

## NELSON MANDELA ANNUAL YOUTH CONVENTION



Photo supplied by Resounds

By **Athenkosi M. Mafojela**

Nelson Mandela University held its 2nd annual Nelson Mandela Youth Convention on 30 – 31 July 2019. The 2-day event, hosted under the theme '25 Years of Democracy! Learning from the Past. The making of the next 25 Years of Democracy! Learning from the Future.' is a build on last year's Convention, themed 'Living in the Age and Hope of Madiba.'

The Convention boasted a line-up of esteemed speakers, which included; Prof. Somadoda Fikeni, Dr. Judy Dlamini, Prof. Bridgette Gasas, Nelson Mandela University Vice-Chancellor Prof. Sibongile Muthwa and former President Mr. Kgalema Motlanthe, who delivered the keynote address. The speakers each tackled different aspects of the theme, which aimed to evaluate the past 25 years of South Africa's democracy and identify where the country has fallen short in including its youth, whilst also attempting to spot trends for the coming 25 years, all with the goal of equipping young people with skills to tackle the fourth industrial revolution.

Mr. Motlanthe said employment programmes need to be accessible to young people and new pathways must be created to stimulate the country's economy. The former President further stated that the development of young people must be a key part of developing the country. Prof. Somadoda Fikeni emphasised the importance, amongst young people, of flexibility and possessing knowledge beyond the classroom by quoting Alvin Toffler who said, "The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn and relearn".

On the final day, Prof. Bridgette Gasas used her experience as a female in architecture to highlight gender inequalities in workspaces and provided redress steps vital to bridging those inequalities. Dr. Judy Dlamini highlighted the talent and innovation currently present in South Africa in order to encourage young people to find business solutions that can elevate the country's economy. Dlamini further stated that companies with programmes that include Lesbian, Gay, Bisexual, and Transgender (LGBTQIA+) people will greatly benefit in the future.

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TO RAISE  
CLUB'S PROFILE

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News for the students, by the students

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## LETTER FROM THE EDITOR

"Do something today that your future self will thank you for."

As much as living in the present moment is important, we cannot deny that the actions we take today will affect our tomorrow.

Our cover story this month covers the annual Youth Convention that took place on 30 and 31 July. The Convention's theme was '25 Years of Democracy! Learning from the Past. The making of the next 25 Years of Democracy! Learning from the Future,' which is very much in line with that sentiment – looking towards the future in order to decide what steps can be taken today to get there.

Make sure to also read our stories shedding light on the progress of our Medical Campus and the political situation in Sudan which took social media by storm recently.

Appropriately, we have some stories touching on women this month, including Womandla on page 10 and Black is beautiful on page [ ].

Take a step towards becoming more environmentally friendly by educating yourself with our articles on ocean protection (page 12) and the difference between natural, organic and vegan when it comes to beauty products (page 15).

The world of science and technology is perhaps a world that slips your radar. I urge you to give our Science & Tech articles a read. In every edition, these are the articles that educate me most and leave me feeling most up to date with world affairs.

**HAPPY READING!**

**Amy Ward**

## MEDICAL SCHOOL PROGRESS UPDATE

**By Athenkosi M. Mafojela**

Nelson Mandela University's Medical School is set to be the country's 10th Medical School and will offer a six-year Bachelor of Medicine and Bachelor of Surgery (MBChB) degree. The School is strategically located on the Missionvale Campus, to expose the prospective medical professionals to the primary needs of the majority of South African communities.

The accreditation process for the School requires approvals from a number of officiating bodies and the University has received the necessary approvals from the Department of Higher Education and Training, the Health Ministry and the Council on Higher Education (CHE), who approved the proposed MBChB curriculum subject to conditions. However, the University is yet to receive the final approvals from the Health Professional Council of South Africa (HPCSA) and the Council on Higher Education (CHE).

Renovations of the lecture and laboratory facilities for the new programme are progressing as planned and the infrastructure is ready for the site visit, planned for October. Infrastructure progress is on track in terms of readiness for the site visit in October. However, due to the critical outstanding final accreditation, the medical programme will not be offered from 2020 as envisioned by the University.

For more information or enquiries visit <https://health.mandela.ac.za/medical-school> or email [medicalschooll@mandela.ac.za](mailto:medicalschooll@mandela.ac.za).



Photo Marketing and Corporate Relations Department



# WORLD DAY AGAINST TRAFFICKING IN PERSONS

By Amy Ward

On my way to North Campus on Friday 2 August, as an icy wind howled in the Bay, I was doubtful about how many attendees there would be at the Amnesty International World Day Against Trafficking In Persons event. But I was blown away.

Amnesty International Nelson Mandela University was founded in 2015 and is focused on advocating for human rights, changing oppressive laws and fighting for people's right to voice their opinion. They seek to demand justice and accountability from authorities and have played a monumental role in advocating for fair treatment amongst our University's students and staff. This event was held in collaboration with CANRAD (the Centre for Advancement of Non-Racialism and Democracy) and the audience hosted an abundance of important role-players from our community.

As Amnesty International Nelson Mandela University Chairperson, Vuyo Ndodana acknowledged during his opening speech, trafficking is a phenomenon that we think we're far removed from, and that is exactly why events like this are important – we need to be woken from this misconception and realize that it's a problem that is much closer to home than we'd expect.

The event drove this message home successfully by inviting a range of speakers to share their experiences and knowledge with us, specifically Nontando Pendu and Nolubabalo Nobanda, two South African women who served time in Thailand for smuggling drugs. Their willingness to speak openly about their struggles, mistakes and how they've chosen to rise after their experiences, stirred our hearts.

Dr. Marcel van der Watt (former investigator for the Hawks Port Elizabeth division) spoke about the criminal side of trafficking, highlighting the complicated nature of it. When talking about the multilayered structural issues contributing to trafficking, he said that corruption is the strongest predictor, saying, "human trafficking and international drug trafficking is not possible without corruption and complicity of officials".

How do we respond to this message? What do we do about such a complex and serious, but also hidden, crime? The first step is exactly what the event promoted – opening up the conversation in order to educate the public and create awareness. After that, it's important to address the root factors behind the crime. Poverty, unemployment and lack of education are all societal issues that render people desperate. Vulnerability is a prerequisite for trafficking. We need to be tackling this issue holistically. Another massive step is to involve survivors in the process. The event coordinators urge the government to, "seek the input of survivors timelessly and apply trauma-informed approaches to hold traffickers accountable and care for survivors."

# THE STORY BEHIND INSTAGRAM'S #BLUEFORSUDAN

By Ioanna Haritos

With Instagram users collectively changing their profile pictures to blue in solidarity with the people of Sudan, awareness about the current political crisis has skyrocketed.

With his various blue social media profile pictures, Mohamed Hashim Mattar, having been the first killed on 3 June in a military massacre, became the symbol for the pro-democracy movement.

The ongoing violence came to a head when the country's 30-year dictator was overthrown in a coup after the nationwide demand that he step down. During a sit-in outside military headquarters in Khartoum, the military opened fire, killing over 100 unarmed people and injuring over 700. Bodies were then proceeded to be dumped into the Nile. More devastation came when shortly after, more than 70 reports of rape came from the various hospitals treating the injured. Both men and women were reported to be victims of gang rape during, and directly after the military crackdown.

However, all allegations of rape were fiercely denied. Transitional Military Council spokesman Lt Gen Shams el-Din Kabashi stated, "The false information that's being spread to our people and the rest of the world is designed to mislead them."

As for international pressure, 'The African Union, the European Union, the UK and the United States have condemned the violence and demanded a transition to civilian rule.'

Celebrities and public figures have also called for fans to donate money in aid of those suffering.

Efforts taken to squash any resistance have been extreme. Resistance art on walls has been painted over, and violence has continued with the military attacking anyone who 'looks like a threat'. Although, this doesn't seem to have affected the population's defiance, with civil disobedience and general public strikes still being carried out.

With the Sudanese people refusing to back down on their stance, the country can possibly expect more violence if the government is unwilling to yield to the people's demands. The population is proving more determined than ever to achieve democracy.



Photo: BBC NEWS



# BLACK IS BEAUTIFUL

# SECOND SEMESTER, SECOND CHANCE

By Muzomuhle Ntuli

August is Women's Month in South Africa, a time where we commemorate brave women in our country. On 9 August 1956 a group of women marched to the Union Buildings to take their stand against apartheid and fight for liberation. Despite all the political reformation in our country, it is still not a safe place for women, black women in particular. Patriarchy, rape, sexual assault, colorism, gender-based violence and body shaming are some of the many problems that women in our society face. I want to focus on appreciating black women for their continuous resilience and strength despite all the negative stereotypes, oppressions and persecutions they face (however, please note that this does not seek to take anything away from any other groupings of people in our country).

To invoke the 1960s African American cultural movement, Black is beautiful and Black is powerful still rings true. Black women are strong, beautiful and resourceful. This strength is not the stereotypical Imbokodo, but a strength that has the potential to birth, nourish and lead nations. The colour of their skin is no longer something to be ashamed of, but rather proud of, as it speaks to an incredible resilience in our society today, where black women still face the triple oppression of race, gender and class. They still face exclusion and misrepresentation in the workplace and on campus. In the entertainment business, there are still issues around black women either being subjected to the same archaic stereotypes or being overly and unnecessarily sexualized.

It is therefore necessary that a spirit of diversity be introduced not just in decision-making bodies, but also in leadership roles. Time and time again, black women have shown that their versatility and emotional intelligence could be the solution to the problems facing the world and it's time that society recognizes this and stops creating undermining boxes for this incredible group of people.

Photo: pexels.com



Photo minuteschool.com

By Ncebakazi Mbewu

Despite it being holiday time, as students we could not fully relax until the exam results were published. For those of us who were disappointed, I'm sure we can agree that there isn't really anyone to blame but ourselves. The important step now is to recognize where you went wrong and to take the initiative to correct those wrongs.

Failures are always an opportunity to aim higher and achieve more going forward, if one is willing to sit down and get to grips with the things that held you back or tripped you up in the past.

Slindokuhle, a 3rd year Education student, identifies procrastination as the major cause of failure for university students. "We procrastinate until the last minute and then the pressure of the workload overwhelms us and discourages us from studying effectively".

Poor attendance also plays a role. Not attending class immediately puts you at risk of falling behind and missing out on what is expected of you. It is a habit that becomes very difficult to break.

Mbali, a 3rd year Psychology student, shared one of her challenges with us: time management. Failing to manage one's time is a risky mistake. Mbali advises the practice of thorough planning in order to stay on top of the many demands placed on you. Your time is a valuable commodity that you need to manage properly so that you can use it effectively.

Consulting lecturers more frequently is a good practice to get into. Lecturers are experts in their fields and most often, are also invested in seeing us succeed. Therefore, make use of them. Ask questions when you don't understand, seek clarity around what is expected of you and learn as much as you can from these vessels of knowledge and experience that are so accessible to us.

The definition of stupidity is doing the same thing, but expecting a different outcome. We need to understand this concept if we want to see different results at the end of this next semester, and that action starts with us as students.



# BLACK TAX – THE ENGINE BEHIND THE POVERTY-CYCLE TRAIN?

By Mohube Karabo Kgaphola

The debate around whether to describe black tax as, “Taking care of your parents,” or as, “Paying your parents back for raising you,” continues because different personal experiences result in blurry perceptions of the concept. Is a person carrying the burden of re-imbursement or the privilege of showing care and gratitude? Most of us strive to make our parents proud and hope to one day be able to spoil our parents by showing appreciation and celebrating our successes with them.

While conversing with students about adult life, financial intelligence and independence, black tax is mentioned as another one of the many challenges young graduates face. It starts to take on a negative aura when there is a heavy sense of obligation from your side and an arrogant air of entitlement from your family members, and when their demands become excessive and patronizing like, “I want you to build me a double-story house with your first salary”.

Instead of following their dreams and specializing in their fields, graduates may be pressurized into opting for mediocre jobs that earn them basic salaries so that they can take up their turn of paying the bills at home and keeping their siblings at school. When will the poverty cycle end if parenting is viewed as an investment for future capital instead of a parental responsibility?

Many graduates are held back from increasing their income because their parents or family members start counting their salary and making plans before they have even walked across the stage or landed their first job. Once again, we are forced to ask the question: is this a burden or a privilege? Perhaps it is more about the attitudes and relationships involved than the actual agreement in the first place.



# AFRICAN HAIR: THE MISPERCEPTIONS INFLUENCED BY A STIGMATIC POPULAR CULTURE



By Siphumelele Mahaia

“A woman with short hair is perceived as confident — not having to hide anything,” says Jo-Ellan Dimitrius, author of “Reading People: How to Understand People and Predict Their Behaviour – Anytime, Anyplace.” Perceptions like these highlight the fact that absolutely everything about us – the way we look and carry ourselves – can be picked apart, analysed and interpreted in tons of different ways.

Hair can be added to that list of forms of expression. In many cultures, hairstyles are used as statements. In a traditional African society, hairstyles carry religious, cultural and social significance. In Senegal, girls shave their hair off to show non-willingness to partake in courtship, while Lesbian, Gay, Bisexual Outreach (LGBO) wives shave their hair as a symbol of mourning after losing their husbands. Hairstyles and hair types are also laden with social ideas and false perceptions due to times in history when people were segregated and oppressed based on looks. “The most devastating effects stem from the slave trade, which inflicted deep emotional and psychological scars”, says Oyin Olaniyan in her article titled, “African hair, Perceptions and Identity.”

Today, millennials are comfortable with exploring and experimenting with different hairstyles, with less or no regard to their cultural significance or traditional origin. This is not surprising considering we live in a society now where freedom of expression is preached. However, long-held perceptions still do exist. Gabriel Mukukamanda, a Zambian BCom Accounting student at Nelson Mandela Univesity, loves his dreadlocks, but dislikes the common assumption that he is a weed dealer. The memory of the legendary Bob Marley is still strong in people’s minds and is very readily associated with his advocacy for the legalisation of Marijuana.

Challenging your own or someone else’s perceptions is a challenge, but not impossible. Hairstyles can be sending a message, but we need to learn to not assume what that message is or to use it as grounds to categorize people.



# WOMANDLA

By Luyanda Mkhize

Whether it is on social media or during heated arguments and debates, the conversation of feminism always has the tendency to end on quite a bitter note. The real question is: is feminism for everyone? And where did the negative connotations that come with being a feminist start?

Firstly, we need to go back to the dictionary definition of feminism which defines it as, “The advocacy of women’s rights on the grounds of the equality of the sexes.” Considering that definition, it is difficult to understand why the conversation has become so controversial. Is an equal society not everyone’s ideal?

We interviewed a few students on their views on feminism. What was evident in the views shared, is that people have the tendency to view feminism through the perspective of radical feminists, who are on the tip of the feminist iceberg. There is an idea that to be pro-women is to be anti-men, which is why one of the students who chose to remain anonymous made the following statement, “I would never date a feminist. For me it is a deal breaker. Why would I be with someone who is constantly challenging my existence?”

Over time, the myths and misunderstanding of feminism and its fundamental foundations have been spread and normalised. Hence so many people, including women, have such opposing views. For some, the movement is perceived as preaching hate and superiority of women as opposed to trying to achieve equality. Regardless of where you stand when it comes to these conversations, we should learn to respect the views of all. Feminism should be seen as a particular world-view or way of thinking that anyone is free to agree or disagree with, instead of it becoming a debate over ultimate truth.



Photo format.com

# PROMATHS BRING CHANGE IN STUDENTS’ LIVES

By Zukisani Gali

Nelson Mandela University has many societies including those specially targeted towards improving a student’s well-being. Promaths is a society that gives students better access to bursaries and job opportunities.

The Promaths programme, with Kutlwanong Centre as its service provider, assists in Mathematics, Physical Science, Accounting and Career Development. The service begins at High School level because they believe that is where learners tend to suffer the most. As a whole, Promaths has three levels: High School, University and Workplace.

Investec is a sponsor and promoter of Promaths products. This means every time Investec has opportunities such as bursaries, internships and work opportunities, the Promaths panel is the first to know. This makes it a great platform for students

to join as they can be connected to limitless prospects. They encourage students to apply for every opportunity they come across.

Promaths’s roots come from a place of deep consideration of the struggles students go through. In 2018, during his first semester, the Secretary of Promaths, Mbavhalelo Nemaungani, was diagnosed with three different mental health issues. The campaign Free Your Mind was then established by Mzikazi Mpongo, which Nemaungani is involved in. Its aim is to break all the stigma around mental health issues. In conjunction with Promaths, these platforms serve to support students beyond their academics.

You can contact Mbavhalelo Nemaungani to be part of Promaths or Free Your Mind on 067 076 1180 or via [nemaunganimbavhalelo@gmail.com](mailto:nemaunganimbavhalelo@gmail.com).



Photo Mbavhalelo Nemaungani



# 5 SIMPLE WAYS TO HELP PROTECT THE OCEAN



Photo: Lithalelanga Vena

By Christina Makochieng

**The dangerous impact humans have on the environment is becoming increasingly clear. It is about time we all re-evaluate our daily habits. Here are five things you can start doing to help protect the ocean:**

## #Take3forthesea

This is not just another catchy 'Instagram hashtag'. It is a rather easy practice one should implement whenever paying a visit to the beach. Before you leave the beach, always remember to leave it cleaner than you found it by picking up three pieces of trash you see lying around and throwing them away.

## Reduce your consumption of seafood

Although the popularity of seafood continues to be on the rise, it is important to remember that the fishing industry is one of the major contributors to the destruction of marine life and seafloor habitats. Fishing equipment captures all sea creatures encountered and this results in 90% of marine life being mistakenly caught. This activity could lead to the permanent damage of the marine ecosystem.

## Check your sunscreen

While it is important to protect yourself from the sun's harsh UV rays, certain ingredients found

within many sunscreens are harmful to the ocean. In order to avoid this, ensure that the bottle of your sunscreen states that it is "reef safe/reef friendly". Brands such as Faithful to Nature offer safe alternatives.

## Support your local nature conservation centres

Lucky as we are to live and study within the beautiful Nelson Mandela Bay area, that should instil in us a higher sense of responsibility towards protecting the ocean. A good way to make an impact locally is to support or volunteer at organisations such as the SANCCOB Seabird Rehabilitation Centre. SANCCOB recently stepped in to save scores of endangered penguins, following an oil spill that took place in the Algoa Bay area.

## Ditch single-use plastic

Wherever possible, replace any single-use plastic you use on a day-to-day basis with more sustainable alternatives. Easy switches to make are swapping plastic bags with reusable bags, and plastic straws with bamboo, silicone or metal straws. Go for alternatives that don't have to be discarded after single use. Less truly is more, and in this case, it equals to a healthier planet.

# 5 MUST WATCH MOVIES

By Ebenezer Memani

## 1. Silence of The Lambs

This is, without a doubt, one of the best psychological-horror-thriller movies ever. Clarice Starling (Jodie Foster) entails the help of cannibalistic clinical psychologist, Dr Hannibal Lecter (Anthony Hopkins), in order to catch an evasive serial killer. One standout factor of the movie is the female lead holding her own in a hostile environment where men feel threatened by her presence. The long slow scenes and eerie music do a phenomenal job at building tension in the bizarre, gruesome story.

## 2. Fight Club

The first rule of fight club is ... But we have to mention it: Directed by the prolific David Fincher, the movie follows an insomniac who meets Tyler Durden (Brad Pitt) and ends up moving in with him after his house goes up in flames. The two start an underground fighting club which becomes an organisation aimed at bringing corporations down. Many deduce the movie as a statement on consumerism and the fragile modern masculinity that comes with it.

## 3. The Reluctant Fundamentalist

This is a good switch from the mundane 'America vs. Islam Terrorist' Hollywood plot. Changez Khan (Riz Ahmed), a Pakistani, moves to America in pursuit of a Wall Street career. As a hard-working gentleman, he quickly moves up the ladder and starts travelling internationally for business. It is not until the 9/11 attack that things start going sideways for Ahmed. He is systematically marginalised by airport security and citizens alike. The final straw is drawn when his American girlfriend betrays his trust, pushing him to return to Pakistan and become a lecturer, all while remaining under the CIA's watch.

## 4. Get Out

Imagine taking the backseat in your own mind as a stranger takes full control of your body – director Jordan Peele puts this intense imagery into motion. Chris Washington (Daniel Kaluuya), an African American photographer, reluctantly agrees to meet the family of his Caucasian girlfriend, Rose Armitage. It soon becomes apparent that the Armitage family is into something sinister. It is better on the second watch; you get to notice all the allusions to the main plot.

## 5. Dallas Buyer's Club

A true story set in the late 1980s, when HIV and AIDS first broke out. Electrician/cowboy Ron Woodroof (Matthew McConaughey) is diagnosed with the disease in a time where society believed only homosexuals could contract the sickness. When he is told that he has a month to live, he sets out across the Mexican border, and around the world, to find drugs that are more effective than those administered by the American government. We get a direct picture of Woodroof's experience through the five stages of grief and how he overcomes them. It is also insightful on how pharmaceutical companies operate. Definitely worth a watch for the curious mind.

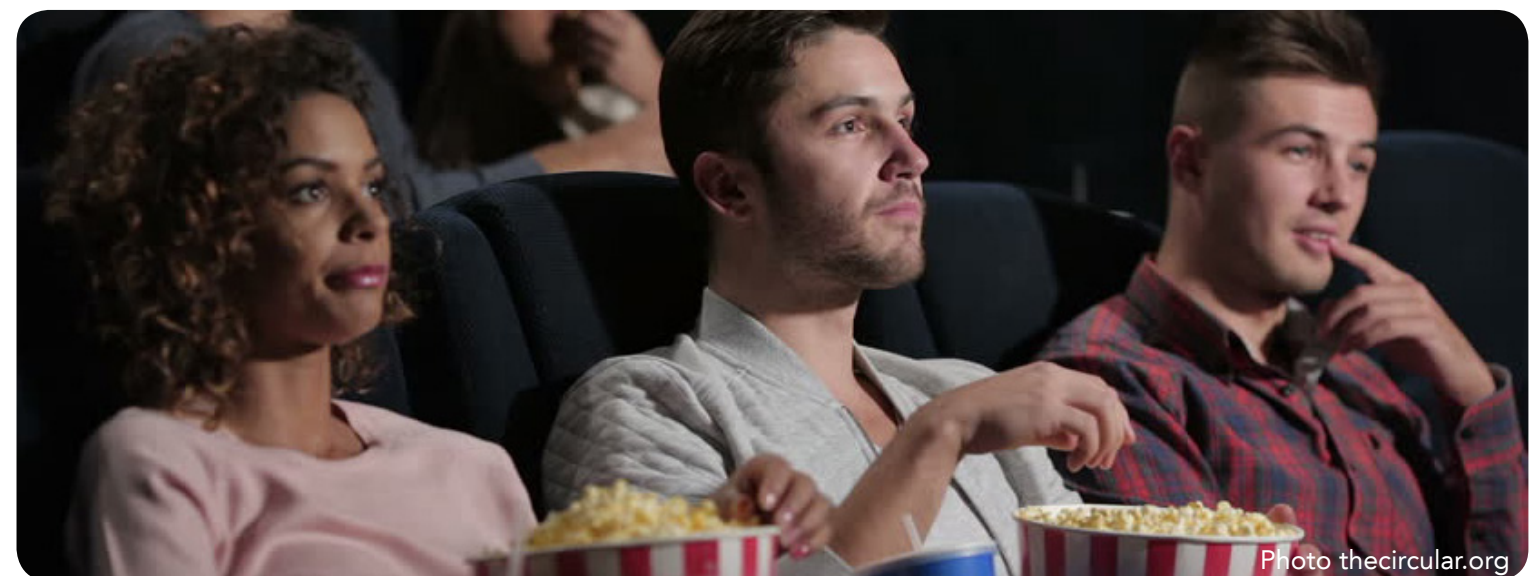


Photo thecircular.org



# THE IMPORTANCE OF READING



Photo WeHeartIt.

By Leigh Nakeetah Jason

When the word 'reading' is mentioned, you may visualize something in print: a book, magazine, dictionary or newspaper. For some, this is not a pleasant visual. Carrying heavy books around or reading bulky paragraphs, for example can come across as strenuous and off-putting.

Why shouldn't it? Technology has evolved to offer us easier and quicker ways of accessing our preferred reading material on whichever device suits us at the time. But technology itself is exactly why reading (or the lack thereof) is a problem. Why read when I can satisfy my craving for content instantly and lazily through digital and social media? And the more we give in to that instant gratification, the lazier our brains become and the more difficult it is to slow our brains down enough to enjoy reading.

Reading is important. Not because your teacher said so or because you need to write that test - it's important because it helps you in more ways than you probably take note of.

Reading develops the mind, opens the door to new knowledge and improves communication and linguistical skills. All of these benefits are massive contributors to success in every-day life as well as in the working world. Whether it's job interviews, administration, negotiation or written communication, language and the way your brain is developed in that area is monumental. Devices, with their constant risk for distraction, can seldom offer the same development as reading something in print.

Besides that, reading is extremely beneficial in the development of your imagination and is an excellent way to relax while still stimulating your brain healthily. People do not usually associate reading with anxiety – I wonder if they can say the same for their technological devices.

Reading is more than just an academic activity – it is a tool than can be utilized for success and overall wellbeing. And if the next generation is to develop healthily and retain their sanity, I hope society will keep promoting reading - old-school style.

# NATURAL, ORGANIC AND VEGAN BEAUTY – WHAT IS THE DIFFERENCE?

By Roxzann Thomas

More and more people are shifting towards green living, which means incorporating safer, chemical-free, non-toxic products into one's skincare routine. The terms 'natural', 'organic' and 'vegan' can get confusing when you're trying to make healthy purchasing decisions, but we are here to simplify them.

## Natural Beauty

A product is natural if it is composed mainly of any plant, mineral or animal ingredients. The term natural is not regulated therefore these products can also contain some artificial ingredients. It is therefore recommended that you read the list of ingredients well. Natural products may be suitable for those who have decided to approach green beauty very recently. A great example of a natural skincare brand is Back 2 Nature, which is locally made.

## Organic Beauty

A product is organic when all the ingredients have been grown and prepared without using pesticides, growth hormones or chemical fertilizers, ensuring there is no trace of artificial ingredients in it. Brands that claim to be organic must be regulated by an institution. Organic beauty products are recommended for those who have decided to switch completely to green skincare and support a type of cultivation that doesn't pollute the environment. Esse is a certified, organic South African company.

## Vegan Beauty

A product is defined as vegan if it contains no ingredient of animal origin such as milk or honey. However, a vegan product is not necessarily natural or organic, so it is possible that it contains artificial ingredients. If you are vegan and a hundred percent don't want to use products of animal origin, you should look for the organic and vegan certification logos. The brand Dermologica is suitable for vegan consumers.

Hopefully your next trip to the mall will be enlightened with healthier and more informed skincare purchases.



Photo: Bianke Fouche  
Photo: Facebook



# FIVE GYM BAG NECESSITIES

By Roxzann Thomas

We all know the saying "Summer bodies are made in winter." If you're following this mantra then here are five essentials that will make your pre-, during and post-gym experience a better one.

## A pair of shower shoes

It is very important to take a shower after your workout. Shower shoes could come in handy in the case where your gym-bathroom's sanitation is a bit questionable. A simple pair of slides or flip flops will do.

## Headphones

Good music will encourage you to work harder and might even make your workout progress faster. Bluetooth earphones are a strong recommendation because the wire-free design means you will not accidentally pull them out of your ears or have to readjust them during your workout.

## Wet wipes/hand sanitizer

If we are being completely honest, the gym is a bit of a germ hotspot. It is important to carry some form of protection against these in your gym-bag, especially to be used after weight-lifting or touching those sweaty treadmill handles.

## Weight-lifting gloves:

Weight-lifting gloves alleviate the problem of losing your grip during your weights sessions by providing a more solid grip and can make the whole exercise less annoying. They also absorb some of the pressure on your hands and wrists.

## A snack

A protein bar or shake is ideal as a pre- or post-workout snack to up your energy levels and keep you going throughout the rest of the day – especially if you have to attend lectures after your gym session.

These necessities are guaranteed to make the road to your summer beach body a less bumpy one.



Photo freepng.es

# NATIONAL SCIENCE WEEK 2019

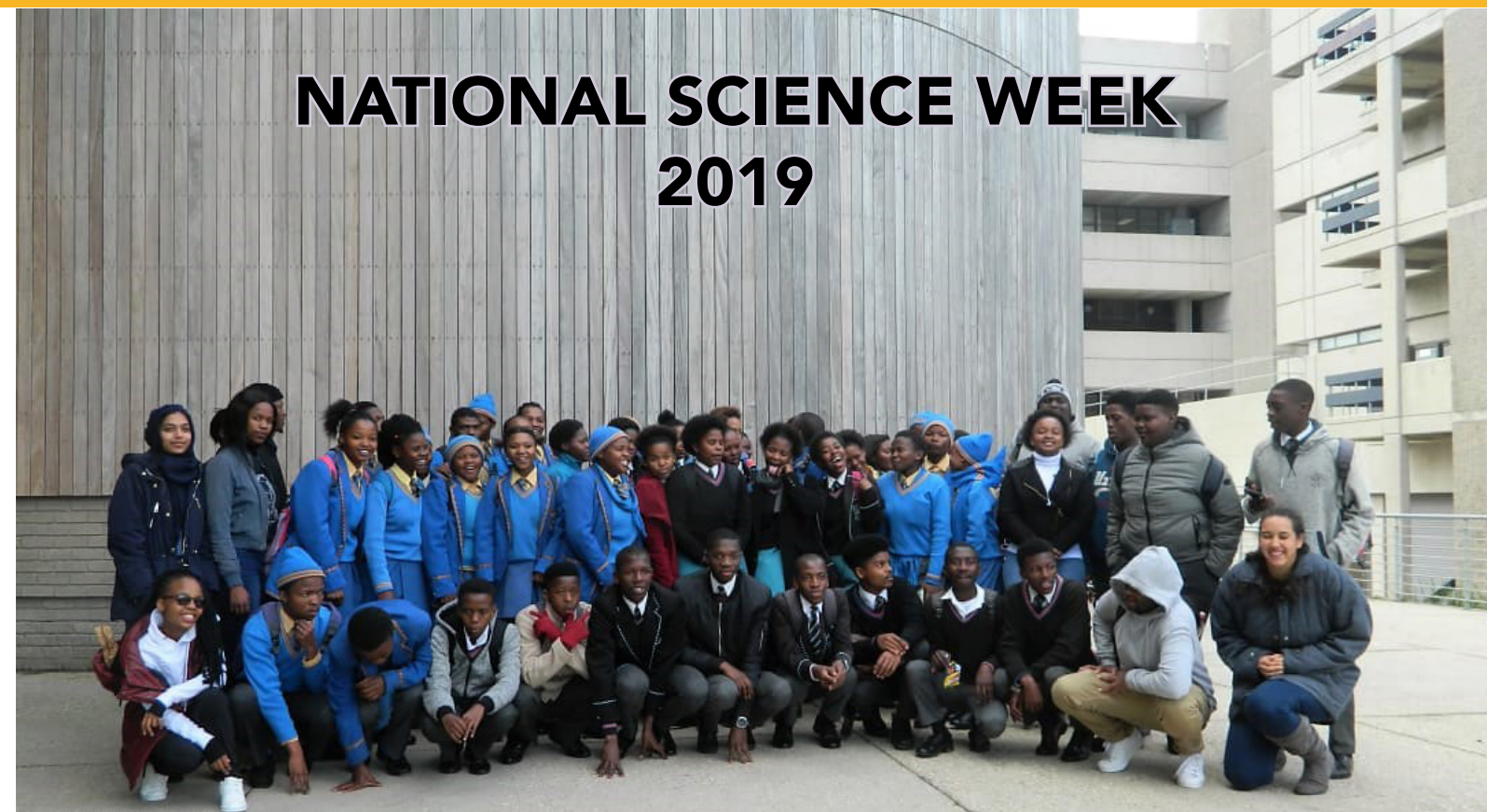


Photo Ntsondwa Asithandile

By Ntsondwa Asithandile

**National Science Week (NSW) is a designated week aimed at educating the public and creating awareness about science related matters. An annual series of science events are held during the week at various locations around the country to celebrate and promote science.**

This year's theme is 'Facing the Harsh Realities of Climate Change', and will take place from 10 August 2019 until 18 August 2019. The Nelson Mandela University already kick-started with the NSW 2019: From Cala to Thembalethu pre-launch events, which included a symposium on climate change on 18 July 2019, presented by speakers such as Prof Janine Adams, Prof Raymond Auerbach, Dr Gavin Rishworth, Ms Majodina Siphumelele, Mr Ntombela Njabulo and Ms Vhuhwavhohau Nengovhela, who are all from Nelson Mandela University. External speakers were also present, including Prof. Philani Moyo from the Fort Hare Institute of Social & Economic Research, Prof Shankar Aswani from Rhodes University, Prof Sylvester Mpandeli from the Water Research Commission and Prof Godwell Nhamo from Unisa.

On 20 July 2019 the pre-launch continued where two high schools, Moses Mabhida Senior Secondary School and Ndzondelelo High School, were invited to Nelson Mandela University. Their visit, which was organised by the Science Student Association (Scisa) together with the Science faculty, included a talk with the learners about climate change, where the learners got to learn more about the topic as well as express their views on how they could reduce the impacts of climate change in their homes. The talks were conducted by Mr Njabulo Ntombela and Miss Asithandile Ntsondwa. Learners also received a tour around the University and experienced some exciting chemistry demonstrations by Dr Richard Bertz, which left the learners craving for more and hopefully inspired them to jump into the science route when deciding on their careers.

There are still more NSW events coming up, so be sure to stay glued to your email inbox and in the spirit of this year's theme, to be on the lookout for ways to reduce the impacts of climate change.



# THE SKY UBER: FIRST KIDNEY FOR TRANSPLANT DELIVERED BY A DRONE



Photo Pixeles.com

By Sanele Thwala

**Unmanned Aircraft Systems (UAS) took the world by surprise when they successfully delivered a lifesaving kidney to surgeons at an American hospital. This is the first time that an organ has been transported via drone to a surgery.**

The kidney, which was needed for an urgent transplant, was successfully delivered by a drone at the hospital premises. According to the University of Maryland Medical Centre, it is a development which will help facilitate the transportation of organs in a safer and faster way. Dr Joseph Scalea, one of the specialists, performed the transplant on a woman who had spent eight years in dialysis, and said drone deliveries could help overcome delays which compromise an organ's viability. According to News24 who reported that Scalea, who is the founder of the company that manages data for organ shipment likened the system to an uber-like service that will be less costly and faster.

The drone, which required special clearance from the aviation regulators, flew for about 10 minutes at an altitude of 120 meters before landing the ground. It also had a parachute recovery system in case the aircraft failed.

Technology is forever developing and changing lives for the better, and drones in particular are very important for emergency situations and could be used to deliver, not only organs, but medication and blood as well. Sometimes a person is involved in an accident, only to find that the nearest hospital does not have a specific blood type, which often happens with rare blood types. Medical practitioners then have to request it from a blood bank or the nearest hospital. While a person is possibly losing a lot of blood, it is difficult to wait hours for a blood transfusion. Delays are often worsened by traffic congestions, as well as having to stay under the prescribed speed limit on a public road. These are some of the factors that can hinder fast and successful service delivery to hospitals.

Transportation of medication via drone will help to lessen the queues at hospitals because patients are often referred to other hospitals or clinics because of the unavailability of certain medication. Using drones for such deliveries will reduce the number of unnecessary deaths due to people waiting at hospitals.

## IS 5G SAFE?

By Neo Motsiri

With the imminent rise of 5th generation (5G) networks, internet traffic promises to be up to 100 times faster than our current networks, but many have raised concerns about the safety of such networks, often citing research by Drs Bill P. Curry and David O. Carpenter, who introduced the idea that high-frequency wireless networks may be detrimental to humans. In a research paper titled, Human Disease Resulting from Exposure to Electromagnetic fields, Dr Carpenter claimed that cellular frequencies increased the likelihood of cancer, male infertility as well as certain brain abnormalities. However, mainstream science has yet to find a causal link between high wireless frequencies and cancer, according to Dr David Robert Grimes, a cancer researcher at the University of Oxford.

Other researchers have also spoken out, saying the warnings against 5G were questionable. According to research by Christopher M. Collins, a radiology professor at New York University (NYU), human skin acts as a protective barrier against high electromagnetic frequencies. High frequencies have also been declared safe by Dr Marvin C. Ziskin, who has studied the effects of such frequencies on the human physiology for years.

Evidently, 5G testing is already underway in South Africa, while some countries aren't so fortunate. In Brussels, plans to test 5G networks were brought to an abrupt halt, after the Minister of Environment, Céline Fremault, voiced her concerns over the safety of 5G in the Belgian Capital. "I cannot welcome such technology if the radiation standards, which must protect the citizen, are not respected," she said. Elsewhere in the world, Trump has assured Americans that the land of the free will not fall behind when it comes to this revolutionary technology. Regarding the implementation of 5G wireless technology in the United States, Trump had the following to say, "We cannot allow any other country to out-compete the United States in this powerful industry of the future."

Vodacom has made a similar plea to the Independent Communications Authority of South Africa (ICASA), imploring them to start licensing frequency spectrums in the 5G range as soon as possible. The telecommunications giant, alongside MTN and Rain, has already begun tests locally, while Telkom is planning on starting similar tests later this year.

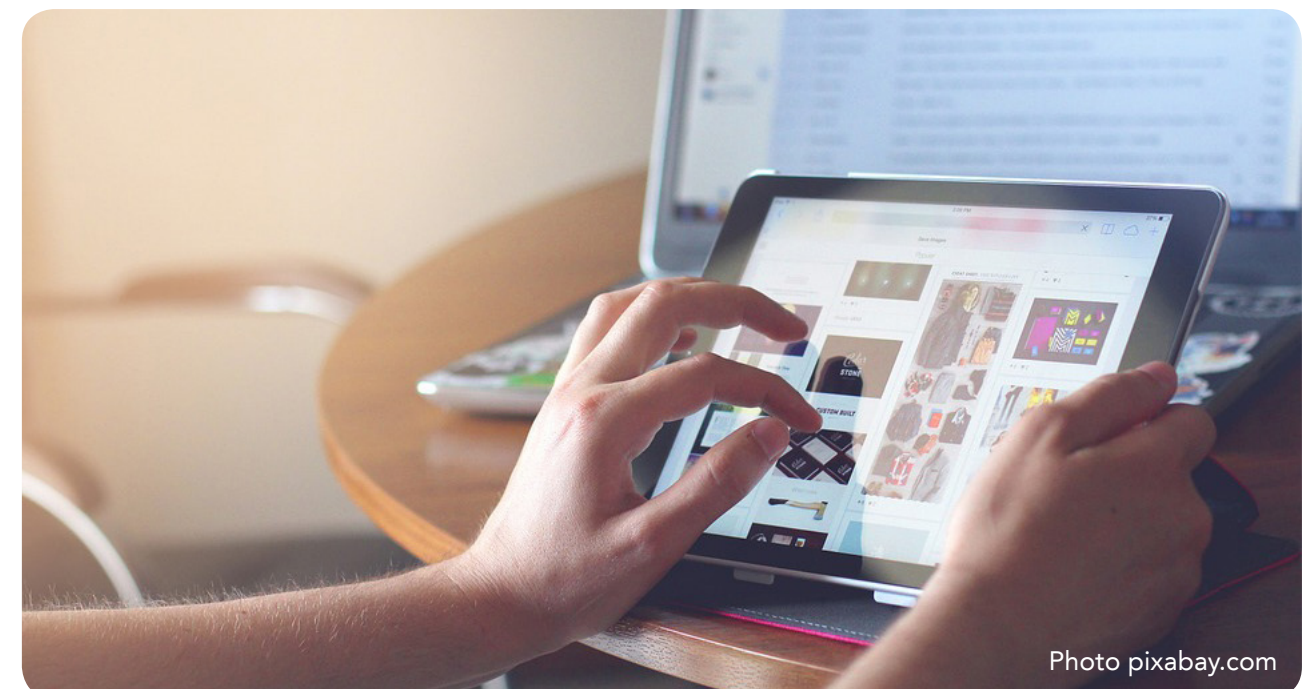


Photo pixabay.com



## THE METEOR WE MISSED



Photo pixabay.com

By Neo Motsiri

A recent close call with an asteroid that nearly collided with Earth on 25 July has alarmed many, as astronomers were not even aware of the 100-meter wide asteroid until a few hours before it nearly hit Earth. "I was stunned," said Allan Duffy, who is lead scientist at the Royal Institution of Australia, "This was truly a shock."

The extra-terrestrial rock was named Asteroid 2019 OK, and flew past Earth from about 73 000 kilometres, which was a distance Duffy described as uncomfortably close.

Michael Brown, another Australian astronomer and associate professor at Monash University School of Physics and Astronomy, observed that many learnt about the asteroid only after it zoomed past our blue abode, almost causing irrevocable damage. "It's probably the largest asteroid to pass this close to Earth in quite a number of years," he noted.

The asteroid was independently discovered by two different teams based in the United States and Brazil. Duffy explained that asteroids of this size are generally difficult to detect, and this observational difficulty was exacerbated by the fact that 2019 OK had an unusual orbit. Duffy reflected on the gravity of the occurrence, "It should worry us all," he said. "It's not a Hollywood movie. It is a clear and present danger." He went on to explain the kind of damage that an asteroid of that size could wreak, saying that it certainly had enough momentum to destroy an entire city. "It would have gone off like a very large nuclear weapon," he added.

The last time an asteroid the size of 2019 OK hit Earth was about a century ago, but a smaller asteroid exploded over Chelyabinsk, a city in west-central Russia, on 15 February 2013. The impact of the explosion propagated a shock wave so powerful that it shattered the windows of about 3600 buildings throughout the city, while injuring just over 1100 people. The last asteroid to hit Southern Africa, however, occurred on 21 July 2002, and plunged into Thuathe, near Maseru. In 2019, a bolide (exploded meteor) streaked over the Western Cape on the evening of 16 January.

Following the discovery of 2019 OK, Duffy emphasised the importance of developing our detection efforts to ensure we are never caught off guard again.

## LUNG CANCER ESCALATES IN NON-SMOKERS



Photo Pixeles.com

By Sanele Thwala

New research claims that exposure to second-hand smoke includes non-smokers in the risk of death due to the substance. And not only from Chronic Obstructive Pulmonary Disease (COPD), but also from several other severe conditions.

Despite all the caution and awareness raised around smoking in public spaces, people still ignore this admonition every day, negatively contributing to the health problems of non-smokers.

Lung cancer is among the most prevalent causes of cancer death in nonsmokers and the latest laboratory and clinical findings show the significance of identifying the genetic and environmental factors that are also accountable for lung cancer growth in non-smokers. Approximately 10%-15% of lung cancer disease arises in non-smokers, and according to a research study by the American Cancer Society, lung disease accounts for up to 20% of deaths each year. In non-smokers, the primary variables strongly linked to lung cancer include exposure to carcinogens such as radon, second-hand tobacco smoke and other indoor air pollutants, but some proportion of non-smokers' lung cancers cannot be linked to environmental risk variables

If you're a smoker, it's never too late to reverse some of the effects of smoking. Active smokers can change their lifestyle and reduce their risk to the harmful effects of smoking. If continuing to smoke is a choice you make for yourself, consider smoking outdoors or in designated place so that you aren't making those massive life and health decisions for others as well.



## SOUTHERN CAPE OPEN NEXT IN LINE FOR DE BEER

By Full Stop Communications

**Nelson Mandela University student-athlete Kyle de Beer has targeted the Southern Cape Open as his next objective after wrapping up the Border Strokeplay golf title in East London at the weekend. A member of the KPMG Madibaz Golf Club team, the 21-year-old De Beer shot a remarkable total of 21-under-par 198 at the East London Golf Club to win by seven shots over South Africa's No 1 amateur Jayden Schaper and Dean Martin. He produced rounds of 65, 69 and 64 on the testing East London layout.**

The victory has propelled De Beer to No 4 on the national amateur rankings and he said he would be using the remaining tournaments to strive to improve his position. "My main goal for this year is to get to the No 1 amateur spot in the country," he said.

While he is committed to improving his golf, De Beer is in his third year of a human movement science degree. He has developed a system to satisfy the demands of achieving all his objectives.

"Yes, it has been a balancing act between my golf and my studies but over the last two years I have worked out how to manage that," he said. "It may not be the easiest thing to do but it has become second nature to me, and I am very happy with the situation." De Beer, who was a member of the Madibaz USSA-winning team last year, listed a number of highlights of 2019.

"Shooting 62 in the EP-Border Strokeplay and winning the tournament in April was up there, as was coming fifth at the Brabazon Trophy in England in June. "The experience of playing overseas was amazing and I believe I learned some valuable lessons from the trip that will definitely benefit me in the future."

De Beer, who plays out of the PE Golf Club, paid tribute to a number of parties who have mentored him during his career. "I would just like to thank the Ernie Els and Fancourt Foundation and my coach, Graeme Whale from PEGC, for their incredible support and the help they provide me," he said.



Photo Full Stop Communications

## MADIBAZ CRICKET COACH KEEN TO RAISE CLUB'S PROFILE

By Full Stop Communications

**Former provincial player Lefa Mosena is eager to raise the profile of Madibaz cricket across the board after taking up the position as the club's head coach last month. The 32-year-old, a batsman-wicketkeeper who represented the Knights, Free State and KwaZulu-Natal Inland, is excited about his new position as he looks to make a difference at the Nelson Mandela University club.**

Having taken up the position on July 1, Mosena said that cricket at the Varsity looked to be in a healthy position. "A major positive for Madibaz is the number of new and young players who are involved with the club," he said. "To this add the interest shown by matric students to link up with the institution and it all augurs well for the future of the club." He added, though, that he was aware that much work lay ahead to ensure Madibaz remained a competitive unit on the varsity scene. "A lot of emphasis will be placed on improving our performances at our national weeks and competitions," said Mosena. "The upliftment and support of our ladies' team is also an issue that is high on the priority list."

After matriculating from St Andrew's School, Mosena represented the Free State and Knights teams as well as being selected for the University Sport South Africa team and the National Academy in 2011. A few years later he moved to Maritzburg, captaining the KZN Inland team from 2015 to 2018 and winning the Twenty20 Africa Cup competition with them. During his career he obtained a Level 2 coaching certificate and moved into that role on his retirement.

He said his coaching philosophy was based on developing players who could think and have confidence in themselves, as well as being adaptable to different situations. "Our goals at Madibaz cricket will also be to produce individuals who can be good ambassadors for the Varsity when they have passed through the system and be proud of having played for the club."

Madibaz Sport cricket manager Sipho Sibande said they were excited to be working with Mosena. "He is a young coach with a fresh perspective on how to take the game forward," he said. "We are a team under construction and believe his knowledge will be crucial in getting this young group of players to the next level. We wish him everything of the best."



Photo: Brittany Blaauw