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### PINE MURDER CASE FLOPS:

The hearing of the case in which pine car depot proprietor Muhammad Ssebuufu is accused of murdering businesswoman Betty Donah Katusabe has flopped. On Monday, defence lawyers asked court for more time

### TESO WAR COMPENSATION RULING:

The long-awaited judgment where 2,020 Teso people took the Government to court over cattle rustling and insurgency has been pronounced in favour of the applicants

### UGANDAN PASTOR KILLED IN SOUTH AFRICA:

The South Africa-based Ugandan evangelist, Apostle Paul Kamba, is dead. He was yesterday morning gunned down in his office by unknown thugs.

## POPULAR TWEETS #WorldCancerDay

**TWITTER:** Nearly every family in the world is touched by cancer, which is now responsible for almost one in six deaths globally. All countries can do more to prevent and treat. -@WHO

**TWITTER:** Strengthening early diagnosis improves chances of survival for millions of people living with #cancer. @WHO

**TWITTER:** It might be impossible to get rid of plastic from our lives, but we can reduce and minimise usage. This lifestyle change will be worth it... @LukeCoutinho17

**TWITTER:** Between 2004 and 2013, deaths from #cancer in the United States dropped by 13 percent. That kind of progress requires long-term, sustained investment in #research like the work of #NIH investigator W. Marston Linehan, M.D -@IRPatNIH



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# Six ways to fight cancer

**EDITOR:** It is 10 years since the Union for International Cancer Control (UICC) founded the World Cancer Day.

February 4 was marked to raise awareness of cancer and to encourage its prevention, detection and treatment. As we commemorate this day, let us reflect on these control measures.

**Don't use tobacco.** Smoking causes various types of cancer including lung, kidney, cervix, throat and pancreas.

Even passive smokers have risks of getting lung cancer. Quit tobacco use to reduce the risks of being diagnosed with the above cancers.

**Get regular medical tests.** Regular medical checks enable one to discover cancer during its early stages when treatment can be availed.

**Eat a healthy diet.** This reduces the risks of acquiring cancer. Limiting the intake of red meat and eating plenty of vegetables, fruits, grains and beans. Limit the intake of alcohol; this increases the risk of various types of cancer.

**Protect yourself from the sun.** One should avoid midday sun and stay in the shade most times so as to reduce the risks of skin cancer. Protective clothing is helpful.

**Maintain a healthy weight and be physically active.** A healthy weight lowers the risks of various types of cancer. Physical activity enables the body to excrete toxic substances.

**Get immunised.** Cervical cancer risks can be reduced through immunisation.

*Mary Clains Tino,  
Volunteer at the Uganda Child*

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**Helliot U Pyem**  
Irreplaceable. I don't even have any of those guys song on my play list! It's Radio and weazel or nothing.....

**Ritah Atugonza**  
Good life will remain on..n #radio is irreplaceable so stop these dreams of I don't know who has radios voice, no one n never...Weasle will carry on d legacy..if not him then no one

**Angelo Bosa**  
To us who know music they can't replace him. A voice is lining in our palms. Each one has a uniqueness.

**Mal Him**  
What made radio special w not only his voice, but also unmatched song writing!

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