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JUNE 2026 MID-MONTH EDITION

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Unplugged! with Johan

Cutting-Edge Graphic Design Trends in South Africa: Staying Ahead of the Curve

The digital world is constantly reshaping graphic design, and South Africa, with its deep cultural heritage and explosive creativity, is at the forefront of this evolution. Local designers are not just keeping pace; they're setting global trends. For businesses and creatives aiming to stand out, understanding these shifts is essential for staying competitive.

1. Embracing Bold, High-Energy Colors
A dominant trend is the use of bold, vibrant colors. Drawing inspiration from South Africa's stunning landscapes and diverse cultural groups, designers are deploying bright, intense hues to create instantly captivating visuals. This energetic palette doesn't just reflect the nation's spirit; it also taps into the worldwide maximalism movement.

Actionable Tip: Integrate contrasting colors into your digital, print, or branding projects to create a dynamic visual experience and ensure your work leaves a lasting impression.

2. Minimalism with a Cultural Twist
While the clean aesthetic of minimalism remains popular, South African creatives are infusing it with local flavor. They achieve a unique fusion by incorporating subtle traditional patterns and textures into otherwise simple designs. This approach successfully blends a modern, clean look with a deep respect for the country's heritage.

Business Opportunity: Incorporating discreet cultural elements into your branding can make your products more relatable and appealing to local audiences. The goal is to maintain simplicity while adding just enough detail to forge a cultural connection.

3. The Rise of Eco-Friendly Design
Sustainability is no longer optional; it's a core design principle. Driven by increasing environmental awareness, South African designers are prioritizing eco-friendly design. This involves using recycled materials, favoring digital media over print, and embedding 'green' messages throughout their creative work.

Brand Benefit: Adopting sustainable practices not only helps the planet but significantly boosts brand reputation. Consumers are actively seeking out and supporting businesses that demonstrate a clear commitment to environmental responsibility.

4. Interactive and Immersive Experiences
Technological advancements are fueling demand for deeply engaging content. Designers are pioneering the use of tools like Augmented Reality (AR) and Virtual Reality (VR) to craft interactive and immersive experiences. These technologies offer powerful new avenues for storytelling and direct brand interaction.

Strategic Use: Integrating AR/VR can give your brand a distinct edge, providing users with memorable, highly engaging experiences. This is especially relevant in sectors like gaming, education, and marketing where user engagement is the ultimate metric.

5. Typography with Distinct Personality
Typography is evolving beyond simple communication to become a powerful design element capable of conveying emotion. South African designers are exploring custom typography-creative lettering, innovative layouts, and expressive typefaces-to inject unique personality into their projects.

To remain relevant in this rapidly shifting landscape, designers and brands in South Africa must embrace the bold, the innovative, and the culturally rich. By integrating these key trends, your work will be not only visually appealing but also impactful and resonant.

Johan de Beer

Johan de Beer | **Creative Director**



What's on Bloemfontein?

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CONCERTS & ENTERTAINMENT



Botanical Garden Market
Sunday 9 August. 10:00 AM
Free State Botanical Gardens Bloemfontein.



RAAF
Thu, Aug 27, 7:30 PM
Warm Karoo.



Jakkals Vibes
Fri, Aug 28, 12:00 AM
The Buffalo.



15th Annual South African Heroines Awards:
August 8, 2026 at 10:00 AM
at PACOFS.



Soul Experience & Music of The Temptations/ Boyz II Men Tribute:
August 9, 2026 starting at 10:00 AM – 2:00 PM
at The Fabulous Vegas Club.

MARKETS & OUTDOORS



Bloem Market:
August 1, 2026
at Jutskei Parking, Park Road, Willows.



Botanical Garden Market & Women's Day Trail Run:
August 9, 2026
at the Free State National Botanical Garden
(3km, 6km, and 9km runs starting at 9:00 AM).



Farmyard Ultra - Last Person Standing:
August 22, 2026
at 8:00 AM
at Boomrits Adventures.

SPORTS & FOOD TOYOTA



Cheetahs vs. Sanlam Boland Kavaliers:
August 23, 2026
at 3:00 PM
at Toyota Stadium.



Lamb Champs Bloemfontein:
August 29, 2026
featuring live music and a traditional braai/skaapkop competition.



Brunch With Tsholo:
August 29, 2026
at 12:00 PM
at Food 'N Things Restaurant, Westdene.

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Thank You

FOR CASTING YOUR VOTES, BLOEM!

We deeply appreciate the participation and support of all the fantastic restaurants in this year's extremely close competition. While it was a tight race, the crowd has spoken.

Please join us in congratulating **Paletas,** our 2026 winner and the crowd's favorite for Bloem's Best Pizza Restaurant!

We would also like to congratulate **Tammy Swanepoel,** the lucky winner of our voter draw, who takes home a **R500** voucher for Paletas.

Congratulations to Paletas and Tammy!





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Kinahan, pictured here in 2010, was extradited to the Republic of Ireland on Sunday *Solarpix*

SUSPECTED CRIME BOSS
DANIEL KINAHAN
APPEARS IN COURT AFTER EXTRADITION

DUBLIN — Daniel Kinahan, the alleged mastermind behind a sprawling international crime syndicate, appeared before a Dublin court on Sunday evening to face serious charges following a high-profile extradition from the United Arab Emirates.

The 49-year-old Irishman was flown back to his home country aboard an Irish government jet under heavy security. Upon landing at an airfield outside Dublin, he was escorted directly to the non-jury Special Criminal Court, where prosecutors formally charged him with directing the activities of a criminal organization.

During the brief Sunday night hearing, Kinahan—reportedly dressed in a black hoodie, dark trousers, and flip-flops—confirmed that he understood the charges against him.

When informed by the three-judge panel that any application for bail would have to be made through the High Court, Kinahan replied, "I think we know I won't be getting bail, but thank you so much for explaining." He was subsequently remanded in custody to a high-security prison, with his next court appearance scheduled for October 5.

Kinahan's return to Ireland marks a major milestone for international law enforcement. He had been living openly in Dubai for roughly a decade before his arrest by UAE authorities in April, which followed an arrest warrant issued by Ireland.

Despite his legal team's efforts to halt the process, a Dubai court ultimately approved his transfer under a new extradition treaty between Ireland and the UAE that came into force in May 2025. Following the handover, the justice ministers of both nations issued a joint statement praising the strengthened judicial co-operation, noting that the extradition sends a clear message that "perpetrators of serious crimes will not find a haven to evade justice." International authorities, including the United States and European police agencies, have pursued Kinahan for years.

Law enforcement officials allege he is the senior leader of the Kinahan Organised Crime Group (KOCG), a transnational network valued at over €1 billion. The cartel is accused of orchestrating massive cocaine and weapons smuggling operations across Europe, large-scale money laundering, and playing a central role in a bloody Dublin gang war that claimed 18 lives. While Kinahan has previously denied being an organized crime boss and claimed in a recent interview that he was being used as a "scapegoat," Irish authorities view his successful prosecution as the crucial step in dismantling one of the world's most notorious criminal empires.





SHARED EVIDENCE SUGGESTS SA'S SPECIAL FORCES ARE BEHIND TOP DETECTIVE'S MURDER


Lt Col Frans Mathipa was a respected detective and father of five

According to exclusive case documents recently shared with the BBC, members of South Africa's special forces were allegedly involved in the assassination of a highly respected senior police investigator, Lieutenant Colonel Frans Mathipa.

Mathipa was discovered shot to death in his overturned vehicle in August 2023.

Before his murder, the detective had spent four exhausting months battling for access to classified military information.

He was spearheading an investigation into the December 2022 abduction of two Ethiopian nationals from Johannesburg's Mall of Africa.

The BBC was granted exclusive access to hundreds of pages of secret police files, court documents, and the prosecution's case.

This evidence reveals that a vehicle tracking Mathipa just before his execution was registered to a front company operated by the special forces. Furthermore, tracking data and footage placed one of the men inside that car at the very scene of the kidnapping Mathipa was investigating.

The conflict between the military and law enforcement escalated after Mathipa's death.

Police records indicate that special forces sent a chilling threat to the Hawks, South Africa's elite police unit, warning that any new investigating officers assigned to the case would also be killed.

While several military personnel have been charged with murder, abduction, and obstruction of justice, the prospect of a trial remains uncertain. Some of the accused have defied court orders after their bail was revoked, and the military has reportedly refused to hand them over to law enforcement. Disturbingly, the accused individuals remain employed by the army, with at least one receiving a promotion since the investigation began. The South African Army has not provided an official response to media inquiries regarding their involvement in the killing. This broadcast segment, SANDF Special Forces Arrested For Allegedly Murdering a Hawks Detective, offers an in-depth discussion on the extraordinary arrests and the serious allegations made against the military personnel involved in Mathipa's case.

OPRAH WINFREY TO CLOSE HER SCHOOL FOR GIRLS IN SOUTH AFRICA

After nearly two decades of providing world-class education to underprivileged young women, media mogul and philanthropist Oprah Winfrey has announced the upcoming closure of her prestigious boarding school in South Africa. The Oprah Winfrey Leadership Academy for Girls (OWLAG) will officially conclude its operations in its current form at the end of the 2027 academic year.

While the physical campus in Henley on Klip, Gauteng, will transition to new management, Winfrey emphasized that her mission to empower South African youth is expanding rather than ending. The billionaire is shifting her focus to a nationwide scholarship program designed to reach double the number of students by decentralizing her philanthropic efforts.

What Happens to the Campus and Students?

For the 281 students currently enrolled, the transition is fully supported. The final two classes will complete their studies before the campus officially closes in 2027.

Any remaining students who will not have graduated by then will be placed in other top-tier schools, with Winfrey's foundation covering their full tuition through to graduation.



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Getty Images

SOUTH AFRICA PUSHES STRICTER GUIDELINES ON FORMER PRESIDENTS' OVERSEAS TRAVEL

The South African government is moving to establish tighter regulations regarding the international travel of former heads of state, according to Vesper News. The initiative follows a recent trip to India by former President Jacob Zuma, which sparked concerns over national security and the country's diplomatic standing.

During his visit to India, Zuma was photographed meeting with Ajay Gupta, as highlighted by a report from Briefly. Gupta is a central figure in the extensive "state capture" corruption scandal that heavily impacted South Africa and ultimately contributed to the downfall of Zuma's administration. The Gupta family is accused of improperly influencing the country's domestic policies, including the hiring and firing of cabinet ministers, and profiting from their ties to Zuma over a period of more than a decade.

In response to the incident, Minister of International Relations and Cooperation Ronald Lamola recommended to parliament that new travel protocols be introduced, as noted by Briefly. Under the proposed framework, former leaders would be required to proactively disclose the specifics of their international travel plans to the government. Chrispin Phiri, a spokesperson for the Department of International Relations and Cooperation (DIRCO), explained in an SABC News broadcast that this measure would allow officials to evaluate any potential political, diplomatic, or security risks before a former leader travels abroad. Government officials stress that unmonitored international meetings by ex-presidents can inadvertently compromise South Africa's global interests. This is not the first instance of a former leader's travel causing diplomatic friction; Zuma previously drew criticism for meeting with Moroccan officials and expressing support for Western Sahara—a stance that directly contradicts South Africa's official foreign policy position. A specific timeline for the implementation of these new rules has not yet been set.

GLOBAL OIL MARKETS STABILIZE AS OPTIMISM GROWS OVER US-IRAN PEACE AGREEMENT

Oil prices have steadied and global equity markets are experiencing a boost following renewed hopes of a peace deal between the United States and Iran. The prospective agreement is expected to fully reopen the critical Strait of Hormuz, significantly easing fears of global energy supply disruptions.



The potential deal, championed in recent remarks by US President Donald Trump, aims to bring an end to recent military hostilities and restore safe commercial passage through the Gulf. As one of the world's most vital shipping lanes—handling approximately a fifth of global petroleum consumption—the strait's recent blockades and disruptions had previously driven up crude prices and rattled international logistics.

In response to the diplomatic progress, energy markets have breathed a sigh of relief. Major crude benchmarks, including Brent and West Texas Intermediate (WTI), saw sharp declines from their recent peaks and have begun to stabilize as the immediate threat of supply constraints wanes.

Simultaneously, stock markets across Asia, Europe, and the US have rallied on the prospect of stabilized energy costs, which could temporarily ease the global pricing of goods from food to fertilizer.

US Secretary of State Marco Rubio recently indicated that negotiators have a solid framework on the table, though both sides acknowledge that certain complexities remain.

While the agreement marks a major geopolitical de-escalation, specific long-term details are reportedly being left for later negotiations.

These thorny issues include the exact timeline for sanctions relief, the unfreezing of Iranian funds, and strict parameters surrounding Iran's nuclear ambitions.

Despite the current wave of optimism, investors and market analysts maintain a degree of caution.

The complete normalization of oil flows depends heavily on the successful, sustained implementation of the deal and the formal removal of blockades and maritime service fees. Until the final details are officially signed and enacted, global energy markets will continue keeping a close watch on developments between Washington and Tehran.

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NOSTALGIA ALERT

WHY INTERNET USERS ARE CRAVING AN UNFILTERED MYSPACE RELAUNCH

The internet is buzzing with nostalgia as rumors of a potential MySpace comeback continue to gain momentum. For millions of millennials, the pioneering platform was their first real taste of social media—a chaotic, highly personalized corner of the web defined by auto-playing music, HTML-coded profiles, and a Top 8 friends list.

According to recent reports from the platform's current owners, Tim and Chris Vanderhook, a relaunch could be on the horizon, positioning the site as an antidote to modern social media fatigue.

While parent company Viant hasn't confirmed an official timeline, the mere hint of a revival has sparked excitement among former users and modern content creators alike.

The Appeal of the "Raw" and Real

What is driving the hype? Many users say they long for the authenticity of the early 2000s internet. Unlike today's landscape of heavily edited photos and highly curated Instagram grids, MySpace was a place for raw, unfiltered expression. As one former user recalled, you could upload a completely unedited photo without the fear of harsh judgment or the pressure to look perfect.

Furthermore, today's top social platforms are heavily dictated by algorithms and "pay-to-play" metrics. Users and creators are increasingly exhausted by feeds designed to maximize engagement rather than foster genuine personal connections. A revived MySpace, many hope, would return to a chronological, user-controlled feed that feels more like a digital bedroom and less like a performance stage.

A Bridge Between GenerationsInterestingly, the audience for a relaunched MySpace might extend far beyond nostalgic millennials. Gen Z is currently experiencing a massive cultural fascination with the early 2000s (Y2K) aesthetic. With younger demographics already reviving vintage tech like point-and-shoot digital cameras, flip phones, and MP3 players, a social network rooted in that exact cultural era could be perfectly timed.

Whether the Vanderhook brothers can successfully resurrect the platform remains to be seen. But the overwhelming enthusiasm for a potential return proves one thing: the internet is desperately craving a space that is a little less polished, and a lot more personal.



Dancing dots: The motion-sickness cure hidden in iPhone settings

If you have recently noticed small, animated dots gliding around the edges of someone's iPhone screen on a train or bus, your eyes are not playing tricks on you. It is not a software glitch or a broken display—it is actually a clever Apple feature designed to combat a highly common issue: motion sickness. Tucked away in the device's accessibility settings is a relatively obscure tool called "Vehicle Motion Cues".

The feature is specifically aimed at passengers who frequently experience nausea, dizziness, or headaches when trying to read or scroll on their phones in a moving car, bus, or train. **The Science of the Sickness**

Motion sickness is widely believed to occur due to a phenomenon known as "sensory conflict". When a passenger looks down at a static screen, their eyes signal to the brain that they are completely stationary. **How the Dancing Dots Help**

To bridge this sensory gap, Apple's Vehicle Motion Cues utilize the iPhone's built-in accelerometer to detect physical shifts. The feature projects a border of animated dots that move across the screen in real-time to reflect the vehicle's momentum. For instance, if a car turns left, the dots will glide to the right; if the vehicle brakes, the dots move upward, providing visual confirmation of the motion. *Navigate to your iPhone's Settings app, tap Accessibility, and select Motion. From there, you can select Vehicle Motion Cues.*

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The total solar eclipse of 2024, seen from Dallas, TexasNASA/Keegan Barber

ITALIAN RESEARCHERS PREPARE GROUNDBREAKING SOLAR TECH FOR UPCOMING ECLIPSE

In a major leap for astrophysics, a team of scientists in Padua, Italy, has finalized an innovative new tool designed to revolutionize our understanding of the Sun's outer atmosphere. The device, known as the Circular Slit Spectrometer (CISS), is scheduled to face its most critical trial on August 12, 2026, during a total solar eclipse visible over Europe.

In a major leap for astrophysics, a team of scientists in Padua, Italy, has finalized an innovative new tool designed to revolutionize our understanding of the Sun's outer atmosphere. The device, known as the Circular Slit Spectrometer (CISS), is scheduled to face its most critical trial on August 12, 2026, during a total solar eclipse visible over Europe.

The highly anticipated test will occur at the Javalambre Astrophysical Observatory in Spain, where researchers hope the CISS will demonstrate its ability to analyze solar light at unprecedented speeds. The instrument is specifically engineered to study the solar corona—a volatile region of the Sun that is notoriously difficult to observe, except when the Moon perfectly blocks the Sun's bright surface during a total eclipse.

Understanding the corona's dynamics is vital for modern infrastructure, as its erratic magnetic behavior and plasma eruptions can trigger space weather events capable of disrupting global communication networks and electrical grids back on Earth.

If the upcoming trial in Spain proves successful, the underlying technology of the CISS could ultimately be incorporated into future space missions dedicated to continuous monitoring of the Sun's atmosphere.

For now, the research team faces the immense pressure of flawless execution during the very brief window of "totality." After two and a half years of rigorous laboratory preparation, there is virtually no room for error.

As Senior Researcher Paola Zuppella emphasized regarding the fleeting moments of an eclipse, "there is neither space nor time for the unexpected".

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TIMING IS EVERYTHING: WHY MOVING YOUR BIGGEST MEAL TO MIDDAY COULD TRANSFORM YOUR HEALTH

It turns out that the old adage, "Eat breakfast like a king, lunch like a prince, and dinner like a pauper," might actually be the golden rule for our metabolism. Recent health insights suggest that our internal body clocks dictate how well we process food, meaning when we eat is just as crucial as what we eat.

IWe spend so much time obsessing over what we put in our bodies that we often completely ignore when we consume it.

However, the timing of our meals—particularly dinner—plays a massive role in our overall well-being. It all comes down to our body's internal clock, which heavily influences how efficiently we process and metabolize the food we eat.

There is an old, widely known proverb: "Eat breakfast like a king, lunch like a prince, and dinner like a pauper".

While it might sound like a quaint saying, this approach is actually spot on. Take Spanish eating culture as an example; traditionally, lunch is the most substantial meal of the day, leaving the evening meal as a much lighter affair.

So, when is the ultimate time to eat dinner? While there isn't a strict "one-size-fits-all" hour on the clock, experts recommend front-loading your daily food intake.

Ideally, your heaviest meals should be eaten earlier in the day when your body is most active and ready to use that energy.

As for your evening meal, the general rule of thumb is to finish eating at least three hours before your head hits the pillow. Giving your body this generous buffer allows it to properly digest food before entering sleep mode, preventing late-night metabolic spikes and aligning perfectly with your natural circadian rhythms.

The Science of Your "Food Clock"

Our bodies operate on a 24-hour circadian rhythm. This internal clock doesn't just tell us when to sleep; it dictates our hormone release, insulin sensitivity, and digestive efficiency.

Midday Peak: During the morning and early afternoon, your insulin sensitivity is at its highest. Your body is primed to take carbohydrates and calories and efficiently convert them into usable energy for the day's activities.

Evening Slowdown: As daylight fades, your body begins releasing melatonin to prepare for sleep. Melatonin naturally suppresses insulin secretion.

Eating a heavy, carb-dense meal while your body is actively trying to shut down means those calories are more likely to be stored as fat, and the sheer effort of digestion can fragment your deep sleep.

The 9-to-5 Dilemma

In cultures like Spain, lunch has traditionally been the main event, leaving the evening for a lighter, tapas-style meal. But in many modern working cultures, the traditional 9-to-5 schedule forces a rushed sandwich or salad at your desk at noon, leading to a massive, calorie-dense "catch-up" meal at 7:30 PM.

How to flip the script on your schedule:

Upgrade your lunch: Treat midday as your primary fueling window. Batch-cook robust, balanced meals on Sunday so you aren't relying on a light snack when your body needs energy the most.

The 3-hour rule: Aim to close your "eating window" at least three hours before your head hits the pillow. If you go to sleep at 10:30 PM, your kitchen should effectively close by 7:30 PM.

Swap your portions: If you usually have a hearty protein, rice, and roasted vegetables for dinner and a sandwich for lunch, literally swap them. Eat the heavy plate at 1:00 PM and enjoy a lighter soup or sandwich in the evening.

Ultimately, shifting your biggest meals away from bedtime might just be the easiest dietary change you can make. It requires zero calorie counting and no restrictive fad diets—just a simple, smart realignment with how your body was naturally built to function.

FIRST DAILY GLP-1 WEIGHT-LOSS PILL GIVEN THE GREEN LIGHT IN THE UK

For the very first time, a daily weight-loss pill has been approved for use in the UK, offering a needle-free alternative for people managing obesity. The Medicines and Healthcare products Regulatory Agency (MHRA) officially cleared the semaglutide tablet—part of the Wegovy brand—for weight loss and weight management on June 11, 2026. Until now, GLP-1 receptor agonists like Wegovy have primarily been available as weekly injections. This newly approved daily tablet offers a more convenient option for those who may be uncomfortable with needles. It is designed to be used alongside a reduced-calorie diet and increased physical exercise.

How Does It Work?

Semaglutide works by mimicking a naturally occurring hormone in the body called glucagon-like peptide-1 (GLP-1), which is typically released after eating. The medication targets areas of the brain that regulate appetite, meaning patients feel fuller for longer, experience reduced hunger, and have fewer food cravings. Clinical trials showed that adults taking the maximum 25mg daily dose lost an average of 17% of their body weight over 64 weeks.

Strict Instructions for Use

To ensure the body absorbs the medication properly, the tablet must be taken whole on an empty stomach. Patients need to fast for at least eight hours beforehand, take the pill with just a sip of water, and then wait a minimum of 30 minutes before eating or drinking anything else.





2026 TRAVEL GUIDE: 20

EXTRAORDINARY DESTINATIONS

FOR THE MINDFUL EXPLORER

As the travel landscape continues to evolve, 2026 is all about dodging the overwhelming crowds of traditional hotspots and leaning into sustainable, community-driven, and culturally rich alternatives. Rather than simply checking off the usual bucket-list cities, the focus has shifted toward destinations that are eagerly welcoming visitors and where tourism actively helps protect local environments and heritage.

Swapping the Classics for New TreasuresIf you love the historic charm of Europe or the vibrant rhythms of South America, 2026 is the perfect time to explore their quieter neighbors:Montenegro: Instead of battling the throngs of tourists in Dubrovnik, Croatia, look just down the Adriatic coast to Montenegro. It offers the same stunning seaside settlements, alongside a newly developed network of hiking trails that connect remote mountain communities.

Algeria: Why fight for elbow room at the Colosseum? Algeria holds some of the world's most magnificent and well-preserved Roman ruins—like Timgad and Djémila—with practically zero crowds. With a streamlined visa-on-arrival process and expanding domestic flights, this North African "sleeping beauty" is finally opening its doors to eager explorers.

Uruguay: Just across the water from the ever-popular Buenos Aires lies Montevideo. As one of South America's most eco-friendly cities, it boasts world-class steaks, passionate tango culture, and a commitment to sustainability without the overwhelming bustle of its Argentine neighbor.

Culture, Conservation, and Thrills
Beyond alternative destinations, several regions are doubling down on unique experiences that leave a positive footprint:

Samburu County, Kenya: Moving beyond the traffic jams of the Masai Mara, this remote northern region is pioneering community-led conservation. From new astrotourism projects to tracking growing rhino populations and visiting the community-owned Reteti Elephant Sanctuary, Samburu is the ultimate off-the-grid safari.

The Cook Islands: This South Pacific paradise is taking massive strides in environmental preservation. With the custodians of the Marae Moana marine park strengthening protections, visitors can experience pristine blue lagoons and authentic Polynesian culture in a truly sustainable way.

Abu Dhabi, UAE: For those seeking grand-scale entertainment and culture, Abu Dhabi is rapidly expanding. Yas Island is adding a Harry Potter extension to Warner Bros. World and growing Yas Waterworld, while also building up its impressive Saadiyat Cultural District.

Sipping and Sightseeing
For travelers who prefer to let their palates guide them, these regions offer a perfect blend of scenery and flavor:

Colchagua Valley, Chile: A two-hour drive south of Santiago lands you in Chile's cowboy heartland. Surrounded by the Andes, this valley is a haven for international wine lovers, offering historic haciendas, vibrant local markets, and incredible stargazing at local observatories.

The Hebrides, Scotland: Scattered along the wild Atlantic coast, these Scottish islands are experiencing a whisky boom. Beyond the distilleries, visitors are drawn to the tight-knit communities, ancient stone circles, and surprising white-sand beaches.

Wildlife & Unspoiled Wilderness
For travelers who want to connect with nature, these destinations are leading the charge in protecting their most vulnerable ecosystems:

Costa Rica (Osa Peninsula): With nearly 60% of its land covered in forests, Costa Rica is a global model for reversing deforestation. The Osa Peninsula is a biodiversity hotspot where visitors can paddle through bioluminescent mangroves, hike Corcovado National Park, and directly support community-led sea turtle conservation.

Samburu County, Kenya: Moving beyond the traffic jams of the Masai Mara, this remote northern region is pioneering community-led conservation.

From new astrotourism projects under the equatorial sky to tracking growing rhino populations and visiting the community-owned Reteti Elephant Sanctuary, Samburu is the ultimate off-the-grid safari.

Komodo Islands, Indonesia: Famous for its prehistoric "dragons," this archipelago is also being highlighted for its delicate, world-class coral reefs. It's a vital destination for mindful divers and wildlife enthusiasts who want to support marine preservation.

Under-the-Radar Urban Escapes
If you prefer city streets over hiking trails, 2026 is shining a light on cities that offer massive cultural footprints without the typical tourist fatigue:

Philadelphia, Pennsylvania: Long overshadowed by New York and Washington D.C., "Philly" is being recognized for its immense historical significance, dynamic food scene, and walkable, art-filled neighborhoods.

Oulu, Finland: Looking for a unique European getaway? Oulu is stepping into the spotlight. Known for its quirky culture, winter cycling, and proximity to nature, it offers a fresh, uncrowded take on Nordic travel.

Abu Dhabi, UAE: For those seeking grand-scale entertainment and culture, Abu Dhabi is rapidly expanding.

Beyond its massive theme parks (including a new Harry Potter extension at Warner Bros. World), the city is finalizing its impressive Saadiyat Cultural District, which includes the landmark Zayed National Museum and the upcoming Natural History Museum. Ultimately, the best places to travel in 2026 aren't just about where you go, but how you visit.

By choosing these culturally rich and environmentally conscious destinations, your next great adventure can make a genuinely positive impact.



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THE END OF UBER IN SOUTH AFRICA

The Phased Rollout and Rationale
The end of UberX isn't a sudden decision. Uber initially notified users in Johannesburg back in May 2026 that the flagship service would be discontinued in their city. The recent announcement simply expands this phase-out nationwide, effective September 1, 2026.

According to Uber, the move is designed to simplify a product portfolio that had become too cluttered. Over time, riders found it increasingly difficult to distinguish between the different tiers, which reduced the earning differentiation for drivers who had invested in higher-spec vehicles. By removing the "middle-ground" UberX, the platform is drawing a firmer line between budget rides and premium experiences.

The New Simplified Menu
Starting in September, the South African app will strictly feature four core options:

Uber Go: The budget tier using smaller vehicles, intended for short urban trips with a smaller price tag.

Uber Comfort: Designed for those wanting extra space, newer car models, and the ability to request a "quiet drive."

Uber Black: The premium tier featuring top-rated drivers, luxury vehicles, and extended wait times.

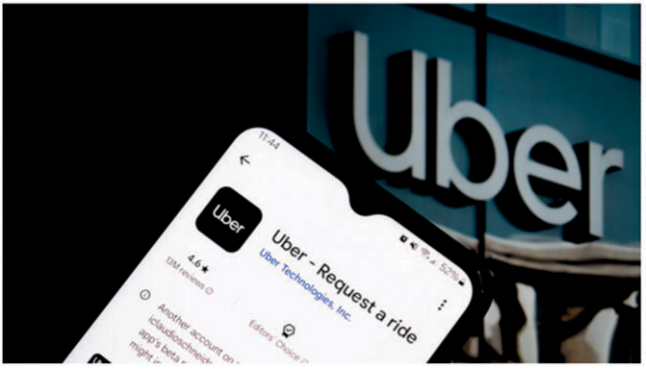
Uber Reserve: A scheduling feature allowing riders to lock in prices and guarantee pick-ups up to 90 days in advance.

Safety Concerns and the "Race to the Bottom"
Uber's restructuring comes at a time of heightened scrutiny for the local e-hailing sector. The intense price war between Uber and its main rival, Bolt, has driven a massive shift toward budget-friendly rides. Driving skills experts warn this has triggered a "race to the bottom" that negatively impacts service standards, driver vetting, and vehicle maintenance.

A prime example of this was Uber's controversial pilot of "Uber Moto" (a motorcycle-hailing service) in Johannesburg in early 2025. The Motorcycle Safety Institute of South Africa (MSI) strongly criticized the service, citing the dangers of untrained passengers riding pillion and the logistical impossibility of providing legally required, correctly sized helmets for every rider.

Furthermore, airport safety has become a major flashpoint. Criminals posing as legitimate e-hailing drivers have increasingly targeted travelers, particularly at night. In some reported cases, scammers have defrauded tourists out of thousands of rands by manipulating trip costs and getting victims to hand over their bank cards.

While UberX may be disappearing, Uber isn't leaving South Africa—but it will have to navigate a fiercely competitive and highly regulated future to maintain its market dominance.





R200 FOR A FULL TANK OF PETROL IN SOUTH AFRICA

For South African motorists, the days of handing over a single R200 note to fill up their cars feel like a lifetime ago. According to recent data, the cost of filling a standard 40-litre tank with inland 93-octane petrol has skyrocketed from R200.80 in 2005 to a staggering R1,016.80 in August 2026.

This represents a massive 406.37% increase over the past two decades—a surge that is double the country's inflation rate for the same period.

What's Driving the Increases?
The relentless climb in fuel prices is the result of a "perfect storm" of economic pressures, both global and domestic. The primary culprits include:

Currency volatility: The long-term weakening of the rand against the US dollar.
Global conflicts and oil shocks: From the Gulf War in 1990 to the Russia-Ukraine conflict and recent tensions in the Middle East, global supply disruptions have consistently pushed the price of crude oil higher.

Domestic taxes and levies: South Africans now pay over R500 in taxes alone just to fill a single tank, further exacerbated by government mechanisms like the negative slate balance. South Africa has weathered several dramatic fuel price shocks over the last half-century. In January 1985, the government announced an overnight hike of 39.4%—still the single largest percentage increase in 50 years.

Today, even with a slight 52-cent relief in August 2026 bringing the inland price down to R25.42, the financial strain on households remains immense. As Stats SA notes, it isn't just motorists feeling the pinch; these increases ripple through the economy, driving up the costs of food, public transport, and basic goods.





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THE R28 MILLION GHOST TOWN

INSIDE YZERFONTEIN'S BOOMING (BUT EMPTY) PROPERTY MARKET

zerfontein, a tranquil coastal village on South Africa's West Coast, is experiencing a remarkable real estate boom. Despite soaring property values—with some homes fetching up to R28 million—roughly 60% of the town's houses sit unoccupied for the majority of the year.

SKnown for its pristine 16-Mile Beach, the village has transformed into a highly sought-after enclave for affluent buyers. Recent data reveals that the median property price has surged past R3 million, a significant leap from the R2 million mark it first crossed in 2021. Yet, despite this high demand, only about 40% of the area's 2,345 properties have full-time permanent residents.

Who is Buying?

The majority of these vacant properties function as holiday retreats for inland farmers, city dwellers, and international investors.

The top end of the market is particularly active. Over the past year, beachfront properties on Dassen Eiland Drive and Beach Road have changed hands for jaw-dropping sums, including two sales hitting the R28 million mark and another at R19.5 million. Real estate agents note a growing trend of "discreet marketing" for luxury homes falling within the R20 million to R40 million bracket, as wealthy owners prefer privacy.

Priced Out of Paradise

For first-time buyers, Yzerfontein has largely become unattainable. A basic 160-square-metre, two-bedroom home starts at around R2.5 million. The younger demographic moving into the area tends to consist of remote workers who homeschool their children, or those purchasing property strictly as an investment.

Even vacant land is coming at a massive premium:

Estate Plots:
R1 million to R8.5 million.

Sea-View Plots:
R6.5 million to R7.5 million.

Beachfront Land:
R8 million up to R15 million.

As prime land with ocean views becomes increasingly scarce, a new trend is emerging: wealthy buyers are purchasing older homes in the original part of town solely to demolish them and build modern, custom mansions.

As more lifestyle and retirement villages are planned, the local market is expected to shift, potentially bringing even more high-net-worth individuals to upgrade and transform this quiet coastal haven.

The Cost to the Coast: Fynbos and Dunes Under PressureWhile the financial boom brings wealth to the local municipality, the construction of sprawling, multi-million-rand mansions comes at a high environmental cost. Yzerfontein is nestled within a globally recognized biodiversity hotspot, where critically endangered Sand Fynbos and Strandveld vegetation thrive alongside a fragile coastal dune system.

The trend of developing prime seafront land—and bulldozing older, smaller properties to build larger-footprint estates—puts intense pressure on this delicate ecosystem:

Dune Disruption: Coastal dunes are naturally transient and rely on vegetation to stay anchored. Heavy construction machinery and extensive earth-moving not only destabilize these dunes but disrupt the natural buffer they provide against coastal erosion and storm surges.

Looking Ahead

While it may feel quiet in the off-season, Yzerfontein is slowly evolving. The town's urban edge can still accommodate about 1,500 new developments, though available stock remains tight as current owners are reluctant to sell. Amenities are also expanding; a private junior school recently opened its doors, and a Checkers supermarket is slated to launch in 2027.

Amenities are also expanding to catch up with the wealth flowing in. While residents traditionally relied on nearby towns like Darling, Malmesbury, and Vredenburg for services, a private junior school recently opened. Adding to the convenience, a new Checkers supermarket is expected to open its doors in 2027.

As these developments take shape, the local market is expected to shift, potentially bringing even more high-net-worth individuals to upgrade and transform this quiet coastal haven.

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Did Rassie purposely not show his plans for the All Blacks in win over Pumas?

The Springboks' recent victory over Argentina in Buenos Aires was undoubtedly hard-fought, but it was the manner in which they played that has the rugby world buzzing. Fans and pundits alike were left scratching their heads at a surprisingly conservative, kick-heavy style of play that stood in stark contrast to the expansive, free-flowing rugby South Africa had showcased earlier in the Nations Championship. This dramatic tactical shift has sparked a burning question: Was Rassie Erasmus deliberately hiding his true game plan ahead of the looming heavyweight clashes against the All Blacks?

A Tactical Masterstroke or a Pumas-Specific Plan?

It is no secret that Erasmus is a master of the psychological side of rugby. With the highly anticipated four-Test "Rugby's Greatest Rivalry" series against New Zealand just around the corner, analysts suspect that the Springboks intentionally kept their playbook firmly shut.

By relying on a baseline tactical approach against Los Pumas, the coaching staff may have shielded their latest set-piece moves and attacking structures from the watchful eyes of the All Blacks.

The Element of Surprise: New Zealand's analysts have hours of footage from the Nations Championship, but the Pumas match gave them almost nothing new to work with.

Squad Management: Erasmus split his 43-man squad, leaving key players behind in Johannesburg to rest and prepare specifically for New Zealand, proving that one eye is undeniably focused on the All Blacks.

Rassie's Official Stance

Despite the mounting speculation, Erasmus has vehemently denied treating the Argentina match as a mere dress rehearsal.

In his characteristically blunt fashion, the Springbok mastermind showed irritation at the idea, stating that looking past the Pumas is incredibly disrespectful to a dangerous South American side.

He emphasized that winning in Argentina is notoriously difficult and required a specific, pragmatic game plan to get the job done.

The Split-Squad Strategy: Countering the All Blacks

Erasmus is famous for looking two steps ahead, and his approach to the Pumas fixture was a masterclass in workload management. By implementing a "split-squad" system, Erasmus left 15 key players—alongside attack coach Tony Brown—behind in Johannesburg to rest and begin intensive, uninterrupted preparations for the All Blacks.

This is not just about avoiding fatigue; it is a calculated countermeasure. New Zealand's travel schedule and tour preparation are notoriously grueling. By keeping a core group of fresh, conditioned heavy-hitters acclimatized to the Highveld altitude and fully focused on New Zealand's specific attacking structures, Erasmus ensures the Springboks will meet the All Blacks at Ellis Park with a distinct physical and mental advantage.

The Bomb Squad Mystery: 6-2 or 7-1?

The conservative approach in Argentina also successfully concealed how Erasmus plans to utilize his bench against the All Blacks.

South Africa revolutionized the modern game with their forward-heavy 6-2 and controversial 7-1 bench splits (the "Bomb Squad"), designed to unleash a fresh pack of massive forwards in the second half.

Recently, critics like Matt Williams have suggested that the Springboks' 7-1 split had "quietly died" as the team evolved toward a more expansive, attacking mindset under Tony Brown. By playing a gritty, basic, kick-dominated game against Los Pumas, Erasmus gave New Zealand's analysts absolutely no new footage regarding how the modern Bomb Squad will be deployed.

Will they return to the bruising 7-1 split to physically dismantle the All Blacks upfront, or will they opt for a balanced approach to support a fast-paced running game? New Zealand is left entirely in the dark.

Rassie's Official Stance

Despite the mounting speculation, Erasmus has continually stressed the importance of respecting the opposition.

He has pointed out that winning in Argentina is notoriously difficult, requiring a pragmatic, win-at-all-costs game plan. He insists that while the broader goal of building toward the World Cup is always in the background, the management's immediate focus was getting the job done against a dangerous South American side.

This video provides an excellent breakdown of whether Rassie Erasmus's public focus on the Pumas is actually a calculated, long-term strategy designed to keep the All Blacks off balance.



Rassie Just Sent The All Blacks A Clear Message....👀🇿🇦
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Transforming Your Skin Below the Neck:

RETINOL

The Power of Our Body Lotions

While facial skincare often takes center stage in our beauty routines- the skin on our bodies is finally getting the attention it deserves.

Dermatologists and beauty experts have long hailed retinol as the gold-standard ingredient for the face, prized for its ability to accelerate cell turnover, stimulate collagen production, and smooth fine lines. Now, this powerhouse anti-aging ingredient has made its way into full-body care, and retinol body lotions are proving to be the ultimate game-changer for skin below the neck.

Why Your Body Needs Retinol

Our bodies are exposed to many of the same environmental stressors and aging processes as our faces. Over time, this leads to a loss of elasticity, accumulated sun damage, and textural changes. Retinol body lotions are formulated to specifically target these common below-the-neck concerns:

Crepey Skin: By boosting collagen and elastin production, retinol helps firm and plump areas that are naturally prone to thinning and sagging, such as the chest, arms, and above the knees.

Hyperpigmentation: Regular use speeds up cellular turnover, which helps to fade sun spots and even out the overall tone of your skin.

Uneven Texture: Retinol acts as an exceptional resurfacing agent, helping to clear up body breakouts and smooth out keratosis pilaris (the small bumps often referred to as "strawberry skin").

How Body Formulas Differ

The skin on our bodies is generally thicker than facial skin, but it also has fewer oil glands, making it far more susceptible to extreme dryness. Recognizing this, the best retinol body lotions on the market pair vitamin A derivatives with intensely hydrating and barrier-repairing ingredients like ceramides, squalane, hyaluronic acid, and shea butter. This thoughtful formulation ensures that the active retinol can gently resurface and firm the skin without causing the irritation, redness, or excessive peeling often associated with traditional facial retinoids.

Getting the Best Results

To maximize the benefits of your new retinol body lotion while minimizing the risk of irritation, keep these expert tips in mind:

Cleanse with Care: Start in the shower with a gentle, sulfate-free body wash. Harsh, stripping soaps can compromise your skin barrier, which makes the subsequent application of retinol much more likely to cause irritation.

Pat Completely Dry: This is the most crucial adjustment. While standard body lotions are best applied to damp skin to lock in moisture, retinol must be applied to completely dry skin. Applying retinol to damp skin accelerates its absorption rate, which can lead to redness and stinging. Wait 5 to 10 minutes after toweling off before applying.

Target and Massage: Dispense the lotion and massage it in using upward, sweeping motions. You can apply it everywhere, but many people prefer to focus on areas that show age and sun damage first, such as the chest, shoulders, tops of the hands, and above the knees.

The "Sandwich" Method (Optional): If your skin is naturally very dry, or if you live in a harsh climate, wait 10 minutes for the retinol lotion to sink in, and then apply a layer of a plain, rich body butter or ceramide cream over it. This "sandwiches" the active ingredient and provides an extra buffer of hydration.

What to Expect: The Timeline

Patience is key when using retinoids. Here is a general timeline of what you can expect when you start:

Weeks 1–3 (The Adjustment Phase): You may experience mild dryness, slight flaking, or a tingling sensation. This is normal. Stick to applying it only 2 to 3 nights a week.

Weeks 4–8 (Textural Improvements): The accelerated cell turnover will begin to show. Your skin will feel noticeably softer, and rough patches or keratosis pilaris (the tiny red bumps on the backs of arms) will begin to smooth out.

Months 3–6 (Firmness and Tone): This is when collagen production kicks in. You will start to see a fading of hyperpigmentation (sunspots) and a gradual improvement in skin firmness and the reduction of crepey textures.

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Zendaya and Tom Holland Trade Red Carpet

GLAMOUR

for Casual Street Style

After a whirlwind of recent press tours for projects like Spider-Man and The Odyssey, fans have grown accustomed to seeing Zendaya—and sometimes Tom Holland—lean heavily into "method dressing," wearing outfits directly inspired by their movie characters.

Zendaya and Tom Holland Trade Red Carpet Glamour for Effortless Street Style.

When you are two of the most recognizable faces in young Hollywood, every public appearance is heavily scrutinized.

For Zendaya and Tom Holland, recent global press tours have been nothing short of spectacular sartorial displays.

We have grown completely accustomed to seeing the duo, particularly Zendaya, lean heavily into the popular trend of "method dressing"—wearing elaborate, custom garments that directly reference their on-screen characters.

From spider-webbed gowns to futuristic desert armor, their red carpet wardrobes are highly curated theatrical performances. However, as seen in a recently captured moment, the beloved couple is taking a well-deserved break from high-octane couture to show us what their authentic, off-the-clock style looks like.-makes it overly tough and salty, and cooking the arugula destroys its fresh, peppery appeal.

As beautifully captured in the image file Foto Right page Fashion.jpg, Zendaya and Tom Holland recently swapped out their designer gowns and tailored tuxedos for a masterclass in relaxed, off-duty dressing.

The atmospheric black-and-white photograph shows the pair strolling down a quiet, cobblestone street, completely at ease.

This candid glimpse into their everyday lives highlights a entirely different kind of fashion mastery: the art of looking effortlessly cool without trying too hard.

Deconstructing the Off-Duty Aesthetic

Zendaya, who is widely considered a modern-day fashion icon, proves that she is just as captivating when keeping things casual.

and the number "80" boldly emblazoned across the chest. She pairs this athletic-inspired top with high-waisted, wide-leg denim jeans.

The dark-wash denim features strategic distressing, with visible rips at the knees, adding a grunge-chic edge to the ensemble.

Her footwear of choice—a simple, pristine pair of white sneakers—grounds the look in everyday practicality.

With her hair falling in natural, loose waves and a relaxed smile on her face, Zendaya's outfit is a far cry from her avant-garde red carpet choices, yet it feels completely authentic and undeniably stylish.

Beside her, Tom Holland mirrors her laid-back energy with a timeless approach to casual menswear.

He relies on classic wardrobe staples that prioritize comfort without sacrificing a clean silhouette.

Holland opted for a crisp, white crew-neck t-shirt layered underneath a dark, structured overshirt or chore jacket.

He wears the jacket open, creating a relaxed, approachable vibe.

He pairs this classic layered combination with dark trousers and two-tone, low-top sneakers.

The outfit is unpretentious and universally flattering, perfectly complementing Zendaya's streetwear-inspired look. As he smiles warmly at his partner, his relaxed demeanor seamlessly matches his effortless attire.

What makes their couple style so compelling in Foto Right page Fashion.jpg is how harmoniously their outfits work together without looking overly coordinated or contrived.

They aren't explicitly matching, but they are absolutely sharing the same relaxed frequency.

While fans will undoubtedly anticipate their next show-stopping red carpet moment, this charming street-style appearance serves as a delightful reminder that sometimes, a simple tank top, a great pair of distressed jeans, and genuine happiness are all you really need to make a lasting fashion statement.

What makes their couple style so compelling in Foto Right page Fashion.jpg is how harmoniously their outfits work together without looking overly coordinated or contrived.

They aren't explicitly matching, but they are absolutely sharing the same relaxed frequency.

Ultimately, this candid snapshot beautifully encapsulates why the public remains so enamored with this beloved celebrity couple. While they are fully capable of delivering show-stopping, highly conceptual fashion moments when the occasion demands it, they are equally comfortable stripping it all back. They remind us that the best accessories are often a genuine smile and the sweet company of someone you love.

Their off-duty style is incredibly accessible, completely authentic, and effortlessly cool, proving that their fashion dominance extends far beyond the red carpet.


80

Soft SUMMER Makeup: Enhance Your Natural Beauty!



In 2026, the beauty world is championing personal expression, cutting-edge tech, and robust skin health.

Gone are the days of strict beauty rules; today's trends celebrate your natural assets while leaving plenty of room for vibrant, creative experimentation.

From groundbreaking skincare to artistic makeup, here are the defining beauty movements of the year.

The "Skin-First" Philosophy
The era of heavy, full-coverage foundation is fading, replaced by a preference for breathable, skin-first beauty.

The ultimate goal is achieving a natural, healthy radiance. People are swapping thick bases for lightweight skin tints and leaning into cosmetics that actually improve skin health while they are worn.

Longevity and Cellular Care
Skincare is going microscopic. We are moving past superficial, quick-fix anti-aging and looking at long-term cellular health—often referred to as "cellness."

Powered by advanced ingredients like peptides and exosomes, the focus has shifted toward preventative maintenance and extending your skin's lifespan.

Barrier-Friendly Formulations
The trend of aggressively scrubbing and over-exfoliating is officially out. Today's routines prioritize barrier repair with gentle, calming, and deeply hydrating ingredients.

This shift toward mild exfoliation is a massive relief for those dealing with sensitive or breakout-prone complexions.

The Enduring Reign of K-Beauty
Korean beauty continues its global takeover, heavily fueled by viral social media trends.

Expect to see simplified multi-step regimens, unique textures like jelly cleansers, and a continued obsession with deeply hydrated, luminous "glass skin."

Unapologetic, Expressive Makeup
While minimal skin is in, minimalism in color is sharing the spotlight with bold creativity.

Makeup is a playground for fun once again. Expect to see artistic looks featuring vivid eyeshadows, graphic eyeliner, and statement lip colors that encourage pure self-expression.

Blush in the Spotlight
Blush has graduated from a subtle afterthought to the main event.

"Blush-first" aesthetics, sculpting techniques like draping, and multi-purpose cheek and lip tints are everywhere, delivering a vibrant, youthful flush to the face.

Skincare-Makeup Hybrids
Consumers are demanding more multitasking power from their cosmetics, blurring the line between skincare and makeup entirely.

Expect to see everything from hyaluronic-infused foundations to deeply nourishing lip colors that treat the skin while providing rich pigment.

High-Tech Beauty at Home
Professional-grade treatments have officially moved to our bathroom counters.

Advanced technology like microcurrent devices and LED light therapy masks are revolutionizing daily routines, making high-level facial tech







highly accessible for everyday use.

Artistic, Tactile Nails
Manicures in 2026 are heavily focused on texture and individuality.

From striking 3D elements and bold chrome finishes to soft watercolor aesthetics and minimalist milky greys, nails have become a primary canvas for personal artistry.

The "Skinification" of Hair
Healthy hair starts at the root, and scalp care is finally being treated with the same reverence as facial skincare.

Exfoliating treatments, deeply hydrating formulas, and nourishing scalp serums are becoming essential steps for cultivating stronger, healthier hair.

The Takeaway
2026's beauty scene perfectly balances holistic skin health with playful, bold artistry.

Whether you lean toward a fresh-faced, minimal glow or love to turn heads with graphic makeup, this year's trends offer a space for every kind of beauty enthusiast to thrive.


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The SUMMER

fashion trends to start wearing now!

While the actual season might still feel distant, the fashion industry is already diving headfirst into Spring/Summer 2026.

Channeling Big Skirt Energy

Bring main-character drama to every single step you take. While the unapologetic, maximalist visions from fashion houses like Loewe, Chanel, and Balenciaga are definitely not your standard casual wear, they still manage to radiate an effortlessly fun and carefree vibe.

This summer, you can easily transform your most basic tees and simple tank tops into striking, high-fashion moments just by pairing them with show-stopping bottoms. Think bold statement pieces like fiery red vinyl, sharp dramatic pleats, and voluminous tiered layers to instantly elevate your everyday look.



Chloé S/S'26 launchmetrics.com/spotlight



Chanel S/S'26 Carlo Scarpato - LAUNCHMETRICS SPOTLIGHT

The Floral Revival

Floral dresses are making a major comeback, bringing a playfully quirky and vintage vibe along with them. You can easily spot this fresh attitude in the bold, bright colors from Celine and the nostalgic 1950s patterns at Chloé. To get ahead of the trend, start working these vibrant prints into your everyday outfits right away—try pairing them with colorful ankle socks and cropped cardigans to truly nail the aesthetic.

The 2026 floral revival is proving to be much more than just a recycled spring cliché.

Fashion critics and designers note that it is a genuine cultural response to the current moment—a collective push for optimism, vibrant color, and bold self-expression after years of restrained, minimalist fashion.

To The Boudoir

Lingerie inspired fashion is currently making a stunning transition from the bedroom to your everyday wardrobe. Top designers such as Chanel and Victoria Beckham are strongly encouraging us to embrace our sensual side by incorporating delicate camisoles and silky chemises into regular outfit rotations. These beautifully crafted intimate garments offer a gorgeous touch of elegance and romantic softness to any daily look. If you are worried that this boudoir aesthetic feels a bit too fragile or exposed for daytime wear, there is an incredibly simple styling solution to perfectly balance the outfit. You can effortlessly ground these airy feminine pieces by layering them under a rugged classic leather biker jacket. Finishing the ensemble with a comfortable pair of everyday denim jeans creates the ideal contrast, merging confidence with delicate sophistication.



Victoria Beckham S/S'26 launchmetrics.com/spotlight

balance the outfit. You can effortlessly ground these airy feminine pieces by layering them under a rugged classic leather biker jacket. Finishing the ensemble with a comfortable pair of everyday denim jeans creates the ideal contrast, merging confidence with delicate sophistication.



Prada S/S'26 launchmetrics.com/spotlight

The fashion industry is heavily embracing a robust labor aesthetic this season, practically daring us to take up a manual trade. Luxury designers are elevating traditional uniform garments into absolute essentials. For instance, Prada is showcasing practical yet stylish utility boiler suits, while Miu Miu has introduced rugged leather aprons into their collection. These pieces champion the beauty of functional design.

However, this utilitarian trend is not exclusively about heavy industrial gear. You can still discover subtle, sophisticated nods to the classic working class wardrobe through brands like Bottega Veneta, which combines smart turtleneck sweaters with structured collared shirts. Ultimately, this fresh runway movement is an excellent opportunity to expand your personal style repertoire and master a completely new sartorial skillset, proving practicality and modern fashion perfectly align together today.


Trendy
Outfits
2026


THE METROAZ PANTRY
CULINARY MAGAZINE
BOLD FLAVORS. TIMELESS RECIPES.
GRILLED BONELESS Short Ribs
WITH MANGO SLAW
POZOLE VERDE
WITH MUSHROOMS CORN AND POBLANOS
Banh Xeo
WITH GROUND PORK AND BEAN SPROUTS
SHRIMP AND ASPARAGUS Stir-Fry
GRILLED WHITE PIZZAS
WITH PEACHES ARUGULA AND PROSCIUTTO

Taste the TROPICS

Krispy Kreme Unveils a Latin Dessert-Inspired Lineup

Get ready to treat your tastebuds-this limited-time collection brings global dessert flavors straight to your local drive-thru.

If your sweet tooth has been craving a little adventure, you are in luck.

You no longer need to book a flight or track down a specialty bakery to get a taste of some of the world's most beloved desserts. Krispy Kreme has just dropped a brand-new, limited-edition lineup that takes its inspiration straight from the vibrant and decadent world of Latin American sweets.

Available right now at participating shops nationwide, this three-piece collection masterfully translates traditional dessert staples into the ultimate grab-and-go morning (or midnight) indulgence.

What to Expect in the Box

Krispy Kreme's culinary team has taken their classic, melt-in-your-mouth dough and elevated it with rich creams, warm spices, and gooey caramels.

Here is a breakdown of the three new stars hitting the pastry case:

The Dulce de Leche Dream:

A twist on the classic Original Glazed, this doughnut is generously coated in a thick, velvety dulce de leche icing. It is finished with a delicate drizzle of rich caramel and a pinch of salt to balance out the deep, milky sweetness.

The Tres Leches Custard:

Inspired by the iconic sponge cake, this filled doughnut is a textural masterpiece. It is stuffed to the brim with a rich, vanilla-forward sweet cream, dipped in white icing, and dusted with a perfectly spiced cinnamon blend.

The Churro Crunch:

For those who love a little bite with their breakfast, this cake-style doughnut brings the county fair to your local shop. Coated in a heavy dusting of cinnamon sugar, it is piped with a swirl of vanilla buttercream and topped with actual crispy churro crumbles.

The Verdict A Standout Summer Success

Krispy Kreme absolutely nailed the assignment. Continuing their ongoing "global flavor tour" that previously featured Paris and Italy-inspired menu drops, this Latin American collection might just be their strongest release yet.

They managed to capture the comforting, rich essence of these classic bakes while delivering them in that ultra-soft, pillowy doughnut format we all know and love.

Early taste-tests are already calling out clear favorites. The Tres Leches-Inspired Doughnut is taking the crown as the most popular and approachable of the bunch-with some food critics even begging Krispy Kreme to add the silky tres leches Kreme to their permanent menu.

Meanwhile, the Guava Cheesecake Doughnut is being praised for its perfect flavor balance.

Reviewers note that the sweetness of the guava berry combined with the tangy bite of the cream cheese makes it a massive win, especially if you are already a fan of a classic guava and cheese Danish.

As Krispy Kreme's Chief Brand and Product Officer Alison Holder noted, this collection is designed to be a "delicious escape with every bite".

Pro Tip: Like all good vacations, this flavor trip is strictly temporary.

The Destination Dessert Collection is only hitting participating shops until August 9.

Grab a dozen to share (or don't-we aren't judging) before they depart the menu for good.

Krispy Kreme
DOUGHNUTS

Taste the TROPICS

KRISPY KREME UNVEILS A

LATIN DESSERT-INSPIRED LINEUP.



DULCE DE CHURRO

Cinnamon sugar goodness with a rich dulce de leche drizzle.

COCONUT PINEAPPLE

Tropical pineapple filling, coconut icing & toasted coconut.

KEY LIME DELIGHT

Zesty key lime cream with a lime zest finish.

CHOCOLATE TRES LECHES

Tres leches inspired filling, chocolate icing & crunchy topping.

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THE METROAZ PANTRY

Recipe courtesy of MetroAZ Pantry

FROM: MetroAZ Online Business Brochure

Healthy Shrimp and Asparagus Stir-Fry

This dish is a fantastic option for anyone looking for a quick, nutritious, and flavorful meal. It balances the delicate sweetness of shrimp with the earthy crunch of asparagus, all tied together in a savory, umami-rich sauce.

Flavor and Texture

The combination of fresh shrimp and crisp asparagus provides a highly satisfying textural contrast. When cooked correctly, the shrimp remain tender and juicy, avoiding the rubbery texture that often plagues quick seafood dishes. The asparagus, quickly blistered in a hot wok or skillet, retains a bright green snap that cuts through the savory notes of garlic, ginger, and soy or tamari.

Ease of Preparation

One of the strongest selling points of this stir-fry is how quickly it comes together from fridge to plate.

Prep time is minimal, mostly consisting of chopping the asparagus and mincing aromatics.

The actual cooking time is well under ten minutes over high heat. It requires only one large pan or wok, making post-dinner cleanup incredibly simple.

Nutritional Profile

This meal is an excellent choice for health-conscious eaters. Shrimp is a fantastic source of lean protein, keeping the meal light but satiating. Asparagus brings a heavy hit of dietary fiber, vitamins A, C, and K, and essential antioxidants.

Because it relies on quick, high-heat cooking, it requires very little cooking oil, keeping the overall calorie count low.

This is a foolproof, highly adaptable dish that easily earns a permanent place in a regular dinner rotation.

It stands perfectly well on its own, but can easily be served over a bed of jasmine rice, quinoa, or cauliflower rice for a more filling meal.

Ingredients:

- 2 tablespoons plus 1 teaspoon vegetable oil
- 1 pound asparagus, trimmed and halved on the bias
- 1 small red onion, thinly sliced
- 3 cloves garlic, thinly sliced
- 1/2 teaspoon sugar
- Kosher salt
- 1 1/2 pounds peeled and deveined large shrimp
- Freshly ground white pepper
- 3 tablespoons oyster sauce
- 2 tablespoons ketchup
- 4 teaspoons Worcestershire sauce
- Steamed white rice, for serving

Directions:

Heat 1 tablespoon vegetable oil in a large skillet over medium heat. Add the asparagus and cook, tossing occasionally, until crisp-tender and bright green, 1 to 2 minutes.

Add the onion, garlic, sugar and 1/2 teaspoon salt and cook until the onion is starting to brown, about 2 minutes; transfer to a plate.

Season the shrimp with salt and white pepper. Heat 1 tablespoon vegetable oil in the same skillet over medium-high heat.

Add half of the shrimp in a single layer and sear, flipping halfway through, until almost cooked through, about 3 minutes.

Remove to the plate with the asparagus and repeat with the remaining 1 teaspoon vegetable oil and shrimp.

Add the oyster sauce, ketchup and Worcestershire sauce to the same skillet over medium-low heat and cook, stirring constantly, until it bubbles and caramelizes slightly, about 15 seconds; deglaze the pan with 1/3 cup water, scraping up any browned bits, and stir until smooth and simmering.

Add the shrimp and asparagus mixture along with any accumulated juices and toss to coat and heat through; add water, 1 tablespoon at a time, until saucy and the shrimp is lightly glazed.

Season with salt and pepper, if needed, and serve with steamed rice, which is delicious when coated in the luscious sauce.

Pozole Verde with Mushrooms Corn and Poblanos

Recipe courtesy of MetroAZ Pantry

FROM: MetroAZ Online Business Brochure



When you think of traditional Mexican pozole, the mind usually goes straight to slow-simmered pork or chicken. But a well-executed Pozole Verde with mushrooms, corn, and poblanos proves that you don't need meat to build a deep, complex, and intensely satisfying bowl of comfort.

This vegetarian take on the classic stew leans heavily into roasted, earthy flavors and vibrant acidity, resulting in a dish that feels both surprisingly light and incredibly hearty.

The Broth: Tangy and Smoky

The foundation of any authentic green pozole relies on a blended base of tomatillos, cilantro, garlic, and aromatics. By making poblano peppers a star ingredient, the broth gains a mild, smoky warmth rather than sharp, aggressive heat. The poblanos ground the bright, citrusy tang of the tomatillos, creating a rich, emerald-green liquid that is deeply savory.

The Heart: Mushrooms and Hominy

Hominy—large, chewy, nixtamalized corn kernels—is the non-negotiable soul of pozole. It provides a starchy, satisfying bite that thickens the soup slightly as it simmers.

Swapping out traditional meat for mushrooms (often cremini, shiitake, or oyster) is a brilliant textural move. Because mushrooms are naturally porous and packed with umami, they act as flavor sponges. They soak up the tangy, herbaceous broth while offering a meaty chew that pairs perfectly with the starchy hominy.

The Verdict

Pozole Verde with mushrooms, corn, and poblanos is a masterclass in balance. It delivers the soul-warming comfort of a traditional Mexican stew while allowing the natural earthiness of the vegetables to shine.

It's a perfect dish for colder weather, offering layers of flavor that actually taste better the next day after the ingredients have had time to meld in the fridge.

Ingredients

- 1 white onion, half cut into chunks, half minced
- 2 poblano peppers
- 8 ounces tomatillos (4 to 5), husked and rinsed, halved if large
- 1 cup fresh cilantro leaves, plus 1/4 cup minced stems, plus more leaves for topping
- Kosher salt
- 3 tablespoons extra-virgin olive oil
- 12 ounces cremini mushrooms, sliced
- 2 cloves garlic, minced
- 4 ears of corn, kernels removed (about 2 cups), 2 cobs reserved
- 2 x15-ounce cans hominy, drained
- Crema and lime wedges, for ser ving

Directions

Position a rack in the upper third of the oven and preheat the broiler. Put the onion chunks, poblanos and tomatillos on a baking sheet.

Broil, turning occasionally, until charred around the edges and starting to soften, 6 to 9 minutes. Remove the poblano stems, then transfer all the vegetables to a blender along with the cilantro leaves, 1/2 teaspoon salt and 1/2 cup water. Blend until smooth.

Meanwhile, heat 2 tablespoons olive oil in a large pot or Dutch oven over medium-high heat. Add the mushrooms and cook, stirring a few times, until browned around the edges and tender, 5 to 7 minutes. Push the mushrooms to one side and add the remaining 1 tablespoon olive oil. Add the garlic, corn kernels, cilantro stems and a pinch of salt.

Cook, stirring occasionally, until the corn is lightly browned, 1 to 2 minutes. Add 4 cups water, the hominy, reserved corn cobs, the tomatillo puree and 1/2 teaspoon salt; bring to a boil, then reduce to a simmer and cook until the soup is slightly thickened, 10 to 12 minutes. Season with salt and pepper to taste; remove and discard the corn cobs.Ladle the soup into bowls and top with crema, the minced onion and more cilantro. Serve with lime wedges.



Recipe courtesy of MetroAZ Pantry

FROM: MetroAZ Online Business Brochure

Grilled Boneless Short Ribs with Mango Slaw

Grilled boneless short ribs paired with mango slaw is a master-class in flavor balancing. Short ribs are notoriously rich and heavily marbled, which usually requires hours of braising. Grilling them boneless, however, flips the script — you get the intense, beefy flavor and melting fat of a short rib, but with the smoky, charred crust of a fast-cooked steak.

The Perfect Balance of Rich and Bright

What Makes It Work

The Meat: Because boneless short ribs are so rich, they stand up perfectly to high-heat grilling. The fire renders the surface fat, creating a caramelized, slightly crispy exterior while keeping the inside tender and juicy.

The Slaw: This is the essential counterweight. The mango slaw acts as a built-in palate cleanser. The tropical sweetness of the mango, combined with the sharp bite of lime juice and vinegar, cuts straight through the heavy, savory richness of the beef.

The Texture Contrast: You get a highly satisfying contrast between the dense, savory chew of the grilled beef and the crisp, refreshing crunch of the fresh cabbage and fruit.

Minor Considerations

The success of this dish hinges entirely on two variables:

Meat Thickness: If the boneless ribs are cut too thick, they can be tough when grilled hot and fast. They need to be sliced relatively thin (about 1/2 inch) to ensure they cook to a tender medium-rare before the outside burns.

Mango Ripeness: A mango that is too soft will turn the slaw to mush, while one that is too green will be overly tart and hard. You want a mango that is firm but just yielding to the touch so it holds its shape when tossed.

The Verdict

5/5 Stars. This is an exceptional dish that feels elevated but requires surprisingly little prep time. It delivers the deep satisfaction of a heavy barbecue meal without leaving you feeling weighed down, thanks entirely to the bright, acidic lift of the slaw.

Ingredients

- 1/3 cup apple cider vinegar
- 6 teaspoons packed light brown sugar
- 3 tablespoons vegetable oil, plus more for the grill
- 4 packed cups shredded red cabbage (about 1/2 small head)
- 1 red bell pepper, cut into matchsticks
- 1 jalapeño pepper, thinly sliced crosswise (seeded for less heat)
- 1 ripe mango, peeled and cut into thin slices
- Kosher salt and freshly ground pepper
- 1 teaspoon chipotle chile powder
- 1 1/2 pounds boneless beef chuck short ribs
- 1 packed cup fresh parsley
- 1/3 cup chopped roasted salted cashews

Directions

Preheat a grill to medium. Whisk the vinegar, 4 teaspoons brown sugar and the vegetable oil in a large bowl.

Add the cabbage, bell pepper, jalapeño and mango; toss and season with salt and pepper. Refrigerate until ready to serve.

Stir together the remaining 2 teaspoons brown sugar and the chile powder.

Season the short ribs with salt and pepper, then rub with the spice mixture.

Oil the grill grates, then grill the short ribs, turning occasionally, until well marked on all sides, 10 to 12 minutes for medium-rare, depending on the thickness.

Remove to a cutting board and let rest 5 minutes.

Add the parsley and cashews to the slaw and toss.

Thinly slice the short ribs against the grain and serve with the mango slaw.

This dish is the epitome of elevated summer dining. By swapping a traditional tomato sauce for a rich, creamy base and trading the oven for the open grill, this recipe completely reimagines what pizza can be. It is a masterful study in contrasting flavors—sweet, salty, peppery, and smoky—all layered onto a perfectly charred crust.

Flavor Profile

The brilliance of this pizza lies in its delicate balancing act. The white base—usually a blend of ricotta, mozzarella, and a hint of garlic—provides a rich, mellow canvas. The juicy, ripe peaches introduce a vibrant burst of summer sweetness, which is immediately counteracted by the intense, savory saltiness of the thinly sliced prosciutto. Finally, a heavy handful of fresh arugula dresses the top, cutting through the richness with a bright, peppery bite.

Textural Interplay

A great pizza is as much about texture as it is about taste, and this combination delivers on all fronts:

The Crust: Grilling the dough directly on the grates creates a phenomenally crisp, slightly chewy exterior with beautiful, smoky char marks that an indoor oven simply cannot replicate.

The Toppings: The warm, tender give of the slightly blistered peaches pairs beautifully with the delicate, melt-in-your-mouth ribbons of prosciutto.

The Finish: The fresh arugula is tossed on right at the end, maintaining its crisp, leafy snap so it doesn't wilt into mush.

Preparation & Technique

Grilling pizza dough requires a bit of confidence and speed, as the dough cooks incredibly fast over open flames.

However, once you master the quick flip, it is one of the fastest ways to make a pie. The key to this specific recipe is timing: the prosciutto and arugula must be added after the pizza comes off the heat. Baking or grilling the prosciutto makes it overly tough and salty,



THE METROAZ PANTRY

Recipe courtesy of MetroAZ Pantry

FROM: MetroAZ Online Business Brochure

Grilled White Pizzas with Peaches, Arugula and Prosciutto

Ingredients:

- All-purpose flour, for dusting
- 1 pound pizza dough, at room temperature, cut into 4 pieces
- 2 tablespoons extra-virgin olive plus more for brushing
- 3/4 cup fresh ricotta cheese
- 1 cup grated Italian fontina cheese (about 3 ounces)
- 1/4 cup grated Parmesan cheese
- Kosher salt and freshly ground pepper
- 2 medium peaches, halved and pitted
- 2 ounces sliced prosciutto (about 4 slices), torn into pieces
- 2 ounces baby arugula (about 4 cups)
- 1/2 cup fresh basil, torn
- 2 teaspoons white wine vinegar

Directions:

Preheat a grill to medium-low. Cut four 6-by-8-inch sheets of parchment paper and lightly flour. Press and roll each piece of dough into an oval a little smaller than the parchment, lightly flouring your hands or work surface to keep the dough from sticking. Transfer to the parchment and brush with olive oil. Combine the ricotta, fontina and Parmesan in a medium bowl; stir in 1 tablespoon olive oil and a pinch each of salt and pepper.

Brush the peaches with olive oil and season with salt and pepper. Arrange on the grill, cut-side down, and cook until slightly charred, 2 to 4 minutes per side; remove to a cutting board. Meanwhile, one at a time, quickly flip each piece of dough onto the grill and remove the parchment. Grill until well marked underneath, rotating the crust as needed for even cooking, 3 to 5 minutes; flip the crust, then quickly spread with some of the cheese mixture. Cover and grill until the bottom is well marked and the cheese has melted, 3 to 5 more minutes; remove to plates.

Drape the prosciutto over the pizzas. Chop the peaches and add to a bowl along with the arugula, basil, the remaining 1 tablespoon olive oil and the vinegar, season with salt and pepper and toss. Mound some salad onto each pizza.

Final Verdict

Taste: A flawless sweet-and-salty balance that feels both gourmet and incredibly satisfying.

Texture: The charred, chewy crust mixed with the fresh greens is outstanding.

Prep Complexity: Managing raw dough on a hot grill takes practice and focus.

Overall Appeal: The ultimate al fresco dinner party dish.



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A curated look at what matters most in property right now.

From prime investment hotspots to inspired design and the trends shaping tomorrow – everything you need to stay informed and inspired.



TOP INVESTMENT HOTSPOTS

Where smart money is moving now.

We highlight the suburbs and cities showing strong growth, high demand and long-term value.

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DESIGNING SPACES THAT LIVE WELL

How great design adds real value.

Beautiful spaces do more than impress – they enhance lifestyle, comfort and everyday living.

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FUTURE TRENDS TO WATCH

What's next in property and lifestyle.

From sustainable living to smart technology, these trends are shaping the future of how we live.

Page 44

01 | THE NEW ADDRESS

Where capital finds its next chapter.

The smartest property story of 2026 is less about chasing the loudest market and more about recognising durable demand. Investors are looking closely at neighbourhoods where infrastructure, employment, lifestyle appeal and limited quality stock meet. Prime districts with strong international appeal remain compelling, while carefully chosen secondary locations can offer a different balance of entry price and long-term growth. The lesson is simple: buy the fundamentals, not the hype. Transport links, walkability, local amenities, rental depth and the quality of the surrounding built environment can matter more than a fashionable postcode. In a selective market, patience becomes an advantage — and the best opportunities are often the places quietly becoming tomorrow's addresses.



> *Look beyond the postcode. Follow the fundamentals.*



> *Design for the life between the photographs.*

02 | ROOM TO BREATHE

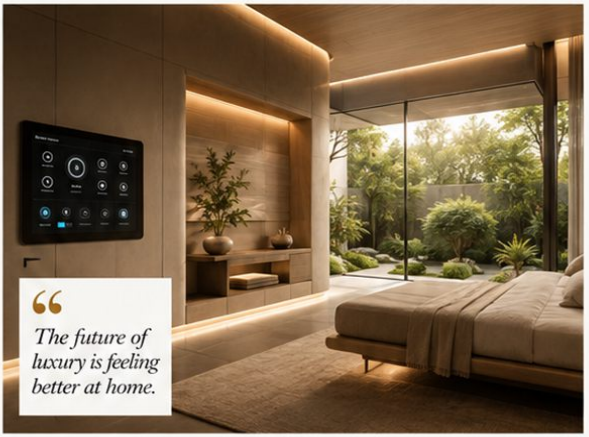
Beauty, comfort and purpose in equal measure.

The contemporary home is moving away from rooms designed only to impress. In 2026, interiors are warmer, more tactile and deeply personal. Curved furniture softens architectural lines, earthy colours replace clinical whites, and natural textures bring a sense of calm. Biophilic design is evolving too — not simply through plants, but through daylight, organic forms, natural materials and visual connections to the outdoors. The most successful spaces also work harder: a dining table becomes a workspace, hidden storage keeps the eye quiet, and flexible furniture adapts as life changes. Good design is no longer about perfection. It is about creating an environment that supports the way people actually live, rest, gather and recharge.

03 | THE HOUSE OF TOMORROW

Smart. Sensory. Sustainable.

Tomorrow's most desirable homes may be defined by what you feel rather than what you see. Wellness-led architecture is placing greater emphasis on psychological comfort, acoustics, air quality, healthier materials and spaces that reconnect us with nature. Circadian lighting can follow the rhythm of daylight, while smart systems increasingly disappear into the architecture instead of competing with it. Sustainability is becoming more sophisticated too, with designers considering material health, longevity, energy efficiency and regenerative thinking from the earliest stage. The next generation of luxury will therefore be quieter: technology working invisibly, materials chosen with intention, and rooms designed to restore rather than overwhelm. The future home is not a machine. It is a sanctuary that happens to be intelligent.



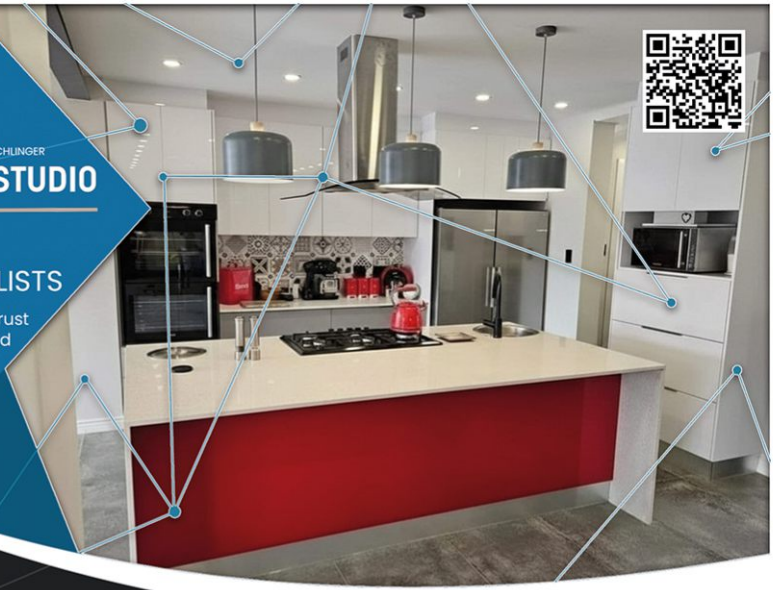
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205/60R16	FROM	R819
225/40R18	FROM	R969

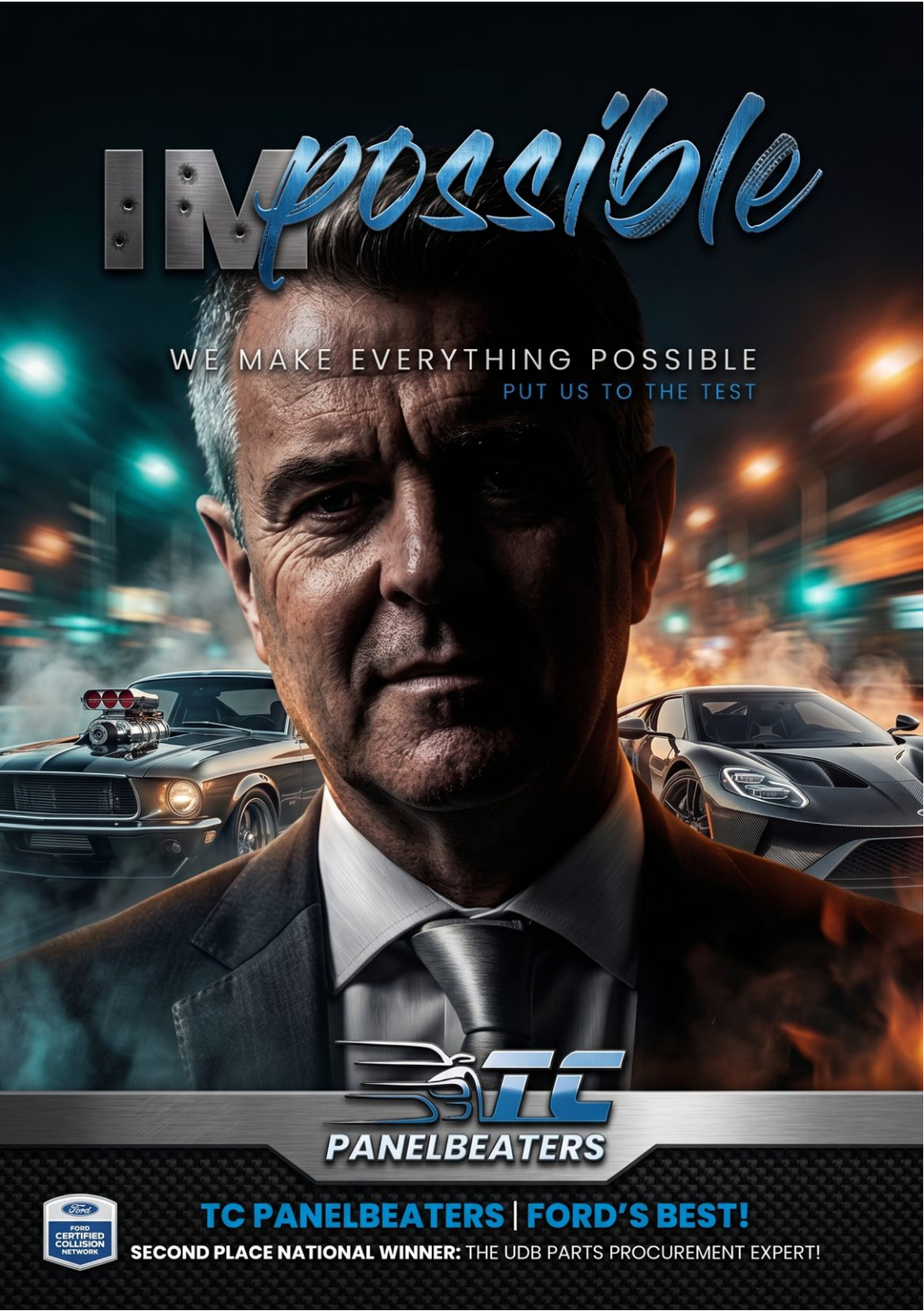
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SECOND PLACE NATIONAL WINNER: THE UDB PARTS PROCUREMENT EXPERT!

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Find us on
32
32 Anniversary
32 Anniversary
YEARS OF SERVICE EXCELLENCE!
TC Panelbeaters were established in April 1993 and has been going strong ever since, for the past 32 years. Understanding each customer's unique needs places TC Panelbeaters among the most respected service providers in the automotive body repair industry.
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CLIENT **REVIEW**

“

I had an excellent experience from start to finish.
The team was incredibly friendly, professional and made the entire process effortless for me. They kept me informed throughout, handled everything efficiently and delivered outstanding workmanship. My vehicle looks fantastic and the quality of the repairs exceeded my expectations. It’s refreshing to deal with a business that genuinely cares about its customers and takes pride in their work. I highly recommend them to anyone looking for reliable, hassle-free service and exceptional results.

Thank you to the whole team for a job well done!

- Wilmarie Fernandes

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EXCEPTIONAL RESULTS

QUALITY REPAIRS. TRUSTED SERVICE.

National Silver for Local Excellence:

TC Panel Beaters Clinches 2nd Place in Ford's Elite UDB Awards!

Outperforming hundreds of specialists nationwide, TC Panel Beaters has been honored as the **Second Place National Winner of Ford's "The UDB Parts Procurement Expert"** award, cementing their status as a master of the Unified Database and a leader in automotive supply chain efficiency.

The UDB Parts Procurement Expert is a specialized professional title and competitive category within the Ford South Africa dealer network. It recognizes the individual who demonstrates the highest level of mastery over the Unified Database (UDB) - a critical global information system used to manage the flow of Ford Genuine Parts from the manufacturer to local dealerships.

Role and System Overview
The UDB (Unified Database) serves as the "brain" for Ford's digital procurement. An expert in this system is responsible for:

Real-Time Data Management:
Ensuring a real-time feed of all parts transactions and linking dealer IDs to the OEM (Original Equipment Manufacturer) for full visibility.

Streamlined Ordering:
Using the UDB's IT capabilities to eliminate paper-based bottlenecks, matching purchase orders with goods received instantly to authorize payments.

Inventory Accuracy:
Maintaining precise digital records so that the Ford Customer Service Division (FCSD) can track stock availability across the country.

The Competition and Award
The title "**UDB Parts Procurement Expert**" is awarded at the Annual Ford Dealer Recognition Awards. This competition benchmarks parts personnel across South Africa on:

System Proficiency: Speed and accuracy in navigating the UDB 5.1/Titan DMS interface.

Supply Chain Efficiency:
Ability to reduce delivery times and manage parts for new model introductions.

Service Impact:
Contributing to a dealership's 60-minute Express Service by ensuring the right parts are always available when a vehicle hits the lift.

This national ranking signifies that TC Panelbeaters operates at a level of efficiency and technical accuracy that few in South Africa can match.

How This Award Separates Them from Competitors

Real-Time Technical Edge (The UDB Advantage) While competitors rely on outdated manuals or third-party databases, TC Panelbeaters uses the Unified Database (UDB). This provides them with:

Direct Factory Specs: Access to the exact "blueprints" used to build your vehicle at the factory.

Live VIN-Specific Data: Instead of "best-guess" repairs, the UDB provides data unique to your specific vehicle's build date and trim level.

TC PANELBEATERS

Precision Procurement. Proven Expertise.

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SECOND PLACE NATIONAL WINNER: THE UDB PARTS PROCUREMENT EXPERT!



Advanced Driver Assistance Systems (ADAS) Mastery
Modern Fords are packed with sensors, cameras, and radar (Lane Keeping, Pre-Collision Assist).

Precision Calibration:
TC Panelbeaters is equipped with the specialized tooling required to recalibrate these sensitive systems to factory tolerances.

The Competitor Gap:
Many non-certified shops can fix the "metal," but they lack the software to ensure your safety electronics actually work after the crash.

Specialized Aluminum & High-Strength Steel Capabilities
Ford's newer models (like the Ranger and Everest) use complex materials to reduce weight and increase safety.

Exclusive Tooling:
Certification requires investment in specialized welding and pulling equipment that standard shops simply don't have.

Structural Integrity:
TC Panelbeaters uses factory-mandated techniques that restore the vehicle's "crumple zones" to their original safety rating.

Continuous Improvement:
Shops are regularly audited by Ford to ensure they maintain the highest standards of cleanliness, tool maintenance, and technician training.

Proven Consistency:
This award proves that TC Panelbeaters didn't just meet the bar once - they are consistently performing at the top of the national network.

Choosing TC Panelbeaters ensures your vehicle is restored to exact factory specifications, fully protecting your 4-year warranty and future resale value. By leveraging a direct digital link to Ford's global parts supply, they deliver faster turnaround times and guaranteed structural integrity using 100% genuine parts. It's the ultimate peace of mind, knowing your car's safety systems and specialized electronics have been recalibrated by certified experts to original showroom standards.

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WHAT MUST I DO WHEN I GET INTO A ACCIDENT?

Getting into a vehicle accident is traumatic, but following a structured procedure ensures safety, legal compliance, and smoother insurance claims. Here is the correct, step-by-step procedure to follow, tailored for immediate safety and legal requirements:



EST. APRIL 1993

TC PANELBEATERS

30 YEARS STRONG

YOUR CAR DESERVES ONLY THE BEST

ATTENTION



WHAT IS DETAILING?

Detailing is a meticulous, precision-based process of deep cleaning, restoring, and protecting your vehicle's exterior and interior to achieve its peak condition.

WHY IT IS IMPORTANT?

It protects your car from contaminants, prevents paint oxidation, preserves interior surfaces, and maintains vehicle resale value with durable coatings and sealants.

OUR STORY

TC Panelbeaters were established in April 1993 and has been going strong ever since, for the past 30 years.

Understanding each customer's unique needs places TC Panelbeaters among the most respected service providers in the automotive body repair industry.

WE SPECIALIZE IN

- PREMIUM DETAILING
- PRECISION PAINTING
- PDR DENT REMOVAL
- Hail Damage REPAIR
- PDR DENT REMOVAL
- MAG RIM REPAIR
- HAIL DAMAGE REPAIR
- PERFECT COLOUR MATCHING

OUR VALUES

- RESULTANT BENEFIT VALUES
- FOUNDATIONAL VALUES
- SERVICE FEATURE VALUES

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STATUS: RESTORED
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30 YEARS > 30+ STRONG

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WE SPECIALIZE IN

- Dent Removal
- Spray Painting
- Mag Rim Repair
- Hall Damage Repair
- Paintess and Dent Removal
- Paintess Removal
- Perfect Colour Matching
- Paint and Panel Repairs

OUR VALUES

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BEFORE & AFTER

ENGINEERING RESURRECTION: ADVANCED AUTOMOTIVE TRANSFORMATION ARRAY

DAMAGE DIAGNOSTIC ARRAY 01



STRUCTURAL RECONSTRUCTION MODULE 01



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STRUCTURAL INTEGRITY: CERTIFIED



ALIGNMENT OPTIMIZATION: COMPLETE.

EXHAUSTIVE REPAIR SOLUTION

CRUSH ZONE MITIGATION: COMPLETE

METAL RE-PANELING & RE-welding (simulated light weld effect)



FLAWLESS PANEL ALIGNMENT.

SURFACE FINISH DIAGNOSTICS MODULE



HIGH-DEFINITION COLOR MATCH: CERTIFIED

PERFECT CLEAR COAT: INSPECTED

TC PANELBEATERS

DIRECT DIGITAL ACCESS KEY

SCAN FOR INSTANT BOOKING

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COMMUNICATION LINK (PHONE)
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DIGITAL CORRESPONDENCE (EMAIL)
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WHAT IS POST-PAINT POLISHING?

Post-paint polishing, also known as paint correction, is e metiocious, multi-stage precision process of using varying obrasive compounds to level the polmed surface, removs micrti-imperfections, and erase orange peel texture.

30 YEARS > **30+ STRONG**

OUR STORY

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WE SPECIALIZE IN

- PAINTLESS DENT REMOVAL
- Spray Painting
- PAINT CORRECTION
- HAIL DAMAGE
- MAD RIM REPAIR
- PERFECT COLOUR MATCHING
- CERAMIC COATING PREP
- PANEL REPAIRS

OUR VALUES

- RESULTANT BENEFIT VALUES
- FOUNDATIONAL VALUES
- SERVICE FEATURE VALUES

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BY THE SPECIALISTS

Led by Hannes Greeff, The Specialists provide fully integrated pest control, cleaning, and hygiene solutions designed to support modern businesses in maintaining safe, compliant, and high-performing environments.

With a strong operational foundation and a hands-on leadership approach, the company has built a reputation for reliability, consistency, and attention to detail across a wide range of industries.

At the core of our service offering is a belief that effective facility management goes beyond reactive solutions. Our pest control division focuses on proactive identification, prevention, and long-term protection, ensuring that risks are addressed before they become costly problems. Through detailed inspections and tailored treatment plans, we help safeguard both infrastructure and reputation.

Our cleaning services are structured to deliver consistent, high-quality results aligned with the specific needs of each client. Whether in commercial, industrial, or specialized environments, we implement customized cleaning plans that prioritize efficiency, hygiene standards, and operational continuity.

Complementing these services, our hygiene division provides essential systems and solutions that promote healthier, safer spaces for staff, clients, and visitors. From washroom hygiene to consumable management, we ensure that businesses remain compliant while enhancing overall workplace wellbeing.

What sets The Specialists apart is the seamless integration of these three core services into a single, streamlined solution. Clients benefit from reduced administrative complexity, improved service coordination, and a unified standard of excellence across all areas of facility care.

From day-to-day maintenance to high-demand environments, The Specialists remain committed to delivering measurable results, dependable service, and long-term value.

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&
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With attachment,
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Co-owner of The Padstal, The Rock & Rosenhof Hotel with an old friend.
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