

*The youth magazine for all*

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# UPBEAT

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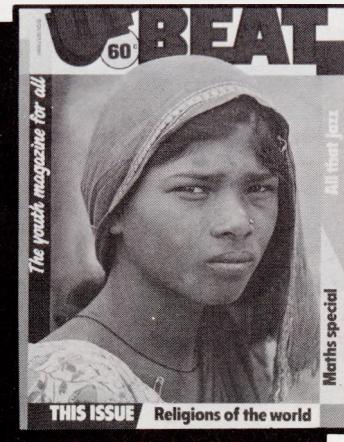


**Maths special**

**All that jazz**

**THIS ISSUE**

**Religions of the world**



# CONTENTS

## Newsbeat

Fight TB  
New Upbeat T-shirt

## SPECIAL FEATURES

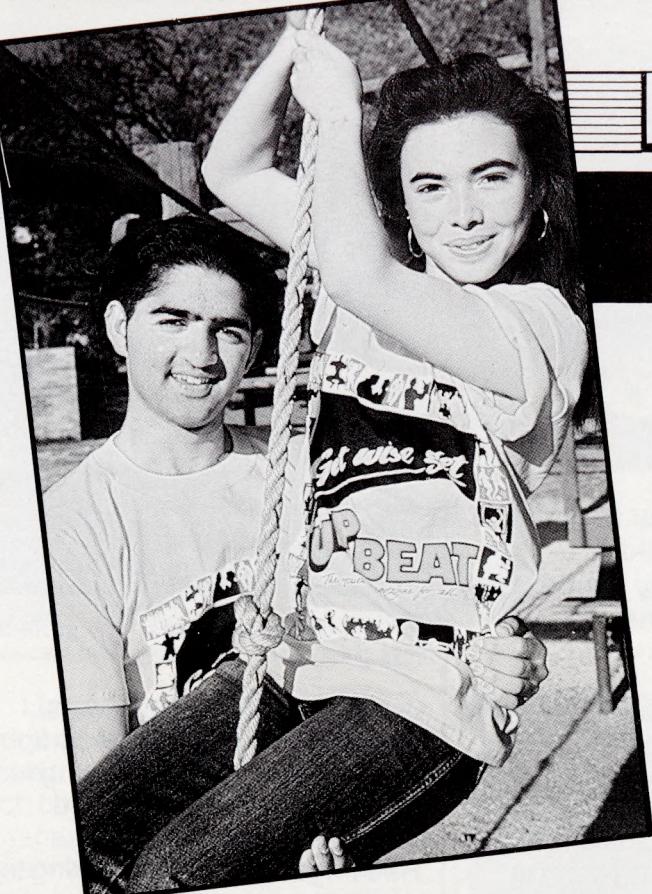
The right to read	4
All that jazz	8
The long way to school	10
Digging for diamonds	12
Growing up — your questions answered	14
Religions of the world — a Hindu festival	16
School Beat	19
Preparing for exams	20
New books	22
Planting in Spring	23
Working together — chairing a meeting	24
Choosing a career	26
Maths special	28

## REGULARS

Letters	6
Talkshop	7
Why read?	
Writers' Page	11
Penfriends	18
Puzzle	25
Willie Wordworm	30



## New Upbeat T-shirts



At last a new Upbeat T-shirt! (See the back cover) And we also have bright new Upbeat buttons. So join youth around the country. Look great in your very own colourful Upbeat T-shirt. Or get your own Upbeat button. But hurry, get them fast – because we don't have that many.

All you have to do to get your T-shirt or button is send a postal order for R15.00 (T-shirt) or R2.00 (button). Give us your

name, age and address. If you want the T-shirt, tell us whether you want a small, medium or large. Send it to:

Eugene  
Upbeat T-shirts  
P O Box 11350  
Johannesburg  
2000

or

Bongani  
Upbeat T-shirts  
SACHED  
5 Church Street  
Mowbray  
7700

## Fight TB

TB (tuberculosis) is a very serious sickness. It affects your lungs and other parts of your body. About 20 people die of TB every day in South Africa. And every year about 62 000 get the TB virus.

In Alexandra township alone, 320 cases were recorded between January and May this year. Four people died from the disease.

Doctors and social workers say things like



*Unhealthy living conditions cause TB among children in Alexandra.*

overcrowding, unemployment, low wages and unhealthy dumping grounds cause TB. Most people who suffer from TB are black. Apartheid should be blamed for this.

Many organisations, like SAYCO, Cosatu and Earthlife, have started to

campaign for a clean and healthy environment. They want people to know how important it is to breathe clean air, drink clean water and eat clean food. We should work with our organisations to save ourselves and others from sickness.

## Dear students,

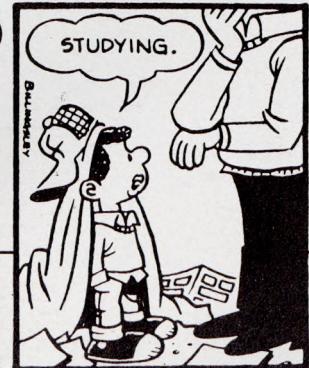
It's exam time again! But don't panic. We have lots of things in this Upbeat to help you pass. There's a study timetable you can use to prepare for exams, on page 20. We also have a maths puzzle to help Std 8 students with revision. There's also a History article on the discovery of diamonds for Std 9 students.

Good luck! And go for the high marks!

*Editors*

**CURTIS**

By Ray Billingsley



## The right to read

1990 is International Literacy Year. It is also the year in which Zimbabwe celebrates 10 years of independence. Biddy Patridge and Jane Kortbeck live in Zimbabwe. They visited two libraries in Harare and discovered some very interesting things about reading.

Highfield, a suburb of Harare, is crowded, lively and dusty. It is surrounded by busy roads with heavy traffic.

We saw schoolchildren walking, talking and laughing along the road. Lots of them stopped by the Highfield library on their way home. Some went in to read for their schoolwork, others just for pleasure. We followed them.

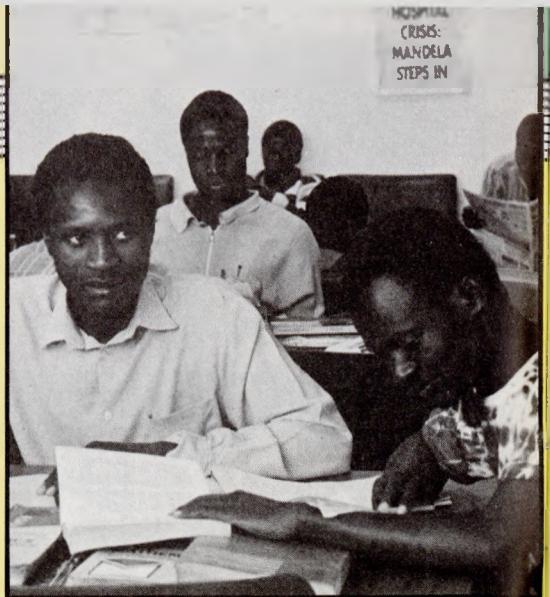
Inside the library we saw posters on the walls of African leaders. There was one of Kwame Nkrumah of Ghana, Samora Machel of Mozambique and Nelson Mandela. The library is very big and has lots of light. It's an ideal place for reading and studying. There is a shortage of school books in Zimbabwe. So this library is very popular.

The membership of the library has gone up since independence. Mr Masungo, the acting senior librarian, said there were only 300 members in 1985. This year the number stood at 3 000.

Mr Masungo said that African writers are very popular among children. 'The entire African Writers Series is available, from Chinua Achebe's *Things Fall Apart* to Dambudzo Marechera's *House of Hunger*', said Mr Masungo.

Allan Chirume, 15, was reading in the library. We asked him why it is that some people don't use a library. 'Many people still can't read, others don't have time or they can't afford the membership fee,' said Allan.

Agnes Makayesango and Naume Makahamadze, both 14,



John Mapfumo, left, uses the Highfield library for his bookkeeping course.

also use the library. They were looking for science and geography books. 'When I am not reading for school, I read magazines and short stories,' Naume said. 'Reading stops me from talking too much.'

Joe Mapfumo, 21, is studying for a bookkeepers diploma. He says he uses the library for his work. 'This library is the only place where I can find my prescribed textbooks.'

We then left the library and made our way to Hatfield, a different suburb of Harare. Hatfield is just outside Harare. It has changed a lot since independence. More blacks now live there alongside whites.

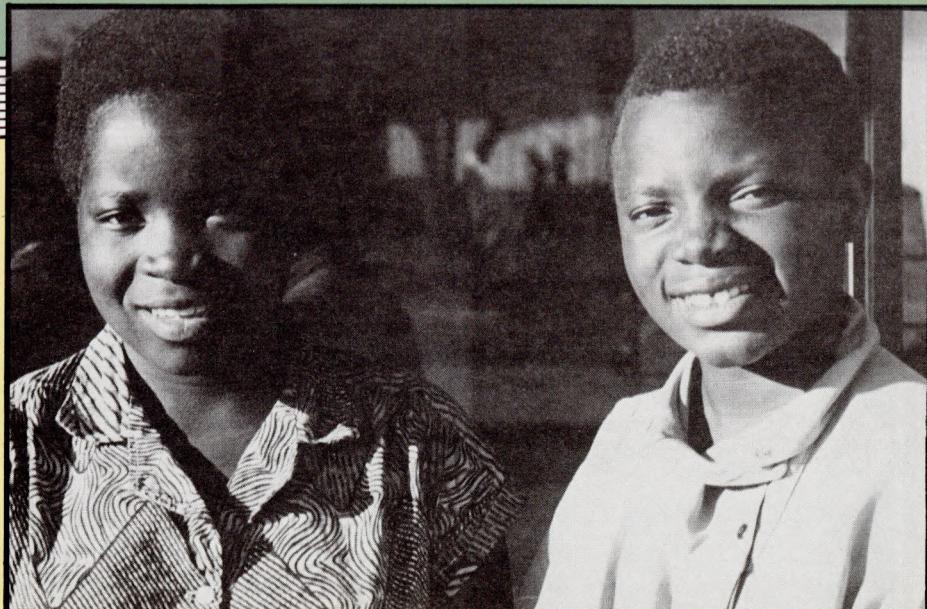
Hatfield has its own small but busy library. The library is one of the busiest places in the area. We went to take a look.

### A busy place

'It's changed a lot,' Mrs Keegan, Hatfield's chief librarian since 1981, said. 'When I started here, it was mainly whites who came into the library. Just a few blacks were starting to come in. Now the membership is about 15% white. Most of our readers are black,' she said.

We spoke to some of the teenagers who were using the library.

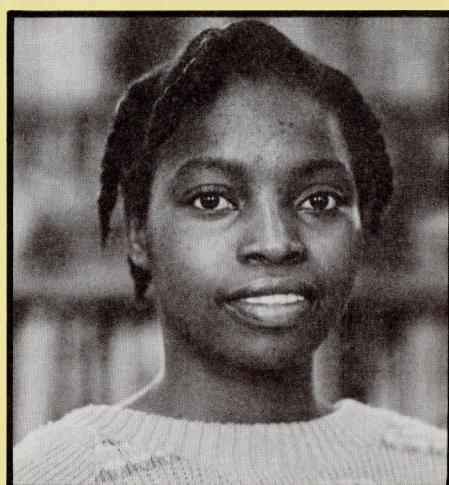
Sosana Hove, 18, had just returned an Agatha Christie novel. 'I didn't finish the book,' she told us. 'It was too scary.'



Naume Makahamadze (left) and Agnes Makayesango enjoy using the library.

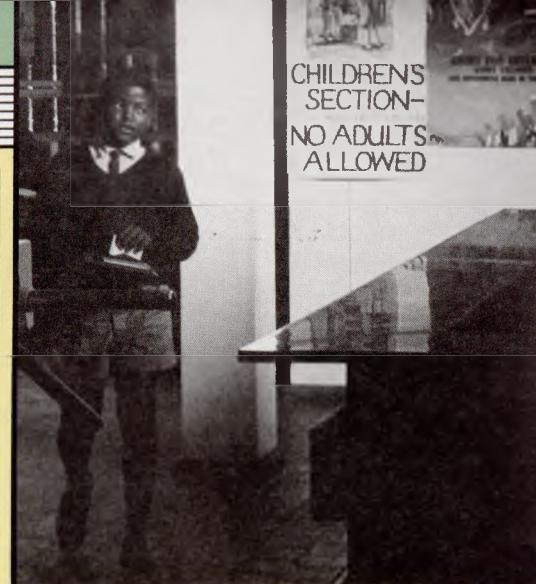
Lizzie Chakahwata is 13: 'My mother works in a shoe shop, and when she's not at work she reads a lot; books, newspapers and magazines. I think that's why I like reading too. I like books because they teach me about the world. But some children say that books tell lies, so they don't bother to read, and I think they miss a lot,' said Lizzie.

John Dhlakama, 19, was returning a copy of *Bones*, a novel by Zimbabwean writer, Chenjerai Hove. He said he likes reading in this library. 'Books in general can teach you a lot about different societies. I encourage my friends to join a library and learn about these things. If people don't like reading, you'll often find that they grew up where there were no facilities or encouragement for reading.'



Sosana Hove thinks Agatha Christie's novels are too scary.

Batsirai Mukusha is doing O levels (matric) in science this year. He was borrowing a chemistry book to help him with his revision and also a Nigerian adventure novel by Dan Fulani.



A young reader looks for something new to read in the library.

'Some people are just too lazy to read,' he continued. 'They only like listening to music or watching movies, or simply walking round town. We should take them to libraries and show them how much they can learn and enjoy.' ■

#### Libraries in South Africa

In South Africa there are about 710 libraries across the country. Most are situated in white areas and in the cities. In 1989, there were only 35 libraries which served about 10 million people in black townships.

About 3 million people live in Soweto. There are only six libraries there. Umlazi, outside Durban, has a population of about 1 million people. They don't have a single library. The situation in schools is also bad. Most DET schools don't have libraries at all.

Libraries are important places. Students and teachers need books. But books are expensive. Libraries make it possible for everyone, rich or poor, to read and learn.

Every school and every community should have its own library. A library must be full of all sorts of books – factual books, funny books, sad books, serious, entertaining, challenging, wise and wonderful books.

For many years people have demanded that the government build more schools. Should we not also demand that it builds more libraries?



Mrs Keegan — the librarian at Hatfield library



**Dear Upbeat,**

I think that education is very important. A person who is not educated is always given a hard job. For that poor and hard job you get very little money. With education you can go a long way.

**Nawaal Brenner, Steenberg**

**Dear Upbeat,**

Fear is ruling our lives in the townships. My fellow youth, I am deeply disturbed by the formation of gangs in many townships. In the townships of the East and West Rand, gangsterism is common. Gangs are formed by students. Students should stop influencing each other to form and join gangs. These gangs have been committing crimes like rape and robbery. Please respect your blackness and stop making a mockery of your freedom fighters. Let's unite and fight against apartheid.

**Magito Maribe, Kagiso**

**Dear Magito,**

Gangs are a big problem among youth today. Readers, what do you think? And what can we do about this problem?

**Editors**

**Dear Upbeat,**

Children are so used to running across the road without looking out for oncoming cars. They should always make sure that they have looked to their right and left before crossing the road. It is always better to cross at traffic lights. Hold your smaller brother's or sister's hand very tightly when crossing the road. Before crossing, first look and think to stay alive.

**Nawaahl, Retreat**

**Dear Upbeat,**

I am worried about people who discriminate against karate with no good reasons. They think that karate is not a sport. They are wrong. They think that in karate people learn to fight others. People who do karate are innocent. Please, let's not criticise or discriminate against karate.

**V.J. Mnguni, Kwa Mhlanga**

**Dear Upbeat,**

There is a shortage of classrooms in our school. Each class accommodates about 70 to 80 students. We don't have a library or a laboratory. Even electricity is not available. It is difficult for teachers to teach us. It is also very difficult for us to study in this kind of environment.

**Rodney M. N., Sibasa**

**Dear Upbeat,**

I am a proud young black girl of 14. I am in Std 5 at St Matthews School. I am a poet and a soldier. I love Upbeat very much because it reveals truths which other magazines and books hide from us. Thank you very much for telling the truth. Upbeat. I was pleased when I saw the Science article on the sun in Upbeat No. 3, 1989. I have learnt a lot from this article. Please run more articles on science in Upbeat this year. Articles like these are very helpful especially to people like us who are doing science.

**Nomthandazo Msimango, Soweto**

**Dear Nomthandazo,**

Upbeat had lots of articles on science last year. Besides the one on the sun, we also ran articles on heat, solids liquids and gases and water. This year, we ran a biology series on the five senses. We write about many school subjects in order to help you with your schoolwork.

There is always a wide variety of articles to read in Upbeat. So why not subscribe? This way you won't miss all these wonderful articles that help you with your schoolwork!

Are there other topics that you find hard at school? Would you like us to write about them? Just let us know.

**Editors**

**Dear Upbeat,**

Schools should be opened to everyone in South Africa, irrespective of whether one is white or black. The government, TUATA, our parents and the SRC's should all sit down and decide what should be taught in schools. School rules would also have to be discussed.

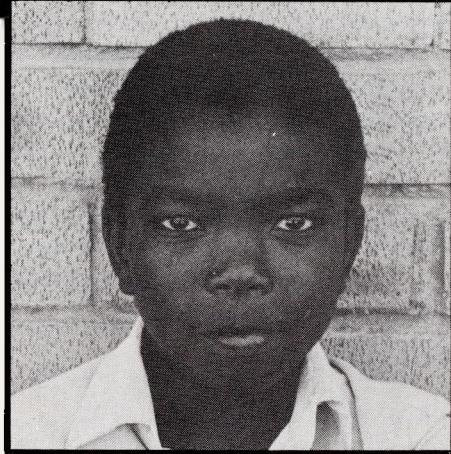
**Sipho Ngobeni, Temba**

# Why read?

**Why read?** Upbeat asked some students in Cape Town for their views.

**Zama Nabe, 13**

I read in order to get information. I like to read History and English books. I also like reading magazines like *Upbeat* and *Molo Songololo*.



**Luvo Matshabawe, 14**

Because I want to be bright, I read. I want to do well at school to pursue my career as a teacher. So I enjoy reading English books. I also read about my favourite subjects at school, like History and Science. I also like reading daily newspapers, like the *Argus*.



**Thulani Shasha, 13**

I like reading because it helps me with my education. It's important for the future. We cannot win our freedom if we're not educated. I read English and Afrikaans books. I enjoy reading magazines like *Upbeat* and *Molo Songololo*.

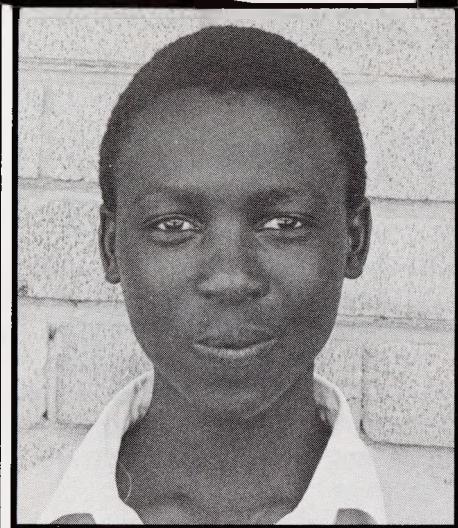


**Busisiwe Mjijwa, 13**

I read because I want to gain knowledge. And because I would like to speak to people from other countries. I like reading magazines most. My favourite magazines are *Bona*, *True Love* and *Fair Lady*.

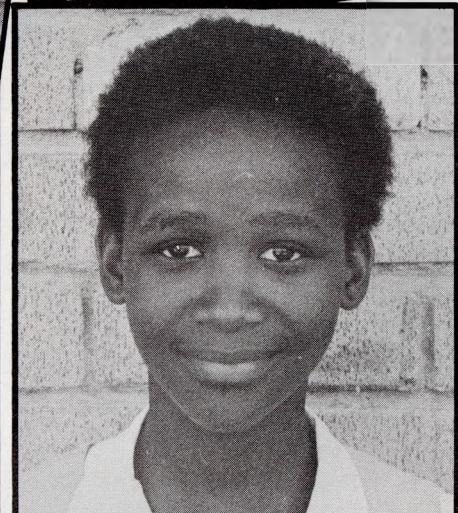
**Millicent Ndleleni, 14**

I think it's important to read. We are lucky to have learnt how to read and write. This keeps us away from the problems faced by those who haven't been to school. There are many youth on the streets in the township who can't read or write. So they hang around the streets every day and do bad things.



**Phumla Nkonyana, 12**

I read because I don't want to have problems communicating. I like meeting different people. And I want to be able to talk to people who speak other languages like English and Afrikaans. I like reading magazines like *Upbeat*.



# All that Jazz

Very few people can tell the difference in sound between a trumpet, a saxophone, a trombone or a flute. An upbeat reporter visited the African Jazz Pioneers in Jo'burg and spent an exciting morning learning all about different brass instruments.

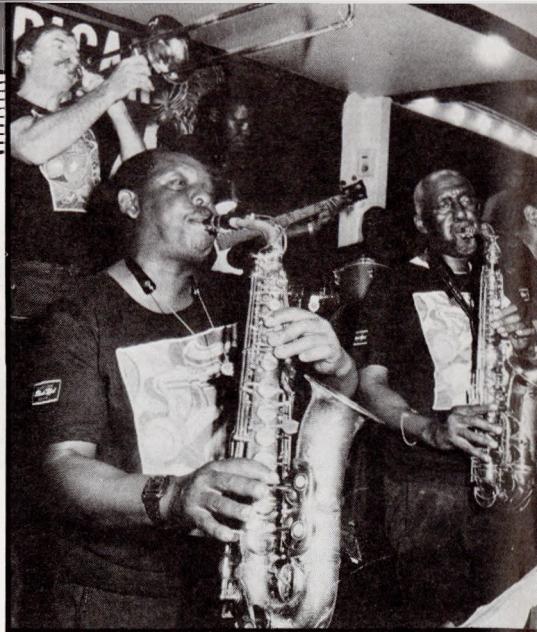
The Jazz Pioneers started in 1982. Their music is very popular among jazz lovers in South Africa and overseas. They are one of a few jazz bands in South Africa that use brass instruments. They also use the piano, guitars and drums. There are ten people in the band.

Ntemi, the band leader, said their music is African dance music with an American influence. They use brass instruments which are American. 'We use these instruments to enrich our own African music,' he said.

In 1989, the African Jazz Pioneers released their first album called 'The African Jazz Pioneers.' It has been a hit throughout the country.

When you listen to this album, you hear a beautiful mix of brass instruments. The beat and the sound are African. Cantridge, who plays the guitar said: 'It's important for people to listen carefully to how the sounds of different instruments combine to form a song. People should be able to identify the sound of a trumpet from that of a trombone or saxophone.'

'How?' I asked. Madoda Gxabeka explained: 'First you should know how different in shape musical instruments are.'



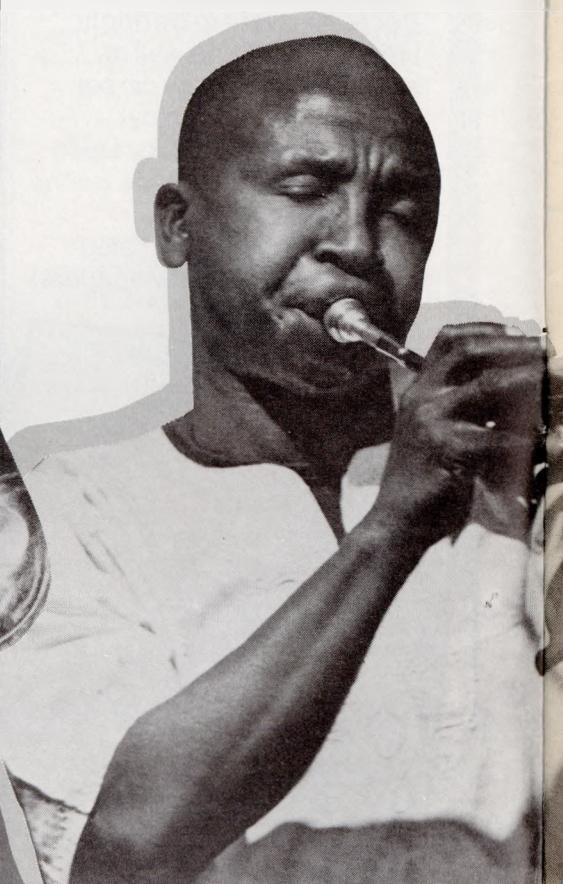
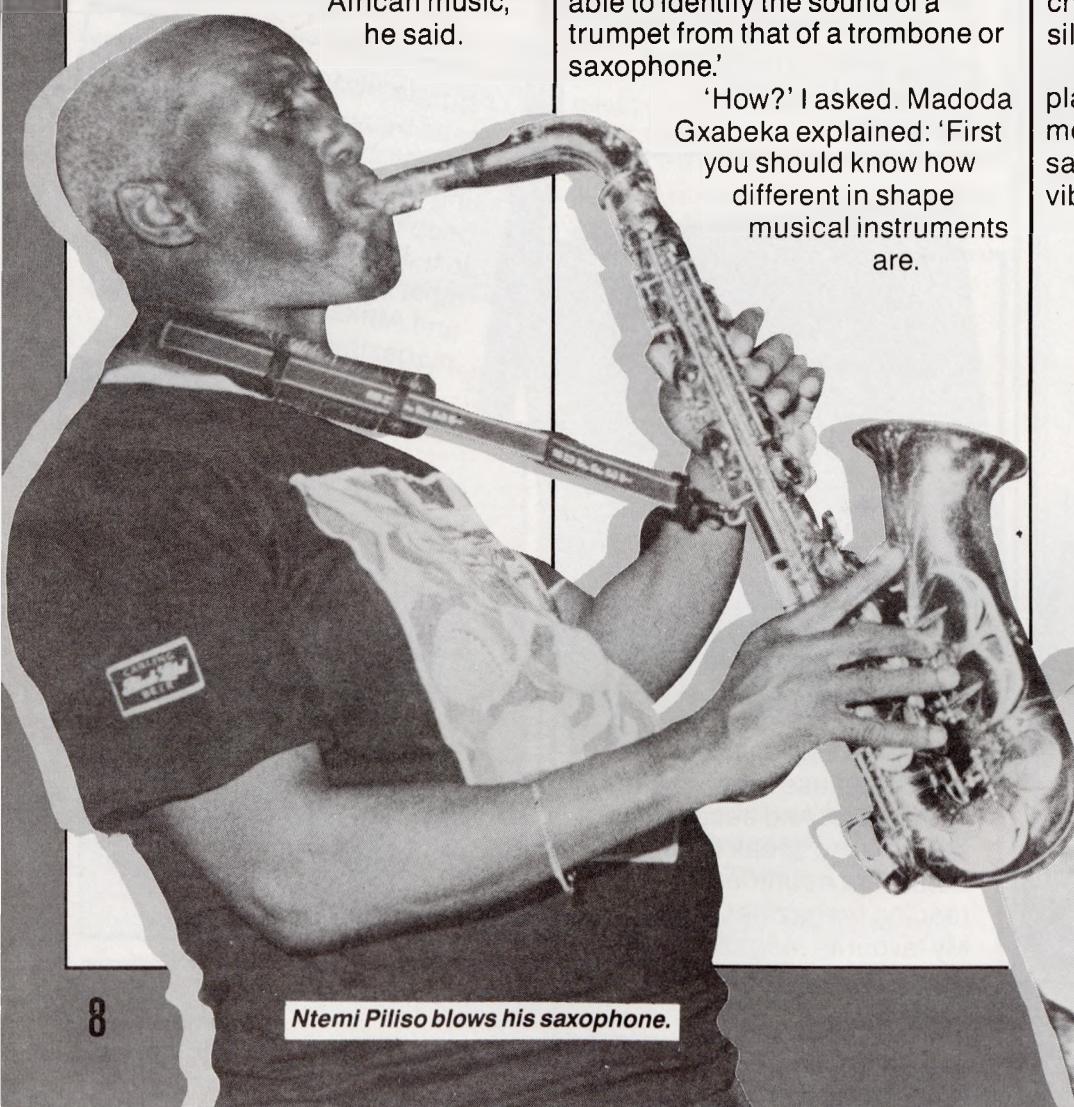
*The African Jazz Pioneers perform in one of the jazz clubs in Jo'burg.*

After that, you can learn how different they sound to one another.'

The band members showed me the shapes of the different instruments. It was easy to see how different they were.

Then Ntemi handed me his saxophone and challenged me to blow it. First I felt its weight. It was not heavy. I blew and blew until my cheeks hurt. But all I heard was a silly ppprrrrphh!

Ntemi then showed me how to play. He took out a small reed mouthpiece from the mouth of the saxophone. This mouthpiece vibrates when you blow it.



*Ntemi Piliso blows his saxophone.*

The saxophone belongs to the reed section. 'By a reed section we mean all brass musical instruments that use a reed mouthpiece to produce a sound,' Ntemi said.

I again tried to blow the saxophone. And this time I did manage to make a sound. But it was not musical! Ntemi told me that the next stage was to know how and where the notes are shaped. He showed me how to place my fingers and interchange them on the saxophone.

Ntemi said that the saxophone is the easiest brass instrument to play because each finger has its own note. First my fingers were too stiff to move. But, as I went on fiddling, I could hear something musical coming out. Ten minutes were enough for me. All that blowing made me dizzy and my fingers were beginning to hurt.

### Trying the trumpet

Ntemi then gave me a trumpet. It was lighter and easier to hold than the saxophone. But it was more difficult to blow. It needed more breath. It sounded different from the saxophone. It had a sharper sound.

The trumpet has three valves. When you press them up and down they produce a sound. Ntemi agreed that the trumpet is more difficult to blow than the saxophone. This is because you have to know how far to press the valves in order to make the right sound.

Next, I tried the trombone. It was the most difficult of all!

You don't use your fingers. Instead, you push a slide up and down the length of the trombone with your hand. And there is nothing that shows you where the notes are! You move the slide to and from your body and blow at the same time. And that's what makes the sound.

Madoda, another band member, said that you move the slide up and down to produce notes. 'But you can't always be sure that the note you have produced, is the right one. You must have a good ear to be able to play this instrument,' Madoda said.

Ntemi said the trombone and the trumpet form the brass section because each has a steel mouthpiece.

The bass guitar and drums help keep the beat. The beat is the main rhythm that a piece of music has. The piano, the drums and the two guitars (bass and lead) are also not easy to play. Shep Ntsamai said it needs a lot of training and skill to play them.

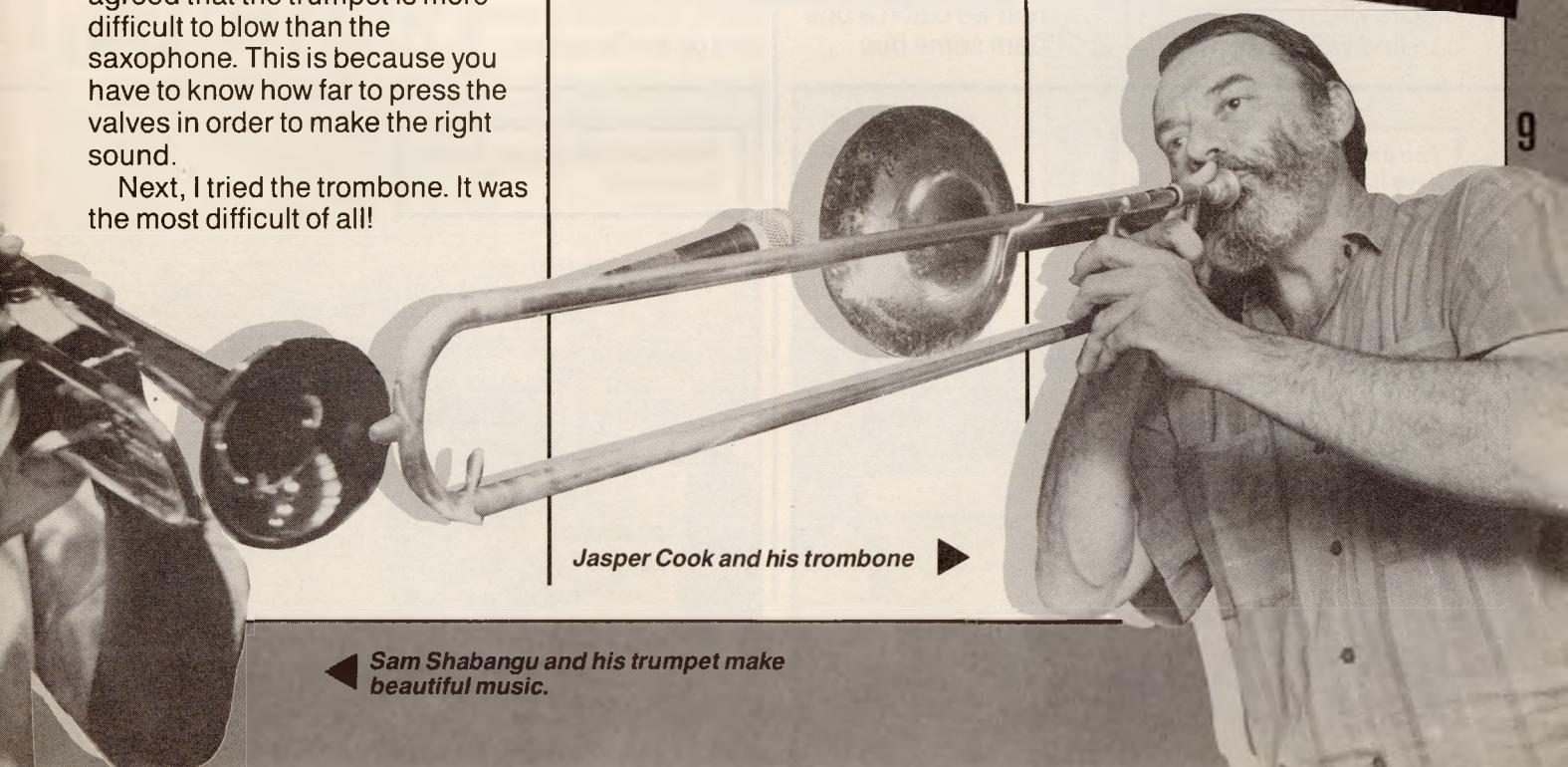
Before I left, I told the band that many Upbeat readers want to be musicians. Ntemi advised young people who want to be musicians to attend music schools. 'You must learn the theory of music which will enable you to read and write your own music,' he said.

Madoda and Ntemi are both teachers of jazz music. Madoda teaches at the Joint Enrichment Project. Ntemi teaches at the Alexandra Arts Centre. If you want to learn jazz contact them at:

The Alexandra Arts Centre  
31 Second Street  
Marlboro  
Alexandra  
2063  
Phone: (011) 887 4278/9  
or

The Joint Enrichment Project  
Corner of Bree and Drovers  
Streets  
4th Floor  
Elmol House  
Johannesburg  
2001  
Phone (011) 290-847

*A wind instrument is a musical instrument that you blow into, in order to make a sound. Brass instruments are a group of wind instruments that are made of brass. For example there's the trumpet, the tuba, the flute, the saxophone and the trombone. The African Jazz Pioneers use the trumpet, the saxophone and the trombone.*



Jasper Cook and his trombone ►

◀ Sam Shabangu and his trumpet make beautiful music.

# The long way to school

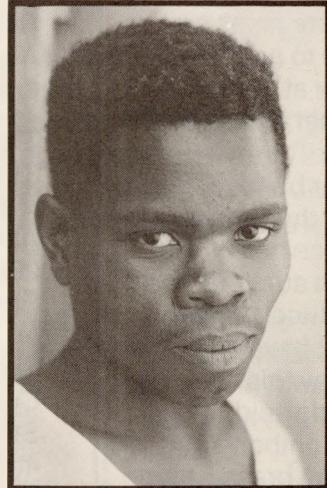
By Richard Maleho

**I**magine having to wake up before 5.00am to catch a bus to school. Well, this is what Seun Mathibela and Sinnah Matlala of Eersterus have to do every weekday morning!

Eersterus is an Afrikaans name meaning 'the first rest'. It is a slum area in the district of Hammanskraal. Eersterus is about 45km from Pretoria. The Bophuthatswana government controls Eersterus, where about 20 000 people live.

The African people of Eersterus, like those in other areas, have suffered terribly under apartheid. Originally people lived in different villages around Hammanskraal.

But people were forced to move to Eersterus because there were no jobs in Bophuthatswana. Eersterus is nearer to places where people can find work. But they

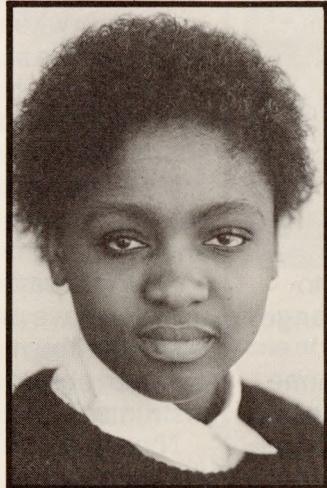


**Seun Mathibela**

still have to travel a long way to work every day. Most people work at Babelegi industries, which are about 20km from Eersterus.

There are also no high schools in the area. Students have to travel a long distance to school. Seun Mathibela, 23, says he travels about 30km to Matlaisane High School. 'I have to wake up very early in the morning, before five, to go to school.'

'When we catch a bus at 5.00am some bus



**Sinnah Matlala**

drivers refuse to take our tickets. They say the tickets can't be used for the 5.00 o'clock bus. These tickets can only be used on buses before 5.00.'

Sinnah Matlala, 23, like Seun, travels a long distance to school. She also wakes up very early to catch a bus to Hans Kekana High School. This school is about 18km from Eersterus. 'After school I come home very tired. But then I still have to cook and do some school

work,' said Sinnah.

The people of Eersterus have been fighting for years to have schools built in the area. The Bophuthatswana government has done nothing to help them. In 1986 the government stopped lots of meetings. These meetings were called by the community to find ways to help themselves. The police detained lots of people and three youth leaders were killed.

The people continued with their fight. In a meeting they decided that every family should pay R120 to help build a high school for their children.

The Bophuthatswana government has, at last, given the people a site on which to build a school. Pressure from the people has forced the government to listen to their demands.

'We have certainly paid a high price for education here in Eersterus,' said Sinnah. ■

**The people of Eersterus have had to fight for schools for their children.**



**About 20 000 people live in Eersterus.**



## A tribute to MANDELA

Today I walked from  
Victor Verster Prison  
to the homes of the world!  
Fascists muttered, 'A disgrace!'  
And growled, 'A storm is to come!'

But I am the storm!  
The humble Servant of those  
Who doom apartheid...  
Of those who know that the future  
Holds no room for apartheid...

This, then, is my quest!  
Not a weekend quest!  
I will be Freedom's father!  
who wields Freedom's Giant Poker.  
And God's son is the Stoker!

I too stir the fire!  
And all marvel at the Blaze!  
I stir and I sigh  
I dream of the ANC!  
And of Winnie's love close by  
Prudence Seletisha, Diepkloof, Soweto

## Street children

On the highway  
Down the street  
You'll see them sitting  
begging for food  
to go on living.

They are our people  
and our friends  
Please share your bread with them  
and make a special bond with them,  
forever.

They are children without homes  
babes with no mom or dad  
So don't hurt them  
Don't lock them in cells  
because they are no criminals  
they are just people  
who fight for their right to be alive.  
Eleanor Meyer, Retreat



Drawing by Azarias S. Cossa, Maputo

## Did you just say...

President De Klerk commanded the  
soldiers to move out of black townships  
That's nice! In fact it's great!

Did you just say President De Klerk  
ordered all 'whites only' recreation areas  
to be opened to all races?  
That's interesting!

Did you just say President De Klerk  
unbanned black political groups and  
released political activists?  
That's very nice!

Yes, it's great that  
South Africa is changing.  
Tebogo Mahlobo, Orlando West,  
Soweto

## My grandmother my love

I love my grandmother  
My grandmother of ninety is my love  
My life is in her hands  
Now she is old.

I love my grandmother  
She hates dirt, noise, quarrels and dry  
food  
Now she is old.

I love my grandmother  
She is always sitting on the mat in the sun  
She is always smiling  
Now she is old.

My grandmother  
Is my love.  
Elizabeth Ntlhane, Temba

Send your poems, drawings  
and stories with your name,  
age and address, to:  
Upbeat, P.O. Box 11350,  
Johannesburg 2000

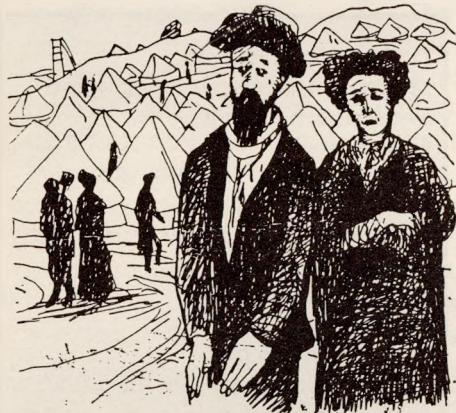
All readers whose  
work is published  
here  
win  
**R10**

# Digging for diamonds

By Belinda Mendelowitz

In 1869 diamonds were discovered at Bultfontein, a farm in the Kimberley area. Thousands of people from all over the country flocked there, hoping to find diamonds. This story is about Piet and Maria Visagie. They were an Afrikaner couple who went to Kimberley, hoping to find riches.

Piet and Maria Visagie lived on a small farm in Colesburg. They struggled to make a living. When they heard about the discovery of diamonds in Kimberley, they were very excited. They thought that maybe this was their big chance to get rich. So they sold their farm and started the long journey to Kimberley.



*The Visagies stood in total silence. They felt both disappointed and scared.*

## Rows and rows of tents

When they got to Kimberley, they were very surprised. They expected to see a few diggers here and there. But there, in front of them, were hundreds of tents on dry, red soil. The Visagies stood in total silence. They felt both disappointed and scared. Maria bravely broke the silence. 'Let me put up the tent while you go and buy digging equipment,' she told Piet.

Piet strolled through the diggers' camp and found the General Dealer Store. A few men were standing and chatting in the store. Bits of conversation drifted towards Piet.

'Old Chopper finally struck it lucky today! Got 500 pounds for his diamond,' a man said. Then, in a more serious tone, a few diggers spoke about Julius O' Henry who had sold his claim because he hadn't found any diamonds in six months. Julius had committed suicide a few hours ago.

'What is a claim?' Piet asked someone standing next to him. The man wore a large red bow-tie. 'You must be new to this game,' the man replied with a strange smile on his face. 'You can't dig for diamonds anywhere you choose. You have to buy a claim. A claim allows you to dig in a small area. You may be lucky like me and strike it rich. I'm Champagne Charlie. Or you may be like all the sad losers who stick around in the dust, rain and stench, waiting to find that diamond.'

## Robbed!

Piet and Charlie started chatting. Charlie promised to introduce Piet to his friend, John Read. John could sell Piet a claim cheaply. Early the next morning, they went to John Read. John told Piet that he had to pay 70 pounds for a



*Very slowly Piet removed most of his savings from his pocket.*

claim. Very slowly Piet removed most of his savings from his pocket.

Then Piet weaved his way through the maze of tents. Suddenly there was Dirk, his old friend from Colesburg. Was he happy to see Dirk van Niekerk! With great excitement Piet told Dirk: 'I've just bought a claim for 70 pounds.' Dirk looked at Piet in amazement. 'But the usual price for a claim is 10 pounds. You've been robbed, man,' Dirk said angrily.

Robbed? Piet's heart started pounding. Had he just given the last of his money away to some crooks? No, it couldn't be! Suddenly he thought of the strange smile on Charlie's face. Then he knew that what Dirk said was true.

'What should I do now?' Piet asked. 'There isn't anything you can do,' Dirk answered sadly. 'There is no law against charging higher prices for claims. Go to your claim and dig for diamonds.'

Daylight had hardly broken. But by the time the Visagies arrived, the digging site was like a market place. Piet found his claim area. He started breaking the ground with his pickaxe, hoping to see the glimmer of a stone. By the end of the day his body ached from all the digging.

## A year later

Piet and Maria had come to the end of another hard day's work. Still they had nothing to show for it. Maria stared at each dull, brown stone on the sorting table. If only she could find a diamond! She picked up a few stones and threw them as far as she could. 'It's all a false dream,' she said bitterly. 'After all the time we've spent here, how many people do we know that have got rich? None!'



*'It's all a false dream,' Maria said bitterly.*

'There's Champagne Charlie, Barney Barnato and Rhodes,' Piet replied. 'Maybe it's time for me to accept that I can't be a Rhodes or a Barnato. I am a loser.'

'Rather be a loser with something in your stomach Piet,' Maria said. 'I think we should sell our claim and get jobs. I could get a job as a barmaid. And you could go and work for a wealthy digger.'

So, with much sadness, the Visagies sold their claim. Like many others, they had come to Kimberley in search of wealth and found nothing. Instead they became wage earners, working for a big boss, earning just enough money to survive. ■

**Do you think Piet and Maria had a tough time? Read about what happened to Thabiso in the next issue.**

## The discovery of diamonds – some facts

The story of the Visagies is based on historical research. Here are some questions to help you understand this period of history.

1. **How many people came to Kimberley during the great diamond rush?** In 1871 there were about 50 000 people in Kimberley.
2. **Where did these people come from?** Most of the white South African diggers were English speaking and came from Natal and the Cape. But there were a few Afrikaans diggers too. Black diggers came from Pediland, Tsongaland and Basutoland. Then there were also diggers from all over the world; Europe, Australia and Canada. Almost of all the skilled labourers were foreigners.
3. **Who made the most money from diamonds?** The diamond rush began in 1871. By 1899 there were hardly any individual diggers. Special machines were needed to mine the diamonds. Only large companies could afford this expensive equipment. So most diggers became workers for big companies who made lots of money.
4. **Who were Cecil John Rhodes and Barney Barnato?** Cecil John Rhodes made a lot of money from diamonds. He founded the De Beers Mining Company. He wanted to bring all the other mining companies under the control of De Beers. By 1889 he managed to do this. Barney Barnato came from London. He first worked as a diamond dealer because he couldn't afford to buy a claim. By 1881 he had his own Mining Company and was very rich and powerful.
5. **How many diamonds were found each year?** In 1872, over a million carats were mined. In 1888, over 4 million carats were mined.



*By 1899 special machines were needed to mine diamonds.*

Your questions  
answered

**H**ello again from Buti and Nombeko! This is part five in our series 'Growing Up'. So far we have spoken about the changes that happen to you during puberty. By now you know how your body changes to become sexually mature.

But growing up isn't only about physical changes. Other things change too; your feelings, friendships and relationships. Sex isn't only a physical act. It also involves strong feelings and making important and difficult decisions.

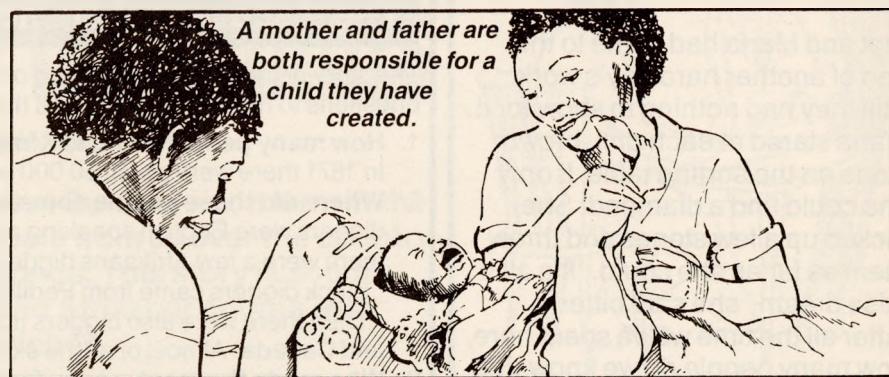
Since we started writing this series, we have received many letters from our readers. We answer all your letters personally. We hope the information and practical advice that we give, makes your life a little easier. But many of you have asked the same kinds of questions about sex and relationships. So we thought we'd answer some of these questions in this issue.

#### What is a virgin?

The word virgin means anyone, male or female, who has never had sexual intercourse. Girls have a small piece of skin which partly covers the opening of the vagina. This is called the *hymen*.

Long ago people believed that the hymen could only be broken during sex. So, if a girl's hymen was broken, then she wasn't a virgin. But today we know that some girls may have their hymen broken without having had sex. Lots of exercise may break the hymen. Tampons can also easily stretch or break the hymen.

Another point about being a virgin. Lots of teenagers think that there is something wrong with them if they are still virgins. There is nothing wrong with being a virgin. You won't die or go mad, as some readers believe! The decision to have sex for the first time is a big step. Don't rush into it.



#### At what age can you start having sex?

It is possible for young people to start having sex from the time they reach puberty. That can be as early as nine or ten years old. As soon as a girl starts menstruating, ripe eggs are released from her ovaries. This means that she can become a mother. When a boy reaches puberty, he starts producing sperm. This means that he can become a father.

But the big question is, are you ready to become a mother or father? Sex can lead to children. And having a baby is a very big responsibility. A mother and father have to both care for any life they have created. They are *both* responsible for giving the baby a home and a future.

Don't rush into anything. Deciding to have sex is a big decision. Some people feel strongly that sex should be kept for marriage. Many feel that the best time for it to happen is when two people share a secure, close and loving relationship.



#### How many times must you have sex before you can get pregnant?

You may have heard people say that you can't get pregnant the first time you have sex. Nonsense! This is not true! It only takes one egg and one sperm to make a baby. If you only have sex once, there is a chance that you may get pregnant. Even if you only do it for one minute!

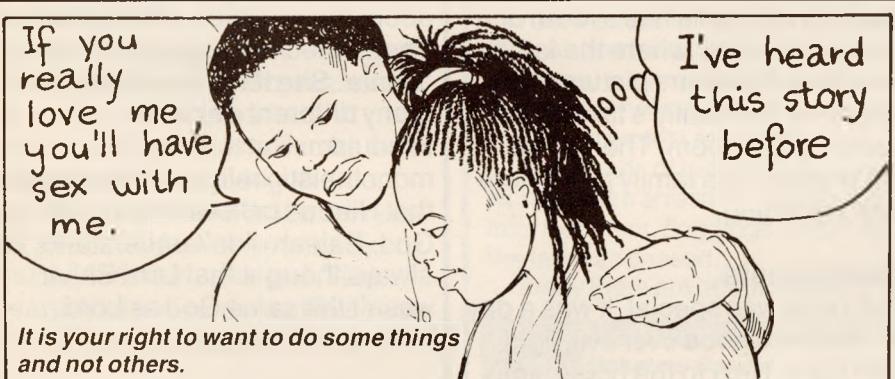


### Does kissing end up with sex?

There are many ways people can show their love for each other. Kissing and hugging is a natural, very pleasant way to show that you care for someone. It can be very warm and loving.

People sometimes get very sexually excited touching, kissing and cuddling each other. But you don't have to end up having sex. It is up to you to decide how far you want to go. Having sex is something you decide, it doesn't just happen without you realising it. It's up to you to control your actions and to know what to do and what not to do.

Talk to your partner. Talk about what you like and don't like. Make it clear how far you want to go. Remember – it is your right to want to do some things and not others.



### Can there be love without sex?

Yes of course there can! You don't prove you love someone by having sex with them. In a loving relationship sex is a very special way of sharing yourself with your partner. But sex isn't everything. It is possible to love another person without having sex with them. If you love a person, you must respect their needs and wishes. This means that you must not force them to do anything that they do not want to do.

In any case, sex without love and respect is usually not very nice. It leaves you feeling used and hurt. Why put yourself through that?

Don't listen to friends who boast about what they do with their girlfriends or boyfriends. Sex in a loving relationship is a private matter. It concerns you and your partner – no one else. Love and trust are closely linked. If you can't trust your partner, maybe he or she isn't worth the trouble.

Try to talk to your boyfriend or girlfriend openly and honestly about your feelings and worries. Don't be embarrassed! We know it can be hard in the beginning. If your partner refuses to talk or lays down the law about what you should or shouldn't do – run!

### All my friends are having sex. Why shouldn't I?

It is normal to have sexual feelings. Everyone has them. Your body may be ready for sex. But your head and heart may not be. You may feel that you aren't ready for sex. But your friends, boyfriends or girlfriends may try to persuade you. Here are some of the things they might say to you when trying to persuade you to have sex:

'If you really love me, you'll do it.'  
'It's okay, it's fun. Everyone is doing it.'  
'It's natural. There's nothing to worry about.'  
'You owe it to me.'  
'What's wrong with you anyway? You have got a real problem.'

How do you cope with these pressures? The best thing to do is simply to say no. You can say: 'No, I'm not ready for sex.' Or, 'No, not now. If you love me, you won't force me.' This may not be easy to do. But it is easier than facing an unwanted pregnancy or feeling used and hurt.

Who said being a teenager was always fun? We will talk more about making decisions in relationships in the next issue.

Until then, write to us if you have any problems or questions. Also talk to your friends. They can help.

**Our address is:**  
**Buti or Nombeko**  
**Upbeat**  
**P O Box 11350**  
**Johannesburg**  
**2000**

# A HINDU FESTIVAL

By Prean Naidoo

Rajesh was awakened early one morning while it was still dark outside. He wondered why his mother had woken him up so early. Then he remembered and got very excited. The best day of the year had arrived! It was Divali – the Festival of Lights.

Rajesh is a Hindu. He was born in South Africa, but his grandparents came from the south of India. Most of the people living in India are Hindus.

Rajesh's younger sister, Chitra, peeped into his room, smiling happily. 'I've already had my oil bath!' she shouted. Rajesh really enjoyed this part of the morning. His mother massaged him with a warm mixture of three different oils. Then he got into a hot bath. After the bath, Rajesh put on his new clothes. Everyone in the family had new clothes specially bought for this day.

As the sun rose, Rajesh's family got ready to say their prayers.

Each Hindu home has a room or a corner set aside, where the family worships. There are pictures and statues of the family's favourite deities in this room. There is also a brass lamp. The family prays here every morning.

## Sweetmeats

But today was special. It was a day to celebrate good over evil, light over dark. Next to the brass lamp stood a vase with bright flowers and a huge tray of sweetmeats. Rajesh's mouth watered when he saw the delicious sweetmeats that his mother had made. He couldn't wait to start eating them. But then he looked up and saw the picture of the Holy Trinity (the three Gods). He felt bad. He was supposed to be praying to God, not thinking of eating!

Hindus believe that there are

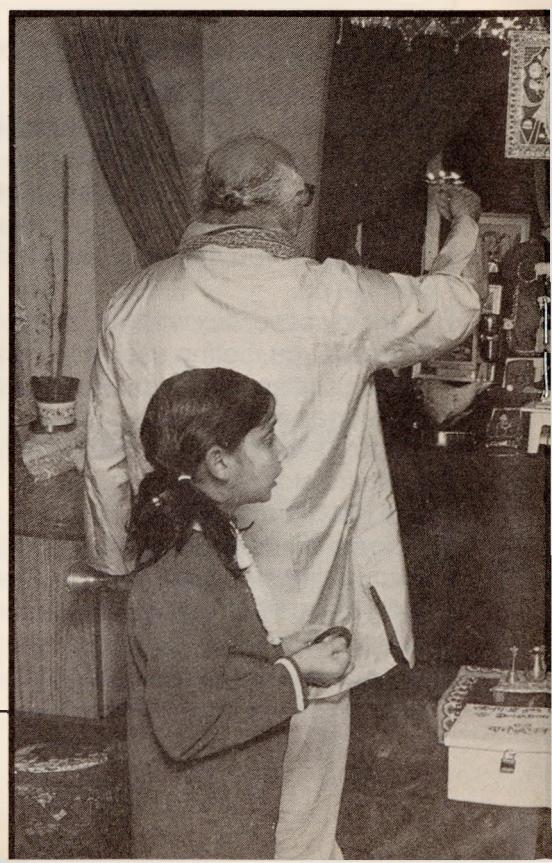


three Gods in one. The three Hindu Gods in the Holy Trinity, are Lord Brahma, the creator of the universe; Lord Vishnu, the one who looks after life, and Lord Shiva, the destroyer and recreator of life.

Rajesh's favourite was Lord Shiva. Lord Shiva had cobras coiled in his hair and around his neck. He thought that Lord Shiva must have been the bravest God of all.

The family finished their prayers. Then Rajesh's father lit the first firecracker to mark the beginning of the celebration. Rajesh and Chitra couldn't wait for their firecrackers. But they knew that they wouldn't get them just yet. First, they had to take parcels of sweetmeats to their neighbours and friends.

That afternoon Rajesh's grandmother made them sit down next to her. She spoke to them about their religion, Hinduism. They called their grandmother 'Nanie'. She told them there are many different deities in Hinduism. But it was still a monotheistic religion. This means that Hindus believe in only one God. Rajesh didn't understand. He always thought that Lord Shiva wasn't the same God as Lord Vishnu or Brahma.



'There are many deities in our religion,' Nanie explained. 'Different people are attracted to different things. Students and artists pray to Mother Saraswati, who blesses anyone involved in education or the arts.'

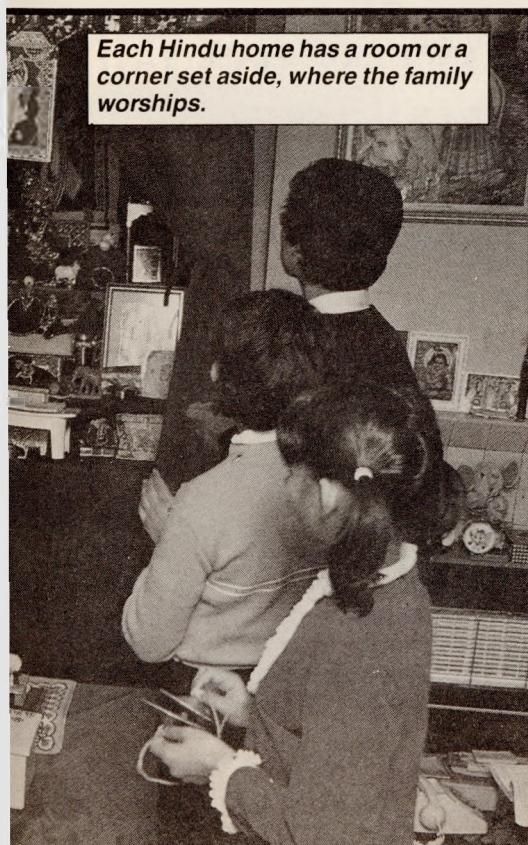
'But how can there be different deities if there is only one God?' Chitra asked. 'You are my grandchild,' Nanie answered. 'But to your parents you are a child, to your teacher you are a student and to your friend Yasmin you are a friend. You are one person, but to different people, you are different things. It's the same with God. Each deity represents a different side of the one God.'

Nanie told them that Hindus believe that there is only one God in the universe. Whether God was called Allah, Buddha, or by any other name, He was still the same God.

#### Return to life

'Nanie, if I'm a good boy will I go to heaven when I die?' Rajesh asked. He was still feeling bad about wanting sweetmeats when he was supposed to be praying. Nanie said Hindus believe that when you die, your soul leaves your body. And you are reincarnated. This means that you return to life again, as a different person.

**Each Hindu home has a room or a corner set aside, where the family worships.**



In each life, you become a better person. This is called Karma. Through the different births, you get closer and closer to God. Eventually, once you have paid for all the sins you have committed in your previous lives, you become one with God. This is when you reach Nirvana, complete happiness.

'Oh, so reaching Nirvana is like reaching heaven,' Chitra said. She had been listening carefully to her grandmother. But Rajesh was getting bored. By now it was dark outside and he wanted to play with

his firecrackers and sparklers. His father would light the larger and more dangerous fireworks only after the house was decorated with little clay lamps. They would place lamps on all the steps leading up to the house.

That night Rajesh's house didn't look like a house anymore. It looked like a wonderland of lights. And every now and then, the sky around the house was lit up by exploding fireworks. No wonder Divali is called the Festival of Lights! ■

## Hindus in South Africa

The first group of Indians arrived in South Africa in 1860. They were brought from India to work on the sugar plantations in Natal. With them they brought the major religion of India – Hinduism.

In 1893, Mahatma Gandhi came to South Africa. He was a lawyer and he wanted to help the Indians living in South Africa. Gandhi was a very religious Hindu. He did not believe in violence. So he preached passive resistance. He said that no living being should be hurt.

While he lived in Pretoria, Gandhi studied the conditions under which the Indians lived. He tried to educate them about their rights. In 1906 the Transvaal government passed a law forcing Indians to register. This law prevented more Indians from settling in the Transvaal. Gandhi led the Indians in protest against this law.

Thousands of Indians took a vow to resist the law. Hundreds of men and women were arrested. Thousands of miners went on strike and had to face imprisonment, floggings and even bullets. But in spite of all the protests, the law was passed.

Today there are about 525 000 Hindus living in South Africa.

**Mahatma Gandhi (right) helped Indians who worked on the sugar plantations in Natal.**



# PENPALS

## OVERSEAS

**8 Rue Des Longs Reages, 92190  
Meudow, FRANCE**

**Dear Upbeat,**  
I am a 14-year-old boy living near Paris.  
I would like to have a penfriend who is  
interested in travelling, reading, listening  
to pop and classical music and learning  
languages and astronomy.

**Francois Haas**

**35 Boulevard d'Auteuil, 92 100  
Boulogne, FRANCE**

**Dear Upbeat,**  
I am an 11-year-old girl living in Paris,  
France. I would like to correspond with  
a South African girl of my age.

**Alice Boussagol**

**Von Schacky Street 1, 8493 Kotzing,  
WEST GERMANY**

**Dear Upbeat,**  
I am a 10-year-old boy. I would like to have  
a South African penfriend. I am interested  
in knowing how children in your country  
are living. My hobbies are table tennis,  
cycling, reading and swimming.

**Andreas Dorner**

**Goerzallee 85, 1000 Berlin 45, WEST  
GERMANY**

**Dear Upbeat,**  
I am a 14-year-old girl living in Berlin.  
I would like to correspond with a South  
African. I am interested in the problems  
of your country. I am against apartheid.  
My hobbies are reading, playing sport  
and talking to friends about apartheid.  
I promise to reply to all letters.

**Selvi Lyilikci**

**8 Murrumba Place, East Killara, 2071,  
Sydney, AUSTRALIA**

**Dear Upbeat,**  
I would like to have penpals (boys or girls)  
from anywhere in the world. They must be  
15 and over. I am doing Std 8. I like to read  
and I love music. I also like art and drama.  
My favourite sport is soccer.

**Alex Kaye**

## AFRICA

**Department of Agriculture, P O Box 9,  
Leribe 300, LESOTHO**

**Dear Upbeat,**  
I am a girl of 15. I am doing Std 7 at  
Pitseng High School. I would like to  
correspond with girls and boys of 13-18.  
I play tennis at school. I like fashion shows  
and the music of Dolly Parton.

**Constancia Thibeli**

**Room No. 4938, Dangomvura  
Township, Mutare, ZIMBABWE**

**Dear Upbeat,**  
I am 17 years old. I am looking for penpals  
from the western hemisphere only. My  
hobbies are swimming and playing tennis.  
Penpals should be 15-20 years old. They  
should include a photo in their first letter.  
I promise to reply to each and every letter.

**Obediah Stobo Mundomah**

## CAPE

**9A Pakers Walk, Park Wood Estate,  
South Field 7800**

**Dear Upbeat,**  
I am a girl of 20. I would like to  
correspond with girls and boys of 18-23.  
My hobbies are listening to reggae music  
and writing letters. I also like outdoor life.  
Letters must be written in Xhosa or  
English. Photos are welcome. I promise to  
reply to all letters.

**Nomalungelo Nondlazi**

**NY 4 No. 69, Gugulethu 7750**

**Dear Upbeat,**  
I am a girl of 14 doing Std 5. I would like to  
correspond with boys and girls of all ages  
from all over the world. My hobbies are  
baking, cooking, reading novels,  
collecting pop songs and posters. Letters  
may be written in English or Xhosa.

**Linda Spelman**

**3 MacManus Close, 8th Avenue,  
Kensington 7405**

**Dear Upbeat,**  
I am 17 years old. I would like to  
correspond with boys and girls of 17-19.  
My hobbies are swimming, dancing,  
listening to music and ballroom dancing.  
Please write in English or Afrikaans.

**Deidre Cox**

## NATAL

**Sacred Heart Girls College, Oakford  
Priory, P O Verulam 4340**

**Dear Upbeat,**  
I am a girl of 14. I would like to  
correspond with boys and girls from all  
over the world. My hobbies are dancing,  
watching movies and dramas, exchanging  
photos and collecting posters. Letters  
must be written in English.

**Brightness Bovule**

**P/Bag X03, Isipingo 4110**

**Dear Upbeat,**  
I am a boy of 17 doing Std 9 at Commercial  
High School, Durban. I would like to  
correspond with boys and girls of all ages.  
My hobbies are volley-ball, reading  
magazines, watching TV and listening to  
music. I promise to reply to all letters  
written in English or Zulu. Photos are  
welcome.

**Vincent Mpanza**

**Kings School, Nottingham Road, 3280**

**Dear Upbeat,**

I am a boy of 11 doing Std 4 at Kings  
School. It is a non-racial boarding school.  
I would like to correspond with boys and  
girls of any age. My hobbies are reading,  
playing cricket and rugby and working  
with computers.

**Vithesh Reddy**

## TRANSVAAL

**Mabitsela Rest, P O Box 155, Seshego  
0742**

**Dear Upbeat,**

I am a boy of 16 doing Std 8. I would like to  
correspond with boys and girls of 16-18.  
They must be from America and other  
countries. My hobbies are playing tennis,  
listening to pop music, writing letters and  
watching TV. Letters must be written in  
English. Photos will be appreciated.

**Emmanuel Manaka**

**P O Majaneng, Box 128,  
Hammanskraal 0402**

**Dear Upbeat,**

I am a girl of 17 doing Std 9. I would like to  
correspond with boys and girls of 17-20.  
My hobbies are watching TV, going to  
church, listening to pop music and reading  
comics. I promise to reply to all letters  
written in English or Setswana. Photos are  
welcome.

**Monicca M. Mokoena**

**1736 Msimang Street, P O Orlando 1804**

**Dear Upbeat,**

I am an 11-year-old boy doing Std 4 at St  
Barnabas. I would like penfriends from  
Germany. Anybody out there looking for a  
penfriend can write to me. I promise to  
reply to all letters written in English.

**Tshepo Dijana**

## ORANGE FREE STATE

**P O Box 75, Majaneng 0402**

**Dear Upbeat,**

I am a girl of 18 doing Std 9. I would like to  
correspond with boys and girls of all ages  
from all over the world. My hobbies are  
cooking, listening to music, reading,  
writing and exchanging gifts, cards and  
ideas. I promise to reply to all letters  
written in English or Setswana, with or  
without photos.

**Nkele Malungani**

**P O Box 14864, Witsieshoek 9870**

**Dear Upbeat,**

I am a 17-year-old boy doing Std 9. I would  
like to have penfriends. My hobbies are  
travelling, writing letters, reading,  
listening to the radio, debating, boxing and  
playing chess.

**Patrick Mpheteng Mokubung**

## World environment Day at St Barnabas

By Veaan Adams

I read a few articles in *Upbeat* about the environment. I would like to tell *Upbeat* readers what we've been doing, at St Barnabas College, to save our world.

From 6-12 June 1990 we held a programme to promote World Environment Day. On 6 June we all wore green clothes. We put on plays to teach the students about the dying earth.

Students also made posters for an exhibition. A model of a mini forest and many different kinds of birds was also displayed.

Later in the day the students went out to collect rubbish to clean up our immediate environment. We also saw videos about wildlife and life in the sea. One video showed how we are slowly killing our earth.

We hope to start a programme to recycle waste at our school. We're also planning to plant more trees on the school premises.

Other schools should also educate themselves about the environment so that we can unite to save our earth.



Admiring the different projects on display at St. Barnabas College.

## International Literacy Day

The United Nations has declared 8 September International Literacy Day. On this day we must remember that 1990 is International Literacy Year. 1990 is a year for reading and for helping those who cannot read and write. Literacy groups throughout the country held functions and workshops on this day.

Why don't you organise something in your own school or youth group? Students and teachers, think of ways to share and enjoy the important skills of reading and writing.

Here are some things you could do:

- start a reading group
- read a book
- join a library
- help a friend who does not read or write as well as you do
- read aloud to someone who cannot read
- read a little every day; a magazine or a newspaper article.

## Textbook victory

At last students and teachers in Soweto and Alexandra have won a victory on the supply of textbooks by the DET.

On 9 July this year the DET promised to supply schools with textbooks. Teachers and parents from these communities have said they will make sure that students look after the books.

*Upbeat* is delighted about the success of the parents', students' and teachers' struggle. We support them in their fight for a better education.

## NOTE

Be an *Upbeat* reporter! The School Beat page has news from schools and youth groups around South Africa. Send us stories. If we publish your story, you'll get R25. Don't forget to give us your address and telephone number if you have one. We'd also be very happy if you sent us black and white photos with your story.

Send them to:  
**Upbeat**  
**School beat**  
P O Box 11350  
Johannesburg  
2000

# Preparing for exams

## Part 1

**M**ike is in matric. He leads a very busy life. He's on the executive of the SRC (Students' Representative Council) at his school. He has to attend meetings every Wednesday afternoon. He was sick last term and missed quite a few lessons. Mike also belongs to a youth congress. He goes to youth activities every Friday night.

Mike wants to do well in the exams at the end of the year. But he is worried. He has to catch up on all the lessons he has missed. He must start working soon. He must plan his time properly. So Mike sits down and draws up a study timetable, to see how much time he has available to study every day.



Firstly, he fills in his fixed commitments for every day of the week, like the classes or meetings he has to attend. The rest of the time is available for doing homework and studying.

MIKE'S WEEKLY TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00							
7.00							
8.00							
9.00							
10.00							
11.00							
12.00							
1.00	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	
2.00							Wash dishes
3.00							
4.00							
5.00							
6.00							
7.00	wash dishes		wash dishes				
8.00							
9.00							
10.00						YOUTH MEETINGS	
11.00	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
12.00							

Mike has marked with an X the time he has to study.

### How to draw up a study timetable

Before filling in the timetable, Mike thinks about how he normally studies. He can only concentrate for 45 minutes. He needs a 10 minute break in between. Mike knows that if he reads a book or watches TV during his breaks, he won't go back to study. So he usually goes for a walk instead. His best time to study is late afternoon and at night when his family is asleep. He likes studying in the library.

Now Mike draws up his timetable for the week.

- Sometimes it's difficult to stick to a timetable. Mike knows that he may not finish all the work he had planned to do during the week. So he leaves Saturday and Sunday mornings free to catch up.
- He doesn't spend all his time studying one topic or subject.

- It is tempting to spend all his time on the topics he likes best! But he doesn't avoid the topics he finds difficult.
- He struggles with Biology because he has missed a few lessons. So he arranges to work with a friend who is good at Biology.
- Mike allows time for fun and social activities. He remembers he must eat a balanced diet and get enough sleep.

MIKE'S STUDY TIMETABLE

MON	TUES	WED	THURS	FRI	SAT	SUN
	Biology: Cont. chapter 7	Afrikaans revise chapter 2				
ENGLISH Silas Marner	Accountancy revise debts		Maths: quadratic equations	English: grammar Chapt. 2	on up in the week	REVISION
Biology: Chapter 7 revise	English: Silas Marner		Vernacular read setwork	Maths problems	to catch not done	Homework
Maths Homework + problems	Vernac exercise Maths problems		Biology do exam paper		TIME work not	

Mike's completed study timetable for the week.

### How to study

Mike completes his study timetable. He feels he has made a start. But the hard part is about to begin! Often he ends up dreaming of other things instead of concentrating on what he's reading.

Here are some tips to help you concentrate better:

1. Get a general idea of the article before you start reading.
2. Underline the main points in the book while you are reading.
3. Write down key words in the margin.
4. Summarise sections in your own words.
5. Ask yourself questions.
6. Answer these questions.

### Work together

Work with other students who are doing the same subjects. Together you can:

- catch up on the work you have missed
- try to solve difficult problems. If you can't do it on your own, ask a teacher to help you.
- ask each other questions
- teach each other
- test each other
- work on old exam papers
- discuss and debate ideas
- share your ideas and thoughts.



### Your study timetable

Readers, here are timetables to help you prepare for the exams. Copy these on to a large piece of paper. First fill in on your weekly timetable, all the things you have to do during the week.

WEEKLY TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00							
7.00							
8.00							
9.00							
10.00							
11.00							
12.00							
1.00							
2.00							
3.00							
4.00							
5.00							
6.00							
7.00							
8.00							
9.00							
10.00							
11.00							
12.00							

Now that you know what you have to do during the week, fill in your own study timetable.

STUDY TIMETABLE

MON	TUES	WED	THURS	FRI	SAT	SUN

**Good luck!**

**Don't miss Upbeat No. 8  
for more study tips.**

# New books

*The Day of the Kugel* by Barbara Ludman; published by Maskew Miller Longman

This book is about a young girl who explores the oppression of black students. Her name is Michelle. She comes from overseas to live with her aunt in Johannesburg.

What is a kugel? It is a name given to a person living in the wealthy northern suburbs of Johannesburg. They live a very comfortable and easy life. But Michelle is not a kugel. She finds a casual job in a restaurant. This is where she meets Joe. Joe also works in the restaurant.

He tells her about his life and about the life of other blacks struggling for freedom and a better education system.

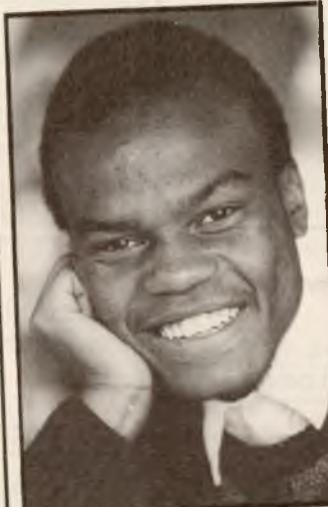
The best part of the book is when Michelle decides to help her friends. She joins them in their marches. And she gets into trouble with the police.

I really enjoyed the book. It is written for high school children. But primary school children won't find it difficult to read because it is written in simple English.

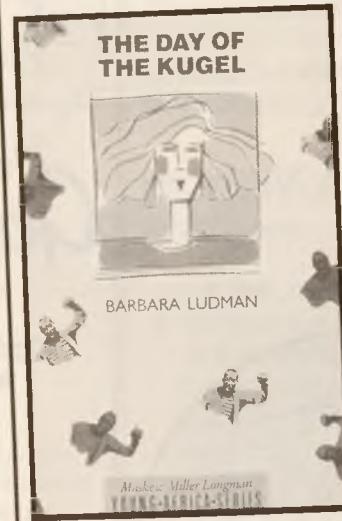
The book has a very beautiful message.

People, black and white, should join in and fight together for equal rights. Barbara Ludman is a very good author. I would encourage every student to read this book.

Reviewed by Reginald Philander (18), Eldorado Park



Reginald Philander



*Pig* by Paul Geraghty; published by Maskew Miller Longman

This book is about a small but brave adolescent boy. His name is Michael Goodenough. It is about his family, his school life and his friends. His best friend is Phocho. Michael and Phocho live on a farm called Pigs, in Greytown. They are both good soccer players.

But then something terrible happens. Michael's father dies and his family are forced to move to a suburb in Cape Town.

In Cape Town, Michael has to make new friends. He doesn't find it easy. At school the children make fun of the way he speaks because he comes from a farm. Some children are also prejudiced against Michael because his best friend, Phocho, is black.

My favourite character in the book is Michael. He is very clever and he stands up for his rights, even when it is very difficult. When he was small, his father taught him that all people are equal, no matter what the colour of their skin. And he believed this. But when he moved to Cape Town, he met children who laughed at him because he had a black friend.

I enjoyed reading this book. I think that all children should have the right to make friends with whom they want to. The colour of their skin shouldn't make any difference. High school children should read this book because it has some new and difficult words.

Reviewed by Grace Mvelase (20) Meadowlands



Grace Mvelase



**I**t is Spring time again. The season for planting. It is better to plant in Spring and in Autumn, than in mid-summer because vegetables grow better in these seasons.

The weather in Spring and Autumn is cooler. There are no strong winds and terrible heat, so water goes deep into the soil. In cooler weather the water in the ground does not evaporate quickly. So it is easier for the young plants to get water. Plants also grow better because there is no summer heat to burn their leaves.

### Which vegetables to grow

Here is a list of some of the seeds that you can plant this spring; cabbages, potatoes, spinach, turnips, carrots, pumpkins, cucumbers, peppers, lettuces, beans, beetroots, tomatoes and onions. You can buy these seeds at a nursery or at some supermarkets.

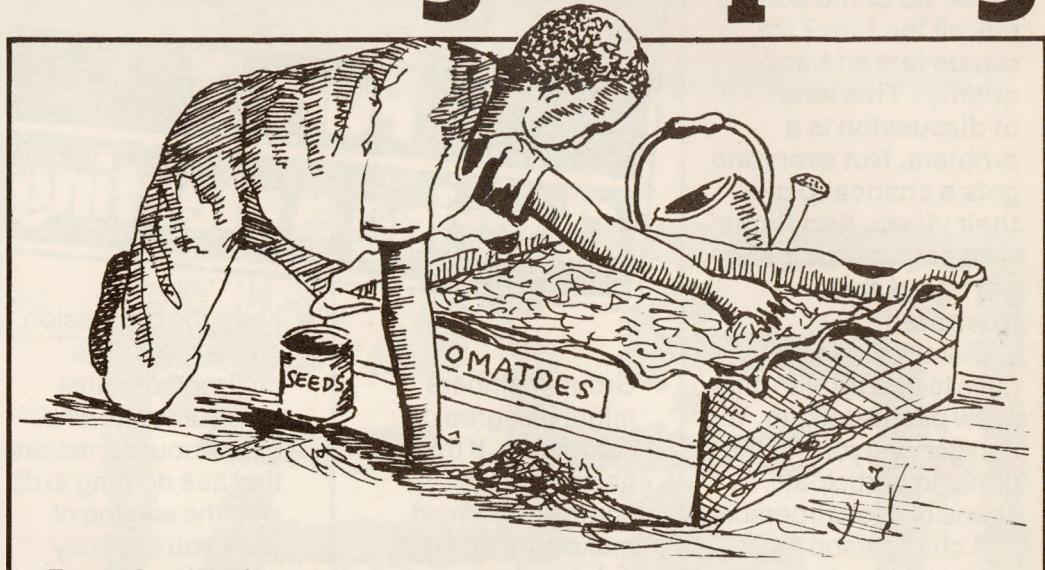
### How to make seedbeds

Seed planting is very simple. This is how you do it.

1. Prepare the bed on which to plant seeds. Get a strong, wooden tomato box. Line it with black plastic to stop soil falling out.

If you don't have a tomato box, you can use a 2 litre cooldrink bottle. Cut the 2L

# Planting in Spring



*Tomato boxes make great seedbeds.*

bottle into two halves from its mouth. You can also use a milk carton or a margarine tub.

The other way of making a seedbed is to divide a small area in your garden into a square. Then put bricks, sticks or cardboards on all sides to show where your bed is.

2. Mix a little bit of compost or manure with fine soil. Pour it into the box. If you don't have compost, just use soil. The seeds will still grow.
3. Level the soil with the palm of your hand.
4. Scatter a few seeds in each box or plant them in neat rows.
5. Sprinkle a thin layer of compost or manure over the seeds.
6. Then put a thin blanket of dried grass on top.
7. Write the name of the seed on the box.

8. Water your seeds lightly twice a day, once in the morning and once in the late afternoon. Water with a watering can with a fine rose. A rose is a piece with very small holes in it. It fits onto the end of a hose or the spout of the watering can.

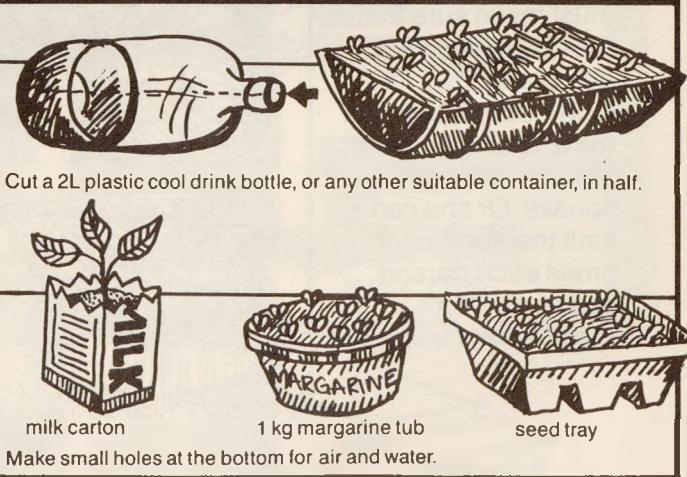
If you don't have a watering can with a fine rose, make your

own watering device. Punch small holes into the base of an old tin. Dip the tin into a bucket of water and sprinkle the water over your seedbeds.

Do not pour water straight from a bucket onto your seedbeds. If you do, you will wash your seedlings out of the soil.

Enjoy watching your seeds grow! ■

### Make your own containers



# Working together

## Part 7

### Chairing a meeting

When your group has a discussion, do some people talk all the time? Do others just sit back quietly? This kind of discussion is a problem. Not everyone gets a chance to give their views. And those who can't participate, get bored and frustrated.

Discussions don't have to end up with only a few people talking. You can get everyone in the group to participate, by choosing a chairperson.

A chairperson must not take sides in the discussion. Otherwise people will think that the discussion is one sided. Everyone must feel that they have an equal chance to put their views across.

What are the duties of a chairperson? Here are a few ideas.

#### Ways of chairing

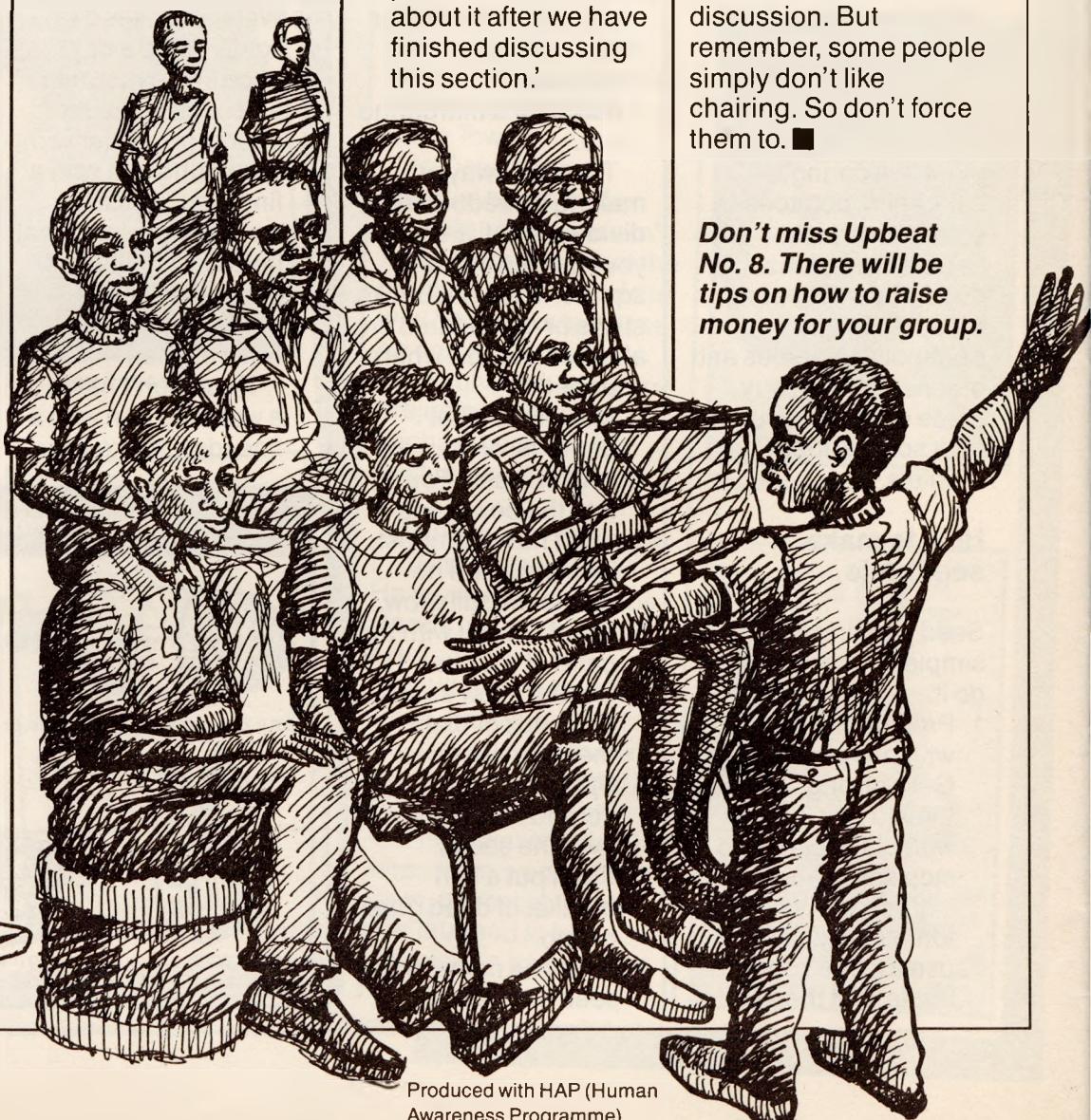
- The chairperson must make sure that the discussion covers all the sections or points. If you spend too much time on one point, the chairperson must tell you to move on.
- The chairperson must make sure that the discussion is not dominated by a few loudmouths. She can make a rule that limits the time each person speaks. Or she can limit the number of times each person can speak, on a certain point.

The chairperson must make sure that everyone knows what is going on. Here are some tips:

1. Write down the points that have been made. This will help you stop people from repeating points.
2. Summarise the discussion after each section has been debated. The summaries must include all the points made. Not just the ones you like!

Chairing is something all members of your group can learn. You must give everyone in your group a chance to chair a discussion. But remember, some people simply don't like chairing. So don't force them to. ■

*Don't miss Upbeat No. 8. There will be tips on how to raise money for your group.*



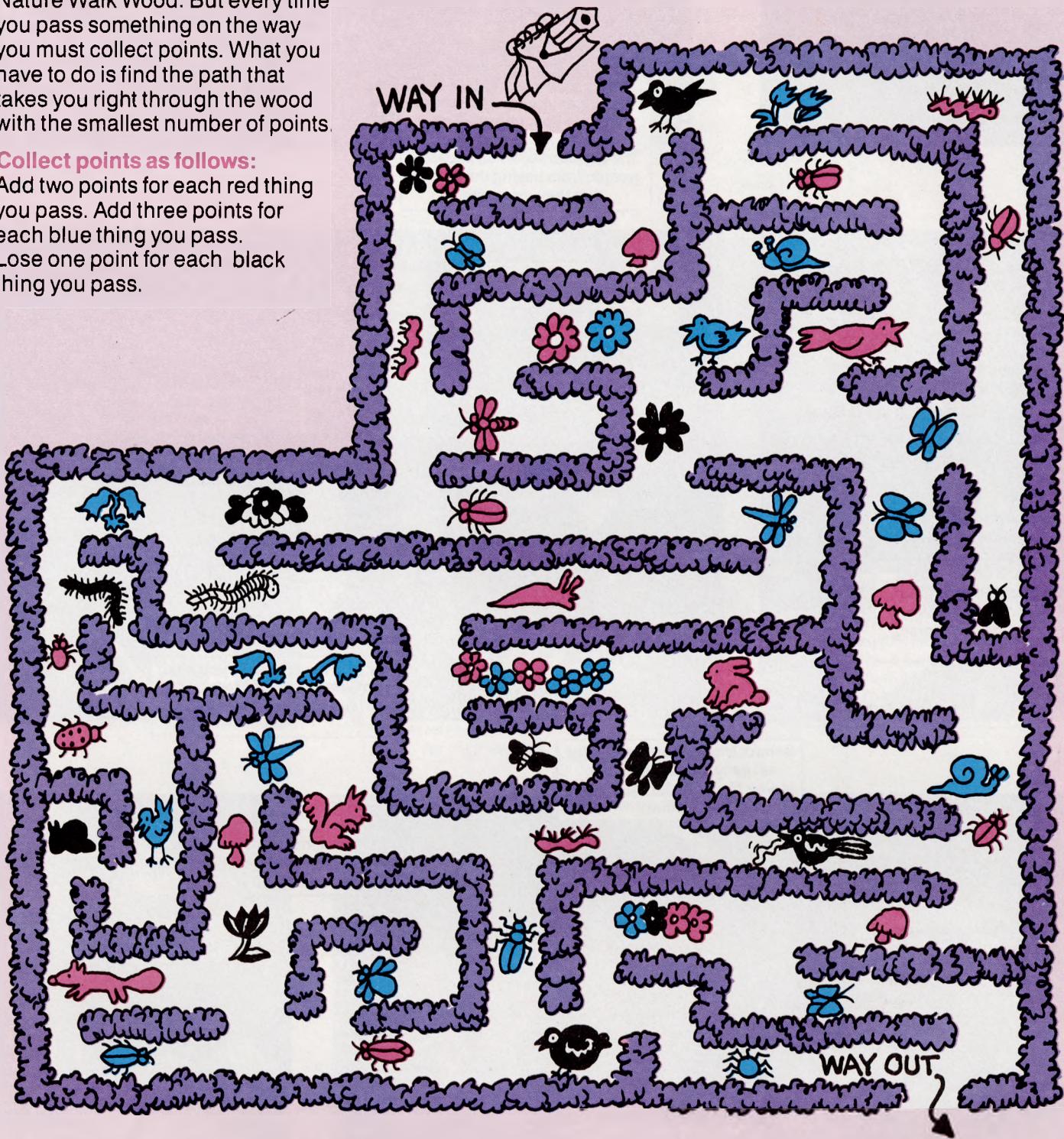
# PUZZLE

# Number nature trail

There are lots of ways through Nature Walk Wood. But every time you pass something on the way you must collect points. What you have to do is find the path that takes you right through the wood with the smallest number of points.

### Collect points as follows:

Add two points for each red thing you pass. Add three points for each blue thing you pass. Lose one point for each black thing you pass.



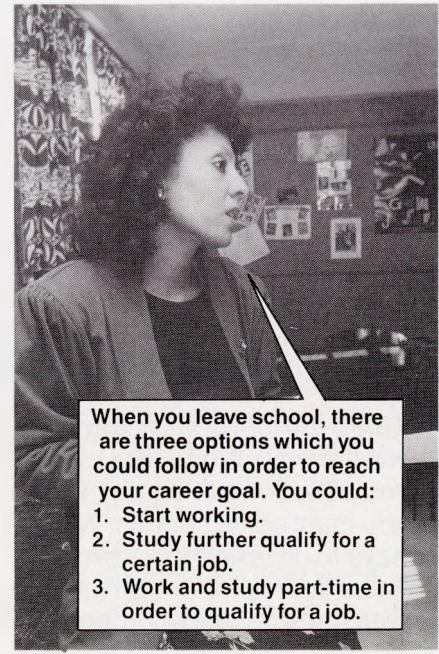
Taken from: *Number Puzzles* by J. Tyler and G. Round; published by Usborne

# CHOOSING A CAREER

Elaine Mohammed is a career guidance teacher. Join her classes and find out all you need to know about choosing a career.

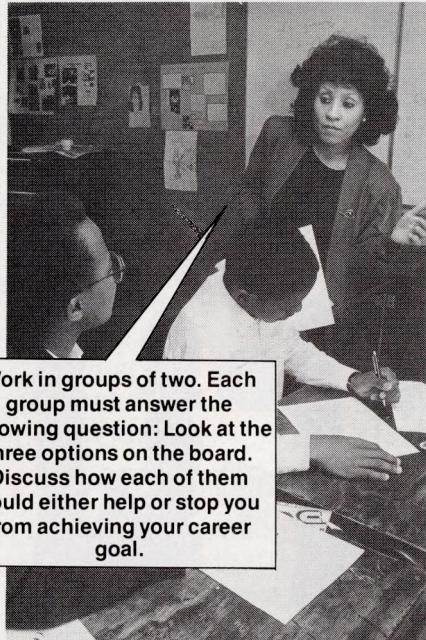


It's not always easy to follow the career of your choice. Today we're going to look at some of the difficulties which prevent people from having the career that they most want.

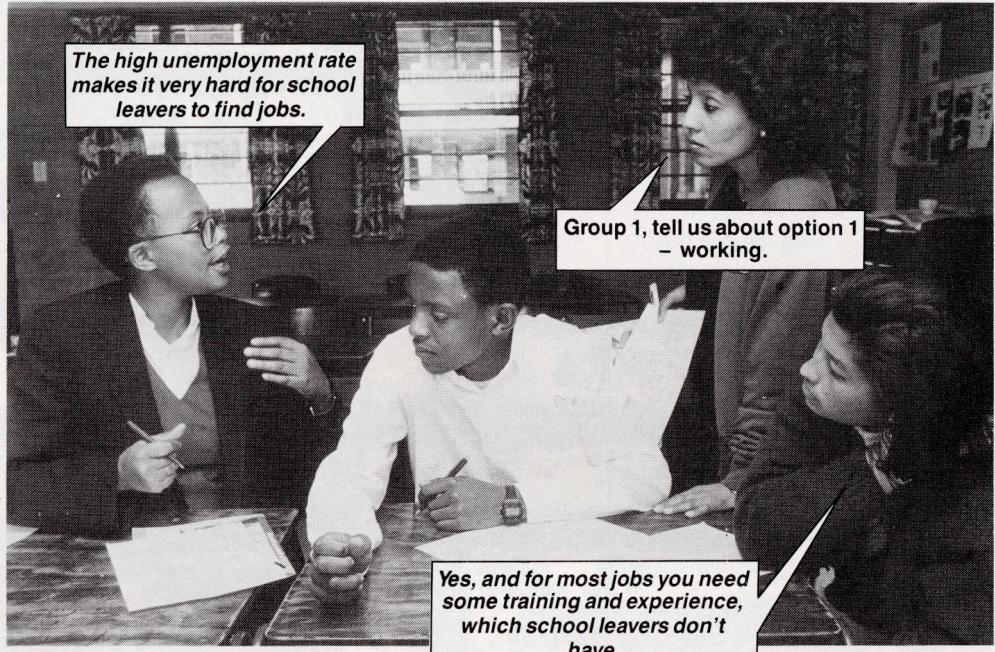


When you leave school, there are three options which you could follow in order to reach your career goal. You could:

1. Start working.
2. Study further qualify for a certain job.
3. Work and study part-time in order to qualify for a job.



Work in groups of two. Each group must answer the following question: Look at the three options on the board. Discuss how each of them could either help or stop you from achieving your career goal.

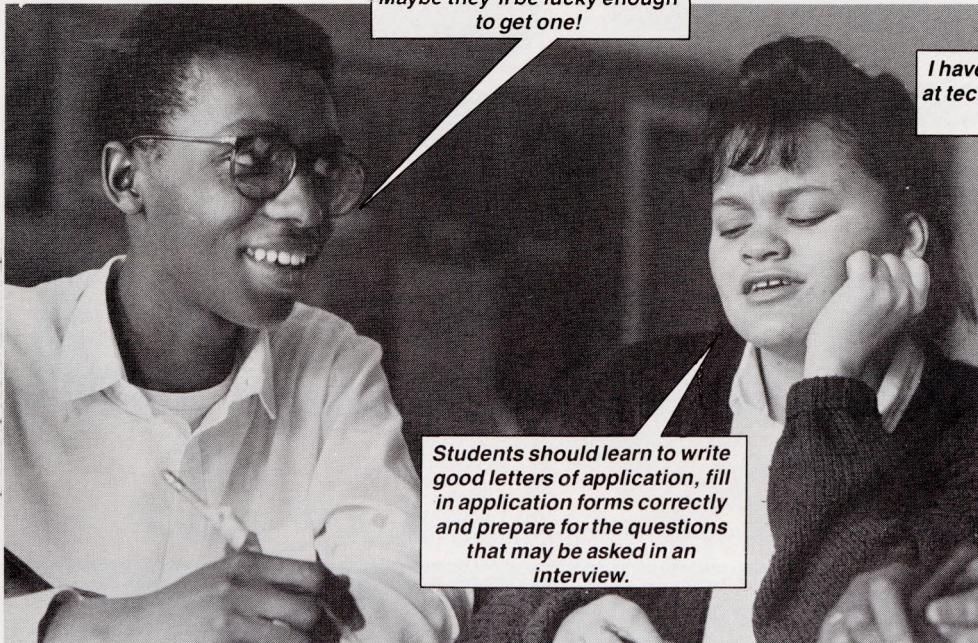


The high unemployment rate makes it very hard for school leavers to find jobs.

Group 1, tell us about option 1 – working.

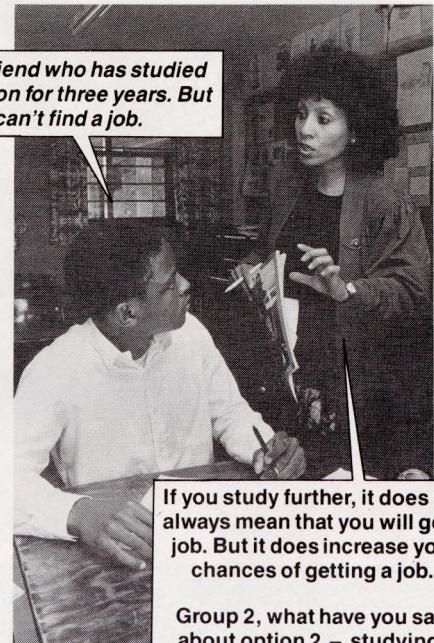
Yes, and for most jobs you need some training and experience, which school leavers don't have.

School leavers could apply for as many jobs as possible. Maybe they'll be lucky enough to get one!



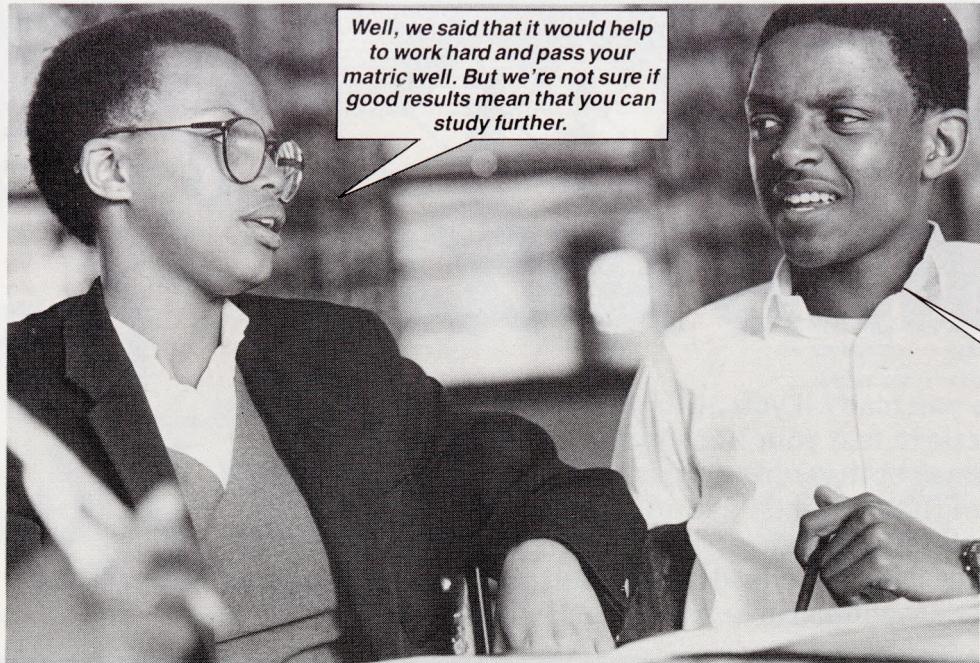
Students should learn to write good letters of application, fill in application forms correctly and prepare for the questions that may be asked in an interview.

I have a friend who has studied at technikon for three years. But he can't find a job.

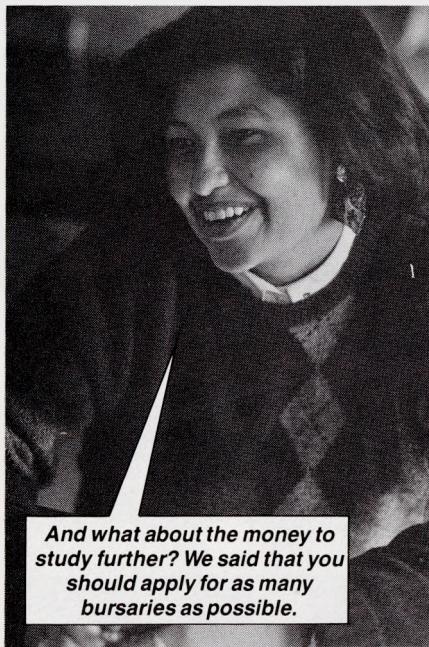


If you study further, it does not always mean that you will get a job. But it does increase your chances of getting a job.

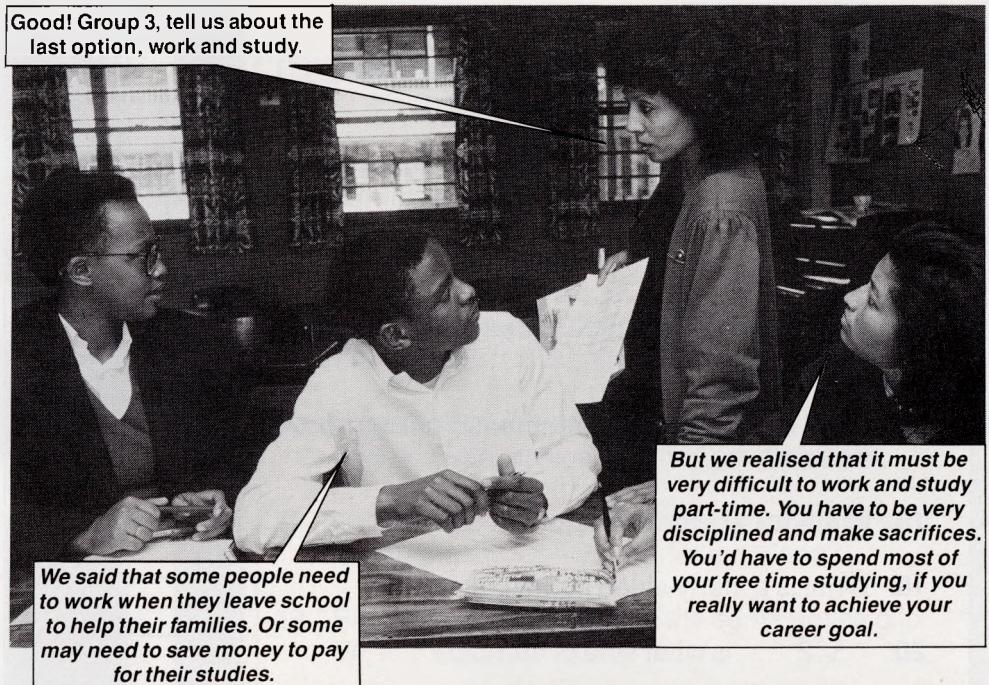
Group 2, what have you said about option 2 – studying?



*No, many students want to study further. But there aren't enough places for all of us to study at. So it will be a good idea to apply to more than one institution. And then there's the problem of being accepted at a place of study. You must find out what you need in order to be accepted.*

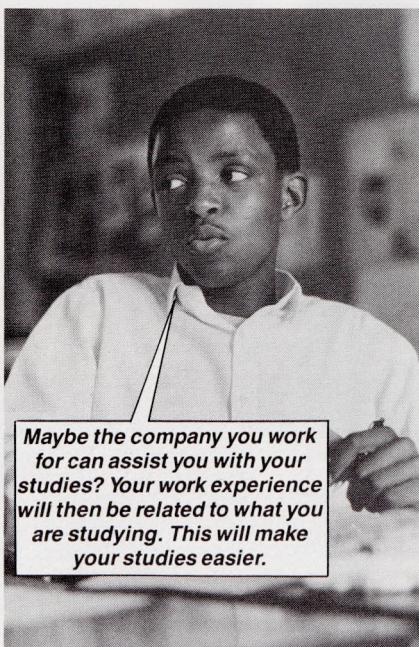


*And what about the money to study further? We said that you should apply for as many bursaries as possible.*

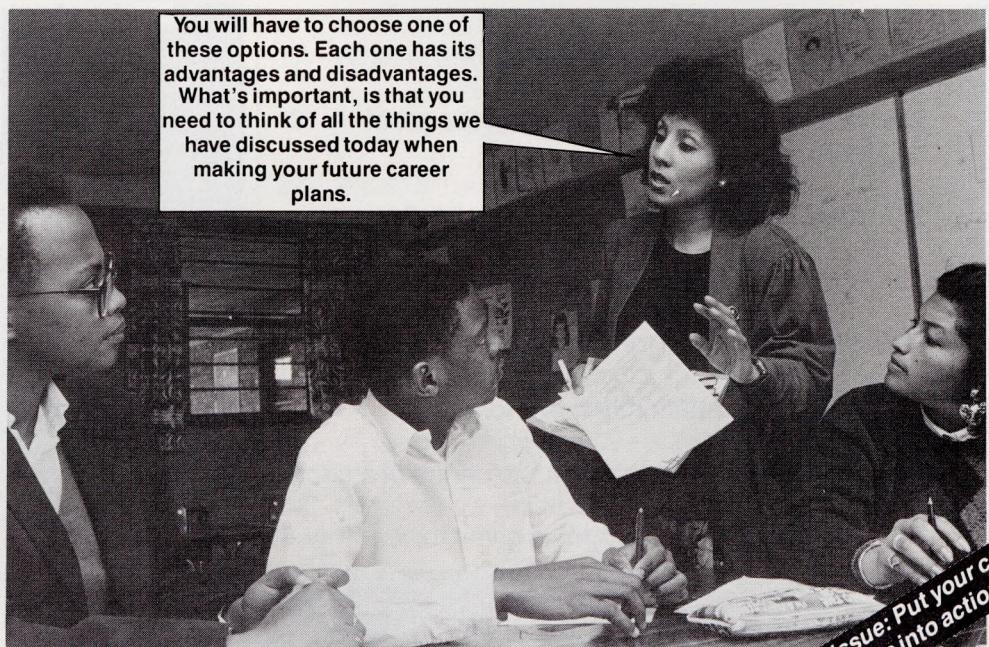


*We said that some people need to work when they leave school to help their families. Or some may need to save money to pay for their studies.*

*But we realised that it must be very difficult to work and study part-time. You have to be very disciplined and make sacrifices. You'd have to spend most of your free time studying, if you really want to achieve your career goal.*



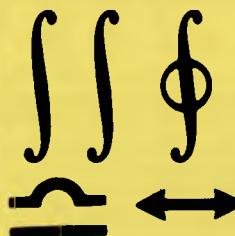
*Maybe the company you work for can assist you with your studies? Your work experience will then be related to what you are studying. This will make your studies easier.*



*You will have to choose one of these options. Each one has its advantages and disadvantages. What's important, is that you need to think of all the things we have discussed today when making your future career plans.*

*Next issue: Put your career plans into action.*

# PUZZLE



# Maths special

$\pi$

$\equiv$

$\dots$

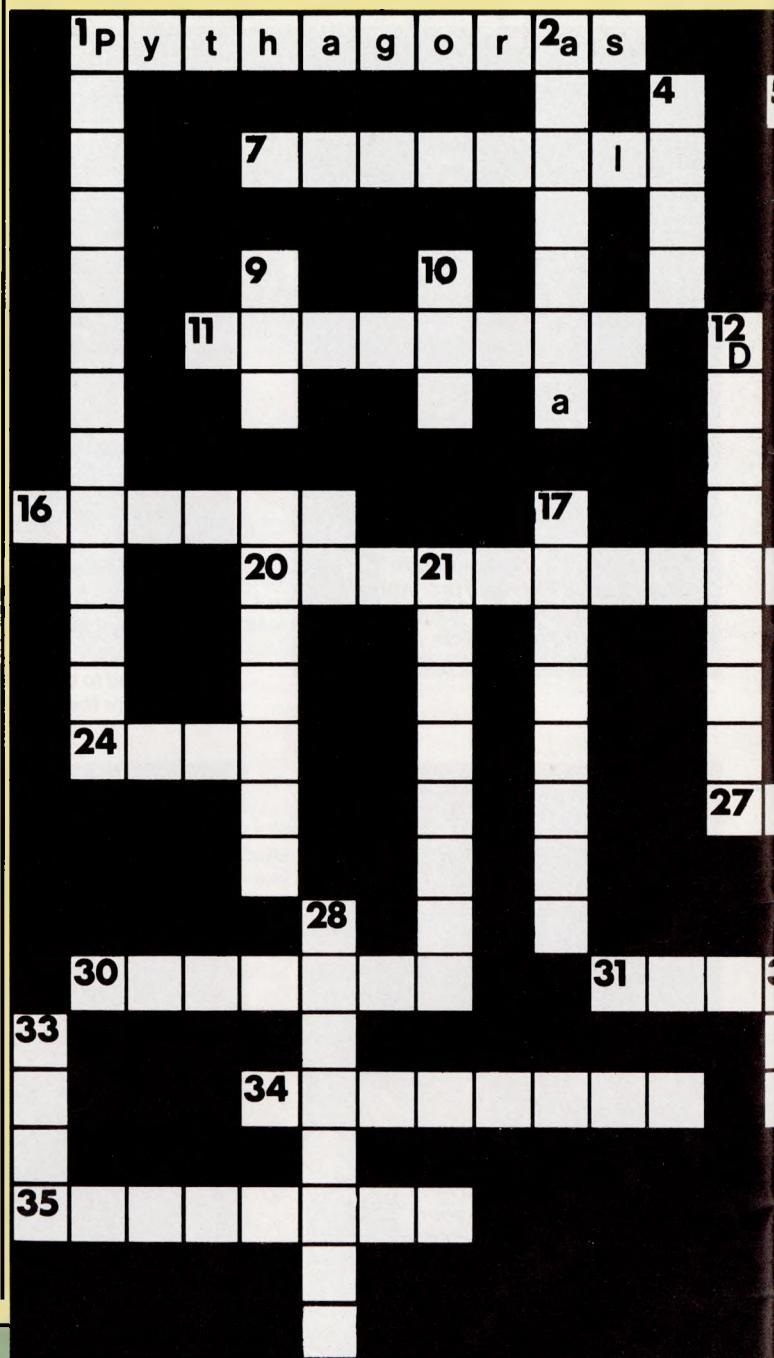


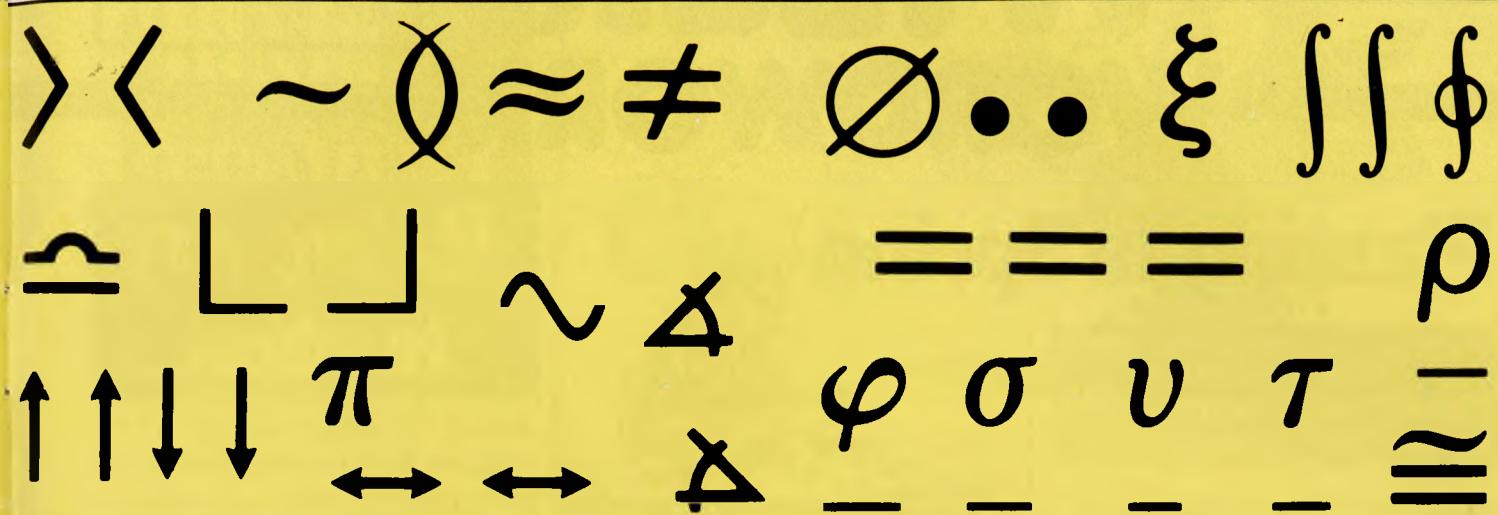
Does maths drive you mad? If you are in Std 8 or above, do this maths crossword puzzle to test your knowledge. Each question under ACROSS has an answer that runs across the page on the puzzle. The questions under DOWN each have an answer that runs down the page on the puzzle. We have given you the answer to 1. ACROSS to show you how easy it is. If you find it very hard, work with a friend or your teacher. Have fun and good luck!

$>$   $<$   $\xi$

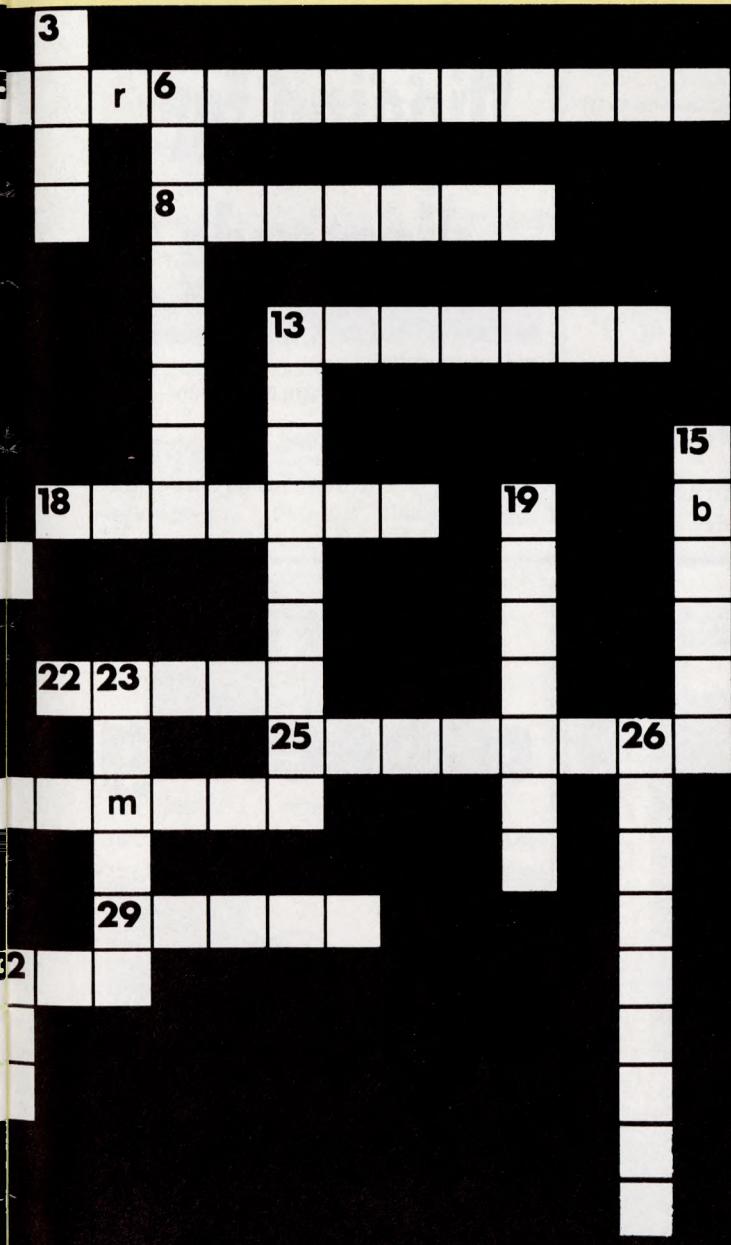
## ACROSS

1. What is the name of a famous Greek mathematician?
5. What is the relationship of these two lines (  $\perp$  ) to each other?
7. What is a three-sided geometrical figure called?
8. What shape has four sides equal in length, but is not a square?
11. What field of mathematics deals with shapes and sizes?
13. What mathematical instrument is used to draw a circle?
16. In maths, another word for capacity is .....
18. What is a many-sided figure called?
20.  $\sqrt{2}$  is what kind of number?
22. What kind of measurement is 40.6 degrees?
24. What do parallel lines never do?
25. What numbers are included in the set of integers?
27. What is the word for a piece of a line?
29. How many sides does an octagon have?
30. What is the word for 1 000 000?
31. What is the relationship of 2 to 8?
34. What line passes through the centre of a circle?
35. What mathematical term is given to:  $x + 3 = 8$ ?





### DOWN



1. What is a four-sided geometrical figure called?
2. What is the branch of mathematics that deals with variables called?
3.  $x < y$ . This means that  $x$  is ..... than  $y$ ?
4. What wonderful little number makes another number become like itself when the numbers are multiplied together?
6. In a trapezium, one pair of sides is always .....?
9. One part of a fraction is called a .....?
10. When you see numbers in brackets like this (2; 4; 6), what do you say they are a part of?
12. Which famous mathematician linked geometry to algebra through the Cartesian plane?
13. Shapes which are exactly the same are said to be ..... .
15. What angles are greater than 90 degrees?
17. What is the mathematical name for the line  $D \Theta B$ ?
19.  $x > y$  means that  $x$  is ..... than  $y$ .
21. What is the opposite of subtraction?
23. What is  $-44$ ?
26. What are  $x$  and  $y$ ?
28.  $6 \div 3 = 2$ . What kind of sum is this?
32. What is the first positive prime number?
33. How many lives does a cat have?

# WILLIE WORDWORM

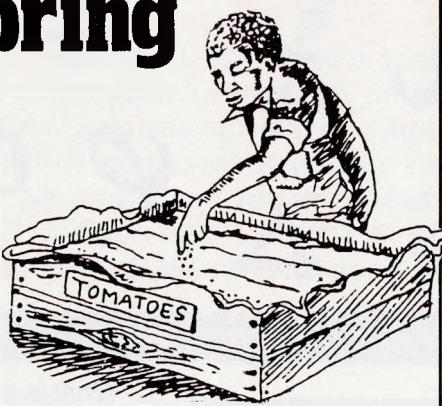
v = verb  
adj = adjective  
adv = adverb  
n = noun

## Planting in Spring

**to sow (v)** — to plant seeds in the ground in order to grow a certain plant

**to evaporate (v)** — to change from a liquid state to a gas state

**device (n)** — an object that has been invented for a particular purpose



## The long way to school

**slum (n)** — an area where living conditions are very bad and where all houses are overcrowded

**to detain (v)** — to force someone to stay in a place when he or she wants to leave it

**site (n)** — a piece of ground where a building is to be put up

## All that jazz



**mouth piece (n)** — the piece of a musical instrument that you put to your mouth

**to fiddle (v)** — to play with something with your fingers

**slide (n)** — the sliding part of for example a trombone, which, when pushed or pulled, moves smoothly

**valve (n)** — a piece attached to a pipe or a tube that controls the flow of air

**rhythm (n)** — a regular pattern or beat of music that you can keep time to

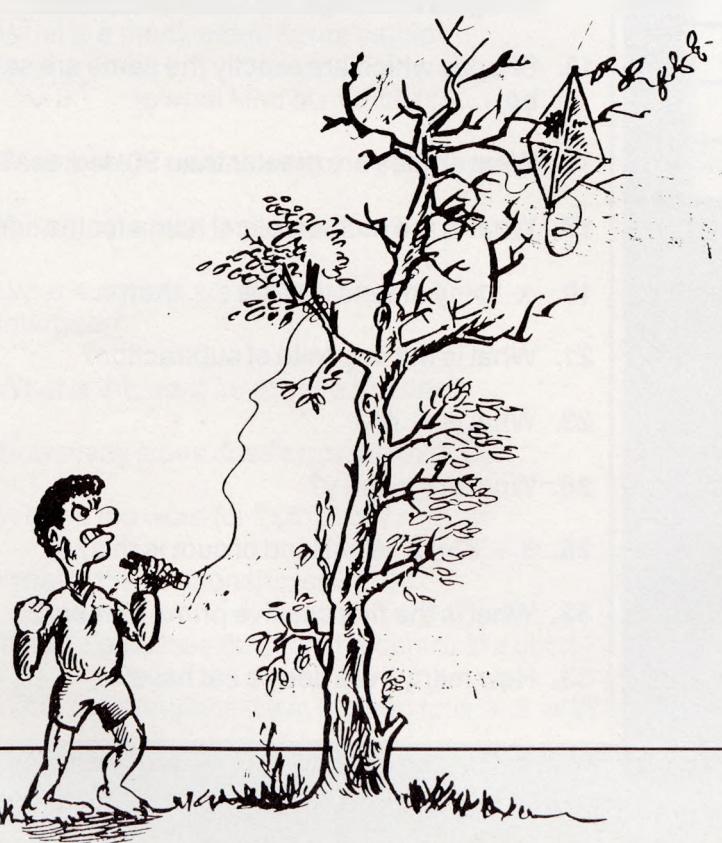
## Digging for diamonds

**to flock (v)** — to go to a particular place in large numbers

**destined (adj)** — certain to happen

**stench (n)** — a bad smell

**to weave (v)** — to move in and out between things



## Chairing a meeting

**skill (n)** — the knowledge and ability that enables you to do a job, game or sport very well

**loudmouth (n)** — someone who talks a lot, especially in an unpleasant, rude or stupid way

**to limit (v)** — to allow someone to do something for only a short period of time

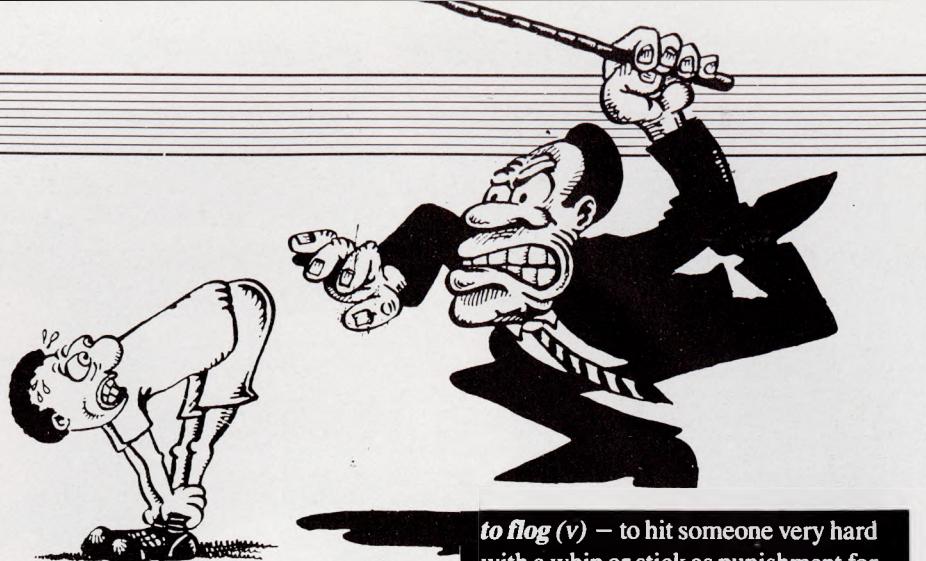
**to be frustrated (v)** — to feel unhappy and angry because you can't cope with some difficulties and problems

# A HINDU FESTIVAL

**sweetmeats** (n) — special food made from sugar

**to massage** (v) — to rub parts of the body

**deity** (n) — a god or goddess



**to flog** (v) — to hit someone very hard with a whip or stick as punishment for something which he or she has done

## GROWING UP

**to cuddle** (v) — to put your arms round someone and hold him or her close as a way of showing your affection

**to persuade** (v) — to get somebody to agree with something

**pressure** (n) — an attempt to persuade or force someone to do something

**to boast** (v) — to talk a lot about how good or clever you are at things

## Talkshop

**to pursue** (v) — to continue with, to work at

## LETTERS

**mockery** (n) — the act of laughing at or making fun of someone

**surgeon** (n) — a doctor who treats injuries or diseases by cutting the injured part of the body

## Preparing for exams

**to debate** (v) — to discuss a subject on which people have different views



**to concentrate** (v) — to give all your attention to something that you are listening to, reading or trying to do

## NEW BOOKS

**prejudice** (n) — an unfair dislike for something

### The right to read

**to celebrate** (v) — to do something to show that a day or an event is important

**suburb** (n) — an area of a town or city where people live

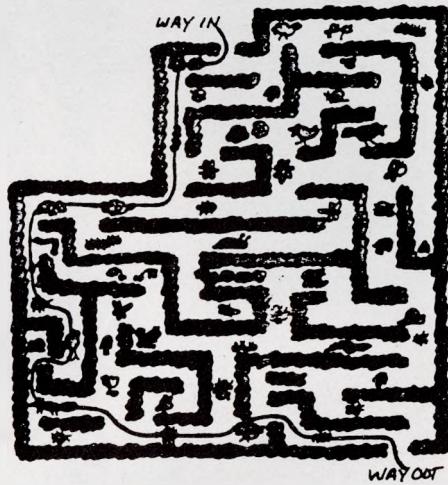
**ideal** (n) — the best person or thing for a particular task

**autobiography** (n) — a book that people write about their own lives and experiences

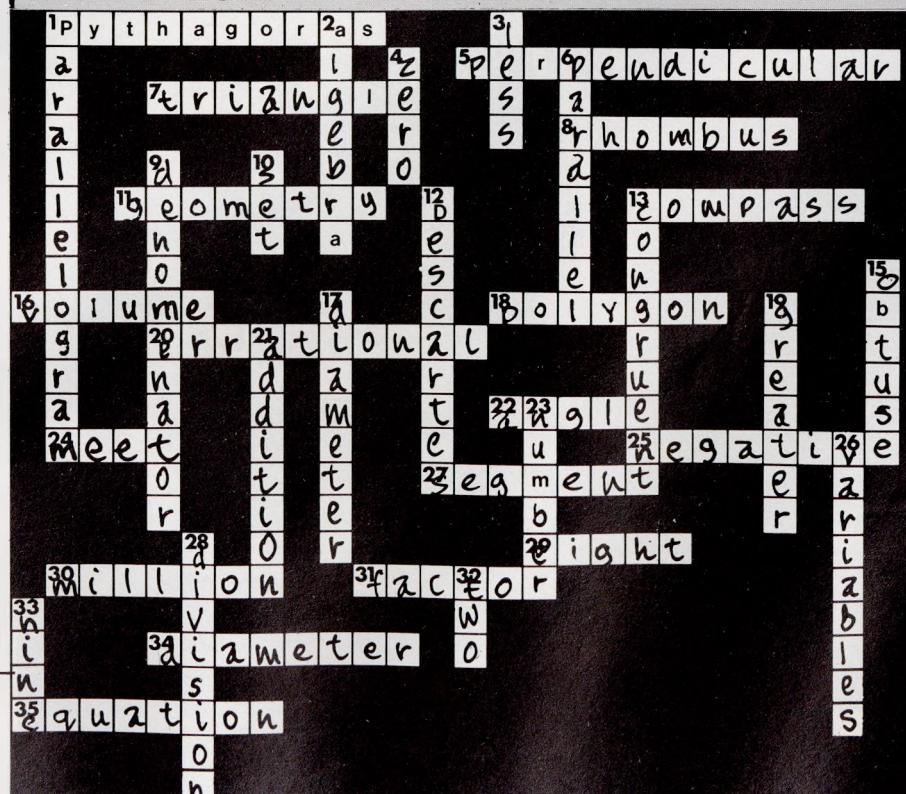
**recreation** (n) — games, hobbies and other enjoyable activities that you do in your spare time

## Number nature trail answers.

This route scores least — 13 points.



## MATHS PUZZLE ANSWERS





## NEW UPBEAT T-SHIRTS

Dear Readers,  
Being a teenager is not always easy. There's so much to learn. Reading can help. It makes you wise. It keeps you smart. Upbeat brings you honest information to get you on top of your world.

This is the message of our new T-shirt and button. We hope you will feel proud to wear and promote it. Turn to page three and find out how to get your own.

Editors