

2017 SRC ELECTIONS: EVERYTHING STUDENTS NEED TO KNOW



By: Nolutholo Bolothi and Keith Nukeri

Students recently took to the polls to elect the Student Representative Council (SRC) members of their choice; those that will lead and serve the best interests of the students of Nelson Mandela University.

The SRC is elected annually and serves an important role within the university – being the “voice” of the students. Every student’s vote counts, with you being able to vote for the change and leadership you believe you best deserve.

This year the SRC elections took place on 18 October 2017, from 8:00 to 19:00. Students were able to cast their ballots at one of the preferred or closest voting stations to them, which included:

George Campus:

Outeniqua TV Room

Missionvale Campus:

Student Life Centre

North Campus:

Lembombo Student Lounge, North Auditorium Foyer and Sanlam Student Village (Ziggyz)

2nd Avenue Campus:

Oceana Ladies TV Room and Cafeteria

South Campus:

Kraal, Main Building -Cashiers foyer to the lift, Building 123 Foyer and Xanadu/Melodi – Sweet Saal.

Off-Campus:

Kings Residence

With 6706 votes casted, the results were as follows with SASCO claiming hegemony: SASCO (4073), DASO (1925) and EFFSC (679). The Central SRC appointed a total of eight seats for SASCO, the runner up being DASO with a total of four seats and lastly EFFSC with one seat. DASO won the international office vote. Besides Law and Science, SASCO took all the other faculties – including the Oppidani and site representative votes.

Site representatives are as follows:

- Yakobi Skuman (South Campus)
- Glen Mafuwa (North Campus)
- Sivile Mayekiso (2nd Avenue Campus)
- Yamkelani Ncume (Missionvale Campus)

With their interesting manifesto, SASCO focused mostly on helping academically needy, yet deserving, students. With 2016s unfortunate #FeesMustFall movement that held back elections, an interim SRC was appointed early this year to ensure the wellbeing of students.

“The students feel they again have someone who will actively represent them, instead of simply acting as tool of engagement with management. This year’s leadership is very inclusive and represents all students”, stated Noxolo Koko.

However, with a percentage voter turnout of 31.54%, we can only ask that more students take to the polls next year. Make your mark; each vote can make a difference.

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CENTRAL PORTFOLIO RESULTS

ORGANIZATIONS	TOTAL NUMBER OF VOTES	NUMBER OF SEATS
DASO	1925	4
EFFSC	679	1
SASCO	4073	8
TOTAL VOTES CAST	6677	
SPOILT	29	
GRAND TOTAL	6706	
SRC Constitution Threshold is: 25%		Threshold Achieved
The percentage pool of voter turnout is: 31.5428%		

INTERNATIONAL OFFICER RESULTS

ORGANIZATION	TOTAL NUMBER OF WINNING VOTES
DASO	180

SITE REPRESENTATIVES RESULTS X 4

CAMPUS	ORGANIZATION	TOTAL NUMBER OF WINNING VOTES
Missionvale Site Representative	SASCO	635
North Site Representative	SASCO	718
South Site Representative	SACO	1612
2nd Avenue Site Representative	SASCO	939

ACADEMIC FACULTIES RESULTS X 7

FACULTY	ORGANIZATION AND CANDIDATE	TOTAL NUMBER OF WINNING VOTES
EBEIT	SASCO	650
BUSINESS & ECONOMIC SCIENCES	SASCO	1578
ARTS	SASCO	593
HEALTH SCIENCE	SASCO	558
EDUCATION	SASCO	298
LAW	DASO	204
SCIENCE	SCIENCE STUDENT ASSOCIATION	187

OPPIDANI RESULTS X 8

ORGANIZATION	TOTAL NUMBER OF WINNING VOTES
SASCO	2587
SASCO	2304
SASCO	2516
SASCO	2429
SASCO	2351
SASCO	2386
SASCO	2295
SASCO	2266

Letter from the Editor

MADIBAZNews

News for the students, by the students

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Administrator
Sade' Prinsloo
sade'.prinsloo@nmmu.ac.za

Editor
Dana Hyde
NMMYouEditor@nmmu.ac.za

Online Editor
Mooniq Rowan
s215035011@nmmu.ac.za

Marketing Officer
Babalwa Mfundisi
NMMYouMarketing@nmmu.ac.za

Communications Liaison
Jessica Preston
NMMYouLiaison@nmmu.ac.za

News Editor
Lebohang Mzozoyana
s215216636@nmmu.ac.za

Lifestyle & Entertainment Editor
Arantxa Mathapersadh
s214150755@nmmu.ac.za

Sports Editor
Lara-Jayne Kenny
s215306953@nmmu.ac.za

Science and Tech Editor
Landon Coleske
s215109236@nmmu.ac.za

Opinions Editor
Thobela Nicholas Busani
NMMYouOpinions@nmmu.ac.za

Graphic Designer
Pezo Kazadi
pezokazadi@gmail.com

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Dear MadibazNews readers,

It is with a sad heart that I write my final "Letter from the Editor" for 2017. This year has been a wonderful learning experience – of which I am so thankful for the opportunity.

To my 2017 team – consisting of writers, editors, photographers, videographers and graphic designers – your creative talent and dedication has been phenomenal. Your hard work for every edition is hugely valued.

For me, going to print was a definite highlight this year. The response from students was fantastic – and we can only aim to have more editions "hot of the press" in 2018.

Furthermore, the 2017 'journey' of the newspaper resulted in a name change and a new look; NMMYou to MadibazNews. I am thankful for the positive response and support from our readers.

In this month's edition, we delve into the SRC election results, question why #DataMustFall and are also presented with some yummy summer "sides" – each section bringing a multitude of exciting titles to the table.

All in all, to our readers, good luck for the last "push" of the semester. All the best with final examinations. That almost three-month summer holiday awaits...

Happy reading!
Dana Hyde

THE GRAND FINALE: NELSON MANDELA ORCHESTRA CONCERT

By: Dana Hyde

On 29 October 2017, the Nelson Mandela Orchestra took to the Feather Market Centre stage, under the baton of Grant Snyman – a final year MMus Conducting student and woodwind teacher at Collegiate Girls' High School. The anticipated performance, entitled "The Grand Finale", lived up to its name; providing a show-stopping celebration of classical music.

The reception by the public was fantastic, the queue for tickets showing immense support for our Bay talent. The always regal Feather Market Centre providing a lovely atmosphere and backdrop to the prestigious Sunday afternoon event – as musicians tuned their instruments; the prelude to the performance.

The programme kicked off with Overture: Der Freischütz by Weber, one of the cornerstones of romantic opera; and was followed by a phenomenal Tuba Concerto, by Tiago Vital, a final year BMus student. This truly celebrated the majestic and noble, yet too often neglected, solo instrument. Melodically-rich, Vital's performance was crafted to perfection. The Pines of Rome: Finale by Respighi took us to the interval – the fourth movement of this symphonic poem presenting a rich orchestral palette.

The second half of the show was kick-started with La Peri Fanfare by Dukas; this showcasing a phenomenal brass section. The Quartet from Verdi's Rigoletto was then performed, with solo vocal accompaniment by Liske Hemingway, Ann Yates, Sibabalwe Yoko and Njabula Mthimkhulu. Their "voices" powerfully merging to tell a story of drama and intrigue.

The Selfish Giant, composed by acclaimed South African composer Peter Louis van Dijk, ended the programme. It was narrated by Alan Swerdlow; with Baritone Njabula Mthimkhulu representing "The Giant". The Eastern Cape Children's Choir was also part of the musical extravaganza, with a talented solo by Neo Phokatha. The performance was spellbinding and memorable; it being the true "grand finale".

"It was two months of hard work and preparation [...] Very proud of the orchestra, the [Eastern Cape Children's Choir] and everyone who performed. It was a great day", stated Grant Snyman.

Robyn Lovemore, a violinist within the performance, also commented on the evening. "It was a huge privilege to play a selection of such amazing pieces, both historical and contemporary, as well as to play in a concert venue so rich in Port Elizabeth history. It's so fulfilling to be able to share the results of our hard work with the audience, who are definitely a key part of the performance [...] Much praise should be given to our conductor and all those who give of themselves to make the Mandela Orchestra a success", she stated.

Having recently celebrated its second birthday, the Nelson Mandela Orchestra continues to strive for excellence and aims to promote classical orchestral music. I suggest all support their future concerts; helping them build a new and dynamic concert-going generation in Port Elizabeth.

TEN MISTAKES I MADE: A GUIDE TO SUCCESS IN YOUR FIRST JOB



"Preparing for the next step..."

Image Source: www.pexels.com

By: Arantxa Mathapersadh

The transition from university to working career can be tough and daunting. No more twice a week lectures, sleeping in, binge watching series or last-minute assignments.

As students, we are undoubtedly aware of what lies ahead after graduation. However, not everyone is fully equipped to face what lies beyond the classroom atmosphere. Former, as well as current, Journalism, Media and Philosophy (JMP) students shared some of their mistakes and lessons learnt to help prepare future graduates for the next step.

Learning from trial and error, here are a few key tips to finding success in your future career path:

1. Find the right job:

Nadia Njomba, a 2015 NDip Journalism graduate, stressed the importance of finding the right job. Njomba discusses the misconception most students have with regards to finding the right job. "Finding a job in my career field [was one of the biggest challenges I faced after university]. You assume that since you have graduated and are qualified at something, then job hunting process will be a little easier."

To help prevent and/or solve this problem, create a professional LinkedIn account, register on employment and job websites, such as Careers24, and research job opportunities in your field.

2. Create a routine:

After years of odd timetable scheduling or occasional weekly lectures, it's difficult to get your body ready and prepared for a full-time working schedule. Emily van Heerden, a 2017 BA Media, Communications and Culture (MCC) graduate, shared that her biggest challenge after life at university was "the lack of routine".

When starting a profession career, there isn't 'recess' or holiday periods to help you relax and recollect yourself. Start creating a regular routine for yourself that will make the 9 to 5 working hours manageable and not taxing on

your body and mind.

3. Plan:

In addition to being accustomed to the scheduling of university lectures, we, as students, generally plan our lives around a semester timetable. When entering the work environment, this kind of planning falls away and you need to be able to plan according to the business demands.

Leigh Septoo, a 2017 BA MCC graduate, touches on one of the mistakes she made at her first job at Design at Bay: "under estimating the workload". Plan and prepare yourself for long working hours as well as intellectually demanding tasks.

In your job, you won't have the night before to complete a task – you need to be able to plan and manage your time well.

4. Communicate:

Communication is key in any working environment. A lack of communication or miscommunication can impact your work negatively.

Lisa Wentley, a third year NDip Journalism student, stresses the importance of communication in the working environment. Van Heerden adds to this concern by highlighting the need to "ask rather than assume."

As with the academic environment, if you are unsure or have questions regarding a project or task, ask for help or guidance. Your boss will appreciate the initiative taken to understand the conditions clearly as opposed to messing up a project.

"Speak up. If you aren't sure about something, it's your job to ask your employer to explain it to you. Take notes while he/she is explaining, so you may read over it again later", said Wentley.

5. Work is work:

Ever heard the phrase, "water off a duck's back"? This should be your mantra in the working environment. There will be problems and issues that you will encounter during your working

experience, however, it is important to leave work at work.

"Do not take your work problems and stress home. It is only a job, it should not consume your life and make you unhappy to the point that it affects your health", says Njomba.

6. Spending vs. Saving:

Having a job and earning your own pay-checks is exciting and liberating, but try not to get too caught up in the money. Both Septoo and van Heerden touched on the challenges of being independent and responsible for yourself once you get the job.

"I enjoyed working and it was great to feel independent and earn a salary [but] paying bills was a challenge!", shared Septoo.

While at university, it's easy to excessively spend and not worry about the consequences. However, once you become independent, you need to start planning for your future. Look at different banking account options to help your plan financially for your future.

7. Believe in yourself:

Entering a new environment can create a lot of anxiety and tension. Don't lose sight of who you are as well as the skills and capabilities you possess. You got the job for a reason, believe in this and reflect it in the work you present.

Philasande Sixaba, a 2016 NDip Journalism graduate, shared his struggles in his first job by highlighting one of the problems he faced.

"My first working experience was very overwhelming and filled with anxiety. I didn't think I deserved to be there at that time", said Sixaba. He further added that he struggled in his work due to his lack of confidence and encourages others going into the job market to believe in themselves.

8. It's a learning experience:

As cliché as it sounds, you never stop learning. Once you leave the academic environment and enter the job market you will continue to learn and grow.

Each working experience is a learning opportunity to help prepare you for the next stage of your life.

"In every situation you are put into, you are given an opportunity to grow – whether it is in character or professional capacity", shared Njomba. The key idea here is to embrace these opportunities and allow yourself to learn from the experience or mistakes you make and better yourself.

Njomba discusses her challenges with this in her first working experience, "I did not learn anything because I was short-sighted due to my unwillingness to enjoy the moment."

9. Work hard:

In order to grow within your position and get recognition, you need to work hard. This includes, going the extra mile, putting in the hours, taking initiative and asking for more responsibility.

Often companies and businesses will reward staff and employees for their hard work and dedication. In addition, this will help you stand out and be seen as a valuable asset.

All interviewees stressed the importance of working hard in your job.

10. Dream job:

Your first job will not be your dream job. Most students have the idea that their first job must and will be their dream job. However, this is rarely the case. Try to remain positive and hopeful throughout your working experience.

"You will rarely get the job that you envisioned or dream of. To be successful in life, you have to start from the bottom. Irrespective of how terrible your job may be, learn to find something that you can take away from the experience", advises Njomba.

At the end of the day, your working experience is all about what you make of it. Use these lessons and advices to help make the transition into your new job smoother and easier.



Image Source: Nelson Mandela Orchestra Facebook Page

ON OUR RADAR: TV SERIES WORTH WATCHING

By: Simran Juglal

Need a break from studying? We’ve got you covered. Here are our top five picks of television series that have been creating a lot of hype recently:

• **Marvel’s The Defenders** – If you have watched Daredevil, Iron Fist and Jessica Jones, this one is for you. This miniseries follows four superheroes (Luke Cage, Daredevil, Jessica Jones and Iron Fist) in their attempt to defeat The Hand, a group of villainous ninjas.

• **American Horror Story: Cult** – If you are a fan of anything strange and paranormal, this is the series for you. This is the seventh of the franchise and includes all sorts of creepy occurrences; including murders, cult-like rituals and threatening clowns, while commenting on the current political climate in the United States of America (USA).

• **This Is Us** – This comedy/family drama follows the lives of three siblings and the intertwining of their lives. Switching from the present to flashbacks, this series shows the relationship between the parents, the siblings’ childhood and how their childhoods have affected who they are in present time.

• **The Handmaid’s Tale** – This dystopian series, based on the eponymous novel by Margaret Atwood, has won eight Emmy Awards. It is set in the near future where fertility rates have drastically collapsed. Under the new totalitarian regime, the remaining fertile women are sold to the ruling elite in order to produce heirs. Although a fictional series, The Handmaid’s Tale comments on the lack of rights women have in both the series and in real life.

• **Queen Sugar** – Created by Ava DuVernay and produced by Oprah Winfrey, this series explores the race relations and socio-economic inequalities in the south of the USA. The story follows the lives of three siblings after they inherit their recently deceased father’s farm. Charley Bordelon relocates from her opulent life in Los Angeles to manage the farm in Louisiana while her ex-convict brother, Ralph Angel, works on the farm. The third sibling, Nova, is a determined activist and journalist.

Whether you are into drama or horror, one of these series is bound to pique your interest. So why not curl up with a warm drink and enjoy?



Marvel’s The Defenders is now available on Netflix.
https://pmcdeadline2.files.wordpress.com/2017/06/defenders_key-art.jpg

FROM MATCHA TO KOMBUCHA: DECODING HEALTH TRENDS



By: Simran Juglal

If you are active on social media, I am sure you have seen tons of photos of healthy drinks and aesthetically pleasing bowls of fruits. If you want to know more about the recent health crazes, look no further!

• **Matcha Powder:** This is a finely-ground powder of processed green tea leaves. As per Japanese tradition, matcha powder is consumed as a hot tea and it has numerous health benefits. Matcha green tea is higher in anti-oxidants than regular green tea, has a calming effect on the body, increases energy and concentration levels and can aid in detoxifying the body. In fact, a single serving of matcha green tea equates to around ten cups of regular green tea.

• **Acai Smoothie Breakfast Bowls:** This refers to smoothies that are presented in a bowl with various toppings. Indigenous to Brazil, acai berries have many health benefits: it is rich in fibre, anti-oxidants and healthy fats. So how do you make a simple acai smoothie bowl? All you need to do is blend together acai powder, bananas and milk until it has a creamy consistency. Next, pour it into a bowl and top it off with peanut butter, oatmeal, chia seeds or chopped fruits. You can also drizzle it with honey for some extra sweetness.

• **Kombucha Tea:** Kombucha is black tea that has been lightly sweetened and fermented. Because it is high in probiotics, kombucha tea is said to promote a healthy immune system, improve circulation and balance blood sugar levels. However, the health benefits of kombucha are not completely backed up by scientific evidence and there have been some cases of negative side effects. Our verdict? Do your research before trying it.

With these amazing health benefits, it’s a season essential! Check out recipes online that incorporate these simple food trends.

Who says eating healthy has to be boring?
Image Source: <https://draxe.com/acai-bowl/>

SUMMER SIDES

By: Amy De Raedt

Whether you’re playing host or hostess for a dinner party or are simply on ‘padkos’ duty for a road trip, you can improve your foodie skills this holiday with these two delicious recipes.

Healthy, versatile and oh-so easy to make, you’ll be able to snack on these recipes all summer long without ruining your beach body goals or holiday budget.

The Savoury: Hummus

You can use hummus as a dip for chopped up vegetable sticks, like carrots and cucumbers, or even just as a healthier dip for your usual chips. It also works great as a spread on toast or crackers, or in a wrap or salad to make it that extra bit creamier. Not only is this recipe incredibly versatile, but it’s also packed with lots of protein and healthy fats.

1. Simply blend two cans of chickpeas (you don’t have to drain the chickpeas as the liquid will help with blending) together with the juice of 1 lemon.

2. Add 1 TBSP of olive oil and 2-3 TBSP of paprika and mix in.

3. Lastly, add some salt and pepper to taste, and you’ll have a healthy, large bowl of hummus to last you for days, in less than ten minutes!

The Sweet: Apple Sandwiches

If you’re trying out banting, going gluten-free, or simply want a step-up from your usual Sasko sandwiches, then this is for you.

1. Chop an apple into disc-like slices and remove the pips – these slices will serve as your sandwich base

and lid.

2. Spread peanut butter on the apple slices and top them off with whatever your heart desires.

Some yummy toppings include raisins, cinnamon, chocolate chips and crushed nuts. You can also add some sliced strawberries or coconut flakes for a pop of colour, or use store-bought trail mix for a ready-made combination.

So, next time you’re stuck for what to snack on this summer, be sure to try these quick and easy recipes out – your wallet, waistline and taste buds will thank you for it!



If you’re hosting a party, try setting up a Do-It-Yourself apple sandwich station where guests can create their own apple sandwiches from a variety of toppings.
Photographer: Kara Luiers

GETTING EXAM READY: STUDENTS’ REGRETS AND RESOLUTIONS

By: Amy De Raedt

After every exam season, most students tend to forget all the work they learnt, hide their books in a dusty draw, and run full-speed ahead towards the holidays. However, what if we took the time to reflect on where we went wrong and how we can learn from our mistakes?

We asked students to share their biggest lessons from past exams, so that you can learn from their regrets and make sure that this next exam season is a success. Here’s what they had to say:

The Regret: Thinking I could cram all the work in the evening before the exam.

The Resolution: Setting up a study schedule.

For first-year LLB student, Robyn Macomo, the biggest lesson she learnt was that cramming the night before is not effective. In order to space out her study sessions effectively, Macomo decided to draw up a schedule. “With a study schedule, I [am able to] identify when I can study most productively,” she said. More so, planning what she will study allows her to break the content up into smaller, more manageable chunks.

The Regret: Studying until I was too tired to continue.

The Resolution: Planning short breaks in between long study sessions.

According to second-year BCom General Business Management student, Rhys Pegram, his first year of exams taught him the value of taking breaks. “I would carry on working, even when I was tired, [which] would [be] very ineffective and lead to greater frustration,” he said. Pegram realised that if you plan to study for a long period of time, you need to prioritise taking short breaks in between to avoid burning out.

The Regret: Thinking I didn’t have to study because I had attended all my lectures.

The Resolution: Putting in effort to study for every exam.

Third-year B.Ed Foundation Phase student, Kesleigh Rayne Barrass, learnt that attending lectures alone is not enough. “I was convinced, as I had attended all the classes, that I didn’t have to study,” she said. However, after writing her first exam, she soon realised that she hadn’t done as well as she could have. “After that experience, I decided that for every [exam] thereafter I would try my [best] to motivate myself to study,” she said.

So, before exam season begins, be sure to set up a flexible study schedule, remember to take breaks in between sessions, and try your best in each and every exam, so that you can finish the academic year with minimal regrets, and maximum results.



SUMMER BEAUTY ESSENTIALS

By: Arantxa Mathapersadh

Summer is quickly approaching and the need to get our bodies, styles and skin ready, is ever present. Here are five summer beauty essentials you need to get your skin sun kissed and glowing:

- Eyes:**
Water-proof mascara is a basic summer essential. Whether you're heading to the beach or planning on binging on the latest rom-coms, this beauty product is a must-have! Try Essence's Get Big Lashes Volume Boost Waterproof Mascara, available at Clicks and selected Dischem stores. Not only will it keep your look smudge free, but it will volumise and thicken your lashes!
- Skin:**
Get your skin soft, subtle and flawless with the right beauty regime. Make sure to find and use beauty products that not only work with your skin, but that are healthy and beneficial to it. Hey Gorgeous is an organic beauty brand that specialises in products that uses all natural ingredients that promote healthy and glowing skin. Try their Honey & Oatmeal Face Scrub, to help get rid of those dead skin cells, makeup and grime, all while enjoying all the nourishing benefits of real honey, colloidal oats and essential oils. Shop this product and more online: <http://bit.ly/2gPphMr>.
- Nails:**
Nothing says summer more than colourful nails!

From Sorbet to Essie, the options are endless and with these great brands, your nail polish is guaranteed to last a longer period. Want tips on getting flawless nails? Check out Essie's Facebook that offers you expert advice to help you get your summer nails: <http://bit.ly/2ywhSJR>.

- Hair:**
Don't let bad hair days get you down this summer! Keep your hair looking fresh and healthy this summer by treating it with the right products. With Hey Gorgeous' Super Lovely Strawberry Hair Conditioner, your hair won't just look great, it'll smell great too! The strawberry conditioner is great for your hair as it helps get rid of dead skin cells while adding lustre, gloss and shine... and it smells amazing! So take your hair from limp and lifeless to bouncy and full this summer!
- Legs:**
Get rid of leg hair stubble on the way to the beach with Gillette Venus Embrace Snap! This portable razor is what every girl needs this summer! It's compact, so it's easy to pop into your bag, and with five blades it promises to give you smooth and gorgeous skin! Shop this razor in store or online at Clicks.

From lip balms to sunscreens, there are more skin care essentials to keep handy this summer. But with these five trade secrets, you can't go wrong.



Image Source: Clicks



Image Source: Hey Gorgeous



Image Source: Essie South Africa



Image Source: Hey Gorgeous



Image Source: Clicks

MEMORY FULL

By: Mbalenhle Mredlana

Over time our electronic devices accumulate a lot of clutter ranging from screenshots to spam text. We often overlook this clutter until we need to take that perfect picture which is never captured because of that dreadful 'storage full' notification. Here are 4 tips on de-cluttering your electronic devices:

- 1. Move apps to your SD card:**
Under application manager be sure to check which apps can be moved to your SD card and simply transfer them to it. This opens up so much space and enables you to download more apps.
- 2. Delete screen grabs:**
Everyone loves a juicy screen grab or two, however, storing over 300 on your phone is a bit extreme. After receiving a screen grab simply delete it or go through your phone every month to see which screen grabs are still of relevance to you.

- 3. Create a private picture folder of Facebook:**
Uploading picture folders on to Facebook is a great option to free up some much need memory. Uploading will take a good chunk of your afternoon, however, it will be worth it. One of the perks is that Facebook does not currently have a storage limit.
- 4. Store items on external memory:**
Getting external memory is one of the best things you can do to save memory and safe guard your memories. External memory can come in the form of iCloud, Google Drive or even an email address specifically designated for your pictures. There are plenty of online options for cloud storage.
With these easy tips, you'll be able to take your selfie without worrying about storage space!

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MEMEZA!
yellow whistle campaign

BLOW THE WHISTLE AGAINST GENDER-BASED VIOLENCE

MEMEZA! yellow whistle campaign is an anti GENDER-BASED VIOLENCE initiative that seeks to improve the safety of the Nelson Mandela University community through the distribution and use of whistles as a practical emergency signal device.

Whistles will be made available from the following sites:
University Shop | Campus libraries | Campus clinics
Counselling services | Residence Student Assistants (RSAs)

NELSON MANDELA BAY FASHION WEEK

By: Khanya Gundwana

Street style fashion, nip slips, wardrobe malfunctions, international designers, and heels that brought some to a fall on the runway - it must be fashion week. We saw it all at this year's Nelson Mandela Bay Fashion Week (NMBFW) hosted from 12 until 15 October. It was a resoundingly fashionable three days in which fashion heads were treated to a variety of styles, proudly presented by designers from the Bay and East London.

The Build-Up Show was held at the World of Windows, NMB Stadium at the start of October. This gave anticipating fashion lovers a glimpse of what could be expected from the three day affair. This provided the perfect introduction for NMBFW and definitely got fashion lovers 'hyped up'.

Just over a week later, the ramp had been laid, the models were prepped, and the designers were ready to have their garments make their way down the runway at The Tramways Building. Day one of the series featured designers Thabo Makhetha, Algene Koeberg, Lisokazi M, Thembelani Selani as well as Nelson Mandela University students, Kira Jade and Austin Lee. Each designer shared ranges that touched on current and upcoming trends for the upcoming season.

Day two of the show continued with outstanding displays by Rusultaan Fashion, Kolly Seti, Queen M Style, Thando Piliso and Iskapie Clothing. Sultry and earthy tones, deep prints, flowing tresses, interesting textures, and all things elegant – Rusultaan kicked off day two with bang and was followed by Seti's flowing and 'wind' inspired designs. However, flowing and earthy weren't the only themes for the night, as Queen M Style left the audience 'shook' with bold prints and colours that demanded attention. Closing the night, Piliso brought back colour blocking in the most fashionably acceptable way, while Iskapie Clothing presented a collection that showcased a crucial part of South African pop culture fashion.

The final day of the series had a lot to offer with notable international fashion featuring. The line-up included Cleo Allison, Shweshwekini, La Nuestra Creations, Nani Designs, Sine NKQ, Isabel Cosa, SMK Fashion House, Monarchy Couture and the one and only Laduma. From sexy lingerie to summer swimwear; from black beauty to white accents; and from magical prints to simplicity, day three was packed with fashion trends and styles that had the audience captivated from start to end. However, the show stopping range of the night came from internationally acclaimed designer Laduma with Maxhosa by Laduma; designs that brought a resounding end to NMBFW 2017.

It seemed fitting to end the series off with an inspiring figure for aspiring fashion designers. The show not only aimed to showcase the hidden talent of the Bay, but also to provide individuals with opportunities for success. "Threads Stitched by Standard Bank" presented fashion designers with an opportunity to take their craft to the next level.

We look forward to what lies ahead for NMBFW 2018.



Picture 1: Thabo Makhetha collaborating with Shweshwekini and putting a Sotho inspired stamp on the ramp.



Picture 2: Model Lebo Laseka walks in CultureCut design.



Picture 3: Model Linathi Nkonyeni commands the attention of the room in a Lisokazi M design.



Picture 4: By Kira Jade staying on trend by incorporating sheer mesh pieces.



Picture 5: FTEE Creations is presented by Thembani Selani.



Picture 6: Mosa vasa Moki owns runway in an Austin Lee Creations design.



Picture 7: Viic Vencanah puts two up in Iskapie Clothing.



Picture 8: MaXhosa by Laduma closed off the show leaving all wanting more.

Photographer: Kiso Metsi



TIMELESS FASHION FOR MEN

By: Rabia Afzaal Cheema

When it comes to fashion, most articles focus on what works for women. But men can be fashionistas too! Here are five simple tips to follow in order to get your look 'snazzy' this summer:

- 1. Understand clothing fit:**
This is the first rule for actually buying clothing: the fit of your clothing is its most important feature. A good fit should flatter your body. It will draw attention to the parts of you that you want to highlight. Take the time to get to know your body and if needed have a tailor help you get accurate measurements.
- 2. Keep it simple:**
You want a wardrobe that looks great on you, but don't overdo it. Don't wear more than three pieces of jewellery or more than three colours. Avoid items that look like nothing you've ever worn before. And definitely avoid mixing business and formal clothing with casual garments!
- 3. Know your environment:**
Different situations call for different clothes. A good dresser keeps his environment in mind — both the physical and the social aspects of it.

Physically, you want to be comfortable. That means lighter clothes in warm weather, thicker layers in cold, and a good fit all the time.

Socially, you want to look respectable at all times. Make the effort to fit in while looking sharp. If you're always wearing the same basic outfit, rethink your strategy. Odds are you need a little variation.

- 4. Buy clothing that is interchangeable:**
This is very easy to achieve if you stick to simple, solid colours for most of your base pieces. There's nothing wrong with a little pattern and texture here and there, but if you make sure that most of your big items aren't overwhelming on their own, you're free to liven them up with smaller accents when you want to make the look unique.
- 5. Never underestimate the power of details:**
Small details can help elevate your look or help add a personalised touch or take on a trend or fashion fad. Try to add simple details to your look to help you stand out from the crowd and stay fashion forward.

With these simple tips, you'll be looking sharp all season round!

MICROPLASTICS – THE LATEST GLOBAL CONCERN

By: Simphiwe Mgwenya

The ever-growing threat of environmental issues such as carbon dioxide (CO₂) emissions, deforestation, acidification in oceans, and desertification has seen the eminent rise of the 'environmental movement'.

Climate change is a hot topic and to further add to the long list of serious environmental threats is microplastic pollution. Microplastics are microscopic parts that are chemical components of broken down plastic. Plastic is a polyethylene compound which is non-biodegradable in nature; micro-organisms such as bacteria lack the chemical enzymes to break them down to non-harmful substances.

Plastics are highly persistent in the environment and are easily ingested by marine organisms such as fish. In fact, recent studies show the heightened concentration of microplastics in marine organisms, according to ichthyologist specialist and associate professor at Nelson Mandela University, Nadine Strydom. "In my line of work as a marine researcher, I come across many environmental toxins, but the most worrying is plastic pollution because it directly affects us and communities depending on seafood."

Microplastics are found in water and are virtually impossible to completely filter out. Certain food containers such as BPA (BisPhenol A) leak out plastic chemicals into your food under microwave radiation exposure. "The plastics bind with animal tissue and release chemicals, within the animal, which we eventually eat and ingest. Some of the long-term effects of accumulation of microplastics include increased levels of endocrine disruptors (such as oestrogen) and [the creation of] binding sites for other toxic compounds inside your body," Strydom stated.

Some of the proposed solutions involve using wax worms which feed on polyethylene; using the fungus species, *Aspergillus tubingensis*, which feeds on plastic. The most practical solution – reducing plastic pollution. An initiative such as the 'plastic-free' grocery store, Nude Foods, is Bodhi Surf's plastic-free initiative. The store, due to open in November 2017, is built from recycled plastic bottles filled with litter. This is just one way that the green conscious movement is reacting to the dreaded threat.

Large scale plastic pollution is highly detrimental to marine animals who mistaken plastic for food, and therefore choke. Re-usable environmentally friendly shopping bags, made from cotton and hemp material, are offered as alternatives to plastic. The global green conscious movement is gradually gaining momentum; and countries such as Canada, Ireland and Norway are at the forefront of modern research solutions that address overall environmental issues, such as climate change and plastic pollution. South Africa will follow suite in time, but for now, making subtle changes that are environmentally responsible will go a long way towards the greater scheme of preserving the environment.

Photographer: Nadine Strydom

HOW WILL WE FEED OURSELVES IN SPACE?

By: Neo Motsiri

Stephen Hawking recently reiterated the sentiments that he once shared with the world years ago. The 75 year old Cambridge Professor said at the Starmus Science Festival that he believes that we should colonise Mars and other planets within the next 100 years if the human race is to survive.

There are, however, major technological hurdles to be conquered if space colonisation is to be a real possibility; one of which is how we will feed ourselves once we leave Earth. Not only would we have to feed ourselves at our extra-terrestrial destination, but we would also need sustenance during the journey itself. According to some estimates, a trip to Mars, for instance, would take about seven months, and there would be a limit, due to engineering constraints, to how much food we could bring on board. Developing a method of growing food in space will therefore be a requisite.

Two astrobiologists, David Tepfer and Sydney Leach, conducted an experiment in 2016 where they sought to test the inherent resistance of seeds towards ultraviolet (UV), and other, radiation. The seeds were placed

outside the International Space Station, exposed to these radiations. The details of the experiment were published in a paper in which the researchers were cautiously optimistic about the survival of seeds in space.

One of the characteristics that may make seeds eligible for space travel is the fact that they have genetic redundancy, meaning that they carry multiple copies of important genes. This means that if some of these genes were to be damaged due to radiation, copies of the damaged genes could still exist in the seeds. Seeds also contain flavonoids which protect them from UV radiation. However, Tepfer and Leach found that the seeds did not have enough essential protection to ensure their survival in space, and that scientists would have to genetically engineer a synthetic protection that will ensure protein synthesis within the seeds.

This finding is an important step towards developing a viable method of extra-terrestrial farming. Once this obstacle is overcome, we'll be that much closer to colonising space and beyond.



Image Source: www.pexels.com

#DATAMUSTFALL



Image Source: www.pexels.com

By: Wynand van Losenoord

South Africa has gone through several trials and tribulations in its existence. However, if there is one thing that we know how to do, it is how to say our say. From fee increases to horrible rape tragedies, students merge together as an entity to fight these battles. Perhaps the next battle should not be focused on saying our say, but rather the platforms we say it on.

As we can all agree; WhatsApp, YouTube and Facebook have become daily routines for our data-hungry society. The one drawback however; data! Those precious megabytes dictate when and how we communicate with each other and the world. A study on data prices, conducted in 2016, concluded that South Africa placed second amongst countries such as Brazil, Australia and even Russia.

If the direct price difference is not staggering enough, the Independent Communications Authority of South Africa (ICASA) released a statement in October illustrating the differences

between contract and prepaid data bundles. Between the major communication companies, ICASA found that prepaid bundles can be between 200% (Telkom mobile) to 1545% (Vodacom) more expensive than their contract counterparts for a 1GB bundle! This report staged a large uprising under the #DataMustFall handle to try and curb the excessive payments required for data usage.

Many telecommunication companies have embraced change, with Telkom being at the forefront. Releasing a new streaming service, Telkom LIT, on their FreeMe data contacts, users can now stream music (FreeMe 2GB and up) and videos (FreeMe 5GB and up) for free from major suppliers (Netflix, ShowMax, iTunes, etc.). These contracts also include free WhatsApp communication, but exclude subscription costs.

Even though this system is still a contract endeavour, there seems to be some light at the end of the tunnel. We must, however, use our voices as South Africans to ensure this battle rages on!

THE BANTER ON BANTING

By: Carri-Ann Bloom

When Tim Noakes introduced his low-carbohydrate high-fat diet to South Africans in the form of a book, 'The Real Meal Revolution', phrases such as "low carb" and "banting" became part of our everyday slang. Shops began selling "banting-friendly" meals, and people started making pizza bases with cauliflower instead of flour.

This diet unquestionably results in rapid weight-loss; however, is it healthy? In the search for the ultimate diet that achieves weight-loss and still allows the consumption of relatively unhealthy food, Banting has fared well. However, like many other fad-diets, Banting comes with warnings. Ingesting a high level of high-fat food results in an increase in cholesterol, which is associated with heart disease; and diets high in protein have been linked to cancer and kidney dysfunction. A 2014 study conducted at Stellenbosch University, (PLOS ONE journal) indicated that the weight-loss associated with Banting is just as effective as other, more healthier diets.

So, what are the cognitive side effects of Banting? It has been associated with mood swings, headaches and depression. Carbohydrates increase serotonin levels in the brain; and completely cutting out carbohydrates results in irritability and mood swings, especially in women.

So, what makes banting so effective? Glycolysis is a metabolic pathway that uses carbohydrates to generate energy in cells. When there are no carbohydrates available, the body goes into starvation mode and burns free fatty acids from fat stores, as well as muscle. This results in brain fog, fatigue, dizziness and can even lead to depression. The long-term effects of such a diet also include stress on the kidneys and liver.

It is obvious why people love the diet. It seems almost sinful to achieve a slender body by eating cheeses, mayonnaise, butter and salami. However, with studies only beginning to emerge on the long-term effects of this diet, is it worth your health?

Image Source: www.pexels.com

FLOWING THROUGH WILD WATERS

By: Gina Cossavella

14 to 16 September 2017 saw the Nelson Mandela University Rowing Club competing at the Rand Merchant Bank (RMB) Universities Boat Race in Port Alfred. The Men's A Crew, and a composite women's crew, went to battle against the best rowing universities in the country. It was the first time most of the 2017 Madibaz crew had rowed at Boatrace, with many having only started rowing this year. In the ladies composite team were: Inke Cronje (ladies' coach), Alexandra Ennis, Danielle de Jager, Teagan Nel and Kylie Birch (cox). They shared the boat with the University of Stellenbosch

and used this race as an opportunity for experience and development. Christopher McLeod was at the helm as men's choach while also rowing. Alongside him in the Men's Crew were Allisdair Macphail, Dane Walker, Oscar Hobson, Ross Langtree, Jacques de Bruyn, David Forbes, Lois Nel, Carl Muchenje and Kylie Birch as cox. Despite giving their all, the Men's A Crew struggled with the wild Kowie River, after heavy rainstorms preceded the race, and found themselves in seventh place. For a rowing team to work as one unit, there must

be a vast amount of training on the water as well as training together in the gym, but the real solidifying element is spending time together outside of training. With abundance of festivities surrounding the race, one can be sure that the live entertainment, delicious food and diverse mix of students brought the team closer, readying them to put their best "oar" forward as the January 2018 sprint season approaches.



TIME FOR YOGA

By: Lara-Jayne Kenny

With exams sneaking up on us, the wave of stress is just getting bigger and bigger. However, before you get caught in the "tsunami" of anxiety and drown, let us look at something that may combat these feelings. Firstly, stress is physical or mental strain that is caused from overwhelming tasks or unachievable expectations. So, what is the best way to relieve this stress? If you guessed relaxation; then you guessed right. Exercise is a significant factor that can also rid you of stress. Exercise releases endorphins and dopamine, more commonly known as the "feel good" hormones. If we combine these two techniques, you have the perfect formula to prepare yourself for the coming weeks. If you don't know where to begin – maybe consider yoga. Yoga is a combination of the

relaxation element and the exercise element. It is ideal for those individuals that don't like getting hot and sweaty, but it is still sufficient to get those endorphins flowing through your blood stream. Try beginner poses to attempt to relax and relieve some unwanted stress. If you try these poses and you feel that it is not for you, don't give up hope. Find something else you enjoy that doesn't take up too much time. Try finding a quiet place, in your room or outside, and get rid of all distractions such as your cell phone. Close your eyes and breath slowly, feeling your breath enter and exit your lungs. Try this for about 5 to 10 minutes. You will immediately feel relieved. We hope you find your balance of relaxation and hard work. Don't give up. Good luck with exams, MadibazNews readers!



MECER MADIBAZ WOMENS CRICKET CRICKET SHINES GROWS STRONG!

By: Lubabalo Skhosana

Having not attended a USSA cricket event since 2014 due to the cancellation of the 2015-2016 editions, the Madibaz cricket team embarked on a journey of redemption during the 2017 University Sports South Africa (USSA) cricket week, and after being put into pool B with University of the Free State (UFS), University of Western Cape (UWC), Stellenbosch University (Maties) and North-West University (NWU Pukke) – Madibaz did just that. On 2 October 2017, Madibaz cricket took UFS in their tournament opener and the boys got off to a flying start, beating the lads from Free State by 94 runs. After an emphatic victory over UFS in their opening match, the team went on to win all their matches except for one, which was unfortunately abandoned due to rain. They beat UWC by 35 runs, Maties by 5 wickets and had

a no result against NWU Pukke due to rain. The Madibaz boys, under the leadership of newly appointed coach Deon Smith, were dominant and fierce in their approach – but unfortunately their great run off was to be put to an end by the Tuks team, in the final, played on 6 October 2017. The final proved to be an exciting one that the Madibaz boys ended up losing by 5 runs; this chasing a small but tricky total set by the boys from Pretoria. Our boys can really pride themselves in how they went about their business in the USSA week. They were undefeated throughout the tournament to only lose to a respectable Tuks team. Coach Smith has set his sights on the varsity cricket title; a win that will allow the team to represent South Africa in the Red Bull Campus Cricket World Finals in Sri Lanka.

By: Ashleigh Daines

The Mecer Madibaz ladies team started in 2015 as a beginner's team. Then, their focus was placed on the skills that were already present in each of the new teammates, as well as improving them for the following year. Avile Thiso became the head coach in 2016 and was joined in 2017 by assistant coach Olwethu Ngxabazi, as the team started to grow quickly. Braam du Randt mentors both Thiso and Ngxabazi. Sipho Sibande is the cricket manager, who works with Leticia Ritshuri, the representative for the ladies' team. Ritshuri explains how a large part of her focus is on making the team part of the Nelson Mandela Bay league, as one of the leading teams in the bay. They want their ladies to find opportunities within cricket as part of their successful future.

It is important for them to raise awareness for women's cricket outside of the varsity. This has been a constant focus for team captain, Mieke de Ridder. Ridder has played for Eastern Province (EP) women's cricket since 2009, winning various awards and eventually playing for the South Africa Women's 1st team in 2015. If there are any ladies at the University who are interested in joining the team, you are more than welcome to join. The team is always happy to increase their numbers. For further information, go to <http://cricket.mandela.ac.za/>.

VARSITY SPORTS NETBALL



By: Nancy Mwedzi

Things got heated at the Varsity Sports netball scene, where the Madibaz Netball team fought to secure a place in the semi-finals, as they played their second last game against the defending champions North-West University (NWU Pukke) – on 18 September 2017. The pressure was at its peak for the Madibaz girls as not only did they have to play against the biggest threat in the Varsity Sports netball arena, but they had to face the battle on home soil. The match started at 16:30 and the Madibaz girls kicked off the game with a fighting spirit. The first quarter score was very close, but eventually NWU Pukke got a wakeup call and started to dominate the

match. Unfortunately, they won the match with an end score of 21-44. "It was a tough game for us, we really performed as a team even though we could not keep our intensity till the last quarter," commented Nandipha Jack, captain of the Madibaz team. The overall atmosphere at the South Campus Indoor Sports Centre was light and cheerful as the Madibaz netball fans showed their colours by encouraging the players with singing and chanting throughout the afternoon. The girls' last match, before the semi-finals, took place against Maties on 25 September 2017. Unfortunately, this ended the road for the Madibaz team as they lost it with an end score of 54-29;

devastatingly also losing to qualify for the semi-finals. They placed 5th out the 8 teams that competed in the Netball Varsity Sports 2017. Throughout the tournament, the Madibaz Netball team won 3 out of the 7 games played and also walked away with the "Samsung Best Shot" award that was given to Nolusindiso Twana (21). The FNB player of the match was awarded to Jeanie Steyn (22). "This year has been an up and down one for us; we lost players but gained new players as well. We were able to move players into new positions and create new formations. Hopefully these newly formed combinations will come back stronger next year and help us gain our confidence", said Jack.

CHASING HOOPS

By: Claude Machiha

Speed, agility, spatial awareness, and a hardcore grit, are all key elements that are constantly practised by the Spar Madibaz Netball Team. The team, who strive to claim national sporting puissance in the Varsity Cup Arena, achieved a steady 5th place overall ranking out of eight teams for the 2017 Varsity Cup season. Netball enthusiast and current Madibaz Netball team member, Sanelise Mgijima, has expressed that playing netball at this elite club level requires steadfast discipline, especially with her being a 3rd Year BComm Accounting Student. This imposes constant heavy demands that must be met. "Quitting was not an option, because many girls have quit netball at this level, because of the pressure it brings," Mgijima utters in pensive tone. "You have to give your 100% in both netball and academics, and make a lot of sacrifices," she further affirms. Having recently torn her Anterior Cruciate Ligament on the netball court, she still has her eyes set upon her beloved pearly hoops for an epic comeback, further portraying her unshakable indefatigability and her insane-like passion for the sport. Many Coaching Clinics are held by the Madibaz players and coaches during weekends, at primary and secondary schools all over the Eastern Cape, further helping the development of the game locally. The netball club consists of six other teams for players that wish to join, allowing opportunity for other strong-willed individuals to have their chance.