



WOTO GO THUNDER

January 9, 2008

Issue 8

DANGER: EATING COOKED LEFTOVERS CAN CAUSE ILLNESS OR EVEN DEATH.

By Martin L. Mikaya, M.D.

How hungry you may be, you must resist the temptation to eat any unrefrigerated, cooked, leftover food especially meat, fish, poultry, eggs and dairy products.

I believe it is safe to say that we all like to eat meat, fish, poultry, eggs and dairy products. I still remember the good old days when we enjoyed eating smoked buffalo meat cooked with sesame butter (yure). No doubt about it; it is very delicious food, but do you know that some of the most harmful germs also love to feed on and thrive in it? If such food is kept at room temperature for two or more hours after being cooked, these bacteria multiply very rapidly in it. There may be enough germs to cause disease if the food is eaten. Some of

these germs also release toxins (poisons) into the food. You cannot see, smell or taste these germs or their toxins. Consequently, the food may look good and appetizing, but eating it may cause a violent illness or even death within hours. This is another tragic example of what we falsely perceive as 'Kisum'. There is poison, but it comes from germs. To accuse another person of placing the poison is to only compound our problems.

Serious illness and death can be avoided by following these simple procedures:

1. Wash hands and all cooking utensils with clean water before beginning food preparation.
2. Cook all food thoroughly.



3. Eat all cooked food within an hour and refrigerate (if available) any leftovers immediately.
4. Avoid eating any cooked leftovers that have been kept at room temperature for more than an hour.
5. Be aware that reheating leftovers does not destroy some toxins.

FIVE WAYS OF SAVING MONEY

By Martin L. Mikaya, M.D.

1. **START SMALL:** Establish a saving habit. Save consistently even if you have to begin with as little as \$5.00 every two weeks. Over time, that amount will add up. Your goal should be to save 5 - 10 % of your income. Place your savings into an interest - bearing account.

2. **CONTRIBUTE TO A RETIREMENT PLAN:** You are never too young to start saving for retirement. If your employer provides a retirement plan and contributes matching funds in your name, sign up with the plan and take advantage of it. Be aware that some unscrupulous employers may not disclose this information. So, ask about the existence of

such a plan.

3. **MONITOR YOUR ATM WITHDRAWALS:** Make weekly or monthly withdrawals from ATMs (Automatic Teller Machines) that do not charge you a transaction fee. Discipline yourself to immediately record and deduct every amount withdrawn from your account and make the cash last.



FIVE WAYS OF SAVING MONEY

Avoid making any spur of the moment withdrawals.

4. **PAY OFF CAR LOAN:** Since interest on a car loan is not tax deductible (in the U.S.A.) and the rate is usually high, pay off the loan as soon as possible. Be sure to obtain a loan with no prepayment penalty.
5. **REJECT CREDIT CARDS WITH ANNUAL FEES:** Do not apply for, accept or keep any credit card that charges an annual fee and/or charges a high interest rate. Shop around for a card that charges the lowest interest rate and no annual fee. After using a credit card, pay off the entire balance as soon as you receive the statement in order to avoid paying any interest.



The governing system in the Sudan consist of the Government of National Unity (GNU), Government of Southern Sudan (GOSS), and 10 States governments in the south. Central Equatoria State has Juba, Terekeka, Kajo Keji, Lainya, Yei and Morobo counties. The counties are further broken down to Payam and Boma. The chart below show Yei and Morobo counties.



Courtesy of Justin Modi

Primary Schools in Yei County

| | |
|--------------|----|
| Lasu Payam | 9 |
| Mugwo Payam | 15 |
| Wotogo Payam | 19 |
| Tore Payam | 9 |
| Yei Payam | 26 |

Primary Schools in Morobo County

| | |
|---------------|----|
| Gulumbi Payam | 14 |
| Kimba Payam | 10 |
| Lujulo Payam | 11 |
| Panyume Payam | 4 |
| Wudabi Payam | 7 |

Primary Schools in Lainya County

| | |
|--------------|---|
| Kupera Payam | 9 |
|--------------|---|

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