

Big drug arrests in Humansdorp, Jeffreys Bay

SAPS members arrested three suspects in Jeffreys Bay for allegedly dealing in drugs such as mandrax, heroin and dagga in separate incidents last month. Police said after acting on positive information, two women and a man were arrested in a Jeff Radebe Street, Ocean View house in Jeffreys Bay.

Police were tipped off about alleged drug dealers in the area and obtained a search warrant. Police seized drugs to the value of R4920 – 69 full mandrax tablets with a quarter tablet, 200 grams of dagga, 3 grams of heroin and R3623.20 cash. The suspects, aged 21-48, appeared in the Humansdorp Magistrate's Court on charges related to dealing in drugs. Charges were withdrawn against two women. One man, Elias Moko, 48, was released on R500 bail and his case was remanded to 7 June.

The SAPS also arrested a Uitenhage woman, Nomsipho Williams, 34, after 37 mandrax tablets valued at R5 820 were allegedly found stashed in a cupboard in a Toys Street house in KwaNobuhle.

The SAPS was also tipped off and obtained a search warrant prior to raiding the house. Williams appeared in the KwaNobuhle Magistrate's Court and was released on warning for further investigation.

The SAPS encourages more people with information about drugs to share it with the police. Information shared on Crime Stop 08600 10111 is confidential and a caller remains anonymous. One can also sms Crime Line: SMS 32221.

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CRIME SCENE Jba garage held up and robbed

Four armed men, locked up staff at a garage in Jeffreys Bay late last month and made off with cash and laptops.

It is alleged that the men who had guns, ordered the staff at the garage at Mentors Plaza, St Francis Street, to go to the office at about 10 pm on 28 May and then locked them in their two separate vehicles from the scene.

Jeffreys Bay police are investigating a business robbery and are following up on all possible leads. They have appealed for information that can lead to the arrest of four

Murder and violence in Patensie

Violence erupted in the seaside town of Jeffreys Bay in the Eastern Cape at the end of last month after fighting broke out between two groups of people at the Ocean View taxi rank.

People assaulted one another with golf clubs and other objects and shots were fired during the fighting. The police arrived following complaints, and arrested two men, aged 26 and 46, on a charge of attempted murder and assault with the intent to do grievous bodily harm.

The crowds were dispersed and no fatalities were reported, but three men required medical treatment.

Police say the intervention was in line with the SAPS' mission to prevent anything that threatens the safety or security of any community.

Humansdorp Cluster Commander, Brig John Lebok, condemned these actions and said the SAPS will not rest until all firearms are removed from the streets. He encouraged the community to work closely with the police to break the cycle of violence.

Violence in Ocean View

Two murders on one day rocked the small town of Patensie in the Eastern Cape in the morning, late last month.

Police arrested a man suspected of murdering 30-year-old Lwando Swebu on 28 May. Swebu was found shot with multiple stab wounds at 3:30 am in Tier Street, Ramaphosa Village.

This follows the earlier murder of Monique du Plooy at 2:30 am that morning, also in Ramaphosa Village, but the two cases are not related – they are separate incidents according to Captain Genda Swart. Official SAPS spokesperson for the Humansdorp Cluster.

Swart said a collaborative approach to policing paid off when a community member provided valuable information to Hankey police about a man behaving anxiously, suspiciously and seemingly desperate to leave the area. Hankey police followed up and arrested a 26-year-old man at a hiking spot in Hankey at 3 pm today.

It is alleged the suspect was responsible for the murder of Swebu. The suspect is due to appear in the Patensie Magistrate's Court on 30 May on a charge of murder.

Humansdorp Cluster Commander, Brig John Lebok, thanked the community for providing valuable information that led to the speedy arrest of the suspect as well as their assistance in the fight against crime.

In the other murder case, 20-year-old woman du Plooy was stabbed to death in Patensie and when the suspected murderer was arrested local community members torched his home and some furniture.

Du Plooy was returning to a home in Rooikloof Street, Ramaphosa Village, Patensie, on 27 May at 2 am with her boyfriend and she allegedly started arguing. The boyfriend allegedly stabbed her and she died at the scene of the crime.

He was arrested later that morning. Following his arrest, community members in the area retaliated and set alight the informal home of the suspect and furniture of one of his relatives.

Helping others lose weight is my passion, helping You is my purpose

By Karlen Nel, CSN Ambassador and Transformation Winner of 2016!

My Weight Loss Journey with CSN

It's been more than a year since I've lost more than 37kg in 15 weeks with the help of CSN. I've reached my goal weight of 58kg (down from 95kg) and almost 2 years have not put the weight back on.

I have some sound advice for anyone interested in making some positive lifestyle changes, but let's start at the beginning. "There is no shortcut, only dedicated efforts with good planning".

My story is not one of overnight success, but rather one of pushing limits, discovery, self-love and yes, quitting, a few times but never giving up on myself.

I've cried over my gains more times than I can remember, celebrated my losses and learned that real happiness starts within.

Being overweight caused me to feel inadequate and often left me in a bad mood. This furthermore affected my self-esteem and I completely withdrew from social occasions, which by itself had a spiral effect. I truly hated the person staring back at me in the mirror.

There was a deep and profound longing within me that I wanted to be healthy above anything else. My desire extended beyond just wanting to lose weight. I was sick of being depressed, overweight, unhealthy and feeling trapped in a body I was once proud of.

I knew I had to see it through to the next couple of months, no matter how tough some days were. This was my absolute last effort in trying to lose weight, especially at the age of 47 years.

Like most people, I've tried nearly every crash-diet you can think of, just to find myself back at the starting blocks as soon as I stopped.

Will I start... Well, I was by chance that I came across CSN. As I've heard a hundred weight loss sales pitches, nothing made me believe that this one would be any different. But to my surprise, CSN was different. I valued the fact that the product was 100% natural.

This way I could lose weight the healthy way – what I need to lose. I started the program soon after and the result was history.

This new lifestyle led me to no experience amazing energy, balanced moods and improved my body composition at the age of 49 years.

Previously mentioned, it's almost 2 years and I have not gained back the weight that I've lost on the CSN program. I am 100% committed to my health and well-being and can't see myself slipping back into my old ways.

CSN changed my life in a way that I cannot put into words. It's hard NOT wanting this for every person out there who feels worthless, lonely, overweight and without hope.

I want those people to look at me and say: "Because of you I started my journey and never gave up".

I want to inspire, motivate and share my new found joy with the world. About the CSN Program: The active ingredients of our products are quality tested by the University of the Free State Laboratories. CSN Natural Health Supplements are manufactured and distributed by Christo Strydom Pharmaceutical & Natural Medicine Laboratories.

* CSN is a 100% natural program, aimed at rapid, drastic weight loss without exercise.

* CSN offers a significant improvement of overall health and well-being.

* CSN is a 60 day, 6 phase weight-elimination program.

* The first 10 days are known as the Detox Phase.

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