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NB: *Come out of curiosity and stay by conviction.*



Motto : *God is love*

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BOYO YOUTHS

4 YOUTHS Magazine

N° 001

JULY 2015

COST 100F CFA

WHY DO YOUTHS ENDULGE THEMSELVES IN DRUGS...

LOVE AND SEX ADVICE TO YOUNG GIRLS



HOPE FOR CHILDREN INTERNATIONAL

HOCI
HOPE FOR CHILDREN INTERNATIONAL

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"Connecting Personal Skills with Sports for a Healthier Physical Development"

Abstinence
the watch word



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IN PICTURES

Youths 4 Youths Holiday program
Yaounde from July 9-11, 2015.



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"Connecting Personal Skills with Sports for a Healthier Physical Development"

WHAT IS HOCI

Hope for children international (HOCI), is a Youth Centered Community based Development Organization. It was officially recognized as a registered NGO in Cameroon on December 20, 2004, with registration number 09.G.3/14/1/Vol.8/119/OAPP.

MISSION

HOCI uses the power of sports to educate, inspire, and mobilize youths and communities to stop the spread of HIV, alcohol, drug use, unemployment, and awaken talents, so as to ensure a smooth transition into responsible adulthood. To preserve, protect, and generate our natural resources.

VISION

A world mobilized through sports to help the youths connect their skills for a healthier physical development.
To clean, green, and sustain our environment.

GOAL

To encourage Life skills and Behavior Change Communication among youths so as to love on their physical and social wellbeing.

The last three decades have seen a series of HIV interventions in sub-Saharan Africa. However, youths still have a mixture of correct and incorrect HIV/AIDS knowledge of transmission routes and prevention strategies. Previous studies have identified parents and peers as the most important socializing agents for youths.

This paper assesses the relationships between family structure, family/peer communication about sexuality and accurate knowledge of transmission routes and prevention strategies.

METHODS

Data were drawn from the Cameroon Family Life and Health Survey (CFFIS) conducted in 2002. The CFHS collected information on a representative sample of 4,950 people aged 10 years and over nested within 1,765 selected households from the 1,765 localities forming the administrative prefecture of Bandjoun, using detailed questionnaires about family, HIV/AIDS/STDs knowledge, sexual behaviours, contraception, health, media exposure, household assets and neighbourhood characteristics. The survey cooperation rates were high (97%). For the purpose of this study a sub-sample of 2,028 unmarried youths aged 12-29 years was utilized.

RESULTS

Overall, 42% of respondents reported accurate knowledge of documented HIV transmission routes whereas 21 % of them had inaccurate knowledge such as AIDS can be transmitted through mosquito bites or casual contact with an infected person. Only 9% of respondents were knowledgeable about all HIV prevention strategies. Multivariate analyses showed that family structure, communication with parents/guardians

and peers about sexual topics were significantly associated with accurate HIV knowledge. Additionally, age, education, sexual experience and migration had significant effects on accurate knowledge.



Finally, living in poor households and disadvantaged neighborhoods significantly increased inaccurate knowledge of HIV transmission modes and prevention strategies.

CONCLUSIONS

This paper evidenced the limited effects of HIV interventions/programmes in sub-Saharan Africa. Indeed, few respondents reported accurate knowledge about HIV transmission routes and prevention strategies. Findings showed that the role of family environment as source of accurate HIV knowledge transmission routes and prevention strategies is of paramount significance; however, families have been poorly integrated in the design and implementation of the first generation of HIV interventions.

There is an urgent need that policymakers work together with families to improve the efficiency of these interventions. Peer influences is likely controversial because of the double positive effect of peer-to-peer communication on both accurate and inaccurate knowledge of HIV transmission routes.

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Editor-in-Chief: Anjimsimbom Betsy
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Editorial

AJIMSIMBOM Betsy

Youths for Youths (Y4Y) magazine is the initiative of the youths of Boyo Division. We had stayed for too long without a forum to exchange ideas and spread messages about different issues concerning us especially issues of behavior change and life skills development.

This has finally happened thanks to a lover of the youths, Mr. Ayeah James Yongabi who has for some time now been trying to bring the youths of Boyo together and to make them active through sporting activities and capacity building. We say thank you brother.

In this maiden edition of the magazine, you will find articles on HIV/AIDS, drug use and abuse by the youths, games, puzzles and many other articles that will keep the youths glued to their magazines. These articles have been written and edited by us the youths of Boyo, and we encourage other youths to write and to send in their articles to us for publication.

We want to seize this opportunity to thank all those who have supported us to publish this first edition of the magazine. It has not been very easy but thank God that it has finally come to pass. May God bless you all for the sacrifices you make to see us the young people grow into responsible adults.

Once again, thank you. We promise to be responsible youths and never to disappoint you.

This is just the first edition and we want to apologize for all the errors that you will find in this edition. We promise to correct them in our next edition and as we gain experience in the art.

Send your articles to hopeforchildreninternational@yahoo.co.uk

Happy reading.



Youth workshop of July 2012 at Njinikom

FUN TIME

There once lived a man who had never been to school, one day he had his visitors from Holland and they began asking of his family. This man wanted to describe how the family died, he said "me call say pa drum, nini be born na me die, that big big compound for down dey na me ye own. Father die accident by motor, mother die accident by tree full stop short and simple so the white left his house without saying a word.

A teacher entered the class drew a leg of an animal on the board and asked a student "which animal is this" then the student answered "I'm not a hunter to detect animals by their legs". The teacher said angrily "get out of my class you have zero in my test give me your name, "look at my leg and know my name the student answered".

HOW DOES AVARICE DAMAGE THE YOUTH

By MBUNGSON Boris

A lot of young people in our world do not have time for God because they are busy running after material things. Their desire for pleasure is too high. So many of them are either surfing the Internet, using the computer and telephone or listening to music, buying clothes, and watching TV and hardly have any time for prayers and God.

Covetous youths hardly appreciate the good things others do for them. Most parents complain that most children show no gratitude after all their parents have done for them. As soon as they change their status in life, only a few of them come around to say thank you. Christ experienced the same situation when He cured the ten lepers (Lk 17 : 17).

Materialism is sweeping many youths to hell. Because they want an easy life, most of them are involved in occult or secret

societies. Many live far above their levels. They drive big cars, live in expensive houses, dress lavishly and die prematurely. Such young people are arrogant and disrespectful even to their parents. They are lazy and very boastful.

The scripture teaches us that avarice is bad because making friendship with the world is being God's enemy (James 4 :1-10). For St Paul conforming to this world is living in darkness, but looking forward to the realities of heaven is living in light.

Youths need to practice the Law of Love which Christ teaches (1 Cor 13 : 1-5), asking God for faith hope and charity, for St James says, "Faith without action is dead".

Since avarice and covetousness is a deadly sin, youths have to be contented with what they have and persevere in times of difficulties, believing in their heart that God will vindicate them.

our youths today have decided to bear no responsibility and correct their present. Rather they sink deeper in the follies of the past. The priority of every girl seems to be to show how careless she can be by living extravagant lives.

They drink alcohol and smoke; some take drugs and indulge themselves in careless sexual activities. All these in the name of enjoyment. Beware not to be attracted by this type of

youths, also take note not to be trapped and caught in the nets of their sweet and seductive songs. I wonder if they always asked themselves about the consequences of this behavior. My plea to the youths is for them to live responsible lives so as to be responsible in future. Those who indulge themselves in risky activities at this vulnerable stage of life never achieve responsibilities in life. Also beware of the plaque of killer diseases like HIV AIDS.

WHY DO YOUTHS ENDULGE THEMSELVES IN DRUGS.

By FOINMUJANG Cederick NDANG

Guys say when we take drugs we forget about our worries and have the inspiration to do anything. That I think is being irresponsible. For example, someone takes drugs in order to have courage to kill somebody. When you do that and you are caught by the law, will you explain there that it was because you took drugs and did not know what you were doing? It won't save you because ignorance isn't an excuse before the law.



The foolish boy who ended up as a foolish MAN (Delinquency)

Ngong is never at school nor at home, but leaves home every day for school but disappears in the bushes between the school and their house. When his friends are in school busy learning, he is in the bush busy stealing mangoes, guavas, sugarcanes etc. A foolish boy who finally ended up a foolish man. Do things his own way, refuse to listen to advice and gets into trouble everyday. As a boy, he ate so much and developed a large stomach, while a man, he drank so much and developed an empty head. With his empty head above, fat stomach below which make up himself a good figure of a capital fool.

RIDDLE

Name of a Subdivision in the Southwest Region of Cameroon which has eleven letters of the alphabet. The first two letters

is the name of a girl in Kom, the second four letters is the name of an ex-Cameroonian player and the last five letters is the name of a boy in Wum.

What is the Subdivision?

Answer : BISONGABANG

JOKES

There was once a father trying to teach his son at home with subtraction. This boy was very dormant and proved not to understand anything. So the father resolved to use didactic material. What he used was puff-puff. So he gave the son two puff-puffs and took them back and asks! Two puff-puffs minus two puff-puffs. The child looking at his palms said oil.

There was once a man called Pa Bedes who will never fail to go to any party whether invited or not. This man had overgrown hair and also ate so much. So there was once a party and the organizers did not want Pa Bedes to attend, so they resolved that every participant should cut his hair very low since the gate man was blind and must feel your hair before entrance to ensure you are not Pa Bedes. Pa Bedes was not aware and that day when he saw people showing their hair at the gate he also came and did same. The gate man quickly noticed and sent him away. Pa Bedes was frustrated and decided to pull down his trousers and ask the gate man to feel his buttocks. When the gate man felt his buttocks he said "Pass enter wuna be twins."

ADVICE TO YOUNG GIRLS

Girls today are nothing but trouble, how obedient you were when still a child. How attractive and reserve you were. Adolescence has brought a negative metamorphosis in you. How cheap and full you have become like cats after a rat, you jump over the window at night in search of boys, I have this as an advice for you;

Girls be responsible and leave longer, it is a pity that

WHY DO YOUTHS ENDULGE THEMSELVES IN DRUGS.

By BABARA

1. Being in contact with bad companies that is friends who maybe drug addicts may cause us youths to indulge ourselves on drugs because we will think it is good and then would convince you by saying you are not man enough if you don't take drugs.
2. Some of our youths nowadays indulge themselves out of boredom in cases where there are lack of jobs to keep them company and out of boredom they tend to addict themselves on drugs which will make them forget of their ego
3. Nowadays, most youths indulge themselves on drugs with the reason of trying to imitate their popular heroes "lucky dube, Bob Marley" as examples who lived on marijuana which they commonly term it "Jamican Njamanjama".
4. In a case where youths intend to perform either a good or bad act they would need some courage in other to carry out the activity well. Drugs are being taken claiming that it would make them courageous.

on our society and the individuals. On our society; things like road accidents occur leading to the death of many people and also causes fights and quarrels because the individual feels on top of the world. Furthermore, it leads to the disturbance of public peace and worst still it leads to prostitution.

On the other individual, excessive alcohol destroys the brain cell thus damaging the brain. Also it leads to loss of self-control and loss of memory to continue it reduces performance. At times lack of appetite consequently malnutrition. Drunkenness ends up in handover characterized by tiredness and sickness

My dear youths, my advice to you is that we should abstain from the use of drugs. Lets all fight against the use of alcohol and many other drugs like "mbanga" etc.

BY ITUNGHI Julie

KNOWING WHEN TO TALK

A person may be criticized in the wrong way. It may be wiser to keep quite than to speak. But it is much better to criticize a person than to keep your anger bottled up. Admit when you are wrong and you will avoid embarrassment

Using force to get a point being put across is like a castrated man trying to rape a girl, some people keep quite because they want the right time to talk.

having wild beast which are destiny destroyers, dream breakers and life stoppers like unwanted pregnancies, STDs the scavenging HIV and AIDS and many other things which exposes mostly innocents to vagabonds, bastards, orphans, untimely deaths, school dropouts etc.

Dear youths love is good the lord our God

"loved the world and sent his only son to die for us. Julius Ceaser loved Rome and died for Rome, for you leave a legend of love like them be careful not to take the dangerous part of love which is simply lost and infatuation preferably wait for the right time. Be careful of the lake of violent emotions because the violent emotions can head you into life trouble.



Games for distraction are sometimes necessary

DRUG ABUSE

By George NW FONCHANG

Anything eaten to excess becomes a drug to the immune system and any person at this time can call it drug abuse. But to be specific and clear on our topic, drugs are mostly those illegal substances people mostly youths take to feel bold and courageous. Some of these illegal substances are cocaine, marijuana, alcohol just to name a few. Some youths have addicted themselves to things that they can't do without them. This have changed their; oral mentalities and behavior some would behave like rascals, some would chat off some believe it is a source of boldness and courage that is a source of inspiration and

spiritual defenses.

To face facts and reality, a good tree will never yield bad fruits and so is the contrary or the reverse is true. Drug abuse is a bad phenomenon. Life has never gotten good effects instead its bad effects are uncountable amongst which one of them is that those concerns never obtain their objectives in life because of the loss of conscience and memory as a result cannot build up better plans. Also all their little money is spent on awaiting the drugs. Some always finish by joining the criminal hood and become thieves.

ALCOHOL

I am indeed glad to address an issue that is very vital in our society which is the use of drugs especially alcohol. Why most of the youths of nowadays drink is sometimes out of boredom, initiated by bad company, sometimes because of frustration and also to run away from problems and worries more so to celebrate events.

Alcoholism has caused a great effect both

By George NW FONCHANG



Love and Sex are two delicate words which without them many would think the center cannot hold. Some think that sex is the only prove of love. But one can still say that if love should be caring for ones partner and understanding the other partner. In times of need in the contrary, many in the name of love because of sex as a prove of sentiments have lost a lot of treasures and destroyed mansions they can't build, like losing their pride and dignity, losing their lives in the name of love, making some innocent children to become vagabonds, school dropouts all for all prostitutes and many other uncountable immoral. As some get to misunderstand

along the process by their partners but truly, true love is blind and can't be seen into these things. One could actually say without fear that this one the elements of lust and infatuation. Many mislead themselves to the track of social ills thinking that they have taken themselves to the track of love.

Some of us are being deceived by praises in this case, some would need dictionaries and become very creative Just to bring out sweet and charming words which in reality this words are just a myth and never real. Amongst which some are very funny some examples of such words or phrases are; the sun that burns away the dews that dews that defined birds to sing my name; the only mosquito that does

not inject malaria and the only bee that can produce honey.

Some are being deceived by treasured gifts, in this case when one partner provides the most designed or treasured things one needs in that case, he becomes the only reason of being especially when it is frequent. Here one simply use what he or she has to have what he wants. Love has actually lost its meaning and value and has become an abbreviation. Some give the full wordings as life over valued events, land of various emotions. One can still find many other things but looking at the nature of love today one can say that it is a lake of violent emotions knowing how dangerous a lake could be

By Ann Marie NAMBU

A wise person will not speak until the moment that is right but a boasting fool does not know the right time to talk. No one can stand a person who talks for too long and will not give other the chance to speak.

THE 8 BEATITUDES OF YOUTHFULNESS

1. Blessed is the youth who practices tolerance for his children will learn patience?
2. Blessed is the youth who practices honesty for he shall win his children's confidence.
3. Blessed is the youth who is not afraid to smile, for he shall teach in an atmosphere of joy.
4. Blessed is a dedicated moral instructed youth for his work will be revealed in the children of later ages.
5. Blessed is the youth who is very kind, for his learners will imitate him.
6. Blessed is the youth who loves, for he shall be loved in return
7. Blessed is the youth who has the fear of God, for others will respect him.
8. Blessed is the youth that takes to the advice of their parents, for their children will respect and honor them

BY A person may be criticized in the wrong way. It may be wiser to keep quite than to speak, but it is much better to

criticize a person than keep your anger bottled up. Admit when you are wrong and you will avoid embarrassment.

Using force to get a point being put across is like a castrated man trying to rape a young girl, some people keep quite simply because they don't have anything to say, others keep quite because they want the right time to talk.

A wise person will not speak until the moment that is right but a boasting fool doesn't know the right time to. No one can stand a person who talks for too long and will not give others the chance to speak.

THE MEANING OF SOME WORDS

The Meaning of Life

- L - Love
- I - Infatuation
- F - Friendship
- E - Exploitation

The Meaning of PRAYER

- P- Penance
- R - Ready
- A - Adoration
- Y - Yes lord

E – Eucharist
R – Resolution

The Meaning of SMART

S – Specific
M – Measurable
A – Attendance
R – Realization
T – Time Frames

The Meaning of YOUTH

Y – Young
O – Opinion always count
U – United
T – Teaches Others
H – Honest

GETTING ALONG WITH OTHER PEOPLE

How you express yourself shows the kind of person you are, rude or considerate, selfish or generous. A really polite person is tuned into other people's feelings and can put himself or herself in another person's place. They can understand how it would feel to be new in a neighborhood or job, or what its like to be the shortest person in class or the shiest person at a party. They react with understanding and with the kind of manners that matters because they come from the heart

Treating others the way you would like to be treated is the easiest rule to follow and encourages people to treat you in return. Even the most polite people on earth can occasionally say the wrong thing or make mistakes, but being kind, considerate, and generous on daily bases shows true manners. We can't police ourselves all the time, but before you say or do something ask yourself hoe you would fell if other said or did the same to you. The more you practice this rule, the more natural and easier it becomes.

Appreciation

This is the first edition of YOUTHS FORUM Magazine. It collects ideas from youths. There is this adage that "only o youth knows the problem of a youth". Ideas and advices are contributed by youths to help each other.

Many different people have to contribute their own share of skilled and unskilled labor so as to promote the growth of this magazine. Our first attempt to produce a magazine is regarded as a tiny grain, which is planted; it will grow and yield fruits. The fruits will continue to feed the succeeding generations. Many heartfelt thanks to Mr. Ayeah James who have given this opportunity to the youths to express their minds and learn more from others. God will continue to bless him.

BEWARE OF DRUGS AND ALCOHOL

By Clarita NIWIH

We cannot talk of drugs and alcohol without knowing what they mean. A drug is a substance or medicine taken into the body to reduce or treat illnesses. When a drug is used incorrectly, it becomes very dangerous while alcohol is something which takes away feelings and causes sleep and this also changes the state of mind. A commonly abused drug is alcohol that is beer, wine and spirit.

To begin with many youths especially students have involved themselves into drugs and alcohol just because they want respect from other students and teachers thinking that nobody can control them. Drugs can lead to the following negative effects, you will become a public nuisance, drunkenness and misbehavior, alcohol destroys the digestive system and the liver, it causes high blood pressure, it damages the lungs and the heart, they cause youths to go insane.

Taking drugs is committing suicide in the name of enjoyment. "Not all that glitters is gold". So youths beware of drugs. They will make you spend money irresponsibly starting is very easy but stopping is most difficult.

MOUNT CAMEROON

Mount Cameroon what a giant you are from the shore of the sea you look to rise heaven, you look so peaceful, so very gentle and calm; and friendly but you have one quality that scare me. You spit out fire

Mount Cameroon you erupted and spelt danger, 1909, 1922, 1959, and in 1982 I saw what a hell of fire. It was you who sparked out.

Paul KIMENG

DULL FRIEND

I know a child who is never at home and never in school, yet leaves home every day for school. While his friends are in school busy learning to become better people of tomorrow, our friend rums the street or go hunting for food. While his friends return home with heads full of knowledge, our friend too returns home with stomach full of mangoes, sugarcane and guavas.

NGAI Martha



ALCOHOLISM

This liquid called alcohol which is being produced from the fermentation of fruits like vine and carbohydrates and many other things has brought a lot of damage and harm to our society today especially on the youths. Youths nowadays have taken the consumption of alcohol like a pride without knowing the numerous dangerous effects it brings in return. Some take drinking as a pride, a hobby and a passion, some do think it is a source of comfort or solution to problems believing that drinking can make them forget their numerous problems. It is no solution because after drinking they engage themselves into troubles and acquire terrible losses. They can't gain this especially to the girls who hardly control themselves when drunk in that case they face problems like rape, unwanted pregnancies as well as illnesses like HIV/AIDS, STDs as they can't protect themselves. With this problems, they will expose some to likely names like bastards, criminals, vagabonds, loss of dignity and likely likely to the dangerous Aids that has no friend.

NENA Nadine

DANGERS OF ENVY

Envy is the act of being jealous of another who seems to be more privileged than the envier. One of the reason why envy exist in our society today is to be like envied another one which is common and one most find in our society today especially with the youths is to get rich. Recognition in the society and once that cider of envy come the



enviers turn to drop themselves into lively troubles like becoming a criminal, doing criminal acts like robbery, stealing, killing also succumbing to social ills like prostitution,

Gambling, duping just to name a few. Worst of all in cooperating themselves with the demonic or un Godly ways which had never gotten a good effect who in cooperate themselves to such thing end up losing their souls if ome mad.

One can say in a proverb that is sweet at the joint, meaning that hard way are always best in life because nothing good comes easy. To turn away from the danger of envy, always keep your mind working towards the resourceful thoughts. For it is being said that an ideal mind is the devils workshop. Always work head does not mean the fear of the lord which is the beginning of wisdom

NENA NADINE

THE 50TH ANNIVERSARY OF RE-UNIFICATION OF CAMEROON

By Anne Marie NAMBU

Thursday 20th February 2014 was a memorable day in Cameroon. Cameroon celebrated its 50years of Independence and unity. Cameroon became one in 1961 when Northern Kamerun decide to join their sisters and brothers of southern Kamerun and they became one. This day was celebrated in Cameroon in general and Njinkiom in particular. In Njinikom the program started at about 10:30am with a speech from the D.O for Njinikom Sub-Division Mr Botang after which the schools both primary and secondary sang songs dedicated only for this day. The primary schools also animated with the same traditional dances. This day was covered live by the Belo community Radio, at about 12:30am some important personalities were invited to dine with the D.O that marked the end of activities in Njinikom but elsewhere in Buea and other places activities were still going on.

Tolerance for Ambiguity and Guilt

Much of what we see in shadow is guilt. We can expect that we will experience guilt feelings when we notice our shadow. Guilt doesn't always indicate that we are doing something morally wrong or sinful. We also realize our feelings of guilt stem from going against ways of thinking, feeling and behaving that we have associated with the right and proper way of being. For example, when people accustomed to swallowing their anger, begin relaxation, they may feel guilty for being lazy. And when caretakers start to acknowledge and express their own

needs instead of taking care of others, they may feel selfish. As we deviate from the norms and patterns of our socialized person. It is natural that we will experience guilt feelings. Developing a tolerance for these feelings will enable us to continue the process of integrating the shadow

Guilt is part and parcel of being human and making choices. In fact, normal guilt is a healthy sign that we are responsible and caring human beings. Unlike neurotic guilt which is really not guilt but rather fear of what others will think or total inability to feel guilt, which is a character disorder, normal guilt reflects the fact that we are social beings for whom relation with one another is important. It challenges us to examine our extent of guilt as well as tolerance

PROVERBS

- A chick that will grow one day into a cock can be spotted the very day it hatches.

Meaning

You can easily foresee the future of someone through the character and tell

- A sugarcane is sweetest at the joint

Meaning

What seems to be hard to achieve in real life is often the best

- Don't set sail using someone else's star

MEANING

Just because someone has been successful at doing something does not mean you will be successful at doing the same thing



A teacher draws the legs of an animal on the board and asked the students “which animal is this”. One student replied, are we hunters to know animals by their legs, the teacher said angrily “get out of my class, you will have zero in my test. Give me your name the teacher asked the student but the student replied “look at my legs and you will know my name.

PREPARATION

- Scrub and wash pineapple thoroughly
- Peel the p[pineapple
- Blend your pineapple in a blender
- Add water into the core peelings and chaff and steer for 10-20 minutes
- Allow to cool
- Separate the juice from the chaff
- Mix the juice thoroughly
- Add your lime or lemon for flavoring
- pour it in a bottle and lock
- serve fresh cool

BON APPETITE

By CHIA Mariline

- Steer it very well in other to obtain a homogenous mixture
- Remove the robs from the candle
- You can now remove from the fire
- Let it cool

Your polish is now ready for use

BY CHIA MARILINE

ferior or superior in their sight. You should also learn to advise and keep to yourself the facts of life. More so, learn to maintain your spiritual and moral life in order not to go astray from the side of truth. Learn to do what is good before God and man again learn to keep and maintain your dignity

SELF CONFIDENCE

Self confidence is a virtue that everyone must poses. It has to do with your character and you behavior. To possess confidence, you need to have believe and trust in your own self. Believe and trust in your own self. Believe and you will achieve what so ever you set your mind on.

To boast confidence, you are advised to dress moderately and not too trendy but in such a way that you will feel confident. Also make friends that you will not be in-

SELF CONTROL

Self-control is the ability to discipline your heart and mind when nature wants to take control of yourself. The ability to control your emotional feelings in order not to bring disgrace to yourself. It keeps you from doing things out of patience which lead you to indiscretion of temper speech and action. Self-control makes you gentle

BY ANN MARIE NAMBU

BEST PRACTICES

PINEAPPLE JUICE



DELICIOUS AND FRESH FOR HOME USE!

Forget about imported drinks, and try this new recipe for pineapple juice, which is rich in iron, calcium, potassium which is all essential nutrients for the body. For those of you out there who want to try something different you can try the tips below and make your own pineapple juice.

WHAT YOU NEED

- 1 large pineapple
- 1 cup of water
- Sugar to taste
- 1 lime or lemon for flavoring

BLACK POLISH



VERY EASY TO MAKE

Are you looking for what to do this coming festive season, then try this for yourself, you can save money by producing home-made polish, its quite easy

MATERIALS NEEDED

- 1KG of coconut peelings
- 1 litter of table oil
- 4 candles

DIRECTIONS

- Burn the coconut peelings
- Grind and sieve it
- Put oil in a pot and heat very well
- Put the 4 candles into the hot oil
- Pour your powder into the oil

WHY YOUTHS DIE NOWADAYS IN CAMEROON

BY ANN MARIE NAMBU

The year 2012\2013 was a year filled with deaths of many youths. Out of 50 percent of deaths recorded 35 percent of them were youths why?

From the look of things being a youth is a very dangerous stage in life, unless you are wise, sin always begins at this stage of life and also drugs. Drinking and smoking can cause a lot of havoc in youths knowledge they say drives away ignorance but this doesn't go with the youths any longer. When our youths are drinking and smoking they never listen to advice either from elders nor their own friends. They call it LIFE.

Do you know why alcohol and drugs are consumed mostly by the youths? It is because they see it from the elderly persons and think it is a normal thing to do. Some even say “if my father drinks and smokes then it is also good for me to drink and smoke. Others do simply because of peer pressure from friends. This is because they go around with people who drink and smoke so they are forced by their mates to do same. My advice to them is, be determined in whatsoever you are doing. Have self control and also have a GOAL in life, make decisions and think before acting. THANKS