

the
BLOSSER'S
Magazine

Iceland
knows how
to stop teen
substance
abuse but
the rest of
the world
isn't

Time Bomb
Bobi wine's prophecy

4 Myth
About Salt

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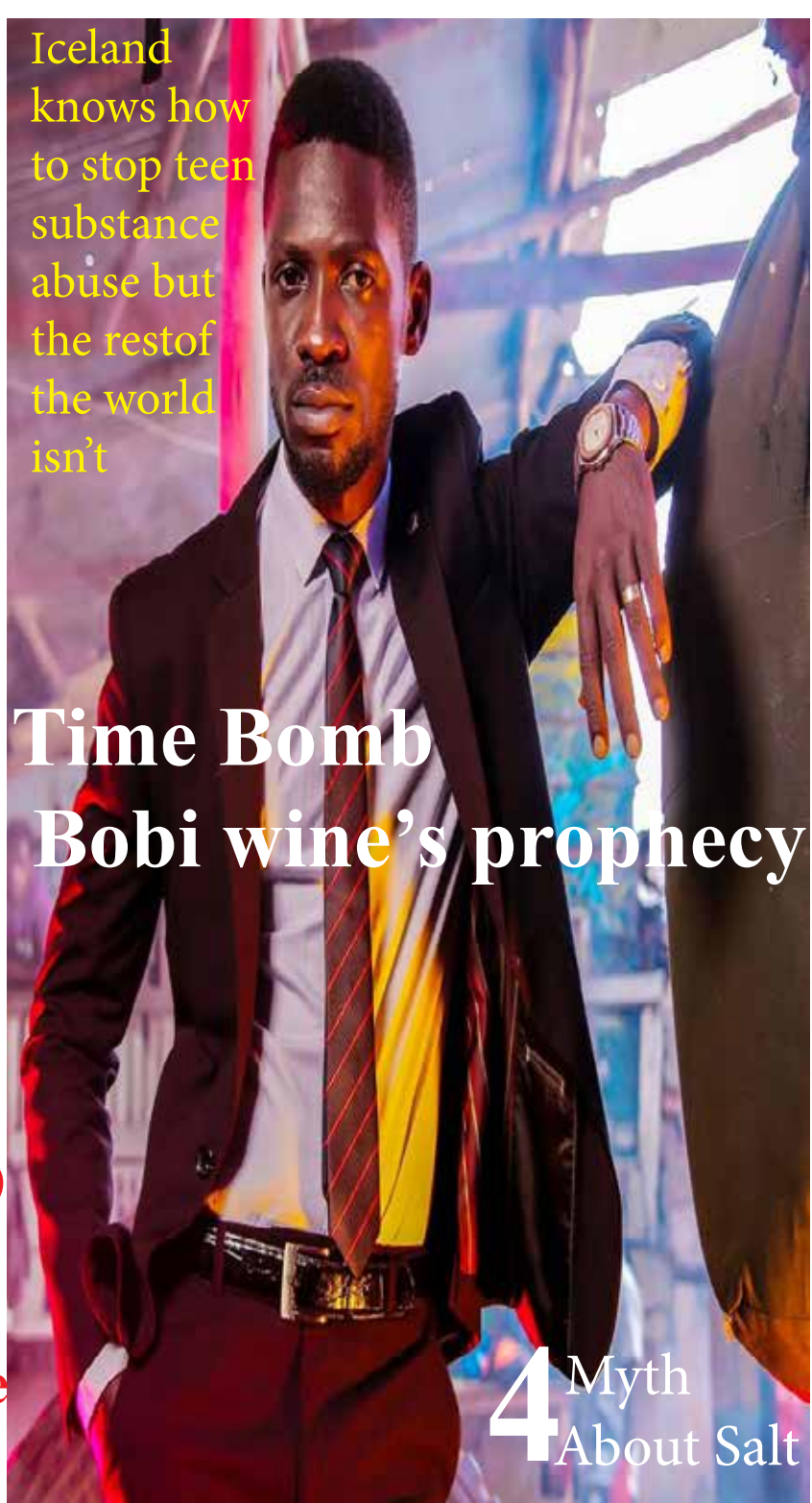


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KNOW YOUR RIGHTS AND RESPONSIBILITIES

THE DIFFERENCE BETWEEN A RIGHT AND A RESPONSIBILITY;



A right is a freedom that is protected, such as the right to free speech and religion. A responsibility is a duty of something you should do, such as recycling or doing your homework. The right of a Ugandan is protected under the 1995 constitution of Uganda under the fourth chapter of the constitution that protects, promotes fundamental and other human rights.

Citizenship is the common thread that connects all Ugandans. We are a nation bound not by race or religion, but by the shared values of freedom, liberty, and equality. Throughout our history, Uganda has welcomed newcomers from all over the world.

The contributions of immigrants have helped shape and define the country we know today. More than 200 years after our founding, naturalized citizens are still an important part of our democracy. By becoming a Ugandan citizen, you too will have a voice in how our nation is governed.

The decision to apply is a significant one. Citizenship offers many benefits and equally important responsibilities. By applying, you are demonstrating your commitment to this country and our form of government. Some of the rights are Freedom to express yourself, Freedom to worship as you wish, Right to a prompt, fair trial by jury, Right to vote in elections for public officials, Right to apply for federal and responsibilities include Support and defend the Constitution, Stay informed of the issues affecting your community, Participate in the democratic process, Respect and obey federal, state, and local laws, Respect the rights, beliefs, and opinions of others and Participate in your local community.

Syabughangise Kabrine [Law student]

Is Business School Really Worth It? Important Factors To Consider

If you've ever considered getting your MBA, you've probably asked yourself: Is it worth it? It's a fair question, particularly as going back to school as an adult often requires shuffling your priorities so you can make time for class and assignments.

Ultimately, business school should help you accomplish your academic goals and propel your career forward. Some business schools can be expensive, so depending on your needs, it may be a good idea to find programs that are flexible, so you have the ability to work while taking classes.

With so many programs and schools offering MBAs and business courses, it's important to know what resources to turn to and what features to look for in a program to ensure you receive a measurable return on your investment — financially and professionally.

1. Consider business schools that are ranked by reputable organizations and publications. Any way you look at it, rankings are critical.

A well-regarded business school be the primary reason for enrolling in an MBA program, a recent survey conducted for the Jack Welch Management Institute



can help you while networking, job searching and applying for promotions. These rankings are often determined by student surveys and criteria including faculty, technical platforms and career outcomes. Resources like The Princeton Review, Poets & Quants and CEO Magazine deliver helpful annual rankings to guide prospective students.

2 Look for program options that meet your needs.

The ability to take online classes can be a game changer, particularly for working adults who cannot afford to stop working to go to school. Instead of committing yourself to a traditional, brick-and-mortar program, look to see if online courses or other flexible program options are available. For those who consider a salary increase to

shows that an online MBA program may be the way to go. Out of the 648 MBA graduates surveyed, 468 reported receiving some kind of raise. Of the 291 online MBA graduates who received a raise, 90 percent reported at least a 10 percent increase in salary. Online students fared slightly better than traditional students — 85 percent of the 177 traditional MBA graduates reported a raise of 10 percent or more.

3. Search for programs that go beyond theory.



Adult students who are working and attending business school can bring an important value to their job. Depending on the school, students can apply what they learn in the classroom directly to their workplace. Choosing a program that integrates current business trends and content with practical application helps ensure students have nearly an immediate return on their investment. Faculty can also play a big role in this approach. Consider programs that provide opportunities to learn directly from faculty with practical experience in business, not just a mastery of theory or research experience.

4. Prioritize programs that build leadership and other soft skills. According to a LinkedIn survey, the most in-demand soft skills sought by companies are leadership, communication

and collaboration, with leadership being the most critical skill. Mary Carr, Dean of Curriculum at the Jack Welch Management Institute, says, “Many careers often stall because while people may have technical competencies and strong business acumen, they lack basic people management skills needed to move up. It’s important to consider a program, such as JWMI, that focuses on leadership development. Our students learn critical lessons often overlooked by traditional business education such as hiring the right people, building great teams, managing conflict and developing an executive presence.” Bottom line: Businesses are looking for skilled employees who can lead people. By selecting a business school that focuses on organizational dynamics, influence and strategic thinking, you will be better prepared to have a positive impact in the organizations and companies you’re a part of throughout your career.

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ICELAND KNOWS HOW TO STOP TEEN SUBSTANCE ABUSE BUT THE REST OF THE WORLD ISN’T LISTENING



© Dave Imms

In Iceland, teenage smoking, drinking and drug use have been radically cut in the past 20 years. Emma Young finds out how they did it, and why other countries won't follow suit. It's a little before three on a sunny Friday afternoon and Laugardalur Park, near central Reykjavik, looks practically deserted. There's an occasional adult with a pushchair, but the park's surrounded by apartment blocks and houses, and school's out – so where are all the kids?

Walking with me are Gudberg Jónsson, a local psychologist, and Harvey Milkman, an American psychology professor who teaches for part of the year at Reykjavik University. Twenty years ago, says Gudberg, Icelandic teens were among the heaviest-drinking youths in Europe. “You couldn't walk the streets in downtown Reykjavik on a Friday night because it felt unsafe,” adds Milkman. “There were hordes of teenagers getting in-your-face drunk.” We approach a large building. “And here we have the indoor skating,” says Gudberg.

“I was in the eye of the storm of the drug revolution,” Milkman explains over tea in his apartment in Reykjavik. In the early 1970s, when he was doing an internship at the Bellevue Psychiatric Hospital in New York City, “LSD was already in, and a lot of people were smoking marijuana. And there was a lot of interest in why people took certain drugs.”

Milkman's doctoral dissertation concluded that people would choose either heroin or amphetamines depending on how they liked to deal with stress. Heroin users wanted to numb themselves; amphetamine users wanted to actively confront it. After this work was published, he was among a group of researchers drafted by the US National Institute on Drug Abuse to answer questions such as: why do people start using drugs? Why do they continue? When do they reach a threshold to abuse? When do they stop? And when do they relapse?

“Any college kid could say: why do they start? Well, there’s availability, they’re risk-takers, alienation, maybe some depression,” he says. “But why do they continue? So I got to the question about the threshold for abuse and the lights went on – that’s when I had my version of the ‘aha’ experience: they could be on the threshold for abuse before they even took the drug, because it was their style of coping that they were abusing.”

At Metropolitan State College of Denver, Milkman was instrumental in developing the idea that people were getting addicted to changes in brain chemistry. Kids who were “active confronters” were after a rush – they’d get it by stealing hubcaps and radios and later cars, or through stimulant drugs. Alcohol also alters brain chemistry, of course. It’s a sedative but it sedates the brain’s control first, which can remove inhibitions and, in limited doses, reduce anxiety.

“People can get addicted to drink, cars, money, sex, calories, cocaine – whatever,” says Milkman. “The idea of behavioural addiction became our trademark.” This idea spawned another:

“Why not orchestrate a social movement around natural highs: around people getting high on their own brain chemistry – because it seems obvious to me that people want to change their consciousness – without the deleterious effects of drugs?”

By 1992, his team in Denver had won a \$1.2 million government grant to form Project Self-Discovery, which offered teenagers natural-high alternatives to drugs and crime. They got referrals from teachers, school nurses and counsellors, taking in kids from the age of 14 who didn’t see themselves as needing treatment but who had problems with drugs or petty crime.

didn’t see themselves as needing treatment but who had problems with drugs or petty crime.

“We didn’t say to them, you’re coming in for treatment. We said,

we'll teach you anything you want to learn: music, dance, hip hop, art, martial arts." The idea was that these different classes could provide a variety of alterations in the kids' brain chemistry, and give them what they needed to cope better with life: some might crave an experience that could help reduce anxiety, others may be after a rush.

At the same time, the recruits got life-skills training, which focused on improving their thoughts about themselves and their lives, and the way they interacted with other people. "The main principle was that drug education doesn't work because nobody pays attention to it. What is needed are the life skills to act on that information," Milkman says. Kids were told it was a three-month programme. Some stayed five years.

In 1991, Milkman was invited to Iceland to talk about this work, his findings and ideas. He became a consultant to the first residential drug treatment centre for adolescents in Iceland, in a town called Tindar. "It was designed around the idea of

giving kids better things to do," he explains. It was here that he met Gudberg, who was then a psychology undergraduate and a volunteer at Tindar. They have been close friends ever since.

volunteer at Tindar. They have been close friends ever since. Milkman started coming regularly to Iceland and giving talks. These talks, and Tindar, attracted the attention of a young researcher at the University of Iceland, called Inga Dóra Sigfúsdóttir. She wondered: what if you could use healthy alternatives to drugs and alcohol as part of a programme not to treat kids with problems, but to stop kids drinking or taking drugs in the first place?

A couple of minutes ago, we passed two halls dedicated to badminton and ping pong. Here in the park, there's also an athletics track, a geothermally heated swimming pool and – at last – some visible kids, excitedly playing football on an artificial pitch.

Young people aren't hanging out in the park right now, Gudberg explains, because they're in after-school classes in these facilities, or in clubs for music, dance or art. Or they might be on outings with their parents.

Today, Iceland tops the European table for the cleanest-living teens. The percentage of 15- and 16-year-olds who had been drunk in the previous month plummeted from 42 per cent in 1998 to 5 per cent in 2016.

The percentage who have ever used cannabis is down from 17 per cent to 7 per cent. Those smoking cigarettes every day fell from 23 per cent to just 3 per cent.

The way the country has achieved this turnaround has been both radical and evidence-based, but it has relied a lot on what might be termed enforced common sense. "This is the most remarkably intense and profound study of

stress in the lives of teenagers that I have ever seen," says Milkman. "I'm just so impressed by how well it is working."





If it was adopted in other countries, Milkman argues, the Icelandic model could benefit the general psychological and physical wellbeing of millions of kids, not to mention the coffers of healthcare agencies and broader society. It's a big if.

Have you ever tried alcohol? If so, when did you last have a drink? Have you ever been drunk? Have you ever tried cigarettes? If so, how often do you smoke? How much time do you spend with your parents? Do you have a close relationship with your parents? What kind of

activities do you take part in?

In 1992, 14-, 15- and 16-year-olds in every school in Iceland filled in a questionnaire with these kinds of questions. This process was then repeated in 1995 and 1997.

The results of these surveys were alarming. Nationally, almost 25 per cent were smoking every day, over 40 per cent had got drunk in the past month. Their analysis revealed clear differences between the lives of kids who took up drinking, smoking and other drugs, and those who didn't. A few factors emerged as strongly protective: participation in



organised activities – especially sport – three or four times a week, total time spent with parents during the week, feeling cared about at school, and not being outdoors in the late evenings.

“At that time, there had been all kinds of substance prevention efforts and programmes,” says Inga Dóra, who was a research assistant on the surveys. “Mostly they were built on education.” Kids were being warned about the dangers of drink and drugs, but, as Milkman had observed in

the US, these programmes were not working. “We wanted to come up with a different approach.” The mayor of Reykjavik, too, was interested in trying something new, and many parents felt the same, adds Jón Sigfússon, Inga

Dóra’s colleague and brother. Jón had young daughters at the time and joined her new Icelandic Centre for Social Research and Analysis when it was set up in 1999. “The situation was bad,” he says. “It was obvious something had to be done.”

Using the survey data and insights from research including Milkman’s, a new national plan

was gradually introduced. It was called Youth in Iceland.

Laws were changed. It became illegal to buy tobacco under the age of 18 and alcohol under the age of 20, and tobacco and alcohol advertising was banned. Links between parents and school were strengthened through parental organisations which by law had to be established in every school, along with school councils with parent representatives. Parents were encouraged to

attend talks on the importance of spending a quantity of time with their children rather than occasional “quality time”, on talking to their kids about their lives, on knowing who their kids were friends with, and on keeping their children home in the evenings.

A law was also passed prohibiting children aged between 13 and 16 from being outside after 10pm in winter and midnight in summer. It’s still in effect today.

Home and School, the national umbrella body for parental organisations, introduced agreements for parents to sign. The content varies depending on the age group, and individual organisations can decide what they want to include. For kids aged 13 and up, parents can pledge to follow all the recommendations, and also, for example, not to allow their kids to have unsupervised parties, not to buy alcohol for minors, and to keep an eye on the wellbeing of other children. These agreements educate parents but also help to strengthen their authority in the home, argues Hrefna Sigurjónsdóttir, director of Home and School. "Then it becomes harder to use the oldest excuse in the book: 'But everybody else can!'"

State funding was increased for organised sport, music, art, dance and other clubs, to give kids alternative ways to feel part of a group, and to feel good, rather than through using alcohol and drugs, and kids from low-income families received help to take part.

In Reykjavik, for instance,

where more than a third of the country's population lives, a Leisure Card gives families 35,000 krona (£250) per year per child to pay for recreational activities.

Crucially, the surveys have continued. Each year, almost every child in Iceland completes one. This means up-to-date, reliable data is always available.

Between 1997 and 2012, the percentage of kids aged 15 and 16 who reported often or almost always spending time with their parents on weekdays doubled – from 23 per cent to 46 per cent – and the percentage who participated in organised sports at least four times a week increased from 24 per cent to 42 per cent. Meanwhile, cigarette smoking, drinking and cannabis use in this age group plummeted



Jón Sigfússon
apologies for
being just a couple
of minutes late. “I
was on a crisis call!”
He prefers not to say
precisely to where,
but it was to one of
the cities elsewhere
in the world that has
now adopted, in part,
the Youth in Iceland
ideas. Participation
in Youth in Europe
is at a municipal
level rather than
being led by national
governments. In the
first year, there were
eight municipalities.
To date, 35

have taken part, across 17 countries, varying from some areas where just a few schools take part to Tarragona in Spain, where 4,200 15-year-olds are involved. The method is always the same: Jón and his team talk to local officials and devise a questionnaire with the same core questions as those used in Iceland plus any locally tailored extras. For example, online gambling has recently emerged as a big problem in a few areas, and local officials want to know if it’s linked to other risky behaviour. far afield as the Faroe Islands, Malta and Romania – as well as South Korea and, very recently, Nairobi and Guinea-Bissau. Broadly, the results show that when it comes to teen substance use, the same protective and risk factors identified in Iceland apply everywhere. There are some differences: in one location (in a country “on the Baltic Sea”), participation in organised sport actually emerged as a risk factor.

Further investigation revealed that this was because young ex-military men who were keen on muscle-building drugs, drinking and smoking were running the clubs. Here, then, was a well-defined, immediate, local problem that could be addressed. While Jón and his team offer advice and information on what has been found to work in Iceland, it's up to individual communities to decide what to do in the light of their results. Occasionally,



they do nothing. One predominantly Muslim country, which he prefers not to identify, rejected the data because it revealed an unpalatable level of alcohol consumption. In other cities – such as the origin of Jón’s “crisis call” – there is an openness to the data and there is money, but he has observed that it can be much more difficult to secure and maintain funding for health prevention strategies than for treatments. No other country has made changes on the scale seen in Iceland. When asked if anyone has copied the laws to keep children indoors in the evening, Jón smiles. “Even Sweden laughs and calls it the child curfew!” Across Europe, rates of teen alcohol and drug use have generally improved over the past 20 years, though nowhere as dramatically as in Iceland, and the reasons for improvements are not necessarily linked to strategies that foster teen wellbeing. In the UK, for example, the fact that teens are now spending more time

at home interacting online rather than in person could be one of the major reasons for the drop in alcohol consumption. But Kaunas, in Lithuania, is one example of what can happen through active intervention. Since 2006, the city has administered the questionnaires five times, and schools, parents, healthcare organisations, churches, the police and social services have come together to try to improve

kids' wellbeing and curb substance use. For instance, parents get eight or nine free parenting sessions each year, and a new programme provides extra funding for public institutions and NGOs working in mental health promotion and stress



management. In 2015, the city started offering free sports activities on Mondays, Wednesdays and Fridays, and there are plans to introduce a free ride service for low-income families, to help kids who don't live close to the facilities to attend.

Between 2006 and 2014, the number of 15- and 16-year-olds in Kaunas who reported getting drunk in the past 30 days fell by about a quarter, and daily smoking fell by more than 30 per cent. At the moment, participation in Youth in Europe is a haphazard affair, and the team in Iceland is small. Jón would like to see a centralised body with its own dedicated funding to focus on the

expansion of Youth in Europe. “Even though we have been doing this for ten years, it is not our full, main job. We would like somebody to copy this and maintain it all over Europe,” he says. “And why only Europe?”

After our walk through Laugardalur Park, Gudberg Jónsson invites us back to his home. Outside, in the garden, his two elder sons, Jón Konrád, who’s 21, and Birgir Ísar, who’s 15, talk to me about drinking and smoking. Jón does drink alcohol, but Birgir says he doesn’t know anyone at his school who smokes or drinks. We also talk about football training: Birgir trains five or six times a week; Jón, who is in his first year of a business degree at the University of Iceland, trains five times a week. They both started regular after-school training when they were six years old.

“We have all these instruments at home,” their father told me earlier. “We tried to get them into music. We used to have a horse. My wife is really into horse riding. But it didn’t happen. In the end, soccer was their selection.”
Did it ever feel like too much?

Was there pressure to train when they’d rather have been doing something else? “No, we just had fun playing football,” says Birgir. Jón adds, “We tried it and got used to it, and so we kept on doing it.”

It’s not all they do. While Gudberg and his wife Thórunn don’t consciously plan for a certain number of hours each week with their three sons, they do try to take them regularly to the movies, the theatre, restaurants, hiking, fishing and, when Iceland’s sheep are brought down from the highlands each September, even on family sheep-herding outings.

Jón and Birgir may be exceptionally keen on football, and could it, for instance, have anything to do with Iceland’s crushing defeat of England in the Euro 2016 football championship? When asked, Inga Dóra Sigfúsdóttir, who was voted Woman of the Year in Iceland in 2016, smiles: “There is also the success in music, like Of Monsters and Men [an indie folk-pop group from Reykjavik].”

These are young people who have been pushed into organised work. Some people have thanked me,” she says, with a wink.

Elsewhere, cities that have joined Youth in Europe are reporting other benefits. In Bucharest, for example, the rate of teen suicides is dropping alongside use of drink and drugs. In Kaunas, the number of children committing crimes dropped by a third between 2014 and 2015.

As Inga Dóra says: “We learned through the studies that we need to create circumstances in which kids can lead healthy lives, and they do not need to use substances, because life is fun, and they have plenty to do – and they are supported by parents who will spend time with them.” When it comes down to it, the messages – if not necessarily the methods – are straightforward. And when he looks at the results, Harvey Milkman thinks of his own country, the US. Could the Youth in Iceland model work there, too?

Three hundred and twenty-five million people versus 330,000. Thirty-three thousand gangs versus virtually none. Around 1.3 million homeless young people versus a handful. Clearly,

the US has challenges that Iceland does not. But the data from other parts of Europe, including cities such as Bucharest with major social problems and relative poverty, shows that the Icelandic model can work in very different cultures, Milkman argues. And the need in the US is high: underage drinking accounts for about 11 per cent of all alcohol consumed nationwide, and excessive drinking causes more than 4,300 deaths among under-21 year olds every year. A national programme along the lines of Youth in Iceland is unlikely to be introduced in the US, however. One major obstacle is that while in Iceland there is long-term commitment to the national project, community health programmes in the US are usually funded by short-term grants.

Milkman has learned the hard way that even widely applauded, gold-standard youth programmes aren’t always expanded, or even sustained. “With Project Self-Discovery, it seemed like we

had the best programme in the world,” he says. “I was invited to the White House twice. It won national awards. I was thinking: this will be replicated in every town and village. But it wasn’t.” He thinks that is because you can’t prescribe a generic model to every community because they don’t all have the same resources. Any move towards giving kids in the US the opportunities to participate in the kinds of activities now common in Iceland, and so helping them to stay away from alcohol and other drugs, will depend on building on what already exists. “You have to rely on the resources of the community,” he says. CHis colleague Álfgeir Kristjánsson is introducing the Icelandic ideas to the state of West Virginia. Surveys are being given to kids at several middle and high schools in the state, and a community coordinator will help get the results out to parents and anyone else who could use them to help local kids. But it might be difficult to achieve the kinds of results seen in Iceland, he concedes. Short-termism also impedes effective prevention strategies in

the UK, says Michael O’Toole, CEO of Mentor, a charity that works to reduce alcohol and drug misuse in children and young people. Here, too, there is no national coordinated alcohol and drug prevention programme. It’s generally left to local authorities or to schools, which can often mean kids are simply given information about the dangers of drugs and alcohol – a strategy that, he agrees, evidence shows does not work.



O’Toole fully endorses the Icelandic focus on parents, school and the community all coming together to help support kids, and on parents or carers being engaged in young people’s

lives. Improving support for kids could help in so many ways, he stresses. Even when it comes just to alcohol and smoking, there is plenty of data to show that the older a child is when they have their first drink or cigarette, the healthier they will be over the course of their life. But not all the strategies would be acceptable in the UK – the child curfews being one, parental walks around neighbourhoods to identify children breaking the rules perhaps another.

And a trial run by Mentor in Brighton that involved inviting parents into schools for workshops found that it was difficult to get them engaged. Public wariness and an unwillingness to engage will be challenges wherever the Icelandic methods are proposed, thinks Milkman, and go to the heart of the balance of responsibility between states and citizens. “How much control do you want the government to have over what happens with your kids? Is this too much of the government meddling in how people live their lives?”

In Iceland, the relationship

between people and the state has allowed an effective national program to cut the rates of teenagers smoking and drinking to excess – and, in the process, brought families closer and helped kids to become healthier in all kinds of ways. Will no other country decide these benefits are worth the costs?

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TimeBomb – Bobi Wine’s Prophecy?



I have never really been a fan of Bobi Wine, one of Uganda’s most renowned musicians over the last decade. His lifestyle and choice of lyrics for most of his earlier songs were perhaps the major reasons I never felt him.

However, the Baganda say, “Obukadde Magezi” and this musician only gets better with age. His new found activism through music is adorable and anyone that has a sense of feeling for the welfare of society cannot fail to appreciate this.

Photo Credit: Bobi wine[facebook page]

“I would like to communicate
About tings (things) de we have fi (to) eliminate
Ignorance and poverty, eradicate

I did come across his song Time Bomb (watching the video will help you appreciate this post more) while browsing through my tweets and without doubt was instantly moved. As a christian, am a firm believer in prophecy and the power it has over human kind. In his opening verse, Bobi says;

And de wholla ghetto yhut dem fi educate (Educate the whole Ghetto)

...

To free ghetto (slum) people dem must educate

But education, expensive to get (Education is expensive)

Is like you say we carry water inna basket (It’s like attempting to carry water in a basket)

Without doubt, ignorance and poverty are really hitting this nation of ours badly. We may bask in the assumed glory of poverty levels hav-

ing dropped according to recent statistics but the absolute numbers of Ugandans in poverty today is much higher than it has even been before. Education has become too pricey and the feeble attempt at free education by the Government is implemented in a manner that leaves a lot to be desired. How can a school with 2,000 pupils be given an annual financial release worth the annual fees of one child in a middle level Kampala private school?

Indeed all attempts by the under privileged to turn around their circumstances are akin to carrying water in a basket. By the time they reach their intended destination, the basket is empty.

The second verse is entirely in Luganda and below are some of the excerpts;

Kati temudawo mwelimbe [Stop lying to yourselves]

Ngamuwoza tusaaba government etuyambe [Asking the Government to help you]

Opposition gyetusubira etuyambe [The opposition we expect to help us]

Mpulira nabo batukolamu musimbi [I hear, are just making money]

.....

Gwe omuntu owafamili omusala ogwomwezi [A family person's monthly salary]

Tegu` mulisa kumala wiki, kyovolaba ngamba [Can't feed him for a week]

Tutudde ku time bomb [We are sitting on a Time bomb]

Eyagala kubaluka eno time bomb [This Time bomb wants to explode]

Kelibaluka (time bomb) [When it Explodes]

Temugamba temwajjimanya (time bomb) [Don't say you never knew about it]

In the last verse, more prophetic pronouncements come out;

Abasinga bibalumila muli nebisigalayo kumitima [Many are hurt but keep it to themselves]

Buli omu yandi funye equal opportunity [Everyone should get an equal opportunity]

No matter the tribe

Netumalawo fitina [So we can get rid of the gossip]

Nanti eno time bomb [This is a time bomb]

Engundo mwetuyitta (time bomb) [The roads we use]
Embeera yomumalwaliro (time bomb) [The state of Hospitals]
You may read this and think it's just one of these disgruntled Ugandans trying to disorient the society, but it is high time you woke up and smelt the coffee. The fact that you have a steady salary, booming business or even a network of rich buddies that cushion your existence doesn't imply that these injustices aren't rife.

Most musicians have resorted to singing erotically oriented music probably because it guarantees them the bread and butter they seek. However, kudos to Bobi Wine for standing tall and choosing to be an advocate for the under privileged. You too can save this nation from the Time Bomb that is amidst us.

Do not ask how, just look at what you can do with what you have, where you are.

Why why, why why
Yaga yaga yaga yaga yo
Why why, why why

Wires James
<https://wirejames.com>

4 myths about salt.

After more than a century of debate over the role of salt in human health, new medical evidence suggests that reducing salt in the U.S. diet may pose a greater risk of harm to the average person. Consider these

four common myths about salt:

Myth 1: Salt consumption leads to hypertension

According to the Mayo Clinic, “For most adults, there’s no identifiable cause of high blood pressure [hypertension].” Dr. Jan Staessen, head of the Research Unit on Hypertension at the University of Leuven in Belgium, has written that, “The evidence relating blood pressure to salt intake does not translate into an increased risk of incident hypertension in people consuming a usual salt diet.”



Having a temporarily elevated blood pressure is not the same thing as having hypertension, as blood pressure varies normally throughout the day depending on a variety of factors.

Myth 2: Americans could massively reduce their salt consumption without any negative health consequences

Dr. Andrew Mente, of McMaster University in Canada, and his team conducted the largest ever epidemiologic study of the impact of sodium intake on blood pressure, cardiovascular disease risk and mortality. “We found that regardless of whether people have high blood pressure, low-sodium intake is related to more heart attacks, strokes and deaths compared to average intake,” he said.

Myth 3: *The U.S. population would gain significant health benefits from major population-wide salt reduction*

The FDA recommends a maximum daily limit of 2,300 mg of sodium per day and a maximum of 1,500 mg for people with certain conditions. Salt is 40 percent sodium. According to Dr. Michael H. Alderman of the Albert Einstein College of Medicine, “Sodium consumption around the globe has a mean of about 3,600 mg/day, and a range from 2,600–5,000 mg/day. This mid-range describes about 90 percent of the world’s population. ... Optimal survival is realized by those whose intake is between 2,800 and 5,000 mg/day. Specifically, there is no evidence of a superior health outcome at intakes less than 2,000 mg/day compared with those in the usual range.”

Myth 4: *Americans eat more salt than ever*

Military records from the early 1800s up to WWII show that the average soldier was consuming between 6,000 and 6,800 mg/day of sodium. We eat about half of that today, and that number has remained consistent since WWII. The advent of refrigeration meant that we could preserve food with less salt, but salt remains a critical ingredient for food safety and preservation.

Sodium chloride (salt) is a nutrient that the body cannot produce, and therefore it must be consumed. The average American eats about 3,400 mg per day of sodium, according to The National Health and Nutrition Examination Survey, right in the middle of the healthy range soldier was consuming between 6,000 and 6,800 mg/day of sodium. We eat about half of that today, and that number has remained consistent since WWII. The advent of refrigeration meant that we could preserve food with less salt, but salt remains a critical ingredient for food safety and preservation.

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Mental Health And Unemployment.

I am sorry if the photo triggers you, just tell me nicely and I will update it. I have talked about how my autism keeps me from working, I decided to talk about how my depression and anxiety keeps me from working. My mom clearly doesn't understand. Since seeing that arrogant SOB 'therapist,' I feel like I have gone deeper into my anxiety. I am trying to get disability, I was denied upon seeing social security's doctor. Could it be that Social Security thinks mental illnesses aren't that big of a deal? Is it that Social Security thinks that mental illness doesn't affect your workability? Mental illnesses are misunderstood, if someone reaches out, they get bashed and shammed, called an 'attention seeker' or invalidated. But if someone with a physical illness comes out, they get sympathy. Why is it that people have no empathy for mental health sufferers?



Yes, there are people with mental illness who work, it's probably a very small amount. Or they ended up quitting because the job made them worse. I am 100% sure most people who tried getting disability were denied several times. Or lost their job due to their illness. I want to showcase how my mental illnesses keeps me from working despite what my mom or anyone else thinks. My mom or anyone else is NOT in my head, so what do they know?!

On The Depression Side

On most jobs, you have to have a smile on your face and an optimistic attitude all the time. I never smile in my selfies, because I am just so tired of putting on a mask. I hardly have the energy to smile and wave. When you have depression, the simplest task like taking a shower leaves you tired. But ignorant fools see it as 'being lazy.' Unless you have depression or know something with it, you will never know how it feels. No one truly knows mental illnesses unless they have it themselves. Even if you do no one is the same. This is what my mom and others fail to understand. She compares me to her friend, who works and has a mental illness. That is the worst thing you can do. That does not help the person at all.



kinda look dead inside in this photo, do it? When I walk into the dollar store, Walgreens, Walmart etc. They have someone greeting you. I just wouldn't have the energy to smile and wave and have a peppy tone in my voice. If the customers see me as intimidating, they most likely will report it to the manager. Too many reports and they fire you. I am in a group for mental illness and one person said they were on their last warning at work, I reckon they were not smiling/greeting customers and a patron reported it as they felt intimidated. This photo above would probably intimidate a person. Sometimes I never have the energy to do anything. I lost interest in religion because of my mental illness. I lost interest in playing music after a particular incident. I will feel like a robot having to constantly get up and go to work and wear a mask pretending to be alright when I am not. I don't care what anyone says, some people just can't do it. I do not have the strength to deal with workplace bullies (eg mean customers, management etc) I just cannot take being treated like crap and will go off. It is a stimulant response. Chances are I'll be fired. I also cannot stand being yelled at. Imagine if a person yells at me over something I can't control nor do anything about. I'll feel

dead inside and want to hurt myself. I don't actually hurt myself, but I imagine it. I have cut myself before when I got yelled at. And I still think about cutting when someone yells at me. My mom yelled at me over something my grandma started, I picked up a fork and cut my skin until I slightly bled and it stung when I washed my hands. The first time I ever self-harmed, for something that just tears me apart. How can I hold down a job like this?

Also, when I was in band my Jr. year, I was on the flag girls, I struggled on a certain move. The director lost his patience and yelled at me. That did not help. I wasn't messing up on purpose if that's why he did it. As a result, I starved myself until it made me sick and I had to go to the ER. And my mom thinks someone who had a history of hurting themselves for getting yelled at should be working? What kinda or messed up crap is that?

Also, I tried burning myself with my InStyler when a friend harshly rejected me because I like, liked him. I mean if you only like someone as a friend, what's wrong with 'I just wanna be friends.' 'I am not ready for a relationship.' Him going off on me for having feelings was not necessary.

On The Anxiety Side

Certain things make me anxious like fast-paced environments, being around a lot of people, being rushed, sudden unexpected changes. A lot of things stir up my anxiety. Anxiety-wise I just cannot be in a crowd. I get startled when my mom calls my name. I have been yelled at so much my subconscious amplified it and makes me think people are yelling when they weren't. A lady who did my weave yelled because I have issues sitting still, I wanted to cry. Think of it like being under an icy lake and can't break the ice.



And retail jobs have way too many people. I stutter when nervous or anxious. Customers can pick up on this and report that I am making them feel 'uncomfortable' or called me 'retarded' which is a very offensive word to people with mental disabilities. I have anxiety caused chest pains, stomach aches, and other things. If I have to keep calling in sick because I just hit about in my illness they will fire me. You can only miss so many days. In general, I feel that retail jobs and such will just make me worse. I don't care what ANYONE says. I am putting my mental health and my well being FIRST. If I feel that working from home is my best bet, you best believe, I am going to work towards self-employment. It may not be enough to live off of to start, it's better than no money at all. If people understood mental illnesses, people wouldn't be so ignorant.

We need to stop belittling people who have mental illnesses, everyone is entitled to their own struggles. Stop one-upping, stop making everything a competition.

Solution?

Insurance companies need more mental health coverage so people can get help. Social Security needs to realize mental illnesses are just as bad as physical illnesses. Not everyone has the same capabilities. Some people can work in X environments, some people can't. Help instead of judging. Some people have the strength to get up and go to work, some don't. No one asks for a mental illness or any other illness. Stop being jerks to people for something they can't control.

THEY ARE ONE



Photo Credit: @vintage_fam [instagram]

In my walks through campus, I ran into a couple. You all know such people, always together, arm in arm. Acting like they are the founders of love and relationships. Like they know so much about companionship and they can counsel you on this elusive bitch.

I am always sceptical of them. I eye them with suspicion whenever they pass, all smiles, as if they store happiness in their rooms. Like they know the formula of staying in love. In spite of all the negativity, they have always fascinated me on how they manage to do it. Like, how can you be with same person from morning to evening. Only separating when it's time for lectures and when classes are over, you're together again. You have the same friends, you hang out in the same places. Don't they ever

get tired? Don't they get bored of each other? Personally it can never work for me, I can never be around one person for that long. Familiarity will jump in, I will suddenly be moody and I might even die.

My roommate is in this kind of union. Whenever he wakes up in the morning, he calls his chick(Olivia) and they pray together. Yes!! They pray, I mean aren't those the heights of love. I always watch him in his bed, folded but mumbling to God the father and I feel like a bloody sinner. His girl on the other side joins in and they say the grace together. When was the last time you called your lover and you prayed together? I watched this go on for a while and I thought, Damn! This can make a story. God please forgive me, while people are praying to you and are in meaningful relationships, here I am thinking about stories.

I sat on it for a while, then one evening I asked Kevo if I could do a story on them. He said that he has to consult the better half (Olivia). She's the queen, if she says it's happening then it will. If she says it not, its not. A dog's life that we men live, our women dictate almost everything in our lives. She will tell you what socks to wear in the morning, you don another pair and she will be mad at you the whole day. Like if you wear the socks you would be a better person. Or your day will be full of sunshine and abundance. To all men reading, this is a clarion call my brothers. One day we should just say that enough is enough, and we decline whatever them ladies want. Luckily, Olivia bought the story idea. Other drama queens might have exploded.

Huh! What kind of shit is this Kevin? What do you mean a story? Do you want to spread our relationship for the world to see? Is that it! Are you tired of me? You know what go date that blogger!!

Ho! ho! ho! ho!

And Kevin would be so sad that he wouldn't want look me in the face again. He would come to bed with a tired heart and punctured lungs. He would sleep and never want to wake up. He won't talk to me forever, I would never know what happened. Another story dead.

After weeks of postponing and rescheduling, we finally agreed to meet in the TV room. I get in early into the TV room, it's desolate. Only for another couple in the far trenches of the room. They don't see me as

I take a seat in the corner. I watch them like an assassin observing his quarry. They are in a world of their making, oblivious of my presence. I am nosy as hell and would wish to listen in to whatever they are telling each other. Hear their plans, their aspirations. They look so happy together, like nothing bad can happen in their world.

After endless waiting, Kevin and Olivia finally show up. They are all smiles, playful. We exchange pleasantries and they sit to my opposite. I unleash my phone and Olivia is up on the defensive. Like the lawyer she is.

“Whoa ! Whoa! You’re recording.”

I have to, I tell her, it’s the only way I can manage to capture the full narrative.

Kevin smiles at her and she calms down. They stare at each other for a moment and then turn to me. It’s a gaze which locks out the rest of the world. There is a beauty to it, a silent trust that only remains true to them. They started out as BFFs, before one thing led to another and now they are inseparable. Kevin talks of their first kiss with such callowness that makes you believe that love still exists in this campus world of sin, debauchery and sponsors.

“We had been hanging out together for sometime now but I did not have the courage to tell her how I felt. And I didn’t want to say anything which might spoil the fun. So this one evening we have gone for a walk and darkness arrested us before we could make it to campus. Somehow, our lips found each other in the solid blackness. Now we return to campus and we’re shy as hell, we don’t know what to say to each other. We are asking ourselves, what did we really do? What are we?”

Ahem! There’s no tough question for a man like, what are we? If you’re a chick in a campus relationship, I have this challenge for you. Today, drop the “what are we” question to your man. Don’t blame me for what happens after.

What really strikes me about their union is that all this time they have been together, they have never had sex. Oh yes! There have been numerous opportunities but they’re afraid of doing anything which might affect Olivia’s life. They’ve slept on the same bed but the furthest they have gone is cuddling. Hats off for Kevin, I mean he must be a strong man. Not many men can put up with just cuddling for that long. Just fiddling

and not getting a shot at the real deal, not me. But this has made their love for each other grow as they reserve their bodies for the right time. They are not in a hurry to join the bandwagon and experiment, all they want is to love each other now, support each other and see themselves grow. Having sex is not a priority.

“I made this promise that I will preserve myself for my future husband. And what I like most about Kevin is that he respects this and he never tries to push the agenda. We made this promise to each other that we will never succumb to pressure from the society and do it. In essence what we are doing is that we keeping our bodies for each other. When we are ready, then we will have a shot at lovemaking. But for now, that’s a no go zone.”

Kevin smiles at her then turns to me.

“I respect her decision, because I don’t want it to be like I am with her for her body only. I don’t want to risk anything with her, because she might get pregnant and that may interfere with her education. I want her to prosper because if she prospers, it’s me who is prospering.”

That was deep.

Looking at many relationships out here, they are run by social status and I could not shy away from asking about this. Kevin does procurement while Olivia pursues law.

“It doesn’t affect our relationship in anyway. Maybe other people in the world run by that view but not us. You know God has his plans for everybody. Maybe an opportunity can steam from somewhere and he may make more money than me. The society has this view that ‘all hail the man!’ That the man is the provider of everything, I do not for once support that. And I have always told him that I don’t want to marry him, then he has a house and I just move in. That’s not right, I want us to start small, if its a house, the both of us contribute in its process.”

Kevin, our hero, is open minded to all this.

“I believe that people can start out together and grow. Providing does not mean that you’re the head of the family, I learnt this new definition. Being the head of the family is about taking responsibility as a man. Mahali uwezo wangu umefika hapo ndio naweza. And if the person I am with loves me, then we can help each other. I wouldn’t want to lose her because of that head of the family debate.”

Ahuuu!

They always talk about their future whenever they are together. How they want their lives to turn out. How they want their house to look like; the ceiling, the floor and how it should be painted. They have their all lives mapped out before them. And to be honest I was kind of jealous of them, as the only future I am thinking about is writing stories, stories and more stories. I never think of myself as a father, I have never imagined what my house will look like. Furthermore, the bloody floor! The only thing I want there is a MacBook to bang out stories, a cat to keep me company and bottles of Hennessy.

Here is my take on love. I don't think love exists. It's a figment of imagination, only found in the creations of poets and musicians. Now enemies of development will bombard me with rhetoric. Saying that I should not talk unless I have experienced love, Oh please! We humans are social creatures, that's why we gravitate and get attached to people. The same way lions are always together in prides. We need to be together to survive, loners die. It's got nothing to do with love. The only thing I have heard about love which makes sense was paraded by Anne Alvira, she says that love is a choice. Case closed! But for Olivia and Kevin, love does exist, and its prominent like the midday sun.

"People have so many definitions of love. But what I can say is that what Kevin shows me, what he makes me feel is the only kind of love I know. Phew! She finishes saying this and I i feel like I really need to find someone to love me. Even though I am famously unsuccessful in matters involving relationships. I watch them leave and the TV room meets me with an icy embrace of silence and loneliness. I think of how they have so much trust and hope on each other. What might happen should one of them decide to leave? Will the world cave in, can they manage to start all over again, to meet new people and set out new plans for their lives. But then should they heartbreak each other, they won't be the first.

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