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supernova

The mag for curious kids



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Vol 9.5



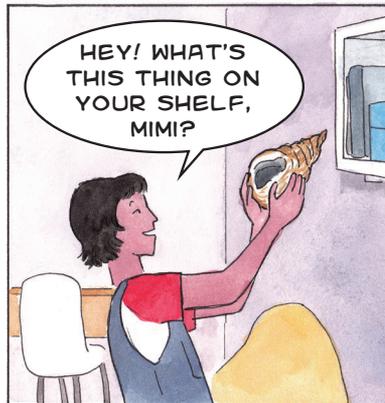
BK PUBLISHING

PUZZLES | SCIENCE | NATURE | ACTIVITIES | SPORTS | COMICS



Story and artwork
Maya LeMaitre

MIMI'S LIFE ON MARS





Maya LeMaitre

Creator of **MIMI'S LIFE ON MARS**

At *Supernova* we get to work with amazingly talented people. Since 2018, we've had the privilege of bringing you the awesome comic *Mimi's Life on Mars*, from the imagination and paintbrushes of South African illustrator Maya LeMaitre. We caught up with her to ask her a few questions!

sn Tell us about what you do.

 I'm an illustrator! Illustrators use their drawing skills and creativity to create images that help to make a piece of text or an idea easier to understand. You can find illustrations everywhere – on t-shirts, the cover of a book, a poster for a concert, and in this magazine!

sn How did you start illustrating?

 I've always loved to draw and create stories with images. I took Visual Arts in school, and was fortunate to be able to study Fine Arts at a college in Cape Town. After I graduated, I decided to focus on illustration. Since then I've done a variety of work – for textbooks, children's books, and of course, *Mimi's Life on Mars*!

sn How did the idea for *Mimi's Life on Mars* come about?

 Benoit and his team at *Supernova* were interested in including another comic in the magazine, one with a girl as the protagonist. We discussed some ideas, and decided Mars would be an interesting place to set the story. Many of us have moved somewhere new, but what would it be like to move to a different planet?

sn How do you come up with ideas for the comic?

 We are in such an exciting time for space exploration, it's hard not to get inspired by that! I try to keep up-to-date with new discoveries relating to Mars and space in

general. I think about how a young person might experience Mars, while also dealing with the day-to-day issues of growing up.

sn What are your plans for Mimi in future?

 At the moment I am working on a graphic novel (a longer story in comic book form) about Mimi's adventures. It will be complete later this year. You can stay up to date with its progress via **SN Online** and my Instagram- **@mayalemaitre**.

sn How can we find out more about what you're up to?

 You can visit my website **mayalemaitre.com**. If you'd like to email me, my address is **hello@mayalemaitre.com**. I'd love to hear from you, and I will write back! You or your grown-up are also welcome to follow me on **Instagram**.



Keep up to date with Maya on supernovamagazine.co.za

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Hi SuperKids



Candice

If you take a look at some of the most successful and inspiring people in the world, you'll see that there is one common thread that unites them all. That common thread is failure.

If you have ever failed at reaching a goal or achieving something you set out to do, then you've been in the same position as some of the greatest people in history! Take Leonardo da Vinci for example. He created hundreds of failed inventions during his lifetime. But he used those failures to evaluate, reflect, and change his way of thinking, and keep working towards his goals.

It is natural to strive to succeed in everything that you do, but keep in mind that each failure you encounter along the way teaches you a very valuable lesson. Failure can teach you that you are stronger than you think and redirect you to a better path. It can also show you a new perspective, cultivate a positive outlook and teach you a lot. Like Einstein said: "Anyone who has never made a mistake has never tried anything new". Sometimes, one more failure is all you need to find the key to your success. So don't be afraid to try, fail and try again! You may just uncover something incredible.

Get to know the Supernova Team!



Candice
Editor

What do you like daydreaming about?

I love thinking about grabbing a bag, jumping on an airplane and going to explore a new and exciting place!

Hey SuperKids! I'm Candice. I create editorial, develop story ideas, manage writers, edit content, design layouts and make sure *Supernova* comes out on time every 2 months.

What's your favourite weird food combo?

I love dipping super salty french fries in a delicious ice cold milkshake. Oh, and anything with pickles!

What's your favourite thing about being at Supernova?

I never have the same day twice at the Supernova office! And I always arrive knowing I'm about to learn something brand new.

If you could ask an animal question one question, what would you ask?

"What do you dream about?"

What superpower would you like to have?

Teleportation! I would love to pop by any place I like at any time.

My favourite animal of all time is a goat!



Looking for more?



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supernovamagazine

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Dassies

You may have seen these furry mammals in your garden or along the ridges and rocky outcrops of mountains in South Africa. Learn all about these fascinating rock hyraxes and how they navigate the South African landscape!



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Make an origami Dassie!

Now that you've learnt all about dassies, why not make a cute origami dassie to decorate your desk or bedside table? All you need is a piece of paper and your own creativity!

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The genius of Leonardo da Vinci

Take a step into the eccentric mind of Da Vinci and discover some of his weird and wonderful inventions that were centuries ahead of their time!



38

The Tales of Daring Explorers

Exploration has a very exciting and interesting history. Buckle up as we read the stories of the brave explorers.

Answer for crossword puzzle on page 48.



44

Freaky Phobias

You may have heard of some phobias, like claustrophobia (fear of enclosed spaces) and trypanophobia (fear of needles). But do you know these freaky phobias?



Ask Jules?

NIKITA (21)

from Queenswood asked us:

What determines our eye colour?



Jules

What an interesting question, Nikita! The colour of our eyes is determined by a few things, like melanin and pigment, and our genes. Genes are small recipes inside our cells, and they determine what you look like! Your genes are made up of a completely unique combination of your parent's genes, so if your mom and dad both have blue, brown or green eyes, then it is very likely that you have the same colour eyes. It's not always that way though, and many children have completely different eye colours than either of their parents.

Melanin or pigment also work together with your genes to determine your eye colour. You find melanin in the iris of your eye, which is the coloured part that surrounds the pupil. This controls how much light can enter your eye. The colour of the iris ranges from very light blue to dark brown. If you have brown eyes, this means you have more melanin than someone with blue eyes.

Certain emotions also can change both your pupil size and iris color! That's why some people say their eyes change colors when they feel angry or loving.

SUPER KID

8 year-old writes book in Lockdown

We all got up to our own unique activities while we were at home during the COVID-19 lockdown. But Laena-Mae Turner (8) from Farrarmere spent her time writing her new book.

Inside We Stayed for Months and Days is about all of the children around the world during the international lockdown. It shows how this disastrous news united people from so many different races, cultures and countries!

Not only is Laena-Mae the youngest author globally with a book published on the COVID-19 pandemic, but she is also battling a rare and life-threatening illness. Because of her illness, Laena-Mae has been in isolation for a year. This means she knows what it feels like to have to stay at home.

Laena-Mae said she wanted to write her book to remind all of the children

of the world that no matter how lonely it is to be stuck at home, we are all so brave to live in this new world.

You go Laena-Mae!



Jules

Check out *Inside We Stayed for Months and Days* on Amazon! A percentage of the proceeds will be donated to the **SOS Children's Villages South Africa**.





I'm Staying

Have you heard SA's new music hit?

If you've ever wanted to listen to beautiful voices sing about South African diversity and everything that makes South Africa such a wonderful country, then you have to listen to the new local hit 'I'm Staying'!

Released on the 14th of March 2021, the song showcases 14 singers from all types of backgrounds, races and ages (between 12 – 44 years old). Together, they represent the beautiful people of South Africa! The song was inspired by the **#ImStaying** movement that encourages supporting your community and focusing on the people, beauty and positivity in South Africa.

The song was recorded at the beginning of 2020, and the group had plans to film a music video. The COVID-19 lockdown meant that this was postponed for almost a year! This year, they decided to do what they could and made the music video even though they couldn't all get together in person.



Jules

Check out the music video on YouTube or listen to it on iTunes and Spotify!

Creature FEATURE

Meet Ash! Ash was the first koala joey born at the Australian Reptile Park after the tragic wildfires that destroyed the homes of many wild animals in Australia from 2019 - 2020.

Ash was born in January 2020, but zookeeper Dan Rumsey said it was only recently safe to check on her, since joeys tend to stay in their pouches for up to seven months.

Her name doesn't only match her grey fur! It represents hope for the wildlife that is beginning to rise from the ashes left by the devastating fire season.

Ash is a sure sign of hope for the future of Australia's native wildlife!



Read more about the Australian bush fires in Vol 9.1!



Phenomenal Floods

The arrival of cyclone Eloise in Mozambique in January 2021 meant quite a lot of rain around the southern tip of Africa. Streets flooded, rivers overflowed and a lot of damage was caused. Water is a beautiful element, but it's always important to know how much power water can have.

The Augrabies Falls in dawn light

Photo by John Yeld

The Augrabies Falls is a waterfall on the Orange River, the largest river in South Africa. The falls are about 56m tall!

The original Khoisan inhabitants called the area 'Aukoerebis', or Place of Great Noise, and the name changed to Augrabies over time. Sounds like this monster of a waterfall lives up to its name!

The photo was taken in the early morning of 5 February 2021, which was before the peak of the river flow reached the falls.



Noah's Ark by Simon de Myle (1570) Mount Ararat



This image of the Biblical flood was painted almost 500 years ago. At that time, people believed in griffins, dragons and unicorns! Can you spot them? [#dontmisstheboat](#) [#travelinpairs](#) [#petaunicom](#)



Aftermath of flooding in Laingsburg (1981) Laingsburg, Western Cape



On the 25th of January 2021, it marked 40 years since hard rain immersed the town of Laingsburg in water. At least 100 residents lost their lives, and 184 houses were destroyed. [#remembrance](#)



Born up a tree Southern Mozambique



Rosita Mabuingo was born in a tree after her mom climbed up to escape a flood. They were rescued by a South African defence force helicopter. [#savedbythechopper](#) [#miraclebaby](#)



Time to get your bake on Houston, Texas



These bakers from El Bolillo Bakery were trapped for 2 days during Hurricane Harvey. They spent their time baking bread for victims of the storm! [#givingback](#) [#checkoutmybuns](#)



Water rescue team by Marvin Nauman Kingfisher, Oklahoma



In 2007, people became stranded in downtown Kingfisher after a flood. This brave rescue team motored around to help out. [#getyourfloatiesready](#) [#gearupandgetout](#)



Tropical Cyclone Eloise by NASA Earth Observatory Mozambique Channel



Eloise recently made headlines as the strongest tropical cyclone to hit Mozambique since 2019. We certainly felt its effects here at home! [#itsrainingitspouring](#) [#nothingtropicalaboutit](#)

The French Horn

FUN FACTS!



The French horn is considered to be the hardest instrument to play.



People who play the French horn are usually called hornists or horn players.



The French horn was invented in Germany, not France.



Do you want to be a musician? Visit our shop and talk to an expert.



One can simply remove the bell of a French horn to make it easier to transport. The bell also doubles up as a handy funnel or cake stand.



The French horn was commonly used for important announcements. For instance: "Hoorah, the king lives!" or possibly, "Hoorah, the king is dead!"



There are more pipes in a French horn than in a bathroom.



The French horn gathers A LOT of spit. Gross!

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Lightning Pathologist



Hello!

My name is Ryan Blumenthal and I am a specialist forensic pathologist who studies lightning. This involves thinking about climate change and the impact global weather systems have on humans.

What is a Lightning Pathologist?

I study trauma caused by lightning, which is called keraunopathology. This means that I have a very close look at lightning and the injuries it causes. Doing this helps me to create national and international guidelines on how to avoid lightning and how to help lightning strike victims. The most important part of my job is to create awareness about this incredible – but dangerous! – natural weather phenomenon.

What does a typical day look like for you?

My days are all different! Some days, I am performing autopsies on people who died due to unnatural causes. Some days, I am behind my microscope looking for clues. Other days, I teach as an associate professor at the University of Pretoria's Department of Forensic Medicine. I also spend much of my time researching and publishing articles and textbooks. Most exciting of all, last year I was able to share my passion for lightning in a documentary called 'Lightning Pathologist'.

What is the most interesting part of your job?

This field is forever changing! New and improved technology definitely keeps things interesting. I also enjoy lecturing and sharing my knowledge.

What qualifications do you need to do your job?

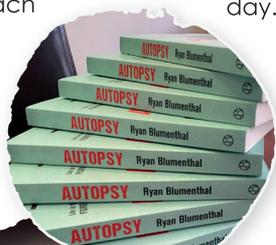
To become a forensic pathologist in South Africa, you need a medical degree MBChB (about seven years of study), then you need to do about four years of community service. Finally, you can specialise, which takes another four years. My PhD took me eight years. So, altogether, I have been studying for about 23 years! And I am still learning every day.



Photo by Walla Films

What are some of the challenges of your job?

Some of the lightning strike cases I see are tragic and heartbreaking. But, I know I have a duty to tell people about the power and danger of lightning!



Ryan's book 'Autopsy'



Photo by Dr N du Plooy

W Ryan's advice

Always question everything. Always. Even the most basic facts!



Matsés village

Words by Andrea Vermaak

Layout by Nikita Abreu



The Matsés village



Andy

Photo by Alicia Fox



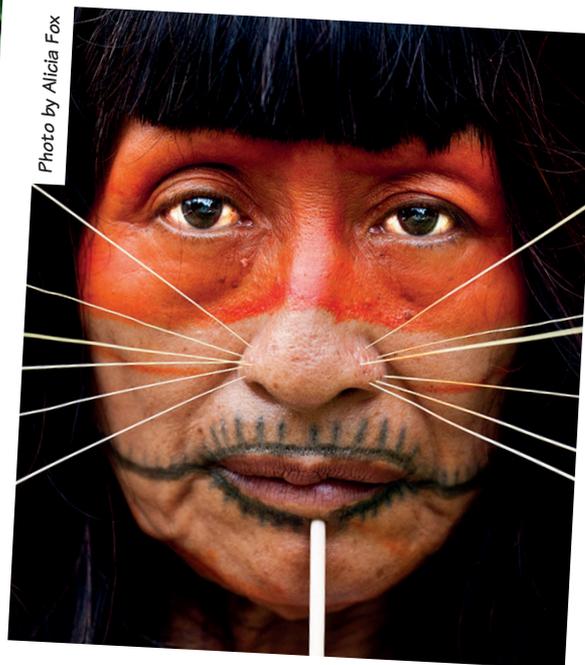
You may remember that I visited Machu Picchu in Peru a few years ago. Not only was the site breath-taking, but so was the surrounding rainforest and its winding rivers.

This time, I decided to delve deeper into the Amazon rainforest to visit one of the Matsés villages along the Javari River and learn more about its people. I met Dunu, who told me about his culture.

Who are the Matsés?

The Matsés are an indigenous people of Peru and Brazil, who live in remote forest settlements between the Javari and Galvez rivers. 'Matsés' means 'people' or 'kinsman' in the Matsés language. They generally consider themselves to belong to the same tribe.

Photo by Alicia Fox



The Matsés are known for their facial tattoos and 'whiskers', which give them the nickname 'jaguar people' or 'cat people'.

A traditional tribal people...

Because the Matsés live in such remote, inaccessible areas of the Amazon, they still live relatively traditional lives. In fact, Matsés are considered to be more traditional than other ethnic groups in the area. They hunt, fish, farm and gather their food from the surrounding rainforest. Matsés also speak their own language, have their own traditional beliefs and rely on traditional medicines.

...with a vanishing culture...

The Matsés established peaceful contact with the Peruvian and Brazilian national cultures only in 1969. This gave them the freedom to live their traditional lifestyle for centuries. Unfortunately, young Matsés are beginning to lose interest in traditional knowledge and pride in their heritage because of outside modern influences. Many are even ashamed of their culture because of discrimination from surrounding Peruvian villages.

...that will prevail!

Despite the Matsés' struggle against modernisation, as well as resource and land grabs, Acaté Amazon Conservation is an organisation that is helping to preserve the Matsés' traditional medicinal knowledge. They have created a learning programme, as well as an encyclopaedia of their indigenous medicine written in the Matsés language. Acaté is also helping the Matsés' close to modern villages to harvest and market natural products sustainably to earn an income instead of leaving their villages to find work.

Photo by Alicia Fox



Matsés Youth.

Photo by Alicia Fox



The Matsés mainly use bows and 2m-long arrows to hunt, and not blowguns like other Amazonian tribes.



The giant monkey frog's poisonous secretions are used in hunting rituals.

Tea Time

Supernova

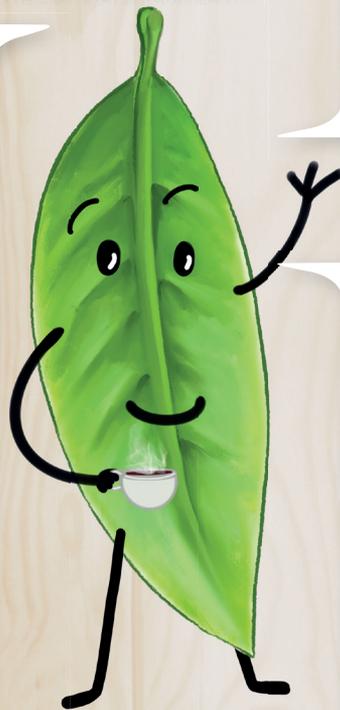
After a long day, I like to cosy up with a cup of tea and the latest copy of Supernova. Today, before I placed my nose firmly in my favourite mag, I had an interesting chat with my tea leaf as she bathed in the hot water of my teacup. Where did she come from and why is she so popular? I simply had to know!

Q: How did you become popular all over the world?

A: We were enjoyed in the Far East for many centuries before we were even heard of in the West. Some of our ancestors are said to have arrived in the Middle East as early as the 9th century. Others arrived in Russia on camel back via the famous Silk Road.

Portuguese traders, missionaries and explorers took a few of us back to Europe from their travels in the last half of the 16th century. It was the Dutch East India Company, though, that first imported us on a commercial scale.

The first shipment of tea arrived in Holland from China in 1606. Tea became so fashionable in the Netherlands that the rest of western Europe wanted to sip us too.



Q: Where did your ancestors come from?

A: It's a bit difficult to trace our family's original roots, but it's likely that our great-great-grandma tea plant, *Camellia sinensis*, originated somewhere around the area of southwest China, Tibet and North India.

There's a cool legend about us. Apparently, in 2737 B.C., Chinese emperor Shen Nung was sitting beneath a tree, while one of his servants boiled water to drink. He didn't know it, but he was sitting beneath our great-great aunt! A few of our leaf cousins got up to mischief, blew down and landed themselves in the hot water!

As the emperor was also a famous herbalist, he decided to try the leaf-infused water... and the hot beverage you call tea was born! The emperor studied our aunt and discovered that my family of leaves is good for you.

Get this!

After water, tea is the most widely consumed drink in the world.

Get this!

Tea is known to be a natural source of fluoride. It helps protect against both tooth decay and gum disease.

?! Get this!

By the mid 18th century, tea had replaced both ale and gin as the most popular drink among the masses.

Q: Did everyone drink tea back then?

A: It may be hard to believe, but those who first arrived in Europe were very expensive. Tea was a luxury that allowed the wealthy a taste of the East in their own homes. It was particularly fashionable among women during – wait for it – tea parties!

Q: I know that I can still buy loose leaf tea, like you, but most tea leaves come in teabags now. When and where were teabags invented?

A: Teabags were invented quite accidentally in about 1908 when Thomas Sullivan, a New York tea merchant, sent samples of tea to his customers in small silken bags. Some thought that they had to put the bag in the teapot like a metal infuser. Sullivan developed gauze sachets when he heard that the silk was too fine for the tea to infuse well. By the 1920s, teabags were being sold all over the USA.

?! Get this!

Silk, paper and muslin teabags are compostable! And, even if your teabag is not compostable, you can empty the bag and dig the tea leaves in around your plants to add nitrogen to the soil.



Q: If tea was so expensive, how did you become popular among the general public?

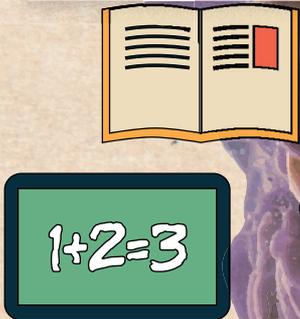
A: Tea was expensive partly because of extremely high taxes on it. To avoid taxation in the UK, criminals started smuggling tea for those who couldn't afford it but wanted to drink it. A small illegal trade blew up into a large network of organised crime by the late 18th century. It's believed that more illegal tea was sold than legal tea! By 1785, the UK government dramatically slashed tax on tea, making legal tea affordable to all. Smuggling stopped in its tracks.

Supernova

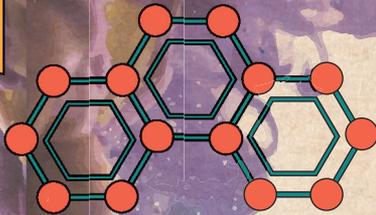
I can't imagine a day without a good ol' cuppa tea! I'll enjoy it even more now that I know its long and interesting history, as well as the fact that I can afford it! I'll be sure to reuse my teabags in the garden too!

The Chatroom

500 years ago there was no electricity, indoor plumbing, cleaning products or household machines to make life easier. Everything was made by hand and took a great deal of time. However, things have changed over the years with the help of machines to bring our ideas to life. As a young and bright inventor yourself, what cool invention you would invent to make life easier today?



ABC



What would you invent?

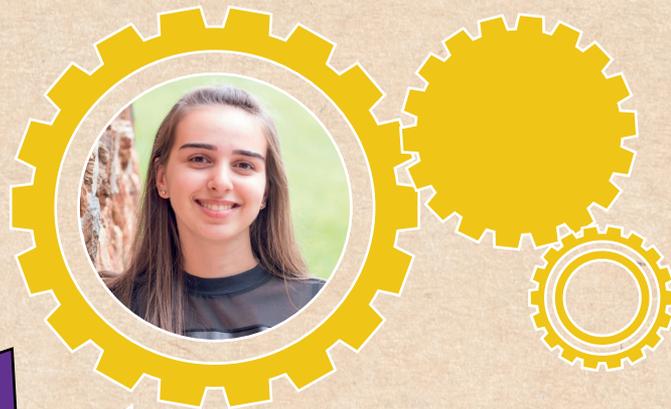
Words by Nikita Abreu



ORATILE (11)

I would invent a little house that I could put on the back of my car. That way, when I get tired on a road trip, I can just sleep there!

SN



CATIANA (19)

I would invent the cure for cancer. Many people are affected by cancer and either suffer from it or know someone who has. In 2020, an estimated 19.3 million new cancer cases were recorded. Finding a cure for cancer would prevent those people from suffering.

SN



KEITUMETSE (15)

I would invent a time machine to go back in time. The reason why I would do this is to use the current knowledge we have to help make life much easier. This can help prevent wars from happening or create medicine to help fight infections and illnesses.

SN ✓

KATE (12)

We have all had moments where we had to repeat what we said to someone because they couldn't hear us with our masks on. I would invent a mask with tiny microphones that makes people's speech louder and clearer to help with this!

SN ✓



TEBELLO (7)

I would invent a device that can automatically unlock doors without an actual key. If you accidentally lock your keys inside the house or car, you can use the device to scan and unlock the door. This can be done from anywhere around the world.

SN ✓

JENNA (13)

I would invent a wall operated by plasma which is connected to an app on your phone. You can use the app to change the wall to a TV screen, a mirror, a clear glass window or display different wallpapers/colours. These walls can be incorporated into buildings to change the way we live in our homes and function at school or work.

SN ✓



MUKONI (15)

As an inventor, I would create something to help disabled, paralyzed and old people cook. The invention would cook the food as requested by the person and I would name it Koni Cooker!

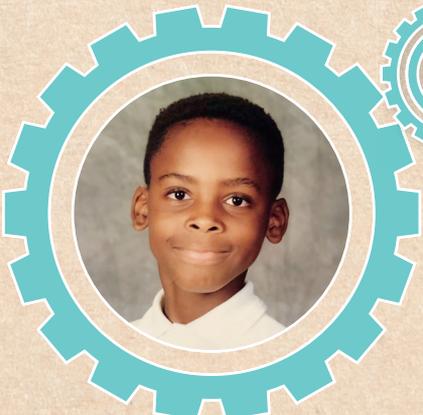
SN ✓



GIFT (10)

I want to invent a new car that uses carbon dioxide as fuel. This car will help global warming and make the world greener.

SN ✓



The Chatroom

Do you want to contribute to the next Chatroom? Follow Supernova magazine on Facebook or subscribe to the SN newsletter and look out for our questionnaires.

You can also **Whatsapp** us on 012 342 5347.

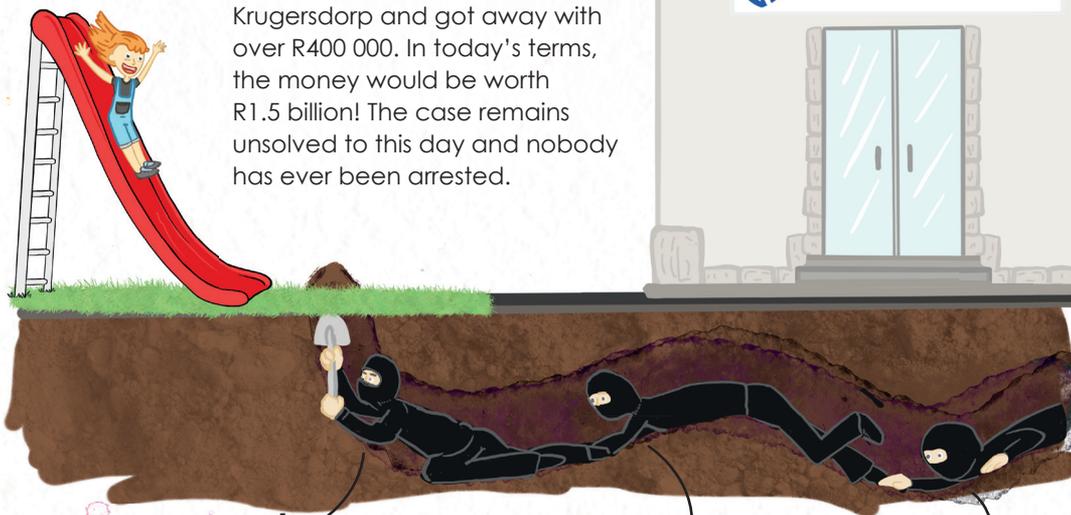
Life, the universe and everything

Words by Su-Mia Hoffmann
Illustrations by Benoit Knox

HUMONGOUS HEI\$T\$

Krugersdorp Bank Robbery

Between 30 April and 1 May 1977, robbers dug a tunnel underneath a Standard Bank in Krugersdorp and got away with over R400 000. In today's terms, the money would be worth R1.5 billion! The case remains unsolved to this day and nobody has ever been arrested.



Some heists are big, some heists are small, and some are humongous! In case you didn't know, a heist is a crime in which valuable things are taken illegally from a place or person.

 Standard Bank

We're nearly there!

I hope that we're at the right place, this time!

This will be a walk in the park!

The Russian Bank Hack

Bank robberies don't need to involve guns and 007-style action. From 2014 to 2016, a ring of Russian computer hackers used malware and phishing to steal roughly £650 million (that's more than R13 billion) from as many as 100 banks in 30 countries. They even programmed ATMs to dispense cash! The hackers are still at large.

The Great Train Robbery

Just after 3 a.m. on 8 August 1963, 15 men stole £2.6 million from a Royal Mail train using only a metal bar as a weapon. Factoring in inflation, today the money they stole would be worth over R100 billion! Most of the money was never recovered.



Qusay's first attempt at robbing the bank.



Young man. I can see that you've copied your dad's signature!

Saddam Hussein's Bank Stick-up

You don't need a team to rob a bank if you're the son of Saddam Hussein. Saddam's son, Qusay, committed the biggest single bank heist ever in 2003, using nothing but a handwritten note from Saddam instructing the bankers to give him all the cash the bank has. It took three trucks to carry the \$1 billion (over R14.4 billion) in \$100 notes. More than one third of the money was never recovered, even after Saddam and his son's death.

Captain. should we stop or just fly off?

Hijack!



The VBS Fraud Case

Cybercrime isn't just for the Russians. By February 2021, 17 people were arrested for allegedly siphoning R2.8 billion from VBS Mutual Bank, a small bank that collapsed in 2018 because of the scandal. This case has been called South Africa's biggest bank robbery.

OR Tambo Airport Robbery

It's not just buildings and vehicles with wheels or rails that get burgled. In 2006, 24 armed men stole R100 million from a plane at OR Tambo International Airport. They used AK-47s to hold up guards and police officers and stole multiple bags of British currency. Later it was discovered that airport staff were in on it. After a six-year trial, only seven suspects were tried and sentenced for their involvement in the plane heist.

... Police have described this as the getaway car.

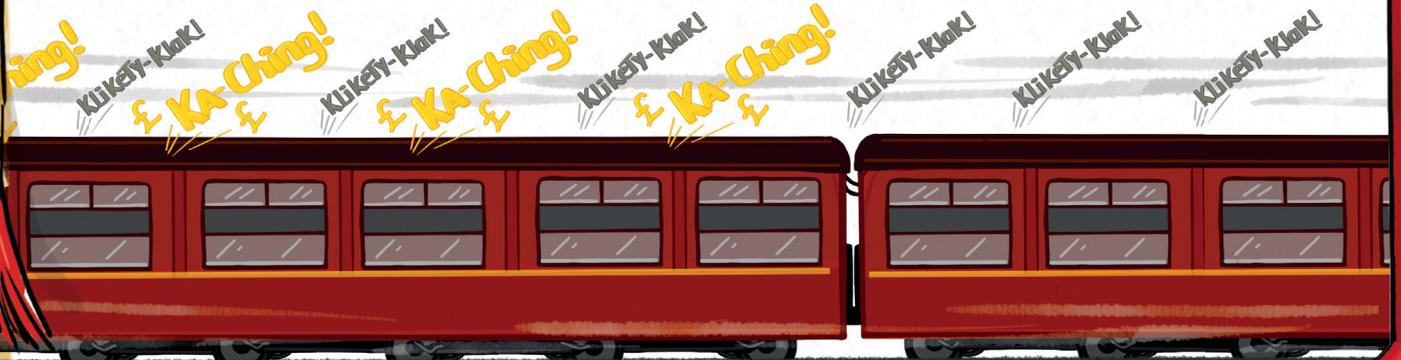
A Jamaican Beach

In July of 2008, 500 truckloads of sand were stolen from the Coral Spring beach in Trelawny. Police still don't know who took it! The theory is that the sand was stolen and sold to rival resorts.



?! Get this!

Studies show that robbers involved in organised crimes like cash-in-transit heists and bank robberies tend to be career criminals. These types of offenders are less likely to be rehabilitated by jailtime and only see time spent in prison as a break in their career.



THE SCIENCE OF AGING

Words and layout by Candice Robertson

Our lifespans used to be relatively short. In the 1850s, you would only have lived to be around 40 years old. Now, humans are expected to live until at least 78 years old, and some are living way beyond that! Scientists are currently searching for a way to extend the years in a human life for even longer and slow down the aging process. Would you want to live forever?

How is it possible?



While scientists haven't yet found a way to make you live forever (although they might soon!), they have discovered a way to slow down or reverse the aging process. This is done using medication called senolytics, which removes certain cells that build up as we get older. Normally, these cells (called senescent cells) stop repairing and create a toxic environment for other cells around them, which end up making us frail in our old age.

Why would you do it?



If scientists can slow down aging, then people will be stronger and less likely to develop illnesses. Many researchers debate that reverse aging technology can have a positive effect on human longevity and health. The longer a human can live in a healthy state, the happier and more productive they will be. This is better for society too, because pressure on the country's economy and health service is lifted. Reverse aging technology could also improve healthspan – the period of our life that we are healthy.

?! Get This!

The *Turritopsis dohrnii* is known as the immortal jellyfish. It can reverse its life cycle through trans-differentiation. This means that an adult jellyfish can convert all of its cells and change back into a baby jellyfish!



Photo by Dean Bradshaw

When can we start?



Science has already made it possible to extend the lifespan of yeast, worms, rats, mice, and monkeys. In 2020, Adam Piore from MIT Technology announced that the first wave in a new class of anti-aging medication began human testing. This means that scientists are getting closer to discovering how to slow down the aging process in humans. However, it will probably still be a long while before it becomes available for people to start using.

?! Get This!

The oldest person ever was **Jeanne Calment**, who lived to the age of 122 years and 164 days.



?! Get This!

Some researchers predict that some children born in 2007 will live to 104 years old!

There are many effects to anti-aging that should be carefully considered before you decide if you want to live forever. One possible issue around people living longer is that it would add to the effects of over-population, which is an increasing concern in the 21st century. Since people are living longer, they are also spending longer in retirement. Living longer means that you will need to save more money or work for more years. This could also really change our perceptions of time and our life milestones.

What are the effects?



Natural ways to help you live longer

While we wait for the scientists to give us actual solutions to aging, here are some basic steps you can use in your daily life to reverse ageing and improve your health!

Take care of your organs

Avoid drinking and smoking.



Take your vitamins

Having a strong immune system means that your body is better prepared to fight off illnesses. Make sure you get enough Vitamin D, Magnesium, Calcium, Zinc, and Iron.



Eat a balanced and nutritious diet

A balanced diet gives your body all of the nutrients it needs to work at its best. Without these healthy nutrients, you are more likely to get diseases, infections, perform badly and feel tired.



Maintain an active social lifestyle

Staying active and being social with friends and family stimulates your brain. It is also really important for your emotional well-being, as well as your confidence and self-esteem.



Exercise

Exercise and strength training keep your muscles from getting weaker over time. Exercise also gets blood pumping to your heart, which is more and more important as you get older.



Sleep at least 8 hours per night

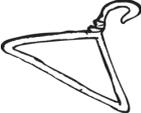
Just like food, water and oxygen, sleep plays a vital role in the existence of life. If you don't get enough sleep, you can develop heart problems, obesity and reduced brain function!

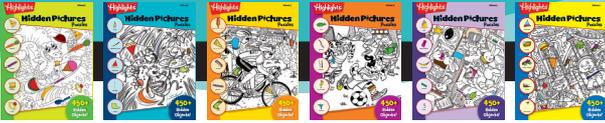


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Photo by Luis Morfi



Comedy Wildlife Photography Awards

The Comedy Wildlife Photography Awards is a global, online and free-to-enter photography competition. The competition celebrates the hilarious antics of animals in the wild and catches them in some really comical positions! The main aim of the competition is to promote wildlife conservation in an engaging and positive way. They do this with the help of the The Born Free Foundation, which is their main competition partner. Here are some of our favourite mischief-makers from the 2020 finalists.



Photo by Jagdeep Rajput



'I've got you this time!'

Photo by Olin Rogers

The Comedy Wildlife Photography Awards features various category winners. These include People's Choice, Animals on Land, Creatures of the Air, Internet Portfolio, Junior and Video. This image belongs to the Think Tank Photo Junior Category Winner, Olin Rogers.

Entries for this year's competition close on the 30th of June 2021, so make sure to check them out!





The BIG Picture

Photo by Ayala Fishaimer



Photo by Arthur Telle Thiemann



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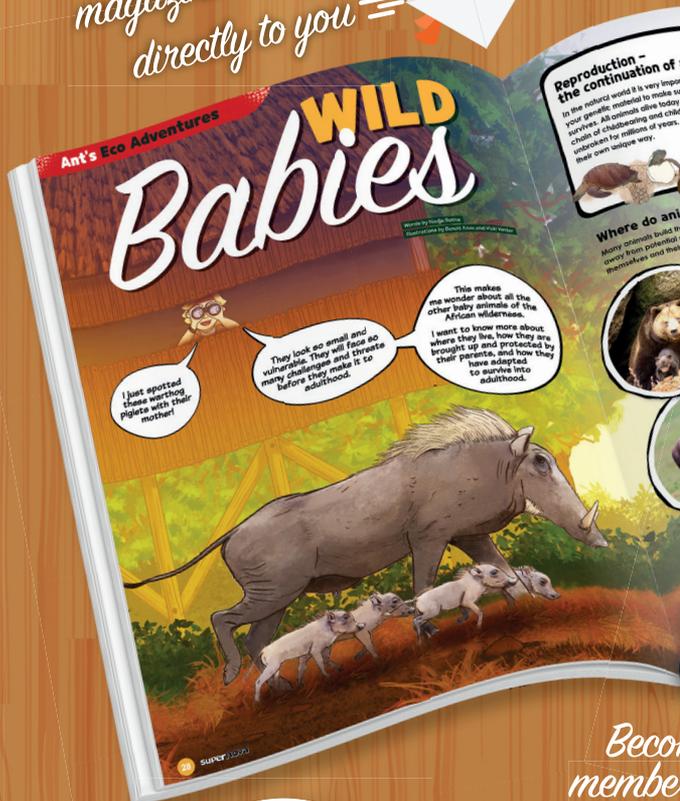
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DASHING DASSIES

Rocky hyrax / Klip dassie
(*Procavia capensis*)

Oh, Hello
Dassies!

What a pleasant
surprise.

It always
amazes me when
I come across
a troupe of fat
dassies lazing
around in
the sun.

But when they
are alarmed, they can
dash off as fast as
a bullet and perform
incredible acrobatic
moves.

Let's find out
more about
these dashing
little creatures.



Photo: sandraf

The dassie is also called a hyrax or rock rabbit. It's a small furry mammal that looks like a robust, oversized guinea pig, or a rabbit with rounded ears and no tail!

Habitat

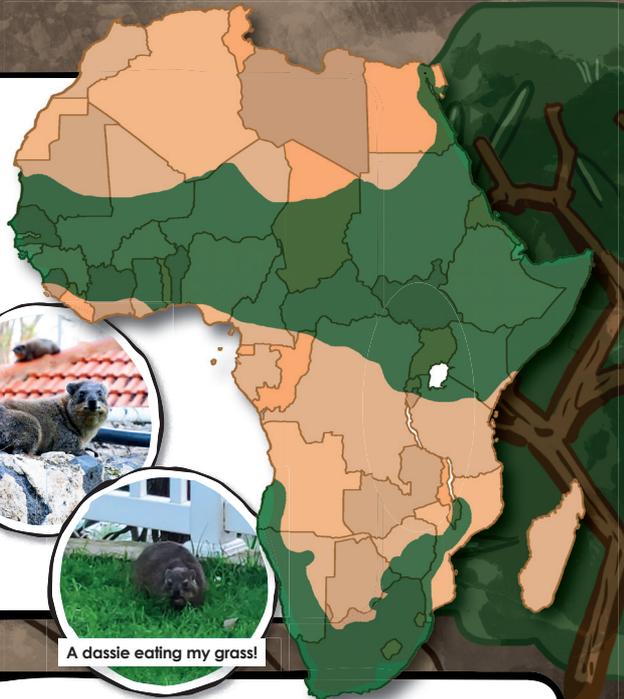
Dassies occur throughout most of Africa, except the Congo basin and Madagascar. You can find them throughout South Africa, where they prefer to live on rocky outcrops, mountain ranges, cliffs and stony hills, all with a covering of trees and bushes.

Dassies are also admirably adapted to suburban gardens along ridges and rocky outcrops. They even inhabit road stormwater drains. They are known to occur in various Botanical Gardens through the country.

Dassies find shelter in-between rocks and never move away from vegetation or rock cover. They do not burrow but will happily move into abandoned burrows of other species, such as aardvarks and meerkats.



A dassie eating my grass!



Habits

Dassies live in colonies of about 4 – 80. The size of the colony depends on how much food and water is available in the area. Dassies are mainly diurnal, which means they prefer to forage for food in the early morning and late afternoon. They also move around during moonlit nights. They are very good climbers and they can use their feet to reach or hold twigs to feed.

A colony typically consists of a territorial male with several females and their offspring. However, it can also consist of multiple families.

Adults spend most of their time resting. When resting in their dens, they 'heap' and lie on top of one another.

Dassies are usually peaceful animals, but will growl and show their teeth when they are aggressive. The black hair on their back also bristles and stands up. When threatened, they may growl or grind their molars. Dassies also 'sing' to each other!



Photo: Sandra Falanga

What does a dassie Eat?

Forget about breakfast, lunch and supper! Dassies eat twice a day for about twenty minutes at a time. Brunch is about three hours after sunrise and 'lupper' (that is lunch and supper) is about two hours before sunset. They eat a wide range of plants, and are considered both browsers and grazers.

Dassies eat very quickly and have a low metabolic rate. By eating large amounts of food quickly, and then spending the rest of the day resting, they can survive on a nutrient-poor diet that would not be sufficient for a more active mammal of similar size.

They do not require much water and get most of the water they need from the vegetation in their diet or from pools in rocks.



Photo: stonehillsnature.blogspot.com

DASSIE ADAPTATIONS

?! Get this!

Although dassies look like rodents they are more closely related to the elephant and the dugong!



Males weigh about 4kg and are slightly larger than females (about 3.6kg). Males have blunter features and thinner bodies, with thicker necks than females

Their fur is grey-brown with yellow or red tinge and fine black speckles

Patch of black hair on the back, which in other species is white or yellow

Adult dassies have a dorsal gland on their back covered by long black hairs. This gland secretes a smell that they use to mark rocks

Dassie-loo

Dassies have latrines, which are fixed holes in the ground where they tend to leave their droppings and urine.



?! Get this!

Hyraceum (the fossilised urine and faeces of dassies) build up over years as the colony uses the same latrine. The hard black substance is dissolved in alcohol and used in expensive perfumes.

They have short feet, with rubbery pads that have many sweat glands underneath. The sweat glands are important for heat loss, but also provide traction on the rock surfaces!

Dassies bite off vegetation with the sides of their mouths, using their molars. Most mammals, including humans, would use their front teeth which are called incisors. Dassies have two upper incisors and four lower incisors. The upper incisors look like a short tusk-like tooth.



The shape of this canine in cross-section is sexually dimorphic, meaning it can be used to distinguish males and females. Males have a triangular cross-section and females are more rounded in shape. The 'tusks' of males are larger and sharper than those of females.



If not for the small, rounded ears, you would think it is a rabbit

Hair around the mouth, behind the ears, above the eyes and on the underparts are lighter coloured.

Dassie babies

Dassies are *polygynous*, which means A territorial male can have several females. The babies are miniature versions of the adult. They are born fully haired with their eyes open. Although they suckle milk from their mothers, they can move around and eat vegetation soon after birth.



The forefeet have four toes, while the hindfeet have three toes. All of the toes have rounded nails resembling hooves, except the inside rear toe, which has a claw that is used for grooming.

As lazy as a sunbathing dassie

The body temperature of a dassie changes a lot and they are not adapted to extreme temperatures. They behave much like reptiles and won't leave their den unless the weather is warm. In the mornings, they usually bask in the sun for some time before starting to feed. When cold, they huddle together to keep each other warm.

They may look lazy as they sit motionless on rocks, staring directly into the sun, but, this is an important survival adaptation! They have a special membrane (*umbraculum*) that shades the pupil of the eye. Birds of prey often attack directly out of the sun and dassies are prepared!



?! Get this!

The Hebrew word for *Procavia capensis*, is "Shaphan", meaning "the hidden one."

Enemies

Typical dassie enemies include the brown hyena, leopard, lion, caracal, python, African hawk eagle, martial eagle and the black eagle. Humans also hunt dassies for food, and use their tough skins to make a kaross (a blanket or rug made from animal skins that are sewn together).

Dassies also face another growing enemy – habit loss and habitat fragmentation. As human populations are growing, people are expanding roads, settlements, and agriculture. These activities move into wildlife's living spaces. A smaller habitat makes it more difficult for hyraxes to find mates, food, and shelter.



Like all animals, dassies form a very important part of their ecosystem.



Next time you see one, remember to say, "Hello Dassie"...



As humans, we often share their territory and it's our responsibility to look after it so that they can continue to thrive.

...and enjoy observing it with all the new information you just learned.



Make your own

ORIGAMI Dassie

What you need:

- Scissors
- Piece of square paper
- Markers/colouring pencils

!! Warning!

Ask an adult if you need help using the scissors.

?! Pro Tip!

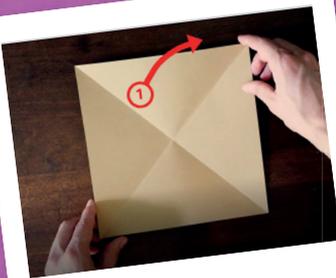
Transform an A4 paper into a square by folding the top right corner towards the lower left side to form a right-angled triangle. Cut off the remaining paper to make it a square!

Now that you've learnt all about dassies, why not make a cute origami dassie to decorate your desk or bedside table?

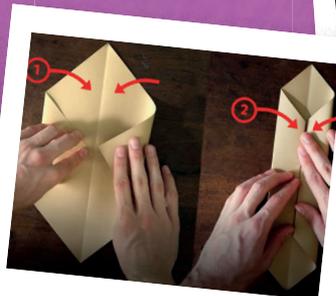
All you need is a piece of paper and your own creativity!

Video

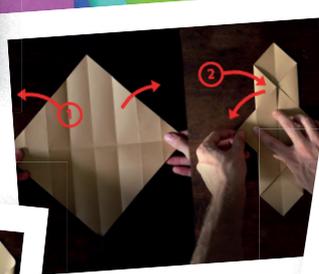
Use our video tutorial to follow along and fold your dassie: supernovamagazine.co.za/sn-online



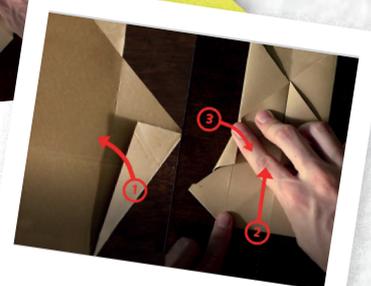
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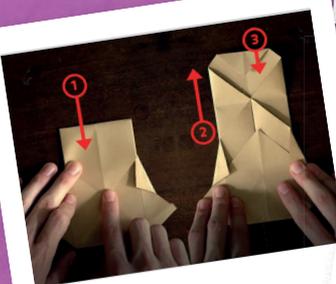
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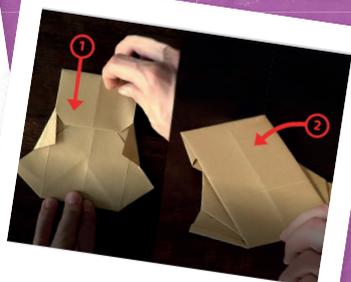
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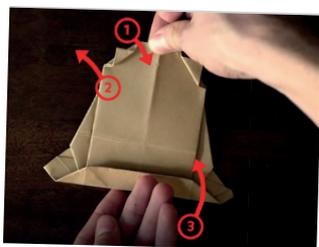
Step 4.



Step 5.



Step 6.



Step 7.



The genius
of

Leonardo da Vinci

Have you ever seen the magnificent Mona Lisa or inspiring Last Supper painting? Then you might have heard of Leonardo da Vinci. Da Vinci lived from 1452 -1519, during the Renaissance period. He was an Italian painter, draftsman, sculptor, architect, and engineer whose skill and intelligence changed the world in phenomenal ways.

His notebooks were full of scientific investigations and mechanical inventions that were centuries ahead of their time. And today, more than 500 years later, we can still see how his ideas play a part in modern inventions.

Da Vinci – A Master of Failure and Success

Da Vinci was also passionately curious about everything – he wanted to know the reason behind the things he saw, so he studied nature and people to see how they worked. This meant that he had tonnes of ideas running around in his head.

Leonardo da Vinci excelled at whatever he put his mind to. What seems to have let him down, was himself. He spent extraordinary amounts of time trying to get something just right that he was unable to finish most of his works, which annoyed investors. No investors meant no money to do the things he wanted to do.



A man ahead of the times

His 'futuristic' designs, whether they were successful or a failure, have inspired many modern technological advancements.

The concept of failure is something he really understood, especially when one considers how many inventions he came up with, and how disheartening it was when they didn't all work. Did that stop him? Absolutely not!



Breathing underwater

While working in 'The Floating City' of Venice, he designed (in great detail) a diving suit that would allow a person to breathe while underwater. The idea was that it would be used by soldiers who could sabotage invading Turkish ships by cutting holes into the hulls. The soldiers thought it was absurd. It was never developed because the Turkish ships were driven away by the Venician army. A version of the suit made by Jacquie Cozens in 2003 worked in shallow waters, but would it have withstood the pressures of deeper waters? Da Vinci's design inspired many other inventors until Jacques-Yves Cousteau and Emile Gagnan invented the Aqua-Lung in 1943 – the system we still use today.



Learning to fly

Da Vinci created multiple designs that attempted to recreate flight. He performed many studies to learn how birds fly. The Aerial Screw (a type of helicopter) was probably inspired by Archimedes' Screw, as well as 'flying' Maple seeds. However, it did not have enough lift to get off the ground because its body went in the opposite direction of the rotor. The Ornithopter was based on the movement of bat and bird wings, but would not have been able to get off the ground. His version of a glider, however, was proved to work.



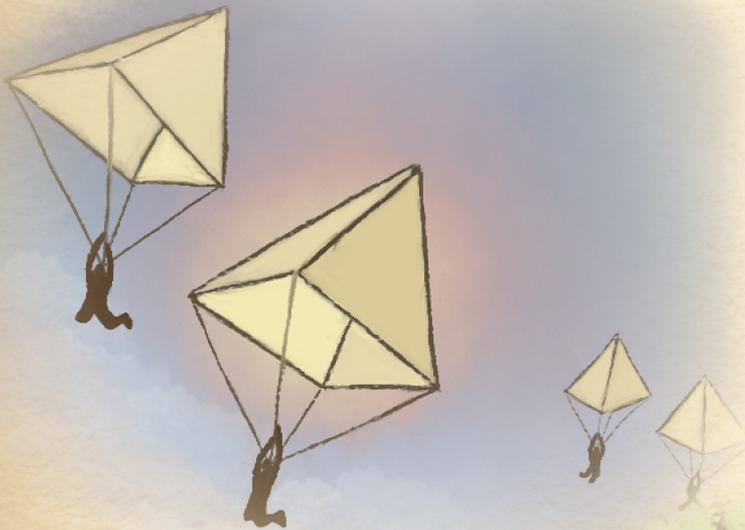
Tortoise division move out!

His tank, inspired by the tortoise, was able to withstand most types of attacks (of that time) and would get through enemy forces to their base. It had slits where weapons could be fired from and was moved by hand cranked wheels. It seems that it was used more to intimidate the enemy than as an actual weapon, because it was unable to move forward due to a design flaw.



Falling from the sky

Parachutes today look very different. Da Vinci's design was a seven-metre-long pyramid that weighed nearly 90kgs! They were unable to test it because they could not find a building high enough to jump from. But, in 2000, Adrian Nicholas tested it at 3000 metres and it worked! He even said that it was smoother sailing than the modern ones.



Arise Robot Knight

Robots seem like a recent invention, right? Wrong! Da Vinci created a basic robot using pulleys and cables inside a suit of armour. It was recreated in 2002 by Mark Rosheim, who used it as inspiration for robots for NASA.



Pick-up sticks bridge

This bridge was designed to be put up quickly without using screws or tools and would stay in place on its own! Then once everyone was across, it could be dismantled and moved. No record remains of its use, but it makes a workable science project!

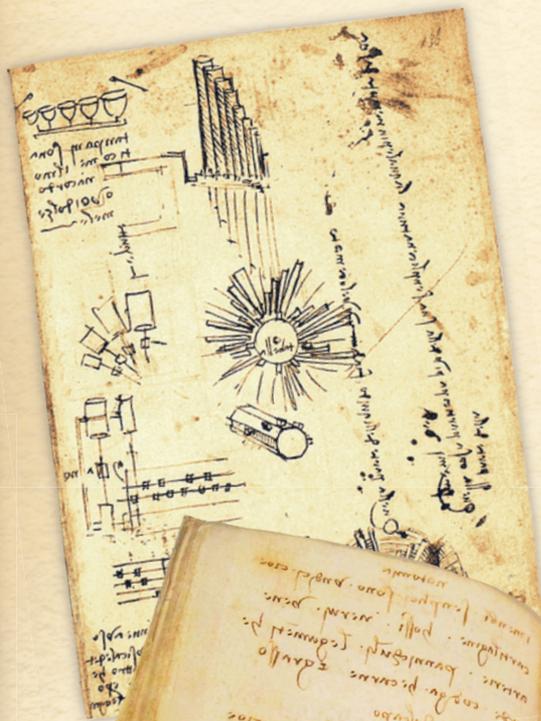


"People of accomplishment rarely sit back and let things happen to them, they go out and happen to things."

Putting flaws into his work on purpose

Da Vinci wrote his notes backwards, and you had to use a mirror to read them! Many people think he did this to prevent others from stealing his ideas and claiming them as his own. There is also a theory that says that he purposely included flaws in his diagrams and drawings. Da Vinci was said to be a pacifist, so some believe that he did this so that his inventions could not be made and used for the terrible purpose of war.

There is another possibility... what if he knew that people at the time weren't ready for what his inventions represented?

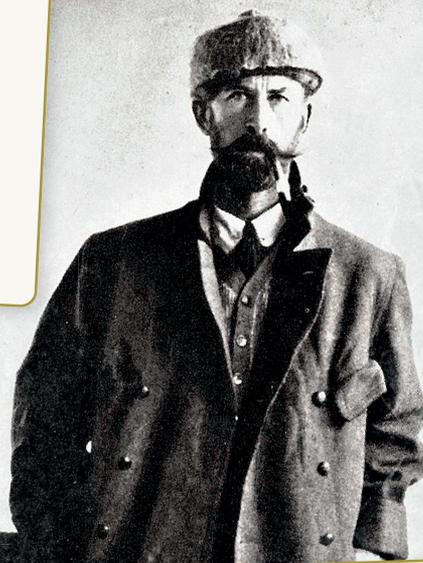


THE TALES OF - DARING - EXPLORERS

Our history books often tell us all about how our world was discovered piece by piece over thousands of years. They give us important facts, dates, landmarks and figures to remember. But there is so much more to the exciting history of our world. And the stories of the explorers who discovered it (or not quite) may just be the most exciting part of all!

Colonel Percy Fawcett

Percy Fawcett was a British geographer who became famous for his numerous mapmaking expeditions into the wild and tangled Amazon jungle. He is now known as one of Britain's greatest explorers, but is most famous for becoming the first to search for the Lost City of Z. Percy came up with a theory that an advanced and ancient city lay hidden in the Amazon, and he became obsessed with finding it. He believed that the City of Z was a modern day El Dorado, filled with the ruins and hidden history of a complex civilisation.



*None of them
ever returned!*

?! Get this!



Percy Fawcett's compass was discovered at the Bakairi Indian's camp by the Royal Geographic Society. It was then delivered to Percy's wife, Nina.

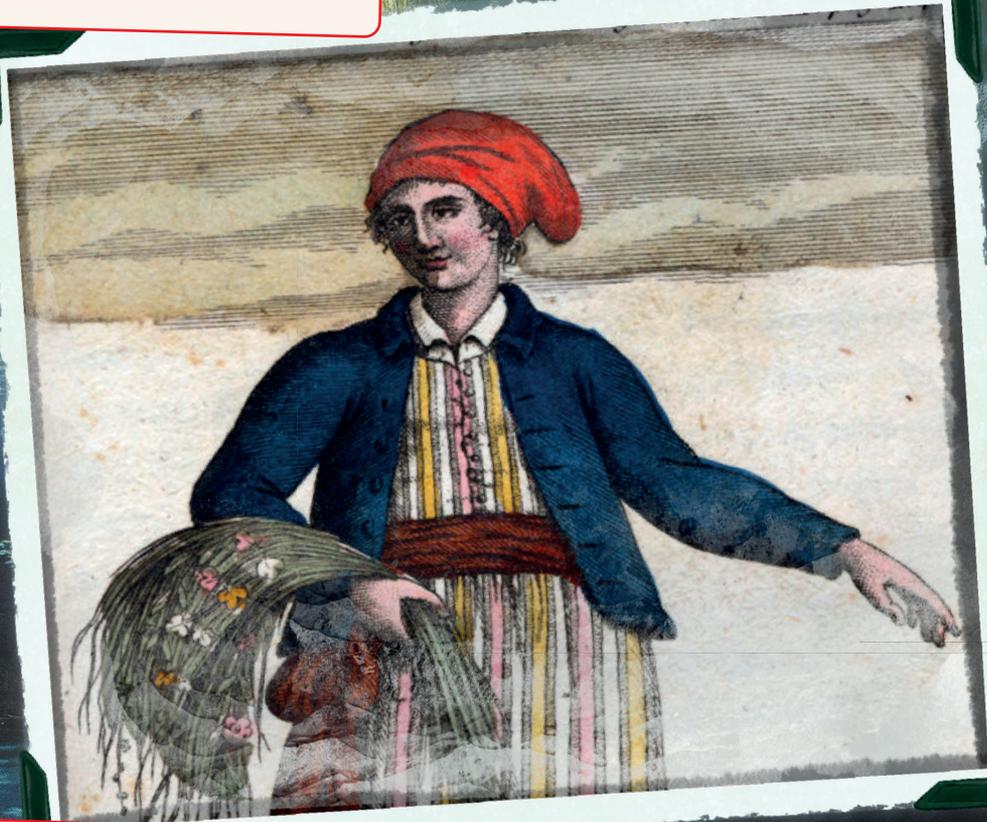
Percy travelled into the Amazon many times to try and find the hidden city. Often, he was forced to abandon his expeditions because of bad weather, fever, exhaustion, and lack of funding. Many people warned him that he was on a fool's errand, but he remained convinced that the City of Z was lurking somewhere in the unexplored Mato Grosso region of Brazil. In 1925, after 18 years of searching, Percy set out on his seventh expedition into the Amazon, accompanied by his son, Jack, and his friend Raleigh Rimell. None of them ever returned. Sometime later, another city called Kuhikugu was discovered, which some researchers speculate may have been the lost city that Percy had been searching for.

Jeanne Baret

Jeanne Baret was a French botanist and explorer who unknowingly became the first woman to sail around the world! In 1766, she accompanied her employer, Dr Philibert Commerson, on a botany expedition in search of some new plant species. However, there was a rule at that time that women were not allowed on ships. So, in order to join the expedition, Jeanne disguised herself as a man and joined the crew.

?! Get this!

Jeanne and Philibert discovered a beautiful flowering vine during their expeditions in Montevideo and Rio de Janeiro. They named it 'Bougainvillea', after their captain, Louis-Antoine de Bougainville.



During the expedition, Jeanne and Philibert collected many new botanical specimens from the hundreds of exciting places they visited. They shared a cabin together and came up with many excuses to hide her true identity. Eventually, the crew and captain discovered Jeanne's secret and forced her and Philibert to leave the ship when they docked in Mauritius. They lived there for a few years and Jeanne continued collecting plants – she found about 6000 specimens! When Philibert died, she married a soldier and moved back to France. A decade after she returned home, Jeanne began receiving money from the French government every year. After everything that had happened, they wanted to acknowledge the great feat she had accomplished as the first woman to complete a circumnavigation of the globe.

They discovered
Jeanne's secret
and forced her
to leave the ship



Sir Walter Raleigh

Sir Walter Raleigh was an English courtier, soldier, mariner and historian, who became one of the most famous explorers of Queen Elizabeth I's reign. His courage and good looks made him a favourite of the Queen, and she rewarded him handsomely. Walter wanted to remain in the Queen's good books, and when he learned of a legendary city during his travels to Guiana (now Venezuela), he made it his mission to discover El Dorado – the city of gold – and bring a number of untold riches back to England.



?! Get this!

During his long years in prison, Walter Raleigh wrote poetry and studied chemistry and history. He had access to 500 books in the Tower of London's library and wrote his own book called "History of the World".

Walter was convicted of plotting to overthrow the King! 

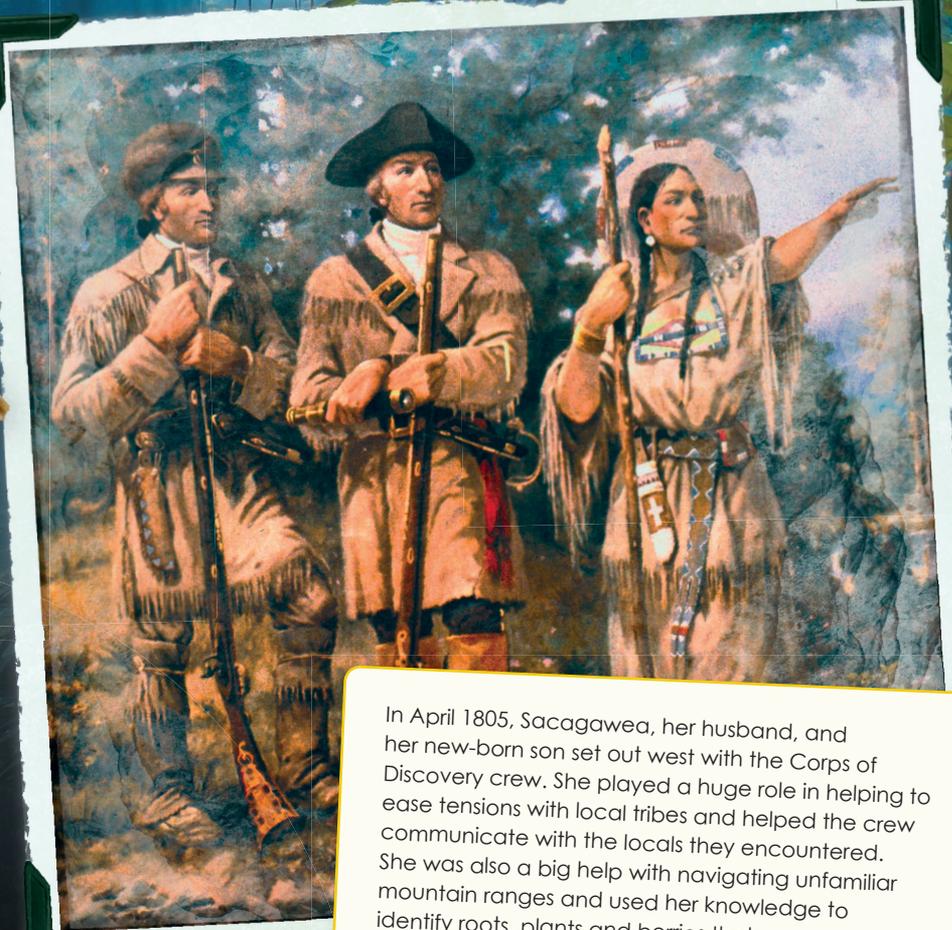
However, Walter had a reckless nature, and this made him unpopular in the court. When James I took over from the Queen, Walter was convicted of plotting to overthrow the King! He became a prisoner of the Tower of London for over 12 years and was sentenced to death. In desperation, he managed to strike a deal with the King and promised to return the treasures of El Dorado to the royal family in exchange for his freedom. In 1616, Walter set out on his expedition into the treacherous Amazon jungle. While there, his men attacked a Spanish settlement and his own son was killed. The injured crew were forced to return to England empty-handed. King James was furious that Walter had failed to return with gold and that he had disturbed England's peace with the Spanish. The King reinstated Walter's death penalty and he was executed on 29 October 1618.

Sacagawea

Sacagawea is a legendary historical figure of the American West. Surrounded by the Rocky Mountains and Salmon River, she was born in 1788 as a member of the Shoshone tribe. When she was 12 years old, she was kidnapped by a rival tribe and sold to a French-Canadian fur trader, Toussaint Charbonneau, to be his wife. A year later, they were living in the Hidatsa-Mandan villages, and Sacagawea was pregnant with her first child. Soon after, an expedition arrived in their village with explorers Meriwether Lewis and William Clark. They had been instructed by the President to learn more about the Native American tribes and map out the natural landscape. Sacagawea's husband was enlisted to help guide Lewis and Clark, and she accompanied the expedition as an interpreter.

?! Get this!

After crossing the Continental Divide at Lemhi Pass, the expedition came across the Lemhi Shoshone tribe. Sacagawea was surprised to find the tribe's leader as her brother, Chief Cameahwait. They had an emotional reunion, as they had not seen each other since her kidnapping 5 years earlier.



She survived illness, flash floods, temperature extremes, food shortages, mosquito swarms and more

In April 1805, Sacagawea, her husband, and her new-born son set out west with the Corps of Discovery crew. She played a huge role in helping to ease tensions with local tribes and helped the crew communicate with the locals they encountered. She was also a big help with navigating unfamiliar mountain ranges and used her knowledge to identify roots, plants and berries that were edible or medicinal. Over the two year expedition, she survived illness, flash floods, temperature extremes, food shortages, mosquito swarms and more. When they arrived home to the Hidatsa settlement, her husband received 320 acres of land and \$500 for his assistance in the expedition, while Sacagawea received nothing.

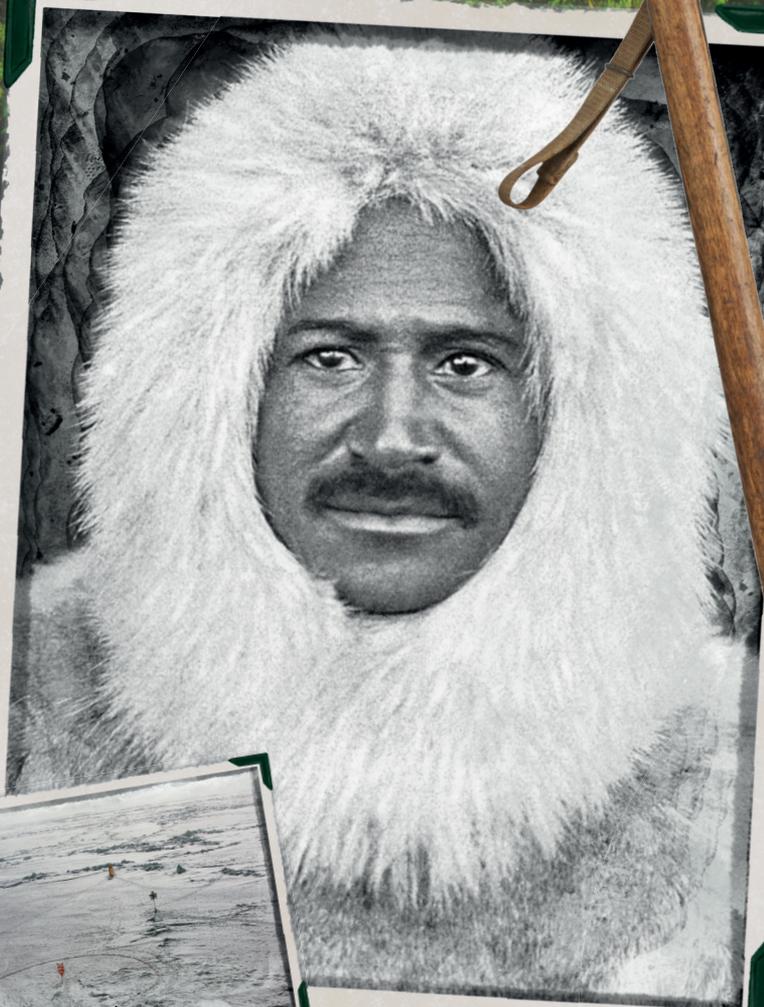
Matthew Henson

Matthew Henson was an African American explorer and one of the very first people to ever reach the North Pole! When he was just 13 years old, he joined a ship crew as a cabin boy and began travelling the world. During his travels, he learned how to read and write, and became an expert dog sledder, hunter, craftsman and navigator. Matthew met well-known explorer Robert Peary in 1887, after which they began travelling together.

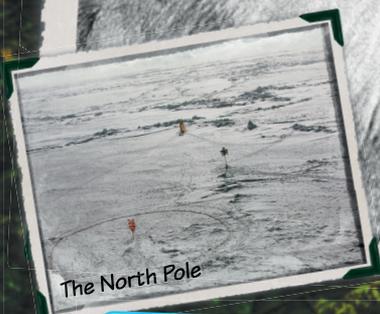


Get this!

Matthew was fluent in Inuit.



When he was just 13 years old, he joined a ship crew as a cabin boy and began travelling the world



The two explorers made several failed attempts before they finally reached the North Pole in 1909. Although they were together on the expedition, it is believed that Matthew and two Inuit guides arrived at the North Pole 45 minutes before Robert Peary. However, Robert was credited with the discovery by the National Geographic Society and received the first-ever Hubbard medal – National Geographic's highest honour. Matthew Henson's contributions were only acknowledged by the scientific community a century later, when he also received a Hubbard Medal.

Xu Fu

Sometime around 220 BC, Xu Fu was the court sorcerer to the first emperor of China, Qin Shi Huang. The emperor was obsessed with immortality, and sent Xu Fu on a mission to sail east and find the elixir of life from the legendary sage called Anqi Sheng. Anqi Sheng was said to be more than 1000 years old and lived in the Penglai mountains, which is where Xu Fu began his expedition in 219 BC. He searched for several years before he returned to China empty-handed. When the Emperor questioned him, Xu Fu claimed that his way to the mountain had been blocked by a giant fish.

His way to the mountain had been blocked by a giant fish

?! Get this!

Emperor Qin Shi Huang died prematurely when he took mercury pills that he believed would make him live longer.

Qin Shi Huang sent him out again with 60 archers, 3000 men and 2000 women to help him. They set sail in 210 BC, but were never seen again. Many speculate that Xu Fu knew that returning empty-handed again would cost him his life, so he landed on a foreign island instead and made himself a king (probably with the help of the archers Qin Shi Huang gave him). Some of the Japanese believe that Xu Fu landed in Japan, with Mt Fuji being the Penglai mountain. One Japanese legend also tells of how Xu Fu introduced agriculture and medicinal plants to Japan, and celebrates him as the god of farming and medicine.

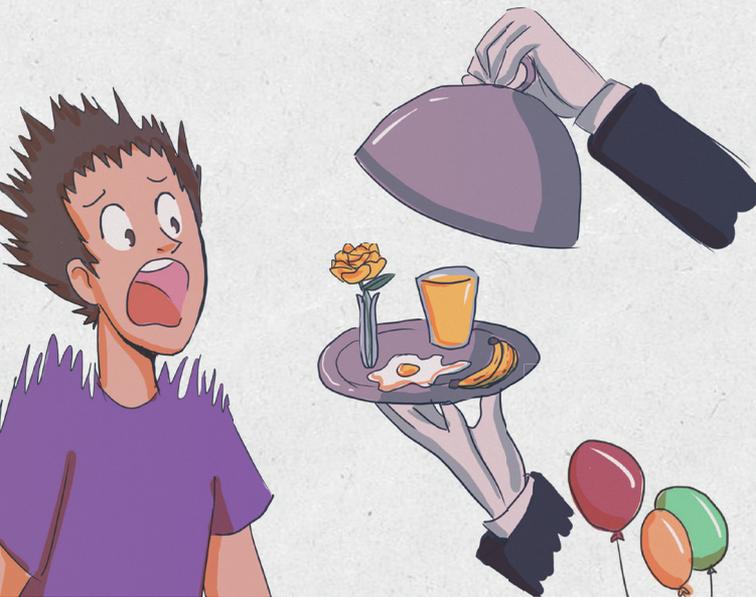
Throughout history, there have always been people who wondered what was beyond the next mountain, ocean, river or even planet. If you're one of those people, then maybe you'll be one to blaze a trail to new places, discover something spectacular, or be the first in the world to do something we don't even know about yet!

Written by Su-Mia Hoffmann
Art by Alexandra Botha-Green

FREAKY PHOBIAS

Irrational but real

A phobia is an irrational, but very real and severe fear of something. Phobias are a common mental disorder. While some phobias, like claustrophobia (fear of enclosed spaces) and trypanophobia (fear of needles) are widespread, others are rare and, quite honestly, simply weird.

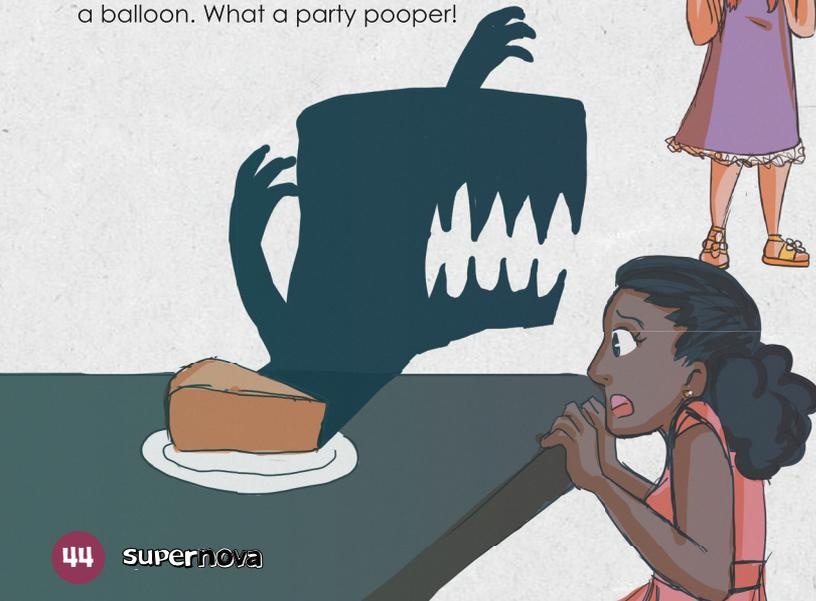


Xanthophobia: Fear of the colour yellow

People with this phobia have a fear of the colour or even the word yellow. Imagine how terrifying a big yellow school bus must be!

Globophobia: Fear of balloons

Someone with **globophobia** is terrified of a balloon popping. For this reason, they will avoid touching or even being anywhere near a balloon. What a party pooper!



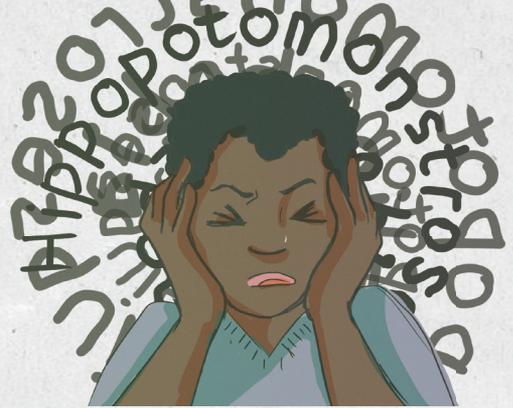
Turophobia: Fear of cheese

Speaking of yellow things, some people are terrified of cheese. Just touching or smelling the stuff can lead to panic. Gouda you think of anything worse?

Hippopotomonstrosesquippedaliophobia:

Fear of long words

This just seems mean. The name for this phobia is one of the longest words in the dictionary. Another name for this phobia is sesquipedalophobia, which isn't much better. The thought or sight of long words terrifies someone with **hippopotomonstrosesquippedaliophobia**.



Nomophobia: Fear of being without a phone

This fear is becoming more and more common in our modern society. When you have **nomophobia**, the thought of "no more phone" or being out of mobile phone contact is debilitating. How long can you go without your phone?

Arachibutyrophobia:

Fear of peanut butter sticking to the roof of the mouth

The odds of choking on peanut butter because it stuck to the roof of your mouth is extremely low. But when you have **arachibutyrophobia** you live in constant fear of it happening. No PB&J for you!



Omphalophobia:

Fear of belly buttons

Omphalophobia is not limited to the fear of other people's navels. Some people have it so bad that they won't even touch their own stomach for fear of coming close to their belly button. Nightmares about things getting stuck in their belly buttons are also common. Better put away that bikini and think of a new way to shower!



Bonus: Fake Phobia ("fauxbia")

Anatidaephobia: "The fear that somewhere, somehow, a duck is watching you."

The comic artist Gary Larson came up with this phobia in his 'Far Side' comic. The internet has made this "fauxbia" so popular that it is often portrayed as fact rather than fiction. Larson was making the point with his comic that anything can become something to fear. What's that behind you?



Didaskaleinophobia: Fear of going to school

I'm sure after a long holiday we've all had a moment where we dread going back to school. But when you have **didaskaleinophobia** the fear is so intense it disrupts your life! Luckily this fear, like any other, can be treated with therapy or even hypnosis.

School Yard games

Words by Candice Robertson
Illustrations by Madelein Myburgh
Layout by Jessica Terblanche

We all love playing games (and winning!), whether it be at your own house or on the playground at school. Over the years, we've all played some interesting games that have been around for generations. You might even have played games that your mom and dad played when they were younger. Here are some awesome classic schoolyard games to keep you entertained with endless rounds of fun!

Hand Tennis

Forget the racquets and the net... play tennis using only your hands! The goal here is to stay in the highest position, known as the "King", as long as possible!

How to play:

1. Draw a block containing four squares on the ground.
2. Bounce the ball in your block and pass it to the next player/block using only your hands.
3. Hit the ball fast or in challenging ways to try and eliminate other players.
4. Once a player has been eliminated, everyone moves up in position and a new player can join the game.

Rules:

1. No holding or catching the ball.
2. If the ball goes out of bounds or hits the line, you're out!
3. Don't hit the ball before it bounces in your own block.
4. The ball shouldn't bounce more than once in your own block.

What you need:

- Chalk
- Tennis ball
- 4 players

?! Get This!

Before tennis racquets were invented, people played hand tennis! In the 12th century, people suffered from swollen and red hands in a game called "jeu de paume" meaning "game of the palm." It was not until the 16th century that racquets were used.



Hopscotch

This is one you've heard of, for sure. There are many different ways to play, but only one goal: to jump through the shapes in the right order. Make your hopscotch course as simple or complicated as you like, just don't step on a line!

How to play:

1. Draw your hopscotch court.
2. To start your turn, you must toss a small object into one of the blocks. It can't touch any of the lines!
3. Hop down the hopscotch court and skip over the block with the object.
4. When you get to the end of the court, you must turn around and come back. Collect the object along the way.

Rules:

1. Use one foot in single squares.
2. Use two feet in side-by-side squares.
3. When you lose your balance or step outside the line, go back to the start.

What you need:

- Chalk
- Any small object like a beanbag, stone or bottle cap
- A large flat area



?! Get This!

The original hopscotch courts were over 100 feet long! They were used for training exercises for Roman soldiers. The soldiers would run through the court in full armour to improve their footwork.

Rules:

1. You may only take one step per move
2. You can try to get any player out – it does not need to be the person next to you.

Ultimate Ninja

If you like being the last one standing, Ultimate Ninja is the game for you! Ninja is about removing the other players from the game and being the last one standing. Your group can decide when you are out. The game tests your strategy and hand-eye coordination skills.

How to play:

1. All the players stand in a circle with their hands together.
2. Everyone says "3, 2, 1, Ninja!" and then freezes in a cool ninja pose
3. Each player takes a turn doing a ninja move.
4. To get a player out, you must karate chop their arm or kick their foot. The player being attacked must try to dodge your ninja move.
5. The winner is the last ninja standing!



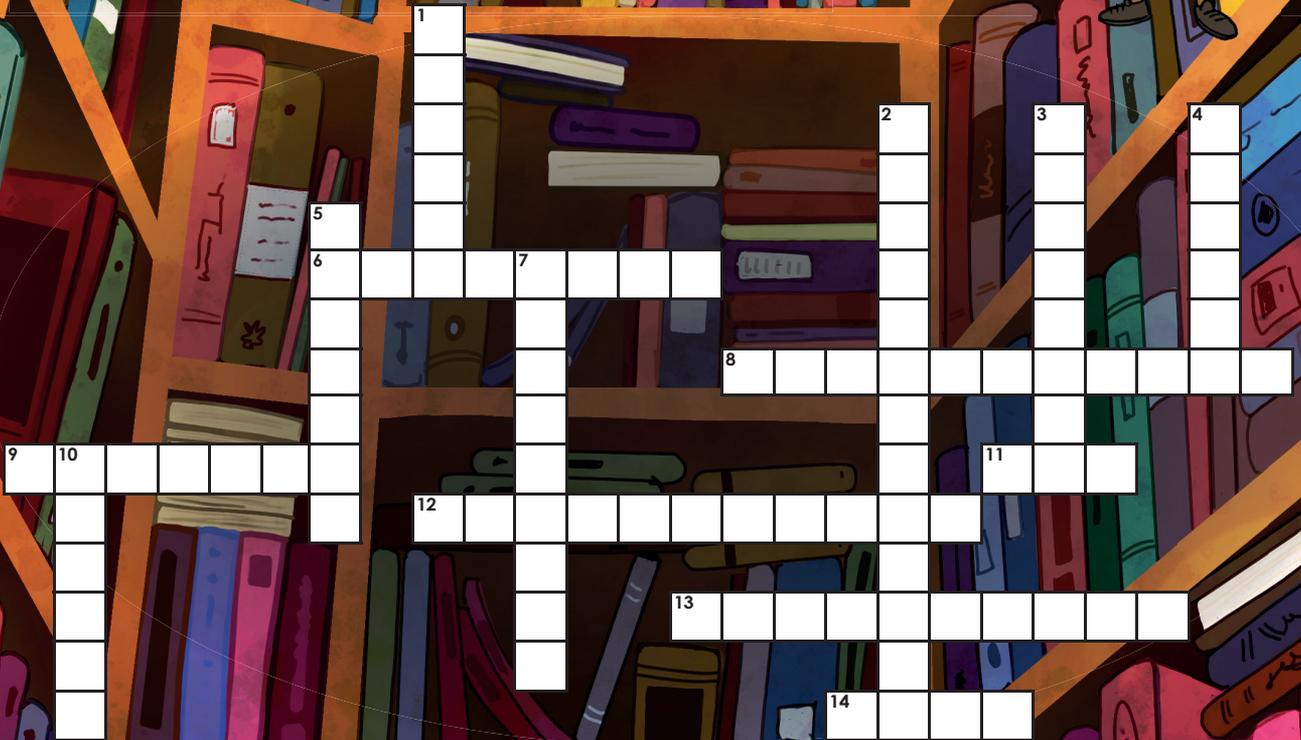
Keep an eye out for Part 2 on **Marbles, Broken Telephone** and **Chinese Jump Rope** in the next issue!

MIND-CRUNCHING CROSSWORD



Crossword Challenge

Test your knowledge with our tricky crossword. If you get stuck, you can always page through this issue for the answers.



Down

1. What tropical cyclone hit Mozambique in 2019?
2. The _____ flower was discovered on an expedition in Montevideo and Rio de Janeiro.
3. Sacagawea was a member of which tribe?
4. Along which river can you find the Augrabies waterfall?
5. What is the pigment called that gives our eyes their colour?
7. What game did Roman soldiers use to improve their footwork?
10. In which forest can you find the Matsés village?

Across

6. What animal is closely related to a dassie?
8. What invention was based on the movement of bird and bat wings?
9. Leonardo _____ painted the Mona Lisa.
11. What is the second most popular drink in the world?
12. What is the fear of balloons called?
13. Which medication removes certain cells that build up as we age?
14. Who draws the comic *Mimi's Life on Mars*?



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