

MADIBAZNews

News for the students, by the students

IT'S DARKER THAN YOU THINK

Siyolise Gqongwana

After Minister of Health, Joe Phaahla, repealed Corona Virus (COVID-19) regulations towards the end of June, citizens thought things would finally go back to normal – but Eskom had other plans. A pandemic on its own, the public utility has been terrorizing South Africans with its infamous 'schedules', including the implementation of Stage 6 for the first time. A delve into Eskom's underlying fundamental issues will reveal that the problem is darker than you may have presumed.

In March 2015, four of the company's executives, including its CEO, were relieved of their duties without warning. The Zondo Commission revealed that this was after the Gupta's whispered into the ear of former president, Jacob Zuma, the names of the people who should be placed at the forefront of Eskom – thus ensuring the family's control of the utility.

Since they own coal mines through their company, Tegeta; capturing Eskom opened up the opportunity of selling their coal in bulk – making Eskom lower its quality standards in the process.

Another twist to this premeditated malevolence, also illuminated by the Zondo Commission, is that the Gupta's initially did not have enough funds to buy the mine, but Eskom's new management was 'kind enough' to finance the R2 billion deal – which explains the huge debt Eskom finds



itself in. This insolvency has impeded the company's ability to maintain a number of its coal-fired power stations, resulting in the darkness the country faces today.

Although at the helm, corruption is not the only reason for Eskom's rapid descension. Coal mines in South Africa are very old and have been mined for decades, meaning the better half of the coal has already been used – and there seems to be little light at the end of this dark tunnel, as coal is a finite resource.

This has brought up conversations of finding more sustainable ways of producing electricity – with biomimicry (drawing inspiration from nature) offering the most feasible solution.

But with finance minister Enoch Godingwana admitting that we are going to need a financial miracle to restore Eskom, it seems like citizens will have to adjust to loadshedding being the norm.

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LETTER FROM THE EDITOR

We are so excited to welcome everyone back to another great edition of Madibaz News!

After the mid-year exams, the struggles with water and electricity, and the stress of the ever-dark looming second semester, we know that everyone needs a break. Luckily, this edition is filled with great information regarding alternatives with our water and electricity struggles, information you never knew you needed, and feel good stories to just make you feel good!

With the inception of the second semester, we can only wish everyone well over the next few months. The fallen mask protocol has raised more questions than answers, and we can only hope that we will start seeing each other on campus again soon, but until then, keep well!

Please do look after yourselves. The second semester is known for taking their victims, so do protect your mental, physical and emotional health. Do not forget that the Emthonjeni Student Wellness Centre is there for you - 041 504 2009.

Otherwise, we hope that you enjoy reading this edition as much as we enjoyed putting it together for you. Have a great one!

Do not forget to check out our blog and social media accounts!

Leigh Nakeetah Jason

GQEBERHA, THE VIOLENT CITY?



Image source: The South African

By Luphelo Zendile

The State of Urban Safety in South Africa Report, revealed that the Nelson Mandela Bay has overtaken Cape Town as the most violent city in South Africa.

The South African Cities Network (SACN) is an established network of South African cities and partners that encourages the exchange of information, experience and best practices on urban development and city management. The network is both a source of information for leadership of South Africa's largest cities and a catalyst for debate. The aforementioned research was published by SACN. It details of social challenges and developments mainly focused on the nine largest cities in South Africa. Crime and violent behaviour became a concerning matter that spread rapidly throughout the Nelson Mandela Metro.

The report on the State of Urban Safety in South Africa found that, out of the nine cities surveyed in terms of the number of homicides committed per capita in South Africa, Nelson Mandela Bay ranks first with the rise to 60%. The murder cases in the Metro has significantly increased more than any rate before. There have been many protests held before but up until now, people see no developments. Instead, crime and corruption is becoming more problematic.

Relationships between the South African Police Services (SAPS) and the community seem to be torn, as the citizens accuse some police officers of corruption and lack of commitment to their duties whilst the SAPS says otherwise, that the community has lack of corporation which make their work much more difficult. The gap between the two parties has resorted to individuals like Siyabonga Peyi to undermine the purpose of SAPS and decide that the best way for protection is to handle things by themselves.

There should be more initiatives to bring the community and law enforcement together, to make things better for everyone.



Image source: www.ieyeneews.com

AGE OR SOCIETAL ENFORCEMENT?

By Lindokuhle Frank

South Africans awoke to the tragic news that 21 youngsters, aged 13 to 20, had died at Enyobeni, a pub in East London's Scenery Park, on June 25, 2022. The deaths of these teenagers sparked a variety of discussions, one of which was whether the South African government should raise the drinking age from 18, to 21.

Following the tragic news, there has been a widespread outcry over the deaths of these teenagers. There have been some serious concerns about the use of alcohol by the youth as the growing number of children as young as the age of 13, are drinking. With binge drinking and alcohol abuse being a reality, what leads these children to alcohol?

There are a number of elements that should be recognised as being connected, including the hazardous use of alcohol by adults at home or in the community, the psychological and physical abuse of children in society, peer pressure, and the romanticized 'Mzansi Drinking Culture.'

In 2015, the Department of Trade and Industry the National Liquor Amendment Bill proposed that alcohol should be prohibited to persons under the age of 21. The Bill proposes guidelines on restricting alcohol advertisements. It also calls for the prohibition of manufacturing, retail sale, distribution of alcohol in rural or urban areas and any location that is less than 500 metres away from schools, churches and threatens to prosecute irresponsible liquor license holders that fail to uphold laws.

Many have emphasised the need for change in South African drinking culture, and how alcohol has been normalised and advertised it as something aspirational, fun and a necessity. When these young kids are exposed to this glamorised lifestyle, teaching them, or telling them not to drink is not enough. Therefore, increasing the age limit may not be a viable solution for underage drinking.

SEMESTER TWO: A BLACK OUT



Image source: ww.onlinekhabar

By Mfundo Ndim

Our country has reached the highest stage of load shedding, Stage 6. This has frustrated the entire country. Businesses and students are the ones most affected.

Load shedding has been with us for more than three years, having started in February 2019. In these three years, nothing has been done to improve the situation. In fact, the matter has worsened.

Students are worried about how they will cope with the current high levels of load shedding in the second semester.

Load shedding has negatively affected students' class attendance. It was said by most students that, when the lights go off during the day, the network follows, and they find it hard to use the internet to research their work and attend classes.

During the night, they must use candles or lights to study and this has negatively affected their studying. Moreover, students are also worried about their safety during load shedding hours. Some say they can't even stay alone in their rooms during these hours, especially those who reside in the central business district (CBD) of Gqeberha and North End. Unfortunately, matters will get worse in semester two as the stages of load shedding continue to climb.

Businesses have also been negatively affected by load shedding since operations are disturbed when the electricity goes off. This has affected their revenues and forced them to buy generators to keep operations flowing. At large, this is not good for our economy as a country.



Image source: www.news24

MASK-OFF: A RELIEF

By Mfundo Ndim

First, it was explained as a pneumonia-like illness and later defined as the novel Coronavirus (Covid-19) by the World Health Organization (WHO). This virus has accompanied us for two years. The South African government adopted strict measures to combat its spread amongst citizens.

The virus deviated people from social norms and forced us to accept ways of living which were completely foreign and restricted our freedom. We had to adapt to protect ourselves and those we love. It changed our education system and forced us to use technology more frequently. Of course, it had its positives and negatives. We had the opportunity to spend more time with our family and catch up with our schoolwork. However, it took more than six million lives globally. It further educated us on how to stay healthy and safe. Sadly, it crippled our economy and took away many jobs on which many families depended.

As students, we had the chance to educate ourselves and study more frequently. We also had the opportunity to take a break, clear our heads, and focus on our personal development rather than stressing about schoolwork all day.

The pandemic taught us resilience, perseverance, and caution. As students at Nelson Mandela University, we should celebrate that soon we will be returning to normality, maintaining contact classes and physically meeting our classmates and lecturers. This marks the end of our frustrations with the disadvantages of technology that haunted us as students. Soon, there will be no worries about network issues and data shortages to attend classes.

Let's be proud that we stood united, and continue the spirit of Ubuntu and celebrate life as proud Africans. Mask-off, at last, we are relieved.

YOUTH IN POLITICS

By Somila Tiwani

According to reports, there are not enough prospects for young people to take on leadership positions inside the South African political system. The youth's restricted space may be the cause of their lack of confidence in politicians.

According to Nicholas Nyati, "the media plays a key role in ensuring young people are engaged in politics." He is one of the few who have thrived, and is also our very own recently elected Interim Democratic Alliance (DA) Youth Federal Leader, who previously served as president of the Student Representative Council (SRC).

Xabiso Nicholas Nyati (28) enrolled at the university in 2012, studying Nursing. He showed no interest in politics. In his second year, Nyati engaged in Fencing. He became the captain of the university team and started exhibiting leadership qualities.

After discussing the difficulties nursing students faced with a friend, Nyati mentions that he made the decision to found an organization to advocate for, and help them. The NMMU Nursing Society, which Nyati founded in 2014, was a success.

He was intrigued to political organizations on campus, and several of them tried to talk to him, but the Democratic Alliance Student Organization (DASO) had won him over. His political career began in this manner, joining DASO as a potential SRC Health Representative.

In 2015, he became the Academics Officer and had done commendable work. For this reason, he became DASO presidential



Image source: Nicholas Nyati

candidate uncontested. They won SRC elections and he became the president in 2016. His initiative to open universities occurred at a time when the #FeesMustFall demonstrations were at their height, making him an unpopular leader. He suffered from the trauma of the several assaults.

Thereafter, the Kirkwood born-and-bred became a Youth spokesperson for the DA mayoral campaign in Nelson Mandela Bay metro and afterwards worked as a constituency officer for the Ngqura Constituency.

Along with being a PR councillor, DA spokesperson for Human Settlements, and interim DA youth leader, he has also worked as an executive support officer for the MMC for Human Settlements and a communications adviser for the executive mayor. He makes us proud.

DEMYSTIFYING ENTREPRENEURSHIP

By Panenyasha M Nhavira

Have you ever watched endless interviews of people interviewing entrepreneurs and asking the wrong questions? You watch the interviews to get answers, but in the end, you are still confused. Research tends to show that 90% of start-ups and 75% of venture-backed start-ups fail. However, I am not here to demotivate you but rather to provide insight into entrepreneurial success.

Entrepreneurship can be viewed as a foreign concept often referred to as 'unchartered waters.' Here are some of the tips on how to navigate these waters. If we become more aware of our surroundings and take advantage of the market at Nelson Mandela University, several opportunities may reveal themselves to us. "People would compliment me and some would come and ask me to do their make-up for events. That was when I realised that I should probably consider this as a part-time business" Natasha Towindo, a student at Nelson Mandela University stated. She started her journey as an entrepreneur by satisfying market demand.

Also, with the incredibly expensive prices of self-care products, Cherel-Leighn Jonas, also a student, discovered her passion for self-care products. Jonas decided on creating affordable satin hair care products for students to save money. These include bonnets, satin scrunchies and satin sleepwear. She sews the bonnets to manage costs and maximise her profits. Jonas promotes her products using online services such as Instagram- Cherels_naturals.

Additionally, to protect her business concept, she registered her company, and started making a profit two weeks after starting her business. This shows that if you study your target market, success is achievable. "I have learnt how true the famous phrase "time is money is" Jonas implies. "If all my customers had to compliment me on one thing, it would be that I always make sure to deliver a few days after they have placed their order" she continues. Entrepreneurship requires one to step out of their shell and build a community of trust with one's clients. Remove the fear and take a secure risk. It is better to try than to not try and never know what the outcome could have been.



Image source: www.freepik.com



Image source: www.istock.com

YOUR NAME IS YOUR IDENTITY

By Akahlulwa Radana

"Your name is funny, can I just call you...?" or "I can't say your name. I'm just going to call you ..." Do these phrases sound familiar to you? Contrary to what others might think, a name is not just a name. A name holds one's identity and loses its meaning when butchered.

One can say that when someone butchers another's name, they strip them of their identity and respect. It can be argued that what we call "coconuts" may have been created in this manner. When Amahle becomes "Amashle", this becomes the husking of a once proud Zulu girl, now ashamed of her own name, for she feels she needs to fit a specific mould to be accepted by the Western side of society.

The mispronunciation of African and non-English names is an issue that is often overlooked. Language barriers are a significant source of this issue, after all, our country does consist of eleven official languages, and some sounds simply do not exist in languages outside one's own. However, there is a distinction between a language barrier and simply refusing to make an attempt. Bonginkosi Tiwane wrote in a 2016 article that when he was in high school, he had a Maths teacher who refused to pronounce his name correctly and would refer to him as Bongi-wat-se goed which caused his classmates to laugh at him.

The irony behind such behaviour is that these stubborn individuals always expect for their own names to be pronounced correctly yet for some reason cannot give others that same respect. A woman by the name of Luso Mnthali said it perfectly, "If I can say and spell Botha, de Villiers, Bezuidenhout, Breytenbach, Krog and Rautenbach – you can say and spell Mnthali properly." When you refuse to pronounce someone's name properly, you are telling that you do not respect them or their identity.

Language barriers are a factor in name mispronunciation, but they do not excuse a lack of effort. Therefore, all are implored to show respect to others and consciously pronounce their names correctly no matter how difficult it might be.

THE INSPIRATION : BUNTU PETSE

By Bantu Ndiki

Mthatha born actress Buntu Petse who plays the role of Nontle Majola on *Generations The Legacy* on SABC1, is one of the youngest well-known faces that grew up in front of South Africa.

Being on screen was always in the cards for Buntu, since she was seven years old; she knew that the stage was built for her, and television was in her future.

Buntu knew that she needed to prepare herself for this kind of career, and by allowing the passion to inspire the urge to obtain skills and training, she enrolled at the Helen O Grady Drama Academy, where she turned passion to performance.

The academy doesn't only focus on drama, but train their students to improve and develop confidence, self-esteem, and communication skills.

No doubt, Buntu is doing very well in the entertainment industry. Acting is not her only discipline as she has expanded to television presenting avenues and the MC-ing of events.

Her big break into the industry was when she landed the role of Nontle on *Generations*. It was not easy, as she went through numerous rounds of auditions and call-backs, until she got the job.

She took the crown, ran with it and never looked back. The character was never a hassle for her to portray and play it because it was like her in terms of boldness.

She holds an Honours Degree in Theatre



Image source: www.facebook.com/Buntu-Petse

and Performance, but unlike others, she went straight to the silver screen. "The entertainment is exciting; I love connecting with other artists through work. The possibilities are endless with this line of work" says Buntu.

Buntu's opinion regarding the industry is that it has come a long way in debuting young, unknown and very talented artists and believes there's still a long way to go and that this should be a priority.

She is the biggest inspiration to black youth, from the Eastern Cape to South Africa at large.



Image source: Herald PE

Women in Business: The Future

By Charnelle Davids

In celebration of Youth Month, the Businesswomen Association South Africa's Port Elizabeth Branch, collaborated with Nelson Mandela University on the 23rd of June 2022. The purpose of the event, held at the Ocean Sciences Campus, was to bring together female students in business, in an environment with renowned female leaders and business owners in Nelson Mandela Bay.

The Businesswomen Association (BWA), is a non-profit organization steered by a group of passionate ladies, and their powerful platforms that awards all women in business with a voice that inspires them to dream big – personally and professionally. The Madibaz Youth Entrepreneurship Lab aims to establish an environment of support to new and existing student youth entrepreneurs through collaboration in areas of entrepreneurship development.

Lerato Lebopo facilitated the panel that consisted of young ladies who shared their inspiring entrepreneurial journeys and sentiments in how to foster entrepreneurship amongst the new generation. The panel ignited an open and inviting conversation amongst members of audience.

The speakers of the day were:

1. Atlehang Nkotha(Overflow and Wisdom)
2. Chemille Ambraal(Chemille Meraki Designs)
3. Anele Mvazana(Today Brand Studio)
4. Charnelle Davids(Khula Cosmetics).

The collaboration was an absolute success. From the warm atmosphere and great food, to the important advice shared and the networking that took place afterwards. It was amazing to be in the presence of women who make it their mission to assist and uplift fellow women in business. Nelson Mandela University will foster another collaboration with the BWA group and the amazing work they do.

KINDNESS MATTERS

By Laiken Faiers

“Not for ourselves alone are we born” is a quote attributed to Marcus Tullius Cicero. Cicero was a Roman born in 106 BC, and yet his quote speaks directly into the Ubuntu spirit. One of the greatest benefits of volunteering is the impact it has on your community. Even the smallest of tasks can be of immense value to other people, animals and organisations who are in need. However, volunteering not only positively impacts a cause you are passionate about, but it can also be of benefit to you.

This is because volunteering connects you to other people – enabling you to form friendships and relationships. Volunteering is beneficial for your mental and physical health as it boosts self-confidence, combats depression, and keeps you active.

Three volunteer opportunities available to Gqeberha are:

#1 Meals on Wheels

Meals on Wheels is a multifaceted welfare non-profit organisation which aids South Africans who are poverty stricken by providing them with meals and food security. You can apply to volunteer, or you can make a monetary donation which will help feed someone in need. For more information go to their website <https://mow.org.za/>.

#2 UVIWE Child and Youth Services

UVIWE is a charity which aims to help vulnerable children and unemployed youth. There are five ways in which you can get involved. You can donate money or goods, volunteer, become a friend of UVIWE, or help through fundraising. Find out more on <https://www.uviwe.co.za/get-involved/>

#3 Animal Welfare Society (AWS) PE

AWS PE is an open shelter which offers a safe place for lost, abused, or abandoned animals. AWS is currently not allowing any new volunteers at the shelter though this may change soon. However, you can apply to volunteer at one of the Wagtails Charity Shops. Monetary donations and animal food donations are also greatly needed. Find out more at <https://awspe.co.za/pages/volunteer>

Volunteering has incredible benefits not only for you but also your community. To paraphrase Cicero - Not for ourselves alone do we use our position of privilege to uplift others. Not for ourselves alone do we decide to make a change.



Image source: www.californiavolunteers.org

BOOK REVIEW: HOW TO PRONOUNCE KNIFE - SOUVANKHAM THAMMAVONGSA

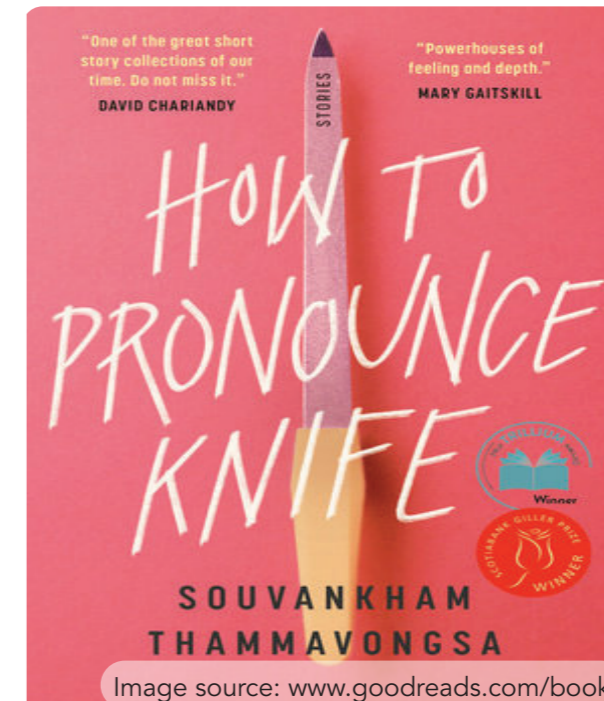


Image source: www.goodreads.com/book

By Laiken Faiers

Through a series of fourteen short stories, Souvankham Thammavongsa's *How to Pronounce Knife*, explores the seemingly mundane lives of immigrants, refugees, children, and elderly neighbours.

Thammavongsa illuminates their pursuit for belonging through their hopes, struggles, and love affairs. She also interrogates what it means to find meaning and to make a living. Each story captures the essence of the characters' daily lives – shining a light on those whose stories are often overlooked. Overlooked stories like an unlikely friendship formed at a chicken plant, a former boxing champion getting a job at his sister's nail salon, and a mother who abandons her family for a fantasy.

Thammavongsa was born in Nong Khai, Thailand, in a Lao refugee camp and was raised in Toronto. She studied English literature at the University of Toronto and graduated in 2003 after completing her undergraduate degree. After this she published several essays and poems and completed a few writing residencies.

How to Pronounce Knife is one of her most well-known works as it received a lot of attention after winning the 2020 Scotiabank Giller prize. This Scotiabank Giller prize was founded in 1994 in honour of late literary journalist Doris Giller. This is a prestigious prize awarded annually to the author of the best Canadian novel or short story collection published in English.

David Chariandy called this book “one of the greatest short story collections of our time.” And with extracts such as “When you’re a mother, you create a life and then you watch it go on its own way. It’s what you hope for, and want, but when it happens, it happens without you.” and “The pain came afterwards, and matched the sadness he carried around in him, anchored in his body like an extra set of bones,” one can stand by his statement. Each story in *How to Pronounce Knife* is strong and insightful. It is a book to add to your reading list this semester.

SKY REPLACEMENT

MONKEYPOX: OUR NEW REALITY?

By Sonia Van Der Linde

From one fatal disease to another. The danger and panic seems to have no end in sight as the number of monkeypox cases begin to steadily rise, just as strict Corona Virus (COVID-19) protocols have come to an end.

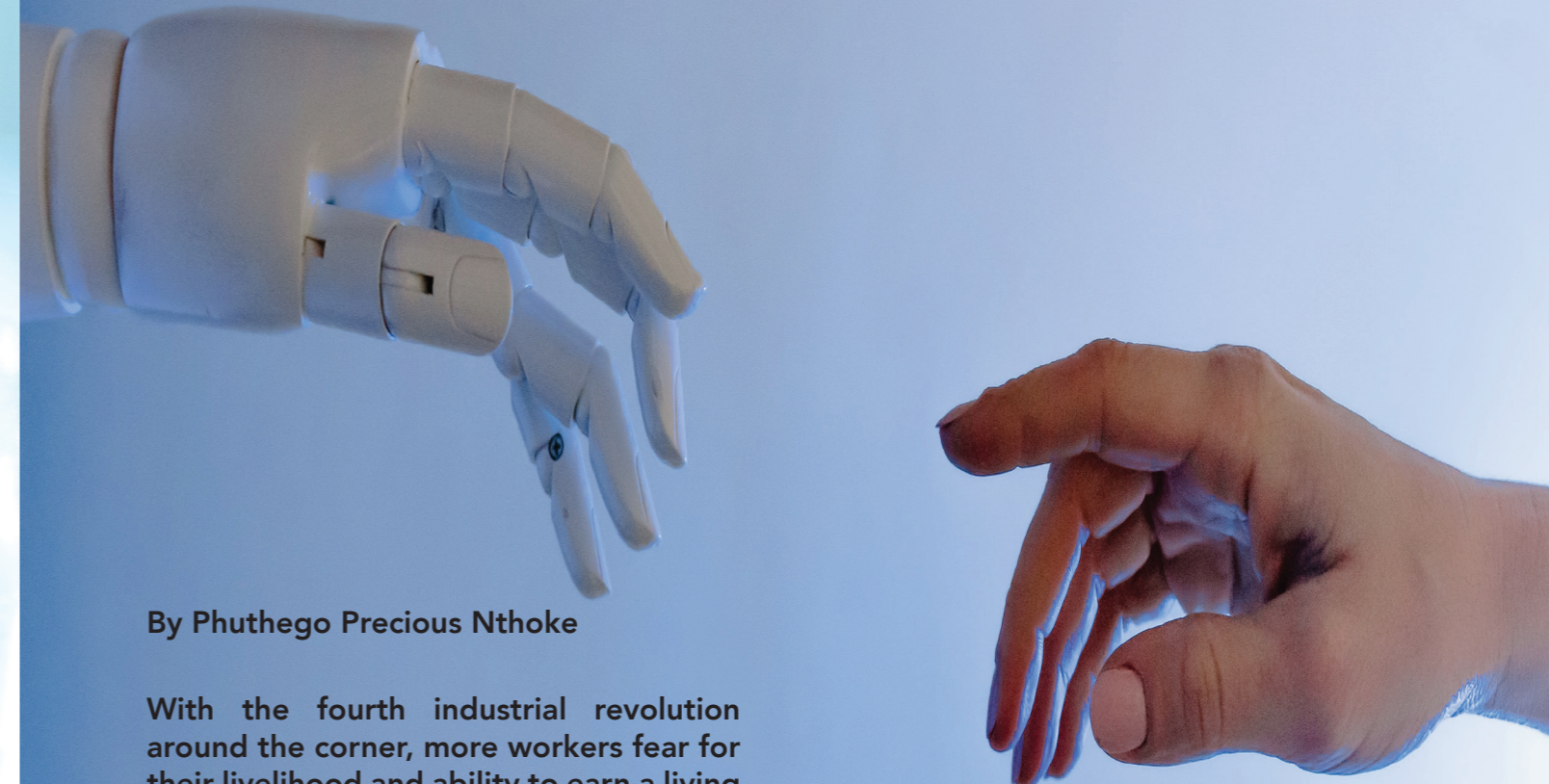
Although there are only three confirmed cases of monkeypox within South Africa, the most recent being within Limpopo, 6000 people across the world have been confirmed to have attracted the strange disease. With the lack of travel bans and safety protocols, the World Health Organization predicts that numbers will quickly rise, including within South Africa.

What exactly is monkeypox? And what are the symptoms? This disease has been around for a lot longer than one might have expected. In fact, the first confirmed case was in 1958, within a research encampment. The source of the disease, however, is still unknown. Even though the name "monkeypox"

seems to clue us in on the origin of the pox variant, researchers still do not know where the disease came from. Even though this disease is much less contagious when compared to COVID-19 or the SARS virus, it is still being spread through close contact. Symptoms include a blister-like rash, fever, fatigue, muscle aches and headaches.

The difference between this outbreak and the 2020 outbreak is that researchers know a lot more about the nature of this disease. Monkeypox is genetically very similar to smallpox, a disease that we know has already been fought through anti-viral medications and a vaccine. Even though this disease does not spread like the coronavirus and is not being considered a possible pandemic yet, it is important to remember how easily things change in our world, and we must practice diligence for the sake of those around us.

Image source: www.pexels.com



By Phuthego Precious Nthoke

With the fourth industrial revolution around the corner, more workers fear for their livelihood and ability to earn a living wage within a stable work environment.

Many industries have adopted the use of new technology in South Africa, such as within the tourism industry. When we look at the tourism industry, we expect human interaction. The Hotel Sky is the first hotel in South Africa that has adopted a robot as part of their staff.

Imagine walking into a hotel and being greeted by a self-playing piano, roof riding, talking robot. Well, Hotel Sky has just that and it is just the beginning. This not only attracts more visitors, but it acts as a measure to protect their staff from guests who could potentially carry the virus.

Hotel Sky is a duo of hotels that opened during the 2020 pandemic. One is located in Cape Town's Foreshore and the other in Sandton. Both equipped with a personalised digital experience, remote booking, as well as check in, a room key that you get via an application on your phone, a restaurant with

a grand piano that plays itself as guests arrive, state of the art technology, Wi-Fi coverage and ready to watch streaming services.

Upon entering the hotel, you are greeted by three robot concierges named Mika, Maya, and Skyla at the Cape Town location and Micah, Ariel, and Lexie at the Sandton location, eyes bright red with LED lights and ready to assist. They can carry a maximum of 300 kg worth of luggage and guests have an option to use the robots or request a human, if the need arises.

With the hotel's beautiful scenery and top-notch technology and service, many wonder if the human staff that remains will be replaced by the efficient robots. That currently seems unlikely, as the hotel works with the local tourism and job creation departments to create great working environments and more work within the communities. Hotel Sky is definitely a destination point for the rich and wealthy, young, and vibrant, and everyone who wants to experience something new.

Image source: www.pexels.com



Image source: www.getty/images

HOLOGRAM TEACHING IS THE FUTURE

By Phuthego Precious Nthoke

As technology advances, life becomes simpler; work becomes more convenient, and school becomes easier. This article focuses on education, more specifically: the use of holograms therein. Online learning has been continuously praised as the future of teaching.

E-learning is a futuristic mode of education that forms the basis of research conducted and funded by South Africa's leading Universities. Holograms are an effective way of teaching as it accommodates remote learning; hybrid and contact teaching. Hologram technology is actually very well-known in South Africa - in fact it was introduced in 2010, but only entered the spotlight in 2019 when President Cyril Ramaphosa gave a speech, using hologram technology at South Africa's first digital economy summit.

Many higher education institutions have considered using this type of hologram technology, as opposed to other forms of online learning. Using holograms in a classroom environment possesses many benefits, such as helping history come to life, bringing the educators to the learner. They also facilitate learning and get students to engage, and help explain a concept in different ways, it reduces the volume of notes that students need to take and grabs the full attention of the learner, while opening doors for curious students who want to take the technological route as a career.

Hologram technology is a local hot commodity and is a fast-growing technology that will take time to be adopted into the education system. Hologram-based education, like all technology, is an ever-growing field and may very well be the future of learning.

THE FUTURE OF MENTAL HEALTH IS ARTIFICIAL



Image source: www.pexels.com/photo

By Amahle Phendu

Artificial intelligence is the branch of computer sciences, that emphasize the development of computers and machines that think and work like humans. Artificial intelligence has lately been used more frequently by mental health professionals to improve the accuracy of their diagnosis and the treatments prescribed.

Artificial intelligence plays a huge role in healthcare and is currently being used to facilitate early disease detection; enable better understanding of disease progression; optimize medication or treatment dosages, and uncover novel treatments. It is apparent that the usage of artificial intelligence within mental health services is changing in a significant way, providing more effective and even personalized treatment plans.

This is because this technology does not only give more insight into the patient's needs but it also helps to develop therapeutic techniques and training. Mental health practitioners still prefer a more hands-on approach in their clinical practice, compared to most non-psychiatric practitioners. They rely more on softer skills like forming relationships with the patient and observing their behaviours.

As artificial techniques continue to be improved daily, it will soon be possible to help mental health practitioners re-define mental health illnesses more objectively; identifying these illnesses at an earlier stage when the interventions may be more effective and prescribing treatments based on the patient's unique characteristics.

With the help of artificial intelligence, therapists can quickly move through large amounts of data and identify family histories, patient behaviours and responses to prior treatments in order to make a more precise diagnosis and make more insightful decisions about treatments. Artificial intelligence really is the future.

THE GROWING FORCE AGAINST CYBERCRIME

By Derick Hill

As the use of cell phones and computers increases, so does the rate of cybercrime. Cybercrime, defined as criminal activities where computers are utilised to further illegal ends, is so rampant in South Africa that our country was recently found to have the sixth highest cybercrime density in the world. These days, other crimes committed offline hardly ever avoid the digital either.

Shoplifters are caught on CCTV cameras, house burglars stalk their future victims on Facebook, and drug deals are initiated on WhatsApp. The unbounded proliferation of digital evidence is causing a reaction: the slow but steady growth of digital forensics in South Africa.

Digital forensics is a branch of forensic science that focuses on acquiring, analysing, and reporting on digital evidence. This includes text messages, internet search history, images, and much more. On the surface, this particular area of forensics may not seem as exciting as the other types of forensics we so often see on TV – there are no blood spatters to pore over, no autopsies to conduct, and no fingerprints to find – however, there are some who nonetheless find excitement in the job.

'Wannabe' hackers are given the chance to break into passcode-locked devices and read hidden files using advanced cryptographic tools, budding engineers get to strip down cell phones to access memory chips, and cyber-sleuths are paid to stalk down digital intruders in important computer networks. Once all the evidence is collected and analysed, some digital forensics analysts get to appear in court as expert witnesses to present their findings.

Digital forensics is not only an exciting field for young techies who are looking to pursue a career in cybersecurity, it is also becoming a necessity in our country's legal system as well as the private sector. Cybercrime is not going to slow down, so more and more skilled individuals should be encouraged to grow the digital forensics industry in South Africa.



Image source: www.pexels.com/photo

WHY ROBOTS RULE THE UNIVERSE?

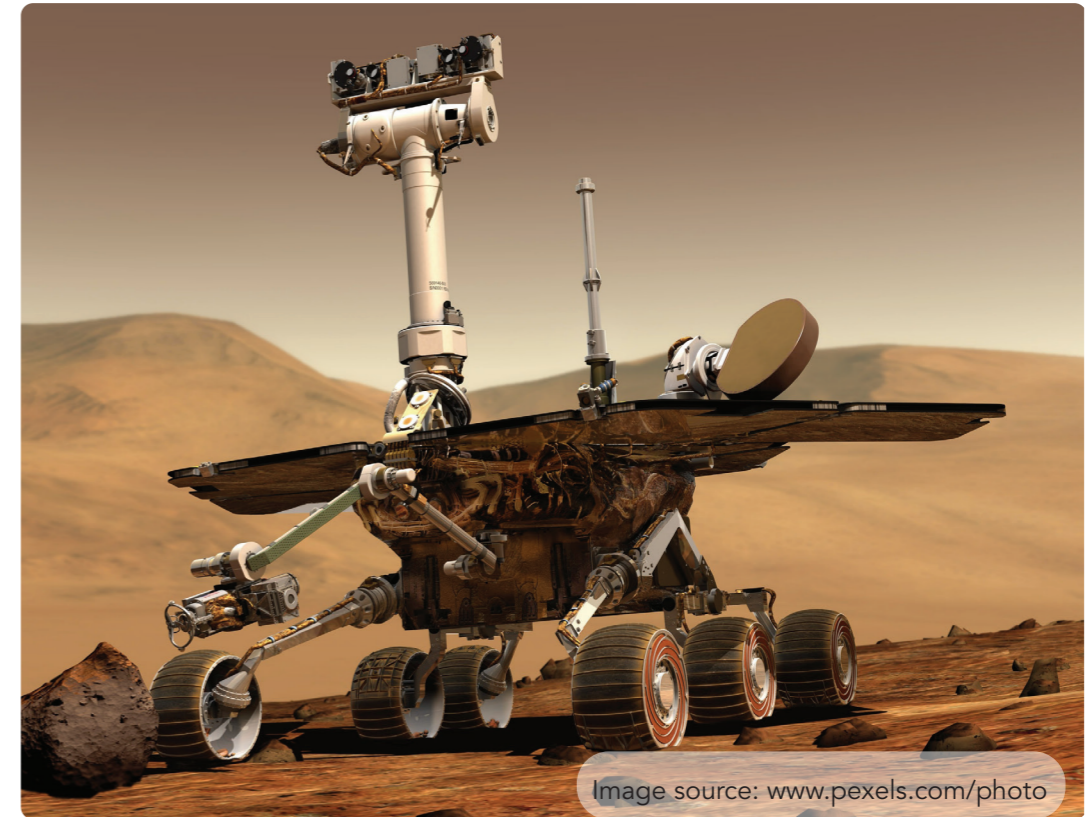


Image source: www.pexels.com/photo

By Derick Hill

One of the greatest questions we have yet to answer: Are we alone? In the vastness of space, does any other life exist? Many have envisioned what extra-terrestrial life may look like, and what our interactions with aliens would consist of.

Although science fiction is rife with imagery of little green men with bulging black eyes and uber-technological, sharp-toothed monsters, humanity's first interactions with other sentience will probably be wholly different. It is theorised that within one million years (according to science fiction author Poul Anderson), the entire universe will be populated almost completely by robots.

Spaceships undertaking journeys too dangerous for biological organisms will be filled with mechanical life, and civilisations that die out and will leave behind digital probes and beacons as relics of their existence. The Kardashev Scale is a scale that was designed by Russian astrophysicist Nikolai Kardashev in 1964 while he was looking for signs of extra-terrestrial life.

The scale is used to classify different civilisations based on how much energy they have at their disposal. For example, a Type I civilisation would be able to harness all the energy available from a neighbouring star, whereas a Type IV civilisation would be able to almost harness the energy of the entire universe. Humanity is not even on this scale, so we would be a Type 0 civilisation. Yet, in all our technological inferiority, 50% of the planets we have inhabited are solely ruled by machines. Mars, the red planet, is ruled by six rovers.

Taking that as a sign of things to come, we can assume that as our civilisation progresses to higher levels, more and more planets will become home to our robots. And then, at some point, the first interactions we have with aliens will be purely mechanical; thousands of light years from the nearest biological life.

HAIR CARE, CANCER THREAT?

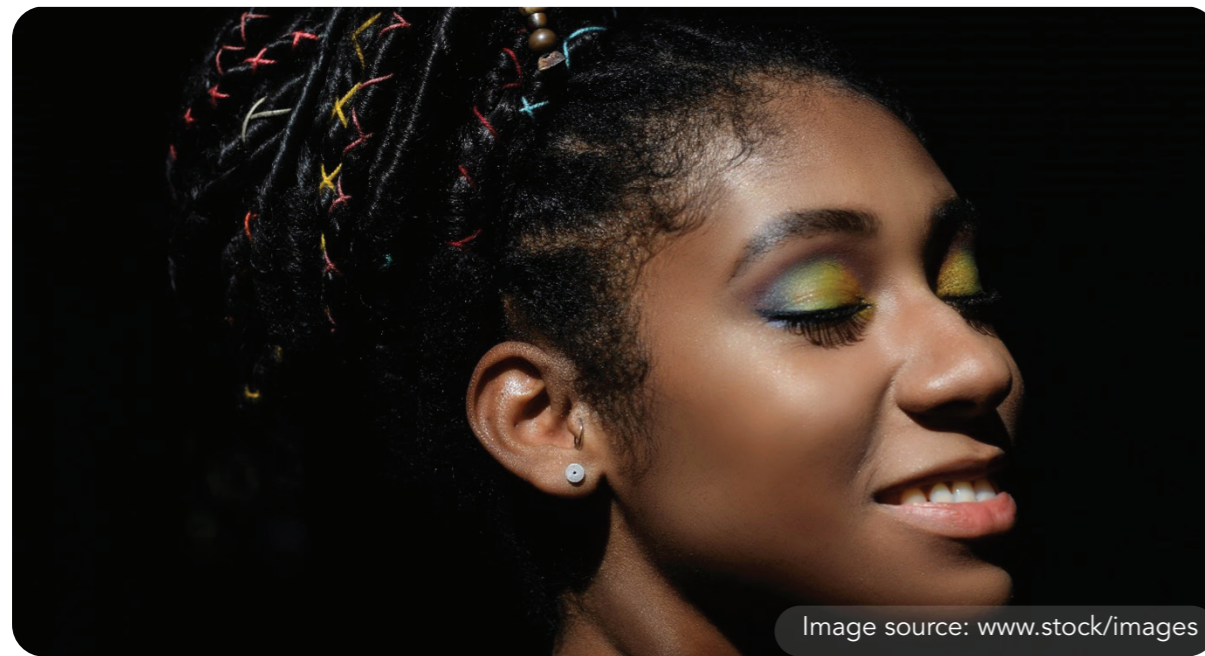


Image source: www.stock/images

By Zoleka Makhathini

Breast cancer is a long-standing disease that has claimed over 685,000 lives worldwide. According to research presented on June 11, 2022, at the Endocrine Society's annual meeting in Atlanta, Ga., chemicals known as parabens (frequently found in hair and personal care products) lead to toxic effects on breast cancer cells in black women.

Parabens are a class of chemicals that inhibit the growth of mould and bacteria in beauty products, specifically those created for black women, which prolong their shelf lives. According to scientists, these parabens can imitate the hormone oestrogen, possibly fuelling dangerous cell growth.

Haircare and beauty products advertised to black women frequently contain parabens, a group of endocrine-disrupting chemicals. A recent study reveals that these chemicals not only elevate the risk of breast cancer, but also enable cancer cells to spread more rapidly in black women, compared to white women.

A recent survey conducted revealed that there are fewer paraben-free product options available to black women. The new study examined the effects of parabens in the cells of black women. The scientists discovered that parabens increased the growth of a breast cancer cell line. At the doses studied, this effect was not detected in the cells of white women, possibly due to genetic differences. Parabens elevated the expression of hormone-related genes in the breast cancer cell line within black women. In addition to this, parabens fuelled the spread of breast cancer, with a greater effect shown within the cells of black women.

The lead researcher, Lindsey S. Trevino reported that these findings provide new evidence that parabens are a great threat to black women as it significantly increases the risk of the development of breast cancer. Long-chain parabens (Methylparaben, propylparaben and Butylparaben) should be avoided as many brands have switched to offering "Paraben-free" products, even though it might indicate that they are simply employing other preservatives. We can only hope that this issue can be resolved in future.

1st RUNNER



CONGRATULATIONS TO THE WINNER
Zimasa Mbovana

As the younger generation of South Africa, we have very big shoes to fill, following in the footsteps of the late, great President Nelson Rolihlahla Mandela. Fortunately, we do have certain tools at our disposal, like the internet and technology as a whole.

This reflects everywhere, but especially on campus, where we have societies like the Madibaz Radio Station, and MadibazNews newspaper. These are crucial as they provide students with current information regarding campus grounds, university news and the city at large.

Our world is dominated by technology, allowing us to propose what is ideal for youth and everyone alike. It is through the provision of the radio station that Nelson Mandela University students have great chance of learning and gaining experience, perhaps laying foundation for future radio and television personalities, through their teachings of interpersonal skills.

As Nelson Mandela said "The power of education extends beyond the development of skills we need for economic success. It can contribute to nation-building reconciliation." . Students who work for MadibazNews learn writing, editing and publishing techniques - useful for those who wish to become journalists.

Collaboration with MadibazNews and MadibazRadio is interesting and beneficial. Our resumes are enhanced through association, and we learn new skills and daily news.

"Whatever the mind of a man can conceive and believe, it can achieve."- Napoleon Hill

2ND RUNNER



**CONGRATULATIONS TO THE WINNER
Akahlulwa Radana**

It is known that despite numerous years spent tirelessly studying for respective qualifications, those mean virtually nothing in the corporate world if one does not possess experience.

Madibaz News offers the obligatory work experience required for those longing for a career in media. They introduce different styles of writing to aspiring writers who wish to be spontaneous in their penmanship. In my experience as a writer for the Science and Technology section, I initially believed that my authors' style had to be serious because, after all, science is technical and often associated with seriousness.

As I grew comfortable as a writer, I realized that some sections deal with more earnest topics, but it is not to say one cannot have a bit of fun where necessary. Together with the journalists, photographers can have their work featured, meaning potential recognition from prestigious photography companies.

Editors are given opportunity to adjust to the workload, assisting with editing, graphic designers are responsible for the layouts and design of the paper, offering the students studying graphic designing, a feel of what is expected within their field.

Opportunities like Madibaz News means experience for media students, lessening their chance of unemployment but increasing their chances and platforms as entertainment for others. It is imperative that Madibaz News remains a permanent of Nelson Mandela University.

3RD RUNNER



**CONGRATULATIONS TO THE WINNER
Esethu Sifolo**

On-campus radio stations like Madibaz Radio offer an opportunity to many voiceless individuals to be heard by the world. As presenters set the mood for listeners to get going with their daily activities, university life feels more at ease when the first thing you hear in the morning is a station that can connects you to the world with trending news, relevant to students.

Radio stations like this are a great platform for students at Nelson Mandela University to shape their public speaking skills and equip future leaders such skills and voice what is not expressed in other mass media.

On-campus radio stations give many students, especially media students, the feeling of the entertainment industry through the medium of theatre. It is a great opportunity for students to nurture their talent while they learn about the ideologies and culture of media in their respective careers.

It equips students with information that is relevant to what they need to hear at their level of education. information that shapes the minds of students at the university level. Radio is the only type of mass media communication that allows the presenter and listener to interact in a live, real way, unlike other mass media communication platforms that let the audience portray different identities.

For # TheLoveOfAirwaves, presenters get to interact with listeners as real people. Radio is a medium that connects audiences to the world and to information that educates and entertains them.

4TH RUNNER



**CONGRATULATIONS TO THE WINNER
Nkanyiso Nubane**

Besides just providing information, tertiary institutions, like our very own Nelson Mandela University, offer us media platforms like radio stations and online newspapers, respectively known as Madibaz Radio and Madibaz News.

These two platforms have offered students the simplicity and accessibility to broaden their skillset and sharpen their flairs for success and recognition. Those with talents within these spheres are able to join and gain experience nationally and internationally, and are exposed to brands and sponsors that elevate them.

These societies inspire and encourage talented students to never underestimate themselves and offer amazing opportunities to the youth by giving them platforms.

Technology is gradually altering and such opportunities change with them, playing an important role in uplifting the country so that future generations can benefit from them and find it easier to pursue their talents in the public sphere.

Majority of students applaud the availability of both these societies for their exposure worldwide. Radio stations and newspapers like ours progress amazingly, with the times and as a result give our students a great experience with communication and knowledge.

**GOALKEEPER 'SAVES' HIS SPOT
IN NATIONAL TEAM**



Image source: madibaz sport

By Siyolise Gqongwana

Madibaz first team hockey goalkeeper, Kamva Dyakala, recently made the 39-man shortlist for the U/21 South African squad. This came after the show-stopper led Eastern Province (EP) to an impressive fourth place finish in the Inter-provincial tournament held in Gqeberha back in April.

“To be honest, it feels really good. It feels like the hard work I’ve been putting in is finally paying off. But in saying that I know I can’t stop here. I must keep on working hard, there’s no other way,” he said. Dyakala fell in love with the game in grade 8 during his Woodridge College days – but he was not always a goalkeeper. Initially starting off as a sweeper, he made his transition to the posts when his coach at the time was looking for a makeshift goalkeeper due to an injury suffered by their first choice. When everyone declined, including him, the coach later singled him out during practice and put him on the spot. And as they say, the rest is history.

The 20-year-old has represented Eastern Province (EP) on 4 separate occasions but one of his fondest memories in the sport came when he, along with some of his Madibaz teammates, visited Gelvandale to pass on their knowledge of the game to underprivileged youngsters. “Being able to give back to the game that has given me so much made me feel good. It was one of the most humbling experiences I’ve been through and one that I’m really proud of,” said the third year Inventory Stores and Management student.

Kamva and the Madibaz Hockey team also travelled to Cape Town to compete in the USSA Hockey Championships that took place on 4-8 July, where they unfortunately had a demoralizing campaign – eventually getting relegated to the B Section. However, with the 39-man squad getting reduced to 18 over the next couple of months, the 20-year-old will be looking to shrug off this anguish promptly – and focus on showing the national selectors exactly why he’s a keeper.

WOMEN'S FOOTBALL REACHING NEW HEIGHTS



image source: madibaz sport

By Siyolise Gqongwana

One year ago, Madibaz Football made history by clinching the Women's Regional League for the first time ever. The ladies were in a nail-biting three-horse race with Nobuhle Ladies and Port Elizabeth United that went right to the last game of the season, and eventually beat both teams to the title by just a point.

This one-point margin not only won the trophy, but also saw them gaining promotion to the much-coveted Sasol Women's League. Playing in the second tier of women's football was never going to be a trivial task, especially when you lose [through graduation] majority of the pioneers that got you there in the first place.

Nonetheless, the current squad has been doing well to sustain

their inheritance and find themselves 7th on the log with 2 points between them and the relegation zone. Captain, Aya Ndyebi, has highlighted the major differences between the two leagues. "The games are played at a much higher intensity and the quality of the teams has improved drastically. Physicality is also a huge demand in the Sasol league," she said.

Despite these new demands, former Banyana Banyana player and Madibaz head coach Gaironissa Daniels, has not shied away from her original philosophy that saw her clinch promotion on her first year with Madibaz Football. "She's so competitive, playing defensive football isn't her thing. She's told us countless times that if we want to win, we'll

need to get our mindset right and score more goals," said Aya.

The captain also went on to praise the heights that women's football has reached over the years. "I believe it's only the beginning. Varsity football systems and structures have played a crucial role in women's football. Tournaments such as USSA and Varsity Football have resulted in the development and exposure of female players. I honestly think the future is bright," she concluded.

With women's football swiftly garnering global prevalence, Daniels will be hoping her team takes a page from Banyana Banyana's book to finish the season on a high and keep their place in the Sasol League.

LIFT LIKE A MAN, LOOK LIKE A GOD



Image source: dino classic photography

By Yamkela Zakhe

Former Nelson Mandela student, Sinemitha Labase, recently made his bodybuilding debut when he competed at the Cape Border Provincial Championships that was held in East London, Cambridge.

The 22-year-old was doing his third year in Informatics he took a break from his studies due to personal reasons. "I heard about the competition through my personal trainer and a good friend of mine, Yanga Adam.

The fact that bodybuilding has always been at the back of my mind was just the cherry on top. I knew this was my opportunity."

The competition was composed of various categories, including one for 20+ year olds. Sinemitha competed under the juniors and

impressively bagged second place. "I was excited and nervous at the same time but mostly nervous.

The whole trunk posing was a bit weird for me, but I braved it through. Finishing in a pole position was not even in my thoughts, so finishing second in my first attempt was a proud moment for me."

Labase confirmed that steroid use and other dangerous mass-building substances are prohibited from the competition, and anyone caught cheating would be liable for a fine or a penalty of 5 years from competing. So hard work was the only option for the debutant.

He continued to talk about the benefits of bodybuilding and the valuable lessons that he has learnt from his short stint in the sport.

"Bodybuilding has elevated my discipline and the way I push myself. As an individual sport, it has taught me that when you use all that you go through in life to overcome a certain goal, you will achieve it."

Sinemitha is no stranger to high level competition. He also played first team water polo in high school and still dabbles in rugby now and again, which helps him to maintain his fitness. But the young man seems to have found his true calling in bodybuilding.

"I'll never give up on bodybuilding as it is a very rewarding sport. In the near future I dream of competing in the men's classic physique because I feel like being a junior is not enough competition," he said, ambitiously.