

Turn the Corner

By Mr. JD Ngwenya

LETS SHAPE OUR MINDSET TOGETHER



Why choose to be computer literate? When you are computer literate your chances of employability increase if you are still seeking for a job or just left school and greater earning potential if you are already employed so why not get literate today? Let me share with you some of the benefit of being computer literate , you can stay in contact with the world, with people you haven't seen in decades, pay your bills, shopping you can get everything and anything with one click. You can also find better prices, or

compare prices at local stores so when you go out you know where to go. But wait lets not miss the point. Being computer literate is one skill that no one can take away from you, it's more or less like riding a bike you learn it once and master it you are ready to go downhill on full speed. There is no reason I can think of not to get a computer and learn how to use it. Choose the right Computer Course turn into a career and increase knowledge and get the edge. So go get one and enjoy! .

PANIC ATTACK

Researched By:Nonceba Xezu

Part3

Anxiety attacks occur while sleeping, also called nocturnal panic attacks, occur less often than panic attacks during the daytime but affect about 40%-70% of those who suffer from daytime panic attacks.

This symptom is also important because people who suffer from panic symptoms while sleeping tend to have more respiratory distress associated with their panic.

They also tend to experience more symptoms of depression and other psychiatric disorders compared to people who do not have panic attacks at night. Nocturnal panic attacks tend to cause sufferers to wake suddenly from sleep in a state of sudden fear or dread for no apparent reason. In contrast to people with sleep apnea and other sleep disorders, sufferers of nocturnal panic which can have all the other symptoms of a panic attack. The duration of nocturnal

panic attacks tends to be less than 10 minutes, but it can take much longer to fully calm down for those who experience them.

While panic disorder in adolescents tends to have similar symptoms as in adults, symptoms of panic disorder in younger children are less likely to include the thought-based or so-called cognitive aspects. Specifically, teenagers are more likely to feel unreal or as if they are functioning in a dream-like state (derealisation) or be frightened of going crazy or of dying.

Symptoms of panic attacks in women tend to include more avoidance of anxiety provoking situations, show more frequent recurrence, and more often result in the use of medical care compared to panic attack symptoms in men.

The frequency of panic attacks may increase, decrease, or remain unchanged during pregnancy.



Ithembba/Hope

By Sunyboy Motlouteng

FUNDA NGAMAPHUTHA WAKHO

Unenkinga yokungabi nothandoolovelakubazaliabakuzalay o?Inkingayokungamukelwaekhayau zeuhambeuyokhulumakubomakhel wananakubanganibakhouthi wena uyabandlululwa ekhaya?Sewulala ezigangeni ngenxa yokuthi ubona umndeni wakho ekhaya bayakubandlulula.Usuke wazibuza umbuzo othi yini ekhaya

bangibandlulule, yikuphi lapho ungenzi kahle khona, yikuphi lapho ngingawujabulisi khona umndeni wami. Impendulo uyayazi ukuthi zonke lezinto ezenzeka empilweniyakho yingenxa yokungalaleli uma ukhuzwabakubonisa abazali bakho. Sekuyisikhathi esingakananiubahlukumeza wenza

izinto ezibaphatha kabi behlelwa isithunzingenxayakho,umabekuvike labekukhuzaungalaleliuthibenzenjan i, ngobaubaphathakabiufuna ukulalela bani, ufuna ukukhuzwa ubani? Ubona ngathi bayakuzonda kanti abakuzondi nguwe umenzi. Ake uzilungise, buyisana nabazali bakho basaphila ngoba uma sebengasekho uzosala necala

lokungabuyisananga nabazali . Amaphutha enziwa nguwe ekhaya kodwa ujike usole bona ukuthi bayakuzonda,ubaniunmnikaziwama phuthakanti?Namuhla uthiebantwiniawunabazali,awunakh ayanguweumenziwokubi usasenabo abazali, lisasekhona ikhayalakini. Ngizofika kubaba nomama nakubafowethungithi ngonile kini

ngicela intethelelo kunina ngiwabonile amaphutha wami. Hlonipha uyihlo nonyoko ukuze zande izinsuku zakho ezweni, akukapheli ngawe usengalungisa namanje buyela ekhaya.

INKONDLO OMAMA BESIZWE

Umama omnene othandekayo
Umama onenhlonipho othembekile
Umama ozele futhi owazalwa
Umama onesihawu onenhliziyiyo ecwebile
Umama ongalali nezingane zilambile
Umama opha izingane imfundo futhi aziyale
Opha umthetho ezinganeni ngokulingana
Wumama ophinda azuze ezinganeni zakhe
Azuze izinhliziyiyo zabantwana bakhe
Wumama ongazisoli ngokubeletha kwakhe
Ngibonga umama owangithwala izinyanga eziyisishiyagalolunye
Umama ongakukhonondeli ukukhulisa izingane zakhe
Uthando lukamama luhlaziyeka njengemiyalo elishumi
Umama okhala nengane yakhe uma kunzima
Umama obonisa indlela eya empumelelweni
Wumama othi imfundo ibalulekile ukudlula imali
Wumama othi uthando lumnene futhi luyaphilisa
Ngihalalelisa umama ongayiyali ingane yakhe ekugangeni
Umama ongayivuni ingane yakhe ebudloveni
Omama abaziqhenyayo ngothando abalidlulisele ezinganeni
Omama beSizwe Izindlovukazi!!!!!!!!!!!!

Xolani's Decoration and Catering

We specialise with decoration and catering for any events which may include: Wedding, Parties, Funeral and any events. Tables, chairs and tents at the extra cost. There is no event big fro us just name what you want and we will do it for you up to your satisfaction prices and negotiable.



Xolani Simelane at mobile: 073 686 7040 | e-mail: pjsnger@gmail.com,
| Address: 40 Bothman, Ermelo, 2350.