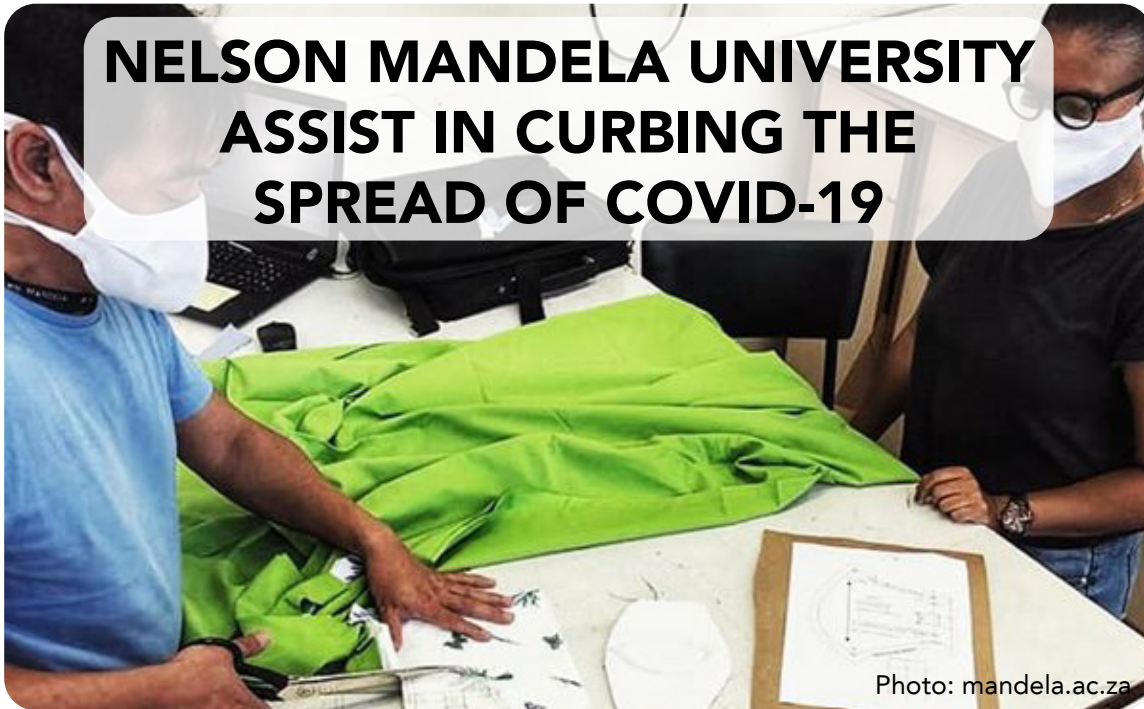


MADIBAZNews

News for the students, by the students



NELSON MANDELA UNIVERSITY ASSIST IN CURBING THE SPREAD OF COVID-19

Photo: mandela.ac.za

By Lerato Nyathi

The University, in response to the global pandemic, has initiated a project that is concerned with the production of personal protective equipment in efforts to contribute to the societal fight against the spread of Covid-19 on both a provincial and national level.

The initiative aims to produce and distribute effective non-medical masks. These masks are produced and distributed by the local movement and the University's different faculty teams. The Nelson Mandela University has tasked itself with assisting institutions in and around the area to lessen the threat to its students and staff.

The community mask development project, inspired by the #Masks4all movement, overseen by Nelson Mandela University lecturers Raquel Adriaan and Tyrone James, hopes to contribute by equipping local manufacturers and designers with the equipment to meet the demand for masks provincially. The collaboration between health authorities and industry ensures the engineering of a fabric type that effectively protects against the virus and is easily mass-produced. The designated team, having come up with eight different test masks, have decided on two designs for presentation that are both appropriate for professional institutions and work as barriers.

The collaborative efforts between the healthcare system and fashion manufacturing industry has been especially pivotal in meeting the demand for masks as well as curbing the spread of Covid-19. The University in their collaborations have significantly aided in fighting against the virus, subsequent to the formation of the Covid-19 Coordinating Committee.

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LETTER FROM THE EDITOR

It was on the 27th of April 1994 when unprecedented liberty and freedom was allowed to all people of South Africa regardless of race, gender or sexuality. This day shall be forever commemorated for it was the birth of the contemporary democracy and life as we know it today. Freedom Day should be a reference to each and every South African citizen that together in a united front we could conquer anything. Combating against this spectre of Covid-19 will require the same willpower and resilience that was demonstrated by our forefathers and mothers in bringing about democracy to this colourful nation. Stay strong and firm for the battle is not yet lost and victory will be ours.

Ashley Malepe

NELSON MANDELA UNIVERSITY STUDENT TO REPRESENT SOUTH AFRICA

By Lerato Nyathi

First-year Public Management student, Siviwe Dyubhele, has qualified to represent South Africa at the International Model and Talent Association convention set to take place January 2021 in New York and Los Angeles.

Following an intensive audition process in both the Eastern Cape and Johannesburg, Dyubhele is among a group of selected individuals set to participate in a week-long convention that assesses models, actors, singers, and creatives alike. The platform allows the world's top agencies, directors and managers to scout for the 'next big thing' while exposing participants to an equipped international audience that assists them in exploring their fullest potential. Dyubhele, who is signed under '33 and me', a talent agency based in Johannesburg, is set to participate in the music category.

"It is especially important for me to represent a more diverse, inclusive era in music that overlooks the conventional idea of what an artist is supposed to sound or look like; and focuses more on the talent," said Dyubhele. Overcoming obstacles set by her disability and the South African music industry, Dyubhele hopes this experience will expose her to more opportunities that are focused on providing a mutually beneficial experience between artists and management; so there is a larger platform created for both minority and unique creatives.

The Covid-19 pandemic has meant that the convention's original date of July 2020 has now been postponed to January 2021. Although discouraging to enthusiastic participants, it allows them to practice their craft under the observant guidance of talent agencies such as '33 and me' and others.

"Everyone at the University has been incredibly supportive in my process. I imagine although athletes and creatives are somewhat different, I would have been awarded the same academic relief, as a promising student overcoming her reality and working toward her ambitions," she said.

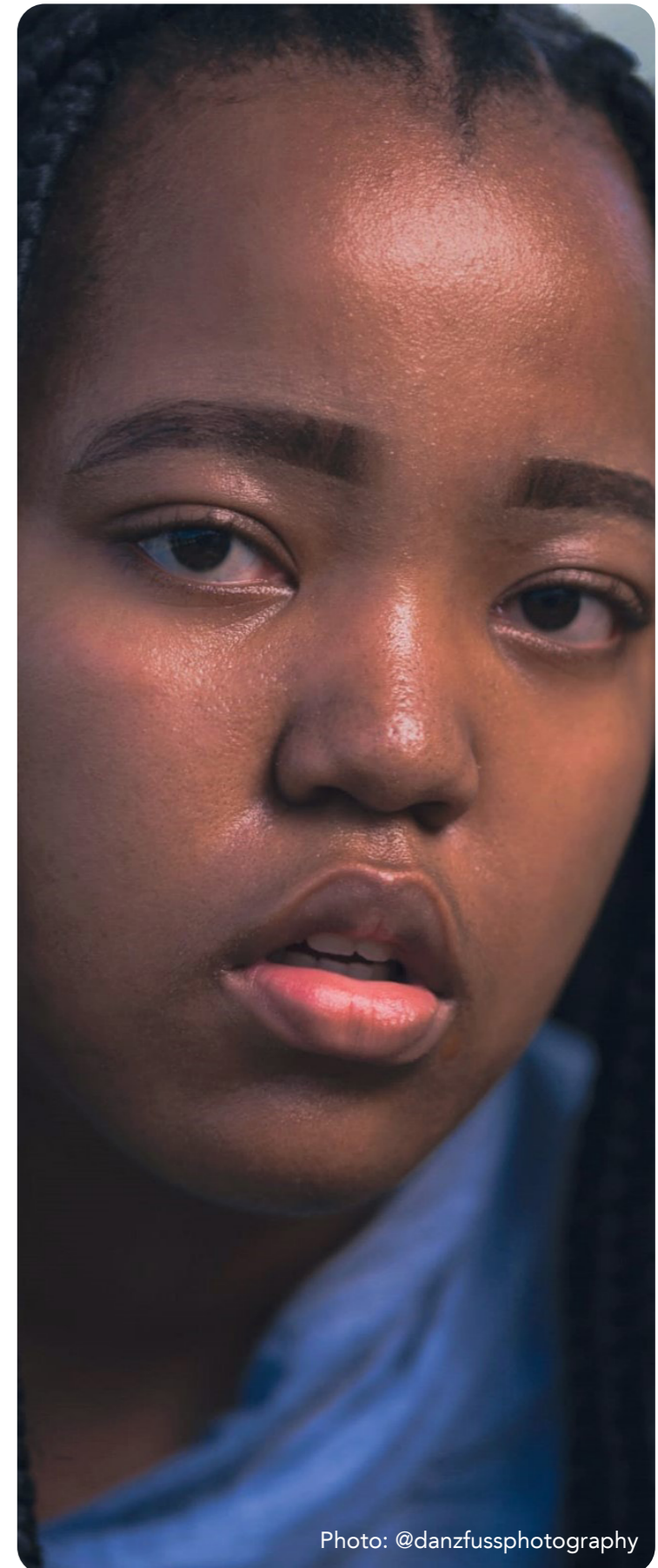


Photo: @danzfussphotography

FREEDOM DAY NOT SO FREE

By Ashley Malepe

Doing things online has become a norm since the global pandemic of Covid-19. Transitioning to the life-online was even more ironic on the 27th of April, 'Freedom Day'. This day in a different life or year would have seen social gatherings with smokes from the braai tied with cheers and laughter commemorating this auspicious day.

Freedom Day is the commemoration of the first democratic elections in South Africa held on 27th of April 1994 post-apartheid. The non-racial elections saw Nelson Mandela becoming the first democratically elected President. The year 2020 marks 26 years of emancipation and freedom but owing to the novel Coronavirus, it will be celebrated online.

Nathi Mthethwa, the Minister of Arts and Culture said that the theme of this year's freedom month celebration is solidarity and the triumph of the human spirit in these challenging times." So, igniting your human spirit and being in solidarity with those most affected by the Covid-19 would require you to:

- To donate any amount or necessities to change someone's life. Since we have entered in this uncharted territory, many of South Africans that survive on hand-to-mouth ways are mostly affected. Get in touch with foundations such as the HCI foundation to donate.
- To offer services, if you cannot donate then offer your services which will be highly appreciated and will ignite your ubuntu spirit. NMU is also offering platform where you can offer your services.
- And finally staying at home, staying at home is mostly challenging but will help slow down the spread of the virus.

In this trying time, we as South Africans should remind ourselves with values espoused in the Freedom Charter and apply them in our lives. "It is time to reflect, be responsible and stay safe during the Covid-19 pandemic and ponder on the progress we have made as a country in moving South Africa forward." Nathi Mthethwa.



Photo: rawpixel.com

WITHIN THE FOUR WALLS



By Akuzike Chikusilo

Photo: thefix.com

"Claustrophobic", "Uneasy" "Taxing" "Jittery"

Are all words that students used to describe what it has felt like to be indoors during this lockdown period. For once, everyone understands what it feels like to be anxious. While feeling claustrophobic, uneasy or jittery may be unfamiliar to most, these feelings are a common occurrence to people that have anxiety.

Anxiety can be defined as:

"A nervous disorder characterized by a state of excessive uneasiness and apprehension, typically with compulsive behaviour or panic attacks"

According to the American Psychological Association, anxiety occurs more frequently to students at a rate of 46% followed by depression. Although anxiety is taken lightly among most students, it is something that can be utterly draining and can take a toll on an individual's mental, physical and overall wellbeing.

While the world is on lockdown and having to stay home might be stressful, it can be even more stressful, having to deal with anxiety. So if you know anyone with anxiety, remember to check in on them and be patient with them. If you have anxiety, remember to take it easy and take care of yourself by:

1. Talking to your loved ones and sharing your concerns with them.
2. Doing things you enjoy (i.e. cooking or exercising).
3. Making sure you have stocked up on everything you need.
4. Avoiding overindulgence in social media or the news (taking a break when necessary).

Most importantly, recognize how you feel, accept it, and don't pressure yourself.

Let us remember that, while it may feel like the world is ending and all hell is breaking loose during this pandemic, anxiety is something that is normal to have and can be managed.

THERE'S SOMETHING ABOUT HIM: A GOOD AFRICAN READ

By Mariana Chiwaya

Although various levels have been introduced, the lockdown is far from over. It could be a while before things get back to normal, find yourself something to read. Finding a good African read that is short and relatable is not easy. When you do find one, it is best to kick back and relax.

There's Something about Him by Lauri Kubuitsile is a beautiful short story that showcases the journey of Elizabeth's life as a sports journalist and her love life. Elizabeth is a young woman who lives in Johannesburg and works for a newspaper where she has a column. Her boyfriend leaves her, for another woman in England, with his dog Chompie. In her day, women were not known to write articles about sports, especially boxing. This leads her to adopt a man's name in order to pursue her dream.

One day Elizabeth writes an article about a famous boxer who had never lost a match but had retired. The article was about a challenge between the boxer and his former rival. After publishing the article, Elizabeth took her dog to a grooming session, where she meets and falls in love with Odirile.

Odirile was a personal trainer who owned a gym for misbehaved children. Unknowingly, Odirile and the boxer that Elizabeth had criticized in her article were the same person, and Odirile was looking for the journalist who had bashed him in "his" article.

This book is definitely worth adding to your quarantine reading list.



Photo: unsplash.com

RE-DEFINING PURPOSE DURING QUARANTINE



Photo: unsplash.com

By Kamohelo Tladi

The entire world is facing a crisis never before fathomed, one which has affected the lives of all individuals, young or old, black or white - no one seems to be out of reach. It is easy to sympathize with someone, but this pandemic has demanded more from us than just sympathy, it has demanded empathy. The media has sought to make us realize that not only are none of us immune to Covid-19, but also that none of us are immune to the disruption which accompanies this pandemic, whether it be the financial disruptions, religious disruptions, even disruptions to the very autonomy of individuals.

The word autonomy is very broad in the sense that it has other surrounding implications, and one of such implications is purpose. Each and every one of us desires, dreams and hopes. All these aspects, or rather emotions, are part of the human experience, but only those hopes, dreams and desires

that are made wilful can thus be deemed as purposeful. Basically this means to serve, and to mobilize. How then do we mobilize ourselves during quarantine when there exists restrictions to the very way we live our lives? We find ourselves unable to satisfy wants and needs, we find ourselves afraid to dream and our very purpose is hindered.

Perhaps the answers we seek out there can be ignited in 'here' through our thinking, through the books that we read and the movies we watch. Perhaps for the first time in a very long time we are afforded with the opportunity to do something that we have not been able to do and that's to pay attention. To pay attention to ourselves, pay attention to conversations, to the art that is film, to our kids and the dreams they possess. Perhaps it is time to practice new habits, first in thought then in motion, because before we know it we will all be re-united with mother earth and she sorely needs us.

YOUR QUARANTINE SURVIVAL GUIDE



Photo: unsplash.com

By Leigh Jason

Due to the global Coronavirus pandemic, Covid-19, many people, who have the luxury to, have been advised to stay indoors. In South Africa, a 21-day extended lockdown was enforced. After spending more than 30 days at home, it's easy to get bored. Here are a few activities to get you through quarantine:

- **Self Care**

When working, going to school or studying, there is very little time left in the day to look after yourself, so why not give yourself a facial or do your nails? Why not bag a few more hours of sleep than you usually get? Rest is important to your body.

- **Document your quarantine days**

Writing about your days in quarantine and adding new information everyday could pose for an interesting read in a few years' time, not only for you but for the rest of your family or friends. Nostalgia is always beautiful.

- **Learn something new**

Picking up a new skill, or learning something new like a language or taking an online class could one day be to your benefit. You can learn how to knit and create clothing or home ware items, learn a new language through books or the internet, or take an online class with certification that you may one day be able to put on your resume or CV.

- **Exercise**

Spending all that time at home with food is dangerous. You could learn a few new exercises to try for just 20-30 minutes a day, using household items like chairs, beds and cupboards, transforming your home into a home gym! Staying healthy is important.

- **Baking**

Worldwide, people have had the hankering to start trying new things in the kitchen, like making Dalgona coffee, or sharing recipes for all types of baked goods. Bettering yourself in the kitchen is a skill you can use for the rest of your life, so why not start baking muffins or biscuits?

On the other hand, the quarantine is a global epidemic, not a sabbatical, so if you want to do nothing, that's absolutely fine too.

FASHION FOR THE FUTURE

By Laiken Faiers

We are constantly fed information in this media age. We have influencers and incessant advertisement pushing us to believe that we need the latest fashion trends to be happy. Unfortunately, statistics show that we are buying into this message. Fast fashion has become a destructive system through its determination to reach its goal of mass-producing inexpensive clothing and quickly distributing it to consumers.

Fast fashion has both negative social and environmental consequences. People are constantly reporting on the unsafe, even deadly, environments of the factories and the exploitation of labourers. The production of clothing results in the use of large amounts of water and chemicals and releases considerable amounts of greenhouse gases.

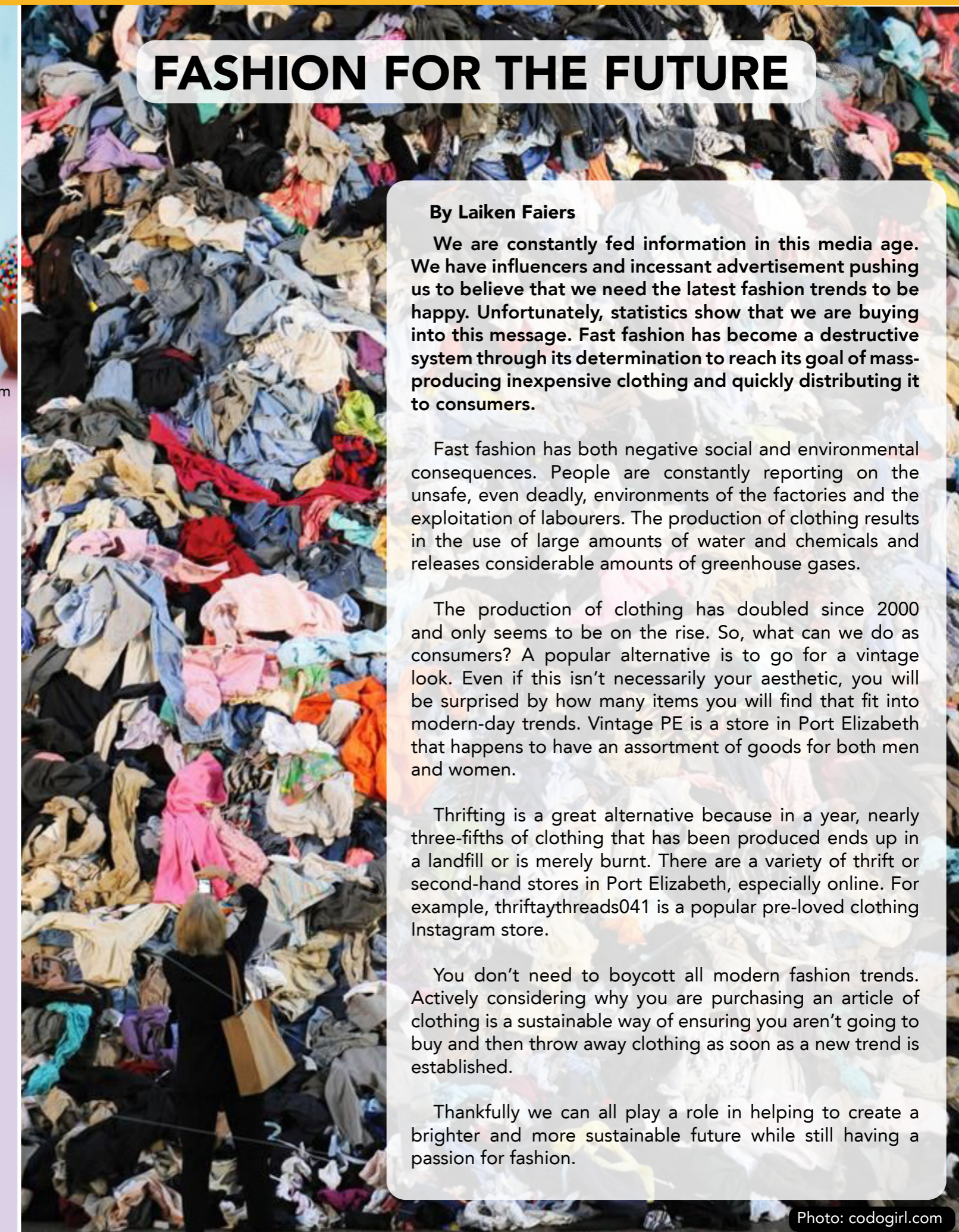
The production of clothing has doubled since 2000 and only seems to be on the rise. So, what can we do as consumers? A popular alternative is to go for a vintage look. Even if this isn't necessarily your aesthetic, you will be surprised by how many items you will find that fit into modern-day trends. Vintage PE is a store in Port Elizabeth that happens to have an assortment of goods for both men and women.

Thriftling is a great alternative because in a year, nearly three-fifths of clothing that has been produced ends up in a landfill or is merely burnt. There are a variety of thrift or second-hand stores in Port Elizabeth, especially online. For example, [thriftaythreads041](#) is a popular pre-loved clothing Instagram store.

You don't need to boycott all modern fashion trends. Actively considering why you are purchasing an article of clothing is a sustainable way of ensuring you aren't going to buy and then throw away clothing as soon as a new trend is established.

Thankfully we can all play a role in helping to create a brighter and more sustainable future while still having a passion for fashion.

Photo: codogirl.com



INTIMACY: KNOW THYSELF



Photo: unsplash.com

By Kamohelo Tladi

What is intimacy? Is it a state of being? Is it an act? The word intimacy is usually associated almost immediately with sexual intercourse. That subsequently results in the sort of watered down version of the word which we see in our society today. This also means that the very concept itself has lost its power and grandiosity.

What is intimacy? Intimacy is an endeavour. It is a constant way of being, not just with the world and the environment around us, but also with ourselves. It requires trust and trust requires emotional freedom. The moment we are thrown into the world, we are thrown into an environment of constant interaction. This sort of exchange of energy takes place at every moment of our lives. We are intimate with others through the various bonds which we build with them. These bonds are classified further into concepts like friendship, romance, partners, colleagues and so forth. All of which require

a certain level of openness and vulnerability. Intimacy is not simply about seeing someone, it's also about allowing them to see you. Greek philosopher Socrates said "Know Thyself". Two words which mean so much. These words point towards being intimate with 'you' and allowing yourself to see and embrace yourself.

There are different ways through which we learn about ourselves. We learn about ourselves when we read books, by allowing our imagination to travel anywhere and everywhere. By so doing we are left with the possibility of basking in feelings of places we have never been before and that allows us to ask ourselves whether it would be a place we would like to go someday. We learn about ourselves when we watch movies living vicariously through the characters especially those who go through the same experiences we go through. In every moment there is an opportunity for intimacy, in every moment there is an opportunity to "Know Thyself".

COMMON MEDICAL MYTHS

By Laiken Faiers

We often find ourselves believing stories we grew up hearing from friends and family, only to discover later that these "facts" are actually myths. Myths are well established fallacies and studies show that medical myths explicitly affect people's help seeking behaviour from health professionals and their perceptions of causes and cures.

An extremely common myth is everyone should be drinking eight glasses of water per day. There is in fact no magic number for how many glasses of water you should be drinking. Health professionals state that the amount of water you need in a day can differ as it is affected by your body size and how active you are.

Hand sanitizer is widely believed to be the best way to clean your hands. Surprisingly this is a myth with plain old soap and water taking first place. This doesn't mean that we should completely abandon hand sanitizer as it provides an effective portable way of cleaning our hands.

Another misconception is that you can stop taking your antibiotics as soon as you feel better. This is false as you have to complete the full course of medication given to you by your doctor even if you feel better weeks or days before the course ends. Stopping before you have finished the course can result in the bacteria mutating into a super bug that the antibiotics can no longer fight.

A scary myth that seems to have become widely considered a fact over the past few years is that vaccines cause autism. The only thing that vaccines will do is help you live a longer and healthier life.

One myth that research has supported is that patients do generally live longer if they have a female doctor!

When it comes to our health doing a little research and questioning established beliefs seems to be a good idea in ensuring that we effectively fight or prevent illness.



Photo: theconversation.com

COVID-19 VACCINE UNDERWAY IN UK

By Ashley Malepe

University of Oxford in United Kingdom has begun first phase trials of a potential vaccine for Covid-19 which is expected to take 2-6 months. University of Oxford has already developed a vaccine through the same clinical trials against another type of Coronavirus family called Mers.

Prof. Andrew Pollard, the Director of the Oxford group said to British Broadcasting Corporate (BBC) that “we’re chasing the end of this current pandemic wave. If we don’t catch that, we won’t be able to tell whether the vaccine works in the next few months. But we do expect that there will be more cases in the future because this virus hasn’t gone away.”

The Oxford team said that the most preferred volunteers will be those that are exposed to the virus such as local health workers and that there is no age limit for the volunteers. The volunteers will be carefully monitored to curb fatalities. Furthermore, the data prepared by the Oxford teams suggests that there is a minimal chance for the vaccine to produce enhanced diseases, so risks are carefully studied and managed.

The vaccine is made of genetic material used to spike glycoproteins, a surface protein from SARS-CoV-2 that is essential for the virus to bind with ACE2 inhibitors and eventual infection of the person.

The team leader also said that “if we are unable to show that the vaccine is protective against the virus, we would review progress, examine alternative approaches such as using different numbers of doses, and would potentially stop the program.”



Photo: Getty images

5G COVID-19 CONSPIRACY

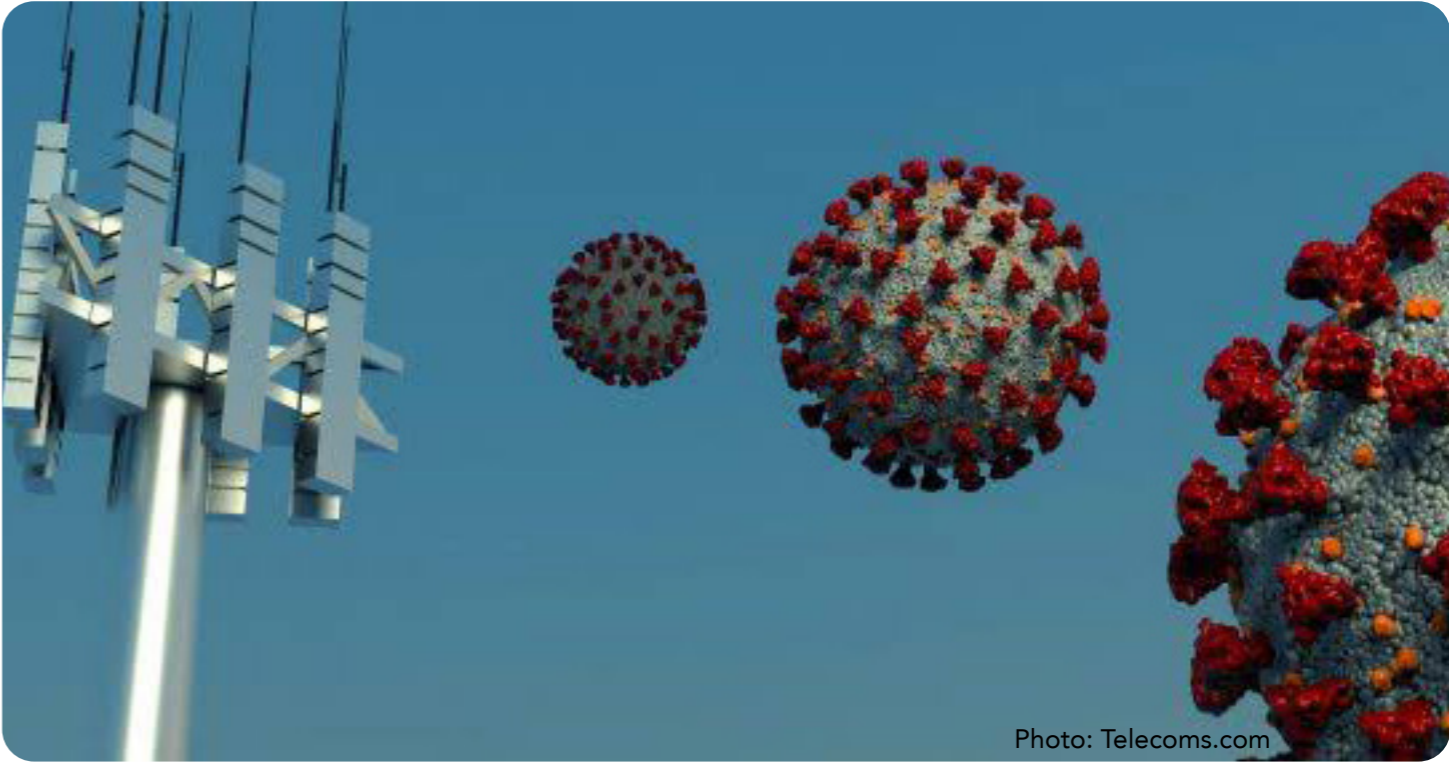


Photo: Telecoms.com

By Asithandile Ntsondwa

The timing of the 5G introduction and the Covid-19 outbreak could not have been more coincidental, and like always conspiracy theorists fed on this coincidence. If by now you do not know about 5G, then you are in luck because you have avoided the intense confusion that majority of the world’s population is faced with.

In the simplest explanation, 5G is the fifth-generation network of wireless technology. You should be familiar with 2G, 3G and 4G, which are the networks that are currently on most mobile phones. These networks allow you to make phone calls, send text messages and memes to friends. Currently, 4G is the fastest but is slowly being replaced by 5G. The fifth-generation network is said to be the fastest and most efficient cellular data supporter with speeds of up to 100 gigabits per second, which makes watching Netflix and downloading movies less time consuming.

Then what does cellular data have to do with Covid-19? The answer is only clear to those that believe that the government is controlling us. Conspiracy theorists believe that the transmission of this fast network generates radio-frequency radiation that can damage DNA leading to cancer and possibly cause Covid-19.

Despite the numerous reports on the Coronavirus being a zoonotic disease (contracted from an animal), people are still convinced that the virus came from the 5G network towers. Some claim that the Coronavirus is a hoax just to keep people in their homes so that they are forced to use 5G.

As stated in the warning above, it is important to note that these are just conspiracy theories and you are entirely free to believe whichever one. However, you are similarly free to choose to believe in thorough and factualised information provided by pertinent officials.

SWIFT SHIFT INTO ONLINE LEARNING TO SAVE ACADEMIC YEAR



Photo: Sanele Thwala

By Sanele Thwala

The Information and Communication Technology in the Higher Education sector plays a significant role in ensuring that students have access to learning materials, and it remains a priority during the ongoing lockdown amid the Coronavirus outbreak.

Nelson Mandela University is one of the institutions that have adopted online learning as a solution to safeguard successful completion of the year notwithstanding of the Covid-19 epidemic. Yet, they have anticipated two options that they hope will benefit both students who have access to online learning and those who have no access. The Vice-Chancellor of the institution, Professor Sibongile Muthwa reassured students and staff that no one will be left behind, and everyone will be afforded a chance to complete even though time frame will not be the same.

Online learning continues to be a key challenge during lockdown due to numerous social circumstances that hinder students such as network problems and learning devices which spiked a thought-provoking argument on the institutions readiness to utilize e-learning. Minister of Higher Education, Training and Science, Dr Blade Nzimande sector has been briefing Parliament's higher education portfolio committee on plans to rescue the 2020 academic year.

The Minister has stated that he was in the process of accessing the online capacity because there are also poor students within the private higher education sector. Nevertheless, numerous institutions have joined forces to provide zero rated university sites.

RENEWABLE ENERGY COULD HELP RECUPERATE ECONOMIC LOSES FROM THE PANDEMIC



By Sanele Thwala

The International Renewable Energy Agency suggests that fast-tracking investment in renewable energy could generate huge economic reimbursements while helping to tackle the global climate change.

The Agency's landmark report found that growing renewable energy investments would contribute to solving the climate crisis and potentially pay off for itself. New evaluation propose that renewable energy could improve Covid-19's economic impact by generating global GDP gains of nearly US\$100 billion(above 1,8 trillion Rands). The number of jobs in the sector will also rise to 42 million in the next thirty years while the global health and welfare ratings would be measurably improved.

Science Alert reported that the Agency's Director General, Francesco La Camera claimed that the global crisis triggered by the Coronavirus outbreak exposed the profound flaws of the current system and has urged the policymakers to invest in renewables to improve economic growth and help meet climate targets. Consequently, the governments are facing challenging encounter while keeping big opportunities and restoration steps under track. Therefore, by hastening renewables, the transition to electricity is vital to the broader recovery and in search of a sustainable future, policymakers will accomplish many economic and social goals that leave no one behind.

Head of the International Energy Agency, Fatin Birol cautioned that public policies should be put in place for preventing a slowdown in investment in energy transition and the request is for green economy recovery following Coronavirus crisis.

Green recovery is very crucial for us to emerge from Covid-19 crisis. Therefore, the world would benefit from renewable energy in an economic, environmental and social way.

Photo: pexels.com

JOY AS MADIBAZ RUGBY RETURNS TO VARSITY CUP



Photo: Michael Sheehan

By Fullstop Communication

Director of Sport Yoliswa Lumka and Rugby Manager Ntsikelelo Ngcakana have paid tribute to the FNB Madibaz team for their efforts in earning promotion to the Varsity Cup competition. After two years of playing in the Varsity Shield, the Nelson Mandela University outfit have returned to the topflight for the 2021 season.

This comes after the Varsity Cup board met to finalise the 2020 competitions, which were cut short by the Coronavirus pandemic. Among the decisions made were that Madibaz would earn promotion to the Varsity Cup as they had an unassailable lead on the log over the past two Shield seasons. The competition rules state that the side with the most log points from the 2019 and 2020 seasons will qualify for promotion.

Lumka acknowledged that a lot of work lay ahead for the varsity and the rugby club. "The club and the university are ecstatic that we have made it to this point again after almost three years of planning. But we know there is still a lot more to be done to ensure we remain in the top tier of the competition." Several other relevant decisions emerged from the Varsity Cup board meeting.

Madibaz will be part of a 10-team Varsity Cup next year as no Cup team will be relegated from 2020. The competitions will also be moving to a format of eight Cup and eight Shield teams respectively in 2022. This means that at the end of the 2021 season the bottom two teams in the Varsity Cup competition will be automatically relegated to the Shield.

The team that finishes bottom of the log in the Shield competition in 2021 will be automatically relegated out of the competition and will not be replaced. There will be no automatic promotion of any team in the Shield to the Cup at the end of 2021.