

CLOUDY WITH A CHANCE OF TORNADOES

By Sonia Van Der Linde

Tornadoes are amongst the world's most violent weather phenomena, and are not yet fully understood by scientists. They can be simply described as rapidly spinning columns of air extending from a thunderstorm to the Earth's surface. For a tornado to form, several atmospheric conditions must be met.

The formation of a tornado begins with the development of a severe thunderstorm. Due to rapid wind speeds and lower pressure in the upper atmosphere, warm and moist air is pulled upward, cooling down in the process – a phenomenon known as updrafts. The most crucial step in the formation process is wind shear, which refers to the change in wind speed and direction over short distances, either horizontally or vertically. Wind shear is necessary for tornado formation, because there needs to be a significant difference between surface wind speeds and atmospheric wind speeds.

This wind shear creates a horizontal column of spinning air within the thunderstorm, which, if tilted into a vertical position by the aforementioned updrafts, can lead to the development of a mesocyclone. As wind speeds within the mesocyclone increase, a tornado is formed.

Tornadoes are classified into six categories based on intensity, wind speeds and the level of destruction they cause, according

to the Enhanced Fujita Scale (EF Scale). This scaled ranges from EF0 to EF6, with EF6 representing complete annihilation of all surrounding structures.

Tornadoes are the most common in the United States region known as "Tornado Alley", which includes states like Texas, Oklahoma and Nebraska. However, tornadoes also occur in many other countries, including South Africa. Although not common, South Africa has experienced some less severe (EF0-EF3) tornadoes and continues to do so.

The strongest tornado ever recorded in South Africa occurred on March 20, 1990, in Welkom, Free State. This EF4 tornado destroyed over 4000 homes. As climate change continues to alter global weather patterns, climatologists believe that tornado activity may shift. Ongoing monitoring and research of these phenomena remain crucial for ensuring public safety.



NEWS

3 A Collaborative Pad Drive By Student Governance and Development

OPINION

5 A Proporsal For Job Opportunity

LIFESTYLE AND ENTERTAINMENT

10 Biles and Chiles on Fire At The Olympics!

SCIENCE AND TECHNOLOGY

13 Nelson Mandela University Launches A High-Tech Law Clinic

SPORTS

17 Madibaz Battles Through Tough Varsity Netball

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LETTER FROM THE EDITOR

Welcome to yet another riveting edition of Madibaz News! It is my pleasure to once again, and almost for the last time, introduce our finest journalist's work!

This edition, again, is filled with everything you need. From the latest on-campus news, to community outreach news and how you can assist, along with lifestyle tips and tricks to keep you up and running, alongside your daily 'things you didn't know' in the Science & Technology section.

We are rapidly nearing the end of the year – with just over 100 days to go, it feels like the year flew. Granted, there were times here and there where it felt like time dragged, and other times when due dates and exams crept up on us, but here we are with nearly three months left to go. Make the most of it. If anything, this year has been a great example on how to handle, and not to handle certain situations, and how to ascertain which situations need handling at all.

You have done a great job, regardless of how you feel or what you think, so give this year its final push. You're almost at the finish line, and we'll be here until then.

Remember, look after yourself in all ways, and don't forget to look out for ways that we can help you with that. Reach out to us on all forms of social media, we have our notifications on, we promise.

Until next time, keep safe

Leigh-Nakeetah Jason

A COLLABORATIVE PAD DRIVE BY STUDENT GOVERNANCE AND DEVELOPMENT

By Sisipho Toni

A sanitary pad drive offers to bring hope to a significant number of girls who are struggling to get feminine hygiene supplies.

Madibaz Radio in partnership with MadibazNews, Enactus, Sweep, Golden Key, Ziggy's tuckshop and the Psychology society planned the drive to run until the 18 September 2024. All the proceeds went to the Door of Hope Children's Mission on the 22 September 2024. This project aimed to guarantee that girls have access to appropriate menstrual hygiene products by giving people in need sanitary pads. Every month, many girls in disadvantaged areas need help to get basic hygiene supplies, which makes them miss school or use unacceptable substitutes. That is what this pad drive seeks to prevent.

Accessible drop-off places were established to allow for quick and easy donations. Donations were made to the Psychology desk, Ziggy's tuckshop, Madibaz Radio and a few residences to support this vital organisation. Inviting societies that align with our goal to impact the lives of those in need.

By participating in our sanitary pad drive, you have helped those in need and demonstrated love and unity.

By working together as partners of this drive we have raised more awareness of menstrual health issues and the need for sanitary pads.

Thank you to everyone who donated to the drive your kindness has allowed us to donate the much needed sanitary towels, clothing and snack packs to the beautiful children at the Door of Hope.

Your kindness will allow the girls at Door of Hope to have the necessities for their well-being.



Image Source: Image supplied

THE COMPUTING SCIENCES DEPARTMENT EMPOWER YOUTH THROUGH CODING



Image Source: Mandela University News Archives

By Vincent Meya

The tangible Africa #coding4mandela plans to reach over 30 00 learners across two continents in celebration of the 30 years of democracy. The #coding4mandela event continues again this year.

The #coding4mandela event is the brainchild of the Nelson Mandela University Computing Sciences Department and the Leva Foundation, made possible through their engagement project Tangible Africa. It is sponsored and supported by AWSinCommunities and Dutoit, S4 Integration, Fibertime, BBD and SAS. The significant sites where this year's coding event will be hosted include Robben Island, the offices of the Nelson Mandela Foundation in Houghton, Bizana Garden of Remembrance, the Captivity site outside Howick where former president Nelson Mandela was arrested, the Alber Luthuli Museum in Durban and the Boardwalk shopping centre in Gqeberha.

"Being from Nelson Mandela University, with Nelson Mandela's lifelong focus on education, it was an obvious choice to host a tournament on Mandela Day. It allows our corporate sponsor to make a great impact towards education in our country," said Professor Jean Greyling, the founder of Tangible Africa and head of the Department of Computing Science at Nelson Mandela University.

Around 30,000 learners across 70 African and Southeast Asian sites will partake in the 2024 #coding4mandela event, themed "Igniting Potential, Impacting Tomorrow". Participating African countries include Ghana, Zambia, Tanzania, Uganda and Kenya, with learners from Indonesia also taking part for the first time. "An additional feature is involving teams from the Northern Hemisphere. They will compete under the slogan #coding4mandela after their summer holidays, culminating in a virtual coding world cup on 5 December, the anniversary of Mandela's passing," said Prof Greyling.

The hosts from various sites across South Africa and Africa are excited about the tournament. Overall, tournament winners will be determined through a virtual round involving the winning teams from all participating #coding4mandela sites. The winning categories will include senior primary and high school learners.

Prospective participants are encouraged to email info@levafoundation.org for more information about coding in their regions and to participate in the #coding4mandela tournament.

A PROPOSAL FOR JOB OPPORTUNITY



Image Source: Ruby Gay Martin

By Dolly Shabalala

To ensure that students' hard-earning degrees lead to stable and fulfilling careers, every course of study should have a corresponding government-supported job opportunity. This approach would not only benefit individuals, but also strengthen the workforce and society as a whole.

Currently, fields like education, nursing, and others offer government-funded positions, providing a clear career path for graduates, even though they still face a shortage of job opportunities. However, other disciplines lack such guarantees, leaving students uncertain about their future employment prospects. By expanding government-supported jobs to all fields, we can:

- Encourage students to pursue their passions, rather than just seeking 'in-demand' degrees, reduce graduate unemployment and underemployment.
- Foster a more diverse and skilled workforce, address societal needs and challenges through targeted job creation.

For example, environmental science graduates could work on government-led conservation projects, while computer science majors could contribute to national cybersecurity initiatives. Similarly, arts graduates could participate in public cultural programmes, promoting creativity and community engagement.

By providing a government-supported job opportunity for every course of study, we can empower students to succeed, support economic growth, and build a more vibrant and equitable society.

It is time to rethink the relationship between education and employment, ensuring that every graduate has an equal opportunity to thrive in their chosen field.

Even though this might not guarantee that everyone will be employed, it will surely encourage students to pursue their passion, and maybe reduce the number of people doing a course they do not like, just because it has more job opportunities.

BREAKING AND BURNING SEXUAL EXPLORATION STIGMAS



Image Source: Simi Psychological Group

By Dolly Shabalala

The stigma surrounding sexual exploration has to end.

For too long, society has imposed double standards, shaming individuals for discovering their sexuality. It is time that people are treated equally, and awarded the opportunity and platform to embrace authenticity.

Historically, men were encouraged to explore their sexuality, while women were judged. Now, it seems that tables have turned, with men facing scrutiny too. A recent social media post sparked outrage, shaming a young adult for allegedly exploring their sexuality. The post invaded their privacy and sparked harmful comments, attacking their masculinity, and accusing them of 'wanting the best of both worlds', which is both damaging and disheartening. Young adults, and all adults, should be free to explore their sexuality without fear of judgment.

It's a time of self-discovery, and sexual exploration is a natural part of growth, especially in your 20s. We are confused in so many aspects of our lives at this age, as some of us are not even sure of our career paths. We are most likely to be confused about our sexuality too, and must be freely given a platform to explore it without being shamed.

Shaming individuals forces them into a closet, preventing them from living authentically. To create a more inclusive society, we must challenge these double standards, and need open conversations, education and support systems that empower individuals to make informed choices about their wellness, bodies and desires.

By embracing authenticity and rejecting double standards, we can build a future where everyone can express themselves freely, without fear of judgment.

Let's promote a culture of acceptance and understanding, valuing consent, respect and individuality. Everyone deserves to thrive in their unique way, without the burden of societal expectations. It's time to break free from constraints, and celebrate sexual exploration, as a natural part of life.

ACADEMIC STRESS, OR A MENTAL HEALTH CONCERN?

By Kabelo Malepa

Mental health is the overall state of someone's emotional, psychological and social well-being. This influences their thoughts, feelings and interactions with others. 'A healthy mind in a healthy body' rings true, but the reality is that many students struggle to balance academic pressure, social expectations and personal well-being. It is crucial that we connect the dots between mental health, academic performance, and quality of life.

Mental issues can be debilitating, affecting every aspect of one's life. For those struggling and unaware, it often feels like being stuck between a rock and a hard place. Anxiety can be overwhelming, affecting one's mood, and making everyday tasks seem undoable. Depression, similarly, can make individuals feel stuck in a rut, unable to find motivation or purpose.

Statistic prove that university students are particularly at high risk of depression. One local study estimated that 24,2% of university students have mild depression, and 12,4% have moderate to severe depression. Globally, an average of about 21% of university students have major depressive disorder.

The question remains – how can we help one facing a difficult time? How do we convince students to take the bull by the horns, and seek help?

Nelson Mandela University houses the Emthonjeni Student Wellness Centre, a counselling dedicated team that offers free, confidential, professional and group counselling services.

The group counselling programmes range between 4 and 6 sessions per programme.

Services are delivered on an ongoing basis, using multiple platforms (face-to-face and a variety of electronic platforms).

10 October is a commemoration of the World Mental Health Day. These occasions must be used to create more awareness of mental health difficulties that students may find themselves in.

In the darkest moments, when the weight of academic pressure seems unbearable, remember hope is within reach. The following resources shine as beacons of support, guiding you through the shadows.

EMEGERNY CONTACT

Emthonjeni Student Wellness
– counselling@mandela.ac.za

Suicide Emergency Lines

– 080 021 2223 (08:00-20:00)
– 080 056 7567 or SMS 31393

Toll-free emergency numbers

Gqeberha – 080 050 4911
George – 080 080 2911

South African Depression and Anxiety Group

(24-hour helpline) – 080 045 6789

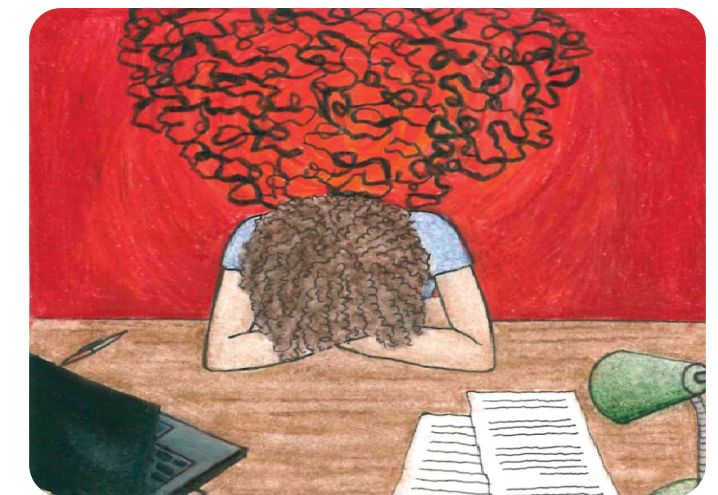


Image Source: www.daily nexus.com

THE EFFECTS OF TOXIC MASCULINITY.

By Elethu Somara

Kevin Foss describes toxic masculinity as “the way men are culturally trained and socially pressured to behave.”

Men are taught to be tough, anti-feminine and powerful. They are raised to be strong, combative antagonistic and emotionally rigid. Society has made it a norm to discard any feminine traits in men, teaching them to never show emotions, and refuse help.

This has a negative impact on students, both on campus, and in their respective living quarters. Toxic masculinity challenges mental health, and as a result most young male students find it hard to ask for help when they are in need. They refuse to seek help because of the stigma that men are strong and are expected not to be emotionally vulnerable.

University is a different, challenging environment where we mostly find ourselves alone at tender ages. Toxic masculinity in this environment can be damaging, and chaotic. University is also a battle ground for mental health and its challenges. It comes with a lot of new distress,

social pressure, independence, and it takes a lot of trying to fit and blend in. Toxic masculinity ruins the experiences of young men, because of how they are supposed or expected to behave which is often unhealthy.

Studies show that at least 40% of students are said to have symptoms of depression and anxiety, this is in terms of all genders. However, male students aren't as likely to take measures that might help them. This is because they are encouraged to accept unhealthy lifestyles that go along with desensitised independence and behaviour.

There is a lot of sexual violence happening in universities. This is pointed to either the misogynistic culture behind toxic masculinity, or the entitlement men tend to have towards women's consent and bodies. This serves as proof that the culture of toxic masculinity glorifies even the most wrong side of the power in men.

Because this hurts everyone, this hurts the world. It also reveals the importance played by society in one's cognitive development from a young age to adulthood.



Image Source: www.pexels.com

RETHINKING ECONOMICS FOR AFRICA.



Image Source: <https://images.app.goo.gl/M2t3jKoybZtc85CZ8>

By Mfundo Ndima

Why rethink economics? Economics in higher education institutions can be uncritical of the status quo, detached from the contemporary structures and economic flows of the real-world economy, and very narrow in terms of the scope offered in curriculums. The textbook economics might lean more to a neo-liberal economics, ignoring other prominent thinkers and scholars.

A lack of diversity in this economics, results in economic education that fails to address critical issues of the contemporary world. These would include, climate change, racial discrimination and exploitation, inequality, and global health crisis.

How about we start exploring the economy as an embedded economy? This would mean that we completely change our assumptions of the economy as only between markets and states, and assume that an economy embeds green earth, society, and commons. This would be a completely different assumption in terms of the social construct.

Although this economics does not solve all the contemporary socio-economic challenges, it starts a different interdisciplinary approach

to the economy, which sets us in the right trajectory to solve challenges proactively through policy. Surely, a different perspective of the economy can uplift and transform many African economics that are developing.

Rethinking Economics for Africa (REFA) is a group of student chapters across higher education institutions in South Africa. This group of students convene to explore different parts of the moving economy, and study economics on a pluralist behaviour. Interestingly, these students' chapters are not only limited to economics degree students, rather, every faculty member student is welcome to explore the discipline of economics.

This generates a room conversation that has an element of interdisciplinary formulating an interdisciplinary approach to what we call the economy. These groups of students would in the long term, be economic scholars that would approach the economy differently.

We should all play a part in re-thinking economics, or different ways in which we can produce, sell, and consume goods. In the core, we think of reducing inequality, decreasing unemployment, free education, and economic development.

BILES AND CHILES ON FIRE AT THE OLYMPICS!



Image Source: pexels.com

By Lathitha Ngcwangu

Imagine competing on the same team as your best friend at the Olympics? American athlete Simone Biles, doesn't have to. Biles and Jordan Chiles met in 2018, when they were roommates whilst competing in the World Championship team trials. According to the friends, their relationship has blossomed since then, and they have been supporting each other through thick and thin throughout the years. The two

represented the United States of America well, and competed together at the 2024 Paris Olympics.

Jordan believes that Simone is one of the reasons that she continues to be a gymnast. The 23-year old was prepared to give up gymnastics entirely after failing to get a spot on the Worlds squad roster that year. In an interview with The New York Times, Jordan said "I guess this sport is coming to an end for me, because these things just aren't working out for me at all whatsoever. I just wanted to finish high school and go off to college. But then I had a talk with Simone."

After Biles' motivational and inspiring speech, Jordan jumped into a new training routine, and joined her at the World Championship Centre in Texas. She had no idea that she would eventually compete in several Olympic games.

In addition to covering for Simone on the uneven bars and balancing beam when the athlete had to withdraw from the gymnastics team final at the 2020 Tokyo Olympics due to a case of the 'the twisties', Jordan stood up for her friend's decisions in the face of negative criticism from the media. Jordan, who remained Simone's biggest fan, even after taking a hiatus from the competition following the Tokyo games, and had the cutest response when she learned of Simone's engagement.

Fortunately, after a two-year hiatus, Simone returned to competition in August 2024 for the USA Classic, and the unstoppable partnership restarted, and got back to doing what they love, together! And they did not disappoint – it was a pleasant treat to watch them go for gold this year!

MANDELA DAY, NATASHA JOUBERT'S WAY!

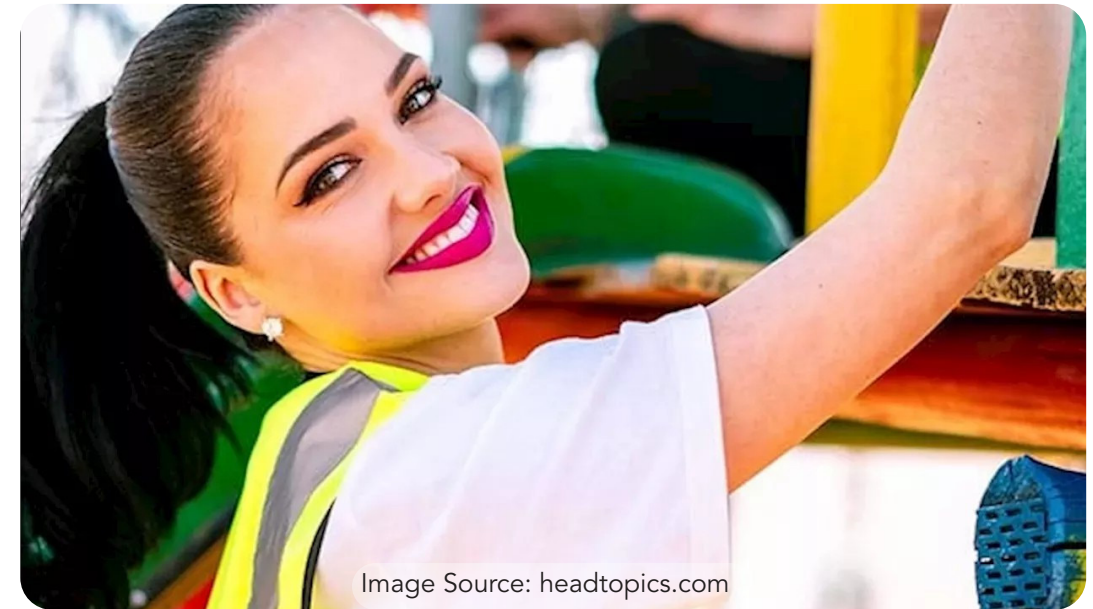


Image Source: headtopics.com

By Lathitha Ngcwangu

On the occasion of Nelson Mandela International Day, Miss South Africa 2024, Natasha Joubert, paid a heartfelt visit to Mveledzandivho Primary School in Chiawelo, Soweto, demonstrating the active citizenship of the community.

It was reported that during her visit, Joubert delivered an inspirational message and even conducted reading sessions with Grade R learners, as well as assisted them with arts and crafts projects in and around the school. Her visit, which was coordinated with sponsor AngloGold Ashanti, demonstrated her continued dedication to promoting the development of education. They promised to work together to support the Adopt-a-School Foundation (AASF) in improving the educational setting at Mveledzandivho Primary.

As a collaborator with the Cyril Ramaphosa Foundation, AASF works to enhance underprivileged schools by implementing the Whole School Development (WSD) model, which takes social welfare, curriculum, leadership and infrastructure into account. Announced during her reign as Miss South Africa 2024, Joubert's advocacy campaign is aligned with the goals of AASF.

According to the current Miss South Africa, educational equity is consistent with the catchphrase of Mandela Day, which is "It is still in your hands to combat poverty and inequity". With the right education, Joubert has expressed that she thinks everyone can contribute to creating a better South Africa in the future.

This year's 'Back to School for a Day' event was organized by AASF, an organization that supports causes important for the South African society, especially education, while also honouring volunteerism and active citizenship. Joubert emphasized that everyone has a part to play in creating a better future for South Africa's youth, saying that her commitment to promoting educational justice embodies the spirit of Mandela Day.

Natasha Joubert did an awesome job of putting the programme on a platform, hopefully many others will be influenced to do the same!

FROM PSYCHOLOGY TO NAIL ARTISTRY

By Viwe Kambule

In the bustling heart of the Health Science faculty at a prestigious university, a young entrepreneur named Kgothatso Precy Makgubelu, is carving out a unique path for herself. A BA Psychology student, Kgothatso's journey is not confined to the realm of human minds. She has found a creative outlet and a thriving business in the world of nail art.

Kgothatso's fascination with nail art was sparked by TikTok. The platform served as a canvas for her to express her creativity, and she saw an opportunity to turn her hobby and passion into a profitable venture. Thus, she embarked on a journey to establish a small business that could provide her with some extra pocket money while studying.

However, the road to success was not without obstacles. Building a client base from scratch was daunting. Networking, especially for someone shy, was a challenge. She had to offer specials to attract customers. Time management also proved to be a struggle when she had to juggle classes, assignments and appointments. Budget constraints posed another challenge, as necessary nail products are quite expensive!

Despite these challenges, Kgothatso remained undeterred. She learned to navigate the different personalities of her clients, and understood that everyone behaves differently. The resilience helped her grow personally and professionally, and the rewards of this has been plentiful!

The business has taught her valuable lessons about managing money, time and customer relationships. The positive feedback she has received so far, has been a great motivation, and encouraged her to continue growing her business.

Looking ahead, Kgothatso has ambitious plans. She envisions owning her own salon, and expanding her range of services to include more advanced nail treatments. She is also considering branching out into beauty related services like makeup, and braiding hair.

Kgothatso's story is testament to the power of passion and determination, and serves as inspiration to all young people. Her journey is a reminder that the path to success is often unconventional, but it is these unique paths that lead to the most rewarding destinations.



Image Source: Kgothatso Precy Makgubelu

NELSON MANDELA UNIVERSITY LAUNCHES A HIGH-TECH LAW CLINIC.



By Sinovuyo Nhlana

On 23 July, the Hive Law was launched on South Campus, Nelson Mandela University. This is a practical legal office that will assist the university's law clinic staff, made possible through collaborations with Cloud Essentials.

Hive Law addresses two crucial concerns. First, it provides access to justice and combative legal studying to keep pace with the speedily changing world. This system can be used for student tests, showing information, and reporting to stakeholders.

This plays an immense role in South Africa, as most people do not have legal services. Educationally, the Hive Law system demonstrates contemporary work-integrated learning, since students will learn about digital systems and artificial intelligence in legal practice. It comes with an opportunity to move on from a paper-based environment, to a digital one.

The Chief Executive of CDH said Law Clinic needs help with systems that deteriorate in order to prepare students for the necessities of contemporary legal practice.

The clinic assistant, Sikhulule Matshoba, commented on this issue, by saying that the change to digital is an excellent way to enter the future of legal practitioners since it allows the use of technology tools.

Hive Law is a function already at the Law Clinic, and it assists the full-time staff with daily experiences. The solution at Nelson Mandela University Law Clinic might be a procedure for a viable model to modernize the university Law Clinics.

PROS AND CONS OF DIGITAL TEXTBOOKS

By Baphiwe Yoyo

Institutions worldwide have incorporated digital learning into classes, to accommodate the evolving use of technology in today's world.

In academia, technology enables students to control the pace, place and time at which they acquire information. Digital textbooks are the electronic form of printed textbooks – they are used by lecturers and students in the teaching and learning process, accessible online through either an institution's website or other online academic textbook publishing sites. They can be accessed through digital devices such as smartphones, tablets and laptops. Below, we discuss both the positives and negatives of digital learning.

Pros:

- **Convenience:** Once students have access to their e-textbooks, they can download, print and copy them. Other features include bookmarking, note-taking and highlighting.
- **Extended Resources:** E-textbooks contain additional features like embedded links for interactive case studies, further information, and the ability to search for specific content within the digital textbook.
- **Storage:** Digital versions are more portable and take up less physical space. They can be updated quickly, and have a reduced impact on the environment.

Cons:

- **Electronic Reliance:** Relying on digital devices can be risky if the device is damaged, information is lost, internet connection unavailable, or the device is not charged.
- **Distraction:** Using digital devices to access learning content can lead to distractions from notifications, which can waste time online. Given that devices contain numerous apps, maintaining discipline is necessary to avoid the issue.
- **Eye Strain:** People are already spending significant time on digital devices for social media and entertainment. Extended hours of studying on digital books can put additional strain on the eyes compared to reading printed books, due to device lighting.

Textbooks provide the knowledge required for learning, regardless of how they are consumed. Although digital learning has become prevalent, most institutions still have libraries with physical books and lecturers, who provide essential guidance to students. Both methods of learning can coexist, and hopefully students will always have the choice to use their preferred method of learning.



Image Source: Shutterstock

THE USE OF ANIMALS IN SCIENTIFIC RESEARCH

By Baphiwe Yoyo

Animals have played an important role in medical studies over the years, contributing to significant improvements in human health. They are used to understand health problems affecting both humans and animals, aiming to enhance the wellbeing of various parties.

Not every study involves animals, they are used only when there is no viable alternative. It is also important to note that this article does not address animal testing in cosmetics.

While these studies are crucial for human development, ensuring the health and safety of the animals used in research is of utmost importance. For research to be accurate and ethically acceptable, animals must be well cared for throughout the entire process, meeting their physical and behavioral needs to ensure reliable results. Animals are used for various reasons, including their similarity to humans in terms of health problems, genetics and life spans. These investigations help understand how to prevent, diagnose, and treat illnesses. Once these procedures are successful, they can be tested on human volunteers in clinical trials.

Throughout history, notable animal experiments include "Dolly the Sheep" the first animal cloned from an adult cell. This experiment advanced the study of cloning and genetic engineering. Agricultural and environmental sciences have also utilized animals for years, altering their environments to observe their responses and the effects on those environments.

Although this method of study has proven effective in many scientific trials, it is essential to seek alternatives whenever possible. Historically, animal testing has often been cruel and negligent regarding animal welfare, and it should not continue in such a manner. Ethics must always be a major consideration in conducting research.



Image Source: Freepik

MONKEYPOX: SHOULD YOU BE WORRIED?



Image Source: Depositphotos.com

By Sonia Van Der Linde

As we recover from the traumatic COVID-19 pandemic, scientists remain on high alert for any diseases that may spread as rapidly. In 2022, the well-known Monkeypox (Mpox) virus left 100 000 people infected, and 207 dead, but managed to be contained as the world was already on lockdown. This year, the highly contagious disease rears its head again, this time leaving scientists uneasy.

Mpox is known as a highly contagious, viral zoonotic disease – it has the ability to spread rapidly through humans and animals. This disease can be spread through the exchange of body fluids, the use of contaminated materials, handling of infected animals, and even physical touch.

Symptoms typically appear 21 days after exposure, and are flu-like in nature, with fever, chills and muscle-aches, but also has the added bonus of causing severe rashes and enlarged lymph nodes. The mpox virus can be separated into Clade I and Clade II, the former being more contagious, possessing a higher mortality rate.

As of August, 13 African countries have been afflicted by this disease with the epicenter being the Democratic Republic of the Congo. Due to several different variants of Clade I and II spreading to neighboring countries, as well as the Philippines and Sweden, the World Health Organization (WHO) has declared the Mpox outbreak a Global Emergency.

In recent weeks, social media platforms have run rampant with the idea of another lockdown, and considering the damage the previous pandemic incurred, who can blame them? But is it really a possibility? Another lockdown?

Experts claim not. Unlike the COVID-19 virus, Mpox is known to us and we do possess a vaccine, which is currently in its distribution process. Although controversially late, Africa has received its first 10 000 doses, donated by the United States, after 70 other countries, not near the epicenters, received doses in the past years by the World Health Organization. The order in which this distribution has taken place, calls into question how the United Nations view third world countries, as many scientists believe Central and West African countries should be priority for access to this vaccine.

MADIBAZ BATTLES THROUGH TOUGH VARSITY NETBALL START

By Zukukhanye Maseti

Madibaz faced a tough start in the opening stages of the 2024 Varsity Netball campaign. The ladies kicked off the tournament against North West University who they suffered a hefty 85-45 defeat against. That was soon followed by two more losses to the University of Johannesburg and University of Pretoria respectively.

Madibaz coach and former captain, Jeanie Steyn, says her team struggled in defence and failed to put enough pressure on the pass in their game against UJ – attributing that to a lack of confidence.

They lack a lot of confidence in themselves, but if we can make that flip these girls are going to be phenomenal,” said Steyn.

Madibaz captain, Mothira Mohammed, echoed her coach’s sentiments saying, “we’re not trusting ourselves and we’re not making the right decisions – I think we need to be more clear in our decision making.”

Despite the deflating scoreline during the opening games, Madibaz showed determination right up to the final whistle. One of the moments that epitomized the character of the team came when they were losing by over 20 goals to NWU in the 2nd quarter. The ladies took advantage of a powerplay by scoring three unanswered goals which earned them 6 points instead of 3.

The ability to push on in difficult situations is something that will give Steyn something positive to hold on to.

Heading into Round 4, Mohammed called on her players to keep calm, communicate a little more, and work in unity.

The 4th round of the tournament will be hosted by Nelson Mandela University at the Indoor Sports Centre from September 8-9. Madibaz will be looking to make good use of their home advantage by securing their first win of the campaign when they face University of Tshwane.



MADIBAZ WOMEN'S RUGBY STUN SHIMLAS AT USSA



By Puleng Moloji

Madibaz Women's Rugby outdid themselves at the recent University Sports South Africa (USSA) tournament where they prevailed over a University of Free State (Shimlas) side renowned for its dominance. The ladies managed to secure a hard-fought 17-0 victory to kickstart their campaign on a positive note.

Manager, Nomfundo Hadede, was anticipating a tough start for the ladies. "We were quite nervous as it was our first game of the tournament, and I guess the fact that we were playing Shimlas frightened us a little bit – but we had prepared enough for any team."

The first few minutes proved competitive, with the play being dominated by technical kicking. Madibaz eventually took the lead through an impressive try by Flanker, Hlomla Puzi as Madibaz went to halftime leading 7-0.

Things got a little heated in the second half after Shimlas lost a player to injury following a crunching tackle. That would only increase the intensity of the game as the tackles started to come in even harder. Madibaz winger Thunyelwa Ngolomane put her pace on display later in the half as she extended the Madibaz lead to 12-0.

Despite the increasing scoreline, Shimlas refused to let their heads hang as they continued to push for a try of their own late in the half. But a determined Madibaz side remained solid in defense which led to multiple unforced errors from their opponents. Rubbing salt in the wound of their opponents, Madibaz scrumhalf Charlize Jacobs put the game to bed as she secured an additional 5 points for her side after a dramatic late try – ending the game 17-0.

"The tactics and strategies that were laid out for the girls definitely came in handy during the heat of the game. Its not always easy to remember tactics in certain situations but the girls remained calm and implemented the game plan to perfection," said Hadebe.