

EHLK . THE VIBE

REVIEW BURBOUN STREET
POTCHEFSTROOM

REVIEW MYSTIC BOER
POTCHEFSTROOM

Battered person syndrome

What is Ecstasy

HOT AND NEW! **DJ ALLY**



Editors letter

/s being who we are such a sin, that others feed of our failures, and of our suffering, whether your suffering is small, big, or enormous. You get those who feed of it. It drives them through life, it challenges them to be who they need or want to be, they need you to break or need your insinuation of freedom to be who you are to thrive as individuals.

I grew up in environments where I had to handle these situations daily, schools, social, sport you name it, we all go through it some time in our lives. Today I sit back and remember those days, I remember the damage that was done, and the damage that I might have done. Its actually scary too think, that somewhere in life if not yet you will once again have to deal with it But I taught myself one thing, and that is to do it the right way the first time. I am 23 now and until today I can fully remember how even in secondary school being in the "popular" group was every girls thriving intuition, just so sad that we didn't all make the mark, the mark that needed to be made, it could have been because your hair was different or that the coolest girl in school just did not approve of you..

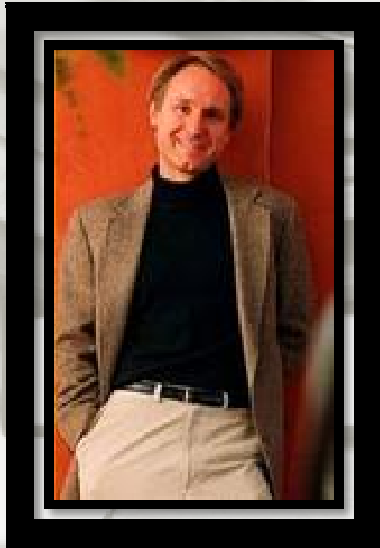


Today I am writing this to remind us all of the damage we can do , with words and actions , and that some damage is not just temporarily but permanent, even if I have to admit, I still struggle with events and things said in school that was not necessary or even true, but today I can look back and understand that those thrived on what hurt us the most. And being married and looking at my own little girl staring into my eyes, I wish for her to avoid those groups with everything inside her, and one day when she understands I will sit her down and tell her of the hurt that I had , and even how thankful I am of being who I am today and the fact that being in one of those groups is being like the girl next to you, what makes them really so unique. I know that she might get hurt and that she might not listen, but I also know one day when she is grown up she will be proud to say that she thrived on being different from the one next to her, and understand her passion for those around her, she will realize to care and give empathy as well as sympathy even to keep her mouth and insults to herself made her the person not for everyone to be around, but for herself to be around.

I was inspired to write this letter to my readers, by a letter I received, and I feel her pain, who are we to judge and throw stones, in my personal opinion those who throw insults and stones, those are weaklings in our society today, they cannot thrive on their own inner happiness, because they might not have it, but to you out there, you know who you are, thrive on yourself and your be quiet with yourself. Those girls you talk about will one day arrive at a wall , and they will not be able to help themselves over that wall in life, others will have to help, and I can bargain you, there will be no –one there to do that. Be happy with who you are, pick up your head and shoulders and stand strong!

Liza du Bruyn

Dan Brown - The Taming



At first the book seems a bit boring and somehow far fetched. To my surprise on later in the book the writer captivates you in such a way that you actually subconsciously start believing the things he comes up with. This book is brilliant and had me tucked under the blankets most of the day. I noticed that this book isn't one of those books you need to set an atmosphere to enforce the book's vibe to you a bit more, this is one of those books that carries you away to another imaginary world. The book is a captivating thought of the unreal, the impossible and sets out a un-imaginary memory of the book and its happenings.

This book is for those readers that hate to read, you will be surprised how fast you finish this book, and the hunger for more that is left within you, this writer had me burning for more of his books and stories. He always seems to surprise you with his writing, I have to say that his writing is always interesting and a good starter for those that don't seem to find reading much of an interesting fact of life, though its so important for our well being in life. I would recommend this read to anyone, young, old, and even over the wall. This was a book I will always remember.

Rating : 8/10

The Vibe- Ghost

House of coffees Potchefstroom

If you are looking for tranquility and coffee of top class this is the place for your relaxation therapy, although this is some strong points, we have to emphasize that service was not in that class. Understanding that a busy environment in coffee shops will allow no space for error, though our visit ended waiting for more than an hour for the correct order, more to say , a return the plunger 3 times to this extend that we immediately refused to pay for this, as the filter was either faulty or the coffee was rushed. Our waiter can take the gratitude to heart, as even though tempers were lost and voices were raised, he still promoted good service and well understanding to our best needs. Fortunately the experience and environment was of best nature, and even though this was our speed bump , I would have to recommend them to anyone, as the coffee and service was well established and of good quality.

Rating : 4/10

The Vibe - Ghost

Bourbon Street Potchefstroom

“ Its crowded” and the place to be if you're a first timer in Potchefstroom. There is not much to the club that makes it exclusive to others, it built its reputation for its locality with its customers. I noted that everyone knows everyone, and the music was good while the party lasted. The drinks are basic, though they have their legendary “Gummy Berry Juice” I have to admit that it has a nice touch to it. As the place is centered among the students in Potch, I feel the place give it a bit more effort. I found that there was a number of underage girls hanging around, but I wouldn't say that if I saw them, asking for identification was my only proof.

The space is limited for the dance hoppers in town, but it didn't seem to bother some, then I have to be honest, they have a “VIBE” as that was my purpose. I would have to criticize on their lack of security, as most of the security was spending more time chatting up girls and walking around, giving the impression of no interest in the safety of the customers. Some were bluntly rude and unfriendly, and some were way too friendly for my taste. I'd say that it seems that they are not focused on their sole purpose of being there. I have to compliment them on the neatness of their Security staff during my visit, as they were all neatly dressed and you could tell them from the crowd, which showed some sophistication. The people enjoyed themselves and I have to say that it was a load of fun visiting them, the customers are friendly and open , telling me that the service they receive is more than enough.

Getting back to the criticizing things, was defiantly the bar areas, as I am well aware it is impossible keeping the bar area clean at all times, and I have to say that the workers they have around do such, I would though advise trying to clean the spills on the floors and the surfaces of the tables, as I was merely disgusted by the fact that I numerous times got stuck to the table or the bar, and left with a load of sticky marks on my clothes. The bathrooms was defiantly not up to mark for me, but I can do, as this is something that I know cannot be kept under control with the amount of drunk people I came across. I would say that security should be more attend on these people that make the night uneasy for the rest of us, being drunk , slandering around and using disrespectful language out loud. I would say that I am all but not high maintenance, but this was a big issue too me, it kind of killed the whole party VIBE in me. These people should be thrown out , as they can cause more damage than anything else

The music was good and the fact that they cater for so much is astounding, if its not a band its karaoke, if that's not your style a DJ is on the go most of the night, and they hold on to what the crowd wants. This is well organized and well set out to please the crowd. It was clear to me that the place took some damage over the years as some furniture was filthy , and damaged beyond repair, but I cannot keep that against them, the crowd they entertain and the extent of their entertainment, it is due to have damaged materials. I would advise that the crowd show more respect for the place and its materials as this is where you have your fun most of the time. I saw numerous glasses broken, though plastic, the lack of respect from some was scary.

But giving my honest rating I would give them a

7 out of 10 !

Well done it Bourbon street, you have a VIBE!

The Vibe - Ghost

Mystic Boer Potchefstroom

It's the ideal place to call it day after a long , catching up with old friends or just relaxing on a hot summer day!.I find the name mysterious as it doesn't really explain the place in full , but you will find all cultures and creatures there. Their Vibe to be honest confused me as I had to make a few visits to establish what exactly I would say about them. They are new in town , but teach and every individual I spoke to knows them by hand. They have no set purpose for the place, I cant say its for dancing, nether can I say it has the setting of a stylish keg, but do have to emphasize on the fact that they always have something new, and cater for such a wide variety of individuals that rating them was one of the most difficult tasks I had to do in a while. Their standards was very efficient with my few visits their , it was clean, tidy and neat, it was a pleasant experience each time I was there, I couldn't place the fact of the matter to whether there was any underage drinkers there, as this is one fact I always have on my mind, as you find this almost everywhere, just more in some places than others. But here I have to admit I couldn't see any of this happening, they seem legit. I couldn't find any security that was said to be bouncers, which I found a bit odd, but as this is also said I wouldn't place this pub/club in the danger of drama every now and then, the place got quiet around 11pm almost each time I was their, so I figured this was surely just a starting point for most parties. The maturity of the bar staff was very cunning and I enjoyed their friendliness and company. The bathrooms were clean and well maintained, the furniture was not very damaged and cleaning staff was on the job most of the time, I did not get stuck to a spill on the floor, table or bar counter once, this shocked me ! Well done to the cleaning staff and the Staff organizers you are doing a great job!

This is not the place I would throw in on painting the town red in a night, but I would surely start out here , to get me in the right mood for the rest of the night. I barely came across disrespectful drunks , which I feel made the environment more feasible and enjoyable, there was enough space and no pushing or shoving, and the Bar staff rarely struggled to keep up, I have to give them credit for how organize they were.

I will recommend this place to anyone who had a very hard day , and needs to stack off a bit, its relaxing and forthcoming, I personally enjoyed my visits there.

Congratulations Mystic Boer Potchefstroom you have a VIBE !

Rating 9 out 10

The Vibe - Ghost

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DON'T

fotolia

fotolia

fotolia

DRINK & DRINE

fotolia

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Getting Fit , Enjoying Yourself

has been hibernating in front of the television with hot chocolate, popcorn, and a movie, or maybe ordering a pizza more often than usual. Well I have discovered the perfect way to shed that hibernating fat flaps we have all gained! And this does not mean you have to stop eating for months, deteriorate your body or stop your routine. You don't need to do anything that you wont love doing.

Firstly we all love to dance, then why not while having a good time with friends, in a club dance those kilograms off; here is a few pointers to remember: Don't just stand there and swing from side to side. DANCE!

- You can even dance when your alone, move your body , move your hips, and keep that stomach stiff!!!

Try and keep your stomach muscles stiff whilst dancing and try to move your hips more! Moving your legs more and differentiate the pressure from one leg to another, this will ensure you build some muscle out of that extra fat.

Instead of sitting down to have a drink stand on those high heels girl, it works on those calves. If your wearing flat shoes, indulge in the occasional lift of your heel, but don't make it look to obvious. Rather than strolling around town with your friends, pick up your pace a bit, walk faster and a bit more. It burns more fat than you think. We have all lost complete control over our diets as well, and I am of opinion starving yourself to lose weigh is SOOO wrong, this is not healthy at all. Try this For a month, stay away from

- a. Fizzy drinks
- b. Liquor
- c. Spirits

You don't need to stop drinking, just try and dilute more of the drink with water, try a whisky on the rocks or with water, or maybe a southern comfort and lime. Rather than your brutal fruit or Reds. If this is impossible for you, drink as much water during the day as you can, this will flush your system of all toxins and keep your body healthy. Not just that , this is a secret tip to the perfect skin. WATER

If you want more health tips and loosing weigh using your favorites let me know!



Liza du Bruyn

Audi A1

By Chris Chilton

Move over Mini – the new Audi A1 is finally here. It only took them 10 years to catch up with BMW's success story. You have to wonder why it took so long for the A1 to come to market. This isn't anything like as radical as the old aluminium A2. It's basically a reskinned Polo with better engines and a posher cabin.

What's under the Audi A1's bonnet?

There are three engines: an 85bhp 1.2 petrol turbo, 120bhp 1.4 petrol turbo and a 104bhp turbodiesel, likely to be the biggest seller. We've already been impressed by the 1.4 petrol in the Golf and installed in the much lighter A1, it delivers 0-62mph in 8.9sec.

This is the version we drove today, a Mini Cooper rival and more warm- than hot hatch.

The new 2010 Audi A1 feels spritely but never quick and the optional seven-speed dual clutch 'box fitted to our car probably helped mask some of the sensation of speed. It also made a bit of worn-bearing din around town and struggled to take up the drive smoothly when we jumped on the power for a smart getaway at traffic lights.



What about the quality? This is an Audi after all. What's the A1 like inside?

Step out of an A4 or a TT into the A1 and you'd be hard pressed to find anything to suggest you're in a car that costs half as much. Think Boxster and 911: they've got the same quality feel – and share many components – but one costs twice as much as the other.

The A1's dash and door casings are covered in soft-touch plastics and every switch feels as good as it looks.

Premium small car? Premium price?

The new Audi A1 range starts at just over £13k for the basic 1.2SE and rises to nearly £20k for a 1.6 TDi S-Line with navigation, LED lights and a few other trinkets.

Even the most basic car comes fairly well equipped. SE spec means air conditioning, sports steering wheel, 16-inch alloys and a brace of airbags; Sport adds more heavily bolstered seats, 17s and stiffer suspension, while S-Line means leather seats and various bits of aluminum trim.



CAR's rating

Handling	★★★★	3
Performance	★★★★	3
Usability	★★★★★	4
Feel good factor	★★★★★	4
Readers' rating	★★★★	3

How much?	£13,000
On sale in the UK:	November 2010
Engine:	1390cc 16v 4cyl turbo, 120bhp@5000rpm, 147lb ft@1500-4000rpm
Transmission:	Seven-speed dual clutch, front-wheel drive
Performance:	8.9sec 0-62mph, 126mph, 53mpg, 122/km CO2
How heavy / made of?	1125kg/steel
How big (length/width/height in mm)?	3954/1740/1416



DIY

Make a hanging pot rack

Keep cooking utensils within reach by building a lattice pot rack to hang them from the ceiling.



You will need:

Small lattice trellis (in the garden section)
3 metres of rope
30mm wood screws
Drill/Driver and asstd drill and screw bits
180-grit sandpaper
Semi-gloss enamel paint
Paintbrushes
Mineral turps for clean up
2 Ceiling hooks
S-hooks

Here's how:

1. You'll need to use a sturdy lattice trellis for this project, so if the trellis is a bit loose or wobbly, use wood screws to reinforce the joints.

2. Before painting the lattice, take the time to sand smooth with 180-grit sandpaper.

3. Use a paintbrush to apply two coats of semi gloss white enamel, allowing drying time and then sanding between coats with 180-grit sandpaper.

4. Cut your rope in half and tie the ends to the corners of the rack using two half hitches.

5. Locate the ceiling battens and screw in the hooks. They must be screwed into the timber supports to be secure and safe.

6. Cut the rope into two lengths, each to the desired hanging height for the pot rack.

7. Loop the rope onto the ceiling hooks; then, position S hooks to evenly distribute the weight of the utensils.

You will find everything you need for this project at your local **Builders Warehouse**

By : Home d-zine



Liza du Bruyn

We support
OUR OWN
dreams
Do you ?



Why Him ? why Her ?

We all sometimes wonder why we chose him or her, to spend our time with or sometimes our lives, we may differ so intensely that even surrounding people somehow wonder why him or why her , scary... but so true.

We have come across a book by Hellen Fisher published in 2009 (isbn978-85168-698-8) "why him? Why her?" and in her book she classifies each individual in different categories, the builder, the adventurer, the director, and the negotiator. She also has a full survey in her book that you can do to distinguish in what category you fall and enlightens the mere fact of why you chose him/her?

We have designed a shorter survey that does the same job, do it and see in what category you fall.

The survey is divided into four sections;

NA – Not at all = 1

S – sometimes = 2

M – Most of the times = 3

A – Always = 4

BUILDER

Always uses words like Ok , you should, honestly , trust on, this person is loyal , neat and well and sufficient planner. He/she is organized and people have the perception of them as traditional as they stick to what they now and do not wonder off on any unknown road or territory. He/she always refers to his friends and family in conversations and tend to elaborate more on what he/she did with others than focusing on himself/herself.

ADVENTURER

This person loves to travel , see new things, do new things, and you will find this person always on his /her way to a weekend away or attempting to master new things . He/she focuses on his/her creativity and is always up for a challenge, they are the people that will always want to try something new, and get bored with the same thing very quickly. People perceive these people as creative and very nosy . their curiosity always has the best of them.

NEGOTIATOR

This person talks things through , thinks a lot and takes time to make decisions. He/she is very thoughtful and will always be up to date with birthdays , anniversaries , and special dates, he/she takes others in consideration making choices or taking steps in life. This person finds peace with himself/herself , and needs the approval of others to thrive. People perceive this type of person as someone with a wide imagination and someone who is creative and sensible.

DIRECTOR

This person finds satisfaction in interesting debates and logical explanations, he/she loves a challenge and will do all in his/her power to succeed, they are sore losers. He/she is very intellectual and independent, and thrives on their own success. You will find that this type of persons is very competitive, and pushy. He/she is well driven in life, and always focused on the end result, and achieving it better than his / her peers. People perceive this type of person as very intelligent , but difficult to get along with, they are complicated and socially not always on track as they enjoy debating and pushing his/her view on things off on others.

ONS 1

1. I like unpredictability.

NA S M A

2. I get bored with the same thing, activities or work.

NA S M A

3. My friends say I am very curious.

NA S M A

4. I am energetic and optimistic.

NA S M A

5. You are the one that always wants to try new things.

NA S M A

6. My interest are wide and vary a lot.

NA S M A

Total :

SECTION 2

5. I live organized and have a set routine.

NA S M A

1. My friends call me Traditional.

NA S M A

2. I do things by the book , there is only one way and it's the right way.

NA S M A

3. I want to feel part of a group.

NA S M A

4. I believe that people should respect Authority at all times

NA S M A

Total:

SECTION 3

1. I catch on and understand quickly , no hassles

NA S M A

2. I like debating about interesting about interesting things.

NA S M A

3. I am very straight forward and always mean what I say.

NA S M A

4. I ground all my big decisions on cold hard facts rather than my emotions.

NA S M A

SECTION 4

NA S M A

6. I believe that people should respect Authority at all times

NA S M A

Total:

SECTION 3

1. I catch on and understand quickly , no hassles

NA S M A

2. I like debating about interesting about interesting things.

NA S M A

3. I am very straight forward and always mean what I say.

NA S M A

4. I ground all my big decisions on cold hard facts rather than my emotions.

NA S M A

5. My friends call me competitive, logical and independent.

1. I feel others emotions and needs very quickly.

NA S M A

2. My friends say I have a big imagination and tend to day dream a lot

NA S M A

3. I ground my decisions upon my intuition and emotions rather than cold hard facts.

NA S M A

4. The emotional part of a relationship is of the most important things I focus on.

NA S M A

5. I have very strong emotions and experience it more than my peers.

NA S M A

6. An Emotional book or movie has a great effect on me for days on end.

NA S M A

Total=

Section 1 = Adventurer

Section 2 = Builder

Section 3= Director

Section 4 = Negotiator

Liza du Bruyn



WINCHESTER HOUSE

In the year 1839 a recently wedded couple Leonard and Sarah Pardee happily living in New Haven Connecticut , received the great news that they were expecting a little girl. The little one was born September that and named after her mother Sarah. Their daughter became the belle of the city, she was musically talented, she could speak multiple languages . Sarah was a real known beauty and well established under her peers she had a very sparkling personality, outgoing , friendly , charming, a presence all enjoyed.

During that same year William Wirt Winchester was also born, his father Oliver Winchester owned a shirt manufacturing business , which was doing quite well. The Winchester family was well preserved and respected citizens of New Haven. Mr Oliver Winchester was known to be a great business man with great business talent and a immense success through his businesses.

In 1887 Oliver Winchester passed on his successful business , and as a pride in the family he also passed on a family possession to his son William, a Volcanic Repeater Rifle . As the apple did not fall far from the tree William saw an opportunity arise with his new prized possession . William took a lot of time out from the shirt factory to research and test this muscle loading rifle with a vision to improve such.

1860 was the year William vastly invented the Henry Rifle , this rifle had a tubular magazine located under the three barrel , it was able to reload easier , it had faster firing power and the speed of a average shot in every three seconds. William's new rifle became so popular around town, and he took on the venture to expand nationwide. This Venture was just as fortunate for him as the previous . The civil war broke lose that year , even though many families suffered , William prospered financially as all the local troops insisted on using his Hendry Rifle. Williams Father Oliver were approached by government and encountered large Private sales of these rifles under the name of his son. Father and son then expanded the business and named it "Winchesters repeating Arms". While William was working on new designs and inventions, his father Oliver was dealing with sales and keep the business running.



Sarah Winchester

During William's afternoon off, on the 30th of September 1862 , whilst the Civil war was at its highest outbreak, he met Sara Pardee, how we could not establish. The were married within the first year of seeing each other and four years later 15 July 1866 gave birth to a little girl named Annie Pardee Winchester. Annie was a very ill little girl, and due to the civil war doctors help was even limited to those whom had the money to pursue professional help. Annie died the same month on the 24th of July , of Marasmus, which is a virus that fed on the body fat and muscle , this was a parasites in water in developing countries, the malnutrition and fatigue , lack of necessary vitamins and the fact that the parasite ate away on the body tissue, chronic diarrhea, dizziness, rapid weight loss ended with death.

This incident led Sarah to completely withdraw herself from society and for nearly a decade she teetered on the verge of sanity, until she returned to herself again. She swore to herself that after her ordeal she will never have another child.

Unfortunately for Sarah the demeanor of pain did not end there, in 1881 William was diagnosed with Pulmonary Tuberculosis, and passed away 7 May the same year. There was some bright side to this all for Sarah, as she was not qualified or self-sufficient financially at all. She inherited \$20 million dollars, and the whole Winchester empire, and 48.9% of the Arms empire. Which included a daily income of \$1000 which at that time was not taxable until 1913.

Unfortunately Sarah grieved deeply, although through all her inheritance she shut out completely. A friend one day suggested that she see a Spiritual medium, for answers she did not have herself. Sarah pursued this suggestion and invited the medium to her house. During the Séance the medium performed she was told that her husband was there. The medium described William in full and this convinced Sarah that he was there with her. The medium also told her that William said the family had a curse on it, as the men that died by his invented Henry Rifle is seeking revenge, and if she does not follow his instructions, she also will die. He told her to sell all the property, and head to the setting sun, he would guide her the rest of the way. She should head west, and find a new home, start a new life, and build a house for the dead, if she should stop building she would pass on.

Sarah did what she was told and moved to west California where she found a 6 room home owned by a Dr Coldwell still under construction in Santa Clara Valley in 1884. After persuasion she convinced the Dr to sell her the property and 162 acres. As the house was still under construction, Sarah took the liberty of throwing those plans away. Hiring 22 carpenters that worked around the clock on sketches that she drew by hand, building the house for the dead, as she was asked to.

The house grew at such a rate, when it reached 26 rooms the builders had to hire a railroad operator to bring materials and furniture to the home. The house seemed to be a maze to most of the carpenters, Sarah had stairs built, that was upside down, smaller than normal and got incredibly intrigued with the number 13. All her doors, window bars, staircases had 13 panels. Sarah claimed that the way she built the house, in a maze was for her own safety from the dead.

In 1906 the house was 7 storey's high and Sarah continued to live in solitude with only her servants. Neighbors say that when Sarah had her sleepless nights, you could hear her playing her old piano into the wee hours of the night, and that you would note that it was her, as two of her keys on the piano was out of tune. In the same year an earthquake struck the city, the top 3 floors of her home collapsed to a point of no rebuilding possible. Pieces of the Floor collapsed into the Daisy room, where Sarah slept and spent most of her days, trapping her inside for some days. During a séance Sarah claimed that this was a sign from the spirits that she is not building enough or fast enough. Sarah took on initiative and boarded up all the rooms that were ruined in the earthquake, to ensure that the spirits do not get out to her. And that the spirits who fell during the disaster would stay trapped where they are.



William Winchester

Over the years the house grew even more , Sarah installed Chimneys in each of the rooms, as she believed that this was the only way that you can see a spirit , they show themselves through this. Her whole house had only 2 mirrors installed as she also claimed that Ghosts or Spirits are scared of their own reflection and that her home was their safe haven after all the pain that her husband has brought to them and their families by inventing the Henry Rifle.

14 September 1922 Sarah passed away in her sleep at the age of 84 , that evening she was having another conference with the spirits in the séance room . She left all her possessions to her niece Frances Marriot , and noted in her will that somewhere in this mansion was a hidden box full of jewelry that her niece may take and do what she wants with it, as Sarah's fortune was dwindled by the Empire she had built throughout her life, she did not have much to leave behind. Frances found a Solid Golden dinner set, which Sarah used entertain these spirits that she housed . After a lot of search and forced opened safes the only things that was found, was socks, fish string, Newspaper clippings of her daughters death, and locks of baby hair. Nothing showed any value to Frances and she decided to sell all the materials and furniture to tourist investors. During the time the sale went was busy going through the necessary channels, Robert L. Ripley (Founder of Ripley's believe it or not) started counting the rooms as a piece in his publication, after numerous counts they came to a number, 148 rooms , but every time they would count, even on the plans they number would differ, therefore until today there is no certainty of the number of rooms in this house.

After the sale was finalized , it took some workers more than 6 weeks to get all the furniture out, and not because of the number of furniture, but merely for the fact that they would get lost within the house, and be stranded for a few days before finding their way out again. They told the American Weekly Magazine in 1928 that they would refer to the house as a labyrinth as the stairs neither led up or down, nor straight or backwards. The workers was looked upon as crazy as the public did not understand their terms in which they explained the house, they found it unbelievable.

5 years later , the tourist investors established that the house has 160 rooms, but no one was really sure about this number as well , the investors claimed to have counted weeks on end, but the number still always differed. Today Sarah's empire is ha historical landmark in California and are registered as "Large dwelling with unknown number of rooms" . it has never been reported that there are any supernatural activities , only that the visitors seemed to get lost during tours through the house. The home is not in access without a tour guide and full supply of food and camping gear in the event of getting lost.

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Liza du Bruyn

IS OUR PAST ACTUALLY OUR FUTURE

We all went go through things while we are young that leave scars , whether it is big, small , or just plainly stupid in some eyes, but reality stares you factually in the face, that our pasts is surely our present in most cases . maybe your mom/dad had the tendency to say something that might have affected you , but you now figure you have grown up now, Why would it still be part of my being. Surprisingly most of our reactions are based solely on experiences that we had in our past, it is proven that we react the same way , and feel the same things if something happens that might be in slight resemblance of what has happened in our past. I am not saying that history repeats itself I am saying that it shows up sometimes but has different colors. It is safe to say that whether proven or not, your past has an influence on how your perception on certain situations may be in the future. It may not be in theory that this is what happens in brain but what we could find on this and your brain usage you will surely understand why sometimes your own reactions are unexplainable to ourselves and others take notice in an instant. Our brains is the motherboard of our lives, this small organ controls our being, feelings and our thoughts, the brain is the essences of our life and living. This organ remembers for us and has its own extraordinary filing system, none of us has ever been able to establish this filing system it uses , nor where exactly it stores all our information from birth till the day we lay our heads down again. The brain controls our nervous system and the average brain contains roughly 15-33 billion neurons and these neurons are connected to at least 10 000 synaptic connections, which controls all our doings, our walking, our balance, hearing, taste and smell. These are all functions we need to feel emotions and these are all connections to our emotional hormones and signals sent by the brain. With no emotions the average medical doctor will look at the brain first to establish the that there may be a connection that went wrong with the neurons and synaptic connections

The emotional brain has 2 parts. The Primary emotion system is the by product of stimulus response to a chain of events , this system is hardwired into our systems over evolution in some degree, like fear, anger, disgust, sadness, and joy, these are known as our “chairs of the Board”. The Secondary emotion is based ob a background emotion of a feedback loop , this is more based on fear that is more of an anxiety or sadness that is more a depression or shyness. This is mostly how we are diagnosed by our GP to have a psychological problem. According to Joseph leDoux a professor and researcher at the centre of Neural Science New York University the primary emotion system is the list of adaptive behaviors that is crucial for our survival , and this shows us that our Secondary emotional system are self created or over time established emotions. These are the mere facts that our past emotions has its own way of returning to the surface due to a similar event that may occur, and the only way we react is the way our brain's remember we reacted when the previous event happened, and sends that message to our behavioral instincts. The brain constructs our memory with objects , happenings, or beacons, , with these things in place it forms the object that we experience as a memory, or flashback. We all know that the brain has two lobes, the left and the right , they are different from one another and work differently, their work ethics differ so much that you cannot have full use of both, you can only have use of one and maybe a little bit of the other. Whichever part you function on , will establish the way you remember things and see things. This is the ground surface of which our personality is built upon.

The left brain = verbal, Problem solving, Prefers writing and talking ,Prefers multi -choice ,Reacts to ranked authority

The Right brain = Intuitive, Needs demonstrative instructions, Problem solver, Spontaneous, Elusive and uncertain, Free with feelings and very impulsive, Unorganized

Therefore your past is really actually how you will pursue the future, in short if something happened that you chose to remember when you were 13 and the similar event occurs or something happens that may be seen as similar, you will react the way the 13 year old reacted those years as you first and impulsive reaction , you will relive the event in your mind until you chose to forget it, or maybe cope with it in some way, and force your personal filing system to file the new event to another reaction and strive to yourself to help yourself.

The average person's personality is based on events that happened, that had an effect on your emotional primary and secondary parts of your brain. And your brain marks this as an event or object to remember, and not only remembers the event but the emotions and the reaction as well, and this whole object is what it retracts when something similar happens, and you instinctively use this emotion and object of your memory as an reaction. So you might be 30 but you may have bottled it up or never coped with this, you will react like a 13 year old, where you could have handled the situation differently, even though after your lash out you will rethink the situation and realize that the way you reacted was unethical and ridiculous. I would say we need to cope with things as they come across our paths in life, this will save us a lot of humiliation and unnecessary controversy that could waist precious time.



Liza du Bruyn

CHALK - THE VIBE

SUPPORT'S Breast Cancer



BATTERED WOMAN SYNDROME

Do you have a friend who is in a abusive relationship and you cannot understand why he/she stays ? well here is a clear and definite explanation.

“ Maybe you can help this time around.”

The epidemic of Battered woman syndrome was found, researched and developed by DR Lenore E walker, but it was not called battered woman syndrome, it is actually Battered persons syndrome, the media changed the name.

This model that Dr Lenore developed describes clearly the mindset and emotional state and the two cycles this type of person goes through, it also clearly states that it is not just physical abuse that cause this , but emotion abuse as well, and shockingly most of the population in South Africa has that problem, and don't even know it. After this article you may be able to recognize the facts and symptoms of such and be able to help in your own way.

Most men/woman seem to be adamant to stay in a relationship where some kind of abuse is taking place, even though friends and family hammer on the fact that they should leave, this seems impossible to this person, in these cases we need to keep in mind that the abuse has been going on longer than we think , even longer than the person in the relationship might think. One of the biggest threats and causes of such a situation is Manipulation. Sounds simple and easy to avoid, but it surely isn't , not that they are not strong enough, or hard enough, merely because they don't even notice it.



Most individuals stay in the relationship because they may be positively reinforcing themselves to still be in the “honey moon Phase” of the syndrome , which means its still in process of developing, and denial is the first sign. They start lying to themselves to ensure and avoid the hard cold truth. They also tend to believe that they can keep the peace in their household, if they try a different approach, or try just a little bit harder. Then their eyes the fear of danger if they leave, the fear of being alone again, or just the fear of the spouse or partners reaction.



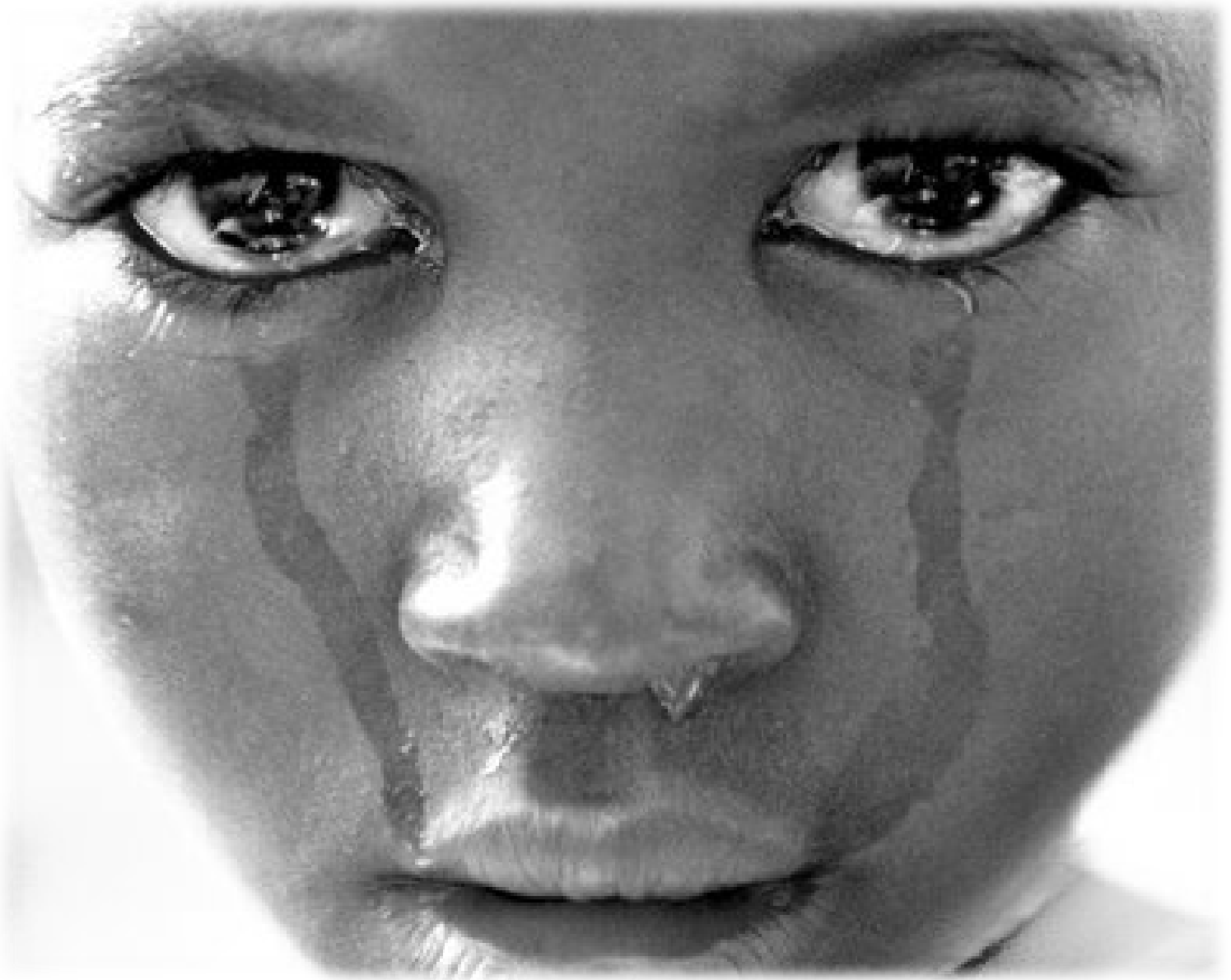
They lose self-esteem through this and their psychological energy dries up, where it gets to the stage , where they just don't have the energy to go through the rollercoaster of breaking up and moving on, so they put up with it, and the more they stay the more emotionally exhausted they get, and the less likely they are to step up and leave. According to Walker's model there are four characteristics that should ring the alarm in any persons mind. As soon as you or the person in the relationship start thinking that

According to Walker's model there are four characteristics that should ring the alarm in any persons mind. As soon as you or the person in the relationship start thinking that the violence is their fault, they have the inability to place responsibility elsewhere, they start developing fears that they never had, and sometimes fear for their own lives, and then there is the last stage. They start believing that all this is their fault, as the abuser would enforce this type of manipulation to the person that it seems true to them , as they are so emotionally exhausted the time to think this through is a lost of hope for them, they just don't have the energy to fight anymore, and then they go and lie down. This is where we have to step up and do the decision making for them...

Liza du Bruyn



Are HIV and Aids aware?



“E”

We all go through the clubbing stage sometime in our lives, and we are all human, so we all have the curiosity of what lies on the other side of a drug, though the most common first user, will use ecstasy, or known on the market as (e) and this is exactly what you swallow when you drink that pill, or use the powder, whichever you choose...

Clean Ecstasy contains MDMA (), but in most cases you will find that this is not really what the pill you buy contains, as it may contain MDA, MDEA, KETAMINE, AMPHETAMINE, EPHEDRINE and ATROPHINE and unfortunately for most of us, you will not be able to tell the difference or combination used for this. All the above are classified as psychoactive substances and are illegal in South Africa due to the damage it does in only one time usage or even long term usage.

WHAT DOES IT DO TO YOUR

Most drugs are focused on the activity in your brain. Ecstasy is solely focused on the brain, it increases the vast activity of at least 3 neurotransmitters (chemical messenger of the brain) like Serotonin, dopamine, Norepinephrine, which are the most potent stimulants in the brain, but as any good thing has a bad side, this is the situation in such, too much releasing of one chemical can cause an uneven balance of the brain releasing other chemicals, that is what causes you to feel “High” its merely the focus of the brain releasing more of one chemical than others, which in the end comes down to the fact that your chemical balance in your brain during the time given that the ecstasy may wear off, is completely in overdrive and confused. The day after you have used such you will either feel extremely depressed which could be the cause of your serotonin chemical in the brain that was exhausted and not releasing any chemical anymore, or your concentration can be off. The effect of ecstasy last longer than most of us think, you may think that you have used the pill and the “high” is over, where in actual fact your brain will be trying for days after that to repair itself and your chemical balances in your brain, unfortunately sometimes the brain can never repair itself. It all depends on Gender, Dosage, Age, and previous conditions that you may have, but are not even aware of. The long term damage is more concrete to go on, as it is proven that no person has the same “high” as another, each individual experience a different feeling, dilutions and rush than the next. MDMA acts on the memory glands of your brain, and can cause massive or minor memory loss in the long run, it can also cause a huge break in your personal vitality to concentrate or memorize things.



Due to the effect that the other mixed substances, it dries up most of your fluids, you either sweat , or have a dry mouth as your body is trying hard to fight and repair the condition of the brain, it will be working in overdrive, all the chemicals in local (e) can cause all sorts of symptoms , and all have different effects of such , makes the brain tired and the body confused on what the signals of the brain is sending to it, its dangerous in a way that your body may not be strong enough to repair itself, and seldom it repairs itself completely. Some of your intestines get damaged in the process as well, as most substances makes your heart race, and the moment the brain is out of control the body is out of control, the amount of blood your heart pumps through your body , increases the speed the of the heart, narrows the veins, and more does not give the antibodies in your blood to fight the cause in the brain, therefore the body will be pumping and creating more antibodies to fight the effect and when this is unmanageable, your brain or body shuts down. Too much for the average body to handle.



Next time you decide to buy (e) to keep you going through the night, remember why your body keeps on going, its not because its having fun, its trying to fight a condition you have caused, and keep in mind, your body does not always succeed or win the fight.

Liza du Bruyn

D

Profile :

Name and surname : Allen Grobler

Age: 26

Stage name : DJ Ally

Style : Trance

Personal opinion :

Doing the interview, I experience that this man is a very confident and strong individual, he is approachable by anyone, as he is talkative, positive and has a very intriguing personality. He is very open minded and thinks out of the box, but has his own say on his music and his life. He is strong minded and driven, also has a lot of respect for his father and how he was raised show's his stability in his normal being. I sincerely enjoyed this interview as he made it not just fun, but interesting, had a good laugh every now and then. He enjoys life, and it rubs of on those around him.

J

A

Swaziland for about 6 years and then we moved to Tzaneen where I attended school until GR 11 .

Who introduced you to DJ'ing ?

Uhhh... I have always had a passion for music, played piano when I was younger and sang in a choir for 7 years. Me and my father share the passion for music, therefore throughout my teen years I was exposed to a lot of music. But I was introduced to decks by a friends, as we all go through the clubbing scene sometime during our growing up years, the bug just bit me and I went and pursued this passion by teaching myself to handle the MUSIC.

What's your Style ?

Deep trance

Hard trance

Uplifting trance

And hardstyle fidget, but mostly I enjoy trance. It moves me.

L

L

Y



Did you study for this ?

I did a basic DJ course in Alberton , and I am currently pursuing self-study in music production.

What is your passion in life

and why ?

I would have to stick to music, its just what music does to the sole and the effect It has on individuals.

What / who is your motivation in life?

My father , he motivates and pushes me, keeps me on track.

What drives you in life ?

Other successful DJ's like Tiesto , in more general I would say EUROPEAN DJ's and their success

Are you following a dream ?

At last YES, for 8 years of my life I worked and made music part time, but for the last 3 months I have been DJ'ing full time for 3 months. I merely decided that it takes work to follow a dream and will not allow anything to stand in my way of doing what I love, I will not give up until I reach my goal of success.

Do you have a woman in your life ?

Nope, had one , but she got away

What do want in a woman / look for in a woman ?

I want honesty most of all, the rest will come on its own . I am intrigued with dark heads , but I need the person to share my passion, even if it is just a little bit.

What do you do in your off time ?

I spend time with friends , if not that I spend time with myself and my music.

What hobbies do you have?

I love the outdoors, I enjoy cycling, and action Cricket. I worked for Land rover for most of my life, and therefore I enjoy my cars as well, and you could probably guess what my favorite car is.

Any inspirational words to the readers ?

Do what you love to do, do not settle for second best. Focus on your dreams and your passions in life, and let that drive you, even if it means taking a dunk in your financial status.



What is your personal favorite quote ?

I don't really rely on one favorite one, but if you look at technically , all quotes lead to one baseline , “ everything happens for a reason”. Therefore I would have to go with that line.

What is the worst thing that ever happened to you during a set ?

Uhhh ... I was doing a gig, I had my earphones on , and the music was banging in my ears, I got carried away and the music took control, I was rocking the set, but when I looked up, the crowd was staring blankly at me, I figured that the my music wasn't good, or something was on my face or something, but the manager of the place saved my insanity in front of the people, by notifying me, the amps went dead and I was the only one hearing the music...

What was the best ?

The decision I made , to pursue my music full tim



Liza du Bruyn

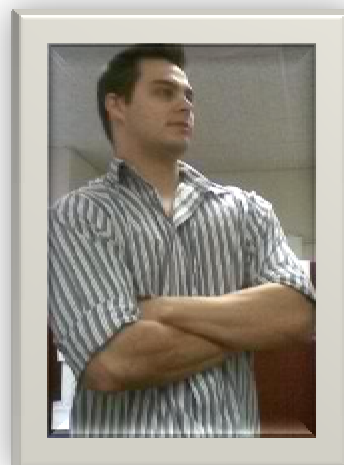
TOP 10 NOMINATED

SEXIEST MAN



Martin Vorster

Nr of votes : 68



Pieter Swart

Nr of votes : 54



Danie van den Berg

Nr of votes : 45



Clayton Alexander Wallace

Nr of votes : 39

SEXIEST WOMAN



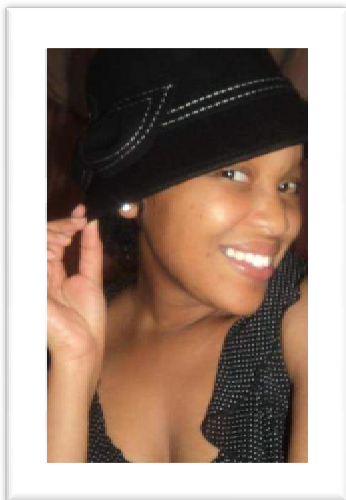
Jeanine Greyvenstein

Nr of votes : 89



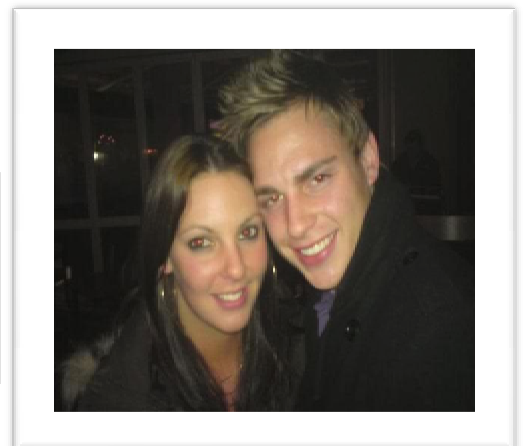
Andrea van Deventer

Nr of votes : 62



Nomsa Nkolisa

Nr of votes : 53



Megan Hattle

Nr of votes : 50

THE VIBE SOCIALITE

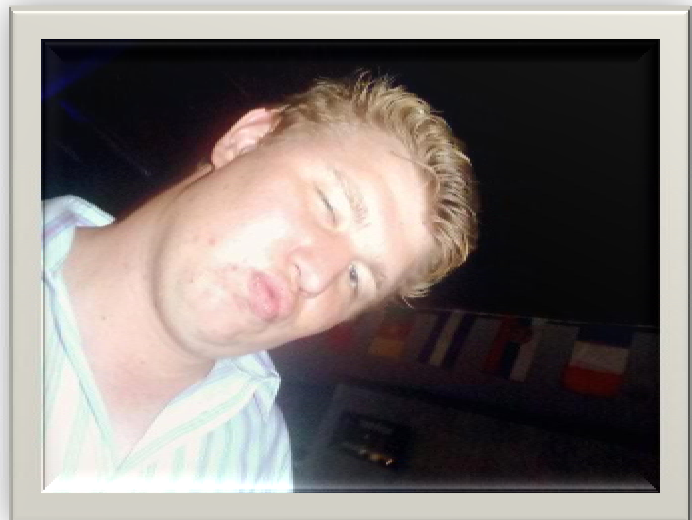


Alex-Maud van der Westhuizen

Nr of votes : 92

Paul Wesch

Nr of votes : 85



How to vote

You can vote for your favorite person, on our wall, or inbox our editor with the category and the name



Dear Vibe, thank you so much for the insights that you have given us so far, you have placed inspirational stories, and very good articles that I personally enjoyed. But I have a question. I heard the other day , on the Tellie that woman do not on get PMS but also PPMD , what exactly is this and how can it affect me as a woman, how would I even be aware of something like this?

-Amanda - Roodepoort

Dear Amanda , According to our knowledge and research this PPMD you are referring to is definitely a real thing, the average woman goes through your normal mood swings ect during their PMS , but PPMD is an acute PMS its more noticeable and you get uncontrolled irritation and aggravation , more than usual and most woman will be diagnosed with this , when the lash out during that time and hurt someone, this isn't very rare , and you cannot do anything about it, but to know if you are getting this, note your behavioral patterns in a journal and see how irritable and aggressive you became and how often, if you see this anger and irritability is uncontrolled then you surely have it, I would advise that during that time of your cycle you try to do things you enjoy or stay away from those who stir irritability and anger in you, you can be dangerous during that time.

Dear Vibe I am currently in a working position that I completely despise, can you maybe do a piece on work ethics and how to handle conflict at work ?

- Johanne- Potchefstroom

Dear Johanne We will certainly look into it. Although I can say quit your job and do what you want to do for a living, but unfortunately life does not work that way, you need to withdraw yourself from any conflict, and respectfully as those that bring you into their conflicts to rather handle it on their own. Try to be quiet when conflict occurs or walk away, if you are the one that is part of the conflict, stay calm and collected , think things through before you say something you might regret.

Dear Vibe, I saw the piece you did on date rape drugs, how would I know that I have been drugged and raped or something?

- Unknown- Sandton

Dear Unknown , most commonly you will feel more hung over the next day than you would usually feel if you had a few drinks too much, or you will plainly not remember a single thing about the previous night. I cannot tell you how you would know if you have been raped or something, but what I can say , is if you feel that strongly about it, take your underwear to the nearest lab and get them tested, also go and test yourself, the local gynecologist will be able to tell if you have had sex. And most important, get yourself tested for HIV and any drug in your system

ARRIVE

ALIVE

Dear Vibe, I keep falling asleep at work , no matter how early I go to bed , can you please tell me more about sleeping syndrome ?

– Miss Drowsy- Cape town

Dear Miss Drowsy, Sleeping syndrome isn't very common, and even if you had it, you will not be able to get out of bed, or hear your alarm in the mornings, you will sleep through absolutely anything, you will always be tired and feel like you had absolutely no sleep . Falling asleep at work isn't that uncommon, your brain also need to rest , or get away from constant concentration, otherwise you will start feeling sleepy and lose interest or even fall asleep . I would advise to stand up from your desk every now and then and catch some fresh air, take tea breaks as you have all the right to do so, you can even try some extra vitamin supplements , like biostrach, you can speak to your doctor about this. It can be various underlying problems, I would advise to go see your doctor as soon as possible.

Dear Vibe , me and my boyfriend have been together for more than 4 years and we recently got engaged, we will be married in a few months , but I don't think he is ready fro such a big step. Do I tell him, or leave things the way they are and hope to get married things might change in their way.

– Unknown – Pretoria

Dear Unknown. You have been together for 4 years, and I know that the excitement of a wedding will be something new for both of you, but if he is still no grown up by now, ask yourself if he ever will grow up, I don't know your age, but I know that your heart will tell you what to do, listen to your intuition , and tel him in a respectful way , that you don't feel that he is ready for such a big step yet, don't be disrespectfu or insulting, and definitely do not make a joke out o it, he will feel very hurt. Try being subtle and honest , and reassure him that even though you may feel tha he isn't ready , that there is still time, and maybe one day he will be. Ask him why he wants to get married, and talk honestly about it.

MRS Helping hand

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Liza du Bruyn
ehlproject@gmail.com / 072 513 5998*