

MADIBAZNews

News for the students, by the students

ARCHITECTURE STUDENTS OUTREACH PROJECT HELPS A LOCAL CRECHE



Photo: Mike Holmes

By Lerato Nyathi

In response to an ongoing 15-year struggle in Walmer township, Nelson Mandela University Architecture lecturer John Andrews introduced an idea that would help improve the standard of living for an informal creche in the area.

Andrews tasked his second-year architecture students to create an environmentally and budget friendly design; replacing one that was burdened with sagging roofs and poor flooring. Andrews emphasized the importance of building a safe space for the children and encouraged a more environmentally conscious approach to the design, transitioning into a new era of sustainable architecture.

Andrews and his team of students used their one-year time limit to construct an adequate structure, within the safety and budget regulations. A major requirement was that the creche be portable should the area come into development. To meet the budget requirements poly-carbon sheeting for windows was used instead of glass, as well as off-the-shelf timber.

"It was the first time a project of this scale was done by a South African university," said Andrews. "Definitely a big first for Nelson Mandela University." The process and implementation of the project managed to not only equip students with practical experience but also made a significant difference in the community. In a paper he wrote on the project, Andrews quoted Adam Hopfner from Yale architecture who said that design/build is "not just learning how to swing a hammer, or how something sits on something else, but there is a real interest in being citizens of a larger community.... We're not just trying to help a community, but we are trying to deconstruct students' privilege. We're trying to get them to be better citizens, better community advocates and to understand the complexity of urban areas."

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LETTER FROM THE EDITOR

World Health Organization (WHO) has officially declared the covid-19 a pandemic. The novel corona virus pandemic has claimed many lives globally and continues to prey on humanity as we know it. With no cure or vaccine found yet, it has become a pestering obstacle in our daily lives and has blurred resumption of normalcy from our hopeful eyes. All we can do is to stay informed and dissect information thrown at us, because times like this, misinformation spreads like a wildfire due to panic and excessive information.

As the MadibazNews team, we would to like caution against consuming information from unsubstantiated and untrusted sources. More importantly, to take care of yourself and comply with the interim lockdown stringent measures put in place to slow down the spread. In amid of the battle with the virus, this edition seeks to inform and entertain you because we value you.

Ashley Malepe

TRUE MEANING OF EASTER

By Siyabulela Ncetani

On the current year's calendar, Passover and Good Friday are on Friday the 10th of April. Friday marks the beginning of Passover in the Jewish faith, and Good Friday for Christians worldwide.

Many people around the world think these holidays are all about Easter eggs and bunnies. However, this idea is completely opposite to the actual purpose of this holiday. The Easter Bunny phenomenon is a westernized take on Passover and Good Friday. It is believed to be a profit and business marketing conspiracy, even though, it is still enjoyed by many. The real roots of Passover and Good Friday can be found in the Christian Bible and the Jewish Torah.

For Christians, Good Friday (the Friday before Easter Sunday), is seen as a day of celebration and mediation on the passion and the cross of Jesus the Christ. As well as a solemn prayer for the church and the world for which he died. However, for the Jewish faith, Passover is an eight-day festival that commemorates the exodus of the Jews from slavery in Egypt. The Jewish use the word "Pesach" which refers to the ancient Passover sacrifice (known as the Paschal Lamb). It is also said that God "passed over" the houses of the Jews during the 10th plague on the Egyptians; the slaying of the first born.

Both these holidays are similar, but scholars argue that they hold a unique meaning depending on who is celebrating.

We at MadibazNews wish everyone had a restful weekend whether celebrating Easter, Passover or just enjoying the weekend.

SHOULD WE GO 50\50

Photo: pexels.com

By Luyanda Mkhize

When it comes to dynamics that have been normalised over time within romantic relationships, it has become an unspoken rule that the male in a heterosexual relationship handles most of the finances. In a circumstance where both parties in the relationship are students, considering the financial constraints, how does it change the status quo?

Times are changing and people are moving away from the typical gender roles within relationships. This was expressed by several students. It is evident that the students that are in relationships with other students are aware of the financial pressure that could come in a relationship, and the fact that all parties involved are probably dependent on someone and have limited financial capacity. Spending money on your significant other is not a necessity. It is usually based on our desires and certain luxuries such as going on dates or buying gifts. A common theme that has been expressed by a lot of students is that there is no

expectation for the man in the relationship to pay for everything. Rather, that whoever has the means and initiates the date or gifting should pay. The concept of masculinity however does play a role where some males refuse to accept spoils from their girlfriend because they are the "men" in the relationship regardless of being students and having no stable income.

Discussing finances in a relationship is not an easy conversation, but is a necessary conversation that needs to be had at some point. With a lot of women moving away from the notion of only a man carrying the financial burden in a relationship, there is no expectation for date nights and other activities to only be paid for by the man. Which is beneficial, especially, considering circumstances where both students involved don't work and can therefore assist each other to alleviate unnecessary financial pressure. So the question now is, can you go fifty-fifty?

THE BENEFITS OF EXTRA-CURRICULAR ACTIVITIES

By Ncebakazi Mbewu

For most people, taking part in extra-curricular activities seems like a total waste of time. It is evident however, that is not the case. Nelson Mandela student Leticia Dlamini, says that sometimes as students we need time away from the classroom, we need time to have fun, be creative and do something else other than studying.

There are many activities that students can take part in around the university such as, social clubs, sports teams, student government and volunteering (among others). There are so many benefits that are involved with taking part in extra-curricular activities and these include the following:

- It helps to build your self-esteem. Taking part in extra-curricular activities allows you to socialize with peers and form connections with people; which allows you to not only change your perspective on the world and about others, but how you see yourself.
- The most obvious benefit is that it provides a platform for opportunities. You get recognition (for the activities you partake in), and this comes in handy when you are applying for a scholarship or, even, a job.
- It gives you a sense of what humanity and kindness really is, because you get to serve others and sometimes put their needs above your own. This can be a great experience because you get to see the world through the eyes of others and empathize with them. This in turn, moulds one to be a person of virtue.
- It builds on skills that you might have and equips you to explore your interests. Allowing you a chance to build and develop those skills and interests.

Extra-curricular activities open a window for creativity and can benefit you in more ways than one, because it is in that space of creativity where we truly unleash our full potential. Extra-curricular activities serve as a cement that is used to build your path to a successful future.

Photo: pexels.com

SOLO DATES? WHY NOT?

By Unathi Vimba

In a recent conversation, I spoke to someone who couldn't understand the concept of solo dates. I completely understand why, because society has made dates seem like something that can't be done without a significant other.

Being centred with ourselves, and occupying a space that is entirely our own is something we can't always do as often as we should, due to our commitments, responsibilities, and expectations from others.

As students, most of us can't afford to have a space entirely to ourselves. Activities such as going to the beach and sitting at a park helps with giving us the personal space that we need - it doesn't have to be a restaurant. I see solo dates as a time of silence from the world. This gives you the opportunity to be on your own, be your own person and be able to breathe, recharge, and do some introspection.

In January, I listened to a podcast where the author Alex Elle said "What if instead of committing to a new year, new me, you just decide to continue growing, into a better version of your current self. There is a lot of pressure to reinvent ourselves during this season when really, we should be learning how to nurture who we are today, toward healthy emotional growth in a way that works for us." This opened my eyes to a lot of new perspectives. I hope we all try to take care of ourselves better, in ways that work for us.



Photo: pexels.com

FUN ACTIVITIES TO GET YOU IN EXERCISE MODE

By Unathi Vimba

Feeling too lazy to exercise? Me too. Making your health a priority is a form of self-love, and making the decision to work out is one of the best decisions you can make for yourself, one that will benefit you in the long run. Exercising boosts your confidence, and leaves you feeling revitalized, and really good about yourself. The gym is no child's play, but it doesn't have to be torture. It's okay to laugh through it with these fun activities to get you in the mood to work-out:

- Swimming at the beach three times a week: This is a fun activity, especially if you don't have access to a pool.
- Taking long walks with a friend: This is an enjoyable way to get some fresh air and catch-up with your friends.
- Setting goals, such as walking to Pick 'n' Pay for groceries instead of taking a cab.

As much as we are quick to want to see results, it's important to give our bodies time. Starting slow, and increasing the intensity of your exercises before hitting the gym can be an effective way to turn your exercising into a habit, rather than starting fast and quitting over time because it's not enjoyable. Exercising is a big commitment and hard work for someone who's a beginner. Find ways that work for your body and your pace.



Photo: pexels.com

YOUR 2020 CINEMA GUIDE

By Leigh Jason

Between all the current technology of streaming services, the internet and piracy, it is very easy to download movies and watch them in the comfort of your own home. However, there are still those who continue to go to the cinema to watch movies as well. In 2020, we live in the age of spoilers, and because nobody likes spoilers, opening nights of well-anticipated movies are always packed. With the spread of Covid-19 on the rise, most movie release dates have been postponed, while the filming of movies currently in production has been brought to a halt. Here are some of the most anticipated movies of 2020, in no particular order.

1. Black Widow.

-After the grueling results of Avengers: Endgame, which left two Avengers dead, one of the two are finally getting their own movie. The unanswered questions left behind from the previous films, and the fact that it is a Marvel Cinematic Studios production alone, is enough to win viewers over.

2. No Time to Die.

-The newest James Bond installment raised a large amount of hype with fans following the release of the trailer, which revealed a star-studded cast of various well-known Hollywood stars such as Rami Malek, Lashana Lynch and Naomie Harris.

3. Mulan.

-In this live-action Disney installment, a remake of the much-loved cartoon classic, we see Mulan try to save her sick father from serving in the imperial army by disguising herself as a man to battle the Northern invaders in China.

4. Wonder Woman 1984.

-Years after the first live action DCEU movie was released, we see exactly what Diana Prince has been up to since the events of the previous film, and Batman vs Superman. She fights a new villainess named Cheetah who possesses new suits, and superhuman strength and agility making the movie a highly anticipated sequel.

5. Godzilla vs. Kong

-The two well-known monsters finally meet and square off in an epic battle as humanity plans to wipe out both creatures in a bid to save their race and planet once and for all.

6. The Eternals.

-Although this is a movie from the Marvel Cinematic Universe that people have little knowledge about due to the absence of a trailer, the famous cast starring Angelina Jolie, Kit Harrington, Richard Madden, Gemma Chan and Salma Hayek was enough to grow interest.

7. The New Mutants.

-Set after the events that took place in Logan, we see a new race of mutants formed through a horror movie, as they try to control their powers while battling sinister threats in a secret facility.

8. Coming 2 America.

-Years after the original was released, Craig Brewer decided that the Eddie Murphy comedy deserved a sequel and excitement grew despite there being no trailer or any official clues.

Photo: IMDB

THE WITCHER

By Leigh Jason

In 1997, Netflix was known as a website-based movie rental service that allowed people to watch DVD's online. In 2020, Netflix is now known considered a lifestyle, the king of streaming services and the healing balm for every university student's stress. Between the cinema and cable television, there were only two options; you could either watch a movie in cinemas and hope to catch it months later on DVD or DSTV, or you could just skip the cinema altogether and wait for it to eventually be released on DVD or DSTV. Netflix became the in-between, providing content creators with a platform to share their art worldwide.

Many creators have found success with their work on the platform. Shows such as Big Mouth, Pose, Lucifer, Sex Education and Atypical have all been the talk of social media in their prime. The most recent show that has made a huge impact worldwide is The Witcher.

The Witcher , created by Andrzej Sapkowski, is based on the story of a mutant named Geralt of Rivia, who slays monsters. The depiction of the gruff, powerful witcher became so popular that it was transformed into a game, which became wildly popular. With the announcement of the Netflix show, fans had hoped that the series would stick to its origin, and also hopefully fill in where Game of Thrones left off.

In December 2019, all eight episodes of season 1 hit the streaming service, becoming an instant hit with gamers, former Game of Thrones fans and fantasy lovers. It served just the right amount of origin story for each character, just enough mystery for viewers to be drawn in and just enough of a storyline so that one never gets bored.

The episodes are all set at different times not in chronological order, meaning that viewers have to re-watch the show multiple times in order to get the gist of the story. Although it isn't the easiest series to watch, Netflix had their money on the winner when deciding to adapt the book and game into a show. The Witcher is a must watch for all fantasy lovers, game lovers, and perfect for students who need a distraction from academic stress and news of Covid-19!

A very impressive 9/10!

Photo: Digital Spy

A STUDENT'S GUIDE TO LIVING MORE SUSTAINABLY, DAILY

By Christina Mak'Ochieng

Global warming, plastic pollution, the global climate crisis - these are all issues we hear about often, because with every passing day they become more and more of a pressing issue. When one first thinks about living more sustainably, the word "inconvenient" comes to mind. As students, it may feel like too big, too time-consuming or too expensive of a lifestyle change to take on. However, being a little more earth-conscious in your daily life as a student is a lot easier than one would imagine, here are a few ways how:

- **Invest in a reusable coffee mug**
Next time you're at Seattle Coffee, Mugg & Bean or wherever else you get your caffeine fix from, consider buying a reusable cup. This is a great way to reduce your single-use plastic use. Most restaurants also offer discounts on drinks for those who bring their own cups.
- **Pack your own lunches**
This way you'll avoid generating waste through the plastic containers used to package takeaway food, and plastic utensils that cause immense harm to the environment. You'll also be saving yourself a couple hundred rands over time.
- **Use reusable bags for your grocery shopping**
Ditch the plastic grocery bags and bring your own reusable bag instead. Tote bags aren't just a great accessories, they're a great way to live a greener lifestyle as well.
- **Car pool**
Reduce your carbon emissions by carpooling with some friends if you own a car, or walk to campus whenever possible.
- **Take 3 for the sea whenever you're at the beach**
Make this little general rule your new life motto. Always leave the beach better than you found it by making sure you pick up three pieces of trash before you leave. This is a small act that has a large, lasting positive impact on the environment.

That marks the end of the list! Next time you're out and about, make sure to give these easy steps a try. They just might be the push that you need to give the more sustainable lifestyle a try.

Photo: Unsplash

CORONA: ALL YOU NEED TO KNOW

By Neo Motsiri

The coronavirus is a virus within the family Coronaviridae. This family of viruses causes various respiratory infections such as the common cold, pneumonia, Middle East Respiratory Syndrome (MERS), and Severe Acute Respiratory Syndrome (SARS). Common symptoms of infection include coughing, fever, and shortness of breath. Some of the more serious cases can even lead to death. The particular strain that has now resulted in a global pandemic, is the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). As of 11 February 2020, the disease caused by this virus has been officially named COVID-19 by the World Health Organisation (WHO).

The first reported cases of COVID-19 occurred in Wuhan, China, during the latter part of 2019, and has since spread all over the world. There are now over 760 000 confirmed cases worldwide, with 160 000 recovered patients, and over 35 000 deaths. South Africa currently has 1326 infected patients, while only 31 have recovered. Due to the shortage of testing kits in South Africa and even worldwide, we don't really know how bad the situation is, as we don't know for sure how many people have been infected. In reality, the situation could be much worse.

What makes this disease particularly dangerous, is that it has an incubation period of up to 14 days. During the incubation period, an infected person might not exhibit symptoms, while unknowingly spreading the disease to others. There is currently no cure for COVID-19, and no effective medication has been developed yet. However, a number of potential medicines will soon undergo clinical trials.

Since we know very little about COVID-19, our best chance against the pandemic is social distancing and good hygiene. This is why South Africa has followed the example of many other nations by enacting a nationwide mandatory lockdown. While this in itself won't eradicate the virus, it will at the very least slow down the rate at which it spreads, giving our healthcare system enough time to cope with all the infected patients who become gravely ill. If we are lucky, the virus will be slowed down significantly to buy us enough time for to develop a vaccine before it does too much damage.

Photo: pixabay.com

CHALLENGING PERIOD FOR MADIBAZ STUDENT-ATHLETES



Photo: Brittany Blaauw

By Fullstop Communications

The South African student sporting calendar has fallen into disarray due to the corona virus outbreak and the 21-day lockdown, but Madibaz director of sport Yoliswa Lumka says they are doing all they can to handle the situation positively. Lumka said it was a trying time for everyone, but that they understood the seriousness of the situation and were sensitive to complying with the university and government regulations. The lockdown is due to end on April 30th.

One of the biggest impacts caused by Covid-19, she added, was the postponement of the Olympic Games in Tokyo. The dates have been moved by 12 months and they will now take place from July 23 to August 8 next year. "The new dates for the Olympics and Paralympics could affect the World Student Games in 2021 as they come soon after the Tokyo Games. FISU recently updated the World Student Games dates to August 18-29 next year." "There is a possibility that some events will not be able to take place and that unfortunately will affect student-athletes who are finishing their studies this year. They will not be able to participate if events are moved to next year." Lumka added that various events were under discussion as to the viability of them taking place this year.

"When institutions re-open, priority will be to stabilise and catch-up on the academic programmes," she said. "There are ongoing talks about the CUCSA (Confederation of University and Colleges Sports Associations) games scheduled in Maseru, Lesotho from July 27 to August 3 and a decision is still to be made. "In addition, the national executive committee of USSA (University Sport South Africa) will convene on April 20th to assess the status of these tournaments and to provide a plan on the way forward." The USSA winter national championships traditionally take place in the first week of July.

The Madibaz sports head said she felt for the student-athletes affected by Covid-19. Several students were due to participate at international competitions, such as Charlize van Zyl who plays chess and Lwazi Mapitiza who plays Judo. "With all programmes on hold it is up to the individual athletes wherever they are to keep themselves healthy and fit. Coaches and managers are in constant contact with them to discuss their training and studies."

MADIBAZ AWAIT KEY VARSITY CUP RUGBY DECISION

By Fullstop Communications

The FNB Madibaz rugby team will be awaiting the decision of the Varsity Cup organisers with bated breath after having a successful season halted in mid-stride by Covid-19. The worldwide outbreak of the corona virus and the subsequent hold on all sporting events saw the Nelson Mandela University's Varsity Shield campaign postponed in March with two round-robin matches remaining.

Winning the title would have been important to Madibaz, but from the beginning of the season coach Jarryd Buys emphasised that their main priority was to ensure they ended on top of the combined log for the 2019 and 2020 seasons.

This is because promotion to the top-flight Varsity Cup does not depend on who wins the Shield title, but which team have the most log points over the two seasons. Despite losing to Walter Sisulu University in February, Madibaz were in a strong position when the competition was suspended.

Their last win before the postponement came against Cape Peninsula University of Technology [32-24] and it proved to be a critical result. That outcome placed them on an accumulated overall total of 46 points, six ahead of second-placed CPUT, who have one match left. Even if CPUT had won their last match with a bonus point [5 points], and Madibaz had lost their final two, it would have given the Western Cape side 45 points, still a point behind their Port Elizabeth rivals on the final combined log.

However, Madibaz Sport rugby manager Ntsikelelo Ngcakana said they were not taking anything for granted. "The current situation is something that we have to treat with sensitivity and we fully support the direction taken by Varsity Cup," he said. "They will give us the green light once things settle down."

In respect of the players, Ngcakana felt they could use the break to their advantage. "In one way, it could actually be a blessing in disguise as it will allow the players to catch up with their academic commitments," he said. "Our message to the players is to stay fit, use the time wisely to focus on your studies, enjoy the time with your families and keep safe. However, the strength and conditioning coach has sent out an individualised programme to each player and a monitoring system is in place to make sure they all adhere to the requirements."

Ngcakana also sent a message to Nelson Mandela University prospective students, "All Grade 12 rugby players are encouraged to work hard on their academics and apply at Nelson Mandela University in order to be part of our journey to the greater heights," he said.

"It is important to apply in time and anyone interested can send their contact details to Ntsikelelo. ngcakana@mandela.ac.za."



Photo: ASEM Engage