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UPBEAT

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(VAT included)

The magazine for youth on the move



THIS ISSUE

**BACK FROM
BARCELONA**

PULL-OUT POSTER:

FOOD WHAT'S GOOD
FOR YOU?

**DISABLED CHILDREN
THEIR RIGHTS**

GROWING UP
Who gets a bad name?

ISSN 0257-8697



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WIN
R100 CLOTHING
VOUCHER

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

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EDITORIAL

Dear Readers,

We all love to hear stories about other people. Most of us gossip about fellow students. We spread secrets about friends and their boyfriends. Sometimes we pass on stories about people we have never even met before. Don't be too quick to judge others.

Spreading unfair stories can be very cruel and hurtful. I'm sure you have heard of girls being called 'easy' or 'loose'. Maybe you too have called people these names. But have you ever heard of a boy being labelled in this way? We set different standards, one for boys and one for girls. Is this fair? Read what young people have to say about this, on page 14.

It is also not fair to judge people by the way they look. Disabled people have feelings like the rest of us. They have a right to be cared for, a right to learn, to love and be part of the world they live in. In this issue young disabled people speak out. Their story is on page 4.

Finally, don't let the fashion magazines tell you who's in style and looking great. Feel confident about the way you look and dress. Enter the Upbeat Unusual Outfit competition. You could win a clothing voucher worth R100.

To all of you writing exams - good luck! The holidays are not far off now.

Harriet



Melita talks about bad names on page 14.

N E X T

Meet Bronwyn

the school girl star

Being a DJ

Looking for a job

Holiday special

what's happening when and where

issue



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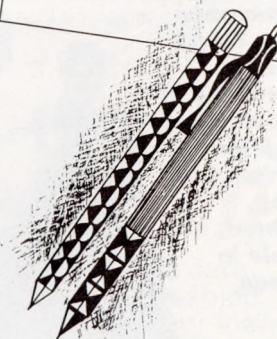
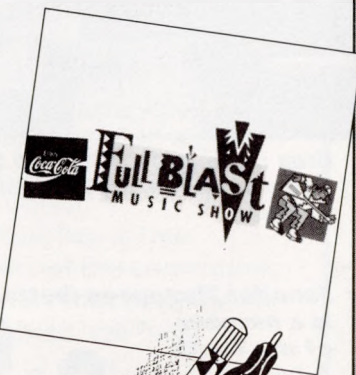
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DISABLED K

LEARNING TO LIVE TOGETHER

500 million people in the world are disabled. 140 million of them are children. Disabled people have a right to be cared for. They have a right to learn, to love and be part of the world they live in. Upbeat takes a look at the lives of disabled children in Canada and South Africa.

Far away in Canada, young, disabled people are getting together. Erinoak is a centre which helps young people with disabilities. A group of young people decided they wanted to speak for themselves. So they started the Youth Advisory Committee or YAC, as they call it.

Upbeat spoke to Jennifer Thompson, a committee member of YAC. Jennifer is 19. 'I joined YAC two years ago,' said Jennifer. 'YAC has made a big difference to my life. It helped me to make friends. People in the group gave me support and I got a chance to help others,' she said.

YAC meets once a month. We asked Jennifer what they do. 'We organise social events for young people with disabilities. We show movies and help teenagers get together. We also have a newsletter. YAC has helped me to build self-confidence. It taught me what I am able to do. It has made me feel good about myself,' said Jennifer.

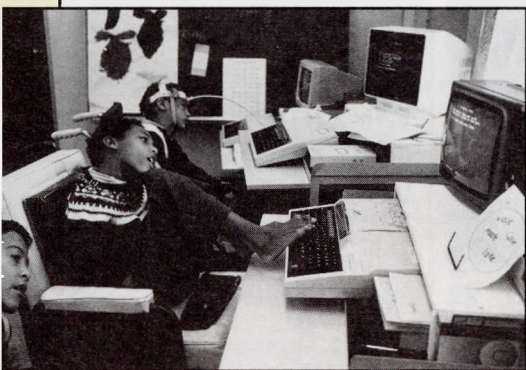
Jennifer is not the only person who thinks that YAC is great. Annette Symanzik had this to say. 'YAC is a special group for me. It gives me a place where I feel I belong. At YAC I am able to talk to others who have different disabilities. I liked all the events YAC did this year, especially the fun fair, the dance and the panel discussion,' she said.

GOING TO SCHOOL

In South Africa disabled children attend special schools. But in Canada disabled children go to school with other children. Jennifer attended a local school from the time she started nursery school.

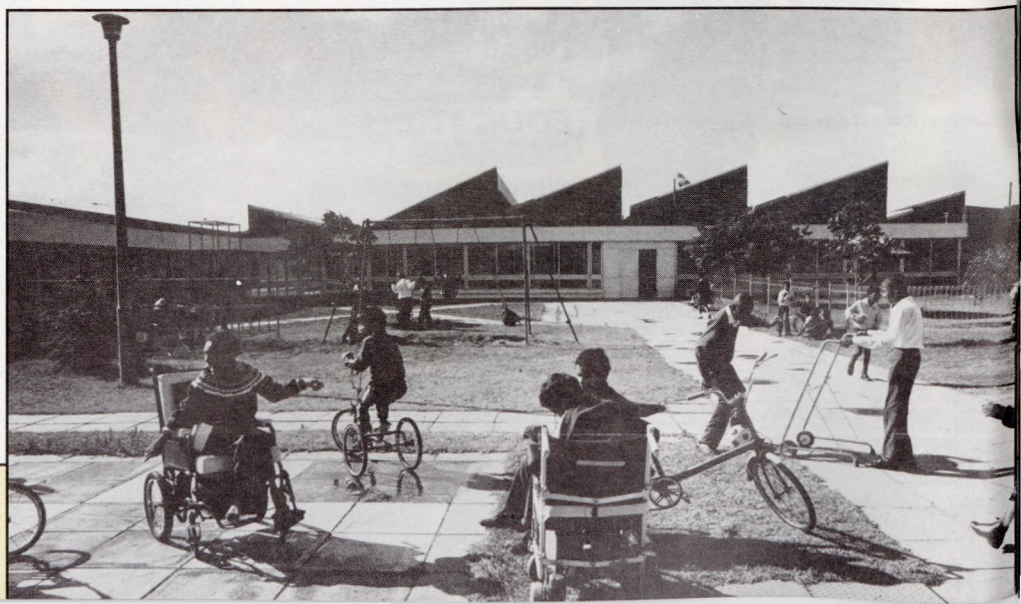
'I had no real difficulties at school,' Jennifer told us. 'The other kids at school were always great. I am glad I was integrated in the school system. But sometimes it is very hard to deal with people who have a negative attitude towards my disability,' she said.

A playground at a special school for disabled children.



Eros is the only school in Cape Town for physically disabled children.

Jennifer Thompson (bottom right) is a member of the Youth Advisory Committee at Erinoak. They speak out on the rights of young, disabled people in Canada.



IDS



Wars leave many children disabled. Victim of war - an Angolan child.

disabled girl. She was sexually abused by her father in the Transkei. Her mother then came to Cape Town and remarried. Her stepfather also abused her. Now she lives with a foster family.

What about disabled children in South Africa? Upbeat visited Queenetta Rossouw at the Siyazama Centre for Disabled Children in Guguletu, Cape Town. We asked Queenetta about services and facilities for disabled children in South Africa.

LOCKED UP

'Lots of disabled children live with their grandparents or with foster families. Many of the children who come here are afraid of people. Often they have been locked up at home. Many have never played with other children before.

'At Siyazama we teach the children how to get on with other children. And we teach them the basics. We give sex education as several children have been victims of sexual abuse,' she said.

Queenetta told us a very sad story about one mentally

The Siyazama Centre for disabled children in Guguletu. There are few facilities for the children, but there is lots of love.

HELPING EACH OTHER

At Siyazama the children are encouraged to be as independent as possible. If they improve enough, they are sent to schools for disabled children. But Queenetta doesn't like this.

'In Zambia, where I grew up, everyone went to the same schools. Specialists visited the schools to help the disabled children there. This is a much better system, both for disabled and non-disabled children. They all learn to mix and help each other.

'South Africa has a long way to go in caring properly for its disabled children. First, parents and people in the community must change the way they think about disabilities. They must learn to accept and care for their children. But the government must also provide proper and equal services for all the disabled children of South Africa.' ◀

BE A FRIEND OF THE DISABLED

You can help disabled people. A disabled person gives some tips on how to do it.

- ◆ If you want to help us - ask us what you can do. Then listen to what we say. We know best what we need.
- ◆ Acknowledge that we are different. Don't think that our one wish in life is to be the same as you.
- ◆ Respect our need for privacy and independence. Don't ask us questions you wouldn't ask a non-disabled person.
- ◆ Think how society makes our lives difficult. But don't treat us like sick people.
- ◆ Look and talk to us directly. Don't stare and don't pretend we are not around.
- ◆ Realise that we are sexual beings, like everyone else. Don't assume that we will never have relationships and children.
- ◆ Treat us like active members of the community. Don't think that because we are disabled, we have nothing to offer.

SPEAK OUT!

Does South Africa care properly for its disabled children? Send your views to:

Upbeat Speak Out
P O Box 11350
Johannesburg 2000



THE PEOPLE'S PRIEST

Upbeat received this sad story from one of our readers, Sydwell Vusi.

A blanket of sadness fell on Kanana, a small quiet village in Rustenburg, at the beginning of the year. On 1 January this year, we lost our beloved brother, Father Edward Corish.

Father Corish left Rustenburg for the Natal coast. He was going to celebrate Holy Mass

there. Before he left us, he urged everyone to look after sick and poor people in the village. Father Corish drowned in Natal, three days after he had left Rustenburg.

Father Corish was not just a preacher. He supported his words with actions. We did not only meet him in church. He lived among us and

ate what we ate. Father Corish was deeply involved in community issues which some people call politics! He was there when the Bop police clashed with ANC members or when the Impala mine-workers clashed with employers and police.

In the village, Edward Corish, was called Thabo

Raditedu. People thought this was the right name for him because he was always happy and he had big beard. Thabo spoke three African languages. Thabo was not ashamed of being white. But he was an African in all respects. 'Robala ka kagiso', 'rest in peace', Father Corish! ◀

ZIMBA

Meshack Shoai lives in Bekkersdal Westonaria. He calls himself Zimba Sound. People hire his music for weddings, birthday parties and beauty contests. 'I like playing ballads, fusion and jazz when people are relaxed. I start playing disco when it's time for fun. That's what Zimba Sound is all about,' he says.



Africa celebrates

Leratu Tulu from Ethiopia won the 10 000 metres women's final at the Olympic Games in Barcelona. Elana Meyer from South Africa came second. Africa celebrated! Leratu was the first African woman to win a track event at the Olympics.

SUBSCRIBE

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HELP FOR TEACHERS

With every issue of Upbeat, you can get FREE teachers' exercises. These activities help you put life into the classroom. Just subscribe to Upbeat and you get the teacher activities absolutely FREE.

BE AN UPBEAT REPORTER

Readers, we want you to write stories for us. If we publish your story, you'll be R30 richer. It's easy. Tell us what's happening in your school, youth group, family or community. Or write about a sad, funny or crazy event that happened in your life. Send your story to:

**Upbeat Newsdesk,
P O Box 11350
Johannesburg 2000.**

Don't forget to send your name, age and address. Send photographs if you can.



LETTERS

Dear Upbeat

I want to thank the Upbeat staff for all the good work they have done so far. I am a boy of 17 at Ottery School. Upbeat teaches us how to take care of ourselves and how to work towards a better future. Thanks for all the stories you print to improve the knowledge of the youth today. Especially stories like choosing contraceptives and starting an SRC. Please continue giving us this information. We need it.

Samuel Plaatjies

Dear Upbeat

I have one problem. I subscribed to the magazine earlier this year, but I always receive my issues late, even though I sent my subscription money on time. Could you please do something about this?

Ester Levinrad

Dear Ester

Upbeat is now using a company called National News Distributors (NND) to distribute the magazine. They are also sending out subscribers copies. We will tell them about your complaint. We will ask them to make sure that you get your magazine on time. So please be patient. If you still have any problems, please contact us at; (011) 333-9746. Ask for Amanda De Lilly. She will help you.

Editors

Dear Upbeat

I have been reading Upbeat for quite a while and I enjoy it very much. My best part is the Penpals because I like meeting new friends. I also enjoy reading the comic 'Taxi Driver'. It is very interesting. The cost of the magazine is very reasonable and I hope it remains the same.

V.Yogenathan

Dear Upbeat

I wonder why school fees for multi-racial schools are so high? Before these schools were open to everybody, school fees were low. Now that schools are open for black children, fees have increased. I think this is a way of keeping poor, black people out of those schools, because they cannot afford to pay. I think this is not fair.

Bongekile Cele

Dear Upbeat

The litter in our township causes lots of harm. It makes us sick because we inhale the bad smells from the rotting things lying around. People, could we please try to keep our township tidy. Use the rubbish bins that are provided.

Sindisiwe Khanyile

Dear Upbeat

The lack of training colleges, universities and technikons affect our education. Many students who passed matric are staying at home because they can't get places to study. Many matriculants are forced to change their career choices. Some even choose careers because they are more easily accepted. So they apply for places with the police force.

Octavia Ngcobo

Dear Upbeat

I would like to explain what is meant by the term 'black'. To be black is not a question of colour or geography. Blacks are all those people who are socially, politically and economically discriminated against. They identify themselves with the struggle for liberation. This includes Africans, Coloureds and Indians. All blacks should work hard to achieve true liberation for South Africa.

Hopewell Mfeka

Dear Readers

Do you agree with Hopewell's views? Write and tell us.

Editors

Dear Upbeat

Education is the key that opens all doors in life. Without education a person cannot have a happy and successful life. The youth must be encouraged to use whatever opportunity they get in a meaningful way. Not all parents can afford to send their children to school. Communities must stand together to help these children.

Monica Kubheka

Dear Upbeat

After the conclusion of the recent exams, I started wondering about the necessity of exams in our schools. As we all know, writing exams is a time when your nerves are on edge, you have problems eating and sleeping.

I believe that exams are not a very effective method of evaluation. Let me introduce you to something called Continual Evaluation. The basis of this system is tests. These tests are run on a regular basis throughout the year. After finishing a chapter in any subject, a test is given to the pupils. The marks you get in these tests, provide the marks necessary to pass at the end of the year.

Let's hope that the next government will let us decide what kind of evaluation we want.

Jacques Jacobs, Paarl

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

FULL

BLAST

Music in South Africa is about to explode. Young, unknown South African musicians, are putting together an album. It is part of the successful Coca Cola Full Blast Music Show.

Early this year, the Full Blast Music Show asked young people across South Africa to send in demo tapes. Cassettes from all around the country poured into the CSR Studio. The ten best artists were chosen. Upbeat met two artists who perform on the album.

Arthur Mafokate is a tall, handsome young man. This Diepkloof youngster sings like Bobby Brown. 'I always liked music. But I had never thought of singing myself, I preferred dancing. We had a dance group called Fame, now known as Vivace,' Arthur told us.

Arthur's interests do not end with music. 'I'm involved with the Youth Education Against Aids project (YEAA). I enjoy using my energy on worthwhile projects,' he says.

Nico Phoko from Kwa-Thema, Springs, is also one of the top

ten artists. 'Maybe I was born a musician,' Nico said with a smile. 'My father, who is also a musician, influenced me a lot.'

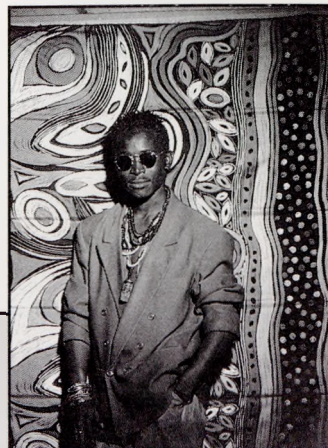
Unlike many young artists, Nico's music is Afro-Fusion. 'I was influenced by African Jazz. I wrote songs which I gave to friends to listen to. They thought my songs were excellent. That gave me the confidence to join music bands,' he said.

Taso Stephanou of the CSR Music Studio is very happy. 'The quality of these artists' music is stunning!' he said.

Here are the names of the other artists who perform on the album *The Coca Cola Full Blast Music Show Vol. 1*: Bizarre; The Mix; Out of Control; Azumma II Cult Group; On The Run; Q-Face; John Tsheole; Cult of Blackness; George Sithole and Moses Manamela. We, at Upbeat, look forward to hearing the album. ◀

MUSIC SHOW

Nico Phoko plays Afro-Fusion.



COMPETITION

Win yourself *The Coca Cola Full Blast Music Show* album by answering the following simple questions:

- 1** Where does Arthur Mafokate come from?
- 2** Where does Nico Phoko come from?

Send your answers to:
Upbeat Music Competition,
PO Box 11350,
Johannesburg 2000.

**CLOSING DATE:
31 NOVEMBER**



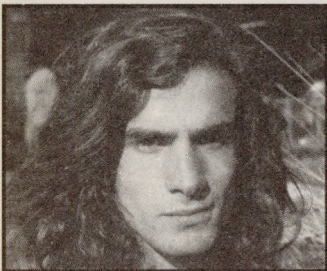
Joe Frau, 18

Students should not take part in stay-aways. Students should concentrate on their studies. If many people in South Africa are uneducated, South Africa will experience more chaos in future.

I'm hopeful that the present peace problems will be resolved. The government and liberation movements must compromise for the good of everyone.

Nthabiseng Setshedi, 21

Stay-aways are OK. But at the moment I think only parents and workers must be involved. Black education has suffered a lot. It will get worse if students take part in stay-aways. Bad results for black students are expected at the end of every year. It's high time we stop this!



Amando Lopes, 20

Students should go to school if nothing will happen to them. Their safety must come first. But students must decide what to do. Education is important in this transitional period. I think many problems will be settled if all people get equal rights.

SHOULD SCHOOLS SUPPORT STAY-AWAYS?

In August thousands of people stayed away from work in protest against the government. Some people said students should go to school. But most students voted with their feet and joined the stay-away. Was this a good idea? Upbeat asked students for their views.



Kevin Nkwadi, 16

South Africa is going through a dark stage at the moment. It is crucial that students learn. They must be prepared to be good leaders. No-one will have confidence in an uneducated leadership.

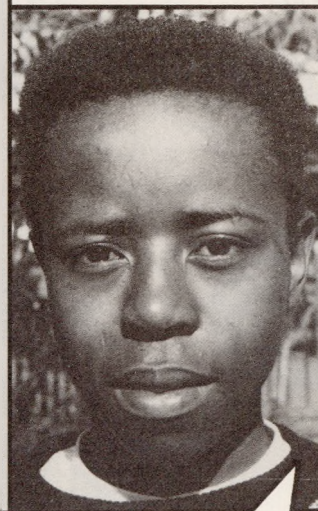
Lerato Mohlabi, 20

I think stay-aways are the only peaceful weapon black people can use to fight for their rights. But I worry about chalk-downs and other school crises. Our education has suffered for a long time. I think we should identify all our problems. Then we go for one big general strike like the recent one. We must not budge until all our demands are met.



Luke Tserere, 17

Issues that concern workers, bosses and the government must be left in the hands of these people. I am sick and tired of bad results at the end of each year. Without education, black people will continue to be oppressed.



SPEAK OUT!

What do you think?

Should students take part in stay-aways? Send your views to:
Upbeat Speak Out, P O Box 11350, Johannesburg 2000

BACK FROM BARCELONA

Two brothers from the Eastern Cape are very proud of themselves. Lise (16) and Wylorn Dayimani (14) were part of the Under 16 hockey team that went to Barcelona.

Lise and Wylorn's parents work on a farm near Port Alfred. The farmer, Mr Ed Cutten, runs hockey-training courses for school children on his farm. Lise and Wylorn used to watch the other children playing. They soon became interested in the sport.

Lise says he likes hockey because it is very similar to soccer. 'The only difference, is that we use sticks instead of our feet,' says Lise. 'I play the same position in hockey as I play in soccer. I play centre forward or No. 9. I found hockey very easy to learn. It's an interesting game. But you need courage and

Tired but proud, Lise and Wylorn Dayimani relax at home. They won five of the seven hockey games they played in Barcelona.



Happy to see their family, Lise and Wylorn chat to their cousin, Arthur.

determination to play.'

Lise or Lillies as his friends call him, is a Std 6 pupil at Benjamin Mahlasela Junior Secondary in Grahamstown. Wylorn is in Std 5 at Trikwakwa Higher Primary School. Both boys carry their hockey sticks to school everyday.

'I like my stick,' says Wylorn. 'It has helped me to get other children interested in the game. People at school were very curious about it. They wanted to know the secret behind my stick. I showed people how to play. Soon we had enough players for three teams; Under 12, Under 14 and Under 16.'



A proud Mr Dayimani greets his sons.

Mrs Dayimani opens a gift that her sons bought for her in Barcelona.

says Ed. 'Take Lillies for example. He has developed a great sense of responsibility. Now he also advises and trains others.'

'When I started training Lillies and Wylorn, I was not expecting results like this. I was very pleased when they were chosen to go to Barcelona.' And Ed Cutten, Lillies and Wylorn have lots to be pleased about. The Under 16 team did very well in Barcelona. They won five of the seven games they played. They defeated Spain, France, Germany, Australia and Great Britain. And they drew their other two games.

'It was really great in Barcelona,' says Lillies. 'But when we got there, we were secretly scared. The players in the other teams looked so well-built compared to us. But we gained confidence, when we saw that we could hold our own against them.'

Now Lillies and Wylorn are relaxing at home. They are happy to be back with their family and friends. Upbeat congratulates them for doing so well! ◀

CHOSEN TO PLAY

Lillies and Wylorn played in a number of games with school clubs in Port Alfred and Port Elizabeth. Lillies was the top scorer at both the Eastern Province junior and senior games in 1988 and 1990.

'People spoke about a junior hockey team going to Barcelona. But I thought they would only choose white players,' says Lillies. 'So, when we were chosen, we were very happy.'

Ed Cutten is the boys' trainer. He says that the Dayimani brothers were part of a hockey development programme that started five years ago. 'The boys will benefit from what they have learnt for the rest of their lives,'

READERS' WRITINGS

Send your poems, drawings and stories with your name, age and address to:

Upbeat, P O Box 11350,
Johannesburg 2000

I'm still waiting

I'm still waiting.
But as I'm waiting
There's confusion and pain.
Years of tears,
Caused by the death of our people.
But I'm still waiting.

I'm still waiting
For the new world,
For new people,
Where we can live in peace
And tolerance.

But the hope
Of the new world
And new people
Seem so uncertain.
De Klerk is slow,
It suits him.

Our forefathers waited
Until they died
And we are still waiting.

FREEDOM

There are words like freedom
Sweet and wonderful to the tongue
On my heartstrings freedom sings
Day and night.

There are words like liberty
That almost make me cry
If you could ever know
what I know
You'll know
why.

Rodney
Gaoseb



Dreams...

You were here last night
In my dreams.
I saw your face
Dancing in the moonlight.
You touched my heart
With your love.

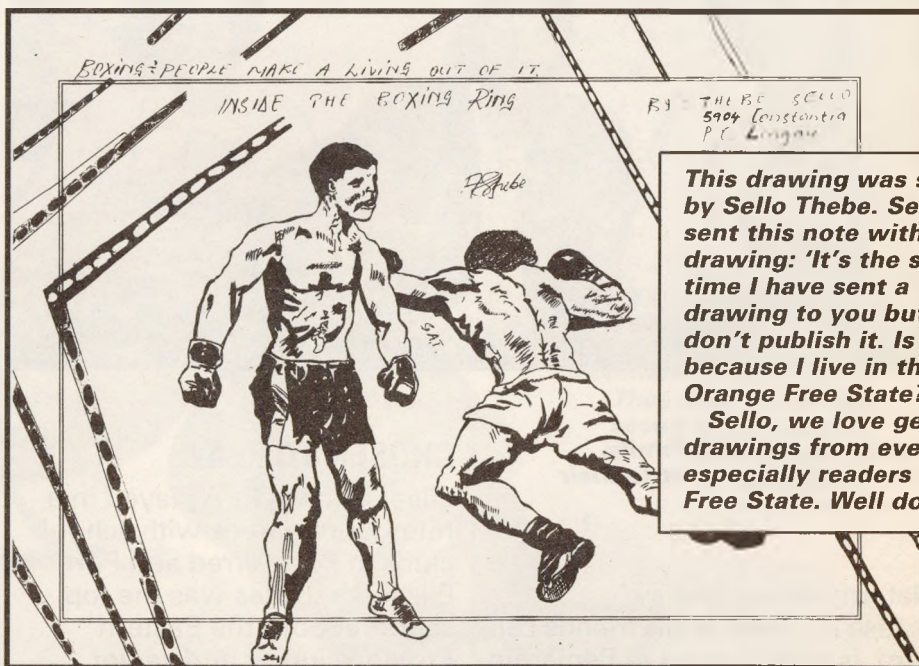


My endless silence
Was filled with your word
And there the kaleidoscope
Of the city lights
Flickered in my eyes.

Your face,
Your eyes,
Your smile,
Shone just as bright daylight.

I longed for you
Just to hear you
One more time.

Could the writer of this poem please send us his or her name and address.



This drawing was sent by Sello Thebe. Sello sent this note with his drawing: 'It's the second time I have sent a drawing to you but you don't publish it. Is it because I live in the Orange Free State?'

Sello, we love getting drawings from everyone, especially readers in the Free State. Well done!



You are always there;
When I need someone to talk to
When I need a shoulder to cry on
Your advice is always useful.

When I feel depressed,
When I feel rejected
And even when I feel unappreciated
You are always there for me.

Thank you mom
For being here
For being there
All the time

I adore you,
Viva La Mom Viva!

Livingstone Bob

ZAPMAG'S

Vusi Twala

Vusi Twala is following in his mother's footsteps. His mom, Shado Twala, is a well-known radio personality and journalist. Vusi's fame is also rising steadily. He appeared on Eco-boffins. Now he is also part of Zapmag, a magazine television programme for young people.

Upbeat spoke to Vusi. We asked him what it was like to be a television star. 'The first time I was filmed for television it was terrible. I was very nervous. I thought about all the young people in South Africa watching me, including my friends. I knew they would laugh if I made mistakes or looked stupid. But now I don't think about it.

'I learnt a lot from Eco-Boffins. I didn't know much about the environment before I was part of the programme. But now I know that looking after our environment is important. 'Zapmag is more fun.

The others on the programme are a nice bunch. There was one programme that I really enjoyed filming. We interviewed young people about their relationships. We went to the ice-rink and asked people what they thought of the other sex. It was great fun.'

But Vusi doesn't think of himself as a TV star. 'I am just the same as most young people. I was born in Soweto, Johannesburg. At first I lived with my grandmother because my mother was working for Radio Bop and Bop TV. My mom came back to Johannesburg when I was about eight. It was a good feeling to have her so close to home.

'After my grandmother died, I moved into town with my mom. At first I travelled to school in Soweto every day. Then I reached high school. My mom and I decided that I should try to go to a school in town.

So I went to Barnato Park High. The school was an eye-opener for me. It was the first time I had been at a mixed school. I really liked meeting other people and learning about them.

'Now I am at Eden College. My favourite subjects at school are Science, Maths and Biology. I hope to study electrical engineering when I finish school.

'I think too many young South Africans give up. People shouldn't limit themselves in this way. They must push themselves so that they can achieve more.' ◀



Vusi and Shado Twala. Vusi hates it when people are friendly to him because his mom is famous.

GIRLS GET BAD NAMES. BOYS GET FRIENDS.

Melita Fourie (16), has strong views on the subject. 'Girls, whether they like it or not, are responsible for saying no to sex,' she says. 'They are also the ones who fall pregnant, not the boys. It is unfortunate. But girls are labelled more easily than boys.'

'If girls don't want to get bad names, they must protect themselves. They must avoid sleeping around and getting involved in fights about boys. They must not brag about their sexual experiences either.'

'Boys want to prove they have "got it". So they go after any girl they want. Sometimes they hear their friends talking about a girl. Then they want to test her out for themselves.'

Boys like to compete against one another.

'But I think it is wrong that only girls get bad reputations. Imagine a group of kids are playing soccer. One of them accidentally breaks a window. The kid who breaks the window gets the blame. But in fact they are all to blame. It is the same with sexual relationships. Girls pay, when girls and boys are equally responsible,' said Melita.

Keeping pure

Abdullah Ebrahim is 15.

'Girls must keep themselves pure. They must not fall pregnant and they must not have lots of boyfriends. But boys don't have to do this,' he says.

'When girls start having sexual relationships, they lose their dignity. It is shameful.'

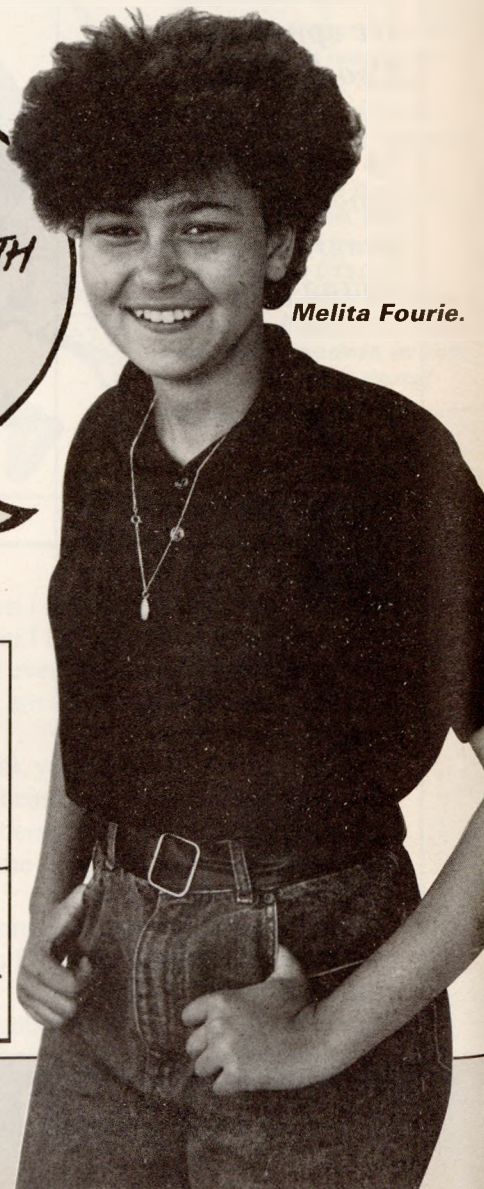
IMAGINE A GROUP OF KIDS BREAK A WINDOW. ONE BOY GETS THE BLAME. BUT THEY ARE ALL TO BLAME. IT IS THE SAME WITH SEXUAL RELATIONSHIPS. GIRLS PAY! BUT GIRLS AND BOYS ARE EQUALLY RESPONSIBLE.

'Stay away from Sharon.

People will think you are as loose as she is!' You have probably heard girls being labelled in this way.

Have you ever heard of a boy being called 'loose'? We set different standards. One for boys and one for girls. Is this fair?

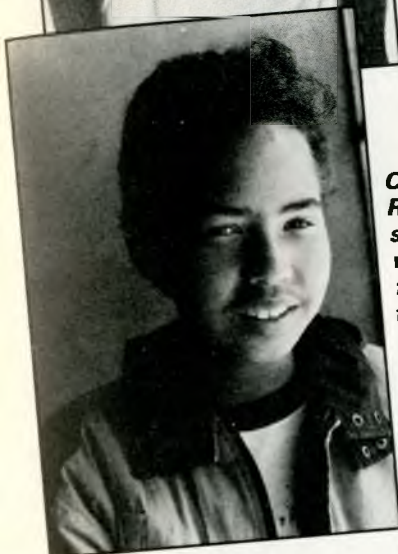
Upbeat spoke to students at Kliptown High School in Johannesburg.



Melita Fourie.



Emelda van Heerden says it is not fair that girls get bad names.



Craig Ruiters says boys want their friends to think that they are sexually experienced.

But a boy won't get a bad name, because he is a boy. To prevent having a bad name, girls must control themselves. This is not always easy.

'If a girl goes out with a cool guy, he might put pressure on her into having sex. Then the girl must make sure that she uses contraceptives. It is not the boy's problem. If she falls pregnant, she will ruin her life,' he said.

Girls not to blame

Emelda van Heerden (14) thinks girls get a rough deal. 'Girls are not always to blame for getting bad names. Boys don't want their friends to think they haven't had sex. They tell their friends that something happened, even if nothing did. They will do anything to be accepted by their friends.'

'This is not fair because girls get bad names and boys get friends. Boys must stick to the truth. They must protect the reputations of the girls they go out with. Girls do discuss boys, but not in the bad way that boys discuss girls,' she says.

Sleeping around

Craig Ruiters (14) has his own views, about why boys behave the way they do. 'Recognition, acceptance and attention are very important to boys.

We always feel we have to prove something, especially to our friends. We want to be admired or even envied. There are many ways to do this; drugs, alcohol or sleeping around.

'If girls don't give in to boys, boys will say they did. Boys want their friends to think they have a lot of sexual experience. But girls with a lot of sexual experience are regarded as "dirty" or "used goods". This is not fair. Boys and girls should share the consequences of

sleeping around. Boys must try to avoid feeling pressured. They mustn't do things to please other people. They must learn to accept themselves,' Craig says.

Craig believes that teachers can help this unfair treatment of girls. 'Teachers must support and protect girls who get bad names. They must tell the parents of the boys who spread rumours,' he says. ◀



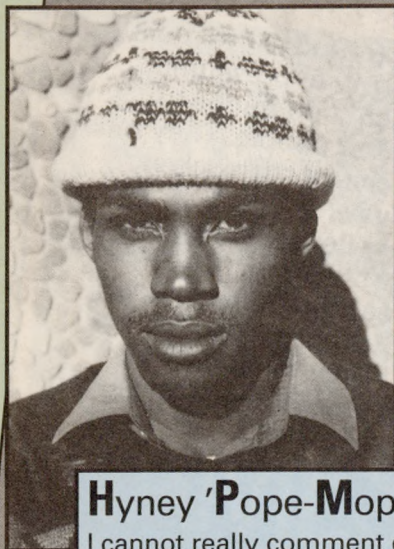
Abdullah Ebrahim thinks girls should keep themselves pure. But boys don't have to.



SPEAK OUT!

Readers, what do you think? Do girls deserve to get bad names? What about boys?

Send your views to:
**Upbeat Speak out,
P.O.Box 11350
Johannesburg.**



Hyney 'Pope-Mopapa'

I cannot really comment on fashions. I think keeping in line with the latest style is the privilege of those who can afford it. I appreciate it when I see kids in beautiful clothes. But I don't worry about fashion myself. I wear what is available or affordable. Then I go out and enjoy life.

FASHION MINIB

Winnie Mabalane

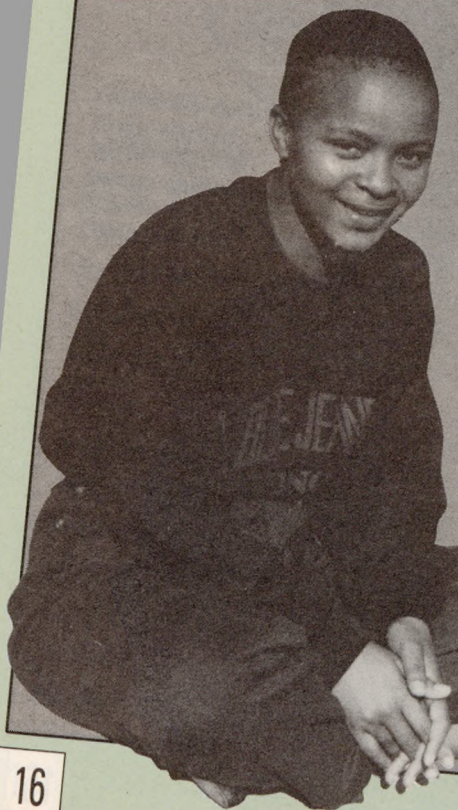
I don't usually wear minis. I just happen to have one on today. Next time you meet me I will be in trousers and takkies. That's what I wear most of the time. Trousers allow me to do what I want. But minis allow me no freedom at all.



*They are ready
in sports gear,
caps, baggy
jeans and
sweaters.
They are out
to enjoy life.
Upbeat met
young people
at Mega City in
Mmabatho one
Saturday
morning.*

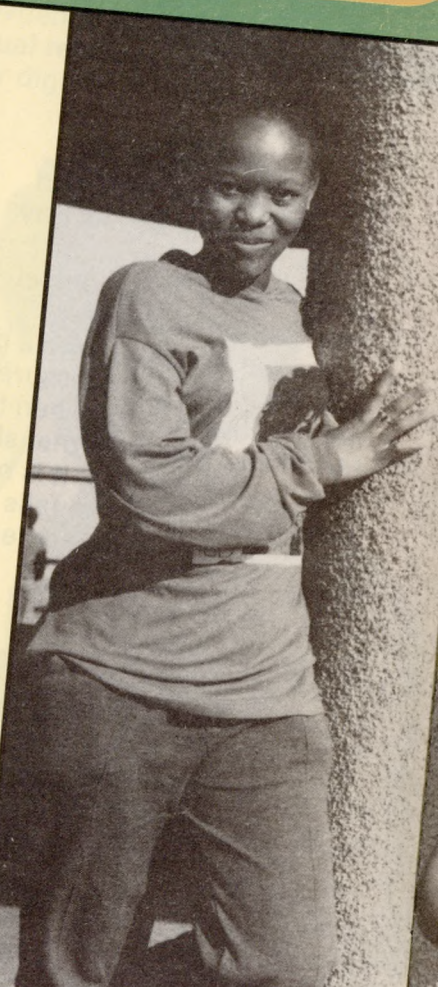
Mapula Nchoe

I like baggy jeans, sweaters and takkies. They are the best clothes in any store. I wear them especially when I go to movies and parties. With them, I have lots of fun without worrying about anything.



Pearl

Oh! I feel so uncomfortable in dresses. I like to dress like a tomboy - trousers, takkies and shorts. I think it's because I'm hyper-active. Formal clothes slow me down.

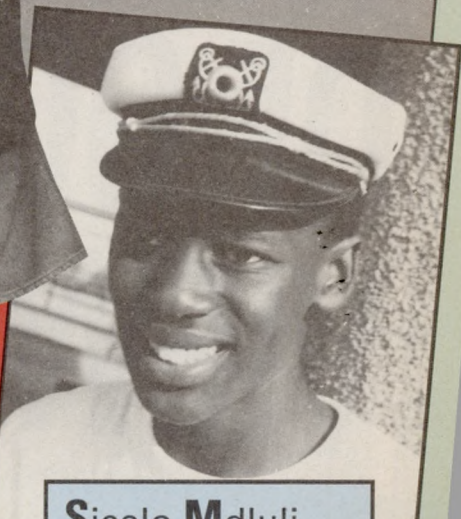


AND FUN IN BATHO



Sampa

I'm a baseball fan. Maybe I like it because the outfits are just stunning. I don't really take part in sport. I just like this outfit. I am at ease in it.



Sicelo Mdluli

I really dislike combing my hair. So I always wear my cap. I wish I could also wear it to school. I don't like shirts. Shirts are not youthful clothes. They are for grown-ups and professional people. I don't belong to either of these two groups.

Aubrey Disipi

I'm a '90s fashionboy. I keep in touch with the latest styles in town. But I dress like this for a special occasion. I have a date today!



Lerato Moroke

I am a sports fanatic! I feel confident to go anywhere or do anything when dressed in sports clothes. And no one frowns at me.

WIN A R100 CLOTHING VOUCHER! ENTER OUR UNUSUAL OUTFIT COMPETITION!

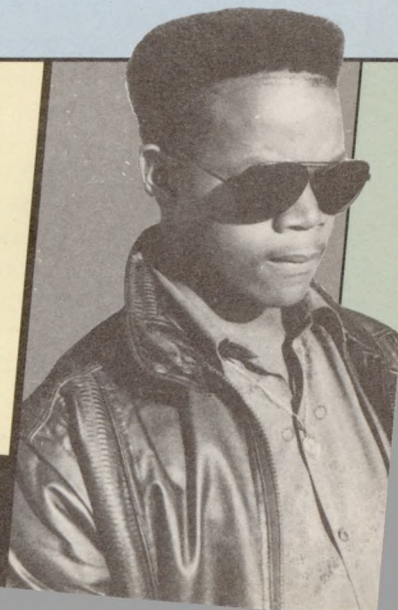
Don't let the fashion magazines tell us who's in style and looking great. Feel confident about the way you look and dress. Enter our Unusual Outfit competition. Send us a photo of yourself or someone you know who looks great, funny, out of the ordinary and different. Send your photos, a few words about the clothes, your name and address to:

Upbeat Unusual Outfit
Competition
P O Box 11350
Johannesburg
2000

CLOSING DATE:
31 NOVEMBER

Oupa Tselapedi

I prefer punk style. I feel confident. I am influenced by film stars, especially those American guys. They don't only look tough, they are cute as well.



THE CLEAN-UP KIDS OF OCEAN VIEW

By Michelle Saffer

Not far from the tip of the Cape Peninsula, where people say the two oceans meet, is Ocean View. Here, at Kleinberg Primary School, the children are showing adults how to look after their world.

The Bokamspruit runs through Ocean View. Litter is a big problem. ►



RECYCLING RUBBISH

Everything that the children pick up is recycled. They have also involved parents. Now parents sort their rubbish. They give bottles, plastic and newspapers to their children to take to the school.

In a storage room called the recycling depot, children happily climb over mountains of newspaper. They are packing them into bags supplied by Nampak, the company who recycle the paper.

'These kids know their job,' Mrs Fakir smiles. 'I do not have to tell them what to do. A roomful of newspaper gets us R180. Five tons of glass brings in R80. But we don't think only the money is important. Caring for the environment is what we value.'

At Kleinberg Primary hard-working teachers use the classroom to interest kids in the environment. Rachmat Chothia, the Science teacher, explains what they do. 'I teach what is in the news. The children bring in newspaper clippings. Recently they brought in stories about the hippos. The hippos' lives were threatened because of the drought. So now we are learning about mammals and what endangered means.'

'The parents are very pleased,' says Fiefa Fakir, a teacher at the school. 'They say they are learning from their kids. They did not know about things like the ozone layer. And they did not know how special the fynbos that surrounds them is.'

CLEAN-UPS

Inside Ocean View, litter is a very big problem. So the teachers of Kleinberg Primary School decided to do something about it.

The children and the teachers asked the people of Ocean View what they did with their rubbish. They learnt that the biggest litter problems were in the streets and in the squatter camp. And now the children organise regular clean-ups of these areas.

'Clean-ups are very popular,' says Mrs Fakir. 'If we announce there will be a clean-up after school, the children turn up. On Environment Day the whole school went on a litter walk. Two or three classes were responsible for each street,' she said.

One of the school's regular clean-up places is an empty lot which the council does not clean. The children have shown the council the way. Now the council has put up signs saying 'No Dumping.'



The Kleinberg pupils clean up in the forests.



In the recycling depot - children prepare the newspapers to be collected for recycling.

PROTECTING THE VELDT

The children also look after the Bokamspruit that runs through Ocean View. They meet every week. They clear the rubbish

along the river. They also ask conservationists to give talks and show slides.

The children often go on 'hacks and hikes.' 'I like the hacks and hikes best,' says 13-year-old Craig Levendal. 'The club has taught me a lot about plants. Now I know all about fynbos. It is very exciting.'

Peter Salter of Simonstown's Flora Conservation Society leads the hacks and hikes. He tells the children the names of the plants.


He points out which ones are alien and need to be removed. The children then cut them down and leave them to rot.

'The children have learnt how alien plants affect the area', says Mrs Fakir. 'The biggest problems in our area are Port Jackson and poplars. They suck all the water out of the streams. So we dig them out. We plan to build a little natural garden.'

Mrs Fakir hopes that the children will take their awareness of the environment into high school. For one child, her primary school work has given her a life-long passion. 'When I grow up,' says Hayley Truter, 'I want to work in a nature reserve.'

WHAT IS RECYCLING?

To recycle means to change waste material into something that can be used again. Products like newspapers, are collected and sorted. Then they are taken to a recycling plant. Here they are changed into paper that can be used again. Glass is cleaned and reshaped to make new bottles. Some of the materials that can be recycled include: paper, plastics, tires, motor oil, scrap metal and glass. By re-using things, we save, valuable trees and minerals. Recycling helps protect and clean up our world. ◀



FOOD WONDERFUL FOOD

Food gives you energy. Energy to run, jump and play. We eat lots of different kinds of foods everyday. Some are better for you than others. We divide food into three main groups – proteins, carbohydrates, fats and oils.

PROTEINS

We get protein from foods like butter, cheese, eggs, milk, fish, meat and beans.

What proteins do for your body

- Build up muscles
- Repair worn out tissues – heal your body when it gets hurt.
- Give you energy

CARBOHYDRATES

We get carbohydrates from fruit, bread, rice, certain vegetables (carrots, peas, spinach, cabbage), sweets, dairy products like milk and ice cream.

What carbohydrates do for your body

- Give you energy
- Keep your blood glucose level normal. Then you don't feel tired all the time.
- Give you brain power! Helps you think more clearly.

FATS AND OILS

We get fats and oils from margarine, butter, oil and some oily fish like sardines.

What oils and fats do for your body

- Give you energy
- Help keep your body at the right temperature – not too hot and not too cold.



● Try to eat at least one type of food from each group every day.

● Eat fruit every day.

● Don't eat too many sweets – your teeth will rot.

● Drink lots of water.

● Don't live on hamburgers and cold drinks.

● Make sure there are vitamins in your diet.

Tips for staying healthy

Vitamins are chemicals found in food to stop the body from getting sick. There are many types of

vitamins. Each one has its own special job.

● Too much light can hurt your eyes. Vitamin A protects your eyes. It is found in liver, milk and vegetables especially carrots.

● You'd feel tired and unfit without Vitamin B. It is found in yeast, milk and liver.

● Vitamin D gives you strong bones. It is found in fish, oil, eggs and milk.

VITAMINS

MINERALS

These are chemical substances found in food.

We need small amounts of minerals, to keep the body healthy and strong.

● Calcium makes your bones strong. It is found in fish, bread, cheese, eggs and vegetables.

● Your blood needs iron to keep you healthy. Iron helps form red blood cells. Iron is found in liver, eggs and vegetables.

BE A PEACEMAKER

BRAINSTORMING



Hi my name is Miriam. I am a mediator. I listen to people who disagree. I help them to solve their fight. I try to help both sides in a conflict come to a fair agreement. Everyone involved in a conflict should work together to find solutions.

Meet Thabiso and Nomvuyo.

Like all brothers and sisters they sometimes drive each other crazy!

Hi Miriam! I am having such a problem with Tabiso. He really gets on my nerves. Won't you come and help us?

Tell me all about it.

Thabiso won't help around the house. I have to do all the dishes, sweep the floors and bath my baby sister every night. Every night we fight. Last night he threw his school books at me. Lucky for me he missed.

GRRR!

So you feel that Thabiso should share the housework with you?

For sure! Why should I do it all? Miriam won't you come and talk to him. Tell him he's being unfair.

OKAY!

Hi Thabiso! Nomvuyo tells me that the two of you need some help. She feels that you should help around the house more.

Why must I help? THAT'S GIRLS' WORK! In any case, I don't have time. I'm in matric and I have to study.

So, Thabiso, you don't think that boys should do housework. You also need to study.

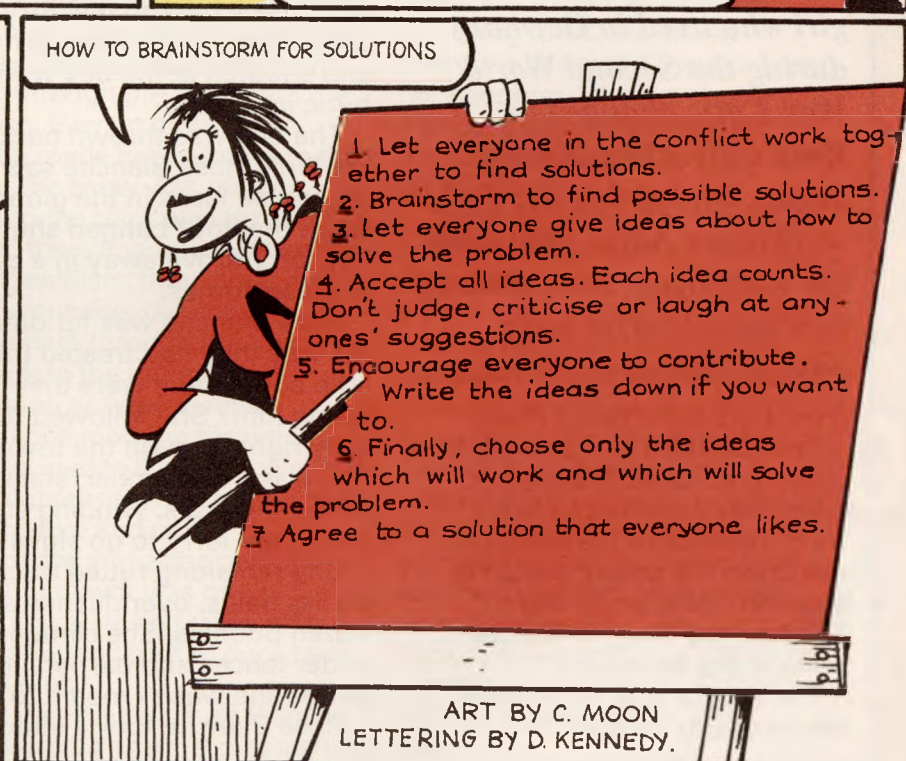
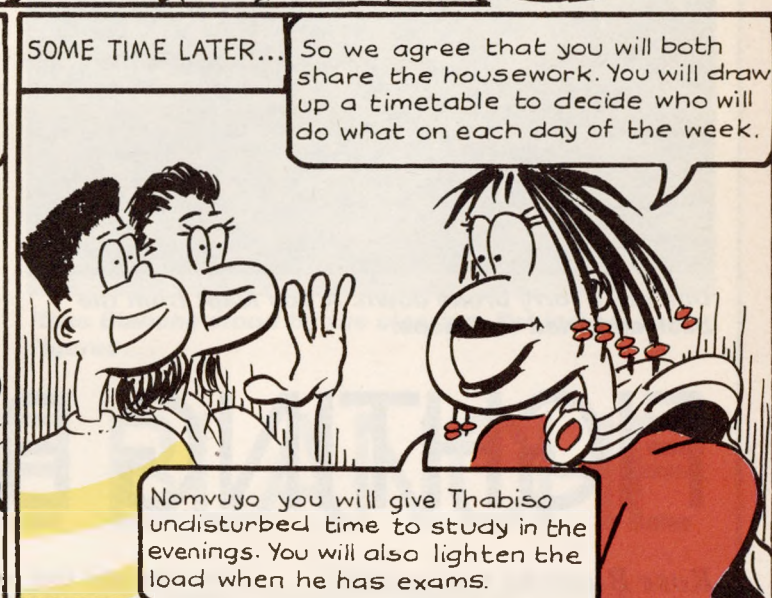
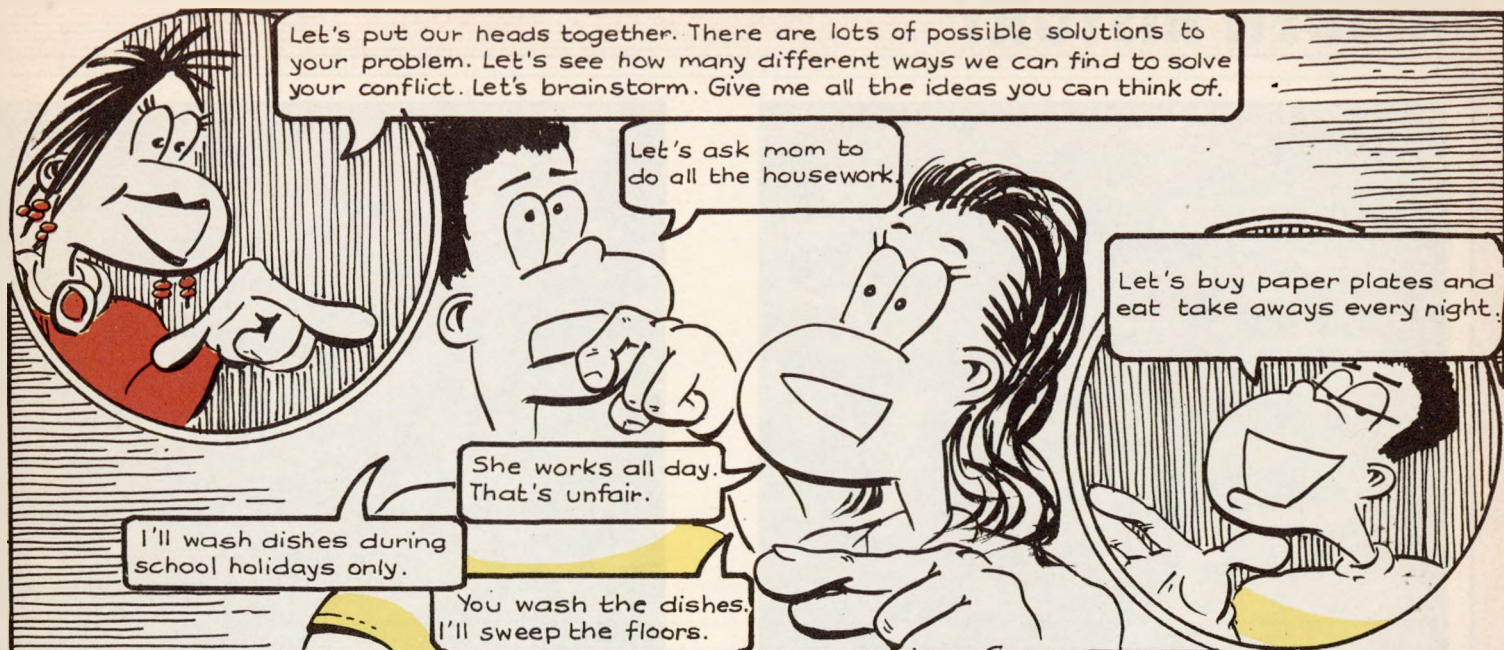
I can help you find a solution to your fighting if you'll help me to.

I also have to study! I want to pass my exams too you know. What about my education?

The main reason is that I am too busy. But I suppose Nomvuyo also needs time to do her homework.

Please do!

You can try if you like.



ART BY C. MOON
LETTERING BY D. KENNEDY.



One day a lorry broke down. A boy leapt from the back and tried to escape.



Rose Blanche followed the lorry. She took a shortcut through the forest.



Dozens of silent, motionless children stared at her from behind a barbed wire fence.



Rose Blanche stood by the clearing. Behind her were figures...

FIGHTING BACK - THE STORY OF ROSE BLANCHE

Rose Blanche was a little girl who lived in Germany during the Second World War. Little changed in Rose's life when the war began, except that her father went away. Some time after the war began, Rose noticed that many lorries were passing through her village.

One day a lorry broke down. Rose Blanche saw two soldiers trying to repair the engine. Suddenly a little boy leapt from the back of the lorry and ran down the street. A soldier shouted, 'Stop or I'll shoot!' The boy ran straight into the arms of the fat mayor.

The mayor was immensely pleased with himself.

He dragged the boy by the scruff of his neck back to the lorry. One of the soldiers was furious and shouted at the boy who burst into tears.

The boy was thrown back into the lorry. Rose Blanche saw other pale faces in the gloom, when the door banged shut. The lorry drove away in a cloud of diesel fumes.

Rose Blanche was furious at the way they had treated the little boy. Where were they taking him? She followed the lorry right through the town. She was a fast runner; she knew all the shortcuts. Winding streets forced the lorry to go slowly.

She ran along rutted tracks, across fields, over ditches and frozen puddles. She climbed under fences and barriers in places she wasn't meant to go.

Rose Blanche took a shortcut

through the forest where the bare branches scratched her face. The road was below her, the lorry was a long way ahead. She was so tired, she felt like giving up. Then she stumbled into a clearing. She could hardly believe what she saw.

Dozens of silent, motionless children stared at her from behind a barbed-wire fence. They hardly seemed to breathe. Their eyes were large and full of sorrow. They stood like ghosts, watching as she came close. One of them called for food and others took up the cry. 'Food, food, please be our friend. Please give us something to eat, little girl.' But she had nothing to give them, nothing at all. The cries died down, the silence returned. The winter sun was setting. The chilly wind made the barbed wire moan. Rose Blanche turned for home.

Their sad and hungry eyes followed her into the forest.

Rose Blanche told no-one, not even her mother what she had seen. All through the bitter winter she took extra food to school, jam and apples from the cellar. And yet she was growing thinner all the time. At home she secretly saved food off her own plate.

In the town people were impatient. No-one had enough to eat except the mayor who was as fat as ever. Rose Blanche slipped away from school as early as she could and, clasping her heavy bag, she headed towards the forest.

The children were always waiting for her by the fence. When they took the food, careful not to touch the electric wires, their thin hands trembled. Rose Blanche learned their names, told

them hers and told them all about her school. The children said little in reply. Huddled together, they stared through the fence into the distance. Even at night Rose Blanche made her journeys to the forest. The snow was melting now and the track was muddy. Others, travelling under the cover of dark, soldiers, thousands of them, wounded, dispirited - poured back through the town and on into the night. There was no singing or waving now.

Then one morning the whole town decided to leave. People were frightened. They carried bags and furniture and pets. They loaded wheelbarrows and carts. The mayor was one of the first to leave. He had taken off his bright armband he had once been so proud of.

That was the day Rose Blanche disappeared. Her mother searched

frantically for her all over the emptying town. She asked everyone she met if they had seen her daughter. 'She's probably with friends, ahead,' they told her. 'Don't worry. Pack your bags and come with us.'

Thick fog shrouded the forest and it was hard to find the way. Rose's feet were muddy and frozen. Her clothes were torn and at last she arrived at her usual place. She stood by the clearing as though in a dream. Everything was so different it was hard to think clearly.

Behind her were figures moving through the fog. Tired and fearful, soldiers saw danger everywhere. As Rose Blanche turned to walk away, there was a shot, a sharp and terrible sound which echoed against the bare trees.

HIDDEN HISTORY - THE STORY OF ROSE BLANCHE



ROSE BLANCHE was not only the name of a little girl. It was also the name of a group of young students in Germany. They lived in Munich. Hans and Sophie Scholl, Willi Graf and Kurt Huber were the leaders.

The Nazis came to power in Germany in 1933. They promised the German people that they would fight unemployment and make more jobs. And they managed to do this. But the price for

the Germans was high. Anyone who criticised the Nazis was arrested by the terrible secret police - the Gestapo. The Gestapo were very powerful. They knew about everyone. They terrorised and frightened people.

Anti-nazi letters

The Rose Blanche was one of the few groups that tried to resist the Nazis. In 1943 the group began to send anti-nazi letters to friends. Their letters contained information about what was happening in the concentration camps in eastern Germany. The Rose Blanche condemned the gassing of the Jews.

In February the German army suffered a defeat. Shortly afterwards the Gauleiter of Bavaria, Paul Giesler, addressed the students at Munich

University. He was angry. He had seen the letters from the Rose Blanche.

Giesler called on the university students not to accept defeat. He said the young women of the university had a duty to Germany. Their job was to provide the Fuhrer (Hitler) with a son every year. He said that he would provide men to father these children.

The students were furious with Giesler. They shouted him down and rioted in the streets of Munich. Three days later the Rose Blanche printed another leaflet. In it they attacked Giesler and Hitler. Ten days later, the Scholls and at least 100 of their friends were dead. They had been tortured to death. The Rose Blanche, a brave resistance group, had been crushed. ◀

COMPETITION TIME

Win a set of the **Shuter History Reference Library Series**. These books with beautiful pictures, take a new look at **South African History**. All you have to do is answer these three easy questions.

Write your answers on a postcard and send them to:

Upbeat History Competition.
P O Box 11350
Johannesburg
2000

1 Who was the head of the Nazi party in Germany before World War Two?

2 Who were killed in the German concentration camps?

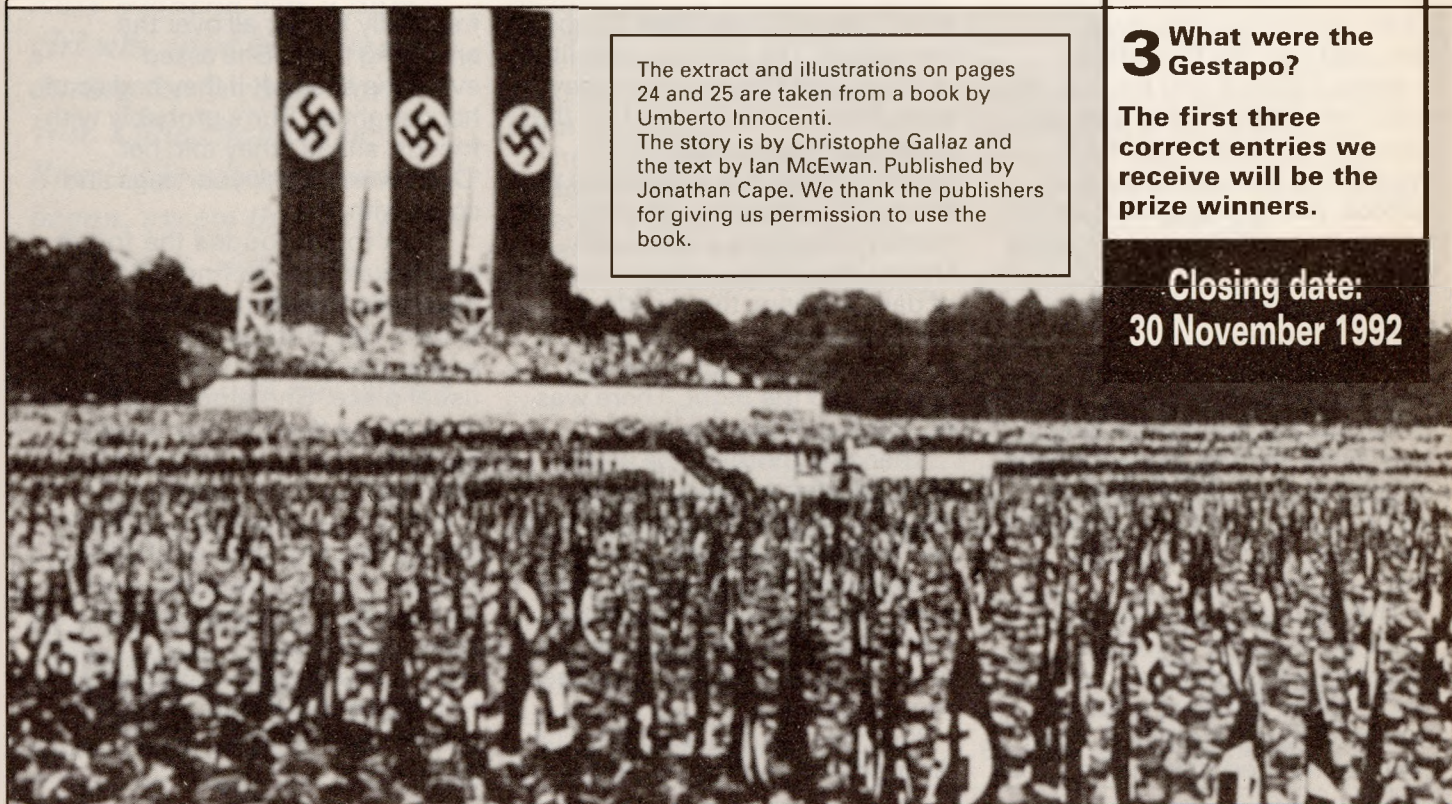
3 What were the Gestapo?

The first three correct entries we receive will be the prize winners.

Closing date:
30 November 1992

The extract and illustrations on pages 24 and 25 are taken from a book by Umberto Innocenti.

The story is by Christophe Gallaz and the text by Ian McEwan. Published by Jonathan Cape. We thank the publishers for giving us permission to use the book.



The Nazi Party rally at Nuremberg.
The Nazis promised bread and work. But no-one was allowed to oppose them.

Small penis

Dear Buti

I want advice from you. I am an 18-year old adolescent. My problem is that I have a small penis. I have had many girlfriends. They all say that I am too small for them. I want to know what I can do to make my penis a little bigger.

Xolile, Queenstown

Dear Xolile

There is nothing you can do to make your penis bigger. But do not worry about it. The size of your penis has nothing to do with how grown-up, manly or attractive you are. The size of a man's penis is also not the reason women feel satisfied during sex. Big and small penises give sexual pleasure.

Hugging, kissing and touching are also important in a relationship. So are the feelings and respect that you have for someone you love. All these things make for a good sexual relationship. Stop worrying about your penis. Don't be concerned about girlfriends who say that you are too small. Maybe they didn't love you and were looking for an excuse. Find someone who does really care!

Buti

Wanting a nice body

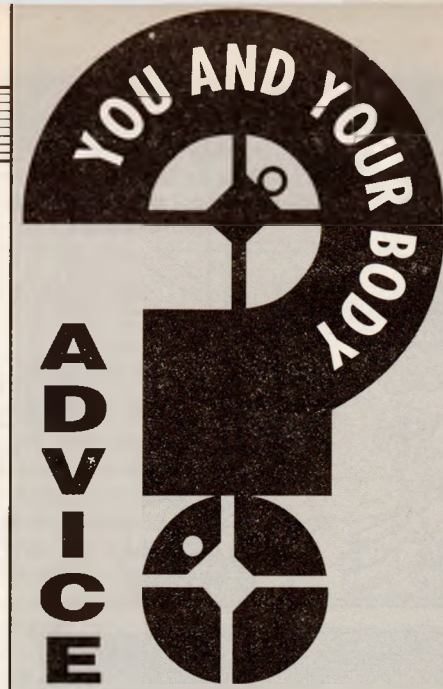
Dear Buti and Juliet

I am a girl of 16 in Std 8. People call me 'seshwapa'. They say I have a 'frog-figure' because my buttocks is so small. I try to ignore them but even my family calls me 'seshwapa'. I want to go to university when I finish school. But I don't want to go with my bad figure. Is there something I can do? I want a nice body which attracts everyone. Please help me.

Worried girl

Dear Worried girl

We are sorry to hear that you are so unhappy about your body. Firstly talk to your family and



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

WRITE TO:
BUTI/JULIET
UPBEAT
PO BOX 11350
JOHANNESBURG
2000



friends. Tell them that they make you feel bad about yourself. Hopefully this will stop them from teasing you.

But it also sounds like you do not like yourself very much. Remember, you are special. There is no-one else in this world like you. So give yourself a break. Think about the things you like about yourself. Try to accept the way your body is.

You can change your body a little with exercise. You might not be able to make your buttocks much bigger. But a strong fit body always looks good. Remember that people find different shapes and sizes attractive.

Juliet

Initiation for new students

Dear Juliet

I want to tell you how new students at my college are treated. They are treated like animals. This must not be done. It creates hatred among students. Some students are so badly treated that they are unable to study. A few older students force new female students to have sex with them. I have tried to tell the Rector about it, but he will not listen. I am writing to Upbeat because I think you can help.

Concerned, Emondlo

Dear Concerned

Thank you for your letter. We are very shocked to hear what is going on at your college. When a man forces a woman to have sex with him, it is rape. We suggest that you contact an organisation that helps rape victims. They will counsel the young girls who have been raped. But they can also help you to take this up with the College.

Is there an SRC at your college? If there is, ask them to speak to the college administration. It sounds like the ill-treatment of new students needs to be banned. You could also get in touch with an organisation which helps groups solve conflicts peacefully. Here are two addresses:

The African Centre for the Constructive Resolution of Disputes (Accord)

University of Durban-Westville
Private Bag X4001 Durban 40000
Tel: (031) 820 2816

or
The Community Dispute Resolution Trust (CDRT)
c/o Centre for Applied Legal Studies
University of the Witwatersrand
P O Wits 2050 Tel: (011) 726-1594

Rape victims can get help at one of these numbers:

Pietermaritzburg: Lifeline;
(0331) 94-444
Empangeni: (0351) 92-2222
Cape Town: 20 Cambridge Road,
Observatory 7925, Tel: (021) 47-9762
Johannesburg: POWA, Box 93416,
Yeoville 2143, Tel: 642-4345
East London: Lifeline; 3 St James Rd,
Southernhood 5201

Buti and Juliet

TAXI DRIVER

PART 17

In a village in Sekhukhuneland old man Kabu tells Menta and Phillip his life story.

It was December 1958. Kabu was tired of city life.



I'm sick of being a taxidriver. Tired of being robbed by tsotsis. I'm tired of carrying a pass. I want to go back to Sekhukhuneland.



What about me?



Come back with me.

I can't, I belong in the city.

Please!

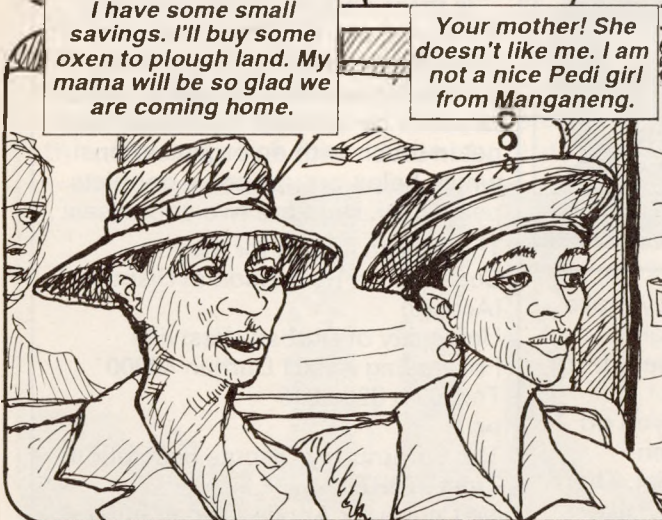
Alright I'll give it a try.



So

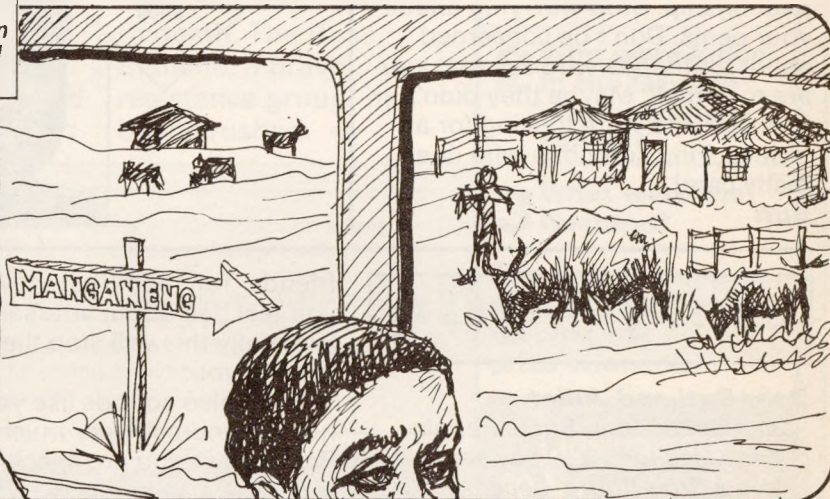
Things will work out Thandi. You'll see, you will love rural life.

What am I doing?

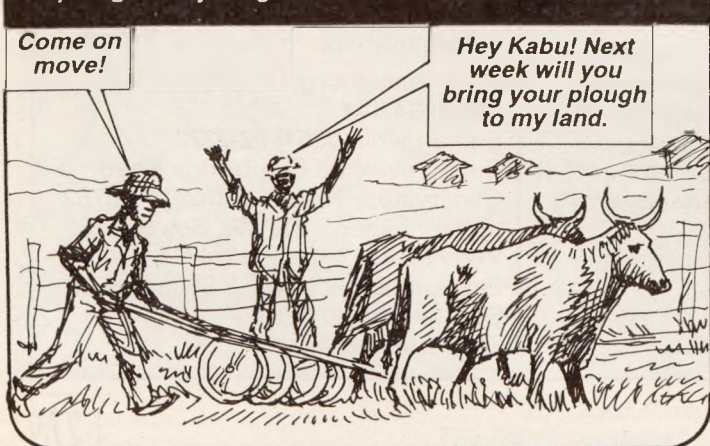


I have some small savings. I'll buy some oxen to plough land. My mama will be so glad we are coming home.

Your mother! She doesn't like me. I am not a nice Pedi girl from Manganeng.



So I became a ploughman. When the rains came I ploughed my neighbours lands.



Come on move!

Hey Kabu! Next week will you bring your plough to my land.

Two years went by. But then...

The rains still haven't come this year.

I make so little money from ploughing.

Things look bad. All the goodness has been taken out of the soil from ploughing it year after year. This land is no good anymore.



Life was getting worse. Thandi tried to get a job teaching at a local school.



Dear Madam.
We regret to inform you that we cannot offer you a teaching job. We understand that you were involved in the ANC resistance campaigns against Bantu Education in 1955. We also place local pedi teachers in our schools first...

What am I going to do?
Cook, and clean the house for the rest of my life? I am not wanted here. Your mother hates me. She'd love to see me go.



That's not true.

Trouble? Kabu, Isn't it time you took a second wife? Thandi, is from the city. She doesn't understand our ways.

No mother you don't understand. I love Thandi.



Later that night...

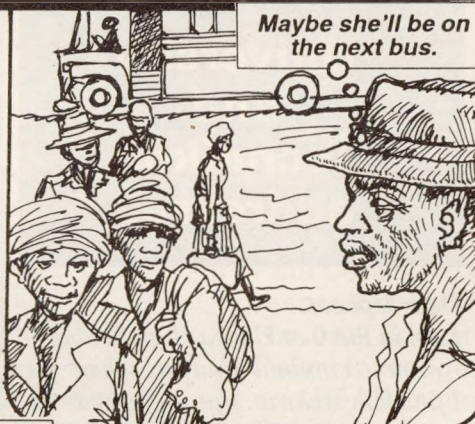
I must go back to the city for a while. I need time to think.



I understand, I'll wait for you. I'll always love you Thandi.

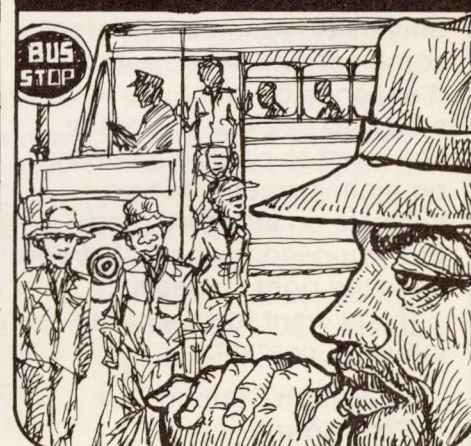


I waited for Thandi to return. For months I waited hopefully. Everytime the bus from the city drove into our village, I hoped she'd be on it.

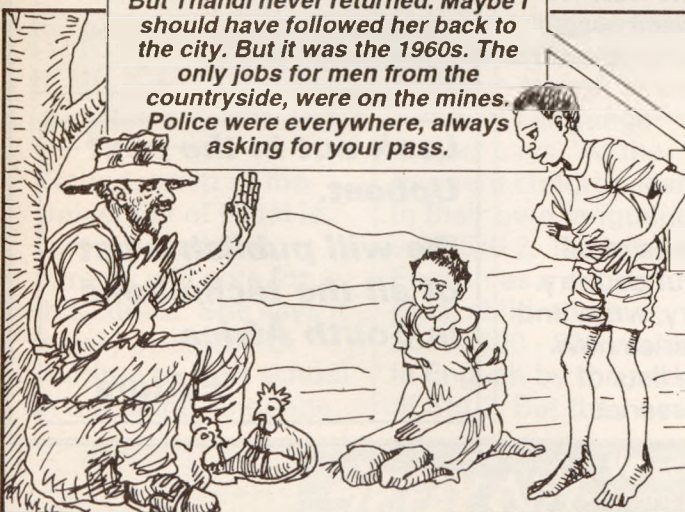


Maybe she'll be on the next bus.

Months turned into years...



But Thandi never returned. Maybe I should have followed her back to the city. But it was the 1960s. The only jobs for men from the countryside, were on the mines. Police were everywhere, always asking for your pass.



That's my story. I've grown old in this village, scratching out a living ploughing land. Now I sell my chickens.

And now I must be on my way. This chicken man, must sell these chickens before night fall.



THE END

Subject groups

Dear Upbeat

Please tell me what people mean when they talk about the General Subject Group, the Commercial Subject Group and the Science Subject Group.

Irvin Santi

Dear Irvin

Thank you for your letter. People divide subjects into groups like this, to help students decide what they are going to study.

There are many different subjects in each groups. But here are the main ones.

General subjects are subjects like History, Geography, Biblical Studies and Agriculture.

Commercial subjects are Accountancy, Business Economics and Economics.

Science subjects are subjects like Biology and Physical Science.

If you want to go to university, you need different combinations of subjects. It depends on what you want to study. To get into university, you need to pass four subjects on higher grade and two subjects on standard grade. But you need to check that you have the right subjects.

If you want to check your subjects, contact:-

Education Support Programme
201 Management House
38 Melle St
Braamfontein
Tel: (011) 339-2380

or:-

Education Information Centre
Khotso House
62 Marshall St
Johannesburg
Tel: (011) 834-7861.

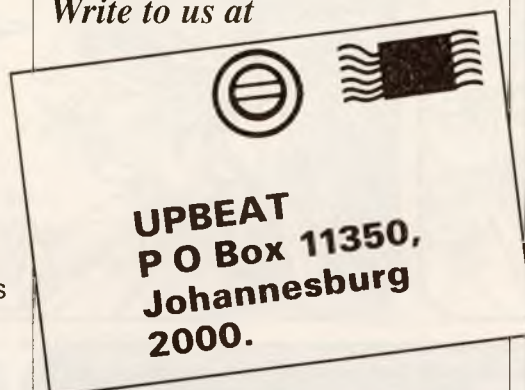
Editors



Problems with studying or careers?

You are not alone.

Write to us at



University and Technikon addresses

Dear Upbeat

I am in Std 9 at Ukusa High School. I want to continue studying when I finish my matric. But my parents do not have enough money. Please tell me where I can get a bursary and send me the addresses of a university or technikon.

Fortunate Ncwane

Dear Fortunate

Here are the addresses of all the universities in our country. If you want a bursary, write and find out about bursaries now. All universities have lists of people who give bursaries.

- University of Bophuthatswana, Private Box 2046, Mafikeng
- University of Cape Town, Private Bag, Rondebosch 7700
- University of Durban-Westville, Private Bag X4001, Durban 4000
- University of Fort Hare, Private Bag X1314, Alice 5700
- Medical University of South Africa, P O Medunsa 0204
- University of Natal, King George V Ave, Durban 4001
- University of Natal, P O Box 375, Pietermaritzburg 3200
- University of the North, Private Bag X5090 Pietersburg, 0070
- University of the OFS, P O Box 339, Bloemfontein 9300
- Potchefstroom University for Christian Higher Education, Potchefstroom 2520
- University of Pretoria, Brooklyn, Pretoria 0181
- Rand Afrikaans University, P O Box 524, Johannesburg 2000
- Rhodes University, P O Box 94, Grahamstown 6140
- University of South Africa, P O Box 392, Pretoria 0001
- University of Stellenbosch, Stellenbosch 7600
- University of the Transkei, Private Bag X5092, Umtata, Transkei
- University of Venda, Private Bag, X2220 Thohoyandou, Venda
- University of the Western Cape, Private Bag X17, Bellville 7530
- University of the Witwatersrand, Jan Smuts Ave, Johannesburg 2001
- University of Zululand, Private Bag, X1001, Kwa-Dlangezwa 3886
- Khanya College, P O Box 11350, Johannesburg 2000

Look out in the next Upbeat.

We will publish a list of all the technikons in South Africa.

Editors



Children in primary school struggle when they learn only in English.

WHAT LANGUAGES FOR OUR SCHOOLS?

For many years students have struggled to learn in English. Now, for the first time, the Department of Education and Training (DET), is asking parents to vote on what languages to use at school. The DET say that parents can choose one of three ways. Here Upbeat summarises the three choices.

THE STRAIGHT CHOICE English from Sub A

Kathy Lockett of the University of Natal is very worried that parents will vote for this choice. She says it is very stressful for children to start school in a strange language.

Learning in a new language makes learning to read and write very hard. Science and Maths also become more difficult. Many countries in Africa started children off in school, in English. But there were many problems. Students left school unable to read and write in their own language or English.

SUDDEN TRANSFER Changing to English in Std 3

Everyone agrees that this does not work. Kathleen Heugh of the National Language Project says, 'At the moment children learn in their own language until Std 2. They learn English as a subject. Most children have about 500 - 800 words in English by the end of Std 2. But they need

at least 3 000 words to learn in English in Std 3! So more children fail Std 3 or drop out than in any other standard at school.

GRADUAL TRANSFER Children start in their own language and slowly change to learn in English, subject by subject.

Peta Constable is a researcher for the National Education Policy Investigation and READ materials Development manager. Peta believes that teachers should use English and the children's own language in the classroom from Sub A. In this way children confidently learn in their own language. At the same time, they listen to and hear English. Peta also feels that English and

Afrikaans-speaking children should also learn some subjects in another language.

The National Language Project in Cape Town agrees with Peta. But they say a third language must also be taught. In this way no-one will feel forgotten. People who don't speak English at home will stop feeling that their language is not good enough!

All the educationists agree that DET has not given parents enough time or enough information to make a proper decision. They say that the DET is rushing ahead. They want to solve a very serious problem too quickly. More time, money and energy must be spent. Then we can make the best decision for the future of our children. ◀

PENFRIENDS

TRANSVAAL

135 Minerva Ave, Sandton 2196

Dear Upbeat

I am a lonely guy of 25. I want to correspond with boys and girls of 19-30 from all over the world. My favourite pastimes are watching TV, reading and listening to music. Please reply in English and enclose a photo if possible.

HAYES HIWAH

**11 New Brunswick Place, Ext 7,
Eldorado Park, 1812**

Dear Upbeat

I am a girl of 16. I would like to correspond with girls and boys of 14-18 years. My hobbies are dancing, modelling and baking. My favourite singers are Whitney Houston and Brenda Fassie. I promise to reply all to letters in English or Afrikaans.

Stella Adams

13264 Nkadimeng St, Daveyton 1507

Dear Upbeat

I am a 20-year-old gentleman. My hobbies are the outdoors, reading, music, soccer and my favourite team is Orlando Pirates.

Please reply in English or Zulu.
Photos are welcome.

Andrew Khumalo

**437 Sekhiri St, Zone 8,
P.O. Meadowlands 1852**

Dear Upbeat

I am a 13-year-old girl doing Std 6. I would like to correspond with boys and girls of 13-17. My hobbies are reading, singing, dancing and going to church. My favourite stars are Brenda Fassie, Karyn White, Chicco, Michael Jackson, M.C. Hammer and Miriam Makeba. I promise to reply to all letters written in English. Photos are welcome.

Busisiwe Mahlangu

NATAL

**Lutheran Girls College, Box 20028,
Empangeni 3880**

Dear Upbeat

I am a girl of 17. My hobbies are listening to music, going to movies, parties, disco's and sharing knowledge with other people. I want to correspond with guys and girls of any age.

Please write to me in English or Zulu.
Photos are welcome.

Lovemore Magagula.

**3 Claremont Road, Mountain Rise,
Pietermaritzburg 3200**

Dear Upbeat.

I am a girl of 13 doing Std 6. I want to correspond with girls and guys of all ages. My hobbies are dancing, listening to music, playing games, having fun and going out. I promise to reply to all letters written in English.

Rahkee Orree

**56 Appalacian St, Shallcross, Durban
4093**

Dear Upbeat

I am a girl of 15 doing Std 8. I would like to correspond with girls and boys of 15-21. My hobbies are dancing, reading, listening to music, playing netball, watching soccer and watching television. I will reply to English letters. Photos are welcome.

Samantha Pillay.

CAPE TOWN

46 Sentinel St, Mitchells Plain 7785

Dear Upbeat

I am a girl of 20. My hobbies are swimming, dancing and collecting stamps. I want to correspond with penpals from all over the world who are 20-25. I will answer all letters.

Francesca Baadjes.

AFRICA

P.O. Box 40262, Windhoek, Namibia.

Dear Upbeat

I am a male of 22. I am a student at the University of Namibia, doing a teaching diploma. I would like to correspond with males and females of all ages. My hobbies are reading, dancing, sports, writing letters and going to church. I promise to reply to all letters written in English with photos.

Justus Kashindi

P.O. Box 49, Mbabane Swaziland

Dear Upbeat

I am 18 years old. I would like to correspond with girls and boys of 16-22. My hobbies are listening to music, watching movies and reading. Letters must be written in English.

Gugu.M.Dladla

OVERSEAS

**Hagvagen 30, 19440 Uppl.Vasby,
Sweden**

I am a girl of 15. I want to correspond with a South African girl my age. I am interested in music, friends, other cultures, writing letters, dancing, singing and languages. If you have the same interests, please write to me.

Gunilla Tegen

**Externat ste Marie, Chen Du Convent,
BP 31, 38291 La ver Pilliere**

Cedex, France

Dear Upbeat

My name is Elise. I'm going to be 17 on my next birthday. I am a French woman. I speak Spanish, French and a little English. I would like to exchange ideas with someone about what is happening in South Africa. I hope to visit your country someday.

Elise Ville

39, 633 53 Eskilskuna, Sweden

Dear Upbeat

I am a Swedish girl of 17. I would like penfriends from South Africa, both boys and girls my age. My hobbies are dancing, sports and photography and music.

Jessica Andersson

**7 Villa des Acacias,
Rosny Sous Bas 93110 France**

Dear Upbeat

My name is Julie Ypsroa. I am French and I am 16 years old. I would like to correspond with girls and boys. My hobbies are riding horses, listening to music and drawing. I would love to receive letters from Upbeat readers.

Julie Ypsroa

Hassletvagen 39, 43932 Onsala, Sweden
Dear Upbeat

I am a 15-year-old girl who would like to correspond with girls or boys of 13-17. It would be nice if you could send a photo of yourself.

Ann Lindgard

Peanut Stew

So you thought peanuts were just for snacking on. Well, you were wrong. Try out this delicious and nutritious peanut stew. It comes from Ethiopia. Eat it with rice or millet.



Ingredients

2 cups of peanuts,
ground up or 1 cup of
peanut butter

4 tablespoons of
margarine

1 small onion

1 tablespoon tomato
paste

½ teaspoon fresh or
dried thyme

½ teaspoon ground mix
spice or a mixture of
cinnamon and nutmeg

1 teaspoon paprika

2½ cups water

salt and pepper

Method

1 Heat the margarine in a pan and cook the onion for 3 minutes, until it begins to turn golden.

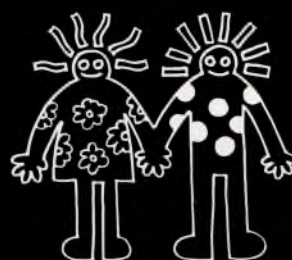
2 Add the tomato paste, thyme, mixed spice and paprika, salt and pepper. Stir well to combine the ingredients.

3 When the onion is cooked, put in finely ground peanuts or peanut butter. Mix with enough water to make a smooth but thick paste. Check the seasoning. Let the stew heat through.

4 Serve with millet or rice and a cucumber salad.

This is taken from the New Internationalist Food Book by Troth Wells.
With many thanks.

ADVERTISEMENT



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a round table national project



for the prevention of child abuse

KEEP COOL IN EXAMS

The end of year exams are almost here. What a terrible time of the year it is!

Here are a few tips to help you through your exams.

They will keep you on top, scoring all the marks you deserve.

BEFORE THE EXAM



PREPARE WELL

Work hard now. Then you will go into the exam room, feeling confident. When you are well prepared, writing exams is a challenge. So, study hard so that you really understand your school work.



ORGANISE YOURSELF

Make sure you know your exam timetable. Find out as much as you can before the exam starts. Ask your teacher exactly what section is being tested. Check how many questions there are and how many marks there are for each question. Make sure you know how long the exam will be. And don't forget to check where you will be writing the exam.

IN THE EXAM



LISTEN TO THE TEACHER

Listen to what the teacher in charge says. There may be mistakes on the paper. If you don't listen, you won't know





this. Teachers also tell you how much time you have left during the exams. This helps you to know whether you can slow down or whether you must rush.

▶ FOLLOW INSTRUCTIONS

Read the instructions on the exam page carefully. The instructions will tell you what sections and questions you must answer. Make sure you know exactly what you must do. Sometimes you have to answer all the questions. Other times, you can choose which questions to answer. Ask the teacher if you are not sure.

▶ PLAN YOUR TIME

Don't start writing as soon as you get into the exam room. Read the paper first. Plan how you will write it. Check how many marks there are for each question. Try to spread your time out over each question. Don't spend 2 hours answering one question and one hour trying to answer three questions.

Here is a way to work out your time:

Let's say y = total marks for the exam

z = total number of minutes for the exam

X = number of marks per question

Work out this equation:
 $y \div z \times X$ = the time available for each question.

Let's say you must do 6 questions of 50 marks each. The exam is 3 hours long. The total marks for the exam are 300.

Your equation will look like this:
 $300 \text{ (total marks for exam)} \div 180 \text{ (total minutes)} \times 50 \text{ (marks per question)} = 30 \text{ minutes}$

Your answer tells you how long you can spend on each question.

▶ READ QUESTIONS CAREFULLY

Make sure you know what is wanted before you write anything down. Underline the most important words in the question.

▶ WHAT TO START WITH

It is best to start with the questions you feel most confident about. By doing this, you give yourself time to answer them while you are still fresh. But don't spend too much time on one question.

IT'S COMPETITION TIME

Win a great pen and pencil set worth R40. Write and tell us about your worst moment in an exam. Send your stories to:

Upbeat Exam Competition,
 P O Box 11350
 Johannesburg 2000.

CLOSING DATE: 31 NOVEMBER

KEY WORDS USED IN EXAMINATIONS

- describe** - give a detailed account or explanation
- define** - give the exact meaning or phrase
- distinguish between** - note or compare the differences
- give an account of** - explain in detail
- outline** - describe generally an event or process. Do not give lots of detail
- state** - present briefly and clearly
- analyse** - describe and criticise
- compare** - look for differences and similarities between two things
- discuss** - give reasons for or against something, argue a point of view
- explain** - say what something means, give reasons

▶ DON'T PANIC

Try not to worry about forgetting work. Your brain is like a computer. All the work you have studied is carefully stored in your brain. Stay cool! It will all come out when you need it to. The more you worry, the more likely you are to forget.

Good luck with your exams. Follow these tips and come out tops.

Good luck!

DO THE STARS FORETELL?

By Rinky Cohn

Many people believe in the power of the stars. They read their horoscopes in newspapers and magazines. People look to the stars to find out what the future holds. How do the stars foretell? Read on and find out.

Jodi Klavansky (16) reads her stars in the newspaper. 'I read my horoscope about every second day.

I don't believe in astrology but I read my horoscope to see if it is right. But horoscopes are also bad. If you hear you are going to have a bad day, it will be bad, because you expect it to be.'

Marc Rees (15) is not sure whether he believes in the stars or not. 'There is no proof that astrology is accurate. But I don't disbelieve. At the same time, I don't let what is in the stars rule my life. If it was true, a million Pisceans would do the same thing on the same day,' she said.

But Kwanele Radebe (13) says she hardly ever reads her signs. 'When I do, I find they have nothing to do with what is happening in my life. But I enjoy reading the star signs of people I am close to. I then judge if they are true or not,' he said.

People often confuse astrology and astronomy.

Astronomy is the study of the stars, planets and moon.

Astrology is the belief that the position of the stars and planets when you are born, affects and influences your life.

ASTRONOMY

Our solar system consists of the sun and different planets. The

planets are Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto.

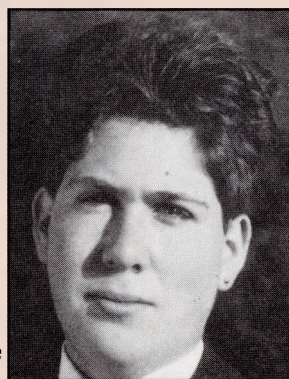
At first people thought that the sun and the planets revolved around the earth. But early astronomers studied the night skies. They soon realised that the planets revolved around the sun.

Today we know that the sun is a huge star, 93 million miles away from the earth.

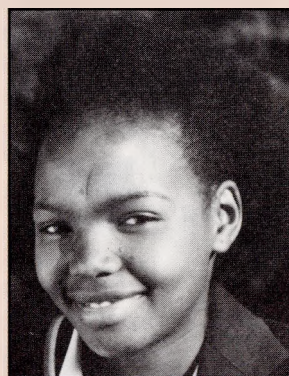
Our solar system is part of the galaxy of stars called the Milky Way. The Milky Way is just one galaxy within the Universe. Today astronomers use powerful, electronic telescopes to see stars all over the Milky Way.



Jodi Klavansky



Marc Rees

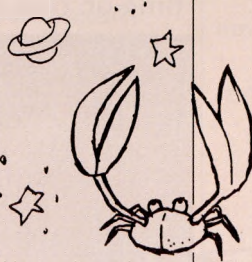


Kwanele Radebe

ASTROLOGY

More than two thousand years ago ancient Greeks found shapes in groups of stars. They called these shapes **constellations**.

They gave each constellation a name according to its shape. The Greeks said there were 12 main constellations. The Greeks divided the year up according to where the



sun was in relation to the constellations. These 12 constellations make up the zodiac.

The signs of the zodiac

AQUARIUS - the water bearer;
(January 20 - February 19)

PISCES - the fish;
(February 20 - March 20)

ARIES - the ram;
(March 21 - April 20)

TAURUS - the bull;
(April 21 - May 20)

GEMINI - the twins;
(May 21 - June 21)

CANCER - the crab;
(June 22 - July 22)

LEO - the lion;
(July 23 - August 22)

VIRGO - the virgin;
(August 23 - September 23)

LIBRA - the scales;
(September 24 - October 23)

SCORPIO - the scorpion;
(October 24 - November 22)

SAGITTARIUS - the archer;
(November 23 - December 20)

CAPRICORN - the goat;
(December 21 - January 19)

When you are born a constellation has a particular position in the sky. Astrologers believe that this position is very important. It influences what kind of person you will be - angry, friendly, kind or quick tempered. Astrologers examine the stars. Then they predict what may happen to you in the future.

Is this the month to start a new project, fall in love or go on holiday? Some people believe that the answer lies in your stars. ◀

SPEAK OUT!

Do you read your stars to find out what the future holds? Share your ideas by writing to:

**Upbeat Speak-Out,
PO Box 11350,
Johannesburg
2000.**

New Words

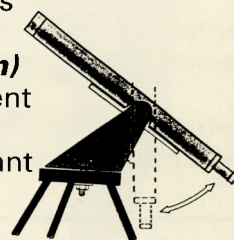
solar system - a group name for the sun and the planets that move around the sun

galaxy (n) - a very large group of stars

milky way (n) - the broad bright band of stars formed by our galaxy

constellation (n) - a smaller group of stars

telescope (n)
- an instrument used to observe distant objects



to revolve (n)
- to go around and around

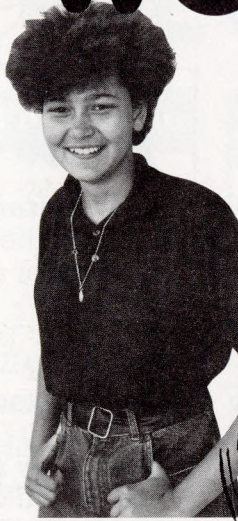
to predict (n) - to say what is going to happen.



WILLIE WORDWORM

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

GIRLS
GET BAD
NAMES
BOYS GET
FRIENDS



pressure (n) - when someone tries to make you do something that you're not sure of



reputation(n) - what people say about a person (or thing)

recognition (n) - when you are known by lots of people

consequences (n) - the result of something you did or said

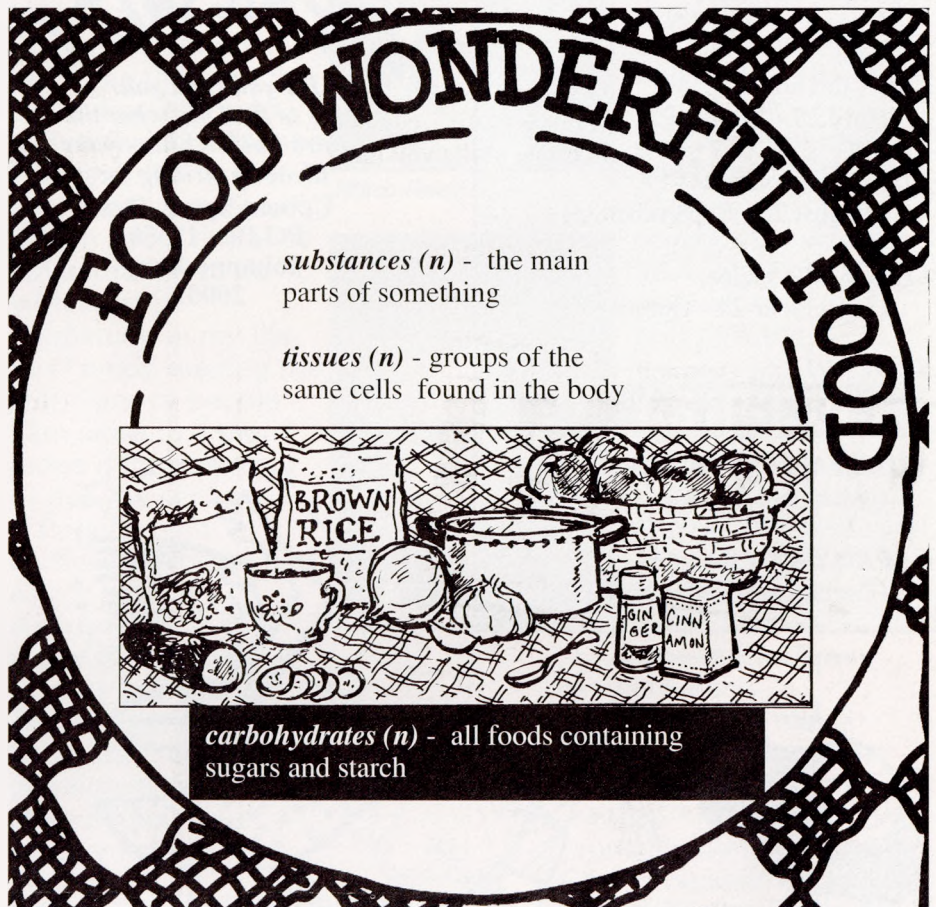
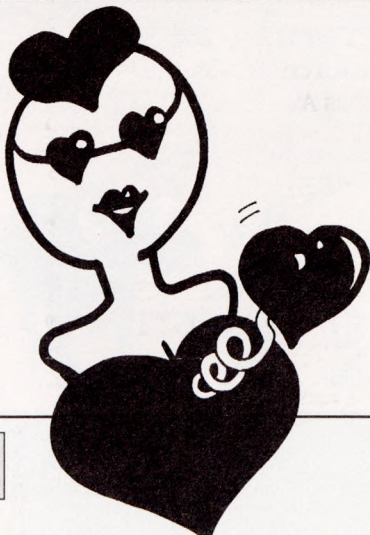
READERS' WRITINGS

tolerance (n) - being able to get on with people who are different

kaleidoscope (n) - a toy you can look through to see different colours

to flicker (v) - to have fast to and fro movements

to adore (v) - to love very much





FIGHTING BACK- THE STORY OF ROSE BLANCHE

scruff (n) - the back of your neck

puddles (n) - shallow patches of water found especially on roads

estimate (v) - to guess the amount or value of something

immensely (adj) - greatly or extremely

gloom (n) - a dark and sad place

motionless (adv) - not moving

to be dispirited (v) - to have lost courage

frantically (adv) - wildly

to echoe (v) - a sound that is heard again



ZAPMAG'S
Vusi Twala

eye-opener (n) - when you experience something that changes the way you think

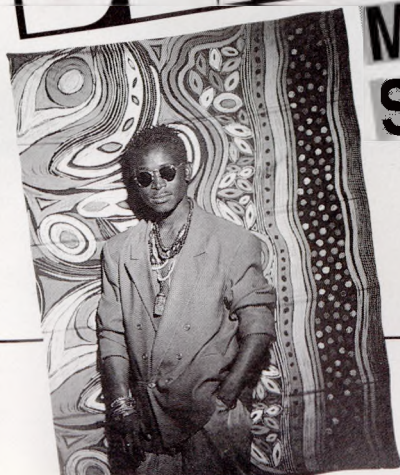


Advertisement

to qualify (v) - to make or be able to do something because of certain skills you have

potential (n) - a talent that can be developed

THE
FULL
BLAST
MUSIC
SHOW



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part-time.

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Clothing Manufacturers & Wholesalers
5 Princes Avenue
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The
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FAIM
Talent Search

Please Study Hard
and do your Best
With Love
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