

KAS'LAM

March/April 2016

HOW TO

Build your own
Super mega brand
Online

10 Signs your
partner is not faith-
ful. Habits of a seri-
al Cheat.

*SEVEN HABITS
OF HIGHLY SUCCESSFUL
PEOPLE*

**Why AKA
Is Dominating
African Hip Hop Music
And keeps growing**

SMILE
THE
NEXT BEST
HOUSE MUSIC
DUO IN AFRICA

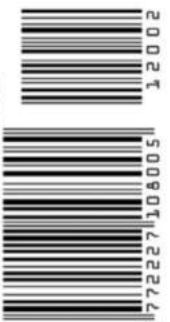
+ Super
Sexy Peri Peri
Of the Month
The Royal Zinzi

HOW I GOT MY JUICE BACK

NASTY C

S A H I P H O P S T A R

ISSN 2227-1062



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Cover: Everybody knows the song but do you know the man behind the hit Single? Read all about how Nasty C got his Juice back. (Page 18)

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08

See How Mafkizo Killed it at Carnival City



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She's Smart, She's Beautiful, Ambitious, Sexy and ready to take over the world. Find out who the Royal Zinzi is and what she's all about (12)

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They go by the name of **Smile** : they are taking on House and Kwaito music giants. They are the next generation of South African music superstars. More on page (15;16)

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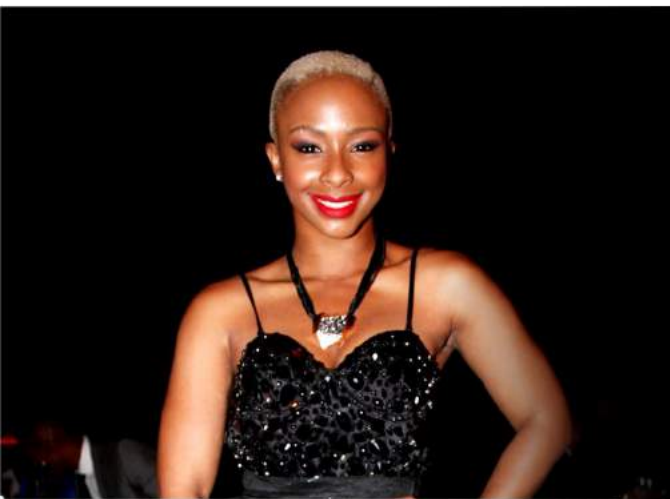


If I were to write the ultimate textbook to success, the first three chapters would be Rejection, Setbacks and failure. This came to my mind as I came across a picture message about how Soichiro Honda was turned down for an engineering job by Toyota and went on to own Honda motors, his very own vehicle company. The next three chapters would be dedication, persistence and patience. This came to my mind just after discussing how powerful of a man Dasha-rath Manjhi was, he possessed all those qualities and more. In case you know not who this man is, he is the man who proved men can move mountains literally. Google him. Basically, life has challenges and lessons which when con-curred and heeded result into success. However, not many can withstand these vital and focal points of the necessary path to one's ultimate goal or treasure. Just like in entertain

ment particularly music, it takes a couple of songs and years of practice before one can finally blow up with that one single hit track. Along the way you face predicaments and obstacles that strengthen you and grow your craft and character. Life is de-signed that way and only those who understand the language of the universe and master the processes of life win this race. As winter is approaching, know that all you go through is part of the success journey. Follow through and never give up on your dreams.

Enjoy





March Highlights

In a recent interview with Lifestyle Magazine – True Love, TV personality/Model – Boity Thulo has spoken out about her breakup with Rapper, Cassper Nyovest. According to Boity the breakup which occurred in December is due to time management, denying what the recent reports have said about Cassper cheating on her.

‘Yes, we’ve broken up. We broke up in December, which was last year and I cried about it, I got angry about it, I tried to convince myself that it’s okay and then eventually you are just like life actually continues,’ Boity said.

‘Not once did I ever feel like he has cheated on me or giving someone else attention. There was never a time we fought about any girl, he was absolutely respectful towards me in terms of his female fans. Funny enough the female fans just showed me so much respect as well’.

Boity Officially confirms break up with Nyovest



Pearl Thusi has got her job back at SABC

TV/Radio personality has made her way back into the arms of SABC. This follows after she quit her gig as host of Live Amp to join MTV’s new show ‘Lip Sync Battle Africa’ as a host with naija superstar D’Banj. The SABC and it’s Chief Operations Officer, Hlaudi Motsoeneng reached out in a statement: *In order for us to compete effectively, I have instructed management to ensure consistent application of the SABC’s directive regarding On-Air talent working for direct competitors. To this end and with due regard to the circumstances relating to the termination of Ms. Pearl Thusi’s contract with the SABC, the corporation resolved to reinstate Ms. Thusi’s services as an On-Air Personality. In this particular instance the directive was not applied consistently and appropriate action will be considered.*

So you can soon expect to see Pearl on your screens or back on radio again. Her show on MTV ‘Lip Sync Battle Africa’ will premiere in April.

Toya Delazy TEAMS up with Cartoon Network

Cartoon Network is proud to announce that they have teamed up with Toya Delazy, to create an all African, localised theme song for the re-launch of Cartoon Network's most enduring original series, The Powerpuff Girls. The show will launch on television screens across the continent, exclusively on DStv channel 301 starting on Saturday, 30 April at 10:55am. The theme song proudly sung and produced by Toya Delazy, will represent the Powerpuff Girls on the African continent with a colourful, local interpretation of the US indie pop band Tacocat's recording of the new theme song for the global launch of the all new The Powerpuff Girls series. In true Toya style, she has added a bit of rock and hip-hop with a sweet undertone creating a hard yet playful beat. "When Cartoon Network approached me to localise the new Powerpuff Girls theme song recorded by US indie pop band, Tacocat, I first listened to the original song and I had an instant connection with the lyrics "fighting crime and saving the world before bedtime". This was one of my childhood dreams growing up in South Africa and I am truly excited to be part of this amazing project!" says Toya Delazy.



Okmalumkoolkat is BACK at it AGAIN

South African digital maskandi artist Smiso Zwane, commonly known by his stage name Okmalumkoolkat is officially back to rocking local stages again! This past weekend he performed for the very first after he returned home to South Africa subsequent to serving a one-month jail sentence in Tasmania, Australia, following his conviction for a sexual offence he committed in January. Okmalumkoolkat initially performed at the Emerald casino in The Vaal followed by a surprise performance at the Major League Gardens during Riky Rick's set, his fans went crazy when he showcased his hit track 100K macassette not once but TWICE!



Nomuzi 'Moozlie' no more with Cashtime Life

Rapper, Nomuzi Mabena aka Moozlie who launched her rap career with Cashtime Life in 2015 is no more with the stable. The news were announced with a statement by Thabiso Khathi, CEO of Cashtime Life. 'Please note that Nomuzi Mabena is no longer part of Cashtime Life. We longer shared the same vision with Ms Mabena and we thus elected to release her from Cashtime Life. We wish Nomuzi well in all her future endeavours; music or otherwise.'

Nomuzi's publicists (DNA Brand Architects) reached out in a statement to let us know why she has cut ties with Cashtime Life.

'Ms Nomuzi Mabena has enjoyed a very healthy and successful relationship with the record label Cashtime Life as part of her 2016 business strategy, Ms Mabena has opted to explore other relationships as her brand management requirements have evolved. In order to broaden her offering and grow her brand Ms Mabena will be working with specialist agencies in television, music and fashion. Ms Mabena is grateful for the support and guidance she has received from the Cashtime Life team and she wishes them a stellar 2016'. Moozlie made a debut at Cashtime when she was featured on Kid X's single Se7en, then later worked with DJ Vigilante, Speedsta and AKA.





**11 MARCH
MUSIC SHOW**

**MAFIKIZOLO .
THE SOIL .
BLACK MOTION
K2 . BLUE(MC)
KAY . DJ LEVIS .**

PRIDE WEEKEND

CARNIVAL CITY

BRAKPAN

BIG TOP ARENA

**12 MARCH
COMEDY SHOW**

**TOL ASS MO.
JOEY RASDIEN.
TREVOR GUMBI.
SALESMAN. PULE
THAPELO TIPPS.
TUMI STOPNONSONS**

Thikho Event's 2 Nights of Epic Entertainment



Black Motion started slow but the crowd went crazy when they began to dance

The lovely entertaining guests for the weekend were these two beautiful ladies Zinhle (Left) & Nhlanhla (Right) together with our editor Bobo.M the future.



Mafikizolo took the night away like pro's . They had everyone singing and dancing in sequence Including the security guard standing next to me lol.



The highlight of the night was when The Soil came on stage to unveil and introduce their shy but highly talented first lady who had the crowd singing along to every song.



Yeah ! Your man was there too with his side chicktake a closer look



You can surely tell by how wide those guys are smiling



The Legendary comedian Joey



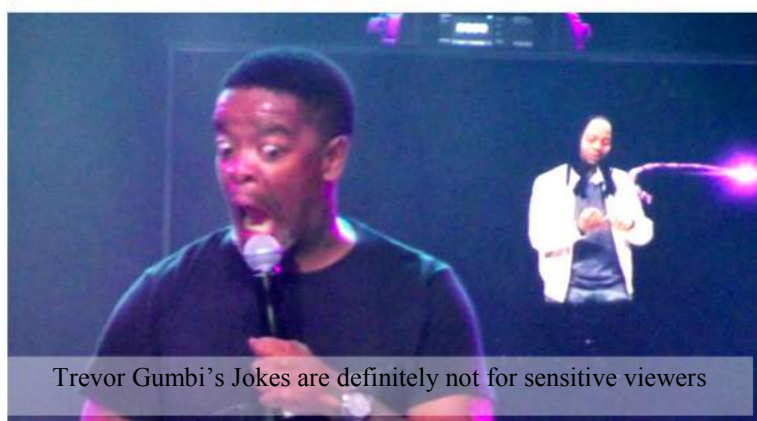
Our Editor Bobo M & Tall ass Mo Backstage



Stopnonsons had everybody on their



The Comedy night was full of beautiful ladies, and you know what they say if you can make her laugh you can have her



Trevor Gumbi's Jokes are definitely not for sensitive viewers

OSISI BENDAWO

PRESENTS



MISS KAY'S
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SATURDAY

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OLIVER O2 TSHAMALA



JO'BURG

THE EPITOME
OF TRUE HUSTLE

My name is Oliver Tshamala, also known as O2 and I was born in Kinshasa DRC. I've been in South Africa since I was 9yrs.

What do you do?

I'm a construction manager by profession and I'm also a fashion designer.

What are you most passionate about?

Fashion. I started a trend of YHWH clothing while doing my first year in varsity and was hoping it would have grown bigger before I graduated but unfortunately it didn't. I'm still working towards growing my brand and designs.

What made you choose this career path?

I was inspired by young entrepreneurs and also wanted to be part of the great fashion designers like Kanye West.

What's unique about you?

I've realised how some brands don't have deep meaning, all my work has deep meaning

Who is your target market?

I design for everyone, from babies to older people. Depends on your sense of style.

Have you worked with? Any Celebrities?

Unfortunately no celebrities yet but I usually work with up and coming models.

What can we expect from you in the future?

At the moment I'm working on my winter range and hopefully work with celebrities to grow the brand.

Where can people get hold of you?

Website: www.yhwhclothing.co.za

Instagram: yhwh_clothing





THE ROYAL ZINZI

ZINZILE SIBANYONI

PERI PERI

OF THE MONTH

BOKSBURG



She is one of the sexiest models and social media personalities we have come across. She's sexy, ambitious and vibrant. Kas'lam had an interesting chat with this beautiful intriguing soul gunning for success on her own.

Tell us about yourself

I'm Zinzile Sibanyoni, well known as The Royal Zinzi. I am a full time professional model and currently co-owning a company called The Lifestyle and tour. I'm also studying towards Media.

Where were you born and currently residing?

I was born in Vosloorus, Silong Hospital. I currently reside in Boksburg, Dawn Park

What are you most passionate about?

I'm mostly passionate about modelling, but I'm looking into other ventures like acting. The rest will be a surprise, Haha...

What made you choose this career path?

I started modelling in 2005, it wasn't something I had decided on my own. As my family and I moved from Leondale to Dawn Park, My parents thought I'd grow up like a tom boy so they decided to put me in pageants. As I grew, I enjoyed it a lot. It has been 11 years but my biggest break through was last year.

Who's your inspiration?

I don't really look up to models specifically but the likes of Naomi Campbell and Tyra Banks inspire me. I also admire the fierceness of Beyonce. Mostly I'm inspired by our African ladies like Terry Pheto, that woman did very well for herself. Pearl Thusi is also a remarkable

woman, being a mom and the wonderful job that she does. Lastly I also look up to the beautiful Lupita Nyong'o, she's proof that patience is virtue and dreams do come true.

Who have you worked with and what are your highlights so far?

My biggest highlights were mostly last year, working with Bachelor Magazine. I've also done a few music videos, like the famous Zulugirl by Major League. Before it all, Life style tour gave me a platform to get used to the industry.

If you were given an opportunity in your life to do something else, what would it be?

I'd actually be a Detective, Lol..

Where can people get hold of you?

Instagram: the_royal_zinzi

Facebook: The Royal Zinzi

“If you were given an opportunity to do something else in your life , what would it be?

I'd actually be a Detective, Lol..”

No Printing
No Paper
No Cutting Trees



Let's take care of our planet !!!
Kas'lam magazine is an Eco-friendly product

SMILE

They go by the name of Smile : they are taking on House and Kwaito music giants. They are the next generation of South African music superstars.

Durban

SMILE is a group of two guys from Durban, Andile Shezi (Zuka aka diamond cutter) and Mashiya Ngcobo (Mash) currently residing in Midrand. We are in our late 20's. We are new, we are fresh, exciting and mostly we do good music.

What are you passionate about?

Our first love is Music then we also into design like fashion and anything artistic.

What made you choose this career path?

We didn't actually choose this, we were born into it. We just followed our passion.

What makes you guys unique?

We don't want to seem as if we blowing our own horn and say this and that, we are honestly just guys from the hood, following our passion by making good music. It's definitely different and we just pushing it to grow and be out there.

Who's your inspiration?

African musicians Like Jimmy Dlodlu, upcoming modern kids, Kanye West,

Big Sean and Trevor Scott. We are not specific, we draw inspiration from almost everything, even the likes of Charlie Parker and Angelique Kidjo. We are just a mosaic of different influences and all music genres.

Who's your target market?

Our music appeals to young adults and anyone interested in the type of genre we produce. Guaranteed is we make good music and people should give it chance to understand what we about.

Who have you worked with so far?

One of our biggest accomplishments was our first single Last Summer with Mariechan X Uhuru, The song did quite well on radio and reached the market we were targeting which is mixed race. We got a good response from all over the country. Going forward we are looking at working with Muzart, some exciting stuff with Tresor, Kwesta and other artist from an international level.

What have you accomplished so far?

We haven't really accomplished

much besides our single that did very well, we looking forward to our wrapping up our Album.

What are your major highlights of your journey so far?

One day at a studio, we bumped into Mr Hotsticks Mabuza, just when we thought we are his biggest fans, tables turned and He was actually so pleased to see us and he became our fan... Hahahaha. That was an overwhelming and humbling experience. There are many more and mostly our highlight in our journey is growing as musicians. Not forgetting, the greatest pleasure in working with Uhuru, these guys do remarkable work and they have assisted us a lot in our journey.

What more can we look out for in the future?

In a couple of weeks we are dropping another single titled Airway. This song is very special to us and we believe the world will like it. It's an African song with an international feel to it. Our Album is dropping in July. Look out for more radio interviews, print media... We'll be in your face as much as possible Lol... And more performances.

If you were given an opportunity to do something else in your lives, what would it be?

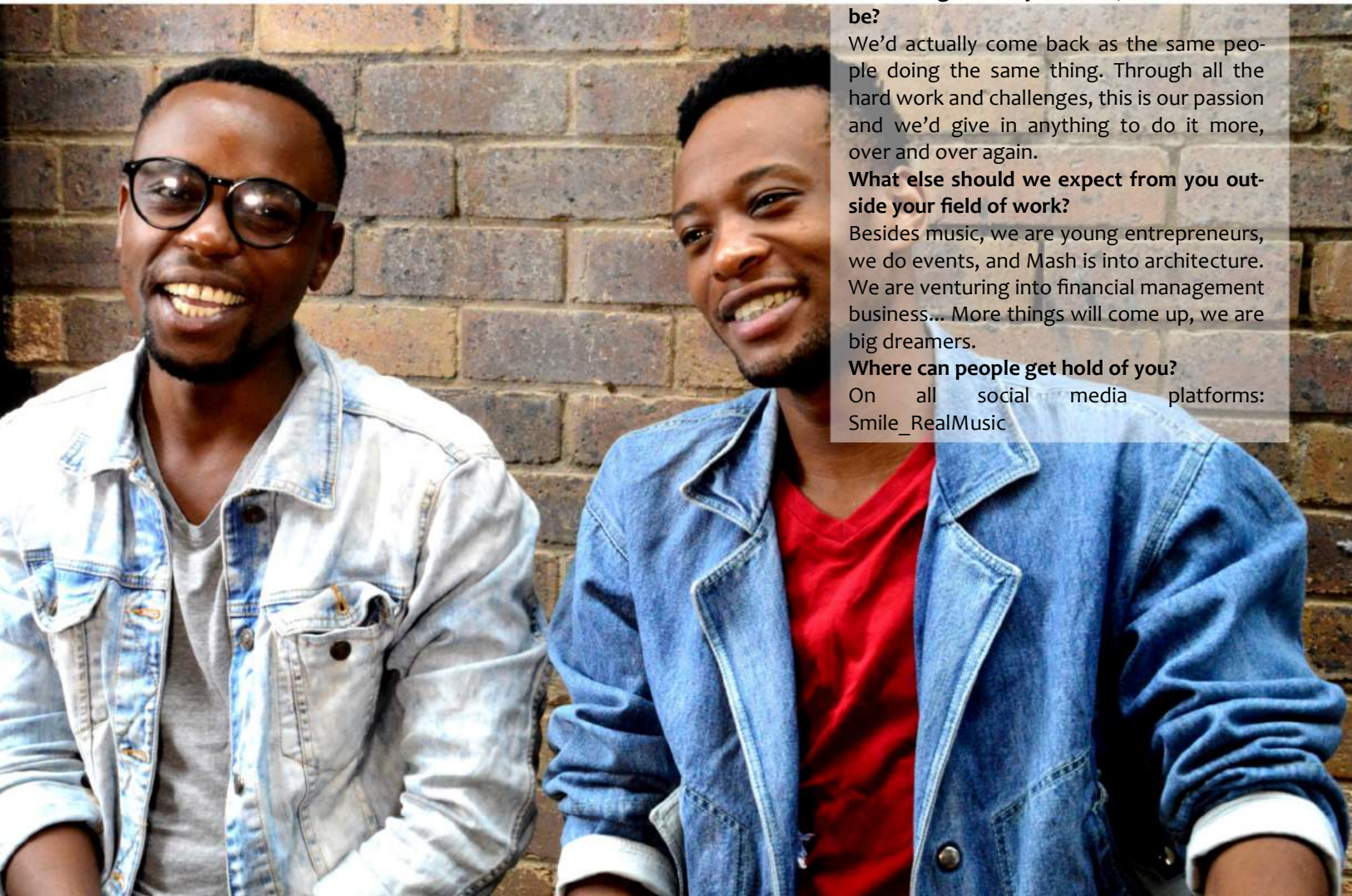
We'd actually come back as the same people doing the same thing. Through all the hard work and challenges, this is our passion and we'd give in anything to do it more, over and over again.

What else should we expect from you outside your field of work?

Besides music, we are young entrepreneurs, we do events, and Mash is into architecture. We are venturing into financial management business... More things will come up, we are big dreamers.

Where can people get hold of you?

On all social media platforms: Smile_RealMusic





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HOW I GOT MY JUICE BACK
NASTY C

David Junior Ngcobo (born 11 February 1997), better known by his stage name **Nasty C** took South Africa by storm when he released a mega hit that even those who could not understand what he was saying sang along. From all walks of life to every kasi, his song endlessly blazed on people's music playlists. He started at an early age and eventually mastered the process of music production and began adding his vocals on the beats he was making, later signing to Durban based artist management company, Free World Music. Kas'lam Magazine had a chat with Mr Ngcobo to find out who is Nasty C and what is he all about.

Who is Nasty C?

I would say: Nasty C is a 19 year old rapper and producer from Durban, I've always been a fan of hip-hop ever since I was 8 years old. I recorded my first song I was 9 and ever since then I've had hundreds of songs, but last year (2015) one song stood out to the masses. My song Juice back blew up last year June and now here I am.

What is the concept behind the music?

I don't really have a concept or a sound, I like to make music based on what or how

I feel at the time. Like if you had to put me in studio now, I would probably wouldn't make a super happy song because I'm obviously not super happy right now lol hahaha (mischievous smile). What I'm saying is it's always inspired by what I've just been through the same day or a couple of days before.

Tell us about Juice Back?

2015 10th of February I dropped a mixed tape which I worked pretty long and hard on. When I dropped it, I obviously thought it will be my breakout project, I knew after this one I would make it. Then things went quiet and everything started going downwards instead of upwards. I faced a lot of drama, there was just too much going on. So, I was like ...make another song because by then I was over the mix tape.

I said earlier on my music is about what I've been through, so obviously Juice back is about the dip of my life and me coming back with a bang.

What Makes Nasty C unique?

I really don't know man.... Think all South African artists say the same thing: "I make music from the heart".

At the end of the day music is music, it's all about creativity and obviously it will be unique because you just created something.

Who or what inspires you?

I don't have a "who" actually, I have a "what". The people I hang around with on a day to day will tell you that I draw a lot of my inspiration from conversations that we have. I like to make something random, if I feel like something will stand out in a song I blaze it.

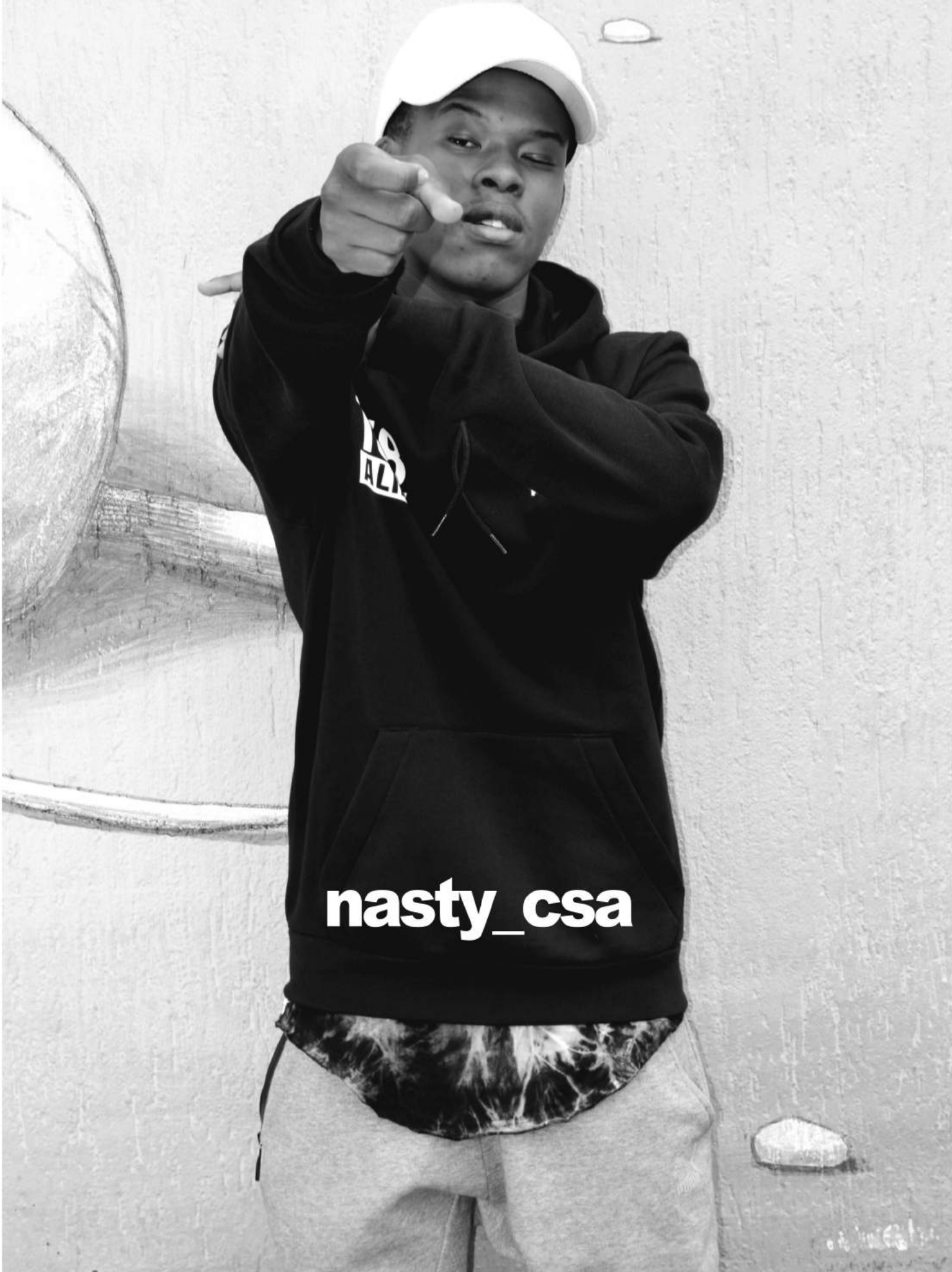
Who is your target market?

The kids hahaha (giggles). I realise a lot of my content and material has a lot of vulgar and stuff that most 18 and 19 year olds haven't been through yet. I rap a lot of mature content and the few that have that experience appreciate it more.

Who have you worked with during your Journey and what have you accomplished so far?

I've worked with a number of talented artists. I've worked with Davido, Casper Nyovest, Tumi from the Volume, yangsta, Dj Switch, I worked on a couple of songs with DJ speedsta, and one of them is out. I've also worked with Shane Eagle, unfortunately, I can't name them all.





nasty_csa

What has been your major highlight so far?

Getting to win the best new comer award (at the South African Hip Hop Awards 2015) in such a short space of time without many accomplishments at the time was definitely a highlight. It was based on my mix tape and one song, and that's not something you get every year. A come up is something that needs to be solid, it took me 3 months to win an award and that's really something.

What can we expect from you in the near future?

You can expect flame lol hahaha. Good music, that's what I am about. I don't really worry too much about the fame, that's just the cherry on top.

Given the opportunity to do anything, what else would you do or be in life?

Besides music, I would be a sketch artist. I really Enjoy art, I've been sketching since I was young so yeah that's what I would do. Nasty C released his first mixtape *One Kid a Thousand Coffins* on 24 May 2013. His sophomore project titled *C.L.A.M.E (Extended Play Version) – EP* was released on 4 April 2014. L.A.M.E. is an acronym for "Levitating Over My Enemies".

Nasty C would go on to release another mixtape, title *Price City* on 10 February 2015, his late mother's birthday, as well as the day before his 18th birthday.

Nasty C released his major single "Juice Back" which later spawned a remix featuring Davido and Cassper Nyovest. The song was produced by Cassper Nyovest's inhouse producer Gemini Major.

Nasty C is by far one of the stand out hip hop artist South Africa has ever seen. This young talented individual is truly destined to be amongst the great whoever graced the industry. He is an astounding individual with a bright future and a long fulfilling career ahead of him.

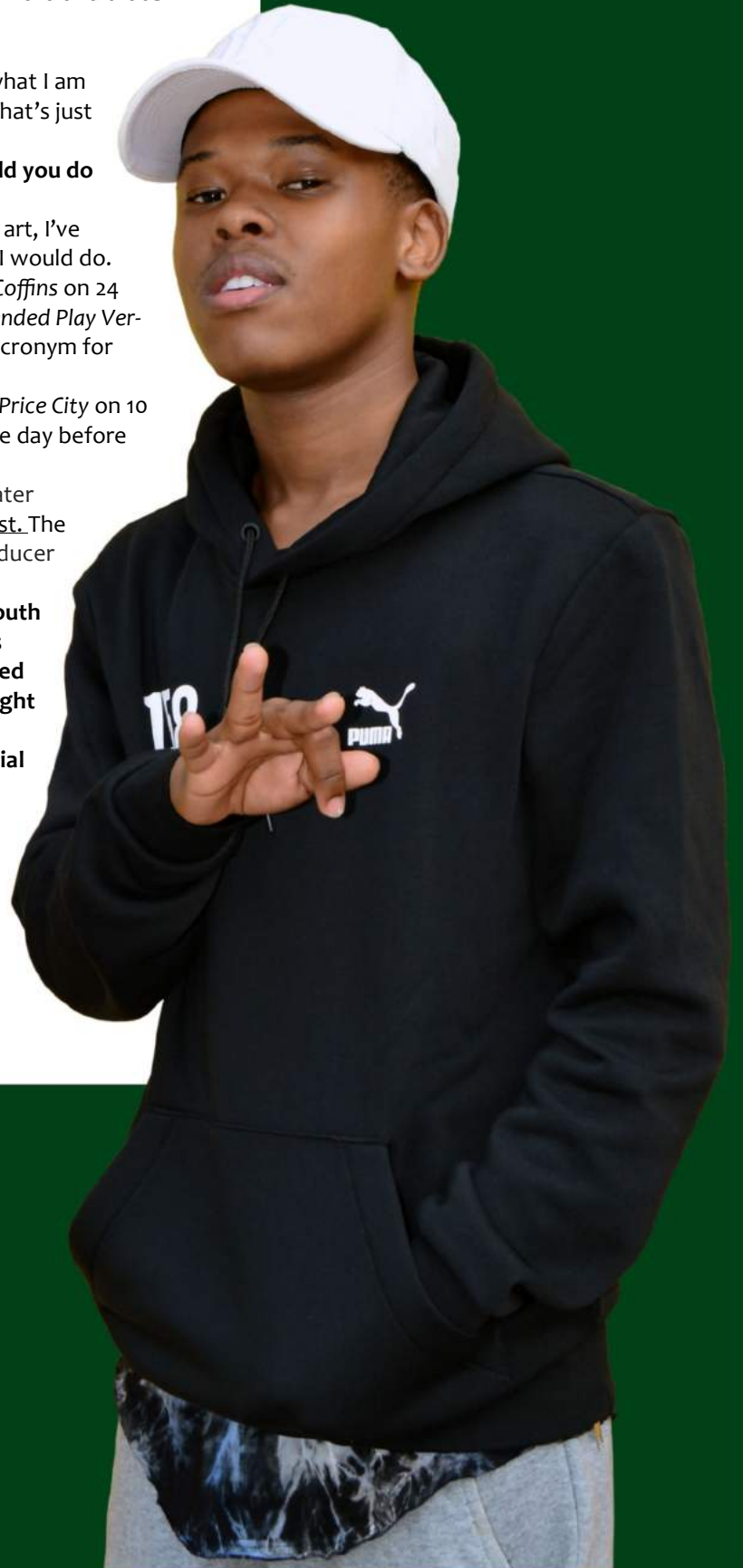
You can follow the Juice back hit maker across all social media platforms for more.

Instagram: nasty_csa as well as on Twitter and Facebook.

Watch the Interview : <https://youtu.be/RhowOGwaICU>

Or log on to our website for more.

“I don't really have a concept or a sound, I like to make music based on what or how I feel at the time”





NASTY C & MAJOR LEAGUE
@ THE KAS'LAM MAGAZINE PHOTO SHOOT



HOW TO BUILD YOUR OWN ONLINE SUPER BRAND

Yes, the title signifies it. Online marketing is all about how you deliver to your prospects, each time there is an interaction between the 2 parties. In order to build a following of brand loyalists, it is unavoidable to build an irresistible experience for the consumers. The whole experience that is built, becomes a brand in the customers' perspective.

Benefits??

It shows your authority in your related industry, given that you are getting feedbacks/testimonials from your customers. Word of the mouth publicity works big time and satisfied customers will always give you a boost with this aspect.

A great user experience is a stepping stone which lets your customers see your unique value proposition, which reflects your brand, vision, core values and the mission.

In online marketing campaigns, what is utterly significant is, acquiring quality links and social shares, helping you to achieve your purpose in gaining the desired visibility on the SERPs.

Branding through a website?

A great website and the role it plays in today's tech-age is so much more than the traditional brand building models. A website has to be equipped with intuitive information, backed with a strong and impactful user interface design. And that's not all, you should have the right tools and expertise in order to enable a two-way interaction with the visitors. You want your audience to connect with your brand – Give them an experience they will never forget. With an outstanding user experience, in terms of the website, communication, products and services and fulfilment of the value proposition, you are laying down the fundamentals of brand loyalty.

Let's break down the major elements that build an online brand proposition, and see how considering the provision of a great online experience could prove to be a major point:

Key Online Branding Factors:

Customer: In your online branding model, the customer is in the centre. A multitude of factors are considered including some of the major ones that are mentioned below:

The kind of content preferred by your audience

The places where the customer go to discover information

The keywords used by your audience in the search engines

Which product or service appeals to them the most so that they would spend their time and money?

What drives the customers to take purchasing decisions?

How to engage the customers.

Your online identity's task is to identify the various channels accessed by the prospects, so that you could raise an awareness via the most frequently visited channels and engage with them knowing their needs, limitations and other factors through a number of online tools available.

Also keeping in consideration, the offline model is vital. As this will play a vital role in determining the online model. The same principles of the traditional buying system are to be followed in the online branding task. Still, there are some reservations as far as investing in the digital channel is concerned. Here is an eye-popping revelation. Although, major brands are aware of the benefits of making the customer experience the central of all their online marketing activities, a report by e-consultancy says that only

18% of the surveyed brands admitted to be serious about providing the best possible user experience.

Identity: First things first. A strong brand identity will help in revealing your unique value proposition and provide you an edge over the others in the market. It reflects the brand value and your voice through social networking and effective outreach. Create an impression of your effective brand with attractive elements (logos, typography, color schemes, etc.). A strong brand identity is the one which increases awareness and brand loyalists. Below are some points which will help in improving your brand identity and achieve your goals.

Optimize the Content: Proving great value to your customers will definitely help you in getting their faith. An enticing content in various forms is the key to this. Give out compelling information that shows your authority, credibility, and engages your audience

Use of Visual Devices: Incorporating your core values and vision into your logo will help you create a notable identity. Creative and colorful pics and other visuals will haul your audience's attention and positively encourage their decision making process. People will interact with you based on what your vision and core values are which are displayed with the help of the company's logo.

Twitter is a great example of how it's distinctive tweeting bird signifies the brand without even mentioning the name. Also how the attractive "t" works well. You don't need an explanation of what the brand is when you see the logo. This is how an effective brand identity works.



The rapper AKA is generally considered by fans as one of the talented and influential rappers in South Africa and the African continent, praised by fans for evolving Hip-Hop in Africa.

In 2015, aka's sophomore album *Levels* is available on a vinyl known as a gramophone record.

In The year 2016, AKA created a great ground for himself in the East African market after collaborating with the East African pop King Diamond Platnumz on a joint known as *Make Me Sing*, making a South African record of hitting 1 Million YouTube views in just 10 days after being uploaded, a record that was never made by any South African artist. Aka recently scooped another 2 Metro fm awards this year and he is not stopping there.

Why is AKA Dominating African Hip Hop Music & keeps Growing

Kiernan Forbes (born 28 January 1988), better known by his stage name AKA, is a South African hip hop recording artist originally from Cape Town.

One of the best in South Africa Dubbed (Prince Of S.A Hip Hop). Due to his consistent since early in his career. First S.A rapper to have three singles gold certification (12 000 Digital Downloads Each) on one album

Contents
Early career. In 2002, he was part of the rap group Entity that had a hit with "Touch N Go". Entity were nominated in 2005 for "Best African Hip Hop" in the KORA Awards and performed during the event. He went on to study sound engineering before choosing to perform. "I decided that's what I needed to do," says the man dubbed the Prince of South African Rap.

As Entity disbanded in 2006, AKA went on to study sound engineering and later joined Buks and Kamza to form the production collective known as The I.V. League in 2007. His production credits include tracks by PRO, Tuks Senganga,

Andile, Shugasmakx, Khuli Chana, Teargas, Psyfo, Jub Jub, Loyiso Bala, Bala Brothers, Jae, JR and Proverb.

Music career. In 2009 AKA ventured for a solo career with hits like "Mistakes", "In My Walk" and "Do It" with the latter making it to number 1 on the South African 5FM Top 40. He won Metro FM Music Awards for "Best Newcomer", "Best Hip Hop" as a solo act and "Best Produced Album" for his debut *Altar Ego*. It is then that he was dubbed "Prince of South African Rap" by one of the national newspapers. He also won "Best Dressed man" during the GQ Awards in South Africa alongside Oscar Pistorius.

In 2011 AKA's song "Victory Lap" won Channel O's Most Gifted Hip-Hop Video at the 7th annual Channel O Music Video Awards and at the 18th South African Music Awards AKA was awarded Male Artist of the Year and Best Street Urban Music Album. The rapper went on to say "Winning the awards has been a big honour and it is very humbling. The Male Artist of the Year award has made me see myself as a musician across all genres and not just a hip-hop artist,". AKA has

Opened for Kanye West, Snoop dogg, Rick Ross, 2 Chainz, Big Sean and Kendrick Lamar in their South African tours. He has won many awards including "Best Street Urban Music Album" and "Male Artist of the Year" at the 18th South African Music Awards (SAMA) South African equivalent to the Grammys. In late 2014 rapper AKA signed a multi-album deal with Sony Music through its new local urban label Sound African recordings. Executive head of A&R for Sony, Zakes Bantwini made the announcement through their platform. 'We're excited to add AKA's illustrious career to our stable. We are excited about AKA's growth prospects in Africa and beyond.' The Sony Music/AKA partnership is the key catalyst to change the business and face of Music across Africa, especially in the key areas of quality, distribution and content management'. In June 2015, AKA's sophomore album *Levels* was certified Gold, by the Recording Industry of South Africa, for shipments of over 20,000 copies domestically.

Top 5 Sneakers This season



Air max ultra look of the city

Air Jordan 12 retro French blue



Adidas Yeezy Boost 350 Pirate Black



Adidas nmd



Adidas tubular doom





THE 7 HABITS OF HIGHLY SUCCESSFUL PEOPLE

Your life doesn't just "happen." Whether you know it or not, it is carefully designed by you. The choices, after all, are yours. You choose happiness. You choose sadness. You choose decisiveness. You choose ambivalence. You choose success. You choose failure. You choose courage. You choose fear. Just remember that every moment, every situation, provides a new choice. And in doing so, it gives you a perfect opportunity to do things differently to produce more positive results.

Habit 1: Be Proactive is about taking responsibility for your life. You can't keep blaming everything on your parents or grandparents. Proactive people recognize that they are "response-able." They don't blame genetics, circumstances, conditions, or conditioning for their behavior. They know they choose their behavior. Reactive people, on the other hand, are often affected by their physical environment. They find external sources to blame for their behavior. If the weather is good, they feel good. If it isn't, it affects their attitude and performance, and they blame the weather. All of these external forces act as stimuli that we respond to. Between the stimulus and the response is your greatest power—you have the freedom to choose your response. One of the most important things you choose is what you say. Your language is a good indicator of how you see yourself. A proactive person uses proactive language—I can, I will, I prefer, etc. A reactive person uses reactive language—I can't, I have to, if only. Reactive people believe they are not responsible for what they say and do—they have no choice.

Instead of reacting to or worrying about conditions over which they have little or no control, proactive people focus their time and energy on things they can control. The problems, challenges, and opportunities we face fall into two areas—Circle of Concern and Circle of Influence.

Proactive people focus their efforts on their Circle of Influence. They work on the things they can do something about: health, children, problems at work. Reactive people focus their efforts in the Circle of Concern—things over which they have little or no control: the national debt, terrorism, the weather. Gaining an awareness of the areas in which we expend our energies in is a giant step in becoming proactive.

HABIT 2: BEGIN WITH THE END IN MIND. So, what do you want to be when you grow up? That question may appear a little trite, but think about it for a moment. Are you—right now—who you want to be, what you dreamed you'd be, doing what you always wanted to do? Be honest. Sometimes people find themselves achieving victories that are empty—successes that have come at the expense of things that were far more valuable to them. If your ladder is not leaning against the right wall, every step you take gets you to the wrong place faster.

Habit 2 is based on imagination—the ability to envision in your mind what you cannot at present see with your eyes. It is based on the principle that all things are created twice. There is a mental (first) creation, and a physical (second) creation. The physical creation follows the mental, just as a building follows a blueprint. If you don't make a conscious effort to visualize who you are and what you want in life,

then you empower other people and circumstances to shape you and your life by default. It's about connecting again with your own uniqueness and then defining the personal, moral, and ethical guidelines within which you can most happily express and fulfill yourself. Begin with the End in Mind means to begin each day, task, or project with a clear vision of your desired direction and destination, and then continue by flexing your proactive muscles to make things happen.

One of the best ways to incorporate Habit 2 into your life is to develop a Personal Mission Statement. It focuses on what you want to be and do. It is your plan for success. It reaffirms who you are, puts your goals in focus, and moves your ideas into the real world. Your mission statement makes you the leader of your own life. You create your own destiny and secure the future you envision.

HABIT 3: PUT FIRST THINGS FIRST

To live a more balanced existence, you have to recognize that not doing everything that comes along is okay. There's no need to overextend yourself. All it takes is realizing that it's all right to say no when necessary and then focus on your highest priorities.

Habit 1 says, "You're in charge. You're the creator." Being proactive is about choice. Habit 2 is the first, or mental, creation. Beginning with the End in Mind is about vision. Habit 3 is the second creation, the physical creation. This habit is where Habits 1 and 2 come together. It happens day in and day out, moment-by-moment. It deals with many of the questions addressed in the field of time management. But that's not all it's about. Habit 3 is about life management as well—your purpose, values, roles, and priorities. What are "first things?" First things are those things you, personally, find of most worth. If you put first

things first, you are organizing and managing time and events according to the personal priorities you established in Habit 2.

HABIT 4: THINK WIN-WIN

Think Win-Win isn't about being nice, nor is it a quick-fix technique. It is a character-based code for human interaction and collaboration.

Most of us learn to base our self-worth on comparisons and competition. We think about succeeding in terms of someone else failing—that is, if I win, you lose; or if you win, I lose. Life becomes a zero-sum game. There is only so much pie to go around, and if you get a big piece, there is less for me; it's not fair, and I'm going to make sure you don't get anymore. We all play the game, but how much fun is it really?

Win-win sees life as a cooperative arena, not a competitive one. Win-win is a frame of mind and heart that constantly seeks mutual benefit in all human interactions. Win-win means agreements or solutions are mutually beneficial and satisfying. We both get to eat the pie, and it tastes pretty darn good! A person or organization that approaches conflicts with a win-win attitude possesses three vital character traits: Integrity: sticking with your true feelings, values, and commitments

Maturity: expressing your ideas and feelings with courage and consideration for the ideas and feelings of others

Abundance Mentality: believing there is plenty for everyone. Many people think in terms of either/or: either you're nice or you're tough. Win-win requires that you be both. It is a balancing act between courage and consideration. To go for win-win, you not only have to be empathic, but you also have to be confident. You not only have to be considerate and sensitive, you also have to be brave. To do that—to achieve that balance between courage and consideration—is the essence of real maturity and is fundamental to win-win.

HABIT 5: SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD

Communication is the most important skill in life. You spend years learning how to read and write, and years learning how to speak. But what about listening? What training have you had that enables you to listen so you really, deeply understand another human being? Probably none, right? If you're like most people, you probably seek first to be understood; you want to get your point across. And in doing so, you may ignore the other person completely, pretend that you're listening,

selectively hear only certain parts of the conversation or attentively focus on only the words being said, but miss the meaning entirely. So why does this happen? Because most people listen with the intent to reply, not to understand. You listen to yourself as you prepare in your mind what you are going to say, the questions you are going to ask, etc. You filter everything you hear through your life experiences, your frame of reference. You check what you hear against your autobiography and see how it measures up. And consequently, you decide prematurely what the other person means before he/she finishes communicating. Do any of the following sound familiar?

"Oh, I know just how you feel. I felt the same way." "I had that same thing happen to me." "Let me tell you what I did in a similar situation." Because you so often listen autobiographically, you tend to respond in one of four ways:

Evaluating: You judge and then either agree or disagree.

Probing: You ask questions from your own frame of reference.

Advising: You give counsel, advice, and solutions to problems.

Interpreting: You analyze others' motives and behaviors based on your own experiences.

You might be saying, "Hey, now wait a minute. I'm just trying to relate to the person by drawing on my own experiences. Is that so bad?" In some situations, autobiographical responses may be appropriate, such as when another person specifically asks for help from your point of view or when there is already a very high level of trust in the relationship.

HABIT 6: SYNERGIZE

To put it simply, synergy means "two heads are better than one." Synergize is the habit of creative cooperation. It is teamwork, open-mindedness, and the adventure of finding new solutions to old problems. But it doesn't just happen on its own. It's a process, and through that process, people bring all their personal experience and expertise to the table. Together, they can produce far better results than they could individually. Synergy lets us discover jointly things we are much less likely to discover by ourselves. It is the idea that the whole is greater than the sum of the parts. One plus one equals three, or six, or sixty—you name it.

When people begin to interact together genuinely, and they're open to each other's influence, they begin to gain new insight. The capability of inventing new approaches is increased exponentially because of differences.

Valuing differences is what really drives synergy. Do you truly value the mental, emotional, and psychological differences among

people? Or do you wish everyone would just agree with you so you could all get along? Many people mistake uniformity for unity; sameness for oneness. One word—boring! Differences should be seen as strengths, not weaknesses. They add zest to life.

HABIT 7: SHARPEN THE SAW

Sharpen the Saw means preserving and enhancing the greatest asset you have—you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual. Here are some examples of activities:

Physical: Beneficial eating, exercising, and resting
Social/Emotional: Making social and meaningful connections with others

Mental: Learning, reading, writing, and teaching

Spiritual: Spending time in nature, expanding spiritual self through meditation, music, art, prayer, or service

As you renew yourself in each of the four areas, you create growth and change in your life. Sharpen the Saw keeps you fresh so you can continue to practice the other six habits. You increase your capacity to produce and handle the challenges around you. Without this renewal, the body becomes weak, the mind mechanical, the emotions raw, the spirit insensitive, and the person selfish. Not a pretty picture, is it?

Feeling good doesn't just happen. Living a life in balance means taking the necessary time to renew yourself. It's all up to you. You can renew yourself through relaxation. Or you can totally burn yourself out by overdoing everything. You can pamper yourself mentally and spiritually. Or you can go through life oblivious to your well-being. You can experience vibrant energy. Or you can procrastinate and miss out on the benefits of good health and exercise. You can revitalize yourself and face a new day in peace and harmony. Or you can wake up in the morning full of apathy because your get-up-and-go has got-up-and-gone. Just remember that every day provides a new opportunity for renewal—a new opportunity to recharge yourself instead of hitting the wall. All it takes is the desire, knowledge, and skill.

Your life doesn't just "happen." Whether you know it or not, it is carefully designed by you. The choices, after all, are yours.

10 Signs of a serial cheat.



If you think your guy is pulling some shady shit, chances are he is. Trust your gut — but when in doubt, see if he's indulging in any of these shenanigans.

1 He's suddenly unavailable

Some signs of shifty behaviour are quite obvious, according to Beverley Stone, author of *Stay Or Leave? Six Steps To Resolving Your Relationship Indecision*. “Maybe your partner said he'd be near his phone and then runs out of battery, or perhaps he's told you he's at work and his flustered colleague tells you he's just popped out for a sandwich. Follow your instincts if there's something going on, so don't become a doormat – confront him now.”

2 You're not having sex

Treat lack of boudoir action as a big, flashing warning that something's not right. “It's a major sign that he's having sex elsewhere,” says Stone. “Even if they're not, it's something you need to sort out. Tell him you need to see a sex therapist. That will scare most men! Have an honest discussion about what's going on, and how you can make time for a romantic evening and sex.”

3 He's behaving suspiciously on the phone

So your boyfriend's walking out of the room to take calls, and has suddenly started to lock his phone? Deal with it directly. “I know it's common to look through a man's phone rather than raise the issue, but try to avoid doing it,” says Stone. “Rather than become suspicious and untrustworthy like him, sit him down and ask what's going on. When he answers, concentrate not on what he's saying, but how he says it. Tell-tale signs include fidgety body

language and hesitation.”

4 He's a green-eyed monster

Is your boyfriend suddenly getting well jell and questioning what you're up to? “If a man becomes suspicious of your behaviour and accuses you of cheating, he could be projecting his lack of trustworthiness onto you,” says Stone. “Don't stand for it, as it can damage your self image. Tell him you know the game he's playing, and you refuse to play it too!”

5 He's met new mates

Of course, not all new friends spell danger. But, as *The Dating Doctor*, Peter Spalton, explains, it's how much he tells you about them that counts. “Watch how he talks about them – if he's being furtive and starts going out with someone you don't know much about, and don't get introduced to, it could spell trouble.”

6 The opportunity is there

“It's not actually that easy to cheat,” says Spalton. “You need the window of opportunity. So if he's meeting someone for sex, it's easier if he can stay out overnight. But if he's going out for dinner with another woman, he can tell you it's a night out with the boys. Watch for changes in his behaviour.”

7 He hides his post

Cheating costs money, whether it's paying for dinner or a night in a hotel. And with all the extra spending comes evidence that there's something going on. “A cheater might hide his credit card bill, or stop having his calls itemised on his phone bill,” says Spalton. “But if you get the chance to

look at the evidence, you'll be able to tell exactly what kind of affair is going on – and how serious it is.”

8 Neither of you are happy

The motivation to cheat comes if you're not satisfied with your relationship. That could mean both of you. “If you really think your boyfriend is cheating, ask yourself if you're really happy anyway?” says Spalton. “One partner cheating means there's something wrong, and if you want to save it you both need to be honest and fix it.”

9 He explains too much

“Often a cheater will give an explanation for something and go into a lot of detail to try and convince you. It may even sound as if it's been rehearsed – probably because it has! Think carefully before you just let his lies go without questioning them as it takes two to lie: one person to tell the lie, the other to accept it,” says Spalton.

10 Your gut instinct tells you he's a cheater

Everyone has a sixth sense. And behavioural change specialist and author of *More Than Men And Make-Up* and *Authentic Catalyst* Seven Suphi believes you should never ignore it. “People who are being cheated on nearly always know in their heart of hearts what's going on, but just didn't want to face it,” she says. So how do you tap into your sixth sense? Suphi has a technique for this. “Think of a time, like at the end of a yoga class, when you're really relaxed, empty your mind and get into that state. Now ask yourself ‘Is he cheating on me?’ Take the first answer that springs to mind.” But what if the answer's yes? Move on, says Suphi. “Those who get cheated on are trusting, sometimes naïve and open to love, so although you feel devastated now you will find the right guy in the end.”



“Does he get overly defensive when you say, ‘Hey, where have you been all night, I tried to reach you?’” asks Nelson. “If he jumps down your throat and tries to explain his absent four hours with blame—‘Why are you always bugging me?’—then you know you are either a) always bugging him, or b) he is doing something he doesn't want to tell you about and he is using some kind of lame reverse psychology to try and distract you.”

If all these signs are there, then it is confirmed. Your partner is cheating on you and will not stop anytime soon. Find out what to do on the next issue.

Music

Ma-E releases album Township Counsellor

Cashtime Life rapper and co-founder; Ma-E has released his long awaited project titled 'Township Counsellor. The project was re-released on 25 March and includes collabos from Emtee, PRO, Kid X, Dj Capital, Masandi and more



SPHEctacula & Naves release 2nd single

Following the release of their debut single, KOTW Anthem (Cishe Ngafa), DJ Duo, SPHEctacula and DJ Naves, have just released their second single off their Kings Of The Weekend album titled, Abantu Babantu featuring Arny Mkhize and Star. Abantu Babantu is a tongue in cheek track with a narrative that takes a swing at the current social ill of infidelity. The song's very catchy hook and big thundering Durban flavour, are no surprise as to why Abantu Babantu has proven to be a crowd favourite. The song features two newcomers on the scene: the sultry Star with her vocal sassiness, and the solid presence of Arny Mkhize.

Riky Rick releases his long awaited single 'Sidlukotini'

Rapper – Riky Rick will released his long-awaited single 'Sidlukotini' on Friday, 11 March and it is yet another hit. Is his first official single for year 2016, after having a successful 2015 with releasing his debut project 'Family Values' which was gold certified.

'Sidlukotini' was suppose to release earlier this year, but was later delayed after Riky explained that the single was not officially ready for release. But finally fans can get the jam and will debut on his website rikyrickworld.com. Well by look of things all this could mean we can expect another solid project from Riky later this year. Guess will wait and see.

This controversial club banger has got people talking with lines like "Nginyanibona nigqoka ama fake" and "if niggas can pay for these f**king awards, my nigga I don't want em". Take a listen for yourself.



HAPPINESS IS A FOUR-LETTER WORD



The reason Why South Africa is rushing to the Cinema

Happiness is a Four-Letter Word offers a glimpse behind Jo'burg surbabbia's white picket fences told through the story of three career-oriented and strong-willed women in search of true love – cliché as it may sound.

First is Khanyi Mbau playing as a trophy wife Zaza. She loves everything that shines, call her the Queen of Bling if you may. Delivering shallow remarks such as "Well, shopping relaxes me", it's evident that Mbau didn't have to delve very deep to find the woman she portrays on the big screen. Bored with her lonely life, a mother of two, Zaza has an illicit affair with a married man (Daniel Hadebe), while her inattentive husband (Simo Magwaza) is away on business, according to Zaza's wisdom having an affair with a married person doesn't really count as cheating. Mbau is clearly not afraid to take the Mickey out of her tabloid persona. As a result, she surprisingly brings some comic relief to the dramedy.

Then there is an art gallery owner and serial dater Princess (Renate Stuurman) who falls head-over-heels in love with smooth-talking afrocentric artist (Richard Lukunku), the kind of guy your mama warned you about, to a dramatic outcome. Perhaps Stuurman was terribly miscast in the role or she was not given much to work with, whatever the reason might be Princess' story never really takes off and makes one want to fast-forward through some of her screen time. Sad since Stuurman is one of the best kept secrets in the South African acting realm.

The most compelling character arc of all three ladies is the story of Nandi (Mmabatho Montsho); a lawyer and compulsive perfectionist. From the outside Nandi has the perfect life, a doting fiancé (Tongayi Chirisa), great career and forthcoming nuptials. But in reality she is suffocating, because all she ever does is give, while everyone around her takes. Her fiancé comes with baby mama drama, while her overbearing father refuses to see that his little girl is no longer little. Nandi is so concerned with keeping others happy that she can't even answer a simple question as 'What do you want?' If she didn't have enough on her plate, a blast from the past (Chris Attoh) re-enters her life, tempting her to come dance with the devil. The chemistry between Montsho



and Zimbabwean actor Tongayi Chirisa is electric, with the marvellous charisma as Montsho's on-screen fiancé threatening to steal a few scenes from her, especially in one pivotal fight scene.

Prolific names including Pabi Moloji, Hlomla Dandala, Fulu Mugovhani and Thuli Thabethe have small parts in the film. Terence Bridgett is once again typecast as a flamboyant gay man.

Thabang Moleya – noted for his directing work in *Jacob's Cross*, *The LAB*, *Zone 14* and *JOZI H* – brings the dramedy to the big screen; with screenwriter Busisiwe Ntilintili adapting the film from a book by Nozizwe Cynthia Jele. Though not innovative, Moleya's work in the film is visually appealing and deserving of some recognition. By big leaps and bounds, Moleya is paving the way for the future of South African cinema, especially in this genre, which is admirable. The film plays around with voice-over narration, even though the technique feels like it was used more as an experimental tool than to add a new layer to the story. Tightly framed camera angles don't always pay off in the film. Some key parts feel rushed, which leaves you wanting more and feeling a little robbed. Some scenes would have had more impact with vernacular introduced to the dialogue. Despite its countless flaws, *Happiness is a Four-Letter Word* is highly entertaining popcorn movie. A perfect date night movie, be it for a ladies night out or a first date and certainly a must-see in the month of love.

Rating: 6/10



Mercedes-AMG brings new life to C-Class with C43 4Matic Coupe

The automobile industry and consumers have come to know the C-Class as the "Baby Benz," even when past AMG treatments have bumped up performance.

While the new C43 4Matic coupe that Mercedes-AMG will introduce at the upcoming Geneva Motor Show may still be in that class, its 270 kW (367 hp) V6 twin turbo make this C anything but a baby. The German marque has given the C43 full AMG honors, making it a potentially worthy and less expensive alternative to its beefed up brother, the C63.

With all of those horses comes a claimed torque of 520 Nm (384 lb-ft) and the ability to go from 0 to 100 km/h (62 mph) in 4.7 seconds, which is about 0.8 seconds slower than the more well endowed C63 sporting a 375 kW (503 hp) power plant. Mercedes' engineers have managed to reduce the 9G-TRONIC automatic transmission shift times and created a Sport and Sport Plus mode that have a double-declutching function designed to offer more of a short shift feel to the driver.

Gear shifting can be further modified with two different ignition adjustments – Eco and Comfort. An Individual mode that lets the driver personalize parameters rounds out the plethora of options available to the C43 driver in terms of transmission, ignition, steering and suspension settings. A four-link front axle fitted with special steering knuckles and load-bearing joints give the C43 its rigidity and steering stability. Braking comes via 360 mm discs at the front and 320 mm at the rear. Outside, Mercedes gives the C43 the AMG treatment with some specific stylized elements like the air intakes, diamond meshes, silver



chrome trim and a rear apron with matt iridium silver diffuser insert. The C43 interior is designed to accentuate the intended sports car feel with an easy-to-view instrument cluster, paddle shifters, and plenty of Artico man-made leather. Mercedes says the C43 will be available by early April



When someone refers to your house as “Just a house” until you invite them over for lunch



Sunflower House

Port de la Selva, Girona, Spain.

Collaborators: Moisés Gamus, Joanna Pierchala, Efstathios Kanios. **Building engineer:** Joaquin Peláez. **Structural Engineer:** Manel Fernández, BERNUZ-FERNANDEZ, **Contractor:** Joaquin Gonzalez. **Photos:** Sandra Pereznieto.

Located right in front of the Mediterranean sea, in one of the most beautiful areas of the Spanish coast, the Sunflower House intends to relate directly to the astonishing landscape that surrounds it. The house also deals with the extreme weather conditions of its location: a very windy peninsula of “la Costa Brava” right near to the Cap de Creus National Park.

The project attempts to frame and diversify the views over its surroundings and incorporate them within the most significant spaces in the house. The main space, connected through a double height corridor to the back patio, incorporates sun inside the house for both comfort and climatic reasons. The house has a green roof that helps to control its interior temperature changes, and will incorporate state of the art environmental conditions to fulfill the highest environmental standards. The configuration of the house, based on the openings to the different environments that surround it, defines unique relationships with the water and the mountain - its real asset.



4 Best Super foods to lose Umkhaba

Superfoods build bones, prevent chronic diseases, improve your eyesight, and even keep your mind sharp. But did you know new evidence suggests these foods can also help you get—and stay—slim?



Grapefruit is an excellent source of vitamin C, a vitamin that helps to support the immune system. Vitamin C-rich foods like grapefruit may help reduce cold symptoms or severity of cold symptoms; over 20 scientific studies have suggested that vitamin C is a cold-fighter. Vitamin C also prevents the free radical damage that triggers the inflammatory cascade, and is therefore also associated with reduced severity of inflammatory conditions, such as asthma, osteoarthritis, and rheumatoid arthritis. As free radicals can oxidize cholesterol and lead to plaques that may rupture causing heart attacks or stroke, vitamin C is beneficial to promoting cardiovascular health. Owing to the multitude of vitamin C's health benefits, it is not surprising that research has shown that consumption of vegetables and fruits high in this nutrient is associated with a reduced risk of death from all causes including heart disease, stroke and cancer.

Healthy for the heart: According to registered dietitian Patricia Groziak, MS, RD, with the Hass Avocado Board, avocados contain 25 milligrams per ounce of a natural plant sterol called beta-sitosterol. Regular consumption of beta-sitosterol and other plant sterols are recommended for their ability to help maintain healthy cholesterol levels.¹

Great for vision: Avocados contain lutein and zeaxanthin, two phytochemicals that are essential to eye health. These two carotenoids act as antioxidants in the eye and can minimize the damage and reduce the risk of developing age-related macular degeneration.

Osteoporosis prevention: Vitamin K is often overshadowed by calcium and vitamin D when thinking of nutrients important for maintaining healthy bones, however, eating a diet with adequate vitamin K may be just as important.



The iron, phosphorous, calcium, magnesium, manganese, copper and zinc in black beans all contribute to building and maintaining bone structure and strength.⁴

Calcium and phosphorus are important in bone structure, while iron and zinc play crucial roles in maintaining the strength and elasticity of bones and joints. 99% of the body's calcium supply and 80% of its phosphorus stores are contained in bone, which makes it extremely important to get sufficient amounts of these nutrients from the diet. Maintaining a low sodium intake is essential to lowering blood pressure. Black beans are naturally low in sodium and contain potassium, calcium, and magnesium, all of which have been found to decrease blood pressure naturally. Be sure to drain and rinse canned black beans to reduce sodium content.

A study titled "Oats at 10 Years", published in the *American Journal of Lifestyle Medicine*, found that eating foods rich in whole-oat sources of soluble fiber (oats, oat bran, and oat flour) may help reduce the risk of coronary heart disease.³ "This is an extremely important study. It tracked the value of oat-based products and showed the correlation between consumption and a healthier lifestyle. It is an outstanding benchmark."

Researchers in Britain and the Netherlands pooled published evidence that covered nearly 2 million people to evaluate whether a high fiber diet (mainly from whole grains and cereals like oats) is linked to a lower risk of colorectal cancer.





Social Media Highlight

Instagram

Search



djzinhle FOLLOWING

ZINHLE JIYANE SOUTH AFRICAN CLUB DJ ERA BY DJ ZINHLE FUSE ACADEMY ROCKA HEADPHONES BOOKINGS: BOOKINGS@DJZINHLE.COM www.djzinhle.com

5,511 posts 584k followers 728 following

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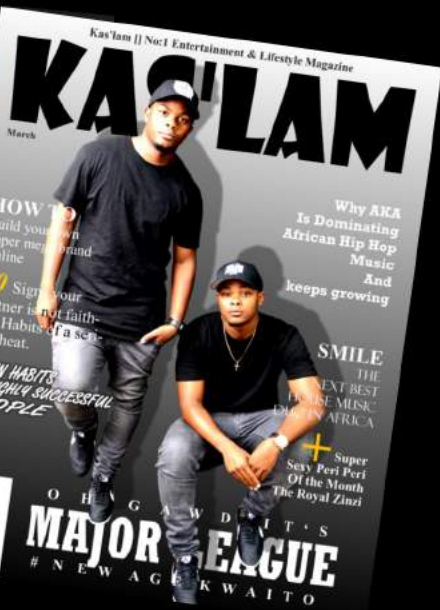
Our Social Media Highlight this month was when the beautiful Dj Zinhle broke the internet with her new Hairdo. AkA's baby mama definitely has re-emerged and re-invented herself and we have to say this is her best hairstyle thus far. Keep it up Sister.



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