

RSA R2.95 (VAT Included)
Other Countries R3.64
Namibia R2.95 (TAX Included)

APRIL 1995 • NUMBER 2

SALTA 35 : SAOTED

UPBEAT

Brings learning to life



THIS ISSUE

WIN A

SOX

CASSETTE

CAREERS
GIRLS IN THE NAVY

REVISED
SYLLABUS

SCIENCE
SHOCKING
FACTS

ISSN 0257-8697



9 770257 869002



TEEN BEAT
 design an **AD**
competition
Winners...

Thank you to all those artistic people who entered Upbeat's Design an Ad Competition. And congratulations to the winners. Here is Israel Mashigo's beautiful winning entry. Mokete Mohlatlole came second with a lovely simple pencil sketch. Remember, all you need to be creative is an original idea, a pencil and paper! Well done to the winners!


ORIENT
 WATCHES

1st PRIZE
 An Orient watch worth R700

Israel Mashigo
Orlando
 5253 Orlando East
 P O Orlando
 1804

2nd PRIZE
 An Orient watch worth R700

Mokete Mohlatlole
Mphahlele
 P O Box 977
 Mphahlele
 0736

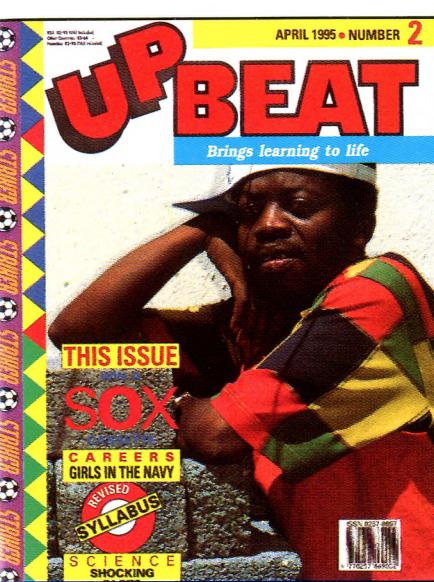
RUNNERS-UP

The following three entrants have each won a year's free subscription to Upbeat magazine:

Stephen Leshalabe
 Mamelodi West
 P O Box 77239
 Mamelodi West
 0101

Yazeed Kamaldien
 Lansdowne
 627 Lansdowne Road
 Lansdowne
 7780

Elias Mafereka
 Orange Farm
 P O Box 1315
 Orange Farm
 1805



Brings learning to life

Upbeat is published by SACHED. SACHED is an independent educational organisation, committed to building democratic education in South Africa. SACHED runs a number of educational projects. Upbeat is one of them.

SACHED, 8th floor
Allied Building, 236 Bree Street,
Johannesburg 2001
Tel: (011) 333-9746
Fax: (011) 333-2297

The copyright of material in this magazine is reserved. If you would like to use material for publication, please contact us for permission.

Editor:
Harriet Perlman

Assistant Editor:
Mindy Stanford

Production Manager:
Amanda De Lilly

Writers:
Kenesi Moshupi
Mindy Stanford

Copy Editor:
Mary Ralphs

Cover photograph:
Ellen Elmendorp

Design and Layout:
Stuart-Clark & Associates cc

DTP:
Fox Illustrations cc

Advertising:
Tel: (011) 333-9746

Advertising Manager:
Barbara Shafer

Advertising Sales Executives:
Jennifer Fieldgate/Laura Denton
Tel: (011) 804-1419

Subscriptions:
NND
P O Box 53085
Doornfontein
Circulation Manager:
Gustav Conradie
Tel: (011) 402-1205

Administration:
All enquiries:
Amanda De Lilly
Tel: (011) 333-9746

Reproduction:
Graphco Tvl

Printing:
ABC Press (Pty) Ltd

CONTENTS

FEATURES

FEATURE The girl who joined the navy 4

NEW HISTORY The gold rush 8

MUSIC Sox will knock your socks off 11

BUSINESS/ECONOMICS What is your money for? 12

SPORT Vuyani Bungu talks about boxing 15

KNOW YOUR LEADERS Talking to Nkenke Kekana 16

SCIENCE Shocking facts 18

COMIC Heart to heart 22

YOUTH Is there life without TV? 27

GROWING UP Living with Aids 28

HOW WE LEARN The busy brain 32

REGULARS 2

COMPETITIONS

NEWSBEAT 2

ADVICE Upbeat career service 6

You and your body 30

LETTERS 10

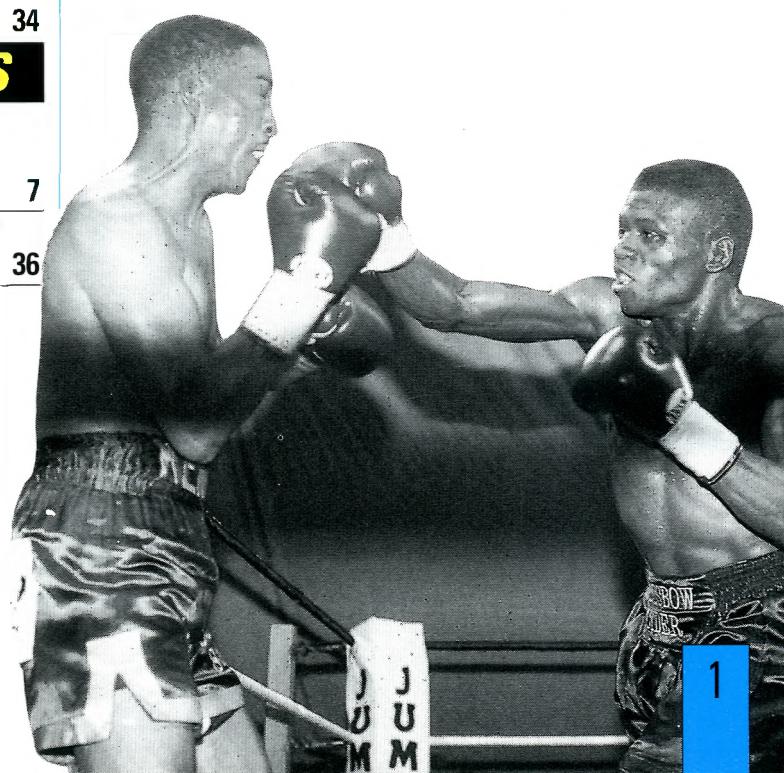
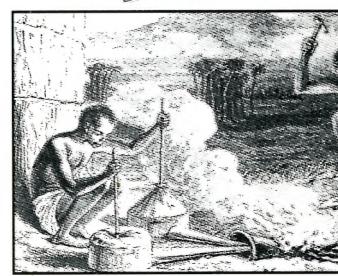
NOTICE BOARD 31

PENFRIENDS 34

YOUR VIEWS

TALKSHOP The year since elections 7

YOUNG VOICES 36



Dear Readers,

Lebogang Tsotetsi is 18 years old. In October last year she wrote us this letter: 'I am a very lonely 18-year-old girl. I am HIV positive.' In response 287 Upbeat readers wrote to her, offering support and friendship.

We at Upbeat were impressed and touched by Lebogang's courage and by the warmth and kindness of so many of our readers. Now Lebogang has written an open letter to all Upbeat readers. Read about her experiences and hopes for the future on page 28.

What else is there in Upbeat? There is lots to learn about. When lightning flashes across the sky, is it safe to hide in a taxi? Find the answer in our science story. What was it really like to live and work on a Gold mine 100 years ago? Why did some people get rich while others suffered great hardship. Don't miss our history story on page 8.

Teachers don't forget our special Teacher's Guide, with each issue of the magazine. Our easy-to-follow lesson plans will bring fresh ideas to your classroom.

Enjoy reading and learning
with Upbeat!

Harriet

NEXT ISSUE

POSTER

A new code of conduct for schools

BUSINESS ECONOMICS

Ways to make money!

Noisy under the sea?

Story by courtesy of

Junior Scholastic

Illustration by Andrew Lindsay

The latest underwater news is that scientists are worried about noise pollution under the world's oceans. You might think that diving deep under the sea will take you away from the noisy world. But it is really very noisy under water. If you don't believe it, then try tapping the edge of a bath or pool while you are under water. Sound

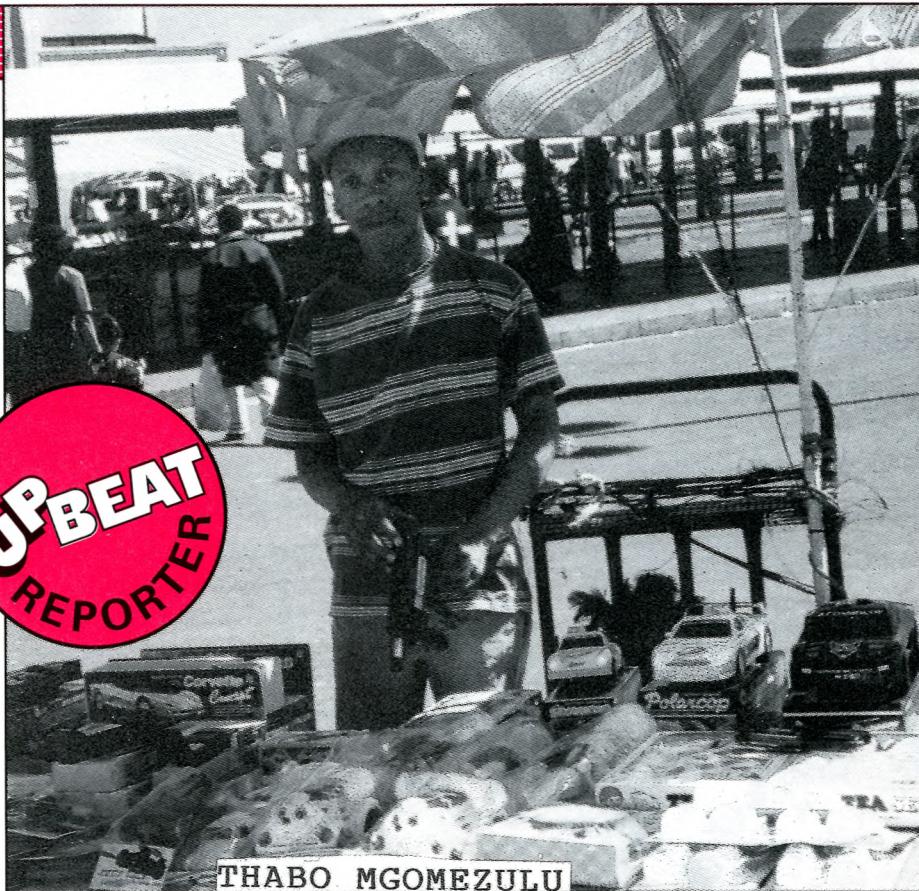
travels even better in water than it does in air and this is why scientists are worried.

Scientists say that the undersea noises from ships, submarines, oil drills, scientific experiments and explosions are upsetting sea mammals like whales and dolphins. Scientists fear that noise may drown out the sounds which these mammals use to communicate with each other. Also, sea

Other. Also, sea mammals' ears are very sensitive. In the last few years, scientists have found whales with infected ears and some which have gone deaf. This may be caused by too much noise.

What can be done? American scientists are working to get anti-noise rules passed by their government. They would like to keep ships and other noise makers away from the places where sea mammals raise their young ones. ▲





THABO MGOMEZULU

Thabo Mgomezulu - sells to pay his brother's school fees.

SELLING TO EARN A LIVING

BE AN UPBEAT REPORTER

Would you like to be an Upbeat reporter? Send us news about what's happening in your community or school. Or tell us what the youth in your area are doing. You can also send us a photograph of yourself as well as photographs or illustrations to go with the story. If we publish your story we will send you R50. Send your story clearly marked with your name, address and age to:

Upbeat Reporter
P O Box 11350
Johannesburg 2000

By June Madingwane

Thabo Mgomezulu is a young man who is determined to make it in the tough world of business. When Thabo dropped out of school, he set himself the goal of starting a small business. But he had no money to do it. He got involved with an established fruit vendor. Thabo worked so hard that he impressed his new boss. His selling skills, coupled with hard work, gave his boss big profits.

Then Thabo had another business idea - selling toys. He was given a stock of toys at cost price by a certain business person. Now, he is doing so well that he can afford to support his family in Orange Farm. He also pays his brother's school fees. Thabo feels that selling keeps him busy and away from the world of crime. ◀

BOOK REVIEW

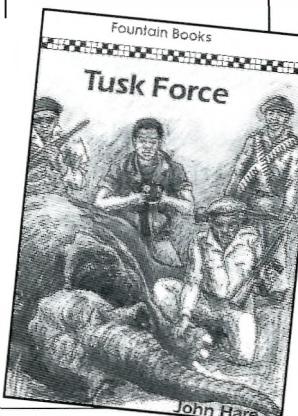
Title: *Tusk Force*

Author: John Hare

Published by: The Fountain Press, 1994

Book review by: Godfrey Shilakwe

This is an exciting adventure story and also a good book for people who want to find out about the environment. The story is about Victor Kessikova. He is a trained Russian spy who is skilled in fighting, spying and secret communications. Victor goes to Africa. There he gets involved in the fight against the people who kill elephants for their ivory. Victor makes me think of Obakeng in the CCV-TV drama 'Tshipu e rile ke lebolo'. ◀



Did you know?

Ivory is a kind of dentine, like your teeth. It comes mostly from elephant tusks. Ivory comes in different colours - white, pale pink, yellow and light brown. Ivory was once as precious as gold. Elephants have been killed for their ivory tusks. In 1979 there were about 1 300 000 elephants in Africa. By the early 1990s there were only about 600 000. Elephants could become extinct if poachers continue to kill them. In 1989 all trade in ivory was banned by the United Nations Convention in International Trade in Endangered Species (CITES). ◀

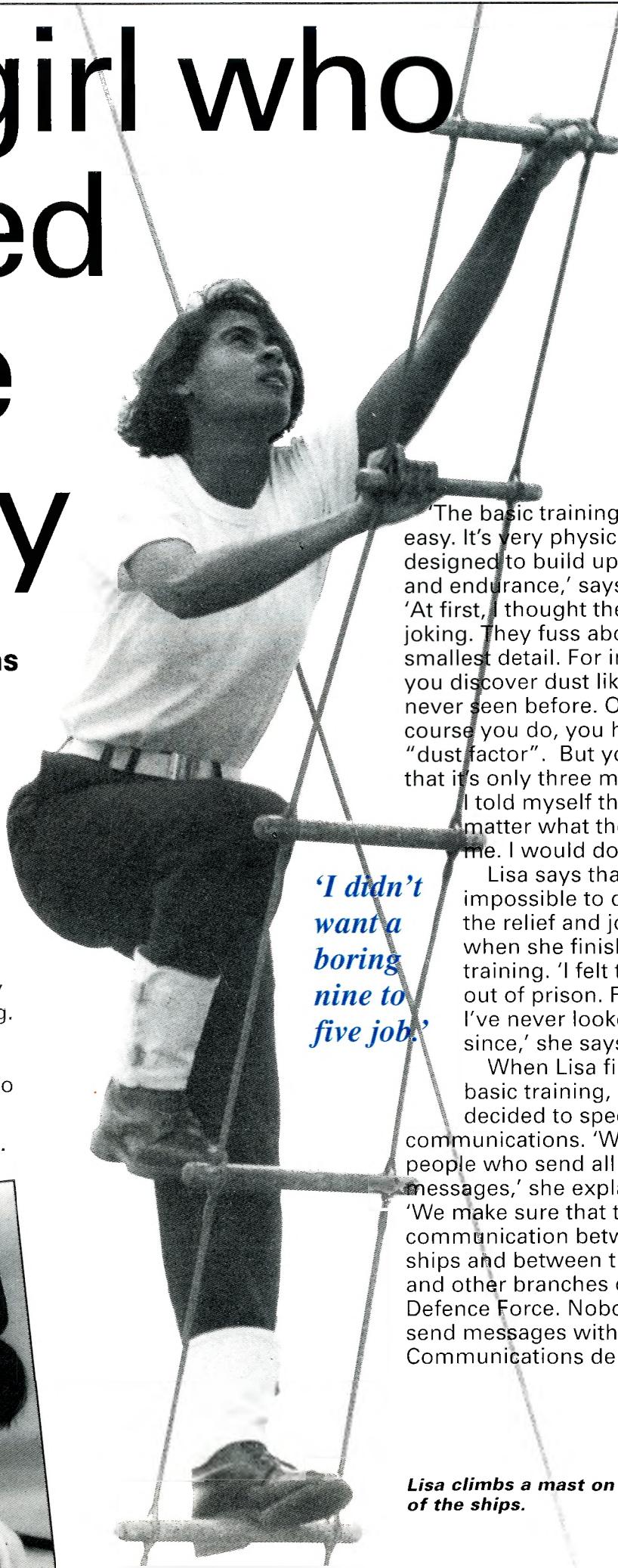
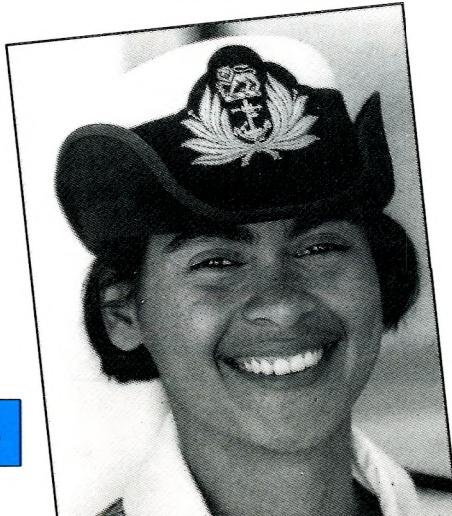
The girl who joined the navy

Story and photographs by Anna Ziemienski

If you think that only men go to sea, you haven't met Lisa Hendricks. She is an officer in the navy in Cape Town.

Lisa joined the navy after she had finished her matric in 1988. 'I didn't want a boring nine to five job,' she says. 'I wanted to get out and do things. And the navy seemed different and interesting. Most of my friends were surprised. I was a very quiet person. Also, no-one wants to do basic training.'

No boring nine to five job for Lisa. She is in the navy.



'I didn't want a boring nine to five job.'

'The basic training is not easy. It's very physical - it's designed to build up stamina and endurance,' says Lisa. 'At first, I thought they were joking. They fuss about the smallest detail. For instance, you discover dust like you've never seen before. On every course you do, you have the "dust factor". But you know that it's only three months. And

I told myself that it didn't matter what they threw at me. I would do it.'

Lisa says that it is impossible to describe the relief and joy she felt when she finished her training. 'I felt that I was out of prison. Free! And I've never looked back since,' she says.

When Lisa finished basic training, she decided to specialise in communications. 'We are the people who send all the messages,' she explains. 'We make sure that there is communication between all the ships and between the navy and other branches of the Defence Force. Nobody can send messages without the Communications department.'

Lisa climbs a mast on board one of the ships.



Training to be an officer

Then last year she decided to apply for Military Training for Officers (MTO). 'I felt that my career wasn't going anywhere. I wanted more responsibility. I wanted to achieve more.'

Lisa felt very proud when she was accepted on the officers' training course. 'You have to appear before a selection board. Acceptance is not automatic, it is an achievement. It is one more step up the ladder.'

On the 8-month course at the Naval College in Gordon's Bay, there were two women and 44 men. 'It was a very big change,' says Lisa. 'Everything was very strange. Physically, it was sometimes difficult to keep up with the men. And the guys don't always understand.'

To keep up, Lisa made sure that she was physically fit before she started the course.

'Sometimes the work is heavy. But often men only think that it is,' says Lisa.

Lisa Hendricks at the Simon's Town naval base.

'I ran and prepared myself physically. There is definitely pressure to keep up. I felt that I would be a drag if I was slower than the others,' she says.

Lisa felt that she learnt a great deal on the officers' course. 'It teaches you how to take charge and how to overcome obstacles. It is all about decision-making.'

A man's world

Lisa says that the navy is very much a man's world. A woman in the navy is something new to most men. 'I felt that they were thinking, - here comes a female, will she keep up?'

Going to sea was the best part of the training for Lisa. 'Hands-on training makes all the difference,' she says. 'We spent a week on the supply ships and we had day-trips on the submarines and

mine-sweepers. At first, I was worried whether the guys would accept the women on board or not. But we were soon treated as one of the boys.'

In the past, the navy has allowed women to work in certain jobs only. Very few women have trained at sea. There is a debate about whether to give women jobs at sea. Most of the ships cannot accommodate women. And some people feel that women are physically not as strong as men. This makes them less efficient.

Lisa disagrees. 'As a woman, I am aware of the physical limitations,' she says. 'Sometimes the work is too heavy, but often men only think that it is. Men need to get used

to working alongside women. It should be the best person for the job.'

And Lisa plans to be the best. She wants to go all the way to the top. 'One day, I want to be an Admiral in the Navy,' she says. ▲

***But we
were soon
treated
as one
of the
boys.***

A CAREER IN THE NAVY

To qualify for the Navy you need Std 8.
To become an officer you need Std 10.

For more information contact:-

Lieutenant Roomes
SA Naval Recruiting Cape
Private Bag X1
Goodwood 7430
Tel: (021) 580-2650

Sub-Lieutenant Hanekom
SA Naval Recruiting Pretoria
Private Bag X104
Pretoria 0001
Tel: (021) 317-3112



CAREER SERVICE

UPBEAT



For up-to-date information on careers, choosing subjects, study opportunities & bursaries write to Mabel at:

Upbeat Career Service,
P O Box 11350,
Johannesburg 2000.

GIRL SOLDIER



Dear Mabel

I am a girl of 17 years in Std 10. I would like to be a soldier. I would be very happy if you could send me addresses where I can train for that job.

Sibongile Mashinini, Warden,
Orange Free State

Dear Sibongile

You can find out about training and work opportunities in all sections of the army if you write to: Chief of the SA Army, SA Army Recruiting Centre, Private Bag X172, Pretoria, 0001.

Mabel

USING DRAWING IN A CAREER



Dear Mabel

I am a student in Std 8. My subjects are: Maths, Physics, Biology, Agriculture, Xhosa and English. But my greatest interest is in drawing. Can you suggest a career for me? Sandi Sali, Cathcart, Eastern Cape

Dear Sandi

There are two main kinds of careers in drawing - technical drawing and fine art drawing. An artist who practises technical drawing must be able to

produce very accurate, clear and clean work. Technical drawings are used by the engineering industry and architects. You can train for this kind of career at a technikon.

A fine artist on the other hand has a number of choices. She can produce her own pictures and sell them. If she becomes good enough she can arrange an exhibition at an art gallery. Or she can become a book illustrator. To do this you need to put together a portfolio. This is a collection of work that you have done. Then you have something to show book publishers. If publishers like your style they may put you on their list of freelance artists.

Fine artists can also work in the advertising industry. Newspapers and magazines also employ artists to illustrate some of their stories or to make diagrams. It is easier to get this kind of work if you know something about computer graphics. You can study fine art at a technikon or a university.

Here is the address of a technikon near you: Port Elizabeth Technikon, Private Bag X6011, Port Elizabeth 6000.

Mabel

LAW BY CORRESPONDENCE



Dear Mabel

I hereby request the addresses of any legal institutions that offer legal courses by correspondence.

David Robert Mackwena,
East London

Dear David

UNISA offers a number of legal courses. If you write to them and tell them what your qualifications are, they will be able to advise you on which courses to do. Their address is: University of SA (UNISA), P O Box 392, Pretoria 0001, or you can telephone them at (012) 429-4116. You can also study some areas of the law through RSA Technikon. They offer courses in Company Administration and Registration of Deeds. Their address is: RSA Technikon, P/B X6, Florida 1710, Telephone: (011) 471-2000.

Mabel

LAND SURVEYOR GEOLOGIST WEATHER REPORTER



Dear Mabel

I am a guy of 24 years. Could you please tell me what I must do if I want to study one of the following courses: Land Surveyor, Geologist and Weather Reporter. Which subjects do I need to pass and what symbols must I get?

N S Cele, Hammanskraal

Dear N S Cele

For a career in Land Surveying or Geology you must pass Maths and Physical Science at higher grade level. The symbol that you need will depend on the university or technikon. For a diploma in Meteorology you need at least a Std 8 certificate with passes in Maths and Science.

Land Surveyor

This is a 4-year university degree which you can do at Cape Town, Natal (Durban), Witwatersrand or Pretoria University. To find out more about the profession you can write to: The Institute of Professional Land Surveyors of the Transvaal, P O Box 61365, Marshalltown 2107. Telephone: (011) 834-6432.

Geologist

You can study Geology at a university or a technikon. Wits University offers Geology and the Witwatersrand, Pretoria and Northern Transvaal Technikons offer 3-year diploma courses. For more information you can write to: The Geological Society of Southern Africa, P O Box 44283, Linden 2104. Telephone (011) 888-2288.

Weather Reporter

A weather reporter is someone who has studied Meteorology which is the science of the atmosphere. Pretoria Technikon offers a 4-year diploma in Meteorology. Their address is: Technikon Pretoria, 420 Church Street, Pretoria 0002. To find out more about the work in this field write to: The Chief Director, Weather Bureau, Private Bag X97, Pretoria 0001.

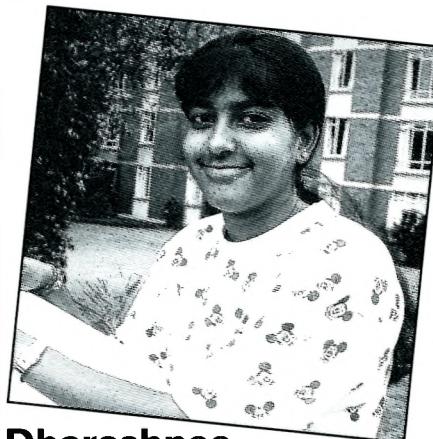
Mabel

TALKSHOP

It is exactly one year since South Africa became a non-racial democracy. Has the change of government changed anything in the lives of ordinary people? Upbeat asked some young people in Durban if their lives feel different in any way.

Interviews and photographs by Angela Buckland

The year since elections



Dharashnee Govender (18)

The barriers between races are gone. Before the elections we had to learn to adapt to the new South Africa. But now it seems to have happened quite naturally overnight. South Africa is a far more friendly society now. Before, we were all hesitant with other racial groups. Best of all white superiority has gone!

Khatija Khan (17)

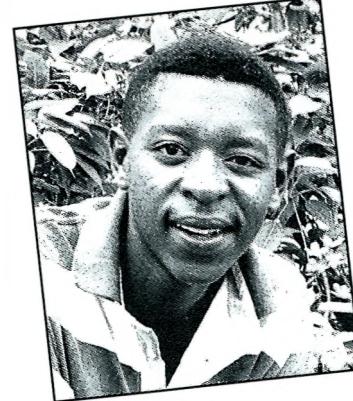
I am nervous about my future career with affirmative action. Opportunities may be better overseas, but I want to be given a chance to prove myself.



Whites are clearly in the minority now. It is good being a new South African, people have no chance to be racist any more. We have to work together towards a common goal. Being patriotic is a new experience for me and it comes as a relief.

Bulelo Sigabi (20)

Communication between black and white people is better. One day our society will be similar to America. The way people socialise is also better. But Afrikaans speaking people are still holding back. I think that people must be patient with the RDP, we must co-operate, work together and be positive about the future.



Mlungise Clayton Ngubane (23)

A lot of older white people are still conservative, but there is a notable change in attitude amongst younger white people. Violence has changed. It is now criminal and not political.



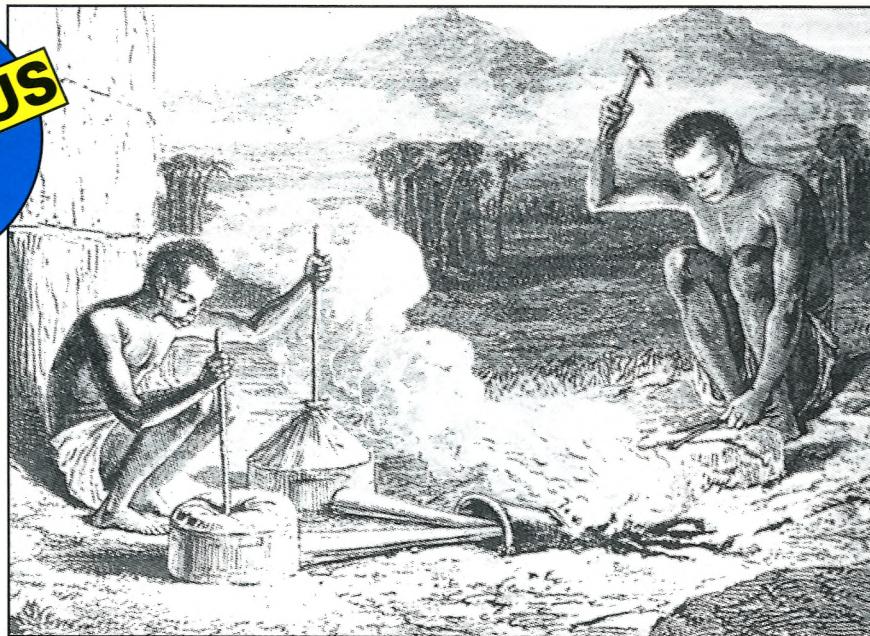
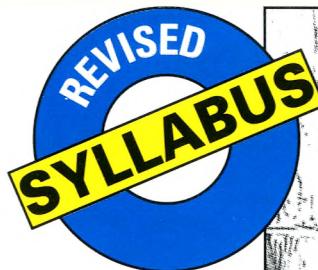
Angela Cason (17)

People's attitudes come to mind immediately as the thing that has changed most. There is definitely a new consciousness.

SPEAKOUT FOR CHANGE!

South Africa has definitely changed, but there are still many problems and things that people need. What requests, complaints or suggestions would you like to make to your local member of parliament? Write and tell us.





Thousands of years ago African people mined metals from the ground.

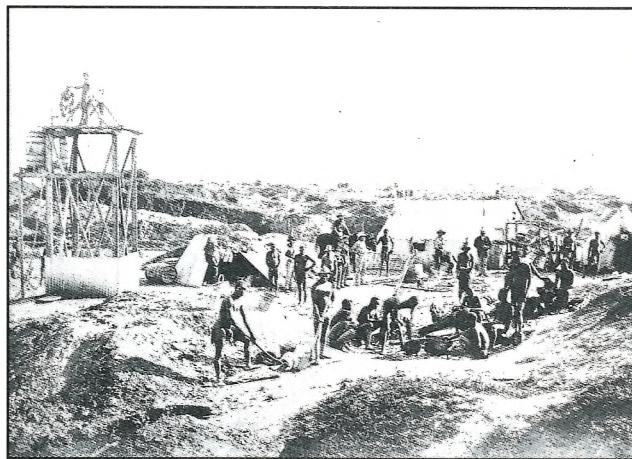
THE GOLD RUSH

Hundreds of years

before the arrival of the Dutch and British settlers in South Africa, the people who lived here knew about the metals that could be found in the earth. They mined the earth for iron, tin, copper and gold.

A new era in gold mining started in 1886. This was the year in which gold was discovered at the farm Langlaagte in the Transvaal. Soon the gold diggers discovered that there was a huge gold-bearing reef that stretched for 300 miles from Virginia to Heidelberg.

At first the gold was dug out of the earth by opening deep trenches in the ground. This was called outcrop mining.



Outcrop mining was the first type of mining used for digging gold out of the ground.

Digging deep for gold

After a few years, mining companies started to follow the ore deeper and deeper into the ground. The era of deep level

mining had arrived. Deep shafts were sunk and miners went down into the earth in cage-like lifts. They worked in unbearable heat in the bowels of the earth, blasting and loading the ore-bearing rock. They lived under constant threat of rock falls and explosions. They breathed dust that slowly destroyed their lungs.

Mine workers lived in dirty and overcrowded compounds for months on end. They slept in cement bunks on the floors. There was no privacy at all. It was not surprising that many workers broke their contracts with the mines. The miners used to sing this song:



Deep level mining - miners get ready to go down a shaft.

Go, let us go my friends,
go home
Go, let us go to see our
little hills.
We've long been working
on the mines,
We long have left our
homes,
for this,
The place of gold.

A few get rich

When gold was discovered, lots of people rushed to the reef in the hope of making their fortunes. But the wealthy diamond mine owners from Kimberley came too. They had money and power and together with overseas partners they took control of the gold mines.

The mines needed more and more workers to dig the gold from the ground. In 1890 there were 14 000 labourers on the

Mine workers lived in over-crowded and dirty compounds.



mines. By 1899 there were nearly 100 000 men living and working on the gold mines.

Migrant workers came to the mines from all over southern Africa. They left their homes and families to raise money to pay taxes, to get lobola and to escape drought and hardships on the land. But the mines always complained that they did not have enough labourers and that they had to pay workers too much.

The mine owners needed to overcome the shortage of workers. So they began to recruit miners from all over southern Africa. Recruiters travelled far and wide and thousands of men signed contracts to go to the mines.

Gold became the foundation on which South Africa's growing wealth was built. It brought great profits to some and new opportunities to others. But it did so, at a great cost in human life and suffering.

Digging up the past

History is not only to be found in books. Ordinary people have rich stories to tell about their lives. Do you or your family know someone who has worked on a mine? Get them to tell you what it was like.

Next issue

The South African War - what textbooks don't tell us.

LETTERS



Music

Dear Upbeat

I am a rastafarian and love all legendary reggae musicians. So I want two cassettes of Peter Tosh and Bob Marley. Please send me those cassettes.

**Geelbooi Daman Letlhake,
Northam**

Dear Geelbooi

I am afraid we do not have free cassettes to give away. But you can win cassettes on our music page. Don't miss it!

Editors

Readers' Club

Dear Upbeat

I would like to suggest that you open a readers' club. This will increase the number of your readers tremendously.

J Namuholo, Namibia

Dear J Namujolo

Your suggestion is interesting. Readers write in and tell us what you think a readers' club should offer to its members. How could such a club be run?

Editors

Penpals

Dear Upbeat

I am very happy to write to you. I am a Zimbabwean guy. Please send some books on penpals. I want to know more about penpals.

Menyanu Raidifi, Zimbabwe

Dear Menyanu

Penpals or penfriends are people who have never met each other. They communicate by writing letters to each other. They can be from the same country or from different countries. It is fun to write to someone. In this way you can discover what it is like to live in

another place and make a new friend at the same time.

The best way to find out about penpals, is to answer one of the letters on Upbeat's penfriends page. Or you can write a letter asking for a penfriend for yourself. The address is, Upbeat Penfriends, P O Box 11350, Johannesburg 2000.

Editors

Thanks Upbeat

Dear Upbeat

I would like to congratulate the Upbeat team for the wonderful youth magazine. I would like to thank you for the book that I won in one of your competitions. I would suggest that you increase the number of pages in the 'You and your body' and 'Education and Careers' advice columns to three pages. Most of my friends know very little about these things.

Phala Mnguni, Soweto

Dear Upbeat

I want to congratulate you on another exciting and interesting magazine. Upbeat helps us in so many ways. It is a very educational magazine and it teaches us about life. I like reading the 'Voices' page.

N Pillay

Dear Upbeat

I would like to congratulate you for the wonderful job you are doing. I am proud of you and your wonderful magazine. The pictures that you publish are very beautiful and your cover pictures are great.

Alson S Mthalane, Balgowan

Rugby Fan

Dear Upbeat

I would like you to furnish me with the addresses of the following Western Cape rugby players: Tinus Linee and Chester Williams. They are my favourite rugby players. Also I would like to suggest that you run stories on sports stars, actors, pop stars and famous people.

Chrisinda Scheepers

Dear Chrisinda

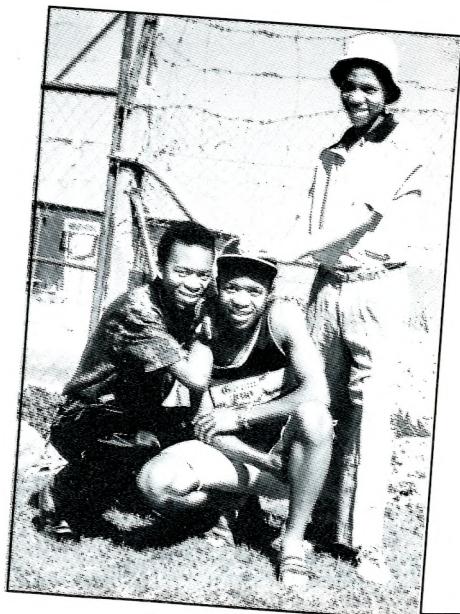
Tinus Linee's address is: No 1 Jacob Street, Lantana, Paarl 7646. Chester William's address is: No 46 Goedham Street, Paarl 7646. Upbeat tries to have something in every edition about famous people.

Editors

Dear Upbeat

We need to stop caring about the way we look. Be glad to be human. Teasing others is bad. Those who worry about how they look should accept what nature has given them and stop worrying about senseless matters. Your body doesn't count. What you do counts. Don't lose self-confidence. Be proud of yourself.

Elias Mafereka.



Elias (centre) with his friends Jerry (left) and Jackson (right).

Ricoffy SOX

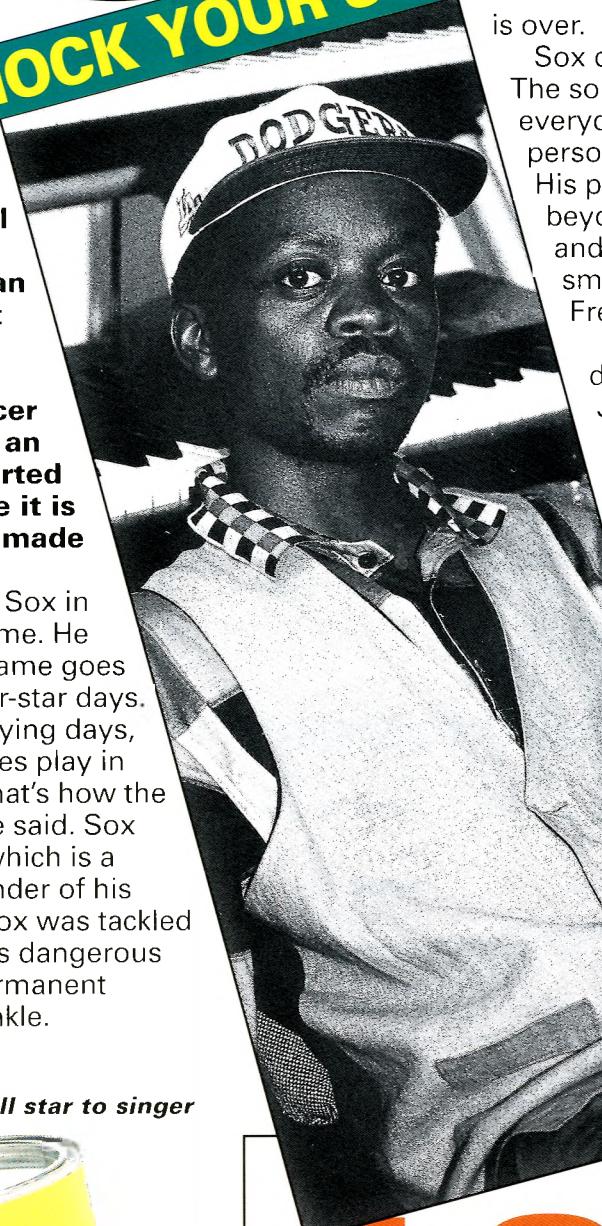
MUSIC

WILL KNOCK YOUR SOCKS OFF

Sox, whose real name is David Phakoe, is a man who doesn't let life defeat him. When his successful soccer career came to an end, he just started again. This time it is music that has made him famous.

Upbeat visited Sox in his Thembisa home. He told us that his name goes back to his soccer-star days. 'In my soccer playing days, I would sometimes play in only my socks, that's how the name started,' he said. Sox also has a limp which is a permanent reminder of his days in soccer. Sox was tackled from behind. This dangerous move caused permanent damage to his ankle.

Sox - from football star to singer



is over.

But injury and defeat are far behind him now. Today he is a successful musician and songwriter. And he is full of energy, in fact he can't sit still for a minute. He has just released a new album called *Lesilo*. It has already sold 45 000 copies. And he is confident that it will reach gold status before the year

Sox describes his music as 'township vibe'. The songs that he writes and sings, are about everyday situations and struggles. He is a person who knows what hardship is all about. His parents could not afford to educate him beyond Std 9. So Sox had to leave school and look after himself and his family in the small town of Kroonstad in the Orange Free State.

He started his music career as a drummer with a Kroonstad band called Jayco. From these small beginnings in the Orange Free State, Sox has become a well-known musical figure in Southern Africa. He does frequent concert tours of Botswana, Lesotho and Swaziland. ▲

1988: 'Come back home'

1989: 'Soweto'

1990: 'Shame Boksburg' - Gold

1991: 'Mama' - Gold

1992: 'Codesa Jive' and 'Living in the 90s' - Both gold

1993 'Sejabana' - Gold

1994 'Lesilo' - Sox predicts the biggest sales yet.

BIG HITS FROM SOX

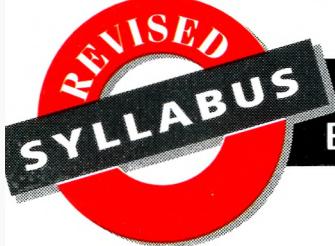
Ten lucky readers can win the latest Eternal cassette. Write the names of your ten favourite songs on a postcard and send it to us before 30 April 1995. Send your entries to:

Upbeat Top Ten
Competition No. 1 1995
P O Box 11350
Johannesburg
2000

TOP TEN 10 COMPETITION

**This story is sponsored by
Nestle Ricoffy**

Photographs by Ellen Elmendorp



WHAT IS YOUR money FOR?



Last month we discovered that using money is a much better way to pay for things than bartering. In this issue find out exactly what people need money for. But isn't this a stupid question? Even a small child knows what money is for; to buy food, clothes, sweets and toys.

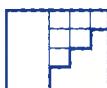
IF THE ANSWER IS SO EASY, then why do people never seem to have enough money? Everybody wants more money than they have. My dress-maker friend says she is always short of money. The man who drives the BMW and lives in a smart house also complains about money. Even the manager of a big company is not satisfied with his good salary. He says his company failed to give him an increase this year. The more

we have, the more we want.

The truth is that different people have different needs and wants. Young people need different things to old people. People in a *high income group*, (earning a lot of money), need and want different things from those in a *low income group* (people who earn less money).

See if you can guess what the people in this chart would buy with their money. Fill in what you think they would choose in the empty boxes.

	Clothes	Food	Transport	Entertainment
Joseph, a gardener earning R450 per month with two children	Sensible clothes, maybe second-hand	Iwisa, mince meat, potatoes		Free entertainment such as male church Manyano, visiting friends and FAFI
Sipho, a 19-year-old dude earning R200 per month from piece jobs	Cheap but fashionable clothes		Taxis	Cassettes, night-clubs
Thandi, a fashionable hairdresser earning R4000 per month		Take-away food, health food		
Mjoza, a mechanic with a wife and three children, earning R2800 per month	Cheap but quality clothes		Has her own small car	
Mr Dhlamini, a gentleman, businessman earning R10 000 per month		Restaurant food, fillet steak	Second-hand car	CD's, videos, theatre, overseas holidays



CENTRE FOR
OPPORTUNITY
DEVELOPMENT

This series is compiled and written by Burt Neetling of the Centre for Opportunity Development. Design & illustration: Francois Smit

NEEDS AND WANTS ARE very complicated. To survive, we only really need food, water and clothes. But the businessman says he needs smart suits to wear to the office, and the hairdresser says she needs to buy magazines for the latest

hair styles. Most people do not *budget* carefully. A budget is a list of the things that we plan to spend our money on. It also gives the amount that we plan to spend on each thing. A typical monthly budget for Mjoza, the mechanic might look like this.

BUDGET

INCOME

R2800

EXPENSES

Groceries	R 500
Rent, electricity & water	R 300
Telephone account	R 60
Furniture account	R 180
School fees	R 300
Instalment (monthly payment) on car	R 400
Petrol money	R 200
Medical aid	R 150
Pension *	R 120
Clothes	R 200
Entertainment	R 100
Pocket money for children	R 100
TOTAL	R2610

BALANCE (The money that is left)

R 190

IS THIS A GOOD BUDGET?

To decide, we need to answer these questions:

- Is the *income* (money that Mjoza has) bigger than the *expenses* (money that he spends)?
- Does the budget include everything that Mjoza needs in order to survive?
- Does the budget include too many luxuries that he cannot afford?
- Does Mjoza keep his expenses as low as possible to make sure that he has money left at the end of the month?

Mjoza's income is bigger than his expenses. His budget includes everything he needs to survive. He does not spend

too much on luxuries and he does have enough money left for emergencies.

What should Mjoza do with the money that is left each month? Someone else might spend it on drinking or luxuries like fancy clothes. But Mjoza buys a small surprise for his wife and children. The rest, he saves in his bank account so that he will have money for big expenses like school uniforms, or for emergencies like fixing the roof or the car.

Young people should also budget. Decide how much you want to spend on sweets and cooldrinks and how much you want to save for a new cassette.

Suggestion: Using the ideas in this article work out a budget for yourself. Knowing how to budget is one of the most important skills you have to learn, if you want to be successful and use money wisely one day.



Bumper Money Competition

Remember, to enter our bumper money competition. You will have to answer the questions that appear at the end of every article. Don't send your answers in yet - just write them down and keep them until the last issue in this series. In Upbeat No 8, there will be an entry form for this bumper competition.

THIS MONTH'S QUESTION:

Give two reasons why budgeting is a good idea.

(Reminder: Last month's question was: Name four advantages of money.)



Justine FACE OF 1995

Like the fashion greats of the past, today's women are putting their best faces forward. And Justine has something to suit your every mood. We have all the choices a woman could want and some that she has never even thought of.

◆ Justine's range of Aquatints has grown to 16 perfect shades that cover all skin tones. Aquatints leave a naturally flawless, smooth finish.

◆ To cover up spots or patches, Justine's reformulated concealing creams are easy to apply and blend in perfectly.

◆ From a delicate shimmer to a bold and dramatic statement Justine has the powder blusher just for you.

◆ For sparkling or seductive eyes you can depend on Justine's eye for glamour. Eye Shadows that flatter, Eyeliners to frame any well-groomed eyes and Long-Lash Mascaras that flutter.

◆ Justine's collection of lipsticks and lipliners reflect all the woman that you are.

◆ And to underline your expressive gestures there is Justine's bright Nail Gloss.

Whatever your choices, Justine's face of 1995 has a new sense of style and confidence just for you.

For further information or a private Justine consultation, call Toll Free 0800 11 44 44 or contact your nearest regional sales office.

Nigeria

(092341) 610-305

Zimbabwe

(09263) 301-286

Zambia

(092601) 884-0612/3/4

Kenya

(092542) 445-398

Malawi

(09265) 673-333

Tanzania

(09255) 514-4433

Botswana

(09267) 357-856

FREE GIVE-AWAY

Justine is offering 90 Upbeat readers jet black Justine mascaras. For your FREE gift, answer the question below and send it to:

Upbeat/Justine Giveaway
P O Box 11350
Johannesburg
2000

Question: How many shades of Justine Aquatints are there?

VUYANI BUNGU TALKS ABOUT BOXING

By Xolani Makwedini

People in the East London township of Mdantsane are very proud of local boy, Vuyani Bungu. Everyone wants him to speak at their meetings and attend their parties. But this International Boxing Federation champion also has to find time for training and studying. Vuyani might be young and famous now, but he knows that a boxing career will not keep him in his old age.

Bungu became the world champion on August 20, 1994. The great challenge took place at the Carousal Hotel in Gauteng.

South Africans went wild when the young challenger outboxed a high ranking world champion. Vuyani defeated American, Kennedy McKinney on points.

Many people think boxing is a very dangerous sport. Does the new champion agree? 'Injuries in boxing,' says Bungu, 'are like any other sport. The only difference is that the boxer is alone with his opponent in the ring. A lot depends on whether he is in a fit condition to fight. Deaths in the ring happen by accident in the same way as other sports.'

'Sometimes,' says Vuyani, 'the corner of the boxing ring causes serious injury or death. It is the job of boxing officials to watch carefully and "throw in the towel", if the fight is getting too dangerous. The officials can see better than the boxers, if a person is in a dangerous position.'

Aids is something that boxers cannot ignore. Bungu says that no professional boxer in any country is allowed to go into the ring without first showing an HIV test certificate. Vuyani feels that boxers at all levels should be checked for HIV, because there is a lot of bleeding in the ring.

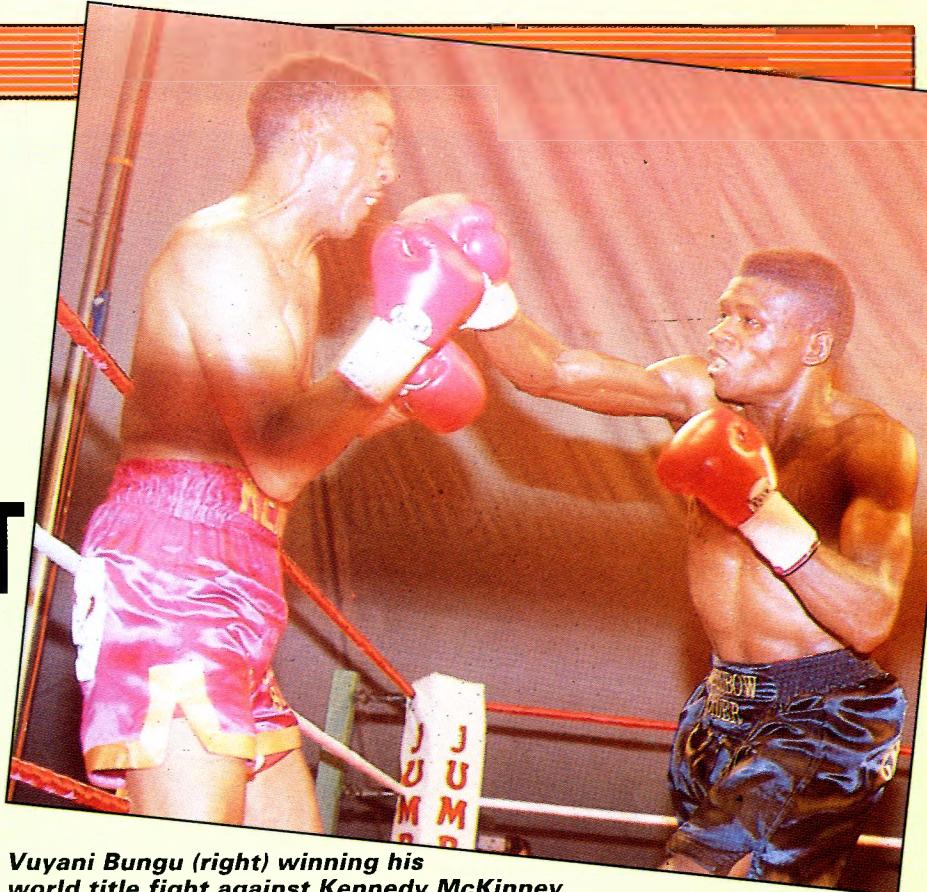
Vuyani says a good diet is very important for boxers. 'The diet you take in preparation for a fight can affect your stamina. The way that you take punches when you are unfit is far different from when you are fit.' ◀

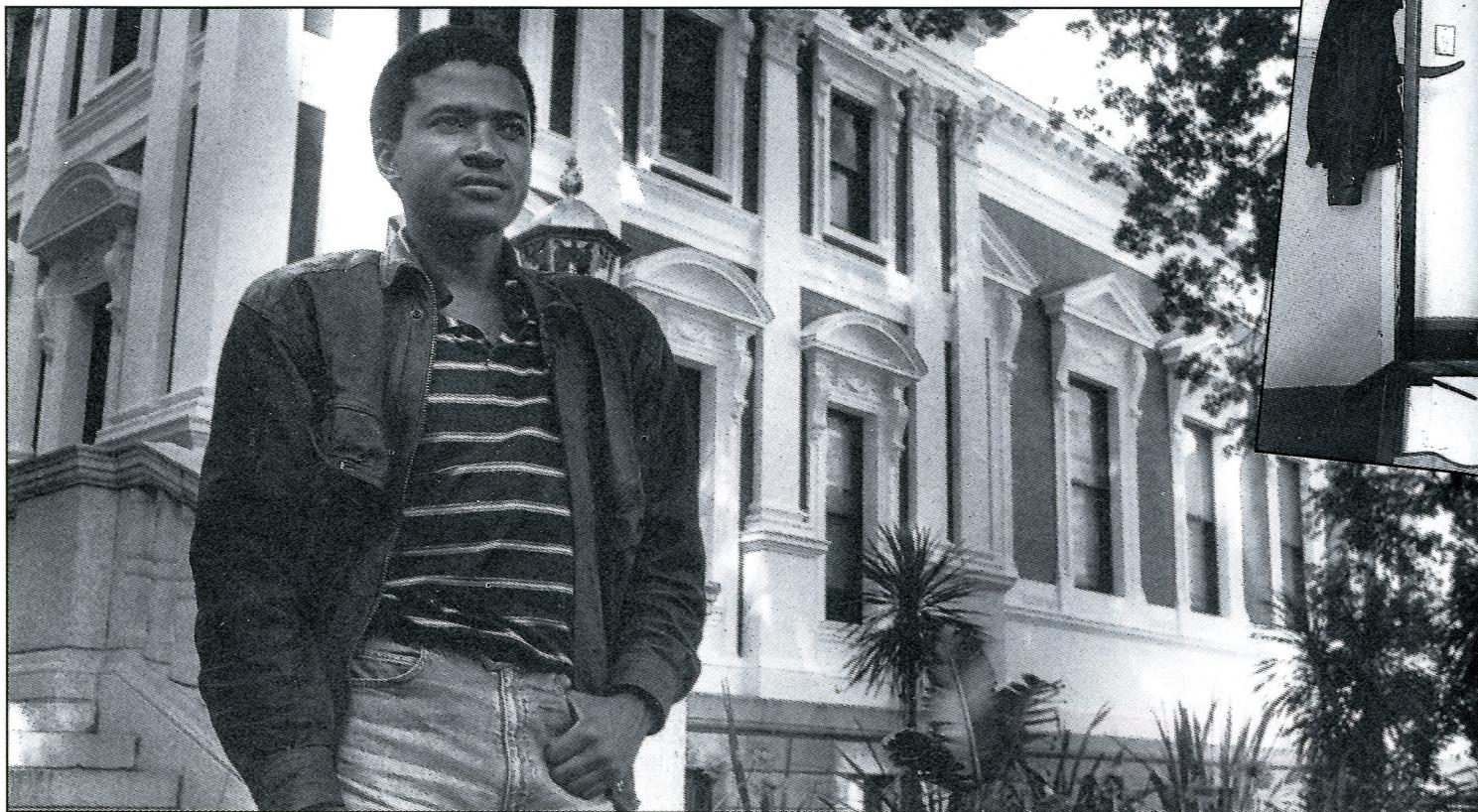
DANGEROUS SPORTS

Research done on sport deaths shows that boxing is not the most dangerous sport.

Sport	Percentage of deaths per 1000 participants
Hang-Gliding	5,60%
Football	0,03%
Horse Racing	12,80%
Boxing	0,013%
Mountaineering	,10%
Scuba-Diving	1,10%
Parachuting	12,30%

Activity: Use these statistics on sport deaths, to draw a curved graph showing the danger levels in different sports. Tip: Put the names of the sports along the horizontal axis.





Talking to Nkenke Kekana

**Story and Photographs
by Anna Zieminski**

Nkenke Kekana is a 32-year-old Member of Parliament (MP). He says to all South Africans. 'Come to Parliament! You don't have to wear a suit. All sessions are open to the public.' Upbeat spoke to him and asked him what people in Parliament actually do.

These days Parliament is a very lively place, both inside and outside. Often you see a group of people at the gates of the Houses of Parliament, waving banners and shouting slogans. Officials come and meet the protesters and take their requests and suggestions. This way, people's opinions get heard by Members of Parliament. Nkenke believes that this is how it should be.

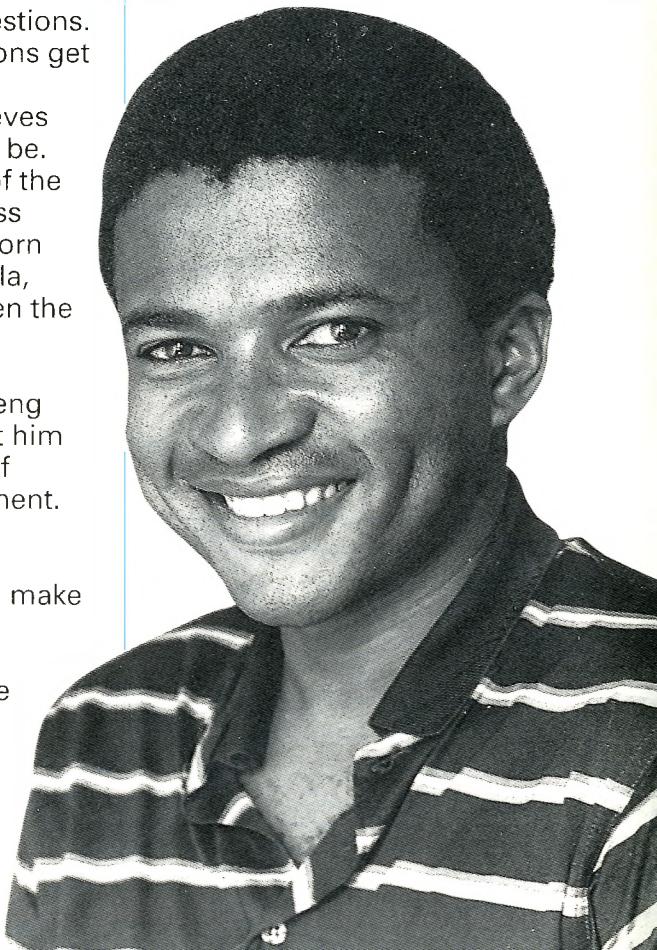
Nkenke is a Member of the African National Congress from Gauteng. He was born and schooled in Zebediela, Northern Transvaal. When the ANC Youth League was formed, Nkenke became Chairperson of the Gauteng branch. This position put him 7th on the Gauteng list of people elected to Parliament.

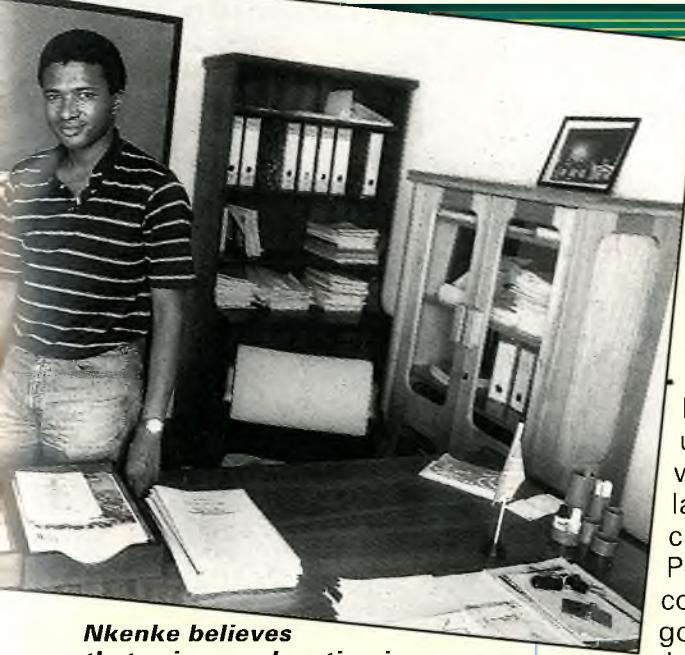
No time to talk

'Basically, we are here to make the laws of the country,' says Kekana. 'We do this through discussion in the National Assembly.' But Nkenke says that discussion can be quite

'Come to Parliament! You don't have to wear a suit. It's open to the public,' says Nkenke.

Nkenke Kekana is an MP from Gauteng





Nkenke believes that science education is important for young people.

frustrating. Each party only gets 10 minutes to respond to a point that they either agree or disagree with. If another party then criticises your idea, you have no right to reply. And you don't get a second chance.

Nkenke was an activist. He was used to lots of discussion taking place during a meeting. At the end of a meeting a decision was made and you left ready for action. Kekana is having to get used to the fact that the government works a lot more slowly than this.

'But the real debates in parliament,' he told us 'don't take place in the National Assembly, they happen in the Portfolio Committees.'

Portfolio Committees

These are small groups of MPs

who come together to investigate different matters. These committees then pass on their information and suggestions to the National Assembly. Members of the National Assembly use this information when they decide what laws to make or change. Most of the Portfolio Committees correspond with a government department.

For example, the Public Works Committee collects information and makes suggestions about how the Department of Public Works should operate.

Nkenke serves on three Portfolio Committees.

Public Works Committee

Nkenke says that the Department of Public Works is changing. 'We are now using Public Works as a vehicle for creating jobs. We will involve more people, including the youth, in repair work and in building houses and roads.' In Northern KwaZulu, a Public Works road-building project is training young people from the area as they build new roads.'

Broadcast Committee

Nkenke once worked at the SABC. This experience makes him a useful member of the Broadcast Committee. 'At present we are debating issues of local content and community stations. We also have to get on with the job of installing more telephones and post offices in rural and urban areas.'

Arts, Culture, Science and Technology

In the past many community-based cultural programmes (art, drama) did not receive government funds. Nkenke believes that this needs to change. 'These community-based groups are an important part of our culture,' he says.

Kekana believes that Science and Technology are important too. 'Many of the giant corporations talk about global competition,' he says. 'They want to sell their products overseas. But they need to look at home first and see what needs to be done here. Science education is very important for our young people. We need to involve youth in scientific ventures.'

Nkenke encourages young people to join in the government of the country. He says, 'Join organisations if you would like your concerns to be heard. It is up to you to make sure that youth matters are dealt with at the highest levels.' ◀

LET THE GOVERNMENT HEAR

The new government says that it is a people-driven government. But how can people actually be part of governing?

▲ If you live in Cape Town, go to Parliament.

▲ Send a letter, fax or report. It is best to send it to the Portfolio Committee that deals with the subject you are interested in.

▲ Anyone can ask to appear before a Committee to present their views. You will be invited to make written representations.

▲ Watch the newspapers. Sometimes MPs send out press statements inviting the public to give their opinion. Newspapers also keep you informed about the different laws which are being discussed.

▲ Contact your local Constituency Office. Each party is setting up offices around the country where people can contact their local representatives.

▲ In October there will be local elections. After this you can meet with your local officials at local government offices.

New Words

slogan (n) - a short saying used by a political group

committee (n) - a group of people chosen to do a special job

constituency (n) - a region that a politician represents

portfolio (n) - a subject that a government group works on

correspond with (v) - matches



SHOCKING FACTS

Boom, boom, bang! Thunder and lightning is all around. Zandile jumps into a taxi to escape from the storm. 'Can the lightning get me in here?' she asks. 'Lightning can get into anything,' says an old man. 'Excuse me baba, but the lightning cannot get inside a minibus,' says a young student. Who is right? Zandile decides that the only way she can answer the question is to find out more about lightning.

LIIGHTNING IS A TYPE OF electricity called static electricity. How does static electricity work?

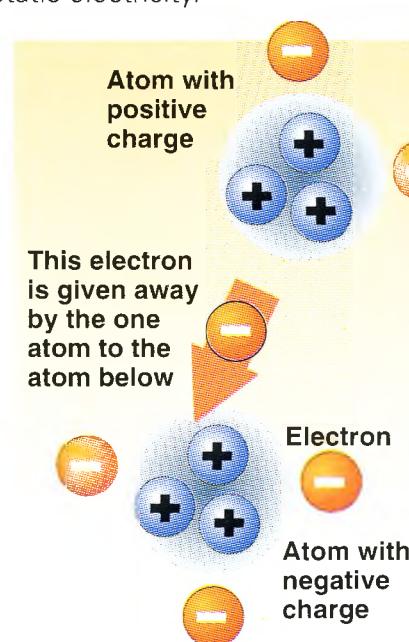
Wherever people go they get small shocks from static electricity. Touch your car door in winter and you may feel a tingle. Drag your feet over the carpet in a shopping centre, then touch a metal rail, or your friend's hand. Ouch! In the dry winters in Gauteng, if you take off your jersey you may hear crackling sounds. Take off your jersey in the dark and you may see sparks. Friction between two surfaces causes a build-up of negative and positive charges. When you feel a shock or see sparks it is the electric charges, discharging.

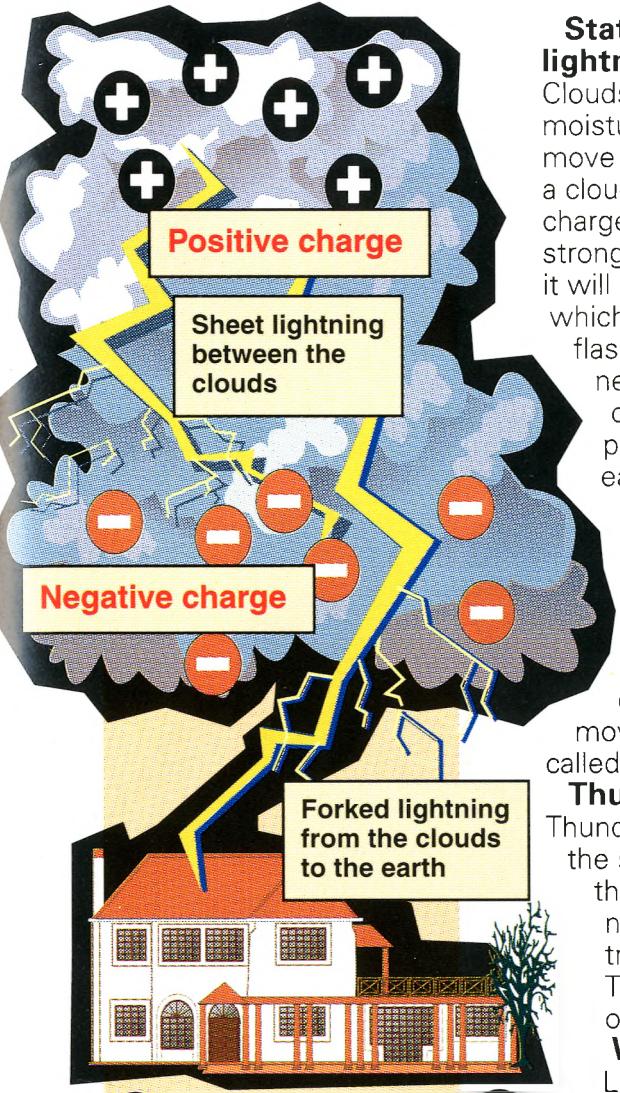
Everything is made of small particles called atoms. Atoms have positive charges in the centre and negative charges called electrons, around the outside. With some materials, the electrons are easily rubbed off onto another surface.

The friction causes one surface to gain electrons and become positively charged. The other surface loses electrons, making it negatively charged. These electrical charges are called static electricity.

Something which is positively charged will try to get back its negative charges by pulling things which have spare electrons towards

itself. If the charged things are light enough they will move, or you will hear crackling or see flashes of light as electrons move between the objects.





Positive charge

Sheet lightning between the clouds

Negative charge

Forked lightning from the clouds to the earth

Positive charge

How far is the storm?

When you see the lightning, start counting like this: **One and two and three and four and ... Stop counting when you hear the thunder.**

Calculation:

Divide the number you got by three. This will tell you how many kilometres away the storm is. If you counted up to 12, the storm is about 4 km away.

Static electricity and lightning

Clouds are made of drops of moisture. As the drops in a cloud move and rub against each other, a cloud can become electrically charged. If a cloud builds up a strong enough negative charge, it will be attracted to the earth which is positively charged. In a flash of very hot lightning, the negative charges in the cloud will connect with the positive charges of the earth. This kind of lightning is called forked lightning.

Sheet lightning

Lightning can also move between clouds. If two clouds with opposite charges come near to each other, lightning will move between them. This is called sheet lightning.

Thunder

Thunder and lightning happen at the same time, but we first see the flash then we hear the noise. Why? Because light travels faster than sound. This fact helps us to work out how far away a storm is.

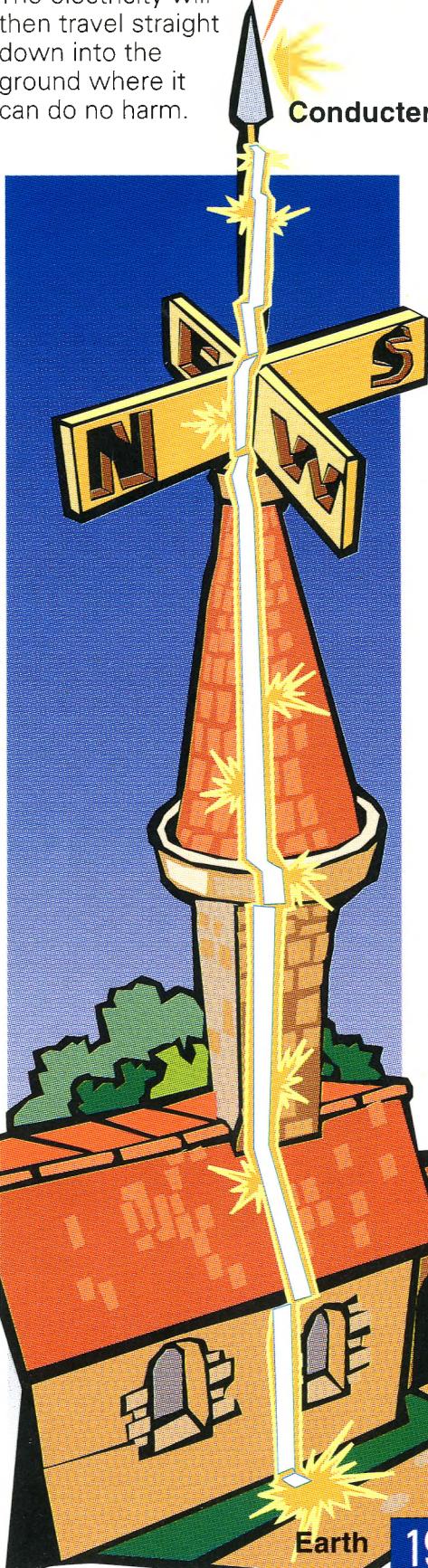
What makes the noise?

Lightning is very hot, it makes the nearby air expand rapidly. The air then contracts again. The expanding and contracting masses of air make a loud noise when they bang into each other. When lightning is overhead, we hear a loud crack. When it is further away, we hear a rumbling noise.

Lightning is dangerous because it gives you an electric shock and its heat burns you. Lightning is six times as hot as the sun (around 30 000 °C).

Protection from lightning

A lightning conductor is a metal rod with a pointed end. The rod is placed on top of a building. A long wire runs from the bottom end of the rod down the building and into the ground. Lightning always hits the highest point on something so it will strike the conductor. The electricity will then travel straight down into the ground where it can do no harm.



Conductor

Safe in a taxi?

A famous scientist, Michael Faraday, discovered that if electricity hits a metal cup, only the outside of the cup becomes electrically charged. In the same way, if a taxi is struck by lightning the inside will remain uncharged. So if Zandile is afraid of lightning she should jump into the nearest taxi!

Cool. Safe. Lov



Come on, GET IT ON! - take control of your life. Use the condom that gives you pleasure plus protection - a Super Safe, S
If you want to know more about AIDS and the use of condoms please write to us at: LOVERS PLUS Condoms, P.O.B

Lovers Condoms.



super sensitive **Lovers**  Condom.
95267, Grant Park 2051.

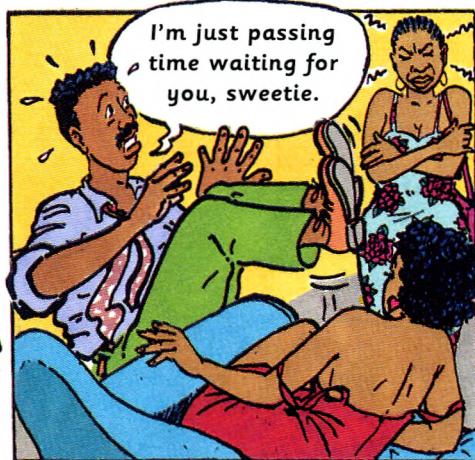
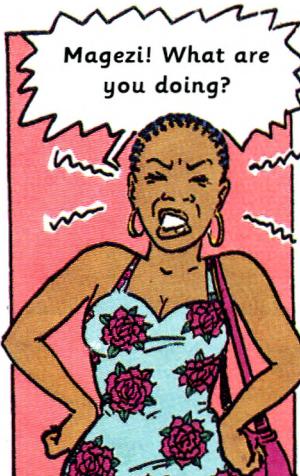
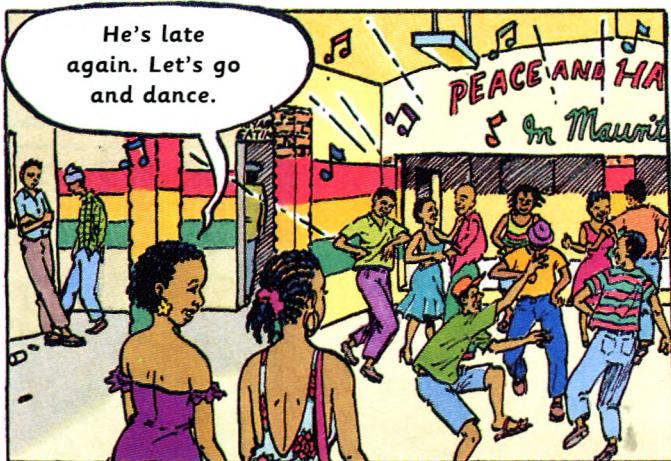
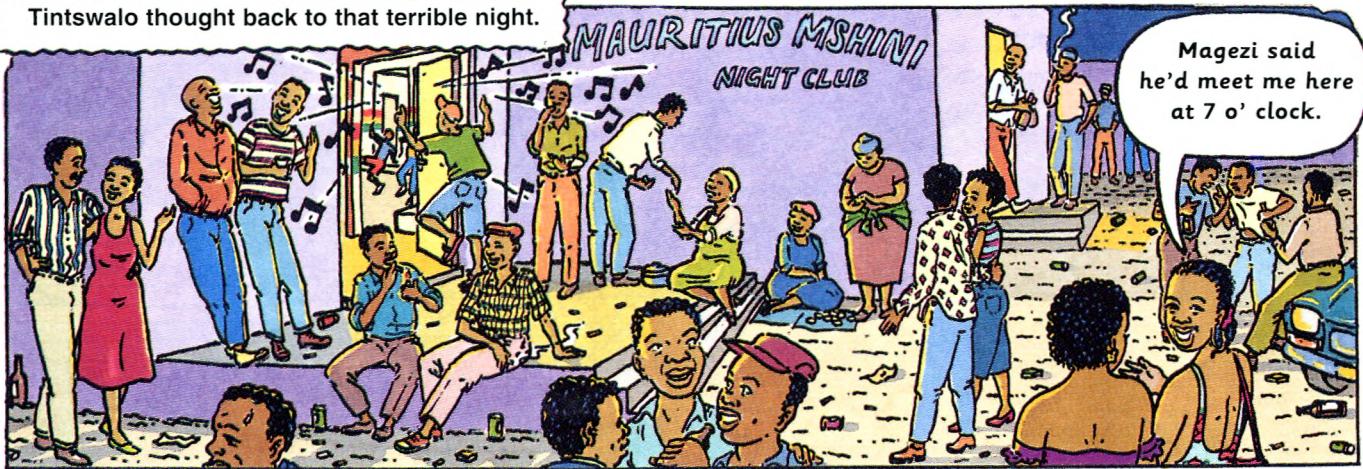
TRUE LOVE (Part Two)



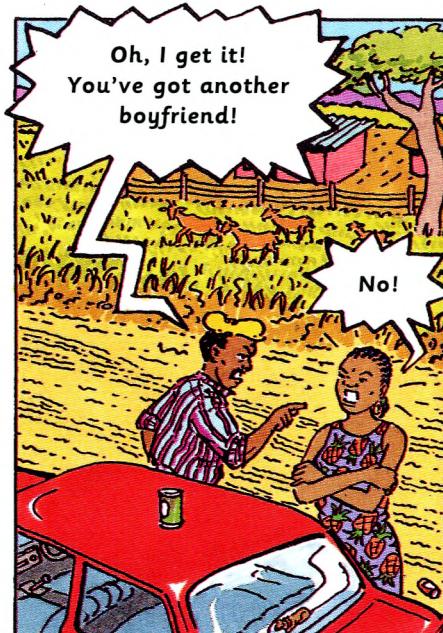
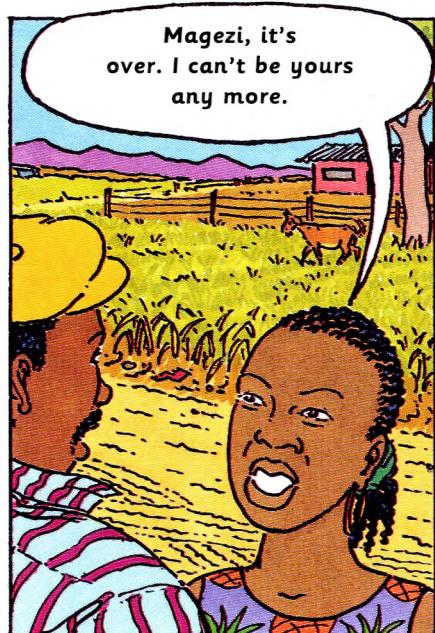
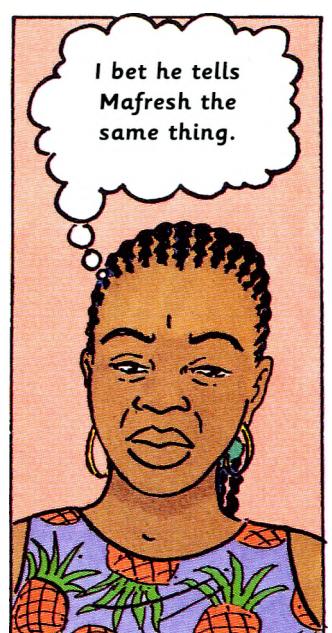
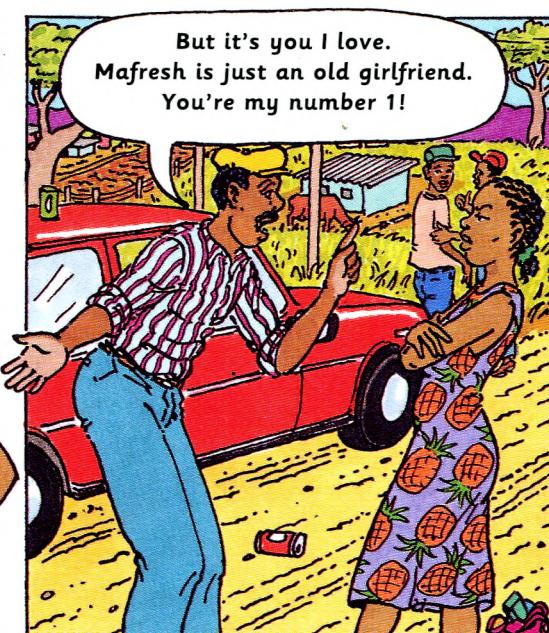
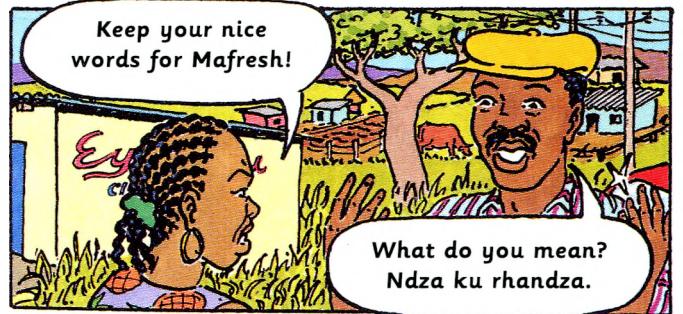
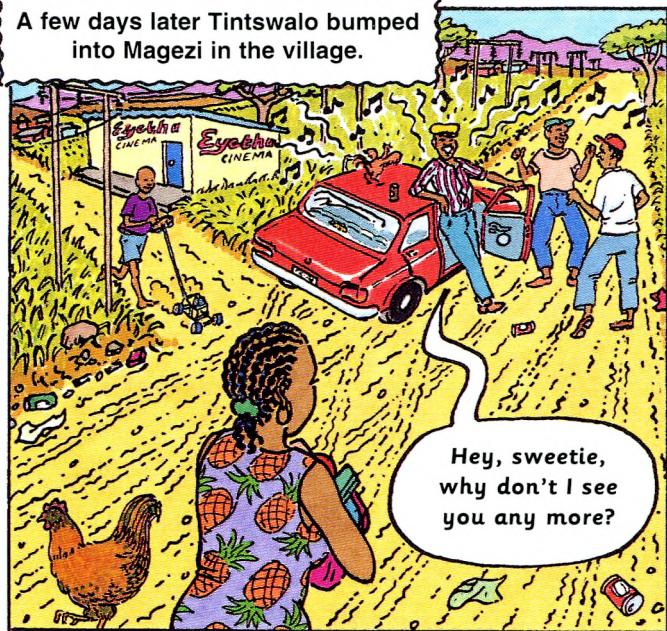
* Hai khona! – No way!

* nca! – sharp!

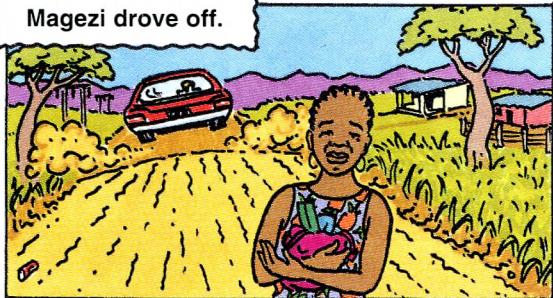
Tintswalo thought back to that terrible night.



A few days later Tintswalo bumped into Magezi in the village.



Magezi drove off.



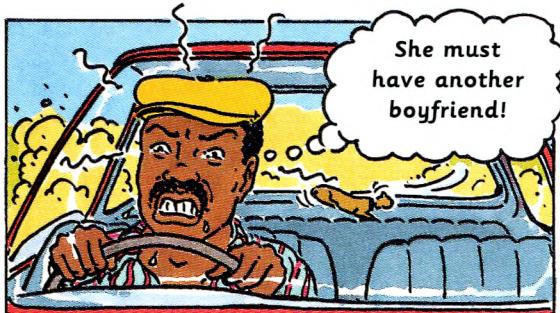
Magezi's heart was troubled. He asked Tintswalo's friends if she had been squeezing any other guys.

You are right not to trust women.

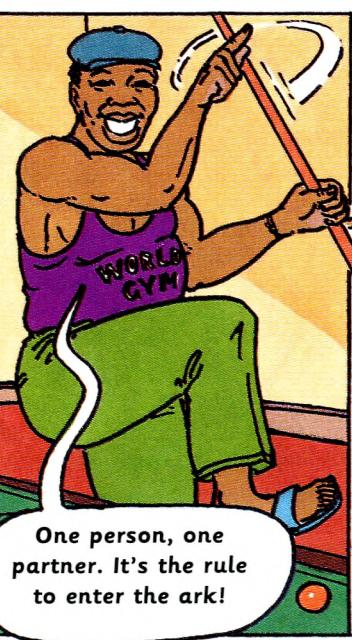
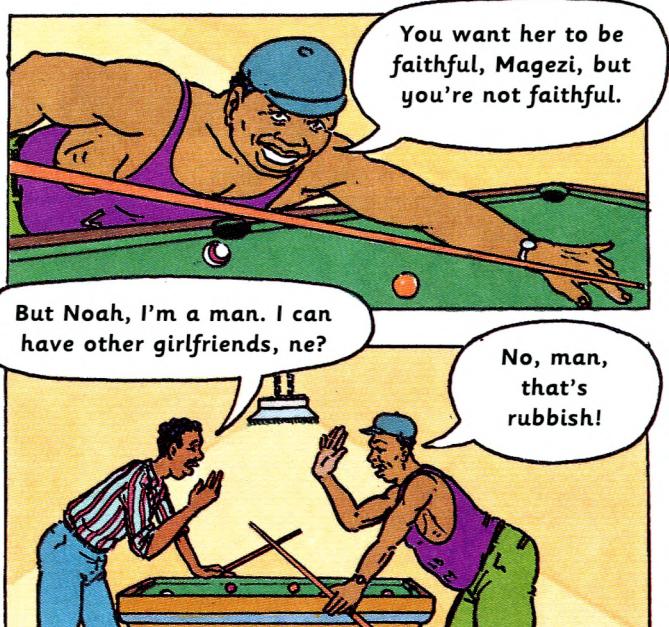
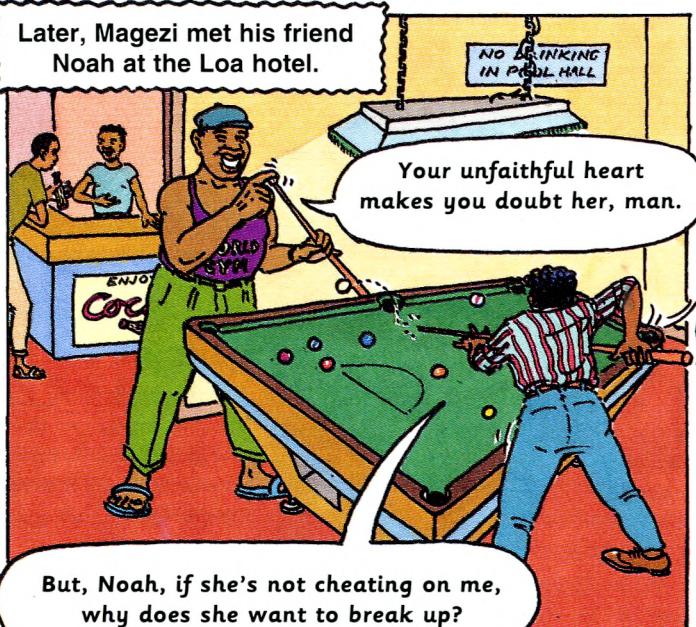
Pepe, I want to know the truth.

No way! She didn't even speak to the other guys at school.

Magezi, she only has eyes for you.



Later, Magezi met his friend Noah at the Loa hotel.



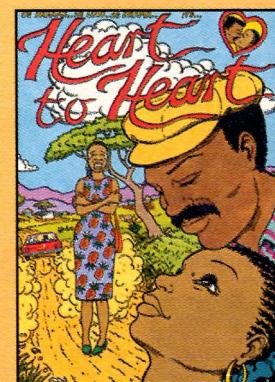
Serious, Noah. Tintswalo's my true love.



Next issue: Will Tintswalo ever trust Magezi again?

FOR THE LOVE OF READING

Easy Reading for Pleasure and Learning



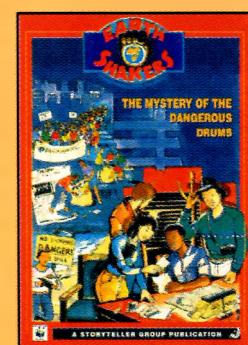
HEART TO HEART

It's dreams ... it's love ... it's drama ... it's Heart to Heart.



What do girls really want from boys? And what do boys think about girls? Developed by youth for youth, this story explores what it means to be young and in love. Love, with a twist on every page!

For ages 16 and above. 32 pages in full colour. R10.00 (incl. VAT, package and postage)



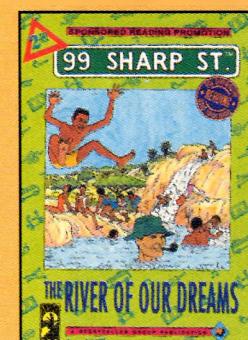
EARTHSHAKERS

Environmental Detective Agency

NEW

Youth are doing it for themselves! In "The Mystery of the Dangerous Drums" find out who is dumping toxic waste in the townships, and why. And who are the Earthshakers, and what do they stand for?

For ages 12 and above.
52 pages in full colour.
R10.00 (incl. VAT, package and postage).

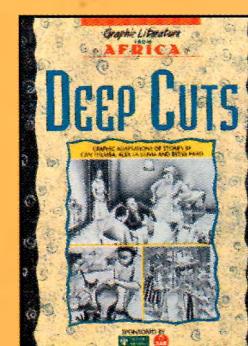


99 SHARP STREET

The River of our Dreams

Modern, vibrant and street-wise. Trouble and adventure on every page! The River of Our Dreams tells the story of the naughty Moeketsi twins, Veli and Lebo, and their friend Thandi Cele as they go on a school trip to Natal.

For ages 8 and above.
24 pages in full colour.
R3.00 (incl. VAT, package and postage).

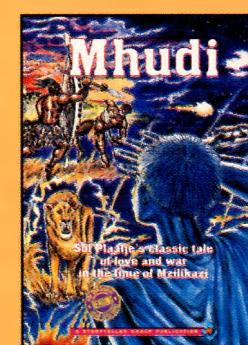


DEEP CUTS

Graphic literature from Africa

An easy and dramatic introduction to the wealth of great South African literature. Adaptations of classic short stories by Bessie Head, Can Themba and Alex la Guma.

For ages 16 and above.
60 pages in black and white.
R10.00 (incl. VAT, package and postage)



MHUDI

Love and war in the time of Mzilikazi

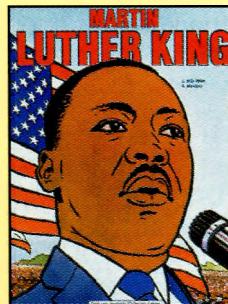
Sol Plaatje's classic tale of life in South Africa almost 200 years ago. Mzilikazi and his powerful army are sweeping across the land. To protect his people, Chief Moroka makes an alliance with the Boers ...

For ages 16 and above.
48 pages in black and white.
R10.00 (incl. VAT, package and postage)



COMING SOON PEACE SERIES

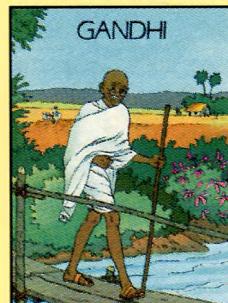
MARTIN LUTHER KING



The dramatic story of a true king of peace. His revolutionary dreams, his heroic life and his brutal death.

36 pages in full colour.
For ages 8 and above.

GANDHI



The inspiring story of one man who changed the world through peaceful resistance to tyranny and oppression.

48 pages in full colour.
For ages 8 and above.

SPECIAL SCHOOLS OFFER

Buy 30 or more copies of any of the above books and you will get a 25% discount.

ORDER FORM

Return to:

Storyteller Publications, PO Box 617, Melville 2109.

copy/ies of Heart to Heart at R10.00 each.
 copy/ies of Earthshakers at R10.00 each.
 copy/ies of 99 Sharp St at R3.00 each.
 copy/ies of Deep Cuts at R10.00 each.
 copy/ies of Mhudi at R10.00 each.

Form of payment:

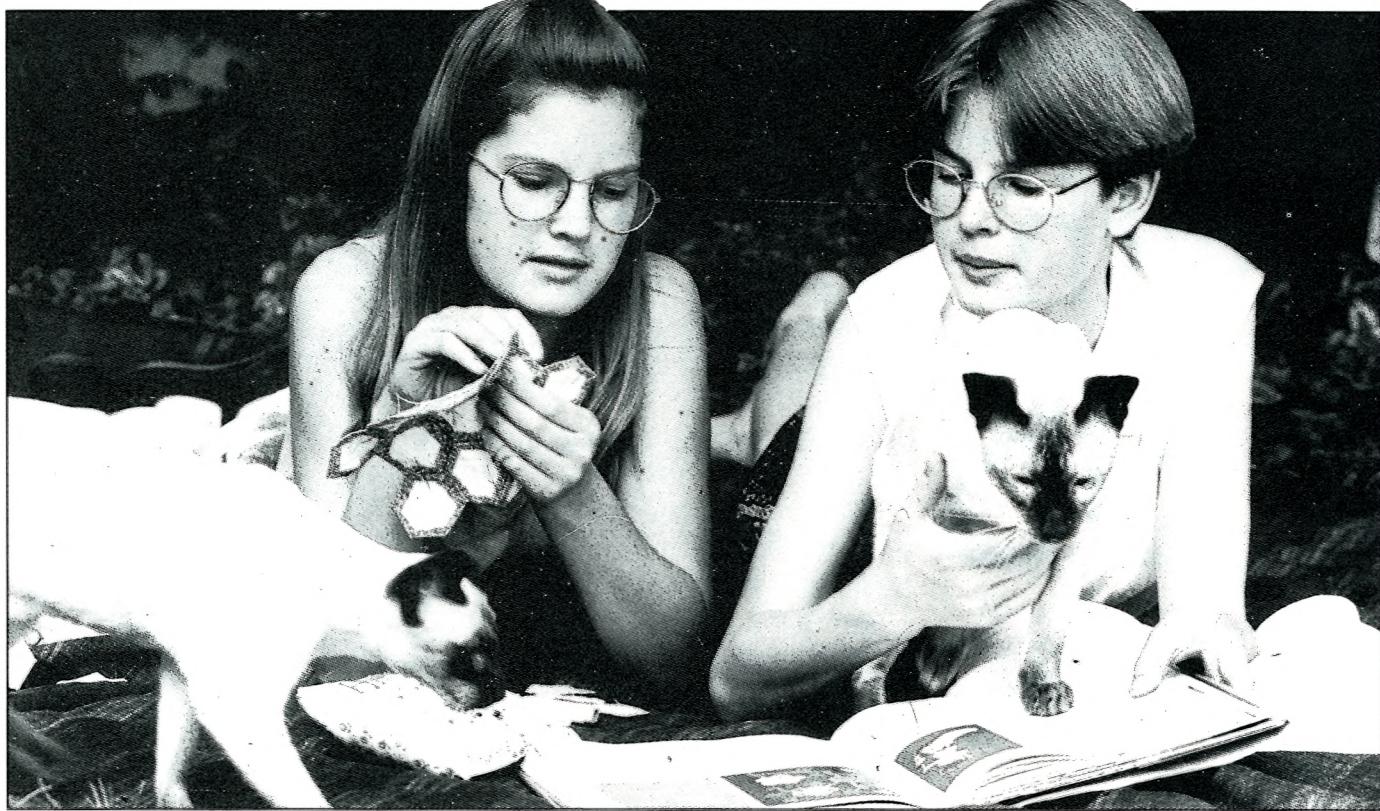
Cheque for the amount of R.....

Postal order for the amount of R.....

Name and address to which book/s must be sent:

FOR FURTHER INFORMATION:

The Storyteller Group Tel: (011) 482-3008 Fax: (011) 726-1632



Anna (left) and Erica (right).

IS THERE LIFE WITHOUT **TV**?

'I wouldn't buy a television set even if I had my own money,' says Anna Jones who is in Std 6 at Jeppe Girls High. Her 15-year-old sister Erica agrees that life in their Kensington, Johannesburg home is better without television.

The Jones family tried television at one time. 'Most of it was rubbish,' says Erica. 'We'd come home from school and switch on the TV. It soon became a habit. It's too easy to watch whatever is on the screen.'

'Television harms your eyes,' says Erica. 'But the biggest thing is that it uses up reading time. Reading is a much deeper and wider way to learn than television. You have a much greater choice of subject matter and you remember much more from reading.'

Anna agrees, 'I don't remember much from what I saw on TV. Because we don't have TV, we enjoy reading more

than other children.' Anna feels that children who read a lot become better at writing. Essay writing is easy for her and at 13, she has already written a number of fantasy stories.

'I read a book a day and sometimes two,' says Erica. 'We've got many books at home and I use the public and school libraries. I read whenever I can. If I'm waiting for a teacher, I read.'

Do the Jones girls ever feel left out when their friends

Erica's favourite books:

The Flicka series by Mary O'Hara.

Blackmoore by Lorna Doone
The Incredible Journey by Sheila Burnford
All books by Georgette Heyer

Anna prefers fantasy:

The Belgariad series by David Eddings
The Mallorean series by David Eddings
The Lord of the rings by J R Tolkien.

discuss TV programmes? 'Not really,' says Erica, 'most of my friends watch *Beverly Hills*, but I watched it once at my Gran's house and I found it boring.'

'At first when I started high school I felt left out,' admits Anna. 'But now I feel that the kids in my class accept me. I am me, that's what counts.'

'Sometimes I don't know what my friends are talking about,' says Erica. 'I know very little about pop groups like Nirvana. At home we listen to composers like Bach, Mozart and Vivaldi and I play the flute.'

How do people know what is happening if they never watch the TV news? 'It's not a problem,' says Erica, 'you don't need TV to learn about current affairs. I read *The Star*. I also read *Time* magazine, where I find out a lot more about international affairs than I would from the TV.'

Living with AIDS

'I am a very lonely 18-year-old girl. I am HIV positive. I would like to have penfriends of any sex or age to write to me.'

This is the start of a letter from Lebogang Tsotetsi which was published on Upbeat's penfriends page in October 1994.

A month later Lebogang wrote Upbeat another letter. This is the letter she sent us. It is filled with courage, strength and compassion.

Dear Upbeat

Thank you to all those people who wrote to me giving me courage, support and care after my name appeared in Upbeat's penfriends column.

I have already received 287 letters and all those people who wrote were very concerned and told me how much they care for me. More importantly they praised me for the bold step I took by openly talking about my HIV status. For that guys, thank you very much.

Some of the questions I have been asked in almost all letters are: Am I actually HIV positive? How am I coping with the virus? How did I get infected? And what led me to be open about my infection?

Yes I am HIV positive. I was diagnosed in December 1992 while having a routine medical examination. The person who infected me disappeared immediately after I told him about my condition. I found out later that he knew that he had the virus, but that he had decided to spread it. I was doing Std 10 at the time and I am now doing my first year B Com.

It was very difficult for me to accept and understand until I got counselling from Mission to Live which is a support organisation for people with HIV and Aids. I have now come to terms with reality.

I decided to 'go public' about my HIV status as part of my commitment to educating people who might also become victims. I also want to warn people who do not accept that there is Aids in South Africa. I take part in activities which encourage the youth not to indulge in early sex before completing their studies.

It is quite difficult for some people to understand. But believe me I do not want others to fall into the trap of teenage sex and get infected like me.

I must admit that before this happened to me, I was not interested in any form of education concerning sex, pregnancy or AIDS. I enjoyed life the way I wanted to. I would not listen to anyone, not even my parents.

When I got infected it was a blow not only to me, but to my parents as well. I thank God that they understand and give me all the necessary care and support.

Teenagers, my brothers and sisters, Aids kills. I have seen people with full blown Aids. It is very scary. I am also scared. I really don't want to die, but I know that one day I will die because of Aids.

Say No to sex before marriage. Stay alive and study hard for your better future.

With love from Lebo, Mamelodi

PREVENTING AIDS

We can stop HIV if we know the facts

■ Aids is a sickness that spreads mainly through sex. Aids is caused by a virus called the HIV virus. A person who has the HIV virus is said to be HIV positive.

■ The HIV virus is spread through blood, sexual fluids and occasionally through breast milk.

■ When inside your body, the HIV virus kills the cells that protect your body against diseases. Then after 5-10 years a person with the HIV virus may start to get sick. The body can

no longer protect itself. Aids is the set of illnesses that someone who has the HIV virus gets. Most people eventually die from Aids.

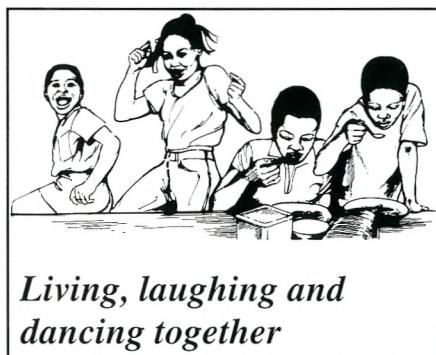
■ In South Africa there are at least 750 000 people who are HIV positive. Most of them do not know it. They may look fit

You cannot get AIDS from

Sharing a desk



Sneezing and coughing



Living, laughing and dancing together



Kissing



Lebogang Tsotetsi is HIV positive. She is helping others in the fight against AIDS.



Toilet seats

HELPLINE

Mission to Live -
Pretoria: (012) 805-4859
Johannesburg: (011) 985-3120

AIDS Training and Information
Centres (ATIC)
Gauteng:

Community AIDS Centre:
(011) 725-6710 or 725-6721

East Rand ATIC:
(011) 741-2225 or 741-2262

Soweto ATIC:
(011) 984-4422

Roodepoort ATIC:
(011) 716-0311

Pretoria ATIC:
(021) 313-8743

and healthy. But when they have sex they could be passing the virus on to other people. And so the disease is spreading.

How to protect yourself against AIDS

- Wait until you are older to have sex.
- If you have sex, keep to the

same partner. The more sexual partners you have, the greater your risk.

- If you are sexually active use a condom.
- Know your partner and their sexual history.

YOU AND YOUR BODY

Have you got questions about your body, sex or relationships? Pebetse and Aubrey will help. They are youth counsellors at the Planned Parenthood Association.



Write to Pebetse and Aubrey, c/o Upbeat, P O Box 11350, Johannesburg 2000. Write in your home language if that is easier for you.

Best friend's girlfriend

Dear Aubrey

I am a boy of 18 years old. My best friend has a girlfriend who is 17. The problem is that she is in love with me. She asks me every day and night to make love to her. This is really confusing me because I like her very much. I want to make love to her, but I don't know what to do, because I feel that it would be a big mistake.

Confused

Dear Confused

You are right to think that it is not a good idea to make love to this girl. If you care about your friend, perhaps you should discuss the matter with

him. If you allow the girl to control both of you, she might destroy your valuable friendship. If this girl really loves you and is serious about having a relationship with you, then she must first tell your friend that it is finished with him. If she does this, then you can think about whether you want to be her boyfriend.

Aubrey

Will I go mad?

Dear Pebetse

I am 18 years old. My problem is that all my friends have girlfriends but I do not. I am ashamed to tell girls whom I love, how much I love them. My friends say that if I do not have sexual intercourse before this year ends I will go mad. Please help me. **Ashamed**

Dear Ashamed

No, you will not go mad. But we understand your fear because many people believe such stories. A person can have no sex for their whole life without going mad. You do not have to hurry into a sexual relationship. Having a girlfriend does not mean that you have to have sex with her. If you feel shy with girls, spend time with girls whom you trust and with whom you can have an ordinary friendship first.

Pebetse

Small penis

Dear Aubrey

I am a guy of 19 years old. My problem is that my penis is as small as a little boy's. I suppose it is because I have never had sex. If I have sex will it help my penis to grow? I get an erection quite often, but I am not ready to get involved with women yet. I believe I must concentrate on my education first. Does this mean that I won't be able to have children when I grow up?

Worried

Dear Worried

Sex will make no difference to the size of your penis. Different sized penises are normal. When a small penis becomes erect, it expands more

than a bigger one does. This means that when a penis is erect, there is not much difference in size between different men. The fact that you can get an erection means that your penis is working normally and that you will be able to have babies. But if you are really worried about the size of your penis you can have it checked by a doctor. You are wise to concentrate on your studies before having a sexual relationship.

Aubrey

Pregnant for two years?

Dear Pebetse

You are the only ones who can solve my problem. In our village at Kuruman I have a friend who has been pregnant for two years. Her parents and her boyfriend take no notice of her. I feel sorry for her, how can I help this bad girl?

Concerned

Dear Concerned

How do you know that your friend is pregnant? A big stomach and being fat do not always mean that a person is pregnant. Also, no woman can remain pregnant for two years without having a baby. A normal pregnancy lasts for just over nine months. But if your friend still believes that she is pregnant, advise her to visit a clinic or a doctor to have a pregnancy test. If your friend is pregnant, this does not mean that she is a bad girl.

Pebetse

New ideas for a New Education!

Teachers, don't panic if you don't have new teaching resources. UPBEAT magazine can help! Students love UPBEAT because it makes learning fun and relevant to their lives.

- UPBEAT is linked to the new revised syllabus. (History, Guidance, Science, Geography, Business Economics)
- English teachers can use Upbeat to get students reading and writing.
- UPBEAT brings new learning to your class each month.
- UPBEAT is for Std 5 - 7 students.

**FREE TEACHING GUIDE
WITH EACH ISSUE**

The Teaching guide offers assistance in:

- using Upbeat in the classroom
- lesson preparation
- language support
- developing skills.

To subscribe just complete this form and send it to: Upbeat Subscriptions, c/o NND, P O Box 53085, Troyeville 2139

FREE TRIAL PACK!

Try a FREE set of Upbeats in your classroom for one month.

Just write to:

Upbeat Free Trial Pack
P O BOX 11350
Johannesburg 2000.

SUBSCRIPTION ORDER FORM

Please send me _____ copy/s of the next 10 issues of Upbeat at R22-00 per subscription. Enclosed is a cheque/postal order for _____

Name: _____

Address: _____

Postal Code: _____

I would like to receive the free teaching guide: YES NO

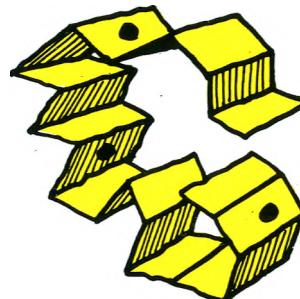
The busy...

Everything that you do:

thinking, feeling, moving, even sneezing, is controlled by your brain. Inside your skull, is the world's best computer, with 10 000 million nerve cells packed tightly together. The cells are connected to each other in millions of complex ways. Each brain cell branches out, and each branch connects with thousands of other cells.

Every second that you live, your brain sorts and files information and sends messages back and forth. Your five senses: sight, smell, taste, sound and touch, send messages to your brain which your brain interprets. You see words and your brain gives them meaning; you smell something and your brain tells you what it is; you hear music and your brain tells you what the sounds are.

HERE ARE SOME PUZZLES FOR YOUR RIGHT BRAIN.

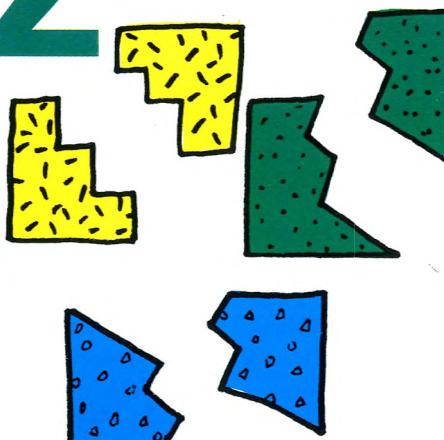


1

There are three spots on this folded piece of paper. Are all three spots on the same side of the paper?

2

Which two of these puzzle pieces fit together to form a square?



Right cerebrum

drawing, playing the piano, spatial thinking.

Acknowledgements: Brain games taken from: *Owl, A kid's guide to the brain*, Published by Greer de Pencier

brain



HERE ARE SOME PUZZLES FOR YOUR LEFT BRAIN.

3

Five girls ran a race. Michelle finished before Rachel, but behind Sarah. Lucia finished before Kim but behind Rachel. In what order did they finish the race?

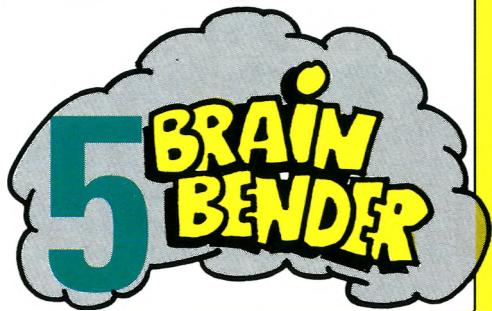
4

Three boxes are labelled 'nuts', 'raisins' and 'nuts & raisins'. All the labels are on the wrong boxes and you must correct them. Rules: You cannot look inside any of the boxes. From only one box you may take out a single item to help decide what is inside each of the boxes. It could be a raisin or a nut.



Left cerebrum

speaking, maths, reading, remembering.



In which contest do the winners move backwards and the losers move forwards?

ANSWERS

- Two spots are on one side and one is on the other.
- The blue pieces form a square.
- They finished the race in this order: Sarah, Michelle, Rachel, Lucia, Kim.
- Take an item from the box marked 'nuts & raisins'. If you get a raisin from the box, then swap the 'nuts & raisins' label with the label on the box marked 'nuts & raisins'. If you get a peanut from the box, then swap the 'nuts & raisins' label with the label on the box marked 'peanuts', peanuts, peanuts!
- Tug-of-war

complex (adj) - made from many closely connected parts

nerve (n) - a rope-like group of fibres along which impulses travel between the brain and other parts of your body

nerve cells (n) - the small, special parts that nerves are made from, they are also called neurons.

New Words

OUR BRAIN DO DIFFERENT JOBS.

PENFRIENDS

GAUTENG

3011B Zola South, P O Kwa Xuma
1868

Dear Upbeat

I am a guy of 18. I would like to correspond with girls and boys of 14-18. My hobbies are listening to music, going to the movies and attending the gym. All letters should be written in English. Please send photos.

Victor Ndaba

7438 Section 5, Mamelodi West 0122

Dear Upbeat

I am a guy of 18 years old. I would like to correspond with boys and girls of between 14 and 18. My hobbies are hiking, camping, socialising and playing squash. My favourite artists are Tevin Campbell and Jade. Please write all letters in English and send photos.

Johnny Molapo

628 Esithame Section, Thembisa 1628

Dear Upbeat

I am a girl of 16 years old. I would like to have penfriends of 16-20. My hobbies are watching television, reading and playing tennis. My favourite musicians are Maria Carey, Boys 2 Men, Silk and Michael Bolton. Please send letters with photos.

Martha Lebese

KWA-ZULU/NATAL

P O Box 67, Newcastle 2940

Dear Upbeat

I am a guy of 24 years old. I would like to correspond with guys of 18-32. My hobbies are reading, listening to music, interior decorating, watching television and travelling. My favourite artists are Judy Boucher, Shirley Brown, Rebecca Malope and Jimmy Reeves. Please reply in English and send photos.

Musa Ngqulunga

P O Box 108, Highflats 4640

Dear Upbeat

I am a girl of 17 years old. I would like to correspond with penfriends from all over the world. They must be 17 and over. My hobbies are sewing, socialising, listening to music and writing letters. All letters should be written in English. Please send photos.

Cynthia Wessels

P O Box 12, Balgowan 3275

Dear Upbeat

I am a girl of 15. I would like to correspond with girls and boys of 15-18 from all over the world. My hobbies are reading novels, watching movies, going to church and singing. My favourite artists are Rebecca Malope, Maria Carey, Sea

Bee, Boys 2 Men and All for One. I will reply to all letters written in English or Zulu. Please send photos.

Noluthando E Mshengu

NORTHERN TRANSVAAL

P O Box 257, Nebo 1059

Dear Upbeat

I am a girl of 17 years old. I would like to correspond with boys and girls of 18-24 years old. My hobbies are reading magazines, playing tennis, watching television, running and acting in dramas. I will reply to letters written in English and Sotho.

Patricia Nkademeng

P O Box 1338, Phalaborwa 1390

Dear Upbeat

I am a girl of 18 years old. I would like to correspond with girls and boys from all over the world. My hobbies are listening to music, watching television, playing tennis and reading. I will reply to all letters written in English.

Charmaine Mathebula

P O Box 622, Ximhungwe 1281

Dear Upbeat

I am a guy of 22 years old. I would like to correspond with boys and girls of 18-20 years. My hobbies are watching television and playing soccer. My favourite artists are Clarence Carter, Bob Marley and The Jazz Ministers. I will reply to all letters written in English, Afrikaans and Shangaan. Photos are welcome.

Edwin Mokoena

NORTH WEST

260 Zone 1, Ga-Rankuwa 0208

Dear Upbeat

I am a girl of 14 years old. I would like to correspond with girls and boys of all ages from all over the world. My hobbies are writing, watching television and swimming. My favourite artists are Maria Carey and Janet Jackson. All letters must be written in English.

Lerato Mabouoane

P O Box 39, Atamelang 2770

Dear Upbeat

I am a girl of 17 years old. I want penfriends from all over the world. My hobbies are listening to music, watching television, going to church and singing. Please reply in English. Photos are welcome.

Evans Seodi

P O Box 15, Swarteruggens 2835

Dear Upbeat

I am a boy of 14 years old. I am looking

for penfriends of between 13-17 years. My favourite artists are Silk, Boys 2 Men, Atlantic and The New Kids on the Block. I will reply to all letters written in English. Photos are welcome.

Elvis Molefe

P O Bapo 2, Phokeng 0316

Dear Upbeat

I am a boy of 18 years old. I am looking for penfriends from all over the world. My hobbies are reading and listening to music. Please write in English, Tswana, Zulu, Sotho and Swazi. Photos are welcome.

Lesley N Ndaba

ORANGE FREE STATE

1663 Rubisana Street, Bloemfontein 9323

Dear Upbeat

I am a boy of 15 years old. I want penfriends from all over the world and they should be 15-20 years of age. My hobbies are playing basketball, listening to rap music, reading and writing.

Aubrey West

WESTERN CAPE

36 Dahlia Road, Lentegeur, Mitchell's Plain 7785

Dear Upbeat

I am a girl of 17 years old. I would like to correspond with girls and boys between 16-20 years of age. My hobbies are swimming and dancing. My favourite artists are Tevin Campbell, All for One and Boys 2 Men.

Jolene Steenkamp

6 Waterford Avenue, Lotus River 7945

Dear Upbeat

I am a girl of 13 years old. I would like to correspond with girls and boys of 13-15 years. My hobbies are swimming, reading and dancing. My favourite artists are Tevin Campbell, Toni Braxton, Maria Carey and Salt and Pepper. I will reply to all letters written in English and Afrikaans.

Mel Nicholson

4 Brookside Court, Pollux Way, Ocean View 7977

Dear Upbeat

I am a girl of 15 years old. I would like to correspond with girls and boys of 14-17 years. My hobbies are listening to the radio, reading and caring for animals. My favourite artists are Tony Braxton, Tevin Campbell and All for One. I will reply to all letters written in English. Photos are welcome.

Dawn Francke



ENTER THE
SURF MICRO
DRAMA
FESTIVAL AND
WIN BIG
PRIZES!

If you're aged 16 - 25 and dream of being an actor, read on...

- Do you live in Gauteng or KwaZulu Natal?
- Join us and put on a play.
- Drama competition runs from Feb - June '95.
- Great chance to work with famous South African theatre personalities.
- Finalists and winning play to be shown on CCV.
- Amazing prizes to be won worth R45 000!
Including R10 000 for the community of the winning play!

So keep a lookout for more about the Surf Micro Drama Festival in your local newspaper or at your school or community hall.

For more details telephone Surf Washline on 0800-334454 toll free.



WELCOME TO THE BRIGHT
NEW WORLD OF SURF.

FEBRUARY - JUNE 1995

PATH TO BRIGHTNESS
COMPETITION

Love that faded like dew

'I love you'
It was good and sweet
The love that flourished like stars
That twinkled in darkness
That beautified the garden
That magnified my heart.

But now, it's over
Love is bad and sour
It has faded like morning dew
It has crumbled like bones in the mouth
And disappeared like smoke into thin air.

Tonny Maluleke

DROUGHT

Is it natural or man-made?
Is it a passing cloud or is it here to stay?
If it's passing by, when will it go?

People, animals and plants are dying
Hunger is striking out at all life
Rivers, streams and dams are drying up
Why is this happening?

Water rationing has been introduced
Water saving tips are being implemented
Drought relief hand-outs are issued
When will this come to an end?

Our landscape has become a terrible sight
Dried vegetation and bloated bodies
Starving dogs and skeletal animals
Dead carcasses lying around
This unbearable picture is the work of the dreadful, destructive drought.

Gugulethu Maphosa

Anyone can become an Upbeat creative writer or artist. Just put your poem, story or picture on paper and send it to: Upbeat Voices, P O Box 11350, Johannesburg 2000.

If your work is published in Upbeat, you will receive R20, so don't forget to include your name and address on your work.

A HAPPY FRIENDSHIP

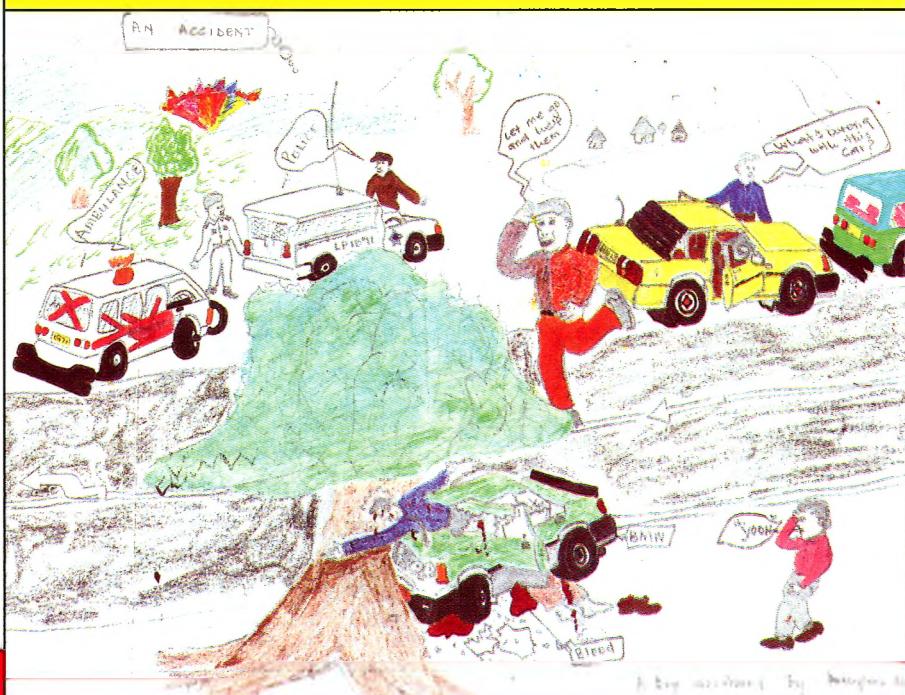
Friendship is a priceless gift
That someone cannot buy or sell
And its value is far greater than
A mountain made of gold
For gold is cold and lifeless
It can neither see nor hear.

And in times of trouble
It is powerless to cheer
It has no ears to listen
No heart to understand
And cannot lend a helping hand.

So, when you ask God
For a gift
Be thankful if he does not send
Diamonds, pearls or riches
But the love of a real
True friend.

Isabelle Stuart

A big accident
Illustration by: Douglas Pontsho Makhubedu



Mr Mandela

Do you know how great you are?
You are important to everybody
Not only to the people of South Africa
But to everybody in this world.

You resisted and removed the spears
The spears which were thrown to keep us from our freedom
Our freedom which is our victory

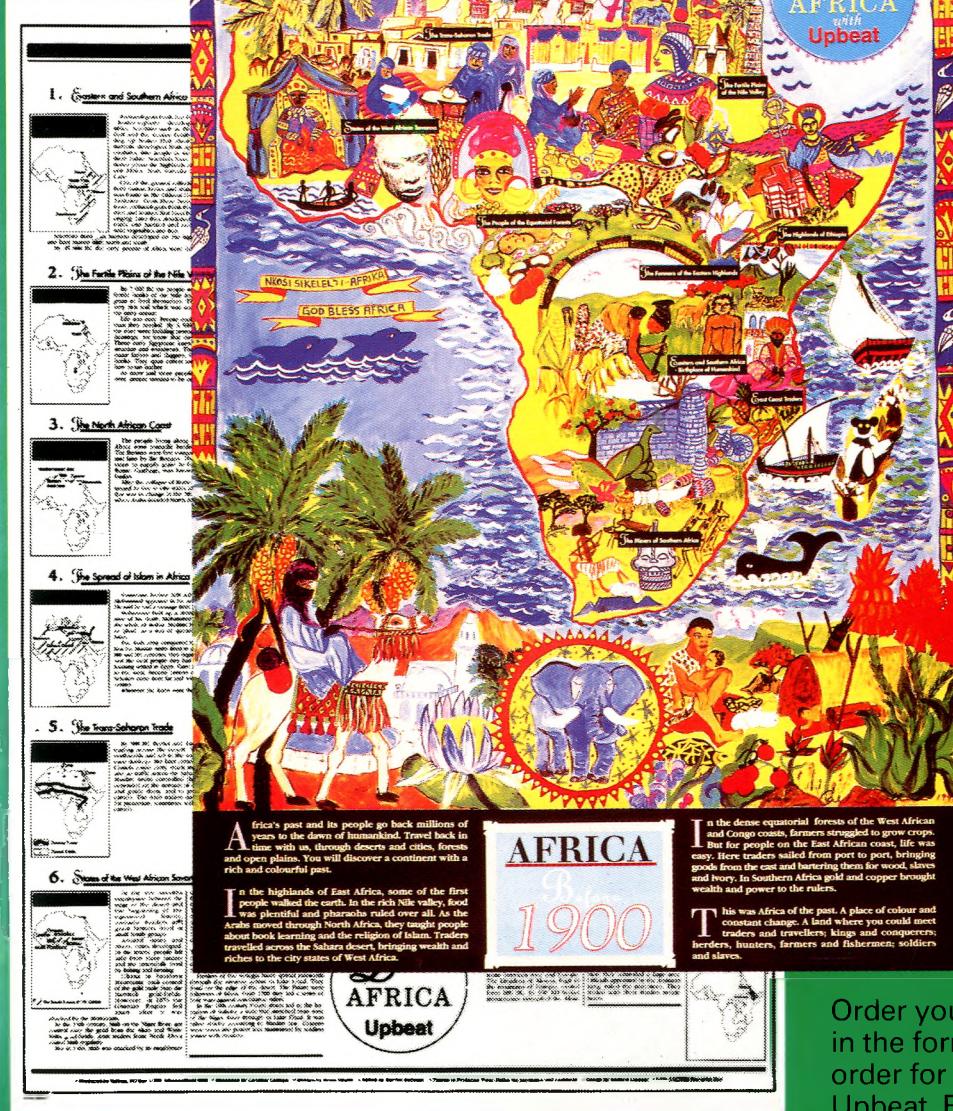
You led us from a deep hole
A dark, loveless hole
You brought the sun into our lives
You are a true leader.

You are not only a president
But also a father
A father of all nations
Who fought for all people.

In return
We honour you
We respect you
And we follow you.
Monica Mojaki

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.

▲ This colourful poster by well-known artist, Caroline Cullinan, will brighten any wall.

▲ Easy-to-read information on the back tells you all about Africa's past and its people.

Order your map now. All you have to do is fill in the form below and send a cheque or postal order for R27,95 to:
Upbeat, P O Box 11350, Johannesburg, 2000.

ORDER FORM

MAIL TO:

Upbeat
P O Box 11350
Johannesburg
2000.

Please send me Discover Africa poster/s.

I enclose a cheque/postal order for R

Name

Address

Code

Tel:

STRIKER

STRIKER

STRIKER

STRIKER

STRIKER

STRIKER

STRIKER

UPBEAT SOCCER HEROES



NestléTM
DAIRYMAID
STRIKER



CONDENSED MILK FLAVOUR MILK ICE

**MARKS
MAPONYANE**

ORLANDO PIRATES
CAPTAIN AND
MEMBER OF THE
SOUTH AFRICAN
NATIONAL
SOCCER SQUAD.