

Ukubandlululwa

Heart attack

By Sunnyboy Motlounge.

Uyingane ekhaya ebandlululwayo, Uhlukile kunezinye izingane, abazali bakho bayakubandlulula, izingane zakini nazo azikwamukeli njengengane yasekhaya,impilo yakho inzima. Inkinga obhekene nayo ubathe uyazama ukuthola isizatho sokubandlululwa ekhaya awusiboni kodwa unenkinga yokungamukelwa,kanti ikuphi inkinga ngawe. Bazali kuhle uma ingane kunento eningayithandi eyenzayo niyitshela kunokuthi niyibandlulule nithi ayifani nezinye izingane ekhaya, Kanti uma ingafani nezinye izingane kusho ukuthi akusiyo yenu,kanti baphi abakubo?nayithathaphi?uma ingafani nezinye izingane. Nidlalisa ezinye izingane yena akadlaliswa noma engekho ekhaya akubuzwa ukuthi ukuphi futhi animululeki ngekusasa lakhe futhi

animniki uthando, wonakuphi? Vulani isifuba senu nikhulume naye ningumndeni wakhe uhlala nani kanti konakele kuphi ndlu emnyama?ningaze nijikele isisu senu ingane ingaze ihlupheke kangaka nikhona ningabazali bayo.Iyagodola,uthando lwemfudumalo ayilitholi ize izinikele ezinkalweni ngenxa yobandlululo olukhona ekhaya. Kungakuhle ukuthi nithathe isinqumo sokuhlanganisa izingane zenu nisaphila niziphe uthando olulinganayo ukuze uma ningasekho emhlabeni zona ziqubeke ngemfundiso yokubambana ngothando ngoba ngelinye ilanga zizosala zodwa lapha emhlabeni.Lungisani bazali isikhathi sisesekhona ukuze kuphele amagama athi “ingane kamama kufanele zithi “siyizizingane zikamama sancela ibele sashiyelana.(Izaga 22:6)

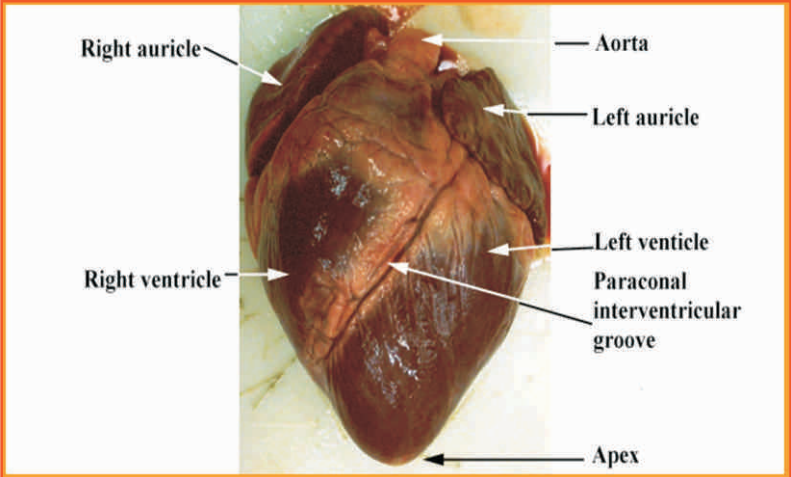
Reseached and Compiled By: Nonceba

Myocardial infarction; MI; Acute MI; ST-elevation myocardial infarction; non-ST-elevation myocardial infarction. A heart attack occurs when blood flow to a part of your heart is blocked for a long enough time that part of the heart muscle is damaged or dies. Your doctor calls this a myocardial infarction.

Causes, incidence, and risk factors Most heart attacks are caused by a blood clot that blocks one of the coronary arteries. \ The coronary arteries bring blood and oxygen to the heart. If the blood flow is blocked, the heart is starved of oxygen and heart cells die.

A hard substance called plaque can build up in the walls of your coronary arteries. This plaque is made up of cholesterol and other

cells. A heart attack can occur as a result of plaque buildup.



LET'S TALK ABOUT OUR INNER BEING AND QUALITIES

BY:NONCEBA XEZU

We need to be strong, self centred and disciplined, self-confident, ready to accept responsibility and to question the affects of technology in our lives.

We also need to ensure that we keep ourselves personally in peak condition. The quality of self-discipline is not as unpleasant as it may sound; it certainly pays immediately dividends in the ability to deal with the stresses of contemporary life.

Even the adoption of a simple but effective, exercise and relaxation routine will raise you in your own self-esteem. To exercise regularly even just three times a week; to remain aware of the beneficial or harmful nature of the substances we put inside our bodies-these factors are vital in maintaining

physical health.

SELF- DISCIPLINE

Self-disciplin in self-preservation extends from the simple but often demanding range of No's-to smoking, excessive alcohol and endless late nights, to the more subtle range of Yes's-the positive affirmation of belief in yourself.

SELF-ESTEEM

It comes from the proper evaluation of yourself as a person and belief in your own worth. If you are being influenced by traditional concepts of feminity that impose limitations on abilities, roles and functions, as happens in some parts of Africa, you are being brain-washed into inferiority. Don't believe it and don't be little yourself.

TO BE CONTINUED

ABOUT JOB HUNTING DO'S AND DON'TS

Application form do's and don'ts

It is very important to complete your job application form correctly and neatly, since this makes a good first impression.

Before completing the form

- ✍ Read through the application form carefully. Take your time. This is very important
- ✍ Make sure that you understand all the questions. If you don't, ask someone else to help you. Do not answer a question before you are that you understand it.

Completing the form

- ✍ Start by completing the form in pencil, so that you can rub out any

mistakes

- ✍ Make sure that when you are ready to complete the form in ink, the pen writes well and does not smudge. Use the same pen for the whole form, and write in block letter
- ✍ Keep your form clean and do not crumple it
- ✍ Answer all the questions
- ✍ Keep your answers short and to the point. Remember that the person reading your application form has to read many others as well
- ✍ If you have special work experience and there is no space to mention it on the form, write it on a sheet of plain white paper and attach it to the application form.
- ✍ After completing the form

- ✍ Check your form thoroughly for mistakes
 - ✍ Check that you have given the correct and complete information
 - ✍ Check that you have mentioned which job you are applying for
 - ✍ Very important: The employer should receive your application form before the closing date on the advert
 - ✍ Use a clean envelope and write or type the address neatly.
 - ✍ Use a big enough envelope
 - ✍ Keep a copy of the completed application form for your own records
 - ✍ Remember not all application forms look the same. Here is a standard application form.
- TO BE CONTINUED

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UMUNTU NOBUYENA

By:Lindokuhle Simelane

Sonke siyazi ukuthi umuntu ngamunye udalwe wabukeka ngendlela yakhe ehlukile komunye nomunye. Kukhona abazibona bebuکهeka bebahle ukudlula abanye , kukhona abafisa ukubukeka njengabanye kodwa munye umbuzo wami, yini eyenza umuntu abukeke emuhle? Ingabe ibala lomzimba wakhe noma isakhiwo somzimba wakhe? Iyodwa nje vo! Impendulo yalombuzo, yizakhiwo zemizimba yethu ezenza umuntu abukeke ngalendlela abukeka ngayo.

Ngicela usafunda lesiqephu uکه uzibuze ukuthi yiliphi ilunga lomzimba wakhو olithanda kakhulu, nocabanga ukuthi yilona elikwenza ubukeke ngalendlela obukeka ngayo? Uma kungathiwa susa ilunga elil;odwa lomzimba kungaba yiliphi lelolunga futhi kungani ungaqoka lona?

Uma uyazi impendulo yalemibuzo engenhla ungayithumela kulenombolo ka Lindokuhle Simelane ethi 078 9320 559..