

THE NEW TRAFFIC DEMERIT SYSTEM



By Ioanna Haritos

President Cyril Ramaphosa has signed the Administrative Adjudication of Road Traffic Offence Bill. Here is what you need to know. A traffic demerit system will be introduced in the hopes to take repeating traffic offenders off South African roads.

Depending on the severity of the offence, 1-6 points, along with an accompanying fine, will be allocated to the driver. A driver that collects more than 12 points will have their license temporarily suspended. Three suspensions will lead to a cancellation of the license and the driver will need to apply for their learner's in order to redo their drivers.

- A few examples of offenses and their corresponding penalty points are:
Going 81-85 km/hr in a 60 km zone = 2 points
- Driving with no license = 4 points
- Drunk driving = 6 points

However, good behaviour will be rewarded, and you can redeem yourself with one penalty point being reduced every three months.

Some other changes are also in store with the new legislation:

- Failure to pay traffic fines will lead to people being unable to obtain drivers licenses.
- Fines and other documents can be sent electronically with WhatsApp and SMS reminders, where they previously would only be sent via mail.

'It will punish the bad, warn the middle, and leave the good,' was the Automobile Association's positive response to the new law. We can only hope that the legislation lives up to its main goal and delivers safer South African roads.

So be careful and watch your driving!

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LETTER FROM THE EDITOR

The Rugby World Cup trophy is coming back to South Africa.

What a weekend it has been! As I watched the game this past Saturday, in a crowd of green and gold, the unity and pride was tangible. History was made and I can safely say it's a day I won't ever forget. When Siya lifted the Cup, South Africa celebrated as one unified body in the most beautiful way imaginable. I don't think I've ever been so proud to be a South African and my hope is that this unanimous pride lives on in our nation as we once again realize that despite our differences, this is our home, these are our people and we really wouldn't want it any other way.

Here's to being a Saffa

AMY WARD

STUDENT APATHY – UNCONCERNED ABOUT THE FINISH LINE?

By Mohube Karabo Kgaphola

For most students, it is their goals, dreams and passions that act as the driving force when applying for higher education courses and making their career choices.

At first, we believe we can tackle these courses and achieve our career and happily ever after. But what does it mean when a student gradually has an indifference, an absence of passion or a lack of emotional connection and interest towards their education?

Academic dysphoria is a serious and growing problem, with an increased number of University student dropouts resulting from a lack of purpose and motivation at any stage of their education, be it first year or final year. Despite the challenges of studying in South Africa, some students manage to push through their courses, only to find themselves clueless as to what to do with their degrees, because they are uninterested in working in their chosen career field.

Student apathy is often mistaken for depression or anxiety about the future, but some students have attested that they are not depressed, but rather lethargic about a course that once had a huge meaning to them. The reasons for the disconnection are various, from existentialism, bad marks or an overall negative varsity experience. Fees and student loans have students asking themselves if education is worth it and even lecturers contribute by putting too much pressure on students instead of supporting them.

Some of the recommended ways to overcome student apathy is student engagement, offering input during lectures and switching from the current directory-based instructional method to growth-focused teaching. Students are also advised to keep revisiting their goals and tuning them according to the changes in and around them to avoid being lost in the disconnection.

Picture: Rawpixel

CAN YOU LEND ME A 50?



Picture: unsplash.com

By Luyanda Mkhize

Being at University comes with the sad reality that many of us will not be receiving an income until graduating and entering the professional world, meaning we are all dependent on some form of allowance from others. Now what happens when someone borrows money from you, or you need to borrow money?

Here is the etiquette that you should keep in mind:

1. When asking for money, be clear on how much you want and phrase the request in such a manner that the person who is being asked, does not in any way feel forced or obligated to help you.

2. Once the loan has been granted, be very clear about when you intend to pay back the amount, unless the lender states it is a gift.

3. If the date that you had communicated arrives and you are unable to pay the amount back, communicate this with the lender and an alternative plan can be mutually agreed upon.

4. The same attitude that you took the money with should remain constant - do not make the lender feel uncomfortable by constantly having to run after you and asking about the money.

5. If you have a tendency of lending people money, don't feel shy to follow up on the money you lent out and to stick to the agreed-upon arrangements.

Borrowed money has led to many awkward and tense situations that could have been avoided if the people involved communicated throughout the process. The borrowing of money should be used when all other options have been exhausted. And when borrowing money, the correct etiquette should be followed.

WHAT IS MISSING FROM THE CLIMATE CHANGE DEBATE?

By Muzomuhle Ntuli

We are living in an era that is experiencing the drastic effects of climate change. Scientists have predicted that we, as humans, only have a few decades left before setting off a possible catastrophe. In this article we seek to discuss this and add what is rarely spoken about in public spaces.

Most of the discussions around climate change tend to center around what could be argued as piecemeal solutions. The solutions often are; paper bags, paper straws, solar power and changing one's diet. Indeed, these are noble ideas, but they do not speak unto or address the root cause of this man-made phenomena – profit at the expense of the environment. The capitalist mode of production, which considers the Earth as a gift to exploit, is to blame for these and many other changes to our environment. Author, George Monbiot, in assessing the Boeings fuel usage writes that, "The private Boeing 737s, built

to take 174 passengers, are filled at the airport with around 25,000 litres of fuel. That's as much fossil energy as a small African town might use in a year". Added to this, is the perceived lack of interest from world leaders. This was evident in the recent G7 Summit, where leaders of the most powerful nations approved \$22 million to aid in combating the Amazon fires, as opposed to the \$1 billion pledged for rebuilding the Notre Dame Cathedral after it burned down.

In discussing climate issues, Psychology student, Sanele Thwala states, "We must refrain from using items that can pollute the environment and the ocean, but rather use sustainably sourced products". He further states that, "The Earth is all we have, and we must do all we can to preserve it for future generations". What is clear from this is that the world needs to adopt a broader structural policy to combat the root causes of climate change.



Picture: pexels.com

THE REALITY OF COLOURISM

By Kaymery Swart

Colourism is a touchy subject. It is prejudice against people with a dark complexion. This comes to play in families, workplaces, schools and general public spaces. This is a subject most people are not even aware of - well, unless they're dark-skinned.

The popular phrase, "pretty for a dark-skin", indicates that dark-skinned people are not usually seen as beautiful and those that are, are the exception. There has been much talk about the discrimination against darker skinned women of varying races in the entertainment industry. They usually have smaller roles and if they're the main attraction, they are often airbrushed to look lighter.

In many Asian countries, women cherish light skin. This is because darker Asians tend to be of the poorer working class as they mostly work in the sun. Thus, the elite or higher social classes have lighter skin. Besides it being an issue of beauty, it can be one of social status too.

The issue largely affects the female population. Dark skin men even often seek exclusively light-skinned/Caucasian women, fetishizing the trend of having "mixed babies". So even though they're both dark-skinned, men are likely to live their lives normally, whereas women are treated as second-class citizens.

However, there's a bigger issue to this - colourism is the root cause of a very well-known epidemic: skin-bleaching.

People turn to skin-bleaching products to make them "more attractive". These products can have terrible effects on an individual's

health and are illegal because of their steroids and high percentage of hydroquinone. There are cases where people have died from the use of such products.

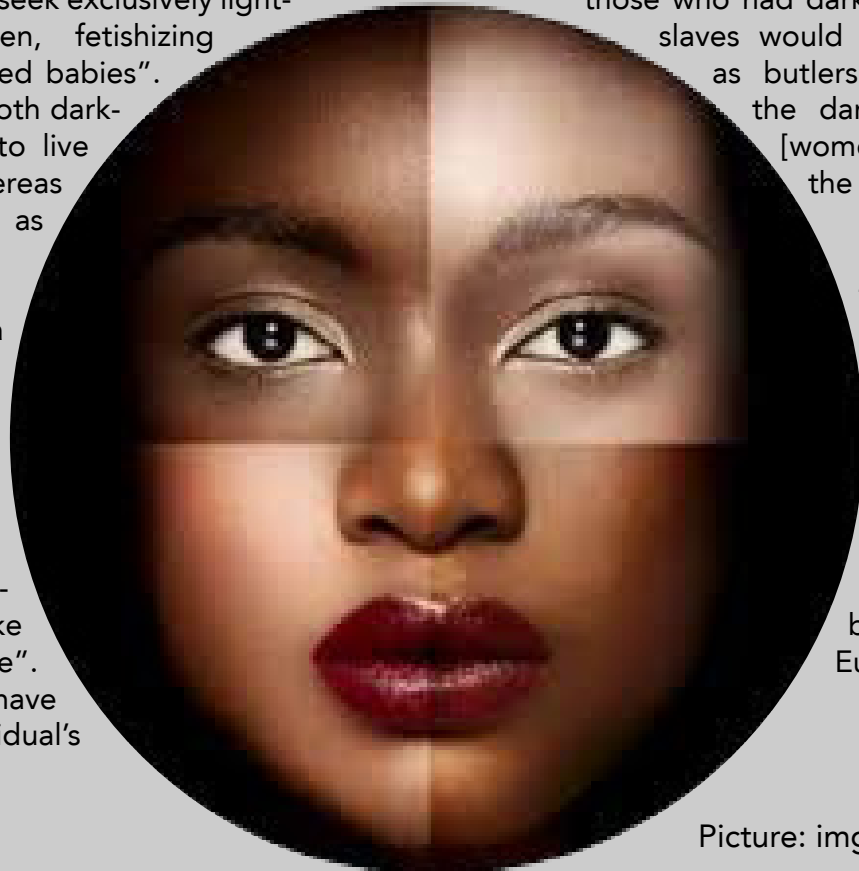
Then there are celebrities who unintentionally encourage this. These include South African celebrities, Khanyi Mbau, Kelly Khumalo, and Mshoza. American personality, Blac Chyna even came to Africa to launch her skin bleaching product in Nigeria called, Whitenicious. Though they can't, and shouldn't, be blamed for publicising their sentiments, it does impact how others feel. It could give young girls the "confirmation" that darker skin is inferior and unattractive.

Colourism brews self-hatred and lowers the self-esteem of those with darker skin. The effects are automatically concerning when it comes to younger people. They begin to think darker skin is ugly and inferior to lighter and pale skin.

This goes back to slave times. Lighter skinned slaves are said to have often been treated better than those who had dark skin. Light skinned slaves would work in the house as butlers and maids, while the darker skinned slaves [women included] worked the fields.

Complexion has for some reason snuck into beauty standards, which are usually based on facial features and body type.

The conclusion? The epitome of beauty is defined by European standards.



Picture: imgur.com

3 NATURE RESERVES EVERY STUDENT SHOULD VISIT

Picture: Bianke Fouche

By Christina Makochieng

With spring here, and summer soon to make its arrival, now is the perfect point to start spending more of your time outdoors. Although famous for its diverse offerings of stunning seascapes, the Eastern Cape is also home to an eclectic array of lush landscapes and bold bright vegetation. Next time you're stuck looking for a way to pass the time over the quiet weekends or looking to escape the hustle and bustle of city life, these spots are sure to offer some reprieve.

Great Fish River Nature Reserve

This is a popular travel spot for all those seeking to enjoy its well-known scenery and wildlife. Located just over 200km from Port Elizabeth, the nature reserve's panoramic views of the Great Fish River are enough to leave a lasting impression on adventurers and nature lovers alike. The area is also rich in South African history, namely the wilderness frontier area which acted as a boundary between Xhosa and settler territories. Further echoes of the past can be experienced by visiting the San Rock Art sites within the reserve.

Kragga Kamma Game Park

Situated right within Port Elizabeth, Kragga Kamma is definitely one of the most accessible spots of all. With self-drive entry rates of R50 for scholars and R100 for adults, a trip to Kragga Kamma makes for a perfect outing to see some wildlife, lush coastal forests and grassland. The park is open year-round except on Christmas day, giving students the opportunity to visit should a free weekend arrive.

Van Stadens Wild Flower Reserve

Described as a "floral wonderland", this reserve is undoubtedly the perfect stop to make during the spring season. Enacted to protect indigenous flora, you're sure to catch sight of the radiant beauty of the natural fynbos, succulents and other plant life during your hike or bike ride. With available picnic sites and two walking trails, there's something in it for everyone, whether you're there to get some exercise in, or to simply sit back and enjoy the colourful vibrant views.



IT
ENDS

IT: CHAPTER 2

By Ebenezer Memani

The second instalment with everyone's favourite clown is finally here. The Losers Club has to make their way back to Derry, Maine, when Mike connects the dots and realises that Pennywise is back. They band must again figure out a way to defeat the dancing clown.

IT Chapter 2 stays true to the Pennywise theme of fear even as the characters are now older. With a runtime that is almost three hours, you can already tell it is no ordinary horror film. It leans towards being more of a suspense thriller that has a few jump scares and even fewer false scares. Right from the start we are dipped into the fears of our protagonists which are slightly different from when they were kids.

Despite the resemblance of the original younger cast and the new adult casting being uncanny, not much attention is given to their development. Beverly (Jessica Chastain) is still subject to an abusive relationship, Richie (Bill Harder) has become a comic, and Bill (James McAvoy) is a sensitive screenplay writer.

Within the first thirty minutes, the gang is rounded up and shooed back to Derry. For a movie of its lengthy runtime, the writers could have spared more time to shed light on how the grown-ups deal with their fears. Regardless, the cast is a pleasure to watch. Each actor takes rightful command of their individual scenes.

One standout act is Bill Skarsgard. He puts on the Pennywise persona like a second skin. I caught myself with a smile on my face every time he was in scene. Unlike in Chapter One, the big-headed clown receives more screen time in this film. Props to the writers for catering to the audience's desires.

Director, Andrés Muschietti does a good job of winding you up with the careful slow zoom that builds anticipation and suspense. If you are like me and prefer a horror movie that will keep you at that edge of your seat – that is if you're not jumping out of it – this might be the right pick for you.

CHAPTER TWO

ONLY IN THEATERS
SEPTEMBER 6

EXPERIENCE IT IN IMAX® & DOLBY CINEMA
SEE IT FIRST

Picture: IMDb

THE GLAMORISATION OF MENTAL ILLNESS NEEDS TO STOP



Picture: pexels.com

By Kaymery Swart

Disclaimer: the following article explicitly discusses the serious topic of mental illnesses. It contains material that might affect readers who are sensitive to this subject. This stands as a cautionary statement to prevent trigger shocks.

Mental illness, for some crazy and odd reason, has become trendy and mainstream. Absurd, right? Who'd have thought that an illness would be sought after.

Saying you have anxiety or depression when you don't is as bizarre as saying you have cancer when you don't. It makes no sense to fabricate an illness for yourself.

There is an underlying reason: people simply don't see mental disorders as serious conditions. This can be seen on various social media sites such as Twitter, Facebook and YouTube, where saying something like, "I'm so depressed" is a common expression. Another illness people often throw around carelessly is anxiety. People cannot begin to understand the experiences people with anxiety endure. The same goes for panic attacks. These three are the most "fashionable" mental disorders out there – everyone claims to have them.

Then there are eating disorders. There is an entire subculture for this one - thinspo being the key word, a shortened version of thinspiration which comes from

two words: thin and inspiration. Posts and forums often have scrawny girls in images, which is meant to encourage others to eat less so they can look like these girls. Although the majority actually idolize such bodies and starve themselves, the rest are probably just tagging along to seem trendy and 'cool'. Thinspo doesn't just refer to images though. There are many "inspirational" and "motivational" mantras circulating society which are mostly just negative and hateful.

And don't forget about suicide and self-harm. Suicidal ideation is real, but people often showcase their self-harming deeds online where all can see and the normalisation of these conditions can tend to downplay them in a big way.

This brings us to the next point: exploitation. While not everyone has the intention of downplaying a mental condition, they do use it as a technique to perhaps manipulate and exploit others. This could range from pity to full-blown manipulation. Some use the illness as an excuse for bad behaviour or to get out of certain situations or activities.

The upside to all of this is that these illnesses are not as controversial and taboo as they once were. However, this doesn't make any of this okay at all. How strange it is that something so dark can be seen as beautiful.

MAKEUP TRENDS THAT WILL DOMINATE SPRING AND SUMMER

By Roxzann Thomas

The best way to say goodbye to winter is with a fresh "facebeat". We have rounded up five looks that will come to surface during the upcoming warmer seasons.

1. Feathered eyebrows

If you couldn't already tell, everyone is obsessed with brows. This season we are saying goodbye to the filled in "Instagram Brows" and hello to brushed brows. This look requires well-groomed brows, brushed upwards and touched up with a hint of brow powder.

2. Clear lip-gloss

Lipstick, especially matte lipstick, is very 'winter 2019'. Clear lip-gloss is the way to go and if you want to add an extra touch to it, you could line your lips with brown liner and blend it out with the lip-gloss. The Essence, Shine Shine lip-gloss, seems to be everyone's favourite.

3. Bold eyeliner

Black eyeliner can take a well-earned break because it is not going to get much wear-time this spring and summer. Graphic and colourful eyeliner is what's going to pop. For those who want even more impact, reach for an opaque shade and fill in your entire lid.

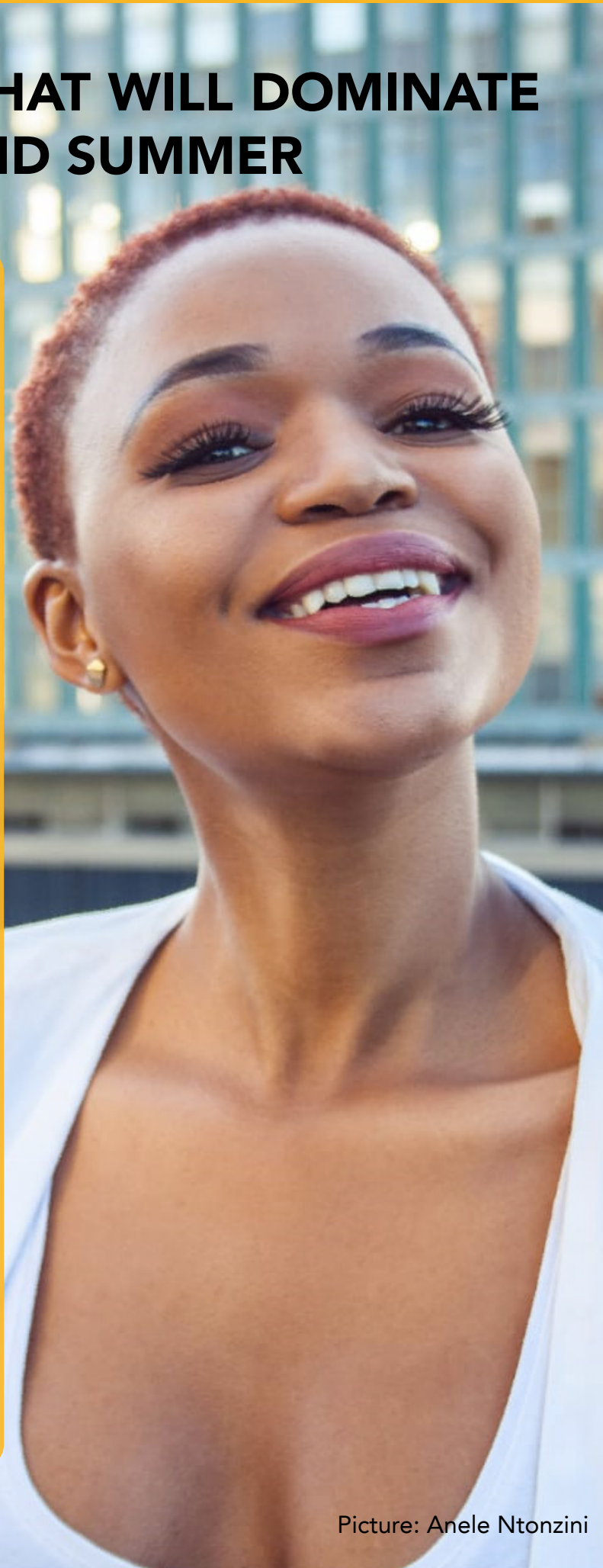
4. Rainbow eyeshadow

The season of neutral and smokey eye makeup is over. Colour is back with a vengeance. This season opt for eyeshadow that is rich in pigment. Pink eyeshadow and sunset inspired blending are two key eye makeup looks.

5. Glitter and jewels

This trend adds a touch of playfulness to a makeup look. Glitter in colours like silver, pink or green could be applied above the crease or by the inner corner of the eye. Jewels placed in random spots on and above the eye could also serve as a great look for festivals.

Hopefully these tips will help you greet spring with a brighter look.



Picture: Anele Ntonzini

HOW TO MAKE YOUR INSTAGRAM AESTHETICALLY PLEASING

By Roxzann Thomas

Creating aesthetically pleasing content has been the new wave on Instagram. Everyone has been stepping it up to make their feeds look as beautiful and as "double tap" worthy as possible and so can you with these five tips:

1. Plan ahead

You want your Instagram feed to look thoughtful and cohesive. Planning it out carefully is the way to do that. This will help you see what posts look best next to each other and what posts don't. An app like Planoly allows you to drag and drop pictures without posting anything until you are ready.

2. Choose a theme

The best way to find a theme is to look at other Instagram or Pinterest accounts for inspiration. Create a Pinterest mood board and save Pins that are relevant to your feed. You could also create a colour palette for your feed and use one specific filter or preset throughout your content.

3. Know your audience

When you understand who your content is trying to speak to, knowing what to post and developing your feed's aesthetic becomes second nature.

4. Update regular stories

Once you have established your Instagram aesthetic, create a style guide so you have something to refer to when updating your stories. Using story templates is another quick and easy way to ensure that your story content is consistent and exciting. It is also important to create highlight covers that compliment your feed.

5. Use the correct apps

Some of the most popular Instagram editing apps are: VSCO, Snapseed, Lightroom, PicsArt, Unfold and Canva. These apps are all available on Android and iOS.

There is no denying the power of Instagram in capturing an audience and driving them to act – so why not make the most of this social media channel?



Picture: pexels.com

SIMPLE STEPS CAN CHANGE THE WORLD

Picture: pexels.com

By Zukisani Gali

To help change the world, one doesn't need to be wealthy or popular. Expressing an eagerness to help is enough of a promising sign. Simply making someone smile can go a long way. Our very own Nelson Mandela University students are actively demonstrating this by helping out at the Nozefile Special Care Centre.

Tina Mazibuko, Winana Constance, Nwabisa Mzamo and Milisa Ntamo offer their selfless efforts and take time out of their busy schedules to help a needy shelter. As students, they don't have any special income, yet they have taken it upon themselves to contribute to improving the lives of others. Their aim is to make a difference in the community they reside in.

Nozefile Special Care Centre was established in November 2017 in Mzantsi, a rural area in King William's Town. Its mission is to shelter children and youth who have disabilities and face massive discrimination and abuse. Some of their inhabitants have even been expelled from schools because they were branded as 'slow learners'. The establishment of this Care Centre was driven by the concerns of these youths' parents and the leader of their community.

Nozefile was created as an effort to improve the livelihood of the area. Children from many locations are taken in. However, with poverty high, residents (who are already living on grants) can only provide a small amount to help the centre. Due to this lack of resources, the aims and objectives of Nozefile cannot be met.

With more help, their circumstances can change for the better. You can help put food in a child's mouth alongside the Nelson Mandela University students mentioned. They are accepting any assistance (canned food, old reusable clothes and blankets) - whether small or big, your contribution is appreciated.

Kindly donate any item - even if it's just one - by contacting them through WhatsApp or a call at any given time of the day to plan for pick up and collection. They have drop off points at South Campus (067 0597418), North Campus, Humewood (060 971 9934), Second Avenue Campus (061 750 7555) and Dunes (063 001 0130).

Don't underestimate the power of your help.

WHAT'S WITH ALL THE FUSS ABOUT PRIVILEGE?

By Vanessa Bodole

WE WELCOME

ALL RACES AND ETHNICITIES

ALL RELIGIONS

ALL COUNTRIES OF ORIGIN

ALL GENDER IDENTITIES

ALL SEXUAL ORIENTATIONS

ALL ABILITIES AND DISABILITIES

ALL SPOKEN LANGUAGES

ALL AGES

EVERYONE.

WE STAND HERE WITH YOU YOU ARE SAFE HERE

* Content adapted from the original "We Welcome" sign created by IPRC members Lisa Mangum and Jason Levi

Society is questioning its own teachings and foundations by addressing inequality, unfair discrimination, prejudice ... you name it. Privilege is one of many topics that have come under scrutiny and there's a lot of heat surrounding it. Privilege: a special right, advantage or immunity enjoyed by specific groups of people. It is exclusive. It is not accessible to or experienced by just anybody.

Privilege - or lack of it - results from uncontrollable circumstances of life. How and where you were born, family background, access to education – all these and more 'define' the privilege you have. What's important to note is how privilege is awarded based on social constructs. It has nothing to do with one's natural abilities. In other words, it is not earned.

Others are quick to dismiss the notion. Some even take offence when they're told they have it. Privilege does not equate to perfection or mean one is immune to all life problems or that one hates other social groups. Privilege simply says that those that have it are more likely to be shielded from biased hardships and suppressions because they belong to a certain social group. Those that belong to privileged groups are more likely to be respected, taken seriously and treated better. This is a given reality. Declaring this a myth is utterly regressive.

On the other end are those who look down on the privileged. To some, if privilege exists, so does oppression. This even happens when the so-called privileged individual is not doing any harm. As a result, the privileged person is seen as a villain and targeted for unfair accusations. This is a dangerous tactic to adopt. As unjust or unearned that privilege may appear to be, it is not fair to attack others for something they didn't volunteer to have.

Some acknowledge their privilege and use it for positive and productive purposes. Some abuse it and choose to harm others. Privilege is not a weapon to use against others.

Being privileged is not something to feel guilty about or to shame others for. What you do with privilege or how you use it is where the moral lines come into question. Let's convert the conversation of 'privilege' from a warzone to a more productive discussion.

Picture: unsplash.com

THE MISLEADING STIGMA ON HIV

By Zukisani Gali

Lack of knowledge is a big issue especially when it gives rise to prejudice and discrimination. Choosing to remain anonymous, a student who we will refer to as Leve, has faced heavy discrimination surrounding her HIV status. She decided to share her intriguing story with us of how exactly she contracted the virus.

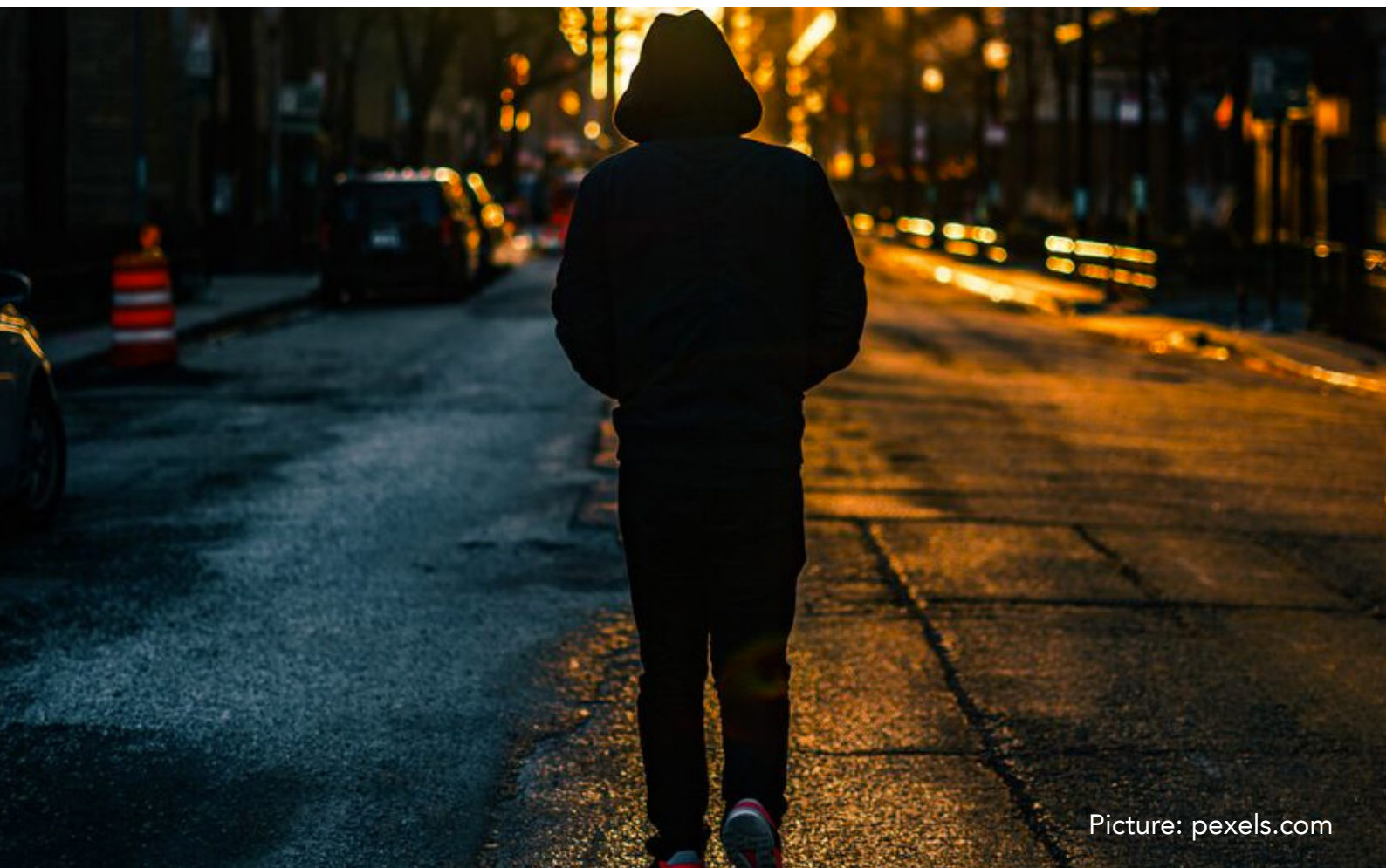
Leve felt as though she was being punished for being a good daughter. She didn't get the infection out of careless acts, rather it was from helping her own mother. While going through her normal routine of taking care of her mother, she did not realise she'd cut her finger from chopping. She didn't use gloves because to her it was like showing disgust while taking care of mother. The cut left her exposed to the virus and that's when her life changed.

She did not notice anything odd until she got sick. This was an overwhelming moment for her as

she was left stressing over who would take care of her mother in her place. 2017 was the year she discovered her status.

As a young mother and student, she had been living in fear of the discrimination she would encounter for having HIV for almost three years. She, however, does not hide it anymore as she feels there is no point. After receiving unfair judgement, Leve now spreads awareness that HIV is not just spread from sleeping around, as most believe.

Dealing with people saying undesirable things about you is tough, especially when what they're saying is far from the truth. Remember HIV is not something one should be ashamed of or laugh at others for. Gossiping about or spreading someone's status without their consent is a very serious wrongdoing. Seek ways to help instead of making assumptions, judging and taking pity.



Picture: pexels.com

CONSPIRACY THEORIES

By Ntsondwa Asithandile

The moon landing was staged, the US government is hiding aliens in Area 51, flat earth, mermaids, vaccines that cause autism, global warming is a hoax etc. All of these are conspiracy theories. In definition, a conspiracy theory is an explanation of an event or situation that invokes a conspiracy by sinister and powerful actors to achieve a certain goal.

Psychologists have done many studies on why so many people believe in conspiracy theories and have come to accept the hypothesis of 'illusory pattern perception'. Illusory pattern perception is the act of seeking patterns in places where they do not exist. This is believed to be a trait that evolved from our ancestors so that they could sense danger, even when there wasn't any. And that is why most people say, "Better safe than sorry".

Psychologists believe that people who display the illusory pattern perception tend to find patterns in chaotic sceneries, even when such patterns are superficial or non-existent. These

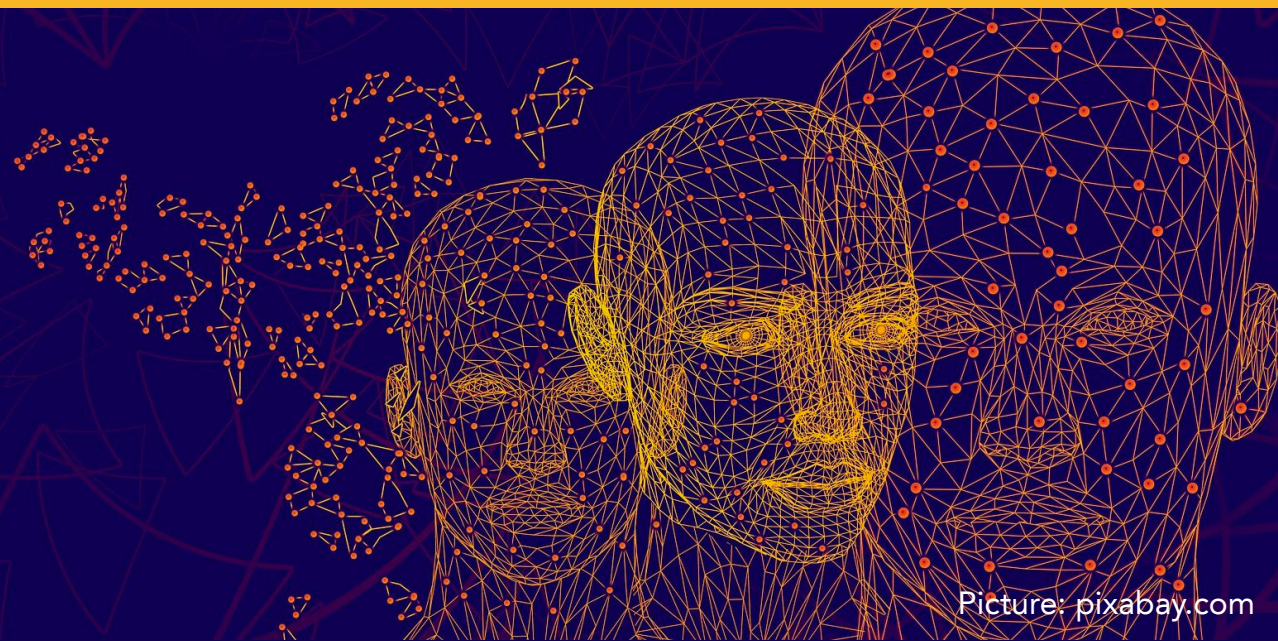
individuals are more likely to believe in conspiracy theories.

This is not to say all conspiracy theories are false, but people are very good at finding reasons for believing in something, even when evidence is sparse. Some conspiracy theories have long been debunked, such as the flat earth (which was debunked years ago but somehow seems to have emerged once again), the moon landing, vaccines (proven to be very effective and does not cause autism) and global warming. These events or phenomena are not hoaxes, as there is substantial science to support them.

With the internet being the number one purveyor of conspiracy theories, particularly YouTube, as visual presentations are more engaging than plain text, more people are believing in extraordinary claims. Things like Area 51, mermaids, 9/11 truthers etc., are a testament to the fact that we all want to believe in the possibility of strange things happening in our otherwise 'normal' world.



Picture: mattforney.com



Picture: pixabay.com

ARE WE IN A SIMULATION? – PART ONE

By Neo Motsiri

The Matrix (1999) introduced a very interesting philosophical conundrum when it's protagonist, Neo, discovered something disturbing: that what he thought was reality was actually a simulation designed by a dictatorial super-intelligence, for the express purpose of imprisoning human minds, following an epic war between humankind and the machines. In 2003, Nick Bostrom, a professor at Oxford University, published the Simulation Argument, which was a philosophical paper that took seriously the idea that we might in fact be in a simulation.

The paper, titled, "Are You Living in a Computer Simulation?" was published in the Philosophical Quarterly and took the academic world by storm. What is most disconcerting about the paper was that it was so convincing in its logic that no scholar to date has formulated a rebuttal which successfully refutes the argument.

The simulation argument can be adequately summarised as follows: we currently have the kind of technology which can produce photorealistic simulations in the form of video games. These simulations have become so

intricate, that they even incorporate highly complex physics engines which very closely approximate real-world physics. Assuming that humankind isn't wiped out by a global catastrophe which results in some kind of mass extinction, it's reasonable to expect that our technology will continue to improve. Also assuming any rate of technological progress, it's quite reasonable to expect that at some point in the future, our technology will eventually become so powerful that we would be able to simulate entire universes, complete with self-consistent sets of physical laws.

The argument sounds pretty reasonable thus far, but the most interesting part is its startling conclusion, which is that, given these two assumptions, the first being we don't go extinct, and the second that technology continues to progress, then it's more likely that we are currently living in a simulation than that we are not. In fact, Bostrom reasons that the odds that we are in the original universe are approximately one in a million. He arrives at this existential-angst-inducing conclusion using some rather well-established probability mathematics. Part two of this article will explore this intriguing hypothesis in more detail.



THE BLOOD BLEEDING TREE

By Sanele Thwala

Trees play a major role in human existence and provide us with a connection between past, present and future. Trees are the foundation of forestry and there is a lot more to them than most people realise. This article seeks to question whether we ever wondered or imagined a world without trees, while also raising awareness of the consequences of a treeless world, since they are a precursor to our existence, and perform a pivotal role in the carbon cycle.

There are many exciting and incredible plants living on our planet. One of the more uncommon species is Umdlebe, also known as Bloodwood (*Pterocarpus Angolensis*), frequently found in KwaZulu Natal. The tree literally bleeds like a living animal when it's axed or cut with a chainsaw. It is an evergreen plant and the tree's crown often looks like an inside out umbrella. The fact that the branches are bare except for the tips contributes to this illusion. Other trees have a rounded curve that often looks like a mushroom. The branches look very swollen and grow in a periodic pattern called dichotomous

branching. Each branch creates two fresh branches during the same stage in this process. The process repeats to create the base of the tree's crown. The flowers are found at the tip of the branches and are small and greenish-white in color. They are located in groups known as inflorescences and the fertilized flowers produce green berries that change to black as they ripen and then to orange when they are fully ripe.

The blood-red sap that oozes out of the tree has a healing property that can be used for a wide variety of ailments. It can also be used to assist in milk production for mothers who breastfeed. The resin has been used since ancient times for different purposes, such as dye, paint, varnish, cosmetics, medicine, incense and ingredients in alchemy. However, even though there is a high demand for this tree's wood, we should be aware that cutting down trees can negatively affect the ecosystem and contribute to the rising global climate change. The bleeding symbolizes how hurtful our actions can be on the environment and ultimately ourselves.

Picture: elitereaders.com

SCIENCE OR NONSENSE? – PART ONE: ALIENS

By Ntsondwa Asithandile

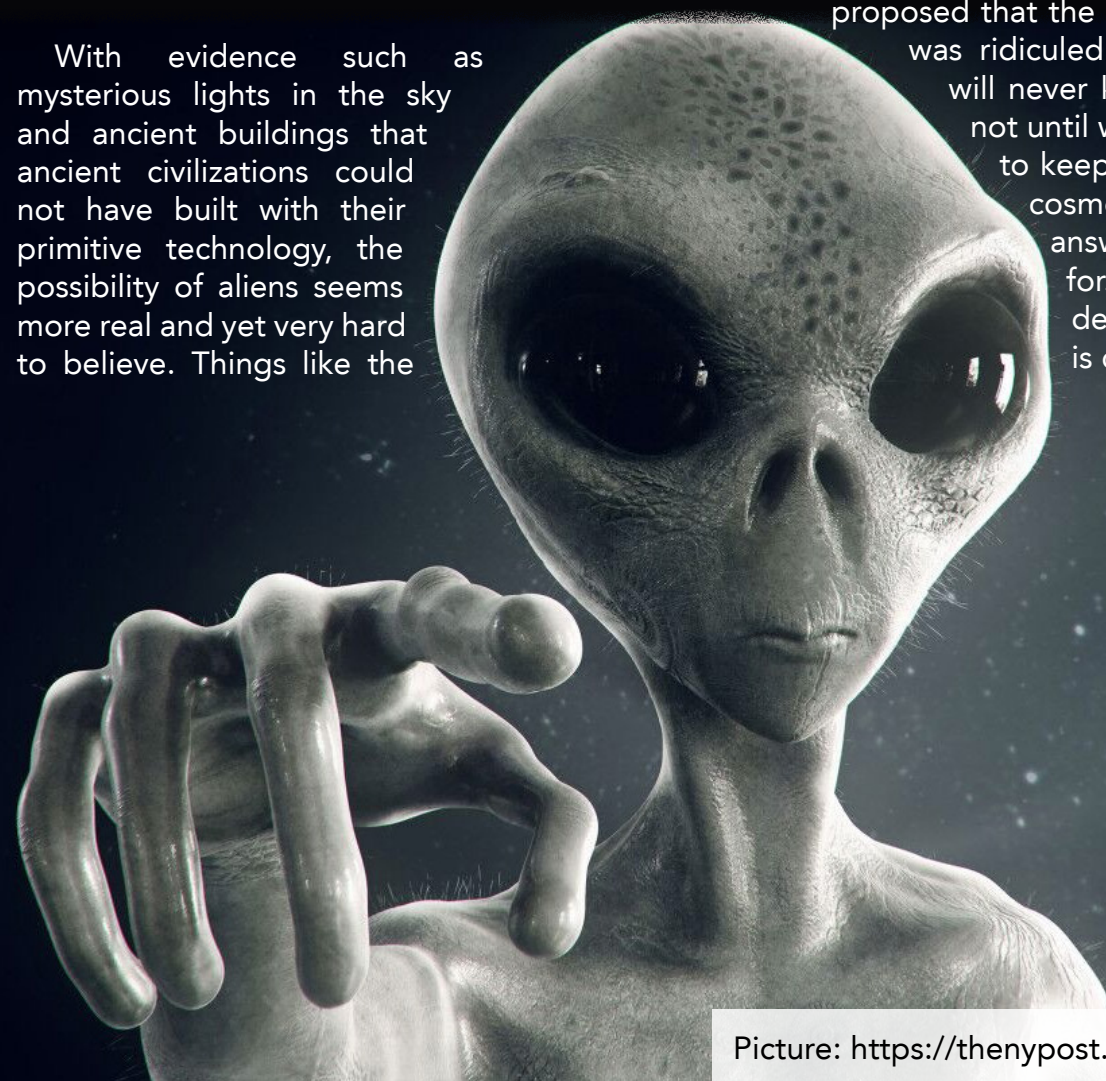
With the recent alarming movement of millennials threatening to storm area 51, the idea of the existence of extra-terrestrial beings once again became a heated topic. It may seem crazy to even begin to think about the existence of aliens but can we all for once give in to the possibility that they might be real? After all, science is about questioning everything about our world and proving or disproving what is and what is not.

Alien theories go back to the medieval times, as far back as 476 AD. Many people believe to have hardcore evidence which prove their theories, and even believe that the US military is hiding the aliens in Area 51.

With evidence such as mysterious lights in the sky and ancient buildings that ancient civilizations could not have built with their primitive technology, the possibility of aliens seems more real and yet very hard to believe. Things like the

stone heads of Easter Island (the Moai), which are said to have been built by the Rapa Nui people, are what set alien conspiracy believers on edge as they believe that the stone heads were too large and heavy to have been moved by people, considering the fact that there were no cranes around 1250 and 1500, which were the times that the Moai were built. Others believe that the Egyptian Pyramids were built by aliens. The list of unbelievable evidence of the existence of aliens grows.

As much as most of us are sceptics, who is to say aliens are real and who is to say they are not. A lot of scientific theories started out as insane statements, for instance, when Pythagoras proposed that the Earth was a globe, he was ridiculed. But then again, we will never know if aliens exist or not until we know. We just have to keep exploring the infinite cosmos until we find the answers we are looking for. After all, one of our defining traits as humans is curiosity.



Picture: <https://thenypost.files.wordpress.com/2017>

SENEKAL AND BASSON ARE MADIBAZ SPORTS STARS OF THE YEAR

By Fullstop Communications

National representatives Ischke Senekal and Alaric Basson received recognition for their 2019 achievements when they were named the Nelson Mandela University sport stars of the year in Port Elizabeth on Friday night.

Basson was named the Sportsman of the Year after becoming the first swimmer from the Varsity to represent South Africa at the World Championships, which took place in Korea in July. He was also voted as the Sport Personality of the Year, which involves a poll among students on the Madibaz Facebook page. The 26-year-old Senekal, who is doing her masters in education, was a shining light in South African athletics this year, proving herself a serious heave ahead of her rivals. For the third consecutive year, she won the gold medals for both the shot put and discus events at the ASA Senior Track and Field Championships in Germiston in April, throwing distances of 16.80 metres and 55.72m. In the All-Africa Games in Morocco, she won a silver in the shot put and a bronze in the discus, being the only athlete in the team to return home with two medals.

Senekal is the Eastern Province female track and field Athlete of the Year and has dominated local competition this year. Basson, who is doing his BTech in construction management, has continued to stroke his way to the highest level in the pool. The highlight for the specialist breaststroker came with his national selection for the World Championships after a string of eye-catching performances in 2019. A member of the national squad, the 23-year-old also turned out for the USSA team at the World Student Games in Italy in July. His performances for the national squad included three gold medals [100m and 200m breaststroke and 100m medley relay] and a silver [200m freestyle relay] at the All-African Games in Morocco in August.

At the National Short Course Championships in Pietermaritzburg in August, he was a triple gold medallist in the 50m and 100m breaststroke and the 200m medley relay. He was named the male swimmer of the event at the USSA Championships last month, winning four gold medals for Madibaz and breaking the 100m breaststroke record, which had stood for 10 years.

The list of award winners is:

Sportswoman of the Year: Ischke Senekal (athletics)
 Sportsman of the Year: Alaric Basson (swimming)
 Sport Team of the Year: Madibaz Karate Club
 Technical Official of the Year: Claudine Arendse (cricket)
 Coach of the Year: Mark Edge (swimming)
 Student Coach of the Year: Gcobani Maxama (karate)
 Student Administrator of the Year: Siphesihle Jobo (athletics)
 Junior Sportswoman of the Year: Meghan Maartens (water polo)
 Junior Sportsman of the Year: Jared de Kock (hockey)
 Administrator of the Year: Athi Mfikili ((football)
 Director of Sport Award: Jeanie Steyn (netball)
 Community Outreach Award: SPAR Madibaz Netball Club
 Student Sport Personality of the Year: Alaric Basson (swimming)
 Most Improved Club of the Year: Madibaz Karate Club
 Club of the Year: SPAR Madibaz Netball Club



Picture: Carlo Jonkerman

HARD WORK PAYS DIVIDENDS FOR MADIBAZ ATHLETE

By Fullstop Communications

Joy at receiving recognition for the hard work he has put into his career is the underlying feeling for runner and sport management student, Mariano Eesou after he was named the Bestmed Madibaz male athlete of the year this month.

The award came following a season in which the 27-year-old long-distance ace showed his ability at the University Sport SA championships, taking the bronze medal in the 21.1km race and silver in the 10km cross-country event. He was also one of Nelson Mandela University's most successful athletes in a number of provincial and national road races this year. "Being crowned the Madibaz male athlete of the year brings great pleasure and joy to me. "It's a reminder of how hard I have worked and a great reward for all the sweat and tears behind the scenes." Among the best memories this year was racing against world-class athletes in the South African and Southern Region 21.1km in Port Elizabeth."

Reflecting on his life, Eesou said it was always his dream to become a top achiever in his chosen sport. "It was always in the back of my mind, although if I look back on my early life and where I have got to now I probably didn't think I would get this far." But, by the grace of God, it was made possible."

As he switches his focus to the longer race next year, when he will also graduate, Eesou said there were a number of factors on which he would be concentrating. "Going forward I want to make sure I stay focused and injury-free, as well as getting the work-rate up." He is grateful for the time he has spent at the University.

"Nelson Mandela University has truly helped me improve my communication and self-perception, as well as developing other aspects of my life such as my social and media personality, my attitude and involvement. "I have a lot of gratitude for people such as [athletics manager] Nellis Bothma, [coaches] Karen Zimmerman and the late Perry Beningfield. "In addition, my family always offered me encouragement when I thought of quitting and my friends have helped me to stay in the right lane."

Picture: Supplied

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News for the students, by the students

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