

R1-64c (outside RSA)

NUMBER 8 1992

UPBEAT

R1-80c
(VAT included)

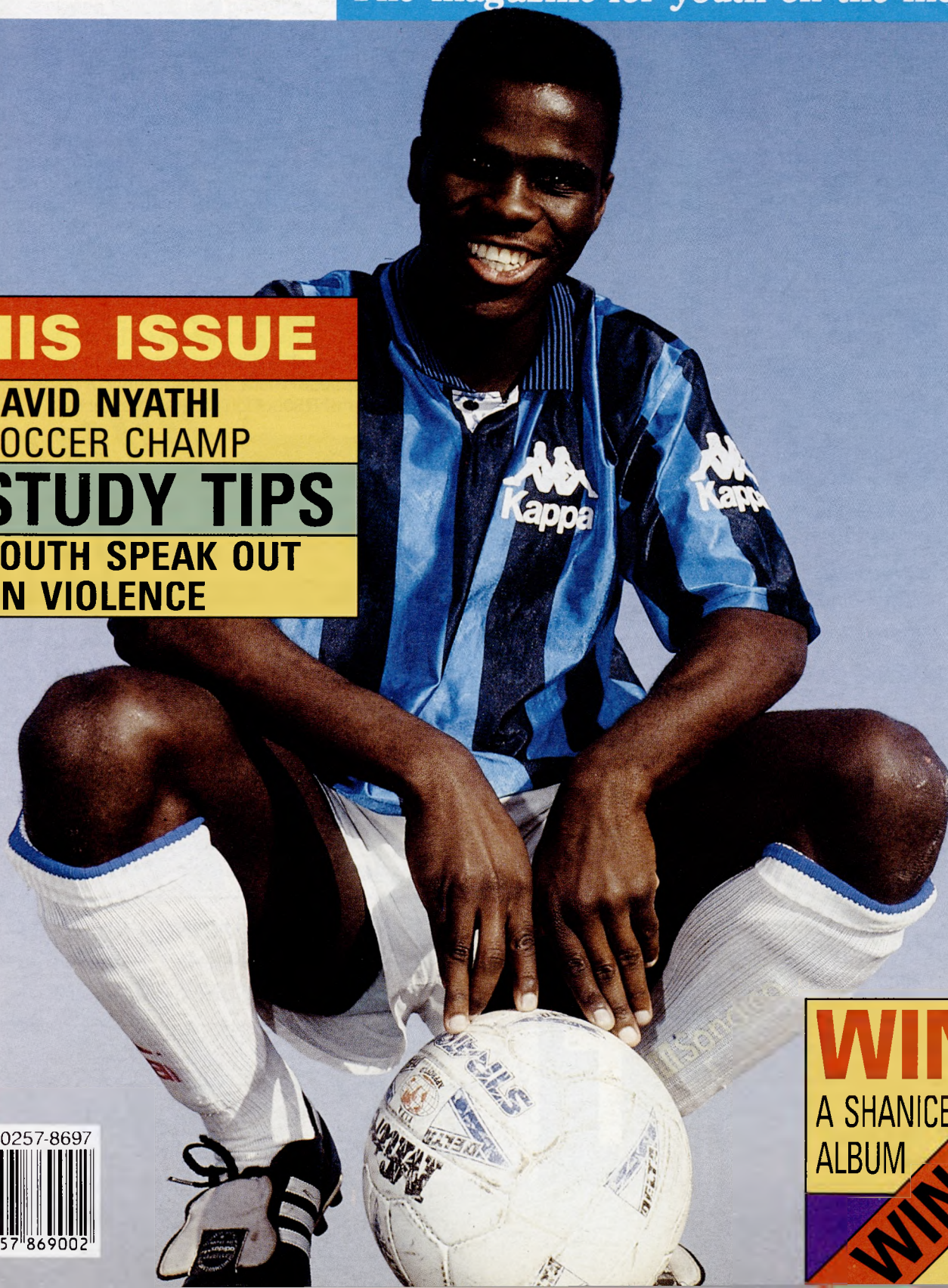
The magazine for youth on the move

THIS ISSUE

DAVID NYATHI
SOCCER CHAMP

STUDY TIPS

YOUTH SPEAK OUT
ON VIOLENCE



ISSN 0257-8697



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WIN

A SHANICE
ALBUM

WIN R500

Upbeat is published by SACHED.

SACHED is an educational organisation, committed to building democratic education for all in SA. SACHED runs a number of educational projects. Upbeat is one of them.

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Reproduction:

Dot Colour (Pty) Ltd

Printing:

Creda Press (Pty) Ltd

EDITORIAL

Dear Readers,

It is that awful time of year – exam time. Don't panic! 'But I have so much to do and I don't know where to start,' you may say. Well, a good place to begin is on page 36. We've got great tips on how to start studying, how to keep studying and remember what you have learnt.

We know it is hard to prepare for exams. It is even more difficult if you are scared and frightened. Florence Smith goes to school in Soweto. She finds it very hard to study. 'I can't concentrate because I worry about being attacked,' she told us.



The violence in South Africa is destroying thousands of people's lives. We spoke to youth in townships on the Reef. Read what they have to say on page 4.

The government is responsible for stopping the violence in the country. And lasting peace will only come, when there is democracy in our land. But we can't wait for a new government to solve our problems.

We must all do something at home,

school, with our neighbours and friends, to bring peace. That's why we are running our comic called 'Be a peacemaker.'

In it we give tips on how to tackle conflict without hitting the person you are fighting with. In this issue Mandela the mediator, stops two boys at school from punching each other. He's also got a lesson for us all. Don't judge or label people because they speak a different language to you.

There is lots to learn about in Upbeat. There are also plenty of prizes to win. You could be the lucky winner of R500. Don't forget to enter our fantastic new comic competition.

Good luck with your studies!

Harriet

Editor

N
E
X
T

*New young SA musicians
soon to break the scene*

Studytips

Staying cool in the exams

Your views

Should schools support stayaways?

WIN FANTASTIC CLOTHING VOUCHERS

Get a free poster of REBECCA MALOPE

issue

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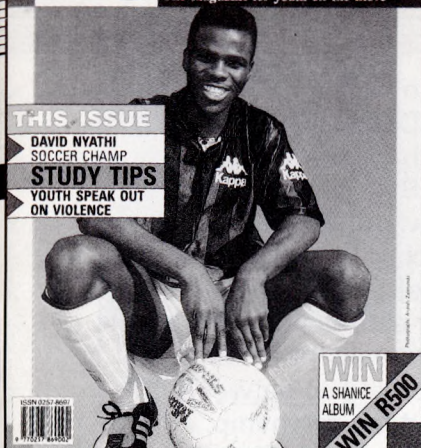
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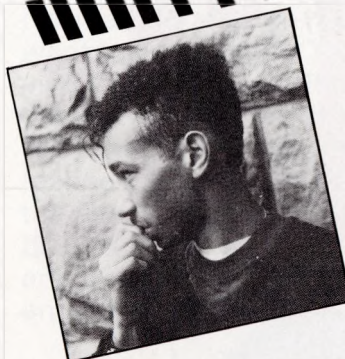
THIS ISSUE

DAVID NYATHI
SOCCER CHAMP
STUDY TIPS
YOUTH SPEAK OUT
ON VIOLENCE



Cover Photo: Anna Zieminski

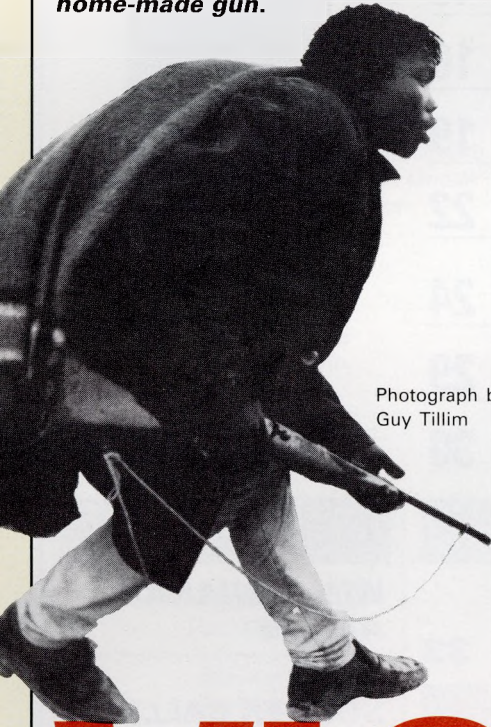
HAIR!



FEATURE

Photographs of people interviewed by Hans Mangole.

A young boy at a squatter camp with his home-made gun.



Photograph by
Guy Tillim



Many youth live with violence all the time.

YOUTH SPEAK OUT ON

VIOLENCE

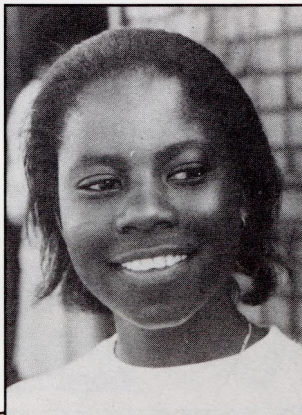


Forte High School in Dobsonville, Soweto has closed down. Students told us what went

wrong. 'Schooling was normal until hostel dwellers started bothering us. They did not want students to walk past the hostel. But the hostel lies between our school and the township,' explains Thapelo Mohapi, a Std 8 student from Forte.

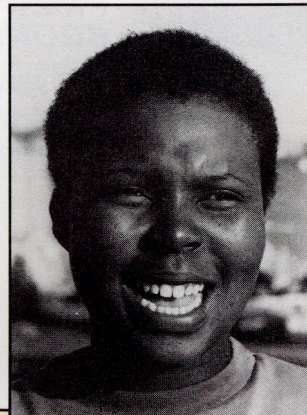
Masego Sekelema was also a student at Forte. 'In March, the hostel dwellers attacked our school,' Masego said. 'Police came in. We thought they would stop the attack. But they shot teargas into the school. One of our students was seriously hurt.'

So the principal of Forte called a meeting. At the meeting people agreed that Forte should close. Students' lives were in danger. Since then, Forte students have been attending school at three primary schools in Molapo. 'This arrangement is better than nothing,' said Florence Smith who is in Std 9. 'But we find it difficult to travel so far and it costs our parents money.'

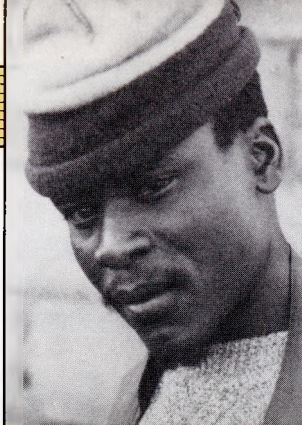


Hilda misses jogging.

The terrible violence in our country has affected the lives of many young people. Upbeat visited townships on the Reef. We discovered schools that have closed down, teenagers too frightened to study, too scared to even go jogging.



Napo is lucky to be alive.



Martin fled the hostels.

UNABLE TO STUDY

Florence is also worried about the future of her studies. 'School is no longer enjoyable. Sometimes I ask myself whether it is worth going to school at all? I can't concentrate because I worry about being attacked.' Florence told us that she can't even plan her career. She feels so uncertain about the future.

The violence has changed Hilda Kgwete's life too. She is 18 and lives in Katlehong. 'My life has changed since the violence started. I used to spend time at the library. But now I'm scared that fighting might start on my way there,' Hilda told us.

She said that she also misses her morning and evening jogging. 'I can't risk my life trying to stay fit,' Hilda said.

NO MORE PARTIES

Norman Pooe is 18. He also went to Forte High. 'The violence has taken all the fun out of our lives,' he said. 'We move about the township feeling bored. We can't go to the cinema in the evening like before. What is life when you are young, without fun and entertainment?'

NIGHT-CAMPING

Young men in Dobsonville and other townships, don't go to parties anymore either. Instead they go 'night-camping'. When night falls, they leave their homes to guard their community. Many of them are students who should be studying or sleeping.

Florence Smith has mixed feelings about night-camping. 'These young men must be given credit for putting their lives in danger. But night-camping adds to the problems at school. Some students feel that it is unfair that some students can study, while others stand guard at night.'

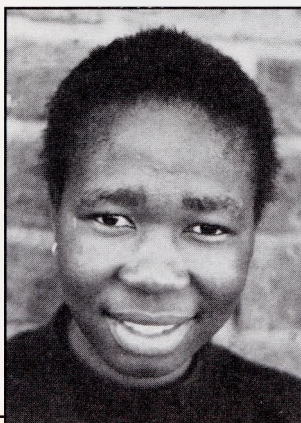
LIGHTS OUT

Sophie Moyo (22) and Lebo Moyo (18) are sisters. But they live in different worlds. Sophie lives in Alexander township. Her sister lives in Palmsprings, a township on the East Rand. Life for Sophie is a nightmare, 'I can't study properly because of the gunfire at night. Sometimes I go to sleep very early because we are afraid to have our lights on.'

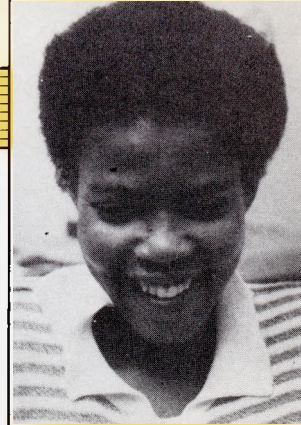
But Lebo is not really affected by the violence. 'Palmsprings is quiet, except when there is trouble in Sebokeng and Everton. I think I'm safe because I don't go to marches and rallies.' Lebo blames political organisations for the violence.

Lucky blames the government. Lucky Mosia is 20. He comes from Sharpeville, one of the townships in the Vaal Triangle. 'Violence has changed people into animals,' Lucky says. 'Here the youth sjambok their parents. But I still blame the government. For a long time it has denied the youth their rights. It has inflicted brutality on young people.'

Lucky thinks there are two things that must be done to bring order. 'The youth must organise themselves properly.'



Sophie is scared of gunfire.



Nthabiseng helps victims of violence.

They must control unruly youngsters. And the hostels must go!' he said.

FLEEING THE HOSTELS

Martin is an ex-hostel dweller. He lived in the Kwesine hostel, in Katlehong. Martin fled the hostel when his cousin, who shared the room with him, was shot at by other inmates. He also left his job. 'The hostel dwellers thought I knew too much about what was happening in the hostel.'

'People used to bring guns to the hostel. They said the hostel dwellers must protect themselves against the township youth,' Martin said. 'But we were not given arms because we were not Zulu-speaking.' Martin feels angry. He is a refugee without a job or a home.

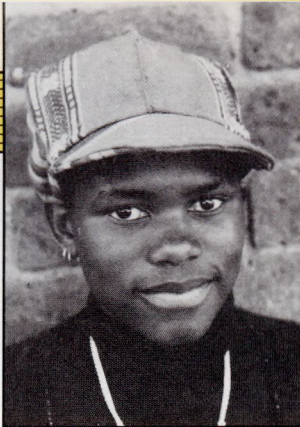
FUNERALS

Napo Mokoena is lucky to be alive. He is the manager of the Katlehong Arts Centre. He was recently shot at. 'I'm not bitter or angry with anybody,' he said with a broad smile on his face. 'I do not know who my attackers were. But whoever they are, they are victims and products of this violent society.'

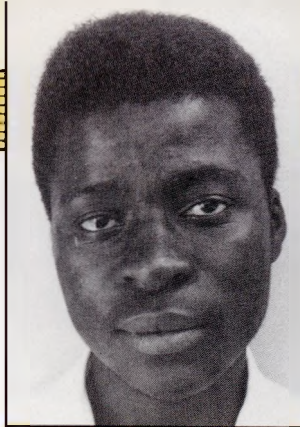
'My biggest worry is that people's values are collapsing,' he said. 'When we grew up, we weren't allowed to watch funeral processions. But today kids are sent to identify corpses lying in the streets.'

'Violence takes place in the streets.'

TURN
TO PAGE 6



Lebo thinks she is safe.



Lucky blames the government.

But I think that it is planned elsewhere. The only way to stop it, is to get people to respect human life again.'

Upbeat also spoke to Monica Marks. Monica has done research on violence and young people. 'Young people react to violence around them. They have been beaten and arrested. So now they see violence as the only answer to problems,' she said.

Babylon Xeketwane has done research on hostels. He says bad living conditions are one cause of violence. 'But I've been to Phiritona hostel and the hostel in Atteridgeville. Conditions there are as bad as in hostels on the reef. But there is peace between these hostels and the townships. I think violence on the reef is planned. There is pattern: when there is fighting in Meadowlands, things are quiet in Sebokeng.'

WHERE TO GET HELP

There is a Project for the Study of Violence at Wits University. They run a counselling clinic for victims of violence. Nthabiseng Mogale works in the clinic. 'Some people find it hard to talk to others about violent experiences, especially rape victims. If you have experienced violence, do not blame yourself. Speak to someone about what had happened. Or come and see us,' she said. Here is the address of the Trauma Clinic:

Psychology Department
P O Wits
2050

Tel: (011) 716 3890 ◀

Kids know guns from a very young age.



Photograph by Paul Weinberg

SPEAK OUT:

How has the violence in our country affected your life? What must be done to bring peace? Write to:

**Upbeat Speak Out,
P O Box 11350
Johannesburg 2000**

EXCITING HOLIDAY EVENTS

IN CAPE TOWN

During the July holidays the Careers and Research Information Centre (Cric), gave students a peep into the world of work. About 200 students from 15 different high schools, went to work with people qualified in the jobs of their choice. Students chose to work with lawyers, doctors, marine biologists, interior designers, physiotherapists and many others.

'Cric encourages students to look at all the different kinds of

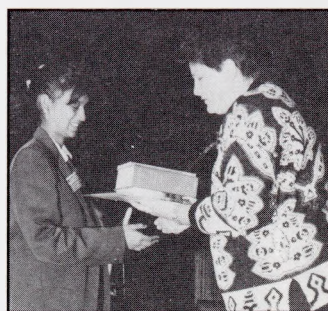
Students put on hard hats to learn about working at a power station.

jobs that are available. This helps students get a job after school,' Sakeena, a Cric fieldworker explained.

Twelve high school students from Namaqualand also visited Cric during the July holidays. But it wasn't all hard work. The Namaqualand students also had a chance to go to the movies and spend a day shopping and sightseeing. ◀

GRAHAMSTOWN SCHOOLS FESTIVAL

'Bee..bee..,' went the students as they crawled around during a mime workshop. In another part of the



Lucky Devarunjagee Govender from Natal receives a prize at the Grahamstown Schools Festival. Her essay came 8th in the Anglo-De Beers English Olympiad.

room, students pretended to be fire, destroying animals and plants as they spread through the veld.

It was all happening at the National Schools Festival. About 900 students from high schools all over the country gathered in Grahamstown. There, workshops were run on drama, poetry, mime and dance.

Andre Haycock, of the 1820 Settlers

Foundation said, 'We aim to enrich the educational and cultural life of South Africans. So we bring together students from different racial, cultural and regional backgrounds at the festival.'

The festival was a great success. Monde Ntshudu from Nombulelo High in Grahamstown said the poetry shows and workshops were an eye-opener. Warren Oberholzer said, 'It's been one hell of an interesting experience.' ◀

STOP PRESS

PROPHETS CONCERT OFF

We are sorry to say that the Upbeat/ Prophets of the City concert won't take place. Prophets are giving a concert in France. We wish them lots of luck!

SUBSCRIBE

Become an Upbeat subscriber and get a colourful Upbeat poster Free. Just fill in this form and send it to: Upbeat, P O Box 11350 Johannesburg 2000, together with a cheque or postal order for R17,00 (R19,00 of you live in Swaziland, Botswana, Lesotho or Zimbabwe.) I would like to receive the next 11 copies of Upbeat at my home.

Name

Address

Code

I enclose my cheque/postal order for R

I would like to receive the free teachers' exercises

☐ YES ☐ NO

to UPBEAT



COMPETITION WINNERS We are happy to announce the names of the winners to lots of exciting Upbeat competitions. **TURN TO PAGE 38** and see if you are one of the lucky ones.



Shanice - new singing talent.

SHANICE WINS HEARTS

A beautiful young lady has invaded the music industry. Shanice Wilson is her name. The 18-year-old Shanice has used her naturally sweet voice, to win the hearts of many music lovers.

Shanice Wilson was born in Pittsburg, USA, but she grew up in Los Angeles. She started singing when she was just out of the cradle. 'I started singing melodies at seven months old,' laughs Shanice. 'Mom has it all on tape.' Shanice's mother noticed her daughter's great talent when Shanice was young. Her mom and her aunt spent time training Shanice's voice. They

were also the backing singers when Shanice made her first stage appearances. Shanice was eight at the time.

The little Los Angeles star, Shanice, performed in local musicals. She also took up modelling. The 8-year-old Shanice also appeared with the famous Ella Fitzgerald in a Kentucky Fried Chicken advert. People loved the advertisement!

Then her big break came. Shanice performed at a local Los Angeles theatre. A&M Records saw her and signed a contract with her. Shanice was 11 years old at the time. She soon recorded her first album, *Discovery*. *Discovery* was a big success. The songs 'You can Dance' and 'No 1/2 Stepping' from this album, reached number one and two in the USA top ten.

In 1989 Shanice's fame grew. She hit the charts with the song 'This Time', with a Detroit group called Kiara.

Shanice then started to work with the producer, Narada Michael Walden. Walden is one of the super hit-makers in music. Shanice's latest hit album *Inner child* is produced by him. Narada is also known for his work with artists like Whitney Houston, Maria Carey and Aretha Franklin. 'Shanice is going to conquer the world with her beautiful smile and tremendous talent,' Walden said. ♥

COMPETITION TIME

Be an Upbeat winner! We have got 10 Shanice albums to give away. All you have to do is answer the following easy questions:

- 1** How old was Shanice when she started singing melodies?
- 2** Where was Shanice born?
- 3** What is the name of Shanice's new album?

Write your answers on a postcard and send them to:

Upbeat Shanice Competition
P O Box 11350
Johannesburg 2000

CLOSING DATE:
31 OCTOBER 1992

Wet dreams

Dear Upbeat

I'm a regular reader of Upbeat. Since reading it I have appreciated your advise. I am a boy of 17. I have a serious problem. Each morning when I wake up, I find my things and scrotum smeared with a jelly-like substance which is white in colour. I don't understand what is going on. I'm a virgin.

Alfred, Soweto

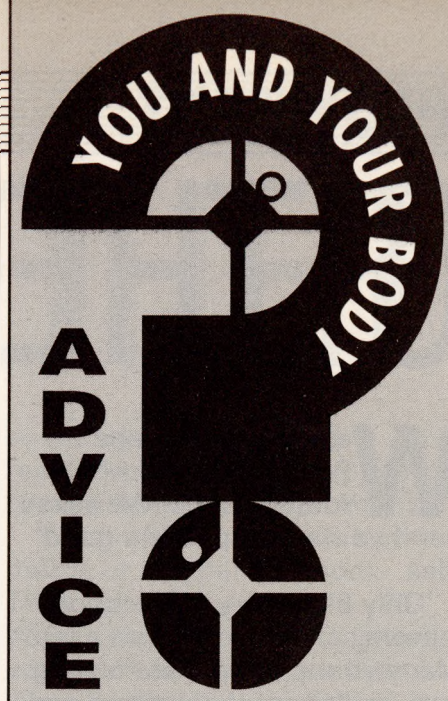
Dear Alfred

Thank you for your letter. The jelly-like substance you talk about is semen. You are having 'wet-dreams' at night. Wet dreams start when you're about 13 or 14. A wet dream is when a boy becomes sexually excited in his sleep. He has an erection and ejaculates semen. It usually happens when you are having a really nice dream. When you wake, you find that your bed is wet with a white sticky fluid.

Don't worry about it. Sperm is perfectly clean and harmless. You can easily clean the sheet out with soap and cold water. Or keep toilet paper near your bed. Just wipe up the sheet when you wake up.

Don't feel embarrassed or dirty about having wet dreams. Most boys experience them. It is a sign that you are growing up.

Buti



Need advice and there's no-one to ask? Buti and Juliet, youth workers for the Planned Parenthood Association, answer your questions.

WRITE TO:

**BUTI/JULIET
UPBEAT
PO BOX 11350
JOHANNESBURG
2000**



DEPO PROVERA IS NOT BAD FOR YOU

Upbeat would like to apologise for publishing incorrect information in Upbeat No. 6 1992. This is what we wrote. 'Some contraceptives are better for young people than other contraceptives. For example, girls should not use the injection, Depo Provera. Their bodies may take years to recover from the injection and they may never be able to have children.'

It is NOT TRUE that young girls should not use the injection Depo Provera. Some contraceptives suit some people better than others. It is important that you discuss the different methods with your family planning clinic. The injection is often considered to be a good contraceptive for young girls to use. This is because it only needs to be taken once every two or three months, depending on the type of injection you use. It is also not true that you won't have children if you use Depo Provera.

Remember, always use a condom to protect you and your partner against sexually transmitted diseases.

Editors

Abortion

Dear Upbeat

I'm really depressed. I would like you to advise me. Last year I had a backstreet abortion. But afterwards I felt very guilty. I keep crying because I feel my hands are full of blood. I think of killing myself. Sometimes I think my problems will be solved if I fall pregnant again. Please tell me how can I fall pregnant.

Amanda, Johannesburg

Dear Amanda

We are very sorry to hear about your abortion and how bad you feel about it. Most women feel

very sad after an abortion. But the answer is not to fall pregnant again. This will probably make your life more difficult. We suggest you seek help. Find someone to talk to. Upbeat ran a story last year which deals with abortion. If you would like a copy of the story, let us know. We also think you should only fall pregnant when you want a baby and not to make you feel better. You can get help at the following places:

**Family Life Centre
Old Arcade 8 Floor
Market Street
Johannesburg
2000
Tel: (011) 883-2057**

**Pregnancy Crisis Service:
Tel: (011) 614-3149 / 618-1533**

**Lifeline
Johannesburg: (011) 728-1347
Durban: (031) 23-2323
Grahamstown: (0461) 26-668
East London: (0431) 22-000**

FACING THE FUTURE TOGETHER

Thousands of youngsters struggle to find work when they leave school. Upbeat is looking at ways to help young people cope. Don't sit at home feeling useless. Don't go out drinking with your friends. Get involved with a youth organisation. Youth groups can make a difference to your life and to the lives of others in your community.

By Debra Watson

We spoke to Phoebe Potgieter of the ANC Youth League. We asked her if youth groups are a good idea.

'Only 8 in every 100 school-leavers can expect to find a job. Many young people are feeling very bad about themselves and their futures,' she said. 'Youth groups help young people to share their problems and talents. It stops people from just giving up.'

'Some youth groups are looking at co-operatives, that could give jobs to teenagers. Other groups are involved in helping young people educate themselves. People need to join groups and develop skills that will help to build a better society. In this way they can become part of the country's future,' Phoebe said.

The Thokoza youngsters

The Thokoza Youngsters are one of many groups that have done just that. They started in 1986 as six dancers. After two years, they decided to become a youth club. Now they organise many different activities. They have sport, drama, dancing and educational programmes.

Cecilia, one of the founder members of the group told us about some of the things they do. 'We are working with SANCA on their Teenagers against Drug Abuse (TADA) project. We have put together a play about drugs, which we perform for other young people,' she explained.

'We also got the youth of Thokoza involved in a

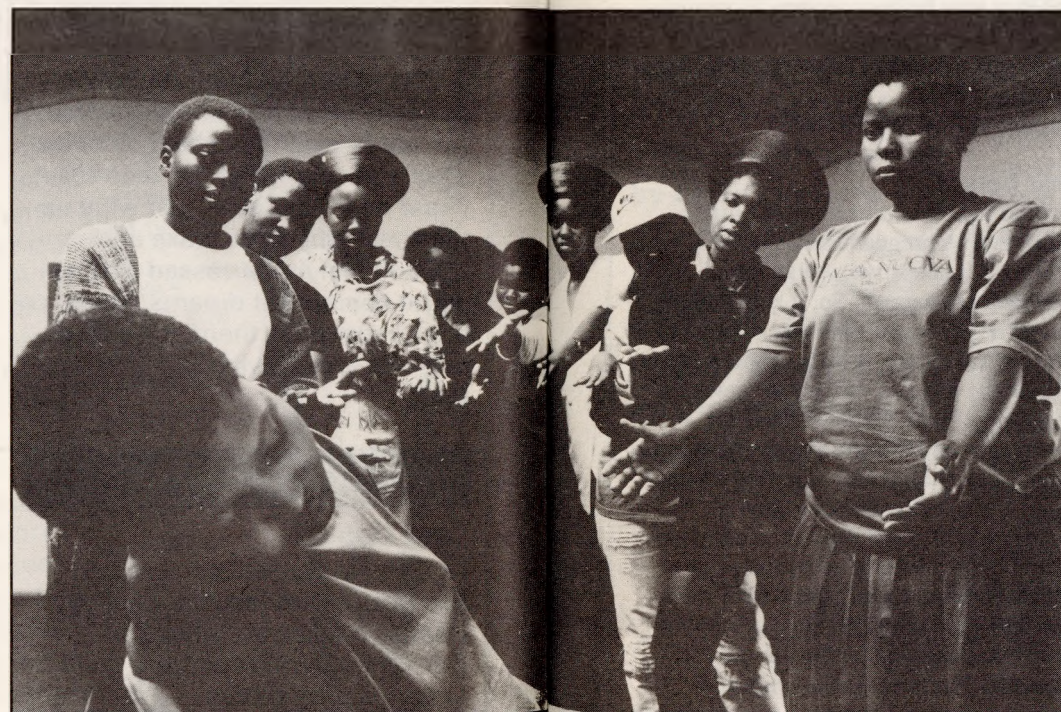


▲ **The Thokoza Youngsters have fun together.**

Photograph by Andrew Bannister

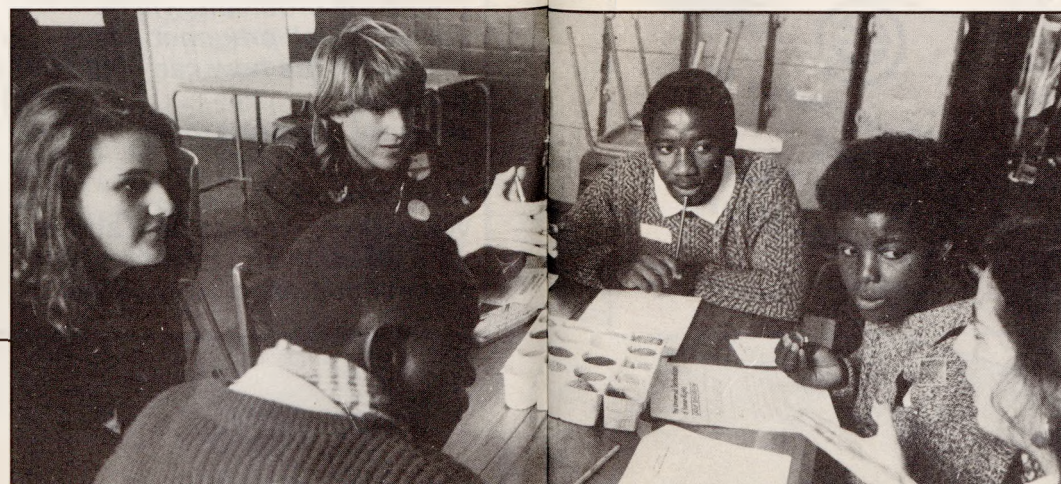
Photograph by Andrew Bannister

▼ **A scene from a play about drugs by The Thokoza Youngsters.**



Photograph by Giselle Wulfsohn

▼ **Youth come together to discuss and share ideas.**



street sign painting project. This really encouraged young people to participate in the community.

'Most of our members have a matric or are still at school. Their ages range from 14 - 20. We encourage people to get an education and so enrich their lives. Some of our members do not have jobs. So we are looking at starting a recycling programme to make money.'

'A social worker has helped us make contacts with other youth groups. It is good to link with other youth groups. We share experiences. For example, we had never thought about raising money for the disabled. We heard other groups were doing this and we thought it was a good idea.'

'The social worker also helped us to register with the municipality. Now we can use the grounds or the hall for free. That is because we are a youth group and we do not aim to make money,' Cecilia explained.

The Thokoza Youngsters are not part of any political organisation. The youth group feels that in this way, they can avoid conflict. No-one will be excluded because of their political beliefs.

Cecilia has amazing strength and energy. 'We are doing everything we can to encourage youth to join us,' she said. 'We also want to communicate with other youth groups. We believe that if we come together in youth groups, we can fight the problem of unemployment. We can fight the stress and hopelessness that so many young people in South Africa face today.' ◀

HOW TO JOIN A YOUTH GROUP

Find out what groups there are in your area. See which ones you would like to join. If there aren't any, start your own. Get together with a group of friends, who want to do something in your community.

The Joint Enrichment Project has a list of youth groups. They can tell you, if there is a youth group in your area. If you want your youth group to appear on their list, contact them at:

Joint Enrichment Project
P O Box 62024
Marshalltown 2107
Tel: (011) 834-6865/6

Here are some other organisations you may like to contact:

African Independent Churches Youth Project
P O Box 11096
Johannesburg 2000
Tel: (011) 834-4771/2

Southern African Association of Youth Clubs
Bosmont Community Care Centre
Office No.6
16 Moepel St
Bosmont 2093

Young Christian Workers
P O Box 45106
Mayfair 2108
Tel: (011) 837-1395

Regional Offices
Durban: (031) 25-2768
Eastern Cape:
P O Box 42559, Korsten 6014
Cape Town: (021) 45- 3177
Pretoria: (0146) 3 - 1287

Youth for Christ, Southern Africa
P O Box 79473
Senderwood 2145
Tel: (011) 615-8913

Regional Offices
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(021) 24-2316/7/8
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Durban: (031) 701-6718
Pietermaritzburg:
(0331) 6-3411
Bloemfontein: (051) 51-1765

Cecilia - a founder member of The Thokoza Youngsters



Photograph by Andrew Bannister

LETTERS

Dear Upbeat

I am a girl of 23. I have completed my matric. I am depressed and feel very confused. I hope you can help me. I felt disappointed when I could not find a place at college. Now all I do is sit at home and perform household chores. I'm bored to death and I feel worthless. When I'm with friends, and even with my boyfriend, I feel inferior. I have no sister or brother to console or encourage me. Sometimes I feel my boyfriend will dump me. I need your help, please!

J Matinise, Middledrift

Dear J Matinise

Life is tough for many people. You are not the only person who can't find a place to study. Don't hate yourself. You might think you are inferior, but your friends and your boyfriend like you for what you are. Talk to them about the way you feel and do not keep it to yourself. They will support you if they are good friends. Have you thought about studying through correspondence? You can do your degree through Unisa or study for a technical diploma through the technicon RSA. Here are the addresses:

Technicon RSA
Private Bag 7
Braamfontein 2017
Unisa
P O Box 392
Pretoria
0001

Good luck!

Dear Upbeat

I am a girl of 14. I am at King Zwelithini High. I would like to meet Fani Madida. Fani is my favourite person. Give me his address so I can write to him, if I cannot meet him in person. I like soccer with all my heart.

Samkelisiwe Sikhakhane, Eshowe

Dear Samkelisiwe

Here is Fani Madida's address:
Fani Madida fan club
P O Box 204, Dobsonville 1865

Dear Upbeat

I would like to know how much money people get when they appear in Upbeat? I am asking this because my photo appeared on the cover and in the streetbeat of Upbeat no. 2 1992.

Sinah Mokale, Mohlakeng

Dear Sinah

Upbeat, like many other magazines and newspapers, does not pay people for interviews or for their photos when they appear in the magazine. Usually we give free copies of the magazine to people we interview. Thank you for your contribution. Look out for your free copy of Upbeat No.2 in the post.

Editors

Dear Upbeat

I want to give my best wishes to Upbeat staff and everyone who reads this lovely magazine. I have a request. Can Upbeat run stories on some of the top favourite reggae giants like Bob Marley and Peter Tosh? I have read a lot about rap, pop and disco musicians. But I have not come across any stories on reggae.

Edward Budzwa, Venda

Dear Edward

Upbeat ran stories on Bob Marley, Aswad, UB 40 and Peter Tosh some time ago. We will send you copies of these stories. Thanks for your suggestion.

Editors

Free offer for teachers

With every issue of Upbeat, you can get free teachers' exercises. These are fun, classroom activities which develop reading, writing and comprehension skills and lots more. They will help you plan and prepare your lessons. For your FREE copy contact:

Amanda De Lilly, Upbeat, P O Box 11350, Johannesburg 2000
Tel: (011) 333-9746

SPEAK OUT:

Upbeat runs stories where we ask readers to share their views with others. The following readers gave their opinions in our Speak Out column.

Dear Upbeat

I am a Std 10 student who reads Upbeat a lot. In Upbeat No.4 1992 you did a story on school uniforms. I think school uniforms are a good idea. Students come from different families or backgrounds. Some students come from rich families while others come from very poor families. Students who cannot afford clothes will feel inferior and this might disturb them in their studies. Uniforms make all students look the same. If students don't wear uniforms, schools will turn into fashion centres. This might disrupt the learning. If anyone wants to wear fashion clothes they must wait for the week-end.

Dumisani Radebe, Sakhile

Dear Upbeat

I would like to comment on the topic: Is preventing pregnancies a girl's problem? It takes two people for a pregnancy to happen. So, it is not and it should not be a girl's problem alone to take contraception. It is the responsibility of both the girl and the boy to prevent a pregnancy. Both should discuss the advantages and disadvantages of having a baby. They should also agree on whether to have sex or not and they should discuss which contraception to use. Boys should be involved in everything that affects a relationship. I think boys must also help girls with taking contraception. There are condoms for men to use.

Lucas M Mabapa, Lebowaqomo

Send your letters to:
UPBEAT
P O Box 11350,
Johannesburg
2000.

LIVING WITH MY MOM

Many young people grow up in single-parent families. Most of them are brought up by their mothers – like Julia Clark. But Julia's story is different. Julia's mother brought her up alone because she wanted to.



'My mom really wanted a child,' Julia explains. 'But she didn't want to get married. When she decided it was time to have a child, she spoke to my dad about it. He said "Okay." So she went ahead and had me.'

Julia's mother was prepared to bring up a child alone. She is a medical technologist, so she did not have much money. But she saved and borrowed. 'She always planned with me in mind,' says Julia. 'I was lucky. A lot of single parents have financial difficulties.'

Julia had a happy and safe childhood. She grew up with much love from her mother and her moms friends. 'My mom had

Julia thinks her mother was brave.

many male friends. Most of them were gay. I always had older males around me. I never felt that I lacked a father. I only wanted a dad, so I could have brothers and sisters,' Julia laughs.

'I would also have liked someone else around, when my mom and I argued. The only thing a single mother cannot give you, is another point of view,' Julia explained.

Julia sometimes found it difficult to tell children at school that she did not have a father. 'When I was little, I used to say my parents were divorced. I didn't know anyone else whose parents weren't married. Later

Julia has made friends with her father.

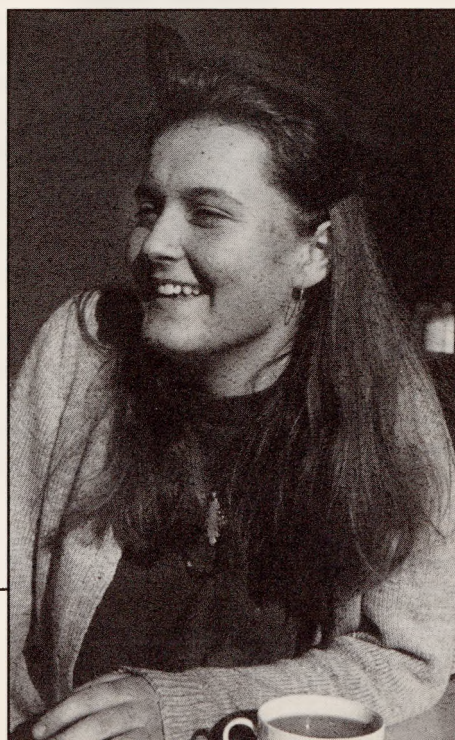
I enjoyed shocking people,' Julia says.

'All my close friends in junior school had fathers. Sometimes I wondered if I would like one of their fathers as mine. Then I'd think not. I was happy at home. Now things have changed. Many of my friends' parents are getting divorced. They are struggling to cope, while our home is a happy and stable one.'

Julia used to visit her father once or twice a year in Johannesburg. 'It was always terrible. He used to drink too much. But now he lives in Cape Town and he's much better. I see him every week and we're good friends,' Julia explains.

'I don't think I will do what my mom did. I would like to live with someone. I also want more than one child. But I think my mother was very brave.

I respect her for what she has done.' ◀



Photographs by
Paul Grendon

HOPES FOR THE FUTURE

In February 1990 everyone was happy and excited. We thought the new South Africa was around the corner. But two years later, peace and change seem far away. Upbeat asked young people in Johannesburg, about their hopes for the future of our country.

Photographs by Anna Zieminski

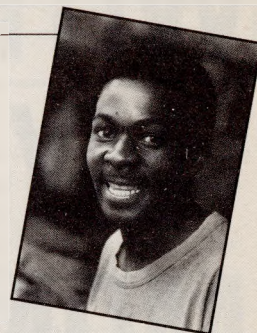


Vernon Montshioagae (16)

We need peace. But this will not happen while there is still apartheid. The ANC, IFP and the government must talk, so that we can have peace. Our future will be better, if we get the same jobs as whites.

Sibusiso Nyembe (17)

Young people are the future of any country. The government must listen to what we say. All we want is equal education. We need qualified teachers and proper facilities at school. I think our needs will only be met, when we have a democratically elected government.



Faith Ndungane (16)

Young people need schools, recreation centres and a place where they can talk about their problems. They also need to play a role in their community. But I don't think there is a bright future ahead of us. Things are not going well.

Agrinath Mthimkulu (16)

Young people want sports fields, tennis courts and playgrounds. We want glass in our windows and doors at school. Whites who do not like black people, must learn to love everyone so that we can be united.

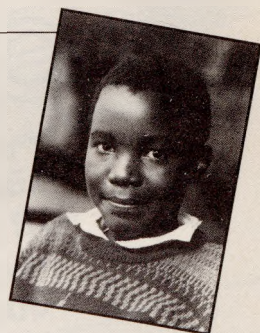


Gloria Mamokgo (15)

We need the violence to stop. But people's heads are hard. They don't understand, that they gain nothing by killing others. Apartheid will only die, when whites find it in their hearts, to see black people as human beings. I hope that we can all live together in peace. But I am not sure we will.

Albert Ndou (14)

The government is not doing their job. I think the future will be better, if people are equal. We need new schools, as many of our schools are burnt and broken. Some children sit on the floor, because there are no chairs.



SPEAK OUT:

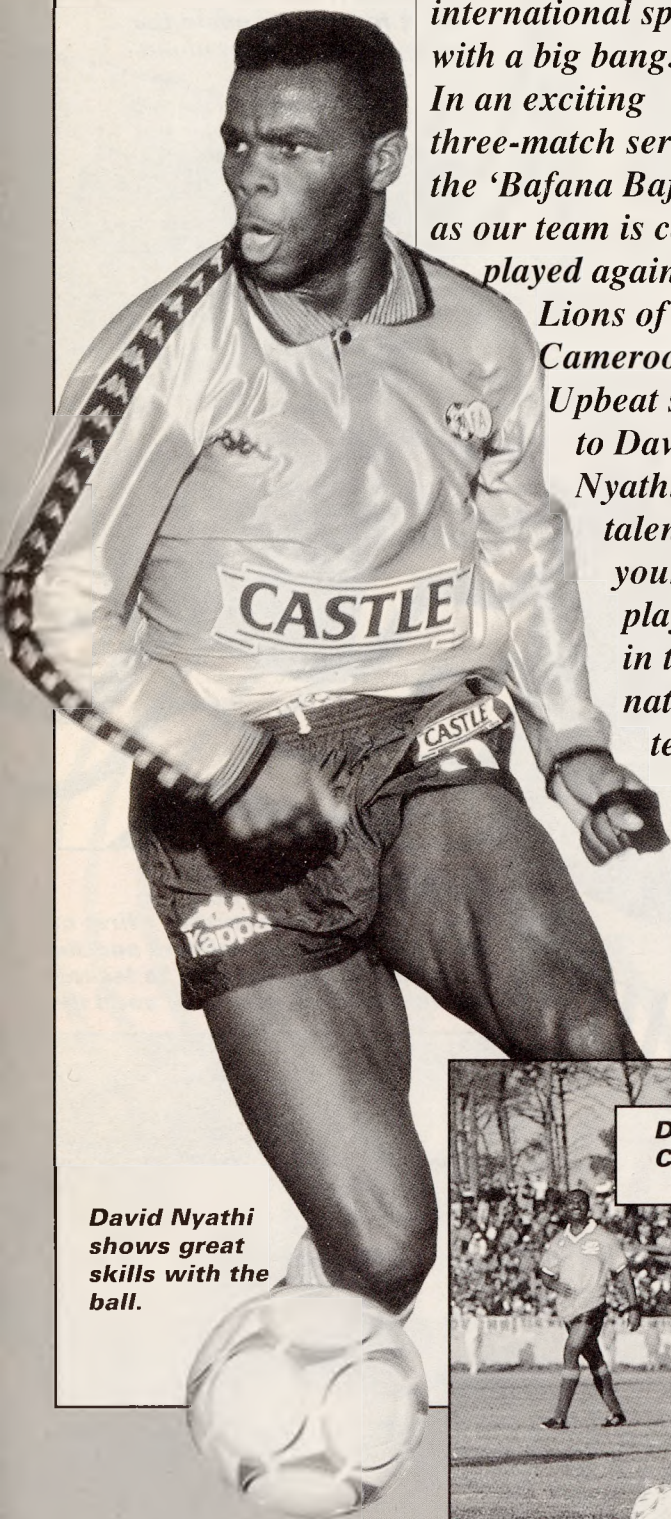
How do you see the future of our country? What problems need to be solved? Write to:

Upbeat Speak Out,
P O Box 11350,
Johannesburg 2000

DAVID NYATHI IS 'GOING UP!'



The South African soccer team bounced back into international sport with a big bang. In an exciting three-match series, the 'Bafana Bafana', as our team is called, played against the Lions of Cameroon. Upbeat spoke to David Nyathi, a talented young player in the national team.



David Nyathi shows great skills with the ball.

David is a player who is going places. The left-footed Orlando Pirates player, has played professional soccer for less than a year. But he has found his way into the national team.

'I can't remember when I started playing soccer. All that I cared about was to play the game,' Nyathi told us. Nyathi grew up in Shatali, Bushbuckridge where he first learned to play soccer. He played for teams like Shatali United and Oriental Spurs. He then moved on to play for the Dangerous Darkies and All Stars.

At the beginning of this year All Stars played against the national team. People were surprised to see Nyathi playing for All Stars. You could hear fans ask, 'Who's that one, that one on the left wing – the one with a haircut?' But long

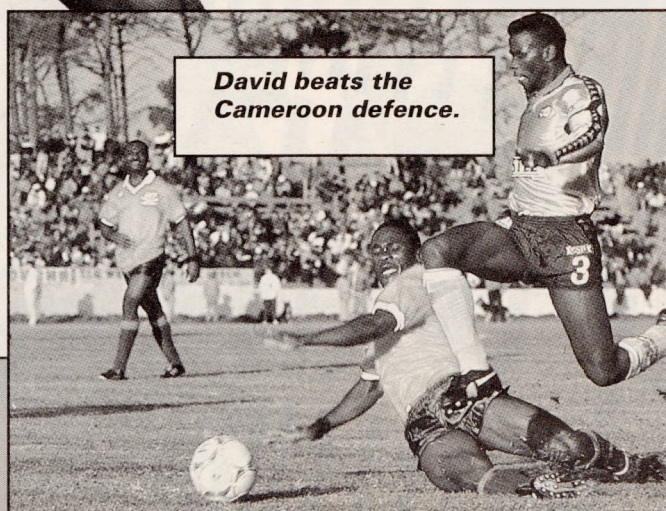
before the end of the first half of the game, everyone was praising Nyathi's hard marking skills. 'Going-up! Going-up!' fans chanted.

After this game the name, Nyathi, was on everyone's lips. David's talent had caught the sharp eye of the national coach. The well-built Nyathi was a must for the national team.

'I was thrilled that I was chosen for the national team. But even before that, something told me I was going to be given a chance. Maybe because I was working hard and playing well. But it still feels like a dream,' Nyathi smiled happily.

In the matches against Cameroon, his defence skills were on top form. He tamed the furious Lion's strikers. He harassed the Cameroon defence with clever passes and quick visits to their goal posts.

In his spare time, Nyathi listens to music, reads or plays tennis. At 23, the future looks bright for him. 'I'm growing, the best of me is yet to come,' David said. ◀



David beats the Cameroon defence.

STREETBEAT

HAIR!



ZENOBIA SOLOMONS (17)
I just saw everyone wearing their hair like this. I think it makes me look pretty. I go to a special guy who cuts it every week.

ALEX FREDERICKS (16)
I normally keep my hair shorter, but I decided to grow it one level longer. I have also put a cross at the back. I shaved the sides myself. A friend did the back - he wanted to do something different.



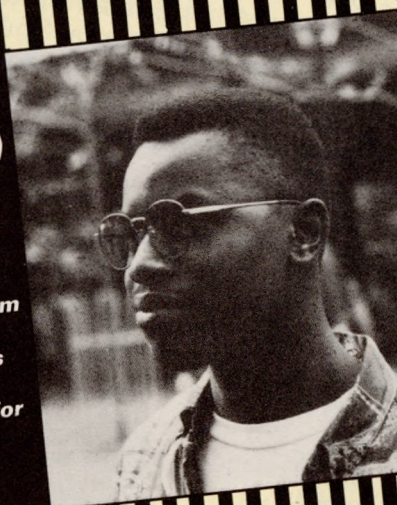
JASON BOSHOF (14)
I just did it for fun. My friend did it for me. He made the style up as he went along.



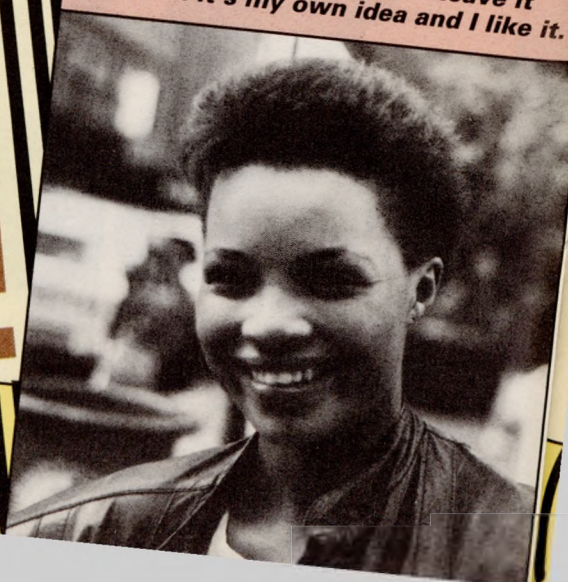
HAIR!

Walk down the streets of Cape Town on a Saturday morning. You'll see the latest, eye-catching hairstyles. Upbeat spoke to young Capetonians. Some like to be different, others follow fashion. But they are all confident, with an eye for style.

PETER McIVERS (21)
I wear my hair like this because I like it. It's the same way Carl Lewis wears his hair. I admire him - he is a great star. My friends like it too. I've had this style for the past three years.



FRANCIS LATOLA (21)
Well, I cut my hair myself. I first cut the back using two mirrors and then the sides. Then I decided to leave it like this. It's my own idea and I like it.



HAIR!



MARGOT GUTTERING (16)

I don't know why I wear my hair like this! But I always wear it in this style. Hey, it could be to show my earring.

**TIPS FOR
HAIR
CARE!**

Here are a few tips that will make your hair healthy and keep it looking good.

- Try to wash your hair at least once a week. Germs like to breed in dirty hair.
- Feel free to use a hair conditioner.
- Perming can be bad for your hair. Don't do it too often. Wait three to four months between each perm. It is also better to have your hair permed by a professional hairdresser.
- Braiding and plaiting can also be bad for your hair. When it is plaited very tightly, your hair can break. If your hair breaks often, it may stop growing. Try not to braid your hair too often.



FONZ (20)

I wear my hair like this because I like it, that's why. I like my kyfie. I've always liked the front long, since I was in Std 5. My hair doesn't grow quickly. That's why I keep it short.

GRENVILLE (18)

I don't know why my hair is like this - it just grows this way. I tie it up because otherwise it sticks in my neck. I tie it tightly, so that it grows faster



ROSLENE BRINK (15)

I like my hairstyle because it looks cool and it's a mod style. I made it up myself.

ALOUENDE TOBIAS (17)

My hair is comfortable and easy to manage like this. I love my curls. They are natural curls.

DESIREE MOUERS (17)

I like this style - it's easy for me to comb and I look nice. I wear a band to keep my hair out of my face.



YOLANDE PEARCE (16)

I've got very sharp features and this hairstyle makes my face look fuller.



DESERE JULIUS (17)

I like this style because it's beautiful. My sister gave me the idea.

READERS WRITINGS

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

Upbeat, P O Box 11350,
Johannesburg 2000

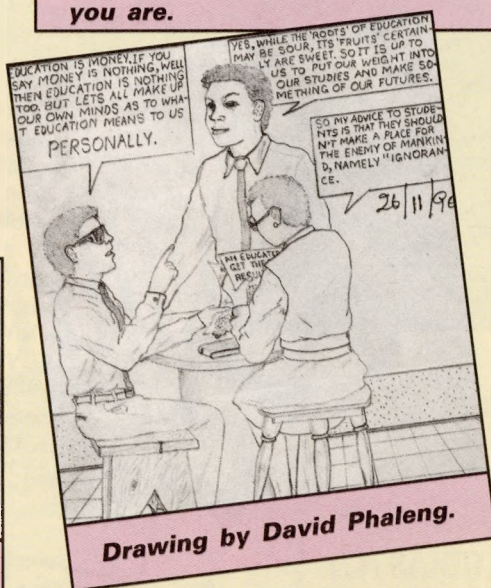
BOYCOTT!

There was once a boycott at our school. The students wanted a better hostel and a new hostel warden. The SRC president was a short little chap and he was fearless. He used to threaten us, but we just ignored him. One day he came into our class while the teacher was out. He said, 'My fellow students, let this be a warning to you. If you continue not to stand by us, you are going to get hurt.'

Boy was I scared! It was the beginning of the exams. Some students started to march. Our principal was as mad as a hungry wolf. The boycotters threw teargas in the classroom during exam hours. No-one could concentrate with all the screaming going on. The following week was quiet. But the last words of the boycotters were, 'We'll be back!' N.A.



A young reader sent us this great cartoon. Please tell us who you are.



Drawing by David Phaleng.



Drawing by Knosang Nzimonde, Balfour.

SHEBEEN QUEEN

A poor woman living
In her shanty house
Sells homebrew to
Her neighbours and friends.

She cooks a lot of homebrew
Throughout the week.
She sells one 'scale' for
Fifty cents to customers.

The workers take credit
And when it's Friday
And all get their salaries
The gate is open for them.

When they come out of the gate
She's there for them
She shouts loudly and says,
'Come, Boetie, shine up.'

The man pulls out his purse
And gives R20 to her.
She picks it up and
Goes straight to the butcher.

She buys 'mala-mogodu'
And puts it in her bag.
She goes home quickly
To cook supper for her family.
William Moemi, Westonaria

THE DROUGHT

The drought in my area has brought difficulties to humans and animals. The animals are dying because the grass has turned brown and died. Farmers are selling their cattle at give-away prices. Their mealies have dried up. There is nothing to eat. At school students go home early because there is no water. The schools are dirty. Students have to use the bush

as toilets. At home, children are suffering from malnutrition because there are no vegetables. Husbands and wives are fighting. There is not enough money to buy food, which is now so expensive.

This drought is much worse than the drought of 1983 which only lasted a couple of months.
Rosemary Magagula,
Thulamahashe

AS SEEN ON
"TURN ON TO ENGLISH"
TELESCHOOL, SABC

ARE THEY REALLY YOUR FRIENDS?

IN THE LAST EPISODE:

Chicco needs to go for treatment... but his mother can't afford to pay.

He's our friend. We must do everything we can to help him.

A WEEK LATER AFTER SCHOOL



We've done it!
We've got enough
money to pay for
Chicco's treatment!



CHICCO GOES TO THE TREATMENT
CENTRE FOR 3 MONTHS



I need a skyff!
I hate this place.
I don't know
why I came here...

We want to
help you Chicco.



I want you to
help me... but it
is so difficult.

A FEW WEEKS LATER AT THE CENTRE



Heyta, bra!

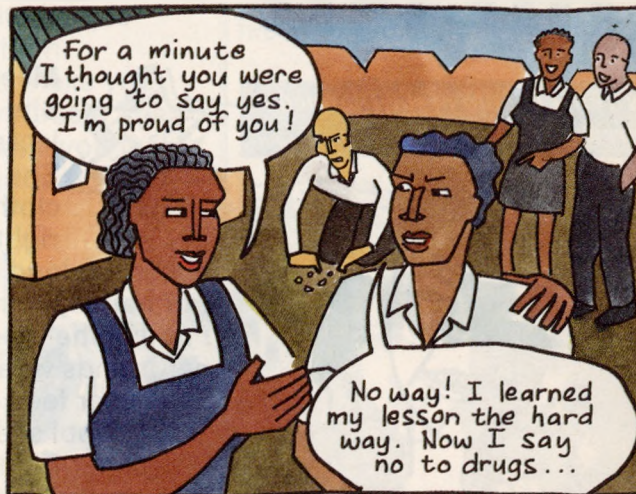
We're missing
you, man!

How are you
feeling?

Sometimes it's so
hard without the drugs.
But I know I am
going to win!







ARE THEY REALLY YOUR FRIENDS?

ORIGINAL STORY BY: Pippa Stein.

COMIC STORY BY: Peter Esterhuysen.

ILLUSTRATIONS BY: Phillip Small.



A Storyteller Group Production.

STORYTELLER COMIC COMPETITION

Can you and your friends make up a comic story? Well, if you think you can, now is your BIG chance. The Storyteller Group is offering GREAT CASH PRIZES for original comic stories. Your stories should be about you and your lives - real stories about real people!

PRIZES

Best Comic Story:
R500.00.

2 Runners up:
R250.00 each.

10 Consolation prizes:
A comic book each.

RULES

1. Your comic story must not be more than four pages long.
2. It must be written in English - the way you speak English.
3. The drawings must be original.
4. The writing must be your own.
5. You can work alone or in a group.
6. Entries must be received before 31 October 1992.
7. All entries must be sent to:
**Storyteller Comic Competition,
PO Box 617, Melville - 2109.**

GROWING UP

BE YOUR OWN BEST FRIEND

By Juliet Dladla of the Planned Parenthood Association



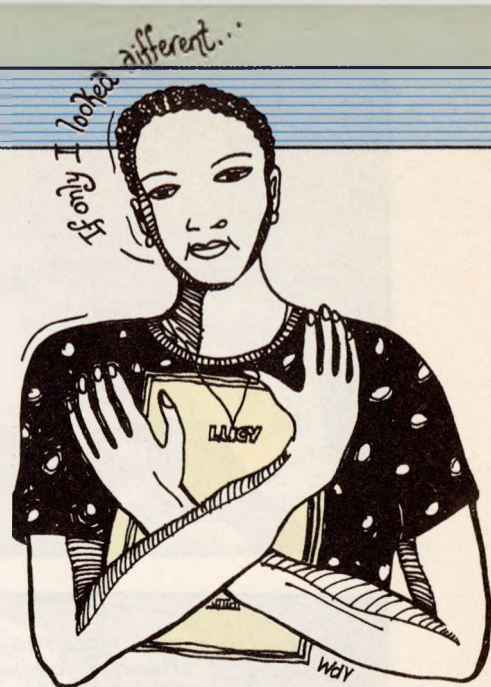
How you feel about yourself is very important. If you feel good about who you are – life is easy. But many young people feel unsure of themselves. They feel unattractive or stupid. Do you sometimes feel that you are no good? Well you are not alone.



Meet Lucy. She is 15. She is very shy and lacks confidence. She feels that her clothes never look right. Her skirts are

either too long or too short. Her hair is too neat or too untidy. She tries to copy what her friends wear. But somehow she never feels comfortable.

At school she does well. But all her friends laugh at her high marks. They say she is a 'goody goody'. So her marks don't help her feel good about herself.



At home her mother shouts at her because she copies her friends. 'Why can't you accept that you are YOU?' Lucy's mother always asks.

And boys! Lucy blushes at the thought of them. Lucy is so shy that no-one has asked her out. If they did, Lucy would probably be too scared to go.

Now meet Kamohelo. He is 16. For Kamohelo life is much simpler. Kamohelo plays chess. His friends think only sissies play chess. But Kamohelo likes chess, so he doesn't worry about them. He doesn't do very well at school. But he tries as hard as he can. He still finds school interesting.

HERE ARE SOME TIPS ON HOW TO BUILD YOUR CONFIDENCE

★ Be your own best friend

You can't expect other people to like you, if you don't like yourself. Accept who you are – you'll look and feel more confident.

★ Believe in yourself

If you want others to believe in you, then believe in yourself. Tell yourself you can do it. You'll see it will make a difference.

Illustration by Wilhemien de Villiers



Girls like Kamohelo because he listens to them. He makes them laugh. So Kamohelo is never short of a date. At home, his parents think he's a bit difficult. He doesn't always do what they tell him. But most of the time they get along just fine.

There is a big difference between Kamohelo and Lucy. Kamohelo has confidence. He likes himself and accepts the way he is. Lucy is still struggling to find herself.

NOT GOOD ENOUGH

It is difficult to say why some people are more confident than others. Some people are born that way. Parents can also make their children feel good or bad about themselves. Some parents accept their children for what they are. This makes kids feel good about themselves. Other parents put their children down. This can make kids feel unloved and useless.

Often boys are encouraged to be more confident than girls.

For so many years black people were told that white people were better than them.

Friends can also make you feel awful about yourself. They can sometimes make you feel that you are not good enough

or pretty enough or smart enough. They can put you down. So you try to change who you are. You try to be what others want you to be.

Whatever makes you feel unconfident about yourself, the feelings are still the same.' ◀



★ **Accept the way you look**

We all want to be shorter, fatter, taller or thinner than we are. Remember different people find different sizes and shapes attractive. Look in the mirror and tell yourself what you like about your looks. Don't say, 'I hate my hips!' rather say, 'I've got nice eyes!'

★ **Try to look your best**

Choose comfortable clothes that suit you – even if they are not in fashion! Don't let others make you feel bad about the way you look. If friends say you don't look right – find new friends.

★ **Don't put down others**

Criticising others, won't make you feel better about yourself. Try to see the good in others and accept your friends for what they are.

★ **Stand up for what you believe in**

We all respect people who take a stand. Don't let others rule your life.

★ **Accept what you can and can't do**

Everyone is good at something. Perhaps you can't do maths very well. But you are good at English.

Maybe you are not the slimmest in the class, but you are a great dancer.

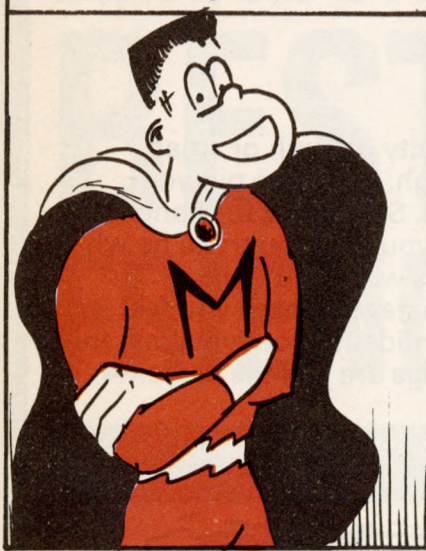
★ **Know when to say no**

You always have a right to say no. And don't back down once you have said it. Don't let your friends push you into doing things you don't want to do.

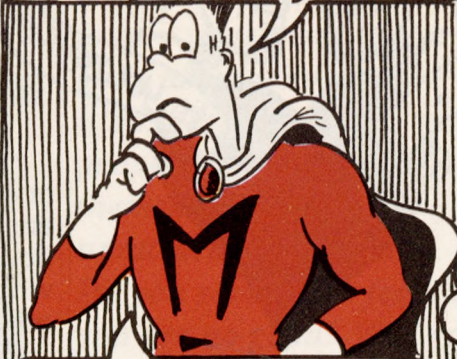
Remember that there is only one of you in this world. Each one of us has something special to offer. Do you know what that something is for you?

BE A PEACEMAKER: DON'T JUDGE OTHERS!

Meet Mandla the mediator. He listens to people who disagree. He helps them solve their fights.



Hei, tah, dah! I've been smiling at everyone today. But I don't know why? I'm feeling miserable.



It's my girlfriend Hanifa, she's acting funny these days. She ignores me at school and won't let me walk her home. I feel angry, hurt and confused all at once. Hurt feelings can really eat you up.

Mandla! Mandla come quickly Vusi and David are fighting. It is serious. Hurry!

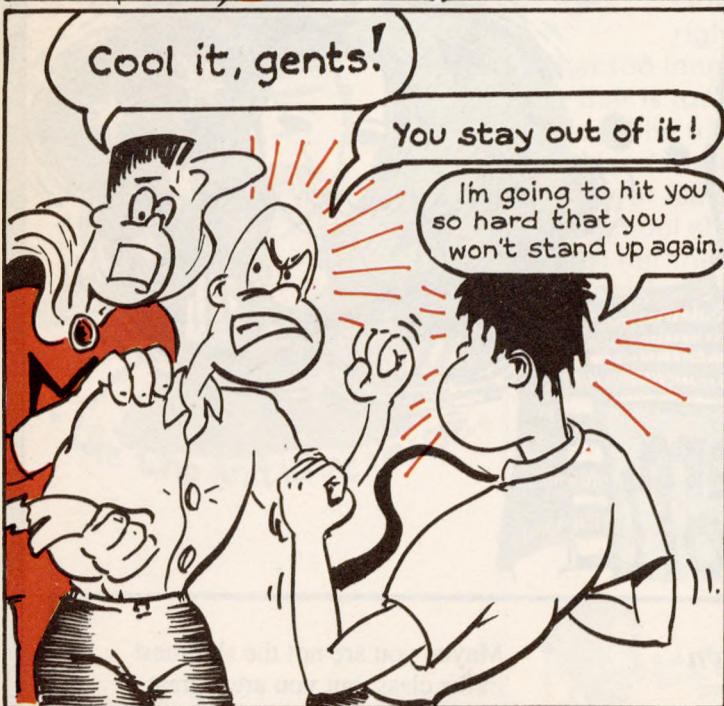


Okay. Let's go.

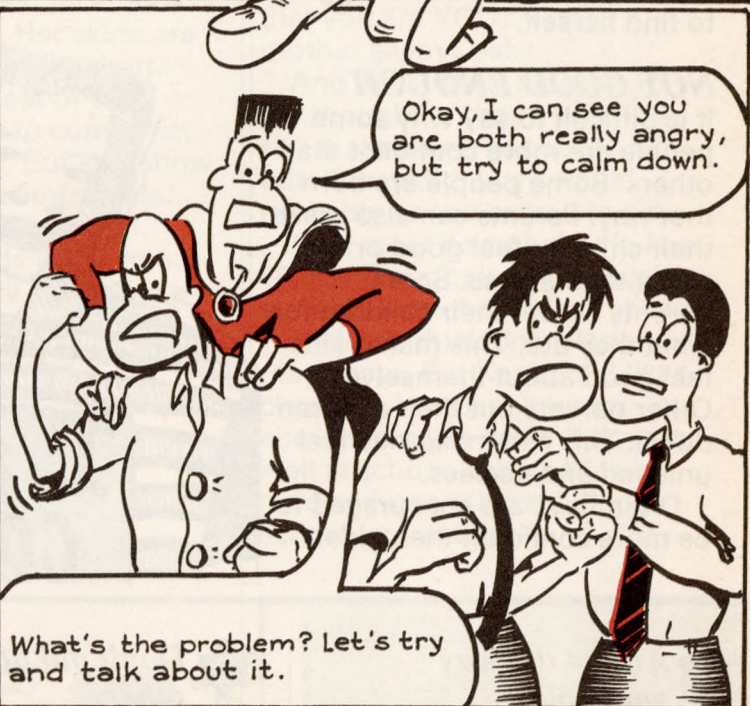
Cool it, gents!

You stay out of it!

I'm going to hit you so hard that you won't stand up again.



Okay, I can see you are both really angry, but try to calm down.



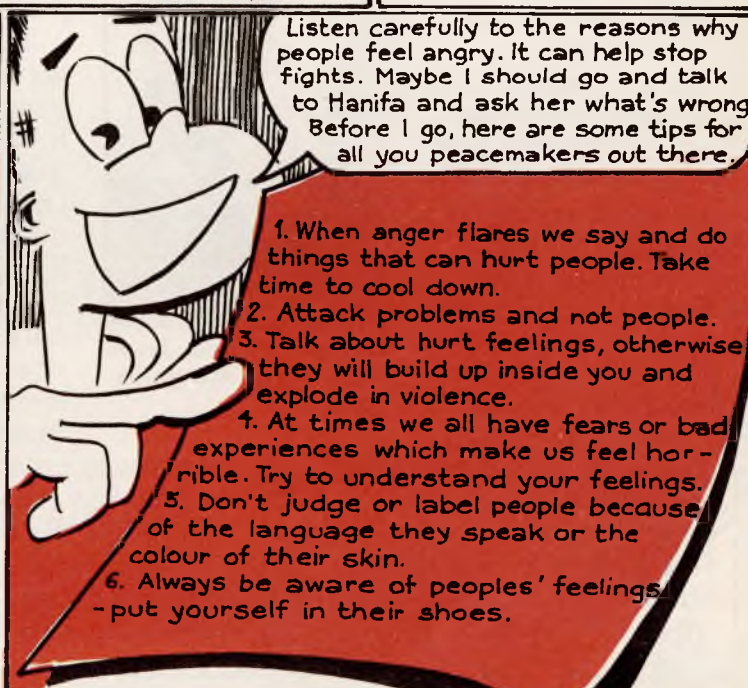
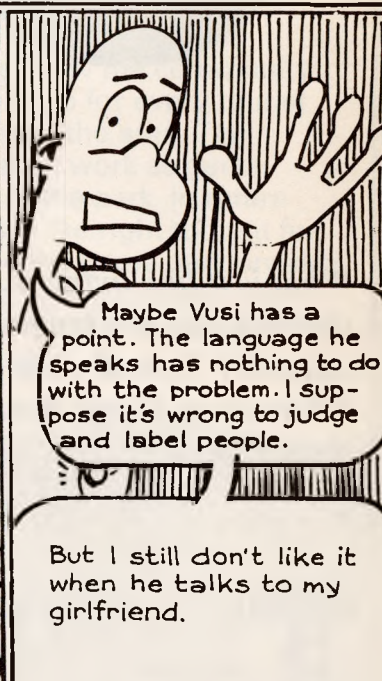
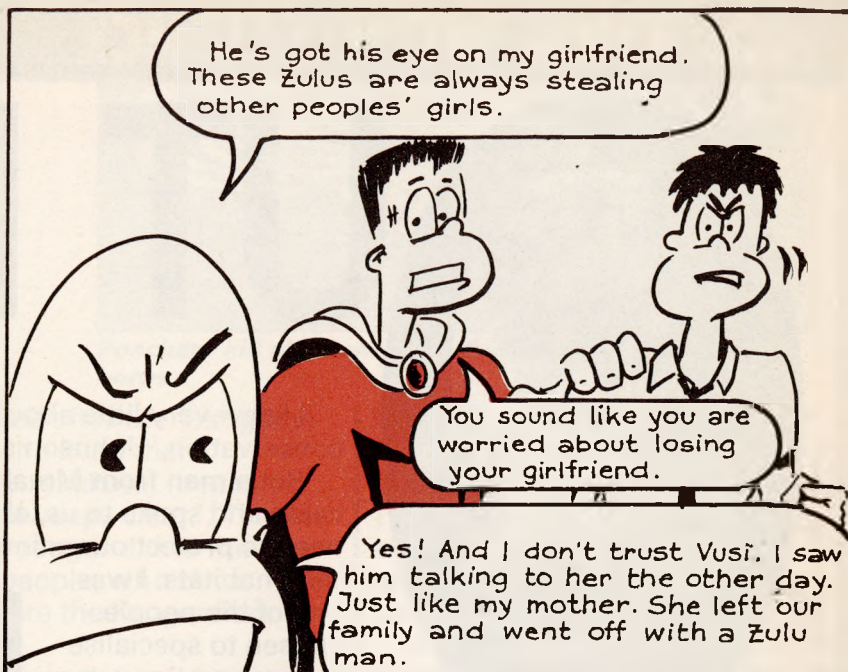
I don't want to talk. David keeps calling me 'Zulu', 'Inkatha'. I've had enough.

I can hear you are really angry about this, Vusi. Do you feel it isn't right for David to say these things?

It is unfair and dangerous to judge people because of the language they speak. Yes, I speak Zulu, but I don't like to be labelled. It is wrong to call people names.

Perhaps in South Africa we have learnt bad habits - like judging people by the colour of their skin or the language they speak. You don't like being labelled like this Vusi. It is hurtful to you.



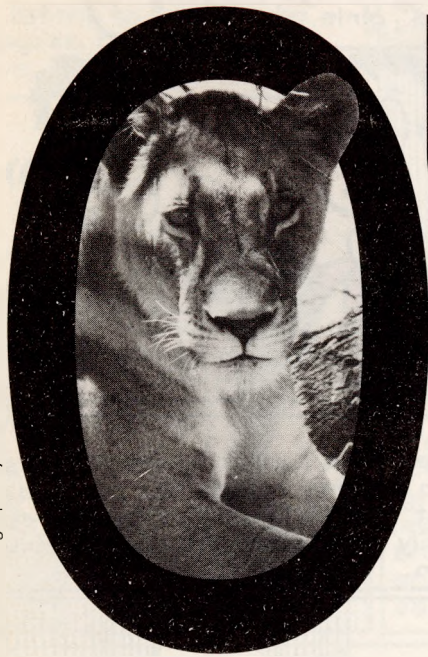


Illustrated by: C.Moon Lettered by: D.Kennedy.

WORKING WITH SCIENCE

OUT IN THE WILD

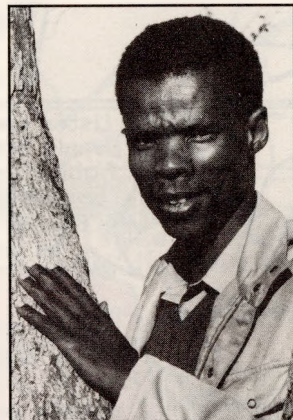
Photograph by M. Perlman



What is it like living in the wild and working with animals? Upbeat went to the Pilanesberg Game Reserve to find out.

The Pilanesberg Game Reserve is about 300 kms north of Johannesburg. There we spoke to the rangers and scouts who work in the park. It was wonderful to be out in the sun, in amongst the thorn trees and bushes, looking for the game rangers. They were almost as difficult to find as the animals.

We finally tracked down Johnson Maoka, the senior field ranger. Johnson grew up on a farm in the Orange Free State. After completing Std 8, he went to the agricultural college at Taung.



Johnson Maoka loves working in the game park.

'I knew very little about nature conservation,' Johnson said.

'But a man from Mmabatho came and spoke to us, about the need to protect our animals and their habitats. I was one of the people chosen to specialise in conservation.

'I started working when the Bophuthatswana parks were still being developed. So in the beginning, I spent a lot of time building fences and making roads. Then in 1984, I worked on the community outreach programme. I gave talks at schools and in villages. I spoke to people in rural areas. I told them how important it was to

look after the veld and the wild animals in their areas.

'When I first came to the Pilanesberg, I was involved in veld management. I checked the different grasses, bushes and trees that grow in the park. We do this to check that the veld is not being destroyed. When

there are too many animals, they destroy the veld. We then have to cull the animals.

'I have also worked in law enforcement. We check that visitors obey the rules of the

park. We also stop people from shooting and snaring the animals.

Chasing rhino

'At the moment my biggest problem are some black rhinos. They have got through the fence close to the camp site. We have tried to chase them away, but they refuse to move,' Johnson said.

It sounded like dangerous work! But Johnson said that he had never been chased by an animal. 'The only time my life was in

danger, was when I fell into a dam,' he said. 'I nearly drowned because I cannot swim.'

Johnson is not the only person, who loves working in the game park. So does Mabel Rankuwa. Mabel is the only woman game scout out of 150 men. But Mabel doesn't mind. 'I enjoy going out with the scouts. I do everything that they do,' she says proudly. 'We check plants and look for dead animals. When we find dead animals, we bring them to the office. We need to know why they died. This helps us to prevent diseases.

'My favourite thing is sexing and classifying animals. We do this so that we can keep track of the number of animals in the park,' Mabel says with a laugh.

'Sometimes the other scouts say I must learn to walk faster. Others ask what kind of a



Mabel Rankuwa – the only woman scout in the Pilanesberg Game Reserve.

woman I am, doing men's work. But mostly everyone supports me and helps me in my work.'

Parks and people

As farming spreads, the bush that animals live in is destroyed. When animals' habitat goes, it is very difficult for animals to survive. People started game reserves to protect wild animals and their habitats. In this way, we make sure that our children will know about animals and plants.

But often when game reserves are started, people have been forced to move. The oldest camp in the Kruger National Park is called Skukuza.

It is named after the first game ranger who lived there. In Tsonga 'skukuza' means 'he who sweeps clean'. That is what the ranger did to the Tsonga people, who once lived where the Kruger Park is today.

Faraway in the most northerly corner of Natal, the Tembe-Thonga people are fighting the kwa-Zulu Parks Board. One old man said, 'In days of old we used to hunt. Now if the Bureau of Natural Resources finds a bone in your homestead, they arrest you. Nature must live but people die. Why?'

But in Purros, a village in

Namibia, things are different. Here people used to kill hundreds of elephant and rhino. They made money by selling the animal's tusks and horns. But today the people who once shot the elephants, now protect them.

In 1989 game rangers asked the Himba and Herero farmers to help them protect the animals. Now the community receives R25 for every tourist who enters the area. Their young men work as game guards in the park. In return they have the right to hunt for food. So the game park protects the wild animals. It has also brought money and jobs to the local people. ◀



Poachers kill elephants and rhinos for their tusks and horns.



Photograph by Guy Tillim

A local farmer in Namibia herds his goats. These young men also work as game guards to protect wild animals.



CAREERS

New Words

Waterbuck photograph by M. Perlman



Are you interested in working with animals and plants. Here is a list of jobs you can do.

GAME SCOUTS

To become a game scout, you do not need a matric. But you must be able to read and write and know some mathematics. Most of the Parks Boards offer on the job training for their scouts.

GAME RANGERS

To become a game ranger you need a Diploma in Nature Conservation or an agricultural diploma. You can study for a Diploma in Nature Conservation at the Cape Technikon, or at the Pretoria Technikon. You spend two years studying and one year doing practical work. The Technikon RSA offers a correspondence course.



ECOLOGISTS

To become an ecologist, you need an Honours degree in Science. Ecologists manage the parks' resources. If you have a BSC Forestry, or Botany, you will care for the plant life in the

parks. If you specialise in Wild Life Management, Zoology or Agriculture, you will be responsible for the animals. ◀

Photographs by Anna Zieminski

▷ SPEAK OUT ◁

*How should animals be protected?
Share your ideas with us.*

Write to:
Upbeat Speak Out,
P O Box 11350, Johannesburg 2000

**HERE ARE SOME
USEFUL
ADDRESSES
IF YOU WANT TO
KNOW MORE
ABOUT WORKING
WITH PLANTS
AND ANIMALS.**

The Chief Director,
Nature and
Environmental
Conservation,
P/Bag X9086
Cape Town 8000

The Director,
Nature and
Environmental
Conservation,
P/Bag X209 Pretoria
0001

The Director,
Nature and
Environmental
Conservation,
P O Box 517
Bloemfontein, 9300

The Director,
Natal Parks Board,
P O Box 662,
Pietermaritzburg
3200

The Chief Director,
National Parks Board,
P O Box 787, Pretoria

The Director,
Bophuthastwana
National Parks Board,
P/Bag X2078
Mafikeng 8670

New Words

habitat – the whole environment, including the plants, animals and insects that an animal lives on
conservation – looking after animals and plants so that they can survive
culling – killing animals to control their numbers

snaring – catching animals in the veld by laying traps for them
game scout – a person who works in a game park, checking on the animals and plants
game ranger – the person in charge of game scouts. He or she decides what must be done to protect the animals and plants





Photos by Barnens Varld

Fasala (third left) enjoys being served by her mother.

Once a year on a Sunday, in Samoa, a small island in the Pacific Ocean, children don't have to work or be polite to their parents. Monica Zak spoke to Fasala, a 12-year-old girl from West Samoa about White Sunday.

'On White Sunday, I do not hurry to get up. My mother brings me breakfast in bed. My father feeds the chickens, something I normally do. I also get a new, white dress and new shoes.

'On White Sunday, every girl must look a little like a princess,' says Fasala's mother. She rubs coconut oil into Fasala's hair and puts a necklace around Fasala's neck.

On her way to church, Fasala passes her aunt, sweeping the house, another of Fasala's everyday chores.

At church the children read the sermon and sing. They act out dramas they make up. One drama is about a father who comes home drunk and beats his daughter. At the end a boy says, 'You grown-ups must remember to love your children and stay away from the booze - it spoils

children's day

IN SAMOA

By Monika Zak with thanks to Barnens Varld

everything.' Children are allowed to say things to their parents which they normally would not dare say.

After church the children return home. Fasala sits on the floor together with her

cousins. They wait for their mothers to serve them food.

Some children, who don't like their family, move to another one. But the family they choose must accept them.

Fasala's father explained the tradition. 'White Sunday was started by the first missionaries in Samoa,' he said. 'They thought that kids had a bad time. They also thought kids did not get enough to eat. White Sunday has become part of our culture. It is the most important day of the year. We grown-ups think so too.' ◀

Fasala at Church on White Sunday.



SPEAK OUT:

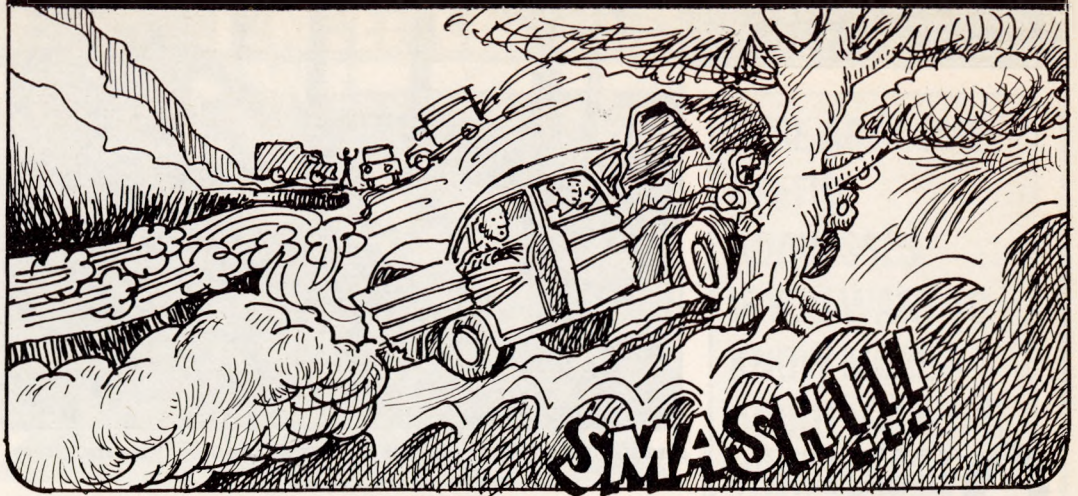
Imagine we had White Sunday in South Africa? What would you most like to say to your parents on this day? Write and tell us at:
Upbeat Speak Out
P O Box 11350,
Johannesburg
2000

TAXI DRIVER

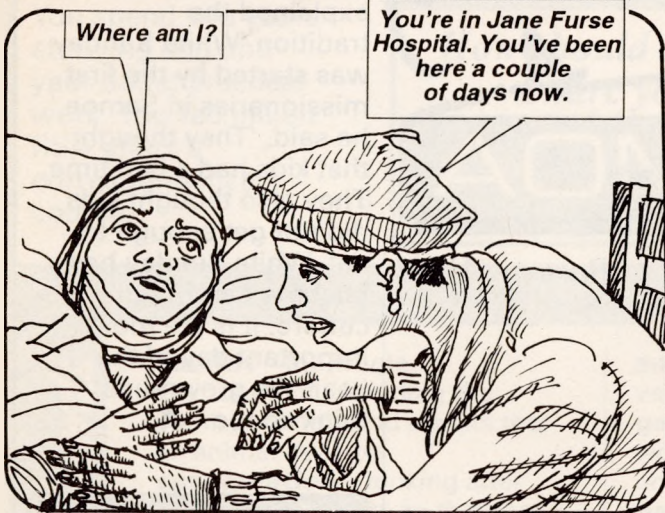
PART 16

In a village in Sekhukhuneland old man Kabu tells Menta and Phillip his life story.

It was May 1958. Kabu tried to smuggle leaders out of Sekhukhuneland. But...

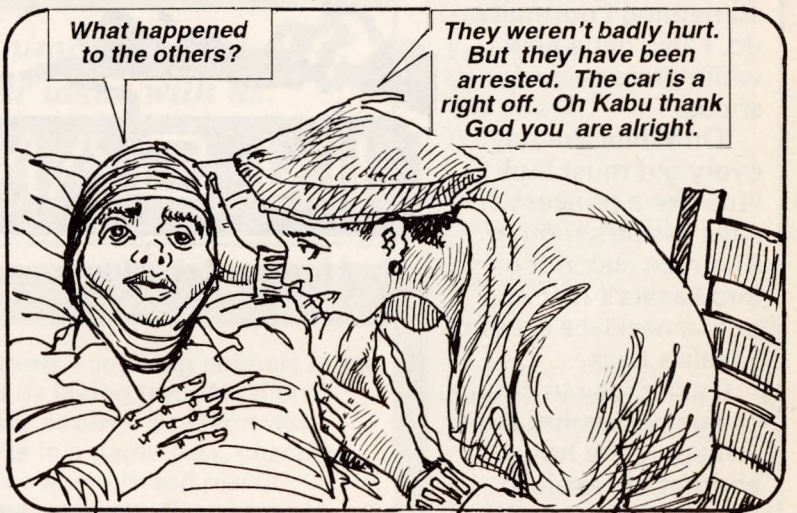


Oh Kabu! speak to me.



Where am I?

You're in Jane Furse Hospital. You've been here a couple of days now.



What happened to the others?

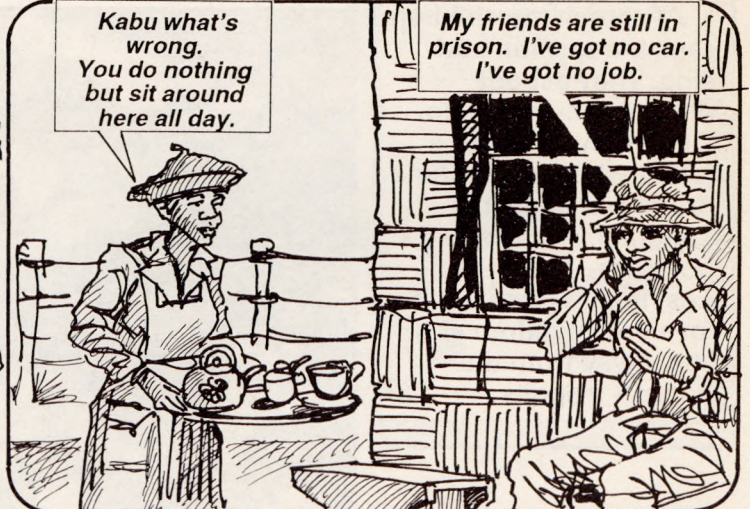
They weren't badly hurt. But they have been arrested. The car is a right off. Oh Kabu thank God you are alright.

Six months later in Alexandra



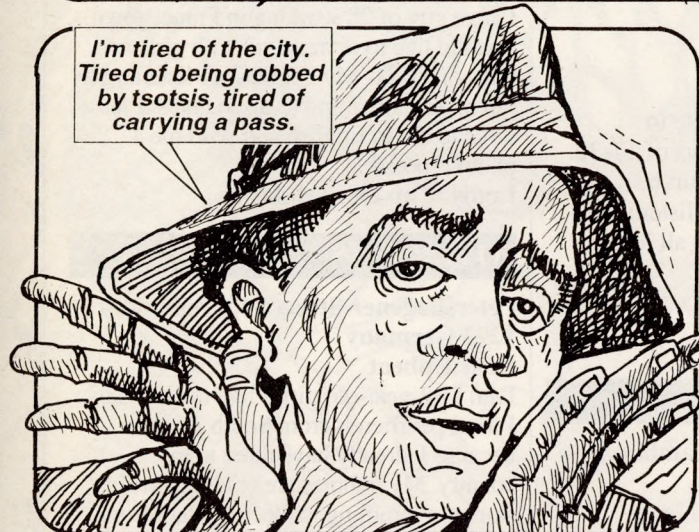
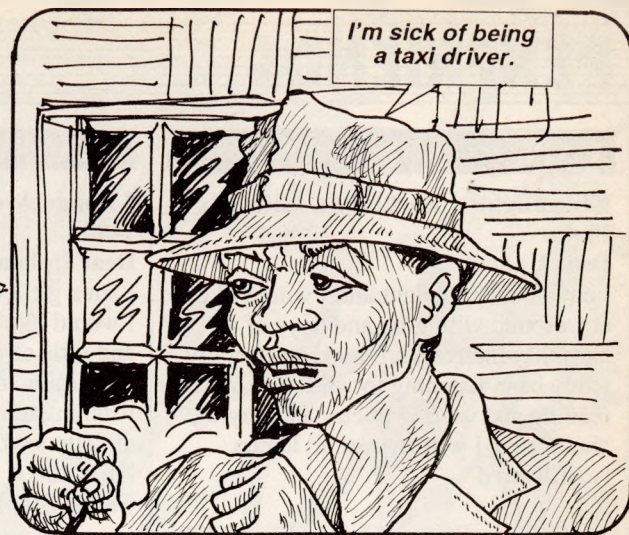
Kabu have you heard the good news. We've won. They have released our chief. Morwamotshe is out of jail. He's back in Sekhukhuneland.

Mmm - That's good.



Kabu what's wrong. You do nothing but sit around here all day.

My friends are still in prison. I've got no car. I've got no job.



What will Kabu do? Don't miss the final episode in Upbeat No. 9.

Illustrations by Mzwakhe Nhlabatsi. Script by H. Perlman and J. Boraine, assisted by Peter Delius. Story is based on life history interviews done by Peter Delius.

PENFRIENDS

CAPE

9 Beaufighter, Rocklands, Mitchells' Plain

Dear Upbeat

I am a matric student and I would like to correspond with girls and boys of all ages. My interests are looking after my teddy bear, listening to wild rock music, reading and writing poetry and buying chocolates. I will answer all letters.

N Millward

16 St Johns Street, Malmesbury 7300
Dear Upbeat

I am a single guy of 35. I would like to correspond with decent ladies from all over the world.

Mxolis Makinana

NATAL

P O Box 2807, Pinetown 3600

Dear Upbeat

I am a boy of 13 doing Std 7. I would like to correspond with boys and girls of 13-16. My hobbies are reading, dancing, soccer and watching TV.

I promise to reply to all letters written in English, Xhosa or Zulu. Photos will be appreciated.

Donald Musa Malinga

P O Box 879, Escourt 3310

Dear Upbeat

I am a girl of 17. I would like to correspond with girls and boys of 14-18. My hobbies are writing letters, reading and listening to music. I promise to reply to all letters written in English.

Judith Adams

Sibusisiwe comprehensive High School, P/Bag x 101, Mbumbulu 4105

Dear Upbeat

I am a boy of 17. I am doing Std 9. I would like to correspond with boys and girls of 15-20. My hobbies are listening to music, reading, going to movies and visiting libraries. My favourite music stars are Manhattans, O'Jays, Kenny Pore and the Commodores. Alcohol drinkers and smokers should not bother to write. Letters should be written in English.

Alexandra E Majozie

TRANSVAAL

7 Bongo Avenue, Alra Park, Nigel 1490

Dear Upbeat

I am a girl of 15. I am doing Std 7. I would like to correspond with boys and girls of 14-19. My hobbies are swimming, dancing, singing and listening to music. I promise to reply to all letters written in English or Afrikaans.

Fiona Turpin

320 Mokoena Section, P O Katlehong 1832

Dear Upbeat

I am a girl of 15. I would like to correspond with girls or boys of 17-20. My hobbies are going to church, singing, playing tennis and listening to music. I promise to reply to all letters written in English or Xhosa.

Nomhle Portia Gqosha

AFRICA

P O Box 420041 Mbala, Zambia

Dear Upbeat

I am a Zambian male of 25. I am looking for penfriends from South Africa, Namibia and Zimbabwe. My penfriends should be 20-29 years old. My hobbies are writing letters, making friends, reading, watching soccer and listening to music.

Rex M Kaliwanda

Bethel High School, P O Box 53, Mt Moorosi 750, Lesotho

Dear Upbeat

I am a girl of 18. I am doing form D at Bethel High School. I would like to correspond with boys and girls of all ages. My hobbies are reading, writing, playing volleyball and exchanging letters. Letters should be written in English or Sesotho. Photos are welcome.

Tholang Mary Tsoene

P O Box 21375, Windhoek, Namibia
Dear Upbeat

I am a male of 23. I would like to correspond with girls and boys of 19-23. My hobbies are reading magazines, newspapers and letters and listening to music of any kind. My home language is Lozi and English.

Humphrey Muyoba

1112 Teurairopa Street, Zengeza, P O Zengeza Chitungwiza, Zimbabwe
Dear Upbeat

I would be grateful if you can find me a penfriend. I am a 16-year-old boy from Zimbabwe. My interests are music, basketball, swimming, reading and watching movies. I hope you will find me a penfriend.

Brighton Layelo

P O Box 10983, Tatitown P Office, Francistown, Botswana
Dear Upbeat

I am a guy of 20 working in Francistown. I would like to correspond with girls and boys of 17-21. My hobbies are listening to rap music and going to disco clubs. Please write to me in English and send me a photo if possible.

Louis 'Cap Dee' Mokate

OVERSEAS

Petershagener Street 34, Fredersdorf 1273 Germany

Dear Upbeat

I am a 12-year-old girl. I live in Germany. I want penfriends from South Africa because I already have three in my country. My hobbies are reading, writing stories, swimming, collecting stamps and postcards with animals. My penfriend should be 12 years old. Both girls and boys are welcome.

Ulrike Henkys

Hoglandsvagen 9D.S-152 31, Sodertalje, Sweden

Dear Upbeat

Hi! I am a girl of 22. I would like to have penfriends from South Africa. My hobbies are travelling, watching movies, listening to music and photography. Boys and girls of all ages are invited to write to me.

Lola Baeza

Ringvagen 31, 22100 Mariehamn Aland, Finland

Dear Upbeat

Yo! Go global and write to Finland! I am a chick of sweet 16. I like Indie, Mozart and cycling.

Hanna Lahdenpera

Stalavagen 25A, 37500 Morrum, Sweden

Dear Upbeat

Hello! I am a 17-year-old girl from Sweden. Are you interested in being my penfriend? Write now! My hobbies are listening to music, riding motorbikes and being with my friends.

Mia Johansson

FIND THE ANIMALS

Illustration by
Marjorie van Heerden

Help poor Boitumelo. He is visiting a game park for the first time. But he can't find any animals. Can you? There are 12 animals hidden in this picture. Write their names down as you find them. Check your answers when you have found them all.

porcupine
rabbit
crocodile
frog
owl
bird
snake
giraffe
buffalo
rhinoceros
hyena
lion

ANSWERS

Problems at school

Dear Upbeat

I am at Buhlebesizwe Secondary School. I am worried about the problems at our school. We have no textbooks and we are faced with the problem of overcrowding. I think the NECC can solve our problems by talking to the DEC of kwa-Ndebele.

Piet Thomo, kwa-Mhlanga

Dear Piet

Thank you for your letter. Here is the address of the NECC. Please write and tell them about your problems.

**National Education
Co-ordinating Committee
P O Box 62027
Marshalltown
2107
Editors**

Studying radiography

Dear Upbeat

I am a reader of your informative magazine. I want to become a radiographer. What qualifications do I need and where can I train?

MBS, Bergville

Dear MBS

To become a radiographer, you must pass Maths and one Science subject on the higher grade. You can then study for the South African National Diploma in Radiography. This takes 3 years and you study at a technikon. You also get paid while you study for the diploma. Here is the address of the technikon closest to you.

**Natal Technikon
P O Box 953
Durban 4000**

You can also study for a degree in Radiography at the Universities of Pretoria, Orange Free State or Medunsa.

To find out more, write to:

**Medunsa
P O Medunsa 0204
Editors**



Problems with studying or careers? You are not alone.

Write to us at:



Finding a job

Dear Upbeat

I am a student at a secretarial college. I will finish my course at the end of the year. Please send me a list of firms and industries where I can apply for a job.

Qhamkile Mlondo, Durban

Dear Qhamkile

Thank you for your letter. I am sorry we cannot help you find a job. When you have finished your course, go to an employment agency. They will help you. If you do not know any, look in the yellow pages telephone directory. You will find them listed under Personnel Consultants. Good luck.

Editors

Teachers, Get your students to write stories in their English lessons. Last year we ran a series on how to write a story. If you would like a copy of this series, let us know.

Working in agriculture

Dear Upbeat

I am in Std 10 at Marobathota High. When I finish matric, I want to work in agriculture. Please give me a list of places where I can study and where I can get a bursary.

Lawrence, Boyne

Dear Lawrence

You can do a three-year National Diploma in Agriculture at the Pretoria Technikon. To be accepted, you must pass your Senior Certificate with Mathematics and one Science subject. You can get a bursary from the Department of Agricultural Development.

Or you can study for a Bachelor of Science degree at the Universities of Pretoria, Stellenbosch, Natal and the Orange Free State. You can also do a two-year agricultural course at an agricultural college.

If you want more information about studying agriculture, write to:-

**Superintendent-General
Department of
Agricultural Development
Private Bag X116
Pretoria 0001**

Editors

BE AN UPBEAT REPORTER

Readers, we want you to write stories for us. If we publish your story, you'll be R30 richer. It's easy. Tell us what's happening in your school, youth group, family or community. Or write about a sad, funny or crazy event that happened in your life.

Write to:

**Upbeat Newsdesk
P O Box 11350
Johannesburg 2000**

Don't forget to send us your name, age, address and the name of your school. Please send us black and white photographs if you can.

PRIZE-WINNING BOOKS

Here are two new books for young people.

The writers of these books won awards last year. Read them.

See if you think that they are the best novels written in South Africa in 1991.

The man who snarled at flowers

by Tony Spencer-Smith

Published by Tafelberg

This book won the M-Net prize for the best English South African book to be published in 1991.

The man who snarled at flowers is a strange book. It takes us to a strange planet with Mark Wellesley. Mark wakes up and finds himself surrounded by alien plants and animals. An enormous yellow sun hangs in the sky just above him. Sproing, a tree leaper, tells Mark that he is chosen. But Sproing refuses to say for what.

Mark learns that his mission is to set the Land of the Fat Round Sun free. He must free it from the evil powers of The Sorcerer, who is polluting the Land of the Fat Round Sun.

This is a story of a battle between good and evil. But it is more than that. It is also a story about saving a planet that is dying because of pollution. It is a very exciting book that you cannot put down once you have started. ◀

92 Queens Road

by Dianne Case

Published by Tafelberg

This book won the Maskew Miller Young Africa Award. It is very different from *The man who snarled at flowers*. Diane Case takes her readers into the heart of a home in one of the oldest parts of Cape Town, Woodstock. Here we experience Kathy's everyday life, her hopes and fears.

We meet Uncle Reg, Kathy's sailor uncle who comes home on leave with beautiful presents from all over the world. We experience Kathy's pain

when she realises that there are many things she can't do in South Africa because she is 'coloured.' Reggie's new wife helps her understand and come to terms with the harsh world around her.

This book will fill you with sadness at the bitterness and problems caused by apartheid. Reading it gives you a greater understanding of our loved but troubled land. ◀



COMPETITION TIME

Win yourself a copy of both of these books by answering these simple questions.

1. Which book is set in South Africa?
2. What is the theme of *The man who snarled at flowers*?
3. Where does Kathy in the book *92 Queens Road* live?



Send your answers to:-
Upbeat Prize winning books Competition
P O Box 11350, Johannesburg 2000

CLOSING DATE: 31 OCTOBER 1992

PREPARING FOR EXAMS

Solly, Thembi and Nadia are in matric. They want to do well in the exams at the end of the year. But it's not easy. Some things worry them. Here are some answers to their questions about studying.

Nadia: I don't know where to start! I have got so much to do and so little time to do it in.

Nadia needs to organise her time properly. She must check how much time she has for studying. We gave Nadia an empty timetable and asked her to fill in her fixed commitments for every day of the week. The rest of the time is available for doing homework and studying.

Before filling in her study timetable for the week, Nadia must think about how she normally studies. These questions will help.

1. What is my best time of day for studying?
2. How long can I concentrate for?
3. What must I do to study actively?

Nadia's best time for studying is in the afternoon or early in the morning when her family is asleep. Nadia can only concentrate for 30 minutes at a time. She takes a 10 minute break in between.

How to draw up a weekly study timetable

- Divide each subject into sections or chapters of work.
- Make sure that you study every subject once a week.
- Don't only study the subjects you like.
- Try to study two subjects a day. Spend about an hour and a half on each subject.
- Combine one content subject and one subject that needs practical work, for example English and Accountancy.
- Do the more difficult work first, when your mind is still fresh.

Weekly Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
7:00							
8:00							
9:00							
10:00							
11:00	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL		
12:00							
1:00							
2:00							
3:00							
4:00	English	Maths	Accountancy	Maths	English		
5:00	Silas	Homework	Revision	Quadratic	Revision		
6:00	Wash	Problems	Chapter 2	Equations	Chapter 2		
7:00		Veronica	English	Veronica	English		
8:00	Biology	Exercise	English	Veronica	English		
9:00	Chapter 7	Maths	Silas	Biology	Chapter 7		
10:00	Revision	Problems	Homework	Revision	Chapter 7		
11:00							
12:00							

Solly: I can't concentrate when I work. I always end up dreaming about my girlfriend or the last school soccer match.

Solly should try studying actively. Just reading your textbook or notes is not enough. You won't remember what you have read. You must be able to repeat in your own words, whatever you have studied. So it is best to study with a pen and paper. Here are some tips to help you concentrate better.

How to study actively

- Get a general idea of the article before you start reading.
- Underline the main points in the book while you are reading.
- Write down key (important) words in the margin.
- Summarise sections in your own words. Write these down.
- Ask yourself questions.
- Look for the answers to your questions in the text you're reading.

Thembi: Is it a good idea to study with other people?

It's much better to study with other students who are doing the same subjects. But everyone must work. Then you can really help one another. You can take turns to meet at each others' houses.

How to work with other students

- Meet for two hours at a time.
- Everyone must work – it is not a party!
- Try to solve difficult problems together. If you can't do it on your own, ask a teacher to help you.
- Ask each other questions.
- Teach each other. Everyone is good at something!
- Test each other.
- Work on old exam papers.
- Discuss and debate ideas.
- Divide the work. Everyone could summarise a different section for homework.



Benny can never remember what he has learnt – guess why?

One last tip!

Exercise is important to keep you brain bright and clear. So make time for it. Playing sport can be fun. It increases your confidence. It also helps you to relax, in times of stress. Try to get some exercise every day – walk, jog or cycle. Remember you must also get enough sleep and eat all your meals.

Good luck!

Photographs by Anna Zieminski

Studying is so ...

... boring.

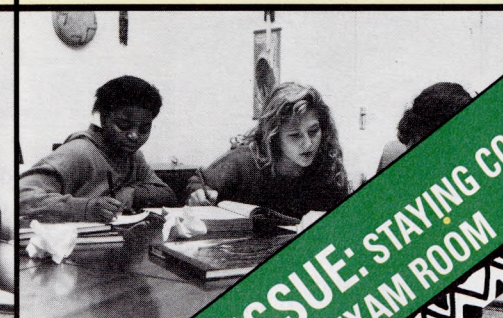
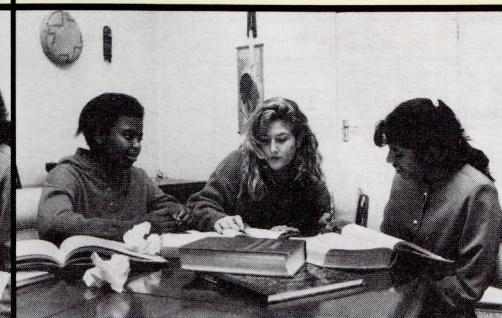
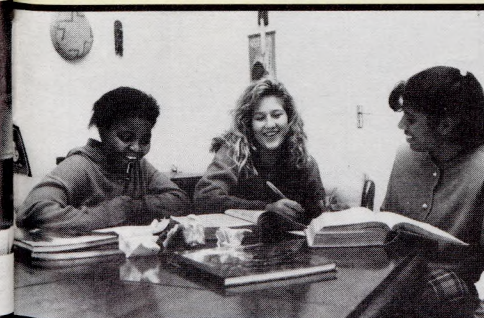
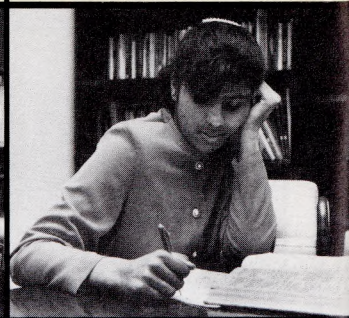
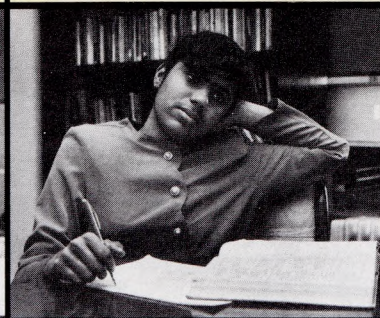
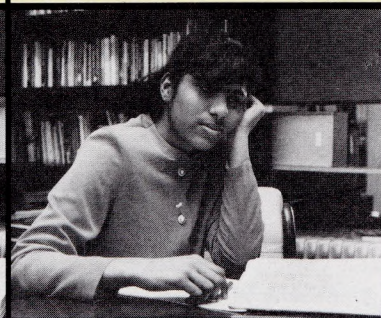
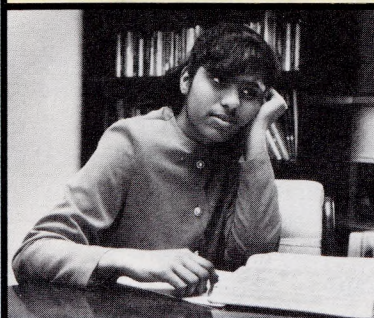
But I'd better ...

... keep going.

Solving problems ...

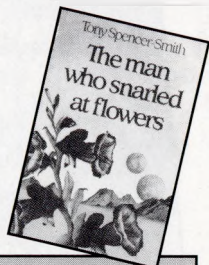
... together ...

... can be fun.



WILLIE WORDWORM

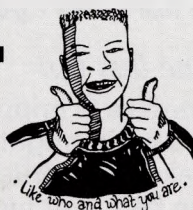
v = verb
adj = adjective
adv = adverb
n = noun



PRIZE-WINNING BOOKS

mission (n) - sending someone out to do something

BE YOUR OWN BEST FRIEND

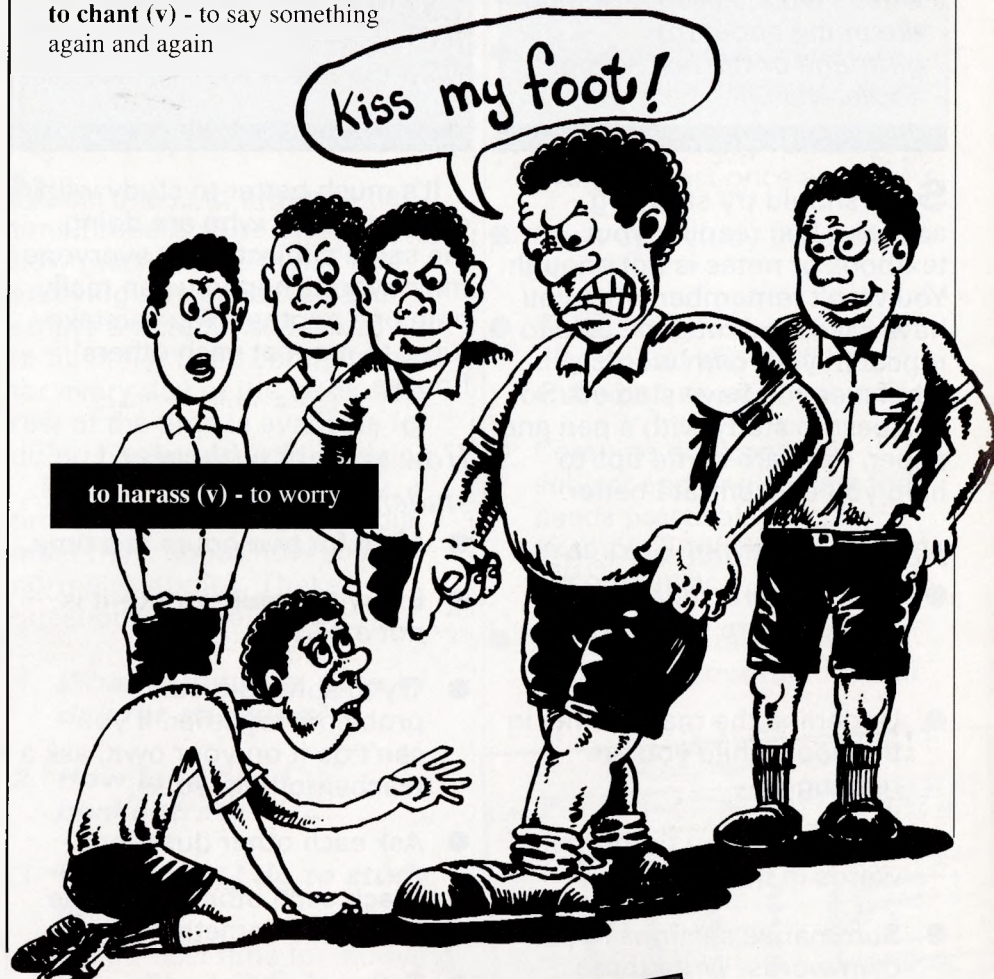


confidence (n) - trust or belief in yourself

to blush (v) - to go pink in the face when you feel embarrassed

DAVID NYATHI'S GOING UP

to chant (v) - to say something again and again



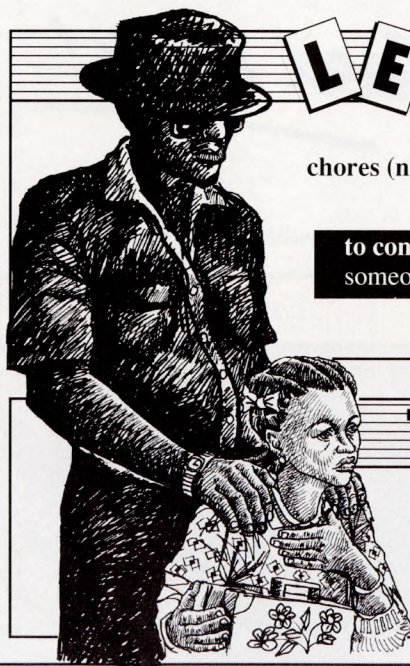
LETTERS

chores (n) - duties

to console (v) - to make someone feel better

TALKSHOP

qualified (adj) - to have studied so that you are able to do something well



SHANICE

SHANICE WINS HEARTS

to invade (v) - to enter and take over

melodies (n) - sweetly sounding songs

STUDYTIPS

commitments (n) - activities that you agree to take part in

to summarise (v) - to write down the most important points when you read or listen to someone talk

stress (n) - worry, anxiety

to concentrate (v) - to give all your attention



YOUTH SPEAK OUT ON VIOLENCE

to occupy (v) - to move into or live in a place

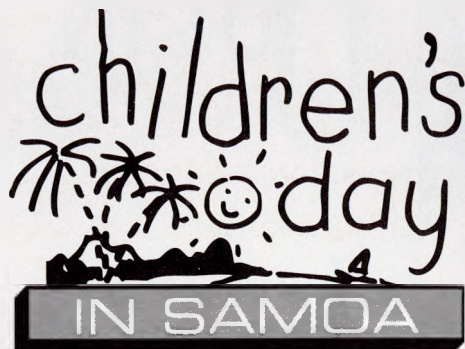
arrangement - an agreement to do something

to inflict (v) - to cause harm

refugee (n) - someone who runs away to escape violence

products (n) - results

nightmare (n) - a dream that makes you feel bad



missionaries (n) - people who try to make others share their religious beliefs

FACING THE FUTURE TOGETHER

to cope - to deal with something that makes your life difficult

to participate (v) - to take part in something

recycling (adj) - re-using things which are often thrown away

to enrich (v) - to make your life better



Missing addresses

Sorry, we have lost the addresses of these people who won bracelets in our Growing-up Competition. Please send us your addresses so that we can send your bracelet off to you as soon as possible.

Sam Pasha, Atteridgeville
Urshley Ngcobo, Thokoza
Theodore Phetlhe, Motswedu
Livingstone Bob, Welkom
Patricia Lerato, Chuenspoort
Eric Munzhedzi, Honeydew
Norine Arends

Send us your address so that we can send you R15 for publishing your story.

UPBEAT'S LUCKY COMPETITION WINNERS

Dr Alban Competition

These lucky readers have all won a Dr Alban record.

Daniel Moroatshehla, Chuenspoort
John Mlake, Warden
Thomas Mpele, Katlehong
Steven Mbeve, Hazyview
Alpheus Moloto, Ga-Rankuwa
Joseph Segami, Tsweleng
Prudence Zikalala, Orlando
Anicca Dlamini, Sebokeng
Patience Makgonofane, Burgersdorp
Shirley Briedenhann, Port Shepstone

Taps Competition

These lucky readers have won a Taps album.

Neo Nkosi, Mabopane
Titus Mdhuli, Koringspunt
Clement Abie, Pampierstad
Vuyani Mjomle, Mount Ayliff
Johannes Togo, Theunissen
Selby Mkabela, Mkhuhlu
Walter Moloto, Daveyton
Judith Siwela, Pretoria
Eva Tsabara, Somerset West
Vincent Luthuli, Hammarsdale
Congratulations and happy listening.

Beverly Naidoo Book Competition

These readers have each won a great book.

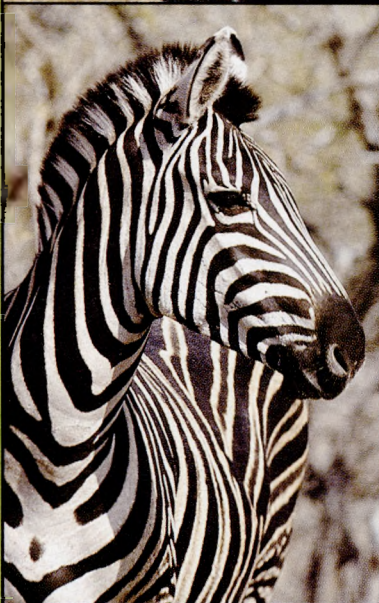
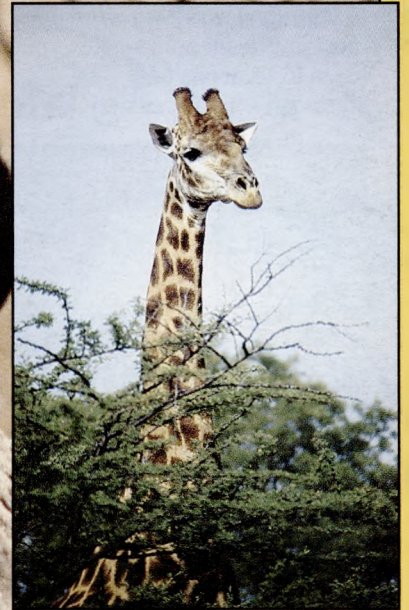
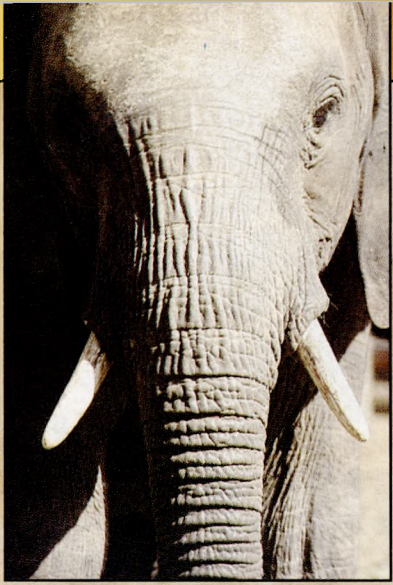
Zuraya Said, Bellville South
Brenda Canham, Hillbrow
Joshna Manoram, Lenasia
Loviety Bogopane, Phokeng
Prudence Xaba, Kwa-Thema
K P Matsie, Senekal
Seikang Sebidi, Temba
Bonginkosi Mathebula, Komatipoort
Dumisani Khosa, Giyani
Shawn Naidoo, Mobeni
We hope you enjoy reading your book.

Peacemaker Competition

These readers wrote and told us how they had stopped a fight. They have each won a book token from the CNA for writing the best stories.

Luthando Pino, Brackenfell
Meshack Nsimbini, Pietermaritzburg
Dumisani Khosa, Giyani
Norman Legkale, Gabarone
Tony Texeira, Windhoek

OUT IN THE WILD



These wild animals have lived in Africa for thousands of years. Today they are only found in game reserves. Should these animals be protected? Read about the big debate on page 26. Find out what it is like to live in the wild and work with animals.

