

THE EFFICIENCY OF SHUTTLE SERVICES AT NELSON MANDELA UNIVERSITY

By Luphelo Zendile

A large number of students in Nelson Mandela University use shuttle services to get to school, however, recent reactions affirms that students are not pleased with current shuttle services.

Nelson Mandela University is among the big universities in South Africa with more than 28 000 students registered. Thus, it continues to provide services that meet the needs of its community, shuttle services is one of them.

Nelson Mandela University encounter students' ability to get to school by providing shuttle services for those who reside in different areas, however, these services are a concerning issue particularly in Gqeberha campuses.

This year, the University mitigated from operating remotely to fully operating on campus and shuttle service is expected to be busy, nonetheless, they are struggling to transport mass students to school and this results to students being unable to attend classes on time.

Siviwe Majola shares his experience with shuttle services, he usually get it at Feathermarket he says that before recess period he almost missed his test having arrived at a shuttle stop 15 minutes before the expected time for shuttles to depart but the queue was too long and



Image Source: Nelson Mandela University

those who got into the shuttle ended in front of him however they were told that they must wait for two hours for shuttles to go again but luckily he had money so he took a taxi to school.

The challenges are that students are expected to be at the stops early, when it is dark , which can be risky due to crime in the area.

Students such as Sinethemba Mabombo support the statement stating that returning home is also a problem as they have to stay at University until it is dark. The university has not issued any statement with regards to solutions in this regard.

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LETTER FROM THE EDITOR

Welcome to yet another wonderful edition of MadibazNews! Fresh from graduation season and a brief recess, academic activities continue with the upcoming mid-year exams.

This time of year is particularly stressful for students, and so we implore that everyone try their best to keep themselves afloat and their head above water. Do remember to engage in time management and to eat healthy, keep fit and drink a lot of water.

This edition is once again, jam packed, with current cultural news and affairs, our wonderful and interesting opinions, the latest Science and Technology and our recent sports games. The team worked hard to put this edition together, and we hope that you enjoy it half as much as we enjoyed creating it.

Our blog is officially back in action and in effect on our MadibazNews website, so please do be sure to check the site daily for the latest news and creations, and don't forget to keep up to date with the latest news from Madibaz Radio.

Do follow all our social media accounts to keep up to date with news, competitions and our future editions. Happy reading, and good luck with the upcoming academic commitments and the rest of the year! Keep well and be safe.

Leigh Nakeetah Jason

FIRST QUARTER ENDED AND COUNCIL UPDATE IS OUT



Image Source: VectorStock.com

By Luphelo Zendile

Council noted with appreciation the Vice-Chancellor's Quarterly Report with the key theme of promoting equity of access and opportunities that provide the students with the best chance at success.

Members of Council engaged extensively on various matters highlighted in the Report, of particular concern to Council, was the engagement around Transformative Institutional Culture that promotes diversity and social cohesion, noting the feedback on the Gender-Based Violence (GBV), harassment, and discrimination, with several cases reported to the Transformation Office in the first quarter.

The continued scourge of GBV, particularly against female staff members by some male students and staff further highlighting the greater societal problem. Council supported the progressive discussions, Policy Guidelines, awareness and education initiatives that were in progress at various levels in the University. These efforts are made to embed the University's zero-tolerance approach to acts related to GBV which affect the most vulnerable.

The council furthermore introduced new council and council members. Council congratulated Dr Sebake on his election as the Chairperson of the Institutional Forum and welcomed Dr Moeng in her capacity as Acting Deputy Vice-Chancellor: Learning and Teaching. Council welcomed (in absentia), Mr Jakalase the Student Representative Council Secretary General. In Regards to the Nelson Mandela University Retirement Fund (NMURF), council considered and approved the appointment of Prof Jeke and Mr Geqeza as Employer Appointed Trustees on the NMURF.

The Safety, Health and Environmental (SHE) Policy amendments were considered and approved by Council. They noted the purpose of the SHE Policy was to encompass the Safety, Health and Environmental rights and duties of the Nelson Mandela University, as well as those of its employees, students, visitors and other persons, who are and were affected by the activities of the University on its Campuses.

The amendments to the Policy were aligned to the Occupational Health and Safety (OHS) Act, National Environmental Management Act, Social Law and Legislation and the broad Policy Framework of Employment. The amended Policy will be uploaded on the Institutional Regulatory Code (IRC) and Council encourage staff and students to familiarise themselves with its content.

THE STRUGGLE CONTINUES



Image Source: Facebook

By Somila Tiwani

Every year, thousands of students across the country are left without accommodation to complete their studies. According to reports, corruption and maladministration issues had surfaced at National Student Financial Aid Scheme (NSFAS). Further, universities block students from registering, until debts are settled.

Over the years, these fundamental problems have dominated student protests. Universities offer a short-term solution to the protests. Things return to “normal” state. However, the same issues seem to resurface the next academic year. The government’s free education policy implemented in 2017, has proven to be ineffective. Student activist, Lungani Zondi states that NSFAS changing from a loan to bursary benefitted students. However, the government every year responds with more exclusionary NSFAS rules to counter those gains.

Despite being months into the academic year, there are some students still waiting for funding from NSFAS. Students at NMU, CPUT and UWC have been left frustrated by delays in allowance payments and embarked in a protest in their respective campuses. Recent protest action at Nelson Mandela University, Summerstrand campuses turned violent with 13 students arrested after allegedly throwing stones at police officers. The students had since been released and afforded counselling by the SRC. The protests ended following malicious damage to university property. 3 vehicles that were kept at South Campus, were destroyed by a fire overnight.

Anele Mtshomo, a first year Logistics student who falls under the new criteria by NSFAS, that states that courses with less than 60 credits are not considered for funding was among the protestors. “I am without funding and I depend on my father, the only one working at home and my biggest concern is being evicted from my residence.” The SRC, in cooperation with the university management has been working tirelessly in finding concrete solutions in assisting students facing funding issues. Zondi believes no resolution will come from the higher education sector that is in isolation of societal issues. He further states that the inequalities that exist in the society are playing out in our campuses. “Protests can never be prevented until the inequality question is answered and there is radical transformation.”

SHYNESS IS NOT A LIMITATION



Image Source: pexels.com

By Akahlulwa Radana

“All right, let’s go around the room and introduce ourselves.” “Choose a partner for this assignment.” “If nobody raises their hand, I’m going to choose someone myself.” If you are shy, I can guarantee you that these are a few sentences that fill your heart with dread.

‘Shyness’ refers to individuals who tend to feel uncomfortable, anxious or apprehensive during social gatherings, especially when they are around people that they are not familiar with. Shyness is caused by several factors, one being a fear of rejection, low self-esteem and even genetics as 20% of people tend to be shy due to their genetics.

Poor experiences with shyness or social encounters, such as bullying, can lead individuals to believe that their peers may not like them, causing them to withdraw from social situations and keep to themselves. This fear of rejection is often associated with low self-esteem, as individuals may not have high regard for themselves and therefore, believe others won’t either.

Recently, informal interviews were conducted with both Nelson Mandela University students and individuals outside of the institution, highlighting the challenges of social isolation. These challenges include a lack of interaction with peers, leading to a loss of opportunities in career and relationships, which can ultimately result in loneliness. In addition, isolation may hinder communication skills as individuals struggle to express themselves appropriately.

Being shy is not inherently negative but it is a limitation only when you allow it to be. Therefore, do try to put yourself out there with small little goals to uplift your self-esteem like interacting during lectures and you will find it will become progressively easier.

BREAKING FREE: A CELEBRATION OF FREEDOM DAY

By Nompumelelo Mculu

Freedom Day is an important public holiday in South Africa that commemorates the country's first non-racial democratic election in 1994. It signalled the end of apartheid, and beginning of a new era of freedom and democracy.

This holiday is celebrated every year on April 27th, and serves as a reminder of the struggles and sacrifices that were made to achieve this historic moment in South African history.

Freedom is a fundamental right, awarded to every human being, but its meaning differs from one society to another. In South Africa, "freedom means liberation from the shackles of segregation, discrimination, and inequality. It means having an equal chance to pursue life, liberty, and happiness regardless of race, language, or culture" (Layne, n.d.).

The significance of celebrating this special day, lies in keeping the memory of the

struggle alive, and acknowledging the progress made towards the attainment of freedom. It reminds us of the courage and resilience of the leaders of the anti-apartheid movement, and the sacrifices they made to bring about change. It is also a time wherein we reflect on the challenges that still exist, and work towards achieving a more equitable society for all.

In addition to national celebrations, communities across South Africa organize their unique Freedom Day commemorations. These can range from school activities such as debates, and essay writing contests, to community clean-up campaigns and marches.

South Africa has made significant strides towards building a democratic society that upholds the principles of freedom, equality and justice "Key achievements include the establishment of a democratic government, significant investments in education and healthcare, and the creation of policies aimed at addressing past injustices" (Rights, 2021).

Image Source: alamy.com

TIME MANAGEMENT



Image Source: pinimg.com

By Mhlali Ntozonke

"Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning and focussed effort" -Paul J M

Time management is something most of us struggle with, which turns into a vicious cycle – not being able to manage time leads to work not being done – whether it be schoolwork or home chores. Social media plays a huge role in people not being able to manage their time, as they dedicate more time to scrolling, than anything else.

Limiting your time on social media helps you to focus on the work you need to do, and using it as a reward helps greatly. Getting up early helps you complete chores on time, and diarising your daily plans is vital – especially if you are a busy or forgetful person – it will guide you through your day. Taking small breaks between tasks is recommended, to help you with lowering stress levels and removing unnecessary tasks in your routine, which will help you be more productive.

Having poor time management skills has serious implications on your professional and personal life, as it contributes to poor academic and work performance. It also contributes to having a bad reputation, affecting the quality of work you produce. Rushing to do your work gives you no time to double check or proofread, and you are unable to note mistakes you may have made, making you a disorganized person.

Choosing to manage your time efficiently will help you set goals and realise them, have a less stressful life, and puts you in a position to get more opportunities at work and at University which helps build your profile and gain experience.

ALPHA STUDENT RESIDENCE CELEBRATES FREEDOM DAY

By Bantu Ndiki

For most, it was a public holiday and a lovely long weekend. For students from the Alpha Student Residence, it was a wonderful event.

On the 27th of April 2023, Alpha Student Residence celebrated Freedom Day with an official opening function. Freedom Day is a South African holiday celebrated annually, to remember and commemorate the first ever democratic elections after 1994. This holiday forms part of twelve other public holidays under the Public Holidays Act (No.36 1994)

People celebrate this holiday in different ways, but the basis remains – to celebrate and honour the heroes and heroines that participated in activities to fight for the freedom of suppressed South Africans of colour, and paved the way for an equal and free society. The Alpha Student Residence Community decided to celebrate by hosting a braai for their students.

The event consisted of a packed programme, with the highlight being a particularly important speech from Ethu Mkhulul, a final year Nelson Mandela University law student. Her speech outlined what the day meant to them as students and South Africans a whole. A cook-off contest was one of the most enjoyed activities. The residents of the student community prepared dishes, from international cuisines to local spicy-flavoured dishes.

The Alpha Formation team performed their CLF routine with well-known song Sarafina, by Mbongeni Ngema. Another highlight was the speech by residence manager Godfrey Grootboom, who officially welcomed the new students and outlined their mission on grooming students on a professional and personal level, for the better. He went on to mention how they highlight their students' talents in homegrown programmes that they host frequently. A prime example of this was allowing students Bantu Ndiki and Michael Thuso to be the Masters of Ceremony (who did a terrific job).

Alpha Residence hopes that many others will follow in their footsteps and build tighter communities with the students.



Image Source: Bantu Ndiki

DR RAMATHUBA, OUR INSPIRATION AND SAVIOUR

By Bantu Ndiki

Dr Phophi Ramathuba needs no formal introduction – she is a qualified medical doctor and politician with fifteen years service as the Limpopo Member of the Executive Council (MEC). Currently her list of hats extend to the MEC of the Department of Health in Limpopo. Achieving all these occupations weren't easy.

Dr Ramathuba started off as an intern at Mokopane Hospital where she worked her way up to become the Chief Executive of Voortrekker Hospital and Chairperson of the South African Medical Association.

From years of working experience, Dr Phophi has learned the most important trait of acting within the medical field – humanity. Limpopo residents and residents all through South Africa appreciate her approachability and willingness to meet with everyone – from patients to porters, nurses and doctors.

She is always on the ground to see the conditions under which her department is performing, instead of sending delegates. She promises to be witness to what is happening within South African healthcare. She is well known for the trending videos of her visiting the hospitals in Limpopo and witnessing the treatments patients are receiving and correcting ill behaviour.

“My aunt used to take me with her to the nurses home; that's where my passion for health care began,” said Dr Ramathuba. She is shaping the country, setting the level and



Image Source: Source: Bantu Ndiki

example that all others in leadership positions should follow.

She has given South Africa hope that the Department of Health will soon improve. Her aunt's inspiration has fueled her career and shaped her feeling of humanity, which has become blessing in the public health industry.

Dr Ramathuba is a true inspiration to the world and upcoming and existing medical practitioners.

THE ALLURING AURA OF AUTUMN GRADUATION



Image Source: istock.com

By Nompumelelo Mculu

As summer winds down, and the leaves start to change colour and texture, the arrival of autumn brings with it a sense of change and new beginnings. This is why autumn is the perfect season for graduation ceremonies. The cool, crisp weather, the vibrant colours of the foliage, and the cosy feeling of the season, all work together to create a memorable and alluring atmosphere for graduates and guests alike.

As students graduate, they also experience a significant change in their lives – they are no longer tied to the routine of university and are free to embark on new adventures. “The autumnal colours of red, orange, and yellow represent the beauty of change and the excitement that comes with new beginnings” (team, 2017). Unlike graduations held in the scorching summer heat or the bitter winter cold, autumn graduations provide the perfect balance.

The air makes for a comfortable and enjoyable experience as graduates walk across the stage to receive their certificates. The festive atmosphere of “fall” further adds to the joy of graduation. Seasonal decorations and foliage create a warm and welcoming environment for graduates and their loved ones. There’s a sense of excitement and anticipation in the air, making the graduation ceremony more memorable.

As graduates prepare to move onto the next stage of their lives, autumn graduation ceremonies offer an opportunity to reflect on past experiences, learnings and accomplishments.

ISIXHOSA MUSIC FESTIVAL ENTERTAINED GQEBERHA



Image Source: Bantu Ndiki

By Bantu Ndiki

Gqeberha had a remarkably busy long weekend the last weekend in April, after the Freedom Day Commemoration. One of the biggest events that took place during that weekend was the second annual isiXhosa Music Festival, proudly sponsored by Standard Bank, in partnership with the Nelson Mandela Bay Development Agency.

The two partnered with distinct brands, like the SABC, uMhlobo Wenene FM, Coega Development Corporation, Boxer Superstores, the Bluewater Bay Sunrise Hotel, SAMPA and Sun Boardwalk, to make the event possible. The event returned this year and consisted of eccentric celebration of hearty cuisines of the Xhosa nation, coupled with energetic and sprightly expressions and metrical sounds.

The goal of the event was building social and cultural liberality within the country. It took place at the St George’s Park Cricket Stadium grounds, in the heart of Central. The line-up featured recognized national legends like Ringo, Amanda Black, Zuko SA, Nathi Mankayi and Ntsika from the Soil. Pastor, the DJ from uMhlobo Wenene, wowed the crowd with his set. Other artists that took to the stage were Nomty Ngwentyeni, Max Goba, Dumza Maswana, Joliza, 047, Phila Madlingozi and Zimso Ntebe. Asemahle Cetywa, one of the attendees, said “ The event is fabulous and vibey, I didn’t expect this kind of fun, but I am definitely enjoying myself with my friends”

The event started in the afternoon and was launched into action by the first Master of Ceremonies – Ayabonga Kekana from SABC Tru FM, and after the interval, Mafa Bavuma of SABC uMhlobo Wenene FM took over until late. It not only attracted people from Gqeberha, but also Qonce and Komani. It contributed to the economy and tourism of the city. It is events like this that the Bay needs, to build the economy and assist the community in allowing local performing artists to grow. At the end of the event, people were already talking about the success thereof, and how they couldn’t wait for next year.

EATING HEALTHY ON A BUDGET

By Mhlali Ntozonke

The cost of living fluctuates every day, so it is important for us to investigate healthy ways to sustain ourselves with the South African inflation rate, that has skyrocketed to 7.1% in March 2023.

The term 'eating healthy' is usually associated with purchasing expensive food brands, which is not always the case. It is possible to eat healthy on a budget, which is why it is important to plan first before you decide to start shopping. This includes making a grocery list of all the necessities required, that will last for a month, and hopefully more. Eating healthy includes ingesting food that contains vitamins and proteins; like fish, eggs, peanuts, broccoli, spinach and fruits. These are a necessity in a monthly grocery shop, so you can help your body stay healthy. Sticking to the list is important, to help you stay within the budget.

Deciding on a monthly eating plan, and writing down the ingredients that you will need for each meal so you can mix and match, is recommended so you don't end up going to the store on an empty stomach and bad decisions – like purchasing something fast to eat. Leftovers not only save money, but also time, as they also prevent food from going to waste. So after cooking, place your leftovers in a sealable container and place it in the refrigerator or freezer, to keep it safe from bacteria.

Buying in bulk is highly important, because you won't have to spend multiple amounts of money on the same product, and perhaps even share with a friend. Purchasing store brands over name brands is recommendable as they are less expensive, and owning a discount card of that store is a bonus, as they usually sell food at discounted prices. Shopping at a farmer's market is advantageous as they sell fresh produce at an affordable price, and the food quality is much better than the one that has travelled long distances and packed in boxes.

Happy shopping everyone and don't forget to get healthier options on your grocery list.



Image Source: www.mountcarmelhealth.com

FATTY ACIDS IN HEALTH AND DISEASE



Image Source: Opening Virtual Event | Human rights fest.

By Akahlulwa Radana

Fatty acids form a crucial part of human health, due to the fact that they perform a vital functional role in the phospholipid membranes of the bodily tissues, especially in areas like the retina and brain. This article will explore the role of fatty acids in disease prevention, as well.

In order for the efficient operation of the mentioned bodily tissues, there needs to be a reasonable amount of fluidity on the part of the membranes i.e., the tissues depend on the membrane fluidity to function effectively. If there is a lack of fatty acids, it can cause vision to be impaired and not only that but produce electroretinogram readings in the retina, that are unusual in the area where the fatty acids are particularly essential.

Fatty acids also play a role in preventing certain common diseases. To give a few examples; coronary heart disease, essential fatty acid deficiency in infancy. Despite the fact that cholesterol and dietary saturated fat are morbidic for heart disease, the fatty acids omega 3 protect the heart and in turn [prevent the deaths that occur from coronary disease like cardiac arrest.

There is a high content of fatty acids in the brain and during the infant stage of the human life, a lack of the essential fatty acids can cause the development of the brain to delay and when it comes to aging, it will cause the brain functions to deteriorate at a faster rate. Which could potentially give rise to the early development of diseases such as Alzheimer's disease.

Fatty acids play a pivotal role in not only the functioning of the body tissues but also the prevention of disease. Therefore, enjoy your fish sparingly and bulk up on those fatty acids.

LADIES AND GENTLEMEN, CHATGPT!

By Phuthego Precious Nthoke

ChatGPT has taken the world by storm, seemingly saving students, teachers, and academics from having to write long essays, but, like all good things it too can be used inappropriately.

ChatGPT was created by a research and data company called OpenAI and launched in November of 2022. OpenAI generates models and aligns them with human characteristics and values, as ChatGPT is a natural tool that uses artificial intelligence, or AI, technology which allows conversations and chat box responses through language processing. Even with all the advanced AI technology ChatGPT has its limitations and flaws such as the fact that it lacks creativity and empathy, and its scope of knowledge is very limited.

OpenAI has expressed concerns over the model generating wrong answers, it is a great tool for learning but seeing as it is not very accurate, its response cannot be taken as truth or fact. Like all humans, ChatGPT has some biasness in its system. Being a language model, it uses a collective of

writing from people around the globe and it can be seen in the generated content.

Normally we would blame human bias for the discriminatory answers, but blame must be given to OpenAI researchers and their developers as they use the data obtained to train ChatGPT. ChatGPT can assist with tasks such as essay writing, coding, and composing emails. As a university student, the thought of using ChatGPT might have crossed your mind, but it was advised against given the many dangers it brings.

ChatGPT uses data from humans, meaning it has the potential to harbour misinformation and misinterpretation, this increases the chances of getting incorrect answers as well as increases the risks of having your information stolen through targeted phishing emails.

ChatGPT has the potential to be used with bad intentions, always fact check the answers you get as well as the generated responses. Despite the risks, ChatGPT has the potential and influence to grow and be incorporated into our lives in many ways. The Future may as well be ChatGPT.

Image Source: www.pexels.com

RECYCLED GLASS USED TO NOURISH IMPOVERISHED BEACHES



Image Source: Photographer: Kobus Van Der Linde

By Sonia Van Der Linde

At the beginning of mankind, the Earth blessed us with an array of natural resources which we use on a daily basis to improve our quality of life. However, due to abuse of these resources, natural disasters and anthropogenic destruction, these resources are quickly fading away. One of these that most people may not be aware of being sand.

Sand is not only important for the building of most of our infrastructure and technology, but also for stabilizing various ecosystems such as riverbanks and beaches. As sand is such an important material in development, it is a highly used and abused resource. Natural sand, which has been formed over millions of years, consists of silicon and oxygen, making it an extremely heavy-duty and tough material. Anthropogenic use, weather devastations, rising sea-levels and many more factors play a role in the exhaustion of sand. Conservation efforts are therefore of extreme importance to maintain ecosystems and economic growth.

Many conservation companies across the globe have stretched the importance of recycling glass as it can be used to nourish beaches and other systems where sand is crucial, as sand is the primary material in glass. Glass bottles are crushed up into varying sizes and tumbled until it is rounded and made smooth, after which the sizes are correlated to a natural environment.

Many critics have challenged this conservation method as they believe glass is not natural and the crushing of it could cause sharp edges that could cause damage to the natural life around it. However, if properly educated on this subject, these critics would know that the process of tumbling, which is based on the same process that created sand over millions of years, i.e., rocks that have been worn down and smoothed through weather, has been used for ages to smooth crystals, glass, rocks and many other materials and artificial sand poses no harm as it perfectly imitates natural sand.

HOW IS MATTER CLASSIFIED?

By Akahlulwa Radana

Matter is classified in accordance with chemical properties, which are the substance's ability to react in to form new substances, and physical properties which can be measured without the change of the composition that is being studied.

The physical properties of matter can be either extensive or intensive. Extensive properties are reliant on the amount of the substance, they include mass, weight and volume. Contrarily, intensive properties including colour, the melting of point, the boiling point and electrical conductivity do not rely on the amount of the substance present.

Extensive properties provide information on the quantity of a substance in a sample, however, intensive properties are measured frequently by researchers to determine the identity of a substance.

Let us have a look at physical and chemical properties together with their respective relationships to change. Regarding the physical changes, these occur when there is no formation or breaking of chemical bonds, which implies that the same classes of compounds or components that were there at the beginning of the transition are still there at its conclusion.

Characteristics like colour and boiling point will also be the same because the final materials and the beginning elements are the same. Physical changes include separation of a mixture and changes of state. Chemical changes take place when molecular bonds are formed or broken. As a result, a substance



Image Source: pexels.com

with a certain set of characteristics – such as melting point, colour, flavour, etc. – becomes a substance with new properties.

Matter is either intensive and extensive, physical, and chemical and changes its shape according to chemical changes. Liquids, which include sodas are a favourite example of matter, so kick back and enjoy your matter!

MADIBAZ BASKETBALL'S STOCK ON THE RISE

Siyolise Gqongwana

The Madibaz Basketball Club took to the court on May 12, in what turned out to be a successful launch of Friday Night Lights Basketball. The Club hosted Eastern Cape counterparts, Rhodes University and University of Fort Hare on a rainy Friday evening, at the Indoor Sports Centre.

Despite the chilly conditions, the heated atmosphere inside the building was enough to make spectators forget all about the weather. The ladies' team kicked things off against Rhodes in a well contested opening battle. Madibaz showed resilience in the early stages of the game and were down by just a basket at the end of the first quarter. The away side, however, showed their superiority and went on to win the game 25-15.

The loss did not dampen the spirits of the coach, as he expressed his satisfaction with the progress shown by his team's performance. "I don't think the result is disappointing, we've done well for where we're coming from. We were getting the shots, they were just not going in – so we just need to adjust that," he said.

The stage was set for the main event, as the men's team took stage against Rhodes to avenge the ladies. Madibaz star point guard, Siya Mthethwa, got the crowd off their seats on a few occasions with intermittent spells of individual brilliance. However, the Grahamstown outfit proved to be too much for a developing Madibaz squad, as the game finished 35-22 in favour of the RU Titans.

Undeterred by defeat, Madibaz Basketball coach, Masupha Faku, showed his appreciation



Image Source: Siyolise Gqongwana

for the home support that showed up on the night.

"Thank you to everyone that showed up. We need the support to build these guys. We need the fans to rally around our own people, because we are not too far from beating all the teams in the province," said Faku, confidently.

The Madibaz Basketball Club will be competing at the USSA Basketball games in Durban this July. In preparation for the prestigious tournament, Faku and co will be hoping to turn Friday Night Lights into a regular theme at the Sports Centre.

NEW FOCUS PROPELS MADIBAZ CRICKET TO THE TOP OF THE LEAGUE PILE

By Full Stop Communication

A single-minded focus on the process rather than the result propelled the Madibaz cricket team to the Eastern Province premier league title last month. Victory in 14 of their 18 matches saw the Nelson Mandela University outfit bury the memories of a frustrating post-Covid period and rekindling their form of the recent past.

Sipho Sibande, Madibaz Sport's cricket manager, recalled how they had been on course to take the title in the 2019/20 season before outdoor activities were abruptly stopped. After a delayed return, the team struggled to find their feet and the result was a sub-par season in 2021/22. "Hence it was very important to bounce back strongly and we did just that. It was a massive effort from coach Lefa Mosena and the players."

Mosena literally adopted the ostrich's head-in-the-sand approach, opting to move the focus away from results and therefore successfully removing much of the stress from the equation. "We are always expected to win and my job is to take away that pressure and to make them focus on the processes, which we managed." Witnessing the growth of the squad was particularly satisfying for the mentor and this allowed him to rotate players throughout the season.

The importance of winning on the road was another element that had him beating his chest in satisfaction. "The key moments were making sure that we won all our away fixtures as they can be tricky," said Mosena. "Pitch conditions in those games can be a real test and this season the guys have really adapted well." The fact that they were able to perform at a high intensity throughout played a major role in their league success, according to the coach. As is the case in any team sport, the Madibaz's path to the title was only possible because they were firing on all cylinders. However, there were a number



of players who performed crucial roles in various departments.

Ethan Frosler, with his pace upfront, along with Dylan Moorhouse, whose accuracy kept things under control, made for a balanced bowling attack that proved lethal more often than not. They were backed up by Elih Thorne, Sihle Mginywa and Akhona Maswana, all of whom chipped in with wickets when the ball was thrown their way. In the batting department, captain Christopher Gleaves played consistently well to put the Gqeberha side in strong positions. Brett Amsterdam and Mihle Dingiswayo matured as the season progressed, with each producing match-winning performances when it counted.

Sibande acknowledged that winning the premier league had been an important building block in their long-term strategy. "That was a non-negotiable," he said, adding that the feat greatly assisted them in preparing for the upcoming tournaments. Their next assignments will be the Varsity Sport T20 (TBC) and University Sports South Africa tournaments later in the year.

Given some challenges, including having to honour fixtures during exam periods, Sibande said they were proud of ending the season back on top. "It means a lot to the players and technical staff. The club cricket programme requires meticulous planning as we often need to play catch-up fixtures, sometimes on a Saturday and Sunday. "So it took a combined effort from our players, coaches and ground staff to achieve our target."