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Pat Franken
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Here for **YOU** In Print and On-Line

Dear Readers

Hope this will be a happy, fruitful year for all of us.

New Years Resolutions are a thing of the past for me, I have found that one makes these promises to oneself without a thought of actually carrying it through.

I have decided this year to take something learned from 2024 and put that to better use. Last year, time ran away with me, I increased my work-load and realised that time is the most valuable commodity in the world and that life no matter how good or bad it is, is precious. This year take time to be with elderly relatives, get to know them all over again, and see life through the eyes of your little children or grandchildren.

Balance your life evenly between work and family time. Laugh more and hug often! As the song goes, tomorrow may never come for all we know!

Whether you are starting a new job, a new school or going out into the big wide world, do it with enthusiasm and with determination this year. You and you alone, can determine where to from here.

Let's hope this is a year, that makes us proud, and that time is well spent so that at the end of the day you can really admit that you used the day well.

Till we meet again
Kind regards

Pat Franken

082 552 3027



I have learned...that more powerful than to win, is to have the courage to begin again and that life turns around, when you believe in yourself.



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Content & Design by: Kal-Media 082 552 3027

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SPRING ONION AND CHEDDAR STUFFED BREAD

INGREDIENTS

- ▶ 300g matured Cheddar, grated
- ▶ 120g cream cheese, at room temperature
- ▶ 200g good quality mayonnaise
- ▶ 30ml (2 tbsp) milk
- ▶ 3 spring onions, finely sliced + extra slices, to garnish
- ▶ 50g butter, softened
- ▶ 1 loaf ciabatta

INSTRUCTIONS

1. Preheat the oven to 200°C. In a bowl, combine the matured Cheddar, cream cheese, mayonnaise, milk, spring onions and butter, and stir to combine well.
2. Cut the ciabatta into 1,5cm-thick slices, but do not slice through the base of the bread. Spread a thick layer of the cheese mixture between each slice, then place the loaf in a baking tray. Bake in the preheated oven, 20 – 30 minutes, until the cheese has melted, and the bread is lightly golden and crisped in places.
3. Serve the bread warm with extra spring onion slices sprinkled over.

<https://www.foodandhome.co.za/recipes/spring-onion-cheddar-stuffed-bread>



JUST A THOUGHT

What does one do when one loses employment, through no fault of your own? So many people are getting retrenched or going out of business. Are there any lessons to be learned from this I ask myself? Why do bad things happen to good people?

I heard of one person that got retrenched last week, and he threw more than a wobbly, at being given this news – threw things and was quite destructive. He felt betrayed by his employer and powerless over the rest of his life. I mean who could blame him however irrational it might seem to the rest of us? That fear of.... And let's face it oodles of things come into your mind, the kids school fees, the bond, the cars, food, a huge mountain just landed on your shoulders. You are feeling pretty raw, not a situation that anyone tends to envy.

Our jobs are often not just the way we make a living, they also influence how we tend to feel about ourselves, not to mention how we see others. Jobs give structure, purpose and meaning to our lives. Suddenly, and without warning, we find ourselves without work, and this can leave us feeling hurt, angry or depressed, and an overwhelming situation of where to from here? Are there any lessons to be learned here? No matter how bleak a situation is, it can happen that good can come out of this situation, you must sometimes go through something bad to get to the good stuff. Either way there are good things that come out of any situation, you just have to look for it. I have found over the years, that by writing down what had just happened, with no stone throwing, can be good therapy and can

indeed be preparation to the next happening, or where to from here situation. What can you offer another employer, that you excelled in? what is your redeeming quality – can you sell, do admin or manager staff? Once you have that straight in your mind, you should be driven enough and with that changed mind set, work out whom you wish to target? Perhaps its time to take the bull by the horns, so to speak, and start your own business? Whatever the outcome to your situation, its not easy! Most job openings are never advertised; they are filled by networking. Heard that saying..... its who you know! Networking may sound intimidating or difficult, especially when it comes to finding a job, but it does not have to be. After all, when you meet someone new what is one of the first 5 questions that is asked of you? What do you do? Why not make a list of all the things that you like about yourself, including personality traits, accomplishments and successes, skills you have developed or learned?

You cannot control how quickly you get a job or whether someone decides to hire you, so rather than spend precious time worrying about things that are momentarily beyond your control, turn your attention to what you can control, like writing a resume and setting up people who you think could influence your meeting the right contacts. By learning to control your troubling thoughts, and difficult emotions, and let's face it its easier said than done, you will find it simpler to follow through on positive intentions and gain control of your job search.

Its just a thought!



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active is essential for both physical and mental well-being.

The physical and mental health benefits of keeping active are well-documented and far-reaching. But as we age or face challenges like injury, illness, or chronic pain, maintaining movement can feel daunting. This is where physiotherapy plays a vital role, guiding us to overcome obstacles, embrace the joy of movement and live life to the fullest.

Physiotherapy is dedicated to restoring and maintaining optimal movement and function. Whether recovering from surgery or injury, managing chronic pain, or simply aiming to move better, physiotherapy offers personalised solutions tailored to each individual's unique needs and goals.

Movement is more than just exercise - it's freedom, connection, and a source of joy. Here's how keeping active can enrich your life:

- 1. Rediscovering Abilities:** One of the most empowering aspects of physiotherapy is witnessing progress. Whether it's walking without pain, climbing stairs with ease, or returning to a favourite hobby or sport, each milestone brings a sense of accomplishment and renewed enthusiasm for life.
- 2. Building Social Connections:** Many physical activities, from walking groups to aqua or dancing classes, offer opportunities to connect with others. Physiotherapists can guide individuals in finding safe, enjoyable ways to engage in community activities, to foster social bonds and combat loneliness.
- 3. Boosting Confidence:** Pain, stiffness, or fear of injury can make movement feel intimidating. Physiotherapists equip patients with the skills and knowledge to move safely, building confidence and resilience.
- 4. Unlocking Potential:** Physiotherapy doesn't just address limitations—it helps individuals reach their full potential. Whether it's training for a marathon, playing with grandchildren, or achieving a pain-free day, the joy of movement is limitless.

Staying active is a lifelong journey, and physiotherapy is an invaluable partner along the way. It's never too early - or too late - to prioritize movement.

For children, physiotherapy can address developmental delays or injuries, setting the foundation for healthy movement patterns. Adults benefit from physiotherapy to maintain fitness, recover from injuries, or manage the demands of modern life. For seniors, physiotherapy helps combat the natural effects of aging, promoting balance, strength and independence.

Physiotherapy is for everyone - whether you are young or old, an elite athlete or someone looking to stay active and independent. By working with a physiotherapist, you are investing in your health, mobility and quality of life.

This year, give yourself the gift of movement. Reflect on your journey, identify your goals and take the first step towards a healthier, more active you. With the support of a physiotherapist, 2025 can be the year you move better, feel stronger and live fully!

Riley Physiotherapists

At the beginning of the year, it's natural to want to start habits that improve our health and wellbeing. Amid the whirlwind of work, family and life's daily demands, we often overlook a simple and natural way of doing this - moving! Movement is at the heart of everything we do. From the small, joyful movements of walking with a friend or playing with your children, to achieving larger milestones like completing a race. From the joyful exploration of childhood to the graceful independence of our golden years, staying

SPECIAL INTERESTS

Sports injuries
Neck & back pain
Muscle & joint pain
Post operative
Respiratory
Neurological
Women's health
Elderly care



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Your first drink of the day....

The way you start each day is incredibly important. Whether you're a mom, a coach, a writer, a small business owner or a yoga teacher, what you do first thing in the morning matters. Your mind may say you have to check emails, take the dog out, get the kids out the door, that you can't be late for work or that you

just don't have enough time to cultivate your own morning rituals. But, if you can only make time for one ritual that will improve your health, let it be this...Start the day out with a mug of warm water and the juice of half a lemon. It's so simple and the benefits are just too good to ignore. Warm water with lemon:

Boosts your immune system

Lemons are high in Vitamin C and potassium. Vitamin C is great for fighting colds and potassium stimulates brain and nerve function and helps control blood pressure.

Balances PH

Lemons are an incredibly alkaline food, believe it or not. Yes, they are acidic on their own, but inside our bodies they're alkaline (the citric acid does not create acidity in the body once metabolized). As you wellness warriors know, an alkaline body is really the key to good health.

Helps with weight loss

Lemons are high in pectin fibre, which helps fight hunger cravings. It also has been shown that people who maintain a more alkaline diet lose weight faster. And, my experience is that when I start the day off right, it's easier to make the best choices for myself the rest of the day.



VET TALK with Dr. Nic

SUMMER AND SKIN

- A love hate relationship



Summer has arrived like a slap in the face, with humidity like we haven't experienced in a very long time. Temperatures reaching 40°C which felt like 50°C with the humidity on some days too. Summer 2024/2025 seems to be taking no prisoners!! And it hasn't only been unpleasant for us, but in particular our dogs too, especially those with sensitive/reactive skin.

Heat and humidity can definitely cause skin condition flare ups, and those dogs (and occasionally cats) which may never have had skin issues before, have also been affected this summer. We have been inundated with skin and ear issues for a solid few months now. The most common conditions we're seeing at the moment are ear infections (otitis externa), generalised skin irritation and itchiness (Pruritis / Atopic dermatitis), superficial skin infections (superficial pyoderma) and hotspots (moist dermatitis). All of these conditions can actually happen all at the same time, but thankfully this is quite rare. But what causes these conditions and what can be done about them?

Those poor dogs that have sensitive or easily irritated skin will be more prone to some, if not all of these very common conditions. If a dog has a skin type like this, it is very common for the skin to be irritated, itchy and inflamed, but the same can happen inside the ears too, as the ear canal is lined by skin. Inside the ear canal, there are microscopic organisms, which include bacteria (both rods - which are cigar shaped, and cocci - which are round in shape) as well as yeasts known as Malassezia (which look like unshelled peanuts in shape). Now these organisms are supposed to be there, they are part of

the natural population of commensals in the ear canal and on the skin, but under normal conditions they don't cause any issues. However, when the micro-environment inside the ears is changed, usually through moisture (and humidity) entering the ear from swimming, or playing in the sprinklers or with the hose pipe when you're washing your car or simply due to very high humidity levels, this makes the ear canal a wonderfully sheltered, moist and warm environment which enables the otherwise low populations of the microorganisms to grow exponentially out of control, and cause very irritated and often painful ears. Usually it is only either the bacteria or the yeast that grows out of control, but it can be a combination of both. Thankfully, on the most part, this condition is easily treated with the correct medication, but prevention and maintenance are absolutely key here, especially if your dog has the type of skin to react like this. Keeping the ear canal clean and DRY makes it VERY difficult for the microbes to grow out of control. A veterinary specific ear cleanser is best, one with a drying agent is even better as it will clean the canal as well as then gently evaporate any moisture in the ear, making the environment inside the ear hostile and very unfavourable for microbe growth. Ear cleansers have limitations as to what they can resolve, so it is so important to keep a regular schedule of ear cleansing particularly in dogs. Sometimes though, it does require medications to clear the infection and then maintain with regular ear cleansing. These are the signs to look out for if your dog may have an ear infection - scratching at the affected ear, excessive flapping of the head and possible head tilting to the side of the

affected ear. An ear with a yeast overgrowth has a very distinct smell and will usually contain a lot of very dark waxy debris. Your dog may also be gently pawing at the affected ear, and "moaning" when you rub the ear for them as this gives momentary relief from the itch, but it can also be so painful that they will not allow you to touch their ear or head for that matter. This is definitely an indication that your dog needs to be seen by a vet.

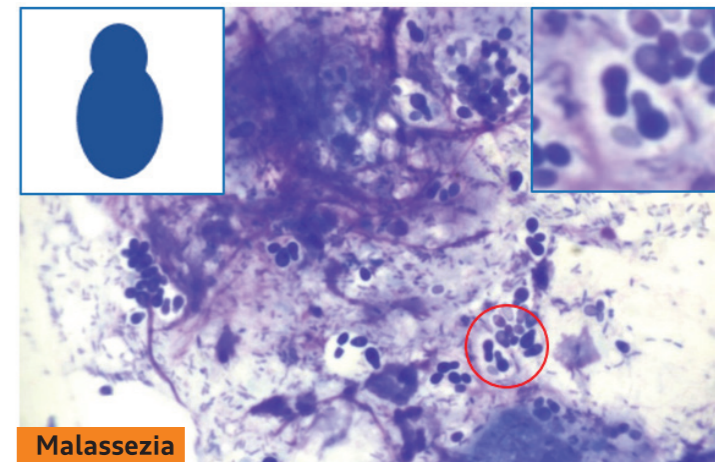
Itchy or pruritic skin is also very common, usually referred to as Atopic dermatitis as it is often allergy related and is absolutely aggravated by hot humid weather. Thankfully there are amazingly effective medications to help stop and control this itch, because with itching comes scratching which can lead to the development of a superficial pyoderma (small pustules forming just under the skin) or the dreaded Hotspot (moist dermatitis). Pruritis or Atopic dermatitis is an article on its own, but it does require a full veterinary work up and often there won't necessarily be a cure, but requires management and maintenance ongoing to prevent future major flare ups. This is where the advances in medications also come in, and by this I mean alternatives to cortisone. Cortisone still has its place when used responsibly and under veterinary care and supervision, but we are well aware of the long term use side effects of cortisone, so if its use can be avoided by using the latest generation of medication, then that is certainly preferable.

Hotspots on the other hand are very difficult to prevent, but thankfully very easy to treat, depending on their size. This condition, called moist dermatitis gets its name because it is a horrible moist skin condition that is incredibly irritating and itchy and very often very painful for the dog. And when I say they spread at an exponential growth rate, that is no exaggeration, potentially doubling in size every day. Very often it requires the area to be clipped of fur so that the area can get exposure to the air, and then usually a topical antibiotic / cortisone ointment to apply daily is sufficient to get rid of the problem. Breeds most commonly affected by this include Rotties, Retrievers, Huskies and German Shepherds as they have very thick fur that dries very slowly and holds moisture on the skin, allowing the microbes to grow out of control. But any longer haired dog can be affected. So it is very important, if your dog is a swimmer, to not only cleanse their ears, but to dry them thoroughly after water exposure.

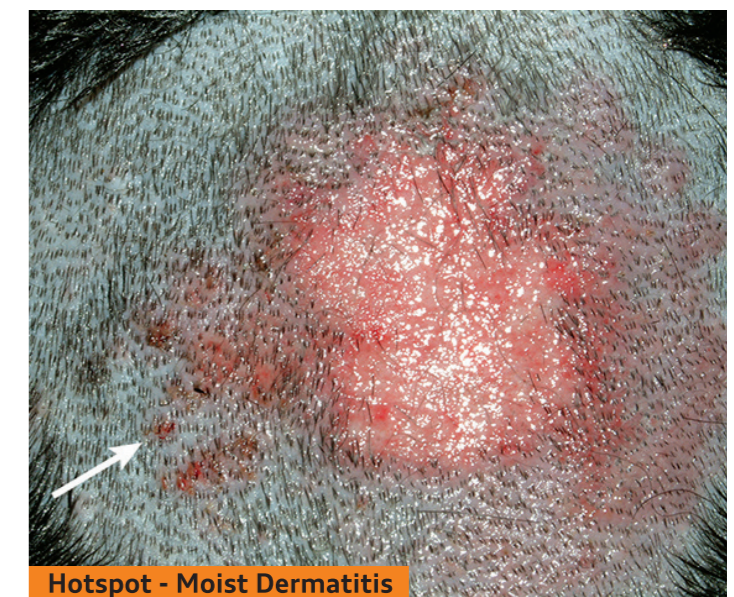
Superficial pyodermas will usually result in circular bald spots where the scab and a tuft of fur has come off. You would be able to feel these bumps / scabs when you run your fingers through your dog's fur. This condition

usually requires antibiotics and medicated shampoo to resolve it and then regular maintenance bathing with the appropriate medicated shampoo should keep the condition at bay.

Anything skin related can often be very frustrating for the pet owner, the pet and the attending vet as we don't always get a cure, but it becomes a management plan, which if followed, dramatically reduces the chances of a flare up. This would include regular bathing with an appropriate medicated shampoo, regular ear cleansing with a veterinary specific cleanser and often the introduction of medications to be given lifelong in those cases that require it, to stop the itching for one thing and in so doing, prevent the development of the other conditions noted. Come and chat to us at Watercrest Vet or your local vet, to discuss treatment and management options to keep your pets, happy and itch free.



Malassezia



Hotspot - Moist Dermatitis



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Are you guilty of

FAD DIETS?

Nutritionists use “diet” to mean all the food you eat. Diet is not just menus for a day or week, but your usual food choices over time. Many other people use “diet” to describe a plan for weight loss.

Fad diets promote quick weight loss by following a specific set of guidelines, which differ depending on the diet plan. Some fad diets endorse specific foods to be eaten while others claim certain foods need to be avoided. Others conform to particular methods of eating such as when and how much, as well as what food or foods should be consumed.

These quick-fix, short-term plans come in all shapes and sizes. In general, any diet with one of more of the following characteristics is considered a fad diet:

- ▶ Quick weight loss
- ▶ Easy to follow
- ▶ No exercise required
- ▶ Eat whatever you want
- ▶ Great amount of weight loss guaranteed
- ▶ Uses before and after photos as primary marketing tool
- ▶ Actors portraying doctors or other medical experts
- ▶ Extremely limited food choices or entire food groups
- ▶ Expensive products and/or seminars required

In summary, if the advertisements, including testimonials, sound like the magic answer to your weight issues, the diet is a fad.

Examples of Fad Diets

These types of diets have been in our society for centuries. Some of them continue to be prominent philosophies in today's weight loss world. Others contend to be the newest, hottest diet to hit the diet scene. A few examples of fad diets are:

- ▶ The Cabbage Soup Diet
- ▶ The Grapefruit Diet
- ▶ The Cambridge Diet
- ▶ The Scarsdale Diet
- ▶ The 3-day Diet



- ▶ The 7-day Diet
- ▶ The Coconut Diet
- ▶ The Bread and Butter Diet
- ▶ The Shangri-La Diet

The Pros and Cons

Fad diets function mainly by restricting calories. When calories are limited, weight loss occurs, which is the first and foremost advantage of following such a plan. To name any further advantages would be false reporting.

On the other hand, the disadvantages of fad diets are many. First, due to the extreme food restrictions, weight loss is rapid and unsafe. Avoid diets claiming more than one kg of loss a week, due to potential health risks from the loss of muscle mass and lean tissue. Secondly, according to Health Strategists, these diets may not provide the nutrition needed for proper body functions because they restrict calories to less than 1200 calories or they eliminate entire food groups. In fact, these diets breach the primary recommendation of good nutrition: eat a variety of food to achieve a healthy, balanced food intake. Long-term weight maintenance is critical to support optimum health. These plans do not provide the tools necessary for behaviour changes to occur. Furthermore, if you regain the weight, it may be more than you lost on the diet.

The dangers of fad dieting should be enough to make anyone steer clear of these methods of weight loss. It's one thing to want to eat better in order to lose weight, but going on a fad diet is something else entirely. Fad diets promise that by combining the right foods, eliminating the right foods or taking the right pills you'll be instantly transformed into a sleeker, sexier you. The only problem is that fad diets generally don't work. Often times you'll end up setting yourself up for serious health problems and a higher weight. You should know the dangers of fad dieting before you embark on a

practice that could put your health at risk.

Metabolic Problems

In addition to the nutritional deficiencies, fad diets also mess with your metabolism. When you eat too little food you slow your metabolism. As a result, your body will hold onto the few calories that you do eat. When you go off the diet, your body won't use food as efficiently and you'll actually put yourself in a position to gain more weight in the future. This is the reason that many people who try fad diets end up in a pattern of yo-yo dieting. They go on a fad diet and lose weight. Then when they go off the diet they immediately gain weight because of their slow metabolisms. The next diet that they go on slows down their metabolisms even more and it becomes harder and harder to lose weight.

Muscle Loss

Most fad diets claim that you don't have to exercise in order to lose weight. This combined with the fact that fad diets leave you malnourished means that the weight you're losing might not be fat. Muscle weighs more than fat and is just as easily lost as fat. Losing muscle may help you lose total weight, but muscle helps you burn calories while you are in a resting state. If you lose muscle mass because of fad dieting, you'll have a lot of trouble keeping weight off.

Safer Diet Suggestions

If you choose to follow a fad diet, be cautious. Seek medical attention, if you experience any side effects. Be prepared for weight loss that may cause further weight issues later.

From a nutrition standpoint, these diets are not recommended. Instead, eating a healthy diet and maintaining an adequate exercise regime is the healthiest and safest way to lose weight and keep it off. Consulting with your physician or a nutritionist will benefit you far greater and longer than any fad or crash diet available.



POTATO SALAD: PERFECT SIDE DISH FOR A TRADITIONAL SOUTH AFRICAN BRAAI

INGREDIENTS

- ▶ Potatoes (of course)
- ▶ Mayonnaise, one cup
- ▶ Cheddar cheese (diced)
- ▶ 2 boiled eggs
- ▶ Chives
- ▶ 2 Table Spoons Sugar
- ▶ 50 ml milk
- ▶ Salt
- ▶ Cayenne Pepper
- ▶ 2 Table Spoons Butter

INSTRUCTIONS

- ▶ Boil potatoes until soft (cooked through)
- ▶ Drain water and sprinkle warm potatoes with salt and cayenne pepper. Add butter and gently mix
- ▶ In a separate bowl, mix mayonnaise, milk and sugar together
- ▶ Add mayonnaise mixture to potatoes
- ▶ Chop eggs, chives and eggs and to the potatoes - stir in gently
- ▶ Serve chilled and garnish with parsley or chives

<https://steemit.com/food/@sweetpea/potato-salad-perfect-side-dish-for-a-traditional-south-african-braai-bbq>

2025

Instead of new years resolutions, some words of wisdom to ponder over and put into practise:

- ▶ Never look down on someone unless you are helping them up.
- ▶ Life is too short, so laugh when you can, apologise when you should, and let go of what you can't change.
- ▶ Keep going... each step may get harder, but don't stop. The view is beautiful at the top.
- ▶ Don't be too quick to judge, you never know when you find yourself walking in that persons shoes.
- ▶ Dreams have no expiry date.
- ▶ Time has no holiday.
- ▶ The things that we take for granted, someone else is praying for.
- ▶ Don't waste a single moment of your life – live it.
- ▶ One kind word can change a person's whole day.
- ▶ A strong person sheds a tear for a moment, and then picks up their gloves and fights again.
- ▶ The sky is not the limit; there are footprints on the moon!
- ▶ No matter how thin you slice it, there are always two sides.
- ▶ Nothing worth having comes easy.
- ▶ Finally, remember that it is the people that know you the least, will judge the most.



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4 Reasons

Why Painkillers Can Make Your Headache and Migraine Pain Worse

Frequent headaches can really reduce your quality of life but pain-killers are not the answer.

Pain of any sort isn't any fun, but headache pain can stop you thinking clearly. Even a relatively mild headache makes it more difficult to do your work properly and just getting through your daily routine starts to become an effort.

But a severe headache can stop you dead in your tracks and render you unable to function normally. And if the pain is accompanied by typical migraine symptoms of nausea and vomiting then probably all you will be able to manage to do is to go home and collapse into bed.

What makes it harder is that you often don't get much sympathy or understanding from those around you, unless they are also badly affected by headaches. Because headaches are extremely common they may be seen as "normal" and not a "proper illness."

Even our language tends to trivialize headache pain as in the expression "a real headache" for some annoying or difficult problem. And a headache maybe seen as an excuse to avoid responsibility or something you don't feel like doing, as in the well-worn cliché "Not tonight dear, I have a headache" for avoiding sex in a relationship.

If you suffer lots of headaches, and particularly if they are severe, it is easy to feel helpless not knowing when a headache will strike again or how to stop it from returning. Headaches can appear in the day or the dead of night.

One time, a headache might hit during a stressful crunch to meet deadlines at work, another may occur in the middle of an uneventful day, and yet another during a pleasurable activity. The cause of your headaches can look like a complete mystery.

All of this makes you an easy target for shrewd marketing campaigns by the pharmaceutical industry with their TV commercials promising "a quick fix" for your headache pain.

It is tempting just to reach for a pain-killer to numb

the pain. While this is understandable and OK every now and then, it is most definitely not a good idea on a long-term basis for the following reasons:

1 You are only masking the symptoms, not treating the underlying factors that are provoking your headache. Only by understanding and correcting these factors can you ever hope to be free of headache pain.

2 You are actually likely to make your headaches so much worse. Instead of occurring perhaps several times a month, they now occur much more frequently, often daily, and the pain is more severe and longer-lasting. This is known as a rebound headache or medication overuse headache.

3 All medications have side effects. Serious side effects of long-term use of headache painkillers include damage to the gastrointestinal tract, liver and kidneys.

4 By relying on a pill, you perpetuate your feeling of helplessness. It seems like headaches are controlling your life and there is nothing you can do about it. If you unravel the factors that are provoking your headaches, you will restore your feeling of being in control of your life, and this may go some of the way towards actually alleviating your headaches.

It is encouraging to know that there are genuine alternatives to painkillers. Trigger point therapy, diaphragmatic breathing and reducing your stress levels are just a few examples.

The only way to avoid the serious side effects of long-term painkiller use, developing a rebound headache or the feeling of helplessness is to treat the cause of your pain and not just the symptoms.

If the headaches persist however, see your medical practitioner.



WEAVERS' NEST OPEN DAY

13 MARCH 2025
08H30

RSVP: weaversnest.co.za
Booking is essential

Weavers' Nest is Highbury's co-educational pre-primary school for Grades 0000 to 00. Your child is at the centre of everything we do and, through our pre-school programme, we want to inspire your child with a love of learning and give them a solid foundation for the years ahead.



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Your gift will go a long way to providing care and sustenance to many deprived and handicapped children, as well as assisting our elderly in KwaZulu-Natal.

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- Skills Development and Job Creation
- The Chronically ill and HIV/AIDS Sufferers

Contact Gordon McDonald on 031 303 3890 or email: gordon@communitychest.co.za and he will gladly explain the tax benefits and help you with your gift.



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GO GREEN indoors

The environmentally friendly green movement has taken off, and it's no longer just for cleaning products, cars and personal care products. In fact, it has become a popular topic among professional and do-it-yourself interior decorators. Many use home design software to realize their vision. Some people work tirelessly to ensure that every aspect of their indoor environment is ecologically friendly. Others incorporate a sustainable table here, a green rug there. Whether you desire to make green decorating your personal mission or just your hobby with the help of an interior design tool, there are simple ways to incorporate green décor into your furnishings to satisfy both your sense of style and Mother Nature.

Going Green Underfoot

Because traditional wall-to-wall carpeting can trap toxic outdoor chemicals and allergens deposited via your shoes or furry friends, many people are turning to eco-friendly flooring. Options come in all styles and price ranges. Sustainable flooring is typically very durable and sometimes made of recycled materials. There are four popular options: hardwood, cork, bamboo and tile.

When shopping for hardwood floors, look for products that bear the seal of approval. It ensures that the wood has been produced in a forest with regenerated trees, among other factors. Cork offers elasticity, which makes it very comfortable for walking and standing. In addition, cork is fire-resistant and hypo-allergenic. Bamboo floors are water resistant and also detract bugs and mildew. For a more colourful look, tile floors made of recycled glass are a great option.

Seeing Green

Going green on the walls used to mean sacrificing style and quality. That's no longer the case. Many manufacturers now offer eco-friendly paint that

boasts durability and superior coverage, plus a rainbow of options. The key is these paints do not have damaging solvents and harmful chemicals. How do you know which paint is safe for your home and health? Be sure the items you purchase have low or no VOC in the colorant and in the paint.

If wallpaper is more your style, you're in luck. Wall coverings have come a long way in both look and application, and many options are available for non-PVC products. PVC is a dangerous toxin that can leech into the air. Look for wallpapers that are fully vinyl-free and made with water-based inks on organic cotton fabric.

Saving Green

Rather than purchasing all of your home furnishings and fixtures new, why not consider buying second-hand finds? This technique is easy on the environment and your wallet. Shopping vintage avoids a double hit on the great outdoors, cuts down on over-consumption and helps landfills. Suddenly, a couch can have two or more lives, mirrors can be re-purposed to suit your taste and counter-tops can be re-imagined coinciding with your décor. When you think recycle, not replace, the options are nearly limitless. Garage sales, online auction sites and vintage stores are brimming with interesting, eclectic finds. If you plan to refinish furniture, look for environmentally friendly products that are water-based and free of toxins.

By incorporating a little green into your style you'll improve your home's air quality and reduce the negative impact that your furnishings have on the environment. It's the most sensible, responsible kind of style, and you can watch it come to life with the help of home design software. Just put your imagination to work.



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Investing in your son's primary school education is one of the best decisions you can make as a parent. The best way to learn about Highbury is to come and experience it for yourself. We invite you to join us for our Open Day for enrolment for 2026 and beyond.

HIGHBURY OPEN DAY

Grades R - 7
Friday, 14th March 2025 at 08h30
RSVP: www.hps.co.za
marketing@hps.co.za

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Road RAGE

Its essentially an expression of anger and often has nothing to do with the traffic or the road.



Most often it is the release of anger, built up from a bad day at the office, or a bad day in general, and is eventually expressed en route home or to work.

It seemed to start back in the 1980s, and we are not talking about aggression here, which can of course escalate into road rage. Arrive alive says: "road rage, is an incident in which an angry impatient driver, threatens to injure or kill another motorist, pedestrian or messenger"

We could possibly put this down to the fact that South Africa seems to have a culture of road rage, and it's this culture, with the factors of high-pressure lifestyle, everyday stresses and plain lack of consideration for fellow human beings which not only leads to road rage but also has contributed to our high road fatalities. Unfortunately, the number of reported incidents of road rage has been on the increase over the past few years and become a major threat to safe driving.

It's a social thing that seems to be increasing all over the world, especially in the metropolitan areas, along with traffic congestions, road works, bad roads, inconsiderate drivers, and this all constitutes to a very high level of frustration. People who are already vulnerable to aggressive outbursts are led to express their rage even more critically

towards total strangers. Some people just have a history of "blowing their tops" and often assault others and destroy property, and often the "last straw" for an everyday motorist.

Defensive driving is more than a mental attitude sometimes. It could go deeper; these people could have mental disorders, drug abuse and alcohol. These are really the people that you don't want to antagonise or aggravate.

Try this the next time you would like to vent those angry feelings, when some one changes lanes without indicating, turns in front of you, we are human, we all retaliate, I can safely say that 90% of us do – admit it!

- Forget work at work
- Forget home at home – concentrate on your driving
- Play music
- Plan your journey, or leave a little earlier
- Be courteous you cant change other driver's attitudes, but you can try and change yours
- Count to 10 (old fashioned I know, but it works)






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