

RSA R2.30 (VAT Included)
Other Countries R1.84
Namibia R2.30 (TAX Included)

NOVEMBER 1994 • NUMBER 10

UPBEAT

THE CAPE TOWN
TRADE UNION
LIBRARY

The magazine for youth on the move

THIS ISSUE
**CLEONE
cassidy**

TOYOTA TOP 20
PRESENTER

PHUZEKHEMISI

RISING
CRICKET
STAR

**WALTER
MASEMOLA**

**GAME PARKS
AND
PEOPLE'S LAND**

ISSN 0257-8697



9 770257 869002



IT'S ONLY A MISTAKE IF YOU DON'T CORRECT IT



Mistakes happen. You correct. Learn. Carry on. Come short. Correct...IT'S TOUGH! Like Tipp-Ex. The world leader. Dominating the correction scene. Always strong. Always up to the job. Always on top. Covering up mistakes. Clean. Perfect. For good. So now you've got 3 chances to get it right... 'cos Tipp-Ex has got your correction needs - covered!

MAKE NO MISTAKE - TIPP-EX IT

Tipp-Ex®

TRADE ENQUIRIES: TIPP-EX SOUTH AFRICA (PTY) LTD GROUND FLOOR 9 CHARLES CRESCENT EASTGATE EXT.4 SANDTON JOHANNESBURG. P.O. BOX 1802 HOUGHTON 2041 TELEPHONE (011) 444-9025/6/7 FACSIMILE (011) 444-9030/1

Dear Readers

This month we decided that it is time to turn our attention to the male sex. In Talkshop we discover that boys do worry about their images and their bodies but not always in the same ways that girls do.

For some light relief from exams read how Mbaoqanga artist, Phuzekhemisi got his unusual name.

And for something more serious, Upbeat looks at constructive ideas from unemployed youth groups. How can young people gain the skills needed to put their good ideas into action? When you've read the article on unemployed youth, write and tell us about your own ideas for projects in your areas. Upbeat plans publish articles about how our readers are helping with reconstruction and development.

*Mandy***NEXT issue**

- Grab presenter Bongani Zindela.
- Guns and youth
- Bumper Christmas book review section
- Free all-in-one 1995 wall calendar and map of SA's new provinces.

World AIDS Day

December 1 is World AIDS Day. The theme for this year is: AIDS and the family. This is a day for people to remember those who have died of AIDS. It is also a time to support people who have AIDS or who have lost a family member because of the disease.

AIDS Day offers families who are supporting AIDS sufferers a

chance to plan together. It is a time for them to work out how to support and help brothers, sisters, parents or others who have AIDS. The day is especially important for families who have been separated by migrant labour, violence and poverty.

Look out for special events in your area on World AIDS Day. ◀

BOOK REVIEW

By Tessa Thinane

Mafia and the aeroplane

By Max Sed
Published by Human and Rousseau

Price: R22,99

Mafia, a young boy from the farms, is left behind in the city by his brother. He joins a gang of street kids led by a boy called Punch. He also makes friends with Madala. He is an old man who makes sandals, belts and model aeroplanes in a parking lot in Hillbrow. Mafia loves Madala's beautiful shiny planes. Madala tries to keep Mafia away from Punch and the other street kids. Punch and his gang survive by begging, stealing and doing odd jobs like washing cars. The story describes the argument which Mafia has with himself about which way of life to follow. Read the book to see what Mafia decides in the end.

I enjoyed reading this book. The story is exciting. I found out what it is like to be lost in the city. It is about how a young person can find ways to survive. It is written in a way

Mafia and the aeroplane

Max Sed
Illustrations by Sophie Peters

that is easy to read but still exciting. The book is interesting for young people of any age. ◀

Answers to Science for you on page 35: force, pulls, centre.

Musical review

Some great performers in the making



Students in the Volkswagen theatre training project got a chance to try out their talent on the public. Upbeat attended a spectacular production of the musical 'Jesus Christ Superstar' at the Victory theatre in Orange Grove, Johannesburg. The dancing, singing and acting had the audience laughing, cheering and clapping. Mary Magdalene, played by Pamela Magibile, had

Jerry Ngobese plays **Jesus** and **Themba Skosana** is **Judas Iscariot** in **Jesus Christ Superstar**.

audience members weeping when she sang the classic song 'Try not to get worried...'. ▲

This production was part of a nationwide project sponsored by Volkswagen. They believe that working in a professional environment is an important part of training for theatre. ▲



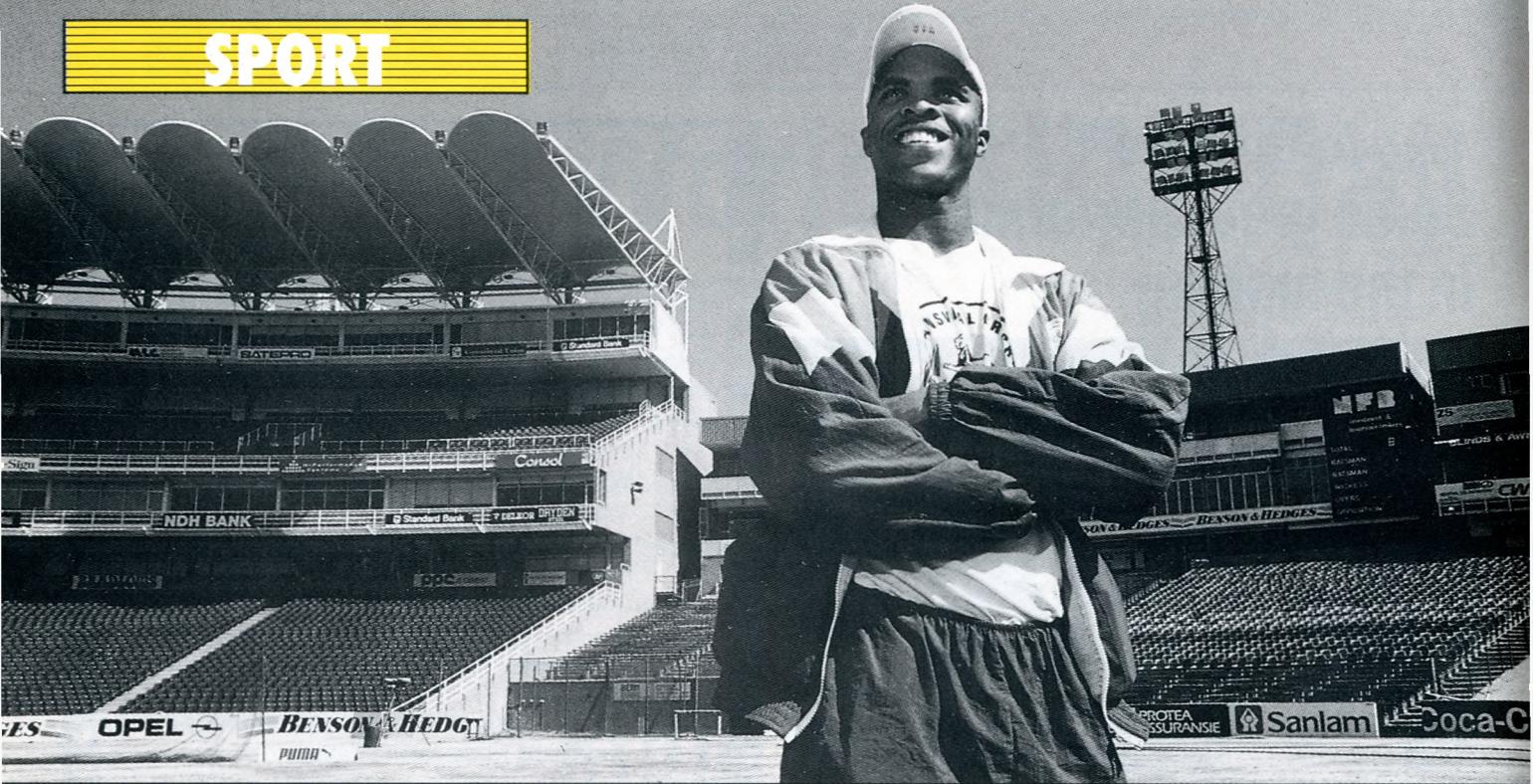
Teenage stars rehearsing for the big night at the Victory Theatre in Johannesburg.

Photographs by Ruphin Coudyzer

Teleschool

Don't miss programmes on television that will help you with your school work. This is what CCV has to offer at 3.00pm every weekday this month.

- 01/11** Kap't Uit op Afrikaans - Advertenties Hamlet (2) - Interview with Hamlet
- 02/11** Bioclassics - Abiotic elements : Water Telequest (5-7) - Maths
- 03/11** You, Me and Technology - The technology spiral I Can - What do you stand for?
- 04/11** Bioclassics - Abiotic elements : Temperature **Teenbeat** - Teacher Feature : Revision of an exam paper
- 07/11** Kap't Uit op Afrikaans - Begripsvaardigheid **Teenbeat** - Television (Media)
- 08/11** Kap't Uit op Afrikaans - Neologismes en anglofanes Boekrak - Mosaiek (1) : 'Die Rooi Lig' (onderhoud met Das)
- 09/11** Bioclassics - Abiotic elements : Light Telequest (5-7) - Science You, Me and Technology - Energy for Societies I Can - What will it be like when you get there?
- 10/11** Bioclassics - Abiotic elements : Fire **Teenbeat** - Workplace part 1
- 14/11** Kap't uit op Afrikaans - Poesie: ritme, rym en klank Bioclassics - Cell membranes
- 15/11** Communic '8 - Introduction to communic '8 Bookshelf - Hamlet (3): Interview with Horatio
- 16/11** Bioclassics - Biotic elements Telequest (5-7) - English
- 17/11** You, Me and Technology - Health and Technology I Can - Goals
- 18/11** Bioclassics - Ecological pyramids **Teenbeat** - Workplace part 2
- 21/11** Kap't Uit op Afrikaans - Beeldspraakvorme Bioclassics - The food factory
- 22/11** Communic '8 - Read better, talk better Boekrak - Mosaiek (2) : 'Die Bed' (onderhoud met Groot Kerneels)
- 23/11** Bioclassics - Symbiotic relationships Telequest (5-7) - Business Economics
- 24/11** You, Me and Technology : Feeding the World I Can - Planning to reach your goals
- 25/11** Bioclassics - Nutrient cycles **Teenbeat** - Teacher feature : Appropriacy in English
- 28/11** Kap't Uit op Afrikaans - Opruende toesprake Bioclassics - Plant tissues
- 29/11** Communic '8 - Reading comprehension Boekrak
- 30/11** Bioclassics - Aquatic vs terrestrial Telequest (5-7)



Walter Masemola YOUNG WICKET-TAKER

By Marc Friedman

Walter Masemola is fast making a name for himself on the cricket field. Walter's fast bowling is knocking down wickets at a great rate.

Walter is 17 years old. He was born and grew up in Zone 11, Alexandra. He started playing cricket when he was 10. Walter jokes, 'I was attracted to cricket by the oranges and biscuits that they gave players at the Bakers Biscuit cricket clinics.'

Walter is over six feet tall. He has everything it takes to be a good, fast bowler. He is strong and tall and he loves the game. Walter says, 'I had to choose between cricket or soccer. I chose cricket because it is easy to get injured in soccer. If you get kicked in the knee, you can't play any more.'

But playing cricket with Walter is more dangerous than any soccer match. Walter admits this is true. 'When I bowl,' he says, 'I aim to get the batsmen out or to take their heads off.'

When we ask Walter who

Walter Masemola at the Wanderers Stadium where he works as an assistant groundsman.

his cricket heroes are, his eyes go dreamy. Then he lists some of the world's finest bowlers - Wes Hall - the famous West Indian fast bowler, Curtly Ambrose - the world's top bowler at the moment and Courtney Walsh.

Walter's talent was discovered by Ali Bacher, the United Cricket Board Managing Director. Bacher watched him playing for Ekhukanyisweni Primary School in 1987. By the time Walter was 16, he had toured Australia and England. He played in the Nuffield Schools Week from 1991 to 1993 and he was chosen for the SA Schools B team.

Today Walter works for the Transvaal Cricket Board. As part of their development programme, Walter spends a few afternoons each week coaching the Alexandra Under-15 team. Walter also works as an assistant groundsman at the Wanderers Stadium.

But at weekends Walter is at the place he loves best - out on the cricket field - playing for the Transvaal B team. Walter aims to get into the Transvaal first team soon. But his big dream is to play for South Africa one day. ◀

Photographs by Brett Eloff



Walter shows the Under-19 cricket team in Alexandra what a fast bowl is all about.

Nestlé®

MUSIC

KitKat®

Phuzekhemisi

MASTER OF MBAQANGA RHYTHMS

Phuzekhemisi's new album, *Imbizo*, is taking the townships by storm. Upbeat spoke to Phuzekhemisi to find out more about this popular mbaqanga star. When he came to Upbeat's offices, fans from all over our eight-storey building wanted to meet their favourite singer.

Phuzekhemisi's real name is Zibokwakhe Mnyandu. We asked him how he got his strange nickname. Phuze told us, 'I came to the city of gold and bright lights in 1980. I found a job at a furniture store. It was very, very hot. There was a chemist across the road from where I worked. The pharmacist let me keep a bottle of water in his fridge. When I was thirsty, I went to the chemist to drink. Whenever I disappeared, my colleagues said, "He's drinking at the chemist". So I became known as Phuzekhemisi, which means the one who drinks at the chemist.'

Phuzekhemisi's big musical break came in 1988 when he released his first album, *We Malome*. Since then Phuzekhemisi has made a record

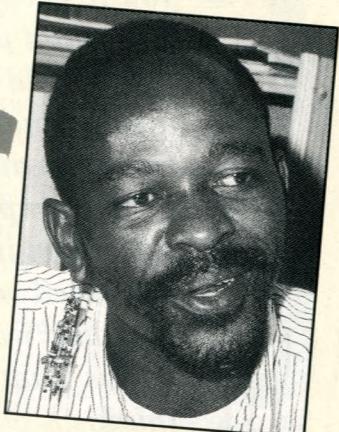


Phuzekhemisi (with the guitar) and his late brother, Khethani. The two brothers used to perform together.

Courtesy of RPM.

every year. In 1989 he released *Sengiyahamba*. In 1990 he recorded *Woshiya abantwana bame*. This was followed by *Imbizo* which is taking South African townships by storm right now.

Behind Phuzekhemisi's success lies a tragedy. He and his brother, Khethani, used to



A thoughtful Phuze tells us how he got his nickname.

Photograph by Derek Davey

sing together. They were both popular. But last year Khethani sadly died in a motor car accident. 'I felt quite empty after he died,' said Phuzekhemisi. 'Now I think about Khethani whenever I perform.'

But Phuze is continuing his musical journey without his talented brother. He is having a very busy year. He has sung at many live performances. And he has just released another album. So look out for *Empalamende*.

The words of the song, *Empalamende*, are about the negotiations process. Phuzekhemisi sings about the death and destruction before the elections. He says that, in spite of the talks, people were dying every day. That is what inspired him to write the song.

Phuzekhemisi is proud to be an African. He sings in Zulu and his music has an African beat. Phuze also wears traditional clothes when he performs.

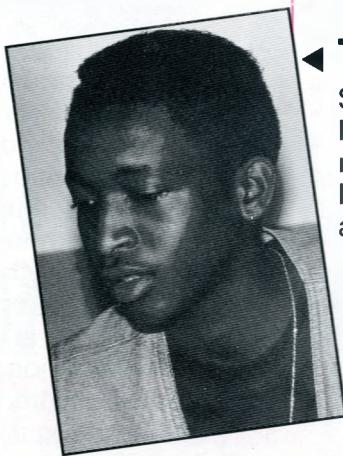
What can Phuzekhemisi fans look forward to next? He says he is busy in the studio, doing a song called *Vote*. He hopes that it will build peace in our country. ▲



CONDOMS

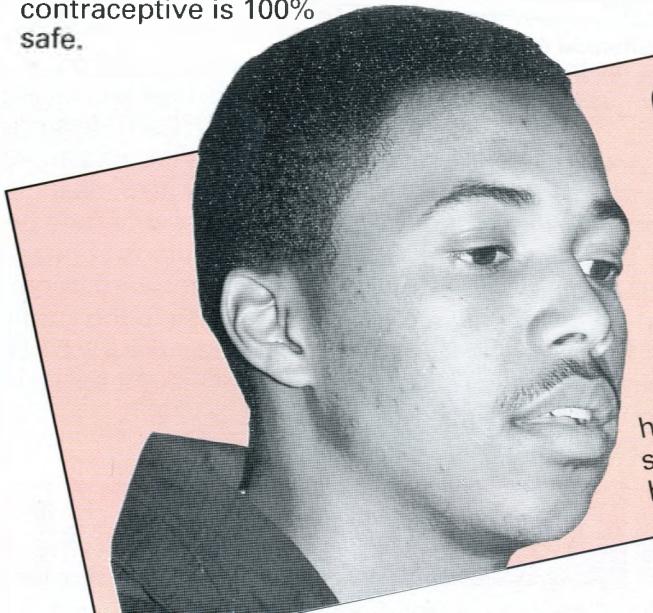
WHAT
YOUTH
THINK

Condoms! How do young people today feel about using them? And should a youth magazine like Upbeat carry a free sample of a condom in it? We asked young men and women to tell us what they think.



Azaar Cassim 19 ▶

I come from a Muslim background. The Koran says, 'No sex before marriage and no condoms'. But for readers from different backgrounds, I think it is good to advertise condoms and carry samples. There is a risk that advertising these things will encourage people to have sex. I also think people must know that no contraceptive is 100% safe.



Adrian Dedominicis 23 ▶

Condoms are a must. One cannot do without them. I am a disc jockey at a night club. I get chased by a lot of girls. So it is important for me to use condoms for my own safety. I think a free sample of a condom in a teenage magazine is a wonderful idea...most certainly, definitely, YES!

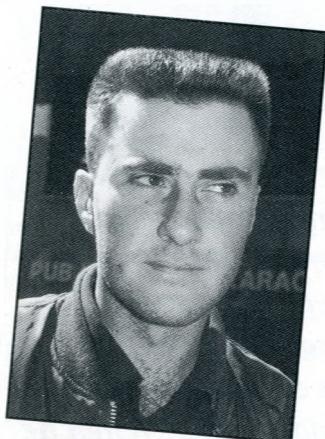


Thabo Moeletsi 16

Sex involves risking one's life these days. It is pretty normal to use condoms. It makes you feel safe. I am also too young to handle the responsibilities of having a baby. A sample condom in a magazine would not worry me at all. My parents would not mind either.

Peter Nel 22 ▼

I use condoms which I get free from a clinic at Rosettenville. I am afraid of sexually transmitted diseases, especially AIDS. I also worry about unwanted pregnancies. I am not ready for children yet. I think that advertising condoms and providing a free sample is an excellent idea. A sample will make people think about using condoms.



Karien Farland 19 ▼

I feel that boys must use condoms to prevent pregnancies. They are the best thing for those who are sexually active. I think a sample condom will teach youth what condoms look like. But they also need instructions on how to use them properly.



Grant Assegai 18

It is not right for teenagers to get involved with sex and condoms. Sex and condoms are for later in life, when people have a career. If parents refuse to talk about sex with their children, then a youth magazine can help to make people aware of the risks of sex. A real condom in the magazine would help educate those who need it.

Cleone Cassidy

The new face of the
TTT



Upbeat noticed that things had changed on Thursday evenings. There was a new face on the Toyota Top Twenty. So we went to Broadcasting House. We wanted to peak behind the scenes of the TTT and see if we could find its new presenter - Cleone Cassidy.

Cleone Cassidy - the new face on the Toyota Top Twenty

Photograph by Giselle Wulfsohn

It took some time to track Cleone down. We were very pleased when we found her.

'I was very shy at school' confesses Cleone. 'I was the kind of girl who never spoke in class. When I finished school, I didn't know what to do. So I went to secretarial school.'

Cleone tried a number of jobs. She worked for an advertising agency. She also did some modelling. 'I was too impatient,' says Cleone with a laugh. 'I didn't like standing around.'

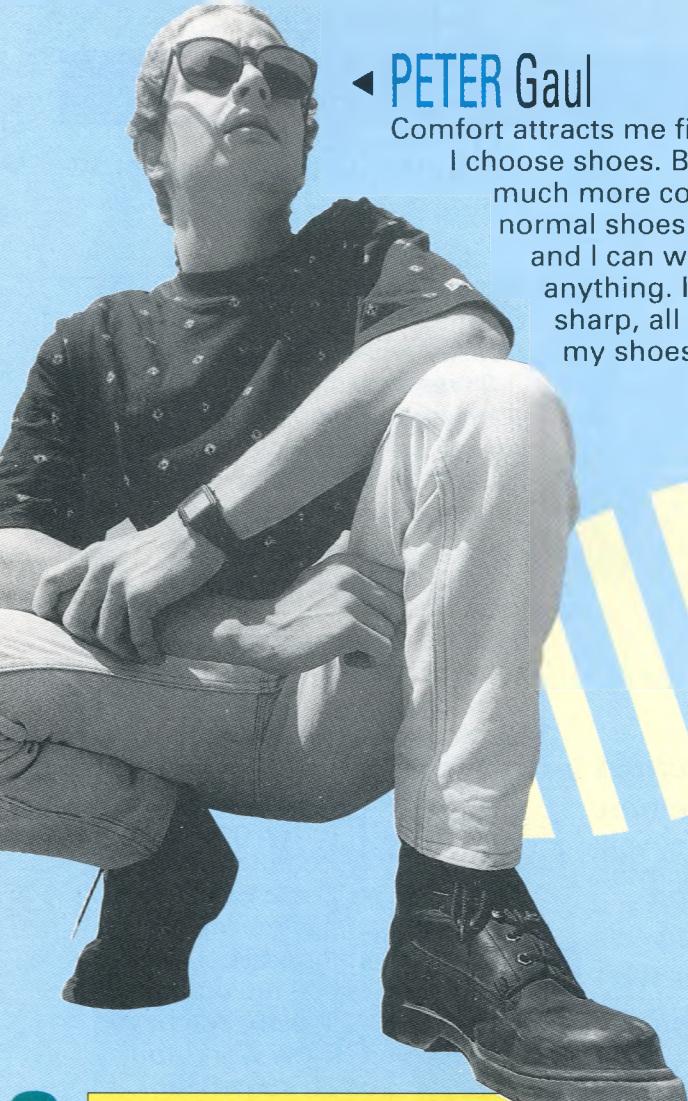
In the end Cleone's love and knowledge of music got her a job on the radio station, 5 FM. Cleone says, 'Music has always been a big part of my life. And I love working on radio. I like the fact that once you are on the air, you are on your own. You have to make your show work. You can't panic when something goes wrong. You just have to keep going.'

Cleone enjoys the Toyota Top Twenty. She likes working with Lawrence Dube. 'He is easy, relaxed and has a great sense of humour' she says. 'I also enjoy the music. Mainly we play the very latest music. But we also try to put in one or two old songs that people will know.'

Cleone is interested in all types of music. Her favourite music at the moment is an American group called Bon Jovi. They have just brought out a single called *Dry Country*. 'My best South African artists are B-World - I think they are very good. I am also a big fan of Vicky Sampson and Twenty First Century Fox. Look out for their excellent album,' she says.

What does it take to be a successful radio or television announcer? Cleone says you need self discipline - something Cleone hides behind her naughty smile together, with a black belt in karate! ◀

◀ PETER Gaul



Comfort attracts me first when I choose shoes. Bronx Boots are much more comfortable than normal shoes. They look nice and I can wear them with anything. If I want to look sharp, all I do is polish my shoes.

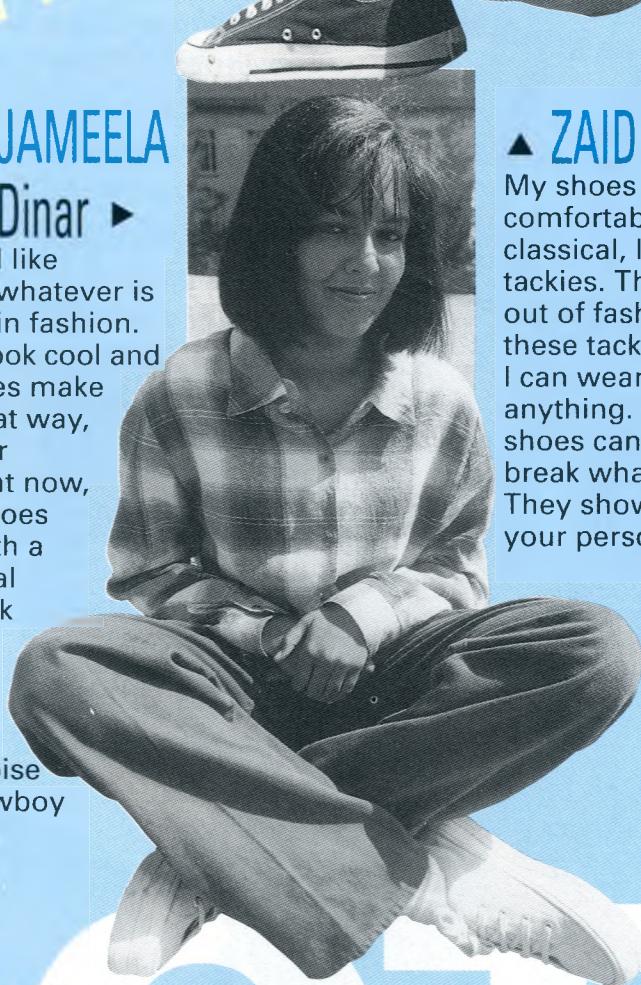


◀ ZAID Dindar

My shoes must be comfortable, cool and classical, like these tackies. They never go out of fashion. I love these tackies because I can wear them with anything. I believe that shoes can make or break what you wear. They show a lot about your personality.

JAMEELA

Dinar ▶



I like whatever is in fashion.

I want to look cool and hip. If shoes make me feel that way, then I wear them. Right now, I'm into shoes that go with a cool, casual look. I think 1960's platforms are ridiculous. And I despise pointy, cowboy boots.

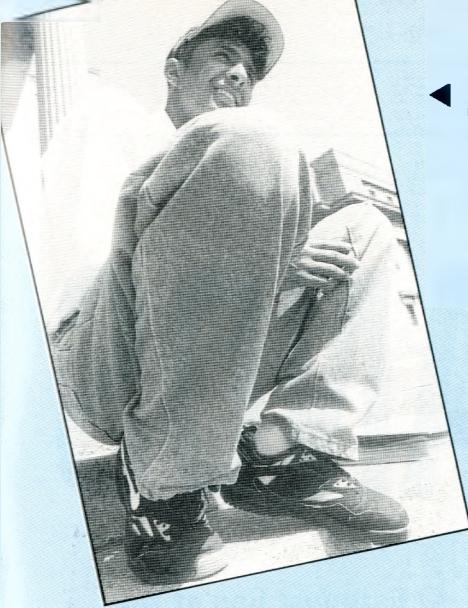
Do you go for fashion first and comfort second when you choose your shoes? Or will you wear anything on your feet as long as you feel comfortable? Upbeat asked young people on the pavements of Johannesburg about their shoes.

By Cedric Nunn

FOOT fashion

◀ ZAIN Abba

I'm not interested in comfort. I buy all my shoes in trendy shops. I look for the latest fashion. But they must be shoes that I like. These Nike trainers are what I am into.



AZEEMA Khan ▼

I like to wear shoes which go with my personality and my style of dress. I am trendy but practical. I like clothes which reflect my friendly personality and identify me as a modern teenager.



YUMNA Desai ▶

I am a big fan of Doc Martens. They look great with jeans, casual outfits and long dresses. They are also very comfortable.



YACHYAA Fredericks

I am not very interested in fashion. These yacht shoes are my style. They are comfortable and I think that they look good too.



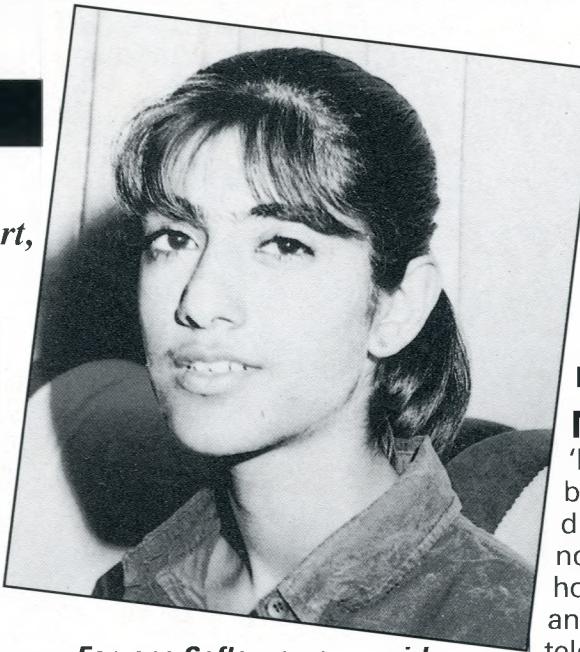
All photographs
by Cedric Nunn

OR comfort?

Living in the NATAL MIDLANDS

By Farzana Safla

Farzana Safla was born and brought up in Estcourt, a small town in the Natal Midlands. She tells us about the town and the area around Estcourt.



Farzana Safla – a young girl from Natal.

Farzana with her family.



Estcourt lies at the foot of the Drakensberg mountains. I can see the snow-capped peaks of the Drakensberg from my bedroom window in winter. The beautiful hills, clear streams and peaceful atmosphere are all part of life in Estcourt.

My family

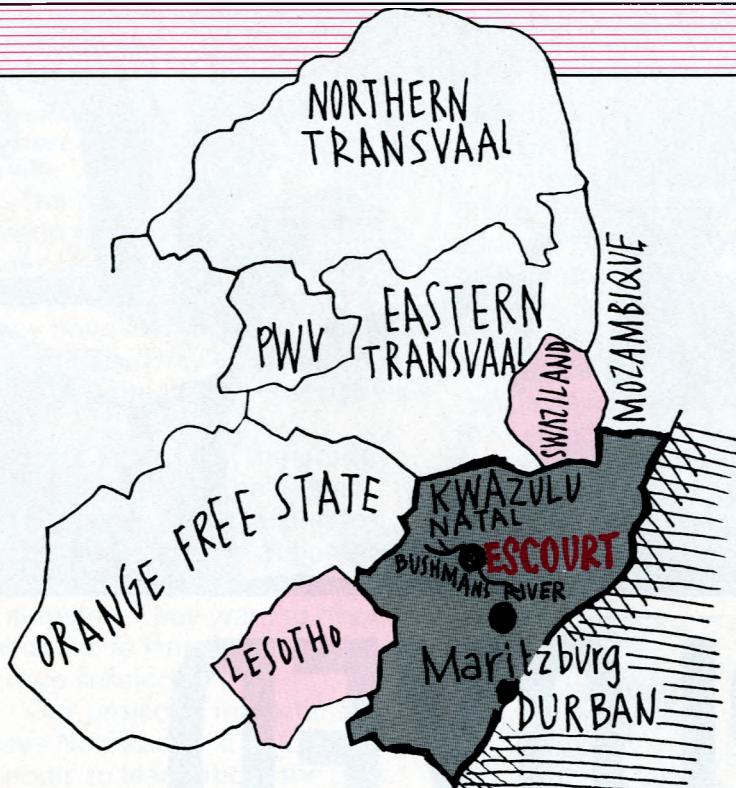
'I live with my parents and my brother, Naseem. Naseem disturbs our home with all his noise. We often quarrel over the household chores, the bathroom and which channel to watch on television. Apart from these things, we get on pretty well.

'My mother is a teacher. She is always bubbling with ideas and stories about her school. My father is a businessman. He provides us with religious inspiration and Islamic guidance. His advice helps me to cope with my everyday problems.

'There is very little entertainment for young people in Estcourt. So I spend most of my free time with my friends. We listen to music or play sport at the local clubs. We also meet at religious gatherings. But this year I have little free time as I am in matric.'

At school

'There are a number of schools in Estcourt. But if we want to study after matric, we must leave home. There are no training colleges, technikons or universities in Estcourt. This makes it expensive to study further so few people do it.'



'I attend Drakensberg Secondary School. In the past, this school was only for the Indian community of Estcourt. Now this has changed and black students attend our school.'

'I wanted to make sure that I have a wide choice of careers after school. So I chose my school subjects carefully. I am studying Maths, Science, Computers and Biology.'

'We have many extra-mural activities at our school. We have an active SRC which gives the school a positive feeling. I am a prefect this year. This responsibility means that I have limited my extra-mural activities.'

Estcourt - the town

'Estcourt lies just off the N3 highway between Johannesburg and Pietermaritzburg. The closest city is Pietermaritzburg. We often go to there to shop for things which we cannot get in the Estcourt shops.'

'There are a number of well-known industries in Estcourt. These are Nestle's, Masonite Africa, SA Braiding and our famous Estcourt bacon and sausage factory. These factories provide jobs for many Estcourt residents. But they also cause air pollution.'

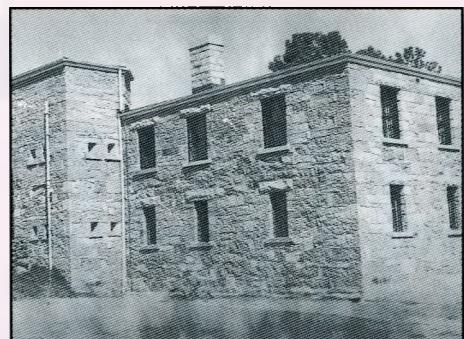
'In spite of the elections, different race groups still live in different areas - like my family. We live in the Indian part of Estcourt. This is slowly beginning to change. I think it will take a long time before we break down the barriers between people.'

The district around Estcourt

'The owners of the big commercial farms around the town have an easy time. They own the fertile farmlands which are irrigated by the Bushmans River. They produce fresh vegetables, dairy products, meat and wool.'

'But life for the people who live in the over-populated and less fertile rural areas is hard. Many people from these areas cannot survive from their land. Some of them work in the factories of Estcourt but many of them, especially the youth, are unemployed.'

'There has also been terrible political violence in the closest township, Loskop. This has made life difficult for everybody.◀'



Fort Durnford is just outside Estcourt. It was built by the British settlers in the last century.

A history of Estcourt

The valley of the Bushmans River has always attracted people to it. For years the San lived in the area, hunting and gathering. But in the 1830's the Voortrekkers arrived.

The San tried to keep the land they lived on. But their bows and arrows were no match for the Trekkers' guns. Soon the San were forced to move into the mountains.

After the Boers defeated the Zulu chief, Dingaan, some settled at Zaailager and Vegtlager, not far from today's Estcourt. Estcourt soon became an overnight spot for transport riders, travelling between Natal and the Cape.

In 1843 Britain declared Natal a British colony. Many Trekkers left Natal. They were soon replaced by British settlers. At about the same time, a small group of Zulu-speakers, the Hlubi, settled on the Bushmans River.

In 1873, the British governor demanded that all Hlubi register their guns. They refused. So the British attacked them, killing women and children and burning homes.

Langalibele, Hlubi chief and the first political prisoner to be held on Robben Island. They defeated the Hlubi and arrested their chief, Langalibele.

Langalibele was sent to Robben Island. He was the first political prisoner to be held there.

During this time the settlers built Fort Durnford. This building still overlooks the town today.◀



HOPE FOR UNEMPLOYED YOUTH

By Hanifa Dhansay

The Careers Information and Research Centre (CRIC) in Cape Town helps young people choose careers. They have realised that many young people struggle to find jobs. So they have started the Enterprise Education Unit. This unit helps young people to make work for themselves. Hanifa Dhansay, who works for CRIC, tells us about this exciting, new project.

A group of young women from Khayelitsha came to CRIC with an idea. They wanted to find out more about the history of their the place where they live. CRIC agreed to help them.

Nomabulu, a member of the group, explained what they are busy doing. 'We feel that it is

important to remember the past. We want people to know about the hardships people experienced when they first settled in Khayelitsha.

'There is no written history of Khayelitsha so we rely on oral history. This means that we interview the people who know the history of the settlement. Once we have done the interviews, we will write the people's stories on a computer. After we've collected all the stories we need, we aim to publish a booklet.'

Finding out about the past has meant learning to use a computer.



HOPE FOR UNEMPLOYED YOUTH

By Hanifa Dhansay

The Careers Information and Research Centre (CRIC) in Cape Town helps young people choose careers. They have realised that many young people struggle to find jobs. So they have started the Enterprise Education Unit. This unit helps young people to make work for themselves. Hanifa Dhansay, who works for CRIC, tells us about this exciting, new project.

A group of young women from Khayelitsha came to CRIC with an idea. They wanted to find out more about the history of their the place where they live. CRIC agreed to help them.

Nomabulu, a member of the group, explained what they are busy doing. 'We feel that it is

important to remember the past. We want people to know about the hardships people experienced when they first settled in Khayelitsha.

'There is no written history of Khayelitsha so we rely on oral history. This means that we interview the people who know the history of the settlement. Once we have done the interviews, we will write the people's stories on a computer. After we've collected all the stories we need, we aim to publish a booklet.'

Finding out about the past has meant learning to use a computer.



Members of the Khayelitsha oral history group practise interviewing skills.

The Khayelitsha oral history group meets twice a week. They have been working on their project since February. So far they have learned how to do interviews. They've also learned how to write down what people say.

The members of the group are keen to share their ideas. Monica says, 'I like talking to other young people about the project. They are always interested. They want to hear what we're learning in our group sessions.'

'Our project is important,' says Nomabulu. 'It helps young people to learn about the past. At the same time, we are learning new skills. For example, I have never worked on a computer before.'

The biggest challenge for this group is to get people to talk about themselves. 'If people are not willing to talk, we will have a big problem. The success of the project depends on what they tell us,' says Nomabulu. But members of the group are confident that they will find ways to overcome this problem.

The Khayelitsha oral history group is not the only group working with the Enterprise Education Unit. There are also other groups of young people starting projects in Cape Town.

In Gugulethu, nine young people have set up a catering group. They have been trained in business skills. Now they are busy learning how to cook and serve food. They plan to offer a catering service for funeral clubs. Another group from Gugulethu is interested in planting trees, flowers and lawn. They plan to provide a gardening service.

There is also a fashion design project. This group is working with their facilitator. They are learning skills in business, fashion design and sewing. They plan to design and sew

fashionable clothes for young people.

The social awareness group organises social events for young people. These events give youth a chance to discuss and find solutions to social problems in their communities. They have already organised a sports day in Mannenberg, a township on the Cape Flats.

In Heideveld, youth got together to discuss the

The group from Gugulethu learns how to cook and present food.



How to join the Unit

If you are out of school and out of work, think of something you would like to do. Take your ideas to the Enterprise Education Unit. They are ready to help people between the ages of 17 and 25 who want to do something for themselves.

First you must find a group of young people from your community that you can work with. Once you have a group, you meet with an Enterprise Education facilitator. Together, you decide what the group needs to learn and you draw up a three or six-month training programme.

problems of their community. They decided that there was a great need for a nursery school. Now they are learning how to run a pre-school and how to teach young children.

In Mitchells Plain, a group of young people is learning to weld. They plan to start a business, selling burglar bars and furniture. They are involved in business skills and welding training at the moment. ▲

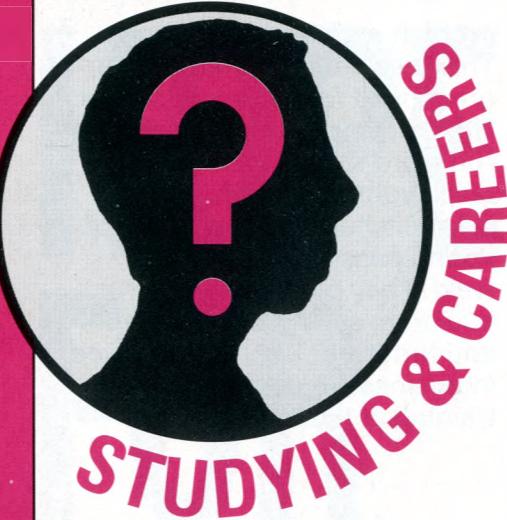
The facilitator helps you decide what skills you need to learn. She will also help you to manage a budget and learn other practical skills. When your group completes its training, each person receives a certificate, saying what you have learnt.

For more information, contact:

Cape Town - Greg or Mtho at CRIC, P O Box 378, Athlone 7760. Tel: (021) 637-8040.

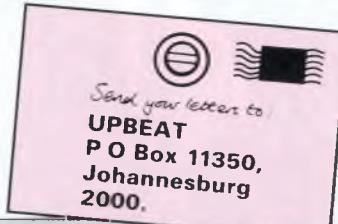
Johannesburg - Mandisa at the Education Information Centre, P O Box 62270, Marshalltown 2017. Tel: (011) 834-7861.

Durban - Laura at the Community Information Centre, 36 Ecumenical Centre, 20 St Andrews Street, Durban 4001. Tel: (031) 301-2097.



Problems with studying and careers? You are not alone.

Write to us at:



Dentistry

Dear Mabel

I am a 17-year-old boy, doing Std 8 at Hlokoma High School. I am interested in dentistry. My subjects are Maths, Science, Biology, Accounting, Xhosa, English and Afrikaans. Could you please give me information about this career?

Sibongile Simani, Cape

Dear Sibongile,

You have the right subjects for a career in dentistry. You will need good matric results with high marks in both Science and Maths to be accepted for dentistry. The course lasts 5 years and six months. Universities which offer dentistry are: Medunsa, Pretoria, Stellenbosch, Western Cape and the Witwatersrand Universities. For more information, you can contact the Dental Association of South Africa, Private Bag X1, Houghton 2041.

Mabel

Music

Dear Mabel

I am a girl of 19 years, doing Std 10. I would like to follow a career in

music. I need the addresses of places that offer music teaching or performing opportunities.

Busiswe Mnguni

Dear Busiswe

You can study music at university. There you will do a 4-year Bachelor of Music degree or a 3-year BA (Music) degree, specialising in performing, teaching, musicology or other specialities like jazz. Some technikons also offer diploma courses in music. But many people follow a career in music by taking private lessons. You do not give an address, so we cannot help you with music schools in your area. But any university which has a music department will be able to give you the names of music teachers. Many musicians have no formal training. They often learn by playing with other musicians. So if you have no training, you can still follow a career in music. It is a tough life. Very often musicians must have a job to earn money while they improve their playing.

Mabel

Joining the Police

Dear Mabel

I want to join the police force. Could you please send me the address and telephone number of John Vorster Square.

Sipho

Dear Sipho

You can contact Colonel Bruce at John Vorster Square. Write to him at: SA Police Services, Community Relations, Private Bag X5, Johannesburg 2000. Tel (011) 407-0303 or 407-0306.

Mabel

Electrical Engineering

Dear Mabel

I am a guy of 23, doing matric. My major subjects are Physical Science, Maths, Biology and languages. I am interested in studying electrical engineering at a technikon. Could you please send me some information about it.

M L More

Dear M L More

Electrical engineering covers both electrical and electronic engineering. In electrical engineering, you learn about designing, making and managing appliances and electrical installations. In the electronics course, you learn how to make and manage equipment needed in telecommunications, navigation and data processing. Most of the work involves using computers. For more information, write to: Institution of Certificated Mechanical and Electrical Engineers of SA, P O Box 93480, Yeoville 2143.

Mabel

Journalism

Dear Mabel

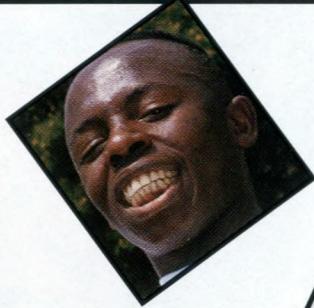
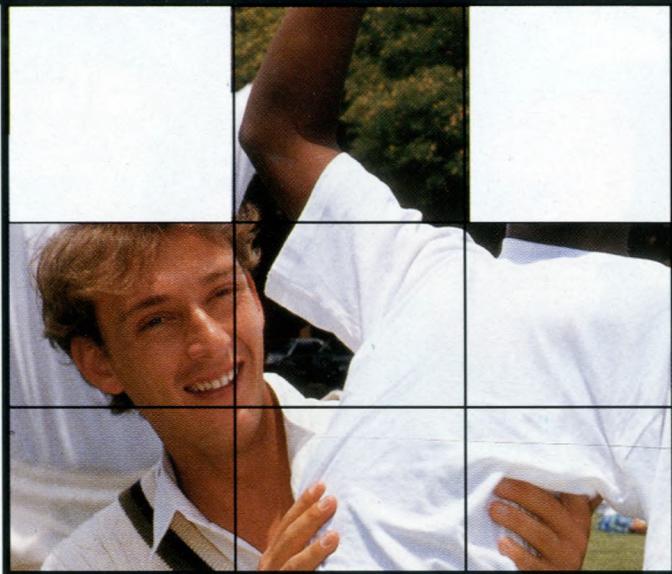
I am in Std 9. I would like to pursue a career in journalism. Is there a place to study in the Natal-Durban area? I am also interested in starting this career while I am still at school. Is there a way to do this?

K Bell, Durban

Dear K Bell

One of the ways to start a career in journalism is to write for your local newspaper. Ask them if they use freelance writers. Tell them what kinds of stories you want to write. You can also get writing practice by contributing to your school newsletter or newspaper. If your school does not have one, you can write to the Institute for the Advancement of Journalism, 9 Jubilee Road, Parktown 2193. They run courses in how to start a school newspaper. To study journalism, you can do a 3-year course at the Natal Technikon. Their address is P O Box 953, Durban 4000.

Mabel



WILL I FIT IN?

Following our articles in June, July and August, I hope that our advice has helped you outline the footsteps to your career path. Perhaps now is the time for you to consider joining the Standard Bank of South Africa?

Just as a large jigsaw puzzle is made up of a number of pieces of different shapes and sizes, so too is a large institution such as the Standard Bank.

The shapes and sizes of the puzzle pieces can be likened to the different skills and personal attributes of the people employed within the Standard Bank. All from different backgrounds and cultures, with varying hopes, dreams and desires for the future. To balance out the differences there is one philosophy which applies to all when considering employment with the Standard Bank.

The most important aspects mentioned in the philosophy are:

- To choose the most suitable candidate for the job.
- To employ people with the right combination of **character and skills**.
- **Service** is an important part of the banking environment so people who wish to work in the Bank should be **disciplined and service orientated**.
- The ability to **work hard, think smart** is a definite prerequisite
- An **enterprising and enthusiastic** manner will be the ingredients for success in banking.

The reward for the person who complies with all these aspects is personal growth and the satisfaction that a job well done is for the greater good of the individual, the team, and the Bank as a whole.

Once you have read through our philosophy, it will become apparent whether you will fit into the culture of the organisation. If you can identify with the requirements in the statement, then Standard Bank is possibly the place for you!

Today banking is very competitive and the focus is on client service. Going the extra mile is the winning quality needed to succeed.

Banking does not only mean branch work for example Tellers; Clerks; Administrators; Foreign Exchange and Branch Managers, there are many other options for career paths within the Bank, including:

- Financial and economic services
- Communication and Public Relations
- Information services
- Human Resources
- Insurance and actuarial services
- Legal Services
- Marketing
- Security, and
- Strategic planning.

For those living in Johannesburg and neighbouring areas, a full exhibition of careers offered by the Standard Bank can be seen at Windows on Work, The Gallery, Total House, cnr Smit and Rissik Streets in Johannesburg. The exhibition centre is open from 08h30 to 16h30 weekdays.

Alternatively, our Recruitment Centre on the ground floor of No. 5 Simmonds Street will assist you with any information which you might require to assist you in making the correct career choice within the banking environment.

Please fill in the coupon below, and bring it with you when making an enquiry. Remember to bring your original matric certificate and I.D. Book.

Join
a
Winning
Team



Name: _____

Age: _____

Highest Qualification:

CALL AT NO 5 SIMMONDS STREET,
PRESENT THIS COUPON AND THE
RELEVANT INFORMATION WILL BE
GIVEN TO YOU.

 Standard Bank

With us you can go as much further,



Hip hop Hype

Most people think that hip hop is just about rap music. But hip hop is much more than this. It is a culture which has its own language and its own fashions. To find out exactly what hip hop is, Upbeat asked Emile YX? of Black Noise and the editor of the only hip hop magazine in South Africa, Da Juice, to put this story together for us.

By Emile YX?

The things that make up hip hop culture are breakdancing or B-boying and freestyle dancing; spraycan art or graffiti; rap lyrics and poetry; DJ-ing, music production and beat-boxing and knowledge of self or self-awakening.

The dance

Dancing is the way young people use their bodies to express their feelings. In hip hop there are two kinds of dancing, breakdancing and freestyle. Breakdancing is made up of two basic types of movement. There are rotating movements like backspins, headspins, windmills, flares, footwork and swipes. These are combined with jerky movements like popping, locking, waves and robotics.

Freestyle dancing is made up of 'running man' type of movements. You can see this movement on videos of stars like Michael or Janet Jackson.

Some Cape Town dance groups that are making people sit up and take notice of them are the B-Boy Kings, Dream Team, Youngsters with Moves, Black Noise Breakers and Zulu Nation Freestyle Dancers.

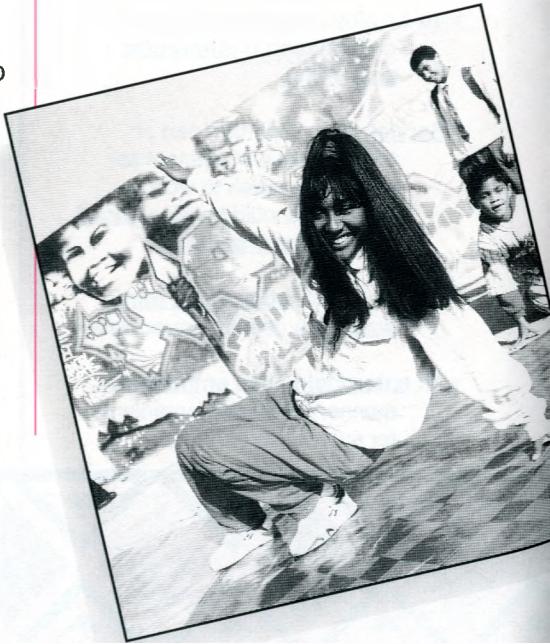
The art - graffiti murals

The words

The words of rap songs are like poetry put to music. There are many different styles of rap. There is sing rhyme used by a group like Arrested Development. Groups like Digital Underground and Digible Planets use jazzy rhyme. Then there are other styles used by groups like Das EFX, Fushnickens and Snoop Doggy Dog.

New groups on the Cape Town scene with smart words in their songs are Nasty Weather, Chaos to Wisdom, Original Street Brothers, Unity and Arc Movement.

The dance - freestyle



FEATURE

The art

Spraycan art and graffiti is the way B-boys and B-girls express themselves. Groups of young people use these art forms to brighten up the concrete jungles in which they live. Hip hop artists play with and distort letters or words. They bring pictures to life by using cartoon figures or life-like paintings and drawings on walls.

Groups that are active on the walls of Cape Town are Falco, Gogga, Gee, Soul Artist, TMD and Scribe 7.

The music

DJ-ing is the mixing, scratching and transforming of music. This is done by a DJ on a set of turntables, using a mixer. Hip hop music is usually made with drum machines, keyboards, computers and electronic equipment.

Beat-boxing is what B-boys did back in the days before they could afford drum machines. They made drum sounds with their mouths and chests.

Making words and the music

DJs on the Cape Town scene are Ready D, Razzano X, Enver and Shamiel X.

The knowledge of self

Self-awakening is the latest addition to the hip hop culture. It is the education of hip hop followers. It is learning about and questioning the past. This culture encourages people to think critically about the world. The T.E.A.C.H. Project run by Black Noise is the only project around at the moment.

The people

Over the past 12 years, many dance, rap and spraycan art groups and DJs have come and gone. But there is a small group

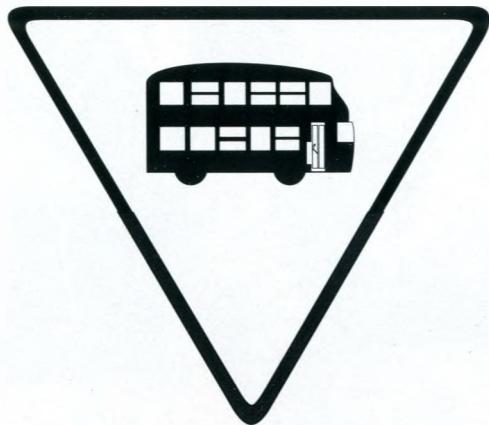
The hip hop people

that has stayed with the hip hop culture. Among these are people like Ready D, Ramone, Razzano X, Gogga, Marley, Emile XY?, Mikey of Pop Glide Crew, King James and other members of the Universal Zulu Hip Hop Nation.

If you want to subscribe to Da Juice, Emile XY?'s hip hop magazine, write to:

Da Juice,
c/o Black Noise,
P O Box 31184,
Grassy Park
7945.





Where to get on.



You're a short ride from the National Diploma or National Higher Diploma – be it in Engineering, Art & Design, Health & Biotechnology, Mining & Metallurgy or Business Management.

**Call for your prospectus today.
(011) 406-2221**

**TECHNIKON
WITWATERSRAND**

HOT HOT NEW HAIR PRODUCTS FROM ISOPLUS

BBJ Cosmetics (Pty) Ltd, makers of ISOPLUS, recently brought out two super new quality hair products, ISOPLUS Hot Hot Curler and Isoplus Wrap lotion.

Styling products help people to keep their hair beautiful, healthy and stylish. Often, today's trendy hair styles look hard and brittle. Very few manufacturers produce special products to keep your hair healthy.

ISOPLUS Hot Hot Curler is the first curler of its type for the black consumer. It has a heat activated curling spray. This helps you to get beautiful, healthy, glossy curls when you use it with curling irons or heated rollers. Expensive perms can soon fall flat, but with the ISOPLUS Curler treatment your hair keeps its curls for much longer.

ISOPLUS Hair Lotion gives your hair body & shine. ISOPLUS Wrap Lotion is a hair lotion which helps to get your hair into the popular 'WRAP' style. To get the high fashion 'WRAP' style, apply Isoplus Wrap Lotion to damp hair after shampooing and conditioning. Then, starting at the crown area comb your hair smoothly in one circular direction. Then sit under a dryer. The ISOPLUS Wrap Lotion can also be used for blow-drying and setting.

Both products are available at participating retailers and beauty and barber suppliers.

Fabulous hair is a **PLUS...**



When you've got well conditioned hair

PLUS manageability

PLUS freedom of movement

PLUS high powered body and shine,

You've got

ISOPLUS®

Others try to be us,
but they just don't have
the **PLUS.**



© J.M. PRODUCTS, INC., 1992



LOOK FOR THE **ISOPLUS®** SYMBOL OF QUALITY



THE ANIMAL REHABILITATION CENTRE

Four and a half years ago, Karen Trendler and her husband, Roy, realised that there was a great need to work with injured wildlife animals. And so they started the Animal Rehabilitation Centre (ARC).

The Trendlers realised that there was nowhere in the country for injured wild animals. So ARC, as their centre is called, specialises in treating and nursing all injured, orphaned, confiscated and misplaced wildlife.

Since the Animal Rehabilitation Centre was started, it has grown so fast that Karen and Roy have had to look for sponsorship. Now they receive grants from organisations like Sasol, Nestle, Mazda, Sunkloof and the SPCA.

ARC is a non-profit making organisation. They are dedicated to rehabilitation, education, training and research.

In the short time that ARC has been around, they have treated

10 000 animals. These animals include many endangered and threatened species such as the Bateleur Eagle, the Roan Antelope, the Cape Vulture and the White Rhino.

Karen recently made history when she reared a prematurely born black Rhino calf. No-one thought that the calf would survive but thanks to Karen's loving care, it did.

ARC does not only work with animals. They also provide training for nature conservation students and youth groups. About 1 400 school children and about 2 600 students and

A cured Eland wanders past the Sasol intensive care unit at the Animal Rehabilitation Centre.

This article is brought to you by

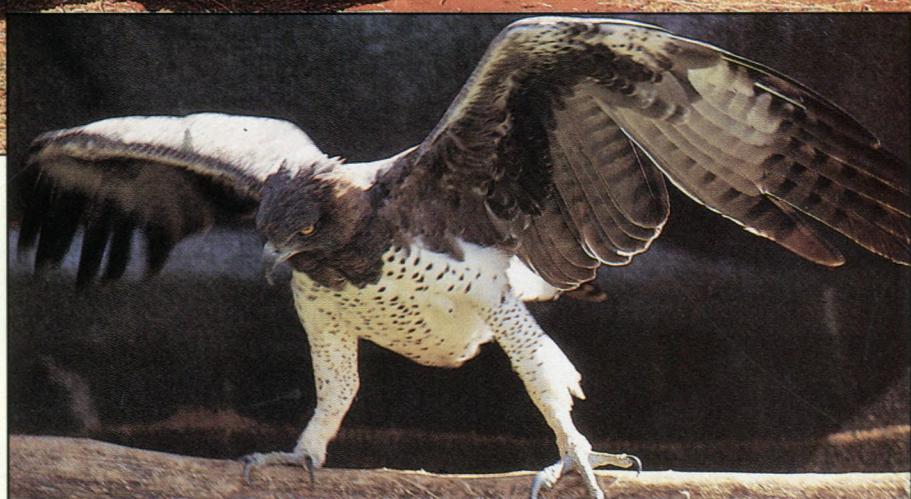
SASOL





▲ Karen Tredler doing what she does best - working with wild animals.

▼ A curious fellow - this mongoose basks in the sun in the mongoose/tortoise run at ARC.



Many birds are treated at ARC for different sicknesses. Here a Marshall Eagle spreads his wings in one of the aviaries.

members of various wildlife associations and clubs visit ARC every year.

ARC is also carrying out important research on how to treat sick animals. They run the only wildlife clinic in the country and they are linked to the Veterinary Faculty at Onderstepoort. A lot of the animals which ARC treats are victims of poisoning.

Karen is a trained veterinary nurse. She has worked in wildlife conservation in Botswana and in South Africa.



Photographs supplied by Sasol.

Now she runs the ARC office and clinic. She gives many lectures while she is not working with the animals. Recently she has written two books. ◀

COMPETITION TIME

You can win a colourful T-shirt and cap donated by Sasol. All you have to do is write a short essay of 200 words saying how we can protect our wildlife.

Send your entries to:

Upbeat, ARC Competition,
P O Box 11350
Johannesburg 2000.

CLOSING DATE: 15 DEC 1994.

Cool. Safe. *Lo*



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

TELESCHOOL

TEENBEAT

AS SEEN ON TV

Use this learning supplement with the Teenbeat English programmes on SABC from 1 November - 5 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!

English

CAREERS – The World of Advertising

Advertising tries to persuade people to buy a product. People in this industry need to be creative. They need to think up new ideas to sell a product. Wayne le Roux, an art director at Herdbouys Advertising Agency, is one of the talented people working in advertising. Teenbeat spoke to him about his career.

Teenbeat: How would you describe your job?

Wayne le Roux: My job as art director is to work with a team. We try to find new ways to sell different products.

Teenbeat: Will you describe what you do and how you work?

Wayne le Roux: First we decide on how we plan to sell the product. This is called the concept. For example, this poster says: 'All leaders must keep the peace.' When we were working on the concept, we thought, "What are the aims of the campaign? Who is involved?" All leaders were part of it. So we could not use just one person. It had to be all of them. So, we took their pictures and formed one picture. We made the photos into a puzzle because politics is a puzzle.

Teenbeat: How can young people get into the field of advertising?

Wayne le Roux: There are people from many different careers who now work in advertising. There are teachers who are now writers. Other people have studied graphic art at a technikon. Advertising is very open. In fact, we welcome new people. The more, the merrier.

CAREERS LISTING

If you are interested in working in advertising, here are some careers that may interest you.

1. ACCOUNT EXECUTIVES

They manage advertising campaigns. They work with the person who wants to sell the product, and with the graphic artists and the copywriters. An account executive needs administrative, organisational and good communication skills.

2. ART DIRECTOR

The art director works with the artists and copywriters. Together they work out new ways to influence buyers and to write up advertisements that do this.

3. COPYWRITER

The copywriter writes the words that persuade people to buy a product.

4. RESEARCHERS

In order to persuade buyers, the advertising team needs to know their interests, how old they are, what they like and dislike and how much money they have. The researchers find out this information.

WHERE TO GET INFORMATION

1. The Institute of Marketing Management
Tel: (011) 642-5064/5/6
2. Technikon Witwatersrand
Tel: (011) 406-2220/1
3. The Boston House College AAA School of Advertising
Tel: (011) 880-3908/9
or (021) 418-1460/1/2
4. The Association of Advertising Agencies
P O Box 784043
Sandton
2146

This learning supplement is developed by **UPBEAT** magazine and sponsored by **CNA**

First with the goods

PULL-OUT ▼ PULL-OUT LEARNING SUPPLEMENT ▼ PULL-OUT

JOB FINDING SKILLS

LETTER OF APPLICATION

It is nearly the end of the year. And many Teenbeaters will be leaving school. They will be applying for jobs. Do you know how to write a C.V. and a letter of application? And do you know what to do in a job interview? If your answer is no to any of these questions - read on!

Max has finished his studies. Now he is a qualified teacher. He saw a job advertised in the newspaper. He must send a C.V. with his job application.

Max: What is a C.V.?

Jackie: C.V. is short for the Latin words, Curriculum Vitae. A C.V. is a short document. It tells people all about you and what jobs you have done.

Max: Oh, that's easy! I can write a whole book about myself...

Jackie: No, Max. It must be short. You only give some information. Let me help you.

Max: Thanks Jackie.

**THIS IS
MAX'S C.V.
NOW
PRACTISE
WRITING
YOUR OWN.**

CURRICULUM VITAE	
Name	Max Khumalo
Address	10 Yeo Street Yeoville 2198
Tel	648-5555
Date of birth	7 September 1971
Place of birth	Johannesburg, South Africa
Education	1983 - 1988 : St. Catherines High School, Johannesburg 1977 - 1982 : St. Peters Primary School, Johannesburg
Qualifications	1993 : H.Dip.Ed (Higher Diploma in Education) Majors: English and Guidance 1992 : BA degree; Majors: English and Psychology 1988 : Passed matric with exemption
Employment	Jan 93 - Dec 93 : Taught English at Saturday School Dec 92 - Jun 93 : Casual work at Edgars, menswear department
Interests	Reading, cooking, swimming
References	(1) Rev. P. Samela, P O Box 1234, Johannesburg 2000. Tel (011) 412-1411 (2) Prof. C. Diamini, P O Box 5678 Johannesburg 2000. Tel (011) 321-5471

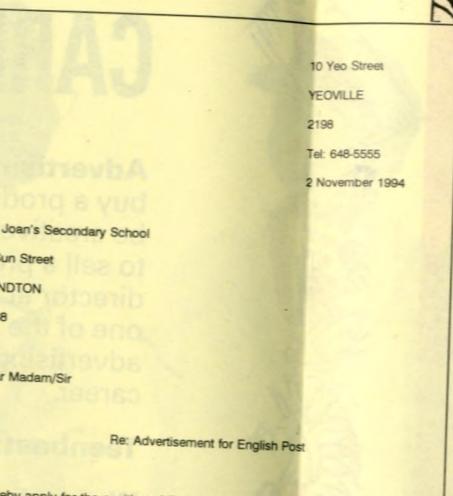
Now Max is ready to write his letter of application. He really wants to make a good impression. So, he has to make sure that his letter is perfect.

Here is what he must do!!

- He should write neatly or type his letter.
- He must know to whom to address his letter.
- He must know how to write a business letter.
- He must write to the point, without using fancy language.
- He must include only relevant information about himself.
- He should spell correctly.

REMEMBER:

If your letter makes a good impression, the employer will ask you to come for an interview.



design an AD

Enter the Teenbeat Design-an-Ad Competition and win these wonderful prizes!

1st prize: An Orient watch worth R700 and a year's subscription of Upbeat.

2nd prize: An Orient watch

3rd prize: A year's subscription of Upbeat

Advertising aims to persuade people to buy a product. When you design an advert, you should know who you aim to reach with your advertisement. You also need to know the buyers' likes and dislikes.

Here are some of the things you should think about:

Audience: Who is the advertisement aimed at? How old are they?

Appeal: What does your audience like, dislike and need.

Language: Use simple language, not difficult terms your audience won't understand. You may use the same slang that your audience uses.

Visual image: Is your advert going to have illustrations and / photos?

Your advertisement must sell:-

Product: Upbeat magazine

Audience: 12-18 years old

Appeal: Upbeat is informative, interesting and fun. Every young person should read the magazine.

Language: English

Visual Image: Illustrations, photos, pictures cut from magazines and cover of Upbeat

Send your advert to:-

Teenbeat/Design-an-Ad Competition,
Upbeat,
P O Box 11350,
Johannesburg 2000

Get ready for the summer holidays!

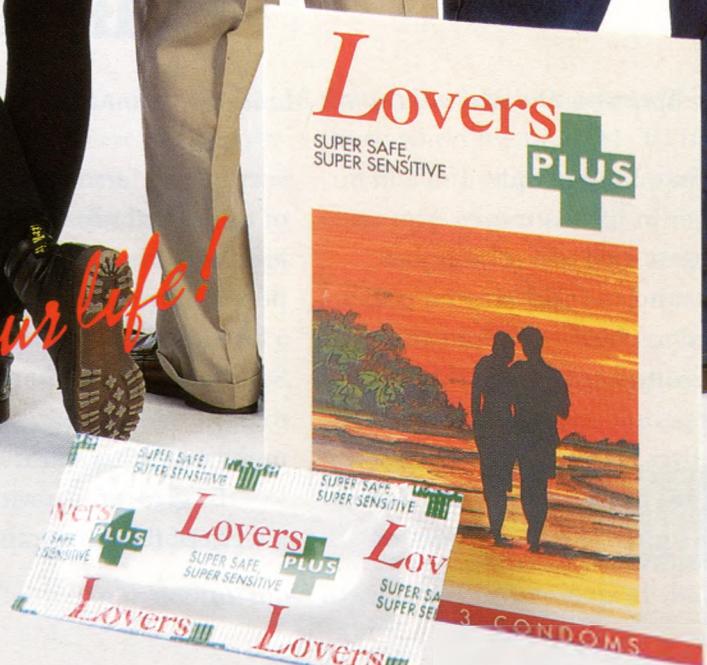
We know you're deep in exams and end of year activities, but look at the bright side and get ready for the summer holidays just waiting for you.

Gear up at CNA with your favourite books, music, magazines, games and paperbacks. And if you're a bit of a holiday snapper, get your photographic goodies at one of our over 300 stores countrywide.



Wayne le Roux (third from left) and his team discuss ideas for a new advert.

ers Condoms.



er Sensitive **Lovers**  Condom.
95267, Grant Park 2051.



“When people ask me how Old Mutual I talk about cattle, goats,

George Spelman, Old Mutual Branch Manager, Mount Frere, discusses life assurance - and making your money grow.

“First, I tell people, I’m a firm believer in life assurance. You see, my father died when I was just seven, and his Old Mutual policy helped to pay for my education. So it really is true that Old Mutual helps people to make the most of their lives.

“And the way Old Mutual does this is something like a team of

very expert farmers who grow a lot of different crops and breed many kinds of animals. And many people have a share in the farm, a bit like belonging to a big stokvel. So when you entrust your money to us at Old Mutual, you become a member, with a share in us.

“To grow your savings, we have a team of full-time experts. And

just as farmers spread their risks by farming different things, our team of experts invests in a variety of ways, to get the best combination of good growth and security.

“They invest in the shares of many leading companies on the Johannesburg Stock Exchange, in property throughout South Africa, and investments that pay good



invests its policyholders' money, mielies and vegetables.”

interest. All this helps to create jobs and opportunities for many millions of people, and helps everyone to share in the wealth of South Africa.

“As the Old Mutual ‘farm’ steadily prospers, you as a member share in all the wealth it grows, after expenses and taxes. There are no outside shareholders who can claim a part of your money. Old Mutual is by far the biggest

life assurer in Africa, and it has built up strong reserves of money to protect its members, like giant grain-stores full to the brim.

“What this means is that when you invest in life assurance with Old Mutual, you can be sure of many things. You can be sure that, over the years, your money will grow, safely and strongly. You can be sure that your money is protected. And you can be sure

that in the future money will be there when it's needed. To help you make the most of your life, every step of the way.

“So talk to your Old Mutual adviser, a broker or your nearest Old Mutual office. And learn how your money can reap a rich harvest, year after year.”



We'd like to help you make the most of your life, every step of the way.



Advertorial

Reeva offers 40 Upbeat readers a chance to win their latest fragrant perfume.



Forty lucky readers can win a Reeva Parfum Stylo. Each Reeva Stylo contains concentrated French perfume in Le Reve or Tequila fragrances. The value of one Reeva Parfum Stylo is R85. Reeva is also offering an exciting career opportunity. Read all about it and answer the questions that follow. You could be a winner with Reeva and Upbeat!

Reeva career opportunities

Reeva Beauty Products offers an exciting career opportunity to young men and women. If you are looking for a way to earn money working part-time or full-time, then read on.

You can work as a Reeva Beauty Consultant. Consultants market the Reeva range of French perfumes, Italian Reeva Fresh Look make-up and Reeva Fresh Herb Skincare products to friends, family, other students or co-workers. You can work in your own area at hours which suit you. You can earn an excellent income through one of the highest commission structures offered in direct sales. Reeva Beauty Products will give you all the training and help that you need.

As a Reeva franchisee distributor, you will manage and encourage your own team. You will earn commission on the sales of your team members. This opportunity is for ambitious business people who want to decide their own income.

Skin care workshop

Reeva is also offering fifty Upbeat readers a morning workshop on skincare at the Reeva head office in Parktown, Johannesburg. You will learn how to deal with skin care problems. You will find out how to make the most of yourself and your natural looks. You will take home a trial size Reeva Fresh Herb skin care product chosen especially for your skin type.

If you would like to join the Reeva Skin care Workshop on Saturday 5 December, please phone Marisha on (011) 482-1570 to book your place. Then fill in the coupon below and mail it, with a R2 postal order to:

Reeva/Upbeat Competition and Skincare Workshop,
P O Box 1721,
Houghton 2041.

Reeva Perfume Competition

Send your answers to: Reeva/Upbeat Competition and Skincare Workshop, P O Box 1721, Houghton 2041

1 What is the Reeva skin care range called? _____

2 On which day is the Reeva skin care workshop? _____

Tick the boxes that apply to you:

I enclose a R2 postal order to confirm my workshop booking.

I want more information on the exciting Reeva career opportunity.

Please send me the Reeva mail order catalogues.

Name _____

Address _____

Tel. No. _____

Age _____ Sex _____

**THIS
IS
FOR
YOU**

YOUTH INFORMATION CENTRE

**CONTRACEPTIVE,
SEXUALLY
TRANSMITTED
DISEASE AND
REPRODUCTIVE
HEALTH
CLINIC**

If you are a young person under 30 years of age in need of contraceptives or reproductive health care and you are looking for:

- accessible
- affordable, and
- friendly service

Come to the PPASA Youth Information Centre!

We offer the following services:

- A broad range of contraceptives - including the "morning-after pills", male and female condoms
- Pregnancy tests
- Full reproductive health examinations
- Pap smears (cervical cancer tests)
- Counselling and education sessions on Aids/HIV, sexuality and reproductive health issues.

Working Hours: Monday-Saturday - 10h00-18h00

Find us at:

The Carlton Centre, Level 100, Shop No. 8
(Next to the Standard Bank escalators)

For more information, phone:

YOUTH INFORMATION CENTRE

Tel: (011) 331-5324/5.



**THE PLANNED PARENTHOOD ASSOCIATION
OF SOUTH AFRICA**

JOHANNESBURG BRANCH:

3rd Floor
Marlborough House
60 Elloff Street
JOHANNESBURG
Tel: (011) 331-2695/6/7
Fax: (011) 331-7777

**Fund raising No.
01 100203 002 9**

RECOGNISED PROFESSIONAL VOCATIONAL DIPLOMAS

I.A.C. (Institute of Administration and Commerce)
C.I.S. (Institute of Chartered Secretaries and Administrators)
I.C.B. (Institute of Certified Bookkeepers)
I.V.S. (Institute of Vocational Studies)
PLUS one-year diploma in Agriculture (Livestock and Plant Production) also with practical training, and an 18 month diploma in Meat Production and Technology.

SUPERVISORY MANAGEMENT CERTIFICATES (6 MONTHS), AND MANY MORE COURSES:

One year-diploma in Psychology, Photography, Computer Programming, Know-your-car and Electronics.



YOU'RE ON YOUR WAY WITH A MATRIC THROUGH LYCEUM!



We specialise in Matriculation Exemption, National Senior Certificate, Academic Matric, Commercial Matric, Law Matric and Technical Matric. PLUS! Std 5, Std 8, N1, N2 and N3.

REGISTER NOW.

YOU'RE ON YOUR WAY!

WITH MATRIC OR A DIPLOMA THROUGH LYCEUM

RECOGNISED MANAGEMENT DIPLOMAS

Accounting, Bookkeeping, Branch Management, Building Management, Business Administration, Business Management, Caretaker/ Property, Clerical, Company Secretaries, Cost and Management Accounting, Credit Management, Data Processing, Financial, General Manager, Industrial Relations, Internal Auditing, Local government, Maintenance, Marketing and Sales, Material Management, Office Management, Personnel, Production and Operations, Project Management, Public Relations, Purchasing and Inventory Management, Quality Management, Receptionist, Risk Control, Secretarial, Stores Control, Supervisory Management.

UNIVERSITY ACCREDITED COURSES



Phone a number near you, or phone tollfree 0800-114244.

HEAD OFFICE JOHANNESBURG (011) 403-3620 or 403-3666 (office hours)
BENONI, EAST RAND (011) 915-2721 or 915-6130 (all hours)
BLOEMFONTEIN (051) 47-9271 (office hours) or 31-1919 (after hours)
CAPE TOWN, PAROW (021) 930-2651 or 930-2935 (all hours)
DURBAN (031) 83-1918 (all hours)
FOCHVILLE (011) 768-1211 (all hours)
JOHANNESBURG (011) 768-1211 (all hours)
KIMBERLEY (0531) 3-1069
KLERKSDORP (018) 2-3510 (after hours)
PORT ELIZABETH, Uitenhage and EASTERN CAPE (041) 32-3902 (all hours)
POTCHEFSTROOM (0148) 297-4428 (after hours)
PRETORIA (012) 662-0142 (all hours) or 323-0476 (office hours)
SECUNDA (0136) 34-6609 (after hours)
VANDERBILT PARK (VAAL TRIANGLE) (011) 915-2721 or (011) 915-6130 (all hours)
WELKOM, GOLDFIELDS (057) 8-1272 (all hours)
WINDHOEK (061) 5-1000
WITBANK-MIDDELBURG (011) 768-1211 (all hours)



PLEASE RUSH ME MY FREE LYCEUM COLLEGE YEARBOOK! HURRY! DON'T DELAY! CUT OUT AND POST THIS COUPON TODAY! SEND TO:

The Registrar, Lyceum College, PO Box 1103, Johannesburg, 2000.

I AM INTERESTED IN THE FOLLOWING COURSES:
(LESINGS OOK IN AFRIKAANS BESKIKBAAR)



University of Pretoria

UNIVERSITY OF PRETORIA ACCREDITED MANAGEMENT CERTIFICATES AND DIPLOMAS

Accounting, Credit Management, Financial, General Management, Human Resources, Local Management, Marketing, Production & Operations, Public Relations, Purchasing and Stores, Quality Management, Retail Management, Secretarial, Security, Training Management

Lyceum makes it happen for you. Your education. Your career. Your future.

The way you live. We're one of the biggest correspondence colleges in the country. We've been around for 77 years. Nearly 800 000 students have taken our courses.

Matrics. Diplomas. Certificates. That's why we are the leading correspondence college.

NAME

POSTAL ADDRESS

CODE

TEL BUSINESS

TEL HOME



LYCEUM
KOLLEGE COLLEGE

SEA6739 UB

Standard Bank answers your letters...

We've received a letter from Tegbo Molife, he wants to save money but doesn't know where to start.

Tegbo, Standard Bank offers a large variety of savings and investment accounts and each of them meets a different need.

Yes, but it can become rather confusing when you have to decide so the Standard Bank has a list of questions which you should ask yourself before choosing an account.



THESE ARE:

Do I have a lump sum to save or do I want to save money on a monthly basis?

Can I save as little or as much as I want to when I want to?

Will I be needing this money at short notice?

Do I want the discipline of saving a fixed amount every month?

Tegbo, once you have answered these questions, you should have a clearer picture of what you want from your savings.

The types of savings and investment products offered by Standard bank can be categorised into three groups: short-term, medium-term or long-term.

That's right and these terms refer to the length of time that your money is invested for. Generally speaking when you save money you normally make use of short-term bank products like PlusPlan - Standard Bank's flexible savings account.

Yes, and when you invest money you make use of medium or long-term bank products like Standard Bank's 32 day Notice Deposit and Pick-a-Date Fixed Deposits.

Tegbo, as you can see Standard Bank has products that will meet your all your savings or investment needs. Why not visit your nearest Standard Bank branch whose staff will gladly assist you.

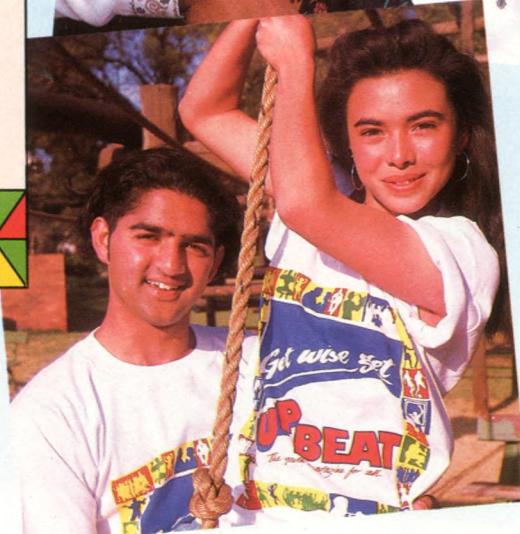
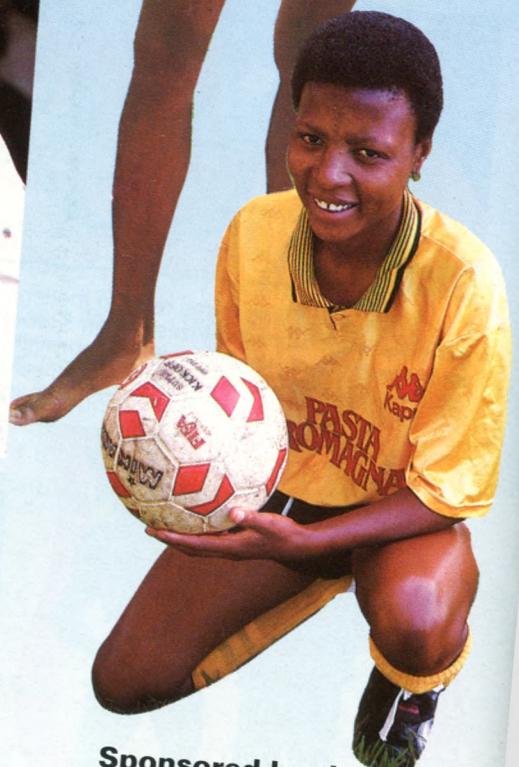
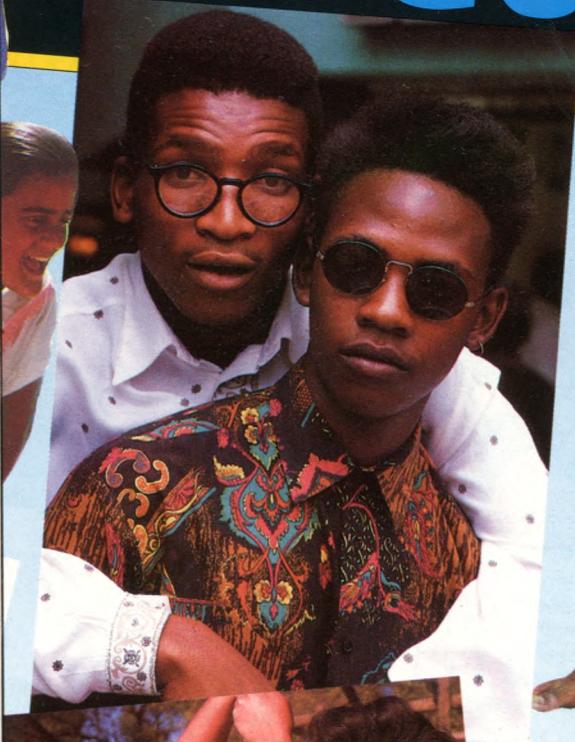
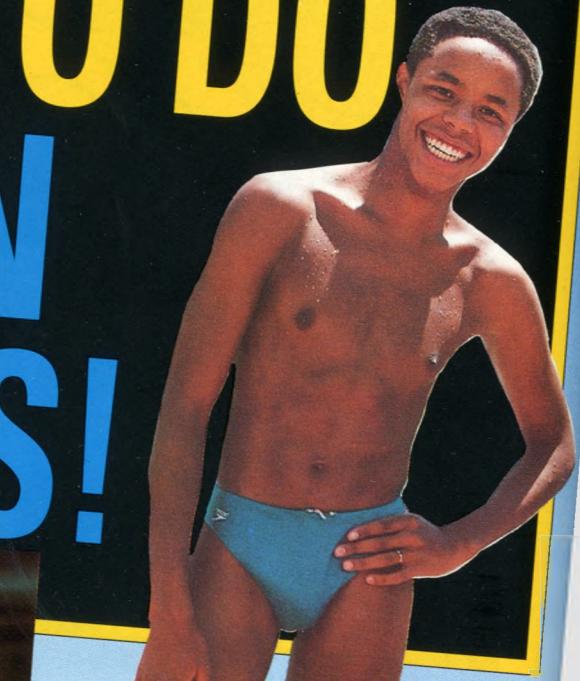


If you would like more information about saving money or banking in general, please write to:

**Standard Bank/
UpBeat
Retail Banking
Services Division
Consumer Market
P O Box 62325
Marshalltown, 2107.**

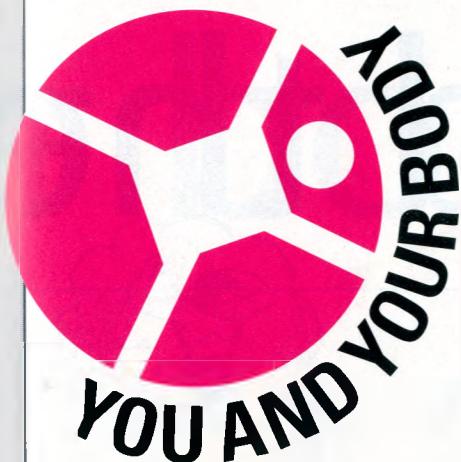
 Standard Bank

WE HAVE BETTER THINGS TO DO THAN DRUGS!



EVERYONE IS concerned with looking good these days. Having a good body is only one part of looking our best. This is why we choose better things than harmful steroids to keep us looking strong and healthy. Besides, what really attracts girls are a sexy smile, lively eyes and a vibrant personality. So don't blow your future dreams on the false world you get with steroids.

Sponsored by the
Johannesburg Health,
Housing and Urbanisation
Directorate.
For more information
telephone 407-7152



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.

Asthma

Dear Aubrey and Pebetse

I love my girlfriend. I want her to be the mother of my children. But I am worried because she has asthma. She uses a pump when she has an asthma attack. I want to know if I can get asthma from her. I also want to know if her asthma can be cured?

M L More

Dear M L More

You cannot catch asthma. It is not an infectious disease. If your girlfriend has the right treatment, she can control her asthma but she cannot

cure it. Asthma is caused by many different things. It can be an allergy to pollen or dust. Food and drinks can also cause an attack. Often people who have asthma when they are young, grow out of it as they get older. Your partner needs your love and understanding when she has an attack. Asthma will not stop her from being a good parent.

Pebetse

Bad breath

Dear Aubrey

I am a 19-year-old boy with a serious problem. My breath smells. I brush my teeth twice a day but it does not help. My life at school has become difficult. I am embarrassed to talk to my classmates. Please help me.

Lonely

Dear Lonely

You sound very distressed about your problem. Bad breath is caused by many things. You say you brush your teeth often. Maybe it would be a good idea to use dental floss too. This is special string which removes dirt from between your teeth that a toothbrush cannot reach.

You could also visit a dental clinic. Perhaps you have a rotten tooth. I advise you to have a check-up with a dentist and speak to a dental hygienist. A hygienist cleans teeth with special instruments which remove all the dirt. They also teach people how to clean and look after their teeth properly.

Bad breath may also start in your stomach. Some food causes bad breath if it is not digested properly. Things like cabbage or onions do this. The other cause of bad breath is disease in the intestines, stomach or lungs. If you think that you have something wrong with your stomach or lungs, you should visit a doctor.

Aubrey

Small penis

Dear Aubrey

I am a boy of 17. My penis is small and it does not look normal. Does this mean I cannot enjoy sex? Also I do not have hairs under my arms or on my genitals. I am much smaller than

my friends. They tease me because I am so small. I am afraid to tell my parents about my problems.

Late Starter

Dear Late Starter

Many young people worry about not developing at the same time as their friends. But we are all different. Some people grow hair earlier than others or have bigger or different shaped penises to others. The size of your penis and the amount of hair on your body will not stop you from enjoying sex. Big penises do not mean better sex.

If your body has not begun to change by the time you are twenty, then maybe you should consult a doctor. In the meantime, I think you must learn to like your body. If you are shorter than your friends, remember that the world is for everybody. Concentrate on developing the things which you enjoy and are good at. This will help you to build confidence in yourself, then your size and height will no longer be so important.

Aubrey

Cheating girlfriend

Dear Upbeat

I am a guy of 24 years. My friend says that my girlfriend has another boyfriend. When I asked her, she denied it but she looked scared. This guy has told all my friends that he sleeps with my girlfriend. I love my girlfriend. She gives me a good feeling. I do not get the same feeling from other girls. How can I solve this problem?

DMB

Dear DMB

You sound very sad and hurt. Maybe you should discuss your feelings with your girlfriend. Tell her that your relationship cannot work if there is no respect and trust between the two of you. You should also tell your girlfriend it is unwise to have more than one sexual partner. She is running the risk of getting sexually transmitted diseases like AIDS.

Aubrey

Boys and the

Most people think that only women worry about their shape, size and appearance. Magazines are filled with pictures of beautiful women and advertisements about how women can improve their looks. But there is also growing pressure on young men. Many male body-builders are so anxious to look bigger and stronger that they ruin their health by taking steroids. Others suffer from lack of confidence because they are short or lightly built.

By Mpho Mathebula

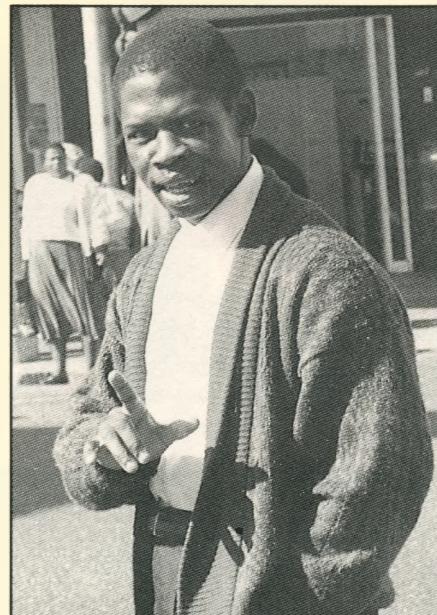
Upbeat spoke to some young guys. We asked them how they felt about their bodies.

Karl Klund of Kensington says, 'I'm tall and I like it. Being tall is a great advantage. I look good in most clothes. And I can date girls of any age and size.'

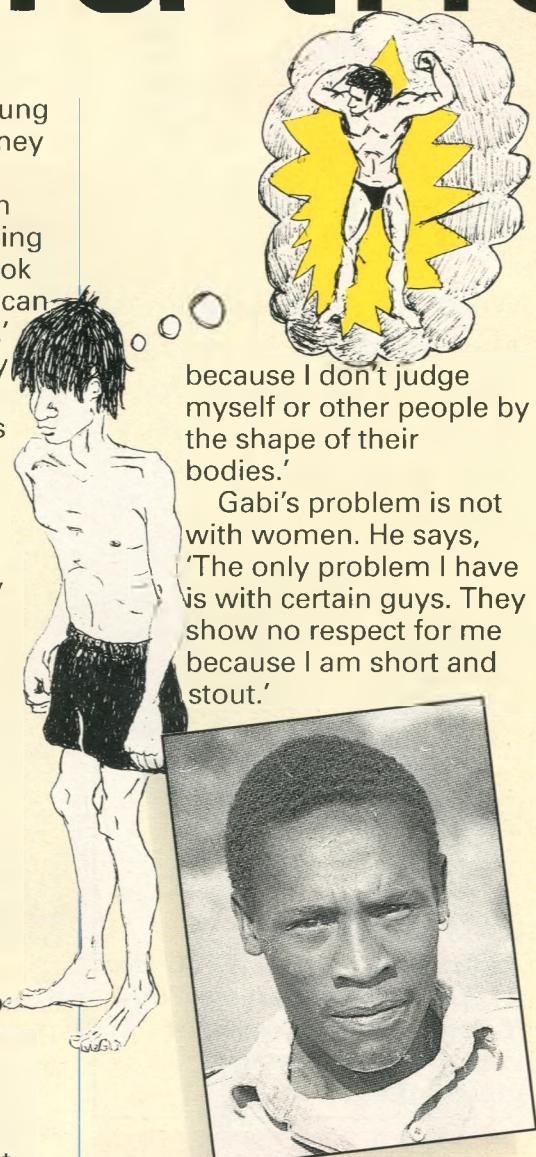
Women are usually happy to be small but guys often feel that being lightly-built is a disadvantage. **Mahlodi Mailula** of Soweto says, 'My main problem is with girls. Because I am slender, I date girls who have a body structure like mine. If I was well-built, I would have a better chance with tall or well-built girls.'

'But there are some advantages to being slim. It makes you look younger than you are. I like that about my body. I also find it very easy to buy clothes that fit me well.'

Gabi Mogagabe of Soweto is short and slightly fat. But he likes the shape of his body. His attitude makes him confident with women. 'I am okay with my well-built, slightly fat and short body. I have no problem dating girls



Gabi Mogagabe likes his body but he says some guys don't treat him with respect because he is plump.



Emmanuel Mothiba likes being short. ▲

Emmanuel Mothiba says, 'I am short but I don't worry about it. I feel okay about my body. But I do get cross about the way some people treat short people. Some people treat me as if I am disabled. Others treat me like a young boy.'

Sometimes people think that to play sport, you need to be big and full of muscles. Emmanuel disagrees. 'When I play football, other players don't notice me. They think because I am short,

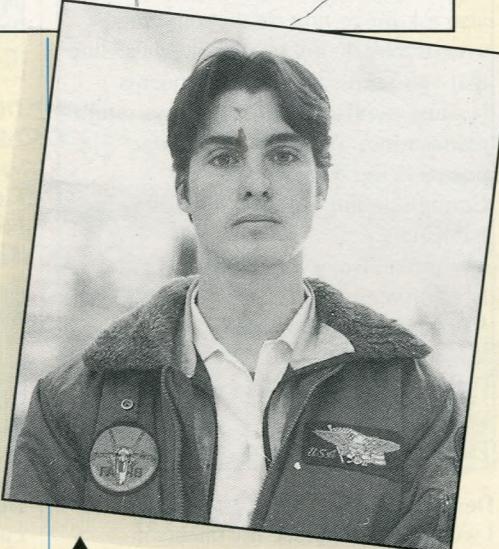
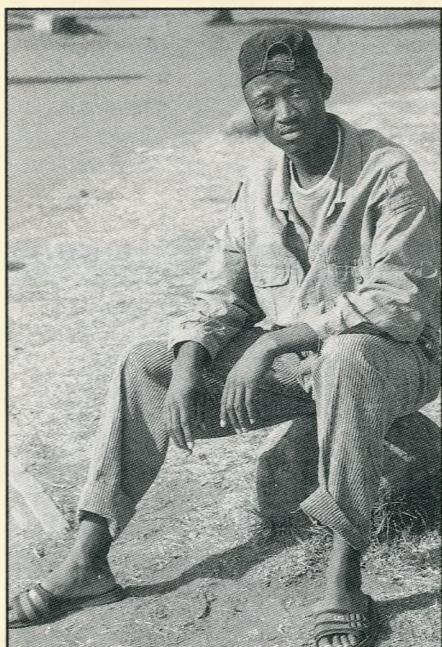
ir bodies



I can't play properly. That is where they are wrong.'

Solly Mapela has the opposite problem to Emmanuel. He is very tall and he does not like it. 'Most of my friends are short or medium. I am always noticed because I am so tall. It makes me feel embarrassed.'

Solly Mapela feels embarrassed because he is taller than his friends.



Patrick Hannah thinks it doesn't matter what you look like.

Patrick Hannah of Mondeor is happy with his body. He says, 'I like being big. But I don't think it makes a difference. I am against people who look down on others just because they have different types of bodies.'

Karl agrees with Patrick. He says, 'Our society should loosen-up and tolerate people of all shapes and sizes. If we don't, we are guilty of discrimination. As young people, we must be

Karl Klund likes being tall. But he says young people must be proud of what they are.



SPEAK OUT!

What do you think? Are young men under pressure to have perfect bodies? Do you think that bodies are important? Share your views with Upbeat readers by writing to:-

Upbeat,
Boys' Bodies Speak Out,
P O Box 11350,
Johannesburg 2000.

proud of what we are. This kind of attitude will help us to enjoy life and make friends.' Mahlodi agrees, 'I think we should accept people as they are, no matter what their physical make-up is.' ◀



All photographs by Kagiso Bantsi
Illustration by Nikki Leibrandt

LETTERS



Dear Upbeat

I think that because Upbeat is a magazine for the youth, you must have more competitions in your magazines. This is a way for young people to earn extra money. I hope that you will like my idea.

Patrick M Selala

Dear Patrick

Thank you for your suggestion. Upbeat does run competitions in every issue of the magazine. But you are right. We do not often offer cash prizes. We do pay readers for their poetry, stories and drawings if we publish them. So why don't you send us some?

Editors

Dear Upbeat

Thanks for the Science and English lessons in Upbeat No. 7. I learnt a lot from them. I would also like to tell students who will be doing Standard 9 and 10 next year that they can register for Saturday classes at MEDUNSA. They will never regret it. Maths and Physical Science teachers will help them with problems.

Fredah Manganye

Dear Upbeat

I like writing and reciting poetry. I want to know how you choose the poems that you publish.

Sifiso Thaddeus Nzama

Dear Sifiso

We publish poems sent in by our readers. These poems must be your own work. We prefer poems that are simple and direct. We look for poems which express real feelings about people and the world. Send us some of your poems and they could be chosen for our Young Voices page.

Editors

Dear Upbeat

I am a girl of 14 years old and I am in Std 7. I read Upbeat a lot and it helps me. I also encourage my friends to read it so that they can learn something.

Lerato Phetla

Dear Upbeat

I write many poems in Northern Sotho but I do not know how to get them published. Please tell me how I can do this.

Lynette Mathibe

Dear Mathibe

You can send your work to people who publish vernacular material. Make sure that your work is neatly written or typed. Put each poem on a separate page with the title and your name and full address. Send a letter saying that you would like them to publish your poems. You can also ask for comments on your work even if they do not publish it. Make sure that you keep copies of your poems because publishers do not always return manuscripts. You could send your poems to the North Sotho

Commissioning Editor at the following publishers:-

Macmillan Boleswa, P O Box 32484, Braamfontein 2017.

Via Afrika, P O Box 4886, Randburg 2125

Haum de Jager, P O Box 629, Pretoria 0001

Editors

Dear Upbeat

I would like to pursue my talents in soccer. Please provide me with addresses for Jomo Cosmos and Kaizer Chiefs.

Nceba Dlela

Dear Nceba

The address for Kaizer Chiefs is, P O Box 2610, Johannesburg 2000. You can phone Jomo Sono's office on (011) 331-2011 to find out when and where Jomo Cosmos will have their trials.

Editors

Dear Upbeat

I just want to say from the bottom of my heart, Upbeat is the best. I really do enjoy reading it a lot. It's what I call quality reading at its best. Upbeat covers everything, from education, health, politics, music, short stories to penpals and interviews with celebrities. Thanks

Upbeat and keep up the good work. My friend Bernice is crazy about Tevin Campbell and I wondered if you would be so kind as to give me his address and also publish an article on him.

Laurentia Willemse

Dear Laurentia

Thank you for your encouraging letter. Tevin Campbell's address is: Tevin Campbell, c/o Quest Records, 3800 Barham Boulevard, 503 Los Angeles, CA 90068. Some time ago we published an article on Tevin. A copy of the issue it appeared in, is on its way to you. We hope you enjoy it.

Editors

Dear Upbeat

After reading Upbeat magazine, I became so interested that I decided to subscribe. Please provide me with information on how to go about subscribing to Upbeat.

Thabe Ben Mariri

Dear Thabe

You can subscribe to Upbeat by sending a postal order or cheque for R21,50 to Upbeat Subscriptions, c/o NND, P O Box 53085, Troyeville 2139.

Editors

Dear Upbeat

I am a young man aged 22 living in Pietersburg. I am presently doing a writing course with the Leisure Study Group based in Durban. I have been writing some articles and short stories and even poems. I also have a camera. I want to know whether I can send my articles to Upbeat for publication.

Mr. M.M. Lekwadu

Dear Mr. Lekwadu

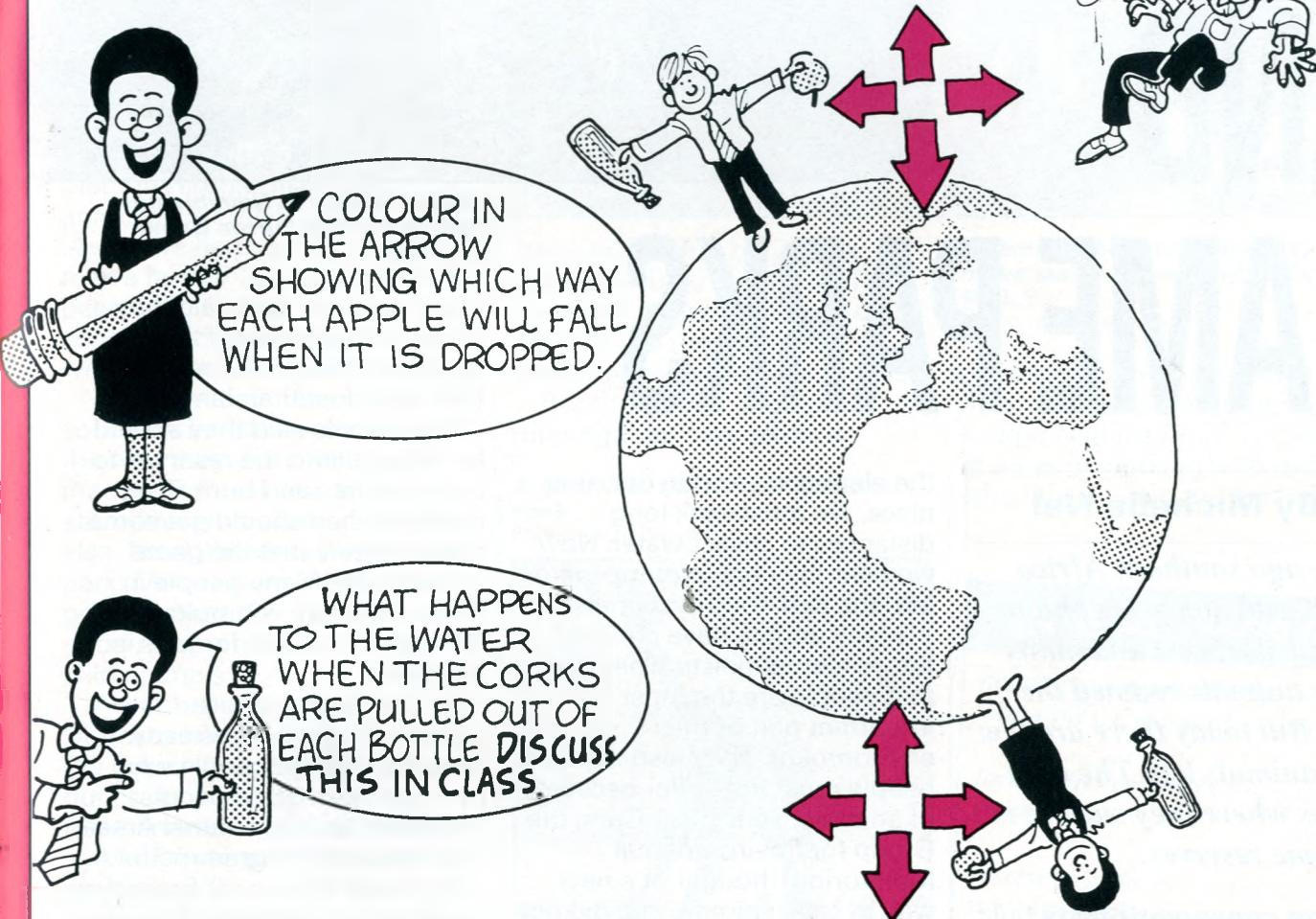
We welcome any contributions from our readers. If you send us your articles, we will consider them for publication. Payment for the articles depends on the length and how they are used. This will be negotiated with you before your work is published. Please send your articles to: Upbeat Newsdesk, P O Box 11350, Johannesburg 2000.

Editors

SCIENCE FOR YOU

WHY DON'T WE FALL OFF?

Word list: earth, centre, attracts, force



Gravity is a which things
towards the of the earth.

IF A HOLE IS
DRILLED THROUGH
THE MIDDLE OF THE
EARTH, HOW FAR WILL
THE STONE FALL?

Discuss this in class.

REMEMBER: Gravity is a force pulling
towards the centre of the earth.

PEOPLE AND GAME PARKS

By Michelle Nel

Long ago southern Africa was a wild place. Elephants, lions, wildebeest and many other animals roamed the veld. But today there are few wild animals left. The only places where they survive is in game reserves.

Nature conservationists built fences to make game reserves. People who lived in these places were forced to move. They left behind grazing for their cattle, medicinal plants and thatching grass. And they were no longer allowed to hunt for meat. 'Conservationists think animals are more important than people', say many people who were moved.

In 1983 the Kwazulu government created the Tembe Elephant Park. They moved 32 family groups out of the park to a place where there is no water. These families say, 'We are not happy that the place of our ancestors was given to

the elephants. And in our new place, we must walk long distances to collect water. Now we hear they are to pump water into the park for the animals.'

Many people have criticised the conservationists. They say that people are the most important part of the environment. They also say that people must not suffer because of animals. So in 1992 Gem, the Group for Environmental Monitoring, thought of a new way to save animals that did not harm people. They started a People and Parks project.

Gem spoke to people who have been moved because of game parks. Everyone agreed that the game reserves are

Himba herders in Namibia now help to run the Purros Game Reserve.

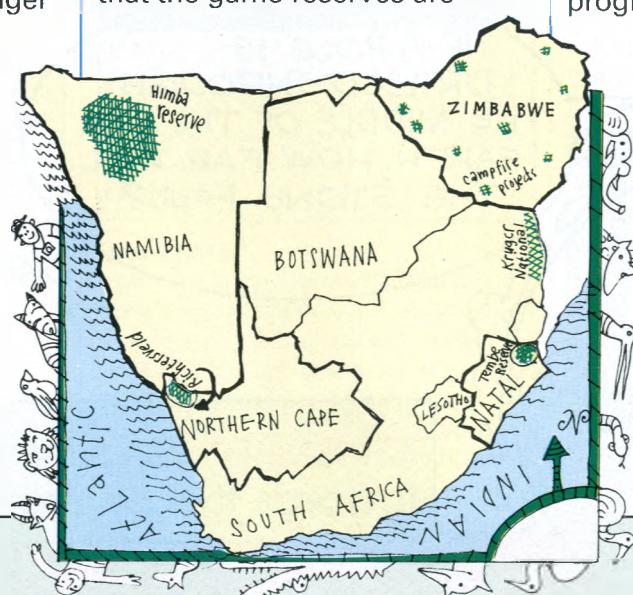
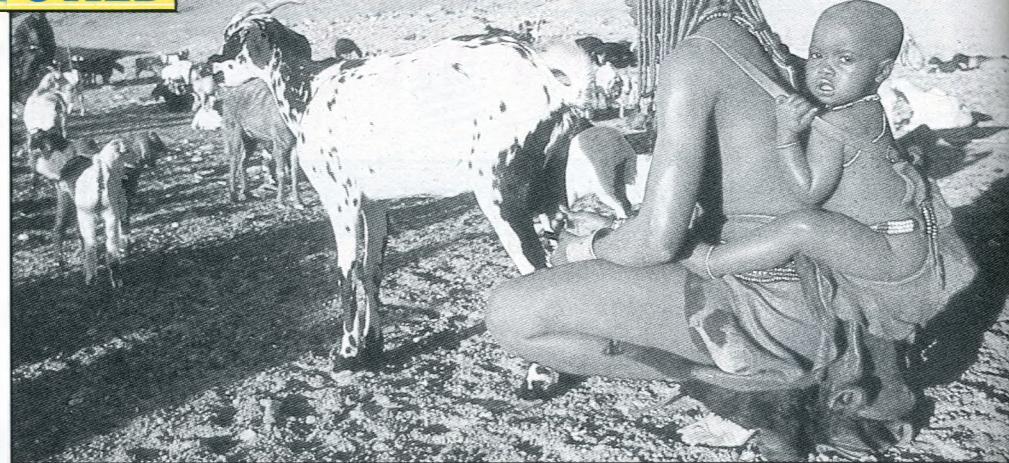
important. But they said they should enjoy some of the benefits of the parks because they have lost their land.

The people said they should be allowed into the reserves to collect plants and hunt. They also said they should get some of the money that the game parks made. Many people in these areas are unemployed. So they also asked for jobs in the parks.

In Zimbabwe, nature conservationists are already working with the people who live near their game parks. Through their Communal Areas Management Programme for Indigenous Resources Project or, for short, the Campfire Project, local, democratic committees work with the conservationists. Their communities get money from tourism and hunting to use for schools, clinics and training programmes.

In the north western Cape, the South African Parks Board wanted to move the farmers of the Richtersveld so that they could open the Richtersveld National Park. But people fought against this. So the farmers have stayed inside the park with their goats. Now they help to manage it.

It is not easy to live side by side with wild



animals. Tourists and government officials, safe in their cars, do not always understand this. But the Himba people of the Kaokoland in Namibia know how frightening it is to be chased by lion. Before they killed lions to protect themselves and their cattle. Conservationists complained that the Himba killed wild animals. But the Himba asked, 'Are there lions on the white men's farms? No, they have all been shot. But the conservationists want us to live with dangerous beasts. Why?'

The Namibian nature conservationists have changed the way they work. They see that the Himba know more about the animals than anyone else. Now the Himba control the park. Money from the tourists goes to them. So they have a good reason to look after their wild animals.

A Himba leader says, 'Tourism has made jobs for us. We guard the game and we sell our crafts. Instead of getting meat and skins, we get money.'

All of these projects have problems. The Himba are nomads. Sometimes they move away from the tourist area of

African elephants leave the water after cooling down.

Photograph by Herman Potgieter

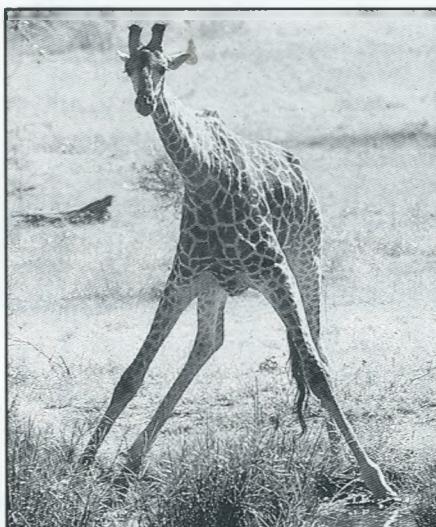


the park, leaving only a few people to run the reserve. The Campfire project has problems dividing the money from the parks between the local people.

But the idea of people running their own parks is

A giraffe in the Kruger National Park.

Photograph by Paul Velasco



A family who were moved to make way for the Tembe Elephant Park.

Photograph by Cedric Nunn

growing. Even South Africa's most famous game reserve, the Kruger National Park, is looking at ways of working with people who live close to the reserve. ◀

New Words

nature conservationist (n) - a person who works, looking after nature

local (adj) - belonging to a particular place

reserve (n) - an area of land that is put aside for special use

nomads (n) - people who do not live in one place but move around

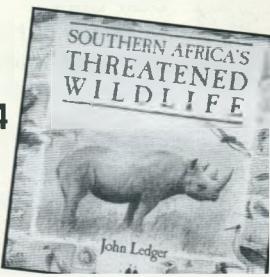


COMPETITION TIME

You can win this wonderful book on Southern Africa's threatened wildlife by John Ledger. All you have to do is send us the names of three animals which used to live in your area. Put your answers on a postcard and send them to:-

Upbeat, Wildlife Competition,
P O Box 11350,
Johannesburg
2000.

CLOSING DATE:
15 December, 1994



PENFRIENDS

OVERSEAS

8 Rue des Spyanes, 45125 Tierce, France

Dear Upbeat

I am 15 years old. I would like to correspond with boys and girls from South Africa. I collect stamps and I love sport and music. My favourite groups are 2 Unlimited and Ace of Base. I can write in French, English or German.

Amosse Gaelle

P O Box 119, Hope Valley, R I 02832 USA

Dear Upbeat

My name is Rachel Gears. I am from America. The state I live in is Rhode Island. I am 10 years old and I am in 3rd grade. I want male penpals from all over the world. Please reply.

Rachel Gears

5 Maple Street, Hope Valley, R I 02832 USA

Dear Upbeat

My name is Katie, I am seven years old. My hobbies are painting and drawing. I also enjoy gymnastics. I would like penfriends of my age from all over the world.

Katie Gibbons

AFRICA

**C/O Mrs R S Phiri
Govt. Stores, Box 30415,
10101 Lusaka, Zambia**

Dear Upbeat

I am a Zambian albino lady aged 24 years. I am looking for South African penpals. My hobbies are cooking, dancing, listening to slow music, watching TV, visiting friends, shopping and travelling. I am a fan of William Jackson of the Upbeat Top Ten Soccer Teams. I would like to correspond with him. I would also like replies in English from guys of 30 and over.

Queen Phiri

Dahon High School, Box 10, Mafeteng 250, Lesotho

Dear Upbeat

I am a girl of 16 years old. I want penfriends from all over the world. My hobbies are playing netball and listening to gospel music. I will be glad if someone would write to me. Photos are welcome.

Adelice Tsoelipe

Private Bag 13, Lobatse, Botswana

Dear Upbeat

I am a girl of 18 years old. I am interested in penfriends of both sexes and all ages across the world. My hobbies are reading,

listening to music, watching movies and writing letters. I will reply to all letters written in English, with or without photos.

Benedicta Barnes Ennin

C/O Segt Ayambire, 3 Bn Ghana, West Africa

Dear Upbeat

I am a guy of 17 years old. I am interested in penfriends from South Africa. My hobbies are letter-writing, boxing, football and going to the cinema.

David Ayantoya

C/O Mrs Miteche, P O Box 5052

Blantyre, Malawi

Dear Upbeat

I am a guy of 16 years old. I want penfriends from all over the world. Both boys and girls of between 14 and 18 are welcome. My hobbies are reading novels, playing tennis and listening to music. I promise to reply to all letters. Photos are welcome.

Chinga Michete

TRANSVAAL

897 Komako St, Tladi, P O Kwa Xuma 1868

Dear Upbeat

I am a girl of 19 years. I am interested in penfriends from all over the world. My hobbies are playing netball, jogging and listening to my favourite stars like Janet Jackson, Mariah Carey and Judy Boucher. Please reply in English or Sotho. Pictures are welcome.

Eugenia Zele Rapodile

P O Box 302, Lwamondo, Venda

Dear Upbeat

I am a guy of 18 years old and I am in Std 10. I am interested in penfriends from all over the world. My hobbies are reading magazines and watching television. I will reply to letters written in English, Venda and Zulu.

Reginald T Fhedzisani

P O Box 2017, Braamfontein 2017

Dear Upbeat

Hi, I am a 14 year old girl, doing Std 5. I would like to correspond with penfriends from all over the world. My hobbies are reading, writing stories and poetry, listening to music and athletics.

Bayanda Twalo

P O Box 10504, Extension 8,

Lenasia 1820

Dear Upbeat

Hi, my name is Naseera and I am 18 years old. I would like to correspond with guys and girls of all ages from anywhere in the

world. I enjoy listening to music and my favourite bands are Intermission and 2 Unlimited. I am also a sport fanatic. Grab a pen and paper and write to me.

Naseera Seedat

CAPE

1 Cleveland Close, Mitchells Plain 7785

Dear Upbeat

I am a girl of 12. My hobbies are reading, singing, listening to music and going to the cinema. I would like to correspond with girls my age or older. I will reply to letters written in English. Please send photos if possible.

Tatum Scullard

24 Fester Avenue, Elsies River 7490

Dear Upbeat

Hi, I am a girl 13 years old. I would like to correspond with penfriends of all ages from all over the world. My hobbies are reading, cycling, watching television, swimming, listening to music and being with friends. I will reply to letters written in English. Please send photos.

Tracy-Ann Ziegler

253 Esterhuizen St, Arcadia 6020

Dear Upbeat

I am a 15-year-old girl. I want penfriends from all over the world. They must be between the ages of 14 and 19. My hobbies are meeting people, writing short stories and listening to the music of Boys 2 Men and Toni Braxton. Pictures are welcome.

Christal Tau

NATAL

P O Box 10044, Amanzimtoti 4125

Dear Upbeat

I am a 15-year-old boy and I am looking for penpals from all over the world. They must be between the ages of 12 and 16. My hobbies are dancing, music and tennis. My favourite stars are Salt and Pepper, Toni Braxton, Jodeci and Silk. Please send your photos.

Emilior Majozie Lukhozi

P O Box 21, Kranskop 3550

Dear Upbeat

I am a boy of 20. I want penpals from anywhere in the world. My hobbies are reading, dancing, writing essays and I am a lover of nature. Please write in English, Zulu or Afrikaans. Please send your photos if you like.

Thokozani M Masikane

FROM THE PRODUCERS OF ALIENS AND THE TERMINATOR

**"Electrifying!
A First Rate...
Action Feast"**

— Jeff Shannon
The Seattle Times

**"...Fast And
Furious From Start
To Finish"**

— Susan Granger
CRN/AMERICAN
MOVIE CLASSICS

ESCAPE FROM **ABSOLOM**

THE FUTURE AT ITS MOST PRIMITIVE

NO WALLS NO GUARDS NO SURVIVORS

COLUMBIA TRISTAR FILM DISTRIBUTORS INTERNATIONAL presents in association with ALLIED FILMMAKERS a PACIFIC WESTERN PRODUCTION RAY LIOTTA "ESCAPE FROM ABSOLOM" LANCE HENRIKSEN STUART WILSON KEVIN DILLON KEVIN J. O'CONNOR MICHAEL LERNER as The Warden and ERNIE HUDSON Music by GRAEME REVELL Costume Designer NORMA MORICEAU Editor TERRY RAWLINGS Production Designer ALLAN CAMERON Director of Photography PHIL MEHEUX b.s.c. Co-producer MICHAEL R. JOYCE and JAMES EASTEP Executive Producer JAKE EBERTS Based on the novel "The Penal Colony" by RICHARD HERLEY Screenplay by MICHAEL GAYLIN and JOEL GROSS Produced by GALE ANNE HURD Directed by MARTIN CAMPBELL

pacific western
productions, inc.



ALLIED
FILMMAKERS

DOLBY STEREO
DIGITAL

DISTRIBUTED BY COLUMBIA TRISTAR
FILM DISTRIBUTORS INTERNATIONAL



NOW AT DOBSONVILLE

THE GALAXY ARCADE KIDS

By Burgen Thorne

Exam Time!

Aziz arrives at the arcade and sees Nomonde sitting alone.



The GALAXY ARCADE is the meeting place of four very different young people.
 AZIZ - (17) is a dreamer. He's new in town and he is looking for a job.
 MAXINE - (16) is a rebel and a free thinker. She's always ready for a party.
 NOMONDE - (15) has a strict family but secretly she wants to break free.
 TEBOHO - (16) works hard & knows where he's going. His weakness - pool!

Aziz spots Maxine.



YOUNG VOICES

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

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

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

NOW WE SING OUR OWN SONG

You ask me why I sing a song early in the morning.
 You ask me why I move my feet to dance the dance of a bygone world.
 Let me tell you this:
 The song that I sing is a symbol of happiness and democracy in my heart.
 Everybody's tears are drying up.
 Democracy rules my wishes.
 I sing a song to the new South Africa.
 Its President is the most powerful symbol of unity and democracy.
 The dance that I dance is my way of saying congratulations to Mandela.
 He turned over a new leaf and fought to be free.
 In our society now we can sing our own song.

Narciso Jose Saeze



Illustration by Jeremia P. Msimamgu of Warden

Gift of life

I have the most precious gift of all;
 A gift that I will never forget,
 A gift that I will always accept,
 A gift that I will always remember,
 And that gift of mine is "Life".
 Life is my most precious gift,
 The gift that I will always be Thankful for.

Sibongile Ntshingila, Mofolo

The Unsolved Mystery

What, what,
 What is peace really?
 It seems everyone
 Is wanting this peace,
 Political leaders
 Are crying out for peace.
 Children are shouting
 For peace
 But, really how,
 How are we going
 To restore peace?

Ntobeko Sithole, Dundee

Tell me a story

Tell me a story of a beautiful land,
 Where people were sad,
 And now are glad,
 A story of a country where love
 Was an every-day practice,
 Where valleys were green,
 And skies blue,
 Where all the people
 Would all agree that violence was not
 The way - but peace.
 A country where only the laughter
 Of happiness was heard,
 And all the people lived together as one,
 Where gunners and fighters become athletes
 And at the end of the story,
 Look at me kindly and I will thank you gladly!

Sindy Gumede, Rose Glen, Durban.

CNA PHOTOGRAPHIC HINTS 'N TIPS

● HOLDING YOUR CAMERA

Do not move the camera when taking a picture.



● TAKING A PICTURE

When you take a picture, it is best to have the sun behind you with light on the people's faces. Remember, if there is a shadow on the person's face, it is best to use your flash, even if you are outside.

Do not cut off people's heads or feet – make sure there is space above and below the person when you look through the camera.

When taking pictures of people who are standing inside, next to a window, use a flash even if it is a bright sunny day and the room is brightly lit.



● DO NOT STAND TOO CLOSE

If you stand too close, your picture will not be sharp. You should be at least 1,5 metres (4 feet) from your subject.

● FRESH FILM – FRESH PICTURES

Like everything else, when film gets old, it gets stale. And stale film does not work as well. Have a look at the expiry date on the film box. Your film will also not work well if it gets too hot – so keep your film in a cool place and do not leave your camera in the sun.

● WHAT FILM TO USE

In bright weather 100 ISO film – like CNA film – is ideal. In dull weather or when using a flash, 200 or 400 ISO film such as FUJI Colour Super HG II 200 OR HG II 400 will give good pictures.



FOLLOW THESE TIPS FOR GREAT PICS!



R2 OFF



THIS VOUCHER ENTITLES YOU TO A DISCOUNT OF
R2 OFF THE NORMAL PRICE OF YOUR
DEVELOPING AND PRINTING ORDER.
(ONE VOUCHER PER ORDER.)



VALIDATION / TILL SLIP NO:



TRUST US WITH YOUR MEMORIES

NB! Please note that this voucher is only valid until 31 December 1994. Only original coupons will be accepted. Misuse of this coupon constitutes fraud. This voucher is not redeemable for cash and may only be used when paying for your next D&P order.

HALLMARK



Time To Make Your Ma

HALLMARK

2 - YEAR GUARANTEE

WIN A WATCH WORTH R399

YOU CAN WIN one of these fantastic watches worth R399. They have been generously donated by Hallmark Watches. All you have to do is subscribe to *Upbeat*. Fill in the form below and send it to us before 15 December, 1994. The names of 12 lucky subscribers will be drawn from the subscription forms we receive during this time. These people will each win one of these valuable watches.

Fill in the form below and send it, together with a cheque or postal order for R22,50, to:

Upbeat/Hallmark Watches
Subscription Competition
P O Box 11350
Johannesburg 2000

Name	Age	
Address		
Postal Code		
Please tick the correct box:		
<input type="checkbox"/> At school	<input type="checkbox"/> Working	<input type="checkbox"/> Unemployed
If you are at school, please tell us the name of your school		
School	Standard	
If you are not at school, please tell us what standard you reached at school: Std		
I want to subscribe to <i>Upbeat</i> because:		
Please tick the correct box:		
I get money from: <input type="checkbox"/> My parents <input type="checkbox"/> Part-time jobs <input type="checkbox"/> My place of work		
I want <i>Upbeat</i> to write articles about		

Nestle
DAIRY MAID

STRIKER



CONDENSED MILK FLAVOUR MILK ICE

UPBEAT'S BEST SOCCER TEAMS

ORLANDO PIRATES



Back row (from left to right): Lawrence Ngubane (Manager), Shepherd Murape (Assistant Coach), Okpara Williams, Mark Batchelor, Gavin Lane, Ivo Simunic, Aubrey Lekoane, Mike Makaab (Coach)

Middle row (from left to right) Ernest Makhanya, John Moeti, Mark Fish, Brandon Silent, Norman Meje, Marks Maponyane (Captain)

Front row (from left to right) Innocent Mncwango, Edward Motale, Oupa Mkhalele, Linda Buthelezi.
Photograph by Danie Coetzer

