

*Kitacakari nyakook ewonitngibaren. (Toposa)*

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*An empty stomach can make a person lose his or her cattle; that is, when the stomach is empty the legs become weak and you can't run after your animals. (English)*

Toposa ( [Sudan](#) ) Proverb

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Friday

Saturday

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