



Harvesting ...with Hope!

By Danielle, Josephine and Isabella, South Africa



The 3 journalists, visit the organic Harvest of Hope farm, and meet the hardworking team.

Helping hands harvest health and hope... but what's the real deal with healthy organic. Harvest of Hope is an organization that farms *organic* vegetables and delivers their products to Southern Suburb schools around Cape Town, South Africa. Dora Mangeungyana, a worker at Harvest of Hope, explains that from the soap to the fertilizer, everything is organic! So the veggies cater for places from Nyanga to Newlands and are all organic. Harvest of Hope is situated in Philippi with gardens in the schools. Nearby some farms have been going since 1984!

The farmers go to a lot of effort to grow healthy crops. Every Tuesday at 6:00 am the workers get up and manually harvest the vegetables. They take them into the packing shed and are washed and put straight into crates and sent off in pick-ups to the various schools in the Southern Suburbs.

The harvest of hope farmers are trained to know everything about farming. Like the distance between the seeds

when planted and the vegetables habitat. The gardeners are mostly female and they are from the ages of 40-70 and come from the local community. The leftover vegetables are given to the poor and abused people who live in shacks nearby and also to the workers so they are able to provide healthy food for their families. Some of the abused people help to harvest...with hope!

The problem with organic farming is that it can be more expensive and takes more time. So we have to ask the question, do we want health or wealth? Woolworth's (an upmarket shop) worker Nicky Russell says, "Woolworths is now partly organic. Before if a carrot say, was a different size to another one they wouldn't be put in a packet together and would be wasted. Now that is being changed, it's becoming less picky."

At the end of the day the decision is yours. Without a doubt organic is healthier. But non-organic is much less expensive. It is up to you, health...or wealth.

Dreadful Paint: Trinity Christian Academy, USA

As you may have noticed B block is getting repainted and the smell is killing us. There has been inconveniences as to getting to class, students as well as teachers are getting headaches from the smells and make them dizzy. The stairs have been blocked off and the hallways have limited space. Even though it is fixing the appearance of our school the side affects are quite annoying to us all but sacrifices have to be made. Think of it as a good thing and for the better not for the worse.

RIGHT: Trinity Christian Academy in TEXAS USA



Editorial

Meet *The Pink Link* team

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Publisher: Mrs Lister

Editor in Chief: Ms Whizz

What a truly international flavoured newspaper! We have covered many topics of interest for children in South Africa. But what really made it exciting was working together with our fellow colleagues around the world.

The Pink Link has fascinating articles such as **Mania at the Met Horse Races** by Sarah, Tanweer and Marica. They chose this topic because their class teacher, Ms Gomes was going to the annual Cape Town horse race. They interviewed her before and after the event. They then linked up the idea of horse racing to our annual school sports day where the children run races.

The article called **Traumatic Crimes** by Kayla, Olivia and Charlotte was pertinent as they have personally been affected by the high crime rate and so decided to interview a local policeman in the same suburb as our school. They ended up speaking to the Captain of our police station here in Rondebosch! They then interviewed a victim of crime. This is their story.

The article called **Kicking the way to the 2010 World Cup** is by Zoe, Samantha and Abigail. They chose it because Abigail's Dad is a tourist guide and is very involved in organising the tourist side of things for next years big soccer world cup happening here in Cape Town and in the rest of South Africa. They interviewed the Dad and then added their own ideas.

The article called **Virgin Branson Does it Again** is written by Chloe, Jess and another Chloe. They decided to write about Richard Branson, the owner of Virgin Records, Airlines, Cola, Gyms etc as Chloe's Dad knows Richard Branson. He was working as head of Virgin Gyms here in South Africa. So they sent an email to Richard Branson and asked him questions and then they interviewed Chloe's Dad and a manager at one of the Virgin Active Gyms. Richard wrote back with interesting information and they included this as part of their interview quotes.

The article called **Champs in the Making**. It is written by Camilla, Abulele and Sharna. They decided to write about sport and sports for children as one of their mums is a nutritionist. They then also emailed a well known sport's scientist in South Africa, Prof Tim Noakes. He started an institution called the Sports and Science Centre. He now specialises in unusual combinations of sport and science such as Lewis Pough who broke the record for swimming the furthest north in ice cold water near the Antarctic. Prof Tim Noakes emailed back with answers to their questions about children and sport. It all makes for interesting reading.

The article called **Killer Shark in Breede River** is written by Donna, Emily and Athe. They decided to write about the shark that was found swimming in a river close to Cape Town. Now although we get many Great White sharks swimming in our seas, it is unusual to find Zambezi sharks swimming in our rivers. The girls decided to write about the shark that was found swimming in the river because they have a holiday house on the same river and they know how frightened they were when they heard the news about a Zambezi shark! They were scared to swim! So they spoke to Alice Johnson, one of the shark trackers, and they researched about the Zambezi Shark on the internet as we could not locate any shark experts to interview during this time.

The article called **Riding to Success**. It is written by Nabeelah, Amy H and Amy B. They decided to write about horse riding as they are horse lovers and they go for riding lessons. They interviewed their riding instructors. They then also linked horse riding to caring for abused horses as we here at Micklefield support an organisation called the Carthorse Association which feeds and shoes horses and educates the public. They really enjoyed writing about a passion of theirs!

Our leading article is called **Harvesting...with Hope**. It is written by Josephine, Danielle and Isabella. They decided to write about a charity called Harvest for Hope which helps unemployed people to grow and sell organic vegetables in Cape Town. They sell the vegetables at schools like ours. The girls interviewed the lady that brings the vegetables to our school, then they also drove with a parent to the farm to go and see for themselves. They interviewed people that were working there and they took photos. The angle of their story is whether people go organic, but realise it could cost more, but it could create jobs in Cape Town.

Up to your knees in water

By Donna, Emily and Athe, South Africa



K i l l e r S h a r k i n R i v e r



Can you imagine swimming with a shark? The Breede River, near Cape Town, had a major shock when a 4 metre long Zambezi shark appeared out of nowhere.

Alice Johnson, who works with the SASC said that the shark was first caught by the South African Shark Conservancy (SASC) on about the 22nd of January 2009. It is estimated to weigh 500 kilograms. A group of specialists are doing research to find out why it's so far south and if it stays in the river or if it goes out to sea. Zambezi sharks are normally found near to Mozambique which is a country north of South Africa. People are probably wondering why it was in the Breede River. Is it there because there is lots of food (like fish) and it's safe for the shark to have its young? There isn't a huge problem with the shark. It has been living in the Breede for a long time and there haven't been any attacks. Many people are worried about the shark attacking them, but we don't think it will harm anyone.

The South African Shark Conservancy says that Zambezi Sharks are fascinating because: The Zambezi shark is the largest of its kind, The Zambezi Shark appeared to be pregnant, The SASC suggests that the Breede River may be a nursery ground for the sharks, The shark is named Nyami Nyami after the Zambezi river god, Nyami Nyami is being

tracked for 43 hours which is the longest time the species has ever been tracked and 20 other sharks are estimated to be living in the Breede River.

The shark in the river near Cape Town has links to a story taking place in the north of South Africa. A teenage surfer was killed by what is believed to be a Zambezi shark at Second Beach, Port St John's on the Wild Coast. This is the second shark attack death at the beach this year and the third in the past two years. The surfer, who was believed to be about 16, was attacked shortly after 4pm and, although he was still conscious after being taken to shore, died on the beach after losing a lot of blood. The teenager was part of the Iliza Surfing Academy and was surfing with three other surfers. In January off-duty lifeguard Sikhanyiso Bangilizwe, 26, was killed by a 2.5m Zambezi shark and, although there is no evidence yet to say what shark killed him, people are saying that it could also be a Zambezi shark

But you don't need to worry. Humans are not sharks natural food and we should not hurt them. Sharks only attack people when they mistake them for seals. We hope that people have learnt some more about the Zambezi shark in the Breede River and decide to swim again in the joyful waters – but watch your back!

W a c k y T e x a s W e a t h e r

By Matthew M, USA, (Edited Article)

Tornadoes, hurricanes, ice and heat: Texas has it all! In Dallas, Texas we don't just have rain, or storms, or heat. We are exposed to severe drought, downpours of rain, and dangerous Texas storms. That is why people say, "If you don't like the weather just wait a minute. It will change. During the spring we can be faced with the matter of life or death. Some of the storms turn for the worse. When the Texas heat mixes with a cold front it will produce nasty rotating thunderstorms that will produce some scary sights. When I mean scary sights I mean tornadoes. People are always glued to the radio or TV. to find out what is heading their way.



CHAMPS IN THE MAKING

By Camilla, Abulele and Sharna, South Africa

Who doesn't want to win a medal in the Olympics! Young people like us are becoming more and more aware of how they can improve on their sporting skills. We interviewed Judith J, a registered sports dietitian in Cape Town, about the diet of young sports children around the world. It is important to know what to eat as a young athlete.

"My advice for a healthy breakfast is, add protein to your breakfast, such as Pronutro or egg on toast. Lots of energy drinks, water and snack bars are good to boost your energy before a match. After a match you should be active and rehydrate, within 30 minutes you should have a carbohydrate snack. If you injure yourself in a match you must stop playing and check if the injury is severe. Call for ice. You should eat lots of fruits and salads to keep in shape. Always drink before you eat because it fills you up. Just eating the right food will not keep you healthy. You need to look after your mind as well as to keep a positive attitude towards everything and everyone. Also make sure you do the right cross training for your sports." Judith also quoted "Set your goals on something achievable."

These days children also have access to scientific information to improve sports, like Prof Tim Noakes of the Cape Town Sports Science Centre. He says that children should start training to be professional athletes only at 18, however, children need to learn the skills before that. "In skilled ball sports you need to develop the brain controls from a very young age probably from the age of 3.

It seems that it is easier to learn these skills at a young age when the brain is still not cluttered with other information. But once the skills has been acquired (by completing about 10 000 hours of practice) it does not take much to retain that skill. Then the best players are those who have prolonged careers so that they are still playing when they peak at 27 – 30 years of age."



Some children might think that a magic pill will make them into better and faster athletes. However, Prof Noakes says that

Left: Prof Tim Noakes

supplement is a waste of money. You need mental self-belief to be successful. This cannot be purchased in a bottle. Also most children eat enough healthy food to not need supplements.

For those children who want to play at Wimbledon but worry about spending time playing other sports, Prof Noakes says not to worry. He adds "Not at school level – however at professional level one needs to specialize. The reason is that the motor control of the hitting movement is different in tennis and squash and so you need to train the one in which you are competing. Rafael Nadal would not be the world's best if he did not focus exclusively on tennis.

A typical child would be someone like 12 year old Melissa Reynolds who loves sports. She does 6 sports all throughout the year and trains regularly. She maintains all her energy for all the sports she does by eating healthily and getting good sleep throughout the night. She also keeps her muscles active by exercising regularly. She says "In between matches I eat energy bars and fruit like bananas, I also drink a lot of water and energy drinks."

We asked Melissa how she felt about winning the Netball Trophy twice in a row.

She replied by saying, "I feel honoured and proud of myself because I tried very hard." Her favourite season for sports is winter because she loves netball and field hockey, but she also plays tennis, squash, water polo and many more sports.

For those of you who want to enter the Olympics, Rugby World Cup, or even Wimbledon, we say "go for it" and wish you the best of luck.





All dug up

Beth Donaldson, New Zealand.

The grass of Cobham Intermediate School was once green and fresh, but now is brown and dusty. It used to be enjoyed by eager year 7 and 8 students, but not at this moment in time. The students are not even allowed to use the field for their own enjoyment or with their teachers during class.

What is happening is that it is getting completely flipped over and redone for the second time in two years. A big red and green machine is munching up the green, green grass and turning it into dirt.

24 people of room 19 were asked three questions by a surveyor.

The results showed that having the field out of action affects 15 out of the 24 surveyed. But 23 out of the 24 surveyed can still find something to do during lunchtime even though they cannot use the field. The survey also showed that 18 out of 24 prefer to do P.E on the field but there is only one little section of the field left. It is going to be a mad rush to get there, for the next little bit.

A year 8 student, Reah Somerville, ' It is really annoying for our year group because they have done this two years in a row, and also just before Cross country so when we train we all trample on it and ruin it.' It will get back to normal soon but the wait will be a long one for the students.



Car loving Panda goes a-trotting

By Amy B, Amy H and Nabeelah, South Africa

Poppy the Panda baby liked to watch the cars on the road, even though her mother told her not to, because the car fumes would make her sick! One day a rusty old car that let off lots of fumes drove past Poppy. The next morning Poppy woke up feeling terribly dizzy, she couldn't get out of bed. When her mother came in she took one look at Poppy and said "I told you not to go near those cars." Her mother shook her head

And said "You have to stay in bed."

Lest we forget our past

By Amy H, Amy B and Nabeelah, South Africa

South Africa has the most famous hippo in the world. Her name was Huberta. She lived 75 years ago. She was born in the north of South Africa.

She was famous because she liked to travel around the country, wandering from place to place. She travelled around the country for over 2 and half years without stopping. She certainly had a travel bug.

Four farmers unfortunately shot her dead as she crossed a river. This caused such a public outcry that it was even discussed in Parliament and the Police opened an inquest. The four farmers. They were fined R500 (which was plenty in the 1930's).



ABOVE: The body of Huberta is now on display in the Amathole Museum in South Africa



Believe it or Not!

Edited by Charlotte, Kayla and Olivia



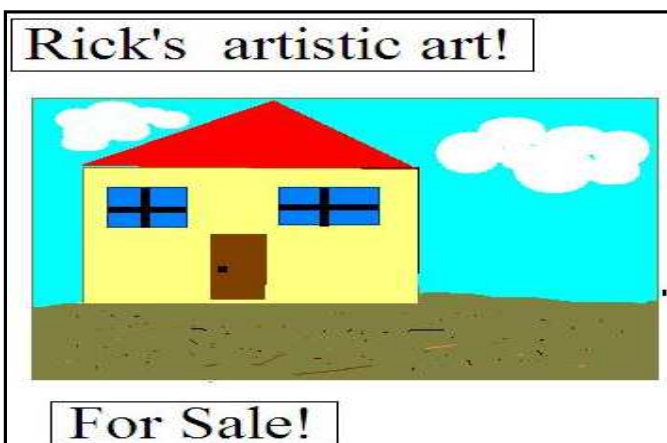
Goldie Gone Bad

By Molly Mazey-Richardson, New Zealand

A cosy little cottage belonging to the three bears was intruded when Goldilocks broke into 8 Forest Lane on Sunday morning.

Onlookers watched in horror as the troubled twelve year old raided the family's cupboards, marked the beds and broke furniture to pieces. The family commented, "We just came home from our walk and we saw people crowding round our house and staring through the window, a lot of things that were broken were my son's toys and that has upset him".

Many say the gold haired girl looked like a wild animal feasting while others were too shocked for words. The house did not have a security alarm and neighbours near by did not have a clear view so police say that Goldilocks would have a lot of privacy. Detective Sergeant Patch speaks on the topic, "The girl has been taken to the station and will be questioned, she will then be seen by a doctor and have the option to talk to a councillor." A friend says "Goldilocks has not been sleeping well and missing a considerable amount of school, she has bags under her eyes and her skin is now fair." Doctors say that children aged 10 – 15 have shown signs of family stress, this has some become a bigger issue over the



Community fearing for safety of children

By Georgia Petrie, New Zealand

After months of trials, on March the 1st, the wolf, guilty of attempted murder, has finally pleaded guilty. The kidnapping, hostage, and attempted murder charges have been laid on account of an incident which occurred in 2008.

Local schoolgirl Little Red Riding-Hood was travelling to her grandmothers located on the west side of the woods.

She was about a quarter of the way to her destination, when she came across the wolf, who asked her if she needed a lift. Riding-Hood refused. "I always warn her to be wary of stranger danger," says Susan Hood, Riding-Hood's mother.

The wolf then followed Riding-Hood in his to car to her grandmother's house, where he kidnapped them both and kept them hostage for nearly 2 hours. Hood got doubtful as to her daughters whereabouts after she had not arrived home.

Residents of the local community are now sceptical about whether their small, quiet community is safe for their families. Police are still investigating whether Susan Hood is partly to blame for the incident, as she should not have let her daughter of only 7 years of age be allowed to travel through the woods alone.

**SUPPORT YOUR
LOCAL POLICE!
BE ALERT
BEWARE**



Tackling Traumatic Crime

By Kayla, Olivia and Charlotte, South Africa



There were two brothers, the one killed the other brother and his family wanted him to be arrested because he had a mental problem and he was extremely violent. When Captain Tony Penso and another police officer went to arrest him, the brother was very violent and would not get into the police vehicle. Eventually they tricked him into fetching a new tyre from the back of the car because another tyre was "flat". He fell for it, and they pushed him in and closed the back of the car. They drove him back to the police station. They decided afterwards to sedate him. This is the scariest crime that Toney Penso Captain Detective of the Rondebosch Police Station has experienced!

Crime in South Africa is a big problem. There are people that do wrong such as theft, armed robberies, rape, murder, kidnapping, abduction and drug selling. These things happen to men, woman and children. Police men and police woman can help a lot....

Tony Penso is the captain detective of the Rondebosch Police Station, a suburb of Cape Town, where you will find Micklefield School. He has been working there for 42 years. He has handled all crimes except for very serious crimes like rapes and sexual crime. The most common crime he says is breaking into cars and stealing people's belongings. He says that his most exciting crime was a crime that happened in Johannesburg. There was a drug house and the people were selling drugs. But the police men had never caught them in the act. So one night the police people decided to lie on the roof of the drug sellers' house. Tony stood up to shoot at the drug sellers, but as soon as he stood up, he fell through the roof. The drug sellers realized that the police were there, and ran away. But, luckily, the policemen shut down the drug shop.

Sometimes Tony gets really depressed when he sees what people do to one another. He does not enjoy his job all the time because he doesn't enjoy the pain people go through. He has seen people dying, a few people have died in his arms, and some have committed suicide. But when he has caught someone that has done wrong, he gets a extremely good feeling inside.

This is the life in the line of duty for Tony Penso Captain Detective of Rondebosch Police station.

The police are very aware of how crime is affecting the ordinary people of Cape Town. Lyn a victim of a car hijacking says " My dad had a flat tyre and we were trying to put the spare tyre onto the car. A white golf drove past us twice. Then two men got out of the car and came towards us, they both had guns! They asked for the keys of the car else they will shoot us. I started shouting at them "How can you drive the car as it has a flat tyre?" Our neighbors heard me shouting at the men and phoned the police." When this happened Lyn was outside a private house in Rondebosch. "They took my dad's wallet which had R150 in it as well as his credit card. I felt shaken but angry, they had frightened my dad badly." After the crime, Lyn was counseled by Lynne Wright at Rondbosch Police Station a couple of days later.

The men looked and talked like two Nigerian men. One was very tall, wearing lots of gold jewelry with a white cotton shirt. The other was shorter and skinny. He had a blue shirt and jeans. They did not have beards or moustaches. Both men's hair was shaved off. Unfortunately, the men were not caught.

Now you know what the crime in South Africa is like. Yes it is a severe problem that we have to live with every single day, but it is wonderful knowing that we have amazing Police, especially in our suburb of Rondebosch, that take such good care of us.

RIGHT:

Tony Penso with journalists Charlotte, Olivia and Kayla in the trauma room with the bear.



J E T S E T T I N G

Edited By Camilla, Sharna and Abu, South Africa

N e w s f r o m F r a n c e :

Poland is located in Europe; it is bordered by Germany to the west, the Czech Republic and Slovakia to the south and Ukraine, Belarus and Lithuania to the east. It is also located on the Baltic Sea. The total area of Poland is 312,679 square kilometres, making it the 69th largest country in the world and the 9th largest country in Europe. In this area, there are many lakes; Poland has one of the highest numbers of lakes in the world.

In Europe only Finland has a greater density of lakes. Because of the lakes and the coast, the climate is warmer in the north and the west, but winters are cold with. The desert in Poland, called the Btedow Desert, located in Selesien Voivodeship. It is very warm and stretches over 12 square kilometres. Near here, there is the capital of Poland, Warsaw; it is also the biggest city in Poland. It has over 1,706,624 people making the population of Poland 38,130,302 that was estimated in 2008.



M o d e r n D a y M o n t a n a

For this article, I wanted to show what it is like to live in Montana in 2009. You might think we don't have what people have in other states, like stores, universities, and you might think we still ride horses. We still have ranches in Montana and people do still ride horses, but we don't ride horses into town like how it once was. We have so much more like colleges and major and minor airports. We have the same technology that is available everywhere else, people use it in their jobs and school. There are also many tourist attractions that many people come to visit every year.

A Little Bit about Bulgaria

First of all, you should know that the capitol of Bulgaria is Sofia. Also you should know where Bulgaria is located: it is on the South-Eastern border of Europe. The countries that border Bulgaria are: Romania, Turkey, Greece, and Serbia. The President of Bulgaria is Georgi Parvanov and the Prime Minister is Sergey Stanishev. Some interesting facts: Did you know that Football has become by far the most popular sport in Bulgaria? But apart from Football, gymnastics is very popular.

Flying news from South Africa

Do you want to take a break from work? Well now is your chance! Take yourself on an epic journey to Worcester Flying Club, where you can learn to fly an aeroplane glider or have an amazing outlook over the whole of Worcester and surrounding mountains. You can even fly all the way to Plettenberg Bay! Spend the weekend in cosy little huts with the club members and have an introductory course on how to fly your own glider, aeroplane or small aeroplane. The club house is a great place to meet new people and relax in front of television or have a social braai.

We interviewed Pete Clements, a very experienced flying instructor and a member from the Worcester Flying Club. He started teaching when he was 17 years old and got inspired by flying because of his brother, Bruce Clements and played with toy aeroplanes with his two daughters when they were young. Pete loves teaching and gets a nice satisfaction with sharing his ability. He says "The view from the sky is unbelievable, I am very spoilt, only a few people get to enjoy this beautiful sight" He flies gliders, motor gliders and small planes; he prefers gliders because they don't make as much noise. His farthest flight was from Worcester Flying Club to Johannesburg, in Northern South Africa.

INTERNATIONAL PERSONALITIES

By Jess, Chloe S and Chloe N, South Africa

VIRGIN BRANSON DOES IT AGAIN

How does Richard do it? Richard Branson, the king of Virgin living in the UK, has not only created one of the most respected brands in the world but has also raised a family, and above all that he has managed to keep his businesses steady through the financial breakdown. “Banks all around the world are collapsing right underneath people’s noses and it’s going to be a rocky ride for all of us!” he says.

Richard Branson describes his Virgin companies, “as a mad race car...and always trying to avoid the pit holes and taking risks can be, well, risky.” He is also known to be one of the craziest people on this planet!

He manages over 360 Virgin companies and keeps them all running smoothly. The Virgin brand grew rapidly during the 1980s – as he set up Virgin Atlantic Airways and expanded the Virgin Records music label.

But what is it about Virgin that time and time again grabs our attention? Some say it’s the colour scheme, others say it’s the way the staff manage the customers, but Rory Sweetlove, C.E.O of Virgin

Active, South Africa, says it is “Virgins continuous effort to keep the customers intrigued.”

“The dividing line between failure and success is very thin. I have come very close to the wrong side of the line and just managed to stay on right side.” Richard has said. Richard puts his people first no matter what the circumstances. Branson’s top priority is to have fun. He states that if you fall don’t stress, some of the best entrepreneurs fall... but still they pick themselves back up and are stronger and wiser after the experience.

One of the things about Virgin is that they are honest and take criticism well. Branson gives of his best 24/7. Manager of Club V in Cape Town, South Africa, Jessica Byren says that working for Virgin gives you the best working base you could get! Richard Branson is the 236th richest person in the world. Isn’t that amazing?

Richard’s biggest support base is his wife and family. Branson wanted a business that was a good money making business, one that made a difference. Looks like Sir Richard’s dream has definitely come true!



FAR LEFT: Richard Branson setting a record in his hot air balloon.

LEFT: Richard Branson in front of his new Virgin Record Store

Leftie Luck?

By Mitch Tapp, Cobham Intermediate, Christchurch, NZ (An edited article)

In America five of the last presidents have been left-handed. All have been persuasive speakers and comfortable in front of an audience and this poses the question: is it the same in Cobham Intermediate School?

To answer this question a survey was conducted. The first 17 lefties found were asked if they saw public speaking as a strength of theirs. From this it was discovered that half of the people see speaking in front of an audience as a strength while the other half saw it as a weakness so it looks like Cobham Intermediate School is not like the presidents of the past and present so it looks like just another co-incidence.

From this test we also discovered that out of 17 people there were only 2 left-handed girls. This proves that Cobham Intermediate School, like most of the world, has more left handed boys than left-handed girls. Scientists suggest that this is because left-handedness could be related to testosterone.

So every day new theories are being formed as to the definite answer of how left-handedness is caused.

MOVIE MANIA!

By Danielle, South Africa

17 AGAIN	HANNAH MONTANA	HOTEL FOR DOGS	SHOPAHOLIC																																
<p>What would you do if you got a second shot at life? Class of 1989: Mike O'Donnell is a star on his high school basketball court with a college scout in the stands and a bright future in his grasp. Instead, he decides to throw it all away to share his life with his girlfriend, Scarlett, and the baby he just learned that they are expecting. Almost 20 years later, Mike's glory days are decidedly behind him.</p>	<p>Miley Stewart struggles through high school, friends and her secret pop-star persona. When Hannah Montana's soaring popularity threatens to take over her life, she's tempted to let it. So her father takes her home to Tennessee, for a dose of reality - kicking off an adventure filled with the kind of fun, laughter and romance even Hannah Montana couldn't imagine.</p>	<p>When their new guardians forbid 16-year old Andi and her younger brother, Bruce, to have a pet, Andi has to use her quick wit to help find a new home for their dog, Friday. The resourceful kids stumble upon an abandoned hotel and, transform it into a magical dog paradise for Friday - and eventually for all of Friday's friends.</p>	<p>In the glamorous world of New York City, Rebecca Bloomwood is a fun-loving girl who is really good at shopping-a little too good, She dreams of working for her favourite fashion magazine. She snags a job as an advice columnist for a financial magazine published by the same company, she goes to extreme efforts to keep her past from ruining her future.</p>																																
																																			
<p>Cast: Zac Efron, Leslie Mann, Thomas Lennon, Michelle Trachtenberg, Matthew Perry Director: Burr Steers</p>	<p>Cast: Miley Cyrus, Jason Earles, Melora Hardin, Vanessa Williams, Emily Osment, Billy Ray Cyrus Director: Peter Chelsom</p>	<p>Cast: Emma Roberts, Jake T. Austin, Kyla Pratt, Lisa Kudrow, Kevin Dillon, Don Cheadle Director: Thor Freudenthal</p>	<p>Cast: Isla Ficher, Hugh Dancy, Joan Cusack, John Goodman, John Lithgow Director: P.J Hogan</p>																																
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ENTERTAINMENT

Edited by Sarah B, Tanweer K and Marica C



Mania at the Met Horse Races

By Sarah B, Tanweer K and Marica C

Cape Town, South Africa held its annual J&B Met in February, where the best horses and the best dressed people come out to play and race.

Two of the well dressed people at the Met were a teacher, Katherine Gomes and a school student, Kayla Gomes. They went to get a sprinkle of excitement. It was a lovely day at the Met. Many people came to the Kenilworth race course to show off their clothes and to watch the horses!! There was fabulous entertainment including dancers, stilt men, circus acts and puppet shows.

Katherine decided to bet some money on a fast horse called Pocket Power and Dancer's Daughter. She was wearing a fashionable purple dress with a beautiful net piece in her hair. She spotted one interesting looking couple - the woman was wearing a pink puffy dress with a pink hat and umbrella. Her male companion was wearing a pink suit covered by a sparkly waistcoat; they looked like they had just come out of a Cinderella fairytale!

Some of the interesting food you could find there was Chinese food, sushi and chips.

Everybody enjoyed themselves and the horses were fabulous and ran fast. Speaking of running fast, in the mean time other creatures or should we say humans, were also running fast.

Just down the road at Micklefield School, Rondebosch, Cape Town, they also have annual exciting races. On sports day there are many flashes of colour red for Robins, blue for Swallows and green for Kingfishers. There are many races like the potato and spoon race, sack race, bean bag between knees race and straight sprints. Other fun faces include the Olympic torch race, the pram race, big takkie (a takkie is a sneaker) race and the two legged race. For all the girls this is a fun, exciting and thrilling event.

So whether it is horses or people, running and dressing up seems like it is here to stay!

Music

In music, the majority of students surveyed liked hip-hop music the best. Many girls have been listening to Taylor Swift's new CD *Fearless* which was released in 2008. Also, girls have been listening to Kelly Clarkson's new CD *All I Ever Wanted* which has her hit song "All I Ever Wanted." Most boys have been listening to mostly rap and hip-hop.



Ready for the new Theme Park?

Rantanga the fun park is getting bigger and better go there for an awesome experience of a lifetime including the terrifying but fun cobra!



Top ten must have clothing:

1. Coloured skinny jeans
2. Waist coat
3. Pumps
4. Figure belts
5. Shirts with ties
6. Checked scarf's
7. Gladiators (shoes)
8. Boots
9. Funky hats
10. Big handbags



What to wear and when to wear it!

By Samantha and Josephine, South Africa



Parties:

Movie party: Denim mini with boots and a strappy top with a cool neutral jacket. Or if it's cold then do the same thing except with skinny jeans.

Sleepover: Loose jersey over a long sleeve top and Jeans with pumps or boots and when it gets late cute P.J.'s. to sleep in.



Casual day:

Cold day: Pair of Jeans or long pants with a cute hoodie. For shoes do Takkies (sneakers) or Boots, or if you want you could add a scarf and beanie.

Hot day: Just a pair of denim Capri pants and a mini dress.



The theatre:

Casual show: A white top and waistcoat or tie for the old-school look. Faded jeans and some cute pumps! If you are cold bring a jacket.

Something Smart: A nice top, with mini jersey and loads of accessories, coloured skinny jeans and ugg boots.



At the beach:

Just a pair of denim Capri pants and a mini dress. over your bikini of course. Or to be simple just put on a sarong.



*FIND OUT
MORE ABOUT
HOW TO TIE A
SARONG AT:*

SILLYSARONGS.COM

CHALLENGE YOUR MIND

By Chloe N, South Africa

l	g	t	o	f	f	e	e	c	j
k	o	y	f	a	h	w	h	h	e
y	h	l	t	t	x	o	v	o	l
t	m	j	l	z	k	r	p	c	l
r	u	a	s	y	c	m	o	o	y
a	m	k	t	l	p	s	l	l	h
m	u	r	h	s	l	o	h	a	x
s	p	a	r	k	l	e	p	t	h
e	t	l	x	f	i	z	z	e	r
g	u	m	e	l	b	b	u	b	k

Lolly Pop

Bubble Gum

Chocolate

Toffee

Jelly

Sparkle

Worms

Fizzer

Mints

Smarty



C o o l C l i p z

By Emily, Donna and Athe, South Africa

The Top 6 Places

To Go On Holiday

Switzerland- the beautiful mountains that are covered with snow are a brilliant place to visit for a chilly chilled out holiday

Croatia – a lovely place to lie in the sun and relax with a stunning bikini tan! Fantastic old history to learn but still have fun on the Croatian holiday

Paris – discover the fabulous city of fun, fashion, art and glamour in Paris. You can have a lightened Eiffel Tower tour including the delicious croissant.

America- a wonderful time while seeking all the famous pop stars, actresses and actors. Have a ball of a time exploring Disneyworld and going on the fantastic rides!

Cape Town- a beautiful place to see the famous Table Mountain and all of the wonderful Gardens. The Mother City is a fantastic place to spend some in the sun on all the glorious beaches

Australia – get your bathing caps and costumes on for a stunning time in Australia’s reefs. Visit the adorable koala bears and kangaroos. There’s a whole lot to explore in Australia

B	E	Q	S	E	M	U	T	S	O	C	Z
B	A	P	A	S	W	E	E	T	S	A	F
G	M	L	H	H	O	K	O	T	A	K	S
X	Y	S	L	R	L	F	C	S	Y	E	R
N	G	D	S	O	U	L	O	I	F	P	E
C	C	H	O	C	O	L	A	T	E	L	V
F	H	K	C	W	R	N	O	S	G	A	O
R	U	I	N	P	K	J	S	K	H	W	P
S	U	D	P	W	A	H	X	N	Y	O	E
T	K	H	I	S	A	R	N	I	R	Q	E
U	A	S	O	Q	H	P	C	R	I	C	L
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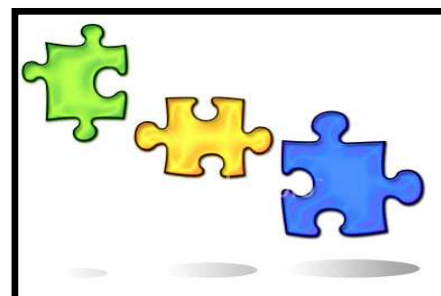
Balloons	Costumes
Cake	Drinks
Presents	Chocolate
Chips	Sleepover
Sweets	Clown

THE MAGIC SQUARE

We give you 4 numbers:

in each corner of the square. You must write numbers that add up to 34, without using the same number twice and you can only use the numbers from 1-16 and there must be 4 numbers in each row.

16	13
4	1



Fantastic Fillings!

Edited by Marica, Sarah and Tanweer

TEXAS, USA:

By Taylor H

Who knew such delicious Italian food existed in Dallas? Not many people probably do. Over the weekend I ate at four of the most famous Italian restaurants in town: Carrabbas' Italian Grill, Picasso's, Maggiano's Little Italy, and Capriccio's.

The first restaurant I went to was Carrabba's. When we arrived, the hostess was very welcoming and led us right to a booth. As it turned out, the hostess attends school at TCA as well! I ordered a house salad and cheese ravioli. It tasted so good! The yummy cheese in the noodle with red sauce was amazing!! The food was out quickly and we munched on some incredible bread! Throughout the whole experience, our waiter was very patient when we were overwhelmed with choices!

Two days later, my family and I went to Capriccio's. I ordered cheese ravioli again. This time, it was not as good as Carrabbas, in my opinion. The ravioli had a little bit of spinach in it, which was still good, but not my preference. Our waiter was very kind and pointed out the specials to us. He was from Napoli, Italy, as we learned later. Our food was ready in twenty minutes, a little longer than Carrabbas'. If you are looking for fancier Italian food close to home, I recommend Capriccio's.

The next night I went to Picasso's. The hostesses and waiters there didn't interact with us like Capriccio's, but they were polite. The food took thirty minutes; but it was so worth it! I got Chicken Picasso. The delicious chicken with wine sauce and then spaghetti on the side was absolutely wonderful! Every entrée was "cooked to perfection" as they would say. I would certainly recommend going there.

Finally, I went to Maggiano's Little Italy. It is a very fancy, expensive restaurant. I ordered angel hair pasta spaghetti. It fills you up, and the taste is fabulous! I would definitely recommend this restaurant if you want fancy food!

All in all, I really enjoyed reviewing these restaurants. They all differ from each other, but each one is excellent in its own way. From casual Italian to fancy Italian to laid-back Italian to formal Italian, these are some of the top Italian restaurants in Dallas!



BCS's Favourite Hot Lunch

By: Eric & Fancy

Pizza from Costco	14
Hotdogs	9
Chicken Nuggets	2
Mac and Cheese	2
Nachos	2
Stew w/biscuits	1
Hamburger	5
Fish Sticks	1
Sub sandwiches	1
Sloppy Joes	2
Chilli Dogs	3
Burrito	2
Chilli Chips and Cheese	1

Left: There's a fabulous restaurant in Cape Town, Constantia with delicious food.

Photo courtesy of Dining out.

Right: Katherine Gomes, Micklefield Gr 5 teacher, enjoying the tasty Met food!



THE WRITE STUFF

Edited by Kayla, Charlotte and Olivia, South Africa

EUROPE POEM

Take some Polish soup,
And drooping trees
Put it in a bowl
With lots of seas!
Boil some of Cyprus's white sand
Coming from the inland,
Add some ice-hockey
Until it's nice and sunny
Pour this mixture, to make a cake
Don't forget a Finnish lake
Add some music,
Stir it up 'till it's thick
Fry some clouds full of rain
With some roads and cars
All parked in one lane
For the final touch put
Some mountains and snow,
Mix it up and there you go!
ANON IN FRANCE



ABOVE: Eiffel Tower in Europe.

LEFT: The flag of Latvia



HOW TO MAKE EUROPE

Find an enormous container
And fill it with sugar
The sugar's the land
The ground and the sand
Shape 8 mountain chains straight out of jello
Then plant them in the vast sand yellow
Pour a big amount of salty water
The sand on the beach it must slaughter
Next cut up the sugar
And name each piece
It could be Latvia or Romania
Finland or Poland, Slovenia or Bulgaria
Don't forget to add a little culture
To your exquisite mixture
Sports, music and architecture
Embroidered skirts and a few religions
Coloured hats and cotton aprons
Finish record of cat whiskers
Long whiskers of nineteen centimetres
Dracula's castle from Transylvania
Straight back from land of Romania
Goulash from Hungary
Polish pastry
Love from France
For a little romance
Finally add a few trillion people
Coming from anywhere
And you've made Europe
ANON IN FRANCE

HOW TO MAKE A MAGNIFICENT LATVIA

Take a gigantic bowl made of gold
Then put it in the fridge and wait it becomes cold
Open the coffee cupboard
Then search for the dartboard
In the bowl throw a Lat and a couple of fish
Add a bit of water and make a wish
Make for people who want to become Lutheran
A small church that weighs a ton
Add to the bowl the Baltic Sea
Don't forget to put in the bowl an apple
just plucked off a tree
And at the end take the three stars off
the hands of Milda
To add it to the mixture to make a magnificent Latvia.
ANON IN FRANCE

Fly to Europe on...



SOUTH AFRICAN AIRWAYS

A STAR ALLIANCE MEMBER



SPORT AROUND THE WORLD



Edited By Abu, Sharna and Camilla, South Africa

WHAT'S IT LIKE TO BE A PRO?

John R, USA

Have you ever wondered what it would be like to be a professional athlete? Kevin Joseph, a trinity Christian academy graduate who played 6 seasons of professional baseball. Kevin was drafted to San Francisco giants in 1997 and was traded in 2002 to the St Louis cardinals where he would later end his career. He was determined and worked incredibly hard to make it as a pro.

Kevin Joseph started playing baseball or T-ball really, at the age of 5. He practised in his backyard and played catch with his dad. Kevin's dad and Nolan Ryan were the people who inspired him to become a pro. His father encouraged him and helped him practise, while Nolan (an ex-star pitcher for the Texas Rangers) demonstrated hard work and set the bar for Kevin.

Today Kevin works for a commercial real estate company. He has 3 kids whom he loves playing baseball with and still follows some of his professional baseball friends like J.D. Drew and Lance Berkmen. His favourite bible verse is Colossians 3:23 which says, "What ever you do work hard at it with all your heart, as working for the lord, not for men." Being a professional athlete takes a lot of practise and tons of determination, but if you follow your dream like Kevin Joseph, anything is possible. (Edited)

PREMIER LEAGUE

Australia

After 30 weeks in the premier league Man U are 1st and Liverpool are 2nd.

Liverpool has won there past 2 matches against Man U and Aston villa and Man U have lost there past 2 matches against Liverpool and Fulham and there is 1 point between Man U and Liverpool.

The stand-out players for Liverpool are Fernando Torres and Steven Gerard and for Man U, it is Cristiano Ronald and Wayne Rooney.



2010



SWIMMING CARNIVAL

Australia

On the 20th of February James Cook had its first competitors only swimming carnival. This resulted in less people attending the carnival but did it mean

less fun? According to some of the boys who attended the swimming carnival, it was not as exciting as when you have a full school carnival, but the

competition was tighter. Some suggests that the reason why many students do not attend the swimming carnival is because our school is not swimming based,

we are more of an athletic school. It is believed that there is an adequate number of students attending the athletics carnival and we hope that this carnival remains compulsory.

S P O R T S M A N I A

By Zoë , Samantha and Abigail, South Africa

KICKING THE WAY TO THE 2010 WORLD CUP!



It's time to kick your way to South Africa as the 2010 Soccer World Cup begins. Excitement is building as people living in Cape Town gear up for the many thousands of soccer fans that will arrive in a just one year's time. Not only will the tourists be thrilled by the world class soccer, but they are bound to be thrilled by events on the side-line.

Mr. Andrew Russell, a Tour Operator and member of Soccer X and who is involved in the 2010 said "There's a lot of work being put in, but it will be worth it in the end!" Mr. Russell has many tours booked for 2010. The most popular tourist destinations are Table Mountain, Kirstenbosch, Robben Island and the Waterfront.

Mr Russell has been following the progress of the building of the stadiums and transport planning. He has even come into give talks to the children at Mickelfield School, Cape Town and to the Deputy Headmasters and Headmistresses of schools in the area. He told them that the main focus is that Cape Town wants to be the party capital of South Africa. There

will be 32 teams competing. The stadiums will be finished on the 4th of December 2009. The final game is going to be at Soccer City, Johannesburg. The first two games will be played at Soccer City and Greenpoint, Cape Town on the 11th of June 2010. The final game will be on Sunday the 11th of July 2010.

SA has hosted many major sporting events like the 1995 Rugby World Cup (which South Africa won) and the 2003 Cricket World Cup. The Soccer world cup It takes place for 4 weeks, starting on the 9th of June 2010. They will be held at 10 stadiums around the country. Soccer City in Johannesburg will host the opening and final matches. The other stadiums are in Cape Town, Durban, Port Elizabeth, Pretoria, Bloemfontein, Rustenburg, Nelspruit and Polokwane.

There are 3 million tickets available. One million for SA fans, 1 million for international fans and 1 million for sponsors, teams and the "Fifa family". We are all excited about our country hosting this big event....and will particularly enjoy having time off school to go and watch the matches.

Tickets go on sale soon for the 2010 World Cup Soccer.

Visit www.fifa.com/worldcup/index.html for more details.

