

# Police Files

\* Double life sentence for raping siblings: Dogged determination by the detectives from the Family Violence, Child Protection and Sexual Offences Unit to solve a rape case led to the prosecution of the accused to serve two life sentences. The 32-year-old suspect was convicted for two cases of rape and sentenced to life imprisonment for each case. Two siblings, aged 13 and 14, were walking to school when Nkosikhona Mchunu threatened them with a knife and took them to the bushes. He tied them together and repeatedly raped them. Mchunu released them in the afternoon and threatened to kill them if they reported the incident. The children reported the incident to the elders and a case was opened. Police arrested the accused a few days after the incident and he was held in custody throughout the trial. On 7 September 2020, Mchunu was convicted for raping each child and sentenced to life imprisonment for each rape. His name will be included in the National Offenders Register and was declared unfit to possess a firearm.

officers conducted an operation after an intelligence report about two men who had fled in their getaway vehicle with people's cards was received. Police intercepted the vehicle and a search was conducted. SASSA cards, banks cards and other personal cards as well as cash from the occupants were recovered. When they were questioned about the items, they could not account for them. Two men, aged 31 and 42, were immediately arrested and taken to the SAPS station for processing. They were charged for being in possession of suspected stolen property. It is alleged the suspects had pretended to assist people at the ATMs in the towns' CBD and made off with their cards. An investigation to link these men with similar incidents is continuing. Their getaway vehicle was seized for further investigation.

\* Suspects killed in shootout: SAPS members acted on intelligence about five men travelling in a vehicle who were about to rob a local tavern. The police officers proceeded to the area and when they approached the suspects, a hail of bullets met them. During the exchange of gunfire, two suspects were declared dead. Police arrested the driver of the vehicle at the scene and recovered two firearms and two vehicles that were used by the suspects. One of the vehicles was hijacked in KwaDabeka. Police will profile the arrested suspect to determine if he is linked to other robberies. SAPS officers are investigating charges of inquest, attempted murder, illegal possession of firearms and ammunition as well possession of suspected stolen property.

\* Three arrested for R87m drug haul: The Hawks, in collaboration Crime intelligence and Serious Organised Investigation members found heroin powder with a street value of about R87.5 million. Three suspects were captured. The officers found 342.5 kg of the drug inside what is believed to be a purpose-built unit in a truck, which was coming in from Mozambique via Swaziland to KwaZulu-Natal. The truck was intercepted on the north coast and the team immediately started with the search. Almost 250 packets of heroin were found hidden in a false partition, which was newly painted. Members had to cut open the compartment in order to access the drugs. The driver and two passengers were immediately placed under arrest and appeared in court.

\* Vigilantes jailed for life: The Regional Court convicted and sentenced Sibusiso Mabhojana Nkosi, 39, and Simo Sipehele Sibiyi, 24, to life imprisonment for killing Sibusiso Mdluli, 24, in February 2019. The accused assaulted and set Mdluli alight; he was found with burn injuries. He was taken to hospital where he was pronounced

dead on arrival. The accused were arrested few days after the incident. They were taken to court for trial until the successful prosecution where they were both sentenced to life imprisonment for murder. During the trial it was revealed that the accused killed Mdluli, accusing him of raping a girlfriend of one of the accused.

## Inaugural graduation



Photo Back: Cayden Govender, Rashiven Govender, Deshan Naidoo, Uddhav Ishwarkumar, Suvarn Devan. Front: Sachin Veerasamy, Devaj Naidoo, Damian Govender, Saiyen Govender.

*Deshan Naidoo, a successful and well known singer and musician also runs a music school where he teaches children to play the Tabla. On the 29th of August 2020, Deshan's music school held its inaugural graduation.*

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## Let's talk about it!

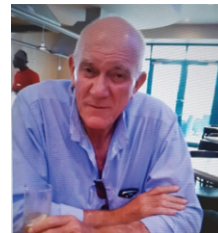
*Our lives are mixes of daily situations. From professional to personal, social to medical, the column is a forum for discussion and expert advice on all matters. The forum is composed of relevant experts/practitioners in their fields. Share your concerns, issues, ask for expert advice, get the correct information on all the listed platforms.*

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## Dr Roger V. Powell DC (USA) Chiropractor



Dr Roger V. Powell DC (USA) Chiropractor

Are you suffering from Rheumatism, neck and arm pain, sciatica, spondylosis, loss of lordosis and general aches and pains as well as loss of energy, libido, and zest for living?

Do you feel as if you would like to trade in your old body for a new one? Interestingly, our bodies are like our cars in many ways; they need air, fuel, and spark. They also need maintenance. Sadly, unlike our motor vehicles, which receive maintenance at regular intervals, our bodies are usually just left to wear out and we are taught to accept this as normal.

Because our bodies have no trade-in value, it should make sense to do all we can to keep the body in good working order. Good nutrition is essential to good health but what about the electrics of the body. This department is relegated to the nerve system and the spine. Chiropractic is centred around the relationship of the body's biomechanics to the bio-electrics.

Nerves exit from between the vertebrae and supply the body with life force. Accidents, sprains, and strains move the vertebrae into misaligned positions pinching the nerves. This causes pain, weakness, and malfunctions in the body.

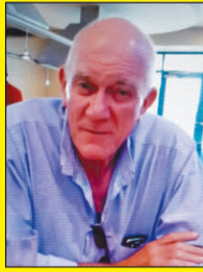
The spine comprises 24 movable vertebrae which function as 24 switches controlling growth, function, development, and resistance. This includes controlling the blood supply to organs and joints. (Vasomotor function)

When misaligned vertebrae pinch nerves that are supposed to dilate arteries that need to deliver raw materials to the joints, problems will arise. With diminished blood supply to the bursae (Specialized membranes in the joint capsules which make the lubricating synovial fluid), the joints begin to dry up. This results in friction, heat, inflammation, and pain. Usually in that order. By adjusting the offending vertebrae (C/5-C/6) in the neck and restoring the blood supply to the bursae, the joints become lubricated and the arm pain usually disappears after a while. What we put into life is what we can expect to get out of life. It is the same with chiropractic care. It is not an overnight miracle. Treating the cause makes better sense than only treating the symptom. Similarly, in the lower spine, adjusting the L4/L5 area helps with low-back pain and Sciatica.

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