



Photo: mapio.net

CRIME VS. STUDENTS

By Bantu Ndiki

Looking for an alternative route and thinking thrice whether to get groceries or not, is one of the struggles of the Nelson Mandela University students residing in all different parts of the Nelson Mandela Bay Metro. Unam Nomkuca, a senior Nelson Mandela University student who resides in the Central Business District (CBD) of Gqeberha, shares his experience of being a victim of crime in the area. Unam says he has now resorted to extreme cautionary measures of leaving his personal phone in his room, as one of his daily routines due to the multiple petty crimes he had been subjected to.

Crime in Nelson Mandela Bay continues to peak, and Nelson Mandela University students usually bear the brunt of it all. Students are now targeted as most petty crime victims are reported to be students who reside in the hottest crime spots in Nelson Mandela Bay such as Summerstrand, Humewood and Govan Mbeki/central. Govan Mbeki Avenue in Central is one of the crime hotspots where students are mugged at gun and knife point, and the irony is that the area has high visibility of law enforcement officers.

Earlier this year, there was a new trend of crime activity which took place in Summerstrand targeting the Nelson Mandela University students. This trend included a series of taxis that pretend to be the normal public taxis doing regular rounds, toing and froing between Sanlam Student Village residence and Town (CBD), These taxis would have normal looking commuters to ward off any suspicion from the student boarding that taxi. The very same normal-looking commuters will then usually draw out knives and take students' possessions, most common being cellular mobiles and cards which they force the victims to transfer money to the perpetrators' bank accounts or via cardless services to eliminate paper trail. At times, some victims would be verbally and physically abused should they not comply. Nelson Mandela University students noticed this trend and then started boycotting all the public taxis in the areas where students are subjected to these crime activities. This boycott hit the taxi industry of Nelson Mandela Bay which prompted taxi association to take decisive measures by sending their marshals to patrol in hottest crime spots.

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LETTER FROM THE EDITOR

Stepping in briefly for our Editor in Chief, my name is Mbali Ngube. I am the Assistant Editor in Chief and the News Section editor, it's a pleasure to be of your acquaintance.

This issue is published during Freedom Month, a month that all South Africans adore and appreciate. It is also significant to us because we are known by the name of Nelson Mandela, the hero who introduced and brought us this freedom.

Without apartheid's struggles, many of us would not have had access to education, the capacity to speak freely and openly about important problems, or the freedom to walk freely in society. But that's not all we celebrate; for Christians, this is Easter month, and I wish them all the best

In this edition you will find articles around the struggles of registration a fight we continue to push through, the rainbow gang has a feature in the Opinions section, our Madibaz Rugby gentleman are pushing through to their last game, and many more.

May you enjoy our 3rd edition, and don't forget to check out our socials, we are available on Facebook, Twitter, Instagram and on our website www.madibaznews.mandela.ac.za.

Mbali Mandy Ngube



Photo: Nonkululeko Masuka

JOINING A SOCIETY IS ABOUT MORE THAN JUST BELONGING

By Rorisang Tswai

Navigating one's way through university can be, and often is, considerably challenging. More so when you have no assistance and are compelled to face everything all alone. Fortunately for Nelson Mandela University (MandelaUni) students, that does not have to be their fate.

The university offers a range of various societies in four different categories, Arts & Culture, Madibaz Sport, Student Affairs as Student Governance & Development as well. Each category consists of multiple groups within which further sub-divisions can be found.

The Arts & Culture category offers various recreational activities including dance, drama, music and poetry while students can choose to join any of the sporting activities offered in the Sport Bureau such as athletics, basketball, tennis, chess, golf and tennis, to name but a few. Both categories can help students to explore their talents while also playing a big part in the success of some of the MandelaUni societies. Choosing to be a part of the Student

Affairs category allows students to help others by facilitating a living and learning experience that is as comfortable as possible while they are studying at MandelaUni. On the other hand, students can become a part of the Student Governance & Development and learn new leadership skills or hone their existing ones.

Apart from the new experiences that you would gain from joining a society, you may also be able to gain a few new sets of useful skills that could enhance your curriculum vitae (CV). These include leadership, communication, time management and events planning skills. You may establish relationships that could enrich your social life and help you find the balance amidst your studies and any other responsibilities you may have while navigating your way through university.

Ultimately the skills acquired may be beneficial in the long run, considering the increasing unemployment rate of South African university graduates, having additional skills could improve a graduate's chances of finding employment.



Photo: Ivan Samkov

MENTAL HEALTH FOR FIRST YEARS

By S'phindile Mhlongo

Converting from high school level to University level experiences differs amongst everyone. The Madibaz 'How to buddy' team welcomed all 2022 first years through online orientation on teams with the aim of helping them to learn more about campus and academic life where most of them were excited and looking forward to University life.

As the academics kicked in, most of the first years were already feeling the pressure whereby majority of them are suffering from anxiety of not being able to manage and navigate through online classes due to coming from rural areas where schools do not have enough resources such as computers and Wi-Fi connection or not being exposed to the 21st century technologies.

Mental health issues related to stress and pressure cannot be recognized at an early stage. The University provides counselling sessions such as the Emthonjeni Student Wellness and booking clinic sessions to make varsity life easier for not just the first years for all students. Students are also advised to take beach walks, go shopping, and visit their friends just to keep their minds clear. They should also note depression symptoms such as change in behaviour, poor hygiene, low self-esteem, always feeling lonely and trapped, and lack of energy in doing your school work.



THE HEART OF THE BAY REVIVED!

By Leigh Nakeetah Jason

After the inception of level five lockdown in 2020 due to the Corona Virus pandemic, people were disheartened – they couldn't go to their favourite places anymore, they couldn't just up and leave at any time – they couldn't enjoy themselves at all. As things started easing up, gradually, it was announced, to the dismay of many Gqeberha residents, that the Boardwalk, situated in Summerstrand, would be closed due to renovations.

The Boardwalk was home to many residents and tourists for many years, featuring many enjoyable restaurants and other facilities like the game centre, casino and Nu Metro cinema. It also became an enjoyable spot for students who were within radius of the fun-filled building. The heart of Gqeberha closed its doors, drained its lake and became home to saw dust and construction tools for a few months, until now!

The Boardwalk Mall, in its entirety, was set to open in September 2022, but has introduced its second phase of opening which includes the beloved cinema, clothing stores and many small and new restaurants, like Wingman, owned and created by Paco Taco in partnership with local celebrity dancer and musician Junior King! Although not the same space, the mall will definitely be home to many locals and a destination for many tourists.

The Boardwalk Mall and stores within are currently accepting resumes from eager workers, so when you go and cast an eye over the wonderful looking mall to be, maybe try and kill two birds with one stone.

REGISTRATION FRUSTRATION CASTS A SHADOW OVER STUDENTS

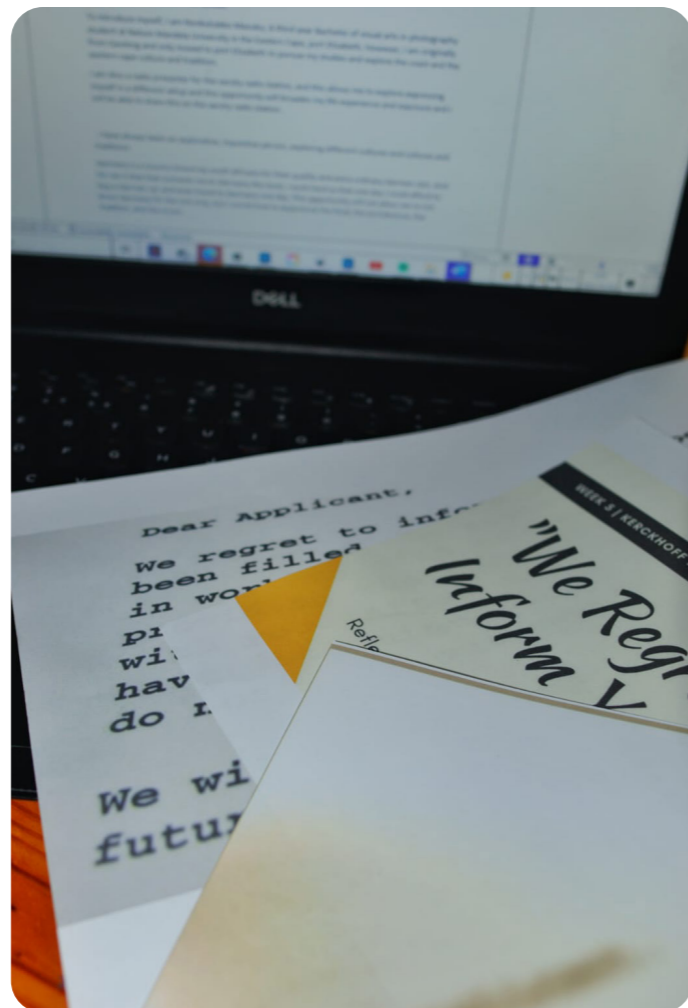
By Rorisang Tswai

The university registration period has once again been a challenging one for many Nelson Mandela University (MandelaUni) students, some of which are hindered from registering by their pending debts from previous years.

Ramaphosa's priorities for the year are to overcome the Corona Virus pandemic and to create jobs. The president stated that unemployment rate hit an all-time high last year. The government has taken tremendous steps to help businesses thrive as well as create employment.

More than 2.3 million young South Africans have registered on the SAYouth.mobi which is a website for the youth to find opportunities and support. Over 600 000 young people have been placed in jobs because of these efforts. Further, the President stated that as from April 2022, the Department of Higher Education and Training will place 10 000 unemployed TVET graduates in workplaces. On the SAYouth.mobi website, more than 2.3 million young South Africans have registered to discover opportunities and assistance. As a result of these initiatives, almost 600,000 young people have been employed. In addition, the president indicated that the Department of Higher Education and Training will place 10,000 jobless TVET graduates in jobs from April 2022.

Ramaphosa further called on the private sector to drop work experience as a hiring requirement to accommodate unemployed graduates. Many of these graduates are forced to take jobs that they did not study for. The pandemic has thrown schooling into disarray. As students return to their regular classes, the government will work tirelessly to ensure that all students and learners receive the high-quality education they deserve.



"Let us forge a new consensus to confront a new reality, a consensus that unites us behind our shared determination to reform our economy and rebuild our institutions." – President Cyril Ramaphosa, 2022.



HOW TO SPEND TERM BREAK

By Lelodwa Ngamlana

For the moment, you can unclench your jaws because a few days from now, you will be on a little-term break.

It has probably been a frustrating term, so far, and it is more likely that at some point you did not take good care of yourself. Nevertheless, there are so many things you can do to ensure that you recharge and fully rest so you can finish the semester strong. As the end of term is approaching, this means that you have to make an effort to be outside, whether engaging in something you enjoy or sitting in a neighbouring park.

The Nelson Mandela Bay Municipality has some captivating places you can visit, and who knows, you might even find yourself a favourite spot. It ranges from affordable dine-ins to Art Galleries. And yes! even museums where you can fact check some things if you took History in high school. There are even hiking spots where you can own the most breathtaking pictures of the sky or the sunset, while there are also some great picnic spots around the well-known Summerstrand beaches and restaurants to break bread with a friend in the company of the best views.

One can go and sharpen their swimming skills as there are also some pools available and build sandcastles! And not forgetting the Bay's prestigious malls that are available where you can even go watch movies or go ice skating.

Remember, taking care of yourself is as important as getting high marks.



Photo: Nhlanhla Sangweni

**TOGETHER WE CONQUER!
DIVIDED WE FALL!**

By Siziwe Ntyinkala

Remember when you were still in primary school and all you desired was to go to university? Great news: you've arrived! And you can accomplish everything you set your mind to. Harsh reality? With all the demands of varsity life, it's more of a nightmare than a dream. Academics? Social life? Finances? In the end, all that matters is your mental wellness.

Because of the responsibilities and an absence of mental awareness in students, particularly first-year students from rural backgrounds. It is easy for them to experience mental health problems such as depression, anxiety, and suicidal thoughts. As a result, Siyabonga Kubheka, a third-year psychology student, saw it as important to promote student mental health as part of off-campus-based mental wellness programs.

"Incoko was inspired by the words of Miss Ayanda Mlatsha and Mr Avela Wana at the PSA central housing committee's mental health awareness event in September 2021 at 3 on mil residence. I've always wanted to have a safe space where black people, particularly the young, can voice out their personal issues. At first, I thought 10 on smart students would undermine the notion, but to my surprise, participation has been consistently growing, with the support of my team, people are finding healing and the knowledge they require. Which motivated me to put in more effort. I want Incoko to flourish and expand outside of 10 on smart. Even when I graduate from Nelson Mandela University, I want Incoko to go on as a culture for future generations. Incoko is not mine, but ours" says Siyabonga Kubheka during our interview.

At 10 on smart, understanding the value of mental wellness and continuing Incoko interactions nurtured the warmth of family love and unity. Family, like branches on a tree, spreads in several parts, but the roots remain as one. As a result, even students who have relocated to other residences return every Sunday to attend Incoko, reflecting the spirit of holding together in laughter and tears.

Mental illnesses are sometimes unavoidable. Help is available. Keep in touch, ask for help, and always spread love and kindness. Remember it starts with you.



Photo: Duncan alfreds

GETTING YOUR DRIVER'S LICENCE ERA

By Liyema Mpompi

As we all grow old, we realise the importance of having a driver's license. Your license identifies you as the legally licensed driver of a vehicle, of course, this is one of the most important reasons to have one. And it is for law enforcement to identify that you have legally obtained your driver's license and proves that you are legally allowed to operate a motor vehicle. Everyone knows that if you happen to be pulled over by a police officer and you cannot produce your license, you will receive a heavy fine. So it is better to think of it this way – without your license in your wallet, you have no right to operate a vehicle on a public road.

Interestingly, the job market now demands a driver's license alongside relevant qualifications and experience to be merely considered for a vacancy. For example, Takealot would require employees to have a driver's license for delivering parcels. Moreover, a person may be applying for a job as a Personal Assistant position, having a license places you at a great competitive advantage compared to other candidates as it depicts you as a flexible person. Because you are a person who can drive when there's an emergency in your workplace. I also think a driver's license makes things easier for you. Especially when you are finally ready to have a car of your own - you do not want to start doing a license when your vehicle is already purchased. With that being said, the best option is to have your driver's license in your varsity years. However, the daunting experience and the amount of money you pay for driving school is mostly what discourages people from getting their license. The process of getting your driver's license needs you to be optimistic and financially prepared.



Photo: freepik.com

GONE AND FORGOTTEN

By Sanelisiwe Sigasa

The recent breaking news (23 February 2022), 34-year-old Rikhado Makhado also known as Riky Rick, passed on, leaving South Africa devastated and in disbelief. The question is why? How did we not see that this was going to happen? The truth is no one ever sees it coming.

Students face similar situations. Suicide is one of the major escapes for most individuals. We still do not know what the victims of suicide think when they make that decision, but we know that all they want is to be at peace with themselves. I am one to respect people’s decisions and opinions, but most importantly, I respect life. I believe that no one deserves to die, especially due to suicide. The biggest bully is society. Society has the power to empower and break. Someone once said to me, “The positive things you hear can never outshine the negative ones”, that’s how a mind of a person works.

We are a broken society filled with economic issues, emotional issues and personal ones. It is sad to see how suicide is so overrated but can not be stopped, but it breaks my heart, even more, to see how people who commit such are forgotten and shamed. Some say suicide is for cowards, people who fail to accept their situations. I beg to differ, suicide cannot be defined, it cannot be explained, and that is the truth.

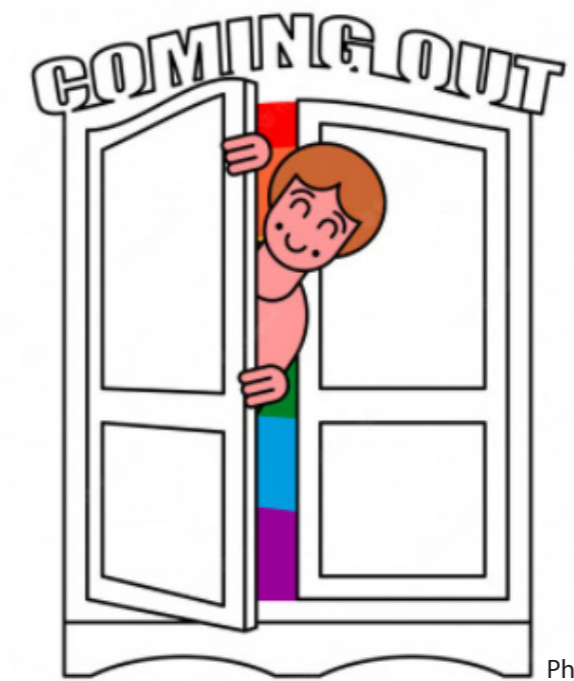


Photo: Freepik

THAT WAS IT AND I JUST CAME OUT...

By Luyolo Mapekula

6 May 2020. That was when it happened. I just couldn’t take it anymore. The pain was too much, the depression was too much, the secret was too much. It felt like the weight of the world was on my shoulders. That was it, and I just came out. I always knew that a part of me wasn’t straight, but I hated this, and I wasn’t about to let it take control over me. I was not about to let it be true.

It all started in 2019. No, not my confusion about my sexuality... I am talking about the depression I experienced. Fighting yourself for years takes a major toll on your mental health. I was trying so hard to fight who I am. I cried myself to sleep at night. I prayed to God to take the gayness away. I prayed for years, but my prayers haven’t been answered yet. I lost my appetite. I lost weight. I went from wearing a size 38 (jeans) to sizes 30 and 32. I had sleepless nights. Sometimes I still do.

Enough is enough. On the night of the 6th of May 2020, I was in my room, all alone. My mind was all over the place. I couldn’t take it anymore – but one thing I knew for sure was that I was tired of carrying this secret. I had to tell someone. So, I told myself that if I die, I die – I came out publicly as bisexual on my WhatsApp status, switched off my phone and slept.

The following day, I woke up to more than a hundred messages on my phone – my friends commending me for my bravery, my heterosexual male friends went on to say that nothing was going to change between us, even my former high school teachers found out.

You might be wondering what about my family? Well, only my big brother knows, but that is a story for another day.



Photo: flamboroughhistory.com

YOU'VE GOT MAIL – SEND A FRIEND A POSTCARD!

By Robert Hill

When last did you receive a handwritten postcard from a friend unexpectedly? In this age of instant digital communications, receiving something such as real postcard can really brighten someone's day. But – you may ask – how does one even send a postcard to someone (and will it get to its destination safely)?

Firstly, you will need to decide who you would like to send a postcard to – it can be a close friend, someone you haven't seen in ages, or a family member. Next, you will need to find a postcard to send. Many bookshops and stationery shops sell postcards with images of local tourist attractions on them.

Now that you have a postcard that you think the recipient will like, it is time to write a message to them. All postcards have their back divided into two halves. The left side is for your message, and the right is for the address. Make sure to write your message on the left. Make it heartfelt! On the right, you will need to include the address of the person you are sending it to. Include their name, house number and street name, suburb, city and postal code to make sure it will get to them.

Now you need to actually post your postcard so that it can be delivered. For this you will need a postage stamp which you can buy in booklets of ten from any post office – they say "Standard Postage" on them and can be used to send a letter or postcard anywhere in South Africa. If you do not have a stamp you can also take your postcard to any post office and they will do the rest for you. There's a post office in the Main Building on South Campus (lower ground floor).

Lastly you will need to find a post box to drop your postcard in. These are the red metal boxes that say "Posting Box" outside post offices and on street corners. Yes, they are still emptied regularly! Simply pop your postcard in any one and wait for it to be delivered, knowing you made someone's day just a bit better! They will surely appreciate you thinking of them.



Photo: Saramaker.com

ALL YOU NEED TO KNOW ABOUT 'BUJO'

By Ashley Malepe

You probably have heard of journaling or have journaled before, but have you heard of bullet journaling commonly known as BuJo? If you have, then you are moving with the times and if you have not, well you may have just found a fount of wisdom which warrants me to quote a famous line by the Scandinavian mythology: "this was[is] the well under the protection of the god Mimir Odin, by drinking thereof, became wisest of all being" – so with that, let us explore this phenomenon.

Bujo or bullet journaling was created by Carroll Ryder who was diagnosed at a very young age with attention deficit hyperactivity disorder (ADHD) which is a chronic mental disorder that includes attention difficulty, hyperactivity and impulsiveness. He then came up with a method to better absorb information, be conscious with his thought processing and have control over his day-to-day activities by creating BuJo. BuJo is a combination of a day planner, diary and written meditation with sections such as notes, monthly calendar, daily to-do's and many more. It is different to your typical conventional organiser as BuJo offers a mindfulness connection to your commitments or tasks. Bujo encourages you to examine how you feel about your goals, commitments, tasks etc. Unlike your ordinary checklist, bullet journaling requires you to reflect daily, monthly and yearly with bullet points and asterisks galore as you go along.

This next level of journaling is customisable if you wish to make it more personal and you do not have to splurge on an arsenal of supplies however, every BuJo must at least contain the following:

- Page Numbers – numbering for easy reference.
- Index – on the bullet journal's first page, there should be an index that serves as a table of contents with page numbers and a symbol key that you update as you go.
- Tracking systems – this can be an asterisk or bullet to track your status.
- Logs/to-dos – Daily, Monthly and future logs of goals, wants, needs, tasks etc.
- Summary/reflection section – this is for weekly, monthly and future logging reflections or summaries.

While official bullet journals are available for purchase, it is advisable that you make your own so that it feels personal and bespoke. Check online for ideas and inspiration. There are myriad ways beyond washi tapes, felt tips or stickers to be productive and declutter your life, and BuJo is one that is like a KonMari for your racing thoughts. So, get BuJo-ing!



Photo: Rob Dawson (Dared Dreamer FM)

REDUCING YOUR ENVIRONMENTAL IMPACT ON CAMPUS



Photo: mandela.ac.za

A RIVALRY FOR THE COMIC BOOKS

By Khanimamba Khoza

The differences between Marvel and DC are not only on the movie side of things, but they also have different approaches to how they offer their media, and it often works better for one of them while the other suffers. DC makes better games and animated movies and TV shows than Marvel because they take time to plan it out, whereas Marvel does not seem as invested. However, when it comes to the live action movie studios, Marvel Cinematic Universe (MCU) is light years ahead of the DC Extended Universe (DCEU).

The MCU is the biggest movie franchise in the world right now and that is because they have had a clear plan since their genesis in 2008 with Iron Man 1 as they attempted to build a universe lead, Robert Downey Jr. They then followed it up with origin movies for each of their big players, and then it culminated in a team up movie in 2012. While their counterparts over at the DC started with Man of Steel after deciding to end the popular Dark Knight trilogy and followed it up with a mess of team up movie that was simply trying cover too much base in Batman. Vs Superman. DC has rebooted Batman three times since 2008, a clear lack of structure.

The MCU's idea to plan everything first meant that their movies would be character driven, the character are the reason the plot and story exists, while the DCEU's lack of planning led to movies that were plot driven, the characters exist to drive the plot forward, they are used merely as plot devices and not actual characters you want to care about as the viewer. You are introduced to the MCU characters and given time to care about them, and that is why it works. We also live in a society where its easier to relate to heroes trying their best to rise to the status of gods for the greater good (MCU) than you are likely to relate to gods driving to pass for heroes (DCEU).

By Robert Hill

Being a student at Nelson Mandela University, we are very lucky to have our main campus situated on a nature reserve, with plenty of flora and fauna right at our doorstep. However, with such a pristine campus comes certain responsible actions that we should take to look after our environment. One of the values that we as students hold is Environmental Stewardship – so how do we practically implement this in order to keep our campus a clean and healthy environment?

The first most important aspect is to make sure that all rubbish is thrown away in the bins provided, instead of leaving it out in the open where it can blow away sometimes ending up in the sea. Where there are recycling bins provided, these should be used and rubbish should be split into the appropriate bin. It is important to set an example and make sure to tell others that are littering that what they are doing is wrong. Together we can have a much cleaner campus.

Another way to reduce your environmental impact on campus is to be wise about the mode of transport used to get to campus. The best ways to get to class are to walk or cycle, as these have no emissions of greenhouse gases. However, of course this is not possible for all students, so the next best way to get to campus is to use public transport, as this has a much lower impact than a car. But even if you have a car and feel that you need to use it to get to campus, you may be able to carpool and pick up friends along the way, meaning that less cars are driving to campus, reducing your individual environmental impact.

You can also reduce your environmental impact by bringing your own lunch to campus. This will mean you do not need to buy lunch in disposable containers, which increases waste. Besides the positive environmental benefits, you will save money and have more of your lunch break to relax as you will not have to wait in a queue – benefits all round!

Together we can make a difference and keep our campus environmentally friendly!



PSYCHOLOGICAL REACTIONS TO TECHNOLOGY

By Amahle Phendu

It has been recorded that technological changes, both in schools and workplaces, have had an enormous impact on people's lives. While technological advances may be beneficial and yield positive benefits to individuals, they, to some extent, also cause a lot of harm. There have been some concerns about the dark side of technology and the negative impact it has on levels of individual well being.

Studies have found that almost half of the population is technophobic. That is, they possess negative comments about or have anxiety towards information technology such as personal computers. Technophobia is caused by general anxiety or the fear about science and technical problems, meaning people are afraid of STEM concepts because they represent the unknown. Some people do not know how to use technology or how it works, and thus become afraid of the technology itself.

Today, technology is an integral part of society, making more and more of a necessity for people to stay connected, hence, one way or another people need to adapt and get tech savvy. While fighting or dealing with technophobia might be hard, succumbing to it is not a choice. Self-help is the first step one needs to take to treat technophobia, that is, you can tell yourself that there is nothing wrong with using technology and start increasing the amount of technology you use every day. In addition, you can seek counselling so as to understand why you fear or avoid technology so much. That is to know where this fear emanates from so that the counsellor can manage to send you to a support group or mental health provider.



BEE MINDFUL OF YOUR ACTIONS

By Akahlulwa Radana

The global honeybee population has seen a devastating decrease due to countless factors, but the most prominent ones are man-made, namely, pesticides and habitat destruction.

Biologists at the University of California analyzed pollen from honeybees and found remnants of contrasting chemicals. The companies that create these pesticides that have harmful chemicals have not done anything to solve this issue, they just continue to produce them. This rapid decline compromises our food security - in fact, eighty percent of the food we consume is pollinated by bees and they are also needed to produce agriculture that can be sustained.

An excellent start to rectifying this problem is to ban seven of the most harmful pesticides, the restoration of ecological farming and the preservation of wild habitats. Ecological farming not only creates stable food, but it kills two birds with one stone in protecting bee lives and preserving their homes. It avoids pesticides and better's pollination through healthier bees. Bhutan has recently introduced an organic farming policy and Mexico has outlawed genetically modified corn in attempts to save our pollinators.

It is best that we all take this issue into careful consideration because should the bee population become extinct, it will be the end of humanity as we know it. Play your part and save the bees (and us) from extinction.



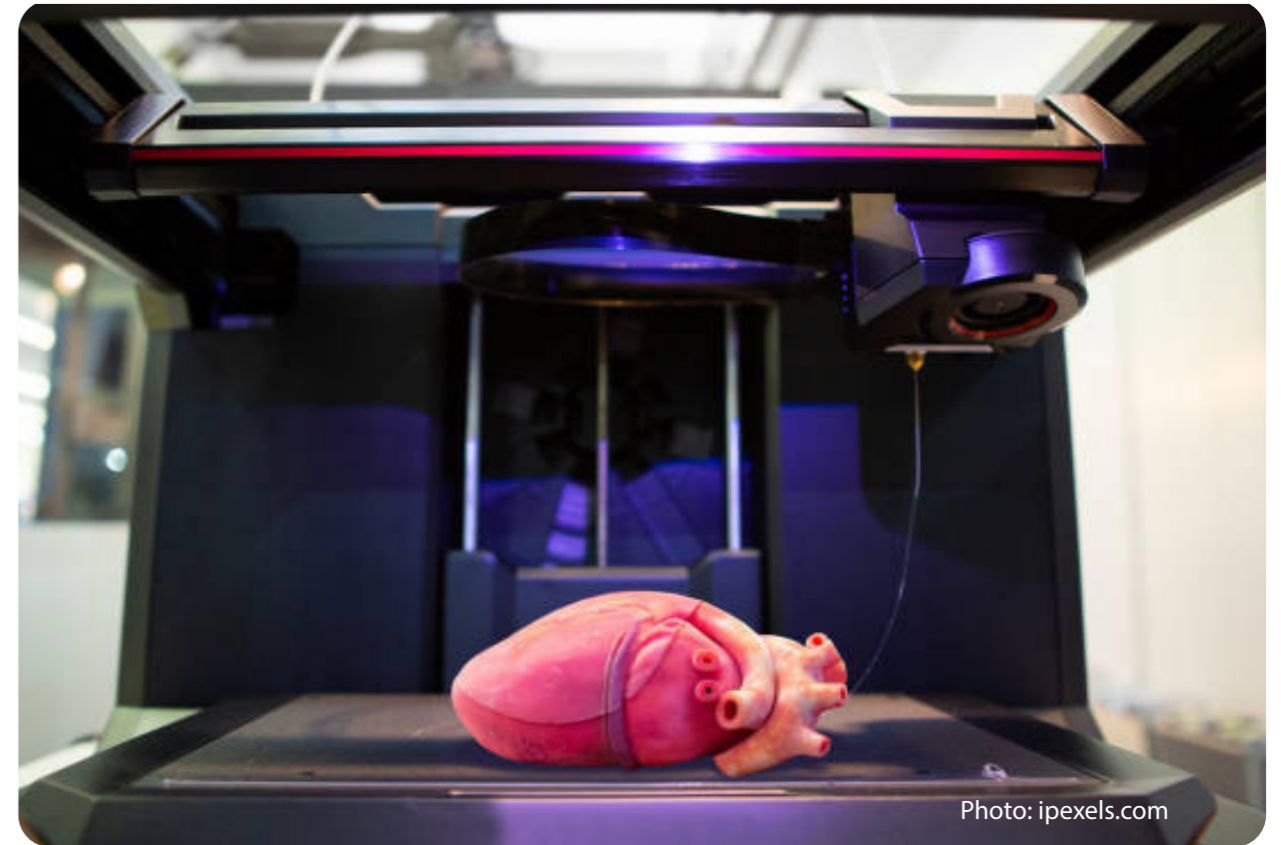
INTERNATIONAL SPACE STATION TO CRASH INTO THE PACIFIC IN 2031

By Sonia Van der Linde

In 1998, the Zarya Control Module was launched by Russia into low-Earth orbit as a single research vessel. What followed over the next 13 years was the development of a multinational space research initiative that has been continuously inhabited by a crew since 2000 and has housed over 3000 research projects.

Earlier this year, the United States Space Agency has regrettably announced that the International Space Station (ISS) will officially be decommissioned and is scheduled to meet a fiery end in 2031. This announcement should not come as a surprise, as a statement released by the National Aeronautics and Space Administration (NASA) read that the ISS will likely reach the end of its lifetime by 2024 and equipment failure after that will be unavoidable and irreparable. However, as many nations have ongoing research missions on the ISS, the decommissioning date has been extended, as these nations will pour funds into the space station to ensure it runs for as long as possible, now calculated to be the year 2031. As the space station already does not possess the power to exit its orbit, an additional spacecraft will be launched to aid in its return to Earth's atmosphere, where most of its parts will burn up and the remaining fragments will crash into Point Nemo, a regular mark for falling space junk, located in the Pacific Ocean, far away from any landmasses.

NASA has also announced that a new space station will not be launched as their annual expenditure of \$1.3 billion will be put into the exploration of deep space. Instead, many financially capable companies in the private sector will be allowed to launch vessels into low-Earth orbit, with the continuing aid of NASA, for various purposes such as civilian space travel and controlled research initiatives.



HUMAN HEARTS... FROM A PRINTER?

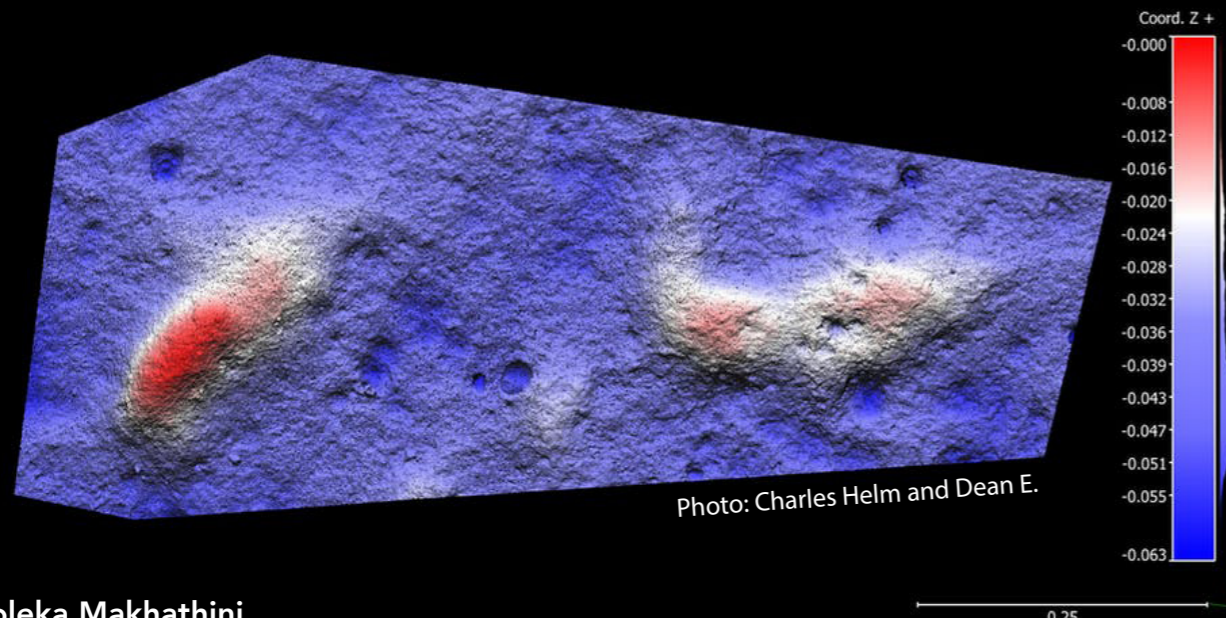
By Akahlulwa Radana

Did you know that the principles used in 3D printing can now be applied to medicine for organ and body parts transplant? Bionic eyes are not science fiction, a research team from the University of Minnesota was able to create a prototype eye with a polymer-based arrangement of semiconductor photodetectors using these very principles.

Bioprinting could be the solution to the shortage of organ donations as well as organ rejections; organs printed from one's tissue will not be rejected and also can be made to fit the patient's exact size. Bioprinting has been used to print a cherry-sized heart with cells, blood vessels, chambers, and ventricles in Israel, developed by the patient's fat tissue. Ovaries were printed and implanted into a sterile mouse at North-Western University after which they were able to make progress by pinpointing the location of structural proteins in a pig ovary which allowed scientists to develop a bio-ink that might be used to print functioning ovaries in humans.

The plan for the bionic eye is to add additional, more efficient photodetectors to the prototype and to print out hemispheric material that can be implanted into a genuine eye. In the Netherlands, a prosthetic tooth that fights harmful bacteria was printed. Though none of these remarkable projects have been administered to people for use, they are indeed an encouraging start.

WHO KNEW OLD NEWS COULD BE THIS EXCITING?



By Zoleka Makhathini

A remarkable recent discovery of fossilized human tracks in South Africa made history as the last discovery was made back in 1995 by geologist, David Roberts. The fact that it was found in the same location as the oldest footprint only adds to the excitement.

Eve's footprints are some of the oldest footprints ever found on the surface of cemented sand dune called Aeolianite near Langebaan on South Africa's West Coast. This set of fossilized footprints were made by a woman and dated back to 117 000 years ago. Additionally, these oldest footprints made by an anatomically modern woman, and their age, places her as the hypothesized common ancestor of modern humans.

The two tracks have approximately the same orientation and appropriate distance apart (49cm) for a walking human, implying that they are part of a short trackway segment. They are flimsy, easily damaged by gentle touch, and their margins are not well defined. The tracks are approximately 28cm long with a possible heel drag, width is 13cm and 3 to 4cm deep. A possible outline of a hallux is found on one of the tracks. The presence of the medical arch is suggested by the outward convexity of both tracks.

The exciting reason with this new discovery is that modern graffiti on aeolianite surfaces in the area around Langebaan is prolific. Graffiti was present just inches away from Eve's footprints. The human tracks registered in aeolianites are rare at global level. Most of such tracks are found in Cave floor deposits, the South African sites which were made in dunes and beaches are an exception. Studies also shows that, the tracks made within kilometres of those that Roberts discovered in 1995, supports his conclusion that a human ancestor left Eve's footprints.

This discovery grabbed the attention of many scientists, prompting them to explore the Langebaan area further as there is clearly a whole world filled with discovery.

THE REGENERATION OF CORAL REEFS IN THE NEXT CENTURY



By Ashley Ndiwayo

The earth is encompassed by human life and nature which forms part of the ecosystem. The existence of coral reefs is known as an imperative habitat of the ocean. Initially these are large structures of the underwater, composed of colonial marine invertebrates named corals.

Coral reefs are a resemblance to plants and trees as they become a part of the marine environment. They grow gradually on the calcium carbonate exoskeletons of their ancestors. Corals are heterogeneous and are differentiated either in color, shapes, a dazzling array that looks elegant, sea whips, and sea fans which are intricate and vibrantly colored. According to the Environmental Protection Agency (EPA), corals have a symbiotic benefit because of the relationship they share with zooxanthellae. Zooxanthellae refers to the cells that live within most types of corals and assist the corals by providing food via photosynthesis.

The major concern regarding coral reefs are whether they can be regenerated in the next generation. Around 20% of the ocean's floor has been explored, therefore the National Oceanic and Atmospheric Association (NOAA) perpetually discover previously unknown coral reefs. This is to say that indeed coral reefs can be regenerated and will be in existence in the next century. Furthermore, Rachel Ross, a live science contributor expresses that some coral species can produce eggs and sperm simultaneously. Evidently from the NOAA, sexual reproduction does occur during the mass coral spawning event. Also, the ability of this growth relies on the calcium carbonate exoskeleton.

On the contrary coral reefs are imperiled by several threats. Agricultural pesticides and water pollution wreaks havoc on coral reefs. As a marine ecosystem, it is vital that the ocean is kept healthy because coral reefs do benefit human species by protecting coastlines from storms and erosions and being a source of new medicine due to their herbal elements. Scientists are said to be working on attempts to rebuild the reef to accelerate the growth rate and lifespan of the corals.



THE IMMUNO-COMPROMISED COME FIRST

By Siphosethu Tshakatsha

The world is diverse, consisting of able bodied, disable-bodied, chronically-ill and fairly healthy individuals. All from different walks of life and spheres of the earth. This means that the way we treat each other should be different within a course of action that suits everyone.

Harmony is not only a descriptive word, but a way of living, and this requires selfless characters that think for themselves and the community at large. In the current day and age, we are facing pandemics and chronic diseases where people are killed within an instant, sometimes due to unknown circumstances or symptoms that do not display themselves. Individuals with chronic diseases have therefore been profoundly impacted by the Corona-Virus disease, and in this regard, society has to have ways of keeping these loved ones safe.

Safety protocols should be put into place like wearing masks and frequent sanitization when around these individuals as well as the elderly. Individuals suffering from chronic diseases should also practice these protocols so they can limit the chances of transmitting their illnesses. Immuno-compromised people need to be at the lowest risk of weakening their immune systems as it will decrease their chances of survival.

People with inadequate health and the elderly should always be served first in any public places so that they are less exposed to deadly diseases that are easily transmittable. Movement should be limited for these individuals during states of disaster, pandemics or any other life-defining events as much as possible.

It is our responsibility to ensure that our actions do not negatively affect those with compromised immunity, and to follow all COVID-19 protocols to protect everyone.



A VISION FOR THE BLIND?

By Rorisang Tswai

With at least 2.2 billion people suffering from blindness worldwide, it is no surprise that researchers are intent on developing novel ways to restore sight. Of their efforts is the bionic eye that is still in development.

Bionic eye technology is aiming to help blind people to finally see. The bionic eye is an electrical prosthesis surgically implanted into a human eye to allow for the transduction of light in people who have sustained severe damage to the retina. Its objective is to restore and visual signal to those suffering from eye diseases like retinitis pigmentosa.

As the bionic eye is still in its infancy, there is no guarantee that its results are not near perfect, but it is a work in progress. This actively illustrates that in the next coming years the biotech firm will still be working to find new ways to help restore sight in the people with vision loss.

The bionic eye has the potential to change lives in a real and a hands-on way, it will restore even the most basic sight to those with impaired vision. This will allow them to become independent and let them return to their day to day lives they lost when their vision disappeared. The benefits of the bionic eye technology also include the fact that the bionic eye can be implanted very easily, and the patient does not need to carry external batteries and wiring. The bionic eyes aim to change the lives of blind people for the better and I can't wait to see what's next.

CODING 4 YOUTH PROJECT REACHES THOUSANDS

By Derick Hill

“Each time another part of the economy goes online, more programmers are needed,” says Nelson Mandela University’s very own Professor Jean Greyling, the driving force behind Coding 4 Youth, a project that aims to introduce ten thousand learners to coding before the end of March. The project exists to combat unemployment and is ran in partnership with Leva Foundation and AWS in Communities.

Unplugged coding is the process of learning computer programming skills without the use of a computer. In 2017, Nelson Mandela University Honours student Byron Batterson initiated a project based on this concept. The fruits of this are Tanks, Rangers, and Boats. These mobile applications make learning coding fun and play an integral role in teaching the students involved with Coding 4 Youth.

Although it started in South Africa, the project has already reached Botswana, Tanzania, Kenya, Uganda, Nigeria, Ghana, and Burkina Faso. South Africa and Botswana are listed as the countries with the first and sixth highest unemployment rates worldwide respectively, with the others listed trailing not too far behind. The Coding 4 Youth project provides the youth of these countries with valuable skills that not only lead to in-demand careers but also opens students up to an infinitude of problems to be solved or programmes to create.

Although set to end in March, this is far from the final effort from this amalgamation of academics and do-gooders to spread coding skills across the continent. Should you wish to



Photo: Nomusa Keninda

get involved with these projects, make sure to contact Professor Greyling of the Computing Sciences department or follow him on LinkedIn, Jean Greyling, to see how you can help.



Photo: pexels.com

THE SHIFT TO AUTOMATED MINING

By Amahle Phendu

The world is in an epoch of the Fourth Industrial Revolution, characterized by elements like robotics, internet of things, and a vast universe more. Many businesses and government entities are shifting towards the utilization of the above to produce and deliver goods and services. The mining sector is not immune to this global change, and as such, has seen the introduction of automation in the mining sector.

The mining industry is working towards a transition to automation. Automated mining involves the removal of human labour from the process of mining although it will still require large amounts of human capital. The pace at which the technological evolution is moving is the driving force of the automated mining. At this stage there is fast adoption of automation technologies and enablers at mining operations across the world.

Established mining entities in the copper, coal, diamond, and platinum extraction sectors are testing several automated machines and software systems designed to improve efficiency and safety in mines. Companies in South Africa are developing intelligent machines and software suites to optimize mining operations- driverless, remote-controlled vehicles, and real-time data streams that can be analyzed to identify trends and enhance performance in mining.

Through government interventions, the mining industry has seen the linking of researchers, mining equipment manufactures, and mining companies which demonstrate that the shift towards automation and digitalization in mining is gaining recognizable traction.

There is no doubt that automation can fundamentally boost mining in South Africa and enhance economic growth, however, the question of job sustainability remains, which is a concern for the trade union movement that argues that automation will result in major job losses contributing to the already high unemployment rates. This new approach raises concerns amongst locals, is South African ready for automated mining?



Photo: pexels.com

THE FUTURE OF NFTS IN GAMING

By Derick Hill

Non-fungible tokens, better known as NFTs, have taken the digital and financial spheres by storm with over twelve billion dollars spent on purchasing these peculiar units of data since 2015. This emerging virtual economy is now ready to take on a new market; gaming.

NFTs are digital representations of assets, commonly in the form of artworks or videos. Like Bitcoin transactions, NFTs are stored on a blockchain. Where it differs from cryptocurrencies is right in the name, 'non-fungible'. Crypto – and government-issued – currencies are fungible. This means that if I take your ten rand note and replace it with my ten rand note neither of us will be worse off. In fact, I could replace your ten rand note with two 5-rand coins and besides the clinking change in your pocket no one would have lost out in this transaction.

The same is untrue of NFTs. They are unique like works of art in real life. It is this quality that allows them to be integrated into the world of gaming. Until now, the gaming economy has been made up of microtransactions where users pay real money for in-game items like avatars or weapons. Gamers will now be able to buy items unique to their profile and have the option to trade these at a profit.

In fact, games have started popping up revolving entirely around this concept. These pay-to-earn NFT games see gamers playing specifically to earn NFTs that they can sell to make some money. One of the most popular of these is called Axie Infinity, a game like Pokémon, where creatures called Axies can be collected and sold.

Allowing in-game items to be unique and tradable are the perfect union of finance and leisure. NFTs give gamers a sense of ownership and are ushering in a brand-new world of asset trading that is open to anyone with access to a computer.



Photo: Nigel Dennis

CAPE MOUNTAIN ZEBRAS AND THEIR FIGHT AGAINST EXTINCTION

By Hlengiwe Phiri

The rugged terrain and mountainous plateaus of the Cape used to be dominated by herds of Cape Mountain Zebras (CMZ) that fed mainly on grasses and other herbaceous plants until illegal hunting and domestic livestock came into the picture which resulted in the rapid decline of the CMZ population to as little as 90 CMZ in the 1920s leaving these vulnerable species at the brink of extinction.

The CMZ are a subspecies of mountain zebras that are endemic to the Cape mountains. Their herds consist of four mares, their foals, and a stallion defender. With a single glance you'd think they look like the plain zebras, but these unique zebras have distinctive features such as their white unstripped stomach and fully striped legs that make them stand out.

Efforts to conserve this species such as the establishment of the Gamkaberg Nature Reserve, which aims to conserve and protect these zebras, were effective as the population of these zebras increased over the years. As we speak, we have various reserves that houses the CMZ with Gamkaberg Nature Reserve and Kammanassie Nature Reserve being the only two to shelter CMZ with pure genetics.

Although the population keeps on increasing annually, hybridisation with the Hartmann's Mountain Zebra and loss of genetic diversity acts as current major threats. To prevent this from happening CapeNature formulated the Cape Mountain Zebra Biodiversity Management Plan that aims to further conserve the CMZ population.

The conservation of the CMZ is one of South Africa's greatest achievements and it shows that through understanding the consequences of our actions we can mitigate or prevent the negative environmental outcomes of our actions and prevent the extinction of other species. Conservation isn't a government thing rather it is an 'us' thing. You too can play your part by volunteering in conservation organisations near you and by creating conversation regarding the conservation of our flora and fauna.



SOUTH AFRICAN PRODUCED NANOSATELLITES MAKE IT TO SPACE WITH SPACEX

By Hlengiwe Phiri

South Africa's space industry has set a record in African history by being the first to produce and launch three nanosatellites into space through Elon Musk's SpaceX as part of the company's mission named Transporter 3.

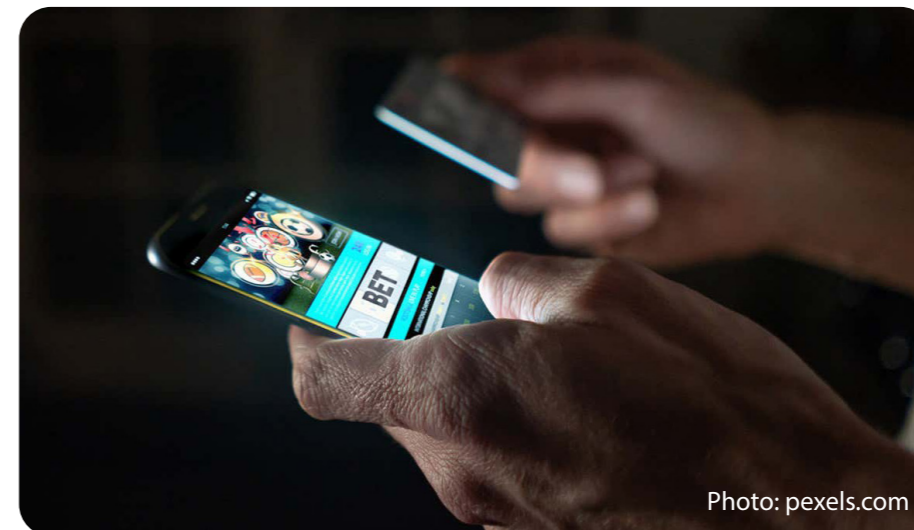
The nanosatellites that form part of the Maritime Domain Awareness Satellite constellation (MDASat-1) were produced in the Western Cape based university, Cape Peninsula University of Technology and were launched on the 13th of January 2022 in Cape Canaveral in the United States and all the nanosatellites deployed successfully.

South Africa is no stranger to satellite launching, back in 2018 an advanced nanosatellite named the ZACube-2 was launched and it too deployed successfully. It currently provides operation Phakisa with data exchange communication system to our maritime industry.

Mr Blade Nzimande the minister of higher education, science and innovation stated that the constellation is comprised of nine nanosatellites that detects, identify, as well as monitor vessels in near real time by doing so they support South Africa's maritime domain awareness and keeps the country aware of what happens on the coastlines.

The making of these satellites in south Africa shows how this country's space industry has grown unfortunately the growth is slow due to the lack of space professionals and engineers. To solve this problem the government has introduced a programme named the cube satellite (CubeSat) that aims to teach engineering principles to keen students using CubeSat as key tool.

Launching something to space shouldn't be a 1st world thing, we too can launch our satellites and help our country grow. Programmes such as CubeSat make it possible for us to learn about satellites and produce our very own and the South African government is making it possible for us to set foot in the global space race.



THE SUBTLE DANGERS OF SPORTS BETTING

By Tumelo Muvhali

Gambling has been around for a long time. It continues to be popular amongst all generations - young and old, from the dazzling slot machines on casino floors to playing dice on a street corner.

With unemployment at a record breaking high, many young people resort to online sports betting, losing money but continuing to fantasize about that huge payout - losing even more money and themselves in the process. According to Tech Financials, numerous studies conducted by the South African government show that over 50% of adults in the country place sports stakes on the internet often - with young people (15-24) accounting for the majority of users. Because we are so passionate and knowledgeable about our sport, many view betting on their favourite teams as a quick fix to their financial problems. Issues with registration fees, difficulty with bursary processes, and poverty in general, continue to exacerbate this 'pandemic.'

Many young people gamble on football games and openly discuss their betting strategies, sometimes going on to post screenshots of their huge payouts. What is missing? In this case, the opposite accounts. Shouldn't something be said about the majority of young bettors who remain on the short end of the stick - sometimes losing their entire bursary allowances in the process? Sports betting is referred to as a "game of chance" as it evokes fun, unpredictability and a distorted idea of passion. According to addiction researcher, Mike Robinson, those are only hooks to make gambling more appealing, and at some inevitable point, it stops being a fun diversion and becomes compulsive and irresponsible.

"Dopamine, a 'feel good' neurotransmitter released by the brain during enjoyable activities, is also released when the reward is uncertain. In fact, dopamine production increases in the moments leading up to a prospective reward. It's also likely to have a role in promoting risky gambling behaviour - manipulating you to place an even higher-stakes bet," he said. Issues like these, with such evident socioeconomic implications, on the youth especially, must start with a discussion that focuses on the people who are mostly affected. It is vital to ask questions about industrial regulations and the government's role in protecting its people. "It's hard to walk away from a winning streak, even harder to leave the table when you're on a losing one." Bet safely and responsibly.

MADIBAZ COACH PRAISES YOUTHFUL TEAM'S FIGHTING SPIRIT

Full Stop Communications

The FNB Madibaz rugby team has had a difficult season in the FNB Varsity Cup, but coach David Manuel has complimented the squad's tenacity in the face of adversity.

On Monday, the Nelson Mandela University team fell 61-26 to the North-West University Eagles but showed grit by earning a bonus point after crossing for four tries.

Manuel praised the Madibaz's mentality in their comeback season, despite their inability to rival the established Varsity Cup teams.

"What has stood out for me most this season is their fighting spirit, this is a very young team and 95 per cent of them have never played at this level, or even close to this level. But every week they come out fighting no matter who they are up against," he said.

The Madibaz coach also stressed the importance of the players and spectators continuing to believe in the rugby program that had been established.

"If you look at our performances in recent times, they won no games last year and then we lost 95 per cent of our squad, this year we have managed to win one out of seven matches this season with two games left.

"That's a 100 per cent improvement and I think it's important to realise that I'm here to rebuild this system and that will always take time. Be patient because we need your support."



Photo: Lucas Fonseca

Their goal now, according to Manuel, is on completing the season strong. He stated the team were grateful for the Madibaz fans' support during home games.

"There is one more home match against Shimlas (on April 11) and we would love to see our supporters there to help us finish strongly."

Madibaz's final match will be against Maties in Stellenbosch on Monday.



Photo: mandela.ac.za

MADIBAZ'S NATIONAL WATER POLO TITLE 'NOT JUST ABOUT US'

By Tumelo Muvhali

The triumph of the Madibaz women's squad in the Currie Cup water polo tournament was bigger than just claiming a national title, according to coach, Delaine Mentoor. It broke new ground as they became the first all-female unit to be crowned South African champions after defeating University of Cape Town 13-6 in the final at the Joan Harrison Swimming Pool.

Mentoor said the Nelson Mandela University team, overseen by a female management team, "came together" to lift the trophy despite the odds being stacked against them.

"I can't put our success into words. It was never going to be easy, but we were up for the challenge." Mentoor said the victory was proof that their hard work and determination had paid off after placing fourth in 2021. "Our approach was to make sure that we executed the things we do well to the best of our ability, regardless of who we were playing."

Ahead of the final, her message to the girls was simply to enjoy themselves. She wanted them to bring everything they had worked towards in each game to the final, feel no fear and enjoy every second. An indication of their focus in the final was that they did not look at the scoreboard at any point, according to Mentoor. "I kept reminding them to not look at the score, so I didn't. I only felt we had a chance to win when the bell went for the final minute."

"We kept our energy, awareness and focus all the way until the final whistle."

Mentoor said her best memory was seeing the team come together as a unit in the pool games and then watching them gel completely in the knockout stages.

Madibaz Sport water polo manager Melinda Goosen said their success meant a lot for the sport at the varsity. "This performance and result have been a long time coming," she said. "I have been manager of this code since 2010 and I could not be prouder than I am now.

"To become the national champions takes extreme resilience and dedication, and to do it as an all-female team is the absolute icing on the cake."