

# MADIBAZNews

News for the students, by the students

## THE CONTINUING FIGHT AGAINST GBV AT THE NELSON MANDELA UNIVERSITY



Photo MadibazRadio

By Athenkosi M. Mafojela

In response to the growing issue of gender based violence at Nelson Mandela University, on 5 April 2019, a small group of students - calling themselves Activist ConneXion – held a silent and peaceful protest at the University's autumn graduation.

In a statement addressed to the University, on 4 April 2019, the group wrote "Students who are currently facing Disciplinary Processes for sexual offences should not be at graduation or participate in any University activities until such a time that their case is completed". The group further wrote that the celebration of convicted students at the 2019 autumn graduation was offensive as it creates the perception that their crimes are not real and to honour abusers was an erasure of the survivors'/victims' pain, because some cannot complete their studies due to the trauma of being violated.

During the ceremony the Chancellor, Dr Geraldine Fraser-Moleketi, acknowledged the protest and committed to follow up. Subsequently a statement was released by Mandela University's Dean of Students, Luthando Jack, who echoed Dr Fraser-Moleketi's sentiments. Activist ConneXion confirmed that, while the experience of standing up at the graduation was neither pleasant nor ideal, it yielded results. The group subsequently had

CONTINUED ON PAGE 3

### OPINIONS

06

LET THE STUDENTS SPEAK – THE PERSPECTIVE ONLINE

17

### LIFESTYLE & ENTERTAINMENT

BEATING UNIVERSITY BLUES

22

### SCIENCE AND TECHNOLOGY

WHATSAPP TIGHTENS SECURITY

24

### SPORT

POSITIVE MADIBAZ GEAR UP FOR HOCKEY CHALLENGE

# MADIBAZNews

News for the students, by the students

## Administrator

Sade' Prinsloo

Sade'.Prinsloo@mandela.ac.za

## Editor-in-chief

Amy Ward

MadibazNewsEditor@mandela.ac.za

## Marketing

MadibazMarketing@mandela.ac.za

## Communications

Zenande Jack

MadibazNewsLiaison@mandela.ac.za

## Lifestyle & Entertainment Editor

Vanessa Bodole

s216601630@mandela.ac.za

## Sports Editor

Gina Cossavella

s215345835@mandela.ac.za

## Science and Tech Editor

Neo Motsiri

s215335031@mandela.ac.za

## Opinions Editor

Laurenzil Bagoes

MadibazNewsOpinions@mandela.ac.za

## Graphic Designer

Zoyisile Njikelana

s216306604@mandela.ac.za

Follow us on social media



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

## LETTER FROM THE EDITOR

We have an exciting edition in store for you this month. Informative and fun – I guarantee you will not be disappointed.

In this edition, we address an issue which we all would have hoped to have blown over by this point: gender-based violence affecting our students. Granted, there are a variety of opinions around the subject, but if anything, be aware that the conversation is still very much an open dialogue and a current affair on our campus.

This month's edition holds a number of money-saving articles: we talk about the importance of budgeting, we cover a series of workshops that FNB ran on campus and we discuss Morvite as an ideal pocket-friendly meal option.

With the exam season on our heels, we suggest who to go to for personal help on campus; and offer a few helpful tips in managing stress during this pressure-filled time.

Our Science and Tech team discusses the future of traffic, the security of WhatsApp and the role of women in the field of science, while our Sport team offers an article on the Varsity Cup hockey tournament and a profile on a student who is shining in the world of artistic swimming.

Happy reading, folks.

**AMY WARD**

CONTINUED FROM PAGE 1

four meetings with the institution. Of these meetings one of the Activist ConneXion co-ordinators, Nobubele Puza, said they were emotionally taxing, as the survivors/victims of gender based crimes were the ones being tasked with coming up with solutions to the problems that exist within the institution. Puza also expressed that the institution encouraged their activism.

### South Campus GBV March

Meanwhile, on 30 April 2019, the South Campus Premier's Council held a march against GBV to remind the University stakeholders of the memorandum of demands submitted and also to show solidarity to survivors/victims of GBV. The Secretary of the Council, Ntandokazi Malamlela, said they were a little disappointed by the turnout from the students and that for the Council, the turnout showed that people do not take GBV seriously until it happens to them. Overall, the march was a success and its coordinators received the Vice Chancellor's signature as a pledge of support to their message. Malamlela expressed gratitude to the students who joined the march, as it showcased those who want to see change.

Students who would like to get in touch with Activist ConneXion can do so via email at ActiConneXions@gmail.com or via Facebook (@ActiConneXions).



Photo timeslive.co.za

# A NEW ERA FOR MASCULINITY



Photo Vinicius Vilela

**By Siphumelele Mahaia**

**Masculinity refers to the expression of being a man. Contemporary theories of masculinity adopt a social construction paradigm and are premised on the belief that “Men are not born; they are made”. In other words, it not something every man is born with.**

In 2015, a study on narcissism and gender differences was conducted. Scientists concluded from published data spanning 31 years that men of all ages showed more narcissistic tendencies than women in particular areas. This study might explain, but does not excuse, hurtful behaviours such as women-abuse and corrective crimes. Today, we have an alarming rate of sexual assaults and women and children abuse incidences, which occur at the hand of the same men who we are meant to be the protecting, caring and providing fathers to our children, and brothers to our sisters.

For centuries, it has been biblically instilled through religion that a man was created to protect and provide and a woman, to nurture. But the men

of today have gained entitlement through the cultural beliefs and norms that have been used to raise them. Men are taught that they have the final word, as if women do not have an equal voice or are incapable of making decisions in the relationship.

Many cultures teach that women are primarily there to serve their needs and desires. This is the mentality taught to us as young Xhosa males, but we are never taught how to reciprocate this way of serving another person.

The common problem we have as men is that we struggle to love ourselves because stereotypes have bred insecure cowards that have the desire to be loved, but an incapability to love back. A possible reason for this is that some men have never watched their fathers love their mothers in this way. But this is no excuse. It is up to our generation to be the change we want to see and consistently grow ourselves into men that will shape this world into a place that our sisters and mothers can, without doubt, fear or shame, call home.

# THE TOXICITY OF SOCIAL MEDIA

**By Akuzike Chikusilo**

Upon first glance at the headline, you may be thinking that calling social media toxic is slightly excessive, but let me ask you this: what is the first thing you do when you wake up? Or before you go to bed? If “social media” isn’t the case for you, it is for most people. According to market research, on average an alarming 11 hours per day is spent watching, reading and merely interacting with media. Approximately 3 hours and 12 minutes of which, are spent browsing on social media sites by people in the 16 to 24 age bracket.

If most people are spending such large amounts of their time on social media, surely there must be nothing wrong with it, right? Before we jump to that conclusion, we need to consider the mental dialogue that goes on in our minds as we scroll through social media.

After talking to several students, we found that a lot of us use social media as a comparative platform. As we scroll through our timelines, “We start to compare ourselves with what we see on screen,” said Unathi Siyongwana. Social media has created a validation system where people seek validation from friends and strangers through “likes”. Getting likes releases dopamine (a feel good hormone) which consequently acts as an incentive for people to share and post pictures in search of validation. Likes have become a social currency that people are tying their self-worth to, as opposed to finding validation within themselves. Such an unhealthy mentality is said to be linked to the alarming levels of anxiety and depression in our society.

With all of that being said, social media isn’t all bad. All we can do, really, is to enhance our experience and make it a more positive and non-toxic one.

**1. We must be aware of how social media affects us individually.**

This is because everyone’s experience is different. What triggers one person to feel insecure may not have the same effect on another person.

**2. Be intentional with what you subscribe to.**

After knowing what triggers you, you should tailor what you view on your timeline to what suits you and cut out what may be “toxic” specifically for you

**3. Do social media fasts.**

Whether it’s for a day, a week, a month ... a social media detox may be the exact answer to realizing the ways in which it affects you toxically, so that you can create healthy social media habits for yourself going forward.



Photo Pexels.com

# LET THE STUDENTS SPEAK – THE PERSPECTIVE ONLINE

By Muzomuhle Ntuli

A safe space for students' voices – that's my take on the recently launched journal, *Perspective Online*. This academic journal puts students at the center of the dominant discourses within the University and the country at large. It will allow for greater analysis and articulation of the challenges faced by us as students. Its purpose and objectives are seen in the headline which reads, "Student journal on the deepening of transformation, decolonisation, and the Africanization of higher education".

The fact that this first edition is titled *Morphology of the #MustFall Movement* shows us that the editorial team is serious and not afraid to tackle one of the most potent movements of our generation – Fees Must Fall and Rhodes Must Fall. University protests have always been common in South Africa, however, in 2015 these two movements merged many of the past protests of dissent into a nationwide phenomenon. They challenged the commodification of tertiary education, institutional racism, patriarchy, rape culture, outsourcing of labour and sought to decolonize the University space, amongst other things.

There has been an outcry on the lack of research conducted into students and their perspective, which would assist all parties in delving deeper into students' grievances and bringing forward a clear student-centered argument. The journal's editor, Pedro Mzileni stated, "When we critique the norm derived from the students' authentic urgency, we could have a higher education that is shaped by the students' own credible and authoritative ways of reimagining their own decolonized and Africanized University". The journal is said to be published quarterly, with this edition consisting of contributions from Awethu Fatyela, Thanduxolo Nkala, Savo Heleta, Veli Mbele, Nangamso Nxumalo and Siphokazi Tau, to mention a few.

What brought this journal into existence was the view that student activism ought to be driven by thoughtful and productive contributions to advance academic, pedagogical and knowledge renewal within the University. The journal has been structured and positioned in such a way that it is a tool for students to harness their writing skills and develop a culture of robust debates and the contestation of ideas. Sisters and brothers let us make use of this opportunity - let us speak up.

## The Morphology of the #MustFall Movement<sup>1</sup>

*The Debate Continues*



Photo crishet.mandela.ac.za

# ME THREE

Charming with a smile that lights up the whole room  
 A leader, a role model, a husband  
 The respect and influence you hold is not real  
 The world must know  
 That man they see isn't really the man you are  
 A man to trust and look up to

How quickly you forget what you did to her  
 What you took from her, involuntarily  
 Making her believe she owed it to you for your niceness  
 Making her believe it's better forced and that's how she should like it  
 Still you failed to persuade as she kept saying no  
 But in a tussle for power, the man seems to always win  
 It eventually became about how she was going to get through it

Well, getting through it she did  
 Therapy and prayer  
 You mention it  
 Spending hours in the shower trying to get clean  
 Her memories leaked painful tears  
 And her stomach ached with dignity  
 Cursed with a feeling of unworthy love  
 Who could ever love a damaged body like hers?  
 You destroyed her perspective of all men  
 From an event that now defines her as a woman

As thoughts of suicide continued to pile up  
 Her tears flushed them away  
 Together with the pregnancy tests  
 A pregnancy that birthed me  
 The calm light after the storm

I write to say thank you and I hate you at the same time  
 But she raised me to forgive  
 She raised me to love  
 She raised me to always treat a woman right even when the door is closed  
 She raised me to be bright and as happy as she is now  
 And most of all  
 She raised me never to be like you

Never Yours truly,  
 Your Son.



Photo Chifundo Mazengera

# WHERE IS THE LOVE?



Photo Pexehere.com

**By Laurenzil Bagoes**

As students we create many symbolic links with the things we encounter daily. What we are interested in is the meaning we associate with the word “love” and whether we feel that love still exists among us. We took to the ground of our campus and asked students a couple of questions with regards to this.

## What does the word love mean to you?

- The willingness to nurture, protect and spend time with someone or something you feel strongly about. The passion you feel and how far you are willing to sacrifice for it.
- The word love means nothing if it is not backed by actions and shown selflessly.
- Love is difficult. You have to be willing to sacrifice and be selfless, to be patient and at the same time be understanding as well as firm. It’s as much a feeling as an action.
- Love means to have an unconditional caring emotion towards an individual without it altering during bad times. It should always remain constant.
- Caring for someone without hesitation, consistently and continuously, even during adversity.
- Knowing that even after the novelty has worn off, love is still your commitment, a decision you make daily.

## Where does love exist today and any examples of love?

- Love exists around and within a person, from self-love to the love between family, friends or significant others.
- In the way you treat another person, be it your bus driver, parents, siblings or even just someone behind you in a queue. It is shown in the way you care and the way you can freely give and sacrifice without expecting anything in return.
- It is shown through the saviour, Jesus Christ who continues to forgive us even in our sinful ways. And it exists everywhere where hate does not.
- It is shown in sacrificing for family. Anywhere where people are willing to give of themselves for others.

# FIGHTING A LOSING BATTLE?

**By Ncebakazi Mbewu**

Do you often find yourself in stressful situations because you have misused and mismanaged your money? At the start of every year, you find yourself making a resolution to save money, but it can sometimes feel like a losing battle. It is vital to learn the skill of saving money today for the benefit of your tomorrows.

Firstly, you must realise that you do not need to have a lot of money to save money. You start by saving what little you do have so that it becomes a habit regardless of your financial situation.

## Let’s get started:

1. Can you trust yourself with your own money? This sounds like a vacuous question, but it will assist you in understanding your position when it comes to your finances.
2. After you’ve thoroughly reflected on the first point, you can choose to open a separate fixed bank account and ask to have a monthly debit order. Choose an amount that is suitable for you.
3. Budget. It is a bit boring, but it works wonders. Jot down how much money you receive and how you plan on spending it. Categorise your expenses so that you can keep track of how and where you are and should be spending your money as the month progresses.
4. If you are a hopeless spender, always go to the shopping centres with enough cash for ONLY what you need. For window shopping, leave all your cash and credit cards at home.
5. Have a purpose for your savings. Keeping your goals and intentions in mind will help you to stick to your financial plan.
6. Be determined to make your ‘saving’ lifestyle a success.

Saving money is a personal choice. No matter how much your family and friends encourage you to do it, you need to see the importance of saving money yourself.



Photo Bianke Fouche

## 2019: THE INTERNATIONAL YEAR OF INDIGENOUS LANGUAGES

By Andisile Klaas

The United Nations Educational, Scientific and Cultural Organization (UNESCO) has declared 2019 as the International Year of celebrating and preserving indigenous languages.

An indigenous language refers to a language native to a region and spoken by the indigenous people of that region; it is a language from a linguistically distinct community that has lived in that region for many generations. It is often reduced to and seen as a minority language. UNESCO has stated that 7000 languages are spoken worldwide and 2680 of those languages currently face the danger of going extinct.

UNESCO has focused on indigenous languages to promote knowledge, peace, rights, inclusion and diversity. By incorporating indigenous languages into a region's institutions and legal system, inclusion and diversity are promoted. The inclusion of indigenous languages also empowers the natives of that region with knowledge on factors such as their rights.

UNESCO is urging people and institutions to partake in strengthening the longevity of cultures and languages of a region's indigenous people. Nelson Mandela University has embraced the inclusion of indigenous languages in its academics - the first thesis written in isiXhosa was done so by Dr Nozuko Gxekwa back in 2009. Since then, seven theses have been written in IsiXhosa.

For more information on the celebrations and ways one can get involved, visit the UNESCO website.



## WHY YOU SHOULD BE THRIFTING



By Roxzann Thomas

**It is 2019 and thrift shops are no longer reserved for the penny-pinchers – they're attracting shoppers from all financial backgrounds. With the tips I am about to share, you will experience the benefits of thrifting, which do not stop at just saving a few extra rands.**

### Tips to become a master thrift shopper:

1. Make sure you launder the items properly. Two or three times if necessary.
2. Do not fall into the trap of becoming a DIY fanatic. Know what you can and cannot fix.
3. Usually you must look through all the racks to ensure that you do not miss any cute items. Expect to invest some time.
4. Some thrift stores can be a bit stuffy or smelly, but make sure to keep an open mind.
5. If you're too lazy to leave the house, you can even thrift online.

### The benefits of buying second-hand:

1. The prices of clothes at thrift stores are warmly welcomed and allow you to be more experimental with your wardrobe.

2. Thrifting will ensure that you will always have an individual edge; meaning you're less likely to find yourself wearing the same top or sweater as someone else on campus.
3. Since you are buying clothes that have already been made and worn, you aren't creating a demand for new clothes. This means you are contributing to less clothes being made, which is more environmentally friendly.
4. If you dig through the racks, you might be surprised by the good quality branded items you can buy at a huge discount.
5. Most thrift stores tend to be an extension of a charity organization.

If you get bored shopping for clothes at mainstream department stores or boutiques, you can check out Bargain Box, Hidden Treasures and Mission box in Walmer and Newton Park or @thriftaythreads041 on Instagram.

# MORVITE AS A BUDGET SAVER

By Unathi Vimba

As students, we do not always have the money to buy luxury food items. We resort to settling for products that are friendly to our budgets instead. Breakfast is an essential meal of the day and with cereal prices being high, it is best to buy a cereal that is both convenient and cost-effective.

Morvite is normally overlooked as a breakfast option, despite it being not only cheap, but also rich in nutrients. It is also convenient for a busy schedule because it is simply combined with hot or cold water to be consumed as porridge or as a shake.

Morvite Porridge is available in food stores as 1kg portions starting at the low price of R15.99. The exciting part is the versatility of flavours the product is available in. Apart from the original flavour, banana, strawberry, honey, vanilla and even Maltabella are also available in the Morvite range.

The University has a grocery-packages initiative at each campus that makes grocery



packages accessible to students who have challenges with funding or are struggling financially. In these grocery packages, a 2kg Morvite packet is included along with other helpful items.

As a Morvite lover myself, I have come up with interesting ways of putting different spins on the ingredient. My newest shake invention is a combination of Morvite in the Original flavour, half a tablespoon of cinnamon powder, banana and cold milk blended up. This recipe is ideal for when you're on the run. You can also incorporate ingredients such as peanut butter to give it a different twist.

With winter approaching, this warm and easy-to-make breakfast can work to your advantage, allowing you a few more precious moments of snuggling in bed while simultaneously being kind to your budget.

We hope this has inspired you to utilise Morvite and to experiment with it according to your budget, time constraints and taste preference. Enjoy!

# FIVE TIPS FOR A WINTER GLOW



By Roxzann Thomas

**The winter season is rarely kind to skin. Cold temperatures and low humidity levels result in dry air which steals moisture away from the skin. These five tips will help you maintain glowing skin all winter long.**

**Moisturize with oils:** Always choose non-clogging oil for your skin. It does not clog the facial pores and lets the nourishing elements absorb well into the skin. Opt for natural oils like rosemary and tea-tree oil.

**Minimize hot showers:** Hot showers and baths always feel good in the winter, but when you can, choose lukewarm water to avoid stripping too many oils away from the skin.

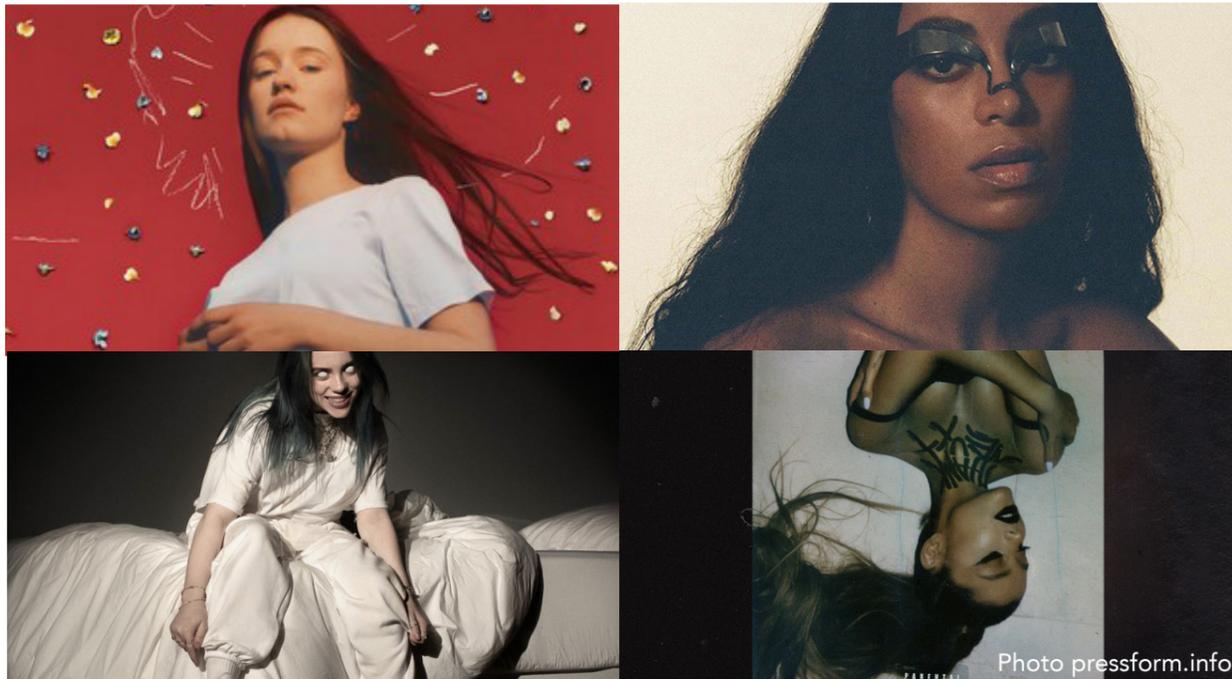
**Keep up with your SPF:** Sunlight in the winter is more harmful than the summer sun. Apply a sunscreen lotion with at least SPF 30 to keep your skin safe from sun exposure.

**Water, water, water:** We tend to feel less thirsty in this season, therefore the amount of fluid in our bodies decreases. Consequently, our skin becomes dehydrated and under-nourished. If you find it difficult to drink plain water, you can try an alternative like lemon water, other fruit-infused water or non-caffeinated teas.

**Overnight moisturizing:** Dryer areas like hands, feet, elbows and knees have thin skin and tend to lose moisture faster than other areas on the body. Consider slathering on a deep moisturizing balm at night, then wear cotton gloves and socks to seal in the moisture until morning.

Winter and skin do not bond very well, but if you use these tips you will enjoy the season with glowing, bright and beautiful skin.

## WHY 2019 IS SUCH A GREAT YEAR FOR MUSIC



By Leigh Nakeetah Jason

On the music front, 2019 has been and continues to look promising. The year started with Ariana Grande picking up where she left off, releasing her EP 'Thank U, Next'. It is being seen as one of her best works – sonically and on the charts. Solange graced the scene, releasing 'When I Get Home', carrying an alternative R&B and neo-soul vibe. It is special as it was self-produced and a salute to her hometown, Houston. Breakout-star, Billie Eilish released her album 'When We Fall Asleep, Where Do We Go' which was an instant global hit. It has potential to become album of the year.

Future made an appearance with 'Future Hndrxx Presents The Wzrd': twenty tracks with infectious hooks and great production. Though it is not rated as his best, it is a great attempt from the rapper. Sigrid grew out of her EP phase and finally released an album called 'Sucker Punch'. She continues to 'wow' people with the remarkable work she is producing at her young age.

2019 has been the year of exposure – especially for K-Pop artists. After BTS rose to fame, girl group, Blackpink captured the world's attention and ended up becoming the first Korean girl group to perform at Coachella. The same stage was previously taken over by Beyonce who deemed it 'Beychella', becoming the first black woman to headline the concert in 2018. A year later, she released the documentary of her Coachella journey, 'Homecoming'.

Many are hoping that Rihanna will bring something to the table this year. The songstress has proven that we can survive years without an album, but that does not mean we want to. Tame Impala has announced that he will be releasing a new album, but will only do so when he is completely satisfied with it. Lana Del Rey is also one artist who seems to love the art of perfection as her album 'Norman \* Rockwell', that was recorded almost two years ago, is yet to be released.

Kanye West is also set to release 'Yandhi' this year, an album that may feature controversial artists like Tekashi 6ix9ine and XXXTentacion. Dua Lipa as well as Cardi B are ready to release their second albums. Adele seems to be making her return around Christmas 2019, while Nicki Minaj is also rumoured to drop her fifth album. A release date is yet to be set for Childish Gambino who recently released 'Guava Island', a feature film starring himself, Rihanna and Letitia Wright.

Though 2018 was a good year, the releases and anticipated music could make 2019 a great one.

## CHANGING PERCEPTIONS THROUGH BODY ART

By Christina Makochieng

By creating elaborate performance and body art pieces, first-year Nelson Mandela University Bachelor of Visual Arts student and local artist, Luke Rudman has been pushing the boundaries of art. Through his popular Instagram account, @ Pseudellusion, and participation in local events such as the 'Colours of You Creative Festival', Luke has proven that art does not fall into a limited spectrum.

**What do you love the most about what you do?**

My love for performance and body art really came to life after I left the restrictive structure of my high school. I didn't feel creative freedom in that system, but now I'm able to embrace it fully and showcase my creativity through body-art. It's me embracing my individuality which I, for a very long time, felt I needed to hide. A big part of it is self-love and self-acceptance. It keeps me sane and in touch with who I am. There are a lot of aspects to what I do such as photography, sculpting, painting and fashion - I'm in love with all the arts. I feel it's just an inherent part of me that I was born with.

**What inspires you to create body art?**

When I don't create art for a long period of time, I don't feel like myself. A lot of my inspiration comes from the need to express. Nothing makes me happier than making art, which is an internal drive. My external drive comes from the social issues around me and wanting to shed light on them. A wide range of things inspire me.

**What are three words you would use to describe yourself?**

Unique, bold and multifaceted

**Has studying art at the University changed your view of art and approach to it?**

Completely. When I was in high school, my life was focused on subjects that had nothing to do with art. Currently I'm taking classes in the different arts I work with. The way I use these aspects in my art has even notably improved. I've been exposed to more artists this year than I've ever been before. My life has quickly become centred around art, which is a new experience for me. All round it's been a positive experience for me to be in a more free environment.

**What do you hope to achieve with your art in the future?**

I don't want to have my aesthetic remain the same. I plan to continue pushing my own understanding of what my artform is and I think that's going to show in the work that I produce. Even when I look back to my style six months ago, it is different from my style now.

I also have some cool collaborations coming up; growing the performance side of my art. There are a few fashion designers I'll possibly be working with. I might work with Gugu Peteni (from Project Runway South Africa) for her line that's being launched later on this year.

I want to focus more on the social-commentary side of my art. I want to bring more issues to light and use my art as a tool for social change. I also want to pull art into spaces where there hasn't been art before. That's what I want to achieve



Photo Engle-Marie Louw

# FINDING SUPPORT THROUGH PEER HELPERS

By Zukisani Gali

As students, we encounter various problems in our daily lives. But burdens do not have to be dealt with alone. Student Counselling provides assistance in the form of Peer Helpers.

Finding someone to talk to in confidence can be difficult. Peer Helping was introduced to cater to all students by providing trained peers who are able to help fellow students with various social issues.

Peer Helpers are an extension of Student Counselling, Career and Development Services and offer guidance and support to students in matters concerning academics, finances and wellness. Peer Helpers are readily available and willing to assist any student that approaches them. Confidentiality is one of the main elements in the Peer Helper code of conduct therefore students can feel free to express their troubles in a safe space.

As we approach the exam season, students may be facing high levels of stress, anxiety, lack of motivation or even concern over 'DPs'. On top of being someone to confide in, Peer Helpers are trained to facilitate workshops that deal with specific areas such as dealing with stress, motivation and learning styles to equip students with the tools they need to overcome exam pressure and be successful.

Every campus has Peer Helpers and can be identified by the navy-blue t-shirts they wear with the words 'PEER HELPER' written on the back. You can also go to the Student Counselling, Career and Development Services Centre on your campus where you will be provided with the contact details of a Peer Helper. For more information please email Sharon.graham@mandela.ac.za.

There is no need to suffer in silence.



Photo georgecampus.mandela.ac.za

# BEATING UNIVERSITY BLUES



Photo Pexels.com

By Andisile Klaas

**Stress results when demands exceed resources. A research study conducted by the National Alliance on Mental Illness determined that 80% of college students feel overwhelmed by their responsibilities. Another study, conducted on seven major metropolitan areas of South Africa by TNS Research Surveys, indicated that 17% of teenagers reported being stressed at university.**

With the mid-year exams coming up, stress-levels are only going to increase.

**Here are some ways to beat that stress:**

Firstly, planning is key. Planning involves effective time management, goal-setting and utilizing calendars, timetables and diaries in order to keep track of important information and dates. Having an effective filing system for your notes and study materials will make studying a less stressful experience.

In terms of reaching your goals, boundaries are crucial. Boundaries are necessary in all relationships and commitments in your life. Boundaries go hand in hand with prioritising your time and knowing when and how you will allocate your time and effort to meet the goals you have set for yourself.

Some of the issues faced by students run deeper than inefficient use of time and lack of planning. They sometimes root from being emotionally unwell. An unhealthy emotional state of a student can hinder the studying process in a huge way. In response to this, the University offers counselling services through the Student Counselling, Career & Development Centre (SCCDC) to all students free of charge.

It has been said that 'teamwork makes the dream work'. This can be achieved by forming a study group or joining a society. By being part of a community like this, you have access to an extra support system and ultimately it will make the process of studying a more enjoyable, less stressful experience.

The body works like a machine, meaning if it is not taken care of, it grows weary and tired. Self-care is one of the most important practices to uphold, but you shouldn't use it as an excuse to procrastinate. Self-care involves embracing a healthy lifestyle in the form of eating nutritious food, exercising regularly and drinking plenty of water. Another element of "oiling your machine" is to make sure that you take enough breaks during studying and that you get enough sleep to replenish your mind and body.

## HAVING TROUBLE WITH HOUSEMATES ?

By Unathi Vimba

Living independently is an exciting chapter, but the reality is that most of us end up living with other people and sharing a living space comes with its strains. Earning a qualification takes dedication and patience; and a healthy environment is crucial to reaching your full potential.

Here are a few tips on how to handle living with other people:

### 1. Choose your roommate wisely

Who you end up having as your roommate is not always up to you. Having to share a room with a stranger is a common reality. Depending on your accommodation, you may have the option to swap your roommate. Choosing to share a room with your friend seems to make perfect sense at the beginning, but being in each other's spaces on a constant basis can put strain on your relationship. Issues like unproductiveness and a lack of respect for each other's possessions due to familiarity can arise. It is important to assess what you are looking for and to consider all factors when choosing a roommate.

### 2. Hygiene

This is a usual source of conflict because, as people, we have different perceptions on what constitutes as hygienic and unhygienic. The best way of avoiding conflict in this area is to have an open discussion about it. Create a concrete plan on cleaning and other matters of hygiene, assign roles and responsibilities and set time limits that suit everyone.

### 3. Personality clashes and differences in values

Coming from diverse backgrounds, we are bound to have disputes with our living counterparts. Sometimes we want to go to sleep and our housemates want to host a party. It is unrealistic to expect a silent or "perfect" environment at all times when sharing a house. Parties and gatherings are prone to happen and not all of us are interested in the same means of entertainment. Again, it is merely based on communication, as house visits, parties and noise levels can be communicated and agreed on to keep everyone comfortable and happy.

### 4. Food

A famous problem is the disappearance of food. The most important aspect of sharing a house is to grow a sense of trust amongst each other. If there is trust, no one will be ashamed to ask instead of stealing. People will also comfortably store their goods without worrying about them going missing.

These are only a few tips, but they are sure to help in maintaining a healthy co-habiting environment.

## SURVIVING SHONDA RHIMES



By Leigh Nakeeta Jason

On 13 January 1970, in Chicago, Illinois, a child was born. One who grew up to become one of the most respected writers and producers internationally.

Shonda Rhimes began her career at the film school of the University of Southern California. In 1998 she wrote and directed a short film, Blossoms and Veils and in 1999 she wrote the HBO TV movie Dorothy Dandridge (starring Halle Berry) and continued to write screenplays for films such as Crossroads.

Her big breakthrough occurred after she shifted her focus to television series in 2005. Her prized starter is still on air today. Grey's Anatomy is a medical drama focused on the personal and professional lives of doctors. It follows the life of Meredith Grey (Ellen Pompeo), a surgeon attempting to pave the way through her career, trying to step out of her mother, a renowned surgeon's, shadow.

In 2007, a spin-off to Grey's Anatomy was birthed. Private Practice showed viewers the life of Meredith's antagonist, Addison Montgomery (Kate Walsh), a world class neonatal surgeon. 2018 saw the beginning of another Grey's Anatomy spin-off. Set in Seattle too, Station 19 treats viewers to regular cross-overs with Grey's Anatomy. It highlights the lives of firefighters, mainly that of Andrea Herrera (Jaina Lee Ortiz). She bears a familiar story to Grey, as she is the daughter of a successful firefighter and is attempting to step out her father's shadow.

Shonda's series success is also based on other fields, namely politics. In 2012, Scandal was introduced to the world. A political fixer, Olivia Pope (Kerry Washington) tries to correct political mishaps and scandals while having an affair with the president of the United States. With this, a milestone was set: for the first time in four decades a network drama had an African American woman playing the lead.

In 2014, Shonda brought How to Get Away with Murder to screens, where another black woman plays lead. Viola Davis took on the role of Annalise Keating - a criminal law professor who is widely recognized as a strong woman, but who is actually fragile and suffering undefinable hardships. The show has also had a successful cross-over with Scandal.

Rhimes is one of the most powerful and sought-after women worldwide. Her shows display different types of people, in different lines of work and with different mindsets. However, a few things remain the same: all her leads are women, all the women deal with hardships and every episode has its fair amount of emotional trauma, leading devoted viewers to tears without fail. And devoted they remain.

## FNB BRINGS FINANCIAL LITERACY TO NELSON MANDELA UNIVERSITY STUDENTS



**FNB**  
First National Bank

Photo FNB.com

By Andisile Klaas

First National Bank (FNB), in association with Nelson Mandela University's Student Governance and Development Department, opened up the topic of financial literacy for students, stressing the importance of budgeting and saving. The presentation was segmented into three sessions that took place on 5, 12 and 25 April at South Campus.

Money is a complex topic that makes many people anxious. A lack of financial literacy can lead to many financial problems. FNB and Student Development and Governance hosted '3 Financial Power Hours' with the hope of equipping students with essential money-managing skills. The sessions discussed saving, budgeting and investing.

The first step in becoming financially smart is budgeting. This helps identify how and what you spend your money on and is then developed into a plan of action that dictates how you manage your money. When budgeting effectively, you need to know the difference between your needs (survival necessities) and wants (mere desires). Distinguishing between what is important and not, helps identify the things you can sacrifice in order to save money.

Saving money is putting money aside for unforeseen circumstances or for purchasing something you want. For effective saving, you need to have a goal or have an idea of what you would like to do with the money. Formal and informal financial institutions (such as banks, stokvels and burial societies) can be utilized in the saving process.

The few tips offered by FNB when it comes to choosing a bank to save with, is to firstly assess the accessibility of the bank. The bank needs to be easily available when you need help or have queries. Secondly, choose an account that speaks to your needs as an individual and assess the services and charges that come along with it to see if you can afford it.

Lastly, the representatives touched on investment. Investing is also putting money aside for the future. Unlike savings however, the money is not easily accessible. Investing is time-orientated rather than goal-orientated. There are various investment accounts that can be tailored to the individual so you would need to consult a financial professional for further guidance on where and how you will invest.

These 'Power Hours' were informative and offered attendees the perfect opportunity to ask questions they had about finances. FNB has promised to return with more sessions and exciting giveaways.

## THE END OF TRAFFIC

By Neo Motsiri

Elon Musk is making headlines yet again with his plans to build an underground road system in Las Vegas, as a means of curbing excessive city and highway traffic. These tunnels will be constructed by the Boring Company, a company which Musk seemingly founded on a whim, after being stuck in bad traffic in December 2016. He then immediately tweeted that he had a solution to the traffic problem, and just over two years later, the Boring Company has been approved for the design and implementation of his underground tunnel vision.

Musk appeared on the Joe Rogan podcast on 26 September 2018 and explained, amongst other things, the rationale behind the tunnel idea. Musk believes that our current road systems are highly inefficient, "The fundamental issue with roads is that we have a two dimensional (2D) transport system and a three dimensional (3D) work-space environment, so we have tall buildings with concentrated work environments, which we access with a 2D low-density transport system," he said. A 3D transport system would mean that we could transport a lot more people much faster. Musk went on to explain that in order to make the transport system 3D, we could either go up, and invest in the development of flying cars, or we could go down, and build tunnels.

According to the Boring Company's official website, flying cars would present all sorts of problems, which could be avoided by going underground instead. As stated by the website, "Flying cars have issues with weather, noise, and generally increase anxiety levels of those below them." Earthquakes wouldn't pose any significant problem for the tunnels, as the underground is actually one of the safest places to be in the event of a seismic disturbance.

A tunnel system such as the one proposed by the Boring Company would provide much needed relief for South African roads. According to the Inrix Global Traffic Scorecard, Port Elizabeth is currently ranked 75 in the world in terms of our traffic impact, putting us ahead of Bloemfontein, Durban and even Cape Town, which are respectively ranked 165, 141, and 95 out of 220 surveyed countries.



Photo boringcompany.com

# WHATSAPP TIGHTENS SECURITY

By Sanele Thwala

WhatsApp is an integral part of our daily lives. It has made our lives easier in many ways: for example, being able to hold meetings in group chats, eliminating the need to meet in person. However, security is a big concern. WhatsApp has prioritised the security of its users by working on a new feature which will block users from taking screenshots of private chats and will require users to scan their fingerprints to access chats.

The Facebook owned application has taken a giant stride in ensuring that the safety of its users is guaranteed. A new fingerprint feature is currently being tested by the Facebook messaging app so that users can scan their fingerprint to access chats. The authentication functionality of the fingerprint tool is still in the initial development stage, but will be available for Android in future WhatsApp versions.

I'm sure we can all agree that being added to a random group chat is annoying. Earlier this month, the company released a new feature, which prevents people from automatically adding you to group chats. Now, people can choose whether they would like to be added to groups by either: 'nobody', 'my contacts' or 'everyone'. At this point, someone could add you to a group chat without your permission once they have your contact information. Adding you to a group chat might expose hundreds of people to your telephone number, potentially compromising your data protection.

A spokesman said that this update is a crucial one for WhatsApp in order to boost privacy and restrict abuse within the app.



Photo whatsapp.com

# THE CHAIR-LESS CHAIR

By Aphelele Ngcambaza

When people spend a long day at work on their feet, reports of back pain and leg fatigue are extremely commonplace. In many cases, sitting down at work is not an option, possibly due to chairs taking up too much space. This frequent and repetitive standing can have a detrimental effect on concentration and performance and can cause physical fatigue. It can also result in worker complaints and an increase in sick-leave among employees - diseases of the muscle tissue and the skeleton are already responsible for one fourth of all sick days. Demographics are changing in the workplace - employees are older and this puts them at a higher risk of suffering back pain. This creates enormous costs, and we urgently need a clever solution.

Swiss start-up company, Noonee, has now developed a solution for relieving the strain on legs and backs, which is both imaginative and simple. With the Chairless Chair, one can enjoy an ergonomic, comfortable and more productive workplace without extensive changes. It takes just a few seconds to get into the chair, and it allows you to effortlessly switch between an active sitting, standing and walking position.

The chairs are made of a very tough type of plastic called polyamide, which has a wide range of engineering applications and makes the chair durable and resistant to abrasion. It's fastened to one's person by means of a number of straps located along the length of the chair and these can be locked into place at the press of a button. The chair can support about 400kg on each leg, automatically locks to support the user's weight when they want to sit and unlocks into the upright position when they stand up to walk.

"I've always wanted to leave something [behind] that would help people or at least change the world in a small way," said Keith Gunura, the inventor of the Chairless Chair. This innovation should be of particular interest to Industrial Engineering students, as this type of technology is sure to increase the productivity and wellbeing of employees in the workplace.



Photo futurism.com

## ANOTHER WOMAN WHO WILL NOT BE REMEMBERED.

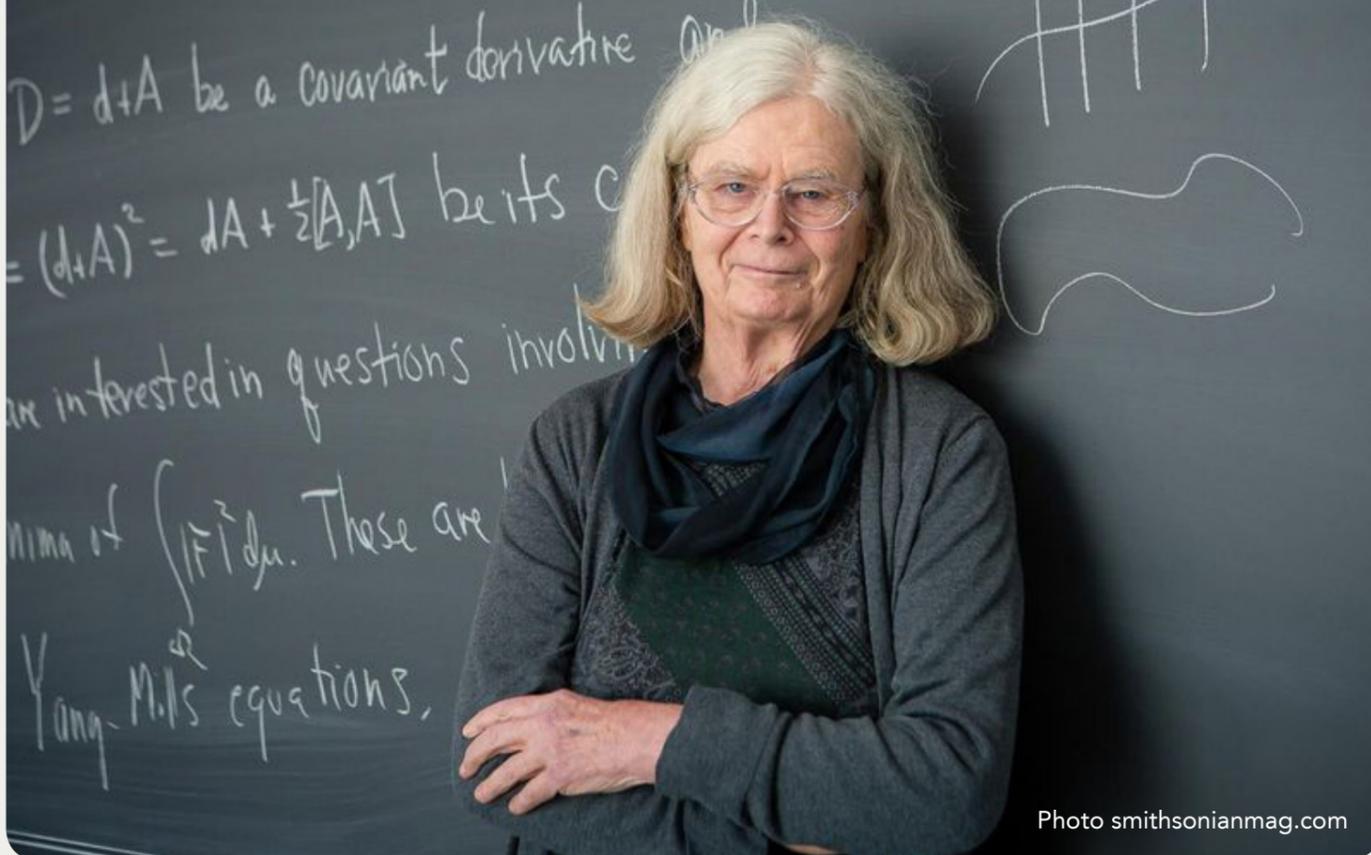


Photo smithsonianmag.com

By Ntsondwa Asithandile

**We all know of Sir Isaac Newton, Albert Einstein, Charles Darwin or Pythagoras of Samos without even having to Google them. All these scientists have made a fundamental contribution towards our understanding of science. It's worth noting that none of them are females. It is not that there are no female scientists, it's just that they are not commonly talked about to the extent of the likes of Newton.**

Females like Karen Uhlenbek make us wonder why females aren't as celebrated as men are in the field of science. For instance, Karen is the first female to win the prestigious Abel prize for her fundamental contribution towards analysis, mathematical physics and geometry. The Abel Prize, established in 2003 in Norway, is awarded to mathematicians and is as respected as the Nobel Prize.

Uhlenbek is not the first female to reach new heights in the world of science, yet most people would not be able to mention one female scientist off the top of their heads. Other forgotten female scientists include Rosalind Franklin, who made contributions towards understanding the molecular structure of DNA. She was not mentioned when the Nobel Prize was awarded to Francis Crick, who also contributed to understanding DNA.

But maybe I am wrong. Maybe it is not a matter of gender, but rather intellectuality which affects who is celebrated more in the world of science.

## POSITIVE MADIBAZ GEAR UP FOR HOCKEY CHALLENGE

By Fullstop Communication

The Madibaz women's hockey team are ready to adopt a positive approach when they compete in the Varsity Hockey tournament, starting in Cape Town tomorrow.

As the event alternates with the men's edition, the Nelson Mandela University squad have only four members with Varsity Cup experience from 2017.

Coach Andrew Beynon said they were under no illusions about the task ahead, but they had been working hard and were focused on being the best they could be.

"We have seven first years in our squad, but a strong finish at the 2018 USSA [University Sport South Africa] tournament has given the group confidence to believe in the Madibaz ladies' principles and that work ethic and commitment pays off in the end," he said.

"There is a strong sense of unity in the squad and an open-mindedness about what lies ahead.

"We know as a squad that, on paper, we face an uphill battle, but this group is incredibly positive and up for the fight."

Beynon said their preparations had begun in February when a large squad was assembled.

"The players have been excellent in their attitude towards training and the focus for Madibaz is to build

a culture where we value hard work and always remain positive.

"We have set a goal of making sure we improve in every performance and we will not be looking too far ahead. In a tournament like this it's best to take it one game at a time."

He added that the Varsity Hockey tournament was a wonderful chance for the country's up-and-coming talent to show what they could do.

"You do not get a much better chance than this for these young ladies to showcase their skills on a national level while still being a student.

"It's the gateway to the future and a good Varsity Hockey performance will mean a lot to the players and the university."

The first leg of the tournament will be played at the UCT astro from tomorrow until Monday.

This will be the first time in the competition's history that UCT will be hosting the tournament.

The second leg will take place at the North-West University astro in Potchefstroom from May 10 to 13. The final is scheduled for May 20.

Defending champions University of Pretoria (UP-Tuks) will have their sights set on claiming back-to-back titles after also winning the USSA title last year.



Photo Supplied

# SHINING FROM UNDER WATER

By Gina Cossavella

Durban, during 8 – 12 April 2019, saw Courtney Musson competing at the South African Artistic Swimming Championship. Her determination and dedication brought one gold medal and five silver medals back to the Eastern Cape.

The 24 year old is a Nelson Mandela University student working on her masters degree in Human Movement Science who attended Erica Primary and Collegiate High School. Courtney cites Moira Norden as one her role models and one of the people who introduced her to this sport that combines swimming, dancing and gymnastics. That beginning has led her onto the path to winning a gold medal in her free combination routine and silvers in free solo, technical solo, free duet, technical duet and figures at this year's National Championship.

The pressures leading up to the championship and her pre-competition nerves didn't deter Courtney, nor affect her performance. "I was extremely happy with how I performed in my events, especially in my individual events," she said. These individual events, in what was previously called synchronised swimming, are what Courtney specialises in. Technical events require elements, which are pre-selected, to be performed in a particular order, while free events have no requirements and allow for creative choreography. Courtney's technical solo was her most challenging routine, but she attributes former teammate Kerry-Beth Norden as having an impact on her competition performance. Courtney said, "She taught me so much and helped me to cope with the stress of my individual events and how to perform at an international level with confidence."

The Eastern Cape artistic swimming team member is hoping to go to South Korea in July as part of the South African team competing at the World Championships. No doubt her mother, who has been with her every step of the way, will further be supporting her on this quest - as will the rest of the Nelson Mandela University. We're looking forward to seeing what this talented athlete achieves in the future.



Photo varsitypost.com