

TIME STORY

SEP 2026



FITNESS
BREAK A SWEAT

MENTAL HEALTH
Memory Work

I WAS BORED FOR THIS

Asabonga Mdlungu

**Best 2020s
Movies**
Cinematic





SEPTEMBER **2026**

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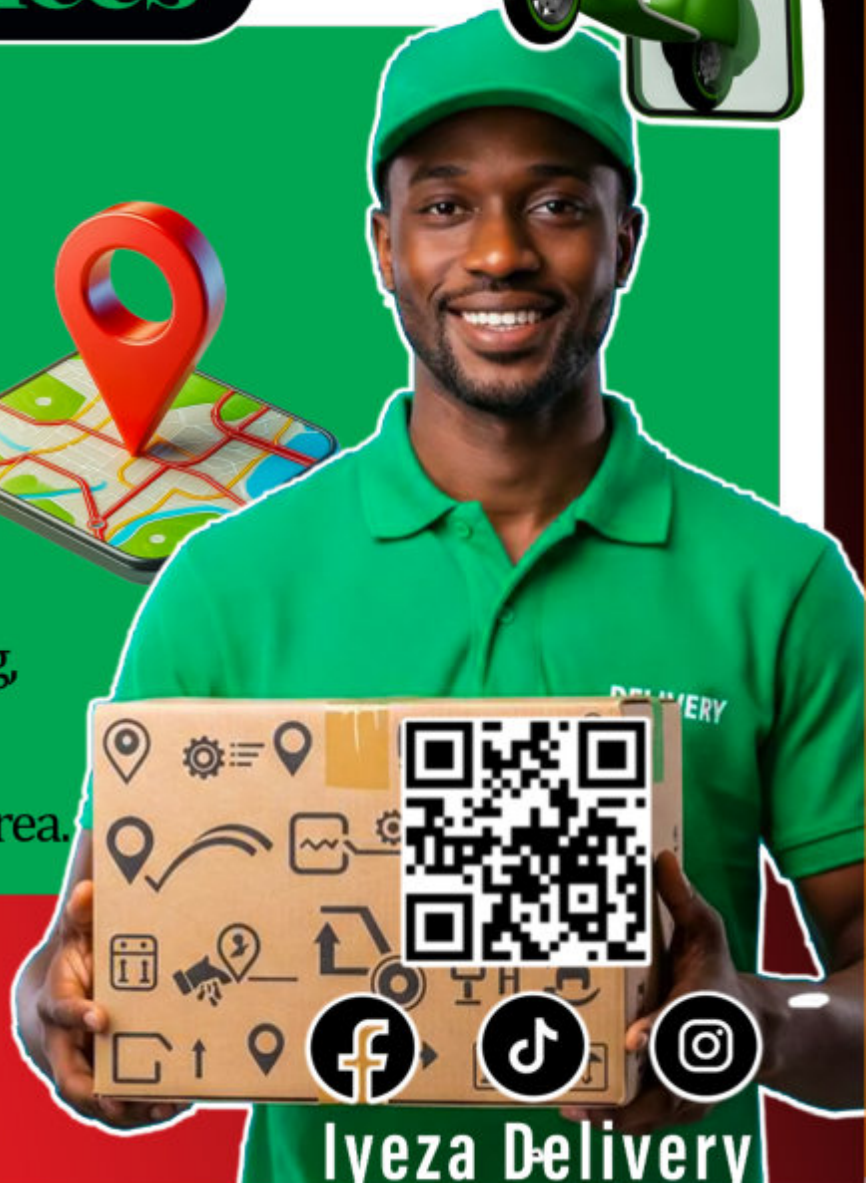
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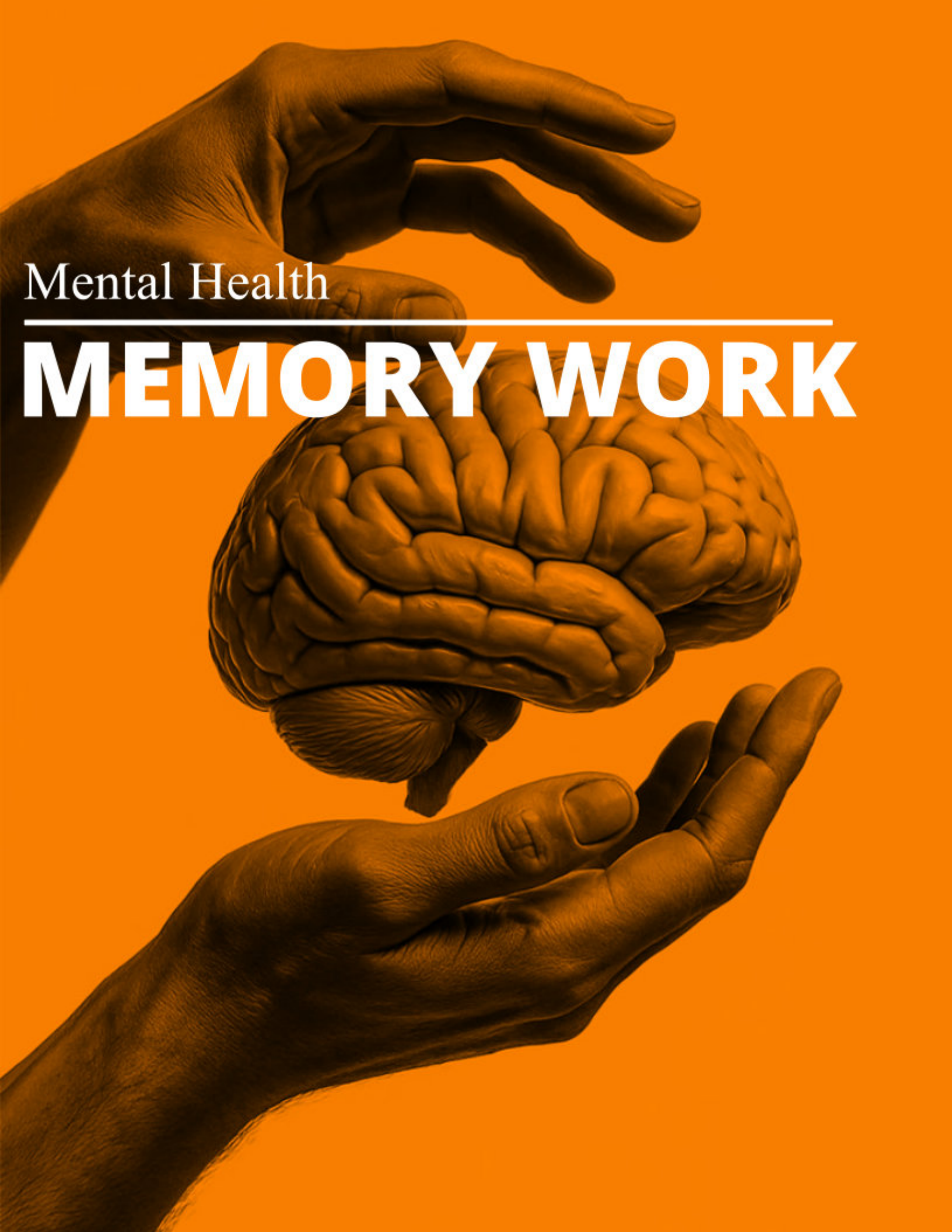


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CONTENT WITHIN

MENTAL HEALTH
FITNESS
CINEMATIC
COVER STORY
BRAND ON THE STOEP
CREDITS



Mental Health

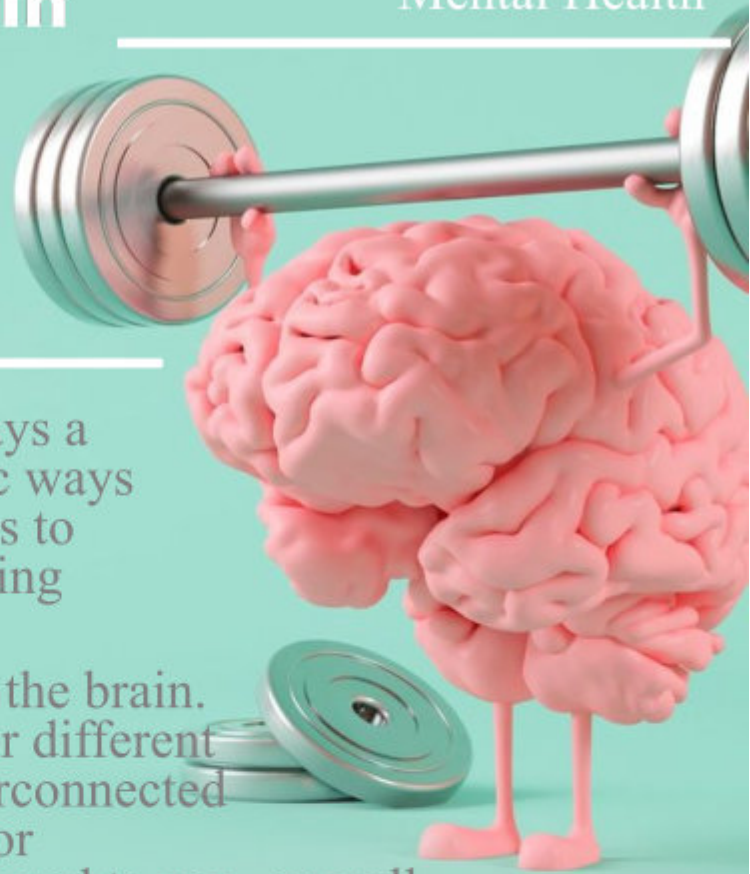
MEMORY WORK

Learn on How your brain assimilate sensory information, store it and surface it later for future use.

Human brain essentially plays a huge role in many specific ways to adapt and improve ways to interact with the surrounding environment.

Memories are not stored in one part of the brain. There are different types of storages for different information recieved. The brain is interconnected for communication between rigions. For episodic memories like events that occured to you, as well as general facts and information, are all fall under a category of **EXPLICIT MEMORIES**.

For **IMPLICIT MEMORIES**, is usually motor memories, for body movements.



HOW DO WE STORE MOMORIES?

1. ENCODING

Neurons fire simultaneously to create synchronized activity patterns that represent sensory experiences,



2. CONSOLIDATION

The hippocampus acts as an index to bind different elements of an experience, gradually transferring long-term data to the neocortex and other regions during sleep.

3. RETRIEVAL

Recalling a memory makes it temporarily moldable, allowing the brain to update it with new information and context.

HOW TO IMPROVE MEMORY?

A. Quality Sleep - 7-8 hours.

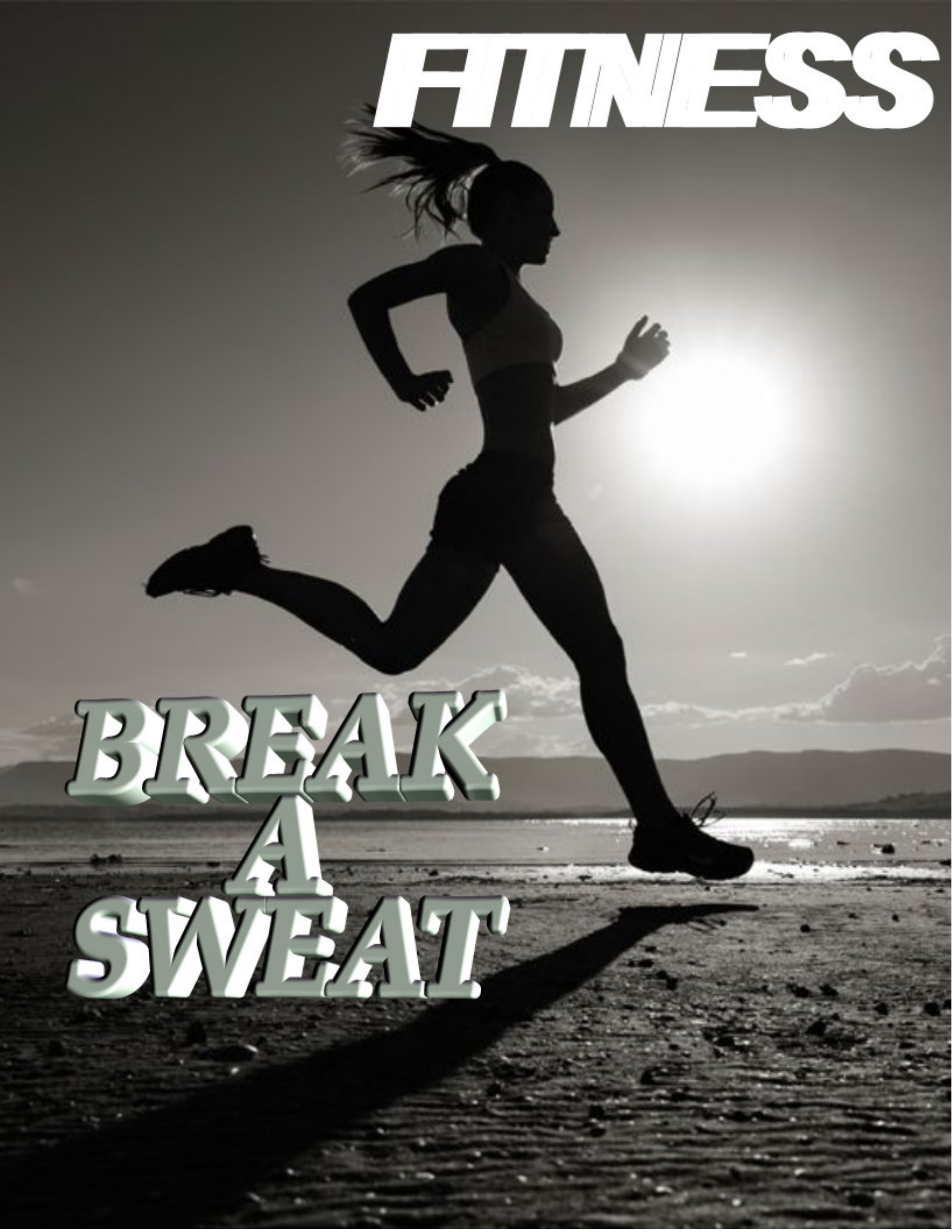
B. Physical Activity - Regular exercises.

C. Balance Diet - Eat nutrient- dense food.

D. Mental Engagement - Challenge your mind with new puzzles, reading and games.



FITNESS

A black and white photograph of a woman running on a beach. She is captured in mid-stride, her hair flowing behind her. The sun is low on the horizon, creating a strong silhouette effect and casting a long shadow of the runner onto the sand. The background shows the ocean and distant hills under a cloudy sky.

***BREAK
A
SWEAT***

BY: Nicki London

FITNESS

Spring is not just a new season

it's a new chance to become a healthier, stronger and happier version of yourself.

Welcome to Spring Fitness Season! As flowers bloom and days become warmer, spring is the perfect time to wake your body up after winter. Experts recommend starting with gentle exercise, staying hydrated, and eating more fresh fruits and vegetables as activity levels increase.

Why Spring is the Best Season to Start Fitness Spring gives us: More sunshine and energy. Longer days for outdoor workouts. Better mood and motivation. A chance to build healthy habits before summer.

TOP 5 SPRING WORKOUT EXERCISES

BRISK WALKING

Benefits: Burns calories, strengthens the heart, improves mood.



How To Do: Stand tall with your shoulders relaxed. Walk quickly while swinging your arms naturally. Keep your stomach muscles tight. Walk for 30 minutes, 5 days a week. Beginner Tip: Start with 15 minutes and increase weekly.

SQUATS

Benefits: Builds legs, glutes and core strength.



How To Do: Feet shoulder-width apart. Push hips backwards. Bend knees until thighs are nearly parallel to the ground. Stand back up. Workout: 3 sets x 12 repetitions

PUSH-UPS

Benefits: Strengthens chest, shoulders, arms and core.

How To Do: Place hands slightly wider than shoulders.
Keep body in a straight line.
Lower chest slowly.



JUMP ROPE

Benefits: Excellent cardio, burns fat and improves coordination.



How To Do: Hold rope handles comfortably.
Jump lightly on the balls of your feet.
Keep elbows close to your body.
Workout: 30 seconds jumping, 30 seconds resting for 10 rounds.

PLANKS

Benefits: Builds a strong core and improves posture.



How To Do: Rest on forearms.
Keep body straight from head to heels.
Tighten stomach muscles.
Hold for 20–60 seconds.
Repeat 3 times.

Food and Benefits

Spinach Iron - Vitamins and energy.
Berries - Antioxidants and immunity.
Oranges - Vitamin C for healthy skin.
Avocados - Healthy fats for the heart.

Chicken & Eggs- Protein for muscle recovery.
Nuts & Seeds -Healthy fats, fibre and protein.
Experts recommend colourful fruits and vegetables, whole grains, lean protein and plenty of water during spring



Daily Intakes

Breakfast Oats, eggs, fruit and yogurt.
Lunch Grilled chicken, brown rice and salad.
Snack Apple, banana or mixed nuts.
Dinner Fish or chicken with vegetables.
Drink 2–3 litres of water every day, especially as temperatures rise.







Best of 2020s

Films

Cinematic





MOVIE RECOMMENDATION FOR THIS SPRING SEASON.

◀◀Time Store Mag' have selected the best movies ever released in the year from 2020 - 2026. These films depict and capures emotions. ▶▶



DUNE : PART ONE

2021 - SCI-FI

The story follows Paul Atreides arrives on Arrakis after his father accepts the stewardship of the dangerous planet. However, chaos ensues after a betrayal as forces clash to control melange, a precious resource.



MAD GOD

2021 - DARK FANTASY

A 19th-century applejack salesman must transition from drunkard to master pelt-trapper in a live-action, black-and-white silent slapstick epic where every wild animal is played by humans in giant mascot suits.



SASQUATCH SUNSET

2024 - RADICAL COMEDY

Zero dialogue. Zero human actors playing humans. Just four mega-stars in full prosthetic fur suits living out a year of raw, vulgar, heartbreaking, and absurd Bigfoot instincts in the foggy wilderness.



DREAM SCENARIO

2023 - COMEDY DRAMA

A remarkably bland, suburban college professor mysteriously starts appearing in the background of millions of stranger's dreams worldwide—until his dream-self suddenly becomes violent, turning him into a pariah.





BUGONIA

2025 - DARK COMEDY

Yorgos Lanthimos directs this remake of a cult Korean classic: two hyper-paranoid conspiracy theorists kidnap a high-powered CEO, utterly convinced she's an alien commander plotting the total annihilation of planet Earth.



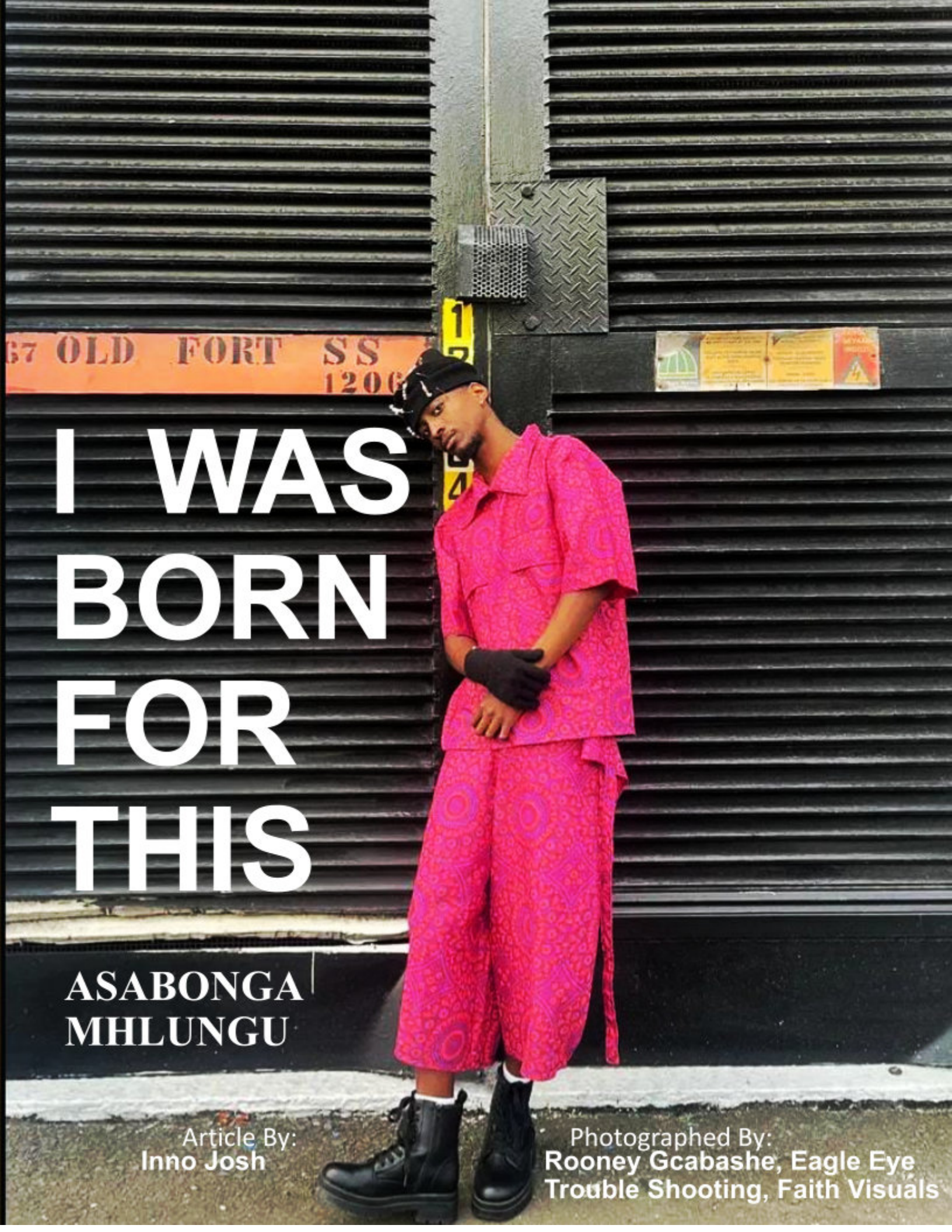
HUNDREDS OF BEAVERS

2022 - SLAPSTICK COMEDY

A 19th-century applejack salesman must transition from drunkard to master pelt-trapper in a live-action, black-and-white silent slapstick epic where every wild animal is played by humans in giant mascot suits.

Inlinks

JEWELLERY

A man is standing against a dark, corrugated metal wall. He is wearing a bright pink, short-sleeved, button-down shirt and matching wide-leg trousers, both featuring a subtle pattern. He is also wearing black gloves, a black beanie, and black boots. He is leaning his head against the wall and looking towards the camera. The wall has some orange and yellow markings, including the text "67 OLD FORT SS 1206" and a yellow sign with the number "1".

I WAS BORN FOR THIS

ASABONGA
MHLUNGU

Article By:
Inno Josh

Photographed By:
Rooney Gcabashe, Eagle Eye
Trouble Shooting, Faith Visuals

THE TIME IS NOW, EVERYTHING FALLS TO THIS MOMENT

When fate is infused in a fabric of reality, summoning the creative energy into the very existing curious minds that reflects the truth to life and protests against mediocre. Time Store Magazine presents; a moment animated to spring the upper gesture greeted by a ground breaking, fashion enthusiast, ASABONGA MHLUNGU.

On a luke warm windy clear skies afternoon, just before every wall and reflective surfaces are splashed with golden orange light from the setting sun, the calmest time of the day that reminds us that there's end to every beginning. An exclusive virtual smooth flowing chat takes place in the midst of nature's best colour display performance; Asabonga "ASA" Mhlunga shares an insight into his creative world, along with a delicate tour in his creative mind and down to the memory lane of awakening into the reality of his abilities.

Growing up in the streets of Umlazi, Durban, Kwa-Zulu Natal, where creativity frequently shifts the entertainment industry plates in South Africa, and relentlessly producing global accolades collectors.





It's no surprise that Asabonga once was inspired by the debris dust left behind by the greatest ever do it coming from the same place he rose from. A refreshing thought to discover that his social skills to accommodate ideal lifestyle to the youth and upcoming superstars, whom were clouded by the mundane mediocre life presented to them, led him being recognised and celebrated for the act. His concept approaching the relay of life was to influence the crowds to adopt uniqueness everybody possesses within and proudly express it in ways that even if it breaks non-evolving stereotypes.

What he offers to the fashion industry is unmatched to how the expectations are structured for a model stylist that turned into a photography and video director. The Durban fashion scene moves parallel to Jo'burg's in a sense that designers draw inspiration from what has always been around or what is trending, however, as the fashion industry is forever growing tentacles to pull in foreign cultural elements and fuse them with local has great potential to



open collaborative doors. To Asa nothing was hindering in his way up to reach the pinnacle of the industry, instead the industry welcomed him in open arms as he was born for it.

The chat went on about how some moments were a huge highlight coming up, especially the life as a fashion enthusiast, and gaining attraction from other creatives and working with them probes divine moments. Asa's way of expression using fashion has caught an eye of his fellow creators and

photographers. He has been involved with an array of creative brands such as; ZIPCULTURE, DESIRE, HOMEBOY AFRICA, SUPREME, SMK, FILAMENTS, MR RICH DENIM.

The success to him is only the pleasure to be in a space where his vision is correctly seen and how much his expression gauge reaches the endless limits. All his work wouldn't kept moving forward if it wasn't for his love and passion in fashion. Relentlessly pushing the boundary to have an impact in the industry to eliminate doubts of letting go. So much will be demanded from the Umlazi born fashion stylist, as the industry is forever changing and more ideas are still store in his bag for future collaborations and plans.



TWIIIS
ON THE



STOEP

Two Eyes, One Uniting Story



ON THE STOEP

*Springs is here, Twiis clothing
got everything you need.*

*In Pretoria North, a brand is stitching stories together. Not just seams and fabric — perspective. It's called *TWIIS* — pronounced "TWICE." And that double meaning is the whole point. "Perspective, Experience. Derive 2 Eyes, Stories through garments, essentially."*

TWIIS is not about fast fashion. It's about expressive, different, limitless South African casual — the kind of clothes you can wear ANYTIMES, which speak before you do.



The Beginning

The idea came in 2017, in the hallways of Leageng Semanya's mind, an idea to put words into drawing graphics and stitching dreams together for a voice that will reach millions of people. Friends with a shared love for expressing world-view and a first-brand's worth of challenges. By 2019, it became real.



Behind it are three friends who turned a high school dream into a studio: Tshegofatso Makgabo on the vision, Tumelo Matlala as photographer and story writer, and Khavaand Mooloo on marketing. Three perspectives, one eye.

Their roots run deep. For Leageng, it started at home — mom's fashion, unique pieces, a family that lived and breathed style in, Atteridgeville Pretoria North. Fashion wasn't just clothing, it was communication. It was love.



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● U/13	R450	New Kit	Gym Gear
● U/15	R550	New Kit	Gym Gear
● U/17	R600	New Kit	Gym Gear
● U/20	R1050	R8000	R3000

- Team with all the division in the tournament, Under 13 is free to join.
- Semi-Finals & Finals will be played on grass pitch.
- Toss & Fixtures will be 17 & 20 SEPTEMBER 2026
- Accomodation available for team from far.
- Lunch for players will be provided.



What They Make?

TWIIIS started with what they knew: casual, print-driven, expressive streetwear. Think outta box.

Their current drop, the GENISYS COLLECTION — caps, hats, and statement pieces — plays with the idea of reversal. Literally. Labels reversed. Inside out. A reminder to look twice.

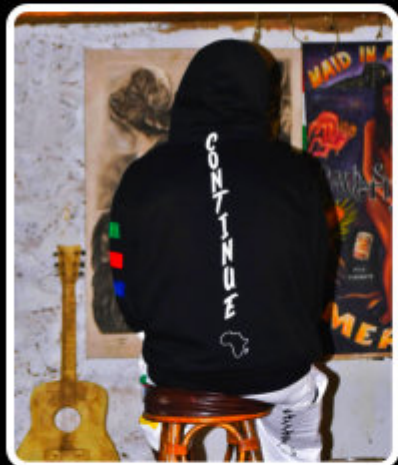




**ON THE
STOEP**

COLLECTIONS

AFRICAN NARRAIVETE & WORLD PEACE — clothing as peace-building, as African storytelling.



AFRICAN EVOLUTION — the continuation collection, tracing where we come from and where we're going.

RAINBOW NATION — because South Africa is not one story. It's diverse backgrounds, varied lives, one country.

They've taken that story to the runway — from Black N White to shows in Soweto and Jozi — bringing Pretoria North to the city.

Who Is TWIIS For?

It's for the Youth of SA. For the fashion creative. For someone who enjoys — not just wearing clothes — but _reading them.

PROCESSING PART

And TWIIS practices what it preaches. Their process is intentional: mind concept first, then sketching, season-based design, and a commitment to recycling — turning offcuts into bags and bandanas. Nothing wasted, everything with purpose.

From Gauteng to the world, TWIIS is proving that you only need to look twice to see everything.

TWIIS is South African. It's limitless.

CONTRIBUTORS

INNO JOSH
NICKI LONDON
EAGLE EYE
HAPPI GALLERY
SBUDA
EXIT BOX
TIME STORE GROUP
TSHEGOFATSO
TROUBLE SHOOTING
FAITH VISUALS

TIME STORE

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Read The Universe