

MENTAL HEALTH AWARENESS MONTH

By Shitshembiso Mahlathi

The month of October has been designated as Mental Health Awareness Month, with the goal of not only educating the public about mental health, but also reducing the stigma and prejudice that persons with mental illnesses often face. Mental or neurological diseases, as well as psychosocial issues, affect an estimated 400 million individuals globally. Schizophrenia, dementia, depressive disorder, obsessive-compulsive disorder, panic disorder, and post-traumatic stress disorder are examples of mental and brain disorders that are transient (e.g., acute stress disorder), periodic (e.g., bipolar disorder), long-term and progressive (e.g., Alzheimer's disease), Schizophrenia, dementia, depressive disorder, obsessive-compulsive disorder, panic disorder, and post-traumatic stress disorder.

Even though public perceptions of mental illness have improved in recent decades, studies show that stigma against mental illness remains strong, owing in part to media stereotypes and a lack of education. People attach negative stigmas to mental health conditions at a much higher rate than they do to other diseases and disabilities such as cancer, diabetes, or heart disease. This has an impact not just on the number of people seeking treatment, but also on the resources available for effective treatment.

For someone suffering from a mental illness, stigmatisation and misinformation might feel like overwhelming barriers. Here are some things that individuals can do to assist people who are suffering from mental illness. To start, demonstrating respect and acceptance to individuals eliminates a huge obstacle to them successfully living with their condition. Persons who suffer from mental illness should be seen as people, as opposed to their disease. For someone who is battling with his or her mental health, this makes all the difference.

Additionally, advocating for mental health within your circle of influence ensures that people with mental illnesses have the same rights and opportunities as others in your church, school, and community. People who learn about mental health can provide helpful support to those they know who are affected by mental illness, such as family members and community members.



Photo: Careersportal.co.za

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PLASTIC POLLUTION IS AN EPIDEMIC

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LETTER FROM THE EDITOR

This edition serves as our last for the year of 2021, we would like to profusely thank you, our readers, for the continued support across all our platforms. It has been another wonderful and successful year with our dedicated team that went above and beyond to make sure that we give you content every month. The narratives and conversations fostered by our content indeed shows the positive impact we have had on you. We wish to continue to provide a platform or a space for both big and faint voices to be echoed shattering boundaries, pioneering, and revolutionizing how we inform, educate, and encourage you.

As we mark an end of our 2021 journey here at MadibazNews, we promise for more great content next year, with new addition to our team, it will sure be another exciting year. So happy final reading :)

We would also like to wish you well as you move closer to a somewhat stressful time – Examination period!

Ashley Malepe

VOICES OF SOCIETIES DIALOGUE

By Sisipho Magadla

Voices of societies dialogue is a new initiative that talks about student related issues and has been operating for almost two months now. It is one of the many informative institution initiatives and programs that cares about the well-being of the students. The main vision and mission of this program is to make it a norm to talk about social related issues and to come up with solutions on how the society of the students and a country as a whole can deal with these issues.

It focuses on many topics and mainly stories of strength. We cannot see change immediately but these kinds of programs are planting a seed and creating a platform that is comfortable and positive for the students. "There's no quick fix, we need a process", said Melvin Shiba from The Ebuhlanti men's leadership program.

It is programs like these that teach unity and benevolence in our societies. It is always good to see more of these kinds of programs cementing the idea of people acting towards a positive cause and trying to invent a remedy for the toxic society that we have, and we always work better as groups than standing all alone.

These programs are hosted via Microsoft teams meeting at a scheduled time, check your emails to see when the next one is and be sure to join in the conversation!



Photo: Herald Live

DEBUNKING THE MYTHS OF COVID 19 VACCINE

By Shitshembiso Mahlathi

The Cabinet approved the launch of the COVID-19 vaccination for over 18s approximately a month ago, but the number of young people turning up to get vaccinated is not what was expected. Since the introduction of vaccines for the 18-34 age range, the amount of vaccinations provided at Nelson Mandela University has decreased dramatically. Every week, fewer individuals are showing up to vaccination locations around the Bay.

One of the myths about COVID-19 is that healthy and robust young individuals do not require vaccination. No one can predict how anyone, young or old, will react to COVID-19. Young people with comorbidities are just as vulnerable as the elderly. Many young people believe that being vaccinated will harm their chances of having children. There is no proof, and no conceivable reason, that any vaccine may alter women or men's fertility.

One of the vaccination misconceptions is that the vaccine contains COVID-19. The COVID-19 vaccination does not contain a live virus that may cause you to become infected with the virus. As your body develops resistance to the virus, you may have minor symptoms such as fever, muscular aches, or a painful arm. The vaccination, according to young women, will cause their menstrual cycle to be disrupted. The vaccination, according to reproductive doctors, may cause certain alterations, such as spotting.

The majority of individuals believe the vaccination will alter their DNA. The chemicals in vaccinations never make it into the cell nucleus, where DNA is stored. Cells are told to create protection against the virus by COVID-19 vaccinations. Another common misconception about the vaccination is that it has a tracking microchip. The vaccine does not include a tracking device.

Even if you are young and healthy, not being vaccinated puts you at a considerably higher risk of COVID-19, which can make you extremely ill for a long time and perhaps cause long-term harm. The virus will have fewer people to infect as more people are vaccinated, and community transmission will decrease. Every individual who receives the vaccine puts us one-

WHY CHOOSE KINDNESS?



Photo: Spin Kindness

By Azizphozethu Gwija

Kindness is one of the most important things to practice as a human-being. It is not only beneficial for others, but it is also good for your own personal well-being. It is one of the most underrated things in the world, yet it is one of the most important qualities ever. Imagine how peaceful the world would be if we all simply practiced kindness? To be kind is not only limited to human-beings, but also treating the environment we live in with kindness, the animals around us, our communities, and our surroundings. It is essential that everyone understands the important of kindness for a better world.

Spending the day giving and receiving kindness helps nourish and heal our souls. The small gestures of kindness, such as a smile, a comforting touch can help sooth our hearts and melt even the coldest of hearts. According to a study conducted by the University of Oxford, being kind to those around us and witnessing the kind acts of others can boost a person's happiness levels, and therefore improving their overall well-being. Even though you might not recognise the results or effects of your act of kindness but by being kind, you might be saving someone's live, or giving them hope that they may have lost.

There are many ways you can practice kindness, by simply smiling and/or greeting a stranger, leaving random notes of kindness and motivation to those around you, helping a person in need, listening to those around you, or performing any random act of kindness. All these little things have the potential to have a positive impact on someone's life. You never know what a person is going through, so choosing kindness daily might be a restoration of someone's hope and belief in humanity and in themselves.

While you might not always witness the impact of our acts of kindness, rest assured that they have made an impact. So, from this day onwards, choose to be kind, not only for yourself, but for everyone else around you.



WORLD TELEVISION DAY

By Liyema Mpompi

Television is a medium of mass communication and learning, and it is one of the most wonderful inventions of modern science. It is the most popular device used for entertainment all over the world. It has become quite common nowadays that almost every household has at least one television set. It is a great improvement over the radio as a radio only pleases the sense of hearing, but television pleases our senses of sight and hearing at the same time.

In 1996, the United Nations proclaimed 21st November as World Television Day "in recognition of the increasing impact television has on decision-making by alerting world attention to conflicts and threats to peace and security and its potential role in sharpening the focus on other major issues." Yearly, a short video clip highlighting the role of TV in our lives is broadcasted by televisions across Europe, Asia, Canada, the USA, and Australia.

Television was used in crude experimental forms in the late 1920s. Thereafter, the new technology (Television) was marketed to consumers. After World War II, an improved form of black-and-white TV broadcasting became popular in the United States and Britain. And television sets became commonplace in homes, businesses, and institutions. During the 1950s, television was the primary medium for influencing public opinion. In the mid-1960s, colour broadcasting was introduced in the US and other developed countries.

In South Africa, The Broadcasting Complaints Commission of South Africa (BCCSA) is a string complaints authority established by the National Association of Broadcasters (NAB) to enforce a Code of Conduct for television and radio broadcasts in South Africa. The Commission receives complaints from the public about offensive broadcasts. It has the power to reprimand or fine broadcasters. It also requires the broadcast of a correction or apology and has been successful in ensuring that the viewers are protected against harmful content being displayed on TV even though there is still much that needs to be done.



By Sikhulule Moyeni

Human beings are social beings in nature. So, we love to socialize and be a part of something great. And social media is one of technology's greatest inventions, allowing humans to interact above global boundaries by just using their mobile devices or personal computers.

It is a world where we are never really alone, or is it?

With all the time in the world, we spend so many hours staring at our glorious screens. It is said that the average internet user spends more than a quarter of their life on the world wide web. The same report further states that the average internet user is online for about 6 hours and 42 minutes daily on average. But with this being stated by Hoote Suite and "we are social," South Africa stands at an alarming rate of 8 hours and 25 minutes daily on average. This means that in South Africa we are more in our digital screens than in real life interactions. We are more or less accompanied by our lonely selves with a false projection of unity through a pseudonym - digital persona.

So, this leaves us to ask ourselves why we are so addicted to our phones and instant internet access. Is it to fill some unknown void? Or are we somewhat lonely?

These questions become difficult to answer as we really do not like to see ourselves so vulnerable. Because as years go by, we increasingly become more dependent on these machines and less dependent and reliant on 'real' human interactions.

This also leads us to address the notion of digital personas, as most of us have one. A personality that is specifically molded for the digital space. This persona can be swayed to suit the specific digital space. So, in a way this presents itself as some sort of a performance but again life in its entirety is a whole circus of performances.

I am in no way saying that technology is negative, all I am trying to do is evaluate this phenomenon that has become part of our constant daily lives.



Photo: Nehzweb.com

COMMEMORATING EMOTIONAL WELLNESS MONTH

By Somila Tiwani

October of every year is considered as Emotional Wellness Month. Emotional wellness can be defined as feeling content most of the time, being able to relax and the urge to feel good about who you are. It can also refer to the ability to feel in a positive and healthy way and manage stress in our everyday life.

Emotional wellness may be similar to mental wellness. This is because, if you do not take care of your emotions, that may lead to mental illness. A part of mental health has to do with how your mind processes and understands experiences, whereas emotional health has to do with how you manage and express the emotions that come from what you have experienced.

It is important to state that if you cannot manage and express your emotions, this may lead to mental illness which is a serious illness. Therefore, your emotional wellness is very important. Whenever you feel sad, overwhelmed, and tired, it is important to cry and let those feelings out because 'bottling' things up may harm your mental health. Expressing yourself helps you to feel better about yourself and the situation.

Here are more ways to take care of your emotional wellness:

1. Talk about your feelings: this is part of expressing your feelings. Talk to a friend, relative or therapist about your emotions.
2. Be active and exercise: exercise can help you cope with your emotions, it makes you feel, sleep, and concentrate better. Exercise is good for both the emotions and the mind.
3. Quiet your mind: The mind (mental health) and the heart (emotional health) work hand in hand together. If you do not take care of your mind, your emotions will suffer and vice-versa. Therefore, try meditating and pray. Meditation may help you feel calm and relaxed.

Most importantly, seek help when in need. This is a sign of strength and not a weakness. Take care of your emotional wellness before it becomes a serious mental illness.



Photo: www.freepik.com

A FORMLESS SOCIETY

By Sikhulule Moyeni

Imagine a society where the human body has no form. It does not take the feminine or masculine form, it just exists. It is a vessel that breathes, eats, and dreams. That it does not adhere to social constructs and gender roles. I would like to believe that we are heading towards being this exact society.

A society with blurred gender roles, and social constructs are being challenged and re-evaluated by individuals. We are indeed headed towards a peculiar space and age where almost everything has no form. Form itself is challenged and is malleable. The human form is malleable as it can be maneuvered, reconstructed, and re-represented.

There has been a rise in non-binary identities in the United States of America alone, with more than 1.2 million nonbinary identifying adults. And South Africa has an estimated 530 000 South Africans identifying as nonbinary.

Additionally, The South African Department of Home Affairs wants to enshrine the right to be nonbinary in South Africa by revising the national identity system to be more inclusive and recognize different gender forms. This system is set to modernize the ID system by removing the seventh digit in the ID book. This seventh digit refers to one's gender.

The department hopes that this will emphasize the notion of diversity and inclusivity in South Africa.

Furthermore, a perfect example of a formless being is Vinny Ohh, who specifically identifies himself as a genderless Martian. A being transcending human boundaries and living life with an alternative form. Ohh is the epitome of many more beings who prefer to exist without gender barriers and constructs deemed acceptable by society.

If this is not evidence that we are indeed transcending into a 'new world', I do not know what is. Some may view this as progressive and transgressive, while others may view it as being destructive in nature. It all comes down to how one views the world and how 'open-minded' one is. And admittedly, the present society is more inclined to broader ideas. We are slowly but surely peeling off the form of what we view as being the way of life.

Photo: cbtpsychology.com



PROCRASTINATION: THE ENEMY OF PROGRESS

By Panenyasha Nhavira

All of us have experienced procrastination in some way or another, those undertones of words like 'I will do it later' or 'I will start with it tomorrow' or 'maybe next week' said silently pushing imminent tasks further, are not so foreign to us.

Procrastination to some is defined as wasting your time on trivial activities instead of meaningful activities. To others it is a delay of performing meaningful activities. To me it is both. When we delay, we waste time.

So, how do we stop procrastination?

Step1: Make a list of

- Things you should do.
- Things you would like to do.
- Things you do when you are procrastinating.

Step2: Value time- We have 24hours in a day, you need to realise what is taking up most of your time during the day or night.

It is important to realise that there is no going back with time, once it passes it is gone, you do not get it back the only way is forward. at often, we are left with regrets when we spend time on things that should not be even taking up our time. So, the best way is to monitor how much time you spend doing certain activities. I recommend you take a day to do what you normally would do but check how long you do it for, so you become aware of the amount of time you take on your daily activities per day. You cannot fix your problem if you are not aware of any.

Step3: Self-Discipline. One of the toughest things to build is a strong work ethic. You must learn to deny yourself pleasure, the very things that take up your time, that you regret doing instead of studying, writing an assignment, and taking notes. Things like sleep, video games, movies, parties for long hours and mall marathons.

How to not go back to Procrastination?

Be goal oriented, make goals. Write them down, do not make mental notes because writing them down makes the goal more real. It makes you commit; your brain commits bringing about a reaction leading to fruitful actions. So do not be afraid of commitment.

I leave you with 3 famous words: I Can, I Am, I Will.

ARE YOU ADDICTED TO CAFFEINE?



Photo: pexels.com

By Zukisani Gali

Being a student is hard! Fighting the battle to obtain our qualifications amongst other students also struggling; assignments, tests and exams. We use methods suchlike cramming, energy drinks and caffeine to keep us alive. But did you know that you can become addicted to caffeine?

Medline Plus defines caffeine as a bitter substance that occurs naturally in more than 60 plants, including coffee beans; tea leaves; energy drinks; kola nuts (used to flavour soft drinks) and cacao pods used for chocolate products. Although all these things are nice, addiction may take place due to genetics or stress.

Aline Petre from Healthline states that caffeine prevents your brain cells from signaling when you are tired. It's nothing to be judged about, as mentioned earlier, caffeine is a strong and helpful weapon, but not knowing when to stop is the major problem. Fighting for survival is great but let's review the signs of addiction.

- Craving for caffeine regularly.
- Consuming caffeine when not necessary.
- Headaches when you have not consumed caffeine.
- Relief when it is being consumed.

Scientists have recommended different ways to overcome this addiction, the most popular way is a bottle of water, drinking water in place of caffeine urges. Let your body rest for a while, and every time you consume caffeine, drink water for 21 days to filter it into your system. As caffeine can have an effect on your brain and heart, you should probably start to consume less of caffeine.

YOU CAN DO THIS AND GOOD LUCK TO YOUR WAR OF ACADEMICS!!

MINDFUL LIVING

By Laiken Faiers

From the moment we wake, our brains are occupied with thoughts about things that have taken place and what is yet to take place. Being guided by these thoughts leave us very little time to focus and experience the present. Mindfulness is a form of meditation, the practice of being present and in touch with our current senses and feelings without judgment.

Spending too much time problem-solving, daydreaming, or thinking negatively drains a vast amount of energy and increases chances of experiencing stress, anxiety, and symptoms of depression. Implementing mindfulness into your daily life has many benefits. Research shows that it can help improve attention and sleep, decrease the chances of burnout, reduces emotional reactivity, and improve conditions like anxiety, hypertension, and depression.

There are many ways of practicing mindfulness. This means that everyone can implement different practices into their lives that best supports their lifestyle or preference... Some unstructured practices include:

#1 Paying attention

Switch off autopilot and place your attention on the present. Make the effort to be aware of and experience your surrounds through your senses without letting your mind wander off.

#2 Acceptance

This one can be extremely tricky, but it is important. Aim to treat yourself the way you would treat your best friend. Allow yourself to experience your thoughts and feelings without judgement only recognition.

An example of a more structured form includes:



Photo: mindfulness quotes

#3 Meditation

Mindfulness meditation takes on a variety of forms. There is sitting meditation, which focuses on breath work, or even walking meditation. Choose the one that feels more natural to you. If you are a beginner, meditation can be a bit difficult. Try find guided meditation videos online to help build this skill.

Mindfulness is all about living intentionally and being kind to yourself. It is a practice that helps shape the way we think for the better. Practicing it daily is an easy way to find peace in the chaos of our daily lives. Giving your body and brain the chance to recentre is something all of us deserve.

POEMS FROM THE UNSEEING

By Leigh Nakeetah Jason

After being forced into early retirement due to health issues caused by diabetes, of which included partial blindness, Alfonso Matthews (aged 56) was faced with the most difficult challenge – what to do now?

The former correctional services Warden found himself tapping into talents he had last displayed as a child. Growing up in Graaff Reinet during an era where there was no television or other modern forms of technological entertainment, Alfonso read like there was no tomorrow. From books, newspapers and even toilet spray bottles, Mr Matthews had found his greatest hobby which would eventually evolve into his passion.

After studying to be a teacher, teaching at his former high school 'Spandou Hoerskool' and then joining the correctional services, Alfonso found himself rendered bored. Between doing limited activities due to his partial blindness, and spending time with his wife Deborah, Alfonso felt he needed to do more. His more? Facebook.

Mr Matthews became more active on Facebook as the days went by and found himself posting inspirational morning messages, which evolved into full fledged poetry, a skill he had forgotten he had. Since 2016, Alfonso brightened his Facebook Friends days even though he couldn't see much. Everyone always encouraged him to write books and short stories, and in early 2021, he finally listened.

Unfortunately, while gathering his anthology, Alfonso and his entire family was rendered ill by COVID-19 and unfortunately his wife, Deborah, passed away. This was a huge loss to Mr Matthews as she was his eyes and guide. Everywhere he went, she would guide him and have his hand rest on her shoulder as she would explain their surroundings. Due to it being Level 4 restrictions at the time, Mr Matthews was unable to have their resident Reverend Theo Williams carry her spirit home, but thankfully Rev Williams offered a eulogy that sparked the greatest inspiration.

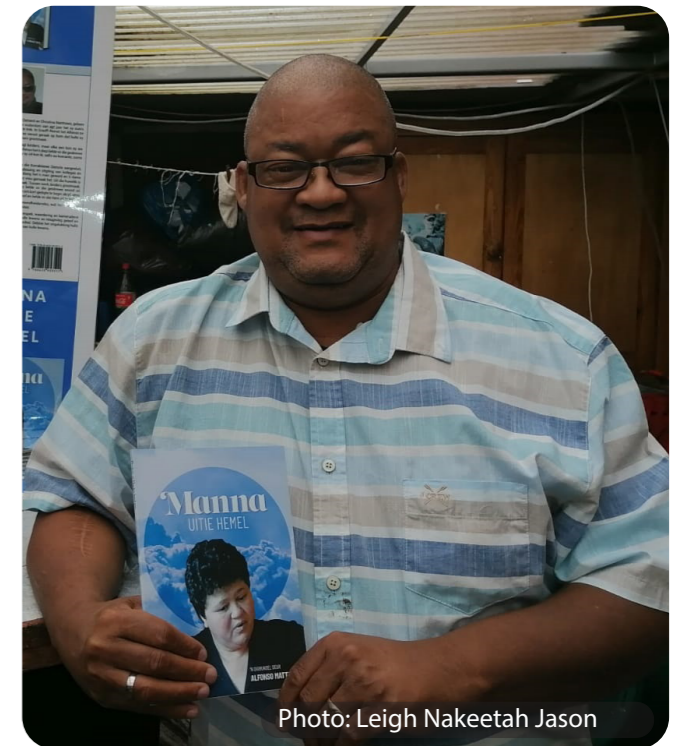


Photo: Leigh Nakeetah Jason

He called her "Manna Uitie Hemel", Manna From Heaven, nourishment to **the people**.

Mr Matthews felt this deeply resonated with his wife and used the phrase in everyday life. Once more, the late Deborah blessed him by having local publishing company 'Poetic Productions' by Bevan Boggenpoel approach him and offer to publish his book. The only challenge was finding a title. Or was it?

Manna Uitie Hemel is an anthology of poetry by Mr Matthews and his close friends. Mr Matthews only hopes that the message of the book comes across strongly "don't let anything hold you back.", poems from the unseeing. The book is dedicated to his late wife and serves as a legacy for his family.

The book is available from Mr Alfonso Matthews (084 320 4659)



By Sanele Thwala

Plastic is building up across the planet, from the ocean floor to the highest mountain heights. Plastics are useful synthetic materials utilized in almost everything from vehicles to clothes, and they are typically produced at a low cost. Most plastics end up being waste and the biggest pollutant in our environment.

So far, an estimated 8.3 billion metric tons of plastic have been produced. That's almost 1,400 times, and part of that plastic is still in use today. However, approximately 5.8 billion metric tons of garbage was generated. Only around 9% of all plastic waste is recycled. A further 12% has been destroyed by fire. The other 79% was disposed of in landfills or in the environment. It also takes a long time for that plastic to degrade. Plastic litters the world, and many animals mistake it for food. If these animals become overly stuffed, they may forget to ingest genuine food and starve. Birds, turtles, and other water creatures become entangled in plastic trash.

The presence of huge pieces of plastic isn't the only problem. Microplastics are tiny particles of plastic that degrade after they are discarded. The winds spread these pieces far and wide. They can be dispersed over the ocean-by-ocean currents. These pollutants build up in the bodies of animals and they also make their way into our food and drinking water. The average person consumes more than 70,000 microplastic pieces each year. Scientists believe it is possible to clean up the mess. However, the problem is not plastics themselves rather the misuse of plastic waste. Ways you can help the planet is by reusing and recycling plastic products instead of throwing them out and attending local cleanups that assist in addressing the plastic epidemic.



SEALS PAY VISIT TO SOUTH AFRICAN SHORES

By Mhlongo Surprise

For the past two years, species of seal sightings around South African waters has been increasing. A most recent sighting is that of the Antarctic fur seal spotted this past August 2021; South African marine experts are dedicated to finding out the reason for these visits.

Crabeater and leopard seals are two of the other kinds found alongside the Antarctic fur seal. Data samples were collected to study the cause of these visits by a marine mammal researcher in Gqeberha, Dr. Greg Hofmeyr. Results so far show no clear indication of the cause, however it is assumed that this could be one of the biggest effects of climate change taking place on the Southern Ocean. Along with this data it has been observed that it is mostly the Antarctic fur seals among the other kinds that are seen more ashore.

According to Dr. Greg, it all began in the year 2016 when an adult male seal (that was later named 'Bear') visited the KwaZulu Natal coast. The second in 2018, followed by one this previous year then the four spotted this year. Upon discovery, these seals are rehabilitated and released with satellite trackers to help trace their whereabouts and behavior as they travel, this also helps the specialist monitor the success of the rehabilitation. It is believed that these species travel specifically to the South African shores because they live in the Southern Ocean, which is merely in between Africa and Antarctica, and South Africa has one of the nearest shores.

Forming part of the four seals found recently (2021) were three Crabeaters of which one appeared on the KwaZulu Natal, the Eastern Cape (East London) both on the same day then one at the Western Cape, and the Antarctic fur spotted in the KZN. The increased visits of these species have raised concerns to a lot of people, but it also allows researchers to learn even more about these species and their living environment. While climate change is the biggest considered factor for these unusual events, Dr. Greg and several other researchers are heading for a broader research project about these occurrences.



Photo: Aluwani Ramaru

MADIBAZ GEORGE CAMPUS CELEBRATES INTERNATIONAL COASTAL CLEAN-UP DAY.

By Hlengiwe Phiri

For 35 years people have honoured International Coastal Clean-up Day (ICCD) on the third Saturday of September annually by cleaning beaches and bringing awareness on the importance of keeping our beaches clean. This year the Nelson Mandela University's George Campus, Green Campus Forum (GCF) members celebrated this day by cleaning the wilderness beach. The Green Campus Forum is a society that aims to keep the environment green and the ICCD encourages community participation.

The society's chairperson Aluwani Ramaru said, "the ICCD as an excellent way to get people to engage and be responsible in protecting their environment and gain knowledge about the effects of littering, for instance, how it gets into the ocean and what it does to the marine ecosystem. That little knowledge could have an influence in future decisions should they be in a situation where they have to decide whether to litter or not."

The ocean is a world on its own housing thousands of organisms and plastic waste has been its villain for decades, it invades every part and kills all life forms. Waste littered on the beach ends up in the stomach of marine animals or hindering their movement in the ocean. Therefore, the ICCD minimises the effects and acts as a preventative method by educating the public. The society's secretary Anelisa Sitatu on the importance of coastal clean-up said, "we have to keep our coastal areas clean and to protect aquatic life because all the trash we irresponsibly dispose ends up being consumed by marine animals and that kills them so we should conserve marine life". Aluwani added, "we sorted the recyclable waste and took it to a recycling facility the others were handed to the people dealing with waste on campus" when asked about the disposal of the clean-up waste.

Whether you are near or far from a beach you too can take part in the clean-up all it takes is picking up litter from the ground and practising the 3 Rs. Reusing, Reducing, and Recycling.

IT'S MORE THAN JUST A RIVER!

By Hlengiwe Phiri

Rivers are not just a large mass of flowing water in a valley instead they are a world of its own, a world that needs to be preserved and cherished.

You might merely see water flowing but if you take a closer look, you'd see how it acts as a mode of transportation for nutrients. Its water that travels to various parts of the world such as in estuaries and oceans or better yet in your glass. Rivers are a peaceful site this is indicated by the harmony that freshwater organisms from a small dragonfly larva to a big crocodile coexist in. This freshwater environment also welcomes frequent visitors such as birds and mammals to feed, cool down, as well as to quench their thirst.

Rivers act as a medium for water-based activities such as boating. Water is a precious natural resource that can make reusable energy source known as hydropower which not only provides electricity for us but also contributes to the economy.

Water plays a significant role in various religions and beliefs and rivers acts as place for water rituals. As godly as rivers sound, they are under threat and many of them are polluted. Polluted rivers result in habitat loss which inevitably reduces biodiversity and minimizes the amount of freshwater supply therefore it is crucial that we conserve and take care of water bodies.

The world honors rivers annually on the 26th of September by doing various activities that conserve rivers, you too can make every day a rivers day by recycling your trash and reusing materials instead of continuously buying new ones. Report the siting of invasive species and raise awareness to educate others. From ancient times till this day rivers acted as a foundation therefore we should take care of them similarly to how our forefathers did to ensure that our children benefit from them as we are.

Photo: Pexels