

MEDICAL SCHOOL PROGRESS



Photo Marketing & Corporate Relations Department

By **Athenkosi M. Mafojela**

Strategically located at the Missionvale Campus to expose prospective students to the primary health care needs of the majority of South African communities and positioned opposite the Dora Nginza Hospital, where students will be trained during the final three years of their qualification, Nelson Mandela University's Medical School is set to be the country's 10th Medical School.

Phase 1 of the renovation of some buildings on Missionvale Campus is currently underway and progressing according to plan, in line with the teaching needs of the Medical School. The School's facilities include: a basic science laboratory, a clinical skills unit, a physiology laboratory and lecture halls, amongst others. This is all with the aim of effectively delivering the innovative and transformative teaching model that will be utilised by the University to bring students across all health sciences together in order to produce health care practitioners that offer holistic and integrated health care.

The University will offer a six-year Bachelor of Medicine and Bachelor of Surgery (MBChB) degree, that strives to produce medical doctors who not only fulfil the Health Professional Council of South Africa's (HPCSA) graduate attributes, but will also be able to work in culturally sensitive and holistic ways.

Since the ideation of the programme, the University had been working towards ensuring that the degree is offered from 2020. However due to delays, the institution is yet to secure accreditation from the medical regulatory professional body, the Health Professionals Council of South Africa (HPCSA), and approval from the Council for Higher Education and Training. As such, applications for the programme will only open thereafter and the general public will be notified via newspaper channels, radio and the Health Sciences Faculty website, health.mandela.ac.za.

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LETTER FROM THE EDITOR

I am a firm believer that negativity is very often the birth child of ignorance. Somehow when our view of something is limited, we tend towards being pessimistic. University is no exception. The ante-dote? "The more you put in, the more you get out" has proven to be true over and over again in my life. Get involved and educate yourself. When you expand your paradigm towards something, it creates space for more understanding, and from a deeper understanding flows a more positive, proactive mindset.

This is one of our goals with every edition we publish. By informing you, we seek to invite you into a deeper sense of community here at Nelson Mandela University.

With elections coming up, this need to work against ignorance is relevant and paramount, as we mention in our article, 'The 2019 National Elections'. We also spotlight the current medical-campus project underway at Missionvale and the transport issue that we as students experience regularly.

Besides the more serious headlines, we also keep things light, fun and informative with articles on the must-have apps for students, the recommended hiking trails in Port Elizabeth and the Autumn fashion trends that you will not want to fall behind on.

Our 'Science and Tech' team has kept you in the loop with the latest developments in gaming, car manufacturing and climate change and our 'Sport' team reported back on the Varsity Shield final which took place on 11 April.

As editor of this publication, I am grateful for the position I hold: for the information it exposes me to, the feeling of community it has welcomed me into and the pride it has grown within me for being a Mandela Uni student.

AMY WARD

THE 2019 NATIONAL ELECTIONS



Photo gettyimages.com

By Ioanna Haritos

The 2019 national elections are coming up on 8 May, and with the political landscape vastly different from the previous election five years ago, it is more paramount than ever that today's youth are politically aware and actively trying to move towards a better South Africa.

Load shedding has been the main topic of discussion these past few weeks, with stage five and six being discussed for the first time ever. Unpredictable blackouts interfering with everyday life has the South African public angrier than ever.

The opposition party, the Democratic Alliance was given heavy political ammo, with people demanding that Eskom be managed by those who are not as morally skewed. Leader, Mmusi Maimane proposed another more lucrative option – privatising the countries electrical suppliers, bypassing Eskom altogether.

South Africa's third largest party, the Economic Freedom Fighters, focused on

attacking the ANC during its 2019 campaign. Leader, Julius Malema claimed the African National Congress's corruption is comparative to murder; stealing money from health care and schools - killing "innocent souls". Malema declared the ANC an enemy of the EFF.

The leader of the ANC, Cyril Ramaphosa addressed the public's complaints stating, "We will step up the fight against corruption throughout society and safeguard the integrity of the state". Having suffered a decline in popularity, the party is hustling hard to regain support from the public.

As students we are the future of the country and it is crucial that we educate ourselves. Knowing the country's current political affairs will better assist you in voting for the group that best aligns itself with your values and reflects the South Africa you wish to see.

Be open minded, debate and speak up for what you believe in.

Your vote is your voice!

IS THERE LIGHT AT THE END OF THE TUNNEL?

By Ncebakazi Mbewu

When we come to University, we all have an ultimate goal: to graduate and secure employment. The reality is that the unemployment rate in South Africa is extremely high and many people find themselves with a qualification in hand, but stuck with no job.

As students we work hard during our time at University, driven by the possibility of finding a job once we leave. Looking at the current situation regarding employment might discourage us to the extent that obtaining a degree begins to appear futile in the long run. This problem has a direct effect on students. Siyolise Nyanga, a senior student, is of the opinion that this issue is limiting students’ potential and opportunity to follow through on their passions because their decisions are being affected by the demand (or lack of demand) in the job market.

Thando Siphambo says, “When you apply for a job, they want to see that you have 3 years of experience in the field. You’re fresh out of University - where do you get the experience?” This is a sad reality facing us all. We are expecting to graduate and go out into the corporate world, but what happens if our expectations cannot be met?

Is there anything we can do for ourselves in this situation? Yes.

- 1. Join volunteering programmes that will expose you to the kind of work you will be doing. This gives you experience.
- 2. Research available internships within the field of study you’re in.
- 3. Build your profile by acquiring skills that will benefit you.
- 4. Lastly, when you apply for that job, offer something different and SELL YOURSELF.

There is light at the end of the tunnel!



Photo Thando Khanda

LOBOLA: A NECESSARY CUSTOM IN AFRICAN TRADITION ?

Photo Lithalelanga Vena



By Luyanda Mkhize

In many African cultures, lobola is a way of creating relations between the families of individuals whom are intending to marry. The relations are created by what can be considered a bride price of cows or actual money. This is done to thank the family for raising the bride, as she will now be taking on a new surname and her achievements will no longer be affiliated with her family of origin. A new argument has surfaced stating that lobola is a violation of the basic human rights of young black women. What do students think?

When both arguments were represented to students, most gravitated towards the argument that lobola is a necessary custom in African tradition. It introduces the potential bride to the family and creates a necessary relationship between the families. The family of the groom will be gaining a daughter and needs to show appreciation to the family that raised her in the form of money or livestock. One of the students stated, “If you marry a girl that has not been paid lobola for, she is no different from being just your girlfriend”.

The few students that belonged to the counter argument stated that the practice of lobola is a violation of basic human rights as it sells the bride to another family, making her an object that can simply be “purchased”.

Regardless of which argument you belong to, we believe it is fair to say that every woman should be granted the opportunity to choose whether she would prefer her bride price paid or not and more pressure should be put on families to ensure that the interests of the potential bride are protected at all times.

TRANSPORT CRISIS: THE NEED FOR A COHESIVE STUDENT TRANSPORTATION SYSTEM

By Muzomuhle Ntuli

On 4 March 2019, transport services at our University were inoperative. This was a result of a no-agreement between the University and our transport service providers. As expected, students residing off-campus could not make their way to the respective campuses.

Most students at Nelson Mandela University reside off-campus. This highlights the need for a cohesive student transportation system as well as arrangements to be in place to iron out any discrepancies or contractual issues. Also, the University must engage in continuous dialogues with various stakeholders such as transport service providers and student leaders, as a method of ensuring the effective running of operations such as transport.

With the University as a microcosm of our country, the transport struggles we face are emblematic of a much larger societal problem. The public and private sector need to work in unison to ensure that there is a widely available, safe, accessible and most importantly affordable transport system for the people of this country. Most importantly for the future of this country, it is crucial that students have a proper, well-functioning, safe and cohesive transportation system that can ensure that their strenuous academic lives do not have another impediment added to it.

As someone who was affected on that day, I would like to commend the University on two things. Firstly, on the swiftness used to deal with the matter and secondly on the provision of new dates for tests and assignments. Although this was welcomed, the need for innovative ways to deal with transportation continues.



Photo Muzomuhle Ntuli

DON'T GET LOST IN THE SAUCE



Photo Lithalelanga Vena

By Luyanda Mkhize

When arriving at University you quickly realise that the students around you come from diverse backgrounds and have many different ideas around morals and finances. This can prove to be a task when it comes to creating and sustaining friendships without fully losing yourself. It is so easy to start living outside of your financial budget to try and sustain a lifestyle that is not meant for you, in turn placing you in a bad financial, mental and emotional state.

Nelson Mandela University has a variety of events and programmes that act as ideal opportunities to meet and interact with other students. It is understandable that most students would want to attend as many events as possible. However, before doing so you need to evaluate how much money you'll spend at the event, how much money you'll have left afterwards, how your school work will be affected and lastly, your reasons for wanting to go. If those factors do not correspond with one another, it may be best to give that specific event a miss.

The concept of embracing who you are is not only confined to financial and social factors, but also in terms of how you dress and act. You should never feel pressure to give up your individuality to comply with the norm.

If any of your friendships make you feel like you need to alter yourself to fit in, it might be time for some introspection and looking at the true foundation of your friendship. At University it easy to simply blend into the crowd, but the real foundation for happiness is embracing your genuine self and being unapologetic about it.

CREATING GENERATIONAL WEALTH THROUGH FAMILY BUSINESSES

By Andisile Klaas

Nelson Mandela University's Enactus, together with the Family Business Unit hosted their first Entrepreneurs Connect event with the topic "Transforming a Business into a Family Empire", an event aimed at encouraging students to take their loved ones into their entrepreneurial journeys to create generational wealth. The event took place on Wednesday, 4 April at the South Campus' Main Building Council Chambers.

The panel for this event included current Director of The Family Business Unit and lecturer, Dr Shelley Beck; former Director of the Family Business Unit, Prof Elmarie Venter and the Department of Business Management's HOD, Mr Tony Matchaba-Hove. Nelson Mandela University's Family Business Unit prides itself in being the first and, currently, only unit of its nature on the continent.

The panel took questions, on family businesses amongst others, from the attendees and answered based on each panellists' expertise. On the whole, they delved deeper into the dynamics that make family businesses differ from other business structures. The panel took a broad approach and discussed factors like nepotism, expectations, innovation, family culture, succession and the three family components; the family, the business and ownership.

The family business, as discussed by the panel, faces challenges such as limited funding and lack of innovation, which can harm its potential to enter new markets. The inability to differentiate the business, the family and ownership was also emphasized. For a chance at success, the business needs to consider getting an external advisor to be the fair-minded voice when it comes to decision making and planning.

The event also shed light on family business in an African context. Mr Matchaba-Hove stated that the African business structure is not as aggressive and competitive as the Western business structure due to the principle of 'Ubuntu'. He also stated that these businesses find success through collaborating and forming good relationships with competitors - integrity and reputation is key. What also distinguishes African family businesses is the governing style; the family elders act as advisors and overseers, while a board of directors is elected for Western business structures.

The big takeaway from the event is the importance of building a family brand in a way that suits the majority of families, as business is not a one-size fits all phenomenon. The lifeline and practices of family businesses come from varying origins and the matter of family business is very diverse.

"If you want to go fast, go alone; if you want to go far, go together" – African Proverb



THE CHANGE COLLECTORS

This is for you,
The one that walks past us ignoring our calls
The one that looks at us in the eyes just to show off empty hands
Even you, the one that rolls up the window after seeing us.

You see, we need the leftovers
the discounts off your purchases
the piggy bank coins
For we are the change collectors
So, we ask you
Would you rather save for an occasion that may never come or
invest in a life that's here now?

We are change collectors because our demand is for your
change

Some of you say we already have homes and families
Some of you say you don't have change
Some of you say giving us change won't solve the problem
So you pray for us
Some of you say we're just going to use it for drugs
So you give us food and clothes
Some of you simply just shake your heads

We are the change collectors because we want our world to
change
We need homes
We need comfort
We need friends and family
We need education
We need you to teach us how to speak your language
We need to get through the day, and the next

We are the change collectors because we want the world to
change



FIVE MUST HAVE APPS FOR STUDENTS

By Roxzann Thomas

As students, we are always trying to find ways to make our hectic lives easier. These apps can help you get your life together; academically or just in general.

Calm: Meditation has been proven to increase your baseline happiness over time, so it is a great practice to include in your daily life. Calm has different types of guided meditation that can help you relax and free your mind after a stressful day

Google Calendar: As a student, you are constantly running according to a schedule. It might be tempting to make a "mental note" of everything, but in the long run it can create unnecessary stress and confusion. Google Calendar is free and has many useful features to keep you up to date with your appointments and to-do lists.

Quizlet: This is a great app to save ink and paper. It replaces all your physical flash cards and has many other learning games and tools. It is an amazing app for students who rely on definition-based classes and tests.

Google PhotoScan: Now you do not have to worry about running to the library to scan specific textbook pages to prep for your next test. This app allows you to take a picture of your notes, a textbook page or notes on a whiteboard. It eliminates the glare or shadow that a typical photo set-up would create.

Sleep Cycle: This app monitors your sleep. It wakes you up at a time where your body is stable so you will feel less frustrated and tired. It also wakes you up with a very soothing sound that you can choose ahead of time

Downloading these apps will help you live a more organized and efficient student life



photos.findthatlogo.com

REALISING YOUR DREAM

By Zukisani Gali

In 1994, this country was introduced to freedom, freedom to pursue anything we'd like to be or do. Today, we are still adjusting to the purpose of this freedom as we chase our dreams and face the expected obstacles along the way.

An interview we had with Nelson Mandela University graduate and DJ, Lungelwa Mtabazi, boosts this concept of exercising freedom and pursuing a dream.

Lungelwa Mtabazi, known as DJ Lochive, is a young woman who is the founder of and Principal Consultant at Mtabazi & Co Consulting. She grew up in the disadvantaged township of Kwazakhele in Port Elizabeth and says that living in the township forced her to stand up and fight for her place in the world and that without this, she wouldn't be the remarkably strong woman she is today.

Having a mentor goes a long way in realizing and achieving a goal and DJ Lochive can attest to this. Many people played a role in her upbringing, but one who stood out was Luyanda Mabheka, who taught her how to deejay.

After DJ Lochive realised there were no institutions that could assist in manifesting and developing her passion, she decided she would find her own path to success. Her first gig was in 2016, which she recalls as being her worst: "I was a ball of emotions and was extremely nervous," she said. One of the main challenges she faced as a deejay was not being taken serious enough by those in the industry.

DJ Lochive is now living out her inspiring success story and sending out the message that despite how determined the world is to make you fail, your dreams will only come to pass if you fight for them.



Awonke Zidlele SavAge Photography

ASYMMETRICAL BREASTS? PERFECTLY NORMAL

By Unathi Vimba

Have you ever noticed an unevenness of your breasts? Given the risks of having breast cancer, it's easy to look in the mirror and experience a deep sense of worry if this is the case, but there is nothing to be worried about.

When I realised that my breasts were uneven, the first thing that popped into my mind was cancer. I quickly consulted a nurse on campus, and she was the one who explained to me that it is totally normal. The causes result from possible trauma, difference in breast volume, weight loss, puberty and hormonal changes. Consult a doctor immediately if there's a large variation between your breasts, a burning sensation or signs of lumps. Nevertheless, you are always encouraged to go for regular check-ups with your doctor.

There is no need for this to develop into an insecurity. It's normal to think that we aren't fitting into society's "normal" when we notice unfamiliar changes in our bodies. But the goal should be health, wellness and confidence – that is beautiful.

The changing of your body is a beautiful journey that you should enjoy. A wise man once said, "If age is the only pathway of gaining wisdom, why are we terrified of ageing?". Let us embrace our imperfections and be grateful for health and all the incredible functions our bodies are capable of fulfilling.



Photo Lithalelanga Vena

HIKING 101



Photo Lithalelanga Vena

By Christina Makochieng

Not a fan of the gym? No worries. We have got a fun alternative just for you: hiking. So next time you want to catch a study break, grab your water bottle, some comfy shoes, a group of friends and head to one of the following hiking trails in the Bay.

Settlers Park

The Settlers Park trail lies along the Baakens River and has stunning views of rock pools, indigenous flora and lush greenery. The distance is roughly 8 kilometres - the perfect trail for large groups and hikers of all fitness levels.

Cape Recife Nature Reserve

Offering a 9-kilometre trail, Cape Recife provides visitors with a seaside experience. The reserve is also considered to be the best bird-watching venue in Port Elizabeth. Plus, the gorgeous Cape Recife lighthouse offers the perfect photo opportunity.

Sacramento Trail

Found between Schoenmakerskop and Sardinia Bay is this 8-kilometre trail. Not only does the area

offer stunning landscape views, it offers a slice of history as well. Sacramento is home to a bronze cannon at the historical site where the wreckage of the Portuguese sailing ship, Sacramento sunk in 1647.

Lady Slipper

Arguably the most well-known trail in the Bay, Lady Slipper is the most challenging of all the trails. Although the relatively rugged trail bears a steep ascent and descent, the farmland views from the top are worth it. The trail is worth visiting at least once in a student's lifetime. Access to the trail costs R20 per person.

Before you set out for your hiking adventures, make sure to go in large groups. This ensures safety as individuals and smaller groups can become easy targets for mugging or robberies.

Hikes are a great way to appreciate nature while still being able to socialise and get a good workout in. Happy hiking!

GINGER: THE SECRET TO HEALING MILD SYMPTOMS



Photo foodrevolution.org

By Unathi Vimba

As students, we do not always have the money or medical aid to buy medication when we're experiencing mild symptoms that may influence our productivity. If this is your reality, there is a quick and budget-friendly solution. Buy yourself some ginger and watch your symptoms slowly recede.

Gingerol is an antioxidant and anti-inflammatory component that's found in ginger. It's the ultimate agent in fighting the stubborn symptoms we are prone to experience as students due to our ever-busy schedules.

Winter is fast-approaching and catching a cold or flu is going to be a reality for many of us, but no worries: ginger is proven to help with the relief of flu and nausea. For those of us who play sports, it can help with muscle pain and soreness. It is also highly effective in relieving menstrual pains when consumed at the beginning of the menstrual period.

Of course, the consumption of ginger will not have an immediate relieving effect. It is nonetheless helpful in easing the progression of the symptoms. The easiest way of consuming it is with tea, either powdered or in pieces depending on what you prefer. You can also mix it with lemon to give you an extra boost of vitamin C to strengthen your immune system against sickness.

ARE REMAKES REALLY WORTH IT?

By Leigh Nakeetah Jason

After many movies failing at the Box Office in recent years, some filmmakers have found their gold. Or have they?

Older generations all agree: "Things aren't what they used to be". This applies to anything - food, sweets, drinks, music and most especially, movies.

After the success of Mean Girls in 2004, Allison Schroeder, Elana Kesser and Cliff Ruby decided to produce a sequel. Mean Girls 2 was eaten up and spat out by critics, apparently leaving a bad taste in their mouths. Why? Because it wasn't a sequel, but rather a futile attempt at a remake - same storyline, same basic names ("The Plastics") and same incidents.

Another example of a movie that was remade and not popular among critics, was Freaky Friday. Most people believe classic movies are sacred. The remake of the original movie, starring Lindsay Lohan and Jamie Lee Curtis, was no exception, as it was dragged through the mud after being turned into a Disney musical.

A more enjoyable movie was Jumanji, where the original movie, starring Robin Williams, took on a modern twist. Switching the main object from a board game to an ancient console, a similar story to the original plays out - a group of young people "fall into" the game and then have to finish the game to set themselves free.

Truth be told, the older generations may be right with their mentality. Maybe movies should not be remade. The modern world lacks creativity. But then again, there is nothing wrong with building on a legacy.

Many 2019 releases can also be categorised as remakes - Dumbo, Aladdin, Men in Black and the world renowned The Lion King, to mention a few. After Dumbo had a terrible opening weekend at The Box Office, Aladdin and Men in Black are threatened to be boycotted, so things don't seem to be going well for the 2019 remakes. But maybe these three upcoming movies will be Jumanji's instead of Mean Girls's.



Photo collider.com

REVISITING "THE PERKS OF BEING A WALLFLOWER"



By Andisile Klaas

The Perks of Being a Wallflower is a film adaptation of the coming-to-age novel, authored, directed and scripted by Stephen Chbosky, that deserves some re-evaluating as it holds themes that are timeless substantial.

The film tells the story of high-school freshman Charlie (played by Logan Lerman), who is a social outcast whose only friend commits suicide the year before the story begins. He is also a literature enthusiast who frequently writes letters to an unidentified "friend". Charlie's loneliness changes when he becomes friends with social non-conformist and high school senior, Patrick (played by Ezra Miller) and his step-sister, Sam (Emma Watson), whom he later falls in love with.

By definition, a wallflower refers to an introverted individual who stands against the wall at parties due to shyness, an inability to socialize or social anxiety. The name is derived from Erysimum, a plant with an unusual growing pattern of leaning against a wall. Wallflowers and their nature serve as the main theme for this movie - hence the title.

Wallflowers leaning against walls figuratively represents the supporting role of a mentor. Charlie finds comfort in his friends and also finds

a friend in his English teacher, Mr Anderson, who encourages Charlie's distinct personality and love for literature. This theme gives the impression that everybody needs somebody and that there will always be someone to love and accept another as they are.

Chbosky's approach does not idealize and romanticize the experience of wallflowers as most coming-to-age movies do. He manages to address bullying, matters on sexuality, substance abuse, mental illness and sexual abuse.

The story of a teenage social outcast, who loses his only friend to suicide and has been traumatised by a beloved family member may give an upsetting aura. This movie, however, provides an upside and positive spin to being different and finding the ability to heal after trauma without conforming to social norms.

This movie celebrates being a wallflower through friendship and being comfortable with oneself. Going back in time to this bold piece of work serves as a reminder that social rules and norms are not always, if ever, the key to inner peace. Sometimes the quirks and unusual qualities one possesses are the only true means to joy – embrace being a wallflower.

FIVE AUTUMN FASHION TRENDS

By Roxzann Thomas

It is that time of the year where we will be packing away our summer shirts and pulling out our long sleeves. You can start gearing up for autumn 2019 by looking at these trends before hitting the shops.

Animal print: If we are keeping it real, animal print never really goes out of fashion. This autumn, it is at the top of our trending list. Look divine in dresses, turn heads in shirts and add just the right amount of sass to an outfit with an animal print accessory. This trend is easy to dress up or down so cast your animal print fears aside and explore the wild side.

Satin: From now on, we want everything in this bridesmaid fabric. You can incorporate satin into your wardrobe with statement pieces like a nice pair of pants or shoes. If you are feeling adventurous this season, you can take a style cue from Beyoncé by flaunting a satin suit.

Statement hats: Whether it is all about drama or simply just keeping warm, covering your head is one of autumn's biggest messages. So you can either go bold with a patterned or corduroy bucket hat or keep it "OG" with a beanie.

Feathers: From ostrich to peacock, feathers are the new fur. To go full-feather, you will need to make peace with not having a sleek silhouette and embrace the bulk. The easiest way to hop on this trend is to pair a feather coat or puffer with a plain outfit.

Bold accessories: From bags to stacked necklaces, chained belts and earrings or sunglasses, this season, let accessories do the talking.

Autumn is not where trends are born but where proven hits evolve.



REVENGE IS BEST SERVED COLD

By Ebenezer Memani

Liam Neeson is taking names first and kicking butts second in his latest revenge movie 'Cold Pursuit'. Nel Coxman (Liam Neeson), an elderly snowplower, suffers the loss of his son who is killed by drug dealers. The death is made to look like a heroin overdose which is uncharacteristic of Nel's son, so he starts asking questions with a gun in one hand and a fist in the other. The situation spirals out of control when Viking (Tom Bateman), a psychotic drug lord, mistakenly kills a rival drug dealer causing a turf war to ensue. The snowy setting adds a whole new aspect to the phrase 'revenge is a dish best served cold'.

Not much time is given to Coxman's family before the death of their son. This does not render investment from the audience and is a rather bland setup to begin the movie with. One of the themes of the movie is the 'father-son relationship', but there is no authentic sentimentality around it.

The most standout character, Viking, could have done with a bit more work. There were instances where the acting did not measure up to the character. Despite this, he makes for a good villain, especially in the world of 'Cold Pursuit'.

As for the comedy, there are a number of good scenes, the best of them being a side character's claim to having a far-fetched idea that would make Steve Jobs jealous. Coxman, being the last name of the main character, encourages witty dialogues with reference to the pun in the name. The Native Americans in the movie get their fair share of racial, but subtly funny, comments.

After the death of a character, their name is written on the screen to confirm their death. This is a nice touch to the movie as there are some points where the audience does not see the kill, but only the name being put up. This leaves the rest to the viewer's imagination, which makes the movie more amusing.

As far as movies go, you can afford to miss Cold Pursuit in cinemas. You are better off waiting for it to be available on home media.

Worthwhile for die hard Liam Neeson fans, but if you aren't one of them then you can do without it.



FIND YOUR RHYTHM



By Zukisani Gali

Academic work is both physically and mentally draining and many people struggle to find effective coping mechanisms. Perhaps the practice of yoga is worth a shot.

Yoga is a group of physical, mental, and spiritual practices or disciplines which originates from ancient India. It involves various bodily stretches and positions that aim to benefit both your body and mind.

The practice of yoga is sometimes mistakenly generalised as feminine or only pertaining to specific social groups. "It is a healing, strengthening, calming and empowering practice that offers something for everybody, regardless of their age, gender, race, size, shape, background, and yes, even their fitness level", says Kristin McGee of DoYouYoga.

Third-year Public Management student, Busang Princess Bosheilo, claims that incorporating yoga into her lifestyle has helped advance her to where she is today. In her opinion, yoga is about clearing the mind and relieving it from what could be adding negative strain to your life. The mind is inarguably a powerful place, so this technique is no doubt worthwhile.

The goal of yoga is to create a space where you can feel liberated, nurture your ever-busy mind and find peace in all that you are.

If you're looking for a way to ease your mind and body amidst the heavy workloads and deadlines, give yoga a try. In some ways, yoga is like music. It flows through your mind and body like a rhythm. It is a beautiful melody for the soul.

28,000



Photo tedconfblog.files.wordpress.com

By Tamera Morgan

If the concept of Jurassic Park was possible would you be in support of it? Undecided? Well you might have to start thinking about your position on the topic.

Russian and Japanese scientific teams have successfully reawakened the cells of a very well preserved, 28 000-year-old Woolly Mammoth.

Rather than exploring the scientific ways in which this process successfully revived these cells, I would like to explore the ramifications of such a scientific feat and what this means for more than just a Woolly Mammoth.

The small activity seen in the Woolly Mammoth cells is not enough to simply be able to clone a Woolly Mammoth, but has certainly been a huge surge forward in this scientific race.

This is a very important discovery for the world at the moment because we are at a crucial tipping point for many of the species we coexist with. Many animals are incredibly endangered, and this kind of cell rejuvenation could lead to the cloning of animals that we have forced into extinction; it could be a chance at redemption by correcting humankind's mistakes.

While we have the immediate benefits of preserving life, we also have the disadvantages. There may be power hungry people out there with the means and will to create an actual 'Jurassic' park, solely for the sake of profit. Such pursuits would endanger our lives and also infringe on the rights of animals we have never interacted with – nor are we meant to.

This brings forth a whole new set of rules that needs to be considered and enforced. All advancements need strict guidelines, and this begs the question: is Mankind worthy of this kind of power?

CLIMATE CHANGE - HUMANITY'S BIGGEST THREAT

By Sanele Thwala

Thousands of South African students took to the streets at the Union Buildings in Pretoria, Parliament in Cape Town and the Department of Energy in Durban, while more than a million students protested in Europe, Austria, New Zealand and North America. They joined the global forces to demand change and demonstrated against inaction from the government regarding climate change.

Climate Change is the biggest threat to humanity. United Nations Chief, António Guterres said his generation has failed to adequately respond to the dramatic climate change challenge and young people are deeply aware of this. "They are not surprised. No wonder they are angry," he said. Minister of Finance, Tito Mboweni acknowledged the results of climate change and assured the public that Eskom is taking further steps to expand renewable energy.

Hannah Lag, one of the one million students who protested, clarified what they were fighting for, "We are in the sixth mass extinction. Ice is melting, forests are burning and the water levels are rising, yet we're not even talking about it. It is time to be frightened, furious, grieved, and radical," she said.

A NASA study claims that climate change can increase the frequency of extreme storms. The study concludes that we could expect extreme storm incidences to increase by as much as 60%. According to the study, the temperatures of tropical oceans could, by the end of the century, increase substantially as a result of climate change.

The NASA Jet Propulsion Laboratory (JPL) has compiled data from the Atmospheric Infrared Sounder (AIRS) Space Agency (SIPA) for over fifteen years, in order to study the relationship between Earth's average surface temperature and the start of heavy storms. The researchers concluded that extreme storms, which produce at least 3 millimeters of rain an hour over 25 kilometers, occur at a surface temperature above about 28 degrees Celsius. The study, published in Geophysical Research Letters reported that with every degree Celsius increase in the ocean's surface temperature, there is a 21% increase in storms. However, researchers made it clear that while climate models are not ideal, results such as these may serve as guidance for those who want to prepare for the potential effects of changing climates.



Photo Ashraf Hendricks

GOOGLE STADIA: THE FUTURE OF GAMING

By Neo Motsiri

Google recently launched their Stadia console, which promises to revolutionise gaming. The console will enable the user to play highly CPU-intensive games, without any installation, and on any internet-capable device, including smartphones with very little computing power.

Any avid gamer knows the frustration of seeing an exciting new game on the market, just to find that their computer doesn't meet the minimum hardware requirements to run the game successfully. Modern games have improved dramatically over the last decade, with many sporting photorealistic graphics and highly sophisticated physics engines, which allow the user to interact with virtual environments in exactly the same way you would expect to in the real world. All of this improvement is very demanding in terms of the processing power required, as well as available hard disk drive (HDD) storage. Some games, such as Grand Theft Auto V, can take up to 65GB of HDD space. All of this gaming power requires a very hefty budget, but thanks to Google's Stadia, you'll never have to worry about system requirements again.

Google's Stadia gaming console will allow users to play any game on any device, regardless of computing power required. All you will need is the console and a very good internet connection, as gameplay will require streaming. Stadia's powerful gaming servers will do all of the video rendering and number-crunching, and will feed the output as a live video stream onto your console via WiFi, which you can display on any device connected to the web. A game such as Forza Horizon 4 for instance, which requires an Intel-core i7 processor, 12gigabytes RAM, and 70GB available HDD space, could be played with ease on a basic android. The Stadia console will require an internet connection speed of 25Mb/s for streaming a game at 1080p, and streaming at 4k will require 30Mb/s.

Google Stadia is in the process of partnering with third-party game developers, to ensure they will be able to provide a wide range of gaming titles for consumers. Two of the most popular games that are already confirmed to be available on the console are Assassin's Creed Odyssey and Doom Eternal. As more titles are added, Stadia may very well become the leading next-generation console.



Photo wccfttech.com

TESLA'S AUTOPILOT



Photo consumerreports.org

By Neo Motsiri

Tesla, the pioneering electric vehicle (EV) company, is bringing back its controversial Autopilot feature, after removing the option from its website during October of last year. This self-driving feature by Tesla will be made available in two options. The first of which will be Regular Autopilot, which will have the standard automatic steering on highways and traffic-smart cruise-control. The second option will be Full Self-driving Capability and will include the Navigate on Autopilot function, which is a Tesla innovation that renders the car capable of autonomous lane changing and on-ramping and off-ramping. The Full Self-driving Capability is expected to include an even further upgrade later this year, which will allow Tesla's cars to automatically move through complex city environments with ease.

Tesla founder and CEO, Elon Musk, announced four years ago that Tesla cars would be fully self-driving by 2017, and although they are two years behind schedule on that promise, the Autopilot feature is not any less impressive, considering all the technical and political hurdles one has to overcome to achieve fully autonomous vehicles.

There certainly are a few naysayers, however, who doubt that Tesla will achieve its self-driving

ambitions without Light Detection and Ranging (LIDAR). LIDAR, which is essentially a laser sensor, has become an industry standard amongst self-driving vehicle manufacturers like General Motors (GM). Elon Musk, however, believes that LIDAR is a dead-end pursuit in the long run. "In my view, it's a crutch that will drive companies to a local maximum that they will find very hard to get out of," he said. Tesla believes that cameras are the long-term solution to the development of self-driving technology, alongside radar and ultrasonic sensors.

Recently, there have been growing concerns among consumers regarding the safety of these autonomous vehicles after recent accidents involving Tesla and Uber's self-driving cars. However, studies have shown that self-driving cars would have to be about 75% safer than human driven vehicles in order to be accepted in society. This will not be that hard to achieve since a computer's response time is several million times faster than a human's. "Tesla Autopilot does not prevent all accidents – such a standard would be impossible – but it makes them much less likely to occur," according to a blog post by Tesla. It's not yet clear whether Tesla will be able to deliver on all its promises. What is clear is that self-driving cars are soon to be a transporting standard.

WHOSE PROPERTY IS IT?

By Nyameko de Bruin

The phrase 'intellectual property' (IP) is a buzzword in the academic space. IP is a legal concept and is taught to law students as a legal subject. It is also sometimes taught in management schools, where the focus is on managing the IP. This involves processes such as converting the limited life of an IP (patent copyrights, designs etc.) into an unlimited IP (trademark and trade secrets).

The South African law gives the owners of intangibles (such as ideas, signs, inventions, and information) the exclusive right to make, use, sell, market and import such property. Violation of these rights amounts to infringement.

The University prides itself in promoting innovation, which is evident through its slogan "Change the World". The University does so through the dissemination of research and technology which allows others to profit from their creative and innovative capacity, resulting in further innovation, funding and advancement.

The Universities policy states the following, "If a staff member or student develops any intellectual property without the use of the Nelson Mandela University's facilities, but within the course and scope of their employment or study, then the University shall be the owner of such intellectual property". However, there are circumstances when the project will be owned by the student. If they are doing work outside and completely separate from the University, then it is more likely that the student will own the IP of that product. Professors are paid employees, so this means that their IP belongs to the University.

A 3rd year engineering student said, "After creating a product for research, one of my friends alerted me to a competition which he thought I could enter with my invention, but then I remembered I couldn't do it as I had signed a contract with the University". If a student has the cash to protect an invention that they feel belongs to them then they should rightfully do so. They must then submit a letter to the institution, clearly stating how the invention belongs to them and should then get a statement from the institution confirming the ownership of the IP.

There has been an increase in events around entrepreneurship at the University, but we need more promotional activities on the importance of IP. We need to be creating a student-inclusive dialogue around Intellectual Property, which considers all relevant stakeholders' views.

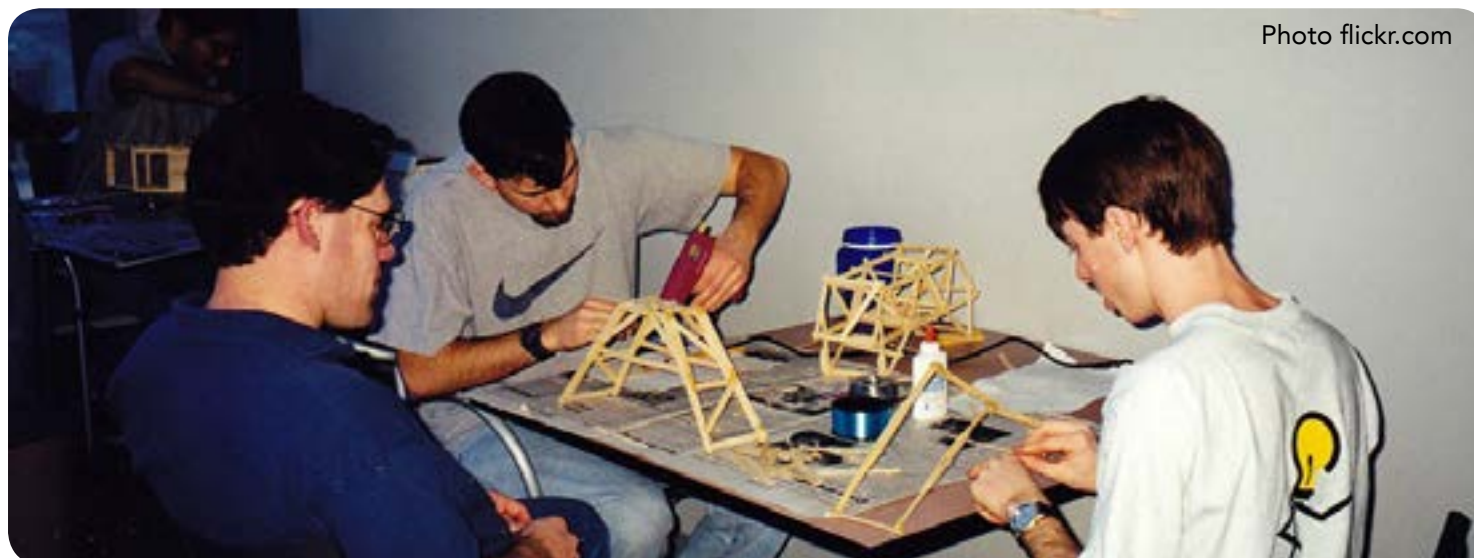


Photo flickr.com

WATERPOLO 101

By Gina Cossavella

Ball possession, fouls, free throws and time limits to shoot – it may sound like basketball but these are terms used in waterpolo.

There are six fielders and one goalkeeper in waterpolo whose collective goal is to score as many goals as possible while trying to prevent the opposition from scoring.

Dribbling in waterpolo is when the ball "rides a wave" between a swimmer's arms while the swimmer swims with their head above the water. This is a method of passing the ball. Another is by passing the ball with one hand, which can only occur forwards, backwards and sideways. Players, with the exception of the goalkeeper, must tread water and not touch the pool floor.

Goals must be shot within 30 seconds of receiving the ball. The opposition will be given the ball if this takes longer and the only offside rule is within 2 meters of the opposition's goal line. There are different fouls that can occur, which affords many opportunities for fouls to occur and, since many of these fouls can occur under water, referees must really be on the ball. Some common fouls include touching the ball with both hands (except the goal keeper), pushing the ball under water when being tackled, pushing an opponent off, disrupting a free throw, purposeful splashing in the opposition's face and general bad behaviour or disrespect.

Depending on the severity of the foul, the referee can award various degrees of punishment including free throws and player being removed from play for 20 seconds. Three major fouls will result in the player being removed. Permanent removal of a player will occur if intentional striking or kicking an opponent is seen.

Keep your eyes open for when Nelson Mandela University's waterpolo team will be playing so you can test you new knowledge of waterpolo and watch them make a splash.

Photo unsplash.com

DO YOU EVEN GYM? – PART THREE: YOUR ROOM

By Gina Cossavella

Whether it's your room at an on-campus residency, your flat's bedroom or your childhood bedroom, where you sleep can also become the place where you work-out. Below are some exercises that will both strengthen your body and increase your cardiovascular fitness in your room.

Squats - with a chair behind you and feet hip-width apart. Bend your knees and squat down until you touch the seat but don't sit down, then rise up. This is an easy exercise to perform during a study break or a mental block.

Dips - sit on your bed with your hands next to your hip. Bend your elbows and push your hips forward as you lower your body toward the ground while keeping close to the bed until your elbows reach a 90-degree angle then rise up.

Wall sits - lean your back against a wall or cupboard and place your feet apart so that when you bend your knees, they make a 90-degree angle. Sit in this position for a duration of your choice and ensure that you don't rest your hands on your knees or against the wall.

Calf raises - stand with feet flat and together then rise onto the balls of your feet before dropping your heels and repeating. This is easy to do while brushing your teeth.

Crunches - lie on your back and wedge your feet under your desk or bed and bend your knees. Hold your heaviest (or least favourite) textbook above your head with both hands and lift your head and shoulders off the ground while lifting the book into the air, hold and return to the ground.

Cardio spot- alternate running on the spot, running with high knees on the spot and jumping jacks.

These exercises can be used a study break or could be done as a routine first thing in the morning or just before your evening shower. It's cheap and easy, so there really isn't any reason not to workout because summer bodies are, after all, made in the winter.



Photo Gina Cossavella

VARSITY SHIELD FINAL 2019



Photo Thando Khanda

By Gina Cossavella

Madibaz might have lost the Varsity Shield finals 28 – 32 to CPUT but their determination and skill won the heart of their fans.

Thursday 11 April saw the 2019 Varsity Shield final held at the NMU stadium. NMU tackled CPUT in the last round of the contest for the glorious varsity shield trophy. Madibaz went into the finals having won every match, including a first round match against CPUT. These results, combined with a home ground advantage and a mass of NMU supporters made Madibaz the obvious favorites.

Madibaz had a grand entrance as they made their way through the tunnel and onto the pitch with giant sparklers erupting on each side of them and screaming fans surrounding the stadium. A patriotic moment occurred as a beautiful rendition of the national anthem was sung, tugging on the heart strings of all. Then, the Varsity Shield 2019 finals began.

Madibaz started with the kind of game that justified the belief in them. Within the first 10 minutes, NMU were beating CPUT 12 – 0. This was what the crowd came for. By half time, the score was 22-10 to Madibaz. But they could not sustain their momentum in the second half. CPUT

pushed to catch up until they had 25 points and Madibaz was only leading by three points. Madibaz tried to hold off the CPUT boys but the Cape side's determination was fierce. A last minute try, "literally" saw CPUT take the lead over NMU, which was followed by a successful kick that brought the final score to 28 – 32 in favour of CPUT.

Kelleigh Nelson, a 3rd year student at NMU said she'd attended many games over the years but this was the first game she was attending this season and she was not alone. The allure of possibly witnessing the Madibaz boys winning the trophy brought enough people to fill both sides of the NMU stadium - a rare occurrence.

While the NMU and CPUT "boy-tjies" fought on the field, their respective cheerleading squads partook in a cheer-off which saw the Madibaz girls bring the heat, much to the appreciation of the audience. During half time, UKZN was named Miss Varsity 2019, beating out our lovely Miss Buhle Ben-Mazwi. With the guidance of these cheerleaders and the Madibaz mascots, the crowd did a stellar job cheering for and motivating the NMU boys and despite the loss, everyone had a memorable experience.