

MADIBAZNews

News for the students, by the students



By Lindokuhle Frank

Women's month in South Africa gives us an opportunity to commemorate the contributions made by women during apartheid and to celebrate those still making a difference today. Looking back in time, today's reality differs from that of pre-1956, yet being a woman in South Africa is still difficult. Every day is a perpetual battle for survival against the world, with new challenges thrown in every day.

Sixty-five years ago, on 9 August 1956, Albertina Sisulu, Helen Joseph, Lilian Ngoyi, and Sophia Williams-De Bruyn led a group of over 20 000 South African women in a march to the Union Buildings, handing over a petition with over 100 000 signatures. This was a march against the use of pass laws by black South Africans, a law created by the apartheid government.

Women felt as if their rights to equality were being taken away from them since they were constantly harassed. Women faced the brunt of apartheid's cruelty, which led to the march's actuality. In their fight against these laws, they showed courage, empowering women as they sang outside the buildings "Wathinta abafazi, wathinta imbokodo!" which translates to "When you strike a woman, you strike a rock!"

Because of their fight, today's reality is very different as woman have made great strides. Holding senior positions in government, state entities, being CEOs of big companies and even owning business. This month is used to celebrate all women who continue making a difference in their communities. Ordinary women who continue doing remarkable things in communities and places of work.

We celebrate our strong women who run soup kitchens, day care centers and orphanages who serve, nurture, and protect. The voice of many anti-apartheid women, our Charlotte Maxeke's, Amina Cachalia and many others who gave their lives to the struggle. Our Zozibini Tunzi's and Shudu Musida's who use their platforms to empower young girls into loving themselves in their skin.

Women's sacrifices have enabled us to live in a society where women are not defined by their gender. Their contribution to a better society is remarkable for the legacy that current women are building.

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Administrator

Sade' Prinsloo

Sade'.Prinsloo@mandela.ac.za

Editor-in-chief

Ashley Malepe

s219006857@mandela.ac.za

Marketing

MadibazMarketing@mandela.ac.za

Communications

Sisanda Ngqokoqwane

MadibazNewsLiaison@mandela.ac.za

News Editor

Mbali Ngube

s219043027@mandela.ac.za

Lifestyle & Entertainment Editor

Leigh Nakeetah Jason

s219919569@mandela.ac.za

Sports Editor

Cwenga Maqhubela

s217310257@mandela.ac.za

Science and Tech Editor

Asithandile Ntsondwa

s21711869@mandela.ac.za

Opinions Editor

Buhle Buthelezi

s219177589@mandela.ac.za

Graphic Designer

Charmyon Dixon

s220493928@mandela.ac.za

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LETTER FROM THE EDITOR

As we move from diversity month to heritage month, it will only be befitting that we start learning and embracing other people's cultures, way of life, religion, and their heritage. Most of us in the societies we live in, we are inward-looking, and we disregard the importance of diversity and that proves only disparaging, continuing to widen the social gap that already exists between us humans. Realising the importance of diversity in every sphere or aspects of our lives can root out the social ills we unknowingly and knowingly find ourselves facing, such as racism, colourism, misrepresentation, underrepresentation, culture appropriation, homophobia, gender gap etc.

Going into heritage month, it is most certainly crucial for us as 'rainbow nation' to be inclusive in our own thinking and behaviour, so much so that the differences we share as humans incite acceptance or inquisitiveness, not hate or alienation.

May you enjoy our 7th Edition, and please do head on to our socials to continue with the narratives pushed on our edition. We also are running competitions on our social media pages, so if you want to win prizes, you know what to do!

Ashley Malepe

CORONAVIRUS SAFETY

What to do to keep yourself and others safe from COVID-19

Maintain at least a 1.5-metre distance between yourself and others to reduce your risk of infection when they cough, sneeze or speak. Maintain an even greater distance between yourself and others when indoors.

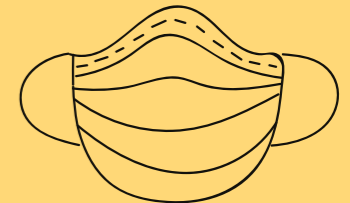
Make wearing a mask a normal part of being around other people. The appropriate use, storage and cleaning or disposal are essential to make masks as effective as possible.

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. This eliminates germs including viruses that may be on your hands.

Avoid touching your eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately into a closed bin and wash your hands.

Clean and disinfect surfaces frequently especially those which are regularly touched, such as door handles, taps and phone screens.



CORONAVIRUS OUTBREAK NATIONAL HOTLINE

0 800 029 999

WHERE TO FIND DIVERSITY? MAYBE NOT IN SCIENCE...

By Asithandile Ntsondwa

The term diversity is one that prides our rainbow nation. It is the foundation of our society. South Africa is built on its diverse people with different cultures, ideologies, sexual orientations, and abilities. But is there diversity in spaces that truly matter?

Science in its broad sense is supposed to be inclusive, not gender specific, has no political interests, and is not bound by religious debates. In science you are allowed to think and question the world you see as you see it. The practice of science has been around for centuries, but it was in the 16th century during the Science Revolution that noticeable change began with organizations such as the Royal Society of London gaining popularity. It only became a profession in the 19th century. This field of study and profession has always been viewed as the field of geniuses, mostly Einstein looking geniuses, speaking in particular to his race and gender. Yes, there have been phenomenal women that have worked to get their seats on the science academia table. Yes, there have been other races who have fought tooth and nail to also claim their positions. There has been and is some diversity in science, but it is rooted in struggle, for any 'other' that is not a white man. Even with the struggles that have had to be endured to get that diversity status, it is still not enough.

Beginning from the flawed education system of South Africa, most children in the lower class receive the bare minimum of what the education system has to offer. Thus, depriving any chance of producing world-renowned scientists. Going up to university spaces, the science academia is one that lacks diversity and those that tick off the diversity check box are usually people from middle to upper class or just another racial ambiguous person who has had to struggle to prove their worth. Those that do make it are usually introduced to other diverse ways of discrimination more so depending on their cultural background, class, and a whole lot more the world has to offer.

Understanding that science was built for the Einstein looking geniuses, that is still evident in science communities. From postgraduate level up to science professions, it becomes very clear that diversity in some areas of our rainbow nation still needs work.

Photo: Nature.com



Photo: insidehighered.com

DIVERSITY IN OUR UNIVERSITY RESIDENCES

By Buhle Buthelezi

Diversity is a concept that encompasses acceptance and respect for all our human differences and should be a priority in all institutions, now more than ever. Diverse environments should be transformative and allow students to interact as equals because in doing so the students are equipped in surviving multicultural societies.

In our university residences, we encounter people from all walks of life.

University residences have continued to allow friendships between diverse students to form. There is a bit of diversity as you would find that your roommate is from another country or tribe. It is important for all the students in the residence to feel that they can contribute to the residence community whether they are residence leaders or not. In a residence that only has stairs and no lifts, how then can someone who is differently abled be a part of that residence community. Why are the writings in corridors not written in braille as well? Is there still diversity?

We still find students who are reluctant in engaging with people different from them, students who will continue to use their home language around students who do not understand the language, students who will not want to share a room with someone different from them.

By enhancing diversity in our residences, we empower our students with the necessary tools that will ultimately help them manoeuvre in the workplace and society one day. It is important for us to understand that the more our residences are diverse, it is more likely that students who live there will communicate more effectively, solve problems better, have stronger bonds amongst themselves and be happy in that environment.

Is it possible for all university residences to be built in an accommodating manner for everyone, so people can choose where they want to stay and not feel forced to stay at a certain residence?



HOW RIHANNA HAS DIVERSIFIED THE FASHION INDUSTRY

By Leigh Nakeeta Jason

Since 1995, former Spice Girl turned fashion-mogul, Victoria Beckham, 'Victoria's Secret' was founded in America and has dominated the fashion industry and hosted high-end annual fashion shows that kept people worldwide glued to their television screens. The shows were littered with glitter, beautiful models clad in lingerie and celebrities. Unfortunately, Posh Spice's reign on the industry came to an end in 2018 when she was dethroned by Rihanna.

The Bajan singer launched rival brand 'Savage X Fenty' in May 2018 and became so successful that she too started hosting annual shows. Her brand rivaled Victoria's, but Rihanna had something Victoria did not. She had difference. The first Savage X Fenty show was star-studded, as she had various models and celebrities showcase her pieces, but the most eye-catching aspect were the types of people she had on stage. Unlike Victoria's Secret and all other related brands, Savage X Fenty's pieces were celebrated by all different types of bodies – thick, curvy, petite, tall, short, and they came in different shades too!

The campaign was spearheaded by so many different types of people who challenged the conventional beauty standards, like Slick Woods. Woods, an American model, is best known for the distinguishable gap in her teeth and bald head. She walked alongside dearly departed Cacsmy Brutus, known as Mama Cax, who sported a prosthetic leg after suffering amputation due to bone cancer at the age of 14. Mama Cax was the face of disability at the brand.

A year after the brand's inception, Rihanna introduced her first official ambassador, dark-skinned singer, and dancer, Normani who stood alongside other celebrities and models from various countries with different skin tones, sizes, and heights, like Rosalia, Lizzo and Willow Smith. After noting the success of the ladies' range, Rihanna then introduced the men's range which also came in all shapes and sizes.

The brand's message is clear. Anyone and everyone is attractive, and conventional beauty standards? So last year. Rihanna has used her platform to showcase diversity and inclusivity, enforcing representation so that when people see themselves on screen, they can be happy too.

Photo: heartradio.com

DIVERSITY STILL A CHALLENGE AT NELSON MANDELA UNIVERSITY ORIENTATION PROGRAMMES

By Mbali Ngube

Prejudice and discrimination against individuals of diverse sexual orientations and gender identities is a severe problem all over the world, and despite our progressive legislation, South Africa is not immune.

Merriam Webster defines diversity as the condition of having or being composed of differing elements especially the inclusion of people of different races, cultures, etc. in a group or organisation. The concept of diversity is meant to bring us all together and enable to live harmoniously.

As part of their values, Nelson Mandela University includes diversity saying, "We foster a culture that welcomes and respects diverse identities, heritages and life experiences." Much like any other organisation, the University encompasses students from South Africa with various languages and from different countries worldwide.

The University has over 75% of African students and 53% of them speak native language of the Eastern Cape, which is isiXhosa and is the main communicative language, this is according to the Institutional Indicators of the third quarter in 2020.

The student residences in Gqeberha namely at North and South Campus houses international students who must assimilate to a new culture of living. With things such as language, food, dress code, music, sexual orientation to name a few, they must find a way to make it work for them.

First-year students get introduced through an orientation program that is in place to aid first years with transitioning and adapting to the new environment they are now in. One important factor about this program is "amagwijo", translated as Songs of the People, which are Personal songs, introspective and narrative, representing the intimate inner core of African music. These songs are used as a means of bringing together the students in unity, the unfortunate part is they are sung in isiXhosa.

Many of the international students spoken to around this custom, complain on how the language policy around orientation felt like segregation and several of them even left the program and residences because they felt they were not included. They also mentioned that the segregation based on where they come from is an everyday occurrence. One of the international first-year students who wishes to remain anonymous further expressed how the locals are xenophobic towards them, "it's very xenophobic for me to enter a room and people leave because they feel my country practices witchcraft, or drug dealing."

Even though the University strongly believes in the concept and idea of diversity, they have a great job to do to help the minds they are moulding for a better society, to help change the narrative of how they treat people who are different from them and ultimately live up to their slogan which is to "Change the World."

Photo: mambaonline.com



NELSON MANDELA UNIVERSITY ASSISTING STUDENT DEBTORS

By Ashley Malepe

Earlier this year in March, the Minister of Higher Education, Science and Technology, Blade Nzimande revealed a staggering amount of more than R10.4-billion owed to the South African universities by graduates between the year 2010 and 2020. The total amount due to universities has escalated to over 14-billion since then and predicted to increase more than ever given the economic contraction the nation is currently subjected to.

Nelson Mandela University has recorded an increase from 820 graduates who owe the institution, to 1821 in 2021. The University also says that the amount due to them went up to over R100-million. "Since 2010 the total debt to the institution have escalated to over R 100m and the likelihood of students repaying this money is very limited, especially now with the growing unemployment rate," Zandile Mbabela, University's Spokesperson stated.

The University says the perennial challenge of the further accumulation of debt accrued by students/graduates, is largely to the fact that the institution allows students with historical debt to complete their qualifications. It was also found that the historical debt of these students amasses rapidly over time as most of the students are being defunded by NSFAS due to different reasons including academic performance, exceeding N+2 rule etc.

However, the University remains committed in helping graduates find employment and settle their debt by providing academic transcripts to the potential employers and qualification confirmation letters upon request. Students have utilised this offer and on average, the University receives 15 requests daily. Bronwyn Simmons, a Bachelor of Commerce in Accounting Science graduate is one of the students who submitted a request, "I remember how they always asked me to attach my qualifications documents that I didn't have because of my debt, I reached out to NMU to provide me with a confirmation letter, and they did, I am now employed and have started settling my debt."

The institution urges students who may want to submit a request to always use their student email and provide as much information as possible. Alternatively, when using a private email account attach a certified copy of identification document on file.



By Ashley Malepe

The South African national government confirms vaccine registrations for members of the public between the ages of 18-35 to start ahead of time on the 20th of August 2021. This decision was made after the National Coronavirus Command Council (NCCC) delivered recommendations to Cabinet suggesting that vaccine registration be made more widely available to the South African public considering positive efforts to speed up the distribution of jabs.

"As part of increasing the vaccination roll-out programme, Cabinet approved the vaccination of persons aged between 18 years and 35 years from 20 August 2021," Cabinet said.

Furthermore, to achieve herd immunity, the vaccine rollout programme must be expanded and inclusive to the larger population which is what the Cabinet is trying to achieve. Nelson Mandela University has been participating in the programme towards herd immunity as it has prepared vaccination sites both at Gqeberha and George to offer services to the general public, staff and the University's 29 000 students.

Despite the COVID-19 vaccination hesitancy, young people in South Africa are turning up in numbers to get vaccinated out of the desire to protect themselves and those most vulnerable around them. As of the 23rd of August, Nelson Mandela University Summerstrand site managed to vaccinate a total of 356 young people, with 178 being the University's students. George campus vaccination site which is part of the Harry Comay Hospital outreach agreement that operates every Tuesday, managed to vaccinate more than 50 students.

"It has been great to see the turnout of students these last two days, especially since we got sense that there wasn't a great appetite for vaccination from a recent survey we conducted," said Sr Althea Hawkins, Nelson Mandela University Student Health Service.

Among the students who decided to get vaccinated is Pontsho Hlongwane, Student Representative Council (SRC) president, Pontsho encourages and urges students and young people to actively fight against the spread of COVID-19. "My vaccination is therefore part of my unwavering commitment to the fight against COVID-19. I would like to encourage all students to come to the vaccination site."

Nelson Mandela University Summerstrand vaccination site is open Monday-Thursday, from 09:00-14:00 and Fridays from 09:00-12:00. George vaccination site is open only on Tuesdays from 09:00-14:00. Visit: <https://vaccine.enroll.health.gov.za/> to register for the vaccine.

ALCOHOL ABUSE IS STEALING US AWAY FROM OURSELVES

By Sisipho Magadla

Academic workload can be daunting, and we are often looking for ways to get away. Many students have died in recent years because of alcohol misuse, has been the cause of many accidents and suicides. Nelson Mandela University has created a system in place to help students who feel overwhelmed Emthonjeni Student Wellness, yet we are still experiencing a higher number of suicides and drug abuse.

Even while students regard alcohol as a method to unwind, it still has a psychological, physical, and behavioral impact on them. All of this shows up in their academic results at the end of the year, rubbing off on all their initial hopes and goals.

The question is “is the system trying by all means to protect the students?” If your answer is “yes” then why are there residences located right next to shebeens and clubs? Some have survived and made it through out that systems but what about those who cannot?

Institutions should try to keep the students away from alcohol abuse by first ensuring that students are never placed in residences that are close to shebeens, clubs and places that sell alcohol and drugs. As much as they make sure that no students consume alcohol inside the student’s buildings, they should be focusing on offering help and safe spaces for students inside the buildings. In every building there should be a counsellor’s office and mental doctors to offer immediate help to students who feel overwhelmed.

It is not only alcohol abuse and drug abuse that steal away our mates, but also risky areas that we stay in. Students experience rape and get mugged, that leads to trauma and depression and that somehow shows that the institution is never offering enough help and the buildings we stay in never offer follow ups and proper help.



Photo: gettyimages.com

PEACE AND VIOLENCE IN OUR SOCIETY



By Aziziphozethu Gwija

During the month of July, we witnessed the violence and unrest that took place in parts of the KwaZulu Natal and Gauteng provinces. This brought about great debate amongst different groups of people in South Africa. September is a month of peace with the International Day of Peace being celebrated on 21 September 2021. The unrest that erupted showed that for most people living in peace is not a reality, both physically and mentally.

Peace at the individual level can be described as the instance whereby an individual is living in a state of calmness within himself/herself. A broader definition of peace is a state whereby we are living in harmony within our communities without any form of conflict. Peace is a powerful tool for the quality of our lives, as well as for our communities. There are several concepts that make up peace, such as fairness, justice, inclusiveness, and human rights.

There are several factors that result in the lack of peace within our society. These are social inequality, exclusion, and poverty. All these factors combined could lead to disastrous consequences that will heavily affect the peace within a society. This became evident in the violence and unrest that took place which ensued because of people being tired of living in poverty and unemployment.

It is therefore important that we strive for peace within our communities. Not only external peace, which is living in harmony, but also internal peace, within ourselves. It is important that we educate ourselves and others about our communities and the challenges that we face.

Photo: Supplied



DANGERS OF MISINFORMATION

By Liyema Mpompi

We live in times of uncertainty. COVID-19 infections are still increasing. We are inundated with new information about vaccination rollouts, its efficacy and long-term effects. State officials charged with corruption. It seems as we are in a story that keeps on developing. The eager to want to know what is going to happen next and people are quick to spread information without checking the facts. Misinformation may refer to false, inaccurate, or fabricated information made to deceive people.

The types of misinformation include:

1. Click bait- they are deliberately fabricated to gain more website visitors and increase advertising revenue.
2. Propaganda stories that are created to deliberately mislead audiences, promote a biased point of view or cause or agenda.
3. Satire or parody, lots of websites and media accounts publish fake news for entertainment and parody and bias news, people are drawn to news that confirm their own beliefs and fake news can prey on these biases e.g. People being biased about getting vaccinated because of their own beliefs and reasoning to not get vaccinated.

The dangers of misinformation are common symptoms of trauma according to mental health professionals. They have noticed trends in coping mechanisms during the pandemic - some patients began to feel a sense of foreshortened future; many began to show severe signs of depression and grief. Statistics reveal that over 70% of reported psychology distress with symptoms including anxiety, depression and insomnia. These traumatic emotional effects are heightened by media.

These are the profound consequences of the rapid spread of fake news. It causes distrust in the media, it undermines the democratic process the platforms for harmful conspiracy theories; allows for hate speech to be created and lastly bolsters false and discredited science e.g. the anti-vaccine movement.



WOMEN IN LEADERSHIP SOUTH AFRICA

By Somila Tiwani

Our patriarchal society unfairly depicts men as the only people who are capable of outstanding leadership, whereas women are viewed as unsuitable for high-ranking positions. Even though women account for more than half of the population in South Africa, they remain under-represented in many other leadership roles.

According to the Polity Organisation website, women make up 32% of Supreme Court of Appeal judges, 31% of attorneys, 30% of diplomats, and 24% of executive heads of state-owned enterprises (SOEs). Also, just one of the top 40 JSE companies had a female CEO. Men hold about 68% of all senior managerial positions, while women hold only 32% of the executive positions.

Why is there such a big difference in gender equity among men and women in leadership position, despite women being just as competent and skilled as their male counterparts for any profession? What will this entail for the future, is indeed a question we ought to ask ourselves.

In South Africa, nevertheless, there are female leaders who are defying the power structure. These women contribute to South Africa's economy by using their creativity, courage, and wisdom. One of those women is Nonkululeko Nyembezi; Johannesburg Stock Exchange (JSE) chairperson. Nyembezi is also the CEO of Ichor Coal, a multi-national mining corporation based in South Africa that specializes in thermal coal. For inspiration and motivation, do research more about her. She is indeed a trailblazer.

In politics, additional women were appointed reflecting "a good balance of youth, gender, geographical spread and experience." South Africa has joined the ranks of other countries in achieving gender equality in their cabinet.

On a larger scale, the empowered narrative and advocacy for female equality has gained momentum and is now pervasive in popular culture. In South Africa, remarkable female leaders are paving the route for women.

Elevated leadership is confronting the recurring themes of gender differences and inequality. South Africa has been fortunate enough to observe this, not to forget the remarkable efforts and unwavering commitment of female leaders and entrepreneurs. Indeed, the future for females is promising.



CELEBRATING THE KNOWLEDGE GIVERS

By Panenyasha Nhavira

Some people might assume that teachers do not have a life outside of the classroom.

We might unintentionally assume that we as students or even teenagers that teachers live and breathe 'schoolwork' and 'homework'. It would be hard to imagine your teacher or even lecturer out at Cubana having a good time or even shopping at Gucci or visiting Mr Price. It seems strange, as students we hardly consider those ideas and why is that?

We automatically place our lecturers and teachers in the same regard as we do our parents. I mean, how many of us imagine our parents out partying? It would be totally weird right...we see them as unable to have a good time because being a parent means giving up having fun and being serious or is that just the way we view it?

Some lecturers are also parents, wives, and all of them are humans experiencing emotions and life each day as we do. They deserve a trophy. Life can be tough sometimes and they show up for us. They teach us the hardest or most complex things that may have taken a while for them to understand it too and then they simplify it even more for us to understand it quickly. They are the reason we are where we are today. A teacher or lecturer out there taught you, me and even them. They touch our lives the most, even on a bad day. They may come from home with a lot of baggage but when they enter the classroom, they show up for us. So now we celebrate them.

We celebrate them for helping us get through the toughest times of our lives. We celebrate them for making learning and understanding much easier for us. We celebrate them for choosing everyday of the week to show up for us whilst also showing up for their families.

Now we thank them by showing up for them, going above and beyond giving our 110%.



LACK OF VISIBLE DIVERSITY IN SPORT?

By Liyema Mpompi

Many people would say yes or not really. After many years of advocacy for gender inclusion and the alleviation of racial tensions, one would be surprised that the practice of discrimination still exists.

Diversity in sports fields contributes to respect and helps people to value one another in society. It breaks barriers among people with different backgrounds and helps them form relationships that would have never otherwise been formed.

One of the most heartbreaking moments in sport was when Marcus Rashford encountered racial slurs online fueled by him losing a penalty in a match. Twitter had to delete hundreds of tweets that were harmful & inhumane. Lewis Hamilton has pledged to increase diversity in motorsport after findings of a study that show the obstacles that black people face in entering the industry, particularly in the engineering sector.

I don't believe there is necessarily less diversity in the sports field. I feel a lot that needs to be done with regards to intolerance.

There are men who play netball, there are women who play football there are black people who participate in athletics and make a living out of it. There should be government intervention and sports development programs in financial struggling communities.

The South African team at the Olympics tells a very disheartening story that it's likely to be people who come from well off backgrounds and receive financial support to who generally excel.



5 REASONS WHY 'SWIRL' IS A MUST-WATCH

By Leigh Nakeeta Jason.

Swirl (2021), a film by Quanita Adams, was exclusively released on Showmax and became a major hit due to its relatable, beautiful storyline. The film follows the journey of hairdresser, Elaine, an ambitious, hard-working student at a hair academy who ensures that she is constantly at the top of her game by working after hours and running her own business doing hair for friends. The goal is to start her own academy and it seems like everything is falling into place until her life spirals into a downwards swirl of disasters, sending her on a journey of the unknown. We follow Elaine (Chanelle Davids) on this journey as she navigates her way through hardships presented by her mentor Denise (Vinette Abrahams) and mother (Ilse Klink), offering us a realistic and relatable journey.

Here are five reasons why *Swirl* is a must watch:

1. It challenges beauty standards. The theme of the film is that everyone is beautiful in their own way, there is no specific way to wear your hair. Hair does not make the person, neither does its texture or style, but is noted as means of expression, a platform to showcase your personal beauty.
2. Awareness. The film lightly touches on topics like transgenderism and the subliminal messaging of beauty products through humour, but stresses greatly on a condition known as alopecia, the balding or loss of hair that occurs when an immune system attacks its own body.
3. Not everything will always go according to plan, that's okay. We follow Elaine through struggles of lawsuits, debt, a deteriorating relationship with her mother, and not being able to indulge in her passion. We feel her emotions tenfold, but see that everyone has a redemption arc, and through hard work and determination, things can get better.
4. Realism. The film portrays relationships and situations everyone can identify with, good and bad. Every character and situation hold a piece of the audience.
5. Shaleen Surtie Richards. The hilarious actress makes her final big screen debut in this film and leaves an impact everyone will remember as the supportive grandmother, 'Ma'.

THE STRESS ANTIDOTE YOU NEVER KNEW ABOUT

By Zukisani Gali

As students, we all struggle between juggling academic workload and living our daily lives amid the pandemic. The stress we hold includes attendance, obtaining DP and passing with good marks, which could lead to worse things. Luckily, there is an antidote – jogging! Jogging has been proven to be the healthiest way to decrease stress levels.

Running is an appealing exercise as it does not cost any money and operates on your hours. But running and jogging are not the same thing. Running is faster, uses more kilojoules and demands effort from the heart, lungs, and muscles, so it is more intense than jogging. Jogging is more relaxed, which means that it does not require much effort but is still a win-win situation for your mind and body.

1. Make sure that you don't have any bodily complications that prohibit you from engaging in jogging. This can be found out through stretching or consulting your doctor.
2. Start slowly. Overworking yourself early puts strain on your mind and body. Try walking or slowly jogging, aiming at 30 minutes per sessions. Allow yourself a minimum of six weeks to build a regular session before increasing your session time.
3. Warm up and stretch thoroughly before you start to avoid straining and injury.
4. Partner up with a bottle of water in case you get thirsty.
5. Allow at least two complete rest days a week to avoid overtraining.
6. For your safety, avoid jogging near roads and avoid peak hours.

To get the most out of jogging, you need to make sure that you are comfortable. Joggers and comfortable jackets with a decent pair of sneakers or takkies with socks should be worn to increase flexibility. Once you get used to it, you will find yourself less stressed, maybe even with a better body!





HELP US HELP OTHERS TO STOP BULLYING

By Zukisani Gali

Bullying is one of the most dangerous causes of mental health issues worldwide. According to Childline South Africa, bullying is detrimental to everyone who experiences it as it makes one feel degraded and afraid. This is especially harmful to students who are already juggling full-time qualifications and attempting a social life.

Many students who are bullied end up doubting themselves and struggle with their confidence. Sometimes the person bullying does not even know the effect they have on the person whose confidence they are breaking. This is because we do not always understand the full extent of our speech or actions. There are many other ways we unknowingly bully people, like:

1. Calling them mean names.
2. Taking things away from them.
3. Physically bothering them.
4. Damaging their belongings.
5. Making up lies or stories about them.

Sometimes we are the bullied. What happens when we are? Where do you go? What do you do? On every campus, we have facilities to assist like student counseling centers, which help us get back on track and build our confidence.

Sometimes we are the bully. In this situation, we do the same and ask interpersonal questions like why you do the things you do. You may discover some things about yourself that you need to take care of before it takes care of you.

Bullying is an unacceptable behaviour, and there are ways one can do away with that behaviour.

ANIMAL MILK, ENTOMILK, OR PLANT-BASED MILK. WHICH IS BETTER?

By Hlengiwe Phiri

From baking, cooking, to having your favourite cereal, milk is daily requirement. But with so many different options to choose from, don't you ever wonder which milk is the best for you? Be it, better tasting or better for your health.

Dairy livestock produces milk that's rich in essential nutrients such as fats, proteins, vitamins, minerals, and lactose. The milk has high nutritional value and antibodies that help in keeping the immune system strong. It also contains small hormone quantities that have minor effects on one's health. Farmers torture dairy livestock by repeatedly impregnating them, separating calves from their mothers, and slaughtering the animals when they get too old. To maximise production calves are given less or bad milk. Livestock use up oxygen and releases greenhouse gases which increases global warming rates and land used to sustain dairy farming contributes to deforestation and habitat destruction. This is the reason for the introduction of alternative milk sources that are cruelty free.

Oat, soy, and almond are the leading plants used to produce milk, but they don't have equal nutritional value. Soy milk was the door opener for plant-based milk, with nutritional value that can compare with that of dairy-livestock it was the perfect foundation for the plant-based milk industry. The other plant-based milks need artificial enrichment. Although plant-based milk cannot make other dairy products like cheese due to lack of certain nutrients, they however play a big role in regulating atmospheric gases.

Entomilk is derived from insects such as cockroaches and black-soldier fly larvae although as stated by a 2016 study that showed that the protein rich milk obtained from the *Diptera punctata*, a birth giving cockroach, is not actually milk but rather a pale liquid. Entomilk is easy to cultivate, and it's more energy, land, and water efficient. Insects are small and to produce a litre of milk a lot of insects are needed. The Gourmet Grubb based in Cape Town, is the only known eatery that offers entomilk. Another alternative that'll be slowly making its way into our fridges is the gene-modified bacteria milk.

Eating your bowl of cereal shouldn't have a negative impact on the environment. Therefore, careful consideration should go in choosing the best milk for you and for Mother Earth.



HOT POT

By Lindelwe Myeza

Extreme weather phenomena have become commonplace today as climate change continues to push the Earth to its tipping point. In 2021, South Africa is experiencing one of the coldest winters on record, whilst the northern hemisphere is plagued by scorching heat waves and wildfires. These might seem like unrelated events on the surface, but they are driven by one common factor, global warming.

One of the main culprits for global warming is excessive carbon dioxide (CO₂) emissions. The largest contributor of CO₂ into the Earth's atmosphere is human activity (with about 13 billion metric tonnes added in 2019 alone). The CO₂ in the Earth's atmosphere goes into the carbon cycle, which mostly involves the ocean and photosynthetic organisms acting as carbon sinks to redistribute the carbon from the atmosphere.

Oceans cover about 71% of the Earth's surface area, making it the best place for nature to readily dump large amounts of CO₂ from the air but at quite the price for the ecosystems in the ocean. When CO₂ dissolves in water it forms carbonic acid (H₂CO₃). Carbonic acid donates positive hydrogen ions (protons) to the surrounding water and these free hydrogen ions react with carbonate ions (CO₃²⁻) in the water to form bicarbonate ions (HCO₃⁻). This cascade of reactions takes away vital carbonate and calcium ions from calcifying organisms like coral, starfish, oysters, etc. The acidification of the ocean is detrimental for life in these ecosystems as a lot of the ocean's organisms depend on these calcifying organisms as shelter and primary food sources.

As we pump more and more CO₂ into the atmosphere, we gradually warm the planet and ultimately the oceans. The more the oceans warm the less carbon they can absorb, which results in more CO₂ staying in the air and accelerating the rate of warming thus causing a negative feedback loop. This loop should theoretically go on until the temperature of the water drops the rate of absorption of CO₂ below the rate of emission of CO₂ from the ocean, meaning that the ocean will be emitting more carbon than it absorbs.

As we have all seen and experienced, climate change is real and is firmly upon us, but there is still some time to re-adjust our current trajectory and preserve our precious planet. Recent proposals to increase global carbon taxes is a step in the right direction of making fossil fuels undesirable for big corporations. But as people we need to find innovative ways of decreasing our collective carbon footprint, so we don't have to constantly think about terraforming other planets just in case we mess this one up.

Photo: [theguardian.com](https://www.theguardian.com)

MAPPING THE OCEAN; PROJECT SEABED 2030

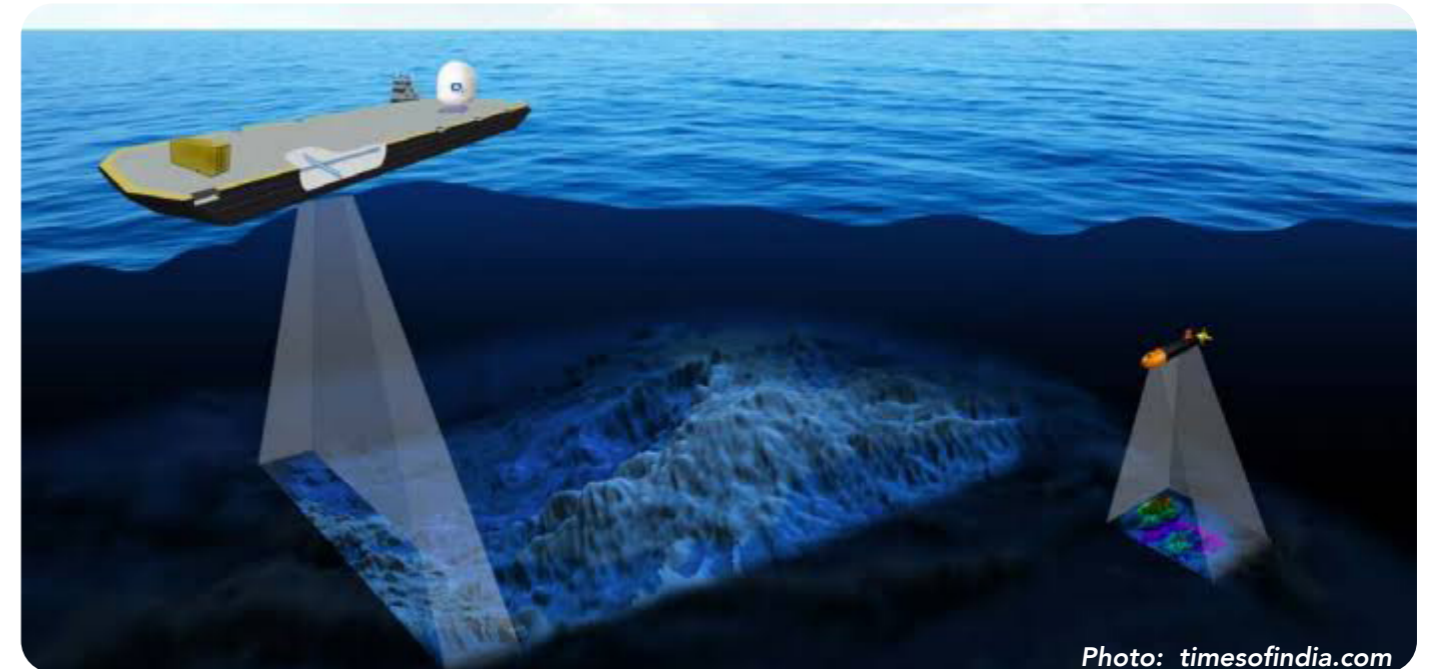


Photo: timesofindia.com

By Mhlongo Surprise

The world's oceans cover about 71% of the Earth and it is speculated that about 90% is unknown about them. That is where the Nippon foundation of Japan and the General Bathymetric Chart of the Oceans (GEBCO) come in. These two organizations are working on a collaborative project namely the Project Seabed 2030.

The purpose of this project is not only to map the seabed for navigation purposes but also to help improve the safety during marine navigation, improve security and defense operations, improve oceanography and climate studies. Furthermore, it is to help guide decisions on habitat conservation.

A bathymetry product consisting of grids will be deployed in the sea depths varying with dept zones. Autonomous vehicles are currently deployed and monitored as they explore the sea depths, thus human safety concerns underwater are reduced. Data collected by these vehicles is then uploaded via satellite and artificial intelligence takes over in the processing the data collected, relevant to the project.

Project Seabed 2030 in the last four years has managed to map ~20% of the sea floor and aims to map the entire ocean by 2030. The project suggests surveying the sea floor beyond the 200-meter depth could take approximately 350 years and double the time to map the shallower regions. Enormous risks and costs are of course anticipated for this project. Hence there is some skepticism about the project, of whether this can be achieved in the desired time. Even with some doubts lingering, the geologists working on this project are mainly focused on the advantages of the project and are determined on reaching their goal.



EX-MADIBAZ STAR EYES FURTHER IMPROVEMENT AFTER KENYAN SERIES

Photo: Eunice Visagie/Outsider Media

By FullStop Communications

Former Madibaz student-athlete Eloise Webb said she would continue to work on her game after returning to action for the Springboks in the two-Test rugby series against Kenya over the past week.

After trouncing the East Africans 66-0 in Thursday's opening encounter, the SA women's side were given a much tougher match on Monday, eventually winning 29-22 in Stellenbosch.

The 25-year-old Webb, who studied at Nelson Mandela University from 2015 to 2018, played in both games and said it was exciting to get back into the swing of things as they continued the build-up to the World Cup.

This tournament will take place in New Zealand next year after being postponed from 2021 due to the Covid-19 pandemic.

Playing at fullback, the Cape Town-based Webb said they had placed an emphasis on a number of areas to work on in the Kenyan series.

"We had certain focus points for both Tests that were important for the team and we also had to adapt to the situation of having a number of players coming into the side for the first time," she said.

Webb scored two tries in the first Test as the Boks ran away with the game, but said it was a much tighter clash this week after the Kenyans brought in several sevens players who had arrived back from the Olympic Games in Tokyo.

She added that the next focus would be on a training camp which is scheduled to be held towards the end of October.

Webb is a talented sportswoman and played high-level cricket and netball, as well as throwing the javelin, before finally settling for rugby's oval ball.

She said she was not that enamoured with rugby initially, but encouragement from her family saw her persist with the sport, which she has now come to love.

Her time at NMU saw her develop her sporting skills.

"I played netball and rugby at the time and the managers were incredible. They helped me grow as a person and as an athlete. Also, my lecturers helped me a lot as I was often away due to my rugby commitments, but they still allowed me to do my tasks and assignments online, which was great." "I will always be grateful for the opportunities I received at varsity, which allowed me to further my sporting career."