

JUSTICE FOR CWECWE: SOCIETY ENABLERS



By Ncobile Mahlangu

South Africa continues to face disturbingly high rates of sexual harassment, with 41% of people affected.

Many African communities tend to place blame on victims - particularly girls - suggesting that their clothing, such as shorts skirts or revealing outfits, is the reason they are targeted. This view overlooks the deeper, more systemic issues at hand.

A heart-breaking incident on October 14, 2024, in the Eastern Cape challenged this harmful mindset. A young girl referred to as Cwecwe, was allegedly raped on school premises while waiting for transport. Shockingly, one of the suspects is the school principal, who refused to submit a DNA sample for testing – raising serious concerns within the community.

Frustrated citizens called for the school to be closed until the case was resolved. However, the case was delayed throughout 2024 and again in 2025, leaving many supporters angry and disillusioned with

the justice system. Her parents continue to fight for justice, believing their child was failed by those who were supposed to protect her.

On April 2, 2025, students from Nelson Mandela University marched to the courthouse in support of Cwecwe. Online petitions and social media campaigns spread rapidly, demanding justice and a National call for action.

This case highlights an often-avoided truth: sexual violence is not caused by how someone dresses or whether they were vulnerable. It is caused by a lack of respect, responsibility, and consequences for perpetrators.

The fight is no longer just about Cwecwe, but about all victims who are silenced or blamed. Women and children deserve to feel safe in schools, streets and homes. The police and government must step up, take responsibility and ensure justice is served.

South Africa must stop making excuses. It's not the clothes – its the conduct.

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LETTER FROM THE EDITOR

Welcome to the third edition of MadibazNews and also to our new set of alumni!

Congratulations to our 2025 class of alumni! Whatever the qualification, we know the journey was not easy. All the all-nighters, energy drinks, stress and countless cups of coffee finally paid off. Your journey, however long it was. This one is for you!

We are so excited to bring forth yet another diverse range of stories that not only inform, but also inspire dialogue across campus. We also hope that you are especially relaxed after the lovely recess and following long weekends, because we have a lot to unpack.

In this issue, our News section covers pressing developments, including a recent high-profile case making national headlines, while the Science & Technology team sheds light on Disability Awareness and the importance of inclusive research and support.

Lifestyle & Entertainment explores the topics of recharging your [mental] health, while the Opinions Section offers the space to important voices, one of the key topics in this section being sexual health and student well-being. And of course, our Sports coverage highlights local residence games and showcases the passion and talent within our student community.

Each article reflects our commitment to honest journalism, thoughtful storytelling, and amplifying student perspectives. Thank you for reading, and we look forward to continuing the conversation in future editions.

Warmly,
Leigh-Nakeetah Jason
Editor-in-Chief

DISABILITY SERVICES PROMOTE AUTISM AWARENESS AMONG STUDENTS



Image Source: Phuthego Nthoke

By Cinga Mgandela

The Nelson Mandela University Student Representative Council and University Accessibility and Disability Services collaborated in promoting autism awareness among students through their screening of the Netflix documentary, *Makayla's Voice: A Letter to the World*, that was held at the Ilitha Free Expression Space on South Campus, 7 April 2025.

The 24-minute film follows the journey of Makayla Cain, a 14-year-old girl with a rare form of autism that leaves her nonverbal, in her attempt to communicate with others. She achieves this in her own way through the help of a letterboard, verbalizing her innermost thoughts and emotions, finally feeling understood by those around her.

SRC Disability and Special Needs Officer, Ayabulela Ndlungwane and the UADS Student Assistant, Boitumelo Wesi, led an informative post-screening discussion with those in attendance, in which they explored the diverse challenges faced by people with autism.

One of the attendees, Cana Sahida, shared her insights in saying. "As someone who doesn't live with Autism, I felt frustrated on Mikayla's behalf when watching the film because she cannot communicate as clearly as she wants to. I feel that there is a lot of emotional tolerance that goes into communicating with her, as well as others with disabilities."

Her comment resonated with many in the room, who emphasized the need of empathy, education, and patience when interacting with individuals with autism, especially those experiencing communication challenges.

The session concluded on a high note with a rallying call for members of the public to be cognizant and sensitive when communicating with people living with disabilities. Furthermore, attendees were encouraged to adapt to different ways of expression when communicating with autistic people, not just through verbal communication.

Learn more about disability awareness by interacting with Nelson Mandela University UADS on their TikTok, @mandelauni_uads, and Instagram, @nmuuads.

STUDENTS DEMAND JUSTICE FOR LOCAL GBV VICTIMS



Image Source: Anete Lucina on Pexels

By Louisa Mkhabela

Student activists from Nelson Mandela University joined in the recent countrywide gender-based violence (GBV) awareness protests, marching down the streets of Central, Gqeberha in solidarity with the #JusticeForCwecwe movement, named after the 7-year-old victim from Matatile in the Eastern Cape, who faced sexual assault at her school premises.

This upset has been further exacerbated by the acquittal of the 8-year trial of Pastor Timothy Omotoso, who had been accused of sexual misconduct including rape and human trafficking. One of the victims in the Omotoso case, Cheryl Zondi, commented on the state of the case, saying "What the justice system did is so sad because this means this man will not stop doing this to many other girls."

In accordance with Nelson Mandela University's

efforts in promoting awareness of GBV through their MEMEZA Anti-GBV Campaign, the Transformation Office has since released the second season of Amanda Memeza, a series tackling the topic of gender-based violence against women and children.

Mlondi Bhengu, scriptwriter of the second season series, stated that the creation of the series is a work of advocacy through storytelling, saying "The name 'Amanda Memeza' is a call for action to speak the truth, which is that anybody can be Amanda because everybody can go through sexual harassment, sexual violation and gender discrimination. In this, Nelson Mandela University is sending a message of zero tolerance for GBV."

The Amanda Memza series is available to watch for free on the Transformation Office's YouTube Channel, and other GBV awareness resources are available for use on the Office's website.

ADULTING 101: THE MISSED LECTURE

By Asisipho Mpahleni and Ayanda Nkosi

"When writing the story of your life, don't let anyone else hold the pen" – Harley Davidson.

"Tell us about yourself" a statement that may overwhelm some students, as they come to realize their lack of self-awareness.

Students, confronted with unemployment, usually turn back and blame the university for under-preparing them for the real world. Contrarily, events like the Employability Coaching Workshop are held annually, and this year was no different. On 10 April, Ronelle Plaatjes, Senior Learning Developer, L&T collab, Nelson Mandela University, hosted the workshop at North Campus, covering a range of topics, from time management, self-awareness to linking academic goals to career goals.

Yet, only 21 students out of the total amount of university students were in attendance. This raises the question of whether universities fail graduates, or if graduates are ignorant or unaware of the available resources, ones that equip students not to just be the holder of an impressive CV and set of qualifications, but simultaneously develop practical skills, cultivate self-awareness and confidence.

One hundred percent of the attendees reported confidence and self-awareness when providing workshop feedback, which underscores the importance of acquiring more than just a qualification. Degrees do not pay the rent, but skills do, and it is what you can do, and how you present yourself to employers that truly matters.

Such workshops become adulting lectures we never registered for yet desperately need. Without them, students risk entering the job market like soldiers in a war without a shield. Here are some highlights to serve as your armour:

- Self-awareness is key in carving a successful career. Your story makes your brand.
- Your mind is your biggest asset. Be intentional with not only the knowledge you consume but also how you utilise it.
- What you do now matters tomorrow. Your academic journey should connect you to your career goals.

As you write the story of your life, make sure you're holding the pen. When interviewers say, "Tell us about yourself," you can't afford to turn your life's story into a blank page. The next workshop might just be the plot twist that saves your career.



Image Source: Sendibitiyosi Gandidzanwa

THE PILL: EMPOWERMENT OR PRESSURE?

By Asisipho Mpahleni

When her period cramps became unbearable, she turned to contraceptives, believing that they would be the solution. Instead, she found herself nauseous, fatigued, and battling worse symptoms than before. It wasn't until she adjusted her diet, that her symptoms improved.

We often assume contraceptives are just about preventing pregnancy, but for many young women, they are prescribed for acne, hormonal imbalances, and managing period pains. In university, where classes, deadline and stress already weigh heavy, severe menstrual symptoms can feel like an added burden, making contraceptives seem like the easiest fix.

Navigating contraceptive choices, however, can be overwhelming, especially when the information feels either too clinical or too moralistic. While campus health clinics may offer access, they are not always approachable. The truth is, our relationship with contraceptives often begins before university.

According to the Gauteng Department of Health, over 150 000 teenagers fell pregnant in 2023 alone. In response, the Gauteng Health and Wellness MEC, Nomantu Nkomo-Ralehoko,

announced plans in January 2025 to introduce contraceptive implants for schoolgirls, making it compulsory, requiring only parental consent.

An implant is a small device called an 'Implanon', inserted under the skin, meant to last for three years. Though parental consent is required, the message is loud and clear – to prevent pregnancy.

This pregnancy-phobia lingers into varsity life, where many still carry the weight of being taught to fear sex, boys and babies, but not how to make empowered and informed choices when they are ready to say "yes".

However, it is not all doom and gloom, as one anonymous student shared that her doctor walked her through all available options, clearly explaining the side effects before she made decision. That is kind of conversation every young woman deserves.

Contraceptives might offer control, but who is really in control when decisions are made from fear and not freedom? It is we hand young women the whole story, the risks, the options, and the right to choose if and when they want the pill.



UNIVERSITY, A HOME AWAY FROM HOME



By Kulungile Kanise

Home is defined as a place of permanent residence, where domestic activities occur, however, there is more to a home than just permanent residency. Home is where one is nourished, loved, groomed and protected, where discipline is instilled and where tears together with laughter co-exist.

University has been a home to many students, although not providing a permanent residence, but it does fit almost everything that can be associated with a home, although the structure may be a bit different.

The societies in universities are what provide the basis and encapsulates the idea of a home. This is where students find comfort among other students who may share the similar beliefs or cultural backgrounds, creating a sense of belonging.

Studying along with chasing deadlines highlights the discipline that we are forced to learn and if one fails to be disciplined, then failure awaits them. The reward on the other hand is greater, because not only do you achieve and receive your qualification, but your achievement is honoured and celebrated.

Finally, similarly to the introduction of a new family member, we meet people that we get to share this journey called life with, as they too become family.

University becomes a home to many students as it is for some a shield of protection from the harsh realities that accompany their home of origin as well as a source of warmth for those who may never know the true meaning of a home. It is therefore accurate to say university truly is a home away from home.

A GOOD ATTITUDE EQUALS CONSISTENCY



Image Source: Yaroslav Shuraev

By Njabulo Nomvete

University doesn't test how smart you are, it tests who you are when no one is watching. No one forces you to attend lectures, submit assignments, or stay focused. You either show up, or you don't.

This is where attitude comes in.

Motivation fades. Energy fluctuates. But your attitude is the one thing you control. And we're not talking about the polite "positive vibes" kind of attitude. We are talking about one that is raw, clear and aggressive.

Aggression doesn't necessarily mean anger. It

means clarity. It means making decisions based on your goal, not your feelings. When you adopt that mindset, everything shifts.

You don't need motivation.
You don't wait for the "right time."
You stop negotiating with weakness.

We started tracking every time we failed. And we noticed a pattern in excuses. So we removed them.

"I'm too tired." Fix your sleep.
"I don't have time." Cut your screen time.
"I'm not good enough." Prove yourself wrong.

Every time we punched through an excuse, we got closer to who we wanted to be.

Consistency is not a habit. It is a daily decision backed by the right attitude. It shows up when you're exhausted. It stays when the excitement fades. It keeps going when no one notices.

You want a first-class degree? Then that party doesn't matter. That weekend off doesn't matter. That "mental health break" that's just procrastination doesn't matter.

This mindset doesn't make life easy. It makes you capable of handling it when it's hard.

Ask yourself:

Who are you when the work sucks?
Who are you when the pressure builds?
Who are you when it all goes quiet?

Your answer is your attitude.

Build it. Control it. Use it.

Because nobody's coming to save you.

POWER OUTAGE BECOMES FINANCIAL PROBLEM



Image Source: Thecoldwire.com

By Ziggy Unam Motman

Power outages bring about a great number of challenges, one of the strongest being that it risks community residents' lives across Gqeberha. For the sake of this article, I will focus on the communities in Steve Tshwete Village, also known as Shukushukuma (in Motherwell)

I would like to present that people are the common denominator when it comes to power outages. Causes ranging from stolen cables to stolen electricity, our very own brothers, sisters, cousins and uncles, have become the destroyers of their own homes and community at large.

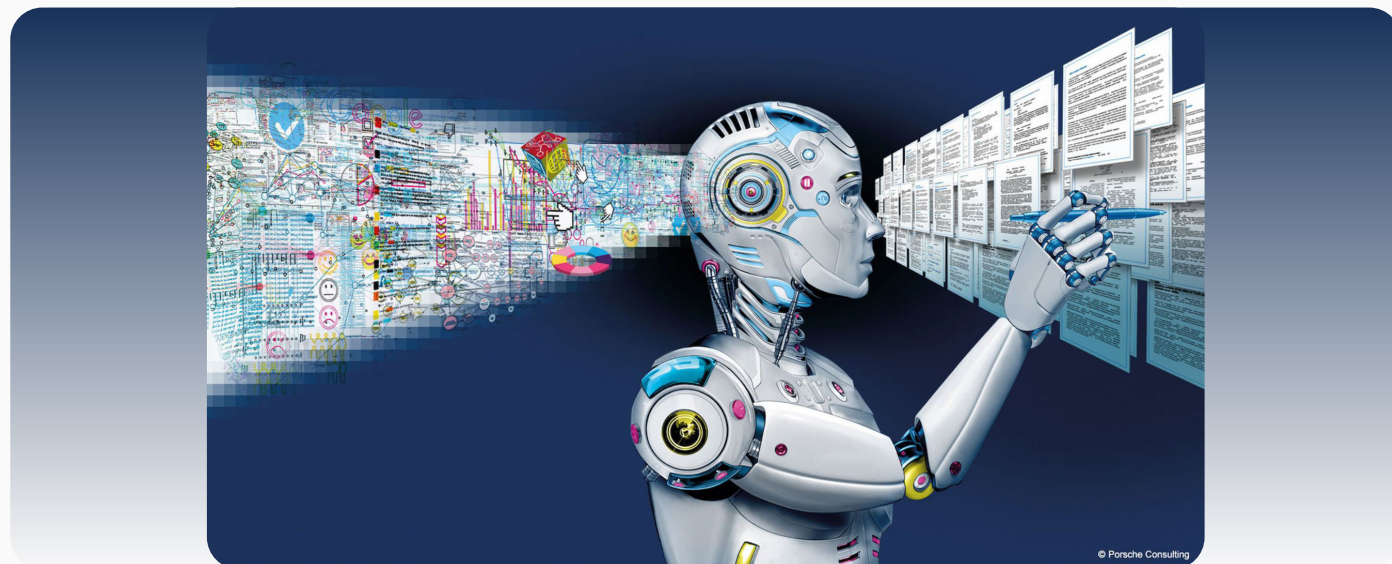
Their actions not only cause pain, but some tremendous financial losses. There are residents in Shukushukuma that may not have the financial stability or the means required to make the necessary adjustments, due to the power outages, which may land them in debt.

"I spent close to R500 in paraffin only because I do not own a gas stove," said Mrs Kholiswa Dyalvane, a resident in the area. "I bought sliced polony for lunch; I had to throw some away because it was bad" Mrs Dyalvane continued. It is heart-wrenching that one must spend money that they did not budget for to buy primary essentials for themselves and their families.

Saving money for unforeseen circumstances is always advised – putting something away for a rainy day, but there are way too many rainy days, and this will not prevent cables from being stolen, nor will it make people who unlawfully take electricity, start buying electricity legally.

We need to be more vigilant. If one may have good reason to feel uneasy about anyone in the community, they should take necessary steps and ensure that they have viable evidence before reporting the issue to the local law enforcement.

MAINTAINING INTEGRITY IN THE AI AGE



By Ayanda Nkosi

Technology continues to improve our daily lives through innovations, applications and digital updates. One of the most transformative advancements is Artificial Intelligence (AI), particularly chatbots like Chat GPT, which can hold conversations, answer questions, and now even retain memory of previous interactions.

Educational institutions, like schools, universities, and research centres are beginning to accommodate the use of AI, but clearly under defined limitations. Students are often advised to “use AI to guide your understanding, not complete your assignment. However, the rising number of academic dishonesty cases, including plagiarism and improper use of AI, suggests that many students misunderstand or ignore this instruction. This raises the question: do students truly understand how to responsibly use AI as a learning aid?

Many are using AI-generated responses without proper interpretation or paraphrasing, and some even include fabricated references – one of the key indicator’s lecturers can easily detect.

These practices not only violate academic policies, but also hinder genuine learning.

Students are expected to use AI to deepen their understanding, then apply that knowledge independently in their assignments and assessments.

Over-reliance on AI also risks weakening the value of academic qualifications. Graduates who have only not developed essential skills due to dependency on chatbots may struggle in professional environments, lacking critical thinking, research ability, and practical experience. This can diminish both personal growth and the reputation of educational institutions.

To address these concerns, institutions must implement clear strategies to educate students – particularly first-year entrants – on the ethical and responsible use of AI. Workshops, orientation programmes, and curriculum-integrated guidelines can help reinforce the importance of academic integrity. Students should be made aware of the consequences of misconduct, including loss of marks, suspension, expulsion, or permanent records of dishonesty.

With appropriate boundaries and education, AI can definitely be a powerful support tool in academia – one that enhances learning rather than replaces it.

FROM TWEETS TO THE STREETS



By Katleho Mokone

What was initially meant to just connect friends and share everyday moments, has now evolved into a powerhouse that has redefined how we rally for justice.

Social media plays an essential role in amassing collective action. Platforms like X, Instagram and Facebook have become vital tools for organizing strikes and protests by enabling rapid information sharing and fostering solidarity. Movements like the recent “Justice for Cwecwe” march, and the “Am I Next” protests, owe a lot of their momentum to these online tools.

Whilst the power of social media cannot be denied, it comes with certain disadvantages. There is difficulty in translating online mobilization to real world action. Performative activism is everywhere, where likes, shares and hashtags do not necessarily mean showing up when it counts.

For instance, during the #FeesMustFall protests, some corporations and public figures expressed solidarity online but failed to contribute tangible support, such as funding or

policy advocacy, to address the root issues of education inequality. Additionally, social media can also lead to movement fragmentation as different groups may use the platform to promote their own agendas or become too concerned with online engagement rather than focusing on the real problem. Moreover, these protests and marches may also fall risk to being commoditised, turning activism into a form of entertainment and consumption.

Despite these challenges, the means justify the end. Social media is undeniably powerful. If people can focus on its strengths while staying grounded in the real world, it can be a vital force for meaningful change. Promoting effective social media advocacy requires clear ethical guidelines for individuals and organizations.

Transparency and accountability are key. Organizations should clearly outline the purpose behind their advocacy efforts. It is equally as important to commit to sharing accurate and reliable information while avoiding the spread of misinformation or harmful behaviour online. By upholding these principles, social media activism can remain a force for positive and meaningful change.

BEYOND THE BOOZE TRAIN



By Katleho Mokone

University nightlife is characterized by late-night parties, crowded bars and flashy club scenes, but is this the only way to connect and make memories? Perhaps it's time to opt for alternative social experiences that foster genuine connections, spark creativity and leave lasting impressions, not just hangovers.

While traditional nightlife offers plenty of excitement, it often lacks depth in the connections it creates. Friendships formed under the influence of loud music, flashing lights and vibes, may seem meaningful in the moment, but can fade as quickly as the night does. Conversations are often superficial, and the atmosphere, while fun, doesn't always encourage authentic interaction.

Embracing activities that go beyond the traditional nightlife can lead to more meaningful experiences. Here are some ideas of activities that can help one attain a more vibrant social calendar:

- **Outdoor adventures** – Go outside, swap the neon lights for natural landscapes.

Hiking trips, beach outings, or even sunrise jogs can bring a group closer while providing moments to unplug and breathe.

- **Creative projects** - Host a DIY night where everyone brings supplies for crafting, like jewellery making, painting, creating vision boards or cooking meals together at a friend's place.
- **Giving back** - Join community cleanup projects, volunteer at local shelters, or organize a tree-planting initiative. Not only do these activities connect students with others who share their values, but they also offer a sense of fulfilment.

Exploring these alternatives diversifies your social life, nurtures mental well-being and supports more enriching friendships. Breaking away from the cycle of bar hopping and booze cruising allows students to discover their passions, develop valuable skills, and create unforgettable moments that truly matter, all while building friendships that stand the test of time.

Step away from the ordinary and embrace a more vibrant, fulfilling social life – your university years deserve nothing less.

TRADITIONAL HEALERS FILL THE GAP



Image Source: Sneha Cecil

By Nathan John Ferndale

Ethiopia was the largest aid recipient of the US Aid Assistance in the Sub-Saharan Africa before the United States of America imposed an aid freeze. From food and health support for asylum seekers and sexual abuse survivors, monitoring the impact has left many organizations scrambling.

This event was brought upon by President Donald Trump, and has left many patients in the country with little to no access to vital medication. In response to this, traditional healers are intervening to fill the GAP. According to government statistics, roughly one out of four adults in South Africa live with HIV, placing South Africa amongst the countries that are known for the highest HIV rates in the world.

Traditional healers, locally known as sangomas, are honored for their healing abilities and spiritual guidance. Many of them have gone through lengthy training and initiation processes throughout history, before administering remedies passed down through centuries. While some doctors question the effectiveness of traditional healing, many people are left with little to no options amidst the US aid freeze.

Mpho Roberta Masondo, director of the African National Healers Association, acknowledges the importance of antiretroviral therapy in suppressing HIV, but also emphasizes the role played by traditional medicine and traditional healers in holistic health and community well-being.

As the aid freeze is not likely to be reversed by the United States of America, traditional healers like Tjatji, a registered traditional healer and fashion expert, are seeing an increase in patients seeking alternative treatments.

While the efficacy of these treatments is debated, traditional healers are playing an important role in filling the gap in HIV treatment amidst the aid freeze.



RECHARGE WITH INTENTION

By Nthabeleng Mqakelana

Waking up and deciding to go to the gym can be a difficult choice for anyone, especially for university students. Factors such as lack of motivation, low self-esteem and academic stress often get in the way.

University life is stressful on its own, and having to deal with additional issues like mental breakdowns, can feel chaotic. One of the most effective ways to manage or prevent anxiety, is by adopting a healthy lifestyle that creates a safe space for both your mental and physical well-being. This is where yoga comes in – it can be your saving grace from becoming the next victim to anxiety.

Yoga offers a variety of benefits, and it doesn't require a large time commitment. It enhances self-awareness through meditation, giving your mind the space to process peacefully, and helping to reconnect your body and soul. This practice also improves concentration and focus – something especially valuable when deadlines are piling up.

While yoga might seem boring or ineffective at first, those small stretches can have a huge,

lasting impact on your overall well-being. According to Harvard Medical School, here are some benefits you can enjoy with minimal effort:

- Boosts weight loss and supports physical maintenance.
- Improves overall fitness and relieves tension and anxiety.
- Promotes strong cardiovascular health.

But wait, there's more! Yoga can be fun and flexible. You can try a half-lotus pose while cooking, or do a simple chair twist during study breaks. If you are someone who tends to be inactive, yoga can help build motivation over time.

The best part is you don't need a specific place or schedule. Pose-like *legs up the wall* and *chair twist* can be done anywhere, anytime, making it easy to integrate into your busy student life.

While you're working hard to keep up with your studies, don't forget to take care of your mind and body. Add yoga to your to-do list – it might just be the thing that brings you back to balance.



SMALL STEPS, BIG VICTORIES



By Nthabeleng Mqakelana

As the spirit of graduation fills the air this April, we are reminded of the powerful words by Nelson Mandela: *"It always seems impossible until it is done."* These words echo in the hearts of many graduates who have faced challenges, yet pushed forward with resilience and determination.

The journey was not easy. Many cried, laughed, doubted themselves and even thought about giving up, but perseverance and discipline prevailed. Some students didn't plan to pursue the degrees they earned, while others followed clear ambitions. Regardless of the path, they completed their respective journeys.

Success doesn't begin at the top. Every graduate started from the bottom, with little knowledge but great willingness to learn. Today, their achievements reflect hard work, no shortcuts.

Sogwadile Yamukela, shared how difficult it was to grasp ICT concepts due to her rural background and limited exposure to technology.

But with time and effort, she learned to use computers confidently – proof that growth is possible for anyone willing to try.

Anelisa Mkuzo found her university experience enriching. As a social person, she enjoyed connecting with others, sharing knowledge, and building friendships. Her passion for marketing management, especially in promotions and research, became a strong driving force behind her success.

These stories remind us that each journey is unique. Comparing your beginning to someone else's middle can be discouraging. What matters is focusing on your own progress and writing your own story.

Despite different backgrounds, interests and challenges, every graduate shares one thing: the determination to finish off strong, and they did just that!

Heartfelt congratulations to all the graduates – your journey has inspired many, and your future is a host to endless possibilities.

FIGHTING WITH OR AGAINST THE SYSTEM?



Image Source: Musa Mav Makaula

or against it?

This is a serious issue that is repeatedly overlooked and downplayed, with the police and the government seemingly not doing enough to address the matter. This then makes one question the system. Does this mean that they are doing absolutely nothing? No, but does it mean that they are bringing a change and sense of security to show their dissatisfaction with the alarming GBV cases in South Africa? No.

Thus, individuals question themselves, asking “are we fighting the system or against it?” Will young girls and women have to face this battle alone, simply because certain individuals do not care enough to support a movement for women’s rights?

Monthly, there are new social media posts demanding justice for victims of GBV, and these victims are mostly women. Most recently, we seek Justice for Cwecwe, a 7-year-old girl that was violated and invaded.

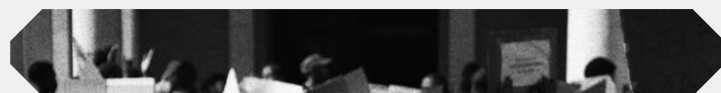
It is extremely alarming that even minors are unsafe at school, a place that is meant to be a learning environment and a safe space. Her case is a reflection of our system continues to fail South African female counterparts.

As women living in South Africa, it is terrifying to know that one’s life holds no value and that there is a system that fails to resolve this epidemic. Therefore, the question then remains, are we fighting with or against the system?

By Nura du Plessis

In South Africa, Gender Based Violence (GBV) is known as a national, ongoing crisis. Nearly 40% of women in South Africa have experienced a lifetime of physical or sexual violence, with one in five women in relationships having had experienced physical violence by their partner.

Women no longer feel safe in their own country they call home, which ultimately leads to the question, are women fighting with the system



BEER PONG AND BARGAINS ON A BUDGET



Image Source: Backyard Facebook Page

By Riley Meyer

We all know that school can get quite overwhelming, especially with assignment deadlines, semester tests, and the anxiety of the upcoming exams. Sometimes, we need to take a little break from staring at textbooks and just go out and have some fun.

Beer Yard is notorious for their weekly beer pong competition on Thursdays. All you have to do is find a buddy, show up, pay R30 per person, and aim (quite literally) to win the grand prize of packs of Car Park John and John Doe. Beer Yard also famously has daily food deals. Their double brandy and Coke is R35 every day of the week, their hearty nachos are R75 on Wednesdays, and they now feature a “Buy one get one free” on their house lagers on Tuesdays.

Similarly, another restaurant much closer to home, Beer Shack, also has a whole host of daily specials. They have R45 cocktails between 11am to 5pm. However, if you are more interested in

eating before or after your class, you can get a free coffee with any breakfast order daily or indulge in their R70 burger special on Mondays, accompanied by chips and onion rings.

If beer pong isn’t your preference, but you would still like to stay in the Summerstrand area, Banana Beach has a pool table and their own host of specials. If you are someone who prefers cocktails, Banana Beach has their lovely margaritas at R45 every Tuesday, all day.

There is truly nothing better than a good cocktail, pool table and an ocean view. Better yet, it’s right across from a McDonald’s and Chicken Licken for that post hangout lunch or even breakfast.

For students, it is always ideal to try and stick to a budget. Whilst it is important to save money, it is equally as important to relax and have a bit of fun from time to time. We can stick to the specials and also have some fun!

PUT THE “APP” IN “APPLICATION”



Image Source: istockphoto.com

By Buhle Masilela

The Pnet app is an essential tool designed to assist individuals in finding employment more efficiently. This article explores what the Pnet app is, how to use it effectively, and the various benefits it provides to job seekers and potential employers.

Pnet is one of South Africa's leading online e-recruitment service providers. It functions as a digital platform that connects job seekers to potential employers and recruitment agencies. The platform offers a wide range of services that simplify and enhance the recruitment process, making it easier for both parties to connect and engage.

To get started, job seekers should register for a free account and create a detailed profile. Upload a current curriculum vitae, set up job alerts and browse through available positions.

When applying for a job, follow the instructions

for each position carefully, and attach all necessary documents, like a cover letter or professional references. The Pnet app can be downloaded to your smartphone, offering a simple and very user-friendly interface that anyone can use.

Using Pnet comes with numerous advantages. Registration is free, and your profile can be discovered by recruiters without any cost. The platform's large user base increases visibility, and enhances your chances of finding relevant job opportunities if you are a job seeker or qualified candidate. If you are an employer, the app's intuitive design makes navigation easy for everyone.

Pnet is a trusted and reliable platform for anyone navigating through the South African job market. Whether you are looking for new employment or top talent, Pnet is a well-established and reputable platform worth exploring.

SUPPORTING STUDENTS WITH DISABILITIES

By Phuthego Nthoke

Nelson Mandela University is home to a well-established and active unit dedicated to supporting students and staff with disabilities.

The institution provides a range of reasonable accommodations, including specialized transport for students, extra time during assessments, human support (such as scribes, personal assistants, and sign language interpreters), as well as various technological assistive devices.

Nelson Mandela University's Universal Accessibility and Disability Services (UADS) unit offers a wide range of assistive technologies designed to meet the diverse needs of individuals with disabilities. Their range consists of the **Merlin Elite Pro HD/OCR**, a desktop video magnifier that enlarges text, converts text to voice, and reads printed materials out loud. Another key device is the **Orbit Reader 20**, a braille display that allows users to read books and files stored on an SD card without

requiring internet connectivity. It can also connect to computers and smartphones via USB or Bluetooth.

Other notable devices include **JAWS**, a screen reader software for blind and low-vision users, the **Braille Box**, a high-volume braille printer, and the **Sensory PBRW**, a handheld multimedia player. More assistive devices are available for students based on their needs.

For more information and perhaps just a little extra knowledge, students are encouraged to visit the UADS office on South Campus, located in the main building (Embizweni), first floor, Room 009 (next to the cashiers).

"Assistive devices make the lives of students with disabilities easier and help foster independence. We encourage students to explore these tools before opting for human support,"

– Mrs. Siwe Nare, Student Access Coordinator, UADS



THE SCIENCE OF SNAPPING



Image Source: stock.adobe.com

By Phuthego Nthoke

Snapping your fingers: a simple, everyday gesture – used to match a beat, gain someone’s attention, or express a sudden thought. You might not believe it, but this action actually involves a surprisingly complex biomechanical process that consists of storing and rapidly releasing energy when your middle finger makes contact with your palm.

A study done by researchers at the University of Georgia, found that a finger snap can reach angular accelerations of up to one million degrees per second squared, with velocities exceeding 7,800 degrees per second. That makes it one of the fastest human body movements.

The snapping process can be broken down into four key stages:

- **Loading Stage:** Energy builds as the thumb presses against the middle finger,

creating potential elastic energy in the hand’s tendons and muscles. The thumb acts as a latch to hold the energy in place.

- **Frictional Hold:** While energy is stored, friction between the fingers stabilizes the system. It must be just right – too little, and the snap occurs too early, too much, and the energy won’t release efficiently.
- **Rapid Release:** The thumb slips past the middle finger, releasing the stored energy. The middle finger then accelerates quickly toward the palm.
- **Impact and Sound Creation:** The middle finger strikes the palm, producing the sharp, familiar snap sound – similar to a miniature whip crack.

It is amazing to see how science is involved in such a trivial action that is usually just associated with a simple way to express emotions and give instruction, however, understanding the science and steps behind the action leads us to appreciate it, and the science behind it more.

MICROPLASTICS IN RAINWATER: SKY POLLUTION

By Sonia Van Der Linde

Microplastics plastic fragments less than 5mm in size, have long been known to pollute oceans, river, and soil. However, the recent discovery of microplastics in rainwater has proven how pervasive this synthetic material has become in the modern age.

Samples collected by researchers within remote regions-far from urban settings like mountains top and national parks have suggested that strong winds are able to carry microplastics over long distances, including areas far from any human activity.

Over the last few decades, microplastics have been found in a variety of shocking areas, including sea beds, Artic ice, remote sand dunes, as well as regions as low as the Mariana Trench and as high as Mount Everest. These microplastics can originate from car tires, clothing fibers, packing materials, and a number of other plastic waste that spread and break down. These particles travel through the atmosphere, where their small size allows

them to eventually get picked up through precipitation.

The implications of this phenomenon is more than concerning, as the deposit of these microplastics into soil and water through rain, can have a serious effect on the health of wildlife, crops and possibly human life, as scientists suggest this continuous inhalation of microplastics may be harmful in the long-term.

The findings highlight the urgent need for global cooperation in addressing this situation. Scientists urge industries and communities to reduce plastic pollution by using biodegradable alternatives, limiting single-using plastic and instigating recycling systems as plastic’s best quality – its longevity seems to be the earth’s biggest curse.

As the purity that was once associated with rain gets stripped through the presence of synthetic pollutants, its a sobering reminder of the damaging effects humans have, not only on the ocean and our fellow species, but every natural system on this planet.



Image Source: istockphoto.com

JOSÉ RIVEIRO'S LAST DANCE WITH ORLANDO PIRATES



By Gcinakahke Bembe

As the 2024/2025 seasons nears its end, Orlando Pirates will be bidding farewell to head coach Jose Riveiro, who has announced that he will not be renewing his contract beyond June. The Spanish tactician, who joined the Soweto giants in 2022, leaves behind an impressive legacy filled with silverware and progress.

Riveiro's time with Pirates has been marked by consistency, tactical discipline, and a winning mentality. Since taking charge, he has guided the team to five major trophies, including three consecutive MTN8 titles, and back-to-back Nedbank Cup wins. His impact extended beyond domestic competition, leading the Buccaneers to a strong CAF Champions League Campaign, where they famously defeated Al Ahly in Cairo during the group stage.

This season, Riveiro has maintained a 69% win rate in the Betway Premiership, averaging over two points per game. Under his leadership, Pirates have remained undefeated in 13

consecutive Champions League matches, securing eight wins and five draws. This highlights the team's growth on the continental stage.

Despite his success, Riveiro has opted to walk away at the end of his contract, becoming only the second Pirates coach in recent memory to complete his term. His decision has surprised many, especially given the team's upward trajectory under his leadership.

As Pirates prepare for their highly anticipated Nedbank Cup Final against Kaizer Chiefs on the 10 May, the squad will be eager to give their departing coach one final trophy. For both the fans and players alike, Riveiro's exit marks the end of golden chapter, one defined by ambition, structure and a return to glory for the Sea Robbers.

His legacy will live on in the team he helped rebuild and the standard he set for those who follow. Up the Bucs!

SOWETO GIANTS SET FOR NEDBANK CUP SHOWDOWN



Image Source: SA people Page

By Gcinakahle Bembe

South African football fans are in for a treat as Kaizer Chiefs and Orlando Pirates are to set to face off in the 2025 Nedbank Cup final on 10 May.

The match will take place at Moses Mabhida Stadium in Durban. This has become a venue for big football moments. For Kaizer Chiefs, this final is more about more than just silverware, it represents a shot at redemption.

After years without a major trophy, the team will be eager to bring some long-awaited success to their loyal supporters. Their path to the final was not easy, they had to edge past Mamelodi Sundowns in a comeback win powered by young talent and late heroics.

On the other hand, Orlando Pirates come

into this game with a lot of confidence and momentum. Having won the last two Nedbank Cups, they are chasing for a rare-three-peat, which is something that has not been done since the 1970s. A solid performance in the semi-final against Marumo Gallants, showed that the Buccaneers are just as hungry for more.

Of course, what makes this final even more exciting, is the fact that it's a Soweto Derby. Few rivalries in African football carry the passion, history, and drama than that of Chiefs vs Pirates. The game will be played in a packed stadium, and millions more watching from home, this is more than just a cup final, it is a cultural moment.

Whether it is Chiefs breaking their drought or Pirates cementing their dominance, the 2025 Nedbank Cup final is set to deliver fireworks.

RESIDENCES PREPARE FOR 2025 CAMPUS LEAGUE



Image Source: Zukukhanye Maseti

By Zukukhanye Maseti

Campus League season has just arrived as the residential teams are getting ready for the league. The coaches are making their very best effort to ensure the teams' readiness with the hopes of becoming this year's champions. The league commenced on the 13th of April 2025.

Claude Qavane, the 2024 Campus League Champions have shared their strategy on how they prepare for their matches saying, having a good relationship with your players will always give results. They make sure that their players get along as a family before the matches.

"Last year we said we are going to finish at the top 3, and we ended up taking the league. Even this year, we are going to fight until the final game. We are going to take the league." - Malika Mfanafuthi, the head coach of Claude Qavane FC.

The postgraduate residence team PGSV FC

(Postgraduate Student Village) was one of the residences that is hoping to win the finals. Last year they managed to enter the top 10 attaining position 9. Preparing for the League, they are working on their fitness and passing skills to ensure their readiness.

"People should be really looking forward to something new or fresh type of football when they are watching this team." - Ngcali Tile, the coach of the PGSV FC.

One of the big off-campus residence teams, PSA (Premier Student Accommodation) has made sure to prepare their teams, providing them with useful resources.

"We have organized coaches to assist our teams for performance improvement, and provided transport to, and from practice. We also purchased the necessary sporting equipment to assist our teams to have effective training sessions" - Yanga Mdekazi, the sports officer in PSA.