

# African Echoes

Vol 001 Issue 001 DEC 2011

CHRISTMAS ISSUE

## CHRISTMAS

Why Red & Green At Christmas

## AFRICAN STORY

A little Knowledge is a dangerous thing

## STYLE

- Feather bags
- Damaged jeans
- African gladiator sandals
- Rugs

## RELATIONSHIP

Are Men unfaithful because their outnumbered by women?

## EVENTS

Crowning South Sudan's First Beauty Queen

## FEATURE

A World beauty queen from the ruins of war torn Angola

## AFRICAN ART

## BLACK STREET RAP:

Danny K out to draw his Country on the World music map

# COLONEL GADDAFI

## A LIFE IN FASHION

Paying Homage to the Libyan fallen leader's unique African style

**CHRISTMAS:** South Sudan's first Christmas



# HAPPY HOLIDAYS

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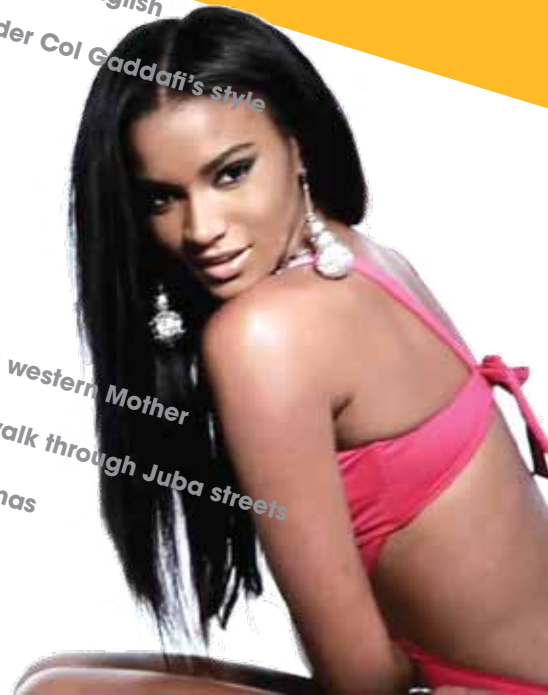
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## MERRY FIRST CHRISTMAS SOUTH SUDAN!



For this This year's Christmas, we need to pat our shoulders, beat our chests and roll our drums, for we have more than enough reasons to celebrate it in doubles.

First, our new Nation. Independent South Sudan will be celebrating Christmas for the first time. We have a reason to beat our chests and pat our shoulders and roll our drums for this.

But the 2nd reason is equally great. The birth of AFRICAN ECHOES MAGAZINE. A Magazine here to echo our aspirations, complexities, voices, inspirations and inner beauty. On 100 pages, we have compiled material that is relevant to the social, aesthetic, economic and cultural context of Africa and South Sudan in particular.

At Christmas, everybody wishes. Before he died, Gaddafi's wished to breathe his last in his own Country. He did. In fact he died in his home town Sirte. At African Echoes, We have our wishes too. One is to wish Africa a merry Christmas, the other to pay homage to Col Gaddafi.

On over 10 pages, we show case his elusive style of mixed fabrics and creative patterns that made him stand out on the World stage.

Yet another wish is to see South Sudanese Walk willingly through its cities grooming up and watching its city walls grow. And so for the beauty of south Sudan, we feature over 30 pages of fashion and style with our various South Sudanese models.

Well, money is another we struggle about day and night. Me; I have big Christmas plans that entice big money. A beautiful Christmas dinner dress, a big church offering, maybe a hike on the rocks of Mt Jebel and more... But have I prepared for the aftermath of the festivities? Usually January is 3 or 5 days away from Christmas; but the financial crisis in this month brings unbelievable depression. Well we came up with a money quiz that you could take to help tame your financial life especially during the festive season.

And of course our music industry is at our heart. Palek Having Left the popular East African musical, Tusker project Fame, the South Sudan contestant has moved on to unleash lyrics that have been hitting the air waves of south Sudan lately, to find out what she's singing about, we have her lyrics inside.

From Fashion tips to beauty, health, trends, celebrities, latest music and much more, open our pages one by one and enjoy the beauty of this new package and am sure by the time you are through with reading this Magazine, you will have fallen in love with Africa again.

*Editor*

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# WANGARI MAATHAI

Ecology, sustainable development, self help, tree planting, environment, member of Parliament, Deputy Minister in the Ministry of Environment, Natural Resources and Wildlife first woman in central or eastern Africa to hold a Ph.D., first woman head of a university department in Kenya, first African woman to win the Nobel Prize in Peace

Wangari Maathai founded the Green Belt movement in Kenya in 1977, which has planted more than 10 million trees to prevent soil erosion and provide firewood for cooking fires. A 1989 United Nations report noted that only 9 trees were being replanted in Africa for every 100 that were cut down, causing serious problems with deforestation: soil runoff, water pollution, difficulty finding firewood, lack of animal nutrition, etc.

The program has been carried out primarily by women in the villages of Kenya, who through protecting their environment and through the paid employment for planting the trees are able to better care for their children and their children's future.

Born in 1940 in Nyeri, Wangari

higher education, a rarity for girls in rural areas of Kenya. She earned her biology degree from Mount St. Scholastica College in Kansas and a master's degree at the University of Pittsburgh.

When she returned to Kenya, Wangari Maathai worked in veterinary medicine research at the University of Nairobi, and eventually, despite the skepticism and even opposition of the male students and faculty, was able to earn a Ph.D. there. She worked her way up through the academic ranks, becoming head of the veterinary medicine faculty, a first for a woman at any department at that university.

Wangari Maathai's husband ran for Parliament in the 1970s, and Wangari Maathai became involved in organizing work for poor people and eventually this became a national grass-roots organization, providing work and improving the environment at the same time. The project has made significant headway against Kenya's deforestation.

Wangari Maathai continued her work with the Green Belt Movement, and working for environmental and women's causes.

She also served as national chairperson for the National Council of Women of Kenya.

In 1997 Wangari Maathai ran for the presidency of Kenya, though the party withdrew her candidacy a few days before the election without letting her know; she was defeated for a seat in Parliament in the same election.

In 1998, Wangari Maathai gained worldwide attention when the Kenyan President backed development of a luxury housing project and building began by clearing hundreds of acres of Kenya forest.

In 1991, Wangari Maathai was arrested and imprisoned; an Amnesty International letter-writing campaign helped free her. In 1999 she suffered head injuries when attacked while planting trees in the Karura Public Forest in Nairobi, part of a protest against continuing deforestation. She was arrested numerous times by the government of Kenyan President Daniel arap Moi.

In January, 2002, Wangari Maathai accepted a position as Visiting Fellow at Yale University's Global Institute for Sustainable Forestry.

And in December, 2002, Wangari Maathai was elected to Parliament, as Mwai Kibabi defeated Maathai's long-time political nemesis, Daniel arap Moi, for 24 years the President of Kenya. Kibabi named Maathai as Deputy Minister in the Ministry of Environment, Natural Resources and Wildlife in January, 2003.

Wangari Maathai died in Nairobi in 2011 of cancer.





# I wanna draw MY COUNTRY on the world music map

If you want to see a mix of music talent, just catch the next flight to South Sudan and you won't be disappointed. Reggae, Rumba, Rock, Soul, name it, South Sudanese music artistes have endeavored to make it all available! In fact, this is the one place you will find beats from around the world!

You would think, the decades of civil war, prior to the signing of the Comprehensive Peace Agreement (CPA), could have completely 'killed' local talent but, alas! The guys are alive and kicking! The world's newest nation has more talent than you can imagine.

One of the musicians who have been through it all is Danny Kay, the artist behind *Miss Malaika* Hip Hop song. The song praises the beauty of every man's dream woman.

He is also the powerful voice behind *Shakila Makwes*, a song that preaches peace and harmony. African Echoes OKIRIA EDWARD SAMSON had a chat with him at his crib in Juba. Below are the excerpts.

**Qn. How do you call yourself?**

A: Danny Kay and Kwany Dan!

**Qn. Which is which?**

A: I was born Kwany Dan, but I live as Danny Kay. It's my stage name.

**Qn. By your looks, it's difficult to guess your age?**

A: I am in the two digit age bracket!

**Qn.. Are you married?**

A: ha! Ha! Ha! , I could say yes and no, but it is good to have a family.

**Qn: Okay! Do you have a girlfriend?**

A: That question is funny! Well, if you don't have a girl friend, it can't stop a girl-friend from having you, then, the move continues!

**Qn. Who is your best friend?**

Man, Its God. In everything I do, God comes first!

**Qn. You have a role model?**

A: Yeah! Myself.

**Qn: How do you prepare for a show?**

A: the first step I take is to get to know and understand the kind of concert/show I am to perform in. Next, I have to choose songs, clothes that match the theme of the show. I then rehearse until I attain some level of perfection. When I have done this well, I am ready to perform.

**Qn: Hip hop is associated with gangsters, are we safe?**

A: Ahahaha! Oh, yes, with me you are safe. I am not a gangster and I do not wish to be one! I am a Sudanese Hip Hop God-father, I do what is good and right for my fans, our culture and tradition!

**Qn: What does it take to perform in front of thousands of fans?**

A: You have to be confident and determined! You must have some serious guts and be prepared to make your fans happy.

**Qn: Some artistes are said to be making blood sacrifices, to get riches and fame, would you do the same?**

A: Buddy I am a good friend to Christ and family. So I am not at any time thinking of associating myself with the enemy to my best friend!

**Qn: Are your songs taken from your**





**personal experience?**

A: some songs involve my personal experience but I first ask myself whether the song will be liked by my fans. However most of them are drawn from the wider community of south Sudan.

**Qn: Why do some artistes do drugs?**

A: Ha ha ha.... that depends on one's interests. But If someone has a desire to terrorize him/herself, that my lips cannot open to discuss. Remember, music is costly to survive on baby wallet!. It also chooses its servant! Drugs, no, I wouldn't advise anyone to do drugs, they can be harmful.

**Qn: What is your biggest dream?**

A: I wanna draw my country on the world music map and become a member of every household.

**Qn: How do you meet studio bills?**

A: I have to do other stuff, to raise funds to meet production costs. Here there are still very few sponsors; the music industry is still behind.

**Qn: what is the craziest thing a female fan has done to you**

A: something funny happened, a female fan did something I would rather keep to myself and let it be known to me and my 'royal' female fan. Any way i think fans have the right to express themselves.

**Qn: How did you feel?**

A: cool. Because I knew something of its kind would happen anytime but I did not know when it would. Many things both exciting and less exciting happen in music but I am not worried about either.

**Qn:Your best moment?**

A: Man, it was in 2010. I was invited to perform at an event marking the signing of the CPA. It was very exciting to perform before two Presidents, diplomats and those people they call VIPs, it was fun. It felt real cool.

**Qn: And your worst moment?**

A:Eeeh! that was in 2007. I had a big Christmas do in Nimule. The turn up was overwhelming; guess what, my fans seriously fought for chairs on the first show! The following day, I was arrested and locked up at the military barracks in Nimule for 9 days. The security claimed

if I had not thrown a Christmas bash then people could have not come together and caused the riot. Man, I ended up missing the rest of my shows. It hurt me, really bad!

**Qn. Artistes like style, where do you buy your clothes?**

A: Not in one place. I buy what I like from anywhere!

**Qn. Ever get irritated?**

A: I am not easily irritated, but, it would make me ill to see my show flop!

**Qn. What makes you happy?**

A: Guys out there who listen to my music. Sometimes they surprise me by saying I am X or Y. you don't know me but I am your biggest fan.

**Qn. You have a smooth skin, your favorite meal?**

A:I like swimming so I enjoy fish! Well cooked Kisra gives me appetite.

**Qn. What do you see as the future of music in South Sudan?**

A: It's progressing. Soon it's gonna be great and no wonder your Danny Kay is taking the lead.



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Brown stripped African rug



## AFRICAN ECHOES MODEL OF THE MONTH: Friday Jhons

White desert reflecting gown  
with a black silky rob



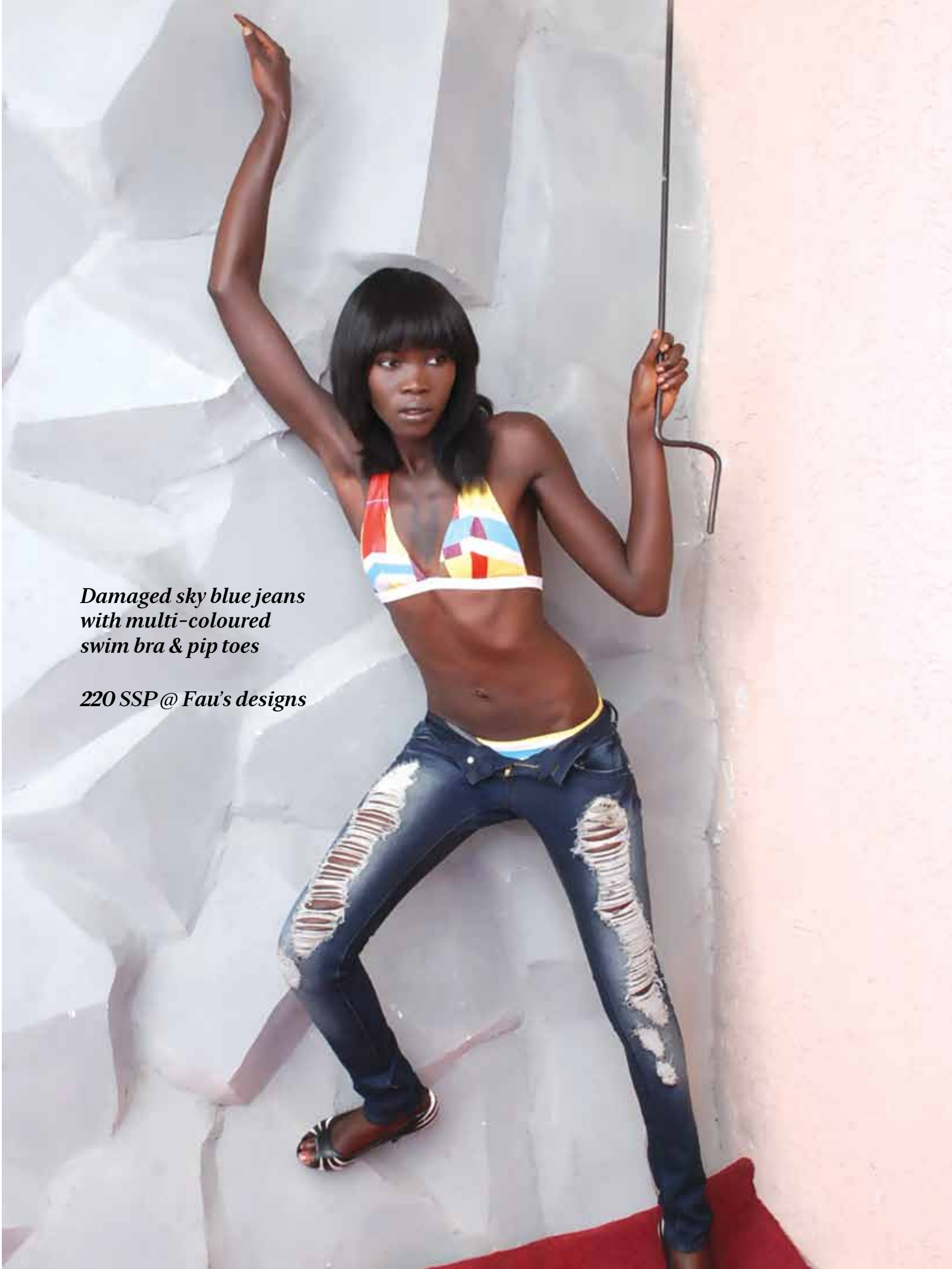


*Casual white shorts  
combination*

*150 SSP @ Fau's designs*







*Damaged sky blue jeans  
with multi-coloured  
swim bra & pip toes*

*220 SSP @ Fau's designs*

*Model Name-Friday Jhons,  
Radio: presenter VOP Fm  
Age: 22,  
Hobbies: design &  
fashion*







*Purple dinner & multi  
function dress*

*100 SSP @ Fau's designs*



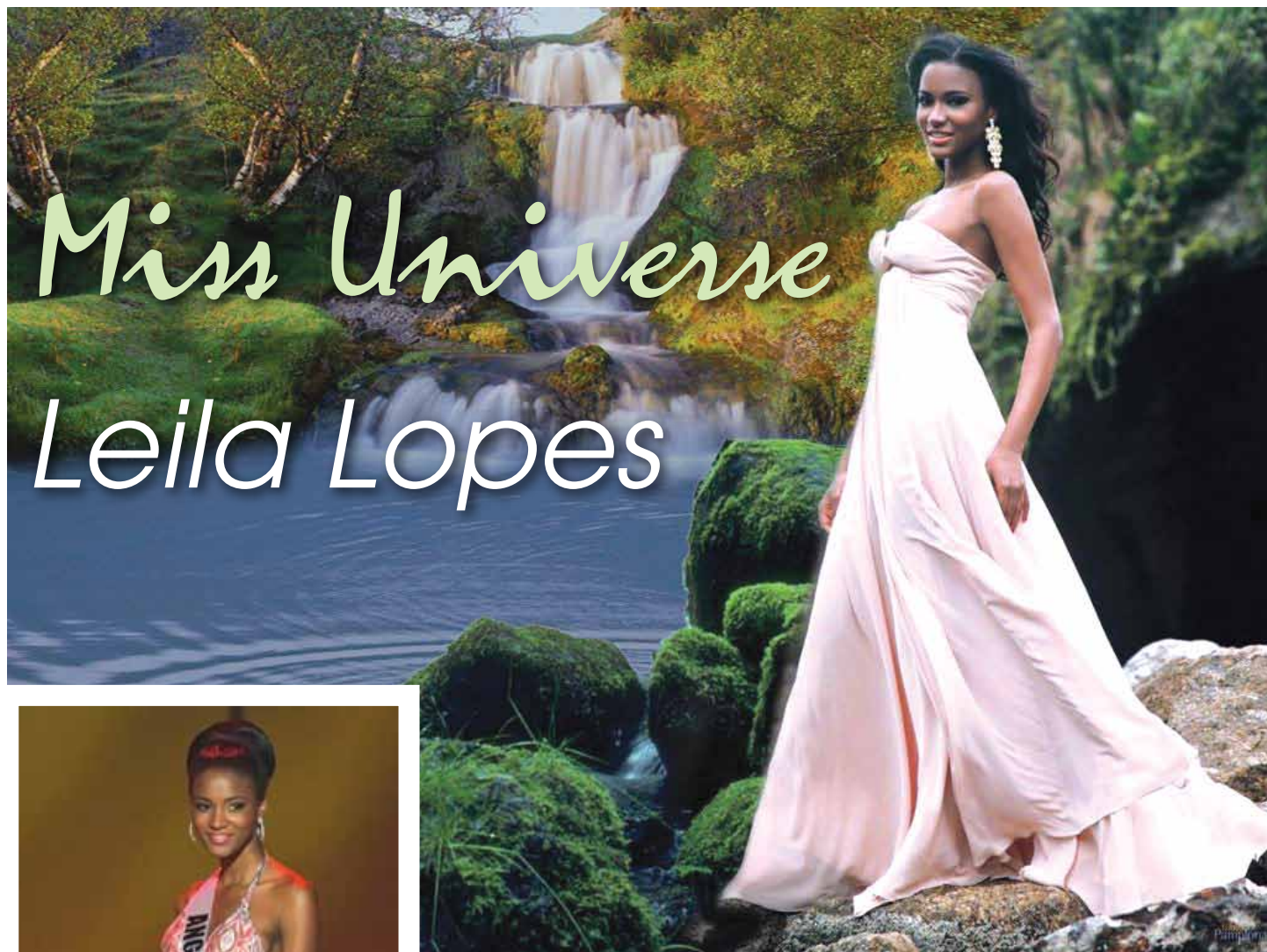
*Skin tight jeans*

*70 SSP @ Fau's designs,  
belly show sleeve top,  
model's own*



A black and white fashion photograph featuring a woman with dark hair and bangs. She is wearing a short, long-sleeved dress with a ruffled hem and a lace-up back. She is also wearing dark tights and high-heeled shoes with white stripes. She is leaning against a large, gnarled branch that extends from the top left towards the bottom center. The background wall is covered in numerous pieces of broken glass or stone. To the left, there is a white door or window frame. The overall mood is dramatic and artistic.

*Weavy short dress with  
coloured beads and  
stripped pip toe shoes*



## THE WORLD'S BEAUTY QUEEN THAT EMERGED FROM THE RUINS OF AFRICA'S WAR TORN ANGOLA

Until 2 months ago, not many people could locate Angola on a map.

Since 2002, Angola has been striving to tackle the legacy of a long civil war. But the war didn't take away the beauty

Angolan Leila Lopes is the first African to win Miss Universe beauty contest in 12 years and the second African to win it ever.

Is a reason to show the beauty that lies in Angola. Her tenure as Miss Universe 2011 has been to improve the world's negative view of her country as a war-torn nation.

Miss universe is a beauty peagent that

started in 1952 as bathing beauty competition which then transformed over the years. This years' contest took place in Brazil and carried 89 contestants from all over the World.

"Some people even still think that we live in trees, and we are always fighting, no no no, we have peace, and we have beautiful places," she said.

Ms Lopes was crowned Miss Universe last month in the Brazilian city of Sao Paolo, becoming the second African to win the title in 12 years.





She edged out contestants from Ukraine, Brazil and the Philippines in the contest's 60th year.

The miss took the crown from former winner Outgoing Miss Universe Ximena Navarrete of Mexico, who had battled out in another serious contest back in 2006. This year's contest was amazing because of the epitome of world-class sophistication during Lopes' crowning moment and because of her African country's war-torn background.

The pageant had contestants from 89 countries and territories participated in this year's pageant, surpassing the previous record of 86 contestants in 2006.

"Thank God I'm very satisfied with the way God created me and I wouldn't change a thing."

"I consider myself a woman endowed with inner beauty. I have acquired many wonderful principles from my family and I intend to follow these for the rest of my life."

We've also got amazing food, great weather; it's like the best place to be."

"People have been waiting for an African Miss Universe for a long time, so I feel proud that after 12 years, there is an African Miss Universe," she added.

Angola - one of Africa's major oil producers where two thirds of the people remain in poverty - has long been portrayed as a war-ravaged country.

Ms Lopes said it was her mission to change this view.

"We were at war for almost 30 years, but we've been at peace for almost nine years," she said.

"Angola is a fast growing country, everything is going perfectly now, and this is what I want to show to the world."

"We've also got amazing food, great weather; it's like the best place to be."

She says since winning the title her life has dramatically changed: "I used to be a student but now I'm going to travel around the world."

Even President Jose Eduardo dos Santos, who has been in power for 32 years, sent her a congratulatory message, she said.

"They are so proud of me, and I think it's an honor for not just Angola, but for Africa as well."

Ms Lopes explained that winning a pageant like Miss Universe required more than just beauty.

"Aspiration and personality come first before looks. You must have a great personality."

People who described beauty pageants as old-fashioned, sexist and politically incorrect were "entitled to their own opinions", she said.

But she urged them to look beyond the glamour and look at the invisible power that comes with the title.

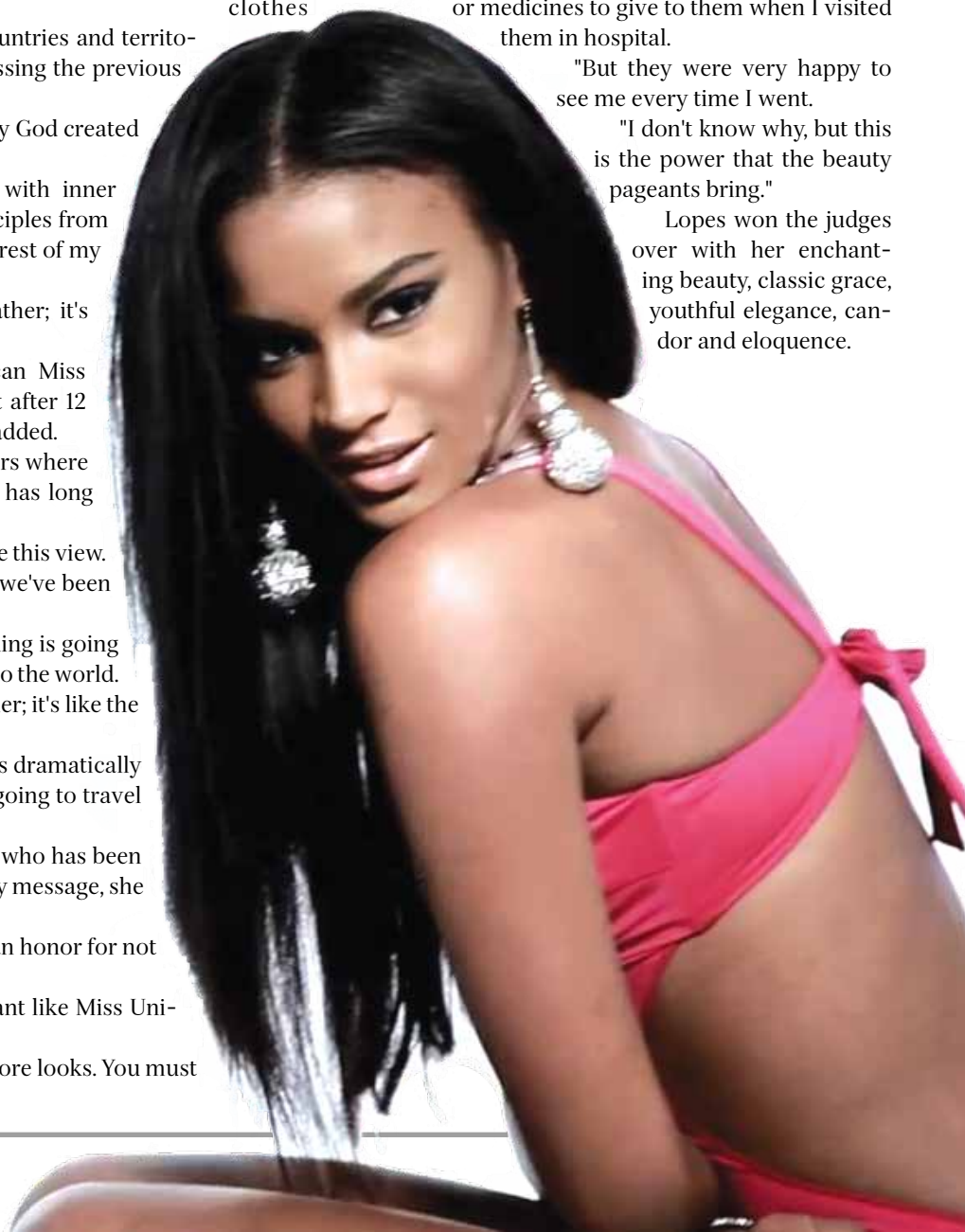
"As Miss Angola, my main project was working with children in desperate need, sometimes I didn't even have money or clothes

or medicines to give to them when I visited them in hospital.

"But they were very happy to see me every time I went."

"I don't know why, but this is the power that the beauty pageants bring."

Lopes won the judges over with her enchanting beauty, classic grace, youthful elegance, candor and eloquence.





FEILA LOPEZ







### *Description*

The African lion is a very large cat, with males weighing between 330 and 550 pounds and females weighing between 260 and 400 pounds. It is 8 to 10 feet long, not including the tail. Its most famous feature is its mane, which only male lions have. The mane is a yellow color when the lion is young and darkens with age. Eventually, the mane will be dark brown. The body of the African lion is well suited for hunting. It is very muscular, with back legs designed for pouncing and front legs made for grabbing and knocking down prey. What does prey mean?. It also has very strong jaws that enable it to eat the large prey that it hunts.

### *Food*

The African lion is a carnivore. What does carnivore mean?. It hunts mostly large to medium-sized animals like the giraffe, buffalo, zebra, wildebeest, wild hogs, and antelope. The hunt starts with the lion stalking its prey. What does prey mean?. When it is within about 100 feet, the lion charges at the prey, which in turn begins to try to outrun the lion. If the lion gets close enough, it will slap or grab the animal. This will usually knock the prey down. The lion then bites the muzzle or throat to suffocate its prey. Food is usually shared with the entire pride. About a quarter of the hunts are successful. Male lions need about 15

# KING OF THE AFRICAN JUNGLE

*African Lion (Panthera leo krugeri)*



pounds of meat each day, and females eat about 11 pounds.

#### **Habitat**

The lion prefers grassy plains, savannas, and semi-deserts. It is located throughout much of Africa, especially in the southeastern part of the continent.

#### **Predators**

The African lion is very high on the food chain. As such, it has almost no predators. What does predators mean? Most of danger for the lion is during the first few years of its life. Because the young cub is so physically inferior to the adults, it can easily starve if there is not enough food that is left over after the adults eat. In addition, it is more likely to fall prey. What does prey mean? to predators or to male lions that move into the pride. Once a cub reaches maturity, it will live approximately 13 to 25 years.

#### **Social Structure**

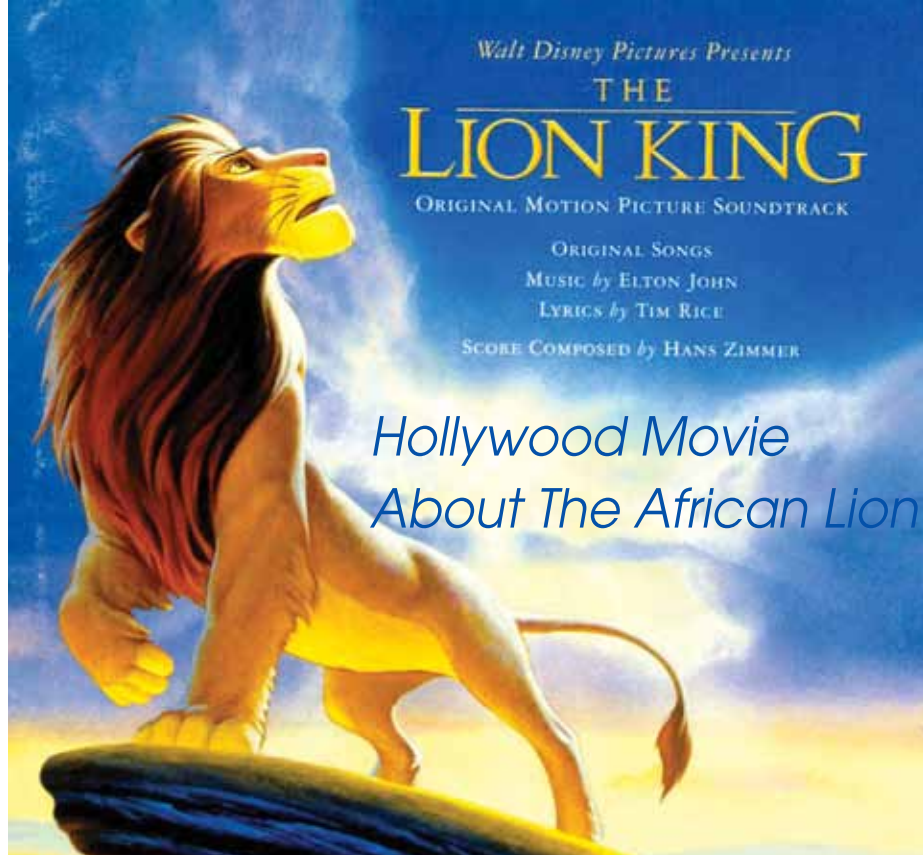
The African lion's society is centered around the pride, which can consist of 3 to 30 lions, lionesses, and cubs. It is interesting to note that the lion is the only large cat that is social. Females in the pride are usually related and stay with the pride. Males, however, join a pride of females and stay for an indefinite period of time. They have been known to join several prides at the same time. Females do most of the hunting. Males will band together to defend the pride against outside males.

#### **Birth and Offspring**

Males within the same pride do not compete for mating rights. Instead, they seem to have an agreement that the first male to encounter a female in heat is given a dominant status over the other males. About 100 to 120 days after conception, the lioness gives birth to a litter of 1 to 6 cubs, with the average being 2 or 3. Since the gestation period is so short, the cubs weigh less than 5 pounds. The cub's eyes open in about three weeks. After three months, cubs accompany their mother on hunting trips. They will stay near their mother for the first 2 years.

#### **Senses**

African lions have excellent eyesight, good hearing and sense of smell. They also have very quick reflexes, which allows them to keep up with the agile antelope.



*The Lion King* is a 1994 American animated film produced by Walt Disney Feature Animation and released by Walt Disney Pictures. It is the 32nd feature in the Walt Disney Animated Classics series. The story takes place in a kingdom of anthropomorphic lions in Africa,<sup>[4]</sup> and was influenced by the Bible tales of Joseph and Moses, the Epic of Sundiata, and the William Shakespeare play *Hamlet*. The film was produced during a period known as the Disney Renaissance. *The Lion King* was directed by Roger Allers and Rob Minkoff, written by Irene Mecchi, Jonathan Roberts and Linda Woolverton, produced by Don Hahn, and stars Matthew Broderick, Jeremy Irons, James Earl Jones, Jonathan Taylor Thomas, Moira Kelly, Nathan Lane, Ernie Sabella, Rowan Atkinson, Robert Guillaume, Madge Sinclair, Whoopi Goldberg, Cheech Marin and Jim Cummings. It tells the story of Simba, a young lion who is to take his father Mufasa's place as king. However, after Simba's uncle Scar kills Mufasa, he must stop his uncle from conquering the Pride Lands and avenge his father.

Development of *The Lion King* began in 1988 during a meeting between Jeffrey Katzenberg, Roy E. Disney and Peter Schneider while promoting *Oliver & Company* in Europe. Thomas Disch and Woolverton wrote treatments of the film and George Scribner was signed on as director. Production began in 1991 and the

staff traveled to Hell's Gate National Park for the film's setting and based the characters on real-life animals. When Allers joined the project, Scribner left production and was replaced by Minkoff. When Hahn joined the project, he was dissatisfied with the script and the story was promptly rewritten. In 1992, Mecchi and Roberts joined Woolverton as screenwriters. During production, most of the animators decided to work on their other project, *Pocahontas*, as they thought that it would be the more prestigious and successful of the two films. Nearly 20 minutes of animation sequences took place at Disney-MGM Studios in Florida. Computer animation was also used in several scenes, most notably in the wildebeest stampede scene.

*The Lion King* was released on June 15, 1994 to a positive reaction from critics, who praised the film for its music and story. The film is the highest-grossing hand-drawn film in history, the highest-grossing 2D animated film in the United States, and the 16th-highest-grossing feature film. *The Lion King* garnered two Academy Awards for its achievement in music and the Golden Globe Award for Best Motion Picture – Musical or Comedy. Its songs were written by composer Elton John and lyricist Tim Rice, with an original score by Hans Zimmer.<sup>1</sup> It has earned over \$920 million worldwide as of 2011.



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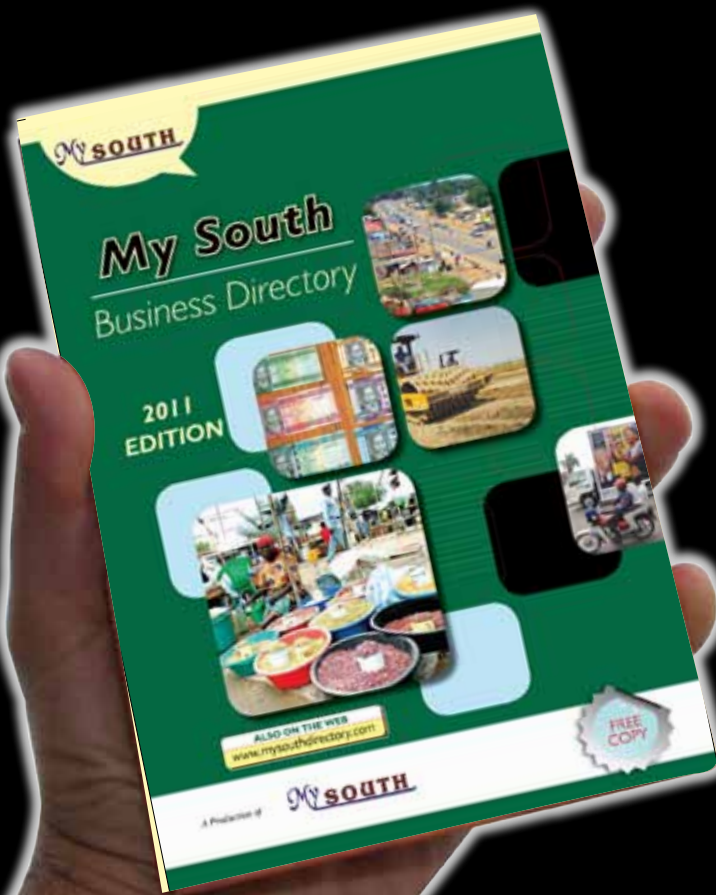


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Alek Wek



# Bringing AFRICAN ART into your home



There really is no complicated formula to achieving African Style. As the Christmas festive season approaches, allow your creativity to take hold. Think of new and innovative ways of bringing African art into your life.

## The South Sudan palm fruit

This is a south Sudanese grown fruit that produces scent. In many homes, it's used as a perfume and at the same time it's a décor. Have it grown in your home garden and

place it at different corners of your house. For a scent, place it in your Kitchen, Toilet and living room. If you don't like the regular scent throughout your house. Choose one position for it and place it. A fresh palm fruit can last for

about 2 weeks. Make sure to replace it often.

## Spruce up your home with Kuba cloth.

One of the best ways to add a touch of individuality to your walls is to have a piece of your favourite Kuba cloth professionally framed.





If you have the space a long panel of kuba cloth running horizontally along a wall on a simple mount looks stunning.

Alternatively, long lengths of Kuba cloth hanging vertically along walls or used as door panels looks just as effective.

We have chosen to use long lengths of

Kuba cloths as throws along the bottom of our bed.

Kuba cloths look great as cushions. Use them with contrasting or matching fabric such as linen

### **Create an African oasis in your flower Garden**

Bring the indoors, outdoors by creating your own tropical oasis in your garden.

Use large sculptural African pieces and African-inspired furniture and accessories, such as cushions and textiles to complement tropical plants, flowers and foliage.

### **Choose wooden floorings**

Flooring - choose your flooring such as decking, gravel, grass or paving, all can look equally good. But, if you are looking to splash out and lay new decking, choose a hardwood like Iroko, which is made in Africa and looks stunning when laid.

### **What a difference a door makes**

These beautiful Dogon doors are not just for opening and closing. Be inspired by them. They are truly beautiful. The carving is exquisite and each detailed carving has a meaning.

Be inspired and let your imagination run wild:

- \*Make an impact; replace one of your interior doors in your home with a Dogon.

- \*Be the envy of your friends, transform it into a sculptural masterpiece by having it mounted on its own custom made stand.

- \*Use two joined together has a head-board for your bed.

- \*Find a good joiner and use it as a dining table with a glass top.

Replace one of the internal doors in your home with a Dogon Door. If you have an old house, the door to the cellar would be an ideal door to replace with the Dogon, as this door is normally kept closed. An ideal position to show off the beautiful craftsmanship and striking design of this door.

### **Cushions**

Brighten up your sofas and pile on the African style with these beautiful range of cushions. Placing a few cushions in different locations around the home is one way of bringing a little bit of Africa into your home.

### **Zulu Hats**

Dare to be different? Keep way in front by piling on the style with these gorgeous Zulu hats. They look stunning as interior decor items.

They look particularly attractive in multiples of three in different colours on a small table or pedestal in the hallway.

Hang them on the wall (see pics of Zulu ladies), horizontally or vertically. From afar they look like large polka dots.





## “Ekabo” (Welcome)

Do you have a large area in your home, office, hotel, venue or reception that needs attention? Then this Nafana Mask is for you.

Place these striking and colourful Nafana masks in your reception area to create a warm welcome for your guests/ customers and watch them keep coming back.

(Ekabo - Yoruba greeting, meaning welcome)

## Add Something Unusual to the living room

For a striking statement, transform the corner of a room with a piece of African sculpture.

### BAGA SNAKE

long and sinuous, undulating and sexy.

### Decor Tips

It's that time of year when our thoughts turn to sprucing up our homes. We all need to change up our homes on occasions. A house that remains the same can begin to look a little stale. So,

here are a few ideas to liven it up a bit:

- \* Move around your furniture;
- \* Swap around the uses of your rooms;
- \* Change the look of your space by covering MDF panels with African inspired fabrics such as Kuba, or Bogolan and hang them on your walls. It's a cheap and effective way of bringing colour into a room.

### A Promise of happiness

You must have gathered by now that we are great admirers of African art. It makes us happy. But, do you know why you are attracted to African art? And does





it really matter? Here are some reasons as to why it may attract you:

- \*they are aesthetically appealing;
- \*their power and mystery;
- \*The skilful craftsmanship and artistic mastery;
- \*Their traditional, ancestral, spiritual and religious connection;
- \*It makes you happy;
- \*It stirs your soul;
- \*They help you to have a better understanding of the peoples of Africa;
- \*To help preserve art



# air uganda

*The wings of East Africa*

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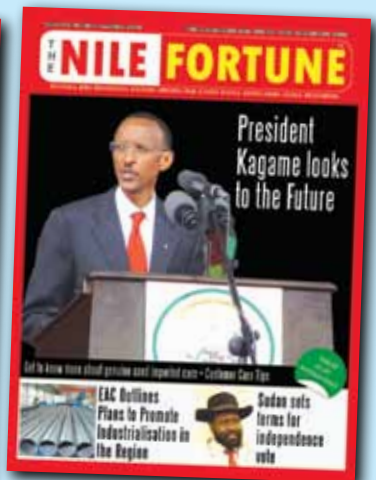
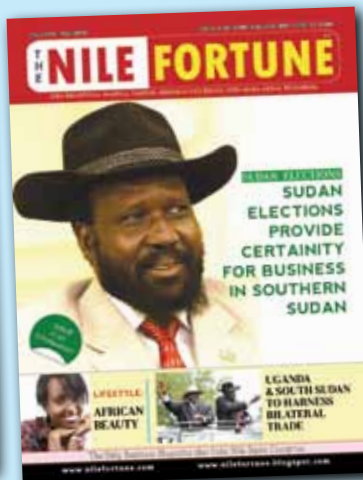
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## Are men unfaithful because they are outnumbered by Women?

**By: Stephany W Alexander**

Can men claim unfaithfulness because there are many women and fewer men? Is the unfaithful man trying to become a partner to the millions of women who don't have one? Aren't there single men? Well these are some of the questions that run in the minds of many who wonder why men are so unfaithful

Unfaithful men seem to be everywhere nowadays. Your chances of becoming involved with an unfaithful man in this day and age are great. Yet, the age-old question of why men are unfaithful is

difficult to answer. Infidelity touches all types of people, rich or poor. Hally Berry's ex-husband, Eric Benet, was notorious for cheating on one of the most beautiful, successful women in Hollywood. Hugh Grant chose a street hooker for his sexual escapade even though he had the incredible looking actress Elizabeth Hurley for a girlfriend. Jude Law cheated on Sienna Miller. Jennifer Lopez supposedly requested Ben Affleck to sign a pre-nuptial agreement promising fidelity after an evening with strippers. Catherine Zeta-Jones had a section regarding Michael Douglas's promised fidelity written into their pre-nuptial. Fi-

delity pre-nuptial agreements are becoming the norm for women with big bank accounts or those entering into relationships with famous or wealthy men.

According to a poll from WomanSaversdotcom, Will Smith and Jada Pinkett-Smith have the strongest Hollywood marriage. In another WomanSaver's poll of over 133,000 women, 56% caught their man cheating red handed and another 36% suspected but didn't have proof. This doesn't say much for the current monogamy rates in our society.

Long-term monogamy is difficult for most men, even those that aren't far away





from their lady. However, it is not only men that cheat, but also women. Take for instance, Meg Ryan, who left her husband Russell Crowe for an affair. Statistics differ on who cheats more – men or women. Most statistics still say that men are more unfaithful but that may change in the future. However, if two people really love each other and want to be with each other, they'll have the strength to withstand temptation.

The lives of wealthy celebrities are quite different from the average persons. Looking at celebrities tells us very little about the average couple or as to the reasons why men are unfaithful because their lives are so different. A famous actor has women throwing themselves at him on a regular basis, whereas most average guys

don't. Even if a male celebrity restrains himself the majority of the time, there may be that one time when he gives in. While the average man may face the temptation to be unfaithful once in a while, it's not likely to happen as often.

Most husbands probably have the urge to cheat at one time or another. Those that choose not to respect their partner and their relationship too much to risk it. Many experts feel that an unfaithful man cheats because he is in an unhealthy relationship that already had existing problems. It would be interesting to know how many men who are in happy relationships are unfaithful.

However, what are the reasons as to why men are unfaithful? Sometimes it can be a simple reason, other times a complex

combination of reasons. Are unfaithful men simply insatiable sexually? Is an unfaithful man really controlled by his "privates" and not his mind?

Various statistics claim that the more attractive a person is, the more likely they will be unfaithful because their opportunities to cheat increase. However, just because you marry an ugly guy doesn't mean he won't be unfaithful.

Reasons why men are unfaithful in a happy relationship may be because they are selfish or to pump their ego. Cheating is an extremely selfish act and men who cheat rarely think about their partner's feelings when committing the act. Since a cheating man lacks respect for his lady, he is obviously much more likely to make moves on a sexy lady.

Are men's genes really that out of control that they can't remain faithful? Expert's views are divided. Some experts state unfaithful men cheat because they are lonely or simply as an escape. Since men are taught not to show or communicate their feelings, stopping the cheating behavior becomes even more difficult. Sometimes having sex is the only way a cheating man can even achieve an emotional bond. Because of this, it isn't surprising that when men cheat, many times their emotional needs are not met at all. Those cheating men that suffer from the guilt associated from the affair, may experience a mix of emotions ranging from lashing out in anger, depression or being overly nice. It's a vicious cycle and one that is hard to break.

Then enter the pills such as Viagra and Cialis, and men do not have a proper chance to discover other forms of intimacy as they age. Many women look forward to their retirement years when their relationships will focus more on the communication aspect of their relationships but with the inventions of these pills, this is no longer possible.

A cheating man is more likely to stay in a relationship if there is a long relationship history of time, there are intertwined monies or if there are children. However, these reasons are not enough to stay in an unhappy relationship while lying to your partner and endangering their health by having unprotected sex. Our advice. Seek counseling and work on it or get out. Nuff said.

# Dealing With BRAIDS

**Q:** Do long single braid damage hair? My hairdresser is telling me that braids damage hair, and that braids cause a "line of demarcation"? I don't know what that is. I've never heard of that until I started getting my hair done by her.

Growing up I've always had braids in my hair and I've always thought that braids help hair to grow. My hair did in fact grow from braids. But she's telling me that I shouldn't get braids anymore.

**Is it true? Do braids damage hair?**

**A:** Hi Shayla. I'm not following your new stylists logic either. Braids on their own do not damage hair.

I have also used braids at one point or another to help my hair grow and it works for thousands of women. The proof is in the pudding as the saying goes.

## Major Braid Issues

Anyone who has suffered breakage and damage from braids you can bet your bottom pound it was because of one of the following things.

1. The hair was already damaged before the braids were put in.
2. The braids were put in too tight.
3. They were left in too long.
4. The hair underneath wasn't being taken care of.
5. The take down process was done badly resulting in major breakage.
6. The hair wasn't properly conditioned before and after the braids were put in.
7. The braids were too small or too heavy for the sections of hair they were put on.
8. The hair was relaxed immediately before the braids were put in or immediately after they were taken out.

You can have great looking braids and great looking hair. It all depends on the care and consideration that goes into it.

**Note:** I only know of one person who no matter what they try braids seem to damage their hair. Their hair is very fine though so I believe the person who was putting it in pulled too tight causing the hair to snap, crackle and pop under the pressure.

**Qns answered by Athieu beauty saloon**  
Please Send your hair queries to  
[africanechoes@gmail.com](mailto:africanechoes@gmail.com)







# JUBA - SOUTH SUDAN

## KUSH AIR TIME TABLE

DAY	DESTINATION	DESTINATION	DESTINATION	DESTINATION	DESTINATION	DESTINATION
Sunday	Juba	WAU	JUBA			
Monday	Juba	BENTIU	JUBA	AWEIL	JUBA	
Tuesday	Juba	MALAKAL	JUBA			
Wednesday						
Thursday	Juba	BENTIU	JUBA			
Friday	Juba	AWEIL	JUBA	WAU	JUBA	
Saturday	Juba	MALAKAL	JUBA	BENTIU	JUBA	

**CONTACT: JUBA TOWN MAIN MARKET AMJN BUILDING OPS KCB**  
**0955508888 - 0912617303 - 0929500377 - 0955525707**



### OUT STATIONS CONTACT:

MALAKAL: 0912830042- 0955690039

BENTIU: 0955706403 - 0914761239

AWEIL: 0955629191

WAU: 0955184006 - 0923820395



# AFRICAN FOOD

## How to Prepare Kudra

Pick out the kudra leaves from its stems  
Wash the leaves  
Place in a sauce pan and put on fire  
Add combo (An acidic liquid made out ash)  
Stir thoroughly until well mixed  
Boil meat and fry it  
Add fried meat to the mix  
Cover and boil for 1 hrs  
Serve hot with posho or bread  
KUDRA scientifically called Gourmet-Sleuth is a leafy green vegetable rich in vitamins A and C. Its a popular Part of the diet of the South Sudanese and Kenyan people of Africa.

## Chicken and Vegetable Soup

### Ingredients

- \* 1 tablespoon olive oil
- \* 1 onion, diced
- \* 4 cups vegetable stock, divided
- \* 1/2 cup peanut butter
- \* 2 cups canned diced tomatoes, with juices
- \* 1/4 teaspoon crushed red pepper flakes, or more to taste
- \* 1 cup finely chopped cabbage
- \* 1 cup chopped sweet potato
- \* 1 cup peeled and chopped carrot
- \* 1 cup peeled and chopped turnip
- \* 1 cup chopped okra
- \* 1 cup chopped cooked chicken, or to taste

### Directions

1. Heat the olive oil over medium heat in a large soup pot; cook and stir the onion in the hot oil until translucent, about 5 minutes. Whisk 1/2 cup of vegetable stock and the peanut butter into the onions until the mixture is smooth. Beat in remaining vegetable stock, diced tomatoes with their liquid, and crushed red pepper flakes; bring to a boil, reduce heat to medium low, and cook at a simmer for 30 minutes, stirring occasionally.
2. Stir in the cabbage, sweet potato, carrot, and turnip; simmer, stirring occasionally, until the vegetables are tender, about 30 more minutes. Stir in the okra and chicken and simmer until the okra is tender, about 30 additional minutes.





# SALT

## USES YOU MAY HAVE NOT KNOWN BEFORE

1. If you drop a whole egg on the floor, pour salt all over the egg, let it sit for awhile, then use dustpan, the egg will come right up, without all that mess.

2. Soak stained hankies in salt water before washing.

3. Sprinkle salt on your shelves to keep ants away.

4. Soak fish in salt water before descaling; the scales will come off easier.

5. Put a few grains of rice in your salt-shaker for easier pouring.

6. Add salt to green salads to prevent wilting.

7. Test the freshness of eggs in a cup of salt water; fresh eggs sink; bad ones float.

8. Add a little salt to your boiling water when cooking eggs; a cracked egg will stay in its shell this way.

9. A tiny pinch of salt with egg whites makes them beat up fluffier.

10. Soak wrinkled apples in a mildly salted water solution to perk them up.

11. Rub salt on your pancake griddle and your flapjacks won't stick.

12. Soak toothbrushes in salt water before you first use them; they will last longer.

13. Use salt to clean your discolored coffee pot.

14. Mix salt with turpentine to whiten your bathtub and toilet bowl.

15. Soak your nuts in salt brine overnight and they will crack out of their shells whole. Just tap the end of

the shell with a hammer to break it open easily.

16. Boil clothes pins in salt water before using them and they will last longer.

17. Clean brass, copper and pewter with paste made of salt and vinegar, thickened with flour

18. Add a little salt to the water your cut flowers will stand in for a longer life.

19. Pour a mound of salt on an ink spot on your carpet; let the salt soak up the stain.

20. Clean your iron by rubbing some salt on the damp cloth on the ironing surface

21. Adding a little salt to the water when cooking foods in a double boiler will



make the food cook faster .

22. Use a mixture of salt and lemon juice to clean piano keys.

23. To fill plaster holes in your walls, use equal parts of salt and starch, with just enough water to make stiff putty.

24. Rinse a sore eye with a little salt water.

25. Mildly salted water makes an effective mouthwash. Use it hot for a sore throat gargle.

26. Dry salt sprinkled on your toothbrush makes a good tooth polisher.

27. Use salt for killing weeds in your lawn.

28. Eliminate excess suds with a sprinkle of salt.

29. A dash of salt in warm milk makes a more relaxing beverage.

30. Before using new glasses, soak them in warm salty water for a while.

31. A dash of salt enhances the taste of tea.

32. Salt improves the taste of cooking apples.

33. Soak your clothesline in salt water to prevent your clothes from freezing to the line; likewise, use salt in your final rinse to prevent the clothes from freezing.

34. Rub any wicker furniture you may have with salt water to prevent yellowing.

35. Freshen sponges by soaking them in salt water.

36. Add raw potatoes to stews and soups that are too salty.

37. Soak enamel pans in salt water overnight and boil salt water in them next day to remove burned-on stains.

38. Clean your greens in salt water for easier removal of dirt.

39. Gelatin sets more quickly when a dash of salt is added.

40. Fruits put in mildly salted water after peeling will not discolor .

41. Fabric colors hold fast in salty water wash.

42. Milk stays fresh longer when a little salt is added.

43. Use equal parts of salt and soda for brushing your teeth.

44. Sprinkle salt in your oven before scrubbing clean.

45. Soaked discolored glass in a salt and vinegar solution to remove stains.

46. Clean greasy pans with a paper towel and salt.

47. Salty water boils faster when cooking eggs.

48. Add a pinch of salt to whipping cream to make it whip more quickly.

49. Sprinkle salt in milk-scorched pans to remove odour.

50. A dash of salt improves the taste of coffee.

51. Boil mismatched hose in salty water and they will come out matched.

52. Salt and soda will sweeten the odor of your refrigerator.

53. Cover wine-stained fabric with salt; rinse in cool water later..

54. Remove offensive odours from stove with salt and cinnamon.

55. A pinch of salt improves the flavor of cocoa.

56. To remove grease stains in clothing, mix one part salt to four parts alcohol.

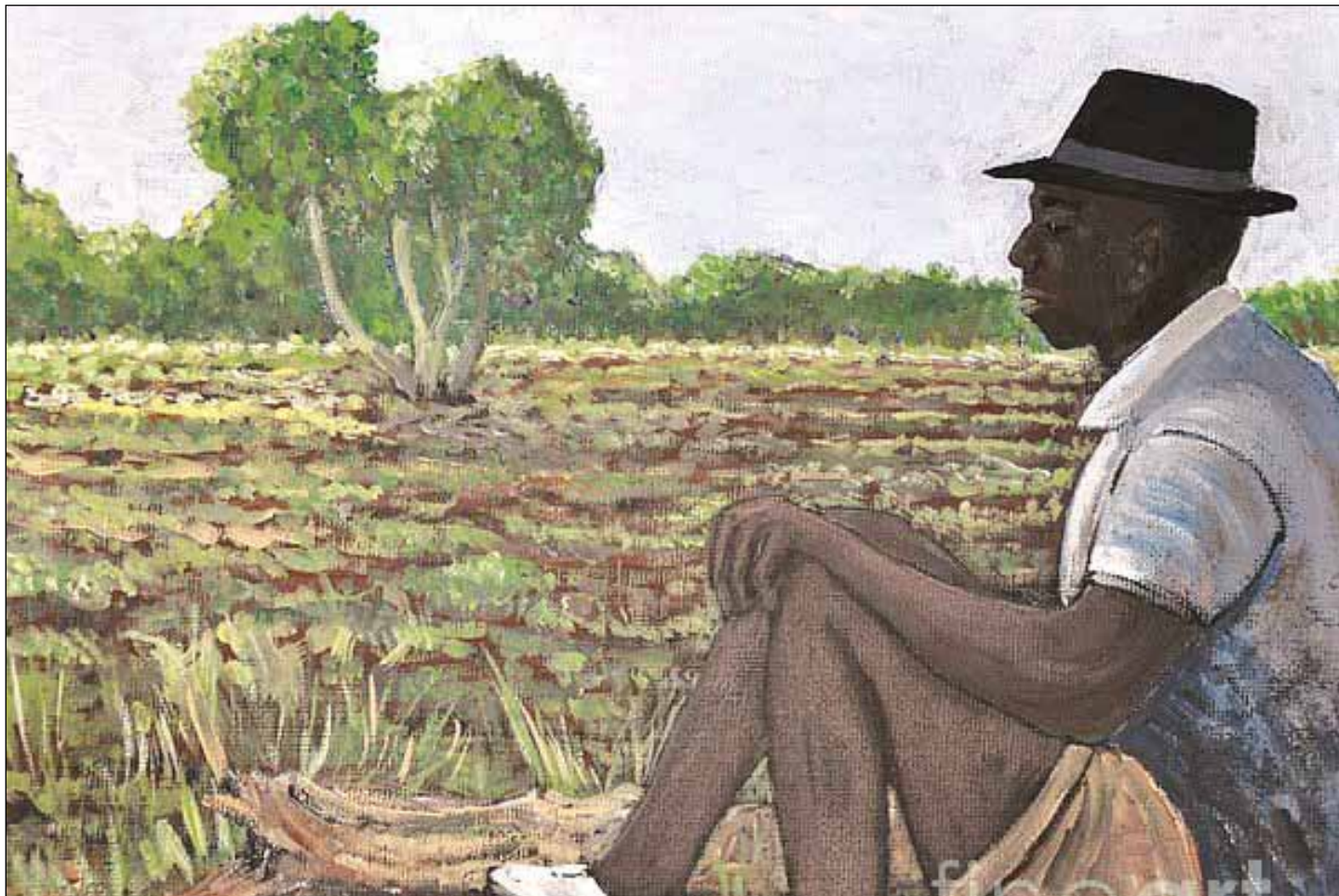
57. Salt and lemon juice removes mildew.

58. Sprinkle salt between sidewalk bricks where you don't want grass growing.

59. Polish your old kerosene lamp with salt for a brighter look. Remove odors from sink drainpipes with a strong, hot solution of salt water.

60. If a pie bubbles over in your oven, put a handful of salt on top of the spilled juice. The mess won't smell and will bake into a dry, light crust which will wipe off easily when the oven has cooled.

# A Little Knowledge Is a Dangerous Thing



During the colonial period in Kenya there were three Kikuyu men. Kioi, Githogori and Kaminju who thought that they knew everything. They decided to go to adult education classes to learn English. When they went to the school they carried with them books and pencils and put them on a table. When the tutor came he asked them, “Who put these items here?” They said in the Kikuyu language *ni ithuii atatu*.

The tutor told them that to say this in English they should say *we three*. They learned these words and went home. The following day the tutor found they had sharpened their pencils very badly “like sugarcanes” and asked them, “What did you use to sharpen the pencils?” They said

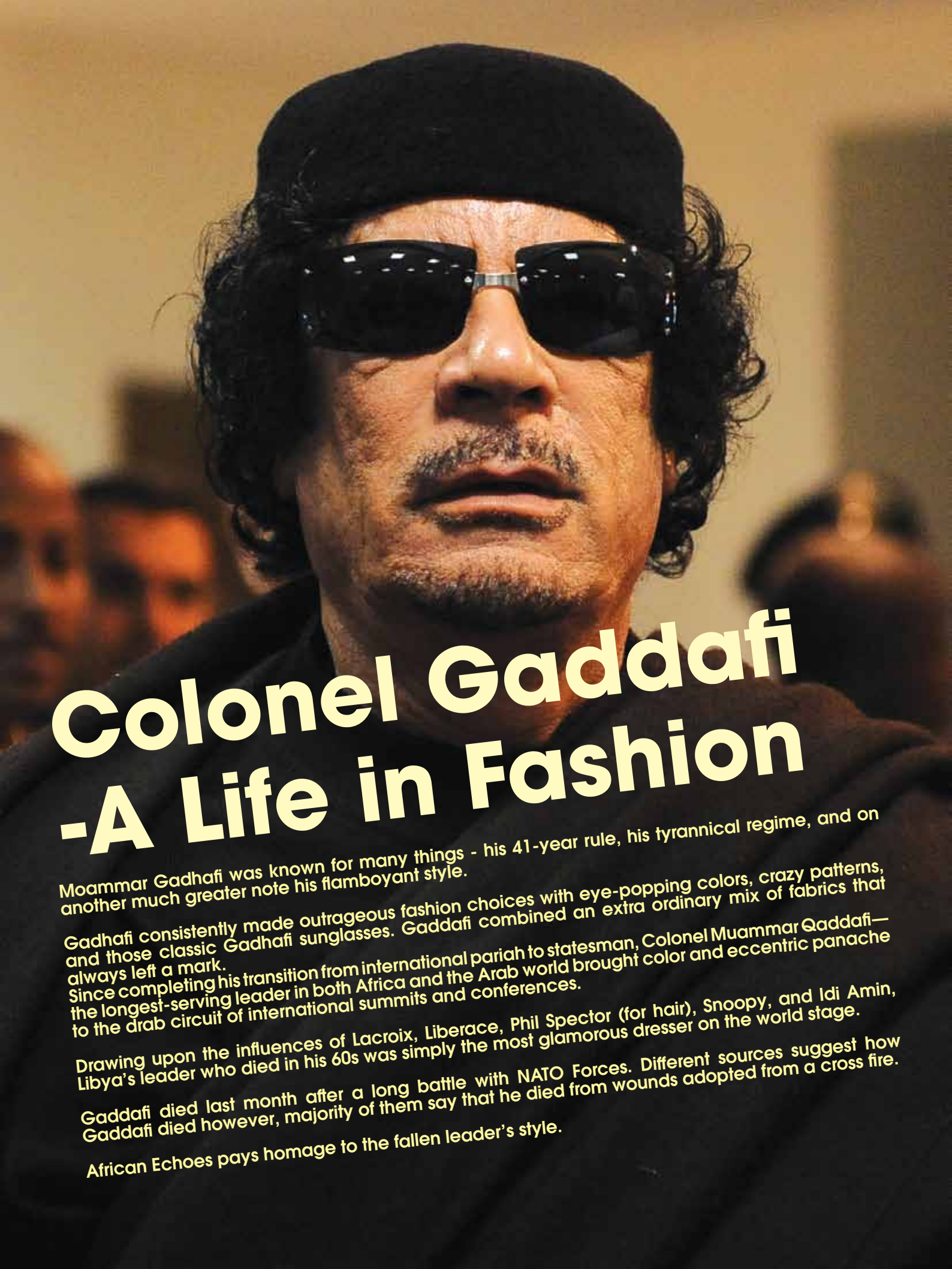
in Kikuyu *na banga*. He told them that to say this in English they should say with a *panga or knife*. They went home and came back the following day. But the tutor told them that he would not teach them until they come back with school fees, that the classes were not free. He sent them away and told them if they were asked why they were sent away they should say it was *because of money*.

As they walked home they feared that they might forget what they had learned so they decided to assign the three phrases they had learned so far -- *we three, with a panga or knife* and *because of money* -- to the three of them respectively that is, to Kioi, Githogori and Kaminju. As they were going home they came upon the body of

a man who had just been killed so they started looking around the scene. As they were looking around a colonial policeman arrived in a car, saw the dead man and asked, “Who killed him?” Kioi replied, “We three.” The policeman asked, “With what?” Githogori replied, “With a panga or knife.” The policeman asked further, “Why?” Kaminju replied, “Because of money.” Now the three Kikuyu men thought that they knew English quite well and were eager and happy to speak with a white man. But they were immediately handcuffed and landed in jail. So the English proverb, *A little knowledge is a dangerous thing*.

Story, Dr. Gerald Wanjohi, adapted from a Kikuyu Ethnic Group story on a satiric radio program, Nairobi, Kenya





# Colonel Gaddafi -A Life in Fashion

Moammar Gadhafi was known for many things - his 41-year rule, his tyrannical regime, and on another much greater note his flamboyant style.

Gadhafi consistently made outrageous fashion choices with eye-popping colors, crazy patterns, and those classic Gadhafi sunglasses. Gaddafi combined an extra ordinary mix of fabrics that always left a mark. Since completing his transition from international pariah to statesman, Colonel Muammar Qaddafi—the longest-serving leader in both Africa and the Arab world brought color and eccentric panache to the drab circuit of international summits and conferences.

Drawing upon the influences of Lacroix, Liberace, Phil Spector (for hair), Snoopy, and Idi Amin, Libya's leader who died in his 60s was simply the most glamorous dresser on the world stage.

Gaddafi died last month after a long battle with NATO Forces. Different sources suggest how Gaddafi died however, majority of them say that he died from wounds adopted from a cross fire.

African Echoes pays homage to the fallen leader's style.



Milk White suit with cream cross veil. Gaddafi adresssing a crowd while welcoming French President Nicolas Sarkozy to Tripoli, Libya, on July 25, 2007





Ornamental attire made  
from Egyptian fabrics





Exquisite sunglasses Gaddafi wore during the opening of the African Heads of State summit in Maputo, Mozambique, on July 10, 2003



Gaddafi always had Africa at heart. Here arrives in Tripoli in a cream suit printed on Africa in green





Gaddafi the revolutionalist: Gaddafi made his first visit to Italy, Libya's former colonial master, in 2009. He greeted Prime Minister Silvio Berlusconi with a photograph of Omar Mukhtar, a Libyan resistance fighter who was hanged by Italian forces in 1931, wearing it pinned to his chest and combining it with a black gold button military suit







Gaddafi in tinted blue west African wear



Creative African Robe



Gaddafi at a meeting in Italy



# Myths & truths about



**Myth No. 1: I can get HIV by being around people who are HIV-positive.**

The evidence shows that HIV is not spread through touch, tears, sweat, or saliva. You *cannot* catch HIV by:

- Breathing the same air as someone who is HIV-positive
- Touching a toilet seat or doorknob handle after an HIV-positive person
- Drinking from a water fountain

- Hugging, kissing, or shaking hands with someone who is HIV-positive
- Sharing eating utensils with an HIV-positive person
- Using exercise equipment at a gym
- You *can* get it from infected blood, semen, vaginal fluid, or mother's milk.

**Myth No. 2: I don't need to worry about becoming HIV positive -- new drugs will keep me well.**

Yes, antiretroviral drugs are improving and extending the lives of many people who are HIV-positive. However, many of these drugs are expensive and produce serious side effects. None yet provides a cure. Also, drug-resistant strains of HIV make treatment an increasing challenge.

**Myth No. 3: I can get HIV from mosquitoes.**

Because HIV is spread through blood,



people have worried that biting or blood-sucking insects might spread HIV. Several studies, however, show no evidence to support this -- even in areas with lots of mosquitoes and cases of HIV. When insects bite, they do not inject the blood of the person or animal they have last bitten. Also, HIV lives for only a short time inside an insect.

**Myth No. 4: I'm HIV-positive -- my life is over.**

In the early years of the disease epidemic, the death rate from AIDS was extremely high. But today, antiretroviral drugs allow HIV-positive people -- and even those with AIDS -- to live much longer.

**Myth No. 6: I'm Gay and don't use IV drugs -- I won't become HIV-positive.**

Most men do become HIV-positive through sexual contact with other men or through injection drug use. However, about 16% of men and 78% of women become HIV-positive through heterosexual contact.

**Myth No. 7: If I'm receiving treatment, I can't spread the HIV virus.**

When HIV treatments work well, they can reduce the amount of virus in your blood to a level so low that it doesn't show up in blood tests. Research shows, however, that the virus is still "hiding" in other areas of the body. It is still essential to practice safe sex so you won't make someone else become HIV-positive.

**Myth: HIV is the same as AIDS.**

HIV is the virus that leads to AIDS. A person is said to have AIDS when his or her CD4 count drops below 200 or when he or she has certain infections or Cancers. A person can have HIV for years without having AIDS. Having HIV does not mean you have AIDS.

**Myth: Women can't give men HIV.** It's much harder for men to get HIV from women, but it does happen. HIV does not live long outside the body. A man's penis is only exposed to HIV for the time that it is in a Vagina or rectum. Men also may have fewer areas on the penis where the Virus can enter the body. HIV can enter at the opening of the tip and through cuts or sores on the shaft. But if a partner has an untreated (STI) like Syphilis, gonorrhea, the risk is higher. These infections can bring more CD4 cells to the area of infection, or cause breaks in the skin, both increasing the risk of passing HIV. Meanwhile, women have a higher risk of getting HIV from men. Because HIV is in the man's semen, which can stay in the woman's vagina for days, her exposure time is longer after sex. Also, the vagina provides a much larger area than the penis does through which HIV can enter the woman's body.

**Myth: I cannot get HIV from tattoos or body piercing.**

It is possible to get HIV from tattoo and piercing tools that are not sterilized properly between clients. The Centers for Disease Control and Prevention (CDC) says that tools that cut the skin should be used

once, then thrown away or sterilized between uses. Before you get a tattoo or have your body pierced, ask the right questions. Find out what steps the staff takes to prevent HIV and other infections, like hepatitis B and hepatitis. You also can call your local health department to ask how tattoo shops should sterilize their tools. A new needle should be used for each person.

**Myth: If the man I'm with had HIV, I'd be able to tell.**

It can take 10 years for symptoms of HIV to show up. This is called the latency period. There may be a long period of time where someone has HIV but has no signs. The only way to fully protect yourself from sexually-transmitted HIV is to not have sex of any kind. Using a male condom correctly and every time you have sex may reduce the risk of passing HIV by 80 percent.

**Myth: HIV can be cured.**

The truth is: There is no cure for HIV at this time. We've made great strides in HIV care, though. With today's medicine, people can reduce their viral load (amount of HIV in the blood) to the point that it is undetectable. Having an undetectable viral load helps prevent AIDS and other infections. Research is being done all the time that may lead to new treatments and new ways of preventing HIV infection. People who have HIV also have families and relationships that bring them great joy. Many people still work, despite their illness. In short, people are living full lives with HIV and AIDS, but there is no cure yet.

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ECHOES PIN UP

**SWEET & LOVING**

# African Mother







Photo by: Marvis Birungi



# MONEY QUIZ:

*What's your Money style?*



1. *Upon arriving at your new Job, your unexpectedly given 3 months advance salary payment What do you do?*
  - a. Wire the money to your account immediately and stick to your pre-arranged spending plan for the rest of the stay.
  - b. Put it all on the wheel for your 3 months stay ahead without salary
  - c. Spend it all on shows, restaurants, and spa treatments before your next salary.
2. *While shopping, you spot the perfect pair of pants. They suit you perfect! Only one problem: they are way out of your budget. What do you do?*
  - a. Buy them before your conscience says no. Plastic is power!
  - b. Mutter under your breath about the boutique's outrageous prices and wait for the pants to go on sale.
  - c. Buy them, agonize over your purchase all night long, and then take them back the next day.
3. *Good news arrived in today's mail! You have got a new job which increases your salary 30%. You:*
  - a. Start booking your vacation to E. Africa
  - b. Increase your pre-tax contributions to your retirement plan.
  - c. Add to your monthly savings to buy a plot of land
4. *When it comes to saving money, you:*
  - a. Can't do it to save your soul.



- b. Have set up a system that works for you.
- c. You Make and break a new savings plan every other month.

**5. Honestly, how do you drive your car?**

- a. Cautiously and safely-you are a defensive driver.
- b. Quickly and aggressively-you don't let anyone get in your way.
- c. Anxiously and hurriedly-there are a lot of crazy drivers out there

**6. If you could choose any one of the following occupations, regardless of income, it would be:**

- a. Best-selling poet and novelist.
- b. Stunt being
- c. Supreme Court Justice.

**7. Regarding money, your best wish for your children is that:**

- a. They learn to control their spending.
- b. They have good luck. That's what it really takes to make it in this world.
- c. They have a good education. They'll need to work hard to find a good profession.

**8. Money-wise, what do you look for in a mate?**

- a. A stable income and a conservative investment style.
- b. A hot car in their driveway and a lot of shiny plastic in their wallet.
- c. A lack of concern for material things.

**9. When you think of your retirement, you:**

- a. Cross your fingers, close your eyes, and begin to pray.
- b. Hope your investment plans work out.
- c. Can't wait for the party to begin!

**10. Your worst money problem is your:**

- a. Lack of financial education.
- b. alcoholic tendencies.
- c. Procrastination.

**11. Your worst fear about money is:**

- a. Being awakened by the sound of creditors on your bedroom window
- b. A tremendous stock and real estate market crash reducing your net worth by 90 percent.
- c. Realizing that you are 55 and have no assets other than your car.

**12. If asked how much is in your bank account right now, you'd say:**

- a. "Do you want me to include the outstanding checks not yet posted to the account?"
- b. "I'm not sure of the exact balance."
- c. "I hope I didn't bounce any checks this week."

**13. When you get a retirement account statement, you:**

- a. Check it over very carefully.
- b. Give up trying to figure it out after a few minutes.
- c. Toss it in a drawer and assume the company must be right.

**14. A quality that you admire in yourself is:**

- a. Punctuality-you're always on time.
- b. Spirituality-you're not a money-grubber
- c. Vivacity-you're the life of the party.

**15. The reason you don't have as much money as you want is:**

- a. You're too cautious. You miss out on great investments because you don't want to take a risk.
- b. You throw it away. You keep buying things you don't really need.
- c. You're not really sure why you don't have as much money as you want.

**16. Guests are arriving for dinner in one hour. In the kitchen, you're:**

- a. Frantic, messy, and creative-you're trying to perfect a new recipe you created just for this occasion.
- b. Disorganized, frustrated, and slow
- c. Organized, fast, and clean-everything's in the oven already and you just setting up a few last minute details.

**17. When entertaining, you like:**

- a. Spontaneous baths with a few hundred of your closest friends.
- b. Well-planned parties for your monthly dinner group.
- c. Informal get-togethers with friends in the great outdoors.

**18. Your attitude toward life is best summed up with the phrase:**

- a. A stitch in time saves nine.
- b. He who laughs last laughs best.
- c. Ignorance is bliss.

**19. When tipping in a restaurant, you:**

- a. Tip in accordance with the quality of the service. You reward good servers and punish bad ones.
- b. Tip lavishly. You expect to get the best service in the house next time.
- c. Tip well even if the service is mediocre. You don't want to embarrass the server.

**20. What you don't know about money:**

- a. Can't hurt you.
- b. Can be learned.
- c. Will catch up with you one way or another.

**Scoring:**

In the chart below, circle the letter (H, A, or S) to which each of your answers corresponds. Then count the number of circles for each type and fill in the blanks next to each type. The type with the high-

est number is your money style.

	A	B	C
1.	H	S	A
2.	S	H	A
3.	S	H	A
4.	S	H	A
5.	H	S	A
6.	A	S	H
7.	S	A	H
8.	H	S	A
9.	A	H	S
10.	A	S	H
11.	S	H	A
12.	H	S	A
13.	H	A	S
14.	H	A	S
15.	H	S	A
16.	S	A	H
17.	S	H	A
18.	H	S	A
19.	H	S	A
20.	S	H	A

\_\_\_\_\_ Saver

\_\_\_\_\_ Avoider

\_\_\_\_\_ Spender

**Rating:**

From the scores above, you can see which of the money styles dominates your personality.

**The saver**

The saver is deeply attached to their money. They like saving money, and they love to see their bank account grow. They also apt to clip coupons, set budgets, and prioritize financial goals, although they may not be inclined to take on much risk. The saver keeps their money "safe in the bank," never considering that inflation is eating away at their savings every day. They're less concerned with having money now than with their security in the future, and although they appear successful, they often worry that they may outlive their money and end up in poverty.

The saver also has a hard time spending money on themselves and their loved ones, especially on luxury items or things that offer only short-term gratification. Many savers worry about money and feel that they will never have enough to feel secure. Others channel their thrifty tendencies into bargain hunting, always looking for the big sale. Getting a bargain makes them feel great, but finding out there was a better deal elsewhere makes their feel awful. Whatever outlet they use to channel their anxieties, the saver attempts to assert

financial control of their life by focusing on details, and they are usually apprehensive about making mistakes.

**If you are a saver, what you need to do to improve on your money style:**

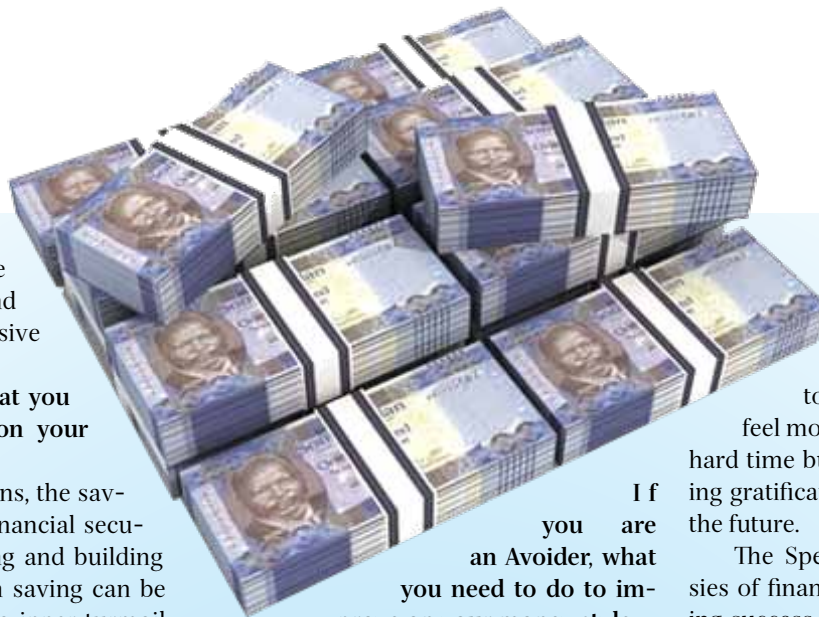
With obvious exceptions, the saver is onto a good thing. Financial security is essential for creating and building self-esteem. But too much saving can be destructive and can lead to inner turmoil and bitter conflicts with family and friends. If you are a tried-and-true saver, you can take three positive steps toward a secure future:

1. Systematically examine your financial situation and assess your goals; then decide how much money you will need to reach your goals.
2. Take more risks with your money to gain greater rewards; make your money work as hard as you do. For example, channel the energy you might use looking for bargains into researching appropriate investment options for your financial goals and risk tolerance.
3. Once you know what you need to reach your goals and you have your money working for you, enjoy life! After saving and investing for your future, spend the remainder without guilt or anxiety.

**The Avoider**

The Avoider has trouble dealing with their finances, balancing their checkbook, budgeting, paying bills or investing. They may have a fear of money that stems from a lack of self-confidence in dealing with financial transactions. As a result, the Avoider prefers to ignore the issue of money rather than confront their anxieties and take control of their finances.

Alternately, the Avoider might believe that money is evil and has the power to corrupt. They feel that having too much wealth or making a profit on investments means they are being greedy or selling out on their values and beliefs. Avoiders are not inclined to keep tabs on their current spending or invest for the future, and they may alienate their loved ones with their self-righteous attitude toward wealth.



**If you are an Avoider, what you need to do to improve on your money style:**

First, you need to take an honest look at why you're evading the issue of money. Do you feel like you lack the knowledge to make informed financial decisions? Or do you think that money and material possessions are superfluous, and want to follow a more spiritually virtuous path of poverty?

If it's a lack of self-confidence that's standing in your way, make an effort to learn about financial planning.

If you haven't already joined a Money Club, start your own with a few of your friends. In the Money Club, you can figure out which financial issues need to be addressed immediately, like learning to balance your checkbook, and paying your bills on time, and which you can tackle in the near future, like researching different mutual funds for your retirement plan.

If you think money is the root of all evil, remember that you can do a lot of good with your wealth, and there is no sin in success. Consider investing in socially responsible companies or creating a charitable fund in your own name. And recognize that having money affords you the opportunity to help the people and causes that are nearest to your heart. You don't have to live extravagantly, but you shouldn't jeopardize your future security either.

**THE SPENDER**

The Spenders' ATM cards are their best friends, but like some friends, they frequently talk them into spending money they can't really afford. The Spender hates to limit themselves -after all, they work hard for their money, and deserve to have money make them feel good. At the same time, however, they might feel frustrat-

ed that all their hard work hasn't garnered them more spectacular financial rewards, and they often spend to cheer up or make themselves feel more successful. Spenders have a hard time budgeting, and difficulty delaying gratification in the present to save for the future.

The Spender is also prone to fantasies of financial rescue, and fears achieving success on their own, afraid that they will give up a certain emotional dependency that has been keeping them from being self-supporting. While they wait for the miracle person or event that will solve their financial woes, the Spender may spend most of what they have at their disposal, or rack up a hefty amount of debt.

**If you are a Spender, what you need to do to improve on your money style:**

Although money is tightly intertwined with the Spender's definition of success, Spenders never feel they have enough money, or seldom have a clear perception of what money is. For many Spenders, money is also a measure of love and approval. The Spender uses money to make themselves feel good, but when spending undermines their financial security, it's time to get a grip on it.

If you share some of these characteristics, reward yourself for good performance with occasional splurges rather than all-out spending binges. Or perhaps you can learn to enjoy making sound financial purchases: Splurge on some smart investments that will grow in value in the future, rather than buying more clothes you don't need.

Similarly, instead of lavishing money and gifts on others, concentrate on building personal relationships on foundations other than money. Invest your time and your attention in your relationships with others, and invest your money in yourself. You will achieve considerably more satisfaction on both fronts.

**Our thanks to the book "Money Harmony" Resolving Money Conflicts in Your Life and Relationships (Walker & Co., 1994)**



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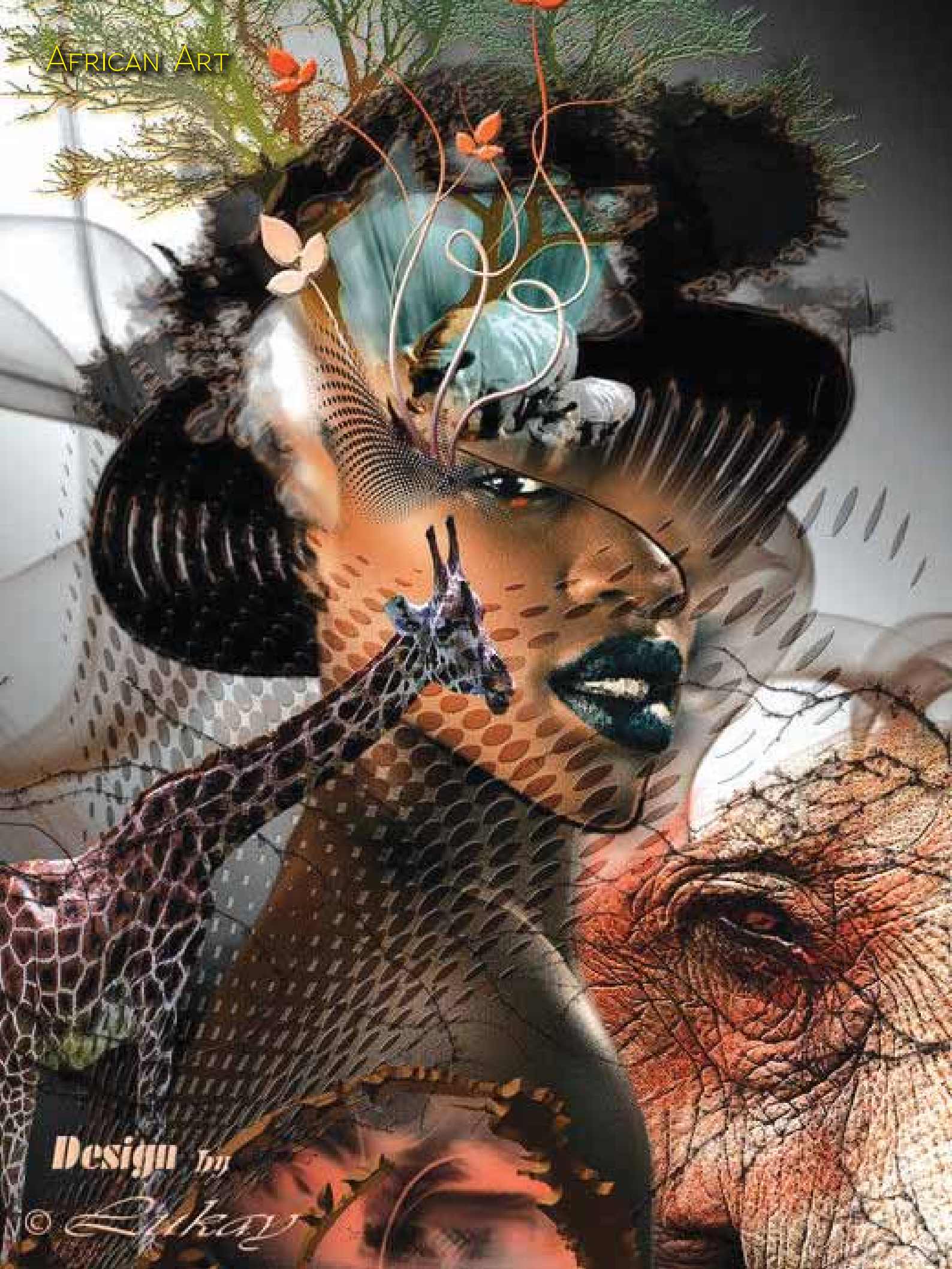
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# The Art Star and The Sudanese Twins

That's just one of the ideas investigated in *The Art Star and the Sudanese Twins*, a terrific new documentary about performance artist Vanessa Beecroft and the African infants she wanted to call her own. As is so often the case with documentary films, *The Art Star and the Sudanese Twins* started off as one thing and evolved into quite another.

New Zealand filmmaker Pietra Brettkelly has an ongoing interest in international adoption and has already made one film about the subject. When she met performance artist Vanessa Beecroft by chance in South Sudan a few years ago, the women talked about the local twins Beecroft was thinking about adopting. Brettkelly asked if she could film Beecroft's adoption journey, not realizing that she'd wind up with a documentary that's just as much about contemporary art, extreme culture clash, Western perceptions of Third World countries and notions of family. It's simultaneously biography, art history and political commentary, and it's entirely engaging.

Over 16 months, *The Art Star and the Sudanese Twins* follows Vanessa Beecroft in her strange, determined quest to adopt twins she has encountered in the Sudan. The film opens with a look at VB61, Vanessa Beecroft's performance piece at the 52nd Venice Biennale -- art involving 30 Sudanese women pretending to be dead, and some red paint. It's an art/politics combo.

The action then goes back to 15 months earlier, with Beecroft in Africa talking about the children she wants to adopt. Here she is breastfeeding the twins who interest her and being photographed doing so; Beecroft had arrived in Africa while still nursing one of her own children, so she could nourish the starving



*Angelina Jolie and Madonna adopted African babies. Have they started a trend?*

twins. And get her picture taken while she did. There's a juxtaposition of maternal interest and cold commerce throughout the film that is very unsettling.

*The Art Star and the Sudanese Twins*

captures Beecroft as she encounters various obstacles in her adoption attempts -- for example, the children, Madit and Mongor Akot, turn out to still have a father. Beecroft's efforts involve various local dignitaries and religious leaders and international lawyers, but it's interesting that she doesn't tell her own husband about her plans.

In the course of showing her single-minded pursuit of the kids, the movie introduces interviews with Beecroft's mother and father, with art experts and with Beecroft's own husband, social anthropologist Greg Durkin. The picture of Beecroft that slowly comes together is one of ruthless ego and bizarre sentiment. There are a handful of moments in the movie that cut painfully close to the heart of Beecroft's character -- a chat about a childhood friend she tormented for being stupid and ugly, for example, the way she hisses at her assistant, or her seeming indifference to the people around her. In one memorable scene, Beecroft is interrupted during a photo shoot by women in the village who object, strenuously, to the babies being naked in the church. She barricades the door against the women -- in their village, in their church, with their orphans.

*The Art Star and the Sudanese Twins* is a worrisome document about the first world view of Third World countries, but what it says about contemporary art gives the movie a rich vein of humour. (Or as Damien Hirst said about 20 years ago, "I can't wait to get into a position to make really bad art and get away with it.")

"My husband says, 'You're so superficial,'" Beecroft admits in the movie; tough not to agree with him.





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Miss Malaika Clement Kadong on chair; behind is former Miss Malaika after handing over the crown



## CROWNING THE SOUTH SUDANESE BEAUTY QUEEN

At the end of last month South Sudan crowned its first beauty queen as an independent Nation. Helen Kadong Clement, a 20 year old girl won the Miss Malaika 2011 after beating 15 other contestants In Juba. 18 year old Bhakita Nyalia from Unity State and 21 year old Nancy John from Upper Nile State took the second and the third positions respectively.

The event was sponsored by; MTN, UAP insurance, Target Media and Imatongas.







# Miss Malaiika 2011



# ECHOE EVENTS

# MARCH

Midwives from all over Southern Sudan walked from Juba Teaching hospital around Juba town to the Juba College of Nursing and Midwifery (JCONAM) to mark the International Day of the Midwife. The walk and subsequent rally at JCONAM highlighted the role of midwives and others with midwifery skills in accelerating progress towards the achievement of the Millennium Development Goal 5; improving maternal health



Olivia and Janet



Petronella Wawa Principle of JCONAM



Head of Office Ramiz Alakbarov walking in march



Enacted delivery



Enacted medical interview



# OF THE MIDWIVES



Girl in march



Women marching



Enacted delivery with complications



March past



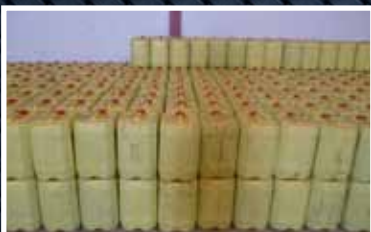
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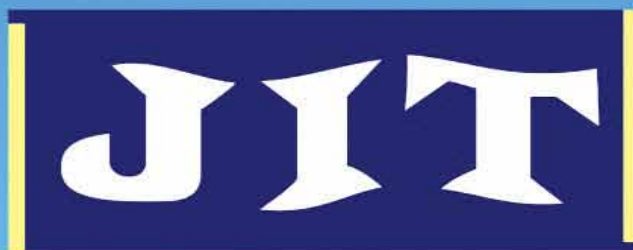
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# Dealing with Stress Spiritually

By Joyce Meyer

Stress is on the rise in today's world. However, the source of our stress isn't really difficulties, circumstances and situations. It's our attitude and approach toward them. Most times, we respond to difficulties with upset, but in the Bible, Jesus said in John 14:27 to *...stop allowing yourselves to be agitated and disturbed....* He never promised that we wouldn't have to deal with anything disturbing or disappointing.

Jesus said difficulties would come our way, but they don't have to upset us. We don't have to accept the stress being offered. We have the privilege of approaching the challenge in a calm, peaceful manner.

Recently, I've noticed in a greater way than ever before how my own situations can be turned around by the right attitude and approach. If I approach something in dread, I have already set myself up for misery before I begin. If I believe that something is going to be hard, I get what I believe! On the other hand, if I refuse to dread or have a negative outlook, I open the door for God to work and help me. I'm learning to push my "reset button" when Satan gets me upset!

We're created by God to handle a certain amount of stress. It's impossible to be alive and never experience stress at all. It comes in the form of mental, emotional or physical tension and strain. However, if we do not manage it and take measures to avoid more stress than we can properly handle, we're asking for trouble. Sickness is definitely a result of long-term stress. Even mental illness can result from a lifetime of stress. As I mentioned earlier, stress is a result of a wrong attitude and approach, not

the result of circumstances.

We can look at several examples:

1. With the proper attitude, I don't have to get upset if I get caught in a traffic jam. I can decide to enjoy myself right where I am, even though I'd rather not be there, or I can become upset trying to do something that I can't do anything about. It's my decision!

2. If I have a plan and it becomes evident that my plan isn't working, I can get upset, angry, confused, and even try to make it work (even though I see clearly that it's not going to). I can also choose to adapt and go with the flow, determining not to lose my peace over something that I can't change anyway. It's my decision!

3. When people don't act or respond the way I think they should or would like them to, I can try to change them, resent them, hate them, be angry at them or be offended. I also have the option to choose to forgive, realizing that I, too, have weaknesses and can respond the way Jesus would. It's my decision!

Just as I was working on this article today, I've had to deal with about four disappointing situations. It's been one of those testing days. Early this morning as I began to see the way things were going, I declared out of my mouth, "I'm not glad this happened, but I'm not going to lose my joy. I can be happy with or without it!" I believe when we respond in this way, we're setting borders for the enemy. We're saying, "You may have touched my outer life, but you can't get to my inner life."

Don't allow Satan to keep you upset and stressed out all the time. Change your attitude and approach, and God will change your circumstance in due time.

Here are several things we can do to reduce stress:

**Stop Thinking and Talking About Your Problems**

The state of upset or arousal sets off an alarm in the body to defend itself from threatening, hostile events. Even thinking of an upsetting event or imagining danger can also trigger the alarm. A chain of responses are set into motion inside us to fight or run from the circumstance.

**Don't Be Overcommitted**

Do you have too much to do? This seems to be the number one complaint I hear today. When I ask people how they are, about 50 percent respond, "I'm busy." Common sense tells us that God isn't going to stress us out and lead us to do more than we can. Therefore, if we're being led by God's Spirit, saying yes when He says yes and no when He says no, we should be able to accomplish what He gives us to do and walk in peace. Do you need to say no more often? We should be sure when our heart says no that our mouth isn't saying yes. Sometimes trying to keep other people happy can make us very unhappy. A person must be really careful in this area, especially if he has a tendency toward being a people pleaser.

**Receive God's Grace**

Grace is the power of the Holy Spirit to live without stress. God, however, won't give us the grace to be disobedient. If He's telling us not to do something that we decide to do anyway, we'll experience the painful loss of His anointing. Grace equals ability. God gives us grace to match our call. When we do our own thing, we do it on our own. When we follow His leading, He always supplies the energy. Remember,





*God will feed Isaac, but we will have to feed Ishmael!*

Remember when God promised Abraham and Sarah a child? They got ahead of God and worked out a plan to have Ishmael. Finally, Isaac came according to God's promise.

God wants us to burn *on*, not burn *out*! Burnout comes from physical and emotional exhaustion, especially as a result of long-term stress. Stress depletes our bodies; our immune systems become weak, and sickness—even depression—can set in.

Are you suffering from burnout? Manifestations include extreme fatigue, headaches, insomnia, gastrointestinal problems, tension, nerves tied in knots, inability to relax, and no medical explanation for the symptoms. Other symptoms may be emotional exhaustion (crying easily), anger, negativity, irritability, cynicism, and bitterness about the blessings of others.

Burnout causes you to be “out of control” and no longer producing good fruit. Ignoring God's laws causes burnout. You can't overwork your mind, emotions or

your body and not eventually pay the price for excess. Whose pace are you moving at? Is it the pace God has set for you or someone else's pace? Are you stressed-out from trying to keep up with everyone else? Are you living under the stress of competition and comparison? Are you a perfectionist with unrealistic goals?

I believe we can live stress free in a stressful world, but it will require some decisions—possibly some radical decisions. Allow God to lead you out of a stressful lifestyle and into one of peace and joy.

## POEM:

### THAT AWKWARD MOMENT

That awkward moment, when it's an awkward moment and someone makes it more awkward by saying “well, this is awkward”  
That awkward moment when you want to talk but your friend won't shut up.  
That awkward moment when you say goodbye to someone but end up walking in the same direction.  
That awkward moment when you glance at someone and the person is staring back at you.  
That awkward moment when someone deletes your comment from face book and you look like you are talking to your self.  
That awkward moment when the doctor asks you whether you are sexually active in front of your mum.  
That awkward moment when you are singing very loudly and the music is abruptly stopped.  
That awkward moment when you start telling a story and realize no one is listening to you and you slowly fade out and pretend you never said anything.

# Sing Along:

## PALEK LYRICS

With a dream to represent her Country while battling it out at the popular East African musical-Tusker project fame last year, Palek Mathew Obur is now in the studios cooking new lyrics day by day. The beautiful voiced singer shared with us her latest song. Produced by Rkay - the genre is R&B

### Love Aint Enuf

Oh boy you tell me, that you didn't have command!  
I loved you madly, look what has happened to us now.  
I hear you clearly when u are talking to her,  
But I just don't get you when u say "I am the one".  
Her eyes are piercing when she's staring at me,  
I just can't read them coz they're saying too much to mine.  
You better start behaving before it gets out of control  
The situation here right now can become so nasty

#### Chorus:

*We don't even know why we're fighting anymore  
We don't even know how to talk to each other  
Love aint enuf...love aint enuf*

I don't know what to do as he keeps coming back to me,  
It all started that night with a single cup of tea,  
He said he never loved anyone they way he's in love with  
me,  
He wants us to be; together forever more  
I've been so faithful, I even ask myself why  
Babe, you've changed me and I've become a better I  
I don't want to lose you, coz you mean so much to me  
I'm wishing on a star that all this aint true

#### Chorus:

*We don't even know why we're fighting anymore  
We don't even know how to talk to each other  
Love aint enuf...love aint enuf*

#### Bridge:

It is not easy to find the right person, babe we've grown  
into two different people! I need my space; I need room  
to sort me out. I need your support and your trust... please  
listen... please listen! My babe, please listen ...

#### Chorus:

*We don't even know why we're fighting anymore  
We don't even know how to talk to each other  
Love aint enuf...love aint enuf*

....

*We don't even know why we're fighting anymore  
We don't even know how to talk to each other  
Love aint enuf...love aint enuf*







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-Open Solar

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-Sealed Deep Cycle

-Multi- functional

Major brands include:

Gastory, Deka, Trojan,

Rolls, Happecke and universal power battery.



## Solar Fridges

Solar refrigeration is suited to remote areas. The fridges would need no external electricity supply.



Qty	Description
SL 165	3 80W Solar panels
	1 30 Amps Charger Controller
	1 165 Litre Fridge
	1 500 Ah Solar Battery
SL 225	3 80W Solar panels
	1 30 Amps Charger Controller
	1 225 Litre Fridge
	1 500 Ah Solar Battery

## Wind Generators



Wind generators supply clean and reliable power for lights, TVs, Water pumps, Computers and most other electrical appliances in windy conditions. This makes it cost effective and ideal for households, tourist camps, sailing boats, hotels, etc. With wind systems, no power is lost during the day or night, top trends include:

Southwest power and Telfa. Bigger wind turbine of up to 40kw are available upon request!

400 Watts	12V / 24V
400 Watts	48V
900 Watts	Land
900 Watts	Marine

## Power Backup Systems



A solution For Homes and Offices with Utility Power.

Go-Solar Power Backup systems can be a valuable addition to any home or office. These system will provide instant backup power in the event your utility grid fails.

Qty	Description	Daily Solar System
PES 803W	1 800W Inverter Charger	Color TV, DVD, HIFI, 15 lights for 3 Hrs
	1 200 Ah Solar Bank	
Qty	Description	Daily Solar System
PES 1003W	1 100W Inverter Charger	Color TV, DVD, HIFI, Small Fridge, Laptop, 30 lights for 3 Hrs
	1 200 Ah Solar Bank	
Qty	Description	Daily Solar System
PES 1503W	1 150W Inverter Charger	Color TV, DVD, HIFI, 1 Computer, 30 lights for 3 Hrs
	1 300 Ah Solar Bank	
Qty	Description	Daily Solar System
PES 3403	1 340W Inverter Charger	Color TV, DVD, HIFI, 7 Computers, 10 lights, fax, RADAR for 3 Hrs
	1 1000 Ah Solar Bank	

More back up hours can be attained by increasing the number of the batteries.

## SUDAN OFFICE

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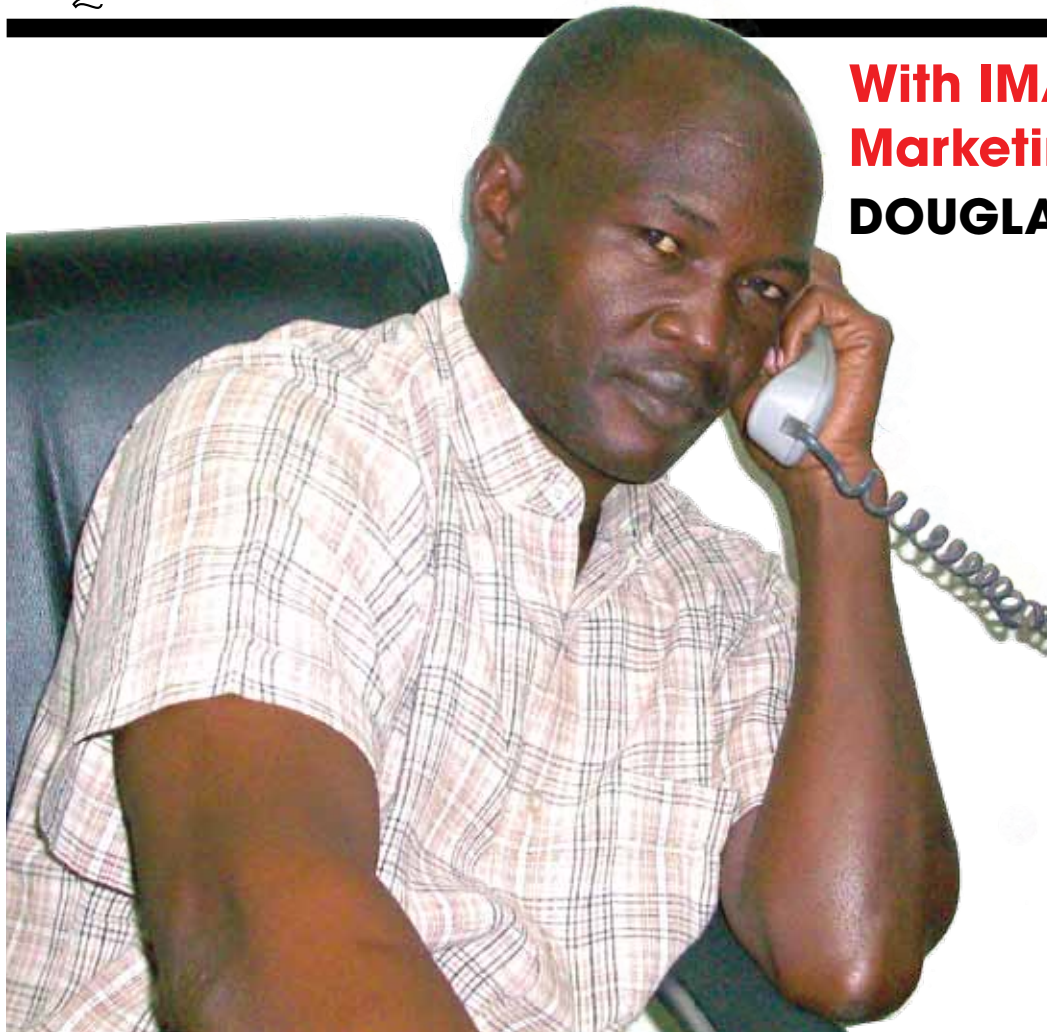
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**With IMATONGAS  
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DOUGLAS ELIABA**

**1. Internet or phone calls?**

I use phone calls more although I prefer emails. With emails, I can quote dates and addresses. And references can be made too.

**2. Candles or Lamps**

Lamps are brighter and they don't get blown out. And just to boast the parafin sales for my company, I would go for Lamps.

**3. Lunch in office or Restaurant?**

My job is about connections. The more places I go too the more I am working. At restaurants I can extend meetings to lunch time. I can meet prospective customers at restaurants as well.

**4. Dull or bright colors?**

I've never noticed.

**5. Movies or internet?**

Am not friendly to movies, I rather surf!

**6. Defeat or die trying?**

I don't have defeat in my vocabulary.

**7. Business cards or telephone numbers?**

Business cards give details

**8. Newspapers or news from the internet?**

I buy Newspapers. I can read them and make further references later on at home.

**9. Cold shower or swimming pool?**

A cold shower is convenient for me. During our times, there were no swimming pools.

And the rivers were invested with crocodiles. Our parents never allowed us there.

**10. Good looking or intelligent?**

There is respect in intelligence.

**11. Talkative or quiet?**

I am very talkative. But I prefer quiet people. If I wanted to hook a chick, a less talkative one would be easy. I mean she can allow time for lobbying.

**12. Tout of red label or a cold white bull lager?**

None! An ice cold coke would do. For my heart, a glass of wine wouldn't be bad.

**13. Goat's choma or a piece of chicken?**

Am not friendly to red meat.

**14. House parties or club?**

House parties are good. I like arranging things my way.

**15. Nice tight sexy jeans or black little dress?**

Tight pipe sexy jeans allow warmth. I wouldn't mind getting down with a girl in these jeans.

**16. Independent or attached?**

Independent is me. But it doesn't stop me from seeking advice.

**17. Modern or traditional?**

Both

**18. Model slim or African curves?**

Slim lady is my wife.

**19. Natural or artificial?**

I am super natural!

**20. Loud or slow music?**

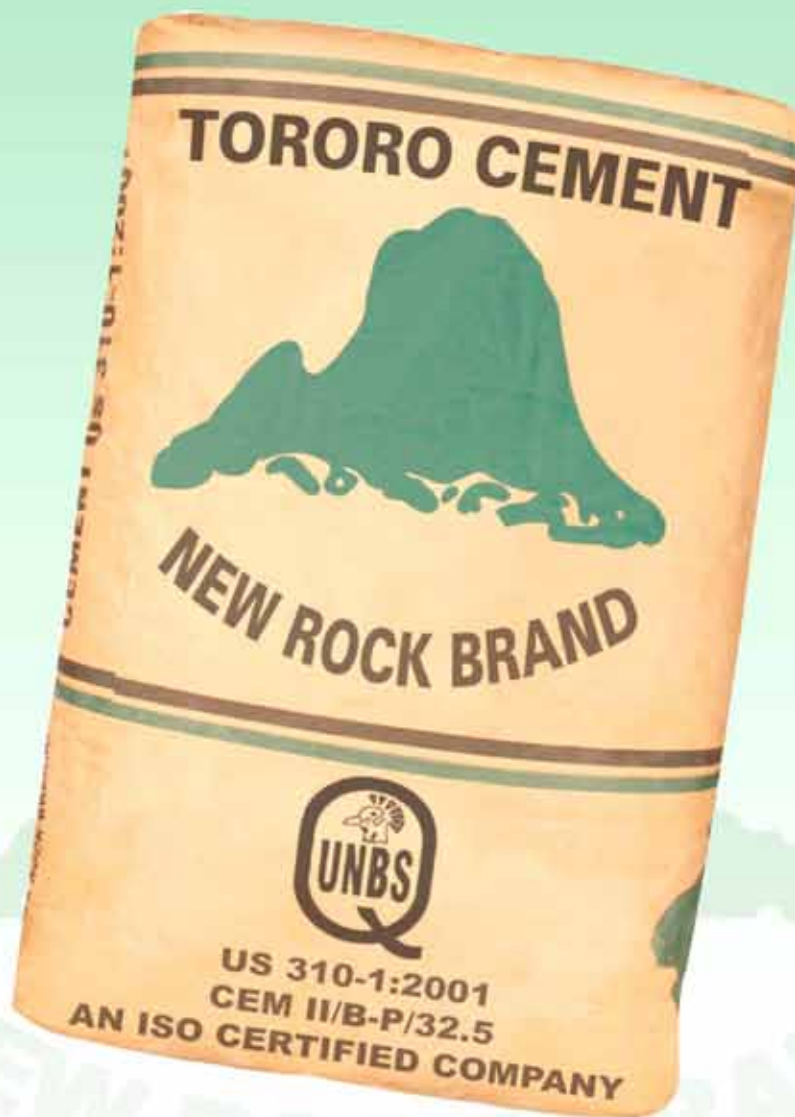
Slow music is good. I like feeling the tunes as they play. I only dance to loud music when I get very excited.

**21. Dance to the floor or shake a little bit?**

I like real music and when I get to the dance floor, I take it down non stop.



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Cement for the Nation”**



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A close-up portrait of a young man with dark skin and short, dark hair. He is looking directly at the camera with a neutral expression. He is wearing a red, textured, sleeveless athletic shirt. The background is solid black.

# Luol Deng

*SOUTH SUDAN'S SHINING STAR*



## SOUTH SUDAN'S SHINING STAR

### *About Luol Deng*

Growing up and at a very young age Luol and his family were forced to immigrate to neighbouring country Egypt, to escape the 2nd Sudanese civil war. Whilst here Luol and family met Manute Bol a former NBA player. Manute became like a mentor to Luol as his interest in basketball grew.

After being granted political asylum the family found base in South Norwood of London, there family home till this day.

Deng, considered a natural talent in sport, showed versatility and began to shine in both soccer and basketball. He was later approached and asked to join the u15 teams in both sport. His love for basketball grew more as he joined the Brixton Topcats basketball squad in and began to train day and night to further his career in the sport.

In 1998, at just 13 he was named MVP of the junior men's qualifying tournament leading England to the finals and averaging

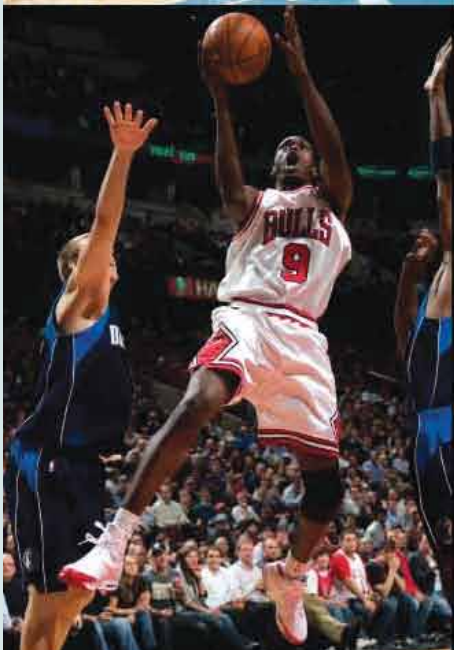
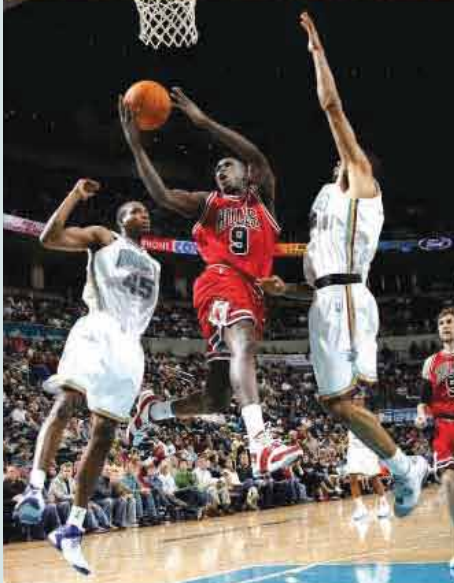
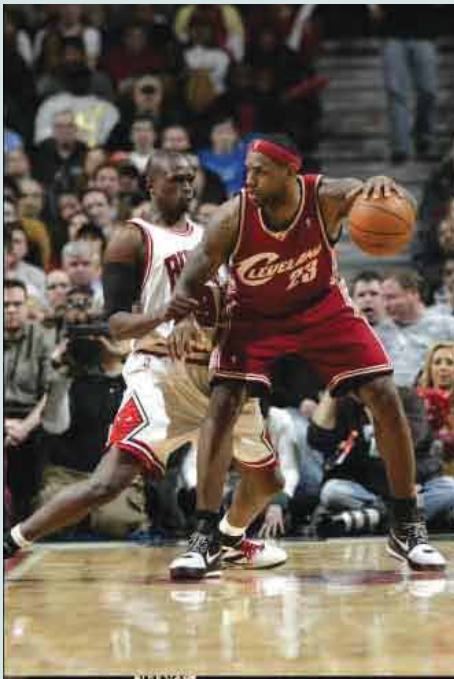
34 points.

In 1999, Aged 14, the decision was made for Luol to pursue his dreams in the USA, he attended Blair academy, New Jersey. During his 2nd year he was considered the 2nd most promising high school senior player in America, after Lebron James.

After graduation he chose to attend Duke College and became only the 10th freshman in history to lead all rookies in scoring, rebounding and field goals.

In 2004 he was entered into the NBA





draft and although picked seventh by the Phoenix Suns was immediately transferred over to the Chicago Bulls, a team he had dreamed of playing for. Despite suffering wrist injuries, he was still picked for the NBA all rookie first team after his first season of NBA basketball, despite his season was ended early by the injury.

He was able to become a recognised British citizen in 2006, in a ceremony near his home in London.

In 2006-07 basketball season, Deng was the only player to start all 82 season games for the Bulls.

On the 26th of March 2007 Deng hit a new career high with 38 points against the Portland Trail Blazers!

#### *Charitable*

Now that Luol has reached many of his goals in life and achieved some success he has set new goals which lie in humanitarian work. He has aspirations to create opportunity and hope for Sudanese youths who are in similar situations that he was once in. He has been involved in many fundraisers and spoken at political rallies.

In 2006 and 2007 Luol travelled with the NBA on their annual Basketball Without Borders Tour which travels for tournaments in third world countries.

The Luol Deng foundation works in relationship with many projects run by the UNHCR helping to better the lives of displaced figures in Africa. More specifically Southern Sudan.

In 2007 a reading and learning centre was incorporated into Victor Herbert elementary school, Chicago, by Luol Deng and the Chicago Bulls. Luol made provisions for a room in the school to be refurbished for this.

On March 18th 2008 Luol stated that he would donate '\$50 a basket' for every one of his baskets made until the end of the season for the 'Nothing but Nets' campaign. He then became a national spokesperson for the UNHCR campaign as he acknowledged the importance of such commodities in helping save lives.

In November of 2006 and 2008 Luol helped to serve and provide Thanks Giving dinner to 843 guests and homeless beings as part of the Pacific Garden Mission.

On January 1st of 2009 Luol hosted the 'Hope for Sudan' celebration for the 'Lost Boys of Sudan', a Sudanese comprehensive peace agreement anniversary.

Last year he was nominated for the UNHCR Humanitarian of the Year Award and has again been nominated this year (2009).

## *President Obama Congratulates Luol Deng*



"I want to congratulate Luol Deng on being honoured with this award. In a word rife with conflict, one of our most important obligations is to look after the innocent victims of war, including those who are forced to flee their homes as refugees – and few understand this better than Luol. His dedication to bringing hope to millions of children living as refugees in Sudan and around the world is an inspiration, as is Luol's own life itself. Both on and off the court, Luol sets a standard of excellence and service that all Americans can look to for inspiration.

~ President Barack Obama, commenting on Luol Deng's UNHCR Humanitarian Award ~



### ***Luol Deng's Accomplishments***

Birth Date: 16 April, 1985

Age:24

Birth Place: Wau, Sudan

Hometown: London, England

Club: Chicago Bulls

College: Duke University

National: Team Great Britain

Position: Small Forward

Height: 6' 9" (2.06 m)

Weight: 220 (100 kg)

#### ***NBA***

- Drafted in 2004, 1st Round, 7th Overall Pick by the Phoenix Suns
- 2004 Rocky Mountain Revue All-Tournament Team
- 2005 Got Milk? Rookie Challenge Team
- 2004-05 NBA All-Rookie First Team
- 2006-07 NBA Sportsmanship Award

#### ***Colleagues***

- 2004 Atlantic Coast Conference All-Rookie Team
- 2004 Third Team All-ACC
- 2004 NCAA Atlanta Region Most Outstanding Player
- 2004 Associated Press Collegiate All-American (Honourable Mention)
- Selected National All-Freshman Team by Basketball Times, Collegeinsider.com and Rivals.com

#### ***Supporters***

- 2003 McDonald's High School All-American
- 2003 Brand Jordan All-American
- 2003 Parade All-American
- 2003 USA Today All-USA 1st Team
- One of 10 finalists for the Naismith Prep Player of the Year Award
- Rated No.2 of Top 100 High School Basketball Players

#### ***Charitable Benefactors***

- World Food Programme, Spokesperson
- NineMillion.org, Spokesman
- Nothing But Nets, Spokesperson
- London 2010 Olympics Games, Ambassador
- NBA's Basketball Without Borders Tour of Africa, Europe and Asia
- "Hope for Sudan" Holiday Celebration for the "Lost Boys of Sudan"
- Annual Luol Deng Thanksgiving Dinner at Mission Gospel League Home
- Annual Chicago Housing Authority's Holiday Party
- 2006 Charles Lubin Award for Dedication to Community Service
- 2006-07 Golden Icon Award for Best Sports Role Model
- 2007 NBA Community Assist Award
- 2008 United Nations High Commissioner for Refugees Humanitarian of the Year Award
- 2009 Jeanne and Joseph Sullivan Award for Promotion and Protection of Human Rights







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# THE PRIDE OF SOUTH SUDAN