Top Vibe Magazine

Free!

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue100
2017



Matric Farewell

Page 6 & 7

Dr. Q Fourie: Maer maak Molecules Bl 4

Nasionale Braai Dag 24 September

Sien bladsy 4 vir kompetisie

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Redakteurs Nota.

Met vrouemaand agter die rug!!!

Wonderlik om 'n vrou te wees, hoe sê hulle met vroue bou jy 'n nasie, vroue is amazing mensies, elkeen in eie reg.

Top Vibe Magazine, het die stunningste girls hulle is ook finaliste vir Miss Teen Vaal, hou hulle gerus dop. Hierdie twee is nie net beeldskoon nie, maar slim, behulpsaam en het tonne liefde en respek vir ander.

Ons is ook bevoorreg om in vrouemaand nog 'n Ambassadeur te verwelkom by ons span.
Welkom Alida Stols!! Sy is 'n top verkoop agent van Annique produkte.
Alida, laat nie op haar wag nie, sy is hardwerkend, lojaal, vriendelik en stap altyd die ekstra myl vir haar kliënt. Kontak gerus vir Alida by 082 811 5301.

Die jaar stap stadig aan einde se kant toe, en die span werk hard om 'n kinderhartjie bly te maak, maar ook ons bejaarde mensies. Julle kan meer lees oor ons opkomende projekte in Vibe News asook op ons Facebook blad. Indien jy nog nie 'n vriend is op Facebook nie word vandag een, gaan na Charmaine Terisa *(Top Vibe Magazine)*.
Ons doen 'n beroep op ons lesers en kliënte om ons te ondersteun en betrokke te raak. Ons kan soveel vermag as ons saam staan. Dit is mos lekkerder om te gee as om te ontvang!!!

Ek het so pas wonderlike nuus ontvang. Ek mag dit ongelukkig nog nie met julle deel nie maar hou ons dop, al wat ek kan sê is dit is amazing wat kan gebeur as mens hande vat

Die lente is hier en nou is ons almal lus om weer te lewe!!
Die winter is nou maar eenmaal nie lekker, ek kan nie glo daar is mense wat van die winter hou nie.
Hier by Top Vibe is daar so baie dinge aan die gebeur, November maand word ons 10 jaar oud, dit is 'n mylpaal. Ons is natuurlik baie opgewonde en werk nou nog harder.

Wil jy iets vir jou medemens doen en jy weet nie waar om te begin nie, kontak ons en saam kan ons 'n verskil maak. Ons is op soek na wol. As iemand dit vir ons kan skenk, ons sal dit opreg waardeer.

Kontak besonderhede:

Charmaine 072 768 8582 (WhatsApp)
E-pos charmaine@topvibe.co.za

Groete Charms x0x

Charms Xox

Welkom Alida

Baie welkom by die Top Vibe span, dit is great om jou aanboord te hê.

Kontak gerus vir Alida indien jy 'n advertensie wil plaas.

Bemarking Ambassadeur
Cell: 082 811 5301



Top Vibe Magazine

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SAARKIE

QUEEN VAN DIE TOORBOS

Suid - Afrika se gunsteling- meisie Rockers reik NUWE ENKEL snit uit.



Na agt suksesvolle jare in die musiekbedryf, het SAARKIE beslis geen bekendstelling nodig nie.
Hierdie Ghoema (Best Rock-Album van die jaar, Best Album deur 'n groep of Duo, Groep van die jaar) en SAMA (Best Rock-Album benoemde trio het pas 'n nuwe enkelsnit vrygestel, wat nie net uit die staanspoor positief ontvang is nie, maar ook bewys hoekom hierdie groep "vir altyd" 'n plekkie op Suid-Afrikaanse verhoog sal hê.

VIR ALTYD bou voort op die elektriese-akoestiese, bars-uit-jou-nate-uit,wenresep waarvoor die groep bekendheid verwerf het en kan beskryf word as 'n mengsel van moderne Pop en Rock.
Die liedjie is geskryf deur Adèle Fouchè en Mjon van Blommestein en verteenwoordig die goeie plek waarin die Saarkies hulleself tans bevind.
"Almal het iemand wat hulle vir altyd in hulle lewe wil hê, selfs al droom jy nog net van 'n ontmoeting met so 'n persoon.
Die lied vertel van iemand se begeerteom sy of haar drome uit te leef saam met hierdie persoon, vir altyd...," Vertel hulle entoesiasties. "Ons dink mense sal daarvan hou omdat die universele boodskap met jonk en oud praat. Dis ook een van daardie liedjies waarop almal kan dans en saamsing."

Daar word ook 'n musiekvideo vir hierdie treffer beplan en die beeldmateriaalis glo regoor die land geskiet.
Die snit is die eerste vrystelling vanaf hulle vierde album, *Queen van die Toorbos,* wat later vanjaar uitgereik word. Volgens hulle, kan luisteraars uitsien na nuwe klanke, soos klavier-en tjellomusiek wat by seker ballades ingewerk is en lekker kitaar-solo's by die rockliedjies. Elf oorspronklike snitte en drie verwerkings van bekende gunstelinge, soos *Stille waters (Laurika Rauch), I'm on fire (Bruce Springsteen) en Beds are Burning (Midnight Oil)*, vorm deel van die speellys en die titelsnit word uitgesonder as hulle gunsteling. "Die lirieke vertel 'n opwindende fisionele verhaal, met verrassende storielyn. Instrumenteel is dit 'n opwindende liedjie om op te voer en ons hou veral vand omndfluitjie. Die beste van alles is dat *Queen van die Toorbos* 'n energieke reaksie uit die gehoor lok en ons mal is oor daardie gevoel", verduidelik hulle. "Dis 'n Pop- rock album, met SAARKIE-benadering. Dit bevat woorde vir die hart, energie vir die siel en solo's vir die vale!"

SAARKIE bestaan uit drie pragtige en talentvolle musiekante. Adèle Fouchè is die hoofsanger en liedjieskrywer en speel ook kitaar en mondfluitjie. Sy kom oorspronklik van Boksburg af en het musiek studeer by Tukkies in Pretoria. Alhoewel sy ook baie goed was met sport en lief is vir diere, het haar passie vir instrumente en lirieke nog altyd koning gekraai.

Lila Botha speel dromme en doen ook een van die agtergrond stemme in die groep. Adelè en Lila is goedhartig en ge-organiseerde mense wat daarvan hou om vooruit te beplan. Erika Pretorius is die nuwe toevoeging tot Saarkies en het in 2016 by die groep aangesluit, nadat Lourene Mostert weg is.

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STARBURST PROMOTIONS

Maer maak Molekules



Deur: Dr. Q Fourie

Wie het nou gedink dat moeder natuur gedink het aan vele molekules wat jou gewig sal behou? Dit is seker omdat sy 'n moeder asook 'n vrou is?

Dit is gelukkig voordelig dat ons hierdie molekules kan identifiseer en dit manipuleer vir ons gebruik. In vandag se gejaagde lewe is dit moeilik om gesonde kos voor te berei. Massaproduksie van voedsel ontneem dit van belangrike minerale, vitamienes en ander nutriente.

Kom ons kyk na die molekules wat help om gewigverlies te vergemaklik. Vitamien B12 en die ander vitamien B's kom in skulpvis, vis, rooivleis, lae vet suiwel en eiers voor. Dit stabiliseer die glukose metabolisme en daarom help dit met die gewig. Ander voordele is dit stabiliseer chemiese brein prosesse, help met spierkrampe, inaktiveer estrogeen in die lewer en dit assisteer met skildklier funksie.

Vitamien D, waar sonlig die grootste bron is, kom dit ook in tuna, mackerel, salm, roovleis, lewer kaas en eier wit voor. Dit het baie voordele en word nogals onderskat. Dit help met die afskei van insulien in die pankreas, en is betrokke by koolhidraat metaboliese paaie.
Dit help met verjoning asook met die opname en plasing van kalsium in die been. Verder is dit betrokke in die brein vir geheue, konsentrasie, fokus en word verbind aan siektes soos veelvuldige sklerose, Alzheimer's asook ander neurologiese degeneratiewe siektes. Dit is ook betrokke by die hart, vel en immuniteit.

Omega 5 wat ons vind in promegrante, is die mees potenste anti-oxidant bekend aan wetenskap en 'n goeie vet wat dus slegte vette verminder en vet afbraak vermeerder, so ook die ander omega's soos Omega 7 en Omega 3. Omega 7 is in vis soos tuna, sardine, mackerel, salm asook in macadamia neute. Omega 3 vind ons in flaxeed olie, vis vette, walnuts, seekos, soya bone en spinasie. Die omega's het anti-cholesterol effek omdat dit die goeie vette verbeter. Dit stimuleer derm aksie en gee jou 'n "youthful complexion".

Jodium, 'n mineraal, vind ons in vis en "iodinated" sout en beheer gewig deur te help met skildklier hormoon funksie. Alpha lipoic acid, wat ook 'n baie sterk ante-oksidant is, word gevind in dier organe, spinasie en" brewer's" gis. Dit is veral goed vir senuwee genesing en senuwee pyn veral in diabete, asook in ander neuologiese siektes. Dit verbeter wond genesing en is 'n wonderlike byvoeging in vel produkte. Waar dit help met gewig is dat dit suiker vlakke stabiliseer en dus is dit anti-prediabeties.

Phosphatidyl choline, ook 'n wonder moelekule word gevind in rooi en wit vleis, suiwel, spinasie, beet en skulpvis . Dit word veral gebruik in die behandeling van lewer siektes soos hepatitis C en in die behandeling van inflammatoriese derm siektes. Dit help met gewig deurdat dit vet verminder deur dit in te spuit in die "unwanted" areas, en soms ook intraveneus. Dit assisteer in ander siektes soos angs, ekseem, galstene, maniese depressive, bloed sirkulasie, Alzheimer's, ante-ageing en PMS.

L-carnitine en glutamine is essensiële amino sure wat die bou blokke is van proteiene. Dit word gevind in rooivleis en suiwel en verhoog spiermassa groei wat vet vorming teë werk. Whey protein word gevind in suiwel asook sport supplimentasie, baba melk poeier asook maaltyd vervangings. Dit verhoog protein sintese en bevat nege belangrike aminosure vir die bou van proteiene. Chromium is 'n micro-element en kom in meeste kosse voor, maar veral in spesserye. Dit help met gewig deurdat dit die suikervlakke reguleer deur middel van insulien opname in die sel. Dit is ook betrokke by die metabolisme van koolhidrate, vette en proteine

Yster is 'n essensiële mineraal en word gevind in lewer, sonneblom sade, neute, roovleis, groen groentes veral spinasie en donker sjokolade. Daarom die sjokelolade "cravings" daaityd van die maand. Dit is 'n draer van suurstof in die liggaam asook belangrik vir rooibloedsel vorming. Dit help met gewigs verlies deurdat dit help met intrasellulêre energie produksie deur die afbraak van glukose en dat dit help met die vervoer van die aktiewe T3 skildklier hormoon. Magnesium is betrokke by meer as drie-honderd metaboliese prosesse in die liggaam, maar veral protein sintese, spier en senuwee funksie, glukose (suiker) kontrole en bloeddruk beheer. Ander voordele is dat dit help met slaap, krampe en toegetrekde lugweë soos in asthma.

VOLG OP BLADSY 4

50 Year's old..

This is for you girls 50 years and older, and for those who are turning 50 and for those who are scared for moving into their 50's. For the guys who are scared of the girls that is 50.

Andy Rooney says:

As I grow in age, I value women who are over 50 most of all. Here are just a few reasons why:

A woman over 50 will never wake you in the middle of the night to ask, " what are you thinking?' She doesn't care what you think.

If a woman over 50 doesn't want to watch the game, she doesn't sit around whining about it. She does something she wants to do. And, it's usually something more interesting.

If a woman over knows herself well enough to be assured in who she is, what she is, what she wants and from whom. Few woman past the age of 50 don't give a damm about what you might think about her or what she's doing.

Woman over 50 are dignified. They seldom have a screaming match with you at the opera or in the middle of an expensive restaurant. Of course, if you deserve it, they won't hesitate to shoot you, if they can get away with it.

Older woman are generous with praise, often undeserved. They know what its like to be unappreciated.

A women over 50 has the self-assurance to introduce you to her women friends. A younger woman with a man will often ignore even her best friend because she doesn't trust the guy with other women. Women over 50 couldn't care less if you're attracted to her friends because she knows her friends won't betray her.

Woman get psychic as they age. You have to confess your sins to a woman over 50. They always know.

A woman over 50 looks good wearing bright red lipstick. This is not true of younger women.
Once you get past a wrinkle or two, a woman over 50 is far sexier than her young counterpart.

Older women are forthright and honest. They'll tell you right off if you are a Jerk if you are acting like one! You don't ever have to wonder where you stand with her.

Yes we praise woman over 50 for a multitude of reasons. Unfortunately, it's not reciprocal.
For every stunning, smart, well-coiffed hot woman of 50+, there is a bald, paunchy relic in yellow pants making a fool of himself with some 22-year old girl!

Give this to all ladies to make them feel good, and to all the guys so they can be educated.

Enjoy it, if you are a women of 50 years or older!

Mear maak molekules - volg bladsy 3

CLA (conjugated lipoic acid) is 'n gesonde vet en word gevind in rooivleis, rou botter en melk. Dit verhoog metabolisme en is algemene byvoeging in dieete asook sport supplimente. Dit staan immuniteit by en hou ook cholesterol intakt. Co-enzyme Q10 is 'n hulp ensiem wat betrokke is by spieraksie en energie produksie. Dit word gevind in vis asook aanvullings soos Stat 10 Choice. Dit help met verlig van spierkrampe en voorkoming van afbraak van spiere.
Dit is betrokke by vele metaboliese paaie en verhoog energie vrylating asook "lean mucle mass.

Kontak besonderhede:

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Sien advertensie op bladsy 5.

NASIONALE BRAAI DAG



Fotograaf: Charmaine Janse van Rensburg

Deur: Charmazel Janse van Rensburg.

Dis Nasionale braaidag die 24ste September 2017 en Charmazel, het by Vaaldriekoel se skole gaan uitvind, wie hulle graag om hul braaivleis vuur wou hê as gas en hoekom?

Watter drie bekende Suid-Afrikaners wil jy graag braaidag om jou vuur hê?

Wouter Rothman Adjunkhoof van Laerskool Rissiville.
1. Sarel van der Merwe die renjaer - Ons kan lekker oor karre en wedrenne gesels. 2. Andiers Vermeulen, Ons kan saam stories vertel en lekker lag. 3. Oon Angus Buckhan - Ek sal graag met hom oor sy tokomsvisie en sy hoop vir Suid- Afrika wil gesels.

Pierre Roetyen.
1. Sir Anthoney Hopkins - hy is 'n amazing akteur, oor die role wat hy al vervul het. 2. Johnny Depp:- Hy is ook 'n amazing akteur omdat hy baie veelsuidig is. Hy kans sy role so goed vervul. Hy doen baie liefdadigheids werk veral met kinder.
3. Jim Carrey:- hy is my rolmodel met al sy mal maniere, en sy oordramatiese goed wat hy doen. Ek dink ons sal lekker kan kuier.

So, of jy nou saam met vriende gaan braai en of daar bekendes om jou braaivleis vuur gaan wees, dit maak seker nie saak nie. Ons Afrikaners is mos gek oor braai.

Kompetisietyd:

Stuur vir ons twee (2) braai-kuier foto's en vertel vir ons in 200 woorde hoekom jy van braai hou.
Stuur dit na admin@topvibe.co.za met jou naam, van en kontak nommer.

Jy staan 'n kans om twee (2)CD's te wen!

Stephan Visagie - Rondloper
Stiaan Reynierse - Sonde

Die wen foto's sal in ons Vibe News verskyn asook op ons Food blog en Facebook.
Kompetisie sluit 30 September 2017 om 12:00 middernag.

Die wenner sal Maandag 3 Oktober aangekondig word per SMS.

Lekker braai, sien uit daarna om van julle te hoor!!

Business Vibe's





















Matric Farewell

It's that time of the year again, but it's the first the that Top Vibe Magazine put's the focus on the Matric Farewell, with some tips on page 9 for boy's and girls for this special event. Our advertisers on this two pages will help you to make your planning easy and to insure that you will look your best. Make a rememberable gift at ***Laser Cutting and engraving***. ***Purple carrot creations*** will help you to choose stunning jewelry to complement your outfit. Visit ***Bonito Beauty Salon*** for a beautiful tan, make up, nails and many more.



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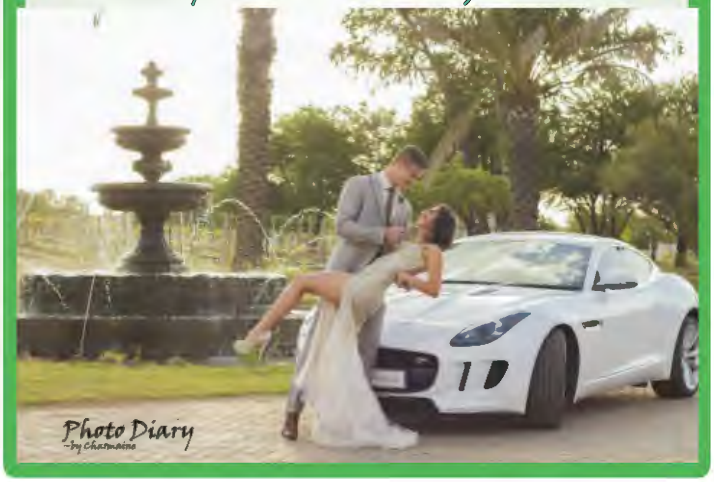
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Photographer:
Charmaine Janse van Rensburg.

Matriekafskeid

Deur: Suhanè Bosch.

Suhanè het so bietjie gaan uitvind waarom al die bohaai oor Matriekafskeid gaan. Dit is nagal 'n gedoente, daar word reeds maande voor die tyd beplan vir die groot dag.

Matriek seuns en dogters staan nou nader en kry hier raad vir jou matriekafskeid.

Elke meisie is mal oor die idee van "Matriekafskeid", die seuns is mos nou nie juis baie gepla nie, solank hy aan die sy is van 'n mooi meisie is kla hy nie.

Elke jaar meng dit natuurlik in met die groot eksamen, maar natuurlik gee niemand om nie. Die matriekafskeid is die hoogte punt van die jaar!

Daar word reeds baie lank vooruit beplan en almal sien vreeslik uit daarna. Dit is soos 'n oefening vir 'n meisie se troue.

Die rokke is deesdae so duur en daar is ouers wat natuurlik oorboord gaan vir hulle dogters se rokke. Daar is die dogters wat roke koop en daar is die wat dit laat maak.

Daar is soveel beplanning soos bv:

1. Het jy al 'n metgesel?
Indien wel, besluit saam wat hy gaan aantrek, sodat julle soos 'n paartjie lyk.

2. Watter tiepe rok sy gaan jy dra?

Dit is natuurlik belangrik dat jy 'n rok kies wat by jou figuur pas. Die kleur van die rok moet by jou gelaatskleur pas.

3. Skoene?

Jou skoene moet gemaklik wees en jou perfek pas, jy kan 'n paar plat skoene saamvat vir as jou voete moeg word en jy baie wil dans.

4. Hare?

Kies 'n haarstyl wat by jou gesig gaan pas, hou ingedagte dat as jy langhare het en jy wil 'n rok aantrek met 'n ooprug is dit beter om jou hare op te dra - anders kan jy nie die ruglyn van jou rok sien nie.

5. Naels, sonbed, grimeering, parfum en juwele?

Jou naels moet jou uitrusting en juwele komplimenteer.
Maak seker dat jou grimeering goed aangewend word, onthou om jou lipstafie saam te neem sodat jy dit kan "op touch"
Gaan vroegtydig vir sonbed sessie sodat jy mooi bruin kan wees, indien jy wil gaan vir spray tan, maak seker dat jy na professioneels mense toe gaan - jy mag dalk net oranje lyk.
Parfum moet nie oordonnerend wees nie, spuit maar bietjie aan, en op jou pols. Jy wil nie daai stunning rok van jou vlek met farfum nie.

Seuns:

Onthou dit is ook jou groot dag, hier is so bietjie raad:

1. Metgesel.

Kry vroegtydig 'n metgesel, en wees nou 'n galante heer en vra haar met 'n blom of sy jou sal vergesel na die matriekafskeid.

2. Uitrusting.

Hoor by jou metgesel, wat sy gaan dra en besluit saam op watter kleur haar rok gaan wees, sodat jy by haar kan aanpas. Moet dit nie oordoen nie.

3. Skoene.

Dra 'n paar gemaklike skoene, wees versigtig vir 'n glade sool jy wil nie op die dansbaan neer slaan nie. Jou skoene moet ook pas by jou uitrusting.

Hare, naels en parfum:

Maak seker jou hare is in 'n styl gesny wat by jou gesigvorm pas. Neals kort en skoon. Jou parfum moet jy nie oordoen nie dit kan dalk bots met jou metgesel sin.

Seuns vat maar 'n peppermint of 'n kougom saam vir as die senuwees te veel knaag.

En op die ou einde van die geleentheid is dit net belangrik dat julle dit geniet het en asemrowend gelyk het!!!

Fotograaf,motor en blomme.

Maak seker jy het 'n goeie fotograaf want na als verby is het jy net die foto's as herhinderinge van jou matriekafskeid.

Motor - dit is die seun se afdeling tensy hy en sy metgesel saam besluit het op 'n motor.

Seun is verantwoordelik vir die meisie se blomme hetsy of dit nou 'n skouer blom is of 'n arm ruiker is.

Ek het vir *Michaela van Vuuren* gevra wat haar opinie is oor die idee van "Matriekafskeid"

Michaela van Vuuren se:

"Ek dink dit is 'n belewenis vir elke meisie om soos 'n prinses te voel en vir elke seun soos 'n prins. Sy moet spesiaal kan voel in haar rok, skoene en hare. Een van die hoogtepunte daardie aand is net om jou self te geniet"

<u>Datums van Matriekaskeide</u> :

* Hoërskool Driehoek - 28 Septemeber.
* Hoërskool Transvalia - 13 Oktober.
* Vereeniging Gimnasiun - 26 September.
* Sasol Hoër - 14 Oktober.

Ek sluit af om te sê :

"Give a girl the right pair of shoes and she can conquer the world."



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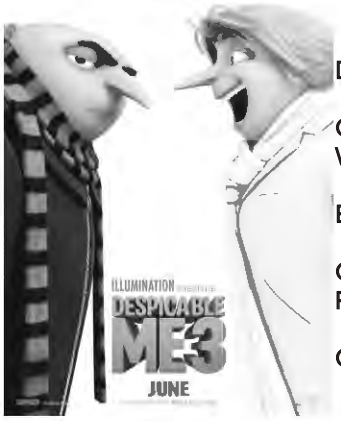
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Het jy gedagtes, menings, stories of voorstelle om met ons te deel?
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Top Vibe & SK GREAT MOMENTS AT THEIR GREATEST VAALMALL Movie Review

DESPICABLE ME 3

★★★



Director: Kyle Balda &Pierre Coffin

Co-director:Eric Guillon
Writer: Ken Daurio & Cinco Paul.

Editor: Claire Dodgson.

Composer: Heitor Pereira & Pharrell Williams.

Our rating: ★★★

With its combination of vaguely European stylings, a storyline that effectively combines slapstick and sentiment and the scene-stealing antics of the gibberish-spouting sentient Twinkies known as the Minions, "Despicable Me" (2010) was a breath of reasonably fresh air in the crowded feature animation marketplace that went on to be a massive success throughout the world. The inevitable "Despicable Me 2" (2013) was an equally big hit from a financial standpoint but lacked the freshness of the original and the storyline was largely forgettable. And even though the Minions once again more or less stole the show, even they began to wear out their welcome a bit.

That became especially obvious in the spin-off vehicle "Minions" (2015), a film that did little other than illustrate to youngsters the notion of there being too much of a good thing. Now comes "Despicable Me 3," a depressingly rote piece of corporate product that has so little on its mind other than presumably making hundreds of millions of dollars that you half expect the ticket sellers to hand out copies of Comcast's latest earnings report along with the 3-D glasses.

Having been inspired by his three adorable adopted daughters Margo (Miranda Cosgrove), Edith (Dana Grier) and Agnes (Nev Scharrel) to give up a life of super-villainy, Gru (Steve Carrell) is working as an agent for the Anti-Villainy League alongside new wife Lucy (Kristen Wiig). As the film opens, the two try to stop the fiendish Balthazar Bratt (Trey Parker), a former kid star from the 80's seeking revenge on the world for cancelling his TV show ("Evil Bratt"), from stealing the world's largest diamond with the aid of a robot sidekick, scientifically enhanced bubble gum and a keytar capable of playing the most familiar musical riffs of his favorite era. Although he saves the diamond, Gru lets Balthazar get away and as a result, the new head of the AVL (Jenny Slate in a strangely brief role) fires both him and Lucy. No sooner has Gru suffered this professional setback than his personal world is rocked as well when he is contacted by his heretofore-unknown twin brother Dru (also Carrell) and invited to meet him at his home on the faraway land of Freedonia. (If the name "Freedonia" rings any bells with you, consider that a potential signal that you might be just a little too old for this film.)

Gru and the family fly off to Freedonia and discover that Dru is fabulously wealthy and handsome. But just as the even-more-depressed Gru is about to leave, Dru confesses the real reason for summoning his brother he wants his sibling to teach him the tricks of the super-villain trade so that he can also carry on in the family tradition. Gru refuses at first but since Balthazar has managed to steal that diamond in the interim.

What now? Take the family to watch this movie.

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