



# In The Zone

Vol 10 January 2021

## Annus Horribilis

Why 2020 was perhaps not the best year

## Music 101

What's your number?

## Flying Solo

Artists that left their bands

## Shine A Light

A book that you just have to read



*The Voice of the Valley*

# ALL THINGS COLD

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## SEE THE DIFFERENCE



## From the editor's desk

So, it's the first month of 2021 and a new decade begins. I really hope that this year is going to be better than the last.

I've already had a number of e-mails (they started on the 1st of the month) asking where the magazine is.

Assistant editor Judy Roberson and I made the call to only bring out the magazine on 10 January. This was done for a number of reasons.

First of all a lot of people take leave over December, including many of our regular contributors, and it's also difficult to get hold of people to do articles.

You will also notice that the magazine does not contain as many pages as it normally does. A few regular features are also missing from this month's edition.

Once again this is for the reasons listed above. Hey, even we need a break now and again.

Relax, things will be back to normal next month. Still, at least you do have something to read this month.

In the December issue I wrote two short stories for the magazine. I received positive feedback and many readers asked if we could make this a regular feature. I'm not sure if we will do this, but we will include a short story from time to time. And this month is no exception.

I must confess that I am both surprised and thrilled with the way the readership of the magazine has grown since we published Issue One. Thank you for your support.

I trust that everyone had a good Christmas and New Year, although I'm sure festivities were a bit subdued this year.

Let's hope and pray that by the end of 2021 we can get back to normal. Until then though, stay home and stay safe.

I was off air at Zone Radio over the Christmas period. This meant that for two consecutive Sunday I did not do the Sunday Breakfast Zone, and I must admit that I really missed it.

I really enjoy my time at the station. Not just because I love being able to sit there and play music that I enjoy and I know that our listeners enjoy, but also because of the people that make up Zone Radio. And, of course, out listeners.

I trust that this year is going to start improving and that we come up with a vaccine that can sort this pandemic out, one that is available and affordable to everyone.

It would be great to go our again. Go out for a meal, get together with friends, catch some live music or theatre, and watch some sport live and where the teams are not missing most of their players due to COVID-19.

So let's do all we can to stop the spread of this nasty virus. Stay home if you can, and play by the rules.

Until next time then.

# Matt

# Hipe! media

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# 2020 - Annus horribilis

We look back at the year that was 2020 and come to the conclusion that it was perhaps not the best year that the human race has experienced. By **MATT O'BRIEN**.

Without any shadow of doubt, 2020 was an *annus horribilis*. Now before you get up in arms and start accusing me of saying that you have a horrible butt, let me explain.

The phrase 'annus horribilis' is Latin for 'horrible year'. The expression was most famously used by Queen Elizabeth II when she made her annual Christmas speech back in 1992. She described 1992 as an *annus horribilis*.

And let's be honest, 1992 was not a good year for Lizzy and the royal family.

It was a year that three royal marriages collapsed, a fire destroyed more than a hundred rooms in Windsor Castle and a toe-sucking scandal involv-

ing Sarah Ferguson, Duchess of York, rocked Britain and the monarchy.

I don't think I'll get to many arguments when I say that for most of us 2020 was an *annus horribilis*. And the reason can be summed up in one word - COVID-19.

Coronavirus disease 2019 (COVID-19) is defined as illness caused by a novel coronavirus now called severe acute respiratory syndrome coronavirus 2, which was first identified amid an outbreak of respiratory illness cases in Wuhan City, Hubei Province, China.

No-one can be quite sure when the first case of COVID-19 was discovered. The Chinese are notorious for playing their cards close to their chest

and will often withhold information if it doesn't suit them.

It was initially reported to the World Health Organisation (WHO) on 31 December 2019. If they had waited one more day we would have all been talking about COVID-20.

Chinese officials began downplaying the possibility of human to human transmission of the virus and insisting that the outbreak was under control. That's kind of like the captain of the Titanic telling the passengers "Don't worry, it's just a small leak and I'm sure we'll have it under control shortly."

Instead of sounding the alarm, the WHO waited for a month before finally declaring the COVID-19 outbreak a global health emergency on 30 Jan-

uary 2020. This at a time when the virus had already spread to 22 countries, including Japan, France, Australia, Canada, the United States, Germany, India and Italy.

Calling it a global health emergency would be like calling World War II a small altercation in which some people were hurt.

By 11 March 2020 the WHO could no longer continue to sweep things under the carpet and finally declared COVID-19 a global pandemic.

Six days prior to this announcement by the WHO, South African Minister of Health Zweli Mkhize confirmed the spread of the virus to South Africa, with the first known patient being a male citizen who tested positive upon his return from Italy. The first death in South Africa to have occurred from the disease was reported on 27 March 2020.

On 15 March, the President of South Africa, Cyril Ramaphosa, declared a national state of disaster,

and announced measures such as immediate travel restrictions and the closure of schools from 18 March.

On 17 March, the National Coronavirus Command Council was established, "to lead the nation's plan to contain the spread and mitigate the negative impact of the coronavirus".

On 23 March, President Cyril Ramaphosa addressed the nation and announced a 21-day national lockdown effective from midnight 26 March through to 16 April, with the deployment of the South African National Defence Force (SANDF) to support the government.

No problem, we all thought at the time, three weeks under lockdown and then this virus will be sorted. We can do it.

As I write this article we have now been under lockdown for 269 days and there is no sign of the virus diminishing. If anything, it has become worse.

I don't have to go into de-

tail about how COVID-19 has affected us. It has crippled the economy, brought drastic changes to our lifestyle, and led to massive unemployment.

We have gone through five levels of lockdown from Level Five all the way down to Level One. Currently, we are back at Level Three.

And were are only starting to hear about the countless cases of corruption and maladministration that have taken place during this pandemic. Even with the country on its knees there are still those that are trying to pick our pockets.

Strangely enough, the Coronavirus saw almost everyone in the world afloat on the same turbulent sea. I won't say that it saw as all in the same boat because some of us were in leaking rowing boats while others were on five-star luxury liners.

It gave us a chance to press the reset button. After all, we were all in this together. Humanity, sadly, chose to go the



other way. Sad, but no totally unexpected considering our track record.

It is now confirmed that much of the world has seen a second wave of the virus, and South Africa in no exception. Many experts are saying that the second wave of the virus is more contagious than the original virus and that the mortality rate is higher.

As I write this article there are currently more than 1,11 million confirmed cases of COVID-19 in South Africa. And it has led to 30,011 deaths.

Compare this to World War II. During this war a total of 11,023 South Africans were killed.

Yet nearly three times as many South African have died from COVID-19 in 10 months than died during a World War that lasted nearly six years. A war in which people were doing their utmost to kill each other.

So to say that 2020 was an *annus horribilis* would be putting it mildly.

Sadly, the start of 2021 is not looking much better. At the moment we are sitting at Level Three of lockdown. I have just heard that the NCCC (National Coronavirus Command Coun-

cil) will be having an emergency meeting tomorrow (6 January) at 09:00. Speculation is rife that they may move the country back to a Level Five lockdown.

So, by the time you read this article we may yet again be under a hard lockdown.

I can only hope and pray that this does not come to pass. Otherwise our already battered and wounded economy will finally be put to the sword.

And another interesting titbit is that the Minister of Silly Hats (Nkosazana Dlamini Zuma) has decided to go to the Supreme Court of Appeal to appeal a high court ruling made last year after British American Tobacco (BAT) brought a successful application to declare the cigarette ban unlawful.

We know that the cigarette ban did nothing to stop people from buying and smoking cigarettes. It's just that they were illegal cigarettes and cost a hell of a lot more to buy. It also resulted in the government losing as much as 36 millions Rands per day in tax revenue. Something we could ill afford to do considering the state of our economy.

Yet while Dlamini Zuma may

not be logical, she sure is stubborn and I get the feeling that she will not rest until she can get her ban back in place.

And while we may point fingers at government and those in power, which they thoroughly deserve most of the time, we also need to look inward.

One of the biggest causes of the spread of the Coronavirus is us - the general population of South Africa.

There are still far too many South Africans that are not following the rules - Wear a mask that covers both your mouth and your nose, wash your hands with soap and water often, sanitise your hands, and maintain social distancing.

For whatever reasons, people are still not taking these regulations seriously. I still see so many people not bothering to wear a mask, or wearing a mask as a 'chin nappy'. This is where the mask is worn on the chin, leaving either the nose or both the mouth and nose exposed. Some people also have no respect for social distancing.

I have been into supermarkets where the state of hygiene is little more than a joke. People are handling food and consumables without any thought of hygiene.

Listen, if you're too hard core to follow the rules and want to kill yourself, please be my guest. But don't try and take me or any of my loved ones with you.

Yes, 2020 was an *annus horribilis* and my wish is that 2021 would be an *annus mirabilis*, a wonderful year. I must, however, confess that at the moment my hopes are not that high.

We also lost a lot of good

people during 2020, something that I guess happens every year - the circle of life and all of that. Yet we lost a fair number of them due to COVID-19. I know many of you that lost family and friends, as did I.

Here are some of those that passed away during 2020. I have listed them alphabetically.

## Musicians

- **Ronald Bell** (69) Kool and the Gang co-founder.
- **Max Crook** (84), keyboardist on Del Shannon's hit *Runaway*.
- **Mac Davis** (78), American singer-songwriter who had a huge hit with *It's Hard To Be Humble*.
- **Tommy DeVito** (92), member of the original Four Seasons.
- **Pat Fairley** (77), co-founder of Marmalade.
- **Steve Fataar** (76), legendary Durban guitarist and singer.
- **Malibongwe Gcwabe** (55), South African gospel singer.
- **Peter Green** (73), English Hall of Fame blues rock singer-songwriter, guitarist and co-founder of supergroup Fleetwood Mac.
- **Ken Hensley** (75), Uriah Heep founding member.
- **Bones Hillman** (62), bassist of Midnight Oil.
- **Brian Howe** (67), Bad Company front man in late '80s/early '90s.
- Singer and theatre legend **Dawn Lindberg** (75), one half of the Des and Dawn Lindberg music phenomenon.
- **Trini Lopez** (83), singer of '60s hits *If I Had a Hammer* and *Lemon Tree*.
- **Tami Lynn** (78), American soul singer.
- **Dame Vera Lynn** (103), renowned British singer.
- **Patricia Majalisa** (53), known as South Africa's 80s disco music queen.
- **Ian Mitchell** (62), Bay City Rollers bassist.
- **Dave Munden** (77), original member of the Tremeloes.
- **Johnny Nash** (80), American singer-songwriter.
- **Bonnie Pointer** (70), member of the Pointer Sisters.
- **Charley Pride** (86) First Black member of the Country Music Hall of Fame.
- **Steve Priest** (72), bassist for the British glam rock band the Sweet.
- **Helen Reddy** (78), Australian-American singer, Grammy winner and actress.
- **Little Richard** (87), American Hall of Fame rock and roll singer.
- Country music legend **Kenny Rogers** (81), one of the best-selling music artists of all time.
- **Joseph Shabalala** (78), founder of Ladysmith Black Mambazo.
- **Bob Shane** (86), founding member of folk group the Kingston Trio.
- **Millie Small** (72), singer of 1964's huge hit *My Boy Lollipop*, which helped introduce ska music to the rest of the world and opened the door to the sounds of Jamaica.
- **Eddie van Halen** (65), Dutch-born American rock musician and songwriter.
- **Bill Withers** (82), R&B singer whose hits included *Lean on Me* and *Ain't No*

*Sunshine*.

## Actors/Actresses

- **Chadwick Boseman** (43), American actor.
- **Elize Cawood** (68), South African actress.
- **Sir Sean Connery** (90), Scottish actor. The original James Bond.
- **Dame Olivia de Havilland** (104), French-British-American actress.
- **Kirk Douglas** (103), American actor, and honorary Oscar winner.
- Monty Python star **Terry Jones** (77).
- Actress **Kelly Preston** (57), the wife of actor John Travolta.
- Dame Diana Rigg (82), English actress.
- **Mary Twala** (80), South African actress.

And finally, people that I had the pleasure of meeting on a number of occasions.

- Colonel "**Mad**" **Mike Hoare** (100), renowned mercenary leader and a character of note.
- Journalist **Shaun Johnson** (60), one of South African journalism's most colourful characters.
- **Bob Mabena** (51), South African radio host and composer.
- **Richard Maponya** (99), South African property developer.
- **Andrew Mlangeni** (95), last of the Rivonia Trial co-defendants. A true gentleman.
- General **Constand Viljoen** (86), former Chief of the South African Defence Force.



# How to apply for a job

With a soaring unemployment rate and companies going into liquidation on a daily basis, having a job in South Africa is no longer something you can take for granted. **FIONA TAYLOR** looks at how to go about applying for a job.



According to the latest official figures, 28.48% of the South African population is unemployed.

That means that more than a quarter of the people in South Africa than can work do not have jobs - about 15 million people. And you must remember that these are the 'official' figures. So it's probably a lot higher than that.

And if you're currently at high school you'll be yet another one looking for a job within the next few years.

Do yourself a favour and look through the job advertisements in your local newspapers.

Do you notice how few jobs are advertised. That's because there are far more people looking for jobs than there are jobs available.

So why do you think that when you finish school or studying that you're just going to walk into a job? What makes you so special?

The job market is fiercely competitive and for nearly every job advertised there are hundreds, sometimes thousands, of applicants.

And the restrictions put in place due to the COVID-19 pandemic has meant that hundreds of businesses have been forced to close.

Some people are so desperate that they are willing to accept just about anything and will often work for a salary of far less than they are really worth. And this is the market that you'll be entering sooner than later.

If you're going to be looking for a job then you need to

prepare yourself so that you have the best possible chance of landing a job. Do yourself a favour and print this article and keep it somewhere safe. Even if you're only going to be looking for work in a few years time.

## Decide what you want to do

You need to have some sort of an idea about the career you want to follow. And while this may sound logical, it's not as easy as it sounds. How many of us really know what we want to do while we're still at school? Far less people than you might imagine.



When I was in grade one I wanted to be a ballerina. By the time I was in grade seven I wanted to be a vet. Then by grade nine I wanted to be a doctor. When I finished grade twelve I went to university and did a degree in psychology.

Once I had graduated I found a job in my field and worked for two years before I realised that I hated it.

I was 28 when I stumbled into journalism almost by accident and discovered that it was what I really wanted to do.

Still, it does help if you at

least have a general idea of what you want to do. Do you want to work with people? Are you technically minded? Do you want to work with your hands? If you at least have some idea of what you want to do it will make it easier to prepare yourself for a career in that field.

If you're interested in a particular field, then find out as much about it as possible. Speak to a few people that work in that field. Do they enjoy what they do and is it financially rewarding? What advice can they give you?

## Further studies

What qualifications will you need for the career you want to follow?

Will you need to get a university degree or a college diploma?

Are there any short courses or workshops that you can do? Does anyone offer an internship?

In order to get the job you are looking for you will need the right qualifications as a start. If, for example, you need a degree, then you're going to have to get a matric exemption that will allow you to apply to a university.

So you see that you will have to start thinking and planning way ahead. The better your qualifications, the better the chance of getting that job.

## Be Prepared

The Boy Scout's motto is 'Be Prepared' and you need to take a page out of their book and also be prepared.

Keep up to date on what is

happening in the industry where you want to make a career. The better prepared you are the better your chances.

### Keep an eye on the job market

Where and how does the industry you are interested in advertise new posts? Do they run advertisements in the newspaper or do they advertise jobs on their website?

Not only do you need to know this, you also have to keep an eye out for when they do advertise new posts. If you miss the ad, you miss the opportunity.

### Read and take note

Before you even respond to a job advertisement RTFA (read the flipping advert). Many people respond to ads without having first read it carefully.

If they say they are looking for a person with a university degree, don't bother applying if you only have a Grade 10.

Follow any instructions in the ad. If they say that you should phone them between 9.00 am and 1.00 pm don't phone them at 4.00 pm. If they see that you can't even follow simple instructions they will have no interest



in even interviewing you.

I spoke to Veronica Desmond, a consultant for a large employment agency, and she had some amusing stories.

"Often you will advertise a post and give clear details of what it is your client is looking for," says Veronica. "The ad will clearly state that you are looking for a sales rep to work for commission only and you'll still get people phoning you and asking if the job pays a basic salary. Which part of 'commission only' did they not understand?"

### Pay attention to your CV

Most people will want you to send them a *curriculum vitae* or

CV. It's a Latin phrase that means 'courses of life'.

Your CV is vital. It contains all your personal information such as your names, identity number, address and contact details. It should also list your education history, including any courses or workshops that you have attended and that are relevant to the post you are applying for.

If you have worked before your CV must also list all of the places you have worked, for how long, what was your job title, what did you do, what your salary was, and your reasons for leaving.

It should also have the names and contact details of two of

three people that can be used as references.

### Keep your CV up to date

Make sure that your CV is as current as possible. A CV with gaps in it will not help you in the least.

### Don't lie on your CV

This is a huge no-no. If you lie about anything such as your educational qualifications or work history you are going to be caught out.

People will check on these things and if they find you've been lying not only will you not get the job, but they will probably put the word out in the industry.

Not only will they check the information on your CV, they will probably also run a credit

check on you, check to see if you have a criminal record, and will often check out your social media to see what you get up to when you're not at work.

### Nail the interview

If people like your CV and want you to come in for an interview you are another step closer to getting the job. This is where you need to be at your best.

Don't be late for an interview or, even worse, not even bother to show up for the interview. Make sure you are there with at least 15 minutes to spare.

Make sure you know where the place is. If you're using your own transport, find out where the nearest parking is. If you're using public transport leave yourself enough time to

walk to the appointment.

If for some reason you're going to be late or you can't make the interview, then phone them and let them know.

Dress appropriately for the interview. If you pitch up looking as if you're off to the beach or for a game of pool with your buddies you're not going to make a good first impression.

Make sure you bring a copy of your CV as well as certified copies of any degrees, diplomas or certificates. Take a pen with you. If you need to fill in any forms, which you probably will have to do, it looks so unprofessional if you have to ask them for a pen.

Be polite, be confident and be prepared. Good luck.



Crn Cape Road And, Buller Louw Blvd, Sunnydale, Phone: 021 785 1997



A number of our readers have asked how In The Zone is put together each month. So editor **MATT TENNYSON** decided to answer the question with this article.

# The making of In The Zone



It was in March 2020 when we had the idea to publish a monthly digital magazine for Zone Radio.

It sounded like a good idea, as most ideas do at the time. Unfortunately our crystal ball was broken when we came up with this idea. So we had no idea that two weeks later the entire country would be under lockdown due to COVID-19.

We decided to still go ahead with the plan. We wanted to specialise in a lot of local content for the magazine. Lockdown meant that this was not as simple as it sounded.

Many, if not most, businesses were closed, schools were closed, and no local sport was being played.

Yet we still wanted to include

content in the magazine that readers would find interesting. So there needed to be a good balance when it came to articles.

During certain months the magazine will have a theme. February, for example, is the Valentine's edition. June is the youth edition and August is the Women's edition.

November is the birthday edition. Although Zone Radio was nearly ten years old, November 2019 is the month that Zone Radio began to transmit on FM frequency for the first time.

December, obviously, is the Christmas edition.

While each issue contains a number of feature articles, there are also regular sections that appear in the magazine every

month. These regular sections include music, fashion, sport, entertainment and health. There are also regular columns that appear on a regular basis.

Judy Roberson, who is the assistant editor of the magazine, normally writes a column every month. Richard 'The Unicorn' Griggs also provides a column on a regular basis.

We usually work one month ahead. In other words at the start of August, for example, we will start working on the September issue.

The first thing we need to look at is how much advertising we have for the next issue. This determines how many pages the magazine will be.

We work on a 30/70 ad-ed split. This means that 30% of the magazine will contain advertising and the remaining 70% will be editorial.

I need to communicate with our regular writers as to what I need from them for the next issue. This is not always an easy task because not everyone is in the same location.

Fiona Taylor often writes

feature articles for the magazine. She is also our fashion and beauty editor. She is currently based in Pretoria. Our sports editor, Stix Mkhize, lives in Durban. So much communication is done through e-mail, WhatsApp and Zoom.

We get a fair amount of new writers that want to write an article for the magazine. This is something that we encourage. We ask them to send us a 'pitch'.

This is a short e-mail in which they tell us what the article is about. If we like the idea then we will send them a 'brief'.

In the brief we will give them a deadline and what is known as a 'word count'. Both of these are vital.

The deadline is self explanatory. This is the latest date by which we need to receive the article. This is usually five days before the end of the month.

The word count is how long the article needs to be. The word count is how long the article needs to be. When we start planning an issue one of the first things we do is a 'flat plan'.



This is basically a mock-up or miniature of the magazine.

Articles are allocated a number of pages. We also need to decide how many photographs will be used with an article. This then gives us a good idea of how many words we will need for the article. A four-page article, for example, is normally 1,200 words.

If, for example, the writer sends an article that is 1,450 words long. I then have to sit with the article and cut 250 words from it.

This is not as simple a task as it sounds. I can't just cut the last 250 words from the story. I have to cut these words while still making sure that the story makes sense.

What is even worse is when a writer is short. Let's say they send me 900 words. This means that I now have to sit and add an extra 300 words to their article.

When I'm sitting on deadline you can imagine that this is the last thing I need in my life.

As soon as we receive an article we start to do the actual page layouts. We use a program called Adobe InDesign for this.

We also start to drop photographs into the articles. For this we use another Adobe program known as PhotoShop. Another thing we have to do is place the advertisements.

In The Zone is an interactive digital magazine. This means that there are links embedded in the pages that, when clicked on, will perform certain actions.

A click may take you to a website, play an audio file, or even play a video.

Take our popular Music 101 section for instance. These ar-



An example of a flat plan. This one is from the December 2020 issue.

ticles have links to different songs. When the reader clicks on a link it will play a video of the song.

When doing the layout we need to include the link to the video.

Once all the pages are complete we then have to design the front cover. The magazine is then ready to be processed.

The next step involves taking the completed InDesign document and converting it to a PDF document.

The PDF document is then sent to assistant editor Judy Roberson for proof reading. We need to check the magazine for spelling errors, pagination and the resolution of the photographs.

It's at this time that we need to check that all the links included in the magazine are working and that they perform the correct function.

It's no good if a reader clicks

on a link so that they can watch a music video and the link takes them somewhere else.

Once we've made any corrections and are happy with the end result we then redo the PDF document. We also convert it into a SWF file so that it can be displayed in flip-book format.

About three hours before midnight on the last day of the month the magazine is uploaded to the Hipe website. The previous month's magazine is archived so that readers can always download back issues. Richard will also upload the magazine to the Zone Radio website.

Finally I e-mail the magazine to our subscribers, a task which takes about two hours to send out in batches of 100 at a time.

I then normally pour myself a strong whisky and get ready to start the process once again.

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# Shine a light

Describing *Shine a Light* as one of the best books he's read in a long while, **MATT TENNYSON** chats to Corrine Wilson and Ingrid de Storie.

I try and avoid watching movies about animals or reading books about them. It's not that I don't like animals, quite the contrary. I'm mad about animals.

It's just that I don't like seeing or reading anything where animals suffer, are hurt, or killed.

Yet when I heard the story behind *Shine A Light* I decided to bite the bullet and read the book. And I'm so glad I did.

*Shine A Light* tells the story of two women, Corrine Wilson and Ingrid De Storie. The two were worlds apart, even though geographically the pair lived fairly close to each other - only a 10 minute drive.

The story is not only about the incredible work that the two have done in one of the most dangerous communities in Cape Town, but also about the unbreakable bond that was formed between these two remarkable women.

I was privileged to speak to both Corrine and Ingrid, albeit over the phone. I would have loved to have sat down with the two of them over a cup of coffee, but the whole COVID-19 pandemic had other ideas.

It was about four years ago that Corrine came up with an idea. She wanted to walk around Ocean View on Christmas Eve and feed one hundred

vulnerable animals. So they could wake up on Christmas morning with a full stomach. I asked Corrine where the idea had come from.

"I think it come from a place of guilt," she told me. "As an animal lover I found it difficult to enjoy the festive season when I knew that there were animals out there going hungry. I felt as if I needed to do something to feel empowered. Maybe I was a bit naïve."

I asked Corrine the next obvious question - why Ocean View?

"I don't know why," Corrine admits. "I live in Noordhoek and I guess Ocean View is fairly close to where I live. Although I had never dared drive into Ocean View before."

Trust me when I say that this kind of thing was something that I had personally witnessed many times over the years.

I spent more than three decades of my life covering stories on wars and reporting from places that most sane people tended to avoid.

Cape Town has numerous areas in and around it that would give any war zone a run for its money - I regard Ocean View as one of these areas.

I had often seen people come into these type of areas with the intention of doing some or oth-

er project that would help the people, uplift them, save them, and so on. We would nickname them 'Dave and Dianne Do-Good'.

Look, there was nothing wrong with what they were trying to do, nor with their intentions. The thing is that when the first shot went off they would be out of there faster than their Louis Vuitton shoes could carry them.

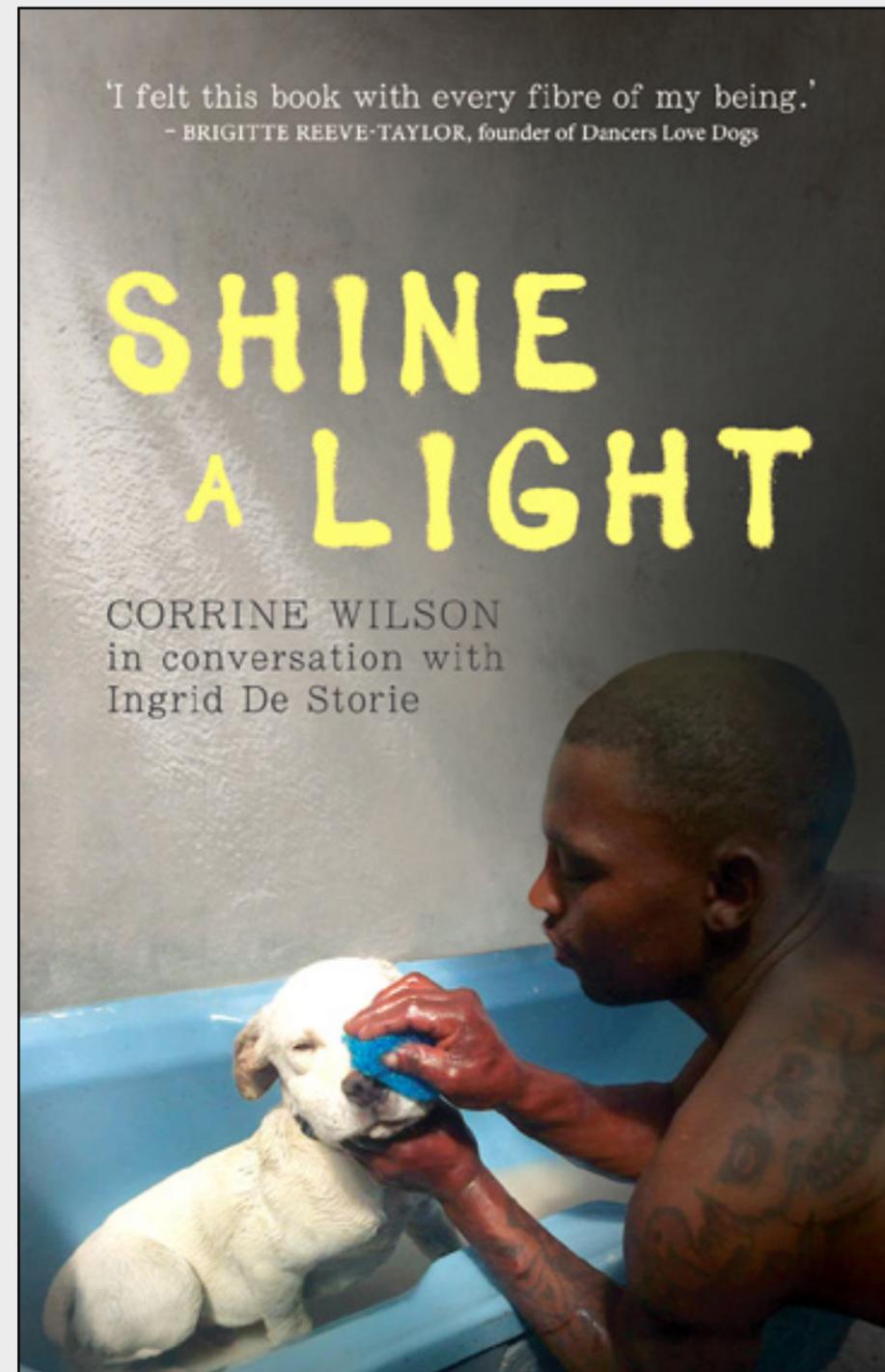
Corrine Wilson, however, was different. She was one of those rare breeds that are the real deal.

When she first went into Ocean View she met with Liesel from The Open Door, a non-profit organisation that assisted vulnerable children in the community.

Liesel said that if Corrine was really interested in helping animals she should meet Auntie Ingrid. This term, pronounced 'Antie', is a sign of respect.

According to Liesel, Auntie Ingrid was the Mother Theresa for the animals in Ocean View. Corrine was introduced to a timid-looking lady and an epic journey was about to take its first tentative step.

People like to think of Ingrid as the Mother Theresa for animals in Ocean View. I like to think that Saint Francis of Assisi is alive and well and now



residing in Ocean View. And while she may appear shy and timid, nothing could be further from the truth.

According to Ingrid she was about six or seven when she witnessed animal abuse. From then on she wanted to help animals.

She is something of a legend in Ocean View. She became known as 'The Paw Patrol Lady' as she walked the streets

of Ocean View feeding hungry animals.

Currently Ingrid has four dogs and four cats. One of the dogs, Nale, belong to a close friend of hers who recently passed away from COVID-19. Ingrid says that Nale serves to remind her of her friend.

Corrine and Ingrid have achieved so much since they started out together. They have fed dogs and cats, improved

their living conditions, and done much to educate the community about animal cruelty and abuse.

They have formed a non-profit organisation called 1 Kennel at a Time. It has achieved incredible results.

Now I know you will get those people that will wrinkle their noses and say, "Why are you so worried about feeding animals when there are people starving in the same area?"

The thing is that people can speak, they can ask for help and actively go out and seek it. The animals can't speak for themselves.

According to Corrine her journey has been a real eye-opener. She has come into contact with people that she would never have otherwise spoken - gangsters, drug dealers, addicts.

"The problem is far more complex than people realise," she says. "I've met incredible people whose efforts are never recognised. It has also challenged by stereotypes and prejudices. In South Africa we all carry a lot of anger and frustration with us. This experience has taught me that you can still feel anger and frustration, but it starts to stem from a different place - a place of understanding."

*Shine A Light* is a classic on so many levels and if you read one book this year, make sure it's this one.

Find out more about [Shine A Light](#) or order a copy by clicking on this link.

# Flying solo

Your group is already a huge success, you have hit songs, platinum albums and adoring fans. What more could you possibly ask for?

Congratulations! You're a member or maybe even the front man of a highly successful band. You've had a string of number one hits, have a cupboard full of awards and a wall full of platinum albums.

Now it's a case of *Quo Vadis* (this is Latin for "so where to"). Should you work on a new album? Get a new funky hair style? Make a few outrageous statements? Wait, here's an idea, why not dump the band and go solo.

This has happened more often than you think. Then there are those people that are a member of a band that is going no-

where. They decide that maybe it's time to try it on their own. The next thing they're selling out concerts.

Sometimes when bands split up more than one member of the former band will go on to have a successful solo career.

On the rare occasion all of the band members will achieve solo success to a greater or lesser degree.

## The Beatles

When the Beatles split up in 1970 they had already done it all. They are still regarded as the most influential band of all time.

They are the recipients of seven Grammy Awards and fifteen Ivor Novello Awards, the Beatles have six Diamond albums, as well as 20 Multi-Platinum albums, 16 Platinum albums and six Gold albums in the US. In the UK, the Beatles have four Multi-Platinum albums, four Platinum albums, eight Gold albums and one Silver album. When the band de-

ecided to call it time, each member would go on to enjoy a successful solo career.

Both Paul McCartney and John Lennon became mega stars. Drummer Ringo Starr had a few songs that became Top 10 hits.

Yet it was George Harrison who was the first Beatle to have a number one solo hit with 'My Sweet Lord'.

## Genesis

Formed in 1967, Genesis are estimated to have sold between 100 and 150 million albums worldwide.

The band's most commercially successful and longest-lasting line-up consists of keyboardist Tony Banks, bassist/guitarist Mike Rutherford and drummer/singer Phil Collins.

Other former members include original lead singer Peter Gabriel and guitarists Anthony Phillips and Steve Hackett.

Rutherford had a successful solo career with 'Mike and the Mechanics' and Peter Garbriel also went on to enjoy a career as a solo artist. In fact his song 'Sledgehammer' is still one of the most played music videos on MTV.

Yet the person that had the most prolific solo career was Phil Collins. Eight Grammy Awards, three American Music Awards, six Brit Awards,

four Billboard Music Awards, six Ivor Novello Awards, two Golden Globe Awards, and an Academy Award for Best Original Song. Not bad going at all.

Collins's discography includes eight studio albums that have sold 33.5 million certified units in the US and an estimated 150 million worldwide, making him one of the world's best-selling artists.

Let's look at a few other artists that made it big after leaving their original band to go solo.

## Paul Simon

As a duo Simon & Garfunkel had a number of hits. When they split up Art Garfunkel found modest success as a solo artist.

But it was Paul Simon that would go on to become a superstar.

## Beyonce

Back in the days when she was still known as Beyonce Knowles, she was a member of all-girl group Destiny's Child.

She left the group to go solo and went on to become one of the biggest pop stars in the world.

## Sting

The Police were a talented trio that gave us a bunch of hits, including the misunderstood "Every Breath You Take." That being said, it was hard not to see Gordon Sumner, aka Sting, as the breakout member of the group. This led to a solo career that got a little weird and more along the line of jazz and world music.

## Harry Styles

Boy bands were big in the 80s but then they went away for a while.

Then along came One Direction and boy bands were suddenly back in the spotlight.

It was inevitable that the five man band would eventually split up. When they did Harry Styles would go on to achieve success as a solo artist.

## Dianna Ross

First, they were the Supremes. Then, they were Diana Ross and the Supremes. This did not go over great with everybody.

Eventually Ross would leave the group entirely, embarking on an extremely successful solo career, including several number-one hits.

## Stevie Nicks

Fleetwood Mac was a great band, but they always seemed on the verge of breaking up.

When Stevie Nicks went solo her 1981 debut solo album "Bella Donna" was a number-one album and went platinum four times over.

## Neil Young

Young first rose to prominence as a member of the band Buffalo Springfield, known for the song 'For What It's Worth.'

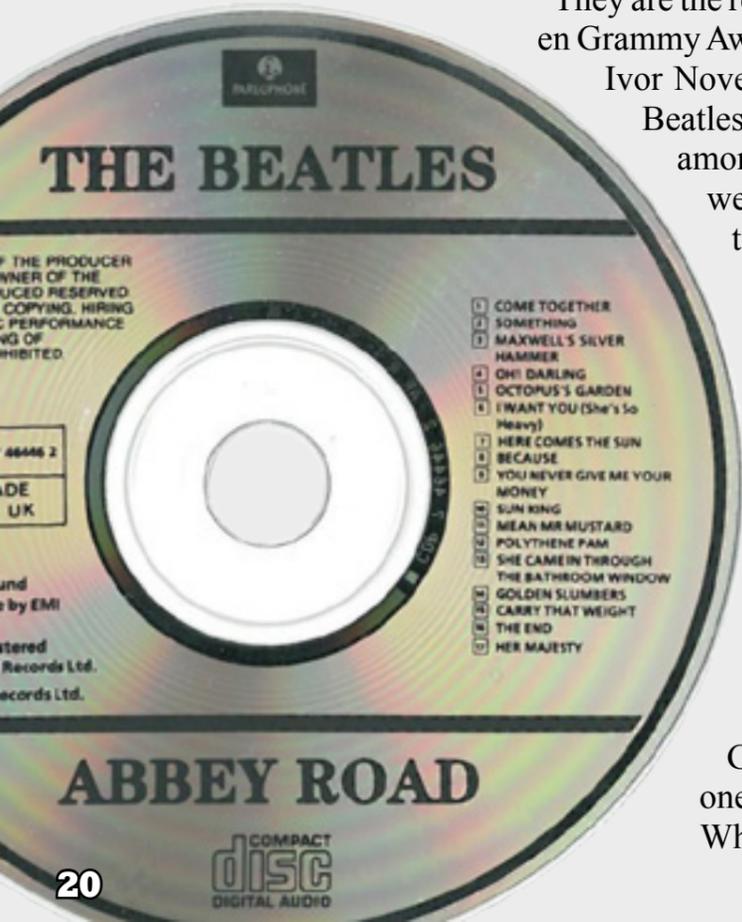
Then, he went solo with the backing band Crazy Horse. After that, he actually stepped back into a band, this time Crosby, Stills, Nash, and Young. After a stint there, he returned to solo work as well, becoming an incredibly prolific artist.

## George Michael

Wham, consisting of George Michael and Andrew Ridgley, achieved a number of hits as a group.

Yet it was George Michael that would go on to become a very successful artist when Wham split up.

These days Ridgley is better known as "that other guy from Wham."





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## Billy Idol

Generation X was a somewhat successful British punk band. These days, though, you mostly hear about them for one reason.

Namely, it was the band that Billy Idol got his start with. Once he became a solo act, and started to produce more pop music, he became a major star in music with hits including 'White Wedding'.

## Ricky Martin

Ever hear about the boy band Menudo? Neither had I. Yet the band did feature a certain Ricky Martin.

He rose from Menudo to become a significant '90s pop star, starting with 'Livin' La Vida Loca'.

## Don Henley

Unless you've been living in a cave for the past few decades you will know who the Eagles are.

Don Henley had incredible success as a drummer with the band.

As a solo artist, Henley has sold over 10 million albums worldwide, had eight top-40 singles, won two Grammy

Awards and five MTV Video Music Awards.

## Eric Clapton

The only three-time inductee to the Rock and Roll Hall of Fame and regarded as one of the most important and influential guitarists of all time.

Clapton enjoyed success with bands such as the Yardbirds, Cream and Derek and the Dominos.

As a solo artist he has had a prolific career. In 2004 he was awarded a CBE at Buckingham Palace for services to music.

Clapton has sold more than 100 million records worldwide and also has 18 Grammy Awards to his credit.

## Rod Stewart

Faces was a pretty successful band that included Rod Stewart as one of its members.

Stewart's solo work needs no introduction. He has four number-one hits in the United States and was even bigger in his native United Kingdom.

## Lionel Ritchie

As a member and co-lead singer of the Commodores, Lionel Ritchie enjoyed a fair

amount of success.

The band had a number of hits that included 'Three Times A Lady'.

When Ritchie headed off to do his own thing he would go on to become a super star.

## Justin Timberlake

A member of boy band N\*Sync, Timberlake is the one who became the star from the group.

He has risen above his boy band beginnings to become a major pop star.

While '90s boy bands were often viewed derisively, Timberlake has been able to get critical and commercial recognition.

## Michael Jackson

The Jackson 5, later known as The Jacksons, comprised of five brothers - Jackie, Tito, Jermaine, Marlon and Michael. According to some sources, The Jackson 5 sold more than 100 million records worldwide.

At just eight years old, Michael began to sing lead vocals along with his older brother Jermaine.

In 1971, at the age of 13, Michael Jackson released his first

solo album, 'Got To Be There'.

The following year he had his first solo number one hit with 'Ben'.

He would go on to release ten studio albums and a partial list of live albums, compilations, extended plays, soundtracks and remix albums.

He received 13 Grammy Awards, the Grammy Legend and Grammy Lifetime Achievement awards, six Brit Awards, a Golden Globe Award, and 39 Guinness World Records, including the "Most Successful Entertainer of All Time". Jackson's inductions include the Rock and Roll Hall of Fame twice, the Vocal Group Hall of Fame, the Songwriters Hall of Fame, the Dance Hall of Fame (the only recording artist to be inducted), and the Rhythm and

Blues Music Hall of Fame.

At the 1984 Grammy Awards, his album 'Thriller' won a record-breaking eight Grammy Awards, including Album of the Year.

His single 'You Are Not Alone' holds the Guinness World Record for the first song ever to debut at number one on the Billboard Hot 100 chart.

Starting in the late 1980s, Jackson became a figure of controversy and speculation due to his changing appearance, relationships, behaviour and lifestyle. Yet Michael Jackson will always be known as 'The King of Pop';.

## Annie Lennox

Annie Lennox decided to pursue a solo career for a very good reason: the sales of the

Eurythmics just dried up, especially in America.

While her partner-in-crime Dave Stewart would become an in-demand producer, Lennox's debut solo effort appeared in 1992, and as it so happened, she ended up crossing over in a big way, with singles like 'Walking on Broken Glass'. Sweet dreams really are made of this.

There are numerous other artists that have left bands to go on to a successful solo career.

Gwen Stefani (No Doubt), Darius Rucker (Hootie and the Blowfish), Steve Perry (Journey), Belinda Carlisle (The Go-Gos), Pharrell Williams (N.E.R.D.), Lou Reed (Velvet Underground), Kenny Rogers (The First Edition), and Limahl (Kajagoogoo) to name a few.



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# Murphy's Law

*Murphy is not very amused with the way the COVID-19 pandemic is being handled. Then again, there is not much that amuses Murphy at the moment.*

Okay, I should probably get this over with right up front. Compliments of the season. Happy New Year. And all these rest of that crap.

Some people have asked me what my New Year's resolutions were for 2021. Well I didn't make any. In fact I haven't made any since I was 18. Let me explain why I don't bother with New Year's resolutions.

I will be honest and tell you that I enjoy a good party and the odd drink or three. Normally I begin to party at about lunch time on New Year's eve.

By the time I recover from this party it's usually around the 4th or 5th of January. By then I've broken all of my resolutions.

In fact by then I've normally broken at least 30 municipal by-laws and at least five of the Ten Commandments. Don't judge me.

So, it's 2021, the start of a new year. Let's face it, 2020 was a year that most of would rather forget.

Usually when you buy something that was made in China it tends to break soon after you

take it from the box. This Corona Virus, however, just doesn't seem to want to go away. Who could have guessed that something from China would last so long.

Call me cynical, but I'm convinced that for every good person you find in the world you will find three utter dicks.

The reason I say this is that so many people seem to have a total lack of consideration for anyone or anything else. You see it all the time.

A perfectly able person will park in a disabled parking spot because it's the closest to the entrance of the shopping mall. They are too lazy to walk a few extra steps.

Someone will throw their litter onto the floor, usually right next to a dirt bin.

Drivers will disobey every possible traffic law. They will not stop or yield at traffic signs, will overtake on the left, turn without indicating, all of this while talking on their mobile phone.

And let's not even talk about taxi drivers who are a law unto themselves.

Pedestrians will walk in

the road, usually four or five abreast, with their backs to oncoming traffic. And whatever you do, don't hoot at them. You need to driver around them.

You stand in a queue at a shop or supermarket and someone will walk straight to the front of said queue and demand to be served.

All of these problems can be sorted out by one simple little thing - consideration. When you consider other people then you will not try to hurt them, steal from them, rape them, or try to kill them.

Now let's address the elephant in the room, And no, I'm not talking about my mother-in-law here. I'm talking about COVID-19.

We all know that the Corona Virus started in Wuhan, China some time back in 2019. Instead of immediately alerting the World Health Organisation (WHO)

When the Chinese decide to keep quite about it. This, unfortunately, is something that was standard practice in Communist countries.

Take the old Soviet Union for example. Their official

newspaper was called *Pravda*, which means 'the truth'. They did anything but tell the truth. Chernobyl was a classic example of this. When a nuclear reactor had a melt down, pouring a radioactive cloud into the sky, they tried to hush it up.

So by the time the Chinese authorities admitted that there was a problem and the WHO decided to finally act upon it, the horse had long since bolted from the stable.

The thing is that Wuhan is 11,117 km from where I live. So why should it have bothered me? Well if you take someone that has a contagious disease and stick them in an aircraft heading for other destinations you can guess what's going to happen.

COVID-19 already had its suitcase packed and said "It's time to travel." And it seems that the virus took to international travel like a duck to water.

When the first case was reported in South Africa I already knew then that it was time to start worrying.

Everyone told me that I was overreacting again. I'm Irish and it's something we are rather good at. In this instance, however, by fears were justified.

When our esteemed president announced a national state of disaster and that they were forming a National Coronavirus Command Council I was impressed. Then when I saw some of the people he selected to be on the Command Council I was unimpressed.

Uncle Cyril then took me on an emotional roller coaster ride. Once again he impressed me

when he stated that the country was going to be put under lockdown.

Then I was unimpressed when I saw some of the conditions of the lockdown. People had to stay indoors unless they were travelling to do shopping for essential goods or for medical emergencies. And people that were considered to be delivering an essential service could get a permit allowing them to travel.

This meant that you could leave your house anytime you wanted to head off to the local supermarket. Naturally they would have to employ staff to work at said supermarkets.

And these staff would need transport to get to and from work. This meant that the taxi industry would also be allowed to operate.

But never fear, the taxis would only be allowed to carry half of their normal load of passengers. Of course this was going to happen. We all know just how obedient and well behaved the taxi industry is. The taxis were full from day one of the lockdown.

If we were serious about containing the virus right at the start then we should have gone about it differently. Hard lockdown means hard lockdown.

Only hospitals, police stations, fire stations and ambulance services should have been open.

The president should have announced that in five days time the country would be going into hard lockdown for a period of 30 days. This would give everyone a chance to stock up on food, supplies, alcohol, cig-

arettes and anything else they needed for the month.

Martial law should have been declared and anyone trying to leave their property should have been shot.

Now I can already hear you gasping and saying, "Are you mad Murphy? Aren't you going a little overboard?" Yes, I am mad and no, I'm not going overboard.

The only way to stop the spread of a virus is to isolate it. If the virus cannot spread from person A to person B to person C it will die out.

If people had seen that the government was serious about isolating the virus they would have taken it more seriously that a lot of them have.

But, you may well ask, what if people had actually been shot? Well if they obeyed the rules then they wouldn't get shot would they. After a few people had been shot everyone would have soon seen the picture.

Currently more than 31,800 people have died as a result of COVID-19. You do the maths.

I'm also not amused at how the general public is handling the situation. There are still far too many people not wearing a mask in public, or wearing a mask on their chin, leaving their mouth or nose exposed. People are still not respecting social distancing.

And if you dare point it out to them some of them become aggressive. If you are standing next to me in a public space and you're not wearing a mask or maintain social distance, then I will regard you as a threat to my life. And I will do what I need to do to protect myself.

# Tony's Top Tips

**Chef Tony Zola dishes up some advice**



**M**eat and poultry can often do with a bit of help. They need a bit of seasoning to really bring out the flavours.

Both delicate and punchy seasonings work well with meat and poultry. Dry rubs, marinades and sticky glazes are all perfect ways to introduce flavour.

Tougher meats, such as stewing steak, really need to be marinated. It not only brings out the flavour, it also helps to tenderize them.

- To make a fragrant Cajun spice for pork chops, steaks and chicken, mix together 1 tsp each of dried thyme, dried oregano, finely crushed black peppercorns, salt, crushed cumin seeds and hot paprika.
- To marinate red meat, such as beef, lamb or venison, prepare a mixture of two-thirds red wine to one-third olive oil in a shallow non-metallic dish. Stir in some chopped garlic and bruised fresh rosemary sprigs. Add the meat and turn to coat it in the marinade. Cover and chill for

at least two hours or overnight before cooking.

• To make a mild-spiced sticky mustard glaze for chicken, pork or red meat, mix 3 tbsp each of Dijon mustard, clear honey and demerara (raw) sugar, half teaspoon chili powder, quarter teaspoon ground cloves, and salt and fresh ground black pepper. Cook over braai or under the grill and brush with the glaze about 10 minutes

before the end of cooking time.

• Don't be afraid to experiment with your own spice mixes and marinades. Just try them out on a small cut of meat first. That way you will know whether they will work or not.

Remember that this is an ideal time to pick up meat such as gammon, tongue and corned beef on specials.



## Quick and Easy Snacks in Seconds

### Cranberry Pretzel Squares

**W**e've decided to expand our popular "Meals in Minutes" section to include "Snacks in Seconds". And why not?

Often we want to prepare something to snack on that is quick and easy, but we don't want to spend hours making it. Here's something that's tasty and easy to prepare.

#### Ingredients

- Three slabs of white chocolate.
- One packet of salted pretzels.
- About 100g of dried cranberries.

#### Preparation

1. Place a pot of water on the

stove and on top of this place an oven-proof glass bowl.

2. Place the chocolate in the bowl, bring the water to the boil, and slowly melt the chocolate. Keep stirring the chocolate.

3. Using a rolling pin, break the pretzels into small pieces.

Place these pieces with the cranberries into the chocolate mixture.

4. Pour the mixture onto a baking tray lined with greaseproof paper and put in the fridge for an hour.

5. Cut into squares and enjoy.



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# The new face of fashion

Love them or hate them, one thing is for certain. You'd better get used to wearing a face mask.

If you had told me last year this time that I would be writing an article about face masks as a fashion accessory, I would probably have had you committed. But, here we are.

Love them or hate them, one thing is for certain. You'd better get used to wearing a face mask because I have the feeling that they will be with us for some time to come.

In almost every country around the world the Corona-19 Virus has meant that wearing a face mask or face shield has become mandatory. In some countries it is law.

And if wearing a face mask is mandatory, then it stands to reason that a plain face mask just won't do it for some people. Some of the luxury fashion houses such as Gucci and Louis Vuitton have produced designer face masks that come at a hefty price.

In some countries going to the beach means that you have to wear a face mask along with your swimsuit. A new trend, known as the trikini (bikini and face mask) is already becoming popular.

Many companies and organisations have seen a marketing opportunity and have face masks with their logo printed on it.

Some face masks are simple and include a scarf wrapped around the mouth and nose. Others are far more innovative and you can get face masks that allow you to drink through a straw.

Many people have been very creative with the design of face masks. Some of them will bring a smile to the face of anyone seeing them. Others can be downright weird and even a bit scary. Although I must admit that I'm pretty keen on getting a Hannibal Lector face mask (Silence of the Lambs).

A good friend of mine has taken to wearing a World War II gas mask. While he tends to scare the hell out of everyone, I have to admit that his mask is practical. After all, it was designed to protect the wearer from a gas attack.

Listen, we all have to wear face masks, like it or not. So why not get a bit creative and wear something that reflects you style, or your sense of humour.



# What's your number?

Click on the underlined blue links to watch a video of the song.

Do you know any songs with numbers in the title? We do.

If you suffer from arithmophobia then you probably won't enjoy this article.

Arithmophobia, also known as Numerophobia, is an irrational fear of numbers. And numbers are what this article is all about.

To be more specific, this month's Music 101 deals with songs that have a number of numbers in the title. And there are a lot more of them than you may imagine.

Let's start off by looking at numbers from one to nine.

[Another One Bites The Dust](#) was a 1980 hit for Queen. Off their eighth album 'The Game', it was written by bassist John Deacon.

Adam Ant had a hit in 1982 with [Goody Two Shoes](#), while 1977 saw Bob Marley & the Wailers release [Three Little Birds](#).

In 2012 Norah Jones included the song [4 Broken Hearts](#) on her album 'Little Broken Hearts'. The song was inspired by her break up with long-term musician boyfriend Lee Alexander.

While Lou Bega popularized [Mambo No 5](#), it was actually the King of the Mambo, Perez

Prado, who recorded the original it in 1952. Bega added lyrics to the original, mentioning a lot of different women (who were, supposedly, his former girlfriends).

[Six Words Long](#), by Weird Al Yankovic, is a parody of the George Harrison hit 'Got My Mind Set On you', while [7 Seconds](#) was a hit for Youssou N'Dour in 1994.

Liverpool's Fab Four, The Beatles, had a number one hit with [Eight Days A Week](#) back in 1964.

And finally Patti Smith released [Nine](#), a song on her album 'Banga', in 2012.

Now that we've covered the number from one to nine, let's look at some other popular songs that feature numbers in the title.

German singer-songwriter Gabriele Susanne Kerner is better known as Nena. She had not one, but two songs with numbers in the title.

[99 Luftballons](#) was a hit for her in 1983. She then translated the song into English as [99 Red Balloons](#).

[Summer Of '69](#) was a smash hit for Canadian artist Bryan Adams. [In The Year 2525](#) was a hit for American pop-rock duo Zager and Evans in 1968.

Maybe not one of their best known songs, [39](#) was released by Queen on their 'A Night at

the Opera' album. Lead guitarist Brian May wrote and sang the lyrics.

[December, 1963 \(Oh, What a Night\)](#) is a song originally performed by The Four Seasons in 1975. It became a Number One hit in England, Canada, the US and South Africa.

Written in 1880 by Russian composer Pyotr Ilyich Tchaikovsky, the [1812 Overture](#) is one of the best known pieces of classical music.

Many songs deal with a certain age - again reflected by a number. Take for instance Paul McCartney's [When I'm Sixty-Four](#). It was released by The Beatles on their 1967 album 'Sgt. Pepper's Lonely Hearts Club Band'.

[Edge of Seventeen](#) is a song by American singer and songwriter Stevie Nicks from her 1981 debut solo studio album 'Bella Donna'.

All of The Beatles went on to have solo careers after the band split up. Ringo Starr had a hit in 1973 with [You're Sixteen \(You're Beautiful and You're Mine\)](#). The original, however, was done in 1960 by Johnny Burnette.

[At Seventeen](#) is a song by American singer-songwriter Janis Ian from her seventh studio album 'Between the Lines'. Columbia released it in July 1975 as the album's second single.

[Hey Nineteen](#) was a hit for Steely Dan off their 1980 album 'Gaucho'.

According to country legend Dolly Parton, she was working from [9 to 5](#), and according to Bob Marley the way to "get together and feel all right" was through [One Love](#).

In 1975 Paul Simon informed us that there were [50 Ways To Leave Your Lover](#) and a few years earlier, in 1970, Tony Orlando and Dawn told us that all you needed to do was [Knock Three Times](#) on the ceiling or twice on the pipe.

[You're Still The One](#) was a hit for Shania Twaine off her 1997 album 'Come On Over'.

Britney Spears was only 16 years old when she released her debut single [Baby One More Time](#) in 1988.

[Love Potion No 9](#) was a hit for The Searchers in 1964. The original was recorded by the Clovers five years earlier in 1959.

[I'm Gonna Be \(500 Miles\)](#) is a song written and performed by Scottish duo The Proclaimers, and first released as the lead single from their 1988 album 'Sunshine on Leith'. In 1993, following its appearance in the American film *Benny & Joon*, the song was released in North America and many other countries around the world.

[Three Times a Lady](#) is a 1978 song by American soul group the Commodores for their album 'Natural High'. It was written by Lionel Richie, who at the time was the lead singer for the group.

[One Way Or Another](#) is a song by American new wave band Blondie from their 1978 album 'Parallel Lines'. Lyrically, the song was inspired by Blondie front-woman Deborah Harry's experience with a stalker in the early 1970s.

Written by Jim Steinman and performed by Meatloaf, [Two Out of Three Ain't Bad](#) was a single off the 1977 album 'Bat

Out of Hell'.

Nothing Compares 2 U is a song written and composed by Prince for his side project, The Family; the song featured on their eponymous 1985 debut album 'Family'. In 1990 a cover version of [Nothing Compares 2 U](#) by Sinéad O'Connor, released as the second single from her second studio album, 'I Do Not Want What I Haven't Got', became a worldwide hit.

Recorded in 1969 for their second album, 'Chicago', [25 or 6 to 4](#) was a hit for Chicago. It featured Peter Dinklage on lead vocals. The band was originally known as Chicago Transit Authority but shortened the name to Chicago in 1969 after the actual Chicago Transit Authority - Chicago's bus and train service - threatened to sue them.

Written by Mick Jagger and Keith Richards, [19th Nervous Breakdown](#) was recorded by The Rolling Stones in 1965.

[Two Hearts](#) is a song by Phil Collins from the soundtrack to the 1988 film *Buster*. Released on 7 November 1988, "Two Hearts" charted in 19 countries, and topped the charts of the US, Canada, and Japan.

Off the 1987 album 'Document', [The One I Love](#) was a hit for American alternative rock band R.E.M.

Off the 1980 album 'Winelight', [Just The Two Of Us](#) was performed by Grover Washington, Jr. and Bill Withers.

And no list of songs featuring numbers would be complete without [Old Number Seven](#) by The Devil Makes Three.

And finally, let's trust that 2021 is going to be a much better year than 2020.

# Eye exams for kids - why they're important

*Eye exams for children are very important to ensure your child's eyes are healthy and have no vision problems that could interfere with school performance and potentially affect your child's safety.*

Good vision is very important to children because so much of what they learn is taken through their eyes. So it's never too soon to start your child's eye care.

You'll find most infants and pre-school children have regular vision screening as part of their routine development checks.

These early checks are invaluable, but aren't as thorough as a full eye examination by a qualified Optometrist.

Annelize van Niekerk at Longbeach Eye Studio advise that children should have their first examination at around three years old. Learning difficulties can sometimes be caused by uncorrected vision problems, so the earlier they can be detected, the better the chance of correcting them.

The great news for parents is that children's vision assessments are free (up to next birthday age six years) at Longbeach Eye Studio.

Early eye exams are important because children need the following visual skills that are essential for optimal learning:

- Excellent visual acuity at all distances

- Accurate and comfortable eye teaming skills
- Accurate eye movement skills
- Accurate and comfortable focusing skills

## When to have your child's eyes examined

Children should have their first eye screening at 6 months of age. Usually the paediatrician does a basic screening, but when in doubt have an Ophthalmologist do a comprehensive eye examination.

The next examination at age three and just before they enter the first grade — at about age five or six.

Your child doesn't have to be able to read to have an eye examination. First, we obtain information regarding any family eyesight problems and whether the child has any difficulty playing games, looking at pictures or seeing small objects. Then several child-friendly tests will be undertaken, after which we can discuss the results. So by the time your child is old enough to start school, you'll be fully aware of any eye health problems they may have.

School-aged children should

have an eye exam at least every two years if no vision correction is required. Children who need eyeglasses or contact lenses should be examined annually or as recommended by your Optometrist.

## Scheduling your child's eye exam

When scheduling an eye exam for your child, choose a time when he or she usually is alert and happy.

Specifics of how eye exams are conducted depend on your child's age, but generally an exam will include a case history, vision testing, determination of whether eyeglasses are needed, testing of eye alignment, an eye health evaluation and, if needed, prescription of eye-wear.

Be sure to tell your Optometrist if your child has or displays any of the following:

- ✓ A history of prematurity
- ✓ Delayed motor development
- ✓ Frequent eye rubbing
- ✓ Excessive blinking
- ✓ Failure to maintain eye con-

tact

- ✓ Poor eye tracking skills

Also, be sure to mention if your child has failed a vision screening at school or at a visit to his or her paediatrician. We also will want to know about previous eye problems and treatments your child has had, such as surgeries and glasses or contact lens wear. And be sure to inform us about any family history of refractive errors, strabismus, amblyopia or eye diseases.

## Eye testing for infants

Babies should be able to see as well as adults in terms of focusing ability, colour vision and depth perception by 6 months of age. To assess whether your

baby's eyes are developing normally, the doctor typically will use the following tests:

Tests of pupil responses evaluate whether the eye's pupil opens and closes properly in the presence or absence of light.

"Fixate and follow" testing determines whether your baby's eyes are able to fixate on and follow an object such as a light as it moves. (Infants should be able to fixate on an object soon after birth and follow an object by the time they are 3 months old.)

Preferential looking involves using cards that are blank on one side with stripes on the other side to attract the gaze of an infant to the stripes. In this way, vision capabilities can be assessed without the use of a typical eye chart.

## Eye testing for preschool children

Some parents are surprised to learn that preschool-age children do not need to know their letters in order to undergo certain eye tests, even when they are too young or too shy to verbalize.

Some common eye tests used specifically for young children include:

LEA symbols for young children are similar to regular eye tests using charts with letters, except that special symbols in these tests include an apple, house, square and circle.

Retinoscopy is a test that involves shining a light into the eye to observe the reflection from the back of the eye (retina). This test helps determine if you child has any clouding of

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the lens of the eye (congenital cataract) or significant refractive error.

Random dot stereopsis testing uses special patterns of dots and 3-D glasses to measure how well your child's eyes work together as a team.

In addition to near-sightedness, far-sightedness and astigmatism, common vision problems of school children include:

Lazy eye (amblyopia). It is important to rule out amblyopia, or "lazy eye," which is decreased vision in one or both eyes without detectable anatomic damage. Unfortunately, amblyopia is not always correctable with eyeglasses or contact lenses and may require eye patching to strengthen the weaker eye.

Misalignment of eyes (strabismus). Crossed or misaligned eyes (strabismus) can have different causes, such as problems

with muscle control in the affected eye or eyes. Strabismus is a common cause of amblyopia and should be treated early in childhood so vision and eye teaming skills can develop normally.

Convergence insufficiency. This is the inability to maintain eye alignment when viewing near objects. Convergence insufficiency can cause eye discomfort and even double vision when reading.

Focusing problems, poor depth perception and colour blindness. School performance relates directly to your child's focusing ability (accommodation), depth perception, colour vision and more.

Eye health problems. The Optometrist will closely examine your child's eyelids to look for abnormal or infected eyelash follicles, bumps, eye discharge and swelling (edema). We examine the cornea, iris, and lens to look for cloudiness (opacities) or other irregularities.

### Vision screening and performance in school

Remember that appropriate vision testing at an early age is vital to insure your child has the

visual skills he or she needs to perform well in school. A child who is unable to see print or view a blackboard can become easily frustrated, leading to poor academic performance. Some vision problems, such as lazy eye, are best treated if they are detected and corrected as early as possible while the child's vision system is still developing. Not only is correcting vision problems crucial for happiness and success, but an eye exam can detect such health problems as diabetes, high blood pressure and high cholesterol.

Experts say eye care should be a lifelong commitment, with eye exams beginning in infancy and progressing at different intervals as you age. The words of the blogger, Tracie Phorbes captures it well. "Little eyes are precious things to protect, and ensuring our kids can see well grants them not only a richer view of the world, but better tools to learn."

At Longbeach Eye Studio we offer excellent eye health care service you can be sure that your child's vision is being well looked after. Your child's eyes deserve care. We Care. Do you?



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Making Magic!



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# Ladies, we've come a long way

Less than 100 years ago women's sport apparel was restrictive and bordered on being Draconian. These days sport apparel has become a fashion statement and sports such as tennis, volleyball and athletics have gained a whole lot of male supporters as a result. **JESSICA MEYER** takes a closer look.

Imagine, if you will, going out to play a game of tennis. You are dressed in a thick full-sleeve blouse that buttons up to the neck, a thick ankle-length skirt, stockings, and a pair of shoes that feel like lead weights.

Naturally you will also be wearing a wide-brimmed hat and a pair of gloves. Sounds like fun, doesn't it? Yet when tennis began to gain popularity among women in the late 1860s this was how they were expected to dress.

By the 1890s if you played tennis you could dress in any colour you liked – as long as it was white. At Wimbledon this tradition has continued to the present.

It was at Wimbledon in 1905 that Mary Sutton wore her father's shirts during the tournament. This was, however, not a fashion statement but more for reasons of practicality. Sutton also did the 'unthinkable' when she rolled back the cuffs after complaining that the long sleeves were "too hot".

It was in 1922 when Suzanne Lenglen shocked the world. She appeared at Wimbledon in a short skirt, brightly coloured cardigan and a bandeau instead of the traditional hat.

It caused such a fuss that people even began to bet on the colour of her bandeau in her up-

coming games.

It was only in the 1930s when female athletes and tennis players were no longer forced to wear stockings and hats were no longer compulsory for women in tennis.

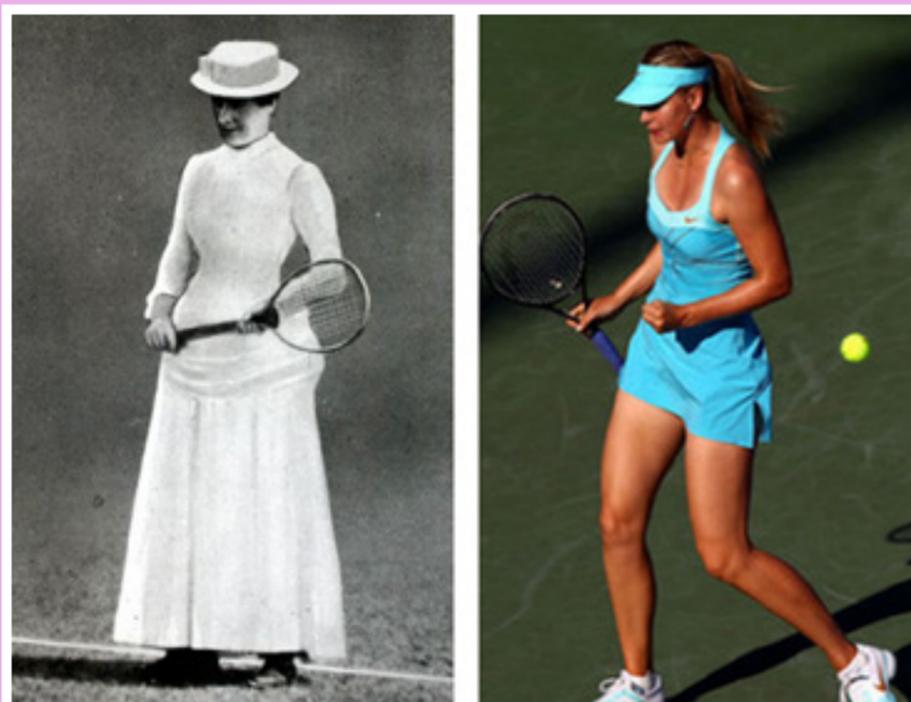
In 1932 Alice Marble strode out onto centre court and Wimbledon wearing a pair of white shorts. Her outfit was considered outrageous at the time.

Teddy Tingling was a former tennis umpire who also played the game on a social level. Tingling would have a major influence on women's fashion in tennis. In 1947 he decided that

women's tennis fashion needed a touch of femininity. He began to produce waffle pique flared dresses inspired by Dior's 'New Look'.

In 1949 he designed a pair of lace-trimmed knickers for Gertrud Moran to wear under her white dress at Wimbledon – and what a sensation it caused!

It caused such a stir that it became front page news in the London Daily Express and remained in the news for an entire week. Tingling later created a pair of gold-coloured panties for Karol Fagero, but these were banned at Wimbledon.



**THEN AND NOW:** Maud Watson (left) as she appeared at Wimbledon. Compare what she is wearing to the photo on the right. As a woman I know which I would prefer.



**SHOCK AND HORROR:** Suzanne Lenglen as she appeared at Wimbledon in 1922. Her outfit caused a sensation and was even headline news. Her bandeau caused such a fuss that people began betting on what colour it would be in her next match.

From the 1950s women began to become far more daring in what they wore on the tennis court. Shorter skirts, short pants and tee-shirts became the norm. This was not as fashion statement, however. It was for the more practical reason of comfort.

It was only a matter of time before the centre court at major tournaments started to become the catwalk of tennis.

Spectator interest was not only focused on how well the ladies played, but also on what they were wearing.

During the 1980s officials at Wimbledon were outraged when Anne White wore a skin-tight bodysuit to her match. It displayed every inch of her curvaceous body but at least it was all white.

Although she lost her match I doubt whether anyone even remembers who she played against. Photographers present at the match certainly didn't take any photos of her opponent.

During the 1990s there were some really interesting developments. Female tennis players were not only wearing outfits that made male spectators sit up and take notice; some of them



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**FAN FAVOURITE:** While Anna Kournikova may never have won a major tournament, her looks made her a hit with the fans.

had figures that would make a model green with envy.

Russian tennis player Anna Kournikova was probably one of the most photographed tennis players of her era. She was also probably one of the highest paid and she had a huge fan base, nearly all of them male. Yet Kournikova never won a major tournament. Most of her earnings came from product endorsements.

Maria Sharapova is another Russian tennis star in high demand as a fashion model. She has graced the covers of many magazines that include the likes of Sports Illustrated. The major difference with Sharapova is the fact that she can actually play tennis. She was ranked number one in the world and has won numerous tournaments including Wimbledon.

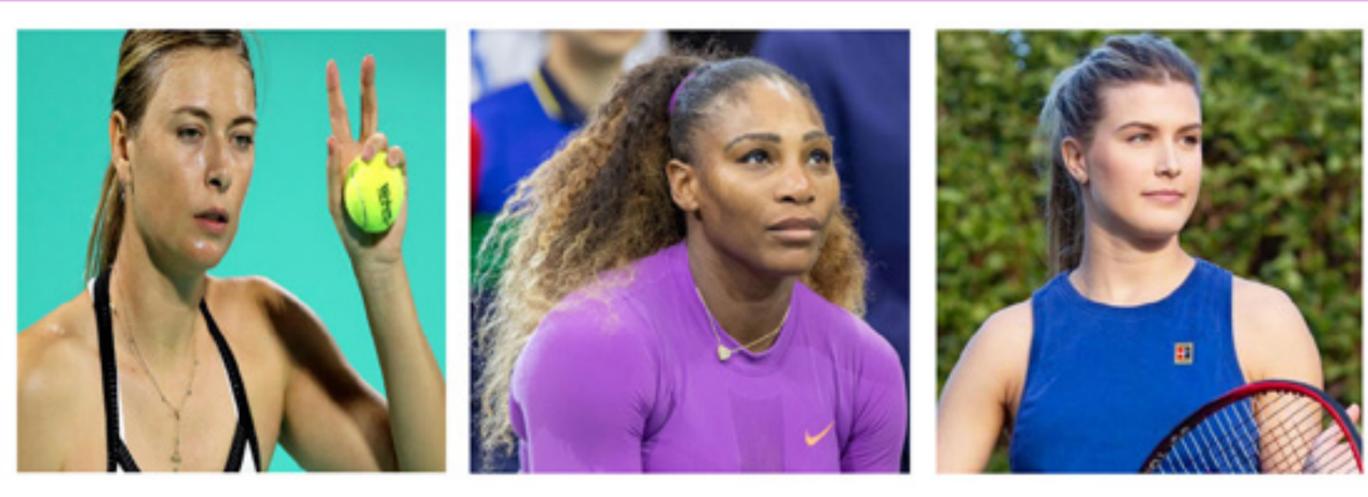
Women's tennis fashion was further revolutionised in the late 1990s with the arrival of the Williams sisters – Venus and Serena. They put the bounce back into tennis fashion with colourful clothes, dangling earrings and hairs beads that took up to four hours to design. They even knew how to take traditional Wimbledon whites and

turn them into fashionable wear. Serena caused mouths to hang open during the 2002 US Open when she wore a leather-like catsuit for a match. At the same tournament she also wore boots and a denim skirt. The sisters were in such high demand that Serena opened her own fashion

line called 'Aneres' and Venus followed suit in 2007 when she launched her own line, 'Ele Ven'. Yet it is not only tennis wear women's fashion has caught the eye. Many female athletes wear outfits that would have had them arrested for public indecency a few decades back. And with the

figures some of these athletes have it has left normal women green with envy and men suddenly becoming addicted followers of sports such as pole vaulting, long jump and sprinting.

Yet if there is any sport that has rapidly attracted a large male



**FASHION ICONS:** From left to right; Maria Sharapova, Serena Williams, Eugenie Bouchard.



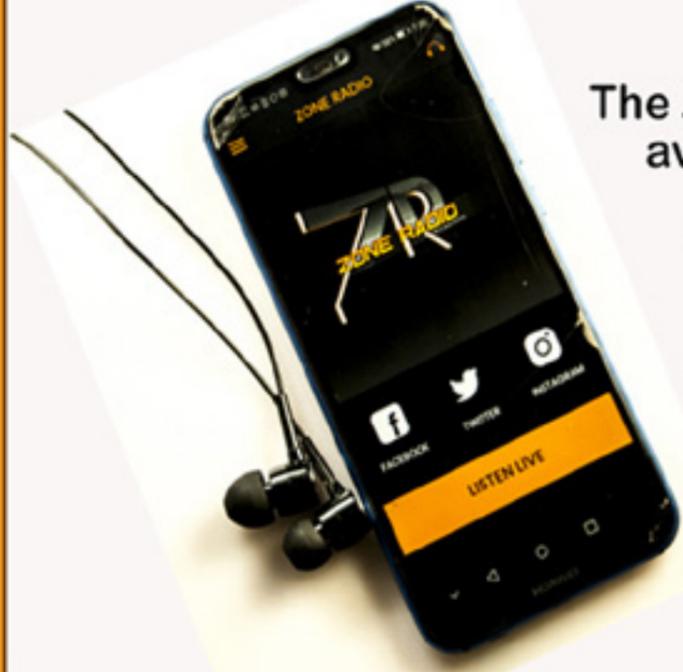
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following it must be beach volleyball. One only has to take a look at the uniforms worn to see why this is so.

“I love beach volleyball,” says 19 year old Mike. “I never miss a tournament. I’m not quite sure what the rules are or how the scoring works, but damn, who

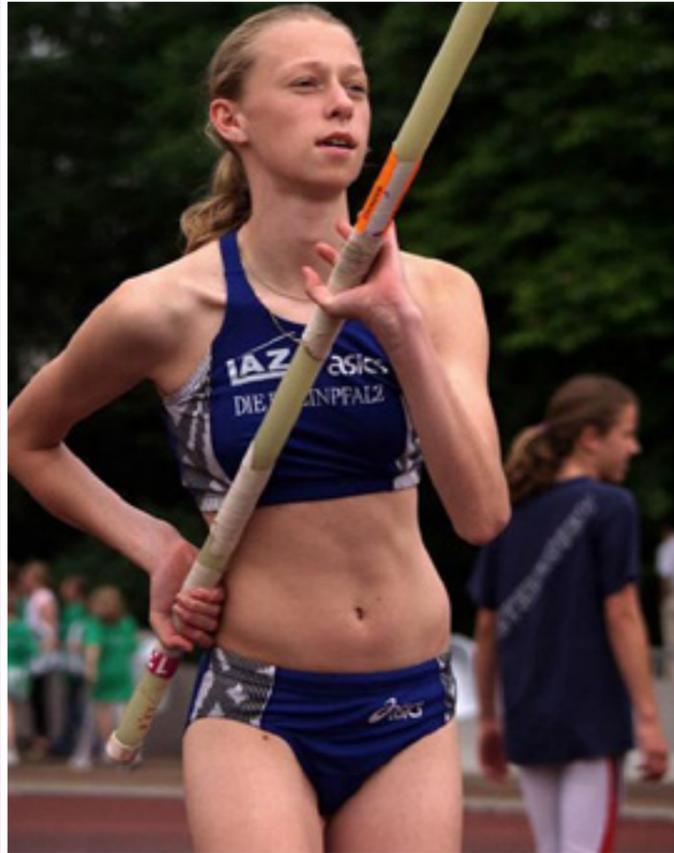
really cares.”

He does have a valid point. After all, what male is not going to be interested in a sport where the competitors are female, have amazing bodies, wear skimpy bikinis, and jump around?

So where is women’s sport fashion heading to in the future?

No-one can say for sure but you can bet your Christmas bonus that fashion will become more daring and more alluring on the sports fields.

Watch your local tennis court, athletics stadium or beach volleyball court for the latest developments.



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# Did you know?

Some more general trivia for you to amaze your friends and family with.

- The first sport to have a world championships was billiards in 1873.
- The first in-flight movie was shown on a Lufthansa flight on April 6, 1925.
- Leonardo da Vinci invented an alarm clock that woke the sleeper by rubbing his feet.
- Kiwis lay the largest eggs (relative to body size) of any bird.
- Human babies born in May are on average 200 grams heavier than babies born in other months.
- Mel Gibson broke his school record for the most hidings in a single week - 27.
- The first novel written on a typewriter was *The Adventures of Tom Sawyer*.
- Screwdrivers were first used to help knights put on armour.
- The wristwatch was invented in 1904 by Louis Cartier.
- Dido and Emily Watson were banned from watching TV as children.
- Sylvester Stallone was kicked out of 14 schools in 11 years.
- Jodie Foster was mauled by a lion when she was a child.
- We use 17 muscles to smile and 43 muscles to frown.
- It takes the typical person seven minutes to fall asleep.
- 15 million blood cells are produced and destroyed in the human body every second.
- We use 54 muscles every time we step forward.
- The surface area of a human lung is equivalent to a tennis court.
- In an average lifetime a person will walk equivalent of three times around the world.
- Every year more than 100 people choke to death on ballpoint pens.
- The colour red has been found to promote the hunger reflex in humans. This is why so many fast-food establishments use the colour in their logos and decor.
- There are twice as many left-handed men as there are left-handed women.
- Women can detect smell better than men.
- The average person opens the fridge 22 times a day.
- If you live to 70, your heart will have pumped 248 million litres of blood.
- While sleeping, one man in eight snores, and one in ten grinds his teeth.
- Anthropologists know of no human society whose children don't play hide and seek.
- Your tongue is the only muscle in your body that is attached at only one end.
- Christopher Lee was the only member of the cast (and crew) of the *Lord of the Rings* movies to have actually met J.R.R. Tolkien.
- Lipstick contains fish scales.
- More people are killed annually by donkeys that in aeroplane crashes.
- The colder the room you sleep in, the more likely you are to have a bad dream.
- Nobody knows where Mozart is buried.
- Roman emperor Caligula once decided to go to war against the Roman god of the sea, Poseidon, and ordered his soldiers to throw their spears into the water.
- In ancient China, doctors only got paid if the patient stayed in good health. If the patient's health deteriorated the doctor had to pay him.
- Mexico once had three presidents in a single day.
- The Wright brothers' first flight was shorter than the wingspan of a 747.
- Arm wrestling is one of Helena Bonham Carter's favourite pastimes.
- A snail can sleep for three years?
- Almonds are a member of the peach family?
- An ostrich's eye is bigger than its brain?
- February 1865 is the only month in recorded history not to have a full moon?
- In the last 4 000 years, no new animals have been domesticated?
- If the population of China walked past you, eight abreast, the line would never

end because of the rate of reproduction?

- Leonardo Da Vinci invented the scissors?
- The average person's left hand does 56% of the typing?
- The cruise liner, QE 2 moves only six inches for each gallon (4,5 litres) of diesel that it burns.
- The microwave was invented after a researcher walked past a radar tube and a chocolate bar melted in his pocket?
- The winter of 1932 was so cold that Niagara Falls froze completely solid?
- There are more chickens than people in the world?
- Women blink nearly twice as much as men?
- Marilyn Monroe appeared on the first cover of Playboy in 1953?
- You are not allowed to eat ice cream while standing on the sidewalk in Carmel, California? It is an offence.
- The LAPD (Los Angeles Police Department) had the very first policewoman?
- Around one in three persons in Australia is a victim of crime?
- Antarctica is the only continent where pumpkins can't grow?
- The glue on Israeli postage stamps is kosher?
- Iceland is the world largest Coca-Cola consumers per capita?
- Right-handed people live, on average, nine years longer than left-handed people do?
- One in three adults aged 15-49 are infected with HIV/

AIDS in Botswana, Zimbabwe, and Swaziland?

- In Tibet the word Yeti (Snowman) means "magical creature"?
- Every minute about 50 000 000 of your cells die?
- Canola oil comes from the words "Canada" and "oil"?
- Serial killer Ted Bundy's first dog was a collie named Lassie?
- An office chair with wheels will travel about 15kms each year?
- When glass breaks the cracks will reach speeds up to 4 827 km per hour?
- The only city in the world located on two continents is Istanbul?
- Woodpeckers have longer tongues than any other birds?
- The Philippines is home to the most expensive shells in the world called "glory of the sea" (Connus gloriamaris)?
- The biggest city in Tibet is Lhasa?
- Turkey eggs normally hatch in 28 days?
- Turkeys can have heart attacks?
- Charles Darwin was often seasick during his boat travels?
- John Adams was the first US President to live in the White House?
- Cows don't have upper front teeth?
- Reindeer hair is hollow like a tube?
- Crocodiles never outgrow the pool in which they live?
- The "U" in the word U-boats is short for Unterseeboot?
- Depression and anxiety

disorders are the two most common mental illnesses?

- The Arctic Ocean is the smallest ocean in the world?
- By law all gondolas in Venice, Italy must be painted black unless they belong to a high official?
- There are only five different horse colours. These are black, brown, bay, chestnut, grey and white?
- The first commercial air passenger flew from Chicago to San Francisco on July 2, 1927?
- The word hippo comes from Hippopotamus amphibious which means "river horse"?
- The longest Atlantic storm ever to be recorded was "Ginger" in 1971 which lasted for 28 days?
- The average person will spend about 4 000 days at work during their lifetime?
- A man's beard normally contains between 7 000 and 15 000 hairs?
- Oak trees do not have acorns until they are at least 50 years old?
- About 70% of the world's fresh water is stored as glacial ice?
- Some insects are able to walk on water?
- It took 10 years to build the Panama Canal?
- Over 500 rivers run through Panama?
- The Philippines are one of the top SMS user's in the world?
- In 1541 Texas was called Tejas?
- Sand fleas stay below the surface until they smell blood?

# Riding Old Sparky

After witnessing an execution crime reporter Garth Atherton is determined to use all of his power as a journalist to bring an end to the death penalty. And he is prepared to go to any lengths to achieve his goal.

By **MATT TENNYSON**

There was nothing special about the room. Four grey walls, a concrete floor and a darker grey ceiling. Set in one of the walls was a thick glass window that was covered from the other side by a dark blue curtain. Two benches, one of them slightly raised, faced the window.

Garth Atherton took a seat on the front bench. He was one of eleven people that filed into the small room. Along with him were seven other men and four women.

Although Garth kept to himself the others in the room chattered quietly. Yet it was a nervous chatter and you could feel the tension in the room.

The chatter died instantly as the door through which they had entered the room opened once again. The man who entered was dressed in a dark blue uniform.

“Good morning,” the man addressed them. “My name is Richard Kelly and I’m the chief warden of Kentucky State Penitentiary. You are here to witness the execution of Billy Buckner. Now before we proceed there are a few rules that I want you to take note of. First of all I ask that you remain silent throughout

the proceedings. And secondly, under no circumstances are you to try and communicate with the condemned. Thank you.”

The warden stood to one side and the curtain that covered the window was pulled open. It gave Garth and the other witnesses their first look at the execution chamber.

The room on the other side of the window was brightly lit. The colour scheme matched the room that they were in and there was a door set in the wall opposite. Another door, with a glass window, stood to the left of the room. Two

wardens and a man in civilian clothing were standing in the room. The dominant feature in the room, however, was a wooden chair with a high back and leather straps. It was better known as an electric

chair.

Garth was still trying to take everything in when the door in the opposite wall opened and Billy Buckner was led into the room by two wardens. They



were followed by a priest.

Buckner was dressed in a bright orange prison overall and his head had been shaved bald. Garth could see the sheer fear and confusion in the man’s face. He was stiff with terror and the two wardens were almost dragging him along.

Buckner was placed in the chair and the two wardens attached leather straps across his chest, stomach, forearms, wrists and lower shins. Then the two of them left the room through the door that they had entered.

One of the wardens that remained in the room then took a wet sponge and placed it on Buckner’s head. Then he placed a metal device that looked like a bowl on top of the sponge and secured it with a leather strap under Buckner’s chin. There were two wires attached to the metal device.

William James Buckner, known to all as Billy, was 23 years old. He was an odd looking young man with buck teeth and very large ears. He was exceptionally strong and some folk said he had the strength of an ox. Unfortunately he also had the mental capacity of an ox as well.

All of the other young men in the small town where he lived would always make fun of him. One day three of them had been teasing him and pushing him around when Billy had lost his temper and struck out. The result of his outburst had left two of them dead and the other paralysed from the neck down.

It hadn’t taken a jury long to return a guilty verdict and Billy had been sentenced to death. He had spent seven months on

death row at Kentucky State Penitentiary in Eddyville, Kentucky. Two appeals to commute his sentence to life in prison had been turned down by the state governor.

“William James Buckner you have been found guilty of the murders of Samuel Carter and Ray Clarkson. In accordance you have been sentenced to death by electrocution on this the third day of September 1973. Do you have anything you wish to say before sentence is carried out.

“Please God I don’t want to die. Mommy help me,” Buckner began to wail. “I didn’t mean to hurt nobody. I’m sorry. Please mommy help me, I’ll be good.”

Buckner began to sob and mutter prayers. There was a speaker attached to the wall where the witnesses were seated and they could hear every word. Garth felt sick to the pit of his stomach. It just felt so wrong that any human should be treated like this. No matter what he had done.

The warden that had made the announcement nodded his head and the other warden took a wide leather strap and attached it across Buckner’s face. It covered his eyes, mouth and entire face with just a hole cut for the nose.

Once he had finished the warden then went through the other door and took up his position next to a fairly large lever.

“Ready to roll,” he announced.

The warden still in the room nodded his head and the other one pulled the lever down.

Buckner’s entire body went stiff as 2000 volts of electricity surged through his body. It was

continued for 60 seconds before the warden threw the lever back into the up position and Buckner’s body slumped.

Garth had been unable to take his eyes off the scene. It may have just been his imagination, but he could have sworn he saw smoke rising from Buckner’s head.

The man in the civilian clothes stepped forward and placed a stethoscope to Buckner’s chest. He was a doctor and he pronounced Buckner dead.

Afterwards Garth had approached the warden that had pulled the switch. His name was Jethro Turner and he was the official Kentucky State executioner.

“How could you do something like that,” Garth said, the disgust obvious in his tone. “You just killed someone who had the mind of a small child and probably didn’t even know he had done something wrong. How can you live with yourself?”

“I live with myself very easily Mr. Atherton,” Turner said with a slight smile. “I’m not the judge or the jury. I’m just the executioner.”

When Garth arrived back at his office at the daily newspaper where he worked, he immediately began doing some research into the electric chair and the death penalty.

The first electric chair was produced by Harold P. Brown and Arthur Kennelly. Brown worked as an employee of Thomas Edison. It was developed to find a new, more humane method of execution to replace hanging. The pair began work in 1881 and over the next few years it was developed and

tested on animals.

In 1889 the electric chair as a means of execution was adopted by the state of New York. It would be known as electrical execution and it led to a new word being introduced into the dictionary - electrocution.

The first person to be executed by the electric chair was William Kemmler in New York's Auburn Prison on August 6, 1890. It didn't go according to plan and Kemmler was only rendered unconscious. The generator used to produce the electricity had to recharge before Kemmler was shocked a second and fatal time.

It wasn't long before 20 other states had introduced the electric chair as the preferred method of execution. Garth's home state, Kentucky, had used the chair often since it was first introduced. On July 13, 1928, Kentucky set a record by electrocuting eight men in its chair, each immediately after the other.

The electric chair had been given a number of nicknames that included Yellow Mama, Old Smokey and Gruesome Gertie. But the most popular nickname, especially among those on death row, was Old Sparky.

Garth's story was published three days later and it caused a huge public reaction. Some readers slammed his story and called him a 'bleeding-heart liberal', saying that anyone sentenced to the electric chair deserved it. The majority of the readers, however, sided with Garth. Many felt that no-one had the right to take another human life and that the death penalty was nothing more than a state-sanctioned murder.

When Garth arrived at work

two days after his story had been published there was a message on his desk that his editor wanted to see him.

"Morning Garth, please take a seat," David Seales, his editor, told him. "That was a great piece you wrote. And I must say that I'm one hundred percent in agreement with you. I also think that it's high time the death penalty was abolished. Now tell me Garth, how far would you be willing to go to get a really good story on this."

"As far as it takes," replied Garth. "What I saw will remain burned into my memory until the day I die."

"Great," said Seales, "because I have a proposal for you."

Seales went on to explain that he was not only good friends with Richard Kelly, the chief warden at Kentucky State Penitentiary, but that Kelly was also strongly opposed to the death penalty.

Seales and Kelly had come up with a plan to have Garth put on death row, awaiting execution. Only the two of them would know that it was not real and everyone else, including the other inmates on death row and the wardens, would think that Garth was a convicted killer sentenced to death.

Garth would spend a week on death row before being released. This would then allow him to write a very personal account of what it was like to be on death row and knowing that the next time you left the prison would be in a coffin.

Garth had readily agreed to do the story. In fact he was excited about it. He would be able to get enough information to write a

story like none other.

Two days later Garth was delivered to Kentucky State Penitentiary where he was processed, issued with his orange overall, and taken straight to death row.

Death row consisted of a passage with ten cells. Five on either side of the passage. While they were not numbered everyone knew that the cell on the right hand side nearest to the door was cell one. The person in cell one was the next due to be executed. Once this had happened everyone moved up a cell.

There were seven condemned men on death row and Garth became number eight. He was put in the forth cell on the left of the passage.

Garth flinched as the cell door slammed behind him. He looked around him and took in the single bed with a metal frame, a stainless steel toilet without a lid, and a stainless steel basin and taps. The floor was bare concrete and the walls and ceiling were grey. It was depressing. He sat on the bed and began to wonder how many other men had occupied this cell. He was deep in thought when a voice snapped him back to reality.

"Well look at who we have here," someone laughed.

Garth looked up at the source of the laugh and straight into the face of Jethro Turner.

"Mr. Atherton, let me be the first to welcome you to death row," Turner said with a smile that did not reach his eyes. "I must say I really liked your story that you wrote on the execution of Billy Buckner. Especially the part where you described me as a sadist who obviously takes great pleasure in his work.

And now mister big-shot journalist goes and murders his girlfriend."

"Listen Turner, it was nothing personal against you," Garth tried to explain but he was cut short.

"Well I took it very personally," Turner said, the smile disappearing from his face. "And when you get to ride Old Sparky I'm going to take personal satisfaction and pleasure from pulling the switch."

As Turner walked away Garth found that his hands were shaking with fear. That his heart was pounding in his chest and his mouth was dry. Then he remembered that he wasn't really going to be executed and that in a week he would be a free man again.

The next two days went very slowly for Garth. There was nothing to do except sleep and eat the three meals a day that were provided. Although there was no physical contact, Garth got to know the other seven men on death row. They would shout out to each other through the bars of the cell.

On the morning of the third day Garth was surprised when Turner and another warden arrived and unlocked his cell door. Surely it was still too early for his release.

"Come on Atherton," Turner said. "Time for a change of scenery."

Garth was still confused until he was taken out of his cell and led up the passage to the first cell on the right.

"You and Murphy are changing cells," Turner said.

Sean 'Mad Dog' Murphy had been convicted of killing nine

people during a three month murder spree. He was scheduled for execution in two days time. Now he was removed from his cell and taken to the one that Garth had just vacated.

"I decided to move you up the list," Turner said. "You were looking a bit bored so we decided not to keep you waiting around. In two days time you're going to ride Old Sparky."

"Listen," Garth shouted in a combination of fear and anger, "it's all a mistake. I didn't murder anyone. I've been here undercover for a story. Please call Richard Kelly and ask him to come here immediately. He knows all about it."

"Well now that could be a bit of a problem you see," Turner said, shaking his head. "Mr. Kelly went out with a Mr. Seales, who I'm led to believe is your editor, last night for supper. On the way back they were involved in a car accident and I'm afraid that they were both killed. So it's going to be a bit difficult talking to Mr. Kelly, isn't it."

Garth collapsed onto the bed, shaking with fear. This couldn't be happening. Nobody but Seales and Kelly could verify for him. No-one else knew the truth and with them dead there was no way he could convince anyone that his presence on death row had been nothing more than an assignment.

"I'm innocent!" screamed Garth, rattling the bars to his cell door.

"We all are," said the man in the cell next to him. "Now shut up, I'm trying to get some sleep."

Two days later two wardens and a priest had arrived to lead

Garth to the execution chamber. His head had been shaved the night before. He was taken in and strapped down to the chair and the metal bowl and sponge was placed on his head. Turner was standing there with a sly smile on his face.

Garth was not asked if he had any final words and Turner placed the strap over Garth's face. Garth heard the door open and Turner shout, "Ready to roll."

"Now if this had been for real 2000 volts would have surged through your body and you would be dead," said the voice of Richard Kelly.

"Sorry that we had to play this elaborate hoax on you Garth," said the voice of David Seales. "But I think you'll agree that now you can write a brilliant story. I won't be surprised if you win a Pulitzer with this one."

"And I must also ask your forgiveness," said the voice of Jethro Turner as he began removed the metal bowl and sponge from Garth's head.

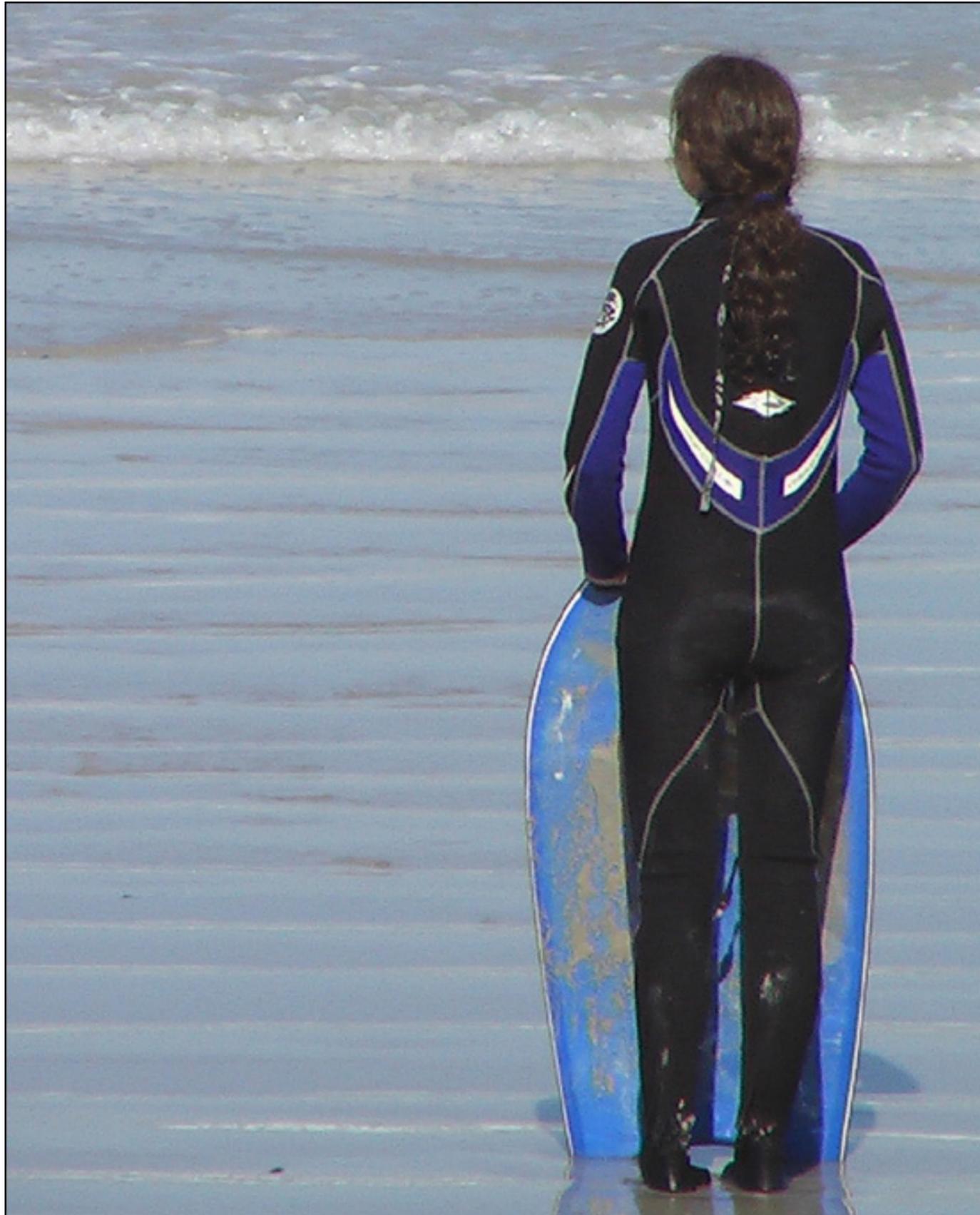
"Since I became state executioner I've electrocuted six people and it's made me change my mind about the death penalty. I want to see it abolished just as much as anyone else. I was in on the hoax right from the start. I just hope you can forgive me."

He removed the leather strap from Garth's face. Garth sat there with his mouth open and his eyes wide, staring into space.

Garth had not heard a word any of them had said. The last words he heard were "ready to roll" before a heart attack had killed him instantly.

# Front cover pic

**REMEMBERING BETTER DAYS:** A young board surfer stands at Surfers Corner in Mui-zenberg, gazing over the sea and wondering when things will ever get back to normal,



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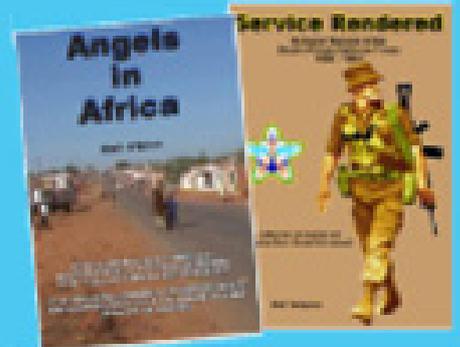
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