

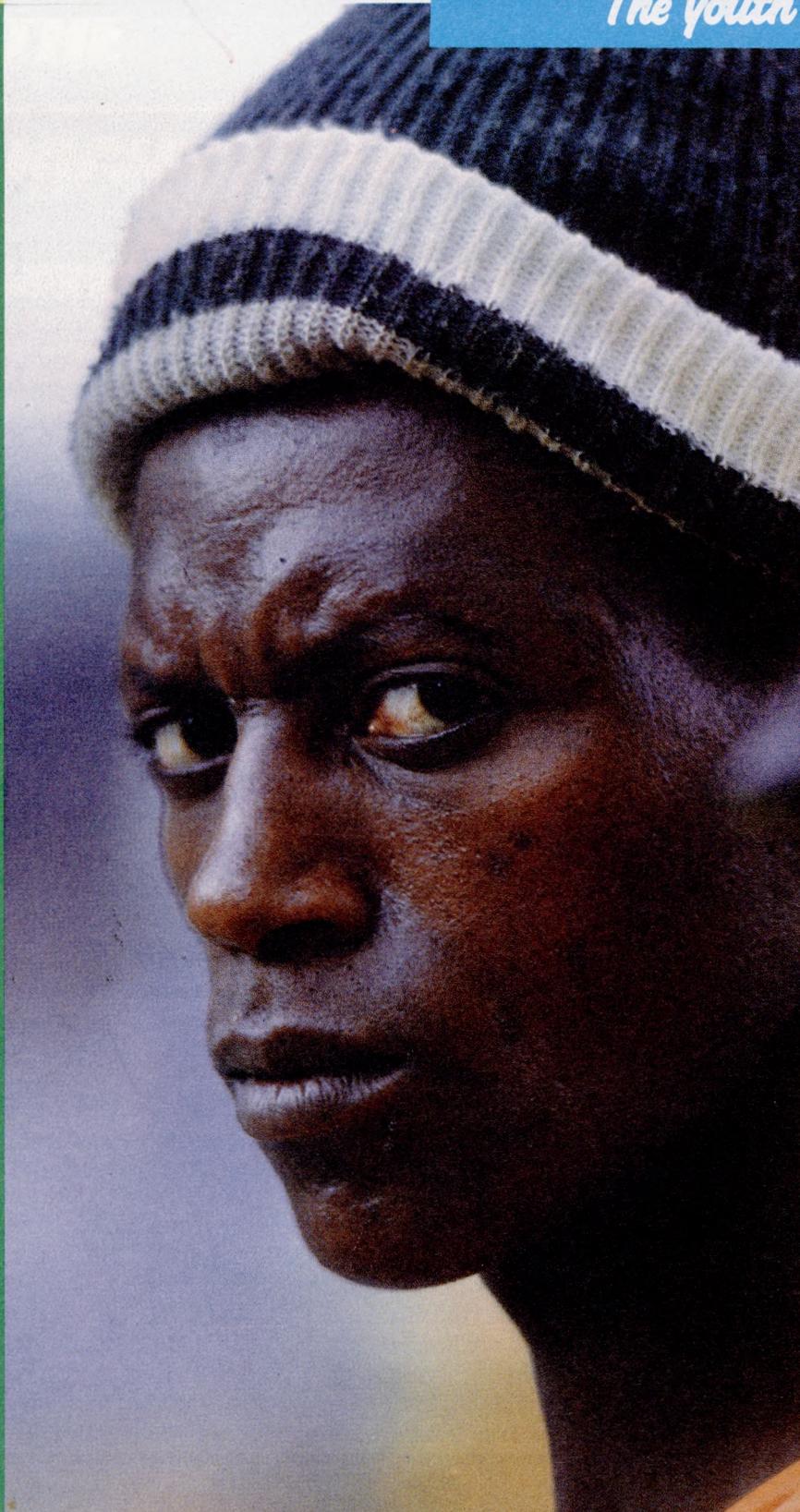
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11 JUL 1991

NUMBER 4 1991

UPBEAT

The youth magazine for all



THIS ISSUE

FEATURE

Jobs for all

HISTORY

Women fight to vote

COMIC

Taxidriver

YOUR VIEWS

Are students
learning?

BIOLOGY

Down the food canal

MUSIC
COMPETITION



Front cover
T. J. Lemon: Southlight Agency

Back cover
Color Library

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UPBEAT No 5.

will come
out mid
July

NEWS BEAT

WOMEN RECLAIM THE NIGHT



8 March 1991 — 1 000 women march through the streets of Johannesburg. They demand an end to violence against women.

On the night of the 8 March 1991, a thousand women braved the rain to march through the streets of Johannesburg. They chose this day for their protest march because the 8 March is International Women's Day.

The women marched

to highlight the problem of violence against women. They said that women are not safe on the streets at night. Many women are not even safe in their own homes!

The night they marched about 140 women were raped in

South Africa between six and nine o'clock. Many women were beaten and raped in their own homes, some were hurt by their own husbands or boyfriends.

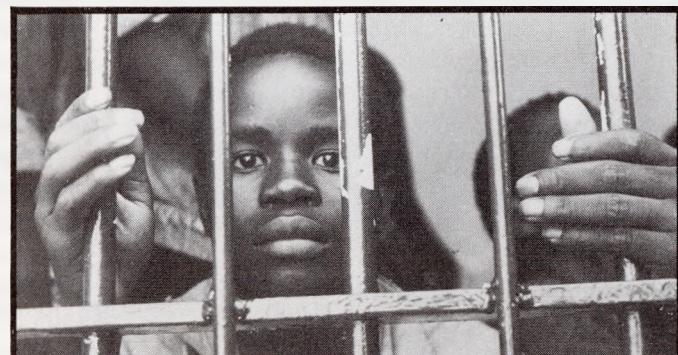
'We want to feel safe in our own homes, at work and in the streets. We demand an end to

violence against women,' Monique Marks of the ANC Women's League said. Copies of the demands were sent to the Chief Magistrate of Johannesburg, the City Council and Health Department.

Government's land reform

In March the government released a White Paper about land. This paper said the Land Acts and the Group Areas Act must go. For more than 40 years, these laws forced all the people of South Africa to live where the government said. These laws also stopped black people from owning land and property in most of the country.

Many South Africans are pleased that the Groups Areas Act has gone. But they say that the government hasn't done enough. Political



This boy was arrested by the Bophuthatswana police after his community refused to move off their land in the Western Transvaal.

organisations like the ANC and PAC say that the government ignored the biggest problem of all.

Over the past 40 years of apartheid rule, more than 3.5 million people have been forced off their land. The White Paper does not say anything about returning

land to these people.

The ANC demands that the government opens a land claims court, where people who were forced off their land can make claims. They say that the government must give back either their land or pay these people for the land that they lost.

Competition winners

Here are the ten lucky winners of the music competition that appeared in Upbeat No. 2 this year. The following readers have each won a copy of Mzwakhe Mbali's record 'Change is Pain'.

Dumisani Nhlapo
Dobsonville

Johannes Mogoshane
Khutsong Location

David Mthembu
Tshiaawelo

Simon Tshabalala
Thokoza

Johannes Tobias
Caledon

Zuzan Mononye
Thokoza

C. Stoffers

Ravensmead

Mahlalele William
Soshanguve

Razienna Millward

Retreat

Thembi Buthelezi

Orlando

Fighting for more than better

'When you sell a car or cattle to someone else, you say how much money you want for it. But when workers sell their labour to bosses they cannot say how much they must get.' This is what Elias Manage told Upbeat. Elias thinks that workers must have a say in how much money they are paid.

Elias Manage started working in a factory as a machine operator four years ago. His employer paid the workers very low wages. So Elias joined a trade union, the National Union of Metalworkers of South Africa (Numsa). Since then Elias has been very active in Numsa. But he was dismissed last year and now Elias is an organiser for Numsa in the Katlehong local on the East Rand.

In March, Cosatu held a National Campaigns Conference in Johannesburg. More than 300 delegates from different unions all over South Africa attended this conference. Elias was also there. One of the main campaigns discussed at this conference was the Living Wage Campaign.

We asked Elias what the Living Wage Campaign is all about. 'A living wage is a wage that a worker needs, to see to the needs of his or her family,' Elias told us. 'Workers must get enough money to buy food, pay for things like housing, transport and the education of their children. But a worker must also have enough money for

leisure, like going to see a movie or buying a book to read.'

Low wages

'Bosses say that workers get high wages. We, in Cosatu, say that they're talking about white workers, not black workers,' Elias said. The average wage for black workers in South Africa is between R500 – R600 a month. Domestic, farm and rural workers in the bantustans earn even less.

'But the campaign for a living wage is not only a fight for better wages,' Elias said. 'It's also a campaign against retrenchments or workers losing jobs. We think the government and bosses must make new jobs.'

Unemployment is a big problem in South Africa. Between 1980 and 1989, the number of people without work grew from 3,1 million to 5,4 million. And more and more workers are losing their jobs. In 1991, people say 150 000 workers will lose their jobs. 'We must fight this ongoing retrenchment and begin to solve the problem of unemployment,' Elias said.

Jobs for all

We asked Elias how Cosatu thinks unemployment can be stopped.

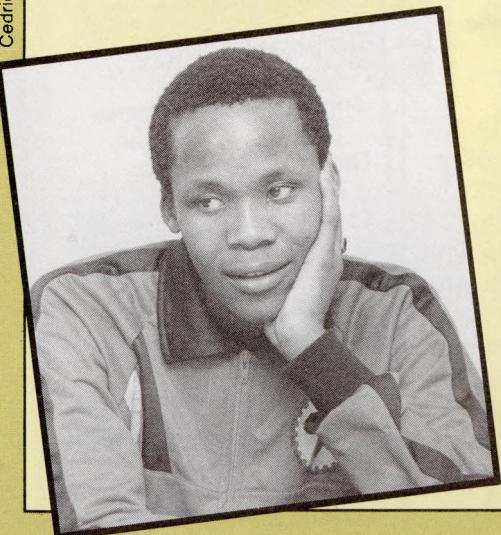
He told us that Cosatu has two answers. Firstly, Cosatu wants to fight retrenchments by finding other work for people who lose jobs. For example, if a worker is a machine operator in a metal factory and the factory closes down, it doesn't mean that she has to become unemployed.

She must be trained to operate a machine in a chemical or clothing factory. Cosatu says the government and big business must start a fund that can be used to train retrenched workers.

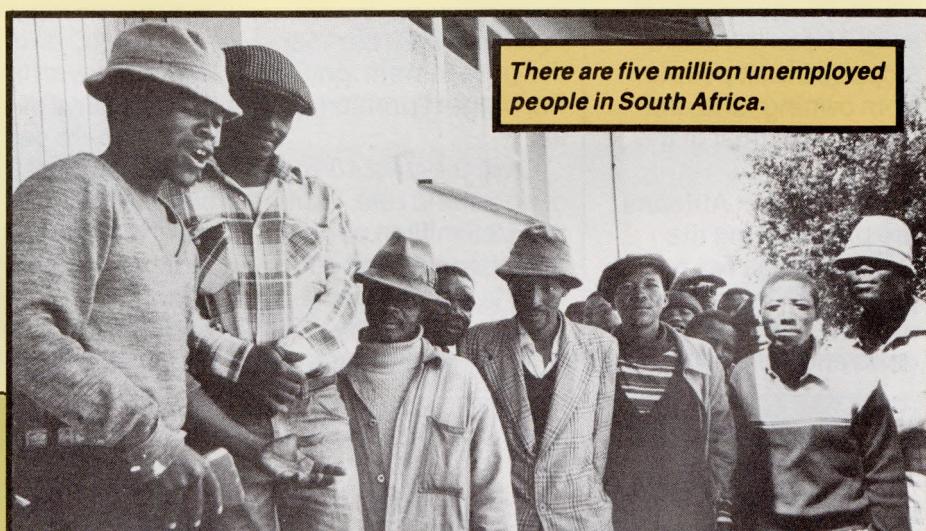
Secondly, Cosatu wants to find ways to make more jobs. One idea is to bring electricity to all townships and rural areas in South Africa. This would make jobs for 100 000 workers. The second is to get the unemployed to build houses people can afford. This could create more than 200 000 jobs. Cosatu plans to meet with various organisations who are interested in taking up this job creation campaign with them; like the youth, unemployed, civics and political organisations.

'But where will Cosatu get the money to do this?' we asked Elias. 'Cosatu is planning to meet the government and the employer organisation called Saccola,' Elias said. 'Big business has given R500 billion to solve the education crisis. But unemployment is also a big crisis and something must be done about it.'

'The living wage campaign is



Elias Manage



tek wages

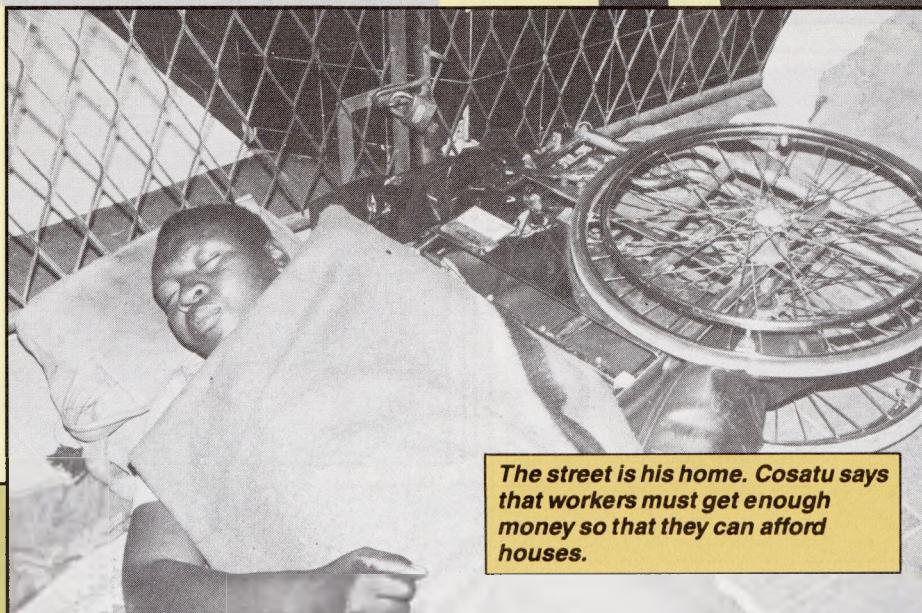
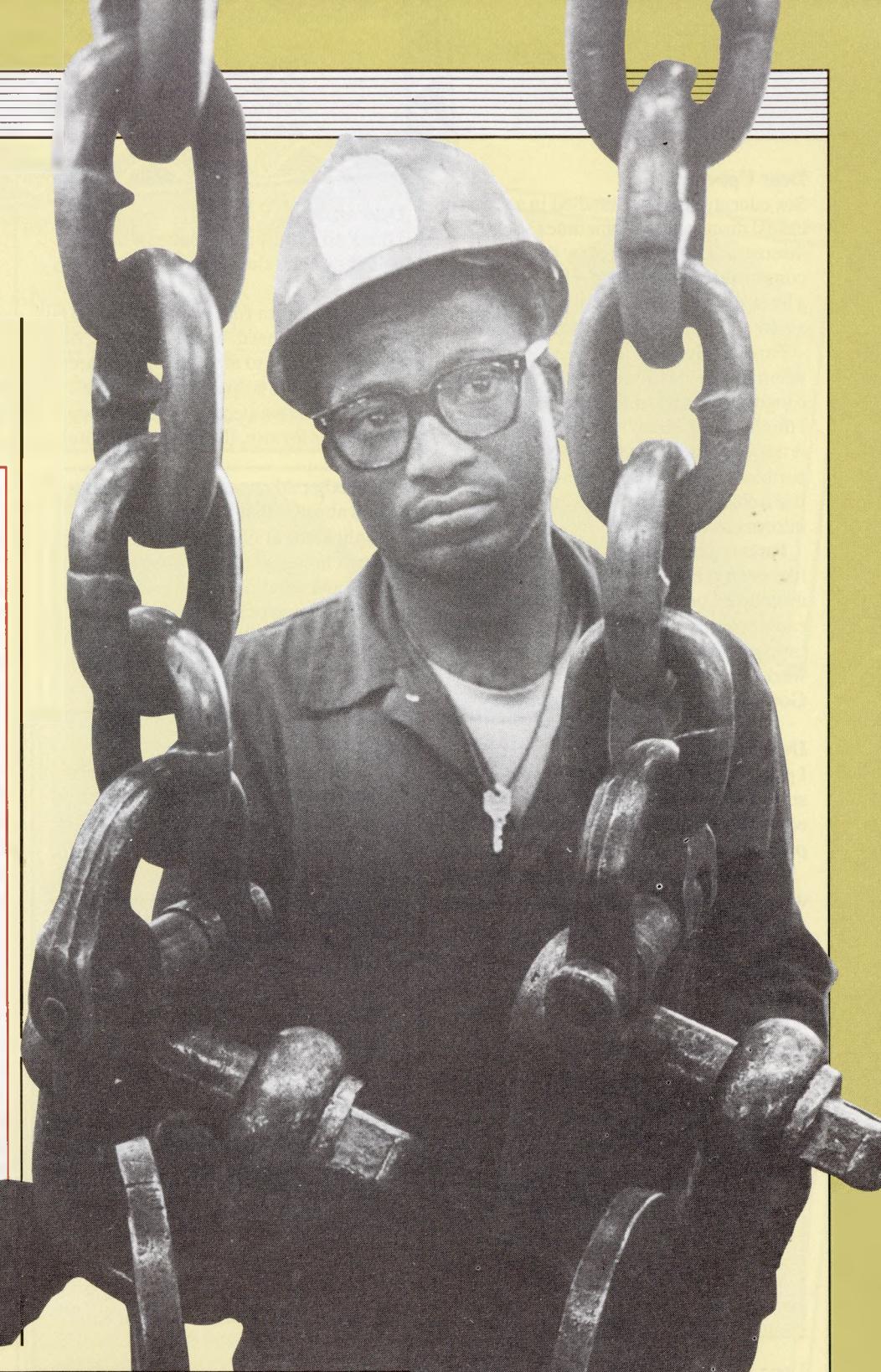
just beginning. We'll have to work hard to make this campaign a success so that workers in South Africa can lead a better life,' Elias said. ■

What's the economy?

Have you ever heard grown-ups talking about the economy? Often they say it is bad. But what is it? The economy provides food, clothes, houses, jobs, schools, roads, telephones and electricity to the people. When the economy grows we have more of all these things. If it doesn't grow, we have less.

South Africa's economy is not growing. That is why there are so many people without jobs. Five million people are unemployed. Every year about 350 000 young people go out to look for jobs. But 290 000 of them won't find any work.

Many people say that the economy must be changed to improve the lives of ordinary people. Some people say that this will only happen if the economy is nationalised. But what do they mean? Don't miss the next issue of Upbeat.



The street is his home. Cosatu says that workers must get enough money so that they can afford houses.



Dear Upbeat,

Sex education is best handled in a series of casual discussions. Sometimes such discussions are provoked by the child's comments and questions. Giving the child a book on sex and expecting the book to answer all the questions is inadequate.

Parents often wait until it is late, that is, when the child is already pregnant or has caught a sexually transmitted disease. I think talking about sex and contraception is not the same as giving the child permission to have sexual intercourse. But it is a chance to share ideas and information.

Parents generally resort to mechanisms like strict prohibitions or night curfews to discourage premature sex. This in most cases proves futile. Children always find time to have sex, like when parents are at work.

Godfrey Paseka Radebe, Ratanda

Dear Upbeat,

I pass my greetings to Sached and Upbeat staff. I like reading Upbeat for it is very educational. I am a devoted Rasta and practice its principles and values.

In Upbeat No.6 1990 Ray Phiri said that dagga can damage your brain and make you infertile. That was an insult to the Rastafarian community. That gives the community a bad name. Rastas all over the world have children and their thinking is normal.

Rasmoses Black, Ga-Rankuwa

Dear Rasmoses,

A person who takes any kind of drugs does run the risk of damaging their brains and becoming infertile. Not only dagga but all drugs can be harmful. Readers, send us your views on this matter.

Editors

Dear Upbeat,

We have a big problem in our village. We pay a lot of money into the tribal treasury but we see no development. What happens to the money? We are never told.

We have no bridges, no clinic, no schools, no regular water supply and no recreational centre. But we continue paying money every year. Youth organisations and youth projects are clamped down on.

Away with tribal taxes. Let us defend our projects and organisations. Namibia today...South Africa tomorrow!

**George Mahlako Makgonye,
Sekhukhuni**

Dear Upbeat,

I think all children, no matter what age, colour or race, should be protected from abuse.

Many children find it too difficult to talk about being abused. Some, however, have enough courage to tell either their parents or friends. This helps. Children must know that the sooner they tell someone about their torture, the better their future will be.

The other advantage of talking about sexual abuse is that the abuser can be brought to the attention of social workers and psychologists. These people must be helped and rehabilitated. Children must not be ashamed of talking about abuse. It is not their fault. Child abuse is horrible and shows selfishness on the part of the abuser.

Alexis Tobias, Lotus River

Dear Alexis,

Thank you for your letter.
Sometimes it is hard to know whether you are being abused or not. But if you feel upset, angry or frightened at the way someone is touching you, you're being abused. Remember you have the right to say no, even to someone you love. No adult has the right to ask you to keep a kiss or touch secret. If you have a problem or need advice, here are some telephone numbers you can phone:

Childline:

Johannesburg; (011) 484-3044

Durban; (031) 47-5555

Pretoria; (012) 44-2222

Cape Town; (Lifeline)

(021) 461-4345

Rape Crisis Centre:

Pietermaritzburg; (0331) 56-279

Durban; (031) 305-6617 (Durban)

Editors

Dear Upbeat

I really do think that Upbeat magazine is great but publishing pictures of male and female sex organs is not right for our age, 11-13 years. We don't even know some of these things.

The study hints, I must say, are very educational and helpful. The tips you gave us are very interesting to read. Articles like choosing your career are very important to us.

Thank you for your interesting magazine.

Deidre Vergie, Eldridge Primary school.

Dear Upbeat,

I want to pass my message to young blacks and whites with the words 'Love each other as you love yourself'.

I was very upset one day at Sun City. We were enjoying our drinks. The room in which we were was filled with blacks and whites. Suddenly five white guys came with their women friends. They started chasing us like dogs, without any provocation.

Can we use our brains a bit? We can't continue behaving like senseless animals. What is the reason for hating one another? Let us throw the devil out of our hearts and bring light into them. God does not care about colour. He loves us all as His children.

**Abraham Sello Mashiane,
Hammanskraal**

Dear Upbeat,

Could you please publish this letter in our lovely Upbeat magazine. It is a special message to all freedom loving South Africans.

I am a Venda-speaking boy. I am very worried about those Venda speakers who live in Johannesburg or visit the city. They often feel ashamed to speak their language. They prefer speaking in Sotho or Zulu. Other people despise them and call Venda-speakers stupid. I would like to urge every Venda speaker to challenge this. They should be proud of themselves and not shy away from speaking Venda. They are as important as everyone else in South Africa.

The ANC encourages freedom of speech and protection of human rights. Venda speakers should stop belittling and oppressing themselves.

**Comrade Joseph Itani Nethonondo,
Shayandima**

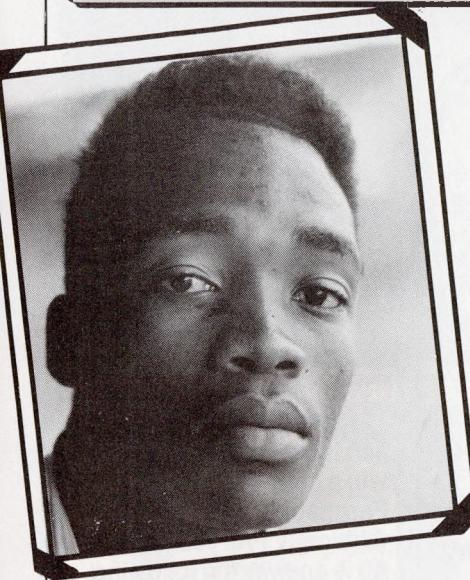
Dear Readers,

Comrade Itani has raised an important point. Language has been used by apartheid to divide people in this country. It is wrong to despise a person simply because he or she speaks a different language. No one language is more important than others. The important thing is to communicate and understand. Write to Upbeat and tell us your views on this issue.

Editors

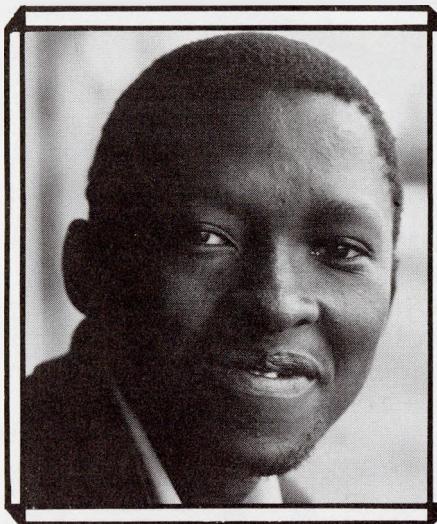
Are students learning?

The NECC, SADTU, and the ANC have called on the government to solve the problems in education. These organisations have also called on students to go back to school and learn. Upbeat asked students at Ford High School in Dobsonville, Soweto how things are going.



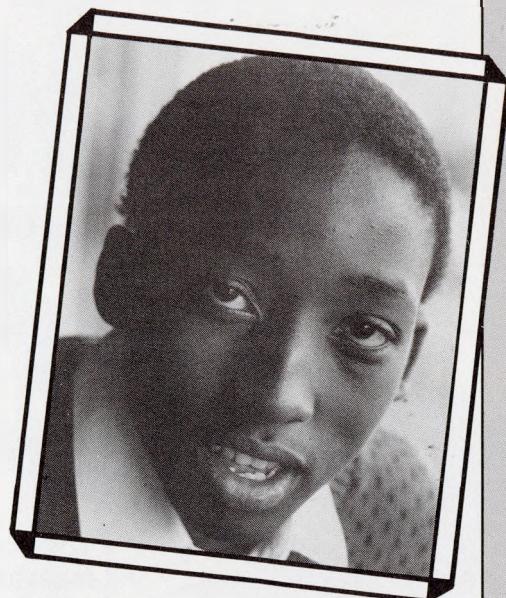
Ronald Tshidiso Lechaba (20)

Last year was a bad year. It is very different this year. Some students remain in the library after school and study on their own. I hope last year's nightmares don't reappear.



Naphtaly Parkies (20)

Attendance is better and studying is taken more seriously. Both teachers and students are punctual this year. Last year some students would not bother to return after breaks. But things are different this year.



Itumeleng Seipheo (16)

Last year's violence and boycotts really affected us. We were scared and never knew what would happen. The situation has improved greatly. If the DET could address the problem of the lack of facilities, we shall have good results in our school.



Getrude L. Mothlako (16)

This year is promising, though there is still the problem of gangsters who harass us. Some students attending our school belong to these gangs. I think students who want to study should be given a chance.



Frank Kalanyane (22)

A lot of students are studying hard. Things are going well at the moment. We have some new and hardworking teachers this year. Results should be excellent at the end of the year.



Theresa Dintoe (15)

Some students still have misunderstandings with the teachers. I hope our school is rid of gangsters who invade our school. Last year's results were very bad. I have confidence that matriculants in our school will pull up their socks.

JENNIFER FERGUSON



Jennifer Furguson is a very talented, young South African musician who writes her own songs.

She sings songs about love, women struggle and everyday things.

Jennifer has just brought out a new record. It's called 'Untimely'. Upbeat went to speak to Jennifer about herself and her music.

When we got to Jennifer's flat, we found her easy to talk to. She told us that she was born in Ermelo, and grew up in Johannesburg. When she finished school, she studied drama and music at the University of Cape Town. Now Jennifer is a full-time singer and song-writer.

Jennifer believes that all the different parts of our lives are important.

The things Jennifer likes most are stories. 'Stories make us human,' she says. 'They help us to enjoy our lives and understand our world and ourselves. Stories also give us a chance to play, to live in a world of our imaginations.'

'Is it difficult to write songs?' we asked Jennifer. She said that she finds it easy to write, as her songs are a mixture of stories and pictures taken from everyday life in South Africa.

On 'Untimely' Jennifer's wonderful voice is accompanied by the music of Ian Herman, Bheki Khosa and Nico Carstens.

Jennifer Furguson – a new South African voice.

Here is a verse from her song called 'No easy road to freedom':

'When sweet freedom comes walking down
No Easy Road
behind her follows every man and woman and child
who quietly suffered in her name
history will remember the ones who struggled unnoticed
as small and as many as the grains of sand
on our beautiful Weskus shores' ■



It's competition time again!

Ten lucky readers can each win a copy of Jennifer Furguson's new record, 'Untimely'! All you have to do is answer the following easy questions:

1. Who wrote the song 'No Easy Road to Freedom'?
2. Where did Jennifer study?

3. Give the name of one musician who plays on 'Untimely'.

Send your answers on a postcard or on the back of an envelope to: Upbeat Music Competition
P O Box 11350
Johannesburg
2000

Closing date: 5 June 1991

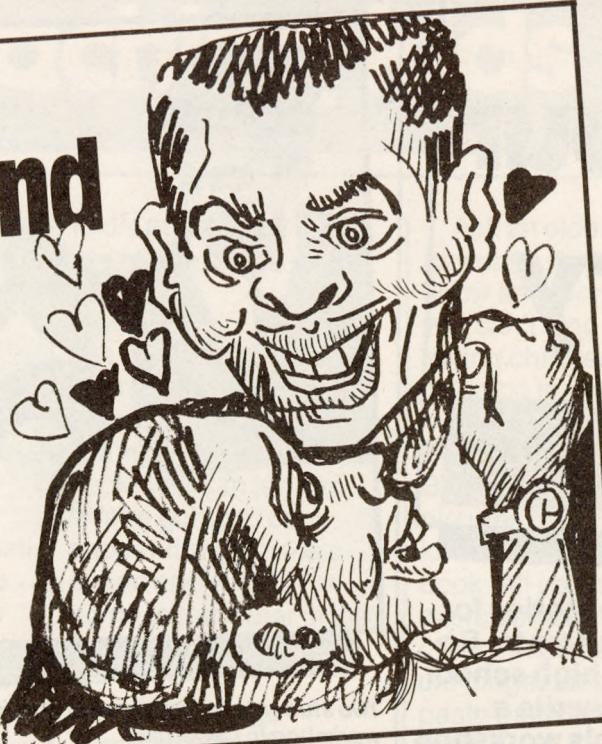


My friend

When he sees me
his cheeks visit his ears
he smiles and greets me
with love.

He is always smiling
he's not easily influenced
he thinks and loves
that's my friend.

My friend
Charles Ramarobi
I treasure your friendship
in my heart.
Bruce Nhlapo, Umlazi



Look what they've done

Look what they've done
to my sister's name.
At home everyone calls her
Mmakgots.

Now she's employed
as a domestic worker.
Her employer
cannot say her name.

So the madam
calls my sister
Miriam!
But she doesn't like it at all.

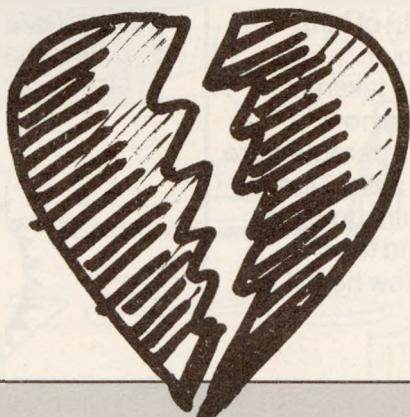
Oh, poor Mmakgots
is so unhappy.
Mmakgots, so simple
Yet meaningful.
Tshepo Makhanye, Duduza

LOVE

Since I was a kid I used to believe that
falling in love was simple. But now I know
that it is not. Love is difficult and
complicated.

Now recently I fell in love. And she loved
me too. But then something happened that
amazed me. Suddenly, our love
disappeared. The girl I was in love with no
longer loved me. She had another boy.
How did this happen?

What made it worse, is that she didn't tell
me. I heard from friends about her other
boyfriend. So I had to tell her that our love
had come to an end.
Musawenkosi Biyela, Isipingo



A five letter word



Do you know this word?
It's made up of five letters
In three different languages,
English, Afrikaans and Xhosa.
The word is Peace
or Vrede, or Uxolo.
Oh, so many of us wish
that this word really existed!
Ethel Linden, Manenberg

A day at the sea

The beach lays white
The ocean deep and blue
Children playing in the sand
Boats bobbing out in the sea
Fishty harvest to reap.

All this in one day
at the seaside.
Annabelle Braun, Mitchells Plain

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
R15

Write your own story

Part 2

Upbeat would like you all to write stories for us. But many readers don't know how to. So last year we ran a workshop with high school students in Cape Town on how to write a news story. Now we're running this workshop as a series in the magazine so that everyone can learn how to write good, clear stories.

In the last Upbeat, we spoke about writing an introduction for your story. This time we're going to look at how to organise your information.

A story is made up of paragraphs. A paragraph is a group of sentences that are about one main idea. Why should you divide your story into paragraphs?

This is what some of the students thought. 'Every writer is worried about what his story looks like,' Bradley said. 'So you can't have a whole page of writing without any spaces in-between. Paragraphs divide your story into small units.'

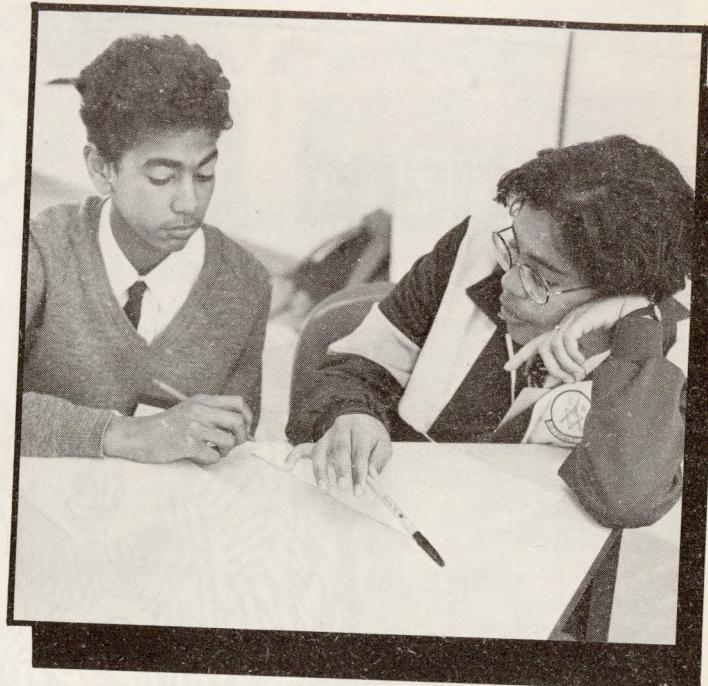
'But how do you know when to start a new paragraph?' Samantha asked. 'Easy,' Liesl replied. 'When you're starting to write about a new idea, you must start

a new paragraph. Paragraphs tell readers that a new idea is coming. They make your story simpler to read and easier to follow.'

'But paragraphs must follow each other, in the order of how things happened,' Christopher added. 'Otherwise the story won't make sense.'

'For example, imagine you're writing a story about a student who was rescued at the swimming pool. You must first write about how he was taken out of the swimming pool. In the next paragraph say how the water was pumped out of him.'

'Then go on to say how he was taken to hospital and how relieved his parents were to see him alive. Don't start with him going to hospital and then describe how he fell in the pool.'



Two students hard at work at the Upbeat writers' workshop in Cape Town.

Mark Truebody

So a good paragraph

- is about one main idea
- has ideas arranged in order
- does not have irrelevant, unnecessary information.

Activity

Here's a story. Divide it into paragraphs by making a pencil mark where you think the new paragraphs should start. Here's a clue to help you. There should be four paragraphs.

Women in the Philippines were tired of advertisements which showed that men were better than women. So they got together to fight this. They called themselves Mediawatch. Mediawatch is always on the look-out for advertisements that show women in a bad light. And when they find a sexist advert, they organise signature campaigns against it. One of their victories was a campaign against a milk company. The milk advert showed that a boy who drinks milk could become the future president. And a girl who drinks milk could become a beauty queen! Mediawatch said this advert discriminated against girls. It made girls believe that they couldn't do the same jobs as boys.

Check your answer on page 31.

Teaching kids to talk

Many teenagers have to look after their younger brothers and sisters. Here are some tips on how to care for little ones.

Have you ever been in a place with other people but nobody talked or listened to you? Do you remember how lonely you felt?

Often this is how small children feel. Your little brother or sister needs someone to talk to. She needs to know that you are interested in her. And she needs to learn new words so that she can learn to speak.

You can help your brothers or sisters learn to speak by talking to them. They will listen to you talking even if they can't speak yet. Repeat words slowly and clearly.

Toddlers learn new words every day and need to know the names of everything they see.

Tell your baby brother exactly what you are doing all the time. For example, when you cook, you can tell him, 'We're going to cook supper now. Here is a spoon and a dish. I'm going to put water in the pot.'

Singing songs
There are lots of lovely songs and rhymes you can sing to little ones. Rhymes teach the days of the week, the months of the year, the alphabet and numbers. They teach children words they will need to know when they go to school.

Ask an older person for songs if you don't know any. Don't worry if you can't sing well. Young children will enjoy listening to you anyway.

Picture books

Babies love books with pictures of things they know. You can make a book. All you need is an exercise book and some glue. Cut pictures out of old magazines and paste them into the book.

Point to the picture and name it. For example, when you're showing the baby a picture of an apple, tell her, 'Apple, see the apple'. Or 'Here's a car. Car. Blue car. Look, a baby. Another baby like you. Baby.'

Talk to your brother and sister when you take them outside. Point things out to them. 'That's the shop. We buy bread and milk there.'

Story time

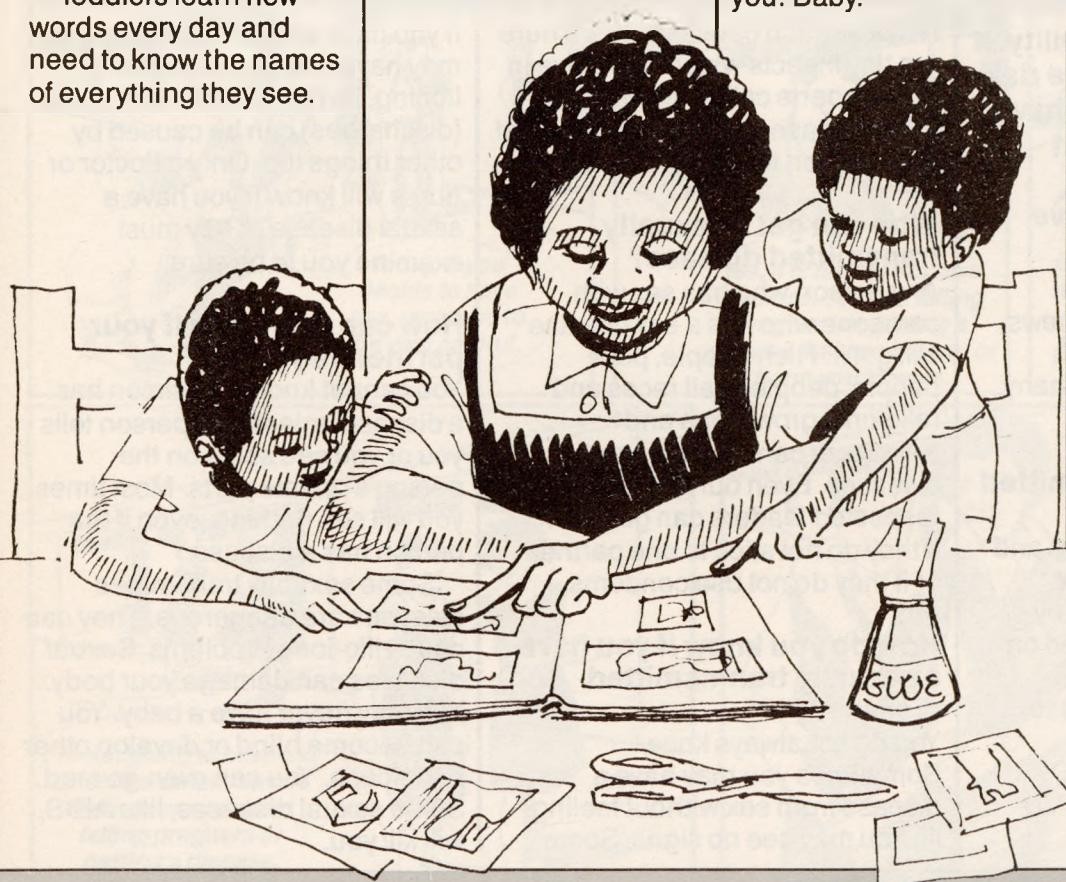
Kids love stories. Tell them stories of the past. Tell them old folktales which you loved hearing from your grandparents.

How to talk

Bend down or sit with your little brother when you talk to him. Look in his eyes. Let him join in your talking. Ask him what he thinks and how he feels. He needs to practise talking and know that there is someone who wants to hear what he says.

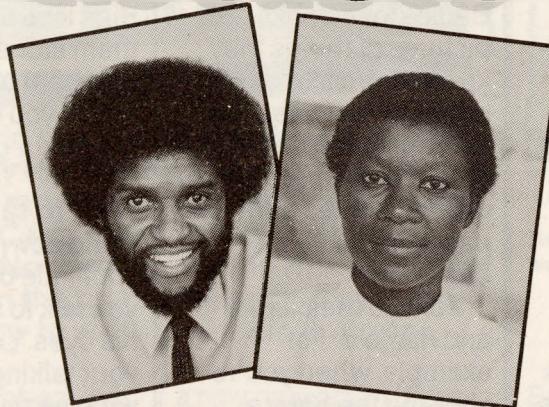
Remember, young children like to talk all the time. Don't stop them! The more they talk now, the better they will speak when they grow up. ■

This story was written with the South African Association for Early Childhood Educare (SAAECE). For more information about young children's needs write to: SAAECE, Box 672, Pretoria 0001



GROWING UP

Sexually transmitted diseases



We already know that deciding to have sex is a huge responsibility. If you have sex, you run the risk of getting pregnant. We have learnt about the different methods of preventing pregnancies. And we have spoken about various contraceptive methods.

We now come to the bad news. The bad news is that through having sex, we can pick up many diseases.

What are sexually transmitted diseases?

These are diseases that boys and girls can get from having sex. These diseases are caused by germs. Germs can be passed on from person to person when people have sex. We call these diseases from sex 'sexually transmitted diseases' or STDs. Some people also call them VD (venereal diseases).

You may have heard about the 'clap' or 'drop'. Doctors call this gonorrhoea. There are lots of diseases of the sex parts, like syphilis, a very dangerous STD, or Herpes which causes sores. There are tiny insects which like to live in the sex parts called 'crabs'. The killer disease, AIDS, is also passed from person to person through sex.

Who can get a sexually transmitted disease?

Any person who has sex with someone who has a sex disease will get it. Rich people, poor people, people of all races and religions, grown-ups and teenagers can all get sexual diseases. Even our great and respected leaders can get them if they do not stick to one partner or if they do not use condoms.

How do you know if you have a sexually transmitted disease?

You do not always know! Sometimes you may have a disease from sex without feeling ill. You may see no signs. Some

diseases are inside the body and you cannot see or feel them but they are still dangerous. You can even pass on STDs without knowing.

Some signs of sexually transmitted diseases

- The man may have yellow, green or bloody drops (discharge) coming from his penis.
- The woman may have yellow, green, or bloody drops (discharge) coming from her vagina.
- There may be stains on your underwear.
- Your private parts may smell bad.
- You may have sores on your private parts. These sores are sometimes painless.
- Your private parts may be very itchy.
- You may feel burning when you urinate.
- You may have blisters or bumps on your private parts.
- You may feel pain when you have sex.

If you have any of these signs, you may have a sexual disease. But itching, burning, sores and drops (discharges) can be caused by other things too. Only a doctor or nurse will know if you have a sexual disease. They must examine you to be sure.

How can you know if your partner has a STD?

You cannot know if a person has a disease unless that person tells you or you see sores on the person's private parts. Most times you will see nothing, even if the person has a disease.

Some sexually transmitted diseases are dangerous. They can cause life-long problems. Sexual diseases can damage your body. You may never have a baby. You can become blind or develop other handicaps. You can even go mad. Some sexual diseases, like AIDS, will kill you.

What can you do if you think you have a sexually transmitted disease?

- Go to a clinic and see a doctor or nurse straight away. Only a doctor or a nurse will know what is wrong and what medicine to give you.
- You must finish all the medicine you get even if you feel better, otherwise the germs will not be killed. Home medicines cannot kill these germs.
- All the people you have had sex with must also see a doctor or nurse.

Remember that everything you tell the nurse or doctor will be kept secret. Health workers may not talk about what their patients tell them. Health workers can also give you condoms so that the disease does not spread to other people.

How to protect yourself from sexually transmitted diseases

- Say no to sex!
- Stick to one partner.
- Don't have sex with someone you don't know well.
- Use a condom when you have sex, especially if you do not know your partner well.
- If you know you have a disease, you must tell your partner.
- Both you and your partner must take the right medicine for the disease and complete the treatment, otherwise you will catch the disease from each other again.
- If you have a sexual disease, do not have sex until you have finished taking all your medicine and the disease is gone.

Remember!

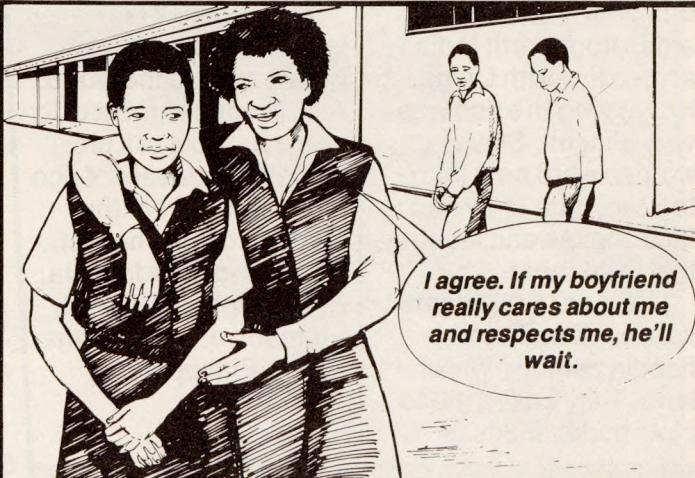
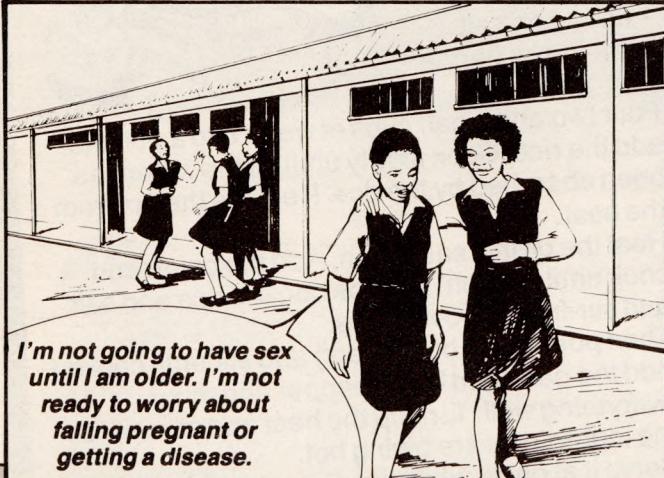
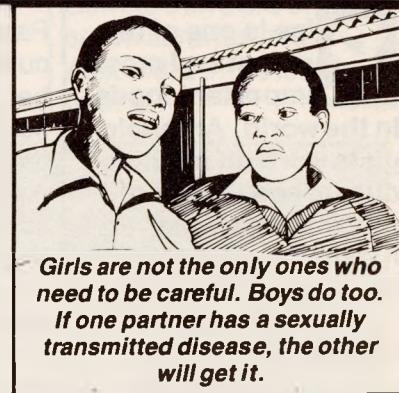
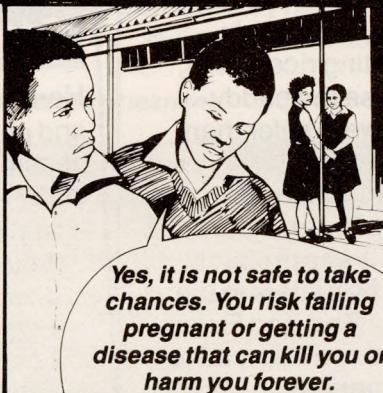
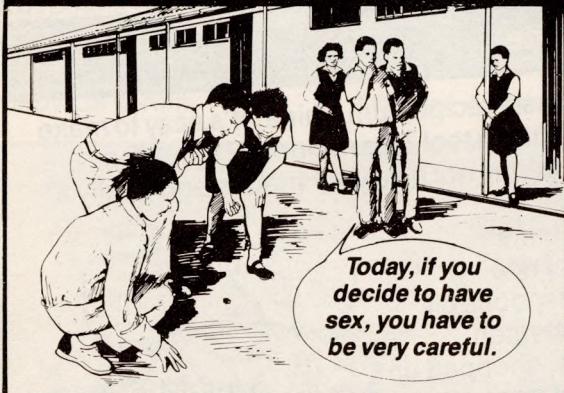
- Through sex we can pick up many diseases.
- Sexually transmitted diseases are catchy! Some STDs can be cured. Others stay with you for life.
- AIDS is a sex disease which kills. There is no cure for AIDS.
- You and your partner must stick to each other.
- Use a condom every time. It offers some protection. ■

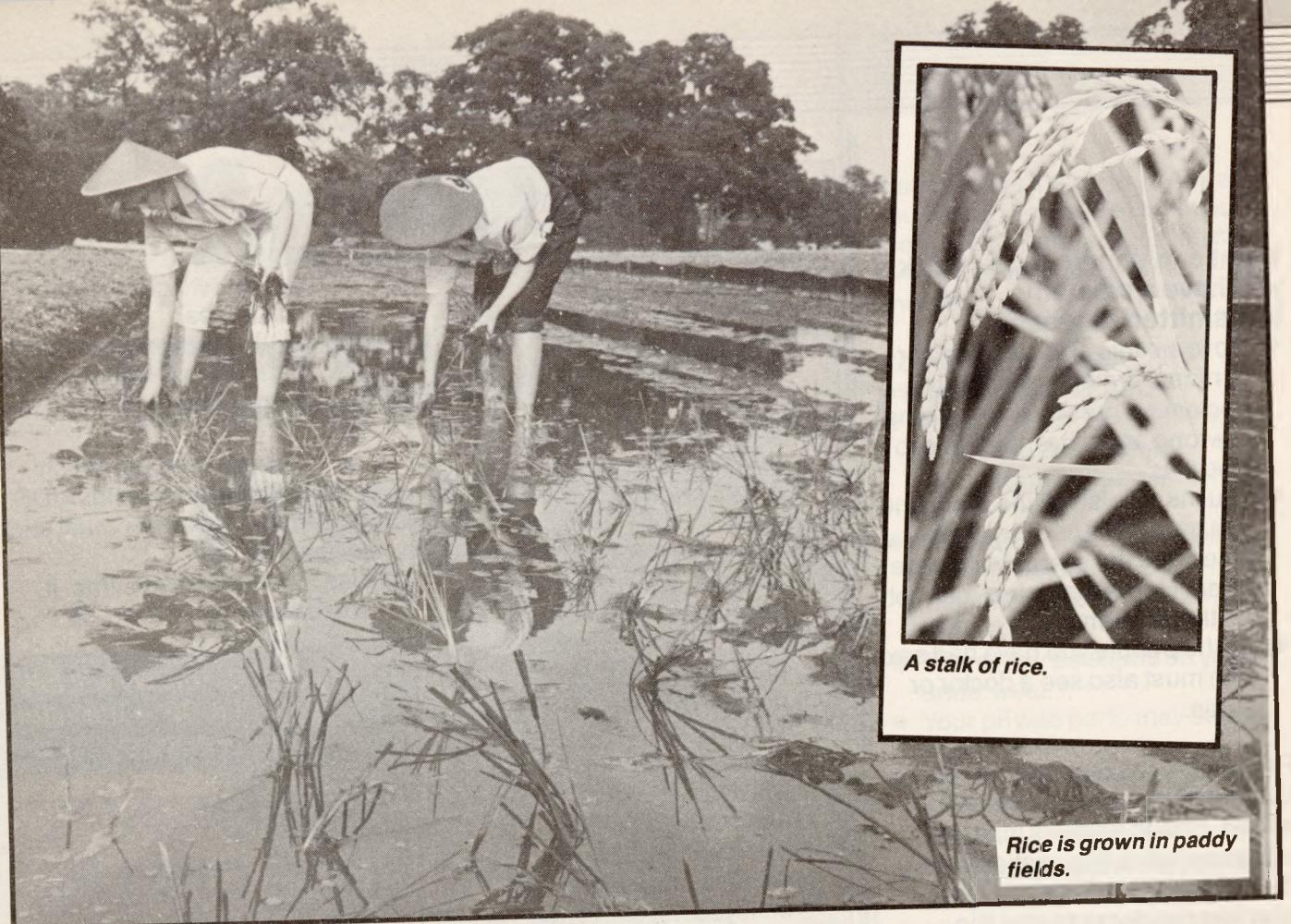
In our next issue, we will talk more about AIDS – the killer disease.

New word:

discharges – discharges are fluids that come from a woman's vagina or a man's penis. Only some discharges are harmful. If you have a discharge, you must see a doctor as soon as possible.

Not taking chances





A stalk of rice.

Rice is grown in paddy fields.

THE STORY OF RICE

Rice is one of the oldest and most important foods in the world. Archeologists working in China dug up sealed jars of rice that had been harvested almost 7 000 years ago!

At first growing rice was not easy. The grain came from wild grass that grew in swampy areas from north India across to south China. Harvesting the rice was very difficult. Slaves or women were sent into the swamps. They had to face snakes and leeches that lived there.

In China, 5 000 years ago, people started flooding small plots of land. They called these plots paddy fields.

Paddy fields made cultivating rice easier, because the paddy fields were safer than the swamps.

From China, rice spread to Japan. From India, it was probably taken by traders to the Middle East and Europe. From there it spread to the Americas.

Today, over 7 000 varieties of rice are grown around the world. Asia produces most of it and eats most of it too!

Main producers of rice in the world (from the biggest to the smallest): China, India, Indonesia, Bangladesh, Thailand, Vietnam, Japan, Burma, Brazil, Philippines.

Fried rice

Here's a tasty recipe from China. It's easy to make and quite filling too! This recipe will serve four people. So why not give your friends and family a treat?

Ingredients:

1 cup of rice
3 tablespoons oil
1 egg, beaten
1 onion, chopped up
1 cup of peas
1 teaspoon salt
some black pepper



1. Pour two and a half cups of water into a pot and add the rice. Cook slowly until all the water has been absorbed by the rice. Remove the pot from the heat.
2. Heat the oil in a saucepan. Add the onion and cook until it is soft. Add the cooked rice and salt and stir-fry for two minutes.
3. Then pour in the beaten egg and stir until cooked.
4. Add the peas and black pepper and mix everything well. Turn up the heat and stir until all the ingredients are piping hot.
5. Serve it at once, while hot. Enjoy!

The world of books

Today if we want a book to read or study from, we go to the closest library. But where do libraries come from and how did they begin?

The first people who collected writings lived in Babylon, 4 000 years ago. But there were no books at the time. So the Babylonians wrote on clay squares or tablets.

The most famous ancient library was in Alexandria, Egypt, about 300 BC. By this time people were writing on papyrus or reed strips called scrolls. The Alexandrian library had about half a million scrolls in it.

At the same time in Asia Minor, now Turkey, King Eumenes also built a great library. The Egyptians were jealous of Eumenes's library. So they stopped selling papyrus to him.

Eumenes ordered his scientists to find something new to write on. And so people began to write on parchment. Parchment was much stronger than papyrus and it lasted much longer. They made it from animal skins. Later a librarian began to sew the parchment together. This was the beginning of books!

Not long after this, Rome became the strongest power in the Mediterranean. The Romans built many libraries where they kept state records and well-known stories. But when Rome was conquered by the Barbarians few libraries survived.

After this, book

learning and collecting were linked to religion. In North and West Africa reading and writing spread with Islam. Rich Islamic rulers paid for libraries and learning. They wanted to show how wealthy and religious they were.

Timbuktu in West Africa was the most famous West African centre of learning. It had a number of libraries. The manuscripts in the libraries were not only religious – there were histories and travel stories too.

In Europe and North Africa rich Christian monasteries built libraries. Monks copied out books by hand.

But none of these

libraries were like libraries of today. Very few people could read and write. And even fewer people were allowed into these libraries. The Catholic Church was frightened that if people read books, they might question the Church.

In 1400 people began to print books on machines and use paper. Lots of people began to own their own books. In the 1800s factories started in Europe. Workers were needed who knew how to read and write. So schools – and public libraries started.

Today libraries are important places in many communities. But in South Africa, there aren't enough to go around. In Johannesburg, for example, there are 37 libraries. But in Soweto there are only seven libraries and in Alexandra there is only one! ■

Libraries – important places of learning.



How weather works

Rain

Upbeat has been looking at different types of weather. In this issue we look at why it rains more in some places than others.

Many people don't like Transvaal thunderstorms. In the morning it is bright and sunny. Then later, big, grey clouds gather in the sky. And when it's time for you to walk home from school, it's pouring with rain!

In the last issue of Upbeat we told you that clouds are made up of billions of water droplets. When the air gets very cold, these droplets freeze and form ice crystals.

The crystals grow bigger and bigger and get heavier and heavier until they fall to earth. As each crystal falls, it meets warmer air and melts. So when it reaches earth, it is a raindrop. If it is very cold, the crystal stays frozen. We call this snow.

It rains more in Cape Town than it rains in Johannesburg. The streets of Durban are usually wetter than those of Kimberley.

Let's look at what causes more rain or less rain.

Latitude

Lines of latitude are lines on a map. The equator is the line in the middle. It divides the earth into two halves or hemispheres, North and South. When it rains, it is usually cold. But believe it or not, the heat of the sun can also bring rain.

It is very hot at the equator. The very hot sun causes large amounts of water to evaporate and to form clouds. So if you live close to the equator, you can't be without a raincoat! We call this kind of rain *convectional rain*. This kind of rain falls throughout the year.

In South Africa we are not very far from the equator and in summer it is very hot. In places where there is water, the water evaporates and clouds form. So in

Natal and the Transvaal we have convectional rains in summer which fall as thunderstorms.

If you live far from the equator, at the North or South Pole, you will get very little rain. That is because the Poles are very cold. So very little evaporation takes place, and it is difficult for clouds to form.



Places near water

Places close to lots of water like the sea or a lake, get more rain than others. That's because more evaporation takes place when there is lots of water.



High places

Mountains cause rain too! The slope of a mountain forces warm air to rise. The rising air cools and forms clouds. This often leads to



It's fun playing in the rain!

rain. This type of rain is known as *relief rain*. So if you live in the mountains, you will often hear the pitter patter of rain falling.

Air currents and winds

Winds and air currents move clouds thousands of kilometres. Winter rain in the Transvaal often comes from clouds that the wind has blown inland from the sea. The wind brings heat from one area to another. Hot and cold air masses (or fronts) meet. The hot air rises and clouds form. If this leads to rain, we call it *frontal rain*.



Cities

It is often hotter in cities and built-up areas than it is in the veld or on farms. That's because hot air is trapped between big buildings. Vehicles, paved roads and concrete buildings absorb heat. Lots of factories use fires to make things, for example, bakeries use big, hot ovens to bake bread.

The heat of the cities causes air to rise quickly. The air cools and clouds form. And then it rains!

Taken from *Science through the senses* by Jan Marrow; published by Longmans.

What is a rainbow?

Have you seen a rainbow? It's a curve or arch of colours that sometimes appears in the sky when the sun shines after a shower of rain. Rainbows form opposite the sun. Next time you look at a rainbow, turn around and look behind you. You will see the sun.

The colours of the rainbow are formed by the sun's rays bouncing (*reflecting*) and bending (*refracting*)

off the raindrops or moisture in the sky. The rays of the sun are made up of seven colours – green, yellow, blue, red, orange, indigo and violet.

When a ray of sun hits the raindrops, it bends and breaks up into different colours in the raindrop. The different colours hit the walls of the raindrop and bounce off its sides. It takes many raindrops to form a rainbow.

Make your own rainbow

It's simple to make your own rainbow. You need the following:



a small hand mirror



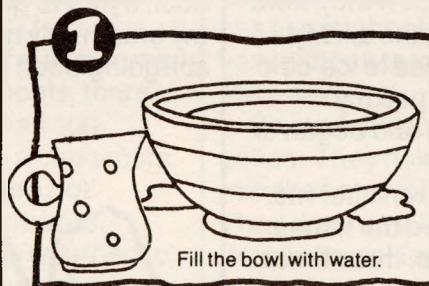
a small bowl



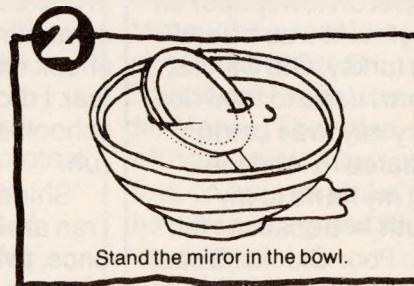
a clean sheet of white paper



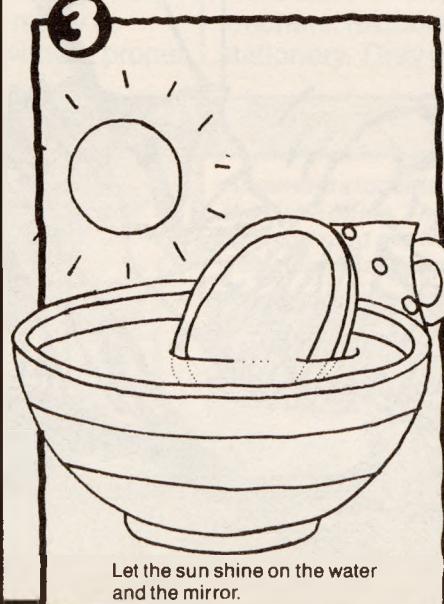
some water



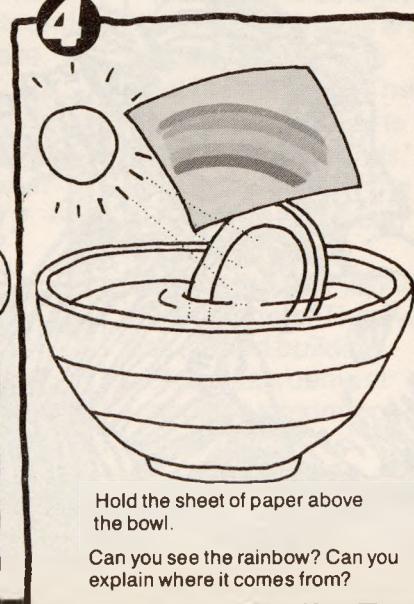
Fill the bowl with water.



Stand the mirror in the bowl.



Let the sun shine on the water and the mirror.



Hold the sheet of paper above the bowl.

Can you see the rainbow? Can you explain where it comes from?

The turkey's claw

Uncle Frank is a big, strong man. He was once a Transvaal heavyweight boxing champion. The other day when he came in for a haircut I asked him about his muscles.

'Has any man ever knocked you out, Uncle Frank?' I asked him.

'No man ever knocked me out,' he laughed, 'but a woman once did.'

And this is the story Uncle Frank told me.

'When I was fifteen years old, I came from school one day to be met by a horrifying sight. My father was standing in our backyard. In his hand was a knife, dripping with blood. On a sheet of newspaper on the ground was a headless turkey. Old Clucks, whom I used to feed rice every day, was being prepared to feed me. I put my hand to my mouth – because I felt sick. Poor Clucks! Dead!

'But my sister, Shirley, who was two years younger than me, didn't seem to care about the death of our pet turkey. She walked up to me with her hands behind her back, smiling.

'Hi, Frankie,' she said, 'we're having roasted Clucks for supper.'

'I had no appetite for Clucks – and no words for my heartless sister. Suddenly, Shirley took her hand out from behind her back and waved the dead turkey's foot in my face.

'Clucks wants to say goodbye to you,' Shirley said. She rubbed the knuckles of the foot with her thumb. The foot seemed to have a life of its own! The claws went in and out as if they were scratching the air. My shock turned to ice-cold fear. I dropped my schoolbag and began to run.

'Shirley ran after me. I ran around the house, once, twice, three times.

My sister was still behind me. I could hear Dad laughing in the yard. I could hear Shirley saying, 'Say goodbye to Clucks, man, he won't bite you.' And I could also hear my own heart beating in my chest.

'The fourth time around the house. My legs were getting lame. I begged Shirley to stop chasing me. I ran into the house and made for my parents' bedroom. Shirley was breathing down my neck. I slipped into the bed-room and locked the door. I was safe!

'Come out, you coward!' Shirley said, banging on the door. 'Clucks wants to say hello, I mean goodbye!'

'I leaned against the door, trying to get back my breath. My heart was still going doof! doof!



doof! Then, by some horrible miracle, I saw the turkey foot come flying out of the air! It brushed against my cheek and fell to the floor with a thud. And with a bigger thud, I dropped to the floor and was out cold. I had fainted.

'When I woke up from my faint, Dad had a wet cloth on my face and Shirley was kneeling by my side. My sister looked worried and was shaking me. They had broken the door to get to me.

'But how did the turkey's foot get inside a locked room? The answer was simple. Above the door to my mother's room was a fanlight or small window. Shirley threw Clucks's claw through the fanlight, and she'd hit her target spot on.' ■



*Bye!
Bones*

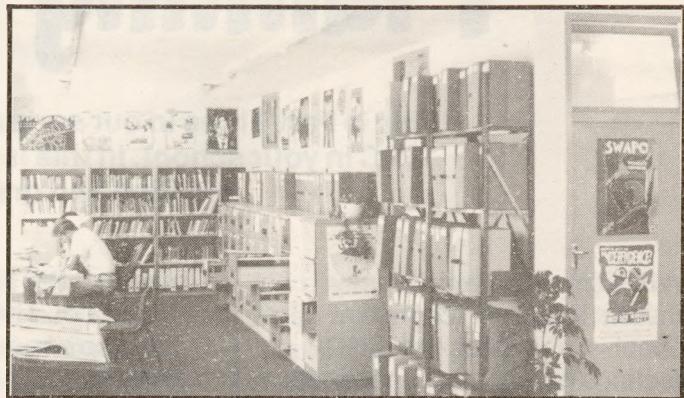
NOTE

Be an Upbeat reporter! The School Beat page has news from schools and youth groups around South Africa. Send us stories. If we publish your story, you'll get R30. Don't forget to give us your address and telephone number, if you have one. We'd also be happy if you sent us black and white photos with your story. Send them to:

Upbeat
School Beat
P O Box 11350
Johannesburg
2000

In March the Community Resource and Information Centre (Cric) launched its resource centre in Johannesburg. Students, teachers and youth, you'll find lots of interesting books, newspapers and journals to read.

There are information packs on SRCs, People's Education, the ANC Youth League, negotiations, mixed economy and much more. You can visit the Resource Centre between 9.30am – 5pm during the week.



The Cric Resource Centre – a great place to find books and information.

The Resource Centre also has a 'Book Box Project'. This project provides trade unions, community organisations, youth and student groups with reading material. So visit the

Cric Resource Centre now at:
Hampstead House
6th Floor
Biccard Street
Braamfontein
Or phone (011) 403-2340.

Fast for Education

In March students in Alexandra staged a sit-in at the local offices of the Department of Education and Training (DET). Upbeat spoke to Mike Maile, the co-ordinator of the Alexandra Education Crisis Committee.

'Students and teachers are facing many problems at

schools in Alexandra,' Mike said. 'There is a shortage of classrooms. In most schools, there are more than 100 students in a classroom. And there are not enough textbooks.'

'Students returned to school at the beginning of the year, ready to learn. But without proper

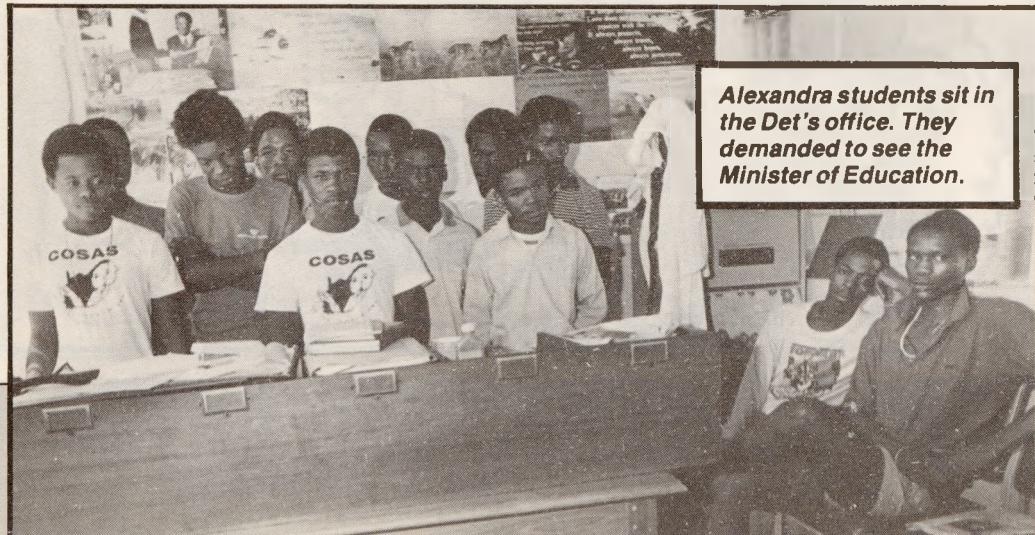
classrooms and resources like textbooks, it's very difficult to learn,' Mike said.

So students took action. They held protest marches and rallies. They drew up a list of demands, asking for more classrooms, more teachers, textbooks and stationery. They gave

these demands to the circuit inspector. But nothing happened.

Finally, a group of 12 students went to the local DET offices. They demanded a meeting with the Minister of Education, Stoffel van der Merwe. They also refused to eat. After six days on hunger strike, the minister agreed to meet them.

Mike led the delegation of parents, students and teachers that went to meet the minister. 'The minister has agreed to some of our demands,' Mike said. 'Already the DET has started fixing the toilets in some schools and employing more teachers. They've also started building prefabricated classrooms at schools to accommodate students.'



Alexandra students sit in the Det's office. They demanded to see the Minister of Education.

Planning meetings

This is Part Three in our series on how to start and build an SRC in your school. In this issue we look at how to plan a meeting and draw up an agenda.

An SRC must organise many different kinds of meetings at school - class meetings, SRC meetings or big, mass meetings for all students. If you don't plan these meetings well, you may have lots of problems. Disorganised meetings waste everyone's time.

When planning a meeting, ask yourself the following questions:

- Why are we having this meeting? What must we discuss?
- How can we achieve everything we need to, in the meeting?

Getting organised

For a meeting to be successful, you must be well organised. This means you must plan carefully. Here is a checklist to help you.

- What information do you need for the meeting? For example, if your SRC wants to discuss how to work together democratically, make sure that you have information about this. Or ask someone to prepare a short talk.
- Does everyone know about the meeting? You can send notices to every classroom to inform all the class reps. Or you can make posters advertising the

meeting. Put them up all over the school. The SRC president can also announce the meeting at the school assembly.

- Have you organised a place or a venue for the meeting?
- Does the venue and the time of the meeting suit most people?
- Have you given enough time for the meeting? If the meeting finishes late in the afternoon, is it safe for students to walk home alone?

- Does everyone know what the meeting is about? When class reps know what will be discussed, they can prepare and take part in discussions and debates. You can prepare class reps for the meeting by giving them an agenda.

Drawing up an agenda

An agenda is a list of topics to be discussed in a meeting. Usually the SRC president or chairperson and the secretary draw up the



agenda. People must see the agenda **before** the meeting – not when they walk in the door!

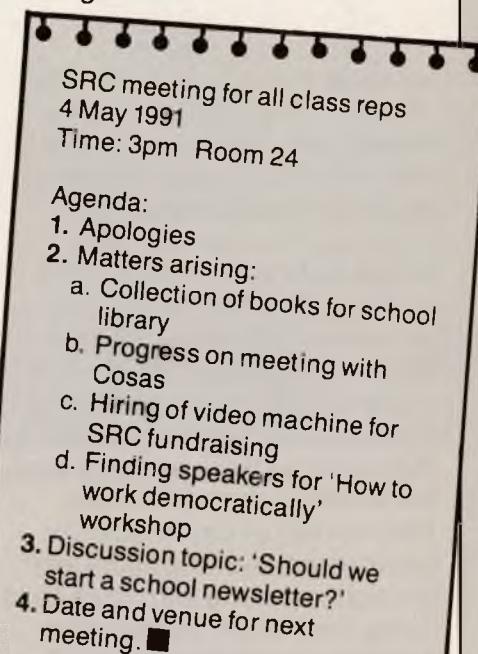
An agenda tells people what is going to be discussed. And it's a way to make sure that you cover all the points you need to in the meeting. So an agenda can't just be a confusing list of headings. The items must be organised with the most important issues at the top of the list. You must also think about how long it will take to discuss each item.

An agenda must include:

1. The name of the meeting. For example, 'SRC executive meeting' or 'class rep meeting'.
2. The date, time and venue of the meeting. For example, 25 April 1991, 3h00pm, Std 6A classroom.

3. Apologies. This item is put on the agenda so the secretary can say who sent messages or apologised for not attending the meeting.
4. Matters arising from the last meeting. Matters arising are issues that still need to be discussed. It's good to write them down, so that the reps remember what they still have to do or discuss.
5. Report backs. This can be reports from the class reps, or from people who agreed to do certain tasks.
6. Items for discussion. This will be new issues, and might be things like problems at the school or the next fundraising effort.
7. The date and venue for the next meeting.

Here's an example of an agenda. Does it give you an idea of what this SRC will discuss at their next meeting?



Is your school SRC working well? Do you have any problems? Successes? Upbeat wants to help students share ideas so that we can build strong SRCs in our schools. So write and tell us about the SRC at *your* school.

Look out for tips on how to run a meeting in the next issue of Upbeat.

The fight to vote

In South Africa most people do not have the vote – we do not have the right to choose people to govern our country and make laws to protect us. Black South Africans are not the only people who have had to fight to win the right to vote. Women in England also had to fight to win the vote. They were called the suffragists. Selina Cooper was one of them. This is her story.

Selina Cooper was born in Lancashire, England in 1864. She started work in a cotton mill when she was only ten years old. Like many other poor girls, she had to work half of the day and attend school for the other half. She started work at six o'clock in the morning. Often on washdays she never went to school at all, but helped her mother instead.

Life for most working people in England at the beginning of the 20th century (1900) was very hard. But women suffered the most. They worked all day in factories and then worked long hours into the night, washing and cleaning at home. Even when women were pregnant, they still had to do all this work.

All over Lancashire, workers in the cotton and textile mills were joining trade unions. They realised that to fight for better working conditions, they had to stand together.

As Selina grew up, she saw how

'The vote is the symbol of freedom and equality. Any class which is denied the vote is branded as an inferior class. The inferiority of women is a hideous lie which has been enforced by law ...'

Christobel Pankhurst, an early suffragist.

hard life was for women around her. So after she joined her local trade union in the 1880s, she started to work for better conditions for women. Women in the unions soon realised that there would never be a better life until they had won the vote. Women had been fighting for the right to vote for more than 70 years. But still only men could choose their leaders.

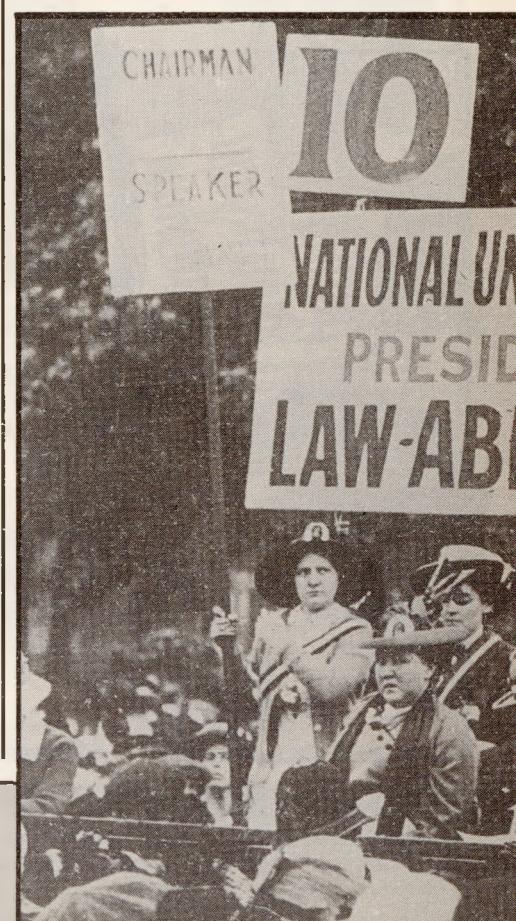
Selina Cooper and her friends held special meetings with women workers. She told them that women would never be strong as long as only men had the vote. They held meetings at factory gates and forced their trade unions to support their fight for the suffrage – or vote. They also tried to get working class men in parliament to support the fight for women's votes.

Selina was a brave woman with lots of confidence. She would speak at meetings and conferences when other women were too scared to speak. She once told Members of Parliament that as a mother, she believed working women needed the vote because 'we have to educate our children; if we are not ourselves interested in national life, how can we impart to our children a knowledge of true citizenship?'

But the government didn't care.

They still did not give women the vote. So the women began to protest. They marched on parliament in London to give in petitions which demanded the vote. They were beaten by the police. Some women were thrown into jail. People even stood at the sides of the roads and laughed at them. But this did not stop Selina Cooper and her friends.

The government was just beginning to listen to the women, when the first World War broke out. While the war was on, the women stopped their protest. Men had to go and fight. So many women did their jobs while the men were away. But when the men returned, they wanted their jobs back. This made many women furious. So the struggle for equality with men was taken up again.



What a woman may be, and not have the vote



What a Man may be, & yet not lose the Vote



In 1918 women who owned property were given the vote. A woman could now vote – but only if she had money! Selina and her friends thought this was nonsense. They carried on fighting for the right of all women, rich or poor, to vote. Finally, they won!

In 1928 all women in Britain won the right to vote. But the struggle for a better life for women did not end there. The suffragists continued to work for better wages, better education for girls and a better life for women and their children.

As Selina Cooper said, 'Women do not want political power to enable them to boast that they are on equal terms with men. They want to use it for the same purpose as men – to improve their lives.' ■

A peaceful open air meeting organised by the National Union of Women's Suffrage Societies.

This was a poster that women used in their fight for the vote.



Selina Cooper, far left, and fellow suffragists on a campaign in the countryside in England, 1910.



What is feminism

Feminism is the belief that men and women are equal but that women have been badly treated throughout history. Feminists work to change this unfair situation. People who are feminists hope to achieve equality for women and men under the law. They also work to improve working conditions of women and change the way women are seen in every day life. Not only women can be feminists – men can be feminists too!

PENFRIENDS

NATAL

Sandakahle Combined School, P O Umlazi, 4031

Dear Upbeat,

I am a boy of 11 doing Std 5 at Sandakahle Combined School. I would like to correspond with boys. My hobbies are playing football, listening to music, reading and writing letters. I promise to reply to every letter written in English.

Bright Nhlakanipho Mthethwa

P O Box 1155, Empumalanga 0488

Dear Upbeat,

I am a boy of 18. I would like to correspond with boys and girls of 14-18. My hobbies are listening to reggae music, writing letters, dancing and going to movies. Letters must be written in English or Zulu. Photos are welcome.

April Masombuka

Umlazi Commercial High School, Private Bag X03, Isipingo 4110

Dear Upbeat,

I am in Std 9. My hobbies are playing volleyball, dancing, debating, reading novels and listening to music, especially Basia. I would like to correspond with girls and boys of all ages. I promise to reply to all letters written in Xhosa, Zulu or English.

Melody Nomathemba Memela

St Francis College, P O Box 11003, Marianhill 3601

Dear Upbeat,

I am a boy of 16 doing Std 9. I would like to have penfriends of all races and any age. My hobbies are travelling, watching movies and reading books. I promise to answer all letters received. Please send photos if possible.

Pascadelis Pekile

CAPE

98 First Avenue, New Crossroads 7755

Dear Upbeat,

I am 14 years old. My hobbies are running, volleyball, tennis and swimming. Sizeka Peter

E 69 Jordane Circle, Khayelitsha 7784

Dear Upbeat,

I am a guy of 16 doing Std 7. I would like to correspond with boys and girls of 14-16. My hobbies are listening to music, boxing, reading novels and love stories. I promise to reply to all letters written in English or Xhosa.

Mzukisi Qobo

20 Dahlia Street, Robertson 6705

Dear Upbeat,

I am 15 years old and in Std 8. I am looking for penpals from overseas. My hobbies are reading, singing, dancing, music and karate. I would like to correspond with boys of 17 and older.

D. Maart

11 Gull Road, Grassy Park 7945

Dear Upbeat,

I am a girl of 14 doing Std 7. My hobbies are tennis, swimming and listening to pop music. I would like to correspond with girls and boys of 12-15. I promise to reply to all letters written in English or Afrikaans. Photos are welcome.

Bonita Waverly

TRANSVAAL

764 Maaksaen Street, Bekkersdal Location, Westonaria 1780

Dear Upbeat,

I am a boy of 17 doing Std 6. I would like to correspond with boys and girls of 14-15. My hobbies are reading books, making jokes and listening to music. I promise to reply to every letter.

Thami Daniel Mtjale

2599 Temba Location, Temba 0401

Dear Upbeat,

I am a guy of 15 doing Std 7. I would like to correspond with boys and girls of 13-20. My hobbies are reading magazines, listening to music and going to the cinema. I promise to reply to all letters.

Andrew Tsotetsi

600 Bopokeng Street, Boipatong, Vanderbijlpark 1901

Dear Upbeat,

I am a boy of 17 doing Std 9. I would like to correspond with boys and girls of 14-18. My hobbies are playing soccer and listening to music. My favourite soccer team is Orlando Pirates. Anyone can write. Photos are welcome.

Ntshenki Mofokeng

16A Sanders Road, P O Iketlo, Meadowlands 1852

Dear Upbeat,

I am a girl of 12 doing Std 5. I would like to correspond with girls and boys of 16-18. My hobbies are playing tennis, listening to music and following fashion. I promise to reply to all letters written in English.

Constance Radebe

Language Institute, Ahmed Sekou Toure Ave, No 1260, Maputo, MOZAMBIQUE

Dear Upbeat,

I am a boy of 20 doing my first year at a teachers' training college. I would like to correspond with boys and girls of all ages. I like going to church, reading books and dancing. My favourite musicians are Bob Marley and Solomon Skuza. I promise to reply to all letters written in English, Portuguese or Shona.

Simon S. Chihururu

17 Fletcher Road, Mount Pleasant, Harare, ZIMBABWE

Dear Upbeat,

I am a boy of 10. I would like to have female penpals. My hobbies are swimming, table tennis and karate. I also like listening to the music of Michael Jackson. Please send a photo with your first letter. Letters should be written in English or Shona.

Isaac Jaidhitsi Mutepfe

OVERSEAS

Halma Ezurra, 756 47 Uppsala, SWEDEN

Dear Upbeat,

I am a girl of 12. I don't have any brothers or sisters. I live with my mom and my step-father. Do you like school? I enjoy going to school to meet my friends, but I hate getting up early in the morning and listening to the teacher talking about boring things. And I hate maths! It's the worst thing in the world. Please write to me soon and tell me about yourself!

Yarina Ezaurra

Halmvagen 62 B, 69148 Karlskoga, SWEDEN

Dear Upbeat,

I am a girl of 12. I like listening to music, dancing, playing basketball and acting. I learn English at school. It is fun. Please write to me and tell me about yourself. I promise to reply to all letters. I'll send a picture of myself later if you want.

Jenny Harstad

Via Carducci 1, 39042 Bressanone, ITALY

Dear Upbeat,

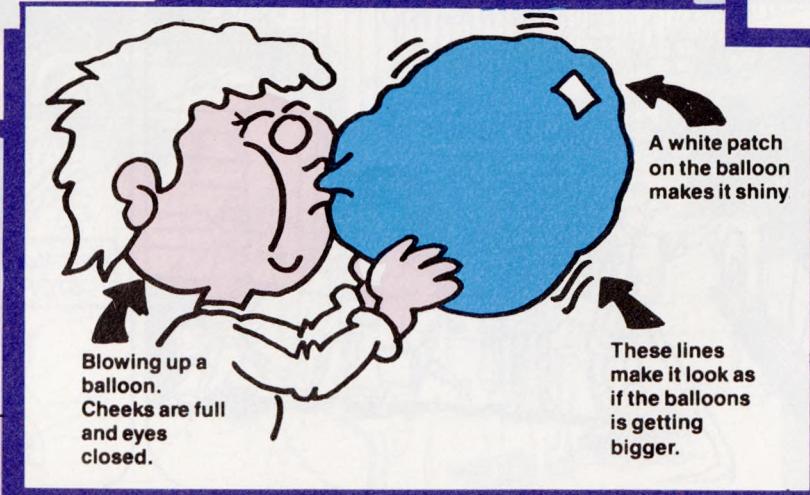
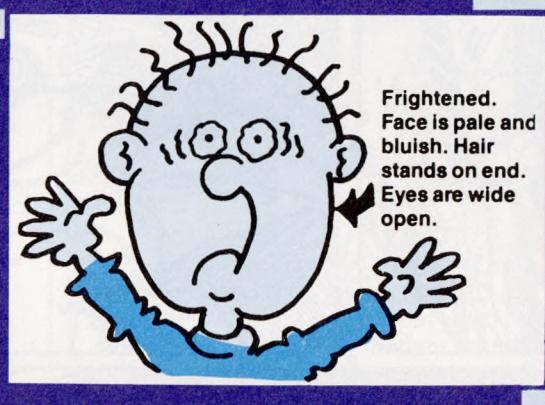
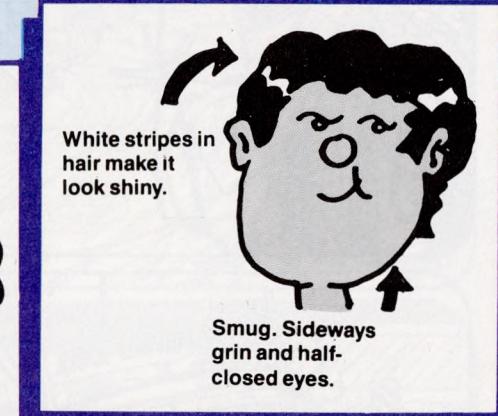
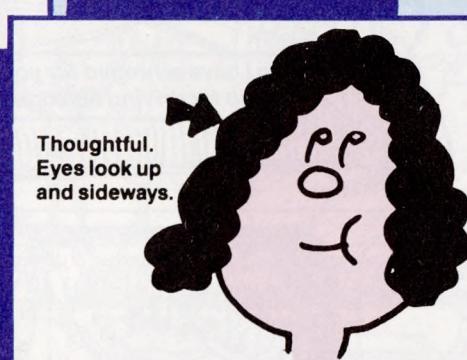
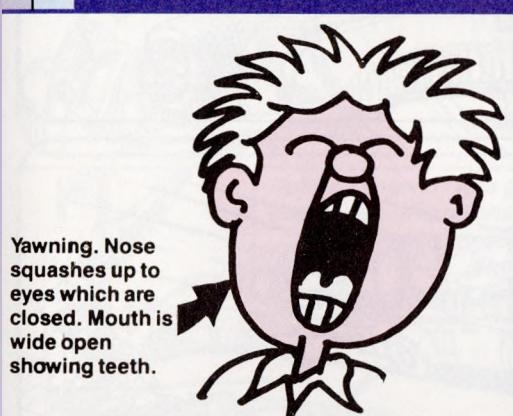
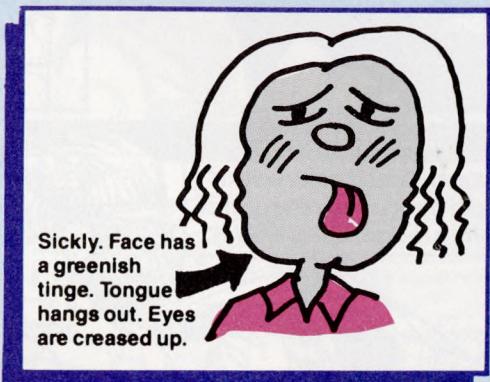
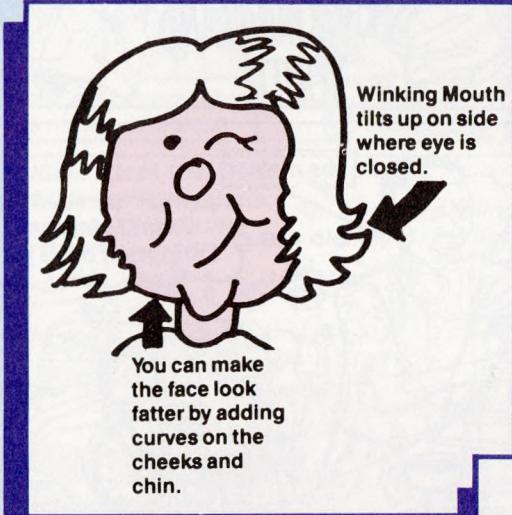
I am a boy of 9. I want penfriends from South Africa because I'm interested in your way of life. I see on television that you have lots of trouble because of apartheid. My hobbies are music, football and collecting stamps. Maybe you could send me some stamps from South Africa. I'll reply to all letters.

Andrea Ugliano

PUZZLE

Making faces

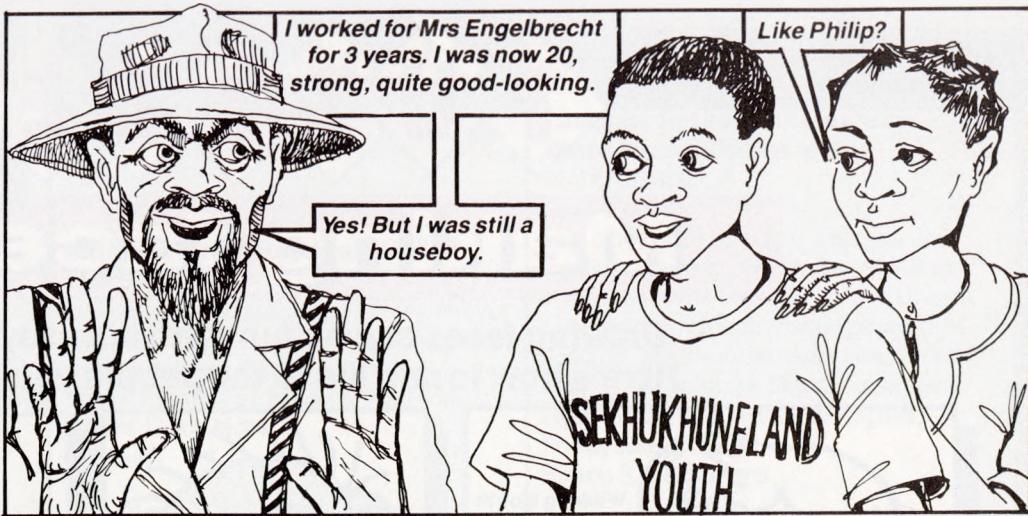
Drawing faces can be fun. And it's easy too. Here's how to add life to the people you draw.



TAXI DRIVER

Part 4

In a village
in Sekhukhuneland
old man Kabu's life
story continues. Menta
and Philip want to know
more.

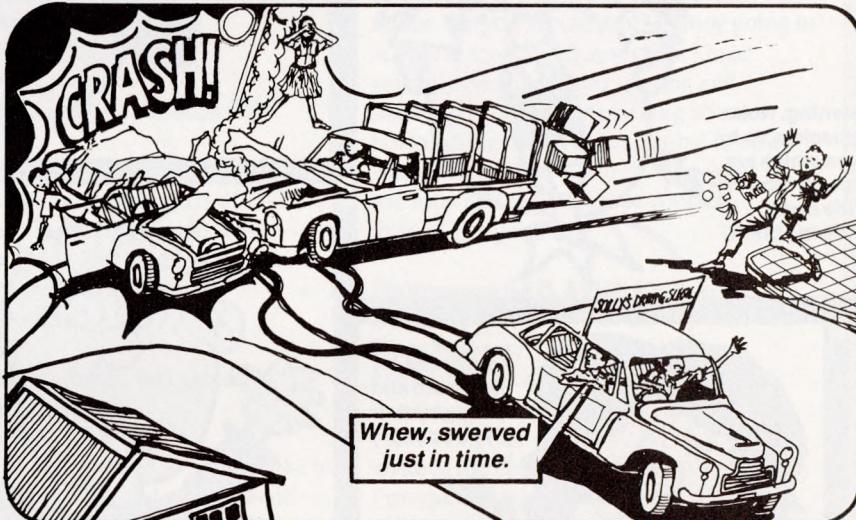
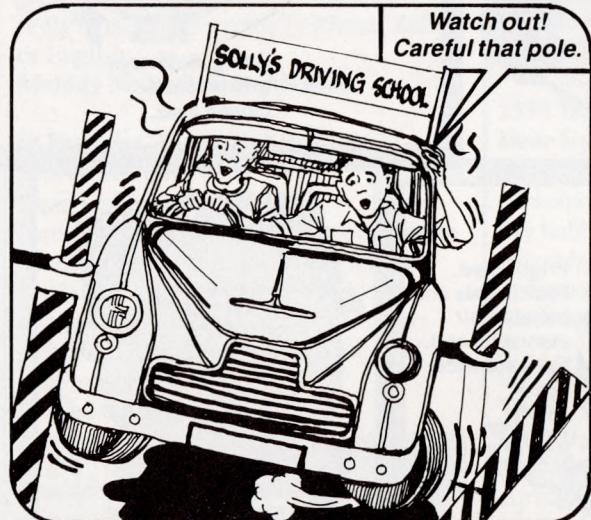


Then one afternoon...

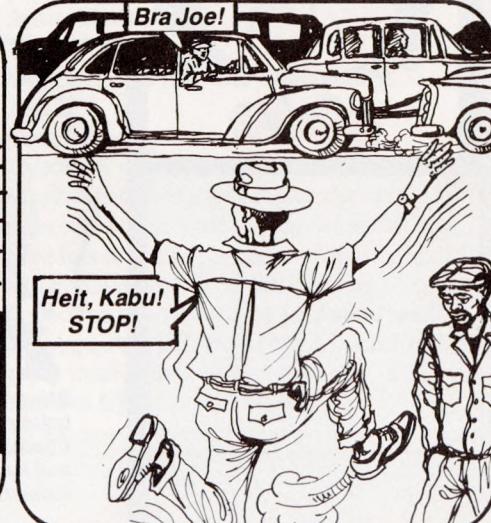
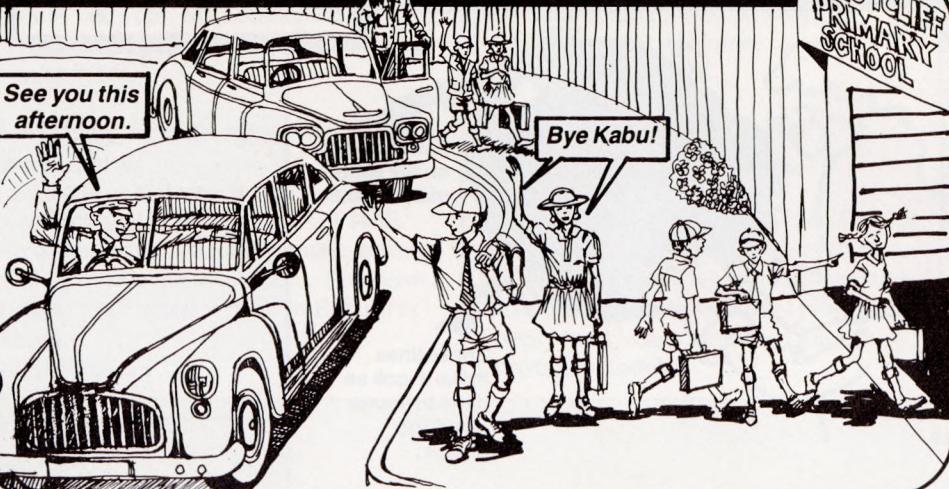
Kabu, I need someone to take the kids to school and bring them back everyday.



Watch out!
Careful that pole.



3 months later...



Bra Joe was always involved in some shady deals.

Nice Chev! Listen I need to get to Alex to pick up a parcel. How about a lift?

Scared of her?

Of course not! But I have to fetch her children from school.

Well I'm not sure. This is my madam's car.

That's six hours away. I'll give you a sixpence for it.

Okay! Jump in.

Hey Kabu, stop! That's bra Pat, Elsie and their lightie. Let's give them a lift.

Ah! Another shilling and a tickey for the lightie.

These roads are too bumpy. I want to go home.

Shut up little Thabo.

SCREEECH!

Before I knew it I was giving everyone a lift and charging them. Well... maybe I shouldn't have... I thought of it as 'danger pay'.

But eventually my luck ran out...

How dare you use my car as a taxi. You're FIRED!

Oh no! What do I do now?

Kabu smashed our car. Ha! ha! ha!

What will Kabu do?
Find out in Upbeat No. 5.

Readers what do you think of our comic?
Write and tell us.

Down the food canal



You've just enjoyed a big Sunday lunch. You've eaten roast chicken, rice and peas. And you've had a big bowl of pudding! Now you want to go outside to play soccer, but your mother says no. She says you must rest after a big meal.

So what must you do? Sit in a chair and fall asleep, like your father, or go outside and play soccer?

To find the answer an experiment was done seven hundred years ago in Europe by the Holy Roman Emperor, Frederick II. He fed two men a big meal. He told one man to rest for an hour while the other man did exercises. Then Frederick killed both men, cut them open and looked at their stomachs. The man who rested had digested his food much better than the man who had run around.

But recently doctors did some tests to show that Frederick was

not absolutely right. Gentle exercise can help digestion. So it's good to go for a stroll after Sunday lunch but bad to run around a football field.

The reason your body cannot digest food well if you exercise is because of your blood supply. To digest food, your body needs blood. After a meal, your body sends extra blood to your stomach and intestines. If you exercise, your muscles need extra blood for oxygen and energy. It is also bad to have a hot bath after a meal. If you have a hot bath, your body sends blood to the skin to cool you down.

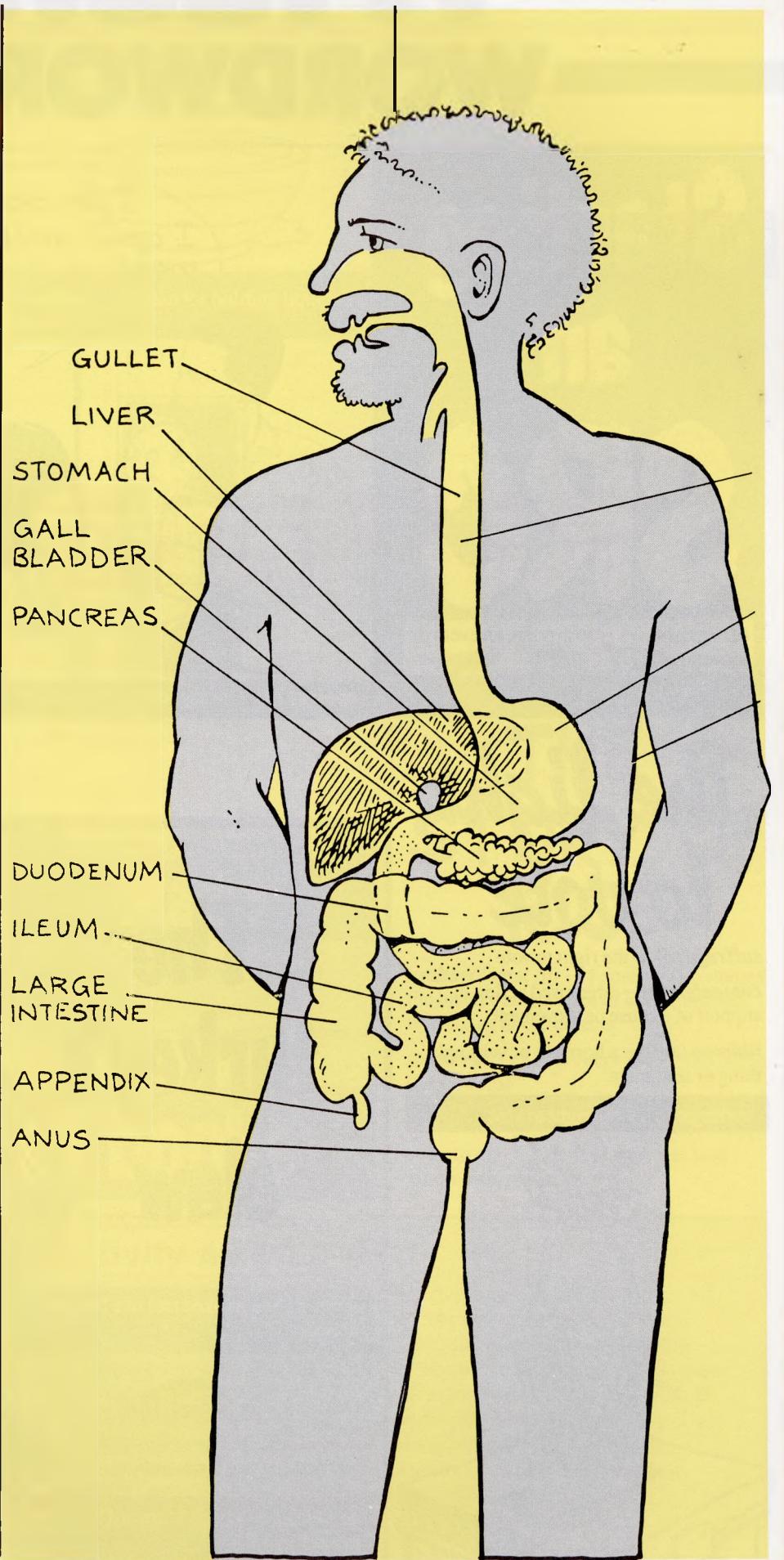
Your body only has a certain amount of blood to go round. So exercise or a hot bath can mean digestion suffers.

What is digestion?

Your body does not use much of what you eat. So digestion sorts out the useful food from the useless. It makes the useful food ready so that your blood can absorb it.

Here's how your body digests food.

1. When you chew chicken, rice and peas in your mouth, your teeth break this food into small pieces.
2. Food moves down the gullet (or oesophagus) to your stomach.
3. Your stomach breaks down food to get proteins from it. It also makes a little acid to kill off any germs you have eaten. While all this is happening, the muscles of your stomach wall churn the food round and round.
4. Intestine is the medical word for your guts. The small intestine is very long and narrow. Here food is broken down into smaller parts. Then your blood takes it to the cells of your body. In the cells, the food joins with the oxygen from your lungs. This joining or burning frees the energy in the food. This energy gives power to your body – it lets you breathe, grow and move.
5. Only waste food and fibre reach your large intestine. Your large intestine changes it into faeces. Faeces also contain germs and dead cells from the food canal. The food canal is your stomach and intestines. You pass faeces out of your body through your anus.

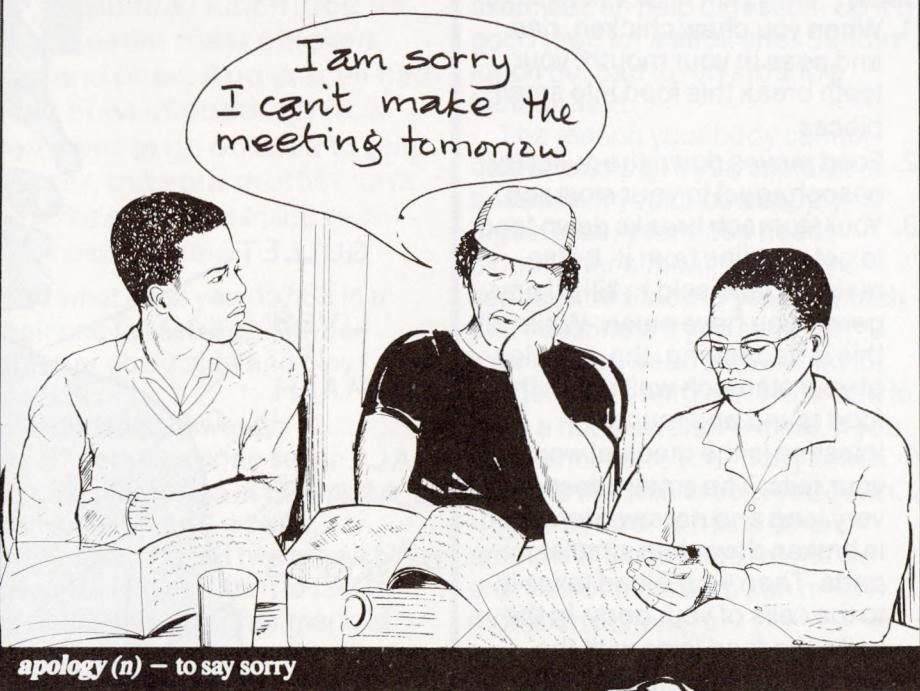


WILLIE WORDWORM

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

Starting an SRC

to organise (v) — to arrange an event or movement



apology (n) — to say sorry

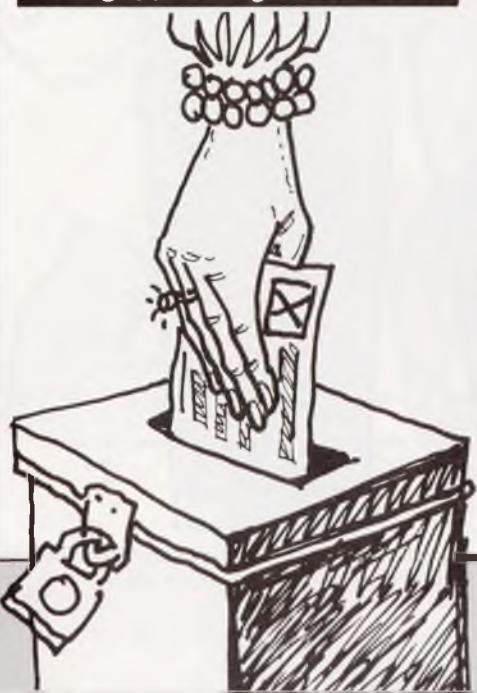
The fight to vote

suffrage (n) — the right to vote

campaign (n) — organised action in support of a cause or movement

hideous (adj) — a horrible or very ugly thing or statement

suffrage (n) — the right to vote



The turkey's claw

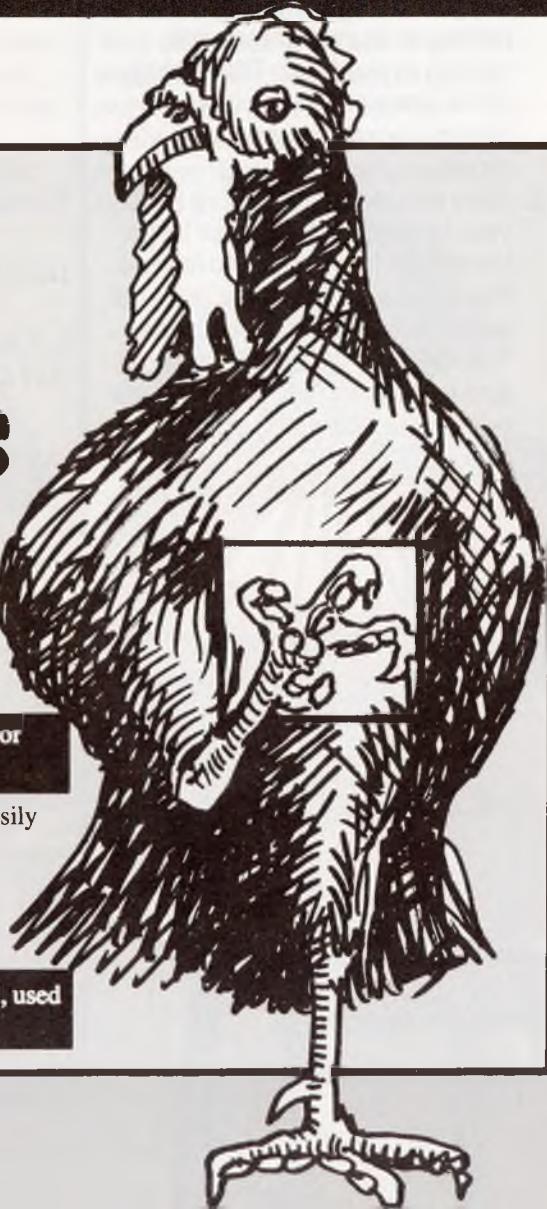
claw (n) — a hooked nail of a bird or animal

to slip (v) — to move quickly and easily

to lean (v) — to rest against or on something

lame (adj) — unable to walk

turkey (n) — a large farmyard bird, used as food



Write your own story

rescue (n) — to save from danger

Fighting for more than better wages

Illustration Andy Mason



to dismiss (v) — to send away, eg from a job

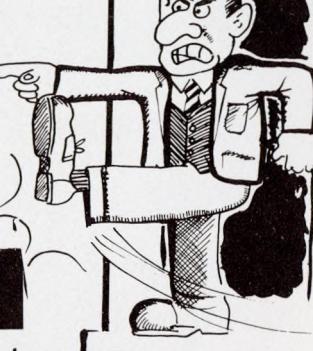
retrenchment (n) — reducing or cutting down the number of workers in a factory or industry

GROWING UP

to transmit (v) — to pass a disease to another person

to itch (v) — irritation in the skin which makes you want to scratch

blister (n) — a thin bubble on the skin full of water



HOW WEATHER WORKS

Rain

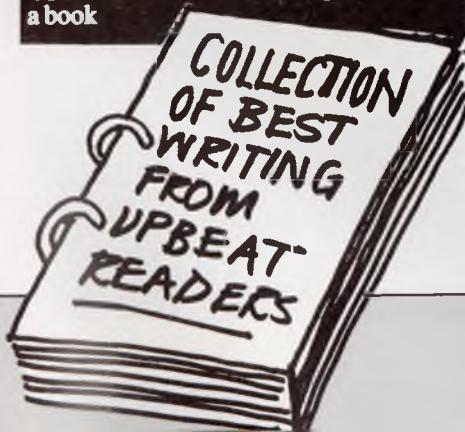
droplet (n) — a small drop of rain or liquid

to evaporate (v) — to change into water

The world of books

tablets (n) — a small piece of clay or stone which people used to write on before paper was invented

manuscript (n) — a handwritten or a typed document, before it is printed out as a book



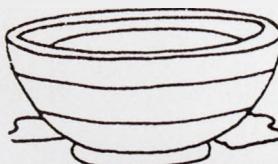
Activity ANSWER

Women in the Phillipines were tired of advertisements which showed that men were better than women. So they got together to fight this. They called themselves Mediawatch. Mediawatch is always on the look-out for advertisements that show women in a bad light. And when they find a sexist advert, they organise signature campaigns against it. One of their victories was a campaign against a milk company. The milk advert showed that a boy who drinks milk could become the future president. And a girl who drinks milk could become a beauty queen. Mediawatch said this advert discriminated against girls. It made girls believe that they couldn't do the same jobs as boys.

bowl (n) — a basin for holding liquids and food

emperor (n) — the ruler of an empire or group of powerful nations

to digest (v) — to break up food into a form that the body can use



to churn (v) — to stir about vigorously or violently

to stroll (v) — to walk slowly in a relaxed way

to rhyme (v) — to form a likeness between the sounds of words or their endings, eg humble and crumble

toddler (n) — a young child of 2 – 3 years old



THE STORY OF RICE

archaeologist (n) — a person who studies the history and culture of ancient people by looking at old objects

to harvest (v) — to cut or pick crops when they are ripe

to cultivate (v) — to grow plants or crops

swamp (n) — an area of very wet land where wild plants grow

*What is a rainbow?
Turn to page 17 to find out.*

