

## RELIEF FROM LOADSHEDDING FOR SOME BAY RESIDENTS

By Somila Tiwani

The Nelson Mandela Bay Municipality has launched a load curtailment pilot project to allow some relief from loadshedding. In the upcoming months, the project's success will be evaluated. If everything goes as anticipated, it will gradually be extended to other areas in close proximity to the metro.

The pilot project consisted of 125 households. These households were able to activate their lights, utilize internet services, and plug in electronic devices for charging during load shedding. A three-month pilot project initiated in September 2023 has introduced smart electricity meters to 125 homes in South End, Gqeberha. Residents were notified that they risk immediate disconnection if they exceed the prescribed limits of electrical energy consumption during these periods.

During the launch, Zanele Sikawuti, a member of the City's mayoral committee responsible for electricity and energy, mentioned that the smart meters were backed by advanced technology that would enable the municipality to keep track of the residents' electricity usage and immediately turn off those who are non-compliant. She said the project aims to alleviate the country's energy crisis while giving residents minimal access to electricity during loadshedding.

Consumers will receive bulk SMSes to advise them to switch off the high electricity-consuming appliances, including geysers,



stoves, pool pumps, air-conditioners, and washing machines.

Consumers will receive notifications reminding them to turn off major appliances, and the smart meter will trip up to five times if they do not cooperate. For the remainder of the loadshedding period, the meter will be dysfunctional if there is a failure to reduce again.

According to Luvuyo Magalela, executive director of the metro's electrical and energy directorate, if the pilot projects succeeds, it will open up many opportunities for the city to get funding for other rollouts around the metro. The project was also expected to positively impact parts of the metro, like Motherwell, KwaZakhele, New Brighton, Kariega, Soweto-on-Sea and the Northern Areas.

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## LETTER FROM THE EDITOR

Welcome to the Final Edition of Madibaz News! With the end of the year and final exams looming, we bid 2023 and all its woes, and good times goodbye. We also bid Madibaz News adieu, and look back at all the awesome features and articles we have had over the past year.

With COVID-19 regulations regulating this year, we found ourselves trying to make sense and live with the new norm. You know what? Despite all, I think we did a really good job. Regulating may have been the most difficult part of it all, but we're all here, in one piece, so kudos to everyone!

Our final edition produces a jampacked, fully-loaded feature, so please do indulge in our final (and some of our journalists) final endeavors. I would like to thank everyone for their hard work and contributions this year – from the awesome editors, to our wonderful journalists, our technical editorial team, and the mother of the hub, Sade Prinsloo, our administrator who made everything possible.

But most of all, I would like to thank you, our readers, for making it possible to release edition after edition, showcasing our peers' hard work, blood, sweat and tears. Please do continue to look out for us in the new year, and if you would like to be a part of our awesome family, please be sure to keep a look out on your MEMO for applications, and don't forget to follow our social media pages.

Have a wonderful festive season, and remember to rest! This is the part of the year we have all been looking forward to. So, for the last time, stay safe and remember to look after yourself! See you next year!

Leigh-Nakeetah Jason

## CAMPUS POLITICS: THE EFFSC TOTAL-TAKEOVER

By Somila Tiwani

In recent years, Student Representative Council (SRC) elections in higher education institutions have played an essential role in defining the country's political landscape. They have developed from basic campus affairs to a launching platform for emerging political careers, a stage where political parties invest significant resources, and an indicator of the nation's shifting political tides.

The Economic Freedom Fighters (EFF) are at the vanguard of these transformational SRC elections, having not only won tremendous victories but also ushered in a new political paradigm. The EFF's victories in the SRC elections have far-reaching implications beyond educational institutions, predicting significant shifts in South Africa's political dynamics.

A significant illustration of this transformation unfolded in most higher education institutions, where the recent SRC results disclosed a remarkable outcome. Noteworthy, the University of the Western Cape won by majority and took all 12 seats. The EFF Student Command (EFFSC) has also registered decisive victories at University of Cape Town, the University of Fort Hare, the University of the Free State, the North West University, University of the Witwatersrand, Durban University of Technology, to mention a few.

It was no surprise to some that it had reclaimed Nelson Mandela University at the virtual elections, which took place on October 18 and 19. The EFFSC took victory as they won most of the seats at 4 of Nelson Mandela University's five campuses. Yiva Makrweide will take over the



reins as Nelson Mandela University's newly elected SRC President from the 2024 academic year.

As South Africa approaches the 2024 general elections, the focus will be on the momentum of the EFF, with speculation rife about the potential effects on the broader political landscape. While the EFF is currently leading in SRC elections, it's crucial to acknowledge that they are held in different arenas than national/provincial elections. However, it is crucial to recognise these victories' significant influence on South Africa's political landscape.



## SAFETY AWARENESS AT GOEBERHA CAMPUSES: A CONCERN FOR ALL



Image Source: heraldlive.co.za

By Luphelo Zendile

**The University has released a warning with deep concern about students who have fallen to be victims of criminals, thus urging staff and students to stay vigilant.**

For a long time, the University has been battling with the crisis of students being mugged. However, these criminal activities have increased; several students have been mugged and had their valuables stolen by opportunists. This concern is partially based on trust among the students as such activities occur not only in the yard but also inside the facilities of the University.

Vuyelwa Makeleni, a second-year student, had her phone stolen at a Library; she says, "I went to the printing machine which was not far from the table I was studying at where I left my phone, I also helped another student with printing, and when I came back my phone was gone". This concern and challenge to the environment of the University. The recent warning advises students and staff to remain vigilant at all times, given the increasing occurrences of criminal activities in Summerstrand, Central, and other areas within the Metro since the beginning of the academic year.

Students have been advised to walk in pairs or large groups and keep their valuable items out of site where this is possible. Those involved in criminal or traumatic events are urged to contact Nelson Mandela University at 041 504 2009, the Police at 10111 or the Ambulance at 10177.

## THE UNIVERSITY IMPLEMENTS SOME ON AND OFF-CAMPUS SAFETY MEASURES

By Luphelo Zendile

**With the tragic death of two students on its campuses in the past six months, the University is reassessing its present safety processes and infrastructure and making improvements to create a safe and enabling environment.**

The University has made several safety interventions, which have been introduced at Sanlam Student Village (SSV) on South Campus. The University has implemented strict measures in SSV, home to many residences. New rules state that only registered students in SSV (and staff who work here) can access this precinct through the turnstiles and vehicle entrances using their student and staff ID cards.

Students from SSV will need to sign visitors in and out by meeting them at the entrance to SSV and escorting them into their residences. Visitors will leave their ID cards with staff as captured in the visitor's register and pick them up upon departure; only two visitors will be allowed to visit a student at any time. All visitors must leave SSV by 10 p.m. SSV residents are expected to stay there after midnight. Should they do so, they will not be granted access to return. The licence discs of all vehicles entering SSV will be scanned and checked against a register, along with the driver's identification.

In addition to these interventions, the University will also take disciplinary action against those who break the code of conduct for living in residences. Some of these measures have been there, but it is a matter of ignorance and ensuring that these regulations were adhered to. Moreover, for off-campus residences, the University has again deployed the services of an external security service provider (patrols) to monitor the streets of Summerstrand, where so many of our students live.



Image Source: protea.nmmu.ac.za



## #IAMDIFFERENTYETALIVE!



Image Source: heraldlive.co.za

By Vincent Meya

A team of Public Relations and Management students in partnership with the Autism Welfare Centre Africa ran an awareness campaign on South Campus on 25 October 2023. The campaign aimed to raise awareness and advocate for inclusivity of those living with Autism in the communities and the workplace.

The Autism Welfare Centre Africa is a non-profit organisation founded by Mazi Emeka Ochi, who is a father to a child living with Autism. Mazi Emeka shared that he had initially discovered this through self-diagnosis. The centre educates young parents on issues of Autism, like the signs to look out for in diagnosis and how they can manage the challenges that come with it. "Some even go to the extent of abandoning their children because they do not know what to do with them." This was one of the challenges mentioned by the founder of the centre, who aims to prevent such through the work done by the centre.

Faculty of Media and Communications lecturer Jude Mathurine, along with Mazi Emeka Ochi, the organization's director, and their team, provided insights and education on Autism during the event. They strongly advocated for inclusivity, with Emeka Ochi emphasizing, "All we can do to eradicate the stigma is the inclusion of people living with disabilities." Mfundo Radebe, a student in public relations and management, along with various university students and lecturers, lent their support to the campaign. Ayanda Mlatsha, a representative from the Department of Student Wellness, passionately advocated for the inclusion of differently-abled individuals, stating, "Let us welcome any other individual, even if they are different from us; they should not be treated as outcasts."

The organisation aims to continue offering support to individuals living with Autism and their parents. The organisation also plans on having another walk and fun event at the Boardwalk in mid-November to raise awareness and educate people about Autism. For more information or details, interested individuals can check out the centre's social media pages.

## ACCOMMODATION ANXIETY

By Ciko K. Ndlovu

As the Winter recess started, I had made my way back home to Johannesburg. Whilst unwinding from a long semester, I realized that that there was a heavy weight lifted off my shoulders that did not concern academics. I was far away from my student accommodation, and it sure felt great! (Even if it was temporary).

The worst thing any student could go through is to reside in bad student accommodation. From maintenance issues, safety, excessive noise from housemates, these things can ruin one's overall university experience. The winter recess made me realize the high levels of stress I had internalized when staying in such an environment. The thought of it as well as its experience has gotten me extremely emotional on multiple occasions. How are students expected to succeed academically when they are faced with such challenges?

Although Nelson Mandela University's On and Off Campus Accommodation offices try their best to ensure that students are allocated at secure and orderly residencies, many students remain unlucky. The influx of students unfortunately brings about the growth of dodgy private accommodations seeking to make quick funds – leeching off desperate students struggling within the national student housing crisis.



Image Source: Werner Hills. Pikisuperstar, Freepik.com



## SPOTLIGHT: WAR WORE – WONGEZA THE CREATOR

By Leigh Nakeetah Jason

All the way from Sterkspruit, Palmietfontein, Wongeza Sipamla, professionally known as War Wore, inspires a new genre of music known as 'Afro Groove' - a combination of afro pop, electro, soul and kwaito.

Funnily enough, his sound originated from beatboxing, which transformed to hip-hop, where he featured on many songs as a chorus singer. His transition happened in 2016, when he emerged as 'War Wore' and debuted his demo album "Cancer" in commemoration of his mother, whom he lost to the disease at the age of four.

Inspired by artists like Anatii, Mario and Masego, Wongeza always saw himself becoming an artist – to become greater in his abilities. His musical background is supported by singing in a choir, traditional ceremonies and ritual practices. "We sing songs of culture as a performance to the public" (Hlubi Tribe). This plays a huge role in creating this native and rooted sound.

The discovery of his voice was noted by fans, who stated that he had a beautiful, feminine-like voice when he was younger. After providing background sound to people who used to freestyle in the street, Wongeza found himself in the studio and sang Eminem and Bruno Mars' "Lighters", and combined it with a song called "black and white" which became his very first song.

Despite his success – MTV Base features, radio station interviews, Spotify playlist features, Wongeza sees himself performing at international festivals like Afro Punk and Coachella, and making more visual



Image Source: BSC Mokati

appearances across all multimedia.

This year, he also made his debut at the National Arts Fed 2023, where he performed alongside The Nguni Groove Band. Currently, he is working on a music video by BSC Mokati Productions for his new song "Ekhaya" featuring Sean Cellar. Be sure to follow Wongeza on all social media platforms under the name "Wore War", and follow his exciting journey.

## THE COLOUR OF DUSK

By Leigh Nakeetah Jason

Nelson Mandela University – home of nature reserves, seven academic faculties, five campuses, and aspiring creatives. Apart from large lecture halls, sporting fields and the occasional primate visits, the University also sports various societies, enabling students to learn, grow and expand through in their desired fields. One such society that embodies all of these? The Nelson Mandela University Drama Society.

The Drama Society has been a hub to artistic students for many years, helping them grow in various fields like scriptwriting, acting and directing, and recently, have put all these efforts into a project "The Colour of Dusk", supporting and showcasing their direction of using silence as a canvas, and the viewers' thoughts as the paint. The Colour of Dusk is a multi-episode short series following the journey of a lifeless main character, awakening dramatic irony in a new way by allowing the audience to colour between the lines. The story highlights various themes, the most prominent being physical illness depicted through Autism – widely known as a passage to adulthood or death, but here, the stigma is reversed and used to birth and fulfill a state of physical wellbeing.

The purpose thereof, is to show that many people respond differently to their situations. Some lock hands with faith and accept that they need help, while others paint a fresh coat of makeup and move forward with life. The series is filled with other large themes, death and love respectively, which evoke large emotions within the audience, but also portray a sense of family, within which we have smaller themes of sacrifice and forgiveness.

The Colour of Dusk encompasses a modern-day regular life, with touches on life, law and order, noise, pollution, money, religion, education and "a woman scorned". Without giving too much away, there is you in everything and everyone in this showcase of predominantly silence – the main medium of communication. Another such example is "Silent Acts/Nothing But Emotions/Let Your Body Speak", found on The Nelson Mandela University Drama Society Page on YouTube. Be sure to keep an eye out on the page for new updates, and prospects for 2024!

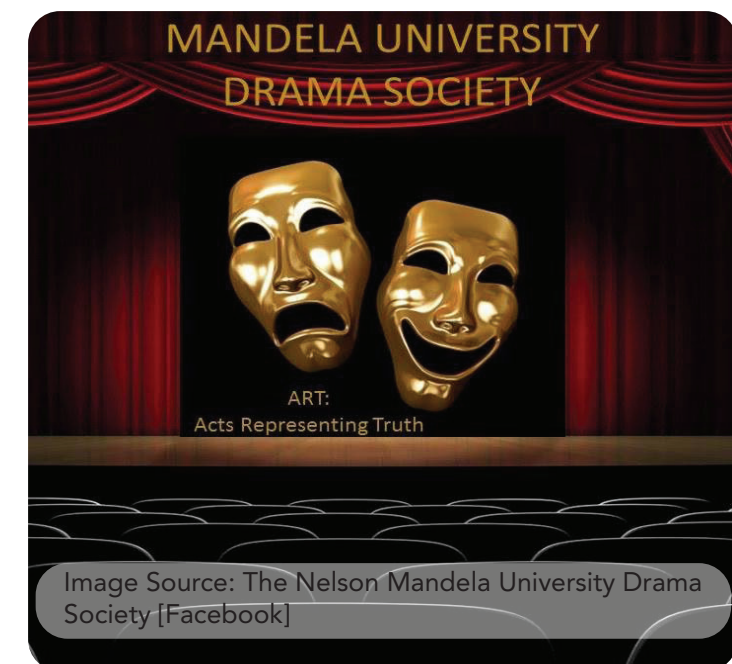


Image Source: The Nelson Mandela University Drama Society [Facebook]



# ODE TO EDEN – A POEM FROM EDEN

November marks the penultimate feat of AFDA students' careers, as their blood, sweat and tears are showcased on the big screen.

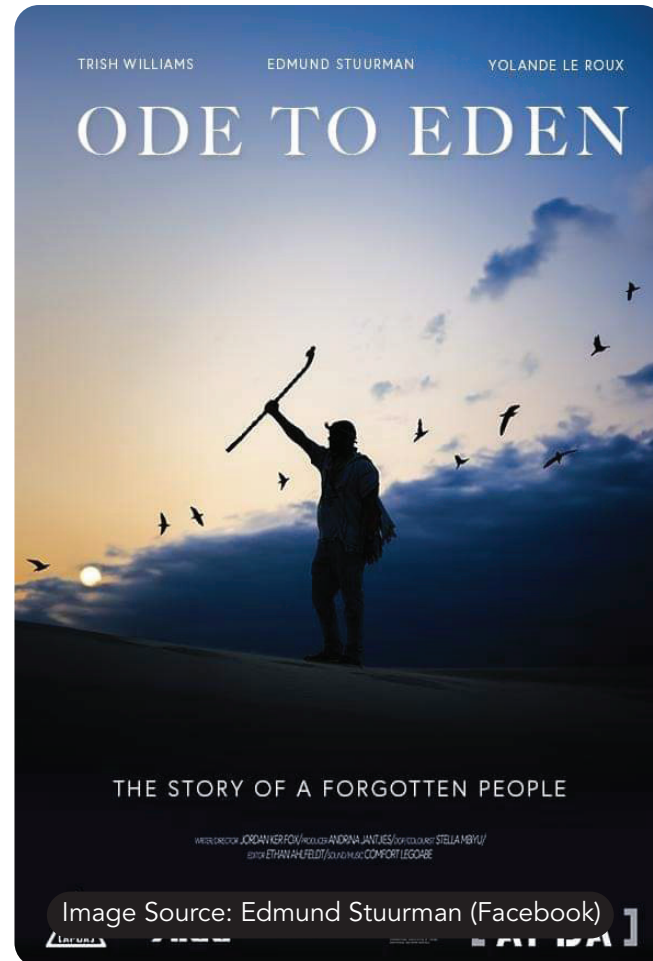
Third-year producer Andrina Jantjies, and scriptwriter Jordan Ker-Fox are amongst the few who will experience their production in theatre seats. Their scope was to present a short-film formatted documentary, with little-to-no budget, full involvement from all cast and crew, within one week. From this, "Ode to Eden" was birthed.

Ode to Eden is a platform for Khoi and San communities to share and communicate history, ancient roots, and ties to the community, and delves into broader issues experienced by the group. Featuring, are notable leaders like Chief Edmund Stuurman, current chief of the Stuurman Clan and direct descendant of David Stuurman, Yolande le Roux, publicist for House of Klaas, and activist, Christian Martin.

Additionally, it features a compelling performance from Trish Williams, a young woman embarking on a journey of self-discovery, participating in the Xao ceremony. Ker Fox mentions that the inspiration was drawn from his youth, where he, like many, learned of Khoi/San history, but due to limited information, believed that they were extinct, nearly mythological.

The plateau changed after further research, where he found that the communities are alive and well, but also overlooked. This inspired him to reach out and relay their stories – purely South African, heart-wrenching, epic, oral-literature at its finest. Jantjies, a young coloured woman herself, believes her inspiration was tempered with a realization that she was not as informed as she would like to be.

The documentary highlights the rights of the "First Nation", their struggles of land reclamation, the journey of fighting for acknowledgment and justice, and the deliberate divorce from culture and heritage through colonization and Apartheid.



The film reaches all intended avenues, and hopes to pique the interest of young, potential viewers who may be inspired to research and reclaim their heritage, especially those grappling with their identity. Andrina, Jordan and their crewmates "Crew2/Unearthed Productions", note their experience as one "beyond words" - none are 100% connected to the Khoi identity, but found a profound connection with the hospitality and warmth exhibited by the family.

Jordan hopes to further this notion, and serve his purpose more in future – to tell factual, resonating stories, and educate simultaneously. Ode to Eden will be screened at Nu Metro Cinemas, the Boardwalk, at 12h30, alongside other AFDA students' films.

# YOUR VOICE IS IMPORTANT TOO!

By Mhlahli Ntozonke

**Vocal cords are muscles no different from any other body muscle. This means they can be strained, so you have to keep them warm. The misuse of vocal cords has dire consequences, but what is vocal misuse?**

Vocal misuse is an inappropriate voice usage, like speaking in a very high pitch for a long or repeated time, or speaking abnormally loudly. Recurring vocal misuse can lead to the damage of vocal folds, and cause temporary or permanent changes in vocal functions. This could lead to the loss of one's voice, and have a negative impact on their voice quality due to the vocal folds being strained, and coming together in a forceful manner.

According to the speech space research, anyone who uses their voice more frequently is at risk. Vocal misuses affect everyone – infants to older people. One of the ways of spotting vocal abuse/misuse, is by noticing pitch-related signs that include reduced pitch range and excessive variations. Another sign to look out for, is loudness-related, which includes extreme loudness or soft speech.

A final sound to seek, is quality-related signs, including breathy voice and tremor, a voice that is strained and struggles with speaking, and a harsh or rough voice. There are various external factors that also contribute, like smoking, refluxes and dehydration. These can be remedied by reducing smoking, drinking more water, reducing caffeine intake, avoiding excessive talking and shouting, and resting your voice. If you encounter any of these signs, seek medical attention.

Your voice is the defining factor of your existence, and it cannot be replaced or serviced – so take care of it. It is a form of expression. Taking care of your voice should be a daily exercise that all starts with a glass of water.







Image Source: sabc sport.com

## LIVING AND LEARNING BEHIND THE BOKS

By Viwe Kambule

**In the ever-evolving landscape of student-life, institutions continually seek innovative ways to enhance the overall college experience. At the forefront of this transformation, was the Living and Learning Office. It has taken student life standards to a whole new level by introducing match watch sessions every time the Bokke take to the field. This initiative not only reflects positively on the office, but also profoundly impacts the entire institution.**

Every time the Springboks play, the atmosphere in the North Campus auditorium undergoes a remarkable transformation and became the epicentre of excitement, camaraderie, and enthusiasm, drawing rugby fans from all corners of the university together. These match-watch sessions have become a cornerstone of the student experience, creating beautiful and memorable moments that define the varsity life era.

One of the most striking aspects of these sessions, was the provision of refreshments and the singing of "Amagwijo", adding an extra layer of enjoyment to the event. As friends and classmates come together, sharing snacks and drinks, the camaraderie is palpable. It was an opportunity for students to unwind, de-stress, and forge new connections. The impact of these sessions extends beyond just the event itself. They showcased the Living and Learning Office's dedication to creating a vibrant campus culture, promoting student well-being. The office understood that students needed more than just academics; they needed moments of joy and shared experiences that make their years truly unforgettable.

The Living and Learning Office has succeeded in elevating student life by hosting these sessions, to create a sense of unity and pride, offering students beautiful and memorable moments. As the North Campus Auditorium filled with positive spirits, refreshments, and the sounds of Amagwijo, it was evident that this initiative not only benefits the office, but also positively impacts the institution. It was an extraordinary example of how small gestures could have a big impact on the college experience and broader community.

## NELSON MANDELA UNIVERSITY UP THE BOKKE!

By Mihlali Ntozonke

**On 28 October 2023, the students at Nelson Mandela University gathered at 4-five-hundred-seater multi-purpose Indoor Sports Center, to show the Bokke some support in the Final Rugby World Cup game. They were welcomed by the soulful live band performance which warmed up the occasion.**

A community of Springbok supporters made the setting homely and welcoming. Food like freshly made hotdogs and various beverages were sold to cater for everyone's preferred taste, at affordable prices. Students were provided with free transportation to and from their respective residences by shuttles.

Everyone was in high spirits with the Nelson Mandela University choir present, as well as a DJ to keep everyone entertained. The students were singing Amagwijo, and blowing vuvuzelas at the beginning of the game to show their ecstasy. After half time, the game kept everyone in a chokehold, students prayed together.

It was a joyous celebration when the Bokke were announced as the 2023 World Cup Winners, everyone shared hugs, while crying together and dancing. It was a beautiful occasion, and a way that thousands could gather in solidarity and celebrate diversity – showing that with coming together, success is guaranteed.

When the match was over, students were transported home safely. Not only was this a



Image Source: Mihlali Ntozonke

national celebration, but a way for students to reduce stress and anxiety with the looming exams. It also served as inspiration – if the Bokke could do it, so could they. The game was more than just a game, it was a spiritual moment. As the talented Howard Schultz said "Success is best when it's shared".



## NELSON MANDELA UNIVERSITY'S ANNUAL PRIDE WALK



Image Source: Emihle Mgwatyu

By Viwe Kambule

Nelson Mandela University had long been an advocate for diversity and inclusion. One of the most remarkable ways they showcased their commitment to these values, is through their Annual Pride Walk, hosted by the Transformation Office. The event served as vibrant celebration within the university, and is a reflection of the institution's core values of diversity and ubuntu.

The Pride Walk served as a testament to the university's unwavering commitment to embracing and celebrating diversity in all its forms, while sending a powerful message of acceptance and inclusivity to both the campus community, and broader society. It kicked off at North Campus and winds its way to the iconic Mandela Shirt at the South Campus. It represented a collective effort to bridge gaps, created understanding, and promoted tolerance among individuals from different backgrounds and orientations. Walking together, the Nelson Mandela University community showcased its unity and determination to stand for the rights and dignity of everyone.

One of the highlights of the Pride Walk was the Flag Hoisting ceremony. The raising of the rainbow flag signifies the university's dedication to providing a welcoming and inclusive space for all. It was a visible statement that promoted dialogue and encouraged positive change in attitudes towards LGBTQI+ individuals. The Pride Walk not only fostered a sense of belonging amongst LGBTQI+ students, staff and allies, but also educated the wider community about the importance of respecting and celebrating diversity. It was a day of unity, joy, and empowerment, where the university community came together to show that differences are to be celebrated.

Nelson Mandela University's annual Pride Walk was a remarkable event that highlighted the institution's steadfast commitment to diversity, inclusion, and ubuntu values. It served as a beacon of hope and acceptance, reminding us that we were stronger together when embracing our differences. The Pride Walk's message was "Love is Love", and it deserved to be celebrated and respected. By hosting this event, the university honours the LGBTQI community, and also sets an inspiring example for other institutions and communities worldwide to follow.

## NELSON MANDELA BAY: EXPLORING THE BAY

By Bantu Ndiki

Summer is fast approaching, and many are ready to leave home in search of adventure. Whether it be sunbathing on the beach, or looking for a new hangout spot, Nelson Mandela Bay Municipality (NMBM) has got you covered. It is ready to be explored!

Falling under the eight metropolitans in South Africa, NMBM is popular for Kariega, Despatch and Gqeberha. Rich in historical buildings, artefacts, adventures, entertainment, sports, arts, and culture, the NMBM is the place to be.

The Nelson Mandela Bay Tourism (NMBT) department recognized this, and established a programme that enables the media to advertise these treasures found within the NMBM for the public to see. This makes it easier for tourists to know the attraction sites, and enables proper planning. The programme is not limited to locals, and accommodates those travelling on a budget. These programmes run from excursions to full itinerary day tours.

Small businesses within the NMBM are exposed, as the programmes range from farms, coastal, and cities, to townships. Tourism is one of the biggest economic boosters in Gqeberha that has created employment opportunities, and attracted many tourists to date. NMBT is currently pushing the programme on social media with the hashtag #sharethebay.

The activities are endless, from ziplining, sea cruising, quad biking, horse riding and many others, from different service providers. The NMBT has made it easier for tourists and locals to make use of their website to book places,



Image Source: Bantu Ndiki Travel

accommodation, travel itineraries and evening calendars.

Exploring the beauty of the Eastern Cape is one of the most beautiful sceneries and most visited by locals and internationals. Approaching the summer and festive season, NMBT with the Share the Bay programme, introduced an opportunity for the people of the Bay to win a travel experience.

This is part of promoting tourism to locals. Eastern Cape tourist attractions deserve to be known and currently, the bay is going that route. Join the hashtags and follow the NMBM on social media for more updates on competitions and attraction sites.



## THE STIMULATING STORYLINE OF THE DRAMA SOCIETY



Image Source: Gugu Mokgethi

By Gugu Mokgethi

**Storytelling breathes life into people's stories, and the Nelson Mandela University Drama Society honours this, giving art a platform to shine. The society is home to performing arts enthusiasts, passionate about telling stories in various ways.**

The society is divided into four divisions to cater to all its members, namely – acting, scriptwriting, dancing and poetry, with music being combined. Each division has a leader, and for the scriptwriters, they have Gugu Mokgethi at the helm. The drama society keeps their members on their toes by constantly launching internal competitions to strengthen the talents of its members. For the scriptwriting division, the second semester welcomed the writers with a short story competition.

The beginning of the year had scriptwriters occupied with story writing for various projects, which sharpened their skills and indirectly prepared them for this competition. By the time it was announced, all writers were fully equipped and offered time to lessen the workload by minimizing their weekly meet-up sessions. The competition was created to encourage writers to experiment with their work and extend their creative bounds. It kept them busy and focused on something other than academics. 12 writers participated and handed in mind-blowing stories that evoked readers emotions.

After a tough judgment process, judges produced their top three. The first-place was awarded to Thembelihle Masuku's "Borrowed Time". "Space X' by Rorisang Zinja came second, and third was honoured by Avela Mthini's "Summer Hearts". The winners were announced on 6 October 2023 at the North Campus Auditorium after the Live Play hosted by the society. The Drama Society is proud of the amazing work the scriptwriting division has done for their writers, and for their participation. The success of this competition opens doors to a world of many possibilities for the society, and years filled with many more challenging competitions for future members.

## OVERCOME A STRESSFUL EXAM SEASON

By Hlengiwe Phiri

**For most students, this time period is dedicated to writing their last tests or submitting their final assignments for the year, only to be encompassed by stressful exams thereafter. This gives us all a lot less time to ourselves, resulting in self-neglect.**

The best way to prepare for a stressless exam season, is by giving yourself all the love and attention weeks before they start. There are plenty of activities one can engage in. Here are a few. Going to the gym can be an exciting activity you can add to your schedule. Exercise gives you energy and makes you feel rejuvenated. It can help you refocus your priorities and study better. The best part? You earn yourself the summer body of your dreams, as a by-product.

Sometimes being too familiar with a place kills the excitement, so why not spice it up and study at a new location? New environments changes outlook and thus, increases productivity. So instead of a library, how about using the buzz room? Allowing your creativity to flow is one of the best ways to give your brain a high-five after a long study session.

Doodling, dancing, singing, or even rendering a poem are some of the activities you could do to reward yourself for studying. Another way of feeling energized and gaining more focus, is getting enough sleep. Take a nap during the day, and aim to get eight hours of sleep daily. There are plenty of activities you can incorporate into your daily life to help you prepare for the exams. They don't have to be strenuous or be added work, instead they help boost your wellbeing and help you live a longer and healthier life.



Image Source: pexels.com



## INTIMATE SUNDAYS WITH BONGEZIWE MABANDLA



Image Source: Sinovuyo Bomvana

By Bantu Ndiki

**Set the scene – 8 October, late afternoon, chilly weather, normal Sunday afternoon – except, it wasn't. Bongiwe Mabandla and his team brought the "Amaxesha Tour" to Gqeberha. This event was the third, and followed the show at the Guy Butler Auditorium in Grahamstown, where hundreds were left wowed by his performance.**

Bongiwe Mabandla is a South African international musician, born and bred in Tsolo Village, Eastern Cape. He is currently producing music in Johannesburg, and traveling internationally and locally. He is known for his vernacular folk music, with the use of his guitar. He started playing and singing in mezzo forte around 2010, but since then, he never concluded or came to a standstill in musical composition and performance. He was labelled one of the top 10 finalists in 2011, by Radio France Internationale Discoveries Awards through debut album "Umlilo".

In 2018, he earned a South African Music Awards nomination for his second album "Mangaliso". 2019 was an equally as fruitful year in Capital City Black Film Awards, where he bagged an award for his music video single "Bawo Bam" featuring Spoek Mathambo. He has since been involved in many musical projects, with "amaXesha", his pride and joy, being his fourth studio album, launching this year. Hence, the tour.

The Sunday Session in Gqeberha was beautiful and intimate. The set up was close to stage-up, and was nicely coordinated in the inside-out entertainment hall. This was perfect for that kind of calibre performance. Fans were overjoyed as they got to interact and bond with his close-up presence and performance. To show how happy he was, and how much trust he had in his fans, he sang and walked through the crowd with no protection. During the performance, he introduced his aunt and dedicated a performance to her. The tour continued to Johannesburg and Durban thereafter. Keep a lookout for upcoming performances.

## STORMS SURGE TEARS THROUGH SPRING

By Phuthego Precious Nthoke

**Springtime vanished, icy air filled our lungs, dark clouds gathered and thundering winds threatened to tear our world apart. Devastating weather has impacted many parts of our nation, causing severe damage to housing, infrastructure, and many ecosystems.**

Harsh waves have left many beaches bare, damaged coastal areas severely and sadly has claimed the lives of a handful of people and wildlife. "Please be careful," said MEC, as SAWS issued a Level 6 weather warning for "damaging waves and winds". "SA Weather Services issues warning of thunderstorms, rain and gale winds over Cape regions" and "LEVEL 9 WEATHER WARNING FOR PARTS OF WESTERN CAPE AS COLD FRONT MAKES LANDFALL" are just some of the concerning headlines that had everyone cancelling their plans and closing their plans. Many of them, however, focused on what happened, instead of explaining why it happened.

Fortunately, the South African Weather Services, under the Department of Forestry, Fisheries and Environment, released a statement to the public on the 21st of September, outlining the reasons for the sudden aggressive weather patterns, and also issued advisories and warnings for the following week. "Conducive weather conditions colliding along with a spring tide event resulted in positive storm surge effects experienced along the South African coastline, which wreaked havoc to coastal areas over the past weekend" the media outlines.

In a report compiled by Cape Town Marine Forecasting, edited and approved by Lebogang Makgati, they identified the changes and the coastal floodings as Storm Surges (a rise in sea water level caused by a severe storm, often confused with a storm tide)

The media release also indicated that cut off low-pressure systems were to be expected from the 23rd of September, with cut off low-pressure systems are cold-cored, synoptic-scale, mid-tropospheric, low-pressure systems which occur in the mid-latitudes and cause continuous rainfall. Cut off low-pressure systems can often result in weather conditions, as well as heavy rainfall, which leads to erosion, flooding and destruction to socio-economic activities.



Image Source: <https://www.pexels.com>



## TO VAPE OR NOT TO VAPE



Image Source: istockphoto.com

By Sonia Van Der Linde

**Misleading information can many times lead us to make decisions that go against our beliefs and desires. Vaping is just as bad as cigarettes, vaping is a healthy way to quit cigarettes, vaping will make your lungs blow up, etc. This article is in no way a promotion for vapes, or a brochure telling you that vaping will kill you, but it will inform you on what vaping is and what it is not, and the effects it may have on your health.**

A vape is a device which contains a liquid mixture of nicotine, flavourings, various organic compounds, and unknown chemicals, and in some brands, heavy metals. This is heated when the vape is inhaled, releasing an aerosol. Many of the components therein, have been linked to lung disease, and per a statement released by the Centers for Disease Control and Prevention in 2020, has caused up to 68 deaths due to lung injury. This, however, is linked to vapes and vape liquids not sold under known and registered brands.

It's true that vaping is significantly less harmful than smoking, as tobacco cigarettes contain thousands of toxic chemicals, well known to cause lung disease and death, the most prominent of these being carbon monoxide and tar, two components not found in your regular vape. When vaping, you're exposed to far less toxins, but it is not a healthy substitute for cigarettes as they both contain the highly addictive nicotine, and with the ease associated with vaping (less smoke, no horrible stench), it is more acceptable in public and private spaces. People tend to inhale every few minutes, significantly prolonging exposure to those unknown chemicals and potentially harmful flavourants.

There's a lot of conflict on the real, long-term effects of vaping. When browsing, you will find posts saying it will instantly kill you, others saying it is a good way to quit your smoking habit, and the health effects are minimal. What we do know, is that we don't know much. Maybe you should hold off on inhaling the strawberry, kiwi, watermelon ice, until we have a definitive, proven, no-nonsense answer.

## GENETIC MUTATIONS: ARE THEY BAD?

By Akahlulwa Radana

**A genetic mutation – a change in the DNA sequence. This occurs during the cell division process, when bodily cells make genetic copies of themselves. This article provides an overview of genetic mutation so we can answer the question “are genetic mutations are inherently bad?”**

Cells receive the information to carry out their functions from the DNA sequence. A lot can go wrong during cell division – cells may replace, remove or add nitrogenous bases as they are making copy. If there is a genetic mutation, the genetic information necessary for the formation becomes illegible to the cells, and thus prevents them from operating in the appropriate manner. The symptoms associated with genetic conditions are dependent on whichever gene contains a mutation.

Mutations cause a variety of diseases and conditions. Symptoms experienced may be could by physical abnormalities, webbed fingers and toes, a cleft palate etc. Mental symptoms, in the sense that there is a problem with one's cognitive function and a delay in their development, issues with breathing, and a heightened risk of developing cancer. So are mutations bad? The answer is both yes and no.

Genetic illnesses are not always caused by genetic mutations. Some mutations do not affect the health of people due to the changes in the DNA sequences not interfering with the way a cell functions. In fact, other mutations are quite beneficial. The cells' ability to create proteins, and respond to environmental changes, can occasionally be improved by the functional changes caused by mutations. For instance, a genetic mutation can prevent heart disease, despite a history of smoking.

Human evolution has been dependent on positive genetic mutations, as they may increase the chances of survival and procreation. Natural selection favours positive genetic mutations and carry it forward to future generations. Many of the traits we possess, could only been brought about by beneficial genetic mutations that occurred within the cells of our ancestors many years ago. Even though genetic mutations can cause a variety of illnesses, they also help humans to better assimilate to their environment over time, and should not hold pre-conceived notions of negativity.



Image Source: Pexels.com



## DISCOVER ROAD SAFETY THIS DECEMBER



Image Source: discovery.co.za

By Phuthego Precious Nthoke

**As we close the academic year and get ready to head home, road safety lingers at the back of our minds. The anxiety that students experience, especially the ones that will be travelling back to the far North provinces, using busses as their primary mode of transportation, is highly justified, seeing that over 25% of road accidents are caused by cell phones while driving.**

“It takes about four seconds to read a text on our phones, and another five to reply. That’s about nine seconds with your eyes off the road. Nine seconds can be a long time. Couple this with bad weather, poor visibility, speed or alcohol and you have a disaster waiting to happen” - Liam Clark, Manager of the Bakwena Toll Road, interviewed by Sybul Ngobeneni for the South African Road Federation.

Earlier this year, the Minister of Transport released the statistics for the festive road traffic season, December 2022 to 11 January 2023, which indicated between that period, 1451 people have lost their lives in road accidents, 40% of them being pedestrians. Many penalties and solutions have been implemented, but the most notable and technological one has been the Discovery Insure Smartphone enabled DQ track sensor. It is made up of the Discovery Insure smartphone app and the Vitality Drive sensor, the two are linked and easy to install.

According to Discovery, their insurance point system rewards drivers that take caution when driving. Using the data collected from the sensor, they track the amount of time you spend on your phone while driving, via the sensory data determined by the app. They have many functions, like rewarding drivers for not exceeding the g force limit for braking, accelerating and cornering while on the road, has an impact alert, vehicle panic button and vehicle tracking.

Discovery is one of the few insurance companies that make use of sensors to collect data and reward customers for implementing responsible driving and following vital road rules. The app also offers weather and traffic warnings, vehicle recovery, impact alerts and a panic button, which sends emergency responders to your location.

## BECOMING KEANU REEVES

By Akahlulwa Radana

**You may be familiar with the TikTok creator ‘Unreal Keanu’, who utilizes AI technology to alter his appearance in such a way that he resembles actor Keanu Reeves. This use of AI is called deepfake technology. The following article will provide insight into how exactly deepfake content is created, and how to differentiate between a deepfake and real content.**

Deepfake AI employs algorithms that are used in deep learning to switch faces around in imagery and videography, together with other digital content to make what is ingenuine, appear genuine. In the case of the Unreal Keanu, the creator employs deep learning algorithms to exchange his face for Keanu Reeves’. Deepfake content is made through the application of two algorithms that are in competition with one another. This one algorithm goes by the name ‘generator’, while the other is called a ‘discriminator’.

The purpose the generator fulfils is that it creates the false digital material, as well as sends the discriminator a request to determine whether the content is real or fake. The discriminator hands the information over to the generator every time it identifies the material correctly. Now, how does one identify a deepfake? To identify a deepfake, there are a few things to look for – awkward facial positioning, unnatural body movement, and unnatural colouring, to name a few. Regarding awkward facial positioning, this would be when Keanu Reeves’ face is facing one direction, whereas his nose is facing in another.

Unnatural body movement refers to when he moves in a manner that is not smooth, and unnatural colouring is when Keanu may have a skin tone that looks abnormal. Deepfake technology is to be used positively – not to disparage others! With that being said, take a look at the Unreal Keanu, and apply some of this knowledge to identify his content correctly, if the name does not already give it away.



Image Source: pexels.com



## THE SLEEP PARALYSIS PHENOMENON



Image Source: Pexels.com

By Akahlulwa Radana

**During sleep paralysis, the change of one's body to/from rapid eye movement sleep is discordant with the brain. This means an individual's sentience is awake, but their body stays in the paralyzed state of sleep.**

While sleep paralysis is not unheard of – what, with varying aliases for sleep paralysis worldwide, some suggesting it is evidence of demonic influence – the causes of sleep paralysis appear to be unclear from a scientific standpoint. It has, however, been associated with factors like insomnia, narcolepsy, fear, distress and genetic history. The main symptom of sleep paralysis is when waking up, or going to sleep, an individual cannot move their body. Additionally, people may experience hallucinations, pressure on their chest, difficulty breathing and the ability to speak during the episode of sleep paralysis.

There is no specified treatment for sleep paralysis, but there are a few pieces of advice for reducing the likeliness of the occurrence of sleep paralysis episodes. Amongst others, managing stress levels, the observation of decent sleep habits and the maintenance of consistent sleep patterns. Taking note of decent sleep habits, together with the maintenance of consistent sleep patterns, go hand in hand. Not consuming alcohol not caffeinated beverages in the evening is a strategy for improving sleep hygiene, as is exercise.

Exercise is also noted to be a good stress reliever, therefore, it is advisable to exercise daily, but not two hours before sleep. Lastly, maintaining consistent sleep patterns may include having a regular bedtime and a regular wakeup time. Proper sleep habits are essential, not only for combatting sleep paralysis, but for overall wellbeing and health. Therefore, exercise daily, adjust sleep patterns in a healthy manner, and limit the amount of alcohol and caffeine that you consume.

## SWIFT, SPOTTED, AND VULNERABLE

By Sonia Van Der Linde

*Acinonyx jubatus*, also known as the *Cheetah*, recognized by its prominent spotted coat, black 'tear stained' faces, long, slender body, and most notably, its incredible ability to reach a speed of over 100 km/h.

*Cheetahs* are native cats to African sub-Savannah regions and central Iran, where, even under protection, they have been classed as vulnerable on the International Union for Conservation of Nature (IUCN) Red List, as the decrease in their populations have caused extreme concern over the past few years. This, unfortunately, is not the first time that this species has faced extinction. Environmental effects of climate change, migration, habitat destruction caused by weather, and anthropogenic interference and the unnecessary hunting of this species by humans, has seen erratic changes in their population numbers over centuries.

Studies done on the genetics of *cheetahs*, has suggested that the species may have experienced one or more bottleneck events caused by these factors in the past. This lead to inbreeding, which is well-known to spread harmful mutations within a population, decreasing the chances of survival and future reproduction. When a gene pool is much larger, the chances of new, positive mutations forming and being passed along, is much greater. Natural selection tends to favour such mutations if it helps a species adapt to its changing environment, survive for longer and produce more offspring.

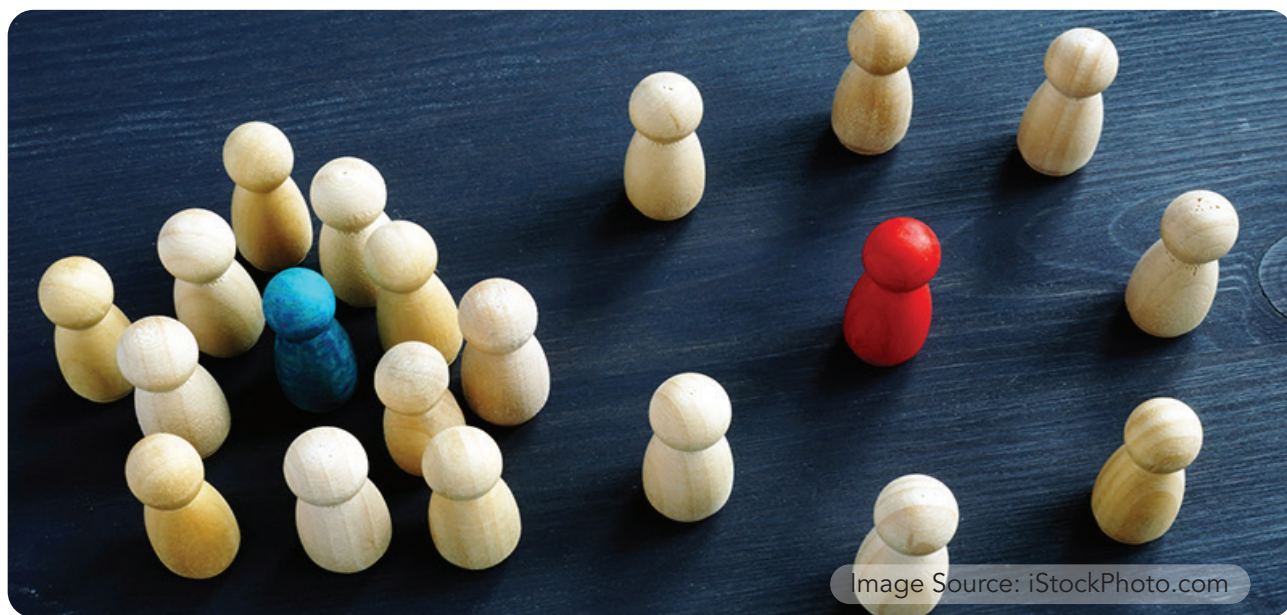
This, unfortunately, has not always been the *cheetah's* fate. If this decrease in their population continues, the *cheetah* will be moved to a critically endangered status, and the recovery of their numbers will become extremely difficult. There are many ways that we, as individuals, can help animals like the *cheetah* survive the terrifying and unpredictable future of our planet. By supporting national parks, wildlife refuges, species protection acts, and doing everything in our power to fight climate change and the destruction of ecosystems, we can make great change. Visit [www.cheetahexperience.com](http://www.cheetahexperience.com) to find out what you can do for this invaluable species.



Image Source: Pexels.com



## WHY ARE YOU SO QUIET?



By Sonia Van Der Linde

**Why is it that some people seem to radiate confidence, draw people in, and live each moment as the life of the party, whilst others, not for a lack of trying, maintain a reserved 'wallflower' status?**

Introversion and extroversion has been used to label people and explain why they are the way that they are, in a highly stereotypical manner. When thinking of an extrovert, we think about someone loud, always surrounded by a large group of friends, impulsive and outspoken. However, when thinking of an introvert, we picture the exact opposite – quiet, uninvolved, and 'anti-social'. These traits, however common, does not accurately describe the individual, as we all are likely to be a percentage introvert, as well as extrovert.

What causes this? The way we are raised? The media? Our life experiences? Unresolved trauma? Yes. And no. Our past experiences and surroundings do play a part in shaping our personalities, but many neuroscientists believe that the structure of our brain plays an equally important role. It is suggested that introverts portray a quiet nature as their brains think more, they over-analyse and their neurons are always stimulated, leading them to be more reserved in group settings.

A Harvard study on brain activity of individuals in a relaxed and excited state found that individuals that are considered by their peers to be introverted, possessed a thicker layer of grey matter, compared to those considered extroverted. Grey matter resides in the outer layers of the brain, and is responsible for detecting emotions and pain, processing new information, controlling speech and voluntary movements, perception and cognition.

Introverts and extroverts, although different, play an important role in our society and possess a unique skillset that make them special. Extroverts are more likely to shine within leadership positions and capture the attention of a large group of people, and introverts tend to be happier and more efficient solving problems by themselves. As stated, no one is completely one or the other, and classing someone as such, is impossible. It is, however, important to understand your individual personality, as well as those close to you.

## KINGS OF FOOTBALL

By Siyolise Gqongwana

After coming close to clinching the Campus Football League title on October 8th, Kings Student Accommodation had to settle for a third place finish, following a 2-1 loss to eventual champions, Solomon Mahlangu Residence. However, the North End side turned losses into lessons as they took home the Top 8 Knockout trophy just a week later.

More pressure was on the teams as a loss would guarantee an immediate exit from the competition. As a result, Kings' coaching staff made a few tactical changes to their regular starting lineup – playing some of their more experienced players in defense to tighten things up. "We had to make drastic changes that perhaps did not suit our best players, but necessary to bring the best out of the team as a whole", Thembaletu Mnete, one of the Kings' coaches explained.

The side kicked off their campaign with a comfortable 1-0 win over Sanlam Student Village, with Yonela Sam finishing off a beautifully placed low cross from Sifiso Gobile for the only goal of the game. The semi-final against Smart Accommodation was contested over a penalty shootout after a closely fought 0-0 stalemate. Goalkeeper, Lusanda Qhungamehlo, rose to the occasion with two penalty saves – booking Kings a spot in the final against Yolanda Guma Residence.

Mnete's men conceded two early goals in what seemed an inevitable victory for Yolanda. But in true royal fashion, Kings made a quick comeback with goals from Lonelo Qwazi and Avuyile Ndindi. The fatigue from playing three consecutive games eventually caught up with the players, as the game's intensity decelerated. Penalties had to settle it. Qhungamehlo was called upon again in the shootout– saving another two penalties to not only secure the trophy for Kings, but cement his status as the eventual Player of the Tournament.

Additionally, winger, Sifiso Gobile, and midfield maestro, Siphelo Ntswana grabbed call-ups to the U/21 Madibaz Football Team. "Thank you to the students at Kings SA who donated money towards our transport fees week in, week out. Without then, all this wouldn't have been possible" - said Mnete





## HOW SPORTS PARTICIPATION CAN INFLUENCE STUDENT SUCCESS

By Josh Matthews

The relationship between sports and academics is an extremely dynamic one, with each domain complementing and amplifying the other. Ultimately, this symbiotic relationship shapes the student into the best 'academic weapon' possible. So, let's explore some of the ways sports participation can achieve this.

### Effective time management

Whether you are an elite athlete or not, time management becomes key in keeping a healthy balance between sports and academics. Understanding the difference between the quality and quantity of your time, is pivotal in the management of performance under stress and fatigue.

Therefore, becoming aware of what you spend your time on, and how effectively you spend it, makes academic and physical performance more purposeful. The constant need to juggle these two domains keeps student-athletes on their toes – triggering preparation, organization, and commitment – allowing them to stay on top of their game.

### Discipline – An antidote to failure

Discipline teaches us the value of hard work, and usually means eliminating instant gratification in exchange for long-term success. As an academic student – it may mean concentration on the end goal, ultimately to ace assignments, tests and exams. This focus comes at the expense of sacrificing time that gratifies other pleasures, such as bingeing your favourite series or accepting that party invitation.

Just like how sports practice can be boring and tedious sometimes, the results become evident on matchdays – making the effort worthwhile. Doing this continually over time,

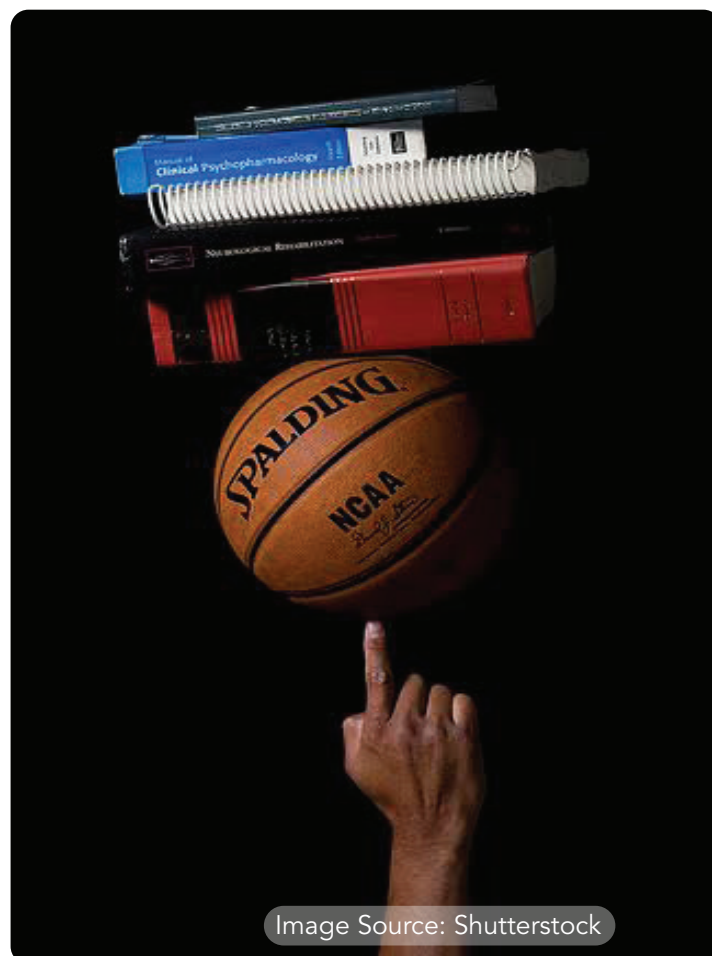


Image Source: Shutterstock

will eventually trigger a disciplined mindset.

### Improved mental health

A study by Dr Dan Brennan proved that regular exercise helps moderate the stress and anxiety that may consume students – causing the body to release endorphins that relieve both pain and stress. Deadlines, exams and never-ending workloads may seem impossible to escape, but a session on the sports field provides just that.

"The football field – where all of life's problems disappear for 90 minutes," is a famous quote that resonates, not only with football players, but all sports participants. Additionally, regular exercise has been scientifically proven to improve cognitive function – giving sports participants an extra advantage in the classroom.

## SECOND DIVISION CFL CHAMPIONS!



Image Source: Supplied

By Aphiwe Bonga

Campus football league finals for the second division took place on 1 October 2023 at the South Campus fields.

12 teams were expected to go head-to-head in the CFL Finals, where four teams did not pitch, and walk over scores were given to Alpha FC and Juliana FC as their opposing teams Lamsa FC and Phase 3 FC did not pitch. No results were captured for opponents; Dynamic FC and Varsity Park FC, as both teams did not avail themselves.

Ocean View FC won against 416 FC with a score of 3-0, pushing them up the leader board as they came 1st in the log standings with 31 points and took the CFL cup home, a cash prize and promotion to first division. Their coach Olwethu Bangalala said "I thought the game was very difficult, but I trust my team, they did very well although I expected more goals" He continued "Overall, from today's game, I learnt that hard work pays because during that first half, it was very difficult for us to control the game, they were pushing us at the back but on the second half, we managed to control the game and score."

Afika Dotye, Ocean View FC Captain, also shared his thoughts on the game; "it was a good game, but also very difficult, especially in the first half, but regardless [of that] we managed to mark the opponent, and during the halftime, the coach told us that we should play what we know and what he has taught us. From this game, I learned that communication is very important, and that we should take it easy on ourselves." Look out for the following teams in the next season, that have been promoted to division one: Ocean View FC and 416 FC, which came second on the log standings with 26 points.