

# MADIBAZNews

News for the students, by the students



Photo: <http://News.Mandela.ac.za>

## GRADUATION SEASON

By Lindokuhle Frank

**The autumn graduation season at Nelson Mandela University began on April 20, 2022, at Gqeberha, with over 7000 undergraduate and postgraduate students graduating between April 20 and May 5.**

Graduates were joined by family and friends to celebrate their academic achievements and this was the first graduation ceremony the University has hosted in Gqeberha since 2019. Due to the Corona Virus pandemic and the restrictions that were imposed by the government, the last four graduations in 2020 and 2021 had to be held online. Students were ecstatic to hear that finally, 2 years later, they will be able to walk across the stage and be celebrated for their achievements.

Okuhle Maqina is one of the many students that graduated in these ceremonies. Like many, her academic journey was not that easy, she had funding struggles for most of her first year, academic struggles and at times, she was not satisfied with her marks and performance. Through all those challenges, she graduated with a Bachelor of Law degree.

"I was on the verge of crying as I stood next to my acting Dean, waiting for her to call my name. My family and friends were already yelling my name, and it hit me that I'd done it, that I'd graduated, and it was unreal," Maqina recounts. "Never stop dreaming, work hard, and seek help when you can't cope," Maqina advised students. And don't lose sight of why you started."

The late Professor Lungile Pepeta, a paediatric cardiologist, medical researcher, academic, activist, and medical pioneer, received honorary doctorates, as did media personality Noxolo Grootboom, for her commitment and upliftment of South African linguistics, as well as ANC veteran Sindiso Mfenyana, a liberation struggle stalwart, author, and the first black secretary to parliament. These doctorates were bestowed upon them in honour of their significant contributions to society.

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## LETTER FROM THE EDITOR

Halala, Congratulations and Wel Gedaan to all those walking across the stage in their cap and gowns! MadibazNews wishes nothing but goodness and favour over every graduate!

With graduation season having commenced, there have been a lot of mixed feelings. Those of joy, sadness and distress due to various reasons, but we would like to remind you – chin up, shoulders squared and walk tall. With your chin up, the only way you can look is forward. Always forward, never back.

With Autumn Graduation, many know that exams are looming, which also introduce a new mix of emotions, especially for first year students. We wish everyone well on the upcoming exams and hope that rest is assured afterwards.

Between loadshedding and the sudden water crisis (documented), we are sure everyone could use a slight 'pick-me-up' so here we are! We encourage everyone to use water sparingly and invest in various devices to assist in doing so.

We are excited to bring forth the fifth edition, laced with many informative stories in the News Section, to amazing advice in Lifestyle and Entertainment and thoughtful pieces in Opinions, there is definitely something for everyone. We thank you for your continued support of the paper and look forward to bringing you much more content.

We wish everyone a fruitful exam season and a restful period!

**Leigh Nakeetah Jason**



Photo: MadibazYouthLab

## IMBADU: LEADERSHIP AND ACTIVISM

By Mbali Mandy Ngube

**On the 27 April 2022, Madibaz YouthLab conducted their first Imbadu Series session at the Claude Qavane Residence, with the topic "Leadership and Activism in a modern society."**

Amongst the attendees was the Dean of Students, Mr Luthando Jack and the Director of Student Governance, Dr Bernard Sebake. The panelists included Mr Wandisile Sebezo, Mr Asemahle Gwala, Mrs Sesethu Gqomo-Seyibokwe and the session was facilitated by Mr Yonela Mashalaba.

Everyone who came agreed that the space allowed them to think critically - connecting, learning, and co-creating innovative ideas for change.

Opening, Mr Jack addressed the audience by explaining the roots of the term 'Imbadu' and shared indigenous knowledge on how these sessions were used as a platform of sharing of ideas, views, and engagements. He deliberated that such spaces are important and encouraged by the University, reiterating that they promote the value of Ubuntu, Diversity, Social Justice & Equality.

That powerful address was furthered by Mr

Sebezo, sharing lived experiences on "Activism leading the opportunity in the outlook of economic vestiges". His sense of inclusivity allowed the audience to reach out and learn positive strategies of becoming a Young African Activist within the economical status of South Africa.

Mr Gwala followed, addressing the value of starting the journey of Activism early, as one becomes marinated in Leadership. He based his this on "Student Activism as a Vehicle for Change in Nelson Mandela University Campuses". Lastly, Mrs Gqomo-Seyibokwe shared highly valuable knowledge on how "Youth and democracy strengthen opportunities".

Dr. Sebake concluded with an important summary of why shared spaces are important, emphasizing the importance of such engagements at all levels of the institution, ensuring growth and participation in local, national, and international discourse. He stated this was the first of many sessions to come.

Ms Mlatsha in closing, pleaded with the audience to strive for excellence in Activism and Leadership, so whoever comes across their path can attest that every young leader from the Mandela university and Africa was indeed impactful in their lives "Ngumntu lho".





Photo: dailyorange.com

## THE FORGOTTEN STUDENTS

By Samantha van Jaarsveld

Our country's economy has been in grave financial problems for many years. Corruption has been blamed for the majority of South Africa's problems, along with a variety of other unlawful activities. As a result, it is unsurprising that poverty and financial difficulties have steadily grown, leaving many people vulnerable to the financial consequences of our faltering economy.

South African students make up a large percentage of these many individuals stuck in a financial plight. Thanks to financial aid bursary schemes, such as the National Student Financial Aid Scheme (NSFAS), many students who fall into this category have been privileged enough to receive this funding for their studies. This is only if they meet the necessary requirements, which involves falling under the R350 000-combined annual salary bracket in their household. This requirement has, however, posed a potential issue for some students, who would desperately like to study, but do not have the necessary funds and means to do so and whom do not qualify for financial aid bursaries.

These students are categorised as middle-class and are known as the "forgotten students." This is because they do not appear to be recognised by universities and financial assistance programs as frequently as underprivileged individuals are. Many of those affected by the situation are concerned about how they will be able to acquire a decent and quality education without the essential financing.

Of those middle-class students struggling financially, some have been granted study loans from banks as the only way to finance their studies; however, this has resulted in major debt issues for the majority of them. The question to ask is, how can the government resolve this problematic financial plight, so that these forgotten students may have the right to access higher education?

## WATER – A RARER COMMODITY THAN ELECTRICITY?



Photo: MpumalangaNews

By Leigh Nakeetah Jason

For many years, many areas in South Africa have struggled due to water shortages, but now it seems the situation seems to have intensified – increasingly.

On 5 May 2022, many areas around Nelson Mandela Bay awoke to dry taps, slow running water or mere drops of discolouration, which alarmed several residents. With areas like Linton Grange and Kabega Park suffering from water shortages almost monthly, for weeks on end, this was indeed a scary situation.

What further spooked Bay residents were the headlines which were immediately released, revealing the true nature of the water shortages and how they would affect the city in future. Gqeberha's water supply in Humansdorp, the Churchill and Impofu Dam are close to empty. This is where most of the city receives their water, which means that over 100 areas are most likely to be without water by June 2022.

This is scary as most people had no idea. There was no weaning of any sort, just told the possibility of taps becoming obsolete. Having no water affects almost everyone's daily lives – whether it be getting ready to go to work or school, or simply for residential uses, it is not a healthy not sustainable way to live. There is only so much that we can do, but every little helps.

Water is becoming as rare a commodity as electricity, but unfortunately, we cannot conform to any water shedding, we just simply have to be the difference and take matters into our own hands. That means turning off taps when not in use, re-using water for less important things and using water only when absolutely necessary. It may seem uncomfortable, but imagine how uncomfortable life will be without water at all.

Gqeberha residents have a lot to look forward to, but also a lot of responsibility to take. We can only hope that they do so.

# OFFERING MEN A SAFE SPACE

By Luphelo Zendile and Somila Tiwani

The scourge of gender-based violence continues to plague our society, with mostly children and women who are unable to defend themselves against perpetrators. The University unequivocally reiterates its condemnation of acts of Gender Based Violence (GBV) and remains committed to working with staff and students to embed a harmless environment. The transformation office has a duty to deal with such issues.

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

As a result, the Nelson Mandela University Transformation Office (which deals with GBV concerns such as domestic abuse) formed the GBV Male Support group. "They saw that numerous students, regardless of gender or sexuality, had experienced some type of violence in their life, so they developed the support group for all genders as well as the LGBTQIA+ group," explains Malahle, the program coordinator.

The transformation office returned with new efforts to address this problem. The Gender-Based Violence Male Support Group is one such program. The GBV Male Support Group is a support group for men at Nelson Mandela University who have been victims of gender-based violence and abuse (verbal, financial, physical, sexual, etc.). Although the services provided do not include counselling, the group is intended to provide support to victims from other victims. The courses are one hour long and take place on Fridays between 13:00 and 14:00. This is viewed as a platform where male students may share their stories and explain how they have managed to survive in such situations.



Photo: [www.pexels.com](http://www.pexels.com)

For the time being, the sessions will take place on Microsoft Teams. This is to guarantee that everyone's personal information is kept private. For the sake of privacy, students might attend the sessions using different email accounts. "I'd want to invite any males who are suffering silently to join the organization." They may be certain that the environment is non-discriminatory, non-judgmental, and values respect, support, and secrecy," Malahle says. Keep an eye on your MEMO student emails for the next session.



Photo: Sol Plaatjie Instagram

# THE PRICE OF THEFT

By S'phindile Mhlongo

Since the beginning of the first semester, Mr T Rubusana, the Sol Plaatjie Residence Manager, has received several food theft reports (February). The house manager initiated investigations before the start of the semester, expecting that people would be hungry and that allowances had not yet been paid, resulting in food theft among his tenants. He then tried to get his tenants to sign their contracts and register for renewal as soon as possible so that their systems could be upgraded, allowing them to open the main doors through which the perpetrators were gaining entry.

Some doors do not open, even when your student card is activated, causing students to leave their main doors open to gain access to their rooms and in case of not having someone inside the house who can open for the ones that are outside. Maintenance staff take a long time to respond to such issues, which then result in an increase in food theft. Many residents are losing their groceries and are left without food for the rest of the month, not knowing where they will receive other allowances to buy groceries, as the majority of Nelson Mandela University students are on the National Student Financial Aid Scheme bursary and do not receive any other allowances from home.

Because this is a big issue with a negative impact, students are unable to study when they are hungry, and they are unable to go to the clinic for food packs because they are not financed (NSFAS & other bursaries). One of the residents of Sol Plaatjie Residence has requested that the Residence Manager have security workers patrol the blocks early in the morning, put cameras at the front of the main doors, and supply food baskets to individuals affected by the food theft situation.





Photo: Freepik.com

## GIVING UP IS NOT AN OPTION!

By Kutlwano Makgae

Giving up is the route many tend to take when things become tough, and they don't want to face adversity. But life is not easy. People who become comfortable with opting to give up on their life problems are those most likely to commit suicide. Suicide has become the new norm. Well, we all have our problems but what triggers suicidal thoughts is depression, trauma, anxiety amongst other mental health issues. So now, the question is, now that mental health is the most addressed topic in our generation, what is it that we are missing? **Suicide rates are sky-high.**

Let's start by observing today's youth. The youth today idolizes celebrities more than anything. Having someone to idolize and aspire to be can make one change their entire lifestyle in the pursuit to be similar to their idols. The problem comes when they start seeing bad habits as good habits. Like many celebrities have said, it is hard working in the entertainment industry hence they use alcohol and drugs as coping mechanisms. The problem with drugs and alcohol abuse is that it leads to addiction and once one is addicted to drugs, they are officially on a suicide mission. How many celebrities have nearly not seen the light of the day because of drug abuse, and how many unfortunately didn't make it? Consider the likes of Whitney Houston, Michael Jackson, Demi Lovato, DMX and so many others. The likes of Ricky Rick, who took his own life and left the entire country in pain, this is the pain that should be spoken of - losing a life. The question is, is that the pain you want to see your family go through after taking your own life?

It's time to start spreading the awareness on mental health issues and preach about safe coping mechanisms giving examples of all these celebrities the youth idolize so much. Giving up should never be an option, and we should spread awareness to the youth using their own language. It always hits home when you speak to the youth in the language they mostly comprehend.



Photo: www.samanthakaplanart.com

## ART'S CORNER'S IN GQEBERHA

By Lelodwa Ngamlana

Art is one of the foremost underrated themes, especially amongst the youth. This is understandable because as soon as you reach high school, schoolwork can be overwhelming and you may eventually lose your sense of creativity. However, for a few individuals, the calling is so loud that they find a way to balance everything.

Samantha Kaplan, a blogger, wrote that "Art is an essential part of our culture because it permits us to understand our feelings, increases our self-awareness and allows us room to be open-minded. Art opens our minds and hearts." Now the question is, Where to art?

Gqeberha features so many talented people, and trying to locate them might be a little difficult task if you do not look hard enough. Nelson Mandela Bay is home to many art corners.

The first stop is the South End Museum. Their hospitality is one of a kind, they accept donations from as little as R20, and you may enjoy a lovely steaming cuppa next door at the neighbouring coffee shop.

If you have never visited an Art Gallery before, I recommend you visit the ArtEC Gallery on Bird Street. They also have confirmed on their Instagram page that they have small events hosted on Fridays at 16h00pm. They address various topics like mental health, art, and even live performances during these events. Better yet, if you arrive early, you may have the chance to check out some drawings and paintings they have around.

Lastly, you can visit the NMB Gig Guide page on Facebook. It shares all sorts of fun events that happen in and around Gqeberha just make sure to bring a friend with you and be happy attending!



Photo: freepik.com

## IS IT HAPPENING TO YOU OR FOR YOU?

By Luyolo Mapekula

**Often, when things do not go our way, we tend to question the purpose of life and the purpose of our existence. We always wish things were better or different. Yet, we do not think deeply about the circumstances that we are in. The question is, is everything happening to you or is it happening for you?**

The Coronavirus (COVID-19) Pandemic is a prime example. When it struck the world in 2019, countries started going into lockdowns, thus restricting the movement of people globally. Some were furious, some were concerned, and some were happy. Yet one thing we did not ask ourselves was how could this pandemic be beneficial to us? COVID-19 gave everyone more time for themselves. It gave us more time for self-introspection because a lot of people discovered their true abilities, strengths, sexuality and for some, the pronouns which they want to be addressed, etc.

For instance, let's say - on your bucket list you said you wanted to lose weight. COVID-19 made that easy for you. You had time to exercise at home – no need to spend hundreds and thousands of rands monthly on going to the gym and buying expensive supplements. You said you wanted to know yourself more. COVID-19 made that easier for you as you spent so much time alone, that you realized whether you study best on-campus or online. You even got the chance to realise whether you could teach yourself or needed a lecturer to assist you.

The question still lingers... Did it happen to you, or did it happen for you?

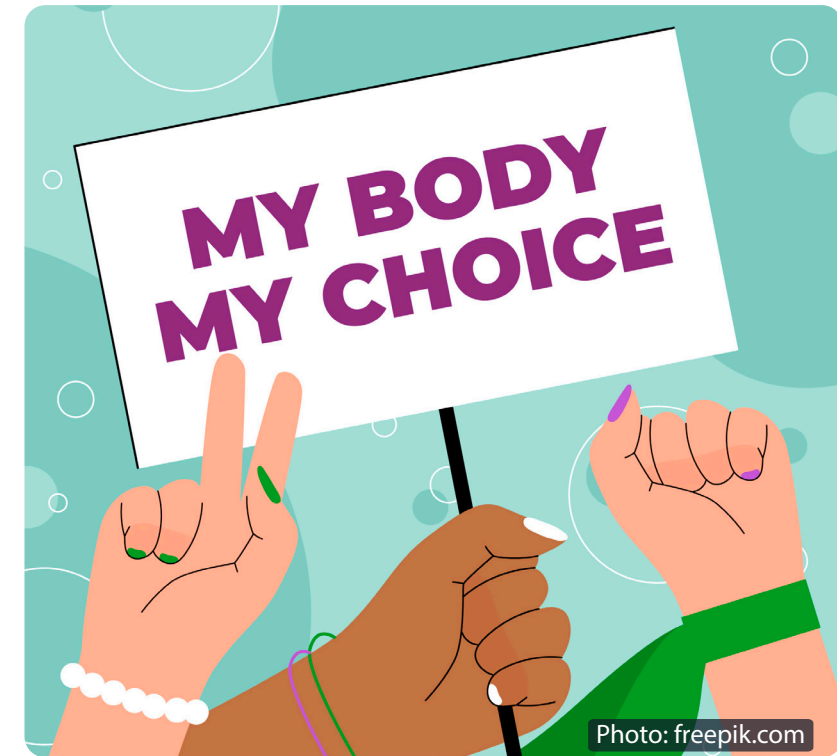


Photo: freepik.com

## A MINUTE ON ABORTION

By Sikhulule Moyeni & Makgae Kutwano

**The World Health Organisation (WHO) released new health guidelines on abortions in March 2022. These new guidelines are set to assist in easing and protecting the health of women and girls as there has been a rise in illegal and unsafe abortions over the years.**

It is recorded that every year there are over 25 million unsafe abortion procedures taking place around the world. These unsafe abortions are said to cause an estimate of 39 000 deaths every year and these deaths are mostly in lower-income countries such as Africa with 60% and Asia with 30%. The real question is how we can avoid such tragedies from happening.

WHO is set on making sure that tasks are delegated by a wide range of health care professionals to ensure that medical abortion pills are accessible. This means that more women will have access safe abortion services. Secondly, it is advocated that more accurate care information should be available. It has also removed the unnecessary policy barriers that facilitate the access to safe abortions such as mandatory waiting times, and the requirement of approval by other people i.e., your family members, partners, or institutions.

South Africa has been having a problem with a high number of unregistered people selling abortion pills to women. This then increases the rate of women being hospitalized due to unsafe abortion practices. Therefore, it is important to note that abortion pills are only safe when administered by verified health professionals from public facilities, but you will need a prescription.

In Gqeberha, these are the facilities you can visit when needing assistance:

1. Marie Stopes Clinic offers safe abortions for unwanted pregnancies up to 20 weeks.
2. Connect Abortion Clinic provides women with information about women's health services such as the risks, methods, and aftercare options.

Or you can visit your local provincial hospital and enquire.





Photo: CollegeXpress

## WHERE DID THE DAY GO?

By Mncedisi Stampu

**A lot goes on in our daily modern lives, especially in the city. Instead of waking up to birds chirping, we wake to noisy public transportation systems that have us dreading the day ahead. A couple hours more to watch our favourite shows and catch up on what Twitter and Facebook has to offer often ends the night for us.**

The question is, what did you do all day?

Only to realise that you half-attended that morning class because you were on your phone the whole time and then said, "I will get back on that afternoon class recording before evening ends" – clearly lying to yourself, knowing very well that you're going to binge watch season 2 of *The Wife* the whole night until 3AM. It starts all over the next day and guess what? You're already late.

Even though you have easier access to study materials when you have Wi-Fi, it's much easier to use the internet for things that work against you.

Many struggle with focus and motivation towards their studies even though they know they have to do so, and many feel like it's really boring to study. The fact that it will benefit them in the end is often dismissed when challenged by the mind. A lot of it has to do with how we spend our time – how much do we make it easier for ourselves to start and finish that assignment or study session?

Environment design heavily influences your productivity. The things that are on your desk at home, your kitchen counter, your office at work – all influence your behaviour. If you can restructure your physical environment or your digital environment, then you're more likely to stick with the right habit. Try keeping your desk strictly for the laptop and books and nothing else. Create friction for things that distract you, like, burying your gaming console deep in the cupboard or putting your phone on silent under your pillow so it doesn't bother you when you study.

Using these techniques with a dash of determination, you can create great habits and improve your life.



Photo: KQED.org

## WILL I MAKE IT?

By Mncedisi Stampu

**A lot of things come with entering university, or rather, when you leave high school. You start to feel like you're in a race with your age mates – some have been running since you started high school and are still not even halfway. Society starts to look at you differently, treat you differently and new responsibilities and expectations are suddenly bestowed upon you. That's what it's like to grow up in the townships – the pressure to succeed.**

Just one month into varsity and your world is rearranged; concepts like lectures, modules, semesters, and infamous "DP" begin to arise. Many students start to doubt their intelligence. All those praises teachers used to sing when you did very well start to feel like a child-like memory from decades ago.

All this is enough to keep someone in a crippling loop of continuous fear and anxiety about their future, keeping themselves stagnant with no idea of how to go forward. Meanwhile life goes on and so does time. People often ask themselves "Will I make it and finally wear that black gown?"

However, it is completely normal to feel like that, it's part of what makes us human. Many others have been in the very same position you're in. You're part of this community of millions of other peers your age that share the same burden at this very moment. Here you are on this planet, in your mind, experiencing a feeling that is a mix of anxiety and self-doubt – that is all there is to it.

Think of all the times when you experienced exactly this feeling and thought that you wouldn't succeed and yet you prevailed. In 2021, around 48% of students dropped out of school in their Matric year due to various reasons. To be a part of the half that finished their year should be enough evidence to remind yourself that you can do anything, and you should treat university as high school but the only thing different is that you can wear what you want. Nothing should be in the way of you achieving big dreams.



# THE FUTURE OF THE PLUS SIZED MALE

By Siziwe Ntyinkala

For a long time, society led us to believe that plus-sized people are unworthy of certain activities, like modelling, which has long been known to be a space for more petite bodied people. As a result, plus-size male models were a rare commodity.

It is stated in Etti Bali's feature article titled 'Where is the Plus Sized Male Model?' published on 17 July 2021 that "men are either expected to be gym buffed with chiselled biceps and sculpted six-packs, a la Salman Khan. Or raw-boned, fragile, and waifish following international trends in male modelling. The "curvy" can barely be spotted". Even though some agencies are beginning to adapt to the plus-size male culture, The truth is that there is still a long way to go before the plus-size men can be fully recognised. Men who are plus size may have few options in South Africa. To name a few:

1. Wait for the expansion of plus-sized inclusive stores.
2. Purchase at a few select retailers that sell XXXL clothing.
3. Be dressed by a special designer at a cost.

"Having more clothing shops for plus-sized male models would really help because we struggle a lot, especially when you have a pageant coming up. Having to buy a clothing item then go to a designer for either adjustment or adding an extra piece is not nice," said Loyiso Gubula, Mr & Miss Premier Student Accommodation 2nd Prince 2021. "Having agencies, being more vocal about plus-size modelling would be beneficial; however, my journey during the Mr and Miss PSA pageant was wonderful, with the



Photo: Premier Student Accommodation Facebook Page

team being very supportive. I am happy that I finally got the chance to embrace who I am despite societal standards."

Plus-size exposure is steadily growing as more people recognise that bigger people can and should exist. On the ground, however, it will take more effort from everyone to realise the full potential of plus-sized individuals.

# ENGAGE IN RECOVERY

By Pleasure Kekana

**Stress is something all too common for university students. Between assignments, study deadlines, social life, and a million other things, the amount of stress that you experience as a student can sometimes feel overwhelming. But learning how to cope with stress is something that you can control, and something well worth the effort. In this article, I'll discuss some of the best ways to deal with stress as a university student, as well as some of the most common causes of stress and how you can avoid them.**

One of the most common causes of stress for students is having too much on your plate. Like the way that exercise helps to keep you healthy, regular breaks from your studies will help to prevent you from burning out.

First, it's important to recognize when you're experiencing stress. Most of us tend to feel stressed when we're facing a large amount of pressure and are lacking in certain resources

(i.e., time, money, etc). But it's important to note the difference between being stressed and being overwhelmed. Being overwhelmed is when you don't have enough resources to deal with everything that is thrown at you, while being stressed is when you're experiencing physiological arousal, which is a state of increased physiological activity when you're under pressure.

One of the best ways to reduce your stress and increase your resilience as a student is to balance your academics and your social life. This doesn't mean that you must give up on your friends or your extracurricular activities — it simply means that you need to make time for yourself.

The best way to do this is by scheduling in "study breaks" where you completely disconnect from your studies for a set period. This will allow you to recover and allow your working time to

Photo: www.health.harvard.edu





Photo: Peter Giddy – Blogspot

## HIKES AND TRAILS IN GQEBERHA

By Laiken Faiers

Hiking has a myriad of benefits. Research shows that hiking is an activity that not only improves general health and fitness but also improves quality of life. It is a low impact sport, so it provides cardiovascular benefits with minimal stress on the body, that is also great for your mental health. Given that there are so many hikes available in Gqeberha, it makes it an ideal way to destress and stay fit.

### Sacramento Hiking Trail

Located between Sardinia Bay and Schoenmakerskop, this is an 8km hike. This trail leads you along the coast, with a beautiful view of the ocean, and along the nature reserve filled with fynbos and birds. Because of the circular nature of the trail, you can start at either Sardinia Bay or Schoenmakerskop. There are also additional trails that you can add to the route which take you further into the reserve. There is no payment required but be sure to pack a bottle of water and some sunscreen.

### Van Stadens Wildflower Reserve

This hike is located a few kilometres outside of Gqeberha, but it is definitely worth the trip. There are a number of trails to choose from that vary in length. These trails can be completed separately or combined to create one long hike. During this hike you will be walking through fynbos which is filled with wildflowers, proteas, and birds. One of the perks of completing the full hike is that you get to walk underneath the Van Stadens bridge.

### Lady Slipper

This is a well-renowned hike. There are two routes to choose from that vary in difficulty and distance – making this a suitable choice for either beginners or the experienced hiker. There is an entry fee of R30, preferably in cash, required. Before heading on this hike be sure to find a map on Falcon Rock's Facebook page – Falcon Rock is the venue from where the hike starts.

Gqeberha provides its residents with a versatile range of outdoor experiences. Hiking is a great way to take full advantage of the incredibly beautiful and scenic landscapes that Gqeberha has to offer.

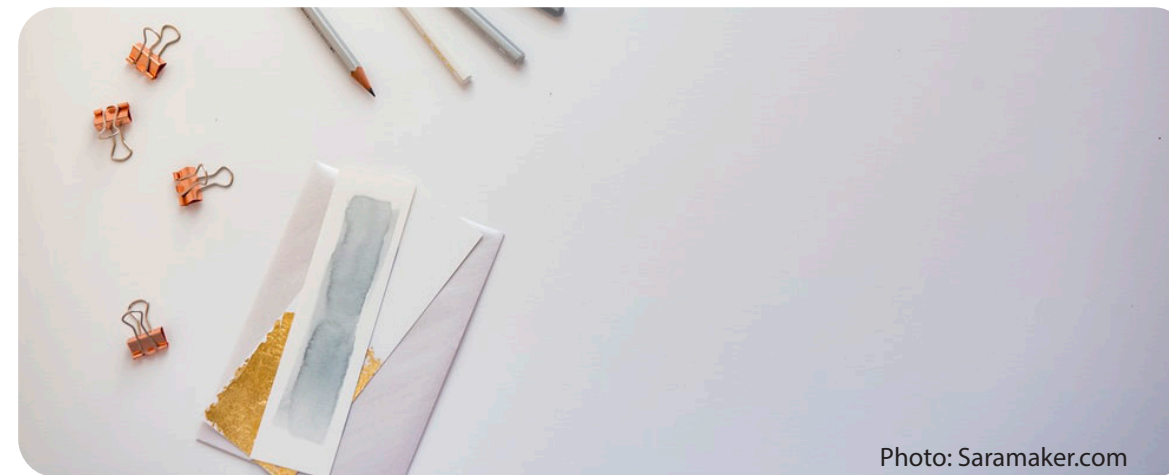


Photo: Saramaker.com

## WHICH LEARNING STYLE SUITS YOU BEST?

By Laiken Faiers

Why should you identify your learning style? Simply put, knowing your preferred type of learning means that you know how best you take in information. This is useful as it will help you create more effective strategies to help you retain knowledge

VARK is a model created by Neil Fleming that identifies four main learning styles: Visual, aural, read/write and kinaesthetic. Essentially, knowing which of these styles you are enables you to work smarter rather than harder.

### Visual

Visual learners prefer to take in information that is visually presented rather than in written form. Learning strategies best suited to this style include creating diagrams or charts, highlighting work, and sitting in the front of a class.

### Aural

Aural learners take in information best when they hear the information. Listening during class, recording classes so as to relisten when studying, and utilising audiobooks are great strategies to implement.

### Read/Write

These are learners who prefer to take in information in written form. They will learn best through methods such as taking notes during class and prereading the necessary material.

### Kinaesthetic

Otherwise known as tactile learners, these learners take in information best through action or touch. Learning strategies include roleplaying as a teacher when studying, practically applying information when possible and when doable to maintain a level of movement rather than sitting still.

Knowing which learning style you are, and the coinciding strategies can help improve your academic life. Everyone will have varying degrees of each type of style. There is a quiz that can help you identify which style you are more accurately: <https://vark-learn.com/the-vark-questionnaire/>



# A LOVER HE WROTE

By Khanimamba Khoza

The idea of the perfect someone, a person made just for you and the purpose of loving you, is an idea many have pined for. I know I have on very lonely nights. Who hasn't been through it? These are the themes that are very evident throughout the film *Ruby Sparks*.

A writer dreams about his perfect woman and as any one would attest to, he decides to write about it. To his surprise, a woman is born out of ink, paper, and imagination. What follows is a love story with some very dark and cringey turns, but the theme of love is always looming in every scene of the movie.

In the first few moments of the movie, we are introduced to Calvin, the writer and main lead of the movie. He rose to fame as a teenager after publishing a successful novel, however, despite the success, he is a loner - insecure and in therapy. The movie does a brilliant job of teasing how he eventually unfolds as a character through subtle tones in the conversations he is in, and his personal and professional development is executed beautifully. It allows the viewer to go on this journey with him. Through every word he writes, you start questioning if it was the right word or sentence to write, within the context of the situation.

Throughout the movie, there is a tone with Calvin and Ruby (the woman he dreamt up and wrote into existence), one of control and to what extent does he get to control her, since she is entirely his imagination come to life, or rather, regardless of him creating her, she is not



Photo: IMDb

his property, and he does not get to rewrite her every time he wants her to do something. Whichever way you view the film, six things will be clear - it will get creepy, it will be romantic, it will be cringey, some moments you will love, some moments you will hate, and some will leave you on the fence.



# CERI SAVES MILLIONS

By Leigh Nakeetah Jason

**When the world went into lockdown in 2020 due to the Coronavirus pandemic created in 2019, people were astounded at how one virus – one particle – one droplet could cause someone so much despair, pain and sometimes death.**

Thankfully, technology and science since then, have developed greatly as medical and research institutions worldwide have been working on aids, vaccines and hopefully cures. One of these stellar institutions were recently accoladed, and reside in the Western Cape, South Africa.

Stellenbosch University (SU) Centre for Epidemic Response and Innovation (CERI) received international acknowledgment for their work on identifying and tracking Coronavirus (COVID-19) variants. Their work on this was listed as one of the top ten technological breakthroughs of 2022 by Massachusetts Institute of Technology, known internationally as MIT.

The University says that CERI, to be launched later this year, has been at the front of pathogen genomics surveillance to enhance biomedical discovery and respond effectively to epidemics. This helped South African scientists to identify and warn the rest of the country about the Omicron and Beta COVID-19 variants.

SU's School for Data Science and Computational Thinking professor of bioinformatics, Tulio de Oliveira states that SU is very honoured to have earned their place on the list and as a result thereof, received a visit from MIT, who were very impressed with their state-of-the-art data and genomics facilities.

CERI also provides capacity building to other African countries and has received fellows from 21 of them, to be trained in the various denominations of genomics, bioinformatics, big data and artificial intelligence analysis.

"It is fantastic to see that the R1.5-billion investment by SU on its campus is attracting international attention. We are very proud to be part of this and will work hard to help South Africa and Africa to continue to be listed as a top technological setting in the world," - De Oliveira.

We all feel a sense of immense pride at knowing that our own was able to make an immense difference during a difficult time.



# MADIBAZ CRICKETER SEIZES THE MOMENT IN SA A DEBUT

## Full Stop Communications

Madibaz cricketer Tristan Stubbs seized the moment when he steered South Africa A to victory in his Twenty20 debut in Zimbabwe. The 21-year old scored 39 not out of 37 balls as his team surpassed the Zimbabwean XI's 114, all out with 14 deliveries to spare.

Stubbs was named in the squad for the five-match series, which followed three One-Day Internationals last week. The final-year B.Com student hit his way into recognition for higher honours with sensational performances in the CSA T20 Challenge in Gqeberha in February.

He notched up three half-centuries for the Warriors, including successive innings of 80 off 31 balls against the Dolphins and 65 off 35 deliveries against the Knights so it is no surprise that the T20 Challenge is a career highlight. "I feel I have the ability to hit sixes, which obviously suits the T20 format, but also to rotate the strike"

Stubbs said that although his selection for the national outfit had been a surprise, he felt it was reward for hard work and several eye-catching performances. "This has been my first full season in provincial cricket so it was nice to play a number of games," He has represented Eastern Province and the Warriors franchise in all three formats.

Now, having received a chance to compete at the next level, he wants to grab the opportunity with both hands. "My goal at the moment is just to make it count," "And then, in the long-term, it is just to make sure I keep enjoying my cricket. So I am keeping everything very simple."



From his parents to coaches, Stubbs has had a strong support base during his short career. "My parents have always been there to support me and then coaches such as Michael Smith [at Grey High School] helped my batting and Robin Peterson [at the Warriors] gave me the opportunities at domestic level and backs me by allowing me to play with so much freedom," he said.