



HENRIETTA HARRIS















l o n t a l i u s

i'll  
forget

17











FAT-BURNING, ENERGY-BOOSTING BLACKCURRANTS: THE NEW SUPERFOOD?

# NORTH & SOUTH

## *The myth of our unarmed police*

He was sick, obese and wedged into his parked car. Why did police officers Taser him four times, blast his face with pepper spray and set two dogs on him?

Smug  
parents  
Time to  
lose the  
halos

Brain  
training  
How not  
to lose  
your mind



Yumi Jounma  
YONCALLA































DRINK  
ME!

PREMIUM ORGANIC 70% COCOA

**BENNETTO™**

DRINKING CHOCOLATE

Whole bean, pure, organic drinking  
chocolate. Dark and velvety smooth.

**Melt me in hot milk**

































