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Issue 98
2017

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- by Charmaine 083 681 1514



Redakteurs Nota.

Daar heers groot opgewondenheid in die kantoor van ***Top Vibe***. So baie nuwe dinge is aan die gebeur. Ons bekende ***Food Review*** is so gewild daar is besluit om 'n ***Food News*** uit te bring, waar jy al die nuus oor die Food review's kan lees.

Vibe News is ook op aanvraag op ons webtuiste en word per e- pos aan gestuur. Dit is nie al nie, ons het twee pragtige jong ambassadeurs. Die span sal in die volgende ***Vibe News*** voorgestel word aan die lesers.

Uiteindelik kan ons ook nou vir 'n kliënt nog meer bied. Ons druk pamflette, versprei hulle, bied vir jou die kliënt advertensie spasie vir jou besigheid in die tydskrif, maar ook op twee webtuiste. Wag dit word selfs beter. Jy kan ook nou in ons nuus brief jou advertensie plaas.

Dit alles teen 'n baie klein fooi. ***Top Vibe Magazine*** is daar vir die besigheid wat nou net sy deure open tot die besigheids wêreld en vir die besigheid wat jare lank suksesvol bestaan. Ons bied bekostigbare advertensies, ons weet dat almal hulle geldjie drie maal moet omdraai in vandag se lewe.
Kontak ons gerus vir 'n kwotasie by Charmaine 072 768 8582.

Ons wil jou graag bystaan met raad en advies oor hoe om jou besigheid effektief te bemark.
Bemarking van jou besigheid is noodsaaklik.

Jy slaap op 'n bed wat ge-adverteer word, jy drink koffie wat ge-adverteer word, jy ry in 'n motor wat ge-adverteer word en so kan ons aan en aan gaan.
Die geheim is jou advertensie moet die heeltyd sigbaar wees, mense moet van jou besigheid weet.

Maak die beste van die bitter koue, voor jy weet is die winter verby. Ons fokus blad plaas die fokus op lekker dinge om te doen met die gesin in die winter.

Gaan uit en geniet dit, trek net lekker snoesig aan.
Mooi bly.....

Charma Xox

PLEASE NOTE:

Top Vibe Food Reviews
To be reviewed call 081 526 7786

Due to public demand the "Top Vibe Food Review" has become very popular and it will now be moving to it's own page called "Food News"

We will post the results on the following media platforms:

* Facebook
* Food News
* www.topvibe.co.za
* www.topvibemag.mobi

Top Vibe Magazine

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From left to right: Sparkling Auto team- Jacque, Nelanie, Mornè, Lee & Klaas.
Photographer: Charmaine (Top Vibe Magazine)



LEN MULLER

Len Muller- known as the lead singer in the alternative rock band, ***Die Foute*** - decided to pursue a solo career in 2011.
He moved to Pretoria from Richards Bay and started writing his own original material over a period of three years.
Len's first EP Album, titled, Len Muller, was recorded in 2012 at Wynand Delport Production and released in the same year.
Little did he know that this would only be the start of a very successful career and lead to two Ghoema (*Male Artist of the year and Newcomer of the year*) nominations as well as a Huisgenoot Tempo nomination for Newcomer of the Year in the first year of his professional solo career.

The artist's latest offering, ***Oog Van Die Storm***, was recently released and promises to not only build forth on the success of him winning recipe, but to surpass it. The album can be described as Afrikaans Acoustic and combined the sounds of all the musician's favourite instruments, including the banjo, harmonica, cello and acoustic guitar. " I wanted to write about the seasons a person experiences in life. Sometimes it is an ordinary adventure *(DoodgewoneAvontuur)* and sometimes you find yourself in the eye of the storm *(Oog Van Storm).* Maybe we would be able to have more joy if we celebrated these seasons instead of resisting them. It is like the album has two sides and two different styles wrapped in one, with two producers working on the final product. Gideon Botes worked on the contemporary songs on the album and Francois de Klerk focused on the alternative tracks.

I love their work and it gives the album a nice variety. There is also a little Blues. It's a genre that have always wanted to do and it gives the Dan Patlansky and I teamed up to record a song," he reveals". As with the previous album , I really want to fill people's hearts with hope with my music. On the last album, I wrote a lot of songs with other people and on this one I did most of the writing myself".

Although Len did most of the writing himself, he also collaborated with a few talented writers to ensure a flawless end - result. " I wrote the title track with Mynardt Smit. It is a good indication of the season that I am currently in. The first album, ***DoodgewoneAvontuur***, was somewhat of a leap of faith into an unfamiliar world and I am now in that "storm".
When everything you looks like a hurricane, you can be safe and sound in the hands of God," says the singer. He considers Sweef, a song that has taken him four years to complete, as one of his favourite tracks on the new release and believes that Sing vir die Sente, which he wrote with Faraway George, will be crowd favourite. "Everyone who has had to work hard to achieve something will be able to relate to the song."

A heartfelt rendition of the Laurika Rauch hit (written by Chris Torr), Die Gang is set to impress even the most critical ear. " Len has a soulful voice and he does a captivating version of the song. I hope it is received most very well," says Laurika. Chris Torr also shares the sentiment. " I had the privilege to do a cover of an old Lurika Rauch song. Listeners can expect a fresh take of this song on my new album". Len says enthusiastically.

Over the past few years, Len has shared the stage with some of South African's biggest stars, including Jan Blohm, Bok van Blerk, DansDans Lisa, Chris Chameleon, Jak de Priester, Francoise van Coke, Andriëtte Norman. Dan Patlansky, Matthew Moleand and Kaleidoskoop. He has also performed with Afrikaans Akoesties and at all the big music festivals across the country.
His song are regularly heard on the radio and he has also recently made name as a lyricist. He wrote Dan Patlansky's hit, Heartbeat, which is the fourth most popular download on iTunes and audio streamed track on Spotify in the world. Music legend, Andrè Schwartz will also be recording one of Len's songs in the near future.

Len Muller is busy creating a strong legacy in the music industry and all eyes are on him as he is systematically becoming one of South Africa's most popular young artist.

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Facebook: https://www.facebook.com/lenmuller1/?fref=ts
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STARBURST PROMOTIONS



Die huishoudelike naam, vriend, buurman, en ikoon karakter, VAN DER MERWE, is eersdaags op die silverskerm en die offisiele lokprent is pas bekend gestel.

Kyk die lokprent hier:
https://youtube.be/Phoa25fAZRg

Die film word op 28 Julie landswyd uitgereik en die rol van Van der Merwe word vertolk deur die welbekende en talentvolle Rob van Vuuren.

Rob sê hy het 'n fantastiese tyd op die stel gehad en dit was 'n wonderlike ervaring. "Dit was 'n onvergeetlike ervaring en geleentheid om so 'n ikoon karakter te vertolk. Ek dink mense gaan lekker lag om te sien hoe Van lewe kry op die grootskerm en ek hoop hulle kan hulself in sekere situasies vereenselwig met die karakter. Ek het dit baie geniet om Van te speelen ek hoop die kykers geniet," voeg Rob by.

Die onderwerp van Suid-Afrika se gunsteling-grappies, kry lewe in hierdie splinternuwe komedie oor die buiteperd. Ten volle toegerus met die wanopvattings, vooroordele en kenmerkende onvermoë om suksesvol te wees, gaan VAN DER MERWE jou laat lag, huil en ineenkrimp wanneer hy probeer om 'n moeilike situasie reg te stel, en 'n groot gek van homself maak, terwyl hy daarmee besig is. Sy liefdevolle vrou, beelskone dogter, en statige aanstaande Britse skoonseun sal jou amper laat glo dat sy geluk besig is om te draai.

Vervaardiger Craig Jones, Bruce Macdonald, Murray Macdonald en Bruce Lawley bring 'n splinternuwe, tong-in-die-kies familie komedie na die grootskerm, wat afspeel op 'n plaas in Suid- Afrika.

Elke land het iemand met wie hulle spot. In Ierland is dit Paddy, in Isreal is dit Hymie en in Suid-Afrika, is daardie persoon Van der Merwe... Hierdie storie gaan oor hom. " Van is deel van ons kultuur, 'n karakter met wie ons almal kan vereenselwig. Hy het 'n geskiedenis en 'n plek in ons hart . Om aan hom lewe te gee op die grootskerm, is iets wat almal graag wil sien" sê regisseur en draaiboekskrywer, Bruce Lawley oor VAN DER MERWE - sy eerste vollengte film.

Die film vertel die verhaal van Van se dogter, Marike, wat terugkeer na 'n oorbriggingsjaar in Engeland. Maar sy is nie alleen nie. Haar verloofde, George, 'n Britse mediese student iss aan haar sy. Dit skep die perfekte geleentheid vir talle probleme en uitgagings.

"VAN DER MERWE is 'n goedvoel fliek. Ons wil hê dat mense die teater moet verlaat met 'n glimlag en 'n positiewe boodskap dat alles oukei sal wees, ongeag van jou omstandighede of tekortkomings. "Maar dan moet jy jouself kan lag. Jy kan die lewe nie te ernstig opneem nie. Bly getrou aan wie jy is, moenie moed opgee nie en hou altyd aan met glimlag," meen Lawley.

Behalwe vir van Vuuren se uitmuntende vertolking van Van, sluit die rolverdeling 'n hele reeks bekende name in soos Ian Roberts,Chanelle de Jager, Reine Swart, Adrienne Pearce, Andrè Jacobs, Rika Sennett, Erica Wessels, Louw Venter, Benedikt Sebastian, Matthew Baldwin, Neels van Jaarsveld en Melt Sieberhagen om maar net 'n paar te noem. Kurt Darren maak ook 'n gasvertoning as'n sanger by die troue en Barry Hilton spel die rol van Freddie, die kroegman en Van se beste vriend.

VAN DER MERWE beloof om kykers te laat skaterlag met skreeusnaakse familie en kultuurkonflik, ongemaklike situasies, en katastrofes wat die Van der Merwe- titel meer as gestand sal doen.

Die rolprent word versprei deur Ster-Kinekor Entertainment en sal landwyd vrygestel word op 28 Julie 2017.

Sosiale media skakels:

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Die innerlike JY.
Hoe kan JY dit behou.



Foto: Dr. Q D Fourie
Fotograaf: Charmaine Photo Diary & Venue

Deur Dr. Q D Fourie: - Artikel 2 van 2 Finaal.

Die skildklier hormoon moet ook genoem word omdat dit letterlik betrokke is by alle selle in die liggaam. Dit is belangrik vir die tempo van die basale metabolisme. Dit is belangrik in groei en ontwikkeling. Alhoewel amper in alle systeme betrokke is, moet ek noem dat dit spesifiek betrokke is by die hartstelsel, senuwee stelsel asook die produktiewe stelsel. So die noukeurige kontrole van hierdie hormoon is uiters essensieël. 'n Vrou is meer geneig om skildklier probleme te ontwikkel, omdat swangerskap skildklier kan leeg tap vir die groeiende baba.

Slaap is ongelooflik belangrik vir die vel. Wanneer jy slaap verhoog dit die bloedvloei na die vel wat essentiële nutriente en suurstof na die vel bring.
Slaap deprivasie laat jou vel droog en ouer lyk en gee jou daardie gewilde blou kringe onder jou oë (nie die enigste oosaak) . Dit laat jou ook die elastisiteit van die vel verlore gaan, wat jou gesig gaan laat hang asook meer bleek laat voorkom.
Dus 7 tot 8 ure se" beauty sleep" is afterall baie belangrik.

Oefening!! Ai tog, ek wens ek kon al die voordele en veranderinge wat in die liggaam geskied vir julle verduidelik, maar daar is so baie fisiologiese veranderinge wat gebeur, en dit sal nooit in 'n pil formaat beskikbaar wees nie. Oefening verhoog weereens die bloedvloei na die vel wat belangrike nutriete en suurstof na die vel bring asook om die oortollige toksienes ontslae te raak. En guess what dames? Oefening werk die effek van veroudering teë. "So get active and get younger"!

Hoe om 'n beter spirituele JY te wees, hier is 'n paar tips om dit te bereik.
Deur: Andrè van der Westhuizen - Sielkundige berader, Universiteit van Pretoria.

1. Geluk vind oorspronklik van binne jouself girl. Dit is 'n konstante daaglikse besluit wat jy vir jouself moet dwing om te neem. Fake it till you make it. Daarna word dit jou natuurlike menswees.

2. Forseer jouself om meer te lag. Stel jouself bloot aan vele meer " happier moments" Kry jouself om meer fun goed te doen. Leef jou lewe en kies altyd geluk.

3. Nie net is jou gelag belangrik nie, maar ook ander wat jou laat lag, veral die wat dit nodig het. Dit is priceless!! Selfs vir die wat minder bevooregte mensies, is dit partykeer al wat hul het. Die gawe van gee en om vrygewig te wees bring opregte innerlike vergenoegheid.

4. Maak altyd tyd vir jou intieme-self asook om romantiese intimiteit saam jou man te deel. Die verhouding met jouself asook met jou man, versterk jou as vrou.

5. Kweek by jouself 'n self-waardering houding. Wees trots op dit wat jy bereik, maak nie saak hoe groot of klein dit is nie. Tik jouself so nou en dan op die skouer, want jy verdien dit.

6. Die sielkundige berader, Andrè van der Westhuizen beveel sterk aan dat jy jou rug moet draai op die "verwagte sosiale normes" van die lewe, want wat is nou regtig eintlik "normaal"? Dit beteken egter nie dat jy nie op hoogte van sake moet bly nie.
Hy glo dat vandag se vroue haar eie norme moet stel. Hou op droom om 'n mode model te wil wees. Embrace jouself en wees 'n inspirasie vir 'n beter ware oorspronklike JY!

7. Gebruik altyd jou positiewe punte tot jou voordeel. Fokus op die areas in jou lewe wat jou gelukkig maak. Brei daarop uit en poog altyd om die memories vas te vang.

8. Laastens, leer om gemaklik te wees met jouself en in jou eie vel. Wees wie en wat jy is, waarvoor jy staan en waarheen jy op pad is. Druk jouself styf voor die spieël en sê jy is die mooiste ding op die aarde en begin dit opreg te glo.
Daarom walk -jou-eie-walk en talk-jou-eie-talk.!

Bly gesond, mooi en wees 'n jonger JY, en volg Dr. se raad!!!
Onthou drink maar jou water en vitamines en wees gelukkig.
Sien besonderhede van Dr Fourie op bladsy 5.
Tot volgende maand.

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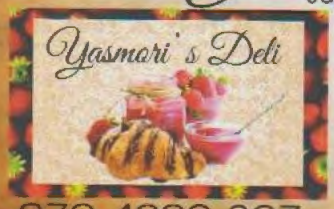
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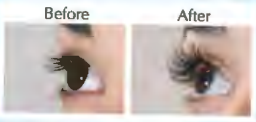
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UR Cycling

Monthly Snippet Edition 5/5

Bike Maintenance Basic: Part 3 of 3 FINAL

Chain lubricant:

Properly lubricating your chain helps extend the life of your drive train. Always apply bicycle-specific lube oil to clean chain. There is two types of lube: wet or dry.
Wet lube is best to use when you'll be riding in wet conditions. It strongly adheres to the drive-train and is less likely to rinse off in the rain. That said, dirt and grit will also stick to it, so be sure to wipe off excess lube.
Dry lube excels in a dry environment. Dirt and grit stick less to dry lube, but dry lube does rinse off easily if you find yourself riding in the rain.

Bike Stand:

This will allow you to position the bike at a comfortable height while you're working on it. It will also allow you to turn the pedals or remove the wheels so yo can clean all the moving and hard-to-reach parts.

What to clean and how:

Most dirty bike components can be cleaned by wiping them carefully with a damp(or dry) rag. Other components require accessional brushing, scrubbing and lubrication. Your drive-train (front chain rings, rear cassette, rear derailleur and chain) deserves the most frequent attention, so watch our video for some useful instructions.

The chain:

Your chain is your bike's most "at risk" lubricated part. Clean and lube it frequently to show the rate of chain wear.

To clean chains that don't have too much built-up grime, simply use a rag and degreaser. For really dirty chains, you may want to use a chain cleaning device which is more thorough and a lot less messy. After the degreaser has dried, apply drops of lube slowly onto the chain, getting some on each link. Let the lube dry, then wipe off any excess lubricant so it doesn't attract more dirt.
In general, lubricate your chain whenever it squeaks or appears "dry". Lubing after wet rides will help keep your chain from rusting. Also check your chain wear, with a PARKTOOL CC-3.2 chain checker.

Front chain ring and rear cassette:

Scrub the surfaces with a brush and degreaser while turning the pedals. If there's a lot of built-up grime, use rags to wipe away any remaining dirt and "floss" between the gears.

Brake and de-railleur levers:

Apply a drop or two of lube to the lever pivots and the barrel adjusters periodically to keep them functioning properly.

Brake and de-railleur cables:

Check them frequently (especially in wet conditions) and re-lubricate occasionally so that they can effectively translate your commands to the component groups.

Brake and de-railleur assemblies:
These consist of a number of small moving parts. Keep an eye on their arms, wheels and pulleys so they don't bind up or become rigid. Apply lubricant to the pivot points.

For all your cycling requirements get in contact withe the experienced Urcycling team.

We moved in to a bigger and better shop for improved service delivery. We specialize in bicycle service/ maintenance, bicycle setups, fork services, accessory sales, new bicycle sales and an indoor training facility.

Our new address is UR cycling, Shop 2, 70 Chopin Street, SW 5, Vanderbijlpark.

Contact us per email at:
Ian@urcycling.co.za or pierrie@urcycling.co.za

Per phone:
Ian- 082 895 3866 or Pierre - 072 939 4138

Watch the space for the next edition
Urcycling team



Top Vibe

Food Reviews

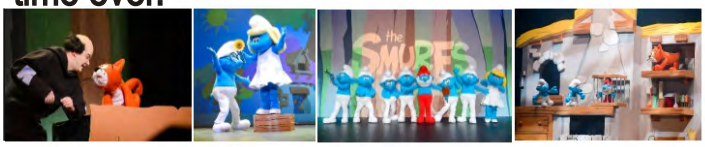
PLEASE READ EDITOR'S NOTE

Panarottis, Vaal Mall -(016) 931 2009	★★★★
Ocean Basket, Riverside Blvd -(016) 932 3149	★★★★½
Nando's, Vanderbijlpark -(016) 933 3060	★★★★½
Horse & River, Vanderbijlpark -(016) 932 3095	★★★★
Cappello, Riverside -(016)932 0120	★
Steers, Vaalpark -(016) 971 2866	½
Wimpy,President Hyper -(016) 985 1240	★★
Panarottis, The Zone Rosebank Mall -(011) 325 8085	½
Faraday Pub&Grill, Vanderbijlpark -(016)931 3961	★★
Girumondo, Vanderbijlpark -(016) 932 1242	★★★★½
Pavillion, Sasolburg (Watergat) 072 914 7536	★★★★
Stone Haven On Vaal - (016) 982 2951	★★★★
River Palace, Vanderbijlpark 082 442 7259	★★★
Be My Guest, Vaalpark (016) 971 3650	★★★★
Cock & Bull Pub & Grub - Vdb	★
J&B Pub & Grill- Vanderbijlpark	★★★★
Fisherman's Grill - Vdb (016) 933 2155	★★★★
The Rossi Sprots bar - Vdb 0788111218	★★★★
Chesa Nyama - South East Blv Vdb 0795061097	★★★★
Fat Cake City - Valpark 0849555300	★★★★
NOT YET RATED	
Dros - Vanderbijlpark	not yet rated
Pukka - Vanderbijlpark	not yet rated

SMS your review to 081 468 6594 - Restaurant Name + Rating out of 5. ONLY SMS'S FOR RATING.
For more information on Vaal Triangle Food Review's call 081 468 6594 or go to our Facebook page.
The public's review's have been tallied and some of the Restaurant stars has been shattered.

Above is the up-dated results of the review's. We have a Food News just for you the food lover!
Keep on sending your review's.

The Smurfs live on stage brings the magic of Smurf Village to South Africa for the first time ever.



The Smurfs live on stage - Smurfs save spring takes to stage from the 13th to the 30th July 2017 at the Theater of Marcellus at Emperors Palace, Johannesburg.

Your favourite Smurf characters including Papa Smurf, Clumsy Smurf, Brainy Smurfs and the adorable Smurfette will be coming to South Africa - for the first time ever to transform the Wintery breeze into a colourful Spring (the Smurfs favourite time of the year).

The Smurfs are busy preparing for the much-antrcipated annual Spring Parade but if Gargamel has his way, there won't be a parade at all!. While the Smurfs are singing and dancing with excitement, the wicked Gargamel comes up with a plan to trick Mother Nature and bring an end to the festivities.

The Smurfs live on stage is a magical adventure that will see the Smurfs battle Garamel and save Mother Nature, showing the power of family and true team spirit. Fans alike can get ready to cheer the Smurfs as they come to life on the grand stage with life-size muchroom-shaped forest houses, vibrant backdrop and wonderful sing-along music.

Created in 1958 by Pierre Culliford (fondly known as Peyo), the Smurfs have come to one of the most loved cartoon characters around the world, especially after the launch of the animated cartoon series in 1980.
Spanning over three decades, the series was produced by Hanna Barbera and with 272 episodes (dubbed into 40 languages) under its belt, it has enjoyed top rating in more than 100 countries.
Millions of Smurfs DVDs continue to be sold world wide and recently a new milestone was achieved with the creation and release of the Smurfs 3D movies the first in 2011, second in 2013 and most recently, the 3D animated adventure - comedy, The lost Village.

Which Smurf will be chosen as the leader of this year's parade?
Will the Smurfs be able to save themselfs? Will they save Mother Nature?
Will they stop Gargamel from turning off Spring forever?
Find out in this Smurftastic" adventure...

Tickets available from R150 per person.
Bookings available through Computicket or Emperors Palace Box office on 011 928 1297/1213 or visit www.emperorspalace.com

The show times are 10h00,14h00,and 18h00



Sê jou Sê:

Het jy gedagtes, menings, stories of voorstelle om met ons te deel?
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Top Vibe & SK GREAT MOMENTS AT THEIR GREATEST VAALMALL Movie Review

BOSS BABY



Alec Baldwin. Boss Baby (voice) Steve Buscemi
Jimmy Kimmel. Dad (voice) Lisa Kudrow.
Tobey Maguire. Adult Tim / Narrator (voice)
Miles Bakshi
James McGrath. Wizzie / Elvis Impersonator (voice)
ViviAnn Yee. Staci (voice)
David Soren. Jimbo (voice)
James Ryan. Story Bear (voice)
Jules Winter. Crying Boy / Little Boy / Boy (voice)
Our rating:

"The Boss Baby" sounds like a killer concept for an animated caper to attract kids young and old. Hiring Alec Baldwin to lend his calmly melodious-with-a-whiff-of-malice intonations for a tiny tycoon? Right on the money-and kudos to the movie's makers for sneaking in a "Glengarry Glen Ross" gag. Add a plot line that pits adorable tykes vs. cuddly puppies in a cuteness competition and what could go wrong?

A lot, it seems. Much like any child, even a supposedly surefire nugget of an idea requires careful nurturing. In this case, "The Boss Baby" often tries too hard and succeeds too little. Part of the problem is its source material, Marla Frazee's 36-page picture book from 2010 whose irresistible premise transformed it into a go-to shower gift. It boiled down to a precious metaphor about how a new baby in a business-suit onesie treats his parents like harried employees, conducting middle-of-the-night meetings and squalling constant demands. That novel notion pops up early in the film and produces some of the funnier and more emotionally relatable moments.
Starting off with only enough material for a cartoon short, however, director Tom McGrath (the "Madagascar" franchise) and writer Michael McCullers (the "Austin Powers" sequels, "Baby Mama") add a sibling rivalry element with a seven-year-old older brother, Tim (voiced by Miles Christopher Bakshi, grandson of animation maverick Ralph Bakshi of "Fritz the Cat" notoriety), who resents this usurper of parental love and recasts him in his imagination as a kind of briefcase-toting corporate raider of affection.

This approach borrows from the same genetic material that made Pixar's "Inside Out" so popular—which took its cues from the workings of an 11-year-old girl's mind. But that story, partly based on how brains really work, was meticulously plotted. Here, there's a lack of logic and coherence that is regularly compounded by a slapdash execution as messy as a week's worth of poopy diapers. In the book, Boss Baby just exists. Here, there is a long and not especially inspired credits sequence involving a conveyor belt that decides whether or not an infant joins a family after taking a tickle test. If no giggles are heard, he or she are declared "management" and become part of an entity known as Baby Corp., a competitor to Puppy Co., where Tim's mom and dad both work.

If this doesn't sound exactly like a bundle of laugh-out-loud joy, that's because it really isn't.
Efforts, some strained, are made to inject zing both visually and story-wise into the proceedings. The look of old-school Warner Bros. cartoons are emulated, including a stylized nod to German Expressionism. But instead of rightfully milking Baldwin's bad-ass babe for all he's worth, there are detours involving action sequences featuring the themes from '70s TV shows "S.W.A.T." and "The Six Million Dollar Man" as well as a lame homage to pirate flicks. We learn that Tim awakens every day at 7 a.m. to an alarm clock with a replica of a wizard that is clearly Tolkien-inspired as it declares, "Wake up, halflings!" It's a cool tchotchke but has little to no useful connection to matters at hand.

"But this is my view, go watch the movie at Vaal Mall and let us know what was your view on the movie".

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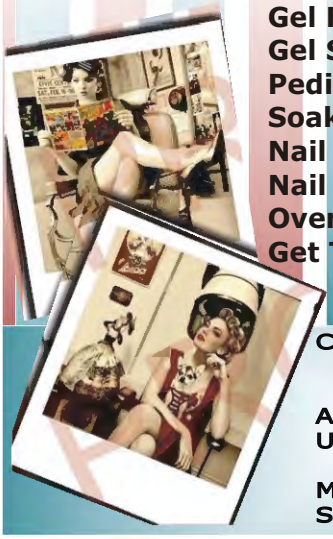
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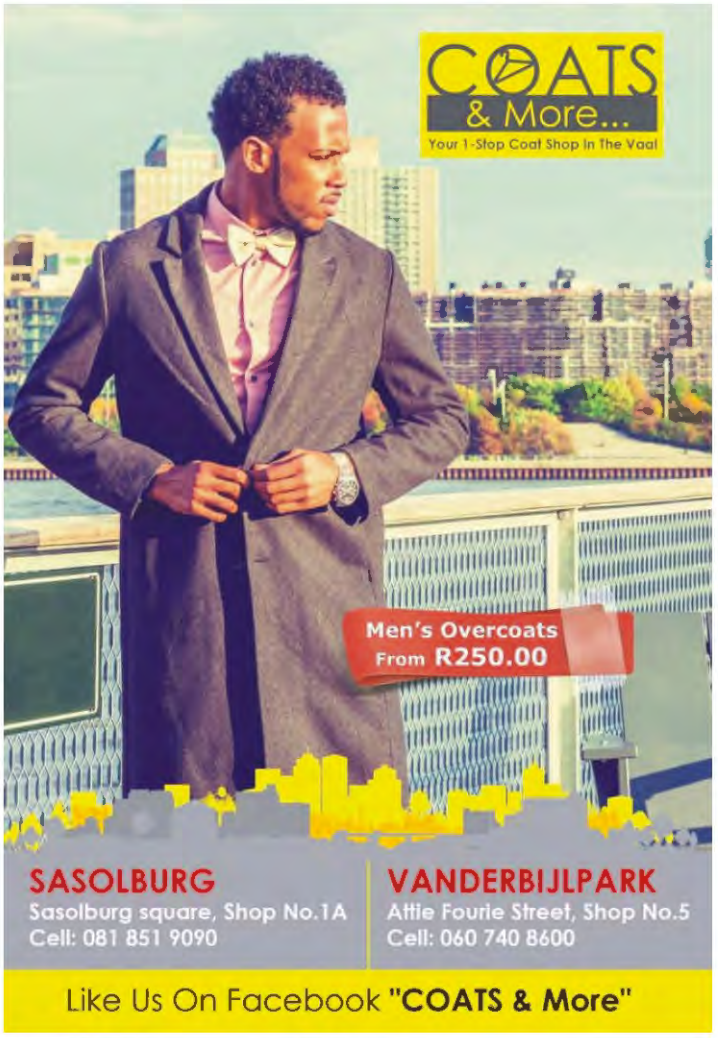
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From left to right: Jacques, Nelanie, Morné, Lee & Klaas
Photographer: Charmaine Smuts (Top Vibe Magazine)

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