

2019/20 SRC ELECTION RESULTS

The 2019 SRC elections saw the South African Students Congress (SASCO) retain power, with 3252 votes which translated to 6 seats. The EFFSC received 1462 votes, which gained them 2 seats, while the Democratic Alliance Students Organisation (DASO) received 998 votes, which translated to 1 seat.

To view all the election results go to: <https://studev.mandela.ac.za/SRC-Elections>

CENTRAL PORTFOLIO RESULTS

ORGANIZATIONS	TOTAL NUMBER OF VOTES	NUMBER OF SEATS
DASO	998	1
EFFSC	1462	2
SASCO	3242	6
TOTAL VOTES CAST	5702	
SPOILT	66	
GRAND TOTAL	5768	
SRC Constitution Threshold is: 25% The percentage pool of voter turnout is: 23.22%		Threshold shortfall of 1.8%. Election results endorsed by Vice Chancellor as per SRC constitution

INTERNATIONAL OFFICER

ORGANIZATION	TOTAL NUMBER OF WINNING VOTES
DASO	102
SASCO	91

DISABILITY OFFICER

ORGANIZATION	TOTAL NUMBER OF WINNING VOTES
EFFSC	23
SASCO	27

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LETTER FROM THE EDITOR

I'm sure we all feel as if the University break passed in merely a blink of the eye. But despite that, I hope that you were able to slow down and soak up the down time, returning to campus with energy in your tank for the final term of 2019.

As the turbulence of last term dies down, we hope that our story covering the peaceful march against gender-based violence will encourage you to keep the movement fresh in your mind and reflect on how we can all be part of the change that so desperately needs to happen.

Did you know that our country may be adopting a new health care system by the year 2026? I didn't and I would highly suggest reading the informative article by Ioanna Haritos on page 4 to learn more.

On the business side of things, if you've never considered yourself an entrepreneur, Mohube Karabo Kgaphola's article may shed some light on why it may be the only viable option for us as youth going forward.

Make sure you head into spring and summer sporting the latest fashion trends (p.14) and with the necessary habits in place to make sure Instagram doesn't steal you away from real moments and real happiness this season (p.15).

What's the latest on the White Rhino and why is it possibly a good idea to move away from the coast in the near future? Page 19 and 20 answer those questions.

Last, but not least, it's always great to see one of our own shining. Don't miss the article about one of our star hockey players, Lauren Nina on page 22.

HAPPY READING!**Amy Ward****THE FIGHT AGAINST GENDER-BASED VIOLENCE AND XENOPHOBIA**

Photo: Zoyisile Njikelana

By Andisile Klaas

It is reported that a woman is killed every 3 hours in South Africa and it keeps getting worse as women and children are being reported missing every day. The Nelson Mandela University's staff and students joined in a march of solidarity against gender-based violence and the recent xenophobic attacks. This march started from North Campus to South Campus on Tuesday 10 September.

Social media and media are riddled with stories of murdered, raped or kidnapped women and children, making gender-based violence a topic that this country can no longer avoid. According to South African Police Service (SAPS), the financial year that ended on 31 March 2019 saw a number of 177 620 reported crimes against women and these reports include assault, rape and murder. All of these statistics put South Africa in a place where incidents of violence against women occur 5 times more than the global average.

In its efforts to create awareness and condemn this behaviour, the staff and students held a peaceful march from North Campus to South Campus where a stage was set to address this issue and the recent xenophobic attacks. The march was led by Vice-Chancellor, Prof Sibongile Muthwa alongside the SRC and the activists from the Activist Connexion group who later addressed the crowd.

The first speaker to the stage was SRC representative, Anam Mbebe who addressed the fear and the disregard that women face despite 25 years of democracy. She also stated that she hopes that the march isn't just another event, but one that would produce "workable solutions". She was then followed by student leader and Activist Connexion affiliate, Yandisa Jubase who stressed the importance of university in society and how it should be a safe space.

Vice-Chancellor, Prof Sibongile Muthwa took the stage to assure students and staff that the University won't tolerate any form of abuse and violence. Prof Muthwa also condemned xenophobic attacks against foreign nationals, calling for unity and love. The plans she has put into place include accelerating the establishment of safe houses for the victims of gender-based violence and building a movement that actively fights against this behaviour.

SOUTH AFRICA'S NATIONALISATION OF THE HEALTH SYSTEM

By Ioanna Haritos

South Africa's proposed National Health Insurance (NHI) is said to be implemented by 2026. This finance system will have all South Africans being able to access free, 'world-class' health care. This is a massive benefit for the majority of SA's poor, as state patients will have access to private health care professionals and will receive treatments that their lack of medical aid hindered in the past.

However, people have reservations about whether South Africa will be able to pull this off. We all know about the country's issues with corruption; however, we've been assured that no money will be taken for expensive overseas holidays, lavish parties or fancy cars. The NHI will provide the health system with a set budget that will only be used for its intended purpose.

Many private medical aid patients have been up in arms about the new system as patients will no longer have immediate access to specialists such as paediatricians or gynaecologists. Protocol will be getting a referral and being put on a waiting list. An appointment may take months. There will be no choice of doctor allowed as patients will be allocated a professional according to where they live. Thus, many fear a mass exodus of private specialists. Tax will be pushed by a further 3-5% to accommodate funding for NHI.

With the NHI budget being said to only cover certain types of treatments, special needs patients could be at risk. As many chronic conditions cost thousands a month for medications and therapies, people fear that many essential treatments will be denied to these patients on the grounds of them being too expensive or not 'essential'.

However, although controversial, much of the population who previously had no access to good health care will be able to enjoy much more efficient, better quality service in cleaner facilities.

More will be known on how the government will fix current potential issues in the years to come.



Photo: VideoHive

ALUMNI OFFICE TALKS THE FUTURE



Photo: Unsplash.com

By Andisile Klaas

Nelson Mandela University's Alumni office hosted a Reflections Event and the topic centred around the fourth Industrial Revolution and its impact on Universities, Work and Human Relations. This event took place at the North Campus Conference Centre on 29 August 2019.

'The future is here, and we need to adapt in order to survive.' That was the sentiment shared by the event's panel that consisted of the current Director of Nelson Mandela University's Business School, Dr Randall Jones, current Director of HERS SA (Higher Education Resource Services of South Africa), Ms Brightness Mangoloth, and Presidential Commissioner of the South African 4th Industrial Revolution, Prof. Chris Adendorff.

Dr Jones was the first speaker and he defined the fourth Industrial Revolution as the "integration of the physical and virtual world". His presentation focused on how technological advancements can change, impact and improve institutions and the education system. Some of those changes include the idea of short courses becoming more ideal than longer courses and the implementation of mobile learning.

This revolution will come with new careers that require different skill sets, therefore the education system and how students are trained needs to be

reviewed. Another aspect that Dr Jones touched on is the accessibility of digital education. He feels everyone should have access to this new flow of information.

The second speaker was former HOD of the institution's Language, Media and Culture department, Ms Mangoloth. She stressed the importance of the internet in communication. Her focus was on how humans are left out in conversations about this revolution. As a communications expert, she stressed how important communication is and how the human aspect needs to be communicated at all times in these conversations because humans are the biggest consumers. Her concerns with this change included privacy and the huge percentage of the population that doesn't have access to the internet being left out.

The last speaker was futurist, Prof Chris Adendorff. Prof Adendorff stated that the fourth Industrial Revolution is a complex concept and there is no room for negativity if we want to move forward. His presentation focused on how we can translate this revolution into a South African context and he touched on how this revolution can positively impact the education system and workforce; stating that it can all improve from here if we adapt to change.

WOKE



Photo: Lithalelanga Vena

By Luyanda Mkhize

All over social media you will see people referring to themselves or others as woke, but what does it really mean to be woke? According to the urban dictionary it means being alert to the injustices in society especially racial inequality. What does it take for one to become woke - is it associated with a race, gender or age group?

What do students think about this?

The term woke is generally associated with non-white races that have historically experienced the most social and racial injustices. Therefore, the "woke" people will be comfortable to go against the societal status quo without fear. The age that is most likely to be woke would be the generation that now suffers from past oppression, meaning the younger generations who are aware of their rights and are more liberated in thinking.

"Being woke is about using ideologies such as feminism and pan-Africanism to improve the way we live and survive in society, but nowadays it has become an aesthetic which is worrying," says one student.

It is evident that people are passionate about the matters that being woke addresses. From challenging the education system to promoting gender and racial equality, it shows that it is a step towards a more opinionated and interactive generation.

The way a person dresses and represents themselves may be easy to appear as woke. However, we see that being woke is about thought processes and a way of life which can't be restricted to a specific race, gender or age group.

SHOULD ENTREPRENEURSHIP BE THE NEW TREND?

By Mohube Karabo Kgaphola

The South African economy, having shrunk by an appalling 3.2% in the first quarter of 2019, makes it very understandable for the government to have overly ambitious annual growth targets of 5.4%, together with an intention to create 1 million jobs in 3 years.

With that in mind, many graduates find themselves opting to follow their dreams and invest in entrepreneurship. Something that will create jobs, promote social change, drive innovation and most importantly contribute to the growth of our economy.

In order to transact with the government and the formal sector, or to access certain types of government support, entrepreneurs are generally required to register their businesses with the Companies Intellectual Property Commission (CIPC). Considering the several types of companies you can register:

- a company registration may vary between R125 for the registration of a company that is without a name
- R475 for a non-profit company registered without members
- R50 for each name reservation application, with an opportunity to apply for between 1 and 4 names during each application process.

With the unemployment rate at 29% currently, paired with the warning made by President Cyril Ramaphosa that South Africans should prepare for further job losses, there is a clear indication that the right turn would be for one to create one's own employment.

The revolution of increased successful entrepreneurship will increase our standard of living and will create conditions for a flourishing society. There will be challenges, as is with everything, but entrepreneurship should be the new trend.



Photo: rawpixels.com

THE UNIVERSITY SPACE AS A CULTURAL HUB



Photo: Lithalelanga Vena

By Muzomuhle Ntuli

We often see the University space as an imagined community - one that consists of and possesses the desired vision of a society. In our context, it is one of acceptance, growth, tolerance and critical engagement in building a better tomorrow. It is about instilling ethics and culture in students who will soon change the world. It is for this reason that during Heritage Month we engage in the importance of our University being a culturally rich heritage hub.

The beauty and diversity that is on our campuses – from the beautiful landscapes to the students, workers and staff - offers one of the most unique experiences in South Africa. The renaming of buildings and residences to reflect our history, those who contributed to it and their legacies, is one of many ways in which our

University is continuing to unearth and reconfigure the roles of those before us. The changing of names may require a change in architecture in order to redesign buildings and statues. This goes hand in hand with the call to decolonize the curricula and literature, which is a call Nelson Mandela University has heeded to.

Apart from that, we are of the view that although it is important to develop a certain ethic among us as students, in the words of Biko, we should create “a culture of defiance, self-assertion and group pride and solidarity.” It should be within us to defy norms and stereotypes as well as to be able to form a solidarity that is aimed at seeing us all succeed. To paraphrase Steve Biko, I believe this will not only create a more human face, but will also humanize the way our continent is perceived.

MOTHERWELL’S PALLET DOCTOR



Photo: Bayaz Photography

By Zukisani Gali

Usually when we encounter luxury products like bags, we can only assume they are made from other countries. We overlook the fact that South African people can be just as creative. Ulundi Mpilo from Motherwell is living proof that creativity can be found and nurtured anywhere.

Mpulu, known as the ‘Pallet Doctor’, was born and raised in the township of Motherwell. He fell in love with pallet design when he was very young. During his primary school days, he used to build dog and pigeon houses with pallets that were thrown away. The name Pallet Doctor came from Mpulu himself, in saving abandoned pallets to transform them into beautiful objects.

In his words, growing up in Motherwell was great, but it was not the best place for business. This was a major challenge for him so he adopted this mentality: a citizen is a citizen by its community. When there’s little support from the community, it is not because they don’t want to offer support, it’s due to a lack of knowledge on the product in question. With time, Mpulu made it his mission to increase knowledge of his business in the community and as time went by, he attracted more and more customers.

This doctor not only designs bags, but various other objects that can benefit and appeal to students. He creates trays, wine racks, study desks and chairs. Basically, you can specially request almost anything from him to make. You get to enjoy some unique good-quality products, all while contributing to his success and journey.

Like with clothing, when you wear something beautiful, you feel beautiful and produce positive energy towards everything you do. Mpulu displays this as he is not only thinking of himself, but the rest of the community too. On 1 September, he had an exhibition that showcased talents of people from various walks of life.

You can see his work for yourself on Facebook under the name Mpulu Ulundi Dinkie or contact him on 0739101292.



Photo: pexels.com

WHAT YOU DIDN'T KNOW ABOUT PATRIARCHY

By Kaymery Swart

Patriarchy is quite a debatable topic today and is sneered upon by many people even though it has proven to be successful in history.

Patriarchy is based on gender roles: dividing roles socially. It is where men have the ruling authority and hold dominant roles socially, politically and in households. In households it takes the form of the dominant position of the father and the husband. This is where true patriarchy reigns; it begins at home.

The idea of patriarchy being evil is understandable. Nowadays women are more independent and like to look after themselves. They do not want to just be "someone's wife". Nevertheless, people have different cultural, social and religious beliefs. Patriarchy is just another one of these systems, one which millions of people stand by. Yes, millions - take India for example. There are people who have a more Western way of thinking, but then there's

the majority who actually live for the patriarchal system.

Almost all the historical powerful empires were patriarchal. For a patriarchal society to be successful, men need to sacrifice and work hard. It is not a system of men dominating, imprisoning and oppressing women. The system succeeds because of a theory: where there are benefits, the person will invest. That is to say that men are more subject to take risks because of what they gain due to the system: power, both socially and politically. This is to say that men – or anyone for that matter – will put in more effort when they are in power. Where an investment or profit can be made, there the person will place their attention. Fully and willingly.

It's just another system. A beneficial one at that. Patriarchy is not about men. It is about women. The entire system revolves around the wellbeing of women. Take a closer look.

TOXIC MASCULINITY - STOP NORMALISING IT

By Phelisa Mkendlana

Toxic masculinity refers to destructive behaviour and norms associated with the socially constructed role of men that harm the rest of society. Men are expected to be tough and aggressive. They are pressured into being breadwinners and leaders. The moment a man opts to stay home and cook, society perceives him as weak.

Toxic masculinity does not allow young boys or adult men to engage in activities that have been socially assigned to femininity. For example, it is seen as shameful when a male partakes in something as harmless as ballet. Men have been taught that if they express their feelings and emotions, they will be seen as inferior.

Toxic masculinity says to men, 'men should be tough', 'men should not have feelings' or 'men must take whatever is thrown at them even if it hurts them'. Otherwise they are dismissed as not being manly enough

Not to mention, in the society we live in, toxic masculinity gives men the impression that they have power over women's bodies. A strong example is in the workplace, where sexual misconduct is often instigated by men – especially when the perpetrator is the boss or someone in higher ranks. This is unfortunately normalised and simply brushed under the carpet. This type of resolution instils in men the dangerous mentality to treat women as they see fit – if they got away with it once, why not again? These ideologies and behaviours also promote the idea that men are superior to women.

Toxic masculinity also extends to ridicule men that have been exposed to sexual abuse. When they are victims, it can prevent them from coming forward. Men bottle up their feelings and are unable to talk about serious issues. The stigma and the fear of not being believed can be so strong that men simply do not report abuse. This consequently may lead to some becoming perpetrators of domestic abuse.

The few men that speak out against this are facing patriarchal and societal backlash. This idea is evoked in an advert where American actor, Terry Crews, speaks out about his sexual harassment experience, which saw him ridiculed on social media.

As a result of toxic masculinity, most men suffer in silence. They fall into depression and even commit suicide, all because they do not want to be seen as weak.

We need to stop normalising toxic masculinity.




Photo: pexels.com

STUDY TUBE: HOW TO SUCCESSFULLY FINISH THIS ACADEMIC YEAR



By Roxzann Thomas

If you binge-watch YouTube videos, but have not discovered study tube yet, then this article is for you. Here are five YouTube channels you can subscribe to that will help with revision and everything university and education related.

UnJaded Jade: Jade describes herself as a "bushy-haired, non-preachy vegan." Her channel focuses on academia, self-growth and positivity. Some of her videos are about Math, Chemistry and Biology. Jade uploads a new video every Wednesday.

WaysToStudy: The owner of this channel is a law student, currently doing her second year. She started her channel to help with study tips, to show her study routines and for motivational purposes. Some of her videos include study vlogs, routines and "study with me" videos.

Derin Adetosoye: Derin is both a university and lifestyle YouTuber so her videos are informative as well as entertaining. On her channel, you will find a variety of educational and fashionable content, including university vlogs, clothing hauls, study tips and girl talk videos.

Mariana's Study Corner: Mariana is from Lisbon, Portugal and uploads very frequently. Her channel covers topics such as planning, organizing, journaling and how to become a productive student.

Revising: This channel has 271K subscribers and that is probably because of how aesthetically pleasing the content is. Revising covers everything from stationary to note taking and morning routines. She uploads every Sunday, just in time for the new academic week.

This little niche of students helping other students on YouTube will help you end this academic year on a high note.

'THE KING OF THE JUNGLE IS BACK TO LIFE'

By Leigh Nakeetah Jason

During February 2018, people across South Africa swarmed to various theatres to see Black Panther – one of the very few movies to feature a black man as a superhero and one of even fewer that saw him living in a technologically advanced country, speaking a native African language. The last time this happened was in 1994, when 'The Lion King' hit theatres. An adaption of Hamlet converted into an African tale fascinated people for years to come until 2019, when a computer-generated imagery (CGI) version of the movie was released, with a cast reboot that would have fans once again running to theatres. This 'reboot' is one of the many Disney has released, building on the success of 'Beauty & The Beast'.

The remake is not much different from the original, some scenes remaining exactly the same. The most notable one being Mufasa's death which left people in tears again. However, many adaptations were made to certain scenes. Not enough to change the direction of the movie, but to add more sensible aspects, and others more comedic.

Billy Eichner and Seth Rogen lent their voices to Timon and Pumba – two of the favorites from the movie. Some older cast members returned, like James Earl Jones – some voices cannot be changed. Donald Glover starred as the grown version of Simba, not doing too bad of a job as the older lion, though Childish Gambino is not that much of a singer... Beyonce on the other hand, one of the biggest scores of the music industry, starred as Nala, and delivered on both soundtracks released before the movie, and interestingly got much more lines than the original Nala.

The remake of the movie offered much more explanation than the original. How Nala escaped, how Scar ruled the kingdom alongside the hyenas and what happened with Sarabi were some questions that were answered. The plot still stayed on the same path because people don't like change. All in all, it was a very decent movie – with the hyenas, Timon, Pumba, Simba and of course Beyonce doing a very stellar job.

But in our opinion, it was unnecessary – not everything needs a remake. 7/10.

Photo:the-lion-king-putlocker.over-blog.com

HOT GIRL SEASON: FASHION TRENDS FOR SPRING AND SUMMER

By Roxzann Thomas

Everyone in America has been raving about Hot Girl Summer and it is finally South Africa's turn! There is no better way to channel your inner Megan Thee Stallion than through the following Spring and Summer fashion trends.

Utility and cargo: A trend we will be seeing everywhere is utility, especially in vests, skirts and cargo bottoms. A nice way to style this trend is by contrasting the utility silhouettes with femme details.

Athleisure: As university students, this trend has basically become a lifestyle, but this season it is levelling up. You are free to pair tailored pants with a stylish cropped jacket, or try a structured blazer with bicycle shorts.

Animal print: Let your animal instincts take over this season with bold and wild prints. In particular, leopard and snake print. There are so many fun ways to shop this trend, but the most popular pieces are midi skirts and slip dresses.

Boiler suits: These one-piece protective garments were originally designed for manual labour, but boiler suits are now as fashionable as they are functional. To rock the look for yourself, just pick the cut and colour that suits you best.

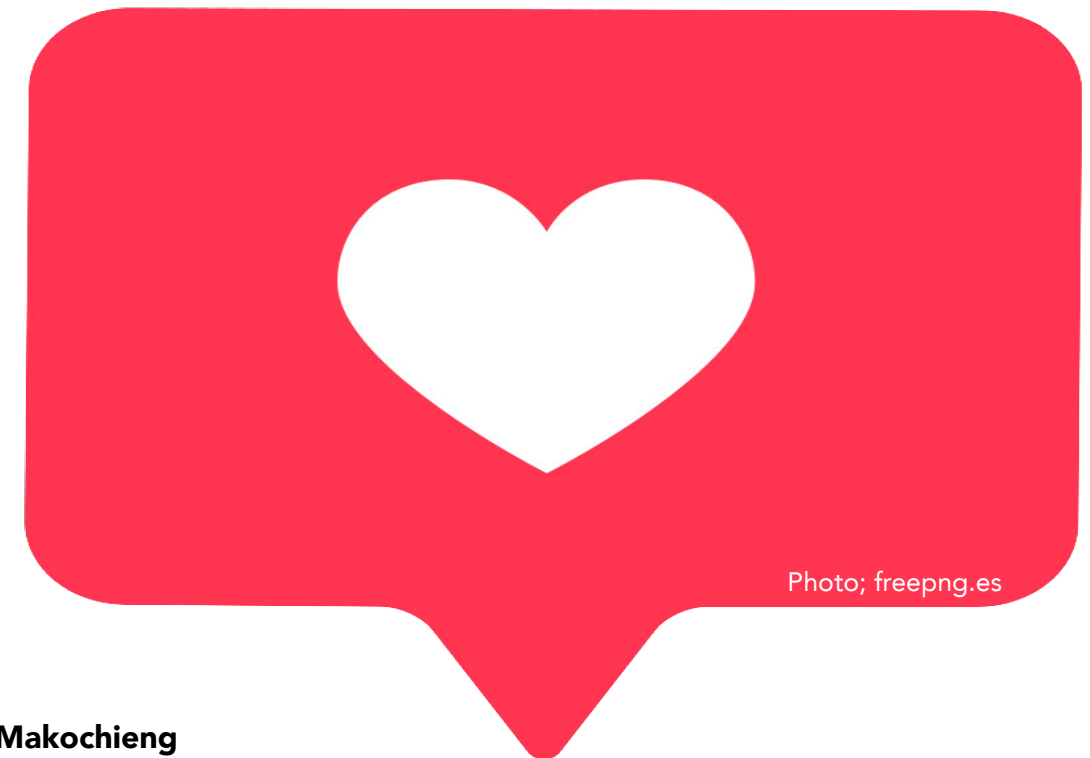
Funky hair accessories: Proving once and for all that the minimal trend is over, the '90s hair clips are back and so are the endless ways to wear them. Bloggers are making them high fashion by creatively styling exposed bobby pins and statement barrettes in their hair.

These trends are guaranteed to carry over from Spring to Summer and however you like to shop, there's no denying you'll be seeing these five trends everywhere in the next few months.



Photo: Anele Ntonzini

HOW TO HAVE A MORE POSITIVE INSTAGRAM EXPERIENCE



Photo; freepng.es

By Christina Makochieng

The big role that social media plays in our lives is no secret. With all the time that we tend to spend on apps, namely Instagram, we cannot ignore the power it has on influencing our thoughts, mood and outlook on the world. Here are a few tips to ensure that your time spent on Instagram is a positive one:

Screen time

Do you ever find yourself scrolling and scrolling before realizing that an hour has gone by? The best way to combat this time wastage is to track your screen time by checking your cellphone settings or Instagram's activity feature. The less time you spend on Instagram, the less opportunity you'll have to expose yourself to more "FOMO"-inducing pictures or enviable travel snaps.

Clean up your newsfeed

Curate your feed by ensuring that you only follow accounts that inspire you or people who you actually care about. If you find yourself feeling down after seeing posts from a certain account, hit that unfollow or mute button. Less is more, and this way you'll only be seeing content that you are genuinely interested in.

Block and report

With new accounts being created every day across the globe, Instagram has unfortunately become home to quite a few spam accounts and bots as well. A good way to spot fake accounts is when the username is another language or if the pictures on the feed do not correspond with the person pictured in the profile. Once you spot a fake account, don't be afraid to block and report these accounts to Instagram.

Privacy Settings

Having your account on private allows you to filter through exactly who gets to follow your account and see your posts. Even if you do choose to have a public account, Instagram Stories allows you to hide your stories from being viewed by certain people and allows users the option to even create a close friends list.

By implementing a few of these tips, you're sure to have a more positive and enjoyable online experience.

CHANGING YOUR COURSE WON'T BE A TRAIN-SMASH

By Zukisani Gali

There is a common idea that when it comes to University, you must not opt for the course you're actually passionate about. Rather apply for the course you simply qualify for, or the one that will get you a 'good job', with hopes that you'll learn to fall in love with it. However, Student Counselling Services prove otherwise as they are constantly dealing with students who suffer because of incorrect module/incorrect course choice?

Contemplating changing courses can be stressful; and can feel impossible and like a total waste of time. You might even feel ashamed to voice it out. It is especially harder when the friends you started University with are graduating and you feel as though you are behind them. This could all result from your current course not being in line with your personality, values and passion.

Student Counsellor, Lisa George emphasizes that it does not matter whether you used to be a genius or not. Even a genius, a term George chooses not to believe in, works way better when dealing with subjects they have a genuine interest in. She believes taking delight in what you do really brings you to flourish in your studies.

Take fellow student, Yonela Kepeyi as motivation to follow your dreams. Kepeyi began University in 2015 under Mechanical Engineering. She did not feel good about the course as her mind was not convinced - let alone her heart. She switched to Electrical Engineering which was even worse for her than her first choice. Battling it out, she made her final move to a Building course where she blossomed. With this, she was able to proudly carry on, and manage to celebrate the friends she began University with as they graduated.

George highly encourages this as one should be running at their own pace in this race. Don't compete with anyone or anything, just listen to your heart and passion. George also recommends that before making any hasty decisions, go to their office and get counselling and career guidance. Meet with your faculty officer, get more information on changing courses and have a change of programme form requested.

You do not have to feel trapped in a course that reduces your confidence or takes away from who you are.

Photo: unsplash.com

'GET YOUR LICENSE!'



Photo: instructables.com

By Leigh Nakeetah Jason

2019 is the most technologically advanced year yet, with the ability to order any type of food from any restaurant and have it brought to your doorstep, to being able to order before you make it to the restaurant. Transport methods have drastically advanced with the introduction of Lyft, Uber and Taxify/Bolt. You can comfortably go anywhere for low prices in a way other modes of public transportation fall short.

But the prices do eventually take a toll on one and living in South Africa becomes increasingly more dangerous by the day. Many jobs also require you to have fixed transport, so you can travel to and from work.

The safest option is to get your license.

The first step in this process is to save for everything: learner's license, driving lessons and driver's license. Making a booking for both licenses requires money, passing both requires money as well, but driving school will probably cost the most. This is especially more costly for someone who has never driven before, so before anything else, put a lot of money aside.

The process is costly and sometimes time consuming. However, if it only happens once, it will totally be worth it. After saving, you need to start studying and then book a learner's test date. While waiting, study some more because failing the learners means you have to do it all over again. Moreover, that's the entry key to earning a license.

After obtaining your license, you need to find a reliable driving school instructor who will not 'take you for a ride' - metaphorically speaking. When you're confident enough and a hundred percent sure of your instructor, you should book for your driver's license. Everything needs practice as well as money, so start learning and saving.

Having your own car is a worry for another day. In an ever-evolving world, getting your license is something you will eventually have to do and it is one hundred times more easy and accessible than having your own car. So, take the first steps: save money, study and get your license.

AWARENESS ON POLLUTION



By Kaymery Swart

Pollution has been a major threat to the environment for decades.

Pollution is caused by any substance that is harmful to the natural environment. There are various kinds of pollution, namely water, air, soil and light pollution - with air pollution being the greatest threat to humanity. Air pollution is caused by poisonous chemicals and gases in the atmosphere - the burning of fossil fuels is the main cause of this. It contributes largely to global warming.

Littering has been one of the biggest issues globally and the most unnecessary because

it is a self-induced and can be prevented. Many believe that littering has no negative effects on them, people around them and the environment, but that cannot be further from the truth. Besides litter having a harmful effect on our health and the environment, it portrays a bad image of an area. Where health is concerned, dirty areas are home and a breeding ground for pests and bacteria. Water can blow litter from place to place which can finally end up in the ocean, rivers or dams.

Pollution is caused by humans and can therefore be abolished by humans. Change begins individually.

Photo: pexels.com



WHITE RHINO TO SURVIVE EXTINCTION

Photo: pexels.com

By Sanele Thwala

Is there anything more fascinating than seeing wild animals? Extreme poaching has caused havoc on wild territory and threatened the survival of endangered species, while putting them on the verge of extinction. Fortunately, scientists are working hard to ensure that such endangered species are conserved for the future generation.

Eggs from the last two remaining North White Rhinos have been effectively collected by veterinarians, bringing the species back from the brink of extinction. The last Northern White Rhino died last year at the Ol Pejeta Conservancy in Kenya, which is where the ground-breaking procedure was performed. The rhinos have been subjected to a very risky operation by an international group of vets who kept them under anaesthetic for almost two hours and obtained their eggs using methods which took years to perfect.

There are only three times in a year when eggs can be gathered from female White Rhinos, but the absence of genetic diversity might impede species' preservation. Luckily, the global research group, Bio Rescue is also attempting, through stem cell conversion of the frozen tissue of other unknown Northern White Rhinos, to produce gender organs known as gametes to diversify their gene collection.

Rhinos have a very few enemies in the wild, but they have been devastated by poaching for their horns, which are used in traditional Chinese medicine. For 26 million years, modern rhinos have plodded the world. In 2011, the West Black Rhino was proclaimed extinct. It is expected that a regenerated population of White Rhino's that might last up to 70 years can ultimately be returned to safe habitats.

According to Phy.org reports, Richard Vigne, who is the managing director of Ol Pejeta Conservancy, said efforts to restore the endangered animals were vital in underlining the present biodiversity problem which we people are accountable for. It is our duty as humans to protect endangered species.

IS IT TIME FOR A COASTAL EXODUS?

By Neo Motsiri

A new climate science policy paper is urging residents who live in coastal areas to start planning to move inland. According to the paper, whether coastal communities will be compromised by climate change in the near future is already a long settled question. The only pertinent question now is how soon these communities will be affected. It is estimated that approximately one billion people are expected to be displaced from coastal regions within the next three decades.

The paper, which was published in the journal Science, was authored by climate scientists from Harvard and Stanford University, as well as the University of Miami, and claimed that floods are becoming more prevalent in the face of a changing climate.

Drs Miyuki Hino and Katharine Mach, who are two of the authors of the paper, proposed that there were two ways this challenge could be confronted. We could either keep doing damage control after coastal cities and towns are destroyed by floods due to a receding shoreline, or we could start laying the foundation necessary to equitably relocate citizens who have been or will be affected. The authors went on to address some of the social challenges that may have to be overcome, such as certain families being unable to relocate due to financial lack.

In South Africa, environmental scientists are expecting an increase in the number of ocean storms. There will also be a significant increase in their intensity, according to Bolelang Sibolla and Melanie Luck-Vogel of the Council for Scientific and Industrial Research (CSIR).

Countries around the world have had different legislative reactions to this growing threat. Australia, Germany, and Sri Lanka, are some of the countries that decided to ban rebuilding in coastal areas that have been hit by a flood. In India and Mozambique, residents of coastal areas that were identified as being at risk, were legally required to relocate. It is unclear whether flood risk is a priority for coastal municipalities, but many flood modelling experts are currently determining which coastal regions are most at risk.



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HOW TO MAKE A UNIVERSE

By Neo Motsiri

Astrophysicists have simulated 8 million baby universes using the Ocelote supercomputer at the University of Arizona. The project was headed by Dr Peter Behroozi, who is an assistant professor at the university's school of astronomy. Behroozi's primary objective was to determine the extent to which dark matter played a role in the evolution of our own universe.

Dark matter was a term that captured both the scientific and public imaginations, after Vera Rubin discovered that most of the mass inside galaxies were a kind of matter that didn't react at all with the electromagnetic spectrum, so since it doesn't produce light and light doesn't bounce off of it, it's practically invisible to any of the observational tools at the astrophysicist's disposal, making it particularly hard to study. Ever since this remarkable observation, many physicists have desperately tried to figure out what exactly this mysteriously dark mass is, especially considering that it makes up 80% of the Universe.

The simulations, which required 2000 processors to instantiate, will help the researchers shed light on how dark matter played a role in the

formation and expansion of our Universe. Each of the universes simulated were self-consistent, and had their own unique set of physical laws, and by simulating how dark matter affects physical interactions in these mock universes, physicists can better understand the relationship between dark matter and a universe's evolution over epochs spanning billions of years. "On the computer, we can create many different universes and compare them to the actual one, and that lets us infer which rules lead to the one we see," said Behroozi.

Each of the millions of universes contained about twelve million galaxies, and the entire simulation took the supercomputer about three weeks to complete. "The really cool thing about this study is that we can use all the data we have about galaxy evolution, and put that together into a comprehensive picture of the last 13 billion years of the universe," said Risa Wechsler, professor of physics and astrophysics at Stanford University. In addition to helping us deepen our understanding of cosmic evolution, hopefully the study will bring scientists a step closer to finally figuring out what exactly is composed within dark matter.



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LAUREN NINA: NELSON MANDELA UNIVERSITY HOCKEY PLAYER

By Gina Cossavella

Not only is Lauren Nina a first team Nelson Mandela University hockey player and plays in the Premier Hockey League (PHL), but the family-oriented book lover is also completing her internship at the Nelson Mandela University Biokinetics and Sport Science Unit with a degree in Human Movement Science and an honours degree in Biokinetics behind her.

The striker (who sometimes tries her hand at midfield) went on a provincial tour to Bloemfontein as part of the Eastern Province team and represented the Tivoli Blyde River Bunters in the PHL in Joburg in August this year. The PHL serves as a pat on the back for players while also exposing hockey through televised matches. Lauren feels that the Premier Hockey League is "such a great initiative" as it exposes players to "such amazing hockey and such amazing coaches." One such coach is Lindsey Wright who Lauren considers a positive influence that is not limited to just hockey coaching, but also off-field personal support.

While her team didn't achieve all they set out for in the PHL this year, one of Lauren's career highlights is winning the inaugural PHL in 2016. This year, the 25 year old attributes overcoming personal challenges and mental barriers amongst her greatest achievements of 2019. From East London, the Stirling High School alumnus believes that, "With hard work comes the reward, but the challenge never ends there". She plans to fulfil her lifetime goal of playing for the South African team. During peak season, Lauren trains three times a week on the hockey field and twice in the gym

with two games over the weekend. As tournaments near, she attends intense training camps that see her training two to three times a day.

Besides training at these camps, it also serves as an opportunity to further connect and bond with teammates. All the different personalities and backgrounds in a team are part of why she loves hockey and Lauren has found some of her most sincere friends on the field who have supported her through some of her toughest and most vulnerable moments.

Officially Lauren started playing hockey in grade three, but she grew up messing around with old-fashioned hockey sticks that used to belong to her hockey-playing mother. Giving back to her family is her ultimate goal and she considers them her greatest inspiration. "When I interact with them off the field, they all teach me a lot of what I can carry onto the field and into my everyday life," Lauren says with affection. The strength of her sister, the humility and care of her parents and being a role model to her niece as well as the unity of the hockey community and the freedom of playing keep her motivated. God is her pillar of strength and she lives by the Bible quote, "I can do all thing through Christ who strengthens me."

With the mentality of learning from every mistake, a passion for hockey and a desire to keep growing and getting better, there is no doubt that Lauren's determination and dedication will lead to her smashing her goals like she smashes a hockey ball.

Photo: Hildah Dikhudu

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