

WHAT IS PASSION?

Passion is a rich, soulful emotion. Whether it makes you feel angry, excited, inspired or tearful, passion is something that moves you in a very powerful way. Passion is an internal experience not an external event. Finding your passion means connecting your head with your heart, engaging that part of yourself that “feels”. For many of us, this is a challenge. Our busy, chaotic lives disconnect us from our feelings. When we act from this “numbed out” place, it's impossible to connect with our passions. True happiness comes when you “do” what you're most passionate about. The clues are all around you. Stop “thinking” about your passions and start doing something, take a risk and step out to try something new. Good luck happens when you are in action.

By **Thaahir Koopman, Age 17**
Athlone High School.



THE AFRICAN CUP OF NATIONS – GHANA 2008 (JANUARY 20 – FEBRUARY 10)

With the 2010 FIFA World Cup just around the corner on this continent, the African giants will be battling it out contesting for the biggest cup in Africa. January the 20th will mark the 26th African Cup of Nations which will be hosted by Ghana. The South African national Team (Bafana Bafana), who are the hosts for the 2010 FIFA World Cup have confirmed their place in Ghana for the finals as the second best placed team.

For the 1996 champions, it will be their seventh appearance in this elite competition.

It won't be an easy ride for Bafana Bafana as they are in Group D (group of death) with the likes of Tunisia, Angola and Senegal. Bafana Bafana have been heavily criticised for not displaying passion for the big game. In their recent form against Mozambique and Botswana the players showed the fans and the coach why the team lifted the trophy in 1996. The coach mentioned that the youthful dominated side that he has selected will be very crucial to build a formidable team for South Africa come 2010.

The 23 man squad includes two uncapped players (Orlando Pirates striker – Excellent Walaza and Kaizer Chiefs goalie – Itumeleng Khune).

Full Squad:
Goalkeepers: Rowen Fernandez (Arminia Bielefeld, Germany), Moneeb Joseph (BidVest Wits), Itumeleng Khune (Kaizer Chiefs)

Defenders: Tumelo Nhlapo (Bloemfontein Celtic), Bryce Moon (Ajax CT), Benson Mhlongo (Mamelodi Sundowns), Bevan Fransman (Moroka Swallows), Tsepo Masilela (Hapoel Tel Aviv, Israel), Brett Evans (Ajax CT), Nasief Morris (Panathinaikos, Greece), Aaron Mokoena (Blackburn Rovers, England).

Middlefielders: Kagiso Dikgacoi (Golden Arrows), Elrio van Heerden (Club Brugge, Belgium), Lance Davids (Djurgadens, Sweden), Suprise Moriri (Mamelodi)

Sundowns), Siphiwe Tshabalala (Kaizer Chiefs), Steven Pienaar (Everton, England), Teko Modise (Orlando Pirates).

Strikers: Excellent Walaza (Orlando Pirates, Thembinkosi Fanteni (Ajax CT), Lerato Chabangu (Mamelodi Sundowns), Katlego Mphela (Supersport United), Sibusiso Zuma (Arminia Bielefeld, Germany)

We as supporters should rally behind the team.

“Ndizani Bafana Bafana Ndizani” (Fly Bafana Bafana Fly).....

Shadrack Kgosane, Age 24
Life Choices

**‘Real men talk,
respect
and care’**
Marcus Hernandez, Singer



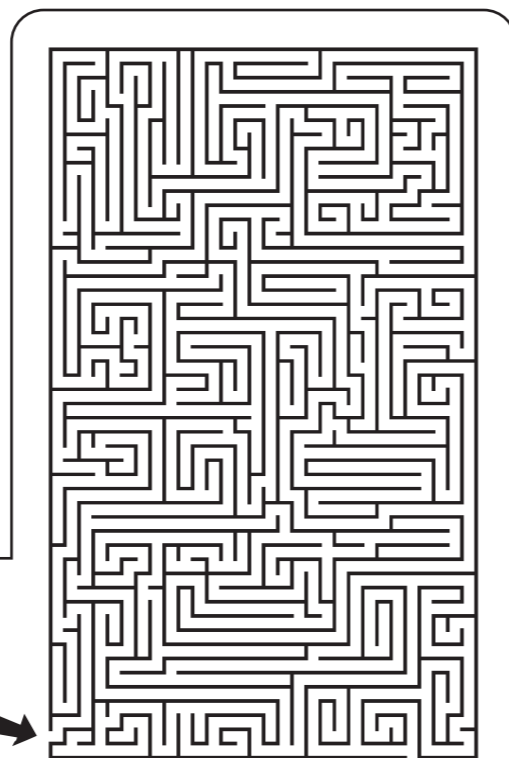
**BASKETBALL
MAZE**

GUESS WHO'S BACK AND MORE STYLING?

Yes, it's Hip Hop Pantsula, and true to his lyrics, his most recent release YBA 2 NW is styling indeed. Jabulani Tsambo makes no mistake with this release, confirming his status as one of SA's most popular Hip Hop acts by delivering a repeat performance of Pantsula styled hip hop. In 2007 when you thought of ballroom dancing, his name wouldn't cross your mind, yet he won the 2007 celebrity “Strictly Come Dancing Competition” featured on SABC 2. In 1997, Pantsula became involved with distinguished producer Chicco Iwala, leading to the release of his debut album, Party. Pantsula frequently uses “Maf-town” in his music this refers to his hometown, Mafikeng in the North West Province.

Quoted from the website: HYPERLINK “http://www.mio.co.za “What's great about this album, apart from its interesting mix of languages and beats, is its creative energy if the SA public still thinks Afrikaans lyrics are like, so uncool, listening to Love of My Lewe is going to blow that little theory clear out of the water. Hip Hop Pantsula is renowned for rapping in the various indigenous languages of South Africa, but this time he's invited local artists ‘Proverb and Lois’ to add to the linguistic experimentation. Not only do the Afrikaans lyrics add a local authenticity to the overall sound of a track, but its lyrical flow is superb, making sense all the way; they're not just arbitrary words put together for effect. Love of My Lewe reflects the inventive capacity of local artists to formulate truly original lyrics that don't come across as pretentious but as realistic reflections instead. That in itself is impressive.”

Shadrack Kgosane, Age 24
Life Choices



YOUR CHOICE YOUR VOICE

SEX

I am a 17-year-old girl (virgin) dating a guy in his late twenties. We have not even been dating for a month but he is already putting pressure on me to have sex with him. He always says that he wants to show me how much he loves me but this really puzzles me because there are a million ways to show someone that you love them without going into any sexual intercourse. I always tell him that I'm happy with him and that I love him but still he says he's not happy because I don't want him to make love to me. He suggests that we have sex to make our relationship fifty-fifty so that he can also be happy.

Please, please help me because I really love this guy and really want our relationship to last! I don't want to make stupid mistakes which I will regret at the end of the day, especially with my virginity because it is something very special to me, I can't afford to lose it just like that.

Anonymous

Sex does not prove love! If he really loved you, he would respect you. Giving in to him will definitely leave you with a broken heart and therefore don't go compromising your values in the name of love. You're right, there are a million and one ways to prove your love and sex is not one of them. You need to understand that a relationship is a two way process and in order for it to succeed, there has to be respect for each other's feelings. If he truly loves you, he would not be putting you under so much pressure especially when it comes to something you're not ready for. I understand that you love him, but there are no guarantees in any relationship and having sex is definitely not going to guarantee an everlasting one. Tell him how far you are prepared to go and if he continues to insist on sex, I suggest you take time out before you become the next statistic. You're young and still have your whole life ahead of you.

LoveLife's Issue 41

ALCOHOL

Alcohol is a wonderful stain remover. It removes stains from winter and summer materials. It also removes furniture, homes, cars, your family, your wife and children. Removes your judgement, your ability to think. It removes your friends, your clothes, your shoes and even your self-respect. It removes your good name and even your job. And if you use it too much, it even removes yourself. Try it. Why not? After all it is an excellent remover!

Rafeeqa Lamera, Age 16
Rylands High School

Written by youth for youth

Young women are four times more likely to be HIV-positive than men and the disease is spreading mainly through heterosexual sex (sex between a man and a woman).

SUDOKU
- MEDIUM -

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SUDOKU SOLUTIONS ON PAGE 3

GET ON WITH YOUR LIFE

When I applied for a life insurance policy the company called to say my request was declined. The minute I heard that, I began preparing myself for an HIV-positive diagnosis. When it was confirmed I was devastated, but my philosophy that things happen for a reason helped me accept it.

I've always believed in protected sex and being faithful, but just one moment of vulnerability can change your life. That's what happened to me. I believe I contracted the virus from an ex-boyfriend. He didn't deny that he could be infected but he also refused to find out. I know he cheated on me and he never told the other girls that they were at risk either. To this day he has not been tested. I should have left him straight away, but he convinced me that nothing needed to change between us. Deep down I think I felt it would be easier to stay with him than face the world alone. It was the late 1990's when I was diagnosed, so the HIV/AIDS stigma was still huge (although I don't think it's changed much since). But I have always been the kind of person who speaks my mind and is straightforward about who I am, so from the beginning I was honest about my status. Fortunately, I haven't experienced any heartbreaking discrimination. Sometimes, though, you tell people and they say it's fine, but you can see the disgust on their faces – I think that's mostly due to a lack of knowledge.

And nothing has stopped me from achieving my goals
Now I'm up for my dreams
Money is not an excuse for education
Alcohol is not to be blamed
The government provides education for all
I used to hate my parents sometimes
Especially when my mother would say “Do your homework!”
And dad would say “Go to school!”
In my mind I always thought they were ordering me around
But now I realise that they were giving me the best gift that a parent could give to their child
What is left for me to say is
(Ngiyabonga Mama no Baba) I'm thankful mom and dad
Not forgetting my teachers who guided me at school

I HAVE ACHIEVED
Knowledge is the key to success
My future is in my hands

Nokuthula Nkukwana, Age 17
Peak View High

My ex and I broke up a while later for other reasons. I have forgiven him – I can't hold him 100 percent responsible

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Manenberg High, Phoenix High, Masibambisane High, Simunye High, Rosendaal High,
Voornburg High, Leiden High, Athlone High, Ned Doman High, Rylands High, Spes Bona High,
Peak View High, Holy Cross High and St. Joseph High.



WORD SEARCH PUZZLE

By Rachel Woods, LDS Guide <http://lds.about.com>

S G N I R E F F O G N I T A D
 F C P D R E S S A G E N C Y E
 R N G U O D P E D J E C F P Y
 L A N G U A G E N M O A O L D
 A I C E E S Q O N U I I J P
 I E I G R Q R I N T J M V E C
 D Q S A B B A T H D A Y C N I
 E D U T I T A R G F E N A X E
 M Z M G R B M X F Q A B C U S
 B H X E I O J S E R V I C E E
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 G N I C N A D E Q T R E Z Y V
 E T J B H G P D Y T S E N O H
 Y T I R U P L A U X E S E D E
 N O I T A C U D E T I T H E S

ACCOUNTABILITY
 AGENCY
 APPEARANCE
 DANCING
 DATING
 DRESS
 EDUCATION
 ENTERTAINMENT
 FAITH

FRIENDS
 GRATITUDE
 HONESTY
 LANGUAGE
 MEDIA
 MUSIC
 PHYSICAL HEALTH
 SERVICE
 FAMILY

???

Do you know that alcohol will increase your chance of saying YES when you want to say NO

IT COULD BE YOU

I was 15 when I found out that my mother had HIV. I was upset and angry with her and I didn't understand. My first thought was: "How can I live with someone who is HIV?" I fought with her and decided to move out and live with my relatives. I thought that it would be better if she died so that I didn't see her suffer.

When I was away, however I was also worrying about the little ones and how they were doing without me. So I went back to live with her. It wasn't easy, but I tried. I thought maybe I would get infected. I was angry because I thought maybe she would die tomorrow and how would I live without a mother? At school they were trying to teach us about AIDS but I couldn't understand. I would get upset and not listen because I thought they were talking about my mother. I was scared that the other children would find out. The one person that I could tell everything to was my aunt, but she also died of AIDS. I feel pain about losing my aunt and about my mom.

My mother spoke to me and now I give her all my support. I am not afraid or ashamed to talk about my mother's status anymore. My mother has told me that when she is gone I must be myself and take care of my little brothers and sisters and teach them to stay safe because it is a serious disease. She doesn't want to see any of us infected with HIV.

Being strong means getting rid of negative thoughts. It means being confident that I will have my mother tomorrow and to make sure that we talk to each other. I am so proud of my mother. She is a strong lady and a good survivor. I need her guidance and advice. I need to know that there are people who care about me.

Sylvia Selekele (20 years) - Conversations

The roots of education are **bitter** but the fruits are **sweet**

Aristotle, Greek philosopher

SHATTERED DREAMS

A family man I long to be but tik took control of me I had a dream a vision, a destiny but you overpowered me. Mommy please forgive me if I caused you pain I'm trapped in my soul. The substance I use is beyond my control. I acted brave but could not control the crave. Only 21 years of age I had a full life ahead of me. TODAY I will be tomorrows history. Tik, Tik you shattered me, my friends please remember me. I thought I was clever, we would do anything to get the next crystal together – tik you shattered my dreams and now I'm leaving this world forever.

Danica Davids, Age 16

Ned Doman Senior Secondary School

WHERE HAVE OUR VALUES GONE?

My name is Mishka Ross, a 16 year old Grade 11 pupil at Holy Cross Convent High School. As a teenager I am shocked, flabbergasted and taken aback by what's happening in many teenagers lives today. I continuously ask myself where our values have gone and why we do what we do.

As a peer educator, its my role to help my peers and to lead by example but at the end of the day, our peers make the final decision, this is where PLAN B has to step in. PLAN B is the values that our parents should instill in us as toddlers. This is not an article to blame parents but to tell teenagers to listen to their parents because, I know

it may sound like a cliché, however, they do want what's best for us.

Many parents often blame themselves for the wrong doing of their children but they should not because I believe they are old enough to know the difference between right and wrong. Teenagers today are taught over and over again, about protecting themselves from STI's, abstaining from sex, consequences of drug abuse yet they continue to put themselves at risk, thinking it will never happen to them. Well, have I got news for you – its happening, everywhere!!! Teenage pregnancies, teenagers that are addicted and teenagers who are having sexual intercourse

in public toilets, the list goes on. Personally, I think its disgusting. It gives all teenagers a bad name and I ask you to stop – before you ruin your life.

Remember if being "cool" means that you have to do something that you know is wrong rather turn away. It might seem hard and many will criticise you (that's a guarantee) but at least you'll know you're doing the right thing and you'll have a good life. One more thing, its your life but live it in a way to make others proud.

Mishka Ross, Age 16

Holy Cross High



Think before you **act**, because once you act it will be too late to **think**...

Chumisa Nduna, Student

FREE HUGS

I was watching Oprah the other day about a man who goes around giving hugs in shopping malls. Like everyone else in the mall I thought he was mad. Then it struck me he was another special person doing something special for his fellow people. So I asked myself why can't we be like that. I know it won't rid our world of diseases or clean it from drugs and crime but it will make that person smile and maybe inspire them to do the same. Some of you are shy to walk up to a stranger and give him/her a hug so start by giving your friends and family a hug and I'm not saying go stand in Vangate Mall with a sign "free hugs." But it'll certainly be selfish to just walk away when so many people need hugs. To start off your hugging spree, here's something to think about:

"Laugh and the world laughs with you, cry and you cry alone. Give hugs and the world smiles"

Food for thought:

"Worse than being blind is to have sight without vision"

By Shandray Fester, Age 15

Phoenix High School

DON'T LET IT SPOIL YOUR DAY

If someone should ever hurt you,
 Or say unkind things,
 Remember that I'm here for you,
 Keep these thoughts in mind.

For everyone that makes you cry,
 There are three that will make you smile.
 And a smile will last a long, long time, but a tear
 Just a while.

Don't let someone who hates the world
 Cause you to hate it too
 Behind the clouds is a golden sun
 And a sky that's full of blue

If someone said a thing that's cruel
 Don't let it get to you
 Your achievements are greatly numbered
 And your faults are very few

So if a certain person should act in a certain way
 Think of those who love you most
 And don't let it spoil your day.

Rafeeqa Lamera, Age 16

Rylands High School

IT'S NEVER TOO LATE TO DREAM

There are children out there who have given up on life, because of their circumstances. But the truth is that no matter what your circumstances are, it's never too late to dream.

I realise that some circumstances are very tough to get out of, for example, getting pregnant at a very young age, addiction to a substance, poor circumstances at home such as an abusive parent or financial problems and many more. You may not believe this, but you can get out of it. Anything is POSSIBLE.

Here are some steps which you can use to achieve your dreams.

Be Positive

The first step in achieving your dreams is to become positive and believe in yourself. Believe that you can get out of your current situation and into one you want to be in.

Seek help

You can seek help – anything that can help you get out of your situation. Eg. if you have a drug addiction, go to rehab and get better. Don't feel sorry for yourself and think you won't get it right. Seek help and support and you'll already be two steps closer towards achieving your dreams.

Determine where your talents lie

Everybody has certain strengths and talents and so do you. What you have to do is find your hidden strengths, talents and passion. Whether it is singing, acting, leadership, sports or any other strength. Find it and use this to set

your goal or dream.

Embrace your talents

Whatever talent you have uncovered, work on it and improve on it. Take the necessary steps involved in developing your talent so that you can achieve your dreams.

Grab or make opportunities

With regards to your strengths and talents, grab any opportunity that comes your way that might help you to achieve your goals. Opportunities do not come along everyday, so you might have to create your own. Eg. if you want to become a doctor, but because of financial problems, you can't afford university. It is no excuse to give up. You can create your own opportunity by finishing matric with a great average and apply for a bursary. You can do anything if you put your mind to it.

Start now

Become positive NOW! Seek help NOW! Determine where your talents lie NOW! Embrace your talents NOW! Grab opportunities NOW! Don't base your life on "better late than never", try "the sooner the better". What you do now will either make or break your future. It's your choice!

So no matter how tough it may seem to get out of your situation, remember that it's never too late to dream.

By: Shannon Malgas, Age 15

Voorbrug Secondary School

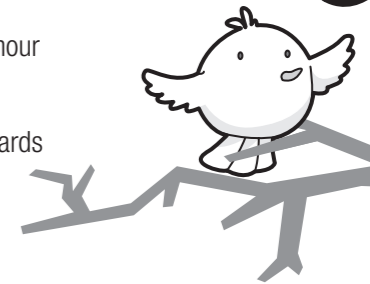
17 RULES FOR LIFE

- Pursue achievable goals
- Keep a genuine smile
- Share with others
- Help your neighbours
- Maintain a youthful spirit
- Get along with the rich, the poor, the beautiful and the ugly
- Keep cool under pressure
- Lighten the atmosphere with humour
- Forgive the annoyance of others
- Have a few friends
- Co-operate and reap greater rewards
- Treasure every moment with your loved ones
- Have high confidence in yourself
- Respect the disadvantaged
- Indulge yourself occasionally
- Take calculated risks
- Understand that money isn't everything

People Magazine, 13 July 2007

'If you want to be happy in life, tie your life to a goal, not to people or things'

Albert Einstein, Scientist



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SUDOKU SOLUTIONS