

REVOLUTION (ARY)



REveal, REflect, REason, REact.

Oct '15

MEDIA MOGUL in the making

BIPOLAR:
A Disorder or a
Manageable Condition?

DREAM-CHASING

**BREAST CANCER
AWARENESS**

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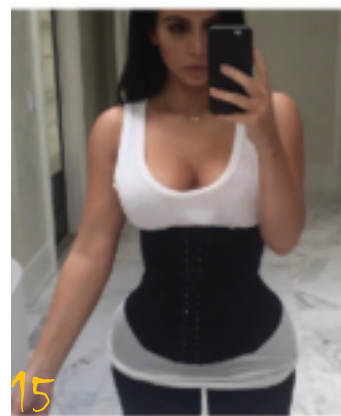
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ED'S NOTE



What a hectic year it has been. From deciding the title of our magazine to pestering advertisers for funding to organising the launch of the magazine while trying to survive the day-to-day stress of our honours year - it has been one long emotional rollercoaster ride. Hectic, but rewarding nonetheless.

After months of compiling a fresh and original publication from scratch with an amazing team, I have newly found respect for the hard work of an often overlooked process of producing a great magazine. This process is definitely not for the faint hearted, not for the naysayers, not for the complainers and certainly not for the underachievers. This process is for the brave, those who are relentless in their pursuit of breaking boundaries, for the doers, the movers, the shakers, those who embody the editorial stance of our magazine. Those who wish to REveal ideas and make moves that will cause one to REason, REflect and REact. Those who are part of a REvolution, a REvolution absent of violent protests but one of a silent upheaval that will move and shake you into progressive discomfort. Those who are REvolution(ary)!

Revolution(ary) magazine is the brainchild of ten journalism honours students who want to celebrate young South Africans changing and challenging the status quo within their respective industries. The magazine is part of a social movement that is not only part of a revolution but is revolutionary itself. Our cover story Buhle Maseko (see page 8) and personality feature Nyakallo

Tefu (see page 18) encapsulate the game changers that Revolution(ary) magazine celebrates. Brand and fashion conscious (see hair and fashion feature), Revolution(ary) ground breakers embody the South African street culture and celebrate the livelihood of South Africa's youth. They are part of the millennial generation of non-conformists, trendsetters and history-makers.

This issue of Revolution(ary) magazine is jam-packed with a variety of fresh content. Our magazine is a reflection of who we are, what we're about and the change we want to be in the world. In our review section, we picked Johannesburg's Top 5 hangout spots and explored the CBD through the lens of night sweepers in a photo essay on page 6. On page 20 and 21, we provide insightful advice that readers can draw strength from in times of trials and tribulations. Page 14 is dedicated to breast cancer awareness in the spirit of breast cancer awareness month, while the article on page 12 sheds light on a silenced mental disorder.

Revolution(ary) magazine would not have been possible without the support from our senior lecturers at the Department of Journalism, our printing sponsor House of Print, our sole advertiser Nurture and continued support from friends and family. We hope that you find inspiration from our magazine and that wherever you are, in whatever you do, you aspire to be Revolution(ary).

Mbali Mzinyane. XOXO

MEET THE TEAM



Marelize Roets- Managing editor

I am in love with writing and reading (and the occasional glass of red wine). I have a severe case of wanderlust and I am always curious.



Lebogang Mokoena- Photo and features editor

I am a BA Honours Journalism student who is a humanitarian at heart, a self-driven female skater with a dream to live life probing and crafting words with ink.



Dineo Phoshoko – Advertising Manager

Just an ordinary girl, who dreams big, loves big and lives big. The world is my playground and I am always game!.



Mutsa Belinda Chapyeyama- Assistant Advertising Manager

Enthusiastic, opinionated, strong-willed and ambitious is what describes me best. I am interested in politics, food and travelling. My motto is: Love, Laugh and Live.



Keneiloe Kotlolo- Chief copy editor

I am a vibrant young lady who suffers from a case of terminal curiosity. Words make my world go around and I am still learning how to fall for myself shamelessly.



Refiloe Benjamin- Copy editor

I have always been layered. Deep. Distinct. Rare. Abundant. I'm humble and although I might be a raving nutcase at times my heart is made of gold (diamonds and pearls) and it's in the right place.



Lesley Tshamano- Art Director

Aspiring journalist with interests in music, sports and fashion. I am the most awesome person I know.



Amanda Sono- Designer

"Don't try and reinvent the wheel- just work on making it better than anyone else".



Noluthando Mcutha- Chief online editor

"Don't dare to be different, dare to be yourself- if that doesn't make you different then something is wrong"- Laura Baker.

Define Your “Revolution”

What does revolutionary mean to you?



Sharon-Rose van Rheede

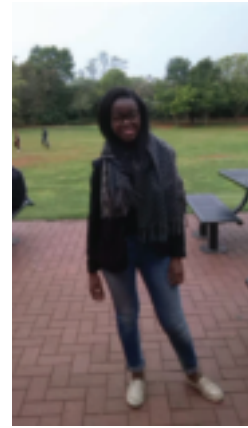
(20):

“The positive change to develop the young minds of students, not only academically but you as a person.”



Kevin Kabongo-fulia (23):

“Changing something from what it currently is”



Thandeka Tnda (22):

“It is about change. A new way of doing things.”



Karabo Motaung (20):

“I think of modernising something. Something that is very traditional ends up being amped.”



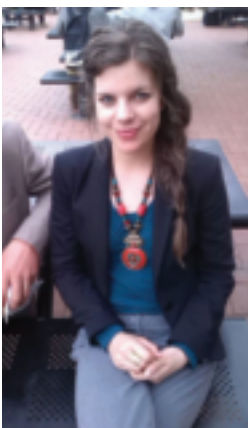
Lungisani Maduma (23):

“Revolutionary is all about modernisation and globalisation. It is when you realise your worth, especially from an African point of view.”



Zinzi Nkosi (22):

“Revolutionary is all about bringing change to social standings, cultural understandings and really fighting for who you are and who you want to be.”



Rinet van Lill (27):

“I think anything that will shock you by giving you a new insight or new perspectives. Something to change your frame of reference.”



Xander van Lill (27):

“A revolution is a hype or buzz. But continual change is still important, especially in the workplace.”



Yaseen Hussain (22):

“Technology is revolutionary in the sense that we can do many things now that we weren't able to in the past.”

Written in the stars

What does your star sign say about you?

by Refiloe Benjamin

AQUARIUS (20 January- 18 February)

You are an attractive, trustworthy person. You're proud of whatever you do and enjoy taking on any project, but you're messy, unorganised and a procrastinator. When it comes to relationships you're a great lover but you can also be unpredictable. Relationship compatibility: Gemini and Libra

TAURUS (20 April- 20 May)

You love to have a good fight especially if it's for something you believe in, but you can be aggressive at times. You're extremely outgoing and helpful. You sometimes come across as stubborn or self-centered and will do anything to get what you want. Relationship compatibility: Leo and Libra

LEO (23 July- 22 August)

You're attractive, passionate, laid back and you're usually happy. When you're not happy you tend to be grouchy and childish, yet you know how to have fun. You're also predictable, outgoing, and down to earth but people shouldn't mess with you as you're rare to find. Relationship compatibility: Sagittarius and Cancer

SCORPIO (23 October- 21 November)

You have a very good sense of humour and you love being pampered. You are energetic, predictable, talkative, hard-working and romantic. Making and spending money is something you love doing. Relationship compatibility: Taurus and Cancer

PISCES (19 February- 20 March)

You're smart, kind, caring and love being the centre of attention. You get hurt easily as you always try to do the right thing. You also have a good sense of humour and you're a good friend to others but you are careful and choosy about who you befriend. Relationship compatibility: Aries and Taurus

GEMINI (21 May- 20 June)

You are a lover, a great listener but also don't take nonsense from anyone. You're assertive but you also get offended very easily. You're trustworthy, happy, loud, sarcastic, irresistible and very forgiving. Relationship compatibility: Cancer and Leo

VIRGO (23 August- 22 September)

You are caring, smart, loud, loyal, easy to talk to and dominant when it comes to relationships. You love to gamble and take chances and want to have the last word. You have a good and forgiving heart. Relationship compatibility: Taurus and Cancer

SAGITTARIUS (22 November- 21 December)

You have so much love to give but you are impatient. When in relationships, you love deeply but prefer not to show your love as you see it as a sign of weakness and you're a very private person. Relationship compatibility: Aries and Leo

ARIES (21 March- 19 April)

You're spontaneous, lovable, outgoing, and funny but you're not one to be messed with. You value relationships and family is very important to you. You're stubborn but you're also known for being generous and kindhearted. Relationship compatibility: Leo and Taurus

CANCER (21 June- 22 July)

Your love is one of a kind, you're romantic and caring but you're also the ultimate freak. You are creative, funny and usually the life of a party. You are loveable and are definitely someone you should hold onto. Relationship compatibility: Taurus and Virgo

LIBRA (23 September- 22 October)

You are fun, sweet and creative. You're caring but not the kind of person you mess with. You can create as much havoc as you can prevent. You're a faithful friend to the end. Relationship compatibility: Gemini and Aquarius

CAPRICORN (22 December- 19 January)

You are lazy but you are intelligent, proud, understanding and sweet. You always get what you want and you love to win. Sometimes people think you are grouchy and annoying while others will think you're pretty cool. Relationship compatibility: Taurus and Cancer.



NIGHT SWEEPS

By Amanda Sono

Oct '15 **Revolutionary** 6

It's late at night. While lights glow out the windows of buildings surrounding the Nelson Mandela Bridge and the Hillbrow Tower, there are night street cleaners, most of which are women. These women brave up in conversations while sweeping and collecting litter for the landfill truck that goes around every streets to collect. Every morning we wake up to clean and tidy streets without knowing what goes on behind the scenes.



**Do you think before
you litter?**



Media mogul in the making

His character on SABC 1's popular local drama series, *Skeem Saam*, is the polar opposite to Buhle Maseko's (23) charismatic and charming persona. However, what they do have in common is an unrelenting drive and passion to succeed and a fiery dream to reach a multi-millionaire status at a young age. Buhle chats to **Mbali Mzinyane** about his journey in South African entertainment industry.

Although he has been in the South African entertainment industry for about three years, his vast work and impressive record awards him bragging rights which one may assume would show through his demeanor and permeate in his aura. Not even. Instead, Buhle manages to strike a perfect balance between humility and confidence.

"I've been fortunate enough through God's grace that it hasn't taken that long for me to break into the [entertainment] industry...the position I'm in right now is one that has changed my life and one that I'm grateful for but there's still lots to do," he concedes.

The former YoTV presenter may be making waves and growing in his career as an MC, presenter and actor but this has not always been

the career path he set out for himself. "I used to play a lot of sports in high school, I was captain of the soccer team and cricket team. I knew that I would either pursue that or go the accounting or marketing route," he says.

Growing up in Kempton Park, Buhle describes his childhood as being

“

the position I'm in right now is one that has changed my life and one that I'm grateful for but there's still lots to do

”

struggle-free and full of love and support from his close knit family. It was until his parent's financial struggle that the rose-coloured

glass of his comfortable life fell off. "When things got tough for my parents and got to a point where they couldn't even pay for the electricity bill and cars were being taken away, it triggered something in me and I knew then that this is not the life I wanted for myself," he says.

A spur-of-the-moment decision to enter Mr and Miss Edenvale High beauty pageant in his matric year led to a turning point in his life. "I had sat down with my parents and decided that I would study accounting or marketing, until I entered Mr and Miss Edenvale," says Buhle.

The brief exposure to the limelight when he was crowned 2nd runner-up in the pageant sparked an interest in the media industry and marked a pivotal point in his life. His parent's



understanding nature gave way to him to take a gap year and to strategise his ‘five year game plan’, all in pursuit of his newly found passion. “I said to myself that for the next five years, if I have to cancel people out of my life, then so be it. Truth be told I have lost a lot of friends but it was a sacrifice I had to make,” he explains.

In the first year of his five year plan, he enrolled in a radio and television presenting programme known



as On Cue Communications, which trained media personalities such as Bonang Matheba, Leeroy Wright and Siphokazi January. The programme encompassed all round training in radio and television presenting, from training in the techniques and mannerisms of radio and television presenting, to shadowing industry professionals.

Bursting with energy and newly gained knowledge from his training, it was no surprise that in his first year of his Audiovisual Communications degree at the University of Johannesburg, he auditioned to be a sports presenter on the campus radio station, UJFM, during their annual roadshow auditions.

“I discovered my love for radio at UJFM, I worked there for 2 years for free, only my passion and love for radio kept me going,” he says as his face lights up while confessing his love for being on air. In the same year that he began working at UJFM, he received an opportunity to be a presenter on one of South Africa’s popular kids’ programmes, YoTV. It was only year two of his five year plan and already, Buhle was making his mark in local and

national media.

In the two years at UJFM, Buhle worked as a sports presenter and hosted his own house music show, 360 House Evolution, while juggling academics and tv presenting simultaneously. His lack of training and non-existent acting background seemed to not be a problem for the casting directors of one of SABC1’s popular local drama series, Skeem Saam, when he received an opportunity to play a supporting role on the show after a grueling audition.

Nimrod, was meant to be a big character on Skeem Saam, one who would change the lives of the people who watch the show and the magnitude of this opportunity was intimidating for Buhle. “I didn’t think there was something that could be too big for me but this [Skeem Saam] was it,” he shares.

Skeem Saam is an award-winning local drama series about the journey to manhood in the lives of teenage boys. The drama series has 5-6 million viewers whose viewership numbers are competing with legendary SABC 1 primetime soapie, Generations: The Legacy.

Nimrod, his character on Skeem Saam, is a Sipeidi speaking orphaned teenage boy from the township who is on a journey of self-discovery — the complete opposite of Buhle’s reality and a factor that contributed to the pressure of playing such a big role with zero acting experience.

“On the first day of shooting, after two or three scenes, I wanted to quit...I had no acting background and thought it was a curse that I got this job,” he says. “It was for

the first time in my life where I felt like the weakest link," he continues, looking vulnerable, and showing a side of him that only a few may have seen before.

"The biggest thing that got me going were the people around me, the people I was acting with...I knew that something from somewhere within me had to come out and that I needed to deliver". Since then, Buhle has shown long strides in his acting career and was part of the cast on Skeem Saam that successfully filled in the Generations prime time slot while the show was off-air and is part of the cast whose acting led to the programme's victory of the 'Coolest Current TV programme

in South Africa' award at the 2015 Generation Next Awards.

On year four of his five year plan, not only does Buhle have acting,

“

"I didn't think there was something that could be too big for me but this [Skeem Saam] was it,"

”

radio and TV presenting on his impressive resume, he is also the founder of Four Brothers Media House, a media company that focuses on events management and

TV production.

This multi-faceted talent is also the co-founder of C&B, an events company founded with fellow Skeem Saam actor, Cornet Mamabolo.

In the not so distant future, Buhle plans to return to his first love of radio and to grow as a powerhouse within the South African media industry. Asked what the title of an autobiography documenting his life thus far would be called, he responds, "Work in Progress - I'm not nearly where I should be". R



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BIPOLAR- A disorder or a manageable condition?

Changing the way people think about Bipolar and what it means to have Bipolar Disorder plays a key role in treating and managing the disorder, claim psychiatrists specialising in personality disorder and mental illness

By Marelize Roets

'Since my early teens, I struggled with severe depression. I often couldn't go to school due to extreme lethargy, an inability to focus, crying spells and obsessive thoughts about suicide. I also found myself often being too 'high' where I engaged in too many activities which left me unable to follow through on many of my commitments,' tells Carla*, a young woman diagnosed with Bipolar Disorder.

'Often I would engage in dangerous activities such as the use of illicit drugs and sleeping tablets. This was to numb the agitation I felt.'

Carla was officially diagnosed with Bipolar Disorder two years ago. The main reason she sought help was due to extreme anger outbursts which led to panic attacks and blackouts.

'I wasn't surprised by my diagnosis since I suspected that I had some sort of mental illness for a while, but having an official diagnosis made me feel less insane.'

After being diagnosed, she was prescribed a hefty amount of medicine in order to control her depression and anger outbursts. 'The amount of medication I am expected to take scares me at times.'

There are two types of Bipolar: Bipolar Disorder (BPD) and Bipolar II. The second type of Bipolar is centred on depression and mania or hypomania. 'Bipolar II is more common in women while BPD is more common in men,' says Dr. Leverne Mountany, psychiatrist and co-director of Psychiatry M Powered.

'I have Bipolar II,' says Carla. 'I find my moods cycling rapidly and often I experience a mixed state where I have symptoms of both depression and hypomania.'

Dr. Mountany says the most important thing for Bipolar is treatment and management. 'I consult

with my psychiatrist on a regular basis so as to monitor my progress and adjust medication where applicable. I recently had a two week stay in the hospital due to being in a mixed state. My medication was adjusted once again in order to stabilise my moods,' tells Carla.

'I find that taking it one day at a time helps to manage the severity of the disorder since the mood changes are unpredictable at times and can shift from a high to a low at any given time.'

Dr. Mountany also claims that having a solid support system adds to the stability of managing this condition. 'Bipolar, even though classified as a disorder, is actually a treatable condition. Many patients and even the average person tends to neglect this fact.'

Carla says she has a great support system. 'My parents, fiancé and two very amazing friends. They listen eagerly when I need to talk, never make me feel guilty for acting crudely and let me be when I need time to work through the emotions I experience.'

However, being in a relationship can also be tricky. 'It's not impossible to be in a relationship where the significant other has a form of BPD, although it does come with its own problems, as any relationship does,' says Dr. Mountany.

'My fiancé is very supportive, but often the disorder puts a lot of strain on our relationship, especially when I am irritable, agitated, in a bad mood or severely depressed. It makes me difficult to handle as I do not always know what I need from him in order to feel better. It's

Mania and Hypomania	Depression
<ul style="list-style-type: none"> • A distinct period of persistently elevated, euphoric, or irritable mood • Inflated self-esteem or grandiosity • Decreased need for sleep • More talkative than usual or pressure to keep talking • Flight of ideas or subjective experience that thoughts are racing • Distractibility • Increase in goal directed activity or psychomotor agitation • Excessive involvement in pleasurable activities that have a high potential for painful consequences 	<ul style="list-style-type: none"> • Depressed mood almost every day • Loss of interest or pleasure in all, or almost all, activities • Significant weight gain or loss • Decrease or increase in appetite • Sleeping too much or too little • Fatigue or loss of energy • Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) • Diminished ability to think or concentrate, or indecisiveness, nearly every day • Recurrent thoughts of death (not just fear of dying), suicidal thoughts

sort of like being handicapped on his side.'

There are also many fears involved in having Bipolar Disorder. 'Suicide is one of my greatest fears regarding the disorder. Also, I often doubt my ability to function in society. Will I be able to keep a steady job? What will I do if I hurt someone due to my moods? Considering the fact that I will soon take on a teaching job, I fear that my anger will get the best of me and that I'll lash out at learners.'

Dr. Mountany says there is nothing to fear when it comes to Bipolar Disorder. 'There are obviously certain fears that arise once a diagnosis is made. But there are also numerous people living and working with and under the condition of having BPD. Once again, the most important thing for this condition is treatment and management.'

Carla says the biggest life lesson that she has learned since being diagnosed is to not take loved ones for granted. 'They are the people who will be there for you during your times of struggle.'

As with any condition, there are certain dos and don'ts that come with the territory. 'Avoid alcohol

and drugs as this increases the severity of your moods. Instead, find something that relaxes you. Do not skip your medication and be honest with your mental health professional. I have found that over thinking the diagnosis can make one freak out—relax and take it one day at a time. Exercise as much as possible and live a healthy life. Consulting with a psychologist is also helpful in dealing with underlying problems and one can learn many coping mechanisms that suit your individual needs, says Carla.

Some final advice: 'If you have a loved one who suffers with Bipolar Disorder, it is important to have an open mind and be considerate to their sensitivity and irrational moods.'

'Remember that it is like any other illness; it's a chemical imbalance in the brain which affects the way one feels. You cannot fix someone with Bipolar, but you can hold their hand as they attempt to fix themselves. It is a lifelong disease, so taking medication and going to therapy does not mean that the disorder will go away.' R

**Names have been changed.*

Reduce the risks of breast cancer

Genetic risk factors cannot be changed but a healthy and active lifestyle can help you lower your risks of getting breast cancer.

By Noluthando Mcutha

Breast cancer cannot be prevented but doctors suggest that a healthy lifestyle can reduce the risks of getting the disease. Breast cancer is a malignant tumour (a group of cancer cells) that starts in the cells of the breast and continues to multiply. The tumour can invade surrounding tissue and spread to other parts of the body and cause damage.

The World Health Organisation (WHO) says more people die of cancer than of any other disease and according to the National Breast Cancer Foundation “breast cancer is the most commonly diagnosed cancer in women and the second leading cause of death”

Lowering Breast Cancer Risks

- **Limit alcohol intake and don't smoke**

Studies have shown that a healthy lifestyle can reduce the risks of breast cancer. Consuming large amounts of alcohol can increase your risks of developing breast cancer. According to the American Cancer Society “women who have 2 or more alcoholic drinks a day have about 1½ times the risk of breast cancer compared to women who

don't drink at all”.

- **Maintain a healthy weight**

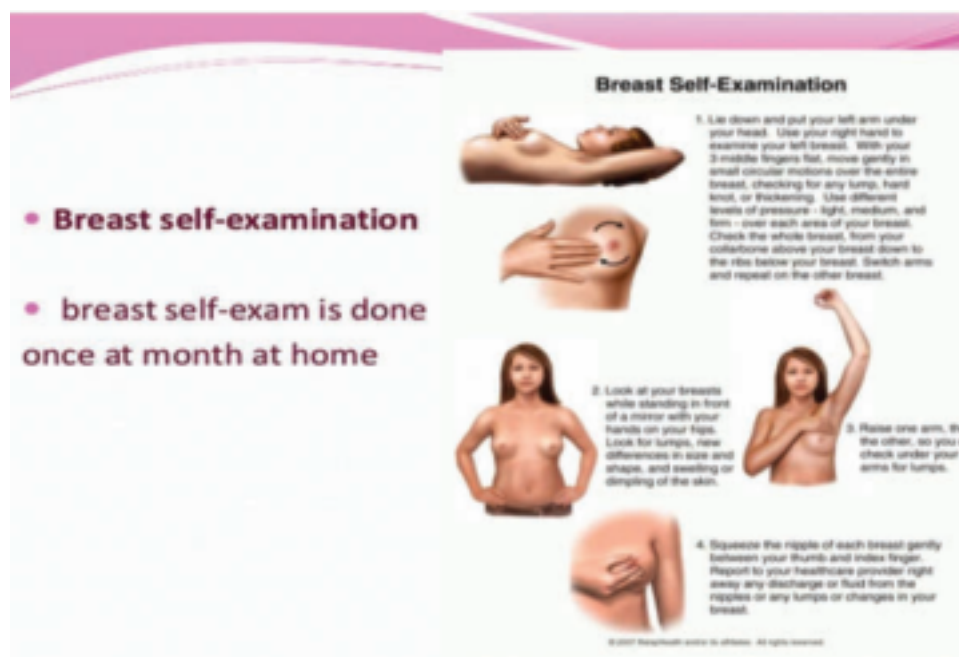
Try to maintain a healthy weight and be physically active. Obesity increases the risk of breast cancer especially if it occurs after menopause. “If you're already at a healthy weight, stay there. If you're carrying extra kilos, try to shed some. There's evidence that losing weight may lower breast cancer risk.” says the American Cancer Society.

- **Exercise regularly and eat healthy**

Physical activity along with a healthy diet can help you maintain a healthy weight. Exercise is a breast-healthy habit and may lower

your breast cancer risk even further”. Even though a diet filled with fruits and vegetables has not been proven to lower the risks of breast cancer, it can still protect you from other diseases including diabetes, stroke and heart disease.

Figures show that 1 in 29 South African women will be diagnosed with breast cancer at some point in their lives. Therefore it is vital for women to be health-conscious and familiarise themselves with their breasts in order to detect changes fast. **R**



ALL IN THE NAME OF BEAUTY AND SEX APPEAL

Some women are willing to go through high risk procedures to attain the “ideal body” and the most recent trend in this endeavour is the waist training corset. But what is a waist training corset? Does it work and more importantly, is it safe to use? Lesley Tshamano finds out...

The waist training corset, which was popular in the Victorian era, has made an unexpected comeback, gaining popularity once again thanks to celebrities like Beyoncé and the Kardashians. Women all over the world are tightening their stomachs with bands of material with the goal of creating the sought-after hourglass look.

WHAT IS A WAIST TRAINING CORSET?

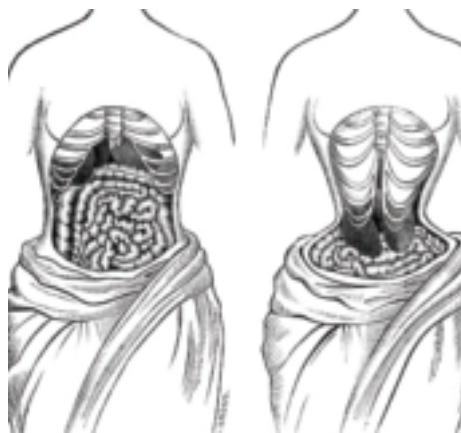
Letisha Pretorius of Trisha Lingerie explained what a waist trainer is and what it does. “The waist trainer gives the effect of a smaller waist as it shapes and defines the waist,” she says.

The idea behind wearing it is that, over time, the waist will take the shape of the garment. “I bought it because I wanted to lose weight around my waistline,” says Thembi*, who has been using the waist trainer for two months. “My waist is now small and my hips are banging and more visible.” The waist trainer is not only thought of as a way to reshape your body but to lose weight. “I had a problem with my belly and I wanted to lose weight so I thought why not buy one,” says Mbali*, a mother of two children.

DOES IT REALLY WORK?

According to Letisha, the practice of reducing your waist is best achieved

when it involves exercising and a balanced diet. Both Thembi and Mbali wear their corsets to the gym in an effort to speed up the process of having a smaller waist and losing weight. However, Busi Kumwenda, a personal trainer at Gym Company, claims that it is impossible to reduce your waist and lose weight without exercising. “You need to work out in order to lose weight. You cannot just wear the belt and sit,” she says.



The waist trainer only compresses your stomach, putting the fat elsewhere but does not get rid of it. The hourglass look does not remain after the corset is removed because it only offers a temporary solution to your tummy problems. If you are looking for more permanent results, Busi’s advice is that you should exercise and eat right.

IS IT SAFE?

The first week Mbali used her waist

training corset, she found it very uncomfortable. “My body was sore especially my back,” she says. She, however, continued using it because she was told that it would be uncomfortable for the first month as it was her first time using it. Also, wearing the corset causes increased sweating which often leads to skin irritation, rashes and bruising.

According to Letisha the waist trainer corset is not safe to wear for more than six hours a day, as it compresses your lungs. General practitioner, Dr. Kamita Naran says that when your lungs are compressed it makes it hard for you to breathe. Thus, wearing the corset when exercising is not advisable as that is the time you need the most oxygen intake.

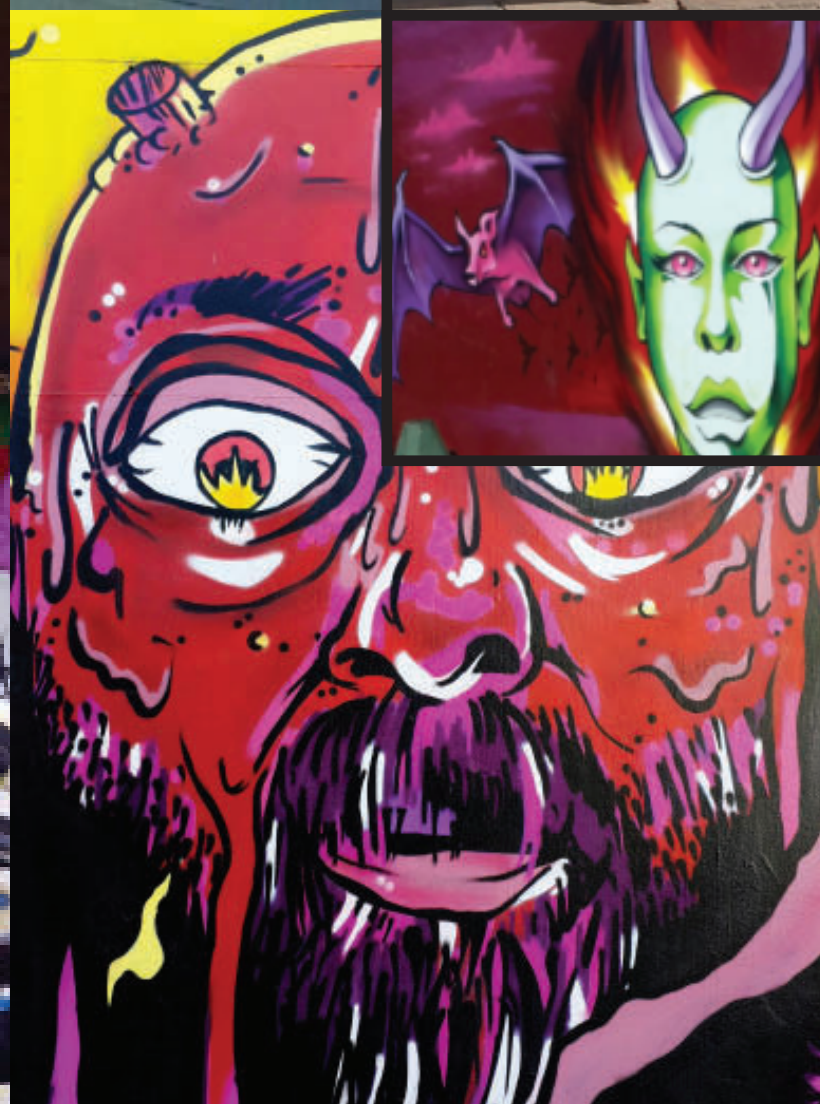
Also, the safeness of the waist training corset depends on how tight a person wears it. If it is extremely tight, it can fracture your ribs, which are meant to protect your lungs, heart and other organs. In a recent episode of Dr. Oz’s show, he summed up the dangers of wearing a waist training corset. He claims that by compressing the outside of your stomach you are also compressing your internal organs which includes your colon, intestines and kidney. ^R

**Names have been changed.*

STREETWISE

Street culture is embodied in forms of expression such as graffiti and skateboarding. The vibrance and ambiance of Johannesburg is captured through these art forms. **Mutsa Chapeyama** and **Lebogang Mokoena** take you on a visual tour.





Dream Chasing

Keneiloe Kotlolo chats to budding-journalist, magazine editor and radio news anchor Nyakallo Tefu and finds out exactly what her journey has been like so far.

“If your dreams don’t scare you, they aren’t big enough,” said the world’s first elected black female president, the President of Liberia Ellen Johnson Sirleaf. She expressed a sentiment that resonates with Nyakallo Tefu, who at 22 years old confesses that her dreams and goals are so big she often gets uncomfortable telling small-minded people about them.

Coordinating diaries with the petite Joburg-based, budding-journalist with an explosive personality and burgundy-stained lips was a surprisingly easy task despite her busy schedule. You’re probably wondering how busy the schedule of a 22 year old can get but if you are a student, the editor of a digital magazine and a radio news anchor then “busy” becomes second nature.

Born in Tembisa but raised in Lombardy West, Nyakallo was around different children from different races and this made her highly social. “I always felt the need to question and to know even though I was rather shy,” she adds.



HIGH SCHOOL BLUES

But everything seemed to change at Sandringham High School where her confidence took a knock and she couldn’t quite find her feet. “High school was the hardest for me because I couldn’t find myself and who I was and I changed social circles quite a lot and even hung around bad company,” says Nyakallo. She describes high school as one of the lowest phases in her life because she developed a low self-esteem and often doubted her capabilities and talents. This is probably why she struggled with deciding on a career path, as some teenagers do.

FINDING HERSELF IN JOURNALISM

Acting and law were both paths she could have possibly taken but

in the end she decided to walk the long, hard road of journalism. “I was always reading and writing so I wanted a career that would help me express myself whilst also hiding behind words,” she says.

In the four years that she has been studying towards her Journalism degree at the Midrand Graduate Institute, she has also become the editor of YoMzansi Magazine, a youth entertainment and lifestyle digital magazine. For her this was a part of God’s plan. “YoMzansi Magazine has helped me grow as a writer and an editor... Although challenging at times, I love what I do and my confidence has increased because of it,” Nyakallo adds.

Looking for words to describe herself, Nyakallo chooses dream-chaser, ambitious and unstoppable. “Nothing stops me, I rarely accept

'no' for an answer and I go after what I want," she says proudly.

CONQUERING THE AIRWAVES

This unwavering determination is what led to her current position at youth radio station YFM. "In 2014 I tried my luck at YFM but the news editor told me I needed to grow and come back at the end of that year, and he was right about that," says Nyakallo.

She did just that and when she returned; she interned at YFM for two months and was hired in February of this year. "I did the entertainment features at first but now I do news bulletins on weekends from 09:00-11:00," she says. Despite her undying love for writing, she has managed to find her voice and her feet in news and says YFM has groomed her.

Mentored by the likes of YFM's senior news anchor, Busisiwe Gumede and fellow news reporter Mmatshupo Chiloane, Nyakallo realised how much potential she has and this pushes her to further go after her dreams and balance the pressures of student and work life.

INSPIRING AND HELPING OTHERS

As young as she is, she isn't immune from the doubters and naysayers along her path but she is even more amped to prove them wrong. She does this by remaining optimistic and joyful just as her name suggests. "I radiate so much joy because of what was instilled in me by my biggest motivation, my mom. She has encouraged me and sacrificed for me and I want to make her proud," she says.

Nyakallo is also focused on youth

empowerment and inspiration and she believes that she is using her voice through the magazine and radio to touch the lives of young people and make them realise that anything that they desire is possible. "Helping people and young girls especially, to grow is what I want to do and I never want to bring other people down... That is why I'm a firm believer in keeping quiet if you have nothing nice to say," Nyakallo adds.

"Nothing stops me, I rarely accept 'no' for an answer and I go after what I want."

WHAT'S NEXT FOR NYAKALLO?

She is definitely doing what she loves but is even more excited about broadcast journalism and venturing into even bigger things. She wants to continue to grow from strength to strength in her radio career and also strengthen her writing skills.

"Life is about blooming where you're planted and I plan on blooming as brightly as possible," Nyakallo says. "I plan on building my career, not only as a news reporter but also as a writer. I want to better myself, grow even more and one day own a communications company for freelance journalists specialising in every journalistic beat," she adds.

All of this is in hopes of one day sitting across a dinner table and soaking up as much as possible from a conversation with award-winning broadcast journalist and television

producer, Debora Patta. A conversation that Nyakallo says she would bookmark in her memory as one of the most important conversations she could ever wish to have.

For now though, Nyakallo is focused on putting the influence she has to good use. "Many girls go through the struggle, like I did, of finding themselves and I want to help them grow which is why I do things like speaking to the young ladies involved in this year's Miss Alexandra Pageant because girls have so much potential," she says.

Nyakallo has learnt valuable lessons along her way, like to never doubt yourself and to always go after what you want. "Confidence is key, and I want young people to know that they shouldn't let anyone tell them how far they can go... Their dreams should not only scare them but make them proactive," says Nyakallo. *R*



If at first you don't succeed...

By Dineo Phoshoko

“If at first you don't succeed, dust yourself off and try again”, the chorus of the late R&B singer Aliyah's song Try Again. This song should be an anthem for overcoming failure.

Everyone has experienced failure at some point in their lives personally, academically or in their careers. Whatever the case might be, failure is difficult to cope with and different people deal with it differently.

Drugs, alcohol and wrong crowds become automatic companions for some, while others are in denial about their failure. In some cases it can be all too much to deal with to a point where some fall into depression leading to suicide. Others might feel that it's not worth it anymore and simply give up. It doesn't have to be this way.

When coping with failure it is important for one to acknowledge that they have indeed failed as that is first step. Acknowledging failure does not mean that one is a failure themselves, but rather acknowledging that there are certain aspects of their lives which need more attention and hard work.

After acknowledging that one has failed the next step is to identify possible solutions for problems that led to the failure. It could either mean getting extra lessons to improve academic results, going for counselling to help with personal issues or doing some research on alternative careers if a certain profession is not working out. After finding a solution that you think is fit, put it into action and don't procrastinate. Swallow your pride and go to those extra lessons or counselling ses-

sions. Forget about what other people might think or say because at the end of the day, overcoming failure is not for other people but for one's personal achievement and development.

Transition is a phase that many people experience in their lives. It can either be matriculating from high school and starting varsity, being promoted to the next year of varsity, or graduating and getting a job or getting a promotion at work. In all these transitions, challenges will be faced along the way, and some might lead to failure. If this does happen, apply Aliyah's words and “dust yourself off and try again”.

Ultimately failure is something that everyone goes through, even the most famous icons today have experienced unbelievable failures in their lives. Michael Jordan was excluded from his high school basketball team. Today he is a basketball legend and six-time NBA champion. Another example is Oprah Winfrey who was demoted from being a news anchor, but today she is a media mogul. Then there is Eminem who dropped out of high school and struggled with drug addiction. After overcoming his challenges Eminem went on to win 13 Grammy awards and has sold millions of albums worldwide. There are many more examples of people who overcame failure to make a success of their lives.

Not everyone is destined to become a Michael Jordan, Oprah or Eminem. However, through overcoming failure, everyone has the potential to become the greatest they can possibly be. The secret is not to allow failure to get you down and believing that failure can be overcome. *R*

**Failure is not
falling down but
refusing to get
up. -Chinese proverb**

Image Source: quotesgram.com



DEAR FUTURE ME

A Letter to my future self by [Marelize Roets](#)

Dear future Me,

I picture you behind a screen, writing for some sort of publication. Any publication, really, just as long as you're writing.

I hope writing is still your passion. It has been since you were a little girl but we all know how quickly and unexpectedly things tend to change. All kinds of things –interests, hobbies, tastes. You probably remember the Thai food incident . . . you were disgusted by the sight of anything that contained lemongrass.

I also hope that you still spend hours on the floor of that second-hand bookstore in Melville. Paging through books that have been passed on and around, looking for the most interesting and tantalising inscription –“I've loved you then, I love you still. From John.” I wonder if you still think about John and his beloved.

But, I digress . . . That book store has been your favourite for a few years but... you might be in New York already. That has been your goal this entire time. Living in your idyllic apartment with a view of

Central Park, not too far from your favourite aromatic coffee shop on the corner of this-and-that avenue. Even if you are not in New York, I hope you are happy –an indefinable concept, I know –but I hope that you are living the life that you have always dreamed about.

If I could give you some form of advice, it would be this: Nothing is ever as bad as it seems. Countless times you have found yourself in conflicting situations –countless times – and, yet, here you are. You've made it out alive. Of course, I exaggerate, but the feeling is overwhelming at the time. You get down on yourself too much. Remember, even though you don't hear it enough (and you should), you are good enough.

There will always be someone better and someone worse-off than you. That's life. As long as you are happy, truly happy, you are far better-off than any other person. Remember that.

I hope you've found love. That abstract concept that you could never fathom, but always longed for. Not necessarily romantic-John-Green-novel love, but a self-love; a fulfilling love. And if you

have found someone who adores you and matches all your quirky ways, I am overcome with joy and I can't wait to meet your paramour.

I know that your wanderlust has grown with the years – I just know. You have probably travelled all over the world – did Dad ever go on your round-the-world trip with you? – or did you go at it alone? Well, not alone, you must have met the most interesting people. If you haven't, I'm sure you will endure on many great adventures in many different ways. You always were an adventurous spirit.

I hope you have found peace in the chaos of daily life. It's difficult jumping into a rabbit hole and attempting to remain unchanged, but I hope you never change. Your caring nature was a significant part of your being. You were meant to change the world and I know you will.

One last thing: Thank you for only existing in my mind. You're less intimidating when I realise that you are make-believe –for now.

See you in a few years. [R](#)

Top 5 Chilling Spots

By Mutsa Chapeyama



1. The Sheds @1Fox

The Sheds also known as 1Fox offers an African urban experience in the city through art, music, food, and designer clothing. People can bring along their picnic baskets, see and shop art while unwinding and listening to good music. This market is a great way to spend your weekend as it also offers a range of food stalls where people can eat, drink and be merry.

2. Father Coffee



Coffee lovers who enjoy an elegant and cosy setting would love the well-regarded Father Coffee shop in Braamfontein. It is well known for its roastery and espresso bar where you can sit and

enjoy the fresh aroma of coffee beans and experience the variations of beverages made from coffee, sharing it with a slice of cake.

3. Moyo Restaurant Zoo lake



If you're looking for an exciting and enticing blend of food as well as entertainment then the Moyo Restaurant in Zoo Lake is the place

for you. This esteemed restaurant has great African cuisines and is open every day of the week. It offers live music, soulful vibes, and you can enjoy a view of Jozi's sunset while sipping cocktails on the deck.

4. Chaf Pozi



A vivid atmosphere rich in culture, with an outdoor Shisa Nyama and township music which represents vibrant Soweto, is the Chaf Pozi chilling spot. It is situated at the base of the iconic Orlando towers in Soweto and offers various outdoor

activities such as bungee jumping, quad-biking, paint balling and dirt karts and is a great party spot at night. Chaf Pozi is open from Wednesday to Sunday.

5. Johannesburg Botanical Garden



For those who love the outdoor tranquillity, the Johannesburg Botanical Garden offers the sense of quietness each weekend getaway deserves. It is one of the serene and

quiet places in the middle of Johannesburg's northern suburbs. You can take peaceful strolls around the garden or have a picnic and relax.

Easy Eating

Eating well doesn't have to dent your budget and cooking doesn't have to be a nightmare. You can cook a tasty meal and dessert on a low budget.

Fettuccine Bolognese

Serves 4

Preparation time: 15 minutes

Cooking time: 30 minutes

Ingredients

- 2 tbsp. olive oil
- 2 onions, finely chopped
- 3 carrots, finely chopped
- 2 courgettes, cut into small cubes (optional)
- 4 garlic cloves, finely chopped
- 250g pack beef mince
- 3 tomatoes, finely chopped
- 400g fettuccine (substitute with macaroni or spaghetti)
- 200g peas, frozen or fresh
- 1 handful parsley, roughly chopped (optional)
- 1 Handful of grated cheese (optional)



Method

1. Heat the oil in a large deep frying pan. Add onions, carrots, courgettes (optional) and garlic. Cook for about 10 minutes or until soft, adding some water when the mixture begins to thicken and stick.
2. Turn up the heat and add the mince. Fry for a few minutes more, stir in the chopped tomatoes and add water. Simmer for 15 minutes until the sauce is thick, and then season with preferred spices.
3. Meanwhile, boil the fettuccine, macaroni or spaghetti in salted water with oil until tender then drain with a strainer.
4. Tip the peas into the sauce and simmer for 2 minutes more until tender. Stir through the drained fettuccine and parsley, grate cheese on top and serve.

No-Bake Lemon cheese cake

And for dessert make yourself a no-bake lemon cheese cake following these easy steps.



Ingredients

- 250 g sweet plain biscuits
- 125 g melted butter
- 375 g softened cream cheese
- 1 lemon zest
- 2 tsp vanilla essence
- 1/2 cup lemon juice
- 400 g condensed milk

Method

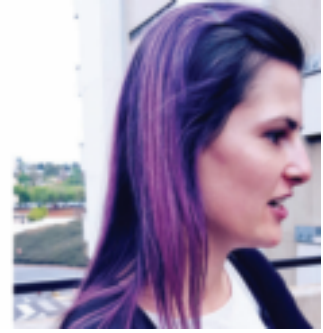
1. Finely crush biscuits then add butter and mix well. Press biscuit mixture into the base and sides of a greased and lined 20 cm springform tin. To press on the sides use a spoon. Then refrigerate for 15 minutes.
2. Beat the cream cheese until smooth and creamy. Add lemon and vanilla and continue beating.
3. Add the condensed milk and lemon juice gradually, and continue to beat until smooth.
4. Pour into the prepared tin of crushed biscuits and refrigerate overnight. The next day, cut the cake and indulge. Enjoy.

Sourced from: *Best Recipes*



Tsebo (21), IT student
"I am a neat, fresh and funky perfectionist with a creative side"

Kamogelo (21), Psychology student
"Natural works better and it's cheaper to maintain"



Ashleigh (23), Journalism student
"Hair is something you can play and have fun with"

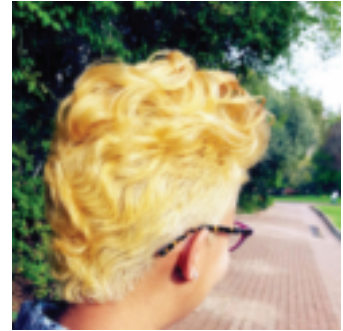
Turning Heads

What does your hair say about you?



Phindu (20), Accounting student
"Confidence, I like it like that"

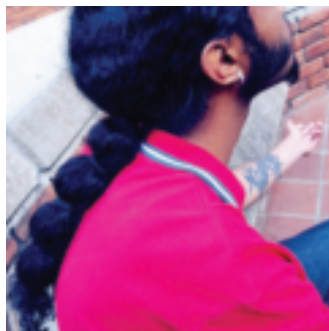
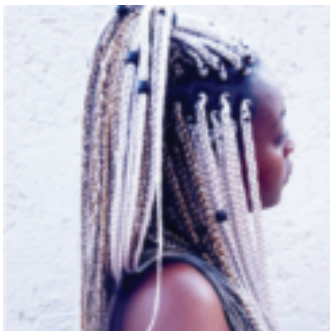
Once upon a time, a bun, pony tail, bald head, level haircut or braids were the common ways people chose to do their hair. But now, there aren't any rules to how people wear their hair. **Dineo Phoshoko** and **Mbali Mzinyane** discovered some weird and wonderful hairstyles that have broken all hair boundaries, if there were any.



Megan (20), Computer Science student
"Young, youthful and attractive"

Ipfani (19), Strategic Communication student

"My hair is a form of expression. I'm very experimental and I love feeling good"



Ash (22), Education student
"I am part of the heavy metal sub-culture and my hair represents the sub-culture which is part of my identity"

Allison (21), Accounting student
"Grounded, not fussy, but still presentable"



STREET STYLE FASHION

Stylists, fashionistas and designers often say that the number one rule of fashion is to forget the rules because trends come and go but style lasts forever. **Refiloe Benjamin** and **Lesley Tshamano** took to the streets of Joburg to find individuals taking part in the 2015 fashion revolution.



Ncobile Ndabandaba



Mandisa Dlamini



Tlaboso "Jammy Jam" Kuali



Nonkululeko Hlatshwayo



Mandla "Duch" Thabethe



Nhlanhla Maseko



Neo Brenolia Sekwayo



Micheal Munguambe



Celebrating the purple nation

The “purple nation”, popularly known as the Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) community celebrated its 11th annual Soweto Pride march at Meadowlands, Zone 2 on 26 September.

By Lebogang Mokoena

The mandate of the 2015 Soweto Pride honoured the lives of those who were murdered for not conforming to heterosexual norms. Phindi Malaza, the co-ordinator of Soweto Pride said, “Today we have met to commemorate the lives of Sizakele Sigasa and Salome Masooa who were murdered in Meadowlands in 2007”.

She reiterated that the event was not only about having fun, but was also about spreading knowledge and awareness about homosexuality in society. “We do these marches to raise awareness. They help us understand the history of the LGBTI community. We hope the march creates engagement and encourages learning about other sexual orientations”, she added.

Soweto Pride is a social platform established in 2004 by the Forum of the Empowerment of Women (FEW) with the intention of creating a space for the LGBTI community to celebrate their sexual orientations - particularly with the focus of black lesbians.

The march took place in Meadowlands, moving within the township, with attendants singing and holding placards to air their views. It was followed by a programme to celebrate the struggles and victories of LGBTIs.

Family members, friends and those who are in solidarity showed support by attending the event. Organisations with a similar directive such as that of Soweto Pride also demonstrated their support.

Amidst many of the organisations which attended, *Action Aid* and *We the Brave* also showed their support.

This year, Soweto Pride addressed themes of #SafeCitiesBecause and #OurLivesMatter and these were talks about the safety of members of the LGBTI community.

Mapule (25), a lesbian told *Revolution(ary)* magazine about the importance of having such an occasion and why she attended. “I am not only attending to express myself, but to also support my peers. The event is a way of coming out without the fear of being judged. We are judged so much in society and this is a way for us to be proud and free”, she added. *R*

OPINION OR HATE?

Today it seems that going left when everyone else is headed right makes you a “Hater”

By *Noluthando Mcutha*

Recently a friend of mine packed all her life into a suitcase and moved to Cuba, to study medicine. I was as excited as she was but I quickly got on her nerve when I suggested that she familiarise herself with finishing what she starts. Home-girl studied Meteorology Engineering at Wits University for two years then she went on to study Accounting at the University of Johannesburg for another two years, and now she’s going abroad.

It’s quite clear that she is an Einstein in her own right but she tends to get bored easily and leaves things hanging. What I found particularly shocking and unsettling was her response, “how about you stop with all that hate” she said. How patronising- I thought. As strong a word “hate” is, in this regard it’s relatively weak.

Lately all you see on social media, when others voice opposing opinions is: “haters gonna hate”. You automatically become a hater for having a differing view. As a photographer if you secretly think your work is world class art but still ask for my opinion and I say the opposite don’t call me a hater. Opposing views force us to see things differently, think critically and re-examine our views.

Some public figures have jumped onto the “you’re a hater” wagon. Minister of Sports Fikile Mbalula of the ANC tweeted “Why are you hating outside Las Vegas when you couldn’t get in” when he was questioned about the funding of his expensive Las Vegas trip to watch a boxing match. The problem with calling someone a hater is that you disregard or dismiss their opinion and make them seem jealous.

On Instagram, reality show star Kim Kardashian captioned one of her nude photographs: “And they say I didn’t have a talent...try balancing a champagne glass on your ass LOL”. Comments followed in no time-“She is so hot” “She is perfect” “Her bum looks amazing”- said her Instagram followers. All her assets were exposed, including her private parts. The internet was all about

Kim; in urban slang they say she “broke the internet”. Others (I included) however saw more to the picture than her bum and breast. We saw the objectification of the female body for the male gaze. I still don’t understand the purpose of those nude photos. Pretty much everyone who didn’t complement her naked body was called a hater. “Stop being a hater”, “Girls are so quick to hate on other girls” comments flowed.

I am concerned about the 13-year-old who will think Instagram likes are worth their dignity. And they don’t know that the same men that are temporarily fixated with Kim’s naked body are likely to be the same men that call Kim a Jezebel the next day. Ask the same men if they would let their daughters or sisters take the same photographs and they will want to kill someone for even asking.

They wouldn’t want other men starring and commenting on their daughters or sisters naked bodies yet they stare and comment on other people’s daughters and sisters bodies. But then again, if it’s put on the internet for everyone to see, you can’t tell people not to have a comment or an opinion on it.

Yes, there will be that one person with an uncalled for comment aimed at tearing others apart by attacking them or even using offensive language.

But where do we draw the line between hate speech and a justified personal opinion?

Blogger Vincent Messina said if you want to know what hate is “Try being gay in Jamaica. Or try being ethnic in some parts of Canada. Or try being a woman in Afghanistan. Or try expressing your civil rights in Equatorial Guinea”. Then maybe you will understand what hate is. This is where the freedom and well being of people is threatened.

After all, everyone is entitled to their own opinion and people shouldn’t be referred to as haters simply for having a different opinion. *R*

REVIEWS

Keneiloe Kotlolo rounds up reviews of this year’s most popular local offerings because after all, local is indeed lekker.

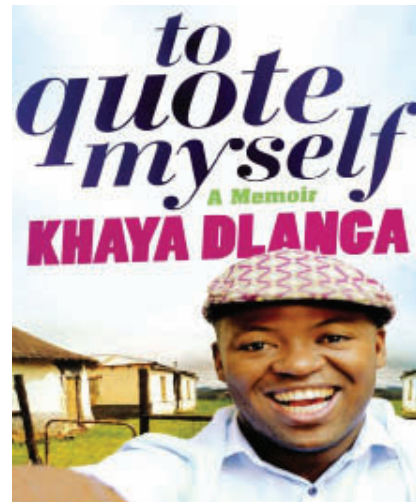


Movie Review: Tell Me Sweet Something

This locally produced and highly anticipated romantic comedy starring Nomzamo Mbatha, Maps Maponyane, Thembi Seete and Thomas Gumede to name a few, promised to tell a story about and celebrates love in Johannesburg. The film was directed by award-winning director Akin Omotoso who wanted to depict a side of Johannesburg that one rarely sees. The story follows the collision of two different worlds when Moratiwa (Nomzamo Mbatha), an aspiring novelist with writer’s block, or “a writer with lovers’ block” as the film describes her, is pursued against all odds by Nat Masilo (Maps Maponyane). These two are unlikely lovers in this charming, funny and romantic movie produced by Akin Omotoso, Robbie Thorpe and Ronnie Apteker.

Book Review: To Quote Myself by Khaya Dlanga

His twitter bio which reads, “Struggling womaniser. Leader of the People’s Army Against Typo Nazi. Never eats black Jelly Babies,” should already tell you something about Khaya Dlanga but if you haven’t already heard of him or encountered his unmatched humour, profound views and opinions and his “baebility” as he calls it on social media, then fear not, his book will sort that out. To Quote Myself is a memoir in which Khaya takes you on a 224 page journey through entertaining and moving stories about his roots and upbringing in rural Transkei, to school where he studied advertising and also his time as a stand-up comedian, overcoming homelessness, his political views and how he became one of South Africa’s most influential marketers.

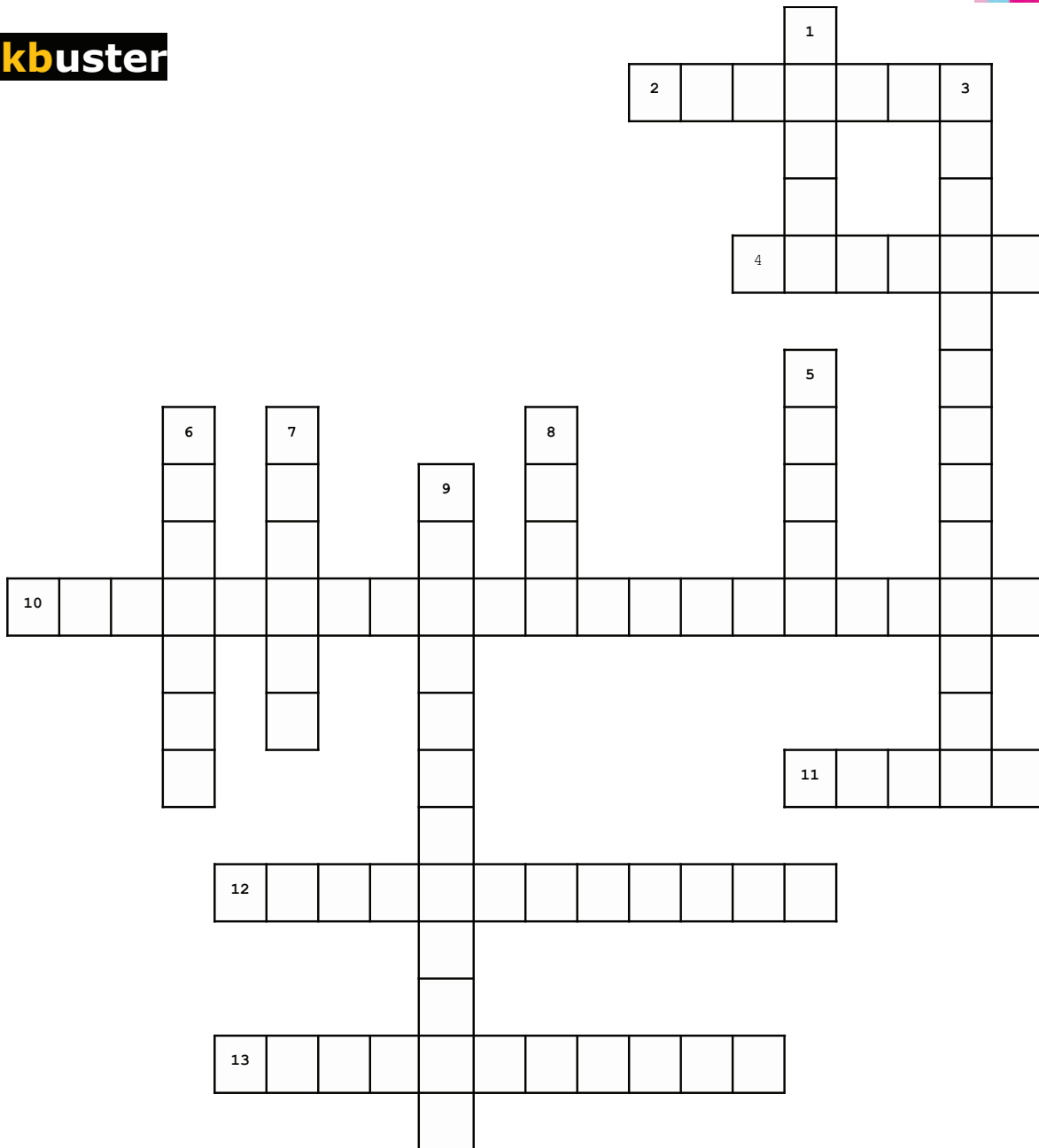


Gadget Review: Selfie Stick

This gadget is probably one that you love to hate or that you hate to love, but whether you like it or not the selfie stick is here and it’s here to stay, for 2015 at least. Truth is we live in a selfie generation and the selfie stick which allows you to put your smartphone on an extendable pole for taking photos at greater distances has become the conventional way of selfie-taking. Instead of just using your arm, which isn’t long enough, you can use this gadget to get the kinds of shots that might have otherwise required you to awkwardly hand your phone to a stranger. The stick can expand to great lengths and this time; all your friends can make it into one picture without any hassle. Think about a selfie stick as going to great lengths to get the best selfie... literally.



Blockbuster



Across

- 2. Personality disorder also known as manic depression
- 4. To think, understand and form judgments logically
- 10. South African movie featuring Maps Maponyane and Nomzamo Mbatha
- 11. Author of the book titled To Quote Myself Dlanga
- 12. YFM weekend news anchor and editor of YoMzansi magazine
- 13. Nimrod's real name from Skeem Saam

Down

- 1. Printing company: of print
- 3. 2015 Journalism Honours magazine title
- 5. To respond
- 6. Think deeply and carefully
- 7. Make something known to others
- 8. Abbreviation for lesbian, gay, bisexual, transgender
- 9. What medical condition is associated with the month of October?

