

Issue 2: July 7, 2006

# otogo thunder

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## Lead Story Headline - *The GOOD News*



The expression of joy and a celebratory mood spread like a wild fire when it was announced in

Khartoum this past April that Sabit Alley is one of sixteen ambassadors appointed by the SPLM. Alley, a well known human rights and political activist, has worked tirelessly to generate support in the United States for the oppressed people of Sudan.

It is widely believed that his appointment is an affirmation of his significant contribution to the liberation struggle. It is also expected that he will continue to courageously articulate the Southern Sudanese vision of the country on the diplomatic stage.

### **HEARTBREAKING NEWS**

The euphoria (nyola duma) over the ambassadorial appointment was short – lived. On May 26, 2006, Natale Banja, a young health care

professional, was gunned down in Yei by a cold – blooded criminal. The community both inside and outside the country continues to feel and express disbelief, anger, sadness and outrage over this senseless death.

While the investigation continues, a Banja Memorial Fund (BMF) is being set up to primarily benefit students in the health care field.

**OPTIMISM DETERMINATION EDUCATION**

# HYPERTENSION

By Dr Eluzai A Hakim



**“Hypertension is the number one killer worldwide and affects about a billion people. It is the most common risk factor for pre-disposing people to stroke and heart disease<sup>1</sup>. .”**

The definition of abnormal blood pressure remains controversial. The risk of suffering a complication from high blood pressure rises with increasing blood pressure. *The World Health Organisation's criteria for the definition of hypertension (high blood pressure) is 160/95 mmHg.* In the World famous Framingham Study which has been running in the United States of America for several years, a blood pressure of 160/95 mmHg is deemed to be definitely elevated blood pressure and between 140/90 and 160/95 to be borderline high blood pressure. Recent guidelines from the United States and the United Kingdom recommend a definition of hypertension as **140/90 mmHg based on at least two readings on separate occasions.**

High blood pressure is twice as common in obese people (very fat people) than in non-obese people. It is accepted that there is an increased risk to health if the waist circumference is greater than 94 cm (or 37 inch) in males or greater than 80 cm (or 32 inch) in females. *Hypertension is the number one killer worldwide and affects about a billion people. It is the most common risk factor for pre-disposing people to stroke and heart disease<sup>1</sup>.* It is unfortunate that over 90% of patients with high blood pressure in the United Kingdom for example do not have their blood pressure adequately controlled to the recommended World Health Organisation targets and, therefore, many preventable strokes and heart attacks occur unnecessarily<sup>2</sup>. In the Southern Sudan and, as indeed, in Yei County we do not know how many people have undetected high blood pressure because of the absence of a screening programme or routine blood pressure measurements in the hospital. Hypertension is a serious condition in black people and must be sought at every opportunity in order to control it appropriately.

According to Dr Elijah Saunders,

Head Division of Hypertension at the University of Maryland School of Medicine in a six week study of second generation African Caribbean's in the Midlands, United Kingdom, showed that there are many undiagnosed cases of high blood pressure and many more had inadequately controlled high blood pressure. He also showed that many people were obese and that comparatively there were more black than white people with high blood pressure if samples of both ethnic groups were compared. On a salt restricted diet most people lost their excessive weight and blood pressure readings dropped.

It is very important for people in Yei County to prevent high blood pressure developing through the following measures :

- Maintenance of healthy weight be cause a loss of a few grams in weight will lead to lowering of blood pressure.
- Eating of a balanced diet consisting of fresh fruit daily, vegetables, reduction in salt intake and reduction in fat intake.
- Those who already smoke cigarettes or a pipe should stop doing so immediately and those who have not started and are thinking of taking up smoking should avoid the habit altogether.
- People should exercise regularly either by using a bicycle for their journeys, walking for leisure or going to a gymnasium if such a facility exists in the vicinity.
- To drink alcohol in moderation. The recommend amounts are consumption of one unit of alcohol per day for women and two units per day for men.

**1 unit of alcohol = glass of sherry, glass of wine, ½ pint of lager (beer) or 1 measure of spirits.**

It is vitally important to have a regular blood pressure check and to use every opportunity of a Hospital visit to have a blood pressure check. Once high blood pressure has been confirmed or identified it is important to see a doctor or seek professional advice for choice of appropriate drugs that will reduce the blood

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or identified it is important to see a doctor or seek professional advice for choice of appropriate drugs that will reduce the blood pressure. It is important to stick to the general measures listed above as well as taking the prescribed medications. General measures and medications work well together.

How can you tell whether you are obese or not :

### Obesity and Overweight

The World Health Organisation (WHO) defines **overweight as a body mass index of 25 – 29.9** and **obesity as a body mass index of  $\geq 30$** .  
 $BMI = \text{weight (in kg)} / \text{height (metres)}^2$ .

*BMJ 2002: vol 325; 757 – 61.*

### Useful references

BMJ 2004; 328; 593 – 594.

Executive Committee British Hypertension Society; Journal of Human Hypertension 2003.

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## MANAGING YOUR MONEY-INVEST IN A HOUSE

*By Martin L. Mikaya*

It is wise to buy a house especially if you live in the Western World where there is political stability and a strong tradition of respect for private property.



A house is a home, but it also protects your capital, becomes more valuable as time goes on and can be passed on to your children or grandchildren. So as you save your money, let home ownership be one of your most important goals.

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**“A house is a home, but it also protects your capital.”**

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## ANOTHER REASON TO CELEBRATE



Don't you think we all should have a reason to celebrate? Well, the class of 2006, 49 strong known Kakwa young graduates with Diploma and Degrees around the World

should give us a reason to be proud.

I can not stress enough why we should invest in education. The Kakwa Community in

Khartoum under the harsh conditions deserve our applause and support for encouraging community members to go to school and for staging a celebration honoring our graduates.

Congratulations to the class of 2006!

Go!Go!Go!Go!Go!

## Recognizing the class of 2006 KAKWA GRADUATES

Name	School	Diploma/Associate/BS/BA
Alison Karaba Joel	Gjøvik University College, Gjøvik, Norway	General Nursing
Alwaia Khamis Elioba	University of Juba, Khartoum, Sudan	Rural Development
Angelina Michael	University of Juba, Khartoum, Sudan	Management
Augustino Ayiko	University of Juba, Khartoum, Sudan	Community Studies
Charity Akojo Joseph	Ahfad University, Omdurman, Sudan	management
Charity James Andu	Sudan University of Science & Technology-Sudan	Agriculture
Christine Ajo Dedi	Sudan University for Ladies	Languages
Christopher Mikaya	Messiah College Harrisburg, PA USA	Nursing/Biology
Cilina Noah Ajo	Sudan University for Ladies	Accounting
Clara Stephen Guya	University of Juba, Khartoum, Sudan	Bio Chemistry
Denis Lemi Philip	University of Juba, Khartoum, Sudan	Agriculture
Diana Umjina	Omdurman Ahlia, Omdurman, Sudan	Economics & Management Science
Edimono Yakini	University of Juba, Khartoum, Sudan	Rural Development
Gata Willow Yemba	University of Juba, Khartoum, Sudan	Communication
Hafiz Martin Amandu	Nilean University, Khartoum, Sudan	Management
Hakim Joseph Jamba	University of Juba, Khartoum, Sudan	General
Isbila Joseph Jamba	University of Juba, Khartoum, Sudan	Community Studies
Jackson Lubari	University of Juba, Khartoum, Sudan	Accounting
James Taban Timon	University of Juba, Khartoum, Sudan	Agriculture
John Morris Lawyua	Upper Nile University, Khartoum, Sudan	Data
Joice William Duku	University of Juba, Khartoum, Sudan	Management
Joseph Khamis John	University of Juba, Khartoum, Sudan	Electricity
Joseph Lawuya Aggrey	University of Juba, Khartoum, Sudan	Architecture
Joy Michael Lasuba	University of Juba, Khartoum, Sudan	Community Studies
Joy Rubena Wani	University of Khartoum, Khartoum, Sudan	Dentist
Joyce Albert	Salt Lake Community College, SLC, UT USA	Generals
Julie Rubena Wani	Upper Nile University, Khartoum, Sudan	General
Justin Luete Philip	University of Juba, Khartoum, Sudan	Community Studies
Justin Rubena Wani	University of Juba, Khartoum, Sudan	Surgery
Kabasi Morris	University of Juba, Khartoum, Sudan	Electricity
Kizinga Willow Yemba	University of Juba, Khartoum, Sudan	Rural Development
Lomoro Philip Amando	El Obied University, El Obied, Sudan	Animal protection
Lupai Satimon	Gulu University, Gulu, Uganda	Business Administration
Mabe Ajo Dedi	University of Juba, Khartoum, Sudan	Rural Develop.
Malis Abdala Lawya	Sudan University of Science & Technology-Sudan	
Michael Wawa	Omdurman Ahlia, Omdurman, Sudan	Management
Nyoka Kamal	University of Juba, Khartoum, Sudan	Community Studies
Oliver Martin	African University, Omdurman, Sudan	Arabic Language
Peter Joseph	University of Juba, Khartoum, Sudan	Rural Development
Peter Sebit	Gulu University, Gulu Uganda	Business Administration
Rebecca Tabu James	Ahfad University, Omdurman, Sudan	Management
Robert Ramadan Scopas	University of Juba, Khartoum, Sudan	Management
Ronald M. Albert	NDSCS -Wahpeton, ND USA	Computer Programming
Rose Noel Duku	University of Juba, Khartoum, Sudan	Rural Development
Rose Opani	Ahfad University, Omdurman, Sudan	Management
Samuel Amule Elikana	Nilean University, Khartoum, Sudan	Commerce
Suzy Michael	Nilean University, Khartoum, Sudan	Economics
Umjuma Kamilos Mohd	University of Khartoum, Khartoum, Sudan	
Victoria Ismail	University of Juba, Khartoum, Sudan	Telecommunication

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## GIVING BACK



By Robert Simbe

Volunteering and giving back to the community through generous donations is part of life for many in the United States. I am not surprised why the phones in our office never stop ringing and College students kept on coming to ask for volunteer opportunities.

US New reported on December 9, 2005 that from September 2004 to September 2005, the Bureau of Labor Statistics (BLS) of the US Department of Labor recorded 65.4 million Americans volunteered through or for an organization. Hurricanes Rita and Katrina further energized Americans to even volunteer more of their time. The BSL report set to be released this summer is projected to include tremendous increase in the number of people volunteering.

Giving donations is equally important as volunteering your time. Two weeks ago, Warrant Buffett the second richest man in the World stunned many Americans on June 26, 2006, at the New York Public Library by making an unprecedented announcement of 37 billion dollars donation to the Bill & Melinda Gates Foundation. It is the first time in the US that, one person gave out such a huge

amount of money. This of course, does not mean that there are no people who can match Mr. Buffett. Many unannounced big donations are also made by the upper & business class Americans. If their donations are combined, it will be greater than the 37 billion dollars donation made by Mr. Buffett. Middle class and lower class Americans are equally generous donors. The aftermath of hurricanes Rita and Katrina yet proved another record break of generous giving by American citizens.

Giving back to the community in the United States is also encouraged by the US tax laws. Those who generously give to nonprofit organizations fall under a different tax bracket, whereby, the government takes fewer taxes from them. It is another way of rewarding Americans by claiming what they gave at the end of the year. The Kakwa Community in Diaspora and especially in the United States should take advantage of the US tax laws. You do not only give your money to your favorable local organization, but you get your money back at the end of the year when you file your taxes. By giving your donations to an organization that you know is helping your own people, is like killing two birds with one stone.

In a paper written by Dr. Martin L. Mikaya and I and presented at the Kakwa Conference in Yei, last year titled "*The Role of Indigenous, Nonprofit Organization*", we recommended that the Yei County Authorities come up with policies that encourage local business people in Yei to generously give back to the community. These dona-

tions can be channeled through the local organizations on the ground, government agencies or directly to schools and in return, they will be rewarded with tax break from the county or something similar. Although tax breaks is one-way of rewarding people who like to give back to the community, Kakwas should start giving without expecting something in return.

If we already don't know how, we should learn from the Americans how to start giving or volunteering and expect nothing. There are many ways for us to do that. For example, if you are a Computer Science graduate or have a certificate in IT or Database, you can volunteer your time by building a simple software or Database system that can be used by the Yei County Office of Education. I am sure the education office in Yei will be happy to have such a database or software. Or if you decide to go to Yei for one month vacation, you can use your three or two weeks vacation time to volunteer teaching in one of the local schools near your house.

Being an active member of your local Kakwa Community is one way of volunteering, and contributing to it is even better.

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