

Turn the Corner

WITH MR. JD NGWENYA

How to choose a Career



Whether you're a high school or just starting to search for college to study at, or wanting to change

careers, the first step you need to take is KNOW YOURSELF. To know what you would be good at and enjoy doing, you need to understand yourself. Take a personality assessment test or Read more about the Career path you want to take, Ask People who are already in the same field or industry, remember many careers exist today that most people would not consider, so its wise to talk to a career counselor at your high school or visit your local college or institution to get a career guidance.

What if you didn't work or worry about money? You might pursue hobbies and passions or find new ones. If you love decorating and redecorating your home, take some art or interior design courses. REMEMBER Choosing a career path is an important decision. Keep in mind, however, taking one type of job now doesn't mean you'll stay there forever. Focus on your personality, skills and interests and find a career that is a perfect match. LET SHAPE YOUR CAREER TOGETHER.

PANIC ATTACK

Researched By:Nonceba XezuPart 2

Although the duration of a panic attack can vary greatly, it typically lasts for more than 10 minutes, is one of the most distressing conditions that a person can experience, and its symptoms can closely mimic those of a heart attack. Typically, most people who have one attack will have others, and when someone has repeated attacks with no other apparent physical or emotional cause, or

feels severe anxiety about having another attack, he or she is said to have panic disorder. A number of other emotional problems can have panic attacks as a symptom.

Some of these illnesses include

Posttraumatic Stress Disorder (PTSD), Schizophrenia, and intoxication or withdrawal from certain Drugs of Abuse.

Certain medical conditions, like thyroid abnormalities and anemia, as well as certain medications, can

produce intense anxiety. Examples of such medications include stimulants like methylphenidate (Ritalin), diabetes medications like *metformin* and *insulin*, *antimalarial* medications like quinine, as well as corticosteroid withdrawal, such as withdrawal from *dexamethasone* (Decadron). As individuals with panic disorder seem to be at higher risk of having a heart valve abnormality called MitralValve Prolapse (MVP), this possibility should be investigated by a doctor since MVP may dictate the need for special precautions to be taken when the individual is being treated for any dental problem.

While the development of panic attacks have been attributed to the use of food additives like aspartame, alone or in combination with food dyes, more research is needed to better understand the role such substances may have on this disorder.TO BE CONTINUED

THINKING CRITICALLY

“A CRY FOR LEADERS “



Sebolelo Phalaborwa

Often when some affair goes wrong in the world and society, we always wonder what went wrong or who was suppose to be responsible? This question boils back to the question that only a few are concerned about which is “where are the leaders”?

The world and society is in the state that it is in today because there is a lack of leader's .When I speak about leaders; one/I am not talking about someone that can have followers just because they will at some time benefit something from that particular leader at some stage. When I talk about leaders I am asserting about men and women that are trained by the fires that life circumstances threw at them and they went through it and were not consumed.

Yes, excellent leaders can or are derived from both men and women, but I have an urge to ask “where are the fathers”

The order of creation is to have

fathers/males leading. Leading their lives, families, the community and the world. Women are great leaders yes, and I would also like to say that the world is in a state that it is in, because there is a painful lack of fathers, in homes, where it all has to begin.

Their absence creates pain as well because mostly they are just been taught to be men but not fathers and leaders. Where are men that say this is my responsibility and those who say I want to be a role model ,what about those that say it is essential that I have an appropriate personality and character because whatever I did will affect my family and the community at large.

Asserting it again the world and society is in this state because of the absence of father's. Abo baba where are you? If you are where the tough love and role of leadership is and when you are at a space where you cannot be seen, are you displaying integrity and loyalty? What seeds are we planting out there?

Biblically inclining, during the BC and AC women where not regarded, it was only the men that were considered, we sometime wonder why it was like that.

That was because it was the men that had to go to war and fight for their lands and countries, why because it is their nature to protect, provide love and care. All of that

have changed and not just a bit vastly, because it is abo baba that abuse their young ones sexually and practice infidelity breaking in their homes and innocent souls. It is the father that engage on to sexual intercourse with the younger women, and young women want to engage in such with abo baba “ Sugar daddy” because their father are either absent or worse.

It's a cry from the women and children please come home and when you are home be men of valour and integrity. To make the society a better place you are the ones that have to drive that vehicle.Especially for the sons and daughters.

UMNYANGO WEZENHLALAKAHLE USHINTSHE UKWENZA

Eka-pa- inhlango ye SASSA izovuselela kabusha ukubhaliswa kwemali yesondlo sikahulumeni. Bonke abathola lemali yesondlo sikaHulumeni kuzomele bavuselele kusuka mhlaka 1 Juni kuze kube izi 31 kuZibandlela kulonyaka.

Loluhlelo olunqala yilo kanye oluzoletha intuthuko kanye Nezinga eliseqophelelweni eliphezulu kumnyango wezenhlalakahle. Ethula inkulumbo yohlelo lwezezimali enkantolo uNkk Dlamini uye wathinta amaphuzu abalulekile okuthuthukisa uhlelo lwemali yesondlo kanye nokunciphisa izindleko kanye nobugebengu kuloluhlelo. ISASSA iphinde yethula uhlelo ekuholeleni abantu imali yesondlo

nezokongela uHulumeni imali engango R800 wezigidi ngonyaka. Uqhube wathi lomnyango uzoqoqa amaphuzu angu 400 nangu 300 kumahhovisi emva kweminyaka emithathu.

Sekubekwe eceleni imali engango R30 wezigidi ukusiza lomnyango ukuthi uqede ubugebengu. Loluhlele lilindeleke ukuba liqale ngonyaka ka 2015. Ngenkathi kulungiswa uhlelo lwesondlo,lomnyango uzoqinisekisa ukuthi labo abathola isondlo sezingane lemali bayisebenzisa ngendlela efanele. Abazali abahola imali yesondlo sikahulumeni kufanele baqinisekise ukuthi lezingane abazihoelayo zithola imfundo efanele kanye nezempilo ezisezingeni

eligculisayo. Nento abazali abaningi abangayenzi.

“Sizokwenza ngakho konke okusemandleni ukuze lomthetho usebenze, sizqala sazise imiphakathi kanye nabantu abathintekayo ukuze basebenzisane nathi ukuze kubelula,”uqhube wathi ukugcwalisa kulokho bangaphezu kwezigidi ezingu 10.6 zabantwana abathola imali yesondlo.

Uhla lomqulu selusayiniwe ukuqinisekisa ukuthi zonke izingane eziholayo zithola imfundo ngokwezinga. UDlamini uthe umnyango wezokudla kuwowonke umkhankaso uzoqhutshwa kulonyaka. Loluhlelo luhlangane nohlelo olubizwa nge Brazil's zero

Hunger.Lomnyango uzovula loluhlelo ngokusemthethweni endaweni yase Mkhanyakude KwaZulu-Natal.

Ehlelweni lokonga , izigidi ezingu R70 zizoya kwabathintekayo kuloluhlelo kusho umama Dlamini kuzokwandiswa izwi lokuzivikela ngokuxhumana nemindeni eyahlukahlukene.

Ubonge abase Japane ngokunikela ngezimoto ezilishumi ezenzelwe abakhubazekile. Lomnyango uqongelele imali engango R256 wezigidi esikhwameni somfundaze ukuze kwandiswe inani losonhlalakahle.

Bangaphezu kuka 5000 osonhlalakahle abaqeqeshwe

ngaphansi kwalohlelo lemifundaze. Uqhube wathi uyazi ukuthi basekhona osonhlalakahle abasweli imisebenzi nokuyinto yena nethimba lakhe abasayilungisa ukuze baqinisekise ukuba akekho noyedwa usonhlalakahle ozoswela umsebenzi.

Umnyango wezenhlala kahle usungule uhlelo lapho omakade bebona bezenhlalakahle bezosiza ekuthuthukiseni amakhono alabo abasebasha kulomkhakha. Bazophinde bavule inhlango ebizwa nge 'Veteran Social Workers' ezosiza ukubonisana nalomnyango ekuthuthukiseni izinga lomsebenzi wabo.

TWO FOR JOY DRESSES UP STUDENTS

Two for Joy social club has distributed school uniform to needy kids of Sakhile Community and surroundings from Likwa Municipality, on the 19th April Thursday 2012 at Stanwest Hall. 40 school kids we each presented with a bag full of school uniform for winter from shoes up to the gloves.

Attendees of the function were excited to see the kids so happy on the day, which included the guests from municipality Cllr MMC

Aubrey Maboja, Chief Whip Sandy Mnisi and MMC from Vrede.

The sponsors and Two for Joy partners including New Denmark, Sahara sand, Heymans, Kentucky, Maxis, Thokoza Restaurant and others who have donated subsequent amount of money for the event to be a success.

Two for Joy is giving ten families groceries every month and school uniform twice a year. The speaker of the day was honourable Cllr Aubrey Maboja who gave a speech

like it was a president address as he encouraged the kids to respect their teachers and parents and stressed the fact that education is very important, it is the only way to change their lives for better in future. His speech was motivating, educating and encouraging, to add on that Mr Sipho Mkhwanazi the Chairperson of Two for Joy quoted, Mr Mandela when he said in his book “Long walk to freedom”. “That is through education that a

child could become a doctor and a farm worker’s child could be a state president of the country”. Meaning education can open doors for anybody, no matter the background of a person and also mentioned that *Imfundo Ayikhulelwa*. He thanked the educators for their dedication with the kids and commitment to make them aware of their potential in order to fulfil their dreams. Two for Joy members were commended for their commitment to uplift the community and try to

help the needy kids through raising funds from community projects sports and stokvels. The criteria for choosing the needy kids is in the hands of the teachers and the ward councillors handle the families that deserve to receive groceries.. If ever there are more good Samaritans who may want to lend a hand, kindly contact Two for Joy through the secretary David at no 074 135 8699 or Chairperson at 071 688 6325 it will be appreciated.