

RSA R2-30 (VAT Included)  
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DECEMBER 1994 / JANUARY 1995 • NUMBER

11

# UPBEAT

*The magazine for youth on the move*

**THIS ISSUE**  
**GRAB TV'S**  
**BONGANI**  
**ZINDELA**

**NEW BOOKS**  
**4-PAGE SPECIAL**

**YOUTH & GUNS**

**THE SLAVES**  
**- NEW BAND**

THE CAPE TOWN  
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ISSN 0257-8697



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# a bag full of smiles



**UPER PACK**

**Double Cheese**

**willards**

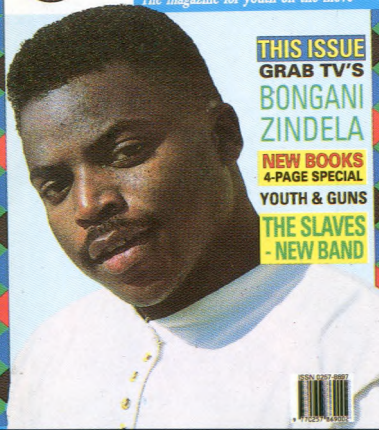
**Cheese Curlyz**

**REAL CHEESE SNACK**

Cheesy, very cheesy.  
Curly, very curly.  
And munchy, very munchy.  
Enjoy some soon – very soon!

**willards**





**THIS ISSUE**  
GRAB TV'S  
**BONGANI ZINDELA**  
**NEW BOOKS**  
4-PAGE SPECIAL  
**YOUTH & GUNS**  
**THE SLAVES**  
- NEW BAND

The magazine for youth on the move

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.

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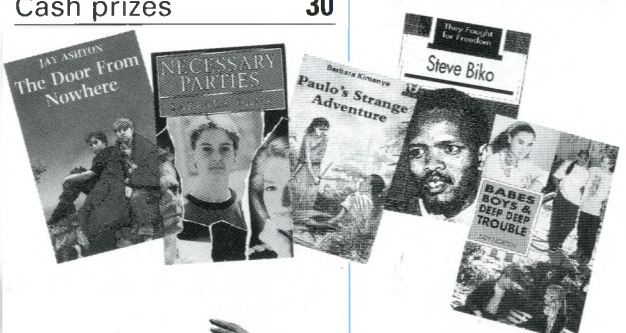
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## Dear Readers

It's the end of a big year for all South Africans. April saw all of us rejoice and celebrate as Nelson Mandela became the first president of a free South Africa.

But it has also been a difficult year. 'What's the use of freedom if our daily lives are ruled by guns?' This issue is explored in our feature 'Guns - what's to be done?' on page 4.

But the youth of our country continue to believe in the future. Read about how young people in Wattville, are using their talents to brighten up their own neighbourhood on page 30.

Now it's holiday time and Upbeat is packed with fun reading, games and lots of information on great holiday reads. So put up your feet and enjoy your well earned break.

We wish all of you a happy and peaceful holiday. Thank-you for your support in 1994.

*Mindy*

## A BIG THANKS TO ALL OUR ADVERTISERS!

Upbeat staff and readers value your support immensely. We look forward to a productive relationship in 1995.

### UPBEAT NO. 1 1995

Look out for the new-look, new Upbeat for a new South Africa in March next year.

Upbeat/Plusplan competition winners will be announced in Upbeat No 1 1995.



Photograph by Cedric Nunn

## A new play THE NEW SOUTH AFRICA

*The cast of 'New South Africa' waiting for the curtain to go up.*

*Performed at Avondale Girls' High School in Johannesburg.*

**Vusi Mokoena's** first play, *The New South Africa*, starts with scenes from the terrible days of apartheid. A political activist has been killed by the police. Mourners are told that freedom is just around the corner. The play moves on to the days of negotiation and the first democratic elections. Politicians promise jobs, houses, electricity and good education.

The message of the play is that violence, joblessness and other social problems will not disappear overnight. Everyone needs to help rebuild our country, especially the youth. The strongest thing about this play is its message. The actors need more training as at times we could not hear them. The actors also need to become more confident if they plan to take the play on a tour. ◀



# PROJECT NOAH'S ARK

The **Johannesburg Zoo** is part of an international programme called Project Noah's Ark. The project aims to save rare animals and birds. Through this project, conservationists are sending endangered animals to other parts of the world. They hope that by doing this they will prevent the animals from disappearing altogether.

The animals that the Johannesburg Zoo is expecting are from the Middle East. They are arriving on an aeroplane.

There are four kinds of antelope, a pair of striped hyena, desert wolves, sand foxes, Somali wild asses and Negev leopards. The birds that are flying in are the Egyptian vulture and the lappet-faced vulture.

The zoo is building a special habitat for the 11 endangered species to live in. If you would like to find out more about this project, or if you would like to donate some money to the project, contact Jeunesse on (011) 803-9750. ◀

## Bursaries for young artists

The **Daljosafats Arts Foundation** in Paarl is offering bursaries to eight young artists from anywhere in the country. These bursaries will give young people a chance to live and work with the artists of Daljosafats for three months. Bursary winners will stay in furnished cottages for free but they will need money for food and other expenses. They will

have a studio to work in and will be able to use facilities for painting, graphics and sculpture. The bursaries are for artists over 18 years old who have had some training.

For more information you can contact Andrew Olivier at the Daljosafats Arts Foundation, P O Box 2642, Paarl 7642.

You can also telephone Andrew on (02211) 627 225. ◀

UPBEAT  
READERS'

# TOP 10

- 1 *I'm Ready* by Tevin Campbell
- 2 *If you go* by Jon Secada
- 3 *I swear* by All 4 One
- 4 *Breathe Again* by Toni Braxton
- 5 *I'll make love to you* by Boyz II Men
- 6 *Your body's calling* by R. Kelly
- 7 *Can we talk* by Tevin Campbell
- 8 *Without you* by Mariah Carey
- 9 *Back and Forth* by Aaliyah
- 10 *Doggy dogg world* by Snoop Doggy Dogg

## COMPETITION TIME

**10** lucky Upbeat readers can win a copy of the latest Phuzekemisi cassette. Just write the names of your top ten songs and the musicians who perform them. Send your answers on a postcard to: Upbeat Top Ten Music Competition No. 9; P O Box 11350 Johannesburg 2000.  
**Closing Date: 15 March 1995**

## COMPETITION WINNERS

### Top Ten No. 7:

Lawrence Mudau, Chiawelo  
A.A. Melamu, Delareyville  
Puleng Motsepe - Mabopane  
Lerato Phetla - Garankuwa  
Shalina Rajkumar, Mandini  
Zwelibanzi Mabaso, Bethlehem  
Evelyn Pheto, Northam  
Selina Mehlahe, Sovenga  
Rueben Masina, Daveyton  
Patience Marwane, Kuruman

### Reggae/Ragga Competition:

Patrick Kobane, North West Province  
Sibongile Simani, Mdantsane  
Naseera Seedat, Lenasia  
K.A. Kramer, Port Elizabeth  
Theodore Magazi, Gugulethu

Sizakele Sibiya, Spruitview  
Francis Modiga, Atteridgeville  
Robert Beukes, Lotus River  
Clement Filand, Vredendal-North  
Prince Sejake, Virginia

### Teenbeat Julius Caesar competition:

Elsie Mokoena, Voltargo  
Walter Mafoko, Sekukhune  
Mandla Morare, Tembisa  
Baskiet Siku, Colesburg  
Harris Maluleke, Giyani  
Lucas Mokobi, Raditshaba  
Nkhathutsheleni Netshitenzhe, Venda  
Esther Seleko, Schweizer-Reneke  
Victoria Sage, Giyani  
Moses Moreku, Katlehong

## TEACHERS!

**Take a break and enjoy your holiday!**

**There is no teacher's guide with this issue of Upbeat.**

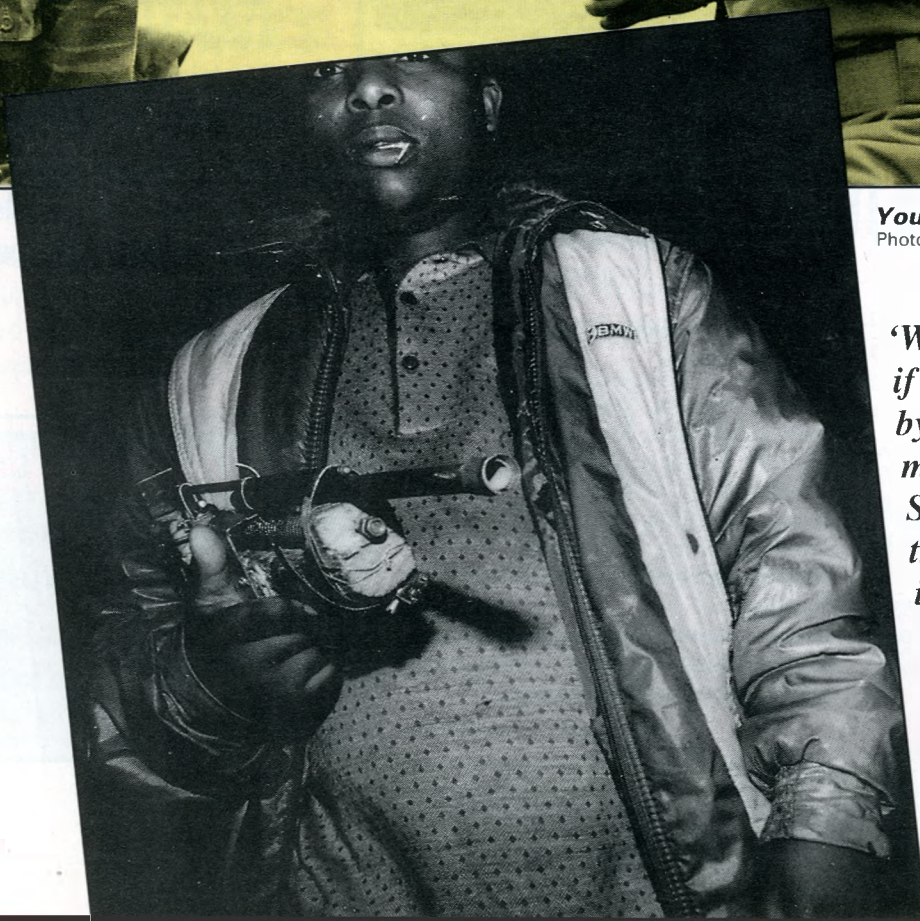


**YOUTH**

# A CULTURE OF



**Young boys like to copy their elders**  
Photograph by Henner Frankenfeld.



*'What is the use of freedom if our daily lives are ruled by guns?' This is a question many people in the new South Africa are asking themselves. Upbeat investigates.*

**Natal 1990. A young person defending his home with a home-made gun.**  
Photograph by Guy Tillim



# GUNS

## What can we do about it?

**South Africa's past** and present are full of bullet holes. From 1652 the Dutch and, later, the British used guns to get land and establish their control over the local people. The Cape administrators used their guns to enforce their laws. But the people they ruled were not allowed to own guns. Under the laws of apartheid, any black person with a gun was a criminal.

George Biya of Phiri in Soweto is President of the Azanian Youth Organisation. He says, 'All people should have the right to own a gun. Historically, whites used guns to protect themselves and their property. But that changed when we began to get guns from outside the country. This

helped black people to liberate themselves.

'The new constitution says that everyone has a right to life,' George continues. 'But the police admit that they cannot protect everybody. Owning a gun does not make you into a killer. Guns are for protection.'

But in the past few years, more and more guns have flooded into our country. Guns

and violence became the way to solve any conflict.

Nowadays people use guns to sort out business problems like taxi routes and to solve personal and political fights. Criminals use guns for crimes such as robbery or rape and to hi-jack cars. Students use guns to threaten teachers or to end arguments with other pupils. People use guns for self-defence. And many young men use guns as a symbol of status and power.

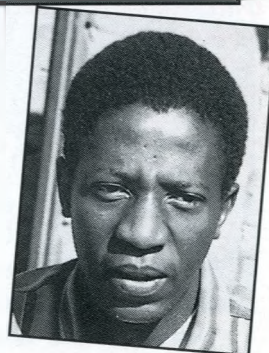
Sipho Molefe, a Soweto youth, says, 'I live as if I am already dead. I feel that any of my friends could pull the trigger any time'.

Tracy Viennings from the Institute for the Study of Violence says, 'For people who have no political, social or economic power, violence and guns are an easy way to get power. Students in schools are heavily armed. This means that any conflict can turn into a serious situation. The problem of how to get guns and other weapons out of schools is a very big one.'

At one school in Soweto, the gun problem is so bad they asked the Institute for the Study of Violence for help. But students refused to leave their weapons at home. They said that they were scared of being attacked on their way to and from school. In the end they

agreed to lock up their guns in a safe during school hours.

Theko Morake of Soweto thinks that people had good reasons for keeping guns in the past. 'But,' says Theko, 'times have changed. Civil defence units used guns to protect people in their area. But now guns are used for crimes like house-breaking and car theft. Most youths say they need guns to protect themselves but they end up terrorizing the community.'

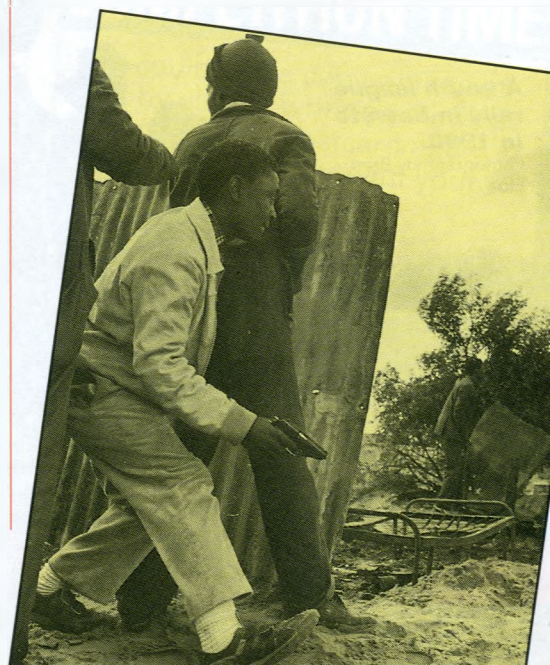


**Theko Morake: 'Youth terrorise the community with their guns.'**  
Photograph by Kagiso Bantsi

**To page 6**

**A young boy helps defend his home from attackers in the Cape in June 1986.**

Photograph by Guy Tillim



**George Biya: 'All people should have the right to own a gun.'**

Photograph by Kagiso Bantsi



# A CULTURE OF GUNS

## What can we do about it?



**Lineo Radebe: 'The main gun-toting elements in our society are the youth - mainly boys'.**

Photograph by Kagiso Bantsi

Lineo Radebe agrees that the youth are abusing people with their guns. She says, 'The main gun-toting elements in our society are the youth - mainly boys. And they are perpetuating violence. Young girls are the main target of their guns.'

Usually youth with guns do not attend school. Often they are under the influence of drugs. If something is not done soon, there will be total chaos

in the townships.'

Some people feel that all guns should be banned. 'Guns are a threat to our community,' says Phakamile Zwane. 'I think there should be house-to-house searches throughout the country,

including the suburbs, to remove all guns from our community.'

Marshal Moumakwe, co-ordinator of the Peace Corps project in Daveyton, agrees with Phakamile. He says, 'I don't believe there are many young people who carry guns just for self-defence. Anyway, if you have a gun and you are attacked by a group of thugs, your gun will not help you.'

He thinks that people need to look for ways to make our society work. He says that the Wits-Vaal Peace Secretariat in Daveyton has started a project which has almost stopped violence in the area.

Marshal explains how the project works. 'We tried to involve youth from every organisation, IFP, ANC, PAC, churches and the civics. About 200 young people met. They got to know each other and they started doing things together. They worked together so well that the ANC youth were able to monitor elections inside an IFP hostel. And we have IFP youth attending ANC events.'

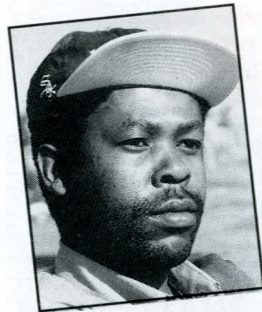
Marshal works with a group of 196 young volunteers in Daveyton. In February this year the group were

trained in mediation, conflict resolution, and first aid. Now they are helping the police keep peace in their township.

Marshal describes their duties. 'We patrol the area in cars. We make sure that people can see us. We wear yellow-green bibs and we carry identity cards. We never carry weapons. People respect us because we are not armed. Sometimes they listen to us when they will listen to no-one else, not even the police.'

'We patrol with the police as they are totally overworked. They cannot follow-up on problems like family violence. So we try to take over these things. We are also asked to monitor marches and other public events.'

Marshal firmly believes that if your community trusts you, your chances of stopping violence are much better if you do not carry a gun.



**Phakamile Zwane: 'There should be house-to-house searches to remove all guns from our community'.**

Photograph by Kagiso Bantsi

### A youth league rally in Soweto in 1990.

Photograph by Brett Eloff



### Help build a safe and peaceful South Africa.

If you know anyone who has a gun, or if you have a gun yourself, why don't you join the campaign to stop violence? To find out more about the gun free campaign you can telephone:

#### Johannesburg:

Sharon Trail: (011) 787-5432 or  
Rev. Lawrence Smith: (011) 455-2600

#### Cape Town:

David Newby: (021) 22-2744

#### Durban:

Jane Argall: (031) 29-8593

## New Words

**administrators (n)** - people who run the government

**terrorizing (v)** - making people very frightened

**perpetuate (v)** - to make something carry on

**chaos (n)** - disorder, confusion

**monitor (v)** - to check, to make sure that everything is working smoothly



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## SLAVES

FREE  
AT  
LAST

*Lucky Dube's band, Slaves, have parted ways with South Africa's reggae king.*

*Now they are going through big changes. They have changed their name from Slaves to Free At Last. They have also just brought out their first album with the same name.*

**Upbeat caught up** with Free At Last to find out more about the changes to their lives. We asked the band who their new leader is. The band answered with one voice. 'We are a democratic band. We do not need a leader because it could give him a false sense of importance.'

The band said they decided to go it alone because they wanted to do their own thing.

'Lucky Dube was like a mother to us. He looked after us until we could look after ourselves. Now it is time we controlled our own

affairs,' Free At Last told Upbeat with great confidence.

The band has great, talented musicians. Every member of the band helps to write their songs. Vuli Yeni, one of the band, was in exile for twenty years. He has been to most African countries. His experience in these countries influences the music Free At Last play.

Their first album has a mixture of African, Jamaican and Western songs which all make for good dance music. 'We sing about everything from love, to the environment and our experiences in life,' say Free At Last. 'Take a song like 'Senzeni,' for example. We use it to condemn violence. We ask why people are killing each other.

**Lucky Dube's band, Slaves have changed their name.**

Photograph by William Hlanze

'We are inspired by great reggae musicians like the late Bob Marley. Jah is our god and we thank him for what we are. We are not in the music business to get rich. Rather, we want to share our music with the people.'

Free At Last's greatest wish is to take their music to the people. So look out for them in townships all over South Africa. ◀

## COMPETITION TIME

You could win a copy of Free at Last by simply writing your best ten songs on a postcard and sending it, together with your name and address, to:

**Upbeat,  
Top Ten Competition No. 10,  
P O Box 11350,  
Johannesburg 2000.**

**CLOSING DATE: 15 MARCH 1995.**

*Have a break...have a Kit-Kat®*





# LIFE IN *Namaqualand*

*This month Upbeat visited Namaqualand in the new Northern Cape Province. Here, we met 14-year-old Petro Alley who told us about his life in Steinkopf, a tiny town in the middle of dry Namaqualand.*



▲ Petro Alley in front of his Steinkopf home.

Petro with his mother and little sister Filbe-Jean. ▼



**'I have two brothers,'** Petro told us. 'I also have a very lovely baby sister. My father is the principal of Johan Hein Primary, in the small, rural community of Kuboes. My mother is a teacher too. But at the moment she works in our home.'

### SCHOOL IN STEINKOPF

'There are two schools in Steinkopf', says Petro. 'There is a primary school and the high school which I attend.' Petro is in Std 7 at Steinkopf Secondary School. He is a creative student who enjoys needlework. He likes to design clothes and embroidery patterns.

Petro says, 'I think that pupils must feel free to choose whatever subject they wish to do - it should not matter what sex you are. I wish we could do subjects like drama, art, gymnastics, ballet, music and computer courses at my school.'

The people of Namaqualand are scattered so most children stay in the school hostel during term time. They only go home at the end of each month.

Petro's school is also used for classes for illiterate adults. 'Some people attend these classes. But many people are too shy to admit that they can't read or write,' says Petro.

### FREE TIME IN STEINKOPF

Steinkopf is such a small town, there are no cinemas, sports stadiums and there is no swimming pool, but still Petro enjoys living there. When Petro is at home, he watches television or does his needlework. He says, 'When there is nobody around to disturb me, I get the sewing machine out and create whatever design is in my mind.'

Petro also enjoys spending time with his friends. 'I belong to a Christian students' organisation called ACS,' says Petro. 'Every Sunday evening we come together to sing and worship. Each year the ACS holds a camp in a different part of the country. So we get to travel around, too.'

But Petro says there are problems in Steinkopf. 'Many people complain that they are bored here. So they drink and smoke dagga. There are also no jobs and nowhere for people to learn new skills.'

### PETRO'S PLANS

Petro is very proud of his schoolteacher parents but he has other career plans for himself. He says, 'There is a challenging world outside Steinkopf, with lots of opportunities waiting to be explored. I hope to start my own business some day when I have enough money. I would also like to study law and become an attorney when I finish school.'





## STEINKOPF - THE TOWN

About six to seven thousand people live in Steinkopf. There are just a few cafes and some mobile shops. The only big building is the community hall. Apart from this, there are the two schools and a home for the disabled.

Steinkopf is next to a main road that stretches between Cape Town and Namibia. Springbok is the closest large town where people do their monthly shopping. People who don't have their own transport, catch taxis to get there.

**Top:** In 1924 the Steinkopf school was in this 'Matjieshuis' or rondavel.

**Inset:** This stone wall still stands in Steinkopf today.

there is a Nama choir that only sings in Nama.

In 1909 Steinkopf was declared a 'coloured reserve' by Queen Victoria of England. It was one of seven such reserves in Namaqualand. This has meant that until very recently only 'coloureds' lived in Steinkopf.

Steinkopf was first called Kookfontein because there was a hot-water fountain in the area. But in the early 1800's German missionaries moved into the area. They named the town Steinkopf. ◀

## THE REGION OF NAMAQUALAND

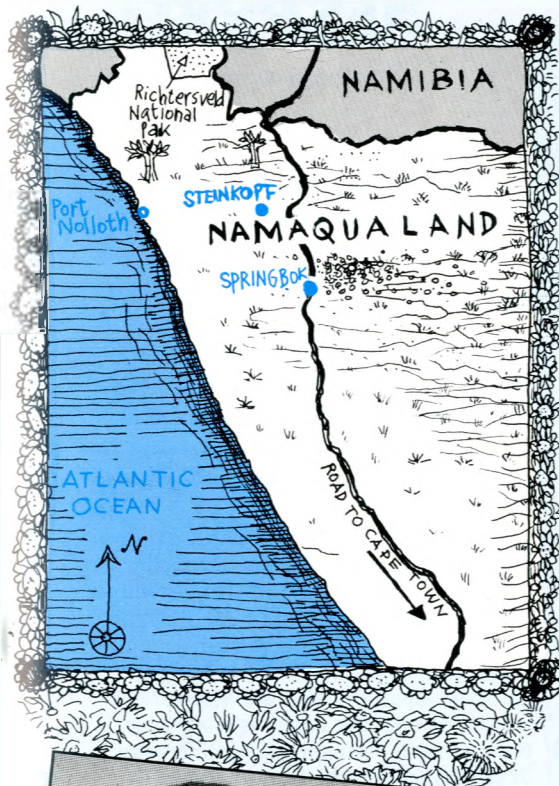
Namaqualand is an arid area with very little rain. There are very few trees and hardly any grass. The main vegetation is small bushes. The biggest river in the area is the Orange River which forms the boundary between Namibia and South Africa.

Most people are farmers. They keep a few cattle and sheep. Some people grow grain. In the past, many Namaqualand farmers moved from place to place, looking for water and grazing for their livestock.

There are very few jobs in Namaqualand. There are only a few mines where people can find work. The mines are far apart so workers return home only on weekends.

## HISTORY

Many years ago the Namas and the Khoi-San people lived in Namaqualand. They spoke the Nama language. A few people in Namaqualand still speak these languages. In Steinkopf



**Petro the sewing machine operator.**

## New Words

**illiterate (adj)** - people who cannot read and write

**arid (adj)** - very dry

**vegetation (n)** - plants

**boundary (n)** - a line marking the edge of something

**livestock (n)** - animals that people farm

**reserve (n)** - an area that is set aside for certain people to live in

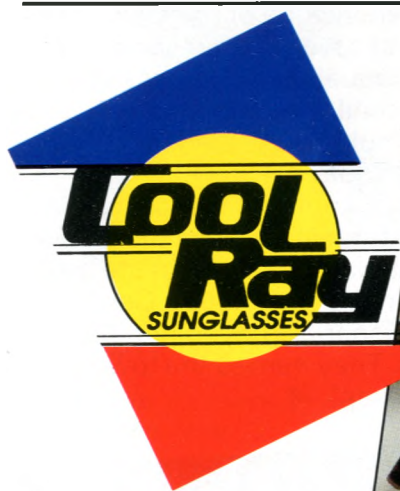




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**There are three kinds** of ultra-violet ray. UV-A rays tan your skin. UV-B rays burn or blister your skin, they can also damage your eyes and give you skin cancer. UV-C rays do not naturally reach the earth's surface so they cause no problems.

South Africa's young people spend many hours outdoors, walking, socializing and doing sport. Research

shows that people spend more hours in the sun when they are young. In fact, by the time you are 18, you will already have had about 50% of all the sun exposure that you will get for your whole life. This means that young people's eyes and skin are at great risk.

The ozone hole which is lying over the southern hemisphere has increased in size by 60% in the last ten years. Our skins are absorbing more ultra-violet radiation than ever before.

Ultra-violet rays can damage the retina of your eyes. In young people the retina is more open and exposed than in older people, so their eyes can more easily be damaged by the sun.

Many sunglasses manufacturers make a big noise about protection from infra-red rays. But these are not the really harmful rays. In any case nearly all sunglasses are able to absorb these rays. So if you want to protect your eyes for life, it is much more important to choose sunglasses which absorb the ultra-violet rays.

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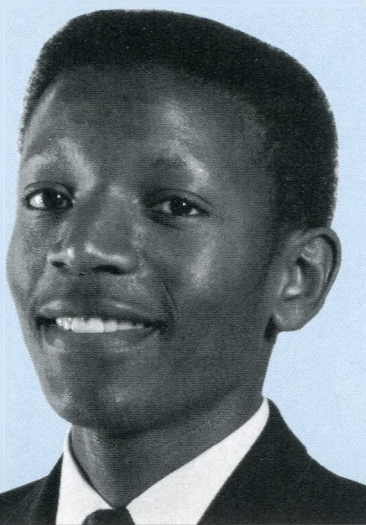


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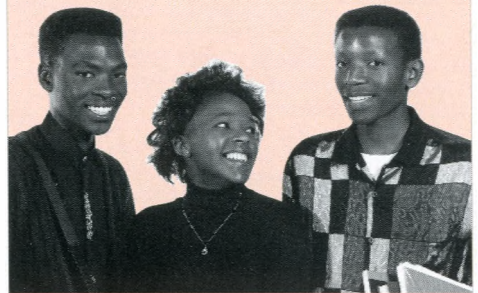
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# Streetball

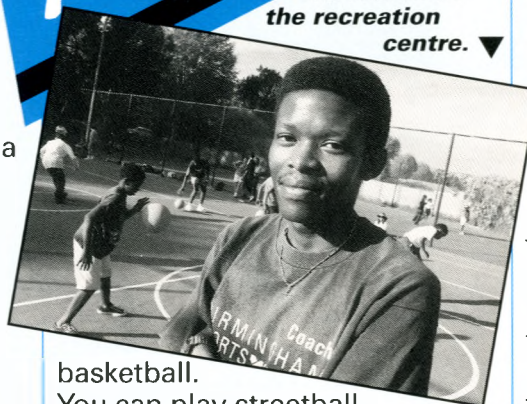
*Lots of people kept telling Upbeat about a new sport called streetball. But no-one could tell us exactly what it was or where people played it. So we decided to find out for ourselves. And that is how we met Tebogo Rankoe.*

**Tebogo holds** a masters degree in Sports Science from a Cuban university. At the moment he works for the Johannesburg City Council's Department of Recreation and Sport. His job is to teach young people how to play streetball.

When we found Tebogo, he was out in the hot sun, explaining the game to a group of young people. 'The great thing about streetball,' says Tebogo, 'is that you can play it anywhere. All you need is a pole with a basketball net and a ball. It doesn't need an expensive court so anyone can play it.'

'Streetball is also easy to play. It is less serious than

A new game for ALL



basketball. You can play streetball with two or three people on each side. With basketball you need a team of six people,' Tebogo told Upbeat.

The young coach quickly arranged a game to show us what streetball is all about. The game had three players on each side. The player with the ball tried to outrun his opposition. He needed to get the ball into



**Tebogo Rankoe** takes a short break from coaching streetball at the recreation centre. ▼



▲ Will he get it into the net?

◀ Keen streetball players improving their ball control.

▼ Streetball is a fast, exciting game.

the net before someone took it away from him.

In streetball, players must think fast. They must keep the ball bouncing all the time while they dodge their opponents. The first team to score 21 points or more in ten minutes, wins the game.

Tebogo says that streetball encourages young people to make friends with each other. It also provides young people with something to do, especially in areas where there are few sports facilities. ◀



# SMT

STER-MORIBO

**Robin Givens** stars as Kimberly Jonz, the ace television reporter who breaks the story of Blankman's crime-fighting crusade, in "Blankman," a superhero adventure comedy from Columbia Pictures.



Photo: Nicola Goode



# BONGANI ZINDELA

## THE MAN ON THE GRAB TEAM

**Bongani Zindela** is the confident and funny male presenter on the Grab TV team. It's easy to believe him when he says: 'Whatever I want in life will come to me'. He looks straight at the camera with his clear, smiling eyes. He seems to be at home and relaxed wherever he goes. One minute Bongani is in Cape town interviewing the British reggae group UB40, next he's teasing the girls in a talent contest, then he's laughing behind the scenes with the Grab team. And next, he is right here in the Upbeat offices talking about his busy life.

Bongani has a casual, easy way of communicating and he laughs easily. He has achieved a lot in his 22 years. He started his career as an actor. Working in the theatre was the way that Bongani got into television. He was attracted to acting as a student because of his strong desire for

justice. The first play that he acted in was called 'The sounds of the condemned'. It was a protest against the death penalty.

But he also wanted to include his knowledge of nature and the wilderness in his work. That is why he joined Theatre for Africa. 'They interested me because their plays were about wildlife,' says Bongani. 'My work with them took me back to where I really belong - in the bush.'

Bongani had a tough childhood. 'I grew up on a farm near Umlazi. I lived with my grandmother. We were poor and she was strict. But my tough childhood made me very independent. Hardship made a soldier out of my soul.'

Early childhood in the country gave Bongani a strong interest in wild animals and birds. Of all animals, Bongani has a special love for the elephant. He says, 'The elephant is the greatest beast on earth. I think South Africans could learn a lot about

patience from the wise elephant. With the new government, people want houses, schools and jobs overnight. But we must remember that the best civilizations took hundreds of years to build.'

Although Bongani enjoys working for TV he says that sometimes it feels artificial. This is because the programmes are recorded in a studio before they are seen by the audiences. Bongani feels that there is more chance to use the imagination in radio work. 'With radio, the big challenge is to create a live theatre in the listener's mind. Radio is the real medium of the people. Before this year

ends, I plan to be on the radio' says Bongani.

And with a smile like Bongani's, you can't help believing that he will succeed. ◀

**Bongani talks a lot on TV, but he is also a good listener.**



### New Words

- environment (n)* - the world around us
- civilization (n)* - an organised state
- artificial (adj)* - not real
- opportunity (n)* - chance



# GRAB

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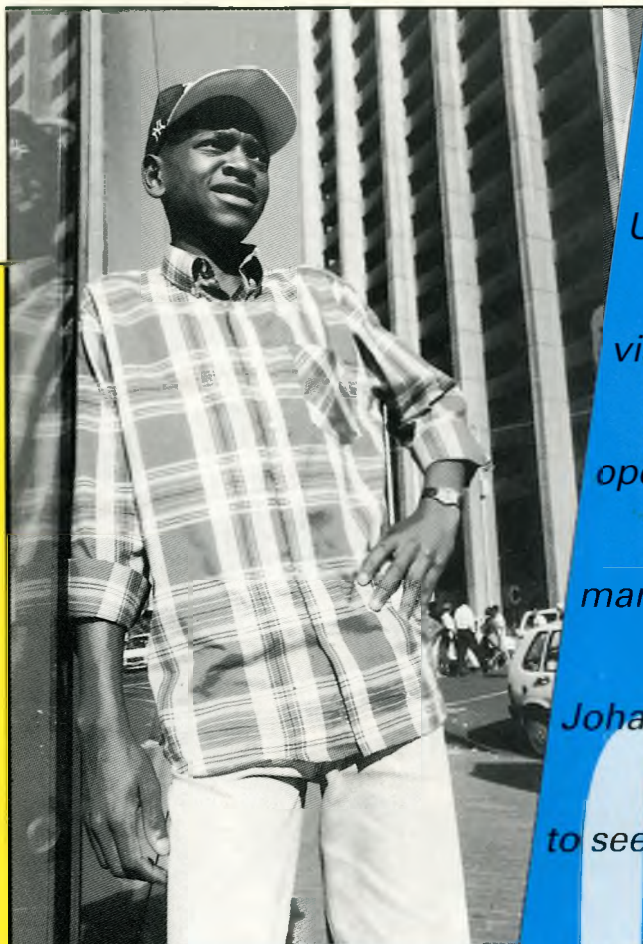
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# KEEPING

STREETBEAT



*Tshepo Mashishi 16*

Today I'm wearing a checked shirt, but usually for hot days I prefer vests, short pants and T-shirts. I am also in love with jeans, they are great for all seasons.

Photographs by Brett Eloff

What's in  
for summer?

Upbeat  
visited some  
open air  
markets in  
Johannesburg

to see how  
people are

keeping cool

over the

festive

season.

*Murida Bennet 25*

(Below right) I like bright colours and fashionable hats for summer. I wear cool clothes like shorts and sleeveless tops. I also wear lots and lots of jeans because you can wear them anywhere and for any kind of weather.

*Bernadette Trompeter 22*

(Below left) I like hot pants, T-shirts, jeans and sleeveless tops for hot summer days. I feel very comfortable and cool in these clothes.



for





### ▲ Orna Malamud 25

I like Brazilian envelope skirts like the one that I'm wearing now. I also like sleeveless tops. I also enjoy wearing shorts and sandals. When I go to the beach I wear bikinis.

### ► Micarla Mcnamara 12

My mom buys my clothes. She knows what is good for me. I like to wear silky, black trousers. With that I put my favourite top, which has tiny little holes in it. But I mostly wear T-shirts. They make me feel cool on hot summer days.

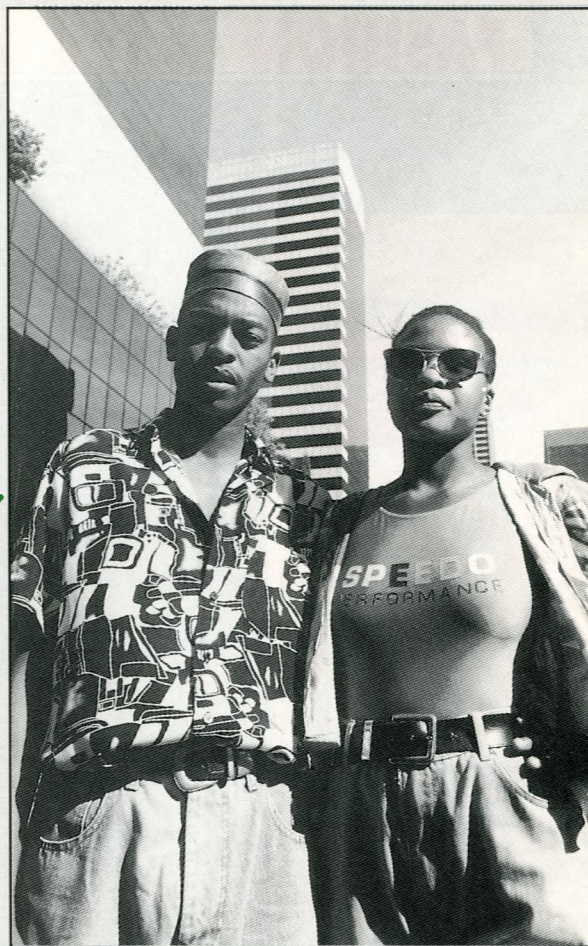


### ▲ Naomi Adams 16

(Above right) I feel comfortable in shorts and sleeveless tops. For my feet there is nothing better than sandals. I need a lot of fresh air all around me.

### Tracy Adams 22

(Above left) My clothes must make me look sexy. Summer clothes are great because they show my body. I like shorts and sleeveless tops.



### ▲ Valerie Magibuko 17

(Above right) In summer instead of underwear, I usually wear swim-wear underneath my clothes. Then I can leave my shirt open. Over this I like loose, big shirts with jeans. At other times I like to wear sleeveless tops.

### Abi Senakgomo 20

(Above left) I like to be casual. I like jeans and shorts and loose bright shirts. I also like T-shirts and sleeveless tops for when it's really hot..



# Summer



**FASHION**



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**Edgars**



Dear Upbeat

I am a girl of 13.  
I have a boyfriend  
who is 19 years old.  
Last year he had  
sex with me. It was  
very painful when he  
penetrated me. I  
asked him to stop  
and he co-operated.  
This year he asked  
me to have sex  
with him again.  
I agreed because  
I thought the  
experience would be  
different. But it was  
the same as before.  
So I refused. After  
some time my boyfriend  
phoned me and said  
the relationship was  
over. I still love him.  
Help me. I don't know  
what to do.

**Upbeat received** this letter some months ago. We were very upset to hear that a young girl of this age was suffering because of her boyfriend. When Pebetse of the Planned Parenthood Association wrote back to the reader, she pointed out that the boyfriend was, in fact, committing a crime - a crime which few young people know about called statutory rape.

### What is the law of statutory rape?

Statutory rape is a special law. It protects young girls and boys from older people. This law says that if someone has sex with a person younger than 16 years, it is a crime.

The law says that it does not matter whether the young girl or boy agrees to have sex. Even if they say yes, it is still a crime. The law says this because the government believes that children under the age of 16 are not responsible enough to decide whether to have sex or not.

Upbeat spoke to Ashley Liss, the director of Childline, about statutory rape. Ashley said that few people are ever charged with statutory rape. But she said people are becoming much more aware of sexual abuse of children. Statutory rape is a type of sexual abuse.

Ashley said that young girls and boys can avoid being pressurised to have sex before they are ready. The best way to do this, is to know about sex. If you know about sex, you will understand what is happening to you. This helps you to say no.

She also said that teenage girls need assertiveness training. 'As a young girl, you must learn to value your body. You must have enough self-confidence to say no to anyone who tries to pressurise you. You must say no to people who encourage you to have sex before you are ready for it.'

# STATUTORY WHAT

By Debra





# RY RAPE IS IT?

**Watson**



'I think that it is very important that girls know their rights. After all, if they fall pregnant, the boy can just run away but the girl is left with the baby.'

It is very difficult to keep control of situations, especially if you have a relationship with an older person. But try to follow Ashley's advice. Be strong. Don't let anyone pressurise you into doing things you don't want to do or things that you don't feel ready for.

**Upbeat asked some readers what they think about statutory rape. This is what they told us:-**

**Phumla November (14)**

The choice to have sex should be left in teenagers' hands. But if they overdo it, the law must stop them.

**Yvonne Gwamba (14)**

The right age to have sex is when you are over 21. You can have a boyfriend and not have sex.

**Edgar Mkhlabi (18)**

Every person has the right to make their own mistakes. The law should not interfere.



**Vusi Shongwe**

The law is right to protect us. We are not well-matured. If the girl gets pregnant, I have wasted her time. In the end I will not be able to provide for the baby.

**Ndondo Maseka (14)**

I didn't know that it was illegal to have sex while you are under 16. The law is doing the right thing to prevent unwanted pregnancies.

**If you have ever had sex with someone and you feel unhappy about it, here are some organisations for you to contact. They will counsel you and offer you help.**

**POWA**

Johannesburg (011) 642-4345.

**Rape crisis:**

Cape Town (021) 479-762,  
Durban (031) 232-323,  
Bloemfontein (051) 476-694,  
Gugulethu - Illitha labantu  
(021) 633-2383.

**Childline:**

Johannesburg 0800055555  
or 484-3044,  
Cape Town (021) 461-1114,  
Durban (031) 303-2222,  
Port Elizabeth (041) 571-997.

## New Words

**statutory (adj)** - something that is written into the laws or constitution of a country

**penetration (n)** - when a man puts his penis into a woman's vagina

**assertiveness (n)** - when you have no fear to say what you think

**pressurise (v)** - to try to make someone do something you want them to do

Illustrations by Francois Smit



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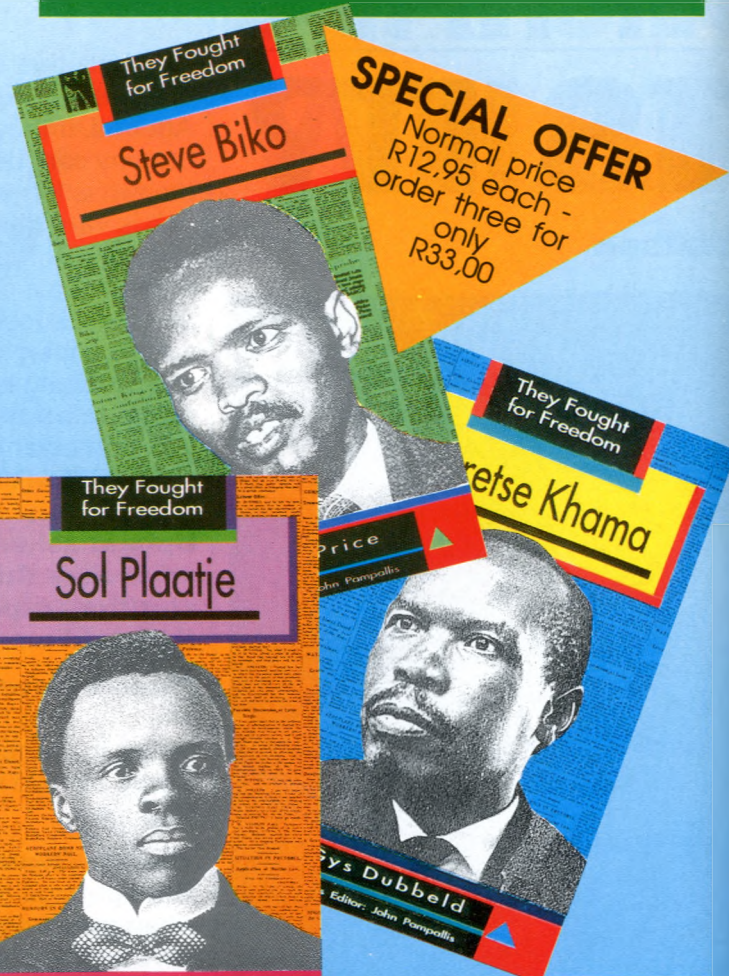
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# TEEN BEAT

## AS SEEN ON TV

## English

Use this learning supplement with the Teenbeat English programmes on SABC from 5 December – 9 December.

Watch it on CCV; Fridays at 15.15 or NNTV; Mondays at 15.30. Try to watch the TV programmes first and then use the supplement. There's lots to read and do!

# BEING A DJ



*Teenbeat spoke to Tim Modise, one of the coolest DJ's on radio. This is what Tim had to say.*

**Teenbeat:** How do you know what your listeners want to hear?

**Tim:** You have to find out how old your listeners are. You have to establish what music they like so that you satisfy their needs.

**Teenbeat:** What is the difference between a talk show and a music show?

**Tim:** On a talk show, people normally talk about a particular subject. Often they ask a guest, who is an expert on the subject to join them. The host or DJ helps to keep the discussion going. And listeners can phone in and air their views. But a music show, on the other hand, is just music. The DJ sits on her own in the studio, choosing songs to play. To do this, you must know a lot about music as well as the performers.

**Teenbeat:** How do you get and keep your audience's attention?

**Tim:** You must think like your listeners. And you have to speak like them, in other words, you must use

colloquial language. You also have to learn to empathise with your audience and come across as one of them.

**Teenbeat:** How important is listening in a talk show?

**Tim:** Listening is a vital skill. To ask relevant questions, you must be a good listener.

**Teenbeat:** How do you deal with different points of view in a talk show?

**Tim:** Different points of view make the programme exciting. You have to be able to tolerate different views. But it is important to remain objective at all times. You must allow for freedom of speech.

**Tim:** You must be a well-balanced character with a warm personality. People must be able to identify with you. You have to be well-spoken and have human compassion.

**Teenbeat:** What advice do you have for up-and-coming DJ's?

**Tim:** The most important thing is to have self-confidence. You must listen to other DJ's and learn to understand the culture of the DJ world. Don't forget to rehearse, rehearse and rehearse. Develop your own unique style. Don't be a copycat!

### WORD LIST

DJ	Disc jockey
colloquial	familiar or informal speech
empathise	to put oneself into someone else's shoes
vital	necessary
objective	to be impartial (not to take sides)
freedom of speech	to be allowed to express personal opinions freely
compassion	pity, sympathy
self-confidence	to be sure of one's self

**T**his learning supplement is developed by **UP BEAT** magazine and sponsored by **ena**

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First with the greatest



# The World of Television

Television is one of the most important mediums of communication. We get information from television by using listening and visual skills.

## Different kinds of programmes

Television is a very popular source of entertainment and information. It can also be used to educate us. Here are some of the different types of programmes that we can watch on TV:

### ► Documentary

A documentary programme is a record of factual events. A documentary can be about being young, politics, the environment, health or sexuality.

### ► Soap opera

A soap opera is a sentimental programme based on domestic and business issues. These programmes are very popular. Examples are *The Bold and the Beautiful* and *Generations*.



Teenbeat presenters on set.

### ► Educational programmes

These programmes are presented in order to educate people. Educational programmes can either be used on their own or as an additional source of information. *Teenbeat* is an example of an educational programme.

### Point of view

Producers of a programme can manipulate the pictures so that they influence how you interpret what you see. The following can be used to do this:

**Words:** What the presenter and/ actor says influences how we interpret what we see. For example, if a presenter says that something is good, we will most probably also think of it as something good.

**Camera angles:** Camera angles can be used to focus on a character or presenter so that they show the person in a particular way. The angle of the camera can make someone look big or small, important or unimportant. This affects the way we think about the person on screen.

**Music:** Music can be used to express joy, sadness, happiness or warn the viewer of coming danger. For example, if a woman takes a shower and there is romantic music, it encourages you to find the scene romantic. You are not surprised when the husband joins her in the bathroom. But if they play

◀ **Venoliah Mashego of Generations.**

### ► Magazine programmes

Magazine programmes give people the opportunity to discuss different events and social issues. Examples of magazine programmes are *Cosmo Life* and *Era*.



Desiree Makote ►  
of *Cosmo Life*.



Alyce Chavunduka  
GMSA news  
presenter.



music signaling danger, you will expect someone to attack her.

**Lighting:** It can be used to make a scene look romantic or dangerous.

A combination of these four elements and the characters in the programme can make it very powerful.

### The effects of television on young people

Do you think that the programmes you watch on TV affect the way you think?

### Visual literacy games:

1. Look at the following series of pictures. Write down the story they tell you.
2. Turn the volume on your TV set off. Can you still follow the story?

First appeared in '*Get the Picture*' by Peter Ranby, published by Maskew Miller Longman.



## CAREER LISTING

To many people, the world of television looks glamorous and exciting. The presenters become well-known and respected and we want to be just like them. Many people are involved in the world of television. The following are some of the people who make productions like *Teenbeat* possible:

### 1. Scriptwriter

Writes scripts to be used in programmes.

### 2. Producer

Creates the concept for a programme, plans the budget and other administrative details, assigns tasks to the people who will be involved in the production and manages the programme.

### 3. Director

Directs the team of workers during production. That includes deciding where the cameraman should focus, whether the script needs changes and so on.

### 4. Camera person

Records the programme through the direction of the director. Also uses his or her own creativity.

### 5. Sound technician

Records the sound during production. He/she also makes sure that the sound is of the highest quality.

### 6. Presenter

Uses the script to present the programme.

### 7. Production assistant

Assists the producer.

### 8. Editor

He/she edits the film into a coherent, logical whole.

### For more information about careers in television, you can write to:

1. The General Manager, Personnel Services, SABC, Private Bag X1, Auckland Park, 2006.
2. The Station Manager, BOP TV, Private Bag X2150, Mmabatho, 8681.
3. The Station Manager, Mmabatho TV, Private Bag X2150, Mmabatho, 8681

Universities and technikons offer degree or diploma courses in Journalism, Drama and Communication.



# Finding the meaning of difficult words

*What do you do when you come across a difficult word? Look it up in a dictionary? That's okay if you are not in an exam room. But don't worry. Here are some other ways of dealing with new words.*

## Prefixes and Suffixes

A prefix is a group of letters with a specific meaning placed in front of a root word:

Take the word discomfort:

dis + comfort  
 ↑        ↑  
 prefix   root word

*dis* is the prefix and *comfort* is the root word.

Many prefixes have specific meanings. If you learn these meanings, it is easier to work out the meaning of a word. For example, *anti* means opposed to, as in anti-nuclear.

## Competition time!

Work out what the following prefixes mean. Send your answers on a postcard to :- Teenbeat Language Game, P O Box 11350, Johannesburg 2000 and you could win a fantastic book pack.

Closing date: 15 March 1995.

PREFIX	EXAMPLE	MEANING
ANTI	Anti-nuclear	opposed to
TRI	Triangle	
CONTRA	Contradict	
HYPER	Hypermarket	
MICRO	Microscope	
TRANS	Transport	

## Suffixes

A suffix is a group of letters that is placed at the end of the word and that influences the function of the word! In other words, suffixes change words into different parts of speech. The meaning of the word is changed.

**For example:** Value + less = Valueless  
                           ↑        ↑        ↑  
                           noun    suffix   adjective

## Practice with these examples:

- Write + er =  
Verb        suffix
- Love + able =
- Harm + full =
- Quick + ly =

## Remember this rule!

If a word ends in a vowel and the next word or letter begins with another vowel, then you must drop the first vowel:  
 eg. write + er = writer

# Festive fun for everyone!

CNA supports Child Welfare in a big way, and this year we've decided to include our customers, and help them to help us give a bit of festive cheer to children not as privileged as we are.

You too can help. Buy a Festive Stocking at CNA for only R9.95 and CNA will donate all the profits to National Child Welfare.

A minimum of R250 000 has already been pledged.

**cna**

*First with the goodies*

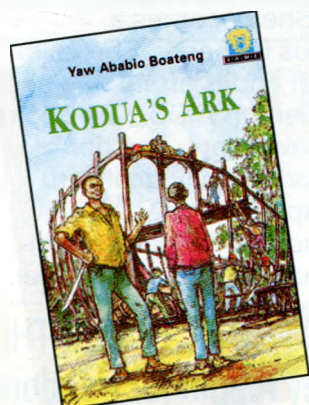
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# Holiday Reading

*There are lots of new, exciting books for young people to read. We asked Upbeat readers and staffers to review them for you. Borrow the ones you think sound nice from your closest library or buy them at a book store.*



**Kodua's Ark**  
by Yaw Ababio Boateng.

Published by Heinemann's Junior African Writers Series.

**Price: R13,40**

*Reviewed by Toboko Molefe*

Kodua's Ark is a very interesting book about life in a West African village. The villagers know everything about their neighbours and gossip a lot.

Kodua is a young man. He is kind and friendly but the villagers treat him like a loser. Kodua feels that there is no

meaning to his life. So he decides to build an Ark. He is determined to make other people think better of him.

You need to read the book to see if he achieves his goal. This book encourages young people to try to reach their goals, no matter how difficult it is. I think pupils between the ages of 12 and 15 will enjoy it.

**United on vacation**  
by Linda Hoy.

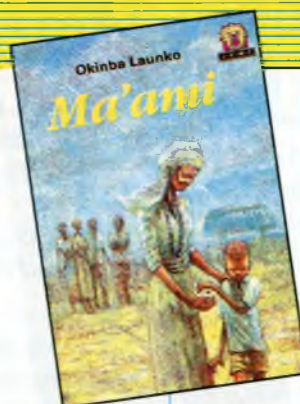
Published by Random House,

**Price: R39,99**

*Reviewed by Jonathan Vaughan*

George is a 12-year-old boy. He is struggling to survive as he has very little money. While he is preparing for a cold winter, George wins a raffle competition run by his favourite football team, Sheffield United. This means that he can go on a sunny vacation to an island. Here he learns more about himself and about life.

Once I started reading this book, I found it entertaining. But it is not very challenging. If you're looking for a quick, lazy read, and if you are a football fanatic, and if you are somewhere between 12 and 15 years old, then this book is for you.



**Ma'ami**  
by Okinaba Launko.

Published by

Heinemann,

**Price: R14,50**

*Reviewed by Mualide De Sousa*

This book is about the daily struggles of a young, single mother and her little boy. I was encouraged by the way the mother managed to keep her little family together. But some of the ways she got food to eat were disturbing. This book is highly recommended for girls between the ages of 13 and 16.



**The boyfriend trap**  
by Mary Hooper.

Published by Walker Books,

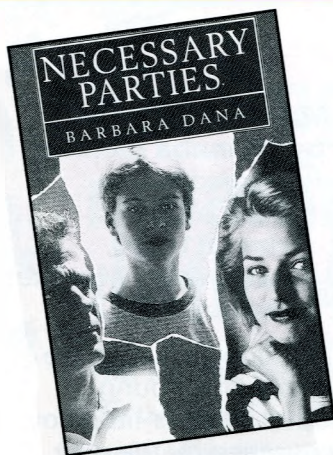
**Price: R39,99**

*Reviewed by Anne McLauchlan*

This book is set in England. A young girl, Terri, goes to visit her older sister, Sarah, in London. Terri thinks that her sister needs a boyfriend. She decides that she will match-make for her sister during her stay. Terri plays cupid with a string of boys. The results of her match-making efforts are definitely worth reading about. Recommended for any teenager who enjoys a good laugh.

**MORE GOOD  
READING  
ON PAGE  
24**





**Necessary parties**  
by **Barbara Dana,**

Published by Oxford University Press.

**Price: R64,90**

*Reviewed by Christine Noko*

This story is about the heart-ache of a 15-year-old boy whose parents are getting divorced. He tries to discuss his feelings with his parents but they don't listen to him. He decides that he needs to influence what is happening to his family, so he goes to the divorce court. The story is about how this decision changes things for his family. I found the book interesting and funny. I strongly recommend it for all young people.

**Mellow Yellow**  
by **Jenny Robson.**

Published by Tafelberg.

**Price: R29,95**

*Reviewed by Joy Sixholo*

This book is about a young street boy named Mess. His dream is to learn to read so that he can read the letter that his mother left him. This book really makes you realise that street children are just like other children. They have dreams and feelings too. Mellow Yellow is a great book. I enjoyed it a lot.



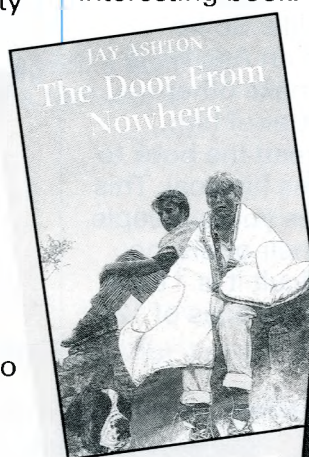
**The Door from Nowhere**  
by **Jay Ashton.**

Published by Oxford University Press.

**Price: R61,39**

*Reviewed by Nomthandazo Malevu*

This story is about a boy named Dylan. He finds out that he is adopted. He leaves home hoping to find his real mother. He goes to Swansea where he suspects his mother is living. There he meets Cerian who promises to help him. The Door from Nowhere is a very interesting book.



**The Poltergeist of Burlap Hall**

by **Virginia Ironside.**

Published by Walker Books Ltd.

**Price: R23,99**

*Reviewed by Godfrey Shilakwe*

The book is about strange happenings at a boarding school called Burlap Hall. Things fly through the air and a ghost haunts the school hostels at night. The headmaster, Mr Fox, believes that Susan, one of the students, is to blame. He decides to expel her from school. But could there be someone else who is to blame? People who enjoy stories that make their hair stand on end will enjoy this book. But I warn you, it could also cause nightmares.



**Babes boys and deep deep trouble**

by **Judy Norton.**

Published by Maskew Miller Longman.

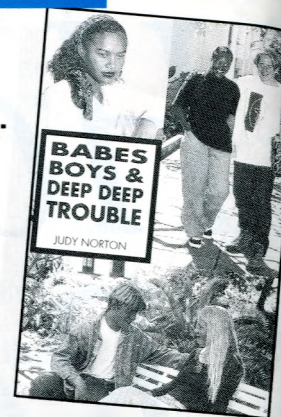
**Price: R23,99**

*Reviewed by Sibongile Nkosi (18)*

This story is about breaking down race and cultural prejudice. It explores the relationship between three girls from different cultural backgrounds who all end up at boarding school in Harare. Jenny is from an English middle class family, Zodwa from a poor Zulu family and Sharleen is from a mixed background.

At first, Jenny thinks that black girls are baby makers and coloured girls are immoral. Her interaction with the other two girls begins to change her views. She begins to turn against the prejudices and beliefs of her family. She becomes a rebellious teenager. She falls pregnant and is afraid that she had picked up AIDS. The book is about how Jenny and her friends and family deal with what happens to her.

The book will interest teenagers from 13 years and older.



**NEW BOOKS FROM THE**  
**They fought for freedom**  
**SERIES**

**Steve Biko**  
by **Linda Price.**

Published by Maskew Miller Longman,

**Price R17,99**

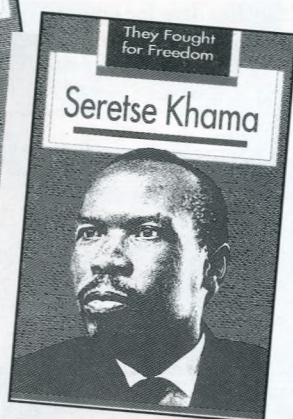
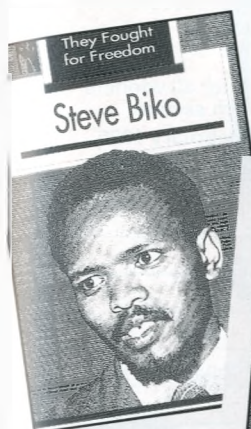
*Reviewed by Christine Noko*

I was disappointed in this book. I was hoping to get a feeling of the real Steve Biko. I wanted to know about the passion behind his beliefs. I wanted to know where his ideas came from and what role he played in the black consciousness movement. The



book does discuss the ideas behind black consciousness, but something is missing. Maybe it is the personality of Biko. I feel that he doesn't come alive in the book.

The book gives extracts from Biko's speeches. But I feel that most of the book is about other people's opinions about Biko. History students might find the book useful. It gives an outline of Biko's life from his early childhood until his death.



### **Seretse Khama by Gys Dubbeld.**

Published by Maskew Miller Longman,

**Price R17,99**

*Reviewed by Kenosi Moshupi*

Seretse Khama was one of the most powerful leaders in southern Africa. He was the chief of the strong Bangwato clan in Botswana. Seretse stood up against the government of Great Britain who controlled Botswana when he was young.

Seretse studied law in Britain. While he was studying, he fell in love with Ruth Williams, a young English woman. When they got married, many people were against their marriage, especially the racist South African government. But Seretse and Ruth fought the pressure that was put on them.

Seretse led Botswana to independence in 1966. Seretse Khama played a very important part in the history of Botswana. Students of history should get this book.

## **FOR YOUNGER READERS**

### **The Oxford Children's Dictionary,**

**Price: R46,48**

*Reviewed by Annie Smyth*

I was very pleased to receive the Oxford Children's Dictionary on my desk. Sometimes when we do word lists for stories in Upbeat, we struggle to find easy meanings for the words we choose. I have tested the Children's Dictionary by looking up all the words we list in this issue of Upbeat. And what did I find? There are a number of words which I looked up which were not in the dictionary. But the words which I found were very clearly explained. This is a dictionary which children in the primary school will find useful. Students in high school must find a bigger dictionary to use.

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**South African Sea Adventures**  
by Jay Heale.

Published by Struik

**Price R39,99**

*Reviewed by Karabo Mosupi (13)*

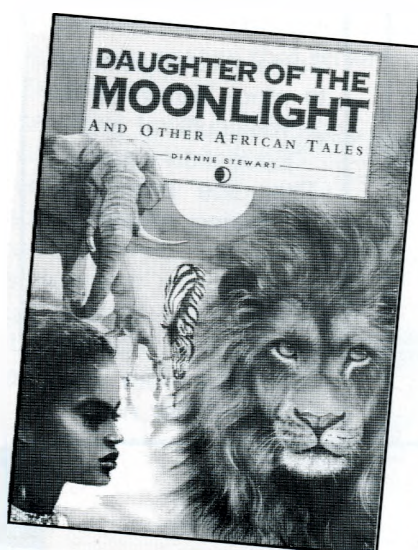
The book is very interesting and there is a lot to learn from it. It is hard to believe that all the stories actually happened here, in South Africa's seas. The author writes about sinking ships and shark attacks. I think the book will bring back bad memories for those who have lost relatives in sea disasters. But there are also stories of how some people risked their lives to save others.

**Daughter of the Moonlight and other African Tales**  
by Dianne Stewart.

Published by Struik,

**Price R39,99**

*Reviewed by Peggy Thinane (20)*



The book has stories of how people and animals used to live together long ago in southern Africa. It is about the Bushmen and Khoisan people who lived here before the Dutch arrived. These people hunted for food and wore skin clothes. There are stories about talking animals and other strange things, told around fires at night. The Khoisan only told stories at night. They believed that you grew horns on your head if you told stories during the day. I think that the stories in the book tell us how things were done differently in the past.



**Paulo's strange adventure**  
by Barbara Kimenyi.

Published by Heinemann,

**Price: R14,00**

*Reviewed by Natasha Iyer*

Paulo and two of his friends were on their way home from school when they saw a ladder propped up against the wall of a house. They dared each other to climb the ladder. Paulo, who is timid and soft-spoken, is scared the others will tease him so he climbs the ladder. But he loses his balance and falls into the back of a lorry. The lorry gets stolen. It is at this point that the story picks up speed and the excitement begins. What happens to Paulo in the forest? Who is "Guardian of the Secret Grove?" I think adventure seekers, between the ages of nine and twelve years, will enjoy this book. ◀

**DON'T FORGET! UPBEAT SHORT STORY COMPETITION**

There is still time for you to send in entries for the 1994/95 short story competition. The theme for your story is Aids. Write about how life changes when you or someone you know discovers that they have Aids. Remember, all work must be your own.

**HOW TO ENTER:**

**Senior competition**

For people over 14. Your story must be about 1200 words long.

**Junior competition**

For people under 14. Your story must be about 800 words long.

Prizes for the senior and junior section will be:

1st prize: R200

2nd prize: R100

3rd prize: R50

Plus book packs worth R150 for all winners and for ten runners-up in each section.

Closing date for entries: 15 February 1995.

Fill in the form or make a copy of the form and attach it to your story:

Name:

Address

Code

Tel. no

Date of birth

Name of school

Std. at school

Name of story

No. of words

This short story competition is sponsored by the Department for Health.

**COMPETITION TIME**

How much do you know about how a library works? You could win an exciting book pack with some of the books which are reviewed in this book special. All you have to do is write down the answers to the following question.

**1** Who wrote the book, *The Door from Nowhere*?

**2** Of which country was Seretse Khama the ruler?

Write your answers on a postcard and send them to:

**Upbeat Holiday Reading Competition,  
P O Box 11350,  
Johannesburg 2000**

**CLOSING DATE  
1 FEBRUARY 1995**



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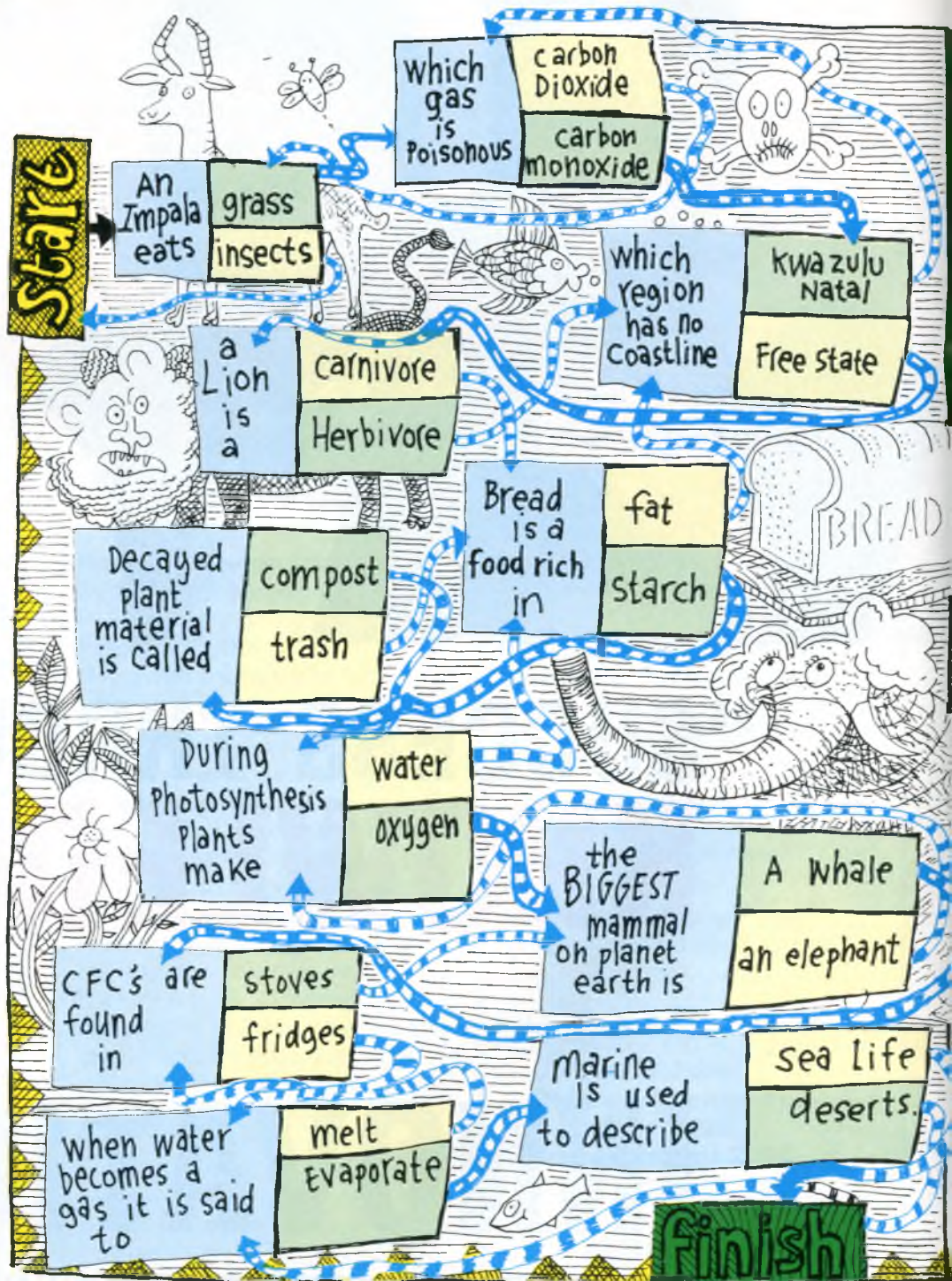


# Have fun and learn

## ENVIRO-QUIZ

Compiled by Patricia Smith  
Designed by Andrew Lindsay

Take a trip from start to finish by choosing the correct answer to each question. If you get the right answer it will lead you to the next question box.





# n about the world

## WORD GAME

### FIND THE HIDDEN MESSAGE

To get the message you must first answer the question. Then you must choose the first (1) or the second (2) letter of your answer. Write that letter in the empty box at the end of each question. The first answer has been done for you.



W H A L E

H

A very large mammal that lives in the sea. Whale (2)

☒

An insect which lives in colonies and has no wings. (1)

☐

A word to describe animals that hunt other animals. (1)

☐

This "habitat for humans" will probably become the capital city of South Africa. (1)

☐

The colour of the sun, source of all energy. (1)

☐

The name for both starches and sugars. (1)

☐

The number of legs on a centipede. (1)

☐

Plants are the start of the food chain, they are called (2)

☐

A dye which comes from plants. It is used on denim jeans. (1)

☐

The taste of the sea. (1)

☐

Forests are full of these. (1)

☐

The chemical symbol for this pollutant is HG. (1)

☐

Another word for soil. (2)

☐

A source of warmth and light. (1)

☐



The

advantages

Goes on purple  
- so you can see the glue  
- then dries clear!  
soon

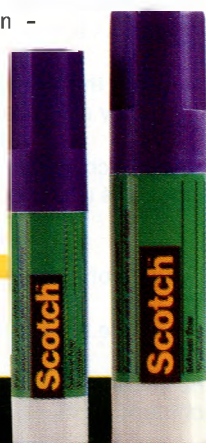
Permanent  
become

Washable  
perfectly

clear

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Sticks make office or home  
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wrinkle-free. The specially  
designed plunger locks the glue  
stick into position -  
so it won't ever  
fall out or push  
in. The result?  
An even glue  
application with  
no waste, no mess  
and no unwanted  
glue clumps!



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YOUTH

# Brightening up Wattville Life on a wall

**Upbeat first saw the colourful work done by the Wattville Junior Art Society when we drove across a bridge in Wattville on the East Rand. All along one side of the bridge, big, bright pictures tell the story of the first democratic elections in Wattville.**

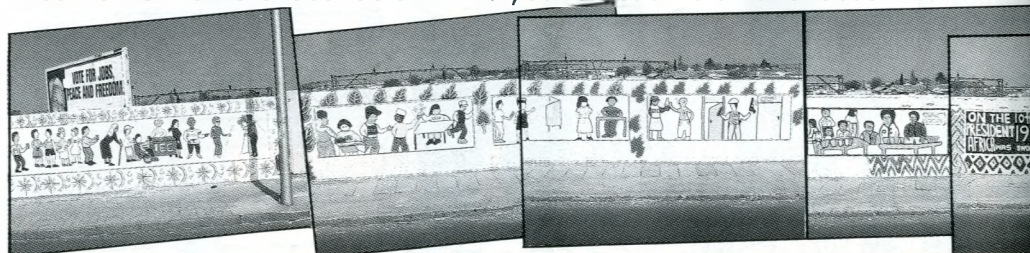
A man in a wheelchair is casting his vote for the first time ever. A blind man is having his photograph taken. Election officers are counting votes. Children are celebrating with a tower of tyres. People are feasting and playing music.

These murals were painted by the artists of the Wattville Junior Art Society. The young artists come from different schools in

Wattville, they are of all ages. To join this art society the only thing you need is a love of art and a desire to learn. The teachers who work with the students are people from the Wattville community who share the students' love of art. The society is always short of materials to use, but somehow they manage to carry out their projects by getting donations of paint, paper and charcoal from anyone who is willing to support this community work.

The next project which members are planning is to paint the other side of the bridge. This time the theme is 'Life in Wattville after the elections'.

Murals are a way to share your artistic vision and ideas



## ENVIRO COMPETITION

**Read about the Wattville mural project above.**

Then write and tell us about a community project. You can choose a project that is happening already in your area or one that you have seen or heard something about. You can even write about a project which you would like to start in the future. The project can have an environmental theme but

this is not essential. It does not matter how big or how small the project is. It also does not matter if your English is not very good. We are interested in the ideas, you can even describe the project by using drawings, if that is easier for you.

We need to know how the project was started and why. What are the good things about the project and what are the problems? Who is the project benefitting and how? Who is involved in the project? Where is it happening and whom can we contact to find out more about it? If you are describing

Photograph: Andrew Lindsay



# ville all



with the community. People in the area feel good that someone cares enough about Wattville to make it look brighter and more interesting. Murals are also a way to record and preserve the community's own vision of its history.

There are many ways that people can help to improve their own environment, painting murals is one way, clean-up campaigns or planting trees and grass are other ways. Do you have good ideas or know people who are doing interesting things to improve their environment? Then why don't you enter the competition below? ◀



an existing project, give the project's name and an address where we can contact the people involved with the project. Lastly don't forget to write your own name, address and telephone number (if you have one) on your entry.

Then add a slogan to your entry. If this is difficult for you to do then ask someone to help you. Here are some examples of slogans for other projects, just to give you an idea:

*Plant a tree and house a bird*

*Save a tree - recycle paper*

*Sew a seam - clothe the people*

*Teach a child - make the future bright*

The best story will be published in Upbeat in 1995.

**The prize for the best entry is R50. Five runners-up will each get R20.**

Send your entry to:

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

## Not many glue sticks

### can

Makes paper self sticking,

### pull off

removable and repositionable

### what

Clear-drying

### we can.

Washable

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**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.**

Is AIDS passed through the air?

**Dear Pebetse**

*Is it true that AIDS can be passed on to people through the air? I read this in a magazine.*

**James Mika**

**Dear James**

No, it is not true that AIDS can be passed from one person to another through the air. The HI-Virus which causes AIDS is only passed through body fluids. You can get the HI-Virus if blood from someone with the virus gets into your body. For example, a doctor can get the HI-Virus from a

patient if he pricks himself with a needle that he has used on an HIV positive patient. But the most common way of becoming infected with the HI-Virus is through sex. If semen or vaginal fluids from an HIV positive person enters your body, you will get the HI-Virus. But it is important to know that it is safe to live in the same house and eat from the same bowl as a person who is HIV-positive.

**Aubrey**

Bad body smell

**Dear Aubrey**

*I am a 21-year-old guy. I have a bad smell in my armpits. It started this year. I wash twice a day. I have tried using roll-on deodorant and perfume, but this only makes the smell worse. My friends keep on teasing me because of the way I smell. What can I do?*

**Worried Guy**

**Dear Worried Guy**

It is normal for your body to produce sweat. Sometimes sweat has a strong smell. Some things make the smell worse, like wearing nylon shirts. Try to wear cotton or wool shirts and socks. You could also try using an anti-perspirant deodorant. Perhaps the roll-on you are using is not strong enough for you. People who work in chemists know which products work well. Why don't you talk to them about your problem? You could also speak to your clinic sister.

**Aubrey**

Older girlfriend

**Dear Pebetse**

*I am a guy of 19 years. I am deeply in love with a 20-year-old girl. I have not told her my age. I am afraid she will leave me when she discovers that I am younger than her. But I will have to tell her if she asks me. I need your advice.*

**AKBI, Botswana**

**Dear AKBI**

If you have a good relationship with your girlfriend, you have no problem. Your girlfriend needs to understand that people mature at different ages. A difference of one year is very little between mature people. Be honest

with your girlfriend. Make a joke out of your ages. Tell your girlfriend that when she is 40, she will be happy to receive attention from a strong young man in his thirties.

**Pebetse**

Nervous of girls

**Dear Aubrey**

*I am a 14-year-old boy. I want a girlfriend. But when I see a girl that I love, I become afraid. What is making me afraid? How can I become a boyfriend?*

**Frightened Boy**

**Dear Frightened Boy**

Your fears of girls are normal for a person of your age. You are experiencing a new sexual interest in girls. I think it is not girls that you fear. I think you are frightened of the feelings you get when you think about a girl. Until you can control these feelings, you will find it difficult to speak and act normally with girls. You will learn to control these feelings over time. This will make it easier for you to talk to girls you like. You can practise by talking to girls about things like music, sport or school work. It also helps to talk to your male friends about your feelings and desires. No matter what they say, most of them have the same problems.

**Aubrey**

Water from breasts

**Dear Pebetse**

*I am a girl of 16. I have an embarrassing problem. My breasts secrete water. This causes a rash around my breasts. I have been given medicine by the clinic which I rub on my breasts. This does not help. What can I do?*

**Embarrassed**

**Dear Embarrassed**

If you are pregnant or if you have a small baby, then secretions from your breasts are normal. If you have never had a baby and you are not pregnant, you MUST visit a doctor or clinic about this problem as it is not normal.

**Pebetse**



# WHAT'S ON OVER THE HOLIDAYS?

## Places to go and things to do

### CAPE TOWN

**Hoopla Sun Festival (2-4 December)**, at the Victoria & Alfred Waterfront. Call Astrid Lombard on (021) 47-3690 for more information.

**Monwabisi beach outing - 9 December.** Organised by Ikhwezi Community Centre in NY2 in Guguletu. There is a registration fee of R3.00 which includes bus-fare and a meal. It is important to register beforehand.

**'Come and Play'** groups in Mitchells Plain, Coniston Park, Observatory and Mannenberg have organised a feast of activities for young people. Watch out for the 'Come and Play' van in your area.

**Nicro in Eastridge,** Mitchells Plain have organised volley-ball games, table-tennis, day-trips to the museum, swimming pool and bird sanctuary. Also workshops on drug-abuse, alcohol abuse, peer pressure and decision-making. Contact Renee Majiet on (021) 397-6060.

**Daily workshops on textile printing,** making Christmas cards and decorations will be held at the Westgate Mall on Vanguard Drive in Mitchells Plain. Contact Mrs A Singh on (021)31-2115.

### Cape Town recreation centres

Recreation centres across the city have lined up daily programmes with lots to do in December and January. So call your nearest centre to find out what's happening.

\* **Observatory Recreation Centre,** Collingwood Road Observatory. Contact Desiree van den Heever on (021) 47-3690

\* **The Farm Recreation Centre,** Elizabeth Road, Montrose Park, Mitchells Plain. Contact Mr Vosloo on (021) 376-1430

\* **Weltevreden Recreation Centre,** Weltevreden Road, Rocklands, Mitchells Plain. Contact Gary on (021) 32-5131.

\* **Coniston Park Recreation Centre,** Military Road, Steenberg. Contact Paddy Chappel on (021) 701-1230

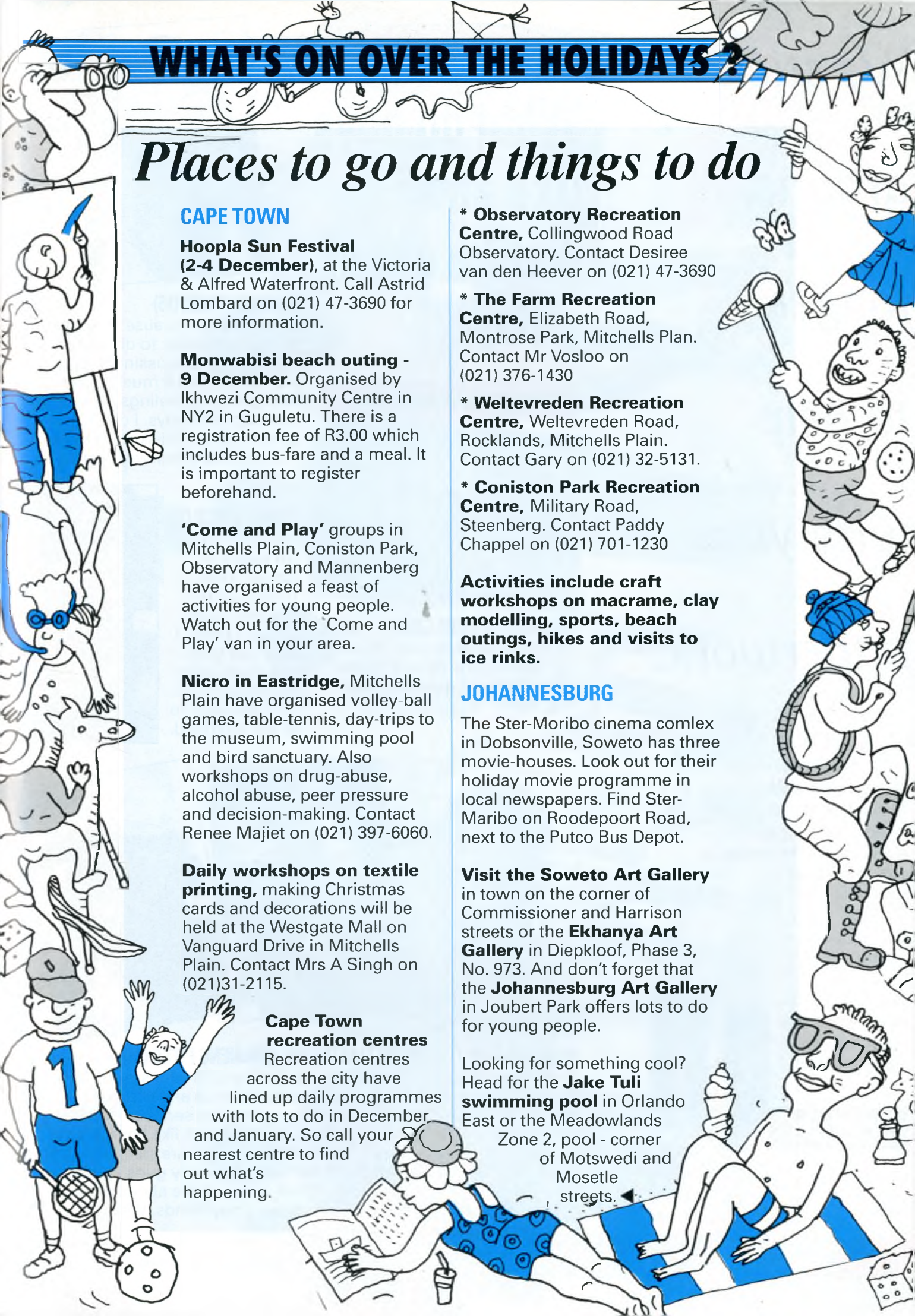
**Activities include craft workshops on macrame, clay modelling, sports, beach outings, hikes and visits to ice rinks.**

### JOHANNESBURG

The Ster-Moribo cinema complex in Dobsonville, Soweto has three movie-houses. Look out for their holiday movie programme in local newspapers. Find Ster-Maribo on Roodepoort Road, next to the Putco Bus Depot.

**Visit the Soweto Art Gallery** in town on the corner of Commissioner and Harrison streets or the **Ekhanya Art Gallery** in Diepkloof, Phase 3, No. 973. And don't forget that the **Johannesburg Art Gallery** in Joubert Park offers lots to do for young people.

Looking for something cool? Head for the **Jake Tuli swimming pool** in Orlando East or the Meadowlands Zone 2, pool - corner of Motswedi and Mosele streets.





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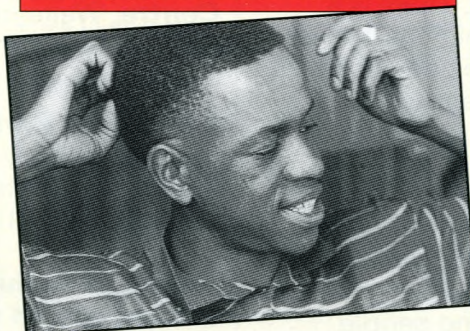
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## TALKSHOP

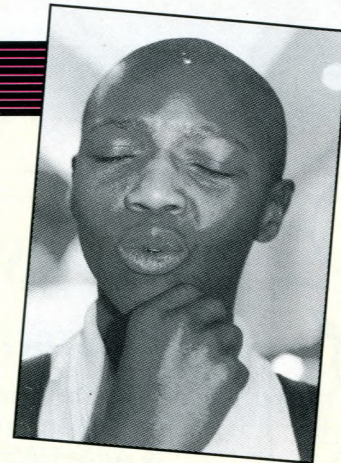
# What do boys like and dislike about girls?

By Debra Watson



**NHLANLHA RADEBE (20)**

I like girls because they respect and listen to me when I teach them. They are quick to grasp new ideas.

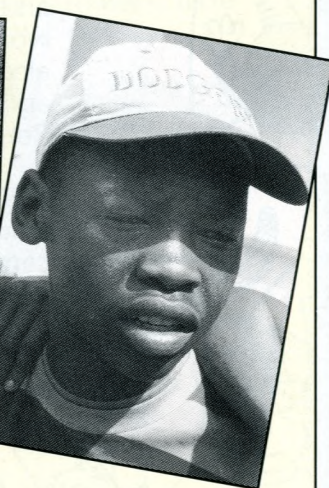
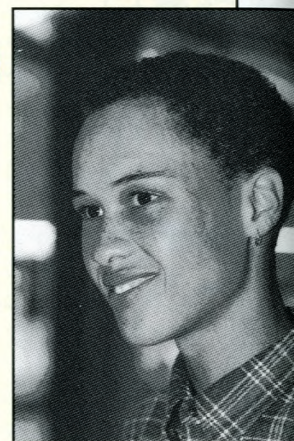


**SANGEZO TUNZI (15)**

Girls are nice because they treat me well and offer to do favours for me. I like discussing things with girls. I find it much easier to express my feelings with girls than I do with boys. I don't like girls to wear mini-skirts - I think they should rather wear jeans.

**ROMEO BRUCE (16)**

I like girls who are happy to stay at home. They must not run around all over the place. I don't like girls who have many boyfriends but who still want to be my girlfriend.



**NICHOLAS SIEIY (14), THABO TLAETLE (16), LEBONENG PITSO (14)**

These three boys agree that they do not like girls who smoke. We enjoy the company of girls who are adventurous and like to go to interesting places. We like girls because they are serious. They are honest about their feelings. Girls are not arrogant like boys. Many boys think they can behave like adults when they are still young. They think they can be men and do things like carry guns - girls do not try to control others like this. What we don't like about girls is the way that many of them keep changing boyfriends. We also don't like girls to drink and go to shebeens.

All photographs by Cedric Nunn.



# Cool. Safe. Lovers<sup>+</sup> Condoms.



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## THE AMAZING TIN CAN

Word list: energy, elastic, kinetic, potential

Another primary science education  
resource commissioned by and  
developed in collaboration with



### ACKNOWLEDGEMENTS

PAUL WEBB (Author)  
THEO HAWKINS (Illustrator)  
HILARY WILSON (Editor)  
DEREK POTGIETER (Co-ordinator)

**YOU WILL  
NEED:** A ROUND CAN  
WITH A LID, LONG ELASTIC,  
STRING, A HEAVY NUT.

**MAKE  
TWO HOLES IN  
THE LID AND TWO  
HOLES IN THE  
BOTTOM OF THE  
CAN**

**1**

**2**

Thread the elastic through  
the holes like this and tie  
them together:

**3**

**WHERE THE ELASTIC  
CROSSES, TIE THE NUT ON  
WITH STRING.**

**4**

Put the lid on and tie  
up any extra  
elastic tightly.



**SHARP! NOW  
DO THE  
FOLLOWING  
EXERCISE.**

1. Put the tin on the ground and gently push it away from you. Discuss what happens.
2. What kind of energy do you give the can when you push it? ..... energy.
3. The can rolls back because the nut winds up the elastic band. The ..... energy in the elastic band is changed to ..... energy when the can rolls back!



# PENFRIENDS

## TRANSVAAL

**P O Box 1049, Phalaborwa 1390**

### Dear Upbeat

I am a guy of 19 years. I would like to correspond with guys and girls of between 14 and 19 from all over the world. My hobbies are reading, writing letters, exchanging greeting cards, listening to music, watching television and going to church. Please write in English or Northern Sotho.

**Morris D Sekhwela**

**P O Box 857, Foucheville 2505**

### Dear Upbeat

I am a girl of 16 years old. I want to correspond with guys and girls of between 16 and 21 years. My hobbies are singing, playing tennis, watching television and dancing. Please send photos with your letters.

**Shirley Mweli**

**P O Box 1058, Nelspruit 1200**

### Dear Upbeat

I am a guy. I would like to correspond with boys and girls of all ages. My hobbies are going to the movies and listening to rap music. Please write to me in English or Swazi.

**Martin Mkhabela**

**1692 Thembelihle Str, Katlehong 1832**

### Dear Upbeat

I am a girl of 12 years old in Std 5. I am looking for penfriends between the ages of 10 and 16. My hobbies are watching television and playing tennis and netball. Please write to me in English and Zulu. Photos will be appreciated.

**Winnie Makhoba**

**P O Box 1429, Giyani 0826**

### Dear Upbeat

I am a girl of 21 years. I want penfriends from all over the world. My hobbies are going to church, listening to music and reading comics. My favourite stars are the Winans, a musical group. I will reply to letters written in English and Tsonga. Photos are welcome.

**Ruth K Baloyi**

## CAPE

**F-681 Sonwabo St, Khayelitsha 7784**

### Dear Upbeat

I am 17 years old and in matric. I would like to correspond with boys and girls from overseas between the ages of 15 and 22. My hobbies are music, watching television and receiving letters.

**Patricia Gwarube**

**33 St Williams Crescent, Steenberg 7945**

### Dear Upbeat

I am a girl of 14 years. doing Std 7. I would like to correspond with girls and boys between the ages of 14 and 17. My hobbies are reading, cooking and dancing. My home language is Afrikaans. Photos are welcome.

**Coleen Oris**

**25 Galbessie Str, Lentegour, Mitchells Plain 7785**

### Dear Upbeat

I am a 16-year-old guy. I am a great nature lover and enjoy outdoor life. I would like to correspond with boys and girls of 15 years and older. I will reply to all letters written in English or Afrikaans. Photos are welcome.

**Shahied Joseph**

**P O Box 44377, Claremont 7735**

### Dear Upbeat

My name is Cecilia and I am 19 years old. My hobbies are playing tennis, squash and table tennis. I also like to receive letters from overseas. I desperately need penfriends from overseas, girls or boys.

**Cecilia Qiqimana**

## NATAL

**P O Box 11062, Mariannhill 3601**

### Dear Upbeat

I am a girl of 14 years old. I want penfriends from anywhere in the world. My hobbies are playing netball, basketball and tennis, watching television, listening to the radio and writing letters. Boys and girls of 14 - 17 years are welcome to write.

**Sphume Gabela**

**AA-349 Umlazi, P O Umlazi 4031**

### Dear Upbeat

I am a girl of 14 years old in Std 8. I would like to correspond with girls from overseas, between the ages of 12 and 14. I like swimming, gymnastics and basketball. I enjoy listening to rap and classical music, reading and writing letters. Please send your photos.

**Jennifer Ngubane**

**Private Bag X503, Mahlabathini 3865**

### Dear Upbeat

I am a boy of 20 doing Std 10. I want to correspond with boys and girls of between 18 and 20 years from all over the world. My hobbies are reading, writing letters, drawing pictures and listening to music.

**Thomas Mthembu**

## ORANGE FREE STATE

**2295 Bunyane St, Rocklands Location, Bloemfontein 9323**

### Dear Upbeat

I am a girl of 17 years in Std 9. I want to correspond with boys and girls of between 17 and 21 years from anywhere in South Africa or overseas. My hobbies are reading, watching television and listening to my favourite artists like Jon Secada, Silk, Atlantic Star, Laura Branigan and Phil Collins. Please write to me in English, Setswana or South Sotho. Photos are welcome.

**Nonkie M Segalo**

**50 Section 1, Botshabelo 9781**

### Dear Upbeat

I am a girl of 17 years old. I want penfriends from all over the world. My hobbies are dancing, reading, writing letters and listening to music. My favourite stars are Mariah Carey, Whitney Houston, Shai and Michael Bolton. Please write in English or South Sotho and send your photos.

**Nthabeleng Kolobe**

**14891 St Helena Park, Thabong 9463**

### Dear Upbeat

I am a boy of 18 years old and I want penfriends from African states. They must be boys or girls of between 14 and 18 years. My hobbies are listening to rap music, playing chess, dancing and going to the movies. I will reply to letters written in English and South Sotho. Photos are welcome.

**Thabo P Taedi**

## AFRICA

**P O Box 475, Commercial and Industrial School**

**Nampula, Mozambique**

### Dear Upbeat

I am a girl of 18 in my 2nd year at the above mentioned school. I would like to correspond with girls and boys between the ages of 18 and 25. My hobbies are reading, listening to music and going to church. Letters should be written in English or Portuguese.

**Aldina Paulo**

**C/O G Bakgobi, P O Box 225,**

**Gaborone, Botswana**

### Dear Upbeat

I am a girl of 16 years. I want penfriends from all over the world. My hobbies are listening to music, playing chess and watching movies. My favourite stars are Silk, Toni Braxton, Shai and Apache Indian. Please write in English or Tswana. Photos are welcome.

**Thato B Bakgobi**



In the past issues of Upbeat I have featured a variety of topics to equip students and job seekers with the necessary information they might need to make important decisions regarding their careers. I hope this issue will give you the information you might need before your first job interview.

## LET'S PREPARE FOR SUCCESS!



In South Africa there are many traditions and a diversity of people which has brought about a vibrant and varied dress code amongst South Africans. Always remember first impressions generally last! How you present yourself to prospective employers is sometimes just as important as what you have to say. The way you dress is a reflection on how serious you take yourself and your future.

**Here are some do's and don'ts of interviews:**

- |   |   |
|---|---|
| X | Don't be late; make sure that you know the time, date and place of the interview.   |
| ✓ | Remember to take all the necessary documentation i.e. matric certificate and ID Book.   |
| ✓ | Express enthusiasm. Smile and offer a firm handshake upon meeting the interviewer.  |
| ✓ | Dress appropriately and appear well-groomed.  |
| ✓ | Obtain as much information about the company ahead of time.   |
| ✓ | Ask questions during the interview, but at the same time make sure you are not repeating anything that might have already been covered. |
| ✓ | Make regular eye contact with your interviewer.   |
| ✓ | Treat the Receptionist the same way you would treat the interviewer - she too might have an influence on the final decision.            |
| ✓ | Always answer questions "yes" or "no", not half-heartedly such as "I don't mind".   |
| X | Don't act as if you have to have the job no matter what.  |
| X | Don't criticise former employers or co-workers.   |
| X | Don't chew gum, smoke, play with your hair or constantly adjust your clothing.  |

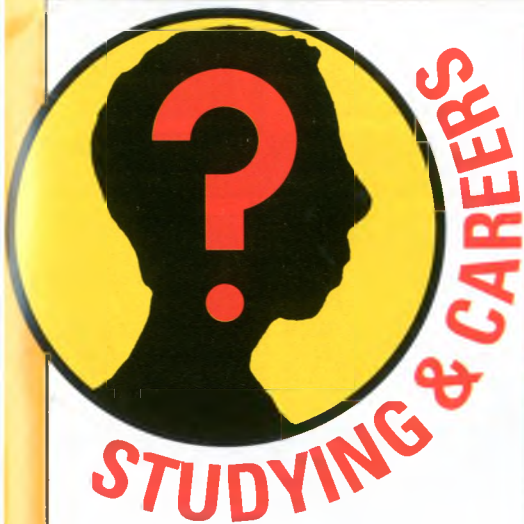
**And most of all; be polite, enthusiastic, confident and honest.**

Best of luck with your future plans, work hard, think smart and never give up and follow your dreams!

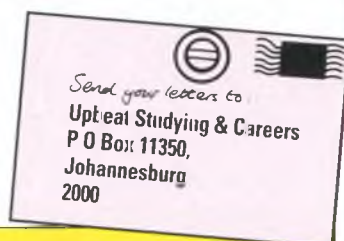
 **Standard Bank**

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**Problems with studying and careers? Write to Mabel at:**



## Pharmacy

**Dear Mabel**

*I am a Std 9 student. I want to be a pharmacist after completing matric. Please send me information about this career and addresses of places to study.*

**Gloria Malinga, Mtubatuba**

**Dear Gloria**

A pharmacist prepares and gives out medicines in chemists and hospitals. She works with doctors, mixing medicines for their prescriptions. She also advises people about medicines. A pharmacist must know about chemistry and diseases.

To study pharmacy, you must do a 4-year degree at university. You need a matric exemption with passes in Maths and either Physical Science or Biology. It is best if you have both subjects and you should pass them at the higher grade. The following universities offer pharmacy:-  
University of Durban Westville, P/Bag X54001, Durban 4000.  
Rhodes University, P O Box 94, Grahamstown 6140  
University of the Western Cape, P/Bag X17, Bellville 7530.  
Potchefstroom University, C H E

Potchefstroom 2520  
University of the North, P/Bag X1106, Sovenga 0727.

You can also contact the Secretary for Pharmaceutical Education, P O Box 31360, Braamfontein 2017 for more information.

**Mabel**

## Stage work

**Dear Mabel**

*I am a guy of 17, doing Std 9. My subjects are Tsonga, English, Afrikaans, Geography, Biology, Agriculture and Biblical Studies. After matric I want to train as a 'stage mechanist' at a technikon. Are my subjects right for this career?*

**Rodley Maluleke**

**Dear Rodley**

We are not sure what you mean by 'stage mechanist'. However there are a number of people who work behind the scenes in theatre and television. They are set dressers, lighting designers, special effects technicians and model builders. The person who manages all these people is the stage manager.

For these careers, you can study Drama at a technikon or university. You can also study film. You will need a senior certificate to be accepted for these courses. Your subjects are fine. For more information, write to: Technikon Pretoria, 420 Church Street, Pretoria, 0002. Or contact the Personnel Manager, Broadcasting Centre, Private Bag X1, Auckland Park, 2006.

**Mabel**

## Fashion Design

**Dear Mabel**

*I am a girl of 19, doing Std 10 at Granskop High School. My matric subjects are Maths, Biology, Zulu, Agriculture, English and Afrikaans. I wish to study fashion design. Please send me information about courses and bursary opportunities.*

**Dorcas K Masikane, Kranskop**

**Dear Dorcas**

Most technikons offer a full-time,

3-year course in fashion design. You need a Senior Certificate to be accepted for these courses. The Clothing Industry Training Board (CITB) also offers the following courses:-

\* A 1-year part-time design programme.

\* A 1-year part-time course in pattern-making for ladies' men's and children's wear.

The Clothing Industry Training Board will also be able to tell you more about bursaries to study fashion design. Their addresses are:-  
The Clothing Industry Training Board, Transvaal Branch, P O Box 8107, Johannesburg 2000.  
The Clothing Industry Training Board, Natal Branch, P O Box 41303, Rossburgh 4072.

Here are the addresses of some technikons which offer courses in fashion design:

Vaal Triangle Technikon, P/Bag X021, Vanderbijlpark, 1900.  
Cape Technikon, P O Box 652, Cape Town 8000.  
Technikon Natal, P O Box 953, Durban 4000.  
Witwatersrand Technikon, P O Box 170011, Doornfontein, 2028.

**Mabel.**

## Social work

**Dear Mabel**

*I am 17 years old in Std 9. My ambition is to become a social worker. I am not sure if this is possible because I failed Std 9. My subjects are English, Afrikaans, Biology, Economics, Business Economics and Typing.*

**C Meyer, Port Elizabeth**

**Dear C Meyer**

To become a social worker, you need to pass matric so that you can study Social Work at university. We advise you to complete your schooling if you want to enter this profession. If you cannot go back to school, you could look for work in an advice office or at the social welfare department. You could also work as a volunteer for organisations like Rape Crisis (041-543804) or Child Welfare (041- 543321).

**Mabel**



# THE GALAXY ARCADE KIDS



Maxine



Teboho



Nomonde

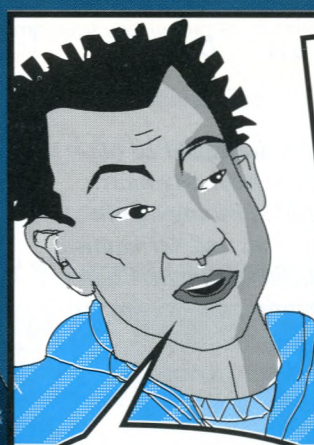
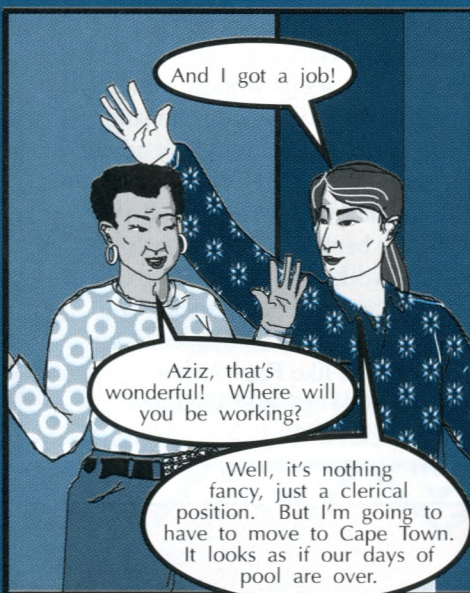


Aziz

By Burgen Thorne

## New Beginnings!

Maxine and Nomonde arrive at the Arcade and see Aziz and Teboho playing pool in high spirits.



I also have some news. I've been accepted at Rhodes University to study Journalism, so I'm going to be moving too.

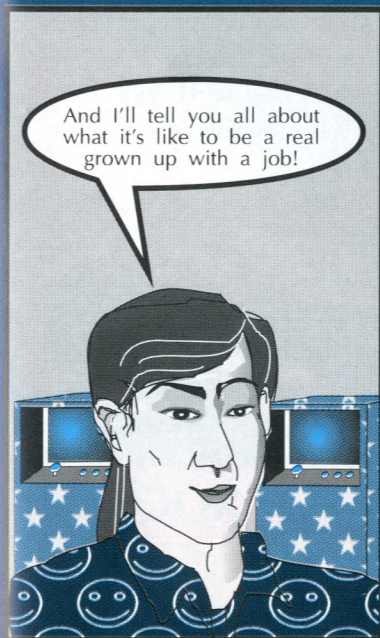


Well, that makes three of us - I'm going to Durban Tech to study Graphic Design.



Oh no! Who am I going to spend my free time with?





THE END



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.

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permission.



## I AM NOT AFRAID

I am not afraid,  
No,  
Not of failure.  
I am able to judge for myself  
What I know and  
what I need to know.

I am not afraid,  
No,  
Not of failure.  
I will learn from my mistakes.

I am not afraid,  
No,  
Not of aiming high.  
Failure is not a sin.

I am not afraid,  
No,  
Not of failure.

Mbali Sibisi

## Love is the key

What a precious gift  
The Lord has given us,  
Love and Love and only Love!

The road to heaven,  
The keys to heaven,  
Oh, Love, how precious you are!

Look how it is,  
Poor banished children of Eve,  
They do not know Love,  
Road to heaven,  
to eternal life.

People kill each other,  
because there is no Love  
in their hearts.  
Come, let us gather,  
Let us unite,  
Let us praise each other.

Aleska M Kapoli

## OH EDUCATION!

Life is a dark room without you.  
You have turned me from a criminal life  
to a creative life.  
Today, South Africans are recognised  
by other nations because of you.  
Through your influence we can  
communicate with countries abroad.  
We can talk of equal status today  
because our leaders are educated.  
Oh education!  
Your roots are bitter,  
but your fruits are sweet.

Sandile Nathaniel Komphela

**Why I hate parties**  
Drawing by Simon Skinny Mgqunyana



Advertisement

## USING OIL MOISTURIZERS IN YOUR HAIR

Liquid oils are also called oil moisturizers. They are a big craze in South Africa. They act as an external vitamin which lubricates and softens the hair without the harmful fumes from aerosol cans.

Dry hair needs moisturizers to help give it elasticity and strength. But, we must be careful not to use large quantities of thick oil moisturizers. They can cause dandruff and other problems. Most of the moisturizers sold for hair care are thick.

It is advisable to use a LIGHT FORMULATION oil moisturizer. ISOPLUS Oil Moisturizer (light), contains Vitamin B-5. It is an ideal product to revitalise, lubricate and add sheen to your hair. It gives maximum protection during thermal styling and from damage caused by the weather.



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## CAREERS

## SELLING

*Upbeat asked some young street sellers to tell us about the tricks of the selling trade. The streets are an informal school for people who wish to make a living by selling. So watch and pick up some selling tricks from street traders.*

**'The first thing to know'** says 22-year-old fruit-seller James Dlamini, 'is that you must show-off your goods. Display them so that they look fresh, bright and clean. Then, it is important to talk nicely to your customers. If you greet them and get to know

them they will come back. First be friendly then tell the customers about the good quality of your fruit.'

Other street sellers said that it is important to find a good place. But sometimes there is fierce competition. Maggie Duza (24), sells takkies and jackets in Bree Street. She says, 'There is territorial war here. I do not like someone to sell the same things as I sell right next to my stall. It kills my business.'

You will often hear the words: 'The customer is always right'. But what does this really mean? Street sellers told us: 'It means that you must listen to whatever your customers say, even if it is rude or untrue. And you must never shout back at a person. Wait until they have stopped complaining then try to help them.'

**Good service at all times**

You must give good service not just once, but every time that a person comes back to you. If your customers know that you will always have the goods they will come to you because you are reliable.

**Believe in what you are selling**

If you believe that your product is good you will have less trouble getting people to buy it.

**The right price**

Fruit sellers say 'You can sell fruit that is not totally fresh, but it must be cheaper than the fresh fruit. Phumla Somwahla sells shoes and underwear. He says 'It is better to lower your prices and sell more shoes than it is to sell just a few pairs for a high price. ◀

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P O Box 259, Bergvlei, 2012.**

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# UPBEAT'S BEST SOCCER TEAMS

## CAPE TOWN SPURS



**Back row (from left to right):** David Modise, Albert Hendricks, Shaun Bartlett, Andre Arendse, Zane Alexander, James Hart, Kenny Niemach, Terry Arkhurst and Louis Faroe.

**Middle row (from left to right):** Randall Borman, Michael Jacobs, Sebba Rodrigues, Craig Roslee, Manny Rodrigues.

**Front row (from left to right):** Wellington Shangiwa, Francis Shonayi, David Nyathi, Erdries Burton, Roger Lupiya.

Photograph by Danie Coetzer



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