SHOCKING!
SEX, MONEY and MEN of GOD

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From the Editor

Until recently the intersection of sex education and sex exploitation has been an over looked and understudied topic. Historically, sex education or the absence of sex education and its impact on teenagers and young people has been a topic that is more or less ignored. In Uganda, sex talk remains a sensitive topic that many parents are uncomfortable to openly share sex information with their inquisitive children. In the pre-colonial era, uncles (Kojjas’) and aunties (Ssengas’) were the sole teachers of sex education but as societies evolved and urbanized, the capitalistic world exposed young people to more sex talk and sex temptations that it has become inevitable to talk about sex and more importantly, guard young people against sex voyeurs pedophiles and their ilk.

There has been a growing debate: to teacher or not to teach sex education to young people. President Yoweri Kaguta Museveni attacked civil society organizations over promoting sex education and several religious leaders continue to blame sex educators for teaching teens about sex! For the record, sex education goes beyond talking about sex intercourse. There is no profession sex educator that will encourage teens to have sex but it is generally the evils of early sex that are talked about. Our children demand a kind of liberal education that empowers them holistically. Sex education opens the way to being able to think for oneself especially when it comes to making vital decision about sex.

In this publication, there is overwhelming evidence revealing that many teenagers are sexually exploited by the very people supposed to be their protectors. Many so-called religious people and very important persons are leading pedophiles, rapists and defilers. We have heard about sex induced marks at universities, sex interviews for the few jobs available and sex for miracles and healings in many born-again churches today. Young people are recruited for jobs abroad only to be turned into sex machines! Are you aware that hundreds of Ugandans girls are sex slaves in China, Malaysia, United Arab Emirates, and Iraq? Unfortunately, our leadership has done too little to save our sexually exploited girls here and globally. We have a choice not to give up even when it may be some times too difficult to remain optimistic. In the Open Talk Magazine, teens have written on critical issues such as women inheritance, handling rape and defilement, forced marriages, relevance of the death penalty and democracy. There is a breath taking story of one of the sexually abused teenager struggling to cope with the realities of life.

Young people need lots of support. It is a very difficult time for a people that are neither children nor yet grown-ups. They face challenges, they are exposed to sex and sometimes make the wrong choices. Having worked with teens for the last 15 years, I clearly understand why we must show solidarity with them. Whereas we must guide them, we have to give them room to make logical, rational and independent decisions.

Thanks to HAMU, your favorite magazine is back and with a big bang! As humanists and human rights activists, we have a duty to build a better world, one step at a time. Thanks to all peer writers, contributors and editors, your efforts are cherished. We did receive so many articles that we could not accommodate in a single issue. The OTM also attracted teens beyond Kampala. We promise to continue publishing the best written articles in every publication. To our dear readers, please read and take action to empower the many vulnerable young people out there. Nice reading.
GREEDY PASTORS AND THEIR GET RICH QUICK GOSPEL

BY THE OTM RESEARCH TEAM

Kampala district has more ‘churches’ than schools, clinics and hospitals combined. For every 200 people, there is a make shift ‘papyrus and timber’ church and a cut throat competition of sorts is on because the more sheep (read worshipers) a church has, the richer its pastors get. The main gospel offered in these so-called churches is how to get rich quickly and how to overcome one’s endless problems through miracles. The product on sale is Jesus Christ and the hope he gives to the destitute and desperate folks that go to these churches for solutions which their political heads cannot provide. This is common in many failing and failed states. A desperate people look for desperate solutions and this is the gap our pastors are filling with all the cunningness they can muster.

Dare to go to any of these churches and the core message you will receive will be rotating on deliverance from your troubles but any deliverance is tied on your ability to give money to God and Jesus in order to attract the duo or rather trio (add the holy spirit’s) infinity blessings. These parasitic pastors stress money and money as the ultimate end to all troubles. One must sow a seed before he or she reaps the fruits, they reason. Their God can only work for you if you pay him in advance every sheep must sow the seed every time it enter the church in order to get blessings from God.

How Pastors Accumulate Wealth:

These pastors ask for money for special prayers and the cost of such a prayer ranges from shs 50,000 to over a million shillings depending on the popularity of the pastor. During church services people who can afford to offer at least a million shillings are given special prayers as those with little money or no cash at all look on helplessly like any lost sheep anyway. In addition, all these churches ask for tithe and they argue that it is what the Bible demands, and so, tithing offers them a guaranteed income.

In Uganda today, there are big league and small league pastors. Practically, they fight one another as they compete for the lost sheep but many will publically deny such rivalry. The big league pastors have taken their gospel business a notch higher. They write books many of them without logic and rationale and organize pressure sales sessions compelling their lost sheep to buy them. They organize conferences and import equal-ly dubious pastors to continue their art of extortion through sold prayers and stage managed miracles. These business minded pastors create all avenues to get money from the thin pockets of their sheep. Because they own or control radio and TV stations, they advertise their conferences and celebrations several months before hand and print T-shirts, literature, handkerchiefs, banners, fliers and several other materials that the sheep is expected to buy. Normally, there is a gate fee or an empty but beautiful envelope given to every attendee to make a godly contribution. Their conferences are dance halls of sorts with loud music and wild dancers selling their products in the name of God.

These pastors have businesses and ensure that their sheep are their first clients. At their canteens, price for consumable such as mineral water, cakes and sodas is generally doubling the usual price. They have bars, Supermarkets, real estate firms and counseling centers
SEX PASTORS

and the sheep are advised to utilize such services because such pastor initiated business ventures are God sent and blessed. They systematically organize high pressure offering tasks during church services and those who offer big sums of cash are praised and given a standing ovation as those who refuse to give to God are threatened with curses. It is through such endless extortions that the thieving pastors accumulated wealth and by the way, without paying taxes.

Living A Larger Than Life-Life Style:

These pastors talk big and pretend to be living big. They are good at keeping up appearances. They own palaces for homes. Some even own churches abroad and in many other districts of Uganda. They earn millions of shillings untaxed every Sunday and get expensive properties abroad and own posh cars such as the H2 and H3 hummers. Many have large farms on which their worker’s salaries are compulsory tithed and at the same time each worker is compelled to donate to God through the pastor’s church. Some of these pastors are media angry that they will feature in any musical video regardless of the song’s subject matter, some have personalized number plates (remember the KIWEDDE hummer?) and at times drive through Kampala city in their open roof cars waving to an excited public. Our pastors behave more like movie stars, top musicians and politicians. They compete for publicity since it is that publicity that guarantees them more sheep in their churches and more money for their lucrative businesses. These pastors are also accused of arranging pre-recorded radio talk shows in which they connive with their ilk to call in and give crowd appeasing testimonies thereby attracting hundreds of new sheep to their churches. These men and women of God are heavily guarded and have personal guns. Ironically, their violent God can only protect them through their guns.

Cunning Pastors and their Million Tricks

They are well established pastors known for extortion in the guise of giving special blessings to their lost sheep. It is an open secret at Pastor Augustine William Yiga’s Revival Christian Ministries at Kawaala that special prayers are sold for shs 50,000 and beyond. It all depends on your problem. Yiga will not hesitate to ask for over shs 500,000 from a house maid whose problem is getting a better job and live the good life. Sadly, he does not stop on money extortion; he lures some of his female victims into sex and abandons them immediately after. Yiga has defiled girls and fathered children he does not financially support. Several reports have been written and cases filed against this man of God but the gullible public has continued to fall victim to his cunningness! Yiga is a man of the media; he buys his way and advertises his church miracles and cash dishing antics. Trust this man of God, Yiga can be in a sex scandal today and you will see him the next day on TV busy selling his brand of Jesus Christ and people will call in to praise God for Yiga’s good works!

The other con pastor is Nabbi (read Prophet) Mbuya. His numerous adverts on several radio stations portray a man of God who will solve your problem in a minute. Confessions from many of his victims show that Nabbi Mbuya (Mukyala Abdu) is actually a witch doctor disguised as a pastor. He has shrines and uses them to instill massive fear into the poor sheep that goes there and eventually extorts millions from his victims. A lady victim of Mbuya tells a sad story. She went to Mbuya with life threatening problems. She wanted hope, she wanted her life back. Nabbi Mbuya gave her stones in an envelope and later called her threatening that she would die if she did not take shs 10 million to him.

Next in the league of cunning pastors in the famous or rather infamous Pastor KIWEDDE alias Muwanguzi and currently his new name is Paul Mwambu, the pastor for all seasons. Until recently, Muwanguzi was the boss of Holy Fire Ministries International with thousands of followers. Muwanguzi extorted millions of shillings from the gullible sheep for years and

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obtained several properties including the well-known KIWEDDE Hummer. KIWEDDE is a local word meaning ‘it is finished’. This grand master of cunningness enjoyed whatever luck brought him and was the darling of our media for long. The media praised him as miracle worker, a God sent person. Meanwhile Muwanguzi had a second face. He was not only a God’s messenger but anotorious, a rapist and a violent robber. He owned guns and several fake Identity Cards. He had army uniforms and would turn into an armed robber at night and a god preacher during the day. His luck only run out when he was caught with arms and army uniforms. Meanwhile, the several complainants in regard to his rape and defilement crimes had soared but still he managed to silence both his victims and law enforcers. There are hundreds of fake pastors out there and the Open Talk Research Team will continue doing investigations and more will be unmasked in these pages.

What Does the Born Again Leadership Say?

Pastor, Dr. Joseph Serwadda of Victory Church Nbeeba and leader of the Born Again Churches in Uganda agree that indeed there are some wrong elements disguising as pastors. He maintains that his pastors do not force people to tithe and has no problem with the opulence nature of some of the pastors he leads.

Pastor Kabuye John, a lead member of the National Fellowship of Born Again Pentecostal (NFBAP) agrees that there are several false pastors especially in Kampala city but argues that ‘They can easily be seen from their actions’. He says,”I blame the government's laxity on screening pastors and spiritual leaders in Uganda. We can’t advise these fake pastors because they are not members of our umbrella organization. People must open eyes to distinguish between false and true pastors. False pastors use threats to keep followers in their churches. The will tell you how you will die if you abandon their church. Why should a pastor ask for money to offer you special prayers? Any demand from a pastor must be weighed to determine whether or not it is based on biblical teaching” he advises.

While appearing on kingdom FM’s “Abafere Bekibuga” Program on the Eleventh day of April this year’, Bishop Daniel Wadimba noted that Pastor Yiga William Augustine is a fake pastor, an impostor, a conman and a lustful man who has exploited the existing freedom of worship to cheat and torture hundreds of people. ‘Yiga’s church’ he noted ‘is not a church but a real shrine. ‘Yiga performs exorcism through the use of water, selling prayers, incarnations and false prophesies. Yiga’s record for defiling and sexually exploiting girls and women who go to his churches is unmatched. As leader of the Born Again Churches, we warn and advise our people to stay away from pastor Yiga’s doomed church’, said the spokes person of National Fellowship for Born Again Pentecostals in Uganda; Bishop Daniel Wadimba.

Pastor Aaron Mutebi of Trinity Miracle Centre, Entebbe continued to disassociate Born Again Pastors from Yiga calling him a wolf in a sheep’s skin. It would appear that all pastors under the National Fellowship for Born Again Pentecostals are real. One pastor disagrees. Pastor Solomon Male, the Executive Director of Arise for Christa rgues that many ‘big’ pastors in the NFBAP are in fact false and very dangerous. He says, “There is lots of evidence to classify most of the well known pastors today as fake and very dangerous. Let the public not be deceived that NFBAP pastors are clean!” He says. Are our people and more especially children safe with these pastors? Is the government aware of the havoc wrecked by these pastors? What is the role of government in regulating the works of these pastors? If the leadership of these pastors is aware of the crimes committed by some of their very own, what are they doing to ensure that the dubious pastors face the wrath of the law?Definately, these question demand answers.

Pastor Yiga William Augustine Unmasked.

Pastor Yiga was recently sued for sexually exploiting a young lady that first went to his church for healing and counseling. The victim is Nino Josephine. Josephine dragged the sex hungry pastor to the Uganda Human Rights Commission and in a complaint dated March 26, 2012, the victim avers that she was lured into sexual relationship with the lustful pastor on a false promise that all her earthly problems would be over once the

Many Men of God have multiple Sexual partners
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Yiga had sex intercourse with Nino. On top of that Yiga promised to marry Josephine Nino but after using her on several occasions, the greedy pastor abandoned the poor girl and began threatening her. Josephine Nino revealed that on December 15, 2011, she approached Yiga at his office in Kawaala for counseling. Yiga is known for charging fees from whoever wishes to consult him or seek counseling from him especially on a one on one basis. Yiga’s practice is such that a client will pay shs.50,000 and above just to get counseling from Yiga and deliver a “Godly vision” and “healing” to the troubled client.

Josephine Nino paid shs.50,000 and indeed met the pastor. She had several challenges including her desire to get a husband and settle down in marriage. It is this that the lustful pastor picked interests in — helping Nino find a suitable husband. Yiga anointed Nino with Olive Oil and took her telephone contact. A few days later, Yiga contacted Nino and planned an appointment in a hotel in Entebbe town. It was from there that the lustful pastor revealed to Nino how God had told him that Nino would be his wife. He assured Nino that all her problems, financial and social would be history if Nino accepted him and begun having sexual intercourse with him. The naive girl, then drunk from the several free flowing beers and wines gave in and had live sex with the holy pastor and the sexual marathon was on in different hotels and Nino reveals that Yiga never used a condom even when Ninowould always insist on protection. Yiga turned his back on Nino abandoning her totally and continued with this habit of sexually exploiting teenagers and young ladies to meet his insatiable sex desire.

This story attracted public attention when Nino went to the Uganda Human Rights Commission and reported a case against Yiga. The matter exploded when the fake pastor had sexual affair with the other sister of Josephine Nino, named Mary Nino. The sex pastor openly bragged to Josephine that Mary was “far better in bed than her” and this betrayal made Josephine expose the holy man to the general public. The sister hatched a plan and when Yiga arranged for another sex match at Green Arrows lodge in Kyengera, the pastor was nabbed red-handed and with some evidence gathered (including photos), Nino Josephine reported a case against Uganda Human Rights Commission (UHRC). Trust Yiga, just a few days later, Yiga was back into the news being praised for spreading the word of God and many children, teens, women and men continue to go to him seeking the help of God through his divine miracles. Yiga’s God perhaps works in mysterious ways many of us may never understand.

THE CASE OF EMMIN BARO

Namagembe Doreen

Emmin Baro, a Macedonian national lured over 50 Ugandan underage girls to perform oral sex on him as he recorded them on video. Baro was found in possession of a compact disc with videos showing two children sucking his genitals and he indeed pleaded guilty upon being charged on 27 March this year. Baro was charged under the Computer Misuse Act, which stipulates that a person who produces child pornography for the purpose of distribution through a computer, commits an offence and is liable on conviction to 15 years imprisonment or a fine not exceeding shs 7.2 m. Ironically, the Nakawa Court Grade One Magistrate Rosemary Ngabirano sentenced Baro to a fine of shs 6m or two years in imprisonment. Baro is an established pedophile and sex pest who back in 2009 was charged before Malindi Court in Kenya after he was found having sex with a 15 year old Kenyan girl. Under unclear circumstances, he found his way to Uganda, settled in I ganga district and sexually exploited several young girls and children without any person raising a finger until when his lack expired having forgotten one of his several disc at an internet cafe in Iganga town. The wise cafe owner reported Baro to the authorities and he was nabbed. The faulty judgment tells much about Uganda’s judiciary, our security consciousness as well as parent’s/guardian’s ability to protect their children. This was a case that had ingredients of aggravated defilement yet the magistrate chose to reduce it to a mere computer misuse case. Good that many human rights defenders protested, the case was reopened and Baro was charged afresh. We however note with concern that the punishment handed to Baro by the Grade One Magistrate was not the one he deserved and a fine of shs 6 million was beyond what a Grade one Magistrate can impose because the maximum limit of a fine a Grade One Magistrate can impose is only shs 4.8 million. This was a case that had ingredients of aggravated defilement yet the magistrate chose to reduce it to a mere computer misuse case.

Good that many human rights defenders protested, the case was reopened and Baro was charged afresh. We however note with concern that the punishment handed to Baro by the Grade One Magistrate was not the one he deserved and a fine of shs 6 million was beyond what a Grade one Magistrate can impose because the maximum limit of a fine a Grade One Magistrate can impose is only shs 4.8 million. Was this judicial competence or incompetence? When the custodians of the law misuse the law, no one is safe.

Ms. Doreen is a Law Student at Makerere University.
HUMAN TRAFFICKING AND SEX TOURISM

Human Trafficking and Sex Tourism at its Peak in Uganda. Is anyone SAFE?

BY KATO MUKASA

The increasing levels of joblessness, and poverty in Uganda has sadly promoted sex tourism and human trafficking so much so that on the Eleventh day of July 11 this year, Brigadier Charles Angina, member of Foreign Affairs Committee, informed Parliament that hundreds of Ugandan girls are trapped in China and other countries, forced into sex slavery and rituals that have led to several deaths. Brigadier Angina’s team visited China and learnt that over 600 girls between 19 and 25 years are trapped in brothels, forced into sex, physically abused and many are killed for refusing or failing to sleep with as many men as possible in a single day. Hundreds of other Ugandan girls are trapped in Indonesia, Afghanistan, United Arab Emirates, Malaysia, India, South Africa, the UK, Denmark, Iraq, Kenya, Thailand and Southern Sudan.

The US annual Trafficking in Persons (TIP) report released on June 19 this year by the US Secretary of State Hillary Rodham Clinton, estimates that 27 million people are trapped indifferent forms of modern slavery world-wide as traffickers prey on the hopes and dreams of individuals seeking a better life. The report reveals that domestic human trafficking in Uganda specifically children trafficked from Karamoja region and brought to Kampala to do forced labour is on the rise. It also highlights the increasing number of Ugandan women being coerced into sexual slavery abroad.

The Trafficking in Persons (TIP) legislation enacted in 2009 puts in place a framework for the prosecution of offenders, protection of victims and preventative measures. Uganda has an established department within the Ministry of Internal Affairs and an anti-human trafficking task force inaugurated in April 2012 but tangible results in terms of ending human trafficking and sex tourism remain elusive.

Sex tourism ranges from a typical transaction with a consenting prostitute, to a relationship built on money and false promises and worse still, to the sexual exploitation of children. Sexual abuse and defilement of children are common place in Kampala’s slums especially Kagugube parish and Kampala Central Division, Jinja, Gulu and other towns. Girls between 12 and 18 years are involved in casual sex work and many of them do so for the love of money especially offered by the cash loaded foreigners. According to Acting for life/ Air France, at least 18,000 Ugandan children were being sexually exploited for money in 2011 and many of such cases are never reported.

Sex abuse and defilement of children and teenagers is on the rise because parents, local authorities and children alike see tourists as people who can help liberate them from the bondage of poverty. Our communities are very accepting and tolerant to the extent of allowing defilers go unpunished simply because they are benefiting and profiting from child sex tourism.
Many companies and organizations are all over the country advertising highly paying jobs abroad. Most radio stations always run adverts looking for young and strong men and women who can be clerks, secretaries, cleaners, guards, shop attendants, pump attendants, baby sitters and home managers abroad. Hundreds of unemployed youths turn up for the jobs that are in most cases not there or different from what they seek. These companies charge between shs 500,000 and three millions to process documents for successful applicants and in many cases, most applicants are successful as long as they can pay the fees required by the job companies.

Why is this so? Statistics on labour and unemployment reveals an ugly situation that leaves many Ugandans vulnerable to dubious job companies. Uganda has one of the world’s highest population growths at 3.1 per cent. Uganda’s population was estimated at about 33.6 million people by the end of October 2011; the size of the labour force was estimated at 13.4 million in 2009/10. With over 70% of our population youthful (between 18-30 years) and a size of the labour force estimated to increase by 4 million in 2015, at present, the public and private sector can only employ 20.7% of the total work force. Unemployment remains Uganda’s visible time bomb.

Unemployment and underdevelopment only create more opportunities for ‘job companies’ to continue exploiting the many unemployed youths in Uganda. The Ministry of Gender, Labour and Social Development has the Department of Employment Services which initiated the Externalization of Labour Programme in 2005 regulated by the Statutory Instrument No. 62 of 2005 and Employment (Recruitment of Ugandan Migrant Workers Abroad). It is all clear; the concerned ministry department has failed its duty of protecting Ugandans from the dubious job companies. By bless-
I WAS DEFILED BY A MAN OF GOD: A YOUNG GIRL’S CONFESSION

My name is Brenda Namara (not real name), I completed S.6 in 2010 at Kampala Students Centre. I lost my father when I was about 7 years and my mother got married to another man, with whom they have two children. Sometime back in 2004 my step father attempted to rape me when my mother was a way, I refused his advances and I decided to seek assistance from a nearby born again church (The Synagogue Church of all Nations) led by prophet Kakande. When I reported the case to the church, the leadership of the church decided to help me by providing me with accommodation and fees. I didn’t go back home because I feared to be sexually abused by my step father. My mother would visit me at the church hostel or I would once in a while go back home especially whenever I knew that my stepfather is not around.

I had all the support from the church until when one assistant pastor at Kakande’s church picked interest in me and begun persuading me to be his lover, promising to give me whatever I needed and helping me to pursue further education up to the university. I accepted and he spoilt me with lots of good things like clothes, shoes and money. He took me out of the church hostel and rented for me a room at Pearl View Hostel. I knew he was married officially and I thought he was not interested in sex. I still needed the money to survive. I was wrong. This man of God became my secret sex mate, the pastor and we quarreled. Out of guilt, he promised never to take care of me again and warned to cause trouble if I reported the affair anywhere.

Indeed he stopped giving me money for upkeep as well as paying the hostel rent. When I approached my mother, she couldn’t help me much and I had nowhere to go. Puzzled, I had to look for a way out. There was this young man of about 26 years, who wanted to get pregnant because this would bring a bad image to his name. Because of fear I didn’t reveal this to my mother. Even when I never loved him, I continued to have painful sex with him in order to get money for upkeep, pay for my rent and continue with my education. However, in July 2011, a friend of mine at the church (a girl of my age) cautioned me about this pastor. Finally, I called him and I told him how I had finally agreed to love him. He offered me a place to stay and I began staying with him as ‘husband and wife. I had no way out; I needed someone to take care of me. However I remembered one youth support organization called HALEA. It had promoted debates and offered counseling in our school from 2008. HALEA had also talked about sex and sex education and since I knew some of its founders, I decided to contact them for help.

HALEA encouraged me to go public but I still fear this pastor because I know how that church is so powerful that it has the ability to curse anyone who exposes the wrongs done within. I fear that I may be cursed and my life may be ruined. (HALEA assured Brenda that no one would curse her but Brenda was still unsure of her safety, she thought her life will be in danger. Editor) HALEA staff coun-
SEX ABUSE CASES

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I thank HALEA staff for offering me help and encouraging me to focus on the future. However I still need more support to be able to live an independent life. Fellow girls, try as much as possible to avoid lustful men and be careful even with pastors, do not trust anyone; any man can hurt you regardless of his faith and status in society.

To get more information, or assist Brenda, please contact HALEA’s head office directly or email us at: haleauganda@gmail.com

WHO IS TO BLAME FOR TEENS’ PREGNANCIES IN SCHOOLS?

Alugu Judith, Grace Fellowship High School. Dear Open Talk Editor: Many school girls below 15 years are getting pregnant in our schools. I blame some schools because of the following reasons. In some mixed schools especially boarding schools which are not so strict, some teens get pregnant because if they are told to go and read books at night instead they go for sex without knowing the impact of sex. Some schools do not have fences and some have but short fences which are easy for teens to jump and go to clubs, and lodges hence getting pregnant. In some schools there are no senior women/counselors to teach them the impacts of having sex when they are still young. It is a shame that in some schools, teachers have sexual affairs with students and some teens are being forced to fall in love with teachers. Corporal punishments, is common in some schools and many teens drop out and resort to sexual affairs by their so called boy lovers and they end up getting pregnant before the right time. I conclude by saying please put at least strict laws at schools and give us sex education and guidance in order to decrease teen pregnancies and reduce the population of Uganda and the rate of abortion among teens.

Kabagaya Sylvia

Hello there! I am a free-thinker. I would like to talk about the various ways. On who to blame in regard to Teen Pregnancies. My first blame goes to our parents who force their children into marriage by asking for dowry just because they need the money and end up forcing the teenager into marriage. Corruption by police officials and Local Council officials especially when someone is caught having impregnated a young girl and he corrupts the law enforcers with money and the culprit is released. Parental neglect is another cause of teen pregnancies as most parents forget their responsibility of providing all the necessary basic needs to their children and these teens are seduced or enticed by rich men and business people into early sex acts hence teen pregnancies. The lack of formal Education to some of our parents is also another cause of teen pregnancies as most of our parents have never gone to school and know little or none on sensitizing their children about sex education, and possible dangers when one indulges in early sex. The search for riches by our parents is also point to blame for teen pregnancies as when a teenage girl is impregnated the parents instead of reporting the matter to the police chooses to ask for money from the culprit. Thank you for reading my ideas. Yours in Humanism, Kabagaya Sylvia.

NAMBOGA Vivian, 13, P.7, BRIGHT JUNIOR SCHOOL.

Actually, there is a high rate of teens’ pregnancies more especially in schools. According to me, I think the
TEENS ON SEX ISSUES

situations the teens are found in force them to have sex and get pregnant for certain purposes and also girls who dress sexually provocative attires to attract boys. Lastly, I conclude by saying that teens’ pregnancies can be controlled by guiding and counseling both boys and girls and late walking at night should be controlled and also children should be told about dangers of having early sex like school dropout and easy spread of Sexually Transmitted Diseases (STDs). Let me say this to my fellow teens: Girls when you get pregnant while still schooling, you miss education and make your parents feel sad. Therefore settle, concentrate and finish schooling such that you get a better job and then think about marriage.

AINEMBABA-
ZI LIZ, 13,  P.7. Bright Junior School

In the first place, a teenager is a person who is between the age of 11 and 19 years. Therefore, teen’s pregnancies refer to those pregnancies that occur amongst the teenage girls. Personally, I respond to the above issue for debate by blaming the parents. I blame them in a way that they tend to be so busy that they do not get time to talk to their children. Secondly, parents have failed to instill discipline amongst their children despite the fact that the English proverb says “spare the rod and spoil the child”. Furthermore, parents have also failed to teach their culture to the young generation. In the African Tradition, young girls were not to have sexual intercourse till marriage. But with the coming of the western culture, African Tradition has been undermined. Dear parents take time to teach children their culture. Lastly, I conclude by saying that parents must work hard to see that children have discipline. Not only do I advise the parents but also my fellow teens to abstain from sex.

RICHARD TABAN, 14, P.7, Bright Junior School

Keeping the ball rolling, I would like to give a brief definition of teens. According to my understanding, teens are persons who are between 13 and 19 years of age. Now days, young girls are defiled and raped which sometimes causes death to the young girls. In this case I blame the parents due to my following reasons; some parents give too much freedom to their children to move anywhere like attending disco, and night festivals which can cause raping or defilement on the way back home by the adult men. Some parents show a lot of love to their children in a way that they do not punish them for any wrong doing. Finally, I blame the parents for the teen’s pregnancies.

Mukasa Michael, 13 years, P.7, Kasese Humanist Primary School

Hello, Open Talk Teens, I would like to talk about the various ways in which teens can handle rape and defilement. Teens should dress decently by not exposing parts like things, breasts. Always move in groups so that they are safe from defilers or rapists. We should be taught about rape and defilement cases in schools, avoid bad peer groups, avoid going to video halls as most of these places are houses of defilers and rapists. Moving at night is risky and the teens should be in position to identify dangerous places like forests, abandoned houses or empty streets. Be a smart lad and you avoid rape and defilement.

Yours in free thought, Mukasa Michael

Kagoro Ronald, 13 Years P. 7, Kasese Humanist Primary School

Hello Open Talk readership. I would like to talk about how Teens can handle rape and defilement. They should always report someone who tries to entice them with gifts especially adults. Always listen to advertisements on rape and defilement on radios and follow the advices given, always move in groups as defilers in most cases target people who are alone or lonely. They should not go to places like bars, discos and lodges as these are not good places to visit especially if one is a teenager.

Kyakimwa Joanita, aged 13, P.7, Kasese Humanist Primary School

Hello Open Talk Readers, I am a humanist and proud to be a free thinker at my tender age. I would like to write about the various ways in which teens can handle rape and defilement. Teens should stop moving at night, bad peer groups and moving in isolated places. Please concentrate on your studies go and equip yourselves with education in order to get wisdom. Say no to early forced sexual intercourse and report those seeking sexual favours to elders, Local Councils or the Police in your areas. Ensure that you are taught about sex Education such that you get to know all about Rape and Defilement.
TEENS ON SEX ISSUES

SHOULD PREGNANT TEENAGERS SHOULD BE ALLOWED TO CONTINUE WITH THEIR STUDIES

NABWIRE GORRET, KAMPALA STUDENTS CENTRE

First and foremost, teenagers are people who are below 20 years and pregnant teenagers are young girls who get pregnant below 20 years. These teenagers are mostly school going people, young girls and boys. These teenagers face many challenges mostly the girls. In life, when a parent does not fulfill the girl’s requirements, the girl child will be fooled by her fellow teenagers. As I see teenagers get a lot of challenges mostly the girls, for example girls are deceived by their fellow teenage boys in the community, society or schools because of the needs we have admired in life yet they are fooling us there after sometime the outcome will be pregnancy. After the school and family members knowing that she is pregnant, she will be chased away from school which leads to school dropout and she will be chased away from home and carry the burden alone. I have seen schoolmates and friends become victims. According to me, the pregnant teenagers should be allowed to continue with their studies because teenagers are young in mind, when you reject such young minded teens it does not carry meaning. The blame should not be put on the pregnant teenagers only; the blame should also be put to the school, family members and community. If a teenager is told how to control, avoid, prevent pregnancies and told what to do by the school authorities, family and community she/he will know how to avoid pregnancies. Thanks to HALEA Youth Support Centre, they are gradually giving us opportunity to discuss such sensitive issues through open debates every Tuesday.

Lastly I think when the teenager is not chased out of school or at home she will be an example to the young ones or others and she will guide them on what to do. In conclusion, I call upon the schools to allow the teenagers in schools access sex education regardless of the tight schedules because sometimes it may not be their fault, many teens are ignorant about reproductive health issues. Empowered teens think wiser, smarter and better.

SHOULD PARENTS HAVE A RIGHT TO CHOOSE MARRIAGE PARTNERS FOR THEIR CHILDREN?

Wani Michael, 14, P.7, Bright Junior School

First and foremost, marriage is the legal relationship between a husband and wife. As per the theme, I disagree. WHY? It is also one of the major causes of school dropout among children. I say so because parents of these days are mainly interested in money. They do not mind the difficulties their children can face and they do not care about the health status of the marriage partner, the age and many others. This result into damage of teen’s organs due to early sex. Teens can face many problems for example deaths during birth, over bleeding, develop fistula problems and STDs such as AIDS, Syphilis, Gonorrhea and others. Yet such acts are punishable by the law and are termed as “child abuse”. It is one main reason why Africa is not developing because the would be better people are married off early. Stop this barbaric act.

Matovu Augustine, Head prefect, Grace Fellowship High School, Makerere

In actual sense parents should not be involved in choosing marriage partners for their sons. This used to happen in the past, where by a father could look for a partner for his son to marry. They normally considered only the characters and behavior of the girl, which is not good because the girl may be ugly, even you cannot introduce her to friends as your wife. So parents let your sons make their choices in marriage in order for them get happiness in life.

I am telling you, you cannot get happiness with someone whom you did not fall in love with before. Because love is not as anything which can be built as soon as possible, that’s why I request the parents to stop making choices of marriage partners for their sons. This happened to my brother who wanted to marry a certain girl who he had fallen for. Because there were misunderstandings between the two families, my father tried to stop my brother from marrying the girl and decided to get another girl for his son. Immediately after 3 weeks, the father got a wife for his son and he rushed to see the wedding plans. As family members we enjoyed the wedding party but in fact my brother was never happy.

Their forced marriage lasted for only one month because my brother had no love for this girl. In that one month, my brother had a serious illness and was taken to different hospitals but
the results showed no disease. Its only one doctor who
realized that he was suffering from hysteria and he took
almost 3 weeks without eating. My father was blamed
for my brother’s sickness. The doctor asked him whether
he wanted his son to die. My father ordered to bring the
girl and when the girl was brought to my brother, he
recovered immediately. They got married traditionally
and now have two children in their marriage. The
other young girl previously married to my brother had
to return home, there was no love between the two.
From that personal experience; I learnt that parents
should not make choices for their sons in getting
marriage partners because when people get relationships in
order to get happiness in life.

Please it’s a request that parents should leave us alone
in making choices for marriage partners. We are wise
enough to make better choices when it comes to love af-
fairs. Simply trust us guide us whenever necessary and
ass will be happy. Thank you.

Kyakuwa Shanta, Grace Fellowship High School

Humanism is the outcome of a long tradi-
tion of free thought that has inspired many
of the world’s great thinkers and creative
artists and gave rise to science itself.
The fundamentals of modern Humanism
are as follows:
1. Humanism is ethical. It affirms the
worth, dignity and autonomy of the indi-
vidual and the right of every human being
to the greatest possible freedom compat-
ible with the rights of others. Humanists
have a duty of care to all of humanity
including future generations. Humanists
believe that morality is an intrinsic part of
human nature based on understanding and
a concern for others, needing no external
sanction

2. Humanism is rational. It seeks to use
science creatively, not destructively. Hu-
manists believe that the solutions to the
world’s problems lie in human thought
and action rather than divine intervention.
Humanism advocates the application of
the methods of science and free inquiry to
the problems of human welfare. But Hu-
manists also believe that the application
of science and technology must be tem-
pered by human values. Science gives us

It is hundred percent wrong for the parents to choose part-
ners for their children because it can lead to many chal-
lenges in life for their children. For example I had a friend
whose parents chose for her a marriage partner at the age
of 18 years and the man was 70 years old but rich, the par-
ents did not know that he was a devil worshiper. Since these
days parents do not mind of any other things for example
someone’s back ground they just mind of money and mate-
rial gains, so they forced their child into marriage. After the
girl realizing that her husband was a devil worshiper, the
girl became scared and when the man realized that the girl
had known about the secret, the man sacrificed the girl.
Therefore I argue that par-
ents should not choose mar-
rriage partners for their children. It is
everyone’s right to choose whoever they want to marry
because when you love someone and your parents choose
for you another person whom you do not love, that means
that there will not be happiness in their marriage and yet
love for happiness and happiness love is part of marriage.
I conclude by saying that choosing partners for children
is not good.

I want more alcohol and goats & take my daugther ...
IS WOMAN INHERITANCE IS A BAD CULTURAL PRACTICE?

Namukose Faridah, Grace Fellowship High School
Women inheritance is practiced among people of my tribe but it is a dangerous cultural practice. It denies a widow a right to choose another marriage partner from another culture. If a woman is forced to marry a brother in law, it will be against her right to choose a marriage partner from another culture or tribe she wants. If a woman loses her spouse and she introduces another man (brother in law) to her parents, they will see it as a bad image. It may lead to misunderstandings between the woman who has been inherited by the brother in law and the one of the caretaker because one may dislike one’s behavior. If a brother in law doesn’t have enough money and inherits the woman having more than one child and yet he also has a wife and children, he will not be able to provide basic needs to both families hence leading to poverty, there will be little or no love since a woman was forced to marry a brother in law hence leading to high crime rate like murder. Therefore woman inheritance should not be practiced

Kahunde Rachel, aged 12, P.7, Kasese Humanist Primary School
Hello Open Talk Readers, On my behalf, I say women inheritance is a bad cultural practice because of the following reasons: A woman may be inherited by a poor man and therefore the man may fail to take good care of the family and this will cause problems in the home as the basic needs of life will not be met. There is a likelihood of the children not liking the Man because the children will know that he is not the real Biological Father and this will cause misunderstandings in the family therefore that will be a problem to the woman. Chances are that the man may be having like Sexually Transmitted Diseases while the woman might be free from these and deciding that they stay together may put all their lives in danger because these diseases causes stress and even loss of life. In these times of HIV/AIDS, such a practice of women inheritance is not welcome as the man might be a carrier or a victim of the disease so when the man inherits the wife, there is a possibility of passing on the disease to the woman, also the inherited woman might be suffering from AIDS and may infect the man hence causing death. With these few points, I think women inheritance should not be allowed in our society.

Mumbere Masudi, aged 13, P.7 Class, Kasese Humanist Primary School
As a young Humanist and an aspiring Critical Thinker, I am happy to talk about whether Women inheritance is a good or a bad cultural practice. On my behalf I think it’s a bad practice because of the following suggestions: Some women may not be interested in this. So imposing it on them is a violation of their individual human right. However the woman may be impatient and instead look for other men, the result may be HIV/AIDS or Sexually Transmitted Infections. There is a likelihood of domestic violence in the home because the inherited woman may not be interested in the husband the family has given her. The man who has inherited the woman might be a drug addict or an alcoholic and this may present discomfort on the side of the inherited woman. There is a chance of conflicts between the former children of the first husband with that of the new husband and also there might be a possibility that the new husband might discriminate the kids of the first husband. The woman may still want to show powers to possess the properties and assets of her dead husband while the one who has inherited may not agree with this hence causing tensions and lack of peace in the home. All in all Women Inheritance is a primitive act done by our fore fathers and in this generation, we should phase it out as it shows lots of bad effects as indicated above. Yours in free thought, Mumbere Masudi

Ramkel John, 14, P.7, bright Junior School
First and foremost I would like to say that I love it Personally, it is a good cultural practice. I support the practice simply because of the following reasons. Assuming a woman has lost a husband, she will be in position to support herself and pay school fees for her children. Secondly, it creates equality. Equality is the fact of being equal in rights, advantages, status and so many others; it creates equality in a way that women rights are not abused. So I conclude my article by saying that we should practice it more.
Mob justice refers to a situation where a crowd of people decide to take the law in their hands to administer justice without resorting to legal means. Mob justice is not the best way of achieving justice today because of the following views: Those who administer mob justice always justify the practice that the judicial system is too slow and corrupt in its investigations. The crowd therefore loses confidence. For example one may be accused of raping a young girl of around 12 years, when the police gets to know about it they may lock him up in the cell for over two months and then the police officer will be bribed and the rapist is released. But the mobs always want to handle the person by either beating or killing, because to the mob, that is fair enough anyway.

Mob justice is not the best way of achieving justice today because in most cases it may cause death of very many people. Various people have died at hands of mobs yet it doesn’t lead to peace settlement. There is also physical assault when mob justice is practiced. For example if one is found innocent after being beaten, how would he or she be compensated on his or her lost teeth, besides life can’t be compensated in case a person was killed innocently. So mob justice should be stopped.

When mob justice is practiced, there is loss of evidence that the police would have got from the dead suspect. The police cannot question the dead person therefore people should take a suspect to police or to any law enforcement person. Mob justice is not the best way of achieving justice since there many other means of conflict resolution unlike mob justice. Peace can be achieved through reconciliation giving simple punishments to victims which helps them to reform.

The law is never in favour of carrying out mob justice which indeed is an injustice. Article 28 of our Constitution provides for the presumption of innocence. Every person suspected of having committed an offence is presumed innocent until proved guilty therefore; no one has a right to kill another without authority. Secondly it leads to loss of evidence which would have been used in investigations. It’s absurd that a person would support mob justice. In my conclusion, mob justice should be completely done away with regarding the views above.

Death of innocent people is common. Mob justice is an abuse of human rights through the infliction of severe injuries to a person body on suspicious grounds. There is no proportionality in serving the punishment. People are killed for minor offences which don’t deserve death as a punishment. There is loss of confidence in government, the judiciary is too slow and corrupt in its investigations which make the public lose confidence in the system and resort to a faster means hence taking laws in their hands. Mob justice leads to public shame and its difficult for such people to be compensated for their lost respect after being found innocent. People who participate in mob justice unlawfully assume the role of judges yet judgment is meant to be passed by an approved judge within the courts of laws hence an illegal way of conflict resolution. Conclusively mob justice is not the best way to preserve justice therefore it must be punishable. It is supposed to be abolished because of the above dangers. Persons involved in mob justice must be arrested and punished by law.

WHAT I WOULD CHANGE IN UGANDA
IF I WAS A PRESIDENT

BAKHITA JOSEPHINE, 14, P.7, BRIGHT JUNIOR SCHOOL

If I was a president of Uganda I would like to stop the commonest disease among government leaders known as CORRUPTION which makes it not developing forward and being considered as a third world country. I would like to fight child abuse by arresting and castrating defilers, rappers and others. I will make sure I put this activity into action. I would also stop the manufacturing of plastic bottles and polythene bags which make the country dirty. I would put very strict laws against deforestation which destroys the climatic condition of Uganda. Lastly, I would like to construct more orphanages to reduce the number of street children. I would stop vandalism caused by the UMEME Company. I would ensure the building of better wide tarmac roads in the city and also solve the problems faced by the Universal Primary Education (UPE) in government schools.
TEENS ON DEMOCRACY

IS DEATH PENALTY STILL RELEVANT TODAY?

DUSHIME GEMIN, Bright Way Hill School

Death penalty can also be termed as death sentence. It is a situation by which a person is sentenced by law to death due to a certain crime he/she is said to have committed. It’s usually a punishment for murder. This act happens after investigators gather enough evidence and after high court’s order, having proved beyond reasonable doubt and president’s consent having been sought.

Death penalty shouldn’t be resorted to in Uganda. Uganda, is constitution’s 1995, chapter 4, article 22, subsections 1 and 2, states “no person has a right to terminate the life of an unborn baby”. This is related to sentencing a person whose life is being terminated. Therefore, death penalty is against one’s right to life hence a sin a moral. Death penalty leads to the death or killing of innocent people. This is the reason as to why a lot of time is taken in carrying out investigations about the crime. For example people like Hood Katuramu, a former Prime Minister of Tooro kingdom was imprisoned for killing prince Kijjanangooma who is said to have been the next king of the kingdom. Katuramu is still alive though on a death penalty.

This type of punishment brings about unhappiness to the people. It’s well said that two wrongs cannot make a right, though some people take this for granted. For example killing a murderer cannot bring back the life of the one who was murdered. It’s also a cruel, inhuman and a degrading punishment considering the method used. Death penalty is not the best punishment for one to reform. Since punishments are given for people to reform therefore, death cannot reform a dead person; instead, it will scare one from the law thus being unfair. Increased corruption in Uganda does not favour death penalty as a form of punishment. This is because not everyone imprisoned is guilty and not everyone released is innocent. This is evidenced from Lawyer Deborah Kiyingi’s death where by her husband Dr. Kiyingi who was suspected of having planned her murder was released as an innocent man.

However, death penalty can to less extent still be relevant in Uganda today as evidenced in Susan Kigula case and the following views. It is supported by the constitution of Uganda depending on the weight of the crime. For example if one is arrested for murder, treason, misprision of treason, terrorism, killing the president among others, as long as the court has the strongest evidence and has proved beyond reasonable doubt. Death penalty acts as an example to those involved in the crime. Therefore, it reduces on murder crime rates. Death penalty promotes security in places where the murderer or the offender might have been staying. Such that people in the area who had similar intentions are forced to reform and refrain from such evil plans. All in all, as I, Dushime Gemin, an aspiring pro-bono lawyer, I conform that death penalty is irrelevant today.

GATWECH KUENKUEN, 14, P.7, Bright Junior School

My answer to the above interrogative statement is a BIG NO. In the first place death penalty came into existence with the establishment of laws in the society. At first people thought that it would limit crime rates but surprisingly it did not do anything towards crime limitation.
By James Evin Coll*

Beginning in the last two decades of the last century a new willingness could be seen in the media to report on sexual scandals, particularly the abuse of minors, occurring within the Catholic Church, and this has finally revealed the real underlying scandal – the monstrously inept way in which offenders were handled by the Church. Understanding why this has suddenly received such scrutiny now and why such a large crisis seems to be breaking requires an investigation into the cultural changes that permitted reporting on these events. And it requires thinking about the changing reactions of people within Catholic communities to the abuses happening around them. Establishing that a crisis is indeed occurring requires little effort these days– there is talk in the British media of issuing warrants against the pope under international law and the media have grown increasingly shrill in their attacks upon both the Catholic Church and on its most visible representative, the current pope, Joseph Ratzinger. The institution itself has issued stern guidelines to its own members about co-operation with local government and legal officers. It seems the days of operating outside of the law may be over and nobody is yet sure where this crisis will end. The Roman catholic church have themselves conceded that over a fifty year period ending in 2009 as many as 5 percent of their clergy have been involved in sexual abuse cases, although it must be said that these figures, based on the work of Dr. Thomas Plante, tally with typical rates of offence committed by members of the clergy in other denominations. He also noted that this rate of offence was lower than that which obtains in the general male population, which is estimated at 8 percent. These figures being accurate we certainly cannot al-
the Church itself. In an organization built on the notions of hierarchy and authority, the Church is having a very hard time explaining how cover up orders didn’t come from the top and increasing evidence is being found for papal involvement in the formation and practice of the policy of avoidance and silence.

To understand how controversial all of this is, consider the case of one of the priests named in the Murphy Report – Father Bill Carney. He was described in the Murphy Report as “a serial sexual abuser of children” and yet having pleaded guilty to two charges of indecent assault in 1983, he was not jailed and he was not laicized until 1992. At the time, his case was held in camera so he could be protected from any potential backlash and the Church could be protected from any possible scandal. Even after reports of his abuse had been made public, the overarching concern of the church was to avoid scandal and Carney was left free to re-offend, which he did. When the church finally decided to get rid of Carney, nine years after his conviction, it did so with a golden goodbye of £30000 pounds. Had the Murphy Report not explicitly mentioned him and journalists pursued him, he would still be running the guesthouse he had purchased in Scotland. One of his victims was so scarred from the experience of being raped by him during a sleepover that he killed himself. This case merely underlines more than any one particular thing is how people in the West are increasingly becoming less tolerant of allowing exception from the law based on religious affiliation. Canon law is being increasingly seen as a set of policies subservient to those of the state rather than as a legal frame work acting in parallel to or above civil law. Losing the ability to operate outside of civil law and losing the illusion of the moral high-ground, provided by the ability to cover-up negative information, are big blows to the Catholic Church and ones from which it will be reeling for a very long time. We still do not know and may not for years to come, because of these very policies of silence without accountability, what kind of crimes have been hidden in Africa and South America. These, after all, are the two continents in which this particular religion has been experiencing growing rather than failing numbers.

At the root of this scandal is the question of equality before the law. This is one of the true problems of our times. Increasingly the debate is presented as a conflict between toleration of the religious beliefs of others and the value of the liberty of the individual. Those who wish for increased toleration often conflate this idea of respect for the liberty of others into augmenting the legal codes of their countries to include laws protecting the religious belief of others. This confused notion of toleration has led to the passing of a blasphemy law (with a large fine for breach) in Ireland, the inclusion of
MUSLIMS MUST JOIN THE FIGHT AGAINST ISLAMISM: By Sultan Shahin

It hardly needs to be emphasized that the biggest threat to peace is today’s world comes from the Taliban and their fellow Islamic radicals operating in the Afghanistan Pakistan region. Both Afghanistan and Pakistan are devastated by Islamist terrorists who are perpetrating the most horrifying massacres of innocent civilians, even during prayers inside mosques. They claim to be establishing what they call “pure Islam”, by eliminating mainstream interpretations of Islam and any minority sects they do not recognize as Muslim. These medieval obscurantists also use the excuse of western domination of Muslim lands to further their nefarious ends. They never explain, however, what western domination has to do with their medieval acts of terror like burning girls’ schools, oppressing women and killing members of religious minorities, terrorizing and violating the human rights of people in the most blatant and barbaric manner.

But even more worrisome is the fact that the world’s determination to confront these roguish elements appears to be flagging. NATO countries seem to be losing interest in what looks like an endless war. Despite daily news reports of murder and mayhem in the Afghanistan – Pakistan region, and the very real possibility of this happening in their part of the world as well, exemplified by several recent terrorists attempts, many people think it is not worth their while spending hard-earned money to beat the enemies of civilization in such a remote part of the world.

Also, a group of Taliban sympathizers appears to have grown recently, not only in civil society but also in the community, seems to not all Taliban and possible to deal with ones who majority of thus route to a leaving the region to its has been done several times before. The frontline ally of the West in the war, Pakistan and its army in particular, clearly feel the same way. The difference for them is that they see the Taliban devastating Pakistani cities as the bad ones who should be fought while the Taliban fighting the West or their allies, like Lashkar-e-Tayyaba, creating mayhem periodically in India, are the good ones and should be left alone. There are sensible elements in Pakistan too who see the inhuman and suicidal nature of this policy. But the policy has by and large remained unchanged. Indeed, the Pakistan Army has made several attempts to cut deal with the ‘bad’ Pakistani Taliban too, only to face fresh subversion and terrorism from them once they used the breathing space to regroup.

Meanwhile, the general populace in large parts of Pakistan itself, in the biggest and most influential province of Punjab, for instance, is being radicalised and acquiring sympathies for the Taliban and their terrorist allies, fed up as they are with massive corruption and misgovernment of the ruling elite. This trend poses a grave threat to world peace, not least because Pakistan is a nuclear state almost permanently on the brink of joining the ranks of failed states.
It is imperative that we make afresh pledge not only to continue confronting these medieval marauders but also to look at the reasons why humanity’s efforts have not met with the kind of success they should have.

There are many factors involved including strategic and tactical errors on the part of the Western forces combating the Taliban. But the most glaring failure has been on the part of mainstream Muslims in not challenging the radical Islamists’ corrupted postulates and leaving no room for them to misuse Islam and our holy book, the Koran, for their nefarious ends. We keep saying that Islam is a religion of peace, but that clearly has not been enough when the Islamists are using their interpretation of Islam to justify war. We probably took continued Western support for granted in putting down the inferno of hate and contempt for other religious groups caused by the ideology of Islamic supremacy. This ideology is far older than the Western quest for power and wealth of recent centuries that the Taliban give as the reason for the radicalisation of Muslims. Not long after the death of the Prophet Muhammad, Arab imperialists – who were opposed to Islam’s ideology of human equality and respect for all religions – hijacked Islam and created a hereditary monarchy, the Khilafat that immediately embarked on imperial expansion. Then, in order to justify the misuse of Islam to run an un-Islamic system of imperialist expansion based on Islamic supremacy, they undermined the only scripture the prophet had left behind, the Koran, and created a parallel scripture called Hadith (Sayings of the Prophet).

Compiled two to three centuries after the death of the Prophet, these sayings were attributed to the Prophet and were advertised as marvels of research in which meticulous care had been taken to find out the route through which the saying had travelled for two to three centuries before being written down. A mere glance at some of these sayings recorded in what are considered the most authentic compilations, the voluminous Bukhari and Muslim, shows that some of these sayings had been concocted to suit the imperialist tendencies and even the lecherous nature of the monarch-khalifs.

Nevertheless, through massive and constant propaganda the Hadith came to occupy as exalted a space in the minds of average Muslims as the Koran. It is no accident that the most influential ideological group among the radical Jihadis calls itself Ahle-Hadees (People of Hadith), people who apparently believe the Hadith to be superior even to the Koran. The Khalifs also created the clergy as a powerful institution to enslave and control the Muslims. Neither the mullahs nor any other kind of priesthood were part of Islam when the Prophet made his transition to the other world, saying he was satisfied that he had completed Islam. But the hijacked and subverted form of Islam that has come down to us through the centuries has taught Muslims not to consult the Koran for guidance on ideological issues. They have been told it is too difficult for them to understand. Instead they go to the mullahs who invariably misguide them, keeping in mind their own interests and those of the rulers they have traditionally served.

We mainstream Muslims have no option but to adopt a more pro-active role in this existential struggle against a radical, political Islam based on the ideology of Islamic supremacy. The West would probably continue to help us in the war against the Taliban and other Jihadi terrorists if they saw that we were serious about the fight. We need to own this war as our war. Primarily it is a war within Islam – as the far larger number of dead among the Muslim community due to terrorist attacks testifies. The ideological dimension of this war has been completely lost. After all, suicide bombers do not perpetrate their heinous acts just because they have been offered a few thousand dollars. They have been brain washed into believing that they need to kill all “infidels”. Moreover, they have been told that those Muslims who are not engaged in fighting the infidel are the first enemies of Islam and must be eliminated first, and that the person who does that will be rewarded instantly with a place in heaven.

This is not the place to engage in a theological discourse, but I can assure you, dear reader that there is no room for this kind of thinking in the Islam that Prophet Mohammad handed down to us. But by leaving the war to be fought only with military means and by the Western victims of Jihadi terrorism alone, we mainstream Muslims have left the field open for prejudices to be formed against both us and our religion. I find it difficult to blame the average citizen of the non-Muslim world who is fast developing Islamophobic tendencies. Whilst there are indeed forces that have been offered a few thousand dollars. They have been brain washed into believing that they need to kill all “infidels”. Moreover, they have been told that those Muslims who are not engaged in fighting the infidel are the first enemies of Islam and must be eliminated first, and that the person who does that will be rewarded instantly with a place in heaven.

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Sultan Shahin is editor of New Age Islam, http://www.newageislam.com/
S
ome of us claim we are Humanists. That’s our identity. However, the fundamental question as to how we came to be human goes unanswered many times. It is as wide open a question as what one means by God. Every one of the believers has a different answer to this fundamental question. A question shouldn’t be that open for interpretation. It is almost certain that any simple answer is wrong. It is not even incorrect. So, how did we come to be human? To answer that question isn’t easy. (No one said it was). That is the first myth we need to break. It is a complex question which deserves a lot of our respect. It takes some time to understand and answer.

Firstly, we need to delve into the origin of life on this planet. How did life come about on this planet and how did, as a consequence, humans come to exist? The first signs of life on Earth date back to 3.5 to 3.46 billion years. It is important to remember that there is no evidence of life before that on our planet. We find traces of life in the form of bacterium which lived and died leaving their fossilized remains. Where some left their “shells”, others left behind tiaras of their activities; those that powerful microscopes can reveal. But bacteria are complex beings by themselves. Although just a few millimeters across they are gigantic as far as the molecules they embody. Viruses are an order smaller than bacteria. Then why can’t viruses be the elements of life?

The simple answer to that is that viruses are not “complete” beings. They cannot do anything on their own. The essential function of reproduction is piggybacked on to other organisms. They deceive others to perform the functions that they themselves lack the ability to do. Bacteria do these functions on their own. Usually, viruses attach themselves to the self-replicating mechanism of other organisms so that they can replicate. Viruses don’t eat or breathe. And as a consequence viruses don’t produce energy from their own activities, unlike bacteria. So, we take bacteria as the fundamental elements of life on this planet. In fact they are the most dominant group on this planet. Their living mass as a whole on this planet hasn’t been superseded ever since they first appeared on this planet 3.5 billion year or so back. The plant and animal mass of this planet falls far short of bacteria’s total mass even today. They are prolific beings. And they cannot be wiped out by any catastrophe, whereas plant and animal life is deeply vulnerable.

The surface to volume ratio of a bacterium is such that the equation of life favors them as millimeter (microscopic) organisms. The ratio falls as any being increases in size (hence volume). This ratio is so favorable that between 3.5 billion years and 570 million years ago, the only organisms that existed on this planet were the various unicellular organisms. The oxygen and food intake favors bacteria more than a multicellular organism, hence life didn’t seek anything more. There was no reason to. In the Cambrian age, from 570 million years ago, we find evidence of multicellular organisms. The oxygen and food intake favors bacteria more than a multicellular organism, hence life didn’t seek anything more. There was no reason to. In the Cambrian age, from 570 million years ago, we find evidence of multicellular organisms. We do not know why the Cambrian age is special. Maybe there was an upsurge of oxygen during that period. (This is the period right after the snowball earth). This is not to say that the bacterium didn’t have the evolutionary capabilities to form colonies of multicellular organisms until then. There is evidence that the required mutations for such a transformation had taken place much before, a couple of billion years before the actual multicellular beings came about. But why then didn’t the multicellular organisms form?

Not just because there was now a reason to break the “golden” ratio that we mentioned before. There wasn’t a need to break that ratio before the Cambrian age. The life form was already dominant in the way of bacteria. Why would the less “stable” multicellular organisms form? There isn’t any evolutionary or survival advantage. In fact, multicellular organisms helped maintain the proper buoyancy and hence were evolutionarily desirable. Once that came about there was a proliferation in both plant and animal life on the planet. The Cambrian period of the Earth, which lasted only about 30 million years (about 570 to 540 million years) - a geological blink of an eye – saw the explosion of multicellular life. Insects, worms, crustaceans, etc. formed and dominated the earth (or tried to). They never really superseded the bacteria – nothing ever did – but the fossil records show rich number of them from the Cambrian period. Four factors give the illusion of randomness: Mutations, genetic mixing, natural selection and planetary cataclysms. In fact, they are random. None can be foreseen. Evolution essentially is blind. Each of these factors needs further elaboration. Natural selection weeds out the characteristics in beings that do not impart in them any benefits for survival. There is no ‘end design.’ There is no grand architect. There isn’t any intelligence in the design. The bacteria – the cells in any organism, whether unicellular or multicellular – continue to mutate and evolve. Essential mutations take place at the cell level even today. It is the selfish gene, as Dawkins put it.

People had difficulty seeing man evolve from a chimpanzee. A chimp has 99 percent of the proteins and DNA (Nucleic acid sequences) similar to that of man. Through this fact is made much of, the real difficulty should be to see a unicellular bacterium evolve into mammoth beings such as the dinosaurs. We find ple-

ORIGIN OF MAN
ty of evidence for all this of course. No one in their right mind can deny that dinosaurs lived and walked this earth. Their remains are found abundantly everywhere on this planet. Like the dinosaurs, millions and billions of species came and went. They were driven to extinction because of changing environments. Environments are as dynamic as the species that live in them. Those that couldn’t adapt, and were hence ill-fit to live, were eliminated. We humans have contributed to the extinction of many a species in the name of our own survival. The vanishing of big game on continents as humans invaded them is proof aplenty. There is evidence that we literally drove them off the cliffs. There are countless episodes of violence, deceit, and valor in our history as humans. Yet we are not the dominant beings on this planet. Bacteria are. But the fundamental question as to how bacteria came about on this earth is still not answered. We just said that viruses which are smaller are not organisms. Then where did the bacteria come from? We can summarize the answer in one word: Panspermia.

Panspermia “seeds disseminated everywhere.” For us this hypothesis means that life came to earth from elsewhere; especially from space; by some means; and that life didn’t spawn on this planet. The planet, in fact is not the womb, it’s just a home. This isn’t an outlandish proposal. The more we delve into it, the more sense it will begin to make. For the basic molecules of life to come together, there should exist the right conditions. Scientists are in agreement, if not totally, that such conditions never existed on earth. Comets, with their water and amino acids, probably are better suited. Mars, our earth’s sister planet, is, for example, better suited than earth itself for life to form. The popular notion of the search for life on Mars is to look for little green men. Scientists did not look for them. Martian soil is sterile and barren. It took scientists some time to figure out that the rocks hold the key. They are now looking for traces of bacteria on and in rocks. Bacteria probably still live in these rocks and underground. However they could be buried kilometers underneath the surface of the Martian soil. This is difficult to get to, to say the least.

It is has already been shown that mars had water. This was important because water is one of the essential elements of life. At least the carbon based life depends on it. It but we don’t know if water was essential, or there was anything else for such a cell to form. For now the search continues. We continue to send probes to Mars every year. The mechanism of transplantation of life from Mars to earth is well understood and shown to be quite plausible. Bacteria can go into deep hibernation for prolonged periods. A Martian stone spewed into space because of volcanism or meteorite strike could have carried life. Such a rock could have fallen onto earth. Earth was atmospherically receptive at one time to accept without damage such a stone. A meteorite, which fell in the Antarctic continent a few thousand years ago, and discovered in 1984, showed sign if life along with the tell-tale spectrographic signature that it came from Mars. That’s a mythical as one can get when we talk of our origins as humans: that our life on this planet came from elsewhere. The rest is quite well supported by evidence. From very humble beginnings we all evolved. The point is not to be ashamed of our humble background (we should admit it with pride). Bacteria are quite complex and sophisticated “animals”. They encapsulate our very being. We have billions of cells in our bodies. The mitochondrion, the nucleus that gets passed from mother to child and never from the father, is a cell trapped by the bacteria. This capturing of “foreign cells” has made evolution a revolution. It put evolution on a fast track. Cohabitation — or as scientists call it Endosymbiosis speeds up evolution. So does sexual reproduction.

The genetic material contained in the animal cell undergoes mutations. By sharing chromosomes from both the mother and the father the combinations explode. Such a zygote is better prepared to fight other bacteria and viruses, and be weeded out by natural selection if found unfit to survive. There is ample evidence that a fast track evolution happened on this planet. But the culmination was never intended to be a human being; there was no intentionality on the part of evolution. Evolution represented as a tree with the leaves as the surviving species with the top leaf of the tree representing a human is totally wrong. An appropriate picture is that of a unicellular organism forming the tiny stem representing 3.5 billion ago. The thin stem continues on till 570 million years ago. On this stem stands a bush. The bush levels and crops up to the present. Humans share the top with millions of other species. We are not unique after all. Humans use intelligence as a survival tool; the other species specialized in other ways. Intelligence won out. By sheer chance humans stumbled on it. It isn’t surprising that the compelling story of how we came to be humans can be retold by humans.

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Announcement

Are you a talented teen or an adult yearning to record your music in Kampala’s best Audio and Video studio?

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Debate No. 1: Gospel Artists Should not Perform at Secular Events

Content: Leaders of the Born Again Faith threatened to disassociate with any gospel musician who performs at secular functions and events. They argue that there is nothing Godly in associating with secular musicians who abuse drugs and sing songs that do not honour God. Gospel Artists on the other hand argue that by sharing the same stage with secular musicians, they are ‘taking Jesus’ to them and more so to the thousands of people who have no time to attend church because they prefer having fun at attending boring church services.

Free Thought: Where can we find God? Is God only found in churches? Can the gospel be preached outside the church? What happens when a gospel artist performs at a night club or at a secular concert? Will God be terribly annoyed for taking his message to people having fun outside church? Church or night club, secular or religious concert, gospel artists need to be given the freedom to earn a living and take their message to people where ever they may be. Period.

Debate No. 2: Ugandan Girl Turns into a Snake

Content: Several TV Stations and newspapers carried a story of Ugandan girl identified as Stella who it was alleged turned into a snake after stealing $10000 from a Dinka man, Denge (from Sudan) who had bought her for a night. It was said that Stella was one of the Ladies of the Night working in Juba. It was said that Stella stole the dollars and immediately returned to Arua, her home town only to turn into a snake a few days later. The Dinka man was said to be the one responsible having bewitched her. It was said that the UN officials took care of Stella and offered to carry out further investigations to establish the cause of Stella’s ailment that contributed to his lower body contraction making her resemble a snake.

Free Thought: Witchcraft can’t amount to turning a human being into a snake. Stella might have developed a health complication that affected her skin and legs.

Debate No. 3: Male Circumcision Prevents HIV/AIDS?

Content: The media has publicized the subject, male circumcision to unimaginable levels with many writers arguing that indeed male circumcision prevents HIV spread while many others have strongly reasoned differently. Many men in Uganda are in a mad rush to the hospitals and nearby clinics to get circumcised. The question remains; can male circumcisions prevent HIV spread?

Free Thought: Male circumcision is not a new thing to mankind. It has been practiced for generations. Muslim boys and men are circumcised and many tribes in Africa do so. Scientific research done on this matter has contradicting results. The scientific community overtime, observed that the risk of acquiring sexually transmitted infections (STIs), including HIV, was lower in men who were circumcised than in those who were not. No scientific research could conclusively say that male circumcision prevented HIV because HIV prevalence remained high in many circumcising communities. Further scientific studies were done in different countries including South Africa, Kenya and Uganda between 2000 and 2006. In the three mentioned countries, findings indicated that circumcised men were less likely to acquire HIV than those who were uncircumcised. The research showed that the level of protection of male circumcision from the risk of HIV infection ranged between 50 per cent and 60 per cent across the three countries. It was on the basis of these results that in 2007 the World Health Organisation (WHO) together with the Joint UN Programme on HIV/AIDS (Unaids) recommended male circumcision as part of a comprehensive strategy but MUST be used together with condom use, being faithful to one’s partner and abstinence among others. Remember the Uganda Male Circumcision Policy (2010) recommends that counsellors should stress that male circumcision provides only partial protection against HIV. Protect yourself.

Debate No. 4: Is Pastor T.B Joshua a True or False Prophet?

Content: Prophet T.B Joshua is the Nigerian founder of The Synagogue Church Of All Nations (SCOAN), Headquartered in Lagos, Nigeria and born on June 12th, 1963. Joshua is alleged to have predicted some world events and disasters and recently, the death of Zambian President Levy Mwanawasa. Some will say that Prophet Joshua is indeed a true Prophet but many critics disagree.

Free Thought: Prophet Joshua may be able to gamble and predict a few things and come to pass using several things to aid his predictions. Predictions can never be prophesies. Prophet Joshua is simply lucky in his predictions unlike his fellow Pastors such as Robert Kayanja who have miserably failed in their predictions. Professor Jonathan Moyo, an MP and member of ZANUPF noted thus: “There is spirited speculation that T.B Joshua had privileged intelligence information about a death plot against President Mutharika and the plotters used him as their microphone to divert attention and let the death appear like it was an act of God when it was an intelligence operation”. It is also possible that T.B Joshua had accessed medical information about the health of the President and with the help of doctors; he could predict death with evidence based on medical reports. One must also note that T.B Joshua cannot tell with precise accuracy the date and time of one’s death and the real cause of death. Simply put, T.B Joshua is a smart speculator whose predictions call for thorough investigations. Let us think beyond the box.
TIT BITS

By Doreen Namagembe.

BUGANDA RIOTS suspects finally freed after 1000 days in jail for no crime. Over 50 youths were wrongly imprisoned in Sept 2009 following protests and riots that left Nateete Police Station torched and over 30 youths shot dead. We congratulate the lucky youths who regain their freedom after so many months in prison and we hope that they will successfully get compensated for the torture and time lost.

GENERAL Moses Ali, born on April 1939, successfully completed his Bar Course and enrolled as an Advocate for the High Court at 73 years. General Ali is the Deputy Prime Minister and Member of Parliament for East Moyo County. To all teens out there, pick a lesson from General Ali. Education has no age limit, always have big dreams and strive to achieve them no matter the challenges at hand. Please use your time at school profitably.

Killer Kato Kajubi gets life for young life he took. Kato Kajubi, a Kampala City illiterate tycoon and devil worshipper was finally charged for the ritual murder of the 12 year old Joseph Kasirye, killed in 2008. Let it be a lesson to all tycoons and aspiring tycoons, sacrificing human beings is not the best way of wealth accumulation, think and you grow richer and wealthy. HALEA is happy that Kato Kajubi was not given the death penalty. It is better to be alive, rotting away in prison and be a living example to all others who have a similar mind set.

Kudos for Africa’s Female Presidents, They Offer Different Kind of Leadership. These include Liberian President Ellen Johnson Sirleaf, Malawi’s new President Joyce Banda and several other female presidents globally and former heads of state and government. In addition to Malawi’s Joyce Banda and Liberia’s Ellen Johnson Sirleaf. Others to note include the President of the Republic of Kosovo, Atifete Jahjaga, the former president of Ireland, Mary Robinson, and the former prime minister of New Zealand, Helen Clark. President Banda said she is certain that women look at leadership differently, and that they look at leadership as an opportunity to serve the people. And I believe that leadership is a love affair,” said Banda.”You must fall in love with the people, and the people must fall in love with you.” President Banda said she came out of an abusive marriage and her long-standing goals are to work tirelessly to empower girls and women economically and to promote maternal health and safe childbirth. She has only been in office for six weeks and attracted a lot of attention for taking quick action to sell the presidential jet and to reduce the size of the presidential motorcade. Ms. Clark said women tend to make better leaders because they are more connected to the needs of their people and because they still more often play a direct role in caring for children and frail relatives. President Sirleaf of Liberia said having women in leadership positions does make a real difference. Ms. Sirleaf had this response when asked what she would like Western and international development assistance donors to recognize. “That our people, particularly those in rural areas, are intelligent even when they are not educated, that they know what their needs are, they know what best will help them to change their lives,” said Sirleaf. Liberian President Ellen Johnson Sirleaf, Malawi’s new President Joyce Banda and several other female presidents and former heads of state and government gathered in Washington for a panel discussion on the challenges of international development, democracy and global security. OVER TO YOU dear girls, Hope the story above can inspire you to yearn for greatness. Dream Big.

Important Quotes:

1. These are terrible times in which priests no longer merit the praise of poets and in which poets have not yet begun to be priests – Jose’ Marti – 1853-1895.
2. A knowledge of different literature is the best way to free oneself from the tyranny of any of them – Jose’ Marti on Oscar Wilde, 1882
3. One evening I sat beauty in my lap and I found her bitter – And I cursed her – Arthur Rimbaud, 1854-1891.
4. Fear of serious injury cannot alone justify suppression of free speech and assembly. Men feared witches and burned women. It is the function of free speech to free men from the bondage of irrational years – Louis D. Brandeis (1856-1941)
5. Religion is an illusion and it derives its strength from the fact that it falls in with our instinctual desires. Religion is an attempt to get control over the sensory world in which we are placed by means of wish world which we have developed inside us as a result of biological and psychological necessities– Sigmund Freud – 1856-1939.
Syria’s civil war has resulted in the deaths of more than 1,000 children; most of them shot or bombed in indiscriminate attacks by Syrian government forces. Some have been caught in cross-fire with anti-Assad fighters. Thousands more have been wounded and are suffering from the psychological trauma of war – a devastating, tragic legacy that will last for generations,” said Peter Tatchell, Director of the Peter Tatchell Foundation. “Tens of thousands of children have been made refugees; having fled to neighbouring Lebanon, Turkey and Iraq to escape the violence. “To protect children, and all civilians, there needs to be a UN and Arab League- supervised ceasefire, and a negotiated political settlement leading to free and fair elections.

“According to the United Nations, two million children have been killed in the last decade in conflict zones such as the Congo, Darfur, Sri Lanka, Iraq and Afghanistan. During much of this time, one child has been killed every three minutes.” “War is an extreme form of child abuse,” added Mr Tatchell. “Millions of children are being killed, wounded, conscripted, orphaned, jailed and sexually abused in 30 conflict zones around the world. “In the Congo alone, over four million people have died since the late 1990s - the biggest mass killing since the Second World War. Iraq has seen an estimated 650,000 deaths, coinciding with the invasion and occupation since 2003. Many of the dead in both these conflicts are children. “Among the children most vulnerable to violence are young girls and LGBTs, and those who are HIV-positive, members of ethnic minorities and dissenting faiths, and those whose parents support political parties that are involved in conflicts. “In addition to the children killed, the UN estimates that six million children have been permanently disabled as a result of conflicts over the last decade.

“In the same time-frame, at least 250,000 children have been conscripted into armies and militias in the Congo, Uganda, Sri Lanka and elsewhere. While boys become soldiers, girls are often exploited and abused as cooks, porters and sex slaves. “In total, millions of children have been orphaned; hundreds of thousands have ended up living rough on the streets (there are an estimated 250 million street children worldwide); and tens of thousands of teenagers have been forced into the sex industry. “The indirect effects of war can be as devastating as violence itself. Vast numbers of children are suffering malnutrition, due to the destruction of crops, livestock and food distribution networks. “Many child refugees have died as a result of diseases caused by a lack of access to clean water and from the sometimes deliberate contamination of water supplies by opposing armies. “There is also widespread child homelessness, following the bombing or burning of villages; and illiteracy as a consequence of the disruption of education following the destruction of schools and the murder of teachers,” said Mr. Tatchell. Peter Tatchell, Director, Peter Tatchell Foundation, UK.
TEENS GIVING BACK

HALEA Teens Revive the Spirit of Voluntary Work.

Kampala city slums are characterized by poor sanitation that goes with all the negative consequences of living in a dirty – diseased environment. The latest report by the World Bank reveals that open defecation is a major health challenge that place slum dwellers at the risk of sanitation related diseases such as cholera, diarrhea and typhoid leading to premature deaths 90 of which are a result of poor water, sanitation and hygiene. The World Bank study reveals that $8.1 million (about shs 19.8b) is lost each year in access time by people practicing open defecation as each spends almost 3 days a year finding a private location to defecate, leading to economic losses. Poor sanitation costs Uganda shs 389 billion each year, a sum equivalent to shs 15000 per person or 1.1 per cent of the National Gross Domestic Product.

With these facts, HALEA begun a sanitation sensitization campaign in Kampala Central Division and our teens and officials together with community leaders do clean our slums twice a month. Our hope is that the community takes on the responsibility of keeping the slums clean but it is also our plea to the government to provide garbage buckets, and routinely send garbage collection tracks to take the over flowing garbage. HALEA’s song ‘Kampala City Yiyo’ has sensitized several slum dwellers and encouraged many to take the task of cleaning their city as their own contribution to living the good life.
Introduction:

Modern life is wonderful. It is beautiful. Think of how you should go about it so that you keep healthy and celebrate life all day long, throughout your time on end. But do you wonder how our forefathers and foremothers used to survive and live long healthy lives with minimal medical intervention? What was their secret? Possibly keep in touch with me, stay tuned!

Eating for Life:

I quite understand that people often grapple with the food issue and its associated problems such as fatigue, constipation and so on. Many a times, people resort to taking on one diet after another but unfortunately end up achieving poor results and they eventually fall back into the same dilemma! Ask yourself: how do I eat my food for optimum health and wellbeing and I stay good all the same time? This is indeed a challenging question but it requires an answer. Below are some of the tips I’ve suggested that you can start with;

• Eat clean: Using clean utensils and food holding items as well as washing your food and hands to keep away germs and minimize bacterial intake.

• Do not overcook your food: Overcooking kills most of the nutrients especially vitamins. Try to have as much raw food as possible - fruits are a starting point, and most vegetables can be taken in form of salad.

• Have your breakfast: Many people skip breakfast in the name of dieting and losing weight, and then wonder why they are not losing the inches. Breakfast awakens your metabolic engine. Please never do away with it.

• Have your fruit before food, not the other way round: It is very common practice even in restaurants to serve fruits as dessert after the main dish. This is wrong. Taking your fruit first helps to fill your tummy a bit and curb your appetite, it also helps your digestion and prevents constipation.

• Take your time and chew your food properly, for goodness’s sake: It sounds crazy but it is recommended that you chew each mouthful at least 25-36 times before swallowing it. Get the idea, OK? You don’t really need to count but to take your time. Extended chewing breaks down your food properly and enables better digestion.

• Drinking with food is not recommended: This is a common, almost natural habit but it has its negatives. You are more likely to gobble down half chewed food when you drink while eating. Therefore have your drink at least 15-30 minutes before your meal, or at least 2-3 hours after your meal.

• Lastly but very important, Have a balanced diet: Balanced does not mean equal measures of every type of food to be eaten, but adequate amounts of foods with nutrients that your body needs to stay healthy and function optimally.

The above stated are some of the areas I caution fellow youths to follow and observe critically. Remember that the state of your skin is a very good indicator of the state of your health. Good skin means good health, most of the time. When you meet someone, the first thing they focus on is your face. First impressions do matter a lot. The skin on the face and that of the entire body represent the status of the rest of the skin. Fellow youths, I advise that you eat well in order to look radiant, youthful and naturally beautiful. To crown it all, don’t hesitate to laugh your way for better health and performance. Regards to all. Thank you.

Matovu Derrick Mukooki Is HALEA’S Student Ambassador. Derrick is a BSc Eng. Student at Ndejje University.

UP COMING EVENTS

• Teens Talents Search Competition, September 2012

• Keep Kampala City Clean- Sensitization Campaign

• Release of HALEA teens songs to the public
"GETTING STARTED AS AN EFFECTIVE ENTREPRENEUR"

Suzan Nambejja

Introduction
The best thing in the world is to own a successful business, it is to be financially liberated or independent. Most success stories today are those of men and women who resolved to become entrepreneurs by starting their own businesses. That is the meaning of entrepreneurship. It is getting started, starting in the best way possible and being successful in a venture that you have chosen to do. It may be easy to get capital (cash) to begin a business but quiet another thing to have the best business idea, to venture in the best business and to be successful in that business. This presentation is meant to give you the basics you need to know before you start a business, and the guidelines on how to become a successful entrepreneur.

What you must know before investing in any business venture

- Do a SWOT analysis (individual and business)
- Consult business mentors / successful business people
- Do research on markets, inputs and outputs and location (sales, suppliers and competitors)
- Do a self assessment to determine your interests and ability to do that business
- Find out what customers really want and need and what they buy from who, when and why.
- Eliminate all ghosts of fear and failure, avoid detractors, be convinced that you can succeed.
- Know how you will manage your time, workers, losses, profits and expenses
- Be ambitious, think big, be cautious, focused, hardworking, conscious and determined
- Love what you are going to do, be passionate and determined to succeed
- Walk the talk. After doing research, consulting widely, gaining the confidence and the skills, knowing your competitors, the available market, the challenges and opportunities, get started. Invest in that business.

Tips on how to manage your business successfully

- Write/record every initial expenditure and therefore every subsequent expenditure and income however small it may appear e.g 50/=. This means that you buy big black books and you indicate a column of date, expenditure and income per item each day.
- Know that a business is a different entity (person) from the owner and the family. Never allow friends, associates, family members and yourself to spend the resources or profits of the business because this leads to business failure.
- Learn how to market your products on a daily basis and learn how to market yourself by maintaining a good personal image.
- Ensure that you continue to consult all those involved in related businesses and continue to learn more skills especially those related to your business.
- Continue to be innovative by improving on the quality of your services or products everyday so that you offer the best and beat the competition.
- Learn to be an effective negotiator and sales person because we make profits when we are buying inputs or spending on capital and not when we are selling the products. Ensure that you always minimize expenditure.
- Seek alternative markets beyond the immediate market by joining groups or associations doing business or by participating in exhibitions, church/village markets etc.
- Where possible legalize your business and brand your products.

Suzan Nambejja is the head of Entrepreneurship Department at HALEA. Contact +256 755-415661

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The Story of Mobile Phones in Uganda

Margaret Kabahweza Ateenyi, S.5, Bright Hill Way, Makerere SSS.

In Uganda phones are of such an interesting story because of so many things people do that concerns the use of these phones. People could show off with their phones they had since they were being seen as kings and queens of their areas mind the less how big the phone was and as big as a block. To see that they were being seen as kings and queens people could spend out their time to go and see some one talk on the phone as they ask several questions like; do you hear what one says as if you are talking to some one physically? Do you see that person you are talking to? Do you mind giving me your phone and I also talk to that person you are talking to? To me those questions sound so childish but it was real though amazing to hear about.

When it comes to calling, and the ring tone sounds out, some people could start dancing as if they have heard some good music and what made matters worse the recipient of the call could press yes kneels down to greet the caller which was so primitive to see some one kneeling down as he or she talks on the phone. Mind you, the size of the Ariel was as tall as the neck of a giraffe and everyone was eager to at least touch the Ariel in order to go back home and tell the people that he or she has also touched on a phone. Where these people with phones were was seen and called,” KIGAIGA ZONE” a Rutoro word meaning “a rich zone”. Since the history of phones is not all that pleasing, that’s why at first some one with a phone was seen as a king or as a queen of his or her area. The people of the area could pay several visits to the person having a phone mind the less how big the phone was as big as a block but he or she was seen as the apple of their eye in that area the phone Ariel was as tall as a tree and big to the extent of entering ones ear.

When someone’s battery went down the y though t charging it was by removing the battery on you put it on sunlight in order for it to charge and others thought of putting the battery in fire in order for it to get fire which was not correct though they could hear people say that ‘there’s no fire on my phone. In Uganda people have airtime cards that they load on their phones ranging from 500 to 10,000 shillings, so when someone said that there’s no money on my phone I am going to put on some money people thought that maybe he or she is to open the phone and put the money inside it which was not the case but he or she was all about loading on an airtime card that has an access number that one has to enter.

To see that it was too much, people could not differentiate airtime and network because sometimes people could go in shops asking for network which they don’t sell instead of asking for airtime.

As time went on phones started to increase in numbers and they stopped the habits of dancing and making the loud noise they could make whenever they heard a phone’s ring tone and they also stopped paying unnecessary visits to those people who had got mobile phones.

As time went on phones started to increase in numbers and they stopped the habits of dancing and making the loud noise they could make whenever they heard a phone’s ring tone and they also stopped paying unnecessary visits to those people who had got mobile phones.