

# MADIBAZNews

News for the students, by the students

## GRADUATION SEASON



By Mamokele Rapotu

Graduation marks a very important celebration of achievement in the lives of many young people, it means students are steps closer to fulfilling their dreams. Nelson Mandela once said "Education is the most powerful weapon which you can use to change the world"; completing a qualification marks the beginning of that change.

Quality learning still remains one of the most important tools young people should receive. A good education is a key in bringing about change in families and subsequently cultivating the state of the economy. It's a win-win situation. Many businesses stand to benefit from students fresh out of varsity because it is often said that they are easier to manage and mold into what the business needs. Skills accumulated throughout the years of learning get tested in the working field. With the high rate of unemployment in South Africa, graduates tend to take the first job offered to them even at the lowest cost to the advantage of businesses.

Graduation is not only a momentous occasion, but serves as a reminder that students have to begin new journeys outside the environment they were used to in varsity. Since the name change, they have decided to transition the graduation season to one that is befitting and accumulative of the university's vision 2020.

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Dear Madibaz,

MadibazNews – news for the students, by the students. A new edition jampacked with content has arrived and we hope you enjoy every page.

Every edition is uniquely crafted to bring you up to date news, thought provoking opinion, and articles that entertain, inspire and inform. What more is there to say: relax and delve right in...

Once again, a big shout out goes to our MadibazNews team that work tirelessly to put together each edition. Your continued effort is always appreciated. Your talent and creativity is something we always hope to augment and promote.

To our readers, thank you for supporting us – thank you for staying with us as we grow, learn and make this newspaper one that reflects the 'voice' of the campus. Always remember to like and follow us on all our relevant social media platforms.

So without further ado, please enjoy our latest 25 page offering. From lifestyle to technology, sport to science – we have something for you.

Happy Reading!

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

# WINNIE MADIKIZELA MANDELA, MOTHER OF THE NATION, FINDS HER RESTING PLACE

By Mamokele Rapotu

The world mourns the passing of the anti-apartheid stalwart, Winnie Madikizela-Mandela. Various media publications have urged nations to celebrate her contributions to the struggle to make South Africa a better place, rather than her imperfections.

Not only was she at the forefront of liberation for the country, she played a significant role as a symbolic mother to the famous student uprising movement in Soweto 1976. Approximately 42 years ago, Madikizela Mandela led thousands of young people in standing up against the apartheid government, protesting not only against the language of instruction they were forced to use at the time, but also an educational system designed to demolish the dreams of black students. She believed in the upliftment of the youth.

Her official memorial service was held at the Orlando Stadium on Wednesday, the 11th of April. There had been a stir regarding the family wish to lay her to rest in Soweto, but the Eastern Cape community accepted the family's wishes. She was given a state funeral and the service was held at the Orlando Stadium on Saturday, the 14th of April. The burial was at Fourways Memorial Park Cemetery.

A few years ago at a youth day commemoration, Winnie said "the hope of South Africa's future development lies in its youth". This served as a call for young people to use their education, power and voices to continue to work towards the freedoms that the 1976 generation was not able to reach. Siyaziqhenya ngawe Mama! Halala Mama Winnie! Mama Afrika! Long live Winnie Madikizela Mandela! Rest in Power, Mother of the Nation! Lala ngoxolo Mama!



Photo source :SABC

## NELSON MANDELA UNIVERSITY'S SIVIWE NGABA'S GREATEST POLITICAL ATTEMPT



By Xolani Funde

Nelson Mandela University's student leadership was proudly represented during the recent Nelson Mandela Bay Ward 1 by-elections as Mr Siviwe Ngaba, a Public Management and Leadership student, was one of the candidates. Ngaba, who is a former South African Student Congress (SASCO) Regional Chairperson, was unanimously nominated in an ANC public meeting to stand in what happened to be a highly contested procession.

"This is a very historic moment not only for myself but for the young leaders at large," said Ngaba prior to the elections. "We must adhere to do just as President Ramaphosa said in his slogan "thumamina" (which means "send me"). Siviwe has served in a number of portfolios – such as being Branch Chairperson of the South African Communist Party (SACP) and Branch Secretary of The Young Communist League of South Africa (YCLSA). "I believe it's time that the ANC strongly challenge the DA in this ward where it [has] been dominating for a long time. However, election day came and political parties were represented in numbers with their colourful regalia respectively. And, out of the 4 767 votes that were cast, 4 368 went in favour of DA," he adds.

"It's a disappointment, obviously, but it was a great learning experience because I got an opportunity to work with the general populous of Ward 1. I got more responsibility and transitional shift in maturity," said Ngaba after the elections. He is now the Provincial Task Team Convenor.

## 100 FOR 100 CAMPAIGN, A TRIBUTE TO NELSON MANDELA

By Thulani Zwane

The 100 For 100 campaign is an initiative commenced by our vibrant Student Representative Council (SRC), in honour of the deceased icon leader Nelson Mandela. The students, as well as the staff, donate R100 towards the Mandela Fund which is an SRC fundraising initiative that aids students with meals, purchasing textbooks and settling outstanding debts.

Nelson Mandela's legacy serves as a memento for his remarkable deeds and it is for this reason he cannot be forgotten. This campaign has been driven by the number of years since his birth. To strive for a better future of those disadvantaged is represented by our SRC and this initiative.

This campaign was just recently introduced in our institution yet the impact it has made is impeccable. The community is favourably responding to the initiative, in the name of commendable deceased father of the nation. Pioneering measures have been taken to keep the ball rolling. For example, the SRC and Student Alumni Society (SAS) has teamed up to present a Madiba Challenge whereby SAS proposed to their members to donate 20% of each members' membership fee towards the SRC campaign.

In addition, this fundraising initiative elected Tuesdays for 'GIVING' whereby boxes are allocated at certain points at the SRC offices and at the Cashiers between 12h00 and 14h00. Everyone is welcome to contribute a minimum amount of R100 and the students are also prompted to wear the university branded attire to convey the pride of belonging to the Mandela community.

## THE CURSE OF THE BLESSER



By Xolani Funde

The Businesswomen's Association (BWA) held its first student chapter on the 9th of March 2018 at the Nelson Mandela University. BWA is a woman-led business association which empowers women with skills, information on opportunities and prepares them for work. The emphasis of this chapter is on enhancing independence in young women – especially those at tertiary level. Among the speakers were students who walked the extra mile and used their talents and skills to run businesses while still studying.

"One thing young women must know is that a person should not be limited by what they don't have, because there must be something a person is good at and that could be what generates income for them during their student period and beyond," says speaker Xolela Madlanga, who is also an accounting student, former Enactus Chairperson, and businesswoman. "As a former student leader, I know exactly the different challenges students go through. Many of us [do not] realise what one can do with so much spare time in between studies," adds Xolela, who was raised by a single mother and had to find creative ways to make ends meet as a student. She is now owner of Boss Eternal PTY LTD. "I have a phrase which I use as a drive for myself: thou shall make her own money," she adds.

"Ladies need to make good decisions that will give [them] long fulfilling lives. Learning to budget and investing [are] another vital part in making those decisions," says Jackie Palframan of the NMU Business Management Department. Another speaker on the day was Mikaela Oosthuizen – the Chairperson of BWA Student Chapter. "One of the challenges for women today is the culture of 'blesser/blesee relationships' so I came up with the phrase 'curse of the blesser' because it's quite a threat to women," says Mikaela. She added that many people think that the "blesser/blessee" relationship will only last while women are studying. However, its consequences can remain with them for life.

The turnout for the event was excellent. For more information about the association, the BWA can be reached through the following:

Instagram: @bwasportelizabeth

Email: pechair.studentchapter@bwas.ac.za.

## MY FIRST YEAR WITH ALL ITS ADJUSTMENTS

By Laurenzil Bagoes

Through out all the interviews conducted with first year students, it was quite easy to note the high level of self-awareness they now possess after officially having gone through the motions and changes University had to throw at them. They now acknowledge and better understand that they themselves are now in full control as to how their university experience will go.

Here are a couple tips for successful adjustment to University, as pointed out by the above-mentioned students:

- 1) Attend your lectures- may seem simple but it sure is tough. Bare in mind the amount of money wasted when staying at home instead.
- 2) Get started on readings right away- the more you let them drag on the faster they pile up.
- 3) Go to your lecturers during their consultation hours- they are there to assist you. On another note, a good relationship with a professional in the field can go a long way in terms of references later on.
- 4) Find your ideal study place and make it a habit to go there regularly- this makes it easier to maintain great study habits. Better yet, try going there during those 2 hour breaks between classes that you would otherwise spend roaming around campus. Just like that, you finished your studies for the day and now have a free afternoon!
- 5) Lastly, stay connected- there are plenty of faces on campus and amongst those are your friends. After completing your studies for the day be sure to make time to relax with your peers.



## 'NOT MY LAND'

By Sibusiso Mbambo

**Land and ownership of the land is a very personal and sensitive matter to native South Africans who were dispossessed of their land through systemic state intervention by the then oppressive government. This led to overcrowding, poor economic standing and millions of landless citizens.**

'Land expropriation without compensation', together with uncertainty regarding this issue, has resulted in our country being at yet another crossroad. We saw in late February, an unprecedented move, where the ruling government party and several opposition parties joined forces in parliament. They passed a motion of 'land expropriation without compensation' and pushed to have section 25 of the Constitution reviewed and amended. This was the result of the land audit report, released last November, which read that

even though black South Africans constitute 79% of the population, they directly own 1.2% of rural land.

This new stance has received overwhelming support from the masses and left some with questions. However, most of the population do agree on one thing; land belongs to all who live in it and should be expropriated.

Other students were totally against the notion of the land being solely owned by the state and issues of food security were raised where the land would be given to individuals. One student pointed out that not all land was for farming but for proper housing, parks and sports facilities. The important thing noted was that the youth is socially and politically conscious about land issues and the impact it carries.

## UPSHOTS OF INXEBA (THE WOUND) ACCORDING TO STUDENTS

By Rotakala Netshiavha

After reading the synopsis of the movie and listening to what most people had to say with regard to the trailer, you are probably wondering why is there so much controversy surrounding the movie.

*Inxeba* is a movie that stars Xolani, a lonely factory worker, who joins the men of his community in the mountains of Eastern Cape to initiate a group of teenage boys into manhood. When a defiant initiate from the city discovers his best kept secret, Xolani's entire existence begins to unravel.

Simply put, the movie focuses on gay love in the face of cultural transitions. One could argue that it was about time we saw something that ignited a debate like this.

Xhosa men were the most vocal about their concerns. Some even claimed that it "negated culture in an effort to make money".

According to some students, the movie does not say much about Xhosa initiation traditions and culture but rather reduces the whole meaning of the tradition. One student said he feels like the movie implies that gay relations are a norm at initiation schools, which is far from the truth.

Another student said that he felt the movie was blown out of proportion. According to him, the movie was more about the love story between the two initiates' guardians and it just happened that the setting was the initiation mountains. People, ultimately, focused on that and forgot to enjoy the story.

Personally, I think the different opinions we all had and the conversations that came up were exactly what the producers wanted from us. They wanted us to see such a love story, in a compromising setting, to show us that sexual diversity is everywhere.



Photo source: inxeba.com

## BLACK PANTHER



Photo source: Marvel.com

By Noxolo Kali

When asked about what they thought of Black Panther, many students shared the same sentiments - Black Panther is a reflection of what and where our country would be if it was not colonised. Students also stated that the movie illustrated that Black people can live off their land perfectly, mining its resources. On the other hand, the movie also highlighted the element of greed that comes with humanity and the undying power struggles that continue.

Black Panther is said to be unique for its black power - with the use of strong (female) characters, empowerment and 'jabs' at the current state of the world. This being something that fascinated our female students - who believed that often women's roles in society are often undermined. Noluthando Coka, a female student, says that she enjoyed the movie more as a result of the use of strong female characters. She stated that movies often portray male strength and power, leaving women invisible or somewhere in the background.

Others argued that the movie was a bit gender biased because it is only men that were illustrated fighting for power while women helped each other through everything and were not really focussed on the distribution of power. Aphelele Mqorhwana, a 3rd year male IT student, stated that from start to finish the women in the movie displayed unity and support. The men on the other hand are fighting each other, not only for the throne, but the produce of "Wakanda."

## THE BLESSER CULTURE

By Ziyatandwa Goduka

Financial hunger has taken a toll on young people and students are seeing themselves turn to unconventional methods to attain and maintain a certain social status and to make ends meet. Having an older man to fund a lavish lifestyle has become popular amongst some young women.

To some, these relationships are a temporary solution to their financial problems – just until they finish their studies and find their own feet. But, to others, it can be a permanent way to help maintain a certain lifestyle. These relationships “usually entail accepting material things in exchange for sexual companionship”. Furthermore, the women are expected to be up to date with current affairs and latest wealth trends, to amuse and entertain the men in conversations.

**Although there are advantages to these relationships (financial stability being one of them), there are damaging downs:**

- The risk of a low self-esteem as there is a great dependence on the men.
- The older men in these relationships may become possessive and manipulative.
- The risk of falling pregnant.
- The possible transmission of sexually transmitted diseases – especially if the men have multiple sexual partners.
- Possible limitations on independence and strain on emotional wellbeing.

Oftentimes, once a person is in one of these types of relationships, it may be hard to leave. Some students strongly feel that these relationships put women in a compromising and disempowering position - especially those who solely rely emotionally and financially on their partner.

The reasons for young women to engage in these relationships are not always to attain a lavish lifestyle, sometimes these relationships are seen by the blessees as the only option to get out of a tough financial situation. However, one of the speakers at the BWA event on the 9th of March 2018 pointed out that this is not the only option to make money as a young woman and student.

**There are a few other options and these include:**

- Actively searching for bursaries, scholarships and student loans
  - Becoming an entrepreneur – especially with the rise of social media. One can earn an income from using social media platforms.
- Having a bleaser is not the only option when it comes to being financially stable.



Photos source: Emmanuel Mukuna

## TWO BOOKS YOU NEED TO READ NOW

By Rabia Afzaal Cheema

**A *Little Life* by Hanya Yanagihara is an ideal description of our age of anxiety, including all its associated dramas – self-harm, binges and childhood sexual abuse. This novel also includes life’s solace: friendship and how it can take many surprising forms.**

Set in the present, the novel is about four young men (from the same college) who move to New York to chase big careers. The story narrows its focus on Jude: broken, full of secrets, self-harming, and his body a web of scar tissue. The graphic depictions of abuse and physical suffering that one finds in “*A Little Life*” are rare in mainstream fiction. Readers will stop and ask themselves, “How much can one character believably endure?” Yanagihara’s novel can also

consume you and some have called it “upsetting”, “heart-breaking” and “traumatic”. But these very people also say it is the best book they have ever read.

*The Kite Runner* by Khaled Hosseini is narrated by its main character, Amir, and looks at how he deals with a secret from his past and how that secret shapes who he is. The novel talks about Amir’s childhood friendship with Hassan (these two are as close as brothers and are experts in kite flying); Amir’s relationship with his father, and growing up in the elite part Afghan society.

The novel turns dark when civil war begins to ravage the country and people suffer under the tyranny of the Taliban. The story is fast-paced,

hardly ever dull, and introduces you to the world of Afghan life - which is strange, fascinating and oddly familiar all at the same time. By portraying themes of love, cruelty and redemption, this is a novel that touches all aspects of humanity. This is a vivid book, one that one puts down with a sigh and wishes were longer. A tragic story of life and love, brotherhood and courage – or the lack thereof.

The best part about “*The Kite Runner*” is its portrayal of how good overcomes evil despite all odds. Hosseini gives a reminder of how long his people have been trying to defeat their enemies – enemies that threaten them even today.



Photo source:Thando

## PUTTING THE PRO IN PROCRASTINATION

By Amy Ward

I have left this article for the twelfth hour. As I sit down to write it, the irony dawns on me and I can only assume that this is why I chose to write about this topic in the first place: procrastination is part of the way I do things. But despite its bad reputation, I stopped apologizing about it a long time ago.

There is legitimate reasoning behind procrastination's negative connotation. We all know that despite the instant relief we feel when we put off a task, we also feel an underlying sense of anxiety knowing that there is unfinished business hanging over our heads. Yet if managed correctly, that discomfort can be avoided.

Here is why and how procrastination works for me (I take full responsibility for validating the reasons you have used to justify your procrastination up until now):

For me, administration and creativity need to be separated. The left and right-hand side of my brain are equally important but cannot operate simultaneously or consecutively. According to Adam Grant, a Professor of Management and Psychology, optimum creativity is achieved when one is initially exposed to a task, but then given time off before engaging in it. This process encourages "divergent thinking". The application? Do not ignore your entire to-do list until the last minute. Familiarize yourself with what needs to be done, by when it needs to be done and how much time will be needed. But once you are comfortable with the general content and expectation, take a break and come back to it later.

Diamonds are created under pressure. How often have we not used that one? But it can be true. I know that for myself, I am often most creative when time is at its minimum. The fear of a deadline releases adrenalin which is a natural pain-killer. When we feel less pain, we are better able to do something that we consider difficult or tedious.

Pressure produces focus and fast pace. When I leave myself just the right amount of time to finish a task, I am able to focus on it fully as well as optimize my time efficiently.

The bottom line is that procrastination is not necessarily negative. If used according to your specific capabilities and study methods, and managed well, it can be a tool that optimizes your time and energy much more effectively. It's not just an excuse – you can safely say procrastination is tactical. You're welcome.

## MAKING A COMEBACK



By Simran Juglal

One of the things the media certainly knows is that nostalgia sells. From the 80's throwback television series *Stranger Things* and the new season of *Gilmore Girls* to the numerous reboots of superhero franchises and horror films, the past is back in fashion. Here are a couple of 'old' items that are making a comeback for millennials:

- **Vinyl**

I love keeping all of my music on a flash drive as much as the next person but one cannot deny that vinyl records have that 'retro' vibe to them. Yes, CD's and flash drives are small and convenient but which music fanatic wouldn't want to own Pink Floyd's *Dark Side of the Moon* or Lana Del Rey's *Ultraviolence* on vinyl? According to Forbes, vinyl record sales neared the one billion dollar benchmark in 2017 – the first time for this millennium. If you're interested in purchasing vinyl records, look no further than your closest Musica store. Joe's Garage on Westbourne Road also stocks new and secondhand records at a much lower price. If you do not feel like leaving the comfort of your bed, check out [recordmad.co.za](http://recordmad.co.za).

- **Comic Books**

I think it is pretty obvious that superhero movie franchises and television series are responsible for the increasing demand for comic books. Other influences include the popularity of Japanese manga and the release of graphic novels based on popular literature. Breaking the one billion dollar mark in sales revenue in 2015, comic books are increasingly popular with millennials. If you are looking for comic books in Port Elizabeth, you are sure to find them at most secondhand stores or check out [raru.co.za](http://raru.co.za).

- **Polaroid Photos**

Whether it was popularised by Tumblr aesthetics or a general want to capture memories on paper, polaroid cameras are making a comeback – all the way from the 1940's. You can find Fujifilm Instax cameras on [superbalist.com](http://superbalist.com)

Whether they are here to stay or just a trend that will soon pass, it won't be surprising to spot a millennial purchasing vinyls records, comic books and instant cameras any time soon.

## TV SERIES FOR MILLENNIALS



By Simamkele Mngxitama

**As millennials, we need something new on which to focus and to take our minds off of our busy academic life. Watching a light-hearted series that gives us a sense of relief and brings light to our not-so-exciting lives can be especially beneficial. Luckily, 2018 has brought us television shows to which we can definitely relate.**

If you have been keeping up with the comedy series *Black-ish*, then you will enjoy its spinoff, *Grown-ish*, which follows Zoey – the eldest Johnson – as she heads to college. *Grown-ish* is one series you do not want to miss. It is authentic, relatable, diverse and informative. "The show is amazing; it covers every issue that our generation is going through in university: issues coming from diverse people navigating life and, of course, academic excellence," says Afikile October, an Nelson Mandela University student.

The theme of a student being socially awkward while trying to fit in usually seems disheartening. But this is not the case in *Alone Together*. This hilarious series depicts the above theme in an enjoyable way. Here, we follow the lives of two constantly-complaining,

platonic, millennial BFFs, Esther and Benji. Esther disastrously tries to fit in with the "popular" clique and adhere to society's beauty standards while Benji tries to date women who are only interested in his hot older brother. According to a Vanity Fair article, *Alone Together* shows the "ways Esther and Benji help each other – and bring out each other's worst sides – as they struggle to navigate young adulthood and all the misadventures that entails".

Last but not least, *Champions* is a comedy series that will have you rolling on the floor laughing. It focuses on new father-son and uncle-nephew relationships. A fifteen year old gay teenager brings fun and challenges for Vince and Matthew as they juggle their new family responsibilities. In this series, the navigating of these new relationships has been turned into a cheerful narrative – perfect for a good laugh after a hectic day on campus.

These suggested TV series will get you through the lazy and boring days. Give your mind a break and enjoy!

## INTERTWINED



Photo source: Dylan Gouws



Photo source: Dylan Gouws

By Chloe Farley

On 9 March 2018, the Visual Arts Department at Nelson Mandela University held an art exhibition at the Bird Street Gallery in Port Elizabeth. Both academics and frequent gallery visitors alike gathered to view Nomusa Makhubu's *Intertwined*, a photographic exploration of historical narratives that questions their erosions.

Makhubu is both an award-winning artist and a full-time lecturer at Michaelis School of Fine Art at the University of Cape Town. "She is an artist-writer [and] a valuable craft in the current South African climate," says Vulindlela Nyoni, Professor of Fine Art, when describing how her unique skill set plays a role in the creation of her art.

Being both an academic and an artist adds an extra dimension to Makhubu's artwork. "Her work stems from firm research. She is a double-edged sword in the sense that she researches and writes about her own work," adds Nyoni. The utilization of this skill set allows her to create artwork that re-

engages and re-contextualises historical narratives.

Her photographic series titled *Trading Lies* best showcases her re-engagement with historical narratives. *Trading Lies* was photographed in 2004 as a response to the dioramas being showcased at the Observatory Museum in Grahamstown. In order to disrupt the dioramas depicting a quiet settler's life, she photographs herself within the frame in order to question why black people are vacuumed out of artwork depicting this historical period.

*Trading Lies* was the most viewed collection at the exhibition. This is because it involved the unique aspect of the artist inserting herself into the museum in order to recapture and reclaim the space. Artworks like this, according to Nyoni, "encourages viewers to question whose histories they are looking at and whose may have been left out." This is something Makhubu believes is an important practice when reflecting back on South Africa's segregated past.



Photo source: Dylan Gouws

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## WHY YOU SHOULD WATCH 'THIS IS US'



Photo source: ctv.ca

By Christina Makochieng

**Looking for a new show to start watching? Look no further than This Is Us, the show you never knew you needed but wish you'd started sooner.**

This Is Us follows the life of the Pearson family – introducing us to parents Jack and Rebecca, a couple navigating their way through their relationship as a married couple and the issues and life events that define them as individuals. All while juggling the challenges of parenting three kids. The show follows the kids in present time: the now adults include Kevin, an actor unsatisfied with the direction his career is taking, Kate, who is in the midst of her lifelong struggle with her weight, and

Randall, who although successful and happy, still deals with the challenges that come with being the adopted member of the family. Randall is also in search of his biological father to try to understand his background. In addition, he is navigating what it means to be a black man not only within a white family, but also in the United States of America.

Through various flashbacks, the audience gets a deeper look into the life events that have led up to the current day of the multidimensional character's lives and the events that have defined who they are. Each episode brings a new emotional depth to each character and this

places it a cut above the rest of series on television today.

This Is Us deals with the complexities of family dynamics, relationships, identity, race and weight. This series also portrays the many shades of grief and the ways in which grief casts a shadow over the rest of our lives.

As much as we love the next fantasy/drama/comedy on tv, it is great to see a show written in such a raw and honest way that deals with issues we all face. While educating us on the issues that we may not face, This Is Us also allows us to empathise with its fictional characters and this may help us in our interactions with our peers.

## THE LOST ART OF READING

By Amy Ward

I will admit, I'm writing this as someone who once identified as a book-worm, so I can already hear people protesting that reading is either for you or it isn't. That may be true but, for the sake of this article, here me out: the point of this article is that, because of technology and social media, our interpersonal and intrapersonal relationships, and perhaps society at large, have been negatively affected. I'm proposing reading as a method of righting some of those wrongs.

To start us off then, what has technology and social media done to our brains? According to Nicholas Carr, author of *The Shallows: What the Internet Is Doing to Our Brain*, social media trains our brain to multi-task and deal with streams of different information all at once. Yet, with this new pace, our brains adjust and this makes it challenging to pay attention to just one thing at a time and to engage our brains on a deeper level. Basically, our brains get used to fast-paced, shallow processing – so that real-life is often too slow for us to fully relax into and enjoy.

In terms of our ability to control our own mind, we are losing the ability to decide on what to focus. Carr has said that our brains have started automatically focusing on what is new rather than what is important. So how does reading come into all of this? It's tangible. It's current. It's creative. It's imaginative. It's slow-paced. It's real.

There is magic to be found, not necessarily in the book itself, but purely in the process: when you find yourself able to slow your brain down and are able to engage with the words printed on the paper you hold in your hand. Yes, we have all been taught that reading improves our communication skills, intelligence and memory, along with many other benefits. Sure, these reasons to read are legitimate but, for this generation, the relevant message really comes down to the therapy and art of reading.

As someone who used to read a lot, I have found that it takes extra effort these days to initially force my brain to slow down enough to read a book. But through this process I have also found a new appreciation for the power of getting lost in a good, old fashioned physical book.



Photo source: Likhaya Tshaka



## ONE OF MOTHER NATURE'S BIGGEST THREATS IS LIVING IN YOUR CLOSET

By Chloe Farley

The deterioration of our planet is one of the last things that will enter a student's mind while rummaging through a clothing rack in search of the perfect outfit. However, what many students may not realize is that by engaging in frequent clothing shopping, they are participating in destruction of the only planet we know as home.

The fashion industry is wreaking environmental havoc on our planet. "The clothing industry is the second largest polluter in the world. Second to only oil," says clothing industry magnate Eileen Fisher. The reason for this is attributed to the fact that consumerism within the fashion industry has become accelerated due to the rise of social media and online shopping.

The "fast fashion" trend has led many fashion retailers to release new collections weekly, causing consumers to shop more often. This phenomenon is summed up in an H&M sign which reads: "New stuff is coming in each and every day. So why not do the same." This practice is causing many individuals to only wear an item of clothing once and this subsequently causes huge landfills of discarded clothing which are considered 'yesterday's news'.

Unfortunately, these landfills are not the only thing to blame. Because 60% of the world's garments are produced in developed countries, most require transportation to other destinations. "The low-grade bunker fuel burned by ships is 1000 times dirtier than highway fuel used in the trucking industry," according to Ecowatch. Besides releasing extraordinary amounts of CO<sub>2</sub>, the fashion industry's cotton is also detrimental to our clean water supply. One kilogram of cotton requires approximately 1500 litres of water to be produced, a shocking statistic when considering that 60% of garments require cotton.



Photo source: Dylan Gouws

In order to combat the environmental effects of "fast fashion", students are encouraged to practice mindfulness when shopping. Simply purchasing vintage clothing or paying more for an item that will last longer will positively impact the industry's carbon footprint. Many retailers are also creating 'conscious lines' using recycled cotton – a great initiative a student should support.



Photo source: Dylan Gouws

## Nail Polish vs. Acrylic Nails



Photo source: Likhaya Tshaka

By Roxzann Thomas

Sometimes a manicure can be all one needs to pamper oneself, especially after a stressful week of university. But with all the beauty that comes with acrylic nails, there may be a painful price.

### About Acrylic Nails:

When acrylics are properly applied, correctly maintained and carefully removed, they will not cause injury or excessive damage to the nail. However, problems can occur and this can lead to damaged nail plates and nails lifting off the skin. In addition, application involves the use of strong chemicals and formation of fumes and you may also need to refill them every month (which means extra costs).

### About Nail Polish:

Applying traditional nail polish on your natural nails can sometimes be a tedious process, but there are products that are easy to apply and that dry in a minimum of 30 seconds. Many nail polishes produced today are packed with vitamins and conditioners that are healthy for your nails. The prices of nail polish are fairly reasonable, so you don't have to break the bank every time you want to add life to your nails.

### Nail Polish vs. Acrylic Nails: Which is Better?

It is important to remember that not everyone knows how to apply acrylics correctly. But when you do your nails at home, they are more likely to come out looking exactly how you want them to look. Nail polished nails also present a more natural look if that is what you prefer. It is also easier to remove (with an acetone-free remover) whereas acrylics need to be soaked off.

### How to Repair Nails After Acrylic Damage:

Cut your nails as short as possible and regularly apply cuticle oil and hand lotion. Go natural with your nails for a few weeks until healthy nails have grown out.

## WHEN DAYS ARE DARK, FRIENDS ARE FEW...

By Hope Schatz

Friendships are a beautiful thing! Whether you have an instant connection with a person upon meeting them or you experience the slower kind of relationship that doesn't always start off great but eventually leads to great laughter and shared experiences, new friendships can be a wonderful experience. But what happens when things between you and your friends go south?

Having people in your corner is always great unless those people are dragging you down – not only emotionally, but also socially and even physically.

Here are a few things to note if you think you may be in a toxic friendship:

1. It is always about them. This is when you and your friend are talking but all they ever do is talk about themselves. There is nothing wrong with a little venting every now and then but when you do not get a chance to speak, there may be a problem.
2. Are you the one always reaching out? Whether it involves making plans to see each other or just chatting on the phone, if you are the only one initiating it, see it as a red flag.
3. Your friend wants you to change. If your friend is constantly telling you to change important things about yourself, this can be toxic. Be careful of such situations.
4. You are walking on eggshells. This is when you no longer know how to be around that person and you constantly watch what you say or do because you are afraid they will attack you for your words and/or actions.  
If you can relate to any of the points mentioned above, you may be in a toxic friendship and you may want to evaluate whether or not you want toxic people in your life.

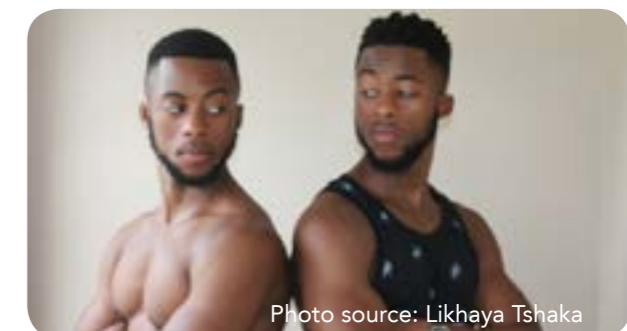


Photo source: Likhaya Tshaka

## POSSIBLE SOLUTIONS TO THE WATER CRISIS

By Simphiwe Mgwanya

In the wake of the recent Cape Town water crises and fast approaching (though now pushed back to 2019) "Day Zero", everyone in the country is suddenly taking note of the essential role water plays in our lives. Water is a resource which for far too long has been taken for granted. South Africa and a long list of water-scarce countries are finally realising the full gravity of the severe situation - that water is a limited finite resource.

South Africa is a semi-arid country with an annual average rainfall of 495 mm (compared to the global rainfall average of 1033 mm) coupled with a high-water evaporation loss (due to hot humid summers). Fresh water reserves such as wetlands, lakes and dams are under constant threat from climate change and uneven distribution of rainfall. This means that certain areas of the country are more prone to floods (north of KwaZulu-Natal and Gauteng) while others experience drought (Cape Province and the northern parts of Limpopo and North West Province).

The water-scarce Western Cape has several options to turn to for possible solutions. South Africa is an agricultural-based country which sees a national water demand of 57% in agriculture and 15% in the mining industry. Efficiently capturing and storing rain water, as well as recycling sewage waste water purely for irrigation and industry purposes, can close the large gap - saving greater reserves for drinkable freshwater.

Large-scale desalinisation is another viable route. The high energy requirements could easily be met by solar power. Large-scale use of grey water, which uses household waste water from showering, flushing and dish washing, is another sustainable option. "Green buildings" such as The Hotel Verde in Cape Town is an excellent example of grey water in action.

Ground water is a practical short to medium term solution, as ground water is just as finite

as surface water. An underground rail line (like the London Tube) could also reduce the traffic congestion issue and supply abundant ground water for access to geological aquifers. This was suggested by water scientist, Gordon Maclear, for the City of Cape Town.

Practical solutions above will bare heavy costs to the government's current budget, including costing funds and electrical energy. It is imperative that we not only assign accountability to the state but to the overall stakeholders who benefit from this precious resource.

Education and citizen consciousness about efficient water use is needed. Accountability, good governance of our current water resources, and management of non-revenue water (water lost before it reaches taps and civilians - mainly from leaks) must be enforced. Water waste penalties must be imposed on public government organizations and private corporates deemed reckless.

Trevor Balzer from the Department of Water and Sanitation told Parliament in November 2017, "The country's water losses are exceptionally high, non-revenue water is currently at about 41%, due to weak monitoring systems." South Africans use 237 litres per day as opposed to the world average of 173 litres per day. The situation is compounded by the booming population, rising levels of drought and increasing water demands which exponentially exceed the current supply.

Countries based in arid conditions such as Israel, the UAE, as well as California and Nevada in the United States, have found innovative practical water supply solutions such as the ones mentioned above, to thrive and supply more than enough water for their citizens and industry. Water is a key ecological driver which maintains the entire ecosystem. Water is life and with a little improvisation and a unified effort from all parties, we can overcome the water crises and ensure that "Day Zero" becomes a thing of the past.

## CANCER: THE BEGINNING OF THE END

By Wynand van Losenoord

**If you have never had a personal experience or known somebody afflicted by cancer, you can count yourself as one of the lucky few on the planet. With 11 million individuals diagnosed yearly and 7 million fatalities, cancer contributes to yearly casualties more than AIDS, tuberculosis, and malaria combined!**

A cloak and dagger operator, cancer, like any thief, can infiltrate our bodies and wreak havoc where it touches. How cancer works and why it has become one of the most researched areas of interest is a difficult concept, even for those experienced in the field. Cancer is such a great issue because each cancer type is tailor-made for our own bodies. Just like a thief, each style and type of cancer is unique. They will attack in their own way and will use their own methods to hide from the 'home owners'. For this reason, finding one specific anti-cancer drug is an almost impossible job. So, the question that researchers have asked is: "Why not make a tailor-made drug for each individual?" Until recently, the manufacturing of personalised medication was an incredibly expensive procedure which very few could afford. Now, with companies such as BioNTech,

Hookipa and Immunicum to just to name a few, this might not be so farfetched anymore.

As the recent negative publicity towards vaccines dies down; positive feedback is rising in response - how to use vaccines to kill cancer. The principle of how vaccines work is simple: if you know you have a rat in your house, you will be able to get rid of it. If you have no idea it even exists, your car might need some wiring replaced after a while. In a similar way, vaccines tell our immune system how a disease acts, so that when it encounters a disease, it knows what to do with it. What researchers have started to look into is general treatments of cancer using vaccines, a type of "one size fits all" approach, as well as personalised vaccine manufacturing based on several biochemical characteristics. On 27 March 2018, the first "one size fits all" treatment was approved for clinical trials in 15 lymphoma patients. Preliminary results look promising with a 97% success rate in removing cancer in laboratory animals. It might take several years for the medication to make it to the shelves, but this is a giant leap in the ongoing battle against cancer.

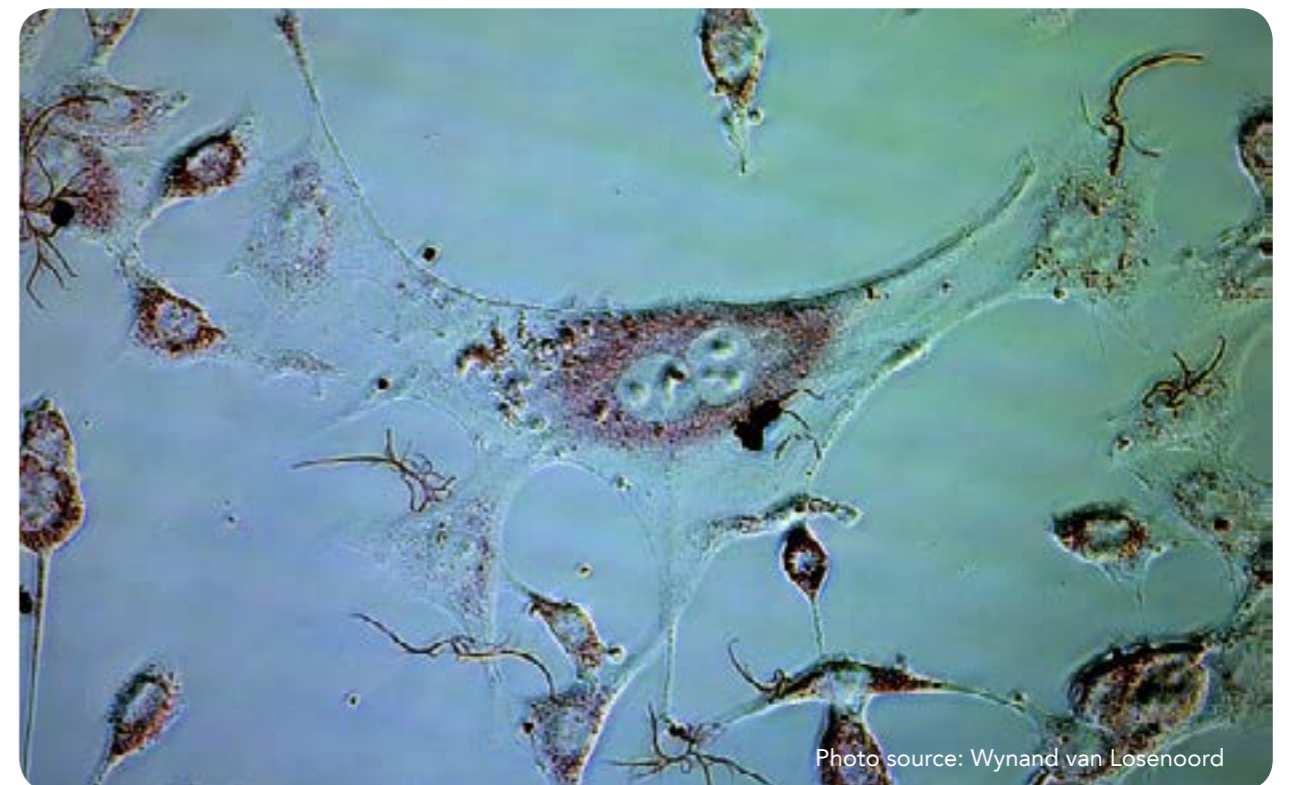


Photo source: Wynand van Losenoord

## MYMANDELA CAMPAIGN KICKS OFF

The Student Representative Council of 2018 has begun an exciting campaign that aims to shape institutional culture from a student perspective. We understand that we exist at the interface of fee free education and identity creation at Nelson Mandela University. As the university develops its institutional identity, that work must be met with efforts to deliver the decolonised, African centred and open university, demanded during FeesMustFall. The MyMandela Campaign as a student led, university endorsed initiative, offers a unique opportunity for these projects to occur simultaneously.

The MyMandela Campaign falls within the framework of institutional culture covering the practical changes that students wish to see in a new generation university. It focuses on taking ownership of shaping the Mandela University identity by raising the level of investment, in university life, by staff and students. The value of this campaign lies in the ownership taken by students to re-imagine what Mandela University can look like, particularly as we look forward to Vision 2030.

### Key aspects:

There are four key aspects to the campaign. These aspects broadly encompass the many small objectives of MyMandela. All student initiatives find expression under these aspects:

#### No abbreviation for Mandela University

#### Introduction of new traditions

#### Practical and Physical changes

#### Funding Models: MyMandela\_Fund

#### Nelson Mandela University not NMU

There is a tendency by students and the public to abbreviate the name of the university to NMU. Intuitively this habit is inherited from the previous names of this university from UPE to NMMU. The MyMandela Campaign advocates for the use of Mandela as the only abbreviation. The campaign name therefore represents both the icon and the university at the same time.

#### The Mandela Experience

The MyMandela Campaign has a sharp focus on improving the experience of the 'Pre-Alumni' group. By introducing new traditions such as Madibaz Tuesdays, Diba Dialogues and the Fresher's Carnival we actively participate in shaping the identity of Mandela University. Our aim is to strengthen student and staff affinity to the university to create a stronger alumni community. Thus far, the SRC has focused on first year orientation, mass participation events and the residence experience.

#### Being more Mandela

The value of the name change rests on how effectively we can translate the characteristics of Mandela into tangible experiences. This includes the values that must inform decision making on access to the university, the programmes adopted, policies and procedures, scope of transformation and curriculum changes. MyMandela Campaign insists on interrogating what it means to be Mandela and deliberately embedding that ideal into everyday engagement.



### Where are we now?

#### Debt-Assistance

On 16 February 2018 the SRC received 749 applications for Debt Assistance through the MyMandela Fund. The debt amounts to R10 833 160,18. Applicants range from first year to postgraduate students including non-returning graduates from 2016 and 2017. Students requested assistance with debt ranging from R R299,66 to R106 915,19. Common in all the motivations are the desperate circumstances in which students find themselves. For some, NSFAS had forgone their commitment to fund them or companies had suddenly stated that there are no more funds. In response, the SRC committed R600 000 to assisting final year students and those who needed debt cleared before receiving private funding for 2018. This contribution was a modest attempt at ensuring that students can graduate in 2018 and seek employment.

Applicants in first and second year were allowed to carry forward their debt. However, students that are

categorized as missing middle had to pay a minimum amount before they could register. The SRC assisted these students as well. We are now faced with the challenge of reducing this debt before November 2018. To do so we will require R6.5 million.

#### Fundraising

The university has responded well to the fundraising initiative of the 2018 SRC. To date R23 600 has been raised through donations and ticket sale contributions. Our hope is to see this amount increasing as we launch the campaign to the Nelson Mandela Bay community and South Africa on 5 May 2018.

#### Food Security

The SRC continues to support the Food Security Student Initiative (FSSI). The project aims to find sustainable ways to provide food to students who cannot afford meals. From 5 February 2018, 300 light lunches were made available to students. A further 1200 grocery packs were distributed from the Campus Clinic for students who

were awaiting meal allowances from NSFAS or simply had no access to food for the month. A Mandela garden has been established, to grow vegetables for students. The FSSI team is working on strategies to increase the capacity of the garden into 2019.

#### Events and Activities

25 April: Donor Phone-Athon  
27 April: Freedom Day Celebration  
5 May: NMBay Door-to-door campaign  
23 May: Mandela Sport Day  
13 June: Gala Dinner  
14 June: Long Walk

[All events will be advertised on the SRC website, all proceeds from the event will be added to the MyMandela\_Fund]

## THE LONG WALK: 100 HOURS FROM PE TO QUNU

It was Nelson Mandela who famously said that "...after climbing a great hill, one only finds that there are many more hills to climb." The battle towards fee free education started in 2015/16 and although we have witnessed the first roll out in 2018, we too see that there are still many more hills to climb. As leaders within a new generation university we have an unfinished journey that leads to accessible, decolonised education.

In 2018 we will journey to Qunu, the birth place of Nelson Mandela to pay homage to the stalwart. The journey to Qunu will symbolise our commitment to our own journey as a university and as student leaders who must fulfil the generational mission.

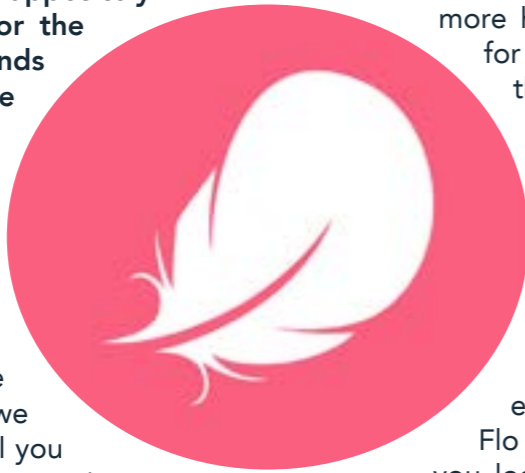
The Long Walk will be the last fundraising event of the #100FOR100 Campaign. We look forward to attracting sponsors to the MyMandela Campaign through the walk. We will also welcome support and assistance for student leaders to prepare for this task.



# FLO

By Tamera Morgan

Flow. What seems to spring to mind at the sight of this word? Water? Blood? A stream? Maybe a waterfall? Well if you answered any of the above, you would be correct! Flo, the appositely named app, is definitely one for the ladies! (And maybe your boyfriends or husbands, no position to judge here!) Tracking your menstrual cycle has never been easier. And no - the phrase 'menstrual cycle' is not blasphemy - so do not look away.



Flo has ingeniously been designed to personalise your cycle according to you, because as we know, each person is different. All you have to do is use it often to improve its predictions. It's a free-to-download App available on the Apple app Store and Google Play store, with no in-app purchases required.

The useful features I found using the app include a nifty Password Lock to protect your sensitive data, as well as the capability to log emotions, sexual

activity, water-intake and daily activity which all help produce better predictions. There's also a pregnancy mode for those ladies expecting and an ovulation prompt for those ladies trying/avoiding. One more handy feature are the reminders for oral contraception. No longer is there a need for re-occurring alarm clocks for that time.

The need for women to track their cycle has always been there, now with Flo, it makes it much simpler and so much more accessible for everyone. The aspect that makes Flo different, however, is that if you log certain symptoms, you will be presented with Health Insight articles about reasons or facts as to why you could be experiencing what you are. Advice at your fingertips!

Overall, the entire user experience as well as the user interface is something worthy of a 5-star rating.

## A BRIEF HISTORY OF HAWKING

By Neo Motsiri

When world-renowned cosmologist, Stephen Hawking published *A Brief History of Time* in 1988, it was the first book to appear on the Sunday Times best-seller list for four years straight. In this popular-science classic, Hawking sought to communicate some of the most mind-bending cosmological topics to a non-scientific audience. Some of the fundamental yet deep questions broached in this historical volume were: **How did the universe begin? What is the nature of time? Will the universe ever come to an end, and if so, how?**

Although the book turned Hawking into a household name, he had already made a name for himself in the scientific community with his pioneering research on black holes. Before Hawking, the conventional wisdom in astrophysics was that black holes could not emit any information, because their central gravitational pull was so strong that even light could not escape them. In 1974, Hawking mathematically demonstrated that black holes do in fact emit particles by means of quantum fluctuations occurring just outside their boundaries. This phenomenon, now known as Hawking Radiation, can cause a black hole to shrink until it is completely evaporated.

Hawking also speculated on the origins of the universe. He theorised that the universe must have had a singular and definite beginning, but he later changed his mind when he and Jim Hartle developed a cosmological model wherein the universe had no spatial nor temporal beginning and end. In recent years, Hawking made headlines again when he urged that the human race should accelerate its progress in space engineering. He argued that if humans are to avoid extinction, we need to have colonised space by the year 2100.

In his final paper, titled "A Smooth Exit from Eternal Inflation?", Hawking suggested that there may actually be a way of directly measuring the presence of a multiverse. Professor Hawking, who died on 14 May 2018, led and co-authored the research paper which is currently undergoing peer-review.

Despite being diagnosed with Amyotrophic Lateral Sclerosis (ALS) while he was a young Cambridge student, Hawking captured public and scientific imaginations. His legacy will continue to inspire many generations with fascinating insights from the frontier of modern cosmology.

# THE CAMPUS RESERVE: WHERE LIONS ROAMED



Photo source: Thando Khanda

By Toshka Barnardo

**Have you ever walked to class and thought, "I wonder if students at other universities have to hide their food from monkeys?" The range of wildlife we have on campus makes our university unique. The Nelson Mandela University South Campus was declared a Private Nature Reserve in 1983 and has since been an important tool in conservation and environmental education. The reserve boasts a wide range of plant and animal species, and while most students know about the campus zebra, few know that lions used to roam the area.**

### Nelson Mandela University Private Reserve

Being an official reserve means that the campus land is protected, and that the natural habitat may not be changed or destroyed. Likewise, animals on the reserve cannot be harmed or removed. The campus reserve spans an area of about 830 ha and consists of a fynbos/thicket mosaic habitat which is characterised by a matrix of dune fynbos with patches of thicket. This vegetation type is one of the most threatened fynbos habitats globally, with only 1 500 ha from a total of 17 500 ha protected. The campus reserve contributes to almost 50% of this protected area, playing a crucial role in conserving this habitat type. Without nature reserves, natural habitats would be destroyed without limitation and species would likely go extinct.

### Which animals occur on the campus reserve?

The reserve supports over 150 plant species, 128 bird species, 25 mammalian species and 16 reptile species. Mammals found on campus range from small species such as mice, mongooses and scrub hares to medium large mammals such as bushbuck, bushpig, duiker (blue and grey), grysbok, honey badgers, plains zebra, porcupine, red hartebeest and springbuck. We have no large predators on campus (maybe that's for the best) but two medium-sized predators are found on campus - the caracal and

large spotted genet. Reptiles on campus include various tortoises and venomous snakes such as boomslang, Cape cobra, and puffadder.

### Which animals occurred on campus 400 years ago?

Although the university and reserve were established relatively recently, it is possible to determine which animals potentially occurred on site historically. Zoologists from Nelson Mandela University published a paper in the journal *African Zoology*, in 2001, wherein they determined where specific mammals occurred in the past. If the university existed 400 years ago, we would have encountered a range of interesting animals on campus. Animals that probably occurred on site historically, but are now locally extinct, include the African elephant, black rhinoceros, eland and quagga (also globally extinct). Medium and large predators such as African wild dogs, black-backed jackals, brown hyenas, spotted hyenas, leopards and lions likely hunted where the university stands today. Walking to class would have been the adventure of a lifetime. However, without adequate protection, these animals have disappeared from the area. Today, the campus reserve plays a crucial role in preventing further extinctions in the area.

### Experiencing the reserve: The Grysbok Trail

The Grysbok Trail, established in 1995, is a public hiking trail through the campus reserve where hikers can observe indigenous plants and animals. The trail starts at the Biology Building (building 12) parking lot and is open to the public for private walks. The trail is easy to walk and hikers can choose from either a 2.5 km or 4.8 km loop. Guided tours are available at a fee for private groups but is free for school groups. To book a guided tour of the Grysbok Trail call: 041 504 2316 or email: celeste.mare@mandela.ac.za.

## SYMONS, BAILEY STRIKE EARLY IN XCO SERIES

By Fullstop Communications

**Kyle Symons and Rose Bailey took the honours when the Madibaz MTB XCO Series made a flying start with the opening Whip Snake leg in George at the weekend.**

Held on the Nelson Mandela University campus, race director Jan Venter said they were very happy with the outcome as the series entered its third year.

Having started in 2016, the event, which is aimed at promoting mountain-biking in the region with an emphasis on developing cross-country skills, has grown rapidly in popularity.

Riding in the elite men's category, Symons finished the five-lap course in 1:24:29, beating Hayden and Luke Cocksedge to the finishing line.

Bailey completed the women's four-lap course in 1:18:07, ahead of Anuschke Smith.

The pair now have the inside lane in the annual competition as points are added up over the four legs to decide the overall winners.

With the weather showing a kind face to the cyclists, Venter said there was "a great turnout and everybody seemed to enjoy themselves".

Adding lustre to the occasion were Ascendis Health riders Robyn de Groot and Sabine Spitz, who were the runners-up in last month's Cape Epic.

However, they took on a largely ambassadorial role during the race.

"They asked to be promotional riders rather than take up podium positions," said Venter. "They were there to show their support to the series but did not want to mess up the log-points for the local riders.

"Still, having them there was great and Rose, who raced to keep up with them, certainly had her hands full. She did very well."

He added that the large number of adult riders who attended the event, which caters for cyclists of all ages, added a good deal of spirit to the occasion.

"Then there are the development riders and it really was good to see them getting better with each event.

"A competitor such as Ian Jantjies from the Knysna Sport Academy is certainly a rider to watch in the future."

Venter said the competition for overall honours would be keen, with all the riders in the top positions capable of doing well.

The XCO Series will continue on May 6 when the second leg, dubbed Boomslang, will take place at the same venue in George.

### The category winners were:

Nipper boys: Roy Fraser-McKenzie 25:24; girls: Anje van Niekerk 21:57

Sprog boys: Matthew Brink 31:16; girls: Mienke Boshoff 28:21

Sub-junior boys: Christian Hattingh 51:21; girls: Linel Engelbrecht 42:56

Youth men: Julian Bunge 1:02:53; women: Sorina Venter 1:22:33

Junior men: Tristan Nortje 1:00:08; women: Kirsten Roelofse 1:04:39

U23 men: Leendert Cronje 1:24:37; women: Jean-Marie Roelofse 1:28:12

Elite men: Kyle Symons 1:24:29; women: Rose Bailey 1:18:07

Sub-vet men: Nico Kruger 1:25:41; women: Zane Coetzee 1:25:14

Veteran men: Deon Barnard 1:28:39; women: Marike Vreken 1:24:20

Master men: Richard Muller 1:11:36; women: Etresia Heyns 1:20:51

Grandmaster men: Abbey de Groot 1:19:04

## USAIN BOLT STILL INSPIRES MADIBAZ SPRINT STAR LUXOLO ADAMS

By Fullstop Communications

**Given his legendary status, it is not surprising that Jamaican athlete Usain Bolt was the inspiration for rising Nelson Mandela University sprinter Luxolo Adams to take up the sport.**

Born in Burgersdorp in the Eastern Cape, the 21-year-old Bestmed Madibaz club member was more interested in soccer before a video of Bolt competing in the 2008 Olympics made him change track. This has resulted in Adams racing to prominence in South African athletics. He won the 200m title at the national senior championships and beat Anaso Jobodwana in the Athletix Grand Prix meeting in Paarl last month.

Jobodwana, the world championships bronze medallist in 2015, is still one of the country's top sprinters, but he watched Adams blaze to victory in a personal best of 20.01 seconds. This might never have happened had Adams, who finished his

schooling at Ndzondelelo High and Hill College in Port Elizabeth, not caught a glimpse of Bolt on television a decade ago.

"I was more interested in soccer when I was growing up and I was quite a good goalkeeper at first," he said this week. "Later on I became a midfielder and ran non-stop. But then I saw a video of Bolt setting world records in the 100m and 200m at the 2008 Olympics [in Beijing].

"I became so excited because I love sport. So I decided I wanted to do athletics," he adds. "Watching Bolt break those records... I just knew if I focused on athletics I may be able to get somewhere."

Full of praise for his coach, Gerrie Posthumus, and the Eastern Cape Academy of Sport, who have supported him, Adams said his recent performances had boosted his confidence. "Being the South African 200m champion has shown me that things I only dreamt about are possible."

"That includes beating a runner like Anaso twice. It's difficult to put in words what that means to me."

Adams, determined to prove himself this season, received another confidence boost when he beat American ace Justin Gatlin for third place in the 150m at the Athletix Grand Prix in Pretoria.

"My goals for this year were to prove I can compete with the best in the world, which I have done, and to compete in the Commonwealth Games in Australia.

"Unfortunately I was not considered for the South African team."

While Bolt remains his role model, Adams is extremely grateful for the support of his mother, Zoleka. "She has played, and continues to play, a huge role in moulding me," he said. "She is the best and means everything to me."

