

CHARMAR MAGAZINE

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Delayed Marriage

Cultural Expectations,
Modernity & Financial
Pressure in a Changing
Uganda

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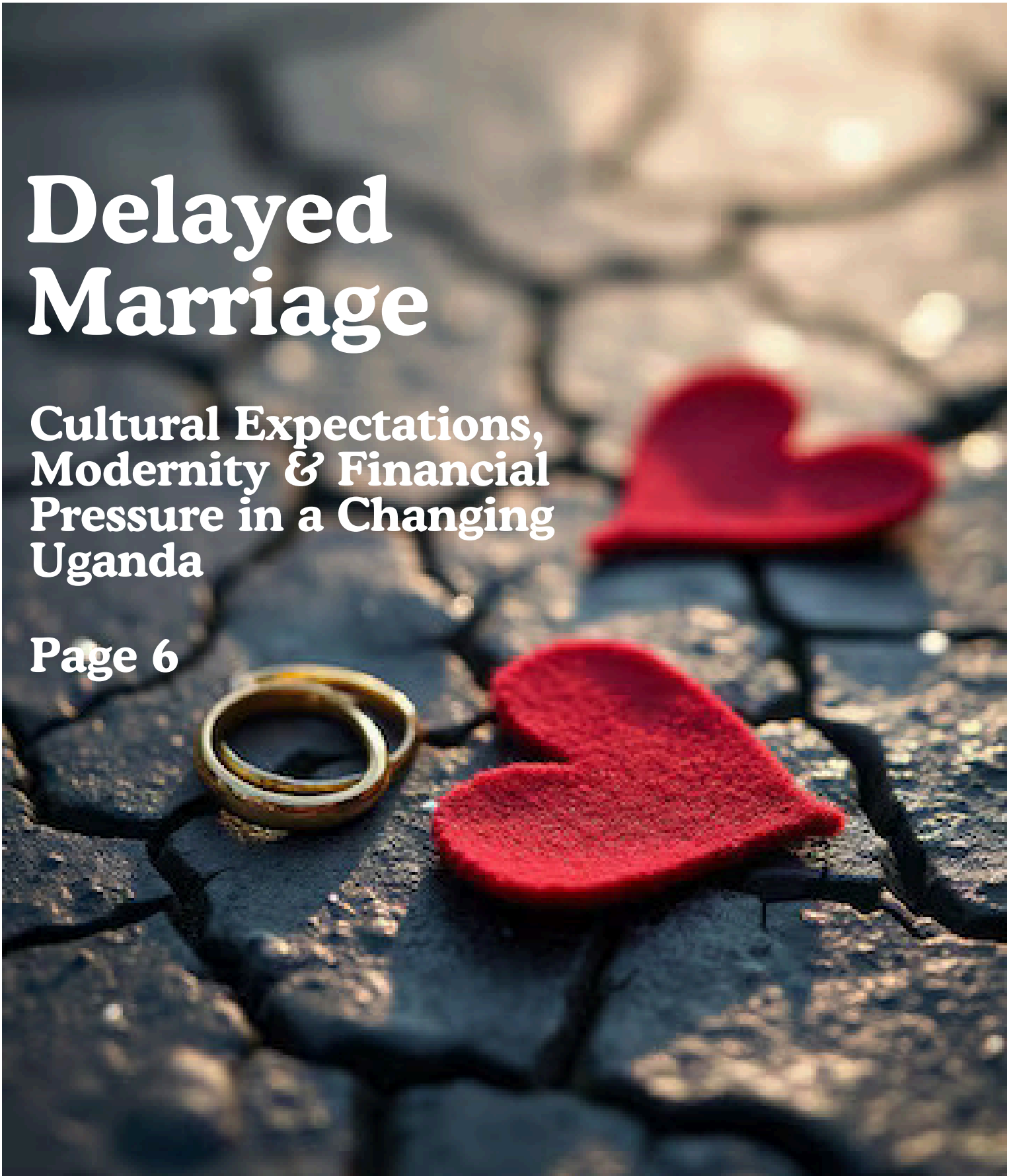




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Comedienne Ann Kansime has announced she will celebrate her 40th birthday with a stand-up comedy show, dubbed “Is Kansime 40? A Standup Comedy Special” on the night of 12th April 2026 at the National Theater.

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EDITOR'S NOTE

Marching Forward with Momentum, Modernity and the Courage to Reset

The year is no longer new enough to feel ceremonial, yet not old enough to feel fatigued. By March, intentions are tested. Resolutions either evolve into discipline or quietly fade into memory. It is the month that asks a deeper question: beyond ambition, what are we building, and who are we becoming? This edition of Charmar Magazine is anchored in that reflection.

In our cover feature, we examine the evolving architecture of relationships. Delayed marriage is no longer simply a rebellion against tradition; it reflects economic realities, urban aspirations, and shifting gender expectations. Young couples are asking harder questions about money, partnership, and emotional maturity before saying "I do." The institution of marriage is not collapsing; it is recalibrating. Our feature on career resets explores the courage required to pivot in your thirties. In an economy where stability often feels fragile, choosing growth over fear is both risky and necessary. The traditional linear career path is dissolving. In its place emerges a more dynamic narrative, one defined by skill-stacking, reinvention, and lifelong learning.

The modern African working mother embodies ambition without apology. She is redefining success on her own terms, navigating corporate demands while dismantling guilt culture. Her story is not about "having it all". It is about building systems, at home and at work, that acknowledge her full humanity.

Fatherhood, too, is being reimagined. The contemporary African father is not distant or defined solely by provision. He is present, engaged, and emotionally available. In many ways, he is challenging stereotypes passed down through generations.

Africa is negotiating equality in real time. It is balancing tradition with transformation. It is questioning institutions while building new ones. It is redefining partnership between genders, between generations, and between ambition and well-being. Beneath these themes, and the many carefully considered ideas within these pages, lies a unifying thread: intentional living.

To our readers, the thinkers, builders, dreamers, and disruptors, this issue is an invitation. Reset where necessary. Recommit where needed. Release what no longer serves you. Momentum is not accidental; it is cultivated.

March forward, intentionally.

Baz Waiswa

Editor

+256774064259

baz@charmarnews.com

bazwaiswa@gmail.com

EDITOR

Baz Waiswa

WRITERS

Baz Waiswa

Rodney Aijuka

Peter Luzinda

GRAPHICS

Baz Waiswa

PHOTOGRAPHY

Elisha Muloki

Courtesy

Internet

ADVERTISING

Rodney Aijuka

CONTACT US

Sal Building

Level 2, Plot 71

Nkrumah Street

Kampala, Uganda

0757 024774

0775 991 850

info@charmarnews.com

www.charmarnews.com

APass to Artists: Be your own first fan



APass, born Bagonza Alexander, has stirred up conversation in the music circles after sharing a reflective message aimed at fellow artists. In a candid note that's now making the rounds on social media, APass urged creatives to ignore the obsession with numbers, sales, and hype and instead fall back in love with their craft. The outspoken performer encouraged artists to "forget the numbers" and focus on enjoying their work, reminding them that true growth starts from within. "Get lost in your work, not the hype," he advised, adding that as long as an artist is happy with their output and the people who truly matter are enjoying it, that's what counts. Fans and industry watchers are already reading between the lines, with some speculating the message could be a subtle jab at the industry's growing fixation on streaming figures and chart placements. Known for never shying away from bold opinions, APass once again proves he's as unfiltered off the mic as he is on it. Whether it's a gentle reminder or a veiled critique, one thing is clear: APass believes every artist should be their own first fan, and that every small step forward matters.

Not Paid: Buchaman to sue Bebe Cool

Uganda's music industry is buzzing after Buchaman, born Mark Bugembe, publicly threatened to drag fellow singer Bebe Cool to court over alleged unpaid campaign services. Buchaman, who also serves as a presidential advisor on ghetto affairs to Yoweri Museveni, claims he rendered services during a campaign period but has yet to receive payment, despite what he says is a binding contract between them. Buchaman reveals that his repeated attempts to demand payment have allegedly gone unanswered. He insisted that while he could have reacted differently, he has chosen the legal route instead. "If I take a gang to attack him, I may look like someone who doesn't understand. Since we have a contract, I'm just going to take the matter to court and sue him. Everything in the contract shows that the period is overdue," he reportedly said.

Daughter influences King Michael's marriage move

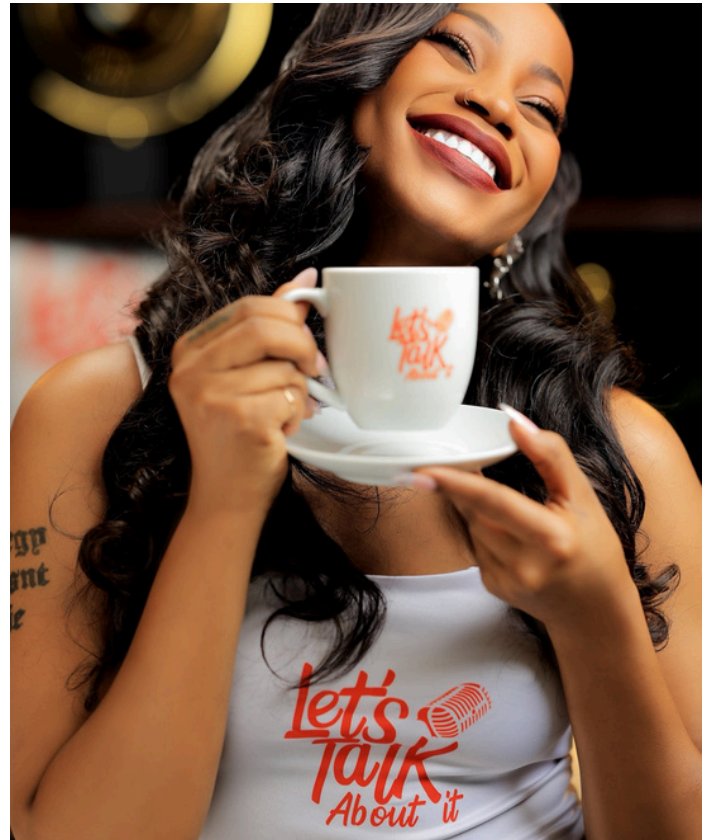
Dancehall musician King Michael is drawing inspiration from his own daughter when it comes to matters of love and marriage. King Michael now reveals that he will think about getting married after walking his daughter down the aisle in May. "I will first give my daughter's hand in marriage before I think about marriage. I will be watching my beautiful daughter walking down the aisle. I invite you all to celebrate with me. That is when I will think about marriage myself. This year is full of happiness," King Michael told Spark TV in an interview. According to Michael, his daughter will officially introduce her fiancé to him during a traditional Kwanjula ceremony at their home in Busabala. The white wedding will then take place on 23rd May, where they will exchange vows in Entebbe.

Thank You Lord: Chameleone undergoes eye surgery after sight scare



Music legend Dr Jose Chameleone has opened up about a recent health scare after revealing he underwent eye surgery at a Kampala medical facility. In a heartfelt message shared with his followers, Chameleone thanked God for “another great morning” and expressed deep gratitude to Dr. Ludovica Tindebwa and the team at Kampala Eye Lasik Hospital for successfully performing the procedure. The singer disclosed that he had been rapidly losing sight in his right eye before seeking medical intervention. “I thank Dr Ludovica Tindebwa and the entire Kampala Eye Lasik Hospital team for my eye surgery and your hospitality. I was rapidly losing my sight in my right eye. I seek your healing as always my Lord,” he shared. Known for his resilience through past health and personal challenges, Chameleone’s latest update once again shows his faith and determination to stay strong.

No More Whispers: Sheebah launches ‘Tukyogereko’ podcast adventure



Pop queen, Sheebah Karungi, is stepping into a new lane, and this time, it’s not about chart-topping hits. The singer, popularly known as Queen Karma, has announced her entry into the podcast space with an upcoming show titled Tukyogereko (Let’s Talk About It). After teasing the idea for nearly two years, Sheebah has confirmed that the first episode will be dropping soon. She hinted at the kind of content fans should expect. “The conversations we were told to whisper about... I’m saying them out loud. Raw. Unfiltered. Uncomfortable but very necessary!! I’ve been saying ‘let’s talk about it’ for two years,” she shared. The announcement has already stirred curiosity among her fanbase, with many speculating that the podcast could tackle controversial, personal, or industry-related topics that Sheebah has previously kept under wraps. Known for her fearless personality and independence, Sheebah’s move into podcasting signals a shift from just entertaining to sparking deeper conversations.

Delayed Marriage Choice or Circumstance?

Cultural Expectations, Modernity & Financial Pressure in a Changing Uganda

On a warm Tuesday afternoon in Kireka, a suburb in Greater Kampala, 32-year-old marketing executive Jackline Tumushabe scrolls through her phone, pausing occasionally to respond to messages in a friend's wedding WhatsApp group chat. "I'm happy for them," she says when asked about what she thinks about the couple's milestone, laughing softly. "But I'm not in a rush. I want financial and emotional stability first. Marriage is important to me. But so is peace," Tumushabe, a curvaceous damsel from western Uganda, says when prodded on when she will have her own wedding and marriage.



Tumushabe's story is not in isolation. On another quiet Friday evening in Mbuya, in Kampala, 36-year-old Allan Ssebunya sits with friends at a lounge, laughing about university memories and discussing work and investment plans. Each sipping on his favourite drink; mostly alcoholic. Most of them are unmarried. Ten or so years ago, that would have been unusual: men their age to be unmarried. Today, it is increasingly normal. "Our parents were married by this age," Ssebunya says. "But life is different now. Rent is high. Jobs are unstable. You don't just wake up and marry." The excuses keeping them unmarried seem to be many. Some are genuine excuses.

In urban Uganda and across Africa, the average age of first marriage is rising. Women are marrying later. Men are marrying later. For some, this delay represents empowerment and personal growth. For others, it signals economic strain and shifting social structures. For many families, it sparks concern. And while older generations often frame this shift as a cultural decline, the reality is more layered and shaped by economics, education, urbanization, and evolving personal expectations. Therefore, is delayed marriage a rejection of tradition? Or is it a realistic adaptation to modern pressures? The answer lies at the intersection of culture, economics, and evolving identity.

A Sacred Institution Under Review

Marriage has long been a foundational pillar of African societies. It was not merely a union



In some communities, unmarried women in their forties and late thirties face scrutiny, quiet stigma, or assumptions about their character or fertility. This scrutiny sometimes is faced by even young women in their late twenties or as early as when they finish school and start work. The pressure can be emotionally exhausting, different women talked to for this article confessed.

between two individuals but an alliance between families, clans, and communities. It signified stability, adulthood, fertility, and continuity. In many communities, reaching one's late twenties unmarried once attracted uncomfortable questions. "Marriage was considered a natural progression," explains Jennifer Akol, a retired social worker. "Finish school, find work, marry, and start a family. The timeline was culturally clear."

But timelines are shifting. Urbanization, higher education, migration, and exposure to global ideas have disrupted that linear path. Young Africans are spending more years in school. They are moving cities for work. They are building careers before building families. Therefore, the cultural script is being rewritten. "I used to think I'd be married by 25," says Daniel Mulinda, 43, a civil engineer in Ntinda. "But rent is high. Starting a family is expensive. I don't want to struggle the way my parents did." His reasoning reflects a broader economic calculation.

The Cost of Saying "I Do"

Marriage in many African settings is not just emotionally significant; it is financially demanding. And it doesn't start with the ceremony in a white gown and tuxedos; it starts with a traditional event. There is a bride price or dowry in some cultures. There are weddings that stretch beyond personal savings. There is the expectation of hosting large celebrations. There is furnishing a home, securing housing, and planning for children. And that's before everyday living expenses.

“Financial pressure is the number one reason I see couples postpone marriage,” says Latif Lubega, a marriage counsellor. “Young people want to feel prepared. They’ve seen what financial stress does to marriages.” Urban living costs have surged across major African cities. Housing prices and rent consume large portions of income. Youth unemployment remains a challenge in many countries. Informal work dominates large sectors of the economy. For men, the financial pressure is often tied to identity. “There’s still an expectation that the man must provide,” says Emmanuel Masembe, a social worker in Mukono. “Even when both partners work, that psychological burden remains.” A man who feels economically insecure may delay marriage not because he rejects commitment, but because he fears inadequacy. “When a young man doesn’t feel financially secure, he delays marriage,” Lubega adds. “It’s tied to identity; being seen as a provider.” The provider expectation persists even in dual-income relationships. This pressure has intensified in an era of social comparison. Social media showcases destination weddings, luxury honeymoons, furnished apartments, and curated domestic bliss. “It’s not just about marrying,” Mulinda says. “It’s about marrying well.” The fear of starting “below standard” has become a psychological barrier.

Women, Education & Economic Freedom

The rise in delayed marriage is particularly visible among women. Across Africa, increasing numbers

of women are accessing higher education and entering professional sectors. With financial independence comes a shift in priorities. “I don’t feel pressured,” says Tumushabe. “I want marriage, but I want partnership, not dependency.” Economic freedom allows women to prioritize compatibility over urgency. In previous generations, marriage often guaranteed financial security. Today, many women can provide for themselves, reducing the necessity of marrying early and increasing the freedom to be selective. However, independence does not eliminate social pressure. Cultural expectations around fertility and family continuity continue to weigh heavily, especially on women in their thirties and early forties. The “biological clock” is frequently raised in family conversations, sometimes gently, sometimes urgently. “You hear the comments,” Tumushabe admits. “‘Time is going.’ ‘You’re too picky.’ ‘Don’t focus too much on your career.’ It’s subtle, but it’s there.”

In some communities, unmarried women in their forties and late thirties face scrutiny, quiet stigma, or assumptions about their character or fertility. This scrutiny sometimes is faced by even young women in their late twenties or as early as when they finish school and start work. The pressure can be emotionally exhausting, different women talked to for this article confessed. Yet this shift represents more than personal preference. It reflects a broader transformation in mindset. “Women are no longer marrying purely for economic security,” notes Ssebunya. “They are looking for emotional compatibility, shared values, and genuine partnership.” For many women, the decision to delay marriage is not about rejecting it. Rather, it is about redefining it. “I don’t want to marry because I’m afraid of being alone,” Tumushabe says. “I want to marry because it adds value to my life.”



The Biological Clock Debate

Delayed marriage inevitably intersects with fertility conversations, particularly for women. Medical professionals caution that while many women can safely conceive in their thirties, fertility does naturally decline with age. This biological reality can create emotional and psychological tension. “You want stability first,” Ann Stella Amogin, a trader, says. “But you also hear doctors talk about timelines. It can feel like you’re racing two clocks – financial and biological.” For many women, the desire to build a career, achieve financial security, and find the right partner must be balanced against concerns about fertility. The pressure is often subtle but persistent. Men, too, face age-related considerations: declining energy levels, health factors, and concerns about significant generational gaps with their children. However, these pressures are less publicly discussed. Although the conversation is becoming more open, it remains sensitive.

Urban vs. Rural Realities

Delayed marriage is significantly more pronounced in urban centers than in rural communities. In rural areas, social structures tend to be tightly knit, and economic systems often revolve around agrarian livelihoods. Communal norms continue to encourage earlier marriage. Urbanization, however, disrupts these patterns. City life brings higher living costs, increased individualism, intense career competition, and exposure to



diverse lifestyles and worldviews. “Urban youth are negotiating identity differently,” Ssebunya explains. “Marriage becomes one option among many milestones, not the only one.” Urban African youth are also heavily exposed to global narratives about relationships. Through streaming platforms, podcasts, and social media, they encounter ideas about partnership equality, prenuptial agreements, cohabitation, therapy, and delayed childbearing. While Western trends do not fully dictate African behaviour, they do shape expectations. “The romantic ideal has shifted,” says Masembe. “People want companionship, not just structure.” Marriage is no longer viewed solely as transactional or duty-bound. It is increasingly understood as emotional, relational, and aspirational.

Emotional Trade-Offs

Delayed marriage offers autonomy and flexibility, but it is not without emotional complexity. As peers marry and start families, those who remain single may experience loneliness or a sense of social displacement. Friend groups evolve. Conversations shift. Priorities diverge. “I’m confident in my choice,” Allan Mukisa, 38, says. “But sometimes you wonder, am I overplanning life?”

There is also what many describe as the “shrinking dating pool” phenomenon. As people grow older, compatibility standards often become more defined, while social circles narrow. Choosing to delay marriage requires resilience, both against internal doubts and external commentary. It is a path marked by independence but also by reflection, negotiation, and, at times, uncertainty.



Economic Reality Cannot Be Ignored

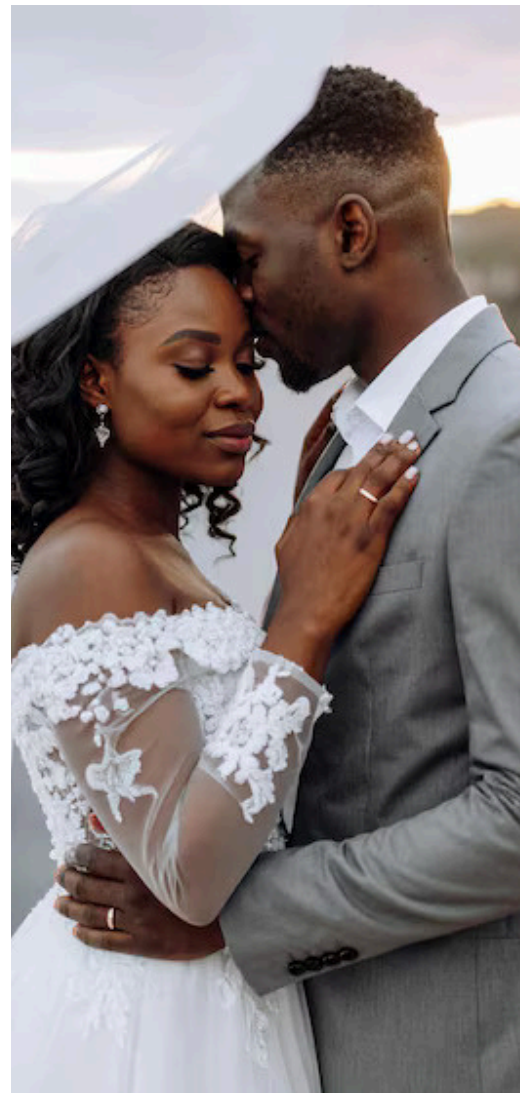
Despite the empowerment narrative, economic hardship remains central. Unemployment, inflation, and housing scarcity are structural barriers. A young graduate burdened with unemployment and unstable income cannot easily prioritize marriage. Without stable employment, marriage becomes risky. Rather than rejecting marriage, many young Africans appear to be redefining it. Young Africans are seeking financial transparency, shared domestic responsibility, emotional intelligence, mutual career support, and clear boundaries with extended family.

Marriage is shifting from obligation to intentional partnership. “People want to enter marriage as whole individuals,” says Christine Namubiru, a 50-year-old traditional marriage counsellor (senga). “Not as incomplete people seeking rescue.”

This intentionality may ultimately strengthen unions formed later. Research globally suggests that couples who marry later often have greater financial stability and clearer communication patterns.

The Future of Commitment

Will marriage rates decline permanently, or will they stabilize at later ages? Experts suggest marriage is unlikely to disappear in African societies. Its cultural significance remains strong. But timelines will continue evolving. “Marriage is adapting,” Namubiru concludes. “It is not dying. It is negotiating modernity.” For Tumushabe, the question is simpler. “I’m not against marriage,” she says. “I’m against rushing.” Her perspective captures the essence of this generational shift. Delayed marriage is not necessarily rejection; it is reflection. It is a generation asking not just when to marry but why.



When giants go to war, small economies like Uganda pay the price

It is easy to look at tensions involving the United States, Israel and Iran and say, “That is their problem.” After all, we are here in Uganda. Different geography. Different politics. Different history. But in today’s world, distance is a myth. When powerful nations exchange fire in the Middle East, it does not stay there. It travels through oil markets, shipping lanes, currency exchanges and investment flows. And before long, it shows up in your fuel tank, your shopping basket and your bank loan.

Let us begin with something simple: oil

The Middle East accounts for roughly a third of global oil supply. Iran alone produces millions of barrels per day. When conflict threatens supply in that region, markets react instantly. We have seen this before. During the 2003 invasion of Iraq by the United States and its allies, global oil prices spiked sharply in the months of uncertainty. More recently, when tensions escalated in the region in 2019 and again in 2022, oil prices surged above 100 US dollars per barrel. What happened in Uganda when global oil prices surged in 2022 after the Russia-Ukraine war disrupted markets? Pump prices crossed the 6,000-shilling-per-litre mark in some areas. Transport fares went up. Food prices climbed.



Inflation peaked above 10 percent. That was not our war. But we paid for it. Now imagine similar instability involving Iran, especially given its strategic position near the Strait of Hormuz, through which about 20 percent of the world’s oil passes daily. If that corridor becomes insecure, insurance premiums for ships rise. Freight costs increase. Traders panic. Prices jump. For Uganda, which imports all its refined fuel that is not theory it is arithmetic. Higher fuel costs mean higher transport costs. Higher transport costs mean higher food prices. And higher food prices squeeze households already balancing school fees, rent and medical bills.

But oil is only the first ripple.

Tourism depends on perception as much as peace. When headlines are dominated by conflict involving Israel, the United States and Iran,

global travellers become cautious. Airlines adjust routes. Insurance becomes expensive. Long-haul trips are postponed. After the September 11 attacks in 2001 and the subsequent wars in Afghanistan and Iraq, global tourism fell by millions of travellers. During the Iraq War period, several developing countries reported declines in arrivals because global travellers simply felt uneasy about international travel. Uganda’s tourism sector contributes close to 7 percent of GDP and supports hundreds of thousands of jobs directly and indirectly. A slowdown in global travel does not just affect luxury lodges. It affects the driver in Queen Elizabeth National Park, the farmer supplying pineapples to a hotel in Entebbe, and the craft seller near the Equator. Conflict shrinks confidence. And tourism breathes confidence.



Then there is trade.

Uganda exports coffee, gold and fish into a global market that depends on stable shipping and predictable demand. When major powers engage in military conflict, investors move money into what they perceive as safe assets, often US Treasury bonds. The US dollar strengthens. Emerging market currencies weaken. When the dollar strengthens, the Ugandan shilling comes under pressure. Imported goods become more expensive. Servicing external debt becomes heavier. Businesses that borrow in dollars feel squeezed. In 2022, many African currencies depreciated sharply as global investors fled risk. That translated into more expensive imports and tighter credit conditions across the continent. Now consider the broader historical pattern of countries where the United States has intervened militarily, often with stated intentions of stabilisation or liberation. Take Iraq. After the 2003 invasion, the country experienced prolonged instability. GDP contracted sharply in the early years.

Infrastructure suffered extensive damage. Oil production, the backbone of the economy, fluctuated amid insecurity. Even years later, Iraq has struggled with unemployment, governance challenges and reconstruction burdens. Look at Afghanistan after two decades of international military presence. Despite billions of dollars in aid, the economy remained fragile and heavily aid dependent. When foreign troops withdrew in 2021, the economy contracted dramatically, and millions were pushed into poverty. Even in Egypt, while not invaded in the same way, periods of geopolitical turbulence in the region have repeatedly shaken investor confidence, weakened the currency and increased debt burdens. The lesson is not about assigning blame. It is about understanding consequences. When powerful nations engage in prolonged conflict, the economic aftershocks are rarely contained within borders. Reconstruction is expensive. Markets are volatile. Investor sentiment becomes cautious. Global growth slows.

And when global growth slows, developing economies feel it more intensely. Foreign direct investment into Africa fluctuates with global confidence. When uncertainty rises, investors delay projects. That means fewer factories, fewer infrastructure deals, and fewer new jobs.

Uganda's young population depends on economic expansion. We need investment. We need stable trade routes. We need predictable capital flows. Global conflict tightens all three.

Then there is debt.

Many African countries, including Uganda, carry external debt denominated in foreign currency. When the dollar strengthens during global crises, repayment becomes more expensive in local currency terms. Governments must allocate more resources to debt servicing. That can mean less money for roads, health care or education. Again, this is not abstract. When global financial conditions tightened in 2022 and 2023, several African nations faced rising debt distress. Some had to restructure loans. Others cut spending. The chain reaction is clear. Conflict raises oil prices. Oil prices raise inflation. Inflation pressures currencies. Currencies strain debt. Debt squeezes public spending. And public spending affects services and jobs. So when we hear about tension between the United States, Israel and Iran, we should not view it as distant theatre. It is part of a global economic system in which Uganda participates every single day.

US's Trump & Israel's Netanyahu recently attacked & killed Iran's Khomeini

Career Reset: “Is 30 too late to start over, or is it exactly the right time?”

If you walked into a Kampala coffee shop in 2015 and asked a 22-year-old graduate what their future looked like, you’d likely hear a straight line: “Finish my degree, land a job, climb the corporate ladder, retire comfortably.” Fast-forward eight years and the same coffee shop now hums with a different conversation. Professionals in their late twenties and early thirties are pressing pause, pivoting hard, and asking the hard question that’s echoing across the continent: “Is 30 too late to start over, or is it exactly the right time?” At 30, life rarely looks the way it did at 22. The corporate ladder that once seemed linear now feels uncertain. The degree that promised security may no longer inspire confidence. The dream job might pay the bills but not the soul. Across African cities, from Kampala to Nairobi, Lagos to Johannesburg, a quiet shift is underway. Professionals in their late twenties and early thirties are pressing pause, pivoting industries, enrolling in graduate programs, launching businesses, or leaving stable careers altogether.



The Age of the Career Pivot

For decades, career paths were expected to be steady and predictable. Study, graduate, get a job, climb and retire. But today’s reality is far more fluid. Rapid technological change, digital disruption, and evolving economic landscapes have reshaped the job

market. Entire industries are transforming. New ones are emerging. Stability is no longer guaranteed even for those who “followed the plan.” “I thought I would be a banker for life,” says Brian Ahebwa, 31, who recently left a commercial bank job to pursue digital content creation and marketing. “But I realized I was financially stable and emotionally drained.” At 30, many professionals have enough experience to know what doesn’t work and enough energy to build something new.

Why 30 Feels Different

A career reset at 30 is rarely an impulsive leap; it is usually a decision shaped by experience and reflection. By this stage, most professionals have spent several years in the workforce, navigated workplace politics, and come to understand the practical realities of

their industry. They have discovered their strengths, clarified their interests, and identified what truly motivates them. Many have also confronted burnout, stagnation, or the frustration of hitting a plateau. Rather than being reckless, a career shift at 30 is often a strategic move grounded in self-awareness, hard-earned lessons, and a desire for more meaningful growth. Thirty brings perspective. It is old enough to reflect, but young enough to rebuild. Unlike a fresh graduate experimenting blindly, a 30-year-old pivot is often strategic. Some return to school for specialized skills like technology, public policy, business administration, agriculture innovation. Others transition from employment to entrepreneurship, leveraging networks built over years. “I didn’t quit because I was lost,” says Aisha Nalubega, 30, who left marketing to start an organic skincare brand. “I quit because I finally understood what I wanted.”

Reinvention Through Education

Graduate programs, professional certifications, and short technical courses are attracting growing interest among professionals in their thirties. The motivations differ, some are responding to rapid digital transformation, others are seeking to increase their earning potential, turn into new industries, or build credibility for entrepreneurship. Unlike their early twenties, when education may have felt exploratory, returning to school at 30 is typically deliberate. There is urgency, focus, and purpose. Learning becomes less about credentials alone and more about strategic positioning for the next phase of one's career. Unlike younger students, mature learners ask sharper questions. They connect theory directly to practical realities. They are less concerned with grades and more concerned with outcomes. However, the decision is not without pressure. Financial commitments, family responsibilities, and peer

comparisons can intensify self-doubt. "You look around and some of your friends are buying houses," says Eric Mageni, 32, now pursuing a master's degree. "You wonder if you're falling behind."

Entrepreneurship: From Employee to Builder

For many, 30 marks the shift from employment to ownership. After years of navigating established systems, professionals start asking: What if I built my own? Entrepreneurial transitions are increasingly common in sectors like agribusiness, digital services, creative industries, logistics, and consulting. Digital platforms have lowered entry barriers, while social media marketing, mobile money, and remote work tools have democratized access to opportunity. Yet entrepreneurship at 30 is a different proposition than launching a startup at 22. There are more responsibilities, fewer safety nets, and higher expectations.

"I don't have the luxury of experimenting forever," says Sharif Mutebi, 30, who left a telecommunications job to start a logistics company. "Every decision matters." At the same time, there is an advantage in maturity: emotional intelligence, network capital, and industry insight. Failure, while still painful, is less identity-shattering and more instructive; an experience to learn from rather than defeat.

The Fear of Being 'Behind'

Perhaps the biggest obstacle to a career reset at 30 isn't financial, it's psychological. Social comparison intensifies at this age: weddings, promotions, property purchases, leadership titles; all milestones become visible and measurable. In many African societies, where stability is highly prized, stepping away from a secure job often attracts skepticism. "People think you're confused," says John Mutebi, 32. "They ask why you would leave something stable." Yet a growing generation is challenging the notion that stability alone equals success, valuing autonomy, flexibility, and purpose instead. Thirty is no longer an endpoint—it is increasingly seen as a moment to reassess.

The Advantage of Timing

Ironically, 30 can be the perfect time for reinvention. By this point, professionals often bring a valuable combination of work experience, industry networks, and self-awareness to the table. They have developed a measured sense of risk tolerance, knowing when to be bold and when to be cautious. With retirement ages rising and career spans extending, there is room for multiple chapters. Global trends suggest that the average person will change careers several times in a lifetime. In that context, resetting at 30 is not late, it may be early.



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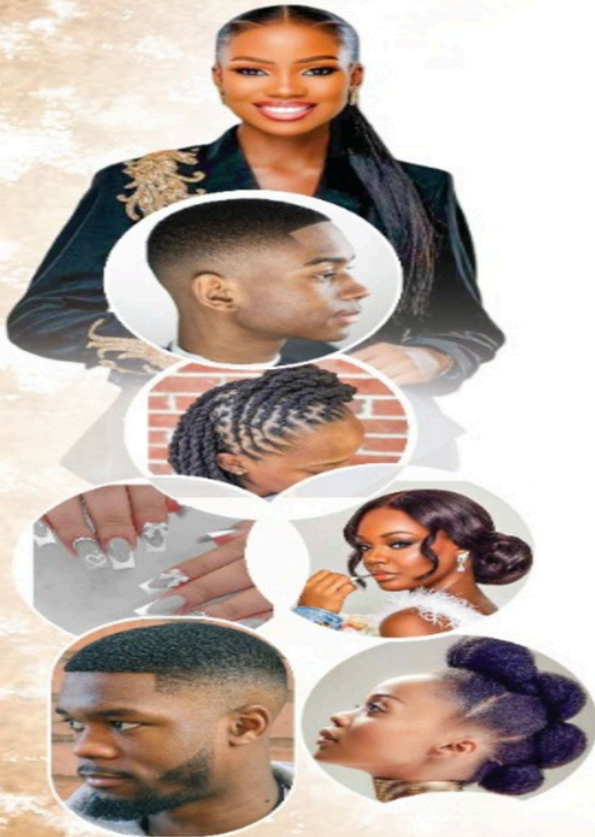


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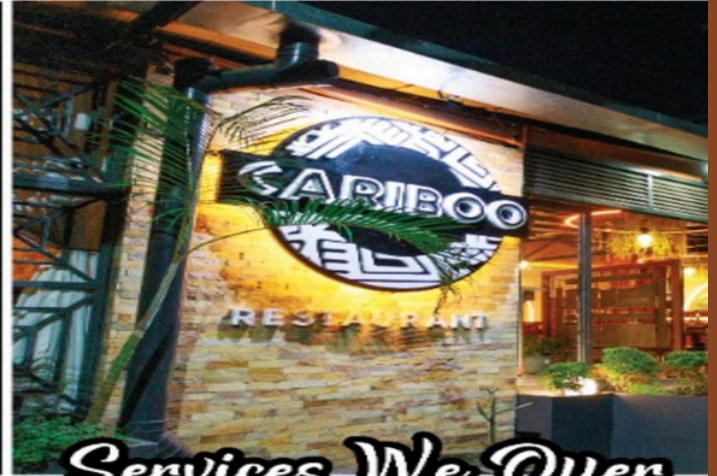
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How High Performers Prepare for the Week: **Mastering momentum before Monday**



Success rarely happens by accident. While talent and opportunity matter, what sets high performers apart is not just what they do during the week but how they prepare for it. Across industries in Uganda and beyond, from corporate executives to entrepreneurs and creatives, high achievers approach the week strategically. They approach the new seven days with routines, reflection, and planning that set the tone for consistent performance. Preparation for the week is less about schedules and more about mindset. It's about creating momentum before Monday arrives, ensuring energy, clarity, and focus align with ambition.

The Sunday Mindset

For many high performers, Sunday

is not just a day off. It is the strategic launchpad for the week ahead. Rather than succumbing to last-minute panic or chaotic planning, they dedicate time to reflection and intentionality. This begins with reviewing the past week: assessing successes, identifying challenges, and noting lessons learned. High performers understand that without reflection, the week ahead risks repeating the same mistakes or inefficiencies. Next comes setting priorities. Instead of tackling a long to-do list indiscriminately, they identify the most critical outcomes: the few tasks that will create the greatest impact. These become the focus for the upcoming week, ensuring energy is allocated to what truly matters.

Planning With Precision

Planning for the week is both strategic and practical. High performers often break down tasks by day, aligning deadlines, meetings, and projects with peak energy periods. They anticipate bottlenecks and allocate time for deep work versus collaborative tasks. Tools like digital calendars, project management apps, and even simple planners are essential. They provide structure without rigidity, allowing for flexibility while maintaining accountability. Planning is not an exercise in perfection, but in foresight. Meal planning, exercise scheduling, and rest are also considered. Peak performance depends on physical and mental energy, and high achievers recognize that preparation extends beyond the office. A structured week is



fuelled by proper nutrition, recovery, and exercise.

Mental Priming

High performers devote time to mental preparation. Visualization, goal affirmation, and meditation are common practices. By envisioning successful outcomes, they cultivate confidence and focus. Some start with journaling, capturing thoughts, ideas, and intentions. Others engage in reading or listening to content that inspires and informs. The aim is to enter Monday with clarity, purpose, and an anticipatory edge.

This mental priming is not about perfectionism or over-planning. It is about creating a mindset that is resilient, adaptive, and focused on solutions rather than obstacles.

Aligning Personal and Professional Goals

Success is holistic. High performers integrate personal objectives into weekly planning alongside professional tasks. Fitness routines, family time, learning goals, and personal projects are intentionally scheduled. This alignment prevents the common pitfall of over-prioritizing work at the expense of health or relationships. It also ensures that energy invested in professional performance is balanced, sustainable, and meaningful.

The Power of Sunday Routines

For many top performers, Sunday is not simply the end of the weekend; it is a deliberate reset. Their routines function as quiet rituals of preparation, creating mental clarity before Monday arrives. They review

the week's calendar and looming deadlines, identify their top three priorities, and map out key tasks in advance. Meals are prepped, workouts scheduled, and intentions written down through journaling. Some dedicate time to reading or consuming strategic content that sharpens perspective, while others engage in relaxation or mindfulness exercises to steady the mind. The consistency of these practices builds discipline, reduces decision fatigue, and ensures the week begins with clarity rather than chaos.

Habits That Sustain Performance

Preparation only delivers results when it is reinforced by steady habits throughout the week. High performers protect their peak focus hours for critical tasks, ensuring their most important work receives their sharpest attention. They take intentional short breaks to sustain energy, monitor progress daily to stay aligned with goals, and reflect each evening to recalibrate priorities where necessary. Consistent sleep and exercise routines anchor their productivity, supporting both mental clarity and physical resilience. By planning ahead and executing with discipline, they operate within a clear framework that guides their actions, responding thoughtfully rather than reacting to crises.

Technology as an Enabler

Digital tools play a central role in weekly preparation. Calendar apps, reminder systems, task trackers, and collaborative platforms allow high performers to organize complex schedules efficiently. Some use analytics and productivity apps to

monitor performance trends, for instance, tracking time spent on tasks or identifying productivity patterns. This data-driven approach ensures planning evolves, becomes smarter, and becomes more personalized.

Preparing for Uncertainty

Even the most meticulously planned week will encounter disruptions. High performers anticipate the unexpected, building buffers for unplanned meetings, emergencies, or shifting priorities. Flexibility is a core component. Planning is not about rigid control; it is about creating a resilient framework that adapts to change while keeping focus.

The Psychological Advantage

Entering the week prepared confers a psychological edge. High performers experience lower stress, higher confidence, and greater clarity. Tasks that might seem daunting when unplanned are approached systematically, reducing overwhelm and decision fatigue. Momentum is self-reinforcing. A well-prepared start leads to productive days, which build confidence and energy for subsequent tasks. The week gains rhythm, rather than feeling like a series of reactive firefights.

Creating a Personal Playbook

Ultimately, weekly preparation is the art of creating a personal playbook for sustained performance. It begins with honest reflection on the past week: what worked, what stalled, and what needs refinement. From there comes the setting of meaningful priorities, followed by strategic scheduling and thoughtful allocation of time and resources.

Power of Podcasts

How audio is shaping public opinion in modern media



In 2026, people are listening and what they hear is reshaping the way opinions are formed, thousands of movements are organized, and stories are shared. From podcast issues. Listeners increasingly turn to platforms to voice notes in podcasts for perspectives that WhatsApp groups, the rise of audio as a dominant medium is changing public discourse, influencing societal trends, and creating new channels for engagement. The shift is subtle yet profound. Unlike text or video, audio engages directly with human attention. It can inform, persuade, entertain, or mobilize in ways that are intimate and immediate. Audio is no longer just a tool for storytelling; it has become a powerful instrument shaping ideas and beliefs.

The Rise of Podcasts and Audio Platforms

Podcasts, once a niche medium, have exploded in Uganda and across the African continent.

Platforms such as Spotify, Apple Podcasts, and local services host thousands of programs covering politics, culture, business, and social issues. Listeners increasingly turn to platforms to voice notes in podcasts for perspectives that WhatsApp groups, the rise of audio as a dominant medium is changing public discourse, influencing societal trends, and creating new channels for engagement. The shift is subtle yet profound. Unlike text or video, audio engages directly with human attention. It can inform, persuade, entertain, or mobilize in ways that are intimate and immediate. Audio is no longer just a tool for storytelling; it has become a powerful instrument shaping ideas and beliefs.

Unlike text or social media posts, podcasts enable extended, nuanced conversations. They offer depth and context, allowing listeners to explore topics like economic policy, health education, or civic engagement without the constraints of 280 characters or headline summaries.

Voice Notes and Social Media Audio

While podcasts are structured, voice notes and short-form audio on platforms like WhatsApp, Telegram, and X (formerly Twitter) have democratized audio influence.

These bite-sized, easily shareable recordings allow anyone with a smartphone to contribute to public discourse. In Uganda, for instance, voice notes have become a key tool for civic engagement. Community leaders, activists, and ordinary citizens share updates, opinions, and alerts through audio messages that travel faster than text. The personal tone of voice adds authenticity and urgency, influencing behavior in ways that written posts cannot. This trend demonstrates the immediacy and intimacy of audio. Hearing someone's voice fosters empathy and emotional connection. It can make arguments more persuasive and instructions more actionable.

Audio as a Political Tool

Political campaigns and movements have adapted quickly to this shift. Candidates and advocacy groups now release audio content to reach rural and urban audiences alike. Unlike text, audio can bridge literacy gaps and convey emotion, conviction, and urgency. During elections, audio campaigns have been used to explain policies, mobilize voters, and counter misinformation. Unlike television or print media, voice messages can travel through peer networks, creating peer-to-peer credibility that is difficult to replicate with traditional advertising. This "personalized broadcasting" effect allows political messages to penetrate communities directly, often bypassing institutional filters. The result is a landscape where public opinion can be shaped, challenged, and amplified almost instantly.

Audio in Corporate and Social Advocacy

Beyond politics, businesses are leveraging audio to engage consumers and shape brand perception. Entrepreneurs and corporations produce audio campaigns, educational podcasts, and customer updates to inform, persuade, and build loyalty. Social advocacy campaigns have also embraced audio. Public health initiatives, environmental movements, and human rights groups use audio to educate, mobilize volunteers, and encourage participation. Voice adds authenticity, urgency, and relatability, making campaigns more effective.

The Psychological Power of Audio

Audio engages differently from visual media. Sound is processed in regions of the brain linked to emotion and memory. Listening fosters imagination and internal visualization, which can make messages more memorable and persuasive. This explains why storytelling through audio, whether a serialized podcast, a motivational voice note, or a community announcement, often carries more impact than a written article or social media post. The listener internalizes the content, rather than merely observing it. Additionally, the accessibility of audio allows multitasking. People can listen while commuting, working, cooking, or exercising. This convenience ensures that messages reach audiences who may not have time for long-form reading or video consumption.



Challenges and Risks

The rise of audio influence is not without challenges. Misinformation spreads rapidly when audio messages are forwarded unchecked. Unlike printed media, audio can be difficult to verify, edited subtly, or manipulated to mislead. Privacy and consent are also issues. Voice messages are often shared beyond their intended recipients, creating ethical concerns. Furthermore, the persuasive power of audio can be exploited for political or commercial manipulation. Despite these risks, the benefits of audio as a medium for engagement, education, and mobilization remain significant. Digital literacy and critical listening skills are emerging as essential tools for audiences navigating this evolving landscape.

Democratization of Influence

Perhaps the most transformative aspect of audio is its democratizing power. Anyone with a smartphone can create, share, and amplify content. Traditional barriers to publishing, printing presses, television studios, or radio licenses, are no longer absolute.

This accessibility allows diverse voices to enter public discourse, from young entrepreneurs sharing economic insights to rural activists highlighting community concerns. Audio has made the public sphere more inclusive, giving ordinary citizens influence once reserved for institutions.

The Future of Audio Influence

As technology advances, audio will continue to expand its role in shaping opinion. AI-driven voice synthesis, interactive podcasts, and immersive audio experiences are emerging trends. Listeners may soon participate in live, real-time audio discussions with decision-makers and experts. In Uganda and across Africa, this evolution promises new forms of engagement. Communities, brands, and leaders must adapt to a landscape where the spoken word carries weight equal to or greater than written content. Audio is no longer a supplementary medium. It is central to how society informs itself, makes decisions, and responds to social, political, and economic developments. The rise of audio in shaping public opinion signals a broader transformation in how information circulates.

Universities have long been heralded as engines of knowledge, innovation, and opportunity. In Uganda, institutions like Makerere University, Kyambogo, and Mbarara University of Science and Technology have produced generations of professionals who have driven the country's development in education, health, technology, and governance. Yet, in 2026, questions are surfacing about whether the traditional university model is still serving its purpose. Are these institutions keeping pace with the rapidly evolving demands of the economy? Are graduates equipped with skills that match the realities of today's job market? And is the university experience still the gateway to social mobility that it once was?

The Promise of Higher Education

Universities in Uganda were designed to provide three main functions: impart knowledge, develop critical thinking, and prepare students for careers. Historically, attending university was both a status symbol and a pathway to financial stability. Degrees in law, medicine, engineering, and education opened doors to employment, influence, and upward mobility. The university model emphasized structured learning: lectures, exams, tutorials, and research. Students spent several years immersed in theory, building foundational knowledge before entering the professional world. This model was appropriate in an era when industries were slower

Is the university model in Uganda still working?



to change and formal qualifications were the primary measure of competence.

The Skills Gap

Today, the landscape has shifted. The economy is increasingly driven by technology, entrepreneurship, and service industries. Employers are demanding digital literacy, innovation, adaptability, and practical problem-solving skills. Yet, universities still largely operate under the lecture-exam paradigm, leaving many graduates theoretically competent but practically unprepared. The skills gap is evident across sectors. Recent graduates report difficulty in securing employment, citing mismatches between their studies and the needs of employers. Industries such as fintech, software development, creative media, and renewable energy often prioritize practical experience over degrees, creating tension between traditional education and market demand.

The Rise of Alternative Learning

In response, alternative learning pathways are thriving. Coding bootcamps, online courses, mentorship programs, and entrepreneurship hubs are offering skills-based training that universities often fail to provide. Platforms like Coursera, Udemy, and local initiatives provide practical, affordable, and flexible options that align more closely with employment realities. Young Ugandans are increasingly turning to these alternatives, questioning whether a university degree is the fastest or most effective route to career success. While universities provide credibility, alternative learning emphasizes adaptability and real-world application.

Research vs. Relevance

Universities are also evaluated on research output. While some



E-learning, hybrid classes, and digital research resources can enhance the university experience, but adoption remains uneven. Many institutions still rely on in-person lectures, print materials, and outdated lab equipment. The COVID-19 pandemic demonstrated the potential of online education, yet it also exposed gaps in infrastructure, digital literacy, and access. For universities to remain relevant, they must integrate technology meaningfully - not as a stopgap, but as a core component of teaching and learning.

Rethinking the University Model

Several proposals for reform have gained momentum in recent years. These include curriculum modernization that blends theory with practical, industry-aligned coursework; mandatory internships and apprenticeships to bridge the divide between classroom learning and the workplace; and interdisciplinary programs designed to equip students for complex, cross-sector challenges. Digital integration has also become central, with institutions expanding e-learning platforms, research databases, and technology-enhanced teaching methods. Equally important are stronger industry partnerships that foster collaborative research and skills development to ensure academic relevance. The broader goal is not to dismantle the university model but to preserve its core strengths like critical thinking and research.

institutions produce groundbreaking research, much of it remains disconnected from the practical challenges of Uganda's economy. Funding constraints, outdated infrastructure, and limited industry partnerships hamper the translation of research into solutions that address national development goals. The traditional university model prioritizes academic achievement over employability. Students may graduate with deep theoretical knowledge but little exposure to internships, industry projects, or entrepreneurial experience. As a result, many enter the workforce confident but underprepared for the demands of modern jobs.

Economic Pressures

The financial realities of higher education in Uganda are another factor. Tuition fees, living costs, and extended study durations create barriers for students, especially from low-income backgrounds. Some graduates incur debt without the guarantee of employment that matches their qualifications. At the

same time, public universities face budgetary constraints that limit infrastructure development, faculty training, and technology adoption. The pressure to accommodate large student populations often leads to overcrowded lecture halls, outdated curricula, and minimal attention.

Changing Student Expectations

Modern students are also redefining what they want from higher education. Beyond grades and diplomas, they seek transferable skills, practical experience, mentorship, and career guidance. The traditional model, with its heavy focus on theory, often leaves students dissatisfied. There is also growing interest in interdisciplinary learning. Employers increasingly value graduates who can navigate multiple fields — combining business acumen with technology, or health sciences with data analytics. Universities, however, are slow to adapt curricula to these cross-cutting demands.

The Role of Technology

Digital transformation offers both opportunities and challenges.

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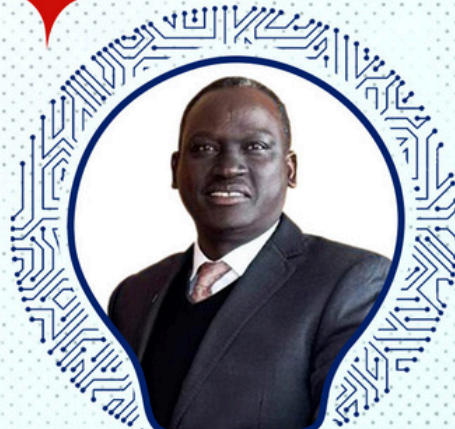
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Retirement comes with a ceremony nobody warns you about

BY: CHARLES GONDOSIO

Photography: COURTESY

The farewell cake is barely digested. The speeches are still ringing in your ears. Your colleagues have shaken your hand with the seriousness of people who are secretly happy they are not the ones leaving. You go home thinking you are now entering a season of rest, peace and afternoon naps. That is when the real visitors begin to arrive. Retirement has a strange way of sending a silent announcement into the world. It is as if a message is broadcast somewhere that says, "This person has just received a large amount of money and is now at home doing nothing. Kindly proceed." Phones start ringing. Relatives you have not heard from since the last election suddenly remember your name. Old friends develop urgent projects. Distant cousins discover business ideas that require only a small boost. Children look at you with new respect. Even the family dog begins to stare at you differently. This is where my advice begins. When you retire, pretend you are very broke. In fact, do not pretend. Perform it with the skill of an award winning actor. Look worried. Walk slowly. Speak in a low voice. Shake your head often. If possible, sigh before answering any question. low voice. Shake your head often. If possible, sigh before answering any question. Tell your friends that your terminal benefits have delayed. Say it confidently. Say it with disappointment. Say it like a man who is waiting for justice from a system that has forgotten him.



If they insist, tell them you invested everything in land somewhere very far away where even you cannot access it easily. Mention complicated paperwork. Mention surveys. Mention titles. These words are very effective at discouraging further questions. You will be shocked how quickly sympathy replaces interest. You see, retirement money has a unique smell. Certain people can detect it from a distance. They do not see your money as your lifetime sweat. They see it as easy loot that simply needs proper redistribution.

They will come with very touching stories. School fees that cannot wait. Businesses that will surely succeed this time. Medical emergencies that sound like they were scheduled to coincide with your retirement date. Stand firm. Do not give them a dime. Because one you start

you will not stop. You will be milked gently, respectfully and completely. They will thank you as they empty you. They will even pray for you as they finish you. And when the money is gone, so are they. This advice is especially important for those who still believe they are young at heart and have girlfriends, or boyfriends scattered across the map. My friend, this is the time to forget that they exist. If you see their call, stare at the phone like it is showing you a wrong number. Avoid them like a plague that requires no medical confirmation. Retirement is not the season for generosity without a budget. It is the season for financial wisdom disguised as poverty. Invest your money quietly. Eat well. Sleep well. Travel if you want. Cook your good food. Sit in your clean house after the cleaning squad has left and enjoy your peace without announcing your bank balance to the village. Let people think you are surviving on tea and memories. In retirement, the less wealthy you appear, the longer you will actually live like a wealthy person. And that, my fellow retirees and soon to be retirees, is free advice that would have cost you a lot of money to learn the hard way.

Mr. Charles Gondosio is a Kenyan humorist and digital creator



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5 root vegetables to eat regularly for healthy eyes

The antioxidants in turmeric help reduce the risk of macula degeneration, while the beta-carotene in carrots, converted into vitamin A, improves vision and prevents night blindness. Dr. Duong Minh Phuc from the High-Tech Eye Center at Tam Anh General Hospital in Ho Chi Minh City in Vietnam, explains that many foods rich in vitamins and antioxidants support eye health. However, consuming these in the right amounts is essential for the best results.

Carrots

Carrots are a great source of beta-carotene. Once ingested, this compound is converted into vitamin A, which is crucial for maintaining a healthy retina and improving vision in low-light conditions (night vision). The beta-carotene in carrots also helps protect against macula degeneration and cataracts caused by aging, reducing blurred vision, eye fatigue, and dizziness. However, it is advised to eat carrots two to three times a week, with about 100 grams for adults and 30-50 grams for children, to avoid digestive issues or jaundice caused by excess beta-carotene not being fully absorbed.

Sweet potatoes

Like carrots, sweet potatoes are packed with nutrients beneficial for eye health. Orange sweet potatoes are especially rich in beta-carotene, which helps prevent dry eyes and

protects against macula degeneration. In addition to beta-carotene, sweet potatoes contain vitamins C and E, as well as anthocyanins (more abundant in purple sweet potatoes), which help protect the retina and slow the aging process of the eyes.

Turmeric

Dr. Phuc highlights that curcumin, the active compound in turmeric, is highly beneficial for eye health and overall well-being. Its antioxidant and anti-inflammatory properties help treat conditions like conjunctivitis, uveitis, glaucoma, diabetic retinopathy, and slow macula degeneration.



Beetroot

Beets or beetroots are rich in lutein and zeaxanthin, which protect the retina from blue light and UV rays—two primary causes of macula degeneration. Beets are also high in natural nitrates, which convert into nitric oxide in the body. This helps dilate blood vessels and improve circulation, enhancing blood flow to the eyes and supporting retinal and optic nerve function.

Onions

While onions may not directly improve vision, they indirectly support eye health. They are rich in antioxidants, particularly quercetin, which has anti-inflammatory effects and helps reduce damage from free radicals—factors contributing to macula degeneration and cataracts due to aging.

This compound also improves blood circulation, providing oxygen and nutrients essential for the eyes, especially the retina. Onion extract may help prevent mild eye infections, but it should never be applied directly to the eyes, as it can cause irritation or burns.



Penile Health: Why the penis is the barometer for men's health

A man's penis is a living diagnostic instrument, quietly taking notes on his vascular integrity, neurological signaling, hormonal balance, inflammatory load, metabolic health, sleep quality, and long-term survival odds. Erections are not just about desire. Nighttime erections, in particular, are not erotic events. They are system checks. Autonomous, involuntary, and brutally honest. When Bryan Johnson, then 48, said in 2024 that men without nocturnal erections are roughly 70 percent more likely to die prematurely, he wasn't being provocative; he was stating what cardiology and urology have been circling for decades but not being direct enough. The penis predicts death because it is downstream of everything required for life to flow well. Blood has to move freely. Nerves have to fire accurately. Nitric oxide has to be produced efficiently. Testosterone has to exist in sufficient quantity and actually be usable. Sleep cycles have to be intact. The autonomic nervous system has to be able to switch into parasympathetic mode, which means rest, repair, and regeneration. When any of those fail, erections go first, long before the heart attack, long before the stroke, long before the diagnosis that forces a man to pretend he never ignored the signs. Penile health is not measured by whether a man can "get it up on command." That framing is adolescent and misleading.



As Dr. Ryan Welter explains, penile health includes erectile quality, orgasmic function, libido, satisfaction with intercourse, and overall sexual satisfaction. Erectile dysfunction is not a penis problem. It is an early-warning system for cardiovascular disease. The arteries supplying the penis are significantly smaller than those feeding the heart and brain. They clog first, they lose elasticity first. Plaque buildup, insulin resistance, chronic inflammation, and endothelial dysfunction announce themselves through diminished erections years before a cardiac event.

Two to five years, on average.

When blood cannot move freely enough to produce an erection, it is already struggling elsewhere. The penis is simply the first place the system can no longer compensate. This is why pills that force blood flow without addressing root causes create the illusion of health while the underlying pathology continues to progress. There is also a nervous system component men rarely want to face. Chronic stress, unresolved

trauma, constant sympathetic activation, poor sleep, and emotional suppression all interfere with nocturnal erections. A man who never fully drops into parasympathetic repair at night is not recovering. Libido decline follows the same pattern. Desire does not vanish randomly. It fades when energy is diverted toward managing inflammation, metabolic chaos, hormonal depletion, or psychological overload. A body under threat does not prioritize reproduction or pleasure. This is why mocking erectile changes, dismissing them as "normal aging," or outsourcing responsibility to pharmaceuticals is self-betrayal. The body is communicating. Loudly. Clearly. Repeatedly. A healthy penis is proof of circulation, hormonal coherence, nervous system regulation, and metabolic resilience. It is evidence that the body can still move blood, signal nerves, generate desire, and repair itself in the dark while the mind sleeps. When those signals disappear, the question shouldn't be "What's wrong with my penis?" The question should be "What is failing upstream that I don't want to look at?"

Is it better to skip breakfast or dinner to lose weight?



According to Dr. Pham Anh Ngan of University Medical Center HCMC, intermittent fasting, particularly time-restricted eating, has been shown to help with weight loss and improve certain health indicators. Depending on cultural habits, breakfast, lunch or dinner may be the main meal of the day, typically providing more protein and vegetables than the others. Skipping breakfast or dinner both brings metabolic benefits and risks. Studies show cutting dinner has a greater impact on reducing total daily calorie intake, making it a possible option during weight loss. However, skipping dinner may slow metabolism, cause nutrient deficiencies, disrupt sleep, increase hunger and weaken the immune system. Skipping breakfast may help some people feel more alert during the day, but hunger can lead to poorer food choices later in the day, with increased intake of sugary and fatty foods. Research also shows that intermittent breakfast skipping may

improve insulin sensitivity but glucose and insulin responses at the final meal of the day tend to worsen. Overall, skipping meals or practicing intermittent fasting carries both benefits and health risks. Some healthy foods are also more likely to be consumed at certain meals, such as milk and whole grains at breakfast, and vegetables and protein at dinner. The decision to skip breakfast or dinner should be flexible and based on the body's response. For office workers who work mainly during the day and require constant mental effort, breakfast helps provide sufficient energy for the brain and body. For effective weight loss, people can consider diets that increase vegetables and plant-based protein tailored to individual needs and exercise routines, while reducing carbohydrate intake. Consulting a nutrition specialist can help ensure weight loss is safe and appropriate for each person's physical condition and work demands.

Why putting hot food straight into fridge is safe

Many people wait for food to cool before refrigerating to protect their appliances, a habit experts warn can allow bacteria to multiply. The head of the Clinical Nutrition Department at Anhui Medical University Hospital in China said food should be refrigerated as soon as possible, even while still hot, as a rule of thumb for safe storage. Food safety risks are linked to the "danger temperature zone" between 4 and 60 degrees C, where bacteria such as Salmonella, Staphylococcus aureus and E. coli multiply rapidly, according to the People's Daily newspaper. Bacterial growth is slowed below 4 degrees C, the standard temperature of a refrigerator compartment, and they are killed at above 60 degrees C. If food is left to cool naturally, the time it spends in the "danger zone" is prolonged, increasing the risk of contamination. Health authorities advise that cooked food should not be left at room temperature for more than two hours, or one hour if the ambient temperature exceeds 32 degrees C. To store food safely, home cooks are advised to follow four rules:

- Portioning:** Instead of storing an entire pot, food should be transferred into smaller containers.
- Do not seal immediately:** If the food is still hot, leave the lid slightly open during the first hour in the refrigerator to release steam.
- Allow airflow:** Containers should be spaced slightly apart in the refrigerator.
- Limit storage time:** Cooked vegetables should be stored in the refrigerator for no more than 24 hours, while cooked meat should not exceed two days.

FUFA Women Super League Commercial Strategy: What it offers Uganda's football



The FUFA Women Super League Commercial Strategy is a deliberate and strategic effort by FUFA to nurture and commercialize women's football.

In a country where cultural and religious norms have historically shaped the opportunities available to girls, it is remarkable to see young Ugandan women confidently taking to the football field, not just to kick a ball around, but to pursue professional and international careers. From school playgrounds and neighborhood streets to local clubs and national teams, girls are embracing football with enthusiasm and ambition. Behind this momentum lies a deliberate and strategic effort by the Federation of Uganda Football Associations (FUFA) to nurture, professionalize, and commercialize the women's game. On 10th February 2026, FUFA took a bold step forward by launching the FUFA Women Super League Commercial Strategy at the Imperial Royale Hotel. Supported by FIFA, this initiative is designed

to enhance the commercial value of women's football, offering practical guidance on monetization while fostering collaboration between member associations, sponsors, and stakeholders. At the launch, FUFA President Moses Magogo Hassim reaffirmed the federation's unwavering commitment to women's football. "Our focus is on commercial growth, infrastructure development, and deliberate investment in the girl child," Magogo said. He traced the origins of the women's game in Uganda back to a time when few opportunities existed, and girls were forced to play alongside boys. "Women's football has had a very long journey here in this country. At a time when there were few girls who wanted to play football, the only option they had was to play with the boys. Eventually, teams were formed,

competitions followed, and stars were born. That is how we arrived where we are today," Magogo reflected, acknowledging the individuals and institutions like FIFA that have championed the women's game. Uganda's achievements have earned global recognition: alongside Romania, the country was one of only two nations selected by FIFA to pilot its women's football commercialization project. "This shows the confidence FIFA has in what we have done here. We want to thank FIFA and convey our appreciation to President Gianni Infantino on behalf of the football people of Uganda," Magogo said. He explained that FUFA's strategic approach, bolstered by government backing, enhanced commercial capacity, and increased FIFA support, has strengthened programs and professionalized competitions.



Crested Cranes winger Zainah Nandede signs off at the launch of the commercial strategy

“Sometimes progress is slow, but that is the right way. Football needs money at all levels, and over time we have been able to build our commercial skills, receive government support, and benefit from increased FIFA funding,” Magogo added. Legal protection and infrastructure are critical to commercial growth, he noted. “You cannot commercialize when your rights are not protected by law, and you cannot package football without infrastructure. Through engagement with stakeholders and government, we now have pieces of infrastructure that make commercialization possible.” FUFA’s long-term strategy focuses on three pillars: expanding grassroots reach, professionalizing elite competitions, and pursuing international excellence. Magogo also highlighted the remarkable cultural shift in Uganda, where communities now accept that girls can play football, access education through sport, and pursue professional careers. “Today,

parents and relatives have accepted that a girl child can play football, get education, and even earn a living. That, for me, is a big success,” he said. Looking ahead, the next phase involves building properly structured clubs capable of offering facilities, welfare, motivation, and technical instruction. “For these girls to develop properly, we need professional clubs, and for that to happen, we need resources. Football does not come cheap,” Magogo emphasized. FUFA has also strengthened governance, increasing female representation across the General Assembly, Executive Committee, and Secretariat, while implementing the Women in Football Programme. FIFA leaders attending the launch expressed optimism about Uganda’s progress. Solomon Mudege, FIFA Head of Development Programmes – Africa, brought greetings from President Gianni Infantino and senior FIFA officials, praising Uganda’s achievements and urging

stakeholders to implement the Super League commercial strategy sustainably. “FUFA and its stakeholders should be proud of what has been achieved. We now look forward to this next challenge of implementing the Super League commercial strategy and ensuring it benefits all women football players in Uganda,” Mudege said. He highlighted the potential for clear talent pathways from grassroots to elite competition, with benefits expected to be reflected in the performance of the Crested Cranes on the continental and global stage. FIFA Lead for Women’s Football Development – Africa, Doreen Nabwire, echoed these sentiments, noting the rapid growth of the women’s game across East Africa. “The women’s game has come a very long way, especially in this continent and this region. In previous generations, we had massive potential across East Africa, but due to lack of structures, opportunities, and exposure, we were not able to showcase what the region had to offer,” Nabwire said. She underscored FIFA’s focus on empowering women in football leadership and governance, ensuring that female voices drive decision-making and champion the women’s game. “Uganda has been really intentional in the growth of women’s football,” Nabwire concluded. The launch of the FUFA Women Super League Commercial Strategy is more than a milestone; it is a statement. It signals a future where women’s football in Uganda is not only competitive and professional but also commercially sustainable.

Queen Cranes eye football World Cup appearance

Uganda U-20 Women's National Team, popularly known as the Queen Cranes, progressed to the fourth and final round of the 2026 FIFA U-20 Women's World Cup qualifiers after a hard-fought 1–0 victory over Zambia U-20 Women's National Team. The decisive second leg was played on Saturday, 14th February 2026, at the Levy Mwanawasa Stadium in Ndola, where Uganda delivered a disciplined and resilient performance to silence the home crowd. Uganda advanced 2–1 on aggregate, having settled for a 1–1 draw in the first leg at the FUFA Stadium, Kadiba a week earlier. The narrow margin underlined the competitive nature of the two-legged tie, but it was Uganda's composure and tactical organization away from home that ultimately made the difference. Head Coach Sheryl Botes hailed her players for their character and belief in the face of a daunting challenge. "We were told before coming here that no team had ever beaten Zambia at home, especially at this stadium. But as Uganda, we worked tirelessly and believed in ourselves," Botes said during the post-match press conference. Head Coach Sheryl Botes hailed her players for their character and belief in the face of a daunting challenge. "We were told before coming here that no team had ever beaten Zambia at home, especially at this stadium. But as Uganda, we worked tirelessly and believed in ourselves," Botes said during the post-match press conference. She dedicated the historic victory to the people of Uganda and praised the continued backing



of women's football by Federation of Uganda Football Associations leadership, particularly FUFA President Moses Magogo. The result sets up a decisive final-round clash against Ghana U-20 Women's National Team in May. Ghana booked their spot after edging South Africa U-20 Women's National Team 3–2 on aggregate in their qualifier. With one hurdle left before securing a historic place at the global showpiece, the Queen Cranes now stand just a step away from writing a new chapter in Ugandan women's football.



Shamika, 18, bags Africa's badminton senior gold

In a landmark moment for Ugandan sports, 18-year-old Fadilah Shamika Mohamed Rafi has carved her name into the history books. At the All Africa Senior Badminton Championships in Botswana, she clinched the gold medal, becoming the first Ugandan woman to ever reach the top of the podium in this prestigious continental event. Rafi's triumph came against stiff competition, culminating in a stunning victory over South Africa's top seed Johanita Scholtz in the final. The 18-year-old's blend of agility, precision, and mental toughness left spectators in awe and signaled the arrival of a new powerhouse in African badminton. This isn't her first taste of continental glory. Just weeks earlier, Rafi swept all three gold medals at the All Africa U-19 Championships in Mauritius, establishing herself as a rising star. Her latest victory proves she has seamlessly transitioned from youth sensation to undisputed queen of the senior circuit. Beyond personal accolades, Rafi's win represents a milestone for Ugandan badminton.



Uganda's Fadilah Shamika Mohamed Rafi getting a medal in Botswana.

2027 AFCON: Uganda expands infrastructure

Last month, the National Council of Sports (NCS) and Makerere University handed over the Makerere University Sports Grounds to the Uganda Peoples Defence Forces (UPDF) Engineering Brigade, marking the start of construction for a training ground to support Mandela National Stadium, Namboole, as a venue for the 2027 Pamoja AFCON.

NCS Chairman Ambrose Tashobya and Makerere University Vice Chancellor Barnabas Nawangwe officially handed over the site to the Engineering Brigade's Lt. Col. Engineer Peter Sseku Kidemuka, the Project Manager tasked with transforming the site into a

CAF-certified ground over the next eight months, replicating the successful upgrade of Kyambogo University grounds ahead of last year's CHAN Tournament. The project will be supervised by the Ministry of Works and Transport. Planned upgrades include a football and rugby training pitch, a running track, a 1,700-seat pavilion, modern dressing rooms, floodlights, and upgraded power and water facilities. Government has allocated Shs 21.8 bn for the project. In the same spirit, the government recently signed Memorandums of Agreement with Gulu University and Lira University for the construction of training grounds.



As a CAF prerequisite, stadiums can only qualify as hosts for major continental tournaments if they have four attached training grounds. For the Akii-Bua Olympic Stadium, currently under construction in Lira City, this requirement will be met by Gulu University, Lira University, Pece Stadium, and the stadium's own ground.



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