

Be educated and entertained

DOCUMENTARIES take the forefront of television viewing this weekend, with insightful documentary series across channels to keep viewers educated and entertained.

Tomorrow on SABC 3 at 7.27 pm, short-film series *21 Icons* will feature Jes Foord, rape survivor and founder of The Jes Foord Foundation (JFF).

Foord was selected for *21 Icons* South Africa to honour her courage and bravery following her traumatic gang rape by four men in 2008.

Her story is both moving and inspirational, and demonstrates the strength of purpose in the face of adversity and that human beings can make the best of their situation if they are able to surpass hardship and strive to be the best version of themselves.

21 Icons traces South Africa's history, moving from the fight for freedom to the country's growth during democracy, and concluding with a vision of the future. It is a celebration of individuals who inspire multitudes through their impact, integrity and influence.

For more local documentary, coming up on *Carte Blanche* tomorrow at 7 pm on M-Net and M-Net HD is *Secrets of the Rising Star Cave*. It reports on the extraordinary scientific discovery of a new species of human relative, *Homo naledi*.

Inside Africa on CNN takes a look at the Drakensberg mountains, "Dragon Mountains" as the name means, which comprise a vast landscape of deep gorges and steep cliffs.

For thousands of years, the mountains were home to the San people, indigenous hunter-gatherers in southern Africa. Today, tens of thousands of their rock paintings still exist in hundreds of caves.

Discover the majesty of the Drakensberg from the air, on horseback, and on foot with episodes today at 12.30 pm and 7.30 pm, and tomorrow at 5.30 pm.

Another big show premiering tomorrow at 8.05 pm on National Geographic



Tomorrow on SABC 3, *21 Icons* gives an insightful and inspiring glimpse into life of Jes Foord.

PHOTO: SUPPLIED

Channel (DStv channel 181) is the decade-defining mini series *The 2000's: The Decade We Saw it All*.

This documentary series highlights the profound global, technological and social changes that transformed the world during the decade. Revisiting key events in interviews with game changers, news makers, world leaders and entertainers who left their mark on history, the special follows the same wildly successful formula that made hits of its predecessors *The '80s: The Decade That Made Us* and *The '90s: The Decade That Connected Us*.

The nearly 120 interviews completed for the series, combined with unforgettable footage and a familiar soundtrack, puts a

new lens on the familiar and alters what you think you know. From the September 11 attacks to the influence of fantasy films like *Harry Potter*, and from disasters like the Indian Ocean tsunami to cutting-edge science developments like Europe's Large Hadron Collider, the series details the 10 tumultuous years with stories from all corners of the globe.

For reality TV, E! Entertainment will take viewers behind the scenes at New York Fashion Week this month.

Another fashion highlight is the return of E!'s *House of DVF* on Fridays at 8 pm.

Fashion Bloggers will also return tonight at 8 pm, as Nadia Fairfax replaces Margaret Zhang. — Arts editor.