

# African Echoes

CHRISTMAS  
EDITION

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## A BROKE NEW YEAR?

SAVE YOURSELF THE  
FINANCIAL HANG OVER  
OF CHRISTMAS

## LU'JUNG

GIVING A VOICE  
TO YOUTHS

## THE BREASTS THAT SHALL SURVIVE CANCER

## XMAS TIME:

GREAT COOKING  
GREAT FASHION

## MOTHERHOOD

STEPPING OUT  
PROUD AND HOT  
THROUGHOUT  
YOUR PREGNANCY

## THE HUNK:

UAP'S NICHOLAS  
TELLS IT ALL..

## STYLE:

PREGNANT HOTTIE  
CHRISTMAS TRENDZ  
WHAT THE GALZ ARE WEARING  
BOOTS, SCARFS & MORE  
LATEST ACCESSORIES

# NEW STYLE IS BORN

A DARING MODEL WHO IS INTRODUCING A  
NEW JUBA CLOTH LINE

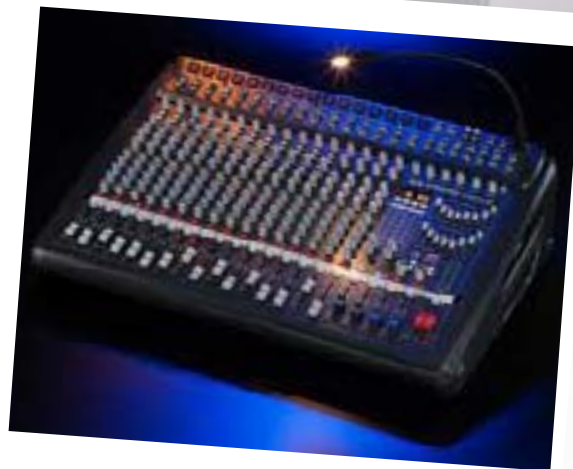




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# CONTENTS

- 8 Echoes Newz
- 10 Q&A
- 14 Model Pictorial
- 18 Hair
- 20 Echo Legend
- 24 The Gazebo Corner
- 26 Relationships
- 28 Home
- 29 The 21 Questions
- 30 Cover Story
- 34 African Food
- 36 Fashion Page
- 46 Beauty Q&A
- 48 Echoes Pin up
- 50 African Story
- 51 African Art & Proverbs
- 52 Personal Growth
- 56 Fading Governments
- 58 Movie Preview
- 60 Trends
- 63 Events
- 68 Spirituality
- 72 Health
- 74 Quickies
- 76 Sport





ECHOES FROM THE DESK

When the writers of the Old Testament penned the words to the long lists of lineages, the so-and-so begat so-and-so's, they always listed the males. Not a time do you find a woman's name in the list. But when we turn the pages from the Old Testament to the New Testament, we see God honoring women in a brand new way. Even in the lineage of Jesus recorded in the book of Matthew, we see four women in addition to Mary in the list! For that time in history, that was quite radical!

Now, if you were going to be part of this liberating radical movement to recognize women in the Holy Scriptures, whom would you pick? Oh, I'd probably include Mrs. Noah. She had to be a very patient, submissive wife to be able to put up with all those animals and Noah's wild ideas.

Or perhaps I'd pick Mrs. Moses. Zipporah must have been a very godly woman to allow her husband to travel about in the dessert for all those years. And besides, any woman who has a husband in leadership knows the sacrifices she must have made.

Or perhaps I'd pick Sarah. After all, she did bear a child when she was ninety.

This Christmas, we have our list of precious women too. We chose to feature Alek Hope our cover girl because she's the young courageous model that has decided to stand firm and begin her own cloth line, the first of its kind in south Sudan. On over 10 pages, we have show cased her in her own designs in pictures.

We have men on our list too. Louis Peters is the only man that has ever crossed lake Tanganyika, the worlds longest lake on a boat. He blew us, and on page 8 & 9 we share his story.

Just like you're excited about Christmas and the holiday, we too are excited. We have a lot on what to do on Christmas day, how to decorate, how to spend cost effectively and lots of Christmas fashion trends.

The south Sudan entertainment industry went hyper with a lot of events and creative ideas. 2 beauty queens were chosen, the miss south Sudan queen and the Miss malaika queen. The first ever south Sudan Movie festival was held, another grate highlight; and Uganda made it big with the biggest festival in the country, the Bayimba talent festival, and we have all those covered on our events pages.

From the deepest pit imaginable. South Sudan is rising up like a rocket. That was true for those who foresaw this dream; and it is true for you and me. That, dear one is the story we are celebrating for our 2<sup>nd</sup> Christmas as a Nation.

Merry Christmas South Sudan!

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ELIAS MUHWEZI  
In most cases they say beauty lies in the hands of the beholder. In this case it's a little different. The responsibility to put beauty on the pages of African Echoes lies in the hands of Elias. He designs each and every bit of the Magazine to make it both beautiful and interesting for you to view.



MUKWAYA KENNETH  
Kenneth is our Marketing & public relations Manager. His always out and about sharing the goodness of African Echoes. He also works to build an advertisers list that enjoys sharing with you their services through the Magazine. Next time you see him pop a smile he will give it back. He is always smiles



SARAH KEJI  
Most of our Models, musicians, politicians, actors, producers, plus all other sources that we use in our daily story writings for the magazine including you; are hard to catch. Sarah goes out of their busy schedules and settles appointments for us to have a chance to meet them. Along side the rest of the editorial team, Sarah Makes sure every editorial plan is worked upon.



NELSON KAYANGA  
Have you noticed our Logo? What do you see? Well, a few people guess it right. The logo is made out of green bananas (Matooke) The concept? Nelson designed it. Kayanga is our creative Manager. Also as a graphic designer & writer Nelson helps to put some of the pages in structure



RUBEN RIEK  
Ruben Riek is the Man. I have never imagined how some one can sit down and draw a human being exactly as they look. It's called Art right? Well I don't call it Art! I call it extra talent. If it were art, then anybody else would sit in an art class and do what Ruben does. I can't count how many students remained in our art class back then in my high school when we were asked to choose what subjects we wanted to carry on. I think I was among the first to leave that class. Maybe 10 remained because art is not for all. Ok, well Ruben has got the talent. And he sketches all the art you see on our pages and we are proud of him.



SARAH MUWOMBI  
Have you ever wondered why there are never grammatical errors in our stories? Well, Sarah cross checks with all of them. She's our proof reader.



FRIDAY JOHN  
Our Model Friday always has something to show case. Friday is a professional Model who has been on runways allover. Besides working with us, Friday presents at VOA radio and Recently She became a proud Mum after giving birth to a bouncing baby boy.



TENDAI MBOFANA  
All the way from Zimbabwe, Mbofana is here on a grate mission. A mission he always accomplishes whenever African Echoes goes to the streets. As our main contributor, his always up and down looking out for the issues that need to be discussed. On his series the "Gazebo" on page (...), Mbofana gets to sit down with you to analyze the issues in and around us.



ESTHER MUWOMBI  
And finally, meet our Editor. Every story in African Echoes is put in shape by Esther. She spends hours digging through each and every story to make sure they are digestible for you. And if you would like to share some ideas, comments or complaints, please write to her on africanechoesmagazine@gmail.com



## LEGENDRY DINKA SINGER NYANKOL DEAD



South Sudan Legendry Singer Nyankol Mathiang passed away in Juba last month , she was the best Dinka's Classic Jazz musician in South Sudan. Her music was patriotic and revolutionary. She was born in Abyie and She will be missed by many south Sudanese her music inspired aspecially through the war. May her soul rest in peace

## WARRAP STATE GIRL TAKES THE MISS MALAIKA CROWN



Miss malaika South Sudan 2012 final was held last saturday and the winner this year comes from Warrap state. Director of the event Lam Tungwar said, the turn out of the event is rated as the leading event ever done this year



## FIRST EVER SOUTH SUDAN FILM FESTIVAL

Woyee film festival hosted the first ever south Sudan film festival at the beginning of the month. Movies like "Salt of the nation" a movie collabo between south Sudanese and Nigerian actors was one of the highlights. Movie lovers enjoyed two days of free movie festival at the Nyakuron cultural centre.



## ACTOR FOREST WHITAKER IN JUBA

Actor of the 2006 move-"The last King of Scotland" a popular film that depicts the life of the Ugandan Dictator president Idi Amin visited Juba this month. As "a good will ambassador" He was on a mission to advocate for peace to youth groups in both Juba and Jonglei state. Forest Steven Whitaker is an American actor, producer and movie Di-rector. He has earned a reputation for intensive character study work for films such as Bird & Ghost Dog

## JUBA DAY STUDENTS SUSPENDED FOR BLEACHING



A number of Juba day secondary school girls were suspended for bleaching. The school came up with the dismissal in order to warn other girls from bleaching. Bleaching has become a common trend among Juba women. Some say they are influenced by the color of neighboring women in E.Africa and north Sudan, while others just follow the trend. Bleaching causes serious burns to the skin and it can lead to skin cancer and other threats.



## A NEW CLOTH LINE

Miss South Sudan Uganda is on another move designing her own jewelry and African artires. The model who featured on African Echoes July cover and lives in Uganda for studies said says she wants to be a beauty ambassador for South sudan in Uganda





# A Guitar For Peace

**Why did you choose the name Lu'jung for your stage name?**

It's simply a name from my mother's tribe-(nyangbara) meaning born at a time of famine, and it's a name that I have chosen to use to identify with where my roots-Sudan

**Have you done any collabo's so far?**

Yeah I have done one collabo, with a London based female artist called Leila. A song titled "light of my life" I intend to do more collabo's to boost my publicity.

**Who is your inspiration?**

My Mum. She plays the guitar and each time she pulled the strings of her guitar, she inspired me to do the same.

Playing the guitar is a rare thing for women here. Where did

you're Mum learn it from

She started off at the church. She used to play it a lot during her time in the choir in the Episcopal church of Sudan(ECS), where she learnt playing guitar from. And now, we still play it together, though she tends to tire up very fast.

**If you can select one person from history and ask them a question; whom would you select, and what question would you ask?**

I would ask Leonardo Da Vinci (the great artist and inventor) why he never completed most of his inventions even when he had the time.

**"Have you learnt something new from Uganda that you think your Country should adopt?"**

We South Sudanese ought to embrace living in harmony; I mean Uganda is made up of so many tribes but they still live in perfect harmony. Secondly, man! we need to show love and support for our musicians!

**When are you returning home?**

Am currently at the university, am still studying, but I should be back as soon as school is done before my Arabic dies out! Per now I will just be paying visits.





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“What else do you want to do/ or do apart from music?”

I would love to have an art gallery/shop in the near future alongside my music, that's because I too got a passion for art.

**What do you plan to bring back to your country?**

I want to add some more flavor to the already existing genres of music

**Is there something about you Uganda is admiring?**

Hahahaha, Yeah, they say am Sudanese with 'swag' and they love my musical creativity as well.

**How are you contributing to your country's development?**

What I am doing now is studying hard to bring about change in my country.

**How was growing up like?**

My family fled to Khartoum in 1990 during the 'anyanya war' my Mum was already some months pregnant with me. My mother is Nyanbara by tribe while Dad is Moru. I am the first born and only boy, the rest are four girls.

**Are you going to be singing Gospel?**

Not really, though Gospel music pretty much comes naturally to me, because it's

a beautiful thing to appreciate the giver of life. On the other hand I could sing about my wonderful country Sudan. You know

**What daily life struggles do you go through that you said you sing about?**

They are mostly experiences, such as betrayal, living in a foreign land and more.

**Where do you see the South Sudan music industry in the next 5 years?**

I believe there's already so much talent and potential in south Sudan and in the coming 5yrs, their will both be grate musicians and a great nation to support them.

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*"The PaddleYak made it all the way to Kasama on the back of beer trucks"*

Louis Peters and Morne Smit made history on their paddle across the length of Lake Tangantika.

By Louis Peters

# DARE TO DREAM CONQUERING THE WORLD'S LONGEST LAKE

Two friends, Morne Smit and Louis Peters, set off in mid-July to become the first people to paddle the length of the world's longest lake – Lake Tanganyika. This is their story.

Lake Tanganyika is an exceptional piece of water. Not only is it the longest lake in the world at close to 700km, but also the oldest and, at 1.4km, the second deepest. This crystal clear lake lies in the Great Rift Valley and is surrounded along its length by majestic mountains – sometimes with sheer cliffs for kilometers on end! The lake is bordered by four countries – Zambia, Tanzania, Burundi and the DRC. Due to its remote location and the political unrest in both the Congo and Burundi, the lake has never been paddled before from end to end, affording us the opportunity to attempt one of the last great 'firsts' on earth! We enthusiastically took up the challenge – knowing full well that Lake Tanganyika has a fearsome reputation amongst the local population and fellow paddlers as a lake with no mercy. Apart from political instability in two of the four countries surrounding the lake, massive swells and strong

winds will destroy any vessel caught on the open water. Due to security reasons we decided to kayak up the eastern shore of the lake starting in Zambia passing through Tanzania and finishing in Bujumbura, the capital of Burundi. The expedition required a year of intense planning – a task that the two of us took up with an all consuming commitment. Our biggest stumbling block was getting the double kayak – a PaddleYak – to our starting point, Mpulungu Bay in Zambia, which is more than a 1000km north of Lusaka! This problem was eventually solved with the help of some fantastic people in the alcohol industry and the PaddleYak made it all the way to Kasama on the back of beer trucks! With the PaddleYak waiting for us up north, the day of our departure dawned and so did the first big challenge – saying bye to our families with an

uncertain outcome hanging over our heads. It was with a heavy hart that I boarded the plane from Durban to Johannesburg and on to Lusaka. In Lusaka we did some last minute shopping before embarking on the 12 hour bus ride to Kasama in Northern Zambia, where we then joined the PaddleYak for the final 4 hours of bone crunching potholes to Mpulungu Bay. As we descended from the plato into the Great Rift Valley we were tired and bruised but in good spirits and eager to get on the water. Down below the Lake stretched out as far as the eye could see – perfectly blue and inviting. Our first week on the lake reminded me of two heavyweight boxers in a ring sizing each other up. Morne and I would watch and discuss every little change in the wind and wave patterns – always waiting for the 'big one' to challenge us to the limit! The odd glimpse of a croc slipping off a rock into

the crystal clear water was a constant reminder that danger lurked everywhere. The first test of our resolve was eventually not in the form of natural forces, but came on day two when the kayak started leaking! We were forced to unpack the entire vessel twice in order to bail the water out and to try and find and repair the leak. This event also caused some of our food supplies to be contaminated resulting in us having to re-plan and repack all the carefully planned food packages. To make things even worse, Morne broke a paddle as early as the third day – leaving us with no spare paddle for the next 700km! Finding a place to camp was a highlight of every day. The mountainous shoreline is very sparsely populated, so more often than not we camped in secluded sandy coves with not a person in sight – our Bushtec tents providing perfect cover from the

wind and insects. On the odd occasion we camped in small fishing villages where we were swamped by curious villagers. Without exception it was the self draining Paddleyak, its steering mechanism and the paddles that attracted the most attention from the hard working fisher folk. It was also in the villages that we got valuable information on the wind patterns and stocked up on fresh fruit and veggies and fish for the braai! Our first milestone was the town of Kipili, about 180km from the start, and we made it there in the planned six days without any further setbacks. In Kipili we rested for a day and were hosted by the exceptional people of Lake Tanganyika Adventure Safaris. They spoilt us with some great food, friendship and some ice cold Kilimanjaro Lager. Scuba diving in the warm, clear water was also a real highlight of the expedition. Rejuvenated after

our days rest we headed north, confident that we had seen and survived the worst that the lake had to offer... how wrong one can be! We started the second stage with a gentle breeze at our backs and the knowledge that we were only about four days away from the amazingly beautiful Mahale Mountains National Park – home of more than 700 wild Chimpanzees. By this time our daily routine was set and we were comfortable with each other. It was on the final day of this stage that Lake Tanganyika pulled out all the stops and lived up to its reputation. We started the day on the border of the national park, knowing that we had to complete 50km plus in order to reach the only official campsite. Initially the lake was nice and flat and we had time to gawk at the tree-covered mountains disappearing into the clouds above. Soon after though the wind started to blow a gale, picking the swell up to a



Clockwise from top left: Clean and green; The three paddlers who made the final stage across Tanganyika; Kayak transport - on a beer truck; Local cattle hydration stop; Morne's view for 27 days.



*"Our first week on the lake reminded me of two heavyweight boxers in a ring sizing each other up"*



The typical river bank camping setup.

## CONQUERING THE WORLD'S LONGEST LAKE



Communication attention.



Another idyllic campsite in the middle of nowhere.



The unspoilt coastline resembled the ocean more than a lake.

monstrous size! Due to the rugged cliffs of Mahale Mountains, we did not have the option to go to shore to wait out the gale, and paddled for six hours non-stop before we could find a little beach to rest our weary bodies. The paddle was worth the effort though as we took two glorious days off and managed to track down Red Colobus, Red Tail Monkeys and, best of all, a troop of Chimpanzees. The stay at Mahale was great but we also knew that we were only halfway and had to get going. We covered the 150km from Mahale to Kigoma – our third milestone - in only three and a half days and here we rested for three days at the wonderful Jacobsen's Beach Cottages. Kigoma was significant for us as it was here that we were joined by another kayaker – Brent Wibberly. Eight years before Brent and three mates paddled Lake Tanganyika from Mpulungu Bay to the Burundi border but wisely decided to stop there due to the deteriorating security

situation in Burundi at the time. They were only four days away from completing the entire lake! Brent was adamant to realize his life's ambition this time round and we were looking forward to some fresh company! With only about 170km left to go we jumped into our trusty PaddleYaks and with apprehension paddled past Jane Goodall's Gombe Stream National Park towards the Burundi Border. Gliding past the Tanzanian border town of Kagunga we saw a couple of artillery canons pointing north – a stark reminder that we were heading into a war torn country that had only signed a peace treaty 3 weeks previous! Burundi eventually turned out to be the highlight of the expedition. We did the Burundi border formalities under a mango tree and were very pleasantly surprised at how friendly and helpful the elderly official was. Burundi is a land filled with unimaginable scenic beauty and fantastic people. To a man they

were tired of war and eager to be part of a normal world. Apart from nearly paddling straight into a charging bull hippo and capsizing (for the first time!) in some massive swells on the second last day, the three of us had no problem completing the final stage. It was with a great sense of achievement that we paddled into a hazy Bujumbura, our dream of paddling the worlds longest lake fulfilled. The expedition on the lake took Morne and I 27 days to complete (19 paddling days), and we kayaked 770km at an average of 40.5km per day. It was a privilege to complete this world first with Morne and Brent – they are super guys with unbelievable physical and mental strength. As for me, I was once again humbled by Africa's beauty and by the warm nature of its people. I will treasure this adventure forever.



**The first complete paddle of the world's longest lake...**

**Rudy Project was there**



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# How to decorate for Christmas



Make an easy, quick 3D paper snowflake. For an extra silky touch, use silvery paper or hang them in your windows.

Or, make a classic paper snowflake. Hang them from strings on the ceiling, or tape them on your windows and walls.



Make your own Christmas wreath. All you need is a wire hanger and a quick trip to the craft store!



For a more modern (and environmentally-friendly!) Christmas wreath, use recycled cardboard. Add embellishments like glitter, ribbons, snowy white feathers to dress it up.



Make a cute snowman out of a gourd. Use different sizes to make a little snow-family.



Make an Advent paper chain. Hang it somewhere visible so you can see the chain get shorter as you snip each day.



Decorating a Christmas Tree  
Give your tree an elegant, classic feel. You pick a color scheme and decide which decorations will make your tree look perfect!



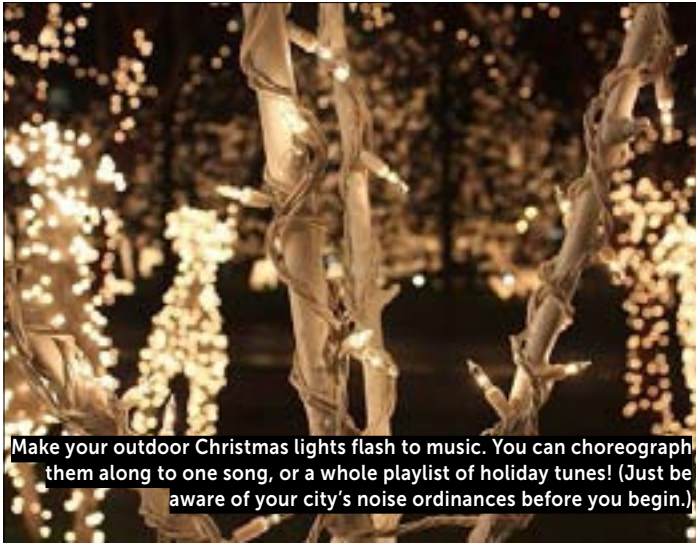
Make a popcorn garland for your tree. This classic decoration is a fun, easy craft (and great for kids).



Make sparkly snowflake ornaments. Hang them in your windows, or add them to your Christmas tree.



Make a mini-tree out of books. Treat the reader in your life to a special Christmas tree, or make one for yourself instead of buying the huge classic version.



Make your outdoor Christmas lights flash to music. You can choreograph them along to one song, or a whole playlist of holiday tunes! (Just be aware of your city's noise ordinances before you begin.)





#### Looking hot through pregnancy

For many women, being pregnant and feeling sexy are two separate entities. This doesn't have to be the case. A pregnant woman's body is the most sensitive, supple, sensual and scrumptious gift from God that her husband can adore and honor. Her breasts are larger and more sensitive to the touch. Her hips are wider, her hair is longer, and her hormones are extremely high. A pregnant woman should be the poster girl for sexy. Unfortunately, those same hormones can seem to drive a woman to a crying jag, leaving her poor husband feeling helpless. Beautiful pregnant woman, God made you to be a beauty that is to be cherished by your husband. No matter how big and swollen your feet seem to get; no matter how big your thighs are at the moment; and no matter how often you vomit at the sight and smell of oriental

noodles, you are still a hottie. You just have to play it up, that's all. Here are a few tips to help you feel like the yummy sexpot that you and your husband know that you are.

#### Enhance your overflowing attributes

Many pregnant women experience a dramatic increase in their bra size. This can be a wonderful surprise, especially for those women who weren't packing a whole lot of punch up top. Take advantage of the divine increase that God gave you by purchasing some sexy bras from your favorite lingerie store. The under wire bras may help in alleviating the extra pressure of having more than what you are normally use to having. Think of the lovely expression your husband will have as you prepare to make love to him. When he sees you and your yummy breasts gift wrapped in something lacy and racy, he is not going to know what hit him.

Some women experience a more curvier figure within the first trimester, even before they start seeing their bellies poke out. This means overflowing breasts, wider hips, and plumper booties. Quickly, before the curves go from boom to bust, grab a slinky, close fitting dress that hugs every piece of curve like a long lost relative. Think of your husband's favorite color and snag a dress that will bring him to his knees. Is your husband the t-shirt and jeans type of guy? Play up those beautiful breasts, wide hips, and that fabulous bum with a sexy white tee and some super tight stretch jeans. If you really want to go for the gusto, grab a gorgeous bikini and find a [swimming](#) pool, even if it is in the middle of winter. You might not appreciate your body at this moment, but when your husband sees you in those outfits, he'll be ready to make another baby.





it's good to be the receiver of the massage, without having to show your appreciation that doesn't involve you messing up your hair and lipstick. Speaking of hair, take advantage of the extra growth of hair and get it styled so that it's easy maintenance. Consider keeping that same style after you give birth. Treat yourself to a manicure and pedicure. Nothing says sexy like a pair of gorgeous feet in a pair of flip flops.

Ahh, smell that? That's you wearing a super delish [perfume](#) scent. Your hormones are in high gear. This can mean that whatever perfume scent that you choose to wear can be heavenly enhanced.

Keep your hair combed and make up fresh. Even if you can't afford to have your hair professionally style every week, you can still keep it neat and pretty. If this isn't possible, consider getting a cute wig. Just keep your hair corn rowed neatly underneath to avoid damaging your hair. As for the make up, a little bit of lip gloss will do just fine.

Take a candle lit bath. Buy yourself some perfumed bath salts, (check with your Ob/Gyn first), and your favorite bubble bath and soak into a blissful state. Salt [scrubs](#) give your skin a surreal glow and a perfect smoothness that only a husband can appreciate. Light some candles and relax to some soothing, sexy music to get you started for the evening. Invite your husband to come join you. He can help reach those special hard to reach spots.

Relax in your beauty. You are where you are supposed to be, and what you are supposed to be. Embrace those curves and that heightened sexuality. Right now, whether you realize it or not, God made you to be the voluptuous, stunning woman that you are now, and your husband will thank God for all this wonder that is suddenly his. Sit back, relax, and receive the love that God is giving you through another man. God gave you this man. Be sexy for him and rock his world. You have the God given ability to do so.

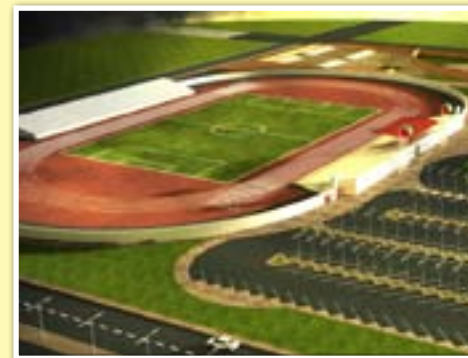
#### Be Great to Yourself

How can you feel good if you don't feel good? We have all heard the saying, "To thine own self be true." When you are a pregnant wife, the saying should be changed to, "To thine own self be great." You are not just eating for two, you are being emotionally sound for two. Your emotions seem to go to an entirely different level everyday that you are pregnant. You

are carrying another person inside of your belly. You are feeding that person, rocking that person to sleep, worrying about that person, and praying for that person. You are doing the job of two people with another person in your body. You need to be sure to pamper yourself as often as you can. Go to the spa and get a professional massage. Yes, your husband does a great job massaging you, but sometimes



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# Ideas on where to go on a Date

Okay, so you have finally managed to get into the good books of that new girl in tight jeans in your college, and gone so far as to get a date with her. Commendable so far! But, dude, don't you realize? Your problems have just begun! Perhaps you are feeling jittery about it right now. It is normal, though. About 99% of the populations feel shivers running down their spine when the first date comes around - even if it is their fiftieth first date! The rest 1% of the population are Don Juans and I am sure they will not need this article in the first place.

Enough of the small talk now! We need to put your little love-struck heart to rest, and soon. So, here are some beautiful ideas to make your first date a success. Of course, you must remember to be suave enough to carry them ahead. So, bonne chance, and read on...

**Idea # 1 - The Amusement Park**  
My favorite place to take a gal out on a first date is surely the amusement park. Really, I am not joking! Most girls like that sort of stuff, even the older ones do! And there is so much to do in an amusement park that you will be soon out of time. You can do fun things together like bumping cars, going whacky on the roller-coasters, racking your brains out laughing at yourselves in the funny mirrors, or simply eating candy floss together. And then, you can cozy up in a small café in the park and get to know each other better!  
*Pros:* Amusement parks are meant for fun. Even if your girl has come in a nasty mood, she will lighten up soon and enjoy with you. Also, you will be able to impress her as a fun-loving young man.  
*Cons:* You might not find a comfortable corner for just the two of you. Amusement parks are usually crowded.

**Idea # 2 - The Cinema House**  
The cinema house is always a favorite when guys are planning their first dates. Nowhere else can you get to sit so close together (so close that you can actually smell her hair!) for so cheap! You must make sure it's a movie the girl likes, though. Or she might attach the mediocrity of the movie with you. In a lighter vein, the cinema hall is the perfect place to hold hands if you wish, and even land a tiny little peck on the cheek - an initiation to a good relation. Girls, in their part, do love to weep during melodramas (keep handkerchiefs ready) and scream their lungs out if it's a horror flick. Speaking of that, it's really fun to take a girl out for a horror movie. You might have to convince her, though.  
*Pros:* Movie halls are cheap and you can share popcorn and other things together :).  
*Cons:* If she hates the movie, she might hate you! Make the choice wisely.

**Idea # 3 - The Beach**  
When it comes to planning a first date, the beach is always right. It is open and crowded, so girls feel safer on beaches for their first dates. And beaches are fun.

You can sit under a parasol and gossip about things, you can get an ice cream for her, play Frisbees... be a regular Archie and Veronica for a day, if you want! Just make sure your eyes do not stray to the other sights on the beach - that could be a super first date fiasco!  
*Pros:* Beaches are the cheapest option, and there's lot of fun to be had. Where else could you have a chance to check out your girl in a bikini on the first date? If things go wrong, you can even admire the other bikinis.  
*Cons:* The beach idea might not work if your girl is the bookish type. You might not know, but there is a species of girls who do not like beaches. If your lass is one of them, check out the next idea.

**Idea # 4 - The Bookstore**  
The bookstore? Come again? Yes, buddy, you heard it right - the bookstore is an excellent first date idea for many reasons. Firstly, girls love books. Some of them also read them :-). Okay, serious now... At the bookstore, you can get to know what the girl's likes and dislikes are. That comes in handy if you are contemplating a gift for her. You can check out what her tastes in music are. Wise men say people who have similar tastes hit it off better. So, you can actually get a hint of how far this relationship can go. Yes, the bookstore is a good idea for future planning. And whoever said a bookstore is all about books? There are cafés where you can sit together and chat - some of these cafés are really very cozy.  
*Pros:* You get to know more about the person in the bookstore. And you need not buy anything. If you do that, this is the cheapest date idea.  
*Cons:* You might feel a bit bored if you stay too long. Or, worse, your girl might feel bored. But that really depends on your likes. I know of people who spend hours in bookstores without feeling any tinge of boredom.

**Idea # 5 - An Expensive Dinner**  
Let's face it - all of us cannot afford an expensive dinner on the first date. But if you really have that kind of money, and if you are something like a celebrity who cannot be seen in cheap public places, then an dinner in a swank restaurant is the best bet. It is very wrong to say that the surest way to a man's heart is through his stomach. Wrong, because it applies to women too. And girls go more for visual grandeur. So if you are able to have an exclusive five-course meal for her and show your gourmet knowledge to her, there's no doubt she'll be impressed. And it will pave the way for a second date. Discreetly, you can decide to do something cheaper the next time. It would work since she already knows your gastronomical etiquette. Make sure to decide the next date before the dessert comes in!  
*Pros:* Makes way for a long-lasting relationship, filled with happy gastronomical delights!  
*Cons:* Money, money, money! Get those American Express cards ready.



WITH UAP'S  
NICHOLAS MALESI

I am always reminded that we were created in the image of God. I believe there is much more to life than the things we attach to. Staying in the image of God is more important than being ugly and rich and handsome and poor

1. **Good looking or clever?**  
Being handsome with no upstairs is a disaster. I need both.
2. **Organized or messy?**  
Organized
3. **Lion or Zebra?**  
My career requires me to lead the jungle. So I am definitely the Lion.
4. **Champagne or beer?**  
Champagne
5. **Dance on tables or observe from sidelines?**  
I do dance, but not on the tables.
6. **Listening or talking?**  
God intended us to Talk and Listen. I do both
7. **Ugly and rich or handsome and poor?**  
I am always reminded that we were created in the image of God. I believe there is much more to life than the things we attach to. Staying in the image of God is better than being ugly or poor

8. **City guy or Country guy?**  
I can fit in both places. There are times I worked in the Nuba Mountains, a very rural area. But I liked it.
9. **Death insurance or health insurance?**  
The benefits of both supplement each other. When you die, God forbid, we Africans don't want to talk about death --- the next of kin takes care. I would rather have both. I actually have both.
10. **Independent or attached?**  
I have principles and I don't leave according to what the crowd is saying. But I do listen to opinion
11. **Suits or T-shirts?**  
I like giving a good first impression since I am always attending business meetings. After work I am more comfortable with my rubber shoes, a nice T-shirt and a chain here or there. But I don't do much bling bling.
12. **Flying or cruising?**  
Driving allows me to bond with nature.
13. **Out with family or friends?**  
Both
14. **Cooking or take away?**  
I love food but I am very pathetic in that area. Acida and African greens anytime.
15. **Swimming pool or river?**  
Swimming pool
16. **Newspapers or novels?**  
I do more of books. I love inspirational books written by re-known business and motivational speakers.
17. **Natural or artificial?**  
Very natural
18. **Model slim or African curves?**  
Slim is for me and that's what I am married to.
19. **Facebook or phone calls?**  
Updating status and be-friending people is not my thing. I am not even on the social media at all deliberately. Telephone calls does it all for me.
20. **Die at 80 or 100?**  
I believe human beings mature with age. The older the more able to impact positively on people's lives. The longer the better. Look at the Abrahams...the Jacobs they really lived 100 plus. I would go for 100.
21. **If you could choose your method of dying and the place where you will die. Where would you like to die and how?**  
If I were to choose a place to die I would love to quietly pass away in my sleep

**ABOUT NICHOLAS:**  
Nicholas Malesi is UAP's business development manager. Nicholas loves socializing, reading & tackling challenges.





MY DESIGNS ARE NOT JUST AN ATTIRE TO WEAR, BUT AN ATTIRE TO SPEAK VOLUMES ABOUT WHAT SOUTH SUDAN CAN DO







Beads are a playful item to add to a style, I have included them on my cloth line







Model:	Alek Hope
Occupation:	CEO Alek designs
Other works:	International model. Has show cased for various clothline in Uganda, Kenya and South Sudan
Hobbies:	Designing, reading, socializing
Age:	24







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ECHOES PIN UP



If only the peace could last a little  
longer South Sudan girl. Smiling faces  
PICTURE BY TERRIE NEKESA ONGARO





# A YOUNG MOTHERS EYE

## What's your definition of a good Mother & wife?

There is no real definition of a good mother and a wife. However, to me, a woman who is a friend to her husband and child, the one who has time for both kid and husband, who is no dependent, not demanding but supportive enough, caring and Loving, above all a God-fearing is a definition of a good mum and wife.

## What's your biggest concern for the South Sudanese Women?

Low self-esteem, Stereotype, education and not knowing that women's rights are human rights too.

## What disappoints you about them?

Even when they know their rights, they know they are suffering and marginalized,

they don't have the courage to stand up. they cover all this up and can't stand up to speak openly. This is very disappointing.

## If you hadn't become a media practitioner, what other occupation would you have taken and why?

At one point in life we all look up to someone and want to be one. However, I would still hold up to the profession that I want, communication practitioner, Journalist, media actor, film critic and film editor, which I am up to even now. The reason is you will be known by the value of your work, though a reason to be a Journalist is not to be famous but to influence people for good (power of word and image); one is a servant of the people to interpret events. I am a phenomenal woman, and one of the

ethics of a journalist is to be impressive to the audience with truth and realism.

## What were your dreams as a child?

Communication and media practitioner and a good speaker.

## What inspires you about your job?

It's solely God's inspiration. But I am self-driven and a strategic thinker, a phenomenal woman. And this makes me different, this is what inspires me.

What would you do to help improve the South Sudan media situation?

I alone cannot completely improve media situation in South Sudan because media involves every one of us. We need to join hands and speak the same language. Through AMDISS I will continue to advocate for access to information for the south

**QUOTE:** *“a woman who is a friend to her husband and child, the one who has time for both kid and husband, who is no dependent, not demanding but supportive enough, caring and Loving, above all a God-fearing is a definition of a good mum and wife.”*



Sudanese, equal & equitable distribution of media coverage up to the grass roots of the country, press freedom and freedom of expression in the country. This from me jointly with others will help improve our system in media.

## Who inspires you?

My Mum & Dad. They are an excellent parent to me and very inspirational.

Choose a movie title for the story of your life?

I am putting down scripts on the story of my life. The public will get to know it's title once am done.

## What was your favorite toy as a kid?

I did not like toys very much because they are not real. However, I liked motorbikes, vehicles and horse toys because I

know they run as fast as possible.

## Who's the boss in your home?

At our home, this word boss does not exist; we are companions because it is two of us, Mum and Dad, Husband and Wife, and we cannot do one thing without consulting the other. These we respect.

## What is one thing you could tell us about yourself that others would be shocked to know?

I am one of the best female motorbike (XLs, DTs etc.) riders. In fact better than some men, and I love doing it, though I drive.

## What is it like to be you?

Hummm, to be me, you have to be an outspoken person with a sanguine attitude.

## What's your definition of happiness?

Having lovely family who embraces in the presence of God's Love; and care defines happiness.

## How often are you late for work?

Not so often, though it really does not matter what time one reports to work, but it is how much one has delivered and achieved at the end of the day

ABOUT CHRISTINE:

Christine Kawaja is the Media development officer of associated media development in South Sudan (AMDIS). She's a mother and a wife. And her contribution towards the South Sudan media development is lately turning heads.



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# I wish I could change the minds of the non musicians

I WANT THEM TO STOP THINKING ABOUT SOUTH SUDANESE MUSICIANS AS BAD PEOPLE. WHEN THEY SEE YOU SINGING, THEY COME TO A CONCLUSION THAT YOU TAKE DRUGS. I JUST WISH I COULD CHANGE THIS CONCEPT - Makui



I wish I could change the minds of the non musicians. I want them to stop thinking about south Sudanese musicians as bad people. When they see you singing, they come to a conclusion that you take drugs. I just wish I could change this concept.

Why have you decided to venture into the south Sudan music industry yet its still young and less profitable

Am not focusing on the money right now. Right now, am committed in school. But I see a grate future in the south sudan music industry.

I've not decided to venture into it just

now. I have always been apart of it. It all started when I was little. I rapped Emmanuel Jal's song called "Mimed" in front of family and friends and they all went wow. That's when I realized I could sing. My music is not yet playing on the air waves but my few fans; family and friends, have so far given me a green light, and am ready to be apart of the south sudan music family that will make this industry earn more.

**How do you plan to get to the top of the market?**

South Sudan is desperate to fill its mega-sized heart with all sorts of music that may come its way. That's why, east

African music, Congolese, European and American music is being welcomed here. I want to add to the already available mix of music and compete for the market.

**What kind of music are you producing?**

Hiphop

**How was growing up like?**

My family is a musical one. I grew watching them sing and that too gave me inspiration to sing the more. My 4 sisters sing, my young brother sings and my granpa used to sing in Nuel. He could sing for 5 hours non stop. Like any other south Sudanese family, my family was affected

by the war and we had to flee to a foreign country for a little while.

**Is there something new you want to add to the south Sudan music industry?**

I want the artists here to start singing in other international languages as well. I also wish that south Sudanese could have confidence in their musicians as well. If all the foreign artists who perform here were south Sudanese, we could have made a lot of money.

**What's the latest you're cooking?**

Am working on a song called-Chance. Its about my auto biography.

**If you were to choose to become an animal, what animal would you choose to become and why?**

I would choose to become a Lion. Because I want to be a king. I want everyone to know me so that I don't lose my position in the music industry. So if I was thrown into the jungle, I would go straight to the jungle and still remain king.

**What else would you like to do?**

I want to be a footballer. I love football with passion. But school is the most important thing on my mind right now. Am sure when I am done with school, I will venture into a lot more of things

**Is there anything you would like to**



**change about the south Sudan ?**

I wish I could change the minds of the non musicians. I want them to stop thinking about south Sudanese musicians as bad people. When they see you singing, they come to a conclusion that you take drugs. I just wish I could change this concept.

**If today was your last day, what would you do first?**

I would rush to my Dad and tell him; "I love you and appreciate all he's done for me"

**Any plans of competing in musicals?**

Yeah. But I would not be competing

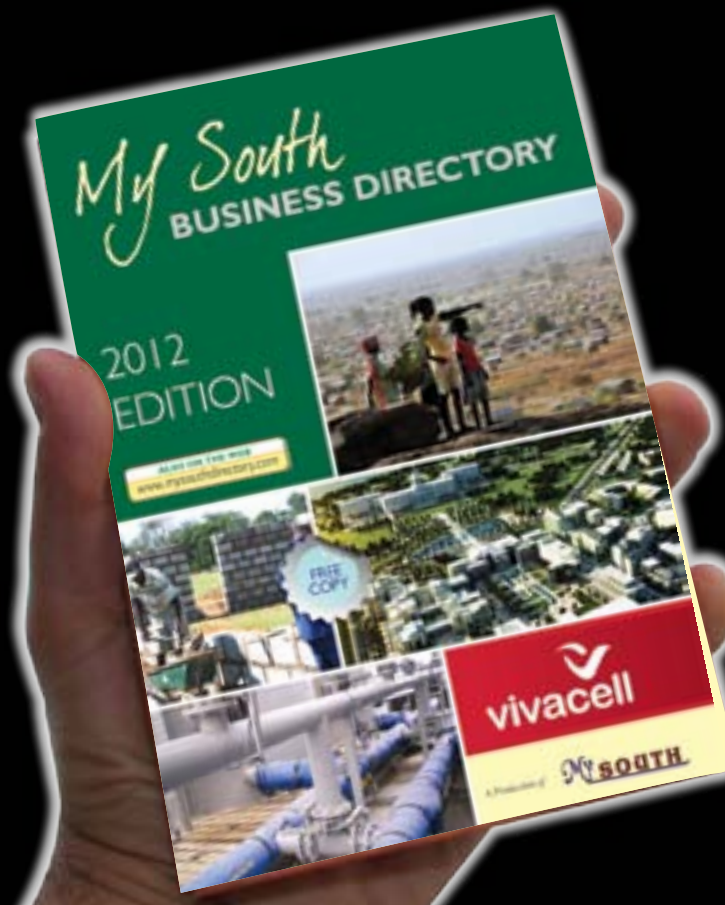
for the money, I would be looking to know what people think about me.

**Would you pay dowry to marry?**

No I wouldn't. I believe a man and a woman marry each other to benefit from one another. Am actually wondering if my concept will be accepted anywhere in South Sudan but I think with time families will get to realize the impacts of charging men to get a wife.

**If today was your last day, what would you do first?**

I would rush to my Dad and tell him; "I love you and appreciate all he's done for me"



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# Beauty Q&A

**Does wearing makeup every day cause wrinkles sooner? Amani**

**Camille's Answer**

Hi Amani. Wearing makeup everyday doesn't cause wrinkles in anybody. Aging, too much sun exposure and poor health habits can cause wrinkles. Clogged pores are a more likely problem with wearing makeup.

Just be sure to cleanse your face properly and remove all your makeup before you go to bed at night and you'll be fine.

**Question: How Can I Get Pretty Skin?**

I am a black 21yr. old female and my face is hideous!

1. I have BAD under eye puffiness and sinus/allergy issues.
2. I have trouble with acne and at times, I will have a breakout where the bumps are in big clusters.
3. I have A LOT OF UGLY BLACK MARKS on my face from the acne scars. Some skin lightening products lighten my skin but not really the marks, thus producing light patches.
4. I have SUPER DUPER OILY/COMBINATION SKIN. It's really oily in most areas but sensitive and dry in others.
5. I have TONS of blackheads!
6. My face is TOTALLY DARKER than my neck, chest, and arms.

The only time I feel somewhat decent is when I have on makeup, but because I am also still struggling to find the right makeup too, this somewhat decent feeling only lasts for a little while.

ANY help or advice AT ALL, whatsoever, would be GREATLY APPRECIATED. My face has taken away from my self-esteem so much although I try to hide it from others. My face is such an emotional and touchy topic for me and sometimes people who are close to you don't understand or make it better because they don't suffer like I do.

I've spent hundreds of dollars over my short lifetime and I'm just plain TIRED! I

want to not only be pretty on the inside, but I want to feel and look pretty on the outside.

Thanks again!

**Camille's Answer:**

Your post really touched me. I know what it feels like to have skin issues.

Before I get into any details I want to let you know that you are beautiful. I don't even have to see you to know this, also look at the problems you're having with your skin as something that will pass and not something that is permanent.

Stress is a BIG factor in acne and skin health in general.

**What Can I Do About My Stretch Marks?**

Hi am 21, and I started to get stretch-marks about a year ago, now I really want to know how to reduce their appearance. Please help me!

**Camille's Answer**

Unfortunately there's nothing you can do to make your stretch marks go away once you have them.

No amount of cocoa butter or baby oil will help them go away but it is possible that moisturizing your skin properly will help prevent new ones from popping up faster.

Once the skin has stretched and the dark lines start showing all you can do is keep moisturizing the skin and massaging it until the color fades away and you're left with lighter lines.

**My skin isn't really bad but no matter how clear it gets it still looks rough and it doesn't look smooth. What can I do to get my skin to glow and look healthy? Thanks in advance**

**Camille's Answer:**

Hi Rubby, you are right on when you talk about large pores and skin looking rough. When your pore are big it does tend to make your skin look textured and not very smooth.

There's a lot you can do to fix this problem though.

1. Use a clay mask a few nights a week.

As the clay dries it shrinks up the pores in your skin making it look more seamless. These types of masks also helps to draw impurities out of the pores so you end up with fewer blemishes!

2. Use a peel off mask 3-4 times a week.

These masks are clear and kind of gummy. When you put them on you wait about 15-20 minutes and when it's dry you peel it off. This one is great for sloughing off the top layer of your skin revealing the smoother younger skin behind.

3. Drink lots of water every day.

Water will hydrate your skin, wash toxins out of your body and make you healthier giving you a natural "glow"

**Am 28 years old and I have oily rough skin with pimples, acne and dark marks. What kind of products can I use to get rid of this?**

**Camille's Answer:**

Rough skin is a side effect of one major thing which is skin cells not turning over or exfoliating as fast as they should. That's the biggest reason for acne, dark marks lingering for a long time and the uneven texture you're talking about.

Use products that will help your skin to shed it's top layer quickly without leaving it raw.

You might want to try exfoliating scrubs or a light salicylic peel a few

times a week.

I love and use black soap and Shea butter to care for my skin on a daily basis because the over the counter cleansers tend to dry skin out and not do much for acne and spots.

Stay away from bleaching creams to fade dark spot and stick to hydroxy acids and light peels to help skin shed.

Drinking a lot of water and eating plenty of fruits and veggies won't hurt either!

Hope this helps.

**Question: What can I do to make my armpits lighter?**

Hi I'm 16 years and feel very uncomfortable with my dark armpits. They weren't always dark. It started during puberty when I got armpit hair.

I also have one more question is there a way to get rid of pimples and discoloration on your back?

I have tried so many products for acne that I have honestly given up.

My face is the main problem. It clears up but the acne comes back. Whatever I use either makes my skin dry to the point where it gets irritated and starts peeling or to oily.

The discoloration on my face is horrible. Can you help me come up with a skincare routine?

I love your website I'm so happy I found it, it's honestly giving me hope!

**Camille Answer:**

Hi Ashley! I'm glad you found my site as well and I'll be happy to help you come up with a skin care routine to get you some results.

Now to your questions.

**Dark Armpits**

The thing that usually causes armpits to get dark is combination of active sweat glands, hair growth and shaving irritation.

If sweat is your issue try using a clinical strength antiperspirant like the one from Secret.

The hair growth you can't do anything about because that's nature's way.

If you've been shaving, you can try switching to waxing or a depilatory cream. Those hair removal techniques help to reduce the irritation and darkening.

**Q: As I age my lips get darker, why is this?**

A: That's a good question and I think my best answer for that is that with age skin tends to dry out and lose it's "suppleness".

Try to keep your lips plump and pink by using a good lip moisturizer. Don't lick your lips constantly (if you do that) and don't let them get dry and chapped.

**Questions answered by Camille. Camille is a skin specialist. To ask a question, Log on to her website**

**[www.blackcentralwomenbeauty.com](http://www.blackcentralwomenbeauty.com)**





# AFRICA IS A MOTHERLAND OF LEADERSHIP

**By Tendai Mbofana**

**I**t is disheartening to listen to pessimists who say Africa has a leadership crisis. Africa is motherland of leadership however the pessimists are mainly blind to this fact because a colonial mindset has placed blinkers on their eyes concerning everything African.

Former Burkinabe president Thomas Sankara was a leader in his own right in the ranks of the greatest world leaders ever.

Kwame Nkrumah was a great leader too. Elections, Democracy the way former colonial masters want it is the reason why leaders like Kwame Nkrumah and Thomas Sankara are seen as having been nothing but undesirable dictators, and yet so many positive things were initiated under their able leadership. Kwame Nkrumah initiated the construction of the mighty Akosombo dam. In many instances if not all the west has been responsible for the demise of our best African leaders.

They have been those so obsessed with democracy to an extent that all they care about is seeing elections, campaigns and of course to them no election is complete without some observation team from a “progressive” nation meaning that some Western group has to be present to observe an election in the “dark continent”.

Until then, the election can never be described as being truly democratic. Here is an excerpt from [thomassankarra.net](http://thomassankarra.net) chronicling Sankara’s achievements and his upright character. Why was Burkina Faso in need of such a revolution and what did it accomplish? Sankara once described his country as an embodiment of “the microcosm of the entire natural evils from which mankind still suffers at the end of the twentieth century”. Upper Volta, which Sankara renamed Burkina Faso (land of upright men), was (and still is) amongst the world’s poorest countries. It had an illiteracy rate of over 90%, the world’s highest infant mortality rate (280 deaths for every 1,000 births), inadequate infrastructure to provide basic social services, one doctor per 50,000 people, and an average yearly income of \$150 per person. A year after Sankara took office Burkina Faso became the first country in Africa to run mass measles vaccination campaigns. That year,

with the aid of Cuban volunteers, 2.5 million children were immunised for several infectious diseases and even children from neighbouring countries were vaccinated.

The alarming infant mortality rates dropped to 145 deaths per 1,000 in less than two years. In an effort to slow the advance of the Sahara Desert, Sankara launched a reforestation programme that planted 10 million trees in its first year.

Even today, trees are planted to celebrate birthdays, weddings and graduations. School attendance rose from 12% to 22% in just two years and was complemented by policies to encourage attendance and eventual graduation. A campaign for the restoration of women’s dignity and recognition of their role in society was launched in order to free women from the yoke of patriarchal domination.

During Sankara’s presidency Burkina Faso was a leader in employing women in government posts. In a symbolic attempt to demonstrate to men what the daily realities of women’s lives were like, he declared a day of solidarity with housewives and forced men to go to market and take responsibility for household duties.

Sankara refused to use the air conditioning in his office on the grounds that such luxuries were only available to a few Burkinabes. He refused to allow his portrait to be displayed all over the country in order to prevent a cult of personality developing around him. Shortly after coming to power he sold the government’s fleet of Mercedes-Benz and purchased the far more affordable and easy to maintain Renault 5. Sankara’s pragmatism and commitment to fiscal responsibility is still remembered: in 2003 critics of the Kenyan government’s purchase of 12 million dollars in luxury cars advised the government to follow the example set by Sankara.

While different media across the globe ran a story recently of a Uruguayan president Jose Mujica as being a man who spends very little or nothing from state coffers on himself. Way back in the 1980’s Africa had an upright man by the name Thomas Sankara who would have none of a Mercedes Benz, a presidential jet and a portrait photo in everyone’s office, toilet and room across the state.

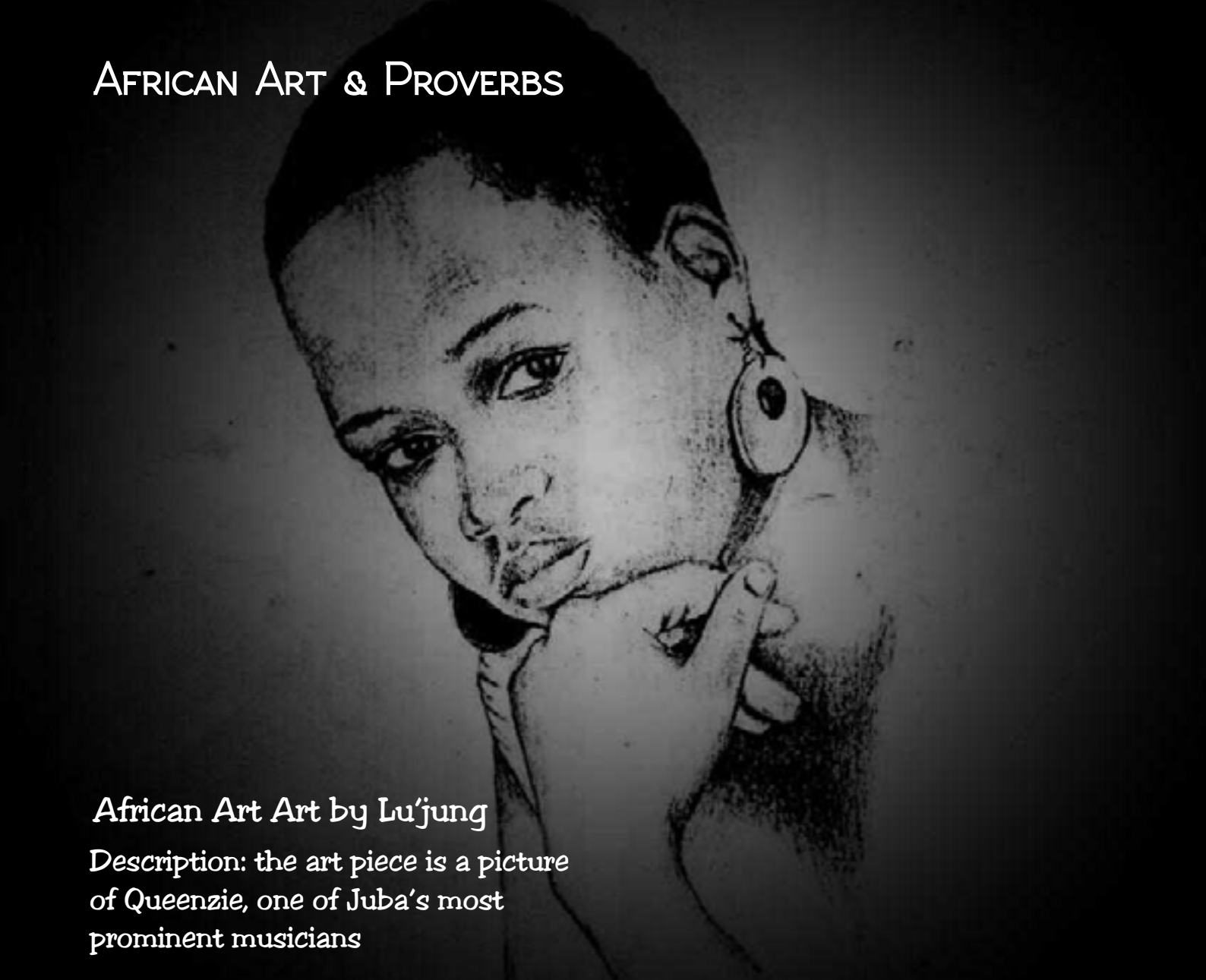


# How the Crocodile got its bumpy textured skin



The crocodile originally had a smooth golden skin, and it stayed that way because the crocodile would spend all day in the muddy waters and only come out at night. All the other animals would come and admire its beautiful golden skin. The crocodile became very proud of its skin and started coming out of the water to bask in the other animals' admiration, even while the sun was shining. He began think-

ing he was better than the other animals and started bossing them around. The other African animals became bored with his change in attitude and fewer and fewer started showing up to look at his skin. But each day that the crocodile exposed his skin to the sun it would get uglier and bumpier and thicker, and was soon transformed into what looked like bulging armor. Crocodile never recovered from the humiliating shame and even today will disappear from view when others approach, with only his eyes and nostrils above the surface of the water. *This story is from a book called "The Secret of the Crocodile", a Namibia Oral Tradition Project, published by New Namibia Books. (paraphrased)*



African Art Art by Lu'jung  
Description: the art piece is a picture of Queenzie, one of Juba's most prominent musicians

## STICKING TO OUR ROOTS

### AFRICAN PROVERBS FROM ALLOVER AFRICA

- When God cooks, you don't see smoke (Kaonde, Zambia)
- The way a donkey expresses gratitude is by giving someone a bunch of kicks (Swahilli)
- There is no virgin in a maternity ward. (Cameroon)
- A monkey never thinks her baby is ugly (Congo)
- When a needle falls into a deep well, many people will look into the well but few will be ready to go down after it. (South Sudan)
- Tomorrow belongs to the people who prepare for it today (Liberia)
- To try and to fail is not laziness (North Sudan)
- A roaring lion does not catch any prey. (Kenya)
- What makes the road long is laziness to go on (North Sudan)
- A tree may have poisonous fruit, but not poisonous shade. (Nigeria)
- The strength of a fish is in the water. (Morocco)
- One who don't look ahead remains behind. (South Sudan)
- He who betrayed you yesterday won't save you today. (South Sudan)
- Nothing comes to a sleeper but a dream (South Sudan, North Uganda)
- Conspiracy is stronger than witchcraft. (Senegal, Nigeria)
- The woman finds an empty house; she doesn't find riches (DRC)
- Hope does not kill; I shall live and get what I want one day (Swahilli)
- A child lacks wisdom, and some say that what is important is that the child does not die; what kills more surely than lack of wisdom? (Swahilli)
- A chicken's prayer doesn't affect a hawk (Central Uganda)



How to get a book published

I knew writing a book was going to be hard work, but its nothing compared to chal- lenges of getting published!

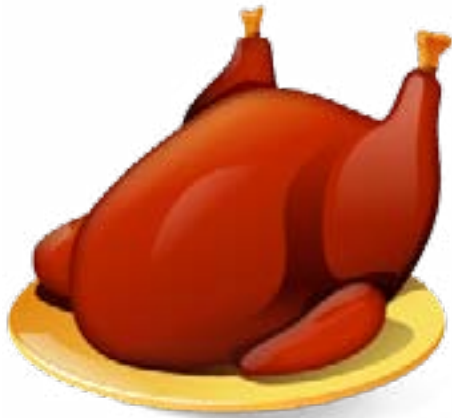
Finish your manuscript completely, mak- ing it the best it can before you submit it to anyone you get only one shot at having a pub- lisher or agent read it.

Get a literacy agent-it should improve your experience from “nearly impossible to maybe double”

Develop the hide of an elephant: Be pre- pared to take criticism and make changes suggested by professionals.

Research is important to ensure your ex- pectations are realistic, find out as much as you can about the publishing industry and your genre.

Don't believe your mother/boyfriend.... When they tell you yours is the most brilliant piece of writing in the World. They are biased because they love you. You need an objective opinion from a professional.



How to crave a chicken

1. Remove the wise borne first and stuff the chicken to ensure an even roasting. A chicken that is trussed and roasted properly is much easier to crave. Allow the meat to stand for 15minutes after roasting to make it easier to slice and to collect the juices. Have a warm dish ready, and use a sharp knife and curved fork.
2. Place the bird on a cutting board, breast-side up. (Always start with dark meat, as it will stay moist longer)
3. Cut into the skin between the leg and body, and pull the leg away until the thigh joint is visible –slice through this remove the leg. Repeat on the other side. Be sure to include the oyster (The piece of dark meat in the hollow of the pelvic bone).
4. Separate the drumstick from the thigh by cutting through the joint. The knife should slide through; if you hit a bone, try again.
5. Hold each wing tip with one hand or fork, and cut into the breast next to the wing until you reach the shoulder joint. Cut through this and pull the wing away. Cut each wing in two at the elbow joint in the middle. The wing can also be removed with the breast, and carved when doing the breast later –this helps keep the bird steady while carving.
6. Move the tip of the knife along the length of the breast, cutting down ver- tically next to the breast born and fol- lowing the contour of the ribcage. This loosens the whole breast, which can then be pulled away from the ribcage. Lay it on the board and slice across the grain.
7. Use the leftover juices to enhance the flavor of the sauce.



How to get a record deal  
ZOLANI MAHOLA, LEAD VOCALIST OF FREASHLYGROUND

*Things have astronomically in the recording industry since I got into it about 10 years ago.*

1. Ask yourself, "Are there ways my music can reach millions of people other than y giving away a lot of rights to a big label that may not pump huge sums of mon- ey into marketing my album and mak- ing it reach number one?" The answer, of course, is that through new technol- ogy you (like Justin Bieber) can now grow a fan base using a social network plat form, than negotiate an excellent record deal.
2. Decide whether you even want a record deal. The record industry is floundering

How to walk in heels like a model

- No one glides in high heels the first time they put them on-even top models battle their feet hurt. But it gets easier, and its worth it! Heels change your posture and your energy. That's why they'r powerfully sexy.
1. First practice in shoes which have low, manageable heels.
  2. Stand in front of the mirror and get a posture right: keep your back straight,

–CD sales and dwindling and compa- nies are struggling to convince artists that through their marketing expen- ditures and distribution channels they will move copies of their music. File sharing and digital media have changed how people consume music, weakening the position of record companies and the need for them. Be very careful how you negotiate your record deal, if that's

- still the way you want to go....
3. Find your voice. There maybe those with qualities similar to yours, but there will be absolutely no-one who sounds, looks or thinks exactly like you do.
  4. Become really really good. Hone your style and technique, practice, gig the heck out of your set and keep writing. Don't expect success overnight-talent grows.
  5. Never give up! We were initially told that our music lack originality and that we'd never make it. If you believe in your talent and have something unique to offer, don't let anyone deter you. Use every means possible to get your sound out there!



- your chin parallel to the floor, and your head aligned with your shoulders. (Don't let your head stick forward)
3. Now walk heel- to-toe (not flat- footed), placing one foot in front of the other but not crossing over too far.
  4. Take long strides, extending each leg and not bending it.
  5. Practice at home until you feel steady and comfortable.
  6. If you fall-as I and all models, includ- ing Naomi Campbell, have done- get up smile and walk on!

How to look chic always

1. Stick to what you feel good in and what fits well-if you feel good, you will look good



2. Start with the right un- derwear. Bras should be seam- less, with the back strap low. To avoid skin hanging over the top. Knickers should be seamless tii, high around the waist to avoid muffin tops.
3. If your not confident about put- ting on an outfit together, find a store with sales people you can trust to give you an hon- est opinion.
4. Avoid brands that try to impose a specific look on you-designers are there to enhance your appearance and personality.
5. Be playful; choose the best fabrics and accessories you can afford.
6. Never buy fake designer brands-you're only fooling yourself
7. Be playful, choose a signature item and make it feature –the truly chic take risks and make fashion their own!



# Know your rights



## HERE IS A GUIDE TO YOUR RIGHTS INCASE YOU ARE PULLED OVER BY LAW ENFORCEMENT OFFICERS

**How should you be treated if you are pulled over?**

You need to be informed why you are being pulled over. The police officers must inform you of your constitutional rights and they must not infringe these rights.

**How do you know whether your alleged offence is punishable by a fine or by being taken into custody?**

Most traffic offences are Punishable by a fine, however, if you are for drunk driving, you could be taken into custody. Offences such as murder, rape, theft and assault with intent to do grievous bodily harm will more than likely result in you being taken into custody.

**What is supposed to happen next?**

The officer needs to explain to you your constitutional rights such as your right to silence and your right to legal representation. He or she needs to explain to you the reason why you are being taken into custody-this usually means the charges against you.

**At what point can you call for legal representation?**

Immediately after arrest

**What should you do if you fear for your physical safety or feel uncomfortable with what is going on?**

Try to contact your lawyer or call a friend to find for you a lawyer immediately. Also make an effort to remember the face and rank of the police official dealing with you so you can report it later or institute civil and or/criminal proceedings against the police officer concerned.

**Is it true that your person can only be searched by a female Police officer?**

Yes a woman can only be searched by a female police officer

**If you are pulled over late at night, are you within your rights to tell the police that you will follow them in your car to the nearest police station?**

Technically yes. However, practically speaking, this may aggravate the police officials-they may view you as being difficult

and in turn could make the situation even worse than it could have been for you. They could further allege that you are hindering them in execution of their duties.

**Are the cops allowed to put you handcuffed into the back of a police car?**

It will depend on the offence committed, as each case is unique, but more so if you are a flight risk and only if it is the last available resort for them.

**For how long are the police allowed to hold you in custody pending a bail hearing?**

They must release you as soon as reasonably possible, but not later than 48 hours from the arrest. There is a duty on the police to bring you to court on the earliest available court day. Remember you do not need to be detained until the next available court day or until the full 48 hours has expired. After 48 hours, bail can be arranged for certain offences such as driving under the influence, common assault etc...



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# Why South Sudanese girls drop out of school

By Kayanga Nelson

Girls in South Sudan dominate school dropout lists, this as many may know, is because of the cultural setting which makes it very hard for girls to succeed in Education. Have things changed in the past five years? I found out more about what some members of society think.

Grace Gire, a young lady aspiring to join the University of Juba was the first person I approached. Education to her is the only way to positively change society. However, she stated that education of girls in the region is not encouraging and attributed this to the lack of special consideration offered to them by the Government of South Sudan's (GOSS) Ministry of Higher Education.

To find out whether girls are supposed to be given special consideration, I visited Dr. Deng Manasseh Mac the Director for Scholarships in the Ministry. He started by summarizing the Ministry's scholarship policies.

"There are two kinds of support offered by GOSS to students," He said,

"scholarship to non private Universities within Sudan and financial supplement to those in the Diaspora."

Dr. Deng said that they do not discriminate. "Scholarships are only offered to Sudanese National with good marks despite the gender," he added "there is no special consideration."

According to Grace, most families play a role in the high rate of girls dropping out of school. "Girls do household chores before going to school, this causes one to reach late in school and teachers do not understand why, at times, they simply suspend one," she said. "After returning home, family members also fail to understand and hurriedly conclude that it is the girls fault."

In society, girls face peer pressure mainly from boys and men idling along roadsides. She said that boys approach them at times and tell them to quit school. "They say that even if we go to school, the responsibility of providing for the family will still be for our husband's," She added.

Clever girls in schools are discouraged

from studying by some male teachers who engage them in intimate relationships. She said that if one refuses to respond positively, it becomes a personal issue and the girl's stay in school is made miserable.

According to Halima Yahya, Deputy Director for Civic and Peace Education in the GOSS Ministry of Education Science and Technology, at times school girls are impregnated by teachers or even fellow students.

Another reason as to why many girls drop out is because of poverty, this makes a girl vulnerable to deception by rich men who only care about their sexual desires.

Sarah Saadia, a mother working with the Juba Media Company, said that the issue of girls dropping out of school is not only due to conditions mentioned above, "Some girls are just stubborn and immoral," she phrased.

Simon Boboya, a journalist working with the Juba Post Newspaper agrees with Sarah, he said that an early love relationship between boys and girls in schools is a factor leading to school dropouts

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## Movies coming out this **Christmas**



### Django Unchained

The fact that Quentin Tarantino directed this film makes it highly anticipated. Every release of a Tarantino movie is an event in itself. The man is a master in his profession. He is not a prolific filmmaker but when he makes one, he makes sure that it's a really good film. He is another version of director Terrence Malik who puts out a movie every once in a blue moon. But damn, the movies he creates are instant classics.

Besides being helmed by Tarantino, another good reason why Django Unchained is a must-watch is its cast. It has three very talented actors leading the cast in Jamie Foxx, Leonardo DiCaprio and the always entertaining Tim Roth. A lot of people thought that Foxx and DiCaprio are bad choices for the roles given to them but such thoughts were squashed when the trailer for the film finally came out. Both actors looked like they fit their roles after all.



### The Hobbit: An Unexpected Journey

The Hobbit: An Unexpected Journey marks the arrival of the first installment in another Middle Earth movie trilogy by director Peter Jackson. Jackson is the genius behind The Lord of the Rings series which were adapted from J.R.R. Tolkien's novels. The director aims to replicate this previous success with The Hobbit trilogy.

The Hobbit follows the adventures of hobbit Bilbo Baggins, Gandalf the Grey and the Thirteen Dwarves as they journey to reclaim a kingdom which was lost to a merciless dragon named Smaug. Along the way, they will encounter all sorts of characters, beasts and monsters.

Director: Peter Jackson

Cast: Martin Freeman, Richard Armitage, Benedict Cumberbatch

### Life of Pi

There is no doubt that this is among the most highly-anticipated pictures coming out in December. First, it's based on a best-selling adventure novel so it already has an established fan base even if the film didn't even come out in theaters. And second, award-winning director Ang Lee is directing it. What could possibly go wrong with this film?

Life of Pi is about a young boy being stranded in the middle of the ocean after the freighter he was riding sunk. He is the only survivor, along with a Bengal tiger, a zebra, an orangutan, and a hyena.



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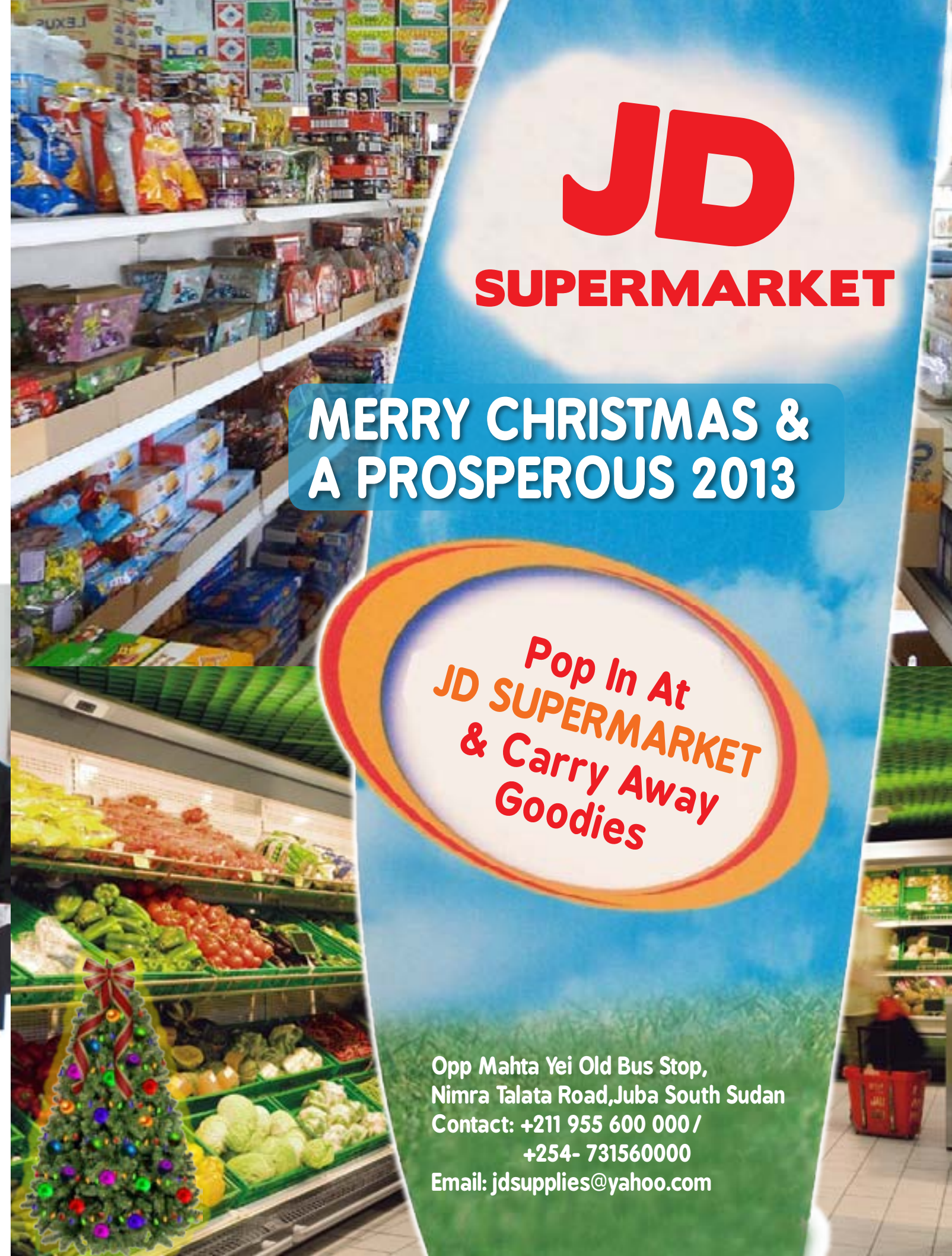


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# Club Pilsener Unplugged







# RIDING ON THE NILE

## TRIP DESCRIPTION

On the full four-day trip, rafters went the entire section between Nimule and Juba, which is 150km long. The two-day trip takes out after the first 80km.

They start rafting in Nimule National Park just below Fola Falls, which is an unrunnable winding between islands with abundant jungle growth, and mountain views.

The rafters then pass occasional small settlements of farmers and fishermen.

It remains sparsely populated and is beautiful, remote and surprisingly unspoilt.

The bird life is magnificent, and the travelers get to see various antelope, elephant, crocodiles and hippos, colobus and vervet monkeys on the trip.







The catwalk



Miss international Bhakita was one of the contestants



Winner of Miss South Sudan

# Miss South Sudan Contest

There was color and beauty at the Miss South Sudan contest where 10 contestants from the 10 states battled out for the crown.

Culture was the thing. The girls catwalked in various cultural wears from all the cultures of South Sudan. The new event drew eyes to a whole new beauty show for South Sudan adding to the usual "Miss Malaika" beauty contest that happens every year.



Winners of the best cultural wear



Ayak, one of the contestants





Afrigo Band performance was a golden one



A performance depicting memories of child soldiers



Performers from the hiphop foundation



# The Bayimba festival WAS THE HIGHLIGHT OF THE YEAR

The Bayimba festival in Uganda drew a beautiful cultural view of the various Ugandan cultures and talents. Thousands of people flooded in to watch the show.

The Bayimba Regional Festivals are held to stimulate innovation and creative ideas across Uganda.

The festival was also held in 4 districts of the country including Mbale, Gulu, Mbarara & Jinja Bayimba International Festival is a major multi-arts festival with varied and qualitative programming, presenting exciting, innovative and creative ideas and it features in Ugnada every year.



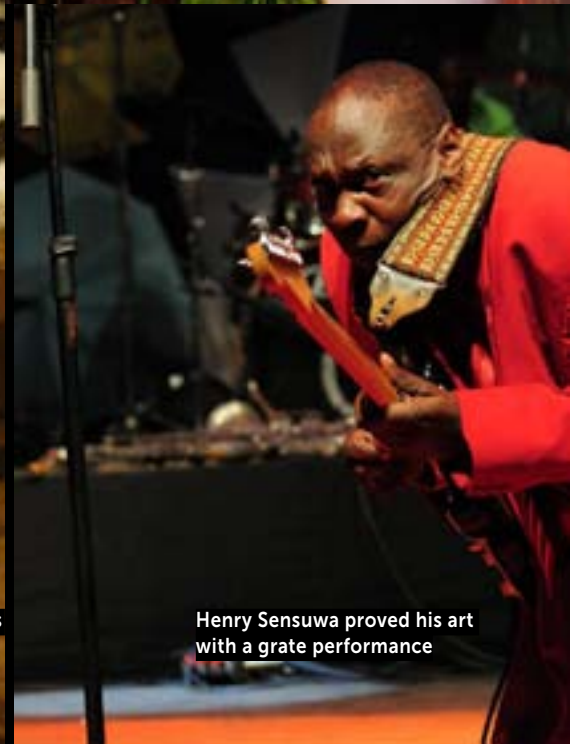
Ugandan reggae talent never was another highlight



This poet performance was as a result of creative writers workshop led by Deborah Asimwe



Singer Namata rocked the stage with a performace in the Ugandan traditional wear, the Gomezi



Henry Sensuwa proved his art with a grate performance



# A Toothbrush from Hell!

If you have your toothbrush too close to the toilet," microbiologist Charles Gerba, warns "you are brushing your teeth with what's in your toilet." He explains that when you flush your toilet with the lid open, contaminated water vapor settles on surfaces in your bathroom. And that's not the only way germs pollute your toothbrush.

Brushing your teeth removes bacteria, food debris, and blood and saliva that might be infected with a virus. If you don't rinse the bristles properly, you will be putting these contaminants right back into your mouth the next time you brush. Many families store their toothbrushes jammed together in a cup or holder, which can also cause cross contamination.

The average toothbrush harbors 10 million microbes, including germs like influenza viruses and herpes simplex I, as well as bacteria that cause gum disease and cavities.

Because of the sheer variety of germs, they can harbor more pathogens than the average toilet seat. Some of these microscopic creepy crawlies can survive for days. "Your toothbrush is the perfect breeding ground for these bugs. There is food and water, and the brush itself provides the portal of entry into your body."



Basically, he says, "Your toothbrush is an enriched Petri dish on a stick."

Charlse explains that it's important to brush your teeth twice a day to prevent decay. These tips will help keep your toothbrush-and mouth-free of harmful bacteria.

- Don't share toothbrushes and store different family members' toothbrushes at least an inch apart.
- Rinse thoroughly after using.
- Allow toothbrush to air dry after each use, preferably in an upright position. This will keep bacteria from breeding.

Don't store in a small, moist, closed container.

- Replace your toothbrush after having a cold or the flu.
- If you have a compromised immune system, rinse your mouth with an antibacterial mouthwash *before* you clean your teeth. This can reduce the germs passed to your toothbrush.
- Get a new toothbrush every 3 to 4 months or more frequently if you notice the bristles breaking down. While this won't reduce bacteria, it will ensure the best cleaning power.

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QUICKIE

## Lalam Fly 540

What prides you as a South Sudanese woman?

Our people, our rich culture and an incredibly blessed land.

Describe your style?

Simple and laid back.

Would you be willing to become extremely physically ugly if it meant you would live for 1,000 years at any physical age you choose?

As much as beauty is skin deep, extremely ugly! Mmmh?!?!? But then again 1000 years is way too much. I only hope to live up to 80yrs....

What makes you proud as a Fly 540 worker?

My full potential is explored.

.What's the favourite part of your job?

Having a satisfied clientele.

Which animal do you think you resemble? A rabbit most definitely.

Why?

I am cunning.

Are you seeing someone?

Yes

What advice do you give to women who use sex to achieve what they want?

In real sense you are the one being used as the other party is able to take away your dignity, your self worth. You even risk STDS and AIDS, which I think no money can buy. By the end of the day your rise will determine your fall.

Would you be willing to get married without your man paying bridprice?

No way.



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# South Sudan Football future looks bright



**T**hey came, they fought and lost the battle. Debutants South Sudan became the first side to exit the Ceca Senior Challenge Cup after falling to a 2-0 defeat against Kenya.

However, their Serbian head coach Zoran Djodjovic said it was a learning curve and hailed his inexperienced team for the fighting spirit. South Sudan lost their second game to Harambee Stars after going down 1-0 in their Group A

opener against Ethiopia, thus blowing away their slimmed hopes of qualifying to the quarterfinals.

"This team has no experience, not even a single Fifa friendly match before the tournament. I am very pleased with them. They displayed good football in both matches they played and if we can have more training and better friendly matches, we can be one of the best in the region," Zoran said after the match.

"We have had no single training in a Fifa standard pitch. "The wrangles in our federation are threatening to dismantle this team. Like before we came for this tournament, one faction of the federation locked us out of the only Fifa standard pitch."I believe with more experience, South Sudan has a bright future in football. Expect us next year to be better than this time," he added.



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