

Hello, I'm Half Tiger, your Health Mate. Being healthy is the way to go but it's sure not easy! So many choices can be confusing and challenging but together we can choose health.



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YOUR HEALTH — THE MEASURE OF YOUR WEALTH

OLA, OLA PEEPS!



Winter's here and as the colder weather drives you indoors it's time to get a little more reflective and prepped for some of the crucial decisions that lie ahead. The mid-year exams are just around the corner and so are the all-important subject choices for the Grade 9s.

Of course Health Mate is here to help with tips, hints and advice that will give you the edge to make healthy and happy choices that are right for you. You have the power to make it happen.

In this edition we celebrate Youth Month and the power of the youth. We trace the footsteps of the giants from the June 1976 uprising. We also look at the important events of Drug Awareness Week and International Day against Drug Abuse and we give you tips on how to power up your body to look phat and fine this season!

WIN!

To stand a chance of winning one of these ultra-cool Youth Month gift CDs from Bula Records, sms the word HEALTHMATE followed by your name, age and province to 32545 (sms's charged at R1).

- DaLES: Fresh 2Def
- DJ Sgqemeza: Kusazobamnandi
- Room 1, Maggz: The Break Out
- Arthur vs DJ Mbuso: Round 1
- Chomee: Queen of Dance



PREPPY POWER

Tough decisions and big challenges can have all of us tossing and turning at night.

But the way to ease the 'einh' of it all is to be prepped and properly organised. Preparation means having relevant information, getting a variety of reliable sources so that you can have a broad view of whatever you want to tackle, taking sound advice from people you respect and looking deep within

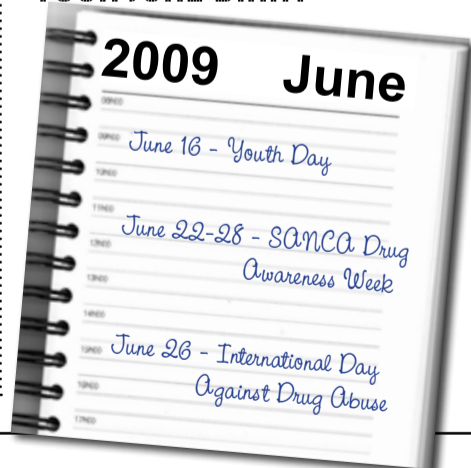
yourself so you can follow your own true voice. As for the organisational side of things, it means getting your ducks in a row by making sure you tick off all the requirements on checklists, going over the finer details and getting timing and deadlines sorted out.

All these points apply to preparing for the exams and also choosing the subjects that will help shape your career path in the future.

Remember that preparation also means making sure you have a clear head and a healthy body. Get enough rest, exercise and go easy on the junk food. With Drug Awareness Week coming up on the events calendar in June, it's a good time to remind yourself about the consequences of taking drugs and how they affect not just your body but your decisions and choices.

Sure, people will tell you that a bit of experimentation never hurt anyone, but the truth is that drug use and drug abuse can leave your life in tatters – and your life and your future dreams matter too much to take that chance.

YOUR JUNE DIARY



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PARTY HEARTY



Party hard if you want to, but mixing it up with booze is a no-no. Alcohol dulls your mind, weakens your reflexes and slows your responses – definitely not the way to have fun!

PARTY AT ZAKE'S CRIB



Hey, hey girls, welcome to my party ... help yourselves to drinks and snacks at the bar, my parents are away for the weekend. So it's party time at Zakes' crib my ladies.



I dunno babes, my sister says those things make her puke.

No my baby, that's because she doesn't know how to make them the way the Zakes-man makes them ...



Hey my friend, easy.



Ja, I'm just nervous you know, I don't want Zakes to think I'm a baby and I can't drink. Actually these things taste quite nice, I'm going to ask Zakes to make me another one and I think I'll go have a little one-on-one with him ... lata sistas!



You're so beautiful baby, I'm so glad you came tonight, I really want to show you a good time.



Thanks Zakey...

Shooooooo! You just relax now...



The guys are going to love this... just wait till I get her naked, then they won't doubt I didn't score. Ha ha!



Hey what's going on here?!

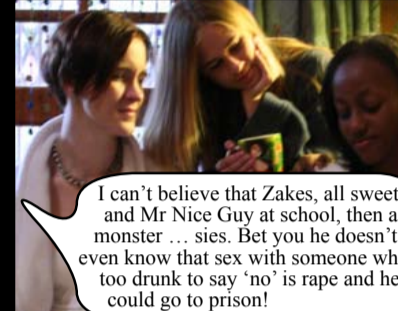


Get Thembs, we're so getting outta here.

MORNING AFTER



I feel like death this morning ... thanks guys, I could have been raped and he would have put naked photos of me all over Facebook or something. Maybe I could even have got HIV or become pregnant ... jeez.



I can't believe that Zakes, all sweet and Mr Nice Guy at school, then a monster ... sies. Bet you he doesn't even know that sex with someone who's too drunk to say 'no' is rape and he could go to prison!



Yoh! I'm glad the girls went to look for you; you shouldn't have had all those drinks my friend.



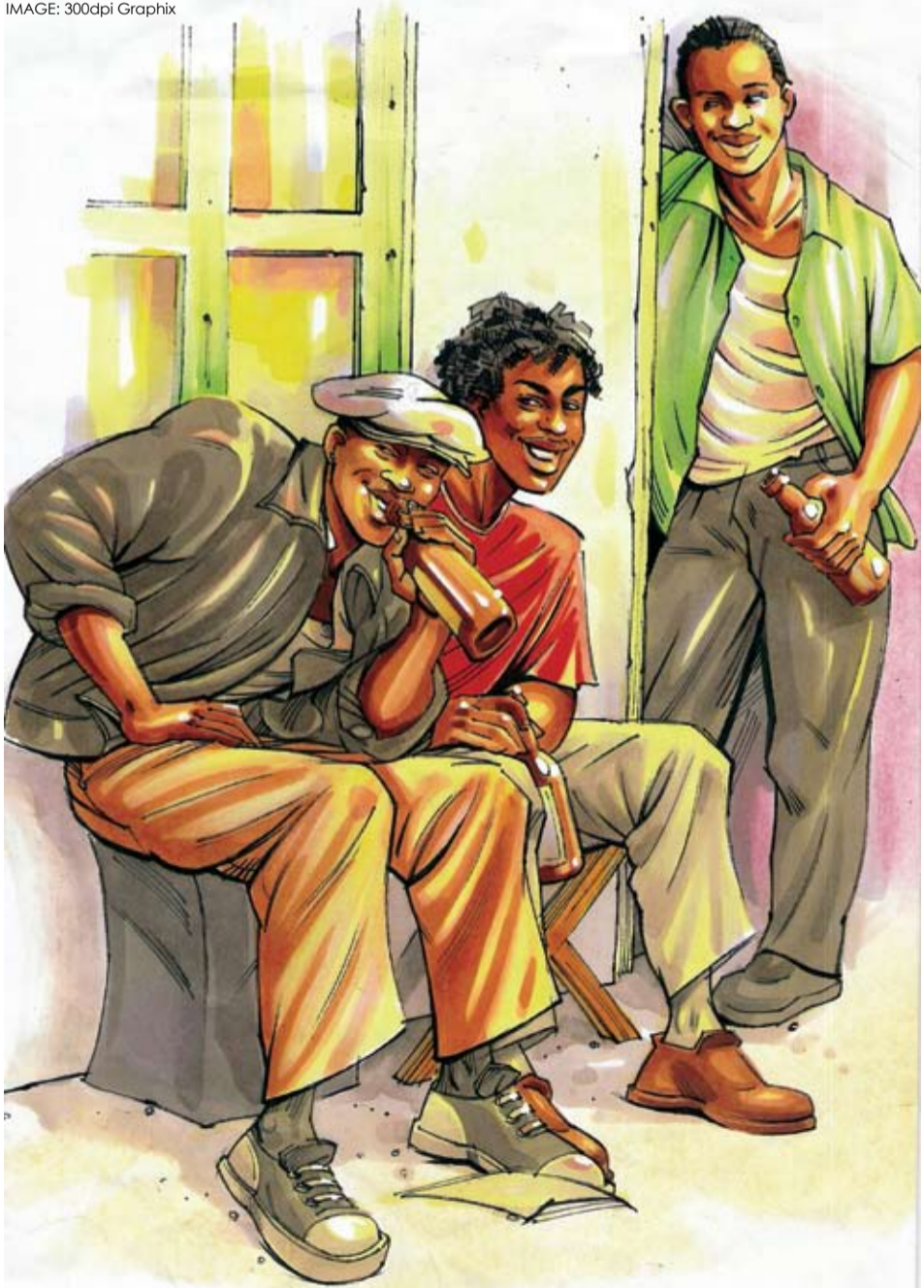
Ja, it was stupid of me. I really don't want to throw away my life for a stupid boy like Zakes.



Here's to good friends and getting out of bad situations together!



IMAGE: 300dpi Graphix



BOOZE BLUES

When people think drugs, they think dope, coke, tik and heroin. They hardly ever slot alcohol into the same category.

But yip, even though you can buy alcohol at the supermarket or the local tavern and you can buy and drink it as you like if you're of legal age – 18 – alcohol is still a drug, because it's a mind-altering substance.

It's bad enough that drunk people throw up on you, slur when they speak or act all stupid or all lovey dovey. Alcohol abuse can have other serious consequences too.

Of course alcohol affects your memory, your ability to concentrate and your overall attention span. That's bad news if you're trying to learn or study or if you're trying to stick to a proper study schedule in the run-up to exams.

The Medical Research Council (MRC) says that when you're intoxicated you raise your risk of having unsafe sex, which can lead to an unwanted pregnancy and contracting sexually transmitted diseases, including HIV. When you drink and drive you obviously endanger your life and your fellow road users because your judgement and your reflexes are not what they should be. Police also link alcohol abuse to higher crime levels – from family members beating up on



each other, to petty theft and to serious crimes like rape, murder and house robberies.

Long term alcohol abuse really knocks your body for a six. You can end up with serious liver damage and even shorten your lifespan. The MRC statistics are scary. Their findings from 2002 show that of all non-natural deaths in

Cape Town, Durban, Gauteng and Port Elizabeth, 45 percent of the bodies had blood alcohol concentrations that were over the recommend safe limits.

Nuf said!



IMAGE: StockXchng

Hanging out with Health Mate

VOICE OF CHOICE

Choices, choices! Choosing the right subjects can be really daunting ... there's no turning back once you've made your pick. What you pick may affect your academic results, further study and the career you land up in, so it's really important to carefully consider the subjects you choose. *Health Mate* caught up with some grooving youth to get their top tips on how to tick all the right boxes!

Mega Mosoeu, a Grade 9 from John Orr Technical High School, says that at her school, subjects are compulsory for Grade 8 and 9. "But I can't wait for next year when I get to choose

subjects I like. My mom plays an important role in guiding me and helping me make the right choices. Our class teacher also offers a lot of advice on which subjects to choose."

Eric Fernandez, a Grade 10, also attends John Orr Technical High School. He says he loves languages and working with words. "So for me, choosing the right subjects was easy. I went with what I like. I love words - poetry, writing, public speaking and basically working with ideas. I understand that Maths is an important subject, but I thought if I don't enjoy numbers, why go with Maths.

Fumani Ngqengelele, a Grade 9 who also attends John Orr Technical High School, sings a

different tune to Eric. "I love numbers, figures and doing calculations. So subjects like Accounting, Maths and Science are obvious choices for me. One day I want to become a Chartered Accountant. So these subjects are in line with my future career choice. My father has helped a lot and he has been an influence."

Celeste Adams, a Grade 8, thinks it's fine to follow your friends. "I like being around my friends, and we do silly things together. Not really bad stuff. So we will always choose the same subjects so that we can see each other often in class."

Jeffrey Macingwane, a Grade 10 learner, has a different view to that of

Celeste. "It is better to choose your subjects based on your talent and your abilities. It does not help to just blindly follow your friends. What if you're not as smart as they are in that particular subject. I think you will obviously flunk the tests and exams"

Rudolph Taylor, in Grade 10, says he will choose his subjects in way that will prepare him well for the job market. "I've heard on TV news that our country has a shortage of skilled artisans. I will choose subjects that to go to a technical college and qualify as an artisan. I don't want to go to university. I think it is boring."



Mega Mosoeu



Eric Fernandez



Fumani Ngqengelele



Celeste Adams



Desiree Mohau-Phillips



Lonene Khosa



Chantal van Wyk

The writer within WIN BIG IN THE HEALTH MATE ESSAY COMPETITION

*I have a dream ...
South Africa: a drug-free society*

Tell us in a 1,500-2,000 word essay how you think the drug problem can be eradicated.

If you are between the ages of 16 and 21 respond in an essay to the topic "I have a dream ... South Africa: a drug-free society"

Winners will be hosted by the Department of Education in Pretoria. Prizes are: 1st prize: R750.00, 2nd prize: R500.00 and 3rd prize: R250.00 respectively.

Send your essay to:
Department of Education
Essay Competition
C/o Health Mate
Private Bag X 895
PRETORIA
0001.

Include your name, age, school (if applicable), telephone details and province.

YOU SAID IT

Dear *Health Mate*

I thank you *Health Mate*! I think *Health Mate* is a wonderful project. The main problems we face in our school are teenage pregnancy, drugs, gender based violence and gangsterism. We know the consequences but still engage in unsafe sexual activities. Let's stop drinking and doing drugs and take responsibility for our actions. Let's focus on our studies and our future. I thank you.

Stephen Ishmael Molete
Support Group Chairperson

Winning letter!

Awareness!

My road to success is not straight-forward: there is a curve called failure, a loop called confusion, speed humps called friends, red lights called enemies and caution called family.

If I have a space called determination, an engine called perseverance, insurance called faith and a driver called God, I will definitely make it to the place called success.

Thank you, *Health Mate*, for giving me words of wisdom. Thank you very much because change is exactly what we need.

Masechache Sebogo (16)
Kroonstad, Maokeng

Back on track...



Dear Fifi

My brother needs help please!

He doesn't get it that when he hangs around with the guys who do tik and all that rubbish he's also gonna end up stealing cars and robbing people. I don't want a drug addict for a brother and I don't want to visit him in jail or in the morgue.

He thinks I'm just his baby brother, but I love him and want to help. What can I do?

Baby Bro

Dear Baby Bro

You're a caring brother and that's a good place to start. Don't give up on your brother even when he rejects your advice - he needs all the support and love he can get.

Talking, nagging and pleading don't always help because people think that drugs help them to escape the tough realities of their lives and that without drugs there's just no way out.

Try to show your brother some alternatives to the life he's getting stuck in. Get him involved in local sports, the local church or mosque, or other community activities. Even just try spending more time with him doing things together like fixing cars, watching some TV or just hanging out together, getting to know each other better. Exposing him to inspiring, responsible people will hopefully also encourage him to make different choices as he sees that a life without drugs and gangs can be a good life.

Also get some professional help if you can. Speak to a counsellor or teacher at school or go to a clinic and speak to someone there for tips and pointers that can help you to help him.

Hang in there; you are his connection to a life free of drugs and you *can* win him back.

TALK TO US:

We'd love to hear from you, so if you've got something on your mind, suggestions for future editions, or just want to drop us a line to say hi, please e-mail us at healthmate@eishteam.co.za or write to: **HEALTH MATE, HEALTH PROMOTION DIRECTORATE, PRIVATE BAG X895, PRETORIA, 0001**

The best letters will be printed in the next edition of *Health Mate*.



NAMUHLA
DIGGIN' DEEP: You have the power within



Back in time

As June 16 approaches, *Health Mate* looks at the challenges faced by a past generation and realises that the way in which we, the youth of today, manage our challenges can be a gesture of respect for how a past generation of youth overcame theirs.

June 16 1976 is an important day for South Africans and especially for all young people.

As thousands of Soweto high school students rose up on that day against the Apartheid government's Bantu education system, what they proved was that they had a deep power within them, even when all the odds were stacked against them as so-called poor, disadvantaged, black, township children.

When they made the decision to stand up, even at the high cost of their lives, they left a mark in history that we, as those who walk in their footsteps, can forever draw inspiration from. Today, the fight may not be about changing a political system for South Africa, but the fight is about using our opportunities well, even

though we are easily distracted. We need to make the best choices for our futures so that we too can stand tall and be counted when the next generation looks back on what we chose to do with our lives.

On the challenge list is choosing to say no to drug and alcohol abuse as they make poverty, crime, sexual abuse and violence all the worse in a country that we love and want to build and grow.

Each one of us has the power to make the right choices – choosing not to cheat, choosing not to cut corners because we feel too lazy, choosing to be involved even when it seems like a mission and choosing to walk away from so-called friends who don't get it.

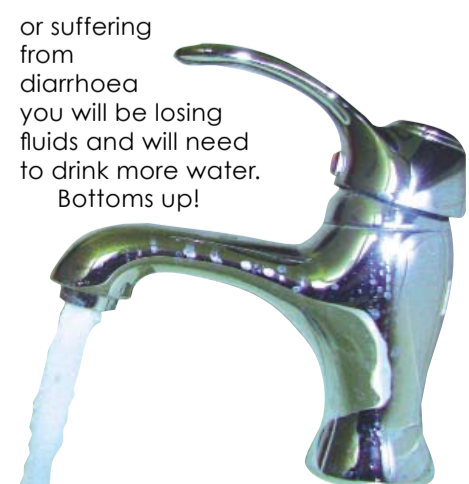
You have the power – make it happen!

HEALTH FIX – health on tap

Good health is just a drink away - okay, eight drinks away.

Water is a key component of our bodies. So aim to drink between six and eight glasses of water a day because it is essential to regulate your metabolism and flush toxins from your body. It also keeps your joints, organs and tissues in good shape.

Remember to drink water before you feel thirsty; by the time you feel thirsty your body is already dehydrated. Remember that if you're exercising you'll be sweating, which means you'll need more water. Also if you're sick, vomiting



or suffering from diarrhoea you will be losing fluids and will need to drink more water. Bottoms up!

Treats to try

Staple foods should make up the largest part of a meal. These foods are relatively cheap and supply a good amount of energy as well as some protein.

However, remember that staple foods are not enough to provide all the nutrients the body needs. Other foods such as fruit and vegetables must be eaten to provide these additional nutrients. The official recommendation is five vegetables or fruit per day (e.g. three vegetables and three fruits or three fruits and two vegetables). Samp is a great source of starch and yet it is often ignored. It has great value as a source of energy, vegetable protein, carbohydrates, fat and dietary fibre. In the black South African tradition, samp is often combined with beans (called *umnqusho*) and this ensures that the nutritional value of the dish is greatly enhanced.

Samp is a good source of vegetable protein only if it is mixed with legumes. By adding beans to samp, you ensure that you are obtaining the value of edible seeds such as soybeans, lentils and peanuts. These seeds provide a person with the proteins needed to develop and repair the body and also to build up strong muscles. Beans are a good source of vitamins, minerals and fibre and help to keep the immune system active.

With its rainbow of cultures, the South African food scene offers a fascinating variety of delicious dishes. One of these dishes is *Umnqusho*. This dish is bursting with goodness.



OTHER FOODS ARE:
Spinach, which is an excellent source of vitamin K, vitamin A, manganese, folate, magnesium, iron, vitamin C, vitamin B2, calcium, potassium, and vitamin B6. It is a very good source of dietary fibre, copper, protein, phosphorous, zinc and vitamin E. In addition, it is a good source of omega-3 fatty acids, niacin and selenium. It also protects you against osteoporosis, heart disease, colon cancer, arthritis and other diseases.

Chicken livers (or any liver).
The good: This food is low in sodium. It is also a good source of thiamin, zinc, copper and manganese, and a very good source of protein, vitamin A, vitamin C, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, iron, phosphorus and selenium.
The bad: This food is very high in cholesterol.

At the end of the day, the best meal is a balanced one that contains reasonable amounts of the various food groups.

This article was written by Nelson Khumalo, a Health Mate fan.

FUELING THE MIND



At the start of the second school term in April, the National School Nutrition Programme will extend feeding to quintile one secondary schools. These are the most needy of our schools. These schools join the majority of primary schools that have been part of the programme for a number of years.

A nutritious cooked meal is provided daily to all learners.

The *Health Mate* team wants you to tell us how feeding is going. Please write to us with compliments, complaints and suggestions!

Waiting to exhale

Stress is a part of life, it's true. Bad relationships with your family, the upcoming exams and even fighting with your friends can all make you feel anxious and unable to cope. The trick is not necessarily to get rid of your stress but to manage it well.

Here are some tips to help:
Breathe in deeply – by sitting quietly for a few minutes and concentrating on slow, deep breaths and long exhalations you can start to feel more grounded and calmer, as well as get a better perspective on whatever it is that's troubling you.

Speak up – talking about your feelings, your concerns and your fears to friends, a teacher, family members or a counsellor can ease your load even if they aren't able to solve your problems for you.

Exercise – go for a brisk walk or a run and remember to

stretch your muscles. Exercise gets endorphins, the feel-good hormones, pumping through your body.

Think positive thoughts – remind yourself about the lessons to be learnt from tough situations. Look for the good even as you acknowledge that the journey isn't easy. Also be realistic about what you expect from yourself and from those around you.

Do something different – make time to be creative by drawing a picture, writing a poem or making something out of innovative recycling.

Go natural – nature is a miracle cure. Get up early enough to watch a sunrise, stop to look at a flowerbed and yes, even go ahead and hug a tree.

Help others – volunteering and helping others who have a greater need than you do will remind you that you are not alone even when it feels like no one understands.



IMAGE: Funny Comics