

## WOMEN IN LEADERSHIP



By Unathi Vimba

The Women in Leadership seminar was hosted by the University on 24 August and was primarily aimed at embracing the empowerment of women without any compromise. It was ambitious in its nature as it did not solely focus on empowering women in Port Elizabeth - its focus extended to reach and transform the rest of Africa.

The speakers at the event delved into topics that supported the purpose of the seminar, which was to ensure the role of women in society is recognized and to fight against discrimination against women. One of the key aspects of the programme was to establish a sustainable 'Women Empowerment' program that will take shape and exist within current University initiatives such as, Beyond the Classroom, Leaders for Change and Ebuhlanti. This will place us, Nelson Mandela University, amongst other pioneers in the fight towards the recognition of women in society.

An engaging topic that was covered during the seminar was that of the renaming Veritas Residences after Lilian Ngoyi. The Student Governance and Development Department partnered with the Lilian Ngoyi residence to ensure that the assigned name change resonated with them.

Such programmes are necessary as they continue to empower women in societies and corporate sectors that are still overshadowed by discrimination and patriarchy. It was confirmed that a seminar of the same nature will take place on an annual basis under the title, "Lilian Ngoyi Women in Leadership Programme".

Together we can take a stand to support this programme and its mission - to stop women from being excluded due to negative social constructs that label them incompetent and over-emotional. To women especially, let us not allow these obstacles to stop us from taking charge of our dreams and ambitions.

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News for the students, by the students

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## LETTER FROM THE EDITOR

This week has been heavy to say the least. We have all been confronted with the tragic reality of violence in our country and are stumbling around in the rubble of so much destruction – that of freedom, safety and respect. In the chaos of emotions and convictions circulating at the moment, it is evident how easy it is to get caught up in the wrong battles. I won't be making a personal statement around the events that have been taking place, but what I will say is that what I see before me is an exceptional opportunity to make war and conquer an evil that has been rampant for too long. Are we able to look past our pride and self-righteousness to realize that we should all be standing on the same side? We are getting distracted by hate and pride when, in reality, those emotions are only an egotistical front for the pain and fear in our hearts right now. We should all be mourning and instead of defending ourselves, be taking every step we can towards seeing and acknowledging the sadness of our nation right now.

Women. Men. South Africa. We are in the midst of tragedy. Let us mourn together. And then let us rise together.

**HAPPY READING!**

**Amy Ward**

## MCEBISI JONAS BOOK LAUNCH



Photo Leonette Bower

**By Athenkosi M. Mafojela**

Nelson Mandela University, in collaboration with The Herald, hosted the book launch of former Deputy Finance Minister, Mcebisi Jonas. The book, *After Dawn – Hope After State Capture*, was described by The Herald Editor and facilitator of the launch, Nwabisa Makunga, as the most significant book to be released this year.

The former Minister, who refused a R600 million bribe from the Gupta brothers, said, "This is a book written by a citizen as a contribution to the national debate regarding the country." He further said, "[The] book is a reflection of a period we were in as a country," speaking from the viewpoint of someone who was in the heat of that period.

Speaking on the issues the country grapples with, he said that all countries that have been successful in development have a common understanding of where the country is going, saying "If you think about it, in South Africa there is no national consensus. We don't agree on anything – we don't agree on jobs, we don't agree on education, we don't agree on employment etc.". The former Deputy Minister added that issues such as growth and education should be non-negotiable, especially in the Eastern Cape.

Regarding his book, he said that the essence of the book's messages is that, "It's not about the Guptas". Instead, he went on to say, that it's about the citizens to whom the future belongs, who need to stand up and take the future of the country into their own hands. "At the moment the future of this country sits in the hands of political parties. They can mess it up, they can build it up ... that's the reason for the political arrogance we're seeing".

Speaking during the launch, the Nelson Mandela University Vice-Chancellor, Prof. Sibongile Muthwa said, "The book should be considered a front runner in analysing where we are economically as a country". Prof. Muthwa also added the book to her reading list and mentioned that a number of copies have been purchased for the Institution's libraries.



# INTOXICATION



By Luyanda Mkhize

If you take a walk around Summerstrand, even during exams, it is quite often that you will find one or two house-parties where alcohol and other intoxicating substances are being consumed. The question remains: how do students manage to balance their social lives without having their academics suffer the consequences?

Traditionally one has been taught to believe that balancing social events together with a healthy school life is close to impossible. However, students are seeming to find a successful balance. One student mentioned that he fails to study without smoking a 'blunt' and this, for him, improves his concentration and in turn benefits his results. Finding the balance though is seemingly not easy. In some instances, having to think of school while hungover will have you rethinking the reason you are in university in the first place. According to students, the problem arises when there is a level of dependence, when the substance is being used as a coping mechanism. What this looks like is that as the academic pressure builds, so does the consumption of substances.

Academics and a social life can exist simultaneously - if the person has enough self-control to prioritise and put the academic work first. We must constantly remind ourselves of why we came to university and what our vision is. Alcohol and other forms of intoxication should not be used as coping mechanisms. This is when it starts hindering on your mental health, academics and finances, amongst other areas of your life.

# WHAT EXACTLY WAS MEANT BY DECOLONIZATION OF HIGHER EDUCATION?

By Mohube Karabo Kgaphola

Since the mobilization of this concept during the 2016 fees must fall protest, the decolonization of higher education has been a topic that students are familiar with. Sadly, there has not been an unclouded understanding of what this phenomenon actually is.

Decolonization is defined by Ngugi wa Thiong'o as, "A search for a liberating perspective within which to see ourselves clearly, in a relationship with ourselves and with others in the universe." When it comes to higher education, the call is for epistemological decolonization. This entails a change in the theory of knowledge, especially regarding its methods, validity, scope and the distinction between justified belief and opinion. It is due to the invasion of the mental universe of colonized people, the theft of history, cultural imperialism and alienation that we find ourselves yearning for a curriculum that best serves the interests of Africans.

The aim of this form of decolonization is to redress the essence and the impact of colonial education, by assessing the very idea and purpose of institutions for higher education. When this was mobilized in the protests for free education, students described the current curricula as an exposure to Eurocentric, racist and sexist knowledge at untransformed institutions, to move towards transformation of a curriculum that brings forward Afrocentrism, is to utilize the pre-existing indigenous African knowledge, having relevant education that will propel liberation on the African soil.





# DO ANYTHING FOR CLOUT?



By Akuzike Chikusilo

Unless you've been living under a rock, I'm pretty sure you've heard the song "Clout" by Cardi B and Offset. Have you ever wondered what clout is? Technically speaking, the term means "influence or power, especially in business", but if we put it in the context of everyday life, does it mean more than this definition alludes to?

For longer than most of us have been alive, people have always chased popularity and fame (hence, clout chasing). For the most part, this is because popularity equals influence and influence equals power. According to psychologists, as humans we have an innate need to control aspects of our lives. This however, still doesn't answer a fundamental question, "Why do we chase clout?"

Clout creates a subconscious longing for something that most of us so desperately desire: attention. There are numerous places people go to in search of attention - the most common and easily accessible in our day and age is social media. Social media has added a new dimension to something that has been there for decades. Clout has become a "social media currency". Purely because it is so easy to acquire this desired attention through social media. The more likes you get, the more power and influence you have. However, clout chasing goes beyond social media and people will go to extensive lengths in order to seek the approval of others. One student even said: "I found myself going to places I didn't want to and being around people I didn't want to be around because I wanted to feel relevant".

In a generic sense, chasing clout does not encourage individuality. Clout chasing easily becomes a lifestyle and if we are not careful, we can become slaves to attention seeking and lose our authenticity in the process. Cognitive scientist, Dr Markman says, "While having power can make you happier, seeking power does not". While it may be important to make a name for yourself, you have to be careful not to fall into the toxic trap of clout chasing.

Have you been chasing clout? If you have, it's okay - we all have at some point. Just remember not to get "lost in the sauce".

# NO MONEY, NO LOVE



By Luyanda Mkhize

When looking at social media be it Twitter, Facebook or Instagram, it seems that the only relationships that are idolised are those that have a lot of money lying around. Students are not the most financially stable individuals, but does this limit their capabilities within a relationship?

When this question was posed to a diverse group of friends, it was clear that people have different love languages, and this means that they will prioritise different elements within a relationship. One of the female members of the group mentioned that financial elements have put a strain on her relationship. Her significant other has been conditioned to believe that he as the male in the relationship should continuously spoil his girlfriend. He does this even when he is not financially fit, even though she does not really care about the money, but rather about kind, genuine gestures that have nothing to do with money.

What constitutes a functional relationship? A consensus by the students comes down to having a level of respect for your partner, patience and constant communication. Through this formula of a healthy relationship, one can assume that the financial aspects will be discussed even before the relationship gets too serious. If you are someone who is not willing to compromise the luxuries of dating someone with money, then you need to mention that from the onset.

Relationships for students can be as functional/dysfunctional as any adult relationship and no age group is safe from monetary issues and discussions. The role that money plays in a relationship depends on the people involved within the relationship and is something that need to be discussed openly.

Photo Litha Vena



# THE IMPORTANCE OF HUMANITIES

The “soft skills” is what some call them, but whether you are a future engineer, mathematician, business mogul or IT specialist, the reality is that you will be dealing with human beings. You will need to know and understand the changing dynamics of human life, values and ethics. And in order to understand humans better you will need people who have studied the humanities. Why do we keep hearing the same question from parents and even from humanities students themselves: “What can you do with a humanities degree?”

After World War 2 many advances were made in science, technology and economics, with the study of humanities taking a backseat. The situation seems likely to escalate with the continuously spoken Fourth Industrial Revolution and the rise in automation. 3rd year sociology student, Ntsika Dapo says, "We are first and foremost human beings so the idea to reduce everything to a subject of production is quite dangerous, as it reduces everything to numbers and does not speak to the realities of society". He further states that social sciences can help ground society. According to Ann Moro, Dean of Humanities at McMaster University, "You might be writing a history essay, for example, but you're developing important broader skills by doing it. You're gathering information from different points of views, you're using it to marshal an effective argument and to present it effectively in writing, with supporting evidence". This shows that studying a social science equips one in dealing with everyday issues such as conflict resolution, negotiations, research and empathy.

To the humanities students, don't despair, don't be ashamed or confused as to what your future looks like. It is you who will understand and solve the problems of this technologically advancing world.

**No, it's not the F word you're thinking about. The F word we're here to discuss is FAILURE. We have all experienced it. It doesn't matter who you are or where you come from, it happens to us all.**

Surely, we have all at one point or another seen a few familiar faces in our lecture halls that shouldn't be there and thought, "What a pity" or "That will never be me". Well, what happens if that familiar face is your lecturer? A 2019 graduate at the University said, "Starting first year, I thought I had this university thing waxed - until I failed almost half of my modules." While failing a module or modules may deflate your ego, it's not the end of the world.

It is easier said than done. Failing can be a very daunting experience. For one, the pressure it creates. Failing puts a lot on the line, including your career. Secondly, no one really talks about failure. Everyone is quite mysterious and understandably resistant to open up and talk about their failures freely, making it a shameful and taboo topic.

According to psychologist, Dr Winch, "Failure can distort your perception of your ability". It is not uncommon to be filling your mind with self-defeating thoughts to start feeling like the degree

you're doing is not for you or maybe that university is too much to take on. It is however important to remember that getting into university is a milestone. Being here is a privileged position in the first place and should remind you about your abilities and drive when you start feeling despondent.

Perhaps the reason you failed was out of your control. Whatever the reason was, the good news is that there are so many resources at our fingertips: tutorials, SI's, consultations, and even student counselling.

**Some steps to take when dealing with failure:**

1. Accept the reality of it. This will help you to take the necessary steps forward.
2. Analyse the reasons why you failed.
3. Ask for help (by using the resources available to you).
4. Develop a plan of action.
5. Don't beat yourself up. Beating yourself up will not change the past. Look ahead and be positive about your ability to do better.

Even though it may not seem like it, we are all on different journeys in life and we have to accept that failure will be part of that journey. Failure is a natural occurrence in life and it is not fatal - it is the courage to continue that counts.



Photo medium.muz.li



# FEMINISM: WHO IS THE REAL ENEMY?



Photo dictionary.com

By Kaymery Swart

The overall idea of feminism is being ruined by "liberal" people. The ideas of the current movement are extreme and fuel outlandish behaviour. This creates misconceptions on what feminism really is or should be.

The feminist movement was first established to combat hardcore issues women were facing. The first two waves of feminism were necessary; without classical feminism, women would not have been able to vote, nor would they have equal opportunities in the workplace.

Several feminist groups no longer focus primarily on equality anymore. It is about women rising above men. Displaying superiority. Many women who label themselves as 'feminists' are not embodying the true definition of classical feminism. By bashing men, it is as though the main aim of modern-day feminism is to make men seem inferior.

Women that identify as feminists, and do not engage in this kind of behaviour, are usually put down and shamed for not being true to the cause by their fanatic counterparts. These feminists – that are extreme in their views – mean to say that if you do not agree with all things they stand for, then you're not truly a feminist.

These women must not be confused with real feminists. Radical feminism must not equate true feminism, or feminism at all. [Modern] feminism has become a war against men. Being against the patriarchy is one thing, but blaming men for every single thing is absurd. One can see on social media sites how women freely trash-talk men on feminist hashtags.

They go to extremes to try to prove a point. One woman even smeared menstrual blood on her face to show that it's not disgusting, but natural. That is extremely unnecessary and an insult to the women of the first and second waves of feminism. Those were for rights, not petty issues.

Complaints, or 'issues that need to be raised' are being centred on trivial items, for example, the gender constructs on pink and blue. These groups are fighting over colours of certain items - which has absolutely nothing to do with women's rights. Feminism has always been about equal rights. It is political – not social. The current movement focuses on societal issues. By the actions of the extreme feminist, it seems as though the goal is not to be equal to men, but superior to them. Their behaviour borders on misandry.

# WATER: THE ULTIMATE BUDGET SAVER

By Unathi Vimba.

Water is both healthy and beneficial for our bodies, but what I appreciate the most about this natural resource is its affordability. One of the hardest things I had to learn is that the foods and drinks I'm accustomed to back home, are the things I won't be able to afford on my small student budget.

Buying water instead of juices, energy drinks, cooldrinks or cordial is the ultimate way to save more money. On top of that, you are forming healthier drinking habits, reducing sugar consumption and inducing more effective weight loss.

There's even good news for your skin here. Water is a natural detoxer and helps in obtaining a clear complexion. Water also serves as an anti-ageing tactic because it prevents the skin from being dehydrated which leaves it prone to wrinkling and acne.

For the winter season, which can be an extremely trying time because one craves hot beverages, there are creative ways of ensuring consistency in your water intake. By warming water up and adding a slice of lemon, honey, pieces of ginger or even mint leaves and more, you can treat yourself to a tasty, nutritional and convenient beverage.

Last but most importantly, water is essential for the kidneys and many other bodily functions, so do yourself a favour keep your body fuelled and healthy.

When you start drinking water consistently, you will start craving it above other beverages. Try it and see the difference.



Photo Finacialexpress.com



# AN OBJECTIVE TAKE ON THE IDEA OF FREE EDUCATION

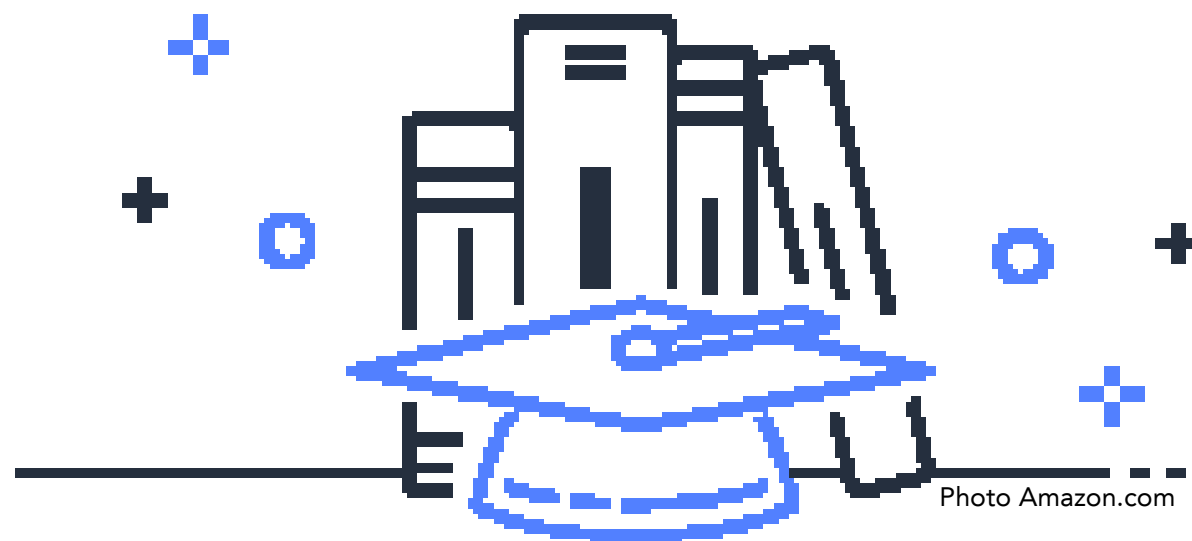


Photo Amazon.com

By Kaymery Swart

"Fees Must Fall" - students' favourite anthem. Let's look at the idea of free education objectively. Free education is not just a decision one can make in haste. It is not easily obtainable. The state of South Africa's budget is rather concerning. Eskom contributed largely to the deficit of the economy of South Africa. The expenditure of the country for 2019 was set at R1.58 trillion. That is for 2019 only! This is for social services alone. The Finance Minister, Tito Mboweni, stated, "We will spend R243 billion more than we earn. Put another way, we are borrowing about R1.2 billion a day".

Free education at this point in time seems impossible. Free education will just give rise to state debt. Hypothetically speaking, if the country was not in its financial dilemma, free education would still not be an easy task. It alone will put South Africa in serious debt. That is to say that even if we were not spending more than we earn, we would then have an economic issue if free education was implemented. It would work if there was a source. What will the source of funds be? Costs need to be cut then, for free education to become a reality. So, where should the state cut expenses? Grants and pension? Government subsidies?

The decision to offer fee-less education will affect the average citizen. Taxes will be raised. This will affect the average person's pocket as they would soon have to cut their own expenses. This will affect earnings elsewhere. Businesses will be affected. 'Free for some, costly for others'.

Free education is, however, not unattainable at all. Germany has reached this level already. But the economic position of South Africa makes it almost impossible for free education to become a reality in the next five years.

# LET'S TALK ABOUT THE IUD CONTRACEPTIVE

By Unathi Vimba

Recently, I embarked on a journey to find out more on contraceptives. I came across the IUD (Intrauterine device) and was intrigued by its superb work in preventing unplanned pregnancy. Upon consulting a professional nurse about the contraceptive, I thought it would be great to share the value of the IUD.

The IUD is offered as both a hormonal contraceptive and as a copper-coated non-hormonal one – which is brilliant for women who prefer the non-hormonal route of birth control.

As a woman who works with contraceptives on a daily basis, Nurse Motsie explained that the IUD is the most effective contraceptive. If it was up

to her, she would insist every woman who is sexually active and not planning on getting pregnant should use it.

As a contraceptive, it is stress free. With minimal chances of natural human error like forgetting to take your pill on time or using a condom in an incorrect way, the IUD stands as a front-runner in the contraceptive department. Its ultimate advantage is it can reach an expiry date of up to 10 years, depending on which one you choose to get, ensuring a long-term peace of mind.

If you wish to consult a professional, feel free to go to the Livingstone Clinic and ask for Nurse Motsie or Nurse Jordaan. If a visit is not possible, please feel free to call their office phones at 041 405 2684 or 041 405 2682.

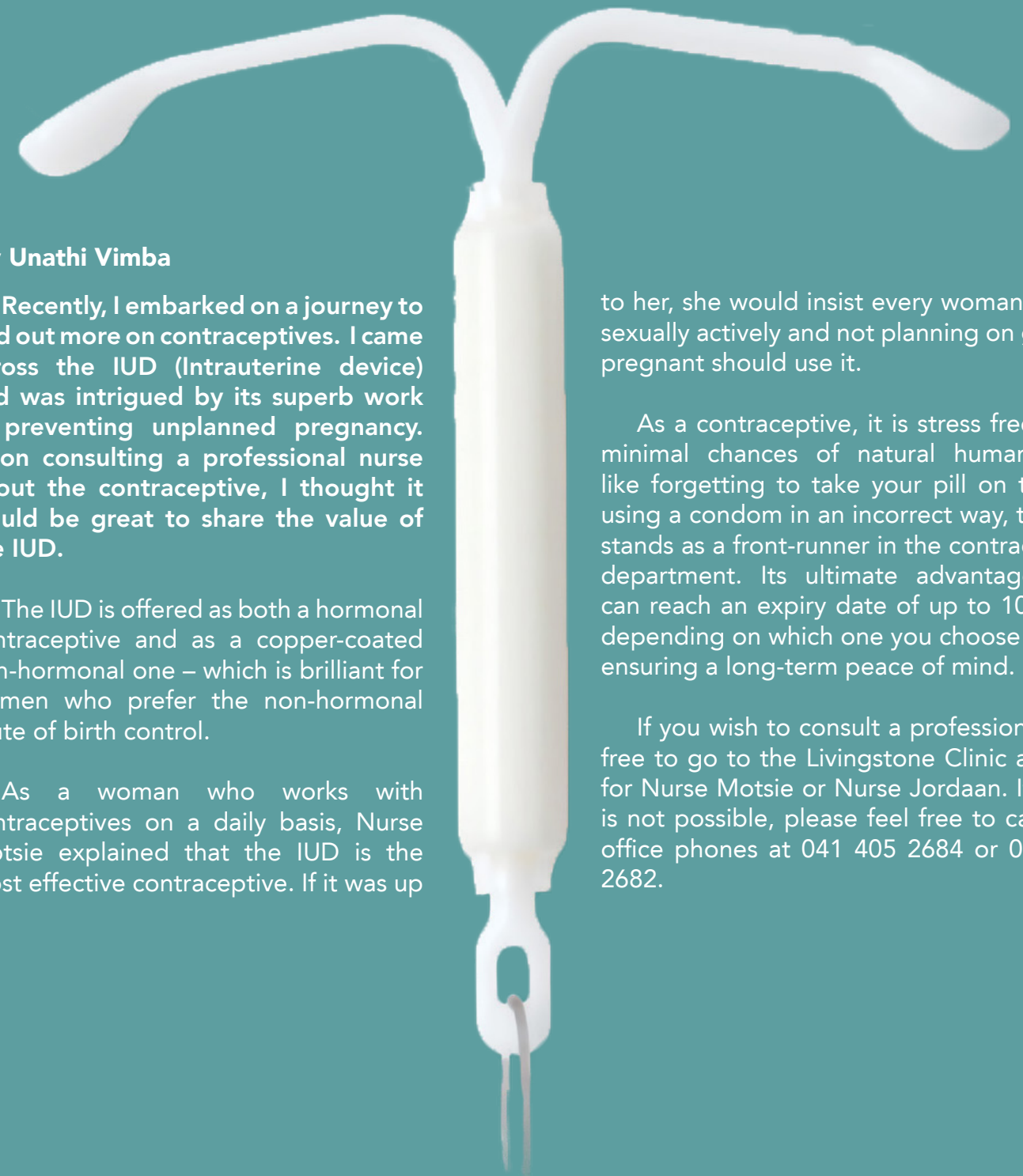


Photo prolife.org.nz



# LIFE AFTER GRAD: SIMAMKELE TURNED HIS LEMONS INTO A LEMONADE

By Zukisani Gali

Waiting for an employment opportunity to fall into your lap after graduation is a doomed approach. Simamkele Mazondwa (22), a graduate in a Diploma of Journalism, is one of the many people who graduated this year in April that haven't found a job. While it is expected that employment does not come easy, it does not mean one should stay at home and sulk.

Mazondwa grew up in a small township of Motherwell that can be described as disruptive. It is filled with clubs, taverns and is also deemed as an unsafe environment. On top of this, Mazondwa struggled to get funding for education despite his impressive grades. Nevertheless, Mazondwa thrived and went on to achieve a higher education under such unfavourable circumstances.

As one should, he has been sending out his documents to media companies upon his graduation. In his wait to hear back from these companies, he decided to put his time to

productive use. He took a bold step and created his own comedy show in July. Now Mazondwa is running his own YouTube channel, where he posts hilarious comic videos that are great for a good laugh and some unwinding. With this, he instantly made his mark and now walks alongside other artists such as Mawawa (comedian) to name a few. This graduate further went on to expand his experience by joining Madibaz Radio.

Mazondwa also has a support system, which is very important for one get through university. He is supported by family and a friend who he sees as a big brother.

Facing the reality of the unemployment levels in the country, self-employment is increasingly growing its appeal in today's world. Don't wait for an opportunity - create one.

"As much as I am a graduate, I am still hungry for more education", said Mazondwa



Photo Simamkele Mazondwa

# FIVE SKINCARE MISTAKES YOU DIDN'T KNOW YOU WERE MAKING

By Roxzann Thomas

Skincare has been on everyone's lips recently and therefore we have no choice, but to step up our skincare regimes. Regrettably, we might still be guilty of a few minor mistakes here and there.

## 1. Not cleansing long enough

The reason that double cleansing is gaining in popularity is that it is important to make sure that you have removed every trace of grime from your face. Applying all sorts of expensive creams is not going to help if your canvas is not as blank as it should be.

## 2. Using too much product

If you use the right products for your skin and choose high-quality products, you do not need to pile it on to maintain clear and soft skin. In fact, too many products could have opposite effects or even cause skin irritation.

## 3. Not using products that suit your skin type

There are three main skin types where skincare products are concerned: oily, dry and combination. However, some people also have sensitive skin, while others deal with adult acne. Don't just choose any old products, find the products that work for your skin type, even if it means mixing and matching things like creams and serums.

## 4. Not using sunscreen

You already know this though. How many times you have heard it? But it's true - you must wear your sunscreen every day. Make sure you choose sunscreen that has SPF 30 or higher for longer protection.

## 5. Over-exfoliating

It is true that exfoliation helps in removing dead skin cells and in making our skin look brighter. But overdoing exfoliation will erode your natural oil barrier and cause tight, sore skin. It is advised to exfoliate your skin once or twice a week. Too much exfoliation is not a good thing.



Photo Bianke Fouche





## ROMANCE ON A STUDENT BUDGET

Photo Bianke Fouche

By Roxzann Thomas

Planning the perfect date night with your partner can sometimes be more stressful than romantic because it can get expensive. But this planning process does not have to be stressful at all. Here are five date ideas that will be romantic and cost next to nothing.

### 1. Cook a meal together

Why splurge on dinner when you can spend time in the kitchen with your date and have fun being each other's sous chefs? Take inventory of the ingredients you already have on-hand, then search Google to find a delicious recipe that you can whip up together at no cost.

### 2. Have a games night

Possible options are: dominoes, card games, checkers or Monopoly. Make sure there are enough snacks and drinks and just like that - date night is sorted.

### 3. A spa day at home

This is the perfect date if you would like to

spoil your partner. All the academic stress will melt away as you pamper them with a face mask, foot soak and maybe even a massage.

### 4. A picnic

This is a tried-and-true romantic date idea that will not cost you an arm and a leg. All you need is to prepare a lunch, probably something easy like sandwiches, grab a blanket and head on over to a grassy spot on campus. Find a nice tree to sit under and enjoy a lovely lunch with your date.

### 5. Go hiking

Find a trail or a local park and go on a little adventure on a sunny day. Enjoy nature and each other's company at the same time. Pack water bottles, healthy snacks and layers in case the weather shifts

Everyone loves a 'uni romance', but the chances are your student loan budget won't stretch to a table for two at a fancy restaurant, so give these ideas a try.

## THE YOUTH OF 2019 ARE CHANGING THE WORLD

By Zukisani Gali

Remember the youth of 1976? How they made history as they courageously fought for their rights and education? They fought for their peace and happiness, not to mention, they were fearlessly united in conquering their resistance. Does today's youth have the same fight in them as the youth of 1976?

There is a notion that the youth of today lack in principle, knowledge and vision. The actions of the youth in question, however, prove otherwise. Today, we have numerous initiatives which make it more possible than ever to take control and change the world for the better.

Zalisidinga Foundation is a drive that was created to help those in need through donations of clothes, blankets, food, shoes and toiletries. You can get in touch with Akhona (061 119 0162) or Lerato (076 418 0379) to find out more.

Vinnie's Children is a non-profit organization that is seeking your help to collect enough sanitary pads and a variety of toiletries to improve the well-being of high school students in Port Elizabeth and Queenstown. For this organisation, contact Zizipho or Andile on 083 551 8108 or 083 8431 924 respectively.

At MadibazNews we also have ongoing goodwill programs such as the enduring John Masiza Reading Programme and our most recent, John Masiza Shoe Box Drive. MadibazRadio is involved in plenty of initiatives such as Saniteen, a food drive and a book drive, which by the end of August will be distributing the donated books to several needy areas. If you would like to take part in this, you can drop off your donations at the Madibaz Radio Station which is located on the first floor at the student kraal on South Campus.

These foundations serve as great examples of the potential of the youth of today. You can also make your mark and bring more light to the world in your own way. A sad face can be transformed into a happy one through the collective impact of volunteering, charity work, donating and so much more. Taking time from one's busy life to offer a helping hand and comfort those in need goes a long way for others and yourself.



Photo pexels.com



# YOUR GUIDE TO VEG-FRIENDLY EATERIES IN PORT ELIZABETH

By Christina Makochieng

Whether you're vegan, vegetarian, lactose intolerant or just considering having less meat and dairy in your diet, PE offers an array of food spots you can try.

## Rhubarb and Lime

If you're ever in the St Georges area, Rhubarb is the perfect go-to. Whether you're craving something sweet or savoury, their menu will certainly not disappoint. Veggie wraps, vegan cakes, pasta and more; there's something for everyone.

## Kindred Kitchen

You don't have to plan a trip to Cape Town in order to find a plant-based restaurant anymore. Kindred Kitchen, located in Richmond Hill, provides a menu packed with colourful healthy plant-based options. They offer alternatives to popular meat-based meals. From burgers to burritos, there's something to suit every taste.

## Flourish Deli

Flourish Deli makes amazing vegan products such as dairy-free butter, yoghurt, cream cheese, and sweet treats like carrot cake and tiffin (chocolate) bars. There's something for savoury food lovers as well, in the form of pies, subs and more. Although not a physical restaurant, you are sure to always find their stall at local food markets such as The Goodnight Market. They also supply to restaurants like Rhubarb and Lime and the store, Nourished Naturally.

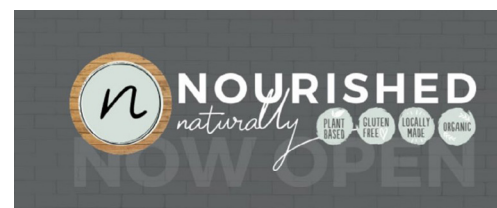
## Nourished Naturally

Strategically situated on Main Road Walmer, Nourished Naturally is a healthy food store offering healthy, vegetarian, vegan and dairy-free foods. You can treat your sweet tooth and enjoy weekly meals here like lasagne and veggie quiches.

## Hello! It's Me

Relatively new on the block, Hello Its Me is a trendy, cosy spot that has quickly garnered popularity with locals and visitors alike. Boasting a menu bursting with flavourful vegetarian and vegan options, including and not limited to, vegan burgers and Wok noodles, it's not hard to see why it's gained such a strong following.

If you're thinking about changing up your diet, or just eager to explore food, we hope these options will help you out.



KITCHEN & BAR

Photos Facebook.com

# ASSAULT AND PEPPER



Photos Tracersecurity.com

By Aphelele Ngcambaza

Every country and every city has a corner where crime is rife. People too often fall victim to crime and it doesn't help that police officers take their time to respond, while in some instance never even showing up at the crime scene.

As a response to rising crime, a company called Tracer Security Consultations has created a device called the Case of Pain (COP). This pepper-spray purse deters attackers and is designed to be a casually concealed pepper-spray carrier that packs a devastating punch. Its inflammatory effects cause the eyes to close, temporarily taking away vision. This temporary blindness allows users to more easily restrain subjects and permits people in danger to use pepper-spray in self-defence, giving them enough time and opportunity to escape. It also causes temporary discomfort and burning of the lungs, which leads to shortness of breath. The COP is equipped with a military grade pepper spray canister that holds 40ml of aerosol. It is simply clipped into the bag or purse and can quickly be activated to combat an assailant.

Another advantage of the pepper spray is that the liquid is pressurized to move at high speed, eliminating the possibilities of it changing direction when it is windy.

The spray can be easily covered with the arm, eliminating chances of exposure, with the buttons easily accessible. During events of getting mugged, the spray may help many victims, and could be especially handy for vulnerable students travelling to or from campus at night.



# OF MICE AND MEN

By Neo Motsiri

Japan has recently approved a very unusual research project - that of creating human-mouse and human-rat hybrids. The decision was reached on 24 July by a Japanese government committee, and the project will involve inserting human stem cells into mouse and rat embryos. Should their research succeed, the Japanese scientists hope to grow human organs inside animals for medical transplantation.

The research will be led by Hiromitsu Nakauchi, a prominent biologist at the University of Tokyo. According to Nakauchi, the first step will involve priming mouse embryos not to develop a pancreas. Nakauchi will thereafter transfer human stem cells into the embryos, in hopes that the embryos will grow human pancreas.

Japan's controversial decision came a few months after they reversed a ban on human-animal hybrid research, a move that left the scientific community reeling. While there are some who are concerned about the ethical implications this kind of research may pose, many in the scientific community welcomed the decision, and were excited by the potential applications. "It has tremendous potential to help many people who are suffering from a broad variety of diseases, or that are in need of different types of tissue or organ replacement," said Professor Ronald Parchem of Baylor College of Medicine.

This wouldn't be the first time that surrogate animals have been implanted with human cells. In 2017, a team of biologists at the Salk Institute in California, demonstrated that human stem cells could differentiate into pig tissue. In another study, researchers at University of Rochester Medical Center successfully used human cells to create mice that were four times smarter than their peers. One commentator described that particular project as a macabre experiment that made his head and heart ache.

Some of the ethical uncertainty stems from the question of whether or not these hybrids will exhibit human traits. There is growing concern that they might be endowed with somewhat human cognition and behaviour as a result of the foreign stem cells. It still remains to be seen whether or not this will indeed be the case.



Photo Gettyimages.com

# TAKING WORDS LIGHTLY

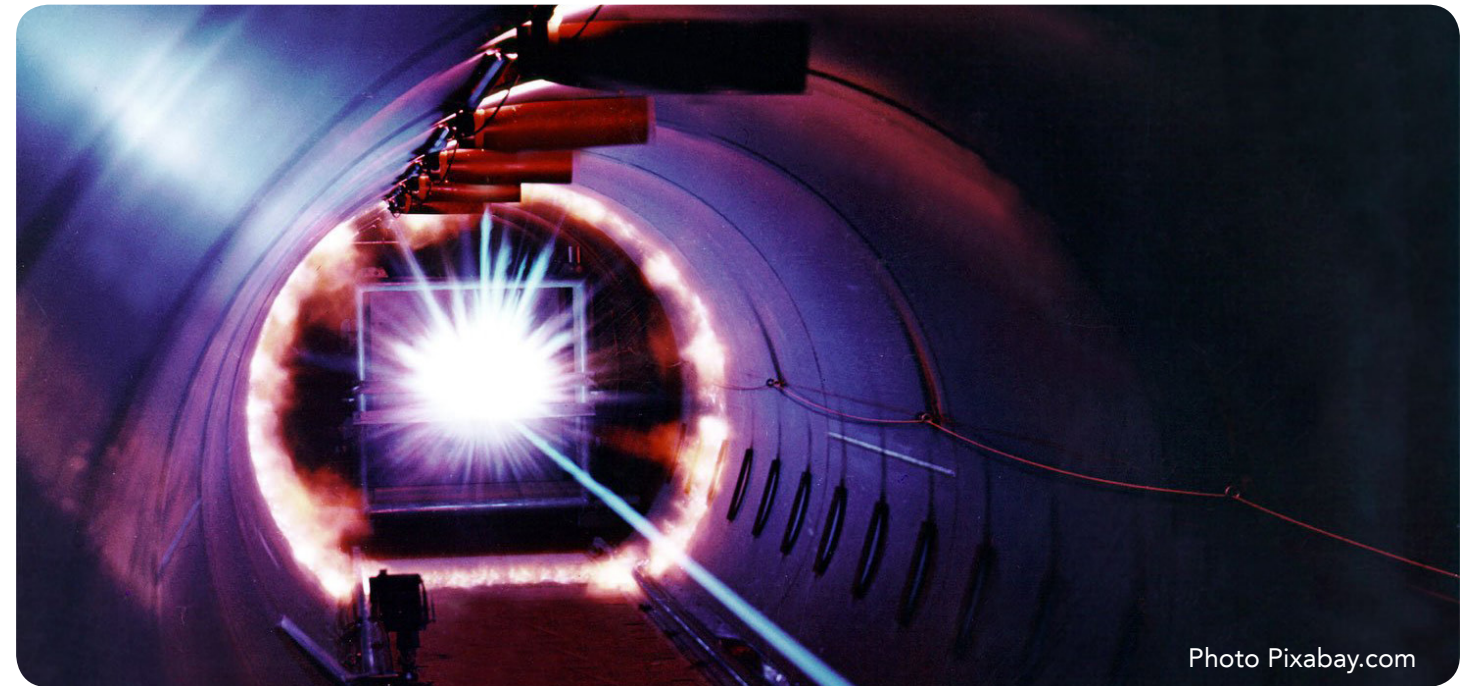


Photo Pixabay.com

By Neo Motsiri

The Pentagon is working on a method to send messages directly to the human brain by beaming lasers at it, according to an announcement they made in July. The telepathic laser, which sounds like a gadget straight out of a Tom Clancy novel, is part of a military initiative aimed at creating laser weapons which can transmit bits of speech using a method dubbed, the Laser Induced Plasma Effect. In addition to its military applications, the talking laser will also be used to control unruly crowds.

The project is part of a broader military programme called, the Joint Non-Lethal Weapons Directorate Program (JNLWP), the aim of which is to develop weapons that will serve as deterrents, without causing actual death. At present, the laser can transmit sound through glass, but cannot yet penetrate barriers like concrete or wood. Current estimates predict the talking laser may be fully functional in as little as five years.

The Laser Induced Plasma Effect is achieved by firing a laser that generates a ball of plasma. A second laser is emitted which oscillates the plasma, creating sound waves. Provided the

lasers are fired at just the right frequencies, the wavelengths can be manipulated such that they closely approximate human speech. A number of researchers are working on various aspects of the program, one of which is Brittany Lynn of the Naval Information Warfare Centre Pacific. Dr Lynn has been working on improving the accuracy of the artificially synthesised sound waves, by tweaking the method used to modulate (shape) the sound waves.

A working version of the talking laser has already been successfully tested in a laboratory environment. However, the range over which it was tested was fairly short, and spanned only a few meters. For the laser to have practical military utility, the next step is to increase the range over which the sound can be transmitted, according to David Law, who is chief of the Technology Division at JNLWP. A video of the talking laser has been shared on various streaming platforms, and features the laser transmitting a clearly audible test phrase to a nearby wall. In this jaw-dropping video, the Pentagon delivers a stark reminder that they have a knack for developing the kinds of technologies that would make Dumbledore blush.

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# PINK IN OUR BLUE

By Ntsondwa Asithandile

It is said that about 80% of the ocean is unexplored, so keep your fingers crossed for the discovery of a little mermaid. This is not an article about mythical sea creatures though, but about an exciting new discovery in our deep blue waters. The ocean never ceases to surprise, and the South African coast has been gifted with a wonderful surprise.

Back in 2017, scientists “accidentally” discovered a Pink meanie, which is a jellyfish belonging to the genus *Drymonema*. This year a team of the Two Oceans Aquarium found another Pink meanie swimming in South African waters. Besides the fact that the jellyfish is pink, what makes its discovery so amazing is that it is one of the rarest species in the world. It’s so rare that it does not even have an official scientific name yet, and moreover, it is so distinct that it has baffled scientists that are trying to figure out where the *Drymonema* species belongs.

When this unique specimen was first observed on the Gulf of Mexico in 2000, it was said to be *Drymonema larsoni*, but the name was dismissed after more careful observations of the species, which led scientists to dub it as a new family of scyphozoan (true jellyfish), until further findings prove otherwise.

The Pink meanie is not just a rare species of jellyfish without an official and complicated biological name that most people cannot pronounce - no, this jellyfish is known for feasting on other jellyfish. This has sparked a debate amongst scientists over whether the rise of this jellyfish could be due to the consequences of overharvesting and/or climate change.

Photo Aquarium.co.za

# FITNICKS: EXERCISE FOR STUDENTS BY A STUDENT



Photo Getty Images

By Gina Cossavella

**If you’re looking to get fit while having fun, socializing and getting some fresh air while on a student budget, then FitNicks classes are perfect for you!**

FitNicks, founded by Nicola Corlett, aims to give students the opportunity to reach their health and fitness goals, whether it be losing weight, getting fit, toning up or just having fun and meeting new people. Currently being held at the Nelson Mandela University South Campus cricket fields from 16:00 – 17:00, these sessions consist of a variety of different workouts including (but not limited to) high intensity classes, interval training and circuit work. The no-equipment workouts change regularly as they are aimed at giving students a chance to try workouts that they may not be familiar with, while keeping exercise exciting.

Each session only costs R30 with the first class being free and each time you bring a new friend to join the FitNicks classes, you get a free session. Since the workouts done in the classes should be possible to do at home, your R30 gets you more than just one class, but the possibility for ongoing fitness gains.

Nicola, 21, is a first year biokinetics student at Nelson Mandela University while also studying for her certificate in nutrition through TriFocus

Academy. She has always been passionate about health and fitness and has an interest in working with people, so FitNicks was a natural progression for her. Although she is self-driven, Nicola’s mother serves as a constant source of inspiration and support for her.

As a group workout, there is a sense of community and group motivation with Nicola considering the space a positive environment with no judgement. She encourages students to believe enough in themselves to get started on their fitness journey and to just focus on being there for their personal goals.

FitNicks is for every type of student. “People that don’t necessarily like the gym environment, can’t afford the gym fees, don’t have access to a gym or don’t have a wide enough knowledge based on exercises and the correct form,” says Nicola, are who FitNicks has been created for.

Keep an eye on the FitNicks Instagram account (@fitnicks.pe), Facebook page (@FitNicks Fitness Sessions) or message Nicola on 0797775987 to confirm the day, time and venue for the week as these details may change. So grab your towel and water, get your game face on and try these easy-to-access, affordable and fun classes because summer bodies are made in winter after all.



# SPORT PROFILE: LIZHARE BOTHA

By Gina Cossavella

She is an Nelson Mandela Uuniversity athlete specializing in 200m and 400m, has a BSc (Human Movement Science and Physiology) degree and is completing her second degree in biokinetics, has killer abs and to top it all off, she's a sincere person. She is Lizabeth Botha.

Her first big athletics moment came in her first year when she participated in her first televised Varsity Athletics competition as her family watched on. Highlights for Lizabeth this year have been competing in Varsity Athletics in Potchestroom and Stellenbosch, going to the University Sports South Africa (USSA) championships and racing at the biggest event she's attended thus far, the South African Senior Athletics Championship where Caster Semenya was also competing.

This kind of excellence involves immense dedication to training, both on the track and in the gym. Currently Lizabeth is busy with pre-season training which consists of five track sessions and three gym sessions per week. In-season sees Lizabeth continuing with three gym sessions per week while being on the track training six times a week. She enjoys short speed and block sessions during track training and when she's in the gym, she favours leg day and doing weighted squats.

She has set many goals to push herself, including striving for her personal bests next season, making the finals at the South African Championship and USSAs next year and giving the 800m event a go. Personally, Lizabeth plans on completing her degree with success, finding a job in biokinetics and carrying on with her athletics career. Despite her enviable abs, Lizabeth doesn't enjoy doing core exercises and feels she doesn't have good core strength. However, she thinks planks are a beneficial exercise to do as it targets her overall core, including back muscles.

Motivation comes easily for the third year student who says she is driven by her love for running and athletics, her teammates who she counts as friends and a desire to achieve better goals. While Lizabeth enjoys recreational hockey and tennis in addition to her athletics, she has an artistic side and enjoys to draw and play the piano.

A quote that is close to Lizabeth's heart is, "I can do all things through Christ who gives me strength" – Philippians 4:13. Justine Palframan, a Stellenbosch University 200m and 400m athlete who competed at the 2016 Olympics and won both her events at the 2018 South African Championship, is her inspiration. Besides Justine's athletic achievements, Lizabeth also looks up to her for being a kind person and having a good character.

The rest of the year sees Lizabeth attending a recruiting competition in Craddock in October, followed by league meetings until the end of the year. Based on her determination and discipline, there is no doubt Lizabeth will excel - not only in these events, but in all the goals she sets to achieve.

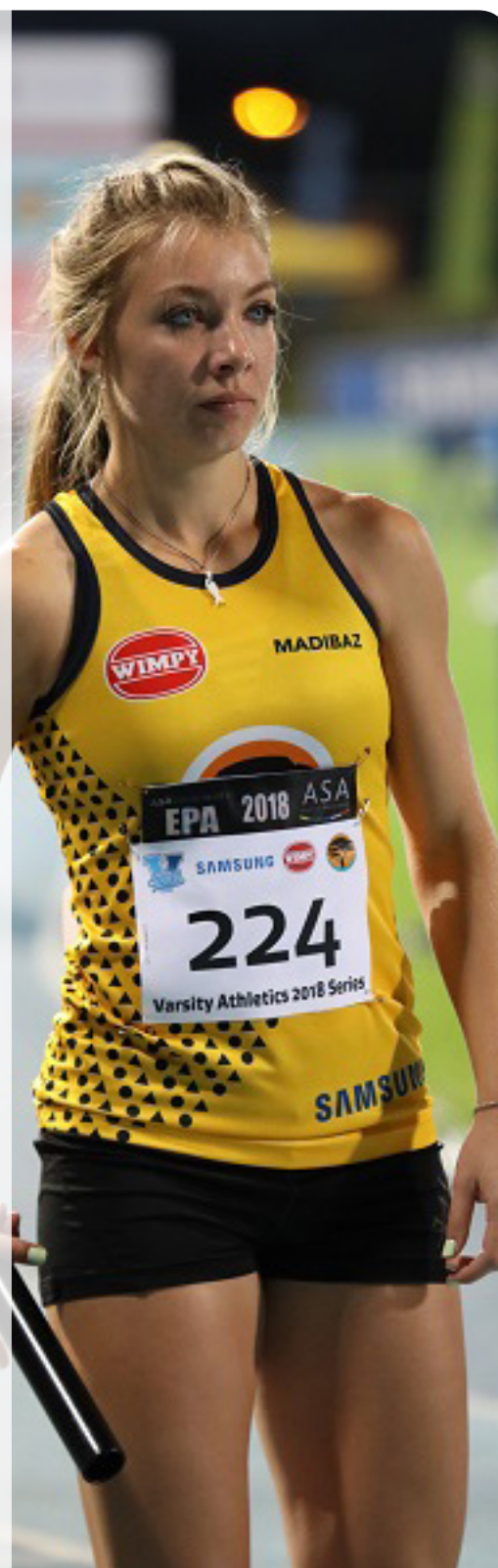


Photo Henry Marsch

# MADIBAZ FOOTBALL STAR WANTS TO MAKE AN IMPACT

By Fullstop Communications

Talented Madibaz football player Siwaphiwe Maso is determined to make the most of his opportunity after being selected for the Nedbank Cup Ke Yona team to play this weekend. The squad of 18 was selected after a series of regional trials around the country which started in East London in April.

The plum prize at the end of it all is a match against Nedbank Cup champions TS Galaxy, which will take place at the Kameelrivier Stadium in Mpumalanga on Sunday. TS Galaxy, who play in the National First Division, won the domestic knockout title when they upset Kaizer Chiefs in the final in May.

The Nedbank Cup Ke Yona team is aimed at giving promising young players a platform to demonstrate their prowess and the 22-year-old Maso, affectionately known as Kroos, is out to prove a point this weekend. The third-year Nelson Mandela University BA student said he wanted to help his team defeat TS Galaxy and, in that way, show the sort of talent he hopes will eventually help to land him a professional contract.

"The selection of this team means everything to me and my family," said Maso, who grew up in Mthatha but now lives in residence in Port Elizabeth. "I've sacrificed a lot for this and I've worked very hard to pursue my dreams." Having represented Madibaz, he added that it was a privilege to have played for the varsity. "I hope that my selection to the Ke Yona squad of 18 will be a boost in morale for my teammates and motivate them to know that anything is possible if you put your mind to it, work hard and make the sacrifices."

An attacking midfielder, Maso has been described by his coaches as "an industrious player with a high work-rate". Coach Silulami Myataza said he was the perfect example of a player who had graduated through the club structures. "He joined a while back as a first-year student, forming an integral part of the Madibaz team which won the PE Football Association premier reserve league in 2018," added Myataza. "He also had a few games for the premier league team and became a standout player in the SAB League side."

He said Maso's development had not only seen him become one of the varsity's star players, but had also enabled him to show strong leadership abilities. Madibaz Sport football manager Mark Tommy was excited with the recognition Maso had received. "It has been really good to watch his development over the years and it's an indication that the structures we have in place at Madibaz Football are coming to fruition and nurturing the internal growth of potential talent," he said.



Photo Supplied