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REGULARS

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- HEALTH
- REVIEWS
- REASONS TO
BE PROUD



FEATURE ARTICLES

ESSENCE OF UBUNTU

CELEBRITY INTERVIEW-YONDA THOMAS

ISSUE 1—30 AUGUST 2011



EDITOR'S LETTER



I believe there are few moments in life when one is presented with the opportunity to be a part of something great; something bigger than themselves. This is one of those moments.

I have always been one of those weird people who enjoy reading and writing, so when the idea to put this magazine together presented itself, I was like a kid in a candy shop! Reading and writing have provided me with an escape from the harsh realities of life but they have also moulded me into the person I am today. This is the reason I choose to see this as more than just another magazine-it is a **gift**. It is my hope that through this medium we will help other young men in our residence, from different walks of life, to reach the fullest potential of themselves as human beings during their stay in this great House.

To achieve this, we have put together a publication unlike no other on campus. This magazine goes beyond the usual on-campus academic and recreational formats that we have seen. This magazine is a way of life. We have a variety of topics and articles: Sport/Men's Health, an Academic section which introduces the first ever Xanadu Book Club, Fashion and Lifestyle for them brothers who like to look good, an Entertainment section covering music & game reviews as well as a creative arts section, a section on Spirituality as well as a range of thought provoking and inspiring articles.

With all of these components, we want to provide a platform to groom students who will leave this House with a whole-rounded perspective on life in all its spheres. As people living in the 21st century, it's no longer enough to know about what's happening in your immediate community- we need to have a world view on EVERYTHING. This magazine provides an introduction to that.

We hope that as you read each article, you will be encouraged to move out of your comfort zones and challenge yourselves to doing things which you never imagined you could do. This will be the people's magazine, as it will be managed by students; for students. Therefore we encourage you to write articles on whatever topics and submit them for publication. Make **YOUR** voice heard.

I am in awe at the amount of work the Sub-Comm dedicated to this edition; they far exceeded my expectations of them. There were times when I might have come across as harsh but that is because I wanted them to stretch themselves and do more than just the ordinary. The Sub-Comm has set high standards for themselves this year and this is what I hope for you as well. I would like each of us to set a high standard for our own lives and to **BE THAT STANDARD**. This is our gift to you, **OWN IT!** Happy reading!

MONDLI

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A Person; A Person, By Persons.

“The Essence of Ubuntu.”



take it seriously.

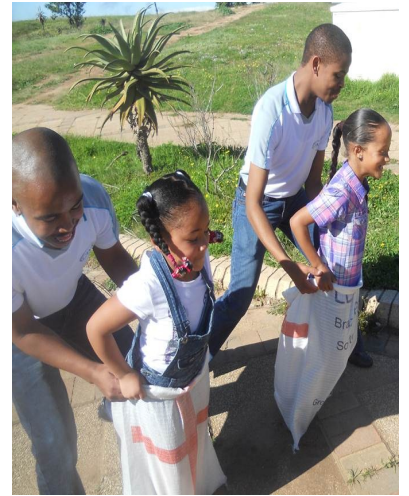
Doing a good deed might be seen as being a “nerd” in modern society, people can not even go as little as greeting a stranger when walking past because immediately, someone will think, “that is so old fashioned,” not knowing that, the little good that has been portrayed will go along way to someone in need.

It has been said numerous times that, “you might say something to someone, chances are, they will forget, but one thing they will never forget is how you made them feel.”

It is for this very reason that the Xanadu Sub Comm. took the initiative in association with the Cancer Association of South Africa (CANSA), to go to the most disadvantaged area of Port Elizabeth and to not only talk about Ubuntu, but to be a living example of ubuntu-humanity.

Reality is, one can not refer to oneself as being a humanitarian, when they have not really given off to the community. “In order to be happy, it is best to make someone else happy.”

And this all began on a beautiful morning in the Township of Zwide. It was Saturday the 30th of June, when 42 children affected and infected with cancer gathered at Dora Nginza Hospital for what was going to be a day filled with fun and



Tagore once said, “For us, the highest purpose of this world is not merely living in it, knowing it and making use of it, but its realizing our own selves in it through expansion of sympathy.”

This quotation I believe sums up beautifully what ubuntu stands for. “The ability to care for others,” “knowing that you are not only an individual but an individual amongst other individuals.”

At Xanadu Residence and the Nelson Mandela Metropolitan University (NMMU) institution as a whole, ubuntu is one of the core values which are prophesied on a daily basis, but who really knows what the true meaning of the word is? To some, its exactly that, a “word,” whereas, certain individuals actually

“It will remain in the hearts of these children forever.”

laughter. They all had different expectations, as they only knew Dora Nginza as the place where they get treatment and nothing but treatment.

But this time, things were going to be different. This time, they were to be treated like Royals. The fun filled day was set in 3 stages. It began with

the educational games, as education is the anchor of any strong society. Followed by a warm soup specially prepared by the chairperson of CANSA, who when she was asked how she felt about the day she replied and said, “I think this day will remain in my heart and hearts of these beautiful children forever.”

Straight after lunch, it was time for the prize giving and distribution of party packs.

Joy was written all over the face of these princes and princesses of the day.

And this, is the true definition of ubuntu.



Game Review



There are many games that are favourites among certain societies and communities, with research methods showing that the most favoured game in the whole world backed up by Forbes is **Grand Theft Auto (GTA)**. So we decided to make this our featured game for this Edition.

Grand Theft Auto (commonly abbreviated **GTA**) is a multi-award-winning video game series created in the United Kingdom by Dave Jones, then later by brothers Dan and Sam, and game designer Zachary Clarke.

Interviews were conducted in Xanadu and on campus to get a broader view of what people think of the game and here's what they had to say:

First up was Solomzi Tshiqi, a law student staying in E Flat, we asked him what he thought of **Grand Theft Auto**. He said, "I don't like the game, I prefer **FIFA** because it's more of a multi-player game, you can only play one player at a time on **GTA** and that sucks."

Now that's what our resident game addict had to say, we then decided to go on campus and ask random people what they think about **GTA**. Come in Almerie, an International Student and this is what she had to say: "I have played **GTA** and it's very cheap in America and the one from there is more exciting than the one from South Africa."

After trying it out ourselves, we came to the conclusion that it's a fairly easy and fun game to play but beware, it's not for the faint hearted as it often has violent and criminal themes!!!

RANKING:

After much deliberation, we give this one 6/10!!!!!!!!!!



Men's Health

ZEPP FITNESS GUIDE!!!!



Keeping fit can sometimes be a task for all of us, due to our daily life styles and activities, we couldn't care less as long as we are keeping our taste buds happy and at the end of it all, all we want to do is go sit in front of the Television and let our eyes do the fitness. Living a healthy lifestyle offers many benefits health wise. It decreases the risk of u getting serious diseases like high blood pressure, heart disease and obesity. There are various ways to keep healthy and fit, such as sports, taking a slight jog or one which would be every ones favourite joining a gym. There are certain exercises and guidelines to keeping a fit and healthy body. These include:

- ⇒ Aerobic exercises, jogging, sit ups, push ups, cycling and yoga all contribute to a build-up of stamina and suppleness and core strength
- ⇒ When starting exercise it's very important to warm up and stretch, this prevents the clicking sound when performing your routines and it also prevents you from tearing any muscle
- ⇒ Don't bounce when stretching as this increases your chances of you tearing a muscle

EVEN ZEPPS EXERCISE!!!!



RECOMMENDATIONS

For a person to keep fit eating habits and exercise go hand in hand. A person that wants to be fit must be internally motivated to become fit & willing to make a commitment to becoming physically active. Set goals; start with the simplest such as walking, jogging, running rowing etc. Five times a week for a minimum of 30 minutes and progressively build it up.

Eat regularly, especially breakfast, as your body begins the day in a low energy condition. Eat the minimum amounts of foods from each food groups, vegetables, fruits, milks and yoghurts, meats and fats (low amounts)

When you're physically active you gain more carbohydrates (providing fuel for your body) such as where grain bread, rice, cereals.

These are some basic advisory tips in order to keep and live a healthy fit life style. Peace out and be blessed!

Sports

Re-cap on this seasons Rugby performance

(Other sports codes will be covered in future)

Xanadu XV Team Report 2011

Games Played: 9 **Won:** 4 **Lost:** 2 **Draw:** 3

This year marked an interesting and memorable year for the Xanadu XV as it was placed 5th in the annual Steinhoff Koshuis League, which is the highest it has been placed over the past couple of years. A committed, energetic and knowledgeable rugby coaching staff which included, Lutho Jolobe (Head Coach and Manager), Sive Nondlwana (Assistant Manager and Player) and Hlumelo Ntombeni (Assistant Coach) ensured that the high standards that Xanadu has set on the rugby field continued to be maintained. The Xanadu XV 2011 rugby team was full of character and spirit although it is the youngest side to compete in the residence league as it consisted of mostly first year students, despite this fact the team showed dedication and enthusiasm throughout the season. It also continued to attract enthusiastic spectators which mainly consisted of Xanadu and Melodi residence members.

The players approached all rugby matches they played during the season with spirit and gusto. The Highlights of the season included drawing to Ocean XV 3 – 3; this is a team that has won the league and is currently favourites for this year.

The team also convincingly won against Laboria 41-3 and Northerns 37-7.

As part of their social responsibility, the Xanadu XV in collaboration with SIFE NMMU will be hosting David Livingston High School rugby team and playing a friendly match later on this year, this will mark the first of many community outreach projects that they will partake in for the years to come.

Thanks must go to the following rugby players who supported the Xanadu XV rugby team this year:

Brent Moses; Sichumiso Maxakato; Delaino Domingo; Bandise Shibane; Lizalise Nyaku; Thando Ponco; Bongani Masimini; Masixole Bodla; Sive Nondlwana; Yongama Janda; Worship Freemantle; Athenkosi Sibefu; Lumumba Stofile; Yanga Qilingana; Dalin Moos (Captain); Bonginkosi Janda; Themba Maluleke; James Hart; Zanoxolo Qwele; Christo Muller; Philasande Sixaba; Inathi Tuntulwana; Nkwenkwezi Dumzda; Hlumelo Ntombeni and Lutho Jolobe.

CELEBRITY INTERVIEW

CALL ON *YONDA THOMAS*



It is said that the most exciting adventure one can take is to “live the life of your dreams.” Because of various challenges life throws our way, few of us get to do this. To have ambition is one thing; to live it out is the tough part. It is however not impossible to fulfil ones dreams and many people all around us are living testament to this.

We often idolise movie stars, singers and the like and place them on a pedestal, they become our source of inspiration. In Xanadu, we are fortunate in that we do not need to look to Hollywood for inspiration; we have great people right here, in our own “backyard”.

Many of us know Yonda Thomas from the SABC1 reality show *Class Act*. He has also appeared in numerous TV dramas and adverts. What some people do not know is that just like us, his dream began in Xanadu.

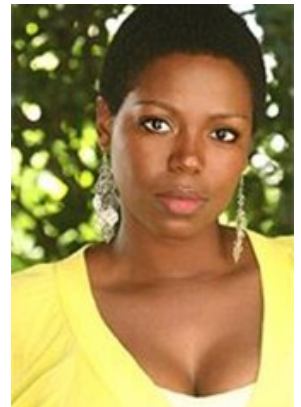
Yonda arrived at NMMU in 2006 after matriculating at Cathcart High School in 2005, where he was the Headboy. He was quickly bitten by the “leadership bug” and therefore ran to be a House Committee Member. In 2008, he became the Secretary of the house and then eventually the Primarius in 2009, leading the house to new heights. Being an avid public speaker and debator, it was almost inevitable that he would one day end up in the spotlight.



After graduating in 2009, he went to the City of Gold. It is here that he tried out for *Class Act* and even though he did not win this acting competition, he was not discouraged from following his dreams. He quickly signed to acclaimed casting agency Moonyeenn Lee Associates and then things started to happen...

Currently, we can catch him on the SABC2 soapie, *Muvhango*, where he plays Damon. He also plays the male lead in the SABC1 drama, *Fallen*, which airs on Thursdays at 20:30pm. It is in this show that he stars alongside Xolile Tshabalala who is well known for playing Julia on *Generations*. That’s a long way from the halls of Xanadu!

Not all of us are born for television, not all of us will have jobs that will gain us instant fame and recognition. However, this does not mean that our dreams are less significant. All of us have a purpose and we must align our dreams to that purpose. As people, we are not duplicates of one another; each person carries their own “special brand of magic”. So we should not aim to be better than each other, we should rather aim to be better at what WE are good at.



A few years ago, Yonda was exactly where we are. People like him are prime examples that if you do what you love, if you do exactly what you were born to do, people will respect you for it and success will follow. So go on...live the life of your dreams.

Academics:

PHILA (Live) SMART

By Khuselo Yanga Qilingana

As students, we sometimes find it hard to strike the balance between our academic and social lives. Making the right choices, at the right time, is therefore very important. For this edition, we will provide tips on how to strike **JUST** the right balance!

GET ORGANISED

As a student, you're certainly going to have a lot of paperwork and information coming into you, so it's important to have some form of system in place. With plenty of things stressing you in your varsity life, the last thing you need is having your notes all over the show. One demon that we enjoy having is **FREEDOM**, which eventually leads to procrastination. Rather over allocate your time in doing positive activities, whether it's extra studying, homework etc.

KNOW YOURSELF

Strong study skills are essential to succeed. It's not enough just sitting in the classroom and hoping to soak up everything your lecturer presents, you actually need to put an effort into understanding and applying the material. The earlier you can develop these skills, the greater the chances of academic success.

There is no magic word that is swayed when it comes to developing good study habits. Some people need absolute silence to review their textbooks, lecture notes, and hand-outs when preparing for tests and exams; others study better whilst listening to music: **KNOW YOURSELF**

REMEMBER, THERE'S A TIME FOR EVERYTHING

Surely studying for a long time is good but take short breaks. Take power naps when your brain starts frying, take the odd weekend off and go out with friends. If the weather is fine, a good game of touch rugby, soccer, shumpu gqabs and maybe swimming. Just don't get carried away.

SET CAREER GOALS

Setting career goals is a crucial step forward towards success. Career goals are the focus and reason behind all the hard work you're doing now. When you don't have a sense of what you're moving towards, you are practically running around like a headless chicken with no sense of direction. Knowing how a particular assignment relates in the long run to your future career can be the motivation you need to actually do it.

"DISCIPLINE YOURSELF TO DO THINGS YOU NEED TO DO WHEN YOU NEED TO DO THEM AND THE DAY WILL COME WHEN YOU WILL BE ABLE TO DO THE THINGS YOU WANT TO DO"...Zig Ziglar

BOOKCLUB

Title:	The Adventures of Tom Sawyer
Author:	Mark Twain
Place Published:	United States of America
Publisher:	American Publishing Company
Publication Date:	1876
Pages:	277

Introduction:

This novel, published as a children's novel, has surprisingly caught the eyes of much more mature readers. The story is set in the town of St Petersburg alongside the river Mississippi. This area was formerly known as Hannibal, Missouri, where the author lived.

Body of review:

Tom Sawyer is an imaginative and mischievous boy who lives with his Aunt Polly and his half-brother, Sid, in St. Petersburg, Missouri, alongside the Mississippi River. After bunking school on Friday and dirtying his clothes in a fight, Tom is made to whitewash the fence as punishment on Saturday. He is not happy with the punishment but ends up taking pleasure in making his friends do it for him.

Tom falls in love with Becky Thatcher, a new girl in town, and persuades her to get "engaged" to him. She calls it quits when she learns that Tom has been "engaged" before, to another girl. Later that night, Tom accompanies Huckleberry Finn, the son of the town drunk, to the graveyard. At the graveyard, they witness the murder of young Dr. Robinson by the Native-American Injun Joe. Tom and Huck run away and swear a blood oath not to tell anyone what they have seen. Injun Joe blames his companion, Muff Potter for the crime and gets him arrested. Tom's anxiety and guilt begin to grow.

Tom, Huck, and Tom's friend Joe Harper run away to an island to become pirates. While roaming around and enjoying their newfound freedom, the boys become aware that the community is searching the river for their bodies. Tom sneaks back home one night to observe the commotion. After a brief moment of remorse at the suffering of his loved ones, Tom is struck by the idea of appearing at his funeral and surprising everyone. He persuades Joe and Huck to do the same. Their return is met with great rejoicing, and they become the envy and admiration of all their friends.

Back in school, Tom gets himself back in Becky's good books after he nobly accepts the blame for a book that she has ripped. Soon Muff Potter's trial begins, and Tom, overcome by guilt, testifies against Injun Joe. Potter is acquitted, but Injun Joe flees the courtroom through a window.

Summer arrives, and Tom and Huck go hunting for buried treasure in a haunted house. After going upstairs they hear a noise below. Peering through holes in the floor, they see Injun Joe enter the house disguised as a deaf and mute Spaniard. He and his companion, an unknown man, plan to bury some stolen treasure of their own. From their hiding spot, Tom and Huck wriggle with delight at the prospect of digging it up. By an amazing coincidence, Injun Joe and his partner find a buried box of gold themselves. When they see Tom and Huck's tools, they become suspicious that someone is sharing their hiding place and carry the gold off instead of reburying it.

Huck begins to follow Injun Joe every night, watching for an opportunity to steal the gold. Meanwhile, Tom goes on a picnic to McDougal's Cave with Becky and their classmates. That same night, Huck sees Injun Joe and his partner making off with the box. He follows and overhears their plans to attack the Widow Douglas, a kind resident of St. Petersburg. By running to fetch help, Huck forestalls the violence and becomes an anonymous hero.

Tom and Becky get lost in the cave, and their absence is not discovered until the following morning. The men of the town begin to search for them, but to no avail. Tom and Becky run out of food and candles and begin to weaken. The horror of the situation increases when Tom, looking for a way out of the cave, stumbles upon Injun Joe, who is using the cave as a hideout. Eventually, just as the searchers are giving up, Tom finds a way out. The town celebrates, and Becky's father, Judge Thatcher, locks up the cave. Injun Joe, who is trapped inside, starves to death.

A week later, Tom takes Huck to the cave and they find the box of gold, the proceeds of which are invested for them. The Widow Douglas adopts Huck, and, when Huck attempts to escape civilized life, Tom promises him that if he returns to the widow, he can join Tom's robber band. Reluctantly, Huck agrees.

Rating and Impression:

Certainly a good read for the adventurous mind. A good 8/10 based on the fact that a few events in the book are not structured the way they would be in reality.

Author background:

Mark Twain (1835/11/30-1910/04/20) was born as Samuel Langhorne Clemens. Was the 6th of 7 children. He had four children (1 boy, 3 girls). Twain died of a heart attack due to the depression he was suffering. He had lost just about everything he had and every one he loved in less than 10 years

Other interesting reads:

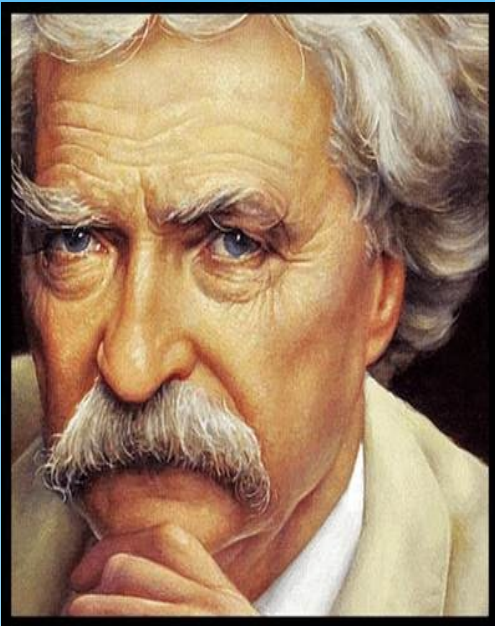
The Great Gatsby___ F Scott Fitzgerald

Invisible Man ____ Ralph Ellison

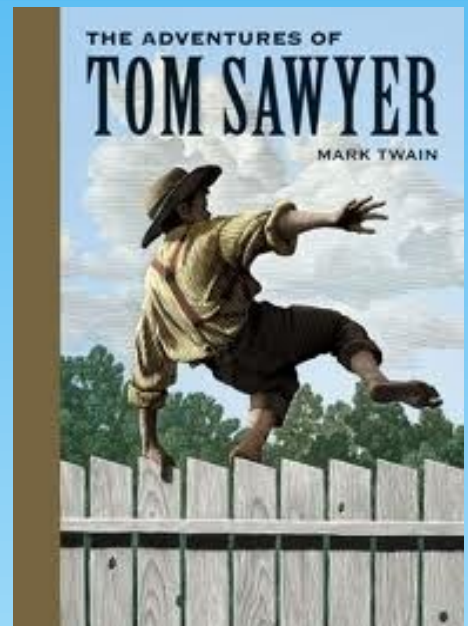
Dino ____ Nick Tosches

The Professional ____W. C. Heinz

Women ____Charles Bukowski



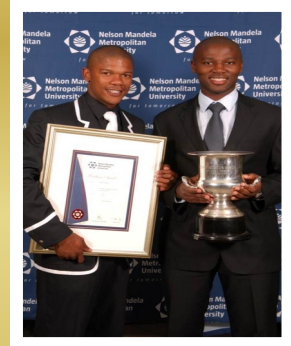
Left: Mark Twain



Right: The Adventures of
Tom Sawyer

XANADU IS PROUD OF.....

Name :Lutho
Nickname :Sir Jolz
Surname :Jolobe
Course :LLB
Age :22



Edwin H. Freidman once wrote: "Leadership can be thought of as a capacity to define oneself to others in a way that clarifies and expands a vision of the future. "For me it's about getting involved, it's about growing with the experience that I gain and working with people that feel the same in order to achieve a common goal."

In our very first issue of the official Xanadu Online Magazine, we recognize Mr Lutho Jolobe (AKA Sir Jolz) as our Zepp of the month. This all-rounded individual originally from Gonubie, East London has achieved outstanding performance both inside and outside academia.

This former captain of the u21A, 2nd team, Northerns' and Xanadu Residence Rugby teams believes that it is not how much you have done in society, but how and what you have done that would improve the quality of life and standard of living for those who are living around you...He then chose to make to that big impact by coaching and managing the Xanadu Residence rugby team. His other favourites regarding sport are fishing, camping, swimming and, on the odd occasion, running.



Mr and Mrs House Comm 2010

In terms of social events, he was crowned Mr House Committee in 2010 and was also selected as a finalist at the Mr and Miss NMMU during 2010. He was then appointed as the Master of Ceremonies at the Mr and Miss Oceana Pageant.



Mr and Mrs House Comm 2010

Another noticeable passion he possesses is working with societies in raising awareness on issues that affect our society today. Some of the outreach programs he's been involved with are; the CANSA Shavaton, whereby the law student society raised funds for the CANSA association by shaving and spraying students hair, the Put-a-child-through-school campaign whereby they raised funds to sponsor school children from previously disadvantaged backgrounds. He has also assisted in the Isithembiso Children's Home and the Cheshire Homes as the House Committee 2010. As the newly appointed president of SIFE NMMU (Students In Free Enterprise), they have adopted David Livingston High School as their new beneficiary where they will run a series of projects in order to improve the standards of living within that community by applying classroom experiences to develop and implement educational outreach programs that teach individuals the principles of market economics, entrepreneurship etc.

In terms of leadership, he first underwent a 10 month long leadership training programme: Beyond the Classroom (BtC), which equipped participants with the skills and knowledge to become a better leader and be able to deal with people more effectively.

He was also involved in the 2010 How2@nmmu programme as a How2buddy, which helps facilitate the first year's orientation programme at the NMMU.

In dealing with societies, He has managed to serve in various leadership positions within the societies which included:

- Secretary of the law students society for two consecutive years(2009/2010) which also won the Academic society of the year 2010
- Xanadu Security Sub-comm. member 2009
- Xanadu Security Forum 2009
- Secretary of the Xanadu House Committee 2010
- Academic House Committee member for Xanadu 2011
- SIFE NMMU Vice President - Administrator and Internal Affairs 2010, which represented NMMU at Nationals in 2011 and won 4 awards which included being placed 5th overall out of 27 universities that competed.
- SIFE NMMU President (2011/2012)

Some of his other achievements which he has received towards the end of 2010 include:

- Student Affairs- Excellence in Student Governance and Development – Merit Award
- Xanadu Residence Managers' Award - House Committee Award
- Societies Administrator of the Year – Achievers Award

As the Xanadu Sub-Committee and House as a whole, we wish him a prosperous future as much as he deserves it. May he keep up the good work!



"SIFE NMMU 2011"

We're here to bring you the latest in the

MUSIC BIZZ

First up ...the latest top 10 in the billboard 100 charts

1. LMAO-Party Rock Anthem
2. Katy Perry- Last Friday Night
3. Nicky Minaj- Super Bass
4. Pitbull- Give me Everything
5. Bad meets Evil ft. Bruno mars- Lighters
6. Lil Wayne - How to love
7. Britney Spears - I wanna go
8. Maroon 5- Moves like jagger
9. Adele- Rolling in the deep
10. Hot Chelle Rae- Tonight tonight

In international music headlines

JANET SETS 4 South Africa

For those Janet Jackson lovers out there you'd be pleased to hear that she's coming to South Africa during mid November. This was confirmed early August by her management team. She will be rocking a couple of cities around the globe including some cities in South Africa which include Cape Town and Jozi. For bookings go to: www.computicket.com.



WARNING :

LOL SOME OF YOU MIGHT LAUGH WHEN YOU READ THIS....

Did you know?

Britney Learns to rap

Nicky Minaj is giving pop artist Britney Spears lessons on how to rap. This came as a shock to many but the 28 year old rapper is actually teaching her friend about what she needs to do to make it in the rap industry. The two have recently been spending time together and have gained this strange bond which was the main reason why Britney decided to change genres.



Know Ur local artists

We took the opportunity to do some research on local icons Teargas, who have been hitting the big-time in terms of producing top quality music that most, if not all South Africans enjoy. This group is made up of three young men by the names of Ntokozo Mdluli, Ezee Hanabe, and Bantu Hanabe. They met while attending a Technikon in Gauteng where they became the best of friends they began making music for underground hip hop where they found the potential to be the people they are today.



Know Ur Xanadu “idols”

After being on a quest to find aspiring artists, it was time to take a look at our very own fellow Zepps. The hip hop group by the name Triple S consisting of Sbusiso, Sydney and Sikhumbuzo, can be seen as the future Teargas group should they decide to follow their hip hop music careers. The group of 1st years made a mark for themselves in residence life as they have been asked on numerous occasions to perform at events hosted by the NMMU institution as well as events hosted by Xanadu itself. I got the chance to sit down with Sikhumbuzo Dlamini who is one of the singers of the group and I asked him a few questions about their musical career.

Q. Sikhumbuzo, tell me, how did you guys meet?

A. “Well as 1st years we were told that we had to a talent show to showcase our talents and it was during this period that I got a chance to meet with the other guys. Sydney and Sbu had already known each other prior the talent show so I asked if I could join and they agreed so we decided to make it happen.”

Q. Who or what inspired you to start singing?

A. “This was a mere coincidence or chance, because Sbu is a gospel singer and Sydney is a dude who has always enjoyed rapping and I just happen to sing whenever I get the chance to sing, but in some way we also inspired ourselves to actually start.”

Q. What obstacles have you encountered?

A. “Money, Money, Money. That is a big problem that we face, because in today’s world you need money to make it into the music industry. E.g. when you want to record a single.”

Q. Who is your biggest inspiration?

A. “Kanye West has to do it for me as a single artist I look up to him because of his music, But in terms of international groups, I’d have to say its the Roots.”

Q. Can we expect a single from Triple S in the future?

A. “Well let me just say you can expect more than a single, because we’re planning to blow up and make it big”

Well we can see that they have big dreams of making it in the music industry, and if that doesn’t work for them they can always have their degrees to fall back on.

From the world of music we say thank you for ascribing to our journal!

URBAN CULTURE

Rebels Vs Gentleman

For fashion fougals it shouldn't be very hard to notice that all-star vintage collection is back by popular demand.

The man-purse



How to carry your books in style (Viyella @ Monatic)

- Use suitable shapes such that they look like they are designed to carry your laptop and files.
- Look for compartments that suit your storage needs.
- Go for portability and preferably nothing too heavy.
- Tip: your bag doesn't have to match your shoes.

If you look good you smell good



The right fragrance (Paco Rabanne @ Edgars)

Experts advise that it is wise to choose a fragrance with green or citrus note to lift your mood, or vanilla and lavender to relieve stress.

1. Think small: the life span of a bottle of cologne is one year therefore buying one would be better than constantly buying deodorant.
2. Test in increments: when shopping for a fragrance try two at a time, one on each arm.
3. Keep it simple: forget spraying wrists and the inside of your elbow, instead carefully spray one hit on each side of your neck.
4. Rotate scents: like your wardrobe, you need to change your scent every once in a while. If you've been wearing a light and fresh scent, change it up with something heavier.

The Killer Jean Jacket



The rugged iconic style has come roaring back. Cut high and tight, and still tough as hell. Here's how you wear it. A hard denim jacket gets softer, grittier-better -with age. As with jeans, the jean jackets that wear best over time are made of unwashed, undistressed denim. Here are some few guidelines:

How to cheat time: when done well, pre-broken-in-jackets can look as if you've owned them for years. But avoid stone washes, ridiculous tints, or too many holes and frays.

Get the right denim jacket: avoid looking like an 80s rock star or Hell's Angel.

Tie it up: a generation ago, nobody would have worn a tie with a jean jacket. But you can especially if you keep the tie skinny and the jacket dark and crisp shirt.

Top 5 must have list....

1. White V-neck T-shirt
2. Ray-Ban wayfarer
3. Slouch boots
4. Tailored check shirt
5. Converse sneakers

THE 2011 TEAM

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