

BEAUTY, BRAINS AND THE BEAST

By Phuthego Precious Nthoke

Once upon a time, we were introduced to Belle, Gaston and the Beast in the nostalgic fairytale, Beauty and the Beast. Belle, the beauty with brains, Gaston the beauty without brains, and the infamous beast, who shares Belle's love of literature and knowledge. As both controversial characters vie for the affection of Belle, she ultimately (spoiler alert) ends up with the Beast.

If you were offered a choice between beauty of brains when picking a romantic partner, which route would you go? Beauty, being that you choose a partner based on looks and physical attractions. Brains, being a partner that could intellectually challenge you.

Let's delve into some scientific studies that might help us understand why these factors affect our view of the perfect partner.

According to Lykken and Tellegen in their 1993 study published in the Journal of Personality and Social Psychology, it is suggested that we tend to choose partners who have physical, behavioural and psychological characteristics similar to our own, which is known as Assortative Mating.

Love indeed is not blind, as proven by Lucy Hunt, Paul Eastwick, and Eli Finkel in their research, indicating that we may find people attractive upon meeting them but once acquainted, you start losing interest as well as physical attraction as you get used to their features. Belle was well acquainted with Gaston, hence she was

not interested in him, and did not deem him suitable for her intellectual needs.

From an evolutionary point of view, we tend to be attracted to people who seem healthy, fit, intelligent and stable as these are traits we subconsciously want to pass on to the next generation. On the other hand, we also tend to look for people who are empathetic, communicative, loving and supportive, as we have our own emotional needs.

Perhaps this means that neither the Beast or Gaston were ideal matches for Belle, and the best place for them would have been the friendzone. Who would you choose? The sensitive and intelligent Beast, who compensated for his lack in attraction, or handsome Gaston, who never uttered an intelligent or kind word?



Image Source: pexels.com

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LETTER FROM THE EDITOR

My apologies in advance for invoking yet another binge-reading session, but not sorry to say that it will be over before you know it. Our team has once again brought together a mixture of 'things you didn't know, but you should', 'things you know but didn't really know', and 'things you would never have thought of, or even imagined', so buckle up!

The month of September is the in-between, the realize, reap, rest, recuperate and retry – rinse and repeat. This means, look after yourself. With only four months left in the year, approximately 120 days, and countless hours, make the hours count as best you can. Take some time off, read a book, catch up on some news, find a relaxing hobby, or indulge in our latest edition...

In this edition, we find ourselves learning countless new scientific methods, with an analogy on the Beauty and The Beast that will blow your mind, and learning how our body works and reacts to different things and how we can remedy it in the Lifestyle & Entertainment section. Occasionally, we will find ourselves lost in the words, but Opinions' thought-provoking articles will definitely make sure to put the old engine to work, just in time to read our latest student news, and sports ventures.

So please do enjoy, and don't fret, the next edition will be here before you know it!

(don't forget to follow all social accounts to find it when that is) Hopefully the next time we meet, it will be warmer!

Leigh-Nakeetah Jason

STATIONERY DRIVE : HELP US HELP OTHERS

By Sisipho Toni

Nelson Mandela University Development Studies Society (DSSNMU) calls on the community to support its stationery drive to equip students with the tools needed to succeed in their trial and financial examinations. The drive aims to collect new, unused school supplies for local schools with learners who struggle to afford necessities. Donating new, unused supplies can help to bridge this gap, and ensure that every student has an equal opportunity to excel.

A 2020 report by The South African Research Council, found that 35% of parents reported that their children lacked access to necessary educational resources, including stationery, due to financial constraints. 29% of parents reported that their children had to share educational resources with other siblings or classmates due to lack of resources.

The DSSNMU encourages any contributions – be it a pack of pens, or a few boxes of paper, every donation adds up to make a significant impact. Providing students with the tools needed to succeed can boost their confidence and self-esteem, leading to better academic performance, and a more positive attitude towards learning.

The drive aims to collect as many packs of pens and pencils as possible. Here are some donation ideas:

- Pens
- Pencils
- Ruklers
- Erasers
- Coloured Pencils
- Highlighters
- A5-A6 Books
- Monetary donations, with a minimum of R10

Donations can be dropped off at any of Nelson Mandela University's respective exam venues, or arranged for pickup by contacting 071 145 2641.

Let's help make a real difference in the lives of our students, and equip learners with the materials needed to do their best!

Image Source: westchesterfamily.com



A TRIBUTE TO NTANTALA AND MABELE

By Sisipho Toni

Nelson Mandela University collaborated with the University of Fort Hare to host the joint institutional public lecture in honour of Dr Phyllis Ntantala and Prudence Mabele on July 25th, held at the Nelson Mandela University Ocean Sciences Campus.

This event highlighted and honoured the two incredible women, who worked hard to make a difference, and dedicated their lives to helping others to fight for what is right.

Dr Ntantala, a renowned South African educator and activist, advocated for women's rights, gender equality, and social transformation. Through her work, she inspired generations of women to claim their power, and challenge oppressive systems. While Ms Prudence Mabele, a pioneering South African HIV/AIDS activist worked tirelessly to combat stigma, promote treatment access, and support marginalised communities. Her courage and resilience helped clear many discrepancies, and shaped the public's national response to the epidemic.

Both of these women were true champions of empowerment, who used their voices to help others, and overall improve the nation and the world. We are nothing but grateful to their contributions, and work hard to continue their legacy.

The collaboration between the two institutions help to pay tribute to their remarkable contributions, acknowledging their profound impact on countless lives. Their legacies inspire and motivate us to strive for a more just and equitable society. Through this event, we honour these two trailblazers, and promise to keep working towards a world where everyone is treated fairly and has the equal chance to succeed.

Their memory serves as a beacon, illuminating the path towards a brighter future for all.



Image Source: zazzle.com

CONTROVERSY IN THE KINGDOM



Image Source: witness.co.za

By Dolly Shabalala

King Misuzulu, current monarch of the Zulu Nation, has faced significant challenges in his reign, including controversies surrounding his marriage to Queen Ntokozi Mayisela, who has children from a previous relationship.

According to traditional Zulu customs, a king is not allowed to marry a woman who has children out of wedlock, as it 'compromises' the royal lineage, and introduces rival claimants to the throne.

The King's decision to defy this tradition, has sparked heated debates and opposition from some members of the royal family and traditional leaders. His experience highlights the tension between upholding cultural practices, and adapting to modern societal values. Despite this controversy, King Misuzulu has maintained that his marriage to Queen Ntokozi is a personal choice, and does not compromise his role as king. However, his decision has led to divisions within the royal family, and raised questions about the relevance of this traditional practice in modern times.

King Misuzulu's experience serves as a case study for the complexities of navigating cultural traditions and modern societal expectations. While cultural practices are essential to preserving heritage and identity, they must also evolve to accommodate changing social norms and values. Ultimately, finding a balance between tradition and progress is crucial for the Zulu nation's growth and development.

As someone of the Zulu nation myself, things have changed over the years, and it is imperative that the society changes along with these things. A norm that prevents our mothers from finding the love of their lives, is just one thing that should surely change.

INCLUSIVE ABUSE?

By Dolly Shabalala

Scrolling through social media, I am met with a plethora of posts and hashtags highlighting the struggles of women who have faced abuse and harassment. Rightfully so, their voices deserve to be heard and their stories told, however, I cannot help but notice the glaring absence of conversations around abuse against men.

The topic is taboo, often met with scepticism and even ridicule. "Men can't be victims of abuse", or "they're too strong to be hurt", are common sentiments that perpetuate the silence in this matter. Reality is, men too are vulnerable to forms of emotional, physical and sexual abuse. And it's time we start acknowledging it.

According to a study by the National Coalition for Men, one in three victims of domestic violence are men, yet they are less likely to report the abuse or seek help due to societal pressure, and the fear of being emasculated. On social media, the narrative is often dominated by the hashtag #BelieveWomen, but what about #BelieveMen?

The lack of discussion around abuse against men not only perpetuates their suffering, but also reinforces harmful gender stereotypes. It is time to break down these barriers and create a safe space for men to share their stories without fear of judgment or ridicule. In doing so, we can work towards a more inclusive and supportive society where all victims of abuse are heard and believed.

Let's start by listening to the voices of men who have been silence for far too long. Let's acknowledge their pain, and validate their experiences. Only then, can we truly say that we are working towards a world free from abuse and discrimination.

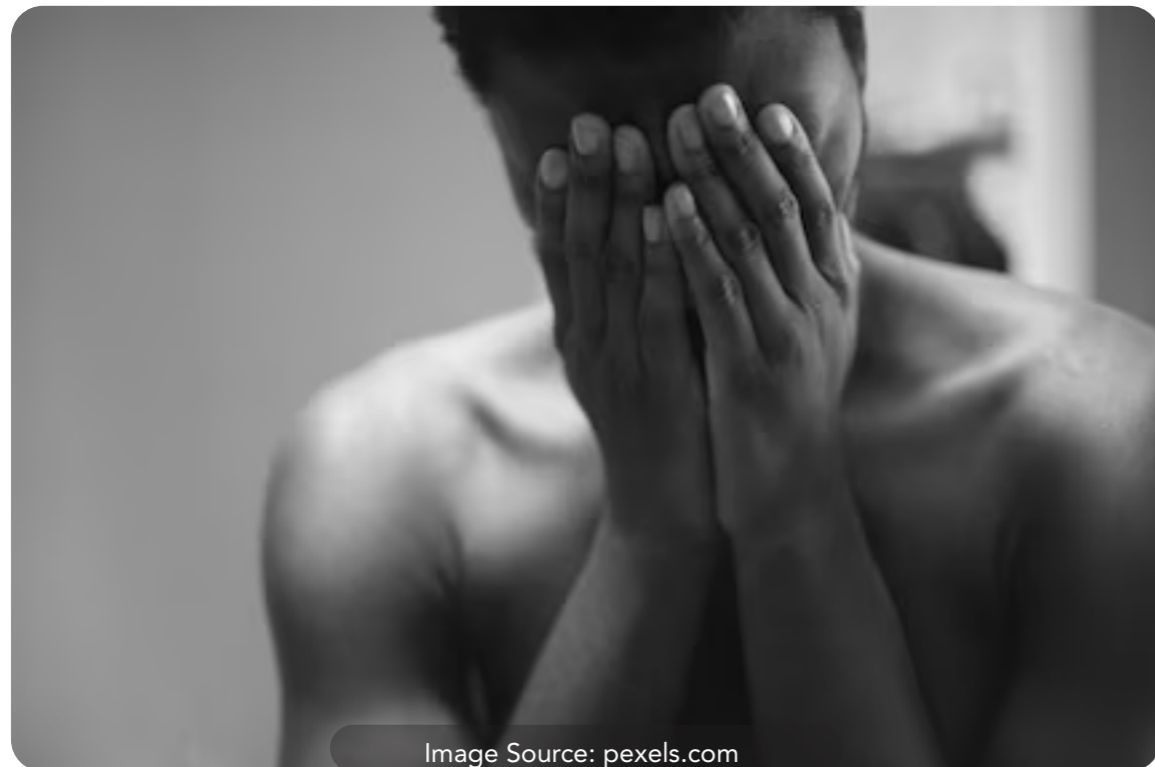


Image Source: pexels.com

NO – AN INSTRUMENT OF INTEGRITY



By Malepa Kabelo

In a world where conformity and consensus are often valorised, the simplest, yet most powerful word in our vocabulary has become a revolutionary act - "NO"!

No is a full sentence. A word that can spark controversy, challenge the status quo, and inspire change, but what happens when we dare to say no to the status quo, to our abusers?

For far too long, society has continued harmful gender stereotypes that equate femininity with submission and passivity. We've been taught to prioritize others' needs over our own, to avoid conflict and keep the peace, even if it means sacrificing our own well-being. But this culture of toxicity and compliance has only enabled the persistence of Gender-Based Violence and Femicide.

Saying no, in a way, is also us saying yes to ourselves, and our desires, boundaries as well as dignity. It means recognizing that our consent is sacred, and that it must be respected in all aspects of our lives. As the phrase "my body, my choice", by saying no to GBV, we reclaim our bodies and choices.

Remember "No is a word that must never be negotiated, because the person who chooses not to hear it is trying to control you" – a quote by Gavin de Becker from the book *The Gift of Fear: Survival Signals That Protect Us from Violence*.

The next time when you are tempted to say yes to something that does not feel right, remember the power of saying no. It may just be the most empowering thing that you can do.

COLLABORATION WAS THE ORDER OF THE DAY!



Image Source: Sikhulule Moyeni

By Sikhulule Moyeni

High vibrations swept across the auditorium on Day 2 of the Madibaz Youth Lab Innovaion Indaba, with student entrepreneurs driving the entrepreneurial and innovative spirit to maximum heights of collaboration on the 26th July 2024.

The day began with an uplofting and progressive session on studentpreneurship as a catalyst for African Innovation, walking towards building a regional ecosystem. Akalambo Fidel Mabolabola, the Student Entrepreneurship Development Assistant, facilitated the panel, consisting of Katekani Mabunda, our university Enactus president; Ncebo Ntsabo, the Walter Sisulu University Entrepreneur of the year 2023, and Milisa Mamase, Rhodes University SWEEP Chairperson.

The panel explored grassroots entrepreneurship within student spaces and the local community. They emphasized how student entrepreneurship can spark innovation and contribute to a regional ecosystem that nurtures entrepreneurship and creativity.

“We studentpreneurs are uniquely positioned to drive sustainable development and also create sustainable practices,” Nstabo says, highlighting that students are increasingly aware of the environmental and societal challenges. He emphasized that student entrepreneurs are often motivated by a desire to create positive, meaningful change, leading to innovative ideas and impactful collaborations.

Ntsabo, the founder of Qombe Maize and Projects, was recognized as Studentpreneur of the Year as the fifth EDHE Entrepreneurship Intersvarsity finals in 2023. He shared valuable insights on the power of collaboration, recounting how he partnered with his community and international stakeholders.

Notably, he secured investment from the Director of the University of Shanghai for mass producing his liquid fertilizer. He further collaborated with chemical engineers in Malawi to refine its formula – demonstrating the transformative potential of working together.

UMG EXPANDS CONTENT CREATION ONCE AGAIN

By Baphiwe Yoyo

You can look forward to dancing to your favourite songs on TikTok again, as Universal Music Group and TikTok have finally reached an agreement. This comes after UMG pulled their artist's music from TikTok due to not agreeing to the same terms around 1st of February 2024.

This led to audio from artists like BTS, Drake and Taylor Swift being completely muted. UMG, in a letter to its artists and songwriters, published on their website that there are three issues that hindered their agreement with the app – namely, appropriate compensation for artists and songwriters, protecting human artists from AI, and online safety for app users.

This limited not only creatives on the platform, but also affected artists, who were now unable to promote their music on one of the most popular social platforms on the world.

Both parties have since come to a new licensing agreement, which sees UMG's artists and songwriters receiving improved royalties, better promotional engagement and protection from AI generated music. In a statement, which can be found on the TikTok newsroom, the CEOs of both companies have expressed how pleased they are with reaching an agreement to benefit artists and the TikTok community. So creatives can set up their ring lights and tripods, and get back to sharing content on the platform alongside artists.

As many creators rely on these platforms to earn a living, it is important for the owners of these applications and their users to support these artists, as they do kind of create the content that we happily consume on a daily basis.

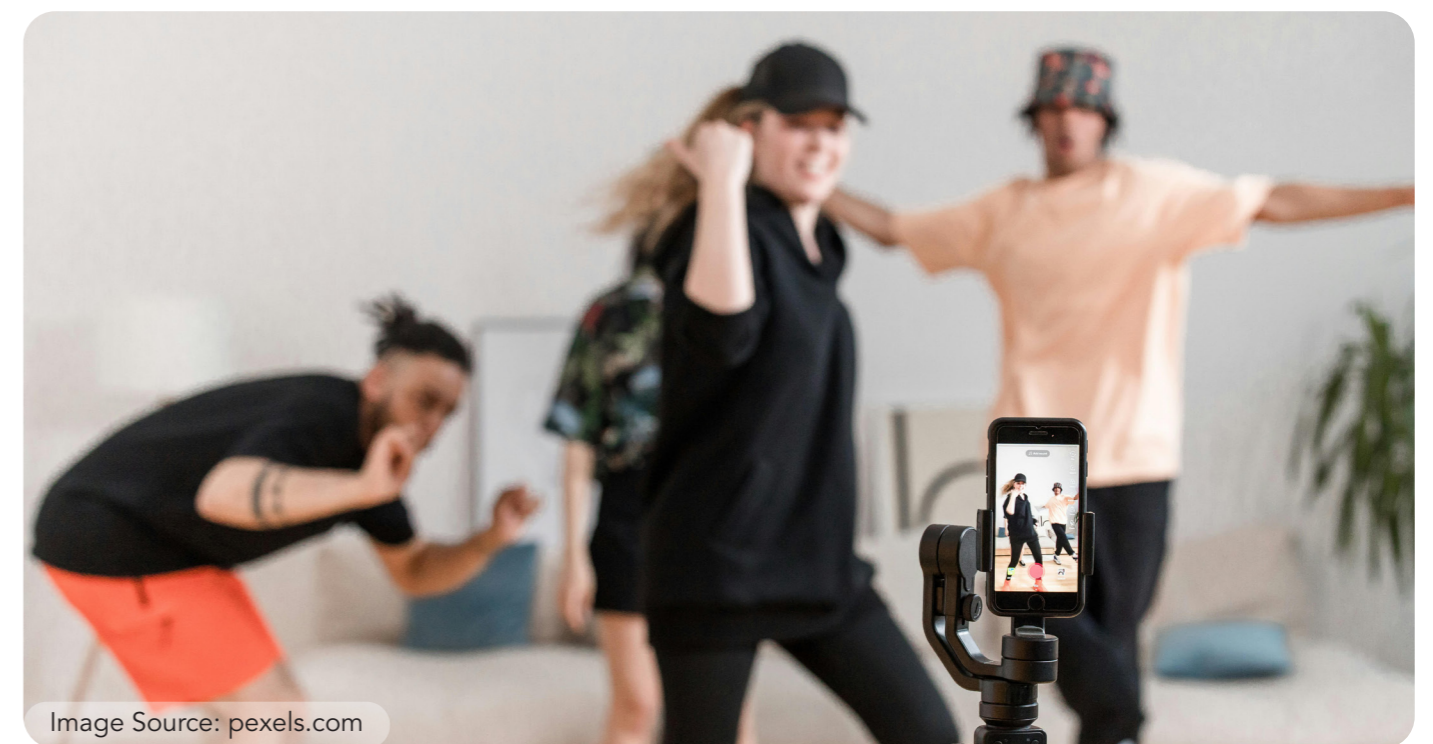


Image Source: pexels.com

JUST SAY HELLO.



Image Source: pexels.com

By Hlengiwe Phiri

Engaging in conversation seems like an easy task. People standing or seated, talking about anything comes to mind. Although this may be the case for most, for others, it is a daunting task.

People who prefer being by themselves, and keeping to themselves, are typically classified as either neurodivergent, introverted, or

simply shy. Such terminologies make it easier for the public to be more accommodating in conversations and group gatherings.

People tend to keep to themselves because of deeper psychological reasons that need a trained psychologist to tend to them, or because they are introverted and just don't like talking much. However, this does not mean that they are uninterested in socializing or sharing their views.

Some people are anxious, self-conscious, fail to notice social cues, embarrassed, or have a fear of being negatively scrutinized or judged by the people they are socializing with. Barriers also hinder socializing, language barriers and the self-consciousness felt when speaking a second or third language prevents people from talking openly, as a result, they only say what needs to be said, or just don't talk at all.

Creating a safe, non-judgmental environment enables people to talk openly and freely. The protective walls they have set up, break down, and their personality shines through. They then start being comfortable and open to sharing their views with you.

So, when you are out and about, please do remember that there are plenty of people who would like to have a conversation with you, but are too shy or self-conscious to initiate anything. Being bold and breaking the ice, could lead to you having the greatest conversation of your life, or even making new friends.

So go for it. Say hello to someone, and see where that simple greeting takes you.

IN THE CITY TAKES SA BY STORM!



Image Source: pexels.com

By Lathitha Ngcwangu

The popular 'In the City' festival, that launched in 2018, happened not too long ago, and is still the talk of the town today. The event, that usually takes place in Johannesburg and Cape Town, welcomes both local and international artists.

This year, American artists Mereba and Jordan Ward donned the local stage, alongside local acts Lordkez and Filah Lah Lah.

Mereba made a wonderful impression on our local crowd. A multifaceted singer, songwriter, rapper and producer, her music is a unique fusion of R&B, soul, hip-hop and folk, creating a sound both fresh and deeply evocative. Known for her soulful voice, and thought-provoking lyrics, she often delves into themes of love, identity and resilience in her work. Her genre-blending style seamlessly integrates musical influences, making her a distinctive voice in the contemporary music scene.

She performed key tracks "Get Free", "Planet U" and "Sandstorm", and to say people in attendance were blown away, would be an understatement! Since her phenomenal performances in both cities, Mereba has been on the tip of everyone's tongue and thumbs on social media.

Jordan Ward, also an R&B and soul artist, had an equally as captivating performance, just like his native act Mereba. Alongside local acts, Filah Lah Lah and Lordkez, two upcoming artists, the audience was blown away. The two local acts have been hardworking for many years on their respective crafts, and it has clearly paid off. Filah Lah Lah has just been featured on Apple Music's "Africa Rising" playlist, and Lordkez is about to tour Europe – both huge accomplishments.

The 'In the City' team made an outstanding choice in this year's entertainment, and it is safe to say that we are excited for what is to come in future!

REAL LIFE ROMANCE: SMART CASUALS!

By Lathitha Ngcwangu

Attention all movie lovers! In case you have not yet heard, the long-awaited movie 'Smart Casuals' is officially out on Netflix, and we are so excited to talk about it. If you are a romance lover, like me, then you will have a blast watching this film. Grab your blanket and popcorn, and let's get into it!

This film follows four young people who embark on a journey to none other than our local city of gold, Johannesburg, in hopes of finding love and self-discovery. The film introduces us to Bheka and his lovely fiancée Mahlatsi. It is not clearly stated how long they have been together, but what is known is that they are engaged and in the process of planning their dream wedding, and also that they have tried getting engaged three times before. THREE TIMES. Talk about 'third times a charm'.

As we fill into their story, we find that the grass is not greener on the other side, as they argue frequently, and struggle with effective communication in their relationship. One of them has a huge secret, later revealed in the film. But while we let you stew on that, we will tell you about Taki and Thami, our other main characters.

Taki, a photographer meets Tumi on the job. When Taki sees Tumi, he is instantly drawn to her and dreams of a relationship with her. Now, bear in mind, Taki is your typical 'no strings attached' kind of guy that struggles to commit. So, it is somewhat humorous when he starts gaining feelings for Tumi, and she is not what he expected. But, we will let you find that out by yourself.

If you are a romcom lover, please be sure to treat yourself to this amazing production. It knows no bounds, and will make you laugh, cry and fall in love with love. Make sure to add 'Smart Casuals' to your watch list, because it is well-worth watching!



Image Source: pexels.com

THE IMPORTANCE OF SETTING BOUNDARIES



Image Source: BrianAJackson

By Nompumelelo Mculu

Maintaining boundaries is an important way of protecting your health, and building good relationships with yourself and others. Establishing clear limits and expectations, prevents mental and emotional health of individuals from being compromised, as it makes way for personal growth to be nurtured, and for individuals to develop close, worthwhile relationships.

When it comes to defining your own space, boundaries are the bouncers that draw a line between you, and others. Without these, it is like having uninvited guests at your house party, where everyone crashes on your couch. There are many different types of boundaries, like a brick wall for strangers, a picket fence for friends, or even a drawbridge for the in-laws.

Boundaries are not just about refusing unwanted work, but also a defence mechanism for your mind and heart. They create an emotional force field, fostering a positive environment for mental health, similar to a fortress prioritizing wellbeing.

From fear of conflict to the dreaded fear of missing out (FOMO), there is a variety of hurdles that can trip you up when it comes to boundaries. It is like a never-ending game of boundary bingo. But once you identify these challenges, you're already halfway to overcoming them.

Communication is key when it comes to setting boundaries. Whether it's using the "I" statements to express your needs, or practicing active listening to understand others, mastering the art of communication can make boundary setting a breeze. It's like crafting your boundaries with the linguistic finesse of a wordsmith.

Setting and maintaining healthy boundaries helps to safeguard your mental and emotional wellness from outside influences and negativity. You can prioritize your needs, control your emotions, and develop inner peace by making a safe space for yourself. Like having your own personal forcefield to keep out the chaos of the outside world.

So go on and try implementing boundaries in your life. It may just be your key to the rest of the world.

BAY DESIGNER SNAGS INTERNATIONAL PRIZE

By Sinazo Zide

Eastern Cape born-and-bred mohair designer Gugu Peteni, 29, has gained a chic spot at the elite fashion table, by winning a prize during June's Paris Haute Couture week.

"When I started my studies, I knew nothing, only that 'the Devil wear Prada', and that I wanted to sit in the front row. It was quite a reality check! They did prepare us for the industry, though, as hard work was ingrained in us."

The African Fashion Up (AFUP) 2024 competition, organized by Share Africa under the patronage of French President Emmanuel Macron, intended to support emerging African designers and transform the fashion sector, and invited Nelson Mandela University Fashion and Textile Design graduate Peteni to show her GugubyGugu spring-summer collection.

Following her graduation with honours Cum Laude in 2017, Peteni worked at Gqeberha's Mohair South Africa before she established her luxury streetwear brand 'GugubyGugu in 2019. Through her journey, she credits her mother who instilled an awareness of the environment regarding food, water, and recycling.

Peteni also achieved the title of Best Young Designer Award on June 26, in a Quai BranlyJacques Chirac Museum Ceremony. "It's so surreal! Amazing! As designers, we all dream of being a luxury fashion space in Paris, so this was a dream come true", she expressed upon her return in July.

Her reward consists of retail procedures through Galeries Lafayette, the largest upscale department store in Europe, as well as international development from the prestigious HEC Paris business school, and the luxury fashion brand Balenciaga. She has always been transparent about her desire for her clothing line to be gender-neutral, and makes stylish

clothes with comfort and inclusivity in mind.

Mohair South Africa opened more opportunities for her, with sustainability becoming an essential aspect of her design process. "Once you touch and feel mohair, you will not want to work with synthetics anymore".

We can't wait to see what Gugu does next!



Image Source: Gugu Peteni

HOW TO BATTLE INSOMNIA

By Viwe Kambule

With the exam season looming, students are no strangers to stress and anxiety. However, a growing concern amongst students, is the debilitating effects of insomnia during this critical period. The pressure to perform well, combined with the fear of not meeting expectations, can lead to sleepless nights, leaving students exhausted, demotivated, and helpless.

According to recent studies, approximately 70% of students experience insomnia during exam seasons. This alarming statistic highlights the urgent need for awareness and support. Insomnia can impair cognitive function, memory and concentration, ultimately affecting academic performance. Moreover, prolonged sleep deprivation can lead to physical and mental health issues, like depression, anxiety and cardiovascular problems.

Students often resort to unhealthy coping mechanisms, like excessive caffeine consumption, all-nighters, and sedatives, which can worsen the problem. The stigma surrounding mental health and sleep disorders can prevent students from seeking help, fearing that they

will be perceived as weak or vulnerable.

To combat this issue, educational institutions and support services must prioritize student well-being. This includes, but is not limited to:

1. Promoting healthy sleep habits and stress management techniques.
2. Offering counselling and therapy sessions to address underlying anxiety and depression.
3. Encouraging students to make use of tools, services and techniques provided.
4. Encouraging open conversations about mental health and sleep struggles.
5. Providing resources for relaxation techniques, such as meditation and mindfulness.
6. Fostering a supportive community where students can share their experiences without fear of judgment.

By acknowledging and addressing the sleep struggles of students during exam season, we can work towards creating a healthier, more supportive environment, prioritizing their overall well-being. It's time to break the silence, and shine a light on this critical issue, ensuring that our students can thrive, both personally and academically.



Image Source: www.news24.com

AI, IN THE OLYMPICS?



Image Source: pexels.com

By Baphiwe Yoyo

The 2024 Paris Olympic Games will be introducing artificial intelligence (AI) and technological innovations to better the safety for athletes, and improve the broadcasting experience for viewers.

The Olympic AI Agenda initiative was launched in April this year, during an event held at the Lee Valley VeloPark at Queen Elizabeth Olympic Park. The launch had experts from different fields, including sports, technology, business and academia, discussing the use of AI tools within the Olympics.

The International Olympic Committee President, Thomas Bach, stated that the body realized the impact AI can have in sports for athletes in providing personal training methods to stay fit and healthy, as well as for training equipment to provide data and performance skills. For sporting events AI would be important for decisive decision making for fairness in judging and refereeing. The incorporation thereof will ensure in each sporting code, that there is a fairness in the decisions made, and upon reviews, clear winners announced.

In the broadcast space, Molly Solomon of NBC

Olympics and Paralympics Production said to the audience, that this would provide data analysis graphics, and replays from multiple camera angles, where viewers can watch their favourite athletes, which is sure to improve engagement.

At the interest of the athlete's mental health, an AI monitoring system will be used to flag abusive comments on social media, as the board has entered into a partnership with various platforms. Also implemented is a chat service, known as Athletes365, for any FAQ on social media guidelines, doping rules and regulations.

Although AI seems to be infiltrating every industry, the Olympics are based on human performance. AI will instead be used as a tool to enhance athlete's performances, and provide a better experience for viewers. Codes that will be affected by AI, include but are not limited to, diving, athletics and gymnastics, canoe, sprint marathons, race walks, road cycling, mountain bike cycling, marathon swimming, rowing, sailing and triathlons.

IOC's aim is to use the opportunity to integrate artificial intelligence in support of athletes and the development of sports at the Olympic Games.

THE INNOVATION OF AFRICANS

By Baphiwe Yoyo

Africa is home to some wonderful inventions used in our everyday lives. It is important to acknowledge the innovative work of others, especially those so close to home. In this article, we will highlight some of the inventions created by African scientists, and the fields they are linked to.

The oldest known mathematical object, the Lebombo bone, was discovered in the Lebombo Mountains of Swaziland, and is approximately dated back to 35 000 B.C. This object is believed to have been used as a lunar phase counter.

Ancient Egyptians scripted textbooks about math that included division and multiplication of fractions and geometrics formulas to calculate the area and volume of shapes, which allowed them to build the great structures of Ancient Egypt, some of which can still be seen today – Mathematics.

Some of the earliest medical procedures were performed in Egypt, where they used tablets to document procedures such as childbirth, autopsies and traditional and unconventional cures for sicknesses. Many modern-day medical treatments used around the world stem from these earlier methods.

The CT scan was developed by Allan Cormack, a South African-American physicist, and Godfrey Hounsfield, a British electrical engineer. A CT scanner uses an x-ray that produces cross sectional images of the body, which can be viewed in two or three dimensions. In 1979 they received a joint Nobel Prize in Physiology or Medicine, for their work.

The Cardiopad, invented by Cameroonian computer engineer, Arthur Zang, is a medical screen tablet used for heart examinations. This is used to medically examine a patient's heart by gathering cardiac data, and sending it to the cardiologist. It was invented to aid people living in remote villages far away from medical professionals – medicine.

Africa, the second largest continent in the world, with 54 countries, filled with diverse cultures, boast many medical advancements. These are only a few.



Image Source: Shutterstock

UNDERSTANDING EMERGENCY CONTRACEPTION

By Phuthego Precious Nthoke

Emergency contraceptives, or “Plan B”, are methods used after intercourse, to prevent pregnancy. The method we will be focusing on today, is the more common morning-after pill.

A study conducted by Health SA, earlier this year, indicated that South African Universities report a high number of student pregnancies. Due to this, a campaign for prevention awareness is necessary. If you are sexually active, it is wise to visit your campus clinic, and set up an appointment where a professional will advise you accordingly.

Some common contraceptive pills are Yasmin, Diane-35, Marvelon and Yaz, which are available on prescription from your doctor or alternatively your clinic, where you will be assisted in finding the contraceptive for you.

There are many options to consider, from condoms to the pill, the patch, the vaginal ring, all the way up to bilateral tubal ligation and vasectomies. It is wise to do your own research and find a method you are mentally content with, without disregarding the advice from qualified medical professionals.

Most students do not use preventative contraceptives, but make use of the morning-after pill as a quick solution after unprotected intercourse, which is not always effective, and may be damaging to your health.

Morning after pills work through delaying ovulation and helps to avoid fertilization, and often contains levonorgestrel – a hormonal medication, combined with oestrogen to make the birth control pill.

A morning after pill becomes less effective with every use, as well as 72 hours after the action. They can be found at your nearest clinic and some of your well-known pharmacies like Clicks, Dischem and Medirite. Plan B, Norvelo, Vonel, Medinor, Ella and Medilevo are some names that you may encounter, ranging from R75 to R120.

Although it may seem affordable and like a quick fix, you will pay a larger price with fear and anxiety that accompanies an unplanned pregnancy. Plan B should be your last line of defence. Protect yourself by prevention through the recommended contraceptive, but be cognisant that these methods are not 100% effective, and will not protect you from contracting sexually transmitted diseases and infection.



Image Source: www.pexels.com

MADIBAZ SECURES RARE VICTORY AGAINST THE SHIMLAS



Image Source: Madiba Sports

Puleng Moloji

Madibaz Rugby’s strong pressure in the first of their game against the University of Free State (Shimlas) was enough to earn them a gritty 19-7 victory. This was during the University Sports South Africa (USSA) tournament which took place at Rhodes University early last month.

Madibaz Assistant Team Manager, Cwenga, expressed his satisfaction with the team’s execution of the game plan saying the preparations leading up to the tournament came in handy. He says the team was fully involved and on board, and further praised the chemistry within the camp.

Madibaz got a penalty early in the game of which they fully capitalized on and scored a try from a powerful driving maul. Shimlas pushed for a response late in the half and their efforts were finally rewarded with a try.

As the game got heated, Liyema Bopelo broke the line from his own half which eventually led to another try for Madibaz – restoring their lead to 12-7.

The Shimlas demonstrated great grit to fight back in the second half. Their defense stood firm despite Madibaz’ best efforts to increase their lead. But another try eventually came in the dying minutes of the game, securing a rare 19-7 victory for David Manuel’s side.

“We have a culture within the team that we must back ourselves up no matter who the opposition is. It was anticipated to be a difficult game, but the team managed to back themselves up and performed outstandingly” said Cwenga.