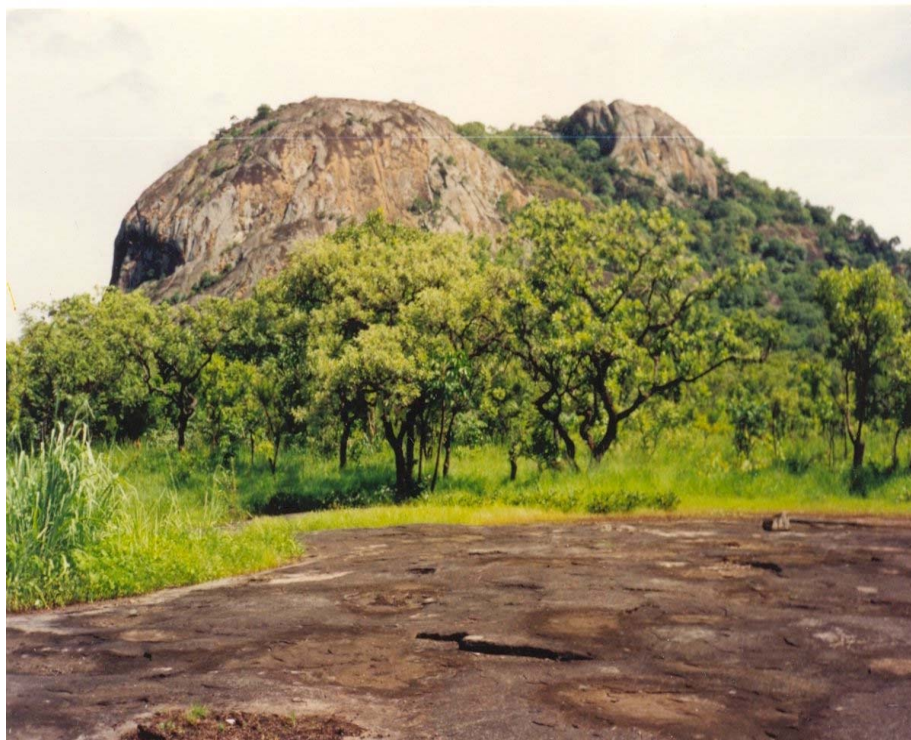


Issue 3: October 04, 2006.

# otogo thunder

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## TECHNOLOGY: Converting Sunlight into Energy



Since Yei is located in a part of the world blessed with abundant sunshine, we need to be

aware of the existence of technological systems that can efficiently harness energy directly from the sun to improve people's lives. One such system is based on photovoltaics (PV) or active solar energy, commonly known as solar cells.

Solar cells are semiconductor devices that convert sunlight into direct current (DC) electricity. Groups of solar cells arranged appropriately into modules, panels and arrays (the

complete power – generating units) can be used to charge batteries, operate motors and to power any number of electrical devices. With the right power conversion equipment, solar cells can produce alternating current (AC) which can be used to run any conventional appliances. This means that Stand-Alone PV Systems can be used to power health clinics, refrigeration, water pumping, telecommunications and households even in the most remote villages.

What is a solar cell? A solar cell is like a small, thin, round biscuit. It is made of a very thin layer of phosphorus and silicon at the top and a relatively thicker layer of silicon and boron at the bottom. When sunlight strikes the surface of the cell, some electrons are

stimulated and current flows when the cell is connected to an electrical device. As mentioned previously, these cells can then be arranged into modules and the modules into panels and arrays which are the actual units capable of generating sufficient, useful electrical power (Watts). I will discuss how PV systems work in the next edition of this newsletter.

*By Dr. Mikaya L.D. Lumori  
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## FAMILY: Why Insure Your Car, but Not Your Life?



On September 21, 2006, a Sudanese man from the Dinka tribe was killed in a car accident while riding his bicycle at around 11:35 pm in Salt Lake City, UT USA. Bap Bap, who had just left his night-shift manufacturing job at Black Diamond Equipment, three blocks to the east, was heading home when suddenly a vehicle slammed into him from behind.

Bap's death shocked many Sudanese and especially some of us who knew him since the time of his arrival from India three years ago. Bap is the second Sudanese who was killed in Salt Lake City in the last six years by a motor vehicle. His death left the Sudanese Community and especially the Dinka Community in Salt Lake City struggling on what to do. Thanks to the Cathedral of the Madeline, the Catholic Church Bap attends every Sunday, his employer the Black Diamond, and the State of Utah for raising the chunk of money for his funeral and burial.

***"I wonder why someone would pay an average of \$80.00 a month for car insurance and not pay anything for him/her self or a family."***

I have noticed with concern the Sudanese Community in the USA struggling to raise funds for funerals, burials or transportation in the cases when the family wants the body of the deceased to be transported back home. Our Community in the United States, Canada, Australia and Europe is no exception and will face the same fate when the unthinkable, God forbid happens to one of us.

I don't know how many of our community members in the West have "Life Insurance"! I know some of us will say that I am a *Kadopani*, but the truth of the matter is having no life insurance is not wise and our community should not ignore its benefits. I wonder why someone would pay an average of \$80.00 a month for car insurance and not pay anything for him/her self or a family. If you are a non-smoker or have no other heart diseases you may pay an average of \$15.00 a month for up to \$250,000.00 coverage, or you pay an average of \$50.00 a month for coverage of up to \$500,000.00 for a family of seven. Is insuring a car more important than insuring your family's future?

I would like to encourage our community members in the West to buy life insurance. Some employers even offer free life insurance but it is up to you the employee to ask during your enrolment period. In the event that something happens to you or your significant other,

you or your family will not be left to carry the burden.

Experience has taught us not to rely too much on the community. Your own family will suffer both emotionally and financially in the event of a death. Funerals costs in the United States can run as high as \$15,000. There is also the loss of many years of income that your family will suffer as your children and spouse go on alone. Financial preparation is one way to ease the suffering your family will endure in your absence. Even minimal coverage can help defray the costs of a funeral. Don't risk your family's future by refusing to think about the possibility of unforeseen tragedy.

***By Robert S. Simbe***

## HEALTH TIP: What is obesity?



**Did you know that obesity is the second leading cause of unnecessary deaths in the US?**

Obesity is a chronic disease with a strong familial component. Obesity increases one's risk of developing conditions such as high blood pressure, diabetes (type 2), heart disease, stroke, gallbladder disease and cancer of the breast, prostate and colon. Health insurance providers rarely pay for treatment of obesity despite its serious effects on health. The tendency toward obesity is fostered by our environment: lack of physical activity combined with high-calorie, low-cost foods. If maintained, even weight losses as small as 10 percent of body weight can improve one's health. Persons with obesity are victims of employment and other discrimination, and are penalized for their condition despite many federal and state laws and policies.

Carrying excess body weight can increase your risk of developing or worsening an existing medical condition like diabetes, heart disease, certain cancers, osteoarthritis and sleep apnea.

⇒ Who should prevent obesity? Healthy weight, overweight and obese individuals can all benefit from using obesity prevention strategies.

## What is obesity? — from page 2

- ⇒ If you are at a healthy weight, you can prevent weight gain by continuing your healthy habits and adopting new healthy habits.
- ⇒ If you are overweight or obese, If you are at a healthy weight, you can prevent weight gain by continuing your healthy habits and adopting new healthy habits.

### Strategies to prevent weight gain

To prevent weight gain:

- 1) Assess your behaviour and environment
- 2) Adopt healthy habits.

### Assessing Your Behaviour and Environment

The amount and types of foods you eat, and your physical activity habits are important factors in controlling weight. The environment in which you live may also contribute or cue you to adopt poor eating or exercise habits. This is especially true in today's society, which is dominated by speed and convenience. For example, escalators, elevators and remote-control appliances make us less physically active. Also, greater availability of foods that are high in calories, fat and added sugars, and larger portion sizes promote unhealthy eating behaviours. .

### Adopting Healthy Habits

Reputable organizations, government agencies and independent researchers agree on the importance of adopting healthy habits to prevent obesity.

Effective weight management involves behaviour modification which is a lifelong commitment and includes at least two components: Healthful eating in accordance with the Dietary Guidelines, emphasizing a reduction in total calories, a lowered fat content, and regular physical activity:

1. Consumption and an increase in vegetables, fruits and whole grains. Eating at least 5 servings of fruits and vegetables a day, and reasonable portion sizes at home, in schools, at worksites, and in communities.
2. Increased frequent and regular physical activity of at least moderate intensity. Moderate physical activity on most days of the week of at least 30 minutes per day for adults and 60 minutes per day for children.

Source: WHO & Cochrane 2006.

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## DO NOT LET WORMS SUCK THE LIFE OUT OF YOU

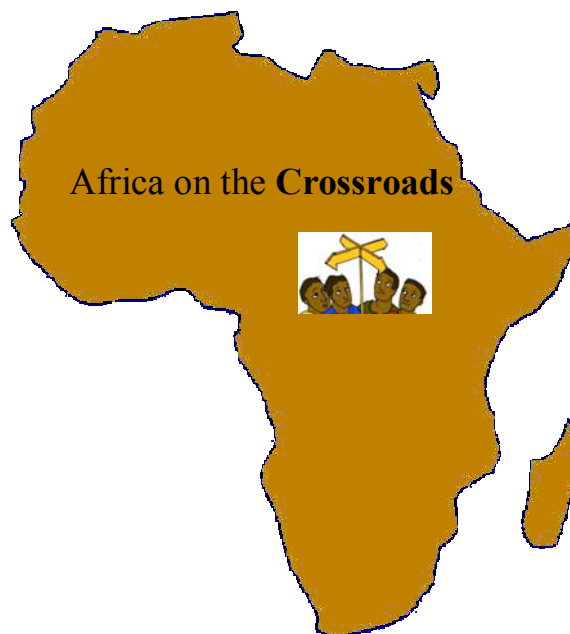
It is true that there are good medicines today that can treat infections caused by intestinal worms, but you will never be free from these worms if you go back to a home without a latrine or clean water. Take the following steps to permanently get rid of these worms and other parasites:

1. Dig and use latrines at all times.
2. Boil all drinking water unless you have a deep and protected (no surface water gets into it) well.
3. Avoid eating raw food or vegetables that have been in contact with the ground. Fruits like mangoes and oranges picked directly from the trees are safe.
4. Wear shoes because there are worms that can enter the body through the intact skin. Children playing barefoot in mud or puddles are at great danger of being infected by these worms.

I trust that you will follow these steps and never again allow worms to suck the life out of you and your children.

*By Martin L. Mikaya*

## NEWS ANALYSIS



**Choose Good Governance & Development or Perish !**

In the Saturday 22<sup>nd</sup> July 2006 issue of “*International Herald Tribune*” Newspaper, President Chirac of France said that unless the developed world helped develop Africa, “Africans would flood the world”. This comment was in response to boat loads of desperate looking Africans precariously bobbing up and down in the Mediterranean Sea off the coast of Malta. Malta, for several months now has been a gateway to Europe for West and North African immigrants seeking work or escaping harsh security or political uncertainties in their own countries. It has been borne in mind that Western Europe has been invaded by hundreds of thousands of immigrants from Eastern Europe, the former Soviet Union, the Middle East and Asia just to name a few. However the presence of Africans on the coast of Western Europe seems to invoke a sense of horror or fear.

The time when Africans were welcome in Europe or Western Countries is rapidly coming to an end. Africans are no longer welcome in the West for a number of reasons. During the Cold War East and Western powers fought proxy wars on the African continent. Following Glasnost and the destruction of the Berlin Wall, the African continent had just about served its purpose. The continent, however, is left awash with millions of a variety of arms which have fuelled inter ethnic wars within political

boundaries as ideologically based wars are no longer relevant. The casualty of these petty wars has been the economic development of the continent. Many African countries are rich in mineral, petroleum and agricultural wealth but these have remained unexploited because of insecurity unwittingly contributed to in the past by developed countries and exacerbated by the servicing of loans taken by African countries decades ago.

The return of democracy to the Democratic Republic of the Congo must signal the green shoots of recovery for Africa. The British newspaper, “*The Daily Mail*” on the 1 August 2006 carried an article by Sam Fleming in its “City Focus section” entitled “Africa’s New Mining Rush”, gave some very interesting and encouraging statistics about that country. The Democratic Republic of the Congo holds 49% of the world’s cobalt reserves, Africa’s biggest copper reserves, substantial reserves of diamonds, gold and zinc. Due to the brutal wars, which African Congolese did not cause in the first place, production slumped. With the prediction of good governance in the Congo following the recent elections, Reuters listed the following big players in the possible resurgence of the economy of the Congo :

⇒ BHP Billiton has opened an office in Kinshasha to spearhead the exploration for copper and diamonds. Rival Rio Tinto

may move into the Congo as well.

- ⇒ De Beers is prospecting for diamonds.
- ⇒ Anglo Gold Ashanti is exploring for gold.
- ⇒ Central African Mining and Explorations : In May raised £100 million through share placing to pay for expansion of its copper and cobalt operations.
- ⇒ Copper Resources : aims to start production at copper mines in Katanga.
- ⇒ First Quantum : Bought control of Adastra Minerals in a £131 million deal earlier this year for its Kolwezi copper-cobalt projects in Katanga.
- ⇒ Mwana Africa : Owns 80% of Kilo Moto, a license for gold in the North East.
- ⇒ Nikanor : Raised £214 million in a London Stock Exchange listing in July to finance development of three open cast copper and cobalt mines.
- ⇒ China is backing the refurbishment of a railway line connecting the Congo to an Angolan port providing an export route.

Yei County shares a physical boundary with the Democratic Republic of the Congo and conceivably the mineral reserves must abut Yei County. Given the interest of the above companies in the Democratic Republic of Congo I can foresee geological surveys taking place in the County to establish the existence of mineral wealth. The prerequisite for any such commercial ventures is

PEACE and the guarantee of security. Southern Sudanese in the Diaspora from Yei need to be sufficiently organised to stimulate or initiate such ventures. Commercial activity in the Congo will generate wealth which will inevitably have an impact on the development of the agricultural sector in Yei. With menial jobs in the Western World now going to Eastern European immigrants, Non Professional Africans who often use risky methods of migration to seek economic sanctuary in the Western World must re-think a strategy for **reverse emigration to the continent**. China and India, whose economies are expanding at an astronomical rate, have already identified the potential of Africa and are investing large amounts of money on the continent.

Could this be the lifeline that will reverse the tide of so-called economic migration of Africans to Europe? Whether you like it or not Africans irritate Europeans by their presence in Western Europe and a number of Europeans actually don't like Africans! That is why President Chirac fears that Africans will flag the world! In a climate in Western Europe where there is now a rise in nationalism characterised by such organisations such as the British National Party, I think it is time for a re-think by all African Governments, most important of all by the Government of Southern Sudan to stem the brain drain to Western Europe by trained Africans who



seek opportunities in the West. These opportunities are going to become more difficult to access because of the introduction of stiffer work permit regulations as was the case in the United Kingdom in March 2006.

**The destiny for Africans lies in Africa.**

Wars have to be stopped, priorities for the continent must be education, health, economic development and the production of sufficient food to sustain the population. Like the South East Asians, we must start to be in charge of our development now that the deterrent of Western interference in our independence has been voluntarily removed through the end of the cold war. Western Europeans will seek opportunities in Africa such as the construction of factories for assembling electronic goods, automobiles and the manufacture of textiles where the labour is inevitably cheaper than it is in the western countries. It is no use for us sucking our thumbs in self pity hoping for sympathy from the developed world in the face of cut-throat competition from other developing countries outside the African continent. We are a capable people but we are often perceived as incapable and extremely poor. Have you ever seen broadsheet newspapers produced in Western Europe, the United Kingdom and North Africa depicting Africa as the land of poverty with the universal logo of a child wearing rags with pitiful

eyes clutching an empty bowl and waiting for handouts of porridge! **This picture must not be allowed to continue. At the Crossroads choose independence, development peace and progress. To hell with War and insecurity.**

*By Dr Eluzai A Hakim*

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## MANAGING YOUR MONEY

### A CAR IS NOT AN INVESTMENT

Contrary to what a car salesman will tell you, generally speaking, a car is not an investment. A new car depreciates (loses its value) by thousands of dollars the moment it is driven off the dealer's parking lot. Resist the temptation to buy a fancy, sports or luxury car. You cannot afford to throw money away through the window of a fast moving, sleek car. All you need at this stage is a durable, dependable and efficient means of transportation.

*By Martin L. Mikaya*

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