

THE HISPIAN

31st July 2015

What the Heck ??

As I write this, I have the flu which I've always considered to be a working-class invention designed specifically as an excuse for not going to the salt mine that day. "I'm not coming to work today because I have a cold" sounds a bit wimpy. Saying, "I can't come to work because I have flu" sounds much more manly and butch. But real flu is nasty and claiming you have it when all you have is a cold makes you look a bit silly. However mine is the worst recorded cold in the whole of human history and I am defying medical science merely by being here, at my PC. Technically, I am dead and you



would be allowed to legally remove my organs and donate them.

And as I sit here, shivering and snotty with a headache and a sore throat, I can't help wondering why there is still no cure. For hundreds of years people thought the cold was caused by being cold. "You'll catch your death out there," people in eighteenth-century blizzards would say. It was only in the 1920s that we understood the cold to be a viral infection, a nasty little bugger that invades your body, multiplies and then causes you to sneeze so that millions of its siblings can shoot up the noses and through the eyes of everyone within five meters. Since then, we've been to the moon, invented the mobile phone, devised the speed camera and created instant noodles. But still no one knows how to keep the cold virus at bay. Aids came along and within 10 minutes Elton John had set up his charity and was rattling the

ivories from Albania to Zimbabwe so that now, while there's unfortunately still no cure, there is a plethora of ARV drugs to keep the symptoms and effects at arm's length. But the cold? Nothing! The American Centre for Disease Control is an immensely well-funded organisation. At CDC they work on Ebola and proper flu and all the seriously bad viruses that could wipe out the planet if they ever got on an aeroplane. And their only advice for those who don't want to catch a cold? "Wash your hands" - we really do seem to have given up hope when it comes to the common cold.



Talking about the sniffs, there was a bit of a funny smell hanging round the backyard the other day, and being a bit of a specialist on funny smells, I immediately recognised it as a blocked drain. So, a quick call to the plumbers and an hour or so of no deep breathing and the plumber rocked up. While he was clearing the blockage, we were chatting and when he found out I was a mobile type guy, he told me a rather funny story. He told me he was cleaning out a clogged toilet pipe and in doing so swore he heard music coming from the pipe. He finally found the obstruction which happened to be a cell phone that was "still getting a signal" and ringing away like mad. He was amazed it was still working after being exposed to all the water and....well you know what else. Our new mobiles are pretty hardy devices, and some of the YouTube videos I've seen showing smartphones being beaten with hammers, dropped from serious heights, and being immersed for hours in water, confirm that fact. The old story of "Sorry I couldn't call you back, I dropped my phone in the toilet" just doesn't hold water anymore. So don't try it!

Health Quote of the week: "Red meat is not bad for you. Blue-green meat, now that's bad for you."
Have a great week Team... see you again soon!!

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Let your fingers do the shooting.

The old fashioned telephone directory has been made completely redundant by online directory services and our contacts list in the mobile, but it turns out they still have a use... as weapons!



70-year-old Angelina Youngman walked into three men in her passageway, they had a gun. The action that followed probably left her intruders more shocked than she was.

“The man with the gun slowly walked towards me and put a gun to my face,” Youngman told us of the attack at her home in a security estate on Thursday. “The nearest thing to me was the telephone directory so I grabbed it and hit the gun hand away from me. His hand moved but he didn’t drop the gun. It was like a movie.”

He hit her with the gun behind her left ear and she hit and punched him back.

I started fighting with him because why should he be in my house? It’s not right.” She said his accomplices just stood and watched her from the sidelines. “They were surprised because usually an old woman would say ‘Oh dear, oh dear’ and then they take a gun and rob you.”

Her domestic worker came down the passage at and the man with the gun looked up and Youngman used the distraction to flee the house.

Once in the backyard, she hooked her leg over a wall a few feet high and managed to get over.

Neighbours came to her assistance as she ran and shouted “guns, guns, guns!” Her domestic worker had managed to lock herself in a room.

Once she had fled, the men grabbed her big television in the lounge. Although the men managed to get away, Youngman said her television was recovered in nearby bushes.

Sherlock Mobile - Detective

Five robbers, including one woman, did not count on “*find my iPad*” helping police track them down. A man who was robbed at his Sandton home activated the service after he reported the robbery on Friday night. He had been robbed of an iPad, an Audi Q5, jewellery and laptops. Tembisa police followed up on the information he provided and this led them to a street in Klipfontein.



Police entered the house and found the laptops. They also found three unlicensed firearms, ammunition, jewellery and some other stolen electronic devices. They also found the keys to the stolen Audi in one of the suspects’ pockets. Five people were arrested and face charges of armed robbery, possession of suspected hijacked and stolen motor vehicles, possession of suspected stolen property and possession of unlicensed firearms and ammunition.

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Overeating – Or a food addict?

Are you a “chocoholic”? We often use language associated with addiction to describe our relationships with food. But is it really possible to be addicted to certain types of food? The idea of “food addiction” remains controversial and is not yet recognised as a disorder that can be diagnosed in clinical settings. But a growing body of scientific research suggests food addiction may well exist. Certain foods and eating patterns can prompt behaviours and brain responses similar to those seen in more traditional forms of addiction such as drugs and alcohol. These addictive-like eating behaviours could be contributing to overeating and subsequent obesity in vulnerable individuals. So it could be an important piece of the obesity puzzle.



Food addiction is commonly characterised using the *2009 Yale Food Addiction Scale*. This applies the criteria for substance addiction, such as tolerance and withdrawal, to eating behaviours. This interpretation of food addiction shares many similarities with the criteria we use to diagnose binge eating disorder such as *loss of control* and *intense craving* for specific foods. So how can food addiction be set apart from other types of overeating?

Studies have shown that while there is some overlap between individuals who display

addictive-like eating behaviours and those who meet the diagnostic criteria for binge eating disorder, these can also occur independently.

Human studies aimed at identifying foods associated with addictive-like eating are rapidly emerging. The types of foods we typically self-identify as potentially addictive are processed “junk” foods high in fat, sugar and salt.

In animal studies, rats that are fed a healthy diet do not show the same addictive-like changes in the brain as rats fed highly palatable foods. This suggests that certain properties or ingredients may make specific foods more capable of triggering an addictive-like response.

The effects of highly processed foods mirror those of other addictive substances. More refined and rapidly absorbed substances increase the rewarding and addictive potential of the substance. This is also not surprising from an evolutionary point of view, as the potency of these rewarding ingredients is far greater in processed foods than in naturally occurring foods.

Unfortunately, with the increasing abundance of convenience foods in today’s food environment, heavily manufactured foods are easily accessible and heavily marketed. This could be especially problematic for those vulnerable to addictive-like eating, such as children.

In coming years, rigorous research is needed to better understand what food addiction means, and how it can be identified and potentially treated. Such a strategy could inform the development of better weight-loss treatments that target addictive-like foods or behaviours in certain individuals.

This type of research may also inform better public health policy and environmental changes to help people make more informed decisions about their food.

The world would be a much healthier place if all the healthy foods smelled and tasted like bacon.

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What a great gadget!

I've just spent the past week playing with one of the coolest gadgets ever. It's called the Qdos Q-Bopz Bluetooth Speaker and it's great. It has surprisingly good sound, very easy Bluetooth linking to all my devices and great range. Fun and portable, this is big sound delivered in a cool package. This golf ball sized gadget is technically a compact, high-performance wireless speaker with a long-life rechargeable battery and water-resistant coating. It's very cool, great fun, very portable and compatible with most Bluetooth-enabled devices, The suction-cup base can be attached to the device so that it stands up freely, or



suckered to any surface up to 10 metres away from the source. So if you're looking for something to play your smartphone music on to share with the office or friends, this is the device for you. It even has a microphone so it can be used as a small but very audible hands free system for your car. And the music pauses when you go into car-phone mode. It uses any micro USB charging cable, and I got an entire weekends use out of a single charge on mine. The Long battery life and water-resistant coating make Q-BOPZ a must-have! It gets the HISPIAN "two thumbs up" award of the week and it's **available from Takealot at R 309.00**

Mobile-using Drivers Blitzed.

The City of Cape Town is warning motorists not to drive while using cellphones as it ramps up its confiscation programme.

On Tuesday, the city announced that it was nearing the 10 000 level of cellphones confiscated from drivers since 2012.

Cellphones are confiscated in terms of the National Road Traffic Act and city by-law that prohibits people from using their cellphones while driving.

"The numbers are an indication that many motorists still refuse to acknowledge the dangers of using cellular phones while driving. It is astonishing that people will very easily persecute drunk drivers for reckless behaviour, but cannot see the recklessness in fiddling with a cellphone while navigating through traffic.



Indications are that not all cellphone owners care to retrieve their devices at the R1140 impound fee set when the programme was launched.

The City said that it has 2600 devices at the Ndabeni pound and "several thousand" more at other Traffic Services offices.

It won't be long before other municipalities cotton on to this great revenue stream, so rule #1 Hispians is "Don't text and drive". Not only is it dangerous, but you could lose your mobile.

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Ed's Feature – Why time flies as we get older.

Other than Velcro, time is the most mysterious substance in the universe. You can't see it or touch it, yet a plumber can charge you upwards of R 200 per hour for it, without necessarily fixing anything. As a legal pensioner myself, I find that filling in my timesheets is the scariest thing I do. So much time seems to happen so quickly. And of course, at my age, the length of a minute is judged by which side of the bathroom door you are on.

The passage of time is a puzzling thing. While few will dispute that a minute comprises 60 seconds, the perception of time can vary dramatically from person to person and from one situation to the next. Time can race, or it can drag interminably. On rare occasions, it feels as if it's standing still.



The difference between “real” time, measured by clocks and calendars, and our own individual sense of time can sometimes seem enormous. This is because, in many ways, we are the architects of our sense of time. Humans have created reliable instruments to measure time by using predictable repeating events that occur naturally, such as day turning to night or winter becoming spring. We think

of these events in terms of days, weeks and years, and we use clocks and calendars to mark their passage. But we also appear to possess an internal timepiece, which regulates our circadian (day/night) rhythms and allows us to register the duration of particular events. We use this “pacemaker” to compare the length of each new event with representations stored in memory. Effectively, we build up a knowledge bank of what a minute, an hour or a day feels like.

What typically begins as our brain's ability to register short durations – from minutes to seconds – is transformed into an understanding of the flow of time across the lifespan. But, unfortunately, our internal pacemaker doesn't always keep time as accurately as our external gadgets.

Individual perceptions of time are strongly influenced by our level of focus, physical state and mood. Just as “a watched pot never boils”, when we are concentrating on an event, time occasionally appears to pass more slowly than usual. This is also the case when we're bored; time can seem to drag endlessly.

In other circumstances, time can appear to speed up. When our attention is divided, for instance, and we're busy with several things at once, time seems to pass by much more swiftly. This may be because we pay less attention to the flow of time when we are multi-tasking.

The emotional quality of an event also influences our perception of time. Negative emotional states, such as feeling sad or depressed, have the effect of making time feel as if it's passing more slowly. Fear has a particularly powerful effect on time, slowing down our internal clock so that the fearful event is perceived as lasting longer. In contrast, fun and happy times seem to be over in the blink of an eye.

Just as time may slow or quicken depending on our current emotional state, our perception of time may also become distorted as we age. People over the age of 60 often report time becoming more variable. Christmas seems to come around sooner each year, and yet the days feel long and drawn out.

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Key factors in time perception.

Anomalies in time perception as we age may relate to a number of necessary cognitive processes, including how much attention we can devote to a particular task and how effectively we can divide our attention between several ongoing tasks at once. Our efficiency in these domains gradually dampens as we age and may influence the subjective perception of time.



Perhaps more importantly, our frame of reference for the duration of events also changes as we age. Memories we have stored throughout our lives allow us to create a personal timeline. There's a suggestion that our perception of time may be in proportion to the length of our lifespan. Known as the "proportional theory", this idea posits that as we age, our sense of "present" time begins to feel relatively short in comparison to our entire lifespan.

Proportional theory makes intuitive sense if we consider how a year in the lifespan of someone who is 65 years old may feel much quicker, for instance, in comparison to a year in the life of a ten-year-old. But it cannot fully explain our experience of present time as we can move from hour to hour and day to day independently of the past.

Memory may hold the key to time perception, as the clarity of our memories is believed to mould our experience of time. We mentally reflect on our past and use historic events to achieve a sense of our self existing across time. As the most vividly remembered experiences tend to occur in our formative years, that is, between the ages of 15 and 25, this decade is associated with an increase in self-defining memories, known as the "reminiscence bump". This memory cluster may help explain why time speeds up with age, as older people move further away from this critical period in their lives.

Accuracy of time perception is also disrupted in various clinical conditions. Developmental disorders, such as autism and attention-deficit hyperactivity



disorder, for instance, are often associated with difficulties in accurately estimating time intervals. At the other end of the life spectrum, conditions such as Alzheimer's or Parkinson's disease are also associated with inaccuracy in timing short intervals, as well as with difficulty in travelling back in subjective time to remember the past. Can we slow down the ever-quickening pace of life? Perhaps. Improving cognitive abilities, especially attention and memory, can help us fine-tune our internal pacemakers. And meditation and mindfulness may help anchor our awareness in the here and now. Indeed, they may gradually help us to bring the fast river of time to a slow meander.

Albert Einstein once said that the only reason for time is so that everything doesn't happen all at once. Very profound comment, but I've always found that the best thing about the future is that it only comes one day at a time.

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Care when you buy a phone.

Samsung Galaxy S5 owners who purchased their smartphones from Kalahari – before it merged with Takealot – may find their device going dead without warning. According to the Sunday Times, Galaxy S5 owners who bought the phone from the online retailer in the past year may have their device blacklisted. One owner whose phone “died” investigated the matter, and discovered the device had been



blacklisted by Telkom. who advised him that ownership of the device still vested with them. He had bought the phone from Kalahari in 2014 for R7,699.

According to the report, an unnamed businessman had signed contracts with Telkom for around 500 Samsung and 500 iPhone smartphones, allegedly for his own staff to use. The businessman paid for the contracts regularly, but early in 2015, he ceased payment.

Telkom blacklisted the handsets due to the non-payment, but the businessman had already sold a batch of the Samsung smartphones. Some of these units ended up with Kalahari, and were sold to customers. The owner complained to Takealot about the incident, and his S5 was duly collected and his bank account credited with the purchase price of the device soon after.

The question remains: how many other unsuspecting consumers have been affected, and what is being done to assist them?

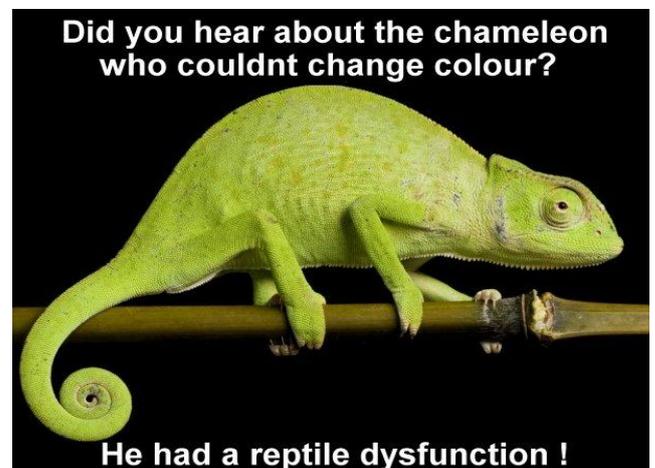
Takealot were unable to confirm how many devices were affected, but said they will offer replacement models or a refund to all customers who contact the company for assistance.

Android Soars – Apple Down !



Vodacom's latest statistics show that the number of Android users on its network increased significantly over the last three months, while Apple and BlackBerry lost users. Vodacom's stats for June 2015 show that it had 6.1 million Android users on its network. BlackBerry was second with 2.2 million, however the BB platform continues to lose subscribers at a rapid rate. The biggest surprise was Apple's iPhones and iPads which declined from 978,000 users to 960,000 over three months. Windows continued its steady growth in South Africa, with 547,000 users in the country.

Ed's LOL of the week.



Hey Team- Sorry if it's a bit limp, I found it on an old floppy disk. – Ed.

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The ketchup sachet drug - saving babies from HIV.

Inside a foil sachet, which looks more at home in a fast-food restaurant, an exact dose of antiretroviral medicine is helping to protect newborn babies against the threat of infection from their HIV-positive mothers. Rosa's family considered her dead after they found out she lives with HIV. Rosa, however, is happy, because her one-year-old baby is about to be declared free of HIV.

"I don't care if my career as a teacher was ruined by this illness. Today I am happy to see my children healthy and studying."



Rosa is one of many HIV-positive women who gave birth at South America's biggest maternity hospital, the Enrique Sotomayor Hospital in Guayaquil. Their babies must be given antiretroviral (ARV) medication within 24 hours of birth, otherwise the risk of the infection being passed from mother to child during pregnancy, labour, delivery or during breast-feeding is around 45%.

According to the UN, (MTCT) mother-to-child transmission in the developing world creates 260,000 new infections in children every year. Thanks to a programme involving the hospital, the Ecuadorian government, the VIHDA foundation in Guayaquil and Duke University in North Carolina, at least 1,000 babies have been born without the infection from HIV-positive mothers. The programme is enabling newborn babies to take their medicines efficiently via a pouch that looks just like the small ketchup sachets you get at fast food restaurants. Only in this case, they are filled with antiretroviral drugs, which protect against HIV.

Rosa has been able to try different methods of giving the antiretroviral medicine to babies, who have to take them during their first four weeks of life. "We used to get a small bottle with a dropper, but that spilled and it was difficult to measure the dose". The same thing happened with syringes and spoons, she says. "But now with the pouch it is easy to put all the liquid in the baby's mouth without spilling or spoiling it." As well as giving the exact dose, the pouch avoids contact with the air, enabling the medicine inside to be preserved for up to a year without degrading.

The pouch is now also being used in African countries such as Tanzania, Zambia and, soon, Uganda to prevent children being infected by their HIV-positive mothers. In these countries, many women give birth at home so the pouches have to be handed out at ante-natal appointments and stored at home until the baby is born, rather than provided in hospital at the time of delivery.



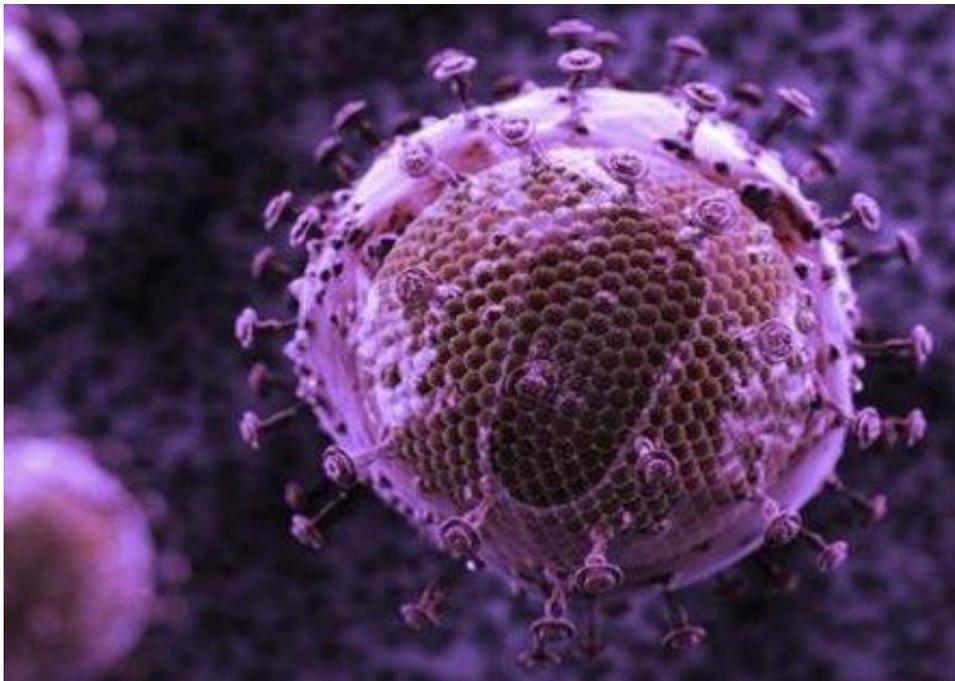
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Teenager in remission from HIV despite stopping drugs.

An 18-year-old French woman is in remission from HIV despite not having taken any drugs against the virus for 12 years. Doctors have presented the details of her case at an International Aids Society (IAS) conference in Vancouver and it is the world's first report of long-term remission from HIV in a child.

Experts say big studies are needed to determine why some patients can continue to control the virus after stopping treatment. The woman was born in 1996, and was passed HIV by her mother either towards the end of the pregnancy or during childbirth. Aged three months, she was given four anti-retroviral drugs. But her family decided to stop the treatment when she was almost six years old.



Twelve years later, the virus levels in her bloodstream are too low to be measured although doctors have cautioned that this could change. Dr Asier Saez-Cirion, from the Pasteur Institute, in Paris, said: "It's likely that this girl has been in virological remission for so long because she received a combination of antiretrovirals very soon after infection." "With this first, highly documented case of this young woman,

we provide the proof of concept that long-term remission is possible in children, as in adults.

"However, these cases are still very rare. Dr Saez-Cirion has also led research into a group of 14 adult patients known as the Visconti cohort. They also had no signs of the virus re-emerging, despite stopping medicine. One of the patients has had the virus under control for more than 13 years.

Prof Sharon Lewin, from the University of Melbourne, in Australia, said: "The French teenager case provides strong evidence yet again of the powerful benefits of starting anti-HIV treatment as early as possible. "This is an inspiring story for those of us working in this field, and for everyone living with HIV." Prof Lewin added: "Important though this case is, I strongly believe that to advance our efforts towards finding a cure for HIV, we need large prospective studies that can nail down who might be able to safely stop anti-viral therapy and keep the virus under control.

The French virologist Françoise Barre-Sinoussi, who won the Nobel Prize for identifying HIV, also backed the idea of large studies. "We need to try to find other such cases and find out their markers, to see whether we can predict remission.

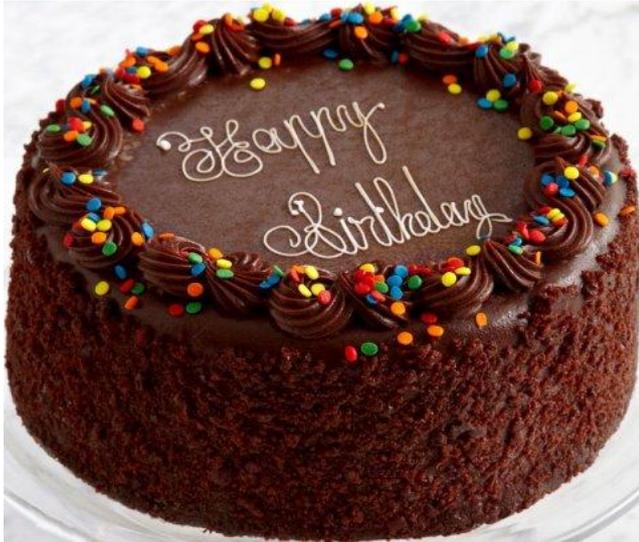
"But we learn as much from the negative as well as the positive data. It shows that the science around HIV is maturing."

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August Birthday Hispians!

Hey Team.. August starts tomorrow and, as usual, make a note in your shiny new Google Calendars and wish these team members on their birthdays in August.



Pooben - 8th August

Mabatho - 10th August

Jenni - 11th August

Tanya - 11th August

Flora - 28th August



Buy data – get a house free

MTN is giving customers the chance to win a R2-million “dream house” when they purchase a data bundle or MTN device. The “**Dealicious promotion**” started on 1 July, and will run until 30 September 2015, said MTN.

“It is open to all new or existing MTN PayAsYouGo, Upgrade customers, MTN Classic, MyMTNChoice, or MTN Top Up subscribers.”

“There will also be 12 weekly winners who will each receive R25,000 in cash each week for



the duration of the promotion.” Customers will receive one entry per Rand spent when they purchase and load a data bundle or when they purchase any device at participating MTN stores. To participate in the competition, customers have to buy any device or any MTN data bundle in-store or by dialling *141*2*999#. The main prize includes the bond transfer costs, but the winner will be responsible for rates and taxes, maintenance, water and electricity costs.

4DX Movies coming to S A.

Nu Metro recently signed a memorandum of understanding with CJ 4DPlex to bring 4DX cinemas to South Africa.

The 4DX cinemas will be the first of their kind in Africa, and are set to be installed in selected Nu Metro theatres in Cape Town and Durban before the end of 2015. – (YAY !! – Ed.)



4DX cinemas, launched by the South Korean company in 2009, use motion, vibration, water, wind, lightning, and scent to provide moviegoers with a “truly immersive” experience, and are already running in 182 theatres in 34 countries.

The first South African locations to feature 4DX will be at the V&A Waterfront in Cape Town and The Pavilion in Durban, with three more sites in the planning phase.



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Liver cancer - something fishy



The Isaan plateau of north-eastern Thailand is poor, dry, and far from the sea. Home to around one third of the country's population, most of them ethnic Lao in origin, it is renowned for its spicy and inventive cuisine, using whatever ingredients are available.

Where there are rivers or lakes, they use the smaller fish they catch in a pungent dish called koi pla. The fish are chopped up finely, and mixed by hand with local herbs, lime juice and live red ants, and served up raw.

It is very popular, but also dangerous.

For decades, certain populations in the north-east have been known to have abnormally high levels of liver cancer. In men it comprises more than half of all cancer cases, compared to an average of less than 10% worldwide. The high prevalence has long been linked to infection by liver flukes, a kind of parasite, found in raw fish. But it is only in the last decade that a serious effort has been made to get people to change their eating habits, by cooking koi pla to kill the flukes before they eat it. Dr. Banchob Sripa at the Tropical Disease Research Laboratory in Khon Kaen University is the man largely responsible for this effort.

"We have been studying this link in our labs for over 30 years", he said.

"We found that the liver fluke can make a chemical that stimulates a host immune response, inflammation and after many years, this becomes chronic inflammation, which then becomes cancer." His team found that in some communities up to 80% of people were infected by the fluke, some as young as four years-old, but that the cancer rarely developed before people reached 50. Once it does, though, there is little hope for patients.

At the university hospital they receive around 2,000 patients a year with a specific form of liver cancer called cholangiocarcinoma. The only effective remedy is prevention. So Dr. Banchob and his team are running a community-based health education programme in the villages along the great wetland, known as Lawa Lake, south of Khon Kaen, where liver fluke infection rates are highest.

Relief at the pumps.

You may be able to cast your mind back to last week when we wrote about South Africans experiencing pain at the pumps. Well, it seems like even the energy commission reads *The HISPIAN*, because the petrol price is expected to drop in August, according to data from the Central Energy Fund and the Automobile Association.



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In the middle of June, CEF data pointed to a likely August decrease of about 30 cents per litre of petrol and 60 cents per litre of diesel.

The latest data for the final week of July indicates that the petrol price would be even lower between **47 to 49 cents a litre**, with diesel down by **approximately 70 cents**.

Illuminating paraffin is also set for a likely drop of around 68 cents a litre.

According to the AA, the oil price has shown a gradual downward trend, and has continued to decline since the mid-July review of the fuel price picture.

“Despite some Rand weakness against the US dollar in the last few days, the South African currency unit has traded in a fairly tight band around R12.40 to the dollar since mid-month,” it said. “The recent downward trend in international petroleum prices would require a substantial reversal to heavily impact South African fuel prices.”

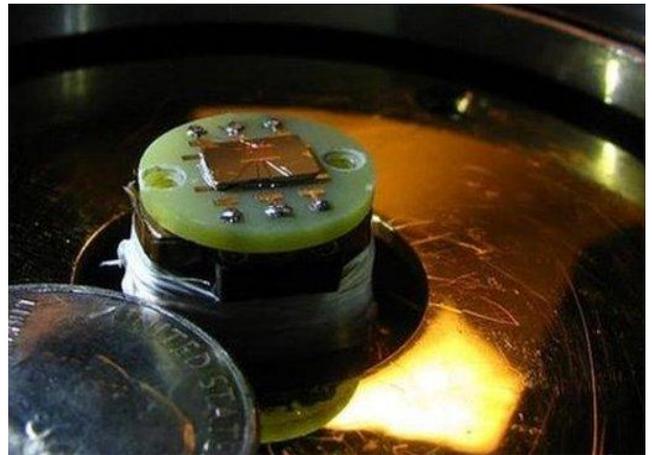
“The short-to-medium-term outlook for the fuel price is therefore likely to depend largely on the exchange rate.” The final petrol price will be announced today, to take effect on 5 August. So if you can hold out for a few days, wait until next Wednesday to gas up. You will save yourself more than R30 on your next thankful. – The HISPIAN – Saving you money as well.

Make Computing light work.

But by light work.. we don't mean easy, every Hispian will tell you what a grind it is all day at the computer. But that's about to become easier. Engineers and physicists have discovered a property of silicon which could aid the development of faster computers. Currently, copper wires transfer information in a computer; the process is slowed down as the wires heat up. "Photonic" and "spintronic" computing is the principle of transferring information by light or electron spin. This new property means that

silicon-based light detectors identify spin, so more information can be transferred.

Spin is a property of sub-atomic particles, which influences the ordering of electrons and nuclei in atoms and molecules. The discovered property is usually observed in materials containing heavy elements, which are difficult to integrate into existing computing systems that are composed mainly of silicon. Silicon is a highly symmetrical crystal, but by changing the geometry of it, the team was able to impart "chiral" properties to it. Something is chiral if the mirror image of the object cannot be superimposed on the original.



This chirality means that silicon-based detectors are able to detect the spin of electrons and light, and as a result allow more information to be transmitted. "The whole computer running with light is a distant dream, but some copper interconnectors can be replaced with light and photo-detector devices," said Professor Ritesh Agarwal, who led this study at the University of Pennsylvania. "This is only around five years away. The technology already exists, but this can bring added functionality." This is a step towards engineering new, useful properties by changing the geometry of a material.



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HISP Heroes.

Most Hispians may be unaware that one of the activities that has been keeping a lot of us busy is the merging of Cell-Life technologies into the HISP infrastructure. The most hair raising one of these technologies has been the Cell-Life Communicate system. This is an SMS Campaign Management System which allows the users (quite a few of them) to set up SMS campaigns such as Adherence messages, Health promotion messages and so on.

This creaking old system then turns pure text into SMS message format, and sends it on for transmission via the normal MNO channels to the recipients.



When the system was moved from the Cell-Life server environment to the HISP one, to put it bluntly, it crashed big-time. This resulted in a stream of emails and calls from irate Cell-Life users whose messages were not being sent.

Well, our knights in shining armour, Jason and Brendon came rushing to the rescue and as Jason says, "HISP doesn't have medals or commendations, but if we did I'd recommend

Brendon for one.

With very little to go on, other than a crash-course from me (which was bare-bones, I assure you; my crash-course from Dagmar on Monday last week was

less than 80 mins long and I am eyeballs-deep in 1.4 code and other situations) he has recreated the Cell-Life Communicate system from scratch on a distributed/dedicated server model (as is standard for HISP, but was not for Cell-Life;)



and successfully strapped a working system together using spit, bailing wire and deductive ingenuity - that represents the epitome of the high standard of work I'd expect from a damn fine engineer." Damn fine engineers indeed!! As Annie says.. "Guys, you rock!!"

LibrePlan is coming soon!!

Jason and Brendon have also been slaving away trying to find space on our already overcrowded servers for the installation of our new Project Management System. This system, named LibrePlan, was selected by the SMT after intensive research into more than 120 possible systems. A shortlist of 5 was selected and after much discussion and comparison with HISP needs, LibrePlan was the winner



LibrePlan is a collaborative tool to plan, monitor and control projects and has a rich web interface which provides a desktop-like user experience. All the team members can take part in the planning and this makes it possible to have a real-time planning scenario. In HISP we need to manage more than one project at a time, with resources shared across several projects. LibrePlan was designed for these types of scenarios where multiple projects and resources interact to carry out the work.

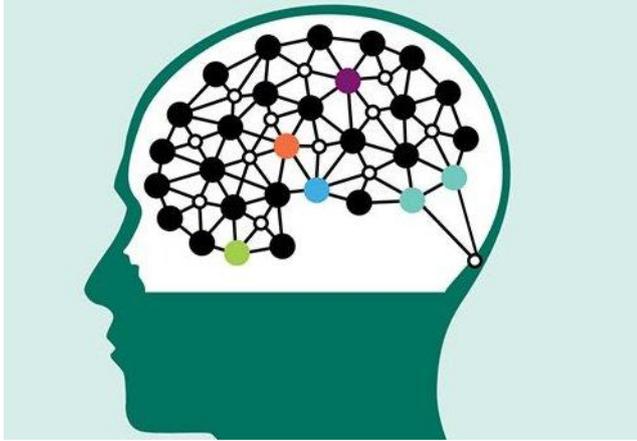
It is also common in HISP that some of the data needed by planning and project tools are stored in other areas of the IT infrastructure. In this case, via a set of web services to import and export data, LibrePlan allows for the re-use this shared data so we save both time and money by avoiding inserting data manually in two different places and systems. The first test users have already been set up, so watch The HISPIAN for more details on LibrePlan.



THE HISPIAN

31st July 2015

Why you forget Things.



The ‘Google Effect’, which is the impact on our memory due to our ability of finding information online, has extended to include important personal information.

A study by Kaspersky Lab has found that the majority of connected consumers across Europe couldn’t recall critical phone numbers from memory, including those of their children (53%), children’s schools (90%), and place of work (51%). What’s even worse, around a third could not even remember their partner’s number, Kaspersky Lab surveyed 6,000 consumers aged 16 and older in six European countries.

The findings suggest that our inability to retain important information is due to the fact that we are handing over responsibility for remembering it to digital devices such as smartphones. Just under half (43%) of the youngest consumers surveyed (16 to 24 year-olds) say that their smartphone holds almost everything they need to know or recall.

Kaspersky Lab has termed this phenomenon Digital Amnesia: forgetting information that you trust a digital device to store. The study also found that the loss of data stored on digital devices, smartphones in particular, would leave many users devastated.

More than 40% of users reported that they would be “panic stricken”, since they have memories

stored on their devices that they believe they might never get back.

The data price war is on.

MWEB recently reduced the pricing of five of its capped ADSL products as part of its plan to make the Internet “more accessible to all”. MWEB’s capped ADSL products now include free night-time data, which can be used between midnight and 6am. The price cuts came shortly after Vox Telecom launched a new half-price promotion on its 100GB ADSL reducing the price from R328 per month to R164 per month.

This raises the question: How do MWEB’s new capped ADSL prices stack up against other service providers’ offerings? This table on capped bundles answers that question.

ISP	Bundle	Price
Vox Telecom	50GB	R170
OpenWeb	50GB	R185
MWEB	50GB	R199
Telkom (soft cap)	50GB	R269
Vox Telecom	100GB	R164
Axxess	100GB	R189
Afrihost	100GB	R199
OpenWeb	100GB	R329
MWEB	100GB	R399
Cybersmart	100GB	R399
Telkom (soft cap)	100GB	R525

*Telkom prices include monthly line rentals



THE HISPIAN

31st July 2015

Windows 10 at last.

Windows 10 finally launched on Wednesday, with a free upgrade available. Microsoft has offered a free update to existing Windows 7 and 8.1 users, provided they upgrade within the next year. The company also plans to keep pricing for Windows 10 the same as Windows 8.1.

Minimum System Specs

To run Windows 10, you will need the following minimum hardware specs:

- **Processor:** 1GHz or faster
- **RAM:** 1GB for 32-bit or 2GB for 64-bit
- **Hard disk space:** 16GB for 32-bit OS, 20GB for 64-bit OS
- **Graphics card:** DirectX 9 or later with WDDM 1.0 driver
- **Display:** 800 x 600



The Start Menu returns

After many complaints about the removal of the Start Menu, it returns in Windows 10 with some changes. In addition to similar functionality as in Windows 7, Windows 10's Start Menu now features Live Tiles which are a grid of application shortcuts showing a preview of the latest information from the app, such as the subject from a new e-mail.

Action Centre and System Tray

Windows 10 removes the Charms bar from Windows 8 and popup notifications which now stay in the Action Centre so you can interact with them, and the design of system tray actions such as volume control and battery monitoring has been refined.

Application windows and Modern UI

The introduction of "Modern UI Style" applications in Windows 8 created a jarring disconnect between applications that implemented the new design language. Windows 10 addresses this by allowing Modern UI apps to exist in normal windows on the desktop.

Virtual desktops

Windows finally has virtual desktops. Like OSX and Linux, you can create additional "screens" on which to place windows. You can then switch between desktops to interact with specific groups of windows.

Biometrics and no Bloatware

Windows 10 includes biometric I.D. but there are a number of "bloatware" features missing, including Windows Media Centre, DVD playback software, and Win 7's desktop gadgets.

