

# M

METRO

## It's a thrill a quill for hedgehog rescue pair



THEY were just nine when they discovered Britain's hedgehogs were under threat. Determined to help their favourite animals, Sophie Smith and Kyra Barboutis set about establishing a rescue centre of their own.

Since starting Hedgehog Friendly Town in their back gardens four years ago, the schoolgirls, now 13, have saved more than 400 of the sick and injured creatures, which they give names such as Arnold Spikesnegger and Quillium Shakespeare.

Presently they care for up to 15 animals at a time and have been trained to give them injections and medicines.

Their reputation has grown so much that even vets in their home town of Stratford-upon-Avon bring them hedgehogs to care for – and their work has been praised by Sir David Attenborough. | Daily Mail

## 'Archie' came as a surprise to bookies

THE NAME of royal baby Archie came as a surprise to bookmakers.

His full name, Harrison Mountbatten-Windsor, was revealed by Meghan Markle and Prince Harry after they introduced him to his great-grandmother, Queen Elizabeth.

British oddsmakers' top picks for potential names included more traditional ones such as Arthur, James, Philip and Albert. Only 60 bets were placed on Archie at 100/1. Archie is usually a shortened version of Archibald while Harrison means "son of Henry" – or Harry, as the baby's father is known. The surname, Mountbatten-Windsor, belongs to all the queen's children and descendants. | STAFF REPORTER

## Red faces over typo on A\$50 banknote

MILLIONS of banknotes in Australia have an embarrassing typographical error, overlooked by the central bank before they were printed.

The goof first became known yesterday when a listener sent the Triple M radio station a magnified photo of the Reserve Bank of Australia's (RBA) new A\$50 note (R504) highlighting the word "responsibility" misspelt as "responsibility" three times.

The A\$50 currency is the most widely circulated in Australia.

The note came into circulation on October 18 last year. It sports a headshot of Edith Cowan, the first woman elected to an Australian legislature from 1921-1924. The typo appears in an excerpt of Cowan's maiden speech to Western Australia's parliament. The quote, repeated on the banknote, reads: "It is a great responsibility (sic) to be the only woman here and I want to emphasise the necessity which exists for other women being here." | REUTERS

## Anger poses dire threat in old age

ANGER may be more harmful to health in old age than sadness because it increases inflammation, new research shows.

Experts say loss of loved ones and increased loneliness wreak havoc on elderly people's health.

But in a new study by Concordia University, researchers say anger is just as common, dangerous and ignored – fuelling inflammation that exacerbates heart disease, arthritis and cancer.

"As most people age, they cannot do activities they once did, or they may experience the loss of a spouse or a decline in their physical mobility and they can become angry," said Meaghan A Barlow, MA, lead author of the study.

"Our study showed that anger can lead to the development of chronic illnesses, whereas sadness did not.

"Daily anger was related to higher levels of inflammation and chronic illness for people 80 and older, but not for younger seniors," said Concordia University's Carsten Wrosch, PhD. "Sadness was not related to inflammation or chronic illness." | DAILY MAIL

Mothers all want their sons to grow up to be president, but they don't want them to become politicians in the process

JOHN F. KENNEDY



### RESEARCH

THE effects of social media use on teenage life satisfaction are so limited they have been described as probably "tiny", says a study of 12 000 UK teenagers.

Family, friends and school life, all had a greater impact on well-being than social media, says the University of Oxford research team in a study which is believed to be more in-depth than previous studies.

Published in the journal PNAS,

## 'Link of life satisfaction to social media is trivial'

the study attempts to answer the question of whether teenagers who use social media more than average have lower life satisfaction, or whether adolescents with lower life satisfaction use more social media.

The researchers concluded that most links between life satisfaction

and social media use were "trivial", accounting for less than 1% of a teenager's well-being – and that the effect of social media was "not a one-way street".

Professor Andrew Przybylski, director of research at the institute, said: "99.75% of a person's life satisfaction has nothing to do with their

use of social media."

He said the findings suggest society should focus on whether particular aspects of online behaviour are harmful, instead of focusing on screen time.

"We are fixated on time – but we need to retire this notion of screen time. The results are not showing

evidence for great concern," he said.

The researchers said it was now important to identify young people at greater risk from certain effects of social media and find out other factors that were having an impact on their well-being.

IT urged companies to release data on how people use social media in order to understand more about the impact of technology on young people's lives.

| SPECIAL CORRESPONDENT

### MOTORING

# Eclipse lights up your day

New Mitsubishi Eclipse Cross luxury SUV is game for the road and makes for a sunny day out, writes Val Boje

MY mother and I were gliding along the N1 North, having a good chat. It was a sunny Saturday, typical for this time of year, and I had picked her up in the new Mitsubishi Eclipse Cross for a day trip to the Dinokeng Game Reserve with a stopover planned on the way back at Ludwig's Roses.

The Eclipse Cross, a compact luxury SUV, is quiet and smooth and accelerates effortlessly, and within no time we were at the Ndlovu Gate to the reserve. The office there sells permits (R125 +R40 for adults) for self-drive in the reserve and provides a map.

We were advised to take the first road right as lions had been spotted early in the morning. We didn't find them but over the next hour had good sightings of zebra, wildebeest, giraffe, impala, waterbuck and ostrich.

Dinokeng Game Reserve was officially opened eight years ago after protracted negotiations which resulted in a 200km perimeter fence being erected while land owners, including the numerous lodges within the reserve, dropped their fences. Over time, lions, elephant and rhino – both white and black – and buffalo were introduced which, along with leopard that occur naturally, makes Dinokeng Gauteng's only game reserve where the Big 5 roam freely.

We needed a pit-stop so crossed back over the R374 headed for the Ritsako Game Lodge where I had stayed previously. We were warmly received by the staff and settled by the pool to enjoy a cold drink before continuing on our drive.

In Dinokeng one can drop in at most of the lodges to get something to eat or drink, find out about accommodation options and where one can book a guided game drive.

Prices vary from around R700 a night to R1 700 in this part of the reserve but, when booking in Dinokeng, look where the lodge is situated. The wider Dinokeng is spread out and I have friends from overseas who booked in Dinokeng only to find when they arrived that they were closer to Cullinan than to Kwalata, and there was no game in sight.

After our break, as I reversed from the car park, I wondered why the Eclipse Cross has a divided rear win-



THE new Mitsubishi Eclipse Cross on a day out in Dinokeng Game Reserve north of Pretoria.

dow. But this car has won an award for design excellence and innovation, and the Journalists' Conference of Japan made it their Car of the Year this year, so what do I – a non-motoring journalist – know?

What I can say is that it is extremely light and easy to drive. I loved that it is automatic and has hill-start assist; mom and I were very comfortable, and we felt cocooned and safe.

It's high off the ground (180mm) and we barely felt the bumps which would have had my car rattling along

the dirt road, and the engine is really quiet. Or motoring editor, Willem van der Putte, explains later that the electronically controlled all-wheel drive system distributes driving torque as required and gives it that agile handling and stability. Okay, now I know.

There's a touchscreen info-tainment system with built in GPS, radio and connectivity to one's smartphone; charge points, electric windows, adjustable seats, separately controlled aircon for driver and passenger, and enough compartments to keep all one's bits

and pieces safe and out of sight.

Back on the road, we headed due north towards Mokha Lodge, when we were alerted to the fact that there were cheetah ahead. And, there, lying under a tree next to the road were three collared cheetah, perhaps those from the litter of the female moved from Rietvlei Nature Reserve.

We exited Dinokeng via the Tau Gate, promising to be back to try new roads, and headed for Ludwig's Roses. A light meal and a few purchases later and our day out with the Eclipse Cross

was over.

On Monday I stopped to top up before returning the car to Willem; the petrol attendant was most complimentary of its stylish looks. They see a lot of cars, so they know a thing or two.

The Eclipse Cross was launched a year ago, but is new in this country. It adds to Mitsubishi Motors SA's range of models, the ASX, Outlander, Pajero, Pajero Sport and Triton.

The Eclipse Cross is offered in two derivatives locally – the 4x2 at R399 995 or AWD at R449 995.

### OUTDOORS

# Playtime crucial to kids' mental health – research

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AS ORGANISATIONS call for South African primary school principals to ensure 60 minutes of playtime a minimum for every child before the Outdoor Campaign Classroom – local experts have warned against turning this idea into another competitive activity.

Organisations under the banner of NPO Symphonia for South Africa (SSA) are calling on principals to start observing at least 60 minutes of playtime for school children everyday on May 23, earmarked Outdoor Classroom Day.

This is the organisations cited new reports showing how 88% of teachers believed outdoor play was linked to young children's overall well-being.

SSA spokesperson Dorcus Dube said outdoor play stemmed the growing crisis of mental health

issues in children and young people.

Mental illness was recently brought to the focus following the deaths of popular local musicians such as motswako hip hop star Jabulani Tsambo, fondly known as HHP.

On World Mental Health Day on October 10, statistics revealed that one in 10 teenage deaths in the country annually was as a result of suicide.

They also showed that up to 20% of high school pupils had attempted to take their own lives.

The World Health Organisation, also noted how depression was globally the third highest disease burden among adolescents, and suicide the second leading cause of death in 15-29-year-olds, while the SA Depression and Anxiety Group stated that 9% of teenage deaths in the country were due to suicide.

Dube said however, despite these staggering statistics and teachers noticing the need for outdoor play, only

44.9% of the surveyed group reported that outdoor playtimes made up less than 10% of their normal school day.

She said while most schools had space for children to play outdoors, 62% in South Africa had access to a hard surface for outdoor play and only 67% had access to a garden, field or "green" space.

Even if these spaces were not "lawned and manicured", as is the case in many South African schools, the opportunity to be outdoors and active was irreplaceable.

Lynda Smith, Campaign Leader in South Africa, said with South Africa being fortunate to experience beautiful weather for many months of the year, it made sense for children to be outdoors learning and playing as much as possible.

"Research shows that time outdoors is beneficial for children's mental health. We encourage more schools and teachers to use this time to

enhance learning and develop happy children who will learn through play while having fun."

Professor Kobus Maree, from the University of Pretoria Faculty of Education, said outdoor activities were always meaningful; hence the inclusion of extra-curricular activities such as sports was mandatory in some schools.

"The original idea behind including sports as extra was to ensure children got sufficient physical activity. However, to a large extent, if we are honest, that is still for affluent areas with the large majority not having access to state-of-the-art sporting facilities. That is unacceptable."

Maree said any additional activities had to be adequately planned out with education stakeholders including teachers, labour unions and parents.

It was also key to involve a sufficiently large cohort of learners and to obtain their views and feelings before

any new programmes were finalised and executed.

He said what was especially important was not to turn this concept into another competitive activity for the children.

"Some may prefer to simply go for a walk with friends instead of perspiring on a rugby or hockey field. Provision must be made to cater for the needs of all our learners... Not only the top achievers and the fittest among us."

With regards to outdoors being crucial to deal with the growing issue of mental health illnesses in children, Maree said that was when life orientation came in.

He said one thing education stakeholders needed to consider introducing was life design programmes based on self- and career construction principles. These kinds of programmes, Maree said, would help give children meaning out of schooling and develop their own sense of self and purpose.