FREE STATE MOM'S TRAGIC STORY

26-year-old confined to bed & plagued by pain

BRAIN CANCER ROBBED ME OF THE PERSON I WAS IN JUST ONE YEAR

GREAT PICS

9 DOING FINE! MEET THE WORLD'S THRIVING NONUPLETS

LOURDES' RARE REVEAL

What it's like to be 'control freak' Madonna's daughter

you.co.za | 11 NOVEMBER 2021 #779

OUT & ABOUT AGAIN!

'I FEEL SO BLESSED TO BE A MOM TO THESE KIDS'

Angelina Jolie reflects on parenting as she and her brood hit the red carpet with gusto

KZN PASTOR SLAYING

Friends open up about Liezel de Jager and 'troubled' husband Werner

THEY MOVED FOR A FRESH START – THEN THIS HAPPENED

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TALK TO US

Email letters@you.co.za • **SMS** 36489 • **Post** YOU, PO Box 7167, Roggebaai 8012

Got something to get off your chest? We'd love to hear from you. Letters and SMSes should be no longer than 200 words. Opinions expressed here aren't necessarily those of YOU's editorial team. We can't undertake to reply to all letters. The sender of the winning letter receives R300.

WINNING LETTER

THE TIES THAT BIND

We are four children from a first marriage, and three from the second, sharing the same father. Sadly, we lost our brother several years ago, followed by my mother, stepmother, then our father.

The remaining six children are scattered over three provinces and we recently managed to get together for a family reunion to hold a memorial service for my late brother. It was a poignant moment as we scattered his ashes in the same spot in the beautiful garden where our mother's ashes lie.

I genuinely appreciate the fact that our youngest sister and youngest brother arranged the get-together. They are the glue holding us together. We spent an enjoyable day reminiscing and sharing hilarious anecdotes while enjoying the delicious meal prepared by my brother-in-law.

For me it was a 12-hour bus trip both ways and my time was very limited as I had to choose who to visit between friends I hadn't seen in more than 40 years.

I am so grateful that my sister arranged a visit to an uncle as I'd only been home a few days when he was diagnosed with stage-four lung cancer, the same cancer that took my husband from me almost two years ago. Without the loving support of our families, we are nothing.

SO GRATEFUL, EMAIL

WHAT would you do if you knew you had limited time left on Earth? How would you spend it? Who would you spend it with? What would you want to do most? What would you stop doing immediately?

These questions popped into my head as I read the incredibly moving story on page 12. Carli van Aswegen is just 26 years old and has been diagnosed with cancer of the brainstem. She knows she can't be cured and her courage is awe-inspiring. "I'm not exactly afraid of dying but I do feel a little scared," she says.

My heart goes out to her and her family. I can't imagine what it must feel like to have this kind of thing hanging over your head.

Her story also made me realise again how precious and fragile life is, and that we shouldn't waste any minute of it. Not on big things nor on small things. We only get one shot – and many of us don't know how long that shot will be.

Charlene

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DON'T COMPLAIN – CONTRIBUTE!

"Ask not what your country can do for you. Ask what you can do for your country". Those were the famous words of John F Kennedy. It is easy to complain from the sidelines but that hardly ever solves anything. Rather than being part of the problem, let us see where we can help with a solution.

They also say: "Don't kick someone when he is down". Eskom is down. Getting worked up about that won't help. Where we can save electricity, let's do so. If we are able to pay for it, that will help.

Those who are employed in the service industries can help build this great land and are encouraged to be disciplined and hard-working. Reporting corruption and cable theft might also be useful.

Others who are unemployed might volunteer to contribute where they are able. Let's do what we can to make South Africa work.

MARTIN ZAGNOEV, JOHANNESBURG

■ Spare a thought for matric learners whose studies are being affected by all this wretched loadshedding. Trying to cram facts and learn theorems by candlelight can't be easy.

Seems there's no limit to the number of obtacles thrown in our learners' way. On the plus side, they'll soon be able to vote!

FRUSTRATED PARENT, EMAIL

IN SEARCH OF EGG-CELLENCE

A substantial breakfast loaded with healthy protein, will go a long way in sustaining you throughout your busy day. Alas, very few eateries have trained their cooks to prepare the perfect poached egg.

Rolling boiling water with a splash of white vinegar is the secret to preparing the delicious, soft poached egg.

I have searched far and wide, seeking those who know how to reach egg nirvana but they have remained elusive, until a few weeks ago, when I stumbled upon an eatery in Boksburg, whose cook knew the secret to attaining egg perfection.

I am now an early-morning regular, enjoying the awesome poached egg on toast – my own utopian culinary dream.

PETER BACHTIS, BENONI

GIVE KIDS A SPORTING CHANCE

As a man who used to play soccer in my youth, it breaks my heart that school sport is no longer taken seriously. We never used to get bored as young people when school and community sports were still used as a vehicle to develop young people.

One of my fondest memories was when our top striker went to the opposition's goalkeeper before the match started and had a little chat. He said to the goalie: "Do you think you're strong

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VACCINES FOR TEENS

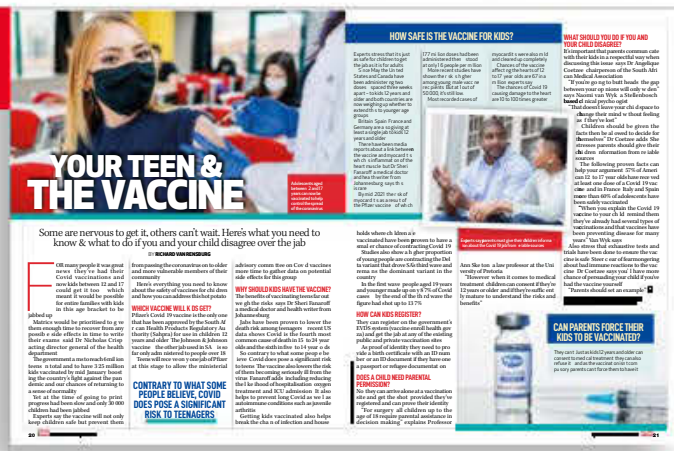
Help protect your whole family by getting yourself and your children 12 years and older vaccinated against Covid-19 (YOU, 4 November).

You must firstly prepare your children before getting vaccinated. You must also go to your nearest clinic to get tips on how to support your child before, during and after taking a jab. Rather get correct information from health professionals than asking your neighbours.

Stop entertaining the myths about the jab. Tell you child what to expect to prepare them mentally before the visit.

Tell the health practitioner about your child's allergies. Don't hide anything from them regarding your child's health.

We all know any medication and vaccine has side-effects. Side-effects such as pain, redness, swelling, tiredness, headache, muscle pain, chills, fever and nausea may affect your child's ability to do daily activities, but they should go away in a few days. Some people have no side effects at all. Roll up your sleeve


YOUR TEEN & THE VACCINE

Some are nervous to get it, others can't wait. Here's what you need to know & what to do if you and your child disagree over the jab

HOW SAFE IS THE VACCINE FOR KIDS?

WHAT SHOULD YOU DO IF YOU AND YOUR CHILD DISAGREE?

WHY SHOULD KIDS HAVE THE VACCINE?

WHICH VACCINE WILL K DS GET?

CONTRARY TO WHAT SOME PEOPLE BELIEVE, COVID DOES POSE A SIGNIFICANT RISK TO TEENAGERS

HOW CAN KIDS REGISTER?

DOES A CHILD NEED PARENTAL PERMISSION?

CAN PARENTS FORCE THEIR KIDS TO BE VACCINATED?

and get the jab.

MAKALA SARA, THREE RIVERS

■ So a 12-year-old can choose to have the jab without parental consent, even though they are way too young to make an informed decision? This is nothing more than a certificate of obedience, citizen control and medical apartheid. Life will never go back to normal while this (and never-ending immune-suppressing booster shots) is a requirement.

ANGRY, SMS

■ Those refusing to be jabbed should be grabbed, tagged and rehabbed before they pass on Covid to other unvaccinated idiots.

BABBS, EMAIL

enough to catch the thunderous shots I'm going to unleash on you today?"

The goalkeeper answered that he was equal to the task. The match started and every time our striker got possession of the ball, the goalkeeper would look scared.

In the 20th minute our striker got a one-on-one chance with the goalkeeper. The goalie was so scared that he dived even before our striker could take a shot at goal. The score was 1-0 and the full-time score was 5-1, much to our jubilation and all thanks to their jittery goalie.

Not only did we like to play mind games with opponents before tough matches, we also worked hard as a team to win.

Playing sports used to improve our social interaction, a sense of belonging and pride. It also improved our listening skills, taught us discipline and made us good team players in all aspects of our lives.

That's where I learnt that you need to sweat for what you want. Sport also entertains and improves your health.

I urge parents to share fond memories of their sport-playing days to encourage their children to develop interest in playing sports themselves.

PRO SPORT, EMAIL

IN BRIEF

To the lady who cried out for shoes to suit bunion sufferers (You Say, 14th October), Tsonga Shoes made here in SA are very kind to bunions as they have a very soft leather.

PAM FOURIE, EMAIL

Thank you for the article "How I learnt to really listen" (YOU, 28 October). I am a lay counsellor in my church so found this article very informative. It is so easy to give advice but I find that most people just want someone to listen to them.

JAY, SMS

Hijacking, kidnapping, murders, rogue cops, corruption, theft, state capture . . . That's what SA has become.

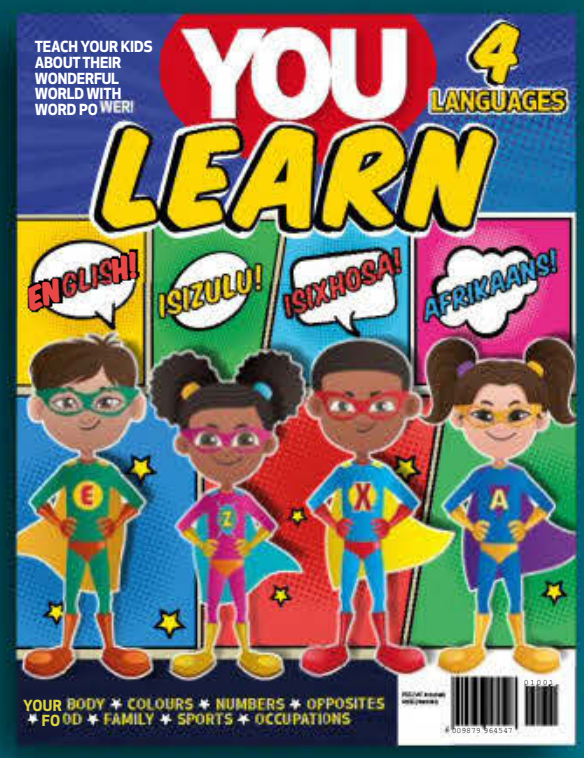
WENDY, MIDRAND

I've coined a new word for South Africa: a crimeocracy.

REALIST, SMS

I'm shocked that the kidnapping of the four Moti brothers (YOU, 4 November) isn't making world headlines. I can't imagine the agony those poor parents must be going through.

CATH, SMS



THE GIFT OF LANGUAGES

Cloud, *ifu*, *ilifu*, *wolk* – that's just one example of the words you can learn in English, isiXhosa, isiZulu and Afrikaans in our great magazine, YOU Learn 4 Languages. It's a wonderful tool for learning new words. Little kids can learn what objects are in their mother tongue while older kids (and curious adults) can learn everyday words in other languages. Explore themes such as animals, clothes, food, occupations, opposites and more.

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Angie and her kids have been turning on the charm as they hit the red-carpet to celebrate the star's latest blockbuster

COMPILED BY **LINDSAY DE FREITAS**

OUT & ABOUT WITH MOM

THEY used to be the best-travelled family on the planet, making their way through airports across the world, clutching toys and dragging suitcases as they jetted from one country to the next.

Then came the Brangelina implosion, and all the legal complications clipped Angelina's wings somewhat. And when the pandemic stampeded in, international travel ground to a halt along with glitzy international movie premieres.

But the world is opening up again – and that means we're once again being treated to red-carpet sightings of Angelina Jolie and her brood in locations around the world.

And what a treat it's been. In recent weeks the 46-year-old mom and five of her six kids have graced three premieres of Eternals, the new Marvel superhero film Angie stars in.

Maddox (20), Zahara (16), Shiloh (15) and 13-year-old twins Vivienne and Knox have been at their mother's side, beaming and beautiful, and showing just how grown up they're becoming.

But it's Shiloh who's been creating the most stir. The teen seems to have abandoned her androgynous tomboy look, eschewing trousers, jackets and cropped hairdos for dresses, a hint of makeup and cute updos.

At the Los Angeles event, Shi, as her family calls her, wore a stylish hanky-hem dress, an upcycled version of a Gabriela Hearst slipdress Angelina wore on a trip to Paris in July.

She wasn't the only one to rock her sustainability-conscious mom's haute hand-me-downs though: Zahara also followed the theme, donning a dazzling Elie Saab dress Angie wore to the Oscars in 2014.

"My kids are all mixed up with vintage and in my old Oscars dress," Angie said at the event. "We all did vintage and upcycled my old stuff."

A few days later the superstar family was at the Rome Film Festival – and this time Shiloh's wild sneakers stole the show, with Angie making the sustainability statement in a strapless Versace gown crafted from reclaimed metal mesh.

Days later at the London premiere, Shiloh was chic in an altered version of the black and white dress her mother wore for a Maleficent: Mistress of Evil press conference in 2019, while Zahara added a pop of colour in her yellow minidress.

As for the twins – it may be a cliché to say "my, how they've grown" but my, haven't they grown? Angie is soon going to be dwarfed by her babies at this rate.

Those in the know say it was "powerful" to see Maddox standing proudly alongside his mom and siblings.

"Angelina and Maddox have always been close but things have been difficult for him after the split from Brad," a source close to the star says.

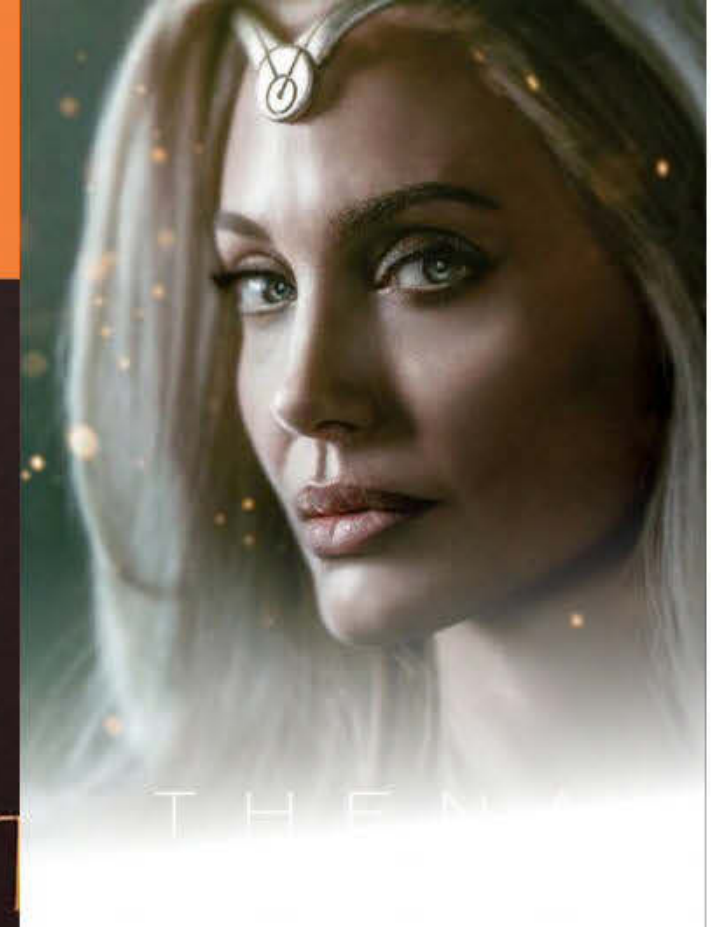
Maddox and Brad have been estranged since the breakdown of the marriage and he has steadfastly refused to see his father.

And Pax? Where was he while his mom, brothers and sisters posed for the cameras?

The 17-year-old appeared to be missing from all the events and the reason, insiders say, is because he's very shy and hates cameras and publicity.

"He didn't even go to his own high-school graduation ceremony in June as

Maddox, Vivienne, Angie, Knox, Shiloh and Zahara at the Eternals' Los Angeles premiere. RIGHT: Angelina plays Thena in the Marvel film.



latest instalment in the Marvel Cinematic Universe – is all about female empowerment.

"A lot of times as an actress you're that individual strong woman, or you have one sister – you don't often have this family where you really get to know women and see all the different strengths," she says.

The movie is directed by Chloé Zhao, the Oscar-winning director of 2020's Nomadland, and also stars Gemma Chan, Salma Hayek and Lauren Ridloff.

Angie has nothing but praise for her co-stars. "Gemma's grace and elegance and the way she walks through the world. Salma's motherhood and power ➤

RIGHT: Zahara and Angie with Shiloh, who stole the show at the Rome Film Festival in a minidress and printed high-top sneakers. FAR RIGHT: Brad and Angie's first child was known for her androgynous look.

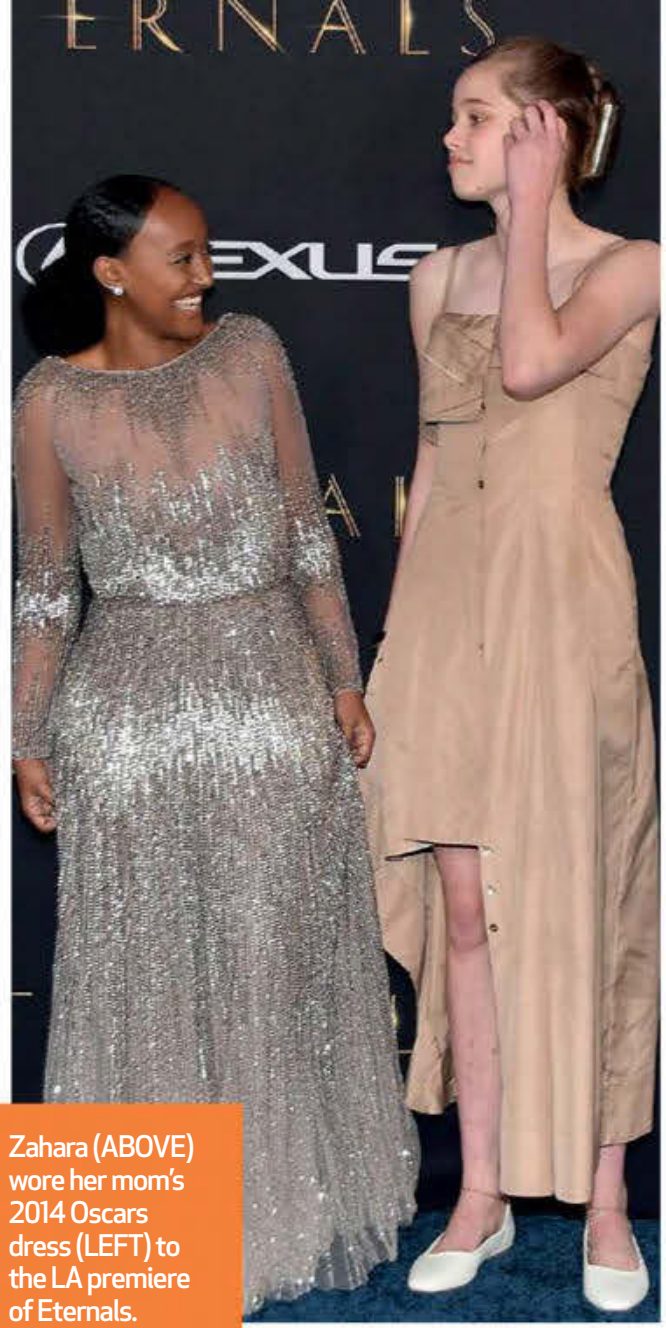
he didn't want to create a circus," one source says. "He has a lot of friends though."

After the London premiere Angelina was spotted out doing some high-street shopping, first with Vivienne then with Shiloh, Zahara and Knox. Masks were in place but there was a definite sense of a return to normal – because if Angie is out and about with the kids, all must be improving in the world.

ANGIE was her luscious pillow-lipped self on the press tour, radiant and confident as she worked the cameras and charmed the media.

For her, Eternals – the

'I FEEL SO BLESSED TO BE A MOTHER TO CHILDREN FROM DIFFERENT PARTS OF THE WORLD'



Zahara (ABOVE) wore her mom's 2014 Oscars dress (LEFT) to the LA premiere of Eternals.

Shiloh's hanky-hem dress (LEFT) was an upcycled version of a Gabriela Hearst slipdress Angie wore in July (BELOW).

'MY CHILDREN HAVE DONE MANY, MANY LOVING THINGS AND THEIR KINDNESS HAS BEEN VERY HEALING TO ME'

and Lauren's connection and intelligence. Everybody came as themselves," she says.

"Maybe there's something to that – that the characters weren't as far off [from themselves]. I think there's a secret we don't know that our director knows, because if you look at her films, she casts a lot of real people as their roles and it shapes her films."

The Eternals, which is set for release in cinemas this month, follows a race of immortal beings with superhuman powers who are secretly living on Earth.

Angelina, who plays immortal warrior Thena, says joining the cast of a superhero film was the last thing she'd planned to do.

"I don't usually lean towards superhero or sci-fi films. It's not usually what I'm looking to do. It felt like something else was happening in this film though."

It was Zhao's character-driven approach that persuaded Angie to sign on for the film after passing on superhero roles in the past.

"It's not one of us in front and other characters behind. It's this really equal family. And I wanted to be a part of this family."

Still, even though Angie relished the opportunity to play Thena, she says her kids weren't particularly excited about the prospect of watching her run around on screen in a unitard for two hours.

"Would you wanna see your mother wearing that?" she jokes. "Your mom walks in with a gold spandex outfit and gold hair and they're like, 'What do you do for a living? What are you? Get back in your robe'."

ANGELINA says her children are all very different people. "I'm so excited about all the different stages and feelings and curiosities they go through," she tells People.

"[Parents] are supposed to help them figure out who they are. And you can't figure out who they are if you don't enthusiastically develop with them."

But she adds she isn't a perfect parent "by any means". "Every day I feel like I'm more aware of everything I don't do right. And I'm pretty tough on myself because I feel often, 'Am I doing the right thing? Did I say the right thing?'"

Yet the family she has is the family she has always dreamt of. "I feel so blessed to be a mother to children from different parts of the world and to learn about their cultures through them.

"I've always seen diversity as strength. I felt if I raised a family in the world, that I wouldn't have to say that to my kids – they would just see it."

The kids have been putting on a united family front as their parents' years-long custody battle faces new challenges.

In September, Angie told The Guardian

GALLO IMAGES/GETTY IMAGES, BACKGRID, MAGAZINEFEATURES.CO.ZA, FOTOSTOCK, ©MARVEL STUDIOS 2021

Pax was the only member of the famous brood missing from recent red-carpet events.

For Eternals' London premiere, Shiloh (TOP LEFT) donned a Dior dress Angie wore in 2019 (ABOVE).

she and her children suffered trauma at the hands of Brad and indicated she feared for their safety during their marriage, which ended in 2016.

And now, after years of duking it out in court, the former couple seem no closer to settling on a child-custody agreement, especially after the California supreme court recently rejected Brad's latest legal bid for 50/50 custody of the kids.

The court gave no reason for rejecting Brad's appeal other than to say, "Petition for review and application for stay denied."

This means the case may have to go back to square one, with the court hearing from both sides all over again.

Angie's lawyer, Robert Olson, welcomed the decision. "Ms Jolie is focused on her family and pleased that her children's wellbeing will not be guided by unethical behaviour," he said in a statement.

Insiders in Angie's camp say she's ready to put the pain of her split in the past and is even keen to dip her toe back in the dating pool.

Speculation swirled recently after she was seen hanging out with ex-husband, Jonny Lee Miller (48), and singer The Weeknd (31), and a friend says the star is "having so much fun right now".

"She wants to make up for lost time. She wasn't interested in dating anyone for years after the split from Brad because she was so busy being a mom and staying on top of her career.

"There's no pressure or expectation at this point, just a lot of fun, and Angelina's really enjoying it. Her friends haven't seen her this up and energised in forever."

Her children, however, remain her top focus. "They're pretty great people," she says. "I'm very honest with my kids. I'm very human with them. And so when they see me standing up there being a superhero, they don't see someone who's got it all together. They see the person they've known go through many different things – try her best, fail, be this, be that and then stand up.

"My children have done many, many loving things and their kindness has been very healing to me." ❑

BRING-YOUR-DAUGHTER-TO-WORK DAY

Angelina Jolie wasn't the only Eternals star to bring her children along to the London premiere of the movie.

Salma Hayek (55), who plays Ajak in the movie, was accompanied by her 14-year-old daughter, Valentina Paloma Pinault. The actress keeps her family mostly out of the spotlight and this marks the first time the teenager has joined her mother on the red carpet since 2015, when they attended a screening of the animated film The Prophet.

Valentina – whose father is French businessman François-Henri Pinault (59) – has clearly inherited her mom's sense of style: she stepped out in a ruffled black and white polka-dot mini-dress by Saint Laurent, while Salma stunned in a plunging black and gold Gucci gown.

Valentina is impressed with her mom's role as the superhero. "She's cool, she's cool," she told Entertainment Tonight.

Salma describes her involvement in the movie as "humbling".

A Mexican woman in her fifties doesn't traditionally fit the image of a superhero, she says.

"I'm short with big boobs," she says. "I'm not muscly, I don't look like that. But this is real."

Salma Hayek brought daughter Valentina as her Eternals premiere date.

SOURCES: DAILYMAIL.CO.UK, VANITYFAIR.COM, TELEGRAPH.CO.UK, PAGESIX.COM, HARPERSBAZAAR.COM, PEOPLE.COM, ELLE.COM, SCREENRANT.COM, TODAY.COM, EW.COM, ETONLINE.COM

INSET BELOW: Amanzimtoti couple Liezel and Werner de Jager. BELOW: He went missing after she was killed and he was later found in a serious condition in his car in this sugar plantation.

SHE WAS SO KIND

Freinds tell how pastor Liezel and her family moved to KZN for a fresh start. Now she has been murdered in mysterious circumstances and her husband is in hospital BY **JOHANÉ SCOTT**

SHE had so much going for her – a congregation enchanted by her open style and outgoing personality, two little girls she adored, many friends, a full life.

So when Dutch Reformed minister Liezel de Jager (38) was found slain in the driveway of her home in Amanzimtoti, KwaZulu-Natal, the community was in shock. An autopsy confirmed she'd died by strangulation. Nothing had been stolen – her keys, cellphone and handbag were all found at the scene.

There were so many unanswered questions – and the mystery deepened when her widower, Werner de Jager (43), went missing 10 days after her murder.

For four days authorities searched for him until he was eventually found in a serious condition in his car in a sugar plantation near Illovo, south of Amanzimtoti.

Kyle van Reenen, national spokesperson for private medical emergency service Emer-G-Med, was on the scene when Werner was found and told YOU it appeared he'd been there for about four days.

The plantation is about 11 km from the manse where Werner's wife was murdered. He was admitted to an Amanzimtoti hospital and at the time of going to print was still being kept there.

In the aftermath of the tragedy, those close to Liezel say she put on a brave face to the world and always considered others before herself.

They also tell of Werner's long-term battle with depression and of previous incidents when he went missing and attempted suicide.

There were also regular trips from Upington – where Liezel had been a minister in the Dutch Reformed Church Kanoneiland for eight years before moving to KZN – to Bloemfontein for counselling, they say.

But two members of Werner's family paint a different picture. They say he's spontaneous, kind and friendly and they've never seen any signs of depression in him.

They're also fed up with all the speculation and "finger-pointing" and want the matter to be left up to the authorities.

"Werner isn't a violent man," one relative says. "Family is very important to him."

Shortly before going to print, local police told YOU that the murder was still being investigated and they declined to confirm or deny whether they had a suspect.

DARREN STEWART, SUPPLIED, FACEBOOK/LIEZEL DE JAGER

IT WAS the shock of Liezel's murder that drove Werner, a former ATM technician, to get into his car and disappear, his family believe.

He left the couple's two young daughters in the care of his in-laws, who'd travelled from the Free State after the tragedy to stay in the Dutch Reformed South Coast manse.

Then Werner went missing on 23 October – and a source close to the investigation told YOU he'd been scheduled for a lie-detector test the following Tuesday to give his side of the events.

Emer-G-Med's Van Reenen gave YOU details of what paramedics found four days later in a sugar plantation drenched with dew and heavy with humidity.

Werner was in his car and had sustained a broken collarbone and cracked ribs. His skin was puckered from moisture, Kyle says, adding that his own uniform rapidly became soaked as he made his way to the car through the sugarcane.

There was mud on the floor of the car, which indicates Werner could have got out at one point. He was dehydrated, freezing cold and disoriented, telling paramedics he was there with family.

There was no food or water in the car but two containers filled with petrol were found.

The paramedics administered fluids via an intravenous drip to stabilise Werner on the scene before he was taken to a helicopter in the paramedics' 4x4 vehicle and flown to hospital.

Insiders from the Kanoneiland congregation say Werner's troubled past had put a lot of strain on Liezel.

In 2015, he's alleged to have been found in a minibus, bloodied after having cut himself on a church outing.

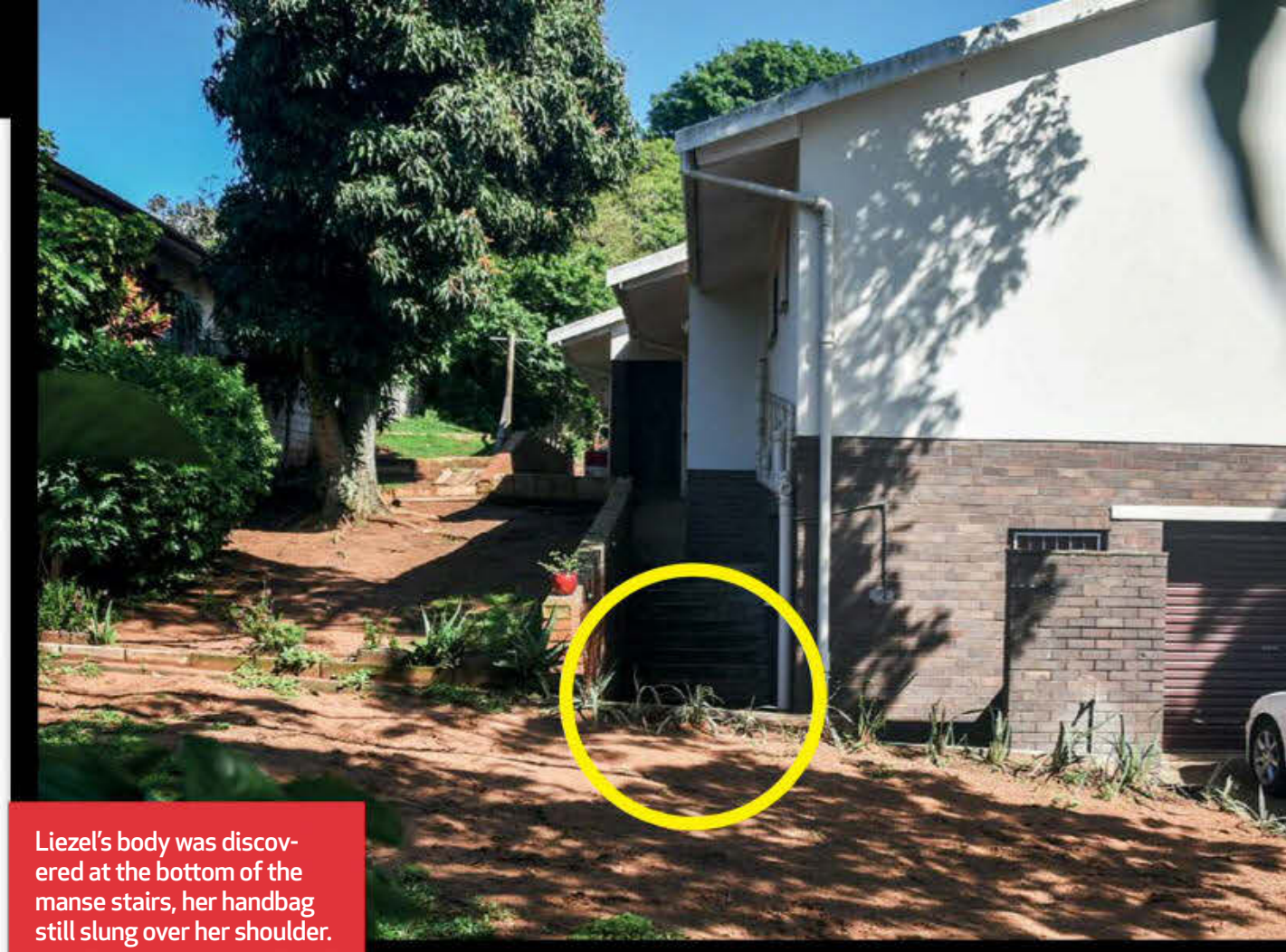
"My son found him and called us," the owner of the resort where the incident allegedly occurred tells YOU. "We drove him to Upington Mediclinic, which had dispatched an ambulance to meet us along the way."

In 2018, Werner disappeared again. After a day-long search he was found in Augrabies National Park with an open gas bottle in his car.

Liezel's friends say she was especially shaken after a bloodied Werner told her he'd been attacked by two men who'd tried to rape him.

She was so terrified she started self-defence training, but Werner later confessed in church that he'd lied about the incident and had cut himself.

"We were all deeply shocked," one of Liezel's Upington friends says. "But the community forgave him and tried approaching him with empathy rather than rejection."



Liezel's body was discovered at the bottom of the manse stairs, her handbag still slung over her shoulder.

Everyone thought it showed "a lot of guts" that Werner and Liezel went for counselling together, the friend says.

'IT DIDN'T MATTER IF YOU WERE RICH OR POOR, SHE TREATED EVERYONE AS EQUALS'

Then, three years before her death, Liezel was called to serve the Amanzimtoti church. "We were very sad," the friend says. "But she and her family moved so they could make a fresh start."

THE circumstances of Liezel's death are still shrouded in mystery.

On the morning of 13 October she went out with her running group as she did most mornings.

Alan Payne, chair of the Amanzimtoti Athletics Club and organiser of the Trot Along running group the minister belonged to, says after their run Liezel left the group's meeting place, Synergy Café, in her car at about 5.40am.

The manse is a five-minute drive from the coffee shop. A source close to the investigation confirms that no suspicious people or vehicles were recorded during that time on neighbourhood security cameras.

The panic button at the manse was activated at around 6am. When the security firm called the home, Werner answered and told them the alarm had been triggered by mistake and that all was well.

But an hour later the panic button was activated again – and this time Werner was hysterical. He told them he'd found his wife's body in the driveway.

When security staff and police arrived at the scene, they found Liezel lying on her back on the ground with blood on her neck.

A source says she was possibly choked with a toy spade that was found next to her head, but that the force of it had bent the metal, cutting her neck. DNA samples were taken from under her fingernails, but at the time of going to print forensic results hadn't been released yet.

Liezel's friends are shattered at the loss of a woman they describe as exceptional. "It didn't matter if you were the richest of the rich or the poorest of the poor, she treated everyone as equals," one says.

She was a salt of the earth type too and enjoyed a good raunchy joke, the friends say.

"We all depended on her for advice," the Upington friend says. "This makes me want to scream and weep for her. I find it extremely upsetting that she moved from Upington to start a new life – only to be murdered there." ❑

Carli van Aswegen is facing a death sentence as she battles brain cancer – but she's determined to be strong for her loved ones

BY **JANA VAN DER MERWE**
PICTURES: **PAPI MORAKE**

'I DON'T WANT MY FAMILY TO FORGET ME

IF IT weren't for photographs, it would be hard to believe the woman lying in the bed is the same girl who danced on stage, beamed radiantly on her wedding day and joyfully cuddled her baby boy.

At just 26 years old, Carli van Aswegen is unrecognisable as the young woman she once was – full of energy with her whole life stretching ahead of her.

She has accepted that her days on Earth are numbered after receiving a devastating diagnosis just over a year ago. She has cancer of the brainstem and in December doctors told her there was little more that they could do for her.

"I'm not exactly afraid of dying but I do feel a little scared," Carli says, her eyes welling with tears. "I'm afraid that heaven won't look the way I imagined it."

She wipes her tears with a hand swollen by medication. The young mom is being cared for by her husband, Daniel (27), who's keeping a constant vigil at her bedside in the garden cottage of his parents' home in Bloemfontein.

Little Micah, their three-year-old son, is at daycare but Carli's mom, Hester Potgieter, and her mom-in-law, Lulu van Aswegen, are here, slipping in and out of the room to check in on her.

Carli and Daniel on their wedding day in September 2015. They've known each other for 12 years.

Carli had her makeup done especially for YOU's photoshoot. She's had false lashes attached and there are blonde highlights in her hair. But, as a result of cortisone to counteract the side-effects of radiation, there's no sign of the willowy, healthy young woman who smiles from the pictures Lulu shows us.

"I miss being healthy, being able to pick up my son, to exercise, to play," Carli says.

She misses her career too – cancer forced her to quit her job as software developer in June last year.

She's battling a lot today, she tells us.

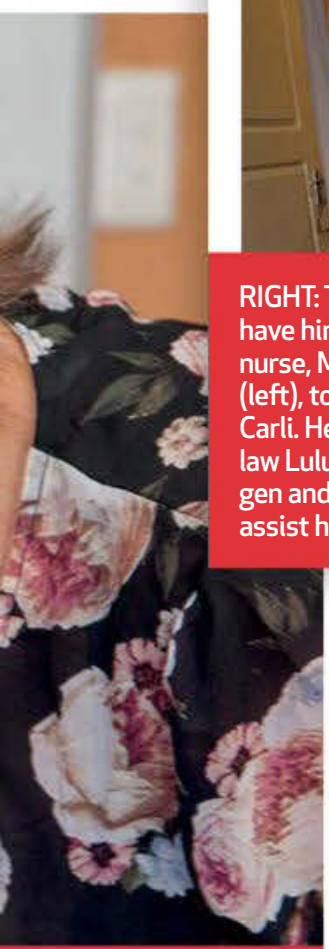
"I have a terrible headache and my body is sore. I don't want to die, but the way I feel today I actually want to. I know it's unfair to my little boy. He deserves a mom and my husband deserves a wife.

"But I also don't want them to move on and forget about me."

CARLI was an accomplished dancer at school. "I did modern, tap and hip-hop. It was liberating. I loved the spotlight," she says.

In one picture, she's wearing stiletto heels and a green off-the-shoulder top. "I swear I wouldn't even get that top over my thigh now," she says, a glimmer of her sense of humour shining through.

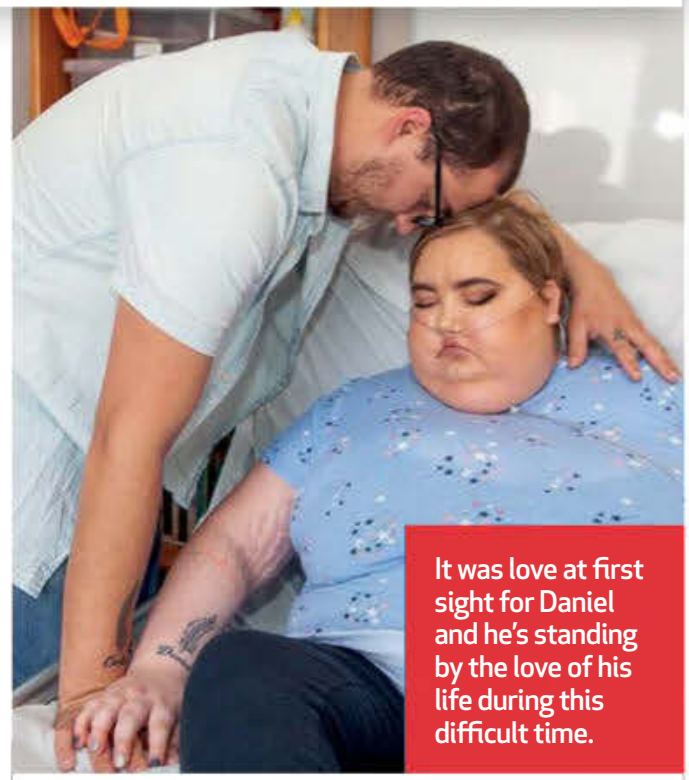
Daniel sits next to her, tenderly holding her hand. Since losing his job as a



ABOVE: Last September Carli van Aswegen was diagnosed with brainstem cancer and her mom, Hester Potgieter, has been by her side ever since. FAR LEFT: Carli with her husband, Daniel, and son Micah, before the diagnosis.

RIGHT: The family have hired a full-time nurse, Maria Pule (left), to take care of Carli. Her mother-in-law Lulu van Aswegen and Daniel also assist her every day.

'I HAVE A TERRIBLE HEADACHE AND MY BODY IS SORE. I DON'T WANT TO DIE'



It was love at first sight for Daniel and he's standing by the love of his life during this difficult time.

salesman in January this year, he and Lulu have been Carli's full-time caregivers.

When he talks about meeting Carli 12 years ago, his face lights up.

"It was at a youth camp and I turned to my friends and told them, 'That's the girl I'm going to marry'."

Life took them on different paths for a while but they did indeed end up getting married in an intimate beach ceremony at Scottburgh on the KwaZulu-Natal South Coast in September 2015.

The pictures fill Carli with melancholy. "It's terribly, terribly sad for me. It's incredible to think that I once looked like that."

Her problems started in January 2020, when she started having vision problems. She went to an optometrist and started wearing glasses but they didn't help for long. Then the fatigue started.

"I'd be sitting somewhere and fall asleep right there," she recalls.

Still, she didn't think it was anything serious. "We were even discussing that we might be ready for another baby," she says.

When she started experiencing intense headaches and nausea in March last year, she initially thought she might be pregnant. She tested herself several times but each time the results came back negative.

"And every time we were disappointed."

Carli saw her GP three times about the nausea and she recommended the couple start a healthier lifestyle plan. They followed her orders but the nausea persisted.

"We went to see seven different doctors," Daniel says. "No one could pinpoint what was wrong with Carli."

It got to the point where she couldn't continue working and in September last year she suddenly became so ill she had to go to the emergency room.

After a week-long battery of tests and an MRI, she was given the shocking diagnosis. She had a rare tumour, known as an ependymoma, growing in her brainstem.

"I was so shocked that the doctor had to ask me if I understood what he was saying. I have brain cancer," she recalls.

The tumour was inoperable because it extended too deep into her brain tissue. Radiation was the only treatment option.

Carli started radiation in October last year in an attempt to shrink the tumour but in the end it could only limit its growth, not reduce it.

HER condition has deteriorated steadily since then. Now she can't even make herself a cup of coffee.

A full-time nurse has been helping since May and the local hospice is assisting with palliative care.

It's hard seeing her daughter suffer like this, Hester says. "It's a very emotional time. I try to visit her every day, so that it's not such a terrible shock to see her like this every time.

"I could ask God, 'Why my child?' But if it's not my child, then it'd be someone else's child. So instead, I'm asking the Lord, 'Why must my child suffer so much?'"

Carli recently started planning her funeral.

"I want a colourful memorial with lots of flowers," she says. "My ashes must be used to plant a tree. There must be a bench with my name on it. And very bright balloons."

Daniel shakes his head. "She's the best gift ever," he says, looking at his wife. "She's like getting a birthday present every day.

"Now it feels like she's planning the final party for us to throw her." ❑

MORE ABOUT CARLI'S CANCER

An ependymoma is a rare brain tumour that starts in the brain or spinal cord and mostly occurs in children, says Professor Michael Herbst, health specialist at the Cancer Association of South Africa.

It can, however, occur in young adults too, he adds.

The symptoms include headaches, convulsions, nausea and vomiting as well as erratic eye movements, neck pain and issues with balance.

"Treatment for a newly diagnosed ependymoma usually includes surgery, with or without radiation therapy, and sometimes also chemotherapy to destroy any remaining cancer cells."

Generally, 84% of patients live longer than five years after an ependymoma is discovered, but that depends on the type and stage of development.

"The age and general health of the patient also determines the survival rate," he says.

MISHA JORDAAN, JACOB MORAKE, FACEBOOK/CARLI VAN ASWEGEN (POTGIETER), SUPPLIED

CRICKET SA DROPS

RIGHT and BELOW: After the Proteas showed a fragmented stance to taking a knee against racism at the T20 World Cup, the team was told it was compulsory to make the gesture – but Quinton de Kock refused.

The sport's governing body is in the headlines for all the wrong reasons after its bumbling of the Quinton de Kock row

BY **NASIFA SULAIMAN**

SPORT has always been about more than the game. There are the colourful characters; the inspiring stories; the personal struggles; and, every now and then, enough behind-the-scenes drama to spin into an international furore.

Which is exactly what happened when Proteas star batsman Quinton De Kock defied an 11th-hour instruction from Cricket South Africa (CSA) that all players take the knee, a globally recognised gesture, before the start of their games in the T20 World Cup in Dubai in support of the fight against racism.

De Kock's stand divided the nation. He's racist, some cried. Shame on you, CSA, for forcing them just before a match, others said.

The incident once again shone the spotlight on CSA's handling of race-related matters. And again, it's the action of taking the knee that's landed the organisation in trouble.

In July last year fast bowler Lungi Ngidi said he'd support taking the knee and urged his teammates to do the same. His gesture opened a can of worms when several black players, including Makhaya Ntini and Paul Adams, shared their experiences of racism in cricket.

CSA then instituted the Social Justice and Nation-building (SJN) hearings, instigated to air grievances and forge unity among the Proteas.

The cricket body has said it will wait until after the hearings, which are still ongoing, before saying or doing anything. But now it faces fresh criticism of bungling matters of race – we take a closer look.

A TEAM ON ITS KNEES

Before the T20 World Cup, the International Cricket Council (ICC) asked all teams to take a knee in support of the ICC's zero-tolerance approach to racism.

At the Proteas' first match against Australia, some players stood with raised fists, some took a knee and some stood with their hands behind their backs – a fragmented stance that raised many eyebrows.

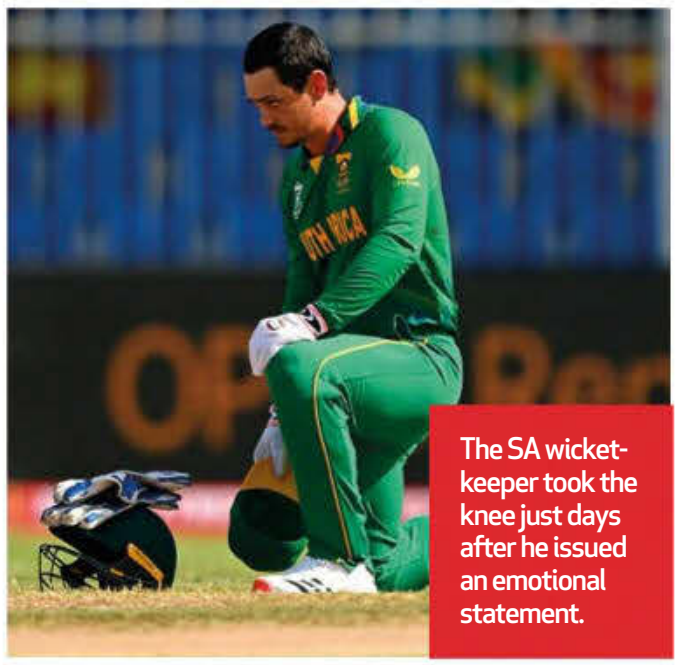
Three days later – just a few hours before South Africa was to play the West Indies – CSA ordered all players "to adopt a consistent and united stance against racism by taking the knee".

"The board felt it was imperative for the team to be seen taking a united and consistent stand against racism, especially given SA's history," it said in a statement.

Before the start of the match, De Kock announced he was withdrawing from the game. A two-day furore ensued as fans, pundits and politicians had their say on De Kock's withdrawal and CSA's instruction.

The drama could've been avoided, says Andrew Breetzke, CEO of the SA

THE BALL



The SA wicket-keeper took the knee just days after he issued an emotional statement.

Cricketers' Association. "Putting aside the merits of the CSA directive, the issuing of the directive to the team a few hours prior to match was unacceptable.

"The team had been preparing for this event for months, and their entire focus would have been on match-day preparations. The board disrupted the team and undermined the captain."

"CSA should have discussed the issue prior to the team's departure for Dubai because they had a situation last year where [some] players took the knee," Hugh Page, a former SA cricketer and national selector, tells YOU.

Breetzke adds the team underwent extensive culture and diversity training and their stance on taking the knee was in place for nearly a year. "The board should have engaged the team on this issue before the event as there was ample opportunity to do so."

Proteas captain Temba Bavuma earned praise for the way he handled the matter. "Quinton is an adult," he said. "We respect his decision, we respect his convictions."

De Kock initially said he'd keep his reasons to himself but two days later issued an emotional statement explaining his circumstances.

"For those who don't know, I come from a mixed-race family. My half-sisters are coloured and my stepmom is black. For me, black lives have mattered since I was born. Not just because there was an international movement. I didn't understand why I had to prove it with a gesture, when I live and learn and love people from all walks of life every day. When you are told what to do, with no discussion, I felt like it takes away the meaning."

If taking a knee helped educate others, he'd happily do so, he said. Which he did at the start of the Proteas' next game against Sri Lanka.

POOR TIMING

Lawson Naidoo, chairman of the CSA board, acknowledged the timing was wrong but said the directive had to be sent. "The desire of players to express themselves as individuals was carefully weighed against the collective need to put an end to racism through words, deeds and action. Any notions of powers being abused, or rights being trampled, are fallacious," he said.

"Taking the knee is now the accepted global gesture against racism adopted by sportspeople across sporting codes because they recognise the power sport has to bring people together."

RACISM IN SA CRICKET

CSA doesn't seem to have a handle on dealing with race issues, critics say. Earlier this year former CSA president Ray Mali called on Graeme Smith, CSA's director of cricket, and Proteas coach Mark Boucher to step down in the interests of "peace". Smith's appointment was considered "irregular".

Boucher's position came into question after Paul Adams testified in the SJN hearings, which is being overseen by transformation ombudsman advocate Dumisa Ntsebeza.

He said when they'd played together, Boucher and other players had adapted Boney M's song Brown Girl in the Ring to Brown S*** in the Ring, Adams revealed. "It's blatant racism," he added.

Boucher submitted an affidavit apologising for "any real and perceived inappropriate behaviour".

Around the same time former Proteas fast bowler Makhaya Ntini also spoke out about feeling isolated throughout his international career and how he'd chosen not to travel with the team as it heightened his feelings of being ostracised.

"I was forever lonely," he said. "The first thing that comes to mind when I think of loneliness, is to not have someone knocking on your door and saying, 'Let's go for dinner'. That's loneliness."

Smith's and Boucher's appointments were questioned by Omphile Ramela, a former CSA interim board member; Eugenia Kula-Ameyaw, a former independent board member; and Thabang Moroe, the former CEO of CSA.

"The damage has been done, and it won't help one bit if they remain in their positions," Mali said. "Our cricket won't come right while they're still in charge."

Smith and Boucher both remain in their positions. ❑

IS IT LEGAL TO FORCE THE KNEE?

An employee has a duty to follow instructions that are lawful and reasonable, says Yvette Basson, senior lecturer in mercantile and labour law at the University of the Western Cape.

"In this case, the instruction to take a knee is clearly lawful – however, the reasonableness of the instruction is questionable."

To be considered reasonable, the instruction must be within the ambit of the job and in this case the instruction was not reasonable as the directive was fraught with questionable elements.

"CSA run the risk of making the gesture performative in nature by compelling players to comply," she says. "In addition, a player's refusal to comply immediately creates a negative impression in the court of public opinion."

EXTRA SOURCES: NEWS24.COM, CRICBUZZ.COM, TELFORDVICE.WORDPRESS.COM, TIMESLIVE.CO.ZA, THEPAPARE.COM, DAILYMAVERICK.COM, THESOUTHAFRICAN.COM, ESPNCRICINFO.COM,

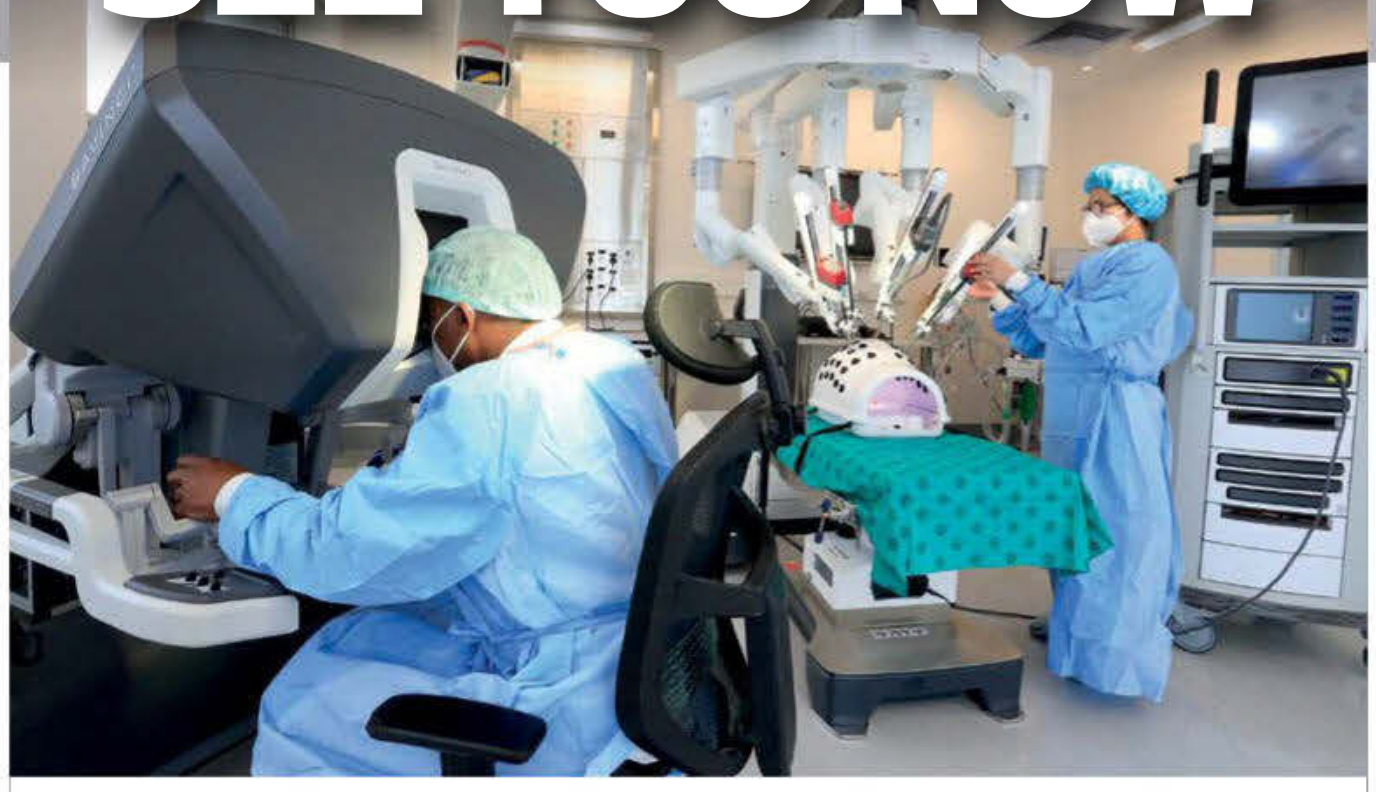
GALLO IMAGES/GETTY IMAGES, GALLO IMAGES/ISURU SAMEERA PEIRIS

Urologist Dr Samkele Salukazana is Groote Schuur's robotic surgery co-ordinator. BOTTOM: He and Lizette von Molendorff from Medhold Medical demonstrate how the robot will work.

THE ROBOT SURGEON WILL SEE YOU NOW

Groote Schuur Hospital in Cape Town has become the first public hospital in Africa to offer robot-assisted surgery

BY **NASIFA SULAIMAN**
PICTURES: **CORRIE HANSEN**



IMAGINE it: you're wheeled into the operating theatre for surgery and discover that it won't be a surgeon who'll wield the scalpel but rather a huge robot with four arms.

Sounds like the stuff of science fiction, yet this is exactly what's on the cards at Groote Schuur Hospital in Cape Town.

Other hospitals around the world have been using robots to perform surgery for years and, with the arrival of a state-of-the-art R38-million Da Vinci Xi robot, which was developed in the US, Groote Schuur has become the first public hospital in Africa to offer robot-assisted surgery.

"It's really an amazing piece of equipment," says Dr Samkele Salukazana, a urologist who's the hospital's robotic surgery coordinator.

The new acquisition can be used to perform an array of procedures – from cardiothoracic surgery to prostate ops and general surgery such as hernia repairs. The incisions it makes are much smaller than those that surgeons can make in traditional "open" surgery, so it's far less invasive with less pain and scarring and fewer complications, he says.

The arrival of the robot will augment the work of hospital surgeons. Although Da Vinci Xi – or Robbie the Robot, as staff at Groote Schuur have nicknamed the machine – will now take centre stage in the theatre, a surgeon will sit nearby at a console, looking into the viewfinder and using remote controls to guide the robot's arms.

Dr Salukazana says it's important to understand that the robot doesn't perform the operation. It's still the surgeon who calls the shots.

"We do the operation. It's just much

The components of the Da Vinci Xi Robot as they would be arranged in a theatre.

HOW THE DA VINCI XI ROBOT WORKS

The robot consists of three components:

1 **THE TOWER** This is the robot, which has four arms: three to wield instruments such as forceps, hooks, scalpels and needle-drivers and a fourth that holds cameras capable of 15 x magnification.

2 **THE CONSOLE** The surgeon sits here in the operating theatre, not far from the patient. He uses controls to operate the robot's arms while watching through a 3D stereoscopic monitor.

3 **A VISION CART** This makes communication between the two other components possible. It's equipped with a 3D high-definition vision system. Assistant surgeons stand here to monitor proceedings and can step in to help when needed.

easier and more comfortable. There are fewer complications and there's a better outcome for the doctor and the patient," he explains.

Doctors won't have to stand for four to six hours at a stretch, and for patients it means a much less invasive form of surgery. Dr Salukazana predicts that robotic surgery will be a game-changer for surgeons.

One of the robot's arms is equipped with hi-tech cameras, including an endoscopic camera with 3D digital optics, so the doctor has a perfect view of what's happening throughout the procedure.

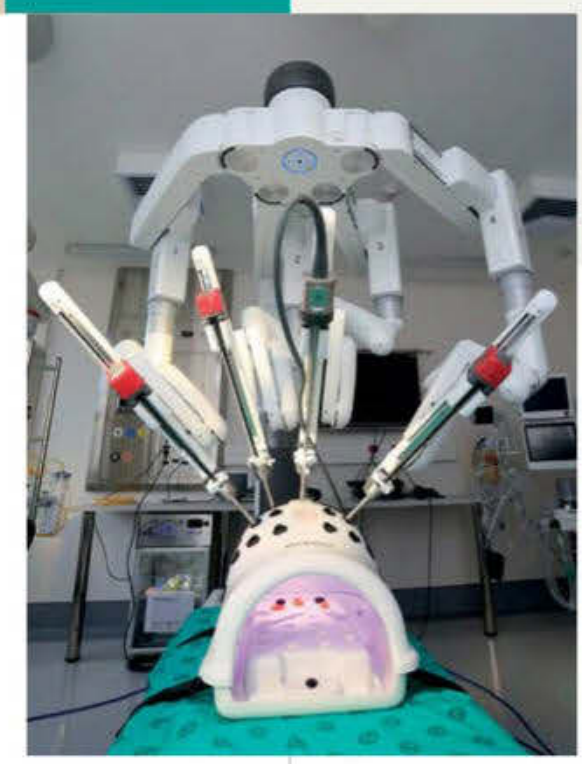
"It offers a much wider range, as opposed to conventional laparoscopic surgery, which offers a two-dimensional view and limited range of movement."

The instruments Robbie uses also have 360-degree reach so it can access areas surgeons previously couldn't get to with equal accuracy.

The robot was designed to help operate in areas of the body that are difficult to access, Dr Salukazana says.

"This includes deep in the pelvis, where operating can become quite challenging. And it's used in other disciplines as well such as colorectal surgery, for malignancy and in urogynaecology for prolapse surgery."

WHILE the arrival of the robot marks the start of a new era at Groote Schuur, other local hospitals in the private sector have made use of robotic technology since 2013. The Da Vinci Xi is just a more advanced level of it.



Dr Salukazana looks visibly excited as he lists all the ways in which Robbie will shake things up.

Currently, for example, an assistant surgeon has to hold the camera throughout the procedure when a surgeon performs conventional laparoscopic surgery.

But that no longer will be necessary, thanks to Robbie, Dr Salukazana says. Although the assistant and nursing staff will still be present, the robot will do the camera work.

And Robbie can wield the surgical instruments with such precision, making the smaller incisions that cause far less tissue damage and speed up recovery.

Surgery to remove the prostate gland, for example, results in the patient needing a catheter for three weeks. But if it's done robotically the catheter can be removed within five days.

Using the robot also reduces the duration of surgical procedures, Dr Salukazana says. For instance, doing a radical prostatectomy with open surgery takes three to four hours, which could be cut down to two to three hours with extensive training and experience using the robot.

Groote Schuur's surgeons are eager to get going but still need training so the first robotic surgery at the hospital will take place only in February next year.

"We're so excited," Dr Salukazana says. "But I think it's quite obvious that the people who are really going to benefit from this are our patients." ❑

DA VINCI SUCCESS STORIES

- This robot is the preferred option in the UK for removing prostate tumours, which are difficult to cut out using traditional keyhole surgery. "We can see the anatomy of the prostate like we've never seen it before," says Professor Freddie Hamdy, Nuffield professor of surgery and urology at the University of Oxford.
- Remarkable online footage shows a grape inside a long-necked bottle as a surgeon uses a robot to reach in to reattach part of its severed skin. The robot is so precise it allows the surgeon to perform this intricate procedure on delicate grape skin in a confined space.
- Last year a team of 14 surgeons at Norfolk and Norwich University Hospital in the UK used a Da Vinci robot to perform a first-of-its-kind operation on a man with rectal cancer.

For this kind of operation usually a surgeon specialising in the bowel starts the operation, followed by a prostate specialist and finally a plastic surgeon who repairs external damage, all working in shifts. But with the help of the robot and its three arms they were able to do all three stages simultaneously, shortening the op from 12 hours to 10.

And instead of needing three weeks in hospital to recuperate, the patient could be discharged within seven days.

EXTRA SOURCES: NEWS.UCT.AC.ZA, SABCNEWS.COM, NEWS24.COM

DOWN TIME...
FOR LIVING IT UP

R9000
Denver patio set

Includes chaise couch and coffee table.

The Denver Patio Set

Take your seat where contemporary and comfort meet. Made from synthetic wicker weave with a powder coated steel frame. The Denver Patio set has an interchangeable chaise and also included back and seat cushions with a UV protection finish.

This lightweight patio set is the perfect summer addition!

Chaise couch 189(l) x 125(w) x 64(h) cm
Table 60(l) x 50(w) x 37(h) cm

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The Hanging Chair

Swing into stylish summer days on the patio. UV protected polyester fabric and powder coated steel frame makes it a patio fav! (Includes cushions. Some assembly required.)

R4500
Hanging chair
105(l) x 105(w) x 195(h) cm

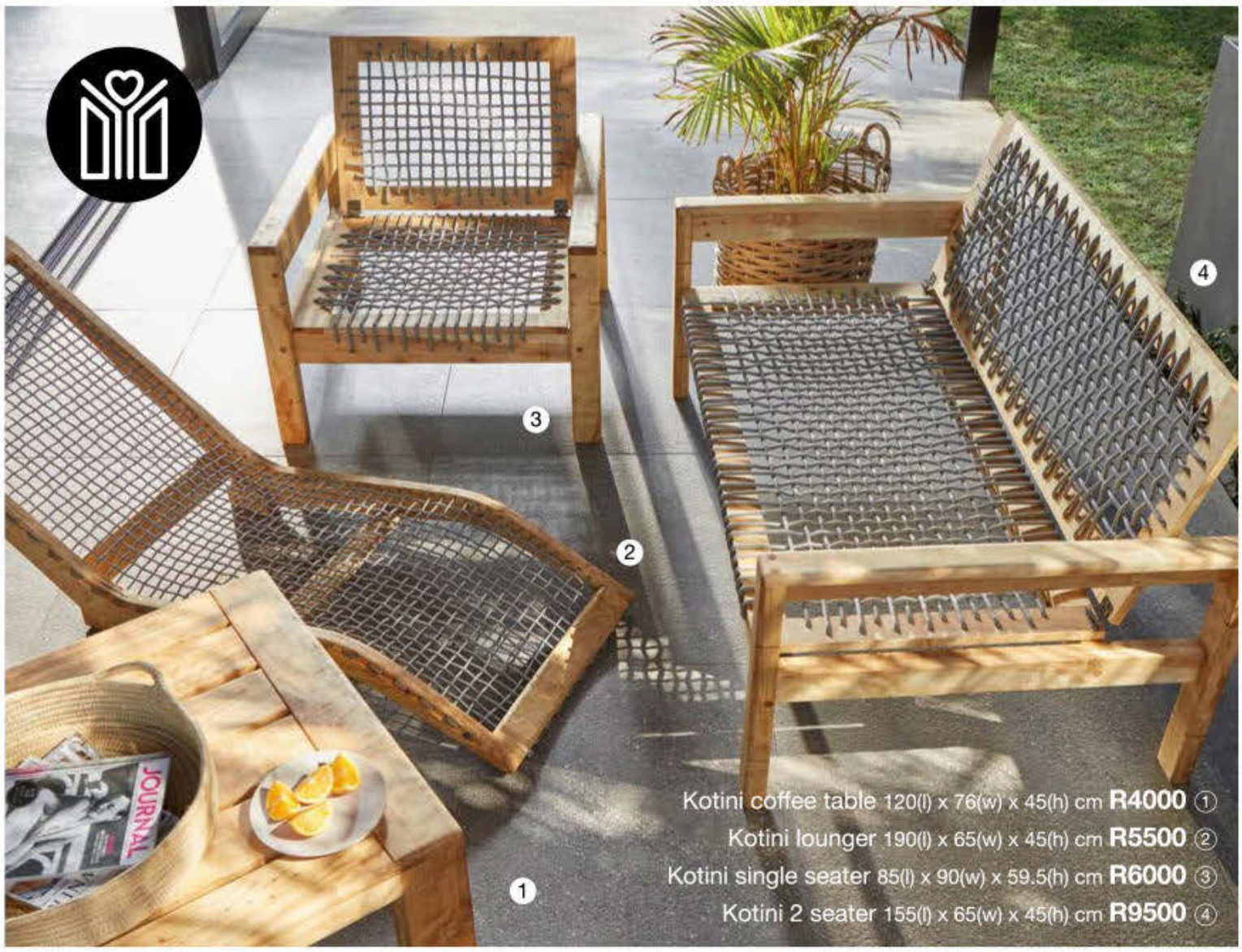
The Cove Range

The Cove armchair and two-seater are patio-perfect with their durable support arms and acrylic fibre fabric.

R6500
Urban 2 seater
154(l) x 73.5(w) x 77(h) cm

R3400
Urban single seater
84.5(l) x 73.5(w) x 77(h) cm

Product available from the 21st of October 2021. All prices and information are correct when going to print. Prices and product availability are subject to change due to uncontrollable variables. Please visit mrphome.com for stock availability and prices. Ts and Cs apply.



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The Kotini Range is made from cottonwood, an alien invasive tree. By using this wood, indigenous flora in the environment thrives. For every hectare of invasive trees removed, 3000 cubic litres of water are saved.

This range is made exclusively for Mr Price Home by Homewood.

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① Maui bar stool 50(l) x 42(w) x 67(h) cm **R1400**
② Regency bar stool 37(l) x 37(w) x 83(h) cm **R1600**
③ Tyla nook chair 48(l) x 48(w) x 86(h) cm **R899.99**

SCAN TO SHOP BAR STOOLS

Counter your comforts. **Tyla Nook Chairs** with oak look metal legs and PVC seats are the perfect kitchen counter height. **R899.99**

Product available from the 21st of October 2021. All prices and information are correct when going to print. Prices and product availability are subject to change due to uncontrollable variables. Please visit mrphome.com for stock availability and prices. Ts and Cs apply.

The Studio Range, with padded seating, is made for comfort and priced for value. **R599.99**

The Acrylic Range has moulded seats and a footrest for relaxed sitting. **R699.99**

Pssst, these gaslift bar stools are easily adjusted to your desired height.

These items are only available in our Mega Stores.
(Pavilion, East Rand Super, Hendrik Potgieter, Zambezi Pretoria, Somerset West)

Visit our Mega Stores for more furniture, more decor and more homeware choices to help create your ideal space.

Everything is also available online at mrphome.com

The best value **Verona bar Stools** have a gas lift mechanism for adjustable heights and offer super comfy seating. **R999.99**

Hold my bottle! **The Sina Drinks Trolley** is fitted with solid timber shelves and bottle holders to keep everything in place, including your on-trend elegance. **R2300**

① Tiered drinks trolley 70(l) x 37(w) x 80(h) cm **R2300**
② Sawyer drinks trolley 80(l) x 28.5(w) 89.5(h) cm **R2300**
③ Regency drinks trolley 80(l) x 29(w) x 90(h) cm **R2300**
④ Fluted glass drinks trolley 70(l) x 35(w) x 80(h) cm **R2000**

All drinks trolleys will be available from the 28th of October 2021.

LET'S GO OUTSIDE

R799.99
Retro web chair
62.5(l) x 57(w) x 81(h) cm

1

R799.99 each
Pop up umbrella
270(l) x 270(w) x 239(h) cm

2

R1100 each
Crank umbrella
300(l) x 300(w) x 238(h) cm

3

R1600 each
Cantilever umbrella
300(l) x 300(w) x 285(h) cm

R359.99 each
16 kg umbrella base
48(l) x 48(w) x 39(h) cm

R499.99 each
20 kg umbrella base
43(l) x 43(w) x 39(h) cm

Our umbrellas have 6 steel ribs, protective covers, storage bags, and feature various opening systems. Bases are sold separately.

1 A The 30% UV rating **2,7m Pop Up Umbrella** has a push opening system and uses a 20 kg base.

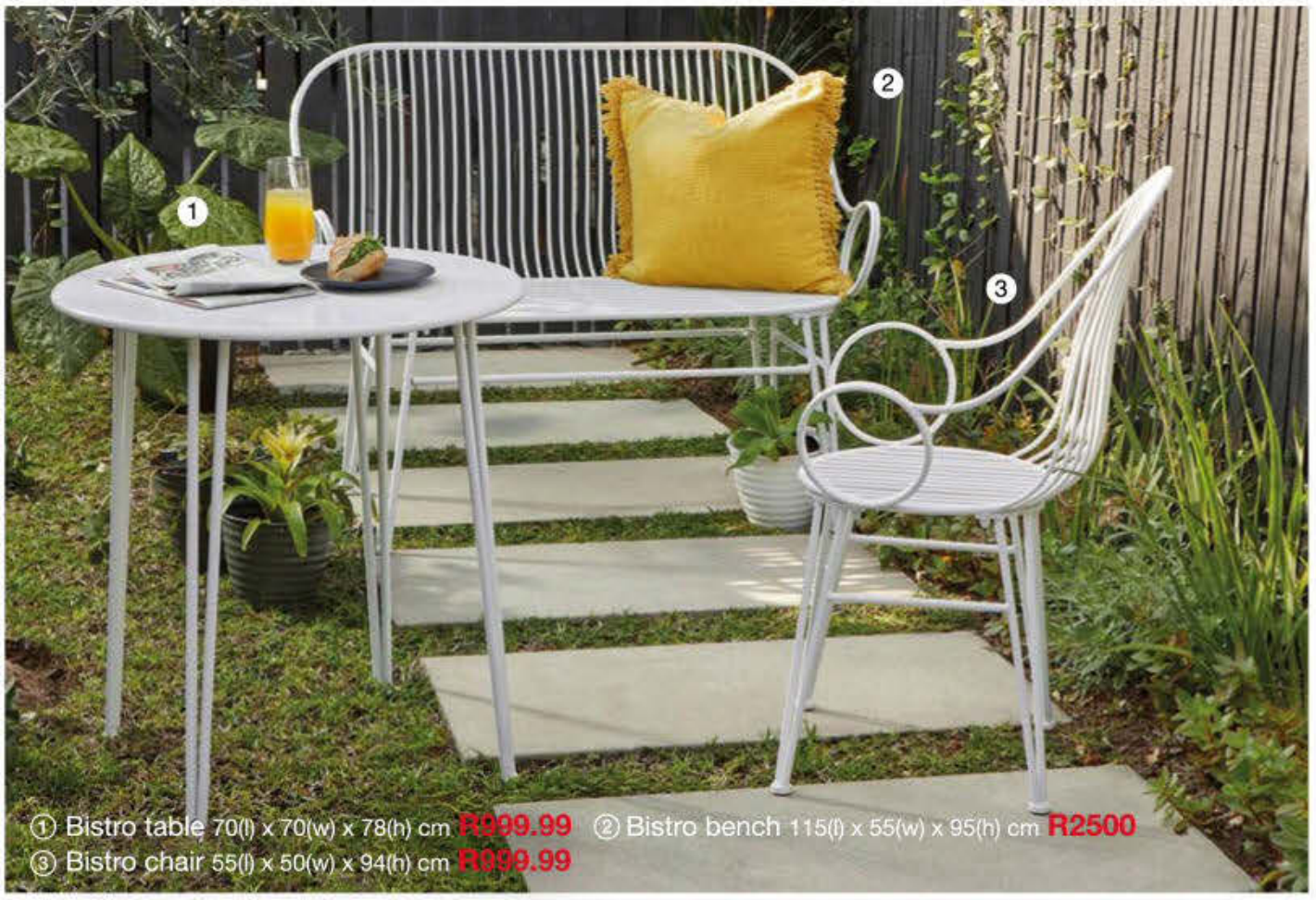
2 A The 30% UV rating **3m Crank Umbrella** has a crank assist opening system with tilt functions and uses a 20 kg base.

3 B The 50% UV rating **3m Cantilever Umbrella** has crank assist opening system with tilt functions and uses 4 x 16 kg umbrella bases.

Product available from the 21st of October 2021. All prices and information are correct when going to print. Prices and product availability are subject to change due to uncontrollable variables. Please visit mrphome.com for stock availability and prices. Ts and Cs apply.

The Bistro Range

Refresh your patio with the Bistro Range. Made with epoxy and powder coated metal, made to be durable. No matter the weather, entertain in style – whether it's breakfast or sundowners!



① Bistro table 70(l) x 70(w) x 78(h) cm R999.99 ② Bistro bench 115(l) x 55(w) x 95(h) cm R2500
③ Bistro chair 55(l) x 50(w) x 94(h) cm R999.99

take 2 for R1600

Promotion valid from the 21st October – 10th November 2021

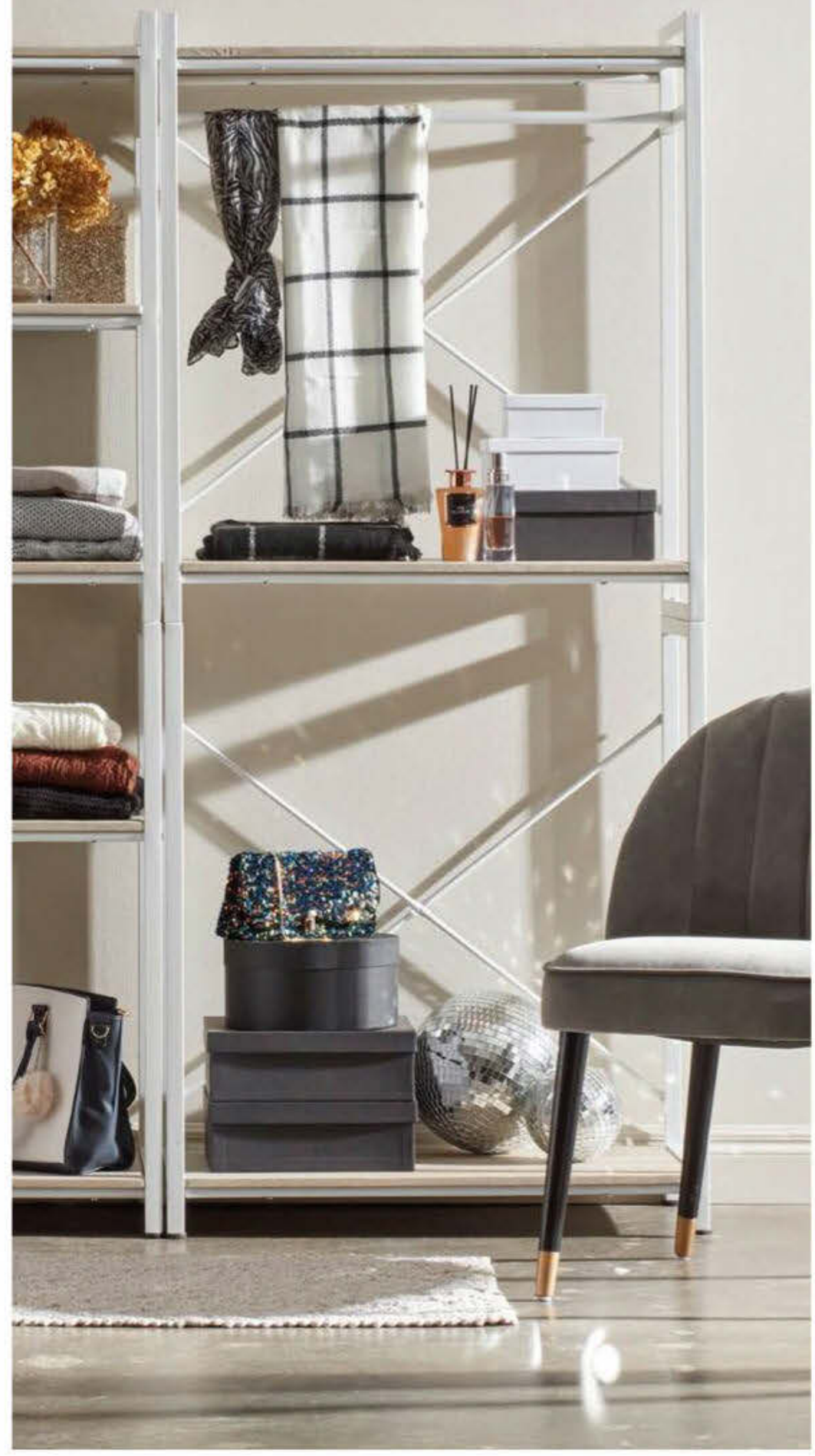
Fashion your home with stunning **Acapulco Chairs** made from polyethylene wicker in all of summer's fave colours, with powder coated steel legs.

WE'VE GOT IT **SORTED!**

R1800 each
Urban hanging wardrobe
80.5(l) x 45(w) x 180(h) cm

R1400 each
Urban wardrobe shelving unit
45(l) x 45(w) x 180(h) cm

R1800 each
Urban double hanging wardrobe
80.5(l) x 45(w) x 180(h) cm



The Urban Range

Everything has a place, and everything in its place! That's how we like it! The Urban wardrobe shelving and units can be mixed and matched to your perfect combination.

SCAN TO SHOP STORAGE

Product available from the 21st of October 2021. All prices and information are correct when going to print. Prices and product availability are subject to change due to uncontrollable variables. Please visit mrphome.com for stock availability and prices. Ts and Cs apply.

The **Rincon Shelving Range** is available in a large and medium size.

R999.99 each
Rincon medium shelf
60(l) x 30(w) x 120(h) cm

High comfort, inspired design. The classic **Wingback Occasional Chair** elevates any living room and everyone's lifestyle.

R4300
Wingback occasional chair
75(l) x 78(w) x 93(h) cm

Work comfortably from home with the adjustable height, **Office Cruz Chair.**

R999.99 each
Cruz office chair
42(l) x 46(w) x 81(h) cm

The Rincon Range
Clean and simple lines make the Rincon shelving options an easy fit with any look in any room.

R1800 each
Rincon large shelf
90(l) x 30(w) x 180(h) cm

R3000 each
Urban ladder desk
172(l) x 48(w) x 195(h) cm

The corporate ladder comes home. Part desk, part bookshelf, this **Urban Ladder Desk** is perfect for compact urban working and living.

mr price home

THE BOYS ARE

This guest at Paris Fashion Week created an all-white ensemble, even matching his Versace sunglasses with the rest.

MUST-HAVE T-SHIRT

Crew-cut T-shirts frame the neck perfectly, giving you that enviable broad-shouldered look. Match your bottoms, shoes and accessories by colour for a cool mono-tone fashion moment.

R99,99, The Fix

R139, Woolworths

R70, Mr Price

R30, Mr Price

R539, Zara

R219,99, Pick n Pay Clothing

R699, Zara

R219,99, Pick n Pay Clothing

R699, Zara

MUST-HAVE SUMMER SHIRT

From tropical to abstract patterns, printed shirts add interest to your look. Choose ones made from breathable fabrics, such as linen and cotton, and layer with crew-cut T-shirts.

R279, Woolworths

R99,99, Mr Price

R373, takealot.com

R699, Zara

R119,99, Mr Price

MUST-HAVE GOLFER SHIRT

These shirts create a sporty but relaxed appearance and can be dressed up or down. Add a pop of colour with a yellow or blue shirt or choose a small print to add subtle detail.

Former footballer Ouissem Belgacem wore a classic combo of blue golfer shirt and beige chinos to Jacquemus' La Montagne fashion show in Paris.

French fashion blogger Jean-Sebastien Rocques' printed shirt adds interest to his simple look of white top, black denim shorts, and dark sandals in Paris.

BACK

Warmer weather is finally here and it's time to update your wardrobe with these easy-to-wear summer essentials BY **JARRED DE KOCK**

R199, Markhams

R349, Woolworths

R159,99, Mr Price

R299,99, Pick n Pay Clothing

MUST-HAVE SHORTS

Keep it cool with summer's staple item. Team knee-length loose-fitting shorts with a T-shirt for a day out or dress them up with a shirt for a casual chic look.

Keep it patriotic with these South African flag printed swim shorts (R799) by Granadilla Swim.

R169,99 Pick n Pay Clothing

R149,99, Exact

R549, Granadilla Swim

MUST-HAVE SWIM SHORTS

Swimming trunks sporting motifs, abstract prints or ombre colours can easily transition from the beach to the mall or a braai. Just add your favourite shirt and T-shirt.

French fashion blogger Jean-Sebastien Roques looked casual yet chic in his ensemble of Fendi shorts and matching T-shirt and shirt at the Fendi show during Milan Fashion Week in Italy.

Double-buckle sandals R349, Cotton On

Double-buckle sandals R299, Woolworths

Double-buckle sandals R169,99, Pick n Pay Clothing

Slide sandals R399, Under Armour

MUST-HAVE SANDALS

Slide into summer with this footwear all-rounder. Laidback and comfortable, slide sandals can be dressed up or down. Choose ones in natural tones that go with any colour.

Double-buckle sandals R299, Cotton On

Double-buckle sandals R79,99, Pick n Pay Clothing

French model Yanis Serbout accessorised his busy outfit with plain khaki sandals at the Max Mara show during the Milan Fashion Week, Italy.

Aviators R80, Dunns

Aviators R70, Dunns

R450, Unknown Eyewear

R495, Unknown Eyewear

Wayfarers R79,99, The Fix

Aviators R80, Dunns

Aviators R70, Dunns

MUST-HAVE SUNGLASSES

From aviators to wayfarers, sunnies add instant cool to any look. This season oval or square lenses with rounded edges in dark tints are on trend but go for a quality pair.

GALLO/GETTY IMAGES, INSTAGRAM/@GRANIDALLA.SWIM.

SUAVE SUMMER STYLES!

WORK CASUAL COOL

Keep it businesslike but laidback in a loose linen-blend cotton shirt and printed chino pants for a sophisticated but cool combo that's work-ready.

Sunglasses R70, Dunns

Linen-blend shirt R249,99, Pick n Pay Clothing

TIP

Opt for cotton or linen chinos to make sure you're wearing breathable fabric in the summer heat

Satchel R999, Cape Union Mart

Chinos R229,99, Mr Price

Sneakers R299, Woolworths

DAPPER DAYWEAR

Turn it up a notch with this printed shirt and chino shorts ensemble that makes for a preppy, chilled day-out look with friends or family.

Panama hat R229, Woolworths

Shirt R699, Zara

TIP

A printed shirt and chinos combo is perfect for summer. Amp up your look with matching accessories in the same colours.

Belt by Trenery R349, Woolworths

Chino shorts R159,99, Mr Price

Derby shoes R699, Woolworths

SUMMER ADVENTURE SEEKER

Bring a stylish twist to your adventure gear with a subtle, cohesive colour scheme that's trendy and outdoorsy at the same time. Accessorise with a classy watch to make the look timeless.

Watch by Tempo R899, American Swiss

TIP

Choose good-quality hiking sneakers or boots to make sure your ankles are supported when walking on uneven terrain.

Golfer shirt R279, Woolworths

Camo shorts R299,99, Pick n Pay Clothing

Sneakers R1 299, Adidas

Curate your closet with these chilled looks – perfect for keeping cool and looking good in the heat

RELAXED VIBES

This summer look is perfect for when you want to look relaxed but still fashion forward. Break up the two tropical print items with a white crew-neck T-shirt, throw on a hat and you're ready for a fun day in the sun!

Panama hat R229, Woolworths

Shirt R699, Zara

Crew-neck T-shirt R99,99, The Fix

Shorts R349, Woolworths

Double-buckle sandals R349, Cotton On

TIP

For a more daring look mix prints in the same pattern for a variation on the matchy-matchy theme. Floral with floral or tropical with tropical in different prints are winning combinations.

BEACH BRO

Surf up a killer look at the beach with this cool swimwear shorts and shirt combo. Light blues and whites are a great way to create a calming, chilled vibe whether you're at a pool party or relaxing at the beach.

Baseball cap by Country Road R279, Woolworths

Tank top R99,95 Sportscene

Crossbody bag R270, superbalist.com

Swim shorts R169,99, Pick n Pay Clothing

Slide sandals R399, Under Armour

TIP

Swim shorts and a tank top are a great ensemble for water fun. Add interest with a linen-blend or printed shirt.

HOME BODY

Relax at home in these blue and pink items. Finish off the look off with sneakers ideal for popping out to run errands or just lounging around the house.

TIP

Soft pastels are trending this summer. Match items in these colours for a super-relaxed look.

Baseball cap R179, Woolworths

Crew-neck T-shirt R59,99, Pick n Pay Clothing

Sweat shorts R199, Markhams

Trainers R499, Woolworths

STOCKISTS ADIDAS 0861-627-231; AMERICAN SWISS 0860-834-834; CAPE UNION MART 0860-333-329, COTTON ON 0800-007-786; DUNNS 086-000-7350; EXACT 0860-834-834; GRANADILLA SWIM 079-885-5395, GRANADILLASWIM.COM; MARKHAMS 0860-834-834; MR PRICE 0800-21-25-35; PICK N PAY CLOTHING 0860-30-30-30; SUPERBALIST.COM; SPORTSCENE 0860-834-834; TAKEALOT.COM; THE FIX 0860-834-834; UNKNOWN EYEWEAR UNKNOWNEYEWEAR.COM; UNDER AMOUR 021-201-1349; WOOLWORTHS 0860-022-002; ZARA 011-302-1500.

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YOGA FOR YOUR FACE

Downward dog and cobra may be great for the body, but there are also moves you can do to tone your face. Firm up and improve its appearance with this easy guide BY **NTHABISENG MAKHOKHA**

EXERCISE helps keep your body firm, youthful and healthy. But did you know there are exercises you can do with your face that will alleviate stress and may make you look younger?

As we age, a few things happen to our skin that contribute to ageing. These include:

- Less sebum production, which leads to drier skin. When skin is dry it's prone to wrinkles and uneven tone and texture.
- Loss of collagen, which leads to loss of volume in the skin.
- Loss of elasticity, which means sagging skin because of stretched muscles.

"Because facial ageing is due in part to muscle loss, if you can commit to a routine, exercise may strengthen those muscles, making the entire face look [firmer and more] youthful," Beauty Lab senior chemist Sabina Wizemann told Good Housekeeping.

Consistency is key. If you commit to daily facial exercises, results can be seen in a month to five months, Wizemann says.

"If you like a challenge and can stick to a 30-minute daily beauty routine for at least five months, you could possibly look a couple of years younger," she says.

But not just any facial exercise will work. You need to find ones that are in line with your needs. Each person is different and will react differently to exercises.

Some techniques include massaging certain points of the face while others involve stretching the face in different ways using facial expressions.

These can improve wrinkles and tone the skin around the eyes; reduce the appearance of frown, stress and smile lines; improve jowls; firm up sagging areas such as cheeks and neck; and firm up your pout.

Facial yoga also stimulates the lymphatic system.

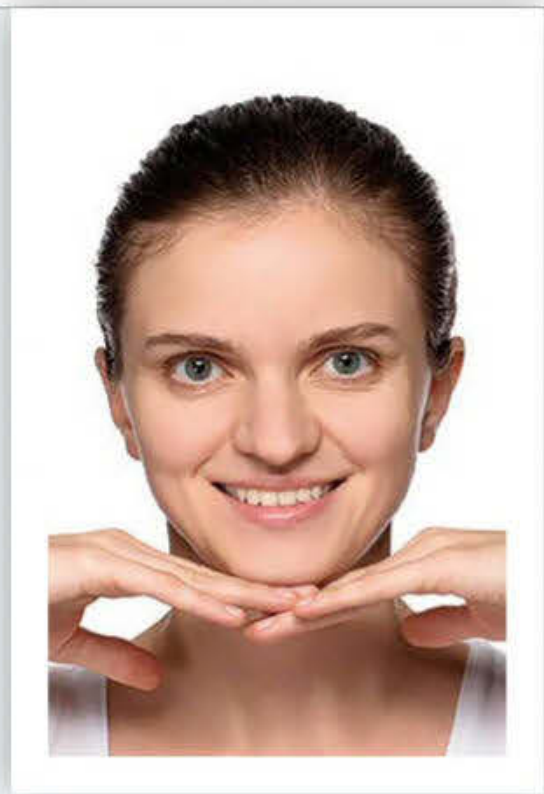
We rounded up a selection of popular facial exercises for you to try – but feel free to explore online, where you'll find a host of other moves.

GALLO IMAGES/GETTY IMAGES

CHIN MASSAGE

Good for firming the skin around the jawline.

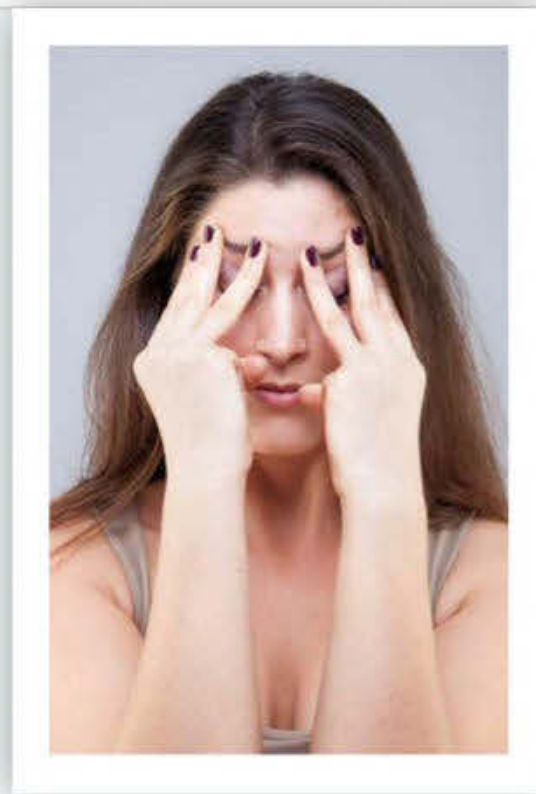
- Begin lightly pinching along your jawline using the tips of your fingers and your thumbs. Do this for 20-30 seconds.
- Put your thumbs right below your jawline under your chin. Press them upwards behind the jawline. Do this for 20-30 seconds.
- Put one hand under your chin and slide it along the jawline towards your ear. Repeat on the other side. Do it for 15-20 seconds.



THE V

Good for drooping eyelids, crow's feet and eye bags.

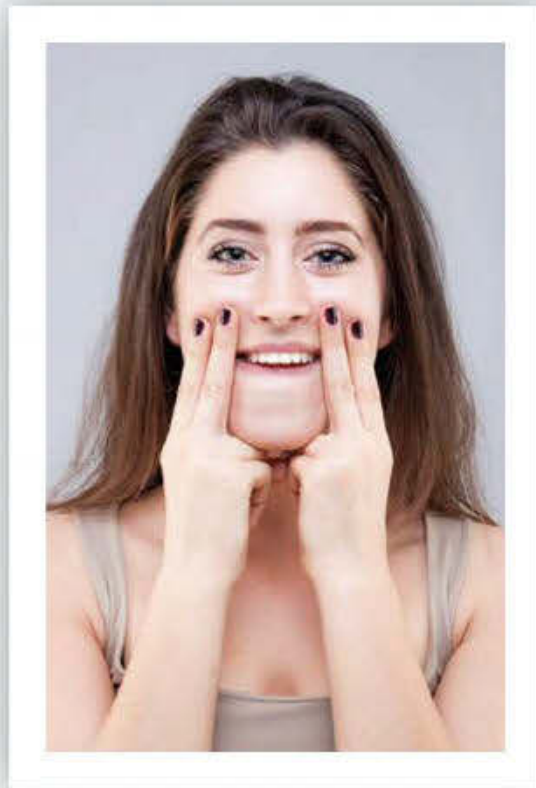
- Apply pressure along your eyebrows using your three middle fingers, with your index fingers on the outer corners and ring fingers on the inner corners, making V shapes.
- Look up and make a forceful squint with your eyes, then relax. Repeat six times, then close your eyes tightly for 10 seconds.



LIFTED CHEEKS

Good for giving cheeks a lifted, plumped look.

- Smile as wide as you can, without opening your lips or showing your teeth. Hold the pose for 5 seconds.
- Next, stretch the corners of your mouth laterally (to the sides) while keeping your lips together and hold for 10 seconds.
- Expand the lateral stretch and part your lips to expose the edge of your teeth; hold for 10 seconds. Smile as wide as you can, with your teeth showing; hold for 10 seconds. Repeat 4-6 times.



SMILE SMOOTHER

Good for cheek lines and sagging skin.

- Make an "O" shape with your mouth, hiding your teeth with your lips.
- Next, smile widely while keeping the teeth hidden. Repeat this six times. Hold the smile shape with your index fingers.
- Then, as the head tilts back slightly, begin to move the jaw up and down. Relax and repeat twice more.

UPPER LIP

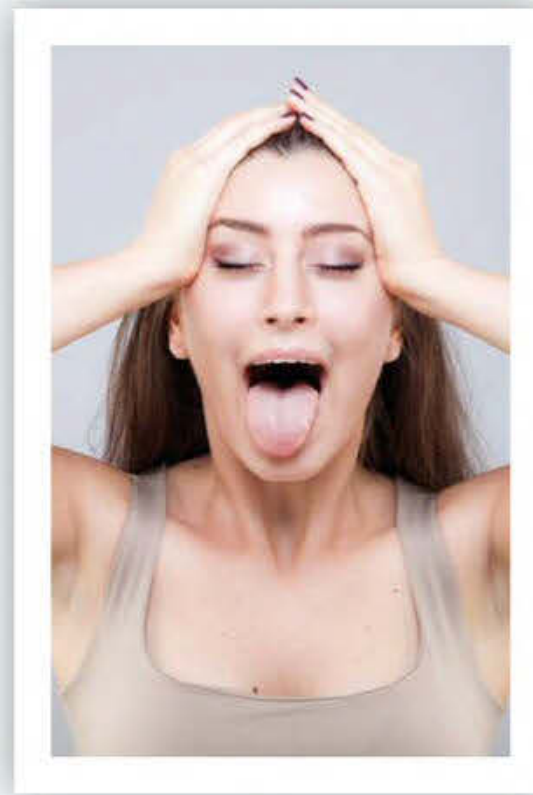
This exercise may help with vertical wrinkles above the upper lip, especially those caused by ageing and smoking.

- Place your index fingers, tucked up and close together, along your upper lip beneath the nose so the fingers meet.
- Push your lip forward with your fingers while trying to push against your fingers with your upper lip. Hold this for 10 seconds. Repeat 5-10 times.

JAW LIFT

Good for strengthening muscles around the jaw.

- Open your mouth and stick out your tongue.
- Next, circle the tongue around the mouth, making a full circle clockwise then anticlockwise.
- Bring tongue back into your mouth and relax your face and mouth. Repeat this four times.
- When done, say A-E-I-O-U, exaggerating your mouth movement with each letter. Hold each letter for a count of three. Repeat four times.



EXTRA SOURCES: GOODHOUSEKEEPING.COM, EVERYDAYHEALTH.COM, USNEWS.COM, NIVEA.CO.UK

WINDOW DRESSING

Try these trendy window effects for your home

BY **KIM ARENDSE**

2 STATEMENT CURTAINS

Changing up curtains is one of the most affordable ways of refreshing a space. If you have a window treatment like blinds, you can still add curtains for a luxurious and romantic touch.

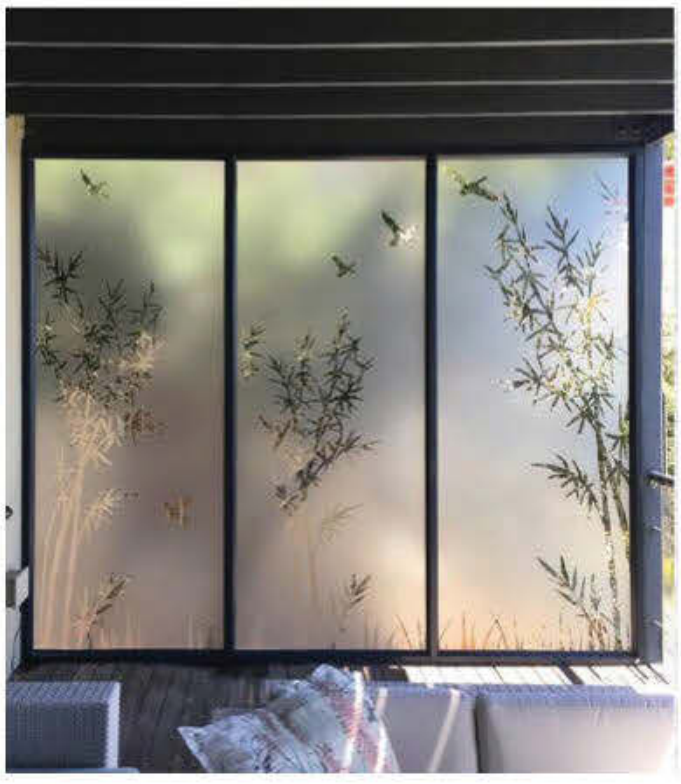
Choose a colour and pattern that complement the décor in your space. Floral prints work well in a laid-back, rustic and romantic décor scheme; while bolder, more geometric patterns are great for a contemporary or industrial style space.

We love these curtains made with Stuart Graham's Aquarelle Dragonfly (R750/m) from their Grand Botanical range.

3 VINYL FROSTING

A fun, affordable alternative to traditional window treatment is vinyl frosting, like this nature-inspired vinyl treatment from Window Art based in Cape Town and Gauteng.

It provides privacy, allows through natural light and doesn't weaken glass. There's a variety of patterns or custom-made vinyl to choose from. The vinyl, applied to the inside of a window or door glass, is also resistant to finger marks and water marks. For more info, visit windowart.co.za.



1 DOUBLE UP!

To add depth and luxury to your windows, consider using a double curtain rod like this double pole set (300x2,8mm, R920) from Builders.

This nifty idea works well for adding a sheer or lace curtain (for privacy and keeping out drafts and harsh light) on the back rod and a heavier drape (for keeping cool, aesthetic appeal and for drawing at night) on the front rod. All the styles and colours complement one another for a cohesive look.

GALLO IMAGES/GETTY IMAGES, BUILDERS, DECORLAND, HOUSE OF SUPREME, LEROY MERLIN, LUXAFLEX, STUART GRAHAM, WINDOW ART

4 SHADE + SECURITY

They serve as window treatment as well as security, so it's no wonder stylish durable security shutters remain a favourite choice.

Security shutters are typically made from strong aluminium and are sturdy and durable. There's no need for security bars or any other window treatment with aluminium security shutters, like these from House of Supreme that come in five colours.

Security shutters are ideal for doors too. For more info, visit houseofsupreme.co.za.

5 A WIN-WIN

For the perfect balance of light and privacy, there's the versatile top-down, bottom-up blinds, like these Top Down, Bottom Up Duette shades from Luxaflex, which has showrooms throughout the country.

These blinds can open from the top, bottom or somewhere in between, allowing in light and providing a view while maintaining privacy. It's ideal for bathrooms or bedrooms where privacy is key, but you still want the benefit of uninterrupted sunlight.

6 SOFT TEXTURES

Honeycomb-type shades, like these Duette Shades from Luxaflex, not only offer a soft effect but their internal air pockets also help control sound and improve insulation.

These contemporary, durable shades are dust-resistant and their flexibility allows them to fit bay and arch windows too. For more info, visit luxaflex.co.za.

STOCKISTS

BUILDERS 0860-284-533, BUILDERS.CO.ZA; DECORLAND 087-094-2575, DECORLAND.CO.ZA; HOUSE OF SUPREME 011-462-7096, HOUSEOFSUPREME.CO.ZA; LEROY MERLIN 010-493-8000, LEROYMERLIN.CO.ZA; LUXAFLEX 011-251-7002, LUXAFLEX.CO.ZA/FIND-SHOWROOM; STUART GRAHAM 041-402-1300, STUARTGRAHAM.CO.ZA; WINDOW ART 087-550-3030, WINDOWART.CO.ZA

7 SUSTAINABLE BAMBOO

Natural, woven fabrics remain popular, especially in relaxed, bohemian-style spaces. Perfect for the look are bamboo blinds for their organic and textural element, like this bamboo Djibouti blind in caramel (90x230cm, R349) from Leroy Merlin. Bamboo is also environment-friendly and these blinds are beautiful on their own or teamed up with white curtains.

8 ZEBRA BLINDS

Whether they're Roman blinds (fabric blinds that fold up into pleats) or roller blinds that roll up and usually fit in the window recess), fabric blinds remain in vogue for making a bold décor statement. Growing in popularity are zebra roller blinds – sheer and solid stripes alternate across two layers of fabric, allowing you to control light levels without having to roll up the blind. This zebra roller blind is from Decorland (100x160cm, R495).

SWEET TEMPTATION

There's no end to what you can do with a can of condensed milk! Try these yummy treats – from easy-peasy fudge to creamy lemon tart

BY **ESTHER MALAN**
PICTURES: **MISHA JORDAAN**

PECAN CONDENSED MILK CAKE

We use condensed milk to sweeten the cake and the topping. The condensed milk in the batter ensures the cake turns a deep golden brown when it's baked.

MAKES 1 MEDIUM RING CAKE

PREPARATION: 15 MIN + COOLING
BAKING: 40-45 MIN

CAKE
- 250g soft margarine
- 125ml (½c) light brown sugar
- 125ml (½c) condensed milk
- 5ml (1t) vanilla essence
- 4 eggs
- 500ml (2c) self-raising flour
- 5ml (1t) ground cinnamon
- 5ml (1t) ground ginger
- 2,5ml (½t) salt
- 125ml (½c) milk

TOPPING
- 250ml (1c) cream
- 125ml (½c) condensed milk
- 100g pecan nuts, finely chopped

Preheat the oven to 180°C. Grease a 20cm ring baking tin well with margarine or butter and dust with a little cake flour.

1 **Cake** Beat the margarine and sugar until pale and creamy. Add the condensed milk and vanilla essence and beat until smooth. Beat in the eggs one by one.

2 Sift the flour, cinnamon, ginger and salt together and add to the egg mixture. Mix lightly and add the milk. Mix to a smooth batter and spoon into the prepared baking tin.

3 Bake the cake for 40-45 minutes or until a skewer inserted in the middle comes out clean. Cool for 10 minutes in the tin, turn out carefully and cool completely on a wire rack.

4 **Topping** Whisk the cream until stiff. Whisk the condensed milk into the cream and spoon over the cooled cake. Generously sprinkle the nuts on top and serve.

RAINBOW CONDENSED MILK CUSTARD BISCUITS

The condensed milk makes these biscuits extra delicious. You can even freeze half the dough and bake a second batch later – simply defrost in the fridge overnight and bake according to the recipe.

MAKES ABOUT 48 BISCUITS

PREPARATION: 20 MIN + COOLING
CHILLING: 1 HOUR
BAKING: 12-14 MIN A BATCH

- 250g butter at room temperature
- 10ml (2t) vanilla essence
- 1 can (385g) condensed milk
- 625ml (2½c) self-raising flour
- 125ml (½c) custard powder
- 2,5ml (½t) salt

TO FINISH

- 250ml (1c) "hundreds and thousands" cake sprinkles

Preheat the oven to 170°C. Line 2 large baking sheets with baking paper and grease well with nonstick spray.

1. Beat the butter and vanilla essence together until smooth and creamy. Add the condensed milk and beat until well combined.
2. Sift the flour, custard powder and salt over the butter mixture and mix with a wooden spoon until a soft dough forms.
3. Spoon onto a sheet of clingfilm, cover well and chill in the fridge for at least 1 hour.
4. **To finish** Roll the dough into walnut-sized balls then roll in the cake sprinkles to coat. Arrange batches on the baking sheets (the biscuits will spread slightly while baking) and press with a fork to flatten a little bit.
5. Bake the biscuits for 12-14 minutes a batch or until lightly risen. Cool for 10 minutes on the baking sheets, then allow to cool completely on wire racks.
6. Store biscuits in an airtight container. ➤

PEANUT BUTTER BISCUIT FUDGE

This cheat's version of fudge gives the real thing a run for its money. And it's so easy to make that even kids can whip up a batch.

MAKES 32-36 SQUARES (DEPENDING ON SIZE)
PREPARATION: 10 MIN
COOKING: 5 MIN
SETTING: 3 HOURS OR OVERNIGHT

- 250ml (1c) peanut butter
- 250g butter
- 125ml (½c) condensed milk
- 750ml (3c) icing sugar, sifted
- 100g ginger or spice biscuits, finely crushed
- a pinch of sea salt (optional)

Line a 25cm dish with non-stick baking paper.

1. Put the peanut butter and butter in a heavy-based saucepan. Heat over medium heat, stirring continuously until melted.
2. Add the condensed milk, remove from the heat and sift in the icing sugar. Mix well. Add the crushed biscuits, mix well and spoon into the lined dish.
3. Smooth the top and allow to set in the fridge for at least 3 hours or overnight.
4. Carefully turn out the fudge. Cut into squares and sprinkle the salt over (if using). Store in an airtight container in the fridge.

STRAWBERRY AND CONDENSED MILK ICE CREAM BARS

Ice cream bars make an ideal summer dessert or sweet treat. Vary the flavour by using other fruit or berries instead of the strawberries.

MAKES ABOUT 16 BARS
PREPARATION: 15 MIN
FREEZING: 4 HOURS OR OVERNIGHT

CRUST
- 1 packet (200g) Tennis or Marie biscuits, crushed
- finely grated zest of 1 lemon
- 100g butter, melted

ICE CREAM LAYER
- 500g fresh strawberries, hulled and halved
- 1 can (385g) condensed milk
- 1 can (380g) evaporated milk, chilled overnight
- 250ml (1c) plain double-cream yoghurt

TO SERVE
- freeze-dried strawberries (optional)

Line a 25cm rectangular ovenproof dish or baking tin with baking paper and grease with nonstick spray.

1 **Crust** Mix the biscuits, lemon zest and butter well and press onto the base of the prepared dish or baking tin.

2 **Ice cream layer** Put the strawberries and condensed milk in the bowl of a food processor and pulse until smooth and well combined.

3 Pour the chilled evaporated milk into a large mixing bowl and beat with an electric hand beater or balloon whisk until thick and creamy.

4 Beat in half the strawberry mixture. Fold in the rest of the strawberry mixture and the yoghurt and pour over the biscuit crumb crust. Freeze for at least 4 hours or overnight until well set.

5 **To serve** Cut into bars and crumble freeze-dried strawberries over (if using).

CONDENSED MILK CHOCOLATE BROWNIES

MAKES 12-18 BROWNIES
PREPARATION: 15 MIN
COOKING: 40 MIN

- 1 can (385g) condensed milk
- 250g butter
- 125ml (½c) light brown sugar
- 15ml (1T) vanilla essence
- 80ml (⅓c) cocoa powder
- 375ml (1½c) cake flour
- 5ml (1t) baking powder
- 2,5ml (½t) salt
- 100g white chocolate, coarsely chopped (optional)

Preheat the oven to 160°C. Line a 20cm brownie tin or deep roasting pan with baking paper and grease with nonstick spray.

1. Heat the condensed milk and butter in a saucepan until melted, then remove from the heat.
2. Add the sugar and vanilla essence and mix well. Sift the cocoa powder, flour, baking powder and salt together and add to the condensed milk mixture. Mix until a smooth batter forms then spoon into the prepared baking tin or roasting pan. Sprinkle the chocolate over (if using).
3. Bake for 30-35 minutes or until done but still a little moist in the middle. Cool in the tin or pan then slice as desired.

LEMON TART

We replace the traditional meringue topping with a smooth yoghurt and cream mixture in this heavenly tart.

MAKES 1 MEDIUM TART
PREPARATION: 20 MIN
COOKING: 15 MIN + CHILLING
COOLING: ABOUT 2 HOURS

CRUST
- 1 packet (200g) Tennis or Marie biscuits, crushed
- 100g butter, melted

FILLING
- 2 cans (385g each) condensed milk
- 250ml (1c) lemon juice
- 6 egg yolks

TOPPING
- 60ml (¼c) condensed milk
- 125ml (½c) plain double-cream yoghurt
- 125ml (½c) cream
- finely grated zest of 1 orange

Preheat the oven to 180°C. Grease a 25cm loose-based tart tin well with nonstick spray.

1. **Crust** Mix the biscuit crumbs and butter well and press firmly onto the base of the tart tin. Chill in the fridge until needed.
2. **Filling** Beat the condensed milk and lemon juice together until pale and thick. Beat in the egg yolks and spoon the filling over the crust. Smooth the top and bake for 15 minutes. Remove from the oven and allow to cool completely.
3. Chill the tart in the fridge for at least 1 hour.
4. **Topping** Mix the condensed milk and yoghurt well. Whisk the cream in another bowl until stiff and fold into the yoghurt mixture.
5. Spread the yoghurt mixture over the tart and sprinkle the orange zest over. Slice and serve. ❑

IS MODERN LIFE AFFECTING OUR HEALTH?

Life today may be convenient but it seems to be threatening our wellbeing

BY **RACHEL SMITH**

TAKEAWAYS

WE'RE PAYING A HIGH HEALTH PRICE FOR EASY MEALS

Dinner after a busy work day can be as easy as picking up the phone or grabbing a pizza or ready meal on the way home. But while the convenience of easy meals saves us time and effort, there's a price to pay in terms of nutrition and our health.

Fast food tends to be high in fat and sodium (salt) and low in fibre and nutrients, so eating it more than just occasionally could be putting you at a greater risk of heart disease, some cancers and type 2 diabetes.

Reduce your risk . . .

By choosing wisely. The nutritional value of fast food varies widely – you can get salads or vegetable dishes that are better choices from a nutritional perspective.

"Be cautious about ready meals – some may be just as high in fat and salt as fast food options such as burgers," says Marissa Olsen, a dietician at the School of Dentistry and Health Sciences at Charles Sturt University in Bathurst, Australia. "Look for a meal that has less than 10g fat per 100g and less than 120mg sodium per 100g and that's more than 8% fibre. A good target for fibre is 25 to 30g a day."

POPPING PILLS

ARE YOU TAKING MEDICATION INSTEAD OF MAKING CRUCIAL LIFESTYLE CHANGES?

You've got a headache. Period pain. A sore knee. The flu. Before you can say Grey's Anatomy, out comes the painkiller, a decongestant or a prescription antibiotic. Medication use has risen steeply over the past three decades, with millions of pills being popped daily.

How much of that medication could be ditched if we made healthy lifestyle changes instead?

A lot, predicts Dr Leon Massage of the Body Metabolism Institute in St Kilda, Australia. "Many medications only treat the symptoms and unless you absolutely have to soldier on, there might be better techniques to try first, like getting more rest, drinking more fluids, eating more healthily or taking the day off if you're battling a cold or flu."

'ESTABLISH A RULE TO SWITCH YOUR PHONE OFF AT A CERTAIN TIME EACH NIGHT'

Reduce your risk . . .

By treating health issues with lifestyle changes rather than just masking the symptoms with medication. Aim to take medication only when you absolutely need to – and this includes antibiotics, which are abused by far too many people, Massage says.

"Many GPs are put under pressure to prescribe antibiotics when patients don't need them, which is causing a higher rate of antibiotic resistance. We're reaching a stage where many antibiotics are becoming totally ineffective against the diseases they're supposed to treat. If you can avoid taking antibiotics, you should."

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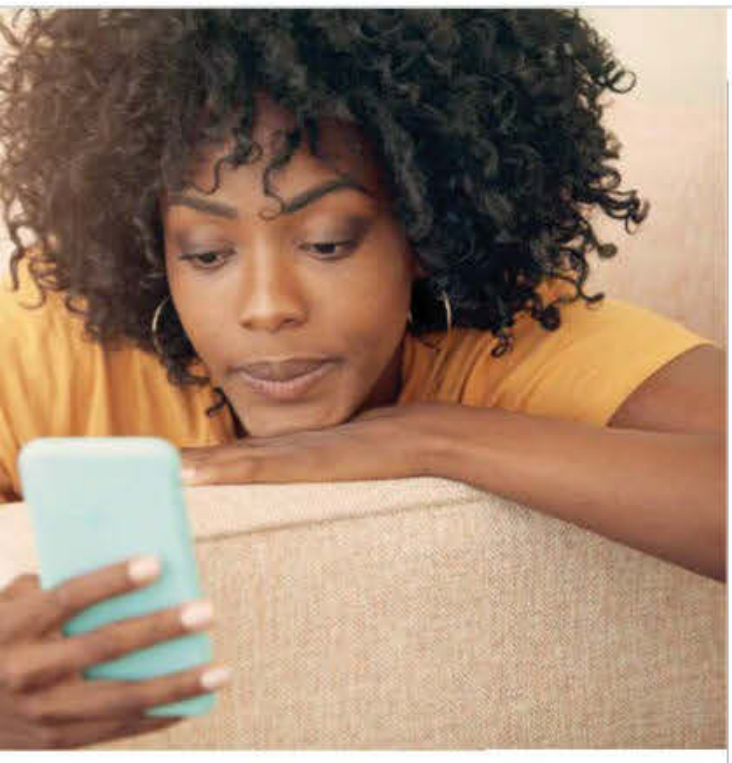

CELLPHONE ADDICTION

IT'S A HARD HABIT TO BREAK

How many times a day do you reach for your phone? Do you feel anxious without it? If so, you're not alone. Diana James of Queensland University of Technology in Brisbane, Australia, has studied problematic cellphone use for many years and says although we depend on our phones, constant connectivity is a big burden.

"I call it emotional tethering – you're tethered to the phone and tethered to the technology and there's no escape, which is both emotionally and physically draining."

There are more cellphones in South Africa than people, and when we start to rely on our phones as "adult pacifiers", as one expert puts it, the health risks can be serious. Cellphone users in James' survey reported everything from dips in productivity to sleep deprivation (which is also linked to weight gain). The jury is still out on whether cellphones cause brain tumours, but some researchers insist children are more at risk.

Reduce your risk . . .

By setting boundaries. "Establish a rule to switch your phone off at a certain time each night so you're forced to have some wind-down time, instead of your brain always being on call," Australian psychologist Jacqui Manning says.

"And aim to switch it off or check it only once or twice over weekends, until that reduced usage becomes a habit."

More than 80% of high school children in South Africa own cellphones. If you're a parent, consider limiting your child's mobile phone usage, Manning says.

MP3 PLAYERS

WHY IT'S NOT COOL TO CRANK UP THE VOLUME

If you're often turning up the dial on your earphones, you could be damaging your hearing, warns Dr Peter Friedland of the Ear Science Institute Australia.

"We grade sound on decibels, so 30 decibels is a whisper and 50 to 60 decibels is a normal conversation," he explains. "Anything above 80 to 85 decibels is damaging. With earphones or headphones, the music is often very loud and because the speaker is in close proximity to the ears, that's problematic."

He also warns that "hearing loss manifests only after 10 to 15 years of accumulated noise exposure and by then it's often too late".

"Eventually, like warnings on cigarette packets, there'll be warnings on iPods and MP3 players to let us know they can endanger our hearing."

Reduce your risk . . .

By giving your ears a break and not listening to your iPod for hours at a time. If you're going to a music concert or exercise class, you can minimise your exposure to loud noise with over-the-counter earplugs, Friedland says.

"People think earplugs will alter the sound and interrupt the quality of their enjoyment, but like putting on a pair of sunglasses in bright light enhances your vision, earplugs can filter out damaging noise levels and enhance the quality of sound you're hearing, as well as protect your ears."

BOTTLED WATER

SHOULD WE STEER CLEAR OF IT?

Plastic isn't only problematic because of what it's doing to the planet – it can also be harmful to our health due to Bisphenol-A (BPA), a chemical used in the manufacture of certain plastics, including those used in bottled water, babies' bottles, cans and food containers.

BPA is an endocrine disruptor, and reports have suggested it may migrate into the contents of the plastic containers – and be passed on to us.

The jury's still out, but studies indicate low levels of BPA may have an effect on fertility.

Reduce your risk . . .

By using a glass or BPA-free water bottle instead of buying a bottle of water whenever you need one, Massage says. ❑

OTHER THINGS TO RECONSIDER

Scented candles

Beware of those cheap candles from discount stores – they're often made of paraffin, which is believed to release carcinogens, as well as triggering allergies or asthma. Instead, buy beeswax or soy candles and ventilate the room well.

Air fresheners

They're a quick and convenient way to mask cooking smells or musty odours, but a US study published in the journal Environmental Health reports that synthetic air fresheners contain potentially carcinogenic chemicals known as phthalates, and they've also been linked to headaches. Swop for natural aromatherapy sprays instead.

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ASK DR LOUISE

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

I CAN'T STOP EATING

Q I've always had what's known as a healthy appetite, and this has led to me being overweight as well as to a lifetime of yoyo dieting.

I'm 78 now and 25kg overweight. About three years ago I was diagnosed with type 2 diabetes and was advised to lose weight, but I've found it impossible to do.

I've tried a low-carb high-protein diet and am now on a whole-food plant diet, but it feels as if it's all just been one step forward and two steps back. I stick to the overall plan so I've realised it must be because I simply eat too much of whatever is permitted.

Try as I might, I just can't seem to manage limiting the amount I eat. I don't understand this as I'm not a stupid woman. I have every intention of doing it but I always end up eating more. Why do I sabotage myself? How can I curb the need to eat so much?

Volksje, email

A Human beings don't only eat to sustain themselves. We eat for emotional reasons as well, which is precisely why losing weight is such a challenge for many people.

It could be that your subconscious mind associates food with nurturing, and that your apparent inability to stop eating is addressing a need for nurturing, soothing and comfort. If this is the case you need to consult a psychologist who can help you figure out how to nurture yourself in other ways so you don't constantly reach for food.

It could also be a way to deal with anxiety, and a psychologist can help you learn to deal with this better too.

Research has also shown that being sexually abused in childhood can lead to self-destructive overeating. If some kind of trauma may be the reason, it's important to speak to a psychologist, possibly one trained in hypnotherapy so that the problem can be resolved in hypnoanalysis.

The reason could also be more straightforward – perhaps the type of food you're eating isn't the right diet for you, in which case it's not about the amount of food you're eating but rather the type of food you're consuming.

Consider consulting a dietician who can determine if this is the case and then work out an eating plan for you.

I NEED TO RETIRE BUT I CAN'T LET GO

Q I'm on the verge of retiring and have appointed a wonderful person to manage the business I built. The problem is I don't seem to be able to let go. I'm still with the company and can't stop myself from interfering in the appointed manager's job and in a way sabotaging her work.

I don't understand why I'm doing this as it would be wonderful for my wife and I to retire to the seaside and just relax and have more time for each other. My wife and I started with nothing and I built up my company from scratch and now have a thriving and high-income business.

Surely we deserve to take it easy and reap the benefits of our hard work over the years? Unfortunately we don't have children who can take over and run the business.

Ben, email

A It's understandable that you'd feel protective of your business and find it difficult to trust your new manager fully – even though your mind tells you that she's competent and will be able to do a good job. Your business was your "baby" after all.

For this to have happened you would've trusted yourself over the years to make the right decisions. So trust is the keyword here. Trust that you've made the right decision with this new manager and ride off into the sunset with your wife.

However, instead of leaving the company all of a sudden, phase out your involvement. Start spending less time at the office, perhaps just two or three days a week, and then gradually lessen the time. Perhaps cut it down to once a week and then once every two weeks, until you get to the stage where you're only attending board meetings once every two to three months.

'THE OPPOSITE OF LONELINESS ISN'T TOGETHERNESS, IT'S INTIMACY'
– RICHARD BACH

MY HIGH SEX DRIVE IS CAUSING PROBLEMS

Q I've always had a high sex drive but over the past few years it seems even higher than usual and I've found I'll jump into bed with any man. I find it close to impossible to say no to a man, then the next day I despise myself and vow to never do it again – but this just keeps happening.

I realise that I'm not only placing myself at risk (I sometimes have unprotected sex) but am also damaging my reputation because people see me as an "easy lay", which I suppose I am.

Why do I find it so difficult to listen to the responsible part of myself and ignore the part that just wants to be in the arms of a man?

Jean, email

A You may be confusing sex with love and intimacy. You may have a desperate need to be loved and cherished and you feel this when you have sex with a man – at least for the time that it lasts.

However, your behaviour is more likely to ensure you don't find love because no man wants a partner who has a reputation for jumping into bed with any man who asks. So you're indeed sabotaging yourself and making it more difficult to be loved and cherished.

You need to consult a psychologist to help figure out why you behave in this self-destructive manner. Only then will you be able to change your behaviour and focus on what you really want – a loving and meaningful connection with a partner who respects you.

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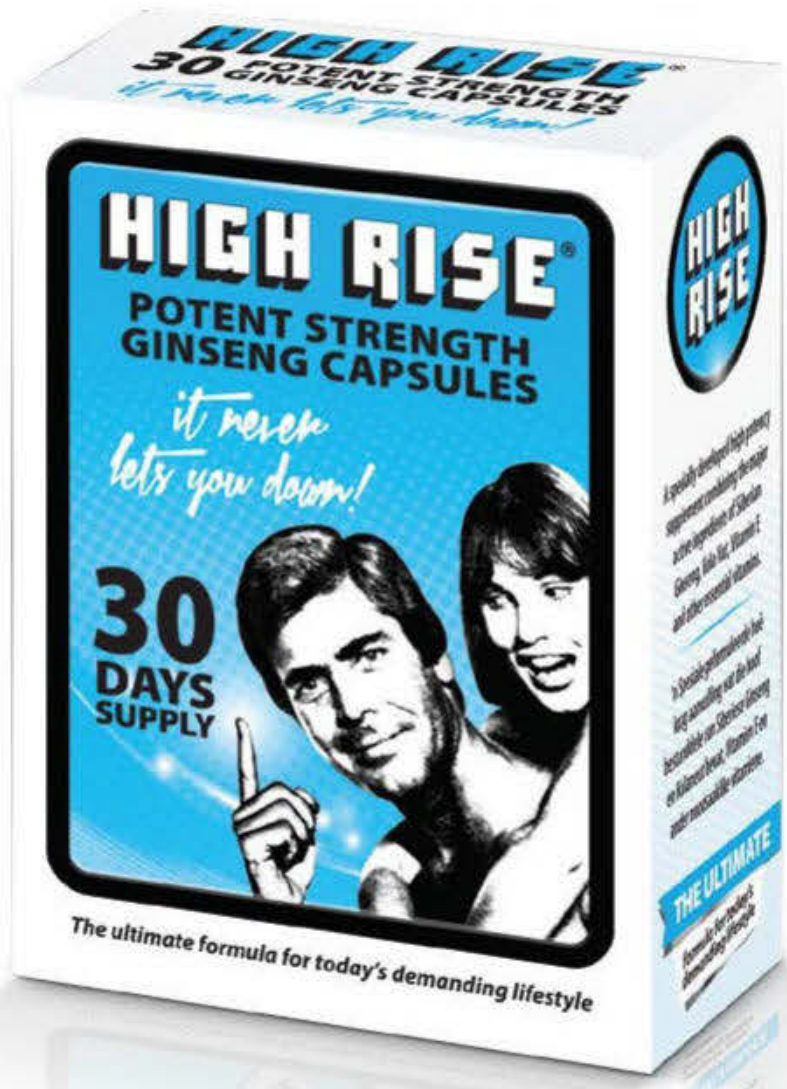

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YOUR MONEY SORTED

The ins and outs of 'buy now, pay later'

GO TO you.co.za FOR MORE FINANCIAL ADVICE

It's a quick and easy way to make a purchase. Here's what you need to know before you choose to use it

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.

YOU'RE about to buy something online when you're given a choice: buy now, pay later (BNPL), interest-free over three months. It sounds too good to be true but BNPL options are increasingly popular, both in SA and internationally. Research on BNPL in SA shows an annual growth of nearly 70% a year in this market.

WHAT IS IT?

BNPL lets you stagger the payment of your purchase over for example three payments, without interest and fees (provided you make the payments on time). The money is automatically deducted from your chosen debit or credit card. It differs from layby in that you immediately receive the goods and don't have to wait until you've paid the full amount.

In SA the big BNPL providers are Payflex, PayJustNow, Mobicred and MoreTyme. These providers have agreements with retailers so that customers can use their payment methods with the retailer. Transactions can be done in-store, online on the provider's app or using QR codes, says Tauriq Keraan, CEO of TymeBank.

Depending on the provider, your purchase can be spread over three or four payments. The repayment period isn't very long and is usually about two months. Often it means you pay half the purchase price immediately, and the rest in equal parts, or the entire payment is divided into equal parts. For example, you buy clothing for R2 000. You pay R1 000 immediately, then R500 a month over the next two months. Or you buy trainers for R2 700 and pay it off in three instalments of R900 each. You'll receive email or text reminders to ensure there's enough money in your bank account so you don't miss a payment.

HOW DO YOU APPLY?

You can apply on BNPL providers' websites or by choosing BNPL as a payment method when you pay on the retailer's site. You simply provide your ID number, and your application is speedily assessed online and without the need for paperwork. The provider will check your credit status and this will determine your purchasing limit. Once your application has been approved, you can complete the transaction within minutes, Keraan says.

The requirements are usually that:

- You're a legal South African resident aged 18 or older.
- You have a valid debit or credit card.
- You have a valid email address and cellphone number.
- You're permanently employed or are self-sufficient.
- You don't have too much debt and you're not in debt counselling, debt review or administration and have not been sequestered.

WHAT IF YOU WANT TO RETURN AN ITEM?

It will depend on the retailer's terms and conditions. You'll get your money back once the retailer has notified the BNPL provider to pay it into your account. If the retailer refunds you directly – for example with cash, credit or vouchers – you still have to pay the BNPL instalments.

CAN YOU PAY THE AMOUNT OFF SOONER?

It depends on the BNPL provider, but you should be able to make earlier payments. Check the provider's website.

IS IT BETTER THAN USING A CREDIT CARD?

It's usually much quicker and easier than applying for a credit card. If you keep up with your instalments, it's a truly interest-free way of buying and there are no fees. You won't pay a cent more for the item than the original price, Keraan says.

Credit cards, on the other hand, only offer 55 interest-free days and only if you repay the specific amount in full within that period. If not, the interest on credit cards is high. Credit cards also usually come with monthly administration and credit facility fees.

Because BNPL only covers a short period, you shouldn't be able to amass a large amount of debt with this payment method. With credit cards you have more flexibility when it comes to repayments and there's usually interest involved, so the chance of getting into a debt trap is greater.

WHAT ARE THE DOWNSIDES?

You don't earn points or rewards with purchases. Your purchases are also limited to the retailers who have agreements with BNPL providers. But as BNPL becomes more popular, more retailers are making use of it. However, you can't make international purchases this way.

WHAT HAPPENS IF YOU MISS A PAYMENT?

There's a penalty fee and interest will be charged. MoreTyme, for example, has a late-payment penalty fee of R65 and charges 2% interest if payments are missed. Some providers charge fees of more than R100 for each unsuccessful attempt to debit your account. It's best to find out beforehand what will happen if you miss a payment. ❑

TIP If your bank details change, inform your BNPL provider immediately. If you don't, a repayment might not be able to go off your account and you'll end up having to pay a penalty fee and interest.

GET MORE ADVICE

▶ It's worth reading the FAQs on providers' websites, such as payjustnow.com, tymebank.co.za and payflex.co.za.

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5 HIDDEN GERM HAZARDS

Protect yourself and your furry friend from falling ill by following these tips

COMPILED BY **NICI DE WET**

SWEET DREAMS Keeping your dog in tip-top condition will prevent him passing on parasites and allergens to you. Brush, deflea and deworm him regularly.

THERE are plenty of secret nasties living in everything from your dogs' water bowl to their poop, some of which can cause disease in humans. Let's take a look.

1 GERMY LICKS

While many owners allow their dogs to lick them, it's really not a good idea. "Simply put, humans aren't meant to tolerate some of the bacteria dogs carry in their saliva," says Kelly Reynolds, associate professor of environmental health at the University of Arizona in the US.

While dogs have evolved to compensate for not having dental care, older dogs are prone to gum disease, tooth decay and foul breath, she points out. "These carry bacteria, not to mention the nasty germs they pick up from the environment."

As we know, dogs love getting into the gross stuff, whether it's the rubbish, another animal's poop, a dead bird, a dirty puddle – the list goes on.

● **What to do** "You don't need to stop your dog licking you entirely but you should try to keep your face and any wounds off-limits."

Washing your face afterwards is also recommended.

2 GRIMY PET BOWLS

Food and water bowls can be a breeding ground for a host of germs and bacteria with salmonella and E.coli being two of the worst culprits.

BON APPETIT Stainless steel food and water bowls are the best option. Remember to wash well daily.

"It's very important to wash and disinfect them regularly," says Dr Jessica Vogelsang, veterinarian and author of iHeartDogs. "These bacteria can cause illness in pets and people. The young, elderly, and immune-compromised are especially at risk."

Even dry foods leave residue that can result in harmful bacteria.

A recent study compared the bacterial content found in plastic, ceramic and stainless steel water bowls and found the plastic ones contained the highest bacterial count and stainless steel carried the least.

● **What to do** Wash food and water bowls daily, either in a dishwasher or with soap and hot water. You should also soak them in water and a half-teaspoon of bleach for 10 minutes every now and again.

Also consider investing in stainless steel or ceramic bowls as plastic ones can crack easily, giving germs an easy place to breed.

3 INFECTED BEDDING

While we know about cleaning our own bedding, our pets' bedding is often ignored. These blankets, mattresses, towels and more can harbour myriad bacteria as well as ticks, mites and fleas that carry disease.

A dog's kennel can also become dirty and unhygienic.

● **What to do** Regularly wash your pets' bedding either in the washing machine or in the bath. In between you can vacuum it or spray with pet bed cleaner (available at most pet shops).

When it comes to kennels it's best to disinfect them. Don't use ammonia cleaners though as the smell is similar to urine and can cause your dog to urinate in his kennel. Also make sure you rinse it off completely because if any residue gets on your dogs' paws it can make them sick when they lick it off.

4 TOXIC POOP

Dog poop unfortunately is an ideal environment for bacterial growth and should never be left, whether you're out walking in a public place or at home. One of the most contagious and aggressive illnesses that a dog can get is parvovirus, which is commonly spread through infected poop.

Other bacteria such as E.coli, giardia and salmonella can cause severe diarrhoea, vomiting and dehydration in humans and pets. Parasites such as hookworm are another risk.

Stools that are left also attract flies, gnats and mosquitoes, which are renowned disease-spreaders.

● **What to do** Pick up your dog's poop daily, whether at home or out on a walk.

5 ITCHY BEDMATES

Many pet owners let their dogs or cats sleep in their beds, but there are health risks attached.

Parasites such as worms, bacteria and fungi can pass more easily from the animal to you due to the closer proximity. Fleas can carry diseases such as typhus and plague while cat-scratch disease can be transmitted if you're licked – or scratched – by an infected cat.

Pets can also carry allergens such as dust and pollen into your bed, which can aggravate allergies and asthma.

● **What to do** Regularly brush, deflea and deworm your pets. Also make sure they are up to date with their vaccinations. ❑

SOURCES: FACE4PETS.COM, OPRAH.COM, BUZZFEEDNEWS.COM, PETS.WEBMD.COM, HEALTHLINE.COM, WAGWALKING.COM

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LITTLE FIRES EVERYWHERE
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Izzy's relationship with Elena (Reese Witherspoon) reaches boiling point.

11 NOVEMBER / THURSDAY / TV

SABC1

05:00 JOURNEYS OF INSPIRATION
06:00 KIDS' NEWS & CURRENT AFFAIRS
06:30 ◆ YO.TV
07:00 ◆ TAKALANI SESAME
07:30 ◆ MAM' SAKHILE'S STORY HOUSE
08:00 ◆ GENERATIONS: THE LEGACY
08:30 ◆ MUVHANGO
09:00 ◆ UZALO
09:30 ◆ SKEEM SAAM
10:00 ◆ STREAKS
10:30 ◆ DAILY THETHA
11:30 ◆ KICK IT
12:00 ◆ SOCCERZONE
13:00 NEWS
13:30 ◆ SELIMATHUNZI
14:00 ◆ TEENAGERS ON A MISSION
14:30 ◆ MAM' SAKHILE'S STORY HOUSE
14:00 ◆ SELIMATHUNZI
15:00 DIYASPORA
15:30 YO.TV
16:30 ◆ MAKING MOVES
17:28 JOURNEYS OF INSPIRATION
17:30 NDEBELE/SWAZI NEWS
18:00 SHAY'IROUND
Local travel show
18:30 SKEEM SAAM
19:00 XHOSA/ZULU NEWS
19:30 ◆ THE ESTATE
20:00 GENERATIONS: THE LEGACY
Pele realises he might've been wrong about Siyanda after all.
20:30 UZALO
21:00 THE RANAKAS
22:00 ◆ IKANI
23:00 WOZA MATRIC
01:00 ◆ KOZE KUSE

SABC2

05:00 ◆ THABANG THABONG
05:30 ◆ JAKKALS JOL
06:00 MORNING LIVE
08:00 ◆ THE MAGICAL WORLD OF LUNA BELLE
08:30 ◆ UBONGO KIDS
09:00 ◆ MY FATHER, MY HERO
09:30 ◆ LADIES CLUB
10:00 ◆ MOOILOOP!
10:30 ◆ FOKUS
11:00 ◆ 7DE LAAN
11:30 ◆ MUVHANGO
12:00 ◆ UZALO
12:30 ◆ GENERATIONS: THE LEGACY
13:00 ◆ SKEEM SAAM
13:30 ◆ THE ESTATE
14:00 ◆ JANE THE VIRGIN
15:00 ◆ ANDY'S SAFARI ADVENTURES
15:30 TAKALANI SESAME
16:00 WORDS AND NUMBERS
16:30 HECTIC NINE 9
17:00 YU-GI-OH! 5D'S
17:30 TSONGA/VENDA NEWS
18:00 7DE LAAN
18:30 AFRIKAANS NEWS
19:00 KLOP DIE KUNSTENAAR
20:00 TSWANA/SOTHO NEWS
20:30 ◆ TRI.A.LOGUE
21:00 MUVHANGO
Mulalo wants Luruli to forget about Teboho.
21:30◆ VUTHA
22:00 ◆ FATAL ATTRACTION
Documentary series. The decapitated body of aspiring actress Lilius Landrum is found.
23:00 ◆ YU-GI-OH! 5D'S
23:30 FULL VIEW

SABC3

05:00 ◆ CHALLENGE SOS
05:30 ◆ HECTIC ON 3
06:00 EXPRESSO
09:00 ◆ THE VIEW
10:00 ◆ ORPHANS OF A NATION
10:30 ◆ 7DE LAAN
11:00 ◆ THE ESTATE
11:30 ◆ THE RED ROOM
12:00 WILL & GRACE
Comedy series. Double bill.
13:00 ON POINT
14:00 ◆ UNPACKED WITH RELEBOGILE
14:30 ◆ PLANET DEFENDER
15:00 THE VIEW
16:00 HECTIC ON 3
16:30 CHALLENGE SOS
17:00 UNPACKED WITH RELEBOGILE
Talk show
17:30 AFTERNOON EXPRESS
18:30 ORPHANS OF A NATION
19:00 THE ESTATE
19:30 THE RED ROOM
20:00 ENGLISH NEWS
20:30 ONE DAY AT A TIME
Comedy series. Alex wants to go to a concert. Penelope feels overprotective and goes to Schneider for advice. Elena and Syd go with Lydia and Leslie to the opera.
21:00 LITTLE FIRE EVERYWHERE
22:00 ◆ CUT ABOVE THE REST
23:00 ◆ THE GOOD KARMA HOSPITAL
00:00 ◆ DATING #NOFILTER
01:00 ◆ WILL & GRACE
Double bill
02:00 DEUTSCHE WELLE NEWS

E.TV

05:00 ◆ COOL CATZ LEGACY
05:30 THE MORNING NEWS
06:00 THE MORNING SHOW
08:30 ◆ DAYS OF OUR LIVES
09:30 ELIF
10:30 DOKTER ALI
11:30 ◆ HOUSE OF ZWIDE
12:00 ◆ SCANDAL!
12:30 ◆ IMBEWU: THE SEED
13:00 ENEWS
13:30 ◆ DURBAN GEN
14:00 ◆ CHECKPOINT
14:30 CARE BEARS: UNLOCK THE MAGIC
15:00 LEGO CITY ADVENTURES
15:15 FRIENDS: GIRLS ON A MISSION
15:30 THE EPIC TALES OF CAPTAIN UNDERPANTS
15:55 DINOTRUX SUPERCHARGED
16:20 JUDGE JUDY
16:45 DAYS OF OUR LIVES
17:30 DEUR DIK EN DUN
18:30 DURBAN GEN
19:00 HOUSE OF ZWIDE
19:30 SCANDAL!
20:00 ENEWS
20:30 9-1-1
Action series. On Halloween, the first responders race to a cemetery rescue, a haunted hay-ride and a spooky Hollywood parade.
21:30 IMBEWU: THE SEED
22:00 DEVI
22:30 KWAITO TIME
23:00 ◆ BEGEERTES
00:00 BAYWATCH
02:05 BULLET TO THE HEAD
03:45 ◆ CRIMINAL CONFESSIONS

M-NET

06:00 ◆ CHICAGO FIRE
06:50 ◆ THE KELLY CLARKSON SHOW
07:35 ◆ SURVIVOR AUSTRALIA: ALL STARS
09:00 ◆ NCIS: LOS ANGELES
10:00 ◆ LEGACY
10:30 ◆ S.W.A.T.
11:25 ◆ THE KELLY CLARKSON SHOW
12:10 ◆ SURVIVOR AUSTRALIA: ALL STARS
13:30 ◆ THE GOOD DOCTOR
14:30 ◆ MY KITCHEN RULES SA
15:30 ◆ CHICAGO FIRE
16:25 THE KELLY CLARKSON SHOW
Daytime talk show
17:25 SURVIVOR AUSTRALIA: ALL STARS
19:00 LEGACY
19:30 NCIS
Action series. The discovery of two dead bodies leads the team into the world of modern-day treasure hunting. Meanwhile, Gibbs and Fornell get deeper into their search for the drug kingpin.
20:30 NCIS
21:30 AMERICAN RUST
22:30 THE NORTH WATER
Drama series. A discovery by Summer sends Drax into a murderous rage.
23:30 LOVE ISLAND USA
00:30 ◆ WENTWORTH
01:40 ◆ EVIL
02:45 BABY DONE
04:25 SIGNED, SEALED, DELIVERED: SECOND CHANCES

MZANSI

06:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
08:00 LOKSHIN BIOSKOP: NAZO
09:30 ◆ DIEPCITY
10:00 ◆ THE QUEEN
10:30 ◆ GOMORA
11:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
12:00 ◆ THE RIVER
12:30 ◆ DIEPCITY
13:00 ◆ THE QUEEN
13:30 ◆ GOMORA
14:00 LOKSHIN BIOSKOP: THE SPOT
15:30 LOKSHIN BIOSKOP: INGOMA
The sheltered daughter of the local pastor harbours a secret desire: she wants to become a singer.
17:00 LAUGH OUT LOUD: THE COMEDY SHOW
18:00 LOKSHIN BIOSKOP: TANGO
19:00 THE RIVER
19:30 GOMORA
20:00 UTHANDO NES'THEMBU
20:30 DIEPCITY
21:00 THE QUEEN
21:30 AWAY FOR REPAIR
22:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
23:30 ◆ ZABALAZA
00:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
01:00 ◆ MZANSI MAGIC MUSIC SPECIALS
01:30 LOKSHIN BIOSKOP: REFLECTIONS
03:00 LOKSHIN BIOSKOP: THE SPOT

12 NOVEMBER / FRIDAY / TV

SABC1

05:02 GELEZA NATHI
06:00 KIDS' NEWS & CURRENT AFFAIRS
06:30 ◆ YO.TV
07:00 ◆ TAKALANI SESAME
07:30 ◆ MAM' SAKHILE'S STORY HOUSE
08:00 ◆ GENERATIONS: THE LEGACY
08:30 ◆ MUVHANGO
09:00 ◆ UZALO
09:30 ◆ SKEEM SAAM
10:00 ◆ STREAKS
Local comedy series
10:30 ◆ BIG UP
11:00 ◆ IMIZWILILI
12:00 ◆ SPORT@10
13:00 NEWS
13:30 ◆ LIVE AMP
14:00 ◆ TEENAGERS ON A MISSION
14:30 ◆ MAM' SAKHILE'S STORY HOUSE
15:00 SPORTSBUZZ
15:30 YO.TV
16:30 RESTYLE MYSTYLE
17:00 ◆ THE BRAAI SHOW WITH CASSPER
17:30 NEWS
18:00 LIVE AMP
18:30 SKEEM SAAM
19:00 XHOSA/ZULU NEWS
19:30 ◆ THE ESTATE
20:00 GENERATIONS: THE LEGACY
20:30 UZALO
Njeza is sentenced, and it's much harsher than expected.
21:00 WAKE OF DEATH
23:00 ◆ MZANSI INSIDER

SABC2

05:00 ◆ THABANG THABONG
05:30 ◆ JAKKALS JOL
06:00 MORNING LIVE
08:00 ◆ THE MAGICAL WORLD OF LUNA-BELLE
08:30 ◆ UBONGO KIDS
09:00 BABY FACED MUMS
10:00 ◆ FUNDI'S
10:30 ◆ KLIPHARD
11:00 ◆ 7DE LAAN
11:30 ◆ MUVHANGO
12:00 ◆ UZALO
12:30 ◆ GENERATIONS: THE LEGACY
13:00 ◆ SKEEM SAAM
13:30 ◆ THE ESTATE
14:00 MURDER SHE WROTE
15:00 ALL HAIL KING JULIEN
15:30 TAKALANI SESAME
16:00 ODD SQUAD
16:30 HECTIC NINE-9
17:00 YU-GI-OH! 5D'S
17:30 TSONGA/VENDA NEWS
18:00 7DE LAAN
18:30 AFRIKAANS NEWS
19:00 THE TASTE MASTER SA
20:00 TSWANA/SOTHO NEWS
20:30 ◆ RELATE
21:00 MUVHANGO
James makes a decision about his marriage to Imani.
21:30 ◆ KE NYALA MANG
22:00 ◆ TLHAKANTSUKE
22:30 BOXING WEEKLY
23:00 TKO BOXING MAGAZINE
23:30 ◆ YU-GI-OH! 5D'S
00:00 FULL VIEW
03:00 THE GLOBE

SABC3

05:30 ◆ HECTIC ON 3
06:00 EXPRESSO
09:00 ◆ THE VIEW
10:00 ◆ ORPHANS OF A NATION
10:30 ◆ 7DE LAAN
11:00 ◆ THE ESTATE
11:30 ◆ THE RED ROOM
12:00 WILL & GRACE
Comedy series. Double bill.
13:00 ON POINT
14:00 ◆ UNPACKED WITH RELEBOGILE
14:30 ◆ WILD LIFE WARRIORS
15:00 THE VIEW
16:00 HECTIC ON 3
16:30 INBESTIGATORS
17:00 UNPACKED WITH RELEBOGILE
17:30 CELEBRITY WIFE SWAP USA
Reality series. Actor Tommy Davidson's fiancée trades lives with actor Corey Feldman's fruitarian girlfriend.
18:30 ORPHANS OF A NATION
19:00 THE ESTATE
19:30 THE RED ROOM
20:00 ENGLISH NEWS
20:30 KIM'S CONVENIENCE
21:00 ATLANTA
21:30 ◆ COMEDY CENTRAL PRESENTS: GRAB THE MIC
22:30 ◆ X FACTOR: CELEBRITY
23:30 ◆ YOU ME HER
00:00 ◆ UNFILTERED
00:30 ◆ SPECIAL ASSIGNMENT
01:00 ◆ WILL & GRACE
Double bill.
02:00 DEUTSCHE WELLE NEWS

E.TV

05:00 LIFE BY DESIGN
05:30 THE MORNING NEWS
06:00 THE MORNING SHOW
08:30 ◆ DAYS OF OUR LIVES
09:30 ELIF
10:30 DOKTER ALI
11:30 ◆ HOUSE OF ZWIDE
12:00 ◆ SCANDAL!
12:30 ◆ IMBEWU: THE SEED
13:00 NEWS
13:30 ◆ DURBAN GEN
14:00 ◆ DEVI
14:30 AGAINST THE WILD
16:20 JUDGE JUDY
16:45 DAYS OF OUR LIVES
17:30 DEUR DIK EN DUN
18:30 DURBAN GEN
Local medical drama
19:00 HOUSE OF ZWIDE
19:30 SCANDAL!
20:00 ENEWS
20:30 9-1-1
Drama series. In this episode, Buck jumps right back into the dating scene. A woman goes to great extremes to get her husband's attention, and a newlywed couple are involved in a car accident.
21:30 IMBEWU: THE SEED
22:00 FAMILY TIME WITH ANGUS BUCHAN
Religious show
22:05 THE PUNISHER
00:40 CRYSTAL SKULLS
02:15 REDLINE
04:00 ◆ THE PRICE OF DUTY
04:50 E-INSERT

M-NET

06:00 ◆ CHICAGO MED
06:55 ◆ KELLY CLARKSON SHOW
07:40 ◆ SURVIVOR AUSTRALIA: ALL STARS
09:00 ◆ ELLEN'S GAME OF GAMES
10:00 ◆ LEGACY
10:30 ◆ CARTE BLANCHE
11:30 ◆ KELLY CLARKSON SHOW
12:30 ◆ SURVIVOR AUSTRALIA: ALL STARS
13:30 ◆ MAGNUM P.I.
14:30 ◆ BLUE BLOODS
15:30 ◆ CHICAGO MED
16:25 THE KELLY CLARKSON SHOW
17:25 SURVIVOR AUSTRALIA: ALL STARS
19:00 B POSITIVE
Comedy series. Gina takes Drew and Norma on a road trip to track down her father's medical records.
19:30 LITTLE MIX SPECIAL
21:30 SHRILL
Comedy series. Double bill. In the second episode, Annie reconnects with someone she initially wrote off.
22:30 IT'S ALWAYS SUNNY IN PHILADELPHIA
23:00 LAST WEEK TONIGHT WITH JOHN OLIVER
23:40 LOVE ISLAND USA
Reality show
00:45 ◆ THE NORTH WATER
01:45 ◆ SCENES FROM A MARRIAGE
02:45 WAKE UP
04:20 IN OTHER WORDS

MZANSI

06:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
08:00 LOKSHIN BIOSKOP: THE SPOT
09:30 ◆ DIEPCITY
10:00 ◆ THE QUEEN
10:30 ◆ GOMORA
11:00 ◆ DR. PHIL
12:00 ◆ THE RIVER
12:30 ◆ DIEPCITY
13:00 ◆ THE QUEEN
13:30 ◆ GOMORA
14:00 LOKSHIN BIOSKOP: FINDING MR RIGHT
When a politician is offered an ambassadorship, he thinks it's time to start afresh – including getting rid of his wife.
15:30 LOKSHIN BIOSKOP: INDANDATHO
16:30 LAUGH OUT LOUD: THE COMEDY SHOW
17:30 HAPPINESS IS A FOUR-LETTER WORD
18:00 UTHANDO LODUMO
19:00 THE RIVER
19:30 GOMORA
20:00 LOVE AND LOSS
20:30 DIEPCITY
21:00 THE QUEEN
21:30 MASSIVE MUSIC
22:00 ◆ UMKHOKHA
23:00 ◆ WWE: RAW
00:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
02:00 ◆ ZABALAZA
03:00 LOKSHIN BIOSKOP: FINDING MR. RIGHT

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

TEENAGE MUTANT NINJA TURTLES: OUT OF THE SHADOWS

E.TV SATURDAY 20:00

The Turtles fight Shredder, a mad scientist, and an alien brain named Krang. Cast includes the voice of Tyler Perry.

TV / SATURDAY / 13 NOVEMBER

SABC1

05:00 ◆ GELEZA NATHI
06:00 WOZA MATRIC
08:00 YO.TV
09:00 WOZA MATRIC
10:00 MZANSI INSIDER
Magazine show. The show covers a wide variety of topics, including entertainment news and movie reviews, and also features motivational speakers and doctors' responses to viewers' health questions.
11:00 ◆ GENERATIONS: THE LEGACY
Omnibus
13:30 SPORT MAGAZINE
14:00 LADUMA
15:00 SOCCER BUILD UP
15:30 LADUMA
17:30 USHUNI KA MASKANDI
18:00 MUSIC SPECIAL
19:00 XHOSA/ZULU NEWS
19:30 REAL GOBOZA
Local celebrity gossip and entertainment magazine show. It features the latest news and gossip about South African celebrities and the events and happenings they're involved with.
20:00 TO BE ANNOUNCED
22:00 TOO HOT TO BE SINGLE
Dating game show presented by Lawrence Maleka. Seeks to find a match for people who rate themselves as hot property. Six hopefuls go through a series of trials to impress the singleton and match up.
23:00 KOZE KUSE

SABC2

05:00 ◆ RAGGS
05:30 ◆ INSIDE THE BAOBAB TREE
06:00 ◆ ADVENTURES OF PUSS IN BOOTS
06:57 ◆ OP PAD
07:00 MORNING LIVE
Breakfast show
08:30 ◆ MUVHANGO
Omnibus
11:00 ◆ GIYANI: LAND OF BLOOD
Omnibus
12:30 ◆ SIDE BY SIDE
13:00 EMPLOYABLE ME
14:00 MY TEACHER MADE ME
14:30 ◆ TRENDZ TRAVEL
15:00 ◆ TOUCHED BY AN ANGEL
16:00 THE KARATE KID PART II
Although set in Okinawa, the film was shot in Oahu, Hawaii, because of its similar climate and vegetation to Japan, as well as its large Okinawan population.
18:00 AFRIKAANS NEWS
18:15 TSWANA/SOTHO NEWS
18:30 TOP 14 RUGBY MATCH
Teams to be announced
21:00 SUPERNATURAL
Fantasy series. Sam finds a clue as to Dean might be, so he, Mary and Bobby set out to investigate.
22:00 BORN TO KILL?
Documentary series about real-life murders and the people who commit it.
23:00 ◆ SIDE BY SIDE
00:00 FULL VIEW
02:30 ◆ TRENDZ TRAVEL
03:00 THE GLOBE

SABC3

05:00 ◆ TAKALANI SESAME
05:30 ◆ I AM A WORK OF ART
The programme showcases the talent of children training or trained in the arts and also features a role model who's to be a mentor that inspires the young artist in their chosen discipline.
06:00 TECHNO SQUAD
06:30 ◆ CHALLENGE SOS
07:00 ◆ INBESTIGATORS
07:30 ◆ SADHANA
Hindu magazine show. The locally produced programme explores Hinduism in South Africa in all the vibrancy and colour it's celebrated in.
08:00 ◆ AN NUR: THE LIGHT
Islamic magazine show
08:30 ◆ AFTERNOON EXPRESS
Double bill
10:30 ◆ THE ESTATE
Omnibus
13:00 ◆ THE INSIDER SA
14:00 SPORTS ARENA
15:00 BUNDESLIGA BUILD-UP
15:30 SOCCER: DORTMUND VS KÖLN
17:30 BUNDESLIGA WRAP-UP
18:00 ENGLISH NEWS
18:30 X FACTOR: CELEBRITY
Reality singing competition
19:30 INSTANT FAMILY
The movie was inspired by the real events from the life of writer and director Sean Anders.
21:30 A FANTASTIC WOMAN
23:30 DEUTSCHE WELLE NEWS

E.TV

05:00 ◆ BODY ART
05:30 CARE BEARS: UNLOCK THE MAGIC
06:00 ALVINNN!!! AND THE CHIPMUNKS
06:25 YOKO
06:55 LEGO CITY ADVENTURES
07:10 FRIENDS: GIRLS ON A MISSION
07:25 DINOTRUX SUPERCHARGED
07:55 DRAGONS: RACE TO THE EDGE
08:30 ◆ SCANDAL!
Omnibus
10:20 ◆ IMBEWU: THE SEED
Omnibus
12:30 THE BIG DEBATE
13:35 JUST FOR LAUGHS GAGS
14:00 CELEBRITY SCOOP
14:40 THE ANIMAL
16:10 IMPACT
18:00 THE ULTIMATE BRAAI MASTER
19:00 SOUTH AFRICA TONIGHT
19:30 SUPERSTORE
Comedy series. Amy tries to talk Cheyenne into standing up to her pushy mom.
20:00 TEENAGE MUTANT NINJA TURTLES: OUT OF THE SHADOWS
Brad Garrett, who voices Krang in this film, is best friends with Pat Fraley, who voiced Krang in the Teenage Mutant Ninja Turtles animated series (1987).
22:20 PUNISHER: WAR ZONE
00:25 GOD DON'T MAKE THE LAWS
02:15 DEADLY HOPE

M-NET

06:00 ◆ MAGNUM P.I.
07:00 ◆ BLUE BLOODS
08:00 ◆ NCIS: LOS ANGELES
09:00 ◆ LEGACY
Omnibus
11:00 ◆ NCIS
12:00 ◆ VIGIL
13:00 ◆ LITTLE MIX SPECIAL
14:50 ◆ MY KITCHEN RULES SOUTH AFRICA
15:55 RIKI RHINO
17:30 ◆ B POSITIVE
18:00 THE GOLDBERGS
Comedy series
18:30 LAST MAN STANDING
Comedy series
19:00 AMERICAN HOUSEWIFE
Comedy series season 5 ends. Katie pushes Cooper to share his ambition of becoming a chef with his autocratic father.
19:30 BRITAIN'S GOT TALENT: COMPILATION SPECIALS
20:30 NANCY DREW
Drama series. Ryan and the Drew Crew work together to find a way to bring down Everett. Meanwhile, Carson warns gives Nancy.
21:30 IN THE DARK
Drama series
22:30 DEUTSCHLAND 89
23:30 ◆ SHRILL
00:00 ◆ SHRILL
00:30 ◆ DEXTER
01:25 ◆ AMERICAN RUST
02:10 ◆ EVIL
03:05 GOURMET DETECTIVE: ROUX THE DAY
04:35 FIXIES VS KRABOTS

MZANSI

06:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
08:00 LOKSHIN BIOSKOP: KE SUMMER BOSS
09:30 ILIZWI
10:30 ◆ I BLEW IT
Reality show
11:00 ◆ THE QUEEN
Omnibus
13:30 ◆ THE RIVER
Omnibus
16:00 ◆ ABAZALI
16:30 ◆ OUR PERFECT WEDDING
17:30 ◆ FACE 2 FACE
18:00 LOKSHIN BIOSKOP: BAFANA BA BRUNO
19:00 HATCHET HOUR
Crime. When a lawyer accidentally kills her gardener, she fears it might cost her her career, so she asks her best friend to help her get rid of the body.
20:30 LOKSHIN BIOSKOP: TANGO
21:30 ◆ UTHANDO NES'THEMBU
22:00 ◆ WWE: SMACKDOWN
23:00 ◆ HOMEGROUND
23:30 ◆ MASSIVE MUSIC
00:00 LOKSHIN BIOSKOP: LUTHANDO 2
01:00 LOKSHIN BIOSKOP: UTHANDO ONGAPHELI
02:00 ◆ MZANSI MAGIC MUSIC SPECIAL
02:30 LOKSHIN BIOSKOP: THABO TURBO T 2
04:00 LOKSHIN BIOSKOP: SEBOLELO
05:30 MZANSI MAGIC MUSIC SPECIALS

TV / SUNDAY / 14 NOVEMBER

SABC1

05:00 ◆ GELEZA NATHI
06:00 ◆ SIYAKHOLWA
06:30 ◆ NGO MUSA
07:00 ◆ WOZA MATRIC
08:00 ◆ IMVELO
Magazine show. The show focuses on African traditional practices as performed in various traditional rituals and at events.
08:30 ◆ GOSPEL AVENUE
Gospel music show. Local celebrities share their personal 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 LADUMA
17:30 KHUZANI BO!
Reality series about record-breaking, award-winning Maskandi musician Khuzani "Innocent" Mpungose.
18:00 TELKOM MONATE
19:00 XHOSA/ZULU NEWS
19:30 AFRICAN DREAMS
20:00 IKANI
20:30 COACH CARTER
The real Ken Carter wanted Samuel L. Jackson to play him. He was on set every day and said Jackson's portrayal of him is 98,5% accurate.
23:00 ◆ GOSPEL AVENUE

SABC2

05:00 ◆ RAGGS
06:00 ◆ THE ADVENTURES OF PUSS IN BOOTS
07:00 MORNING LIVE
08:30 ◆ 7DE LAAN
Omnibus
11:00 DERECH ERETZ
11:30 BIBLE MYSTERIES
12:00 MUSIC AND THE SPOKEN WORD
12:30 RUGBY TOP 14 HIGHLIGHTS
13:00 CLUB RUGBY HIGHLIGHTS
14:00 ◆ STAND UP SOUTH AFRICA
15:00 ◆ TOUCHED BY AN ANGEL
16:00 THE CALIPHATE & THE KINGDOM
17:00 THE AMERICAN BIBLE SHOW
18:00 AFRIKAANS NEWS
18:15 TSWANA/SOTHO NEWS
18:30 STAND UP SOUTH AFRICA
19:30 AFTER THE VOWS
Reality series. In this episode, marriage roles are discussed.
20:00 MY FATHER, MY HERO
20:30 CONNED
Factual docudrama that profiles victims of different scams or cons, through dramatic re-enactments that relive the events that took place around our victim's scam
21:00 ONTLAMETSE PHALATSE: MY ATTRACTIVE LIFE
22:00 ◆ SUPERNATURAL
23:00 ◆ LIFE 24/7
23:30 FULL VIEW
02:30 NETWORK
03:00 THE GLOBE

SABC3

05:00 ◆ HECTIC ON 3
Omnibus. This tween interactive show brings young viewers the best of tech inspiration, crafty DIY experiments, and a whole lot of fun and games.
07:00 A NEW DAY
07:30 ◆ SADHANA
Hindu magazine show
08:00 AN NUR: THE LIGHT
Islamic magazine show
08:30 ◆ PURE ACTION
09:00 ◆ ORPHANS OF A NATION
Omnibus. The love story of two Syrian refugees who flee to Brazil to be together.
11:30 ◆ THE RED ROOM
Omnibus
14:00 SPORTS ARENA
Keeping viewers up to date with local and international sporting news.
17:00 ARUANAS
18:00 ENGLISH NEWS
18:30 CHEETAH FAMILY & ME
Documentary. Wildlife filmmaker Gordon Buchanan gets close to wild cheetah in the Kalahari, experiencing first-hand the very real dangers these beautiful big cats face.
19:30 FLIGHT
21:30 ◆ ATLANTA
22:00 ◆ COMEDY CENTRAL PRESENTS: GRAB THE MIC
23:00 ◆ WEEKEND ROUND UP
00:00 SPORT ARENA
04:00 ◆ A MILLION LITTLE THINGS

E.TV

05:00 ◆ CARE BEARS: UNLOCK THE MAGIC
05:30 JOSEPH PRINCE: NEW CREATION CHURCH TV
06:00 ◆ I AM SOUL PRECIOUS
06:35 ELEVATION CHURCH
07:00 ◆ WHEELING AND DEALING
07:35 GAME CHANGERS
08:00 FAITHFLUENCERS
08:30 ◆ HOUSE OF ZWIDE
Omnibus
10:20 ◆ DURBAN GEN
Omnibus
12:15 THE ANIMAL
13:45 TEENAGE MUTANT NINJA TURTLES: OUT OF THE SHADOWS
16:00 BRITAIN'S GOT TALENT
Double bill
18:00 TITAN GAMES
19:00 SOUTH AFRICA TONIGHT
19:30 THE GOLDBERGS
Comedy series. Managing Barry and Erica's college searches pits Beverly against a rival meddling mom.
20:00 G.I. JOE: RETALIATION
Dwayne "The Rock" Johnson is the second WWE wrestler to appear as a Joe. The first was Robert Remus, who played Sergeant Slaughter in several G.I. Joe cartoons.
22:15 JUDGE FOR YOURSELF
22:45 UNKNOWN
00:50 SECRET LIAISON
02:30 PAST NEVER DIES
04:15 ◆ FORENSIC FILES

M-NET

06:00 ◆ B POSITIVE
06:30 ◆ AMERICAN HOUSEWIFE
07:00 ◆ THE GOLDBERGS
07:30 ◆ LAST MAN STANDING
08:00 ◆ THE GOOD DOCTOR
09:00 ◆ S.W.A.T.
10:00 ◆ LITTLE MIX SPECIAL
12:00 ◆ BRITAIN'S GOT TALENT: COMPILATION SPECIALS
13:00 TROLLS WORLD TOUR
The idea of gathering six strings together as a plot device mirrors that of the movie Avengers: Infinity War (2018).
15:05 ◆ LEGACY
Omnibus
17:00 ◆ VIGIL
18:00 MY KITCHEN RULES SA
Reality cooking show. The judges are J'Something and David Higgs.
19:00 CARTE BLANCHE
Current affairs and investigative journalism programme
20:05 HONEST THIEF
Agent Ramon Hall's wife, Beth, is played by Anthony Ramos' real-life fiancée, Jasmine Cephas Jones.
21:45 ◆ IN THE DARK
22:45 ◆ DEUTSCHLAND 89
23:45 ◆ NANCY DREW
00:40 ◆ EVIL
01:40 ◆ WENTWORTH
02:50 WINTER WAR
04:25 SIGNED, SEALED, DELIVERED: TIME TO START TO LIVIN'

MZANSI

06:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
07:00 ICILONGO
08:00 ◆ GOSPEL ALIVE
Gospel talk show
09:00 MZANSI MAGIC MUSIC SPECIAL
09:30 ◆ AWAY FOR REPAIR
Reality series hosted by Rami Chuene and life coach Romeo Mabasa.
10:00 ◆ DIEPCITY
Omnibus
12:30 LOKSHIN BIOSKOP: TANGO
13:30 ◆ HOMEGROUND
14:00 ◆ FORCE FOR GOOD
14:30 ◆ GOMORA
Omnibus
17:00 IDOLS SA
Reality competition
19:00 OUR PERFECT WEDDING
Reality series
20:00 UMKHOKHA
Locally produced telenovela about two families at war with each other.
21:00 IZINGANE ZAMI
22:00 ◆ GROOTBOOM & SONS
Drama series. A young woman inherits the family business – a funeral home – much to the anger of her older siblings.
22:30 ◆ ZABALAZA
Omnibus
03:30 LOKSHIN BIOSKOP: OUR HOUSE
05:00 ◆ GOSPEL ALIVE

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

S.W.A.T.
M-NET TUESDAY 20:30
The team searches for an extremist group that's attacking businesses. Starring Jay Harrington.

15 NOVEMBER / MONDAY / TV

SABC1

05:02 ◆ GELEZA NATHI
06:00 KIDS' NEWS & CURRENT AFFAIRS
06:30 YO.TV
07:00 ◆ TAKALANI SESAME
07:30 ◆ MAM' SAKHILE'S STORY HOUSE
08:00 ◆ GENERATIONS: THE LEGACY
08:30 ◆ MUVHANGO
09:00 ◆ UZALO
09:30 ◆ SKEEM SAAM
10:00 ◆ STREAKS
10:30 DAILY THETHA
11:30 ◆ NGEMPELA
12:00 TO BE ANNOUNCED
13:00 NEWS
13:30 ◆ THE GUMBI'S
14:30 ◆ MAM' SAKHILE'S STORY HOUSE
15:00 DIYASPORA
15:30 YO.TV
16:00 BLUE COUCH
16:30 KICK IT
17:00 EXPRESSIONS
17:30 NDEBELE/SWAZI NEWS
18:00 THE ORANGE COUCH
18:30 SKEEM SAAM
19:00 XHOSA/ZULU NEWS
19:30 ◆ THE ESTATE
20:00 GENERATIONS: THE LEGACY
Tracy inadvertently fuels the flame of suspicion.
20:30 UZALO
Hlelo promises to be the best mother to her child.
21:00 BROTHERS AND SISTER WITH SOUL
22:00 SOCCERZONE
23:00 WOZA MATRIC

SABC2

05:00 ◆ THABANG THABONG
05:30 ◆ JAKKALS JOLS
06:00 MORNING LIVE
08:00 ◆ THE MAGICAL WORLD OF LUNA BELLE
08:30 ◆ UBONGO KIDS
09:00 ◆ RAISING BABIES 101
09:30 ◆ FOREVER YOUNG
10:00 ◆ IMVELOGY
10:30 AFRICA FROM WITHIN
11:00 ◆ 7DE LAAN
11:30 ◆ MUVHANGO
12:00 ◆ UZALO
12:30 ◆ GENERATIONS: THE LEGACY
13:00 ◆ SKEEM SAAM
13:30 ◆ THE ESTATE
14:00 MURDER SHE WROTE
15:00 MY ANIMAL FRIENDS
15:30 TAKALANI SESAME
16:00 KNOW YOUR STORY
16:30 HECTIC NINE-9
17:00 YU-GI-OH! 5D'S
17:30 TSONGA/VENDA NEWS
18:00 7DE LAAN
18:30 AFRIKAANS NEWS
19:00 IMVELOGY
19:30 AFRICA FROM WITHIN
20:00 TSWANA/SOTHO NEWS
20:30 LEIHLO LA SECHABA
21:00 MUVHANGO
Masindi questions why Mukondeleli is looking for mogodu recipes.
21:30 GIYANI: LAND OF BLOOD
22:00 FILLY BROWN
23:30 ◆ YU-GI-OH! 5D'S
00:00 FULL VIEW
02:00 ◆ UNFILTERED
03:00 THE GLOBE

SABC3

05:00 ◆ HARDBALL
05:30 ◆ HECTIC ON 3
06:00 EXPRESSO
09:00 ◆ THE VIEW
10:00 ◆ ORPHANS OF A NATION
10:30 ◆ 7DE LAAN
11:00 ◆ THE ESTATE
11:30 ◆ THE RED ROOM
12:00 JAG
Drama series
13:00 ON POINT
14:00 ◆ UNPACKED WITH RELEBOGILE
14:30 SPORT WRAP
15:00 THE VIEW
16:00 HECTIC ON 3
16:30 WILD BUT TRUE
17:00 UNPACKED WITH RELEBOGILE
17:30 THE INSIDER
18:30 ORPHANS OF A NATION
19:00 THE ESTATE
19:30 THE RED ROOM
Deniz finds out that Aynur and Tuna think he's at odds with Piraye.
20:00 ENGLISH NEWS
20:30 UNFILTERED
21:00 CUT ABOVE THE REST
Reality competition. Hair stylists compete in near-impossible challenges in the hopes of winning R150 000.
22:00 YOU ME HER
22:30 ◆ LITTLE FIRES EVERYWHERE
23:30 ◆ ONE DAY AT A TIME
00:00 BUNDESLIGA REVIEW SHOW
01:00 ◆ JAG
02:00 DEUTSCHE WELLE NEWS

E.TV

05:00 ◆ COOL CATZ LEGACY
05:30 THE MORNING NEWS
06:00 THE MORNING SHOW
08:30 ◆ DAYS OF OUR LIVES
09:30 ELIF
10:30 DOKTER ALI
11:30 ◆ HOUSE OF ZWIDE
12:00 ◆ SCANDAL
12:30 ◆ IMBEWU: THE SEED
13:00 ENEWS
13:30 ◆ DURBAN GEN
14:00 PATERNITY COURT
14:30 CARE BEARS
15:00 LEGO CITY ADVENTURES
15:15 FRIENDS: GIRLS ON A MISSION
15:30 VOLTRON: LEGENDARY DEFENDER
15:55 DRAGONS: RACE TO THE EDGE
16:20 JUDGE JUDY
16:45 DAYS OF OUR LIVES
17:30 DEUR DIK EN DUN
18:30 DURBAN GEN
19:00 HOUSE OF ZWIDE
19:30 SCANDAL!
20:00 ENEWS
20:30 9-1-1
21:30 IMBEWU: THE SEED
22:00 ANIMAL KINGDOM
23:05 ◆ BEGEERTES
00:00 THE PUNISHER ***
2004, 124 min, 16VLN. Action. Thomas Jane, John Travolta.
02:15 WATCHING OVER YOU **
2018, 87 min, PG13. Thriller. A security guard becomes obsessed with a single mom and her daughter. Andrea Bogart.
03:20 ◆ HOARDERS

M-NET

07:00 ◆ KELLY CLARKSON SHOW
08:00 ◆ SURVIVOR AUSTRALIA: ALL STARS
09:00 ◆ THE GOLDBERGS
09:30 ◆ SURVIVOR
10:30 ◆ MY KITCHEN RULES SA
11:30 ◆ KELLY CLARKSON SHOW
12:15 ◆ SURVIVOR AUSTRALIA: ALL STARS
13:30 ◆ NCIS
14:30 ◆ CARTE BLANCHE
15:20 ◆ CHICAGO MED
16:15 THE KELLY CLARKSON SHOW
17:15 SURVIVOR AUSTRALIA: ALL STARS
19:00 LEGACY
19:30 THE GOOD DOCTOR
20:30 VIGIL
Crime series ends
21:30 DEXTER: NEW BLOOD
22:30 BILLIONS
Drama series season 5 returns.
23:30 LOVE ISLAND USA
00:30 ◆ WITH JOHN OLIVER
01:05 ◆ IT'S ALWAYS SUNNY IN PHILADELPHIA
01:40 ◆ THE NORTH WATER
02:40 ◆ THE BLACKLIST
03:35 ◆ DR. DEATH
04:35 SIGNED, SEALED, DELIVERED: RECONCILABLE DIFFERENCES ****
2013, 91 min, PG. Drama. The fourth movie re-edited from the TV show's episodes. Four postal workers who track down the intended recipients of undeliverable mail find a letter postmarked with a future date. Eric Mabius.

MZANSI

06:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
08:00 LOKSHIN BIOSKOP: SEBOLELO
A gold-digging young wife defies her in-laws by taking up the reins of her late husband's construction business. The problem: she hasn't worked a day in her life.
09:30 ◆ DIEPCITY
10:00 ◆ THE QUEEN
10:30 ◆ GOMORA
11:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
12:00 ◆ THE RIVER
12:30 ◆ DIEPCITY
13:30 ◆ GOMORA
14:00 LOKSHIN BIOSKOP: NOMALANGA
15:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
16:00 ◆ MZANSI MAGIC MUSIC SPECIAL
16:30 FORCE FOR GOOD
17:00 ◆ IDOLS SA
19:00 THE RIVER
19:30 GOMORA
20:00 GROOTBOOM & SONS
20:30 DIEPCITY
21:00 THE QUEEN
21:30 HOMEGROUND
22:00 VICTIM
23:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
00:00 ◆ ZABALAZA
01:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
02:00 LOKSHIN BIOSKOP: THE IMPOSTER

16 NOVEMBER / TUESDAY / TV

SABC1

05:02 GELEZA NATHI
06:00 KIDS' NEWS
06:30 YO.TV
07:00 ◆ TAKALANI SESAME
07:30 ◆ MAM' SAKHILE'S STORY HOUSE
08:00 ◆ GENERATIONS: THE LEGACY
08:30 ◆ MUVHANGO
09:00 ◆ UZALO
09:30 ◆ SKEEM SAAM
10:00 ◆ ABO MZALA
10:30 DAILY THETHA
11:30 ◆ NGEMPELA
13:00 NEWS
13:30 ◆ TELKOM MONATE
14:30 ◆ MAM' SAKHILE'S STORY HOUSE
15:00 DIYASPORA
15:30 YO.TV
16:30 ◆ YILUNGELO LAKHO
17:30 NDEBELE/SWAZI NEWS
18:00 THE ORANGE COUCH
18:30 SKEEM SAAM
19:00 XHOSA/ZULU NEWS
19:30 ◆ THE ESTATE
20:00 GENERATIONS: THE LEGACY
20:30 UZALO
21:00 NYAN 'NYAN
22:00 ◆ CUTTING EDGE
22:30 THE MASTER ***
1992, 92 min, 16VL. Action. A Chinese martial-arts master teaching in the US enlists the help of his best student to help him fight a former pupil. Jet Li, Wah Yuen.
00:30 ◆ KOZE KUSE

SABC2

05:00 ◆ THABANG THABONG
05:30 ◆ JAKKALS JOL
06:00 MORNING LIVE
08:00 ◆ THE MAGICAL WORLD OF LUNA BELLE
08:30 ◆ UBONGO KIDS
09:00 ◆ RAISING BABIES 101
09:30 ◆ NEXT OF NEXT WEEK
10:00 ◆ GEURE UIT DIE VALLEI
10:30 ◆ COLOUR YOUR PLATE WITH KOO
11:00 ◆ 7DE LAAN
11:30 ◆ MUVHANGO
12:00 ◆ UZOLO
12:30 ◆ GENERATIONS: THE LEGACY
13:00 ◆ SKEEM SAAM
13:30 ◆ THE ESTATE
14:00 MURDER SHE WROTE
15:00 MY ANIMAL FRIENDS
15:30 TAKALANI SESAME
16:00 KNOW YOUR STORY
16:30 HECTIC NINE-9
17:00 YU-GI-OH! 5D'S
17:30 TSONGA/VENDA NEWS
18:00 7DE LAAN
18:30 AFRIKAANS NEWS
19:00 GEURE UIT DIE VALLEI
19:30 STERLOPERS
20:00 TSWANA/SOTHO NEWS
20:30 KHA RI TSHINE MA AFRICA
21:00 MUVHANGO
Masindi learns that Shaz is Sophie Radzilani.
21:30 GIYANI: LAND OF BLOOD
22:30 ◆ IT TAKES A CHURCH
23:30 ◆ YU-GI-OH! 5D'S
00:00 FULL VIEW

SABC3

05:00 ◆ I AM A WORK OF ART
05:30 ◆ HECTIC ON 3
06:00 EXPRESSO
09:00 ◆ THE VIEW
10:00 ◆ ORPHANS OF A NATION
10:30 ◆ 7DE LAAN
11:00 ◆ THE ESTATE
11:30 ◆ THE RED ROOM
12:00 JAG
13:00 ON POINT
14:00 ◆ UNPACKED WITH RELEBOGILE
14:30 ◆ UNFILTERED
15:00 THE VIEW
16:00 HECTIC ON 3
16:30 I AM A WORK OF ART
17:00 UNPACKED WITH RELEBOGILE
17:30 AFTERNOON EXPRESS
18:30 ORPHANS OF A NATION
19:00 THE ESTATE
19:30 THE RED ROOM
20:00 ENGLISH NEWS
20:30 SPECIAL ASSIGNMENT
21:00 THE GOOD KARMA HOSPITAL
Drama series. The Miracle Train brings back old memories.
22:00 ◆ CELEBRITY WIFE SWAP USA
23:00 A FANTASTIC WOMAN ****
2017, 104 min, 16. Drama. A Chilean transgender singer faces discrimination after her older lover's sudden death. Daniela Vega, Francisco Reyes.
01:00 ◆ JAG
02:00 DEUTSCHE WELLE NEWS

E.TV

05:00 ◆ DIE WIEL DRAAI
05:30 THE MORNING NEWS
06:00 THE MORNING SHOW
08:30 ◆ DAYS OF OUR LIVES
09:30 ELIF
10:30 DOKTER ALI
11:30 ◆ HOUSE OF ZWIDE
12:00 ◆ SCANDAL!
12:30 ◆ IMBEWU: THE SEED
13:00 ENEWS
13:30 ◆ DURBAN GEN
14:00 PATERNITY COURT
14:30 CARE BEARS: UNLOCK THE MAGIC
15:00 LEGO CITY ADVENTURES
15:15 FRIENDS: GIRLS ON A MISSION
15:30 REGAL ACADEMY
15:55 POKEMON THE SERIES: MASTER JOURNEYS
16:20 JUDGE JUDY
16:45 DAYS OF OUR LIVES
17:30 DEUR DIK EN DUN
18:30 DURBAN GEN
19:00 HOUSE OF ZWIDE
19:30 SCANDAL!
20:00 ENEWS
20:30 9-1-1
21:30 IMBEWU: THE SEED
22:00 THE BLACKLIST
23:00 ◆ BEGEERTES
00:00 PUNISHER: WAR ZONE ***
2008, 103 min, 16VL. Action. Ray Stevenson, Dominic West.
01:50 G.I. JOE: RETALIATION ***
2013, 110 min, PG13. Sci-fi action. Bruce Willis
03:45 ◆ I SURVIVED

M-NET

08:00 ◆ SURVIVOR AUSTRALIA: ALL STARS
09:00 ◆ NCIS
10:00 ◆ LEGACY
10:30 ◆ BRITAIN'S GOT TALENT: COMPILATION SPECIALS
11:30 ◆ KELLY CLARKSON SHOW
12:25 ◆ SURVIVOR AUSTRALIA: ALL STARS
14:00 ◆ THE GOLDBERGS
14:30 ◆ LAST MAN STANDING
15:00 ◆ AMERICAN HOUSEWIFE
15:35 ◆ CHICAGO MED
16:35 THE KELLY CLARKSON SHOW
17:35 SURVIVOR AUSTRALIA: ALL STARS
19:00 LEGACY
19:30 NCIS: LOS ANGELES
20:30 S.W.A.T.
21:30 THE BLACKLIST
22:30 TIME
23:30 LOVE ISLAND USA
00:30 ◆ BILLIONS
01:30 ◆ DEXTER: NEW BLOOD
02:25 ◆ IT'S ALWAYS SUNNY IN PHILADELPHIA
03:00 WAKE UP **
2019, 92 min, 16VL. Thriller. Jonathan Rhys Meyers.
04:35 SIGNED, SEALED, DELIVERED: FREEDOM TO FORGIVE **
Drama. Four postal workers who track down the intended recipients of undeliverable mail intervene when devastating news could lead a man to make an irreversible mistake. Eric Mabius, Kristin Booth.

MZANSI

06:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
08:00 LOKSHIN BIOSKOP: A LIFETIME OF TEARS
09:30 ◆ DIEPCITY
10:00 ◆ THE QUEEN
10:30 ◆ GOMORA
11:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
12:00 ◆ THE RIVER
12:30 ◆ DIEPCITY
13:00 ◆ THE QUEEN
13:30 ◆ GOMORA
14:00 LOKSHIN BIOSKOP: MAMA STOLE MY HUNK
15:30 LOKSHIN BIOSKOP: MR RIGHT
17:00 LAUGH OUT LOUD: THE COMEDY SHOW
18:00 LOKSHIN BIOSKOP: UTHANDO KABABA
19:00 THE RIVER
19:30 GOMORA
20:00 FACE 2 FACE
20:30 DIEPCITY
21:00 THE QUEEN
21:30 I BLEW IT
22:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
23:00 ◆ ZABALAZA
00:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
01:00 LOKSHIN BIOSKOP: IZINTOMBI ZODWA
02:30 ◆ MZANSI MAGIC MUSIC SPECIAL
03:00 LOKSHIN BIOSKOP: MAMA STOLE MY HUNK

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

GENERATIONS: THE LEGACY

SABC1 20:00

Mazwi (Musa Ngema) unknowingly shares his good news with the wrong person.

TV / WEDNESDAY / 17 NOVEMBER

SABC1

05:02 GELEZA NATHI
06:00 ◆ KIDS' NEWS & CURRENT AFFAIRS
06:30 ◆ YO.TV
07:00 ◆ TAKALANI SESAME
07:30 ◆ MAM' SAKHILE'S STORY HOUSE
08:00 ◆ GENERATIONS: THE LEGACY
08:30 ◆ MUVHANGO
09:00 ◆ UZALO
09:30 ◆ SKEEM SAAM
10:00 ◆ ABO MZALA
10:30 DAILY THETHA
11:30 ◆ NGEMPELA
12:00 TO BE ANNOUNCED
13:00 NEWS
13:30 ◆ CUTTING EDGE
14:30 ◆ MAM' SAKHILE'S STORY HOUSE
15:00 DIYASPORA
15:30 YO.TV
16:30 ◆ ISPANI
17:28 LISTEN FOR A MOMENT
17:30 NDEBELE/SWAZI NEWS
18:00 THE BRAAI SHOW WITH CASSPER
18:30 SKEEM SAAM
19:00 XHOSA/ZULU NEWS
19:30 ◆ THE ESTATE
20:00 GENERATIONS: THE LEGACY
20:30 UZALO
Nonka gets life-changing news.
21:00 RENO RACE
22:00 SPORT @10
23:00 ◆ YILUNGELO LAKHO
00:00 ◆ KOZE KUSE

SABC2

05:30 ◆ JAKKALS JOL
06:00 MORNING LIVE
08:00 ◆ THE MAGICAL WORLD OF LUNA BELLE
08:30 ◆ UBONGO KIDS
09:00 ◆ RAISING BABIES 101
09:30 ◆ STORIES UNTOLD
10:00 VITAL SIGNS
11:00 ◆ 7DE LAAN
11:30 ◆ MUVHANGO
12:00 ◆ UZALO
12:30 ◆ GENERATIONS: THE LEGACY
13:00 ◆ SKEEM SAAM
13:30 ◆ THE ESTATE
14:00 MURDER SHE WROTE
15:00 ◆ ALL HAIL KING JULIEN
15:30 TAKALANI SESAME
16:00 SIYAYA COME WILD WITH US
16:30 HECTIC NINE-9
17:00 YU-GI-OH! 5D'S
17:30 NDEBELE/SWAZI NEWS
18:00 7DE LAAN
18:30 AFRIKAANS NEWS
19:00 FOKUS
19:30 COLOUR YOUR PLATE WITH KOO
20:00 TSWANA/SOTHO NEWS
20:30 NGULA YA VUTIVI / ZWA MARAMANI
20:57 LOTTO DRAW: LIVE
21:00 MUVHANGO
21:30 GIYANI: LAND OF BLOOD
22:00 SINS OF THE FLESH
23:00 ◆ VITAL SIGNS
00:00 ◆ YU-GI-OH! 5D'S
00:30 FULL VIEW

SABC3

05:00 ◆ TECHNO SQUAD
05:30 ◆ HECTIC ON 3
06:00 EXPRESSO
09:00 ◆ THE VIEW
10:00 ◆ ORPHANS OF A NATION
10:30 ◆ 7DE LAAN
11:00 ◆ THE ESTATE
11:30 ◆ THE RED ROOM
12:00 JAG
Drama series. Harm and Mac must investigate a near-accident with a helicopter.
13:00 ON POINT
14:00 ◆ UNPACKED WITH RELEBOGILE
14:30 ◆ SPECIAL ASSIGNMENT
15:00 THE VIEW
16:00 HECTIC ON 3
16:30 TECHNO SQUAD
17:00 UNPACKED WITH RELEBOGILE
17:30 PURE ACTION
18:00 WILDLIFE WARRIORS
18:30 ORPHANS OF A NATION
19:00 THE ESTATE
19:30 THE RED ROOM
20:00 ENGLISH NEWS
20:30 PLANET DEFENDERS
Documentary series
21:00 MAPUNGUBWE: ECHOES OF THE VALLEY
22:00 ◆ CHEETAH FAMILY & ME
23:00 ◆ ARUANAS
00:00 ◆ KIM'S CONVENIENCE
00:30 ◆ SPORT WRAP
01:00 ◆ JAG
02:00 ◆ DEUTSCHE WELLE NEWS

E.TV

08:30 ◆ DAYS OF OUR LIVES
09:30 ELIF
10:30 DOKTER ALI
11:30 ◆ HOUSE OF ZWIDE
12:00 ◆ SCANDAL!
12:30 ◆ IMBEWU: THE SEED
13:00 ENEWS
13:30 ◆ DURBAN GEN
14:00 JUDGE FOR YOURSELF
14:30 CARE BEARS
15:00 LEGO CITY ADVENTURES
15:15 FRIENDS: GIRLS ON A MISSION
15:30 DENNIS AND GNASHER
15:55 POWER RANGERS:
16:20 JUDGE JUDY
16:45 DAYS OF OUR LIVES
17:30 DEUR DIK EN DUN
18:30 DURBAN GEN
19:00 HOUSE OF ZWIDE
19:30 SCANDAL!
20:00 ENEWS
20:30 9-1-1
21:30 IMBEWU: THE SEED
22:00 CHECKPOINT
22:30 FORENSIC FILES
22:55 DURBAN GEN: THE REUNION
23:00 ◆ BEGEERTES
00:00 WEB OF LIES ***
2009, 90 min, PG13. Thriller. An IT security specialist works with the FBI to clear her name after she's accused of bank fraud. Majandra Delfino.
01:40 THE PUNISHER ***
2004, 124 min, 16VLN. Action. Thomas Jane, John Travolta.

M-NET

06:45 ◆ KELLY CLARKSON SHOW
07:45 ◆ SURVIVOR AUSTRALIA: ALL STARS
09:00 ◆ THE GOOD DOCTOR
10:00 ◆ LEGACY
10:30 ◆ VIGIL
11:30 ◆ KELLY CLARKSON SHOW
12:20 ◆ SURVIVOR AUSTRALIA: ALL STARS
13:40 ◆ NCIS: LOS ANGELES
14:30 ◆ S.W.A.T.
15:30 ◆ CHICAGO MED
16:25 THE KELLY CLARKSON SHOW
17:30 SURVIVOR AUSTRALIA: ALL STARS
19:00 LEGACY
19:30 MAGNUM P.I.
20:30 BLUE BLOODS
21:30 EVIL
22:30 WENTWORTH
23:30 LOVE ISLAND USA
00:35 ◆ THE BLACKLIST
01:30 ◆ TIME
02:35 JUGGERNAUT ***
2017, 105 min, 16VL. Crime drama. A criminal convinced that his mother didn't commit suicide but was murdered returns to his small hometown looking for the truth. Jack Kesy, Amanda Crew.
04:35 SIGNED, SEALED, DELIVERED ****
2013, 90 min, PG. Drama. Four postal workers track down the intended recipients of undeliverable mail. Eric Mabius.

MZANSI

06:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
08:00 LOKSHIN BIOSKOP: PLASTIC MONEY
09:30 ◆ DIEPCITY
10:00 ◆ THE QUEEN
10:30 ◆ GOMORA
11:00 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
12:00 ◆ THE RIVER
12:30 ◆ DIEPCITY
13:00 ◆ THE QUEEN
13:30 ◆ GOMORA
14:00 LOKSHIN BIOSKOP: AN HONEST LIVING
15:30 LOKSHIN BIOSKOP: HOW I MET MY HUSBAND
17:00 LAUGH OUT LOUD: THE COMEDY SHOW
18:00 ◆ OUR PERFECT WEDDING
19:00 THE RIVER
19:30 GOMORA
20:00 IZANGOMA ZODUMO
Follow the lives of two traditional healers.
20:30 DIEPCITY
21:00 THE QUEEN
21:30 EHOSTELA
22:30 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
23:30 ◆ ZABALAZA
00:30 ◆ LAUGH OUT LOUD: THE COMEDY SHOW
01:30 LOKSHIN BIOSKOP: HOW I MET MY HUSBAND
03:00 LOKSHIN BIOSKOP: AN HONEST LIVING

chuckles

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.

PERFECT WORKOUT

A bunch of friends who go to gym together are chatting after a tough training session. "I do a full-body workout every morning," one man tells his friends.

"I do cardio and jog twice a day," the second man says.

"I do five sit-ups every morning," the third chips in. The other two look at him in disbelief.

"I know it doesn't sound like much," the third man says, "but there are only so many times you can hit the snooze button."

THE READER

Patient: Doctor, I think I'm a dog.
Doctor: How long have you been having these symptoms?
Patient: Ever since I was a puppy.

EASY PICKINGS

Chris is walking down the main street of his town when he sees his buddy, Peter, driving a brand-new bakkie. Peter pulls up to him with a wide grin.

"Peter, where did you get that bakkie?" Chris asks.

"Annie gave it to me," Peter says.

Chris is amazed. "I knew she was kind of sweet on you, but a new bakkie?"

"Well, Chris, we went for a drive when Annie pulled off the road and headed into the woods. She got out, threw off all her clothes and said, 'Peter, take whatever you want.' So I took the bakkie."

Chris is impressed. "Peter, you're very clever, man," he says. "Those clothes wouldn't have fitted you."

ARRIVE ALIVE

Kyle is a steward for Fly High airlines. An old lady tries to board the plane with a dog in a cage. "Excuse me," says Kyle, "dogs are not allowed on-board, you have to check it in with the baggage."

The lady isn't happy, but Kyle successfully convinces her without much ado. Upon arrival, Kyle peeks in the cage and to his horror, the dog is dead!

Frantic that the airline might get sued, Kyle sends one of his colleagues out to town to buy an identical-looking dog. Just in time, the colleague arrives with the animal.

Relieved, they quickly switch dogs. "This isn't my dog!" says the lady as soon as she sees it.

"I'm sure it is," Kyle insists. "I was very careful about where I put it."

"It's not my dog," the lady argues, "you see, I am bringing my dog to my hometown to bury him!"

WINE LIST

- With petrol becoming so expensive it might be better to drink and not to drive.
- I drink wine because I don't like to keep things bottled up.
- I tried cooking with wine tonight. It didn't go too well – after five glasses I forgot why I was in the kitchen.
- Alcohol isn't the answer but it helps you forget the question.

ANSWERED PRAYERS

Harry, Dan and Earl are hiking when they come upon a large, raging, violent river. They need to get to the other side, but how?

Harry prays to God, saying, "Please, God, give me the strength to cross this river." Poof! God gives him big arms and strong legs.

He crosses the river in about two hours, despite almost drowning a few times. Seeing this, Dan also prays, saying, "Please, God, give me the strength and the tools to cross this river."

Poof! God gives him a rowboat and he rows across the river in about an hour, even though the boat does capsize a few times.

Earl has seen how this worked out for the other two, so he also prays, saying, "Please, God, give me the strength, the tools and the intelligence to cross this river."

Poof! God turns him into a woman. She looks at the map, hikes upstream a few hundred metres, then walks across the bridge. ❑

TV MOVIES / THURSDAY 11 NOVEMBER – WEDNESDAY 17 NOVEMBER

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

THURSDAY

■ **BAYWATCH** ★★ 2017, 116 min, 16VLN, e.tv, 00:00. Action comedy. Based on the TV series. A veteran lifeguard and a cocky recruit try to take down a druglord. Dwayne Johnson.

■ **BULLET TO THE HEAD** ★★★ 2012, 92 min, 16, e.tv, 02:05. Action. A hitman and a police detective decide to work together to catch the criminals responsible for the deaths of their partners. Sylvester Stallone, Jason Momoa.

■ **BABY DONE** ★★★ 2020, 91 min, 16SL, M-Net, 02:45. Comedy. When a New Zealand woman finds out she's pregnant, she goes into denial and tries to cram in all the adventurous things she wants to do before the baby comes. Meanwhile, her boyfriend is ready to settle down and tries to prepare responsibly for the arrival. Rose Matafeo, Matthew Lewis.

■ **SIGNED, SEALED, DELIVERED: SECOND CHANCES** ★★★★ 2013, 90 min, PG, M-Net, 04:25. Drama. The third film re-edited from the TV show's episodes. Four postal workers who track down the intended recipients of undeliverable mail find a love letter from a ranch owner to his childhood sweetheart, but sending it could have unforeseen consequences. Eric Mabius, Kristin Booth.

FRIDAY

■ **AGAINST THE WILD** ★★ 2013, 90 min, PG, e.tv, 14:30. Adventure. Two kids and their devoted dog get lost in the wilderness and must use their skills and instincts survive. CJ Adams, Erin Pitt.

■ **WAKE OF DEATH** ★★★ 2004, 91 min, 16, SABC1, 21:00. Action. A night-club enforcer takes on the Chinese triad who murdered his wife. Jean-Claude Van Damme, Simon Yam.

■ **THE PUNISHER** ★★★ 2004, 124 min, 16VLN, e.tv, 22:05. Action. Based on the comics. An FBI agent swears revenge against the man who killed his family. Thomas Jane, John Travolta.

■ **CRYSTAL SKULLS** ★★ 2014, 88 min, PG, e.tv, 00:40. Sci-fi adventure. An archaeologist is forced to search for an ancient crystal skull that can control 12 others which have been united and have unleashed a force that could destroy the world. Richard Burgi, Wendy Glenn.

■ **REDLINE** ★★ 2007, 102 min, 13VL, e.tv, 02:15. Action. A mechanic haunted by her racer father's death reluctantly takes part in an illegal drag-racing competition funded by wealthy car fanatics. Nathan Phillips, Nadia Bjorlin.

■ **WAKE UP** ★★ 2019, 92 min, 16VL, M-Net, 02:45. Thriller. After waking up in a hospital bed, an amnesiac flees when he learns he's a suspected serial killer. Jonathan Rhys Meyers, Francesca Eastwood.

■ **IN OTHER WORDS** ★★★ 2020, 98 min, PG13, M-Net, 04:20. Romantic comedy. To prove his dating app works, a socially inept American tech genius travels to Mexico to meet the woman it matched him with even though she can't understand English. Bryan McClure, Edy Ganem.

SATURDAY

■ **THE ANIMAL** ★★ 2001, 84 min, PG13, e.tv, 14:40. Sci-fi comedy. After receiving organ transplants from various animals, a man starts to behave like them. Rob Schneider.

■ **RIKI RHINO** ★★★★ 2020, 92 min, PG, M-Net, 15:55. Animated adventure. After his horn is stolen by poachers, a Sumatran rhino sets off through the Indonesian jungle to find it.

■ **THE KARATE KID PART II** ★★★ 1986, 113 min, PG V, SABC2, 16:00. Action adventure. An American teen and his martial-arts mentor travel to Japan to visit the mentor's dying father. Ralph Macchio, Pat Morita.

■ **INSTANT FAMILY** ★★★ 2018, 118 min, PG13, SABC3, 19:30. Comedy drama. A couple are in over their heads when they decide to foster a rebellious teen and her two younger siblings. Mark Wahlberg, Rose Byrne.

■ **TEENAGE MUTANT NINJA TURTLES: OUT OF THE SHADOWS** ★★★ 2016, 112 min, PG13VL, e.tv, 20:00. Sci-fi action. The sequel to Teenage Mutant Ninja Turtles based on the comics. Four mutant turtles with martial-arts skills living in the New York sewers must save the world from an alien threat. Megan Fox, Will Arnett.

■ **A FANTASTIC WOMAN** ★★★★ 2017, 104 min, 16, SABC3, 21:30. Drama. A Chilean transgender singer faces discrimination after her older lover's sudden death. Daniela Vega.

■ **PUNISHER: WAR ZONE** ★★★ 2008, 103 min, 16VL, e.tv, 22:20. Action. Based on the comics. After hunting down and killing hundreds of violent criminals, a vigilante faces his most deadly foe yet. Ray Stevenson, Dominic West.

■ **GOD DON'T MAKE THE LAWS** ★★ 2011, 100 min, 13VL, e.tv, 00:25. Fantasy drama. After a fatal bus accident a small town has been frozen in time for 17 years until a mysterious teen with a troubled past comes to visit. Paul Sorvino, Ella Rae Peck.

■ **DEADLY HOPE** ★★ 2012, 87 min, 13VL, e.tv, 02:15. Thriller. A doctor at a fertility clinic must go on the run from assassins. Alana De La Garza.

■ **GOURMET DETECTIVE: ROUX THE DAY** ★★★★ 2020, 92 min, 13V, M-Net, 03:05. Crime drama. The fifth film in the series. A chef and his girlfriend, a police detective, become involved in a murder investigation involving a valuable recipe book he was hired to authenticate. Dylan Neal, Brooke Burns.

■ **FIXIES VS KRABOTS** ★★★ 2019, 83 min, A, M-Net, 04:35. Animated fantasy. The sequel to The Fixies: Top Secret based on the series. Tiny creatures who fix electrical appliances must take on a group of robots to show who can do the best job. Voices: Ed Swidey, Susie Stevens.

SUNDAY

■ **THE ANIMAL** ★★ e.tv, 12:15. See Saturday.

■ **TROLLS WORLD TOUR** ★★★ 2020, 90 min, A, M-Net, 13:00. Animated fantasy. The sequel to Trolls. When the queen of the trolls finds out there are five other tribes and that another queen wants to destroy her rival tribes' music, she sets out to unite all the trolls to stop her.

■ **TEENAGE MUTANT NINJA TURTLES: OUT OF THE SHADOWS** ★★★ e.tv, 13:45. See Saturday.

■ **FLIGHT** ★★★★ 2012, 138 min, 16L, SABC3, 19:30. Drama. After his daring manoeuvre during a crash-landing saves almost all the passengers on board an aircraft, a pilot is hailed as a hero, but he's hiding a secret: he's an alcoholic and was drunk while flying the plane. Denzel Washington.

■ **G.I. JOE: RETALIATION** ★★★ 2013, 110 min, PG13, e.tv, 20:00. Sci-fi action. The sequel to G.I. Joe: The Rise of Cobra based on the toys. After being framed for international crimes, an elite military unit is targeted for termination. Bruce Willis, Dwayne Johnson.

■ **HONEST THIEF** ★★★ 2020, 99 min, PG13, M-Net, 20:05. Action. An ageing bank robber decides to return all the money he stole over the years for a reduced sentence, but when two FBI agents frame him for murder, he must go on the run to clear his name. Liam Neeson, Kate Walsh.

■ **COACH CARTER** ★★★ 2005, 136 min, PG13, SABC1, 20:30. True-life sport drama. A high school basketball coach causes outrage when he benches the entire team for not keeping up with their studies. Samuel L Jackson, Ashanti.

■ **UNKNOWN** ★★★ 2011, 113 min, PG13, e.tv, 22:45. Thriller. After waking up from a coma caused by a car accident, a man realises someone has stolen his identity, but no one believes him. Liam Neeson, Diane Kruger.

■ **SECRET LIAISON** ★★ 2013, 85 min, 13SVL, e.tv, 00:50. Thriller. A lawyer returns to her home city to try to help her sister who's been arrested for murder. Meredith Monroe, Rick Ravanello.

■ **PAST NEVER DIES** ★★★ 2019, 92 min, PG13, e.tv, 02:30. Thriller. When her mother goes missing, a woman must face her troubled childhood, which she spent in captivity with her mom, who was kept as a sex slave. Erin Karpluk.

■ **WINTER WAR** ★★★ 2019, 90 min, 16VL, M-Net, 02:50. War drama. During World War 2 a young Slovenian soldier must lead 500 guerrilla fighters who are surrounded by 12 000 Nazi soldiers. Domen Valic, Jernej Gasperin.

■ **SIGNED, SEALED, DELIVERED: TIME TO START TO LIVIN'** ★★★★ 2014, 97 min, PG, M-Net, 04:25. Drama. The second film re-edited from the TV show's episodes. Four postal workers who track down the intended recipients of undeliverable mail deliver a letter from a 10-year-old boy to his grandmother telling her he's run away. Eric Mabius, Kristin Booth.

MONDAY

■ **FILLY BROWN** ★★★ 2012, 80 min, 16, SABC2, 22:00. Music drama. A talented young hip-hop artist must decide whether to sell out for money to help her family or remain true to herself. Gina Rodriguez, Jenni Rivera. ❑

■ **For the rest of the week's movies, please see the TV pages.**

YOUR STARS

BY **PETRA DU PREEZ**

For daily horoscopes go to you.co.za.

SCORPIO
23 OCT – 21 NOV

BE MORE TOLERANT AND UNDERSTANDING

At the best of times, you're not a very patient person and this feature stands out this week. But despite this trait of yours, an older family member needs you to be more patient, reliable and consistent now. You know that you'll act in the best interests of this person, but chances are that it can cause friction between you and your partner. Having words isn't the best answer, but perhaps it'll at least clear the air for now.
YOUR LUCKY NUMBERS
10, 31, 37, 46, 34, 12

FAMOUS BIRTHDAYS

ESTHER MAHLANGU
11 NOVEMBER 1935

WHOOPI GOLDBERG
13 NOVEMBER 1955

JOSH DUHAMEL
14 NOVEMBER 1972

LISA BONET
16 NOVEMBER 1967

CYRIL RAMAPHOSA
17 NOVEMBER 1952

RYK NEETHLING
17 NOVEMBER 1977

SCORPIO'S LOVE LIST

- They wish to fall deeply and passionately in love.
- They tend to be suspicious, but also devoted and loyal.
- Break their trust and they'll be ruthless and vengeful.
- They love to have deep discussions about life.
- They desire to be faithful and monogamous.
- Their magnetism makes them hard to resist.

SAGITTARIUS
22 NOV – 20 DEC
A lack of communication may frustrate you this week, but don't slow down your pace as things ought to get better around the 15th. Much of what your life is presently needs to remain hidden or shrouded – it's just too early to make any bold moves. Timing is everything, so go over the details and polish your plan – but don't reveal what exactly it is. You'll find the surprise factor will count in your favour later on.
YOUR LUCKY NUMBERS
8, 28, 33, 36, 30, 13

CAPRICORN
21 DEC – 20 JAN
Frustrations at home are bound to have an impact on you but remind yourself that you're the one who has the last say. Perhaps some of the rules and regulations need to be revisited and brought up to date. Something creative has caught your eye, but time will tell if it'll provide you with the necessary mental stimulation. Alternatively, a new hobby or interest can achieve the same results.
YOUR LUCKY NUMBERS
13, 19, 27, 46, 23, 15

AQUARIUS
21 JAN – 18 FEB
As far as your career or profession is concerned, this is quite a momentous week for you. If a situation feels stuck in a rut, as if there's no movement, you must persevere as things can come together in an unexpected way towards the latter part of the week. You're not shy to take risks when it's required and this may just be what separates the wheat from the chaff now. You may even feel that you need a complete break from the past.
YOUR LUCKY NUMBERS
6, 15, 31, 41, 22, 8

PISCES
19 FEB – 20 MARCH
With the Sun harmonising with your planet, Neptune, it's a week for doing what you do best – daydream. But it's best to keep your fantasies grounded, as you wouldn't want to be thought of as being flaky. If you're in a tight spot with money, try not to grab the first plan offered to you. Changing bad habits is the best way to go, so remind yourself that if you don't have it, you can't spend it.
YOUR LUCKY NUMBERS
2, 35, 47, 15, 38, 25

ARIES
21 MARCH – 19 APRIL
You could feel as if you're being thwarted in your actions this week, but it's best to refine your plans before putting it into action. If you just shift your focus a little , you'll be able to spot some unusual opportunities, especially as far as making money is concerned. If you're currently looking to be more financially independent or to increase your streams of income, now's the time to take that first step.
YOUR LUCKY NUMBERS
17, 23, 29, 35, 25, 22

TAURUS
20 APRIL – 20 MAY
You may feel burdened by your current duties and responsibilities – either in a relationship or at work. This feeling won't last long, so try not to get stuck on trying to fix the problem. Opportunity for change comes to you via another person, so declare yourself open to persuasion. It's not the most stable time in your life, but sometimes change is needed. It's time to get out of that rut you've been in.
YOUR LUCKY NUMBERS
9, 18, 36, 40, 25, 10

GEMINI
21 MAY – 20 JUNE
No matter how much you try to wiggle your way out of it, your partner is adamant about discussing your finances this week. Whether you consider brushing up on a few skills or enrolling in an online course, it's a great creative week for you at work. The more tools you have in your toolbox, the better – you're not called a jack of all trades for nothing. Diversification is the key.
YOUR LUCKY NUMBERS
22, 31, 40, 46, 38, 27

CANCER
21 JUNE – 21 JULY
One of the characteristics of the crab is a tendency to brood on something accompanied by worry. Money is your worry this week, but try not to give in to pessimism. This is a time for you to be letting your hair down and be enjoying yourself. Find a healthy outlet so you can have some good, clean fun without having to break the bank. A friend might introduce you to a completely new perspective on life.
YOUR LUCKY NUMBERS
5, 13, 38, 43, 20, 6

LEO
22 JULY – 22 AUG
There's no getting away from your duties and responsibilities towards your home and family this week. Instead of being the rebel, take your responsibilities seriously. You'll then have the peace of mind to do something afterwards that's for your pleasure only. If a change in routine is required at work, find an alternative that'll suit you. Be on the lookout for bright ideas.
YOUR LUCKY NUMBERS
4, 29, 41, 45, 40, 6

VIRGO
23 AUG – 22 SEPT
Your neighbourhood continues to be on you mind this week. If you've thought about getting more involved – either with your local neighbourhood watch or in cleaning up and beautifying your environment – you won't need to be invited twice. This will awaken the activist in you – the rebel who does need to have a cause. In the process, you may even make some new friends.
YOUR LUCKY NUMBERS
19, 21, 28, 42, 22, 20

LIBRA
23 SEPT – 22 OCT
Even though you'd probably prefer to spend your time relaxing at home and enjoying your family, it's money matters that require your full attention now. This isn't a good time for speculation, but rather to focus on tried and tested methods. You have an itch to experiment with something but if you want to take a risk, let it be a calculated one. The bigger picture reveals that you desire greater financial autonomy.
YOUR LUCKY NUMBERS
8, 23, 36, 50, 29, 11

FANI MAHUNTSI, GALLO IMAGES/GETTY IMAGES

CHILL OUT | SPOTLIGHT

Gal Gadot

The actress plays the world's greatest thief in Red Notice

COMPILED BY **NASIFA SULAIMAN**

Boldly billed as "Netflix's biggest movie ever", action-comedy Red Notice stars Gal Gadot as Sarah Black, the world's greatest thief, and Dwayne Johnson as top FBI profiler John Hartley, who's forced to work with the world's best con artist, Nolan Booth (Ryan Reynolds) to capture her.

The movie is directed by Rawson Marshall Thurber, who also helmed Skyscraper, and it reteams Johnson and Reynolds, who worked together, albeit briefly, in Fast & Furious Presents: Hobbs & Shaw.

WORKING WITH PALS

Gal (36), who was born in Israel and is best known for playing Wonder Woman, has been sharing her excitement about Red Notice. Her character frequently faces off with Ryan and Dwayne's characters and it was a blast, she says.

"Let me just put this here . . . I can't wait for you to see this one. @Netflix's biggest movie RED NOTICE premiering Nov 12th on any screen near you! Thank you @rawsonthurber for bringing me onto this project. Being able to work with my friends @vancityreynolds and @therock was the icing on the cake," she captioned an Instagram post.

Her friends and co-stars gushed about working with her too, with Ryan tweeting, "I'd wear a tux and do karate with @TheRock and @GalGadot every day if I could."

SUPERPOWERS

Gal has long been vocal about the depiction of female superheroes on-screen. She says it's important for her to be a strong example to kids of all ages, including the three daughters she shares with husband Yaron Varsano.

"It is so important for girls and boys to have a female, strong superhero to look up to. And I'm very happy to be a part of it," she says.

Red Notice stars Ryan Reynolds, Gal and Dwayne Johnson.

The actress and former model, who grew up in the small Israeli city Rosh HaAyin, starred in the Fast & Furious series before becoming Wonder Woman in Batman v Superman: Dawn of Justice.

But she very nearly quit acting before landing the Wonder Woman part.

"I came to Los Angeles for 30 hours [for a Batman v Superman camera test] while shooting a movie in Tel Aviv. But I wanted the role of Wonder Woman so much that it was worth the trip," she wrote on Instagram.

"I'll forever be grateful to [director] Zack [Snyder] for casting me and believing that I could bring Diana [Prince, Wonder Woman's alter ego] to life. I was on the verge of giving up acting . . . and then this happened".

SUPER SEQUELS

Wonder Woman director Patty Jenkins has at least two more stories planned for the next WW movies, she told EW.com. They'll complete her run on the series, with Gal reprising her role as the superpowered warrior princess.

And, after the surprising return from the dead of Han (Sung Kang) in the Fast & Furious movies, fans have been wondering if Gal's character, Gisele, could also be resurrected for upcoming sequels.

"I'm an advocate of that," said Kang while promoting the release of the director's cut of F9 ecently.

"I think we need Gisele back . . . in every way. I think the fans want that. We need to make that happen somehow." ❑

Red Notice is on Netflix from 12 November

SOURCES: HOLLYWOODREPORTER.COM, CINEMABLEND.COM, PEOPLE.COM, USMAGAZINE.COM, RADIOTIMES.COM, DAILYMAIL.CO.UK, EW.COM, HINDUSTANTIMES.COM, INSIDER.COM, SCREENRANT.COM, INDIANEXPRESS.COM, USMAGAZINE.COM

GALLO IMAGES/GETTY IMAGES, NETFLIX

COMPILED BY **SANDRA VISSER**

AT THE CINEMA

Videogame characters Guy (Ryan Reynolds, left) and Buddy (Lil Rel Howery) get jolted out of their mundane existence in Free Guy.

Free Guy

★★★★

Sci-fi comedy. With Ryan Reynolds, Jodie Comer and Lil Rel Howery. Director: Shawn Levy.

Film studios have long tried to tap into a readymade audience of gamers with movies based on popular videogames, but few have been successful.

A much better proposition seems to be setting a film inside a game, which allows filmmakers to recreate the feeling of being a player as well as commenting on gaming subculture.

Following in the footsteps of Tron (1982), Wreck-It Ralph (2012) and the Jumanji films, Free Guy is set inside a game, the Grand Theft Auto-like Free City, in which most gamers give in to their baser instincts, playing criminals who wreak havoc by destroying buildings and killing innocent non-playable characters (NPCs).

Guy (Reynolds) is one of these NPCs, a super-perky bank teller who happily goes through his repetitive days wearing the same clothes, buying the same coffee and lying on the floor chatting to his security guard friend Buddy (Get Out's Howery), while their bank is robbed by one of the players.

But Guy's routine is disrupted when he notices kick-ass player Molotovgirl (Comer from Killing Eve), and he starts to deviate from his programming in the hope of meeting her again. This leads him on a journey that will shake the foundations of his world.

To say more would ruin the exhilaration of seeing where the smart and playful script leads, but if you've watched The Truman Show (1998) or The Lego Movie (2014) you should have an idea.

Non-gamers might not get all the in-jokes and references, but the metanarrative about characters becoming self-aware explores surprisingly weighty themes such as existential angst and free will.

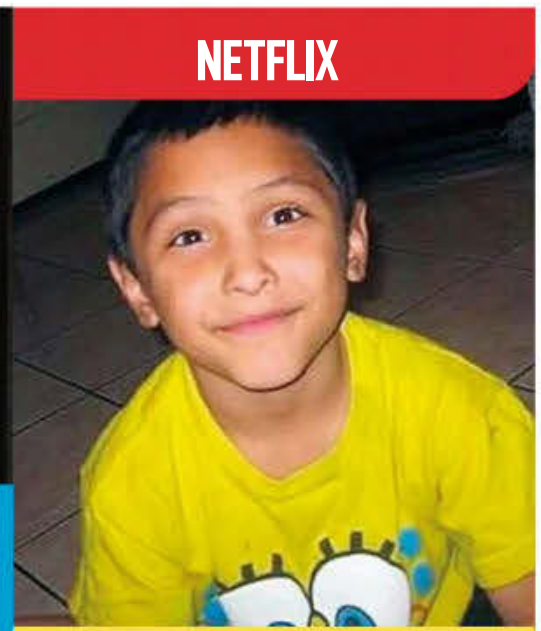
Reynolds and Howery are so endearing you can't help but root for them, while Comer and Joe Keery (Stranger Things) provide likeable support and Taika Waititi (Jojo Rabbit) chews the scenery in hilarious fashion as the villain.

The action set pieces are funny and thrilling, and the spectacular special effects immerse you in the virtual world.

Free Guy is a warm, witty and exuberant film that should leave you with a big grin on your face.

2021. 114 MIN. 13LV.

NETFLIX



THE TRIALS OF GABRIEL FERNANDEZ

★★★★★

Crime documentary. This is one of the most moving non-fiction programmes on Netflix and should leave you utterly devastated. The mini-series takes viewers through the short life of eight-year-old **Gabriel Fernandez**, who was tortured and abused by his mother and stepfather until he died in 2013.

In the documentary, Los Angeles deputy district attorney Jon Hatami shines a spotlight on America's broken welfare system and the unseen abuse of young children. Viewers get the chance to hear what Gabriel's family have to say and during the court case you see first-hand the distressing revelations about what happened to the little boy.

The most pertinent question Hatami asks is, "Why did no one intervene to save this young child's life?"

Viewers should be warned that the doccie contains footage not appropriate for sensitive viewers.

The horrific details will shock you to your core, but unfortunately South Africans can relate all too well to the situation depicted.

– ABBY-GENE BISSOLATI

2020. 6 EPISODES. 16LD.

APPLE TV+

DREAM HORSE ★★★

True-life sport drama. Set in a small valley town in South Wales, Dream Horse tells the true story of a group of down-and-out neighbours brought together by an unlikely ambition.

Between cleaning the local store by day and pulling pints in the village pub at night, Jan Vokes (**Toni Collette**) is caught in a monotonous cycle leading nowhere.

As she remembers her glory days breeding racing pigeons, it becomes clear that Jan longs for a break from this humdrum routine. When she hears accountant Howard Davies (Billions' Damian Lewis) reminisce about his heyday as part of a horseracing syndicate, Jan becomes determined to buy a mare and breed a racehorse.

Lacking experience and funds, she turns to her neighbours for help. With a less than 1% chance of making any money out of such a pursuit, the group rely on their desire for *hwyl* – a Welsh term denoting a feeling of emotional motivation and energy – and an alliance is formed. Their investment pays off as their thoroughbred, Dream Alliance, rises through the ranks to compete with the racing elite.

As a typical feel-good underdog story, Dream Horse is predictable, but this doesn't detract from the edge-of-your-seat moments during the thrilling race sequences where spot-on cinematography and editing place the viewer right in the action.

Collette gives an outstanding performance that anchors the emotional gravity of the film.

Jan and her motley crew should win viewers' hearts and inspire you in this tale about rising above challenges and keeping dreams alive. **– NATALI VARNEY**

2020. 113 MIN. 13SL. ALSO AVAILABLE ON DSTV BOX OFFICE.

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

20TH CENTURY STUDIOS, SONY PICTURES WORLDWIDE ACQUISITIONS, NETFLIX

NEW TUNES

Jeremy Loops

The Postcards singer chats to us about his latest release

BY NICI DE WET

SA'S favourite folk-rock star has released an EP that includes his smash hit Postcards. We caught up with Jeremy to chat about it and his epic collaboration with Ladysmith Black Mambazo.

How would you describe Souvenirs?
It's just this little collection of unique songs I love and am proud of. I think people are going to enjoy it for its differences from a traditional album.

Why did you pick that title?
Some people collect trinkets as souvenirs, but they're ultimately just capsules, physical manifestations of memories of an important time or interesting experience. These songs are that for me.

How did the EP come about?
While we were in lockdown I asked myself, since I was stuck indoors, "If I could make any songs I wanted without any pressures, what would they be?" And that's how Souvenirs came to be.

Is a full-length album on the way?
Yes there is, but it's not quite ready yet. It'll come out in 2022.

What's your favourite track on the album?
I would have to say This Town. It's just the most joyous, most healing, most hopeful song, but it's also set against this backdrop where "This Town" is a metaphor for present-day South Africa with all its difficulties.

I think that's Ladysmith Black Mambazo's superpower – their ability to emanate healing through their music, and this collaboration really takes the best of what I do with my songs and what they do with theirs. It's something special.

Jeremy with Stoan "Move" Galela and Vuvu Nompetsheni in the video for 'Til I Found You.

How did the collab with Ladysmith come about?
I've dreamt of collaborating with them my whole career. I've been listening to them since I was a child. It's like I said, with this EP, I asked myself, "If I could do anything, reach out to anyone, make anything, what would that be?" And they were top of the list. So I just reached out and they received me so graciously and so warmly.

I flew to Durban to practise and write and record the song with them and then we flew them to Cape Town to come make the music video with me, which was equally epic. Definitely a career highlight for me.

You were just in the UK to record. Tell us about that?
I literally go into the studio and write and record songs until like 2am, and then repeat! It's like athletes who hit training camp before a big competition. It just puts you in the zone and by the end of it you've got so many brilliant ideas flowing. I could write and record in Cape Town, but there are way too many distractions, especially with the weather warming up.

If you look at legendary SA bands like the Springbok Nude Girls and Juluka, who have lasted decades, do they inspire you?
For sure. Any artist who has that kind of longevity is an inspiration. The staying power and focus it takes to remain creative, ignore the bluster and remain true to your purpose is admirable. So my hat off to anyone who makes it even 10 years in this game.

What advice would you give your younger self?
Don't get older and wiser? Ha. To be honest, I would tell my teenage self to not take myself so seriously. Young people are ridiculous in their broodiness sometimes – no judgment, I was like that too – and that self-seriousness gets in the way of your development and insights.

Where can fans see you?
We're doing a South African tour until late December. Check out my socials for dates. ❑

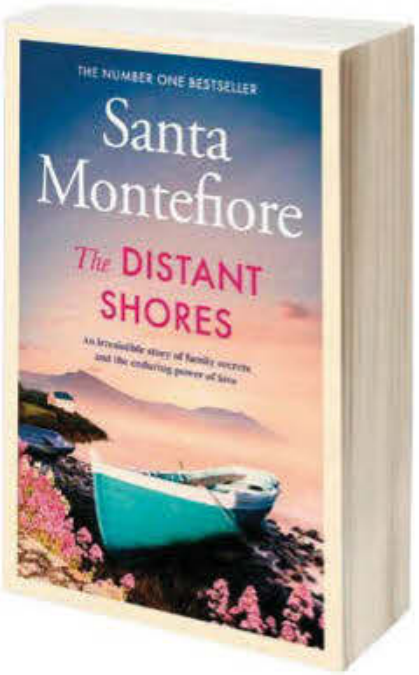
INSTAGRAM/@JEREMYLOOPS, YOUTUBE/JEREMY LOOPS

What to read

There are so many new books on the shelves – here are four you shouldn't miss

HOT & NEW

COMPILED BY **JANE VORSTER**



THE DISTANT SHORES

★★★★★

By SANTA MONTEFIORE
Simon & Schuster

Author Margot Hart is employed as a writer in residence at Castle Deverill, which has been turned into a luxury hotel, and sets out to write a biography about the famous Irish family who used to own it.

But as she slowly forms a bond with the reclusive Lord Deverill, who now lives in a hunting lodge on the grounds of the castle, she finds herself drawn into a bitter family dispute over the sale of the property.

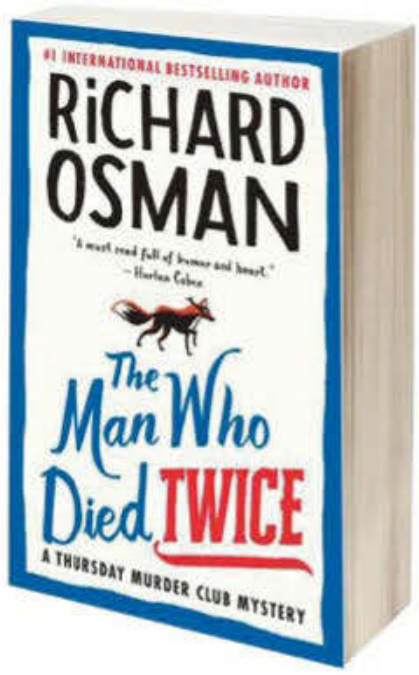
Lord Deverill's son Colm, the local vet, isn't happy about Margot delving into the family history but his father is adamant the story needs to be told.

Meanwhile, there's a wandering, unhappy ghost who haunts the castle, causing drafts, wine glasses to topple over and people to feel a presence in a room.

Slowly the secrets of the members of the Deverill family, both living and dead, start spilling out.

This intriguing tale, with all its twists and turns, kept me spellbound. I love Montefiore's books and this one ranks right up there with the very best of them. Fans definitely won't be disappointed.

A wonderful read you can really get lost in. **– GERRY WALDEN**



THE MAN WHO DIED TWICE

★★★★

By RICHARD OSMAN
Viking

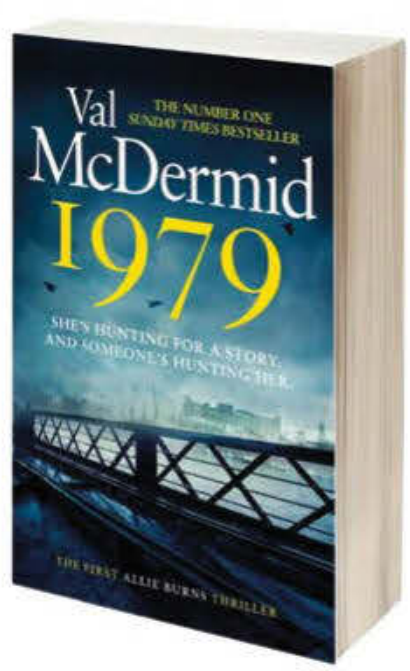
Yay, they're back! Intrepid 70-something amateur sleuths Elizabeth, Joyce, Ron and Ibrahim return after their first outing in Osman's wildly popular The Thursday Murder Club. This time Elizabeth's dodgy ex-husband, Douglas, appears on the scene "in a spot of bother" after stealing 20 million pounds' worth of diamonds from a cut-throat money launderer.

When bodies start piling up, our four wannabe detectives find themselves rubbing shoulders with the Mafia and MI6 as they try to solve the murders and hunt down the missing gemstones. Luckily they can depend on their firm friendship with local cops Donna and Chris.

Meanwhile, Ibrahim has fallen victim to teenage thugs who steal his phone then kick him in the head. The group plots revenge, little knowing that their two problems will become one.

Osman is a ridiculously entertaining writer and fully deserves his long stint at the top of bestseller lists and all the cash that must be rolling in.

He's promised four novels in the series. A delicious prospect. Pour yourself a cuppa and settle in for a galloping crime caper you won't want to end. **– SANDY COOK**



1979

★★★★

By VAL McDERMID
Little, Brown

It's 1979 and Allie Burns, a reporter for the Clarion in Glasgow, is sick and tired of being made to write all the "women's stories" while the bigger, juicier ones get passed on to her male colleagues.

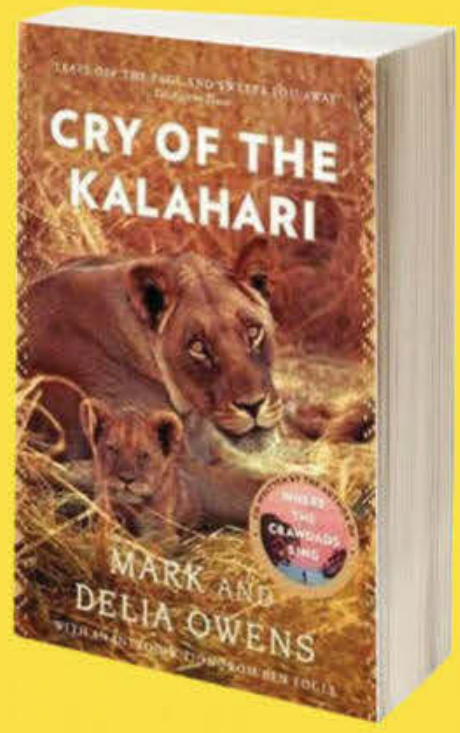
When she and Danny Sullivan, a wannabe investigative reporter, get stuck on a train while a woman goes into labour, a friendship blooms and they start collaborating on a couple of "big" stories – unmasking tax fraud and then a potential Scottish terror plot.

This thriller doesn't start off at breakneck pace, but gathers speed as it goes along. It's a beautifully crafted novel and infinitely readable.

I was a young reporter myself in 1979 and McDermid's depictions of the male-dominated world of journalism in that era are spot-on. Both main characters are well drawn.

This is billed as the first Allie Burns thriller and I, for one, look forward to the next instalment in the series. **– ANDRÉ J BRINK**

MEMOIR



CRY OF THE KALAHARI

★★★★

By MARK & DELIA OWENS
Little, Brown

Delia Owens attracted a cult following with her debut novel, Where the Crawdads Sing – but although it was her first work of fiction, she was already a bestselling author as a result of the award-winning memoir that she and her husband had written.

Originally published in 1984, and now reissued with never-before-seen colour photographs, Cry of the Kalahari tells the enthralling tale of how the American couple, who are both zoologists, arrived in Botswana in the '70s with little more than a change of clothes and a pair of binoculars, bought themselves a third-hand Land Rover and spent seven years roughing it in the Kalahari.

Back then the area wasn't the tourist hub it is now but really was one of the remotest spots on Earth – yet somehow, through a combination of naivety, pluck and sheer luck, Delia and Mark managed to overcome all kinds of challenges – from fire to bouts of malaria – and at the end of it all they had an incredible story to tell.

Even South Africans who are accustomed to having encounters with wildlife will be enthralled by these tales.

DID YOU KNOW?

In addition to being a bestselling writer, Val McDermid is the lead vocalist in the band The Fun Lovin' Crime Writers, along with fellow authors Mark Billingham, Chris Brookmyre, Stuart Neville, Doug Johnstone and Luca Veste.

CURIOUS ABOUT CBD?

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- South Africans share their stories
- CBD and your pets
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YOU PUZZLES

13 PAGES OF FUN & GAMES

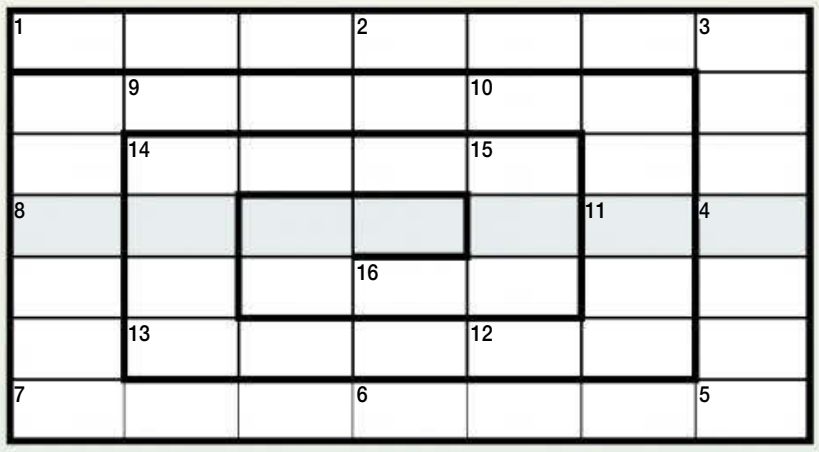
WORD SEARCHES ▸ ANAGRAMS ▸ SPOT THE DIFFERENCE ▸ TWO-WAY TEASER ▸ BRAINBUSTER ▸ PHOTO BLOCKBUSTERS ▸ BLOCKBUSTERS ▸ CODEBREAKERS AND MUCH MORE!

SPIRAL

Keyword clue: A STAGE OF LIFE

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 Pack tight
2 Not very spicy
3 Obligation
4 Respond to something boring
5 Skin colour (clothing)
6 Engrave with acid
7 Pile up
8 Stop and leave one's car
9 Brown seaweed
10 Central storyline
11 Drinks carrier
12 Burdensome restraint
13 Large Australian birds
14 Worth one's . . .
15 Hard journey
16 Type of beef



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.

EASY

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

GERDA ENGELBRECHT

CRYPTOQUOTE

Example: AXYDLBAAXR
is: LONGFELLOW

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

PYEQN OQSWH YTP Q ITKHP KDPHSFTEH

JYS NYTSCHFJ KD XUKOU PY ESHQR, BHD

KD UQDE. YDFN ESHQRC LKWH AKSPU PY

OUQDLH.– CQSQU AQD ASHQPUDQOU

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.

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

PAN MEDIA

WORD SEARCHES

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

Find the solutions to this week's puzzles on pages 72-75

ALL WORD SEARCHES COMPILED BY ALFIE STEYN

NO 1

FOOD PREPARATION

butterfly
caramelise
clarify
drizzle
flip
garnish
glaze
grease
macerate
marinate
mash
pour
refrigerate
roll
season
shell
skewer
skim
sprinkle
stir
sweeten
thicken
truss
unmould

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

NO 2

WORDS THAT BEGIN AND END WITH 'H'

hairbrush
hallelujah
harsh
hash
hatch
hawkish
health
hearth
heath
hellish
henceforth
herewith
hiccough
high
hitch
hopscotch
hunch
hurrah
hush
hyacinth

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

NO 3

COLOURS

amethyst
cardinal
carmine
celadon
cerise
coral
crimson
goldenrod
hot pink
jade
jet
lemon
lilac
mauve
orange
peach
persimmon
pumpkin
purple
scarlet
sienna
tangerine
terracotta
vermilion

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

NO 4

PLACES FOR LEISURE

amusement
park
aquarium
arcade
art gallery
cafe
cinema
coffee shop
market
gym
park
pizza place
playground
pub
public garden
restaurant
sport stadium
tavern
theatre
zoo

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

WORDLINK

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

Fire____ wind Day_____ fast Wrist_____ dog

COMPILED BY NATALIE CAVERNELIS

SPOT THE DIFFERENCE

See how much of an eagle eye you have and find the 7 differences between these two pictures taken of Queen Elizabeth sitting at her desk in 1956.

GALLO IMAGES/GETTY IMAGES

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

E	N	I
L	U	C
A	M	T

How did you do?
Average: 16 words
Good: 28 words
Excellent: 48 words

NO 2

U	R	C
O	L	J
A	L	Y

How did you do?
Average: 11 words
Good: 19 words
Excellent: 28 words

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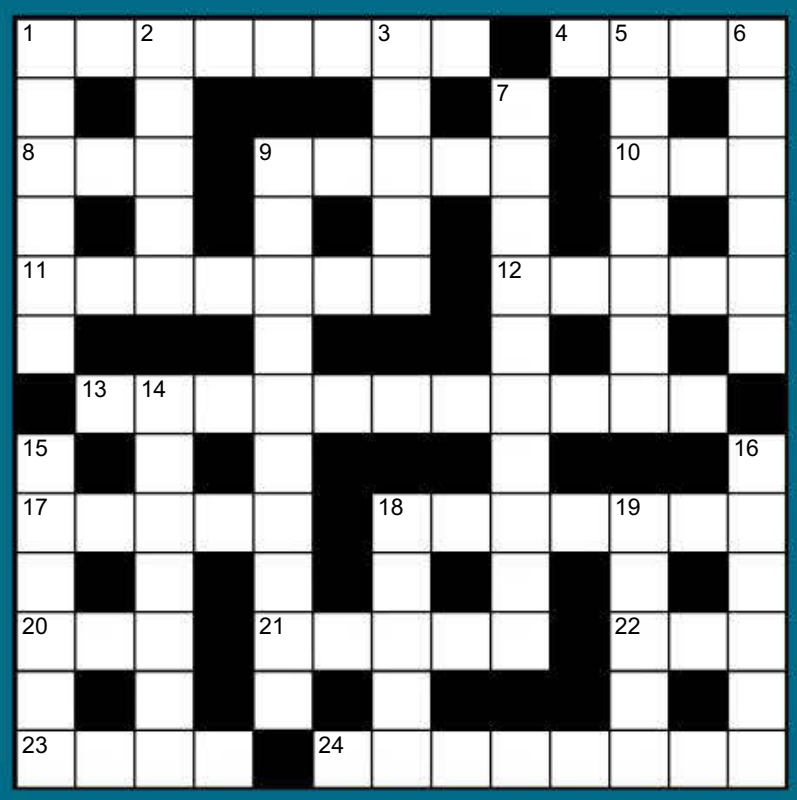
TWO-WAY TEASER



INPRA

Two sets of clues but the answers are the same

CRYPTIC CLUES

ACROSS

1 I am alert to change that isn't spiritual (8)
4 Pack the first seam with fibres of jute (4)
8 In the Netherlands one didn't score a goal (3)
9 Clause that saves one from an artillery salute (5)
10 It's a small hotel such as Lincoln's (3)
11 Get in touch with a sort of lens (7)
12 The voucher is all right if ten are around (5)
13 Felt for another, to empty his sad version of it (11)
17 To carry on a lawsuit with some simple advocacy (5)
18 Strike while meeting blow from a part of the stern (7)
20 How to tease a child that it's leather (3)
21 Pope's daughter unfortunately took five away from Venice (5)
22 Habit starts, unless suspicion ends (3)
23 One party after another for a bird that's no longer with us (4)
24 A chance of future success may make one go looking for gold (8)

DOWN

1 It threatens fellows with service they can't return (6)
2 Hooked claw into the cards left after dealing
3 How to allocate everything to the turnover (5)
5 Out of kilter with first claret that will barely flow (7)
6 Is getting less pale in bronzing finally (6)
7 Put in one's bit, on truce negotiation (10)
9 Is in a headlong rush to spend it: mag gets it wrong (10)
14 How one batted eyelid on day one gave up (7)
15 A gun is rendered useless by having drug added (6)
16 May be zealous to have such spirits distilled (6)
18 How can it make one happier to yell Bravo? (5)
19 Cessation of hostilities saw the Engineers cut to pieces (5)

QUICK CLUES

ACROSS

1 Cloth (8)
4 To pack, put under hatches (4)
8 No goals (3)
9 A simultaneous discharge of artillery (5)
10 Tavern, hostelry (3)
11 To get in touch with (7)
12 A mere show or semblance (5)
13 Felt for, or with, another (11)
17 Earnestly ask (5)
18 Gaming disc (7)
20 Young goat (3)
21 Female relative (5)
22 Employment (3)
23 Extinct bird (4)
24 Outlook (8)

DOWN

1 To threaten (6)
2 A hooked claw (5)
3 To distribute in portions (5)
5 Barely run (liquid) (7)
6 Growing less, as the moon (6)
7 To give, along with others (10)
9 Running wild with the herd (10)
14 Surrendered (7)
15 Impaled (6)
16 Fiery (6)
18 Shout of approval (5)
19 Respite, cessation of fighting (5)

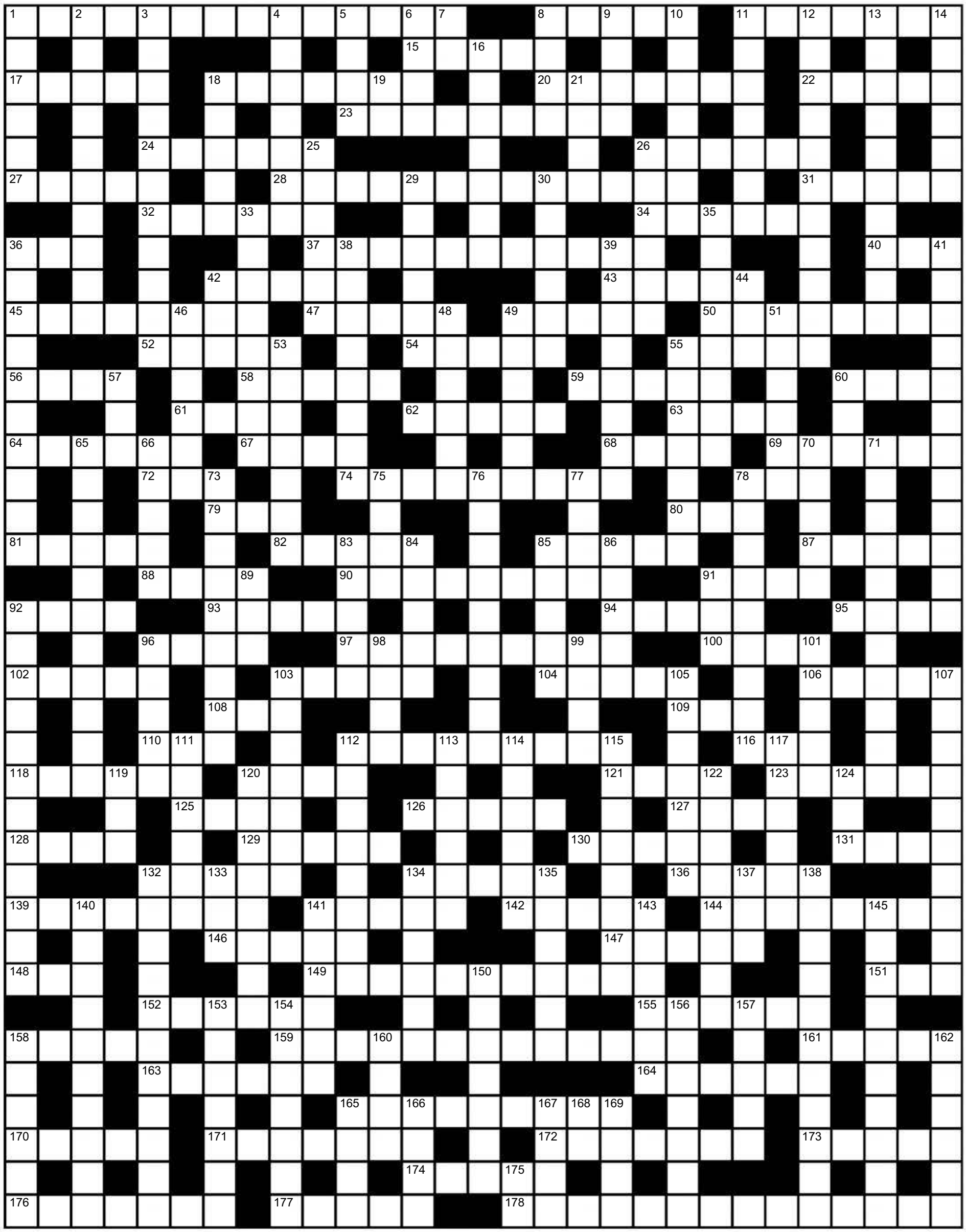
BRAINBUSTER № 900

ACROSS

1 Categorisation (14)
8 A reason for an action (5)
11 Get worse again (7)
15 Spoken (5)
17 New Delhi is its capital (5)
18 Family tree entry (7)
20 Futile (7)
22 Flinch (5)
23 Anxious (9)
24 Cloudy (6)
26 Parody (6)
27 Japanese verse with 17 syllables (5)
28 Mental (13)
31 Variety is the . . . of life (5)
32 Cures (6)
34 Cow's milk organs (6)
36 Fountain or rollerball, eg (3)
37 Sleek (11)
40 Boy (3)
42 Flower part (5)
43 Terminate (5)
45 Inopportune (3-5)
47 Planted (5)
49 Rescues (5)
50 Gifts (8)
52 Sorts (5)
54 Markets (5)
55 Computer threat (5)
56 Digits on the foot (4)
58 Half-rotten vegetable matter (5)
59 Heredity units (5)
60 Boast (4)
61 Heroic tale (4)
62 Once every 24 hours (5)
63 An unsung . . . (4)
64 Arranged in a circle (6)
67 Performs (4)
68 Frame (4)
69 Elfin (6)
72 Not on (3)
74 Science of commercial consumption (9)
78 Human males (3)
79 Electrical unit (3)
80 Grassland (3)
81 Vital organ (5)
82 Round soup containers (5)
85 Sift or strain (5)
87 A small, green or black fruit (5)
88 Have . . . in one's pants (4)
90 & (9)
91 Desire (4)
92 Information (4)
93 Playgrounds (5)
94 Intense sorrow (5)
95 Half a quart (4)
96 Congeal (4)
97 Humorous musical play (9)
100 Second Greek letter (4)
102 Fight (inf) (3-2)
103 Particular about detail (5)
104 Japanese fish dish (5)
106 Fastener (5)
108 Originally called (3)
109 Macadamia, eg (3)
110 Pick (3)
112 Metal fastener (9)
116 Less than two (3)
118 Cue (6)
120 Haze (4)
121 Elderly (4)
123 Escorts (6)
125 Succulent (4)
126 High-pitched (5)
127 Horse strap (4)
128 Happily . . . after (4)
129 Metropolitan (5)
130 Message sent by computer (5)
131 Periods of 24 hours (4)
132 Dungeons (5)
134 Soldier in the French army (5)
136 The Sound of . . . (1965 film) (5)
139 Presumed to be true (8)
141 Committee head (5)
142 Accumulate (5)
144 Fruit shake (8)
146 Wish granter in fairy-tales (5)
147 Protection (5)
148 Pair of people, eg (3)
149 Obvious (11)
151 After expenses (3)
152 Small tree (6)
155 Entwine (6)
158 Growl (5)
159 Reserved (4-9)
161 Circular (5)
163 Groups of eight musicians (6)
164 Bordering (6)
165 Lawyer (9)
170 . . . up (confessed) (5)
171 In a lively manner (music) (7)
172 On the other hand (7)
173 Chivalrous (5)
174 Giraffe-like animal (5)
176 Soap opera on e.tv (7)
177 Dead-on (5)
178 Belligerence (14)

DOWN

1 Secure (a deal) (6)
2 Extra (10)
3 Cheer up (inf) (4,3,2,2)
4 Crooked (7)
5 Mouth (slang) (4)
6 Finished (4)
7 15th-century Japanese drama (2)
8 Association (4)
9 Second-hand (4)
10 Green stone (7)
11 Nervous (7)
12 Unruliness (11)
13 Common antibiotic (10)
14 Appear (6)
16 Harshness (7)
18 Bread no longer fresh (5)
19 Yours truly (2)
21 Half (prefix) (4)
25 Compositions (6)
26 Tomato and tartare, eg (6)
29 Horses' foot coverings (6)
30 Kind of fruit, plural (6)
33 University life (8)
35 Contemptible (8)
36 Artist's utensil (10)
38 Cast out (8)
39 Large parts of glaciers (8)
41 Dispute (12)
42 Porcino (3)
44 Make a mistake (3)
46 I (reflexive) (6)
48 Keep (6)
49 Downhill race (6)
51 A continent (6)
53 Yield (7)
55 Car (7)
57 Runner (3)
60 Gamble (3)
65 Destructive (11)
66 Main blood vessel (5)
70 Register (5)
71 Measureless (11)
73 Track (9)
75 Placate (4)
76 Subdue by force (9)
77 Keep your . . . up (remain cheerful) (4)
78 Public declaration (9)
83 Stinging insects (5)
84 Thorny (5)
85 Indian garments (5)
86 Borders (5)
89 Mournful (3)
91 The internet (3)
92 Deprived (12)
96 Powder for hot chocolate (5)
98 Cambodia is on this continent (4)
99 Traditional medicine (SA) (4)
101 Large pieces of land (5)
103 Tentacles (7)
105 Provisional (7)
107 Tenacious (10)
111 Dishes (6)
112 Minister (8)
113 Head of a magazine (6)
114 Oil for cooking (6)
115 Type of cheese (8)
117 Papal ambassador (6)
119 Neither (3)
120 Large rocks (8)
122 Deception (8)
124 Concealed (3)
132 Merciless (4-7)
133 An arm and a . . . (3)
134 Meal eaten outside (6)
135 Region in Italy (6)
137 Message sent by phone (abbr) (3)
138 Joining (11)
140 Advocacy (10)
141 Oslo and Madrid, eg (6)
143 Couch (6)
145 Ethical (10)
150 Universal cure (7)
153 A sport women play (7)
154 Atop (7)
156 Speech (7)
157 Profits (5)
158 Parlours (6)
160 Part of the leg (4)
162 Wetsuit wearers (6)
165 Heroic narrative (4)
166 Booty (4)
167 Small branch (4)
168 Exclamation (2)
169 The hind part (4)
175 Personal assistant (abbr) (2)



COMPILED BY GERDA ENGELBRECHT

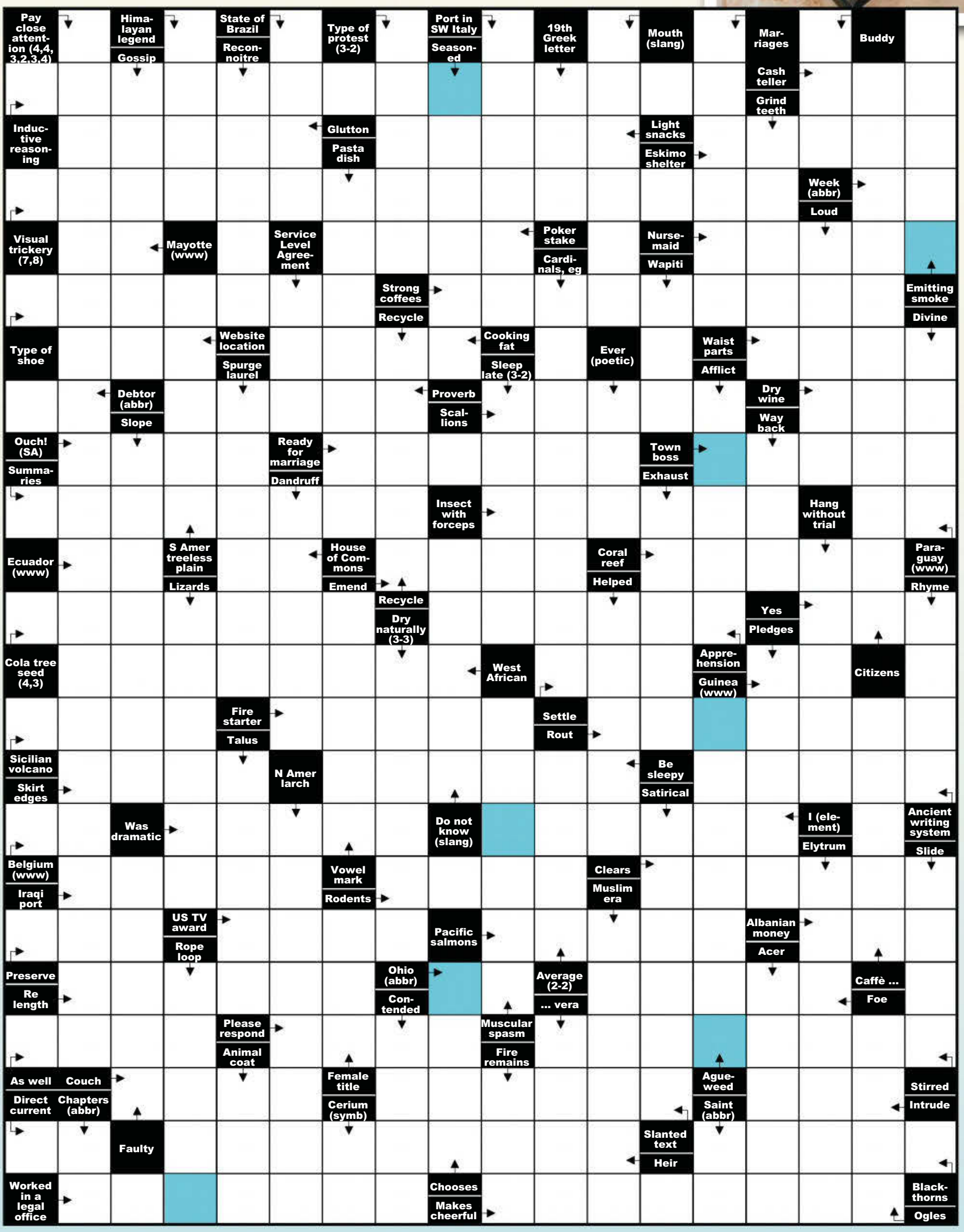
BLOCKBUSTERS

ONE LUCKY WINNER OF THE BLOCKBUSTER WILL RECEIVE A CARIBBEANTAN HAMPER WORTH R500

№ 1796

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

Caribbeantan is no ordinary sunless tanning brand. Our innovative professional self-tan and tan-care products are designed to eliminate the fuss and mess associated with at-home tanning creams, as well as the costs associated with achieving the perfect tan. Let's face it, beauty is mainly a confidence thing and we believe everyone deserves to look and feel their best – come rain or shine.
Available at Dis-Chem, Clicks, Takealot, Superbalist, SkinMiles and Caribbeantan.online.

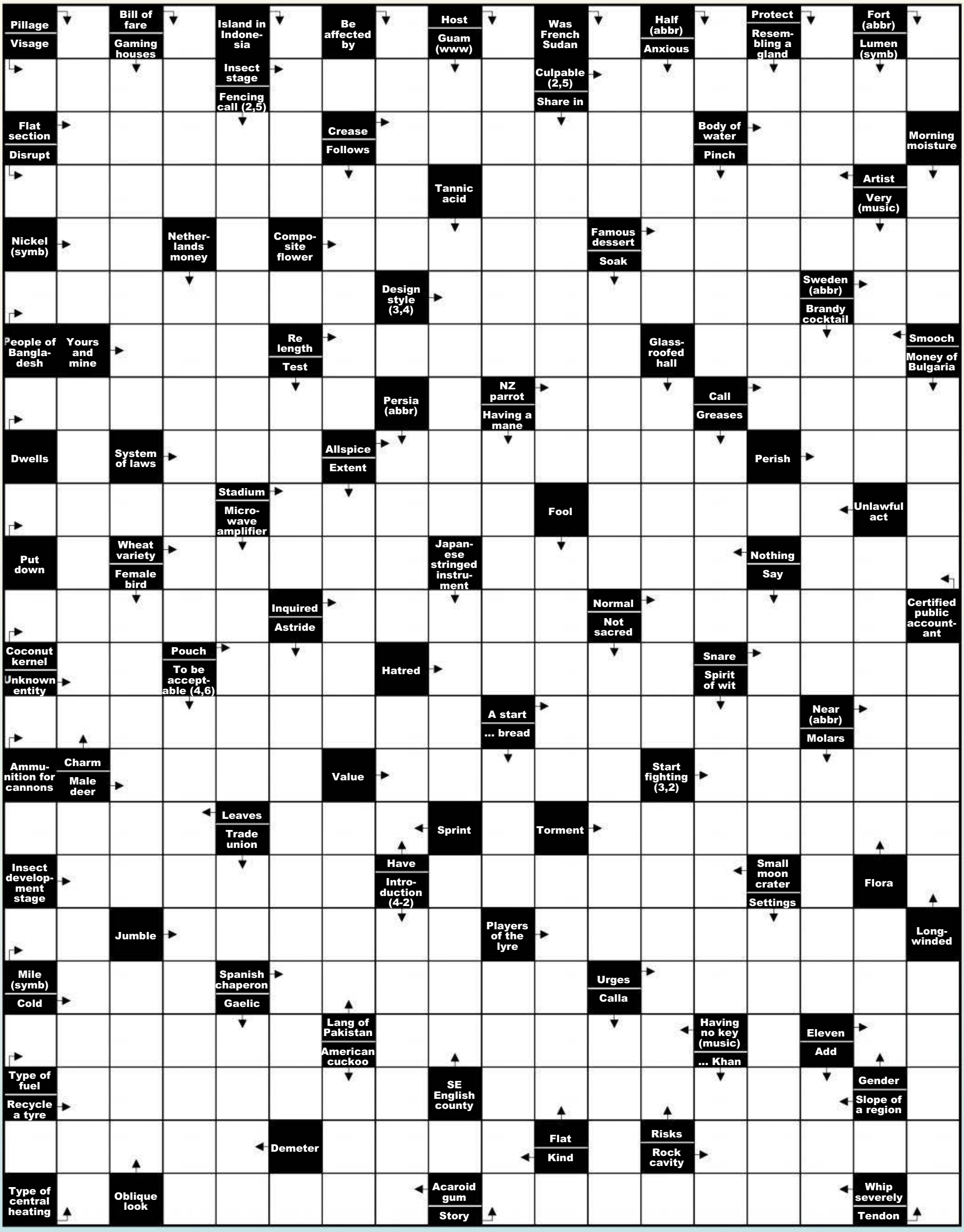


HOW TO ENTER CORRECTLY: COMPLETE THE BLOCKBUSTER, WRITE DOWN THE LETTERS IN THE COLOURED BLOCKS AND USE THEM TO UNRAVEL THE ANSWER TO THE QUESTION. SMS THE KEYWORD YOU, YOUR ANSWER AND YOUR NAME AND CITY TO 36400. EACH SMS COSTS R1,50. ONLY ONE SMS PER ENTRANT WILL BE ACCEPTED. KEEP THE ORIGINAL COMPLETED 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 2 DECEMBER 2021.

COMPILED BY BIANCA MOREL

BLOCKBUSTER

NO 1



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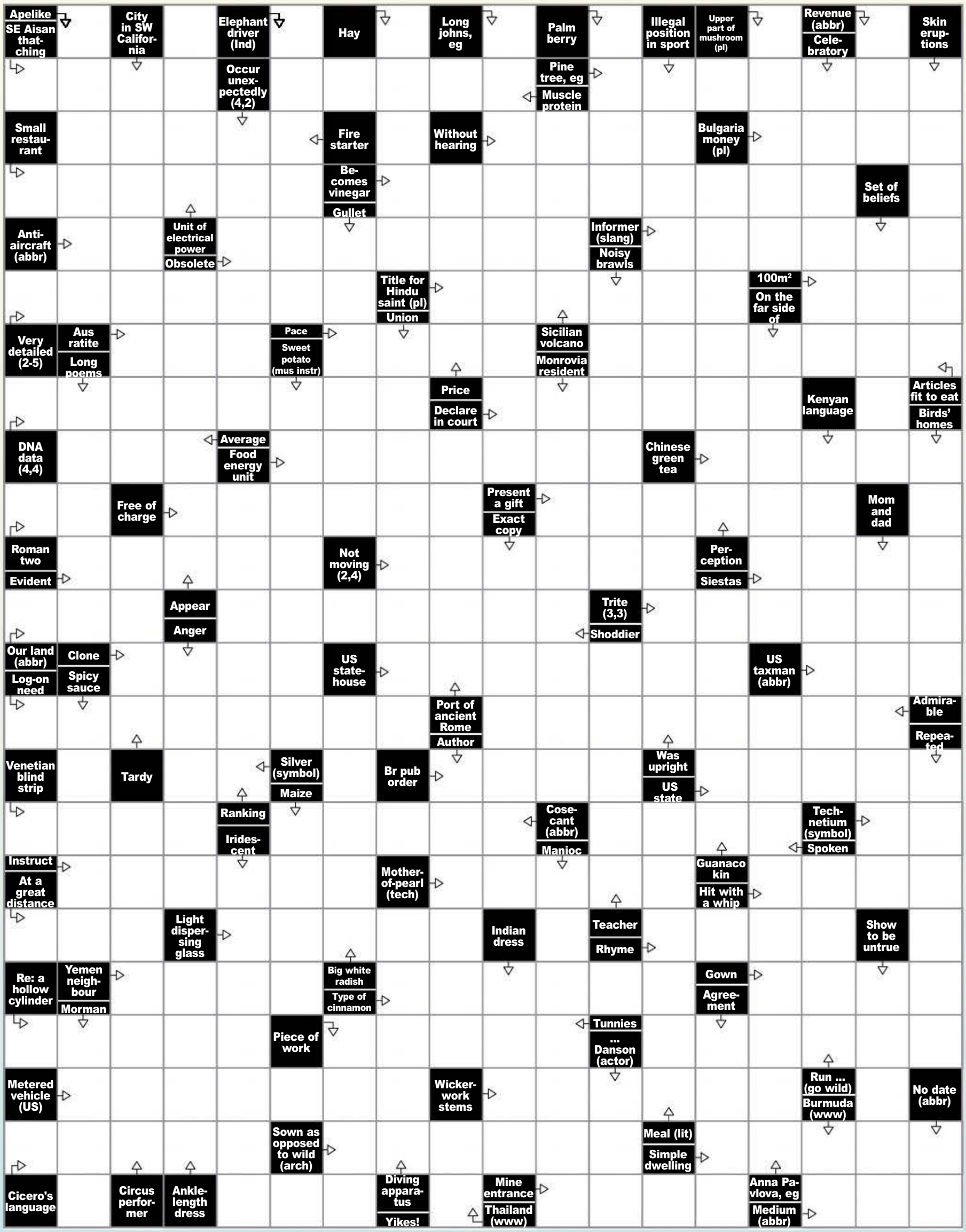
BLOCKBUSTER

NO 2



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ANAGRAM

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.

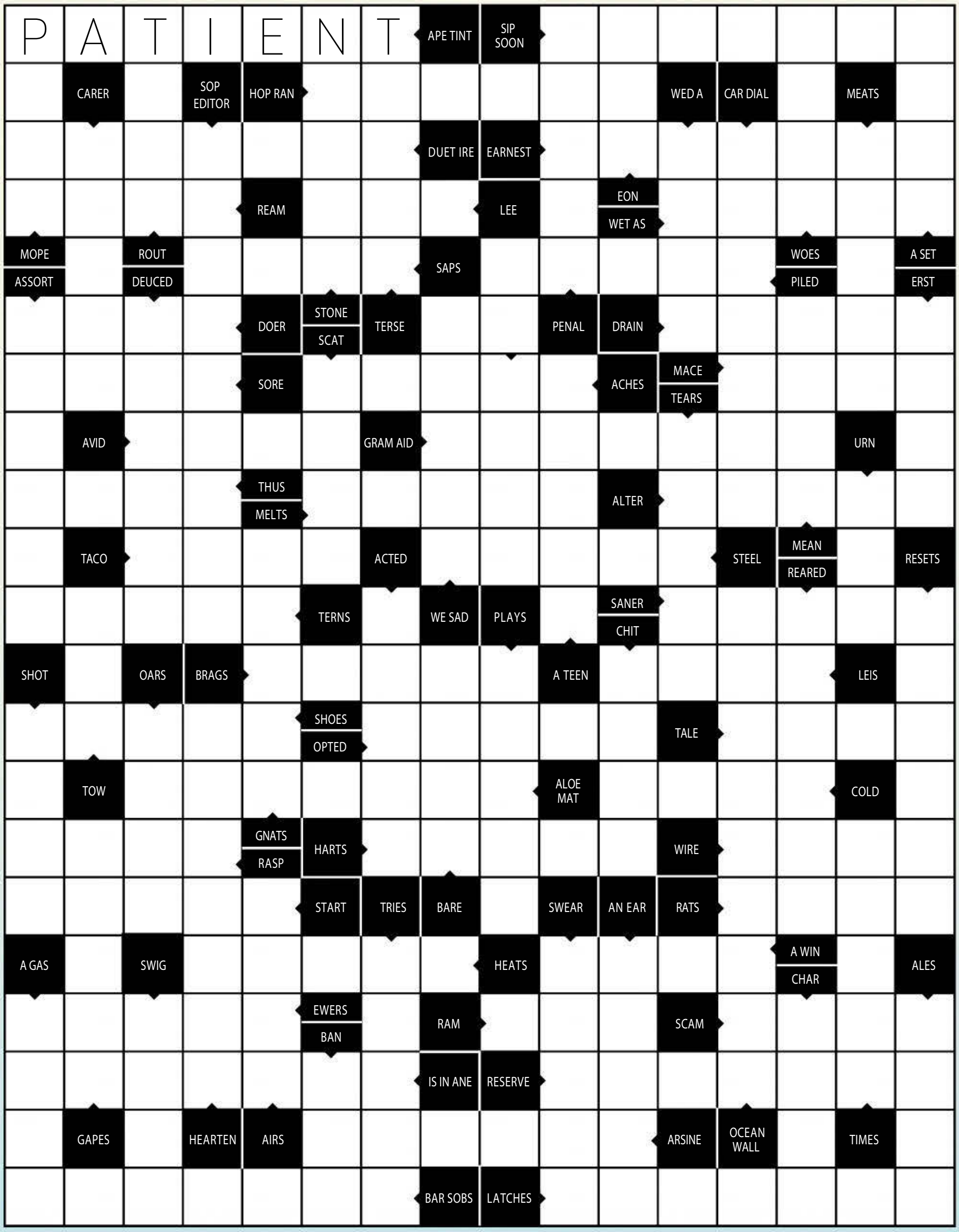

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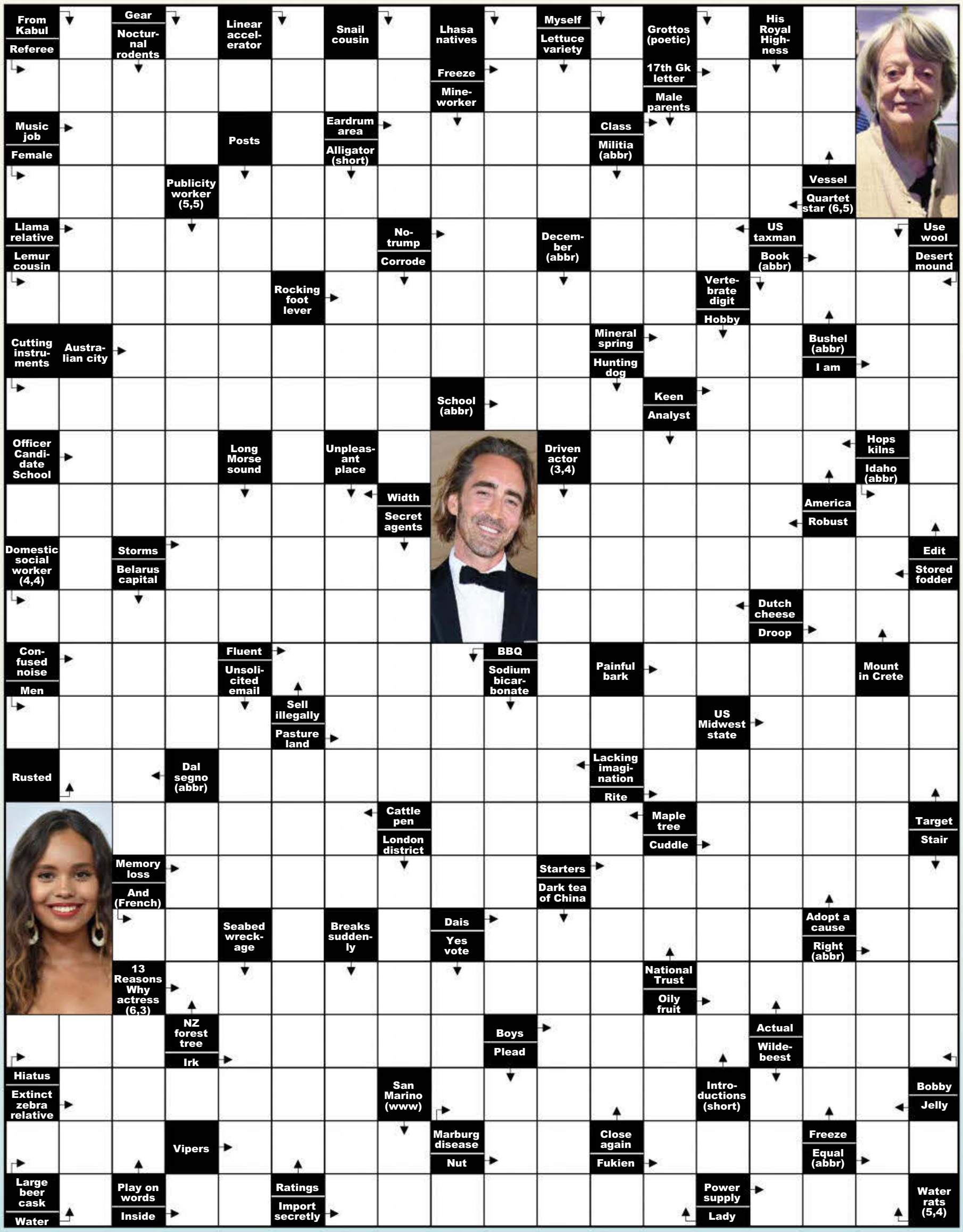
PHOTO BLOCKBUSTER

NO 1



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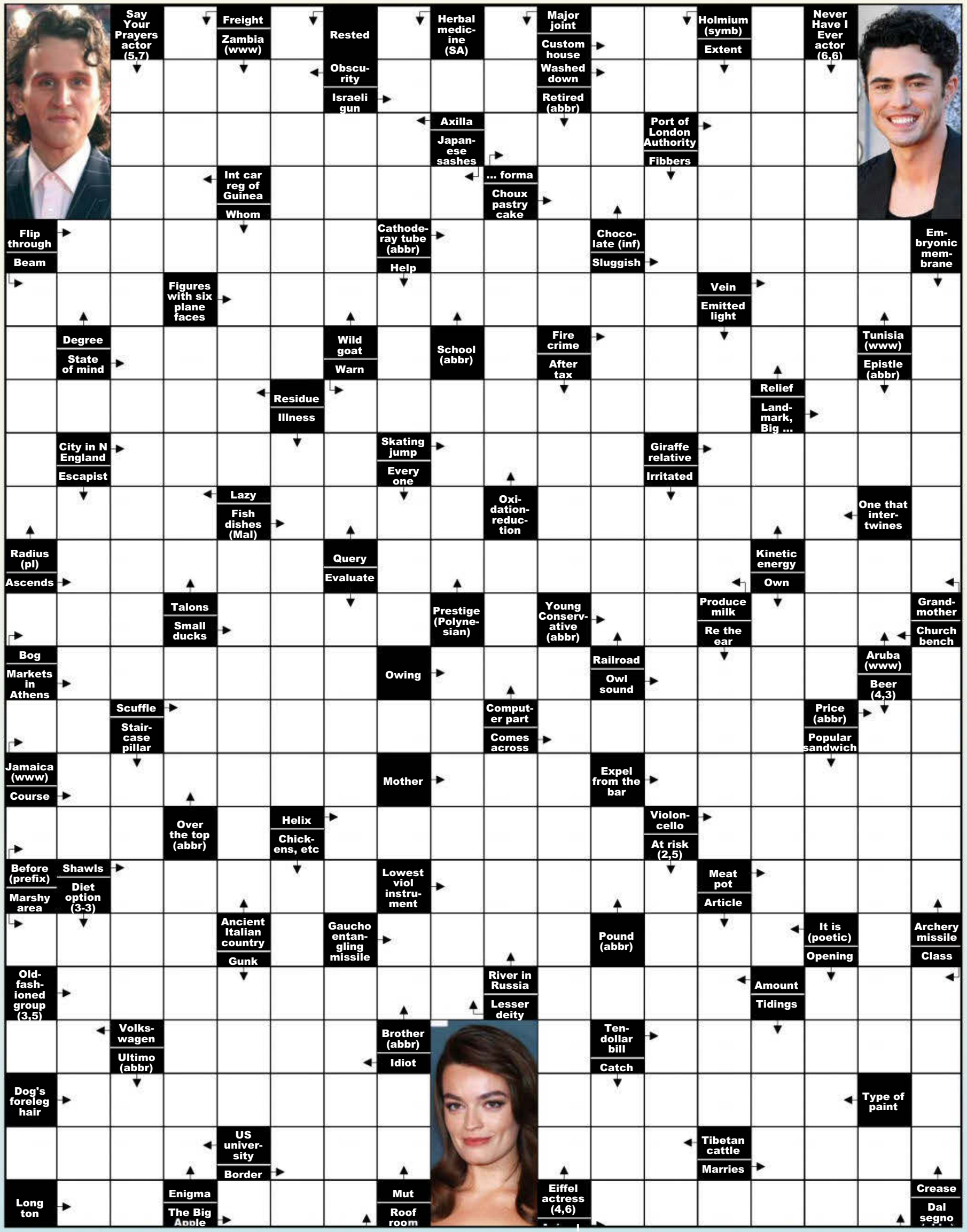
GALLO IMAGES/GETTY IMAGES

PHOTO BLOCKBUSTER

NO 2



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GALLO IMAGES/GETTY IMAGES

CODEBREAKERS

NO 1

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

Each letter of the alphabet is represented by the same number throughout the puzzle. For example, in the puzzle above, 6 = C, 10 = K and 26 = I. 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.

ALL CODEBREAKERS COMPILED BY GERDA ENGELBRECHT

NO 2

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

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

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

NO 3

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

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

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

NO 4

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

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

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

NO 5

3	■	6	10	25	3	7	9	15	■	16
10	■	20	■	23	■	8	■	9	■	9
17	20	25	14	2	■	7	6	12	23	18 F
10	■	3	■	12	■	12	■	18	■	8 I
23	9	26	8	3	16	15	9	■	12	3 N
8	■	7	■	■	12	■	■	2	■	8
10	20	■	7	8	14	4	15	9	7	17
25	■	7	■	14	■	12	■	17	■	8
7	9	4	17	12	■	23	12	17	8	10
15	■	23	■	19	■	9	■	9	■	3
24	■	24	8	9	15	16	9	16	■	7

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

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

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SOLUTIONS

BLOCKBUSTER 1

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

BLOCKBUSTER 2

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

PHOTO BLOCKBUSTER 1

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

PHOTO BLOCKBUSTER 2

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

ALL PUZZLE AND CROSSWORD SOLUTIONS NOW APPEAR IN THE SAME ISSUE, EXCEPT FOR THE COMPETITION BLOCKBUSTER. THAT SOLUTION AND THE NAME OF THE WINNER ARE PRINTED SEVEN WEEKS LATER DUE TO THE COMPETITION ELEMENT.

COMPETITION BLOCKBUSTER 1789

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

BRAINBUSTER 900

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

SUDOKU

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

WINNER OF BLOCKBUSTER 1789 BRAMLEY HAMPER
Jennifer Burnett, Vredehoek, Cape Town
ANSWER: Panegyrist

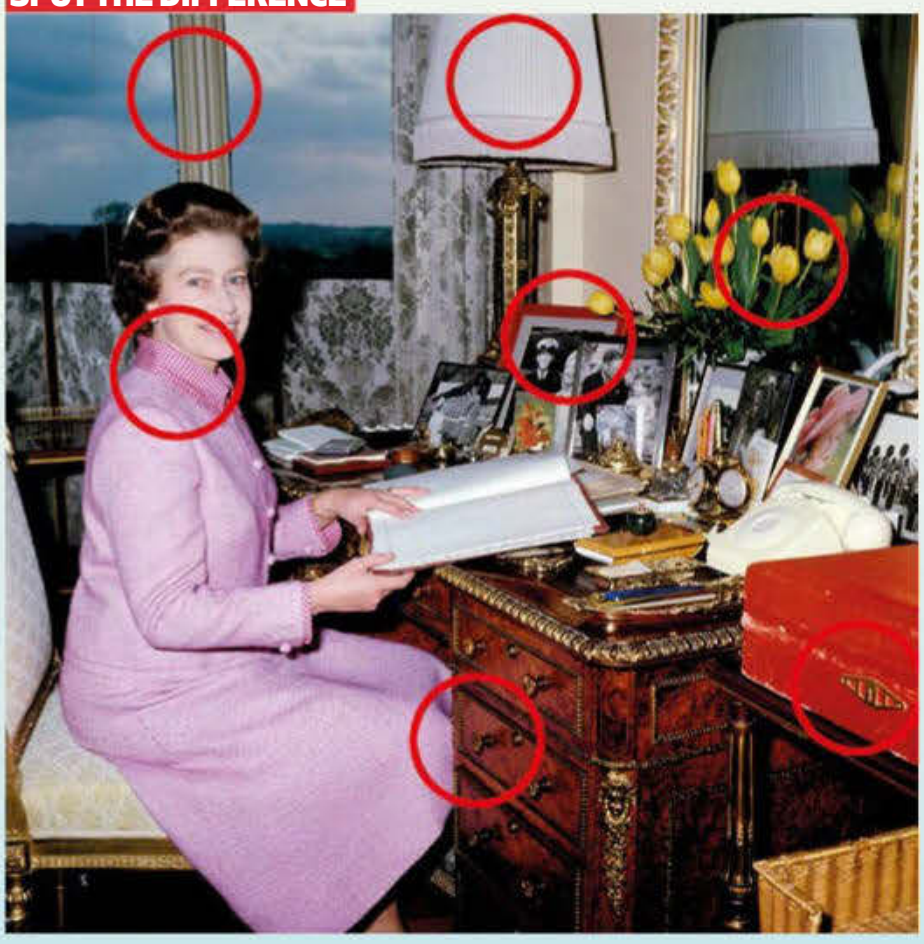
VOWELESS

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

TWO-WAY TEASER

ACROSS: 1 Material, 4 Stow, 8 Nil, 9 Salvo, 10 Inn, 11 Contact, 12 Token, 13 Sympathised, 17 Plead, 18 Counter, 20 Kid, 21 Niece, 22 Use, 23 Dodo, 24 Prospect.
DOWN: 1 Menace, 2 Talon, 3 Allot, 5 Trickle, 6 Waning, 7 Contribute, 9 Stampeding, 14 Yielded, 15 Spiked, 16 Ardent, 18 Cheer, 19 Truce.

SPOT THE DIFFERENCE



SOLUTIONS

SPIRAL

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

ANAGRAMS

NO 1
acetum, acumen, acute, alumni, amulet, aunt, caul, clue, culet, culm, CULMINATE, cult, cumin, cuneal, cute, cutie, etui, ileum, lieu, lucent, lumen, lumina, lunatic, lune, lute, maul, menu, minuet, minute, mulct, mule, mute, nuclei, talcum, tuna, tune, tunic, ulna, ulnae, ultima, uncle, unit, unite, unlace, unlit, unmet, untie, until

NO 2
alloy, ally, call, carol, caul, claro, clay, cloy, coal, cola, collar, coral, cull, curl, curly, jocular, JOCULARLY, jolly, jural, lacy, local, loyal, ocular, oral, orally, rally, roll, royal

WORDLINK

1 Fire (wood) wind
2 Day (break) fast
3 Wrist (watch) dog

CRYPTOQUOTE

Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change. – Sarah ban Breathnach

WORD SEARCH 1

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

WORD SEARCH 2

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

WORD SEARCH 3

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

WORD SEARCH 4

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

CODEBREAKER 1

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

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

ANAGRAM CROSSWORD

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

CODEBREAKER 5

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

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

CODEBREAKER 2

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

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

CODEBREAKER 3

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

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

CODEBREAKER 4

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

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

READ THIS

Love Token

Our prank on the office bullies had backfired on us and we were in serious trouble

BY **NIKI MOORE**

'THIS will never work," I said, hunched over the keyboard and typing with two fingers.

"Why not?" asked Peter, hanging over my shoulder and watching the letters appear slowly on the screen.

"Too many risks. Too many variables. Too many things that can go wrong."

"Nonsense," he scoffed. "It's foolproof. We know that Old Bully Balls and Dragon Breath both go out for lunch at the same time. The coast will be completely clear."

"Don't call them that," I said, irritated. "Just now one of them appears unexpectedly and hears you . . ."

"Don't worry," he said soothingly. "Even if they did, they'd have no idea what we're talking about."

"Who would have no idea what you're talking about?" came a sudden voice from the doorway, and both of us jumped. In panic, I deleted the document on the screen.

"Oh, hello, Mr Butler," said Peter smoothly, turning to the door. "We were just talking about the new client. Their new internal communication strategy."

"Nice save," I muttered under my breath.

Mr Butler glared at us, breathing hard through his nose. He was plump and oily, with an ingratiating manner towards clients and customers, but a real bully towards his staff. Just yesterday he had shouted at a new secretary in front of the whole office for something that was not her fault. Everyone else kept their heads down, hoping that he wouldn't turn his anger on them. Afterwards, it had taken hours of tissues and sweet tea in the staff canteen to calm the terrified newbie down.

His secretary, Doreen, was even worse. She was his toady and informant. She pretended to be one of us, but then carried our gossip and slip-ups back to him, where they were swiftly and brutally punished. We suspected they were having an affair, but it was hard to imagine that anyone would be attracted to either of them.

'OKAY, now we have to start again," I said once Mr Butler had left, after giving us a calculating look. He knew we were up to something.

"Luckily I had been saving the document, so it will only need a few finishing touches . . . there!"

I pressed "print", and two identical pieces of cardboard slid out of the printer. Small, square, and beautiful, the heavy cards were printed in a flowing cursive script: "A small token of my affec-

tion, my Valentine. Enjoy the little gift."

"That's perfect," Peter breathed. "Now for the final touch."

He tucked each card into a small elaborate cardboard box, alongside the luscious-looking cupcakes. One cupcake was pink with gold sparkles, the other was chocolate and cream. He put a dab of glue on the top of each box, and attached a little coloured bow.

"Okay," I said. "Mr Butler has left, we saw him go. Has Doreen gone yet?"

"No, not yet," said Peter, peering out. "But she's packing up now. You take hers. I'll sneak into his office with mine. They must go into the top drawer, got it?"

Once Doreen left the office, we waited a short while to make sure they wouldn't come back unexpectedly, then we left our little gifts in their respective places.

The rest of the afternoon we waited in suspense.

AT 3.30pm we saw Doreen walk past from the kitchen, as usual, with the boss' tea. There was a jaunty little spring in her step, and she had a secret smile, so we knew she'd found her cake.

But we didn't know if she'd eaten it yet.

Perhaps, being the lonely spinster she was, she was going to take it home and put it under her pillow. We guessed that Old Bully Balls was saving his to have with his tea.

At 4pm precisely, we heard a wail coming from Doreen's office. We smiled at each other. It had worked! But then the wail turned into a shriek, and people were popping their heads out of their cubicles to see what was going on.

Doreen ran down the corridor, her screams dopplering behind her. Peter and I frowned at each other. We'd been expecting a reaction, but not this.

Then it fell completely apart.

"He's dead! He's dead!" screamed Doreen, running from office to office and caterwauling in each doorway.

The deputy director went to Mr Butler's office and emerged, looking grave. He issued instructions like bullets. An ambulance was called. The paramedics were there within minutes, looking businesslike. There was a quiet conversation with the deputy director. Then the MD went purposefully up the corridor.

Through all of this Peter and I were looking at each other in rising alarm. When we saw the building security arrive, I could stand it no longer.

"I have to tell them!" I said.

"You'll get into serious trouble," Peter said.

"We're already in serious trouble," I shot back. "Our fingerprints are all over those cupcakes. They'll know it's us. We have to tell them it was just a mistake, an accident."

"You're on your own," Peter said. "I'm going to deny everything."

"You horror!" I said.

I made a face at him, and went in search of the big brass.

I found them in Mr Butler's office. The building supervisor didn't want to let me in, but I insisted.

"I've got important information," I said.

Mr Butler was slumped across his desk, his oily hair flopping forward over his face. Next to him was an overturned teacup and a small tea stain on the desk, which had dripped onto the carpet.

The pretty little cardboard box was next to his elbow. I stared at it as if it would bite me.

The MD and the DD looked up at me when I went in. "It must have been an accident," I blurted in panic. "It was only a laxative, it wasn't supposed to kill him!"

'OUR FINGERPRINTS ARE ALL OVER THOSE CUPCAKES. THEY'LL KNOW IT'S US. WE HAVE TO TELL THEM IT WAS JUST A MISTAKE, AN ACCIDENT'

"What are you talking about?" asked the DD.

"We gave him a cupcake with a laxative in it," I babbled. "It was a joke, we wanted to give him an upset tummy because he is such a bully. We didn't mean to kill him!"

There was a short silence while the two bosses looked at each other.

"He died of a heart attack," the MD said heavily. "Natural causes. But if your idiot cupcake put a strain on his heart, you know what that means, don't you?"

I did, and my knees turned to water.

CULPABLE homicide, most likely. The MD picked up the cupcake, and I saw that only a small bite had been taken out of it. Surely that would never have been enough to kill him?

It was through a daze that I heard the MD tell me that, in light of my confession, they'd have to order a postmortem.

They would have to analyse the cupcake, and warn Doreen right away not to eat hers.

I was suspended from work until the postmortem and the analysis were completed, then I would hear my fate.

It was the longest week of my life. So when the doorbell rang, and I opened the door to see the MD, the DD, Peter and an important-looking police officer on the doorstep, my own heart almost stopped.

We all trooped into my tiny sitting room and sat down. There was an awkward silence. I stared at the floor.

"You will be pleased to know," the MD said eventually, "that it was not your stupid cupcake prank that caused Mr Butler's death." He shot a look at both Peter and myself. There was another awkward silence.

"In fact, we owe you a debt of gratitude," said the police officer, and I looked up in surprise.

"Mr Butler's death first resembled a heart attack," he said. "And it would have been recorded as such. However, your confession compelled us to take a closer look. We found that Mr Butler had indeed been poisoned. But by a very clever drug that made it look like a heart attack. It would have slipped by if we hadn't been suspicious."

"But – how did that get into the cupcake?" I asked faintly.

"It wasn't in the cupcake," the police officer said. "It was in the tea. We have already arrested Miss Doreen van der Bijl. It appears that she and Mr Butler were . . . ahem . . . having a liaison and he was threatening to break it off. He told her that if she objected, she'd lose her job."

"She would have got away with it too," the DD said. "The signs of poisoning were only clear if you were looking for them."

"Phew!" I said. "Who would have believed it? So we are heroes, then?"

"Don't push it," said the MD as they all got up to go.

I looked at Peter and he looked back at me.

"Does anyone want some tea?" I asked.

"No thanks," all four said together.

"And no cupcakes, either!" Peter added.

I laughed the loudest of all. ❑

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GALLO IMAGES/GETTY IMAGES

EDITED BY
SANDRA
VISSER

Rockets

SPACE: PART 2 OF 2

How is it possible for these massive machines to travel into space?

◀**BLAST OFF!** On 15 September 2021 Inspiration4, the world's first orbital space flight with only civilians as crew, launched on SpaceX's Falcon 9 rocket from the Kennedy Space Center in Florida, USA.

▲**SOFT LANDING** After three days orbiting Earth, the Crew Dragon capsule called Resilience carrying the astronauts of Inspiration4 splashed down safely in the Atlantic Ocean.

HAVE you ever blown up a balloon and then let it go without tying off the end? Seen how it shoots away as the air rushes out? This is the basic principles of what enables rockets to fly into space. Of course, the effect in a rocket is on a much grander scale – after all, it's an enormous machine carrying tons of fuel, equipment and sometimes crew into space. But the basic principle is the same. Let's find out more about rockets.

NEWTON'S LAWS

To explain how and why everything on Earth moves, we have **Newton's laws of motion**, which were first worked out by English mathematician Isaac Newton (1643-1727). In simple terms, the three main laws are:

- An object at rest will stay at **rest** and an object that's **moving** will keep moving unless a **force** acts upon it (the law of inertia).
- The **heavier** an object (its mass), the **more force** is needed for it to move.
- For every **action**, there is an equal and opposite **reaction**.

It's the third law of motion that helps us to understand why a balloon shoots away when you suddenly let the air out, as well as why a rocket will leave the planet's surface if enough fuel is burnt. The **combustion (burning) of fuel** inside the rocket causes huge amounts of by-products to be **expelled (forced out) at great speed** from the nozzles mounted at the bottom of the rocket.

The earth beneath the rocket reacts by **pushing back with the same amount of force**, making it possible for the rocket to lift off.

MAIN PARTS

Before learning how rockets get to space, let's look at the **four main sections of a rocket**: the structural system, payload, guidance system and propulsion system.

- The **structural system** is the **frame** of the rocket and is similar to the fuselage of an aircraft. It's in the shape of a **cylinder** with a pointed aerodynamic nose and fins that help **minimise drag** (air resistance or friction) and **provide stability** so the rocket keeps pointing in the right direction without wobbling.

The frame is made of **light, durable material** such as **aluminium** or **titanium**. It needs to be resistant to **high speeds** during the launch, as well as **intense heat** caused by drag as it hurtles towards space.

The frame is coated in a **thermal protection system** to keep out the intense heat caused by drag during flight and to keep in the cold temperature needed for the fuel to stay in liquid form.

- The **payload** is the **object the rocket is carrying into space**. It can be anything from a satellite or space probe to a spacecraft with astronauts, animals or supplies. For example, the 111m-tall Saturn V rocket, which Nasa used between 1967 and 1973, could launch a 118-ton payload into orbit around Earth, or 43,5 tons all the way to the moon. With full fuel tanks, Saturn V weighed an incredible 2 800 tons.
- The guidance system in a rocket ensures that it stays on its planned course to its destination. The guid-

DID YOU KNOW?

The first rocket was invented around the year 1100 in China. It was made of bamboo shoots filled with gunpowder and was used both as weapons and as fireworks. The Chinese first successfully used these "rocket arrows" in 1232 against the Mongols during the battle of Kai-Keng.

▲**ON A MISSION** The Falcon 9, the first orbital-type partially reusable rocket, takes off to the International Space Station in 2020 from the Kennedy Space Center. It was built by SA-born billionaire Elon Musk's company SpaceX with the ultimate goal of colonising Mars.

Natural sciences

◀**GRAVITY-BUSTING THRUST** The massive nozzles of the Saturn V rocket – on display at the Kennedy Space Center – give you an idea of the amount of force needed to get a rocket off the ground. ▲**SO HOT!** Despite its thermal protection system, the Apollo 16 Command Module – on display at the US Rocket and Space Center in Huntsville, Alabama – partially burnt on re-entry.

ance system includes computers, sensors, radar and communications systems.

■ Rockets need to do more than just get off the ground. Loaded with heavy equipment, rockets must break free from Earth's atmosphere, get into orbit and have the ability to cover immense distances – sometimes as far as the moon or other planets.

This is where the propulsion system comes in. This part takes up most of the rocket's length. The propulsion system is made up of components that help launch the rocket and propel (push) it in a particular direction. It's also in this section that you'll find vast amounts of fuel.

Rocket fuel, the propellant, can be solid matter or liquid and is stored in the rocket's fuel chamber(s). The fuel is ignited (burns) by mixing it with oxygen gas. This causes a controlled but powerful explosion beneath the rocket, pushing it into the sky. The momentum (movement) caused in this way is called jet propulsion.

Remember Newton's second law of movement? The heavier the object, the more force is needed for it to move. Certain heavy rockets need solid propellant boosters. These boosters are fixed to the rocket parallel to the main engine to provide extra thrust and achieve a speed of about 28 000km/h for the first two minutes of flight. This helps the rocket escape Earth's gravitational pull. As soon as the boosters run out of fuel, they disconnect from the rocket and the main engine takes over. The boosters fall into the sea and are recovered for reuse.

As soon as the rocket is in orbit, it disconnects from the payload because the rocket is no longer needed for the mission. The rocket segments are discarded and either burn up in Earth's atmosphere or land in the ocean.

CHANGING TRAJECTORY

A rocket is always launched vertically (straight up). But after about a minute, it starts turning into a lateral (sideways) position by moving the nozzles so they point more to the left or right. This is called a gravity turn or zero lift turn, because it uses Earth's gravity to steer the rocket onto the desired trajectory (path), which saves fuel. This also minimises drag on the rocket.

VISIONARIES

Though we might think of rockets as modern inventions, the idea of space travel using rockets isn't new. In the 1880s Russian teacher Konstantin E Tsiolkovsky (1857-1935) suggested rockets could be used this way.

His ideas helped American engineer Robert H Goddard (1882-1945) build the first liquid-fuelled rocket in 1925-26. Though this rocket only reached a height of 12,4m in a flight that lasted 2,5 seconds, it wasn't long before scientists started making progress in the new field of rocket science.

Unfortunately, this progress wasn't always motivated by good intentions. During World War 2, the Nazis developed the V2 rocket as a weapon. Many people in Britain were killed by these ballistic missiles that used liquid-propellant rocket engines. After the war the Russians and Americans competed in the Space Race to see who could land on the moon first. This led to the development of space stations that orbit Earth and space probes sent into space.

SMALL BEGINNINGS Robert H Goddard built the first liquid-fuelled rocket.

Other countries such as China and the European Union have also started sending rockets into space. Lately, private space-travel companies have been responsible for the most important progress in rocket technology. One of the most significant is SpaceX, situated in Hawthorne, California in the US. SA-born billionaire Elon Musk founded this aerospace manufacturer and space-transportation company.

SpaceX's Falcon 9 is the first orbital-type partially reusable rocket and was designed to take payloads and astronauts into orbit or further. In the past 11 years, there have been 129 launches of Falcon 9-type rockets. The most expensive parts of this type of rocket are reusable, which makes space travel more affordable.

The Inspiration4 mission, SpaceX's most recent launch, took place between 15 and 18 September. It was the first orbital space flight in which all the astronauts were civilians.

Other billionaires who've launched their own rockets are Richard Branson, who owns Virgin Galactic, a commercial space-flight carrier, and Jeff Bezos, owner of Amazon, who's launched his rocket, New Shepard, five times and like Musk, wants to colonise Mars. ❑

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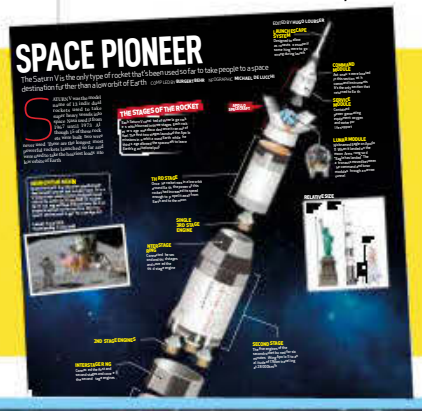
LEARN MORE

To watch a video about how rockets work go to: **https://tinyurl.com/how-rockets-fly**



Turn to page 84 to find out more about the Saturn V rocket.

GALLO IMAGES/ALAMY

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COMPILED BY **MAXINE PETERS**

The pandemic slowed down global supply chains and shipments, affecting consumer patterns.

WE TALK ABOUT

What is a supply chain crisis?

THE CEO of one of the world's largest shipping companies has called on governments across the world to assist with the global supply chain crisis. This crisis means there are shortages in all sorts of products around the world – and experts believe it could continue until the end of next year.

Many local shops have been running low on items on their shelves or if you've tried to buy something online, they might have had to put your order on hold.

The problem isn't just affecting South Africa. In countries around the world there are product shortages across all sectors of the economy – from toys, pencils and bags to more elaborate items such as fridges and electronic chips for cars and computers.

The situation is escalating, or getting worse, because products are in short supply and can't be transported efficiently to the places where they are needed.

Jeremy Nixon, CEO of shipping company Ocean Network Express, says governments need to spend more money to improve their ports, railways, warehouses and roads. This is expected to help increase capacity for goods that are entering countries and to help cope with the ongoing demand.

"There needs to be some government support to maybe switch people out of some parts of the economy where demand is not so strong to more critical parts of the economy where the demand is very strong and important for global supply chains," Nixon says.

HOW DID THIS HAPPEN?

Before the Covid-19 pandemic, the world's supply chain worked well. Companies that ordered items from different parts of the world knew they wouldn't need to wait too long before receiving the supplies they needed.

Trouble began when the coronavirus forced factories to shut down. As countries were sent into lockdown, the demand for goods decreased.

China, which produces around 30% of all the world's products, was first hit by the virus.

Later in 2020, businesses slowly started opening up and people began shopping again. The massive demand caused manufacturers to over order items. This, in turn, caused traffic jams and delays at shipping ports around the world.

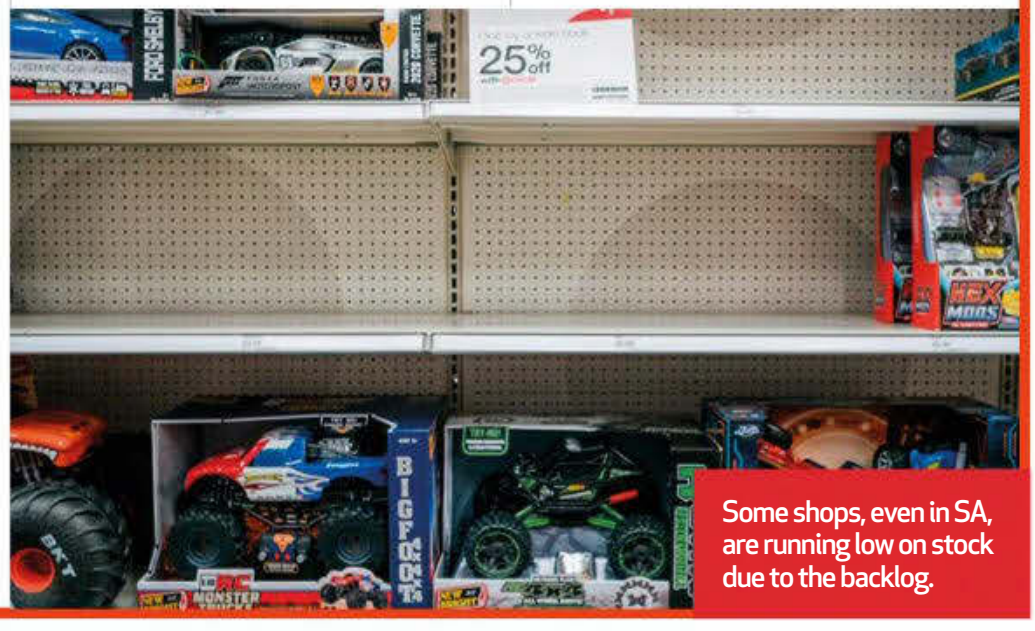
Many containers carrying items that travel by ship from country to country have been backed up at ports with too few workers and truck drivers to offload and transport the influx of items.

WHAT'S THE SOLUTION?

Countries around the world are co-operating to resolve the situation. Ports in the USA have announced plans to change shifts for their workers so they can reduce the backlog.

Other countries will hire more truck drivers and are endeavouring to produce more fuel.

In the meantime, consumers will be hit the hardest. Because it's costing companies more money to transport and manage the backlog of products, certain items will be a lot harder or more expensive to get.



Some shops, even in SA, are running low on stock due to the backlog.

AROUND THE WORLD

SPAIN

CUMBRE VIEJA VOLCANO CAUSES CHAOS

Residents on the Spanish island of La Palma have been on high alert since lava has been spewing out of the Cumbre Vieja volcano.

For the past few weeks thousands of people have been evacuated to safety as rivers of boiling lava destroyed buildings, farmland and homes. It's also caused the surface area of La Palma, which is one of the group of eight Canary Islands, to expand.

Since the volcano erupted on 19 September, lava has been flowing into the Atlantic Ocean, solidifying as it hits the water. Scientists using satellites have found that the molten rock has now extended the island's shoreline.

ISRAEL

900-YEAR-OLD SWORD DISCOVERED

Scuba diver Shlomi Katzin has discovered artefacts, including a sword, anchors and pottery, while exploring the waters near Haifa, off the coast of Israel.

The ancient sword, now covered in seashells and coral from the Mediterranean's seabed, is believed to have belonged to a knight during the Crusades in 1095. The Crusades were a period of religious wars in medieval times when Christians from Europe fought Muslims for control of Jerusalem and other holy places.

Researcher **KOBI SHARVIT** from the Israel Antiquities Authority, who conducts research on historic findings, says the sword will be cleaned and put on display for the public.

GERMANY

A HAIRY BUSINESS

Bearded gentlemen from across the globe recently made their way to Germany to compete in the annual Beard Olympics and German Beard Championships.

This year 100 participants, including Austrian competitor **NORBERT DOPF**, and others from Switzerland, the Netherlands and Italy, all arrived in the town Eging am See for the face-off.

Several barbers and hairdressers judged the bearded blokes in various categories, including the length and density of their moustaches and beards.

While it's known as a friendly competition, the gentlemen all take their grooming very seriously.

GOOD NEWS

FIRST RHINO CT SCAN IN SOUTH AFRICA IS A SUCCESS

A white rhino named Oz, who was rescued after poachers killed his parents, recently became the first live adult rhino to undergo a CT scan.

The rhino had an unusual swelling on his face and experts at the Care for Wild Rhino Sanctuary and veterinary specialists from the University of Pretoria stepped in to help the animal weighing over a ton.

Using special X-rays and computers, the CT scan showed Oz had a tooth abscess. Thanks to the scan, he was treated and nursed back to health.

BAD NEWS

SOUTH KOREA'S NURI ROCKET FAILS

South Korea has launched its first homegrown space rocket at the Naro Space Center in what officials described as an important step in the country's pursuit of a satellite launch programme.

However, the rocket, named Nuri, burnt out sooner than planned at 700 km above Earth.

"Unfortunately, we haven't been able to reach our goal perfectly, but it was a wonderful achievement for a first trial," said South Korea's president, Moon Jae-in.

As part of its plans to develop a space launch vehicle that can carry a one-ton satellite, South Korea now intends making another test flight in May using the same rocket hardware.

CAN YOU BELIEVE IT?

SUNKEN WW2 SHIPS RESURFACE

Volcanic tremors in Japan have caused 24 ghost ships, or ships with no crew members, to resurface in the Pacific Ocean.

The vessels were spotted off the coast of Iwo Jima, a volcanic island and the site of one of the bloodiest battles of World War 2.

The battleships were used by the Japanese while fighting US troops. They were sunk by Japanese soldiers towards the end of the war in 1945. The ships were last visible more than 35 years ago as a result of seismic activity – the frequency and size of earthquakes – in the area.

INTERNATIONAL

Halloween dog parade a howling success

PIMPED-UP pooches had a dog-gone day when they strutted their stuff at the 31st Tompkins Square Halloween Dog Parade in New York recently.

Dog owners and their fur babies dressed to impress for what CNN called "the largest dog costume parade in the world".

After taking place virtually last year because of the coronavirus pandemic, the parade saw hundreds of hounds gather again this year to celebrate the spooky season.

Dog owners pulled out all the stops, dressing their canines in costumes to compete for exciting prizes and the title of scariest costume. The dogs looked cute and creative in ghost outfits, pumpkin costumes and celebrity looks.

DID YOU KNOW?

People have been dressing up their pets from as early as 309BC. Archaeologists who excavated the tomb of King Cuo of Zhongshan, king of China at the time, found two large dogs wearing jewelled collars. French king Louis XI, who reigned during the 1400s, was known for having a greyhound sporting a collar of rubies and pearls.

WORD OF THE WEEK

CONSPIRATOR

HOW TO SAY IT: *kuhn-spi-ruh-tuh*

A conspirator is someone who comes up with secret plans to commit crimes with others. These can be sneaky plots to rob a bank, steal a car or commit murder. The word comes from Old French "conspirateur", which means to agree, unite or plot.

BY THE NUMBERS

R102 million

The price paid for the world's largest triceratops skeleton, Big John. The dinosaur fossil, believed to be 66 million years old, was recently bought on auction in Paris by an anonymous buyer from the US.

15

The number of years the Women's Rugby World Cup trophy had been missing. It was recently found in an attic by Gill Burns, who was a member of the English team of 1994 who'd won the tournament.

1,5 degrees

Scientists suggest we need to stop the planet's temperature from rising above 1,5 degrees Celsius. Delegates are now meeting in Glasgow, Scotland, for the COP26 climate change summit to discuss ways to avoid the worst impacts of climate change.

PIC OF THE WEEK

A family inspects the carcass of a nine-metre female humpback whale that beached at Melkbosstrand near Cape Town. Experts believe the whale could have been lost, elderly or ill when she washed up on shore.

THIS WEEK IN HISTORY

5 NOVEMBER 1605 – GUY FAWKES & THE GUNPOWDER PLOT

The Gunpowder Plot was planned by a group of men in England who attempted to kill King James I and other leaders running the country at the time.

The group's leader, Robert Catesby, was unhappy that the king – who was crowned in 1603 – was not Catholic.

He came up with the idea to try to blow up the houses of Parliament with gunpowder while the royal family was inside.

The group of 13 rebels included a man named Guy Fawkes whose responsibility included guarding 36 barrels of gunpowder that were stored underneath the House of Lords building.

The conspirators (see Word of the Week) failed when an anonymous letter was sent to the noblemen warning them of the murderous plot.

It's believed that Guy Fawkes was arrested in the basement as he was about to set the gunpowder alight. He and the rest of the group were jailed and later sentenced to death for their plot.

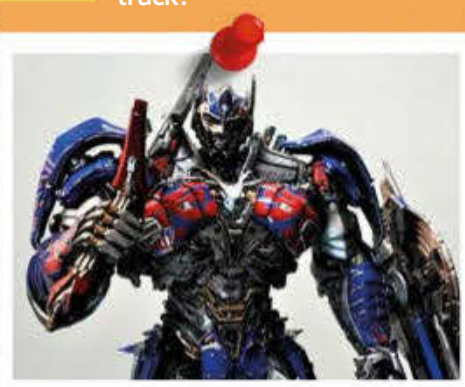
King James I then decided to make 5 November a day to celebrate the failure of the Gunpowder Plot, and many Londoners celebrated by making fires.

Today the tradition continues as people light fireworks, bonfires, and sometimes burn a doll that looks like Guy Fawkes on 5 November.

FIVE QUICK QUESTIONS

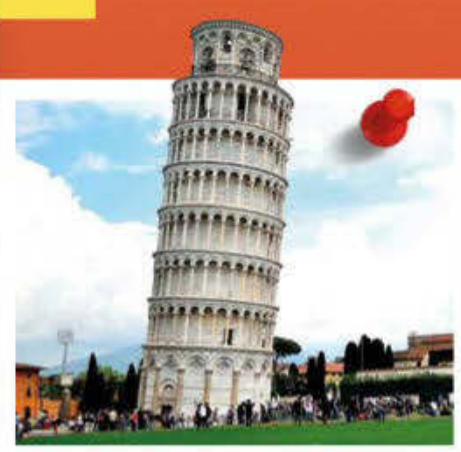
1 A palaeontologist is an expert that studies which subject: dinosaurs or plants?

2 True or false: In the movie Transformers, Optimus Prime transforms into a truck?



3 What do we call a person who leads an orchestra?

4 In which country is the Leaning Tower of Pisa?



5 What was the name of the king Guy Fawkes plotted to kill?

ANSWERS
1 Dinosaurs
2 True
3 Conductor
4 Italy
5 King James I

SOURCES: HISTORY.COM, THESCHOOLRUN.COM, KIDS.BRITANNICA.COM, BBC.COM, REUTERS.COM, EDITION.CNN.COM, NYTIMES.COM

GALLO IMAGES/GETTY IMAGES, GALLO IMAGES/DIE BURGER/JACO MARAIS, FACEBOOK/CARE FOR WILD SANCTUARY

EDITED BY **HUGO LOUBSER**

SPACE PIONEER

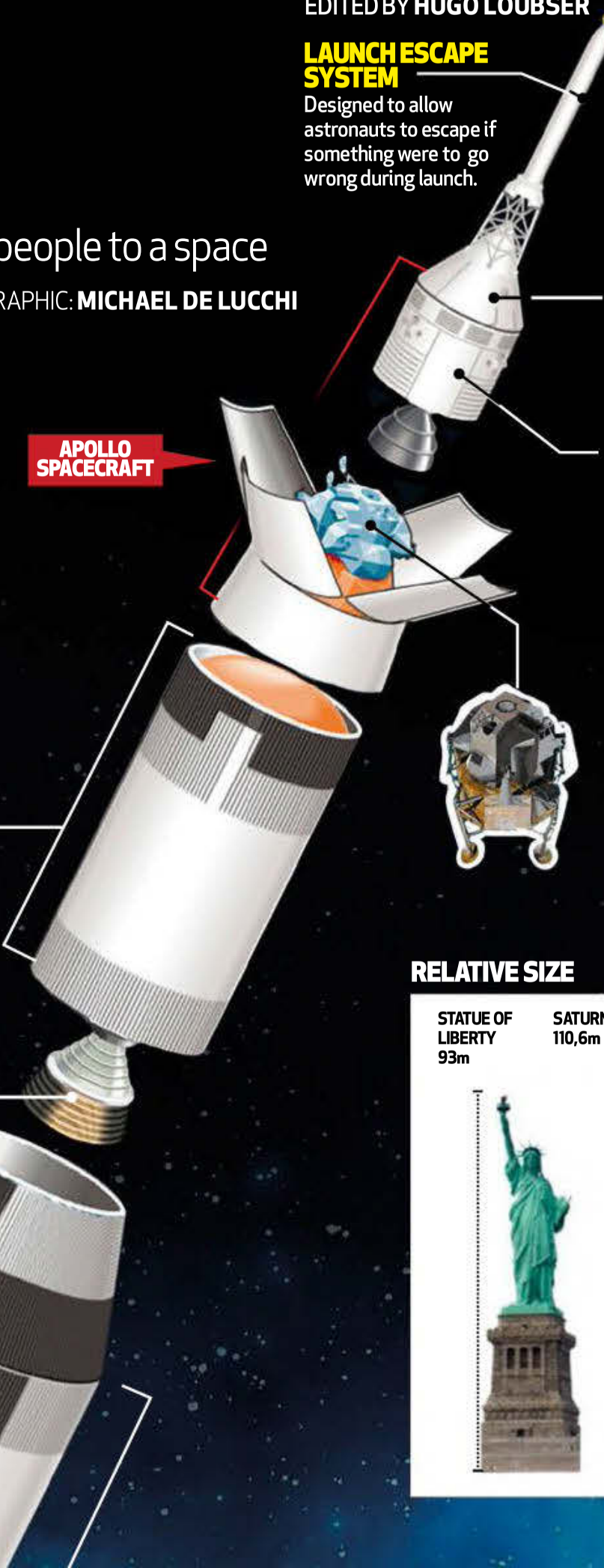
The Saturn V is the only type of rocket that's been used so far to take people to a space destination further than a low orbit of Earth

COMPILED BY **BURGERT BEHR** INFOGRAPHIC: **MICHAEL DE LUCCHI**

SATURN V was the model name of 13 individual rockets used to take super-heavy vessels into space. Nasa used it from 1967 until 1973. Although 15 of these rockets were built, two were never used. These are the longest, most powerful rockets launched so far and were used to take the heaviest loads into low orbits of Earth.

THE STAGES OF THE ROCKET

Each Saturn V consisted of three large rockets, which burned in three stages. Each rocket, or stage, was discarded once it ran out of fuel. The first two stages launched the Apollo missions into orbit around Earth, while the third stage allowed the spacecraft to leave Earth's gravitational pull.



LAUNCH ESCAPE SYSTEM
Designed to allow astronauts to escape if something were to go wrong during launch.

COMMAND MODULE
Astronauts were located in this section, with command instruments. It's the only section that returned to Earth.

SERVICE MODULE
Contained power-generating equipment, oxygen and water for life support.

APOLLO SPACECRAFT

LUNAR MODULE
Nicknamed Eagle on Apollo 11. When it landed on the moon, Armstrong said, "Eagle has landed." The astronauts moved between the command and lunar modules through a narrow tunnel.

THIRD STAGE
Once the rocket was in a low orbit around Earth, the power of this rocket had increased its speed enough to propel it away from Earth and to the moon.

SINGLE 3RD-STAGE ENGINE

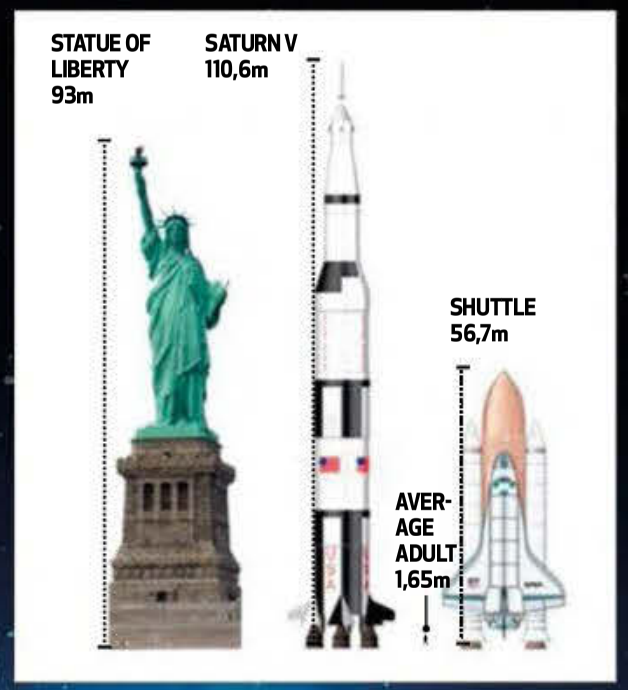
INTERSTAGE RING
Connected the second and third stages and covered the third-stage engine.

MAN ON THE MOON

Apart from Earth, the only other celestial body that humans have set foot on is the moon. Saturn V rockets were used to launch the Apollo spacecraft to the moon. On 20 July 1969, astronauts Neil Armstrong and Buzz Aldrin became the first people to set foot on the moon's surface. The spacecraft they used to get there was Apollo 11.

Launch: 16 July 1969
Ocean landing: 24 July 1969

RELATIVE SIZE



2ND-STAGE ENGINES

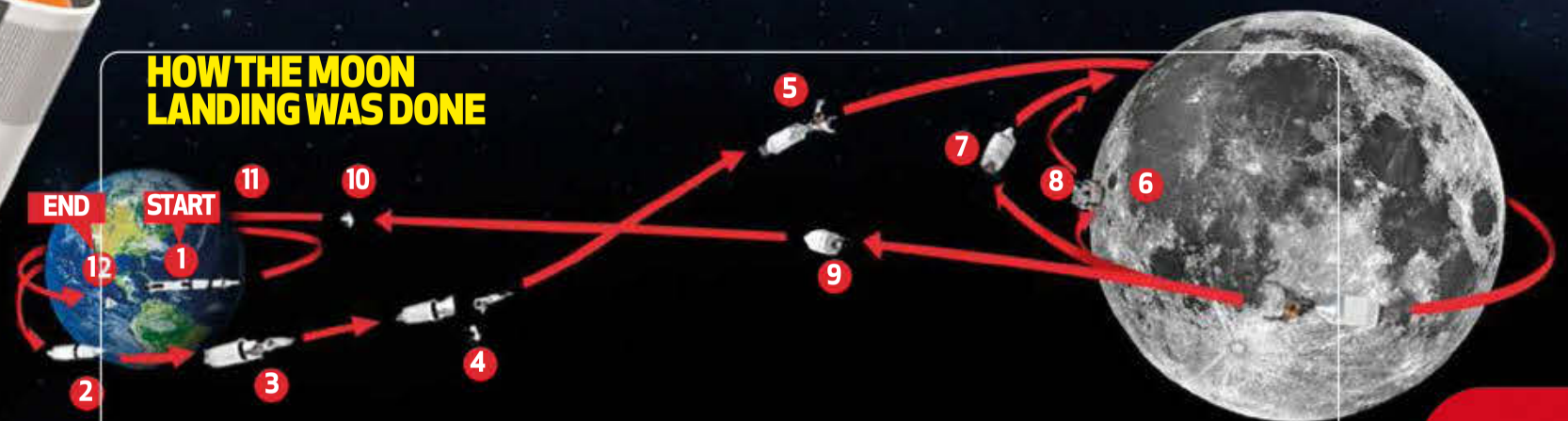
INTERSTAGE RING
Connected the first and second stages and covered the second-stage engines.

SECOND STAGE
The five engines of the second rocket burned for six minutes, lifting Apollo 11 to an altitude of 176km travelling at 28 000km/h.

FIRST STAGE
The five engines of the first rocket propelled Apollo to an altitude of 67,6km in 168 seconds.

FIRST-STAGE ENGINES

HOW THE MOON LANDING WAS DONE



The six lunar missions that landed on the moon, of which Apollo 11 was the first, all followed the same route. The Saturn V rocket carrying the mission was launched from the Kennedy Space Centre in Florida. After the flight, the command module with the astronauts landed in the Pacific Ocean.

1 The Saturn V rocket carrying the Apollo spacecraft launches and goes into a low Earth orbit.
2 The rocket's third stage propels Apollo out of Earth's orbit, and the craft heads to the moon.
3 The combined command and service module (CSM) separates from the rocket.
4 The CSM turns around and reverses until it docks with the lunar module, allowing the astronauts to crawl into the lunar module. The third – and last – stage of the rocket is discarded.
5 Apollo adjusts its route to orbit the moon.
6 The lunar module takes two astronauts to the surface of the moon.
7 The third crew member stays behind in the CSM that's orbiting the moon.
8 The top section of the lunar module transports the astronauts back to the CSM, while the bottom section stays behind on the moon. Once the astronauts are safely aboard the CSM, the lunar module's top section is discarded.
9 The CSM changes course and heads back to Earth.
10 The service module is discarded.
11 The command module with the astronauts enters Earth's atmosphere.
12 A parachute is deployed and the command module floats down to land in the ocean.

INCREDIBLE NUMBERS

66 SEC The time it took Saturn V to reach the speed of sound (1 235km/h) after launch.

97% The amount of weight accounted for by the fuel before launch.

8 MILLION The power of this many sound systems equals the power generated by the five engines of the first stage.

21 How many hours Armstrong and Aldrin spent on the moon.

SOURCES: HUMANSINSPACE.ORG, KIDSNEWS.COM.AU, NASA.GOV, RELATIVELYINTERESTING.COM, SHOPIFY.COM, SPACEKIDS.CO.UK, WIKIPEDIA.ORG

YOUNG YOU

Our five senses

Unscramble the letters to spell out the names of our five senses, then draw a line to the matching organ. From there, draw a line to something that sense could detect.

1 MELLS

2 STETA

3 ARNEIGH

4 THIGS

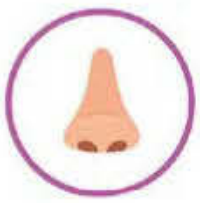
5 COUTH

A

B

C

D

E 

F

G

H

I

J

Senses word search

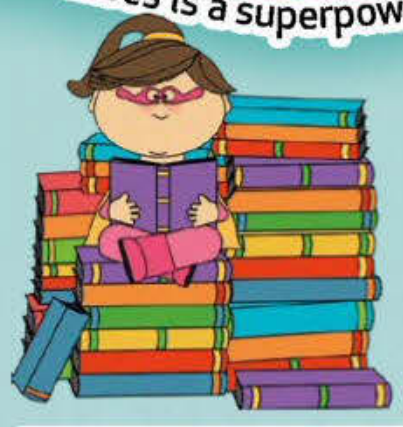
The words in the list below are all hidden in the grid – horizontally or vertically, backwards or forwards. Find and circle them.

beautiful	quiet
bright	soft
noisy	sour
perfume	stinky
prickly	sweet

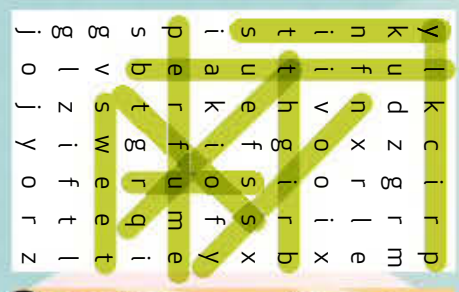
y	l	k	c	i	r	p
k	u	d	z	g	r	m
n	f	n	x	r	l	e
i	i	v	o	o	i	x
t	t	h	g	i	r	b
s	u	e	f	s	s	x
i	a	k	i	o	f	y
p	e	r	f	u	m	e
s	b	t	g	r	q	i
g	v	s	w	e	e	t
g	l	z	i	f	t	l
j	o	j	y	o	r	z

Find 10 hidden objects

Tell a story or draw a picture where one of your senses is a superpower!

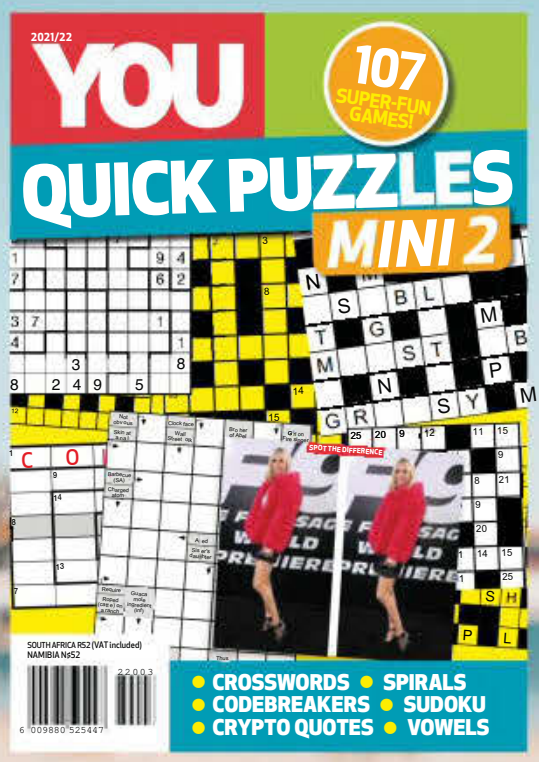


ANSWERS **Our five senses** 1 smell-E-F. 2 taste-C-I. 3 hearing-A-J. 4 sight-B-H. 5 touch-D-G.



GALLO IMAGES/ALAMY

Take your brain games on the go with these new smaller format mags that fit into your handbag or pocket! There's **YOU Word Search Mini 2** and **YOU Quick Puzzles Mini 2**!



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YOU Quick Puzzles Mini 2 includes:
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VIRTUAL TYCOONS

Meet the new breed of young tech titans who are making a fortune from the games they develop

BY **MICHAEL ODELL**

Young game developers (from left) Jacob Girdler, Max Entwistle, Simon Burgess and Lewis Winch have combined earnings of £770 000 (more than R16 million) a year.

Kids are hooked on digital gaming platform Roblox – more than 40 million visit it daily.

More than a billion people have played SharkBite, a game developed by Max and Simon.

I ALWAYS imagined being a shark would be quite straightforward. You're an apex predator. You swim around; you bite people. But actually it's much more stressful than that.

During my afternoon as a mako shark, a guy comes at me with a harpoon. Later someone shoots at me using a US navy destroyer.

"You can always upgrade to being a great white," says my shark adviser, Simon Burgess. "No one will mess with you then."

Don't worry, no fish were harmed while conducting this experiment. I was simply playing SharkBite, an online game on the insanely popular gaming platform Roblox. Ask your children. Globally, 43 million of them immerse themselves in its 20 million games (or "experiences") every day.

Roblox isn't as cool as the slightly more mature games offered by the Fortnite developer or Minecraft, but it's where you go if you want to break out of jail (Jailbreak has been played 5,2 billion times), adopt a pet (Adopt Me! has been played 23,8 billion times) or do something more prosaic such as run a pizzeria (Work at a Pizza Place has been played more than three billion times).

But the truly astonishing thing about Roblox is that, although it launched as a gaming platform in 2006, the company decided eight years ago to offer tools for youngsters to create their own games and post them on the platform.

If your game is successful, you can make a lot of money.

That's what Simon, who's based in Bournemouth, England, and his business partner, Max Entwistle (both 24), who lives in Aberystwyth in Wales, did. They met playing games on Roblox when they were 13 years old.

"I was leading an army called Advanced Robluxian Troops and Max had an air force called the United Countries Air Force and we sort of bonded over that," Simon recalls.

In 2017 they came up with their own experience, SharkBite. Last month it clocked its billionth player.

If I owned a pub, I'd ask fresh-faced Max for ID every time he ordered a shandy. He's just bought himself a Tesla.

"When we hit one million plays, it blew my mind. After 100 million I was kind of, 'Surely we're at the peak?' SharkBite is now in the million-dollars-a-year bracket in terms of income. I still can't believe the gaming I started as a kid has changed my life."

Simon is a bit more cautious. He's opted for a Volkswagen Golf. Still, SharkBite's earnings have helped him to pay his university fees and he's come a long way from his humble beginnings.

"Aged 16 I did work experience at the sea life centre here in Bournemouth," he says. "That's the nearest I've been to a real shark. Now virtual ones have sort of become my life."

ROBLOX experiences are free to access but players can customise them by buying clothes, accessories and even facial expressions for their avatar using an in-game currency called robux.

In the case of SharkBite, you might want a bigger boat (those especially hot on shark security can actually buy the Titanic, which will cost you $87,53 or R1 313). And if you're the shark, you can upgrade yourself by becoming, say, a mosasaurus (a prehistoric monster shark).

Roblox takes about 25% of these earnings (broadly, another 50% is deducted for app vendor fees and the costs of hosting) but even so, if you're the creator of one of these experiences, those micro-purchases soon add up.

Lewis Winch is a developer from Kent, England. In 2015 he co-created an experience called Isle, in which players escape fire, flood and an array of monsters on an island. So far it's been played 36 million times, earning him about £70 000 (R1,4 million) a year. The big money, he says, is in selling the jaunty virtual hats that players wear.

"My bestselling item is a flower hat. Each one costs 50 robux [R10] and I've sold half a million of them. It honestly isn't about the money – it just feels great knowing so many people are wearing something I created. But that money also helped buy my sister a laptop and put her through uni. And I'm taking my mom [a nurse] and dad [a policeman] on holiday to Spain next year."

Globally, Roblox creators and developers will share roughly $500m (R7,5 billion) in 2021 and its most successful developers, or "devs", are multimillionaires.

Adopt Me! began as a game where players looked after children. No one was much interested. Then, in 2019, developers changed the focus of the game to pets. You could adopt a virtual cat, dog, even a bee. It's now one of the most successful games on Roblox: 23 billion users and counting, earning its anonymous American creators $50m (R750m) a year.

"Coming up with original ideas is hard," Simon says. "But if you have a hit, you get rich and famous. You're a rock star."

The pandemic helped. Globally, the gaming industry was already bigger than the film and music industries combined, but during various global lockdowns Roblox player numbers went up by 85%. In March this year the company floated on the New York Stock Exchange, valued at $45bn (R675bn), which added another $1bn (R15bn) to 58-year-old founder and chief executive David Baszucki's existing $3bn (R45bn) wealth.

GALLO IMAGES/GETTY IMAGES, GALLO IMAGES/ALAMY, ROBLOX.COM, JUDE EDGINTON/THE TIMES MAGAZINE/NEWS LICENSING, GINTEX.TV

In the real world the pandemic may have been brutal, but some found opportunities virtually. Abbie West (22), a single mom, nursery worker and programming enthusiast from Hull, was furloughed in March 2020, which left her struggling to pay rent and bills.

Drawing on her experience as a Roblox gamer as a child (she began playing aged 11), she contacted the makers of an experience called Fishing Simulator on Twitter. They were impressed and gave her a job upgrading their virtual world of boats and rods.

"I get up with my daughter, Amelia, and take her to the park or for a day out. But when she goes to bed at 7pm, I sit in front of two screens with a Coke working until 4am. It doesn't feel like work. I love it. I'd never go back to getting a proper full-time job."

Abbie won't say how much she earns, but it's good money.

"Put it this way: there aren't that many opportunities for single mothers in Hull, but I pay all my bills and we live a good life. This has been great for me."

Jacob Girdler was brought up by his single mom in Somerset. When he was nine, a friend at school showed him games on Roblox and aged 11, he made his first clumsy attempt at creating one of his own. It was called 2 Player Secret Hideout Tycoon.

"I got excited when it reached 300 hits," he recalls.

In 2019, aged 17, Jacob had another go, this time with Obby Creator, a "learn and explore" game in which you can build a skyscraper or even a whole city. He gets paid when players buy a bit of music or his coloured fog.

Soon after launch, he was in the shower when he heard his mother scream. He thought she'd fallen over. But no, money was starting to pour into her bank account. Gamers were buying the fog. These days he receives about £20 000 (R420 000) a month from the game.

"When I was young, I think my mom worried I spent too much time on a screen. Plus she works as a nanny, so she's aware children shouldn't be on devices too much. But I've taken her on a skiing holiday, which she loved. I think she's kind of amazed that I've made a career from this completely virtual world."

Roblox is indeed a completely virtual world. Despite having zero veterinary qualifications, I managed to give a lion a blood test on an experience called Vet Simulator. To celebrate this achievement, I then bought a little celebratory dance for my avatar to do (this product is called an "emote"). My avatar is a better dancer than me. Not hard, yet still weird. But then virtual life promises to improve on reality in every way.

Earlier this year, Roblox floated on the New York Stock Exchange valued at $45 billion (R675bn).

THE Roblox platform is seen by many as a staging post in the emergent "metaverse", a 3D immersive internet. Be clear: this won't simply be a world of gaming but a virtual space where you shop, work, socialise and consume culture. Anything you do in real life, you'll be able to do online.

'IT DOESN'T FEEL LIKE WORK. I LOVE IT. I'D NEVER GO BACK TO A PROPER FULL-TIME JOB'

Of course, it's been tried before. The virtual domain Second Life launched in 2003, promising a digital shadow world for adults. In some ways it was too real (in 2007 it hosted a "virtual riot" between French National Front and anti-racist avatars) and, although it had about a million active users at its peak, it never gained a mass population.

But 2021 feels different. Roblox's chief executive believes this is the year the metaverse has begun to prove its potential as "a human coexistence utility".

And why not? The pandemic has accelerated broad public acceptance of all types of virtuality. We've learnt to hold business meetings, job interviews and birthday parties, even consult doctors or attend funerals on Zoom.

And we're beginning to have faith in virtual products too. Cryptocurrencies such as bitcoin are now taken seriously (in September El Salvador became the first country to accept it as legal tender). In March, a piece of digital art (also known as an NFT or non-fungible token) by American artist Beeple sold for £50m (R1bn) at Christie's.

But most bonkers of all, surely, is the rise of the American metaverse real estate company Upland. Can't afford that funky little apartment in Manhattan? Then buy it virtually using cryptocurrency. Upland will sell you a virtual property linked to real-world addresses and, as it appreciates in value, you can sell it and convert your gains into real dollars.

Sound crazy? A million properties have been sold on Upland since it launched in early 2020, with some speculators boasting of 100 000% profits.

Roblox is already part of this migration of real-world ideas into a virtual world. Pop stars and rappers hold virtual concerts on there. In May the fashion house Gucci opened a "Gucci Garden" on Roblox. Fashionistas could buy virtual Gucci handbags – one went for $4 000 (R60 000).

"Considering how fast even the tech laggards among us have learnt how to 'digitise' our lives over the past 18 months, the big tech companies sense a massive opportunity," says David Rowan, founding editor of Wired UK magazine.

In July this year Facebook's boss, Mark Zuckerberg, announced a new direction for his $1 trillion (R15 trillion) corpora-

Ghost Simulator has been played by millions yet its developer, Reid Millam, says he has only one friend in the real world.

Adopt Me! which offers players the chance to look after virtual pets, earns its creators $50m (R750m) a year.

tion. He said it would cease to be a social media company and become a "metaverse company", defining the latter as "an embodied internet that you're inside of rather than just looking at".

Zuckerberg was extremely upbeat about potential profits from digital products and services in the metaverse, but also made a rash-sounding promise.

"You're basically going to be able to do everything that you can on the internet today as well as some things that don't make sense on the internet today, like dancing," he said.

Even governments are wading in. Earlier this year South Korea's ministry of science announced plans to build a national metaverse. A consortium of companies, including big hitters such as Hyundai, have been tasked with creating a viable, alternative "online" South Korea where citizens can do all the stuff they do in the "real" South Korea.

They've already launched a prototype called Ifland, where avatars can go about their business wearing one of 800 outfits, accessories and hairstyles, and a choice of 66 different emotional expressions.

Matthew Ball, a tech investor and widely regarded essayist on the metaverse, predicts that Abbie's 11-month-old daughter is likely to celebrate her 40th birthday party in a virtual world.

"The 'consensus' birthdate of the internet is 1983 [on 1 January 1983, the TCP/IP protocol first allowed global computers to talk to one another] – only 38 years ago," Ball says. "I think it would be pessimistic to say it will take even longer to take today's internet and see it fully realised as the 'metaverse'."

The term "metaverse" was coined by author Neal Stephenson in his 1992 novel Snow Crash. In the novel, a pizza delivery guy named Hiro Protagonist becomes immersed in a virtual realm dominated by a corporation called Global Multimedia Protocol Group.

Rowan predicts that the battle for control of the new virtual realm is yet to come.

"The big risk is that we let a small number of profit-led corporations dominate this emerging era – acting perhaps in their shareholders' interests but promoting even more political polarisation and misinformation than Facebook does today," he says.

Totalitarian and censorious governments are already getting twitchy. In September the Chinese government announced a crackdown on gaming. Under-18s are now allowed to play games for only one hour, from 8-9pm, on Fridays and weekends, never on school nights.

Developers also have to submit game titles for government approval.

There are other less political dangers to users. Last year a six-year-old Australian boy managed to spend about R92 000 on treats for his pet on Adopt Me! using his parents' iPad while they were at work.

But Simon and other young developers have no fear of the metaverse or disseminating "spiritual opium". In fact, many are already living heavily virtualised lives.

As a nine-year-old gamer, Lewis Winch immediately preferred life online to the real one.

"Instead of going to the actual park after school, my mates would say, 'Shall we meet at the park on Roblox?' "

Now he's 21 and in a "real world" indie band called Ten Pin. So far, so normal. The difference is he plans to stage their shows on Roblox.

"To me, that isn't weird at all," he says.

Not only that, he developed his hit game Isle with Treebee63, whom he met on Roblox 10 years ago. Treebee63 is his best friend. They've never met in person.

"That doesn't matter," he says. "I've had to Americanise my sleeping patterns so we can socialise (Treebee63 lives 'in Texas somewhere'), but we've still shared amazing experiences."

Jacob is the only "dev" I speak to with misgivings about the lifestyle of a Roblox tycoon. Until two years ago he was doing 12-hour days on his computer. He started to feel low.

"I was burnt out," he says. "It's a common problem. Now I sometimes do parkour [an urban training discipline that involves running and jumping over walls] or I leave my phone at home and cycle just to reset."

But I'm most struck by Reid Millam (20), a "dev" from Portsmouth. He started playing on Roblox when he was 11. Now he's doing a degree in cybersecurity and forensic computing at Portsmouth University, but also earning such good money as lead developer on a Roblox game called Ghost Simulator (you evade ghosts; there are pricey hoverboards available to help) that he can pay off his student loan.

And yet . . . he says he has only one friend in the real world.

"I'm pretty much a hermit. I keep myself to myself at uni. All my real friends are online. I really think Ready Player One is the blueprint for the future."

Ah yes, Ready Player One. The 2011 sci-fi adventure novel (also a 2018 film directed by Steven Spielberg) by Ernest Cline posited a future metaverse called Oasis. There are good guys. There are bad guys. There's a quest for an Easter egg (in gaming, an Easter egg is a secret feature or surprise).

But even the Oasis metaverse closed on Tuesdays and Thursdays in order to promote real-life interaction.

Reid looks sceptical. Roblox is where he's happiest.

"That's where I'm interacting with like-minded people, doing what I love and making money too," he says. "Two days off a week? That's just not realistic." ❑

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THE WEIRDER, THE BETTER!

Her 500 pairs of shoes take up a whole room in her house – and she's adding more quirky footwear all the time

BY **CARLA COETZEE**

Kari Walbert owns more than 500 pairs of eye-catching shoes, which she keeps in their original boxes.

DECISIONS, decisions. Will today be Cinderella or Snow White? Buzz Lightyear or Star Wars? Or perhaps Beauty and the Beast? These are the daily dilemmas that keep Kari Walbert on her toes. Because when it comes to shoes, this special-needs teacher is in a heel lot of trouble – there are just so many beauties she could choose to wear.

Kari owns about 500 pairs of footwear, each one lovingly catalogued on her Pinterest page according to colour combinations.

"Otherwise I forget which shoes I own," she tells us from her home in Eaton, Pennsylvania in the US.

YOU tracked the 44-year-old down after pictures of her quirky footwear collection started popping up on the internet – and here she is, chatting to us from the other side of the world, showing us around her collection of feathers and flowers, teacups and toecaps.

Shoes are her sole passion, the thing that gets her heart flip-flopping with joy and her toes tapping with delight – a veritable feat for the feet.

Think Alice in Wonderland and Hello Kitty, unicorn heels and wedges decorated with hot-rod racing car flames.

And when she feels in the mood for an island holiday, she slips into a pair that look like Hawaiian dancers.

"I love collecting shoes. But it's not just about how many I own or the brands – it's a case of the weirder, the better," she says.

So much fancy footwear takes proper organising so Kari keeps all the shoes in their original boxes to save space.

"I take a picture of the pair and paste it on the outside of the box so I can easily find it," she explains.

But even so her shoe room is nearly filled to the brim. "I'm trying not to buy more than two pairs a month."

AS A teen Kari yearned for a pair of iconic Dr Martens or a pair of cool Converse trainers. But money was tight.

Then she went to university and took a job in a shoe shop to make money. "That's where my love of shoes really took off," she says.

Whenever new stock arrived that she liked, she'd immediately set aside a pair of No 7s for herself. It wasn't long before she found she was head over heels in love with her new passion.

"I love shoes because it doesn't matter what your weight is or if your clothes are too tight – shoes always fit. A pair of shoes can liven up any outfit. And you can have fun with them."

George, Kari's husband of 19 years, has an obsession of his own: he collects ancient coins.

"So he understands and supports me. But each time I bring a new pair home, he'll joke, 'Hey, you know we're running out of space?'"

This is no hobby to pursue on a shoestring budget.

MAGAZINE FEATURES, SUPPLIED, FACEBOOK/KARI WALBERT

Kari and her husband, George, who's a collector too – of ancient coins.

KARI says she's fine with being known as Eaton's "teacher with the shoes".

"I always joke they should put a picture of my shoes in the school yearbook, instead of my face – I think more people would recognise me that way."

She finds her students don't pay much attention to her shoes. "I teach children with autism and most of them are boys. They only notice my shoes when I'm wearing superheroes.

"In fact, I can't recall a time when any child has noticed my shoes – not even when I'm out shopping.

"It's more likely the parents who'll go, 'Look, she's wearing Snow White or Buzz Lightyear shoes!'"

While Kari loves to put her best foot forward, she's the first to admit her unusual shoes aren't always comfortable.

"I call them my half-day or sitting shoes because you can't always walk in them for too long," she says.

Shoes will always be her passion, she adds.

"It's nice when people start chatting to me about them – even if I can see they're not really crazy about a particular pair. It doesn't bother me. Funnily enough, it's usually men who comment on my shoes."

Her shoes fill her life with hearts, flowers, fun and fantasy. They put a spring in her step and make her smile.

"And if they make someone else smile too, then that's a bonus."

As the saying goes, if the shoe fits . . . ❑

'I LOVE SHOES. IT DOESN'T MATTER WHAT YOUR WEIGHT IS OR IF YOUR CLOTHES ARE TOO TIGHT – SHOES ALWAYS FIT'

Kari's designer wedding shoes cost more than R10 000.

"My shoe collection is probably worth more than $60 000 [about R900 000]," she says.

"I think the average price of the shoes I collect is about $150 [R2 250] a pair."

But surely she doesn't earn a fortune on a teacher's salary – how does she manage to get her footwear fix?

"We don't have children," she says. "I work hard for my money and I don't really spend it on anything else. George and I love travelling although we haven't done much of that because of Covid."

Her personal favourites are her Manolo Blahnik wedding shoes. "They're silver with a strap of semiprecious stones over my toes," she says.

At around R10 000, they're also her most expensive pair. "It's actually quite funny – so many of my wedding pics are just of my shoes," she says, laughing.

"My dress was dirt cheap because the most important part of my outfit was my shoes."

FROM FAR LEFT: No shoe is too over the top for the American teacher. The more outrageous, the better.

A LIFE MORE ORDINARY

Japan's Princess Mako has turned her back on the privileges and perks of royalty to marry her commoner sweetheart

COMPILED BY **NICI DE WET**

THEY'VE being dubbed Japan's Meghan and Harry and the parallels are startling: a royal falls in love with a commoner and then rejects the wealth, status and privilege that comes with being a member of the monarchy and moves to America to start a new life.

The romance between Princess Mako, niece of the country's Emperor Naruhito, and her commoner boyfriend, Kei Komuro – he of the rebellious ponytail and Western ways – has simultaneously gripped and divided Japan.

And recently, after years of controversy, the princess and the law graduate finally tied the knot in a subdued civil ceremony.

The event marked the end of a long and tumultuous road to the altar that's seen Mako (30) giving up her royal status and re-starting life as an ordinary citizen.

Their union in a local registry office in Tokyo's Akasata estate was a far cry from the pomp and ceremony of a traditional royal wedding with its elaborate rites and rituals.

"It's a radical departure from what is expected from women of the imperial family," says Shihoko Goto, an Asian affairs specialist at Washington-based think tank the Wilson Centre.

"She is prepared to make financial sacrifices and uproot herself from the comfort, safety and privileges of her life to pursue her own path."

But it seems Kei just wants to be a loving husband to his vulnerable bride, whose mental health has taken a beating.

'SHE IS PREPARED TO MAKE FINANCIAL SACRIFICES TO PURSUE HER OWN PATH'

ABOVE: Princess Mako greets her family – parents Crown Prince Fumihito and Crown Princess Kiko, and her younger sister, Princess Kako – before giving up her royal title.

GALLO IMAGES/GETTY IMAGES

ABOVE: The former princess is now known only as Mako Kumuro after being stripped of her royal status for marrying a commoner, Kei Komuro. RIGHT: Kei wore his hair in a ponytail, which is regarded as disrespectful in Japanese culture.

Last month it was reported she was suffering from post-traumatic stress disorder brought on by constant scrutiny of the public and media. "I love Mako. We only get one life, and I want us to spend it with the one we love," he told a media conference in Tokyo.

On her wedding day, the princess was seen leaving her home after bowing to her parents, Crown Prince Fumihito (55) and Crown Princess Kiko (55), and hugging her younger sister, Princess Kako.

Dressed in a pale blue dress and holding a bouquet of flowers, she gave one final wave before her car left the family residence.

Kei, who she met in 2012 when they both studied at the International Christian University in Tokyo, bowed to cameras gathered outside his house as he left in a crisp dark suit and tie.

ACCORDING to Japanese imperial law, only male members of the royal family are allowed to marry commoners. The princess, having been stripped of her royal status, will now be known simply as Mako Komuro.

In another about turn, she also rejected the government payout of 150 million yen (about R20 million), which is offered to departing royals in "an effort to appease a disapproving public", one news site reports.

Polls showed up to 80% of the Japanese people opposed the marriage. Ironically when they became engaged in 2017 the news was greeted with delight – but public sentiment changed when a money scandal involving Kei's mother, Kato, emerged.

Kato, who raised Kei on her own after his father died, had apparently not repaid a four million yen (R535 700) loan from a former fiancé, which she used partly for her son's law studies in the US.

That led to critics suggesting Kei was a gold-digger, only marrying the princess for money or fame – a sentiment that was met with grave concern by the imperial family. Kei then issued a 24-page explanation about the money, saying it was a gift, not a loan, which made him even more unpopular.

ABOVE: People showed their opposition to the marriage with a march on the wedding day.

After their wedding was postponed in 2018, he left Japan for New York where he landed a job as a clerk at a venture capital firm.

Earlier this year he issued a statement saying he would repay the money, but it's unknown whether this happened.

Kei's popularity plummeted even further when he returned to Japan in September sporting a ponytail, which was deemed "most disrespectful" by the Japanese media.

Things didn't improve in the months that followed. He was scorned for visiting his future in-laws wearing a pin-striped suit as opposed to a solid black or navy one. And when he "kept his hands in his pockets too much", it didn't go down well.

Still, Kei does have some supporters with the Japan Times calling him a "polite and upstanding man".

Despite all the drama, the love between Kei and Mako has endured and last year the princess begged her people to support her decision to marry her commoner.

"We are irreplaceable to each other – someone to rely on during both happy and unhappy times," she said. "So marriage is a necessary choice for us."

She also touched on the public's sentiment. "'I acknowledge there are various opinions about our marriage. I feel very sorry for the people to whom we gave trouble.

She added that biased reporting about her new husband had caused her "great fear, stress and sadness".

THE princess' exit has also reignited debate about Japan's shrinking royal line, which now consists of just 17 members – 12 women and five men. This is in stark contrast to the 67 members remaining after World War 2.

Emperor Naruhito has a daughter and no sons, but since women can't ascend the throne there are only three eligible successors: the emperor's 55-year-old brother and Mako's father, Crown Prince Akishino; Mako's 15-year-old brother, Hisahito; and an 85-year-old uncle of the emperor, Prince Hitachi.

A poll carried out in Japan last year found that 70% of people were in favour of a female emperor – but there's nothing the royal family can do about it.

The line of succession is governed by Japanese law and the current conservative elite, including the prime minister, want to "preserve the world's oldest monarchy the way it is now", Time Magazine reports.

Mako's wedding has highlighted previous calls to allow women to be part of the line of succession – not only to help save Japan's monarchy but to bring it in line with the rest of the world.

The newlyweds will be looking forward to putting those tumultuous days behind them as they begin their new lives.

It's believed they'll be moving to the US where Kei wants to practise law. But his career plan was dealt a setback when just after his wedding he discovered he'd failed his bar exam.

He intends resitting the exam next year and in the meantime, he and Mako will live in his tiny one-bedroom apartment in New York.

The princess has a master's degree in art museum and gallery studies from the University of Leicester in Britain, and worked at a museum in Tokyo for more than five years, so she might be looking for work in the Big Apple's art world, the New York Times says.

"All I want," she said recently, "is just to lead a peaceful life in my new environment." ❑

SOURCES: INDEPENDENT.CO.UK, JAPANTIMES.CO.JP, THEWEEK.CO.UK, NYTIMES.COM, BBC.CO.UK, TIME.COM

ALL NINE ARE FINE!

At six months old, these nonuplets are finally well enough to go home

COMPILED BY **LESEGO MKHIZE**

THEY weren't all expected to live – nonuplets are extremely rare and the nine babies were tiny, weighing between 500g and 1kg each.

But what a difference six months makes. The five girls and four boys have gone from strength to strength, more than doubling in size, and are now well enough for their parents to start making plans to take them home to Mali.

Mom Halima Cissé (26) couldn't be happier. "All of them are getting on very well and are a joy to look after," she says.

"They're getting stronger every day and it may well be they're allowed to leave full-time medical care soon."

The children – Hawa, Adama, Fatouma, Oumou, Kadidia, Mohammed, Elhadji, Oumar and Bah (named after Mali president Bah N'Daw) – are staying with their mom and dad, Kader Arby (35), in a flat near the clinic in Casablanca, Morocco, where they were born.

Halima was 25 weeks pregnant when she was transferred from home in Mali to the hospital, which was better equipped to care for her and the unborn babies.

The nonuplets were born on 4 May via C-section at 30 weeks, an experience Halima describes as overwhelming. "I was very aware of what was going on and it seemed as if there was an endless stream of babies coming out of me," she says.

It was touch and go whether all nine would make it but here they are – chubby and thriving. To mark their six-month milestone, the proud parents released a series of heartwarming pictures of their remarkable brood.

'THERE'S NOTHING TO EXPLAIN HOW THIS HAPPENED OTHER THAN ALLAH'S GRACE. THESE CHILDREN ARE A GIFT'

Snuggled together on a couch dressed in a mixture of rompers, the babies are blissfully unaware of the drama that surrounded their birth – or the round-the-clock care their parents and an army of medical staff are providing.

"Giving birth to one child is hard enough," says Halima, who also has a two-and-a-half-year-old daughter, Souda, with Kader. "Having nine is unimaginable."

The babies go through 100 nappies and six litres of milk a day. "There's an astonishing amount of work involved in looking after them," Halima says.

HALIMA is the only woman in the world to have surviving nonuplets. Two other women – one in Australia in 1971 and the other in Malaysia in 1999 – gave birth to nine babies but the infants died shortly after birth.

Carrying and delivering so many babies

DAILYMAIL.COM, FACEBOOK/AFRICA FACT ZONE

BELOW: Mom Halima Cissé and dad Kader Arby with their nine babies. LEFT: The nonuplets – Mohammed, Bah, Elhadji, Oumar, Hawa, Adama, Fatouma, Oumou and Kadidia – are finally together and ready to be reunited with the rest of their family.

took its toll. Medical staff estimate Halima's belly weighed 30kg by the time she gave birth and the babies were so jampacked doctors initially thought she was having seven infants – two were undetectable in her crowded uterus.

A team of 10 doctors and 25 paramedics were on hand to deliver the brood but the birth wasn't easy. Halima lost a lot of blood, leaving her weak and exhausted.

She admits she was too drained to look after her children and spent the first few months in a private room in the hospital, visiting the babies once a day for 30 minutes to bond with them.

The babies were fed every two hours and within a month she had run out of breast milk.

The nonuplets are now fed from a milk bank and have a team of hospital staff to help their mom look after them.

Kader, who works for the Mali army and wasn't present at the birth of the nonuplets as he was at home caring for Souda, joined Halima in July.

He's grateful for all the help they're receiving in Morocco.

"At the moment we have full-time care, and that's a blessing because my wife needs the rest," he says.

Kader is still surprised that Halima delivered nine babies – the couple say they were conceived naturally.

"There's nothing to explain how this happened other than Allah's grace," he says. "These children are a gift from Him."

THE babies were on ventilators in ICU for 12 weeks before their lungs were strong enough for them to breathe on their own. In August they were removed from their incubators and discharged from hospital.

They've been staying in the flat near the facility with their parents so medical staff can continue to monitor them.

Souda, who's being cared for by relatives in Mali, can't wait to meet her siblings when they go home.

"She didn't fully grasp what had happened to begin with, but she will when she meets the babies," Kader says.

Though the nonuplets are out of the woods, there are a good deal of challenges ahead of them. Halima, who's studying human resources administration at a technical college in Timbuktu, knows it will take a village to raise them.

"My sister, Aisha, was with me [while giving birth] and she was holding my hand but all I could think about was how would I look after them and who was going to help me."

Kader, who's been given plenty of time off from work to deal with his newly expanded family, is a hands-on dad who has vowed to help bear the load.

"Being together as a family is the best thing in the world," he says. "The most important thing is that we are all safe and well and in great hands."

Still, the couple can't help worrying about having nine additional mouths to feed. As they get ready to return to their modest three-bedroom house in Mali, Kader admits it will be challenging to look after his family of 12.

"But we are mainly full of positive thoughts," he says. "For now, we're primarily focused on looking after our babies and getting them home." ❑

SOURCES: DAILYMAIL.CO.UK, ABC.NET.AU, BBC.COM, TIMESNOWNEWS.COM, MIRROR.CO.UK

LEFT and RIGHT: The babies were born at 30 weeks and spent six months in hospital being cared for by hospital staff around the clock.

'THEY'RE GETTING STRONGER EVERY DAY'

UNITED ON THE ROPES

Ole Gunnar Solskjær (FAR LEFT) and players (ABOVE, FROM LEFT) Jadon Sancho, Mason Greenwood, Bruno Fernandes and (RIGHT) Cristiano Ronaldo after their recent trouncing by Liverpool.

Manchester United is a team in crisis, pundits say – and their manager doesn't seem to know how to fix it

COMPILED BY **DENNIS CAVERNELIS**

THE defeat was about as humiliating as a loss could be. "It was a bad day, no doubt about that," came the manager's response. "It was our worst ever day."

Those words were uttered by Alex Ferguson in October 2011 when Manchester United were drilled 5-0 by Manchester City.

Now, a decade later almost to the day, manager Ole Gunnar Solskjær finds himself in the same position.

"It is the darkest day I have had leading these players," the Norwegian said after his team were recently thrashed 5-0 by Liverpool – at Old Trafford, no less. "Not good enough individually or as a team."

It's a defeat that won't quickly be forgotten, given that Liverpool is United's biggest rival and their humiliation was so absolute.

But unlike Ferguson, who was revered and respected, Solskjær doesn't seem to have the ability to turn around a team that once dominated English and European football, pundits say – despite their subsequent 3-0 victory over Tottenham.

We take a closer look at what's up.

MEDIOCRE DEVILS

"After three years Solskjær clearly doesn't know what his best team is," ex-footballer turned pundit Paul Merson says.

"They broke the bank to get a player for £70 million (R145m) in Jadon Sancho – he doesn't play. They've got a player in Paul Pogba who they've sweated to keep, and he didn't start the biggest game of the season."

When the pressure's on, they fall short, says ESPN's Mark Ogden, who describes them as "a nearly team", having won nothing major since Solskjær's took over permanently in March 2019.

"They've let in 11 goals in the last three games," Merson adds. "A team like Manchester United shouldn't be letting in that number of goals over a good chunk of the season, but that just shows where they are at the moment."

They don't operate at the same high standard as under Ferguson's leadership because "mediocrity is enough to impress [US owners] the Glazers", Ogden says.

MANAGER MAYHEM

Former manager José Mourinho left the team despondent by the time he was sacked and many welcomed Solskjær's appointment as caretaker coach at the end of 2018. He did things "the Manchester United way", allowing players to attack and shine

RIGHT: José Mourinho was sacked in 2018. No manager has managed to replicate the glory days when Alex Ferguson (FAR RIGHT) was in charge.

CREDITS: 25 MM FROM THE MARGIN

RIGHT: Solskjær (far right) with coaches Michael Carrick (middle) and Kieran McKenna. Questions have been raised about the skill and experience of the manager's support staff and their ability to work with a team packed with superstar players.

instead of sticking to the largely defensive game Mourinho introduced.

The 48-year-old former United player was somehow spared the sack after the Liverpool thrashing – possibly because of his long history with the club, where he was once a formidable striker, and his intimate knowledge of its workings.

"Man United, as a club, we always give people a fair chance," former captain Bryan Robson said on talkSPORT. "Ole has now got to turn it around quickly."

In July the club gave Solskjær a contract extension to 2024 with an option for an extra year.

Asked if he'd be leaving, Solskjær said, "We've come too far as a group and we're too close to give up now. I've heard nothing else. This is the lowest I've been. But as I've said, I accept the responsibility.

"I do believe in myself. I do believe that I'm getting close to what I want with the club. I think what we've done, what I've seen, the development, of course, the results lately haven't been good enough.

"But I've got to keep strong and I do believe in what we've been doing, the coaching staff and the players."

STAR WARS

By many accounts there's no coherent team structure and there's no effective system for Solskjær to maximise the galaxy of stars at his disposal.

The club's business model is based on milking former glories, wrote The New York Times' Rory Smith. This puts the manager in a bind when it comes to forming a cohesive squad.

For Solskjær to play Paul Pogba means leaving out Bruno Fernandes, Marcus Rashford or Mason Greenwood. Then there's Ronaldo, one of the greatest footballers of all time, signed to the team with great fanfare a few months ago. United wanted him back but didn't know how he'd fit into the team, and him joining effectively stalled Sancho's career, Smith says.

"It's Solskjær's fault that he can't get the best out of these players; that he sent out a team so woefully overmatched against Liverpool. But it's not his fault that his resources are so uneven."

MEDIOCRE SUPPORT

The quality of Solskjær's assistant coaches, Kieran McKenna, Michael Carrick and Mike Phelan, leaves much to be desired, pundits say.

McKenna was Tottenham's and Manchester United's under-18 head coach, who had six months as assistant to Mourinho before becoming Solskjær's first-team coach in December 2018. Carrick was a novice when he joined Mourinho's staff at the same time as McKenna.

"How much do Ronaldo, Bruno Fernandes, Edinson Cavani, Luke Shaw, Mason Greenwood, Paul Pogba, et al believe in McKenna and Carrick?" The Guardian's Jamie Jackson asks.

Former Red Devil Paul Ince didn't mince his words after their Liverpool defeat, blasting Solskjær and his support team. "You can't have a manager who took [Welsh team] Cardiff City down, then goes to [Norwegian club] Molde FK, and expect him to come into the biggest club in the world and produce a team that's going to challenge the best teams in the world with the staff that he's got.

"You've got an under-23 coach come up from the academy. He's got Michael Carrick . . . no coaching experience. Micky Phelan – I don't know what he does.

"This is his coaching staff. So you analyse that with the world-class players in the team and we keep mentioning tactics and not getting the best out of the players. Look at that staff.

"This is the staff that Ole says is 'very good, brilliant'. It's a load of b******s because they're conceding goals for fun." ❑

« WAITING IN THE WINGS

Former Chelsea manager **ANTONIO CONTE** (52) is reportedly keen to take over.

The Italian has a reputation for delivering immediate success. But he's the opposite of Solskjær – his abrasive style often puts him at odds with his employers, and eventually the players.

Hiring Conte would be a gamble, The Independent's Mark Critchley says. "[It] goes against a lot of what the Solskjær era was meant to represent: steady, gradual progress aligned with the club's core principles, with a view to . . . sustainable, long-term success."

GALLO IMAGES/GETTY IMAGES, GALLO IMAGES/ALAMY

SOURCES: THEGUARDIAN.COM, SKYSPORTS.COM, ESPN.COM, NYTIMES.COM, DAILYMAIL.CO.UK, MIRROR.CO.UK, GOAL.COM, INDEPENDENT.CO.UK

CREDITS: 2.5 MM FROM THE MARGIN

MY MOM'S A CONTROL FREAK

As Lourdes Leon carves her own path, she's proud of her strict mom and has taken her advice to heart

COMPILED BY **LESEGO MKHIZE**

HER mom is a poster child for permissiveness, famous for raunchy stage shows, risqué fashion choices and a penchant for toy boys.

So you'd think the children of the queen of pop would be growing up in a free and easy household where anything goes – but the truth is quite the opposite.

In a rare interview, Madonna's firstborn, Lourdes Leon, pulled back the curtain on what it was like growing up with a mom like hers – and how Madge has always been determined that her kids would carve their own way in the world.

"My mom is such a control freak," Lourdes Leon (25) tells her mom's actress friend Debi Mazar in The Interview magazine. "She controlled me my whole life. I needed to be completely independent from her as soon as I graduated from high school."

Madonna and daughter Lourdes, when she was younger.

Madonna with her six kids – (clockwise from back left) Lourdes, Rocco Ritchie, David Banda, Mercy James and twins Stelle and Estere Ciccone.

Lourdes – or Lola as everyone calls her – says Madonna knows how and when to crack the whip and runs a tight ship. "We don't get any handouts in my family."

Her mother's main modus operandi, Lourdes says, is to protect her and her five siblings, Rocco Ritchie (21), David Banda (16), Mercy James (15) and twins Stelle and Estere Ciccone (9).

"I think my mom saw all these other kids of famous people, and she was like, 'My kids are not going to be like this'," she says.

Lourdes has always wanted to live her life on her own terms. "I feel like if your parents pay for things, then it gives them leverage over you."

When she finished school in 2014, Lourdes left her mom's multimillion-dollar estate in Lisbon, Portugal, and moved to New York, fuelled with passion and ambition.

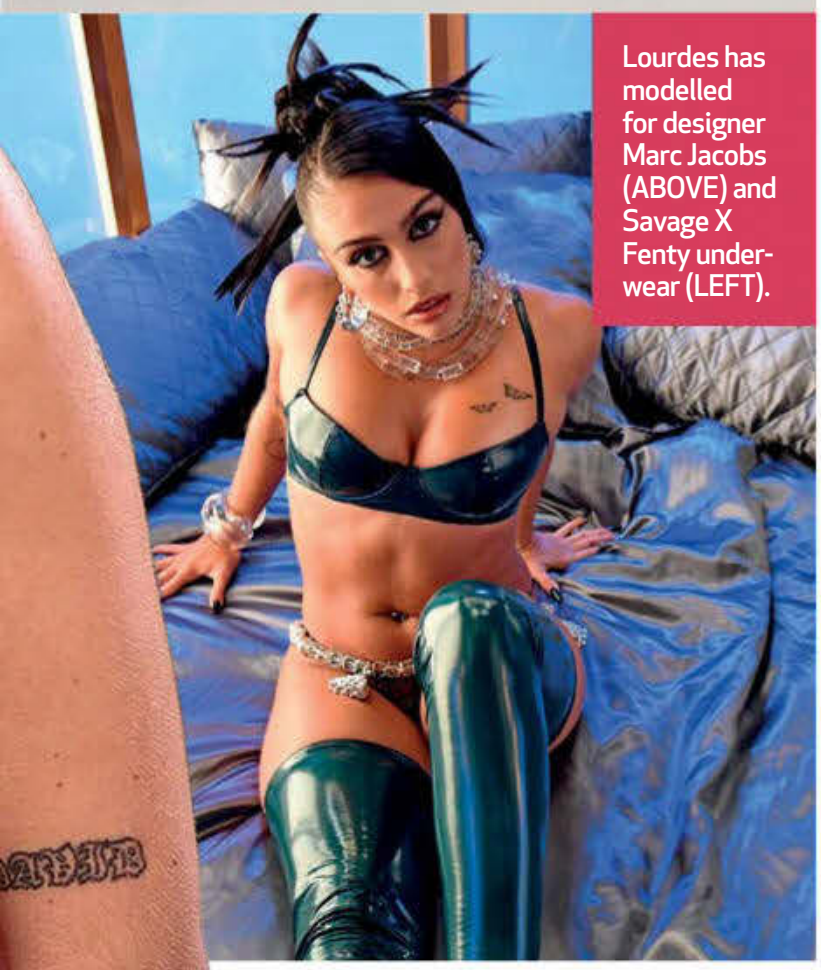
She pursued her studies in dance and paid for her own tuition before turning to modelling.

"I want to create a world in which models have more agency over what they're doing," she says. "They're not just silent clothing racks."

MADONNA had some advice for her daughter when she made her modelling debut in 2018.

"Proceed with caution and think about what you want to be known for," she said.

And it's advice Lourdes abides by.



Lourdes has modelled for designer Marc Jacobs (ABOVE) and Savage X Fenty underwear (LEFT).

'MY MOM IS INSISTENT ON MAKING ME THINK ABOUT WHAT I WANT TO BE KNOWN FOR BEYOND MY LOOKS'

"I've thought a lot about that, because as a model you're basically relying on your looks. It can feel overwhelming and can potentially cause a lot of insecurity.

"My mom is insistent on making me think about what I want to be known for beyond my looks. That's not what I want people to remember me by. It's not real."

Madonna, who's worth a cool $1,5 billion (R21,75 billion) also told Lourdes that money, fame and luxury are all smoke and mirrors.

"She said, 'It's what you're bringing into the world and what you're going to leave behind that count,' Lourdes says. "It's always this advice that shakes me awake when I get too caught up in everything."

Madonna has spoken candidly in the past about her challenges as a parent.

"Lola has a different father than Rocco and I have four adopted kids so there are a lot of outside influences. I'm trying to make sure I impart the same wisdom and love to everyone. I'm bad cop. I'm the one that says no. I accept that role. I'm not the popular parent."

The music legend is amazed by how fast her babies have grown up, especially Lourdes, and describes the day her daughter left home as "an absolutely devastating experience".

"I fell into the deepest depression," she told Ellen DeGeneres. "We're pretty close. I'm always so happy when she calls me and says, 'Mommy, I miss you' or 'I need you to rub my head'."

MADONNA once said her daughter made her green with envy because "she's incredible at everything she does".

Yet she's drummed home that her children should never rest on their laurels and that they could have a hard time because of how famous their mother is.

"I feel social media plagues Lourdes in particular and makes her feel like, 'people are going to give me things because I'm her daughter'," she says.

"I try to give examples of other celebrities like Zoë Kravitz, for instance, who have to work through that, 'Oh yeah, you're the daughter of . . . and then eventually you're taken seriously for what you do. You just have to keep going."

There are fundamental differences between her and her daughter, Madonna adds. "Does she have the same drive I have? No. But she also has a mother and I didn't [her mom died in 1963]. She grew up with money and I didn't. So everything is going to be different. But what can I do? I can't fixate on it. I just have to do my best."

Lourdes, whose father is Carlos Leon (55), is very protective of her mother.

"If you feel like you have the right to comment on my mother, then I'm going to do the same to you," she says about people who've hurled insults at her mom.

"I'm increasingly able to recognise how influential and amazing this woman is and how empowering to other women and ahead of her time she's always been. She's probably the hardest worker I've ever seen."

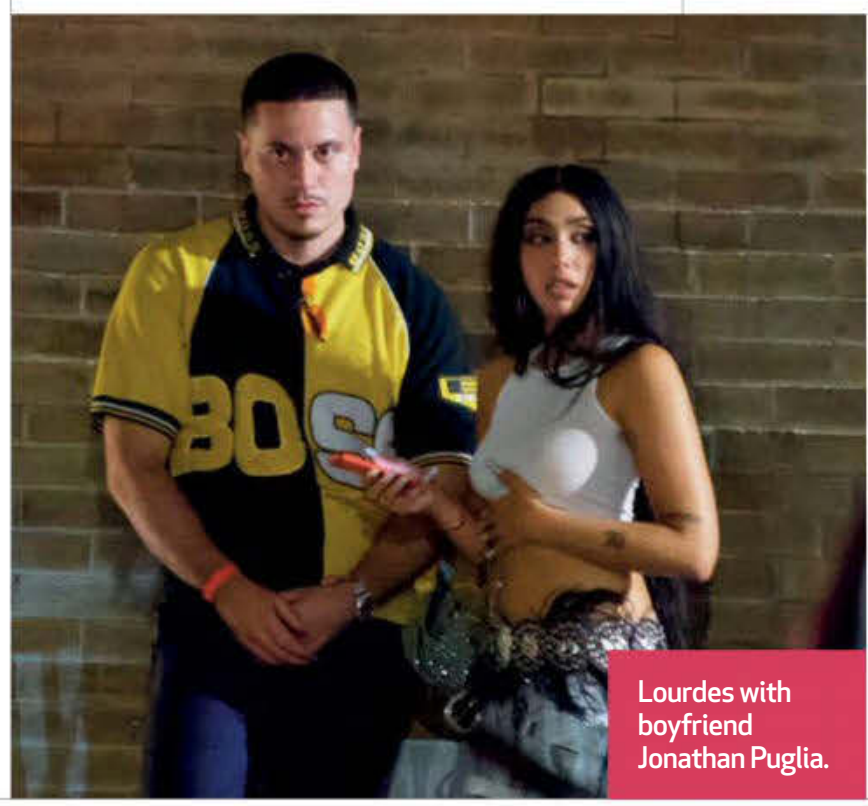
When Lourdes isn't gracing runways or posing for high end fashion magazines, she goes to dance classes, does yoga and hangs out with her skater boyfriend, Jonathan Puglia (23), who she's reportedly been with since 2017.

"I enjoy being a caregiver. I like cooking dinner for my boyfriend," she says. But marriage and babies aren't on the cards just yet. "I don't feel the need to get married and the idea of birth scares me literally to my core."

For now, Lourdes is focused on taking her career to the next level and she recently made headlines when she starred in a racy campaign for Mugler. The model donned a daring dominatrix-style black bodysuit – and the resemblance to her famous mom was not lost on fans.

'Financially, modelling is a smart decision," she says. "I enjoy being very hands-on with the campaigns I do, so that I'm not just modelling, per se. I like to incorporate all those parts of myself into my projects."

Taking control, doing things her way. Like mother, like daughter. ❑



Lourdes with boyfriend Jonathan Puglia.

SOURCES: INTERVIEWMAGAZINE.COM, PAGESIX.COM, PEOPLE.COM, INSIDER.COM, PAPERMAG.COM, YOUTUBE.COM, VOGUE.CO.UK, DAILYMAIL.CO.UK

THE APPLE OF THEIR EYE

Local comedians **DONOVAN GOLIATH** and **RIAAD MOOSA** tell us about their darling daughters

Car enthusiast Donovan Goliath is in for the ride of his life now that he's become a father.

He's a huge fan of cars and has a deep appreciation for vintage classics, which is why comedian **DONOVAN GOLIATH** didn't hesitate when Volkswagen approached him to be an ambassador for its new Golf 8 GTi.

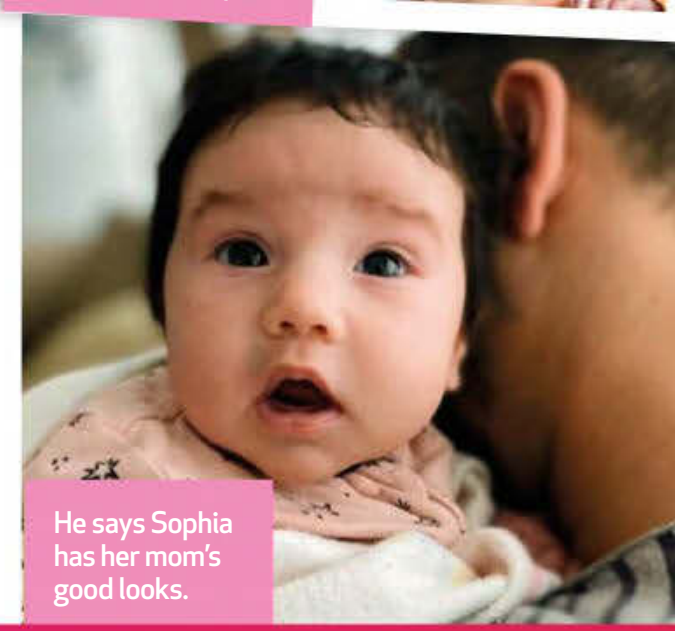
But not even a sleek set of wheels compares to the joy that comes from being a father. Donovan and his wife, **DAVINA**, welcomed little **SOPHIA MAE** in August and the comedian says it's been a life-changing experience. "So many dads have tried to break it down for me but until you feel that connection you'll never really know," he tells us.

Ahead of their daughter's arrival, the couple read books, attended antenatal classes and took advice from family and friends. But they quickly learnt nothing could prepare them for being first-time parents.

"This experience is everything and more," Donovan says. "I'll have another baby in a heartbeat – okay, maybe we'll give it a year or two."

It's too early to tell if Sophia will inherit her funny father's wit and charm but there's no doubt who she takes after in the looks department. "She looks exactly like Davina," the delighted dad says.

Donovan, Davina and their three-month-old daughter, Sophia.



He says Sophia has her mom's good looks.

Riaad Moosa and his wife, Farzanah.

Their daughter, Hanaa, recently turned 12.

The tween makes her debut alongside her father in his film New Material.

Looks as if **RIAAD MOOSA**'s daughter, **HANAA**, is following in her famous father's footsteps. She makes her acting debut in Riaad's latest film, New Material, the sequel to the hugely successful 2012 comedy Material.

The 12-year-old plays Riaad's on-screen daughter, Mariam, but the comedian reveals it took a lot of persuading – and bribing – to get her to agree to the role.

"I had to really coerce her to be part of New Material," he says. "It's two years since we were on set and I'm still paying off what I promised her. She didn't take my kidney but she's a highly skilled negotiator, that one."

Riaad, who reprises his role as Cassim, says he and Hanaa drew on their personal relationship to create the intimacy in some of their scenes.

"But her instincts for acting are much better than mine, so I feel both appreciative and jealous of my own offspring," he says.

"I want her to do well, but I can't believe that she's got more ability than me at this young age."

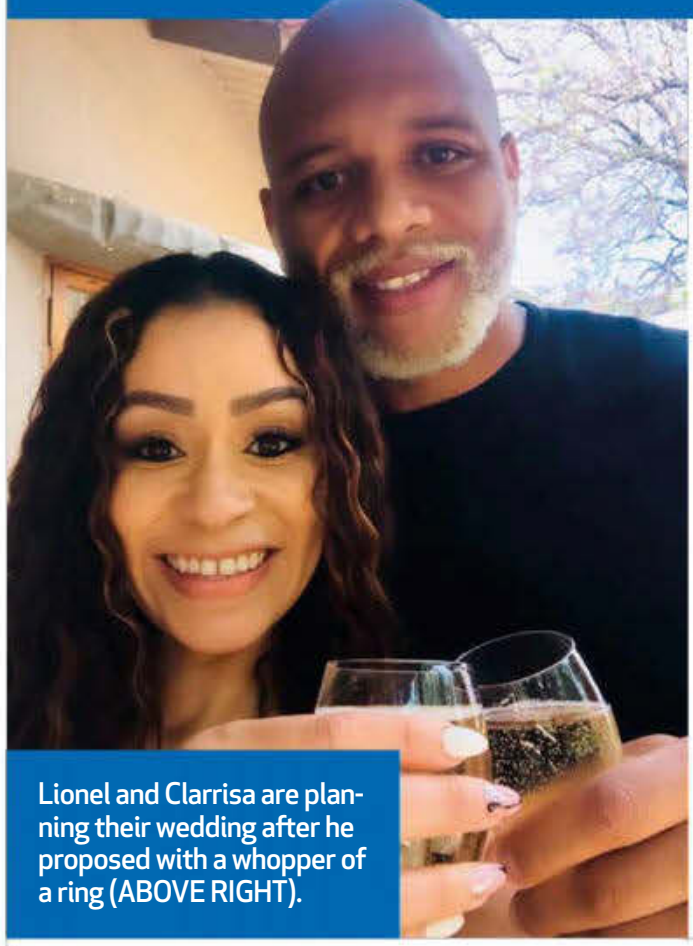
Asked who's the better dad between Cassim and Riaad, Hanaa answers without hesitation. "My real dad is better because he rubs my hands before I go to sleep, makes me apple chips and lets us order takeout."

The film, which also stars Joey Rasdien, Schalk Bezuidenhout, Denise Newman and Zakeeya Patel, hits theatres on 26 November.

BY **KIM ABRAHAMS** & **SHANAAZ PRINCE**

WEDDING BELLS FOR BLUE BULLS STAR

Rugby player Lionel Mapoe is off the market!



Lionel and Clarrisa are planning their wedding after he proposed with a whopper of a ring (ABOVE RIGHT).

It's been a season of change and new beginnings for Blue Bulls centre **LIONEL MAPOE.** The 33-year-old rugby player recently returned to South Africa from France where he played for Stade Francais and then Stade Niçois.

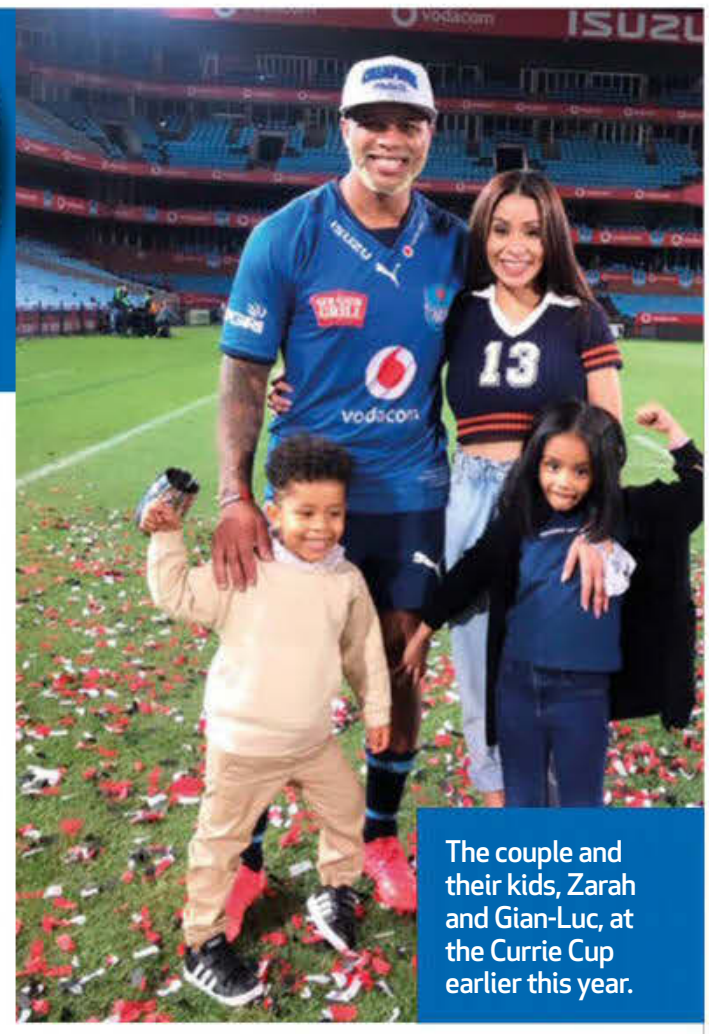
But it wasn't just Lionel's feet that landed solidly on South African ground last month – his knee did too as he went down on one to pop the question to his girlfriend of nine years, **CLARRISA MANAÇAS** (35).

Clarrisa, a Montessori teacher and entrepreneur, was blown away by the romantic proposal. She and Lionel have two kids, **ZARAH** (5) and **GIAN-LUC** (4) – and both played a part in pulling off the proposal by getting their mom to the right place at just the right time.

"Our kids summoned me to the entrance hall, I literally thought I was going to view another little Lego invention but, lo and behold, I walked in on Lionel on one knee," Clarrisa tells YOU.

"I was in gym gear and messy hair but the fact that he was in tears and incorporated the children was perfect."

Wedding planning was put on ice because Lionel was away on tour for a month but that hasn't stopped Clarrisa from creating a Pinterest board with all her ideas.



The couple and their kids, Zarah and Gian-Luc, at the Currie Cup earlier this year.

"I'd like something intimate," she says. "I've changed my mind about so much of it already, all I know is it has to be perfection."

For now, the family are enjoying their time back in the country, and life couldn't get any better. "We love being back in SA, being surrounded by family and friends. The children are elated by seeing the family."

A LOVE THAT LASTS

These celebrity couples are giving us all the feels with their loved-up throwback snaps. We take a look at how it started and how it's going now

THEN

Do TV presenter **JANEZ VERMEIREN** and his Brazilian model wife, **JULIANA VASCONCELOS**, age at all? Aside from his salt-and-pepper beard, Janez looks almost the same as he did when he was younger!

NOW

The couple wed in 2016 while Juliana was pregnant with the their second son. Now they have three boys who they describe as the light of their lives.

THEN

Singer **LOYISO BALA** and his wife, **JENNIFER**, are barely recognisable in this selfie, taken in 2008 while they were on a trip to London in the United Kingdom.

NOW

Ten years of wedded bliss and three kids later, the pair are still as in love as the day they met. "I'm so happy that we found each other and have not lost each other in the process," Jennifer wrote on social media.

THEN

Actors **DENVER VRAAGOM** and **INGRID PAULUS** fell head over heels after working together on the set of 7de Laan. The couple have been happily married since 2005 and have two daughters.

NOW

The key to making their marriage work is prioritising each other. "We try our utmost to make time for each other like going camping for a weekend," Ingrid says. "This is just to rest and break the routine a little."

THEN

It was love at first sight when Survivor SA host **NICO PANAGIO** met his actress wife, **CHRISTI**, when they were young drama students. Eight years later they tied the knot.

NOW

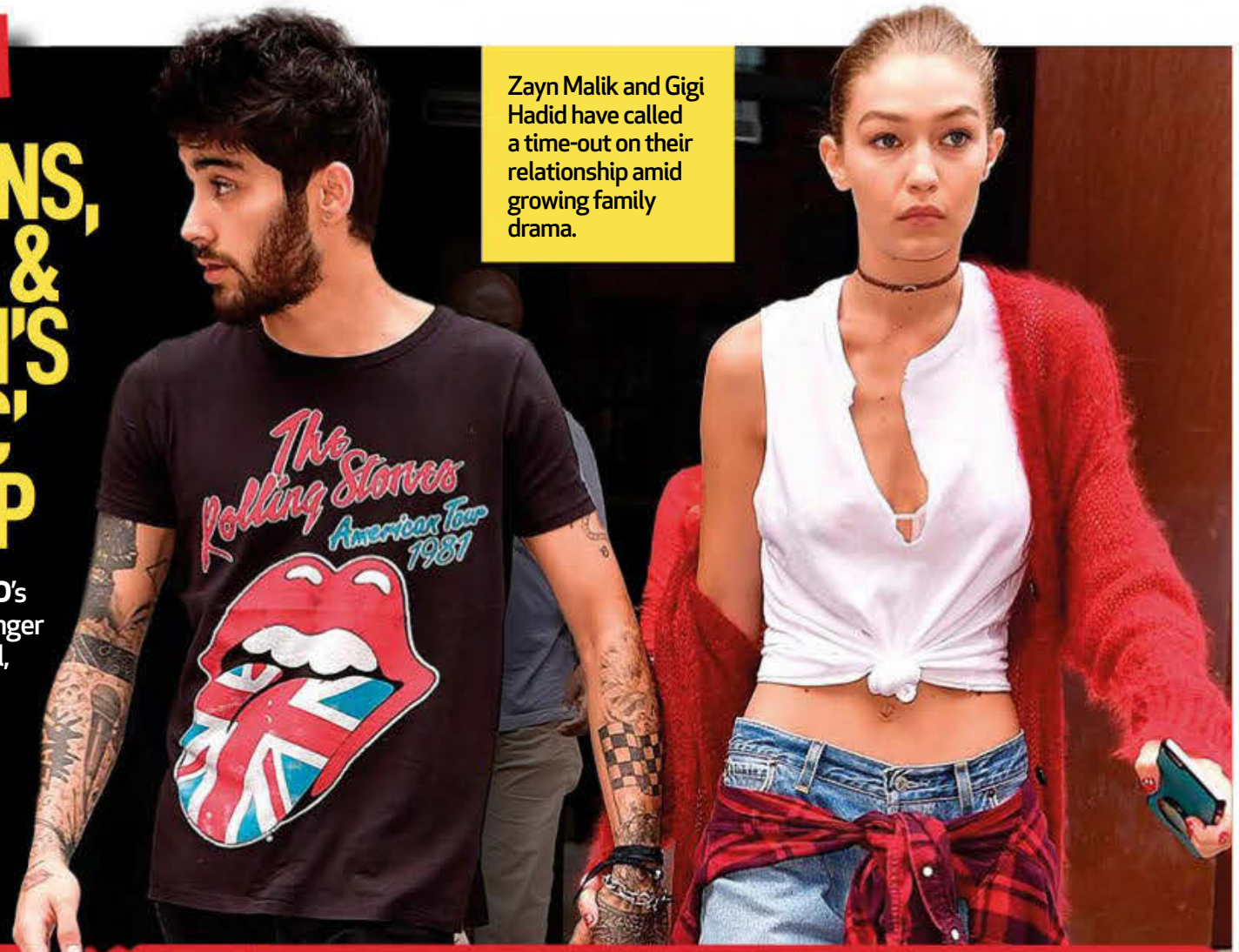
Nico and Christi celebrated their 15th wedding anniversary earlier this year and he continues to rock her world. "My world, you are everything," Christi said on their special day.

SHARON SERETLO ,INSTAGRAM/(@DONOVAN GOLIATH, @RIAAD MOOSA, @JULIANAVASCONCELOSSS, @JENNIFER BALA, @DENVER VRAAGOM, @NICO PANAGIO)

FAMILY FEUD!

THE ALLEGATIONS, THE CHARGES & GIGI AND ZAYN'S 'SUPER TOXIC' RELATIONSHIP

Things between **ZAYN MALIK** and **GIGI HADID**'s family are getting messy. One year after the singer welcomed daughter Khai with the supermodel, he's been accused of harassing her mother, Yolanda Hadid. Here's everything we know about the ongoing family drama.



Zayn Malik and Gigi Hadid have called a time-out on their relationship amid growing family drama.

THE INCIDENT

Rumours of an altercation between Gigi's mother, **YOLANDA** (57) and Zayn (28) first surfaced towards the end of last month.

Yolanda claimed the singer had "struck" her at his home in rural Pennsylvania while Gigi was away working in Paris in late September.

The reality TV star claimed in the legal paperwork that the singer had "grabbed and shoved her into a dresser, causing mental anguish and physical pain."

The court documents also accuse Zayn of uttering "continuous cursing" toward Yolanda, calling her "a f**king Dutch slut".

The musician immediately responded, "adamantly" denying the accusations in a public statement.

THE FALLOUT

Gigi's siblings have both unfollowed the Dusk till Dawn singer on Instagram. Her younger sister Bella Hadid (25) also shared a cryptic message on Instagram: "I can do nothing for you but work on myself. You can do nothing for me but work on yourself," the quote read.

Zayn's sister Waliyha Malik is clearly in her brother's corner as she shot back with a loaded reply aimed at the Hadid clan.

"Karma comes after everyone eventually. You can't get away with screwing people over your whole life, I don't care who you are," her post read.

THE CHARGES

A day later things took a legal turn when Yolanda pressed charges, accusing Zayn of four counts of harassment.

He immediately pleaded no contest to the charges and in addition to being fined was placed on a 90-day probation for each charge, accumulating to 360 days total. The terms of his probation include an anger management class, a domestic violence programme and having no contact with Yolanda or her security detail.

THE SPLIT

Shortly after news of the family drama was made public insiders confirmed that Zayn and Gigi had split a few weeks ago, with a friend describing their relationship as "super toxic".

"It's much better that they've separated. Gigi and Zayn had a very destructive relationship when they were together," the source said of the pair who'd been dating on-off for six years.

Another insider says the model has felt stuck in the middle of the drama between her mother and Zayn.

"Gigi feels like she's in the middle, she's not on anyone's side. That's her mom and the father of her child so it's a tough spot – she has loyalty to both."

The insider added that "Gigi realised it was healthier for her to not be with Zayn right now.

"It was ultimately her who ended the relationship."

WHAT NOW?

A legal battle between the estranged couple might be brewing.

"Gigi and Zayn co-parent **KHAI**, but any suggestion that he has aggression issues, or cannot be trusted to care for her, is something he'll fight against with every ounce of his body," a close pal of Zayn says.

According to the friend, the mother of one allegedly asked Zayn to seek help with anger management before they broke up.

"Gigi had urged Zayn to get therapy before they split and wanted him to deal with his issues."

Although Gigi wants to co-parent, she could be swayed by Yolanda's sentiment towards Zayn.

"Her mother could potentially make legal moves within the court systems about custody."

SOURCES: TMZ.COM, PAGESIX.COM, THE-SUN.COM, DAILYMAIL.CO.UK, BUZZFEEDNEWS.COM, USMAGAZINE.COM, PEOPLE.COM, CNN.COM

COMPILED BY **LINDSAY DE FREITAS**

MEGAN THEE GRADUATE

MEGAN THEE STALLION will soon be able to add the title of university graduate to her list of accolades.

The Texas-born rapper (26) recently announced she'll receive her undergraduate degree in health administration from Texas Southern University later this year.

Born Megan Pete, the star's dedication to her education was instilled in her by the matriarchs in her family – her mom and great-grandmother.

"Before my mom passed, she really would be on my butt about getting my degree. My great-grandmother was always asking, 'You're going to get them papers?'"

Sadly, neither woman will get to see her graduate as they died in March 2019. Megan's mom, Holly Thomas, died of a brain tumour and her great-gran died just two weeks later.

BELOW: Cristiano Jr stands behind Mateo, Alana and Eva.

AND BABY MAKES 6

Fresh from his dazzling return to Manchester United, footballer **CRISTIANO RONALDO** has shared even more reasons to celebrate. He and his partner, **GEORGINA RODRÍGUEZ**, are expecting twins!

The 36-year-old footballer shared a heartwarming snap on Instagram of himself and Georgina (27) – who's reportedly three months pregnant – holding a scan of their twins.

The new additions won't only be the fifth and sixth children to join the soccer star's family, they're also his second set of twins.

Ronaldo became a father in 2010 when he welcomed his eldest son, **CRISTIANO JR**, via surrogate. In June 2017 he welcomed twins **EVA** and **MATEO**, also via surrogate. In November 2017 Georgina gave birth to their first child together, daughter **ALANA**.

MORE THAN JUST FRIENDS?

Hand-holding alert! **KIM KARDASHIAN WEST** and **PETE DAVIDSON** had their fingers firmly intertwined as they screamed their way through a roller-coaster ride at a California theme park.

Kim (41) was joined by her sister, Kourtney Kardashian (42), and Kourtney's fiancé, Travis Barker (45), and they enjoyed several rides as a group.

"They hang in the same circles so they'll be together from time to time," explains an insider.

"It's just friends hanging out."

Kim and Pete's get-together comes less than a month after they shared an on-screen kiss in a skit on Saturday Night Live, which at least one insider claims rubbed Kanye West (44), Kim's estranged husband, up the wrong way.

SOURCES: PEOPLE.COM, EONLINE.COM, MIRROR.CO.UK, PAGESIX.COM, NYPOST.COM, HARPERSBAZAAR.COM, DAILYMAIL.CO.UK

GALLO IMAGES/GETTY IMAGES, INSTAGRAM@(CHRISTIAN RONALDO, GIGI-HADID-KHAI, PEOPLE)

BY **LINDSAY DE FREITAS**

EVENTS

OUT & ABOUT

ETERNALS PREMIERE, LONDON
LEFT: Eternals star Lauren Ridloff in Tom Ford
RIGHT: Reality TV star Montana Brown in David Koma

ARMANI SHOW, DUBAI
LEFT: British actress Lily James in Giorgio Armani
RIGHT: Lovecraft Country star Jurnee Smollett, also in Giorgio Armani

▲ ETERNALS PHOTOCALL, ROME
Gemma Chan, who stars in the film, in Valentino

▶ LAST NIGHT IN SOHO
1 Anya Taylor-Joy, who stars in the film, in Christian Dior
2 Veteran model Adriana Lima in Azzi and Osta
3 New Zealand actress Thomasin McKenzie in Gucci

▲ SPENCER PREMIERE, LA
Kristen Stewart, who stars as Princess Diana in the upcoming biopic, in Chanel

GALLO IMAGES/GETTY IMAGES

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