

Inspire magazine

StayCurious

FALL 2015



ONLY A KOVSIE
KNOWS THE FEELING



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FIRST WORD



■ We are all in search of a life of fulfillment. Don't push it off into tomorrow and next weekends and next holiday. Inhale already. You're killing yourself. We institute the purest form of slavery to utter a silent shout, but the agonizing death within ourselves. We continually allow ourselves to be trapped from the outside. Break free. No need to try and survive anything that does not completely drench you with inspiration. Get up and do something about it. The world abounds. Find your life saver. Each morning births a new beginning. Forget longevity. Seize the day. Every chance you take today intensifies the quality and depth of your life. Regrets are for beginners. Passion and hard work know no obstacles, its simply the story of the rock and the stream.

Inspire Magazine purposes to celebrate young people who are trail blazers, in that they have not neglected their talents because of the pressures of pursuing academic achievement, instead they live it. Rather they have embraced their talents as equal to the other. They are proof that if you work hard enough you need not choose. We are saying that, while you are young, you have a unique opportunity to do so much. Don't limit yourself. The theme for this edition is "Bright Star" adapted from a poem by John Keats. To say just like the Northern Star remain steadfast in the direction of your dreams. The actual putting together of this magazine meant a totally new focus and feel. It has a deep and more serious undertone. We are in troubled times, but we aim to celebrate life and positivity. We saw that we had the opportunity to truly express our pride of being Kovies and this we tried to do in leaps and bounds. Much more can be said but I want to thank each and every person who contributed to making this magazine edition possible. My co-editors played an essential role. Frank who takes credit for the technical designs and layouts which are quite brilliant and the complex software he uses which is self taught. Thuthukani and Via who have been instrumental to get articles and view points. So from the Inspire Magazine team we hope you enjoy this edition. Be Inspired.

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STAY
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Inspire
magazine

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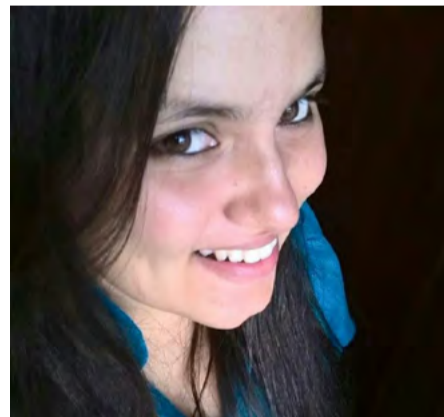
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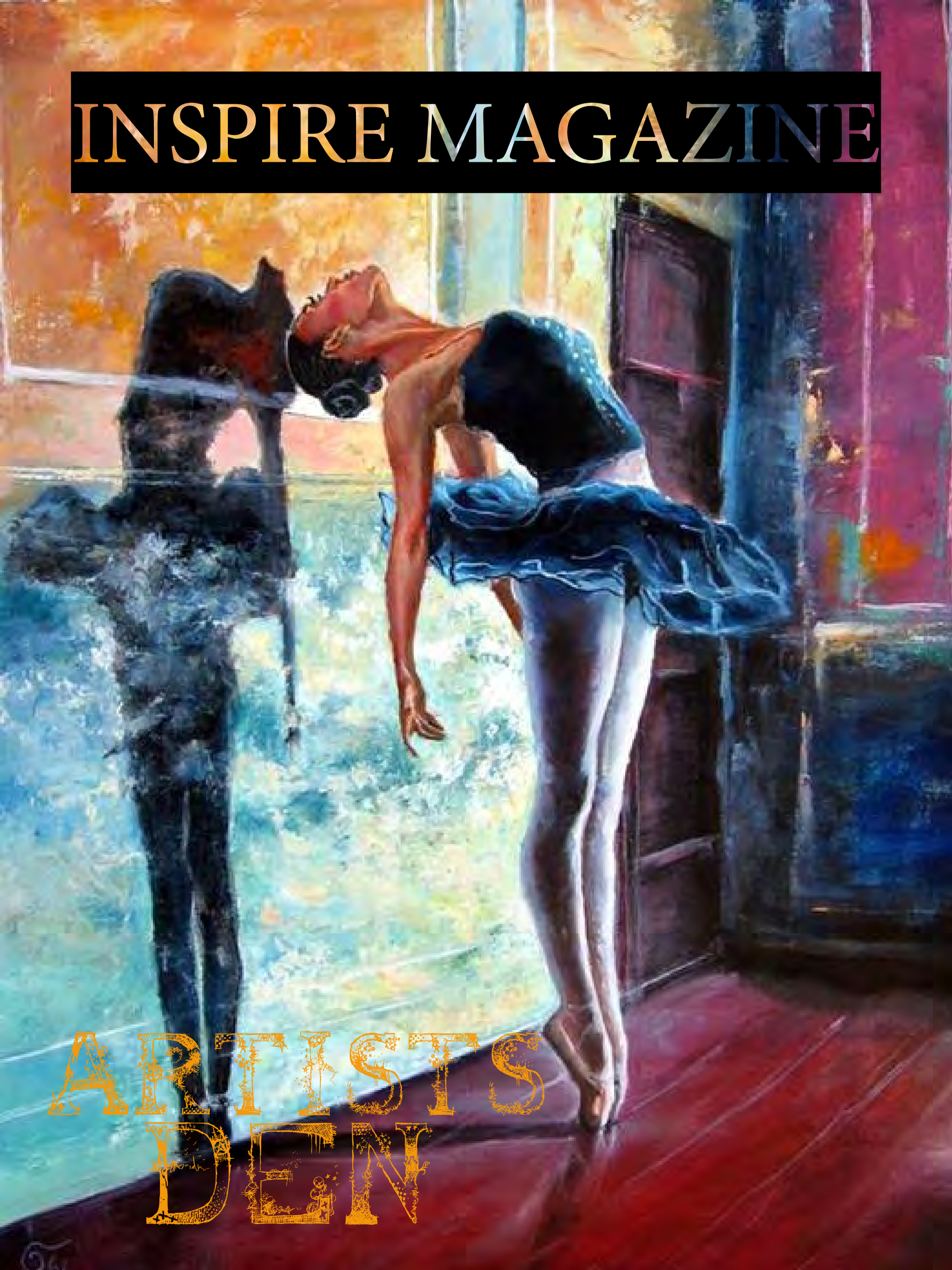
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Inspire

magazine

INSPIRE MAGAZINE



ARTISTS
ADDENDUM

“Bright star, would I were stedfast as thou art...”



“Bright star, would I were stedfast as thou art...”

The longing for steadiness expressed by John Keats in “Bright Star” perhaps captures what, in the end, we all seek for our lives. As much as we may not be daunted by chaos or seek to embrace change, we often experience even these moments as part of an arc that is angled toward stability. While it is unreasonable to expect that life will readily comply with our desire for steadfastness, maybe Keats is on to something worth considering.

Without doubt, external circumstances do not request our permission or require our approval, sometimes making our encounters with life’s happenings overwhelming and anything but steady. If we, however, turn our attention to the ways in which we respond to life, then stability emerges as quite a probability.

Mystic and theologian Howard Thurman contends that there is a “sound of the genuine” in us all that calls out to us in its authenticity throughout our lives. Situations may change, but this “essential idiom” is forever waiting to find voice in our experience of and contribution to the world. And, perhaps this steadfastness of core identity is the longing of which Keats speaks.

The genuine Self, though embedded in our very essence, can go missing, unheard and unheeded. Maybe the journey of life, and the steadfast light Keats longs to imitate, emanates from honouring the Self. In so doing, perhaps we find the stability we seek...

A REFLECTION ON THE POEM CALLED “BRIGHT STAR” BY JOHN KEATS WHICH IS THE THEME UNDERLYING THIS EDITION

Rev.
Marcus R. Ingram
Ph.D.

FOUR SIMPLE ASSUMPTIONS THAT CAN IMPROVE YOUR **LIFE**

While reading one of my favorite books “The 8th Habit – From Effectiveness to greatness” by Stephen R. Covey, I came across 4 vital assumptions that I believe can greatly improve one’s life and their habits. Stephen Covey states that these assumptions can help us live a more balanced, integrated and powerful life. It’s also important that these assumptions are done consistently, in order to find a new wellspring of strength and integrity to draw on when you need it most. The assumptions are as follows:

FOR THE BODY

Assume you’ve had a heart attack; now live accordingly

FOR THE MIND

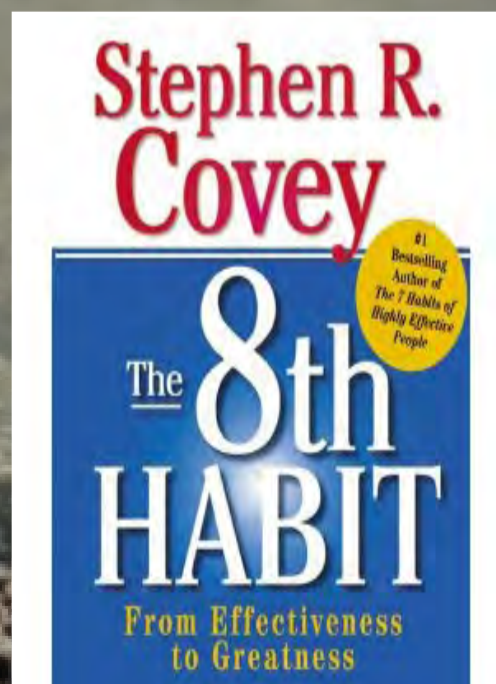
Assume the half-life of your profession is two years; now prepare accordingly.

FOR THE HEART

Assume everything you say about another (person), they can overhear; now speak accordingly

FOR THE SPIRIT

Assume that you have a one-on-one visit with your Creator every quarter; now live accordingly.



by Thuthukani Ndlovu

What do GYM Fanatics & BOOK Worms

Have in common

by Frank Magaya



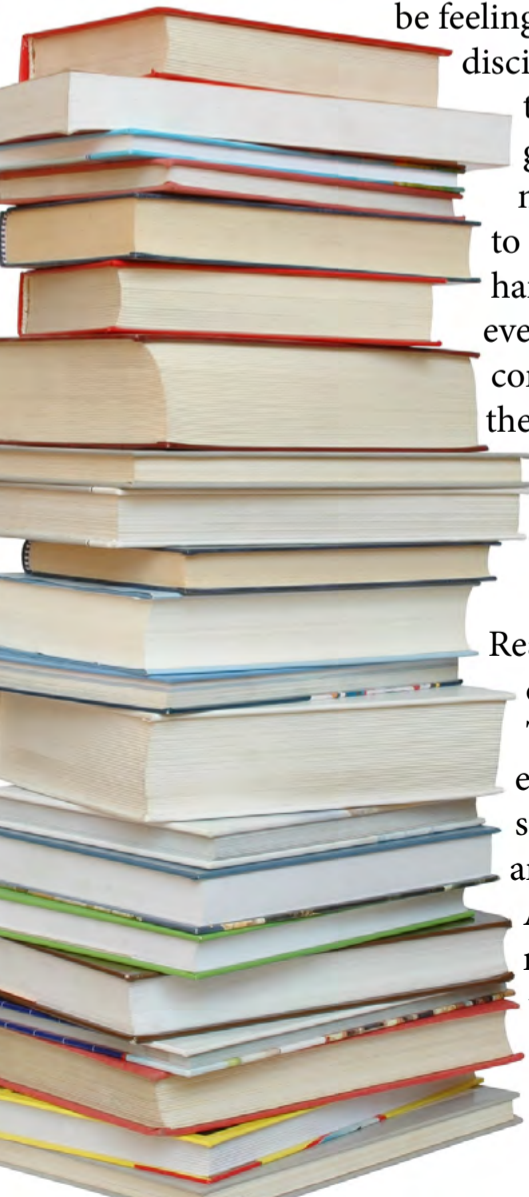
Going to the gym is a hassle but should be done. People go there mainly to gain strength, build muscle mass and shed off some weight. Everybody can agree that it is an important place. A dumb bell is one of the most important equipment that aids in building upper body muscles. Be it triceps, biceps, chest or shoulder muscles, this is one of the equipment to go. But what does it have to do with a book? Many people have been there, you join a gym and start working out immediately. You feel some pain in your muscles, you rest, you eat well and after some 2 weeks you feel some heaviness – you are gaining strength. You ask your buddy ‘hey checkout these triceps, big hey?’ –they just shrug it off ‘NAH’. Frustrated you hit the internet and the internet tells you just might have to wait 3 to 6 months for noticeable real growth. It kills you. To build muscle using a dumb bell you have to use it 3-4 days per week for nearly 6 months for some noticeable change to take effect a year for tremendous change. It’s a long time, a lot people want change quickly, you know, be looking at yourself in the mirror after every workout. Many people quit before some real change is seen although they might

be feeling it. Let’s face it you got to be very disciplined and goal oriented to see the change you want to see, you got to have some vision and the necessary aggression needed to take you through. After all the hard work, the change is worth everything. You start to feel more confident, you develop a great aesthetic body, heck even people tell you and most of it all you now enjoy going to the gym, you have a good time, it’s your time.

Reading a leisure book is very uncommon: people rarely do it. There is no apparent gain and even if there is, it will take time, so people just roll their eyes and say ‘just not gonna do it’. A book is a conversation you make with the book during the course of reading. You un-

consciously stretch your brain in filling the gaps between your conversation, in other words you work out you brain. What’s happening is you are beginning to locate yourself, to understand who you are: you are beginning to be yourself. You will feel it, and with continuous reading some noticeable changes can be seen in a space of 6 months to a year. People will say “you are different”. When you begin to be yourself you start living fully to your potential and two of the most important traits you will gain are creativity and imagination. These traits are the mark of true leaders and innovators. You will have a knack for taking different approaches to things – to think outside the box. You will develop great vision to see beyond and become the whole package in any department you choose to be in. Just think about Presidents, Movie Directors and University Chancellors. They obviously read books, and most even write some themselves.

So what do Gym Fanatics and Book Worms have in common? A lot, but the most important thing is that they all understand the value of time and tremendous discipline. They exercise great patience, and they know that both the brain muscle and body muscle need time to develop if given the right amount of stimulation, which should be constant and continuous. This set of people are both hard workers in their respective fields. To be relevant in this society, to be at the top of your game, there is no denying that the two most important places to be are the book store and the Gym. You will stay sharp and you will avoid that idle mindset that gets people in unnecessary trouble. People don’t want to commit themselves when the time required is too long. Get it out of your head. Begin some work and in a year’s time we’ll tell you, ‘there is something different about you’ and it will all be worth it. Why wouldn’t it be?



aFRiKa

The time has come for Africa to break the chains that bind you to the past

The time has come for Africa to set yourself free

Can you not see that these chains have long turned to rust?

No longer do they bind you to what is behind Africa can you not see this?

Our land, once the land of clear blue skies and endless green pastures

Is now plagued by the lasting legacy of death and destruction

Once dispossessed of your spear and shield Africa you stand naked in front of a crowd of critics and hypocrites

The very architects of your dark history now lingering in your present

Africa, you are lost..

Lost in the very land that belongs to you, lost in the land of your forefathers

And like a slave, Africa you are tattooed with scars and marked by bruises that have become a constant reminder of your place

Like a slave who no longer knows how to live without his master, freedom is a foreign concept to you

Like a slave, far from his land you have forgotten the blue skies, the green pastures, the peace and the majestic beauty of your land, of your people

And like a slave Africa, you continue to bleed without reason

Your now barren land is nurtured by the blood that seeps from your wounds, now self-inflicted, Africa what kind of fruit grows on soil watered
with blood

Africa, you have lost yourself

In a mental state of slavery you cannot even look at yourself for you do not recognize yourself

Fighting wars of intolerance against your own people, Africa it is yourself you are fighting

And like a slave you will continue to bleed without reason

Is this the reality that lies ahead Africa?

Is this the preview of the bleak legacy you will leave behind?

What you don't see Africa is that you are now your own slave

These physical scars you carry are but a fraction of the product of the real weapon once used against you

Like Bantu Biko once said, the most potent weapon of the oppressor is the mind of the oppressed and Africa this weapon continues to be used
against you

Why do you hate yourself so much Africa?

What is it that makes you so angry?

Is it your dark skin or perhaps you knotty hair?

Is it your bountiful curves or your broad shoulders?

Is it your pouted lips or perhaps that extra junk you carry?

Africa, you are a beauty

The very cradle of humanity

A child of your forefathers but a child of God first made in His image for His glory Africa who's approval do you seek?

Who do you want to tell you Africa that your dark skin is not a defect but a symbol of who you are?

Who do you want to tell you that your knotty hair is not something to be ashamed of but what makes you unique?

Who do you want to tell you that your bountiful curves do not make you a subject of ridicule but rather a bearer of life?

Who do you want to tell you that your broad shoulders do not make you a slave but rather signify your strength?

Who do you want to tell you that extra junk you carry makes you all the more pleasurable to touch and caress

Africa who's approval do you seek?

Come back to yourself...

Come back to yourself Africa and stop trying to find yourself in places where you do not belong

Stop trying to seek the approval of those who do not know you, those who do not know what it means to be you Africa

Stop trying to run from yourself by trying to fit the mould of what you were never meant to be

Africa, stop trying to conform

Stop trying to steal the identity of others

Identities of those who don't know who they are past what they see in a mirror

Who will respect you Africa, if you do not respect who you are?

Yes, like a new-born baby snatched from the clutches of her mother a lot was taken from you it is no wonder you no longer know your way back
home

But the time has come to stop living in the past

Africa, forgive

Come back to yourself, find yourself and heal yourself

Find the courage to look deep within yourself and realise that nothing can be built on what is broken

Heal yourself Africa

For the thief only comes to destroy and not to restore it is left to you Africa to restore yourself

Stop being a victim of your past and free yourself from this mental prison

Liberate and restore what was broken

Bring back those blue skies and endless green pastures

Eliminate the fear and restore the hope of your people Africa,

Come back to yourself

Ma ibuye iAfrika, ma ibuye!



by **Lerato Ntho**

LLB student, Singer, Writer, Poet

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14 HABITS of TOP UNIVERSITY STUDENTS



The feeling of writing all your third test opportunities in two days
The feeling of finding out you have a reassessment on your birthday
The sinking feeling you get when you want to photocopy one page and there are several thousand other people in front of you
The feeling of missing the 75% average bursary with only one percent,

Only a Korsie knows the feeling

I guess I never really understood this feeling, well besides the Shimlas making it all the way to the final. In spite of all this we all want to be good students and have the perfect academic record, so how do the overachievers do it. There seems to be no straight answer. Sometimes it's a question of intelligence or insight, sometimes it is sheer good luck, but a lot of the time it's a question of good habits: things you do on a regular basis that set you aside from the rest of the class. There isn't a real formula, but hard work and consistency definitely makeup most of it. So after much research, the Inspire Magazine team put together 14 points of how to be a top University Student.

Have a schedule

Be open to feedback. While it's easy and more fun to toss away your graded papers and exams, or conveniently forget to pick them up, the best students carefully study the comments and go over any mistakes they've made. And when the next piece of work rolls around, they take another look at the previous set of comments to see if there are any mistakes that they can correct on the new piece of work. All without feeling wounded or defensive. We learn and grow.

Are not afraid to ask

Look, you've got a mouth. Most classes come with a tutorial or a certain time when you can go to your lecturer to ask questions. Use this time wisely. If you are ever confused about something, don't choose to leave it that way! They are there to help you! Some teachers would even go over your essays or your answers with you if you show them. Ask for explanations and even ask what would be in the exam. There are some things they won't say in class or during the lecture, but are willing to give out if you ask about it. Be that student: it is that extra bit of information that makes all the difference in tests and exams

Divide Up Tasks

Readings get broken up into manageable chunks (not a whole study guide, ten lectures in slides, page one to ninety three in the text book and audios in one sitting). Old question papers and exam questions are rehearsed with the course work during the semester (not at 3 a.m. the night before).

Manage Their Feelings

It's difficult to excel in a module if you're feeling inadequate, disinterested, bummed out, or doomed to fail. Top students who know how to focus on having a positive attitude — rather than on what they got on the assignment that counts for about 2 percent of the module grade — be that comeback student.

Time Management

Not only do they know when the tests, assignments and exams fall in the semester, but they have a good sense of what work needs to be done each week as the semester progresses. Nice and balanced: everything in gear and no worries come exam time. They're time management experts.

Evolution

No one gets it right the first time. Being a top student takes time and you have to believe in the process. Even the most carefully calibrated set of study habits can quickly strain under the unexpected reality of student life. Embrace this. Constantly re-evaluate and tweak your strategies.

Birds of the same Feather

Successful students know that spending a lot of time with friends who don't even know what courses they're taking, or why they're in university at all can create an atmosphere so toxic that any attempts to study immediately wither away and die. Find friends who will help you pass.

Aren't too shy

Sure, everyone feels intimidated about having to seek out the professor to ask about the work. But keep in mind that most professors enjoy talking with students and, if asked, will offer loads of help on papers, preparing for tests, and even finding topics for future work like dissertation topics or internships. So get your head out of the sand and go on a limp to do better.

Stay Focused

For instance, when you think you're studying, but you're really apping a friend to justify why Liverpool is the best team in the league. You're the easiest person you know to deceive. Don't.

Stay Fit

It's difficult to do well if you're sick as a dog, or haven't slept in a week, or living solely on Deli and coke. Successful students make good health a priority — they manage their physical and emotional needs as carefully as they do their academic needs.

Study Every Night

It is much easier and less stressful if you study and memorize everyday rather than being a passive learner and expecting to remember everything for the exam. If you review every night, and go back every so often, everything is already in your mind, and exams would be a breeze.

Have Fun

This is your last chance to socialize and have fun before hitting the serious world of debt and careers. Go out with friends once in a while and meet new people. Join a city res and do things you really like. Explore campus and eat at different places. Plan a flash mob. Stay focused on your classes, but if you follow the above steps, you will have a lot of free stress-less time, so go-on and make good memories, then get back to the boring stuff later. The best students know why they are at University, what they need to do to achieve their goals and how to strike a balance.

Be Organised

There are two types of college students. Those who are battered around by their workload, always jumping from one looming deadline to the next, and those who manhandle their work into smart schedules that allow them to get things done on their own terms. For the sake of your sanity, strive to be the latter.

Challenge Themselves

Good students are intellectually energetic. When they read, they think actively about what they're reading. When they go to class, they don't just zone-out or text underneath the table. Remember you're here to learn and it can be quite an enjoyable experience.

First Comes First

Don't be that student who goes drinking the day before your exam just because you were afraid to let your friends down. A University degree is the gate way to your future. Take your priorities seriously.

Xenophobia

Racism

Ethnics

Tribalism

BEVERAGES BREWED IN THE SAME POT

The current looting of foreign owned business and the subsequent debate of whether it is a crime or xenophobia got me to question if there really is a difference in some actions that prevail not only in South Africa

but in Africa and the world. My mind stretches to the Conflicts in the Ivory Coast, Central African Republic, Mali and even the violence that took place in Kenya where the protagonists find a difference be it in tribe, language skin colour, or religion to fight. I will not try to condone the rampant criminality in Soweto but I had to ask myself would I be able to operate a Spaza Shop in either Somalia/Ethiopia or even in Bangladesh and Pakistan. Would I be a welcome addition deep in those countries, my mind is full of doubts.

I am Zimbabwean Born and Bred up to the age of 20 and for the past 13 years of my life as an adult I have lived in South Africa. Growing up in Zimbabwe I know a lot of tribal and xenophobic tendencies that prevailed when were growing up. People can remember the words Moscan (One from

We cannot therefore try and perpetuate the myth that there is unity in Africa and Xenophobia is a South African phenomenon. Conflict arises from poverty and targets are formulated. It is easy for criminals to ferment Xenophobic attacks because of the underlying issues.

Mozambique, Nyasarande or Bwidi (Those that hailed from Nyasaland) these were not endearing terms but derogatory words that were used to address or label people from other countries. With no hindsight of immigration I remember growing up in my earlier years with a warped view of these people that were defined by these labels. I would not appreciate the difficulty original Chewa speak-

ers had with Shona and comedians and musicians would mock their heavily accented Shona. Mozambicans were then viewed as Gardeners or employees for odd Jobs and nothing was wrong with it. This type of immigrant was not the object of admiration and jealousy as they filled the lower rung and were not in possession of resources. If we fast forward to later years in Zimbabwe we have Nigerian/Congolese/Chinese Business owners there is a lot of vitriol directed at them. The difference is there is no lawlessness in the form or rampant looting, attacks and murder but there is some growling discontent. A cursory look at Zimbabwean politics will tell you that we are very far away from having a Ndebele president not through force but it's almost impossible to imagine the electorate en mass voting for a Ndebele. That is why powerful politicians like Gibson Sibanda and Welshman Ncube normally cede their lead roles to perform as supporting cast in a silent admission of the futility of trouncing tribal voting. I have heard many a comment that people would never vote for a Ndebele as if a Ndebele is not a Zimbabwean. In Ivory Coast the Outarra Vs Ggabo war and the ensuing civil strife pits mainly Northern Ivorians with Southerners who are deemed to be not really Ivorian owing to their migrant roots. This is a violent conflict which is fueled by Xenophobia although its labelled more as a tribal/religious conflict but at the core of it is economic strife and xenophobia. No one has doubts about the conflict in DRC or Rwanda and Burundi where it has always been clearly a Hutu Tutsi situation. The bad economic situation in the Central African Republic has also raised a quasi-religious conflict mixed with xenophobic and tribal connotations. The Conflict in Mali was sparked by marginalised Tuaregs again a tribal issue. In Ghana and Nigeria there is historical cases of mass deportations of settled immigrant communities. We cannot therefore try and perpetuate the myth that there is

unity in Africa and Xenophobia is a South African phenomenon. Conflict arises from poverty and targets are formulated. It is easy for criminals to ferment Xenophobic attacks because of the underlying issues.

Now I return to Soweto and other areas where the foreign business operations are under threat and try to take a peak view at these acts of criminality. It is quiet obvious that there has been a constant attack on these shops and whenever there is a service delivery protests it ends up in looting of these shops. Integration is one thing that may be lacking in the setting up of these businesses. No one denies that most of these traders are from a different religion, culture and language. How then are they taught to integrate into local society so that they do not stand so differently. I have encountered a few of these traders and in their own settings they also hold wrong attitudes and views that perpetuates the them and us divide. It is high time when some of these immigrants come in that they find a way of swimming with the tide rather than stand in isolation and stick out like a sore thumb.

Xenophobia might be a local byword, instances of Xenophobia abound all over the world and the lack of opportunities or resources drive it to the fore. The only difference is the wide scale looting and violence and the police turning a blind eye.

I remember some comments in Mayfair from Local Indians against the immigrant Indian/Pakistani/Bangladesh debate in terms of shops and businesses opening around Fordsburg and Mayfair. The exact same complaints with regards to tax and pushing out of local businesses were mentioned. Comparisons were made about the difference in living costs (ie some stay in the shops), school fees etc that made competition almost impossible. I am just trying to show that there was no violence in Mayfair but there are xenophobic vibes. The locals will however gladly employ cheap immigrant labour. It seems immigrants are only acceptable when they are in strife not when they are in competition.

Immigration policy is also skewed in terms of what kind of immigrant is allowed in the country and if South Africa can be termed the first country of refuge for people from Asia for example. You cannot completely cut out the movement of people but there could be some management of the Asylum and Immigration policy in terms of value addition and the reasonableness of cases. In the case of Somalians one needs to realise that some of them have actually been born in this country and they have to seek survival. Spaza shops as a business are purely survivalist businesses and cannot possibly meet the

criteria of business permit regulations. The victim of police and home affairs however is skewed against the Black African Immigrant as can be seen at Lindela. There are however thousands of Caucasian and Asian immigrants who go unmolested despite being waiters and strippers and moving around with no documentation.

In Russia and Various parts of Europe anti-immigrant sentiments are rising with anti-immigration parties winning sizable vote proportions in elections. This is all linked to economic difficulties and thus the need to weed out perceived competition or cause of unemployment or lack of opportunities. Whilst Xenophobia might be a local byword instances of Xenophobia abound all over the world and the lack of opportunities or resources drive it to the fore. The only difference is the wide scale looting and violence and the police turning a blind eye. Even tendpreneurs operate in localised zones and thus a company in Limpopo will not be able to safely bring in labour from Limpopo to work in the Eastern cape. I worked with a firm that used to assist in the registration and issuance of title deeds in RDP areas and you had to hire field workers from that particular area otherwise the ward committees would give you trouble. The overriding factor is always jobs and opportunities.



by **Ronnie Farooq Shumba**

Follow his blog wedovo.wordpress.com
“Musings of an African, political, economic animal”

The current world women singles Number one is a living legend, making tennis history and a testimony to how dreams come true. If I left you in the woods there, I am talking about Serena Williams, and this is her tribute as a champion and a bright star.

A Solid Foundation

Serena's father, a former sharecropper from Louisiana determined to see his two youngest girls succeed used what he'd gleaned from tennis books and videos to instruct Serena and Venus on how to play the game. At the age of 3, practicing on a court not far from the family's Compton, California, home, Serena withstood the rigors of daily two-hour practices from her father. Being in the high crime and gang activity on courts that were riddled with potholes and sometimes missing nets, Serena and sister Venus toughened up for the competitive world of tennis.

Getting up when you fall

Serena's persevering spirit is what has kept her from quitting many times throughout her career. In 2003 and 2011, Williams suffered a series of health scares which have kept her away from tennis for several months. Serena however made a comeback which she credits her faith in God, as well as a life-changing journey she made to West Africa for renewing her pride and competitive fire. She noted saying "But it's all about, for me, how you recover. I think I've always said a champion isn't about how much they win, but it's about how they recover from their downs, whether it's an injury or whether it's a loss."

Without Breaking a sweat

In January 2015 Serena Williams faced off great players like fellow black American Madison Keys with 17 aces to get to the final of the Australian Open to face old time rival Maria Sharapova. The consistency of Serena's serve guaranteed she won her 19th grand slam title and making tennis history in the process.

Serena Williams Serve

Remains the most devastating weapon in the women's game, and it made the difference again in the Australian Open Final against Sharapova as she hit 18 aces and won 84 percent of the points when she put her first serve in play. And won the match point by hitting the same unreturnable serve twice.

So what is it about her serve

Far from being some randomly-bestowed physical gift, the Williams

serve - perhaps the deadliest weapon the game has ever seen, it is the product of hitting thousands and thousands of serves with her sister and father at the public tennis courts in Compton as a child. Five nights a week. That smooth, repeatable, devastating action is no accident. She commented saying, "When we were younger my dad had me and my sister just serve a lot. We would have this huge shopping cart of balls and we would serve all of them. I don't know if a lot of girls had that focus."

History in the making

The 33-year-old Williams became the oldest winner of the Australian women's title in the Open era and moved into outright second place on the list of major winners in the Open era, behind only Steffi Graf's 22. Almost immediately, her thoughts turned to the next major. "I would love to get to 22. I mean, 19 was very difficult to get to," she said. "But I have to get to 20 first, and then I have to get to 21. It will be a very big task." Just how far can Serena Williams go: She commented saying "A part of me feels like I have a chance to really create history. And a part of me feels like 'wow, I've done so much'. I don't think about it too much. I think if I do, I'll be very happy with myself. Impressed, even. And I don't want to do that. I want to play next week, next month, next year." - A simple refusal to rest on her achievements is what has sustained Williams for all these years.

How is Serena looking

No matter what Serena has made you believe, Grand Slam finals are not easy. Serena actually has to syke herself-up. She explained saying, "It shows that I love what I do. Every match I have a little bit of anxiety and I think that just goes to show that I still want to do the best, I still want to be the best."

Where to from here for Serena Williams

Sometimes people look at Williams and wonder, "Is women's tennis getting worse? How can a 33-year-old be the best player in the world more than a decade after she first got the top?" The answer is, Williams has gotten a lot better. She hits her shots with more spin and depth. She serves with more precision. She's much more reliable, and dangerous, when hitting on the run. "Williams has now won six major titles since she turned 30 unlike most Since Williams first reached the No. 1 ranking in 2002, other champions, like Justine Henin, Kim Clijsters and Amélie Mauresmo, have gotten to the top, fallen back and retired. She knows that Graf's record, far away as it is, isn't out of reach. She said the tension she feels as she pursues history is caused by passion.

The end of the matter

Serena Williams is a Bright Star and remains steadfast on her dreams. She is also practical about her goals, one of which is to become the greatest woman in tennis history.

Williams may win the four more Grand Slams she needs to overtake Graf. She may win more. She may win none. But, the competitive fire is a long way from being extinguished and that is the true mark of a champion.

by Mikey Makwarimba

“ Growing up. I wasn't the richest. But I had a rich family in spirit and support and standing here with 19 championships is something I never thought would happen. I went on the courts with just a ball and a racket and a hope, and that's all I had.





CLUB DJ



They guarantee you a good time when you turn-up at the club and are usually dropping the hits at every function on campus. Their unique style, music sense and awesome play list always have you moving to the tunes and rhythm. The good times follow them, they are our very own in-house Disc Jockies **DJ Cjo and Cider**.

My name is Lesetja Eric Moloko, and I am from Limpopo in Polokwane. I got one little sister. I have a Degree in BA (Communication science) Media Studies and Journalism and now I am currently doing my Honours in Labour Law.

The name C'JO actually comes from my first pedi name "Lesetja". It was started by me and my cousin when we were young. She told me that some people have a hard time pronouncing my first name and she just shortened it and said "I'm calling you C'JO". A lot of people think the DJ life is easy because DJs get free passes, they get the girls and free drinks. The reality is that being a DJ is a full time day and night job, which involves passion, patience, sacrifices, sleepless nights, hard work (practices, promoting one's brand, getting yourself out there and reaching out to people), and with it comes a lot of disappointments I must say. It also involves professional

The reality is that being a DJ is a full time day and night job, which involves passion, patience, sacrifices, sleepless nights and hard work

familiarity with the equipment. I use the standard DJ Equipment and that is CDJs and a mixer. Proper professional headphones are a must. However I am always upgrading to the new technology like USB flash drives and compact serato laptops to make the job easier. Another thing is that being DJ is about reading the crowd's mood, and playing hits for an energetic crowd partying hard at midnight instead of sticking to your set. A DJ's music set has to take the crowd on a musical journey, creating something special with the music you play: and that's really an art which is achieved through practice and experience.

I started with being a Dj at a young age while I was playing at local parties and weddings with my friend. At the age of 13, I met my friend's brother who often came with the latest ways of playing music and at that time I was doing grade 7. The brother had a computer which was the ultimate thing to use when deejaying and he had a lot of music, and with the everyday visits

of going to him to listen to music, I developed a greater passion to make people feel how I feel with music. That's when it all started. I convinced my mother (may her soul rest in peace) to buy a computer and that was when my passion met work in a musical journey and I have never stopped from there as I took it all the way with me to high school parties, house parties, clubs and now eventually Festivals. I must say being a DJ is the best thing that has ever happened to me.

It hit me that I could actually be a good Dj because of the looks people gave me when I pressed that play button, the curiosity in their eyes, the encouragement from people to take what I do even further and to never stop, the appreciative handshakes from the crowd during and after my set (and when other DJs came up to a stand and ask how I do what I do). All this made me realise how good of a DJ I am and I've never stopped since then.

I started taking deejaying very seriously in high school through the inspirations of guys from my hood such as Problem Child and Dacapo. That's when I realised that if they can make it, so can I.

When I started I was literally using simple cassettes and a DVD player to play one track after the other, until I upgraded to better equipment for playing music. As a DJ, it is very difficult to get people to believe that you are as good as you are, un-

I had to play at a lot of free gigs, open sets on big festivals and even play where there is nobody but just tables, chairs and the cleaners only to prove that I am as good as I say I am

less there is proof. People believe in seeing one play live in order to believe that you are that good, and for them to see you play you need to play live which is the difficult cycle of being a DJ.

At first I was not able to get gigs and this meant that I had to play at a lot for free, open sets on big festivals and even play where there is nobody but just tables, chairs and the cleaners only to prove that I am as good as I say I am. My break

through was when I eventually got to the University level where I met a lot of people, connections and that's when I actually met a partner, and a friend "DJ CIDER". We had to do a lot of small gigs just to promote ourselves and after that, it was one contact after the other with clubs etc.

I want to see my brand go all the way to international recognition, to be able to step in to the field without introducing myself anymore.

Me and Cider were called for a spot at Coobah to be the Resident DJs, and that was when the real DJ world was opened up to get more gigs at clubs and big events. And now being at this stage I see myself as a brand, a public figure, a professional DJ. I play at Topaz Lounge, Cubana, Capello, UFS community Rag festivals and I've shared stages with big artists: Black Motion, DJ Kent, DJ Milkshake, Mahoota vs Vetkoek, Euphonic (only to name a few).

I make my own mixes most of the times and they are played every Friday at my work station (KovsieFM). I have great singles that are yet to be released, but readers and music lovers can follow them up on my SoundCloud account : DJ CJO.

My aspiration as an entertainment brand "Dj Cjo", is to see my brand receive international recognition (and to be able to step in to the field without introducing myself anymore). Currently my partner and I are starting our own C&C Entertainment company that aims at making events, supplying sound and DJs, as well as Promos.

A lot of artists and Dj's inspire me. Some of my favourites are DJ Shimza, DJ Djeff (Afrozilla), Black Coffee, DJ Christos and Problemchild. I admire these DJs as I am where I am because of the way they made me feel when they stood in that DJ booth and shared their musical feeling with people, together with their unique style.

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SEEING THE WORLD WITH YOUR EYES CLOSED



If there is anything my parents taught me from an early age is that there is nothing that any other person can do that I could not do. I remember when I was four they bought me a bike, I even had a pair of roller blades growing up. They also encouraged and supported me when I decided to run for the SRC.

Most of us are naïve and take for granted simple things like being able to walk, hear, see or run. But as the singer Passenger said “you only miss the sun when it starts to snow.” My thoughts defer rather to talk about a phenomenal young lady who hasn’t let anything ever stop her from living a full life. A testament of a positive mind and enduring spirit. Truly the only disability in life is a bad attitude.

My name is Louzanne Coetzee, and I am from Bloemfontein. I however went to the Pioneer School for kids who are visually impaired in Cape Town. I have a little sister. I am currently doing my honors in Communication Science and I hold the SRC portfolio for Accessibility and Student Support. Something interesting about myself well I cry when I really want to do something but it doesn’t go through I guess that’s how it is in leadership (laughs). Also I have been totally blind since birth but with light perception. You probably always see me with my dog. Her name is Oakley, and she is especially trained to be my eyes*, if you can call it that. But I always have to tell people she’s not my brain. I can’t tell her to take me say, to Stabilis. I have to know my way around and to do that I find landmarks, buildings structures, remember where the stairs are, use my senses and pay attention to the ground when I walk.

My day starts really early because I go through my school work so I stay ahead and its off to campus and sort my duties with my SRC portfolio, go to class and five to seven it’s time for sports, by the way nobody messes with my time for sports. I am into athletics. My events are 800m and 1500m. I started out just jogging to stay fit and then training with the UFS Athletics Club where I discovered that I could actually compete in athletics competitions. Even though there wasn’t anyone who could really train me I kept my hopes up. My Mom’s friend then in-



troducted me to a coach from another athletics academy and he was interested in training me. Now the way it works is that I run with another person we call “a guide”. The coach was really dedicated and another girl from the training group ran with me. In 2012 I made it to the nationals and from there I was selected to represent South Africa in the World Championships. In the beginning of this year I also represented South Africa in the World Championships held in France. Figure’s crossed that I am also selected for the Championships to be held in Qatar, this October xoxo (laughs).

If there is anything, my parents taught me from an early age that there is nothing that any other person can do that I could not do. I remember when I was four they bought me a bike and I even had a pair of roller blades growing up. They also encouraged and supported me when I decided to run for the SRC. If you were to ask me what kind of person I am, I would tell you immediately that I am a people person. I love people and my SRC portfolio has been a wonderful experience thus far interacting with all these beautiful people and the greater student body. I have learnt so much.

I also love reading, cooking, baking especially and enjoy cycling on the Trindon with my boyfriend. I like listening to music and on Valentine’s Day this year I went to a see ‘Passenger in Concert’ in Johannesburg, which was really amazing. Not forgetting the occasional shopping with my girls even though my boyfriend says I have expensive taste (laughs). What gets me out of bed in the morning is just the will to live and do something. My personal philosophy would definitely be that, “The only disability is a bad attitude”. Through the years I have come to realize that in life there will always be challenges. We all experience some form of difficulty at some point but it is the way you respond that makes all the difference. **I want to make a difference where ever I go.**



PERSPECTIVE

Night falls, I shut my eyes and see into it, lay my consciousness to rest but the night remains awake until dawn, breathing still and abiding in the alternate worlds I find myself alive in momentarily, often surrounded by sunrays and dandelions. In the wake of dawn and the slumber of nighttime, once more I am here again, beginning again.

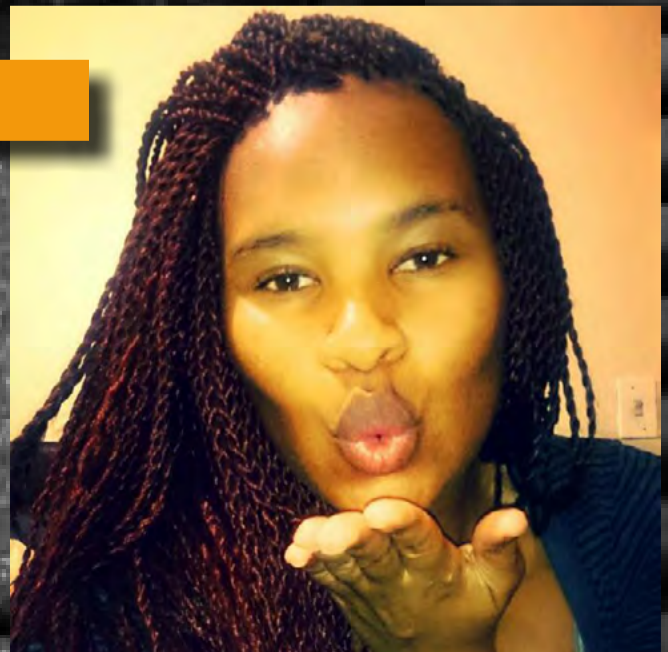
To me, life is the continuous process of awakening until we sleep to wake no more in this world we've come to know as our own. But sometimes we spend our days sleepwalking through life and stumbling into doubt and inadequacy, immersed in darkness even in the light of day. At times my mind travels ahead of me and I have to catch up to it, when that happens I know there are divine forces at work and that is home to me. On one of it's many odysseys my time travelling mind taught me this important lesson: "darkness isn't the worst place in which to find oneself, in the dark there is nowhere else to look but within, no other alternative but to believe that all you seek is here and is now, because your vision is impaired, you find there are many more ways to see. A significant concept called..

PERSPECTIVE

As you consciously assume a new perspective, so life begins anew. You don't have to wait for some monumental revelation, it's only a decision made with deliberate mindfulness. I read a quote recently by someone who writes incognito (I'm not certain why, if I wrote something that profound I'd put my name on it in bold letters). Narcissism aside before I digress, the quote reads "You are not stuck in traffic, you are traffic." Which is equivalent to: You are not trapped in a maze, you are the maze. Simply put (before I transport you to The Matrix) sometimes the only obstacle standing in your way is you. All that is required of you is different outlook, a shift in perception, a new perspective. I'm not particularly fond of the phrase the end (in italics) in this context, I prefer to be continued (also in italics) I believe in sequels, in second, third, fourth, tenth and hundredth chapters.

And so here I am again, awakening again, in sync with my heart's rhythm again, in unison with nature's song again, it is now again, the canvas is blank again and I hold eternity in my breath again.

by Aphelele Madikizela





Who is K.Set ?

My real name is Khumo Sethoba. I'm from Bochabela, Bloemfontein and I'm a final year Marketing student. The name K. Set comes from my real name. (Initial and half my surname)

Lyrical Content?

The way I see it, music is an expression, so I strongly believe in getting a message across in your music. At least that's what I try to do. I express my thoughts in my emotions in my music. This is why I fell in love with Hip-Hop in the first place, because of the messages contained in the music.

From the garage to the studio break it down for us?

Well I started rapping in primary school with a few friends, early primary school that is. At that time, I didn't even know I could rap, we just liked fooling around. I think I just liked the idea of being an artist. I actually also used to imagine myself as a part of TKZee. It was only towards the end of primary school where I narrowed it down to rapping. So from around Grade 6 till Grade 10, I was in a rap duo with a friend of mine. In grade 10, our rap duo split and we both went solo. However, I decided to stop because I was agitated with so many new rappers popping up who wanted to do it only for the girls and weren't actually good at it. Everybody started sounding the same and I started losing interest in making music, so I took some time off to actually figure out my own sound and try to re-ignite the passion that was no longer there. After a 6 year break and what seemed like an endless nagging from my childhood dream ever since I stopped, I decided to step back in the studio and record something as I figured that's the only way to get my dreams to stop nagging me. So late 2013 I recorded for the first time in 6 years. May 14th 2014, I dropped my first mixtape "Tape Before The Tape" and had a single from the tape (Joy Cometh) hit No. 1 on the YFM Hot 99 chart. Later that year I dropped another single titled "Future" and I just recently dropped my first single for 2015 titled "We Get It".?

Process and Interests?

Sometimes I have the lyrics before I have the beat and other times, the lyrics are inspired by the beat. I don't really have a set method, except the fact that I don't really write down lyrics. Though music is my first passion, I also love sports, especially soccer which I really enjoy watching and playing. I also serve in the Media team at my church as a camera man.

Do you intend to be a full time rapper one day?

Yeah... there's probably a lot of other things I could do, but I just don't see myself doing anything else. I always wanted to be an artist and J. Cole is my favourite lyricist. For me, talents and dreams are linked: it's always only a matter of time and effort.

Contact Information

Facebook: K. Set;
Twitter, Instagram, Soundcloud: ksetofficial.
You can find the links to music on those pages. My tape is also available on <http://www.datpiff.com/K-Set-Tape-Before-The-Tape-mixtape.625890.html>
My new single "We Get It" is out. You can check out my Twitter & Soundcloud (@ksetofficial) & K. Set on Facebook for the link. You can also find my mixtape on DatPiff.com.

Currently on a radio tour for his new hit single "We get it". He is the King before the crown. Yeah you guessed it, he is the one and only K.Set. We recently caught up with him and asked if he had a minute. So here is the interview we did in a minute..

K. SET

“I'm the best, you don't know it yet.
You rubbing shoulders with the king,
you ain't noticed yet.





ABANDONING MY ROOTS TO FIND MYSELF

by RUTH MARIMO

Ruth Marimo is the author of 'OUTsider: Crossing Borders, Breaking Rules, Gaining pride.'
You can connect with her and comment on this article on her via
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Twitter: *@RuthMarimoAuthor*
Website : *ruthmarimo.com*

First want to introduce three words that you will read in this article:

The first word is Patriarchy which is - 1 . A social system in which the father is the head of the family.

A family, community, or society based on this system or governed by men.

Dominance of a society by men, or the values that uphold such dominance.

The second word is Misogyny which is - 1. Hatred or mistrust of women.

The third word is Homophobia which is - 1. Fear, hatred, or mistrust of lesbians and gay men.

Now that we all know the meaning of these three words let me explain why I have abandoned my roots to find myself. For those who don't know my story or are coming across my words for the first time, my name is Ruth Marimo, I was born in Murehwa, Zimbabwe in 1985. I stayed in Murehwa until the age of about four when I moved to Harare to stay with my mother, who had gone back to school after my birth and had found work in the Capital city. My maternal grandmother had raised me up to this point. My mother who had suffered prior depressive episodes and attempts at suicide died in 1985, by laying her body on railway tracks at Harare's train station. The cause of her anguish was a fight she had had with her

boyfriend at the time, who was also the father of my half sister Chido. Sadly Chido would also die shortly after my mother's death from Measles she contracted while her and I were being shipped off to Hwange to live with one of my aunts and her husband. She was only three years old and I was five. This was when the first imprints of the cruelty of a culture like ours is, were first laid on me. As tragic as losing a mother to suicide, then a sibling to sickness at only five was, it was everything afterwards that happening to me that now makes me live a life completely removed from the culture I was once brought up in. My aunt, though loving, gave me shelter and put me in school. While her children attended a private school, I was registered to the local public school 'Ingagula Primary'. I am grateful and realize that I was lucky to have been orphaned but have relatives that could still take me in and give me an education, but right away, every single message I received from society and my own relatives, was that I was not good enough or as deserving, because I was an orphan and also because I was a girl. I was given a rigorous list of chores to do everyday and when I was overwhelmed my aunt would say things like 'But you are a girl, why are you complaining? You were made to cook sadza', I had to kneel in front of adults when serving them food, especially male adults, I had to hold a dish while kneeling so that adults could wash their hands, I could not sit on the same couch as adult so had to sit on the floor to eat or watch TV. The constant messages of my life being unworthy or not amounting to much in life were endless. My boy cousins got to explore and play till sundown, without any chores to be responsible for, they got bigger shares of food, they were never talked down to. As a little girl I began to internalize all these messages. The patriarchy and misogyny that exists in not just Zimbabwean culture but all African cultures is literally paralyzing and it took leaving and experiencing different cultures to notice this.

Now of course we cannot all just leave a culture and we cannot just blanket an entire society, I grew up in different relatives' homes

with differing degrees of patriarchy and misogyny, but even in the most progressive ones, I was still undervalued both as a girl child and an orphan. Solely based on my growing up, I am now raising my children in a completely gender-neutral home environment. What that means is that house chores are not designated by gender, my ten year old daughter and my eight year old son do everything equally or by taking turns. They both wash dishes, and take the trash out, they both do laundry and vacuum the house. They are encouraged to follow and pursue their own passions without restrictions. My son loves to cook and my daughter loves science and there has never been a day either of them has been discouraged from doing what they love. I am a single lesbian mother who runs her own small business, who has lived on her

"I want every little girl growing up in Africa today, to know that absolutely nobody gets to determine or decide who or what they become in life"

own for more than five years now. There is nothing yet I haven't been able to fix in my own home. Our family is fully functional and in fact thriving. My children are in the top 1% of brightest students in their school, they have friends and they play and do projects and read books, lots and lots of books. They are normal healthy children. I could never raise my kids with the mindset of the culture I come from and I have no regrets about abandoning any of it. It is funny that without a husband or a man to run my household, I can manage to employ other people and run a success business, I can write books and become a published author, I can travel and pursue my own passions in life. Growing up my culture told me this was all impossible and my culture lied. I want every little girl growing up in Africa today, to know that absolutely nobody gets to determine or decide who or what they become in life, that they are just as capable as anybody of anything. It is the reason I speak and share my story now, I want to be the example and voice I wish I could have heard growing up,

the voice I searched for and never found.

Now lets talk about the rampant homophobia of our culture. As an author and activist I am not surprised that the most homophobia and hate I receive comes from other Africans. What was shocking to me however in my coming out was how my own immediate family reacted towards me when I came out. Now you must understand that I arrived in America at the age of nineteen and had worked really hard and had helped my relatives come here as things got tougher back home, I had put myself through nursing school, had taken care of my two younger cousins by myself when I had only been twenty-one. My family had enormous pride in who I was and what I had accomplished, that was of course until I came out to them as a lesbian. All of a sudden I was treated like a foreigner by my own family, they wanted me to be prayed for, they feared for my poor children, the same children 7 years later who are doing just fine. In an instant I felt all the pride and love my family had for me was gone, all because I revealed to them the person I had been all along. I had known very early in life that I was attracted to other females but without any examples of who I was in my community, how could I have known that this was something some people are? Yes homophobia is found in all societies, so is patriarchy and misogyny, but here in this culture, western culture, it is actually addressed. People are not arrested and put in jail, entire communities do not condemn or attack people based on their sexual orientation. People like me can live openly and freely as gays, lesbians, bisexuals and transgender without constant fear of physical harm. While my family here has come a long way in accepting me, I know it is not the same for the family I still have back in Zimbabwe. As a society and culture we still have such a long way to go. Zimbabwe is in my heart forever, but the belief systems, the culture and the mentality is one I have abandoned because without it, I can freely be myself.

JUDGE ALBIE SACHS, studied at the University of Cape Town and graduated as a lawyer. He is an activist for human rights, as he was against apartheid. He was nearly killed in an attempted assassination by apartheid agents in 1988. As a member of the ANC Sachs played an active role in the negotiations which led to South Africa becoming a constitution democracy. In 1994 he was appointed by Nelson Mandela as one of the 11 judges of the Constitutional Court and was part of landmark judgments which included declaring capital punishment unconstitutional and gay/lesbian marriages legal. Sachs is an accomplished writer of best sellers like "The Strange Alchemy of life and law" and is passionate about the arts and sites of memory.



THE JUDGE MAKES TIME..

Q. Your father Solly Sachs wrote a letter to you when you turned 6 years old, saying that he hoped you would grow up to be a soldier in the fight for liberation. What has freedom come to mean to you?

We have freed South Africa from the system of apartheid and created a wonderful Constitution for an open and democratic society.

Q. You have advocated for non-racism, equality, non-discrimination, rights of women and human rights. What experiences and persons modeled these ideals in you?

I grew up in an activist family where ideals always came long before possessions. My mother was the typist for Moses Kotane, member of the National Executive of the ANC, and General Secretary of the Communist Party of South Africa. Notions of striving for justice and equality came with my mother's milk.

Q. You are a seasoned writer and author of best seller's like "The Strange Alchemy of Life and Law" how did this come about?

I grew up loving books and imagining I might become a writer one day. But I was too busy working as a young advocate to write. Then I was locked up in solitary confinement for 168 days. All the way through I dreamt of writing up the experience. And that's how my first book came out: The Jail Diary of Albie Sachs. About half my books since then have been autobiographical and half about human rights. I find I have to work very hard, with endless drafts and revisions, to end up with a text that looks as though it easily wrote itself.

Q. You were involved in the development of the new Constitutional building which has won international acclaim for its murals, sculpture, mosaics in its interior and sits on Constitutional Hill, tell us about your passion for the arts?

Art, architecture, poetry, music and books. They were all part of life, mingling and overlapping in my imagination. I love the humanity, nobility and cheekiness of modern art and architecture. When Chief Justice Arthur Chaskalson asked Yvonne Mokgoro and myself to be responsible for Court décor, we were ready with a vengeance for the task!

Q. As a former freedom fighter, co-founder of the new Constitution and part of South Africa's democracy, what words do you have to say to the young persons (University Students) who are this country's future leaders and decision makers?

Be as creative, bold and challenging as our generation of young people were, take from us whatever you find useful but don't be too concerned about following in our footsteps... find your own pathways.

Diary of a young girl

...in the middle of a sentence

How much wisdom can be found in the “Diary of a young girl” by Anna Frank 1947. Anne Frank and her family, fleeing the horrors of Nazi occupation, hid in the back of an Amsterdam warehouse for two years before she died while imprisoned at Bergen-Belsen, three months short of her sixteenth birthday. Below are the words of a young woman, who for a time survived the worst horror of the modern world had seen. She becomes a keen observer of human nature, triumphantly, courageously and heartbreakingly remains human throughout her ordeal.



by Mikey Makwarimba

At such moments I don't think about all the misery, but about the beauty that still remains. This is where Mother and I differ greatly. Her advice in the face of melancholy is: “Think about all the suffering in the world and be thankful you're not part of it.” My advice is: “Go outside, to the country, enjoy the sun and all nature has to offer. Go outside and try to recapture the happiness within yourself; think of all the beauty in yourself and in everything around you and be happy.”

I don't think Mother's advice can be right, because what are you supposed to do if you become part of the suffering? You'd be completely lost. On the contrary, beauty remains, even in misfortune. A person who's happy will make others happy; a person who has courage and faith will never die in misery! I don't want to moan and groan. On the contrary, I want to be brave!

Even though I am young, I know what I want, I know who's right and who's wrong, I have my own opinions, ideas and principles, and though it may sound odd coming from a teenager, I feel I'm more of a person than a child -- I feel I'm completely independent of others. I know I'm better at debating or carrying on a discussion than Mother, I know I'm more objective.

I need to have something besides a husband and children to devote myself to! I don't want to have lived in vain like most people. I want to be useful or bring enjoyment to all people, even those I've never met. I want to go on living even after my death!

To be honest, I can't imagine how anyone could say “I'm weak” and then stay that way. If you know that about yourself, why not fight it, why not develop your character?

We're all alive, but we don't know why or what for; we're all searching for happiness; we're all leading lives that are different and yet the same. Most of us have been raised in reasonably good fortune, we have the opportunity to get an education and make something of ourselves. We have many reasons to hope for great happiness, but... We have to earn it. And that's something you can't achieve by taking the easy way out. Earning happiness means doing good and working, not speculating and being lazy. Laziness may look inviting, but only work gives you true satisfaction.

People who are religious should be glad, since not everyone is blessed with the ability to believe in a higher order. You don't even have to live in fear of eternal punishment; the concepts of purgatory, heaven and hell are difficult for many people to accept, yet religion itself, any religion, keeps a person on the right path. Not the fear of God, but upholding your own sense of honour and obeying your

own conscience. How noble and good everyone could be if, at the end of each day, they were to review their own behaviour and weigh up the rights and wrongs. They would automatically try to do better at the start of each new day and, after a while, would certainly accomplish a great deal.

I have one outstanding character trait that must be obvious to anyone who's known me for any length of time: I have a great deal of self-knowledge. In everything I do, I can watch myself as if I were a stranger. I can stand across from the everyday Anne and, without being biased or making excuses, watch what she's doing, both the good and the bad. This self-awareness never leaves me, and every time I open my mouth, I think, “You should have said that differently” or “That's fine the way it is.” I condemn myself in so many ways that I'm beginning to realize the truth of Father's adage: “Every child has to raise itself.” Parents can only advise their children or point them in the right direction. Ultimately, people shape their own characters. In addition, I face life with an extraordinary amount of courage. I feel so strong and capable of bearing burdens, so young and free! When I first realized this, I was glad, because it means I can more easily withstand the blows life has in store.

It's twice as hard for us young people to hold on to our opinions at a time when ideals are being shattered and destroyed, when the worst side of human nature predominates, when everyone has come to doubt truth, justice and God.

We're much too young to deal with these problems, but they keep thrusting themselves on us until, finally, we're forced to think up a solution, though most of the time our solutions crumble when faced with the facts. It's difficult in times like these: ideals, dreams and cherished hopes rise within us, only to be crushed by grim reality. It's a wonder I haven't abandoned all my ideals, they seem so absurd and impractical. Yet I cling to them because I still believe, in spite of everything, that people are truly good at heart.

It's utterly impossible for me to build my life on a foundation of chaos, suffering and death. I see the world being slowly transformed into a wilderness, I hear the approaching thunder that, one day, will destroy us too, I feel the suffering of millions. And yet, when I look up at the sky, I somehow feel that everything will change for the better, that this cruelty too shall end, that peace and tranquillity will return once more. In the meantime, I must hold on to my ideals.

Actually, I'm what a romantic movie is to a profound thinker, a mere diversion, a comic interlude, something that is soon forgotten: not bad, but not particularly good either.

Anna Frank

INSPIRE MAGAZINE



To love means loving the unlovable.

To forgive means pardoning the unforgivable.

Hope means hoping when everything seems hopeless.

Gilbert Keith Chesterton (British Novelist)

SAVING EMMANUEL SITHOLE

Shooting down the common horror of our violent society

The gruesome murder of Emmanuel Sithole will remain in our psyche forever, haunting us to immaturity and if we are not already inoculated against the sheer brutality of our society, unlike Ernesto Alphabeto Nhamwuve the man burnt alive in 2008 there are prospects for justice because there is clear photographic evidence of the murder, without the photos though all witnesses would have been deafeningly silent and the police would just file it under unsolved cases. How many of the 17 068 murders or 47 murders that are committed a day are as gruesome as Emmanuel's or Ernesto's, how many helpless people have been stabbed, shot, brutalised by the criminals in our society and how can we stop these deaths? The rest of the world reacted with outrage but I am sure most of South Africa would testify that they have seen this before. The sending in of the army into hotspots may signal a solution we are a nation at war and our foes are rampant criminals. I am going to leave the debate about xenophobia and afrophobia to the fears inside my fragile migrant heart. Instead I want to shine my mirror against the dark hue of violence that has been allowed to freely permeate our society. The rape statistics reveal that there are about 46 000 reported cases in the country and that is ignoring the fact that only 1 in 9 cases are reported according to the Medical Research council. Tells of what a brutal society we are. The fact that our murder rate is five times higher than the global average just adds credence to that notion. So what happens when a society that knows only brutality erupts, the only result is the gruesome acts we are experiencing now? South African society has a high level of criminal violence and a stop of that will maybe expose us to less brutality. So why is it then that our government has not strongly fought the scourge of crime which is killing almost 50 people a day, why don't we have a national task force on crime or an Imbizo on crime. Most of these crimes are in poor communities and these communities are highly organised but are they need to be highly policed. I have dealt with communities in informal settlements and have seen the powerful influence of ward committees and organisations like Sanco, and surely these can be harnessed for crime fighting activities. Why doesn't crime intelligence harness these organised places to seek out criminals and stop crime. I know there is always talk of informants but how good is the network created by the police deep in civil society that runs most of these informal settlements. The use of the army may be a grey area but how about the modus

operandi? Why not increase the number of policeman given the high levels of crime. Visible policing is a huge deterrent, and the use of community policing forums decreased crime in most well to do society as they augment and add resourced to the policing effort. In an informal settlement if the cost of employing police is too high why not use volunteers from the locality, young unemployed youths at the community level for small stipends with incentives for integration as soon as resources are available. There should be a way of increasing policing in communities so that perpetrators of crime are brought to book sooner. Our army is largely redundant and is already a sunk cost let them be given a level of activity to under the command structures of the policy, weekly and monthly raids in crime

to book because of photographic evidence. I know there is an organisation called Business against crime and I think its high time they invest more in raising funds that aid policing and conviction. I know there are issues with privacy but if they cared more about the crimes in informal settlements why not donate street surveillance that will help arrest south Africans killing other south Africans. These methods seem to work in the well to do areas so why not install them for those that cannot afford. The use of technology should be increased biometrics and facial recognition technology instead of tendering for office space. The thing is we have to start caring about the poor and the majority of our people instead of worrying about horrific crime when a famous model gets shot or a soccer player gets murdered. 46 People get

sentences and people accused of violent crimes should not just walk out on bail so they commit more crimes wantonly. Emmanuel Sithole is a commonality and not an aberration, the politicians know it that's why they speak of criminality. People have got away with taxi wars to gain territory, business people have sponsored attacks on fellow business people. This is a broken society that is used to rampant criminality without consequences. The rest of Africa is shocked but people are killing each other everyday. We need to fix our society and stop the rot so people can fear burning people. Xenophobia gives us a torch to see into the darkness that is our society and especially the part of society that nobody cares about, the ones that when things happen to them we don't care. It is wrong to kill foreigners but people are already killing each other in large numbers and we do not care, it is just a by line. The video of the boys being burnt in Mpumalanga became repulsive after it was mistakenly attributed to Xenophobia. Mob justice they called it, it was just brutal savagery aimed at the nameless that we shall not remember and we don't care about it. It is high time the government deals with the scourge of crime so that the next strike, non strikers are not killed, the next taxi feud the killers are brought to book, the next service delivery protest those that burn houses, stone cars and burn libraries are jailed for their crimes. Too many crimes are hidden under the banner of protests lets shoot down that façade and maybe the next time people have issues an Emmanuel Sithole will survive and an Ernesto will not burn. It starts with Justice and if there is no law that exists to deal with acts of public lawlessness Dear law makers please craft one.

How many of the 17 068 murders or 47 murders that are committed a day are as gruesome as Emmanuel's or Ernesto's, how many helpless people have been stabbed, shot, brutalised by the criminals in our society and how can we stop these deaths? The rest of the world reacted with outrage but I am sure most of South Africa would testify that they have seen this before. The sending in of the army into hotspots may signal a solution we are a nation at war and our foes are rampant criminals.

hotspots to weed our dangerous weapons, drugs and net wanted criminals. The raids by the police and army in Jeppe should become common place so that dangerous weapons are removed from society. If there are regular raids in every crime hotspot and all those places where criminals are harbored what price the level crimes going down. There has to be a strategy to smoke out the criminals and the implements of crime regularly via a concerted strategic attempt. This has to be a continuous effort which should not be on occasions of national outrage but should be the hallmark of the national policing effort. Crime can be attacked and we know the holes were criminals are hiding its time to dig them out and prevent them from committing any crime. Lets have roadblocks that inconvenience us but instead of trying to raise money through issuance of tickets, why not search for illegal weapons, search for wanted criminals and arrest them. Emmanuel Sithole's killers were brought

murdered everyday and we worry about one or two well publicised cases. The Modimolle monster is a case that seems unique and gets publicity but how many women are murdered by their partners? The statistics say as little as 10% of murder cases lead to conviction, countless armed robbers repeat their crimes whilst free on bail. The criminal justice system is simply not keeping criminals in Jail so when the police do make arrests the criminals are released into society again. We need stiffer sentences for criminals and we need the system to work. The police has to compile proper files with enough evidence and how they do this is through better quality management through promoting professionals instead of political appointments that have to learn on the Job. The police force should be an independent professional organisation that is not a political tool. We have crime intelligence settling political scores but crime intelligence not stopping criminal attacks. We need harsher

by **Ronnie Farooq Shumba**

Follow his blog wedovo.wordpress.com
"Musings of an African, political, economic animal"



ADRI

Managing the music

Introduce yourself like you would on radio?

Hey, what's up! This is Adri.. aaaand now I don't know what to say after that haha

Who's Adri?

My full name is Adrianna Michelle Louw, named after my dad (the female version obviously). I was born in Potchefstroom, raised in Bloemfontein. We're only two, my older sister and I; we're fifteen years apart but super close. My family is pretty awesome, both my parents have always been very supportive and encouraging to both my sister and I and they're pretty accepting but do not totally agree with other things (like the amount of tattoos both of us have), but they're great! This year I started my second degree, majoring in English Literature and Communication Studies and just recently finished my Photography studies and an Events Management course at the University of Cape Town.

Have you always had passion for music and radio growing up?

Oh yeah! My whole family loves music so growing up there was always music playing around me, my sister gave me my first album when I was about twelve, I think that was when I officially fell in love with music. She also used to give me little "School of Rock" lessons when I went to visit her, so a lot of my rock and alternative music knowledge came from her side, but I think a lot of what both of us know now came from my dad. I definitely had a thing for radio from a young age as well; I just don't think I realized it until recently. Back in the day my friend and I would record mini radio shows on cassette tapes and then play songs in between from our cds, we used to pretend to be all kinds of different characters, interviewing each other and such.

How did you start off with radio?

I used to hang out with my friends who worked at KovsieFM back when I was still in high school, I actually had two opportunities to audition but never did, I think I was still a bit stuck in my shell at the time.. Then sometime in June/July of last year I entered for a competition at OFM where you could win an internship for three months and won! So I started my internship in August and after the three months were up they offered me to stay for another two months to intern at another show, and after that I applied for the Music Manager

position at KovsieFM..So here I am

Have you considered radio seriously as a career?

I always knew I wanted to end up in the music industry, I just never really knew how to get there but for some absurd reason I never thought of radio (I still don't know how and why I didn't realize it earlier). When the internship at OFM came I knew this was it. So yeah, I'm glad I finally found my career path and I'm definitely working towards having a career in radio.

How was your first day anything embarrassing you want to share?

Usually if something embarrassing happens to me I tend to forget about it very quickly haha. There was however one thing when I was interning at OFM, we had to do the Ice Bucket Challenge one day and I ran in to the boss in the kitchen, barefoot and shivering (it was still winter at the time), that was my first introduction to him, so I don't even want to know what his thoughts were. It was more awkward than embarrassing though.

How long have you been in radio and tell us how you have progressed from the early days?

Officially for 8 months now. I think I would've started much sooner if I hadn't been such an introvert way back. A lot has changed since then, I used to be veeeery anti-social and awkward around people I don't know, but I think radio has helped me come out of my shell quite a bit, so I'm much more chilled out and willing to talk to people. My music knowledge has also broadened a whole lot since I started in radio, which I love! Still wear mostly black though (laughs).

Share with us something crazy or funny that has happened while you were on air or said by one of you listeners?

One time a guy confessed his love for a girl on air and the other time, a guy phoned in to request a song, none of us knew which song he talked about so we asked him to sing it for us, it was funny cause he didn't really know all the words so he would just make sounds..He had a very thick Afrikaans accent as well. We laughed for days.

Is radio all fun or its work too?

People don't realize how much work goes into a radio station to keep it running, you have to be consistent and constantly keep it

fresh and up to date, both with music and programming. It's definitely a lot of work but it's awesome! It's a very fun environment to be in and if you have a passion for something, doing the work that comes with it won't bother you one bit. I love what I do..

Who is your favourite radio personality and why?

Howard Stern for sure! I think what I love about him is that he was never afraid to do and say risky things and I don't think he cares what other people think about him. He's so rock n roll!

What's your favourite song at the moment?

There too many of them. I do however post a song of the day on my twitter, mostly to introduce people to some new artists that I might have recently discovered or just a song that makes me amped! So feel free to check my feed for my favourite of the day.

Tell us what being the KovsieFM Music Manager entails; is it as exciting as it sounds?

It is very exciting, I get new music submissions on a daily basis and it amps me up to put new songs on the playlist for the listeners. It has its challenges as well though but I love it.

Any memorable moments on radio?

My whole radio career thus far has been pretty amazing, full of laughs and good times. Being in radio has its perks though; we get to hang out with a lot of the artists that come to perform in town and get to cover a lot of the events.

Any other interests other than radio?

Photography and art, painting and sketching.

What is your personal philosophy?

Be yourself; don't let people change who you are. Screw people's opinions. Stay determined. Stay positive, even if it's hard at times. Do what you love. Party hard!

CONTACT DETAILS

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That awkward moment

Waving at someone you think you know but actually don't.

Replying to someone you think is talking to you only to find that they are talking to someone on their hands free.

Pulling a door that says push (and vice versa).

Telling a joke but then forgetting the punchline half way through.

Saying goodbye to someone then realizing they're going the same way as you.

Facebook stalking someone and accidentally liking their profile picture from six years ago.

Going in for a hug but all the person wanted was a handshake.

Asking someone at a store for a different size and realizing they don't work there.

Wearing the same outfit as someone else at an event.

When you walk into the glass doors at Thakaneng Bridge.

Ordering at Steers or Deli only to realize that you left your card.

When you put on warm clothes early in the morning and by 10.a.m its hotter than Mexico

Getting stuck between the glass doors at the computer lab when you wanted to enter with your friend

The classic: running into someone in the street and sidestepping them, but they go in the same direction about seven times

When someone hugs your friend but they dont know you so you just stand there like a wet puppy

when you wave back at someone only to realise they are waving at their friend behind you

Why are some guys not into Sports?

and Why its OK!

We live in a world where sports play an integral role in our society. Some of the paychecks that most athletes get are so insane. In the most recent boxing match deemed 'The Fight of the Century', Mayweather made about 230 Million US against Pacquiao. The ordinary person working an 8-5 job barely make anything close to that amount in a lifetime. The ridiculousness of these paychecks earned by most sportsman



like Cristiano Ronaldo and Lebron James really shows just how much men love their sports. This love for sports began well before the days of Kaizer Chiefs. In the old days people used to flock to colosseums across the roman empire in search of the blood rush of watching highly trained gladiators engage in a fierce display of skill and survival. The modern day sport much like the games held in the roman colosseums aim to entertain a crowd of faithful and dedicated supporters. This crowd is usually composed of men. Over the course of 38 weeks the Barclay's Premiership and the La Liga of Spain attract a crowd of over 50 000 per match not including the millions glued to their television sets. Maybe its generally because of men's competitive nature or maybe its the thrill and adrenaline of winning or almost losing that makes men in any culture, race or religion love their sports. The biggest shock then, is the anomaly, a rare minority, an unexplained occurrence of guys who say they don't like sports. Even though obviously as you read above noone knows what it really means when a guy says he doesn't get the fuss around sports.

I grew up in a family where my brother used to play rugby, to him getting an injury whilst on the field was the most honorary thing a man could experience. I remember when he suffered a bone fracture and he had to get a plaster. The joy and painful pride that sparkled in his eyes was hard to miss. The enthusiasm and vigor he had whilst explaining to people whenever they asked him what happened is what intrigued me. Every person, every girl would listen in awe as he recited his story which was now refined to perfection; a story about pure bravery and immense courage. A story about a man who was willing to lose all for the team, for sport, for rugby. He was a typical guy, to him, there was no way a guy couldn't love sport, he couldn't have understood.

Back when we were kids, we used to play a lot of activities: be it street football or cricket. I remember we used to chal-

lenge guys from other streets and sometimes we would go as far as 4km to challenge other guys. Sometimes it was for money but most of the time it was for pure fun and drama it produced, we needed stories to tell, right. I joined the cricket team at my school when it was introduced and in no time I was drafted in the school team. I had never felt more

alive than when I was swinging the cricket ball onto batsmen. To see them being hit in the stomach or any part for that matter was a cause for celebration. I wanted to destroy my opponents. The drive to play and win was so huge that if anyone had told me that sport sucks, I would have been puzzled.

I support a lot sports and most guys love them too. The most enjoyable thing about sport is everything about it. From the pre-match debates to the post match analysis, the discussions and fiery conversations that develop are riveting. Now with games like FIFA, Need For Speed and various internet based fantasy leagues, more and more people are now tuning and getting involved in sport than ever. Actually this is the most important era for sports, which brings us back to our question; why are some guys not into sports? What are they into? Sport is one of the most purest forms of entertainment. Unlike movies, it's not staged, it happens in real time. Emotions, character, drama and 'fiction' like skills (Messi come to mind) are all part and parcel of the game. Why won't you love it? We are now living in better times, this is the modern world. This means that there a lot more things that one can do now than it was back then. You choose what you like and ignore what you don't. No one should tell or force you to like something no matter how much it means to them, you don't owe anyone anything. Upbringing, circles around you and exposure generally shape your preferences, you don't need to apologize for that. No you don't. You don't need to explain why you don't like sports just as much as I don't need to write a memo about why I am not into the Fast and Furious movies. I don't dig them. So don't force yourself to watch blitz so that you stay relevant and keep up with the sports news and tell me that your favorite team is Chelsea and you like their manager Sir Alex Fergusson and just hope that you didn't miss a thing cause you just did. Do what you gotta do, if you don't like sports don't force it, yes I will probably judge you, but who am I to.

article by FRANK MAGAYA

The Boss Lady



My name is Mosa Leteane and I am the SRC President at the University of the Free State 2014-2015. I am from Welkom, and I have lived there as long as I can remember. I came to Bloem for University, where I'm currently studying Law (in my 5th year). I have been involved with leadership since First Year after I was fortunate enough to be involved with the F1 Leadership for change program. Since then I have been involved with several associations: I was a Dj at Kovsie Radio for quite a while, Prime of Vander'Merwe' Residence, was in the Golden Key Executive committee, then I was fortunate enough to be part of the SRC Legal and Constitutional portfolio. I have also taken part in several campaigns: One Young World, UFS Youth Forum, Young Ambassadors for Africa, Law Moot Court to mention a few.

I ran for the office of SRC President because of my desire to do more. It was a big decision to run and had to wade through my self-doubt and say I was a great candidate as I had the experience and capable. I had previously applied for the Vice-President but after much introspection and guidance from my mom, I decided to go for it.

The journey to finally winning included speeches and debates in which I learnt so much. My previous position Legal and Constitutional portfolio was uncontested so there was nothing that could have prepared me for the campaign. It was a long, tiring and challenging journey but a thoroughly life changing and character building experience.

There are several things I wanted to change if I got the opportunity to be President, but I learnt a lot from the previous SRC president Phiwe Mathe in his endeavors to work better with administration and encouraging student-confidence in the SRC. He laid a firm foundation for the current SRC committee and we are improving from their work, but we also have our own specific projects we are working on. Of the many things we are working to better the lives of kovsies, here are a few worth mentioning: the state of Student Governance, Social Coalition (how we interact as kovsies), and the Transformation Program and Social Justice. Of these we already have several campaigns underway: we organized the first engagement with off-campus students, re-shaping the cul-

tural program, student parliament, the Annual General Meeting that was on the 18th of February 2015, Academic Project which is aimed at addressing registration and NSFAS concerns of students, Academic computer systems and the swiping system.

To tell you a little about myself and how I spend my day, well there isn't really much to tell. But waking up in the morning is a mission because, I love my sleep. When I do finally get-up I'll be fully alert and ready for a new day. My lectures usually start in the afternoon so I am in the office first thing for a meeting and to handle anything that needs my attention and any extra time I use it to study and prepare for lectures. My classes occupy my afternoons and from there I go home and my best friend Melissa and I just hangout. Wednesdays are however really busy with a lot of meetings (it's the busiest day of my week). Weekends are "ME" time and church on Sunday. I am a very dull person sorry haha..

I always get the question, what is it like being the SRC President? It's a pretty loaded question but I'm going to break it down...

Being the SRC President is being the go-to person for twenty one portfolios of the SRC, a member of the University staff and Senate Management. Of all these positions and responsibilities I always have to be prepared and at my best. It is however most of all, a huge life changing experience. I love people and my position exposes me to nothing less.

If I was to be asked the question what I would want to be when I grow up, it would be interesting considering the fact that I honestly I don't know. I think I am still growing-up (laughs). But I will probably do my masters and go on to do a Phd in Reconciliation studies.

My everyday inspiration is a question I find easy to answer. My mom: she is my greatest gift. I am also inspired by strong and powerful women. For some reason I can't even explain why I have a thing for Marylyn Monroe. I am also inspired by my previous residence head Miss Pulane.

I am going to tell you guys in on something I have never told anyone. I was born pre-mature at six months. I guess you'd call that a slight miracle (smiles).

I think one of the hardest questions to answer considering our experiences is how I would define love. Well for me it is 1st Corinthians 13: 4-8, I want to keep that image of love.

During my spare, I enjoy watching series and I have a few favorites that usually fill my weekends: the Blacklist and Being Mary Jane just to mention a few. Okay lets be random. I will be never caught dead, wearing leather shorts (just). And if I was to choose between cat, goldfish or puppy? Well of course I love Puppies. Well, I am not sure how my friends would describe me but my best friend calls me "My One".

My personal Philosophy is "Be Still"...

Mosa has been involved in a number of activities and leadership platforms over the last four years. She is an intelligent, capable and personable young woman that is always quick on her feet. I have worked with many students during my time at UFS and Mosa stands out as the best.

She organises and masters projects quickly due to her keen interest and carries them out in a precise manner. Based on her role as SRC President I have offered her a position as an intern within Student Affairs when her term finishes.

Mosa is an intelligent leader who has shown great empathy with her fellow students and demonstrate an ability to lead, inspire and motivate her fellow students. I have had the pleasure to work with her and she is a great example to fellow students.

Cornelia Faasen
Dean Student Affairs (Acting)

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What's **TEDxUFS** all about?

TEDx is a global community, welcoming people from every discipline and culture who seek a deeper understanding of the world. We believe passionately in the power of ideas to change attitudes, lives and, ultimately, the world. On TED.com, we're building a clearing-house of free knowledge from the world's most inspired thinkers - and a community of curious souls to engage with ideas and each other, both online and at TEDx events around the world, all year long.

We are driven by this goal: "How can we best spread great ideas?" TED is owned by a non-profit, nonpartisan foundation, and our agenda is to make great ideas accessible and spark conversation. The project TEDxUFS is an independent global platform that is also organised within the spirit of TED but is organised at the University of the Free State (Bloemfontein). This is an initiative that spreads powerful, life-changing ideas that can change the future through art, design, technology, entertainment, science etc. (there's a wide variety of talks).

TEDxUFS was started 3 years ago by 2 young vibrant men: Bonginkosi Leeuw (Curator) and Lerothodi Molete (Co-Curator). Their inspiration to start such a prominent initiative came from the belief in the power of ideas and the ability

to change the world. They also wanted to encourage people to be more ambitious, and Lerothodi stated that "Ordinary people with extraordinary ideas can change the world".

It has been 3 years, and the TEDxUFS team have successfully managed to establish the TEDxUFS platform, which was definitely not an easy job. TEDxUFS has hosted 6 events over the past 3 years, and they are currently preparing for their 7th event which will take place on the 1st of August at the University of the Free State. Last year, on the 26th of July, TEDxUFS hosted a conference under the main theme "Changing tomorrow today". The conference presented talks from people such as Chris Hart (a well-known financial analyst), Shaxe Khumalo (radio presenter on OFM), Dr Diran Soumanni (Senior lecture in Innovation management & policy at Wits Business School) and Gerrie Booysen (Director of the Centre of Rapid Prototyping and Manufacturing at the Central University of Technology) alongside others.

This year, TEDxUFS will be hosting another great line-up of speakers, such as: Gareth Cliff (Radio Personality: Cliff Central), Professor Jonathan Jansen (Vice Chancellor and Rector of UFS) and Pieter Geldenhuys (a futurist) just to name a few.

#AskWhy



The theme for TEDxUFS this year is “Ask Why?”

”Why” is a small word, but it is a quick, sharp, broad and abrupt word. It is the chosen word of the nonconformist, the defiant and the visionary. It is a confrontational word, and it challenges what thought to be impossible...If you are not afraid to ask why, you can change whatever it is you want. “Why” is the question to ask when wanting to change tomorrow, today. A few words of advice from the Co-curator were as follows: “If you have an idea or dream, pursue it, whether it fails or succeeds. The only thing that stands in the way of innovation is the inability to express ideas”.





The aim of Art is to represent the outward appearances of things, but their inward significance - Aristotle. This inward significance is what is portrayed by Carmen in her art. Every piece conveys its own emotion and somewhat connection with the observer to reflect. It is abstract, beautiful and full of life.

My full name is Carmen Elizabeth van Staden and I come from the cosmopolitan city of Johannesburg. I'm currently studying architecture at UFS and I'm happy to call Roosmaryn residence my home. I have two brothers – but I think it's safe to say that I'm the odd-one-out as I am the only artsy child.

I've always been creative and I think I was drawing from the moment I could hold a pencil. My work is very dear to me, as there is a deeper meaningful message behind most of my work. It is a way in which I can express myself and still leave it open to interpretation.

There is a fine line between spontaneous uncontrolled expression and refined control in my work – which says a lot about me as a person. Sometimes I have no idea where the inspiration comes from or how I even got to the end product – but that's part of the magic.

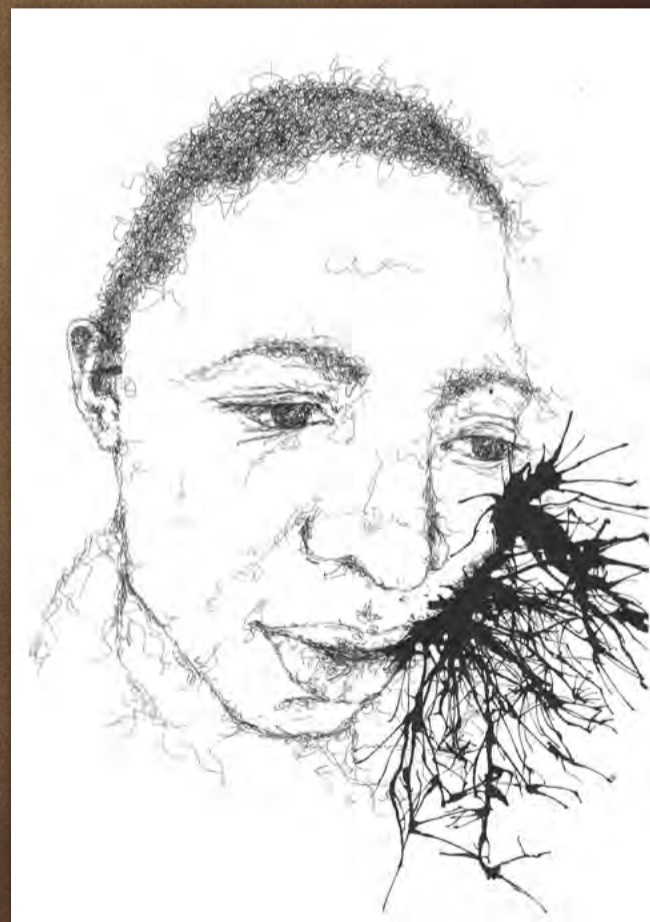
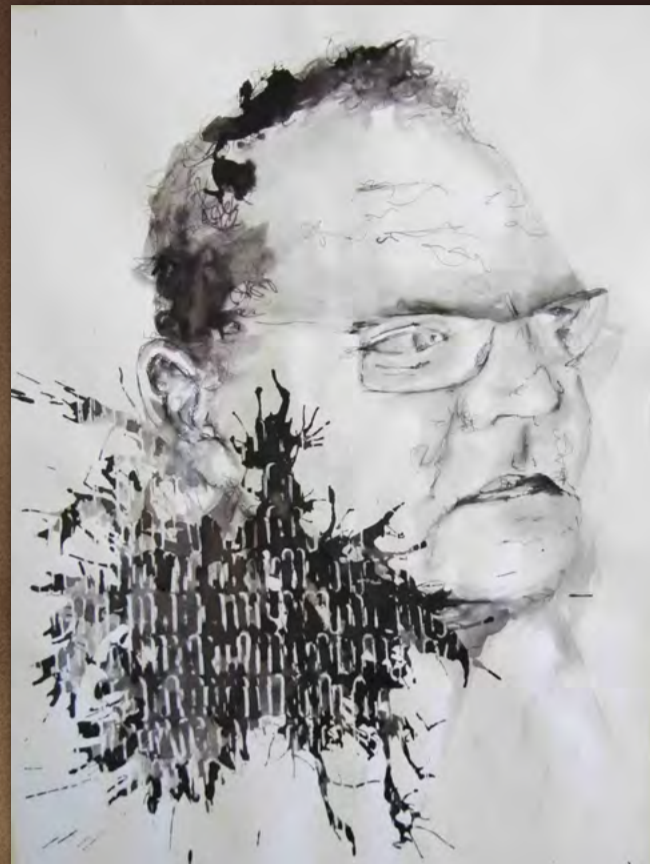
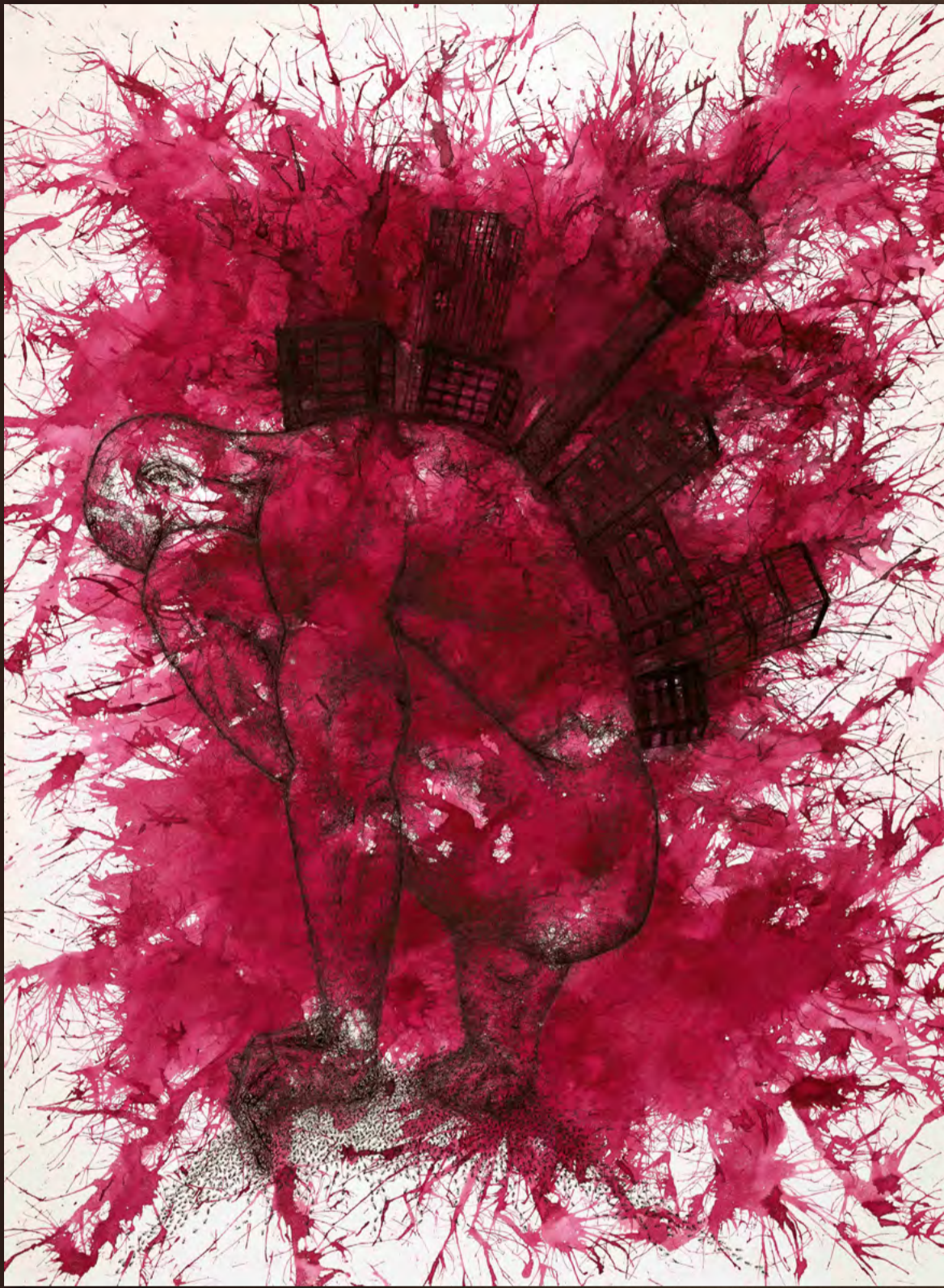
I recently sold my first artwork. Usually I just make art for myself and family members, but I'm excited to see where it will take me one day.

I aspire to create art that's unique to my own style, embedding a deeper message in the spectator's mind with the hope of one day even inspiring others to follow their creative dreams?

I enjoy reading, doing any form of art and sculpture and spending most of my time surrounded by nature, friends and family. I also enjoy the art of baking and good food.

I've not yet come as far as creating a blog for my work, but I often post pictures on Instagram. Feel free to follow me @carmenvansterdam on Instagram or email me carmenvansterdam@gmail.com for more information or questions

Carmen Exhibition



JCOLE KENDRICK

WHO IS THE BEST EMCEE IN THE GAME NOW

by Frank Magaya

Hip Hop has always been a favorite genre among young people. There is more competition now, and its one of the genres where almost all the artists are outspoken. A common thread that we always see on various websites and blogs is the one that compares Kendrick Lamar and Jermaine Cole. These are undoubtedly two of the best emcees in the game at the moment. They are both conscious rappers, they both have a platinum album and they both engaged to their high school sweethearts. There is more to compare, actually we love to put these emcees together especially when a rumored joint album is expected.

I started knowing about J.Cole when he was still making mixtapes. Songs like 'Show me Something' and 'Daddy's little Girls' got me hooked instantly. Listening to his mixtapes from the **Come Up** to **Friday Night Lights** his strengths were easy to note – an emcee with rich storytelling ability and a good ear for beats. His debut album was something that I was anticipating and when it finally dropped I listened to it. It seemed he had deviated from the style that characterised most of his mixtapes that I used to like. Nevertheless it was a great album, I still listen to it. **Born Sinner** dropped and many critics didn't like it because it was too commercial. Personally I couldn't really figure out what I didn't like about it. Songs like 'Let Nas down' and 'Born Sinner' were great, but that was it, his sophomore album had disappointed me. When he announced in 2013 that there was an upcoming album, I wasn't that much moved. He had lost my attention. The album dropped in 2014 November and it was better. Way better than its predecessors. This was the first time he had made an honest and personal album that sounded complete. It was great, but what did it mean for the emcee. Was he now the god of rap as he mentioned in the January 28th track?

I started knowing about Kendrick on his debut album **Good Kid Maad City** and then worked my way back to his mixtapes; **Section 80** and **Overly** dedicated. Immediately in my head the comparison to J Cole just struck me. GKMC was by far the best I had ever heard in a while. The Compton born sharp storytelling and versatility was difficult to ignore. His control verse was one of the most hyped which to the irony offended everyone mentioned and not mentioned. When he announced back in 2013 that his sophomore album was in works I was anticipating it. It dropped a week earlier got it and dug into the unknown with fear of what it was. On the first sweep It had me confused. I had never been confused with an album, okay Lupe's **Tetsuo** and **Youth** was something as well. I gathered my thoughts and delved in again. After the last words on **Mortal Man "Pac"** I was left dumbfounded. This was probably maybe the most important album of 2015.

2014 Forest Hills Drive

A great album indeed. The overall production was smooth. His gruff singing voice was not at all bad except maybe a Skylar Grey or Guy Sebastian magic on the chorus would have



lifted it a bit on some of the songs. The beats were great J.Cole knows how to make great beats than anyone I know at the moment. His delivery is great and his swagger is hard to miss. Many applauded the album and I did too, only that it seemed as if he didn't try lyrically. The whole thing lyrically was not adept his storytelling was basic. He produces almost 90% of his work and add rapping to that as well that's just too much to handle for one man except if you are Kanye; we know Kanye is crazy. It could've been a classic if more work was shared.

To Pimp A Butterfly

It's difficult to point anything wrong with TPAB except he didn't use the usual beats expected in hip hop. The producer said he was laughing when all these other producers were sending their beats, they didn't know what they were going for. Guys like Terrance Martin and Thundercat were called to give it a more jazzy and soul feel, it was a different album. At first listen you will probably be confused due to its complexity and layered lyrics. The album is deep, and it touches on black culture and survival.

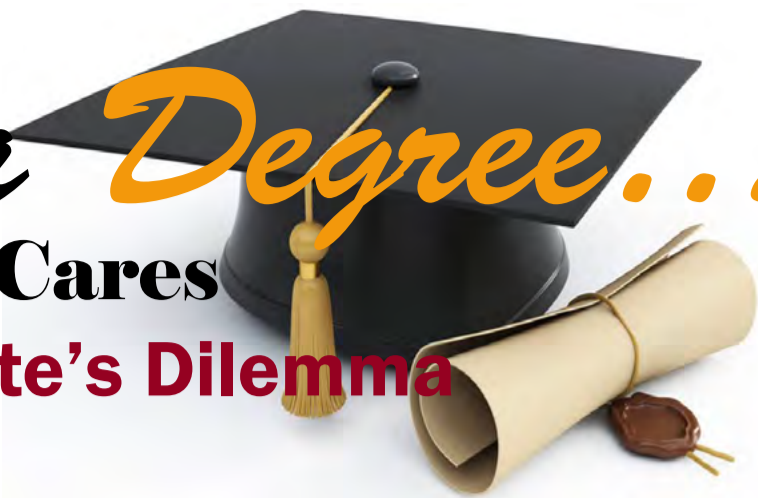
Verdict

In my opinion there's no more comparison, Kendrick is aiming for something beyond what is expected. There's not enough competition for him, so he challenges himself. He is the Pac of our generation: sadly there is no Biggie to complement him.

I Have a Degree....

Nobody Cares

The Graduate's Dilemma



Growing up, it was a standard expectation in every African household that after completing (and passing!) A' levels, one had to go to university. Whether it was to enroll in law, sociology, nursing, it didn't matter, university had to be attended. Of course, students enrolled in droves but only a handful managed to actually get the job they had spent 4 years or more in school for. The majority end up as Kindergarten teachers at some isolated broken down school in some remote part of the country, with no running water or electricity....and their Masters in History hanging on the wall. Sad reality... Fast forward to today, I live in Canada, in the bursting metropolitan city of Toronto and get to witness first hand, the effects of students who just adopted the degree paradigm'. Several people struggle to pay the years' long student loan debt, yet working a job that has nothing to do with their degree. A friend, John we shall call him, works in a call center as a customer service representative, trying to sell insurance products to people that don't need them; an entry level job with next to no hope of advancing past answering the phone. John has a Masters' degree in Social Work and has spent the better part of five years sending out resumes with no luck. One would think with a Social Work degree, John would be flying high on the coattails of success, especially in a city like Toronto, but it's not so. John fell into the trappings that many students fall into; selecting a degree that just adds into an already over-saturated market and hoping to be selected for a job out of tens of thousands of other students jostling for the same job – a race to the bottom. So while they wait to be picked, they end up working jobs they don't like, earning almost minimum wage to pay back student loans that will take them at least ten years to pay off. The Economist released an interesting read in their March 28th publication that spoke to the student-loan dilemma facing the world today. In the article, they revealed student loans, at almost \$1.2 trillion dollars, have surpassed credit-card debt and car loans. This is very interesting to note especially when you realize that more than half these students are not even working their dream jobs. So is it worth it even getting a degree? One could argue that it definitely is, since a basic requirement of getting a decent job is a university degree. I believe that going straight to university right out of high school is a potential costly mistake. The reason being, in high school, students do not get any kind of exposure to the real world, or even follow the news to get an idea (what for? There is Madden to be played!). Therefore, they have no idea about the current economic climate, the job market or the direction the world is moving in generally. All kids know is, when they

grow up, they want to be an accountant. So they speed right into university, start a 4 year accounting degree, only to realize when they leave school, that no one is really hiring accountants anymore; IT is all the rage now. Then like my friend John, they are stuck managing a team of burger flippers at McDonald's, with student loans to pay. For some, they decide to go back to university and pursue a new degree altogether, but some do not have that chance; life changes, they become parents, husbands, wives and that opportunity for a 'do-over' sails away. It is then imperative to give yourself some breathing room after high school. Interacting with the well-offs of Toronto has given me some insight; they encourage their children to travel the world, do some charity work, intern at a lot of places, work part time jobs and pursue a hobby after high school as they believe this will teach their children a lot about real life. It also gives insight in making decisions about what to pursue in university or even college. In high school, their ambitions may have been in social work but after a year of interning in that field, they may find out it's something they would rather forgo and pursue something else. I believe there is nothing to lose by interning in your field of interest first before committing time and money to the degree. Doing the same would have helped me avoid the John-syndrome too; my Psychology degree has served no purpose today as I am pursuing a career in Project Management. However, it may not be too late for others. Is your degree truly and realistically going to serve you after graduation day? Maybe part of solving this "Degree-Burger-flipping" dichotomy can be resolved if governments take steps to create jobs suitable for various degrees so that students can have the intrinsic value of working in their chosen field and be able to pay back student loans – a win-win situation. My piece of advice; do your research, intern in your field and get a real-world feel of what you want; it may save you thousands of dollars and career time!

by Melody Gombakomba

Melody Gombakomba is an opinionated writer, born and raised in Zimbabwe and a resident of Canada for the past 10 years. Through her blog of 6 years, Melody attempts to walk the fine line between her culture and her current environment, offering her point of view on trending topics.

www.melosmind.com

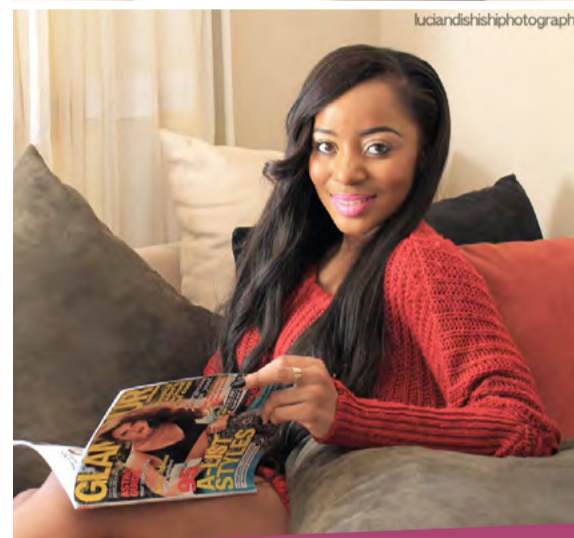
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The beautiful, talented and always looking stunning Robyn Nakambo aka (Ruby the Dime), is a Namibian celebrity but originally our very own as she is from Bloemfontein. Her credentials include Public Relations Officer, radio anchor, voice over artist. Ambassador of 061 Clothing to mention a few..



Robyn Ruby Nakambo



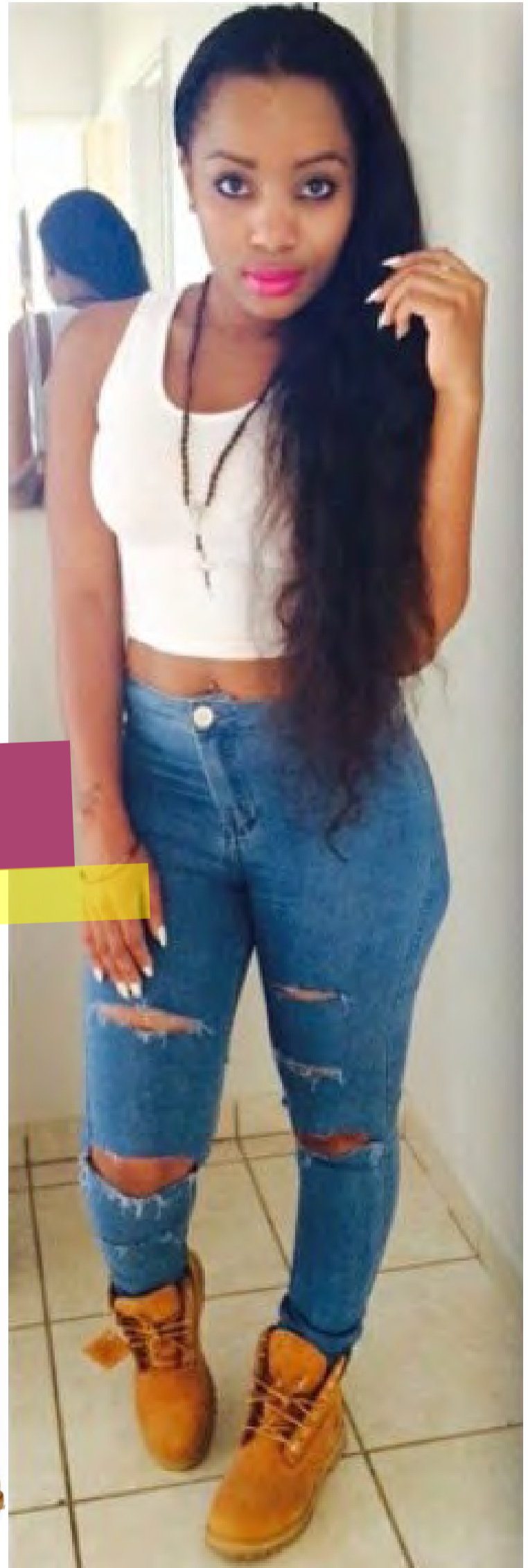
Style that bea



get the look

Maxi skirts Maxi dresses
Denim jeans
Pantyhose

Confidence



ats the cold

"Simplicity is the ultimate sophistication and I stick to that. I don't try too hard. I'm a very versatile dresser and I love playing around with colour. I also embrace different fashion trends, at the same time embracing my curves in all my outfits"

*court heels
boots
timberlands
sneakers*

Shoes

Scurf Handbag Sweater Leggings

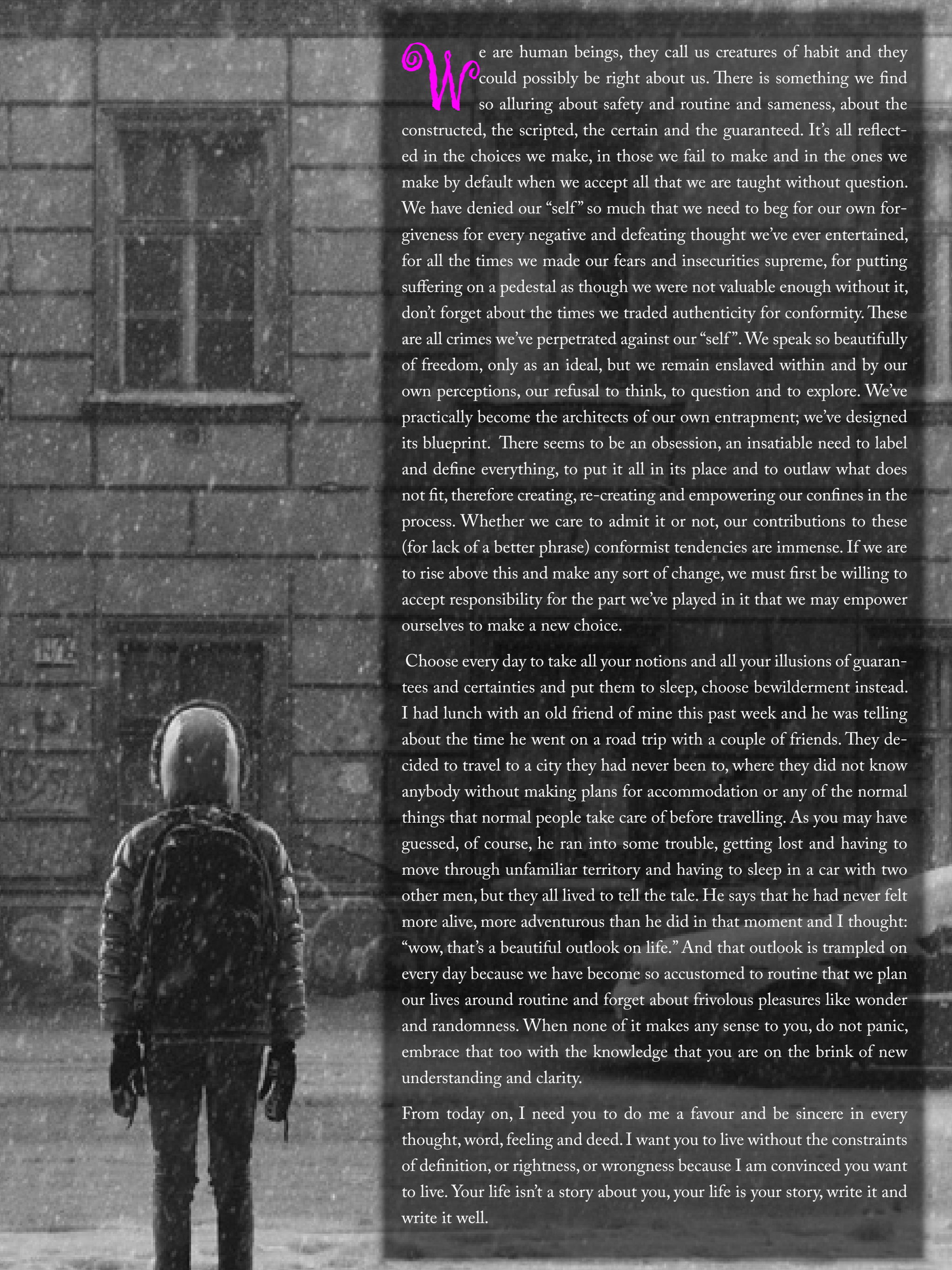


THE HUMAN CONDITION

by APHELELE MADIKIZELA



We have denied our “self” so much that we need to beg for our own forgiveness for every negative and defeating thought we’ve ever entertained.

A person with a backpack is seen from behind, standing in front of a stone wall with a window. The person is wearing a dark jacket and pants. The wall is made of large, rectangular stone blocks. The window is a simple rectangular opening. The overall scene is in black and white, with a slightly grainy texture.

We are human beings, they call us creatures of habit and they could possibly be right about us. There is something we find so alluring about safety and routine and sameness, about the constructed, the scripted, the certain and the guaranteed. It's all reflected in the choices we make, in those we fail to make and in the ones we make by default when we accept all that we are taught without question. We have denied our "self" so much that we need to beg for our own forgiveness for every negative and defeating thought we've ever entertained, for all the times we made our fears and insecurities supreme, for putting suffering on a pedestal as though we were not valuable enough without it, don't forget about the times we traded authenticity for conformity. These are all crimes we've perpetrated against our "self". We speak so beautifully of freedom, only as an ideal, but we remain enslaved within and by our own perceptions, our refusal to think, to question and to explore. We've practically become the architects of our own entrapment; we've designed its blueprint. There seems to be an obsession, an insatiable need to label and define everything, to put it all in its place and to outlaw what does not fit, therefore creating, re-creating and empowering our confines in the process. Whether we care to admit it or not, our contributions to these (for lack of a better phrase) conformist tendencies are immense. If we are to rise above this and make any sort of change, we must first be willing to accept responsibility for the part we've played in it that we may empower ourselves to make a new choice.

Choose every day to take all your notions and all your illusions of guarantees and certainties and put them to sleep, choose bewilderment instead. I had lunch with an old friend of mine this past week and he was telling about the time he went on a road trip with a couple of friends. They decided to travel to a city they had never been to, where they did not know anybody without making plans for accommodation or any of the normal things that normal people take care of before travelling. As you may have guessed, of course, he ran into some trouble, getting lost and having to move through unfamiliar territory and having to sleep in a car with two other men, but they all lived to tell the tale. He says that he had never felt more alive, more adventurous than he did in that moment and I thought: "wow, that's a beautiful outlook on life." And that outlook is trampled on every day because we have become so accustomed to routine that we plan our lives around routine and forget about frivolous pleasures like wonder and randomness. When none of it makes any sense to you, do not panic, embrace that too with the knowledge that you are on the brink of new understanding and clarity.

From today on, I need you to do me a favour and be sincere in every thought, word, feeling and deed. I want you to live without the constraints of definition, or rightness, or wrongness because I am convinced you want to live. Your life isn't a story about you, your life is your story, write it and write it well.



Kgaugelo Mpyane aka KG is a multi talented classical musician artist who is not only a Viola player but also a world class Voice Tenor. He has graced several high status musical events which include the Young Euro festival, St Petersburg festival in Russia, National Youth Orchestra, Unisa Symphony Orchestra and Freetate Symphony Orchestra to mention a few he has also won countless awards which include the Principal Viola of several Youth Orchestras In South Africa among other. His versatility is also evident in that he is also an actor in a local film. He is a musical spectacular.

My name is Kgaugelo Kenneth Mpyane. I'm from Soshanguve. I am a 4th year BMusic student at the UFS majoring in both Viola and Voice (Tenor) Studying under the World Renowned violist "Jeanne-Louise Moolman".

I got my artistic side from my mother. She was a very good soprano, arranger, songwriter and actor. My sister and I had many singing lessons with her when we were growing up. My sister is also a great Lyric soprano even though she is pursuing other interests.

My music interest started when I was very young. In primary school I joined the school choir where I sang a lot of solos as a boy soprano, then I joined the Tshwane Children's choir which was conducted by Grace Rangata and was part of the UNISA music foundation. In that Choir that's where I developed a passion for Opera music. Ms Rangata loved to make us attend opera concerts and competitions. When I was ten we attended a concert at the University of Pretoria where the Chamber orchestra of South Africa (COSA) was playing a concert. The highlight of the programme being Jeanne-Louise Moolman playing Simfonia Concertante with the French violinists Phillip Grafm. That's when I decided to play the viola. It was simply beautiful. Afterwards I asked the director of the UNISA music foundation Mr John Roos if I could play a viola. He immediately got a teacher for me; Mrs Hester Wohltz-Udal, a very famous violist and Violinist who teaches at St Maris DsG in Pretoria. She has produced many exceptional students some of which are residing in Europe.

After that I stopped singing for a while to concentrate on the violin which really fascinated me. I practiced day and night with the instrument. At first everyone at home would get irritated because I was playing ugly (laughs). In 2007 I got the award of The Most Promising Viola Student from UNISA. Everyone was amazed





Young tenor from Pretoria

by my passion and achievements. In 2008 when my mother passed away I was scheduled for the UNISA Tswane Metro festival, for solo instruments and ensembles. I really played in her honour and won all the Prizes at the competition. That competition I think was the one that opened many doors for my future as a violist in South Africa. A year later I received a scholarship to come and study music at the University of the Free State. Before I left for Bloemfontein I met a singer and Musicologist from UNISA Thembela Vokwana. He is the first teacher that introduced me to operatic singing. I remember the aria he gave me was **'If with all your hearts'** from Elijah by Mendelssohn. I entered the UNISA festival again but this time the voice category. I got a silver in the festival. I then moved to Bloemfontein where I started studying viola with Jeane-Louise Moolman. Prof Peet Van Heerden heard me singing in the corridor early that year at the department and asked me if I had an aria I would like to sing for him. That is when I started majoring with 2 instruments. He immediately fell in love with my voice he would even refer to me as the **"Young tenor from Pretoria"**. That year of studying with Professor Van Heerden I won the Musicon national singing competition, was crowned SACMA Free State champion (Tenor solo) and Sedibeng festival (Silver). In 2011 I became the two time winner of the Musicon Singing competition again, was finalist at Musiqanto national singing competition. Later that year I went back to the UNISA festival and won the overall prizes in the opera category. I guess I started being in demand from there onwards in the music industry both as a singer and as a violist. I practise Voice depending on my sched-

ule and if there is a competition of a concert 4 hours a day, same applies to viola . In order to be a great musician and be known all over one needs to practise very hard because that is the only time you will work in detail with pieces you currently preparing. People don't notice someone who sings or plays like the other person they want that special person who speaks with their own voice when playing or singing , and to get that one must practice.

The viola is indeed my favourite music instrument , it has a very unique sound and its played only by people whom I regard as finest (Hahaha). I once a played violin by the way and I was like nah this is just not for me .

I have been the Principal Viola of Most Youth Orchestras in South Africa, namely: MIAGI Youth Orchestra 2008 (present), National Youth Orchestra 2011(present), Free State Youth Orchestra 2010(present), Odeion Simfonia 2012(present), OSM Camerata 2012-present, Tshwane Youth Orchestra (2007-2009).I have also played as a student cadet at professional orchestras like the Johannesburg Philharmonic Orchestra (JPO), Free State Symphony orchestra (FSSO), UNISA Symphony orchestra, and Kwazulu-Natal Philharmonic orchestra (KZNPO). As principal viola of the MIAGI youth orchestra I have toured Germany (2009) Young Euro festival, International viola congress (2011) Germany, Austria (2010) with Bochabela String orchestra as guest Principal and soloist both Viola and Opera, Germany (2012) MIAGI orchestra, Sweden, Denmark, Germany, France (2014) MIAGI orchestra,ST Petersburg festival Russia(2013) OSM CAMERATA,Botswana, Lesotho, Zimbabwe and

Mozambique (Festivals and competitions).

I have to say that acting is something I am into as well. In 2009 I was invited to audition for a movie about Michael Masote, the founder of the first black student orchestra during apartheid, who also played some huge role in the founding of the SOWETO string quartet. I landed the role of one of SOWETO string quartet members "Sandile". I really loved my role and the movie was a great success locally and abroad. Last year Kutlwano Masote called me and asked if I was interested in auditioning for a theatre production this time it was about his Fathers life called "Masote's Dream". I once again landed three roles this time, as a reporter, a policeman, and as a violist and a singer. The role of a policeman being the hardest because I have to really talk like the police officers back in those days and immediately switch to a journalist reporter. I really enjoyed the production which was produced by Thambo productions and directed by a well known Dutch actress and director Dagmar Slagmolen. The production premiers at the National arts Festival in Grahams town in July.

People think classic musicians can't dance but Casper Nyovest will never dance like me; he is in Mvela and I'm in UEFA champions league (laughs), I'm the prince of the dancefloor. Musicians can really get down, you go ask the German community how the MIAGIANS end of their concerts. We party like rock stars.

Follow KG Via social media :
Kgaugelo mpyane (Facebook),
@skhaoza (Twitter),
Cowyellow (Instagram)

VCHORDS

VChords SA is an accapella group of very passionate and talented young musicians. The group was established in May 2013 with only four members and has since grown to six members with only two of the founding members remaining. This diverse group of young artists share their life stories through music and in so doing the group performs a wide repertoire of music across all genres in languages from across the globe. These young artists believe that the music that they perform asks them not only to just perform it, but also serve as a means to first grow each of them as individuals and also teaches them to be able to share memorable experiences with their audiences. The talent of this singing power house is unquestionable so instead they are going to tell us a little something about themselves.



SIPHAMANDALA DUBE

In a nutshell: Bsc Geology from KZN (Newcastle) and Residence (Karee).

About the Group: Our first performances were at Residence functions for fun and then, we didn't have a name. A lady from Kestel after listening to us perform suggested we call ourselves "Vocal Chords Attached" I liked it but I thought it was too long. So I suggested we call ourselves VChords and the group was born and we gave it a name (laughs).

Our practise schedule is quite flexible but we practise once a week for two hours and an some extra hours on weekends if we have an upcoming performance. Usually we practise in Ilane's room at the Odeion.

Group Chemistry: We have blended so much and we get along so well. We can speak openly without fear of offending each other and have become very close.

What does music mean to you: Music is my life. VCords brings balance to my life. My academics can become a challenge sometimes and music helps me to escape. Managing the group brings meaning to my life.

What do the rest of the group say about you: First things first, I have to say this, the ladies never keep quiet when I need to talk and they say I always want to talk but I never get to say anything because when they are finally quiet I would have forgotten what I wanted to say (sighs*). Andrea thought I was a big-fat (BEE) black man when I first called her to come audition for the group. Dineo says I am a good person, humble, approachable, down to earth, friendly, that I don't look down on people and that I am a good leader even though I think they don't take me seriously. Hlumelo says I'm friendly, and glad that I recruited him into the group. Von says I am her work husband even though we are always fighting about something (lol she always starts), that I lead the group keeping everyone focused. Von says I am the cornerstone and without me there would be no VChords (bows*).

KHOTSO DINEO MARSHILE

In a NUTSHELL: 3rd year B. Social Work, Vergeet-my-Nie Residence and from Oudshoorn.

Other Interests: I love performance arts. It is a very big part of my life ,it can be very therapeutic at times. Otherwise, I am into literature (hides face). My best day would be filled with music, poetry, laughter and lots of reading. My favourite artist is Adele #rollinginthedeep (laughs).

What do the rest of the group say about you: Well, Voughan says I always hit her (makes a face) and I don't see her as my friend but I do, I even posted it on facebook (check my wall). They say I am always sleeping and I am always late (oh-oh). Hlumelo says I'm friendly and that I have a nice smile, even though Voughan and Andrea think they are friendlier than me! Andrea says I have a "happy corner" apparently and it puts her at ease. Sipa says I have a nice voice, that I'm friendly but at some point he thought I was going to leave the group (huh?!) And that I get on his nerves with my church stuff (haha) like #BloodSpeaks. Voughan says I am the reason she's in the group, well ofcourse.

THENJIWE VOUGHAN HUGO

In a NUTSHELL: BSocSC (Human and Societal Dynamics) Psychology major and Kimberley.

Other Interests: I am a writer and poet. I love reading and enjoy going out on the occasion and I'm a sucker for nice things (winks*). My favourite artist is Alicia Keys #Thisgirlisonfiree .

What do the rest of the group say about you: Everyone calls me Von. Dineo thinks I'm really a talented and a brilliant artist. She can count on me to get things done and apparently I'm very sarcastic but don't like being on the receiving end. Andrea says thinks I'm very inviting, friendly and a sister-friend. Ilane says she realised that I'm very punctual, dedicated to the group and always come up with solutions and can be counted on. And that I can walk in the dark #hmm (laughs). Humelo thinks I'm very funny, welcoming , warm and I make the atmosphere warm (yaay). Sipa says he doesn't know how he would manage without me, obviously. He says I am accountable and I help with all the admin stuff. There a time the group the group was close to breaking up , Sipa says I helped keep it together and bring it back to life #superwoman.

ANDREA VAN TANDER

In a NUTSHELL: BSoc Nursing, Residence Roosmaryn and from White River MP.

Other Interests: Ballet. Whatever sports I can get an opportunity to play basketball, running, water polo and volleyball. I want to be superwoman and have a time-stopping watch (shows everyone her wonder woman costume). I love food.

What does the rest of the group say about you: Sipa says I make the group lighter. Von says it's nice to have someone half as

crazy as her in the group well guess it's always been this way since she was my stagedoor groupie. Dineo says I have a wonderful voice. Hlumelo thinks we are food buddies (yeah we are). They say have such a great voice so my first rehearsal was right after my audition. Sipa says I was someone the group needed # Whitegirl-whocaneat (yeah).

ILANE LANCHE' VAN WYK

In a Nutshell: 3rd year Music Student and currently a music teacher at CBC and I'm from Bloem. My favourite artist right now by far is John Mayer.

What do the rest of the group say about you: They say that sometimes I get crazy. They all think I have super powers since I am studying Music, Quantity Surveying, working full time and always punctual for rehearsal. They say I rule with an Iron fist but sometimes rehearsal and Concerts get crazy and I have to take control and tell people what to do, famous line "This is what is going to happen."), which they also call bullying. Apparently I'm always hitting on Hlumello (our Bass) , such dreams (winks*). And we let Sipa think he is our manager (haha), don't tell him.

HLUMELO MAGODLA

In a NUTSHELL: Studying Music (Saxophone). Residence Karee.

Other Interests: All music but Jazz especially, art and poetry.

What do the rest of the group say about you: Lets get a few things straight first. I think all the girls in the group have a crush on me especially Von. Von says I thinks I have it all figured out but I know nothing. Ilane say I always wear pants too small or shorts too short (because I gym too much). I am the youngest in the group but of course age is just a number. Andrea says we are food buddies, I am teaching her how to eat (haha). Sipa says he's glad to have another guy in the group and Dineo says I came and just fit in with the group (I guess I am a natural). Ilane bullies me a lot!!

Email: Vchords@ymail.com

Facebook: Vchords SA

Deafened Sight

I am a beggar of pardons.

My walking stick is a magic stick and I have forgotten my spells.

So I trip in my every attempt of stepping.

What are laces, when you don't even know how your feet look like?

The Doppler Effect is trivial to my functionless ears,

While my entire anatomy is reliant on its tactility.

Thus, my existence is a voyage to the side of the grass that's less dry.

But I have befriended air, although in my begging for pardons,

I exhale quicker while inhaling gradually hardens.

So my body is meager, I continually measure my age with the accumulation

Of wrinkles that find shelter in my leaking temple.

Although I have taught myself to make 'shape' pivotal,

Differentiating fruits and other intakes rests merely on that phenomena.

They say that all senses are equally distributed on a Libra scale,

That the absence of one enhances the other.

Which attributes to why everything tastes stale.

As my dejecting conditions often make my tears to be envious of my plates' contents.

Perhaps my life is collateral to the one prior to it,

Perhaps I existed as a sovereign and the debt was attained through my dictatorship.

Either way, the irony of my sunny days is that there isn't cloud which I could at least attain a silver lining from.

My cheeks are valleys and the tip of my chin turned into a waterfall,

The puddles evoked do not want to evaporate at all,

So my involuntary suicide rests in my attempt to live.

My body has become a servant of my shadow,

The surface is enemies with my feet,

The widest of entrances seem narrow,

The only thing loyal is the oxygen attained when I breathe!

This life is killing me.

My body always tastes the ground unwillingly.

While my conditions continue to exacerbate,

The last fragment of my withered hope is for my death to not be held at 'life-point'.

Meanwhile, my life is still a titanium plated cocoon, and I'm still an impatient chrysalis.

BY KWENA PEU

Second year BSc Quantity Surveying

Email address: smkwenapeu@gmail.com

As real as a dream

By Nokubonga Mkhize

There are fewer things more humbling than finding yourself plunged way beyond your depth. This cotton ball of fear often finds its way up my throat whenever I am compelled to enter what I call the physical world of writing. I would almost implicitly refer to my best literary contributions as poet, the darker abstracts is where I find the solace of underage figure skaters on ice (I apologize, I simply couldn't resist). Admittedly, this dilemma has deeper roots than I have let on- what happens to these "abstract people" in the face of failure and disappointment? What becomes of people when their dreams are ripped string from string and sent skidding across occupied streets?

The ramifications of these experiences can be disorienting, however, for people like me, nothing feels real until the worst of it. Having your fears realized or not succeeding in becoming who you had set out to be is far from your doom as can be. It is our perceived failure to become who we've always idolized our best selves as being that can become a platform for the first of many reinventions. Being humans of the 21st century, I believe we may have tapped into the second phase of the human will. Constant works in progress, we are able to confidently and profoundly recreate ourselves once discarded and left fewer answers.

So how does one go from sinking their teeth on the dirt floor to standing at the square center of their destiny? I have come to appreciate the concepts of time and spirituality in my quest. I've always done things at a snail's pace, it was never on purpose or at least never felt that way, I guess what I'm trying to say is that I was defiantly certain that this affliction was never of a tormented chemical nature. I always looked at my father and saw more or less the same passive approach to the things that brought him joy, hurt or incredible humor. Consequently, it is in this shared genetic approach to life that I always knew it meant something bigger; that it was a preparation for another version of me in the same belt.

This is how I came to appreciate the aesthetics of time. Complex and rewarding at its core, it is a promise as well as a certainty. I believe that time is the only thing we can trust and, as far as the topic of discussion goes, the only thing that can heal. Always in the most inexplicable way, time puts a kind of distorted mirror to your best memory of tragic events and eventually, there is only so little mind one can devote to these if any at all. Time not only heals, it is the preparation of sustaining an understanding of yourself in the various stages of your progression. There is very little that we have control over and this concept is a reminder of exactly that but mostly that that is ok.

When I think of where I would be if I didn't believe in anything, I imagine I would have a smaller scale of happiness. I don't believe that spirituality is taught or even practiced, I don't believe that uncertainty could ever be relevant, I do believe that if there is a small part of you that acknowledges that there is a bigger magic disguised within yourself or outside of yourself, then this is spirituality enough. Faith in its most formal setting is not necessarily my concern; it is the idea of cultivating a habit of not dying with your dreams under the guidance of faith and spirituality. Accepting that there is good, there is better, you may not know how but there is. Evidently, I find this is not the most obvious seed to spot in some of my friends, I imagine, however, that it would take something along resembling this notion to have gotten them to where and who they are today. Your spirituality can be your greatest weapon against your metaphysical self. This theory is not necessarily detrimental, if anything; I believe the clash of the two is what is needed in order to sustain the curiosity of civilization. Of course this is all pure conjecture with only a few skipped philosophy classes to confirm it. Simply, I think that when we're alone or learning to be in the presence of the thoughts that we are unsure of, the presence of faith or belief is guaranteed. Embracing your spirituality is not the easiest thing to do but it is the best exercise in fear that I have known.

The first time I heard the T. S. Eliot quote, "Life is long," said aloud I felt the deep ease of my father thoroughly process it. It did nothing to soothe my tribulations directly but rather the acknowledgement of passing by, the beauty of others passing by, and that this happened continuously. It was in knowing that in fact there was something greater than you and that was life. We are often reminded that life could be taken away but we should not only celebrate that we are here, we should fight to know the true nature of our will, marvel at the true reach of our dreams and have the audacity to answer back at it.

By Nokubonga Mkhize

Twitter: @rose_noire92

Facebook: Nokubonga Mkhize



Feature: Luzuko Msele

I am from Soweto, born and raised. I am currently in my final year studying B. Com Economics. Growing up I was exposed to different fashion scenes and was fascinated by the fashion world. In my primary school years I was already able to combine outfits for elderly people. The fact that my sister is a fashion designer has played a very influential part in my endeavours. She basically would always be talking about the do's and don'ts of fashion. This gave me confidence and enabled me to evolve my personal style.

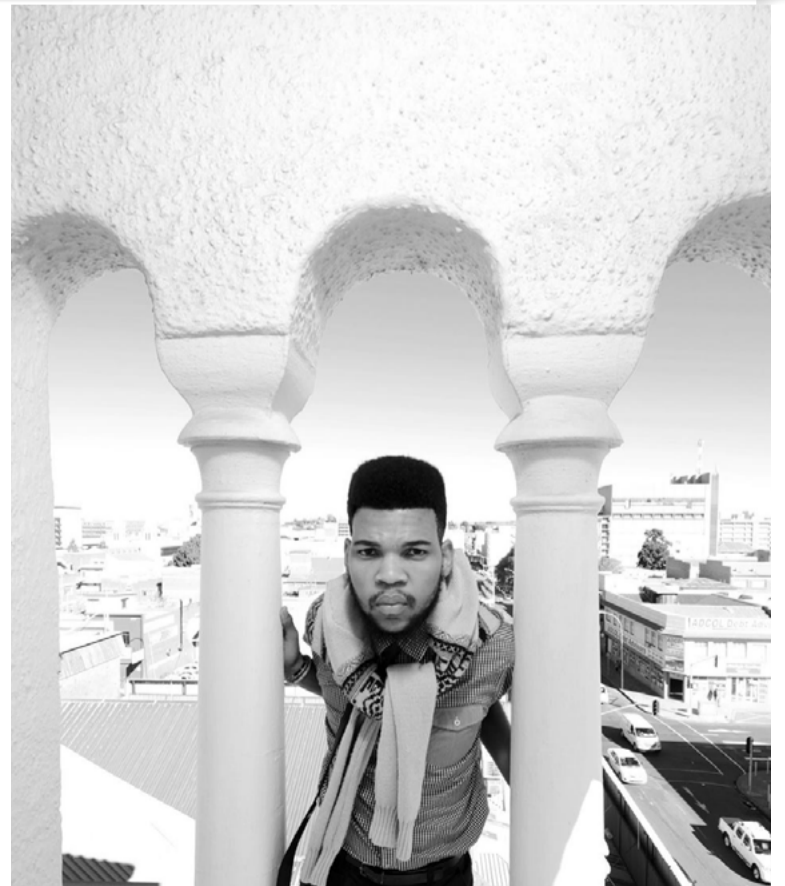
I am currently signed to **Boss Models Johannesburg**. I am also a commercial model. We are sent to TV castings. We do adverts for companies like coke to mention a few, that's if you have been selected for the role.

I am planning on venturing into the suit market as well as the designing of dresses inspired by African tradition. I want to bring forth change in the fashion industry. Create something different from the other designers. I want to design African inspired dresses in order to showcase who we are as a continent and the strong culture that African people possess. Going back to the suits, they will be custom made, each and every individual will choose the best colour and the cut he wants on the suit. I also want to provide the tailoring.

My personal philosophy is 'always dress the part'. Dress so good as if you were going to an important meeting or job interview. There's nothing as being overdressed.

Facebook: Luzuko Bukelwa Ntsele.

Twitter: @luzukoMsele3



Things a real man should have



TAILORED SUIT

Nothing defines the essence of a real man like a well-tailored suit. In the TV series *Suits* Mike Ross' first lesson is that, a well-tailored suit is better than any three shabby-looking cheaper versions. So every man should have at least one really nice looking suit that fits properly. This can be for formal occasions, such as weddings, varsity formal events and when she asks you to be her date.



BEST CUT

Haircuts are important. Keeping up with the latest hairstyles can be tiring, but having a quality hair stylist or barber can make a world's difference. No one like Mr. Scruff, so cutting your hair on a regular basis, along with a nice, clean shaven face will make you look up to par. Look sharp and clean.

A SIGNATURE SCENT

Having a signature scent is a part of building the complete man idea with the people you meet. It doesn't have to be flashy or bold. Who cares if it isn't Gucci or Armani, as long as you smell like rich mahogany. This will take some shopping around, but take time to experience what's out there and find one that is uniquely you. My advice is take a female friend with good taste she'll get you sorted.



WATCH

An expensive time piece is a must for any man. Considering brands like Seiko cost well over your monthly limit, therefore a watch should be a timeless piece that is special and compliments every part of your wardrobe. Real men pass on their watch, so keep it safe.



SUNGLASSES

Having a pair of sunglasses that are well crafted and stylish with every outfit is just one of those aspects of being a man. They don't need to be flashy or super expensive, but good sunglasses which go with everything never go out of style and give an edge to your look.

QUALITY DENIM JEANS

Men's clothing is pretty expensive, but this is something to really invest in. Jeans, which can be tailored to fit the way you want, are an excellent casual choice, and can even be dressed up with a blazer if an occasion requires. Trust me, several fitting, good quality denims will make life a lot easier. Also throw in good quality chino pants to also give your wardrobe colour.



STYLISH SHOES

Owning one or more pairs of neutrally-toned dress shoes is all a part of having a professional wardrobe. But men know that it's all in the shoes. It is the first thing she looks at, and the shoes you wear say a lot about you. So whether it's a tailored suit or smart casual, invest in good quality shoes for every occasion and life will be a lot easier.





The Integrative Culture of The Center of Accounting

The Center of Accounting gets the Inspire Mag official stamp of approval as being the most innovative Faculty in terms of hosting and coming-up with activities that foster integration and facilitate interaction of staff and students outside the classroom. We hope that other faculties at the University may also follow suit because we are honestly tired of the bragging rights that Accounting students have, for having a calendar full of fun activities organised by their faculty

Our students are B com Accounting and B Accounting Students
B Accounting Honors students are the top students in the department

We have several activities for our students during the year.

The reason is that,

- We believe through these activities our students become more aware of all the cultures on campus
- We give the students the opportunity to socialize on an arranged platform and help them to balance their lives on campus.
- We try to develop an environment for our students to become aware of the professionalism in the market and direction they are studying.
- We give our students the opportunity to interact with the professionals. We give the professionals the opportunity to show our students the culture that is present in their company
- We promote our students to the practice.

We have the following functions

- B Accounting Honors cocktail function
- B Accounting 3rd years/B Com Hons vs B Accounting Honors sports day
- Informal for 3rd years/B Com Hons vs B Accounting Honors sports day
- Formal for the B Accounting Honors students
- Project Alpha – Business Ethics practical part in collaboration with EY Auditors
- Centre for Accounting vs Medicine rugby and soccer game
- Career Fair for our faculty
- B Accounting Honors jackets

Dirkeliën De Beer
Senior Officer: Centre for Accounting



Career Day



Soccer



Rugby event



Blue Monday



Doing the Funky Chicken at the Formal



Cocktail



Sports Day



A DAY IN THE LIFE OF A MEDICAL STUDENT

The Medical Faculty is removed from the rest of the main campus, so we know very little about what medical students do all day. Meet "Li". She is going to save us the trip and tell us all about being a medical student at Kovsies

I go by the name Lerato Anceaux, though most of my friends call me Li. I have a rich background regarding family and origins: my father is from the Netherlands and my mother a proud Mosotho. Both of my parents are in the medical field and met in the workplace, due to their jobs demanding them to travel. My brother and I were born in Swaziland and Namibia respectively, so our family is practically the definition of diversity, boasting four different citizenships.

I am now a 4th year med-student on the UFS campus, and I resided in Wag-'n-Bietjie hostel for the last 3 years and my heart will forever beat for my residence. I love attending events on campus and participating in student life despite the medical faculty being against it. The faculty which is situated on the furthest corner on campus (as to be close to the hospital) can feel quite isolated from the rest of campus but its students seldom feel disadvantaged as we have our own library, study areas and the famous cafeteria which without a doubt sells the best food on campus. All students should definitely give it a try.

Is there a culture or a way of doing things at the medical faculty that you found different from the others?

We don't necessarily have our own culture but life is certainly quieter on that side. The vibe is a tad more serious, so it is definitely nice to get away sometimes and chill elsewhere on campus.

However the faculty is very strict on its 100% class attendance policy, if one fails to adhere to it, exam entrance is at stake despite what your marks may be.

Is the food at the Medical faculty kitchen really "that good" and "healthy"?

Yes! There's a perfect balance between fast food and healthy food, large variety so everyone is catered for. Compliments to the chefs.

Tell us about the work ethic of being a medical student, is sleep really a luxury?

We don't sleep any more than any student on campus, if at all. It comes with the territory, med-students must really be whole heartedly dedicated to being a doctor to make it through. The workload is unbelievable, coupled with hospital rotations every morning (weekends included), there is not enough hours in a day. If your motivation to be doctor comes from the right place, nothing can stop you from achieving it.



Hit us with some fun and interesting medical facts?

Did you know the strongest muscle in your body is the tongue? But you probably already knew that, did you know that your stomach acid can dissolve metals? Please don't swallow razors to prove it, I have seen a patient who did and it is not a pretty sight. Doctors have their own language, mostly Latin derived terms. Did you know the longest word in the English dictionary is a lung disease? Pneumonoultramicroscopicsilicovolcanoconiosis – 45 letters, you can count.

What are your aspirations/where do you want to take your career?

I have a long road ahead of me, one with many routes. There is so many fields within medicine, so many which intrigue me. I haven't decided on a specialty yet, I do have a top 5 which include orthopaedics and surgery. My main goal is to contribute to the 'Doctors Without Borders' organisation for a few years. It's an organisation that sends doctors to the places that need it the most, all over the world. It's an opportunity to make large impact, and best of all travel which is another of my aspirations.

What else are you interested in other than medicine?

As I mentioned above, I would love to travel and explore the world. I have a classic case of wanderlust. I have a secret hobby of building large puzzles, currently working on a 1000 piece landscape of San Francisco.

Who or what inspires you and why?

My parents are definitely a great inspiration, both being in the medical field. I have inherited their passion for health-care and helping people whole-heartedly. I draw my strength from the almighty, and I am grateful for his guidance thus far. We have the most amazing teachers, doctors that exude a passion for their work and a great source of inspiration.

The fragility of my being

The fragility of my being
At most points disguised as confident
Disguised as beauty, disguised as pride
Masquerading as strong, also as independent
All these,
The borrowed identities of
The fragility of my being

The fragility of my being
A coveted costume that safeguards it
Stripped layer by layer, inch by inch
As your net of love gropes out to the depth of my
being
I am caught unawares, suddenly realizing
I am standing in my world stage no longer in a role
Not a costume. Appearing to you in all clarity
As ME
You can see, touch, feel and hold
The fragility of my being

The fragility of my being
just a defenseless girl, a woman in love
Unable to withhold anything
Insecurities unable to hide behind beauty
All emotions overpowering pride
Every weakness lying bare
independence becoming dependable
All these, the mistrusts of
The fragility of my being

The fragility of my being
Frightening not because it would destroy me
But simply because I would let it



by SIBO BERO

Medical Student

Model

Fashion Designer

Writer and Poet

sibobero.tumblr.com

MY SHIMLA EXPERIENCE



I'm Tanaka Takudzwa Matsinde, a final year accounting student born and raised in Harare, Zimbabwe.

I started playing rugby in high school, at Hillcrest College, when I was 13. I can't really say my passion had been ignited for the sport but it was actually because it was a compulsory sport for all juniors at Hillcrest. My passion at that stage was split between cricket and soccer, and I actually stopped playing competitive rugby until my last 2 final years of high school, when I was 17, that's when I picked up rugby again.

When I came to UOFS I moved into Khayalami and subsequently played for the residence's rugby team in the residence league. Playing for the Shimlas I can honestly say has been a blessing and some what a miracle. I say this because I didn't take the normal route through age group rugby like the other players but I had to work my way up through my performances in the residence league, and by God's grace the selectors noticed me and called me up. I started off playing for the Irawas, which is like the second team, and then eventually pushed into the Shimlas.

The atmosphere in the Shimlas has been pretty special hey, we

weren't just a team but a family. From management all the way through to each and every player in the squad. The biggest thing is that we played for each other, that was the main thing, to not let the guy beside you down. So we worked really hard no matter what it was we were doing, be it training, gym sessions or fitness sessions! Everyone pushed hard to give it their all, 110%. The dedication from our coaches was like no other and that's also what inspired us and pushed us as players, the level of professionalism in the camp and in the whole Shimla club was second to none, and I can say this work ethic is one that was reflected by the unbeaten run.

Honestly speaking that unbeaten run was just out of this world hey, it's nothing that we planned for really during pre-season. The goal was just to play great, entertaining and winning rugby, to bring back the pride of the Shimla jersey! So we just wanted to take each game as it came, but then we just started winning and as they say, the rest is history.

Honestly there are no words to describe that final hey, the atmosphere was just electric and to see all the people come out in their thousands like that, our fellow students, friends and families! That was just too insane hey! I have never seen Shimla Park that full in my life; some of the supporters even told me there was no one to sit at one point that others had to stand. Then to be able to win it by that score, it was just a true blessing! Definitely all the honour and glory goes to God. The atmosphere in the changing room was just as insane, guys singing, dancing, popping that champagne and taking pictures for days!

I really can't describe the Shimlas varsity cup campaign in words but all I can say is that it's truly been a blessing and a wonderful experience. Great friendships made and memories created! So the goal now is to try by all means to defend our title next year and try better ourselves as a whole. Personally I would really love to be a more permanent fixture, get more consistent performances under my belt & God willingly take my rugby to the next level.



Having a drink with the boys



She is a beauty



Whats in a Smile

Just as seamlessly as you breathe, taking in and letting out, so the universe smiles ceaselessly in and out of bounds. It's in the graceful fall of autumn leaves and heart-shaped clouds, in the light through broken pieces. It's in sunrays illuminating your eyes by day and playing connect-the-stars by night. In opening lines and whole icebergs, it's in drool fests from affectionate puppy licks. It's mother Earth and if you're silent long enough you can hear her smile. Smile back, be lost and then found in the high of perpetual smiles. A smile, a small and simple fact carries in it significant meaning even a fleeting smile has the capacity to borrow deep into the into the subconscious of the person who see's it. Don't underestimate the magic of a smile, lead singer of boy band 'Plain White T's, Tom Higgerson wrote their hit single- Hey there Delilah, after he had meet Deliah DiCrescenzo who was a famous cross country runner at a party and he was so taken by her smile he vowed to write her a song which unexpectedly became a hit and is a timeless music piece with thousands of covers. Your facial expressions seem to only reflect your emotions but a smile has the effect of lightening your mood even when you're pretending to smile thus directly and positively affecting your emotions. A genuine smile is reflected more often as a sequence of short smile bursts, they involve changes around the eyes and mouth. The more two people are in love, the more they show genuine smiles in each other's company while sexual desire is more of lip biting. Ladies guys love a girl who smiles, because you are most beautiful when you smile. Marilyn Monroe's legacy is that of a beautiful young woman always displaying a beautiful smile and undeniable beauty. A smile is also contagious even when it seems like you are being silly, you always find yourself laughing when Prof Jansen goes around smiling and greeting everyone. Stay beautiful, laughing, positive and be present in every moment life has to offer and just like that, in a single smile all of the universe abounds.

by Mikey & Apples

Photo: Karabo Phekho



My Second Mother

My second mother gained her independence,
In the year 1980.

Her children had fought for her freedom,
An emotional struggle, fought by gentlemen and ladies.
She then became very successful,
And financially stable,
She was called "The bread basket of Africa",
As she helped to put food on African tables.....

As time went by,
She slowly lost her financial status,
Which lead to her losing a lot of FDI friends,
At the same time gaining foreign "haters".
Her politics was compromised,
And this gave her bad name,
The world acted like they were always perfect and innocent,
Yet we all know that, Politics can be a dirty game.

Time continued to go by,
And it soon marked the offset of a nation,
My second mother was attacked by the year 2008,
And this year was fueled by Hyper-inflation.
Her people felt hopeless,
Like empty supermarket shelves that leave children hungry.
High unemployment and political instability,
Where some of the many problems that also attacked my country.

But now, I stand proud,
Because I'm glad to say that, she has defied the odds.
She is slowly but surely getting back to her two feet:
A testimony that reveals the presence of God.
So before you speculate, allow me to educate you,
Because it's my second mother who taught me how to stay strong.
She is known for being one of the best educators,
And yes, my second mother, is where I get my wisdom and confidence from.

By Thuthukani Ndlovu

radioactivetuts.blogspot.com

WHY WE LOVE TEA-CAN



Tea-can is an age old tradition where hot tea is delivered to the res at a certain time during the day and from there it's free for all. It has become a social scene where residence members chat and relax. So, we went around to ask just how much residences love tea-can and if it's only about the tea.

Soetdoring



Lethabo told us that “There is actually a Tea-can committee and an announcer. At first Tea-can wasn't really a thing then we decided to go door to door to invite people to tea-can and now a lot of the girls are coming. The Committee members are Bonolo, Khomotso, Lethabo, Kananelo and Palesa the announcer for tea-can. Basically you bring it and leave it all here at tea-can. We talk about everything. When you come after having a bad day this is where you let it all out. There is no judgment during tea-can, you come as you are. You can be as ratchet as you want. And we dance a lot as well. We talk about Jafta, Jimmi, and Mike, don't date any one of those three (out-burst of laughter).

Tea-can is so much of a big thing at Soetdoring: we even organise to have it during exam time. It is our therapy. We actually think our res has the best tea-can experience. I mean the sugar is always finished. Tea-can is a support group. We talk about serious topics at times but mostly we want to laugh and distress. We are so free that we talk about the black and white situation and laugh about how different we are, even stories of how we grew up and the places we come from. We have come to know each other much better and have become very close as a res. We also have a naughty corner where you go stand if say you are maybe laughing too loud (laughs).

Karee



Haa, who doesn't love tea in the morning, it's free and is delivered to our doorstep. Tea-can is a good time to talk about what went down during the weekend, football, share information and even ask for advice from the boys. We bond as a residence and get to know each other better by sharing stories and experience as we are from different places and backgrounds.



Vergeet-my-nie



Tea-can and Cake (with the best cake ever). Elizabeth told us that "tea-can brings us together and it's just a time to relax and chat after a long day. It is really bonding time especially with the seniors and other girls in res you don't usually talk to. We also play music and sing during tea-can, it's really fun.



Tswelopele



Lephoto told us, "We enjoy tea-can. We get to share ideas. We have a lot of debates on political views and arguments. We talk about sports and it's just really a time to bond as a residence. Uncle told us that, "You get advice about academics, relationships and even life. It is also a good place to campaign for residence leadership. During rag it is the best place to sell goods for charity.

Villa Bravado



Menzo told us "This is where the guys bond. We talk about sport (soccer, rugby), what ever has been going down like what happened over the weekend and girls obviously (outburst of laughter). This is the relaxation area and it is also the procrastination area if you are avoiding important things you have to do like your homework, cause you can like just chill here. Tyler told us that "guys play games here like dominos, checkers and crazy eight. And if you just come here you have tea-can and someone else brings bread, you're good for the rest of the day. The tea-can is yellow-bone, fresh, its hot and its ready for you so you'll definitely find us here during time for tea-can.

of POPCORNS ADHD 10,000 hours & Incentives

compiled by Frank MAGAYA



Why you should buy popcorns

OK so you walk up to Ster Kinekor at Mimosa mall and drop your R100 for a ticket for two. You wonder who gets the money. Most people think that movie houses bag in about half of the proceeds and then the rests goes to the movie studio. That's not really true. Most of the money that the theater takes in from ticket sales goes back to the movie studio. More commanding movies and blockbusters lease their movie to your local theater for an agreed set of time. In the first weeks the theater will bag in around 10 -15% of the proceeds, this will increase up to even 80% in the latter weeks. In the latter weeks the theater will now be receiving fewer people so it's not really as lucrative as it may sound. So this is not a lot of money, especially when you consider the huge costs that comes with maintaining a theater. There is the staff, the rent, miscellaneous costs to keep it good looking make the necessary upgrades (like when 3D came) to stay competitive. At the end of the day it's not really a lot. That's why they discourage you from coming with your own popcorns and sodas so that you would buy it there. This is where they get a lot of their revenues from. Popcorn and soda sales are important to them. So next time when you leave the house with a couple of sandwiches stuffed in your pockets or hidden in a handbag just think for a moment, is it really worth it?



Money is not everything

Money is important. For a long time, economists thought that it was the only thing that mattered. And, in fact, if you want people to do what you want, money can be incredibly useful. Out to entice the best workers? Pay more. Want to sell a product? Discount it, a lot. Want to discourage a bad behavior? Impose a monetary fine. Incentives though don't work in every environments.

The most compelling example of an environment where incentive don't work comes from an unlikely source: day care centers in Israel. In Haifa, day care centers almost

uniformly closed at 4pm, and simply depended on the good intentions of parents to pick up their kids on time. Somehow, this worked: parents picked up their children on time and rarely, if ever, came after 4:30pm. Being late meant relying on the generosity of one teacher, who would inevitably stay late to look after your child. Being late meant facing that same teacher and having to apologize to her for the inconvenience of waiting. An experiment was conducted: Out of 10 daycare centers across Haifa, six were randomly chosen and introduced a small fine for parents who showed up more than 10 minutes late in each of them. In day cares where the fine was introduced, parents immediately started showing up late. Introducing a fine caused twice as many parents to show up late. The picture that emerged from this experiment was that parents had a whole set of non-financial incentives for being on time – incentives that were completely incompatible with money. Like, for example, avoiding the guilt of inconveniencing the day care workers. As soon as parents had the option to pay a small fine and avoid that guilt, they took it en masse.

[This experiment was discussed in Freakonomics.]



ADHD is a disorder where people affected think they are doomed. According to Healthline there are more upsides to the disorder that people might utilize. **Leadership:** Many adults with the disorder find that doing things their own way works best. Many people with ADHD find that problem solving and changing environments suit them, and they are drawn to professions that offer a challenge and a quick change of pace. While this may be a hurdle for children in the classroom, it can be the mark of a future leader. Many leaders throughout history have displayed traits of ADHD or similar learning disorders, including: Abraham Lincoln, George W. Bush,

Walt Disney Henry Ford, F.W. Woolworth, Bill Gates. **Athletic Ability:** Athletics—be it participating or coaching—can be a good fit for people with ADHD. After all, they’ve already drastically changed the world of sports. A teacher once told Michael Phelps at an early age that he wasn’t gifted and would never be able to focus on anything. Now, he’s the most decorated Olympian of all time. Michael Jordan, the best basketball player had ADHD as well. **Creativity:** People with ADHD are often seen as scatter-brained because they have trouble focusing on a particular subject. They’re busy daydreaming while everyone else tries to memorize the state capitols. If you want to see how people with ADHD have affected the world, look at airplanes, cars, or any other form of transportation. Another youngster was told he wouldn’t amount to much because he couldn’t focus on his studies. This German-born boy began astounding the public with his skills in math and physics as early as age 16. That child was Albert Einstein. Einstein was a self-professed daydreamer. Eva Longoria and Solange knows do posses great creativity as well and both have been diagnosed with ADHD.



Its all about the hours put in

In the book *Outliers*, author Malcolm Gladwell says that it takes roughly ten thousand hours of practice to achieve mastery in a field. Gladwell studied the lives of extremely successful people to find out how they achieved success. In the early 1990s, a team of psychologists in Berlin, Germany studied violin students. Specifically, they studied their practice habits in childhood, adolescence, and adulthood. All of the subjects were asked this question: “Over the course of your entire career, ever since you first picked up the violin, how many hours have you practiced?” All of the violinists had begun playing at roughly five years of age with similar practice times. However, at age eight, practice times began to diverge. By age twenty, the elite performers averaged more

than 10,000 hours of practice each, while the less able performers had only 4,000 hours of practice. The elite had more than double the practice hours of the less capable performers. **Natural Talent: Not Important**

One fascinating point of the study: No “naturally gifted” performers emerged. If natural talent had played a role, we would expect some of the “naturals” to float to the top of the elite level with fewer practice hours than everyone else. But the data showed otherwise. The psychologists found a direct statistical relationship between hours of practice and achievement. No shortcuts. No naturals. Bill Gates and Paul Allen dropped out of college to form the Microsoft in 1975. Further study reveals that Gates and Allen had thousands of hours of programming practice prior to founding Microsoft. The elite don’t just work harder than everybody else. At some point the elites fall in love with practice to the point where they want to do little else. The elite software developer is the programmer who spends all day pounding code at work, and after leaving work she writes open source software on her own time.

The elite football player is the guy who spends all day on the practice field with his teammates, and after practice he goes home to watch game films.

The elite physician listens to medical podcasts in the car during a long commute.

The elites are in love with what they do, and at some point it no longer feels like work.



ROLLER SKATING

Roller Skating is the truest expression of being free, the wind in your hair and the sun on your back. It is a way of relaxing and definitely a lot of fun. It also has several benefits which include, providing a complete aerobic workout as it challenges major muscle groups as if you are cycling or jogging, low impact exercise of joints, high caloric burn. Roller skating is the best thing after synchronised swimming and something you and your crew can do together. Enjoy.



My name is Senate Charlotte Cook, I have 3 brothers and I am studying BA Law, majoring in Criminology and Sports law. I was born and raised in Washington DC but currently live in Johannesburg South Africa.

- » My brother first gave me the experience of skating. We used to roller skate and play around in our old neighborhood as kids, then a few times my parents would take us to a skate park where other kids would go, even host birthday parties their, which lead me to learn from other kids as well. That made it fun learning with friends.
- » When I was about 12, I could roller skate and ice skate on my own.
- » I'm no expert but yes there are different types of skates and blades. You have skate boards, which is a platform with wheels and can be used on most streets. There are roller blades which are skates for the outdoor like skate boards. Then there are roller skates which are used only for indoor purposes, around the rinks.
- » Well my primary focus and purpose for skating is fitness with a little taste of fun and challenge. I like to challenge my body and testing my fatigue. Growing up I didn't have that kind of courage.
- » Anybody can do it and learn it. I started out falling all over the courts lol. I had to learn like anybody else. It takes practice. Yea sure I encourage everybody to try it but I mean its not always everybody's favourite sport, but at least give it a try and see if you enjoy it.
- » For me, honestly , roller skating is my alternative to just a boring run or jog. I hate running lol and jogging is boring. Its not as fulfilling. When I get out or exercise I love having fun while I do it. I also love the breeze while I do it, not to mention the attention I get for being the only active black girl rolling around in skates lol.

“ My brother first gave me the experience of skating. We used to roller skate and play around in our old neighbourhood..”



SENATE
COOK

My greatest passion is sports as an entire ensemble and past time. My goal is to master my craft in philosophical legal Supremes in conjunction with sports analogy and arithmetic. Catering all my talents, while sheltering my weakness with better practice in becoming stronger in my attributes and passions is all I can say. It keeps you active and on your feet. I also love fitness and health, it's a very important part of my life to stay in shape and stay happy. I also aspire to be in the media industry. I love entertainment and art.





Get Involved

There is more to the University experience than just you attending classes. The University of the Free State Campus offers endless opportunities to get involved.

IT ALLOWS STUDENTS TO TAP INTO THE POWER SOURCE

The University is full of abundant resources and opportunities, but the responsibility is on the student to seek them out. Being involved helps you to do that. Most members of associations and general leadership positions usually travel for free, get invited to free dinners, events and have so many amazing experiences. So, that campus job will not come looking for you.

IT BUILDS CHARACTER

Being involved and dealing with people or handling high pressure situations is truly a character building experience. Having to meet deadlines and the recognition of having thoroughly completed all your responsibilities will make you a person who seeks excellence in whatever you do. You also learn to be a firm leader and develop the ability to be a good listener. You also learn how to take criticism and improve.

IT ALLOWS STUDENTS TO ACTUALLY MAKE A DIFFERENCE

It is only when you get involved in residence leadership, the Student representative council or any other association that you realise just how much you can actually make a difference. This will give you an opportunity to offer progressive reforms and sometimes you realise it is only you who had the idea which would have made so much of a difference in the life of other students.

IT IS A RESUME BUILDER

Most companies are equally interested in your character, initiative and drive as they are with your study record. The Stage door participation, rag charity raising, subcommittee of an association of campus, being a volunteer, a HK and being a member of the SRC are all the building block to an awesome CV. Do not forget the occasional sports.

IT IS A WAY TO BUILD RELATIONSHIPS

Richard Branson said that your people are your greatest resource. It goes without saying that being involved helps you know people and most of all make friends. Working with people from different backgrounds, cultures and general diversity will change your perspectives and stereotypes about people. This will make you a more rounded and easy going person.

SOMETIMES BUSIER STUDENTS DO BETTER IN ALL AREAS

More free time does not always mean you are being productive. Involved students master the art of time management and usually do well in every area of their life.

“My ideal vision for Student Life is one where students feel enriched, empowered and free to learn and live the quality lives they were meant to live through their choice of educational institution. The division of Student Life at the University of the Free State should embody freedom: Freedom to express yourself as a student (creatively, academically and intellectually).”

CORNELIA FAASEN
Dean of Student Affairs (Acting)

Most leaders are self driven, goal orientated and hardworking individuals. Residence leadership is a first stepping stone for most to taking initiative and getting involved so we asked the HK's and Primes to give us a shout-out.



CORLEA KLOPPERS

RC First Years, Huis Emily Hobhouse

Post-Degree BA Drama & Theatre Arts student (Classical studies: Ancient Greek Mythology degree)

What gets you out of bed in the morning: Breakfast and another opportunity to challenge myself in whatever I get to do, (and off course, be awesome).

Tell us something interesting about yourself: I'm from a small town of St. Lucia in KZN. I stayed there ever since I was 14. Being raised by my grandparents, I really had the freedom to be myself and express myself in whatever I do. I think this was, since a very young age, the reason why I had a passion for the arts and culture and have a tremendous love for people. Facing various challenges as a young girl in my family, a lot of people that are close to me know me as a very driven person and I have an insatiable hunger for success.

What have you learnt from being a leader thus far: I learnt to be adaptable, a lot of stuff isn't always going to go your way so it's very important to learn a skill like improvisation, something we were also taught in drama. Listening and caring for people are very important and also the way you speak to them. I learned to stop trying to please everyone, believe in my abilities, consistently plan and think about my vision and to share it with others, go beyond the job description, to make other leaders also and the most important one, (I tell this one to my first years all the time), to think and step outside of your comfort zone.



BANTWANA ZULU

Akasia, First Year

What gets you out of your bed in the morning: God. Family. My Alarm Clock. - I draw my strength from Him. My Family and friends who remind me of the potential that I some-times don't see in myself, and potential won't unleash itself with me lying in bed all day hey. Oh, and one of my friend's at res has the master key and she uses it all right!

Tell us something interesting about yourself: Interesting you say? Hahaha yoh. I do talk to my-self, as in full-blown conversation, not in my head, or 'thinking out loud'. Me, I talk out loud, on my own. I know how to 'entertain' myself. Weird, but true.

What have you learnt from being a HK thus far: Wow, it's been an interesting few months of HKship I must say, it's been an interesting learning experience. Stepping into HKship I was Bantwana who was always too afraid to disappoint people, too afraid to say 'no' and thought that being selfish with my time made me a bad person. Through HKship I have learnt that I will not always please and make everyone happy and I'm okay with that now, I have learnt that saying 'no' and being 'selfish' with my time doesn't make me a horrible person, it just means that I now realize that I'm also my own priority and can't always put other people's needs ahead of mine



NIGEL MASALLA

Kagiso, Prime

What wakes gets you out of bed the in the morning: Its the opportunity to be remembered or to leave a legacy in everything and anything I do or inspire someone else.

Tell us something interesting about yourself: I am a student who believes that everyone has equal opportunity to be great, some just put more effort to it, also I consider myself an old school youth in my approach to life.

What have you learnt from being a leader thus far: I have learnt that a leader takes his people where they want to be, but a great leader takes his people where they don't want to be but ought to be. There will always be opposition, but you should weather the storm and help your people perform at their best.



HERMAN CALITZ

Karee, Prime

What you out of bed in the morning? :Usually the T-can announcement at 11 o'clock isn't a bad way to wake up, but for those days that you can't sleep in the thought of the impending exam is a respectable motivator.

Tell us something interesting about yourself: Back in the day I thought I was somewhat of a "rebel" I played in a rock band, I still play bass guitar but not with so much teen torment and skinny jeans.

What have you learnt from being RC thus far: This is my second year as RC in House Karee. I remember seeing the RC in my first year as the greatest people to ever walk the earth I idolised them tremendously. What I have learned in the meantime is that you don't always know what you are doing and 90% of what you do you make up as you go, but it is the most incredible experience you will ever have.

Growing as a person and understanding yourself a lot better realising that not everyone shares your point of view. Knowing when to work when to turn a blind eye and when to relax. I recommend standing for an RC position anytime it is a remarkable work experience and you will never regret your decision.



HATSU MPHATSOE

Roosmaryn, Sports, Media & Marketing

Something interesting about yourself: I'm not certain whether this will be considered as 'interesting', but I am a liker of things, in the sense that I'm curious and driven by my curiosity to explore and learn. So, as much as I am a liker, I am a liker with a purpose. This trait has really seen me being exposed to so many opportunities and experiences that have resulted in me being expansive and somewhat evolved as a young adult.

What gets you up in the morning: Besides the fear of being late for a class or an appointment, I'd have to say it's my undefined purpose. With everything I do, I give of myself as fully as I possibly can, and with each task or encounter with people; my purpose slowly unfolds before me.

What have you learned from being an RC: I've learned that it's okay to not always know what to do. Leadership is not only about leading others, but also inspiring and recognising the leaders in them as well. It's at this point that you turn to others when your capabilities cannot reach.

GREAT MOVIES YOU PROBABLY DIDN'T WATCH IN 2014

Every year hollywood produces over 500 movies. Of those you probably watched a few that were obviously hyped like the action blockbusters. There is no need to rush and start off looking for 2015 movies because there are some great movies in 2014 that might have flew under your radar, check out the list below to find out.



Set in a future where a failed climate change experiment kills all life on the planet except for a lucky few who boarded the Snowpiercer, a train that travels around the globe, where a class system emerges

Interstellar represents more of the thrilling, thought provoking, and visually resplendent filmmaking moviegoers have come to expect from writer director Christopher Nolan

Fueled by a gripping performance from David Oyelowo, *Selma* draws inspiration and dramatic power from the life and death of Martin Luther King, Jr.



Birdman is an ambitious technical showcase powered by a layered story and outstanding performance from Michael Keaton and Edward Norton. It tells the story of an actor famous for portraying an iconic super hero as he struggles to mount a Broadway Play.

April, 1945. As the Allies made their final push in the European Theatre, outnumbered, outgunned and with a rookie soldier thrust into their platoon, Wardaddy and his man face overwhelming odds in their heroic attempt to strike at the heart of Nazi German.

After a near fatal plane crash in WWII, Olympian, Louis Zamperino spends a harrowing 47 days in a raft with two fellow crew man before he's caught by the Japanese navy and sent to a prisoner-of-war camp



WHIPLASH is one of those movies where it sounds like it is going to be boring, but it turns out to be electrifying and exhilarating. You just can't look away. You also can't help but put yourself into the movie, wishing you could make decisions for this kid who lets his life be dominated by this one maniac – yes it is not for the faint hearted (there is quite an overdose of swearing). It will leave you puzzled and unsure but weirdly inspired.

In the Movie Andrew Neiman (Miles Teller) is an ambitious young jazz drummer who wants to be one of the greats like Buddy Rich. Andrew, only nineteen is starting his school year at Shaffer, the best Music Conservatory in the country. At Shaffer, being the best means being accepted to study under Terrence Fletcher (J.K. Simmons) whose handpicked jazz ensemble gets to represent the school at competitions. When Andrew finally gets a chance to play in the band, at first he is showered with praises by Fletcher. Then came the daunting and petrifying **“NOT QUITE MY TEMPO”**. Fletcher's has very high standards which the passionate Andrew becomes obsessed to meet. What follows is bloody drum sticks, unending insults and chair throwing almost decapitating the poor boy [related to be the throwing of a cymbal by “Papa” Jo Jones at the feet of then 16 year old Charlie Parker who's humiliation lead him to hone his craft so well as to be one of the greatest drummers of his time].

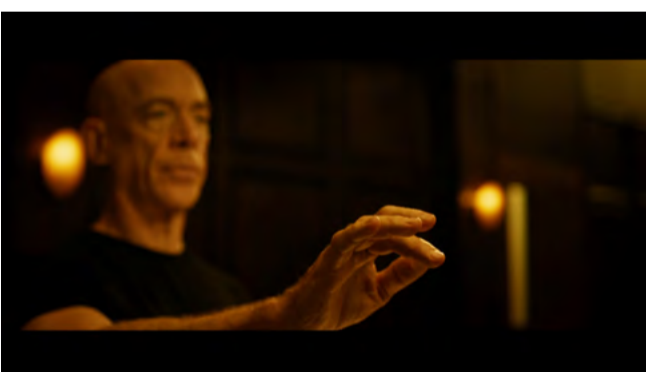
It was the kind of abuse that would make anyone quit, unless you were so passionate as to stick it out to the end like Andrew, but eventually it got the best of him. After several months, Andrew having taken down his Buddy Rich posters and put away his drumsticks, he bumps into Fletcher playing at a local jazz club. This conversation is what I really want you to take from this article.

Fletcher explained to Andrew that “People never really understood what I was trying to do. Anyone can wave a stick and keep people in tempo. I was there to push people beyond what is expected of them. I believe that to be an absolute necessity, otherwise we are depriving the world or the next Louis Armstrong or Charlie Parker. That to me is an absolute tragedy. **There are no two words more harmful in the English vocabulary than “good job”**.”

Andrew asked in return, “well is there a line, you could go too far and you discourage the next Charlie Parker from becoming Charlie Parker?” Fletcher answers, “No, because the next Charlie Parker would never be discouraged”.

In the final scene, Andrew realises that he is an artist in his own right and in that twisted way it is beautiful. The rest I will leave for you to actually watch the movie and come to your own conclusions.

But it goes without saying that most of us are emotional and full of self-doubt. It has been proved that whether they are words or a situation, no matter how bad it is the mind first considers the situation and then we consciously decide on a reaction to that information. So, nothing really has power to tarnish our will power except the things we allow. Just like Andrew, you do not need another person's approval if you want to be great but in order to push yourself, surround yourself with mentors (that would be Harvey for Mike Ross in Suits) and friends smarter and more involved than you. People who see the person you could be and push you. People who would never say “good job”. When you fully understand your potential and have mastered your craft, you will be able to defy the odds and make your own name like Andrew. I hope you enjoy the movie.



“NOT QUITE MY TEMPO”



Vikings Qualify for USSA for the first time



The Vikings finally qualified for USSA (University Sports South Africa) Basketball Tournament 2015, after beating CUT Welkom in the Qualifiers. It seems like 2015 is a blessed year for Kovesie sports because this year also brought about the Shimlas winning the Varsity Cup for the first time; and the Kovesie Netball team and Women's hockey team dominating the Varsity sports leagues (Kovesie Tennis and Athletics have also proven their dominance on the national scale). Likewise, there is definitely a lot of pressure on the Kovesie Vikings, but the team is full of talented players who play well together. Their inspiration as a team comes from representing Kovesies and at the same time improving their game. It has definitely not been an easy road, "as the State of Basketball in the Free State is very poor in comparison to other provinces, however, development of the sport is on the rise (especially through youth development and participation in the sport)" according to the Captain - Thato (T-Jay) . This year, the USSA tournament will be hosted by the University of Forte Hare, and we would like to wish the Kovesie Vikings all the best.



Kovesie Women's hockey team, what a run!!



#BackYourLadies

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MESSI VS RONALDO

by Tinotenda MUSUWO

It seems as if Lionel Messi and Cristiano Ronaldo are breaking goal scoring records every other week, be it in the UEFA or the La Liga, such is their mind-blowing knack for finding the back of the net. These two stars are constantly a topic of conversation with both fronts of supporters ready to defend to the death. Whatever your stance might be when it comes to this unending argument, the skill of each one is unparalleled in the football game today and they will surely go down as two of football's all-time greats. In spite of all this it would be a grave injustice if we do not test the differences. I personally hear violins when Messi is wading his way to the goal.



MESSI

Messi's vision and creativity with a dead ball is what sets him apart from most free-kick specialists. His ability to identify a spot and a route to that spot that eludes all opposing players in his way is simply pure class. He perhaps lacks the force that Ronaldo can get behind a dead ball, but it's the finesse that makes his free-kicks special. He has a near perfect combination of technique, speed, balance and intelligence which give him the uncanny ability to sprint into a crowd of players and come out the other side with the ball still at his feet and in complete control. Whilst Messi isn't the fastest of sprinters, the speed at which his feet can move can seem almost impossible and combined with his abundance of skill, can often create the illusion that the ball is just glued to his feet. At 5 foot 7 inches, Messi isn't the tallest of guys. His size can be quite deceptive but he is perfectly capable of holding his own against his larger opponents and can pack some serious power behind his shots. For someone with so much skill and so many solo goals to his name, Messi has a remarkable reputation as a team player and is very rarely accused of holding onto the ball longer than he should have done. His scoring record is obviously closely matched by Ronaldo, but it's the team play effort that he possesses that sets him apart from Ronaldo.

RONALDO

Ronaldo's combination of sheer power and ability to make a ball move in all manner of directions place him amongst the most feared free kick specialists. Few can match the pure theatre created as CR7 takes his trademark stance over a free kick. Ronaldo is the king of the step-over and has plenty more tricks up his sleeve that, with the help of his lightning pace, can take him past defenders as if they weren't there. Whilst Ronaldo's skill and technique cannot be questioned, he can be guilty of one step-over too many or a bit of flamboyance & showmanship that wasn't really necessary; sometimes costing his team possession. Physically, Ronaldo is as close to perfection as it gets for the modern day footballer. At 6 foot 2, he's got the height and with the help of his impeccable physique, he has the strength of an ox. Where Messi has the edge with skill & technique, Ronaldo makes up for with strength and speed. In contrast to Messi, Ronaldo has often been the subject of frustration for both fans and team-mates, often guilty of trying to do too much on his own when using a team mate might have been a better option. Ronaldo has received much criticism for this part of his game, often being accused of going down too easily or feigning injury to the benefit of his team.

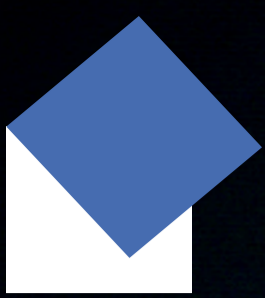
WHY IS THE PREMIER LEAGUE LAGGING IN EUROPE



The question on everyone's mind is why are EPL teams under performing on the biggest showdown of European football. This season was the worst year for English teams. No club made it past the quarter final of UEFA champions League, not even Chelsea who've comfortably won the EPL with three games to spare. Could it be that there are no players of Messi and Ronaldo caliber in the league, is the style of their play moving towards 'parking the bus' and neglecting the creative side of football. What could it be? Are the players becoming more and more money motivated, thus neglecting the trophy hunger mentality? (Yes we know about the 5 billion Euro TV rights). There is more money being splashed around in the league, and not only is the league considered the best in the world, its also the most watched as well. Its regarded as the most competitive which to the irony doesn't help explain why it is lagging behind. Why is it not up there with other big boys? Maybe managers are to blame. Is Mourinho finding it hard to get the right tactics to succeed in Europe, is Mr Arsenal's attacking football verve and style failing him. What about Manchester City, don't they have riches to buy all the players in the world? Maybe the new FIFA Fair play rules are to blame. Whatever the reason might be the league needs to start stepping up.

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STYLISH SATURDAY'S

Two gold-colored speakers flanking the word SATURDAY'S. The speakers are circular with a black grille and a gold rim. They are positioned on either side of the word, which is rendered in a large, metallic, textured font. The entire section is set against a dark background with glowing light effects.

WITH
PRINCE KAYBEE.
CIDER & C-JO