn over)

Phyllis divorced him after he was snapped canoodling with a younger women in Paris



(From previous page)

He made sure Simon & Schuster published his 2001 autobiography, A Passion to Win, insisting that nobody else could tell his story but him.

But he couldn't prevent others recounting notorious episodes from his career – such as his decision in 2006 not to renew Tom Cruise's contract with Paramount Studios.

Redstone complained that the Mission Impossible star was "getting paid $10m (then R70m) on the [studio] lot for doing nothing".

He was also irked by Cruise's very public support for the controversial Church of Scientology, as well as his alarming antics on the Oprah Winfrey TV show – he'd leapt on her sofa in enthusiasm about how wonderful his personal life was.

Yet Redstone was very eccentric himself, with a penchant for shaving naked by the side of his swimming pool and paying flight attendants to clip his toenails.

Betsy Loomis, who worked on the Paramount Pictures private jet, said she refused to do it, describing his toenails as "like ancient sea scrolls".

Although he indulged himself in luxury hotels and fine restaurants, he was so cheapskate he dyed his own hair – a disconcerting orange hue – and wore only sack-like, oversized suits that he had his driver buy from a discount store.

Redstone kept the modest suburban house he'd bought as a young man for $46 000 in Newton, Massachusetts, sometimes living in it.

He remained married to his first wife, Phyllis, for 52 years before she divorced him in 1999 after hiring a private detective who photographed him canoodling with a younger woman in Paris. The divorce, in which she accused him of adultery and cruelty, cost him $3bn (then R18bn).

Then aged 76, Redstone, who's said to have long regarded himself as "God's gift to women", belatedly embarked on a new life as a Don Juan.

His many attractive girlfriends were often even younger than his children, daughter Shari (now 66) and son Brent (69).

When he married again in 2002, it was to a woman four decades his junior: then 40-year-old Paula Fortunato, a former pastry chef he met on a blind date arranged by his bankers. They divorced in 2009.

The author Michael Wolff, famous for his recent book on Donald Trump, wrote of Redstone: "With a striking head of orange hair, Redstone is a vainglorious, old-school egomaniac who has an operatic personal life that's been largely kept out of the media undoubtedly because he controls so much of it."

He was certainly deluded about his appeal to women. In his late 70s, Redstone boasted: "I know I don't look my age. I know I look a lot younger. I surely work a lot younger."

He admitted that his power was part of what attracted women to him but said it would "bother" him to think it was his money.

"There are also such things as charm and charisma, you know. You don't have to be young to have that."

LEFT: With his first wife, Phyllis. BELOW LEFT: He married Paula Fortunato in 2002 but they subsequently divorced. ABOVE: He had a stormy relationship with his daughter, Shari.

ABOVE: He raised eyebrows by dating socialite Manuela Herzer, who was 42 years his junior. She launched a legal bid to challenge his mental competency after he threw her out of his LA home.

GALLO IMAGES/GETTY IMAGES, GALLOIMAGES/ALAMY

HIS incredible vanity looked all the more pitiful in recent years as it became increasingly clear his myriad girlfriends were certainly not unmoved by his vast wealth.

Beginning in 2015, Redstone was embroiled in a string of lawsuits and counter-suits involving two former long-time live-in girlfriends.

First Manuela Herzer, an Argentine socialite 42 years his junior, challenged his competency after being thrown out of his LA mansion – and his will. She said he'd become a "living ghost" in his home in the millionaires' gated community of Beverly Park and that he was barely able to communicate beyond grunting.

She was supported in her claims by another of Redstone's ex-lovers, Sydney Holland. She'd been similarly exiled from Redstone's life after the two women said in an interview that they'd been Redstone's devoted carers and gatekeepers.

By then, Redstone – said to be worth $5,2bn (then R72bn) – had become estranged from his children after disagreements over money and his business empire.

He hadn't spoken to his son, Brent, for years. His stormy relationship with daughter Shari, a divorced mother of three, finally blew up after she refused to sell him her stake in the family business for $1bn (then R14bn). Suspicious of Manuela and Sydney, Shari had also hired private detectives to look into the women's pasts.

Manuela blamed Shari and Redstone's staff for conspiring to have her thrown out of the mansion and taken out of his will. Sydney said she met the same fate after admitting to Redstone she'd been unfaithful.

He had a penchant for shaving naked next to his pool and paying flight attendants to clip his toenails

Manuela further alleged that Redstone, by then in his 90s, had become sex-obsessed but his doctors had told him to limit his sexual activity to just once a week if he wanted to indulge his other passion for steak.

Otherwise, the doctors said, he wouldn't have sufficient energy to swallow solid food without the aid of the feeding tube he was forced to use.

Redstone would be visited by a string of women who'd perform sex acts with each other, or occasionally with him, as he sat motionless in a chair, Manuela said.

Her claims about these kept women echoed the words of Tim Jensen, the tycoon's former chauffeur. He said he'd had to deliver regular payments – of several thousand dollars each – to seven women around Los Angeles after they visited.

Insiders at Viacom countered that the fiery Manuela, as Redstone's lover, had become an unbearable diva, demanding VIP treatment for herself and her "entourage" at Hollywood events, including personal introductions to stars.

"How many times do I have to meet this lady's kids?" superstar singer Justin Timberlake once reportedly asked an MTV executive in exasperation.

Redstone insiders also said Sydney – who became his live-in girlfriend in 2011 when she was 39 and he was 89, insisting she "never noticed his age" – had almost unlimited access to his money. With it, she'd charter private jets, buy expensive clothes, and start businesses, including a film production company and a property developing business.

In a leaked 2011 email exchange with her lawyer, Sydney boasted of receiving some $10million (then R80m) in cash and presents from the tycoon.

The torrid court battle also included allegations that Redstone had given $18m (R144m) to a flight attendant on a CBS corporate jet and later slept with her sister, whom he gave $6m (R48m).

Manuela appealed and the case was settled last year. Redstone later sued both ex-girlfriends, accusing them of manipulating and emotionally abusing him into giving them presents worth $150m (R2,5bn) over five years.

Sydney claimed in court papers during the case that, "Redstone gave tens of millions of dollars to various other women – who he had no intention of marrying and wasn't [in] love with" at a time when he was engaged to her.

But by then, shareholder pressure had forced him to resign as executive chairman of CBS and Viacom. He hadn't appeared publicly for years before his death.

He controlled about 80% of the votes in ViacomCBS and it will reportedly be divided up into two trusts. One will go to his descendants and the other to first wife, Phyllis.

Given that he married again, yet another legal battle may be in the offing. His second wife, Paula, is expected to challenge this distribution of his fortune.

Sumner Redstone, who repeatedly sued members of his own family and who never shied from a fight, would probably be delighted. ■

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Katinka Steyn had to undergo an emergency surgery after a stomach ulcer burst. FAR RIGHT: She's lost a lot of weight because she has problems consuming food.

'It hurts to look into the mirror and not recognise the person you're seeing'

I WEIGH 37 KG – BUT I CAN'T EAT

Katinka had to have emergency surgery to treat a stomach ulcer – now she's wasting away

BY JODY-LYNN TAYLOR

WHEN she looks in the mirror it feels as if a total stranger is staring back. Her eyes, sunk deep into their sockets, are unnaturally large, her cheekbones jut out and her clothes hang on her emaciated frame.

"It hurts to look into the mirror and not recognise the person you're seeing," Katinka Steyn says.

Just seven months ago the mother of two weighed nearly 90kg. Then began a series of health setbacks that have left her a fragile shadow of her formal self.

In December she had to undergo an emergency operation for a perforated stomach ulcer and afterwards she just began melting away. Today she weighs just 37kg and barely has the strength to get out of bed.

Katinka, who lives in Secunda, needs a second op but doctors are reluctant to go ahead until she's put on at least 7kg, but preferably 13kg.

"Since that first operation I just can't eat," she says. "I try to but then I get sick."

Her condition recently deteriorated to such an extent she recently spent three weeks at Pretoria's Life Eugène Marais Hospital. Her one consolation is she's now at home with her husband, Manie, and their two kids.

But being at home also has its challenges, Katinka admits. "I feel bad seeing the concern in my husband's eyes whenever he looks at me."

The 40-year-old also hates that she can't play with her kids, Marinda (8) and Manie Jnr (5), anymore.

"We used to be very active, always doing outdoor stuff together, but suddenly it's a case of Mommy being excluded. If they're cycling, it's 'Mommy, wait for us here, we'll be back soon.' I know they don't mean anything by it, but it hurts."

Yet she can't blame them, she adds. Adjusting to the woman she sees in the mirror isn't easy.

KATINKA's health problems started 12 years ago. She battled with cellulitis in her left leg that caused her unbearable pain.

"I used to be very big and they told me the cellulitis was because of my weight," she says.

At the time she weighed 165kg and, because of the trouble she was having with her leg, doctors decided she was a suitable candidate for stomach bypass surgery – a procedure that would reduce the size of her stomach and help her to lose weight.

She got down to about 86kg, had treatment for her leg and for a while all was well.

But after the birth of her son, her leg started to worry her again, and then two years ago it started becoming a serious problem.

Katinka, who worked for a security company, developed sores on her leg which in time turned septic. Soon she could no longer cycle with the kids or jump on the trampoline.

"I was in and out of hospital and on antibiotics. I held onto my leg all the time – it was unbelievably painful."

Katinka believes that because her leg was so sore she didn't notice that something was seriously wrong with her stomach.

Then one day in December, after she put the kids to bed, she told her husband that her pain tablets weren't helping and she was feeling terrible.

He wanted to take her to the hospital. "But I said no, I'm okay. As he turned to go the kitchen, I suddenly felt like I couldn't breathe."

Next thing she knew she was in intensive care. "That's when I learnt I had a burst ulcer. They told me I nearly died – my heart stopped beating twice."

The family ended up spending Christmas at Katinka's hospital bedside. "It was terrible for me – I couldn't keep any food down.

"The past two years have been very rough, but by the grace of God we came through it and I'll keep fighting for the sake of my two little gnomes."

The three weeks she spent in hospital recently were made worse by the fact that Manie and the kids couldn't visit her because of lockdown. She's grateful to her husband, a construction foreman, for taking care of things on the home front while she was away.

"He's a very good dad, but you worry. He works all day and then also has to see to the kids and cook and everything.

"I was alone day after day and I missed my family terribly."

Katinka is now on medication to address what's left of the ulcer in the bottom of her stomach. Hopefully it'll be removed soon – provided she's gained sufficient weight and is strong enough to cope with the anaesthetic. "The doctor would like to get her to above 50kg," Manie says.

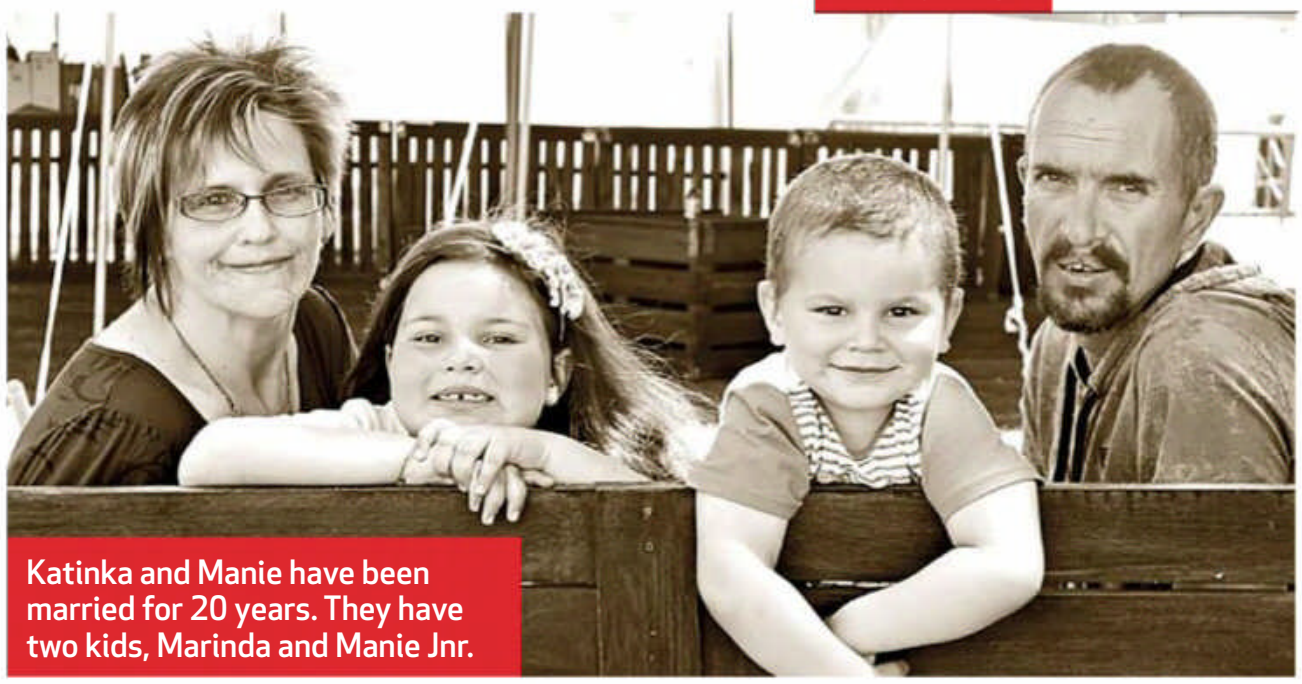
"Once they've removed that ulcer there won't be much left of the stomach," Katinka adds. Right now she's hoping the medication will work some magic and she won't need a second surgical procedure.

In the meantime, their medical bills are mounting and their basic medical aid has run out of funds. There's a lot to worry about, Katinka says.

AND HER left leg? Unfortunately nothing can be done about that, Katinka says. The tissue damage is irreversible.

At the moment she's walking with difficulty and tires quickly. All her clothes are too big for her, so she spends her days in sleepwear.

"There isn't any money now for clothes. While I'm recovering at home I wear my pyjamas."



Katinka and Manie have been married for 20 years. They have two kids, Marinda and Manie Jnr.

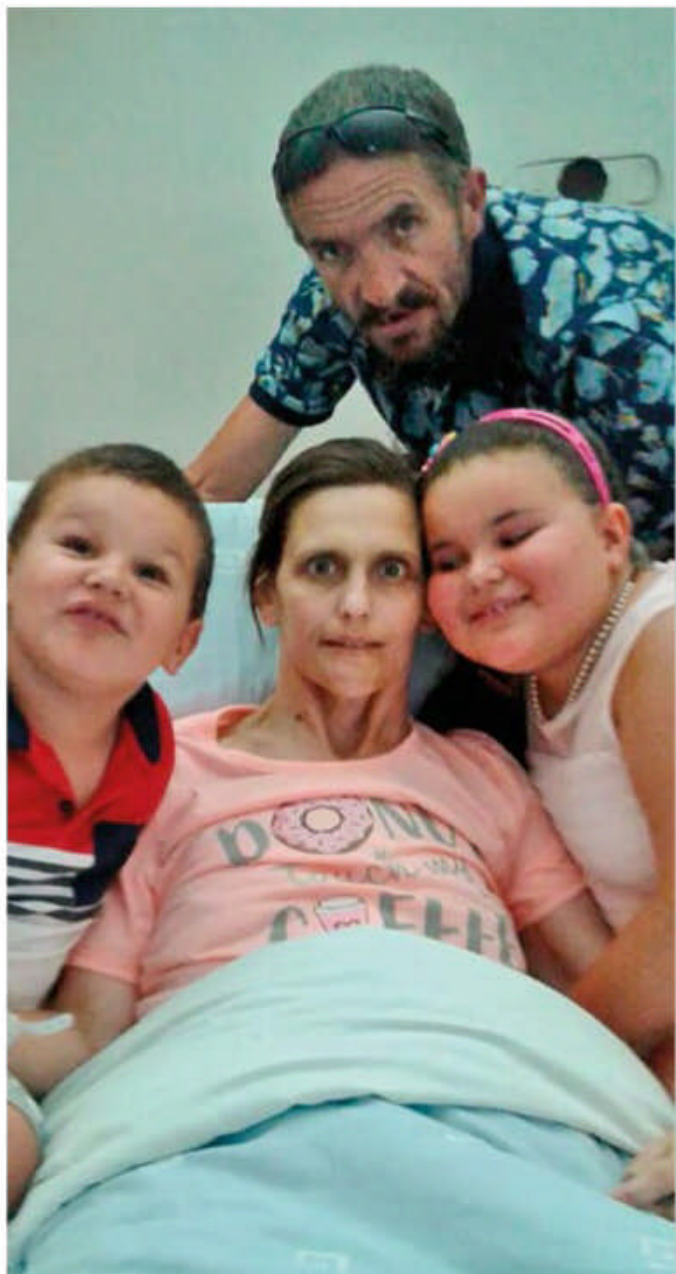
In the background the kids can be heard playing, happy and noisy. Their mom might not be able to play with them but she's home and that's the main thing. With Katinka resting in bed most of the time, they bring their toys to her room and spend a lot of time with her, she tells us.

Without the support of her colleagues, friends and family, she says she would've been unable to get through this difficult time.

"A big part of this concerns my husband and children. I know I have to wake up in the morning for my kids. There are two little people waiting for me. I absolutely live for my kids."

She also lives for the day when she'll be "round as a ball" again. "I'd be over the moon," she says.

"It would mean I'd be able to look at myself in the mirror again." ■



Manie and the kids spent last Christmas with Katinka in the hospital.

KATINKA'S HEALTH CHALLENGES

"The first time the patient came to us, she had a perforated ulcer," Katinka's surgeon, Dr Brian Mabaso, says. "She had a stomach bypass operation previously to lose weight and one of the complications of that procedure is that a stomach ulcer can develop." Hers ruptured and she recovered after a long period in intensive care, he adds.

"Her second problem is that she also developed cellulitis. Her leg became septic with fast-spreading bacteria and she needed to have it cleaned in the operating theatre. She received wound-care medication until the wound was clean.

"Subsequently she had several procedures, including a skin graft to her leg to close the wound."

The ulcer, still in her stomach, is swelling now, he says, and causing an obstruction, which means she has problems taking in food. "Whatever she eats will be brought up later due to the narrowing of her duodenum, which is part of the small intestine."

Dr Mabaso says they're trying to heal the ulcer with medication. If this doesn't work, Katinka will need surgery to remove the ulcer. They're hoping the medication will do the job because at the moment she's too weak for surgery.

SUPPLIED

A WAR WITH NO WINNERS

Lionel Messi's bruising battle with his Barca bosses has left a bad taste in everyone's mouth

COMPILED BY **DENNIS CAVERNELIS**

OF ALL the reactions to the outcome of the will-he-stay-or-will-he-go drama that dominated the world sport for weeks, the response from many of his fans is probably the most telling.: they're devastated.

You'd think they'd be overjoyed – Lionel Messi, arguably the best footballer the world has ever seen, is staying at Barcelona, the club to which he's dedicated the best 20 years of his professional life.

Instead they're miserable.

They wanted him to go as much as he himself wanted to. And the fact that they're distraught speaks volumes about the parlous state of affairs at Camp Nou.

As the Guardian's football writer Sid Lowe puts it, "Some of those most on Messi's side backed his departure and some of those most turned against him demanded he stay."

Messi's battle with the Barca bosses is over for now but there are no winners here – and it's safe to say some of the magic has gone out of the once mighty club.

Messi, a goal-making marvel and a genius of the game, is bitter and resentful, forced to stay at a club he loves but now finds intolerable. And the bosses are left with a team in tatters, its star player in despair and morale at an all-time low.

At the nub of the Messi matter is this: a clause in his contract allowed him to leave on a free transfer at the end of each season as long as he announced his intention to do so by 10 June.

Because the 2019/20 season was first postponed then extended by the coronavirus pandemic, his lawyers argued this opened a gap for him to leave.

Barca disagreed, saying the 10 June deadline had never changed. If he wanted out, he'd have to fork out a €700 million – R14 billion – buyout penalty.

There was plenty of back and forth but in the end the bosses won, if you can call it that.

And where did Messi choose to announce the decision? Not on one of Barcelona's online channels, where big announcements are usually made, but in an interview with soccer site Goal.com, another clear indication of the depth of animosity that exists.

'I looked further afield. I want to compete at the highest level'

A downcast Messi accused Barca president Josep Maria Bartomeu of not keeping his word.

"I thought, we were sure, that I was free," the Argentinian star says.

He thought the fact that players were competing for the league "in the middle of this sh***y virus" altered all the dates.

A €700-million release fee "is impossible", he added, and the only way to contest it was to go to court.

"I'd never go to court against Barca because it is the club that I love, that gave me everything since I arrived," he said.

"It's the club of my life. I have made my life here."

BARCELONA has been struggling all season.

In July they lost to Osasuna, sealing their La Liga defeat. The tournament trophy had been proudly displayed at Camp Nou since the 2017/18 season and their captain didn't mince his words about their failure.

Lionel Messi (FAR LEFT) will remain at Barcelona, despite falling out with club president Josep Maria Bartomeu (LEFT) and coach Ronald Koeman (BELOW).

"This reflects the course of the whole year," Messi said. "We've been inconsistent, weak. We've been a team that, if you take us on with intensity and desire, you can make it easy."

It didn't endear him to club management. The rift between player and bosses started in January when Quique Setién was brought in as manager, replacing two-time La Liga winner Ernesto Valverde.

"From January to now, things have gone very badly," said Messi, who earns about R43 million a month playing for Barca.

The following month, things didn't get any better. Barca suffered a humiliating 8-2 defeat to Bayern Munich in the Champions League quarterfinals.

Setién and sporting director Eric Abidal both quit, and former Barcelona player Ronald Koeman was appointed as coach.

Koeman kicked off his reign by telling senior players Samuel Umtiti, Arturo Vidal, Ivan Rakitic and Luis Suárez they were no longer needed at the club.

He also warned Messi he'd no longer receive special treatment – and it's understood the coach's threat was the final straw. Messi sent a burofax – a legal letter – announcing he wanted to leave. But Barca insisted he couldn't as he'd missed the June deadline.

In the back-and-forth days that followed, Messi dared to dream of a new future. "I looked further afield," he told Goal.com. "I want to compete at the highest level, win titles, compete in the Champions League. You can win or lose in it, because it's very difficult, but you have to compete."

There was talk of him going to deep-pocketed Manchester City but in the end it was not to be. Hours after Messi announced he was staying, Barcelona finally acknowledged it on Twitter, tweeting a picture of the player and a quote from this Goal.com interview: "I will give it my all. My love for Barca will never change."

Messi's wife, Antonella Roccuzzo, has stood with him through the drama of recent weeks. The couple have three sons, Thiago, Mateo and Ciro.

HIS wife, model Antonella Roccuzzo, supported his decision to leave the club, Messi says. "With all the pain of her soul, she supported and accompanied me."

Still, there's one person who'll be relieved the family isn't going anywhere: Thiago, his eight-year-old son. Middle son Mateo (5) is "still little", Messi said, and their youngest, Ciro (2), was way too young to absorb any of the anxiety.

"But Thiago, he's older," Messi said. "He heard something on TV and asked me about it. I didn't want him to know anything about being forced to leave, to have to live in a new school, or make new friends. He cried to me and said, 'Let's not go.' It was hard, really."

But the boy may have to get used to the idea of being uprooted in the not too-distant future. Messi has one year left on his contract, which means he can officially talk to other clubs from 1 January and walk out next June.

"I told the club I wanted to go. I'd been telling him [the president] that all year," he said. "The club needed new, younger players and my time was over."

Yet whoever does take over will have huge boots to fill. Messi has a list of awards, championships and trophies longer than his arms: 10 Spanish championships, four Champions League trophies and six World Player of the Year awards.

He's scored more goals than anyone else in La Liga history, and holds the assist record too. He's played in more victories than any other Barcelona player and scored more hat-tricks and doubles than anyone else.

For now, Barca will hope he can bring back some of the shine they so desperately need.

"Truth is," Messi said after his return to training at Camp Nou, "I don't know what will happen now. There's a new coach, a new idea. But I'm going to give it my best." ■

SOURCES: SKYSPORTS.COM, NYTIMES.COM, THEGUARDIAN.COM, THENATIONAL.AE, GOAL.COM, CNN.COM, TELEGRAPH.CO.UK, SOCCERLADUMA.CO.ZA, ES.AS.COM, SPORT24.COM, INDEPENDENT.CO.UK, BLOOMBERG.COM, FORBES.COM, CBSSPORT.COM, ESPN.COM, EXPRESS.CO.UK, DAILYMAIL.CO.UK, THESUN.CO.UK, THETIMES.CO.UK, BBC.CO.UK, RONALDO.COM, IBTIMES.COM, MESSI.COM

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TEENAGER ON BOARD!

Don't let your home become a war zone. A new book helps parents of adolescents tackle tricky situations that arise through the teen years

ASK any parent what it's like raising teenagers and they're likely to all tell you one thing: it's a minefield.

Those sweet little darlings who would do anything for you are gone and in their place are moody, argumentative young people who push boundaries – and your buttons – big time.

But there's help out there. A new book by British journalist Tanith Carey, a child behaviour guru and mother of two teenage daughters, delves into the teen years and gives sound advice on how to handle tricky situations.

The book – What's My Teenager Thinking? Practical Child Psychology for Modern Parents – is written in conjunction with respected clinical psychologist Dr Angharad Rudkin.

It should help you weather the storms with your sanity intact.

I HATE YOU!

Your teen screams she hates you when you take away her phone so she doesn't stay up late texting friends.

Teens get angry when they feel adults don't understand or respect them. Her connection with her friends may feel more important than your approval. Afraid of missing out, this will trigger the primal fight-or-flight regions of her lower brain at the expense of logical, rational thought processes.

WHAT YOU MIGHT BE THINKING

It can be a shock to hear your beloved child say something so hurtful. You might wonder if you've done something wrong as a parent.

WHAT SHE MIGHT BE THINKING

Young people feel having a phone is a basic human right, like being fed and clothed, and she's lashing out because she doesn't yet understand the need for limits.

These words are her last resort to show you how much she wants to get her way.

If she's in the middle of a friendship drama, removing her phone may feel like a life-and-death matter. Teens know they're not supposed to say such cruel things to their parents, who've invested so much love in them. After an outburst she's likely to feel guilty, even though she may still struggle to apologise.

HOW YOU COULD RESPOND

- **Don't take it personally** Reminding yourself that she's reacting against your boundaries, not you, will help you stay calm.
- **Understand what lies beneath** Realise she's trying to shock you into giving in by saying the most extreme thing she can think of.
- **Defuse the situation** Your first instinct may be to demand an apology, but this will enrage her more in her agitated state. Say, "We'll talk when we're calmer." This gives her time to revert to using her logical, higher brain.

EVERYONE ELSE PLAYS THIS COMPUTER GAME!

Your teen is upset that you won't buy him a video game with an 18 age restriction.

Multi-player games with friends have become a key part of teenagers' social lives, especially for boys. But you may be unnerved by the graphic violence of many games, with your teen often called upon to do the killing.

WHAT YOU MIGHT BE THINKING

You may be disturbed by the graphic realism but want to avoid him feeling left out. Knowing his friends' parents let their sons play may make you wonder if you're too strict.

You may also worry that time spent gaming is at the expense of other activities.

WHAT HE MIGHT BE THINKING

Your teen may feel that being skilful at video games boosts his social status. Telling him you're worried that some games normalise violence is likely to make him defensive.

He'll claim the games he's played haven't harmed him or his friends. If you've given in on this issue before, he believes he can wear you down.

'He'll claim games he's played haven't harmed him or his friends'

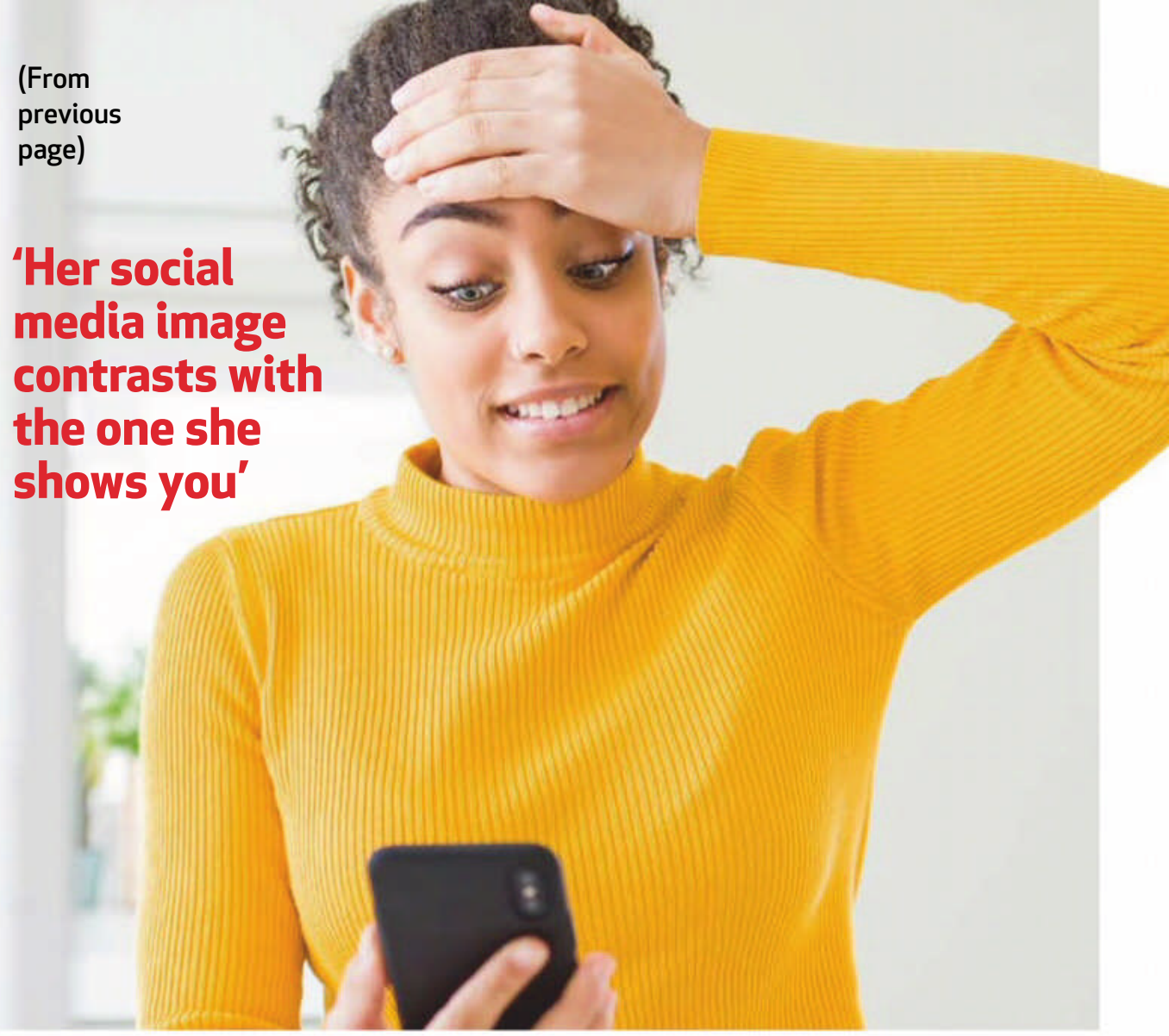
HOW YOU COULD RESPOND

- **Listen to his reasons** Ask him why exactly he wants the game, which of his friends' parents allow them to have it, why he believes it's rated no under 18s and why he thinks he should have it. He may realise his case isn't as strong as he thinks.
- **Stand your ground** Giving in may lead him to assume that rules on issues such as drinking also don't apply. Although he's likely to shower you with gratitude if you agree, he's also likely to lose some respect for you.
- **Decide on your values** Certificate-18 video games can normalise violence and often feature sexist stereotypes. Let him know that while other parents may be okay with their teens playing an active character in such scenes, you aren't.

(Turn over)

AGE GROUP 15-16

(From previous page)



'Her social media image contrasts with the one she shows you'

STOP FOLLOWING ME ON SOCIAL MEDIA!

Your teen tells you to unfollow her after you disapprove of a post.

Your teen's social media feed is her litmus test for how she ranks in the online "popularity contest", where the feedback and comments measure attractiveness. She may have noticed that more risqué pictures get the most attention.

However, you're not her intended audience for such shots, so online comments or disapproval from you feel like an invasion of her territory.

WHAT YOU MIGHT BE THINKING

You may worry about inappropriate images being seen by potential employers or sexual predators. You may also be shocked and worry she looks promiscuous.

WHAT SHE MIGHT BE THINKING

She's angry because she wants the freedom to be herself. She may spend a lot of time getting a flattering angle for selfies and enjoys the compliments when she posts them.

These comments make her feel good, so she'll resent attempts to stop her.

Her social media image contrasts with the one she shows you and she may be uneasy with you seeing her more sexual persona.

HOW YOU COULD RESPOND

- **Listen to her side** Ask her calmly why you should unfollow her. Then explain why you feel you need to see her feed so she understands.
- **Discuss her image and audience** Ask her to imagine how the photo might be viewed by others. Who's her intended audience? If her profile is public, how comfortable is she with strangers seeing her images?

Tell her research found that 70% of employers view social media profiles during the hiring process. Next time she posts a picture, suggest she use the "granny test" by asking herself, "Would I mind Granny seeing this?"

ACCEPT HER DEVELOPMENT

Unless her posts are more risqué than those of her peers, you may need to accept that this is a phase that many teenage girls go through.

DAD SAID I COULD!

You come home to find your teen playing video games – his dad happily watching – when he promised he'd do his homework.

You and your co-parent may have different values about how much freedom to grant teens and how to reward or punish them. The teen years can also bring up stark differences in parenting approaches because major decisions, affecting their future, have to be made now.

WHAT YOU MIGHT BE THINKING

You may feel intense frustration and believe your partner should know better. You may be annoyed with your teen for exploiting your differences to get his way.

WHAT HE MIGHT BE THINKING

Your teen has probably worked out your partner is the softer touch and is prepared to use that to get what he wants.

The instant gratification of getting his way feels good – even though he'd promised to do his homework and he knows it could land both him and his dad in trouble.

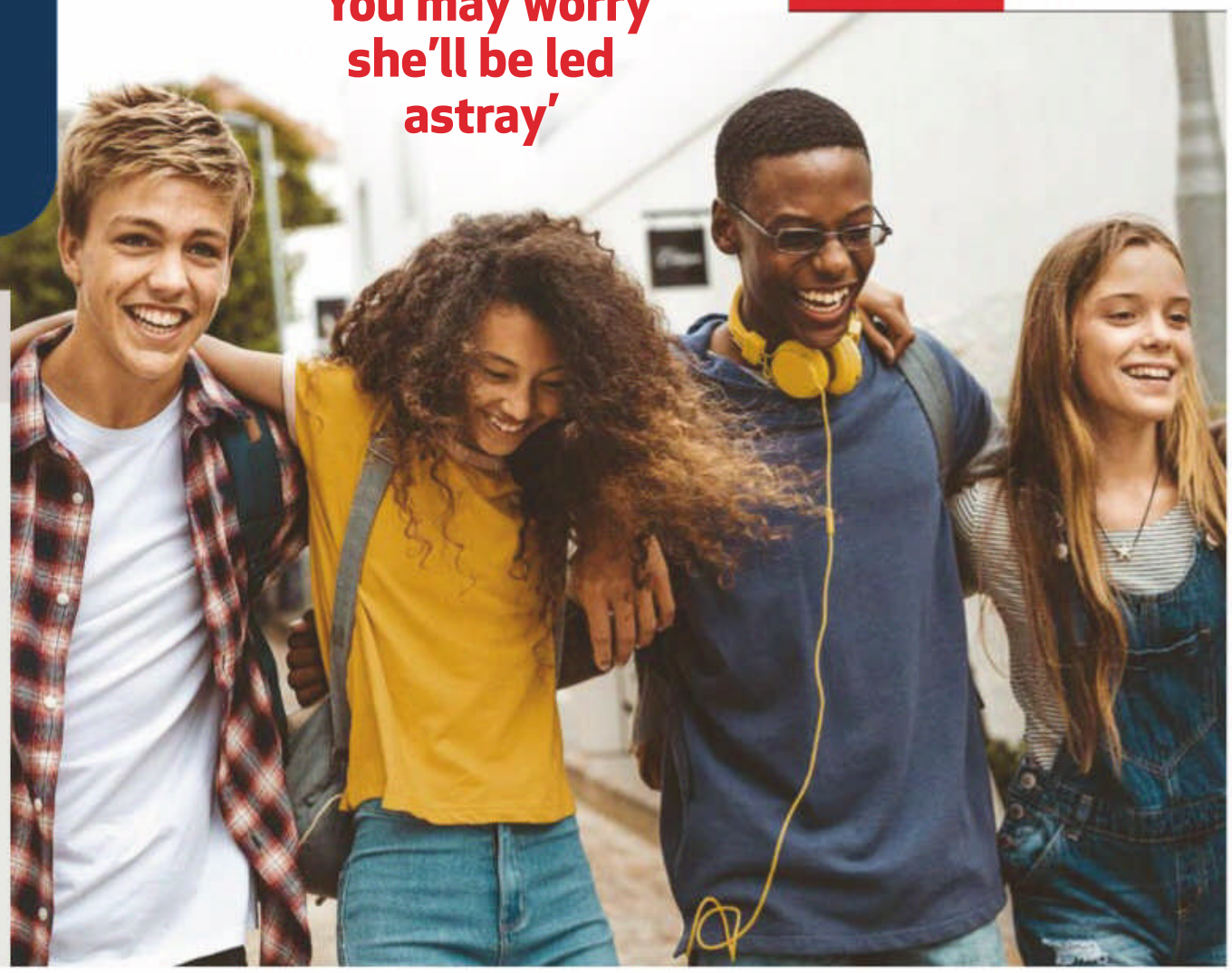
If you disagree in front of him, he could lose respect for you both because you both lose authority when you challenge each other.

HOW YOU COULD RESPOND

- **Discuss your views in private** Avoid undermining your co-parent in front of your teen. Instead, agree you'll talk about your different thoughts in private later.
- **Avoid being pushed into a difficult decision** If your teen asks you to agree to something and you feel you need more time to confer with your co-parent, say, "I need to talk to your mom/dad first."
- **Make it clear your decisions are joint** Even if you have different views, let your teen know you were both involved in what you've decided. Say, "We've both decided it's time you stopped playing your video game now."

'If you disagree in front of him, he could lose respect for you both'

AGE GROUP 17-18



GALLOIMAGES/GETTY IMAGES

'You may worry she'll be led astray'

YOU DON'T KNOW MY FRIENDS LIKE I DO!

When you say you're worried about some friends being a bad influence, your teen flies off the handle and accuses you of not knowing what you're talking about.

As your teen starts to edge towards independence, her friends help her define herself.

Her terror of being cut adrift from her tribe means she'll be fiercely loyal to them, even if she privately knows you have reason to worry about some of their behaviour.

If you try to manage her social life, she's likely become more defiant.

WHAT YOU MIGHT BE THINKING

If she's said that some of her friends drink, smoke or engage in risky activities – or you suspect they do – you may worry she'll be led astray.

WHAT SHE MIGHT BE THINKING

As she forms her new identity, she isn't ready for you to see the more grown-up person she's trying to be with her friends. She may have confided that "others" in her group drink and smoke to test your reaction and won't admit if she took part as well.

Even if she has reservations about her friends, she'll defend them, even if she knows you might be right.

HOW YOU COULD RESPOND

- **Avoid criticism** If you disapprove of her friends, you'll have less influence as she won't share what's happening in her friendship group.
- **Don't assume she's an angel** She's probably edited out her part in any risky things she's told you her friends have done.
- **Offer yourself as an excuse** If you fear her friends put her in risky situations, give her a code word so she can call you anytime and signal that she's in an uncomfortable position and wants you to collect her.
- **Open up your home** By offering her friends a place to meet, you'll understand her friendships better. The more welcome her friends feel, the more influence you'll have.

CAN MY BOYFRIEND SLEEP OVER?

Your teen asks if her partner can spend the night. Some parents struggle with the idea of their child being sexually active.

As parents we instinctively worry the physical proximity will lead to something they're not ready for.

WHAT YOU MIGHT BE THINKING

You may feel uncomfortable with their sleeping under the same roof, but find it hard to express this. If you say yes, you may worry you're giving tacit permission for her to have sex.

WHAT SHE MIGHT BE THINKING

If they're already having sex, her request may signal she's tired of lying and hiding evidence such as condom wrappers. She wants to feel comfortable having her boyfriend over.

She may resent your assumption that they're unable to control themselves for one night.

She may also feel awkward with the idea of having sex with you nearby. And she may want recognition that she's in a proper relationship.

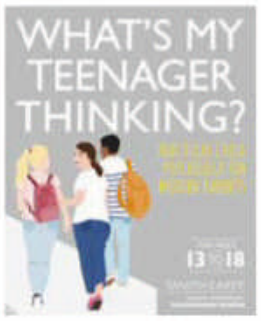
If you object, she may say you're treating her like a child. She may also think that you disapprove of her boyfriend.

If you insist he sleeps in a separate room, she may find it challenging and exciting to find a way to have sex anyway.

HOW YOU COULD RESPOND

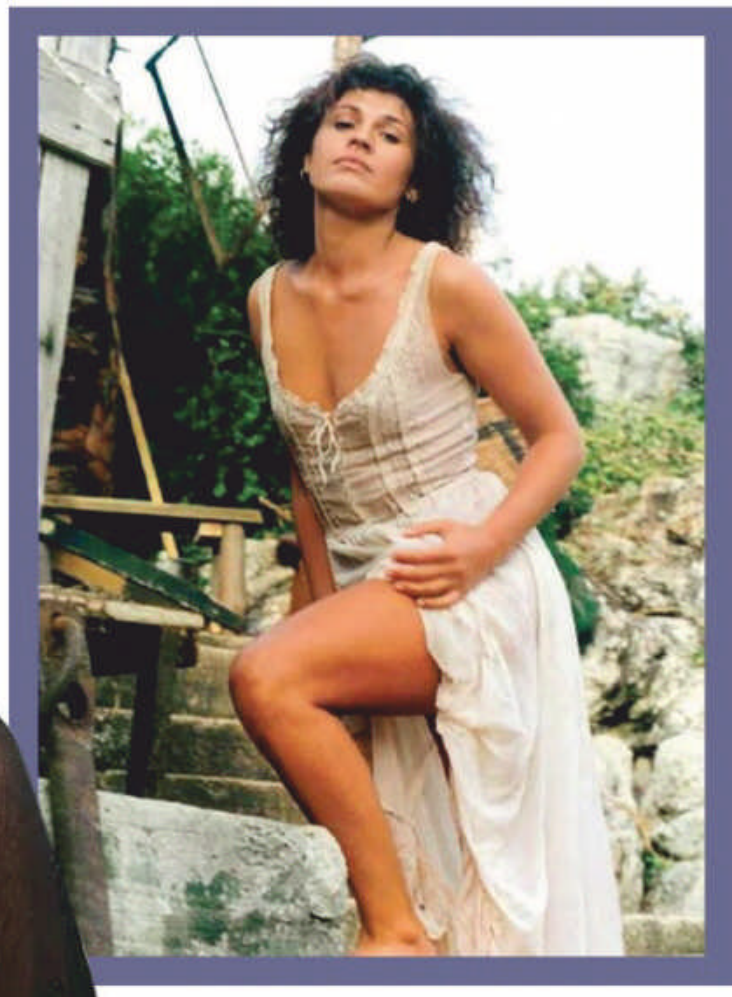
- **Talk about it** Thank her for asking you. Rather than immediately refusing, ask her to chat through the reasons. You may feel protective, but if you have no moral objection, try to see it as part of her learning curve as she moves towards adulthood.
- **Ask for more time if you need it** It can take a while to accept that she's a sexual being. Tell her you need to adjust to the idea and get to know her boyfriend better before he shares your home.
- **Decide on any boundaries** These include asking that her boyfriend respects house rules and leaving her bedroom door open during the day.
- **Make it clear sex is private** Explain that it's an intimate act between two people and that if they're sleeping together under your roof, you'd like them to be considerate and discreet.

THIS IS AN EDITED EXTRACT FROM WHAT'S MY TEENAGER THINKING? PRACTICAL CHILD PSYCHOLOGY FOR MODERN PARENTS BY TANITH CAREY, PUBLISHED BY DORLING KINDERSLEY LTD



What's My Teenager Thinking? By Tanith Carey with Dr Angharad Rudkin, published by DK. Available from Takealot for R379.

In 2013 actress Michelle Botes hit the pause button on life and moved to Knysna. She stayed there for seven years to find herself and now she's living life to the full.



OUT OF THE WILDERNESS

After a self-imposed exile of seven years, Michelle Botes has beaten the burnout and is ready for whatever life has to throw at her

BY **CYRIL BLACKBURN** PICTURES: **LUBABALO LESOLLE**

IT HAPPENED without warning. One morning she woke up and realised she'd stopped smiling and her lust for life had vanished.

"I was burnt out. Finished. I'd fallen out of love with life," Michelle Botes explains.

She suddenly felt smothered by Johannesburg – the city that had given her so much joy for so many years. And she couldn't figure out why. After all, she had everything she'd dreamt of: a successful career, a beautiful flat, two perfect children.

But a blanket of despair had settled over everything. And that morning, everything was just too much.

"You get caught up in the whirlpool of life," Michelle (58) says. "You ride wave after wave and life is a high-speed chase. You ignore the blows you're dealt and the fatigue. Then it hits you and you realise you simply can't go on.

"I was exhausted – physically, emotionally and spiritually."

The biggest roles in both her life and career had ended. It was mid-2013 and her character Cherel in Isidingo had disappeared from TV screens.

Her children with her ex-husband, actor Ian Roberts, were all grown up. Cara and Daniel had moved out of the house.

"Your life comes to a dead stop and you ask yourself, what now?" she says.

She was at a crossroads and had to decide: stay and fade away, or get away. So she sold all her "baggage", as she refers to her home and nearly all her belongings, got in her car and abandoned Joburg for the lush landscape of Knysna, 1 200km away.

And on the Garden Route, far from the hubbub of the city, Michelle took long walks on the beach, chopped wood, made fires and healed.

"I no longer wanted to control everything. I'd surrendered. I set myself free," she says.

Seven years later she's back in Joburg and she's smiling again. We'll soon be seeing her on our TV screens in M-Net's new telenovela Legacy, playing the part of Angelique Price, a woman whose business magnate ex-husband has shunned her for a much younger woman.

"It feels as if I'm on the threshold of a new life," Michelle says. "I'm laughing again and I'm living life to the full."

IT'S late afternoon and Michelle is in the middle of filming a scene for Legacy. After several takes, the director finally says, "Cut! That's a wrap."

Michelle comes over, still dressed as her character, and she's looking great.

"It's the makeup artists' handiwork," she says, brushing compliments aside.

Still, she acknowledges her seven-year

LEFT: Michelle has been in the industry for decades. ABOVE: Michelle as Cherel de Villiers in Isidingo. ABOVE RIGHT: She'll soon play Angelique Price, a former lawyer whose husband left her for a younger woman, in M-Net's new telenovela, Legacy. Her co-stars are (from left) Anton David Jeftha, Kgomotso Christopher, Mary-Anne Barlow and Deon Lotz.

sabbatical "in the woods", as she calls her Knysna hibernation, was good for her.

"I don't recall ever looking at myself in a mirror that whole time," she says. "It was wonderful. I forgot about my cellphone and the pressures of life."

In 2013, shortly after a brief reprisal of her role as Cherel, she was overworked and overwrought. She'd been in show business for nearly three decades.

"My immune system was rundown," Michelle says. "I'd get rashes from the tiniest thing and I had to be dosed up on cortisone to keep up with the daily pace. I was exhausted."

She had no plan when she headed down to the Western Cape but when she got to Wilderness she knew what she wanted to hit the pause button.

"So I did – for seven years."

She rented a wooden cottage in the Knysna Forest where she spent most of her time.

"I felt extremely wealthy, though I owned nothing. I'd sold everything, every single item, to go and find myself. It took my psyche a while to get to grips with the sudden standstill. Suddenly there was no more hurry and it was incredible."

But in 2016 real life came hurtling in again – and it was heartbreaking. Someone very close to her was diagnosed with cancer.

"I'd forgotten, there among the trees, how hard life can hit you," she recalls. "I was shattered. The only thing that mattered was his recovery."

This person, who she doesn't want to identify, lived with Michelle for a year before he recovered. "That year changed our lives. I only realised later the toll it had taken on us all."

It's not just Michelle who paused the button on life. Shortly after her, Daniel went exploring and he now works on a luxury cruise ship. Cara is a theatre actress in Durban. Following her loved one's health battle, Michelle had to "relearn how to laugh again".

But she did more than introspection in the woods – she changed her lifestyle too. "I cut out gluten and dairy products and as soon as I did, I lost my bum!

But that doesn't mean she's perfect now, she's quick to add. "Some days I binge and there are chips, cheesecake and carrot cake all over the place.

"But it's okay. I'm following my own advice: learning to live a balanced life."

AS THE years passed, she slowly started dreaming of being surrounded by people again.

"In my solitude I realised you need others around you to fully know all the parts of yourself. Even those parts you don't like."

She returned to Joburg in 2019 and back in the big city, she started thinking of work again and returned briefly to Isidingo. But Cherel truly is gone forever now, she stresses.

"Cherel is one of those characters that follows you throughout your life. Everywhere I went, people would mention Cherel.

"And it was okay. She was dynamic – a character who wasn't afraid of taking what she wanted. Sure, she was vengeful, but she also had redeeming characteristics.

"She'd been stuck to me for many years and I wanted to know who I was without her."

After her stint as Cherel last year, Michelle wanted the Isidingo writers to kill her off. "I wanted closure – a way to say it's really over now. It was wonderful and a privilege to know her, but it's a chapter that's done now."

But the bosses refused – never say never, they said.

Shortly after leaving Isidingo, M-Net approached her for the role of former lawyer Angelique in Legacy, which debuts on 23 September.

"I loved Angelique the first time I read about her," Michelle says. "Her husband swops her for a younger model and it's a tightrope: sometimes she manages to stay strong but other times revenge takes over. She has rules about how life should work but if things don't work out the way she wants, she's going to have to get rid of that blueprint."

Angelique reminds Michelle of her herself. "She knows she has to let go but oh, it's so terribly hard."

When she's not on set, Michelle spends her days pottering about in her cottage in Linden and finds herself marvelling at how good life is.

"I feel alive again. I'm excited about inhabiting a character again."

There's just one thing missing: romance. "Is it tragic?" Michelle says, laughing. "I don't think it is. I yearn for someone special in my life again but maybe it's not meant to be."

Right now, she's happy.

"I've surrendered and I'm free, and if you're free, your heart is open. Nothing is forced and anything can happen." ■

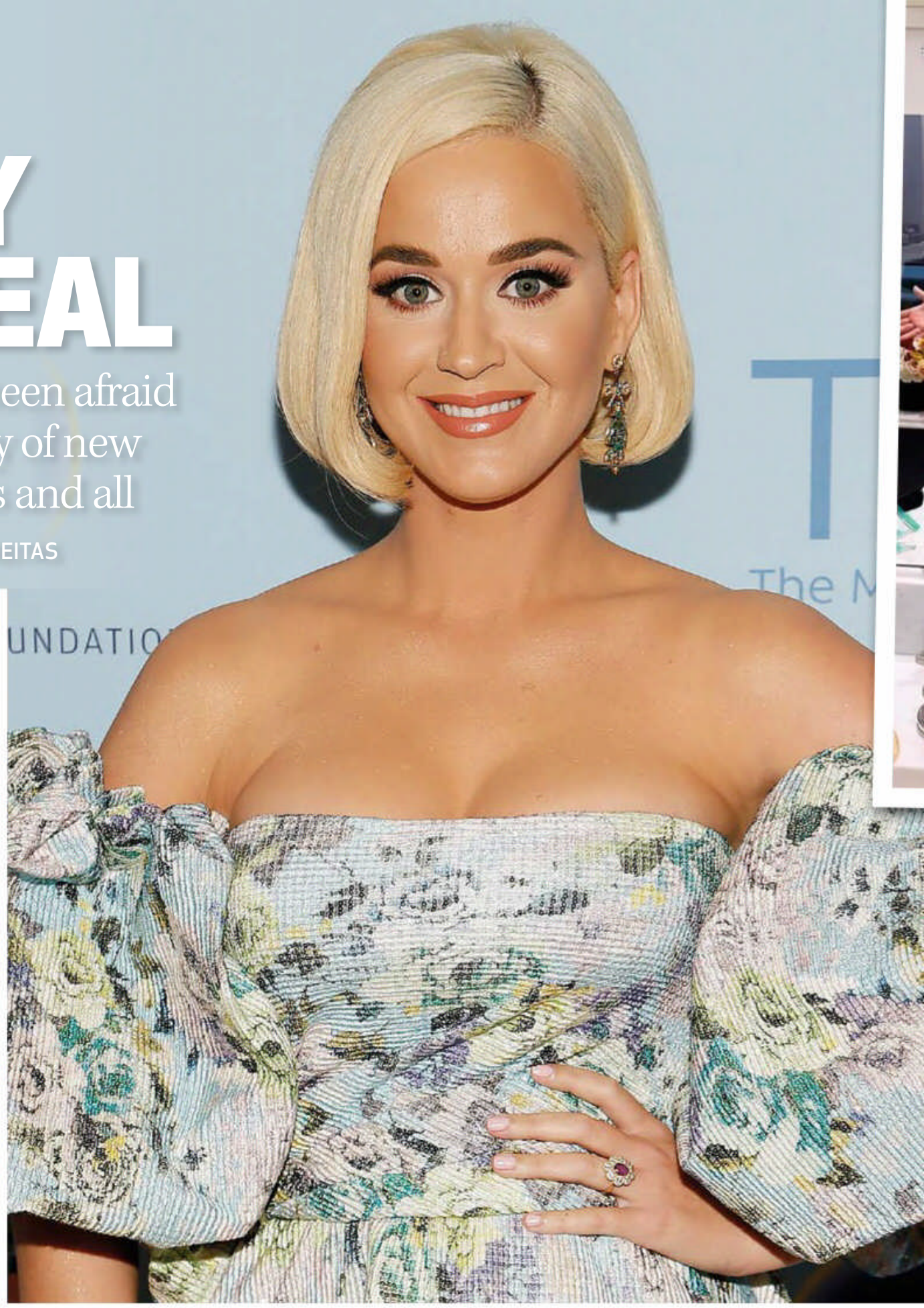
'I was burnt out. Finished. I'd fallen out of love with life'

NETWERK24, MNET, SABC 3

KATY GETS REAL

The new mom hasn't been afraid to show off the reality of new motherhood – warts and all

COMPILED BY **LINDSAY DE FREITAS**



SHE'S never been one to hide her light under a bushel, has Katy Perry – so when celebs started sharing pics of their glammed-up selves at the recent MTV Video Music Awards, she wasn't about to be upstaged.

Yes, she may be stuck at home with newborn daughter Daisy Dove and a serious case of FOMO. But that didn't mean she was going to be ignored.

Instead of getting dolled up like so many others, Katy posted a pic of herself in a nursing bra complete with breast-pump adapters, a pair of serious granny panties over her mum tum and a look of new-mom exhaustion on her face.

Here I am warts and all, she seemed to be saying – don't forget about me.

People loved the post, with women around the world praising Katy for not glamourising life after childbirth.

Frida Mom, the company that sells the postpartum underwear the star was wearing, declared her "the best dressed of the night".

The picture was a sure sign Katy won't be airbrushing the reality of early motherhood. She's often allowed access to the harsher side of her life and has been vocal about her battle with anxiety and depression – and she recently opened up about it again in an interview with talk-show host Tom Power.

"I lost my smile," she said, describing a particularly bleak spell in 2017. "I'd been riding on the high of a smile for a long time, which was the validation, love and admiration from the outside world. And then that shifted."

The change was two-fold, she said, precipitated by a break-up with her now-fiancé and baby-daddy Orlando Bloom, and the disappointing response to her 2017 album, Witness.

"My career was on this trajectory where it was going up-up-up-up-up-up-up, and then I had the smallest shift. It wasn't that huge, maybe, from an outside perspective, but for me it was seismic.

"It kind of broke me in half. I was excited about flying high off the next record and the record and validation didn't get me high, and so I just crashed."

However, the 35-year-old pop star now calls that time in her life both a "good crash" and a "necessary brokenness".

"It was so important for me to be broken," Katy says, "so that I could find my wholeness in a whole different way, and be more dimensional than just living my life like a thirsty pop star all the time".

She credits her 43-year-old fiancé as the "never-ending cleanse" that keeps her balanced.

"Orlando is like a sage. When we first met, he said we'd pull the poison out of each other, and we really do.

"I've never had a partner who was willing to go on an emotional and spiritual journey like Orlando."

During a recent interview, she praised their mature relationship, calling it, "a healthy frictional, very open, very communicative, nothing-is-swept-under-the-mat type of relationship".

"I thing if we can get to the ends of our lives together, we'll be each other's greatest teachers.

LEFT: Katy Perry's refreshingly honest depiction of postpartum life at the MTV Video Music Awards was praised by fans the world over. RIGHT: Katy and her fiancé, Orlando Bloom, at the Los Angeles premiere of his Amazon Prime show, Carnival Row.

"Dating is different. Weekend lovers? That's fun, that's candy. This is solid. This is like the main course."

BEFORE getting to the main course Katy had her fair share of entrées, including her short-lived marriage to British comedian Russell Brand.

She recently broke her silence on the ill-fated relationship, describing it as a tornado fraught with ups and downs.

"I was having great success at 23, 24 and 25 and then I met someone who was interesting and stimulating. It was everything happening at once."

During their first date in September 2009, Russell reportedly told Katy, "You're a mermaid and I'm drowning," before presenting her with a sensational black diamond necklace.

This set the stage for an intensity that would continue throughout their romance, with Russell proposing just three months later in India on New Year's Eve.

They tied the knot in a lavish Indian ceremony that October and got matching "Anuugacchati Pravaha" tattoos. The phrase is Sanskrit for "go with the flow".

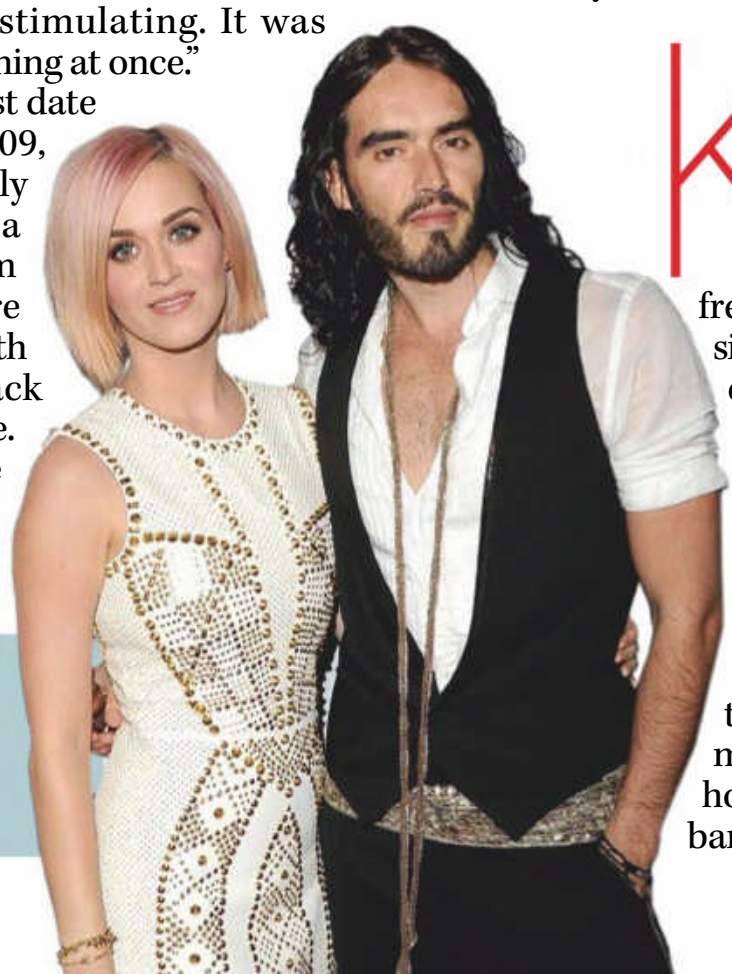
But just months in, rumours of trouble began to swirl.

Recovering drug addict Russell and his then 25-year-old wife were said to be clashing over everything from her partying to having children and his jealousy of her success.

An insider claimed they realised they had nothing in common and things came to head over their third Christmas as a couple, culminating in a shock split that Katy describes as the "breaking of my idealistic mind".

"Let's just say I haven't heard from him since he texted me saying he was divorcing me on 31 December 2011," she says.

But she picked herself up. "I've always resonated with friction, resistance and challenges – it's something I know very well about myself."



Katy describes her short marriage to Russell Brand as being fraught with ups and downs .

GALLO IMAGES/GETTY IMAGES, INSTAGRAM/@KATYPERRY

KATY grew up in an ultra-religious household, secretly longing for freedom of expression and superstardom.

She's been open about her frayed relationship with her parents, Keith and Mary Hudson, two Pentecostal pastors who ran a ministry from their home in Santa Barbara, California.

"My childhood was just the Jesus train. It wasn't expansive and it wasn't curious, it was just Sunday morning, Sunday night, Wednesday evening, Jesus," she recently said.

Education was limited and heavily religious, expressing feelings was off the table and therapy was taboo.

"We knew about Madonna and Marilyn Manson in my family because we picketed their concerts," Katy says.

Leaving behind her life as the "black sheep" of the family, she moved to Los Angeles to pursue a career in show business at 17. She rose to fame in 2008 with the mega-hit I Kissed a Girl, which further alienated her from her family because of its homosexual theme.

Although their relationship is tenuous, she still has a relationship with her parents and in 2018 she took her mom and Orlando to Rome where they met the pope.

"My mom has prayed for me my entire life, hoping I'd come back to God. I never left Him. I was just a little bit secular, I was more materialistic and more career-driven. But now that I'm in my thirties, it's more about spirituality and heart wholeness," she says.

Despite rejecting many of the religious beliefs on which she was raised, she says her family struggle made her tough enough to cope with fame.

"I guess I adopted humour and sarcasm and steel early on," she says.

And it stood her in good stead when she had a long-standing feud with Taylor Swift. Katy took a hammering and while the feud, which riveted fans for years, is over, negativity is still everywhere.

"I'm not invincible," she says, when asked if the hate she sees about her on the internet bothers her.

"But I know that there are two worlds you can live in: you can live in the internet or you can live in the real world – and I feel really good in the real world." ■

SOURCES: BILLBOARD.COM, CBC.COM, DAILYMAIL.CO.UK, EONLINE.COM, MIRROR.CO.UK, PEOPLE.COM, ROLLINGSTONE.COM, THEGUARDIAN.COM, USMAGAZINE.COM, VOGUE.COM

SUCH A DOTING DAD!

If there's one thing lockdown has taught him, it's the importance of having a routine. With sport still on hold due to the pandemic, **JP DUMINY** has had his hands full raising his daughters, **ISABELLA** (5) and **ALEXA-ROSE** (2), alongside his gorgeous wife, **SUE**.

"We've reached the terrible twos with the younger one so it's exciting times," he chuckles.

"It's actually great to experience it first-hand as opposed to being on tour all the time. They love watching movies. I think I've watched Frozen 50 000 times now. My mom- in-law is teaching Isabella how to knit, and she's back to doing gymnastics. It's nice to see it all."

Seeing his little girls grow up is a blessing, says JP, who recently completed an online strategic management course. Juggling studies and two active little girls can be tough, says the former cricketer, who has also enrolled in a coaching course.

"It's demanding hours but I've got an amazing wife who allows me to get stuck into the studies," he says.

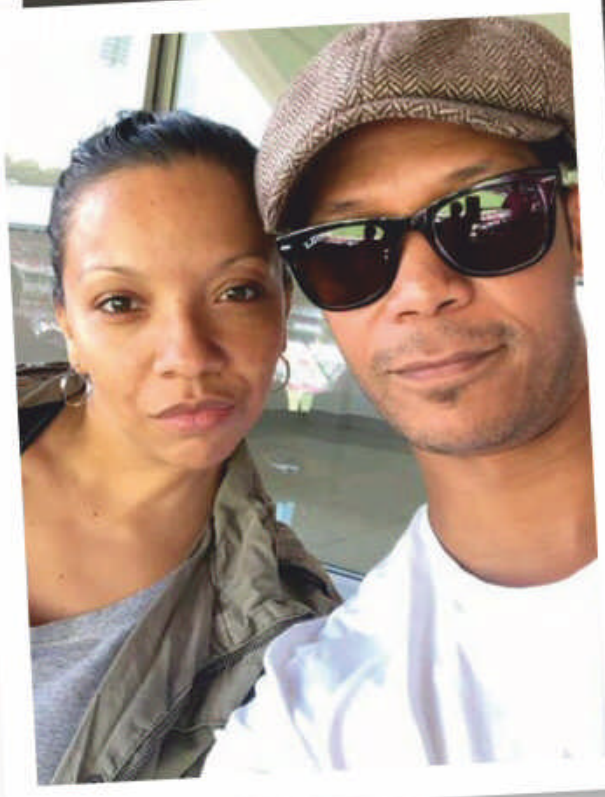
"We also have some good routines, so there are certain things I need to do with the kids – like get them ready for school, pack their lunches and if I'm available, fetch them from school. But other than that, Sue runs the ship."

Like the saying goes, behind every successful man is a strong woman.

JP Duminy has been using his days in lockdown to bond with his family – daughters Alexa-Rose (ABOVE and RIGHT) and Isabella (RIGHT) and wife Sue (TOP).

Inside Wayne's world

He's sizzling up the screen as Wesley Meyer in M-Net's new show, Inconceivable. We get to know **WAYNE VAN ROOYEN** with this countdown



5 minutes to make something to eat, what's it going to be?
Tuna and crackers.

4 people you'd invite to a dinner party?
- My grandfather (I never met him)
- South African author Chris van Wyk
- Actor Denzel Washington
- Filmmaker Ava DuVernay

3 people you follow on Instagram?
- Trevor Noah
- Singer Tori Kelly
- American preacher Steven Furtick

2 things you'd never leave the house without?
My cellphone and my man bag with all my essentials – wallet, keys, hand sanitiser, hand cream, sunglasses and a pen.

1 thing you'd tell your teenage self?
You'll find an incredible woman who will love you for who you are – I've been married to **TRACY-ANN** (LEFT) for 13 years.

BY **JOY MPHANDE**

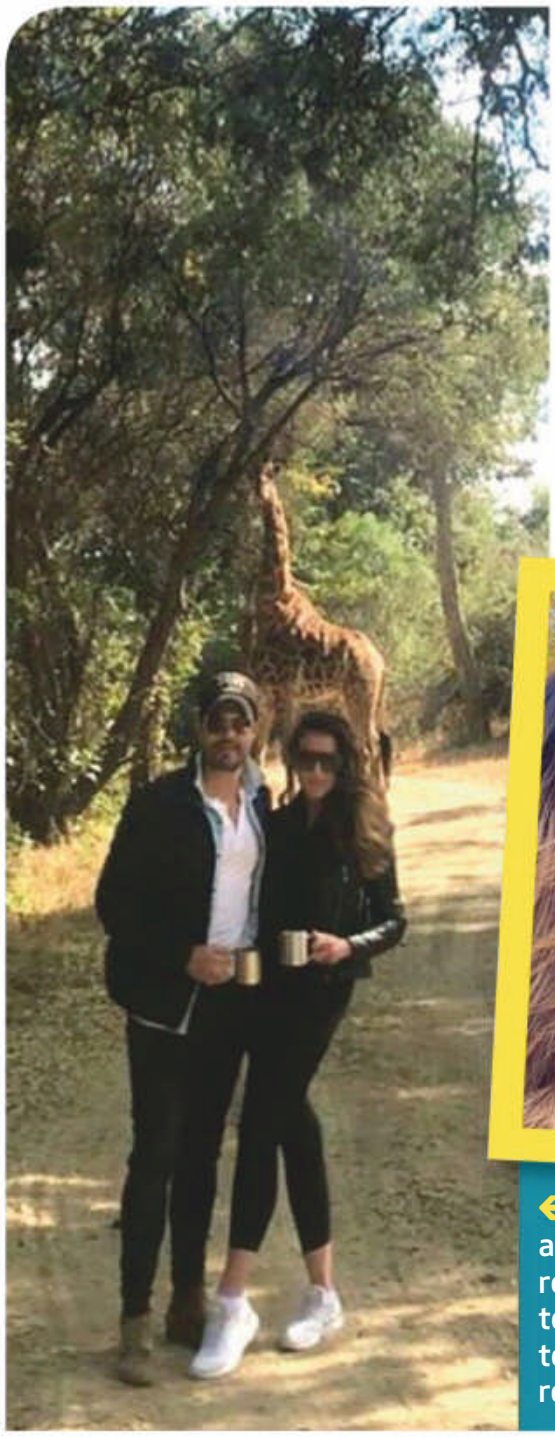
A WALK IN THE WILD

After months of lockdown, these celebs are making the most of the level 2 regulations by getting out into the fresh air

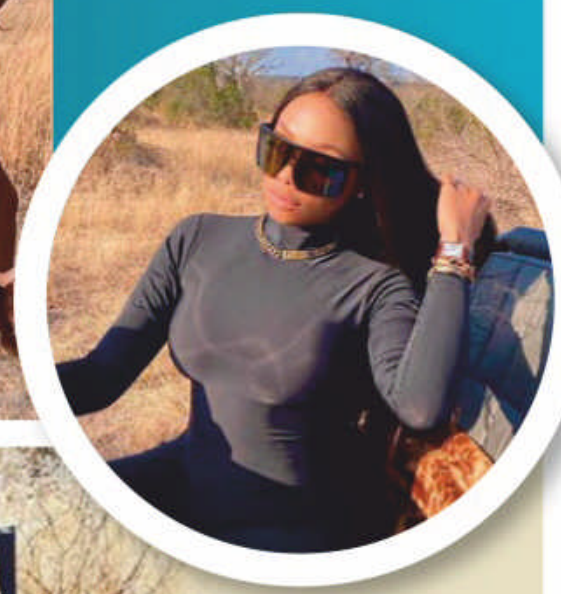
↑→ There's nothing like getting away with the girls. **RACHEL KOLISI** spent a few days in the scenic Garden Route. "Just a reminder you should never feel guilty taking care of you," she says.

↓ Presenter **ZOË BROWN** couldn't wait to get out and soak up some sun on Spring Day.

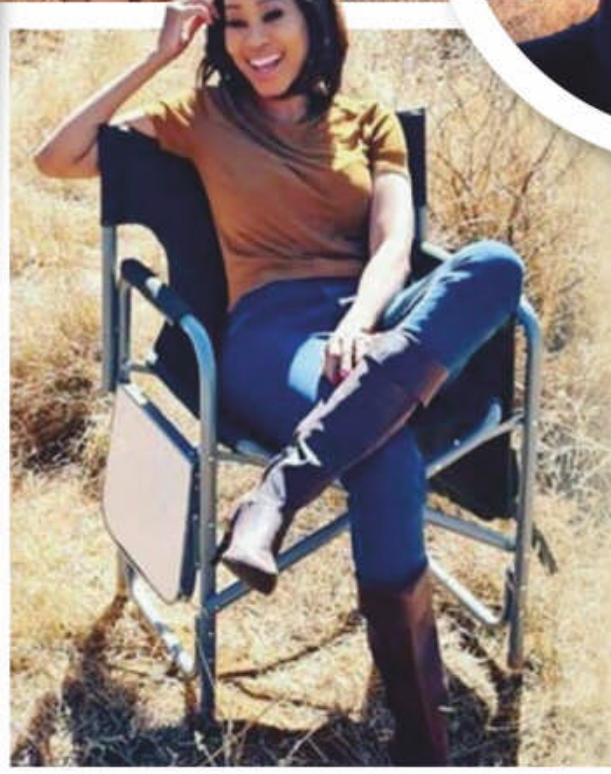
→ Nature is the best therapy for former Miss SA **KERISHNIE NAIKER** who tested out her daughter's scooter while out on a walk.



←↓ **BONANG MATHEBA** took a sho't left with cousin **PINKY-GIRL** to Sun City and the Kruger National Park where she enjoyed a game drive while still managing to look oh-so glam.



←↑ **LEE-ANN LIEBENBERG** and **NICKY VAN DER WALT** recently celebrated a decade together – and what better way to mark the milestone than a romantic bush break.



← **KGOMOTSO CHRISTOPHER** took full advantage of the sunny skies while filming scenes for M-Net's new show, Legacy. The award-winning actress plays Dineo Price, the wife of a wealthy businessman who is getting ready to retire. "Can't wait for you all to know her," she says.

SUPPLIED, INSTAGRAM (@BONANG_M, @KERISHNIE_NAIKER, @ZBZOEBROWN, @LEEANN_LIEBENBERG, @WAYNEVANROOYEN, @RACHEL_KOLISI)

PRINCE BREAKS HIS SILENCE

IT'S hard to believe the king of pop, Michael Jackson, died more than a decade ago and even more unbelievable that his children are all adults now. **PRINCE JACKSON** is 23, Paris Jackson is 22 and Prince Michael Jackson II is 18.

Prince recently broke his silence, chatting to British talk-show host Eamonn Holmes about his philanthropic efforts as well his pride in sharing his father's first name – his real name is Michael Joseph Jackson Jnr.

"Not a lot of people know that that's my name, and I'm very proud to share the same name as my father," he said.

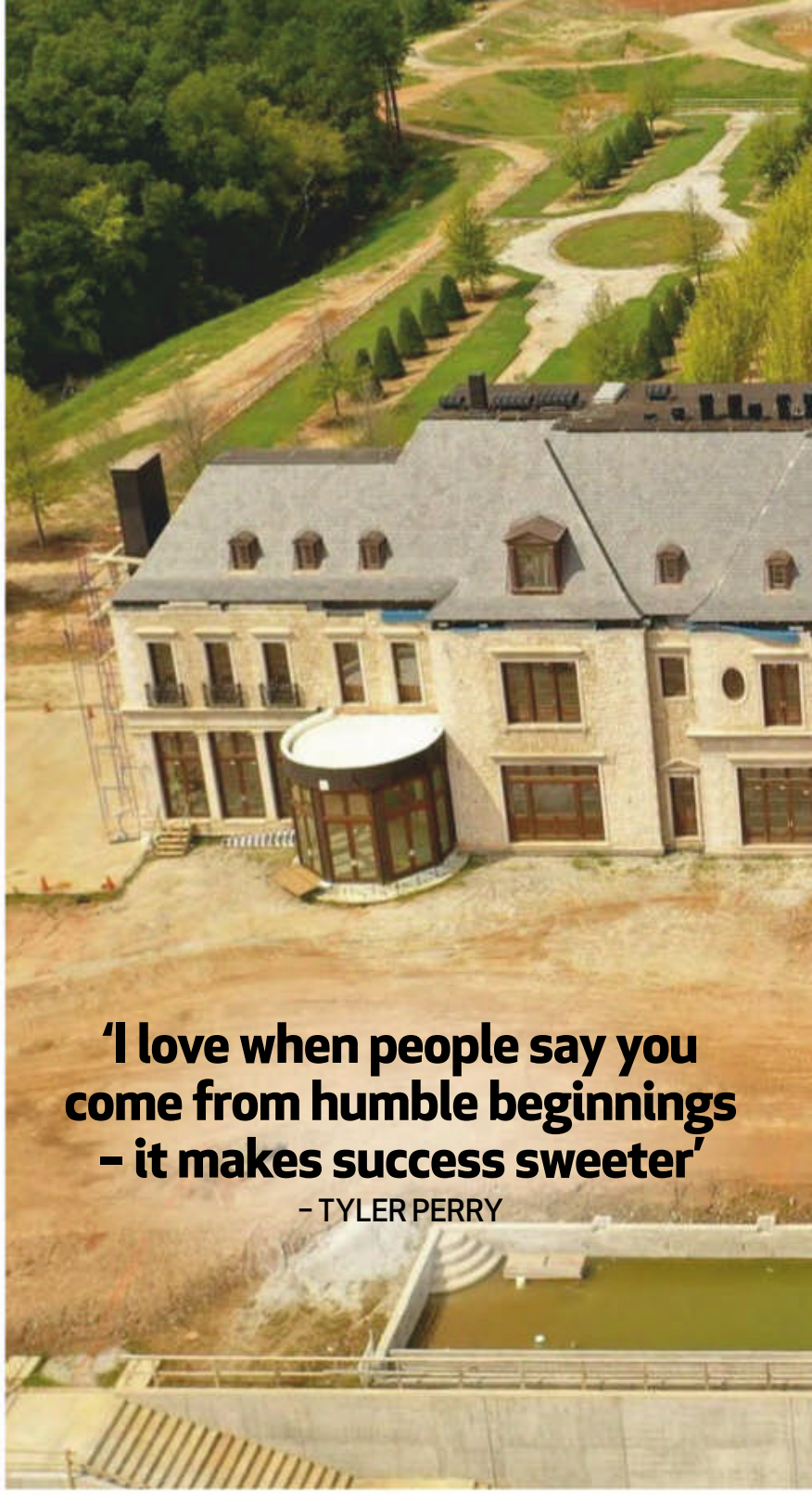
Prince also said he was "grateful" for the time he had with his famous father.

"I feel that the older I get the more I get to unpack the wisdom he left and all the experiences he imparted to us."

But the interview took a bit of a turn when Eamonn asked Prince about the allegations of child molestation that dogged his father for years, and which were documented in the controversial documentary Leaving Neverland.

Prince dodged the question, turning the conversation to his efforts to connect with the community of Heal Los Angeles, a non-profit group he's worked with since his time as a business administration student at Loyola Marymount University in California.

'I'm very proud to share the same name. There is this legacy that my father worked very hard to build and maintain' – PRINCE JACKSON



'I love when people say you come from humble beginnings – it makes success sweeter'
– TYLER PERRY

THEIMAGEDIRECT.COM/MAGAZINE FEATURES, MEGA, SPLASHNEWS/ GREATSTOCK, BACKGRID/ GREATSTOCK, GETTY IMAGES/GALLO IMAGES

Perry's palace

TYLER PERRY was officially declared a billionaire by Forbes last week, and he's wasting no time flaunting his status.

The movie mogul, who let Meghan Markle and Prince Harry live in his luxurious Los Angeles home earlier this year, has an even bigger mansion under construction in Atlanta.

Amenities at the 485-hectare estate include a lap pool, an organic farm with horses, and what appears to be a runway for the star's private jet.

The new mansion boasts both peace and privacy as it's tucked away in the woods away from the city, but it's still conveniently located near the production studio he owns.

Baby joy for Usher

Good news at last for music superstar **USHER** – not only has he found love again, he's also going to be a dad again.

The fiercely private performer was first linked to **JENN GOICOECHEA**, a 37-year-old record company executive, in October last year when they were seen backstage together at a Hollywood Bowl concert.

The baby will be Usher's third child. He shares two sons – Usher Raymond (12) and Naviyd Ely (11) – with his ex-wife, Tameka Foster (51), from whom he split in 2009 after two years of marriage.

Usher (41) was most recently wed to life coach and philanthropist Grace Miguel (51). The couple announced their decision to divorce in December 2018, after three years of marriage.

Hopefully the happy news has brought some relief to the beleaguered star, who's been dogged by multiple lawsuits accusing him of exposing sexual partners to herpes without disclosing the sexually transmitted disease.

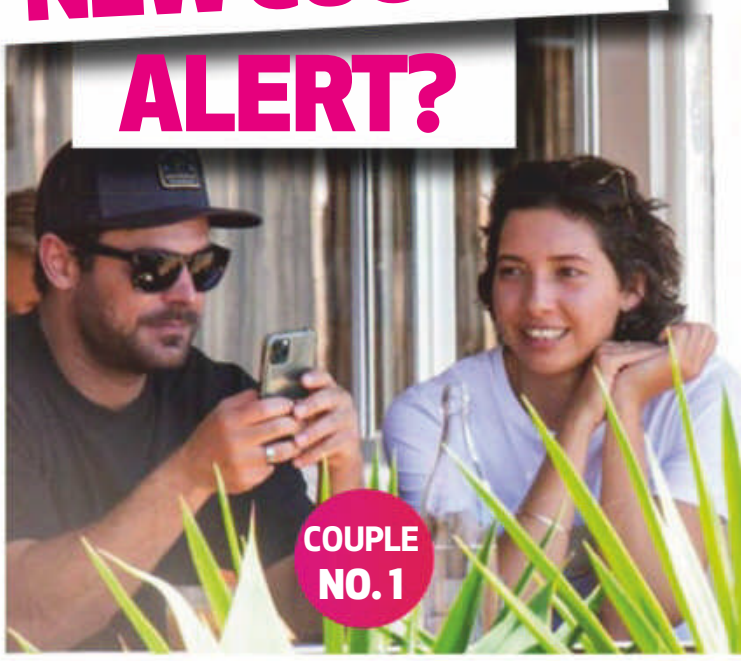
Two years ago he was sued by three women and one man who accused him of exposing them to the herpes virus.

According to celebrity legal news site The Blast, the cases have all been settled.

Jenn's baby bump was on full display during a recent outing in West Hollywood.

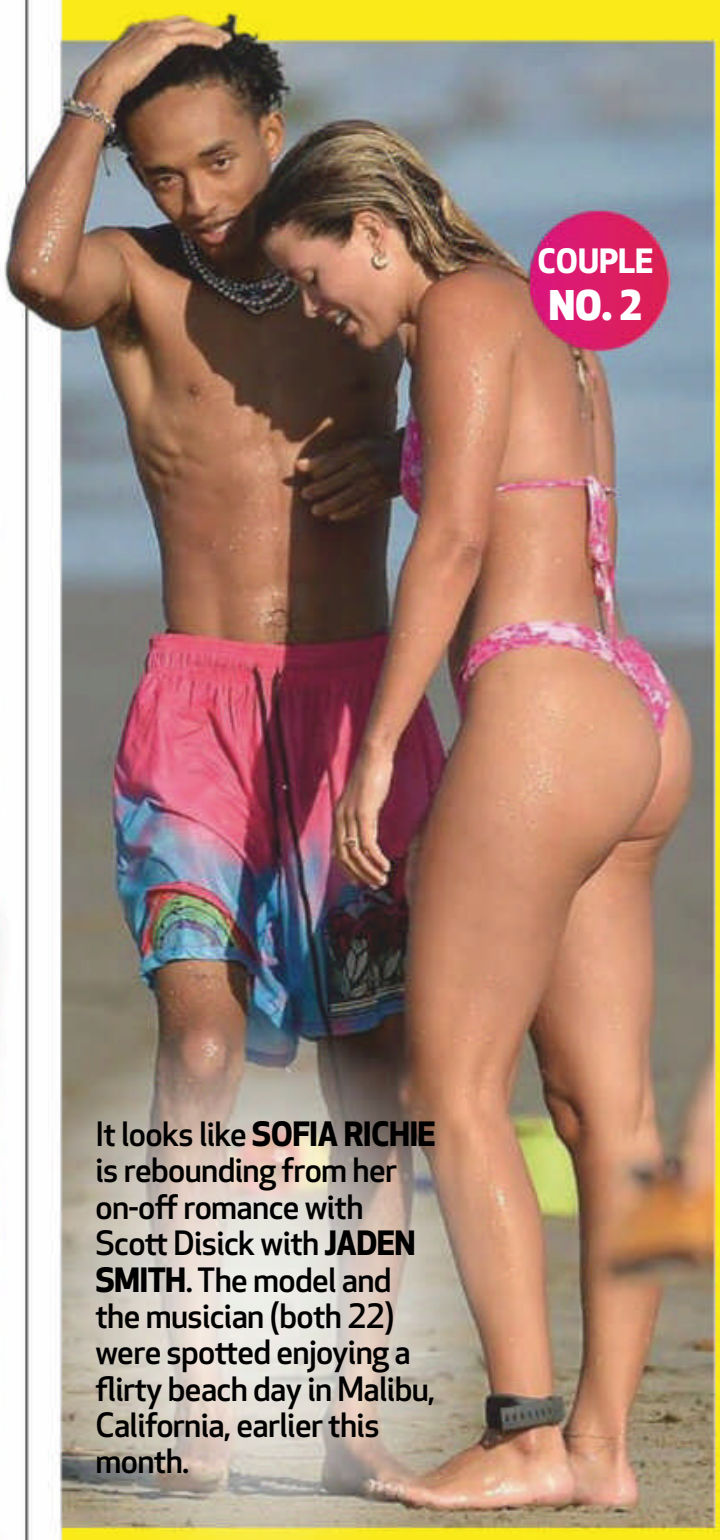
COMPILED BY **LINDSAY DE FREITAS**

NEW COUPLES ALERT?



COUPLE NO. 1

ZAC EFRON has apparently fallen for an Australian named **VANESSA VALLADARES**, further fuelling rumours that he's relocating Down Under. The pair were recently spotted together in Byron Bay.



COUPLE NO. 2

It looks like **SOFIA RICHIE** is rebounding from her on-off romance with Scott Disick with **JADEN SMITH**. The model and the musician (both 22) were spotted enjoying a flirty beach day in Malibu, California, earlier this month.

SOURCES: DAILYMAIL.CO.UK, EONLINE.COM, ETCANADA.COM, FORBES.COM, METRO.CO.UK, PAGESIX.COM, THEBLAST.COM, TMZ.COM, VOGUE.COM.AU

PARIS ON ABUSIVE EXES

PARIS HILTON is opening up about the abuse she endured in five of her romantic relationships.

This comes shortly after she lifted the lid on abuse she'd suffered in the late 1990s at Provo Canyon School, a boarding school she attended in the western US state of Utah.

"From the moment I woke up until I went to bed, it was all day screaming in my face, yelling at me, continuous torture," Paris said.

"And they were physically abusive, hitting and strangling us. They wanted to instil fear in the kids so we'd be too scared to disobey them."

The 39-year heiress thinks her experience at the school led to her tolerating abusive behaviour in her romantic life.

"I went through multiple abusive relationships. I was strangled, I was hit, I was grabbed aggressively. I put up with things no one should."

She said the relationships with her abusive exes started in a similar manner.

"They all seemed like such nice guys and then their true colours would show."

She added that she was naïve .

"I didn't really understand what love or relationships were. I thought that them getting so crazy meant that they were in love with me. Looking back, I can't believe I let people treat me like that."

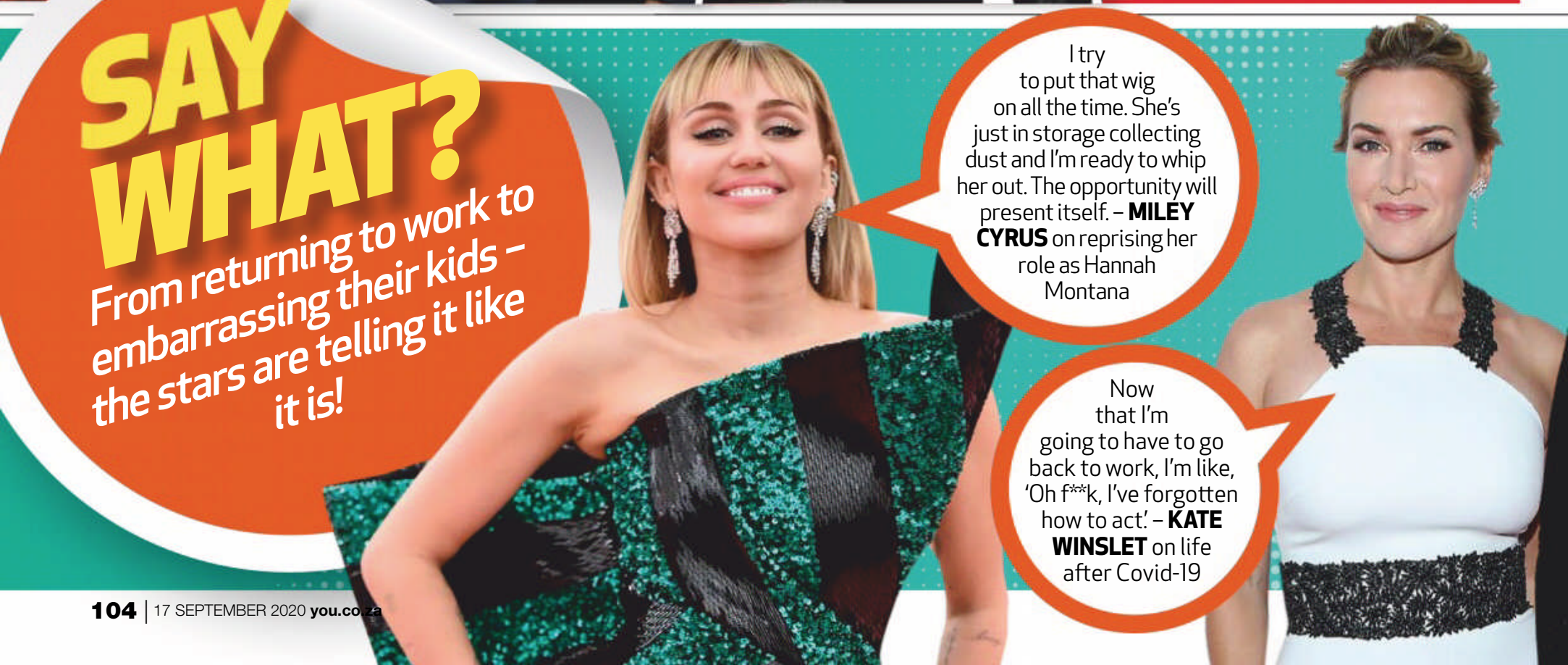
Paris has been dating entrepreneur **CARTER REUM** (39) for nine months, and she says it's a healthy relationship.

"I feel so safe with him. Before, I don't think I was really ready for a good relationship. But I've learnt so much. And I'm so grateful to have found my perfect match."

Although Paris has never spoken out against her ex, former Backstreet Boys singer NICK CARTER, his brother, Aaron Carter, has tweeted: "I witnessed the abuse to Paris from my brother".

SAY WHAT?

From returning to work to embarrassing their kids – the stars are telling it like it is!



I try to put that wig on all the time. She's just in storage collecting dust and I'm ready to whip her out. The opportunity will present itself. – **MILEY CYRUS** on reprising her role as Hannah Montana

Now that I'm going to have to go back to work, I'm like, 'Oh f**k, I've forgotten how to act.' – **KATE WINSLET** on life after Covid-19

COMPILED BY LINDSAY DE FREITAS

SOURCES: DAILYMAIL.CO.UK, PEOPLE.COM, OPRAHMAG.COM, GOODHOUSEKEEPING.COM, HOLLYWOODREPORTER.COM, VULTURE.COM, USMAGAZINE.COM, IHEART.COM, ETONLINE.COM

Dolly's marriage secret? Give each other space

Although **DOLLY PARTON** wears her heart on her sleeve in the lyrics of the many love songs she's written over the years, her relationship with her husband **CARL THOMAS DEAN** is a closed book.

The couple – who have been together since 1964 – are rarely photographed or interviewed together. Yet, she recently revealed that leading separate lives may just be the secret ingredient that keeps their romance strong.

"We're not in each other's face all the time," the 74-year-old musician recently told US country singer Gabby Barrett (20) in an interview in which she offered marriage advice.

"I think there's a lot to be said about having some sensible separation because you can't be with somebody 24/7, 365 and not want to smack their face now and then."

Dolly, who revealed she's never fought with Dean (78), also credits a "great friendship" for helping them celebrate 54 years of marriage.

"We're both funny, and we both have a great and warped sense of humour so we've always had a good time," she says.

"He's pretty much a loner and a homebody, and I'm a gypsy. But when I'm home, I love that. We don't do the same thing so it gives us different stuff to talk about."

The couple first met outside a Nashville laundromat in 1964 and wed two years later in a small ceremony attended only by Dolly's mom and the pastor's wife.

Throughout their marriage, Carl has eschewed the spotlight, opting not to appear at events or on red carpets with his love.

The Jolene singer even admitted to Ellen DeGeneres that her husband has only seen her perform live once.

Still, she hails him as her "biggest fan behind the scenes".

LEFT: Carl Thomas Dean was spotted in a rare public appearance earlier this year. It was an unexpected outing for the reclusive figure, who's avoided being photographed for four decades.

Dolly & Carl, 1966

I wasn't ready to tell anyone because I'd had a miscarriage. I don't want to throw anyone that's already being thrown under any proverbial bus, but I didn't enjoy that moment. – **MARIAH CAREY** on being forced to reveal her pregnancy on The Ellen DeGeneres Show in 2011

The thing you have to realise is how hard it is to grow up at all, let alone in front of everybody – **DREW BARRYMORE** on the perils of childhood stardom

If you're not embarrassing your children, you're not spending enough time with them… it's our job as parents to really ramp up the embarrassment. – **REESE WITHERSPOON** on zealously supporting her son Deacon Phillippe's music career

BY LINDSAY DE FREITAS

◀ Stranger Things star Maya Hawke in Versace

Argentinian model Cecilia Rodriguez in Maria Lucia Hohan

US model Taylor Hill in Etro

Italian singer Elodie in Versace

▶ Senegalese model Maty Fall Diba in Etro

STYLE STAR

The Crown actress Vanessa Kirby in Valentino

Actress Cate Blanchett in Esteban Salazar

US model Arizona Muse in Alberta Ferretti

Film director Gia Coppola in Gucci

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