

YOUR HEALTH

How to cope with stress

ABOUT 95% of all illnesses are related to stress – if it is not caused by stress, it is certainly made worse by it.

Stress is the response of your mind, emotions and body to whatever demands are being made upon you.

Positive stress is good, controllable and easy, for example, a surprise party.

Negative stress is sad, maddening, disturbing, uncontrollable, unresolvable, and depressing. For example, an argument with your partner or getting a traffic ticket.

Sources of stress:

Environment

- 1 Too much noise
- 2 Pollution
- 3 Too many people
- 4 Heavy traffic
- 5 Competition
- 6 Isolation
- 7 People you live or work with – positive and uplifting or negative and upsetting

Poor diet

- 1 Coffee
- 2 Tea
- 3 White sugar
- 4 White flour
- 5 Salt
- 6 Processed foods with chemical additives

Lack of exercise

Your attitude

It is not so much what is happening to you, but your reaction to it that makes the difference.

Signs of difficulty in coping with stress

- 1 Tenseness
- 2 Irritability
- 3 Depression
- 4 Appearance of being in another world
- 5 Constant fatigue
- 6 Forgetfulness
- 7 Low tolerance of frustration
- 8 Lack of patience
- 9 Loss of appetite
- 10 Sleeplessness
- 11 Frequent headaches
- 12 Sudden crying over minor things
- 13 Allergic reactions
- 14 Constipation
- 15 Muscular pains
- 16 Skin ailments
- 17 Serious signs: hypertension; premature ageing; colitis; ulcers; immune system break-down; for example shingles; heart disease; and cancer.

What should I do?

- Nobody can avoid stress altogether but you can do many things to minimise it and your reactions to it by:
- Maintaining a good relationship with your Creator
 - Eating pure food
 - Exercising regularly
 - Drinking plenty of water
 - Fasting,
 - Getting lots of fresh air and sunshine; and
 - Rest

Compiled by the eThekweni Health Department

Billboard pirates beware

SOHANA SINGH

THE municipality has issued a stern warning to outdoor advertising companies, advertising agencies and their clients after winning a court case against a company for erecting a billboard illegally in south Durban.

The Durban High Court has ordered Outdoor Africa of Garsfontein, Gauteng to remove the illegal structure. The company will also have to pay thousands of rands in legal fees accrued since the case began in 2006.

Outdoor Africa erected the billboard on a residential property at 5 Jasper Place, Merewent, in 2005, without making any attempt to comply with the law.

The display of advertising on property zoned residential is prohibited.

The Council's Development and Planning Department approached the High Court after attempts to get the advertising company to remove the structure proved unsuccessful.

"The erection of illegal structures cannot be condoned," said Benjamin Ramnarin, the department's Enforcement Officer.

"There are safety concerns like structural elements, traffic safety in terms of distraction and health aspects where the structure has an impact on the neighbouring property owners, like wind noise.

"This can only be quantified by having the application submitted to the authorities and by getting a professional assessment."

City Manager Michael Sutcliffe said other companies could soon be in the same boat. "The Council is in litigation with a number of companies that have flouted the legislation and legal actions are at an advanced stage.

"The municipality intends to ensure that there is total compliance."

He said it was unfair on law abiding companies that law breakers made "a fortune".

"In this case I saw them erecting the illegal billboard but we have had to go through a long court process to ensure it was removed.

"I believe we must get the power to immediately remove any advertising or billboards which are put up illegally.

"In addition, we will be targeting companies which place adverts on these illegal billboards and will also not allow companies who flout the law to do business in the city," said Sutcliffe.

He said the Council would report offending companies to the Asset Forfeiture Unit.

Companies wishing to erect billboards and signage of any kind are urged to contact the signage unit at the Development Management Department on 031 311 7059.

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LEADING BY EXAMPLE: Cllr Nomvuzo Shabalala has blood taken for an HIV test during the City's World Aids Day celebrations

Picture: THEMBA KHUMALO

'HIV doesn't mean the end'

THEMBA KHUMALO

DISCOVERING you are HIV positive need not spell the end of life as you know it, and can even be a new beginning.

That was the upbeat message from Neli Hlophe speaking at the recent World Aids Day celebrations at the St Wendolin's Mission sports ground.

Hlophe (27) said life truly began for her in January when she discovered that she was HIV positive. "That is when I started taking care of myself. It was never gloom and doom.

"People need to get tested

so they can receive treatment early and prolong their lives by taking medication like I am now. It is not the end of the world. You can still lead a normal life."

Cllr Nomvuzo Shabalala, who chairs the Council's Health, Safety and Social Services committee, backed her call. "Today's theme, 'lead by example' was not chosen because of formalities.

"We are going to lead by example by getting tested right here with you," she said, before joining other city officials to be tested by New Start, a volunteer testing and counselling centre.

Mayor Obed Mlaba said

the fight against HIV/Aids needed to be intensified.

"We need to ensure that those who have been infected are provided for and taken care of. We also need to ensure that those who have not contracted the disease remain uninfected.

"Being ill kills dreams because one is not able to work towards those dreams if they are not well. Being ill is costly," Mlaba said.

The event included the launch of the eThekweni Aids Council, which will support and co-ordinate all HIV and Aids activities and programmes in Durban.

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Bouquets for biodiversity report

METRO REPORTER

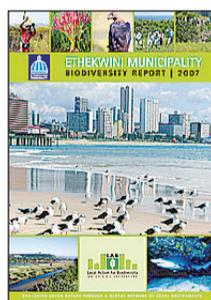
THE municipality has taken a leading global role in the important field of biodiversity.

Councillors Fawzia Peer and Faso Majola joined Dr Debra Roberts and Richard Boon of the Environmental Management Department to attend the first Local Action for Biodiversity workshop in Zagreb, Croatia recently.

Durban and 19 other municipalities from around the world are taking part in a pilot project aimed at helping local governments to

conserve, manage and to use their biodiversity sustainably.

Biodiversity is the sum of all living things, including humans and their environments, and "healthy" biodiversity is nowadays recognised as essential for economic and social development, with natural environments providing building materials, fresh water, flood prevention



WELL RECEIVED: The city's report

and recreation. Local authorities were asked to produce a biodiversity report and eThekweni was the first to comply, receiving many compliments in Zagreb.

The report can be viewed at www.durban.gov.za or requested from the Environmental Management Department on 031 311 7875 and ramnarainpam@durban.gov.za.

Taximen warned

GUGU BLOSE

MAYOR Obed Mlaba has appealed to taxi operators to obey the law.

Mlaba was speaking at a recent taxi plenary session organised by the eThekweni Transport Authority and held at the ICC.

The mayor acknowledged efforts made by the taxi industry to formalise itself and work with the government, but he took issue with operators who bucked the system, warning them they would face the full weight of the law.

"The government must be allowed to govern. Every citizen of this country needs to adhere to the rules. Without rules there will be chaos," said Mlaba.

KwaZulu-Natal MEC for Transport, Bheki Cele, who attended the second day of the plenary, screened a chilling DVD that showed horrific accidents that were the result of reckless driving and drinking and driving.

Cele also tackled thorny issues like the recapitalisation programme and taxi violence.

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DERRICK DLAMINI and HLOBISILE MBOKAZI

BRIBES, political manipulation, lack of support from banks and better infrastructure were some of the thorny issues thrashed out at a ground breaking Street Traders' Imbizo.

The recent meeting, held in a giant marquee at Albert park, drew several thousand traders who were given an opportunity to exchange views with city and provincial leaders, including KZN MEC

for Finance and Economic Development Zweli Mkhize and Mayor Obed Mlaba.

The meeting was hosted by the City's Business Support Unit and Mkhize's department to encourage dialogue and mending the fragile relationship between traders and the municipality.

"Informal traders should know that co-operating with government will help solve

their problems," Mkhize said. "We want to help the city in regulating the operations of informal trading."

Mlaba urged traders to guard against manipulation by political parties seeking political gain. He urged traders to offer solutions to their problems.

"I find it disturbing that some of you are unwilling to adhere to the city's acceptable

rental regulations, but when conned to pay double or even triple by corrupt individuals, you pay willingly."

The Business Support Unit's Informal Trading Manager Thulani Nzama described the imbizo as a learning curve. "It was a true reflection of traders' sentiments and aspirations, which was characterised by positive questions and attitude.

Street trader leader, Emmanuel Dlamini, said he appreciated the intervention of the provincial government. Long time West Street trader, Themba Qumbela said he hoped for further gatherings. "It's the only proper platform to communicate effectively with authorities."

Deputy Mayor Logie Naidoo confirmed there would be no increase in traders' rentals next year. He said the issue would be discussed further at the Informal Traders' Forum.

Street traders meet