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NUMBER 4 1994

UPBEAT

The magazine for youth on the move



**TONI
BRAXTON**

AWARD WINNING SINGER

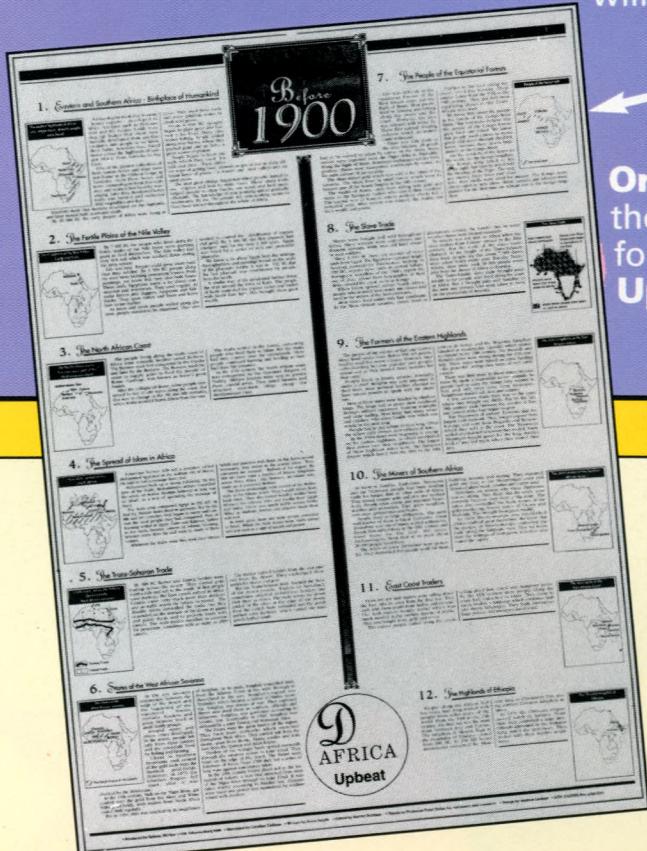
**BASKETBALL
GROWING NEW SPORT**

ISSN 0257-8697



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DISCOVER AFRICA'S TREASURES OF THE PAST WITH UPBEAT MAPS



Upbeat has an exciting, full-colour map which will introduce you to Africa's rich and colourful past. Learn about the people of the Nile, the caravans of the Sahara, the city states of West Africa and the grand kingdom of Great Zimbabwe's gold miners.

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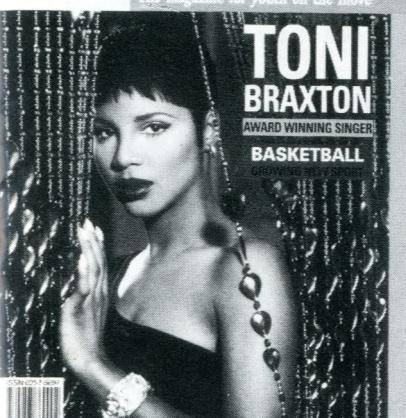
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The magazine for youth on the move

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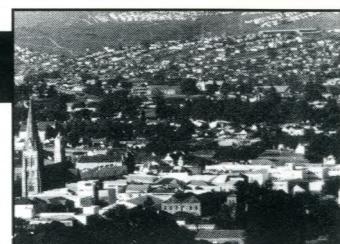
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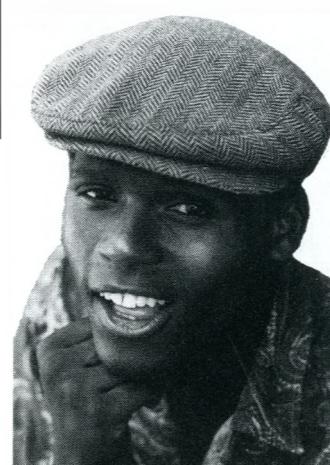
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FREE GIVEAWAYS

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Are you a winner?

Check our competition results on page 36



EDITORIAL

Dear Readers,

Well, here we are, a month after the elections. Let us pray that everyone in our country will be able to put their differences behind them and work together to build a better South Africa.

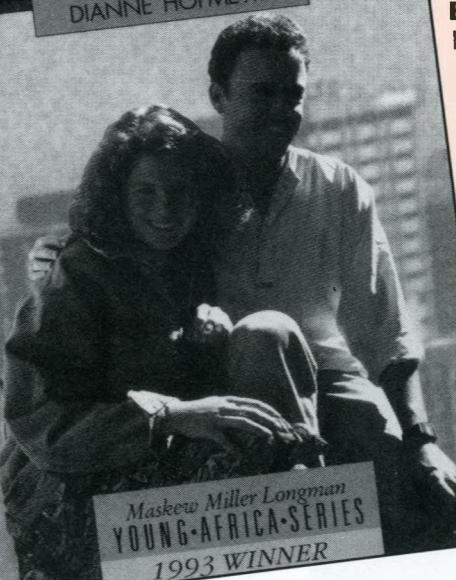
In this issue of Upbeat we speak to young people about the violence in Bophuthatswana before the elections. But there are also lots of fun stories for you to read. Meet Toni Braxton and find out more a sport that is taking over in South Africa - basketball.

Finally there is a story about smoking and what it does to your body on page 12. If you are a beginner smoker, do the quiz at the end of the story and see if you really want to smoke.

Harriet

BLUE TRAIN TO THE MOON

DIANNE HOFMEYR



2

NEWSBEAT

DA JUICE

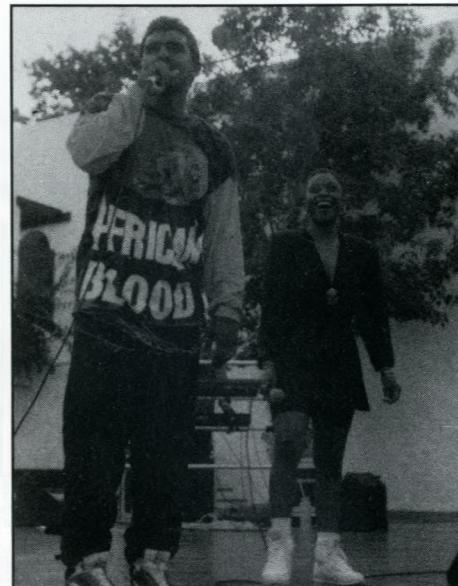
A NEW MAGAZINE FOR HIP HOPPERS

Emile Jansen of Black Noise has just started a new magazine for b-boys and b-girls who are into hip hop culture. *Da Juice* offers news and views on anything and everything to do with hip hop. In the first edition there are tips on how to do graffiti and break dance moves. There is a survey of all the different hip hop music groups in southern Africa.

If you want to tune into hip hop culture, send R24 for a year's subscription. If you have news about hip hop happenings in your area, or if you are looking for a hip hop penpal, write to: *Da Juice*, c/o Black Noise Hip Hop Company, P O Box 31184, Grassy Park 7945. ▲



Emile XY? of Black Noise and the editor of *Da Juice*. ▼



NEW BOOK

THE
YOUNG AFRICA
COMPETITION
WINNER

Every year Maskew Miller Longman runs a competition for writers. They ask people to write novels for young South Africans. This year Dianne Hofmeyer won first place with her book called *Blue Train to the Moon*.

It is about Sylvie Steytler who lives in Yeoville, Johannesburg. Sylvie goes to a party, smokes dope and ends up having sex with Mario. The next day she is filled with remorse. Later she and Mario become

friends. Then Mario hears that he is HIV positive!

Blue Train to the Moon deals with Sylvie's problems, both at home and in her relationship with Mario. It is a sweet story about the problems of love and sex in this age of Aids.

The book cost R23,99 and is available at most book stores or libraries. ▲

COMPETITION TIME

You can win a copy of *Blue Train to the Moon* by answering these three easy questions and sending your answers, on a postcard to: Upbeat Book Competition No. 4, P O Box 11350, Johannesburg 2000

1. Who won the first prize in the MML Young Africa Awards?
2. Who was HIV positive in the book?
3. How should you treat someone who is HIV positive?



Toyota buys Upbeat for schools

At the beginning of this year, Toyota SA Ltd decided to invest R25 000 in Upbeat's School Sponsorship scheme. Their donation is part of the work done by the Toyota Foundation.

Thanks to Toyota, these lucky seven schools will be receiving classroom sets of Upbeat:- Kwa-Makhutha High School, Sibusisiwe Comprehensive High School and Ogwini Compre-

hensive, all of Natal; East Bank High School, Alexandra High School, Realogile High School and Minerva High School, all of Alexandra, Transvaal.

If you would like to find out more about our school sponsorship scheme, contact Barbara Shafer at Upbeat.◀

YOUTH ON THE MOVE IN CHIAWELO



Youth on The Move, is an organisation of various youth groups. In February they held a day of debate and fun at the Chiawelo Clinic, Soweto. The debate was

◀ *The debating teams discuss the problems facing our youth.*

on whether the youth are marginalised or not. Speakers spoke of the damage caused by apartheid. People felt that violence, unemployment and the school crisis were the major problems threatening the future of our youth. George Lee and the Thabo Youth coloured the day with their music. They sang about peace, elections and democracy. Then the Matla Trust presented their play, teaching people how to vote.◀

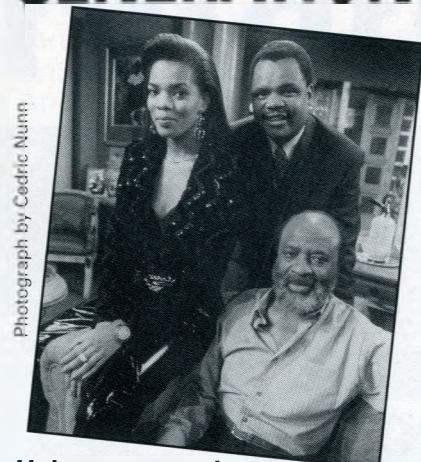
Africa Cultural Festival

For three days students in Johannesburg got a chance to take part in theatre, mural and African studies workshops. It was the Afrika Cultural Festival. Drummers, dancers and singers entertained the crowds. Singer, Vicky Sampson, got the crowd jiving! *Viva Africa!* The exhibition was co-hosted by the Afrika Cultural Centre and Tourism on Track, who have a travelling exhibition parked on the railway line. The train aims to promote tourism in South Africa and is on a national tour. Don't miss it when it gets to your town.◀



Photograph by Cedric Nunn

NEW TV SHOW GENERATIONS

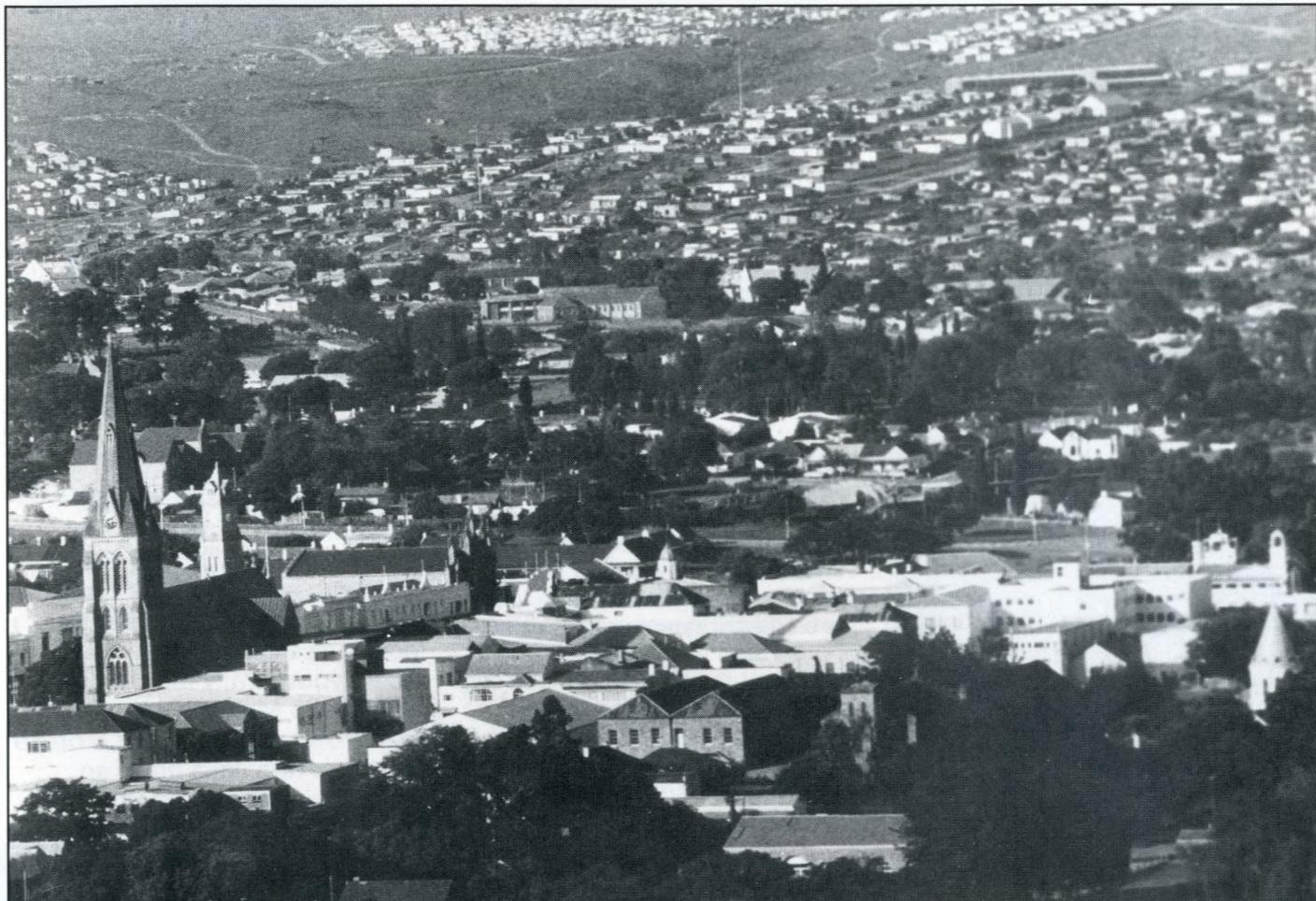


Photograph by Cedric Nunn

Upbeat was at the launch of *Generations*. Here (left to right) Connie Masilo, Magic Hlatshwayo and David Phetoe pose for the camera.

On 4 February a new soap opera, called *Generations*, started on CCV. *Generations* is the first TV programme to use English, Setswana and Xhosa together. The plot focuses on how success and work can affect your family life. The series stars Sello Maake Ka Ncube as the 'crown prince' of the Moroka dynasty. Tina Jaxa plays an award winning copywriter who works for Sello's agency.◀

Growing up in **GRAHAMSTOWN**

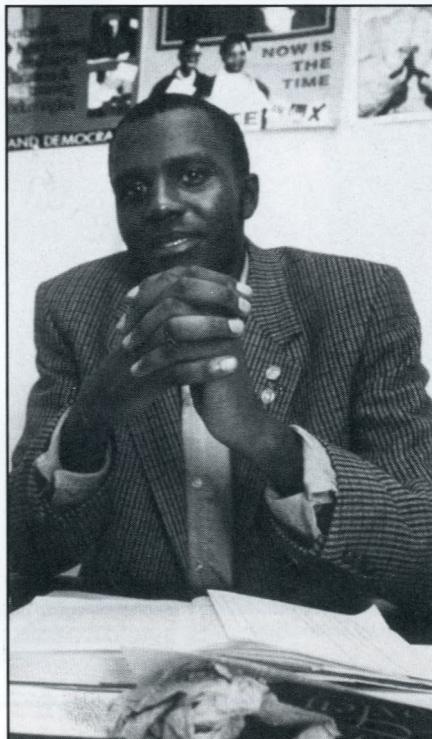


**By Bulelwa Phayi of ECNA
with Jonga Kuhlane (19)**

Grahamstown is a very pretty little town, nestling between the tree-covered hills of the eastern Cape. The town is filled with beautiful, old buildings which are about 170 years old. Jonga Kuhlane (19) tells us about life in his home town.

ABOVE: A view of Grahamstown from the hills around it.

Jonga in his study at home. ►



Jonga's family

'I come from a small family of three boys,' says Jonga. 'We live in Joza township. My elder brother, Msizi, is studying Journalism at Rhodes University. My younger brother and I go to Nombulelo High. I have just been elected president of the Student Representative Council. I had no idea how much work it would be!'

'My mother, younger brother and I live together. Msizi stays at the university. My mother is a community worker with the municipality. She goes around the township, teaching people about health.'



Schools

'I'm lucky as my school gets the best results of all the DET schools in town. But there are not enough schools in the township. Some schools 'platoon' - there are two sessions of classes at one school every day.'

'In spite of bad conditions in schools, Grahamstown has produced a lot of local and national politicians like Mluleki George, the National Sports Congress chairman.'

'My favourite subject at school is Economics. I think that South Africa needs a mixed economy. We need to encourage people to start their own businesses. The government must help them. This will help to bridge the gap between the races.'

Time off in Joza

'I have little social life. I do a bit of jogging everyday to keep my body and mind in good form. I like watching TV and my favourite programmes are about news - Newsline, Agenda and the news bulletins.'

'There are few facilities in my township - there is only one library so many young people spend their time in the bottle stores and taverns, drinking.'

Problems

'Our biggest problem is lack of work,' Jonga continues. 'There are just no factories here. I don't know why. Perhaps Grahamstown does not have the

right infrastructure needed by big industries. So most people work as domestic workers, in private homes.'

The eastern Cape has had a very bad drought that has gone on for ten years. Most farmers around here have either sold their animals or sent them to be fed on other people's farms. Many farmers have gone bankrupt. This has meant that many farm workers have lost their jobs and their homes. They have been forced to move into shacks around the edge of town. They are really struggling to survive.

'Grahamstown has only one natural resource that I know of - kaolin - a very fine, white clay

Children near Jonga's house show the world that they want peace.

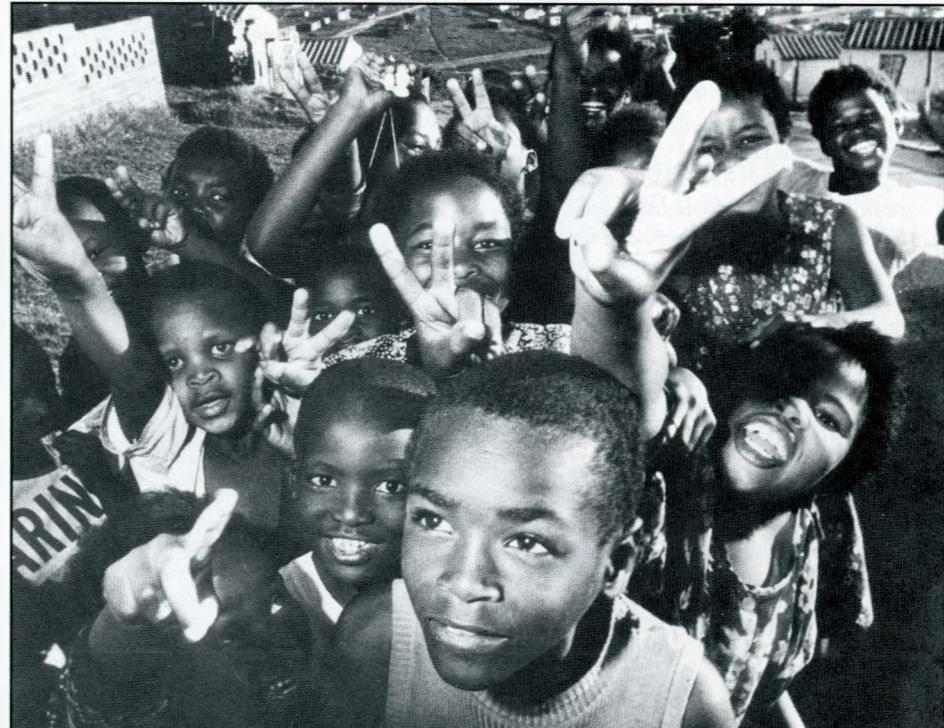
used for making china. But no-one is mining it. I hope that the new government will build factories so as to make jobs for us.'

A history

'Grahamstown began when the British settlers came to South Africa in 1820. British people settled on land which Xhosa farmers had used. Many wars between the settlers and the local Xhosa farmers followed.'

'In 1819 a diviner, Makana, led a group of warriors into battle against the European settlers. The warriors believed that the settlers' bullets would not hurt them. Many people died in the battle and Makana was sent to Robben Island. He tried to escape but he drowned.'

'Today Grahamstown has a population of about 100 000. Although it is very pretty, Grahamstown, like most South African towns, is divided according to race. There is Vergenoeg, a township for 'coloured' people; Joza, Tantyi and Fingo, all African townships. Then there are the suburbs for whites and Indians. But slowly all races are beginning to live together in town.' ◀



LETTERS



Dear Upbeat

It is painful to realise how committed our society is to alcohol. Many husbands spend time away from their wives or they are divorced because of alcohol. Children suffer as a result. One thing which promotes drinking is that our heroes; boxers, soccer players and others drink alcohol in public. They even appear in advertisements for alcohol. I think this encourages young people to drink. They think their idols are successful and see them drinking. South Africans must work together to fight alcoholism because it is destroying our society. As the youth, we must form education groups to discuss alcoholism and campaign vigorously against it. Parents must stand up and tell shebeen owners not to sell liquor to kids under 18 years.

Mzukisi Ayanda Neithi, Alice

Dear Mzukisi

We hope the youth will take your advice seriously. Thank you for your letter.

Editors

Dear Upbeat

I am a 24-year-old guy. I finished matric in 1990. Since then I have been moving from one job to another. I cannot find a stable job. I want to tell you about my job at Babelegi Industries, Bophuthatswana. I am worried about the future of the youth there. They are encouraged to leave primary school if they are physically fit to do unskilled manual labour. I'd say only 60 out of 100 students complete their matric. The bosses at Babelegi take advantage of the readily available labourers. Unions are not allowed in Bophuthatswana, so workers are at the mercy of the bosses. Women are sexually harassed and exploited. There is no respect for human rights. Something needs to be done about this.

Sonnyboy S Ledwaba, Hammanskraal

Dear Upbeat

First I want to thank you for your help. Upbeat has helped me with English. I can now speak and write English better than before. I have a question about

Upbeat competitions. Can I write competition answers on envelopes or only on postcards?

Gerson Awiteb, Namibia

Dear Gerson

Envelopes are fine. Seal the envelope and write your answers on the back of the envelope. This makes our work easier than if we have to open many envelopes.

Editors

Dear Upbeat

I am doing Std 9 this year and I am 17 years old. I want to be a singer. Please give me the addresses of Brenda Fassie and Rebecca Malope. They are my favourite artists. I want to write to them so that they can give me tips on singing.

Florah Mokaba, Boyne

Dear Florah

You can write to Brenda Fassie at:- Brenda Fassie Fan Club, 1st Floor Ashby House, 38 Troye Street, Johannesburg 2001. You can write to Rebecca at her fan club. The address is:- Rebecca Malope Fan Club, P O Box 31089, Braamfontein 2017

Editors

Dear Upbeat

I wonder if you can help me. I am at the Beacon Secondary School in Qwaqwa. Beacon is a non-racial school. English is the medium of instruction. But most students use their mother tongue when they talk to one another. Students who try to speak English are answered in people's home languages. Other students tease you if you speak English. They say you are showing off. Our English is generally poor. Can you please tell me what to do to improve my English. Thank you.

Thabang Gratitude Kibe, Witsieshoek

Dear Thabang

We are very sorry to hear that students at your school have a bad attitude towards English. Speaking English with friends really helps. But reading English books, newspapers and magazines helps too. Also listen to radio and watch English TV programmes. Good luck!

Editors

Dear Upbeat

Allow me a moment to praise Mr Ivan Khosa and the people's team, the mighty Orlando Pirates, a team made up of the likes of Ettien Nsunda and Botsootsa Makhanya. Mr Ivan Khosa is the man behind the success of the Buccaneers. He found the Pirates ship about to sink. He started an intensive programme to rebuild it by buying good players. His project has shown lot of success. Pirates have regained their previous form and other teams respect it. Mr Khosa, thank you for the wonderful job you have done on our beloved team. We hope Pirates will continue to enjoy their winning streak. Viva the mighty Bucs!

Samuel Radebe, Heilbron

Dear Upbeat

We are a group of six students who love and read every issue of Upbeat. We thought that since Upbeat is a magazine for the youth, you could organise more competitions. This would be a way for young people to earn pocket money. We hope you consider our suggestion!

F. Davids, C. Isaacs, K. Stewart, T. M'Pally, R. Samuels, N. Henry, Bridgetown

Dear Friends of Upbeat

We would love to fill Upbeat with lots of competitions. But our problem is that we have little money to run competitions. We depend on sponsors to provide our prizes. But we will think about your suggestion and try to offer cash prizes, as well as cassettes and books. We appreciate your suggestion. Keep on reading Upbeat.

Editors



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

Toni Braxton

SINGS FOR THE WORLD

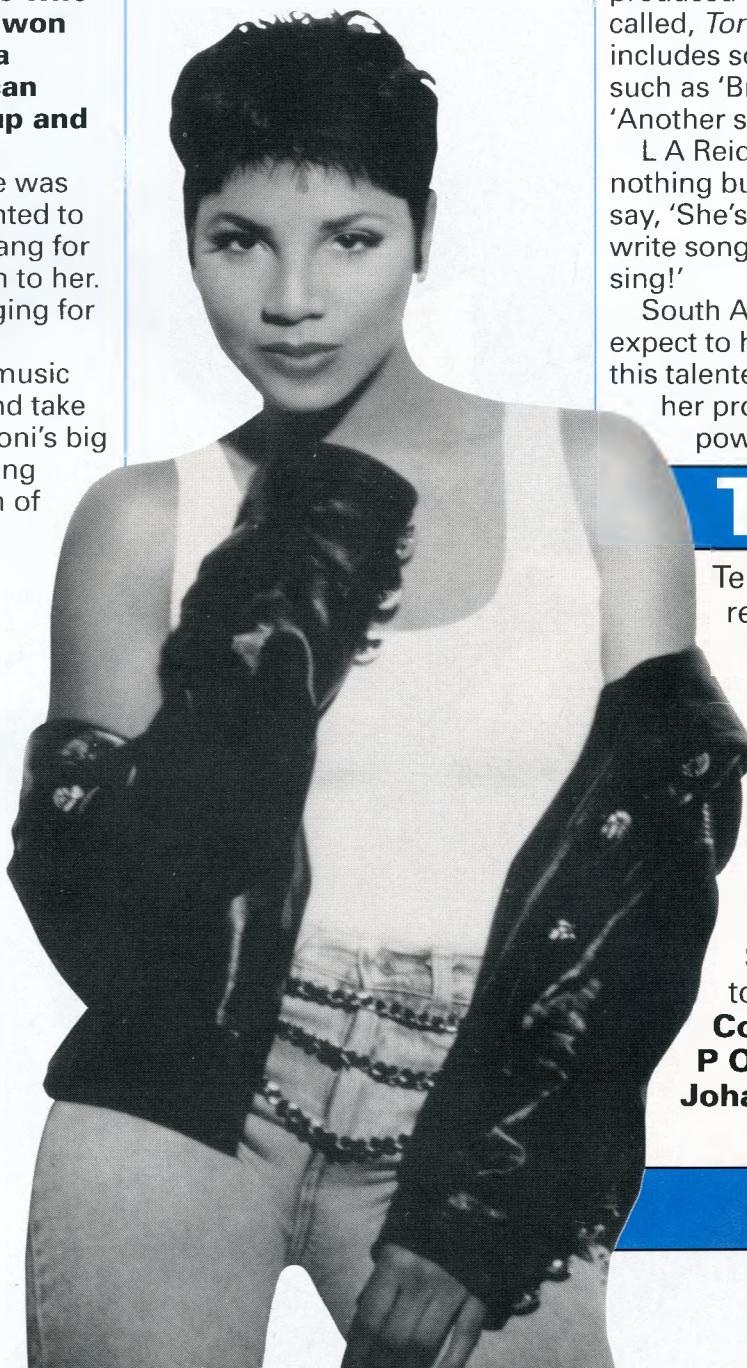
Singing is everything to Toni Braxton. And her talent is being noticed by those who count. This year, Toni won the Grammy Award - a famous yearly American award - for the best, up and coming young artist.

From the time that she was young, Toni Braxton wanted to sing. And she did. She sang for anyone who would listen to her. Now Toni Braxton is singing for the whole world.

In 1992 people in the music world started to sit up and take notice of Toni Braxton. Toni's big break came when she sang on the soundtrack album of *Boomerang*, a popular Eddie Murphy movie.

Shortly after this Toni made her first single, together with Kenny 'Babyface' Edmonds, called 'I give you my heart'. This was a Top Ten smash hit and a dream come true for Toni.

Toni's second single, 'Love shoulda brought you home', also did well on the American charts. And it gave Toni the break that she was waiting for. She got a chance to do her own album.



Working with producers, L A Reid and Babyface, Toni produced her first album, simply called, *Toni Braxton*. The album includes some of her best songs such as 'Breathe Again' and 'Another sad love song'.

L A Reid and Babyface have nothing but praise for Toni. They say, 'She's a real artist. She can write songs and, man, can she sing!'

South African music fans can expect to hear a lot more from this talented young artist with her provocative and powerful voice. ▶

TOP TEN

Ten lucky Upbeat readers can win a Toni Braxton cassette.

All you have to do is write the names of **your ten favourite songs** on a postcard and send them to us before 17 June 1994.

Send your entries to:- **Upbeat, Top Ten Competition No. 2, P O Box 11350, Johannesburg 2000.**

TIME

COMPETITION

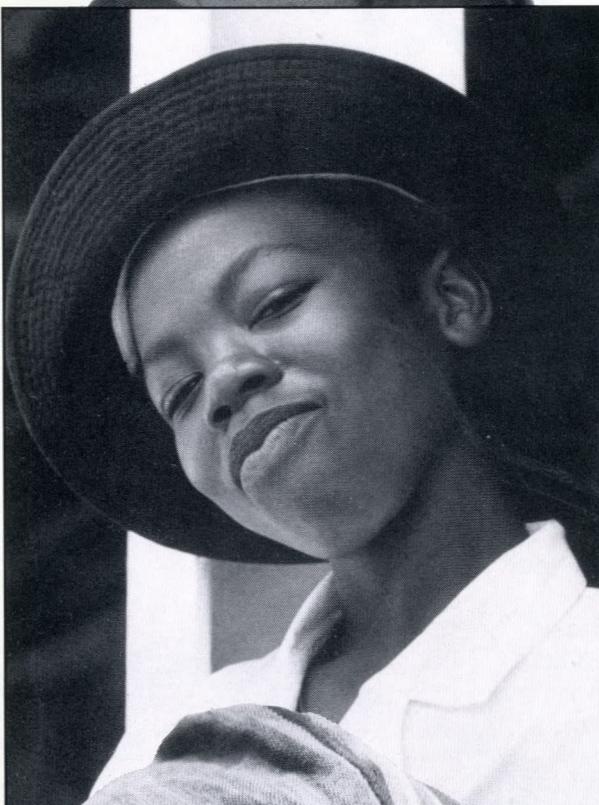
MAD HATS AND CAPS

BY DEBRA WATSON

This month Upbeat took to the streets to check out people's head gear. Here are some of the mad-hatters we found.

**JILL HENHAR (19)**

I've just bought this hat. I have been looking for a hat for ages. Everyone wears the same style – straw with a flower. This one is down to earth and original. And it suits me!

**THANDEKA MAFUKA (13)**

I wear this hat to protect me from the sun. It's my style and it's fashionable. I love sporty styles because I am a sporty person.

MITTA ZULU (18)

I'm a model so I wear hats to protect my skin. I have lots of hats and I wear them all the time. They make me feel like a lady - beautiful and glamorous. My favourite hat is from Hong-Kong, not this one.

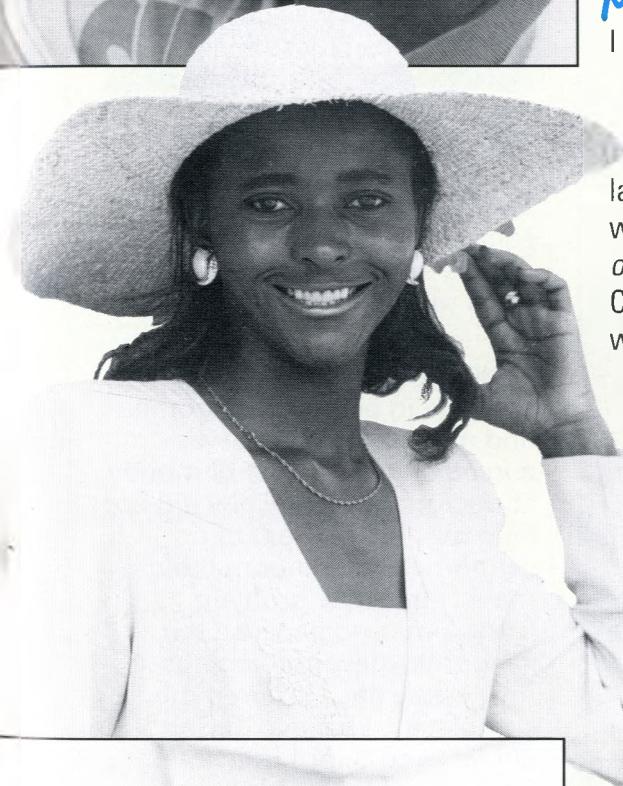
**PATRICK MSANE (18)**

I like this hat because I am an artist. It maintains my dignity. I wear lots of hats but this is my favourite. It's a style usually worn by artists and it suits me.



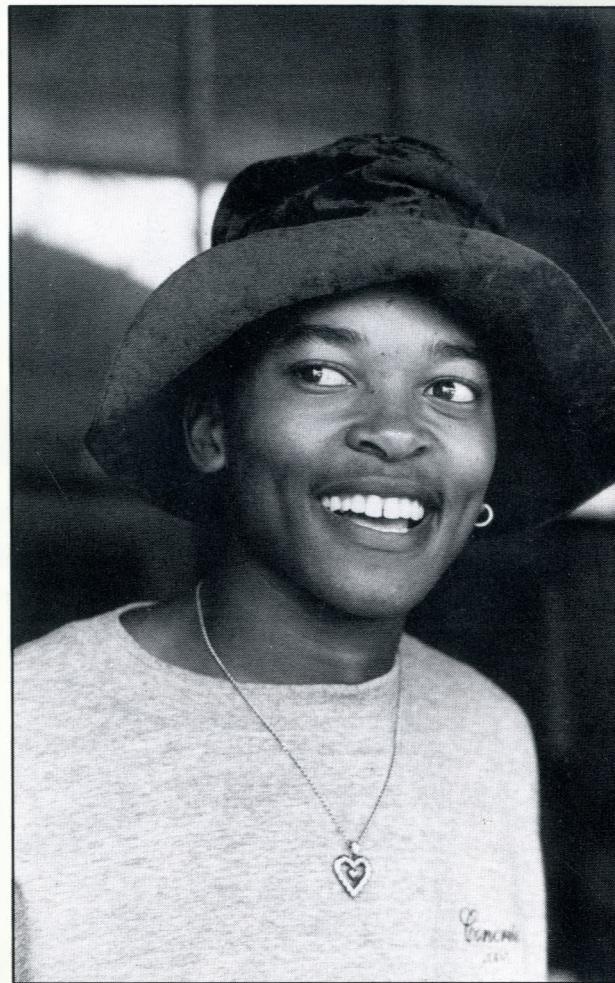
RENE DUMONT (12)

I like this hat because I like the colours black and red together. I don't usually wear hats, just this one.



LUCAS MTHENJANE (20)

I often wear hats as they go with my personality. I like keeping up with the latest trends. This hat is worn by *The fresh-prince of Bel-Air* on TV. Also LL Cool Jay, a rap artist, wears a hat like this.



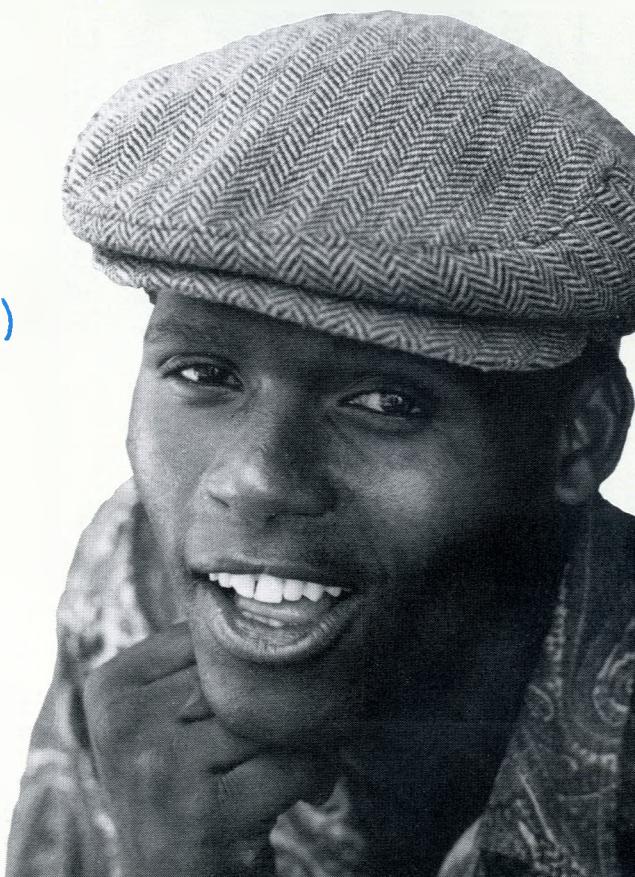
STANDER MAAKE

I wear this hat because my hair isn't styled. So I don't want people to see it. I like this hat because John Dilenga, a  film actor, wears one like it. It's mafia style.



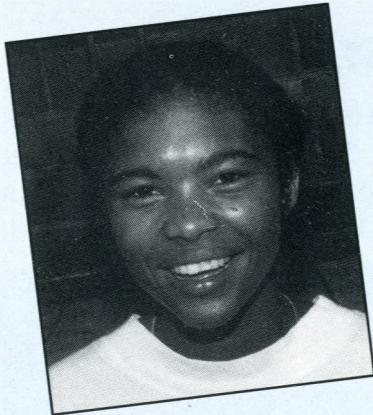
NOSISI NGAKANE (11)

I wear this hat because I think it suits me. My mother's friend lent it to me. I feel good in it. Many people have noticed me in my hat today.




Quinton Zulu, 16

I prefer medical doctors to traditional healers. I do not like the way sangomas cut people with razor blades. The blades are not sterilised and you don't know how many people have been cut with it. But I do believe in the throwing of bones. Some sangomas can tell the truth. And there are cases where traditional healers cure patients that medical doctors cannot cure.


Annah Domingos, 17

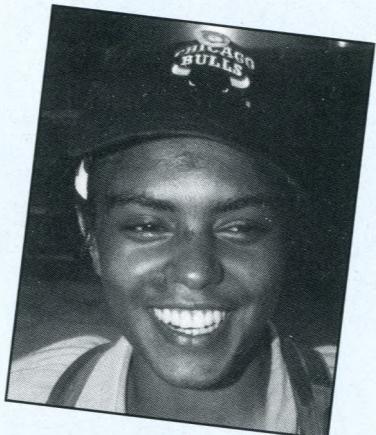
I don't fall sick often but when I do, I pray to God to heal me. If I became seriously ill, I would go to a medical doctor. I do not believe in the traditional doctors at all. I think they get their powers from the devil. That's why traditional healers can perform miracles. But God is supreme.

HEALTH AND HEALERS

When you get sick, what kind of doctor do you consult? Upbeat asked young people for their views.


Isaac Gaolaolwe

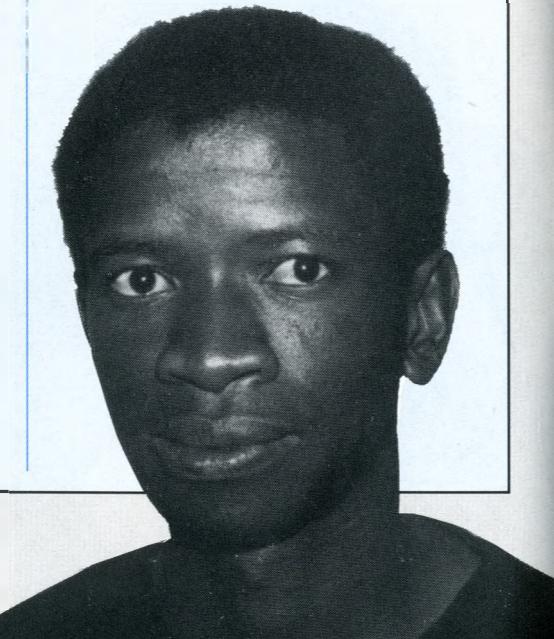
I think western and traditional doctors should work together. Western doctors cannot cure diseases which come from a traditional way of life. Western doctors also cannot cure a disease called 'phogwana' which attacks babies. Parents just lose money and sometimes even their babies if they go to western doctors. But I don't believe in the bones. How can dead, dry bones talk?


Rucaya Ansar, 15

I believe in sangomas and doctors. I believe they specialise in different sicknesses. If I was cursed, I would consult a sangoma. Doctors would just say I am mad. But a sangoma would identify my problem and give me medicine to drive the curse away. The problem with sangomas is that they curse people so that they can make a lot of money.

Joyce Issufo, 15

I believe in both the sangomas and medical doctors. I was cursed and I spent lot of money at doctors in town. They did not help me. Then I went to a sangoma. The sangoma told me all about my problem. It was amazing because the sangoma knew nothing about my private life. He cured me completely. I believe in God above everything! But God helps those who help themselves.



All photographs by Hans Mangole

BASKETBALL WINS FANS

By Nelson Rashava

In America basketball is like a religion. In summer, on concrete courts in every city, you are sure to find young people shooting ball.

In winter players move inside, into gyms, so that they can play even when it is snowing outside.

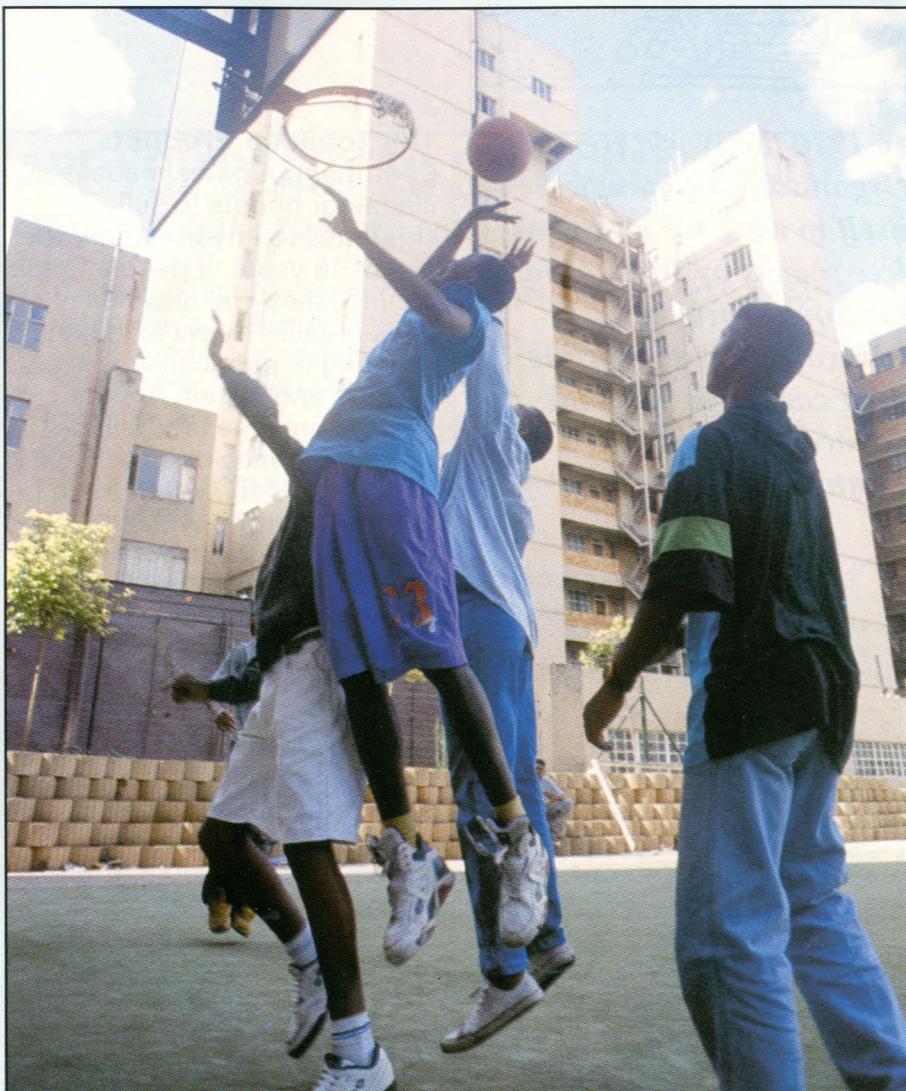
In South Africa, basketball is slowly becoming popular. On Wednesday nights many South Africans are glued to their television sets, watching the American professional basketball players in action.

In Soweto, in just one year, 20 basketball clubs have started. In inner city areas, like Hillbrow and Yeoville, Johannesburg, there is little space for young people. Basketball courts are where everyone gathers to burn off their extra energy.

Upbeat found Andrew Tshuma at the Joubert Park court. Andrew is 1.93m - a good height for a basketball player. We asked him how he got into basketball.

'Basketball is the sport of the future,' said Andrew. 'I used to be a soccer fan but I got tired of always watching others play. In basketball, matches are much

Andrew Tshuma on the court



shorter and you have more chance to play.

'I play whenever I get a chance. I spend all my spare time on the basketball court. The good thing about basketball is that you can play it anytime, anywhere, as long as you have a ball and a ring.'

'I learnt basketball from watching the Americans on TV. Those guys are so committed to basketball that they think about their moves in their sleep. Take Michael Jordan - he works hard to stay on top,' said Andrew.

While hundreds of young people are bouncing, shooting

and jumping, basketball is becoming big business. Last year a professional league started called the National Basketball League.

South Africa's national basketball team went on their first tour to Taiwan. The team did not do well - they failed to win a single game. But they came home rich in experience. South African basketball players have a lot of catching up to do if they hope to send a team to the next Olympics. ◀



In 1970 the World Health Organisation committed itself to work for a smoke-free society by 2000. At last the South African government is supporting their campaign, with the Tobacco Products Controlling Act.



STOP choki

The Tobacco Products

Controlling Act has made it illegal for people to sell cigarettes to anyone under the age of 16 years. If people break the law, they will face heavy fines or jail. The act also bans smoking in public places like airports and buses. Anyone who ignores the law, will be given spot fines of up to R200.

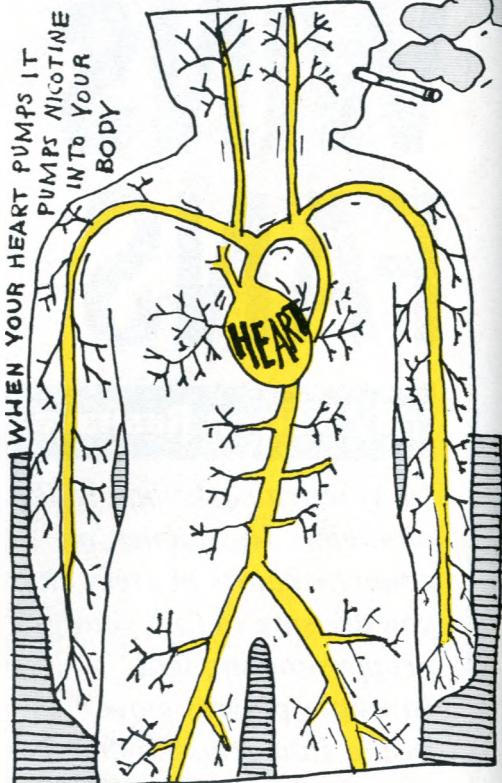
You might think that there is not much wrong with smoking and that the government is making a big fuss over nothing. But smoking is very, very bad for you. The World Health Organisation says, 'Smoking-related diseases cause many health problems and early deaths in developed countries. By controlling cigarette smoking in these countries, people's health would improve more than any other action in the field of preventive medicine.'

So what does smoking do that is so bad? Cigarette smoke contains 200 poisons which can damage your body. Here is what just three of these poisons do to you:-

Nicotine

When you inhale smoke, nicotine goes into your lungs and your blood. Nicotine makes

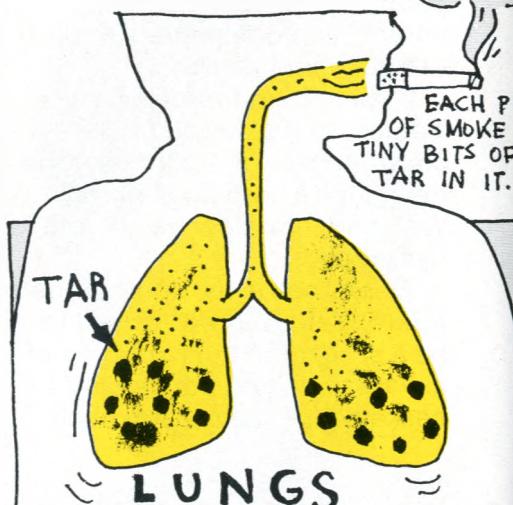
your muscles tight and it makes your blood cells sticky. So your heart has to pump harder and faster to push your blood through the narrow blood vessels. This can cause high blood pressure and heart attacks. Doctors say that people who smoke, have a 70%



higher chance of having a heart attack than non-smokers. Nicotine also stains your teeth and fingers and makes them yellow.

Tar

Each puff of smoke has tiny bits of tar in it. Tar kills the tiny hairs called *cilia* in your lungs. Cilia clean out the harmful things you breathe in. If your cilia are dead,



ng while smoking

then tar and other harmful things stay in your lungs for ever. If you have a lot of tar in your lungs, it changes the shape of your lung cells. This can lead to lung cancer.

Carbon monoxide

Cigarette smoke also has carbon monoxide in it. Carbon monoxide can stop your muscles from working properly.

All these poisons affect your kidneys too. Your kidneys have to work doubly hard to get the poisons out of your body.

Carbon monoxide and nicotine make your brains work faster for a short time. But after this time, your brain slows down. People enjoy these feelings. That is why they find it difficult to stop smoking.◀

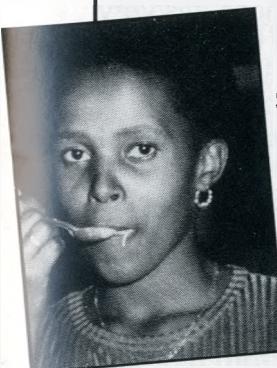
ARE YOU READY TO START SMOKING? Here's a quiz to help you decide.

1. To spend R1 000 a year buying cigarettes so that you can die of cancer or heart disease is:-
intelligent () stupid ()
2. To blow poisonous smoke into the air others have to breathe is:-
thoughtful () selfish ()
3. Having nicotine-stained teeth and fingers with stale, smoky breath and sweat is:-
sexy () disgusting ()
4. To be so addicted that after a few hours without a cigarette you get angry and twitchy is:-
tough () weak ()
5. To need something to suck instead of your thumb or a dummy is:-
adult () babyish ()

Makes you think, doesn't it?

Quiz taken from material produced by the National Council against smoking.

Upbeat asked some young people what they think about smoking.



Sarah Fakude (19) says, 'I hate smoking because it makes me cough a lot. I won't go out with a boy who smokes. With me, it's no

smoking or no relationship. Sarah's friend, Thembu (18) is not so strict. But every time her boyfriend lights up, she leaves the room.

Sandy Odendaal started smoking when she was 14. 'I was very nervous,' says Sandy, 'so I started smoking for my nerves. And sucking and puffing does make me feel more relaxed. But I do think the government is right to ban smoking in public places.'



Dan Stage agrees with the banning. But he smokes dagga which doctors say is even more harmful than cigarettes. Dan says, 'I smoke ganga. It does not harm rastas because it is a herb!'



A farmer's son in ZAMBIA

Upbeat received this letter from a young boy. His letter tells you about his life in Zambia. But there is another side to life in Zambia. Compare these two views of life in another African country.



Hi, my name is Rob and I live in Mkushi, Zambia. It is 2 300 kilometers from Jo'burg. I'm 14 years old and I enjoy riding and sports. I really love planes and I want to learn to be a crop duster. I have a brother who is 12 and a mother who is known for making the best chocolate cakes in our area.

I live on a farm in Mkushi. Mkushi is north of Lusaka, close to the Zairean border. My father is one of the biggest tomato growers in the country. We supply all the big factories and markets in the towns. We also grow maize and soya beans.

Mkushi is one of Zambia's most important commercial farming areas. Farmers grow maize, tomatoes, soya, grapes, wheat, sorghum, rice, tobacco and seed maize. Most farms depend on seasonal rains (November - April) for water. But some farmers irrigate from dams and rivers.



Rob and his family on the verandah of their house.

Our farm is about 9000 acres and has many big hills on it. It is perfect for wildlife. We have lots of buck on it, including sable. Sometimes we also see leopards and other small, wild cats in the hills.

Education is a big problem in Zambia. Many of the commercial farmers' children used to study in South Africa. But in 1988 a private secondary school opened in Mkushi that I attend. At first there were just 50 pupils but now there are 250 pupils from Form 1 to 5 (Std 6 - 10).

It is really great being in a small school because it is very friendly. It's a co-ed school and totally multi-racial. We often get teachers for just one or two terms, so our lessons change fairly often. Our headmaster, Mr Solomon, is from South Africa.

The British IGCSE (International General Certificate of Secondary Education) is the syllabus we follow. We have all the usual subjects from Biblical Studies to Computer Science.

Our sporting facilities are very good. We have two football pitches, a rugby field, three volleyball courts, one basketball court, an athletics track and a 25m pool. My father is busy

Rob with his grandfather in the tomato fields



Peasant farmers in Zambia struggle to make enough money to live. Many have left their land and moved to town.

building two squash courts and two more basketball courts. We also have softball, aerobics and cricket.

We have a really good rugby team and are known as very tough tacklers. Probably because our rugby field is very rough and hard, so our players have to be tough. We also have one of the best swimming teams in Zambia.

One thing about our headmaster is that he is a very 'get up and go' type of person. So that is exactly what we do. Our day starts at 6am and ends at 10pm. We are all expected to work very hard and there is little free time. Speaking of time, I'd better end off now before my teacher catches me not working!

Greetings
Rob ◀

ANOTHER VIEW OF ZAMBIA

Rob is lucky as his parents can afford to send him to one of the few private schools in Zambia. But life for the sons and daughters of most Zambians is very different.

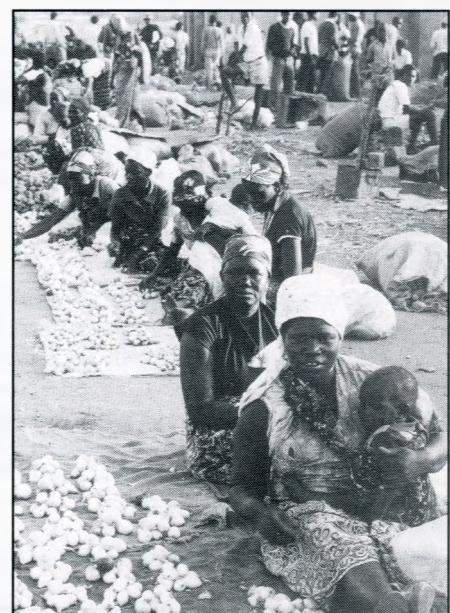
When Zambia became independent in 1964, it was one of the richest countries in Africa. Its wealth came from the rich copper mines, north of Lusaka. But in the 1970s the international price of copper dropped. The Zambian government no longer had money to spend on health and education services.

For the last 27 years, Zambia has become poorer and poorer. Schools, hospitals and roads are all in a very bad way as there is no money to repair them. In government schools, there are not enough teachers, few textbooks, no desks and between 30 and 60 students in a class. And for this, all students have to pay fees.

There are no jobs for people in Zambian towns. Here women all sell the same vegetables in order to earn a few kwacha (Zambian money).

Until 1992 Zambia was ruled by the United Independence Party (UNIP) led by Kenneth Kaunda. Many people left their farms and moved to the towns during Kaunda's days. They did this because they earned so little money for their crops. Now Zambia has the highest rate of urbanisation in the world. But there are no jobs and people struggle to survive.

In 1992 Zambia held their first multi-party elections. The Mass Democratic Movement under Frederick Chiluba won the elections. Everyone looked forward to changes and a democratic government. But recently some government ministers have been accused of drug-smuggling. In spite of Chiluba's promises, life for most Zambians has not improved at all. ◀





Picture by Freeman Modikeng

Readers, here's your chance to be creative! Write a poem or a story. Do a drawing or paint a picture. This is your page!

Send your contributions to:
Upbeat Voices, P O Box 11350,
Johannesburg 2000.
All readers whose work is published will receive R15.

All material published is the property of Upbeat. If you wish to use it, please write to us for permission.

Writing from SA wanted

Skipping Stones is an American magazine which fights racism. They publish stories and poems by young people from all over the world. They also have a penpals page. If you would like to see your writing in *Skipping Stones*, or if you want a penpal from overseas, write to:

**Skipping Stones,
P O Box 3939
Eugene,
OR 97403-0939,
United States of America**



Be yourself

POLLUTION

Look at the world!
Is there nothing we can do?
Look at these people,
Are they worth our trying for?
The earth,
It's just a rubbish bin
And up in the sky,
There are no more clouds, just smoke.

What must we do?
Pollution goes on and on.
Must we not save the world?
Let each one of us look around
I know we love the world
So all we must do,
Is to save the world for
ourselves
And for the future generations.
Denise Lamini

It's easier than pretending to be someone else.
Your whole life depends on you.
Don't always compare yourself to other people,
You will suffer from either ego or jealousy.
Always keep your thoughts pure,
It is easy to say what you think
And to do what you say
Because lying today means
You have to lie tomorrow.

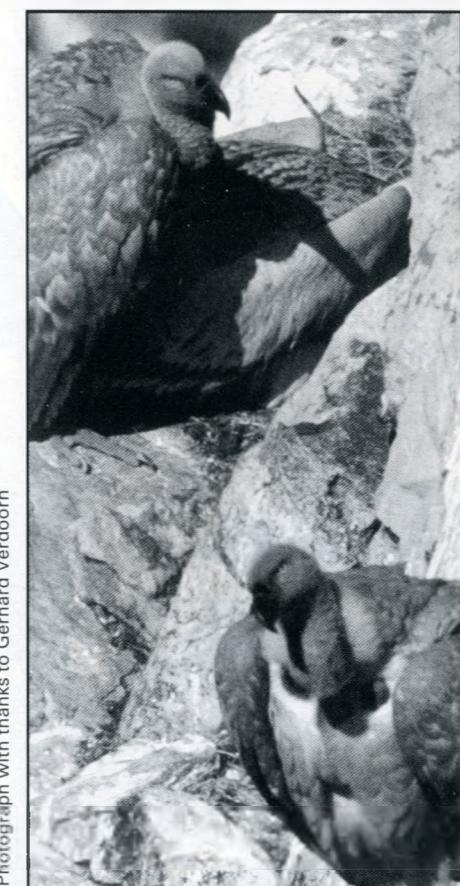
What causes pain?
The mistake
Or the criticism of the mistake?
Say it when others make mistakes
Don't count their mistakes
Be instrumental in solving the problems of others
Instead of being a problem yourself.

If you see an opportunity
Don't cloud your eyes with tears,
Keep your vision clear
So that you don't miss the next one.
How can you see the future
If you live in the past?
Forget about the past
Make use of the present
So that the future can be possible.

We consider ourselves part of humankind
And we are, but how kind are we?
Be kind,
Help the needy,
The more you give,
The more you do good to yourself.

You may say you know
No matter how great your words may be
You will be judged by your actions!
Gift, Soweto

A voice for vultures



Photograph with thanks to Gerhard Verdoorn

A pair of Cape Griffons on their nest in Scheerpoort

Most people think vultures are ugly birds that eat rotten meat. For years, people have thought of vultures as unpleasant nuisances. But now environmentalists are fighting to save our vultures from extinction.

Vultures cannot kill animals to eat. Instead they feed on carcasses left by other predators, like hyenas. But there are few predators left outside of game reserves. So the vultures are dying out.

The Vulture Monitoring Project are fighting to save the vultures. And one place where they are working is at Scheerpoort, in the Magaliesberg. There they are watching a colony of Cape Griffons, a type of vulture.

The Vulture Monitoring Project works with land-owners

in the area. As a result the land-owners of Scheerpoort have started five vulture restaurants. They put out carcasses to feed the birds. Now, instead of seeing the vultures as pests, the land-owners are fighting to save the vulture colony.

Two years ago trespassers in the area started throwing rocks onto the Cape Griffon nests. The land-owners were furious. They all rushed out to stop them. The land-owners were even angrier when the trespassers said they were throwing stones because they were bored!

Join the people who are trying to save our animals. You don't need to join any special group. Just respect animals and nature and try to get your friends to do the same. ◀

THE CAPE GRIFFON

The Cape Griffon is a huge, pale bird with a wing-span of 2,65m and an average body weight of 10kg. The upper parts of the adult bird are white. But often they look brown, as they like dust baths.

The most noticeable feature of the Cape Griffon is the blue skin of its naked head and neck. A fluff of soft feathers covers the bottom of their necks. They use these feathers to keep them warm when they fly. They can fly as high as 8500m in the sky.

Cape Griffons lay only one egg a year, in winter. It takes 54 days for the egg to hatch. The baby vulture leaves the nest when it is between 121 and 141 days old. Its parents still feed it for another two months after it has left the nest.

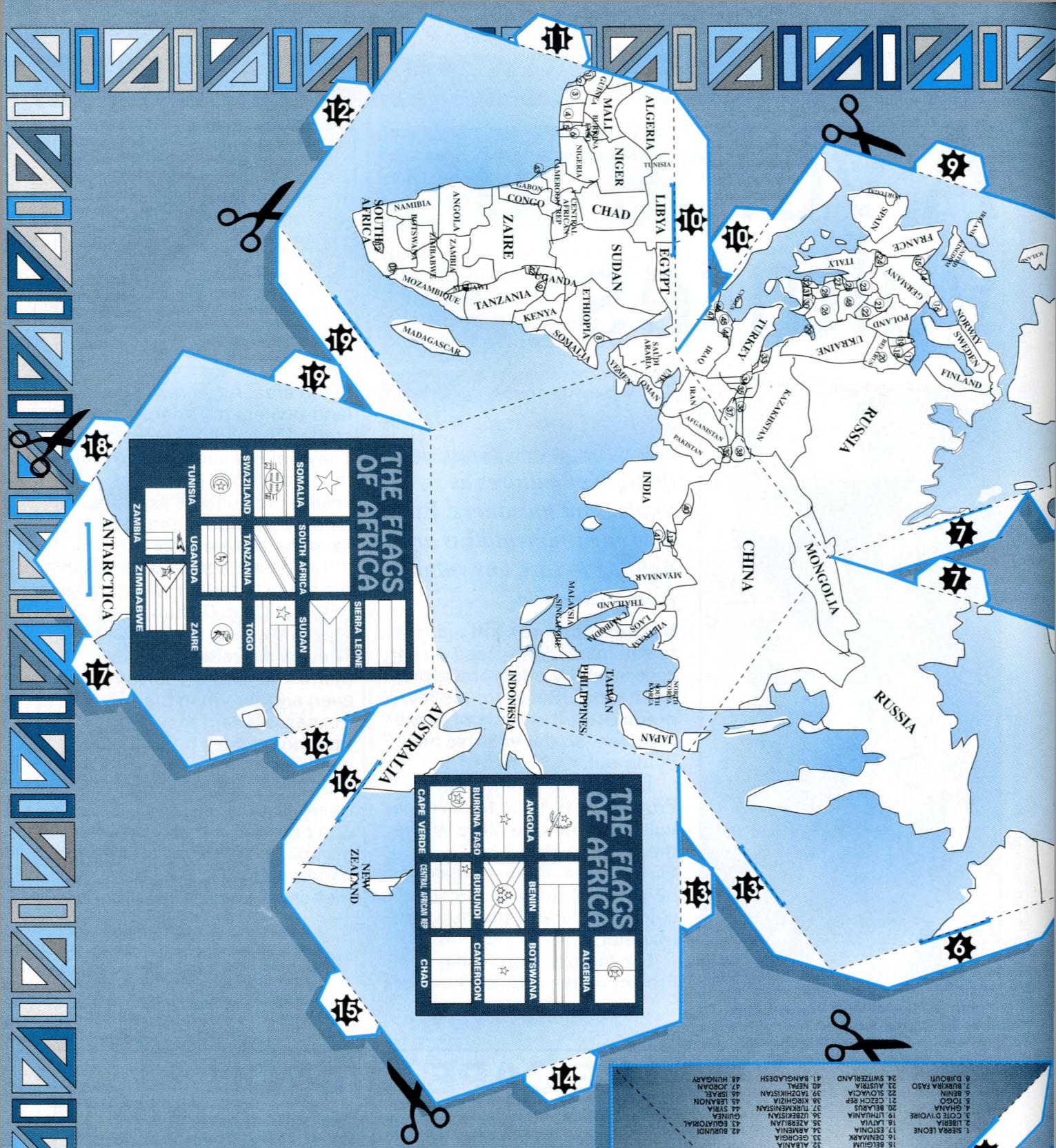


This article is sponsored by Sasol.

Make this globe of the world and use it to brighten your room. Colour in the different countries of the continents. Spend a rainy afternoon in your public library finding out about flags. Then you can fill in the correct colours to the flag designs we have given you.

**GLOBE
—Of The World—
UP BEAT**

The magazine for youth on the move



TELESCHOOL

Pull-out supplement

TEEN BEAT

AS SEEN ON TV

CCV FRIDAY 15.15 • NNTV MONDAY 15.30

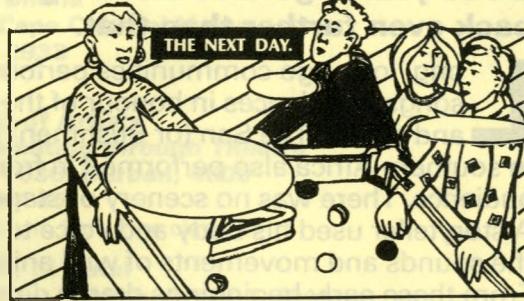
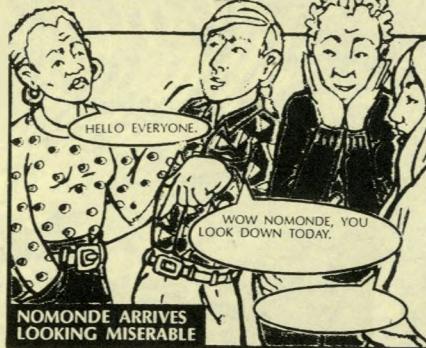
English

The information in this supplement relates to the Teenbeat English programmes on SABC from 29/4 -30/5. Try to watch the TV programmes first and then use this supplement. You'll find lots to read and do!

Write your own comic

This activity is based on the programme on CCV 2 May; NNTV 29 April

Here is an extract from the Upbeat comic *The Galaxy Arcade Kids*. Try to make your own story. Write sentences in the empty speech bubbles. Your dialogue should fit the character and the situation. There are many possible answers. Compare your story with a friend.



COMPETITION TIME

The five best stories will each win a year's FREE subscription to Upbeat magazine. Send your completed comic story to: Teenbeat Comic Competition, P O Box 11350, Johannesburg 2000.

CLOSING DATE: 15 JUNE 1994

1

This learning supplement is developed by **TEEN BEAT** magazine and sponsored by **CNA**

First with the goods



The play
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An open-air theatre in ancient Greece

This story is based on the programmes on NNTV 9 May and 16 May; CCV 6 May and 13 May.

The history of Theatre

On Teenbeat English we spoke about drama in ancient Greece more than 2 000 years ago. But theatre goes back even further than that.

Long, long ago communities performed songs and dances in honour of the gods and spirits. The San (or Bushmen) people in southern Africa also performed in front of an audience. There was no scenery or stage. A storyteller used his body and voice to imitate the sounds and movements of wild animals. From these early beginnings drama developed.

Then in about 500 BC Greek dramatists started to write plays. Each play had a story, different characters and a theme. For instance, there was a famous play called 'Oedipus Rex'. It told the story of a man who unknowingly married his mother and killed his father. When he realised what he had done, he blinded himself. This story warned its audience about the possible dangers of incest.

These new plays were very popular among both the rich and the poor. Once a year the Greeks held a three-day theatre festival to celebrate playwriting. People came from miles around to watch the new plays of the year. These plays were performed in huge amphitheatres. These theatres were the size of soccer stadiums, seating thousands of people. The amphitheatres were so cleverly built that if an actor whispered on stage, he could be heard from the back row.

Each festival would present two days of tragedies and one day of comedy. The tragedies told sad stories of conflict, love and human failings. Comedies told funny stories which made fun of politicians, gods and important events.



San storytellers acted out the movements of wild animals to entertain their audiences

Theatre in South Africa

Theatre is very popular in South Africa. It is performed everywhere - in theatres, halls, classrooms and on street corners around the country.

Many people, like the Marula players from the Theatre for Africa project, use theatre to teach. The Marula players use their plays to create an awareness of animal conservation.

The Marula players use mime, masks and costumes to bring across their lively show about the plight of the rhino. The actors use their bodies and voices to become a vulture, a rhinoceros or a giraffe. The animals tell the story of a rhino who is killed by poachers for his horns.

Theatre can both entertain and teach. Whether it is a one-man show, or a big school production, theatre can make people laugh and cry and people think about things they had not thought of before.

Helpline A CAREER IN THEATRE

If you are interested in theatre as a career or as a hobby, here are some places to go:

TRANSVAAL

Federated Union of Black Artists (FUBA)
P O Box 4202, Johannesburg 2000
(011) 834 7125/6/7

Drama and dance. Three year full-time diploma course. Also part-time courses.

FUNDA

P O Box 359, Orlando, 1804
(011) 933-2421

Drama and dance. Full time and part-time courses

Market Theatre Laboratory
P O Box 8656, Johannesburg, 2000
(011) 836 6499

Theatre and educational drama. Part-time courses

University of the Witwatersrand
Drama department, Jorissen Street,
Braamfontein 2001
(011) 716 3891

4 year full-time degree course in drama and film

Technikon Pretoria
Private Bag X680, Pretoria 0001
(012) 318 5911

Three year full-time diploma in speech and drama

CAPE PROVINCE
Community Art Project (CAP)
106 Chapel Street, Woodstock, 7925
(021) 45 3689

Drama. Part-time courses only

New Africa Theatre Project
19 Lower Main Rd, Observatory,
(021) 47 8792

Part-time drama classes. Also have Outreach projects in the townships.

The Young People's
Theatre Education Trust
P O Box 472, Athlone, 7760
(021) 697 1881

Community outreach project. Teach English as a second language using drama.

University of Cape Town
Michaelis Drama School, Orange Street,
Cape Town, 8001
(021) 23 4247/ 24 0035

Speech and Drama. Three year diploma and four year degree in speech and drama.

EASTERN CAPE
Rhodes University
Drama department
P O Box 94, Grahamstown, 6140
(0461) 31 8538

3 year full-time degree course in speech and drama

Winston Shona
Eastern Cape Cultural Union
(041) 44 2933

NATAL

Ensemble of Artists
Communicating through Theatre
P O Box 5036, Durban, 4000
(031) 29 0745

Drama tuition. Part-time classes.

University of Natal
King George V Avenue, 4001, Durban
(031) 816 3134

Three year degree in speech and drama.

Technikon Natal
P O Box 953, Durban 4000
(031) 225 2111

Three year diploma course in speech and drama

Try this puzzle after you have watched one of these Teenbeat English programmes: NNTV 23 & 30 May; CCV 21 & 29 May

Practice punctuation

Imagine reading in a world where there was no punctuation it would be very difficult to understand what people were saying dont you think we wouldnt be able to communicate our ideas to each other

These funny little symbols - , ! ? ' " are called *punctuation marks*. They help us get the meaning right when we write. See if you remember how to punctuate correctly by doing this crossword puzzle.

How a crossword puzzle works

Use the clues to fill in the missing words in the blocks provided. When the clue is listed under the heading DOWN, fill in the letters of the word below each other. When the clue is listed under the heading ACROSS, fill in the letters of the word next to each other.

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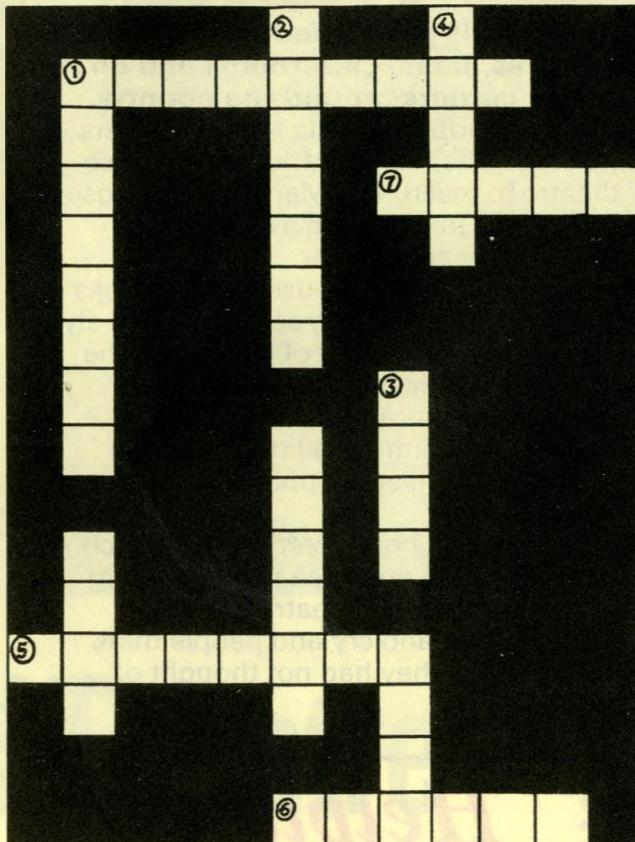
So have some fun and listen to what they say.

Broaden your mind - read a magazine today.



the story
about
charmed his
realised what
itself. This is
80708 ADACTIVE

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CLUES DOWN

1. Questions, questions, questions - that's all I do. (2 words)
2. I have to be there at the beginning of every sentence. (2 words)
3. It's not fair, I always come at the end. (2 words)
4. When you see me, you know that a list will follow.

CLUES ACROSS

1. We are _____ marks. We tell you that someone is speaking.
5. Do you have any extra information? You better use me.
6. I bring two words together to make a new word.
7. When there is a list, I'm always there to separate things. I let you take a breath when the sentence is very long.

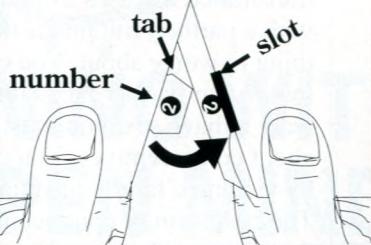
Check your answers on page 36.

HOW TO MAKE THE GLOBE OF THE WORLD

INSTRUCTIONS

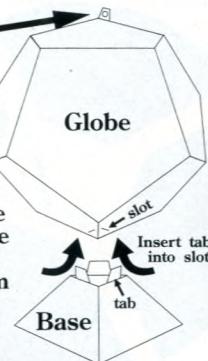
- 1) Pull these pages out of the magazine.
- 2) Stick the pages onto thin card-board to make your globe firm.
- 3) Cut along the blue lines of the map with a pair of scissors. Cut the slots with a knife.
- 4) Fold all dotted lines.
- 5) Join tabs and slots matching the numbers eg: put tab 1 into slot 1, tab 2 into slot 2, etc.

Put tab into slot with the same number

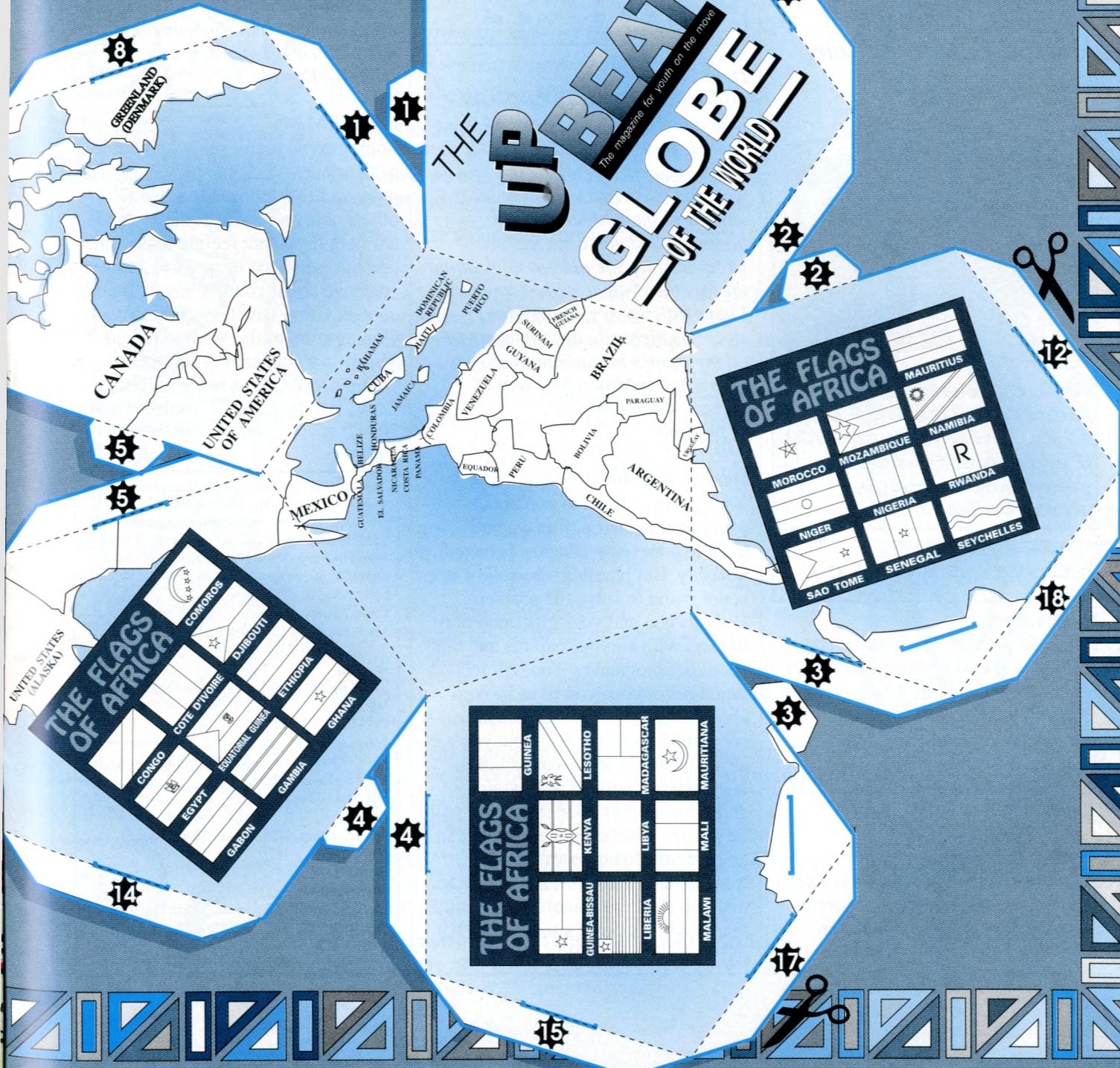


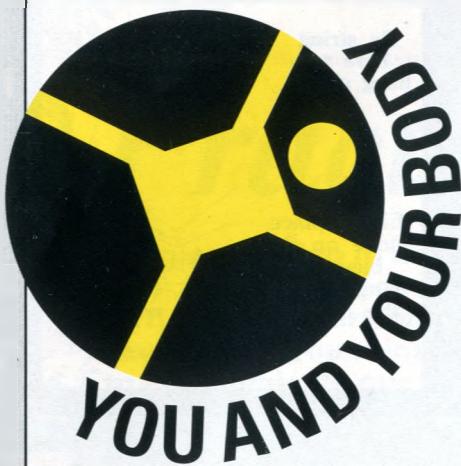
COMPLETED GLOBE

Tie string here to hang globe.



KEEP TAG ON THE OUTSIDE
TO HANG THE GLOBE
FROM THE CEILING.





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



Write to Pebetse and Aubrey, c/o Upbeat, P O Box 11350, Johannesburg 2000. If you prefer to write in your home language, please do so.

Love and sex

Dear Aubrey

I am a 15-year-old guy and I have never had sex. My parents say I must be 21 years old before I have sex. My problem is that I started to fall in love when I was 13 years, so I need sex. I enjoy sex with the blankets. Can I get AIDS or other diseases from girls?

Jacob

Dear Jacob

It sounds like you are caught between your feelings and what your parents say. It is okay to fall in love at an early age, but falling in love does not

mean you must have sex. You feel strongly about your need for sex, but there is a lot you need to think about. You can get AIDS and other sexually transmitted diseases from having sex with a partner. But that is not the only thing to worry about. You can also make your partner pregnant. If you want to have sex, you must find out about contraceptives. You can do this by visiting a family planning clinic. The best form of contraception these days, are condoms as they prevent pregnancies and the spread of diseases. But you must also know that there is nothing wrong with sex with the blankets, masturbation.

Aubrey

Deceived

Dear Pebetse

I am a boy of 21 years. I fell in love with a girl in May last year. After we became lovers, I asked this girl if she was using contraception. She said she was. But in August she wrote me a letter and she told me she was pregnant. She made me feel irresponsible. She did not think about the fact that I am a student and that I have little money. I now spend sleepless nights. I can't concentrate on my studies because I am so worried. I am doing first year at college. Please help me!

S. Ngcobo

Dear S. Ngcobo

Your girlfriend lied to you about using contraception. She wanted to have your baby. She has behaved selfishly. But blaming yourself or her is not going to solve the problem. Perhaps you and your girlfriend need to meet with all your parents and talk about her pregnancy. You will feel much better once you have spoken about it. Try to show that you are concerned about the baby but you are also concerned about your studies. If you stay at college now, your ability to support your child later will be greater. Maybe all the parents can help out until you finish school. You can also try to find piece jobs so that you can contribute. If you want to avoid this kind of situation, YOU must take responsibility for

prevention. Use condoms - they also prevent AIDS and other sexually transmitted diseases from spreading.

Pebetse

No erection

Dear Aubrey

I am 20 years old. I have problem. I do not have erections when I sleep with my girlfriend. I only have erections when I sleep with a boy. I don't feel anything when I caress my girlfriend. But when I touch a boy, I become aroused. I get bored whenever I think of visiting my girlfriend. But I like asking my friends to sleep over. When they visit me, I enjoy it as if I were sleeping with my girlfriend. I'm worried about this problem. Please help me.

D.M.M., Ermelo

Dear D.M.M.

Some people prefer sex with people of the same sex. Some prefer sex with people of the opposite sex, while others enjoy sex with both men and women. If you are feeling uncertain, perhaps you need to speak to someone about your feelings. You can contact Glow - the Gay and Lesbian Organisation of the Witwatersrand. They run a counselling service for young people. Here is their address:- Glow, P O Box 23297, Joubert Park 2044.

Editors

The Planned Parenthood Association runs workshops and clinics for young people. They teach people about contraception, sexually transmitted diseases and sex education. If you would like to join one of their groups or visit their clinics, you can contact them at one of these addresses:-

Cape Town

Ms A van Esch, 12 Anson Rd, Observatory 7925
Tel: (021) 448-7312

Durban

Mrs P Kozik, Suite 31B, 320 West St, Durban 4001
Tel: (031) 305-2588

Johannesburg

Ms T Ndondo, 3rd floor, Marlborough House, 60 Eloff St, Johannesburg 2001
Tel: (011) 331-2695/6/7

Lenasia

Mts J Suleman, JISS Centre, 5 Suikerbos St, Lenasia Ext 3, 1820
Tel: (011) 852-3502

Port Elizabeth

Mrs E Lindoar, 39 Fettes Rd, North End, Port Elizabeth 6001
Tel: (041) 34-3003



BE SURE NOT TO



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LISTENING WITH AN OPEN MIND

When we are fighting, we often do not listen to what the other person is saying. It is difficult to listen when we are hurt.

But listening is the only way to understand the problem. Often when we fight, we only think about our side of the problem.

Listening with an open mind means really listening - and hearing - what the other person is saying.

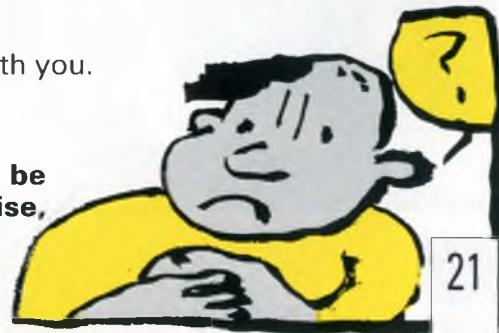
Here are some tips for listening with an open mind:

- Take time to listen. Try not to interrupt the other person.
- Check to make sure you understand. Repeat in your own words what you think the other person has said. Be sure not to put words into someone else's mouth.
- Try to get the other person to tell you how they feel without judging whether their feelings are good or bad. You can ask, 'How did that make you feel?' or 'You seem angry. Do you want to talk?'
- Use a non-threatening tone of voice. People will open up to you, if they feel that you are trying to understand them.
- Help the other person to express themselves. Use encouraging phrases which show how much you care.
- Give non-verbal encouragement - a smile, a hug, a nod, a touch.
- When you do not understand, ask questions. Try to avoid 'Why' questions. 'Why?' questions often sound as if you are accusing the other person.
- Allow the other person to disagree with you. This shows that you can listen with an open mind.

Listening with an open mind can be difficult. But, the more we practise, the easier it becomes!



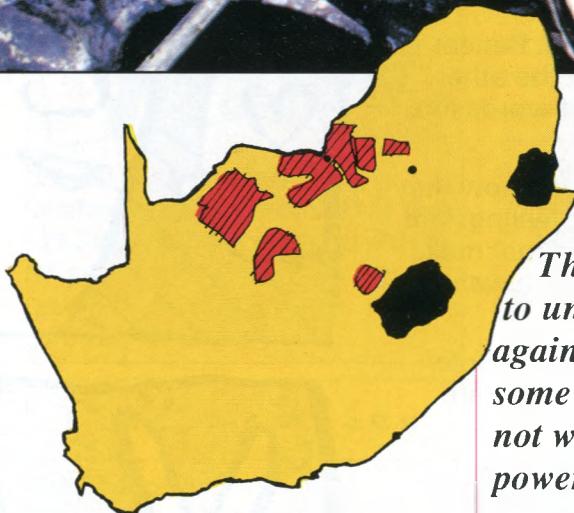
ALLOW THE



BURNING IN BOP



Photograph by Paul Velasco, Southlight



The jigsaw puzzle that made up the 'independent country' of Bophuthatswana

Map by Jeff Stacey

During the Bophuthatswana uprising, streets were battle grounds.

The elections promised to unite South Africa once again. But, as we all know, some homeland leaders did not want to give up their powers. Lucas Mangope was one of them. Strikes, riots and looting forced him to step down.

In March striking civil servants and students brought the Bophuthatswana government to an end. But years of dissatisfaction took their toll. People showed their resentment at the harsh way they had been treated by looting shops and burning down businesses owned by Bop government officials.

Upbeat asked some young people what they thought of what had happened in their area. Everyone agreed that the looting was wrong. But they all had different ideas about reasons for it.

'No political freedom'

Samuel Moshoete (20) comes from White City, a township close to the Mmabatho shopping centre. Samuel says that in some ways Bophuthatswana was a better place to live than other places. 'There was no



Daniel hopes for a better life now that the elections are over.

violence or car thefts here. These were things we only saw on TV or read about in newspapers. There was peace because the police kept order.'

'But we had other problems. The government of Bophuthatswana spent very little money on education. In the rest of South Africa education is free. But we paid high school fees and we had to buy our own books. The government built expensive schools like the International High School. But only the children of government ministers or their relatives could afford to go there.'

'In some ways Mangope was a good leader. He built roads and modern buildings like Megacity. But he refused to listen to what people wanted. We had no political freedom here.'

'I feel bad about the looting and burning of shops and factories. I know that people were angry. But some business that were burnt belonged to innocent people.'

'Worries about the future'

Daniel Nobula (17) lives in Mmabatho. He attends school far away at P.H. Moeketsi High School in Taung. Daniel says, 'There were strikes the strikes and boycotts in Taung. But it

Samuel says things weren't all bad under Mangope.

was not like Mmabatho. Few businesses in Taung were destroyed.'

'I'm not active in politics as politics is not allowed in our school. But recently one thing became clear to me; people were worried about their future.'

'I went to Mr Mandela's rally in Mmabatho. I was impressed. Mr Mandela spoke about help for rural areas. I believe Mr Mandela will carry out his promises. He has denied himself a privileged life so that we can all live better.'

'Nothing to lose'

In Ramatlabana, a village just outside Mmabatho, we found Henning Mokolobate (25).

Henning Mokolobate of Ramatlabana



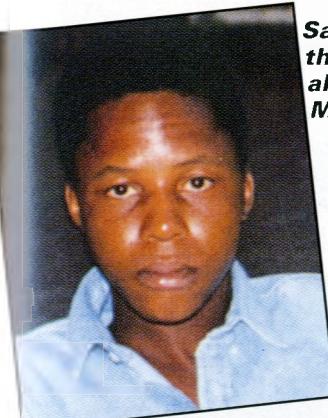
After the uprising people examine ANC goods. No-one dared sell them on the streets before.

He was reading a newspaper. Henning poured out his thoughts to us.

'The coup was a victory for the people. We have always resisted Mr Mangope in spite of him trying to suppress us. But in Ramatlabana we had other problems. The Bophuthatswana government totally ignored us. They never helped us when we were forced to leave our farm, Botshabelo, in 1977 and come and live here at Ramatlabana. Instead, the government pretended we did not exist.'

'When people first came here, there was not enough water. And now, 16 years later, we still have the same problem. There are no roads, our schools are overcrowded and there is no equipment.'

'The Bophuthatswana government was corrupt. Their corruption spread. In my village the tribal council forced us to pay lots of money. But we never saw anything for that money. It either went to the government or into the pockets of the counsellors. Now I hope our chief will listen to the people in the village. ▲'



THE GALAXY ARCADE KIDS

By Burgen

Tough Decisions!



Maxine



Nomonde



Teboho



Aziz

The GALAXY ARCADE is the meeting place of four very different young people. AZIZ - (17) is a dreamer. He's new in town and he is looking for a job.

MAXINE - (16) is a rebel and a free thinker. She's always ready for a party.

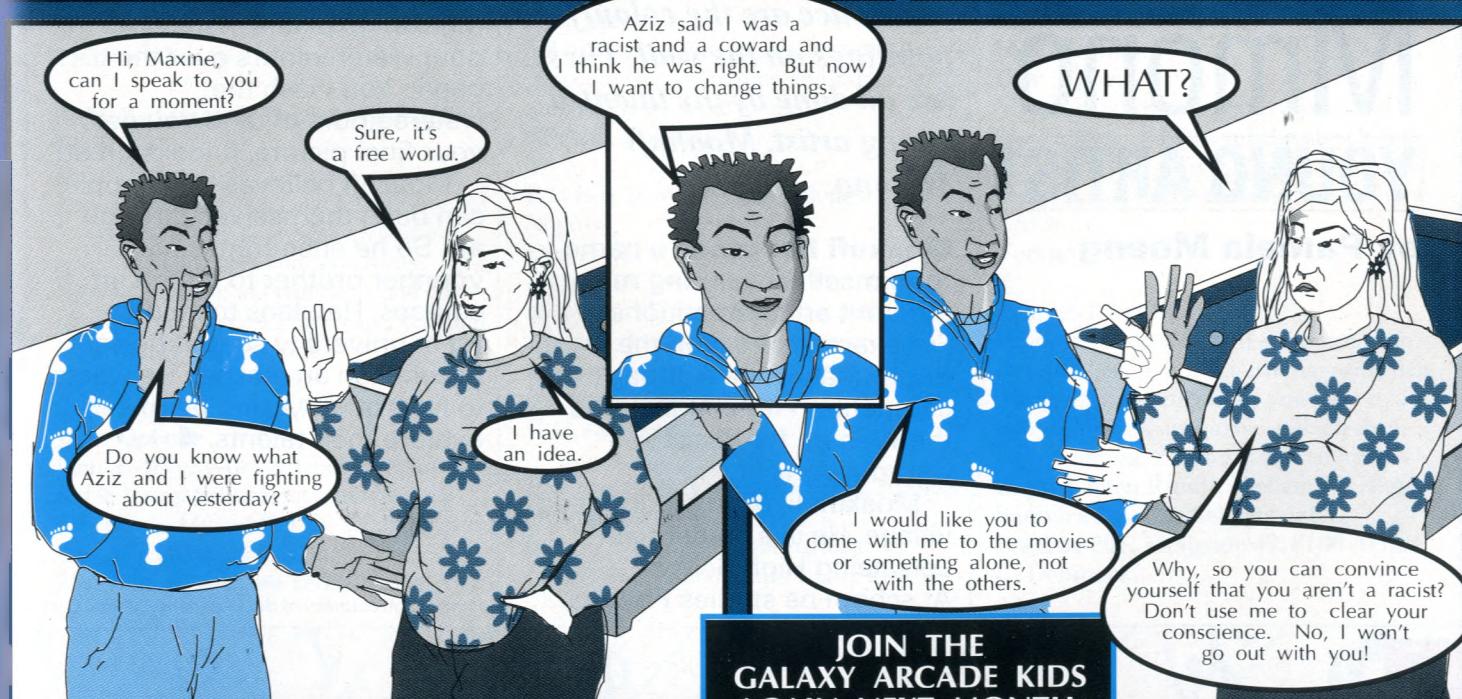
NOMONDE - (15) has a strict family but secretly she wants to break free.

TEBOHO - (16) works hard & knows where he's going. His weakness - pool!

LAST MONTH: Maxine realises that she likes Teboho. But Teboho won't ask her out because of his parents.



That evening Tebaho approaches his parents after dinner.



**JOIN THE
GALAXY ARCADE KIDS
AGAIN NEXT MONTH.**



Moakufi Mmono

YOUNG ARTIST

by Pamela Moeng

When you visit the Mmabana Cultural Centre in Mmabatho, the first thing you notice are the colourful paintings on the wall. These are all done by the talented young artist, Moakufi Mmono.

Moakufi has made a name for himself by winning many different art competitions. For example, he won the Bophuthatswana Agribank Art competition for children and the Women for Peace Art Competition.

Moakufi lives in Motlhabeng village. He is a student at Letsatsing High School. At school he studies Physics,

Moakufi hard at work on a pastel drawing.

Biology, Maths, English, Setswana and Afrikaans. But in the afternoons he does what he likes best - he attends art classes at Mmabana.

Moakufi started drawing while he was in primary school. He showed such promise that his parents encouraged him to take extra art lessons.

'Mmabana has taught me a lot,' says Moakufi. 'We started using pencils, drawing heads and bodies.' But soon Moakufi moved onto doing landscapes in pastels. Now Moakufi is learning to use oil paints. But he says, 'I like doing graphics, still-life drawings and wash the most.'

'Wash is when you draw a picture with oil pastels,' Moakufi explains. 'Then you pour watercolours over the paper. You wash the watercolours off and you get your final picture. It looks great.'

Moakufi believes that people can build themselves through art. So he encourages his younger brother to attend art courses. He plans to study art at university so that he can become an art teacher. He wants to help other young people explore their talents. ◀

Photograph courtesy of the Mmabana Cultural Centre.

PENFRIENDS

ORANGE FREE STATE

1633 Petsana, Reitz 9810

Dear Upbeat

I am a boy of 18 years. I am doing Std 10. I want to correspond with boys and girls of all ages. My hobbies are reading, having fun with friends and listening to music. My favourite artists are the Manhattans, the O'Jays, Clarence Carter and Joan Armatrading. Please write to me in English, Zulu or Sotho.

Edward Mayaba

15339 St Helena Park, Thabong 9463

Dear Upbeat

I am 20 years old. I live in the Orange Free State. I want penfriends from other African countries. My hobbies are reading, meeting people and exchanging knowledge with them. Please write in English and send me your photo.

T.V. Sehoai

679 Tsotetsi Street, Frankfort 9830

Dear Upbeat

I am a 17-year-old boy and I am doing Std 9. I want to correspond with boys and girls of 17-25 years. My hobbies are reading, listening to music and writing letters. Please write in English, Zulu or Swazi and send a photo.

Hlatshwayo Jabulane

CAPE

Nyanga Senior Secondary School, Pbag X229, Engcobo 6050

Dear Upbeat

I am a girl of 14 years. I want to correspond with boys and girl of 14-17 years. My hobbies are listening to music, jogging and playing hockey. My favourite stars are Michael Bolton and Whitney Houston. Grab a pen and paper and write to me. I will reply to all letters in English and Xhosa.

Philisiwe Twetwa

3 Firefly Street, Rocklands, Mitchell's Plain 7785

Dear Upbeat

I am a boy of 17 years and I am doing Std 7. My interests are dancing, swimming, going to night clubs and socialising. I want to correspond with boys and girls of all ages and races. Photos are welcome.

Peter Brain Basso

Zone 7 No. 10, Langa 7455

Dear Upbeat

I am an 18-year-old girl and I am doing Std 9. I want to have boys and girls as penfriends. My hobbies are reading, singing and listening to music.

My favourite stars are Teddy Pendergrass,

Whitney Houston and Phil Collins. I will reply to all letters. Please write in English only.

Portia Fuzile

NATAL

43 Alabama Road, Austerville, Durban

4052

Dear Upbeat

I am a girl of 17 years. I want penfriends, both boys and girls, across the world. My hobbies are reading, baking and listening to music. My favourite artists are Whitney Houston, S.W.V. and Boys II Men. I will reply to letters in English. Please send a photo!

Lesley Adams

9 Centre Road, Mableray, Durban

4035

Dear Upbeat

I am a boy of 18 years old and I am doing Std 9. I want to correspond with girls and boys of 17-20 years. My hobbies are watching TV, going to movies, listening to music and playing various sports. I will reply to letters in English or Zulu.

Sandile Mchunu

39 Road 706, Montford, Chatsworth

4002

Dear Upbeat

I am looking for a penpal. I am a guy of 18. My hobbies are collecting stamps, reading and listening to music. I am also sporty. I play basketball, volleyball and soccer.

Mark Bronson Naidoo

AFRICA

P O Box 8072, Parklands, Kitwe, Zambia

Dear Upbeat

I am a boy of 15 years. I want penfriends of all ages from all over the world. My hobbies are playing tennis, listening to gospel music, swimming and exchanging photos. Please write to me.

Michael Kakoma

P O Box 20140, Kwale, Lilongwe 2, Malawi

Dear Upbeat

I want penfriends from other African countries. My hobbies are watching drama and videos, playing soccer and listening to reggae music. I will be glad if someone can write to me.

G.C. Duncanie

P O Box 6207, Lubango=Huila, Angola

Dear Upbeat

I am looking for a South African penfriend. I want to improve my English

and share ideas. I am in my early twenties. I like listening to music, playing sport, particularly basketball, being with my friends and going on picnics. My country is big with many mineral resources but my people are poor because of the civil war. We hope there will be peace soon. Please write to me.

Manuel Alberto Namurle

TRANSVAAL

1463 B Sephiri Street, Mofolo Central, P O Dube 1800

Dear Upbeat

I am a 17-year-old boy. I want penfriends of 15-17 years. My hobbies are playing soccer, listening to music and reading magazines. I will reply to letters in English or Tswana. Please send your photo!

Oupa Mogoshane

Hans Kekana High School, P Bag X1034, Temba 0401

Dear Upbeat

I am a girl of 18 years and I am doing Std 10. I want penfriends of 17-23 years old throughout the world. My hobbies are singing, dancing, listening to music and reading. I will reply to letters in English or Tswana.

Abigail More

P O Box 77239, Mamelodi West 0101

Dear Upbeat

I am an 18 year old boy, living in mamelodi. I want penfriends from all over the world. My hobbies are listening to music and playing games on a computer. Please write to me in English or northern Sotho. Photos are welcome.

Stephen Leshalabe

OVERSEAS

Michealstr. 173, 74523 Schwabisch Hall, Germany

Dear Upbeat

My name is Verena. I am 12 years old and I am a girl. I live in Schwabisch Hall in Germany, close to Stuttgart. I would like to have a penfriend from South Africa.

Verena Wetter

Penpals from Denmark

Readers, if you would like penpals from Denmark, there is a Danish magazine that will print your letters. All you have to do is write to Zapp magazine and tell them what your interests are. Their address is:- Zapp Jorden Rundt, Mellemfolkelige Samvirke, Arhus Sekretariatet, Postbox 205, Meljgade 49, 8100 Arhus C, Denmark.

JOB SKILLS PROJECTS

The National Youth Development Co-ordinating Committee (NYDCC) are busy starting new projects. They hope to provide jobs and training for youth who are out of school and can't find work.

UPDATE

Upbeat talked to Bheki Khumalo, the new NYDCC co-ordinator. 'The National Youth Service Initiative (NYSI) and the National Youth Development Forum (NYDF) spent time doing research last year,' Bheki told us. 'They went out and looked at the problems which the unemployed youth faced in many different parts of our country.'

'In April, the first four youth projects were started. These projects aim to train between 1 600 - 2 000 young people throughout the country. We are also starting nine training centres, where young people will learn general life-skills.'

'The four new projects are based in different parts of the country and will teach people very different skills. In Boskop,

near Potchefstroom, we have started an agricultural training scheme.'

In Kimberley, young people will be employed fixing old sports facilities.

'The youth of Magaliesburg saw health as a problem. So they will be trained as primary health care workers. But they will also learn some building skills as they plan to re-build an old clinic.'

'People also spoke about the need to teach people to read and write. Many young people have these skills so we are training the youth as literacy workers.'

'This year we are also running a Youth Award Project and a Youth Rights Campaign. The Youth Award Project will give prizes to young people who have done something to help their communities. And through the Youth Rights Campaign, we hope to put youth issues on the political agenda.'

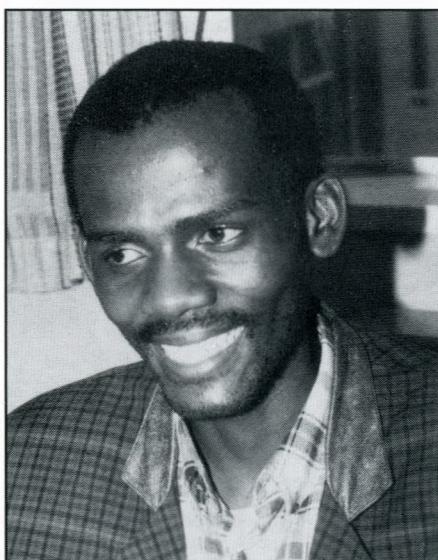
NEW POLICIES

The NYDCC have also been rethinking their policies. In the past, there were clashes over white youth clubs and organisations joining them.

Bheki told us, 'It is not true that the NYDCC did not want whites as members.'

Membership by whites was blocked, mainly by our Black Consciousness members. Last year things got so bad that the Democratic Party Youth were forced to leave our National Youth Summit.

'The NYDCC felt that this problem needed to be solved. Now we have all agreed that membership of the NYDCC must be open to all, because we face the future together.' ◀



Bheki Khumalo of the NYDCC

Photograph by Hans Mangole

NYDCC HOTLINES

If you would like to find out more about the NYDCC projects or if your youth group would like to join the NYDCC, you can contact them at one of these telephone numbers:

Border Judy Mphetsheni	(0433) 2-1024
Eastern Cape Xolisa Hoku	(041) 57-3029
E. Transvaal Leema Mofokeng	(011) 834-6868/6
Natal Siphesihle Zulu	(031) 305-4869
Northern Cape Obey Sichimwi	(0531) 2-4306
N. Transvaal Nkeke Pitje	(01521) 68-2135
OFS Donald Leshope	(051) 48-0308/361
PWV Mpho Nthoroane	(011) 834-6868/6
Transkei Nomntu Dlengane	(0471) 2-3653
Western Cape Khaya Hamana	(021) 959-2132

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EDUCATING OUR YOUTH
FOR THE FUTURE

Advertisement



COMPETITION

FORMULA B

Write off spots

Do you suffer from spots which blemish your complexion? Thanks to a fabulous beauty aid - small enough to fit in your handbag - you can now write off spots with ease.

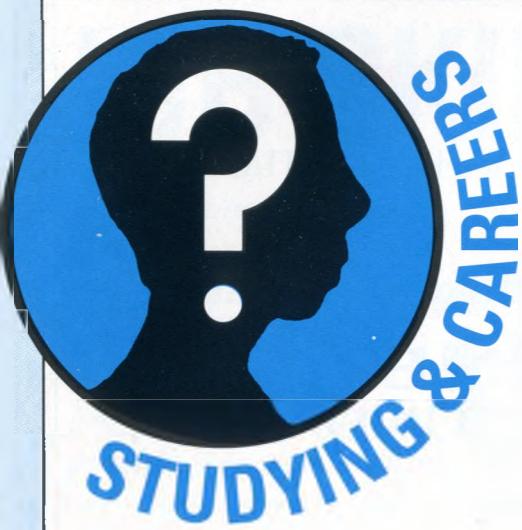
Formula B is a blend of seven aromatic oils, specially formulated for a multi-layered attack on skin problems - from those unsightly 'skin spoilers' to razor rash.

Formula B's unique 'pen' applicator is easy and economical to use and only a micro-dose is needed per application. The recommended treatment is no more than four or five applications a day.

Formula B is available from Clicks stores country at R29.99

Thirty lucky Upbeat readers can each win a **Formula B** pen treatment by sending their names and addresses on a postcard to: Upbeat/Formula B Give-away, Lange Public Relations, P O Box 88, Newlands 7725

FORMULE B
AROMATHERAPY SPOT PEN



Problems with studying and careers? You are not alone.

Write to us at:

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

Bursaries

Dear Upbeat

I am in Std 8. I want to know more about how to apply for a bursary. I also want to know what companies offer bursaries. I think you have a great magazine. I have learnt a lot from reading your articles.

Megan Carolus, Mitchells Plain

Dear Megan

Thank you for your kind words about Upbeat. If you want to find out about bursaries, there is a very good book called *The Bursary Register* published by the Education Information Centre. You will find this book at any library or you can buy it for R29,50. This is the right time of year to be asking about bursaries. Many bursary funds want all applications in between July and October. Now is the time to start applying.

Editors

Livha High School

Dear Upbeat

I am a student at EPP Mhinga High School. I want to attend school at Livha next year. Please could you

send me their address.

Malamulele Mihloti

Dear Malamulele

Livha High School's address is:-
P O Box 239, Thoyandou, Venda
Editors

Late Maths starter

Dear Upbeat

I am a boy of 18 years old. I am doing Setswana, Afrikaans, English, Biology, Geography and Agriculture at school. But I want to do Maths. Please tell me how I can do Maths for Std 10 without doing it in Std 8.

Gilber Mathe, Kuruman

Dear Gilber

Thank you for your letter. It is very difficult to do Maths for Std 10 if you have not done it in the lower standards. In Maths you build on ideas and concepts that you learn in the lower standards. If you really want to do Maths, you should speak to your teachers. If your teachers will not help you to catch up the work you have missed, you could study Maths by correspondence. To do this, you can write to; Damelin, Home Studies Courses, P O Box 4129, Johannesburg 2000.

Editors

Problems with English

Dear Upbeat

I am in Std 9. My problem is that my English is poor. I also get bored when I study. Sometimes when I am going to write a test, I forget everything that I have read.

Tsholofelo Setlogelo, Selosetsha

Dear Tsholofelo

We are sorry to hear about your problems. To improve your English, you should read, talk and listen to as much English as you possibly can. Try to speak English all the time, even if you make mistakes. Watch English programmes on TV and listen to the English radio. This will improve your listening skills. Try to read lots of English. Find books and magazines that you would like to

read. Look up the words you do not understand in a dictionary and ask your teacher for help. To improve your study skills, you need to become an active reader. Make notes while you read. Write down the main idea of each paragraph as you read it. Write down difficult or important words. This makes you think about what you are reading. But it also means that you will have a summary of what you have read by the time you finish. This is useful for revision.

Editors

Emergency work

Dear Upbeat

I am in Std 9. When I finish matric, I would like to be an emergency worker. Please tell me how I can do this.

Joseph Lerumo, Thabazimbi

Dear Joseph

To become an emergency worker, you must be 17 years old and have at least a Std 8 certificate. You also need a driver's licence and a First Aid certificate. You must apply for a job at your closest fire station. There they will train you for three months and you will get a Fireman's Certificate. Once you have a Fireman's Certificate or, if you have a Senior Certificate, you can study at a technicon for a National Certificate in Fire Technology. This is a three-year course. It will qualify you for work in fire-fighting, rescue and ambulance services. The Cape, Port Elizabeth, OFS, Vaal Triangle, Witwatersrand and Pretoria Technicons offer this course.

Editors

PHOTO-LITHOGRAPHY

Upbeat is full of beautiful photographs. Have you ever wondered how these pictures are printed in the magazine? Meet Annette Streit. She is a photo-lithographer. She makes pictures ready for magazines, books and newspapers.

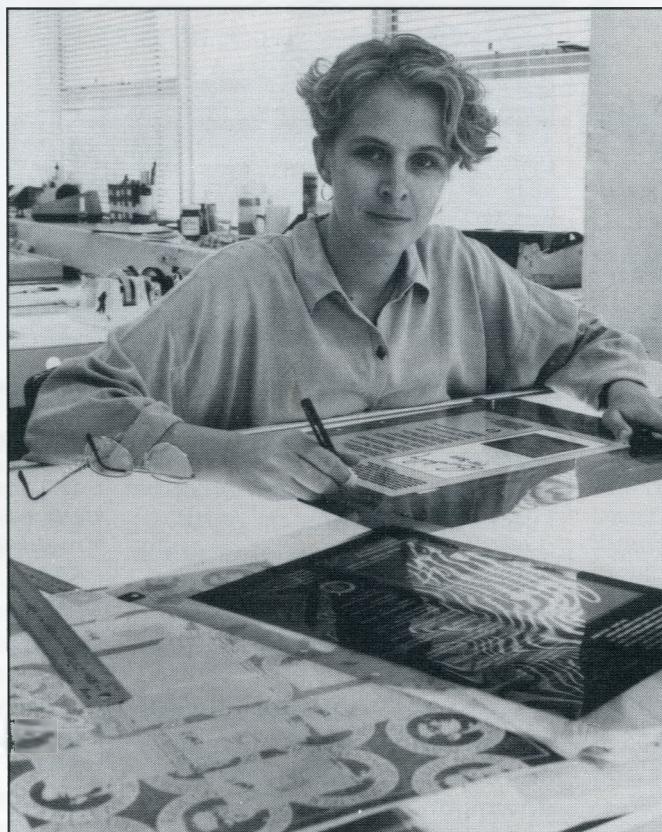
'Photo-lithography is very involved work,' Annette explained. 'You need to be patient and accurate. The aim is to get a sharp image of the picture so that it looks good when it is printed.'

'Artists or photographers bring their pictures to me. I then scan the picture onto photographic film. If it is a colour picture, the scanner divides it into four basic colours; yellow, cyan (blue), magenta (red) and black.'

'Each colour is recorded on a separate piece of plastic film in millions of tiny dots. I must make sure that the scanner has recorded the colours correctly so that when they are printed, the mix of colours is correct. We call the plastic film *positives*. Once I have made the positives, I hand them onto the lithographer.'

'The lithographer uses my positives to make lithographic plates. Using a special lamp, she burns the different colours onto the plates. The plates filter the different colour inks onto the paper once the machine starts to print.'

MAKING PICTURES FOR PRINT



Annette hard at work
Photograph by Jenny Gordon

'The printing machine prints the different colours on top of each other, giving you colours like orange or green. So the picture you see in the magazine is the same as the picture the artist painted.'

Annette trained at a technikon while she served her apprenticeship for a firm of printers. We asked Annette why she chose to do a trade which mainly men do. 'When I left school, my brother said that I should do a trade. He suggested photo-lithography. I really enjoy my work as I love working with machines. I also like reading the articles as I do the pictures. I don't mind working with men all the time. It's fun.' ◀

CHECKLIST

To become a lithographer you need:-

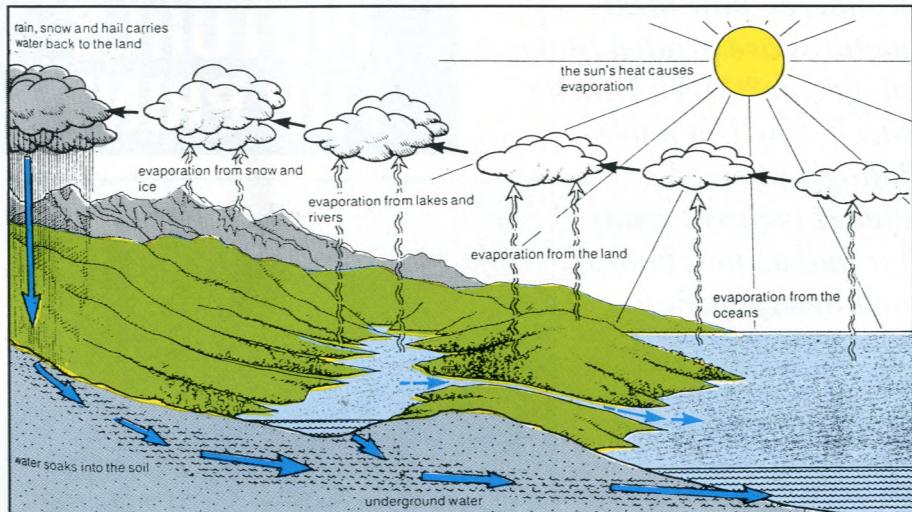
- ▶ a good eye for colour and you must enjoy working with machinery.
- ▶ a Std 8 certificate but a matric certificate is better.
- ▶ to sign an apprenticeship with printers.
- ▶ to be accepted by a technical college or technikon where you will attend classes for four years to get a National Printer's Certificate.

If you are interested in a career in photo-lithography, contact Mr L R Findley, South African Typographical Union, P O Box 3587, Johannesburg 2000. Tel: (011) 29-4838

Water Pollution

by Patricia Smith

No animal, plant or human being can survive without water. Our own bodies are made up of about 70% water. We also use water for washing our clothes and our bodies, for cooking and cleaning, for growing vegetables and flowers. Each person uses about sixty thousand litres of water in their lifetime.



Nature's water cycle

We never run out of water because of nature's water cycle. There are about 1,4 billion cubic kilometres of water on earth. 97% is in the salty sea. Another 2% is trapped as ice at the poles and on high mountains. The remaining one percent we use and re-use.

Let's follow a bucket of water which is thrown out. A small amount of this water sinks down into the underground water system. But most of it is heated by the sun and evaporates as water vapour. The water vapour rises into the air where it gathers and forms clouds. The clouds eventually turn into rain, hail or snow. Then the water falls down to earth again.

On earth the rain runs into rivers and soaks down into the ground. Plants absorb it, animals drink it, and we use it. But most of it is evaporated by the sun. In this way, water always returns to us.

Water is only pure as it starts to fall as rain. But water is the best solvent in the world. This

The water cycle - We only use 2% of the water on earth. This water falls as rain and is evaporated by the sun or drains into the earth. Then it gathers in rivers, lakes or the oceans. Next it evaporates, making clouds and rain once again.

means that it dissolves chemicals around it. So we never find pure water in nature.

If there is no air pollution and rivers run over natural rocks, the water is pure enough for us to drink. But when humans interfere with nature, we cause pollution. There are three main sources of water pollution: waste from people, waste from factories and chemicals used in farming.

Human waste

In most towns, sewage is flushed into huge pipes which take it to sewage farms. There solid sewage is sold as manure. The remaining water is pumped into rivers. But in squatter camps, people do not have water toilets. Instead they have pit latrines. When it rains, the toilets flood and the sewage runs into the closest river.



It's our environment too.



Sewage from blocked or flooded toilets pollutes our rivers.

Photograph by Mykel Nicholou

Nature copes with some of this sewage. Often water filters through beds of reeds before it reaches a river. Then the roots of the reeds release oxygen which breaks down the sewage. This happens in natural wetlands and vleis.

In Ladybrand, QwaQwa, Bethlehem and Letlhabile people

When there is not enough oxygen in water, the surface of the water becomes covered in sludge.



are using this method to get rid of sewage. They have built artificial wetlands. Not only do these wetlands break down sewage, they also attract insects and birds.

Water pollution from factories

Many factories in South Africa get rid of poisonous chemicals by dumping them in our rivers. These chemicals may kill the fish, plants and insects that live in the water. But the chemicals can also damage the health of people who drink or swim in these polluted waters.

Chemicals from farms

Farmers who use fertilisers and poisonous pesticides also add to our water pollution problems. These chemicals wash into the rivers when it rains. Every year the amount of these chemicals in the rivers increases. ◀

What you can do

Avoid using things at home that contain harmful chemicals that cannot be broken down like bleach, soap powders and toilet cleaners. Always look for the environment friendly sign when you buy these things.

WATER POLLUTION KILLS ELEPHANTS

The Zambezi River has a large dam on it called Lake Kariba. The hills around Lake Kariba contain many minerals. Before the dam was built, the river had few minerals in it. But after the dam wall went up, it slowed the flow of the river. So minerals and chemicals began to collect in the water.

Today elephants around Lake Kariba are dying from a disease called 'floppy trunk'. The ends of their trunks stop bending so that they can't put food into their mouths and they starve to death.

Scientists discovered that Lake Kariba has a lot of lead in it. They think the lead is causing floppy trunk disease. The lead is in the hills around the dam. The dam water is dissolving it so that now there is too much lead in the water. ◀



Photographs by William Hlanze

Youth in Alexandra fight pollution

The Jukskei River flows through Alexandra township in Johannesburg. Many years ago people fished and swam in this river. But now the Jukskei is very polluted. Last year some children burnt their hands and legs when they went for a swim, because of all the chemicals in the water

Two young men from Alex, Kgotsa Schoeman and Moshe More, were so shocked by this that they decided to do something about it. They asked companies in the area to donate money. Then they organised the youth who live along the river, to help clean it up. They called their project 'Work to Win'.

Kgotsa Schoeman told us, 'Factories along the river pump chemicals into it. And people who live in shacks along the river used it as a toilet and rubbish dump.'

'Now we are working with 15 youth leaders and 100 people every day. Work starts at 8.30 and ends at 1.00pm. Everyone who works receives R75 per week.'

Already the river looks much better. We also run education programmes so that people learn to look after our natural resources.' ◀



Members of the Work to Win Project in Alexandra, clean up the Jukskei River.

COMPETITION TIME

10 lucky readers can win a free water testing kit from the Umgeni River Project worth R80 donated by AECI. All you have to do is draw a diagram of the natural water cycle, showing how water can be polluted. Send your entries to: **Upbeat, Water Pollution Competition, P O Box 11350, Johannesburg 2000.**

Closing date: 15 June 1994

Notice Board

Teleschool

Look out for TV programmes that will help you with your school work. This is what will be on CCV at 3.00pm this month.

3/5 Matt's Maths (Std 8) - Word Problems 2
Bookshelf - Going Solo

4/5 Wat praat jy tog! (Std 8) - Oop en geslotte lettergrape
Telequest - (Std 5 - 7) - Science

5/5 Science experiments - Light can be converted to chemical energy
Maths? No problem! (Std 9 & 10) - Trigonometry

6/5 Commic 8 (Std 8 English) - Poetry: Part 2
Teenbeat English (Std 9 & 10) - Drama: Part 1

10/5 Matt's Maths (Std 8) - Trigonometry 1
Boekrak - Ons wag op die kaptein (2)

11/5 Wat praat jy tog! (Std 8) - Leestekens
Telequest - (Std 5 - 7) - English

12/5 Science experiments - The magnetic field of a bar
Maths? No problem! (Std 9 & 10) - Trigonometry

13/5 Commic 8 (Std 8 English) - Write better
Teenbeat English (Std 9 & 10) - Drama: Part 2

17/5 Matt's Maths (Std 8) - Trigonometry 2
Bookshelf - The Quickening Pulse

18/5 Wat praat jy tog! (Std 8) - Leesvaardighede
Telequest - (Std 5 - 7) - Choices

19/5 Science experiments - Magnetising iron nails or steel knitting needles
Maths? No problem! (Std 9 & 10) - Trigonometry

20/5 Commic 8 (Std 8 English) - Poetry: Part 3
Teenbeat English (Std 9 & 10) Punctuation

24/5 Matt's Maths (Std 8) - Trigonometry
Boekrak - Dir ou man en die duif

25/5 Wat Praat jy tog! (Std 8) - Ons praat lekker Afrikaans
Telequest - (Std 5 - 7) - Business Economics

26/5 Science experiments - Demonstration of the decomposition by an electric current of copper
Maths? No problem! (Std 9 & 10) - The calculus

27/5 Commic 8 (Std 8 English) - Proverbs
Teenbeat English (Std 9 & 10) Punctuation

31/5 Understanding our world (Std 8 Geography)
Bookshelf - Fly away Peter

1/6 Profit Makers (Std 8 Business Economics)
Telequest - (Std 5 - 7) - English

2/6 Science experiments - Repulsive and attractive forces
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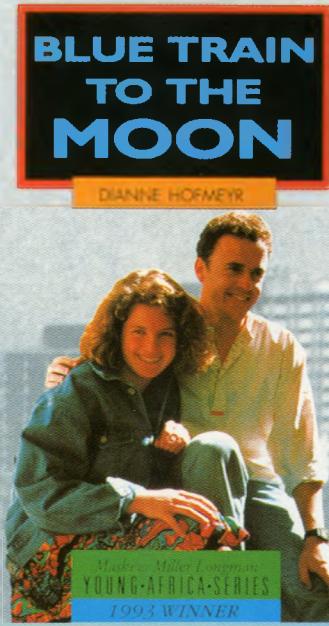
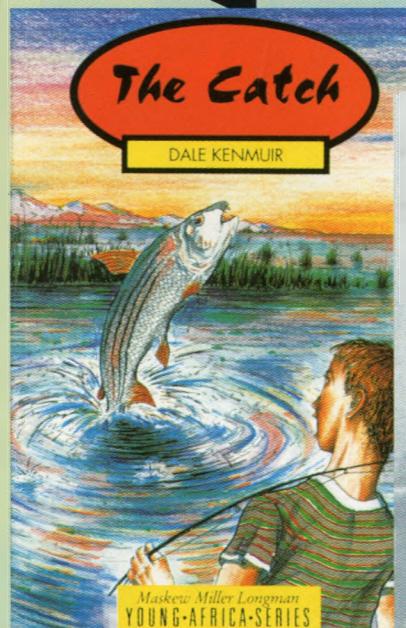
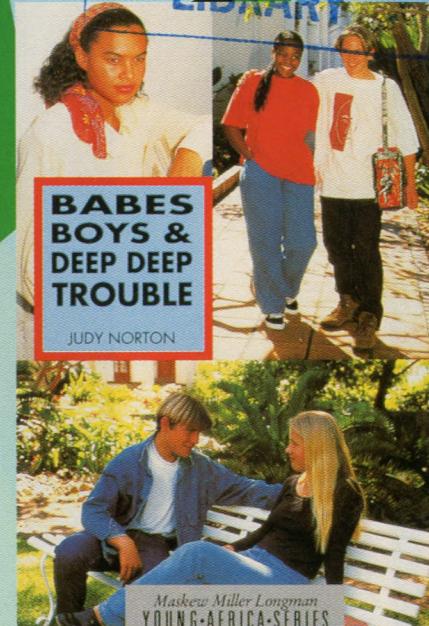
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Thabo Mngomeni, Andre Arendse, Alfred Gwabeni, Ro Zondi

Front row (left to right):

David Nyathi, Godfrey Moloi, Idries Berton, Roger Links, Michael Jacobs, Sebba Rodrigues