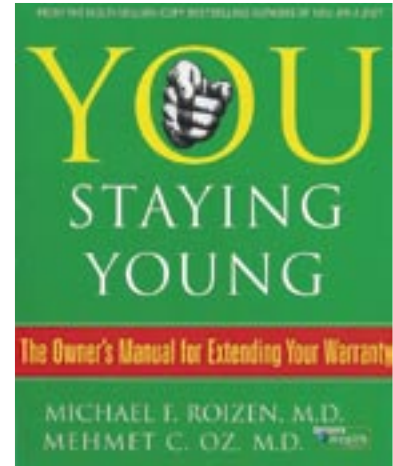
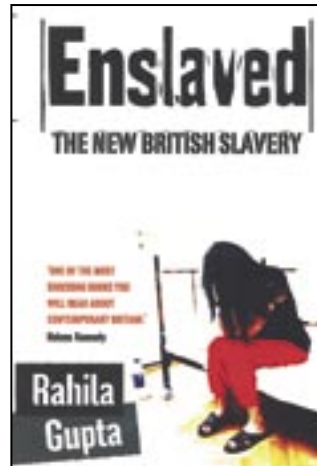
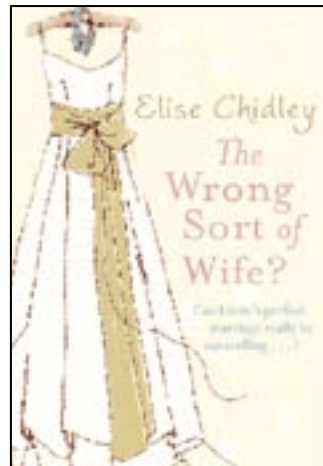


REVIEWS

MAX OUT YOUR LEISURE TIME WITH THESE GREAT SUGGESTIONS

COMPILED BY ROBERTA COCI



BOOK OF THE MONTH

MY VINTAGE SUMMER ●●●●

By Jane Elmor (Pan Macmillan)

Lizzie and Kim are small town girls completely in awe of Kim's eccentric, carefree, and utterly cool older sister, Vonnie. As soon they get the chance they follow her to London, where the girls define their identity, starting an all-girl punk-rock band and living out their fantasies in hedonistic bliss. But as always, nothing that good lasts forever. The girls eventually go their separate ways, and Lizzie becomes a conventional, responsible woman who remembers her wild and promising youth through a misty film of nostalgia. It is only when Vonnie, the girl they all wanted to be, falls into serious trouble, that the women are forced to finally come together and say goodbye to their youth. Beautifully written and frighteningly honest, this book is for anybody who ever dreamed of being somebody.

READ IT...

FOR YOUR BEDSIDE TABLE THE WRONG SORT OF WIFE? ●●●

By Elise Chidley (Orion)

Lizzie Buckley may be married to her (and most other women's) dream man, but since she gave birth to her three-year-old twins, the idea of demolishing a chocolate slab is the only thing that turns her on. Her whole world crumbles when she finally vents her frustration in an e-mail, but sends it to her husband, James, by mistake. Unwilling to end up in a

loveless marriage like his parents, James walks out on Lizzie, leaving her to start a new life in a new town, with new, very nosy neighbours. Forced to get her life back on track, Lizzie takes up running and finally returns to her passion of writing children's verse. But even though she transforms her body, her career and even her love life, she can't seem to get over the ex. This is a fantastic debut novel, packed with quirky characters who'll make for great company on these chilly winter nights.

FOR YOUR CONSCIENCE ENSLAVED: THE NEW BRITISH SLAVERY ●●●

By Rahila Gupta (Portobello)

This fascinating account of modern-day slavery in Britain is a slap in the face to the commemoration of Britain's 200-year anniversary of the abolition of slavery. Gupta brings five victims and survivors of slavery out from the dark, telling their tales and sharing their horrors. From an Eastern European prostitute to an abused Indian bride to a repeatedly raped Somali asylum seeker, the stories, which are told in the first person, bring light to a subject whose existence most

of us would rather deny. The fact is, there are estimated to be over 25 000 slaves living in the UK today, even though this figure was said to be brought down to zero 200 years ago.

FOR YOUR HEALTH YOU STAYING YOUNG ●●●●

By Michael Roizen & Mehmet Oz (Harper Thorsons)

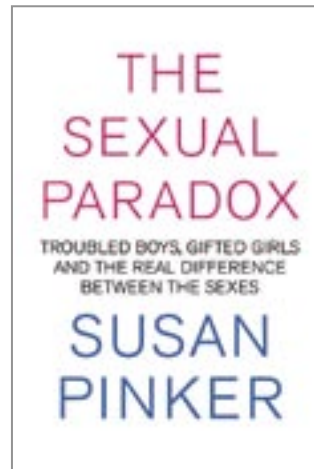
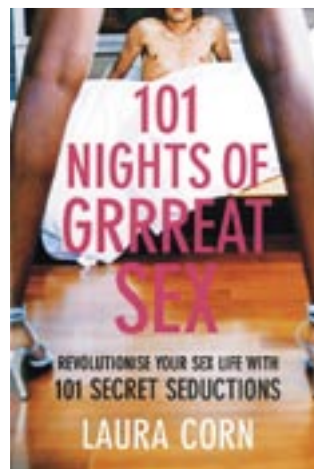
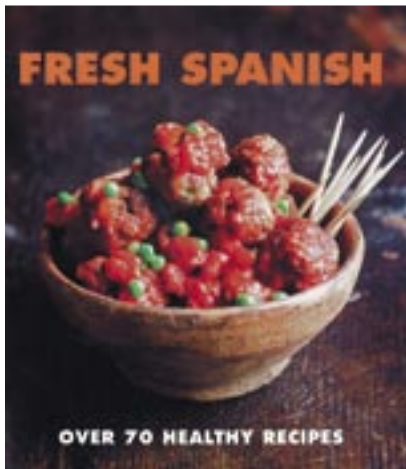
We all want to live longer, stay younger and prevent gravity from taking over. However, as the authors of this book insist, longevity is not about living longer; it's about living younger. The resulting book is a readable toolkit of information on how to do so. It's cheeky in tone, and filled with tests, tips, tools, factoids and entertaining cartoons. Most importantly, it 'dumbs' down the medical and science speak that so often baffles us. All-in-all, this is an interesting and well-researched book full of practical information.

– Kim Bell

FOR YOUR KITCHEN FRESH SPANISH ●●●

By Sergio Vasquez (Hamlyn)

Bring Spain into your kitchen with this beautiful full-colour cookbook, your ultimate go-to place for fresh and healthy



WHAT WE THOUGHT

- Not our cup of tea
- Didn't leave a lasting impression
- We'd give it a second date
- Almost the whole package
- Our prescription for total happiness

recipes. As a decadent winter warmer I made the lentil and chorizo stew, which I have officially classified my new über comfort food. When the first inkling of a cold sniffled in, I rushed to make the chicken soup with mint and lemon, and found the mint added a fresh and original tang that I'll be hard pressed to leave out in the future. True to *Longevity* style, I loved the fact that each recipe comes with nutritional values and a health tip. The book also has great upfront resources, such as a comprehensive glossary to Spanish spices, equipment and fresh ingredients, and a useful menu plan. *Muy bueno!*

FOR THE BEDROOM

101 NIGHTS OF GRRREAT SEX ●●●●

By Laura Corn (Orion Books)
Most of us find it all too easy to let life get in the way of love, says Corn. And she would know. Touted as America's number one expert on seduction, she has had three books on the *USA Today* bestseller list at the same time – clearly many people need her advice. Her latest book aims to put the spark back into your relationship with enough ideas for “grrreat sex twice a week, every week, for one full

year”. It alternates between sexy ideas for him and her that will surprise, perhaps even push your boundaries (just a little) and remind you and your partner that you're lovers and friends as much as you are everything else in life.

– Nicole Sparrow

FOR YOUR FAMILY

THE SEXUAL PARADOX ●●●

By Susan Pinker (Atlantic)

Why is it that girls are almost always ahead of boys in the classroom, yet when they reach the workplace they fall behind? In a nutshell, Pinker argues that men are born to be risk-takers, while women are “built for comfort, not speed”. While this may sound contentious, Pinker argues her point well, and I quickly found myself coming round to her argument. She is by no means for turning women back into Stepford wives. Instead, she reasons that women should have high-powered jobs, but always on their own terms. This makes sense, judging by her discovery that about 60 percent of gifted women turn down promotions or take lower pay in order to have more flexibility or social purpose in their lives.

SEE IT...

ON DVD ENCHANTED (NuMetro) ●●●●

For princess-to-be Giselle (Amy Adams), life is a perfect fairytale – until she is banished from her animated fairyland and forced to join the real world of modern-day Manhattan. But it's not all bad. There she meets the gorgeous Robert Philip (Patrick Dempsey), a no-nonsense divorce lawyer who comes to her aid, saving her from the grips of the wicked witch (Susan Sarandon). Giselle is the quintessential Disney heroine, and while she fits in well in fairyland, in New York she comes across as a nut out of rehab, making this a great comedy for the entire family. – Jane Horton



ON DVD THE BUCKET LIST (NuMetro) ●●●●

If you found out you had six months to live, what would you do? In this beautiful film, a bitter billionaire (Jack Nicholson) and a compassionate mechanic (Morgan Freeman) meet in a hospital room, where they are both given the gloomy prognosis. Instead of succumbing to depression and returning home to be bathed in pity and tears, they decide to create a “bucket list” – things they would like to do before they kick the bucket. Before they know it they are jumping out of planes, visiting the pyramids, climbing mountains and racing Mustangs. But the real challenge for both men comes with reassessing and appreciating their relationships with loved ones. Nicholson and Freeman both give an inspired performance, which is guaranteed to have you reaching for the tissues, no matter how hardcore you think you may be.





TRY IT...

F!SH

Located in the hip hub of Rosebank, Johannesburg, f!sh specialises in seafood and sushi – as the name suggests. The restaurant offers an extensive menu and even the pickiest eater is likely to find something to suit their tastes. To quiet my rumbling stomach, I sampled the sushi menu, and followed this with salmon teriyaki. Crispy on the outside and barely touched by heat in the middle (the only way to eat salmon), the sweetness of the glaze was complemented by just enough wasabi added to the mashed potato to give it a burny bite without a sinus-clearing blast of heat. If you don't have time to linger, f!sh now also offers a lunch menu for those who want a quick, smaller meal, but we recommend taking at least two hours to eat and enjoy the urban vibe of the area.

f!sh is located at the corner of Baker and Craddock streets. To book, call (011) 447 9188. – Nicole Sparrow

SPARTY FUN

Cape Town's Elixir Spa is breaking through the party scene with their novel Spa Party concept. Birthdays, hen parties, corporate bonding sessions, anniversaries and the like are popularly celebrated in a day of pampering.

Guests congregate in the trendy waiting lounge for a treatment line-up that could include an Indian head massage combined with a rejuvenating devils mint sugar body scrub; an energising lemon shea butter back and neck massage; a lemon scalp and peppermint foot massage or any combination of treatments on the menu. Strategically situated on Mouille Point's beachfront, Elixir Spa skillfully blends chic beach décor into a tasteful display of stone and water. Seasonal themes add an interesting dimension: Autumn embraces chocolate with chocolate wraps, summer features lime and mint and includes experiences like a romantic jet bath with fresh lemons, candles and mint liqueur. For more information e-mail info@elixirspa.co.za or call (021) 439 2266. – Robyn Wilkinson

HEAR IT...

GREATEST EVER! ROCK BALLADS

VARIOUS (UNION SQUARE MUSIC) ●●●●

Everytime I hear Toto's *Africa* I am immediately transported back to my late teens, to my friends and I gathering at the local karaoke bar belting out the words to a song my parents used to party to. And that's what makes this collection of 53 ballads so special. Each has been chosen for its staying power, and it's packed with bands and singers whose music will outlive the candyfloss sounds of this generation. With songs from the likes of Cher, Bonnie Tyler, Moody Blue and Europe, this is a compilation of memories that my parents danced to, I clubbed to and I am sure my children will still be partying to in years to come. – Kim Bell



ACCELERATE

REM (WARNER BROS) ●●●●●

After a dismal response to their last album, REM took a novel approach with *Accelerate*. They embarked on a five-day "working rehearsal" in Dublin, inviting fans and critics alike. By doing this they tested their new material live, thereby seeing what worked and what didn't. The result is a return to their indie-rock roots. As singer Michael Stipe, explains: "This album is short, fast, simple and in your face". REM has produced an album that flows, and there is a synergy between the band members that has been lacking in previous albums. They've taken the elements that made them famous, listened to the new rock sound that younger alternate bands are producing and fused the two, creating a fresh album that totally rocks. – Kim Bell



40 MOST BEAUTIFUL ARIAS

VARIOUS (WARNER CLASSICS) ●●●●

From Placido Domingo to Maria Callas, José Carreras to Angela Gheorghiu, this compilation boasts some of the most powerful and beautiful operatic voices to date. Each of the two discs features 20 moving arias, from popular operas such as *Madama Butterfly*, *La Bohème*, *Carmen* and *La Traviata*. The CD makes for the perfect unwinder, giving you the opportunity to sit on the couch and simply lose yourself in the music.



SEVENTH TREE

GOLDFRAPP (EMI) ●●●

Blame it on too many Enid Blyton books, but as a child I dreamed of running away to join a band of travelling gypsies and touring the countryside in a horse-drawn caravan. I soon realised that gypsies are thin on the ground in South Africa. But that Bohemian wanderlust lingers in me and Goldfrapp captures this hippy spirit on their latest album. The sound is honey-soaked, reminiscent of the trippy folk musings of the '70s. These days the closest I get to a horse-drawn caravan is a taxi being towed, but I can still pop on this CD in the car and dream, can't I? – Nicole Sparrow

