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UPBEAT

60c

magazine for all



PTSA's

The youth



The tasting tongue

THIS ISSUE

Great teenage books



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213,
SALT RIVER.
7925

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UP BEAT No 6

*will come
out in
August*

Hamza kahle



Jafta Masemola

Jafta Masemola, one of the leaders of the Pan African Congress (PAC), died in April in a car accident. He died only five months after he had been released from Pollsmoor Prison.

Masemola spent 27 years in prison, for his activities in the PAC.

The PAC said that Masemola inspired students, youth and teachers. Walter Sisulu of the ANC said that Masemola's death is a terrible loss to his family. And it is also a loss to the broad liberation movement as a whole.

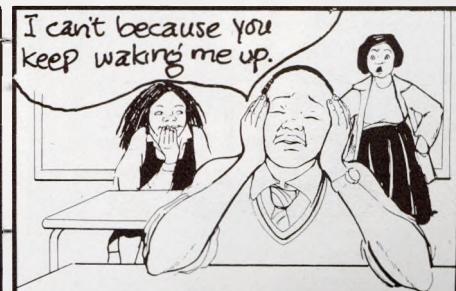
Competition winners

Here are the winners of the People's Poet Competition. They have each won a copy of Mzwakhe Mbuli's new cassette, 'Unbroken Spirit'.

1. Lundi Mduba, Khayelitsha
2. Luck Mkhonza, Newcastle

3. Pheus Sekhaolelo, Alexandra
4. Mabandla Nkabinde, Meadowlands
5. Thulani Mhlanga, Mkhulhu
6. Mofokeng Lehlohonolo, Witsieshoek
7. Albert Dikgale,

ZANDI AND FRIENDS



Breathing filthy air

Did you know that the air pollution in the Eastern Transvaal is the worst in the world? Two years ago the Council for Scientific and Industrial Research (CSIR) published a report. This report said that power stations that used coal in the Eastern Transvaal were responsible for letting off much too much smoke (sulphur dioxide). And this smoke was causing terrible pollution.

Many people in the Eastern Transvaal get nose and throat infections. Lots get chest

diseases. And people blame all the air pollution for causing these troubles.

The government used to give the CSIR money to do research into this serious problem. But now the government says that this is not their problem. The CSIR must find its own money.

Dr Bruce Wells, who works at the CSIR says this isn't fair. Hundreds of millions of rands could be lost if the pollution kills forests and crops. And he says that there are already signs that this is happening.

Great teenage books

Turn to page 12 and find out about some great new teenage books to read.



Smile for the camera! The ANC delegation that met the government on the 2 May. Left to right - back row: Archie Gumede, Ahmed Kathrada, Joe Modise,

Beyers Naude, Thabo Mbeki Front row: Ruth Mampati, Alfred Nzo, Nelson Mandela, Joe Slovo, Walter Sisulu, Cheryl Carolus.

Cartoon by Lois Head



A mother waits to die

Mbulelo is 14 and Adelaide is 12. They live in Pabalelo, a township outside Upington. They have not seen their mother, Evelina de Bruyn, for more than a year. They would love to see her. But they can't. She is far away in a jail in Pretoria, waiting to die.

Evelina was one of the accused in the Upington 25 murder trial. In May 1989, Evelina, her husband Gideon Madlongolwane and 11 other people from Pabalelo were sentenced to death for the 'common purpose murder' of Lucas Sethwala, a policeman.

The judge said that Evelina de Bruyn did not actually take part in the physical attack on Lucas Sethwala. But she was part of the crowd that marched on to the policeman's house and killed him. The crowd had a 'common purpose', and that was to kill the policeman. And so Evelina was sentenced to death.

Many people think that the idea of a common purpose is wrong. Father Mkhatswa of the Human Rights Commission told Upbeat that people criticise this law because it is so serious. 'In mass funerals or meetings thousands of people come together. When violence starts you can't say that people planned the action. People are angry and upset. Also, how do you decide who was involved? Everyone present cannot be responsible.'

All alone

The day after Evelina was sentenced to death, she was put in the back of a police van and driven more than 800 kilometres to Pretoria Central Prison. There she has stayed in a prison cell all on her own for a year now. She is the only woman on death row in South Africa, so there are no women



A drawing of Evelina de Bruyn and her husband Gideon Madlongwane. They are both on death row.

prisoners with her. The only people she sees are the prison warders.

She has nothing to do during the day. She is not given any work to do. She is not allowed to knit or crochet. Most prisoners spend their time reading the Bible or reading and writing letters to families and loved ones. But Evelina can't. She can't read or write. She never went to school because her parents could not afford it.

Evelina is very religious. But she can't even listen to a tape recording of the Bible. The prison authorities won't allow her to have a tape recorder in the prison cell.

Evelina is very worried about her children, Mbulelo and Adelaide. They are both under 16. So they are not allowed to visit their mother or father on death row. She receives very few visits from her family who live in Pabalelo. They can't afford to travel to Pretoria very often.

Evelina's lawyer is Andrea Durbach. Andrea told Upbeat that Evelina worries about her children all the time. Sometimes, when she talks to Andrea, Evelina stops suddenly and says: 'Do you know if my children are at home after dark?'

Evelina told Andrea about a



dream she had. Evelina dreamt that she had wings to fly down to Pabalello from Pretoria to see her children coming out of school. Then she flew back to her prison cell.

Light all the time

Andrea Durbach travels from Cape Town to Pretoria every three weeks to visit Evelina for an hour. Andrea said that Evelina used to be a bright and strong person. But being in prison has changed her. She has stopped eating. She has lost so much weight that she has to take medicine to make her eat. 'She cries when I am with her,' Andrea said. 'Most of the time I'm with her, she sobs.'

What does Evelina do every day? Most of the day is spent in her cell. She sits outside in the sun for 30 minutes. She doesn't see or hear any of the women prisoners



Bishop Tutu addresses a mass meeting in Cape Town, calling for an end to the death penalty.

Zuberda Valle / Afrapix

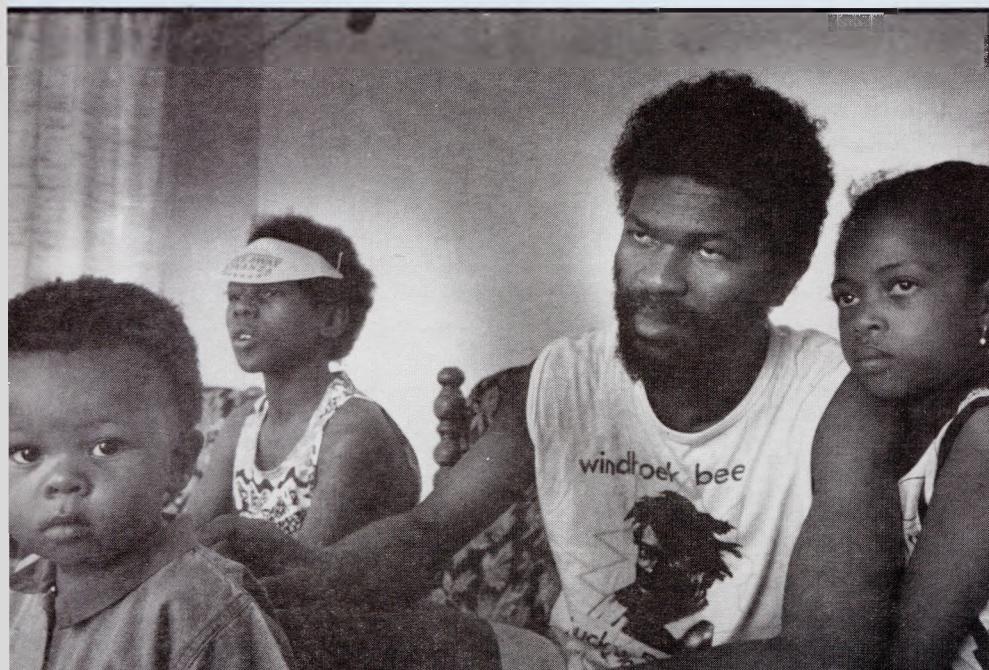
who are at Pretoria Central. She is kept away from them because she is on death row. The lights in her cell are never switched off. Prisoners on death row have lights shining in their cell all night long.

But Evelina has one friend in jail — a woman warder. This woman spends a lot of time with Evelina and often reads to her. Andrea said that their friendship grew, because the warder cannot believe that Evelina deserves to be in jail.

Evelina is very unhappy in prison and is growing weaker by the day. She has to take drugs to help her sleep and eat. Andrea told us that lawyers have made an appeal against Evelina's death sentence. They are hoping that the appeal will be heard at the end of the year. Meanwhile, Evelina is locked up in a cell, far away from her family. All she can do is dream that she is with her children. ■

On Death Row

There are about 300 prisoners who are waiting to be hanged in Pretoria Central Prison. The Save the Patriots Campaign was started in 1987 to fight against the death penalty. 'The death penalty is inhuman and it should be scrapped,' Loretta Jacobus told Upbeat. Loretta is a member of the Save the Patriots co-ordinating committee. 'We all have the right to live. If a person has committed a crime, we should look at a form of punishment that will help him correct his bad behaviour. You cannot punish a person by hanging him.'



Evelina's children long to see their parents. They are left to right; grandson Mhlanganisi, Mbulelo, Welcome and Adelaide.

Eric Miller / Afrapix

Dear Upbeat,
Upbeat is my favourite magazine. I don't miss a single issue. I like reading music, history, penfriends and doing quizzes. I think the editors should give us a quiz in every issue of Upbeat so that we can improve our knowledge and vocabulary. **Nomsa Mahlangu, Meadowlands.**

Dear Upbeat,
I am 17 and in Std 8 at Manoe School. I like music very much, especially reggae music. When I have my matric I want to be a musician. What must I do to become a musician? I have asked some of my friends to help me, but they don't know the answer. **John Rapetsoa, Bochum**

Dear John,
The most important thing for you to do now is to make sure that you finish your schooling. At the same time you must try to learn a musical instrument. Once you have finished school, there are a number of institutions where you could study music. You can write to the Careers Research and Information Centre to find out more about where you can get training. Write to:
**CRIC
P O Box 378
Athlone 7760**

Dear Upbeat,
I am a white South African girl of 16 years. I came across your magazine by chance and started to subscribe. I am confused about who your readership is. I understand that it is not aimed at white students. Does this mean we may not write and contribute to it?

I feel that there is a gap in the magazines sold today. Surely apartheid would be weakened if Upbeat was aimed at ALL the youth? What is the purpose of Upbeat?
Paula Slier, Highlands North

Dear Paula,
Upbeat was started for black students in 1981 in order to do something about the terrible shortage of good reading materials in black schools. But we are a non-racial magazine, and welcome contributions from youth all over South Africa, white and black. After all, Upbeat is one forum where all South African youth can get to know each other and exchange views. Thank you for your letter, Paula!
Editors



Dear Upbeat,
I want to thank you for printing my poem 'Three' in your latest issue. However, I was interested to see that several words had been changed or cut out and an entire verse missing.
Nichola Beukes, Atteridgeville

Dear Nichola,
We do sometimes change poems that readers send in. Often a poem is too long and we would like to have space for other readers' contributions too. Secondly, there are sometimes mistakes which need correcting or it is not clear what you are trying to say. But we never change the meaning of someone's poem.
Editors

Dear Upbeat,
When is corruption in our so-called independent state universities and teachers' colleges going to stop? I write this letter particularly concerned with corruption at Unibo and Thlabane College of Education. Must students be sexually abused by lecturers in order to obtain their degrees and diplomas? Can't justice be done and students' scripts be fairly marked? Students from Bophuthatswana have no right to voice their grievances. The government must take some steps to eliminate this corruption.
Deborah Mabiletsa, Ga-Rankuwa

Dear Upbeat,
Thank God that things are changing in South Africa, that the government has started to negotiate. But we still have complaints about education. At some schools in Lebowa the teachers are not teaching and there is no stationery or textbooks. How can this problem be solved?
Emmanuel Mampana and Thabo Nkadimeng, Jane Furse

Dear Upbeat,
Thank you for a great magazine. I have been reading Upbeat for two years now and it has taught me many new things. This is my first letter to Upbeat. I hope you will continue with your good work.
Brenda Basson, Witbank

Dear Upbeat,
South Africa needs men and women with a clear vision for the future. The present government has failed to secure a brighter future for us. It has brought misery, hatred and mistrust amongst fellow South Africans.

In the past, blacks were made to believe that whites were superior. Unfortunately, this view is still strongly held amongst the older generation of blacks and whites. It is for this reason that reconciliation will rest largely on the shoulders of today's youth — black and white.

David Ramaboa, Kagiso

Dear Upbeat,
My name is Ines Hellmann and I live in West Germany. After you printed my name and address on your penfriends page, I got so many letters from your readers that I didn't know what to do with them. I gave some to my friends, but it was not possible to give them all out. I am very sorry. There are so many nice letters but it is too much to respond to all of them.
Ines Hellmann, West Germany

Dear Upbeat,
I am writing this letter to say how happy I was to see my favourite poet, Mzwakhe Mbuli, in Upbeat. I enjoyed reading how he became successful. Could you please send me any information that you might have about Mzwakhe?
Jooste Mathlomola, Thlabane

Dear Jooste,
In Upbeat No. 2, 1989 we ran an article on Mzwakhe. If you would like an audio cassette of his music, write to:
**Shifty Records,
88 Harrow Road,
Yeoville,
2143**

Editors

TALKSHOP

Who in the world would you most like to meet? What would you talk to them about if you did?

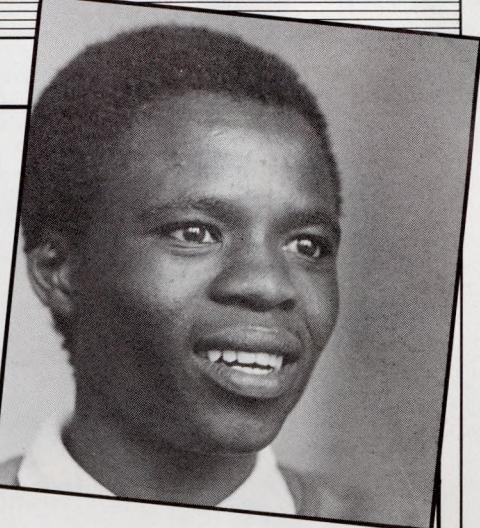
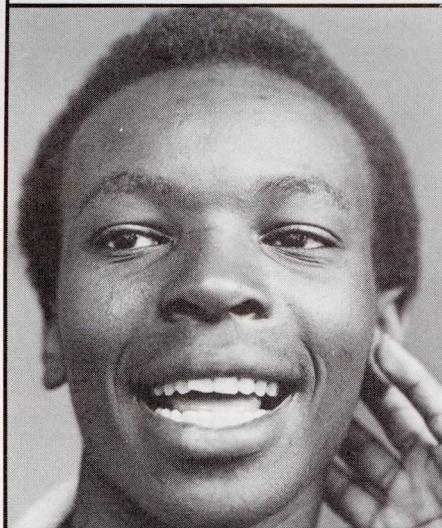


Tsholofelo Mpaletsebe, 16

I would like to meet Nelson Mandela. I want to ask him why he is a politician and what his parents thought about this when he first got involved in politics. I also want to know how he felt when he was first put in jail, and how he felt when he was released 27 years later.

Nyameko Mteto, 19

I would like to meet Margaret Thatcher. I think she is doing a good job in telling the South African government what to do. I want to tell her to keep up the good work. I also want to ask her about the system of government she uses in Britain.



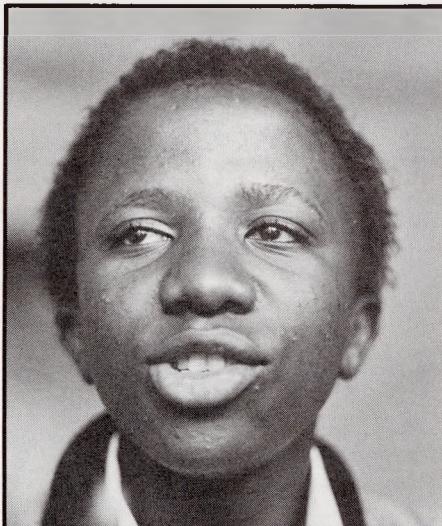
Harold Mothetsi, 19

I want to speak to Mzwakhe Mbuli. I love poetry and think that he is the best. I would like him to advise me on my poetry. I think that his idea of combining music and poetry is a very good one.



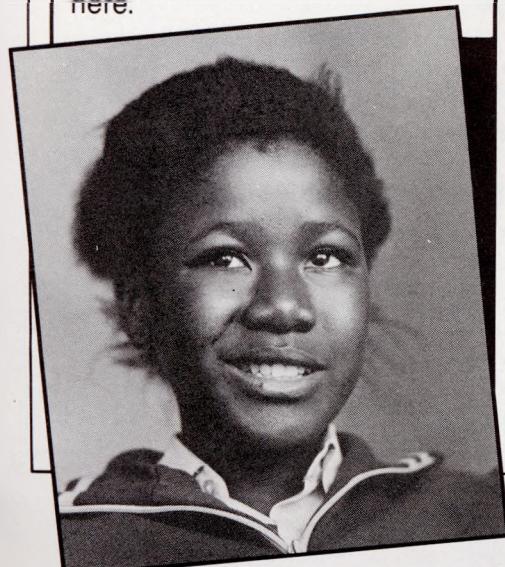
Polly Selomo, 17

I want to meet Joan Collins. I love watching her on Dynasty. If I did meet her, I would ask her the secret of acting. I would also ask her if I could meet all her husbands.



Judith Sibongile, 14

I want to meet Eddie Murphy because he is intelligent, handsome and he acts very well. I want to be an actress, but on stage, not on TV. I would like to ask him to come to South Africa to meet the people living here.



Lorrainne Mongwe, 16

I want to meet Rebecca Malope. I love the way she sings gospel music and I want to tell her to sing more of it. This is important because it is impossible to think about democracy without thinking about our creator. I would also like to ask her if I can sing gospel music with her. I know all the words to her gospel songs.

Readers, who in the world would you most like to meet? What would you like to ask him or her? Write us a letter and tell us.

DANCE SOME MORE

Last year Mango Groove's lively dance tune called 'Dance sum more' was on the lips of many South Africans. Mango Groove has three backing singers who assist the lead singer, Claire Johnston. Most people only know the names of the lead singers of a band.

We spoke to two of Mango Groove's backing singers. When we arrived at their recording studio, we were introduced to the women with the powerful voices – Beulah Hashe and Phumzile Ntuli. Beulah explained that Marilyn Nokwe, the third backing singer, was busy, so she couldn't come.

Beulah, Phumzile and Marilyn are very popular backing singers. They have worked with stars like Sipho Hotstix Mabuse, Stimela, Lucky Dube, Chicco and Yvonne Chaka Chaka.

'Backing singers are like half members of a group,' Beulah said. 'We are the backing singers for Mango Groove. But we also do the backing vocals for other groups. When groups record their albums in the studio, we do the back-up singing for them.'

We asked Beulah and Phumzile if they had always wanted to be singers. 'I've always known that I would sing,' Beulah said. 'I started singing at primary

Phumzile Ntuli wanted to be a teacher but ended up singing.



Mango Groove's backing singers: Beulah Hashe (left) and Marilyn Nokwe.

school in East London, where I was born. I didn't have any singing lessons. But I used to listen to great singers like Miriam Makeba, Letta Mbulu and Chaka Khan and imitate them. I loved singing, and I still do! It's something I'll do until I die.'

Phumzile is 25. She comes from Durban. 'I didn't think that I would end up singing,' Phumzile said, smiling shyly. 'I've always wanted to be a teacher.'

We asked her why she changed her mind. Phumzile said that she still doesn't know. 'Somebody must have told you that you have a lovely voice,' Beulah said, laughing.

'Maybe you're right,' Phumzile said. 'When I was at high school I used to sing in a gospel

group. My principal told me then that I have a very good voice, and that I should think of making singing my career.'

Beulah, Phumzile and Marilyn met each other when they started doing the backing vocals for Stimela in 1988. Last year the three of them left Stimela and joined Mango Groove. 'I love singing for Mango Groove,' Beulah said. 'Mango Groove plays the old 1950s style of music I love.'

Beulah and Phumzile said that they have a message for Upbeat readers. 'If you think that you are a talented singer or musician, you mustn't be impatient. First concentrate on your schooling. We need educated musicians. Don't be scared. If you are talented, your talent won't run away. Nobody can take it away from you.' ■

WRITERS



Long ago there were two jackrollers called Fikile and Erick in a location called Meadowlands. They used to steal money and groceries.

Drawing and caption by Daniel Ngwenya, Meadowlands

She was grief-stricken!

This happened during the school holidays. My sister had lost her fiance and wrote me a letter asking me to come and stay with her for a while. I had to console her by entertaining her.

I arrived there on a Friday. On Saturday, a young and beautiful lady came to visit. She told us everything she knew about my

sister's fiance, including her affair with him. She told us that he was killed because of his love for her. He was murdered by a certain guy, who was also in love with her.

After she had finished telling us, I just heard a thud as my sister hit the floor and fainted. She was grief-stricken!

Paulus Masemola, Groblersdal

LOVE

Love is a song sung by everyone
Young and old
Rich and poor
Educated and illiterate
Even birds.

Love is a game which is here today
gone tomorrow

Love is a herb or remedy for frustration
Love is like a willow tree which needs to be watered.

Eliza Moqhetsooa, Lesotho

THEY CAME

They came in the early hours
On rainy winter mornings
They came with dogs, guns and batons.
They came
So many times.

They came
To pull the plastic shelters from our heads
plastic sheeted homes –
To beat us till our bodies ached with pain
Set the dogs on us
Tearing flesh from bone.
Bundled into vans and driven off to jail
leaving sick children behind
dying in the deadly soaking rain.

They came with terror in their hearts
to enforce their killing laws.
They will come again in winter –
to take the men and women to jail.
Leaving more children to die in the rain.
Mpumelelo Dingelo, Gugulethu

Death

You have no eyes
And you have no hands
But you can take
Anything you want.
Man or animal you take
Everything lying under the sun
You just take and vanish.

You have no option
You don't discriminate
Rich or poor you take
Though you have no hands
Black or white you take
But you have no hands.
Johannes Skosana, Hammanskraal

Feeling FREE

Inside I became a beautiful silver light
shining through my mind
like a million stars
captured in a small glass jar.
Everything was alive and beautiful
light had entered my mind
I was free.

Anwar Beghardien, Elsies River

Send your poems, drawings
and stories with your name,
age and address, to:

**Upbeat, P.O. Box 11350,
Johannesburg 2000**

**All readers whose
work is published
here
win**

R10

When he gets up in the morning, he says
stretching his arms and legs, 'Oh, what
a terrible morning.' Then he goes to the
back of the house to sit in the sun. When
we say, 'Let's go to the fields,' he says:
'I have got a pain in my back and arms.'
And he lies down.

Then when the mealie meal is ready we
ask: 'What about food? Maybe you will
feel better.' 'Yes, I think so,' he answers
crawling closer and closer to the mealie
meal pot.

Tomas Pedro Rungo, Mozambique

The song of a lazy person

PTSAs

How they work

If you go into most schools today – black or white – it is easy to see who is in charge. The Education Department makes decisions for the principal, the principal for the teachers, and the teachers for the students.

Many people think this is not fair. Parents, teachers and students should all be involved in making decisions about what goes on in school. This would be more democratic. A parent, teacher, student association (PTSA) should be formed. And the PTSA must make sure that everyone works together to solve problems. But how do PTSAs work?

We spoke to Saleem Mowzer. He is the former secretary of the National Education Co-ordinating Committee (NECC) in the Western Cape. Saleem told us how PTSAs are working in Cape Town at the moment.

'We have won a major victory this year. The Department of Education and Training (DET) has said that it will recognise PTSAs,' Saleem told *Upbeat*. For more than four years the NECC has fought to get the DET to recognise PTSAs.

What's a PTSA for?

Saleem explained that the main purpose of the PTSA is to make sure that the school is run democratically. This means that all those at school should have a say in what happens – the principal, teachers, parents and students. The PTSA should decide on the school rules. They must hire and fire teachers. They must also decide what should be taught and how it should be taught. But can a PTSA do all these things?

Tony taught at a high school in Mitchell's Plain. They started a PTSA at their school in 1987. But it fell apart a year later. Tony said that the state of emergency was largely responsible for the PTSA falling apart. But there were other reasons too. Many parents didn't have the time to get involved.

'You must remember that the PTSA was something new,' Tony explained. 'Parents were used to having the principal and teachers

make decisions for them. Discipline was something the teachers and principal had to worry about – not the parents and students.

'Also, many parents don't think that they should get involved in their child's education. Often they are not prepared to attend too many meetings at school. They say they are too busy.'

Can PTSA's really work then if lots of parents don't have time to get involved with their children's education?

To find out more about the role of parents in the PTSA, we spoke to Mr Lekgotho. He is the principal of Orlando West High School in Soweto. There has been a PTSA at his school since 1986.

We asked him whether he thinks parents should have a say in what is taught at school. 'At this stage I think the main duty of the parents is to make sure that their child comes to school every day.'

This school should be run democratically. Therefore students should make rules.

That doesn't sound fair to me.





'Teachers and students must work hard to build PTAs at school,' said Saleem Mowzer.

from the students and three representatives from the parents. Sometimes there are more. Orlando West High School has nine teachers, nine students and nine parents on their committee.

The teachers elect their representatives at a staff meeting. The parents elect their representatives at a parents' meeting. And the students elect theirs at a Students' Representative Council (SRC) meeting.

And what about the principal? Should the principal be part of the PTSA? Or should he pack his bags and leave? Mr Lekgomo told us that he is part of the PTSA at his school. I'm a member of the PTSA,' he said. 'As a headmaster you can't be out of anything that happens at your school.' But he doesn't have any special powers. He cannot make any decision on his own or change any decisions made by the PTSA.

Finally, we asked Saleem a difficult question – can PTAs work? 'That depends on how hard we try to make them work,' he said.

'Now that the DET is prepared to allow PTAs at school, teachers and students must work hard to build them at every school.'

Parents must also check that learning is taking place at school. They must know just how much work is done in the classroom every day,' Mr Lekgomo told us.

How PTAs work

Saleem explained how a PTSA actually works. 'The principal, teachers, students and parents form part of the PTSA,' he said. 'They all attend general PTSA meetings. These meetings are held every second month. Decisions about school rules and what happens at school are made at these meetings.'

But there is also a PTSA committee. They meet more often, about once a month. Their job is to make sure that things run smoothly at school. And if there is a problem, they can call an emergency PTSA meeting.

On this committee there are three representatives from the teachers, three representatives

PTAs are a fairer way of running schools. But there are things that we need to think about.

● How many parents, students and teachers should serve on the PTSA committee?

Students say that there should be more students on the PTSA. They feel that the parents and teachers on the committee sometimes gang up against them.

Others say that there should be more parents on the committee because parents are in the majority. And there are those who say there should be more teachers! Teachers know most about the subject they teach.

● What should the role of parents be?

Some people say that parents don't know much about the school syllabus. How can they therefore decide what should be taught? Others feel that education should not be left in the hands of teachers only.

Parents must also get involved. They must find out what is taught in the classroom. Teachers must pass on what they know to parents. This will help parents feel confident that they too can change education. And knowledge will be passed throughout the community.

Readers, what do you think?
Talk about PTAs in your classroom, with your teachers and friends. Think about the questions that still need answers. And don't forget to send us your views.

No! we must all be involved. We must make decisions together - parents, teachers and students.



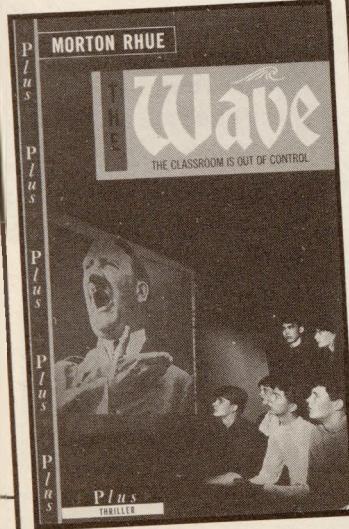
Great books to read

Young people often complain that grown-ups don't understand what teenagers like to read. *Upbeat* received some exciting books and instead of asking grown-ups, we asked four of our readers to read the books and tell us what they thought of them.

The Wave by Morton Rhue; published by Penguin

This book is based on a true life incident at a school in the United States. A teacher, Mr Ben Ross, is teaching his class about Germany during World War 2 and life under Hitler.

He decides to conduct an experiment to show the pupils how power works in practice. He starts a club called 'The Wave' which gets totally out of control. It is very strict and students start to force other students to join.



Tsholofelo Mpaletsebe

I enjoyed the book because it taught me about the history of the Nazis and Hitler. It also shows the danger of what happens when one person has too much power. It should be read by high school students because they have to learn about the history of World War 2. And they should know about the danger of one person having too much power.

The message it has for readers is that they must not follow anyone or anything blindly. You should always try to think for yourself.

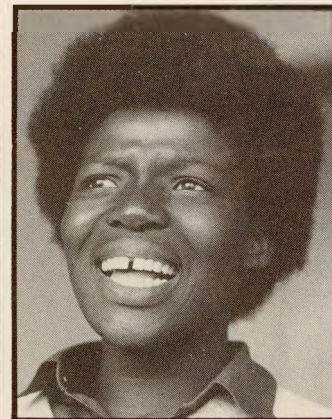
Reviewed by *Tsholofelo Mpaletsebe*

Comfort Herself by Geraldine Kaye, Published by *Magnet*

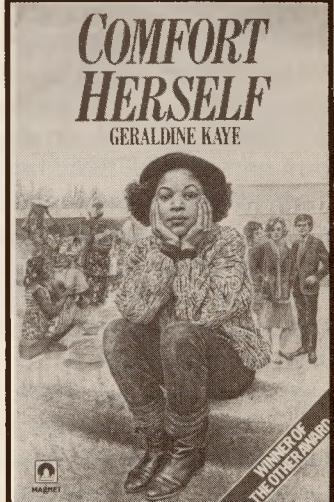
Comfort Herself is a book about a young girl called Comfort. She is living in England when her mother dies. She is very unhappy and has to go and stay with her grandparents in the countryside.

But she doesn't like it and decides to go to Ghana in Africa to stay with her father. Unfortunately her father's new wife, her step-mother, doesn't like her and ill-treats her. I hated Comfort's step-mother.

This book highlights the hardships of losing a



Elizabeth Mothupi



parent and also describes the type of life led by people living in rural areas in Ghana. It also makes one aware of the suffering experienced by children as they try to find happiness.

I enjoyed the book because at the end Comfort gets what she wanted. But the book was quite hard to understand sometimes because the author uses Ghanaian words and other very difficult words.

I would recommend the book for high school students and adults.

Reviewed by *Elizabeth Mothupi*

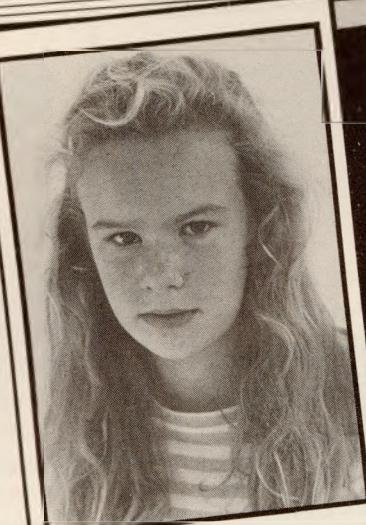
Aunt Becky's Wedding
by J Holkner, Published
by The Women's Press

The story revolves around a poor Australian Jewish family, which consists of a mother, father and two daughters. Annie, aged 11 and her older sister Lily, tell the story of the adventures which their family experience.

Occasionally Uncle Harry and Aunt Olga, (Aunt Becky) come to stay.

The girls' father works at the market selling vegetables, which he is quite happy doing. But his wife would like him to do better for himself so that they can move into the better suburbs. The family have a very simple lifestyle because they are quite poor.

The father is a friendly person who enjoys his simple way of life. The



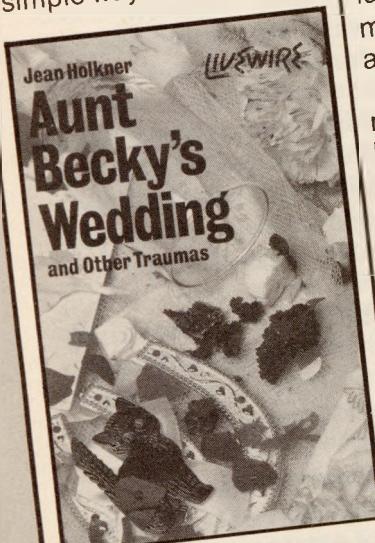
Rebecca Pursell

mother is bossy and often unkind to the girls. She is not a loving type of person and I didn't like her much.

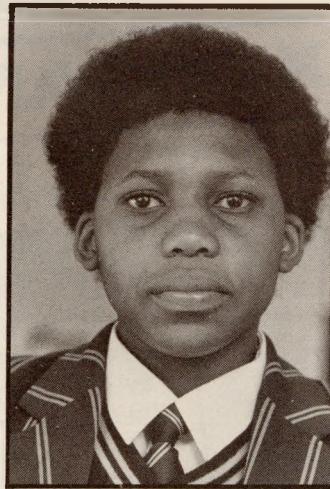
In the book, you get to experience some very happy occasions. For example, the school dance, a Jewish Christmas, Aunt Becky's wedding and a funny incident when their father tries to make musicians out of them, against their will.

The book could be read by either young high school children or older primary school children. It would be easier to understand if you were Jewish. Then you could see the funny parts of some of their traumas and understand some of the very Jewish words used.

Reviewed by Rebecca Pursell



Readers, are you interested in writing a book review for Upbeat? Teachers, would you like your class to read books and do reviews? If we print your review, you



Keke Mosieleng

Edith Jackson by Rosa Guy, published by Puffin Plus

This book is about a 17-year-old black orphan called Edith Jackson who lives in the United States. She has to look after her three younger sisters.

All Edith wants to do is leave school and work in a factory so that she can support her sisters. Mrs Bates, a retired black lawyer who was also an orphan, doesn't want Edith to do this. She wants Edith to make something of her life.

Everything goes wrong when the girls are separated because the orphanage can't find parents to look after four

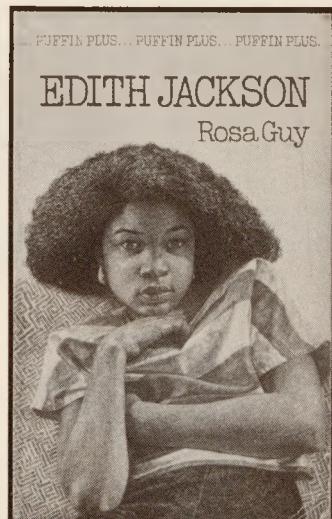
girls. Things get worse and worse, especially when Edith falls in love with Mrs Bates' nephew, James. He is not a nice person at all.

By the end of the book, Edith has had a very hard time, but she has grown up and realised her own strength in life.

I enjoyed the book because it makes a person realise that whatever colour you are, you have a right to make your own choices. But the book was not so easy to read because it has a lot of American slang.

I think everyone should read this book, especially students.

Reviewed by Keke Mosieleng



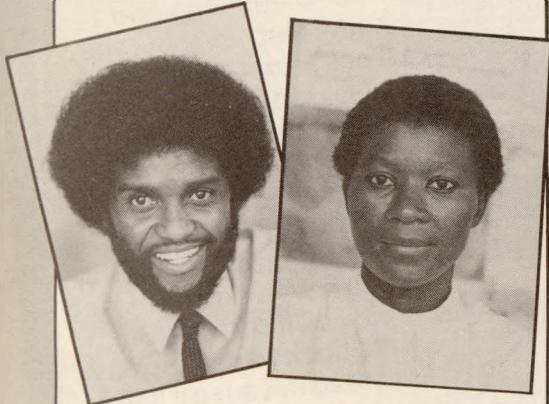
can keep the book afterwards. And we will send you R25. If you are interested write to: Upbeat Book Reviews P O Box 11350 Johannesburg 2000

GROWING UP

FEMALE

SEX ORGANS

Hi, our names are Buti and Nombeko. This is part three in our series 'Growing Up'.



In the last issue we talked about all the changes that take place in your body when you are a teenager.

The growth and development of the sex organs is really the most important change of adolescence. It is what makes it possible for you to have children, if you want to. In this issue we are going to talk about the changes that happen inside girls' bodies.

In girls the ovaries mature, and eggs in the ovaries begin to ripen.

The vagina grows. And most importantly, your periods start. Ovaries? Eggs? Periods? Don't panic! We will explain. But first we want to tell you a little bit about the sex organs so that you know how everything fits together. Some of the organs are external (outside your body). And some of them are inside your body (internal).

Female sex organs

A girl has three openings between her legs. The one nearest the back is the *anus*. This is the hole where the waste leaves your body when you go to the toilet. The one nearest the front is the *urinary opening*. This is the opening of the *urethra*, the tube which leads from your bladder to the outside of your body. This is where urine comes out.

The hole in the middle is the opening to your *vagina*. The vagina is a tube which leads to your internal sex organs. It is where the blood comes out when you have a period. It is where the penis fits during sex. And it is where babies leave the body when born. The vagina grows and stretches during puberty.

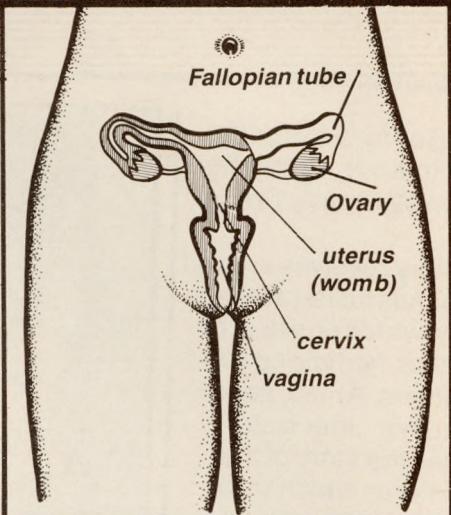


Illustration by William Steyn

Let's now look at the internal sex organs. Here's a diagram of the inside of a woman. It shows all the parts that are concerned with having babies, in other words the sex organs. You cannot feel them. The only part you can feel is the vagina, because it is just between your legs. Don't worry too much about all the strange names. You won't need to use them every day!

Vagina - the passage which leads from the uterus (womb) to the outside of the body. It is about 10cm long.

Cervix - this is often called the neck of the womb. A narrow passageway about 2mm wide runs through the cervix. It connects the uterus and vagina.

The ovaries - you have got two of these, one on each side of the body. This is where thousands of tiny egg cells are kept. The eggs are called ova. One egg is an *ovum*.

Fallopian tube - the 'road' along which each separate ovum (egg) will travel to the womb. It is a tube about 12cm long and no thicker than a pencil.

Uterus - usually called the womb. It is normally about the size and shape of a pear turned upside down. If you have a baby this is where she lives for nine months until she is born.

What is a period?

Starting to have periods is a very important change for girls. Doctors call it *menstruation*.

Menstruation can start any time between the age of 9 and 18, but

the most usual time is about a year after your breasts have begun to develop. Often your first period comes without any warning. You could be at school or at a party. You could wake up one morning and find some blood between your legs. Just like that! And if you don't know what is happening, it can be very frightening.

But there is nothing to be scared of. Periods aren't dirty or bad or dangerous. They are a bit of a nuisance! But they are quite normal and natural. Starting your period is a sign that you are becoming a woman.

This is what happens. About once a month one of the ovaries releases an egg cell or ovum into the fallopian tube nearest to the ovary. The egg travels towards the uterus. If it meets any male sperm to fertilise it, it becomes a living cell which could grow into a baby.

This living egg ends up in the uterus where it lives for nine months. Here it grows and develops into a baby. Otherwise most of the time the ovum breaks up and dies within twenty-four hours.

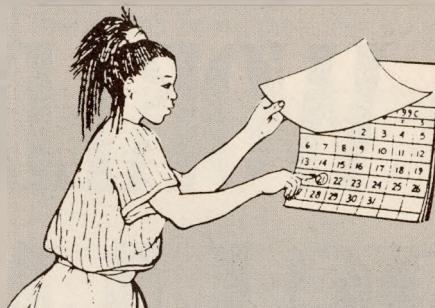
While the ovum is on its way, the uterus is busy growing a soft lining on its walls. The lining of the uterus gets thicker with extra blood and all the things that are needed to care for and feed a developing baby. It is a bit like preparing a nest. Every time an egg cell is released, the uterus gets ready in case a baby is on the way. But of course most of the time you haven't got a baby growing inside you. But your body gets prepared, just in case.

So what happens to the lining of the uterus when it is not needed for a growing baby? Well, because it has no further use, it has to be sent out of the uterus. The blood which is part of the lining becomes

thin. The lining detaches itself and flows out through your vagina. This is called menstruating.

How often do periods happen?

Women usually have a period once every four weeks (28 days). It can vary though from about 20 days to 35 days from woman to woman and even in the same woman from month to month. It usually lasts from 2 to about 8 days. The average is about 4 days.



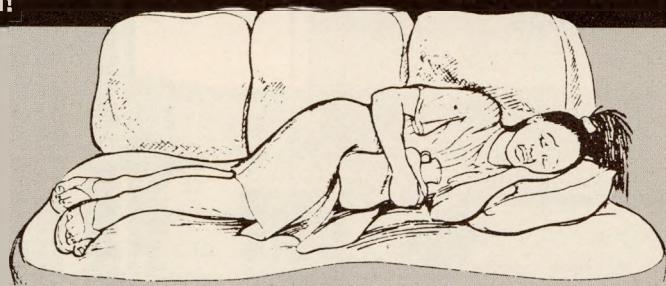
Periods are often not regular in the first few years. Don't worry, they will settle eventually.

Funny stories

There are many funny stories about what you can and can't do during a period. Stories like you mustn't wash your hair, have a bath, or talk to boys aren't true. You can do whatever you normally do and whatever feels comfortable. Menstruation is not an illness.

You can either use sanitary towels or tampons to absorb menstrual blood. Towels soak up the blood as it leaves your body from the vaginal opening. Tampons fit right inside the vagina and catch it before it leaves your body.

I feel awful!



Many women get a pain or cramp in their tummy at the start of a period. If it is bad, you may need to take a pill. Or lie down with a hot water bottle. Just before their period starts, some women suffer from a swollen tummy or breasts, pimples or tiredness. Others feel cross or sad for no reason. There are no cures for these things. They are probably caused by hormones. But talk to your friend, mother or doctor. Maybe they can give you some tips.

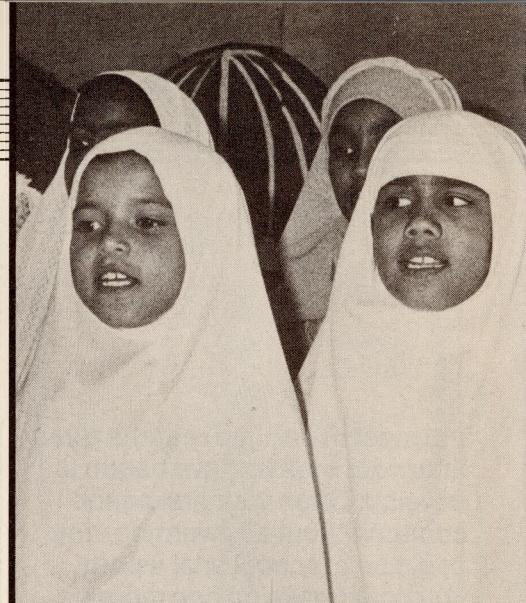
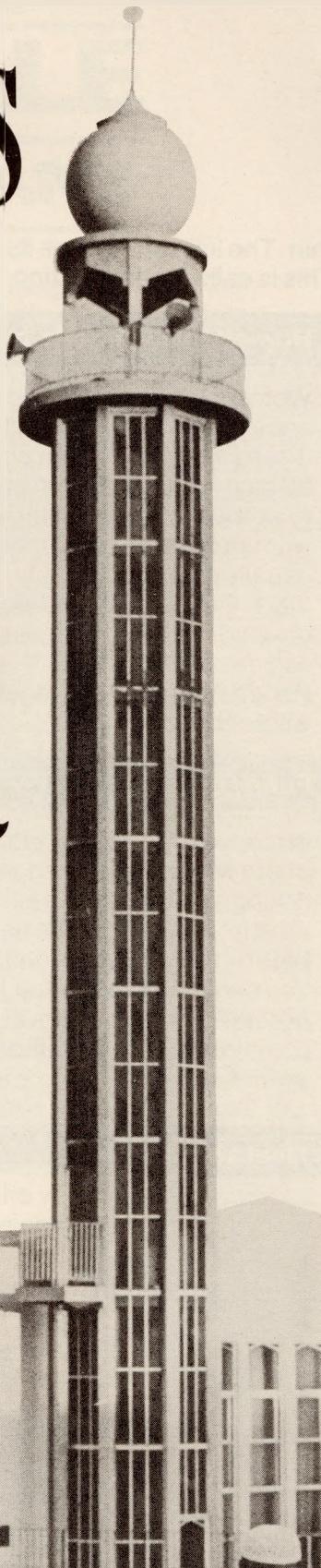
Remember, write to us if there are any questions you want answered. ■

Write to:
Nombeko or Buti
Upbeat
Box 11350
Johannesburg
2000

Next issue we will tell you about
the development of male sex
organs.

RELIGIONS OF THE WORLD ISLAM

One day, Thembeka woke up early to learn for a history test. While she was working, she heard a strange sound coming from outside. A lone voice rang out over the rooftops.



Later that day, she told her teacher what she had heard. The teacher said it was the imam praying at the mosque. Thembeka was very confused. She had never heard of an imam or a mosque, and nor had the rest of the class. The teacher said it was important to know and understand different religions. So he arranged to visit a mosque.

Before they went, the teacher told Thembeka's class what a mosque and an imam were. He said that people who believe in the faith of Islam, worship their god in a mosque. The imam teaches them about their god and leads the people in worship. When he sings, the imam is calling people to prayer. He is singing 'God is great. Come to prayer.' He sings in Arabic.

People who believe in this faith are called Muslims. Muslim means 'someone who is completely obedient to God'.

Muslim boys outside a mosque on the first day of Ramadan, the Muslim holy month.





Muslim girls performing a play about the duties of a Muslim towards a neighbour.

The day for the visit arrived and the class was very excited. When they got to the mosque they saw that it was very beautiful. Outside were tall towers with little windows. At the entrance everyone was asked to take off their shoes before they went inside. Inside the pillars and walls were decorated with beautiful patterns and designs.

Then their teacher introduced them to the imam. He was wearing a long white robe. Everyone sat cross-legged on the floor, and he started to tell them about Islam.

'Muslim people believe in a god called Allah. They believe that Allah is the most powerful of all. He knows everything and can see everything,' he said. 'Muslims also believe in angels, and the chief angel is Gabriel. There is also an evil angel, who fights against Allah. His name is Shaitan.'

Muhammad and Mecca

The children listened while the imam took them far back in history to the early days of Islam. 'The most important prophet in Islam is Muhammad,' he said. 'Muhammad was born in Mecca in Arabia about 1 400 years ago.'

'One night he was alone on the Hira mountains. He said that the angel Gabriel came down to him and told him to recite messages from Allah. And from this day onwards, Muhammed spread the message of Allah.'

'Muhammad told the people of Mecca that all people are equal. No one should have slaves. He also said that they should worship only one god, Allah.'

'Many people didn't like what Muhammad said. These people kept slaves and worshipped idols. Some wanted to kill him. After a number of battles and wars, Muhammad defeated his enemies. He died at the age of 65 and since then, Islam has spread over most parts of the world.'

The Quran

The imam then got up and went to fetch a book from a bookcase. He showed it to the students. It was a big book with a green cover. 'This is the holy book of the Muslims – it is called the Quran. In the Quran there are 114 chapters called suras. Every Muslim knows at least the first sura and there are many Muslims who know the whole Quran off by heart,' he said smiling. The children stared at the large book in disbelief.

Five pillars of faith

'To be a Muslim there are five things you have to do. These are called the five pillars of Islam. First of all, the believer must say in public: "There is no god but Allah and Muhammad is his prophet." Secondly, a Muslim has to pray five times a day. This is usually done with other Muslims.'

'The third pillar of Islam is giving money to the poor. This is called paying zakat. Fourthly, Muslims have to fast during Ramadan. This means that during the day, Muslims may not eat or drink anything. They may only eat after the sun has set. Ramadan lasts for a month every year.'

Lastly, every Muslim must make

at least one trip to Mecca, the holiest city in the world for Muslims all over the world.

As the students put on their shoes and walked out of the mosque, they were silent. Hearing about another religion had made them think about their own beliefs. ■

History of Muslims in South Africa

The first Muslims arrived in South Africa with the Dutch after 1652. They were brought across in the Dutch ships as slaves and servants. They came from places near India like Indonesia, Macassar and the Malabar Coast. Their life in the Cape was hard. They weren't allowed to practise their religion or go to school. So they worshipped in secret. Some even ran their own schools.

The Muslim community in Cape Town was only allowed to build its first mosque in 1795. It was the first mosque built in southern Africa and it is still standing today.

The second group of Muslims to arrive in South Africa were from India. They came around 1860. Most of them were brought to Natal to work on the sugar plantations. Some came not to work as labourers, but to set up businesses.

Today there are over 500 000 Muslims living in South Africa.

In the 1950s, when 'coloureds' were removed from the voters roll, Muslims became more actively involved in politics. A number of organisations like the Cape Town Youth Movement started. In 1961 the Muslim Judicial Council declared that apartheid was against the word of God.

Ever since then Muslims have been very active in fighting against apartheid. And it is the youth who have been most active.

PENPALS

Overseas

8 rue du Petit Kerzu, 29200 Brest, FRANCE

Dear Upbeat,

My name is Catherine and I'm a French girl. I would like to correspond with boys and girls of 11-15. I like sports, pop music, travelling, laughing and animals. I speak French, English and Spanish.
Catherine Poupon

1 Avenue de Maurepas, 78310 Coignieres, FRANCE

Dear Upbeat,

I am a young French boy of 17. I'd like to become your penfriend. If you are between 16 and 20, you can write to me. I am fond of music, dancing and sports, especially handball and table tennis. I am waiting for your letters!
Mimoun Aziz

2 impasse de l' humanite, 10300 ste Savine, FRANCE

Dear Upbeat,

My name is Jennifer. I am 16 and I would like to communicate with a boy or girl from South Africa because I like the country very much. Please write soon.
Jennifer Bailleul

An der Markuskirche 11, 4442 Salzbergen, WEST GERMANY

Dear Upbeat,

I am Maike, a 15-year-old girl. I would like to write to a South African teenager. I love animals, especially horses and ponies. I also like sport and music.
Maike Bott

Ludwig von Vincke Str 2, 4840 Rheda, WEST GERMANY

Dear Upbeat,

My name is Thies and I am 16. I hope to get a girl or boy penfriend from South Africa. I will be very happy if there is somebody who is interested in writing me a letter.
Thies Langmaack

Africa

West Aicedale, Box 28, Beatrice, ZIMBABWE

Dear Upbeat,

I am a girl of 16. I am searching for penfriends from all over the world, but especially Durban and Johannesburg. I like outdoor activities, going to the movies and watching TV. I also like reading letters, comics, novels and love stories. Boys and girls of 15 and older can write to me. I promise to reply to each and every letter I receive.
Chypo T'Surow

Cape

33 Old Nectar Way, Westridge, Mitchells Plain 7785

Dear Upbeat,

My name is Janine. I am 13 and in Std 5. My hobbies are reading, going to church, tennis and playing the piano. I would love to correspond with boys and girls of all ages. I promise to answer all letters I receive. Please write soon. I would prefer English letters.
Janine Dietrich

37 Ebony Street, Sanctor, Port Elizabeth 6020

Dear Upbeat,

I am a girl of 18 who loves playing tennis, going out with friends and dancing. Boys of 18-22 can write to me. Letters may be written in English or Afrikaans. Photos are welcome.
Eulalia Sauls

21 Matroos Square, Factreton 7405

Dear Upbeat,

I am an 18-year-old boy. I am in Std 9 at Windermere Secondary School. I would like to correspond with all those interested in gymnastics.
Jonathan Philander

52 L Street, Grahamstown 6140

Dear Upbeat,

I am a girl looking for penpals from all over the world. I would like to correspond with boys and girls of 18-22. My hobbies are reading, listening to music and writing letters. My favourite singers are Dolly Parton, Jennifer Rush, George Michael and Stimela. I promise to reply to all letters written in English or Afrikaans. Photos will be appreciated.
Tiny January

Natal

Inanda Seminary, P O Box 43168, Inanda 4310

Dear Upbeat,

I am a girl of 15 doing Std 9. I would like to correspond with girls and boys of 15-18. My hobbies are playing tennis, reading novels and watching TV. I promise to reply to all letters written in English.
Phumelele Pinkie Ndimande

Kwa-Maqwaza School, P O Box 432, Melmoth 3835

Dear Upbeat,

I am a boy of 16 doing Std 9 at Kwa-Maqwaza High School. I would like to write to boys and girls of my age. My hobbies are dancing, playing soccer, listening to music and watching TV. Letters may be written in Zulu or English.
Tsaman Mluketsi Maqwaza

Transvaal

11008 Mampuru Street, Orlando West Ext, P O Orlando 1804

Dear Upbeat,

I am a girl of 12 doing Std 4 at Dube Higher Primary School. I would like to correspond with girls and boys of 11-14. My hobbies are reading, drawing, singing, writing, dancing and modelling. My favourite subjects are Zulu, English, General Science and Maths. I promise to reply to all letters written in English or Zulu.
Veronica Mandisa Qubeka

201 Adam Street, Tlhabane 0305

Dear Upbeat,

I am a girl of 17. I am doing Std 8 at Rauwane Secondary School. I would like to correspond with boys and girls of 16-20. My hobbies are reading magazines and listening to reggae music. Letters must be written in English or Tswana. Photos are welcome.
Lindah Poane Mpho

110 Mavimbela Section, P O Katlehong 1832

Dear Upbeat,

I am a boy of 17. I would like to write to boys and girls of 15-20. My hobbies are music, football, boxing, going to the movies and reading. I would like letters to be written in English, Zulu or Xhosa. I promise to reply to all letters.
Ovano Danko

P O Box 355, Boleu, Tafelkop 0474

Dear Upbeat,

I am a guy of 19 doing Std 9. I would like to correspond with girls of 15-21. My hobbies are listening to music, watching TV, acting and going to church. My favourite singers are Gregory Abbott, George Michael and Kenny Rogers. My home language is Northern Sotho, but you can also write to me in English or Tswana. Photos will be welcomed.
John Paile

21 Malagiet Crest, Ennerdale Ext 5 1825

Dear Upbeat,

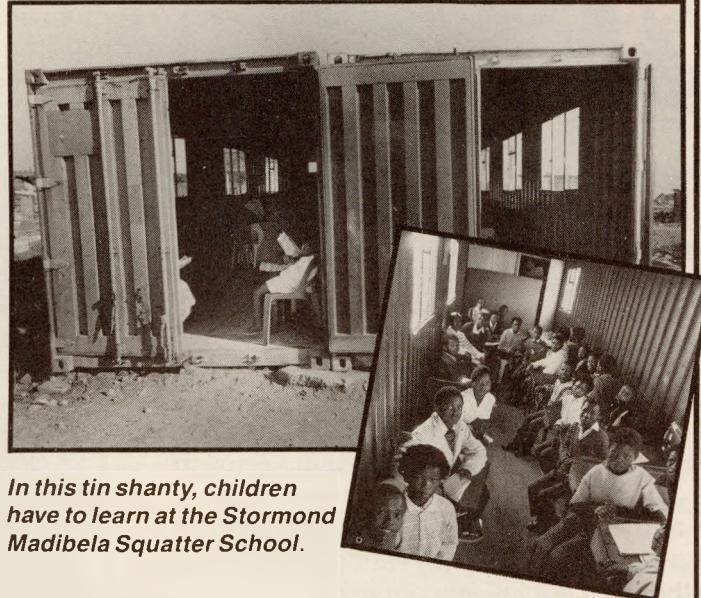
I am a girl of 15 doing Std 7. I'm interested in having penpals from all around the world. My hobbies are dancing, music, writing letters, watching TV and going out. Photos are welcome. Please write in English only.
Nashireen Crawage

CAPE SQUATTER SCHOOLS

The squatter community schools of Nyanga, Crossroads and Khayelitsha in Cape Town struggle to keep going. For more than three years the Department of Education and Training (DET) have refused to pay for the running of their schools. So the communities have had to use their own money to keep the schools running.

But people don't have much money. They can't pay the teachers, buy textbooks and equipment for the schools. More than a hundred students are crammed into one classroom. There are no blackboards. Teachers must write on the walls.

In March this year the NECC and parents



In this tin shanty, children have to learn at the Stormond Madibela Squatter School.

from the squatter communities met with the DET. The parents told the DET that it is the government's responsibility to educate children. And that is why the DET must register the squatter schools. They must also pay

teachers' salaries and see to the running of the schools. And, for the first time in three years, the DET said that they'll think about it.

Upbeat hopes that the communities' fight for a decent education will soon be won.

HAP

The Human Awareness Programme (HAP) offer training, publications and consultation to organisations working for change. If you would like to find out more about HAP publications, write to

HAP
P O Box 95134
Grant Park
2051

or phone: (011) 640 3126.



Exciting Youth Club

by Bhuti Mthimunye

The Trinity Youth Club is in KwaPhaale, Siyabuswe in Kwa-Ndebele. The club members are between the ages of 11-25. Most of us are students. Our club specialises in many sporting activities like soccer, netball and

boxing. But we also have drama, music and traditional dancing.

The club's office is at the higher primary school in the area — Sizamakwetu. On 4 April this year the club celebrated its birthday. So we invited the community to a show.

The entrance fee was 40c. More than 300 people attended. The hall was packed. All the club members took part. But the star of the show was Sprite Mahlangu.

He had the audience laughing loudly when he told his jokes. After that the drama 'Forget about me' started. Again Sprite

Mahlangu had everyone laughing. He had the audience laughing the minute he entered the stage.

At the end of the show, the audience didn't go home. They stood outside chanting, 'Sprite, Sprite, Sprite!' Everyone thanked him for his funny performance. Trinity Youth Club members would like to meet people from all over the country. You can write to us at:

Trinity Youth Club
P O Box 498
Siyabuswe
0472

Bhuti Eljah Mthimunye is a member of the Trinity Club. Thanks for your great story Bhuti! Readers, you too can have your stories published. Send us news about what is happening in your school or community. If we publish your story, we'll send you R25. Send it to: Upbeat Newsdesk P O Box 11350 Johannesburg 2000

The brilliant Barnes

By John Perlman

John Barnes moves with the ball. He hears the sound of a defender's boots running behind him. He knows there is a good chance he is going to be rough tackled. His opponents are out to get him.

Barnes plays for Liverpool and he plays for England. If you have been lucky enough to watch the brilliant Barnes on television, you will have seen two things.

The first is that Barnes often gets tripped, kicked and pulled by defenders who know no other way to stop him. The second is that he never complains about it. He never lets the rough play take his mind off his mission — which is scoring goals.

Barnes has always been a player with a cool head. And as a black man playing in England, he has needed it.

Coming to England

Barnes was born on the West Indian island of Jamaica in 1963. His father was a senior officer in the Jamaican army. When John was 13, his father was sent to England to work in the Jamaican embassy.

England was a wonderful place for a young boy with a burning love of football. John played for a number of teams. His excellent playing caught the eye of some top clubs. And when he was 16, second division Watford signed him on. By the time he was 20, Watford were in the first division and Barnes had been picked to play for England. But his climb to the top had not been easy.

Racism in soccer

Black people are in the minority in England. But more and more black players are becoming good soccer players. Before Barnes players like Viv Anderson, a brilliant fullback, Luther Blissett and Cyril Regis, both powerful strikers, had forced their way into the England team.

But there were some English people who didn't like blacks playing in British soccer teams. Black players, including Barnes, had played games for England.

And during the match their own supporters had booed them every time they got the ball.

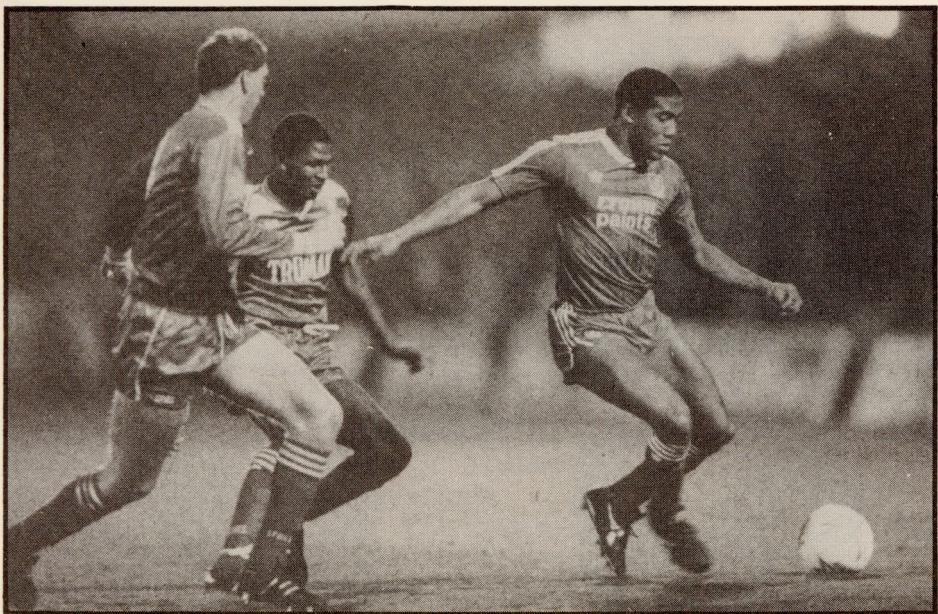
It was even worse playing against certain clubs. One of the worst teams for a black player to play against was Liverpool, where the crowds were always huge. It was hard to ignore the racism. Many supporters booed them and chanted things like 'kill the nigger'.

It was hard to understand this racism in Liverpool. The city of Liverpool had Britain's oldest community of black people. In the 19 century, Liverpool was Britain's busiest seaport, especially for slaves who were on their way from Africa to the United States.



John Barnes — his climb to the top has not always been easy





Barnes cleverly outwits two Wimbledon defenders.

Some of those slaves settled in Liverpool. But the black community never had much to do with the city's soccer team. Only one black player ever played for the club, and not for long. And you never saw many black faces among the fans.

Liverpool leads

In 1987 Barnes decided that he no longer wanted to play for Watford. And Liverpool was the last place anyone expected him to go to.

Barnes had made his name at Watford, but he was not very happy there. He didn't like the way the team played. His special skill was running with the ball and the ball wasn't getting to him enough. It was this special skill which made the Liverpool manager, Kenny Dalglish, decide he wanted Barnes.

Dalglish had no patience with racism. He had no time for the old prejudices of his club. He had only one standard for judging a player – can he play soccer?

Barnes answered that question in his first game in front of the Liverpool fans. He scored two brilliant goals. And he played that way for the rest of the season too. That year Liverpool won the league title and Barnes was chosen footballer of the year.

But more important than that, Barnes changed one of Liverpool's oldest and ugliest habits. The booing of black players stopped soon after he arrived.

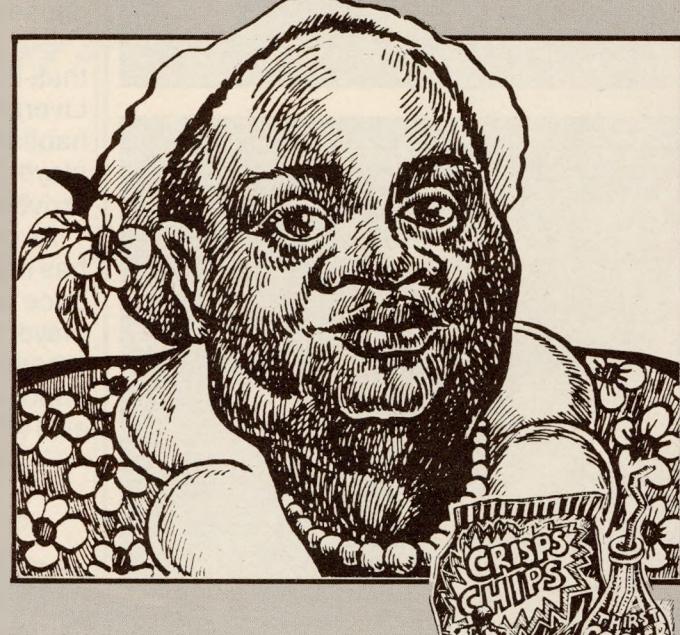
As one supporter said: 'Barnes has made people realise that once you've accepted a black player you can't go hooting (boozing) another one ... it's impolite to John to boo someone else who's black.' ■

Would you like to know more about John Barnes? Read a book called 'Out of his skin – The John Barnes Phenomenon'. It is written by Dave Hill and published by Faber and Faber.

What you eat quiz

Your body is like an engine. It needs fuel to keep going. Food is the body's fuel. The foods you eat make your body work properly. Try this quiz to see if you're eating the foods which your body needs.

1. A healthy diet contains
 - a. vegetables, fruit, meat, milk
 - b. lots of meat, fat, alcohol, bread
 - c. cold drinks, chips, chocolates.
2. Healthy eating means
 - a. not eating any sugar
 - b. having three meals a day
 - c. skipping breakfast and lunch.
3. For good, strong teeth and bones your body needs calcium. Calcium is in
 - a. cheese, milk, yoghurt, parsley
 - b. beans, raisins, meat, bread
 - c. nuts, dried fruit, vegetables.
4. Proteins help your body grow. They make your skin, hair and bones stay strong and healthy. They also help you remember better. The following foods are rich in protein:
 - a. milk and chocolates
 - b. fruit and nuts
 - c. milk, eggs, fish.



5. Fibre is sometimes called 'nature's broom'. It helps to sweep waste products through the body and get rid of them. People who eat lots of fibre don't suffer from constipation or appendicitis. The following foods are rich in fibre:
 - a. meat, chicken, white bread, fats, ice cream
 - b. fruit, vegetables, dried beans, brown bread
 - c. peanuts, white bread, rice, sweets, yoghurt.
6. Your body needs water to work properly. Every day you should try to drink about
 - a. 6 glasses of water
 - b. 2 glasses of water
 - c. 20 glasses of water.
7. Very fat people are more likely to suffer from
 - a. dizzy spells
 - b. pains in the legs
 - c. heart attacks.

Answers:
1.a, 2.b, 3.a,
4.c, 5.b, 6.a, 7.c.

Carbon dioxide is the gas that puts fizz into cokes, fantas and other cold drinks. It is also one of the most important gases in the atmosphere around the Earth.

When the sun's energy strikes the atmosphere, a lot of the heat bounces back into space. But carbon dioxide (CO₂) stops some of the energy escaping and helps to warm the surface of the Earth. This is known as the 'greenhouse effect'. If it wasn't for CO₂, nights would be bitterly cold.

But in the last 150 years, there has been more and more CO₂ collecting in the atmosphere. Scientists are now worried that if this continues, the extra CO₂ will trap more and more energy from the

Is the world warming up?

sun. And the Earth will begin to get warmer and warmer.

Why is there so much CO₂ in the atmosphere? Well, it's our fault. Whenever fuel like coal, wood, gas or oil is burnt, CO₂ is released into the air. And over the last 150 years people have burnt more and more fuel each year. We use this fuel to run our factories, drive cars and trucks, to keep us warm and to cook our food.

Many scientists now believe that if we continue to burn so much fuel, by the year

2025 the temperature of the earth will be three degrees higher. And the year 2025 is only 35 years away!

Three degrees does not sound like very much. But it is. Just three degrees could make a very big difference. There could be terrible droughts in many parts of the world. People would have to leave towns and cities as the land gets hotter and drier. Water would run out. Lots of food wouldn't grow on the hot earth. And millions of people could starve to death.

Much of the ice at the North and South Pole could melt. This water would run into the oceans. The level of the sea could go up by as much as seven metres. This would mean that cities like Cape Town and Durban would be flooded.

How can we stop this?

One solution to this problem is for people to stop burning so much fuel. But this is not so easy. How can we tell a family that burns coal to keep warm in winter, to stop? How can we tell families to stop using wood to cook their food?

But there are some things that people can do. We should try to use public transport instead of our own cars. The rain forests must be saved from destruction. Forests act like the lungs of the earth – they suck up CO₂. We must keep the oceans clean of pollution; the ocean also 'mops up' CO₂.

Make sure you know all the facts and tell your family and friends. Spread the word that we must all try in little ways to stop the earth from heating up! ■



All the fuel that factories burn, is heating up the earth.

Working with friends can be lots of fun. It is a great way of sharing ideas and information. But how can you get the most out of learning with others? Read on and find out.

In any subject the first question is: What do you want to learn? Do you need to learn only enough to pass the exams? Or do you want to find out all you can about the subject?

The next step is to plan a programme. When you plan your learning programme, these are some of the questions you must answer: How much work do you want to cover? How long do you want to take to cover this work? How often will your learning group meet? How much will you do at each meeting?

You may decide that your group will meet twice a week. You want to cover one section in four weeks. So you could divide the section into eight parts and plan to cover one part at each meeting. Or you might decide to divide the section into six parts and to use two of the meetings to test yourselves.

It is very important that you stick to your plan. Otherwise you will not get through all the work you have to do.

A plan is like a map. When you go on a trip you use a map to get to where you want to go. But you still have to decide how to get there. Will you use a car, a train

Working together

Part 5

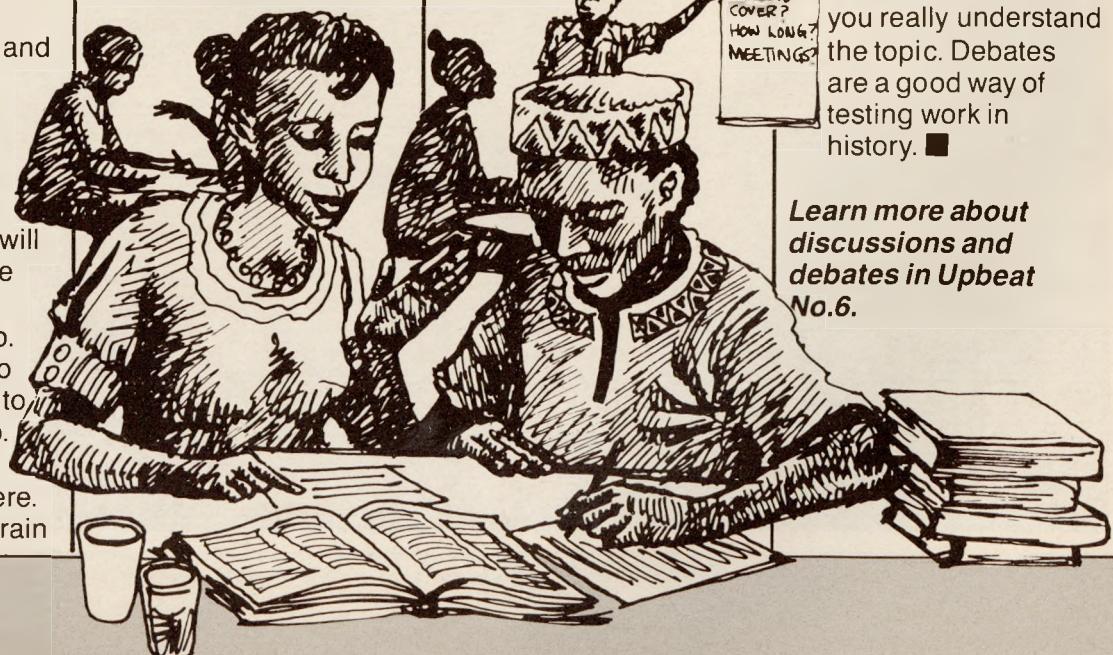
Ways to learn

or an aeroplane? So the next step is to decide what methods you will use to make your plan work. Here are a few ideas.

Ways of learning

- Everyone reads the same chapter at home and one person presents a summary to the group. Then after the summary has been presented, you talk about what you have read. Do you agree with the summary? Do you want to add anything? Discuss things that people still don't understand.

- Different people in the group read different books and articles about the topic. Everyone writes a summary of what they have read and reads it to the group. Then the group discusses the topic and the different ideas people have presented in their summaries.
- Ask a teacher, another student or parent, who knows a topic well, to come and give a talk to the group. Remember you will get the most out of the talk, if you do some reading first.



Part of learning together is testing how well each person in the group is learning. Here are some ideas for testing yourselves.

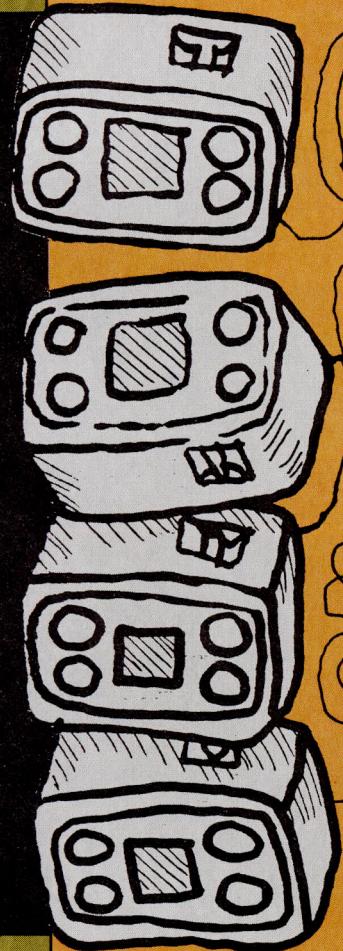
Testing

- One or two people in the group prepare a quiz on the work you have done. Afterwards you all mark the quiz together. This way you can check whether everyone understands the work. So, for example if everyone gets the answer to question two wrong, then maybe you need to look at that section of work again.
- Get hold of an old exam paper. Everyone tries to answer it before the meeting. Then go through the answers together.
- Have a debate. You can do this by dividing your learning group into two teams. Or you can ask another group to debate with you. If you can argue a point well in a debate, it means that you really understand the topic. Debates are a good way of testing work in history. ■

Learn more about discussions and debates in *Upbeat* No. 6.

Check your answers on Page 31

A
B
C
D



Tangled group

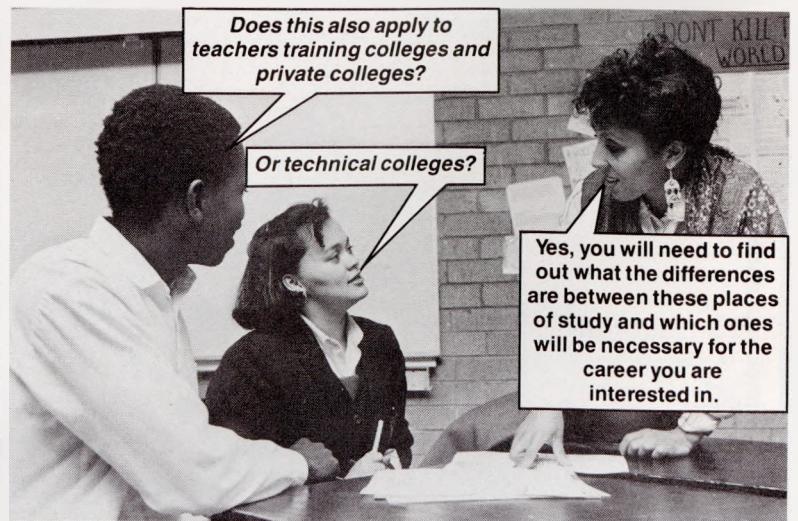
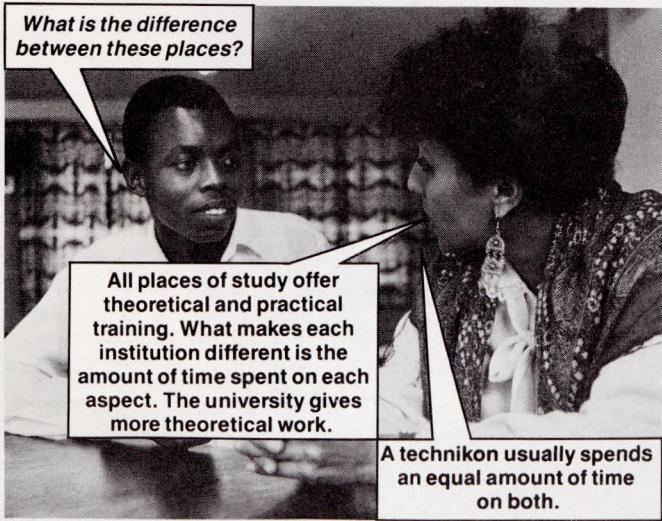
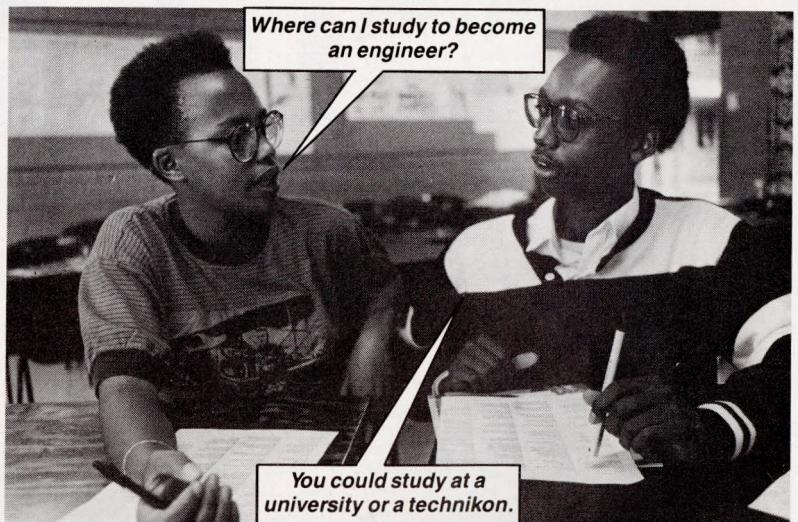
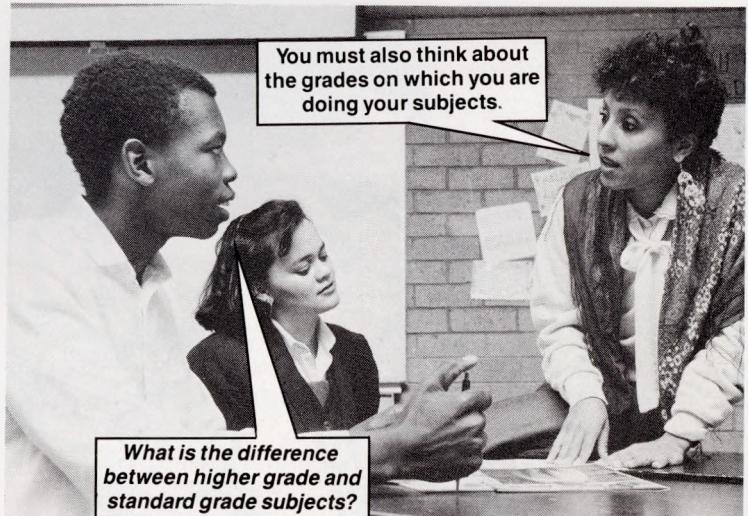
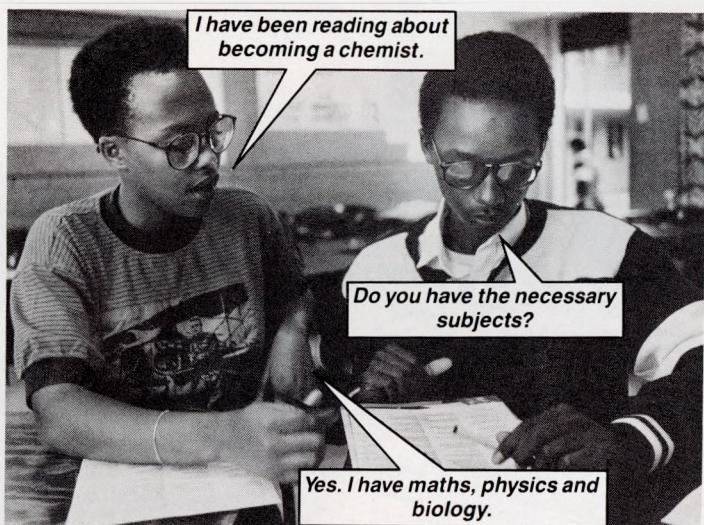
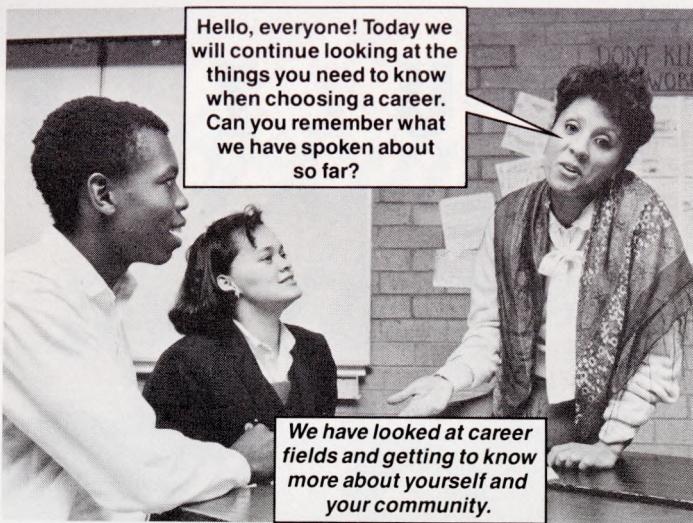
Can you sort out which guitar
is plugged into each amplifier?

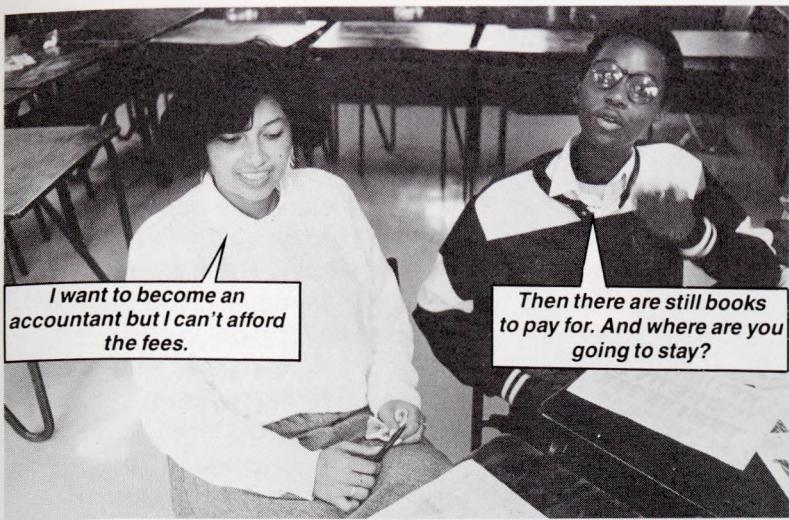


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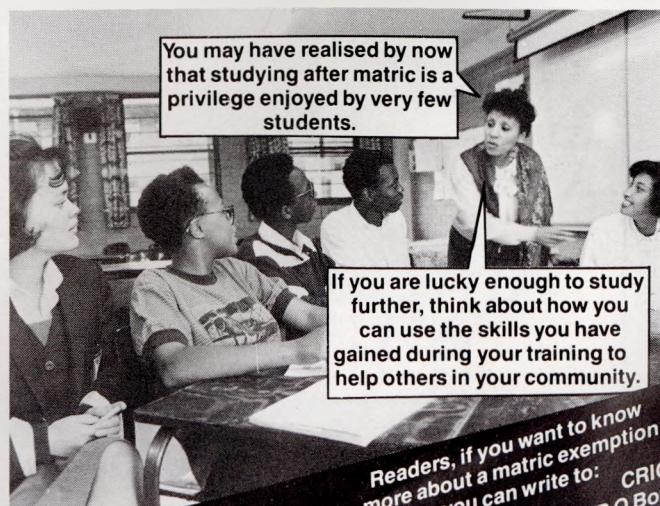
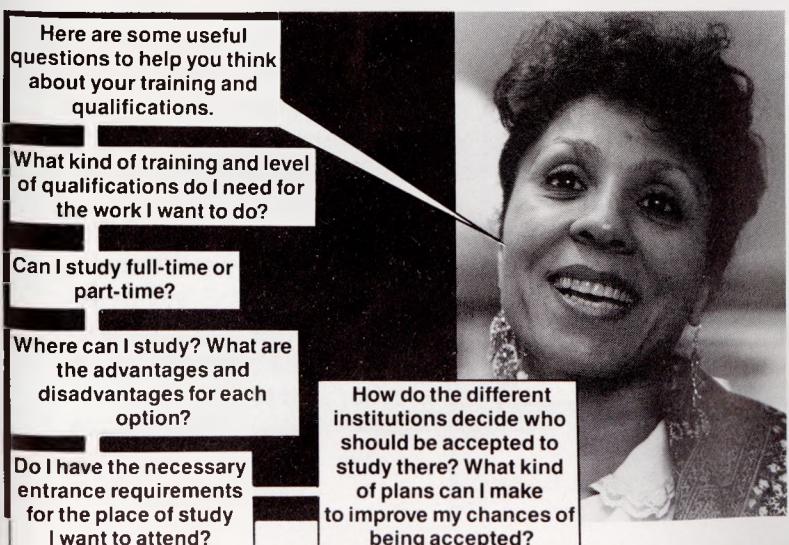
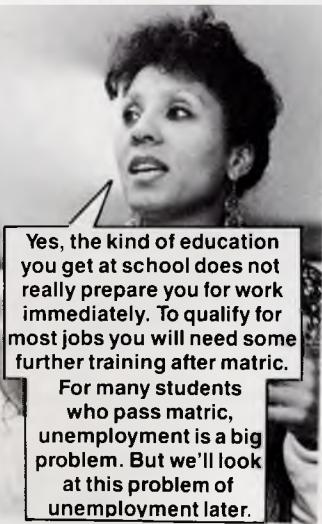
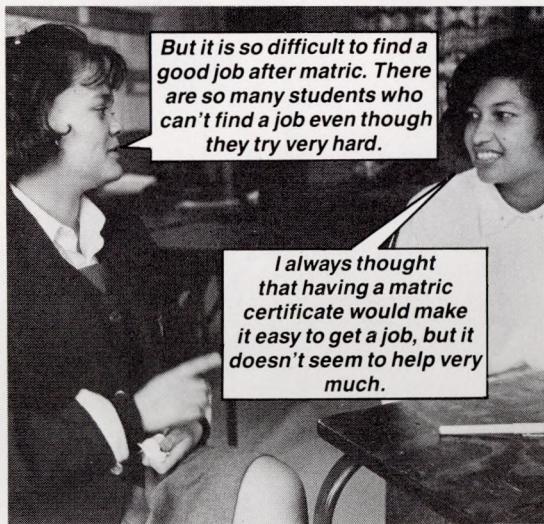
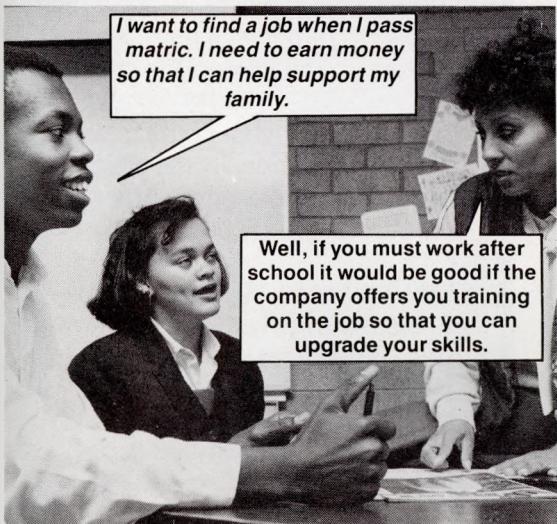
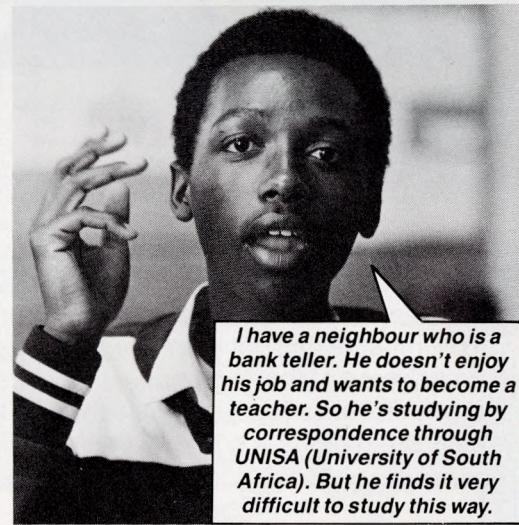
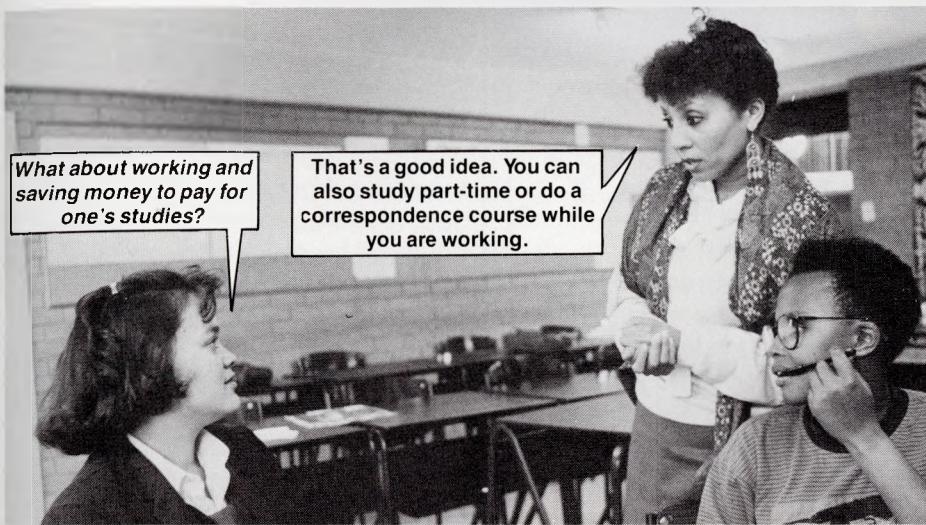
CHOOSING A CAREER

Elaine Mohammed is a career guidance teacher. Join her classes and find out all you need to know about choosing a career.





Many students have this problem, especially when studying full-time. But you can apply for bursaries and loans.



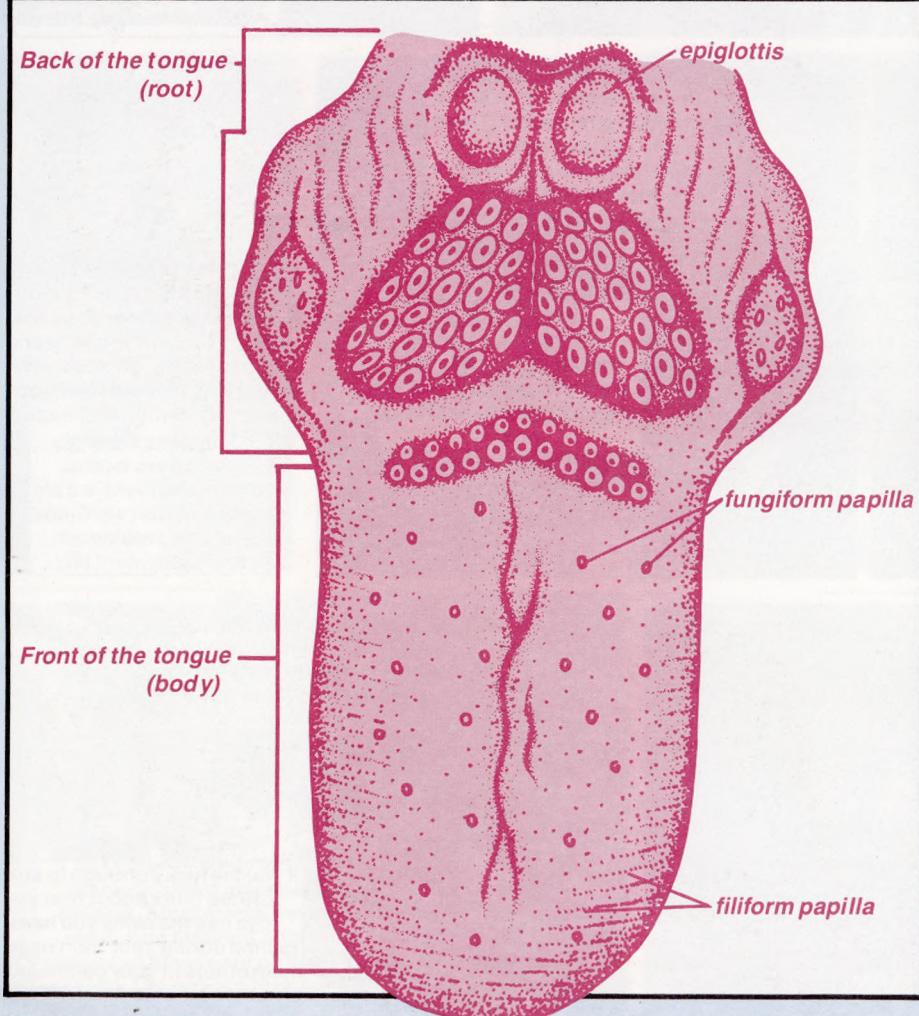
The tasting tongue

I know someone who loves the sour taste of lemons. Not me! I love the sweet taste of chocolate ice-cream. Whatever your favourite taste, it's your tongue that helps you decide. Read on and find out how it works.

What is it made of?

The tongue is made of muscle. This muscle has got glands and fat on it. Some of these glands produce saliva (spit). And it is this saliva that helps you chew your

food. It is also covered with a mucous layer or mucous membrane. This is like a very thin skin which protects the surface of the tongue. It stops germs getting inside.



The tongue is divided into two parts. *The root* is the back of the tongue. The front of the tongue is called *the body*. The front end is free. You can move it. You can roll it around, up and down and even stick it out at your sister. And you don't have to worry. It won't fall out. It is firmly attached to your upper jaw. It is also attached to the back, as well as to the floor of your mouth.

Look at your tongue

Stand in front of a mirror and stick out your tongue. Brush it gently with a dry toothbrush to get rid of the saliva. You will see that it seems to be covered with light coloured fur or fluff. It is a bit like the surface of a towel. Look more closely. On the 'fur' you will see that there are also lots of tiny 'pink spots'. This furry surface and the pink spots are called *papillae*.

The 'fur' is called *filiform papillae*. There are lots of filiform papillae on the edges of the tongue. The 'pink spots' are called '*fungiform papillae*'. There are lots of these on the tip and the sides of the tongue.

All these papillae contain taste buds and it is these buds which help us taste different things – onions, cake and curry.

How we taste

We taste things with our taste buds. Taste buds are cup-shaped cells. You will find them all over your tongue. A taste bud looks like a cup with a small mouth. The mouth is called a taste pore. The taste bud also contains nerve endings which are sensitive to taste. The endings have hairs which stick out of the pore. These hairs pick up a certain taste, and send the message off to your brain. And that's when you taste that delicious chocolate ice-cream.

Different tastes

Did you know that there are only four basic types of tastes — salt, sour, bitter and sweet? And

different groups of taste buds pick up the different tastes. You mainly taste sweet tastes on the tip of your tongue. Salty things are tasted on the edges of the tongue, sour tastes on the sides. Bitter is tasted at the back of the tongue. That's why you often don't notice something is bitter until just before you are ready to swallow. And then it is too late!

The middle of the tongue is not very sensitive to taste. That is because there are not many papillae there. So there aren't many taste buds either.

Often some things don't taste very nice on their own. No-one eats a plate of salt. But mixed with other foods it can be very tasty. Here's a recipe which brings together the four different tastes. There's a beetroot which on its own doesn't have very much taste. There's salt (salt), vinegar (sour), sugar (sweet) and an onion (bitter). And the combination is a delicious beetroot salad for you and your friends to enjoy.

Beetroot salad

Ingredients

6 or 7 medium sized beetroots
a pinch of salt
a cup of vinegar
two teaspoonfuls of sugar
one medium sized onion

Method

Scrub the beetroot thoroughly. Do not peel. Boil the beetroot until it is soft. Put it in cold water for about fifteen minutes. Remove the skin and cut it up into rings or grate it. Cut the raw onion into rings. Mix the beetroot and onion in a bowl. Add the salt. Mix the vinegar with sugar and stir until the sugar dissolves. Add the sugar and vinegar mixture to the beetroot and onion. Then mix it all together with a wooden spoon. Leave in a cool place for about two hours before eating.

What use is a tongue?

Your tongue helps you eat. When you chew your food the tongue helps mix the food with saliva. It also helps you swallow by pushing food back towards the throat.



Babies use their tongues to suck milk from their mothers' breasts.



You cannot talk or sing without your tongue.



Doctors can tell if you have certain illnesses just by looking at your tongue.



You can use it to stick out at your brother. We don't encourage this use!



The tongue helps you taste different things.



WILLIE WORDWORM

v = verb
adj = adjective
adv = adverb
n = noun

RELIGIONS OF THE WORLD ISLAM

BOOK REVIEW

incident (n) — something that took place

to conduct (v) — to lead or guide

to ill-treat (v) — to treat badly

to highlight (v) — to draw special attention to

disbelief (n) — not to believe

obedient (adj) — to do what someone tells you to do

robe (n) — a long, loose piece of clothing (looks like a long shirt)

idol (n) — something which is worshipped as a god



suburb (n) — an area outside the centre of a town where people who work in the town live

orphan (n) — a child who does not have parents

slang (n) — popular words and phrases used in everyday speech but not in formal speech or writing

trauma (n) — an unpleasant experience



Is the world warming up?

drought (n) — a period of time when no rain falls

atmosphere (n) — the air round the earth

to collect (v) — to gather together

to release (v) — to set free

public transport (n) — buses and trains that people use

FEMALE SEX ORGANS

to mature (v) – to grow fully

nuisance (n) – a person or thing that troubles you

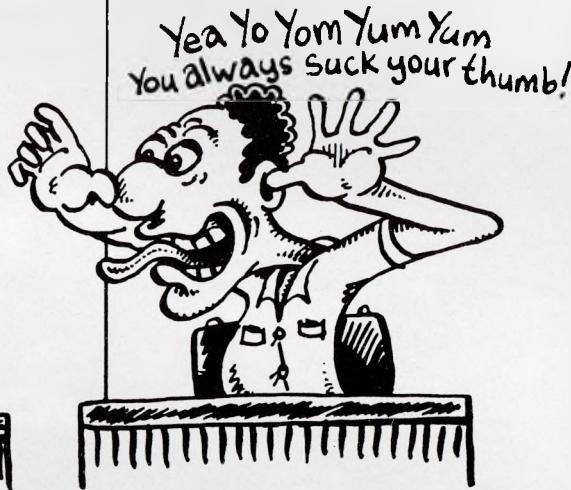
STOP IT!



eventually (adv) – in the end

to connect (v) – to join together

to detach (v) – to loosen or remove



BIOLOGY

The tasting tongue

ANSWERS TO PUZZLE

Dudu's guitar is plugged into D.
Thabo's guitar is plugged into A.
Bongi's guitar is plugged into B.
Sipho's guitar is plugged into C.

Working together

Part 5 Ways to learn

to present (v) – to give

summary (n) – to shorten something, giving only the main points

debate (n) – a discussion in which people express different views about a particular subject

MUSIC

**DANCE
SOME MORE**

to assist (v) – to help

to imitate (v) – to copy

CHOOSING A CAREER

privilege (n) – the chance to do something which most other people don't get

advantage (n) – something that will be useful to you

The brilliant Barnes

to tackle (v) – to try to take the ball away from someone in a soccer match

opponent (n) – a person who plays against you in a game

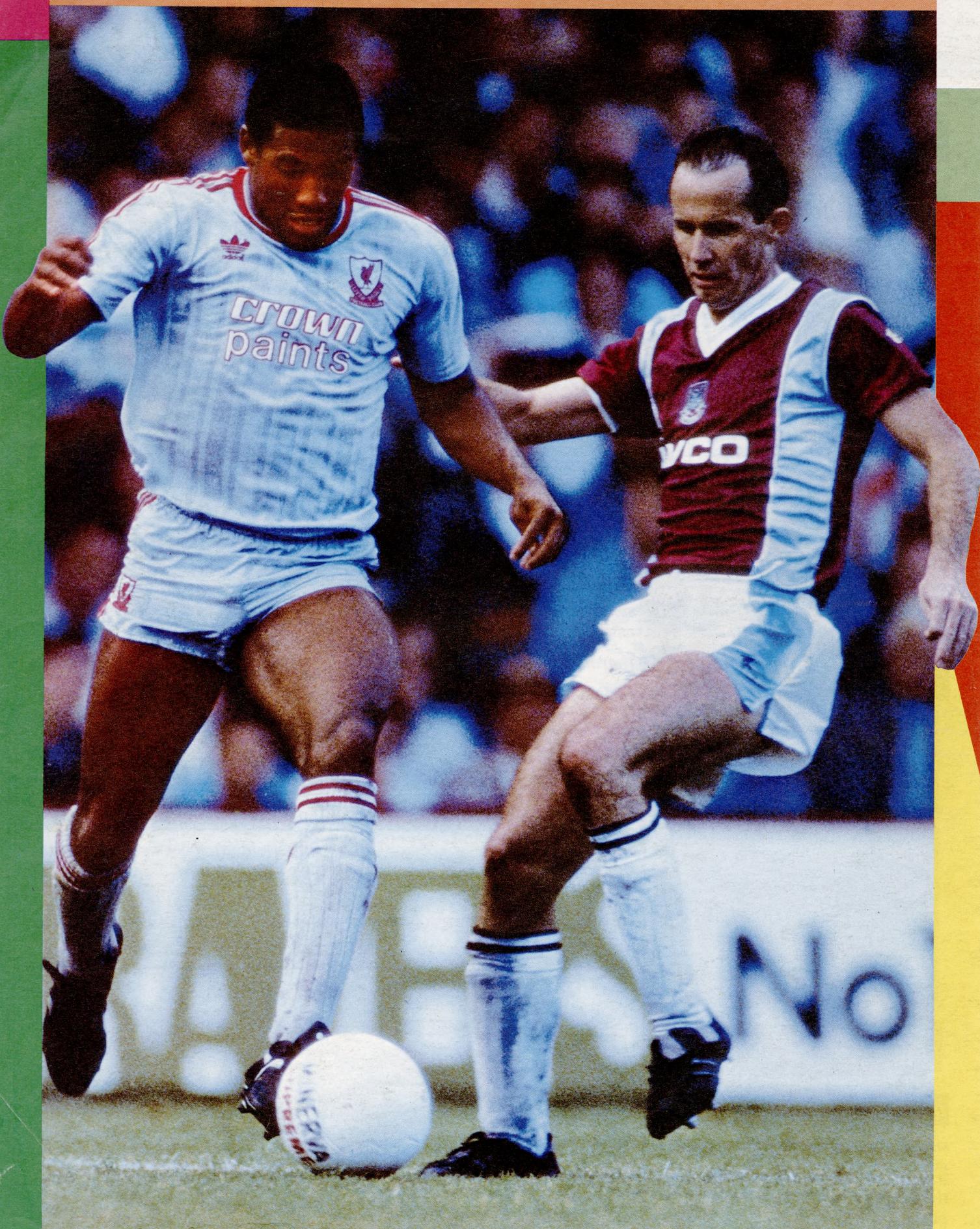
mission (n) – something you believe you must do

minority (n) – the smaller number

impatient (n) – not wanting to wait to do something

racial prejudice (n) – an unfair dislike of people because of the colour of their skin





John Barnes (left) in action. Read about him on page 20.