

THE STRUGGLES OF INFLATION



Image Source: www.dailymaverick.co.za

By **Pleasure Kekana**

With inflation at an all-time high, South Africans have been struggling with the cost of literally everything – petrol, oil, groceries – basically the cost of living.

The inflation rate is the measure of how far prices rise in the economy. The inflation rate shows how much prices have risen compared to a previous period and is measured as the annualised percentage change in the Consumer Price Index, excluding food and energy.

The inflation rate is a key indicator of the economy's health. Inflation in South Africa is brought on by a variety of variables. Demand comes first. The price of goods or services will increase if demand for it grows because of its

limited supply. 'Demand inflation' is the term used in this situation.

Push inflation is an additional type of inflation. This occurs when the price of items rise as a result of an increase in a production-related expense, like labour or the overall cost of production.

Naturally, the price of a product rises when production costs do, ensuring that manufacturers can continue to turn a profit on their items. The cost of production is primarily influenced by several factors, including the price of oil, the rate of exchange and salaries.

The cost of imported commodities and fossil fuels are other contributors to inflation. If petrol prices rise, you will be impacted not only directly by the cost of the fuel you put in your car, but also indirectly.

Any goods or services that depends on transportation will cost more because of rising transportation expenses caused by rising petrol prices – which is nearly everything.

The current cost of living is insane, and we can only hope for better.

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MADIBAZNews

News for the students, by the students

Administrator

Sade' Prinsloo

s219919569@mandela.ac.za

Editor-in-chief

Leigh Nakeetah Jason

s219919569@mandela.ac.za

Assistant Editor

Mbali Ngube

s219043027@mandela.ac.za

Marketing

MadibazMarketing@mandela.ac.za

Communications

Milisa Mdemka

s221410457@mandela.ac.za

News Editor

Mbali Ngube

s219043027@mandela.ac.za

Lifestyle & Entertainment Editor

Robert Hill

s219084742@mandela.ac.za

Sports Editor

Siyolise Gqongwana

s223501948@mandela.ac.za

Science and Tech Editor

Lindelwe Myeza

s221410457@mandela.ac.za

Opinions Editor

Sikhulule Moyeni

s219991138@mandela.ac.za

Graphic Designer

Shirindza Euphonia Navotna

s221422196@mandela.ac.za

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LETTER FROM THE EDITOR

Salutations to all revolutionary and wise women who are diplomatic, affable, creative, empowering, self-assured, innovative, sincere, assertive, diligent, resolute, and tenacious, among a long list of other qualities. Despite the "Imbokodo" belief we hold during Women's Month, this salutation only scratches the surface of what women can do. Even though I greet women so boldly, I greet the men as well.

This month's Edition comes in the month of Women, the march of about 20 000 women to the union buildings to protest the then-existing pass laws of our nation is commemorated during Women's Month this year on its 66th anniversary. Honouring the contributions of women to our freedom is still important, even though we can never ignore the problems women face today, which are primarily related to gender-based violence.

My hope is that as we move forward after this month, the celebration of women and everything they do will continue to grow, as will their defence and preservation.

I hope you enjoy this month's Edition, and don't forget to check out our socials, we are available on Facebook, Twitter, Instagram and on our website www.madibaznews.mandela.ac.za.

Mbali Mandy Ngube

ENACTUS SOCIETY

By Somila Tiwani

Finding one's way through university may be, and frequently is, incredibly challenging, especially when you are forced to face everything on your own. Fortunately, it does not have to be the outcome for students at Nelson Mandela University as the institution provides a wide variety of co-curricular activities within the Student Governance and Development and Arts, Culture and Heritage Department.

Katekani Shannon Mabunda, the Deputy President and Projects Officer for Enactus NMU for the term 2021-2022 tells us more about the Enactus society, which falls under the Student Governance & Development.

"Enactus is an international organisation that brings together student, academic, and business leaders through entrepreneurially based initiatives that enable individuals to turn opportunities into actual, sustainable progress both for themselves and their communities."

Enactus, according to Mabunda, is a group of academic, business, and student leaders committed to using entrepreneurship to better society. The organization provides student programmes at universities all around the nation. Students in Enactus use business principles to create entrepreneurial ventures that improve lives and create a more sustainable society.

It is a non-profit organisation devoted to encouraging students to use their entrepreneurial skills to better the lives of others. Enactus students use the positive power of business, innovation and entrepreneurial action to address the most important issues affecting the world through diverse and fresh perspectives to empower people and improve livelihoods.



Image Source: MadibazNews 3rd Edition

"This is a society which builds and encourages students to be entrepreneurs", Mabunda concluded.

Students are encouraged to join Enactus by Silondile Cwele, an Enactus member. "I've gained a lot of knowledge from it, and I've met intelligent, business-minded people who have motivated me.

Along with leadership abilities, I have also developed my entrepreneurial attitude." If you would like to join our society, please send an email stating that you would like to join the society, with your name, surname, student number and contact details:

- at enactus@mandela.ac.za
- or you can send a WhatsApp text to 068 443 0233.

WOMEN IN LEADERSHIP SOUTH AFRICA



Image Source: www.edition.cnn.com

By Somila Tiwani

“Our patriarchal society falsely portrays males as the only ones capable of exceptional leadership, while women are considered as unfit for positions of power” - Ntsoaki Gwaelane (Polity, 2020). Despite making up over half of the population, women are still underrepresented in many other leadership positions.

Nevertheless, more female leaders in South Africa are challenging the norm; Sibongile Sambo ought to be at the top of the list. To tackle a male-dominated industry, it takes courage and persistence beyond having the necessary skill set to lead a business. This is exactly what Sambo did when she founded and led the first black female-owned Aviation company, SRS Aviation.

She had a human resources background, but she had always wanted to work in the aviation industry. Sambo seized the chance to realize her aviation goals when the South African government implemented the Black Economic Empowerment Act in 2003, which led to the founding of SRS Aviation.

SRS aviation is the first black female owned aviation company not only in South Africa, but Africa as whole. SRS aviation is also the African distributor of new and overhauled air craft spare parts for the commercial, commuter, corporate, military and cargo aerospace industries.

Additionally, research is showing that the outcomes and contribution to economic growth improve when more people take up leadership roles. In addition to the proper demands for justice and gender equality, the influence of women in important leadership roles and employment on economic growth is a crucial element of the need for their presence.

Women should be encouraged to aspire to leadership roles from an early age and should understand the natural capabilities they possess and the resources available to them. Combining their resources, expertise, and capabilities could increase their possibilities to become leaders. More than ever, we need women to hold leadership positions because they naturally possess the type of nurturing, loving, and inclusive leadership that men lack.

REASONS TO BE PROUD: AYANDA MHLAMBISO

By Leigh Nakeetah Jason

Nelson Mandela University is home to many things – agriculture, wildlife and diversity to name just a few, but recently The Herald showcased one of our greatest assets – talent.

Madibaz Radio’s very own executive producer and editor of the news segment, Ayanda Mhlambiso made his peers and the university very proud when it was announced that he had won the Youth Day Article Competition published by the local newspaper on Thursday 30 June 2022. The article titled Youth Struggle Continues was based on the events that led to the well-known Soweto Uprising in 1976.

It compares the youth of then, who stood in protest against their circumstances, with today’s youth who face the same problems, but with a dash of unemployment; poverty and peer pressure. The 32 year-old believed that he needed to convey his message across a public platform to reach said youth so that they could be inspired to try and make a difference, not only for us, but future generations to come. He is passionate about the creation and improvement of youth structures country-wide, especially in underprivileged areas.

Clearly well on his way to achieving his dreams, Ayanda’s dream is to become a sports journalist, and his biggest desire is to work at Sky Sports News in Britain, covering either rugby or soccer, but ideally both – his love for sport is second to none. His biggest dream, however, is to provide opportunities like this for others. The third-year journalism student would love to start his own business programme based on sports broadcasting.

His accolades are an inspiration to us all. Apart from having his work published in the local newspaper, Ayanda received a goodie bag that contained a brand new laptop and stationery to keep his dreams going. He is “humbled and privileged to win such a prestigious and competitive award via this competition.”

He is a reason to be proud!



Image Source: Nelson Mandela University Official Facebook Page

STAND UP, IT IS TIME

By Mfundo Ndim

The youth's deliberate act of disengaging themselves in political matters and the governance of our country is a curse. I assume the time for young people to start discussing political matters has arrived and is knocking on our doors.

We must not deny that our country is on the verge of collapse. Regardless of its natural wealth in gold, chrome, diamonds, and platinum, it is still one of the most unequal countries in the world, with high poverty rates, unemployment, and crime. It is also home to political activists like Chris Hani, Nelson Mandela, Steve Biko and many more. Perhaps the issue is the lack of good leaders. Our current problem lies in leadership.

The method is old and lacks vision and innovation. It is corrupt and sounds like a broken record. However, it seems like young people are not in touch with such matters. They are not even talking about these issues. The time to do that has arrived. We as the youth, and future leaders of South Africa should start having these discussions on how we can combat unemployment. Furthermore, which ideology do we want to govern our country? How can we fix our justice system and the education system?

According to Rivonia Circle, we must start building South Africa 2.0 and the youth needs to be at the forefront. Perhaps, we should start being part of the Rivonia Circle movement and utilise it as a platform for discussion. They are many movements we can be part of to have these discussions.

Movements like the Defending South Africa's Constitutional Democracy Movement, the Economic Freedom Fighters Student Command, Democratic Alliance Student Organisation and others. Therefore, young people, let's start having these discussions and show our leadership that they are messing with the wrong generation's future.



Image Source: www.interview-skills.co.uk



Image source: WWW.News24

IS WOMEN'S DAY REALLY WORTH OF CELEBRATION?

By Lindokuhle Frank

In South Africa, the month of August offers a chance to consider independence and women's emancipation. The point of this, is to reflect on how far our nation has come in overcoming the challenges and oppression faced by women since 1956. The system is repeatedly demonstrating that women are not "valued" with gender-based violence and femicide (GBVF) being a major issue in South Africa, it raises concerns about the significance of this day and if it is worthwhile celebrating.

The obvious answer would be that yes, it is, women are free from political bondages, they have rights that allow them to move freely, and take up space in a society that is deeply embedded in patriarchy. However, being a woman in South Africa is a constant struggle, as men are at war with women. The increasing numbers of GBVF incidents in South Africa make it difficult to celebrate the achievement of historical oppression and freedom that was fought for by the women of 1956. Women are faced with sexual harassment in the workplace, being undervalued at work, in the community and at home. Women are still labouring under a patriarchal system and gender equality is still something that is a work in progress.

New demands for more protection for women and tougher penalties for those who abuse them, have been made in response to the horrible deaths of Namhla Mtwla, Nosiselo Mtembeni, and numerous other women who perished at the hands of men. The past few years, marches have been held across the country, with the latest being in April 2022. They came together, united in diversity, and joined hands to confront the common enemy of GBVF.

With all efforts set to end GBVF, the problems are still ongoing and the country still has a long way to go. However, it is up to the citizens of the country to come together to confront the current struggles that undermine the efforts and gains of the 1956 women fought for.

THE DANGERS OF A 'SOFT LIFE'



Image Source: www.freepik.com

By Kutlwano Makgae

Soft life is a phrase used to define one's lifestyle of ease without the requirement of working hard for it. It is less focused on one's wealth and more focused on one being able to maintain a good quality of living. Unfortunately, in our country, a good quality of living is defined by the youth as living a lavish lifestyle of partying and drowning oneself in alcohol and drugs.

As much as partying is means of socializing and leisure activities, doing it is hazardous. Partying always comes with a free pass to alcohol and drugs, and frequent alcohol consumption and drug use lead to addiction - not to mention death. To live in a country as free as South Africa is a curse in disguise. People are free to an extent where this 'soft life' is promoted more than job opportunities. Today's youth seem to even be unbothered by being jobless because as long as they can afford a beer every weekend, that is all that matters.

The youth of today care more about the unemployment grant than their education. I speak as I am one of the 5% in my village(Shongoane, Limpopo) who is interested in pursuing their studies and making something of their life, while the majority of the youth have dropped out of school. Individuals as old as 26 years old are still at high school or have zero interest in continuing their studies after matric. The same majority that I have just mentioned tend to be the ones who promote this soft life regardless of their circumstances.

This is very sad for the upcoming generation to look up to. And as much as being outgoing is essential, substance abuse should not be condoned. As much as these substances and this soft life of partying can numb away one's pain and problems, it does not mean that the problem will perish. By the time one pulls out from this soft life and realizes they have wasted their lives away, time would have flown by and the problems that they were fleeing from will be waiting.

THE FINE LINE BETWEEN CONFIDENCE AND ARROGANCE

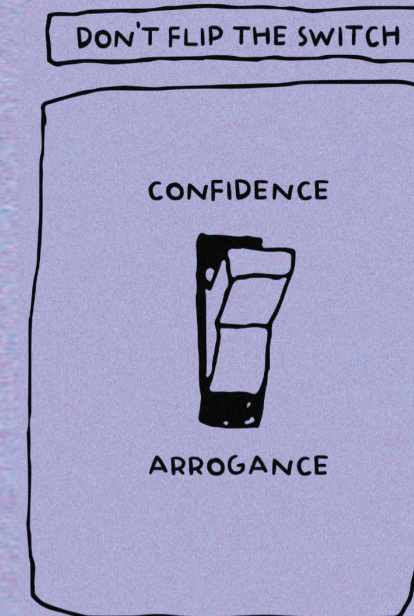


Image Source: www.24Helps.com

By Siyolise Gqongwana

People often misjudge confident people as arrogant, and although there is admittedly a fine line between the two, people who explicitly exude confidence usually suffer from backlash wrongfully dished out by society... just for believing in themselves a bit more than the average person.

This poses the question – is it really arrogance if you actually accomplish what you had said you would? The great Muhammad Ali did not seem to think so. In his famous quote, "It ain't bragging if you can back it up.", he was defending his ever-confident demeanour, often mistaken for arrogance. But his boxing record will tell you that he was hardly disappointed when it came to keeping his word. That is pure confidence – a sign of someone who talks the talk and walks the walk. You cannot go around threatening people with an unloaded gun.

But now how do we tell when someone is being confident or arrogant? Content creator and Youtuber, Daniel Maritz, pinpointed his view of the line that separates the two – Humility. Confidence allows you to believe that you can overcome your weaknesses and evolve to become the best version of yourself, while arrogance is completely oblivious to even having any weaknesses to overcome.

According to PsychMechanics, arrogance can be defined as "the personality trait whereby a person has an obnoxiously elevated sense of self-worth." Arrogant people tend to act superior and more important – putting other people down in the process. But at the same time, they want respect and admiration from others.

Research shows that arrogance usually [and quite ironically] stems from low self-worth and insecurity, and is just a façade to appear more successful and accomplished. It is very important that one remains conscious of how they treat other people, especially when a level of success is achieved – because it can be very easy to flip the switch.



START SMALL, BE THE DIFFERENCE

By Mfundo Ndima

Our beautiful country is becoming more unsafe every day, especially for women and children. This leads to the pressing question: what are the causes of crime.

On 3 June 2022, Minister Bheki Cele presented us with the crime statistics for quarter four, 2021/2022. In opening, he acknowledged that the first three months of the year were especially brutal on women and children and reported that there was a sharp increase in murder cases and contact crimes. Minister Cele then reported that 10 818 people were raped in South Africa during the mentioned time frame.

These are very alarming statistics that depict a very unpleasant image of the country and law enforcement officers. The country continues to be unsafe for women and children, which concerns students by association. Apart from condemning such violence, we do need to look at learning to defend ourselves.

The causes of these crimes should be at the table of discussion, but that does not seem to be the case. Additionally, our country also faces high levels of unemployment especially amongst the youth. We are also facing high rates of poverty, lack of education and a declining economy. Subsequently, crime rates will be higher in this environment as the public battles for survival.

The government needs to start taking decisive measures to combat these increasingly alarming rates. So, it is imperative for us, students, to start learning to protect ourselves and build a culture of morality and unity amongst ourselves. And as men, we need to start protecting our sisters, mothers and daughters.



By Panenyasha Nhavira

Nelson Mandela University has become a breeding ground for great leaders and lecturers who are more than just class attendees. The notion of a double life is much alive, a "student by day, an entrepreneur at night" motto. Including the "lecturer by day and a leader at night" has now become a norm.

The male example for this month is Mr Ali Ncume, a lecturer at Nelson Mandela University in the Mercantile Law Department. Mr Ali Ncume specializes in labour law and has his law firm. Ncume, also known as "The Lion" is the Founder and Managing Director of 'Ncume Labour Consulting.'

Mr Ali Ncume's journey did not occur overnight. He obtained his degree in LLB and then proceeded to complete his Master's in Labour Law in 2014. Furthermore, he then soared to greater heights and gained invaluable experience in civil litigation and employment law whilst serving his articles at Greyvensteins Incorporated in Port Elizabeth (Gqeberha). Ncume's achievements are numerous to count and cannot all be stated within this article.

The Vision of the Ncume Labour Consulting Company is to "recognise" and "establish a positive impact in the labour market of South Africa." Ncume Labour Consulting strives to achieve this mission by maintaining and implementing the principles of fairness and the promotion of social justice.

Overall, the lesson I have learnt from researching and discovering Ncume Labour Consulting is that you can never be 'too busy to do the things that you love and are passionate about. It is not my intention to sound cliché, but if you love something, you make the time for it. It ends up not feeling like work at all.

Image Source: Instagram Page: ncume_labourconsulting



Image Source: www.iol.co.za

CAN WE COMBAT STRESS WITHOUT VIOLENCE?

By S’phindile Mhlongo

June is recognised as Youth Month in honour of the school children who protested in 1976 against having Afrikaans as their language of instruction. However, in recent years, the story has altered due to an increase in the number of young people dying in bars over the course of a consecutive weekend, making it risky for the youth to visit these venues to unwind from their studies and other stressors of life.

The weekend of June 26 was terrible for the youth as 21 young people, ranging in age from 13, 14 and upwards were found deceased the morning, at Enyobeni Tavern in East London. Investigations are ongoing to determine why they passed away. The weekend after, a similar tragedy occurred in a Soweto tavern, leaving 15 people dead and others critically injured, while in Kwa Zulu-Natal, 4 people were shot and killed.

Majority of students, as shown by the interviews conducted, travel to Freedom’s place (Tavern) in Port Elizabeth in search of happiness, but they are now reluctant to attend since they never know what will occur. Students claim that this will make them feel nervous because, in addition to the academic strain they will encounter during the second semester, they will also have to worry about finding places to unwind.

This is a reminder to all Nelson Mandela University students who frequent taverns or bars to relieve tension and unwind from their studies and other demands. Students are encouraged to use caution when it comes to the taverns they visit, the people they associate with, and their intuition. As these occurrences are still being investigated, students are also encouraged to consider various strategies to decompress from your studies, like going on beach walks or visiting old friends.

ARE SUPERHERO MOVIES, CINEMA?

By Khanimamba Khoza

At the heart of cinema lies trends and eras. With motion picture and filming processes constantly evolving, how can it not? At the beginning of the 1900s, films were silent, and people of that era praised them, calling them true cinema, but they did the same in the 1930s, when sound arrived and Western films were the hot genre. This theme even followed through into the 1940s, when Black and White (Noir) films, made their breakthrough.

My point is, we are in a new era, an era of superhero films that started in the early 2000s and has dominated theatres worldwide at the hands of Kevin Feige’s Marvel Cinematic Universe. Avengers: Infinity War and Endgame, made over \$4 Billion at the worldwide box office, so one thing is clear: these movies have a wide and clearly paying audience.

The superhero genre is a lucrative business, and these types of movies will continue to dominate the landscape until audiences stop seeing these types of films. However, the rise of the superhero genre has made it difficult for original movies to get the green light. Granted, films were hard enough to be greenlit in Hollywood before the age of superheroes, but it is rare that you hear about big-budget features that aren’t based on intellectual property.

Martin Scorsese called Marvel movies “theme parks” and not cinema because, according to him, “It isn’t the cinema of human beings trying to convey emotional, psychological experiences to another human being.” He missed the point: cinema is what one connects with, superhero movies carry a lot of emotional weight too – who didn’t cry why Tony Stark died in Endgame? Saying that superhero films aren’t cinema is not correct.

The director, the screenwriter, the actors, and anyone on these films try to put the ultimate human experience that fans try to connect to. Are superhero movies like rollercoaster rides? Yes, but the notion that superhero films aren’t cinema should be put to rest when they perfectly fit the qualifications on what movies should be.



Image Source: Paul Young via Screen Rant

SECOND SEMESTER IS IN SESSION!



By Pleasure Kekana

School is back in session! Most institutions in South Africa are allowing students to return to campus as restrictions have ceased. Given the additional resources that contact learning will make available, the move back to campus might benefit the students extensively after so long of online teaching and learning. Nelson Mandela University (NMU) is amongst those institutions, so some students will be assessed on campus since the state national disaster has ended.

The next few weeks are going to be hectic. Things are speeding up as the second semester gains traction, so you need to get ready. Try to finish up any schoolwork you have left to free up some time. If you need to study, set aside some time in your schedule to do so. If you fall behind now you could find yourself in a rough patch later on in the semester.

The final exams are almost here. Rather than focusing on studying for the tests, it's time to gear up for the big days ahead at the end of the year – which is sooner than you may realise. Some of the most important things you can do before you take the exams are to study for the lessons and review the assignments and exams.

This will help you make the most out of your study session and will also assist in avoiding silly mistakes that will cost you precious marks. Before you know it, it will be the end-of-year recess and you can look back on all your hard work during this year with a smile, knowing it has paid off!

CYCLING TO CLASS: WHY NOT?

By Robert Hill

It's no secret that cycling as a form of transport has many benefits. Why not dust off that bicycle sitting in that forgotten corner and give it a spin to campus? Whether you currently walk to campus, use the bus, or drive your own car, there are benefits to cycling for all.

What are some of these benefits, you may ask? Well, let's say you currently walk to campus. The average person cycles at least 3 times faster than walking, so you can save time and have a more relaxed morning routine.

Okay, you might say, but what if you use public transport to get to class? Well, if you live somewhere close enough to cycle, you could possibly save bus or taxi fare – and, as a bonus, with a bike you don't have to wait for the next bus – you can come and go whenever you please!

Lastly, let's say you drive your own car to campus – surely a bike isn't as convenient as a car? Well – with petrol at nearly R25 a litre, this isn't necessarily true. Plus, no need to worry about whether you'll find parking – there are many bike racks around campus.

If you aren't used to cycling but are considering it, it's a good idea to ride to campus at a quiet time to figure out your route and where convenient shortcuts are, and where bike parking is. You will also need a good bike lock to secure your bike while you're at classes.



Besides a lock, it is also a good idea to invest in a basic puncture repair kit, and a back light if you will be riding early or late in the day. A bicycle bell, reflectors and a helmet are other safety aspects that could make your ride safer too. You don't need fancy cycle gear to ride in – most clothing can be worn just fine while cycling to your destination.

Cycling is good for you, for the planet and for all other users of our streets – not to mention your wallet – so when will we see you pedalling to campus?



Image Source: Netflix

BEAUTIFUL BLACK STORIES

By Khanimamba Khoza

Most commonly, when a Hollywood film has black leads, it is most likely based on slavery of police brutality. As such, I imagine that I am not the only one who tires of the stereotypical portrayal of black lives, and because of this, I have decided to share with you some amazing films and television shows where black people live ordinary lives where they engage in romance and have normal everyday problems.

It has been amazing to see the progression of black creatives in cinema. The last three decades have seen amazing growth in the medium. Judas and the Black Messiah tells the tale of the man who helped set up the murder of Chairman Fred Hampton. The film made history as the first of its kind, with an all-black production team to be nominated for an Oscar.

Jordan Peele has shifted the horror film genre and has made a great impact on Hollywood. He changed the game when he released Get Out in 2017 and continued delivering other notable projects like 2019's Us and 2022's Nope. In 2021, during low theatre turnouts and movie selections, Jeymes Samuel crafted The Harder They Fall, an awesome Western film based on real black cowboys and figures in the West.

In 2020, Netflix unleashed Oscar Award-winning director Spike Lee's gritty war drama Da 5 Bloods onto the masses. Other great films include One Night in Miami (2020), Miss Juneteenth (2020), Black Panther (2018), If Beale Street Could Talk (2018), Moonlight (2016), The Best Man Holiday (2013), Dope (2015), Girls Trip (2017), Straight Outta Compton (2015), Love and Basketball (2000), Malcom and Marie (2021), and The Photograph (2020).

Turns out, there are more black romance comedies than you think, including: Queen and Slim (2019), Premature (2019), About Last Night (2014), Think Like a Man (2012), and Why Did I Get Married? (2007). The reality of stories, and especially black stories, is that, when left with our own devices and given the freedom to faithfully tell our stories, it quickly becomes apparent just how incredibly beautiful our stories can be.

A JOYOUS EVENING INDEED

By Bantu Ndiki

On 6 August 2022, the MTN Joyous Celebration 26 graced Nelson Mandela University's Missionvale Campus, in Gqeberha. Their purpose was to promote their new fifteen-track album, 'Joy', with a tour that landed in Gqeberha, straight from KwaZulu-Natal.

The campus was packed to capacity with audiences from all over the Eastern Cape, who enjoyed the new music that launched over the Easter Weekend this year. The tour kicked off at the Durban ICC, continuing to Gqeberha, then Eswatini, and will eventually tread over South African borders into Dar Es Salaam, Tanzania.

The local crowd was over the moon with everyone on their feet, dancing, singing and praising in collective worship for the well-known group. As usual, the band performed the first tracks on the album, and as the evening progressed, they engaged in an outfit change and performed the remaining music. We can safely agree that the album has indeed brought joy over residents of Gqeberha, especially those who were lucky enough to win free double tickets from the partnership of MTN Joyous Celebration, with Madibaz Radio Show's 'The Maximum Breakfast Show', that airs from 7AM until 10AM, Saturdays.

"The event was everything beautiful. I have always wanted to attend one of the Joyous Celebration concerts and this was a dream come true" says Simtembile Nongauza, one of the media personalities who attended the event. The event was indeed a success and the turnout was great. It came at the right time after a long period of rules and restrictions. This event was truly a special evening that enforced emotional and spiritual healing to all its attendees.



Image Source: Bantu Ndiki

TIME TO HANG UP THE ICE SKATES



By Robert Hill

At the end of July, the iconic Baywest Ice Rink closed its doors permanently. This has left many people, particularly figure skaters and ice hockey players, stuck with the difficult question of: What now?

The Baywest Ice Rink opened in 2015, soon after the completion of the shopping mall, and provided a great place to hang out with friends and socialise. Being near the food court at the mall, it made it easy to make an evening or afternoon trip out of it by combining lunch or dinner with a session on the ice. However, in June, it was announced that the rumours were true – the Ice Rink was going to shut down permanently. Being the only venue for ice skating between Cape Town and Durban, this is a massive loss to the Eastern Cape.

The reasons for the shutdown, according to Lindsay Steele, Baywest marketing manager, are due to the combined effects of the water crisis in the metro, and the long-term effects of the prolonged lockdown restrictions last year and the year before. The local ice hockey team, the East Coast Rebels, has the support of the national ice hockey federation to continue their training, but without an ice rink this will be very challenging.

Despite this being a massive blow to all who enjoy ice skating in the metro, there is some hope for changes to come for the venue: the rink is going to be repurposed and become home to a massive trampoline park, called Gravity Entertainment Park. The venue will also feature gladiator pits, escape rooms and many other attractions for people of all ages to try out and enjoy.

While the closure of the ice rink is a sad moment for the metro, we can all fondly look back on the good moments it has provided for those of us who decided to venture onto the ice. Like they say: All good things come to an end.

HUMAN REPRODUCTION IN SPACE?

By Amahle Phendu

Would we survive in space? A question that has plagued researchers for hundreds of years, mostly regarding breathing and acquiring food sources.

However, a key factor in the survival of many species is the ability to procreate and prolong the existence of humanity. So, let's talk about sex...in space.

Space is a very hostile environment, and the big question has always been: Can women get pregnant and stay pregnant in space? Studies suggest that reproduction in space might not be as straight forward as it is here on Earth.

When in a zero-gravity environment, astronauts have a notably low blood pressure, meaning keeping erections can be extremely problematic without medicative assistance. This may also be the reason why to date, there have been no confirmed cases of astronauts having sex in space.

The harsh radiation that is prevalent throughout space cannot be ignored, more so when it is accompanied by the physical challenges of reproducing in a zero-gravity environment.

Scientists and astronauts are particularly interested in the effects of radiation on reproduction, as space is full of highly energetic particles which are known to damage the DNA within organic lifeforms.

Various rodents have been sent into space to see if they could mate without difficulty and if their pregnancies would be successful.



Unsurprisingly however, the significant disruption of traveling into space and back meant none of the females made it to full term with their pregnancies.

While studies have shown that the fundamental aspects of reproduction are possible in space, there is still a very long way to go and many steps to take. These include fertilization, foetal development and lastly, giving birth.

SOFTWARE STUDY PROGRAMME PREPARING STUDENTS FOR FUTURE

By Derick Hill

Getting a job is difficult. Even with a degree or diploma, employers often expect candidates to possess years of previous experience or loads of specialised knowledge related to the position being applied for. The SAP Dual Study Programme aims to equip Nelson Mandela University (NMU) students with the skills they need to make it in the big, wide world.

Systems Applications and Products in Data Processing (SAP) is a software company that sells off-the-shelf software, specifically enterprise resource planning systems that businesses use to manage their day-to-day activities like accounting, supply chain operations, and human resources. The customer base of the company would be too great to list here, but some notable clients include BMW, Samsung, Disney, and even Eskom. In fact, 77% of all the world's business transactions touch an SAP system at some point.

The SAP Dual Study Programme is a skills development initiative aimed at closing the digital skills gap among graduates. Recently launched for NMU, 20 students in business and information system degrees were accepted into the programme based on their marks and psychometric test results. These students gave up part of their holiday to attend online workshops so that they could get acquainted with the study material.

For the next year, online resources will be available to self-study. This will educate the students on the latest SAP technology. At the end of this study period, each student will have the chance to write an exam sponsored by the programme to become SAP-certified application consultants. Real-world skills and knowledge are hard to come by during studies, and often extremely expensive on a student budget, so this study programme is a fantastic opportunity from SAP. This may be the gateway some NMU students need to start exciting and successful careers in technology.



Image Source: www.shutterstock.com/image

THE FUTURE OF RENEWABLE ENERGY

By Amahle Phendu

Renewable energy has become a very important point of discussion at a very fast rate, due to the need to keep the global temperatures under two degrees celsius as the rising demand for energy has started to overwhelm the existing power generating plants in South Africa.

This field has high potential as there exist many different forms of energy generation that can be studied and improved, like: solar, wind, hydro, tidal, geothermal and many more natural and clean ways to generate energy.

The conventional electricity generating plants are largely responsible for the high greenhouse gas emissions that are recorded in our country. In trying to mitigate the CO2 emissions, South Africa is gradually developing its renewable energy sector.

Our country has delivered great advances and innovations in the clean energy field, which then contributes to the country's sustainable energy solutions and the meeting of environmental targets.

As the population of the world continues to grow, so does the demand for the energy that powers

our homes, businesses, and communities. Innovation and expansions of renewable sources of energy is important to maintain a sustainable level of energy and protect our planet from climate change. Renewables are destined to become the most advantageous source of electricity for the planet.

Renewable energy sources make up 26% of the world's electricity today, but it is expected to reach 30% by the year 2024 according to the International Energy Agency. This will lower the price of renewable energy, which may make this alternative the most popular choice.

All countries in the world share the same need to produce increasingly more renewable energy and abandon conventional and damaging sources. It is not a secret that the future of renewable energy is bright, and efforts to accelerate innovation are well underway all around the world.



Image Source: www.pexels.com

SLOTHS ARE SLOWLY HEALING CANCER



Image Source: www.pexels.com

By Hlengiwe Phiri

Sloths are slow moving mammals that shelter up tree branches in rain forests and occasionally come down to defecate. Spotting a sloth is not easy work due to its brown/green-like fur colour that camouflages well with leaves and branches.

However, that is not the natural colour of its fur. The original brown fur gets its green-like colour from an accumulation of fungus and other microbes that found a home on the fur of the sloth, and as a gesture of gratitude, these microbes provide the sloth camouflage.

The slow movement of the sloth results in its fur accumulating various microbes that are harmless to the animal and in some cases, beneficial. The multipurpose fungus is said to have anti-parasitic, anti-cancer, and anti-bacterial bioactivity and properties that are useful in medicinal studies. Animal-derived pharmaceuticals is nothing new to the medical sector, some may argue that a larger portion of our medication is derived from animals compared to those derived from plants.

Insulin for diabetic patients come from pigs and some painkillers are made possible by frog skin. Discovering the benefits of the active microbes in the sloth fur enables the pharmaceutical industry to produce a wide range of medication for the treatment of various diseases, and cancer is one of them. Cancer is a devastating disease that takes the lives of millions of people annually across the globe, and for some patients, the unavailability of chemotherapy and medications hinder their healing process.

This fungus found on sloths may bring forth new and easily accessible medication.

The discovery of the chemical properties of these microbes is a game changer for the medical sector as more treatment methods may arise to heal the sick and minimise mortality rates globally and is all made possible by the slowness of the sloth.

RE-ANIMATION OF THE HUMAN POPSICLE

By Precious Phuthogo Nthoke

In 1954, sperm freezing via Cryopreservation was perfected. Initially developed by two British scientists and eventually refined by Dr Jerome K Sherman in 1953, this opened doors for the possibility of immortality. Unfortunately, ridicule from fellow scientist shut down the idea of freezing and reanimating humans.

The father of cryonics, Robert Ettinger wrote a book proposal in 1962 about the prospect of immortality and it was finally time to put his theory into practice. Dr James Hiram Bedford was a Psychology professor who succumbed to renal cancer in 1967, and on 12 January 1967 he became the first human to be cryopreserved, opening the door for nearly 300 humans to undergo the same process.

During the years, researchers have switched from Conventional slow freezing, which was their original method of Cryopreservation, to Vitrification. This new method of Cryopreservation would allow scientists to place a body in an ice-water bath and pump it full of chemicals that are not reactive with water. The body is then cooled and frozen with nitrogen gas, in order for cells to be frozen without being damaged.

The proposal seemed flawed to begin with and yet many refused to give up. As modern medicine and technology advanced, it became quite clear that they could not reanimate the bodies without harming the brain cells. In this time, many other problems arose, including the legitimacy of the initial freeze.

Mike Darwin, the former president of Alcors, the company that retains Dr Bedford's body, was present when the frozen body was being moved to another storage facility and claims that the body was still well-preserved. However, they knew that they could not reanimate the body without causing brain damage. As of now, scientists are still working on a way to revive the body and are hopeful that they may achieve this by 2050.



Image Source: www.iStock images

CRYPTOCURRENCY NOT TO BE SEEN AS CURRENCY



By Derick Hill

Part of the beauty of cryptocurrency is that it is decentralised – meaning no country or institution manages and maintains its value. However, on 12 July, the deputy governor of the South African Reserve Bank unveiled their plans for regulating crypto in South Africa.

The South African Reserve Bank (SARB) has many functions, like protecting the value of the rand and using interest rates to keep inflation low. Financial institutions and market infrastructures are also regulated by SARB, as well as cross-border transactions. Cryptocurrency, a payment system that exists solely as digital entries on an online database, is by its nature hard to regulate. As mentioned, it is decentralised. It is also possible to stay relatively anonymous while performing crypto transactions. It is for this reason that crypto has gained a bad reputation for being used to pay for illegal goods and services, like drugs on the deep web.

Although less than two percent of crypto transactions can be tied to illegal activities, this reputation has prompted SARB to implement its new regulations. According to their deputy governor, SARB intends to regulate cryptocurrency as a 'financial asset' rather than currency. This allows financial institutions to plan how they will implement crypto into their service space and allow crypto to be taxed like other financial assets.

Cryptocurrency is part of a whole world of digital tokens. Another token based on similar technology, NFTs (non-fungible tokens), are now entering the videogame industry. In-game items can now be bought and sold as digital tokens.

This leads many to ask the question: Is that outfit you just bought for your character in that fantasy role-playing game really going to be regulated by SARB?



BENNI MCCARTHY ADDS TO IMPRESSIVE COACHING RESUME

By Yamkela Zakhe

An uproar of enthusiasm has charged up South African football fans as Bafana Bafana legend, Benni McCarthy, was awarded opportunity of a lifetime with his appointment as the first team striker coach of Manchester United.

Rob Moore, McCarthy's agent since he was 17, is the one who pulled the strings to get Benni the position as he has been unemployed after being axed by AmaZulu in March. It is safe to say that the transfer caught many people off guard. Award winning African football journalist, Usher Komugisha, shared her sentiment on McCarthy's appointment via a tweet that read: "Benni McCarthy at Manchester United is truly a massive moment for an African coach to be at this level."

The 44-year-old will be right in the mix of things when the manager, Erik Ten Hag, sets up practice sessions, assisting where he can and making sure that the attacking players stay in top tier shape to bang in the goals that the club needs to secure their spot back in the UEFA Champions League next season. Benni's qualities were discussed with Erik Ten Hag by Rob Moore, who also reminded him that McCarthy is familiar with international football and is Bafana Bafana's all-time top goal scorer with 31 goals. But Ten Hag needed little reminder of Benni's accolades. "There was still one place in our coaching staff that I wanted to fill. Someone with a different voice and Benni is that one," said Ten Hag.

Having played for West Ham and Blackburn Rovers, Benni finished his Premier League playing career with 137 league appearances, 37 goals and 6 assists. He also recently obtained his UEFA Pro License and has managed 3 different football clubs, including Cape Town City and AmaZulu. This impressive list of accolades at a relatively young age is what earned Benni a phone call from arguably the biggest football club in England. McCarthy will work with several big names at Manchester United, including the biggest of them all in Cristiano Ronaldo.

EXCITEMENT FOR THE NEW FOOTBALL SEASON

By Liyema Ngaso

To many, football is not just a sport, but a way of life. And it appears that absence truly makes the heart grow fonder. "I'm so excited for it to come back, it's such a welcome distraction from the stresses of everyday life, and I really didn't realize how much it meant until it wasn't there," said one Manchester City fan on twitter.

The English Champions made headlines this summer by acquiring one of the best goal scorers in world football in the form of Norwegian centre forward, Erling Haaland, from Borussia Dortmund. And fans will be hoping he can replicate his goal scoring form for his new club.

Fulham scored themselves promotion back to the Premier League when they broke the record for most goals in the Championship, and it has been their first title since 2001. Bournemouth and Nottingham Forest are two of the other clubs that join Fulham back to Premier League.

As far as the DSTV Premiership is concerned, there were plenty of fresh faces for Chippa United. The Gqeberha-based club made 16 new signings this summer, including former Orlando Pirates legend, Daine Klate, as the new coach. Chippa will also undoubtedly improve defensively after the arrival of Justice Chabalala on a free transfer from Orlando Pirates.

Occasionally mocked for their "excessive" activity in the transfer window, the Chilli Boys will be looking to improve their log position this time around after barely surviving relegation last season. Having acquired 29 points in 30 games the Chilli boys were lucky to stay in the division, as Moroka Swallows' loss in the final game allowed them to stay in the division. But whether you prefer international football or think 'local is lekker,' there is plenty of football action coming your way.



Image Source: WWW.BBC



Image Source: Reece Richter & Deon Jordaan

DAVID MANUEL EXTRACTS YOUNG GUNS GEM

By Siyolise Gqongwana

Following a tough Varsity Cup campaign, Madibaz Rugby coach, David Manuel, has had his mind set on fine-tuning his squad for the 2023 Varsity Shield season. One of his latest reinforcements has come in the form of Young Guns scrumhalf, Reece Richter.

Hailing from Selborne College, East London, Reece had a tricky start to his young rugby career. Having made the Selborne first team squad in grade 11, he was ruled out with an injury which kept him on the sidelines for a large chunk of the season; and when the pandemic hit during his matric year, he spent another year without rugby. The 20-year-old eventually made his return to the sport earlier this year, and his "calmness and control" in chaotic situations caught Deon Jordaan's [Madibaz Young Guns coach] eye. Jordaan also went on to commend the scrumhalf on his tireless work ethic.

"He is a well-disciplined rugby player," he said. "Before and after training he is always doing extra passing drills, working on his personal development as a scrumhalf." When asked about his thoughts on Reece's promotion to first team, Jordaan gave an honest answer: "No coach wants to lose a player of Reece's caliber to any team, but the player's growth is the most important thing and I'm just happy to be part of his development. He should definitely get the number 9 jersey going into 2023."

The second year student made his long-awaited debut in the recent University Sports South Africa Rugby Championships in Pretoria, where he started the first match against Wits which ended in a 29-34 defeat. Almost predictably, the scrumhalf identified the increased levels of physicality as the most evident difference between the two teams. "We play against 19 and 20 years olds at Young Guns level, but senior club rugby has no age limit and is notoriously rough," he said.

Although hoping to secure the number 9 Madibaz jersey next season, he is not too concerned about going professional after completing his degree. But he has admitted that if the opportunity were to present itself, it would definitely be something to consider.