

YOUR MIND

that needs to be done. - *Alfred Tebatso Mahapa, Sebokeng, Gauteng*

Be wise, condomise

I know some will say "stop singing that song", we have heard it many times before." But believe me, I will never stop this call, for I have heavy-weight passion for people.

It is a fact that HIV and Aids is here to stay. For this reason it is wise to use condoms, no matter how boring it might be. We must never stop reminding ourselves and those around us that HIV and Aids is a reality. - *Zokwana Papikie (Mogoto), Koringpunt, Limpopo*

Thumbs up to them!

This is really something I would like to bring to people's attention. Everytime there is an emergency, the first thing we do is call the police, fire brigade or paramedics. These people often go the extra mile to save those in dangerous situations. Their jobs have a lot of

stress, their shifts are long, and they often have to work overtime. So, let's make sure we show them some appreciation. - *Z.V. Mjana, Mdantsane, Eastern Cape*

Reach out and touch...

My spirits were low and I suffered from migraine and kidney problems. Then a sister from the church invited me to the hospital to help the sick. I started going quite often. There are two girls, aged nine and ten, who have touched our hearts. They look forward to our visits every Thursday. We give them fruit and biscuits, pray and laugh together.

When I leave the hospital, I have such a feeling of peace and contentment, as if a load has been taken off my shoulders. My own aches and pains seem to disappear. Instead of complaining I would rather reach out to people worse off than me.

It really makes me feel good.

- *S. Muthoo, Umzinto, KwaZulu-Natal*

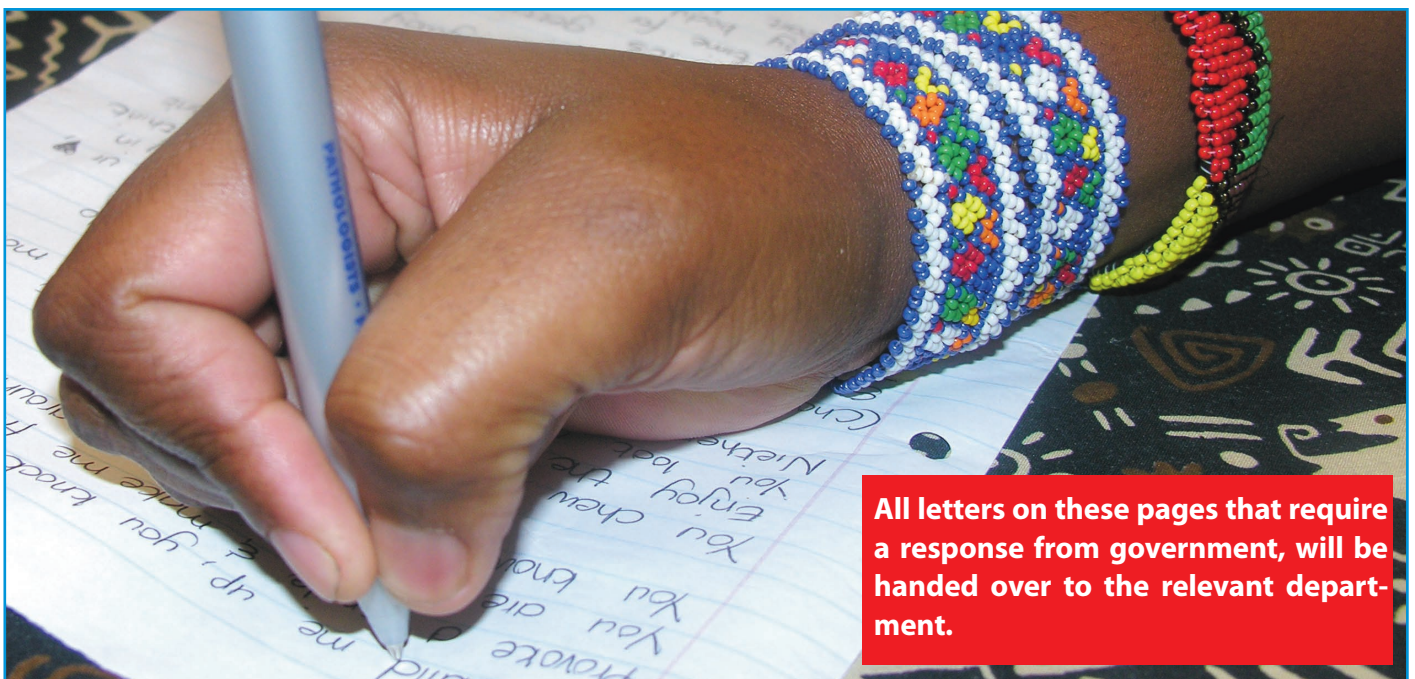
You must work hard

I am a young mother with one child and recently started two small businesses selling food to the community. My first business is planting vegetables, like spinach, beetroot, beans, etc in my front yard and selling them to spaza shops and other big shops in my area.

The other business is to make food plates for teachers because I realised there was a need. I deliver food to four big schools and to the clinics for nurses. Both businesses are doing well and I can eat and help my family to survive.

I just wanted to say: ladies, you must stand up and do it for yourselves. Money won't come and knock at your door. You have to go and knock for the money.

- *Palesa Maputle, Theunissen, Free State*



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