

# Feeding is a humanitarian need



Feeding is a humanitarian need, states Councillor Moonsamy. Spring brought with it eternal hope, as ANC Councillor, Stanley Moonsamy and team braved the chill to attend to the most essential needs of their communities.

A humanitarian collaboration between TPA Humanity, Tsedi Hope Foundation, Food For Life and Councillor Stanley Moonsamy attended to thousands of people at the Phoenix SASSA office and Phoenix Post Office in distributing hot, scrumptious meals. These often-indigent people from Phoenix and surrounding townships queue at the Phoenix Post Office and SASSA office from 04H00 to receive their pensions and COVID-19 relief funds. It is a day when they leave home with-

out a meal and stand in queues for hours – without a meal.

“We want to thank the managers of SASSA and the Post Office - in particular, the security personnel for making the premises available for the feeding,” stated Councillor Moonsamy.

## Dr Preeyan



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# Police Files

\* 2 arrested for pregnant teacher's murder: A burned-out bakkie riddled with bullet holes was found with human remains. The post-mortem revealed that the recovered remains was of a woman who was eight months pregnant. Consequent DNA tests revealed that the body was of a 35-year-old educator. A 37-year-old woman was arrested for the murder, appeared in court and was remanded in custody until 10 September 2020. The accused was a teacher at the same school as the deceased. Another 46-year-old man was arrested last week and has also appeared in court.

\* Drug dealers arrested: Two men, aged 30 and 35, are in police custody after they were arrested by Provincial Drug and Firearm Unit officers. These men are facing charges of possession and dealing of drugs in the Point area, Durban. Police recovered methcathone, crystal meth, rock cocaine, cocaine powder and mandrax tablets with an estimated street value of more than R200 000. The drugs were found concealed in the bedroom and intelligence was re-

ceived that they were about to be distributed to runners for trading. The suspects are also facing a charge for contravening the Immigration Act. They appeared in the Durban Magistrates Court on Monday.

\* Life for police killer: Sabelo Gina (37) was sentenced to life imprisonment for murder, plus 65 years for arson, attempted murder as well as illegal possession of firearms and ammunition. His sentence emanated after the court heard how he killed an off-duty police officer in 2016. On 5 March 2016 at 03H15, Sergeant Sthembiso Dusse (35) was asleep at his home, when he was attacked by unknown suspects who stole his firearm and other belongings. Following the robbery, his house was set alight and he was burned beyond recognition. Screams were heard by the neighbours emanating from the house and they attempted to extinguish the fire but was in vain

\* Job fraudster captured: Police arrested a 58-year-old man for fraud committed earlier this year. It is alleged that the suspect

would phone his victims and offer them jobs at a hospital in Pietermaritzburg. He told his victims that he was employed as a human resources manager and has the means to get them employment if they deposited a re-

quired amount of cash into his account. The victims then deposited the required cash but the suspect vanished with the money. Investigations are still ongoing and there is a possibility that he could be linked to more fraud

cases. Victims who were scammed and did not report to police are urged to come forward and contact Detective Warrant Officer Sanka on 082 459 7915 or Crime Stop on 08600 10111.

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



Dr Roger V. Powell DC (USA) Chiropractor

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.

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.

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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*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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- \* Teen issues
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