

# MADIBAZNews

News for the students, by the students

## NELSON MANDELA UNIVERSITY REINFORCES HUMANITY



Image: Pintrest.com

By Thulani Zwane

Human Rights Day is annually celebrated as it signifies a breakthrough in the history of South Africans. It involves standing for a fundamental right of welfare - for all. Without a doubt, Nelson Mandela University has been considerate about the welfare of its students.

The South African Human Rights Commission (SAHRC) was established to promote respect, protection, development and attainment of human rights in South Africa - after the Sharpeville Massacre on 21 March 1960. Since then, awareness of human rights has escalated to the subconscious.

To bridge the gap, the university has outdone itself and depicted humanity in numerous ways. Projects have been launched to ensure the welfare of all students. The Food Security Student

Initiative (FSSI) remains a great project in solving some of these complexities.

This initiative is aimed at catering food parcels for registered Nelson Mandela University students. To facilitate the distribution of these food parcels, the Student Representative Council (SRC) has collaborated with the university clinic, where different sponsors - such as Tiger Brands - assist in the provision of food. The SRC works with Rehab Books and Technology and XM Dining Hall in facilitating the process.

Under this operation are various programmes that keep the ball rolling. This involves the supply of daily lunch packs (launched on 5 February 2018) as well as the Nutritional Project (grounded on 7 February 2018). The SRC is determined to find innovative ways to make this work despite challenges.

### OPINIONS

06

#AMANDA\_ MEMEZA

### LIFESTYLE AND ENTERTAINMENT

11

BREAKING THE STEROTYPE

### STUDENT REPRESENTATIVE COUNCIL

16

#100FOR100 CAMPAIGN

### SCIENCE AND TECHNOLOGY

18

MAPBUDDY: MAKING LIVES EASIER

**MADIBAZNews**

News for the students, by the students

**LETTER FROM THE EDITOR****Administrator**Sade' Prinsloo  
Sade'.Prinsloo@mandela.ac.za**Editor**Arantxa Mathapersadh  
MadibazNewsEditor@mandela.ac.za**Online Editor**Mutuayo Ideozu  
s216953952@live.nmmu.ac.za**Marketing**

MadibazMarketing@mandela.ac.za

**Communications Liaison**Lusanda Ganya  
MadibazNewsLiaison@mandela.  
ac.za**News Editor**Sanele Msibi  
s215060784@live.nmmu.ac.za**Lifestyle & Entertainment Editor**Simran Juglal  
s215135601@live.nmmu.ac.za**Sports Editor**Sive Kamati  
s217279597@live.nmmu.ac.za**Science and Tech Editor**Constandino Patsalos  
s213272385@live.nmmu.ac.za**Opinions Editor**Laurenzil Bagoes  
MadibazNewsOpinions@mandela.  
ac.za**Graphic Designer**Zoyisile Njikelana  
s216306604@mandela.ac.za

Dear reader,

We marched into the new month with our ambitions and hopes on a high. There may have been a few bumps in the road with our first edition's release, but as we turn the page to the new month, we feel a bit more at ease with our roles.

The new month and new season marked us with the opportunity for change. As summer slipped into autumn, as leaves fell from the trees, and as semester test dates were fast approaching, we all found ourselves in a state of change.

To help navigate you through these new waters, our team set out to find and scribe articles that will help you get through the challenges that may be presented. Our lifestyle and entertainment team are sure to fill your days with reads on everything from caffeine-run hotspots to how to get and stay ahead as the semester quickly approaches its end.

But, if you fancy something of more substance, we got that covered too. Our writers tackled the hard and relevant topics from the meaning behind the hashtag to the "Future is Female" trend that hit society late last year.

Regardless if you're looking to read up on the latest events, trends or news. The pages of our second edition are sure to have something that will intrigue and excite you.

But this relationship isn't just a one-way street, we value and look forward to your thoughts and comments, too! Share your reaction to the latest edition with us on our social media platforms – tweet at us, Instagram those picturesque highlights or just comment on our Facebook page.

Until next time,  
Happy reading!

**YOUTH IN PARLIAMENT**

Photo:Wikimedia.org

**By Mamokele Rapotu**

**A new era has fallen upon the democracy of South Africa. In the previous month, we saw changes in the presidency position and the cabinet reshuffle. However, the question that lies with all these new developments is whether the youth population is represented accordingly.**

The African National Congress Youth League (ANCYL) Secretary General, Njabulo Nzuza, argued that the reshuffle did not take the future into consideration in terms of appointing young people and exposing them to the challenges of being part of the leadership of the country. The ruling party has a number of graduates who could've been identified as perfect candidates to serve in the executive after the 2019 general elections. This was pointed out because the country cannot be served by leaders who are not able to relate to student matters and young adults in general. Therefore, experience in that type of environment would be very beneficial.

A wide range of issues like employment, equality and education will certainly affect the generations to come. That is why it is important to start preparing students for leadership and encouraging them to see politics as a platform to create change through participation. Parliamentary candidates are usually appointed according to political experience, but the question that can be asked is how many opportunities have been opened to attain that.

Youth engagement in political positions can aid in the transformation of the people's attitude towards political leadership. Politics students are very much capable of serving as catalysts for youth representation in our country. In the history of South Africa, young people have played a colossal role in the movement that resulted in the emergence of a new democracy. A similar type of resilience is needed in the country.

The positions of young people should not be overlooked by government. The minimum age one can run for office is one of the underrepresentation issues in South Africa - and that should be challenged.

Follow us on social media



*This is a student-run newspaper. The views expressed in this publication do not necessarily represent those of the Nelson Mandela University.*



## HUMAN RIGHTS DAY, IS IT LOSING ITS SENTIMENT?

By Rotakala Netshiavha

When asking an elderly person what Human Rights Day means to them, best believe you are about to get "schooled" on the importance of the day. With our youth, however, it is the absolute opposite.

We asked Nelson Mandela University students what the 21st of March meant to them. "It's about celebrating human beings and their rights, plus we get a day off", was one of the sombre answers we got.

One student went on to explain that even though we might celebrate the day, to us as "born frees" it doesn't hold as much of a sentiment as it did for our parents and those before them. We are more privileged compared to those who came before us, so we are less prone to see the need for such holidays and celebrations. As the years go by and generations evolve, human rights are something we perhaps no longer value.

It is human nature to forget the importance of things we once held close to our hearts. However, we need to remind ourselves about the importance of these issues so that we do not lose touch from where we come from.

Human Rights Day, in South Africa, is historically linked with 21 March 1960 and the events of The Sharpeville Massacre. On that day, 69 people died and 180 were wounded when police fired on a peaceful crowd that had gathered in protest against the Pass Laws.

This day marked an affirmation by ordinary people rising in unison, to proclaim their rights. It is our job as young citizens of South Africa to make "noise" and remember the importance of Human Rights Day. Play your part and remind someone - today.



Photo: Ulungile Pika

## STUDENT'S PERSPECTIVE ON THE INCREASE IN VAT

By Chifundo Mazengera

On 21 February 2018, South Africa's former Minister of Finance - Malusi Gigaba - took to the stage to announce the year's national budget speech. The speech involved a number of topics including Value-Added Tax (VAT), higher education, financial sector regulation and public procurement.

There was a notable 1% increase in VAT. VAT has a significant effect

on everyone, including students, and they themselves had the following to say:

"The prices will go up but our allowance [will] remain the same - how is this good for us? Now we won't be able to buy enough groceries".

"We won't be able to buy [luxury] food like chocolate. Only the domestic products, like canned foods and mielie

meal, will stay the same."

Nyasha - a 3rd year accounting student - summed it up saying, "overall the VAT increase was a bad move. It increases the cost for companies and in the end they push those costs onto us by increasing prices. The worst part is that VAT is price inclusive so we cannot avoid it."

However, the increase could also benefit

others. "As more tax is being collected, SARS is gaining more revenue for the government to use on spending. Linking to more funding for students with their tertiary education", adds Nyasha.

In conclusion, the VAT increment can bring both benefits and extra costs for people - but we can really never be sure as economies tend to vary throughout the year.

## MANAGING STRESS IS NOT ONLY STRESSFUL, BUT HELPFUL TOO



Photo: Ulungile Pika

By Laurenzil Bagoes

As a result of the new demands on campus, it is common for university students to experience greater levels of stress related to academics. Many students find that they need to develop new skills in order to balance academic demands with a healthy lifestyle.

We had Nelson Mandela University students answer a few questions, where we obtained the following results:

**Are you currently experiencing stress in your life?**

This question was easily answered by students as they openly admitted to the answer "yes".

**Do you think that stress is a negative thing?**

All the students disagreed and explained by stating that stress can be positive as it motivates them to do better. Others said that it pushed them to meet deadlines and to remain focused.

**What are some of the methods you use when handling stress?**

A variety of answers were given but some of the common responses were: listening to music; talking to family and loved ones; exercise; or simply just finding a quiet place to relax.

**What advice would you give to other students when it comes to stress?**

Do not neglect your mental health. Find something that keeps and makes you calm. Have someone to vent to and don't surround yourself with people who will add to your load of stress.

**What external (outside of campus) and internal triggers (life on campus) causes you to stress?**

External – family, relationship problems and financial/work stress.  
Internal – tests and group work assignments.

Remember, most of your stress comes from the way you respond to it. It is your decision to choose the right attitude when it comes to controlling stress. Take a step back and ask yourself, "Am I going to make the stress in my life helpful or not?"





# #AMANDA\_MEMEZA

By Sibusiso Mbambo

“You can measure how well a country does by how it treats its’ women and its’ girls” - these were some of the words echoed by Barack Obama on his last state visit to South Africa. Reminded by these words after noticing the yellow posters all over our campus - the #Amanda\_Memeza (Shout Out) campaign was launched last year November by the University Transformation Unit.

The campaign - characterized by yellow whistles - aims to bring awareness to gender based- violence, including sexual assault in our society. This is an interactive campaign (e.g. “Diba Dialogues” on Madibaz Radio happening every Tuesday) aimed at students and staff.

Dr. Ruby-Ann Levendal, who is the Director at the Transformation Unit, said that she was pleased with the reception and success of the campaign together with the support from other stakeholders involved such as students, the Student Representative Council (SRC), Campus Health Services and the Black Lawyers Association Student Chapter.

In her own words, this is a live campaign where #Amanda\_Memeza shares her life journey as a first year student through her Facebook account with the same name. She interacts with real life people in raising awareness.

The students interviewed have seen and heard about the campaign through friends, posters and university emails (#MEMO). One student, who is a survivor of gender-based violence, was happy with this initiative as it meant that more people were aware of the matter.

Assistance for victims can be accessed via the university site and through the contact information provided on the campaign posters. It is important that we, as a society, rid ourselves of gender-based violence - as it is a humans’ right violation. With Human’s Rights Day and International Women’s Day upon us this month; we need to set a better example for ourselves, our children and the world. Our success as a nation lies with how we treat our women and children.

# THE PERKS OF BEING MULTILINGUAL

By Hlabirwa Makofane

Many people are stuck with just one or two medium languages yet feel the need to learn more. Many attribute this to staying in one province, one city and going to the same places repeatedly. It does not matter how much television we may watch in an attempt to improve our language skills, we’ll always struggle to get it all right.

Interaction is key, and a fast method too, when learning a new language. For many, traveling comes at a great cost. We simply do not have the financial means available to visit new places, in order to explore new languages. Some believe if they can speak to peers and community members, what more do they need? They commonly using the phrase, “as long as I can speak English, I’m okay.””

Here are some benefits that come with being able to communicate in more than one language:

- Multilinguals are said to possess great judgement skills. They are good when it comes to resolving issues and coming up with solutions.
- It is very easy to befriend someone who speaks your mother tongue - we’ve all seen that happen. This means you might have more opportunities to explore different hobbies and better understand music, movies and even literature. All you have to do is challenge yourself enough so that you are able to coexist with people from different cultures.
- Can improve your competitiveness in the job market. It makes your CV stand out and can boost you to the top of the interview list.
- Even if you don’t travel overseas, becoming multilingual can help you see the world in a different way and understand yourself better.



Photo:Ulungile Pika



# BITCOIN: DON'T QUIT YOUR DAY JOB JUST YET

By Amy Ward

Bitcoin is one of the most controversial topics of late. People take their investment decisions rather seriously and personally and this is understandable since we are talking real money here. Or are we?

I figured the best thing to do is to speak to a student who is currently investing in Bitcoin. Stick around – I promise you will not have to wrack your brain. Bitcoin is a buzzword worth having at least some insight into and, at best, there may be profit involved as well.

For those of you who are fresh on the scene, Bitcoin is a digital token of value that can be transferred securely between people without involving security processes and the valuation systems of banks and governments. The value is determined by supply and demand, which is driven mostly by perceived value and usefulness. Blockchain is the technology that supports the secure transactions between parties and these transactions are verified by the computers run by Bitcoin miners – who are paid in new Bitcoins to do the expensive processing work on their computers.

I sat down with Benjy Nelson, an Nelson Mandela University student who is currently doing his Master's degree in Mechatronics, to find out more about Bitcoin:

**1. Are you investing in Bitcoin for the short-term gain or as a long-term investment? And why do you believe it is not the alternative?**

It is a long-term investment for me. The block chain technology behind cryptocurrencies is strong and powerful. It has a decentralized network (computers all over the world form the network), making any kind of interruption nearly impossible. For this reason, companies will want to develop based on this technology in the future. Bitcoin itself might not last more than three to five years, but I believe a different cryptocurrency will take its place and become a main coin world-wide.

**2. Some say that there is no underlying business model to support the value of Bitcoin. Do you agree with this?**

I agree and I disagree. There is no physical asset behind Bitcoin, but I believe that the value of everything is man-made (gold's value, for example has been decided on). So it is up to [people] to decide what the value of Bitcoin will be. The other reason for Bitcoin's high value is the fact that there is a limited supply of it.

**3. Have you made a profit in Rand value yet?**

I have made a substantial profit since investing about a year ago. My initial

investment has increased ten-fold and I have been able to invest in Bitcoin "mining" equipment (although the mining process is very time-consuming and expensive so I wouldn't recommend it).

**4. Has the crash in December changed your view on Bitcoin and your investment strategy in anyway?**

No. I believe market success involves fluctuations. There needs to be variation between buying and selling – this is known as "correcting the price". The only concern is when the rise will happen. Currently, I am busy investing in other cryptocurrencies because they are very cheap and they are offering a bigger margin for gain (but they are also more risky since they're not as popular or diverse as Bitcoin yet).

**5. What is your current investment advice?**

Once you've made back the money you initially invested, pull it out. You can then play around with your profit. Bitcoin is cheap at the moment so go ahead and invest a portion of your money. But only invest money that you own and never invest all of it – I would not recommend investing more than 10-15% of your money.

Because of its fluctuating and uncertain nature, it is imperative to do your own research before investing in Bitcoin.



# HOW TO PRESERVE YOUR CLOTHING



Photographer: Thando Khanda

By Mbalenhle Mredlana

**We all have a special item in our wardrobes that we would love to wear repeatedly. It could be a denim jacket or a cocktail dress that turns heads every time you wear it. Sadly, these items may not always stand the test of time – which is why taking care of them to increase their longevity is essential.**

**Here are five tips on how to take care of your precious clothing:**

### 1. Skip a wash

To preserve your clothes' shape and colour, items (such as jeans, jackets and knitwear) should be washed after two wears. This applies only if they do not have an odour or stain. After all, hygiene is still essential.

### 2. Cold wash

Cold washing clothes helps to preserve the colour and shape and prevents shrinkage. Furthermore, it saves you from that high electricity bill.

### 3. Air dry

Tossing your clothes in the tumble dryer is quite

convenient. However, clothes tend to shrink, lose shape and wear out faster when placed in a dryer. If you do not have the option to air dry, set your dryer to a medium setting.

### 4. Store properly

Your clothes spend most of their life span in your wardrobe so it is important to ensure that they are stored in spaces that are not too crowded and have air circulation. Ideally, you should hang blouses, shirts and dress pants. Jeans, leggings and sweaters, on the other hand, can be stored inside your wardrobe and should be folded inside out.

### 5. Invest in a good detergent

Buying the wrong detergent may mean washing an item more than once to remove a stain or may result in fading items after their third wash. The cheaper option is always convenient but, in the long run, your clothes' longevity may be compromised.

**Follow these tips and perhaps you will be able to wear that denim jacket repeatedly.**



## IT IS MORE THAN JUST A T-SHIRT



By Chloe Farley

It is difficult to go anywhere and not see someone wearing a thought-provoking slogan t-shirt. Although feminist slogan t-shirts have been in fashion for some time overseas, it was not until recently that Foschini's popular 'The Future is Female' t-shirt sparked an interest in the trend among South African women.

South Africans can expect to find the trend not only at large clothing franchises, like Foschini, but also in the stores of local designers who have added their own flare to the feminist t-shirt trend. Asanda Mali, a Port Elizabeth-based fashion designer, created her own t-shirt with the slogan: 'CEO material'. This contrasts the common phrase 'wife material'.

Feminist slogan t-shirts have the capacity to affect both the wearer and the designer positively. "I remember when a client of mine saw my t-shirt and said that it 'spoke to her'. She wanted to tell me how it impacted her" says Mali. Mal'stones, Mali's clothing line, supports females by promoting a body-positive attitude through creating fashionable clothing that embraces plus-size women.

Although the feminist slogan clothing trend is growing in popularity, many fear it will remain just a trend and not bring about any real change with regards to women's rights. According to *Bullet Magazine*, the trend "is not showcasing regular women who have been fighting the fight since before it was cool, it is using famous faces to sell user-friendly feminism." In spite of this ridicule, many believe it can bring about change through spreading a pro-women's rights message to a large audience. According to *Britain's Daily Telegraph*, this trend is "reaching women who might not normally be receptive to any kind of socially progressive message."

**"I remember when a client of mine saw my t-shirt and said that it 'spoke to her'"**

Despite the trend's controversy, it does offer individuals the opportunity to stand up for a cause. "This trend helps address issues concerning women.

Addressing these issues now [may] help future generations of women feel safe [and] they won't have to wear a t-shirt to help others understand," says Michaela van der Merwe, a third-year Nelson Mandela University student.

## BREAKING THE STEREOTYPE

By Rabia Afzaal Cheema

Contemporary society is slowly moving towards an era of equal rights and female empowerment and this can be seen in the breaking down of existing stereotypes. Here are two women who defied societal norms and broke the walls of certain stereotypes.

Malala Yousafzai is a Pakistani human rights activist and a role model to many young women around the world. Fighting for girl's education since the age of eleven, Malala even survived a gunshot to the head and neck, as well as subsequent medical coma because of the actions of the Taliban. But, even after such a horrifying incident, she continues to fight for girl's rights and is the youngest Nobel Prize laureate.

Malala's story, and the horrors she has faced, give us women a healthy perspective on our own lives and motivate us to solve global issues – as cheesy as it may sound. Sometimes, stereotypes can be demeaning and being assigned to a particular category (based on appearances or religious views) can end up undermining an

individual's progress in any field of work.

The media's fixation on Muslim women and their religious dress has resulted in more Muslim women trying to change the way in which they are perceived. One such woman is South African YouTuber and fashion influencer, Aqeelah Harron Ally. Known as "Fashion Breed" online, Aqeelah highlights that Muslim women are determined, can be successful and – most importantly – are decent people who come from multi-talented backgrounds. Modest fashion has proven to be creative, expressive and even an avenue for entrepreneurship for many women. And South Africa is no exception!

Although modest fashion has not been applauded in the fashion industry until recently, many women – Muslim or not – have managed to carve a space in the industry and this has certainly been noticed. Modest fashion has not only opened a new lens for the world, but it also inspires many young women to break stereotypes and express their individuality through their fashion.



Pakistani Human Rights Activist, Malala Yousafzai.



South African Fashion, Beauty and Travel GirlBoss, Aqeelah Harron Ally

## MORE THAN JUST A HASHTAG

By Simran Juglal

Whether we are posting photos of our much-needed coffee on Instagram or tweeting about the latest episode of *This Is Us*, social media plays an important role in the lives of students. Sometimes social media antics are met with eye-rolls but one cannot deny how this fast form of communication can influence public opinion and social issues. What makes hashtags imperative to social movements is the fact that they reach a large audience – allowing awareness to be raised on a global scale.

Take the #MenAreTrash movement as an example. This viral hashtag was controversial when it first appeared on our Twitter timelines and Facebook newsfeeds as many people criticised the hashtag for generalising an entire gender. Of course, when we look deeper into the meaning behind this movement, we can see that it is not a smear campaign. Instead, it seeks to show the pain and fear many people, specifically women and the LGBTQIA+ community, endure as a result of sexism, homophobia, toxic masculinity and misogyny.



Photo: Simran Juglal

This hashtag gives people a platform to share their experiences regarding gender issues and, although a global movement, #MenAreTrash also resonates with the countless South African women who use social media to demonstrate their anger concerning the high number of women murdered by their male partners, rape and domestic abuse in South Africa.

"Social media displays everyone's opinion on an equal platform unlike other forms of media," says a fourth-year Nelson Mandela University (NMU) student. "[Therefore social] movements are [pushed] to the forefront of mainstream public media." Even though some hashtags are simply trends, there are many hashtags that show the need for open and critical discussions surrounding social and political issues.





Photo: Likhaya Tshaka

## THE DANGERS OF COUNTERFEIT MAKEUP

By Chloe Farley

In the age of social media, many students purchase counterfeit makeup products – perhaps in order to portray a glamorous lifestyle on Instagram while still adhering to their student budget. However, there are dangers to this. “The cost of the health risks that come with purchasing fake makeup is never worth the money saved,” says Gay Lao, Brand General Manager of MAC Cosmetics Philippines.

These health risks arise due to the harmful chemicals found in counterfeit makeup. Although knockoff products visually replicate the brands they are imitating, their ingredients are often very different. Counterfeit makeup products are known to contain harmful ingredients such as arsenic, mercury, aluminium and even paint thinner. In addition, due to the unsanitary conditions in which they are manufactured, they can even contain traces of rat droppings and human urine.

Exposure to these chemicals can have internal and external effects on one’s body. Consumers of counterfeit makeup can experience chemical burns, skin rashes and

swelling. “I see two to three cases each month involving skin dermatitis, all due to counterfeit makeup,” says dermatologist, Dr. Robert Burka. Although external skin damage is frightening, users should also be careful of internal heavy metal poisoning as a result of the exposure to metals that are found in counterfeit makeup. This poisoning has been linked to memory loss, infertility, and even miscarriages.

Although counterfeit makeup products are more accessible due to the influx of ‘Chinese shops’ and online ‘Instagram stores’, there are ways in which students can identify knockoff products. “The price is the biggest giveaway. If it is too good to be true, then it is a fake,” says makeup artist, Bobby Carlos. Besides looking at the price, students should also pay careful attention to the packaging and only purchase from reputable shops and online stores that are known for selling genuine products. Following these practices will give students the tools to stay healthy by identifying and avoiding these harmful products.



Photo: tiffanysales.blogspot.co.za

# CAMPUS LIFE FESTIVAL

By Hope Schatz

The Campus Life Festival is an annual event that showcases the spirit and talent of the various residences across our Port Elizabeth Nelson Mandela University campuses. Building up to the event, the residences that are participating start practicing for their formation and spirit-building as soon as they arrive at university.

The festival kicks off with a talent show that usually takes place on the Friday evening before the big day – and this year’s concert was nothing short of amazing! The residences came out in their numbers and the vibe in the sports center was electric. There were a range of performances on the night and the notable winners are as follows:

**Best Musician:** Anathi Ngqakamba  
**Best Poet:** Dan Danisa  
**Best Dancer:** Caylem Aiken  
**Most Original Act:** Iziputane Zesixhosa  
**Best Choir:** XM (Xanadu/Melodi Residence)  
**The Spirit Cup:** Kings Residence and overall Anathi Ngqakamba

The next day of the festival begins with the various residences competing against each other in different sporting activities, such as rugby, netball, soccer and chess. The main event of the festival is when these residences showcase their formation dance routines!

This year’s formations were exceptional and the residences wowed the crowds with their creativity and flair. The winning formation went to LL (Lebombo/Letaba Residence) with XM and Oceana/PSA (Premium Student Accommodation) coming in 2nd and 3rd place, respectively.

Although the weather put a damper on the mood at first – the SRC relocated the after party to the Sport Centre. Here, there were guest performances by musicians Anathii and Lady Zamar.

The Campus Life Festival is one of those university traditions that encourage talent, spirit and participation. If you were not at the festival this year, make sure that you attend next year!



Photo: Likhaya Tshaka

# PLANNING AHEAD

By Hope Schatz

Budgeting is something that does not particularly excite the normal student. But what will you do if your friends plan a trip for the near future and you need extra cash so that your ideal holiday doesn't become a disaster? The answer is simple: you budget!

Budgeting can be stressful but here are a couple of tips to make the process a tad bit easier on you and your mates:

1. Look at the possible vacation destinations to which you and your mates would like to go.

2. Decide on a time frame during which you will be visiting that specific area/destination.

3. Research the cost of transport and accommodation according to how long you intend to stay at the destination.

4. Look at the various entertainment options that are available (concerts and sightseeing activities, for example). Check if they would need extra costs.

5. Look at your current income as well as your expenses to formulate your budget.

6. Calculate how much you will need to save every month from now until the vacation – this will vary for every vacation destination.

7. Be strict with yourself! Do not allow yourself to use the money that you are saving for other expenses as you may regret it.

8. Always save an extra amount of money that you can use on the trip in case any emergencies arise (especially medical emergencies).

9. SOUVENIRS! Always take some extra cash for souvenirs so that your vacation will be more memorable!

Planning ahead will definitely come in handy and will help you enjoy your holiday.



# ADAPTING TO A NEW ENVIROMENT



By Siyamthanda Williams

**Whether you have worked before or it is your first time entering a workplace, adapting to a new working environment is not easy. And neither is transitioning from a university or school to a workplace.**

Here are some tips that will help you adapt to a new environment and become an excellent employee.

**Stay humble:**

Do not enter a new job with an entitled attitude. Instead, remind yourself that there is still a lot for you to learn. "Keep a positive attitude towards your work and be willing to be taught what is right and wrong," says Yomelelani Ntuthela, a hospitality trainee.

**Be a team player:**

You may need your colleagues' assistance in order to finish your tasks. "The most important tool is being able to work with people – communication is key," adds a public management practitioner. Be approachable and be willing to communicate with others.

**Be an asset:**

"Grab every opportunity you get. Do not sit around and wait for work to be handed over to you. Ask where you can help," claims Zonke Ngodwane. Remember that there are thousands of other people who qualify for that same job. So give your employer a reason to keep you and – perhaps – promote you in the future.

**Exceed expectations:**

For you to advance you have to go beyond what is expected of you. "Master the art of always striving to do your best," says Aliziwe Boozi, a radiography practitioner.

**Love your job:**

"Learn to love what you've chosen to do [in order] to avoid misery," adds a radiography trainee. Loving your job will not only make you happy, but it will also help you become a productive employee as well.

**If you follow these tips, you will never go wrong.**



## CALLING ALL COFFEE SNOBS

By Amy Ward

What comes to mind when I say the word “hipster”? A beard and leather satchel? Vintage sneakers? Although valid responses, the true mark of a hipster is not an item of clothing or hairstyle. Rather, it is the take-away coffee cup in one hand and knowing all the right coffee lingo: words like “fair-trade” and “origin” need to be thrown around with ease and understanding.

If you are proudly snobbish about coffee, if you are new in Port Elizabeth or you simply have not stumbled upon coffee that is up to your standard yet, I will take on the brave task of presenting PE’s top two coffee spots to you. I know a good couple of these genuine coffee snobs (I say snobs because they really are disgusted by bad coffee and they try their very best associate with the people who choose to drink it) so I was in surplus when it came to reliable coffee-lovers. This is the result:

### Urban Espresso Coffee Co.

When asked why people enjoy this place, Nysha, a barista at Urban Espresso Coffee Co., said it really comes down to their unique blend of coffee (a medium roast mixture of Ethiopian and Guatemalan origins) and the fact that they roast their own beans on site. I was impressed. As for the customers, they keep coming back because of the consistency, the guaranteed quality and the strength of the coffee.

### Seattle Coffee Company

At Seattle Coffee Company, I had the privilege of speaking to Brian, the barista who has been at the Walmer branch since they opened one and a half years ago. His reasons for Seattle’s popularity include the atmosphere, the good quality coffee and the correct coffee-making procedures. Seattle Coffee Company trains their staff in-house and this ensures that their methods are waxed. And their customers agree – they love Seattle Coffee Company for their variety, their abundant locations all over Port Elizabeth and for their welcoming environment.

So, folks, the beard, the satchel, the vintage sneakers, are not in vain – grab your cup of coffee and own it.



Photo:Likhaya Tshaka



## AFRICAN LITERATURE THAT SHOULD BE ON YOUR 'TO READ' LIST

By Simran Juglal

The university workload is slowly piling up and you may find yourself stressed out with the countless upcoming tests and assignment deadlines. This is why relaxing with a warm cup of tea and a good book can be especially beneficial as we head into the busier months. We checked out a couple of novels by African authors and here are our top picks.

### Always Another Country by Sisonke Msimang.

This beautiful memoir follows Msimang’s childhood in exile during the Apartheid struggle. From growing up in Kenya, Zambia and Canada to studying in the United States of America, Msimang shares her experiences of isolation and learning. Her return to the ‘new’ South Africa, however, is bittersweet: she returns to a home for which she has always longed and is ultimately disappointed. With themes of sisterhood and hope, this coming-of-age story chronicles Msimang’s dream of South Africa and the reality in which she finds herself.

### Queer Africa 2: New Stories edited by Makhosazana Xaba and Karen Martin

The sequel to the award-winning Queer Africa: New and Collected Fiction follows its predecessor’s example by presenting the narratives of an often-marginalised group: the LGBTQIA+ communities in various African states. Touching upon the experiences of these communities, this anthology includes 26 stories by writers from Uganda, Somalia, South Africa, and Sierra Leone, to name a few. Although each story is unique, themes of resistance and love weave into every narrative.

### Americanah by Chimamanda Ngozi Adichie

From her empowering TED Talks (The Danger of a Single Story and We Should All Be Feminists) to her successful novels, Adichie is one of Nigeria’s brilliant writers. Americanah follows the story of a young woman, Ifemelu, who leaves Nigeria to begin her university studies in the United States of America. Covering themes of race, identity and politics, this novel will soon be adapted into a film starring Lupita Nyong’o and David Oyelowo.

We highly recommend these novels if you are looking to diversify your ‘to be read’ list.

## CAMPUS STYLE

By Ziyatandwa Goduka

Style is a universal language. However, we speak it in different tones. I took to the streets and the many staircases of the Nelson Mandela University to find the different styles of various students. Imagine my delight to find three stylish students who were more than thrilled to tell me about their personal style. I asked them three simple questions:

1. Describe your style
  2. What goes into your daily outfits?
  3. How does your style incorporate your personality?
- Here’s what they had to say:



Monroe

### Monroe

1. “It’s a range of themes – from vintage to formal to semi-formal. And as a student, you can’t really follow one trend that you specifically like because of budget constraints.”

2. “I often look for things that match and add one statement piece (which would not necessarily fit in but still looks good).”

3. “I’m a cheerful and happy person and I’d naturally want this to reflect in my clothes – through bright colours and happy socks.”

### Maxine

1. “It varies. Sometimes [it’s] super 90s hipster then I swing to super tomboyish. It’s like an expression of myself – basically eclectic.”

2. “I normally think about it the night before and then I look at the weather and decide [after] that.”

3. “It’s very loud and super expressive. I’m not scared to show how I feel.”



Maxine

### Sandisiwe Booii

1. “It’s a bit tomboy-ish. I prefer simple colours and palettes and I like leather bags.”

2. “I wake up, I see what I like, and I put it on.”

3. “Honestly speaking, it kind of does not. My personality and style are total opposites.”

With all of that said, it is safe to say our campus is flooded with assorted styles that are customized to one’s personal preferences.



Sandy



# NELSON MANDELA UNIVERSITY

## #100FOR100 Campaign

**R100 for 100 days as we celebrate 100 years of Madiba**

### MyMandela\_Challenge

The SRC and the Student Alumni Society (SAS) hereby present to you the MyMandela Challenge. This is an invitation to all staff and students to donate R100 towards the #MyMandela\_Fund- an SRC fundraising initiative that assists students with paying off outstanding debt, meals and purchasing textbooks.

The Student Alumni Society (SAS) has proposed to their members to donate 20% of each members' membership fee towards the SRC #MyMandela Campaign. Question is what will you do?

#### THE CHALLENGE

1. Pledge your R100 to the MyMandela\_Fund
2. Take a picture with your name and I support e.g. I am Amanda MEMEZA and I support the MyMandela\_Campaign
3. Send the picture to SRCsportsC@mandela.ac.za (we will upload it on the SRC website and social media)
4. Challenge someone in your network to do the same On Madibaz Tuesdays the SRC will release an update on how much has been raised through the MyMandela\_Challenge.

The SRC remains committed to changing the lived experiences of students at Mandela University. We look forward to partnering with you in this endeavour.

Regards,  
MyMandela SRC

**MADIBAZ SRC**

## #SocietiesForMyMandelaChallenge

The Student Alumni Society [SAS] has officially taken a decision to support and donate money into the SRC #MyMandela Campaign.

The Student Alumni Society proposed to their members of donating 20% of each members' membership fee towards the SRC #MyMandela Campaign, which among other initiatives, seeks to assist final year students graduate.

#### Example of Student Alumni Society Membership Donation:

20% of R100 [annual SAS membership fee] = R20

R20 X 163 [current SAS membership] = R 3 260

As the SAS executive and members, we will continue to raise funds for #MyMandela Campaign.

The Student Alumni Society officially challenges all student societies and student sport clubs to donate





## MAPBUDDY: MAKING LIVES EASIER BY PUTTING MANDELA UNIVERSITY ON THE MAP



By Sendibitiyosi Gandidzanwa

Have you ever been lost on campus? Have you ever struggled to find your meeting, lecture or exam venue? Well now you have no reason to. The Life-Changing Projects group in the Department of Computing Sciences, led by doctoral candidate Amir Saleh-Zadeh, has developed MapBuddy - a web application that provides a solution to your direction dilemma. The group is composed of young, passionate, hardworking and intelligent students who identify as solution designers and architects.

MapBuddy includes over 9 000 paths covering 290 km and links 119 buildings and 216 entrances across the university's campuses. If a building has multiple entrances, the app will direct you to the nearest one. If you change course, the app can reroute in 3 three milliseconds. It also lets you view all activities or services offered in any building.

Being a web-based app means MapBuddy is easily accessible to all students and staff without them needing to worry about storage issues on their mobile devices. This, Amir believes, is the future of apps and that the age of native apps (apps that are installed on your device) is almost over. The apps use is not limited to Nelson Mandela University. Its client manager allows it to be customisable which means other universities or companies can also make use of it.

Though the team has a few obstacles in their way, the group has several improvements in the works. Future planned updates include being able to use it to find the closest free computer in the labs, as well as shuttle times, stops, locations and the availability of free seats. The inclusion of a panic button and

scream sensors is also currently being developed. Using multiple phone sensors, artificial intelligence and other techniques, the panic button activation will send a signal to security, providing them with the person's GPS coordinates. Augmented reality and indoor navigation features are also in the pipeline, this would mean one would now be able to find the bathroom in a new building without asking anyone for directions. How cool is that? The app will also be able to identify high-traffic zones so you'll know strategic areas to place notices or advertisements. Another planned feature would allow those in a wheelchair to reach their destination without any challenges. For environmental sustainability, it will also aid with the sharing of lifts. Users can be notified about other users who drive passed their area of residence and allow them to arrange a lift, and they say user privacy and protection will be enforced.

Since last year, more than 3800 hours have been put into this project. The first-years (now second-years) who needed to find their way around campus last year themselves, invested their precious free time into developing this app. They are looking forward to conducting more research when they reach a post-graduate level.

Funding is still a challenge and the group is engaging with various funders with the hope that they can continue to develop the app and implement some of their planned features. The group firmly believes that MapBuddy will indeed change the world and put our institution on the map. With the unwavering support and guidance from Professor Jean Greyling and Professor Andre Calitz, the group believes all their dreams will come true.

## NEW RESEARCH HAS REVEALED LITHIUM-ION BATTERIES THAT CHARGE FIVE TIMES FASTER

By Siphokuhle Mngcunguza

Researchers at the University of Warwick have discovered a new way which make batteries charge five times faster than their normal rate. The technology works in-situ during normal battery operation without causing any damage to the battery.

If a battery is exposed to excess heat, it risks potential damage to the cell, and in some worst-case scenarios the battery builds up gases from the electrolyte which breaks down and becomes flammable. In order to avoid such occurrences, manufactures put out maximum charging rates and intensity for batteries. They have had to rely on external instruments which could not measure readings precisely. Due to this, manufacturers have had to enforce limits to maximum charging rates. This research was released last month (February 2018) in the prestigious journal *Electrochimica Acta* and was titled "Understanding the limits of rapid charging using instrumented commercial 18650 high-energy Li-ions cells".

In connection with this development, the Samsung Institute of Technology (SAIT) announced their synthetisation of a unique battery that is made from graphene- a 2D-matter that has long been hailed as a wonder material because of its flexible uses such as in electronics, transportation, medicine, and energy saving. The graphene batteries are said to be able to dramatically boost battery capabilities. SAITs research was published in the journal *Nature Communications*.

The time of long battery charging is seemingly coming to an end. The age of longer lasting, faster charging batteries will be here soon.



Source: Aliexpress.com

## A QUANTUM LEAP

By Neo Motsiri

In an effort to create fast and secure data transfer, a team of physicists at the University of the Witwatersrand led by PhD student, Bienvenu Ndagano, has developed a method of performing quantum experiments called 'classical entanglement'. They have found that "the secrecy in quantum key distribution relies on the ability to faithfully exchange quantum states between two parties while retaining the ability to identify any eavesdropper. To make it harder for the eavesdropper, one has to decrease his/her ability to correctly guess/identify the state that is sent."

Quantum mechanics is the physics that governs subatomic particles such as photons or protons. Since Albert Einstein, physicists came to learn that at incredibly tiny scales, objects exhibit very strange physical behaviour, one of which is quantum entanglement. Two particles are said to be quantum entangled if the state of one particle cannot be determined without knowing the state of the other particle. It's precisely this behaviour that Ndagano and his research team sought to exploit. "The secret in quantum key distribution is its ability to faithfully exchange quantum states between two parties while retaining the ability to identify any eavesdropper." said Ndagano, "To make it harder for the eavesdropper, one has to decrease their ability to correctly guess or identify the state that was sent."

However, the profound incompatibility between classical and quantum physics, along with phenomena such as the uncertainty principle and the measurement problem, gives rise to some very difficult challenges in quantum experimentation. This is what makes Ndagano and his team's breakthrough experiment so impressive. "The most challenging but exciting aspect of this research has been designing novel schemes to exploit the capabilities of high-dimensional states. In theory we know how it's done, in practice it's not trivial."

The research shows that nature is sometimes unable to distinguish between classical laser beams and quantum entangled photons. The researchers exploited this grey area by developing what they call classically entangled light. The experiment showed that emitting a classically entangled beam was equivalent to sending a quantum state. To take full advantage of the increase in number of states, you have to devise an appropriate measurement technique which is efficient. "And that is what our research has been about," said Ndagano. The team hopes to use their findings to create fast and secure transfer of unlimited data.



# SCHOOLS OUT FOR SCIENCE

By Wynand van Losenoord

When most people consider an extracurricular activity, their first impressions are usually of playing a sport or an instrument. Very few actually consider science as an extracurricular activity, and that's what makes this event so impressive.

Several postgraduate students from Nelson Mandela University were privileged enough to showcase their work and expertise to over a hundred school learners on 22 February at the annual Mole Day. Hosted each year by Alexander Road High School, Mole Day is an event convening several schools including Pearson High, Framesby High, Loyiso High and several more. Mr C Oosthuizen, the organiser, has expressed his hopes on how allowing the passion for science, may allow the growth of professionals in the field. The name "Mole Day" might be misleading as the event is used to celebrate scientific "mole", which is a constant used to compare the mass of a chemical to the number of atoms or molecules found within the object, rather than the blind

animal scurrying around in the ground.

The day was kicked off with a show performed by the Alex Science Club, and then followed by our very own students. These included masters and doctoral students within chemistry, microbiology, biochemistry and zoology. Activities included several presentations, chemical reactions, animal quizzes and a demonstration of how diseases spread. Several learners from Loyiso High, inspired after the presentations, expressed their hopes of becoming engineers, doctors and even crime scene investigators, with their careers rooted in science.

Even though science as a whole is seen as an entity on its own. Almost every career requires some form of science to progress. Events like Mole Day show that you don't always have to be a scientist to love science, sometimes you just need to step out of your comfort zone and find your own personal experiment.



Photo Wynand van Losenoord

# LOW POWER MODE



Image: pexels.com

By Tamera Morgan

**iPhone. iMac. iPod. iPad. Battery replacement? Doesn't fit does it? Well that's because if you're paying approximately R10 000 for a smartphone you are not expecting to fork out more for a battery replacement.**

Let's be real- Apple, Inc. puts out extraordinary devices. Features that aren't only improved, but perfected. When Apple speaks, the smartphone world listens. Apple user or not.

Everyone in their life has passed some judgement or critique about Apple products based on experience or assumption. The latter being more common. With the launch of their new iOS 11.2 mobile operating system came issues. Customers felt "let down" by Apple, feeling that they were forced to pay much more for a newer model iPhone because of battery drainage of a not-so-old model.

We know that iPhones, despite their durability, aren't critically acclaimed for their battery-life. I can think about five other phones that give the iPhone a run for its money (although the iPhone X (ten) puts up a strong fight!).

Apple released a statement on their website apologising to consumers who felt betrayed by the billion-dollar company. "We know that some of you feel Apple has let you down. We apologise."

The downside to the battery issue is that Apple does not authorise any resellers in South Africa to repair iPhones. Instead, standard practice is to replace units in - or outside - of warranty. The latter incurs a cost. Apple did announce a worldwide battery replacement programme, which is also provided by South African authorised reseller, iStore. Under the programme, anyone with an iPhone 6 or higher would be eligible to have their battery replaced at a cost of R430. This fee is reasonable, albeit one that should not have been needed in the first place.

Software can maliciously affect device operation. We know this. However, was it done intentionally to drive up sales? Apple seemed to be handling their revenue just fine during, before, and after the launch of their iPhone 8, 8 Plus and X. Which now begs the question: Was it then just lack

of ingenuity that caused permanent damage to batteries with the new software? The good news is that the issue is now resolved and only affected devices below the iPhone 8.

"At Apple, our customers' trust means everything to us. We will never stop working to earn and maintain it. We are able to do the work we love only because of your faith and support — and we will never forget that or take it for granted."

Looking at the mistakes Apple has made (and recognizes) versus the quality of products they put out and their after-the-fact support, it's fair to say that they deserve a break. Apple will always be the target of criticism by everyone, generally those on top are. But Apple gives competing companies something to strive for.

Yes, battery lives were shortened, however, an affordable solution was brought forward by Apple. But at least the iPhones didn't explode, or have we all forgotten about that?



## SCIENTIST HAVE CLONED THE FIRST PRIMATES USING THE "DOLLY METHOD". ARE HUMANS NEXT?

By Toshka Barnardo

A group of biological scientists from Shanghai, China, have recently cloned the first primates using a similar method to the one used to clone the famous 'Dolly the sheep' in 1996. By using monkey donor cells in a technique called somatic cell nuclear transfer (SCNT), the group of researchers managed to produce two genetically identical long-tailed macaques (*Macaca fascicularis*). The study, published in the journal *Cell* in February 2018, marks a significant achievement in biomedical research and is seen by some as a step towards the first human clones.

### The cloning process:

The study used a standard cloning technique which involves removing DNA from a donated egg cell and transferring DNA from another cell to the now "empty" cell. The cell is then developed into an embryo and transferred to a female surrogate. Of the 79 cloned embryos placed in surrogates, only two survived birth. The new-borns named Zhong Zhong and Hua Hua are the first primate clones produced using this complex method. Another primate, a rhesus monkey (*Macaca mulatta*) named Tetra holds the title of the first primate clone. Tetra was born in 1999 and was cloned by splitting an embryo in two.

### Why are primate clones such a big deal?

Since human experimentation is undesirable, scientists use some of our closest relatives - other primate species - to understand how primates function. Our primate cousins are used to develop treatments for human diseases and are crucial in advancing biomedical science. Using genetically identical clones is the best way to test the effect of various treatments. When scientists use genetically different individuals it may be hard to determine whether differences in test results are due to the treatments or genetic differences.

### Are human clones the next step?

Mu-Ming Poo, a co-author of the study and director of the Institute of Neuroscience (ION) at the Chinese Academy of Sciences says, "Technically, there is no barrier to human cloning". But the ION does not seem interested in producing human clones. "We want to produce genetically identical monkeys. That is our only purpose." It seems that, at least for now, human clones will remain a thing of science fiction.



photo sciencemag.org

## MADIBAZ FAVOURITES TO LIFT THE SAB LEAGUE TITLE



Image: pexels.com

By Nkosinathi Ngxata

### The senior players' return gives the team a boost in the fight for the SAB league title.

The football team have enjoyed success whilst some of the older players been away but was a collective off young and old players that carried the process forward. The Madibaz youngsters took their football team to the summit of the SAB league. As often seen, missing key figures can derail a team's progress, however that is not the case with the Madibaz football team.

The quality of the team was highlighted when the local-based and junior players stepped up in the absence of the senior players to climb to the top of the SAB standings. Now that the senior players have returned the Madibaz coach has a huge task - who to choose for the upcoming games? Should he throw the seniors straight back to the starting XI or stick with his young group of players?

That is a good headache. Having that kind of strength in depth & good competition is an advantage for a side already at the top. Choosing to field all the seniors will ruin the youngsters' confidence. Confidence is everything in a football team. You need confidence

to kill games off. To keep the momentum going the seniors need to fight for their place in the pecking order so that the younger players also raise the level of their game hence squad rotation is key. That kind of good competition can only yield a winning mentality and increase the hunger for silverware in all squad members.

Madibaz is compelled that each team in the SAB league have 5 under twenty-one players in the starting line-up. "It has its advantages and disadvantages as we have had older players leave for not getting sufficient game time" said Madibaz Football Coach, Wayne Iveson, 'we also have to monitor young players to improve to become highly functional which we have been doing successfully in conjunction with older players", Iveson added.

The team as it stands currently has 5 first eleven players on injured list from this past weekend with a match this coming Wednesday. The demand for team gets even worse after Easter as the team plays 5 matches in a 8 day period which is impossible for a player or team to be highly functional this weekend proved with the amount of injuries recorded. The squad is remaining positive and will carry the process further.



## ELOISE WEBB STRIKES GOLD WITH COMMONWEALTH GAMES SELECTION



Photo: Supplied

### By Full Stop Communications

**Nelson Mandela University's Eloise Webb will represent South Africa in the women's rugby sevens team at the Commonwealth Games in Australia from April 4.**

She will be joined by Nadine Roos, Unathi Mali, Rights Mkhari, Zintle Mpupha, Veroeshka Grain, Zenay Jordaan, Marithy Pienaar, Mathrin Simmers, Christelene Steinhobel, Chane Stadler and Zinthle Ndawonde.

"One of my goals was just to grow as a player and learn as much as I possibly can. Every time you make the team to go to any tournament it is an achievement," said Webb.

The fourth-year BEd Intermediate Phase Maths and Science student, who plays at flyhalf and centre for Madibaz, said she felt excited at the prospect of competing against world-circuit teams.

"I'm also looking forward to them seeing how much we have improved as a team. This will also show us where we are and where we must improve to get better and achieve that level of play."

The 22-year-old felt they were an amazing team and said they had trained very hard for the upcoming tournaments.

"The Hong Kong Qualifier [April 5 and 6] will be the first tournament and we will play our hearts out to qualify for the world circuit. Then we can start focusing on the Commonwealth Games, which will be one huge experience," said Webb, who played her first tournament for the SA Women's Sevens team at the end of 2016.

Playing against world-circuit teams meant they would take on some of the world's best, but Webb said she did not see this as a challenge.

"We've played against these teams before, but we will play back-to-back tournaments and I think that will be

tough on the body as we're not used to playing these types of games. We will just need to adjust to that."

Webb also felt their preparations were looking good and they could therefore maintain a positive attitude.

"The spirit of the team is very positive and every single player in the system strives to learn new things. Therefore, I feel we're ready for these big tournaments," she said.

Juggling her final-year studies with playing rugby was one of the biggest challenges Webb had to face.

"I can definitely thank my university for helping me do both academics and rugby. The rugby staff helped me so much just to find a way for me to play rugby and still get my degree as a teacher."

Webb, who is originally from East London, said she was introduced to playing sport and watching it on a television from a young age as her family loved many types of sport.

"One of the ladies I played cricket with asked me to come and practise rugby with the team. They had actually already spoken to my brother, who also played for the Border side, about asking me to play rugby for them."

Webb then went to training and started to appreciate the big difference between rugby and netball. She continued with her training and that was how her career began.

"My goals are just to become a better person and learn as much as I can from our coach and from my teammates. We always look at our process in which we grow. So, we just want to work on that and then our system will go forward."

Webb felt that if you participated in a team sport, you always wanted to become a better player for them and to grow together. If you played for one another you would always strive to become better.