Local hymn artist, M’uambo gwa-Ambambi, has released a new album dedicated to the heroes of Namibia, who waged the armed liberation struggle that brought about Namibia’s independence on March 21st, 1990. The ten-track album combines liberation songs with the lyrics of his keyboard. Most of the songs are dedicated to those who took part in the Battle of Omugulu-Ombase, featuring Commander John Ya Otto Nankadha, who was the Commander of the Platoon that launched the armed struggle on August 26, 1966. That is why the album coincides with the Heroes Day commemoration.

The Board, Management, and Staff of Kalahari Holdings (Pty) Ltd wishes or CONGRATULATORY MESSAGE FOR THE PRESIDENT

Amidst the Namibian population of more than 2 million people, there is one without equals, born on 18 August 1935. His name is Hifikepunye (I am not your equal) Pohamba. He grew up in the traditional rural upbringing of tending to livestock and doing other domestic chores. He attended his primary education, worked under the obnoxious contract labour system. He become a freedom fighter, he was sent to Namibia on two occasions in defence of the Apartheid regime during the liberation struggle.

He finally returned to his motherland in 1989 and become amongst the first lawmakers of a free and independent Namibia. He ascended to various leadership positions in his party, SWAPO and its government the current. He is the current President of the SWAPO Party and the Republic of Namibia. The founding President, H.E. Dr. Sam Nujoma describes H.E. Cde. Hifikepunye Pohamba as “kapitaholo” (bulletproof). He is Hifikepunye Pohamba. He grew up in 1935, then comes the stable period. Growth cycles last from two to six months, then comes the stable period, then hair drops out and new hair grows. The cycle occurs around seven times until the real

What to do when your hair falls out

BELGING — MORE and more young people these days are losing excessive amounts of hair and doctors blame stress and unhealthy living. Zhang Qian reports.

While there are many causes of hair loss, a fundamental reason is imbalanced energy, according to traditional Chinese medicine, which usually treats a deficiency in kidney energy.

Today, however, young people increasingly are suffering excessive hair loss because of stress and unhealthy living. Doctors recommend an improved diet with quality protein and less grease, more sleep, less stress, less frequent hair washing and less sustained taxing of the brain.

Certain herbs and herbal applications may help.

Hair Growth
Cell division is responsible for hair growth; new cells push the hair upward. Hair grows at around 1 centimeter a month or 15 centimeters a year. Growth slows with age to as little as 0.25 or 0.1 centimeter a month.

A healthy adult has 100,000 to 120,000 strands of hair, 85 percent growing, 10 percent stable and five percent naturally falling out. Growth cycles last from two to six years, then comes the stable period, then hair drops out and new hair grows. The cycle occurs around seven times until the real

Cancer patient Deborah Charles stands in front of her bathroom mirror at her home in Washington May 25, 2007. (Xinhua)