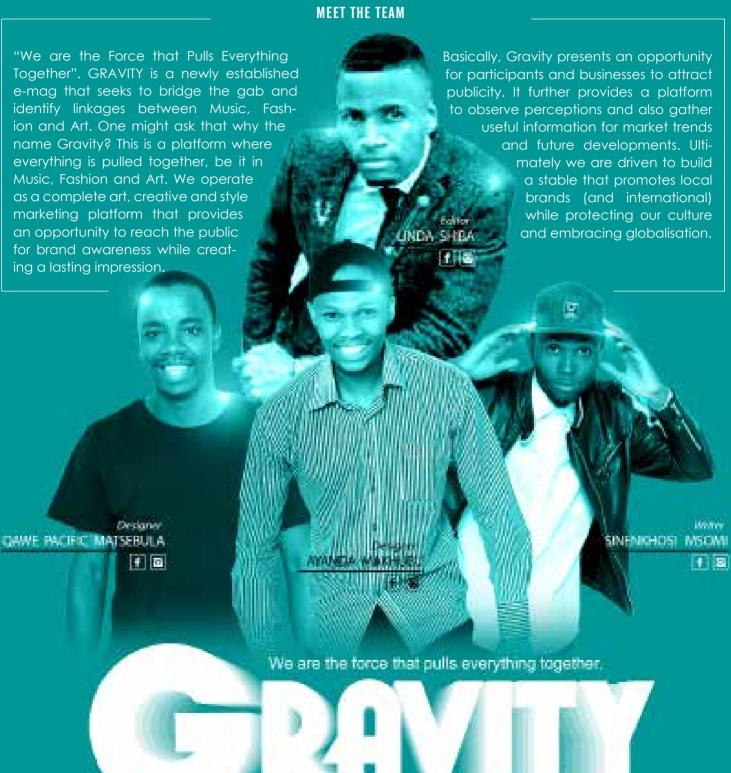




EDITOR'S PAGE

GRAVITY





The scourd

(A Male Perspective on Breast Cancer)

St. Ozz Africa

"I speak on behalf of all the ball dangling lovers of women and tiddies when I say. "We aren't to rest until this fight is won and the enemy has been defeated. We are with you and we are aware. The pinch we feel and the pain we endure. Our till victory comes of age." From us to you"

Settling Dust...

We've all seen how it goes in the movies. It feels real because we can empathize and relate as fellow humans. Bad guy fux with one's family underestimating the lengths to which one is willing to go to protect one's family. Big mistake...

An Old Adage.

Plenty has been said and plenty is yet to be said concerning one of the most costly battles the human race has ever fought. Vengeance for our beloved fallen ones is a must, in honor of their memory. Vengeance for those betrayed by evolution or whatever you choose to call the viral scourge we cohabit this place we call home with. The enemy in question is invisible to the naked eye, yet vividly visible through the broken hearts of those bereaved of their cherished ones. Breast Cancer is the bad guy poking at where it hurts the most.

Scourge

Getting to the point, I'm tasked to deliver a male perspective on a scourge affecting mostly our mothers, daughters, nieces, aunts and sisters and on rare occasions our brothers. As a gift to women, it is only right that I shed light into the male reception of this battle we face.

It's no secret that males are far less susceptible to being diagnosed with this particular type of cancer. The risk is so minimal to us we might even consider it negligible. We cannot however neglect the loss we endure because of

And I'm pr

Breast Cancer. An integral part of keeping a majority of families and households functional and even happy is the female touch. On your shoulders you carry the weight of families and like an adhesive, you bind and bond. Most males having been awarded the role of breadwinner by society lose sense of familial responsibility and look to you to carry the slack. Typically so. By design and influence most of us lack critical components need-

> ed to ensure the wellbeing of any household. We get married to return to being our mother's babies. We look to you to take care of us in all senses and you do so without failure. You feed and keep us clean, hog down our troubles to sprinkle out solutions. Hold us down in the thick of it ultimately adding value to our lives.

An endless list of things you endure for us, not because you're ordained to, only emphasizes the point of your value and the potentially negative impact that would occur should you be taken away. Regardless of how we feel though, Breast Cancer still steals from us with each passing day. A scourge pounding away at the sweet spot.

So you're probably wondering what all this network of near-selfish chaff means. Sure we are less affected and quite frankly have less beef with Breast Cancer but even in absence of infection we're very much affected. Put simply in dummy terms WE LOVE TIDDIES and WE LOVE YOU. The sympathy won't feel the same coming from those less affected but make no mistake, it doesn't go unnoticed.

GRAVITY





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GRAVITY: Can you tell us who Julie is and the characteristics that best epitomize you?

JULIE OTI: Julie Oti is a driven, independent and ambitious individual, who's character traits range from being focused, self-belief and self-motivated,

confident, eagerness to learn from other as well as help others in any aspect of life, approachable and hardworking. To sum it up I would say I am a go getter. I work hard for something I desire and set my mind to it and won't stop until I achieve it.



GM: What is that one thing that most people don't know about you?

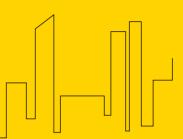
JO: That's quite a hard question to answer! It would be easier if I knew what they already know, however, I do like keeping to myself at times so what they don't know they probably won't know unless I let them.



Gravity Magazine learnt that you

I graduated from BA (hons) Architecture June 2017 from the Oxford School of Architecture, in Oxford Brookes University. My interests have

always been within the Building **Environment** business and design. Growing up in my family- particularly where my mother's interests also are within business and construction, developed the interest in me to further major in this sector.



As the saying goes, the apple doesn't fall far from the tree after all, (chuckles). That being said, my design interest also extended into fashion. Architecture is a challenging degree to take. It takes up a lot of your time, so you should be prepared not to attend many social activities (so sad but true), you really need to be strong mentally and emotionally and frequently accept criticism. You can't do it halfhearted. However, it is an extremely rewarding degree, knowing what you've designed is going to enrich and benefit the lives of so many people everywhere and contribute to the culture and history of a country is just thrilling-for me at least.I enjoy challenges, so I enjoyed this degree because you are constantly having to learn, grow your mind, knowledge and creativity, and really having to think outside of the box.

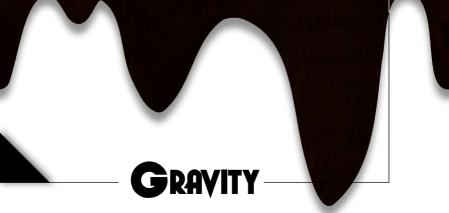




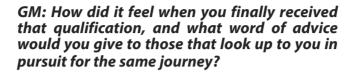


GM: Would you say that you had a fulfilling experience while doing your studies?

JO: Of course! I don't think I would have changed anything (apart from enjoying the experience even more and probably sleeping more (laughs)). I was able to somehow find a balance between work and play. I think it's important to have a balance so you can actually unwind from stress, enjoy your university experience as well as get the grade you want; Too much of one or the other puts the other at risk and your experience. That being said, I was able to keep myself involved with my other interest, hobbies and friends.







JO: It was definitely one of my proudest moments, because I was determined to achieve that and I did even with all the ups and downs that occurred. I would tell anyone on this architecture or university route to always remain true to yourself. YOU know your strengths and weaknesses. It's up to you to strengthen your strong sides and work on your

weaknesses. Do not get easily disheartened or give up when times get difficult, if you pull through, your reward will be even more satisfying. There's always ups and downs in life and that's okay 'weeping may endure for a night but joy comes in the morning' so stick to your goal, be yourself and stay in your lane.











Julie (Qti CONTINUES

GM: Who is your role model and why?

JO: My role model is my mother. I aspire to be like her someday or greater. Her experiences, strength in heart, mind and emotions, control, decision making, elegance and the aura that follows her. Her unwavering faith and her willingness to help others even more than herself, as well as to relate to others. Her belief and support in her children, which I'd say definitely accounts for the character traits I and my brother have.







I don't like staying in an atmosphere for too long because I feel like it stagnates my development and experience. Coming from two really cultural background, I enjoy different cultures and interacting with people from different backgrounds. Being here allowed me to do so, it's been a memorable experience and would suggest it to anyone who is able to live abroad for a bit, wherever it may be, it's worth the experience and definitely worth the growth – plus with all the knowledge you could take it back to your own country or place to further enrich it.





By Rodney Landsberg

Valentine's Day, a day of love, a day of appreciation, a day that symbolizes one's commitment to another through the negatives. Although a cliché to some, trust me there are many reasons to celebrate

Think about it. The festive season is a time of happiness, for most people it is a time of reckless spending. If your loved one has stayed even after a broke dry January, that person must really be in love with you. January may be stressful and at most times we tend to take it out on the wrong people. We tend to say or do things because we are sad, angry and frustrated from being broke. Our frustration tends to be directed at the ones we love and in most cases it may be so extreme such that it drives those people away, leaving us alone and even more agitated. So, because the person has stayed with you past this awful month and decided to stay with you no matter what, we owe it to them to let them realize how much we love them.

Another reason could be to keep things flowing. And to do that, partners need to show each other that they appreciate each other. In the book "Men Are from Mars and Women Are from Venus" the author John Grey clearly portrays to us how men and women are different. Trust me, we do not need an expert to tell us that. He says that women want to feel understood, and men want to feel needed. With this being said, we only need each other because we both want to feel, in our own unique way, appreciated. Looking at this day, a simple "thank you for being who you are to me" or "you bring out the best in me" card could do the trick.

Lastly but not least, if a person appreciates what we are doing for them, we are encouraged to do more. The reasons above all shed some light on the idea of appreciation, that is, we must make sure to show the person we love that we appreciate them. This will encourage them to love us more. Think about this, we all know that in most cases, relationships have a partner that puts more effort than the other, otherwise the relationship would not work. Imagine what it would mean to that person if the other did something for them on this day?

So, with that being said, considering that February The 14th may come as a cliché to some, we have people who put up with all our differences, people who have been with us even when they could have sought out better options, we have people who are elated by us. My opinion is, on this day; let us show them how much they mean to us and that we appreciate all they have done for us. We appreciate them being here with us and nothing in the world, not a broke January, not a cliché February can change the fact that we love them, so much.

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JO: Finally, I became the President towards my final Architecture year, working closely with Jason, who acted as a senior social secretary. It was solely run by us students, models, designers, technicians, photographers, and bloggers. It involved marketing all kinds of brands, which included a lot of networking, and it was really an amazing experience with a great team throughout.

We aimed to hold socials roughly every 2 weeks and our main event was our Annual Charity and Student Fashion Show.









By Rodney Landsberg

I have been training for seven years now and with all these years of perusing a god like physical appearance I have come to notice a few things that complete the process of transformation. Well three things in particular:

- 1. The decision to train, exercise or attend gym.
- 2. Informing one's self on what result they want to achieve.
- 3. Obtaining results.

The reason most of us fitness

geeks train is to obtain results. Whether physical, spiritual or emotional we can all agree that the effort we put at the gym is so that it produces results. The result may be better health, increased athleticism, confidence, transformation and for some to impress the opposite sex.



Although one may easily decide to be a part of a certain gym or training facility, this does not automatically mean that they will automatically obtain the desired effect. A week ago at the gym a friend of mine was asked what he had achieved in the previous month. He replied by saying "I achieved a better defined chest". This got me thinking, obviously he must have been aiming to get a better chest. So I asked how? He told me he researched, found out which training program and diet to follow and then did just that. The results were evident. Later that day, since I wanted a better-defined body as well, I asked "what's the biggest training mistake"? He replied "people do not inform themselves". If you tend to notice, this is quite true.

I have seen a lot of people at the gym who do not care about their nourishment and often train one part of their body each time they are at the gym and yet expect some sort of result.

Truth is they will get a result, but it will be far from what they were expecting. And yes I am talking about those people who every gym day to them is chest and arm day and they say they are building their bodies, those who only jog and expect to lose weight, and those football players who attend their teams training session only to split the team in half and have each half exhibition against each other and yet expect to win the years season.

Although the decision to train, exercise or attend a gym, whichever you may wish to call it, is good. It should be followed by another step; informing yourself about the result you desire and only then can one put in the

required daily effort. Inform yourself about the amount of hours of effort, amount of nutrition and rest required. Informing yourself may seem difficult but it is really easy. You can ask a person who has exceled in the type of training you are undertaking or talk to your fitness instructor at the gym you are attending or if all fails, google the training program of the person who will inspire your daily training. Following the program will help you attain progress that is really close to theirs.

Results are important but what is more important is getting out the worth of what you are putting in. In other words, obtaining the desired results. The only way to do that is; deciding to train, inform yourself, then putting the required amount of effort.

I hope all the fitness geeks reading this will follow the steps and I wish you better results.

Good Luck.



RAVITY

THE FREE SPIRITED SOIR OF GIVING



Philanthropy means the love of humanity, in the sense of caring, nourishing, and enhancing what is meant to be human. At most people give their whole being to making sure that the quality of all human life is improved.

Moreover, philanthropists have distinguishing features from those who just give out charity even though there is a recognized degree of overlap in practice. The difference that is commonly cited is that charity aims at relieving the pain of a social problem, whereas philanthropy addresses the root of the problem – the difference between the proverbial gift of a fish to a hungry person, versus teaching them how to fish. Christian Fleming who is a humanist and Pan Africanist believes that the journey to Africa's true socio-economic transformation lies in the ability to release and act on the fact that without each other, we are simply going nowhere as a continent. Pearl S. Buck further adds that the test of a civilization is in the way that it cares for its helpless members. "In a true sense, philanthropists seek to use whatever resources that are at their disposal to ensure that those that are helped will soon be in a position to help others.", says Christian Fleming

Our country Swaziland has seen the rise in philanthropic causes through one prominent and diverse initiative called "The Bushfire Music Fes-

tival" incepted by Justin Raynes (Jiggs) Thorne. For ten years the festival celebrates and encourages positive societal change with further positive ripple effects on tourism, the economy and fundraising for the underprivileged. The festival through sponsorships from multi national brands has not only generated funds for charitable causes and HIV/AIDS but a platform for emerging artistic talent has been established to develop and showcase itself regionally and internationally. Since its inception in 2007 the festival has developed charities and a prominent arm being Gone Rural BoMake which complements the economic empowerment activity provided to over 750 women artisans. The work done by the organization is dedicated to meeting the needs of these women, their families and community. An ancient Greek story teller once said that no act of kindness, no matter how small, is ever wasted. "The significance of philanthropy is that even our so called small actions have an impact on the picture but the key is to be involved together; from all revolutions throughout history needs to be replicated to respond to the constant suffering that each one of us sees on a daily basis.", further concludes Christian.

By Thembelan.



Coming Soon.

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