

Malema's duties trimmed



EFF leader Julius Malema has been relieved of all parliamentary committee work to allow enough space for him to work with the party's structures across the country in the run-up to the 2019 general elections.

Malema was a member of the portfolio committees on justice, mineral resources and international relations, but the EFF has terminated his membership of those oversight committees. He also serves on the Judicial Services Commission, which appoints and disciplines judges. He raised eyebrows in April for the way he grilled Judge Jerome Mnguni of the KwaZulu-Natal High Court about the judge's friendship with businessman Don Mkhwanazi.

'Corruption more addictive than drugs'

It begins slowly, and then you start generating exploitation, poverty and suffering - Pope Francis warned saying corruption may become "more addictive than drugs."

"Some behave with corruption as with drugs: thinking they can use it and stop using it when they want," Francis said in his Angelus Address at St. Peter's Square, as quoted by Crux news site. "Little by little. Maybe one day a tip here, another day a bribe there, and so little by little he arrives to corruption," the pontiff also said, The Catholic News Agency reported. "Corruption produces addiction, and it generates poverty, exploitation, suffering. And how many victims there are in the world today!" he added.

NY bombing suspect ID'd

Authorities have identified a suspect in the Manhattan explosion case as a 28-year-old New Jersey resident of Afghan descent who may be armed and dangerous, New York City Mayor Bill de Blasio said.

The New York Police Department released a photo of Ahmad Khan Rahami, who was wanted for questioning in the Saturday night explosions in Manhattan's Chelsea neighbourhood, de Blasio said on CNN. "He could be armed and dangerous," de Blasio said, warning that residents should be vigilant and report sightings to authorities. In Elizabeth, New Jersey, on Monday, the FBI was executing a search warrant, Mayor Christian Bollwage told CNN earlier.

Early B raps his way to the top

By SONAM SAREEN

Earl Swartz, who is better known to his fans as Early B, has thrilled South African audiences and has become one of the most interesting rap performers to watch live in concert. Having been raised in Bloemendal, Port Elizabeth, his upbringing has allowed him to captivate the country's Afrikaans community with his jams.

Early B started out as a duo before pursuing a solo career. His music focuses on social awareness and his innovative lyrics continues to make a huge impact on the current music scene. His catchy lyrics are mostly community based and are inspired by his experiences, the things he sees, his relationships, or even the stuff he imagines.

Early B tells **Woza Weekend**: "Creating music was always my passion and when I noticed the response and the amount of supporters I generated I considered

pursuing a career as an entertainer. I also like the money aspect of it, but I soon learned that you have to work hard for it." His unique talent has led him to share the stage with big artists such as Jack Parow, Loconville, Jay, Theuns Jordaan and many more, across South Africa, as well as in Namibia.

Early B's song "Cerebelum" reached the top spot on the Goodhope FM hip hop charts. Talking about his inspiration for the track, he says: "I have always loved to challenge myself to better and to be honest. I did not like the songs beat at all, to me it was really irritating and monotonous. But I figured if I want to test my skill and better my talent I should try to make a cool song from a beat I do not like and to my surprise the song did pretty well. I managed to stay number one on Goodhope FM for two weeks in a row on their hip hop charts." He has become well known for his latest hit "Lekker Djy", a track from his latest mixtape, which is about his love for two minute noodles.

The 27-year-old Kanna Award Nominated rapper has become the sought after name at music festivals across the country and a household name to hip-hop fans. He has dominated the Klein Karoo Nasionale Kunstefees (KKNK) Rymklets stage and is in high demand among corporates for different entertainment run programmes.

He tells us why he enjoys performing at the event: "The reason why this is one of my favorite stages is because I have been a headline act for about three years in a row and every time I step on stage I get an electrifying welcome and a crowd that sings along with every song I sing new or old. It is a very humbling experience."

Early B has worked with prominent producers, namely Grammy Award winning producer, Darryl Torr. "Darryl Torr is a humble patient and very open minded person, as an artist you dream to work with someone with his calibre and character it really brings out the best in you. It was really an honour to work with a



Grammy Award winning producer." Early B's dynamic and predominantly Afrikaans rap style has eased his way to working with different artists like Emo Adams, Hemel Besem, Pierre Rossouw and Afrikaans Band Adam.

He is also an actor and has studied film and television production. Having starred in locally produced series "Hotel Songololo", he has also performed at the Grahamstown Arts Festival in stage productions and starred in locally produced films. "My love for acting started way back when I was in Grade 6, I participated in a school play called 'Joy Land'. I had a very small role in the play but I made sure I aced that performance as soon as it was my turn. The audience loved it and I was hooked ever since.

"Know yourself, be yourself because nobody can be a better you than yourself. Never forget where you come from or the people who were with you when you started out," says Early B as words of inspiration to his fans.

Internet addiction and mental health risks

Excessive use of internet may significantly increase the risk of mental health problems such as depression and anxiety, especially among college-going students, a study has found. The findings showed that individuals with internet addiction had more trouble dealing with their day-to-day activities, including life at home, at work or school and in social settings.

They had problems with planning



and time management, greater levels of attention impulsivity as well as attention deficit hyperactivity disorder (ADHD). Internet addiction may also be strongly linked to compulsive behaviour and several other addictions in students, the study said. "This leads us to a couple of questions

like are we grossly underestimating the prevalence of internet addiction and are these other mental health issues a cause or consequence of this excessive reliance on the internet?" said lead researcher Michael Van Ameringen from the McMaster University in Canada. The study may

also have practical medical implications.

The Internet Addiction Test (IAT) developed in 1998 prior to the widespread use of smartphone technology, is the only standard test used to measure excessive reliance on the internet. However, over the last 18 years internet use has changed radically with a substantial number of people working online, using social media among others, round the clock.

For the study, the team surveyed 254 students and correlated internet use with general mental health and wellbeing. Only 33 students met screening criteria for internet addiction, according to the IAT.

The research team administered a further series of self-reported tests to see how the internet addicts compared to the others in the survey on areas such as symptoms of depression and anxiety, impulsiveness, inattention and executive functioning, as well as tests for ADHD. - IANS.