

POT HOLE RELIEF FOR NELSON MANDELA BAY

By Luphelo Zendile

A road development project plan for Nelson Mandela Bay has been provided by the South African National Roads Agency SOC Limited (SANRAL).

One billion rand is the expected cost of these road improvement projects, which has been disclosed to Motherwell, Gqeberha Municipal stakeholders. An innovative discussion, held by SANRAL, to give these projects to local businesses and the community has been welcomed as a result of engaging and empowering residents as of 10th and 11th of August 2022.

SANRAL shared information on key projects, including Phase 1 of the road improvement projects on the R335 from Motherwell to Addo; the routine road maintenance (RRM) of the N2 Section 10 between Thornhill and Colchester; the R75 Section 1 to Section 2 between Port Elizabeth and Uitenhage, and the road improvement project on the R75 from the Uitenhage to Kirkwood Interchange. Small Medium and Micro Enterprises and local community members will benefit from these projects through the various job opportunities that SANRAL will offer.

Regarding the widespread concern over corruption, the Community Development Coordinator for SANRAL's Southern Region, Xoliswa Chubana, has also



Image Source: www.trx.my

made some points, outlining how they would ensure inclusion and openness among those involved in these initiatives. She stated that SANRAL has created programs that aim to present numerous employment prospects for various subgroups and stakeholders within the communities of Nelson Mandela Bay.

Together with the Project Liaison Committees, this will be accomplished (PLC). The PLCs are set up to enable improved communication and openness on SANRAL projects as well as the smooth completion of work on projects. These projects seem to have come at the time where road users are exhausted by pot-holes yet the fuel price stays on the rise. This could be a huge step to the improvement of Nelson Mandela Bay Metro.

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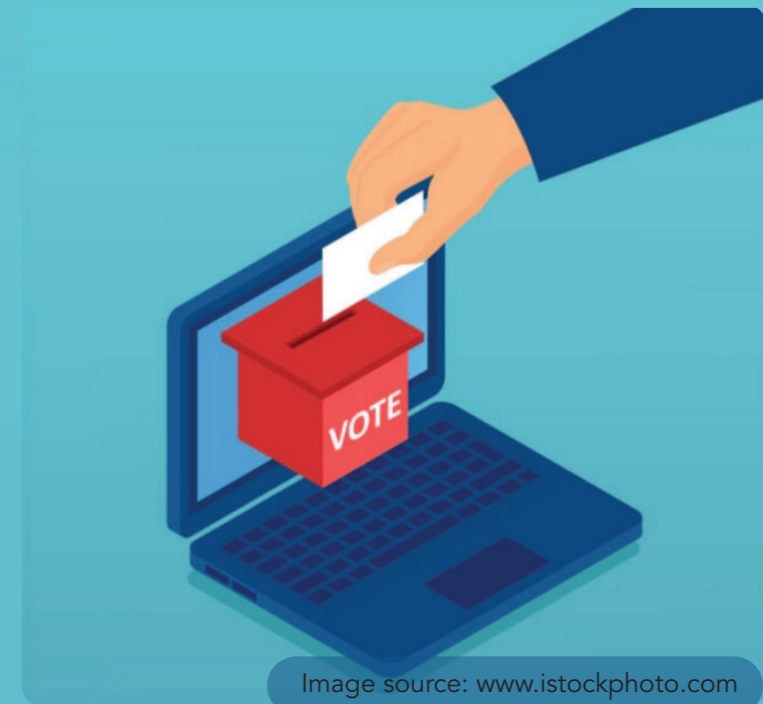
LETTER FROM THE EDITOR

With the announcement of students returning to campus as from the 15th of September 2022, we hope to see everyone's faces, and especially smiles! After a gruesome two years of attending class on campus now and then, or not attending at all, it will be refreshing to see the empty spaces once again being filled – responsibly of course!

With the first test cycle looming, directly after recess, we wish everyone well and a restful period ahead. Rest, energize, and work hard! The year is almost at its end and we are still here and still breathing, so why not see it through to the best of our ability?

Our ninth edition is filled with the usual amazing content from our star journalists and editors – we offer everything from inspirational entrepreneurship stories, tips on how to start reading more (as we should), helpful hacks to living and staying healthy,

Politics, the wonders of stem cells and all your local sports news – all here in one! A taste for everyone. Please do enjoy our edition, and make sure to follow us on our social media pages to stay updated! Happy resting!

Leigh Nakeetah Jason**CAST YOUR VOTE, NOW****By Somila Tiwani**

It's time to exercise your democratic right and choose your student government for the academic year 2023 by voting in the Student Representative Council (SRC) elections, which will occur soon. You have an obligation to thoroughly consider your alternatives and express your opinions. On September 28 and 29, 2022, there will be elections for the SRC.

The SRC is the highest decision-making structure of student governance. In university committees, it represents the interests of all students, and their general concerns, including their social well-being. On campus, it plays a significant role in the formulation of policies and co-operative decision-making. The SRC is a very important stakeholder within the university, as no decision should be taken without the student voice.

Nkululeko Zondi advises other students to participate in the next elections and cast a ballot for their representative. According to the Nelson Mandela University student, it is vital that students take the time to consider their leadership and choose candidates who can make meaningful progress toward utilizing the structure in a constructive way.

"By voting, we're essentially expressing our desire for both the structures to work and for the institution to just be receptive to the demands of students. Just be sure that everything you choose would advance us toward that objective.

To determine who you are going to vote for, Zondi suggests that students consider consistency in the past and what has been happening. Also, the long-term outlook is important as some organisations have been resilient. "I think the test of time is the best," Zondi concludes. It is critical to keep in mind that social media debates are insufficient; voting is necessary.

TIME FOR NEW GOVERNMENT, ALREADY?



Image Source: www.promap.co.za

By Luphelo Zendile

The newly formed multi-party coalition has taken the first step toward Eugene Johnson, the executive mayor of the Nelson Mandela Bay Municipality. On August 11, 2022, a notice for motions of no-confidence against Johnson, her representative, Buyelwa Mafaya, and the Council Chief Whip was delivered to the Speaker's office.

The multi-party alliance, made up of the Democratic Alliance, United Democratic Movement, African Christian Democratic Party, African Independent Congress (AIC), the Pan African Congress, Freedom Front-Plus, and the Abantu Integrity Movement (AIM) have been vocal on its plans to oust the ANC-led administration in the hopes to take the city forward. Thus, the city under the shadow of the ANC faced overwhelming crises which includes the highest debt of 9 billion, with the lowest number of indigent households being serviced, etc.

Residents are more concerned about the lack of government in the city, stating that never before has Nelson Mandela Bay been littered with so many potholes (approximately 20 000) and outstanding sewage blockages (approximately 5000). To add insult to injury, the municipality has only reached four out of its 16 Key Performance Indicators (KPIs) in terms of service delivery.

"The service delivery of this place is very bad, all they know is fighting over the tenders," says one of the residents, Peter Mbunge, who is dissatisfied with the leadership. In light of everything happening with the city's governance that affects service delivery and governance that does not complete their terms in office and the development of the city. It is time to bring it back to its rightful place.

SOCIAL MEDIA VS MENTAL HEALTH

By Somila Tiwani

An online discussion of social media and the impact it has on mental health, was recently facilitated by Emthonjeni Student Wellness. The peer mentors opened a discussion on how social media influences students' mental health.

According to the talk, there are on average, 7.6 billion social media accounts worldwide, out of a total population of 7.8 billion people. The ability to sell and expand a business, interact with family and friends, and get reliable information and learning resources are some of the factors that motivate people to use social media.

Social networking may be detrimental to one's mental health, therefore the disadvantages outweigh the benefits. Stress, anxiety, sadness, eating disorders, paranoia, post-traumatic stress, discontent, irritation, unhealthy self-centeredness, and isolation are some mental health problems that can result from using social media.

The signs that social media impacts your mental health as discussed were:

- Social media may lead one to feel inadequate, feel body dissatisfaction through negative body imagery if you think someone is more attractive than you which could bring up insecurity that was not there before.
- Unrealistic expectations.
- Social media means people spend less time meeting, so people are not able to engage in conversations personally.

Other tips included setting a time restriction for when you may be on your phone and limiting your use of social media. Put your social networking applications on the final page of your phone rather than the home screen so they are not the first thing you see when you unlock it. Speak with a specialist to assist you in learning methods that will enable you to stop continuously using social media.

Many people's lives have been impacted by social media, which has almost completely replaced personal interaction. Social media usage needs to be restricted in order to eliminate its bad effects and only display the positive ones.



Image Source: www.stateofmind.it

NOT EVERYTHING NEEDS TO BE SHARED

By Akahlulwa Radana

Coupled with an immaculate pair of Louis Vuitton stilettos, your significant other has planned a romantic getaway to Cape Town for the weekend – you leave on Friday.

You maintain an active social media following, therefore you snap a picture of your plane tickets together with your stilettos for the “gram”. You, however, are not the only one who is ecstatic for your little getaway.

I see that some of you are astonished, nevertheless you have read that right. Criminals keep a close eye out for homes that are vulnerable by means of social media, this is how they can determine when individuals are home.

Now, back to your Instagram post. Your location is visible in the caption, as is the day that you will be leaving town. The criminals have their plan in motion.

Through the utilisation of your location, they are able to find your exact address and come Monday you can expect to return to a home that is void of all its valuables.

Organised crime is just one of a great number of risks that go hand-in-hand with social media oversharing. Allow us to take it a step further; as students there are those of us who still live with their parents others with their grandparents and younger siblings.

Not only do you put your parents’ home in jeopardy with oversharing, but also their lives together with the lives of your siblings and grandparents.

Another risk, identity theft! This is where hackers simply recover the personal information that you have shared then sell it to the highest bidder on the dark web.



Image Source: www.pexels.com

Imagine the harm that can be done with your identity and bear in mind you are the one that will be pursued, not them.

Not everything needs to be shared on social media. With that being said, turn off your location, do not tell Instagram that you are leaving town, keep personal information private or you just might find yourself in serious danger.

A BROKEN SYSTEM ON TRIAL

By Khanimamba Khoza

Netflix’s *Justice Served* opens with a white man shooting a black man in the back as he runs. It looks like a clear-cut racially-motivated killing. In real life, this is a scene many Americans may be a little too familiar with, as the heavy topic dominates the media in their country. In the series, it’s happening in South Africa – a country with Apartheid still in living memory.

The opening of the series sets the tone for what kind of show we are about to get – a far cry from what we, as a nation, are used to watching on SABC, eTV and Mzansi Magic. A year after the incident in the opening scene, protagonist Allan Harvey is put on trial, and there’s really no telling what the verdict will be, even though one might imagine this is an open-and-shut case, some people do not believe in the system anymore.

They think it is broken. This sums up the story as an intense and dramatic portrayal of the very many motives that fuel a broken system and, in this story, that very system is put on trial. Enter the Numoor, a group of freedom fighters who want to fix the system. They are led by the fearsome Azania Maqoma (Hlomla Dandala).

The Numoor lays siege to the court just before the judge can deliver judgment. The idea is to place justice in the hands of the people. What follows is an engaging story that seeks to challenge the collective moral compass of the entire country, with a question: “Will you vote to kill a man on live television?”

The idea quickly becomes extremely divisive as the people start to vote, while the Numoor put Allan Harvey, and the system at large, through a second trial. This series speaks to the fabric of the society we live in and whether we ought to act on what we believe to be right ourselves, or let a system that is arguably biased and broken continue to uplift one group of people while being oppressive to another.



Image Source: Netflix

A CASHLESS SOCIETY: NO THANKS



By Robert Hill

There has been a massive push in recent years to do away with cash. The feeling seems to be that in an increasingly developed country (and world), paying for things with banknotes and coins – glorified pieces of paper and metal discs – is an archaic way of transacting goods and services.

The rise of alternative ways to pay for things, including debit cards, SnapScan and Instant EFTs, has led to many people not carrying any cash in their wallets – it is, in their eyes, simply something that can be stolen from them or lost.

With the sanitising and social distancing that gripped the world in 2020, many retailers saw this as a perfect opportunity to seize the moment and declare that they would no longer accept cash, in the interests of “keeping each other safe.” Of course, it is easy to make this shift when it comes to the financial benefit of not having to pay cash handling fees to a third party.

This abandonment of cash has little benefit to the public, yet it is largely applauded by people (most notably the same crowd whom you don’t see carrying an emergency banknote with them). According to an article by Business Insider from July of this year (2022), 85% of people in South Africa (over 15 years old) now have a bank account. However, where does this leave the remaining 15% of people? This number also excludes those under 15 years old, and for whom, in all socioeconomic groups, cash is often the only way to pay for goods or services.

It is ironic that in a world gripped with trying to appear inclusive and accepting of absolutely all people, there is remarkably little outcry when a business decides to only accept cashless payments. And just because someone has a bank account, doesn’t mean that all their money is held in that account – they may still often need (or prefer) to pay with cash. Cash may not be king anymore – but it is remaining as a widespread payment option that allows everyone to participate fully in society.

INTRODUCING LIZ NGONZI TO THE WORLD

By Lelodwa Ngamlana

Elizabeth Liz Ngonzi is the founder and CEO of The International Social Impact Institute. She is also known as an award-winning social entrepreneur, coach, and educator.

The international speaker recently visited Nelson Mandela University and has hosted at least more than one educational seminar at our different campuses around the week of 25th July. Ngonzi is all about equipping and amplifying the leaders within us. Judging by the positive feedback from her social media pages, she has managed to tap into and awaken the lions in some young leaders.

As someone who had the honour of attending her talks, I was left feeling empowered. The focus of her seminars is on helping people clarify their values and purposes to enable them in crafting their personal brands. Ngonzi made it known that everyone is a brand meaning what you post or share on social media matters more than you know.

With the importance of personal brand development, as a brand, if you share a lot of alcohol selfies publicly that automatically attaches it to that. We were also advised to create LinkedIn profiles and make use of it to mingle and build professional relationships. It was also noted that extra curriculums help with extending your CV and gaining experience. This means you are actively working on bettering yourself.

Things to remember from Ngonzi’s talks is that; I am a brand. Everything you do, where you chill, and what you share on the internet is part of your brand. Think of yourself as the Nike brand. Ms Ngonzi is carrying a packet of sweets to heal, and everyone needs a taste for a change of perspective. Ngonzi can be found on LinkedIn and any other social media platform. She usually hosts seminars with a lot of powerful people, especially the youth. She comes highly recommended.



Image Source: Ms Ngonzi

FROM GRADUATE TO BUSINESSWOMAN



Image Source: Charnelle Davids

By Bantu Ndiki

A businesswoman of note, twenty-four year old Nelson Mandela University graduate, Charnelle Davids, is an inspiration to all of us.

While completing her Psychology and Sociology degree, Charnelle saw a gap in the market and pursued her passion of hair care. Co-creating a hair care line, her qualification, as well as her creativity birthed 'Khula Cosmetics', a brand dedicated to solve problems like alopecia,

receding hairlines and hair-loss. The brand also not only targets women's outer appearances, but also their confidence. "I wanted my brand to be a brand of confidence and results, and today it is exactly that," says Charnelle.

All businesses face obstacles along the way to the success - as has Khula Cosmetics - but that would not let her down. She pushed through, despite the obstacles.

Trust between her product and her customers was also part of the obstacles when she started the business. Her first product was packaged in a big Coca-Cola bottle – which led to customers not trusting the product. But her success now? Immeasurable.

Khula Cosmetics does not cater to women only, but also covers men and children. The unique selling point about her brand is that it is not only chemical free, cruelty free, vegan, and natural, it also proves to start working within thirty days.

The brand has grown exponentially to the point where it is available across the country as they offer courier deliveries. Charnelle's favourite part, is that she has also targeted the unemployment rate by actively employing others.

Charnelle is not only an inspiration to women worldwide, but one to all young South African graduates and creates hope for other entrepreneurs.

FROM PRISONER TO ENTREPRENEUR

By Bantu Ndiki

Sentenced to two prison sentences of fifteen years each, running concurrently, and witnessing terrible acts in prison, including the stabbing of inmates – this sounds like a nightmare, but it is Vusumzi Nogaga's reality.

Vusumzi Nogaga, also known as Vusi Mark Artin, is an ex-convict who is currently running his own delivery business in East London. He is now in search of investors to assist his enterprise to expand into Gqeberha, which is where he sees his business in future.

Born in Soweto, he grew up with his mother who later left his father and went to stay in Hillbrow with Vusumzi. His mother did many unpleasant jobs to make ends meet.

Vusumzi was later taken by his grandfather and lived with him in Mdantsane. This is where his love for looking good began, by looking up at older guys who looked good and were liked by different ladies.

That fascinated him, and influenced his dance with crime. He started shoplifting, committed fraud, sold drugs and committed robbery to afford all that he desired.

His luck ran out when he was on the run from the police and was caught in a situation where he fought with his accomplices due to monetary issues. "It took years for my family to find out, since I was good at hiding things," said Vusi.

In prison, he started making use of the time and learned about business. He knew exactly what he wanted to do when he was back in

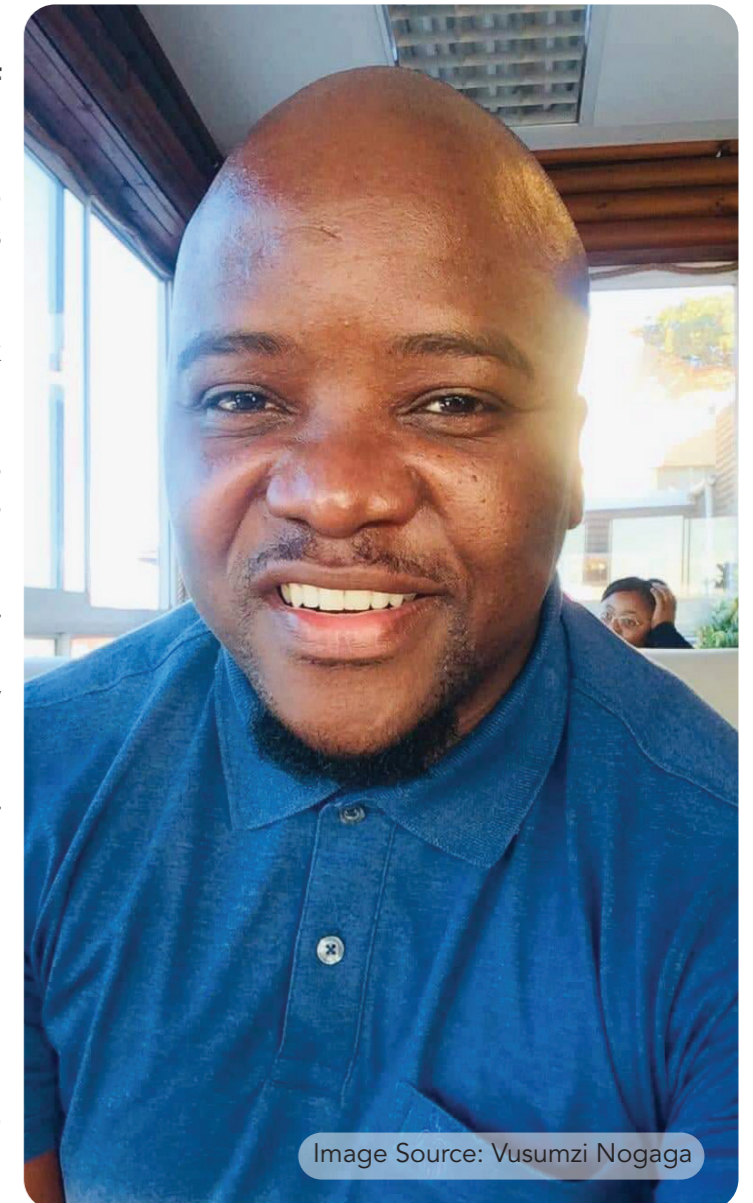


Image Source: Vusumzi Nogaga

the community.

That is when 'Nodada Delivery' was born: his business of delivering goods from take-aways to medical supplies in the community. Vusi is also doing motivational speaking in schools teaching young kids about how crime is wrong and can destroy your life. He is an inspiration to the community especially to young people.

THE TRAGEDY OF BEING A WOMAN IN SOUTH AFRICA



Image Source: www.stock.adobe.com

By Tsireledzo Musecho

On the 9th of August, South Africa commemorated the impact that women had in the fight against Apartheid. Yet in 2022, Women's Day was gloomier than ever.

On the 2nd of August, 7 days before we kick-started a celebration for women, it was reported that 8 young women were gang-raped in West Village, Krugersdorp, whilst shooting a music video. What's even more shocking is that, following this incident, is the arrest of more than 85 illegal miners who are said to be suspects of this horrific act.

The outbreak of what is now known as the Krugersdorp rape has sparked fear amongst women across the country, who feel unsafe and unprotected - especially with the rapidly increasing statistics of gender-based violence and rape in the country. Reports show that there were 42 289 rape cases between 2019 and 2020 alone. As well as 7 748 cases of sexual assault during this same time period.

This amounts to 115 rapes daily, in a country deemed free and democratic. Not only are these reports scary, but South Africa is also deemed the rape capital of the world – ranking higher than countries that are faced with war injustices. Scarier than that, is that, of these statistics of cases reported, how many more are left unreported?

The words uttered by the Minister of Police, Bheki Cele, following the Krugersdorp rape case are also unsettling. On national television, the man appointed to protect and serve this country stated that, "the 19-year-old woman was lucky to be raped by one man while others were raped by ten men." This statement said by the minister is not only alarming for a man put in charge to protect women in this country, but is sad and heart-breaking, to say the least. The question remains: when will it end? Rape in South Africa has become normalised, and women are left to deal with it, all alone.

BOOKTOK MADE ME DO IT!

By Laiken Faiers

BookTok is a subdivision of the ever-expanding TikTok. It's a place where influencers can share current reads, highlight book trends across different genres, and create a platform to share reviews and recommendations. Essentially, BookTok is a virtual book club that encourages followers to try reading something new – hence the phrase, 'BookTok made me do it'.

Many books have gained fame through BookTok, three of which are reviewed below.

Blueberries: Essays Concerning Understanding by Ellena Savage

'I mean who cares about opinions, gossip, whatever, when bodies are so vulnerable, in search of only love and breath.'

Blueberries is a compilation of 15 different works written by Savage. Each essay urges the reader to confront piercing questions about longing, love, power, and violence. It is a seamless creation that is in part a diary, poetry, and a raw stream of consciousness.

Diary of an Oxygen Thief by Anonymous

"I liked hurting girls. Mentally, not physically, I never hit a girl in my life. Well, once. But that was a mistake. I'll tell you about it later. The thing is, I got off on it. I really enjoyed it." The opening lines of this book almost make you want to close it. However, this very divulging narrative exposes the mind of a paranoid alcoholic who finds himself the victim of this own cruel game. It is one of those books that is haunting and intriguing – sort of how one feels when reading up on a serial killer, or in this case, a serial heartbreaker.

*The Subtle Art of Not Giving a F*ck* by Mark Manson

"The desire for more positive experience is itself a negative experience. And, paradoxically, the acceptance of one's negative experience is itself a positive experience." Manson doesn't sugar-coat his counterintuitive self-help guide on how to live a good life. While some have viewed this as a masterpiece filled with well-timed humour, others view it as the ego-driven rant of a pseudo-intellectual.

Reading is an incredibly personal experience, as everyone's taste varies, and perspectives differ. BookTok is a great way to find new books to read.



Image Source: www.pexels.com/photos

WHY BLOOD DONATION IS IMPORTANT

By Laiken Faiers

According to the South African National Blood Service (SANBS), 75% of the population are potential recipients – yet only 1% of the population are donors. Because the need for blood is unpredictable, there is always the fear that the supply will run out.

There is a great deal of myth and fear surrounding blood donation. Some believe that donating blood is bad for the body. This is a myth, with research showing that regular donation helps reduce the risk of heart disease. Others simply have a phobia of needles. Yet, it only takes a person to donate one unit of blood (475ml) to save three lives. This is because the blood donated gets separated into three parts- red blood cells, plasma, and platelets. It is only in rare cases that 'whole blood' is used such as in cases where there has been severe blood loss.

Blood can't be artificially manufactured, which is why the SANBS rely heavily upon eligible blood donors to donate. To ensure that the blood donation process is as safe as possible a donor criterion has been stipulated. You are eligible if you are:

1. between the ages of 16 - 75
2. weigh a minimum of 50kg
3. medically healthy
4. lead a safe lifestyle (this simply alludes to safe sexual practices and that you have no recent piercings or tattoos)
5. hoping to help others

Still, the idea of donating blood can seem like a daunting process. Here is what to expect: Firstly, to make the process a bit easier, make sure to have eaten a substantial meal 3-4 hours before donating as well as increasing your fluid intake before and after donation. Be sure to have your ID card on you or your donor card. Upon arrival, you will be expected to complete a confidential questionnaire. Next, a nurse will test your haemoglobin levels and blood pressure. If all is good, you can begin donating blood. This entire process usually takes around an hour with the actual blood donation only taking 8-10 minutes. You are also given juice and a cookie afterward!

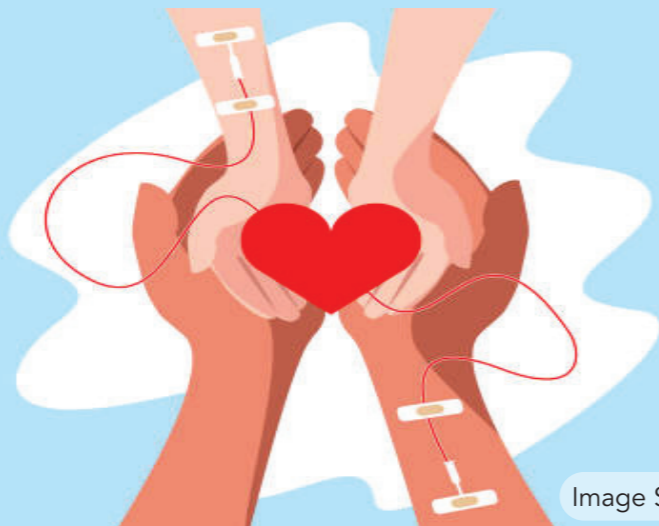


Image Source: www.istockphoto.com

THE LEGENDARY WORKSHOP

By Leigh Nakeetah Jason

With the inception of Spring, came blessings in the form of entrepreneurial knowledge, bestowed upon all students in the South Campus Auditorium, by the Legend Himself, Sheldon Tatchell.

Businessman of note, and well-known as the owner and founder of Legends Barber, Mr Tatchell joined a Nelson Mandela University Student Employability and Entrepreneurship (SEED) panel, facilitated by recent graduate and entrepreneur herself, Charnelle Davids. The goal was to inspire current student entrepreneurs and hopefully create new ones, and it was achieved – tenfold!

Mr Tatchell gave students a brief history of his start up, which people may assume began with haircuts, but actually, started with ice cream. As a young boy, saving his pocket money, Sheldon purchased a box of ice-cream, which he resold at a mark-up price at primary school. He was so successful that he had to employ another learner to help him sell. This was not only his light bulb moment, but also one of innovation.

He inspired the crowd with the touching story of why he started Legends Barber – to increase employee and customer interaction. He stated that as much as you are selling a good or service, the most important thing you need to market is your customer service – it is the key to all success, and Sheldon has the key to success alright.

His focus remained thereon, as he explained that anyone can do anything – every second person can sell the same product, but not everyone will purchase from the same person, dependent on customer service.



Image Source: Nonkululeko Masuku

Sheldon's business began in Eldorado Park, where he started cutting hair on his parents stoep. From there, he started doing house calls, and eventually opened his first Legends Franchise in 2015. Currently, Legends Barber has over 66 locations, with over 130 000 clients, so clearly Sheldon has the recipe to success – and through the helpful workshop, he was able to share it.

Facilitator, Miss Davids, ran us through a fun programme, resulting in a giveaway and many intimate conversations with the legend. It was a very refreshing session and inspired many to continue their business, and many more to start.

DECEMBER RECESS: MAKE IT MEMORABLE

By Robert Hill

Now, you may have read this headline and thought, “why are you thinking about the December recess already?” Well, before you know it, it will be the end of the academic year, and you might not have any idea how you’re going to make the most of the time away from the books. As with anything in life, a little planning goes a long way.

Perhaps you are travelling back home, to where your parents live. Depending on how far away it is from here, and how you will be getting back, perhaps you can make the journey part of the excitement! There are always little dorpies or shops along the way that you don’t notice until you look for them. Perhaps a friend lives along the way, and you can spend a day or two with them before completing your journey back home.

That’s sure to be a memorable journey.

Even if you are staying in Port Elizabeth, there’s no need to have a bland holiday. While most of our budgets probably won’t allow a holiday abroad or in a far-flung corner of South Africa, there is so much to do on our doorstep. When last did you visit the Addo Elephant Park? It can easily be visited as a day trip and is worth every rand – people travel from overseas just to see something we can take for granted.

If you’re working during the recess time, that’s no reason to not have a great recess either. If you find a job that interests you, that’s a good start. And depending on your schedule, there are still weekends and evenings – why not make a day out of visiting the beach, or visiting one of the lively markets that pop up on weekends?

Perhaps you’ve been thinking about what you’ll be doing during recess for a while now. Or perhaps this is the first thought you’ve given it. Either way, with a bit of planning, and without breaking the bank, you can make this a recess to remember – and be refreshed for the new year!



Image Source: www.nmbt.co.za



Image Source: easterncapesouth.scouts.org.za

THE SCOUT MOVEMENT: WHAT IS IT?

By Robert Hill

Not every youth movement can lay claim to being over a century old - but the Scout Movement can. Scouts South Africa is a non-political organisation that teaches young people various skills, including outdoor skills like camping, hiking and survival, and teamwork and leadership. Scouting is a worldwide movement – with over 58 million members worldwide.

In South Africa there are over 200 000 people belonging to Scouts South Africa. All these people learn valuable life skills and build relationships with people that last a lifetime.

Scouting works as follows:

If you are between 7 and 10 years old, you become a “Wolf Cub.”

Then, once you turn 11, you join a Scout Troop, and get to take part in all the fun activities Scouting has to offer, with a small group of fellow Scouts, called a “patrol.” There are generally 6 – 8 Scouts in a patrol, all aged between 11 and 17. And, once you turn 18, there is no need to leave Scouts – you can become a Rover Scout, which is a member of Scouts South Africa between the ages of 18 and 30.

Being a student at university, this is the age group you are most likely to fit into. Rovers do a lot of activities, including camping, outdoor activities, and socials, and typically meet once a week. Once you become a Rover you can wear the Scout uniform – which is recognisable the world over. When you join, you agree to live up to the Scout Promise – which is a promise that you will help other people, God, and the country, to the best of your abilities.

Does camping, hiking and camaraderie sound like something you like? Joining is open to everyone willing to make the Scout Promise – you don’t have to have any specific skills. In Port Elizabeth there are currently two Rover Crews (a group of Rovers form a Crew) – one in Walmer and one in Bluewater Bay. If you’re interested in joining one of them, or would like more information, the Eastern Cape office can be contacted on 041 374 4096, or visit <https://easterncapesouth.scouts.org.za/about/>.

COFFEE: A BLESSING OR CURSE?

By Samantha van Jaarsveld

Nescafe, Ricoffy and Jacobs - these are merely a few of the most consumed brands of coffee in South Africa. This hot beverage is typically consumed by working adults and students at least two to three times per day. Most often, this is done to replace food and give people more energy while they are working. Many students find it more difficult to find the free time to cook wholesome meals, so coffee becomes their go-to fix.

Although coffee has been known to be everybody's go-to drink when distressed and hectically busy at work, just how much of it and whether this drug, known as caffeine, is healthy for us, is the question asked by many.

As we all have come to know, caffeine can become rather addictive, due to its ability to invigorate the nervous system, providing us with the energy booster we find necessary to get through the day.

Due to its tendency to become so addictive, students often find themselves indulging in a delightful cup of coffee up to sometimes four times a day. You may be wondering if this is a rather healthy intake of daily coffee and the answer is yes – according to experts this is a perfectly normal intake of caffeine for the average healthy adult.

Despite coffee being frequently linked to raising tension and anxiety levels in the lives of many students, as well as energizing them before gradually depleting their energy levels, it may also be linked to a variety of good impacts. One of these is, of course, that drinking coffee might provide you more mental energy, especially after working on tasks all day or night.

It also provides several health advantages, including a lower risk of type 2 diabetes and a faster rate of food digestion and breakdown. One additional benefit of caffeine is that it is proven to enhance one's mood and memory. So it has its advantages, we just need to monitor our intake.



Image Source: www.depositphotos.com

SOUTH AFRICA'S HACKING HISTORY



Image Source: www.pexels.com

By Derick Hill

The entries in South Africa's computer hacking history may be sparse, but the few notable enough to make it onto the list are well worth learning about. Our country has been host to several cyber-attacks where technological aficionados weasel their way into computer systems that do not belong to them.

The first recorded hacker in South Africa had high hopes – he wanted to sway the 1994 election results in favour of parties that would not end Apartheid. His interference was detected by a UN computer specialist as the votes were being tallied on the Election Commission computer system. The electronic count was then stopped and counting was continued manually, delaying the announcement of Nelson Mandela's win by two days. The hacker, although not successful, was never identified or caught.

Four years later, in 1998, a 15-year old teen was arrested for gaining access to Telkom's internal computer network. According to Telkom, the young hacker had the opportunity to move around large sums of money but instead just snooped around a bit, doing no damage.

From 1998 to now, many South African websites were hacked and defaced, as well as some bank accounts being illegally accessed. In 2013, the 'hacktivist' group, Team GhostShell, vowed to expose everything the South African government was involved in. They followed through with their promise by posting incriminating information to Twitter.

A turning point for hacking in South Africa occurred in 2010, when ethical hacking courses started being offered to the public. Ethical hacking is the legal and non-harmful use of hacking to do good such as to test cybersecurity systems for organisations.

The hacking bug has bit many teens and adults alike, and with greater access to learning resources, many are and will be able to build successful careers in the cybersecurity industry. Through online communities that encourage young techies to be better and more creative hackers, the entries in South Africa's hacking history are sure to multiply exponentially in the next few years.

MONITORING GREY MATTER MUSICALLY



Image Source: www.pexels.com

patients do not possess. Another method exists which involves removing a patient's spinal fluid, a procedure that is both invasive and painful.

As such, cognitive assessments are reserved for the elderly who already display symptoms of cognitive decline.

As people are living longer, the elderly population is growing and the need for an accessible assessment is becoming more pertinent.

Recently, a PhD student from Tel Aviv University completed a research project that may revolutionise cognitive testing.

The test, devised by this student, involves 12 to 15 minutes of listening to music and performing simple tasks, such as pressing a button when a certain instrument plays.

During the assessment, the patient will have three electrodes stuck to their head to monitor their brain activity. The research, which has been peer-reviewed, shows that this short test will be able to detect cognitive decline in its early stages.

This test requires a compact device to play music and allow tasks to be performed, but other than that, doctors and nurses will be able to administer the test with minimal training.

With the elderly population growing, this test will allow greater accessibility to cognitive testing which in turn will allow devastating diseases like Alzheimer's to be detected early on.

By Derick Hill

It cannot be argued that music is able to lift spirits and brighten moods. In fact, in the last few months of 2021, it has been demonstrated that the power of music is able to slow down cognitive decline in patients with Alzheimer's disease.

A recent study, however, found that music may not only be used to slow down cognitive decline, it can be used to detect it too.

Currently, cognitive decline is assessed by a trained doctor specializing in the disease, who runs through a series of tasks and questions with a patient, which can take up a significant amount of time, that many

PLASTIC POLLUTION: A PRESSING MATTER

By Amahle Phendu

Plastic is everywhere. Building up across the planet from the highest mountains to the ocean floor, causing more problems than we could ever comprehend. A large portion of the planet is swimming in discarded plastic, harming animal and human health, and we have to ask ourselves: What are we going to do about it?

Plastic pollution is one of the most pressing environmental issues, as the increasing production of disposable plastic products overwhelms the world's ability to recycle them. Approximately 7 billion of the 9.2 billion tons of plastic produced from 1950 to 2017 has been dumped as wastage, ultimately ending up in landfills.

A 2021 study revealed that 44% of plastic debris in rivers, oceans and shorelines was made up of bags, bottles, and items related to takeout meals. If the present trend continues, by the year 2050 there may be 12 billion metric tons of plastic, which takes over 400 years to degrade and break down, within landfills.

Due to the low cost of production and the unprecedented population increase, the world is currently producing twice as much plastic waste compared to two decades ago, with the bulk of it ending up in landfill, on the streets, incinerated and contributing to harmful toxins entering our atmosphere, or cluttering and destroying ecosystems.

Reducing plastic pollution will require action and international co-operation, innovation, environmentally conscious design of products, stronger efforts to improve waste management and most importantly, for the everyday citizen to think before they buy and reuse, reduce, recycle.



Image Source: www.pexels.com

GENDER PAIN WARS

By Phuthego Precious Nthoke

Men or women? Who is stronger? Who can handle more pain? Jennifer Graham, a bio-behavioural health professor at Penn State has explored this topic. Each gender has its own stereotype, according to the research - men have a higher pain threshold than women but women express higher more physical sensitivity and activity in their pain receptors compared men.

Hormones are partly to blame, as painful stimuli are introduced into the system during the menstrual cycle, due to a reason still unknown to scientists. A sex difference and chronic pain study published by the Renee Eanders Foundation, Swedish Association for Survivors of Accident, and Injury as well as other associates and sponsors, revealed that when assessed, both men and women experience the same level of pain.

The study further indicated that women reported a significantly higher emotional maturity level, accepting the pain and seeking social support, whereas men exhibited excessive fear of movement, irrationality and aggressive behaviour. The study highlighted psychological pain as well and it so happened that when in pain, men experiences much higher levels of anxiety. Doctors equated this to kinesiophobia, the irrational fear of movement.

Many studies will have varying factors affecting the outcome of the results. The first study done concluded that men have a higher pain threshold and tolerance while women respond better, emotionally and rationally to the same level pain.

The second study revealed that when the same amount of pain is exerted, women can manage better and become more active while men become less active and more anxious, possibly due to a centuries-long adaptation brought on by childbirth. We have yet to conclude which gender can endure more pain, but what we know for certain is that, in any situation, women accept and manage pain better.

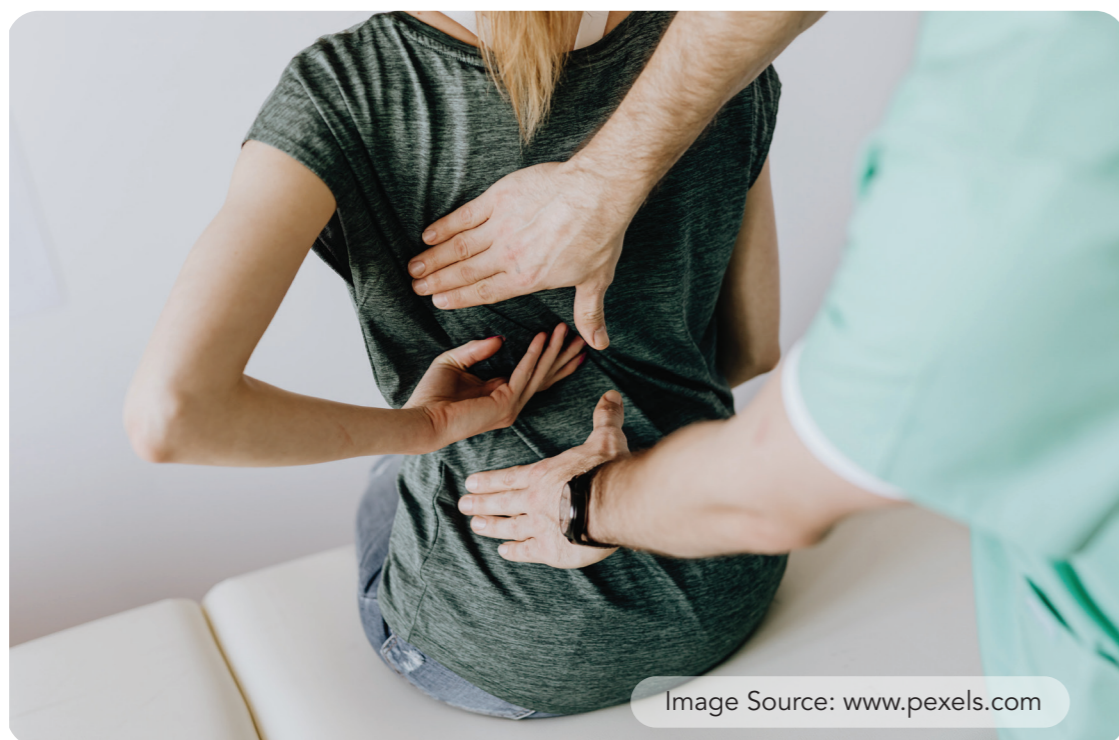


Image Source: www.pexels.com

THE WONDERS OF STEM CELLS



Image Source: www.pexels.com

By Hlengiwe Phiri

Living organisms go through a variety of phases, and throughout these processes, damages occur. Most organisms have an immune system, healing and supporting us against these damages, but sometimes the body needs a bit of a boost, and that is where stem cells come in. Stem cells are undifferentiated cells that can grow and mature into the tissues needed for a specific purpose.

In the medical field, stem cells are a world of wonders due to their versatility. These cells can be extracted from various body parts, however, the more commonly used one originates from embryo that is formed 3 to 5 days after fertilization of an egg with a sperm cell.

Through the use of these cells, medical professionals have made a breakthrough and found cures to many diseases. In the United States, dual stem cells were used to cure Human Immunodeficiency Virus from a patient, and although this method is not yet used on a large scale, it shows promising results.

Stem cell transplants are used to minimize the negative impacts of cancer treatment, like as chemotherapy and radiation, as it is able to restore damaged cells, and thanks to its ability to restore skin quality by increasing the production of collagen and elastin, these cells are now used in cosmetics as skin treatment to make people appear more youthful.

With all these wonders exhibited by stem cells, one can easily be tricked into believing that stem cell treatment is the answer to every health problem, but a recent study shows that stem cells can cause serious medical problems in the case that the body rejects the cells, much like the rejection that occurs in organ transplants.

As much as stem cells can help us cure diseases and decrease mortality rates, scientists should be cautious of how they utilize such cells to prevent putting lives at risk. Stem cells are a world worth exploring and with adequate research who knows what the future holds.



SCIENTISTS RESTORE THE CELLS OF DEAD PIGS

By Zoleka Makhathini

Yale scientists have done it again, by successfully reviving the cells of dead pigs. In 2019, the Yale team challenged the notion that brain death is irreversible by revealing that they had partially restored the brain function of pigs for a few hours, after the animals had been announced as deceased.

For this experiment, the scientists aimed to determine whether the same technique, in which a blood substitute is injected into the animal's circulatory system, could also be applied to the revival of other organs. After the pigs had been dead within the lab for an hour with no blood flowing through their bodies, still hearts and flattened brain waves – a team of Yale scientists used a device similar to a heart-lung machine to pump a custom-made solution known as OrganEx into the bodies of the dead pigs. The OrganEx solution contained nutrients, anti-inflammatory drugs, cell-death-preventing medication, nerve blockers, substances which slow down neuronal activity and prevent the pigs from regaining consciousness, as well as an artificial hemoglobin blended with each animal's own blood.

Although the pigs were not considered to be conscious in any way, their cells appeared to be revived. As OrganEx circulated through their veins and arteries, their hearts started to beat and the cells within their vital organs were reactivated. Precautions were taken during this procedure to ensure that the pigs did not suffer. They were anesthetized before the researchers chemically stopped their hearts, the deep anesthesia lasting for the duration of the experiment, in the case of a revival. Furthermore, the nerve blockers in the OrganEx solution prevent nerves from firing, ensuring that the brain is not active.

The scientists stated that their goal was to elevate the supply of human organs for transplantation by enabling doctors to obtain valuable organs long after death. They went on saying that they also hoped their technology could be used to cease severe damage from occurring to the heart after devastating heart attack or to the brain after a major stroke. Many Scientists believe that this mind-blowing solution might be used in the future, in situations where patients are not brain-dead but have been brain-injured to the point where life support is futile. They also wish to see this method tested on people who benefit from it, such as stroke and drowning victims. This procedure would, however, require a lot of thoughts from the ethicists, neurologists, and neuro-scientists.

DEFINING ERA FOR WOMEN'S FOOTBALL?

Liyema Ngaso

FIFA president, Gianni Infantino, congratulated Banyana Banyana on their recent conquering of African football. The Women's Africa Cup of Nation (WAFCON) champions automatically qualified for the 2023 World Cup after they reached the semi-finals of the tournament.

"On behalf of the whole football community, I would like to take this opportunity to congratulate you and your women's national team for your qualification," said Infantino via a letter to SAFA [South African Football Association].

After the release of the GSport awards list, SAFA and Banyana Banyana received several nominations. Desiree Ellis [head coach], Banyana Banyana, and several players were nominated. Ellis will compete against Protea Aquatic Club swimming coach, Eugene da Ponte, and gymnastics coach Ilse Pelsler for the Coach of the Year award after successfully guiding Banyana Banyana to the Women's Africa Cup of Nations title in July.

The WAFCON champions will compete against the Momentum Proteas and Golf SA for the team of the year award – while Hildah Magaia [Banyana Banyana centre forward] will be gunning for the Athlete of the Year award.

But it has not only been the pros who have been pioneering women's football in the country, the winning mentality has rubbed off on the foundation phase as well – including at Madibaz Football. The ladies have been gradually doing their part as well – winning the Regional League and qualifying for the highly sought-after Sasol League. This achievement was historic for Madibaz women's football and Nelson Mandela University as a whole – as this was the first time a Madibaz football team won the Regional League.

Women's football is indeed developing in the country and globally, and it is looking more likely now more than ever that the women's football could potentially catch up to men's football in terms of prominence.



Image Source: www.iol news

UNPRECEDENTED SUCCESS FOR MADIBAZ WOMEN'S RUGBY



Image Source: Siyolise Gqongwana

By Siyolise Gqongwana

The women's rugby team has sealed their place in the history books of Madibaz Sport after their recent feat. Coming out of nowhere, the ladies began their journey in the Eastern Province Women's Rugby League at the start of July and worked themselves all the way to the semi-finals of the competition.

Captain, Zikhona Mbuqe, who has been part of Madibaz women's rugby since 2019 testified to how difficult a journey it was getting to that stage of the tournament. With her experience and crucial voice in the changing room, she was given the task of leading this group of young women who do not quite possess the same experience in the game.

"Most of my teammates are new to rugby, so we first had to start with the basics before moving on to tactical skills – whereas the teams we've had to face have been much more experienced than us," she said. Given the duty of inculcating those skills and tactics into this inexperienced team, head coach, Namhla Siyolo has been going beyond her job description to make sure her team stays prepared for the challenges the team has had to face – including running up and down the Sports Center to get her team access to the gym.

"I always tell my team that nothing in life comes easy. You must always put in the work to get what you want, because hard work beats talent when talent doesn't work hard enough," said Siyolo. On the 27 August, Siyolo's girls played their last game in the tournament against African Bombers, in an anticipated semi-final clash. The ladies held their own in a tough game, but couldn't contain an experienced African Bombers outfit as they bowed out of the competition – losing 32-0.

The former Springbok could not praise her team enough for their efforts in making it this far. "The hunger, the dedication, and the hard work that these ladies have put in is what got us where we are today," said Siyolo. "To have rubbed shoulders with the top 4 in Eastern Cape is an amazing achievement for this squad."