

DEEP

IN SIGHT

MONTGOMERY THE

A BRICK BOX

EMBEDDED IN US

A BEAUTIFUL RUIN

5 BLOATING
REMEDIES
GATTACA

MR. MIKE

A PACESETTER

Positivity Pledge

I pledge to always stay healthy
by eating balanced meals every
day to have more energy to
learn and play and always keep
my body in check.

So, help me, God.

 UnitedCredit

NOTE FROM THE EDITOR

The Yellow Mansion

When I came to Cyprus, my friends and I found ourselves amid opulent homeowners. The neighborhood was so affluent that it felt so foreign being the only students residing there. I've got to admit though, this environment upgraded our mindset as we fed our subconscious with the aesthetic architectural structures.

Opposite the flat we lived at, which also happened to be the only one in that area, was a gigantic yellow mansion. My friends and I would frequently stand by the window and marvel at the sight of such a beauty. I still do that by the way. I mean, taking walks sightseeing different infrastructures. It's inspiring to be honest. This exercise has enabled me to hone my 'architectural skills'. I find myself constantly forming blueprints in my imagination. It's like a mental exercise that will eventually be made manifest physically.

Back to the yellow mansion, I would always wonder about the amount of work, knowledge, and investments that were

exerted into the building of such an enigmatic structure. Would I want to own one? Yes, I would! I am pretty much convinced I am not the only one. I marvel at how the human mind can extend to such abilities to design amazing infrastructure.

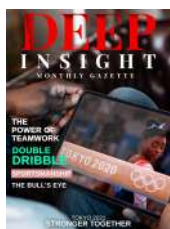
My team and I figured it would be an interesting idea to task our writers to come up with articles that can relate building materials with life experiences. The field of architecture is vital as we are constantly in need of edifices that are tailored to a particular function. The interview that we had with Mike, an architect who happens to be gracing our cover was an eye-opener. I am convinced you will also take something from this edition that will aid your growth and development.

As you peruse this edition, may you continue to rise above all ordinary levels.

With love



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BUILDING FOUNDATION

By Anesu Mubaiwa

A foundation refers to the lowest part of a building, which is designed to distribute the weight of the new building evenly and provide a firm footing. Without a strong foundation, a building cannot stand. It is the foundation that provides support for the building so we really can never overemphasize the significance of laying down a strong foundation.

Whenever I look at different buildings, whether it's a mesmerizing skyscraper or just a beautiful flat house, my mind gravitates to the underlying fact that there was a process that preceded that beautiful structure.

As I gaze at these different structures, I get to appreciate the art of building, the time, energy, and the architecture invested in the process. What strikes my mind the most though, is that a foundation was laid down first. Laying a foundation is the first step you take when building something. You prepare the construction site and pour the foundation. I don't know much about building but I am pretty sure laying the foundation is not a fun process. When I pass by different construction sites, the art of having to dig down first when you want to build an up and standing structure puts me off. I like seeing the structures when they

are now going up, especially when they are reaching the window level. In my head, I will be thinking to myself they are now making some progress when in fact they started making progress when they were laying the foundation. It then becomes interesting when you begin to think of how these building principles can be life transformational when applied to human life.

Firstly, in this microwave generation that we are now, people don't want to lay foundations anymore. Everything has to be fun and instant these days but we must know in life, some



things are not easy and they take time to do but are necessary to our success. In building a career or a business, for instance, it takes time to establish yourself in your field. You do not just find yourself at the top but you work yourself to the top. You may be working very hard and debilitating hours, dealing with cocky superiors, you may even feel unappreciated at times but in this process, you are laying a foundation. You are giving yourself work experience, networking, and developing communication skills. You acquire knowledge and get the relevant skills required to get to the top through a

process that is not always a fun ride.

The taller the building, the stronger the foundation needs to be. There is a direct correlation in life between the foundation you lay and where you want to go. If you want to be great, and your name to be celebrated long after you are gone, then you need to know that going the extra mile and doing more is mandatory for you. When you take a look at some of the greatest names in the world like Nelson Mandela, Martin Luther King, and Mother Teresa, what's most inspiring is their journeys. The steps

they took, the things they had to overcome, the foundations they had to lay down to establish their greatness. In essence, you learn that in life there are things you face that give you a value system that's unique and sets you above the rest. You will face challenges that build character in you and set a strong foundation for you that you will need to balance off the pressures you experience in life.

In conclusion, let's not just be people who celebrate the endpoint but let's cherish the process and appreciate how necessary the process is in building and shaping us for success.



A BEAUTIFUL RUIN

One of the beautiful things about Cyprus is its heritage and history. Every street has got a history dating back to the 16th or even the 10th century. It's one thing to read about the ancient Greeks or Romans, but it's a different story when physically at the place.

My best subject in high school was History, and even now, if I were to be a teacher, I would go for History. Now it's incredible to walk in a historical land. I love discovering the past in the present by explaining ancient history.

One hot afternoon, I went on a walking spree with my friend, and we came across an old building. Well, this is normal in North Cyprus, considering that's the attractive aspect of the island. Out of curiosity, we stepped inside to get a glimpse only to discover that it was an old church, Chrysopolitissa

Church. The historian in me was suddenly aroused.

Chrysopolitissa Church is the oldest church in Kyrenia. It was built as a Latin church around the 14th century. It's located opposite the rear entrance of the Folk Art Museum, which is at the back of the Kyrenia Harbour.

The unique structure of this church is its Gothic doorway on the North Side, and because of that, it is believed that it was French-influenced. There is a crucifixion of Jesus Christ engraved on the wall of the front entrance. Inside, there is an altar and an extended side with its own door.

After 'touring', I decided to do further research on the church on the internet. As I was going through the reviews, I noticed that I wasn't the only one concerned about the maintenance of this place; some are willing to go an extra mile to make sure this place is well kept. As

a result of not being used or at least preserved as a historical site, the roof has fallen, and its walls are dilapidating. With the way I love history, I was hurt to see how this historical treasure is being treated as an ordinary building.

Sadly, with the efforts of some individuals like Hans Doeleman, nothing has been done to revive or maintain this infrastructure. "And yes, I have called the Girne Belediyesi to report. And yes, I was told to drive from Alsancak to Girne and report the vandalizing to the Girne Police. I'll do it tomorrow. It's not easy to help Cypriot Turks to protect their Byzantine and medieval monuments," he stated.

With the rate at which the Chrysopolitissa Church is crumbling, one can only wonder if the building will still be in existence a few years from now.

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ONE ON ONE WITH MR MIKE

**We are all architects of something even our own lives.
You choose the way you want to build your life.**

Born in Nigeria, Michael Onyekachi Ijere is an architect who currently resides in North Cyprus. We sat down with him, and we were privileged to receive insights into his journey as an architect. He plays bass guitar in church and in his free time. With the nature of the field he's in, we were not that surprised when he said his hobbies include doing anything creative. He attributed the vast amount of knowledge he carries to the mentorship of his mother, his pastor, Apostle Dr. Anyi Obi, and his lecturers. Below is a transcription of the interview.

Q: How do you juggle between university life, church, and your social life?

A: You have to know how to manage your time properly and prioritize what is important. I had to cut down my sleeping hours. If you have a busy schedule and you know what's expected of you, you cannot be sleeping like everyone else. You have to be disciplined in that aspect.

Q: Where do you get your inspiration and do you do any researches?

“

The good thing is everyone has a unique mind and designs so we can never say we have had enough architects.




A: My inspiration mainly comes from buildings that I see that appeal to my architectural style. I do a lot of research on what some of the top architects are currently doing to draw inspiration.

Q: Are there any prominent architects that you would want to work with?

A: One of the prominent architects that I am sure a lot of architects would have wanted to work with is Zaha Hadid. Unfortunately, she is late now but her company still exists. So it will be like a dream come true to work there. There is also the British architect, Norman Foster whose designs inspire me. He has a lot of notable buildings in the United Kingdom.

Q: When you see buildings, do you subconsciously find yourself making any structural changes?

A: Yes, I do. You know as architects, especially architectural students, we are trained in a way to look at buildings critically. Naturally, we bring that into the real world, so when I see buildings, I always think of ways in which they can be modified. Architects are like



natural critics of everything around them.

Q: Given the chance, what sort of structure would you want to design?

A: I like very light steel structures with a lot of glass and can let in a lot of natural light. And I think it's important for architectural students to find their design language on time because finding your niche will help you to focus.

Q: Would you rather design your house or give the chance to fellow architects?

A: Funny enough, I would want to design my own house but then I will source ideas and advice from other architects because I would like to get as many ideas as possible. After all, two heads are better than one. It would be nice to have other people's concepts but the general one would be mine.

Q: What is your favorite designing tool?

A: In any department, everyone has their favorite tool, topic, or even formula. When I was a student, the truffles were

my favorite. I would like to encourage other architectural students to focus on learning a lot of software because it's a great advantage when seeking employment. For any design you make, let the quality be good enough to go into your portfolio.

Q: Comparing the architecture that was there in the 15th century, do you feel like the structures nowadays are of low quality compared to that period?

A: I would say the structures we have now are of better quality in the sense that as architects, everything we do affects the natural environment. Architects nowadays are more aware of this so they are designing environmentally friendly structures. The buildings back then were more of a sentimental value but now they are designed according to their function.

Q: How does architecture integrate with real-life experiences?

A: I believe in one way or the other, we are all architects of something even our own lives. You choose the way you want to build your life. The architec-

tural design process starts by planning, likewise, in life, you plan what you want to do. Then analyzing the conditions, we call this environmental analysis. Analyze the conditions around you that could affect what you want to build and decide how you are going to deal with those things. Then finally you start building step by step. You cannot rush the process otherwise your building, your life, will collapse.

Q: Where do you see yourself in 3 to 5 years?

A: I would say I see myself starting my architectural studio. From now to the next 2 or 3 years, I would want to work under another person to learn more and also to add to my portfolio which is what I am doing now.

Q: Is there room for those who would want to enter the field of architecture?

A: There is still space. Human beings will always need shelter so, there will always be a need for architects. The good thing is everyone has a unique mind and designs so we can never say we have had enough architects.



A BRICK BOX

By Tapiwanashe Matorevhu

Step by step, brick by brick, a house is built, and it comes to life. What starts as a plan on paper soon becomes a dream come true into reality. There are different kinds of processes and materials required when building a house or a building in general. One major thing that is required is bricks. They are essential in the building process. For a house to stand firm, it will need solid and

good-quality bricks.

The middle of nowhere (The preparation)

The journey of a brick starts as a mound of soil just there in the middle of nowhere. At this stage, all you see is the soil, and no thought of bricks comes to mind. All that the soil has is untapped potential. This

is the same thing that happens in life; people often face situations that seem hopeless or useless, just like a pile of soil in the middle of nowhere. But just like that pile, there is so much potential out of every situation. Take charge and use that potential to the fullest. There is light at the end of every tunnel, and if you aim to always look for a silver lining during hard times, you will get the strength to make it through.

The wait

The soil is then mixed with water to make the mold for the bricks. They are put into shaping equipment, where they get to be shaped into bricks. After that, they are left to dry in the sun. The drying process may take some time, depending on how the weather is like at the time. Even if it takes a bit longer, it doesn't mean that nothing is happening; the bricks are drying. Waiting is part of the process of your success. There's a time when things seem like they aren't moving, or they may seem like they are going slower than you want them to go. Wait it out and pray it out. It is part of the process and part of the journey of you becoming who you want to be. Embrace the process, be patient. Out of patience, a great character is formed; from endurance, you learn to be strong. Just hold on.

Through the fire

After the bricks dry in the sun, they are built into a structure where they are burnt with fire. This structure is made so as to

burn the bricks on fire for them to become rigid and strong. After the structure is done, they are burnt, and the bricks get to be firm and ready for use. Each brick should go through this process for it to become good quality to be used for building. Going through fire is not a pleasant process; however, it's unavoidable. It's needed and very necessary. Everyone goes through tough times in life; it's inevitable. At times you don't see the necessity of the situation, but once you get out of it and take time to reflect, you get to be grateful for the strong person you turned out to be. How you view situations in life is important. Perspective matters in life. It determines how you react to and deal with things. It acts as a guide on the outcome. What one may view as a tragedy can be seen as a stepping stone by another. Fire is part of the process; it makes you stronger and prepares you for your purpose. Fire purifies, fire strengthens, brace yourself and go through it.

Brick by brick

When the burning process is done, the bricks are ready for use. The process of building then begins. A single brick cannot build a whole house. Brick by brick, the building of the house comes into completion. In life, it's good to be hopeful and expectant. Just don't be in a rush to finish; take one step at a time. Even the word of God says that at the right time, He makes things happen. Everything has its own time; savor each moment. Lay each brick and build your wall; in due time, your house will be finished.

The process that the brick goes through is not so pleasant. Its journey sounds very undesirable, so do some parts of our lives. Look at the end of the brick's journey; it gets to be part of a large and beautiful thing. It gets to play its part, fulfill its purpose and be part of a greater cause. Be patient, have a good perspective on life, take each step as it comes. Do the most with where you are and what you have.



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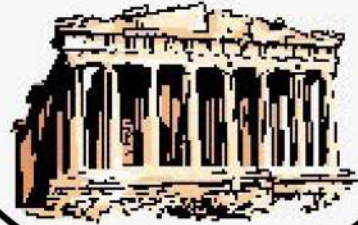
3000 B.C

Egyptians used mud mixed with straw to bind bricks. They used gypsum and lime mortars in the pyramids



300 B.C - 476 AD

Applian Way, Roman baths, the Colosseum and Pantheon used Pozzalana cement. Animal fat, milk and blood were used as admixtures



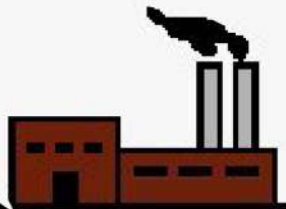
1793

John Smeaton used hydraulic lime to rebuild Eddystone Lighthouse in Cornwall, England.



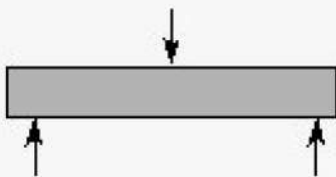
1824

Joseph Aspdin of England invented portland cement by burning ground chalk with finely divided clay in a lime kiln until carbon dioxide is driven off. The product was then ground.



1836

The first systematic test of tensile and compressive strength took place in Germany,



1867

Joseph Monier of France reinforced flower pots with wire ushering in the idea of iron reinforcing bars.



CONCRETE HISTORICAL TIMELINE

ENLIGHTENMENT

By Trevor Mukarati

Silence is a voice in the shadows
Fear is the absence of confidence
Life in the cold feels like the boiling point
The pressure it brings,
it's like digested helium in the ilium
What shall we say then?

Isaac Newton confronted stagnancy
with a certain perspective on movement
Life is an assortment of joy and pain,
you just have to keep the motion
to overlook the notion
Whatever comes first
makes the best of what is to follow
it's an endless cycle of possibilities
Even death cannot prevent life
hence the Oxford dictionary
accommodated the term resurrection
It's inevitable to us

Let me enlighten the pupil on the eyeball
There's no reversing in the future drive
it's swim or drown
fly or fall
Strength doesn't flow with the flaws
The strength of an eagle is in its claws

You just have to look down on anyone
when you have an intention of
picking them up
A focused mind can predict what an eye
cannot see
Fear is just a setback for the positive energy
one can extend
Fear chooses negativity but the enigma
always fight terror
You have to strive to smile
happiness comes with a price
There are no surprises to intellectual concerns,
it takes planning to achieve a goal

Life gives you a half piece
but you give it back the whole energy,
Fear steals your innocence
Don't let the definition threaten you
Open your eyes to defeat it
Close your ears to reach beyond it
Pain makes you strong
I say it's a deadly disease
Take five, part away with it
Live like it's your last day
Time is precious...



BLOATING REMEDIES

Bloating is a condition that affects many people. It is when the belly feels swollen and bigger after eating. This can be a result of excessive amounts of solids, liquids, or gas in the digestive system and can be so painful.

HOW TO DEAL WITH BLOATING

1. Eat little at a time

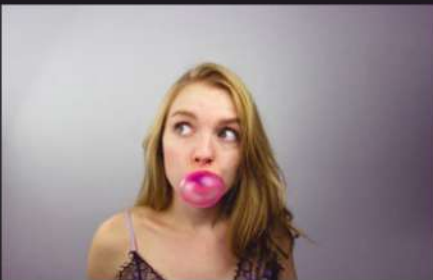
This does not only help in avoiding overeating but also gives you enough time to chew your food properly



Chewing food properly reduces the amount of air swallowed with food

This air accumulates in the digestive system and leads to bloating

2. Take it easy on carbonated beverages



Soda and fizzy drinks increase the air in the stomach

Avoid swallowing air deliberately

through, for example,

- chewing gum
- drinking through a straw
- talking whilst eating
- eating in a hurry



3. Be careful with sugar alcohols

These are found in sugar-free foods and chewing gums.

Avoid taking these in larger quantities!

4. Prevent constipation

Drink lots of water



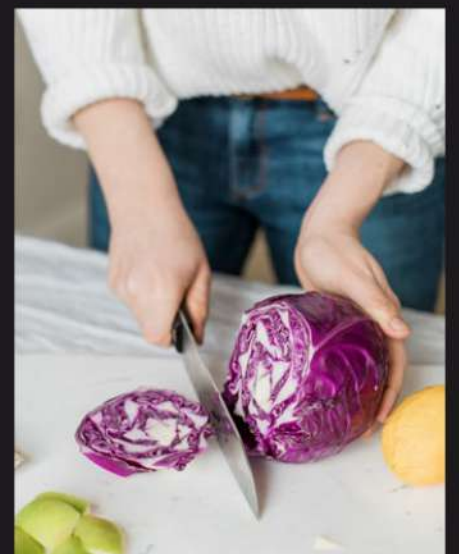
Engage in more physical activities

5. Cut on foods that aid in the production of gas



Examples include :

- high fiber food
- beans
- lentils
- cruciferous vegetables such as cabbage, broccoli
- onions and garlic
- apples



Ginger

- Contains a digestive enzyme, zingibain, which helps in the breaking down of protein
- It also reduces colon inflammation



Bananas



Kiwis



- Have an enzyme, actinidin, which speeds digestion

Yogurt

- The best would be the one with probiotics

Cucumbers



- Contain high amounts of water which helps in keeping you hydrated
- They also have Sulfur and Silicon, which are good diuretics

Avocados



- Are rich in nutrients
- Make you feel full faster and prevent overeating

- Are rich in potassium which helps to flush out sodium and water
- Try eating more than one banana per day to benefit more from these fruits

Tomatoes

- To benefit more, eat them raw



Pineapples

- Have a special enzyme, bromelain, which assists in digestion by breaking proteins in the stomach which aids in bloating

Beetroots

- Are rich in potassium
- You can add beet in salad or roast, or even bake or eat them raw

Spinach

- Is rich in antioxidants
- Is also very good for immune-boosting



Lemons



- Lemon juice is very similar to stomach digestive juices, therefore, relieves bloating



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FURNISHED

By Grace Murenje

Nothing can be as stressful as moving out of a house, talk about packing, selecting what you should carry, or throw away. At that moment, even a t-shirt that you last wore a decade ago will seem like it's so important that you can not bear the thought of parting with it.

Recently my friend and I were looking for a house to move into. Of course, we considered the price range, the location, and the infrastructural design of the house. Sometimes we

would find a house with all these features and even to our preference, but one thing would make us not consider renting the house, that is, how the house was furnished. We were not only going to settle for any furnished house; we would scrutinize the furniture to see if it wasn't old and damaged. We zoomed in on every couch, bed, refrigerator, or any part of the furniture. For some houses, either the wardrobe would be too small to fit in our clothes or the bed would be too small to sleep on. Even if the apartments were brand new, we would not go for them so long the furniture was not to our lik-

ing.

Cyprus, a historical island, has some infrastructures that have been kept alive not because of how well built they were but because of the history and artifacts they carry. Because of that, I have seen tourists coming in and out of the island even during this pandemic season. To some local inhabitants, it seems silly that someone will spend thousands of dollars on seeing these old ruins. There are more beautiful structures in Dubai or anywhere else in the world, but they still choose Cyprus.



“

Take every day as an opportunity to invest into yourself because these days, people are interested in value.

When the biggest shopping mall in Zimbabwe, Joina City, was built, everyone was talking about it. It was huge and being constructed at the heart of the capital city. Even songs were composed about this shopping mall. However, with time people ceased to talk about it, it's now being treated like a regular mall. But you know what people are still talking about right now? The Great Zimbabwe walls which were built back in the 15th century. Why are people still talking about these ancient buildings? Why are people constantly visiting the Pyramids in Egypt, the Taj Mahal in India and even the Great Wall of China?

People are always attracted

by the outwards and physical appearance of the building but that fades with time once they familiarise themselves with it. It's only value that makes people stay forever. The value that the Great Zimbabwe walls, Pyramids and the Taj Mahal carries attracts more tourists each year. When I visited the Kyrenia Castle, of course I marveled at how magnificent the structure is. However, everything changed when I entered inside the chambers. I got to learn about the purpose to which it was built, seeing the dungeons where prisoners were thrown into amongst other historical features. From that day I appreciated the Castle because of how furnished it was.

Same applies when peo-

ple look at our lives. They might be attracted by what's outside but it's what inside that makes them stay with you forever. We must be furnished with love, kindness, patience, forgiveness and excellence. You can know how to dress well and that can attract people to you but your character can chase them away.

Take everyday as an opportunity to invest into yourself because these days people are interested in value. Jeff Bezos might not be the most handsome man in the world, but because of the value that he has created in himself and what he does, majority want to associate with him. Everyone want a fully furnished house, take every moment to furnish yourself.



MORE CATS THAN HUMANS

“When I got to North Cyprus, I was seeing cats everywhere, and I thought my village people had followed me,” one of my friends jokingly said.

The population of cats to humans in Cyprus is astonishing. As of 2019, there were over 1.5 million cats compared to humans, which were 1.2 million. Given the rate at which cats give birth, it wouldn't be surprising that they might be close to doubling their population by now.

When we talk about stray cats, the picture that comes to my mind is that of a 'Bonga', a kind of a stray cat in my native language. These are dangerous and have got black fur with huge eyes. Trust me; you wouldn't want to be close to this kind.

This is a different case when it comes to Cyprus. Even though many of the cats are not domesticated, they still look well-fed and healthy. I remember the other day when a driver hit a cat crossing the road; within five minutes, the ambulance had already arrived.

I am sure you are probably wondering how cats mainly dominate the Cyprus population. The story goes way back to the 11th century. A plague of snakes almost prevented building what is now known as the Holy Monastery of Saint Nicholas of the Cats. Construction began around the 11th century on the monastery under the patronage of Saint Helena. Unfortunately, a terrible drought hit the island during this time,

allowing countless venomous snakes to multiply, driving off the monastery's builders and even island locals.

The only solution to the infestation was to fight snakes with cats, and they had 1,000 of the furry killers shipped to the island from Persia and Egypt. Soon the savior had trained the felines to react to two bells: one signaling feeding time and the other signaling snake hunting time. After battles that reportedly left most cats missing eyes and noses, the snakes were eradicated from the island.

So when you get to visit Cyprus, don't be surprised to see cats everywhere!

UNSPOKEN LOVE

By Ivy S. Chiworeka

When life hits different in the moment, the volume of tears speaks louder. I once had an unspoken love for someone. Call it confusion or madness, but I deeply loved my sister despite never getting a chance to meet her. I wait for the afterlife, where we will reunite.

I honestly had no zeal to write this month, but when I was informed about the theme of relating building materials to life lessons, I decided to write something about cementing relationships. I also told myself that it was time to let it out.

It was not easy for me to open up for this chapter had already been closed, but sharing is not a bad thing. A lesson learned is an achievement. My sister passed on before I could see her and I felt betrayed in a way. If only she were alive, I would have been the happiest. By now, she should be thirty-two, glowing and all, but it's all uncemented love. Sometimes we often forget the reason we live and focus on our loss more. Which love is uncemented,

you might ask? It is that love you show when one is gone rather than when they were still alive, a love proven at the grave point.

I often notice people crying, posting eulogies, and grieving differently when one is gone. Yet, for some, the love was hardly expressed when the soul was still alive. Why can't we do so when we still have the chance to do so? For us to build a house, many things are required. We need a plan, the materials, and most importantly, the builders. Which one are you among these? Are you among the builders that raise the building right from the foundation till it's established? Or are you the planners who only know the planning and allocation of certain building parts but cannot go further? Which one are you exactly?

Do you find it hard to say I love you to your mother while she is alive? Do you?

Are you waiting for her to die first to cement the love?

We would rather respect the dead more than the living; we wait for the house to go down than mend the cracks. A relationship is supposed to be a two-way tune—it's more than just a connection; it's a soul feeler. I never had a chance with my sister, it's like she was stolen from me, but also, it doesn't mean it's the end of the world. I choose to let love heal.

How then can the love be strong when one is dead or expired?

Look after your building while you still have it. Learn to cement your relationships as much as you can. Imagine how you throw away a flower when it dries up, but at some point, you once loved it. If you have the opportunity to love someone, be it your parents, friends, or anyone, be cemented and sure of the love you show to them rather than waiting for them to leave earth first. Don't let that love remain unspoken or uncemented.



POPCORN
TIME
with Kelvin

Watching movies isn't one of the things one can find on my hobbies list. There are a few selected movie franchises that I follow well enough to go to the cinema to watch. I was having a chat with the Editor in Chief when she suddenly said to me, "Can you write a movie review?" I laughed and wondered if she had forgotten how I never spend time watching movies. I thought my laughter would communicate my answer and even though she got my answer she still insisted I write it.

While I was pondering on the assignment, I stumbled on a movie titled *Gattaca* from 1997. It might seem like an old movie but it's sure worth spending time watching. The movie starts with a bible verse, "Consider God's handiwork; who can straighten what he hath made crooked?" Ecclesiastes 7:13, followed by a quote, "I not only think that we will tamper with Mother Nature, I think Mother wants us to," Willard Gaylin.

At the beginning of the movie, we see a man doing his daily routine of faking his identity. The world has successfully initiated a program of genetical-

ly modified children who have no weakness and do not suffer from any sickness. The choice to have a child naturally is there but this brings about discrimination based on science, medical aid, or insurance not covering natural-born babies. There is a class of natural humans and genetically modified ones.

Everyone had to go through tests to get a job and this always meant the natural-born humans were at a disadvantage. For the genetic elite, success was easy to attain but not guaranteed. When a genetically modified being was involved in an accident, their identity became a commodity. The main actor, Vincent, who was naturally born takes up the identity of Jerome who tried to commit suicide but failed and is stuck in a wheelchair. Vincent who had a younger genetically modified brother named after his father Antonio always had the ambition to become an astronaut. He always had swimming competitions with his young brother who was taller than him. He would swim faster all the time except for the very last swim they had right before Vincent set off to go and live his new life away

from the family.

The death of one of the executives where Vincent is working brings the police to the company and Vincent's DNA is found in the office premises. The hunt for Vincent starts and his brother is the one in charge of it. To avoid too many spoiler alerts, I will just skip the details. Vincent managed to fly to space with the help of the man in charge of conducting tests at the company. This man had a natural-born child and seeing Vincent achieve all that he did was something that he desired as his child also had ambitions to be great in a world where genetically modified beings had an upper hand.

As I reflected on the quotes at the beginning of the movie, I realized we may be in a similar situation of tampering with Mother Nature. Can we resist the urge to get assistance from science to have better humans or rather in the simplest forms give birth to a set of twins, which many people desire? Scientists are still tampering with Mother Nature and to what extent will the situation get to? Who can straighten what He hath made crooked?



Gattaca

Release date:
October 24, 1997 (USA)

Director:
Andrew Niccol

Written by:
Yoon Ji-ryun

Producers:
Danny DeVito; Michael Shamberg; Stacey Sher; Gail Lyon

Cast:
Ethan Hawke
Uma Thurman
Gore Vidal

Genre:
Scifi



THE LADDER OF LIFE

By Hazel Maseko

Ladders come in different forms, shapes, colors, and sizes. Some ladders are so small that even kids can use them. Then there are others that professional builders use when they are doing their work. These are bigger. When you see a child approaching that ladder, you prevent him from climbing it because you know that he is too young to use it. He needs to grow up first for him to be able to climb it. This goes to show there are opportunities one should take at a certain age.

Only those who have grown to a certain level can use the bigger ladder. However, nowadays people want to use a ladder that is not suitable for their age. They want to skip stages and expect to have extraordinary results. Someone would rather forge papers and lie on their resume to get a job. They cut every corner possible to get what they want.

When using a ladder, it's step by step. Most times when you skip a step, there are higher chances that you will trip and fall. You will end up going back to where you started. What good would that make you? If only you had followed every step, it would have been a different story. You cannot go from a toddler into an old man in a short space of time, you pass through teenagehood. Likewise, you cannot wake up a millionaire without putting in the work.

What some people are calling 'hustle', is sometimes a shortcut that can come back and bite them. The consequences might leave them in a much worse state. Let's normalize patience, faith, and knowing how to turn the tables rather than rushing our fate by missing certain stages.

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EMBEDDED IN US

By Tanaka M. Chigomba

Upon receiving the proposal for this edition, I did not know what I wanted to write about, so I went to a nearby house where a building project was going on. I wanted to acquaint myself with different building materials. I noticed different types and shapes of wires and I was really fascinated. As I was trying to be conversant with these wires and their specific purposes, one small type of wire stood out—Brick force.

Also known as the reinforcement wire, the brick force is a soft steel wire built into the walls to strengthen them. It is used in every course of the foundation and after every three or four rows above the slab. It is usually forgotten when buying building materials, yet no building can be built without it. One of the artisans told me that most people they work for never buy enough of it or forget about it completely. People often concentrate on bricks, cement, concrete stones, and other essential materials in building a strong wall; the artisans have to remind them every time. Peo-

ple give precedence to skills, capital and connections, and reputations as the key factors in becoming successful. Most people think that they can do without passion. Well, they can, but not for long.

People break down when things go wrong in their lives. Businesses crumble when there is not enough capital or finances and adequate resources to support the business. Money, resources, and connections are not enough to make you successful. Masonry has limited tensile strength, and shakings caused by substrata movements, thermal effects, and moisture can cause cracking. Therefore, the use of brick force wires enhances the strength and durability of brick and cement walls by providing structural and crack control benefits. When there is political-economic chaos, nothing seems to function properly. However, a business founded on passion will not crush regardless of the circumstances. If passion is embedded in your capabilities, it increases the resilience to stand any stress, just as the brick force increases resistance to tensional

stressors.

Brick force ties the walls together even over unsupported openings like windows, doors, or when built on unstable ground. Passion gives us stability even when we are not supported financially or do not have enough to keep us going. It helps us to identify cracks within our walls and block them from continuing. It gives us the tenacity to go on and never to give up. It is like an adhesive that holds us together when a lot is pulling us apart and down. Like a brick force that increases the durability of a wall, passion increases perseverance and determination.

Line upon line, right from the foundation to the top, passion makes us very tenacious such that when one tunnel meets a dead end, we start on another, and we never stop until we see the light. It is why we survive termites and moisture in the ground, and temperature changes at the top. We continue striving to reach the top.

EVERY DETAIL COUNTS

By Terence Zizhou

Whenever we hear someone talking about construction what abruptly comes to mind are the common materials such as cement, bricks, and wood. If a survey is to be conducted, out of a hundred I bet less than 5% will mention the small stuff like air vents or nails/screws or window stoppers, etc.

The life we live nowadays takes the above narrative and makes it our reality. Most of us are fixated on the bigger picture, greater achievements, and related milestones and we forgo the little things in the process. What happened to having a community that shows nothing but love for one another?

A community that lives by the code, "I save your life so I can save mine." That brings to show that an act of kindness spills over to the actor and in the end, everyone and everything comes together to create a solid existence.

Without the smaller details like doorknobs, wall plugs, or even lamp holders, a house would be deemed incomplete. As such we should thrive to treat one another with respect while subjecting ourselves to the next person with humbleness, integrity, and dignity because everyone you encounter is as equally as important as you are.

A community that comes together with love is fortified and can withstand anything that comes at it, regardless of the magnitude. Just like a well-built house, every piece serves its purpose, no matter how small it contributes just as much as the other pieces in the mix.

So go ahead, try an act of kindness towards a stranger. No matter how bad they might respond, pat yourself on the back for trying because what matters most at the end of the day is reaching out to that person who needs it the most. You might not know who it is so just assume it's the next person and keep going.



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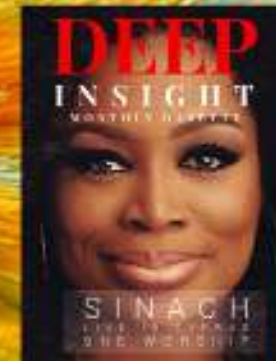
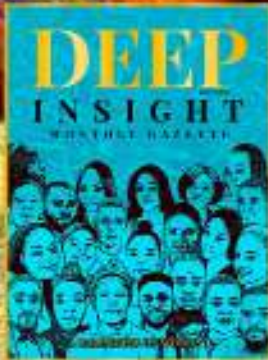
THE LOAD
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CARRY IT



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