

# THINKING CRITICALLY

## “TIME TO GROW”



### Sebolelo Phalaborwa

Sometimes comfort ability can be detrimental to growth. One can be so comfortable at a certain point that they are becoming stagnant. Circumstances in our favour? delihgt are not the only factors that can be so comfortable. One can also be comfortable in uncomfortable stages that life brings across. For instance, one can get used to being unemployed or being abused verbally or physically. One could get use to pain and hurts

that, one doe's not even attempt to out of that scene. Truly, there is no more one, I mean no one who does not got or came across challenge, and we all do. The rich and the not so, etc, even those whom we perceive to have made it, they to go through and are still going through some.

As I have highlighted this before, that challenges and troubles occur for a purpose and that reason is to shape and mold one in to characters that are diplomatic and sober minded not only so but to prepare us for our predestined greatness. Now one should not only sit and wait within a false gratification but also get a move on and grow. It is time to grow, and out of that situation one have been nursing for the past! So many days and years.

The first step to growth is to realise, admit that there is a problem, or challenge at hand. Every problem is solvable. The second step is to open up and talk about the problem, by that one would be seeking help or at times correction. The next thing to do is to look for someone who has been through the similar challenge. One could identify such an individual during the opening up process. The talking to someone relevant leads to growth because the individual is going to share about how they overcame that battle at the time they were in it. Growth is essential so that means you are current comfortable circumstances are essential as well, and it is just a matter of time of training it will end. So lets us grow out of it.

# Ithemba/Hope



## UKWEHLULEKA

Ukhaya njengamanje ubhekene nesimo sokwehluleka, okubuhlungu ngawe ukuthi konke okuzamayo akufezeki,ekhaya usubukeka njengesihluleki, umndeni nawo ukubiza ngesihluleki ngisho omakhelwane kanye nomphakathi uma benza isibonelo ngabantu abahlulekayo benza ngawe. Awusenabo abangani ngenxa yesimo sokwehluleka, ubathe uyazama ngapha nangapha akukho okulungayo, kwawena usuzibiza ngesihluleki, usucabanga izinto eziningi , ucabanga ukuthi abantu bayakuthakatha, amadlozi akini, futhi usubona sengathi uNkulunkulu ukufulathele, awazi kwenzekani ngawe.

sokuhluleka kube isimo sempumelelo, ake ukhiphe ukuhluleka engqondweni yakho ufake impumelelo kuwe, ake uthathe isinqumo sokusukuma uqale phansi ngamandla okuphumelela.

Khohlwa ngabantu abangasho okuhle ngawe nabakuhlekayo, sukuma sengathi uqeda kubelethwa, usenawo amathuba. Impumelelo yakho ilinde wena , ungavumi ukushiya lomhlaba uhlulekile. Mhla umphefumulo wakho uhlukana nenyama usengavuma kodwa usaphila ungavumi, yenqaba ungalibhali igama 'UKWEHLULEKA' empilweni yakho, akusilo igama lakho lelo, elakho UMPUMELELO noma NOMPUMELELO. Sonnyboy@khanyisamedia.co.za

# HIV/AIDS HEALTH TALK

## NORMALISING HIV/AIDS



### Grace Phiri

Since the discovery of AIDS in 1981 (is it 1978)? Over 35 million people have been infected with HIV and approximately 12 million have died. Because AIDS was first identified in the developed world in communities that were marginalized (the gay, sex workers and drug communities), it very quickly became disease that was stigmatized. Many countries and communities responded with fear and prejudice and became the disease of the 'other' HIV infections are now concentrated in the developing world and over two-birds of all people living with HIV are in Sub-Saharan Africa. Here the virus is mainly spread between men and women, leading to a disproportionate burden on women, because of their position in society. Africa has the highest number of AIDS orphans. The South African epidemic has the last to develop in Africa but is now one of the most severe in the world. A 1998 survey of women who

attended the public antenatal clinics indicated an HIV prevalence of 22%. It is this estimated that about eight to 10% of Il South Africans are infected with HIV (about 3 -5 million) and that there are about 1 600 new infections every day. This number is likely to increase due to sexual patterns that promote the spread of HIV. Projection suggested that by 2008, half a million South Africans would died every year from AIDS-related diseases. While HIV occurs in all social groups in South Africa, certain people are in more susceptible to HIV through risky behavior patterns or due social circumstances make them less able to protect themselves. Contracting the HIV For infection to occur, two things must happen; •The virus must find a way to enter the blood stream. •The virus must 'take hold' This is likely to happen if there is sufficient amount of the fluid and longer the exposure to the virus. A useful way of thinking about this is to think of the word **SAD** S. = Sufficient quantities of the virus A. = Access into the body or entry point D. = Duration of exposure. Infection Through Blood Historical Infections through blood

are those which took place through blood transfusions. However, since 1985 all blood is tested for HIV. Infection can occur when needles are used on more than one person without being cleaned. This is the cause of high rates of infections in people who are intravenous drug users. When handling blood one should always try to wear gloves. Transmission from patient to health care worker or vice versa via accidental sticks or other medical instruments are rare. 2/ HIV/AIDS PATTERN Mother To Child It is possible for a pregnant woman to infect her child in three ways: Across the placenta: The child can be infected in the womb during pregnancy. During birth: Labour and childbirth can cause damage to the lining/skin of the mother and child during delivery and infected blood may infect the child. Breastfeeding: HIV is found in breast-milk and so breastfeeding may infect the child. Gender and HIV/AIDS Women and HIV/AIDS Recent years have seen significant improvement in the status of women in many parts of the world. Nonetheless, in comparison with men most women are disadvantaged who own less than half the world's property, earn much less than half of

global income and generally work considerably longer hours than men (research of this information was done by Martin Foreman, 1999). Many women are not only poor but their lives particularly their sexual lives, are dominated by men. The inability to decide when, how and with whom to have intercourse leaves women vulnerable to a range of serious consequences, including early death, from untreated complications in pregnancy or from AIDS and other sexually transmitted infections. Women are vulnerable to HIV, men are at risk. This generalization reflects the different circumstances in which both sexes contract the disease. Most women are vulnerable because they have limited opportunity to protect themselves, many are at risk because they refuse to do so, it seems. Men are more likely to have two or more concurrent or consecutive partners and are therefore, at great risk of contracting the virus and passing it on. Women are more likely to be faithful to men from whom they contract the virus and less likely to pass it on. Even when they are aware of the risk of contracting and transmitting HIV, many men fail to protect themselves and their partners. This failure made some people to consider men responsible, or even to blame, for the HIV/AIDS epidemic. Others argue

that the responsibility for transmitting the HIV does not lie entirely with individual men or with men as a group, but it lies with widely accepted concepts of masculinity that underpin the behavior of millions of men across the globe. Many if not more men who fail to protect themselves and their partners do so less from conscious choice than because that is how men are expected to behave. For an example, in many societies men are still expected to have frequent intercourse with their wives or regular partners and occasional or regular intercourse with casual partners. Abstinence is seen as harmful for men causing mental illness or pimples that won't go away until one release semen by having sex. Condoms are seen as unmasculine or as restricting a man's pleasure. As long as men and women are influenced by such concepts of masculinity, HIV will continue to spread. **ABOUT GRACE PHIRI:** Grace Phiri is a special person to the HIV and AIDS Community. She is one person who accepted to the used for tests when Naverapine was first introduced in South Africa before it was administered to patients. She has lived with HIV for 27 years and as an activist conducts talks for companies and institutions on invitation for a small fee to cover her expenses. **Contact Khanyisa for bookings - 081 575 8393.**

# DEPRESSION

## Part 2

By:Nonceba Xezu

### What should I look for?

Depression has eight main symptoms. If you experience five or more of these symptoms, lasting for a period of two weeks or more, you should speak to a GP or mental health professional. The symptoms of depression are: Feeling sad, anxious or bored Low energy, feeling tired or fatigued Under- or over-sleeping, or waking frequently during the night Poor concentration, thinking slowed down

Loss of interest in hobbies, family or social life. Low self-esteem and feelings of guilt. Aches and pains with no physical basis, e.g. Chest/head/tummy pain associated with anxiety or stress. Loss of interest in living, thinking about death, suicidal thoughts **What causes it?** Depression has a number of possible causes. For some people, it comes as a result of a traumatic life event such as bereavement, relationship breakdown,

financial difficulties or bullying. In other situations, the person may have an inherent tendency towards depression, and such genetic factors can be key in the case of bipolar disorder. This mood disorder involves not just periods of depression, but also periods of elation, where the person's mood is significantly higher than normal. During these periods, he/she may have excessive energy with little need for sleep, may have grandiose ideas and may engage in risk-taking behaviour.

# Eat Healthy EAT, DRINK and be MERRY!

## 10 Brain Food Surprises

By:Mike David

### 10 brain foods might surprise you...

**1. Pork** Pork is rich in Thiamine, a vitamin which encourages healthy blood for your brain and helps it to operate at its full potential. Of course, it's important to make sure that you're not eating pork which is high fat or which is unnaturally processed. For best results, buy pork which is as organic as possible. and avoid fatty cuts. **2. Red Berries** Berries such as: strawberries, raspberries, and cherries have high quantities of polyphenols, which help you to control the hormones in your brain which tell you when to eat and when to stop. Bringing these hormones into balance helps your brain to properly process

hunger and satiation so that you won't be distracted by cravings. **3. Nuts** Almonds, Pecans and Walnuts (highest omega 3 and 6), contain omega fatty acids which are important in brain function. They're also high in nitric oxide which stimulates healthy blood flow...which is always good for your brain. It might also interest you to know that nitric oxide promotes sexual health in men and is one of the key ingredients in Viagra. **TIP:** whenever possible, avoid nuts which are preserved using BHT. **TO BE CONTINUED NEXT WEEK**

Bon Appétit