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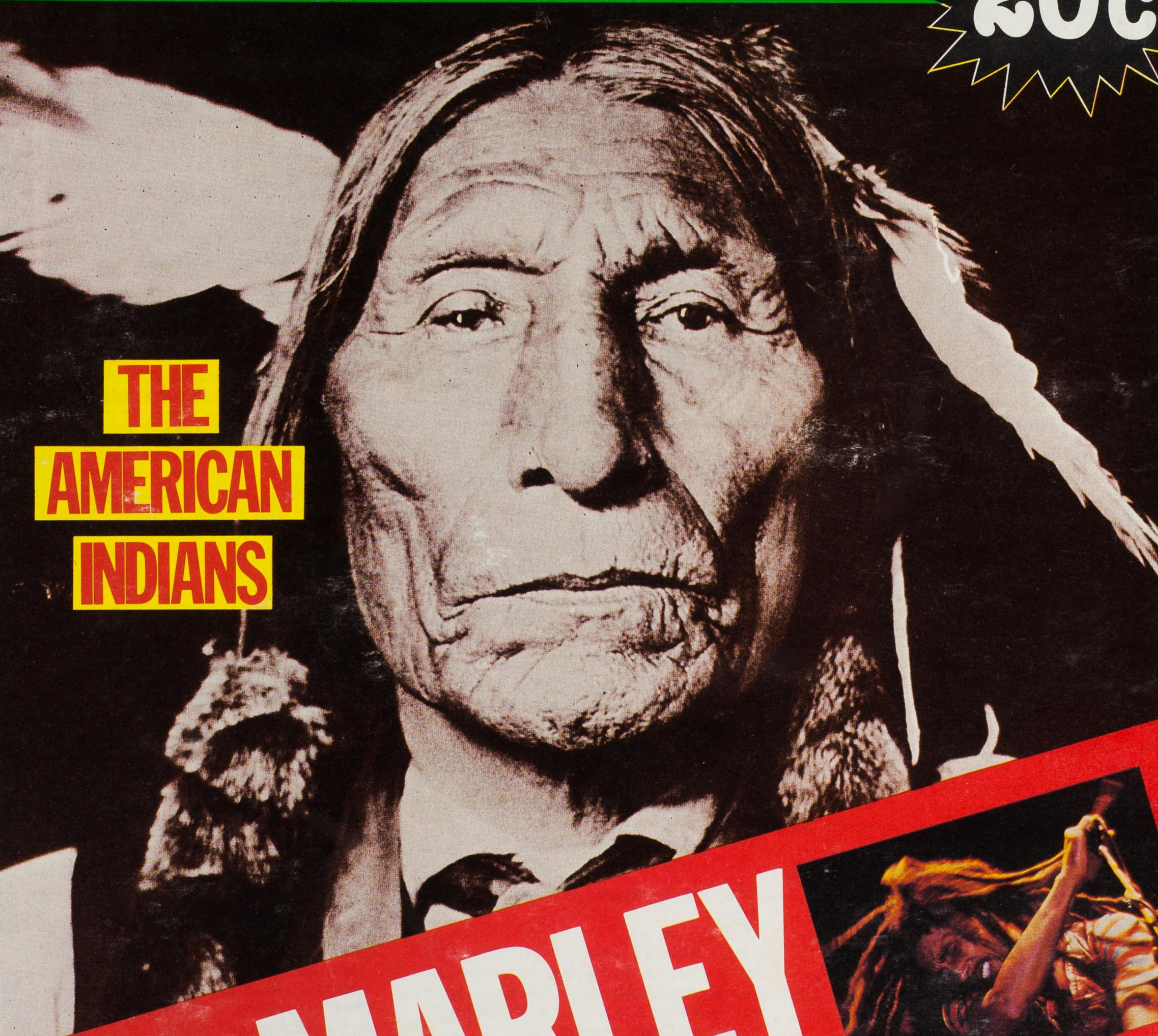
1983

Number 4 1983

Upbeat

GET WISE TO THE WORLD WITH THE ONLY
S.A. MAGAZINE FOR TEENAGERS

20c




**THE
AMERICAN
INDIANS**

BOB MARLEY
SPECIAL PULL OUT POSTER



**UPBEAT VISITS BOTSWANA
HOW TO USE A LIBRARY**



Penfriends

87-11th Avenue, Alexandra Township,
Johannesburg 2000.

Dear Upbeat,

I am a 14 year old doll and I am in standard 6C. My hobbies are reading books, listening to the radio, watching television and baking. I would like to correspond with boys and girls who are between 13 to 16 years old.

Yours sincerely, Monica Monaheng.

120 Arlberg Avenue, Eldorado Park, Extension II, Johannesburg 1812.

Dear Upbeat,

Well I have lately heard that you can introduce penfriends to lonely colleagues. Well I am the lonely one and will appreciate it if you can give me foreign or S.A. penfriends. I am a female but either sex is suitable. I will allow ages of 14-16 years old. I am really looking forward to it and thank you.

Yours sincerely, Nicolette de Jongh.

44a Bonteheuwel Avenue, Bonteheuwel 7764.

Dear Upbeat,

I am 14 years old and I would like to correspond with boys and girls from Durban or Johannesburg older than me. My hobbies are cycling, pop music, writing letters and competitions. All letters will be answered. Photos if possible.

Yours sincerely, Ragiema.

Geelhout Rd, Bonteheuwel 7764.

Dear Upbeat,

I am in Std. 6, my age is 15 and I would like to have penfriends between the ages of 17 and 21. My hobbies are listening to the radio, dancing, tennis and mountain climbing. My ideal in life is to be a nurse. I would like to have penfriends from all countries. I can send a photo with my letter and would love to receive photo's.

Yours sincerely, Stella Prinsloo.

Geelhout Rd, Bonteheuwel 7764.

Dear Upbeat,

I am 15 years old and in Std. 6. My hobbies are dancing, writing letters, pop music and sports. I would like to correspond with girls and boys aged 17 years. I would like to have penfriends from other countries, but not Cape Town please.

Foto's are welcome and all letters will be answered.

Yours sincerely, Caroline Lewis.

37 Vogel Court, Lavender Hill, Retreat 7945.

Dear Upbeat,

I am in Std. 5 at Lavender Primary. My birthday is on the 3 November. I will be 13 years old. My hobbies are swimming, baking, netball, writing letters and receiving them. I would like boys and girls from eleven upwards to write to me. Hope to see my name in "Upbeat".

Thanks.

Yours sincerely, Anthea Cornelius.

17 Gascon Avenue, Mayville 4091.

Dear Upbeat,

I am 15 years old and I would like to correspond with teenage guys and gals between the ages of 16 and 18. My hobbies are disco dancing, roller skating, pop music, outdoor life and ballroom dancing. I hope to hear from you soon. All letters will be answered. Photo with first letter if possible.

Yours faithfully, Cheryldene Dirkssen.

12 Anchova Place, Newlands East 4051.

Dear Upbeat,

I am a 12 year old girl. I enjoy reading your fabulous magazine. I would like penfriends between the ages of 10 and 13. They can be from any part of the country. I would only like girls please, and a photo if possible. My hobbies are reading, writing letters, roller skating and I also enjoy needlework. I would also like to share patterns.

Yours truthfully, Cloretta Moses.

349 Block 7, Odendaalsrus 9480.

Dear Upbeat,

I am a scholar at Phetello Senior Secondary School. I am in Form III. My hobbies are reading, attending church, letter writing and singing or listening to music. I would like to correspond with boys and girls of my age or older. I am 16 years old.

Yours faithfully, Grace Mhlafu.

67 6th Avenue, Ravensmead 7500.

Dear Upbeat,

My age is 12 years. I am in Std. 4. I attend Good Hope Primary School. My hobbies are dancing, disco music and netball. I would like penfriends (girls or boys) between the age of 12 and 14. I hope to hear from you soon.

Yours sincerely, Portia Hendricks.

Hunter Rest Farm, New Eisleben Road, Phillipi 7781.

Dear Upbeat,

I am 16 years old. My hobbies are listening to the radio, dancing and pop music. I would like to communicate with girls from Durban, Johannesburg and Pretoria. If people want to communicate with me from other places they are welcome.

Yours sincerely, Sylvia April.

37 Camellia Street, Bonteheuwel 7764.

Dear Upbeat,

I am 16 years old. My hobbies are dancing, outdoor life, girls, writing, skating and singing. I will send my first penfriend a photograph. I would like to communicate with girls from 15 to 18 years of age.

Yours faithfully, Claude Hector.

3 Carnie Road, Rylands, Athlone 7764. Cape Town.

Dear Upbeat,

I am a Moslem girl aged 15. My hobbies are reading, singing, cinema and I like motorcycles and sportscars. I would like to correspond with girls between the ages of 13 to 15, preferably outside the Cape Province.

Thank you, Najma Mohamed.

34 Bloemendal Way, Westridge, Mitchell's Plain, 7785

Dear Upbeat,

I would like male pen-pals out of Cape town between the ages of 17 and 20. My hobbies are roller-skating, discos, badminton and volleyball. My star is Virgo, and if you want to know more . . . pick up your pen, guys.

I love you all,

Jackie Adams (Blondie)

169 Tladi,

P.O. Box Kwa Xuma, 1868.

Dear Upbeat,

I am a girl of 15 and I would like to correspond with girls of 12-15. My hobbies are netball, tennis and music. I am in standard 5 at Dr. Watson Higher Primary School at Moletsane. Girls are welcome to write.

Maria Ramasillo.

African Pen Pals

Matshekge Hill School,

Private Bag 24, Selebi, Phikue.

Dear Upbeat,

I am a boy of sixteen years old. I am doing form II. I am a citizen of Botswana. My hobbies are playing softball. The best thing I like is reading. I read many books from the library to help me to improve my knowledge. I want to find out about South Africa, and I will also tell you about Botswana. I will be very happy if my letter is considered.

Yours faithfully

Molaodi Matema.

Instituto de Linguas,

Nua Comandante Candoso No. 135,
Polana, Maputo, Mozambique.

Dear Upbeat,

My name is Elisia Macamo. I am 17 years old and I was born here in Mozambique in the province of Gaza. Now I'm studying here in Maputo, capital city of my beautiful country, attending a course at the Language Institute. I am learning to be a guide, interpreter and translator. I'm learning English and this is my first year. I would like to receive letters from any person who knows English to help me increase my knowledge of this language and also to help me learn about other people. My favourite games are basketball, table tennis and chess. My hobbies are reading, dancing and listening to music (reggae and punk). I hope that some Upbeat readers will write to me.

Yours sincerely

Elitsio Macamo.

French Penpals

13 Rue Lucien Manés,

91330 Yerres, France.

Dear Upbeat,

I would like a pen-friend from South Africa. I can write in French, English and Spanish. My hobbies are listening to music, swimming, collecting stamps and writing to pen-friends! I am 15 years old.

Florent Charles.

No. 9 Hessange,

57 640 Vigy, France.

Dear Upbeat,

I am a 14 year old girl. I live in Hessange next to Metz in France. I have brown hair and blue eyes. I have two sisters and a dog. I would like to correspond with a girl or a boy from South Africa. My hobbies are listening to hard rock, playing basketball and skating.

Aubry Nadège.


'Les Chaumes' Arpheuilles,

18200 St. Amand, Cher, France.

Dear Upbeat,

I am interested in having a penfriend from South Africa. I am fourteen years old. I live in the middle of France in the country. I would like to correspond with a girl in English. I prefer if it's a girl and of my age. I like swimming, riding, collecting stamps, cooking, pop music and much more. I hope I will soon have a reply from you because I can't wait for a penfriend.

Daniela Kokas.



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Dear Readers,
We have a problem with our Penfriends! We just have so many that we are way behind in printing them.

So we are asking you please not to send us any more penfriend letters for the moment. We are working on a plan to catch up with the backlog, and as soon as its ready we'll let you know. Then you will be able to start sending in your penfriend letters again.

In the meantime, please be patient with us! We are doing our best!

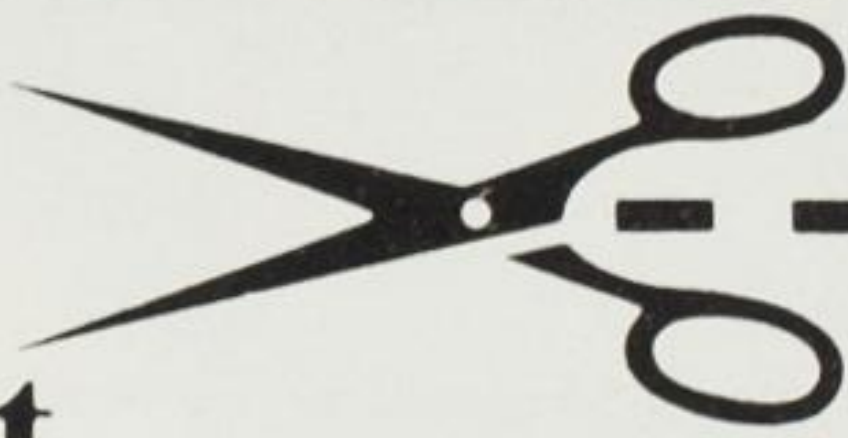
Subscribe Now

It's never too late to subscribe to Upbeat. To receive the next 10 issues in the post send a cheque or postal order for just R2,00 to Upbeat, P.O. Box 11350, Johannesburg 2000.

Upbeat writers and penpals please note

The ballot form on the right is to help us make Upbeat a better magazine for you. All contributors and penpals must please fill in a form and send it with your letter to Upbeat. If you don't want to tear your Upbeat, make a copy of the form and fill it in.

Upbeat Readers Ballot



My favourite articles/stories/features in Upbeat are:

- 1)
- 2)
- 3)

Those I don't like are:

- 1)
- 2)
- 3)

Name: School:

Std.: Sex: Age:

Send replies to: Upbeat Readers Ballot, P.O. Box 11350, Johannesburg 2000.

We at SACHED (the South African Committee for Higher Education) try to help people with their education. We do this by helping people who study by correspondence for their university education. We also help adults who want to improve their education through our Correspondence College called TURRET CORRESPONDENCE COLLEGE. We assist working adults to study for their matriculation examination. And we offer courses like typing, English and Accountancy for the young adults who would like to work in offices.

But these students are not the only people we reach. We also produce two magazines. We bring out UPBEAT, especially for teenagers. And we publish THE READER. The Reader is for adults and it also comes out every month.

Sached Durban: 1st Floor, Association House, 60 Berea Road.

Cape Town: 5 Church Street, Mowbray.

Pretoria: Room 506 Willie Theron Building, Bosman Street.

Port Elizabeth: Court Chambers, 2nd Floor, Main Street.

Grahamstown: 135a High Street.

America Today

Twenty three million adult Americans are so badly educated – their reading and writing skills are so poor – that they have difficulty addressing an envelope or reading the labels on tins or bottles.

Some high-schools in America have introduced armed security guards in the playgrounds and metal detectors at the school gates because so many teenagers carry guns and knives. In Los Angeles there were over 200 gun battles between teenage gangs at schools in one year.



President of America; Ronald Reagan.

In 1980, Ronald Reagan was elected president of America. But only 53,9% of the voters turned out for that election. 47% of Americans didn't vote at all. Reagan got half of the votes cast in the presidential election. Which means that only a small proportion of the American voting population voted in one of the most powerful leaders in the world.

Fewer and fewer Americans care enough to vote in these important elections. The percentage of active voters has gotten less over the past 10 years.

The American philosophy is that everyone can reach the top. But in fact, 5% of the population owns 44% of the wealth of the country.

Films, books, magazines and newspapers carry such a lot of information about America – you almost feel as if you've been there. Many South Africans know far more about America than they do about Africa.

But the picture we get of America is not complete. Here are some facts that you probably don't know about America today.



Americans have become fitness freaks and jogging is very popular.



This is one of the homes built by a small community of drop-outs who rejected the conventional American lifestyle.



Harlem is one of the poor neighbourhoods in New York.

In America today, 11 million people are unemployed. One in every 5 blacks is out of work. In September last year, 90,000 people lost their jobs in one week.

Two million Americans are homeless. Factory workers, teachers, and social workers are among those without homes. Families are living in cars, tents and abandoned buildings.

There are 400,000 drug addicts in America and the number is growing. Many small farmers grow dagga instead of food crops.

In New York, a city of glamorous skyscrapers and great wealth, there are miserable slums where Jews, Puerto Ricans and Blacks live. There are 36,000 homeless adults

in New York. Harlem is a slum area where poor Blacks live.

There are 26,5 million Blacks in America. The fastest growing 'ethnic' section of the population is the Hispanic Americans, who come mainly from Mexico.

Buying a gun in America is easy. Over 50 million Americans own guns. In 1980, 23,044 murders were committed, 62% of them with guns.

The amount of money spent on weapons to defend America in 1983 will be \$30,000 million. But money spent by the government on social welfare has been cut, so that the poor and elderly will suffer as there is less government help for them.

If an American wants to enter

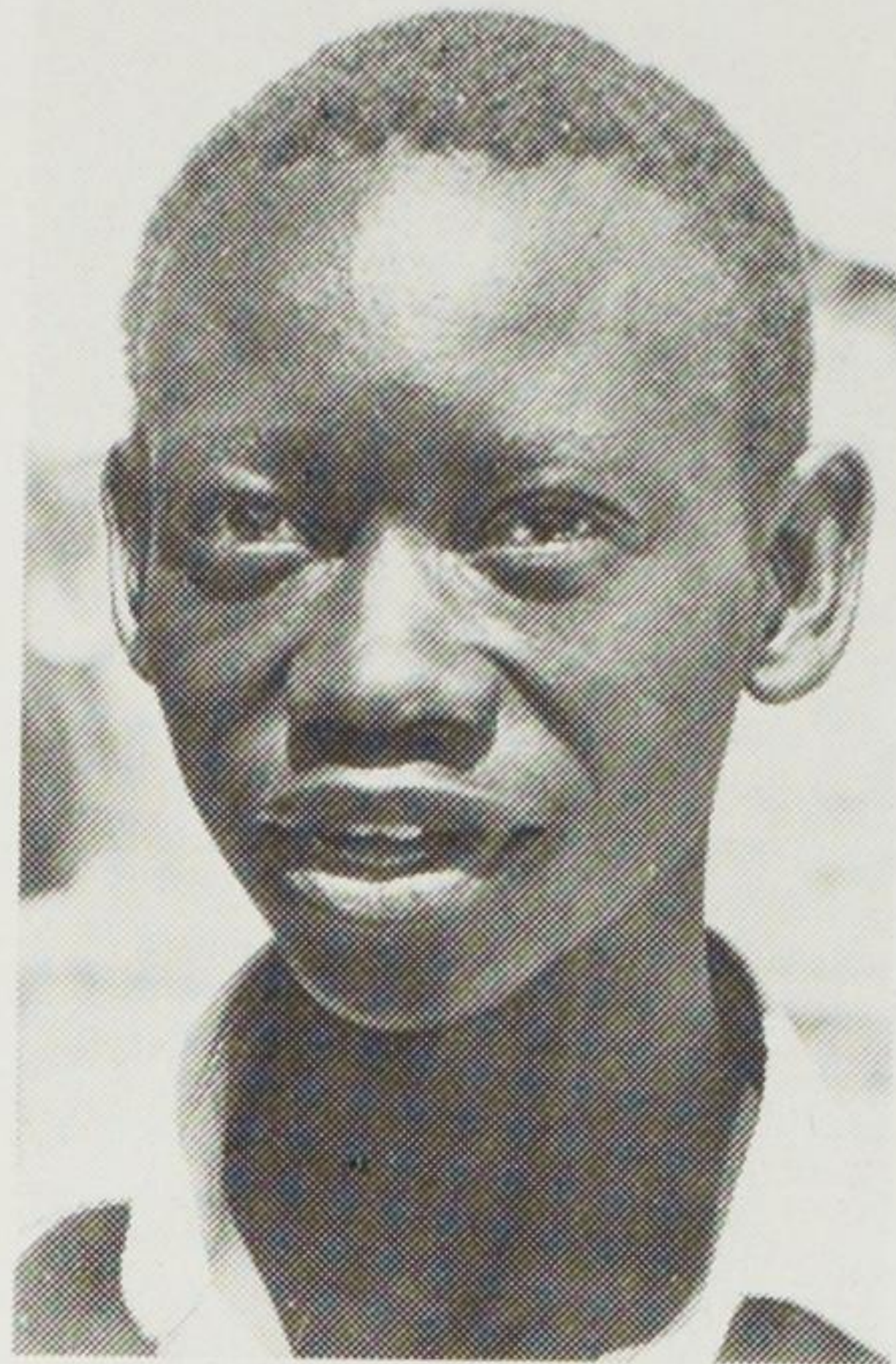
politics and win a seat in the government, he or she needs a lot of money to run their election campaign. It could cost \$1 million dollars to run a successful campaign (using a lot of T.V. adverts) and other forms of publicity. Convincing voters to vote for you costs a lot; usually the candidate with the most money to finance his vote-catching campaign is the one that wins.

A politician running for President will have to spend far more than \$1 million on his vote-catching campaign.

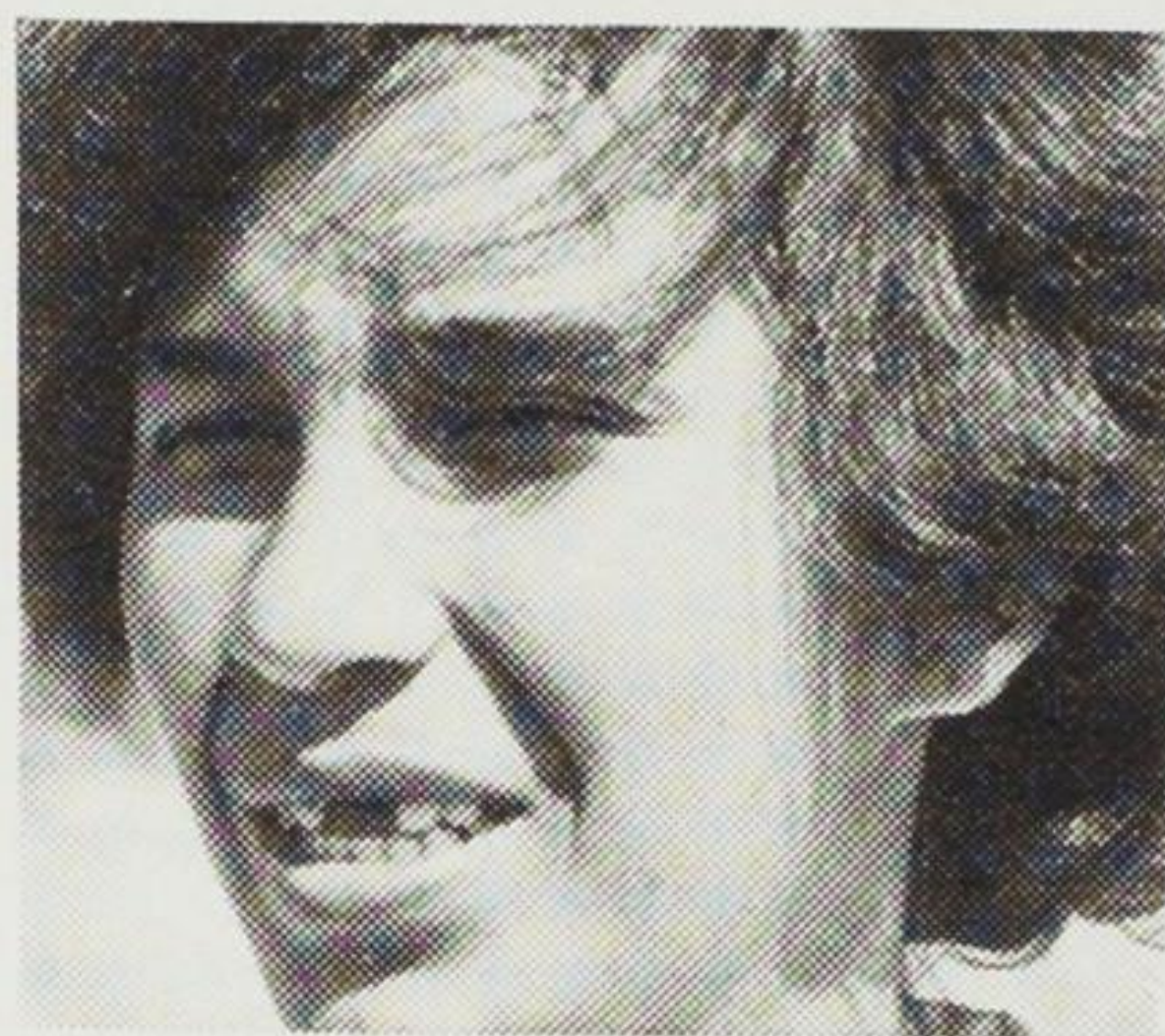
President Reagan and his wife, Nancy, are both ex-film actors. They are Republicans. There are two main parties in America – the Republicans, who are conservative, and the Democrats, who are liberal. Jimmy Carter, who was the President before Reagan, was a Democrat.

TALKSHOP

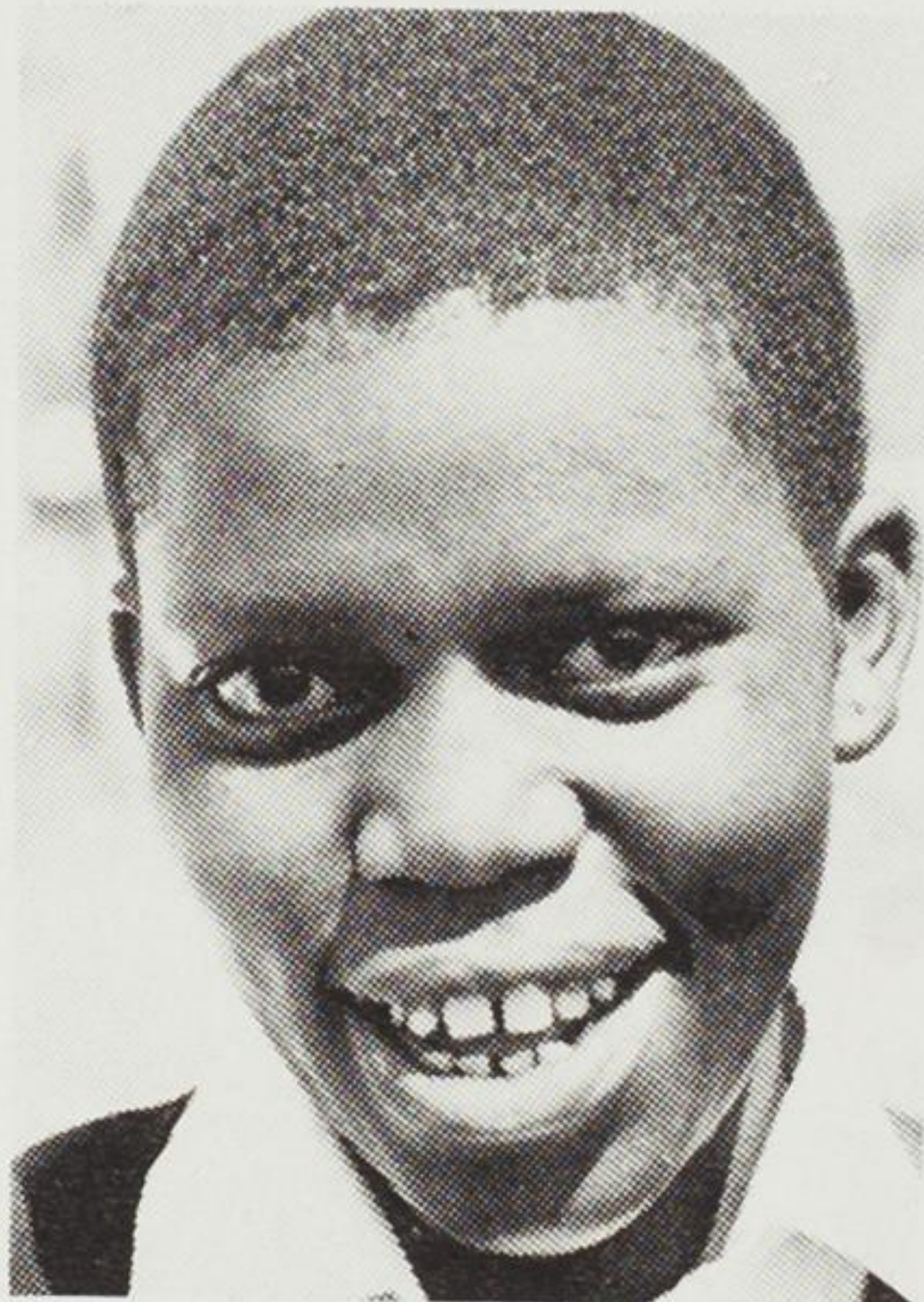
Benny Poee (14), I do not see anything wrong in going to the same class with students who are older than me. Students who are older in class are forced by circumstances to go to school with younger students. Older students also want a better future. If one has no education one leads a hard life. Older students must be allowed to stay in school.



Anita Baron (16). Nowadays life is hard. Everybody must get an education. Students must be allowed to stay in a class even if they are older than their colleagues.

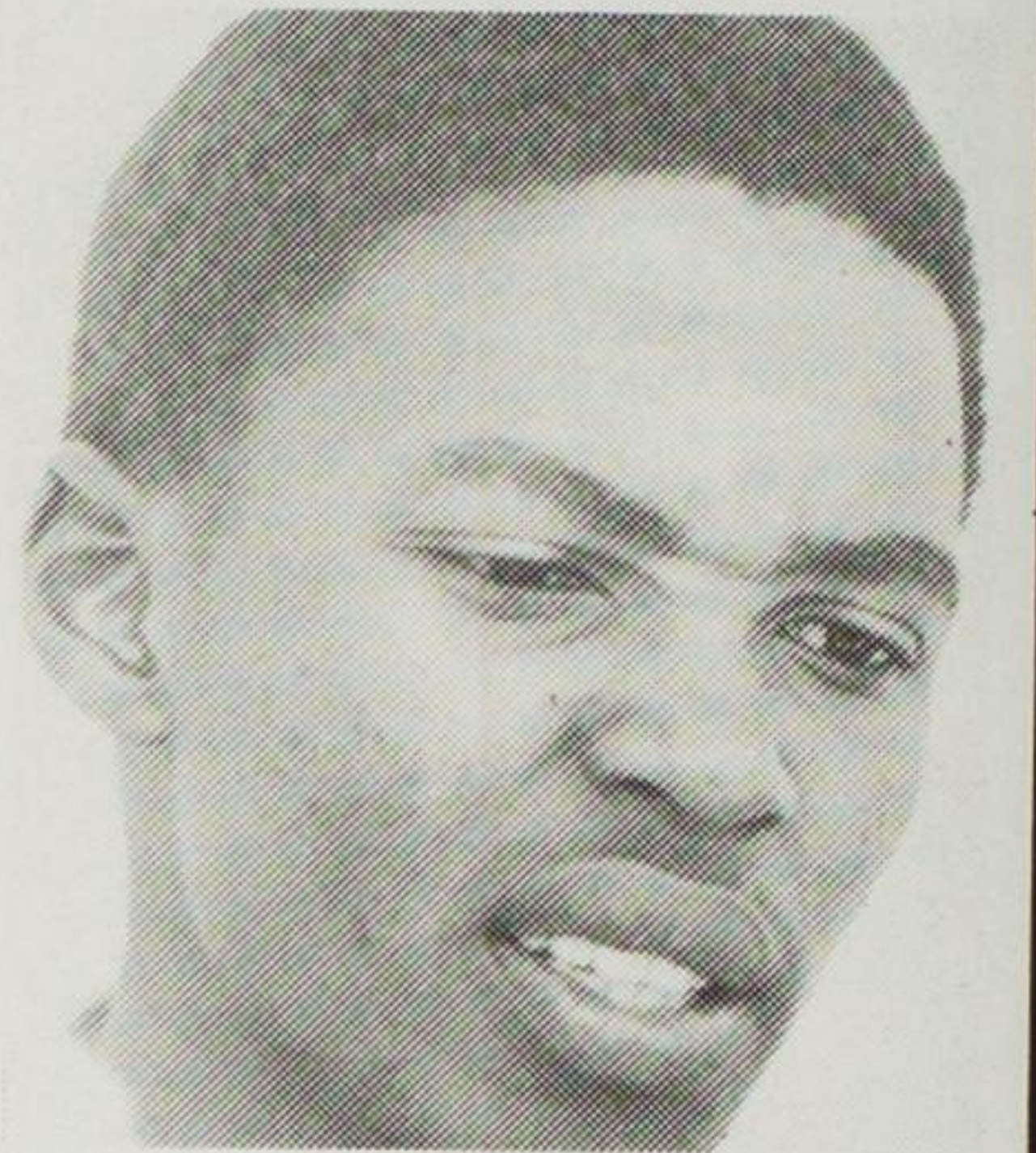


Pauline Simelane (18). Students who are older in class are a problem because when they do something wrong no one dares to call them to order. Having older students in class also means that if we have a young prefect the older students will do what they like because the prefect will be afraid of them.

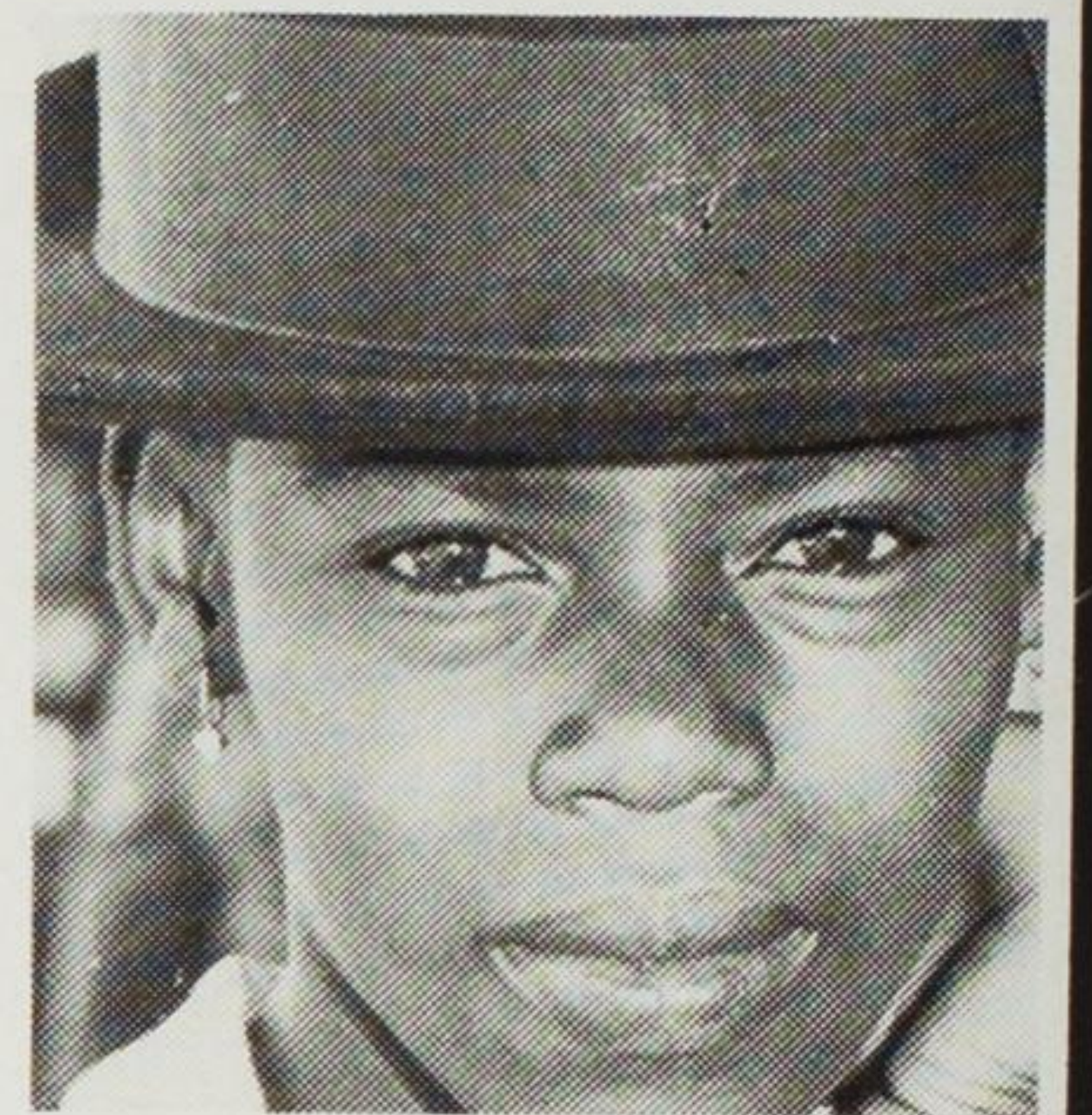


Do older students in class help in maintaining discipline and help others with their problems? Or are they just a nuisance and a drawback to their younger colleagues? To find out, Upbeat asked students how they felt about being in the same class as students who are older than themselves.

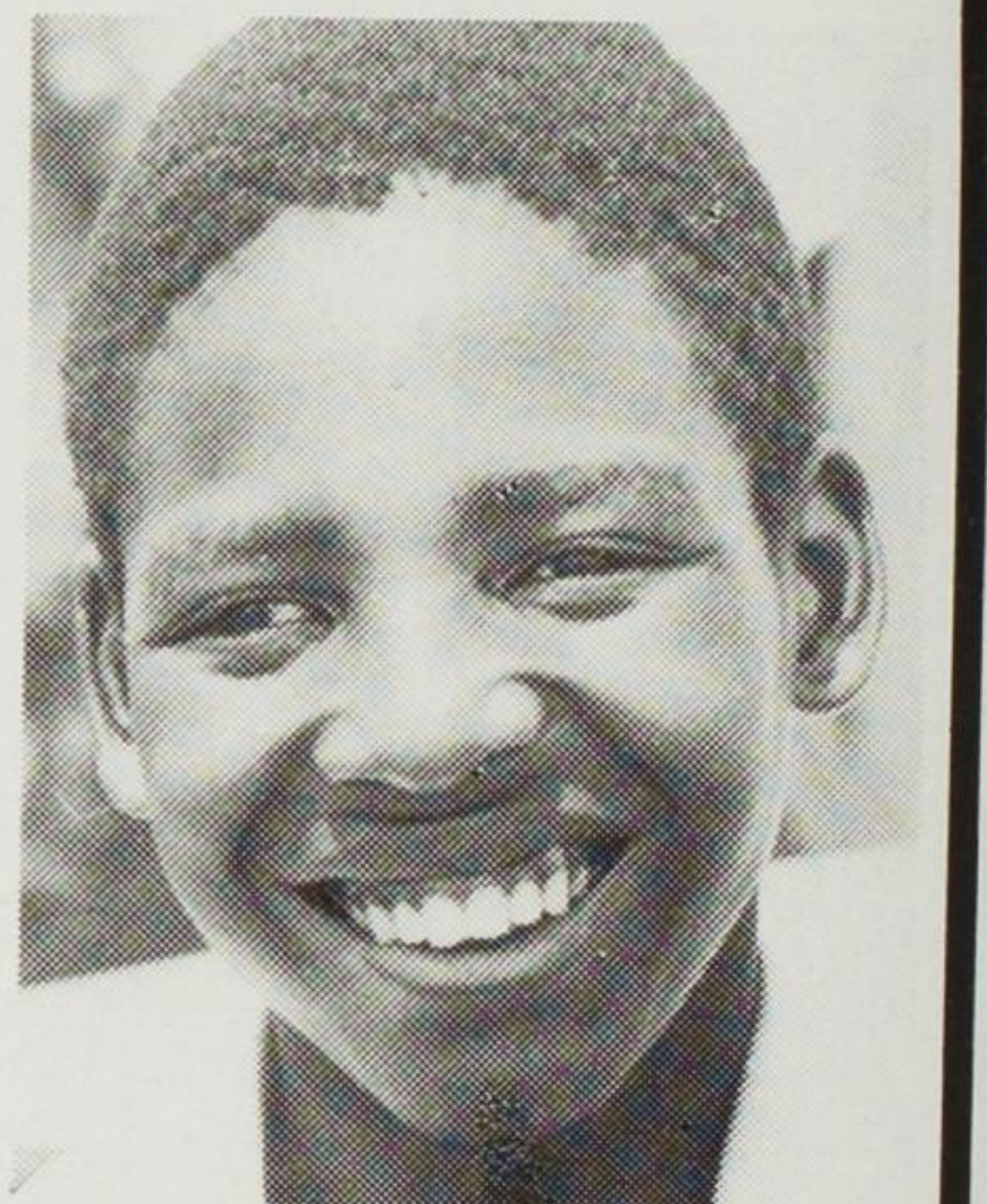
Mpho Mabe (19). All students should be treated alike in class whatever their age. I know of students who were older than most of the class but who were very co-operative. These students were never a problem in class.



Nomonde Buskwe (19). Some older students are good because they help us with school work. The problem with older students is that they like to act like prefects even if they are not. When we make a noise they threaten to beat us.



Sidney Tsotetsi (15). Older students are a problem in class. Most of them smoke so they demand money for cigarettes from us. If we do not give them money they beat us up after school. They also do not do their homework with the hope that they will copy it from us younger students.



LIVING SPEECH:

English Idioms

compiled by
Andy Mason

An Idiom is a fixed group of words with a special meaning which is different from the meanings of the separate words.

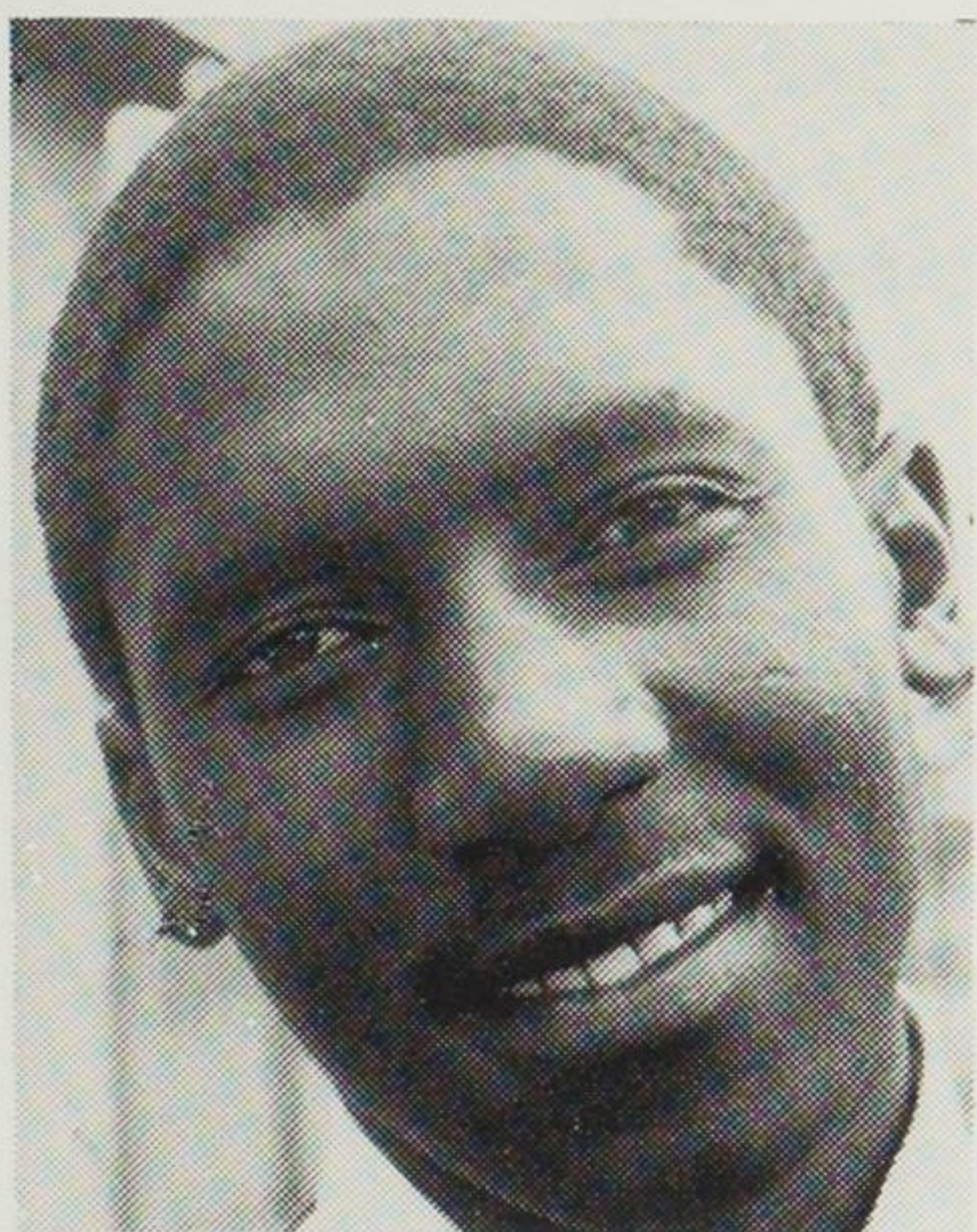
Let me fix your shirt before the button falls off. A stitch in time saves nine, you know.



Don't worry - Tomorrow is another day.

A stitch in time saves nine - Fix the problem now or it will get worse. Tomorrow is another day - Don't bother about problems today - There will be time tomorrow to fix them up.

Bus Fares Up!



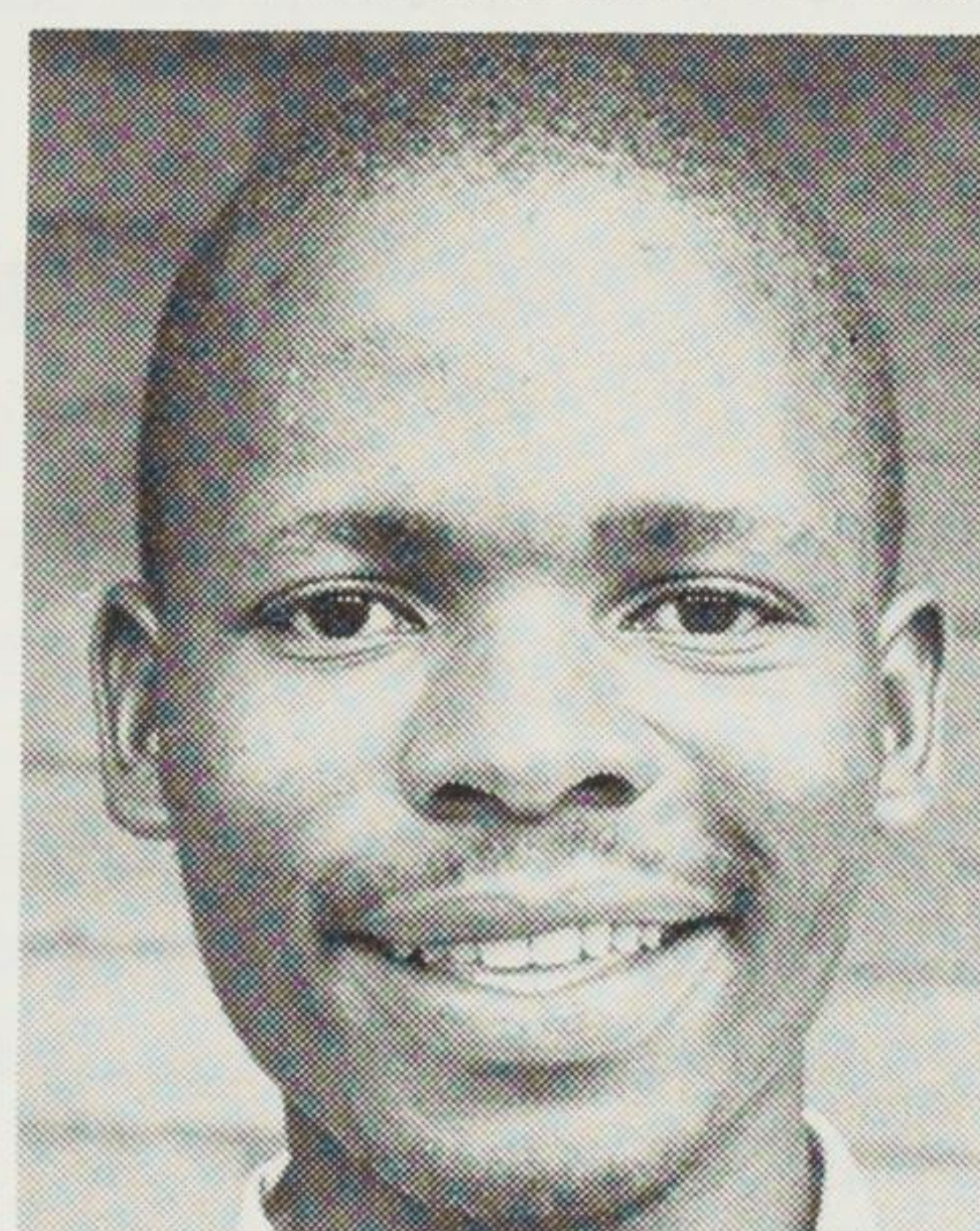
Elijah Nkosi



Linah Khumalo



Patience Manana



Abraham Dlamini

HIGHER Putco bus fares for students, in some cases involving a 100 per cent increase, have been attacked by students and community leaders as "unfair". The increases mainly affect students on the Reef.

Students in Kwa-Thema, Springs, who will now pay twice what they did last year, will be the hardest-hit. For example, a student who last year paid R1 for a weekly bus coupon is now paying R2 for the same coupon.

In other areas like Alexandra and Soweto the fares have gone up by between 40 and 50 cents per coupon.

The Rev Cecil Begbie of the Witwatersrand Council of Churches has said that the increases would affect millions of black children whose parents had already been hard-hit by the rising cost of living. Putco should have considered this factor before raising the bus fares, he said.

The bus company's side of the story is that the increases were necessary because the money would be used for more buses, fuel, depots, repairs, overhauls and staff wages. It says student fares have not gone up for a long time.

But what do the students themselves think? Upbeat asked a few students from Kwa-Thema how the new fares would affect them.

The general response was that the rise in bus fares would affect students badly but in different ways.

Linah Khumalo pointed out that the new fares would affect the performance of some students in class. "Some students who can't afford these fares will be forced to walk long distances to school. This will make them too tired to absorb anything that is taught in class," she told us.

The higher fares will also force students to use more of their allow-

ances for transport, leaving them with too little to buy food during the day. "If, for example, my father gave me a particular amount of money for food and transport I would have to use part of my food money for transport," says Abraham Dlamini.

But the increased fares will not only affect individual students. According to Elijah Nkosi it will also have a harmful effect on one of Putco's own projects – the matric classes for students which the company is co-sponsoring with The Sowetan newspaper. Elijah told Upbeat: "The project will not benefit some of the students it is meant to help because they will not be able to afford the increased fares to Boksburg where the classes are held."

Patience Manana has the last word: "I think the fares for students should remain as they were last year."

Upbeat Writers Page

Please put your name, address and age on your contribution when you send it to *Upbeat*.

Cell

A nest minus grass.
But metals decorated
like a chess board
surround the nest.
Corners so right angled
but cruel, for you die
next to them.
Bed so painful,
for its skin (blanket)
never visited the bath room.
And the lock so heavy like
the magnet holding the earth.
Ag! I'm a jailbird.

Eddy Tshidiso Maloka (18).

Why?

Why must I sit here?
Why must I sit in the heat
With flies around my head?
Why am I sitting next to the
restaurant rubbish bins?
Against the wall;
On the hot pavement?
Why am I poor?
Why have I no good clothes?
Or shoes?
Why have I no home?
Why do I freeze during the winter?
Why do I have no food?
Or drink?
Why am I black?

Catherine Hunter(13).

Grammar

Grammar books are grabbed
with a groan,
Desks go down with an
echoing moan.
The nouns, tenses and verbs
are all there,
But not even one of the class
gives a care
For auxiliary verbs and the
rest of that stuff,
Which puts everyone in a
terrible huff!

Shantelle Johns (13).

The Moon

When twilight darkens,
The land wear darkness.
The moon tiptoes the streets
In his silver gown.
Nearby dance the pretty stars
All dressed in white.

The sky sweet grey,
Moon jigs and dances.
Country people stare,
As high in the air
Flies the silver ball
That nobody can touch.

Now all is still and cool,
The farmer paces to flower fields.
These fields by night no
longer man's,
'Cause there are silver petals
upon silver stems,
The dam nearby a silver dish
And grass like silver roses.

Marie Letsoana (17).

In Farmer Brown's Tree

I was busy stealing figs in Farmer Brown's fig tree when I heard a soft, rustling sound among the top branches. When I looked up, I saw a seemingly never-ending snake! His beady black eyes were glaring at me. I was an intruder, trying to take over his home!

Slowly he came at me, hissing furiously. I carefully tried to edge downwards, but he was gaining on me; his body made S-shaped curves all the time as he slid among the leafy branches. My heart was beating like a drum. I was petrified! I had absolutely no way of protecting myself from this horrible snake! I screamed frantically as he

prepared to sink his fangs deep into my arm. But then he got a fright from my scream and lost his balance. He fell to the ground.

I quickly jumped down from the tree and picked him up by the tail. I threw him into a basket and covered him thickly with dead leaves.

I took him to my father who then took the snake to the snake park. I was not punished for stealing figs from Farmer Brown's fig tree because I had outwitted the deadly snake.

Karen Parker (12).

Accidents

I have accidents almost every day.
Oh! why don't they go away?
I was chopping a tree
When I was stung by a bee;
Once when I was cutting the bread
I cut my finger and it bled;
When going home I passed a well
And splash! into the well I fell!
It was the horror of my life
When I cut myself with the carving
knife.
Once I never had an accident for
the whole day
And I just lay and wondered how
it came to be that way!

Shamla Govinder, Chatsworth

The Sea

Rumbling, tumbling, rolling, crashing,
drowning, soothing, free . . .
Smashing, dashing, lashing, bashing,
greedy, moody sea.

Clinton Moollen (12).

**All readers whose work is
published here win R5,00.**

Upbeat Letters

P.O. Box 11350
Johannesburg 2000



Dear Upbeat,

Having read your last issue (Number 2, 1983) I find that there are a few things that I disagree with concerning sex education in schools. I do not agree with Sibongile Nyembe that young people have a tendency to experiment with what they have been taught. Sex education does not teach people how to go about having sex, but about the facts of changes in a young boy or girl's life.

It appears to me that Sibongile has the wrong idea and is under the impression that sex education is the teaching of how to handle sex rather than the facts of life as I have stated above.

It is vitally important for sex education to be taught in schools starting at standard 5 when the young teenagers are at the age when changes begin to take place in their bodies.

I have been taught sex education in school since standard 5 and I am now in standard 9, so I think I can speak about the effects of having been taught sex education.

I would also like to challenge a point made by Felicity Somka, who says that females should be taught separately from males. I think that girls and boys should be taught together so that both sexes can become aware of the changes they are experiencing. In this way pregnancy in young girls may be avoided.

I don't agree that young people become adults at the age of 16. Adolescence begins at 9-14 years and this is when responsibility comes in and they become young adults.

It is true that parents are sometimes shy to speak to their children, and with sex education young adults are able to learn the facts of life without their parents having to worry.

Miss Antoinette Daniels (16)
Grassy Park, Cape Town.



Dear Upbeat,

I find Upbeat very interesting. I like the Upbeat Writer's Page and Talkshop.

I'd like to see Upbeat start a page about all the disastrous happenings in the world, and why these things happen. I ask for this because lots of people don't know about all the terrible things that happen on earth today.

Wilhelmina Lewis.

Dear Wilhelmina,

Thank you for your idea. It is a good one. We will write some articles about earthquakes, volcanoes, floods, plagues, tidal waves, epidemics, locusts, fires, avalanches, plane crashes and suchlike disasters soon.

The Editor.



Dear Upbeat,

I actively participate in sports and therefore wish to express my views, as far as this subject is concerned.

Why, if human beings of "different races" are brought up in separate environments and are in fact separated in all ways possible, should they not be separated on the sports-field? The society is abnormal, so how can the sports, which involve the society, be normal?

Besides, the "privileged race" has good sports facilities and therefore good sportsmen. But the "oppressed race" has poor facilities.

Nevertheless, South Africa wishes to participate in international sports. The unfortunate South Africa is then told that she cannot play international sports with apartheid and discrimination on her sportsfields.

What now? Of course! Allow one, or perhaps two sportsmen of

the "inferior race" to play equal sports. These few will then represent the "inferior race" and sly South Africa's problems will be solved.

This is but my opinion on sports in South Africa, so if you wish to oppose it, you are by all means welcome to do so.

Yours faithfully,
Cape Town student.

What do other readers think? Write to Upbeat and tell us your views.



Dear Upbeat,

I just want to congratulate you for your excellent magazine. I really enjoy it.

I don't know what to write in the Upbeat Readers' Ballot in the space for those I don't like. I like everything in Upbeat.

I am also a poem and story writer. That is my hobby. May I send my work into Upbeat? I am so afraid that you are going to throw my letter away!

Keep the light shining with your marvellous magazine.
Your regular reader,
Sumanya Adams.

*Dear Sumanya,
Upbeat welcomes contributions from our readers. We look forward to receiving yours.
The Editor.*



Dear Upbeat,

I was not a regular and keen Upbeat reader until lately, but now I find it extremely interesting, because it seems to be proving itself successful. It makes me aware of many things which I didn't know before and things that happen daily around us.

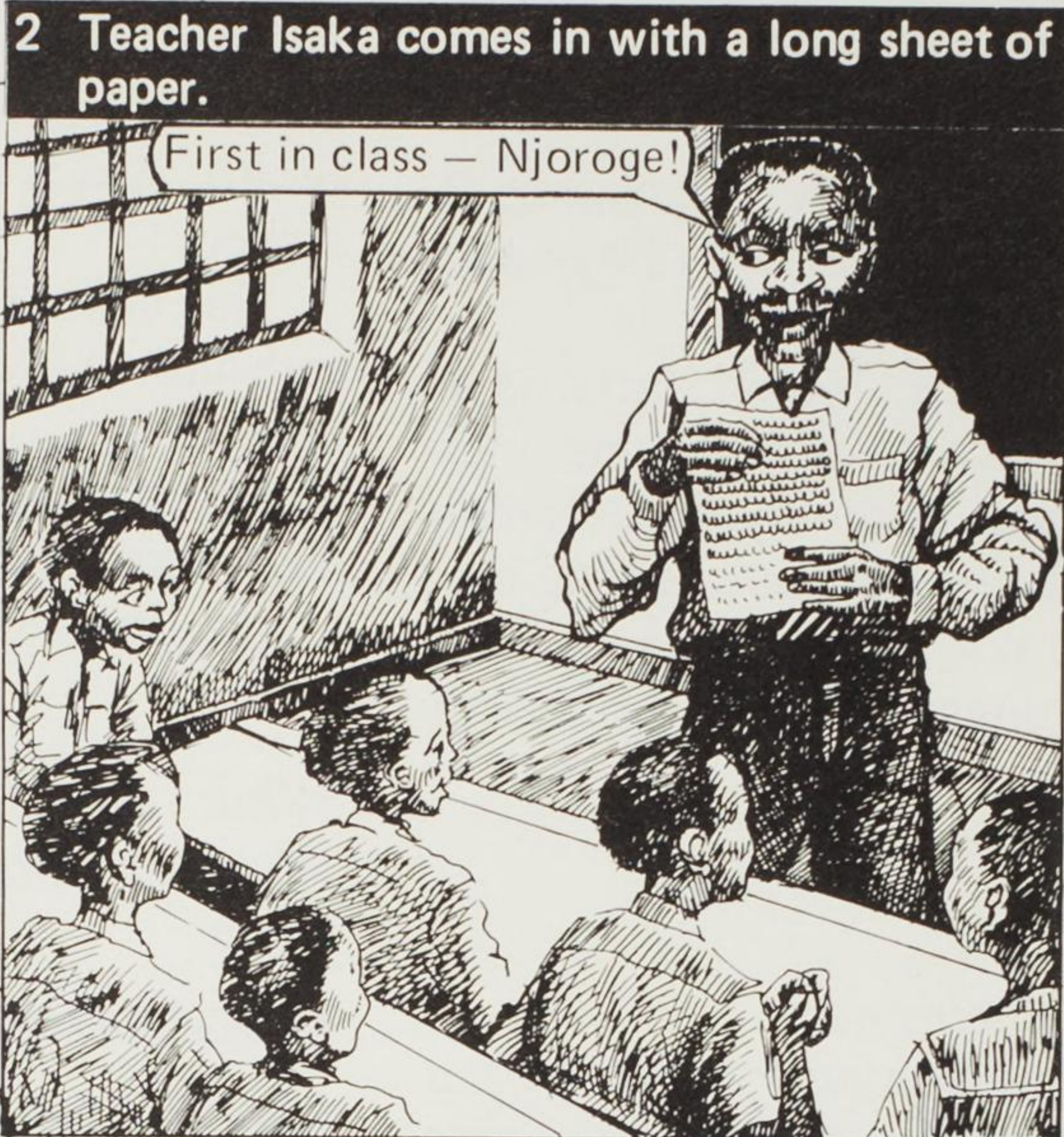
Congratulations to you Upbeat!!
Kingsley Machade.

'Weep not, Child'

Part Four

Adapted from the Novel by Ngugi wa Thiong'o
with kind permission from Heinemann Educational Books.

1 It is five years since Njoroge started school. The class is waiting for their teacher to come in. He is going to tell them who has passed and who hasn't.

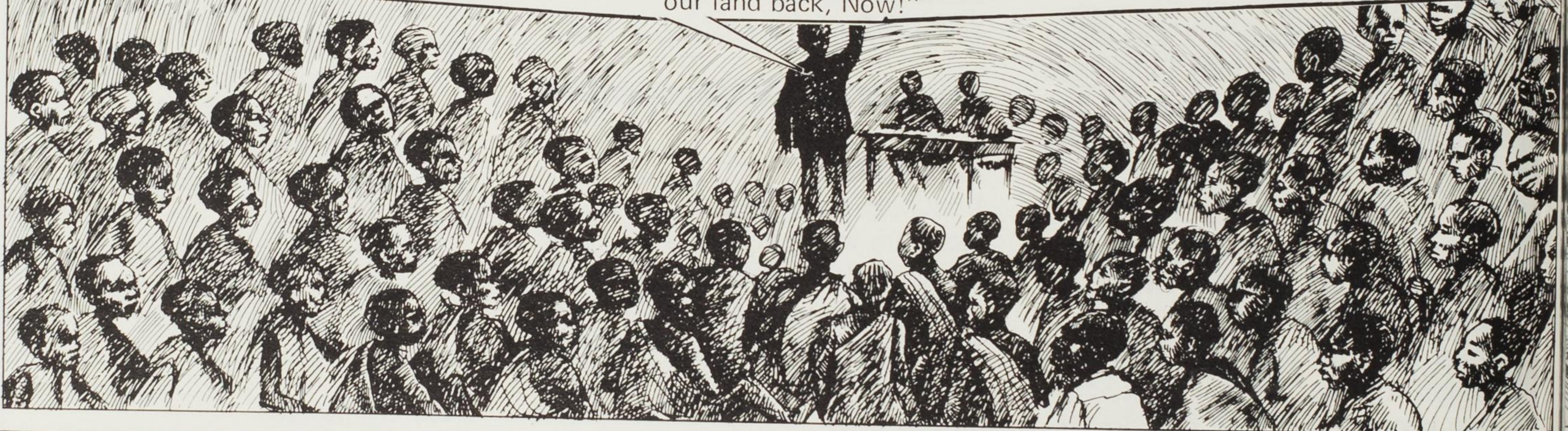


3 Mwhiki has also passed. Together Njoroge and Mwhiki run home to tell their parents the news. They are very happy.



7 Nyokabi told her son what had happened. Many people went to the meeting which was held on the first day of the strike. The speakers had come from Nairobi. Among them was Boro, Njoroge's brother. Kiarie, the first speaker, began. . .

All this land once belonged to us, the black people. Africa was given to the Africans by God. But now our land has been taken from us! The Bible paved the way for the sword! When the people chose to demand their rights they were shot down. But now there is a man sent from God to save us. His name is Jomo. He is the Black Moses. He says, "Let my people go! We want our land back, Now!"

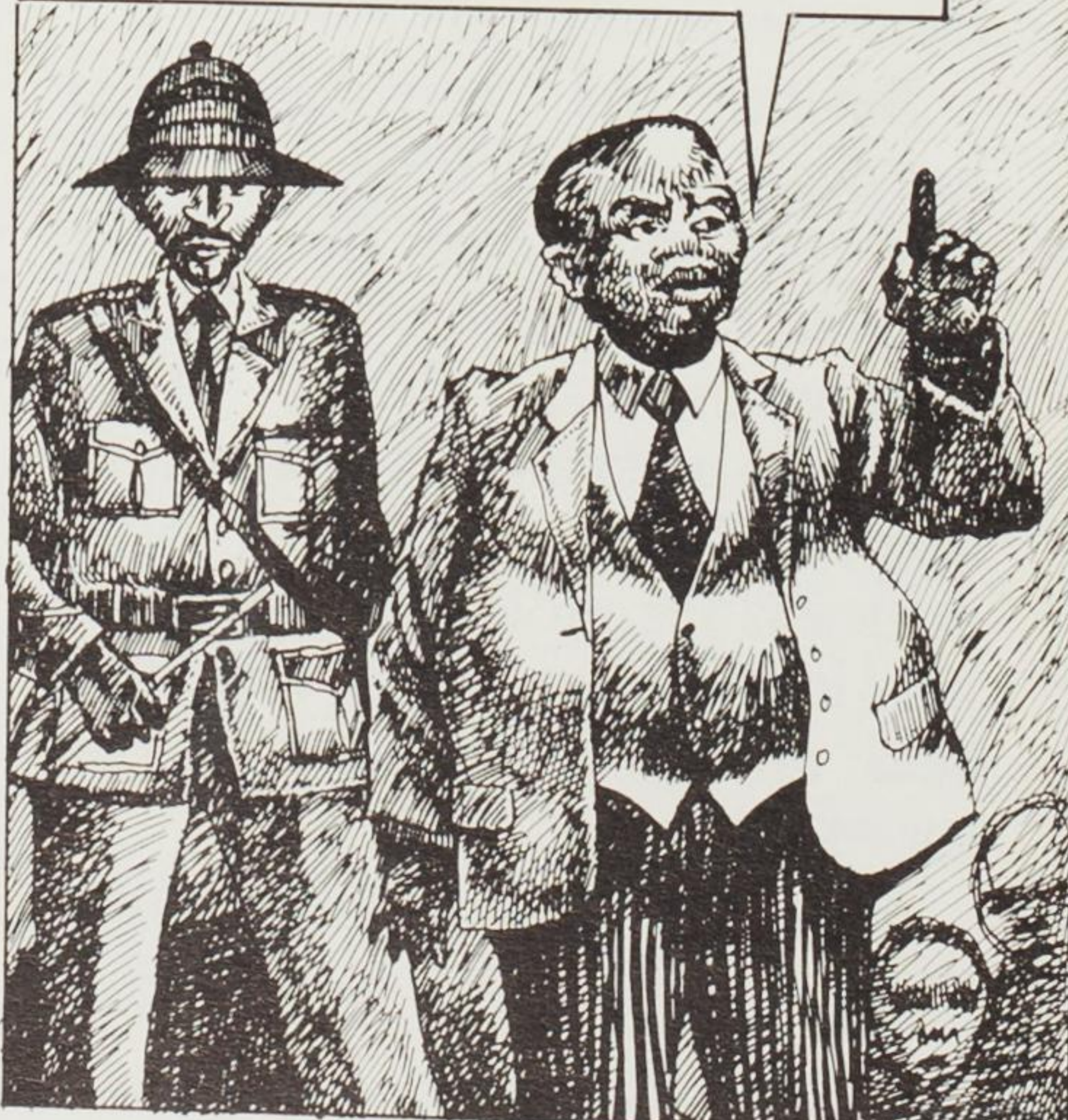


11 Ngotho could not believe his eyes. The black man was Jacobo, the man on whose land he had his home. Jacobo — the richest man in all the land around.



12 Jacobo began to speak to the crowd:

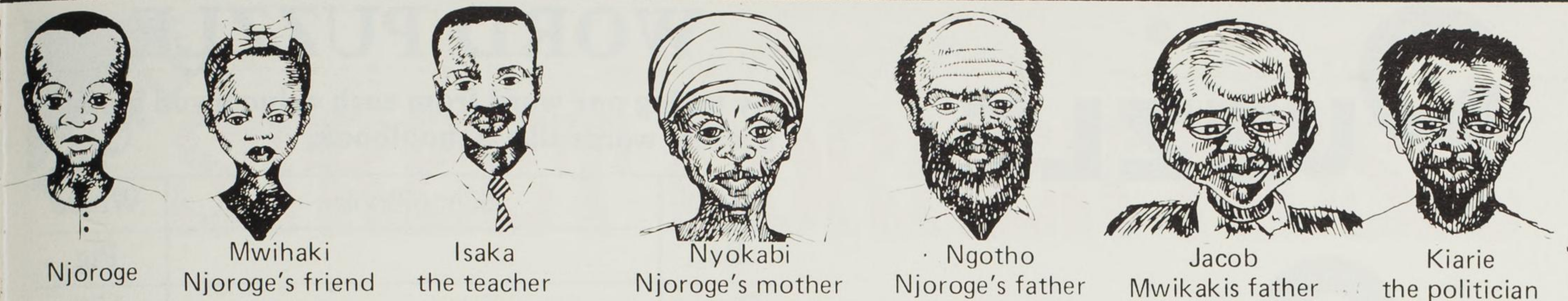
Forget about this strike! Go back to work!



13 Ngotho became very angry. Jacobo was a traitor! Ngotho ran through the crowd towards Jacobo.

Traitor, traitor traitor!

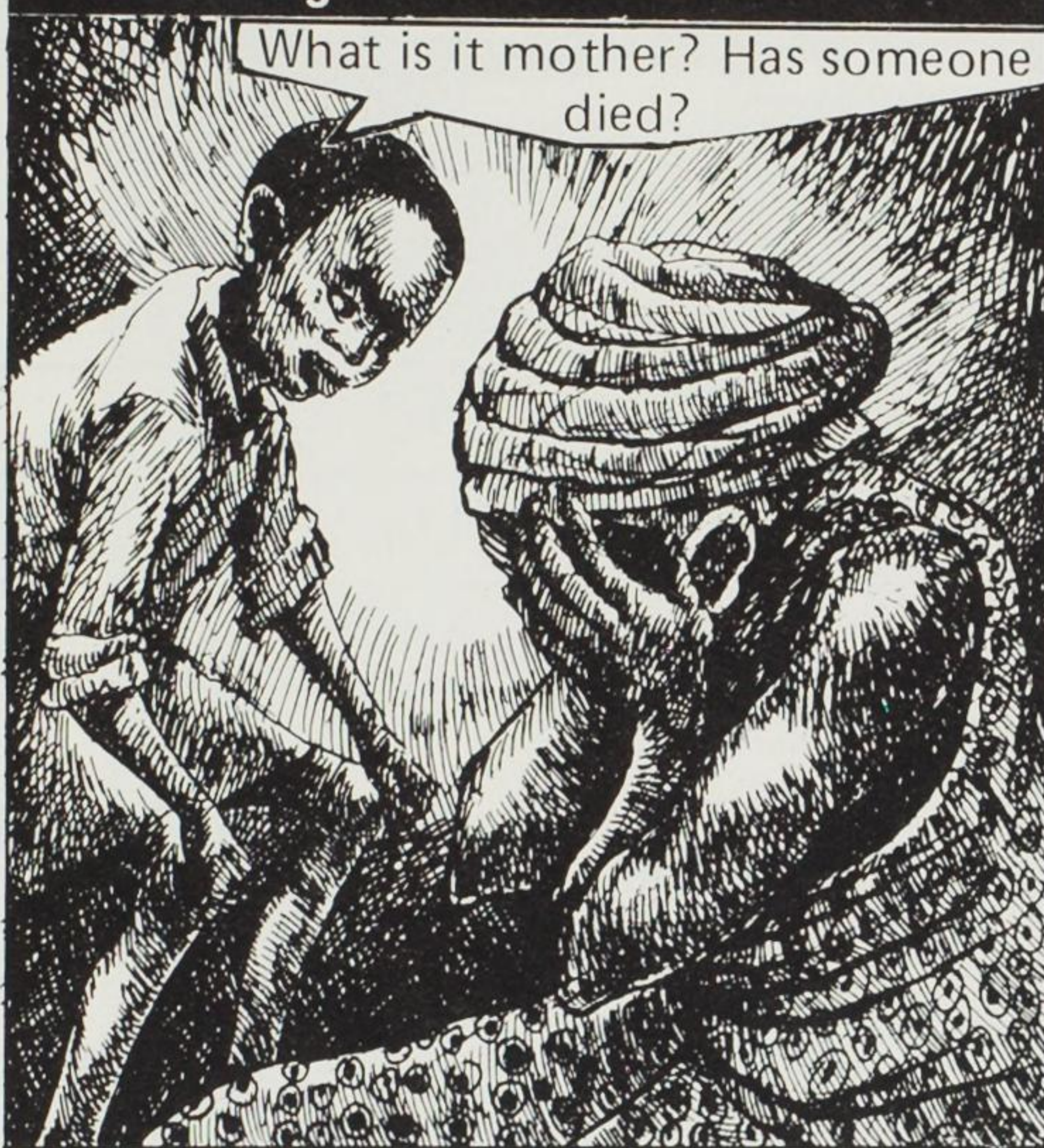




4 But when Njoroge reaches home he can see that something is wrong. A group of men is standing in the courtyard.



He finds his mother inside her hut. She is sobbing.



It's the strike!

Oh! Today is the day of the strike! What has happened?



8 But then the police came. They surrounded the whole meeting.

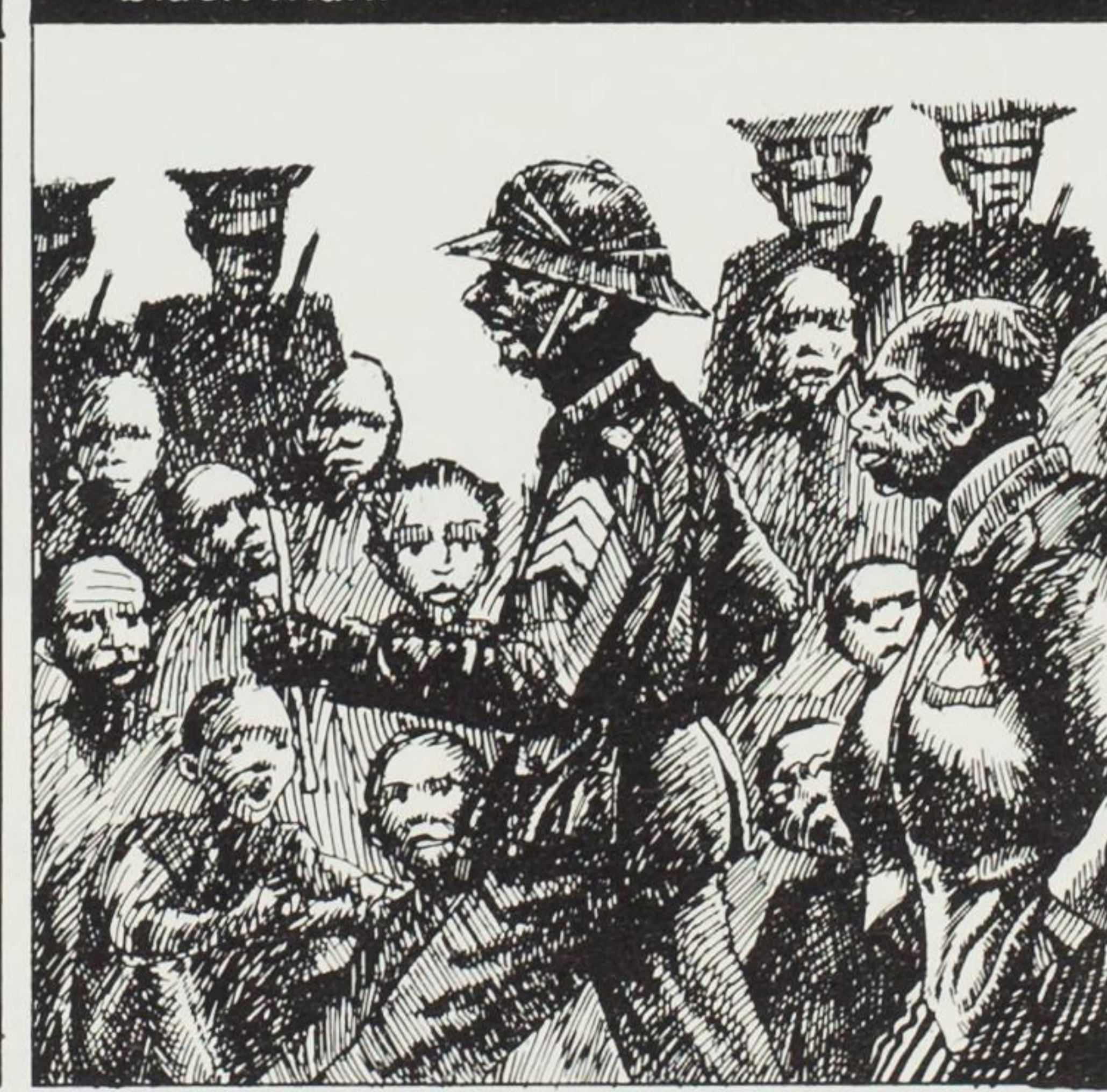


9 Kiarie warned the crowd:

This must be a peaceful strike! If you are hit — don't hit back!



10 A white policeman climbed onto the platform. With him was a well-dressed black man.



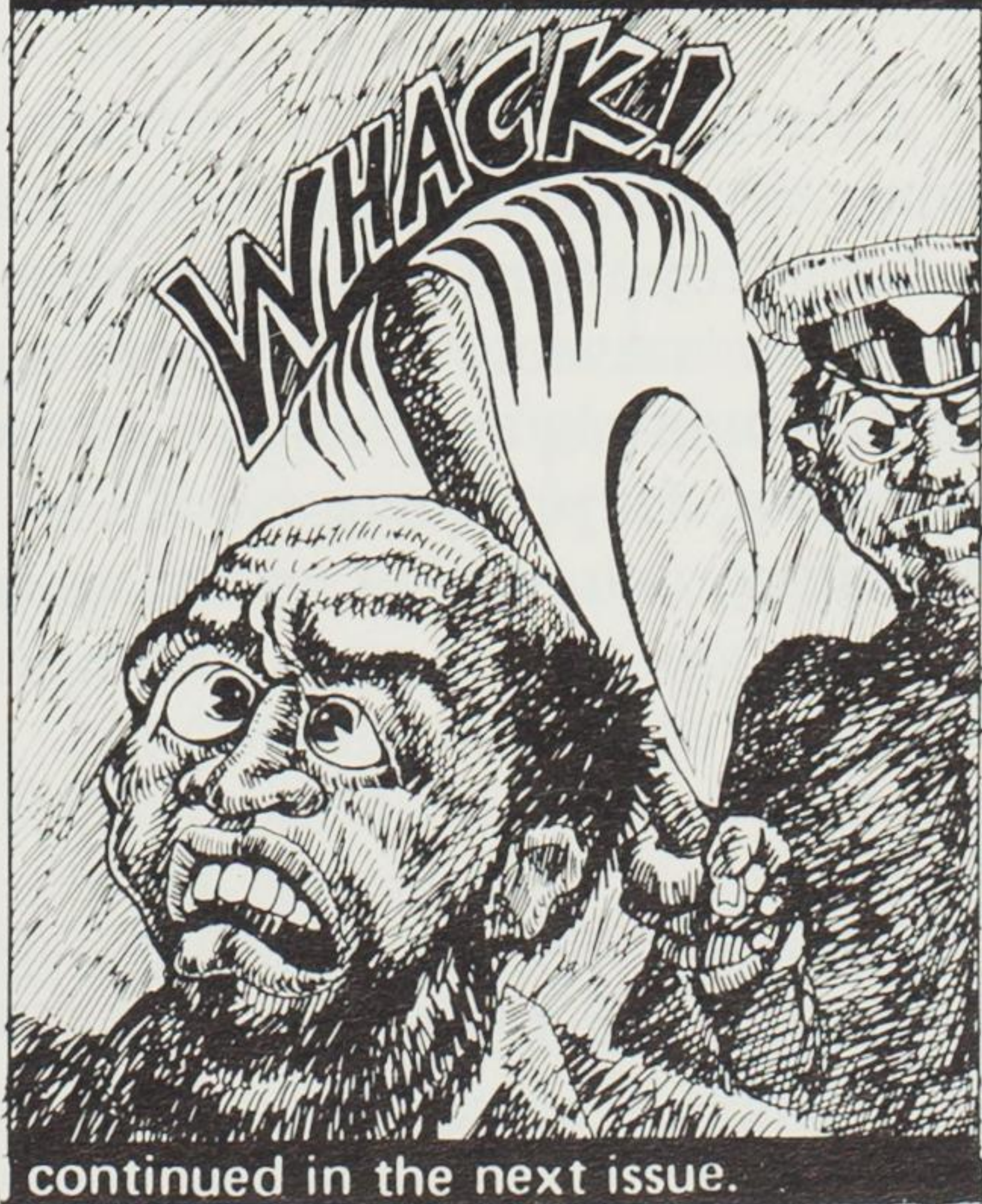
14 The crowd rushed towards Jacobo, following Ngotho. The police opened fire and threw teargas. Suddenly there was panic everywhere. . .



15 Then Ngotho's courage failed him. He tried to run away. . .



16 A policeman struck him in the face with a baton. He felt the blood on his face. . .



continued in the next issue.

PUZZLE

PAGE

QUIZ QUESTIONS

1. Who was Frankenstein?
2. Where and what was Gethsemane? What happened there?
3. What part of a ship might you say corresponds to the window of a house?
4. Is Pythagoras famous as a sculptor, a mathematician, a general or an explorer?
5. Who is the President of Zimbabwe?
6. What is a dhow?
7. When did 20,000 women march to the Union Buildings in Pretoria? Why did they do it?
8. What form of transport have the Arabs used for centuries to cross the Sahara Desert?

ANSWERS

1. Frankenstein was the name of a mad doctor who made a monster in the shape of a human being and gave it life. The story was written by Mary Shelley in 1818 and later made into a film. Frankenstein is often wrongly used as the name of the monster.
2. Gethsemane was a garden just outside Jerusalem. It was here that Jesus Christ was betrayed by Judas Iscariot to his enemies.
3. The port-hole.
4. Pythagoras is famous as a mathematician (and also as a philosopher). You may have heard of Pythagoras' Theorem in Trigonometry.
5. Canaan Banana.
6. An Arab sailing boat, used from ancient times to the present day.
7. August 9, 1956. They were protesting against the pass laws.
8. Camels.

QUIZ

Answers: Schoolbook, Behave, Doorway, Downhill, Talkshop, Hairstyle, Bushpig, Advice, Upbeat, Anywhere.

WORD PUZZLE

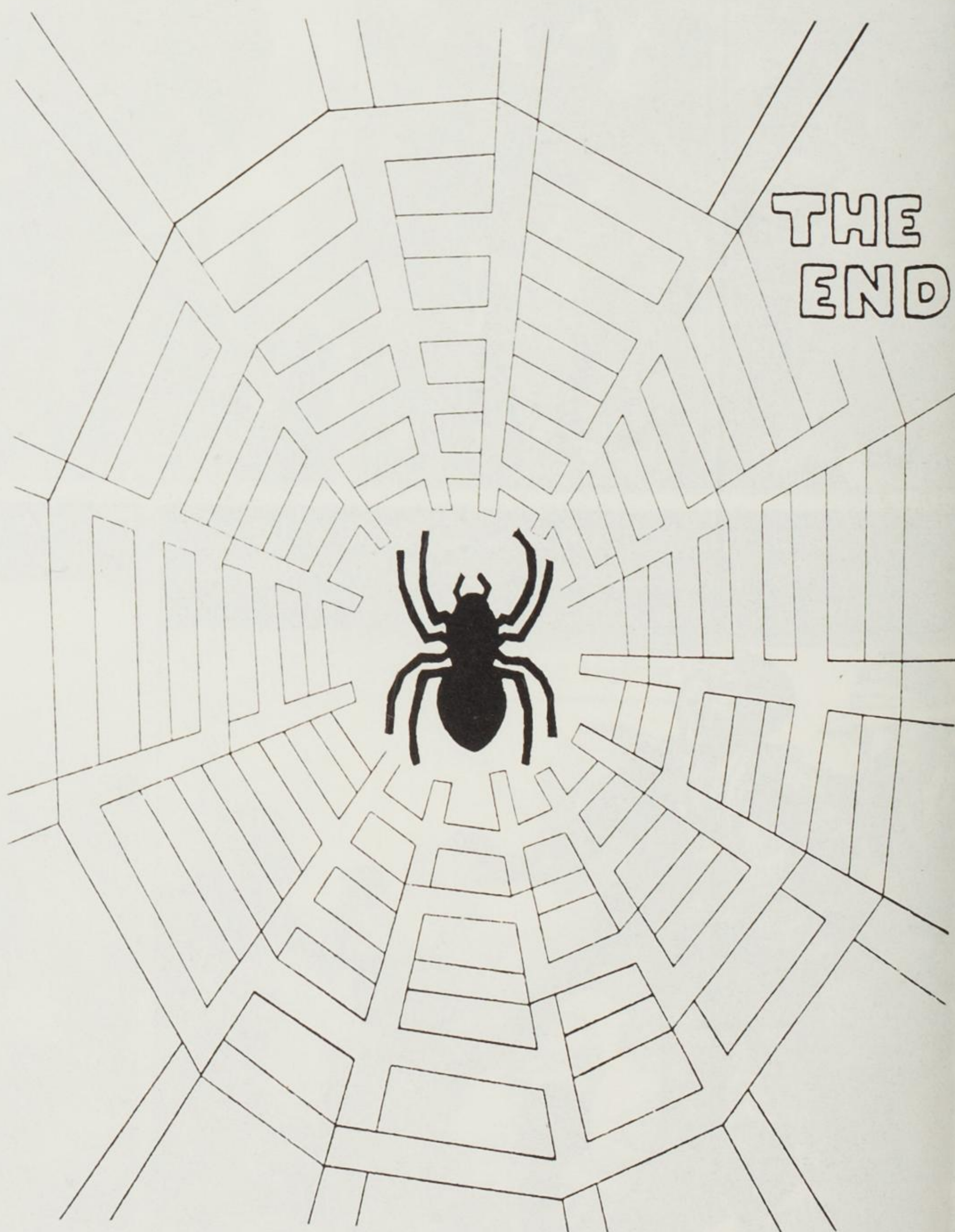
WORD PUZZLE

By taking one word from each column you make ten new words like Schoolbook.

School	Schoolbook	Where
Be		Pig
Door		Hill
Down		Way
Talk		Vice
Hair		Beat
Bush		Have
Ad		Style
Up		Shop
Any		Book

Spencer's Web

Spencer the spider seems to be stranded in the centre of his web. Can you help Spencer find a path that will lead him back to THE END.



STREET CORNER MUSIC

Every morning blind musician Phineas Matsemela arrives at a busy street-corner in town to sing and play his guitar for the passers by.

The life of a blind person is a difficult one. But for blind street-singer Phineas Matsemela, blindness is no reason to sit back and wallow in self-pity.

With amazing courage Mr Matsemela travels from Alexandra township to the city every morning where many stop to listen to his music. The minute he starts playing at the quick-pulsed corner of Diagonal and Sauer Streets an appreciative crowd gathers around him. And the coins start clinking into the cup next to him.

Born 26 years ago in the Northern Transvaal Mr Matsemela lost his eyesight during infancy. He told Upbeat: "When I became blind my parents delayed in taking me to hospital. They thought that it was witchcraft. And when they finally took me to hospital it was too late."

After looking for help from many people he went to the Bodulle Blind School in Pietersburg where he learned to play a guitar. He was also taught cane weaving and how to read braille. But it was in music that he found fulfilment.

In 1980 he passed his courses at Bodulle and left for the Itireleng Workshop for the Blind at Ga-Rankuwa in Pretoria.

"At Itireleng we did things like weaving baskets and mats. This took up most of the time and in this way my development in music was hindered. I also did not really like doing craftwork. So I left Itireleng and practiced playing my guitar a lot at home," he said.

At first Mr Matsemela used an ordinary guitar but later he bought



an electric one and a speaker with the money given to him by people who listened to his street-corner music. He took his music so seriously that he soon recorded some of his songs with a Johannesburg company.

His face brightening up, Mr Matsemela explained to Upbeat: "The record I made was a single and it sold well. It was called 'Sis Rosie'. Now I want to make an LP because people do not buy singles much any more."

Mr Matsemela composes his own songs. He told Upbeat that while he is a very religious person his songs deal with many aspects of life.

Of the song "Sis Rosie" he said: "Rosie was a girl I once loved a lot. The trouble with her was that she did all the things I did not like. She was forever asking me for money which she used to buy liquor with. She also had friends who were

thugs.

"When I asked her to stop what she was doing she would not listen. So I decided to leave her because I am a person who likes peace."

His other song was "Ramasedi" or "God". He said the song was a prayer to God to open his eyes so that he would be able to see and work like other people.

Upbeat asked Mr Matsemela how he found his way through the busy streets of Johannesburg. "I never have problems when I walk in the street because people always help me. The way people are willing to help me makes me very grateful," he said.

His favourite musicians are Brook Benton and Millie Jackson. At home in South Africa he has Steve Kekana as his hero and source of inspiration. "If God allows me I would like to be as famous as Steve Kekana," he told Upbeat.

1. Bob Marley was born in a small town in Jamaica called St. Anns. He grew up in the country, riding donkeys, milking cows and goats, swimming in the streams and the sea.

2. His mother did not want him running wild in the streets so Bob, like many other reggae musicians, became a welder.

3. While working as a welder he met Desmond Dekker who was trying hard to get his own songs recorded. Desmond became a success with the song "007". He introduced Bob to the record studio owner Leslie Kong.

4. At the age of 15 (1960) Bob Marley recorded his

first song called "Judge Not".

5. Bob joined forces with Bunny Livingstone and Peter Tosh, they called themselves The Wailers.

6. In 1966 the Wailers had four hit records in Jamaica. Bob got paid only R30 for each hit.

7. He felt disillusioned and went to America with his mother where he worked in a car factory. The American Army called him up to fight in the Vietnam War so he left America and returned to Jamaica.

8. Chris Blackwell the owner of Island Records who had lived in Jamaica started to produce the Wailers records. The music now became

popular in other countries like Britain and Europe.

9. In 1974 Peter and Bunny left the Wailers – Bob with the remainder of the band produced "Natty Dread".

10. On the day before a concert in aid of the Peoples National Party, at which Bob was to play, gunmen attacked his house. Bob narrowly missed death when his manager, Don Taylor, threw himself in front of Bob to protect him from the bullets.

11. In 1977 Marley and the Wailers released Exodus which became a very big hit worldwide. Everybody started to listen to reggae.

12. April 17th 1980,

Zimbabwe Independence Day celebrations with Bob Marley providing the music. For him it was a dream come true, to play in Africa.

13. After medical tests which gave bad results Bob became a patient at the Sunshine House Cancer Clinic in Germany. There Dr Josef Issels gave him treatment using ultra-violet rays, injections and special diets.

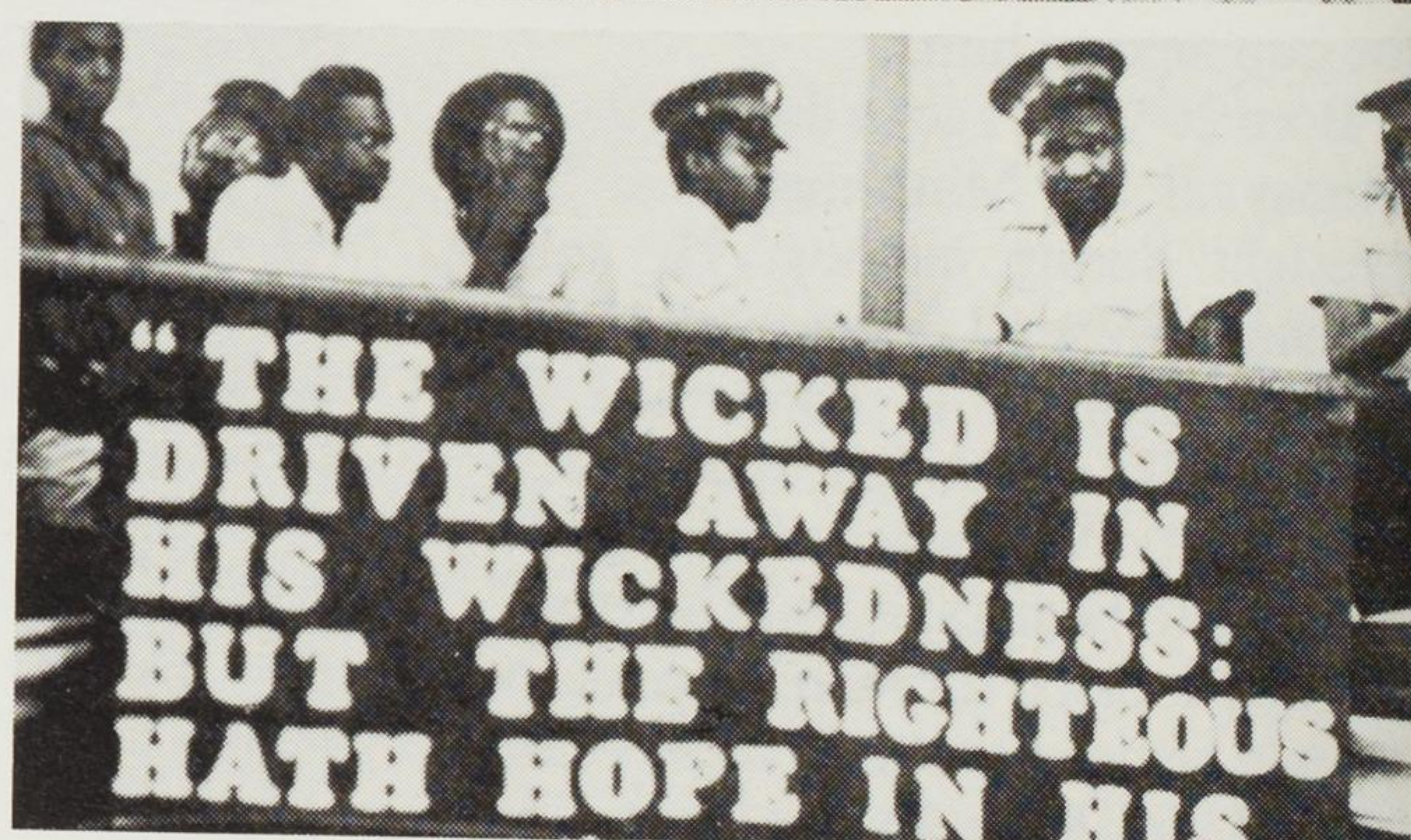
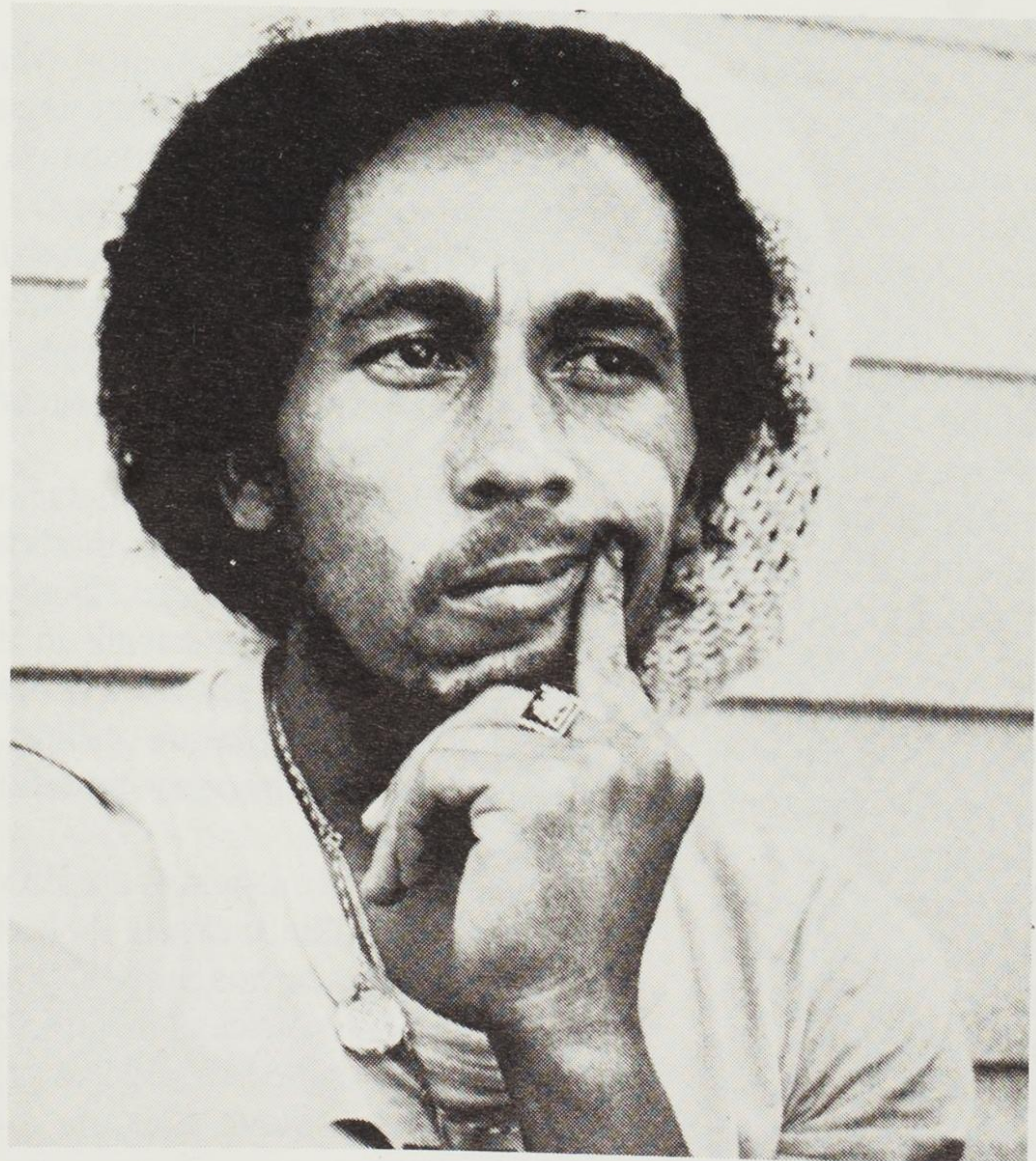
14. When Bob Marley knew he was dying he started for home, but he never made it, he died in a hospital in America. A tragic death for a great singer and musician, the man who gave reggae to the world.

"Anything can happen with music, we only experiment. It's never wise to limit yourself. Them people think that I should do the same this year as last! Maybe them people don't like it, but new people like it. You can't stay in one place".

"Prejudice is a chain, it can hold you. If you prejudice, you can't move, you keep prejudice for years. Never get nowhere with that."

"Unity is the world key, and racial harmony. Until the white man stops calling himself white and the black man stops calling himself black we will not see it . . . All the people on earth are just one family."

"To tell you the truth I don't like talking about Jamaica. I can say good things about the people, but the people who run it. . . I don't wanna say anything because they might charge me with treason when I go back".



Above: Pictures of Bob's funeral: a huge crowd turned out to escort Bob on his last journey from Kingston National Arena to Nine Miles in St. Annes.

MARATHON MAN

Some people say that long distance running is the loneliest sport of all. What's it like, running mile after mile, listening to the sound of your own footsteps? Upbeat spoke to Bruce Fordyce, who has twice won one of the toughest marathon races in the world . . .

The Comrades Marathon is a gruelling road race of over 80 kilometres between the towns of Durban and Pietermaritzburg.

It is regarded as one of the toughest races of its kind in the world. Months of hard training are required to get fit enough just to enter the race.

Marathon runners are no strangers to pain. Their legs, feet and chest all ache like fire as their bodies are put through an extreme test of endurance.

What makes them do it?

Upbeat spoke to Bruce Fordyce, a modest 27 year old student of archeology, who has won the Comrades Marathon for the past two years.

When asked about the widely held idea of the loneliness of long distance running Bruce promptly shot it down. "The idea of a long distance runner being lonely is a myth. In fact, during the race the mind is as busy as the legs," he explained.

"The runner does a lot of thinking all the time. He has to watch other runners and the road. Instead, I have found that during a race six hours can seem like a very short time."

For Bruce long distance running has also proved to have a social side. He reckons that had it not been for the sport he might not have met famous people like Vincent Rakabaele because in his work as an archeology researcher he does not meet many people.

And while many long distance enthusiasts gobble up vitamin tablets and go on special diets to improve their performance Bruce does not eat any special food.

He says frankly: "I eat everything. I do not think that food can make a person a good runner. For instance, while I eat practically everything and Bernard Rose, another good



Bruce in full flight during a marathon event.

runner, is very careful about the food he eats we are both very good."

The fact that Bruce Fordyce is not particular about his food should not mislead you, though. For when he prepares himself for a race he follows a grinding and disciplined routine. He runs twice a day, in the morning and afternoon, for seven days a week covering about 150 kilometres in a week.

He does not make it a secret that he sometimes has to force himself to go out training.

If one really wants to win a race, says Bruce, one must select just one and prepare thoroughly for it. "There are several races during the year and a person cannot hope to perform well in all of them. A long distance contest takes a lot out of a runner. For about three days after the race his legs are sore and stiff with the result that he can't walk properly," he told Upbeat.

Just what emotions and difficulties does he go through during a race? "When running a race one gets mixed emotions of hope and despair", says Bruce. "You can get exhausted or injured. But you also get encouragement along the way. Like when you see that your time is good or when road markings show you how near you are to the finishing post."

But, ironically for the winner, the greatest disappointment of all comes at the end of the race. Bruce expands: "Winning gives the runner an anti-climatic feeling. You feel that something that you have prepared so hard and so long for has suddenly come to an end in a few hours. But one learns to control this feeling with experience."

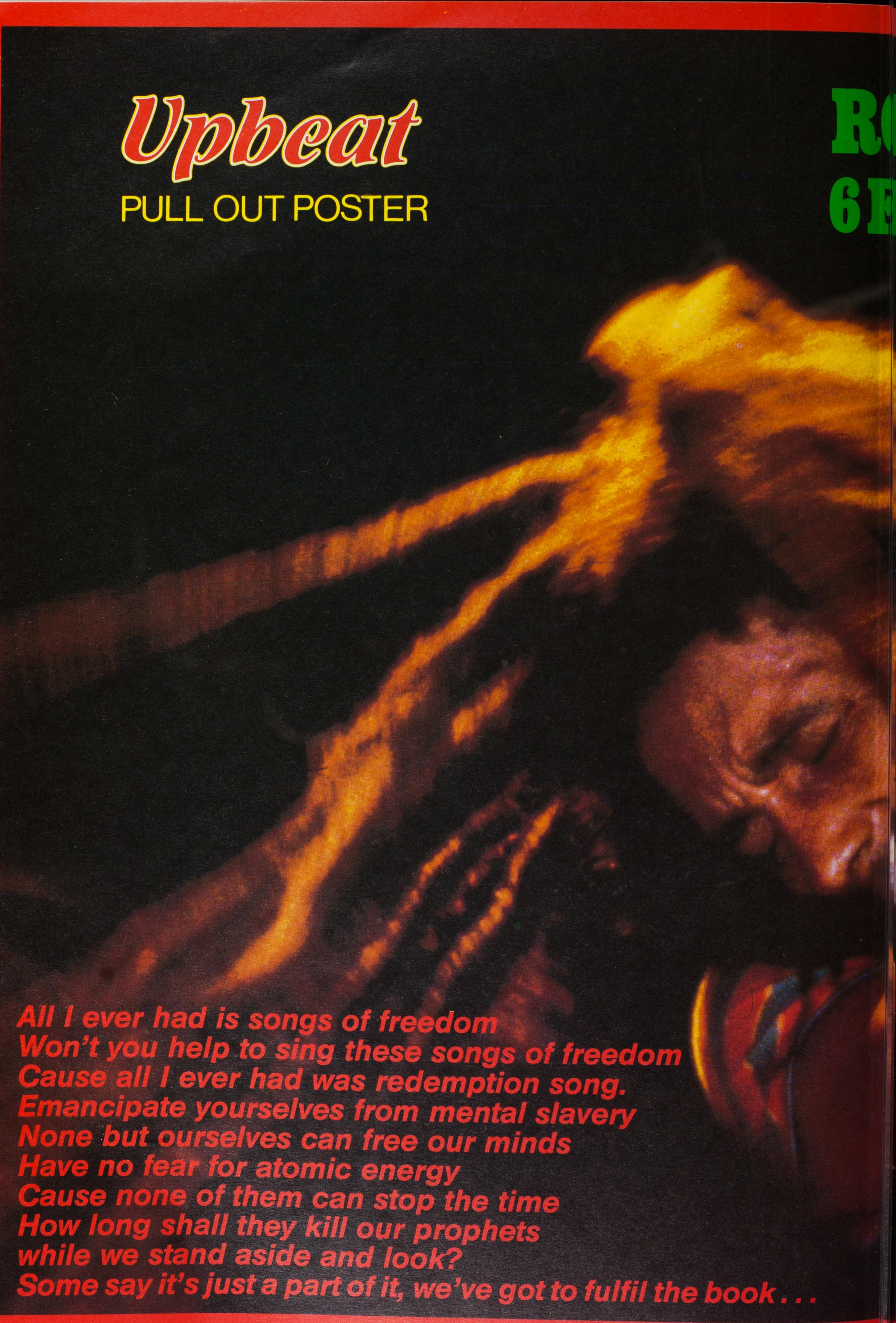
Bruce has run in the Comrades for the past seven years. Every year he travels to Britain to take part in the London to Brighton race.

Before parting with Bruce, Upbeat asked him for his tips to young would-be marathon runners. "I strongly believe that young people should stay away from long distance running because their bones are still growing and developing. I think the long distance Olympic champions are now doing it on the track and not on the roads. When people are young they can run fast and this is what they should enjoy," he concluded.

Upbeat

PULL OUT POSTER

RO
6F



*All I ever had is songs of freedom
Won't you help to sing these songs of freedom
Cause all I ever had was redemption song.
Emancipate yourselves from mental slavery
None but ourselves can free our minds
Have no fear for atomic energy
Cause none of them can stop the time
How long shall they kill our prophets
while we stand aside and look?
Some say it's just a part of it, we've got to fulfil the book . . .*

BERT NESTA MARLEY

FEBRUARY 1945 — 11 MAY 1981



HOW THINGS STARTED

HOSPITALS



These nurses are making a patient comfortable after treatment.

As long ago as 4000 B.C. the temples of ancient Egypt had hospitals of a sort. Patients slept there in the hope that the gods would cure them.

The Pantocrator

In Constantinople (now called Istanbul) there was a hospital called the Pantocrator.

This hospital was far in advance of anything in the rest of the world for hundreds of years.

There were specialists in various branches of medicine and a pharmacy.

Patient's clothes were disinfected when they were admitted to hospital and they were given clean clothes and bedding while they were treated.

The church and hospitals

Christianity encouraged hospitals as part of the Church.

Christian hospitals opened in Rome in A.D. 335, in Lyons in France in A.D. 542 and in Paris, France in A.D. 660. But it seems that these hospitals were more concerned with the patients' souls than their bodies.

During the 1400's there were 'infirmaries' attached to mona-

steries in England. The local people who had nowhere to live or who were sick went to these infirmaries to be looked after by monks.

The Order of St. John

Military hospitals came into being along the Crusade routes. In 1099 a hospital was set up in the Holy Land which could care for 2000 patients. It was called the Knights Hospitallers of the Order of St. John. This Order has survived in the form of the St. John's Ambulance Corps.

19th century hospitals

During the 19th century in England there were two kinds of hospital. Firstly there were those founded by a rich person and run on money received from patients. For example, the famous Guys Hospital in London was founded by Thomas Guy. Secondly there were the workhouses, where people went very often to die.

Both kinds of hospital were dirty, infectious and badly run.

Nurses worked very long hours and had to clean the wards as well as look after the patients. They had no uniforms and no training.

The Lady with the Lamp

During the Crimean War, Florence Nightingale and her team of nurses did a lot to improve the standard of nursing in the army hospitals.

At night, carrying a lantern, she moved through the crowded wards to comfort and tend the wounded soldiers.

She became known as 'the lady with the lamp'. When she came back to England she started the Nightingale School of Nurses and saw that nurses were properly trained, and given uniforms.

Baragwanath Hospital

Baragwanath Hospital is the biggest hospital in South Africa and one of the biggest in the world. It was originally built by the British Government in 1940 for wounded soldiers from North Africa and the Middle East. In 1947 it became a black hospital when the soldiers left.

The name 'Baragwanath' comes from Sir John Albert Baragwanath who had nothing to do with medical services.

He bought a hotel on the site of the present Uncle Charlie's. It became a famous stopping place on the main road to Johannesburg.

Insect-icides Harm People Too

Next time you set out to kill insects in your home – stop to think carefully. Insecticides like Doom, Target, Baygon and all the others in aerosol cans are poisonous and can harm human beings if they are not used correctly.

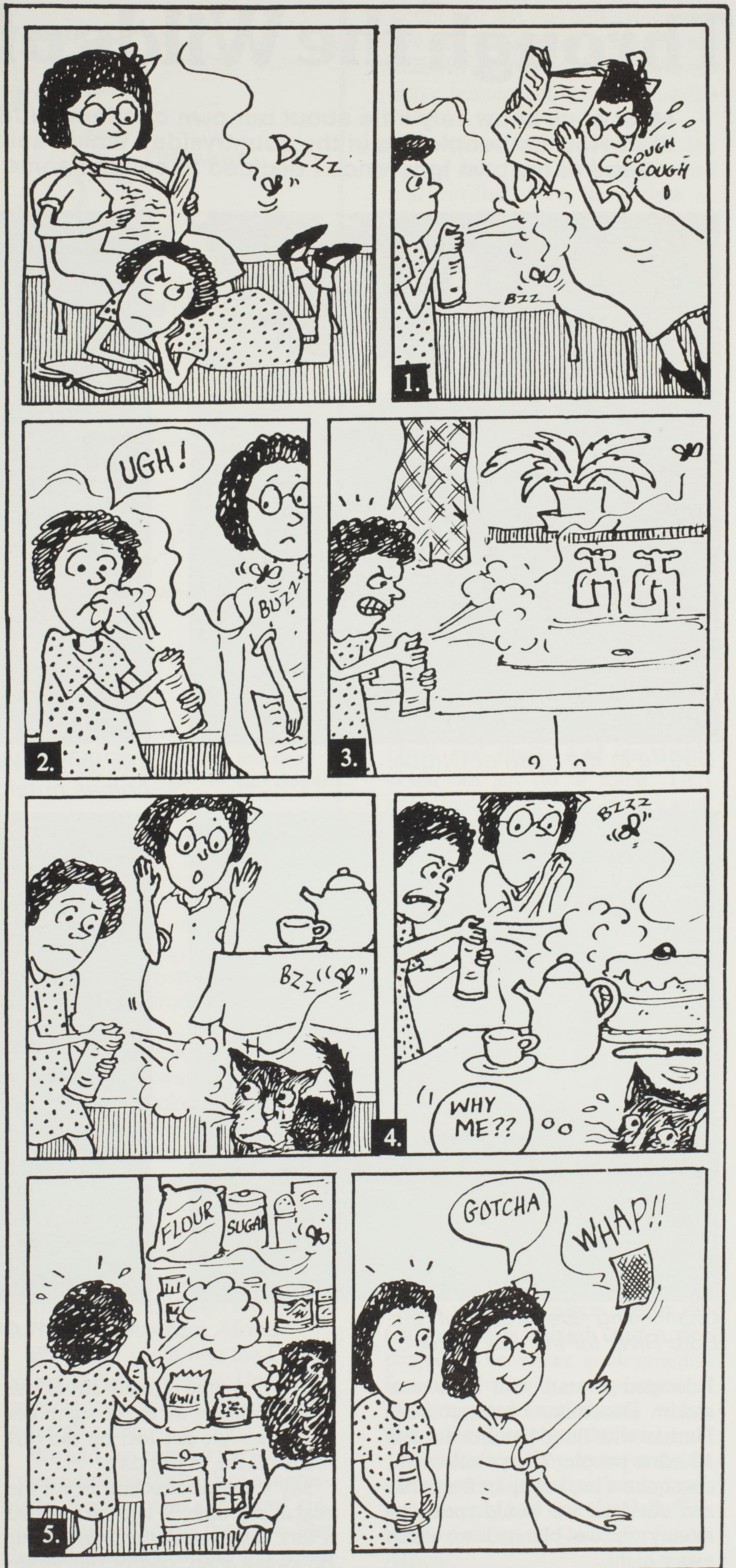
Always read the instructions, and never never follow the example of Peggy.

She is so determined to get that noisy fly that she doesn't stop to think about all the wrong places she's spraying.

1. Never spray near other people.
2. Don't breathe the spray in. It will harm your lungs. Don't allow it to get on your skin or near your eyes.
3. Do not spray in the kitchen in the sink, on dishes, pots and pans, taps or plants.
4. Keep pets out of the way when you spray. Don't spray near plates, forks and knives, or food.
5. Don't spray near the grocery cupboard.

Don't get the spray on your fingers. If you do, wash your hands immediately. Some sprays, called surface sprays, are for spraying on surfaces like the floor or walls where there are fleas or cockroaches. Always hold the can upright while spraying or you will get the poison on your fingers. And be careful not to breathe it in.

Remember: Aerosol insecticides are meant to kill insects. They are poisons and if you use them carelessly, they will harm you.



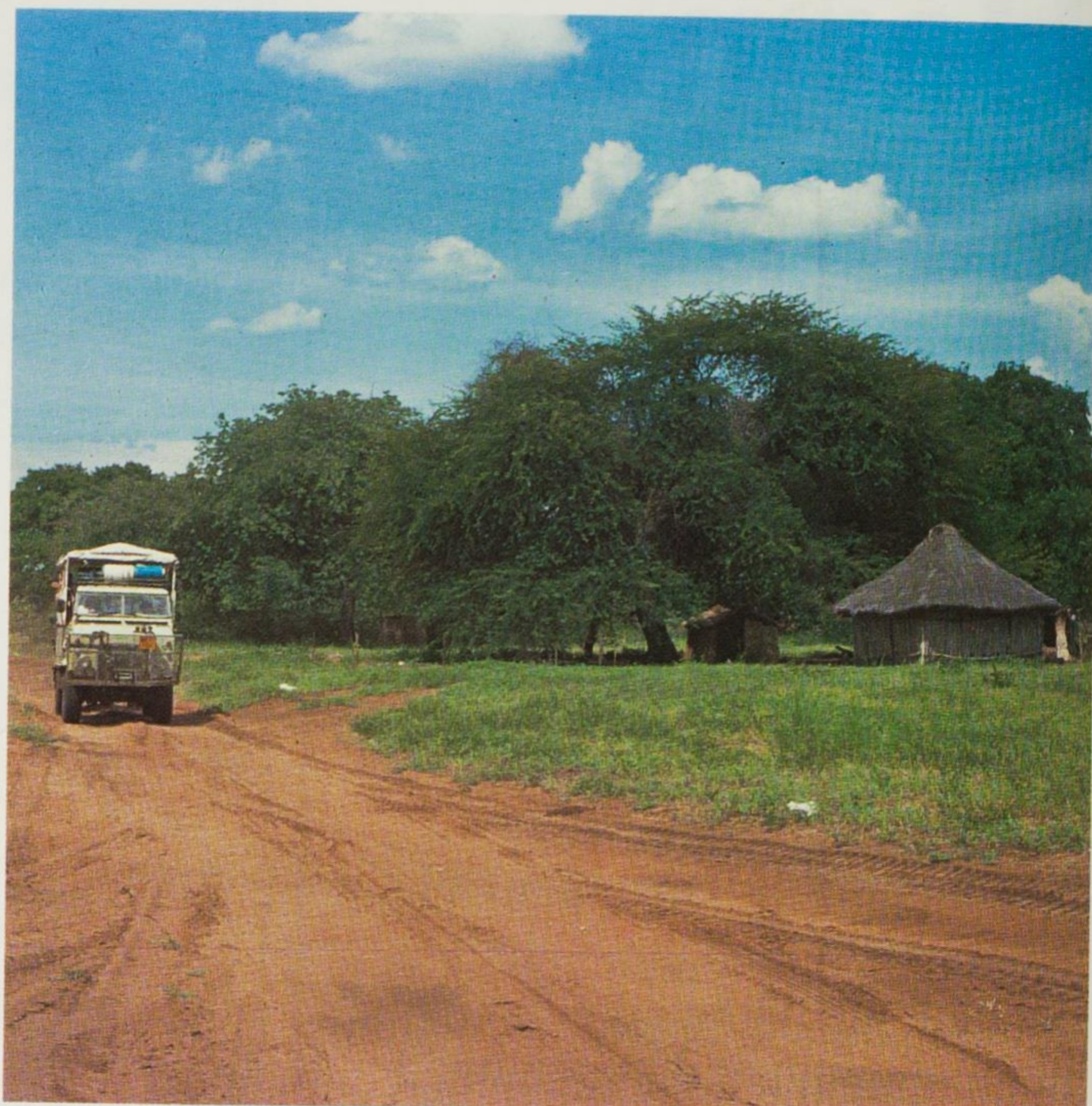
Through the Wilds of Botswana

Most of us know very little about our own continent, Africa. What does the land look like? How do people live in the countryside? Which animals are found there?

Tired of my own ignorance I decided to explore some part of Africa for myself.



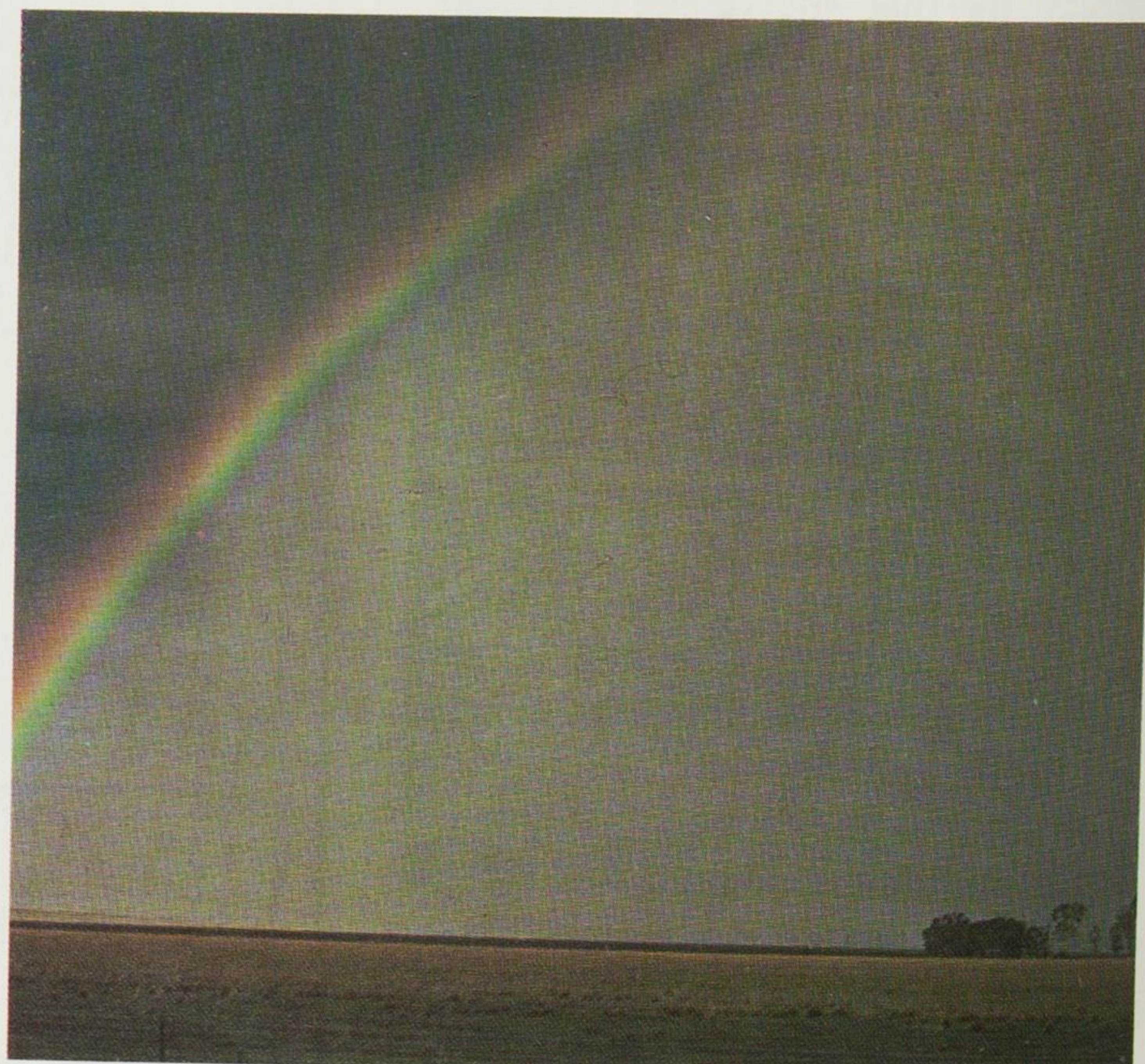
Giraffe in the bush at Chobe.



The landrover trundles past homes outside Chobe.



Channelling the water of the Boro River for the rice project.



A rainbow over Africa.

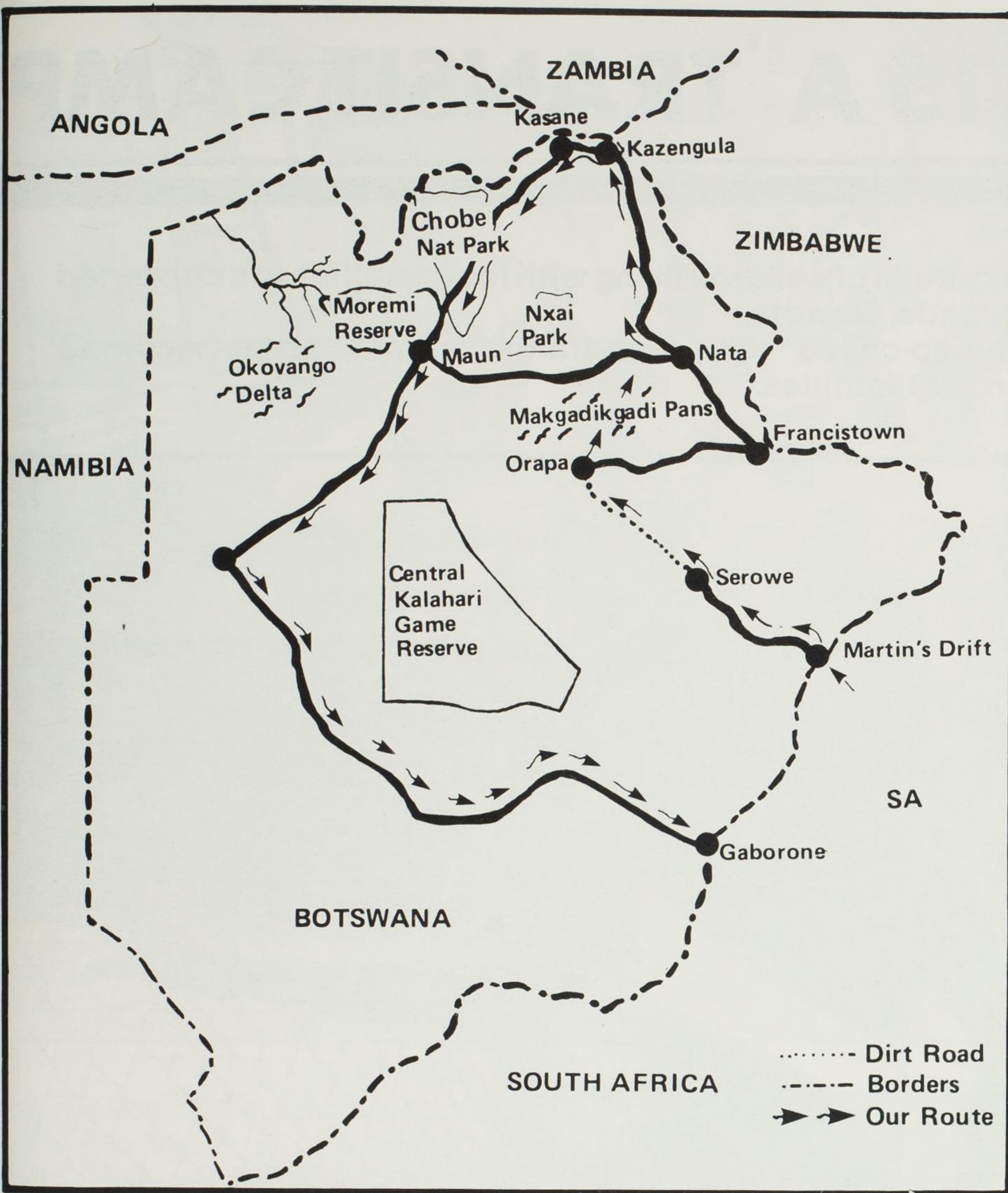
I decided to start with Botswana and in December I set out from Durban with three Landrovers and 13 other people. The petrol would cost quite a lot, but apart from that and our food we would spend no money as we planned to camp every night.

The first time it really struck me how dependent we are on signposts was when we got lost on the dirt roads on the fourth day.

My sense of direction is not the best at any time. When we reached a fork that was not shown on our Botswana map, one of our group

brought out a compass. That made me a little nervous, because although I know the principles of the compass, I'd never actually had to depend on one to get me to the next water hole!

We eventually reached Letlhakane, a town not far from de Beers



OUR ROUTE THROUGH BOTSWANA

and bellowed, and there was no doubt that she was bellowing at us. We saw that she had a calf with her and obviously she didn't care for noisy human beings upsetting the baby.

People may be good at many things, but they are stupid, small and terrified when faced with an elephant – at least I was.

The most comforting sound I ever heard was a landrover rumbling up behind me at that moment. I climbed shakily into the vehicle, and heaved a sigh of relief!

In the park there are lion, hyena, leopard, scores of different kinds of buck, grumpy-looking warthogs, the strange giraffe and so many other birds, insects and animals that I gave up trying to name them.

As we left the boundaries of the park, I noticed that the huts were surrounded with thatched barricades. The people had learnt to protect themselves from the animals.

We were driving along when suddenly a swarm of tsetse came into the landrover. They were big, black and silent. And we simply could not get rid of them. They carry malaria and sleeping sickness, and while you can take anti-malaria tablets, there is no known antidote for sleeping sickness.

They disappeared as suddenly as they had come, but now we knew why the tsetse kept the heart of the swamps free from greedy human hands. For 15 minutes they crawled around us, biting through our clothes and refusing to die when we swatted them.

Our last stop was at Maun, which stands close to the base of the swamps. We went a little way up north in a canoe. People travel up and down the rivers and channels in makoras (dugout canoes). The waters are the highways of the swamps.

We passed a place where the Chinese have helped start a rice project. The water is channelled from the river with a simple system of corrugated iron sheets, which direct the flow on to the land.

But out there they do not measure distances in kilometres, but in days, and we only had one day left. We had to pack up and leave for South Africa . . .

Orapa diamond mine.

From Letlhakane we left the tracks and started to cross the Makgadikgadi pans. Thousands of years ago the pans were vast lakes but as nature took its course they dried up, leaving a salty waste that contains mineral salts. The wild animals depend on the pans for iron and vitamins, which they lick from the surface.

When we saw it, the Soa Pan was a sandy white sea that never seemed to end. I had never seen anything so bare. I had never felt so far from human civilisation, and I had never know anything so dry.

At Nata we felt first-hand the cost of the drought that hit Central Southern Africa this year and last year.

In the village the people were washing their clothes in a river that was brown and smelt of rotten eggs from the sulphur.

If you washed your hands in it it left a layer of salt. We went to the police station, where they had sweet water brought from Gaborone in barrels.

In one of the little bottle stores in the town a Motswana man insisted on buying us a coke, although he'd never seen us in his life before. The people all over Botswana seemed to be friendly and casual.

We left Nata and travelled up to Kazengula, where the borders of Zambia, Zimbabwe, Botswana and Namibia meet, and Angola is just across the Caprivi strip. We were in the heart of Southern Africa.

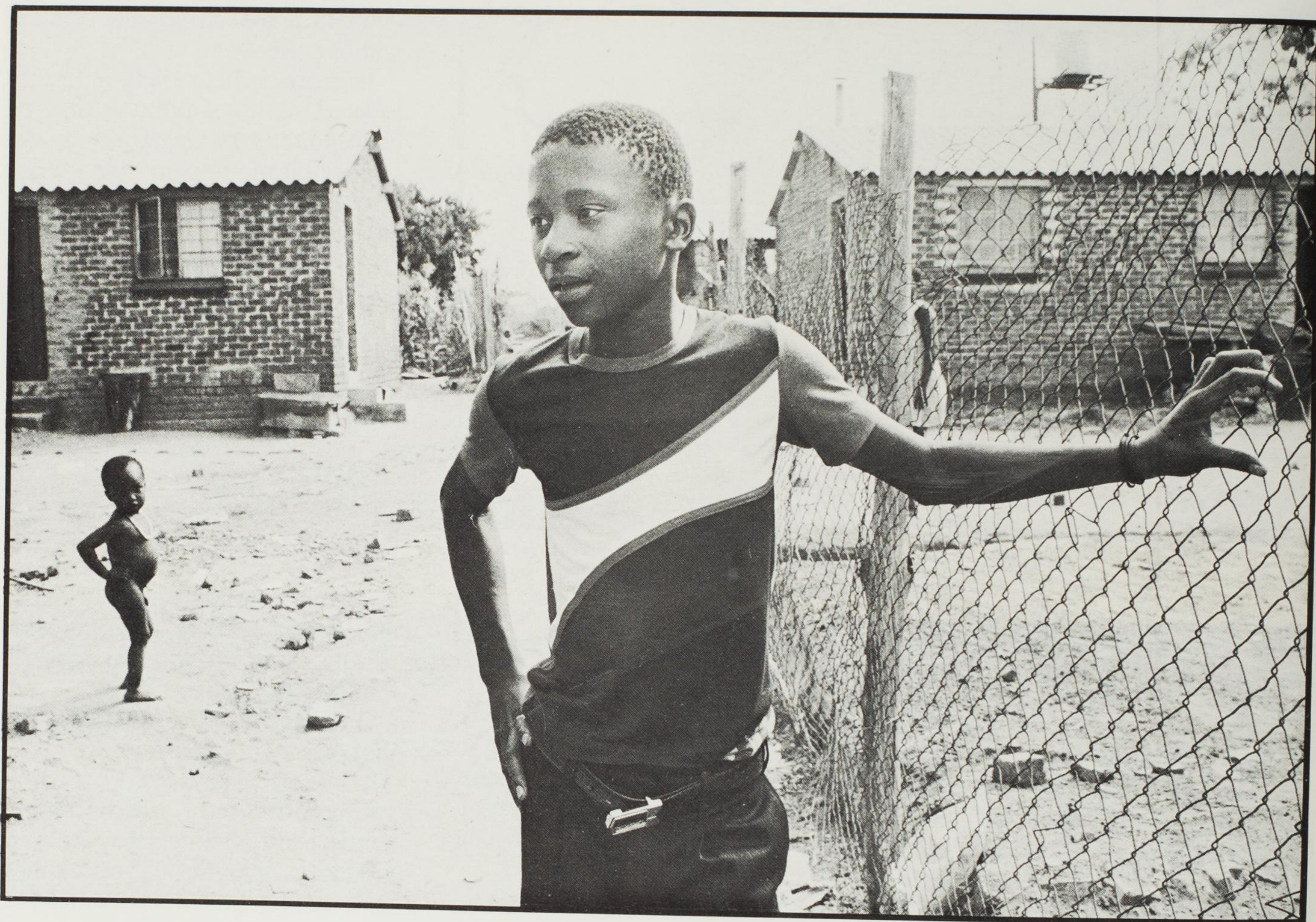
We drove south into the Chobe National Park, and there I learned a respect for the wild that books could never give me.

We had just entered the park and I was riding on the back of a motorcycle. Suddenly an enormous elephant stepped across the track. She flapped her ears, raised her trunk

UPBEAT VISITS A 'TRANSIT CAMP'

The future looks bleak for the hundreds of children living with their families in a converted single men's hostel in Meadowlands, Soweto.

Upbeat visited the people of this so-called "temporary transit camp" that has become a permanent home for more than 500 families.



MORE than five years ago about 500 families lost their homes during heavy floods in Kliptown near Johannesburg. They were placed in a single men's hostel in Meadowlands, Soweto. It was supposed to be a temporary arrangement. They are still there. And any hope of ever getting out has died. Instead the West Rand Administration Board is fixing up the place to house them permanently.

The "transit camp" is being converted into a permanent camp where single migrant workers and families with women and children stay in the same yard.

The houses are built in long rows. From a distance they look like trains.

At a closer look the long rows are broken by smaller buildings that are communal toilets. The water taps are inside the toilets. About 50 people use one toilet.

One block is divided into six or seven tiny rooms. Some of the rooms are as big as an average Soweto bedroom. Some are smaller. They were meant to take only a single bed and a narrow locker for the single men who have left their families in the homelands and come to work in the city. Today they house a family of nine or more plus their furniture. The rent is R30 per month. When the people first moved in they paid R5 for a room. Now it has gone up to R30.

There are small rooms with taps and sinks where people do their washing. Some people use the shower rooms as bedrooms at night. There is a permanent horrible smell all over and all sorts of diseases plague the inhabitants. During summer nobody ever stays in their houses. It is too hot and stuffy. Babies get sick and die all the time.

"We have to be treated in hospital very often because there are so many diseases that we catch here. The children are always sick. Sometimes your tummy will just start running. Maybe it's the bad smell or the heat. I don't know...", said Mrs Mary Muller who has five school going children.

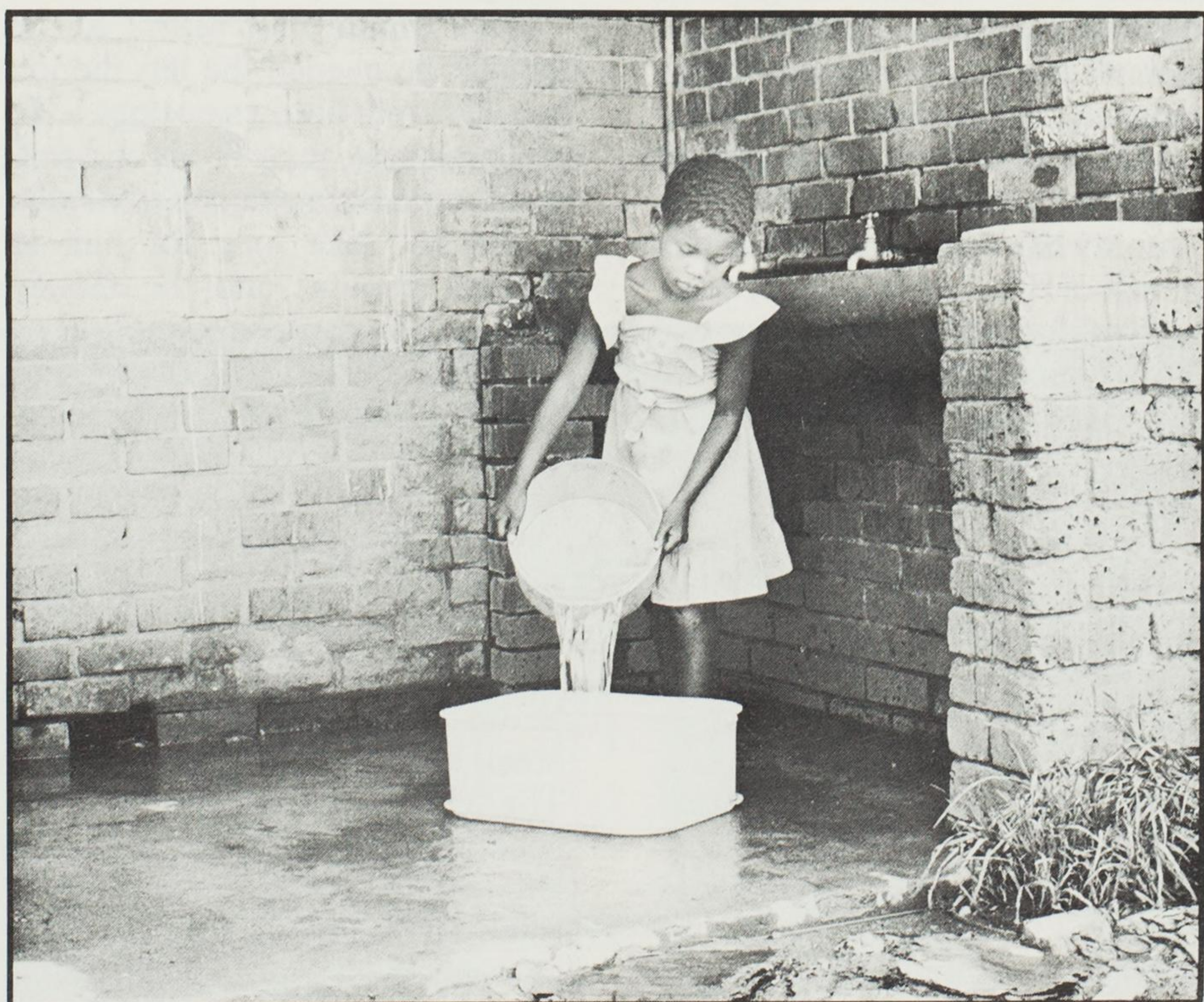


The electric street lights were cut off a year ago. It is very dark at night. That is when the single men from another section of the hostel are said to move in and molest women and even little girls.

This community has no shops, no schools and no church building like other townships. The people have to go outside the yard for whatever they need. Occasionally a truck comes in to sell groceries and vegetables. The children have to travel long distances to get to their different schools. Some use buses and trains while others walk to school in other townships.

There are many teenagers who have dropped out of school. Most girls have children and the boys hang around all day in groups. Said 14 year old Susan Selela, a standard five pupil. "There are so many kids my age who are alcoholics. The boys sniff glue. Nobody is bothered about what you do here".

Another teenager who complained about the lack of recreational facilities is Blom Serasengoe. Blom is 14 years old and doing standard four in Moletsane. He travels by train to school. Blom is



living with his parents and his younger brother.

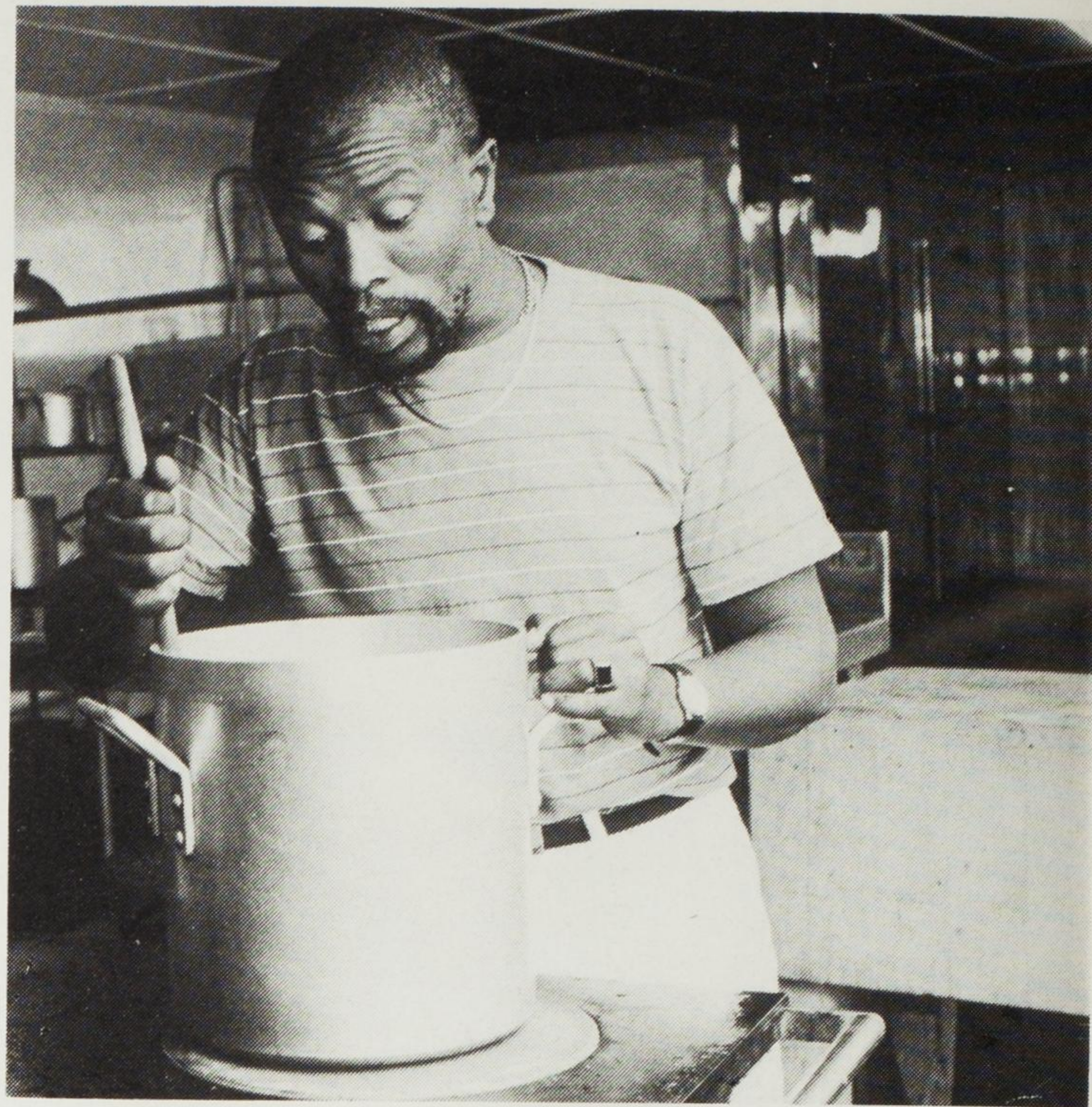
When he was living with his granny in Moletsane he could go to art classes at Entokozweni. He could play football and take part in other activities at the youth club. Now that he is living in the hostel

there is nothing interesting to do.

There is a general feeling of helplessness in the camp. Various voluntary workers have come to start self-help projects but people are apathetic. The only self-help project which has been going on is the nursery school.

Cooking up a Storm

Fancy yourself as a cook? Some people think that cooking is a woman's job. Not so, says Jimmy Hlatswayo, international chef and seafaring adventurer . . .



A bit of this and a pinch of that; cooking is a job for creative people, says Jimmy.

WHEN Jimmy Hlatswayo went to a vocational school to study as an electrician little did he know he would abandon it for something as unusual as cooking. Cooking is still regarded by some people as a woman's job or a job done only by foreigners. But today Jimmy is an international chef and he has earned everybody's respect.

Jimmy has been head chef at the Diepkloof Hotel since it was opened in 1974. He has travelled to France, Italy, Austria, Switzerland, Germany, Holland and America where he visited restaurants and sampled different dishes.

"In 1970 I went to Cape Town to visit. For a long time I had had the idea of working on a boat. Then I got a job with a Portuguese guy on a boat sailing around the Cape up to the borders of Australia.

"I worked in the kitchen doing all the minor jobs like peeling vegetables and washing dishes. I was learning a lot of other things".

After a year Jimmy came back to Johannesburg. He found a job as a trainee chef.

He had to know all the five departments of the kitchen. The departments are the butchery, the cold kitchen, the vegetable kitchen, the fish kitchen and the grills kitchen.

The salary was very low – R60 a month. But he thought what he was

learning on the job was worth it. The working hours were from 10 am to 2 pm, then a three hour break, and then from 5.30 pm to 10 o'clock at night.

After Jimmy had learnt all he thought he needed, he left the job and went into his own business. He prepared take-away foods and sold them at the Baragwanath taxi rank. It did not take long for him to become popular and the money was good. In a day he spent R40 on buying the food and went home with twice as much. He even managed to pay his mother, who was helping him, a salary.

Since Jimmy had no licence to sell food the police were a constant threat. He decided to enroll at the Garankuwa Hotel School, where he did a six months crash course in hotel management and catering. The course included theory of cooking and managing the entire kitchen staff. Jimmy learnt French, English, German, Italian and other international ways of cooking. They did not learn eastern ways of cooking like Chinese and Indian, but Jimmy says he did pick those up during his travels.

Jimmy's flair for cooking and the desire to learn more earned him a trophy as the best student of the year in 1972. He had passed with a distinction in both theory and

practice.

The minimum standard of education for the crash course is Junior Certificate. For advanced course the minimum is Matric.

On the day of the examination a panel of judges from the hotel board come in to examine what the students have been learning. The student who has his own kitchen has to prepare a four course meal and serve it within 3 hours. A four course meal consists of soup, fish, the main course and sweets. The student has to do all this without any assistance.

As the head chef at the hotel Jimmy has to plan the menu, supervise the whole kitchen staff – the junior chefs, the waiters and even the people who wash the dishes and clean the kitchen. If anything goes wrong in the kitchen the head chef carries the responsibility.

Apart from working at the Diepkloof Hotel Jimmy runs a private catering business for any kind of occasion. Chefs make from R800 a month to R2 000.

Says Jimmy of his profession, "Preparing food and presenting it is an art. If you are a creative person this is one of the most satisfying outlets. And of course you will learn to love food. There is no way you can avoid that."

Lightning

Who says lightning never strikes in the same place twice?

There is a saying: lightning never strikes twice in the same place.

But this is not true. Using 400 lightning spotter machines all around South Africa, a research institution has shown that lightning strikes over and over again in certain places. For instance, people living in Piet Retief near Swaziland are much more likely to be struck by lightning than people in the Western Cape.

The Highveld and Northern Natal have the highest number of direct lightning hits.

The Cape, Northern Transvaal and Natal coast have the fewest direct lightning hits. As you can see, it is those parts of the country which have frequent thunderstorms which have a lot of lightning strikes. This is because lightning usually occurs during a thunderstorm.

What is lightning?

Lightning is a gigantic spark of electricity. The spark jumps between negative and positive

charges in atoms. Atoms make up everything – including ourselves, our clothes, our houses, and the ground and storm clouds. All atoms have positive or negative charges. As a thunderstorm passes over the ground the negative charge at the bottom of the cloud builds up a positive charge on the ground. Huge electrical charges build up

within the cloud and on the ground beneath it in seconds. Look at the diagram to see how lightning happens.

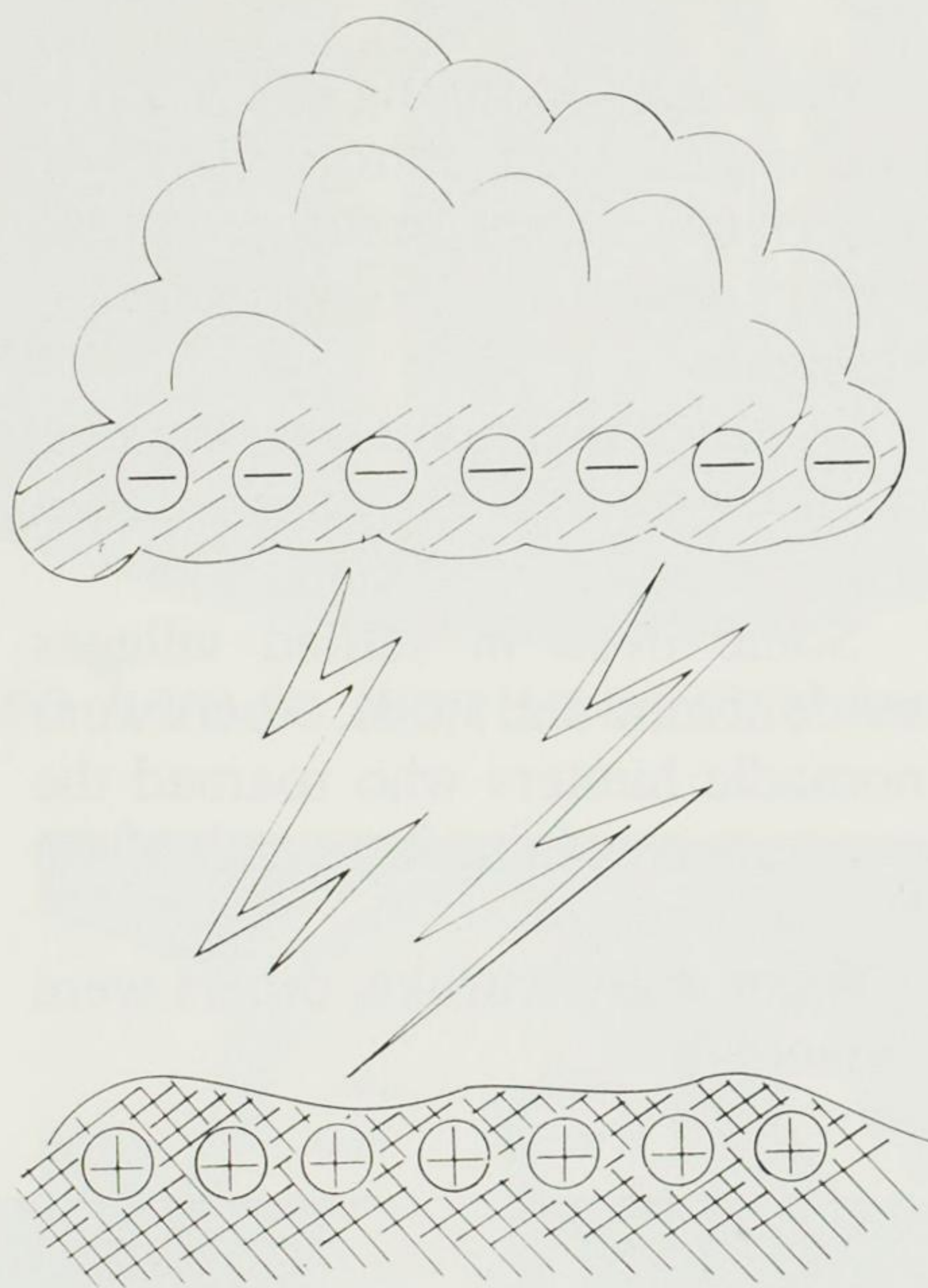
The attraction between positive and negative charges becomes stronger and stronger. Finally a flash of lightning zig zags between the cloud and the ground at speeds up to 150 000 kilometres a second. Lightning is white-hot and causes the air to expand with a tremendous boom which is thunder.

Safety

Lightning follows the shortest path between the cloud and objects on the ground. So it often strikes tall buildings, trees standing alone in a field, and other high objects.

If the object contains metal, which is a good conductor of electricity, the lightning passes through easily and does no harm. So if you are in a house with a metal roof or inside a car during a thunderstorm you will be quite safe.

But if you are outside during a thunderstorm never take shelter under a tree. Lightning might strike the tree and you as well.



The American Indians: The Tragic Story of a Proud People

For thousands of years the continent of North America was inhabited by the American Indians.

But then America was “discovered” by European explorers, and the tragic destruction of their way of life began . . .

“WE always had plenty; our children never cried from hunger, neither were our people in want . . . The rapids of Rock River furnished us with an abundance of excellent fish, and the land never failed to produce good crops . . . Here our village stood for more than a hundred years, during all of which time we were the undisputed possessors of the Mississippi Valley . . . If a prophet had come to our village in those days and told us the things that were to take place which since have come to pass, none of our people would have believed him.”

Ma-ka-tai-me-she-kia-kiak
(Black Hawk), Chief of the Fox tribe.

When the first Europeans “discovered” America the Indian people were living happy and contented lives in societies which had developed over thousands of years. Their lifestyles were simple but practical. They hunted the plentiful bison (a kind of buffalo) for their meat and skins, planted a variety of crops, and gathered fruit, herbs, vegetables and nuts from the land around them.

Different cultures

The American Indians had originally come from Asia many thousands of years ago. Over the centuries they spread throughout the vast continents of North and South America.

In North America there were hundreds of different groups of people, speaking many different languages.

Some lived in settled farming

communities, planting crops such as corn, tobacco, cotton, marrows and beans. They made beautiful pottery ware and colourful wool blankets.

Some got their food from the sea, using many different ways to catch fish and collect shellfish.

Some lived in settled villages made of mud and stone, others were nomadic hunters who roamed the great grassy plains in pursuit of the buffalo herds.

Some were warlike, others were peaceful.

But they all had religious beliefs which controlled their daily lives. All believed in the life of the spirit after death, and had a deep respect for the earth and nature which they saw as sacred.

The European settlers

The coming of the European settlers to North America was the beginning of the slow destruction of the Indian people and their way of life.

During the 16th century European explorers began to travel further and further into the North American continent. The explorers saw this as the “New World”, a beautiful place for settlers from Europe to come and live.

But the European settlers who came to America were not concerned that the Indians had been living there for thousands of years. To them the Indians were “heathen savages.” The settlers and missionaries believed it was their duty to “civilize” the Indians.

Diseases

The Europeans believed that they were to bring “civilization” to the



In 1961 a group of American Indians walked 5,000 kms from San Francisco to Washington to draw attention to the plight of their people. At the end of their walk they pitched their tepees (tents) on the lawns of the White House, the Headquarters of the American Government.

Marlon Brando, the film star, addresses a rally of American Indians, protesting the loss of their tribal lands.



The North American Indians, seen here in their traditional feather headdresses, were excellent horsemen and fierce warriors.

Indians. But they did not realise that they were also bringing diseases which had never existed in America before.

Thousands of Indian people died from smallpox, tuberculosis, cholera and typhus. Because these diseases were new to the American Indians, their bodies had no defence or immunity against them.

Broken Treaties

At first the Indians welcomed the white settlers. The whites had many useful goods like guns, horses and fabrics which they traded for animal skins. Horses and guns helped the Indians to hunt better.

After the American War of Independence in the 1770's when America became Independent from the British Empire, many more settlers began to move west, into the interior of the continent.

Many treaties (agreements) were made between the Indians and the American government. But one by one these treaties were broken.

In 1830 the government made a law called The Indian Removal Act which gave the whites the power to move the Indians off their sacred lands.



Wolf Robe, a Cheyenne chief. The Cheyenne tribe fought many battles against the settlers and government soldiers.

The "Trail of Tears"

So began the "Trail of Tears" to the new Indian territory which the government had set aside. Sixty thousand people were forced to set off on this terrible journey. Thousands died along the way of hunger, cold, illness and sorrow.

Many tribes fought bravely to keep their lands. But by then the white settlers outnumbered the Indians. There were many frontier wars and battles. But in the end the

Indians lost their lands.

The Reservations

The Indians were put into reservations by the government. The bison which they used to hunt had been nearly wiped out by white hunters. Many reservations were unsuitable for farming. Many Indians left the reservations to look for work in the cities. Others became farm labourers.

Ten Bears speaks

The centuries-old way of life of the American Indians was ruined. Said Ten Bears, a Comanche chief: "I was born upon the prairie, where the wind blew free and there was nothing to break the light of the sun... I lived like my fathers before me, and like them, I lived happily... But it is too late. The white man has the country which we loved."

In the 1940's the Indian Claims Commission was established. This commission allowed Indian tribes with grievances to sue the American government. In some cases Indian tribes won their lands back.

Some tribes have survived on their reservations. But many were completely destroyed.

The Library: A feast of information for everyone.

It's without doubt the place to go when there's something you need to know!

Would you like to build a solar heater, or some homemade hi-fi speakers? Or would you prefer to make pickles, or marmalade, or jam? Or do you want to learn about photography, or geography, or wildlife, or pick a career?

Do you want to fix your car, build a cupboard, or produce a play?

Do you have legal problems that you need to find out about? Or is your mother or sister expecting a baby? Do you know the details of how this incredible miracle of life takes place?

The list of things which people need to know is endless.

So where do you go when there's something you want to find out?

The answer is simple. You go to the library.

Most libraries have two main sections: the lending library and the reference library.

The lending library

If you love reading but can't afford to buy books all the time, the lending library is for you. The lending library has a wide selection of novels and non-fiction books on

all sorts of subjects.

The best thing about the lending library is that you can take books home to read. And it is free!

The reference library

The reference library is the place where information is stored. It is stocked with encyclopaedias and reference books on any subject you care to name.

Because anyone may need these books at any time, and because these types of books are very expensive, you may not remove books from the reference library. You have to read them there.

But you will find that the reference library is a very pleasant place to work. Desks are provided and it is cool and quiet.

You will also find that the staff of the reference library are very helpful. They are trained to find information on any topic, so don't be shy to ask them. It is their job to help you.

The card catalogue (index)

So how do you find the book you want, or even the page you want,

from among the hundreds of thousands of pages in the thousands of books in the library?

The key to unlocking the library's secret is the card catalogue, or card index.

The card catalogue lists every book in the library by (1) author (2) title (3) subject.

At first the librarian will look up your books for you, but as you learn to use the card catalogue, the whole world of the library will begin to become open to you.

Caution

If you are given a book from the shelves to read, or even if you get it from the shelves yourself, do not try to return it to its proper place once you've finished with it. That's work for the experts. If you replace it incorrectly, the next seeker won't be able to find it.

Magazines

Most libraries keep a wide variety of magazines, including back issues. If you have a favourite magazine, and you'd like to look at back issues, try the reference library.

How to join a Public Library

If you want to join a public library all you have to do is go to the library and apply. You will have to fill in your name, address and age on the application form. If you are younger than 14 years you will first have to get your parents' permission to join the library. Joining the library is free.

After filling in the card the librarian will give you three tickets. When you take a book out the library the librarian will keep a ticket.

You are allowed to keep the books for 14 days. If you haven't finished the books after 14 days you can ask for permission to keep them for another 14 days.

The tickets are valid for three years. After three years you can ask for the date on them to be extended for another three years.

If you do not return the books at the specified date the library will fine you 5 cents for each book every week until you return the books.

ANIMAL ALPHABET

Cats: The Friendly Killers



A lioness photographed in Kruger National Park.

Cats come in all shapes and sizes, from your small domestic pussycat to the huge and ferocious tigers of India.

'The most majestic of all is the lion. With his kingly mane, his long sword-shaped teeth and his deafening roar, the lion has always been known as "the king of the beasts".

Cats, whether big or small, wild or tame, are all very similar in appearance and in their habits.

They are carnivorous; they eat meat. This means that they are designed to be killers, and even your friendly neighbourhood pussycat is an expert in the art of killing.

Their weapons are their teeth and claws which are very sharp. You will notice that a cat's claws are not usually exposed. When a cat's foot is relaxed, his claws are hidden away in his paws. When he gets angry or excited, out they come – and they can be dangerous.

Cats love hunting. Domestic cats hunt birds, mice and insects, while the big cats – lions, tigers, leopards, jaguars and cheetahs – hunt zebra, buck and other game.

They all hunt in the same way, by carefully stalking their prey and then making a sudden leap at it, sinking their claws into the unfortunate animal's back, and their

teeth into its neck or throat.

Of the larger cats, all have been known to attack and kill humans.

One man-eating tiger in Nepal went on a rampage for eight years, killing 438 people before he was eventually shot.

In Malawi, a rogue lion killed 14 people in a single month.

Cheetahs are a special kind of large cat. Built for speed, they are the fastest animals on earth, over short distances. When chasing their prey they can reach speeds of over 90 kilometres per hour.

Most cats are solitary creatures, coming together only in the mating season. Lions, however, prefer to live in groups, known as prides.

The male lions, with their long manes, are proud and lazy. The female lionesses do most of the hunting, as well as caring for their cubs.

Nothing could be lazier than a lion who has just eaten his fill. Buck and zebra are safe nearby if the lions have just eaten. Lions can eat up to 18 kg of meat at a time, so it's not surprising that they feel lazy after a meal!

Lions were once common throughout South Africa, but now they are found only in zoos and game reserves.

Leopards, however, are still living wild all over South Africa. Smaller than lions, but just as dangerous, they often kill domestic animals and have been known to kill people.

Graceful and dangerous, cats, whatever their size, have been worshipped, prized and adored by people throughout the history of man.

People in Turkey and Egypt kept cats in ancient times. They thought of them as holy animals. In ancient Egypt people cut their hair as a sign of mourning if their cat died. If there was a fire they would rescue their cat first before saving their other possessions.

Cats have excellent eyesight, especially at night. They also have excellent hearing and excellent balance. If they fall they will always land on their feet.

Cats also have an excellent sense of direction and have been known to travel hundreds of kilometres back to their home. In 1960 a Scottish cat named McCavity walked a distance of 800 kilometres in 3 weeks, a distance similar to that between Johannesburg and Queenstown! McCavity was so exhausted from his long journey home that he died the following day.

Cats, unlike dogs, are very independent creatures. A cat in Buenos Aires, in Argentina, climbed up a 40 foot tree and stayed there for six years! The local villagers supplied her with food on the end of a long pole, and the milkman stopped by daily with a cup of milk which he gave her by the same method.

Her boyfriends would climb up the tree to visit her, and high in her tree she gave birth to three separate litters of kittens over the years.

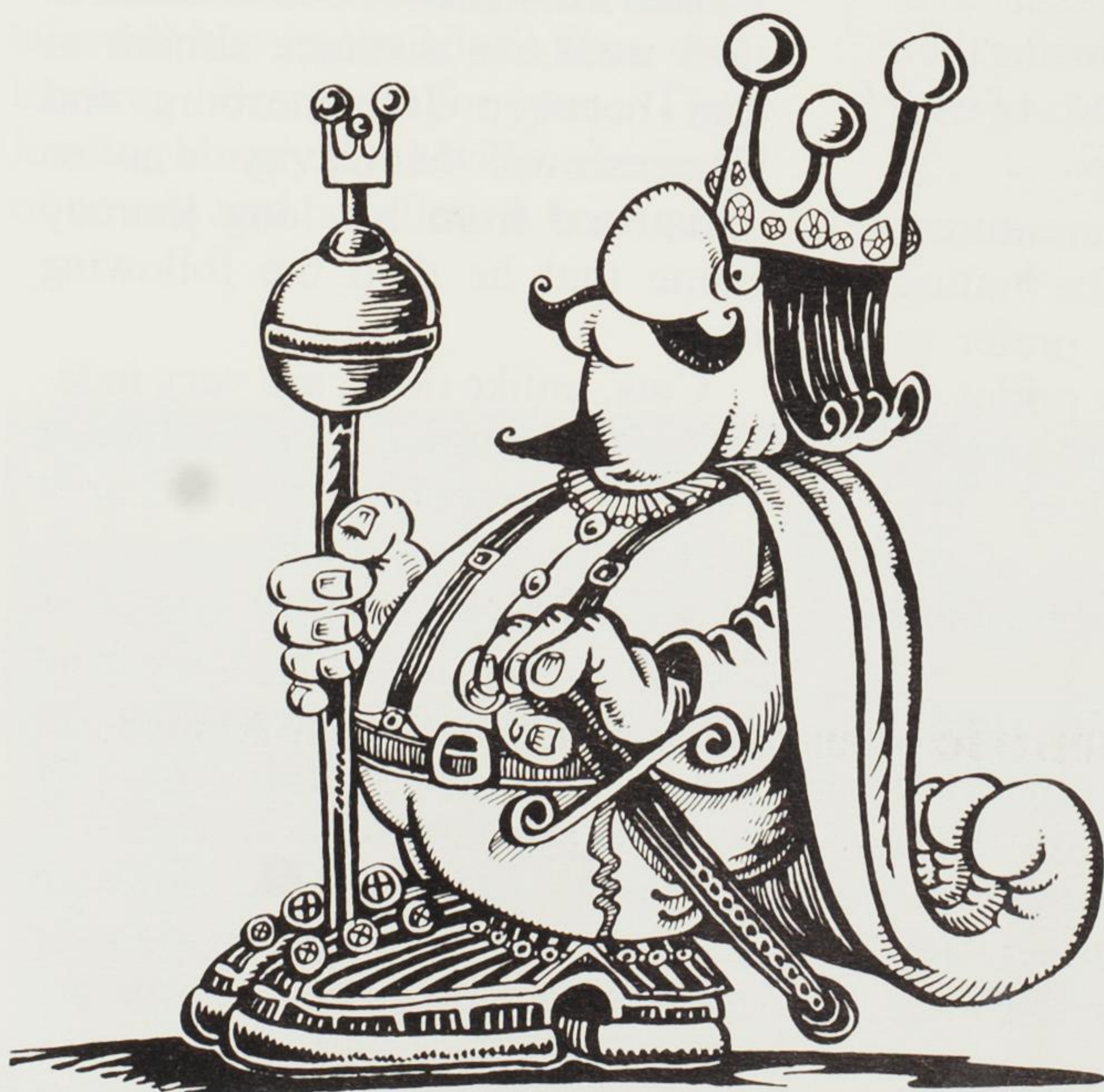
Her name was Mincha and she is recorded in the "Guinness Book of Animal Facts and Feats" as "the world's most eccentric cat".

Willie Wordworm

YOUR DICTIONARY PAGE



Apathetic – listless, unenthusiastic (Transit Camp)



Majestic – great; which has to do with a king or queen (Animal Alphabet)



Prey – an animal that is hunted and eaten by another animal (Animal Alphabet)

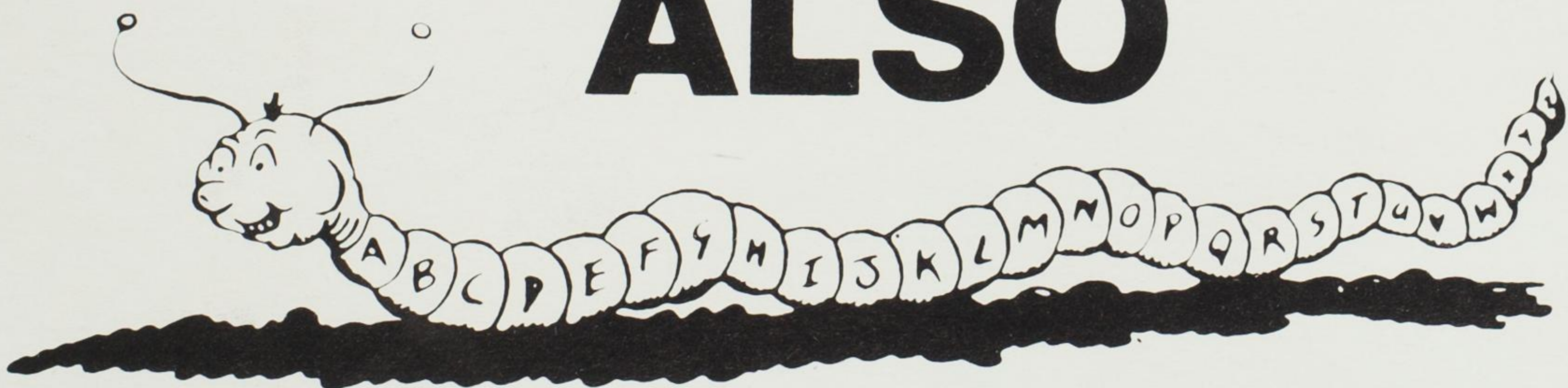


Candidate – a person who wants to be elected in an election (America Today)



Ferocious – angry, violent and cruel (Animal Alphabet)

ALSO



To delay – to cause to be late (People)

Droplet – a very small drop (Health)

Overhaul – the act of checking and repairing a machine or car (Bus Fares)

Response – an answer (Bus Fares)

To petrify – to frighten someone so that they cannot think properly (Upbeat Writers)

Proportion – a part of something (America Today)

Philosophy – a system of beliefs (America Today)

To stalk – to hunt an animal quietly, so that it does not see you (Animal Alphabet)

Appreciative – Feeling or showing pleasure and respect (People)

Eccentric – unusual or strange (Animal Alphabet)

Infancy – early childhood (People)

Temporary – not meant to last for a long period (Transit Camp)

Redemption – to be saved from sins and damnation (Bob Marley)

Emancipate – to set free (Bob Marley)



Stella Starfinder's

ENCYCLOPAEDIA
OF THE UNIVERSE!

Chapter 13: 'Unlucky for some...'

King Kalibos is dead
from a heart attack!

THE KING IS DEAD!
LONG LIVE THE QUEEN!
I'm the Boss
now!



But Killim Grimlog, the Captain
of the Grimlog Guard, has
other ideas...

That's what you
think, traitor Queen!



I control the army!
I'm the Boss now!



BUT

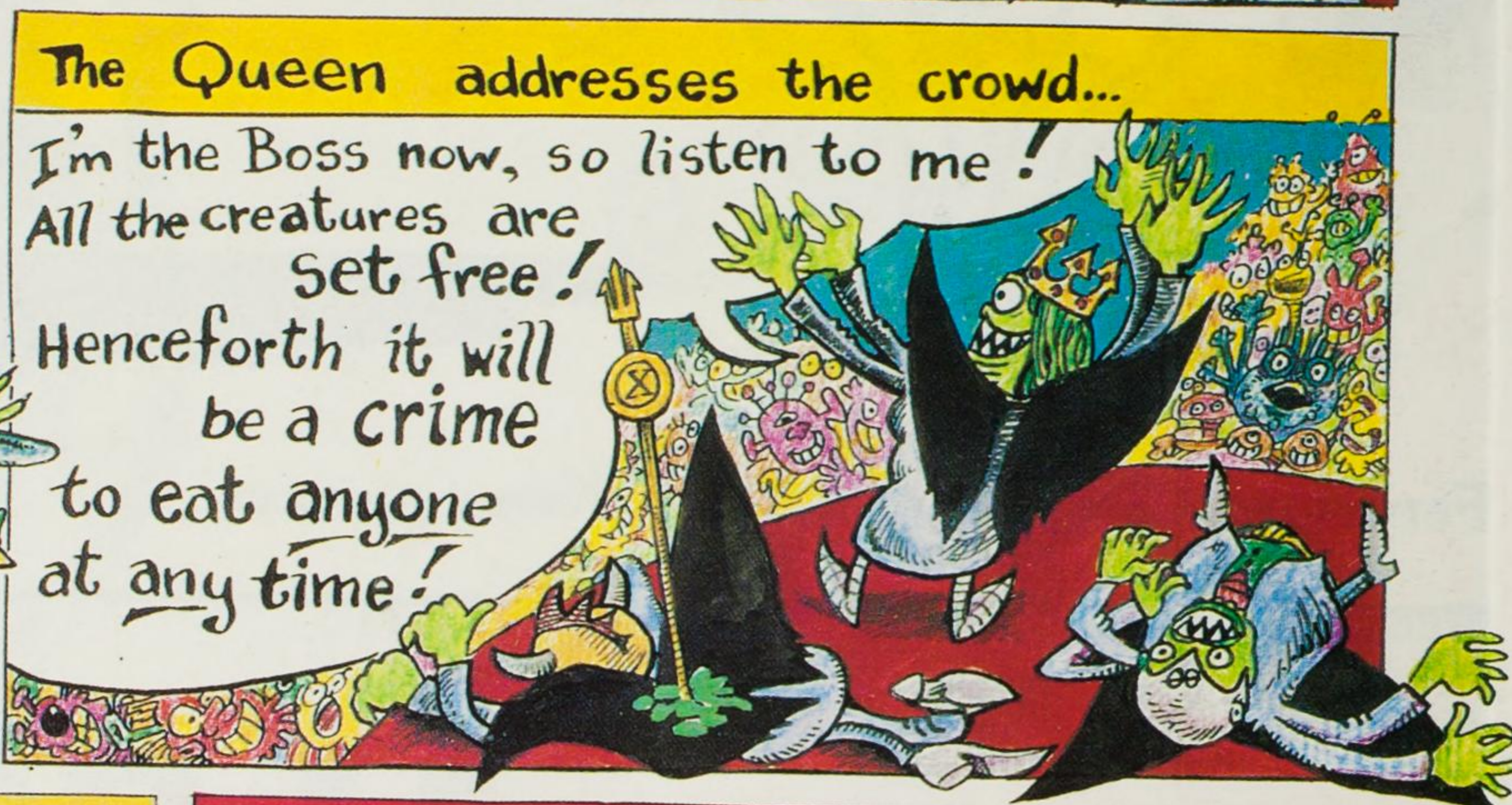
Not for long!

UHNN!



The Queen addresses the crowd...

I'm the Boss now, so listen to me!
All the creatures are
set free!
Henceforth it will
be a crime
to eat anyone
at any time!



The drunk Grimlogs are only just
beginning to realize that something
is going on...



They reach for their weapons, but...

Don't move Grimlog!



Soon all the Grimlogs are
disarmed and overpowered...



The Queen spoke...

Everybody's free! But
I'm still the Boss! If
you do what I say
you'll be okay!



But suddenly...

That's what you
think, dearie!

Cheeki!



Next Issue: 'Cheeki Day!'