

HEILBRON Kliniek

• *Mosa Mtolo*

WHAT HAPPENS TO THE BRAIN WHEN A PERSON TAKES DRUGS

Most drugs affect the brain "reward circuit", causing euphoria as well as healing it with the chemical messenger dopamine. A properly functioning reward system motivates a person to repeat behaviours needed to thrive, such as eating and spending time with loved ones. Surges of dopamine in the reward circuit cause the reinforcement of pleasurable but unhealthy behaviours such as taking drugs, leading people to repeat the behaviour again and again.

As a person continues to use drugs, the brain adapts by reducing the ability of cells in the reward circuit to respond to it. This reduces the high that the person feels compared to the high they felt when first taking

the drug - an effect known as tolerance. They might take more of the drug to try and achieve the same high. These brain adaptations often lead to the person becoming less and less able to desire pleasure from other things they once enjoyed, such as eating, sex, or social activities.

Long term use also causes changes in other brain chemical systems and circuits as well, affecting functions that include:

- Learning
- Judgement
- Decision-making
- Stress
- Memory
- Behaviour

Despite being aware of these harmful outcomes, many people who use drugs continue to take them, which is the nature of addiction.

Grondeienaars moet betyds voorsiening maak

• *Heilbron Landbou*

Dis alweer wintertyd en ongelukkig die tyd waarin veldbrande ontstaan. Boere/grondeienaars moet asseblief vroegtydig voorsiening maak om voorbrande, brandpaaie ens. te maak om die risiko te verminder.

(Nasionale Wet op Veld- en Bosbrande,

1998 (Wet No 101 van 1998)

Maak ook seker dat daar rondom werkershuise en ander geboue waar brande kan ontstaan, voorsorgmaatreëls getref word om brande te voorkom.

Versuim om gehoor te gee aan die bepalings van die Wet kan aanleiding gee tot siviele aanspreeklikheid.

Aandag alle ouers!

• *Heilbron Kliniek*

Na aanleiding van TB uitbraak in Koppies en Parys skole wil ons die ouers bewus maak van moontlike TB simptome.

KINDERS MET TB SIMPTOME

- Hoes vir meer as 2 weke sonder verbetering

met behandeling.

- Aanhoudende koors vir 2 weke en meer.
 - Onverklaarbare gewigsverlies.
 - Uitputting (Altyd moeg).
 - Nagsweet - deurdrenkend.
- Kontak die naaste kliniek indien enige van hierdie simptome waargeneem word.

9	5		1		2		4	6
4		1	6	5				
	2		9	7				
		6						
			4	9		5	3	
5			2	1			9	8
		4	3					5
	1	5					6	9
			5		1		8	2

SUDOKU - Each grid is made up of nine columns by nine rows. This grid is then divided into groups of nine boxes giving a total of nine blocks. Each of these nine blocks must have the numbers 1 to 9 placed in them, but here is the catch - no row and no column can have any number repeated so your job is to place the numbers in the boxes without repetition in the rows and columns.

Indien u enigen uisvirdiekoerant het, skakel of stuur 'ne-pos vir Jolandri by 079 846 1075 of 058 852 3033. E-pos: heraldnuus@heilbron.co.za
Spertyd: Woensdae 10:00.



RE-ADVERT CONTRACT NO: HS-B01/2018/2019C_SUB (01): APPOINTMENT OF LOCAL BASED SUBCONTRACTORS FOR THE CONSTRUCTION OF WATER AND SEWER RETICULATION IN PHIRITONA EXTENSION 10.

T1.1 BID NOTICE AND INVITATION TO BID FOR SUB-CONTRACTING

Lilithalethu Trading 41 invites Tenders for the appointment of Local Based Subcontractors for the Construction of Water and Sewer Reticulation in Phiritona Extension 10. This project is located in Heilbron of Ngwathe Local Municipality (NLM) in the Fezile Dabi District Municipality.

Tenderers should have a CIDB contractor grading designation of 1CE or higher.

Preferences will be offered to tenderers who comply with the criteria stated in the Tender Data.

A compulsory briefing meeting will be held at Heilbron Municipal Office on Monday, 01 July 2019 at 09am. (Tender Documents will also be distributed during the meeting). Late arrivals will not be allowed to participate in the meeting and their submissions shall be declared non-responsive.

The closing time for receipt of tenders is 14h00 on 04 July 2019

Submissions shall be sealed in an envelope marked with the bidders' address, Tender No. and Description and be deposited in the TENDER BOX at Ngwathe Local Municipality at the following address :

Liebenburg Street
Parys

(The tender box is outside the building, ground floor and is accessible 24/7 a week).

Bidders must take note of the following:

- Bidders to submit company profile;
- Bidders to submit Original Valid Tax Clearance Certificate;
- Bidders to submit CIDB Registration Certificate - grading as indicated above;
- Persons in the service of the state are not allowed to bid;

Enquiries relating to this bid documents and Technical enquiries should be directed to:

- Mr O Gombakomba (Main Contractor) @ Cell.: 073 380 1838 or E-mail: oliverg1@live.com
- Mr M Masuku (Project Engineer) @ Cell.: 073 0541374 or E-mail: 605consulting@gmail.com



RE-ADVERT CONTRACT NO: HS-B01/2018/2019C_SUB (02): APPOINTMENT OF LOCAL BASED SUBCONTRACTORS FOR THE CONSTRUCTION OF WATER AND SEWER RETICULATION IN PHIRITONA EXTENSION 10.

T1.1 BID NOTICE AND INVITATION TO BID FOR SUB-CONTRACTING

Lilithalethu Trading 41 invites Tenders for the appointment of Local Based Subcontractors for the Construction of Water and Sewer Reticulation in Phiritona Extension 10. This project is located in Heilbron of Ngwathe Local Municipality (NLM) in the Fezile Dabi District Municipality.

Tenderers should have a CIDB contractor grading designation of 2CE or higher. Tenders from tenderers with a CIDB contractor grading designation of 1CE or lower will not be accepted.

Preferences will be offered to tenderers who comply with the criteria stated in the Tender Data.

A compulsory briefing meeting will be held at Heilbron Municipal Office on Monday, 01 July 2019 at 09am. (Tender Documents will also be distributed during the meeting). Late arrivals will not be allowed to participate in the meeting and their submissions shall be declared non-responsive.

The closing time for receipt of tenders is 14h00 on 04 July 2019

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