

MADIBAZNews

News for the students, by the students

NAMING AND RENAMING OF SPACES UNDERWAY



By **Athenkosi M. Mafojela**

On 20 July 2017, Nelson Mandela Metropolitan University (NMMU) was officially renamed as Nelson Mandela University, twelve years after it was established. As a pre-teen University, the institution had been devoid of institutional culture, but with a new name, comes a new identity.

In an effort to create the University's institutional culture and firmly imprint the Mandela brand, the institution is encouraging students to take charge in its ongoing Naming & Renaming Project of its buildings and residences. This project started in 2017 where the SRC was tasked with holding consultations in all residences. These consultations were held with the project's core aims of redressing the past and emphasising the institution's African identity in mind.

The proposed names are subject to the approval of the Naming and Renaming sub-committee of the Arts, Culture and Heritage Committee (ACHC) and they have to amongst others; affirm the indigenous people and history of the Eastern Cape, be names of people (in politics, sport or education) who significantly contributed to the advancement of South African people and build social cohesion in order to inspire present and future generations, as stipulated by the naming policy and criteria. Due to the magnitude of this project, it is rolled out in phases, with this term focusing on Bird Street Campus and various buildings across other campuses that presently do not have names.

Students wanting to take part in this opportunity to change their immediate world can email their questions, ideas or concerns to naming@mandela.ac.za, keep a close eye on the Memo emails and also watch out for the website that will be dedicated entirely to the Naming and Renaming Project.

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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

News Editor

Asemahle Gwala

s216280575@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

215335031@mandela.ac.za

Opinions Editor

Laurenzil Bagoes

MadibazNewsOpinions@mandela.ac.za

Graphic Designer

Zoyisile Njikelana

s216306604@mandela.ac.za

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LETTER FROM THE EDITOR

As we all come back to University after our week-long break, I am sure that we're unanimous in the opinion that it can't even be called a break. Being only one week long and falling in the time just before most of our deadlines, the term "working holiday" seems more fitting.

Yet, our edition will implore you to become excited about varsity life and everything happening around us as we get into term-time gear again.

Our news section will bring you up to speed on the Naming and Renaming Project and Solar Panel Farm, two ventures currently underway within our institution.

We spotlight Joshua van Heerdan, one of our students currently waving our name high in the cricket world and bring you a few interesting reads on Human Rights Day and what it means to be appreciative of the diverse cultures on campus.

As students we all know the struggle of budgeting. Our articles on being university-wardrobe savvy and unpacking the pros and cons of credit should be helpful in this avenue.

And this is only a taster. Dive in and you'll find an edition jam-packed with many more relevant, informative pieces.

We are past the first term marker and are scarily already sailing swiftly towards the half-year mark. May we maintain our energy and enthusiasm for the education we are so privileged to be the receivers of and the institution we are so blessed to be partakers in.

AMY WARD**FIRST MEGAWATT SOLAR FARM AT A SOUTH AFRICAN UNIVERSITY**

Photo Bianke Fouche

By Sendibitiyosi Gandidzanwa

Imagine never having to pay for electricity? How about a progressive and dynamic African University moving towards massive reduction of electricity costs with a long term goal of partial reliance on solar energy? What a way to reduce the carbon footprint and electricity costs! Nelson Mandela University is walking the "green" talk.

The R18 million solar plant, with a net present value of R38 million, is maintained and run by Tasol Solar Energy Solutions, who have a ten year power purchase agreement with Nelson Mandela University. The University will only incur operational and maintenance costs after the ten-year period, which could be covered with income from utility developers' agreements with the municipality. As part of what is a mutually beneficial agreement, there is a strong possibility that the University would also sell electricity to the municipality and purchase more as the need arises

The two hectare grid-tied solar farm's location was inspired by the urban design framework and urban regulatory framework. The project development began in mid-2016 and should be fully operational by the end of April 2019, supplying one megawatt into substation A that feeds South Campus. Did you know that one megawatt of energy is enough to supply the entire South Campus during non-peak consumption periods?

In addition to the economic benefits, the solar farm boasts innovative and high quality technology. From electronic-based maintenance to the sun-tracking mechanism which allows the solar panels to face a direction that ensures maximum sunlight absorbance, the project is on the forefront of technology.

The sky is the limit for a renowned University like ours; plans are underway to ensure that the recently tendered 500-800 bed residence will have roof solar panels that supply the entire Sanlam Student Village complex with 300-400 kW. Plans are underway to have 700 kW and 450 kW solar energy supplies at North and 2nd Avenue Campuses respectively. To maximise the utility of the limited land, the University is aiming to have roof-top installations and technological carport installations.

Being a student-centred institution, the solar energy project will create opportunities for students as well. Professor Ernst van Dyk, a high-profile and top-ranked physicist who sits on ministerial advisory boards, is actively involved in this project and has great research plans for the solar farms. Students from other disciplines, like electrical engineering and statistics will also have great research opportunities.

Here's to a solar-energy-fuelled future at Nelson Mandela University.

HUMAN RIGHTS



By Laurenzil Bagoes

Human rights are rights inherent to all human beings regardless of race, sex, nationality, ethnicity, language, religion or any other status. Human Rights Day has become an iconic date in our country's history as a reminder of the cost paid for our treasured human rights.

Here are five facts about the aftermath of these Pass Laws:

- 1. Human Rights Day is a tribute to Sharpeville Massacre. It is linked to the 21 March 1960 and the events of Sharpeville. On that day 69 people died and 180 were wounded when police fired on a peaceful crowd that had gathered to protest against the Pass Laws.
- 2. It was more than a protest against the Pass Laws of the apartheid regime. It was common people rising in unison to proclaim their rights and it became an iconic date in South Africa's troubled history.
- 3. The Pan Africanist Congress proposed an anti-Pass campaign on this day. Black men were to gather at Sharpeville without their reference books and present themselves for arrest. The order was given to disperse after which the police opened fire.
- 4. African National Congress instituted the 21st of March as the South Africa Human Rights Day. Including it in the list of national holidays of democratic South Africa.
- 5. The Bill of Rights is the cornerstone of democracy in South Africa. The state must respect, protect, promote and fulfill the rights in the Bill of Rights.

On Human Rights Day, South Africans are asked to reflect on their rights and how to protect themselves against violence. Human rights include the right to life and liberty, freedom of opinion, the right to education and many more. Everyone is entitled to these rights without discrimination.

NAVIGATING OUR DIVERSE INSTITUTION

By Ncebakazi Mbewu

As students we have to adapt from living with our parents and families who share in our cultural background and upbringing, to living in a commune or residence and being part of a campus-life that is filled with people from around the country, continent and globe. Change and diversity can be scary, but this is an opportunity to trade tribalism and xenophobia for being a xenophile, which is a person having interest in foreign cultures, languages and people. Here are a few pointers to keep in mind as you navigate being part of our diverse institution:

- 1. The worst thing that you can do when dealing with people who are different from yourself is to assume that the way you do things is the only way. Wrong. Be willing to compromise and learn about how other people see the world.
- 2. Look for the positives in all situations. Not accepting someone can sometimes stem from identifying and only being willing to see the negative in them and their behaviour.
- 3. Never highlight the differences between the cultures with the intention to make one superior to another. Comments that may come across as judgemental are not encouraged and may lead to hostility.

When you come to University it is inevitable that you will meet people who are different from you. Ignorance is not the best fragrance to rock. Instead take some time in getting to know other cultures and understanding people and the world from as variety of perspectives.





Photo Chifundo Mazengera

THE PERFECT MAN

Suited in his charismatic character
He always has his chin up
Tied up with his principles
His ears glitter with understanding
With sleeves cuffed in time and oaths
He is warm but never comfortable in his
achievements.

Not forgetting his selfless napkin
The perfect man values his shoes
For He is responsible for our history

But you see that's all on the surface
The perfect man is first human
He feels, he breathes and bleeds just like us
Anger is what nourishes his beard
Insecurities brighten his eyes
Mistakes limit his hair
Fear exposes his dirty nails
His toxic liver bleaks his speech
Guilt darkens his lungs
Immorality leaves scars on his skin

But still he is perfect to the world. Why?

The perfect man is a warrior
He always stands tall
He always owns up and forever moving forward.
He remains unshaken on his path
Never afraid to fall on his knees to confess
He becomes the human we all want to be
He sacrifices his rights for our blind judgment.
The ones who see this tear out some pages from
his book
Not to hide the truth but to give hope to a fallen
world
Hope to a species that resembles everything
about the creator except weak disappointment.
The perfect man with his hands wide open offers
us another chance even though he wasn't given
one.
He is our hero.

Toast to the perfect man.

By Chifundo Mazengera

GOOD FOOD, GOOD THOUGHTS



Photo Pexels.com

By Andisile Klaas

Nutrition refers to the food that you consume and how it is used by your body for its overall performance. Overall performance sums up the fact that the food you consume affects your physical wellbeing, appearance, behaviour and even your thoughts and mood.

To make the most out of the food an individual consumes, one needs to follow a healthy diet. According to the South African Sugar Association's Nutrition Department, a healthy diet includes a variety of foods such as starchy food like rice and bread, plenty of fruit and vegetables and legumes which include dry beans and lentils. Practices that also contribute to a healthy diet are being active, drinking lots of water and limiting the addition of salt and sugar as most foods already contain these.

Through the food we eat, we get nutrients that can support or interfere with the normal development of our brains. Nutrients help with the production of neurotransmitters which are cells in the nervous system that carry information to other nerve cells. Two good examples are serotonin and dopamine which affect your thought processes, digestion and even sleep cycle.

Serotonin affects how you process your emotions thus impacting your whole mood. It also majorly contributes to your gut activity by playing an active role in digestion. Dopamine is associated with feeling motivated, satisfied and experiencing deep pleasure which partly contributes to developing addictions. Dopamine is linked to the sleep cycle because it increases wakefulness.

The three macronutrients (carbohydrates, protein and fat) act as energy sources for the brain and are required in large amounts to maintain daily bodily functions.

Important nutrients that help with the production of neurons include amino acids, minerals (zinc, iron, selenium and magnesium) and B vitamins. Foods that have these nutrients are meats, fruits, vegetables, wholegrains (oats and wholegrain rice) and legumes (dry beans, lentils, split peas, chickpeas and soy). It is also advised to avoid excessive sugar intake as it can cause drastic changes in a person's mood.

Food is the ultimate fuel to our bodies. Consuming the right food may lead to many positive outcomes; one of those being a positive mindset which is a crucial element of success as university students.



A MORNING WITH LADUMA

By Christina Makochieng

Members of the public were invited to view a display of work by world renowned local designer, Laduma, at the Nelson Mandela Metropolitan Art Museum on Saturday the 9th of March. Following the viewing session, Laduma gave a talk detailing his journey of interest in designing and creating garments, which was inspired by his late mother, to his student journey, international achievements and creating and growing his brand, MAXHOSA. The closing Q-and-A session gave attendees an opportunity to engage with Laduma and gain insight into his plans for the brand, such as the opening of a MAXHOSA retail outlet in PE.

MadibazNews had the opportunity to talk to Laduma:

What keeps you motivated and inspired as a creator?

The final prize keeps me motivated. The final prize is changing the narrative of black culture and liberating many people's perceptions around Africa as a country – our identity and where we're going.

How has PE influenced who you are as a creator today?

PE has taught me the respectful role that culture plays in upholding the dignity of society. In the Xhosa culture, it is normal and expected to greet each other on the street or reprimand each other when something is not in order. PE is still rich and influential in that type of culture. Unfortunately, in other parts of our country, it's slowly disappearing.

What advice do you have for aspiring designers?

Education is the key to achieving one's aspirations. The element of hard work must be paired with it though. There is no substitute for hard work.

What has been your favourite city or country to visit, and why?

Japan has been my favourite. Besides the cleanliness of it, the infusion of their culture with modern technology is something they have been massively successful in. That makes them different. Their attention to detail makes them stand out.

What do you consider to be your greatest achievement so far?

What I consider to be my greatest achievement is not an actual award. It is giving ordinary African people the opportunity to wear MAXHOSA pieces – pieces that proudly celebrate our culture and who we are. Reaching the everyday, simple people of our society who can't necessarily afford my designs is a difficult venture, but I've succeeded on a small scale and aim to succeed on an increasingly bigger scale in this regard. That is my proudest and ultimate achievement.



UNIVERSITY WARDROBE ESSENTIALS

By Roxzann Thomas

If you have ever found yourself in front of your cupboard fifteen minutes before your 07:45 class not knowing what to wear, I'm here to tell you that you are not alone. With these wardrobe essentials, you can mix and match to create outfits that can be worn throughout the year.

Outerwear

It is not breaking news that outerwear can be quite pricey. Luckily you only need three items from this category to make it through the year. A bomber jacket, a denim jacket and a hoodie. These options can add just the right amount of spice to your outfit and will keep you warm during the chilly days.

Tops

Similar to outerwear, you could make do with just three kinds of tops. How many you get of each kind is completely up to you. Basic t-shirts, long sleeved shirts and crop tops. For versatility, you can get the shirts in neutrals like grey, black and white and play around with coloured cropped tops.

Bottoms

This category is where the kingpin of your university wardrobe comes in - a good pair of jeans. It is important to find a cut that looks good on you. Boyfriend or mom style jeans are highly recommended because of their comfort factor. Other essentials include a denim skirt or denim shorts, a quality pair of leggings and sweatpants for those lazy days.

Dresses

Lastly, this category is for those days when you just cannot come up with an outfit. Just throw on one piece of clothing with a cute pair of shoes. Styles that have been on trend recently include maxi, floral and slip dresses. You can also layer your dresses in Autumn and Winter.

Once you've got these staples covered, the fashion department of university life will be a breeze.



Proudly rep Photos Bongumusa Evans

STUDENT-BUDGET FRIENDLY FOUNDATION

By Roxzann Thomas

A stunning makeup look always starts with a flawless foundation. These three foundations have been on everyone's lips and for good reason - they are affordable!

Rimmel London Lasting Finish Foundation

This is a full coverage foundation with skin-perfecting formulas. The most intriguing thing about this product is that it states it will last 25 hours through sweat, heat and humidity. It has a thick consistency and comes in a glass bottle with a pump. You can find this foundation at Clicks for R179.95 for 30ml.

Maybelline Fit Me Matte and Poreless Foundation

Fit Me is a medium coverage foundation that can be built up to full coverage. It has a mattifying and pore minimizing formula. The liquid is a bit thin, but when applied, a little does go a long way. It is available in a 30ml tube. A tube is better than a bottle because you can control the amount of product that you want. South Africa has 14 of the 40 shades available. This foundation retails for R109.95 at Clicks.

Wet n Wild Photo Focus Foundation

The company claims that this foundation is like your skin, only better. It was tested under seven different photo lighting conditions, so you can say goodbye to flashback in your Instagram selfies. The consistency is a thick liquid and has quite a strong smell. The foundation is housed in a thick glass bottle with a plastic spatula applicator. The most attractive thing about this product is that it is R99.95 at Clicks.

On your next trip to the drugstore make sure you reach for one of these affordable options. Ensure that you have a flawless 'facebeat' without breaking the bank.



Photo huntordye.co.uk



Photo permooon.co.uk



Photo beautybay.com

LA CANTINA RESTAURANT OPENING

By Chelsea Gardner

On Saturday the 2 March 2019, La Cantina, a new and authentic Mexican inspired food truck and street bar on Circular Drive had their grand opening. La Cantina has been open now for just over a month, but this was the official opening where Rob Thompson, a well-known Port Elizabeth musician, was there to provide some live entertainment. The doors opened at 4pm and at around 5:30pm the place was packed.

Manny and his wife, Sarah, own and run La Cantina. Manny is from Mexico and had the idea to bring some of his culture and ways of eating and living to Port Elizabeth a couple of years ago when they moved here. He works in his food truck outside the entrance of La Cantina, selling simple, yet delicious Mexican food such as nachos, quesadillas and tacos whilst Sarah helps with the bar and managing inside.

There were loads of drink and food specials that ran throughout the evening, but if you did happen to miss the opening, there are amazing specials that run throughout the week such as Taco Tuesdays and Tequila Thursdays. Many of their drinks are imported from America, but they also want to keep things local and are in a small partnership with Bridge Street Brewery, where they get some of their crafted drinks on tap from, such as Celtic Cross beer and Wild Child pink gin.

This small space has created the perfect vibe for people of all ages, full of creative Mexican decor, good music and great food and drink specials. They are open for business from Monday to Saturday from 4pm - 10pm, so if you're ever in the area, you should definitely pop in. Whether it be for one of the best margaritas in town, some delicious Mexican inspired food or just to meet up with friends after work, La Cantina is the place to go.



Photos Chelsea Gardner

CREDIT: A DOUBLE-EDGED SWORD

By Ziyatandwa Goduka

The concept of credit is one that is rarely discussed amongst students. By definition, it is the ability of a customer to obtain goods or services before payment based on trust that payment will be made in the future. It takes on many forms, from credit cards to clothing store accounts. Familiarising yourself with the advantages and disadvantages of credit will help you decide whether this is a facility that is suitable for you.

This facility includes a credit record that may be used when you have crossed over to the working-class world to vouch for home loans, car purchases, rental applications and more importantly job applications. Future employers look at the credit history of prospective employees to determine how responsible and financially savvy you are and how timeously you pay your bills, to predict character. This is especially true for jobs that require confidentiality and financial integrity. This may be a disadvantage if you have a bad credit record.

Credit cards provide accessibility. This is helpful for emergencies and awkward times of the month when money runs out and month end is still beyond the horizon. Some people believe that it can also be used to develop discipline and self-control. One must train oneself to only use it on a need-to basis. This is then beneficial when it's time to pay back the advanced money, as it won't be large unaffordable premiums with high interest rates.

There is no denying the value of credit. It puts experiences and lifestyles within reach. Unfortunately, credit (debt) can quickly spiral out of control. Splurging with no consideration of the repercussions may quickly throw an individual into a deep debt hole, with large unpayable premiums, debt counselling and blacklisting.

There is however the National Credit Act which was introduced to promote a fair, transparent, sustainable, responsible and accessible credit market and protect consumers. Under this Act you have free access to your credit record to track yourself and confirm its accuracy.

Ultimately, credit is as bad as you allow it to become and as good as you, responsibly, make it.

OWN YOUR CREATIVITY

By Unathi Vimba

Many artists are not confident in their creations. Creating something carries powerful meaning with it and sharing this with the outside world takes confidence and courage. Most of the time, what artists convey into their art reflects how they feel or their experiences, thus leaving a personal part of themselves widely exposed.

The creative process requires time and patience. It takes hours of self-reflection, scratching many things out, re-planning and the unavoidable moments of doubt. As an artist myself, I too fall into a state of anxiety when someone reads my work because I feel painfully vulnerable. Once you finally feel content with your work and show it to people, it is quick to fall into a trap of self-doubt.

Everyone feels a sense of insecurity now and then, so it's alright to feel uneasy about your work. At this stage, you must stand by your ideas and show your art some support and faith. Do not give up. You created what you created for a reason.

Be open to new perspectives. Constructive criticism is a crucial part of growth. Do not deprive yourself of exposure because of the fear of judgment. Learning how to receive and deal with all types of feedback will be highly beneficial on your journey as an artist. You're placing yourself on a platform open to receiving lots of hate, but lots of love too. The worst mistake any artist can make is to expect perfection.

The most important aspect is to appreciate your own efforts and to not compare yourself to others. Trust in your own authenticity. Your sense of individuality will surface and people will recognize your voice.

On the 30 March there will be a Creative Art Festival at The Gallery on Produce in South End. This can serve as a fine form of encouragement, watching other artists showcase their work. You can even score yourself connections and interact with other people who share the same passion as you.



Photos Lithalelanga Vena

5 UNIVERSITY ACTIVITIES EVERY STUDENT SHOULD BE INVOLVED IN

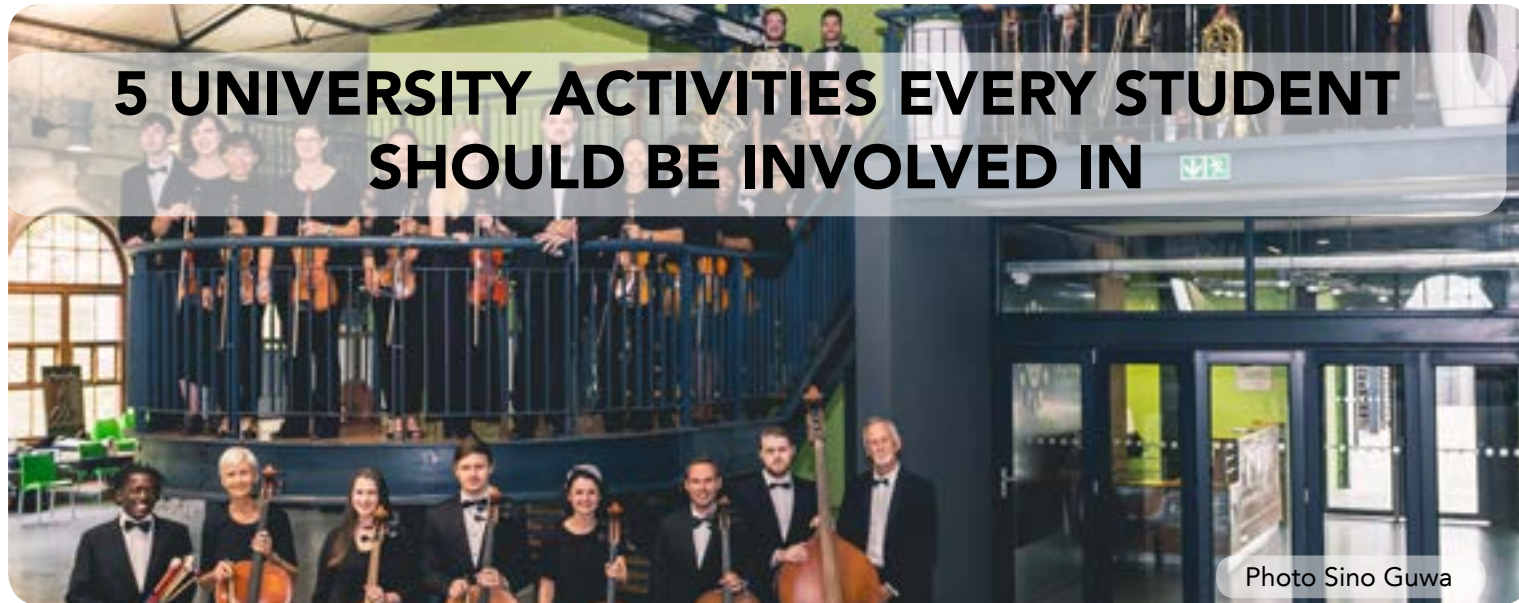


Photo Sino Guwa

By Christina Makochieng

As students of Nelson Mandela University, we are lucky to have access to an array of amazing and engaging activities we can get involved in. Be it through arts or sports, there is something for everybody. Here are five activities every student should take part in at least once during their time at the University:

Lunch hour concerts

The Music Department and renowned Nelson Mandela University Symphony Orchestra hosts and presents recitals on a weekly basis, boasting talented musicians from all musical disciplines. Lunch hour concerts are held during the lunch break on campus (usually in the South Campus Auditorium), which means there are no excuses to not attend. Keep an eye out for emails announcing these concerts.

Varsity Shield Games

First semester is varsity Shield season and what better way to show some spirit than to support the Madibaz team? Varsity Shield games are the perfect opportunity to socialize, meet new people and enjoy a live rugby game with friends. You will find the schedule on campus, via email or on the University's website. If you end up missing Varsity Shield, make sure you support the "koshuis" league which runs throughout the season with matches taking place on campus every Friday night.

Art Exhibitions

Art exhibitions are a great way to enjoy art in its purest form. The Bird Street Gallery in Central hosts art exhibitions and gallery viewings throughout the year and entrance is free. An easy way to keep up with all the various events is to follow their official Instagram page.

Join a student society

Student societies are an amazing way to make new friends and get involved in activities that take you out of your comfort zone and develop talents and skills. There are societies catering to everyone's interests, ranging from the areas of sports, debate and anime just to name a few. Keep an eye on your student emails or check out Facebook to keep tabs on when societies are recruiting. Or simply head to the University's website to see the list of societies and to make contact with the relevant people. A bonus is that extracurricular activities look great on your student record.

Community outreach programmes

Most, if not all, University societies offer students different opportunities to be involved in community outreach programmes. This is a great way to do your part and to actively make a difference in your community.

That marks the end of your University activity roundup. May you have an academic year that has equal measure of both work and play.

MUSIC SOCIETY DELIVERS SOPHIATOWN PERFORMANCE

By Vanessa Bodole

The Music Society of Nelson Mandela University showed us that they mean serious business with their most recent performance. In a dazzling manner, they put together an unforgettable display earlier this month on 6 March.

After performing monthly routines at the South Campus, Kraal, the society took it up a notch and gave us a 'Sophiatown' themed showcase at the South Campus Auditorium. The timeless theme was impressively delivered by the participants as they swiftly immersed the audience into a culturally rich experience – all in the space of an hour.

The bold theme was excellently executed by the performers who perfectly embodied the historical essence of 'Sophiatown'. From the charming singers to the captivating band, it was impossible not to be hypnotised by the show. The props and scenery transformed the stage into a classic old-school tavern that the performers danced around in.

The audience was carried through time by being treated to renditions of famous songs like "Pata Pata" and "Music in the air", to name a few. The crowd was mesmerised by every moment of the show and justly gave a standing ovation to the students on stage after dancing along with them as the final songs played.

If you missed this show, do not worry. The Music Society showers us with entertainment on a monthly basis right at the South Campus, Kraal. To find more information on the Music Society, you can visit their Facebook page 'NMU Music Society' or email them via nmusic@mandela.ac.za.



Photo Music Department

FIRST ALL-FEMALE SPACEWALK

By Neo Motsiri

Two American astronauts embarked on the first all-female spacewalk on 22 March, according to NASA. Flight engineer, Christina Koch, who will be conducting the spacewalk with fellow crew member and astronaut, Anne McClain, is part of a three member team which launched on Pi day (14 March), at 15:14 eastern daylight time (EDT). The journey into orbit took approximately six hours, and the crew reached the International Space Station (ISS) safely, which will serve as their home and workspace for the next several months. They are expected to remain in orbit until October of this year.

A spacewalk refers to when an astronaut performs repairs outside the spacecraft in which she's based. NASA has scheduled the spacewalks for 22 March, 29 March, and 8 April, at which times McClain and Koch will carry out some much needed technical maintenance on the exterior of the ISS. Although they are relatively inexperienced with regards to spacewalks, the duo have undergone rigorous training in preparation for the routine maintenance.

This historical trip into space, which has been dubbed Expedition 59, serendipitously coincided with the end of Women's History Month. Although it was never the original intention for the expedition to be a female milestone, NASA's Stephanie Schierholz expressed her delight at the fortuitous coincidence, "It really is the luck of the draw," she said.

Although this is the first all-female spacewalk, it's not the first time that a female has spacewalked. Soviet astronaut, Svetlana Savitskaya, was the first female in history to do so during a flight to orbit, which took place in July 1984.

Expedition 59 is only the latest in a long legacy of female milestones in space. A couple of the most notable include Soviet astronaut, Valentina Tereshkova, who was the first female astronaut in 1963, and NASA astronaut, Mae Jemison, who in September 1992 became the first black female in space.



Photo businessinsider.my

SHOULD MOODLE BE INTEGRATED ON WHATSAPP?

By Nyameko de Bruin

"PCs are going to be like trucks, they are still going to be around, they are still going to have a lot of value, but they are going to be used by relatively fewer people".

In 2010 Steve Jobs predicted that most PCs would eventually be replaced by tablets, much like trucks were replaced by cars. The rise of WhatsApp has seen more and more people turning to the application instead of their computers for seamless instant communication.

Currently the University is using Moodle to provide educators with the technology to deliver online learning in a more personalised space that fosters the culture of communication, inquiry and collaboration in a bid to help the students achieve their learning goals. This would in turn give the lecturers more insight into their students' needs.

The argument for the integration of WhatsApp on Moodle is that Africa is a unique continent that requires global thinking, but local action. This means that what has worked in Europe may not necessarily work here. Throughout the evolution of technology, Africa has been and still is leapfrogging, which means we are learning from the mistakes of others and are taking the lead by creating better alternatives. To illustrate this phenomenon, the majority of the countries on our continent have skipped the usage of desktop computers and jumped straight to mobile phones.

Students are already voluntarily creating groups on WhatsApp to keep in touch with their classmates and to have support systems where they can turn to each other for questions, remind each other about homework and negotiate assignment topics.

We are moving away from laptops and desktops and moving towards smart, connected devices like tablets and smart phones which poses the question of whether mobile applications are the way forward in student-learning engagement.

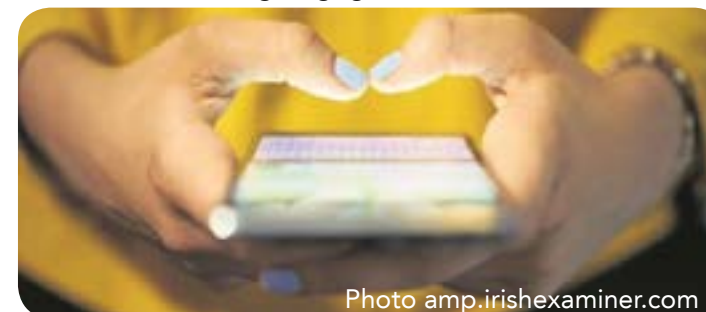


Photo amp.irishexaminer.com

EGGLESS AND SPERMLESS BABIES: BIMATERNAL OR BIPATERNAL REPRODUCTION

By Sendibitiyosi Gandidzanwa

Since we have genetically modified foods, have you ever wondered about genetically modified humans or artificially born beings? Most likely you have seen these premises in movies. Genetics and technology are quickly revolutionising the world, the latest being the venture into eggless and spermless babies.

Dolly the sheep was a cloned mammal followed by the cloning of animals such as pigs, cats, deer, horses, dogs, mice, wild goats and gray wolves. These cloned mammals provided hope for successful human cloning. Gene editing is being done - scientists can remove or insert specific genes encoding for desirable phenotypes (observable characteristics or traits). For instance, if one wants a baby with blue eyes or long hair, scientists can edit the genes that codes for blue eyes or long hair to ensure these traits. Recently, a scientist taking part in an AIDS vaccine development project claimed to have successfully disabled the gene CCR5, which is involved in allowing HIV to get into cells and infect the host. The result is the birth of twins, Lulu and Nana, who are immune to HIV. Cool, right?

Despite cloning and gene editing getting lots of airtime in scientific and ethical reproduction debates, science has proven that human beings do not need the opposite gender to have babies. Forty years after the birth of Louise Brown, a "test-tube" baby, scientists from Rambam Health Care Campus reported the success of synthesising artificial sperms. Stem cells and gene editing also produced healthy baby mice with two mothers, and mice with two fathers were also produced during the study by scientists at the Chinese Academy of Science. The development of artificial wombs and embryos made from skin cells has also been announced. The success of these approaches in clinical trials means women and men will not need each other to have babies anymore.

It is clear that remarkable developments in science are headed in the direction of having a single, bimaternal or bipaternal baby.

BATTING HIS WAY TO THE BIG LEAGUES

By Ioanna Haritos

Nelson Mandela University cricket representative and Eastern Province batsman, Joshua van Heerden, made headlines earlier this month when he recorded his maiden first-class century in a match against South Western Districts, earning himself the Thursday's Play of the Day award.

The third year Bcom Business Management student developed a healthy love for sport as a child, which reflected in his early schooling years. Van Heerden played cricket, rugby, tennis, "pretty much anything that was offered", he stated.

Singling out cricket as his game of choice, he played first team in high school. When starting university, playing for Eastern Province was the biggest goal he had set for himself and making the transition to first-class cricket was relatively smooth. He entered first year university and began playing for the second team, quickly progressing to first team halfway through the year. He bridged the last gap by batting for EP u23, then finally being selected for the EP team.

His achievement of earning his maiden first-class century has been the highlight of his sporting career so far, humbly replying there's "still a long way to go before anyone is looking at me" when asked about the pressure to keep impressing onlookers after the 100-run feat.

Van Heerden praised his team's ability to distract each other from the nerves, by talking and doing things unrelated to the sport. "Cricket is a team sport (...) you aren't alone, there's always someone there to pick up the pieces or help out", was Van Heerden's response when asked about his favourite aspects of the game. "And there are fans, people to entertain".

Currently the 20-year-old is into rap, pizza, enjoys a good beer with the guys and is, notably, still single.

And lastly, looking towards the future, Van Heerden plans to take his game to a professional level, hoping to be able to make a sustainable living. Hoping to be recognised on a national level, Van Heerden is working hard on his skills as a batsman. The University is proud to have the cricketer as part of the Nelson Mandela University 'family'.



Photo Priya Pillay

DO YOU EVEN GYM? – PART TWO: THE BSSU



Photo hms.mandela.ac.za.

By Gina Cossavella

The modern-looking building 125 on South Campus is Nelson Mandela University's High Performance Centre (HPC) which houses the state-of-the-art Biokinetics and Sport Science Unit (BSSU). Often an under-utilized resource, this elite training centre offers more than just another place to gym.

Also called the Human Movement Science (HMS) building since the HMS Department is based here, the double-storey HPC also houses the Dietetics Department, the Eastern Cape Academy of Sport, a 90m research ideal indoor tartan running track, various research laboratories and the BSSU gym (which is open to students) with change rooms.

This gym is flooded with natural light showcasing the array of top machines for strength and cardiovascular training. There is also the option for personal training and initial evaluations, which are charged at an additional cost to the reasonable monthly fees.

The BSSU is the work unit of the HMS Department, so biokineticists and sport scientists are available here. A biokineticist is an individual who specialises in training people with health risks and specific conditions as well as providing the last stage of injury rehabilitation. A sport scientist aims to prevent injury in athletes while enhancing their performance in their particular sport.

The BSSU is the perfect place to train for athletes who want to take their performance to the next level. There are a variety of specialised laboratory-based tests that can be used to find the limits of an athlete and identify their weaknesses in their particular sports discipline so a sports scientist can adjust their training to increase their performance. For someone recovering from injury or with specific health concerns, working with a biokineticist to ensure they have the correct training is a good idea. It can also add motivation for the average person embarking on a new fitness journey.