

## NAMING & RENAMING LAUNCH

By Athenkosi M. Mafojela

On 27 May the Nelson Mandela University officially launched the Naming & Renaming Programme by revealing the new names of its 8 residences. This is related to the renaming of the University after Nelson Mandela in 2017 and is another conscious effort to align the institution with the values of the former President.

The launch was opened with a welcoming speech from the MC, Pedro Mzileni, who described the day as, "The beginning of the Africanisation of the institution". Mzileni's address was followed by Bulelani Blawa who represented the Student Leadership Movement. Blawa highlighted that the call for renaming was made by the student body, informed by their knowledge of the country's past.

Speaking on behalf of the Solomon Mahlangu family, Mr. Gideon Mahlangu urged academics not to forget where they come from so as not to insult the icons who came before them and who struggled to pave the way they now get to walk. He went further to say that, "Our history shouldn't be degraded by narratives that celebrate colonialism," and expressed his gratitude for the unapologetic representation from the University. In her address, Professor Muthwa thanked the families for entrusting the Institution with the names and rich legacies of their loved ones, which were "... deliberately selected to celebrate the noble aspects of our past". She vowed that the Institution would safeguard these legacies.

Xanadu is now Claude Qavane Residence, Melodi is Sarah Baartman Residence, Unitas is Solomon Mahlangu Residence, Veritas is Lillian Ngoyi Residence and Letaba is Hector Pieterse Residence. Lebombo is Charlotte Maxeke Residence, SSV Protea is Sol Plaatje Residence and Oceana is Yolanda Guma Residence.

This was the first phase of the Naming & Renaming Programme and people can continue to submit names for the renaming of other structures via the [naming@mandela.ac.za](mailto:naming@mandela.ac.za) email address or the website [naming.mandela.ac.za](http://naming.mandela.ac.za).



Photo: Michael Sheenan

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# KNOW YOUR RESIDENCE



**Lillian Ngoyi Residence**  
Formerly known as Veritas Residence

POLITICS WITH A PURPOSE  
1911-1980  
Politician, visionary, women's rights champion  
Birthplace: Pretoria  
The ANC recognised her talent for uniting people in a common cause.



**Solomon Mahlangu Residence**  
Formerly known as Unitas Residence

HERO OF THE REVOLUTION  
1956-1979  
Freedom fighter, revolutionary



**Charlotte Maxeke Residence**  
Formerly known as Lebombo Residence

A WOMAN BEFORE HER TIME  
1874-1939  
Activist, pioneering black woman academic, visionary  
Birthplace: Limpopo Province  
"Maxeke fought on two fronts – politics and education"



**Sol Plaatje Residence**  
Formerly known as Protea Residence

THE WISDOM OF WORDS  
1876-1932  
Intellectual, journalist, politician  
Birthplace: Orange Free State  
Like most intellectuals, Plaatje was keenly aware of the plight of his countrymen under colonial rule.



**Hector Pieterse Residence**  
Formerly known as Letaba Residence

A SYMBOL OF SACRIFICE  
1963-1976  
Young activist, anti-apartheid icon  
Birthplace: Soweto  
By 1976, students had had enough.



**Yolanda Guma Residence**  
Formerly known as Oceana Residence

A LEADING LIGHT  
1986-2015  
Youth leader, academic, student activist  
Birthplace: Kwazulu-Natal  
She made a difference in the lives of ordinary South Africans.



**Claude Qavane Residence**  
Formerly known as Xanadu Residence

BORN TO LEAD  
1970-2005  
Apartheid activist, politician, intellectual  
Birthplace: Port Elizabeth, Eastern Cape  
'Qavane was deeply respected by liberation movements and political organisations of the day'



**Sarah Baartman Residence**  
Formerly known as Melodi Residence

DAUGHTER OF OUR SOIL  
1789-1816  
Khoisan heroine, South African symbol of colonial oppression

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**LETTER FROM THE EDITOR****What's in a name?**

We all know that although a name is in essence just a distinguishing word, it is so much more than that. As people, we embody our name. We identify with it. We live in it. Our stories unfold out of it. And when all is said and done, we hope that our name will leave a legacy in its wake. A name is so much more than a name. With it comes a catalogue of someone's very real and very powerful life experiences and moments. And it is that journey that has the power to inspire a multitude even when the name-bearer no longer walks among us.

The Naming & Renaming project at Nelson Mandela University is based on this premise. As a University, we are taking steps to honour names, and therefore people, who have left behind legacies that are worth remembering and celebrating. This is in the hope that our campuses will become places that are rich in culture, and an inspiration for the next generation's ground-shakers.

As we come to the end of our first semester, let us also use this project as a reminder that it is never too late to start again or reinvent yourself or your situation. Whatever this first semester may have looked like for you, may this holiday be a time for you to reflect and refocus. Acknowledge areas that need improving and create a powerful vision of who you want to be and what you want to achieve before the next semester is upon us again. There is always time to be better and do better. Life is an ongoing journey of improving – embrace it. And we hope you come back refreshed and re-motivated to flourish in what is left of 2019.

**HAPPY HOLIDAYS FROM  
MYSELF AND THE  
MADIBAZNEWS TEAM.**

**NELSON MANDELA UNIVERSITY'S PLAN TO SAVE WATER**

Photo: Shutterstock

**By Ioanna Haritos**

**With water being a precious commodity, and given that South Africa is still very much in the midst of a severe drought, Nelson Mandela University is endeavouring to increase its sustainable use of water by using more waste-water to irrigate its sport fields.**

Phase one of the water-saving project, which will tackle South Campus, is expected to be completed by the end of June this year. The Cape Recife Waste Water Treatment Works' current contribution of 30 kilolitres of waste-water a month is expected to rise to 900 kilolitres a week, massively reducing the need to use valuable fresh water for irrigation.

Phase two will tackle North Campus, as well as the Sanlam Student Residences' and Ocean Sciences Campus's needs for fresh water.

While this is a R20 million project, the University recognises not only their ability to save water, an essential resource, but their ability to save some serious cash as well (with waste-water costing about R15 less per litre than fresh water).

Further water-saving methods are being investigated, the University is looking into cleaning methods which would make recycled water safe for domestic use on campus, as well as the use of boreholes.

The University's water task team will be running campaigns urging both students and staff to educate themselves on water wastage, and how they themselves can play a role in helping save water.

While many of us think our small contributions are insignificant, when our combined efforts are put together, the net effect will be monumental.

Water quality and availability is vital in maintaining a fully functioning, happy and healthy society; and we should all play our part in making that happen.

## HELPING HANDS PROJECT – OUR STORIES ARE GOLD

By Ioanna Haritos

On 9 May the Helping Hands Project hosted a mental health talk, highlighting the unique experiences of our diverse University student body. This year's theme - 'My mental health on a canvas' - aimed to educate people on a multitude of mental health issues, how they can affect our lives and how to ultimately seek help.

Helping Hands is a Sarah Baartman Residence based NPO that aids in providing relief from the poor socio-economic circumstances that face many of our fellow students. Basing their work off the idea of 'You can't teach a hungry child', the project provides our underprivileged students with food, toiletries, bedding and stationery.

The talk truly brought about a sense of togetherness amongst those who attended. Speakers bravely shared their experiences with hardships, depression and PTSD – inspiring listeners and making people feel less alone. The real experiences put a face to mental illness, making it easier to understand and less of a somewhat abstract concept.

"Just when we think we have it together," seemed to be a phrase repeated amongst the speakers. It's comforting to know that we aren't the only ones who feel like we aren't always in control, and the stories of triumph gave hope that it is always possible to turn a bad situation around.

Education is what prevents tragedies such as suicide from happening. Starting conversations about taboo subjects is how we break down walls to better help those who are struggling with severe mental health issues. And that is what Helping Hands is aiming to do – educate and destigmatise.

Although we at Nelson Mandela University are all diverse, our humanity and shared experiences are what brings us together. We should all be aware of the impact of mental health issues on people's lives and how we can all do our small bit to help.



Photo: Moses Ngcingwana

## SOUTH AFRICAN YOUTH DECIDE



# YOUR X IS YOUR SAY

Photo: elections.org.za

By Athenkosi M. Mafojela

On 8 May the stage was set for South Africa's 6th democratic elections. Leading up to the elections, conversations of low youth voters' registration and the inevitable low turnout were rife. This issue was one of great concern, considering that young people are the future of South Africa. We spoke to young people who voted at the Ocean Science Campus' voting station about their opinion and voting experience:

Mathias Katushabe, a Masters student in Music, describes his experience as "incredibly pleasant". Katushabe mentioned that the voting process this time around was swift, as he made it into the building within 10 minutes, compared to an hour in 2014. Anathi Melele described his experience as emotional, given that he was voting for the first time and had yet to make up his mind about who to vote for. Melele voted in the morning, while it was raining, and felt as though the IEC could have handled the flow of people better, considering that they were growing frustrated whilst waiting for the letter of their surname to be called. Despite this, he stated that when the moment to cast his vote finally came, he felt like a proud South African. Sisiwe Msomi was amongst the last voters, choosing to go to the voting station in the evening. She described her experience as smooth, despite initially being hesitant about voting.

The 2019 election results officially came out on 11 May and the ANC took the election with 57.51%, earning the party 230 seats in parliament, despite an overall drop in support. The DA received 20.76% votes and 84 seats, while the EFF received 10.79% votes and 44 seats.

# THE FUTURE OF VOTING

By Siphumelele Mahaia

Ever since the first democratic elections on 27 April 1994, the nation has always chosen the conventional way of conducting the election process, which comes as no surprise, considering that there has not been a change in leadership. Since we are now rated a third world country, one would expect a more industrially revolutionised and technologically advanced process of voting.

Political parties are aware of the illegal act of voting twice and it has come to light that the marking ink is not as irremovable as promised by the Independent Election Commission (IEC). To combat such problems, and considering that our millennial generation is technologically savvy, the concept of electronic or online voting is becoming more plausible. This could also bump up voting numbers, considering that this year from the approximate 27 million people registered, only about 10 million voted.

Nkosana Mazibuko (28) and Sbusiso Mabasa (24), agree that regardless of the UBER promotions that decreased prices on election day, electronic voting would be more convenient as it would enable voters to vote in the comfort of their homes and across various devices, encouraging more young people to partake. President Ramaphosa stated, "We are going to have a discussion with the IEC about going digital. Many countries have gone digital and we cannot be left behind," when speaking to Bradley Prior of Broadband.

However, some political parties have concerns around the Biometric or computerised voting being prone to security breaches, manipulation and hacking, making the results invalid.

Despite this, it is fair to believe that the future of voting will look different - the IEC has already started to use digital processes to streamline the process.



Photo: rawpixels.com

# FINDING BALANCE: RELATIONSHIPS VS ACADEMICS

By Zukisani Gali

Many students suffer when it comes to balancing the dynamics of academics and relationships. The approach of June examinations is bound to make this issue even more difficult for most.

When we speak of relationships, we aren't just referring to romantic relationships. All types of relationships – family and friends included – are important and can put strain on a student when not managed well. Conflict and issues in relationships can create immense emotional stress and can in turn negatively affect a student's ability to focus and succeed during an important academic time like an exam season.

According to a 2nd Avenue Student Counsellor, whenever semester exams begin, a substantial number of students seek assistance in this very area – struggling to juggle and handle the personal and academic demands in their life.

It is crucial to use the 'importance scale' to find a balance. This method involves looking at your immediate priorities as well as your long-term, overall values. It is important to address the demands that are right in front of you, but it is equally important to not compromise the essence of yourself and what you believe in.

The second way to find stability is to utilize communication. Communicate with your friend, family member or romantic partner how you've been feeling and speak about ways to meet everyone's needs. Communication is an important form of release and a necessary step in bringing about mutual understanding. You can also make use of counselling and peer helpers to talk through your feelings and dilemmas.

Don't lose hope and stay positive. This is a common dilemma and one that does not have to result in failure or a ruined relationship. You do not have to choose between relationships and academics – manage yourself and the areas of your life well and you will be able to enjoy them all fully.



Photo: pixels.com

# THINKING OUTSIDE OF THE BOX



Photo: Lithalanga Vena

By Muzomuhle Ntuli

In a previous article, we reported on the recently launched student centered journal, “Perspective Online”, which sought to give a voice to students and their activism, allowing for greater analysis as well as to breath life into new movements. In this edition, we will shine the spotlight on a group of students who call themselves the Thinkers Collective.

The group, formed out of the need to have “an objective, inclusive and tolerant student identity that is motivated first and foremost by the development of personal and social knowledge structures, and ways of understanding the world”, feel that Nelson Mandela University has considerable potential to be a forerunner of a new generation of post-colonial academia. The Collective is unique in that it is not a society and has no formal hierarchy. Its focus is not to construct stratified solutions nor unify people behind a common ideology. Rather, the aim is to bridge the divides between discourses and knowledge bases to create a student culture that is academic and tolerant to approach the issues that face our society from a more nuanced manner. This is what Ntsika, a member of the Collective had to say: “We have felt that we would like to collapse fragmentation and involve as many people as we can from across multiple disciplines. This of course meant that we could not be your typical society since that would be an obstacle to the authenticity of the group”. Some of the subject matters they have engaged on are: the role of the post-colonial university, language barriers in South Africa and how they affect education, and culture as a tool for building and social development.

The Collective consists of students Ntsika, Nthabiseng, Vuyina, Chantelle, Mosa, Wandile, Sbu, Lwando, Sticks and Ayanda just to name a few and still seeks to attract many more students. They usually meet twice a week, with Friday being used for a talk presented by any of the members or a guest. If you are interested in getting involved, you can email them at [thinkerscollective@gmail.com](mailto:thinkerscollective@gmail.com).

# MENTAL HEALTH SUPPORT INITIATIVES



Photo: courses.lumenlearning.com

By Student Counselling, Career and Development Centre Management

Mental health has become a focus within the higher education sector, especially following the scourge of student suicides in 2017 and 2018. Our University is not immune to these occurrences.

Student Counselling, Career and Development Centre (SCCDC) has observed a shift in the nature and extent of mental ill-health among our students in recent years and is actively pursuing interventions to support its student body.

To share a few examples, in 2018, 141 students received help relating to suicide ideation (thoughts about suicide), while 47 students received help after an attempted suicide.

There has also been an increase in substance-induced mental ill-health, with alcohol, dagga, mandrax and pain medication being the most prevalent substances.

### Support systems

In our efforts to be responsive to student needs, SCCDC collaborates closely with Campus Health (CH) and the Transformation Monitoring and Evaluation Unit (TMEU), especially with regards to the management of gender-based violence (GBV) cases.

### Lunch-time sessions

We conduct a number of lunchtime sessions within our centres (see list below) and encourage students to attend these to learn about managing and improving mental health. You are welcome to bring your lunch.

### Additional support

While SCCDC appreciates the increased interest from student formations in growing awareness of mental health, it is critical that those facing mental health challenges seek professional help since well-meaning individuals are not equipped to handle such matters.

We wish to help all students grow their holistic wellbeing. To do so, our counsellors are available to offer workshops, group interventions and to provide individual counselling and/or psychotherapy sessions.

Should you wish to explore our services and psycho-educational materials, visit us on <https://counselling.mandela.ac.za/> and our SCCDC Facebook page.

### Bookings

For appointment bookings email to [counselling@mandela.ac.za](mailto:counselling@mandela.ac.za) or visit any of our offices on five of our seven campuses:

- South x2511
- North x3222
- Missionvale x1106
- Second Avenue x3854
- George x5047

## BREAKFAST ON THE GO



Photo: pxhere.com

By Phelisa Mkendlana

Breakfast is considered to be the most important meal of the day, so it is not always a wise decision to skip it – missing breakfast can actually compromise your health. By regularly skipping morning meals you are also more susceptible to weight gain and at risk of atherosclerosis, heart disease, high blood pressure, diabetes, obesity and high cholesterol.

We might ask ourselves, 'How possible is it to always have a healthy breakfast with my demanding schedule?'. We are all familiar with early morning classes and tests which result in a mad dash out the door without giving breakfast a single thought or possibly even just considering it to be a waste of time. I am here to tell you that it is possible to tick off a healthy breakfast using the following quick and easy recipe ideas:

**1. Berry and yoghurt smoothie:** Blend frozen fruit (bananas and berries work well) with Greek yoghurt and a liquid of your choice (milk, juice, coconut water – whatever you prefer). Freeze the mixture overnight and blend it up or leave it to thaw in the morning.

**2. Avocado toast:** There are many benefits to starting your day with creamy avocado toast. The fruit is loaded with fibre and cholesterol-lowering monounsaturated fats. Plus, the whole meal is ready in just three simple steps. Mash the avocado onto toasted bread, drizzle it with olive oil and lemon juice, and finish with a sprinkle of salt and red pepper flakes.

**3. Fruit and cheese:** A balanced, easy-to-assemble and make-ahead morning meal. Grab an apple, wrap 1 to 2 ounces of cheddar in plastic and toss ¼ cup of fibre- and protein-rich walnuts into a resealable plastic bag. Combine these goods into a delicious meal for a handy breakfast.

**4. Porridge:** Cost-effective, quick and filling. Porridge is an all-round winner as a crowd-pleasing, wholesome and versatile breakfast to make at home or work. With a few twists and tasty add-ins, it can be flavoursome and even more nutritious too. Get into the habit of eating a bowl in the morning and it will fuel you for a good portion of the day.

**5. Overnight oats:** We love overnight oats as a grab-and-go midweek brekkie. It helps to start the day with a fast hit of nutrition. Leave a jar of oats, fruit and milk to soak overnight in the fridge and wake up to instant creamy soft oats that you can pack, take to work and enjoy as a no-prep express breakfast ahead of a busy morning.

## IMPRESS YOUR CRUSH WITH CAMPUS CRUSH

By Zukisani Gali

We all know what it's like to have a crush on someone – the ball of butterflies in your stomach can be overwhelming and can make approaching them a challenge. How about accepting some help? The project 'Campus Crush' is here to be play cupid for you, to reduce all those nerves and give you a boost of confidence.

Campus Crush is a platform specially designed for students who are hoping to make a lasting impression on their crush. Sithembele Khambule, Executive Producer of the initiative, states Campus Crush is going to be like a live dating site with no premiums. The team includes a group of bubbly presenters, namely: Sinako Adams, Ngazi, Mahope, Onela Magina, Pretty Cindi, Isenathi Mayekiso, Azile Ngcai and Sikho Tuswa.

The first step to getting your unforgettable experience through Campus Crush is to contact them via their email: nmucampuscrush2019@gmail.com. From there, you will be required to fill in details such as the name of your crush and the campus they reside on. The crew then does all the extra work by putting together a charming date plan for you. Once the plan is set, your crush is smoothly taken to the location of the date where the grand reveal happens.

The whole set up is simple and convenient. All you need to do is email the crew and stay available.



Photo LUBRA PICTURES

## WEIGHT LOSS VS FAT LOSS

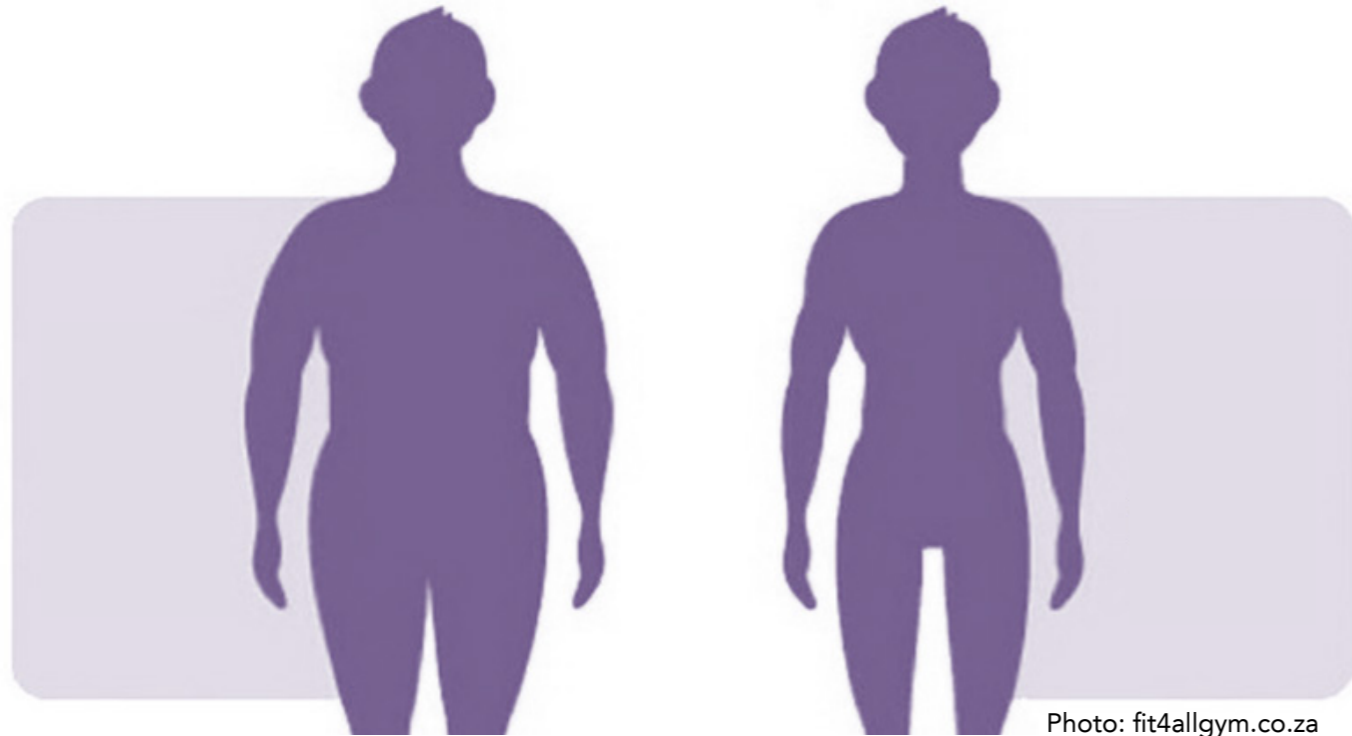


Photo: fit4allgym.co.za

By Andisile Klaas

It is said that the best summer bodies are made in winter. The difficult part is knowing which fitness routine to follow in a world full of contradicting diets and work-out plans. The internet is filled with an abundance of information on diets, workout plans and lifestyle changes, but the recent hot topic is the difference between weight loss and fat loss.

Most of the time, people aim to lose weight to get slimmer. According to recent reports, we should be striving for fat loss rather than weight loss.

### What is the difference?

Fat loss solely refers to the reduction of an individual's body fat percentage – that is the amount of fat one's body carries. Weight loss is the overall reduction in body weight or the number that appears on the scale. The overall body weight of an individual also includes fat mass, muscle mass, organs and water weight, amongst other things.

It is advised that a person aiming to get slimmer should work on reducing the percentage of fat in their body, instead of focusing on the number on the scale. Working out can result in significant weight loss, especially if the individual was overweight, but can also result in weight gain as an individual increases their muscle mass due to an increase in physical activity.

The difference between weight and fat also affects appearance, as two individuals with the same age and height can have the same weight, but look completely different due to their fat mass and muscle mass.

When dietitians assess their clients, they perform several measurements. Weight and height are measured first in order to determine the individual's Body Mass Index (BMI). This is a good indicator of where that individual lies in terms of having a healthy or unhealthy body mass. However, BMI is not always the best guide. An individual with very low fat-mass could have large muscle mass which results in a high BMI because muscle weighs more than fat. That is why other measurements are also taken such as waist and hip measurements. Another measurement dietitians and biokineticists can take is the measurement of skin folds - this reveals the percentage of fat around the body.

While there is no specific pathway to take to lose fat, one is advised to follow a nutritional diet that has a variety of food groups, drink lots of clean water and exercise regularly.

## BRING THE HEAT THIS EXAM SEASON

By Unathi Vimba

With increased chances of getting sick and due to the dull mood often accompanied by cold weather, productivity levels and motivation tend to suffer. It is easy to choose a warm bed, movies and a warm beverage over sitting up and studying.

Here are a few helpful tips to maintain your work ethic this winter so that your goals aren't compromised:

- **Study during the day:** This may prove impossible for some of us, but studying during the day has benefits. It has been proven that artificial and dimmed lighting increases sleepiness and stress levels. The sun is a source of energy so studying while being exposed to sunlight can actually give you a boost.
- **Stay as warm as you can:** Invest in a heater for your room or stay warm and covered. Studying in cold temperature can negatively affect your mood, increase the chances of catching a cold and it just makes studying uncomfortable.
- **Get enough sleep:** It is important to be aware of your sleeping patterns. Not getting enough sleep to recharge will result in unplanned naps that will ruin your studying schedule. Caffeine is another helpful go-to source for wakefulness in winter.
- **Learn to beat procrastination:** It is very easy to find a reason not to study. By visualising your goals, by using a vision board for example, you have a constant reminder of what you're working towards. We all need motivation for those days that it's difficult to stay on track.

All the best with your exams – we're sure you'll bring the heat.

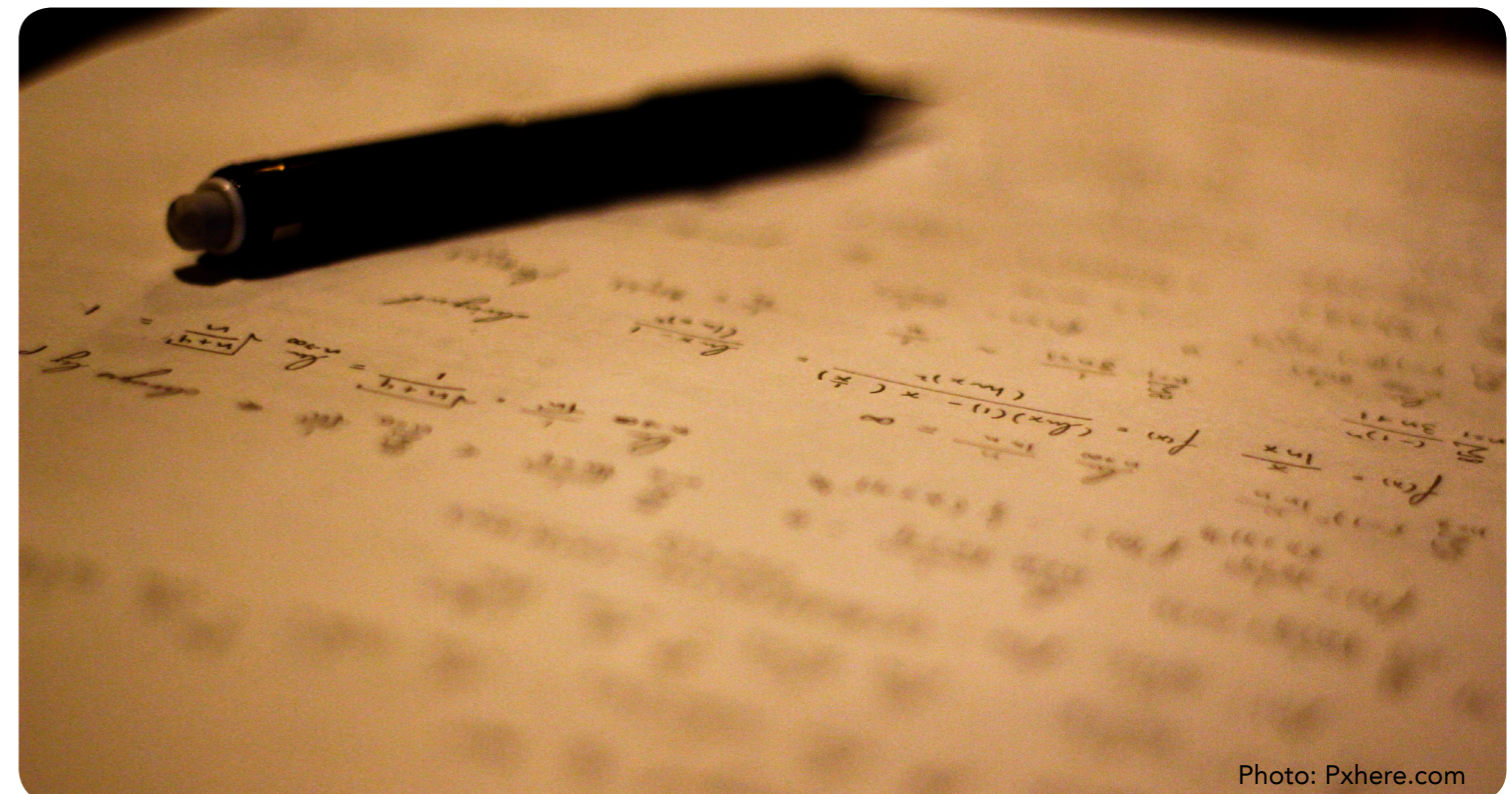


Photo: Pxhere.com

# ALL YOU NEED TO KNOW ABOUT THE NATIONAL ARTS FESTIVAL 2019

By Christina Makochieng

The mid-year holiday is fast approaching and now is the perfect time to start planning for activities to keep you occupied during the break. Look no further than South Africa's very own annual National Arts Festival which will be taking place in our neighbouring town of Makhanda.

The National Arts Festival is a culturally immersive experience, offering both local and international visitors a variety of artistic entertainment. Drama productions, art exhibitions, music and dance recitals are just a few examples of the exciting entertainment offered.

The Festival consists of a main programme, which is carefully crafted by an Artistic Committee, following a lengthy application and consideration process. A fringe programme is included which is more relaxed as it is comprised of a vast array of works that are not placed through the same rigorous selection process as the main programme.

The Festival program stretches over 11 days, across 90 different venues around Makhanda. It is one of South Africa's longest-running major art festivals to date. Work and performances of artists from both South Africa and abroad are showcased. This is a great place to spot upcoming talent.

With the aim to fight against artistic censorship, as well as any form of discrimination of race, gender or creed, the National Arts Festival is open and welcome to all. In order to cater to everyone's budget and increase accessibility to get a taste of what the festival has to offer, both free and paid events are on offer to all those interested.

The festival will take place from 27 June to 7 July, so check out the line-up and give the festival a try. This is an experience you won't want to miss out on!



Photo: Facebook

## WORKING BETTER UNDER PRESSURE, OR JUST AN EXCUSE TO PROCRASTINATE?



Photo: news.llu.edu

By Kaymery Swart

It has been said by numerous students – as well as people from all ages and aspects of life – that they "work better under pressure". How true is this, and what is the psychology behind it?

Newton's first law of motion is, "Every object persists in its state of rest or uniform motion in a straight line unless it is compelled to change that state by forces impressed on it". This means an object will remain slow or dormant unless an outside force causes it to change motion. Sounds like procrastination, right? It has its pros and cons though.

Procrastination, as it seems, is not entirely bad – if even at all. It is both good and bad. As Pierce Steel, author of The Procrastination Equation said, "It's beautiful and it's sick".

One is without a doubt more prone to making errors when rushing to complete a task. The work is less likely to be of good quality because of the lack of effort and time put into it. Stress could be your downfall - when the moment comes to tackle the task, you are likely more focused on the overwhelming feeling of what's before you, thus resulting in poor performance and quality of the work.

To back up those who believe they work better under pressure, it must be said that during the time of procrastination – whether it be days, weeks, or even hours – mental planning and preparation for the task at hand is done. Whether knowingly or unknowingly, there is a great possibility that your thoughts were on the task for a while, thus resulting in 'preparation'.

DeeJay Bouw, a 3rd year Journalism student, believes that students work better under pressure because of the deadline. "You will do it, but it may not be as thorough as it could have been if you actually prepared properly", he says.

Working well under pressure? All stressed out, no breaks, tired, and overwhelmed. Does not sound so "well", does it? The saying should be, "I work better under pressure because the time pressure reminds me that I have no other choice but to finish it".

# TICK TOCK MR WICK

By Ebenezer Memani

The third instalment of the John Wick franchise is finally here with Keanu Reeves leading the cast. The movie picks up where chapter two left off - an hour before John Wick is declared 'excommunicado'.

Right off the bat, the audience is submerged into an intense situation. John is in a race against time to find solace before all of New York City's assassins attempt to claim a USD14 million bounty on his head. John eventually finds help from Sofia (Halle Berry), an old friend, along with her two vicious German Shepherds.

Captivating action scenes have been the driving force of the franchise and the first 20 minutes of the movie, much like the rest of it, are filled with exciting back-to-back action scenes. While this could easily become mundane, Director - Chad Stahelski - creatively keeps the scenes thrilling. One scene being a gunfight on horseback through the streets of NYC.

Halle Berry delivers her part well, as the manager of a hotel in Casablanca who is in John's debt. In her action scene, she showcases prominent combat and gunfighting skills. Her scene is sweetened by the incorporation of her dogs into the fight. The dogs take the enemy down and she finishes them off.

The fight choreography is consistent throughout the movie, which is a rarity in action movie franchises. One stand-out element is the punches, stabs and gunshot wounds John sustains that don't stop him from marching on. This stands true to his traits of focus, determination and sheer will.

There is a particularly interesting, somewhat amusing, knife-fight scene where John has a few close shaves with the sharp end of a knife. Another noteworthy scene is the one in the library, where John breaks a man's jaw with a book. However, the scene could arouse some scepticism from the audience. Despite the many assassins in the area, not a single soul had a layman's reaction towards the fighting? Seems a tad improbable.

The ending scene hints at the possibility of a fourth instalment. Personally, I feel a trilogy would be enough for this franchise. The storyline starts with a man killing everyone in his path as he sought vengeance for his dog - only for him to get sucked back into the life he escaped. This eventually ends with him against New York's finest killers, leaving the ends stacked up rather evenly.

After some thorough extrapolation and interpretation, I uncovered the moral of the story: don't kill a man's dog.

Photo: IMDb.com

# THE ENDGAME



Photo: FanArt

By Leigh Nakeetah Jason

For the first time since their debut in 2012, Earth's mightiest heroes lost.

And for the first time, since the first debut of The Marvel Cinematic Universe's (MCU) Iron Man, fans did not know what was going to happen next.

Avengers: Infinity War had all the heroes from the different movies fight against the mighty Thanos - a villain the MCU has been preparing since the post credit scene of Avengers in 2012 and it was successful in being deemed as the film of the decade - keyword being 'was'.

The follow up to 'Infinity War' was the ending to an 11-year-long book, which has been played out in twenty-three movies, and what an ending it was.

Curveballs seem to be the filmmakers' new favourite, but nobody expected to see Thanos killed in the first twenty minutes. As a result, everyone in the Universe was left completely helpless. Their chances of getting their lives back were as good as gone due to the infinity stones being destroyed.

Time travel in the movie was well anticipated, however, nobody was ready for the sense of nostalgia and emotions stirred up from going back to previous films and understanding all the references.

But absolutely nobody was prepared for the ending.

After successfully finding all the stones, the remaining Avengers went toe to toe with a past Thanos - curveball - who had successfully figured out their plan. They stood as strong as they could, but the mad titan had blood to spare.

Cheers and cries were heard throughout cinemas worldwide as, for the first time in 11 years, all heroes stood together to defeat evil. It was spine chilling, moving and overall an amazing combat scene - one of the best produced by the MCU.

The ending to Endgame was bittersweet. Two beloved original Avengers died and one changed the course of time, leaving the remaining three to disband. Though it was hard and touching to see the heroes split, it only left bigger questions.

What is next for the MCU? Will they better their streak? Will they bring the old heroes back?

The movie definitely was an 'Endgame' - an amazing, yet not satisfactory, closing of the Infinity Saga. The heroes won, and though it wasn't the greatest ending, it was a sensible one. An emotional one for the books.

'Endgame' may just be the movie of the century.

# AFFORDABLE DECORATIONS FOR YOUR RES ROOM

By Roxzann Thomas

Decorating a res room is not easy. They are not aesthetically pleasing by nature, and you are not given a lot of free space to work with. You can, however, make the room less basic with a few key pieces. We've rounded up some res-room decor essentials you can use to transform your space.

**Fairy lights:** Make sure your room is lit – literally and figuratively. Arguably the most popular room decor product amongst millennials. There are many different styles of fairy lights. They are available at affordable price points, so make sure to find the ones that you like.

**Removeable wallpaper:** Student accommodation room walls are not very pretty on their own. You can't paint your walls, but you can cover them in temporary wallpaper, and this allows you to get as creative as you want.

**Cute cushions:** Never underestimate the power of a cushion! You can get them in any shape, colour, size and texture you want. If you're really feeling creative, you can even make your own cushion case.

**A rug:** If you're lucky enough to be moving into an accommodation with non-carpet flooring, a rug can be the perfect piece to add character to your room. It will also warm up the space.

**A pot plant:** Plants are great for creating a cleaner, "lived-in" atmosphere and they also provide a pop of colour. If you do not have a favourite type of plant, a cactus is never a bad option and it is also low maintenance. It's a responsibility that you won't hate.

Living in a small space and on a budget does not mean that your room cannot be stylish.



Photo: Unathi Makwetu

# STUDY TIPS

By Phelisa Mkendlana

Studying for exams can be quite daunting, especially if you have commitments beyond the classroom. At times it may even seem impossible to manage, but here are a few tips to start you off.

## Time management

Managing your time is very important. Start by utilizing your school diary which we received during registration. Make sure you plan your days. While you may want to attend to numerous activities, make sure you save enough time to prepare for tests and exams properly.

## Past papers

Many find it very helpful to practice past papers. Some lecturers do not even change the questions year to year. Going over past papers prepares you for what to expect and gives an indication of how well you might perform in your actual test or exam. Ask your lecturer or other students to look over your answers for you.

## Study Groups

Some may find study groups tricky – for others they work very well. Just make sure you study with people that are as focused and determined as you are; people that are team players.

**We also spoke to seniors about how they study and what tricks they learned during their junior years:**

"Make sure you know the date, time, and venue of your exam. Do not simply trust others," Mariana Chiwaya said. "I did that and I learned the hard way because I was about 15 minutes late for my first exam," She added. She also mentioned it is always a good idea to start with the questions which you know best. When you do finish writing your test or exam, ensure that you re-read all your answers to make sure that you answered as accurately as possible.

"Take study breaks of about thirty minutes to relax your mind and let it process the information you've studied. Do not bombard yourself with everything at the same time," said Ashley Malepe.

"Get a good night's rest before the test or examination session," said Kholiswa Dlamini

As a final remark, find your own rhythm to study to and explore all the options available to help you in your academics. You can never be too prepared.

Good luck!

# BODY SHAMING: THE OTHER SIDE

By Kaymery Swart

"Real men like curves, only dogs go for bones".

When it comes to the concept of body shaming, 'fat shaming' comes to mind. It seems that the Body Positivity movement and 'skinny shaming' synchronise.

'Skinny-shaming' is a concern that often goes unnoticed and it needs to end. These days body positivity quotes cater more to people of fuller size. In the process, thin people are shamed and insulted. Insulting one to uplift another is uncalled-for.

Why is it more acceptable to comment on a smaller person's weight than a bigger person's? How is saying "you're fat" different from "you're thin"? Fat is simply the antonym for thin, however, people tread more lightly when using the word and replace it with "chubby" and "thick". As if 'fat' itself is a bad word, the word somehow always evades conversation – even though it does not equate to ugly.

On the other hand, people so carelessly ask thin people if they ever eat and why they're so skinny. Comparing someone to a bag of bones, a skeleton or a toothpick is bizarre on so many levels, but it is unfortunately normalised.

"Men like women with curves" – is this saying that women without curves are not even looked at? Now this is blatant opinion, but it serves as just

one example. Just as people avoid criticising and insulting fat people, caution should be taken likewise towards thin people.

It should be noted that beauty - when it comes to size - is perceived differently by various cultures. In Japan, for example, being thin is sought after. There is an obsession with tiny waists. Women strive to be slender, leaving them susceptible to eating disorders since they feel that is attractive or 'kawaii'.

In contrast, in Mauritania, being fat is beautiful and men specifically seek out such women. Toddlers are forced to drink milk all day long for this very reason. In one documentary, a man unthinkingly says, "I don't like thin women. Who likes them? Real women should be big and tranquil ... these thin women are too light".

There is a place for everyone. As Socrates said, "Beauty is in the eye of the beholder". Though the given examples show preference, it must be said that beauty has very little, if not absolutely nothing, to do with size.

Being under weight or over weight is problematic, but being fat or thin is not. Read that again. If you're healthy, why does your weight matter? Body shaming in any manner should be eradicated. In the end, health matters.



Photo: aste.io

WE ARE ALL WONDERWOMEN!

# SANITARY TOWELS DRIVE



Photo: pixels.com

By Unathi Vimba

The project 'Sanitation with Dignity' is an initiative that aims to provide assistance to girls who do not have the financial means to buy sanitation necessities such as pads, toothpaste and toothbrushes.

*Sanitation with Dignity* is an NGO based in Port Elizabeth, founded by Nomtha Nomavuka and Zeza Ngeni. Their passion for the project is rooted in ensuring that sanitation doesn't stand as a barrier for girls to prosper in various spheres of their daily lives. Lack of hygiene products can go as far as preventing girls from underprivileged backgrounds from going to school.

This initiative has managed to attract generous sponsors and Ngeni says they are very grateful to them. Through their sponsors' support they were able to collect approximately 2000 pads. "However, we still need more. We humbly ask for assistance from anyone willing to help in and around Port Elizabeth," she says.

The project is an ongoing initiative and is sizably active in the Eastern Cape, especially in the rural areas. It aims to further expand its reach to other provinces.

For donations, the drop-off zone is at The Hair Bant (next to 5 Ways KFC). Collections are also possible by contacting Nomtha at 084 774 4243 or 074 684 4309 or via email at nasiwam@gmail.com.

We are all encouraged to help. While many are privileged enough to have access to these necessities, there are many who do not. With this initiative more girls can be reached and given the chance to pursue their goals and ambitions. One pad donation can make a significant difference.

## ALTERNATIVE WARM BEVERAGES COFFEE STANS WILL LOVE



Photo: Unathi Makwetu

By Roxzann Thomas

When the temperatures start to drop, it is nice to relax with a warm mug in your hands. After the second cup (as students, maybe the fourth) the taste of coffee becomes rather boring. Give your palette a little break and try out some new drinks instead.

**White hot chocolate:** There is no better way to start a list of warm beverages than with hot chocolate. This version is extra decadent and creamy because of the white chocolate component.

**Golden milk:** This warm beverage is made by warming up milk with turmeric and other spices, such as cinnamon and ginger. It has many health benefits and is often used as a remedy to boost immunity and fight off illnesses.

**Chai tea latte:** Chai tea is made by brewing black tea with a mixture of aromatic spices and herbs. Like a latte made with coffee, a chai latte is typically made with a tea concentrate and steamed milk. This latte is the perfect way to satisfy your sweet tooth when it is chilly outside.

**Green tea latte:** This beverage requires a powdered form of green tea known as matcha and is a bit sweeter than normal green tea. It has a creamy, delicious taste that will wake you up for the day.

**Rooibos tea:** A South African staple, rooibos tea is a flavourful, caffeine-free alternative to black and green tea. Rooibos tea is usually consumed like black tea and even though it is frowned upon nowadays, it is completely okay to add milk and sugar.

You can find these alternatives at your favourite coffee shops or you can find a recipe online and make it at home.

## YOU HAD ME AT 'GIN AND CHOCOLATE'

By Kirsten Johnson

Nelson Mandela University's Best New Society of the Year 2018, Business Women's Association Student Chapter kicked off their Gin And Chocolates event at News Café at the Boardwalk on 15 May 2019. Guests were greeted with a gin and tonic beverage and Lindt chocolates. The handing over of sanitary pads to the Sanitary Sistas Sanitary Programme who provides sanitary pads to school-going girls in impoverished communities where there is a lack of access to proper sanitation and running water.

There were around 30 ladies in attendance, ranging from the ages of nineteen to thirty years old. Guests were welcomed by the BWA Student Chapter chairperson, Cayla Stuthard, "We chose to get involved with the Sanitary Sistas Drive because we know how essential sanitary pads are to us as women, and we wanted to help other women in our community". Cayla also announced that they had reached a grand total of 140 pads with the help of their sponsor, CliniPharm Pharmacy.

The Business Women's Association is described as being a voice for women in South Africa, and has been in existence for over 37 years. The BWA Student Chapter was then formed in 2017 to empower young women. "I wanted to meet women who are climbing the ladder, and being part of the BWA is like being part of a web with endless possibilities", said Thebe Langa, BWA Treasurer, on why she decided to join the BWA two years ago.

Each member of the BWA gave a short description of why they joined the society and why it is so important to them. Shanay Fritz, secretary of the BWA Student Chapter says, "I joined the society to step out of my comfort zone and increase my confidence levels". The focus of the event was women empowerment and how the BWA Student Chapter supports and stands up for women, which was communicated throughout the event by members of the society, as well as the event's guest speaker, Kobie Potgieter.

Kobie started her career as a grade 2 teacher, but is now one of five people in South Africa to have won the Circle of Legends Award, which celebrates having been in a career of at least 10 years in the RE/MAX network and having achieved over \$10 million in RE/MAX commissions. She is now the owner of RE/MAX Independent Properties franchises in Lorraine and Walmer.

Kobie explains how she grew up in an "average to poor home", so she always had the drive to work hard and make a success of herself. "Women need to be a super powerhouse so that we can have choices". She teaches how women who are in power are treated with dignity and respect because they do not have to prove themselves to anyone. Kobie also describes how women who become satisfied within the workplace become stagnant. "Your life must be intentional. You must want to be successful".

Here's to a highly successful evening of inspiration and empowerment. Keep your eye on the BWA Student Chapter's social media pages so that you don't miss any of their exciting ventures in the future.

# WORLD'S FIRST 5G BRAIN SURGERY

By Neo Motsiri

Surgeons in China have performed the world's first 5G-based remote brain surgery. The surgery was headed by Dr Ling Zhiwei, the chief physician of People's Liberation Army General Hospital's (PLAGH) Department of Neurosurgery. This milestone, which was carried out in partnership with Huawei, lasted three hours. It involved Dr Zhiwei remotely manipulating surgical robots at the Beijing PLAGH, while he was located 3000 kilometres away, in Sanya City, off the South Coast of China.

The procedure, known as deep brain stimulation (DBS), involves inserting electrodes into certain parts of the brain, where they regulate abnormal impulses in affected areas. "I take turns working in Beijing and Hainan, and the operation took place during my Hainan rotation. A patient with Parkinson's in Beijing needed surgery and I couldn't fly to Hainan," said Ling.

Although there is no actual cure for Parkinson's disease, many patients suffering from the neurodegenerative disorder undergo a DBS procedure to relieve some of the symptoms of Parkinson's, thereby improving their quality of life significantly. The debilitating symptoms often include impaired balance, tremors and stiffness.

The remote connection was established over a 5G network, with the aid of Chinese telecommunications giants Huawei and China Mobile. What makes 5G so indispensable for remote surgeries is that it provides low latency, which translates to very high precision when manipulating surgical instruments.

5G remote surgeries could prove to be revolutionary. Patients will soon be able to enjoy being operated on by the best surgeons in the world, without having to leave the confines of their local hospital. It will also allow surgeons to conduct emergency surgeries in remote or disaster struck areas, in an ambulance on route to the hospital or at the scene of an accident where immediate surgical intervention is required. Moreover, patient diagnosis can be greatly improved through constant monitoring of a patient's vitals over long periods, by means of Internet of Things (IoT) sensors, which will process and stream this data in real-time over a 5G network. This collection of reliable data will allow physicians to make diagnoses which are significantly more accurate.



Photo: news.cgtn.com

# NEW MEMBER OF THE HOMO GENUS



Photo: News.com.au

By Ntsondwa Asithandile

Another branch has been added to the human family tree. Fossils of *Homo luzonensis* have been discovered in the Philippines in the Luzon Island cave. The discovery of *H. luzonensis* brings us closer to understanding the evolution of humans, or perhaps takes us even further away from the answer.

The fossils of *H. luzonensis* date back to about 50 000 – 67 000 years ago. These fossils include seven teeth, two hand bones, three foot bones and one thigh bone, which are assumed to belong to two adults and one child (Devlin, 2019).

*H. luzonensis* has a curved toe bone, which suggests that it was a tree climber, but what baffles scientists is how this feature could have come about, since it is the same feature found in

primitive species such as *Australopithecus*, which can suggest that *H. luzonensis* evolved either from *Australopithecus* or it evolved separately on an isolated island.

Another confusion is how this species found its way to the Luzon Island, as it is an island far from the mainland, and there is no evidence of land bridges that could have aided the migration of this species. A possible theory is that this species found its way by raft, or some natural disaster such as a Tsunami, but there is no evidence supporting any of these theories.

It is still too early to know what *Homo luzonensis* adds to our origin story, but what we do know is that there is still a lot more history beneath our feet which tells our story.

# ERADICATING POVERTY

By Sanele Thwala

Poverty is a global concern and poses a great threat to human survival. Concerned citizens and organizations have rolled up their sleeves and taken a great stride in joining forces to fight and eradicate poverty in many ways.

More than one quarter of the world's population lacks basic human needs. It is undeniable that science and technology have played a significant role in alleviating poverty and strive to end the social ills that are slowly killing the world's population. Poverty is a chronic and weakening condition resulting from several negative, synergistic risk factors affecting the mind, soul and body. It has negatively affected students from poverty-stricken backgrounds because they are exposed to hunger and the daily stress of trying to tend to their basic needs and this adversely affects attention, focus, cognition, IQ and social skills.

According to research by Dr Sara Goldrick-Rab, the main barrier for students to complete their qualifications is not tuition, but food insecurity and lack of accommodation. We live in an era of technological sophistication, with the aim of making life easier, yet countless citizens and students are still lacking.

Scientists have argued that scientific knowledge alone cannot address the issues of society and that technology often fails to help those in need because of exclusion, but despite this, modern technology has the potential to empower and equip the world's needy and to radically alter their lives.

Poverty is linked to subsistence farming practices in many countries and the scientific contribution to agriculture should be appreciated. It has led to a wide range of developments, from improved agricultural productivity, to the production of low-cost energy. Genetic engineering has also contributed significantly towards yielding larger crops and producing more meat. This has been of great assistance to poor farmers.

Through new processes and products, science assists in increasing our national income. This basically means more job generation and more training for young people who have graduated. Science also helps address the problem of Health Services by making them cheaper and more efficient.

As young people, we should be aware and realistic about our world, and should always focus our education and energy into making it a better, more sustainable place for all.



Photo: Pixels.com

# ONE 3D PRINTED HEART, PLEASE

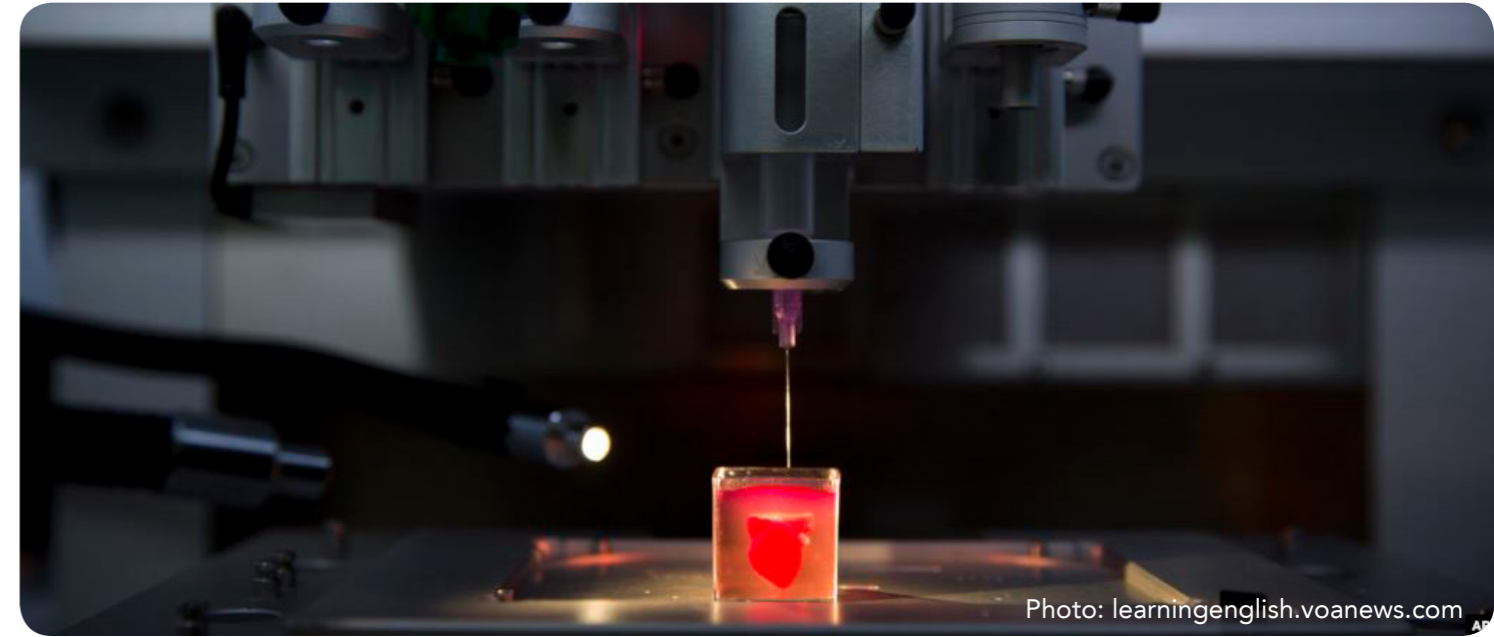


Photo: learningenglish.voanews.com

By Neo Motsiri

**Israeli scientists have successfully 3D-printed a miniature organic heart using real human tissue. This breakthrough in medical science could mean the end of long waiting lists for patients in desperate need of organs.**

The Tel Aviv University School for Molecular Cell Biology and Biotechnology researchers detailed the 3D printing process in the Advanced Science Journal and have garnered quite a bit of attention since their research paper was published. "This is the first time anyone anywhere has successfully engineered and printed an entire heart replete with cells, blood vessels, ventricles and chambers," said Professor Tal Dvir, who was the leading researcher on the project.

The researchers took a sample of a patient's tissue and reprogrammed it into pluripotent (very versatile) stem cells. These were then chemically triggered to specify into heart cells and latter line blood vessels. They also used mathematical models of oxygen transfer to further improve the structure of the artificial heart's blood vessels, so as to achieve the most accurate approximation of a human heart possible. This tissue, which the researchers termed "bioink", had to be printed into a biodegradable hydrogel shell, which acted as a scaffold that would support the organic tissue while the heart was being printed. The shell was primed to disintegrate after the printing process.

One of the incredible aspects of this process is that, since it involves using a patient's own tissue, the 3D printed organs will be compatible with the patient's immune system, meaning there's little chance of the body rejecting the organ following a transplant. This will remove the need for immunosuppression treatment, according to the paper.

While the heart has all the important cardiac architecture, it is not yet fully functioning, and doesn't yet pump. The process is still in its infancy and there are challenging biological and technological hurdles to overcome. Although it will be quite some time before we have fully functional 3D printed hearts, this process still has some important applications for the present, including the printing of cardiac patches to repair damaged hearts.

The researchers hope to test the functional integrity of their 3D printed organs in animal models, to ensure that they would in fact have long-term viability after transplantation.

# MADIBAZ QUARTET HEAD FOR WORLD STUDENT GAMES



By Fullstop communications

**Madibaz Sport will be well represented in a variety of roles when the South African squad take part in the World Student Games in Italy from July 3 to 14.**

The event, to be held in Napoli, will see Madibaz director of sport, Yoliswa Lumka as the deputy head of the SA contingent.

She will be joined by swimmer, Alaric Basson, Andrew Kock, who will manage the athletics team, and Brittany Blaauw, who has the role of social media officer.

Lumka, who has served in this role previously, said they were excited about the Madibaz representation in the squad. "The hope is to keep increasing the number of representatives we have in national teams. Our aim for Italy is a minimum of eight medals," she said.

Ace swimmer, Basson will be attending his third World Student Games and said he would also be seeking an improvement on past performances. "I will be competing in all the breaststroke events at the Games and the aim is to make a final and put in a good swim to come away with a medal," the Uitenhage-based swimmer said.

Kock, who works at Nelson Mandela University as a senior recruiter, also has previous experience of the Games, having attended the 2015 event in Gwangju, Korea, as a coach. "It's always an honour to represent your country and this time I felt surprised at first and then honoured and excited to have been shortlisted and then appointed. We have a good mix of youth and experience and we will be happy with four medals as we have potential contenders across all disciplines. As this is the second biggest event in terms of participation to the Olympic Games, we are aware of the big task ahead. But we will give it our all and represent South Africa as best as we can."

Blaauw, a Madibaz Sport public relations intern, will be attending her first World Student Games. "I am extremely excited, humbled and blessed to be part of the management team. I will act as the USSA [University Sport South Africa] social media officer and my vision is to provide online users with a taste of what the event is all about and to make them feel a part of the journey," she said. "The aim is also to create exposure for all the #TeamSA student sportsmen and women, as well as for the organisation itself," she added.

# SPORTING GRADUATES EMERGE WITH DISTINCTION

By Fullstop communications

**Clodius Sagandira says combining an academic vocation with a sporting career is the best thing that could have happened to him while at Nelson Mandela University.**

The Madibaz football star, a former captain of the club, has recently graduated with a doctorate in chemistry, but will look back on his varsity days with extreme gratitude for the opportunities he received.

Among other high-profile student-athletes who graduated were ace swimming twins Alard and Alaric Basson and athletics star Ischke Senekal, all of whom have represented South Africa.

Sagandira said he embraced the challenges he faced in the lecture halls and on the sports fields, adding in a message to aspiring students that it was all about hard work. "It is about setting your goals and getting your priorities right. With the right sort of determination, hard work, passion, commitment, self-discipline and, above all, God's grace, anything is achievable. And you should never settle for less," he said.

"After a heavy day indoors, I used to refresh at soccer training in the evening. Besides that, football really helped build my character, determination, competitiveness and discipline, as well as a sense of responsibility. It brought out the best in me," said Sagandira

"All I can say is that I got all the necessary support I needed where possible to be where am I am today and I am so grateful to Nelson Mandela University. This might sound like everything was given to me on a silver platter but, trust me, it was all through sweat and tears and I am glad it paid off."

Madibaz deputy director of sport Riaan Osman said they prided themselves on the holistic development of their student-athletes. "We are thankful to the various departments at the university with whom we collaborate to ensure our elite student-athletes achieve success in their academics," he said.

Find the full article on our blog: <http://www.madibaznews.co.za/2019/06/19/sporting-graduates-emerge-with-distinction/>.



Photo: Full Stop Communications