

MADIBAZNews

News for the students, by the students



By Shitshembiso Mahlathi

The Johnson & Johnson COVID-19 vaccine has been given the go-ahead once more. Following recommendations from South African, American, and European health officials, the Department of Health will resume using the Johnson and Johnson COVID-19 vaccine. The benefits of defence against extreme COVID-19 “far outweigh” the chance of unusual side effects, according to the researchers.

On April 28th, the Sisonke study resumed vaccination of over 200 000 health employees. The department in charge of ensuring that teams were patiently waiting to finish the program as soon as possible.

Mkhize urged South Africans to note that having the vaccine is preferable to not having it because of the risk of a blood clot. Blood clots caused by the Coronavirus cause several times more cases than the one in a million risk of having a blood clot from the Johnson and Johnson vaccine.

The second vaccination campaign is set to begin on May 17th. People in control of large institutions or organizations, people over 60, people over 18 with comorbidities, and finally, all residents over 18 will be the subject of Phases 2 and 3. South Africa is using technology to ensure a smooth start to the vaccine rollout. The Government Electronic Vaccination Data System (EVDS) is a simple self-registration tool that collects information about all people who will or have been vaccinated.

To register, you will need an ID or passport (if you are from another country), general contact details, and proof of employment. Staff and students at Nelson Mandela University will get their vaccines at the COVID-19 screening centre. Vaccines will be provided to the general public at hospitals, clinics, pharmacies, and doctor’s offices. Only certified healthcare professionals will be able to administer the vaccine.

Having the vaccine does not make you invincible. Doctors do not know how long the vaccine can protect you from COVID-19, there is still a chance that you could catch COVID-19 after vaccination. It is important to keep following the COVID-19 regulations after vaccination.

NEWS

05 PRIDE MATTERS

OPINION

09 ELDER ABUSE AWARENESS DAY

LIFESTYLE & ENTERTAINMENT

19 THE EPITOME OF BEAUTY

SCIENCE & TECHNOLOGY

20 DRONES: THE FUTURE OF ADVERTISING

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LETTER FROM THE EDITOR

We are finally midway through the year, yes, its June! The year goes by fast this year, I guess it is now evident that the year 2021 would likely be shorter than any other year as it was discovered that the Earth is moving faster than it ever has in the last 50 years. As interesting as that fact is, the difference is just a matter of milliseconds which is really not much of a difference but definitely feels like it.

June is a fascinating month but also could be a stressing time for most students as we are nearing semester end, which means... lo and behold...examinations period! We as MadibazNews send out strength and endurance during this time.

Young people would be happy to know that this month celebrates them, in fact the word 'June' comes from a Latin word 'iuniores' word meaning "younger ones". Coincidentally enough, we also celebrate Youth Day this very month.

Among other great things happening in June, we dedicate this edition to the youth and urge that you take 'pride' in your individuality. Happy reading!

Ashley Malepe

COMMUTING MADE EASIER AND AFFORDABLE WITH QUIQSTART



By Khomotso Skosana

Quiqstart is a bicycle rental company that helps people explore their passion for cycling. Charles Mbhele started when he noticed the challenges that were faced by students living off-campus. He says, "not having your own car comes as an inconvenience and public transport on the other hand is inconsistent. The aim was to come up with an efficient and cost-effective method of going to and from the university."

Charles describes it as seeing a problem and coming up with a viable solution that would make the lives of many students easier. Quiqstart started with only two bicycles in 2018 and after

receiving funding from the NYDA (National Youth Development Agency), he grew the fleet of bicycles. The pleasant part about this company is that it employs students from the university and in 2019 they started offering bike riding lessons.

Charles, an avid entrepreneur since 16, entered his business in the national EDHE Intervarsity competition in 2019 and made it to the national finals. He described it as a wonderful experience, but one that is extremely competitive. He said "You compete with the best of the best and that you have the opportunity to network with various individuals which could potentially benefit your business in the long run."

When Charles was asked what advice he would give students who would want to venture in entrepreneurship, this is what he had to say, "The beginning is always the hardest, as with anything but what matters most is you starting. Stay consistent and keep reminding yourself why you started and the goals you have for that business venture. Be yourself, don't care what other people have to say because people will always talk in the end." Charles mentioned that people would laugh and mock his idea, but he blocked out the noise and continued pushing. He is proud of how far his business has come and he cannot wait to see the strides this business will continue to make.

For more information they can be found on Instagram and Facebook @quiqstart and on 065 885 1651, their email is rentabike@quiqstart.co.za. Their business is also listed on other websites such as [tripadvisor.co.za](https://www.tripadvisor.co.za) and [go4bike.com](https://www.go4bike.com) as they do not only cater for students but for everyone that is interested in biking activities and even for tourists visiting the province.

For more information on entrepreneurship, you can email entrepreneurship@mandela.ac.za

quiqstart

Photos: supplied

WHAT IS ITHETHA?

iThetha (Pty) Ltd is an EdTech company/startup that offers language learning services, focusing more on African languages. The company was founded by Siyanda Snyman and Nelisa Ndaleneni after being shortlisted in the MTN ICT Challenge.

The MTN ICT Challenge is a competition formed by the MTN SA Foundation in association/partnership with ENACTUS SA. ENACTUS university teams are required to come up with technological solutions to issues faced in the Agriculture, Health or Education sector, the solution needs to be in the form of either an App, USSD or Game.

Under Nelisa Ndaleneni, Sibulele Kasa and Siyanda Snyman's Leadership, the ENACTUS Mandela team decided to focus on the education sector for their participation in the MTN ICT Challenge. The ENACTUS Mandela team conducted research to find issues that are faced in this sector and found that "language barrier" was one of the prevalent issues in the education sector, more particularly, by university students who had been taught solely in their mother tongue at secondary education level. The team found that when entering English medium universities, these particular students struggle to communicate and write in the medium of instruction which affects their performance, educational experience and/or confidence leading to some even dropping out. As a solution to this issue, the team came up with the idea of developing a language learning application. The team then submitted this solution to MTN/ENACTUS of building a language learning App, a language app that would provide specialized language lessons/services not only for students but for anyone who wanted to learn a language. This gave rise to what we know call the iThetha language learning application.

Our mission with iThetha is to provide access to and an accurate representation of all African languages through the development of a

a language learning application. The application will cater for people aged 12 years and older aiming to learn languages for various contexts such as learning languages for educational purposes, international travel or for jobs (and interviews). iThetha is not only about providing access to a large variety of African languages, but about providing a personalized and unique learning experience that guarantees fluency.

Services offered?

Before building the App one of the requirements of the competition is to first offer our service through instant messaging App, either WhatsApp or Ayoba.

Our services are divided in two, namely, a Basic plan and a Premium Plan and are offered currently only in isiXhosa and English.

The Basic plan which will only be available at a later stage is a self-service section where an iThetha user will have access to limited features of our lesson plans (which are still being developed) and quizzes.

The Premium Plan, which is being launched on 16th June 2021, is a personalized learning platform that provides the option of one-on-one tutoring. To access the tutoring services offered by iThetha; a user must contact us via WhatsApp, where they will then be sent a link to fill in their details and what kind of assistance they would require; after that, a tutor will then contact the client to arrange for lessons to assist the client. iThetha language learning services are accessible to people aged 12 years and older for various contextual uses (e.g., travelling to a new country, language modules in school, interview preparation, cultural integration).

Anyone requiring the service or wanting more information can contact us via WhatsApp on 063 052 7109. They can also find more information any of our social media pages @ ithetha_app on Instagram and iThetha App on Facebook.

Photo: supplied

PRIDE MATTERS

By Shitshembiso Mahlathi and Lindokuhle Frank

Pride is defined as a positive emotional response or attitude to something with an intimate connection to oneself, due to its perceived value. This phrase will become relevant and heavily spoken about as South Africa moves into Pride Month. The month of June, known as the pride month, will see a lot of pride parades which seeks to celebrate and create awareness around the LGBTQI+ community. Pride, as opposed to shame and social stigma, is the predominant outlook that bolsters most LGBTQI+ rights movements which remains necessary especially in South Africa whereby the community is relegated and ridiculed leaving those part of the community to be fearful.

Following the violent murder of a gay man in the Eastern Cape, Andile Ntuthela, the LGBTQI+ community feels under siege. His body was reportedly mutilated and burned. The Gay and Lesbian Alliance of S.A said in a statement that it is outraged by the country's unprecedented rate of homophobic-related murders.

In the early days of April, a 34-year-old man from Ntuzuma, Sphamandla Khoza was stabbed and had his throat slashed in a suspected hate crime in Durban. Nathaniel Mbele, a 25-year-old gay man, was stabbed to death on Botswana Street in Boipatong, Gauteng.

Lonwabo Jack was on his way home from celebrating his 22nd birthday in the Western Cape when he was assaulted and murdered in his neighbourhood. According to the police, the victim was found with a stab wound to the chest.

With about eight known LGBTQI+ killings in a period of less than three months, this wave of hate has shocked and terrified the queer community. Even 27 years into democracy, so much work needs to be done in South African universities and society. Many people still lack adequate education when it comes to the LGBTQI+ community.

With the diverse identities, cultures, heritage and life choices on campus, there is still a need to increase awareness to ensure the safety and comfortability of queer students. Dialogue is needed to teach people about the queer community within universities so that when people go out into society, they have a deeper understanding of diversity. The intention of these dialogues would be to foster a culture that welcomes and respects everyone.

Pride day being celebrated this month gives queer individuals an opportunity to be celebrated. Their fight for liberation is far from over, just like the youth of 1976.

Photo: istockphoto.com

DAM LEVELS AT AN ALL-TIME LOW

By Sikhulule Moyeni

Eastern Cape dams supplying the Nelson Mandela Bay are at a crucial low. The local municipality urges the residence to be mindful of the amount of water usage as the dam levels sit at 14%. About 300 million litres of water are estimated to be used daily and this unfolds the possibility of dam levels reaching 5%.

The drought situation continues in the Eastern Cape, and the Nelson Mandela Bay is no exception. The residents are encouraged by the municipality to use water sparingly as day zero may be around the corner.

Officials are said to be working around the clock to prevent this outcome on their side by fixing water leaks that were evident. It is estimated that the five dams at the metro will fall below 10% within two months.

"The drought situation is very bad. In NMB, dam levels are at an average of 14.32%. It's a very dire, we are hoping that our communities will assist us", municipality's spokesperson Masixole Zinto states.

Photo: freepik.com

NELSON MANDELA UNIVERSITY'S EBUHLANTI BUILDS POSITIVE MASCULINITY

NELSON MANDELA
UNIVERSITY

Ebuhlanti
THE
Kraal

**MEN'S LEADERSHIP
PROGRAMME**

By Lungisa Somtombo

While the whole country is focused on developing women with minimum focus on grooming men, Ebuhlanti 'The Kraal' Men's Leadership Programme at the Nelson Mandela University focuses on developing men as many boys grow up without fathers or positive role models.

The programme was started in 2019 to create a platform for male students to discuss their issues, struggles, wins and fears to build positive masculinity, while encouraging that they change perspective in the way they see and do things.

Student Development Officer, founder and Co-ordinator of the Ebuhlanti programme Yanga Lusasa was inspired by the quote, "with the ever-growing development programmes designed for empowering women – who is empowering men for the empowered women" this is one of the reasons why Ebuhlanti was created.

According to Lusasa, the programme's main purpose is to plant a positive seed in a man's heart through these encounters, prompting him to be better and make better decisions through his own free choice to improve his life.

"The name Ebuhlanti which translates to The Kraal came because the kraal is a place where men sit and discuss topical issues in the African culture, which is what happens at this programme, said Lusasa."

One of the 14 topics discussed at Ebuhlanti include the 'Model and Structure of a Man', which is about what makes a man in society, trying to switch stigmas such as "Ilizwi lendoda enganamali alivakali" which means that you need to have money to be recognised as a man.

Member of the Ebuhlanti programme Melvin Shiba said it is very pivotal for men to walk with other men so they can hold each other accountable and through these programmes they can create a better world for their children because it is in their hands to change the narrative and live positive lives.

"I joined Ebuhlanti for brotherhood, accountability, respect for myself and others, this programme has brought all these things at once and has made me a better man emotionally, mentally and psychologically," said Shiba.

Photo: Yanga Lusasa

WHAT THE YOUTH WANT FOR YOUTH DAY

By Lindokuhle Frank

It has been 45 years since the youth of 1976 took to the streets of Soweto, in a peaceful march, for the right to be taught in their language of choice. They were brutally attacked by apartheid government police, and this sparked protests around the whole country. Many were arrested and killed in their quest for equal and better education system. This ushered in a new era of resistance that students of today are using in the attempt of bettering the education system.

With the rich history that June 16 holds, today's youth want Youth Day to not only focus on the history, but to also acknowledge the current struggles and reality they face today. June 16 should not just include discussions about the struggles of the youth of 1976 and those who died that day, but it must also confront current issues and needs that will translate into meaningful actions to empower their future.

Many of our peers still do not understand democracy and being an active citizen. Many still do not partake in national elections because they do not believe it is important and that their vote will make a difference. With over a million unemployed youth sitting at home, they have given up on all possibilities.

Programmes that empower the youth and create meaningful change in their communities need to be created. Programmes that develop mentorship, entrepreneurial and leadership skills that will help the youth when they go out into the work environment and within their community.

It is time to stop looking backwards and honouring the past, we need to honour the young heroes of today. Those overcoming their struggles, making a difference in their communities, and fulfilling their dreams.

With the events that have happened in the past few years, it is evident that when the youth come together, a change is possible. Just like the youth of 1976, they are taking a stand and fighting for what is right and with that attitude, our future is in great hands.



Photo: dailymaverick.co.za

WORLD ELDER ABUSE AWARENESS DAY

By Aziziphozethu Gwija

Every year on 15 June the world celebrates World Elder Abuse Awareness Day, which is a day that aims to promote awareness on the abuse suffered by elders in our societies. I think this day is more important this year as we have seen many people in our communities' struggle through the health and safety challenges that have come with the pandemic and the lockdown.

Elderly abuse comes in different forms. It can be physical, emotional, or financial. It can be imposed by anyone from the spouse, family members or just a random person. There have been many incidences where the elderly have been subjected to rape and murder in their homes because they can not defend themselves. There are also incidences where family members take the pension grants of the elderly whilst not taking care of them. These incidences result in a negative impact on the health of the elderly, and these actions are a violation of their human rights.

It is of great significance that we protect our elderly in our homes and communities. Their safety is as important as our own. If you suspect or know that any elderly person is being abused in any form, you should contact the local police or a social worker in your area.



Photo: eldermistreatment.usc.edu



THE SIDE-LINING OF FEMALE GENIUSES

Photo: Lamnha

By Panenyasha Nhavira

Women are often side-lined in the field of work especially if it is male dominated industry like the Formula 1 sport. By the mention of Formula 1 sport, most common name that first comes to mind is Lewis Hamilton not much about Stephanie Travers. PETRONAS trackside fluid engineer Stephanie Travers made history when she joined Lewis Hamilton atop the Formula 1 Podium in 2020, as the first African American woman to ever stand on Formula 1 podium. The gender disparity is getting thinner thanks to women who continuously push boundaries to pioneer and make space for others.

If you are not a sport fan, then maybe you have watched the movie 'Hidden Figures' based on the true story of female mathematicians who work in an environment surrounded by male counterparts who belittle them because of the colour of their skin and because they can calculate extremely well and fast. In the movie we see the male counterparts making these women's lives miserable, and respect is far from their vocabulary.

I have sat in many debates and conversations to try and understand why some men inherently oppose female leaders and why others undermine a woman's intellectual capacity, notwithstanding that, women do it to themselves too. This kind of behaviour is psychologically rooted in the perpetrators, and some do it because of certain gender roles.

It is however understandable to say that for centuries men have been the bread winners and were placed with those obligations, but a new perspective is needed. People need to realise that it is teamwork and not a competition, that creates a strong foundation in the household. Women should not need to apologize for speaking intelligently.

My advice to women is, never apologize for saying something intelligent, explain it without devaluing your idea. If you are asked to say it in a simpler term, your terminology is okay, that is the way you think, and it cannot be taken from you. To men; listen, acknowledge, research, and support the women the same way you would if it were a man saying something intelligent. All women want, is to be heard and appreciated the same way men are.



BULLIES NEED HELP TOO

By Somila Tiwani

More often we focus on the victims, which is reasonable. However, understanding why a bully engages in abusive behaviour can be the key to learning how to properly handle the situation. It is important to note that there is no excuse for bullying but finding the underlying factor might be a solution to end bullying.

Bullies are individuals who threaten or injure those whom they view as vulnerable on a regular basis. Bullies are commonly found in schools and workplaces; these individuals seek power by intimidating others. Some think it is "cool", but reality is, it is not. Bullies may experience dire consequences due to their actions.

We have recently learnt about Lufuno Mavhunga, a 15-year-old who committed suicide after being publicly bullied. The schoolgirl from Limpopo who allegedly assaulted Mavhunga has suffered the dire consequences as she was arrested and charged with assault. Bullying is bad and, in the end, the bully will never win.

Commonly, bullying is learned, and it can be 'unlearned'. Abusive parents may cause their children to act out and continue the cycle of what they have learned at home. Some bullies have been bullied themselves, and overpowering others provides them with a sense of relief from their helplessness. Bullies bully for various reasons, some know what they are doing is wrong and some do not.

Bullies need our assistance, support, rehabilitation, and compassion. We must devote the time and mindset necessary to help them learn to interact with others without manipulation, intimidation, or violence when they grow up. Since school bullies grow up to become workplace bullies, abusive parents and/or individuals who make someone else's life difficult.

It is never too late to seek help. Attend counselling and find out the underlying root of your abusive behaviour before you also suffer the consequences.

Photo: Pinterest.com



#GENERATIONRESTORATION

By Sikhulule Moyeni

'Investing in ecosystems is investing in our future' – United Nations.

For many years, Human beings have been contributing to the decline of our ecosystems. This damage has resulted in the depletion of natural resources, extinction of animals, a disturbance on the food chain, and change in the climate. This gives more room for pathogens like the coronavirus to infest our environment as we humans have stripped it bare.

According to the UN Decade on Ecosystem Restoration (2021-2030), It is time for us to take a stand and rectify our wrongs by participating in a global mission to revive our planet.

The UN Decade on Ecosystem Restoration is a rallying call for the protection and revival of the ecosystem all around the world to benefit both people and nature. So, as we annually celebrate World Environmental Day on June 5, this year is no different.

Pakistan is the host of this year's official celebrations. With the theme being "Reimage. Recreate. Restore." There is a huge emphasis on restoration as there has been a call for all to try and contribute, by doing small acts like the following:

- **Growing trees**
- **Greening our cities**
- **Rewilding our gardens and,**
- **Cleaning up trash alongside rivers and coasts.**

By doing these acts of services, one helps in the restoration of our world and becomes part of #GenerationRestoration.

Some countries have already invested in restoration as part of their recovery plan from Covid-19. That being said, Pakistan is one of these countries, as it has hired thousands of people who lost their jobs amid Covid-19 lockdowns to plant saplings, including mulberry and acacia trees. Whilst other countries are turning to restoration to help them adapt to a climate that is already changing.

In closing, the big question is, what will you do this year to help restore our ecosystems?

Photo: freepik.com



LEGITIMACY OF DIGITAL BANKING

By Liyema Mpompi

Already in the COVID-19 global pandemic, almost every developing and developed country has slowly adjusted towards a digital world as millions of people have increased their online engagements. According to Nguyen's article on Factors Affecting the Intention to Use Digital Banking, "Digital banking is a transformation of all traditional banking activities into a digital environment."

So, in general, digital banking is the operating model based on a technology platform to exchange information between banks and customers online.

One of the emerging small digital banks in South Africa, at this moment, TYME bank that has no branches in the country has recently registered a whopping 3 million clients. Few benefits of being a TYME bank client is that you do not have monthly fee bank charges like other commercial banks. Instead, you are granted an opportunity where you can fix any amount of money on the goal savings portal, and be able to generate extra income by receiving interest for that specific period.

TYME bank is also beneficial to some bursary students who are sometimes unable to get access to their meal allowances. It makes it easy to transfer their money from Intelli cards to TYME bank accounts. I have managed to speak to a Bachelor of Education student, Asivile Tayiya about how convenient it is to use TYME bank for him.

"I love the fact that they do not have high charges with regards to transactions that I make. They are convenient for me and other students who use Intelli cards. I have not seen any risks with it, it is just that a lot of people are not yet aware of the bank."

Digital banking is the future and the moment as the use of technology such as online services innovation meets client's current needs.

Photo: fintechnews.sg



Photo: vectorstock.com

THE MAN WHO COULDN'T STOP BY DAVID ADAM

By Laiken Faiers

David Adam bears his soul or rather his mind in "The Man Who Couldn't Stop". Having Obsessive Compulsive Disorder (OCD) himself, the book serves as a fusion of science, history, and personal experience. It aims to explain the internal happenings of a person with OCD rather than the visible external behavior.

This book opens a dialogue about the brain and all its weird and wonderful thoughts. His honesty brings about a sense of shock, humour, and sensitivity, often lacking in other books on mental health. It shines a light on a mental disorder that has been deeply misunderstood. OCD is more than about washing hands or checking that the door is locked fifty times. The Man Who Couldn't Stop is worth reading if you have OCD, know someone with OCD or are just wanting to learn about OCD and the human brain in general.

Despite how educational the book is it does not feel like you are being lectured. Any book that does not classify as fiction can often seem intimidating, but non-fiction provides us with the opportunity to learn more about the world around us and ourselves through the lens of the writer. Non-fiction is not just the boring textbooks we pay a fortune for but, rather it classifies a diverse array of literature. Literature genres that fall under non-fiction are history, journalism, philosophy and insight, humour and commentary, and self-help. Do not be afraid to explore the non-fiction section of your local bookstore. You might just find something incredible.

CRITICISM - THE WORLD'S MOST DANGEROUS WEAPON

By Azuka Manqola

Criticism is the act of judging people according to their actions and appearances. This can cause huge damage to someone's mental health as their self-esteem decreases and alters their feelings and lifestyles. They may end up feeling unwanted and inconsequential. People are criticized for their body shapes, skin colour including but not limited to, weight.

We live in a society where people are expected to lose weight and aspire to look a certain way to be deemed beautiful, as this opens the narrative that people need to look like something specific to be accepted. One of the factors caused by criticism is demotivation, which could lead to a depression and anxiety.

Criticism is a very dangerous weapon, that can have nasty after-effects, and may lead to problems much later in life, if not now. It is vital that we learn not to judge, discriminate or criticize others based on how they look or how they choose to present themselves. We also need to give more love and accept others regardless of what they look like, this needs to be taught everywhere – from parent to child, friend to friend, family member to family member. Many have lost their lives because of others; we need to treat each other better.

"Criticism is something you can easily avoid by saying nothing, doing nothing, and being nothing" - Aristotle.

Criticism is something we can avoid easily by saying nothing, doing nothing, and being nothing.

– Aristotle



Photo: azquotes.com

WHAT IS IN A NAME?

By Tsireledzo Musecho.

The phrasing 'what's in a name' is often associated with William Shakespeare's most iconic romantic story of all time, 'Romeo and Juliet'. Where Juliet asks, "What's in a name? That which we call a rose, by any other name would smell as sweet." Through this, Juliet meant that a name is only an arbitrary as a rose would still smell sweet even if it were to be called something else. But is that all there is to a name?

Through research done by Iman Baobeid from the University of British Columbia on the importance of names, he found that names are more than just an identity and gives us a sense of belonging - who we are and our place in the world. Same as in our African traditions, a name is considered a powerful quality of a person. It is what people believe a person's true qualities or being lies.

In some African cultures, our names go as deep as to form historical connections between the present, and the ancestors that came before us. Some names are also a symbolism of that which our parents have gone through, and in such, we are born as a beacon of reminder to our families. An example of this is the name of Yesterday from the 2004 film 'Yesterday' directed by Darrell Roodt. In the film, Yesterday's name was often not understood by people, but in a scene with a doctor, she explains that the name was given to her by her father, for he saw that things were better yesterday than they had been today.

Our names hold more than just a sense of belonging, beacons or qualities. Our names are linchpins that holds our greatest strength. What does your name mean to you?

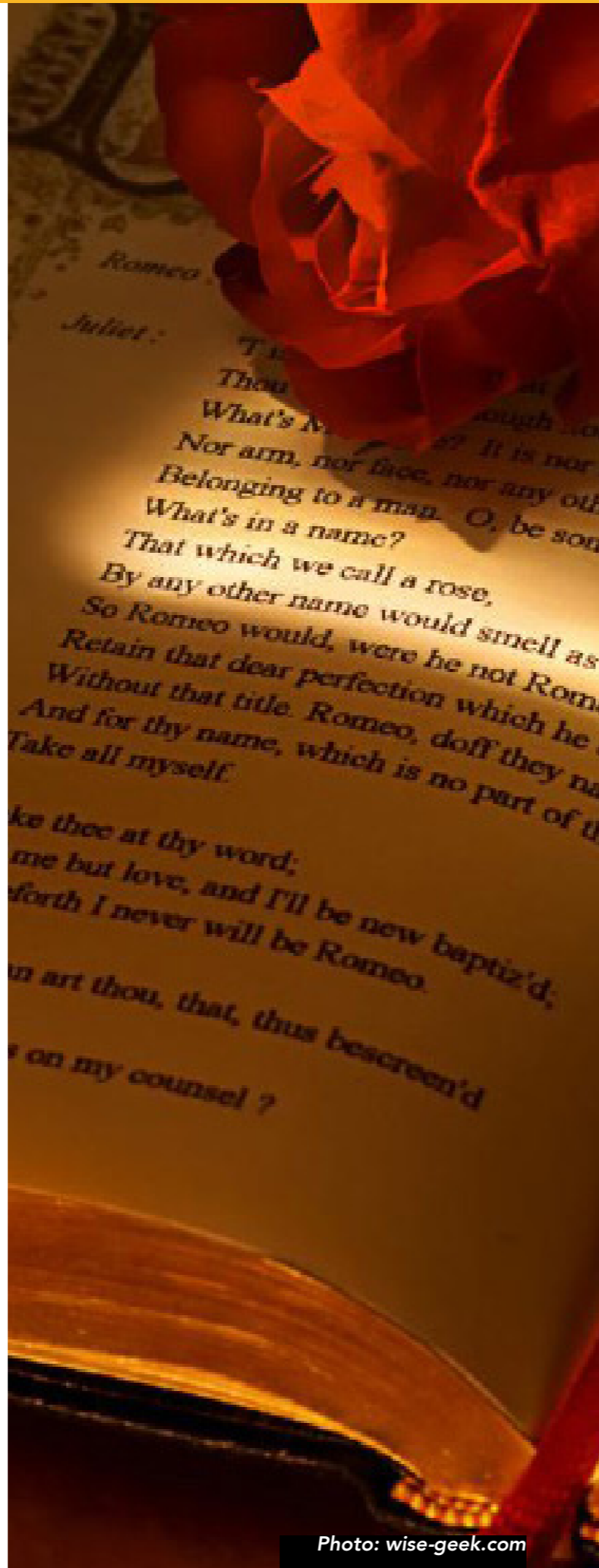


Photo: wise-geek.com



Photo: slate.com

AGE IS JUST A NUMBER

By Kamohelo Tladi

This year marked the 93rd annual Academy Awards and as we are fast approaching a century, we are compelled to reflect on the journey thus far. Be that as it may, the journey is far from being over. We are yet to see the very best of ourselves through film for many more centuries to come. Time is simply an illusion and age is most certainly just a number.

Throughout history, this has been proven – it is simply a product of the passing of time, one which we have absolutely no control over. One thing we do have control over is our devotion to live and this will always be the greatest source of vitality. This is what Dylan Thomas meant when he wrote..."do not go gentle into that good night...rage, rage against the dying of the light."

This seems to be words which many live by, including Sir Anthony Hopkins. This year he received his second ever Academy Award (Oscar) for his role in the film *The Father*. Through this, he became the oldest actor (83) to win the prestigious award.

It was indeed a powerful performance from the actor as he took on the role of an older Anthony battling encroaching dementia. This role is very different from the one that won him his first Oscar 30 years ago. Back then he was Hannibal Lecter and now he is simply Anthony. 30 years later and this titan still refuses to go gentle into that good night. A clear indication that passion will always carry us into the boundlessness of eternity.

SAFE SPACE: REDEFINING THE TERM 'MOFFIE'

By Zukisani Gali

Society has put a dampener on many things – how people should dress, how people should act, how people should live, but one of the biggest topics that the society deals with, is homosexuality. The Lesbian, Gay, Bisexual, Transgender, Queer, Intersexual, Asexual, and more (LGBTQIA+) community, have been the target of many homophobic attacks – socially and physically, for years. Most common attacks are through homophobic slurs such as, faggot, dyke or most popularly, “moffie”. In South Africa, most common slur is ‘Moffie’, but what does it mean?

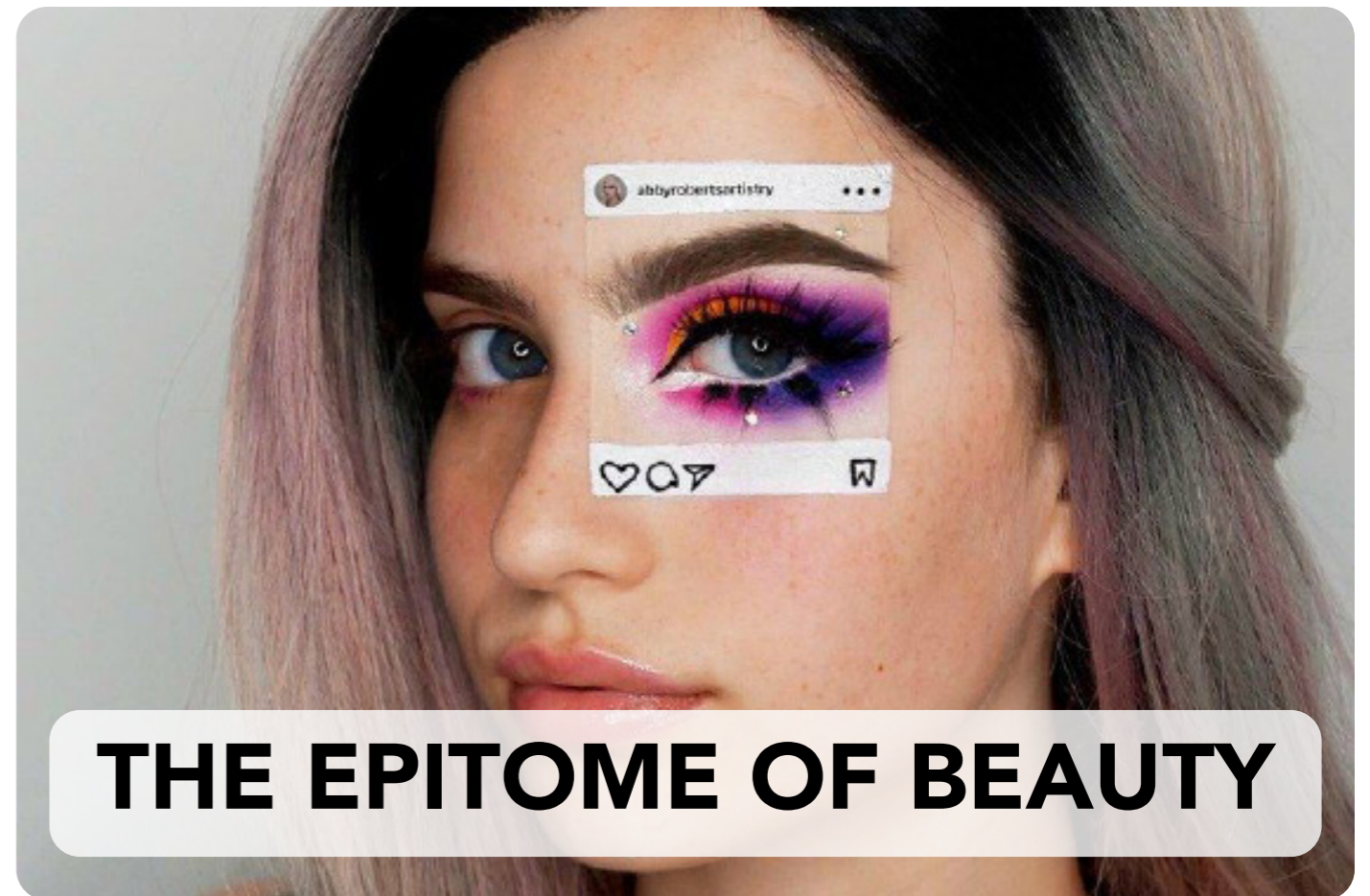
It is a hateful word used to describe men who are in relationship or are attracted to other men and can be deemed as the same as racial slurs, as the term is offensive and degrading.

Some people do not see the harm in this word, but people who utter it are killing our own friends and family members, just because of who they love. There is so much hatred rooted in that word, and people use that as a weapon to murder and hurt our very own.

Lindo, the friend of a victim who got beaten because of being homosexual asked “What happened to our rights, what happened to our blood? Is our blood different than yours? [Does] that make it okay to be spilled?”

‘#AM I NEXT’ is a movement aimed to push awareness around the LGBTQIA+ community and support victims of homophobia. Let us seek to educate those misinformed and push narratives to make a safe space for those marginalized like the LGBTQIA+ community. The next time you hear a friend/family member etc., calling other individuals as “Moffie”, educate the person on how derogatory the word is! To learn more about LGBTQIA+ there an educational podcast community on Soundcloud: SAFE SPACE 101.

Photo: pexels.com



By Nosisa Bodoza

For years, society has been operating under the notion that to be considered beautiful, people must be shaped in a certain way, have a certain skin tone and a particular kind of hair type. The beauty standards that society has, has made people feel like they are not good enough. The pressure that social media and society has put on people has drove them to make many changes in their bodies so that they can have “ideal” beauty, but in some cases, they end up with botched bodies resulting from the procedures.

The moment you talk about beauty people have a picture of a typical curved woman, long legs, light skinned and a slim face or a tall guy with toned rectus abdominis(abs). These are the things we are exposed to on social media, where there are beautiful skinny models with no acne, no body hair, and no freckles. People have forgotten that everyone is normal and having body hair and that gap between your teeth is fine. The beauty standards that have been set have had an impact in the physical and mental health of individuals and it is mostly women who are affected on a larger scale.

Donah Mbabazi from NewTimes, writes about the hardship faced by a Sudanese model, Nyakim Gatwech because of her skin tone. When she moved to America, she was told that she is too dark and needs skin bleaching. We have also seen some other people who had to encounter trolls on social media, but they hit back on the critics and have embraced their beauty and have been preaching about body positivity and they continue to break the status quo.

Singer Lizzo has encouraged people to appreciate their body sizes and has never been afraid to show off herself in bikini and Winnie Harlow who has a skin condition called Vitiligo but that has never stopped her from pursuing her dreams of being a model.

We should always be confident in the way we look and know that perfection is a flawed concept. You are beautiful the way you are and never let anyone convince you otherwise.

Photo: insider.com

DRONES: THE FUTURE OF ADVERTISING

By Mhlongo Surprise

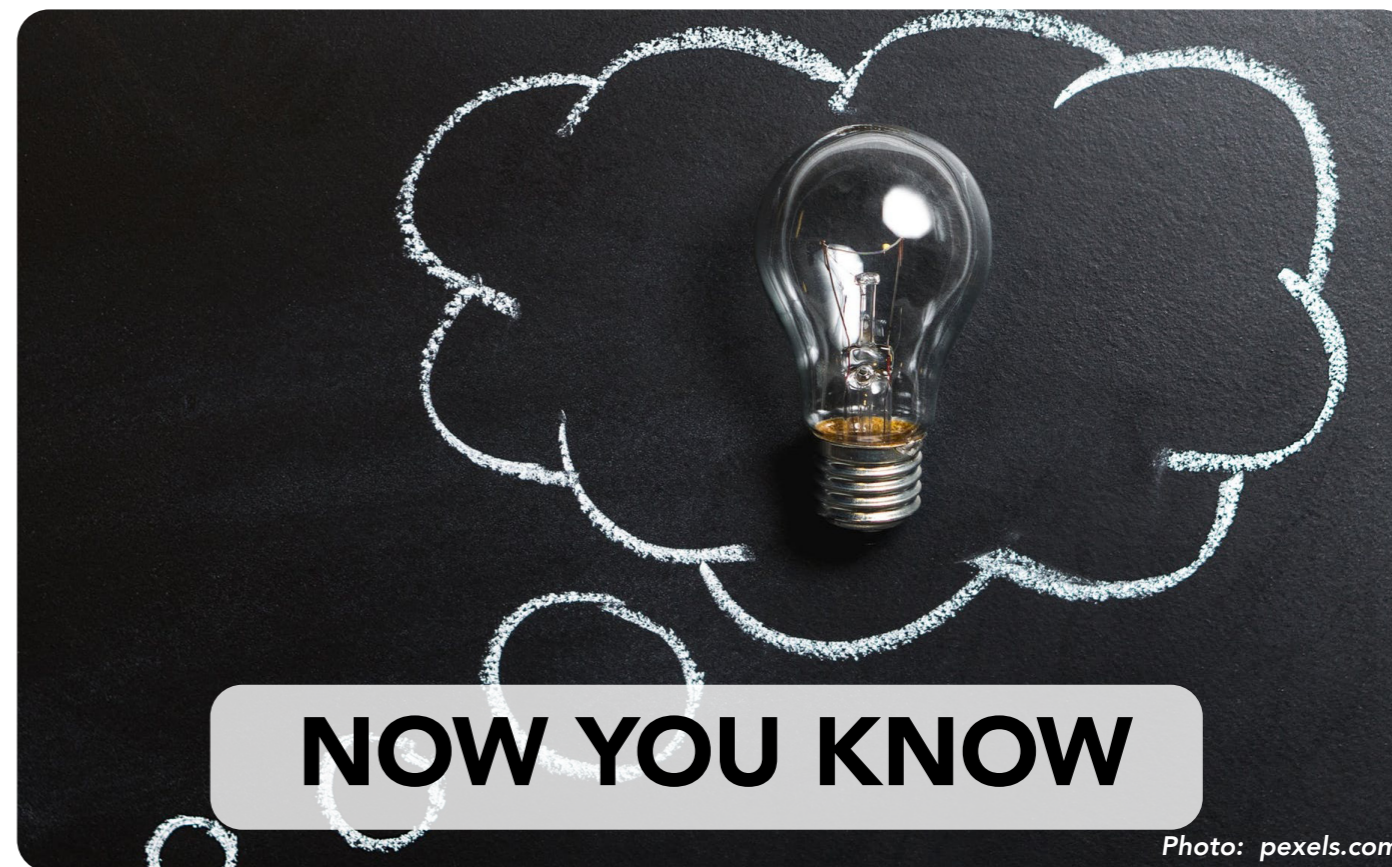
Drones were first introduced in the 17th centuries for the use of military activities only. Nowadays drones have advanced, as everything has. Drones of the 17th and 18th centuries were referred to as 'Unmanned Aerial Vehicles (UAV)'. They were considered as the first planes to fly without a pilot. The distinction between modern drones and traditional UAVs is that drones are for commercial use whilst UAVs were used in civil wars (fixed purposed).

Many Computer Science researchers describe computer software/ program as "Telling a computer what to do", thus giving instructions to a computing device. China has become one of the leading countries in demonstrating the capabilities of computers. Drones were flown in the night skies of Shanghai (a region in China), displaying various astonishing animations including Barcode's people who could scan from the skies, this was part of the event of the first anniversary of China's release of the Japanese role-playing game Princess Connect! The drones used for 'Princess Connect!' carried with them visible light as they flew high in the night skies, they are synchronized and programmed by turning graphics into flight commands of which are communicated to the drones. An example of these commands is the distance each drone should fly away from those that surround it all these by a computer program, sounds could be also included on these animations.

Through this eventful day many companies got the idea of using drones for advertisement. One company that took particular notice of this event is a luxury vehicle brand – Hyundai. It employed 3281 drones to display an animation of their logo, as done with the animations in Shanghai, and this so far has marked a record in the number of drones flown simultaneously according to press releases.

As things are becoming more technical and jobs such as advertising are being "taken" by drones, it is useful for someone to become more computer savvy; to keep up with the times. South Africa now has several drone flight schools reachable on the internet, if you desire to work or you perhaps find interest in the manufacturing of drones, any Mechanical, Electrical, or Computer Engineering degree could be useful. And, you could find yourself getting paid millions just to create a drone for Hyundai.

Photo: shutterstock.com



NOW YOU KNOW

Photo: pexels.com

By Hlengiwe Phiri

We usually struggle to break the complicated relationship between our brains and junk food. This is because junk food has high calories and energy which is essential for our brains. Over the years our brains have evolved and grew bigger, this resulted in them needing more energy to function. Our brains are smart enough to know this, making it easier for them to trick us into eating junk food by releasing hormones that make us happy and crave more of it.

One of the most popular summer junk foods to indulge on is ice cream. Ice cream is a self-explanatory word, but have you heard of hot ice cream? Hot and ice in one sentence to describe a single item can raise some eyebrows but hot ice cream is a dish loved by many. Hot ice cream melts when it gets cold and maintains its solid shape when it's hot, this is because of methylcellulose which gives it its unique characteristics.

While still in the wonders of food and ice cream, a restaurant in Cape Town named Gourment Grubb offers ice cream made from insect milk. Entomilk is milk made from insect powder, it acts as an alternative to cow milk. Satisfied customers always praise the amazing taste of the food and ice cream.

Going back to the hot ice cream; did you know that some lakes burn during winter? This is due to the microbes that produce methane, which is a flammable gas that when combined with other gasses found in the atmosphere causes fire. Some lakes such as the African Lake Kivu, have hot water below it, high carbon dioxide level, and the presence of methane making the lake dangerous.

If you felt like there was a disconnect in this article; there was not. The Earth often feels disconnected at times because there are so many things that make us wonder "How can that be?" From our brains tricking us to be unhealthy, to ice creams that can be hot, down to burning lakes, there is always something that we wish we would know more about. And now you know three new things you didn't think you wanted to know about.

GENERATIONAL DRUG: A DEEP LOOK AT MARIJUANA'S EFFECT ON YOUR BRAIN AND SOCIAL GROUPINGS

By Sanele Thwala

Marijuana is a plant with psychoactive properties often and for thousands of years, it has been used for a lot of reasons, including recreational and medical use. Marijuana has effects on a person's brain (since it is a psychoactive drug) and social groupings. This can be explained from both neurological and social science perspectives.

Marijuana contains a variety of chemicals that can affect the brain. The compound delta-9-tetrahydrocannabinol (THC) is the most potent of these. THC affects the brain as soon as it is absorbed into the bloodstream through smoking or ingesting cannabis. The THC molecule can interact directly with nerve cells in the brain and it looks a lot like endocannabinoids, which are naturally occurring chemicals in the brain that enable nerve cells to interact with each other. As a result, THC can bind to a part of these nerve cells known as the CB1 receptor. Therefore, THC is much more effective than natural endocannabinoids at binding to CB1 receptors thus affecting nerve cells in the brain.

A significant number of research studies have used magnetic resonance imaging (MRI) to examine the brains of people who have used large quantities of marijuana in the past. In those experiments, there was no evidence of significant brain injury in people who used marijuana often. However, the most serious health risks associated with marijuana use are those associated with lung damage, rather than the effects of THC on the brain. Smoking marijuana is known to trigger several side effects that are close to psychotic symptoms. Among them are anxiety, paranoia, and delusional thoughts. In most cases, these side effects are just temporary, and there are no risks after the drug has worn off.

Scientists are concerned that some percentage of the general population could be particularly vulnerable to marijuana's effects. The main concern is that people who have developed psychosis, which is a lack of connection with reality and is also correlated with hallucinations and delusions, and people who continue to use marijuana will have a severe outcome in their social groups. Relapses and hospitalization are more common. Importantly, the researchers found that patients who used cannabis experienced paranoia more quickly than those who did not. Although, there are no severe health risks associated with the use of marijuana, it has its effects on the person's social responses and should be handled with care.

Photo: pexels.com



THE AGE OF UNMANNED STORES

By Lindelwe Myeza

Amazon opened its first Amazon Go store to the public on the 22nd of January 2018. These stores operate almost autonomously using computer vision, sensor fusion, and deep learning to create a virtual cart for shoppers as they remove/return items from the shelves. When the shopper is done, they simply walk out without having to wait in line at a counter, or self-checkout to pay. The owed amount is charged to the shoppers' Amazon account without having to wait and pay in-store.

The model used for Amazon's unmanned stores is that of Just Walk Out shopping, and uses the same technology used in self-driving cars, showing just how malleable technology is. Taking into consideration the ongoing global pandemic, the concept of being able to do your shopping while also keeping human-to-human interactions at a minimum is a very useful one, and it would be no surprise if the number of these stores grows exponentially around the world.

The Just Walk Out model brings a fresh new feel to shopping, and eliminates the most annoying aspects of classical grocery shopping i.e., grumpy cashiers and lines. The stores aren't yet totally unmanned though, as you can still find Amazon employees repacking shelves, greeting entering customers, and helping out shoppers around the store. Given the current pace of robotics and automation though, it shouldn't be too long before stores are managing themselves, with a handful of staff for technical support.

Countries like South Africa depend on the trade industry to employ their citizens. In 2018, the trade sector accounted for about 19% of employed workers in the country, with retail accounting for about 48% of the people employed in the trade sector. Looking at these statistics, it wouldn't be uncalled for to assume that bringing in a retailer like Amazon Go would have adverse effects on the labour force of South Africa.

In conclusion, looking at the type of situation we find ourselves in during this pandemic, unmanned stores seem like a good idea, but only for a rather niche demographic which isn't prevalent in countries that are still struggling to employ large amounts of their eligible population. So, for now, this will stay a first-world concept which is still a bit far into the future for the rest of us.

Photo: istockphoto.com



MADIBAZ WATER POLO STAR AIMS FOR TOKYO OLYMPICS

By Kholiswa Dlamini

Madibaz water polo star and third-year pharmacy student Ashleigh Vaughan was named player of the tournament at the senior nationals (Currie Cup) held in Durban.

She was instrumental in guaranteeing that the Madibaz women's team finished in high positions of the tournament and qualified for the bronze medal.

"I would like to congratulate all Madibaz water polo ladies who also qualified for the semi-finals against Gauteng's water warriors at the national championship in Durban, it was not an easy task."

Every player at the Currie Cup was up for selection for the SA team including several former South African players. The competition was extremely strong and being named Player of the Tournament is indeed a major achievement.

Swimming is not Ashleigh's only goal, but she also wants to focus on doing well at the USSA (University Sport South Africa) and Currie Cup competitions as she will be representing Madibaz.

Ashleigh is currently in the SA Senior Ladies squad and participated in the final squad camp and trials just prior to this competition. She is waiting for the final team announcement and hoping for a spot in the team to compete at the 2021 Tokyo Olympics.

Vaughan strives to be better than before and does not want to be complacent. She has learned to work hard, and she says there is always room for improvement. The Tokyo Olympics will be her biggest challenge and hopefully biggest achievement.

The Tokyo Olympics will propel Ashleigh on days when inspiration is missing. The team continually remind each other that they are not doing it for themselves. It is additionally for other Madibaz water polo players, the Olympic crew, and the SA water polo ladies' program.

Photo: Madibaz water polo Facebook



NEW COACH GAIRONISSA DANIELS TALKS ABOUT BUILDING A WINNING TEAM

By Tumelo Muvhali

Finally, Madibaz women's football club has a new coach- Gaironissa Daniels. Let us find out who is she and what will she bring to Madibaz women's football club?

It goes without saying that it was a surprise to everyone when Madibaz appointed former Banyana Banyana star Gaironissa Daniels to take over the mantle of coach at the Madibaz women's football team.

Having done it before, rejuvenating the girls and making them more competitive will be on top of her list of priorities.

Who is coach Daniels?

44-year-old Gaironissa Daniels from Gelvandale is a former Banyana Banyana player with an impressive playing career that includes a six-year stint at international level. She holds a coaching C licence, and she has had many impressive coaching spells with the highlight being the U19 Eastern cape women's team, of which she took to the finals of U19 Women's National Championships. She was also a back-to-back match analyst for Cosafa tournaments in 2019 and 2020.

What can she bring to the team?

Philosophy

In an interview with Madibazsport Daniels stated that her philosophy is that nothing is impossible. She also believes that there is inspiration in failure, one learns and remains hungry for success.

Positive Energy

When asked about the energy around the camp, Madibaz women's football player Ayabulela Ndyebi, had nothing but optimism about the newly appointed coach. The players are ecstatic about being led by a female coach and the atmosphere is certainly brimming with positive energy.

"The energy around the camp is positive and we are very happy and excited to be led by a women coach, we are just willing to learn and improve as a team" she said.

What are the objectives for the 2021 season?

Having achieved at the highest level, qualification for the Varsity cup through the USSA tournament and excellence in the regional tournament to pave the way for the team to compete in the SASOL league is at the top of the list of objectives for coach.

Upcoming fixture: Madibaz football vs KUBS

- Madibaz football vs Continental express
- PE united vs Madibaz football

Photo: Heraldlive