

# World Heart Day



29 September marked the end to the Cardiac Awareness Week, as Life Healthcare team of dedicated nursing staff members of the F/Ward, led by Unit Manager, Sister Mala Naidoo, drove a quality initiative programme to create cardiac awareness amongst people.

Three stations were set up at various locations within the hospital entrance by Life Mount Edgecombe Hospital, Lancet and Lab 24. This drive offered a free screening of patients and staff which was implemented, to establish early detection and prevention.

The programme was an astounding success as people entering and exiting the hospital took the time to find out about their health. The team spirit and enthusiasm created by the programme allowed patrons to take an account of their health status.

Nurses screened an average of 160 people, with vigilant blood pressure and glucose meter testing. Patrons were offered health education and referred appropriately. With tremendous team work and facilitation, the cardiac awareness campaign ended with a success.

**THE GOLD POT**  
**BUY & PAWN**  
**BEST PRICES PAID**  
**FOR GOLD AND DIAMOND JEWELLERY**

**EVEN IF BROKEN!!!**

**NICE PEOPLE TO DO BUSINESS WITH**

**10% INTEREST ON PAWN**

**NEW BRANCH**  
 ON PHOENIX HIGHWAY  
 (NEXT TO KFC)  
 031 500 1007,  
 074 372 5147

CORNER OF NORTHERN & PALMVIEW DRIVE.  
 (NEXT TO CAR WASH)  
 031 506 1312

## “Choose your friends wisely” - Magistrate

A Phoenix Court magistrate has warned youngsters to be careful of who they choose as their friends.

Magistrate KG Chetty was presiding in the matter of Garren Padayachee, who had admitted to being caught by the police with one capsule of heroin in his possession. The thirty-year-old Padayachee admitted carrying the drug but vehemently denied that he was addicted to drugs. The married father of one child did not offer any explanation as to what he was doing with the addictive substance.

After Padayachee's conviction, his defence lawyer, Mr Sabela from Legal Aid South Africa, asked the court not to send his client to prison as he was a sole provider to his young family. Sabela also argued that Padayachee's admission of guilt showed that he was remorseful for what he did. However, the state prosecutor, Mrs Mohammed, had other ideas pertaining to the accused's sentence. Firstly, she highlighted the seriousness and prevalence of the offence. Mohammed went on to tell the court that Padayachee was no stranger to committing crime as he had two other drug-related previous convictions, where a fine and suspended sentence had been imposed.

She asked the court to impose a hefty fine on Padayachee as his previous convictions did not deter him from committing crime again.

Handing down the sentence, Magistrate Chetty considered the accused's personal circumstances and that he pleaded guilty to the crime. Chetty also considered the seriousness and prevalence of the offence as "drugs are easily accessible in Phoenix". Chetty urged Padayachee and would-be offenders to try and be good examples in society. "Choose your friends wisely. Learn from your mistakes as you have been given second chances before. Focus on improving yourself and taking care of your family", Chetty

advised.

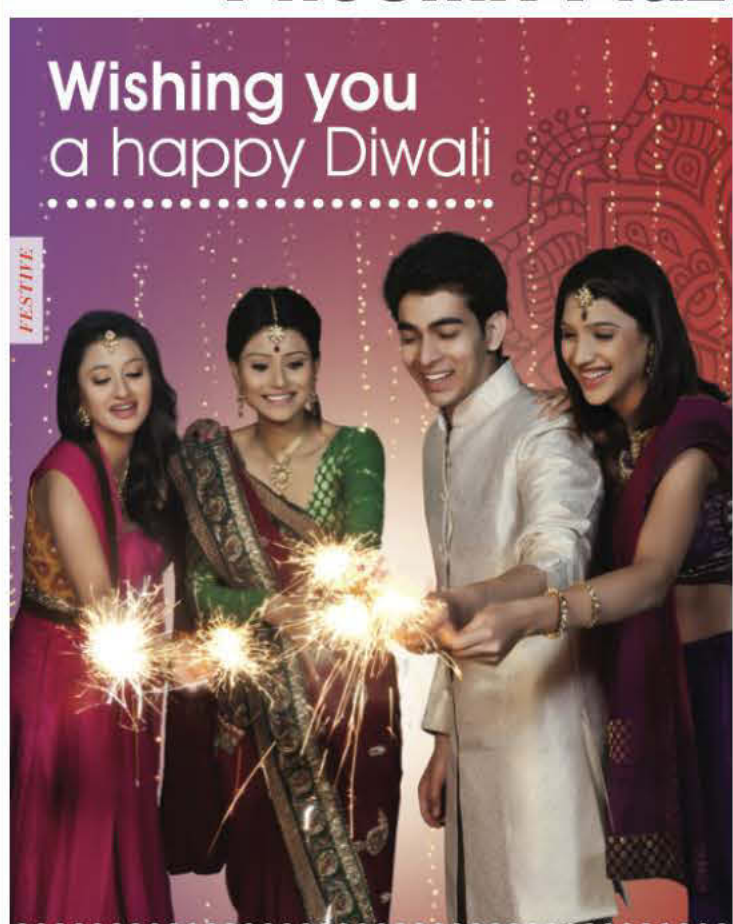
The magistrate also warned about the impact drugs have on the society of Phoenix. He explained that drug addicts have become a menace to society as a result of the addiction. Stop it or you will end up in prison for a long time", he said. The Presiding Officer sentenced Padayachee to pay a fine of R3 000 or spend 80 days behind bars. Half of the sentence was suspended for five years on condition that Padayachee is not convicted of a similar offence during the period of the suspension. The accused's drug was forfeited to the state and he was declared unfit to possess a firearm.

**ORIENTAL RESTAURANT & TAKE AWAY**  
 Shop 47, 48 Phoenix Plaza Tel: 5075635

**Fasting Specials**

<b>NEW</b> Macaroni and Cheese <b>R39.99</b>	<b>NEW</b> Vegetable Lasagne <b>R39.99</b>	<b>NEW</b> Chicken Lasagne <b>R44.99</b>
<b>NEW</b> Hake & Prawn Combo Served with chips /rice & salad <b>R49.99</b>	<b>NEW</b> Chicken Tikka Burger + 330ml Coke FREE <b>R29.99</b>	<b>NEW</b> Chicken Salad <b>R29.99</b>
<b>NEW</b> Chicken Schnitzel with Prawns & Chips/Spicy Rice (Served with Spicy Rice & Salad) <b>R79.99</b>	<b>NEW</b> Chicken Schnitzel with Cheese & Mushroom sauce, chips /spicy rice <b>R49.99</b>	<b>NEW</b> Mince Bolognese Pasta <b>R54.99</b>
<b>NEW</b> 1/4 Chicken Bunny <b>R52.99</b>	<b>NEW</b> Fish & Chips (Hake) with Salad & Chilli Tartar Sauce <b>R29.99</b>	<b>NEW</b> 1/4 Chicken Peri-Peri and chips (served with salad & chilli mayo dip) <b>R39.99</b>
<b>CHINESE CUISINE</b>		
<b>NEW</b> Chicken Alfredo Pasta <b>R49.99</b>	<b>NEW</b> Chicken Chow Mein with noodles <b>R49.99</b>	<b>NEW</b> Beef Chow Mein with noodles <b>R52.99</b>

## Celebrate with Phoenix Plaza



October is a month of celebration for Phoenix Plaza! The centre, which has just launched its new look, is celebrating 24 years of being the Heart of the Community on the 28th of October.

Shoppers are encouraged to keep an eye on the centre's Facebook page to stand a chance of winning some fantastic prizes! Also, in honour of the Festival of Lights, the centre is set to have beautiful displays as well as free henna between the 13th and 15th of October.

Henna Times:  
 13th October – 12pm – 5pm

14th – 15th October – 10am – 3pm

For more information, please contact the Marketing Office on 031 507 8505.

See our colourful in-centre displays! We're also turning 24! Come and celebrate with us. Plus, adorn your hands with beautiful free henna from 13 to 15 October, just in time for Diwali.

**Come home to variety**



Phoenix Plaza. Come home to variety. ADVERTORIAL