New Year, New Challenges

Miss A. Frazão

At the end of last year, everyone we spoke to kept saying something to the effect of: “2015 is holding so much for us! We just have to grab it and go!” And so a new year has arrived, and it is already a quarter gone!

At CBC Mount Edmund, we have definitely grabbed the year ‘by the horns’. We have welcomed in a new group of Grade 8 learners, and many others throughout the high school. We have been involved in so much: an Inter-House gala, an Inter-School gala, Inter-CBC tournaments, and so much more on the sports fields as well as in the classrooms and other cultural activities. We have donated much to our school project of Emmanuel Place of Hope (previously known as Plastic View) in Soshanguve. It has been a new year of new challenges.

With that said, we have come to the end of the term. We, as the Newspaper Club of 2015, invite you, readers, to sit back and enjoy the work we have done to give you a wonderful report of what was on our minds, and hearts, throughout this term. We hope you go through a sort of ‘trip down memory lane’ as you indulge in our wonderful school’s achievements.

Hoping you keep calm and stay safe on the roads, whether it be a far or near travel. See you on 14 April for a fun-filled, yet very busy, Term 2 of 2015.

A HAPPY AND JOYFUL EASTER TO ALL!
First Day

Words cannot describe how our first day at CBC Mount Edmund was. Going back to school after the holidays is, well for us pretty exciting because we will be seeing our old friends again. The first day at a new school is totally different from what we are used to. Being around new faces is excruciating and scary. Your first instinct is to impress the right people, and to make sure that they all like you and enjoy your company.

Grade 8 Orientation

What a hectic week that was. To be honest, we were all scared when it all started. It felt as if we were in an army on army base. The prefects were so strict and intimidating. We thought it was a joke to start with but we actually realised that it was serious. Our challenges were based on CBC values which are Leadership, Faith and Excellence, but most importantly to act like a family.

The funniest activities were when we had to make a wheel barrel using our bodies and use our heads to move the tennis ball through mud. The second funniest thing was when we had to trust the person in front of us to lead us through a passage, where there were thorns on the ground.
Things Learnt in 2014

Meladi Ntsoane

2014 was a big year for most people, for me especially. For the first time since Grade 8, I felt like I was actually starting high school. There are 600 things I could say that I learned in 2014, but these are the important lessons that stuck with me.

Things are not always going to go the way you want them to be. Although we would all want to have our way all the time, life has taught me that we really can’t. The key is finding a loophole and working with what you have.

Accept what you cannot change. All you will achieve with trying to change the unchangeable is getting grey hairs early.

The sun shines one day at a time, so you should live each day one day at a time. There is really no need to rush life; things will happen at their own pace.

All in all, 2014 taught me peace and how to relax and to let go of things that I do not influence. What did you learn in 2014?

New year, same me

Rea Makgatho

At the beginning of each year everyone sets out a set plan for the year. All the things that they’re going to change and achieve. It all sounds great until you’re halfway through the year and you realise that you’ve done nothing that you wanted, or planned, to do; that nothing is ticked off on your ‘to-do list’. And at the end of the year you realize that you’re still the same person you were at the beginning of the year. It’s 2015 and I’m done fooling myself into believing that I’ll get through my New Year’s resolution list, because I won’t. I don’t even have a resolutions list this year, what’s the point? To remind myself of everything I wanted to achieve and do, but didn’t? No, thank you. I’m okay with being the same person I was last year. New year, same me.

THIS YEAR, I WILL

be awesome
Teachers. We spend five days a week with them but how much can we really say we know about our dear educators? In this interview we get to know a little bit more about Mr Barger.

Interviewer: How long have you been teaching?

Mr Barger: I have been teaching since 1986, so about 29 years.

Interviewer: Having been a teacher for so long, it can be easy to lose motivation. What keeps you motivated?

Mr Barger: Seeing what people can achieve, not only in the classroom but also in extra-curricular activities and seeing a pupil have that moment where everything just works. I am also motivated by being able to teach skills that will help them function in society.

Interviewer: What made you decide to become a teacher?

Mr Barger: When I was in matric a group of students from the Pretoria College of Education, which now unfortunately no longer exists, did a marketing exercise at my high school. During their presentation something just clicked. So I attended that college and the rest is history.

Interviewer: Do you ever regret your decision to become a teacher?

Mr Barger: I tried to leave once to join the private sector but I missed teaching so much. Now I’m back with a vengeance.

Interviewer: Out of all the set readers you have done as an English teacher, was there a book that you didn’t enjoy and wanted to change?

Mr Barger: It would have to be the Beneficiaries, which was assigned for Matric. It was a thick book that was really badly written and I made the decision to change it to The Scarlet Letter.

Interviewer: We all know that teenagers aren’t the easiest people to work with. Do you ever feel intimidated when you have to present a lesson?

Mr Barger: You become intimidated when you’re at a new school and have to become used to a new system, but once I become part of the furniture, it’s smooth sailing.

Interviewer: What is your favourite thing about being a teacher?
Mr Barger: It’s a job that offers variety in the sense that one day I’m doing Drama then next I’m teaching English. You get to learn new things with the students and to learn new things from other teachers.

Interviewer: Would you say that there’s nothing that surprises since you’ve seen virtually everything a teenager can get up to?

Mr Barger: You can always be surprised. Not so much by the act itself, but by the person it comes from.

Interviewer: You’re quite involved with the cultural activities at the school, why is that?

Mr Barger: I started out doing sports and as time went on I got more into the cultural activities. When I take a group of learners for cultural competitions, even if they don’t win first place, they are winners simply by going on stage and performing.

1. His favourite colour is blue
2. If he could’ve done anything else besides teaching and being head of the High school he would be an architect.
3. If he could have any superpower in the world he would choose Time Travel
4. If he started a political party it would be called the FWP which stands for the “Fat Wallet Party”.
5. If he became president he would be a dictator
6. He listens to Acoustic rock
7. His first ever job was as a Cashier at a Hyperama
8. He lives by the quote/saying “You can do it”
9. Between Coke and Fanta he would choose Coke. Why? Because there’s just so much sugar in Coke, that’s probably what he enjoys.
10. The last time he cried was this year out of laughter, probably because of something Mrs. Steynberg had said.
Artists to Watch

Maungo Sedile

Drake:

Out of 50 positions Drake rules 42 percent from the Hot R&B/Hip-Hop Songs, he has 21 concurrent songs on the tally - breaking his own record for the most simultaneously charting hits in the history of hits. Seven more tracks from his album If You Are Reading This It’s Too Late debut on the newest chart, his tracks are now charting the tally.

Jaden Smith:

‘Beast Mode’ is the most popular song release from Jaden Smith. He and Perth beat-don Ta-Ku have gone head-to-head with this song and the outcome has been a success while others agree to disagree. Jaden Smith compares the Smith family to the X-Men.

Kanye West:

He has a highly anticipated seventh studio album So Help Me God is said to feature Madonna. During one of his interviews, Yeezy also revealed that his album is about 80 percent done and will be released as a surprise album.

Big Sean:

His new album Dark Sky Paradise has appearances from Drake, Kanye West, current girlfriend Ariana Grande and all the hot producers you could ever need. His wit keeps you on your toes throughout every song. A line from his song Blessings featuring Drake, “Be quiet, I’m doing a toast”, could be used as a wedding toast.

Rihanna

FourFiveSeconds is one of the most popular songs at the moment, featuring Kanye West and Paul McCartney. It has received acclaim from music critics, who have praised their vocals and the songs minimal production.
The Gorillaz

The Gorillaz are a virtual band that originate from Essex and England. The band consists of four animated members: 2D (lead vocals), Murdoc Niccols (bass), Noodle (guitar) and Russell Hobbs (drums). The band has been active since 1997 but were in hiatus from 2012 – 2014. During the period between 1997 and the hiatus, the band has made slight changes to the group including their music. They have dabbled in genres such as alternative rock, alternative hip hop, trio hop, indie and electronica. Regardless of their many musical endeavours, the band has delivered great music.

Top 5 songs:
- Feel Good Inc
- Stylo
- Clint Eastwood
- DARE
- Whirlwind

Watch out for them in 2015.

Music is finally here!

Paida Chiroro

For a long time now, CBC has been deprived of music and now it is finally here. With the new enthusiastic teachers and wider range of musical instruments available, more learners are getting involved and are enjoying it very much. There was an eagerness to join the Choir and many learners have taken up an instrument. There were a few Grade 10s who felt as though no one was interested. Many Grade 8s and 9s who were extremely excited and happy with the progress are looking forward to what might come next. There are a few people, however who wish that Music was a subject that could be taken to Matric. Many feel as though the way music has been incorporated into the school has sparked their talent and has created a new passion. Others, who were once taking lessons for their particular instruments but had to stop due to inconvenience, are elated to join again. Let’s see a great change in the cultural atmosphere at CBC.
Have Your Say...

INTER-HOUSE GALA

“IT WAS FUN AND I SANG AND CHEERED SO MUCH, THAT I THINK I MAY HAVE LARYNGITIS. I DON’T KNOW IF THIS VOICE IS WORTH THE SPIRIT CUP ;)”

“I WISH IT WAS LONGER”

“It was awesome!”

“It was fun but it took time before we were allowed to sing what we wanted to sing”

“I enjoyed it because of the drumming...Awesome!! Everyone was singing and the vibe was good”

“I ENJOYED THE SCHOOL SPIRIT THAT WAS AT INTER-HOUSE”

“I HAD TO SING MY HEART OUT AND ONLY GOT TO SIT DOWN FOR 10 MINUTES MAX, BUT I HAD A GOOD TIME. IT WAS WORTH IT THOUGH BECAUSE IGNATIUS WON THE SPIRIT CUP! 😊”

“I got a free lollipop for singing! I had an epic time with my friends😊”

“There was loads of spirit and free sweets! So it was a good day”

“The vibe was better than most years because of the drumming. Good energy”

“Awesome spirit and dancing ... Amazing”

IT WAS CHILLED. THE SPIRIT WAS AMAZING
Friday the 13th is not often, if not never, a romanticised day. CBC pupils, however, had the pleasure of ignoring the threat of Murphy’s Law in a flurry of hearts, balloons, good wishes and googly eyed lovers.

Personally, my friends and I had decided to boycott the age old red and white themed attire and instead kept to a dress code of all black which turned out to be the colour of the day for many pupils. This made me think, does Valentine’s Day still hold the same clout over people as it has for so many years? I have my doubts. The question did arise at one point in the day. Pupils were asked what Valentine’s Day meant to them and the predominant conclusion was that it signified a day like any other with the exception that chocolates and flowers were more expensive. It may seem funny but it also strikes me as odd. What is happening? Do younger generations no longer celebrate the value of the celebration and I hope that we always will. There is nothing more special than showing your loved ones just how much you care for them in a way that leaves thousands of people feeling happy and appreciated. It is not just the day of love, but also a celebration of the beauty of the extraordinary connections we all share as humans, linking us in with a bond that is unbreakable. Valentine’s Day should not be a competitive venture where we each try to outdo one another’s sense of self-worth with a show of chocolates, balloons, gifts and secret admirers. I was shocked to find out that some pupils went so far as to dedicate balloons to themselves to make it seem as if many people considered them worthy of being their Valentine.

So, though it seems that red and white is no longer the status-quo when it comes to February 14th, I hope people remember the meaning behind this annual event. I wish you all a happy Valentine’s Day: be loving and stay loved.
Philosophers and their influence on society

Nthabiseng Mofokeng

I could easily quote history books and look at the greatest and most well-known philosophers such as Aristotle and Charles Bukowski. These two philosophers had a major influence on their peers and continue to influence young minds. Their words of wisdom can be seen buried between coy quotation marks, on multi-coloured cue cards, in the hands of nervous adolescents. Being one of those nerve-wrecked teens, I should know.

I have always looked to philosophers and philanthropists for mind blowing quotes that give an edge to speeches and essays. All that changed when I came across William of Ockham and his theory of conceptualism.

William Ockham’s theory of conceptualism is an extension of Aristotle's work, who was born many years before Ockham. If it wasn’t for Aristotle’s influence on Ockham's work then Stephen Hawking’s discovery of quantum mechanics would cease to exist.

Philosophers and their theories have influenced society greatly and have played a significant role in shaping and advancing it.

Valentine’s Day at CBC

Katherine Weber

Valentine’s Day is a day where love is in the air and couples are out and about preparing special surprises for their partners. Valentine’s Day at CBC was just about the same. The day consisted of romantic gestures between two people that were considered to be “going out”, while the people that weren’t in relationships sent balloons or sweet small presents to their loved ones such as friends or family. The dress code colours, as it has been for many years, were red, white and pink. Students were not afraid to show off their impeccable sense of style, even though some teachers argue that they dressed inappropriately. Before school even started people were already declaring their love to each other with hugs and kisses, as well as looking for their hearts that were hanging from the rails by Mrs Steynberg’s class and the Grade 11 area. During first three periods, people were showered with balloons from secret admirers and friends, which the Grade 11s were happy to deliver. During break, there was a sale of delicious cake and music playing from speakers set up in Mr Millers’ classroom. All together many people enjoyed the theatrics of the Gr11s and their own peers as well as the beautiful gestures from loved ones.
Bontle Mfikwe and Nia Maluleka

Wait! First, let me take a selfie.

Selfies seemed to have been a huge part of our Matric Day. But, who blames us? That was our moment to shine, not that we don’t over-shine. We all looked like flames anyway, so why not capture our finest moments and ‘burn’ the camera?

Matric day was one of the days in which we felt safe to let our hair down and take it easy. That was something we all needed. Before we could eat, drink and be merry, we had two activities. One of the activities was led by Mrs Erasmus and the other by Mrs Baisley. These two beautiful teachers made us realise how important our time management skills are and that in order for us to be successful we need to let go of our ‘I can’ts’ and embrace our ‘I cans’. Our day did not just end there. We decided to get doooooown with Mrs Erasmus to one of our favourite songs, ‘Koze Kuse’. Ayeyeee! I bet you wish you were part of us now, huh?

By the end of the day, we had food-filled stomachs. The bus transported our tired bodies from the CSIR, back to school. Don’t be jealous of us, though. You will soon have just as much fun as we did. Wait, maybe just two thirds less of fun than we had. You cannot compete with the #’15 ON FLEEK crew, but that’s okay. You are forgiven.

Precious Mathembe

On the 30th of January the class of 2015 has their very first Matric Day.

We were all pumped for the day as it was, after all, a day off school but most importantly, we were excited to see what this special day was all about.

It turned out that it was about us, the Matrics, but not just us as a group; it was also about us as individuals. We learned how to organise ourselves better, how to forgive ourselves for our mistakes, and how to believe in ourselves.

We learned about one another and the little things that we have in common, like birthdays. We had a lot of time to interact in a non-school environment, separated from our everyday cliques and tossed into the company of our other peers.

It was very educational, extremely enlightening and flabbergastingly fun!
Hardships of School

Amogelang Moche

For a lot of people, school is fun but not for me. Everything there is to a school environment is stressful, especially with these white pullovers that we wear everyday that have our names on our backs.

For many, this is a great year to be in but not when you have so many responsibilities like getting good grades towards your APS. When will one finally enjoy the year they turn 18 and officially become #LegalEagles when we don’t even have the time to sit down and drink water like normal people.

Maybe I shouldn’t be blaming all of this on school, but rather on the syllabus that deprives us of our youth, makes us feel stupid for settling for a 79% and makes us sleep at 2am when we wake up at 5am. Then the teachers wonder why we’re ALWAYS dragging our feet.

If you’re nowhere near Matric, good luck because by the time you get to Grade 12, you’ll be able to count how many days you actually slept. Even for an hour.

Matric...Oh Boy!

Precious Mathembe

At the beginning of this year, I was extremely excited for 2015, my final year! I was so ready to walk in and own the place; to shred it, but then...I got shredded instead.

Being at the top of the food chain is nice and all, but at the end of the day, when you are all alone with your mountain of homework and heaps of assignments that are all due the next day, it doesn’t matter anymore.

In Matric, it feels as if school thinks that it is the most important thing in our lives right now. The work NEVER ENDS and it’s only March. I’ve already had enough.

There is only one thing that is keeping me smiling; with every day that passes, I am one day closer to the end of the year!
Swimathon 2015
"A book is a dream that you hold in your hand" - Neil Garman

For most teenagers reading is but a daily activity and a nightmare. From horrible readers to complicated questions, school can put you off reading for life. Nevertheless, reading is an essential part of life and important for becoming a professional adult.

From free advice to an escape, reading expands your brain and works it without you even noticing it. Your vocabulary and interpretation of daily tasks improve and it is a great boredom buster.

Interested in travelling or ending your day off with a laugh? Read, if it be a travel blog; novel or comedy strip. Reading comes in many forms both physically and digitally. An article in a magazine or newspaper, a poem or play, a short story - any text can be read for fun.

1.) ComiXology Comics - more than 8000 comics can be found, with 300 being completely free to download.
2.) Goodread - is a combination of a virtual library and an online book club.
3.) Book Crawler - helps keep track of both your digital and print library.
4.) Stanza - A free app which allows you to customise the font, background colour and format through buying 100 000 free books.
5.) Wattpad - The most common book app where you can communicate socially, download free novels and post novels.

The apps above are only a few of the many that allows access to your library and book related things at any point of the day.

A good read should leave you completely satisfied, either with an expansion of your knowledge or a feeling of accomplishment.

Nicole van der Merwe

Those who don’t know history are destined to repeat it. ~ Edmund Burke

The Diary of Anne Frank is a diary kept by Anne Frank. It was written while she was in hiding with her family and other fellow Jews for two years during the Nazi occupation of the Netherlands. The family was betrayed and arrested in 1944, and sent to concentration camps. Anne’s father, Otto Frank, the family’s only survivor of the war, received the diary from Miep Gieps who retrieved it after Anne died. With the permission of Otto Frank the diary has since been published in more than 60 different languages.

This book took me by complete surprise, but in a good way. I thought it would be irrelevant to today’s generation, but that was not the case. The clever and brutally honest (hence the word ‘diary’) writings in this book is totally relatable, but written from the perspective of a different era in history. It exposes your mind to a different way of thinking and challenges you to think differently.

Rating: 3/5

Let’s get the READING groove on!

BOOK REVIEW: The Diary of Anne Frank

Read! It’s good for you
Hey. My name is Katie and I am your typical teenage girl. I am 15 years old and I am living a spectacular life. The only difference between me and you is that I am schizophrenic. If you don’t know what that means, it is a long-term mental disorder of a type involving a breakdown in the relation between thought, emotional behaviour, leading to faulty perception, inappropriate actions and feelings, withdrawal from reality and personal relationships into fantasy and delusion, and a sense of mental fragmentation.

I would like to think that I am a normal girl; it’s just that I see things you don’t. Anyway, as a teenage girl, I am bound to have a crush on someone. Well, I did of course, but something terrible happened. I will tell you about that later. Let’s talk more about Jake: the love of my life, my future husband, my never ending happiness ......so I thought.

Jake is the most popular guy in school; he is clever, too. A total package; the guy everyone wants a piece of. I had never spoken to Jake before but I knew we were meant to be. In my mind we had plenty conversations filled with love, laughter and happy tears. We were an amazing couple, in my mind. He bought me flowers every day, in my mind.

This imaginary relationship went on for months; I was quite happy with it. Then, one day, I spoke to real Jake, thinking it was fake Jake. I told him about my life, my personal stuff and he played along; he listened to me pour my whole life story to him. I was not aware, at that time that I was talking to real Jake. The next day I had the shock of my life; everybody noticed me. They stared at me with pity in their eyes; some laughed at me.

So I asked my best friend Eva to tell me what I missed. She said,”Your private imaginary relationship is not so private anymore.” She handed me her phone and said, “Press play.” So I did. As I watched the video, I started crying. Jake took a video! How could he do such a thing? I thought he was sweet, helpful, supporting and generally a nice person.

My disability was not a secret anymore. Everyone knows that I have schizophrenia. Everyone knows that I am delusional. All this pain was caused by my so-called boyfriend; the love of my life. So girls all I’m trying to say is he is not always what you think he is! We all have schizophrenic moments, so DON’T MAKE MY MISTAKE!
I know why the caged bird sings.

Maya Angelou

The free bird leaps
on the back of the wind
and floats downstream
till the current ends
and dips his wings
in the orange sun rays
and dares to claim the sky.

But a bird that stalks
down his narrow cage
can seldom see through
his bars of rage
his wings are clipped and
his feet are tied
so he opens his throat to sing.

The caged bird sings

with fearful trill
of the things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom

The free bird thinks of another breeze
and the trade winds soft through the sighing trees
and the fat worms waiting on a dawn-bright lawn
and he names the sky his own.

But a caged bird stands on the grave of dreams
his shadow shouts on a nightmare scream
his wings are clipped and his feet are tied
so he opens his throat to sing

The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.
Jordan Oliver

Close your eyes. Think of the most beautiful person or object you know of. Now describe, quietly to yourself, what you think beauty means.

The following two quotes are descriptions, given by two blind people, when asked how they see beauty with their closed eyes:
"People are beautiful because they are true to themselves", "Beauty is an experience of living, of finding joy. Joy is the most beautiful thing in the world."

According to Google, beauty is described as "a beautiful or pleasing thing or person". When someone has no form of sight, their definition of strong emotions are concluded by the heart. They see and feel through their hearts, instead of that which society depicts for people. We, who can see, on the other hand, perceive beauty as only a factor of appearance and looks. Social media blurs us by illustrating beauty as a skinny or muscular build, fashionable, and fake (make up and plastic surgery). Marilyn Monroe once said: "To all the girls that think you’re fat because you’re not a size zero, you’re the beautiful one, it’s society who’s ugly."

Can you see fully with your heart, instead of your eyes?

Beauty is simply to be ‘you’ and to live a happy life, to be joyful, alive, kindhearted and optimistic, despite your shape, opinions, nationality or size. Being perfect is not beauty, being human is. A clumsy sole with hope, ambition and good thoughts is more beautiful than a perfect one filled with hate, jealousy and evil thoughts. Your good thoughts will shine out through your face like sunbeams and you’ll always look lovely, whereas you’ll look dull when filled with dismay.

There are 3 rules to live a beautiful life:
1.) Smile.
2.) Be happy and joyful.
3.) Shine.

There has never been a face with all three of these aspects that has not been beautiful or lovely. Surround yourself with good people, laugh and smile until the tears fall and shine as the star you are.

Watch this video:
https://www.google.co.za/url?sa=t&source=web&rct=j&ei=Tk4AVZSKAYPWU_K4gvAB&url=http://m.youtube.com/watch%3Fv%3Dhlcx_q8u_Yl&ved=0CB4QuAIwAQ&usg=AFQjCNFv8IAxxDFmTsdJZQ6uZ0oMhbQBWw&sig2=VsfD32UmyanB8sMY4gMLxw

Wanna grab some grub? Try these out:

Tasha’s – Brooklyn Mall ➔ amazing food, wonderful atmosphere and great waiters!

Farm Inn Restaurant ➔ this place has great entertainment for all ages.

Coco’s – The Grove ➔ great juice bar full of wonderful flavours.
Orlando Towers

Tsebo Matlala

Have you ever wanted to jump off a high building? Well, you are in luck because there is a place specifically made for you to jump off without dying or getting seriously injured, of course.

You can already start heading to Johannesburg to the Orlando Towers in Soweto to go bungee jumping. Come and get your adrenaline rush at this thrilling and exciting adventure. There is beautiful artwork painted on the towers and you could experience the astonishing sight of the town beneath you.

These towers are 100m tall, which is taller than most buildings. If you are suicidal and wish to jump off a building, first go and bungee jump at the Orlando Towers and see if you could handle the pressure.

The facilities there are always maintained and inspected if you worry about safety. They offer rap and base jumping, so you have a choice between the two.

You can immediately organise with your friends to go bungee jumping. Booking is not exactly necessary unless you are in a group of 6 or more. The towers are situated at Dynamo Street and corner Chris Hani Road, Orlando. They are open from Mondays to Sundays at 10am to 5pm. The cost is R480 per person. Call 071 674 4343 to book or obtain more information.

Salinas in George, Garden Route.

Mbali Manyungwana

Salinas is an amazing restaurant on the Garden Route near the beach even though the night I went there, the ocean was angry (moody). It is a classy and fancy restaurant with a very complex booking system, but it was worth it because the food was spectacular.

The starter was hummus. It was heaven in my mouth. The flavours exploded into a symphony composed by a culinary orchestra on my palette.

Under all that green, is fish with potato wedges and vegetables. ABSOLUTELY AMAZEBALLS! I (metaphorically) died! If you’re ever in Wilderness, Garden Route, Google Salinas and book a reservation. It’s worth it!
Reneilwe Maibelo

3 girls; 1 journey. This journey is a journey which these girls are trying to conquer. Will they conquer in the end, or will they just give up?

"I want to wear a size smaller than my original size."
"I want to lose my belly"
"And I just need to lose weight"

These girls are trying hard to reach their goals. They bring fruits to school so they can snack on them. They don’t snack on chips and sweets but, when they do they call that day their "cheat day".

After a week or two one of them has stuck to her routine, the other one gave up and the other one is just not as disciplined.

Why do you guys make yourselves suffer this much?
"My family says I’m fat."
To be honest with you, this girl’s family just deteriorates her self-esteem.

We all grow up and are still growing up in a society where girls have to be a certain way, weight and size.
"TV says bigger is better."
"Vogue says thinner is better."
Which one are we girls supposed to believe?

We all know that girls have it harder than boys. Girls have to make sure that they are perfect 24/7, but for boys it doesn’t matter whether they are perfect or not. Some of you might disagree with this statement but, in the end, we all know that it’s got some truth.

While guys can walk half naked at home, girls on the other hand can’t. Girls just have to follow the new trends in the market and guys, not really. Girls have to have flawless skin, an even skin tone, perfect body and hair, everything just has to be perfect.

In the end, it seems that guys don’t go through as much girls do...

So, to all the girls out there, no matter how old or young you are, please remember this: you are fantastic just the way you are, don’t let anything negative that people say about you go to your head and don’t change yourself just to fit in, JUST BE YOURSELF.
Maungo Sedile

1. Bugatti Veyron- The Super Sport

Its quad-turbo-8-litre engine provides an everyday maximum speed of 213km/h with its top track speed being 253km/h, with the help of a 1200 horsepower boost. Well designed to provide the best performance and function ability. Has the ability to go from 0 to 60 miles in 2.4 seconds the fastest one yet.

2. Hennessey Venom GT

The Venom GT has a max speed of 290km/h with the ability to accelerate from 0 to 200 miles in 14.51 seconds. This car has an upgrade with the sole aim of speed with a rear drive twin turbo charged V8 engine with intercooling to ensure that the car can handle the extra speed and boost. Your safety is catered for with the GPS based traction and stability system to ensure that you can safely control all its powers.

3. Koenigsegg Agera R

The meaning of this cars name is to take action and it does when it comes to speed with its 5 litre charged V8 engine that gives it an unbelievable boost. Has horsepower of 1140. First in the market to feature dual clutch transmission in only one input shaft which results in faster shift times. Has a lightweight engine which is made of aluminum. Features fuel sensor technology which ensures protection of your engine. Has an amazingly designed body which also incorporates aerodynamics.

4. SSC Ultimate Aero

Runs with a top notch speeds to its incredibly captivating design. This twin turbo charged V8 engine provides a horsepower of 1237 with a max speed of 270km/h. Has received design upgrades in the front to enhance aerodynamics and side intakes.

5. 9FF GT9-R

This German car is made for the sole purpose of speed with its interior being stripped to ensure that it is light enough to reach its max speed of 257km/h. It has the ability to go from 0 to 60 miles in 2.9 seconds and from 0 to 190 miles in under 16 seconds. To ensure maximum grip during driving the engine is placed in the rear. The makers of this car ensure that no two cars are alike so they offer owners the option of customizing their vehicles to their liking when it comes to performance and design.
The Matric learners of CBC finally have their wonderful garden.

The garden, officially opened on St Patrick’s Day (17 March), was blessed by Archbishop George Daniel.

Wishing this year’s Matrics, and those to come in the future, a wonderful stay in their garden.
HOW TO GET INTO THE TOP TEN

Zeenat Patel

I am still searching for the amazing secret to get perfect marks but unfortunately I haven’t discovered that yet. I have, however discovered some helpful hints on how to get better marks and (hopefully) into the top 10.

Although this probably is the most clichéd piece of advice, it’s also very true: you have to believe that you can achieve your goals or you will never attain them. It’s a simple matter of just believing that you are intelligent (which you definitely are) and that nothing is out of your reach. Now, it’s possible for you to do anything!

Obviously there are other things you can do to make it easier for you. Firstly, you should always be prepared, something that I often fail to do. Make sure you’ve studied and you understand your work before an exam or test and take your time when you study. Don’t leave things until the night before (or morning of). I promise you I’ve done this plenty of times and it just doesn’t work as well as taking your time doing assignments and projects.

Next make sure that you sleep well before you write a test or exam. It doesn’t help that you study late at night and then not remember anything and you’re tired the next day. Being tired means you are going to lose your concentration and end up making unnecessary mistakes.

Another thing I think is very important is that when you are actually writing an exam or test is, don’t panic. I know the feeling you get when you look at your question paper and you feel like you have no clue what’s going on. Don’t let that stress you out, just relax, read over everything again and think about it. Often you actually do know what’s going on, it’s just the pressure of writing a test means you don’t have it straight off the top of your head.

You also have always got to remember that everyone is different and people have different strengths. Some will find it easier to get better marks while others really have to work hard. This doesn’t mean one is smarter than the other. It just means you have to know your strengths and weaknesses and know what you have to work harder on. Hopefully my little bits of advice have helped!
TERM ONE

SHENANIGANS