

OCTOBER IS BREAST CANCER AWARENESS MONTH

By Leigh-Nakeetah Jason

On Saturday 26 October, across East London, George and Gqeberha, more than 15 000 people stepped out, formed a sea of pink, and walked for a cause.

A full circle moment for Algoa FM celebrating their 26th anniversary of hosting the annual Big Walk for Cancer on the 26th, it was refreshing to see so many determined citizens walking in honour of their loved ones, survivors and those currently battling the disease – especially after the pandemic knocked quite a few races and walks off their course, and the rain hindered some activity last year.

The walk is for all types of cancer, but is hosted every October especially in honour of Breast Cancer Awareness month – the most common cancer and leading cause of death amongst women of all races, as well as a small percentage of men.

Every October, The Cancer Association of South Africa (CANSA) alongside Reach for Recovery – a programme designed to assist women suffering from the disease, work together along with small businesses,

healthcare practices and various volunteer organizations to spread awareness and the word of early detection.

Early detection – supported by mammograms, clinical breast exams, breast MRIs, breast ultrasounds, tissue sampling and bone scans – saves lives. With great technology and procedures such as chemotherapy and radiation to kill the cancer cells, you have a great fighting chance after detection. Breast cancer affects every 1 in 26 women in South Africa – that could be you.

Aside from supporting the cause, do take advantage of all the opportunities designed to assist in detection. Many businesses such as Clicks and small clinics do discount and sometimes even free tests, this, coupled with regular self-checks, should keep you healthy and updated on the status of your body at all times.

Cancer is not a death sentence, but early detection does save lives. Keep up to date with the health of your body and try your best to volunteer and support causes.



Image Source: Algoa FM

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MEET THE EDITORS

SURPRISE MHLONGO



Majors: Information Systems and Business Management

Home Town: Hazyview, Mpumalanga

Role in Newspaper: News Editor

Editors Message: Just like speaking, writing is the art of thoughts in manifestation. From the reader's point of view, you get to appreciate the skill one applies in grouping words into a sentence, a paragraph and eventually a concept. It is fascinating!

Favourite Quote: "Everybody is a Genius, but if you judge a fish by its ability to climb a tree, it will spend its whole life thinking it is stupid" - Albert Einstein

SONIA VAN DER LINDE

Majors: Botany and Chemistry

Home Town: Bloemfontein, Free State

Role in Newspaper: Science and Technology Editor

Editors Message: Getting to write and publish science content as a student and helping others do the same is a rare privilege, and I'm grateful for the opportunity.

Favourite Quote: "Better to admit you walked through the wrong door than spend your life in the wrong room."



MFUNDO PHAKADE

Majors: Politics and Economics

Home Town: Mnambithi, KwaZulu-Natal

Role in Newspaper: Opinions Editor

Editors Message: MadibazNews is an exciting platform as a passion journalist to be part of. It introduces to the field of journalism and surely sharpens your writing and researching skills. What's enjoyable the most about MadibazNews is the researching part as a opinion journalist, the questions that pop up and the interesting information you find is all interesting. Additional Information.



SIYOLISE QQONGWANA

Majors: English & Business Management

Home Town: Eastern Cape, East London

Role in Newspaper: Sports Editor

Editors Message: As a sport fanatic, MadibazNews not only gives me front row access to the latest sports events on campus, but it also gives me the opportunity to report on these events and shine light on some of the amazing athletes we have at the university.

Favourite Quote: You don't shoot, you don't score.



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LETTER FROM THE EDITOR

October is not only the precursor to exams, or signals approaching the end of year, but is home to many causes and awareness campaigns that lay very close to many South Africans.

October is Mental Health Awareness Month, Breast Cancer Awareness Month, Domestic Violence Awareness Month, Drug Awareness Month and also home to National Suicide Day, World Mental Health Day, World Cerebral Palsy Day and many others. With that being said, there are so many encounters we have, or so many problems we encounter daily that ties within these elements, so now, more than ever, with exams and end of year approaching, I encourage you to look after yourself.

December is almost here, which is always a great time to rest, recuperate and relax, but remember, in order to be able to do that, you do need to put the work in from your side. This is the final stretch, your last countdown – make it count.

That said, this edition is here to assist you in doing just that. Our wonderful team of journalists have done it yet again – they have catered to your every need and answered questions you didn't even know you had. We hope you enjoy this one, and once again thank you for your unwavering support throughout the year.

We wish you the best of luck with your final exams, see you soon!

Leigh-Nakeetah Jason

POST GRADUATE ORIENTATION

By Sinazo Zide

Nelson Mandela University was delighted to warmly welcome alums to the 2024 Postgraduate Orientation Programme on the 20th to 22nd of August 2024 at Nelson Mandela University, which was the second orientation for postgraduates this year.

As the graduates embarked on this exciting chapter of their academic journey, the institution is committed to providing them with a comprehensive and enriching orientation experience at Ocean Science Campus, B-Block Conference 343Hall.

The objective of the workshop was to review the importance of research designs in both quantitative and qualitative research, focusing on specific research designs and provide an opportunity for participants to develop their research ideas around research methods and designs.

Below is a summary of specialised support services available to postgraduates:

- The Office of Research Development: plays a vital role in the academic community by supporting emerging researchers, facilitating postgraduate student funding, and offering enriching research development programmes. Through the Unit for Statistical Consultation (USC) it offers training and consultation for statistical needs of researchers. It also manages ethics processes at the institution.
- Information and Communication Technology (ICT) Services: provide computing and networking services, ensuring efficient technical support.
- Library and Information Services (LIS): provide a diverse range of methods for accessing and retrieving information.
- Learning Development, LT Collab: is the go-to resource for professional writing

assistance, offering support for crafting reports, assignments, and more. Additionally, we provide a curated list of qualified editors who offer their services at a fee

- Emthonjeni Student Wellness: comprises a dedicated team of professional psychologists committed to providing confidential and free mental health services to students.
- Universal Accessibility and Disability Services (UADS): is dedicated to providing efficient support services for students with disabilities. Students with disabilities are encouraged to connect with UADS for personalised support.
- The Transformation Office: is dedicated to promoting institutional transformation and cultivating an affirming, transformative institutional culture. Its mission is to create an inclusive environment that upholds the principles of human dignity, equality, fairness, non-racism, non-sexism, and redress



Image Source: Post graduate programme in the university memo

RISING STARS IN ACCOUNTING: SAICA'S LEADERSHIP SUMMIT COMPETITION



Image Source: Nelson Mandela University Memo

By Sisipho Toni

This past generation of accounting leaders were being searched for by the South African Institute of Chartered Accountants, or SAICA!

Students studying a Bachelor of Commerce in Accounting (CA and General) were encouraged to participate in the esteemed Leadership Summit Competition, where they could showcase their abilities, inventiveness, and enthusiasm for the field. Students were invited

by SAICA to create a business case centred around a Sustainable Development Goal (SDG) that demonstrates how they will empower and enhance the nation by implementing a community-based initiative aimed at addressing one or more of the UN's SDGs.

On September 5 and 6, 2024, the best five teams, each with one to five members, were being transported to Johannesburg for a once-in-a-lifetime trip. The winner team received cash for their community initiatives, individual rewards, and public recognition in addition to other benefits. It's about developing your accounting skills and having a genuine influence on your community, not simply about numbers and spreadsheets!

Students can showcase their creative thinking, problem-solving abilities, and dedication to having a beneficial impact on society through this competition. Students got the opportunity to improve their leadership abilities, learn about the industry, and connect with professionals through the Leadership Summit Competition. They gained real-world experience, improve their communities, and develop themselves. Additionally, students were cooperative with diverse teams, showcase their talents, and improve their career prospects. By taking part, they obtained important knowledge, expertise, and recognition, positioning themselves for future professional success. Students did not pass up this opportunity to excel, gain knowledge and develop through SAICA Leadership Summit Competition.

MANDELA UNIVERSITY CHOIR PERFORMS WITH THE AUSTRIAN ENSEMBLE



Image Source: photo of Austrian boys' vocal ensemble

By Sinazo Zide

A dynamic mix of yodelling, crunchy pop, Afrobeat, folk songs and the classics filled the air when a visiting Austrian boy's vocal ensemble performed with the Nelson Mandela University Choir on Thursday, 15 August, at 6 pm in Gqeberha.

The celebrated University Choir, which celebrates its 30th anniversary this year, hosted the Cantophonics of the Borromäum. The concert was held at the Bird Street Campus of Nelson Mandela University, in Bird Street, Central.

"I am thrilled to welcome the Cantophonics. When conductor Moritz Guttman reached out about their South African tour, I immediately recognised this as a fantastic opportunity for our choir", said Nelson Mandela University Choir Director Robert Gillmer.

The University Choir Director concluded and said, "It is exciting to see our choir members

engage with a different genre and style, and I'm confident that this performance will be a memorable highlight of our 30th-anniversary celebrations. Collaborating with such a distinguished ensemble, known for their vibrant mix of styles and impressive accolades, will enrich our musical experience and offer a unique cross-cultural exchange."

Based in Salzburg, the Cantophonics are a group of 12 boys aged 17 to 18 who have been singing together since their primary school days. Guttman and the Cantophonics visited Nelson Mandela Bay for a national tour of South Africa, with stops in Cape Town, Durban and Pretoria.

In addition to performing at school, they were also part of a research project at the Mozarteum University that looked at boys and young men singing, where they won the Male Vocal Ensemble category at the Austrian National Youth Singing Competition and a gold diploma in sight-singing. Entrance to the concert was free, but a donation box will be available.

LIFE IN THE DARK

By Lindokuhle Msutwana

During the month of August, a significant power outage occurred in the western parts of Gqeberha (formally Port Elizabeth), leaving many without electricity or the means to go about their day-to-day lives. This posed a substantial challenge for Nelson Mandela University, as many students and faculties were unable to continue smoothly with their academic activities. Electricity is not just any kind of service; it has become a way of life since everything we do as humans is dependent on it.

Many students aired their grievances with the outage, seeing as their personal and academic lives were disrupted, especially those who lived on campus and in surrounding areas. One student, Theo David Molefe lamented, "Now I have to go to campus if I want to charge my phone, our meat is rotting away...and it's just hard."

Thankfully, Nelson Mandela University quickly implemented emergency contingency measures to mitigate the impact on staff and students. The university utilised generators to power essential buildings such as the libraries and main buildings so that those taking refuge from the power outage could go there and use them for their benefit. Food parcels were handed out to students who were suffering from food insecurity. Academic activities were briefly halted, and deadlines for assignments were extended.

The university's fast response to the power outage minimised the disruption for staff and students. "The university handled [the power outage] in a very mature way," Theo remarked when asked about his thoughts on the university's response. "They really care about us students".

Nelson Mandela University demonstrated that it is agile in its response to crises, and that it has the well-being of students prioritised.

IMPACT OF INTIMATE PARTNER VIOLENCE ON WOMEN AND GIRLS

By Sinazo Zide

Intimate Partner Violence refers to behaviour within an intimate relationship that causes physical, sexual or psychological harm, including acts of physical aggression, sexual coercion, psychological abuse and controlling behaviours.

Intimate Partner Violence (IPV) has profound and far-reaching impacts on women and girls in South Africa, where the rates of gender-based violence are among the highest in the world, having various consequences and effects on survivors, such as physical health consequences varying from injuries and chronic pain, sexually transmitted infection, HIV/AIDS, as well as unwanted pregnancies and unsafe abortions.

Some of the mental health impacts including post-traumatic stress disorder and depression, self-harm and suicidal ideation, as well as substance abuse. While these are key impacts and aftereffects that need to be investigated, cultural and societal underlying effects also exist, such as patriarchy and gender inequality, which often place women in subordinate positions, normalising male dominance and

control over women's bodies.

While there have been efforts to combat intimate partner violence through legal reforms, public awareness campaigns, and advocacy by civil society organisations, the societal and cultural shifts required to address its root causes are gradual and ongoing.

Intimate partner violence in South Africa leaves deep scars on survivors, affecting all aspects of their lives. The impact extends beyond individuals to communities and society at large, perpetuating cycles of violence, poverty, and inequality. Comprehensive strategies involving legal reforms, support services, education, and cultural change are necessary to mitigate the impact of Intimate Partner Violence and create a safer, more equitable society for women and girls.

Transformation office aims to eliminate and fight against Gender Based Violence and discrimination. It also encourages the community of Nelson Mandela to speak out and show support to the survivors and show advocacy for stronger protections and gender inequality. #Memeza.



Image Source: Memo

THE KEY TO FINANCIAL FREEDOM



By Dolly Shabalala

Investing as a student in South Africa can seem daunting, but it's a great way to build wealth and secure your financial future. By starting early, you can harness the power of compound interest and make the most of your money. Here are some benefits and examples to get you started:

Benefits:

- Financial Independence - Investing can help you achieve financial freedom, allowing you to focus on your studies and career goals without worrying about money.
- Wealth Creation – Investing can grow your wealth over time, providing a safety net for unexpected expenses or long-term goals.
- Learning Opportunity – Investing teaches you valuable skills, like risk management, research and overall, patience.
- Learning opportunity: Investing teaches you valuable skills, such as risk management, research, and patience.

Examples of Investments:

- Tax-free Savings Accounts – Take advantage of tax-free saving options, like the South African Reserve Bank's Tax-Free Savings

Account.

- Unit Trusts – Invest in a diversified portfolio of stocks, bonds, or money market instruments through unit trusts.
- Exchange-Traded Funds (ETFs) - Track the JSE Top 40, or other indices through ETFs listed on the Johannesburg Stock Exchange.
- Micro-Investing Apps – Platforms like EasyEquities or Franc allow you to invest small amounts into a diversified portfolio.
- Retirement Annuities – Start building a nest egg for your future self with a retirement annuity.

Remember, investing as a student is about starting small and being consistent. Even R100 – R200 monthly can add up over time. Take advantage of your university's resources, like financial workshops or investment clubs, to learn more and get started.

By investing wisely, you will set yourself up for long-term financial success and make the most of your academic career in South Africa. Conduct further research and find an investment method that works for you.

What are you waiting for? Let's start investing.

STUDENTS VERSUS THE WORLD

By Elethu Somara

University is often deemed a time in life when young adults begin to live independently, experience freedom, and find ways of expressing themselves. However, people rarely discuss how draining and stressful it can be to cope with the pressures of entering adulthood, finding oneself, and adapting to the demands of academic life. There are hardly any conversations about how university can fundamentally change one's life.

Some students struggle to live a stress-free life and enjoy their freedom, especially those without financial support. They have to balance the demands of academics, finances, social life and personal responsibilities – all fuelled by finances.

Financial strain has a significant effect on students' well-being and academic performance. Many lose funding and struggle to find financial assistance, like bursaries and student loans. This creates immense pressure, leading some to drop out to explore new opportunities, financial ventures, and pursue different career paths.

Tapping into their creativity, many students have started businesses or found jobs, whilst trying to meet the demands of their academic courses. Balancing these commitments can be a challenging task, which often leads to mental health challenges.

Studies show that students affected by financial stress and academic pressure tend to have lower academic performance. Stress causes them to take fewer classes, or miss tasks to balance their workload between academics and work life. Despite these challenges, many manage to graduate, even though the pressure remains intense.

There are many ways universities can assist in this regard, against the difficulties that students from disadvantaged backgrounds face. That includes making the university an entrepreneurial hub for business minded students, and provide stipends for students involved in university sports and talent development. The bigger picture is helping students out of financial distress and making their academic journey worthwhile.



Image Source: pexels.com

BEYOND THE UNIVERSITY: WELLNESS AND CHALLENGES



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

By Mfundo Ndim

In the calmness of it all, a university is a community – made up of different institutions who work towards a common goal of creating one institution where ideas flourish. This then highlights the critical role of universities in development and activating young talent.

Students are the biggest shareholders of any university in South Africa. Without them, there is no institution called a ‘university’. The common goal is to spark and harness the young talent with education. Beyond that, it’s just peripheries that support this goal one way or another.

Recently, Nelson Mandela University students had their chance to elect their political representation for the 2025 academic year. The Democratic Alliance Student Organization (DASO) was triumphant, securing five of the nine Student Representative Council (SRC) seats. DASO will be taking over from the Economic Freedom Fighters Student Command (EFFSC), who represented students in the 2024 academic year, and got two seats for 2025.

Students grapple with a lot of adverse challenges

in their academic journey, and need strong political representation. Safety, defunding, extra-curricular activities inefficiencies, and other outside classroom challenges need to be addressed, as they pose a threat to student wellness. One possible channel is the political channel of the SRC.

Personally, as a student of three years in this institution, this channel has remained firmly active and vocal about the challenges of students. In some instances, they’ve played an important role in giving back hope to students, that their difficulties are noticed. However, these organizations have all delivered slow progress with vacant leadership.

The university as a community need to take the work of the SRC seriously. The role of this council must be the pride and voice of students, an advocacy agent that holds the shareholder seat of students in the institution. Students themselves need to take pride in electing their political representation. They need to grow out of political apathy and be conscious of the institution’s political environment to have their leader’s account.

BOOK NOOK: “HABITS OF A GODLY WOMAN”

By Nompumelelo Mculu

In ‘Habits of a Godly Woman’, Joyce Meyer offers a comprehensive guide to assist women in developing habits that foster spiritual growth and a deeper relationship with God. Through practical advice and Biblical insights, Meyer encourages readers to cultivate habits that honour God and transform their lives.

One of the book’s strengths is Meyer’s writing style, both approachable and Biblical. She uses real-life examples and anecdotes to illustrate the importance of developing godly habits, making the book relatable and engaging. The book is also filled with scripture references, which add depth and context to her teachings.

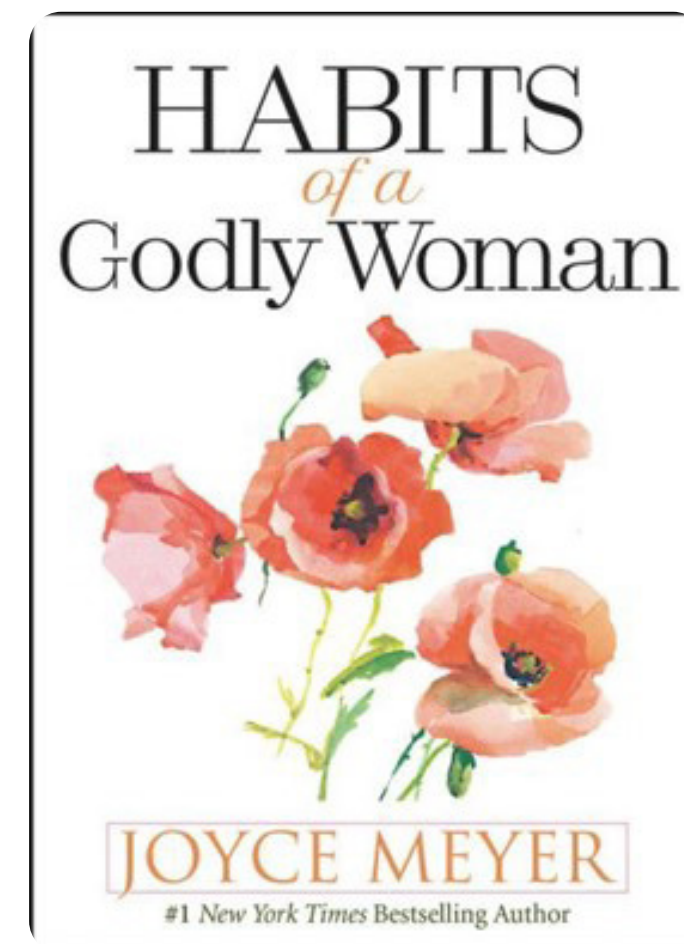
The book covers a range of habits, including trust, obedience and prayer. Meyer provides practical tips and strategies for incorporating these habits into daily life, making it easy for readers to apply these principles. She also shares personal anecdotes and testimonials from women who have applied the habits, which serve as a powerful testament to the book’s effectiveness.

One of the most impactful aspects of the book, is Meyer’s emphasis on the importance of self-reflection and accountability. She encourages readers to examine their own habits and motivations, and seek support from others in their spiritual journey.

While the book is geared towards women, the principles and habits outlined are applicable to

anyone seeking to deepen their faith. Meyer’s writing is inclusive and encouraging, making it a valuable resource for anyone looking to cultivate spiritual growth.

“Habits of a Godly Woman” is a must-read for anyone seeking to deepen their faith and develop habits that honour God. Meyer’s practical advice and Biblical insights are easy to follow and understand, making it a good day-to-day practice. If you’re looking to strengthen your spiritual life, this one is for you.



BEING A GIRL'S GIRL



By Dolly Shabalala

Being a 'girl's girl' is more than just a phrase – it's a movement. It's about embracing the power of female friendships and celebrating the unique bond that exists between women. A girl's girl is someone who uplifts, supports and empowers other women, without competition or jealousy.

In a world where women are often pitted against each other, being a girl's girl means breaking down those barriers and building each other up. It means being a safe space for your friends to share their thoughts, fears, dreams and insecurities. It means being a rock, confidante and partner in crime.

A girl's girl is not afraid to show emotion, be vulnerable and authentic. She knows that true strength lies in sensitivity, empathy and

kindness. She celebrates the successes of her friends and lifts them up when they fall. A girl's girl acknowledges that iron sharpens iron, and that the power of unity goes a long way.

Being a girl's girl is not about excluding men, or being anti-male, but it is more about recognizing the unique value of female relationships and nurturing them. It's about creating a community of women who support, inspire and motivate each other.

In a world that often tries to tear women down, being a girl's girl is a radical act of defiance. It's a declaration of love, acceptance and solidarity. So, let's embrace our inner girl's girl and build each other up. Let's create a world where women thrive, feel safe, and are cared for, and heard. Together, we can do anything.

ADELE'S PROMISE TO LOCAL BROADCASTER

By Lathitha Ngcwangu

Grammy Award winner and the world's sweetheart Adele, loves calling her fans on stage, and this time round her eyes couldn't help but fall on the charming Clement Manyathela and his friends.

Clement - a broadcaster for the South African radio station '702 and Cape Talk' - was celebrating his birthday in the best way possible when Adele spotted him and his friend Basani amongst a crowd of 80 000 fans.

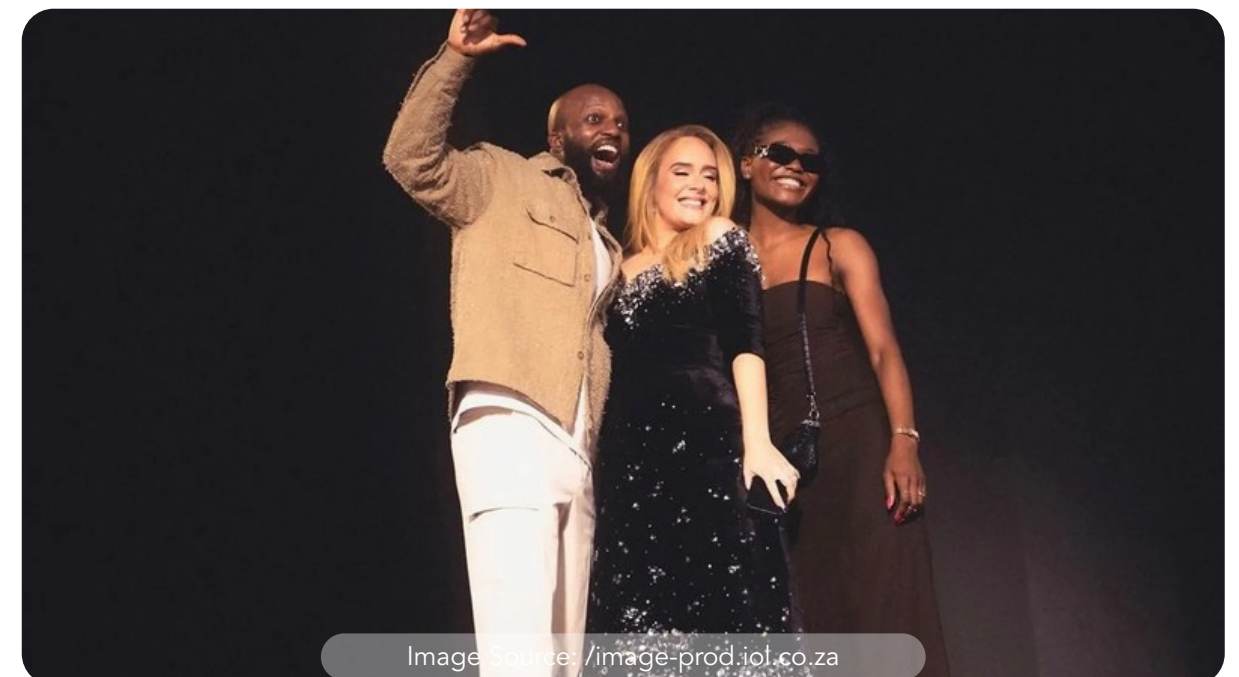
The duo, along with other friends travelled across the globe to experience one of the star's highly anticipated live concert in Munich, Germany. In a moment of sheer luck, Adele was so captivated by their energy and enthusiasm that she couldn't resist inviting them on stage.

The singer shared a light-hearted chat with Clement and Basani, playfully reminding Clement to record the moment. The trio then posed for a selfie, immortalizing the once-in-a-lifetime night with smiles and laughter.

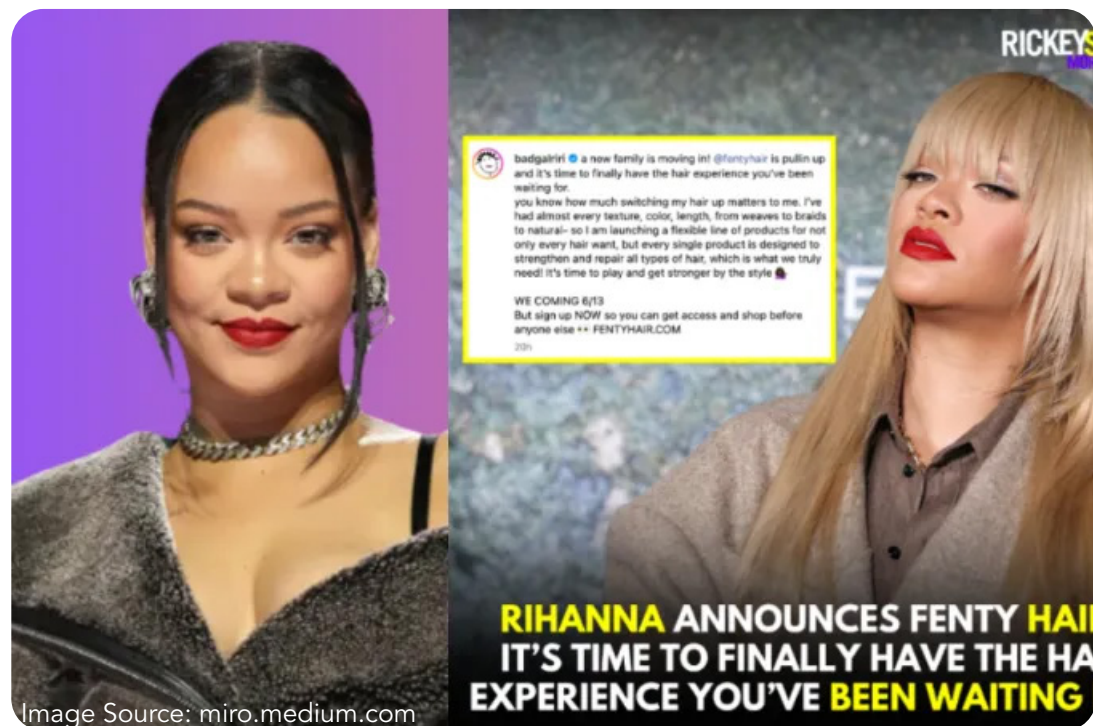
In a heartwarming gesture, Adele thanked Clement and Basani for their dedication, acknowledging the 16-hour long journey they undertook just to attend her concert. The highlight for many fans, especially those of us who watched locally, was Adele's final promise to the duo "I will come to South Africa. I love South Africa!"

The unforgettable experience left a lasting impression on both Clement and Basani, as well as the countless (80 000) fans who witnessed the heartwarming interaction. South African fans are also extremely excited at the idea of global superstar visiting the motherland in the near future. Clement's story shows how we have endless possibilities and puts a smile on many of our faces.

(We are also holding Adele liable.)



FENTY HAIR CARE CAUGHT IN TANGLE!



By Lathitha Ngcwangu

Rihanna, well-known singer, businesswoman and entrepreneur, recently launched her haircare line 'Fenty', following her skincare and lingerie lines respectively. This highly anticipated haircare line has found itself in the midst of controversy, following the release of its promotional campaign.

Rihanna, known for her inclusive approach to beauty, faced criticism from fans and social media users for featuring herself wearing wigs in the promotional advertisements. Some fans questioned the authenticity of promoting a haircare line while wearing a wig, drawing comparisons to Beyoncé's recent 'Cecred' launch, where she showcased her natural hair in a video. The discrepancy in the narratives created around their hair choices led some to claim an anti-black sentiment.

The backlash intensified when Rihanna stepped out in New York City with her natural curly do, posing for photos with fans. This came shortly after the launch announcement, where she had emphasized the importance of hair versatility

and her own journey with different textures and styles.

Rihanna's vision for Fenty Hair is to provide "haircare for all" with products designed to repair, strengthen and protect various hair types. However, the backlash has raised questions about the brand's commitment to inclusivity and authenticity.

Despite the controversy, Fenty Hair is poised to make a significant impact on the haircare market. Rihanna's personal connection to the products and her dedication to providing solutions for every hair type and styling preference set the brand apart. As the line rolls out, it will be interesting to see if Fenty Hair can navigate the complexities of hair politics, and promote a more inclusive and accepting attitude towards all hair types and styles.

The brand's ability to address the diverse needs of its audience while maintaining authenticity will be crucial to its success. We can't wait to see what the future has in store for Fenty Hair and haircare at large.

NEW PROBLEMS, SAME MEAN GIRLS



By Nompumelelo Mculu

Who would say "no" to juicy drama through the lens of high schoolers? Mean Girls is a classic, loved by millennials and now Gen-Z and Alpha too. The new Mean Girls bring forth high school drama, hierarchy, and questionable fashion sense.

The 2024 Mean Girls release is not just a remake of the old, rather a modernized version with a new set of characters and plots. The updated script features a multiethnic cast and addresses modern social issues, which appeal to a new generation of viewers by bringing forth relatability and inclusivity.

One of the standout aspects of Mean Girls 2024 is its inclusivity, the casting includes actors of colour and a strong LGBTQIA+ representation. The update brings a much-needed injection of diversity to the franchise, appealing to a broader audience. The cast's chemistry is undeniable, and their performances bring new depth and nuance to the beloved characters.

The fresh script introduces modern topics like social media, internet trolls and depression, adding a sense of realism to the film. This movie transcendent impact to present pop culture is evident through its influence on trends in TikTok, how people caption their photos on Instagram, how people move/interact in high school, and even what people wear. The outcome is what can be considered 'classic' and 'contemporary' satisfying loyalist and newcomers.

Just like the average high schooler, Mean Girls 2024 offers a plate full of important life lessons in a comedic way. Despite many humorous jokes and the crazy pink world created only for this film, the move has its message and lessons reminding the viewers of the value of being yourself, and not trying to conform to societal standards.

Overall, the film has a positive theme and is perfect for teenagers and adults. The New Mean Girls is definitely something to add to your watchlist.

MISS SOUTH AFRICA PAGEANT CONTROVERSY

By Viwe Kambule

The most recent Miss South Africa (Miss SA) pageant has been embroiled in controversy, primarily centred around the eligibility criteria and background of one of its contestants.

Chidimma Adetshina, of Nigerian heritage, faced increasing scrutiny and trolling due to her background. The situation escalated when questions regarding her mother's nationality came to light. It reached a tipping point when the competition organizers requested an investigation by the Home Affairs ministry. Preliminary evidence stemming from this investigation suggested that Adetshina's mother might have been involved in fraud and identity theft back in 2001. This not only intensified the scrutiny on Adetshina, but also cast a significant shadow over her achievements in the competition.

The Miss SA pageant, known for its evolving rules and inclusivity, has faced criticism for its handling of the situation. Over the years, the pageant has relaxed many of its stringent rules, allowing contestants with tattoos, piercings, and even those married or with children, to participate. However, the case of Adetshina has highlighted potential gaps in the vetting process, and raised questions about the fairness and transparency of the competition.

Adetshina's withdrawal from the competition has ignited a fierce debate about the legitimacy of her participation and the broader implications for the pageant's intake criteria. Critics argue that the pageant's leniency in its rules may have inadvertently allowed individuals with questionable backgrounds to enter, thereby undermining the integrity of the competition. On the other hand, supporters believe that the pageant should focus on the contestants' achievements and contributions rather than their backgrounds.

This incident has also sparked discussions about the role of social media in shaping public opinion and the impact of online trolling on individual's lives. Adetshina's experience underscores the need for robust support systems for contestants and a more transparent and fair vetting process to ensure that all participants are judged solely by merit.

As the debate continues, it remains to be seen how the pageant organizers will address these issues and restore confidence in the competition's fairness and transparency.



Image Source: @official_misssa

AQUATIC BEASTS AND WHERE TO FIND THEM

By Amahle Dladla

West African Manatees are often nicknamed 'sea beast' or 'sea cow', but alas, they remain the forgotten, lesser-known species. Harbored across twenty-one West African countries, ranging from Senegal to Angola, these creatures have a natural tendency to frequent accessible freshwater systems, like coastal marine waters and murky rivers.

These majestic creatures hail from the Sirenian order, and are mythological, believed to contribute to the Greek legends of mermaids. In appearance, they favor earth-tone colors of gray, brown and black. They are easily recognized by their dense, tapered, robust body shape, a vestigial pelvis, and forelimbs used as flippers, which along with a flat-shaped tail, evolved for slow moving propulsions used in swimming, turning and bottom-walking.

Another fantastic feature of manatees, is their ability to maintain neutral buoyancy. Due to a dense bodily composition, a lack of bone marrow, and an ability to control air circulation in their lungs by replenishing about ninety percent of the air, the manatee is able to position itself horizontally between the bottom and surface of their aquatic habitat.

Manatees are occasional omnivores. They consume low-energy and low-protein plants, such as seagrasses and mangrove leaves, with ten percent of their diet consisting of fish and mollusks. Their low metabolic rates make the consumption of low-energy foods, beneficial in times of prolonged fasting periods, which Manatees are prone to.

Their societal behavior is primarily solitary, with exceptions being for occasions like sexual reproduction, feeding, fresh and warm water sourcing. These associations may last periods of hours or days. Communication is achieved through sounds of chirps, squeaks, grunts and tactile contact. They have a lifespan of 50-70 years, but since they reproduce slowly (with females producing one calf in 2-3 years), they are affected by human intervention.

The estimated population is 10 000, therefore the IUCN has listed them as vulnerable due to predatory aspects of hunting, drowning, fishing, habitat degradation, accidental collisions with boats and harassment in the form of touching and petting. Such an act alters their behavioral pattern, making them dependent on sensation, which pushes them further in harm's way.



Image Source: www.pixabay.com

THE DIGITAL DOME GATEWAY TOWARDS POST-TOURISM



Image Source: www.archdaily.com

By Amahle Dladla

Established in July 2023, the Nelson Mandela University Ocean Sciences dome is a two-story structure that spans approximately 2900 m².

The enormous circular structure of the dome makes it an architectural sight and attraction. On par with the likes of other dome structures like the Iziko South African Museum in Cape Town, and Naval Hill in Bloemfontein, its major distinguishing factor is the 360 degree projection screen.

360 Domes are ultra-modern technological advancements that offer tourists an experience which transcends the idea of physical travel, and offers high-resolution and visually stunning projections, from the depths of the deep ocean, to space. It is an immersive tourist experience, all made possible through the dome's cinematic exhibition.

The 360 Dome achieves its effect through a spherical framework – the circular shape of the enclosure – which allows it to be constructed as a 360-degree viewing field. The specialized 360 Dome screen is made from materials like vinyl, polyesters, canvas and Polyvinyl Chloride (PVC).

The high-resolution projection is enabled through a sequence of advanced 4K or 8K projectors placed around the framework. Immersive audio is paired with the visuals to provide a cohesive Virtual Reality (VR) or Augmented Reality (AR) that the audience becomes engulfed in. Specialized software is then utilized for the wholly function of the system to showcase different media, such as cinematography and 3D animation, all formatted to be compatible with the 360-screen. The media content is shot through high resolution 360 cameras or computer-generated using software like Blender, Maya and Cinema4D.

The goal is to provide and capture virtual worlds in heightened photorealism. Graham Gouws, head of infrastructure planning, reveals "It will be a bit like the IMAX theatre- but bigger and all around you." Content displayed will vary from Nelson Mandela University produced material, to shared Skyskan footage.

Dr Thandi Mgwebi believes that such a scientific milestone is a gateway for the sciences to be seamlessly integrated into the masses as a form of futuristic education and public interest. The dome's multi-purpose functionality will then allow access for school excursions, guest lectures, conferences, exhibitions and transdisciplinary gatherings.

WAIT...WHAT IS IN MY COLD DRINK?

By Ayabonga Malima

An article published by the Daily Maverick in 2021, states that approximately 70% of deaths recorded globally, are caused by diet-related, non-communicable diseases (also known as NCDs), like diabetes, heart diseases, heart attacks, obesity, hypertension etc.

A significant amount of these diseases are linked to sweetened beverages, like soft drinks. They're about the most consumed thirst-quenchers world-wide and have transcended cultural and geographical boundaries. A brand like Coca-Cola for example, is one of the most widely consumed drinks worldwide. According to statistics from Gitnux, Coca-Cola is consumed at an unbelievably high rate of 1.9 billion servings per day, worldwide.

In Africa, Coca-Cola is the most consumed soft drink brand, with Nigeria and South Africa ranking top two, according to data collected by Statista. In South Africa, it is estimated by NCD Countdown 2030, that about 51.9% of South Africans could potentially lose their lives due to an NCD such as obesity.

This high rate may be attributed to South Africa being the country with the highest obesity rate in Sub-Saharan Africa. Sweetened beverages, including soft drinks, contribute significantly to this high rate.

Standard ingredients in soft drinks include carbonated water, sugar, colorants, acidity regulators (like citric and malic acid), flavorings, non-nutritive sweeteners, and preservatives. Carbonated water itself has no significant health effects that contribute to the accumulation of unhealthy fats, which over time, can lead to obesity.

Colorants like caramel (Caramel Color E150d), used in many soft drinks, can raise blood pressure levels. Acidity regulators contain high amounts of salt, which can lead to hypertension. Excessive consumption of artificial flavorings in soft drinks can result in diarrhea or vomiting. Non-nutritive sweeteners have been linked to chronic kidney disease, according to a study by Wisit Cheungasitporn (2014). Preservatives can also lead to liver problems, heart disease, diarrhea and allergies.

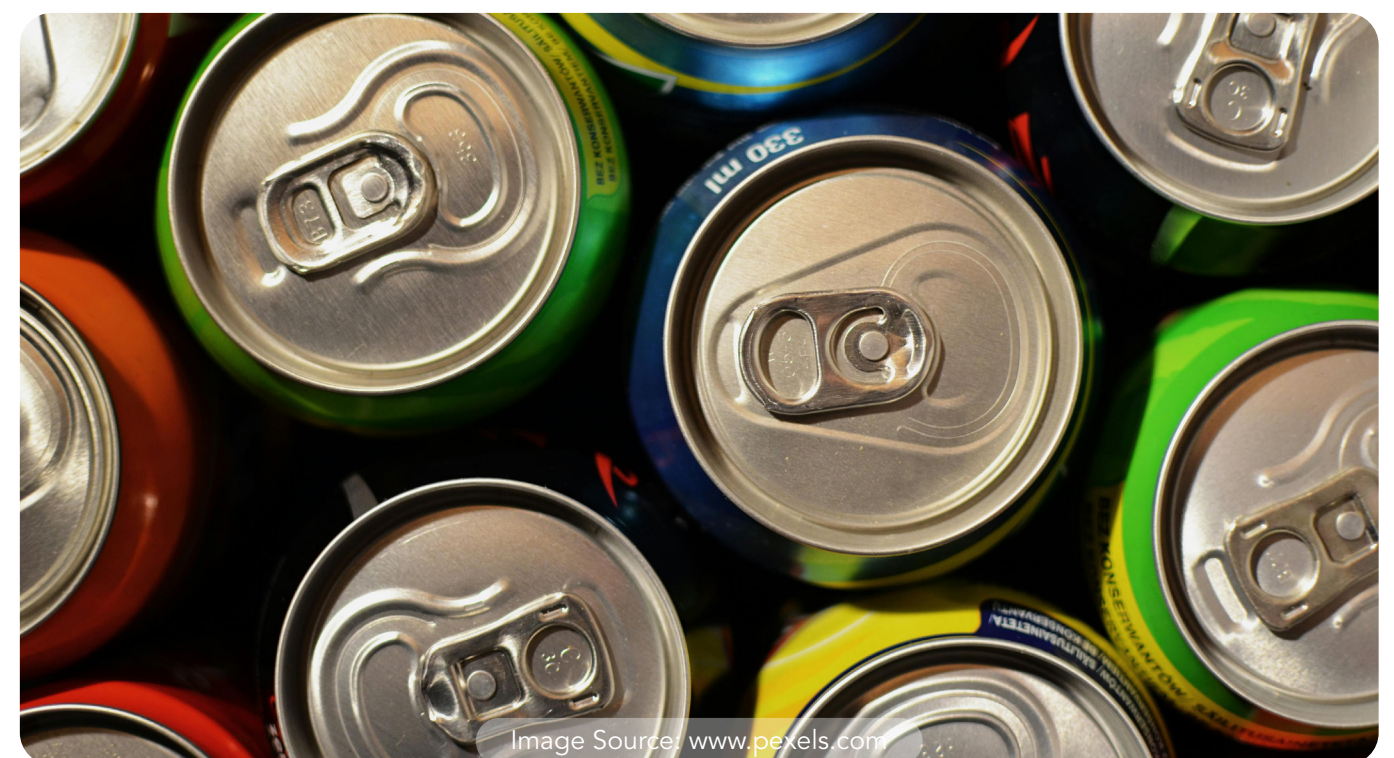


Image Source: www.pexels.com

TECHNOLOGY IN SOUTH AFRICAN OCEANS

By Baphiwe Yoyo

South Africa is waterlocked, surrounded by the beautiful blues of the Atlantic and Indian Oceans in its Southern, Western and Eastern borders. Most life is present within the ocean, with 50% of oxygen stemming from it, according to R.A Kraemer in his *Sustainable Ocean Economy, Innovation, and Growth*.

In 2015, the Oceans and Coastal Information Management System (OCIMS) was launched to support the development and governances of the South African Ocean Economy. It was designed to monitor and protect the country's seas. While tailored to South Africa's national priorities, it was inspired by other mature ocean information systems worldwide.

This system combines different national agencies into one platform to share data and expertise. They have established tools for marine spatial planning, maritime domain awareness, search and rescue, water quality, and harmful algal bloom monitoring.

Data captured by the system is used to measure aquaculture farms and inform the agency about the potential risk of red-tides-plant-like organisms, that grow out of control in the sea, and produce toxic or harmful effects that can be fatal or debilitating to people, fish and shellfish, marine animals, and birds. Whale-watching operators also contribute to the marine species data, which scientists use to advise on policy options or compliance and enforcement actions.

South Africa has a coastline of more than 3000 km (South African Government Communication and Information System.) This coastline presents both opportunities and challenges for the ocean's economy and conservation, given its biodiverse marine life.

The ocean is an important source of income and employment for sectors like maritime transport, fisheries and aquaculture, mineral resource exploitations and tourism. The National Oceans and Coastal Information Management System aims to address the need for improved maritime awareness and blue growth in South Africa.

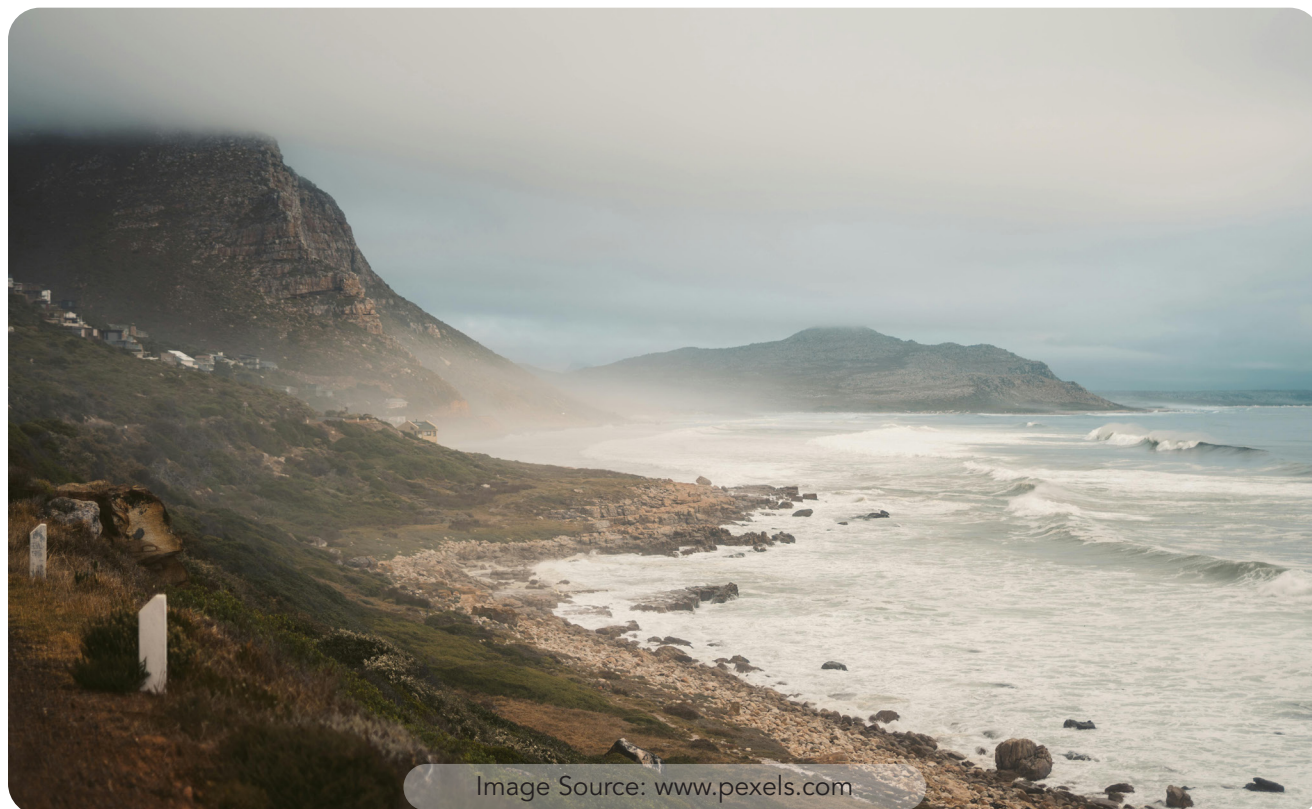


Image Source: www.pexels.com

THINKST, MEER'S BRAIN BABY THAT CHANGED TECHNOLOGY



Image Source: www.pexels.com

By Baphiwe Yoyo

Haroon Meer studied computer science at the University of KwaZulu-Natal. In his first year, he began working at student labs, then went into user support, and later networking.

During this time, the university's computer science department had only a handful of students, which led to him inheriting the responsibility of handling the Unix systems and campus firewall. He later went on to meet Roelof Temmingh, with whom he wrote a scanner for the Unicode Bug. In 2001, he joined Temmingh's team within the company, SensePost, as Chief Technology Officer, where he remained for 9 years.

He discovered greener pastures in a start-up, and left soon after to found his company 'Thinkst', which initially focused on consulting for companies, and tackling cybersecurity problems. The idea was sparked by the delays many companies faced in detecting breaches, and identifying sources of intrusion.

In 2015, he launched Thinkst Canary, an easy to

set up tool, designed to detect and fix breaches and fix breaches that occur within companies. The 'Canaries' - derived from a kind of bird that describes how the system hosts realistic services that are ordered, configured and deployed throughout a network. Thinkst offers Canary appliances and a set of supporting services.

On their website, Thinkst offers an annual subscription for R135 000, which includes five Canaries, a dedicated host console, a CanaryTokens server, support maintenance and upgrades. In March 2021, the company achieved R195 million annual recurring revenue, without any outside investment. Now, they're about to launch a new release, and host their annual 'ThinkstCon' for the company in Cape Town. As the product manager of Canary and CanaryTokens, and the leader of the company, Meer uses this event to steer the company in the direction.

Meer maintains three main lessons learned over the years – the importance of information security, the value of teamwork, and the significance of choosing the right people to work with.

WHAT AI CAN AND CANNOT DO

By Phuthego Nthoke

"AI is likely to be either the best or worst thing to happen to humanity." - Stephen Hawking.

Artificial intelligence (AI) refers to computer systems that are made to imitate human intelligence.

While AI has made our lives easier in many ways, it also possesses many challenges. This article will dive into what AI can and cannot do, in order to provide a clear view of where it can be useful, as well as where its limitations lie.

When we think of AI, we immediately think of self-driving cars and ChatGPT, however, AI is so much more. It is an accessibility tool that can assist differently-abled people to read and write, it can write poems, generate human aces and predict your advertising preferences.

AI, however, is not without its flaws, and it unable to utilize common sense. Leora Morgenstern, an AI researcher, tied this to the fact that humans acquire knowledge and common sense from a young age, whereas AI relies on statistical data to generate human responses. When posed with a common-sense question, humans can picture the problem in their mind, and create a mental representation that helps them answer the question. AI lacks this ability.

Additionally, AI cannot reason ethically, empathetically and emotionally. It does not possess the emotion quotient, nor emotions to reason morally. It also cannot write software on its own, it takes human understanding to write software code, knowledge real-world scenarios, consumer perception, risk assessment and error detection.

AI is both a blessing and a curse, mainly because its introduction has shaken many who believe AI may replace them. The public perception of AI is dependent on its particular application, for example, it is helpful to students as it assists in structuring their assignments, whereas lecturers are wary of the computer system, as some produce AI-written work as their own.

AI can be properly integrated into our lives once everyone does their due diligence and finds the appropriate ways to utilize and benefit positively from it.

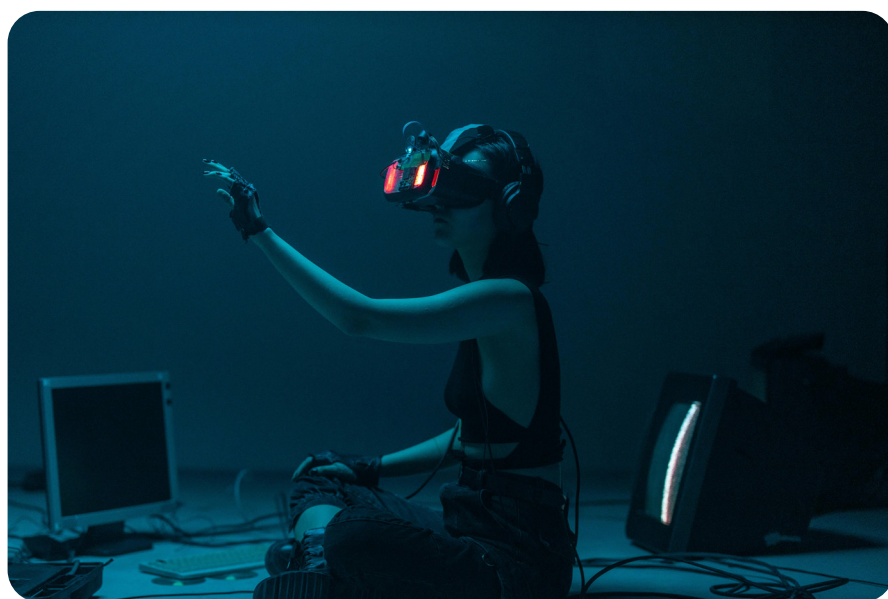


Image Source: www.pexels.com

MADIBAZ DUO BREAK INTO SPRINGBOKS JUNIOR SQUAD



Image Source: Madibaz Sport

By Puleng Moloi

The Junior Springboks are poised for success following the addition of Madibaz Women's Rugby starlets, Dembe Mbengeni and Charlize Jacobs. Both players have a wealth of experience and skill that they will be hoping to transfer onto the national scene. The duo was scouted during the five-day U/20 tournament which was held in Johannesburg from September 20, where selectors for South Africa and Rhinos were present.

Mbengeni joins the Springboks as a tighthead prop for the U/20 tournament in Stellenbosch, and the 20-year-old could not contain her excitement. "I was selected for the national team after our last game in September, that is when my coaches from Eastern Province Rugby Union (EPRU) broke the news to me," she said. "I was confused and had a lot of questions, but I had to share the good news with my mother."

Jacobs, who is also 20-years-old, says she has come a long way with rugby. The scrumhalf started playing at a young age not knowing she would be a Springbok one day. "I grew up in a small township called Addo Valencia. When I

was younger, I used to play touch rugby in the street with the boys, and that's when I fell in love with the game. I even dropped netball for it. Rugby is my life – without it, I'd feel empty," she says.

The duo represented South Africa in an international series against Tunisia in which they won 26-17 win.

Mbengeni affirms that to keep the energy and perform well on the pitch, she keeps the mentality of having fun. "My first experience with the Boks was not different from any other game. I always tell myself that I'm going to have fun on the field and play for my teammates – and this takes some of the stress away," she says.

When asked about the driving force behind her success, Jacobs concluded in saying, "the difference between the impossible and possible lies in a person's determination."

The Inventory & Stores Management student will be hoping to share her experience and some of this wisdom with her teammates back at Madibaz.

OCEANVIEW BOOK SPOT IN CAMPUS RUGBY FINAL

By Prudence Maluleke

The Campus Rugby League semi-final between Oceanview Underdogs and Claude Qavane delivered an exhilarating spectacle on October 6. The sunny skies, complimented by a refreshing breeze set the stage for a highly competitive match that unfolded at the South Campus B-Field.

Leading up to the game, Oceanview player, Obakeng Tlou, exuded confidence regarding his team's chances at securing a spot in the final. "Winning the first few games was so important to us, not only to gain points to qualify for the finals, but to pose a threat and fear to the other teams," he said. His words perfectly reflect the winning mentality within the camp – of not only securing victories, but doing so in dominant fashion.

A highly contested first half ended 10-all as both sides struggled to assert their dominance in the game. As the game went on, Oceanview's industriousness was put on display and soon enough fans were put at the edge of their seats.

Oceanview eventually emerged victorious with

a final score of 27-13. The performance of their players was nothing short of spectacular, especially in the later stages of the game. Tarquin Jansen and Madibaz Rugby flyhalf, Chadwick Winnaar, each came through with important tries for their team. Luke Daniels then capped off the scoring with another try to secure the victory for Oceanview. Despite the unfavourable result, Claude Qavane's Esona Yali will be happy to end his campaign with a try.

Campus Rugby League Coordinator Oyisa Gladile expressed his satisfaction with the match dynamics, stating, "I am glad that the games were played accordingly without any distractions, and the weather conditions were favourable."

As Oceanview looks ahead to the finals, they carry with them not only the confidence from their recent triumph, but also the momentum of a team that has proven itself capable of greatness. With the support of their fans and the dedication of their players, the Underdogs are poised to make a decisive mark in this year's competition as they prepare for the final on October 19.



Image Source: Supplied

CAN ANYONE STOP ALEX PEREIRA?

Siyolise Gqongwana

Alex "Poatan" Pereira continued his dominant reign in the light heavyweight division after stopping Khalil Rountree late in round 4 at UFC 307. Despite losing the first two rounds, the Brazilian entered the third with newfound urgency and began systematically breaking down his opponent.

"The game plan was to let him tire," Pereira explained post-fight. "I studied his fights and noticed that his stamina starts dropping in the second round – and as you know, mine only goes up, so that's exactly what happened."

Although Rountree's face resembled something straight out of a horror movie, he can take solace in knowing that he lasted longer than most against Pereira.

The 37-year-old now has the same number of title defenses (3) as UFC legend, Khabib Nurmagomedov – an achievement that has only taken him seven months. Such an astonishing feat has made it difficult to keep him out of the GOAT [Greatest Of All Time] conversation and has left the MMA community wondering if anyone can actually stop Poatan.

Israel Adesanya, who finally defeated Pereira last April after two attempts, has since dismissed any chance of a trilogy fight. This has left fans searching elsewhere for a legitimate contender for Poatan – and they seem to have found one in the man currently holding the GOAT status and heavyweight title, Jon Jones.

After Pereira's first-round knockout of Jamahal Hill at UFC 300, Jones stirred the pot, tweeting: "Give Alex a chance to avenge all those great Brazilian fighters I've defeated."

While a potential dream fight with Jones is guaranteed to sellout arenas, a more realistic challenge looms in the shadows for Pereira. Number 2 ranked light heavyweight, Magomed Ankalaev, has been waiting patiently for a crack at the title – but he will need to get past Aleksandar Rakic at UFC 308 first. The Russian's wrestling-heavy style is sure to give Pereira a test that fans will hope he passes with flying colors.

Whether a move up to heavyweight, or another title defense at 205 lbs, each win cements Poatan's legacy as one of the most dangerous men to ever step in the octagon.



Image Source: Tapology