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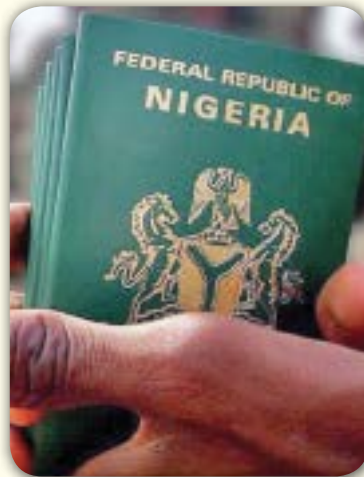
By NCNC Staff

If you've been brooding over the hectic process of renewing your passport as a Nigerian, perhaps this report should give you a sigh of relief - The Nigerian passport will now be valid for 10 years.

Muhammed Babandede, comptroller-general of Nigerian Immigration Service (NIS), made the disclosure when he visited the Ikoyi passport office in Lagos recently.

He said the President Muhammadu Buhari has approved improved security features and quality for the passport booklets to meet international standards.

Babandede said, "He has approved 10-year validity for passports which is great news. When the report comes, passports will be valid for 10 years which is great news especially for adults from the age of 18 and above."



"Though people will pay more, if they can pay more and get the booklets quickly, it's good with improved security for 10 years validity. They would pay more but the document would be available, that's good.

"Ten years after the enrolment of the e-passport system,

we need to improve the security features. You can't keep documents for 10 years without seeing decreased values in them, so we are improving the security features which would raise the standards of the passports."

Babandede said the new changes will ease the stress of renewing passports and also help the country.

Passport renewal sometimes can take a whole week and in many cases can be delayed for weeks due to non-availability of materials for print.

"And we will ensure it is done before the end of this year because the booklet has to change," he added.

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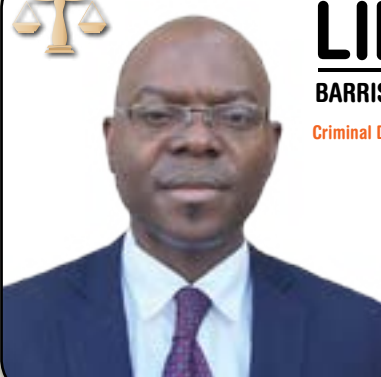
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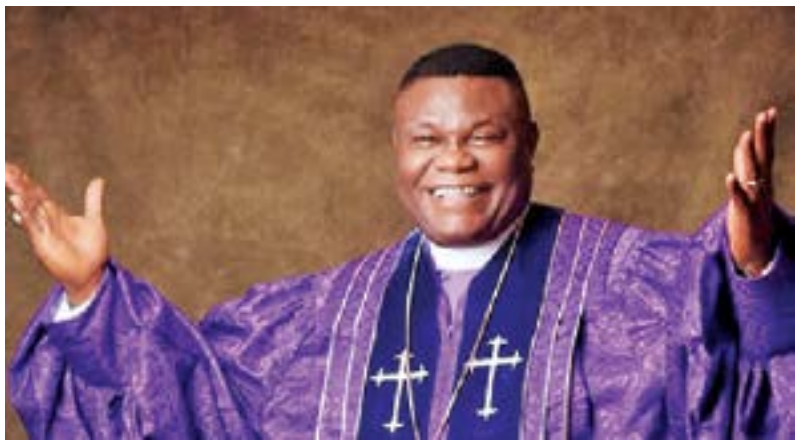
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Psalm 119:9




TWITTER APPOINTS NGOZI IWEALA AS A BOARD MEMBER



Dr. Ngozi Okonjo-Iweala
By NCNC Staff

Twitter has announced that Dr. Ngozi Okonjo-Iweala will be a new member of its board. Mrs. Okonjo-Iweala has previously served as senior World Bank official and a Minister of Finance in Nigeria.

The social media giant has appointed her as an independent director alongside Robert Zoellick.

Omid Kordestani, the Executive Chairman of Twitter, said that Dr. Ngozi would be a great match for the company as it looks into a more transparent future.

The company aims to create a healthier and safer environment for its users.

Dr. Ngozi said that she has accepted the nomination and that she was thrilled to be part of the team. She promised to increase the global influence of the company.

while still pushing for positivity in the society. She emphasized that this was a chance for her to contribute in driving critical conversations around today's most important issues.

Harvard-educated economist Okonjo-Iweala has also worked as the Nigerian Coordinating Minister for the Economy and a Senior Advisor to Lazard, Ltd. She has also worked with the Global Alliance for Vaccines and Immunization (GAVI) as the Board Chair.

This appointment comes as many tech giants

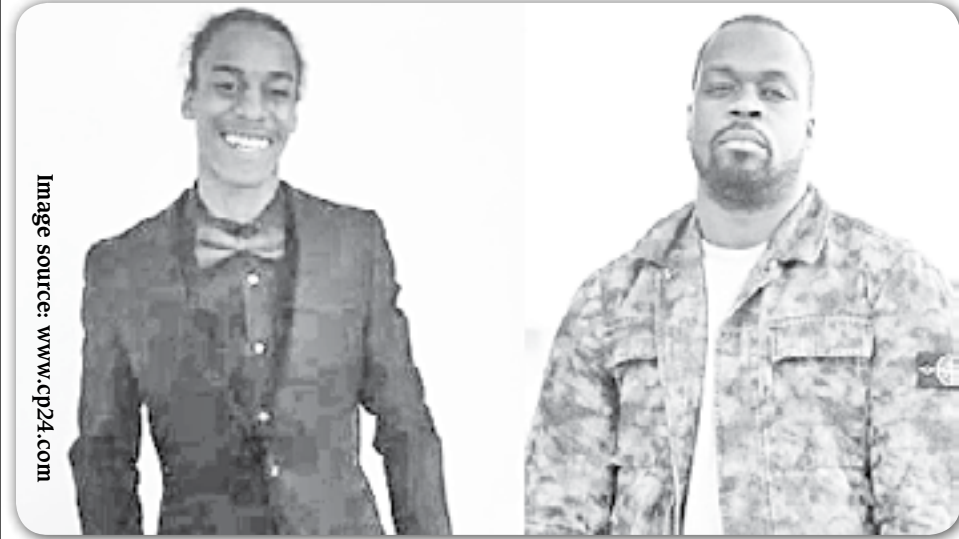
get criticized for lacking boards with a "global face."

As expected, some critics have criticized the company's decision since Mrs. Okonjo-Iweala and Mr. Zoellick are not active members of the platform. Zoellick, a former World Bank president, has never sent out any tweet. He joined the twitter in February. On the other hand, Mrs. Okonjo-Iweala hardly engages on the platform although she has around 860,000 Twitter followers.

Jack Dorsey, Twitter's co-founder, has addressed this issue. He said that the new board members would help them get fresh perspectives from new users.

The social media platform has more than 336 million users across the world. It is growing increasingly popular in Africa. Many Africans have used it to create online communities which they use to amplify their concerns; some of the communities include Black Twitter and Kenyans on Twitter. Twitter recently recognized posting in Swahili as one of its East Africa's most common languages.

FRIENDS AND FAMILY MOURN ERNEST MODUKWE & JAHVANTE SMART



By NCNC Staff

Lovers of Ernest Modukwe, a rapper who happens to be one of the two men that was shot to death in Queen Street West this month have revealed that the 28-year-old music icon was a talented dude and a guy impossible to dislike.

Sequel to his premature death, Ernest's father, sister, and girlfriend disclosed they are yet to figure out why anybody would want him to die.

Ernest Modukwe, also known as "Kosi" was shot outside Cube Nightclub which is located in Queen Street West in July 2018 alongside Jahvante Smart, a 21-year-old man whom the police identified as the shooting's other victim. Both were confirmed dead after being taken to the city's trauma centre.

It was also reported by the police that another woman sustained injuries during the shooting incident but the 37-year-old woman is expected to pull through.

While lamenting his son's gruesome murder, Okwii Modukwe revealed that Ernest was working towards launching his clothing line (Prime). He revealed further that his son was a graduate of the University of Toronto's business department.

He said, "Ernest Modukwe had a very large heart, generous, he takes people's problems as his own and he doesn't like to hurt people, he doesn't have no in his mind. I don't think anyone in their right mind would target Ernest because he doesn't have enemies. I don't think he was the target. I think he was in the right place but at the wrong time."

Okwii Modukwe sadly revealed he relocated to Canada from Nigeria in a bid to live a peaceful life and groom his children in a peaceful environment.

Chinasa Modukwe (Ernest's sister) opined that their family is experiencing a "really bad nightmare."

According to her, "It's hard to accept. It's hard to process. It's just devastating. He really wanted to make a mark in this world and Toronto. He really wanted to continue to brand Toronto, continue to brand 'The Six.' He really wanted to get his stuff out there in terms of his clothing line and his rap group. He was a good person. He was so likeable and funny and outgoing and loving."

"We're going to be grieving forever. I've lost a brother and it's just devastating. Families don't ever get over this kind of loss and

that's something that needs to be thought about.

"It's very, very tough to grasp. Why - we don't know why this happened - and that's the question, someone's son, someone's brother. Why did you feel like you need to take a gun and end someone's life?"

Ernest's girlfriend, Tynesha Du in her reaction sympathized with the family of Jahvante Smart (Smoke Dawg) and said Toronto needs a drastic change. She said, "It breaks my heart and for Smokey's family as well. No mother should have to bury their child. It shouldn't be like this. Toronto really needs to change. I don't know what's going on for people to think that this is okay or that this is acceptable, it's not. This is not the type of community we are. I feel like I've already planned my whole life with him in my head and it's hard to accept that it's not going to happen," she said. "It honestly doesn't feel real. I'm just waiting for someone to call and say it was all a mistake."

Jahvante's family released a statement disclosing that he is survived by his parents, one-year-old daughter, 13 siblings, friends and well-wishers (fans).

May the departed souls REST IN PEACE.

BORDER WALL: TRUMP THREATENS TO SHUT DOWN GOVERNMENT

By Julius Oyekunle
In a new wave of showdown with Democrats, United States President Donald Trump has threatened to allow the federal government shut down if they (Democrats) refuse to back major changes to immigration laws his administration wants.

"I would be willing to 'shut down' government if the Democrats do not give us the votes for Border Security, which includes the Wall! Must get rid of Lottery, Catch & Release etc. and finally go to system of Immigration based on

MERIT! We need great people coming into our Country!" Trump said on Twitter.
Trump wants Congress to pass legislation that addresses immigration issues. Although Republicans control Congress, disagreements between moderates and conservatives in the party have impeded a speedy legislative fix.

An immigration bill favored by conservative Republicans failed to pass the House last week. Trump has requested US\$25 billion to build a wall along the southern US border with Mexico. US House Speaker

Paul Ryan said last week that US\$1.6 billion has already been appropriated for the wall and lawmakers were considering another request for US\$5 billion.

Lawmakers recently met with Trump last to discuss the appropriations process to fund the government.

"We're going to talk to him about a whole slew of issues but mainly how to get this appropriation process back on track so that at the end of the year we don't have one giant omnibus appropriations bill," Ryan said.

TORONTO ON THE VERGE OF BANNING HANDGUNS AND AMMUNITIONS

By NCNC Staff

Toronto, Canada -- Toronto is on the verge of banning handguns and ammunition. This move comes after 3 people died while 13 others got wounded.

The Toronto City Council voted in favor of banning the sale of ammunition and handguns in Toronto. They also voted to crack down on gun trafficking, enhance surveillance programs and raise the budget for mental health programs.

The council wants to urge the federal government to approve the ban. This overwhelming vote was led by Toronto Mayor John Tory.

A 29-year-old gunman Faisal Hussain, killed a 10-year-old girl and an 18-year-old woman in the city's Greektown neighborhood. He also wounded thirteen other people. Later, the gunman was found

dead after exchanging gunfire with the police.

Hussain's motive remains unclear, with some even suggesting that it was a terrorist attack. However, Hussain's parents said that he had mental problems. They said that he suffered from conditions like depression and psychosis.

This year has seen an increase in gun violence in Toronto, Canada's largest city. Gun violence has resulted in 29 out of 58 homicides compared to 17 fatal shootings at this time last year, this is according to CBC.

According to Tory, they decided to push for the ban because they are avoiding "a crisis like the one being experienced in the U.S." He recently announced that 200 police officers would be dispatched to "priority areas" around the city between 7 p.m. and 3 a.m., for the remainder of the

summer.

The nation's laws demand that one should have a special license in order to obtain a gun. The owner has to require a license for work purposes, be a collector or a target shooter. The handgun owner is also required to pass two trainings sessions from government-approved instructors. Canadians are not constitutionally entitled to bear arms.

In recent years, Canadians have expressed their concern about the rising gun crime.

The Toronto City Council has no power to ban the sale of handguns and it remains unclear whether the federal government will end up banning the guns. A complex federal legislation is required to change the criminal code. According to Ralph Goodale, the Canadian Public Safety Minister, the government will consider the proposal for a ban.

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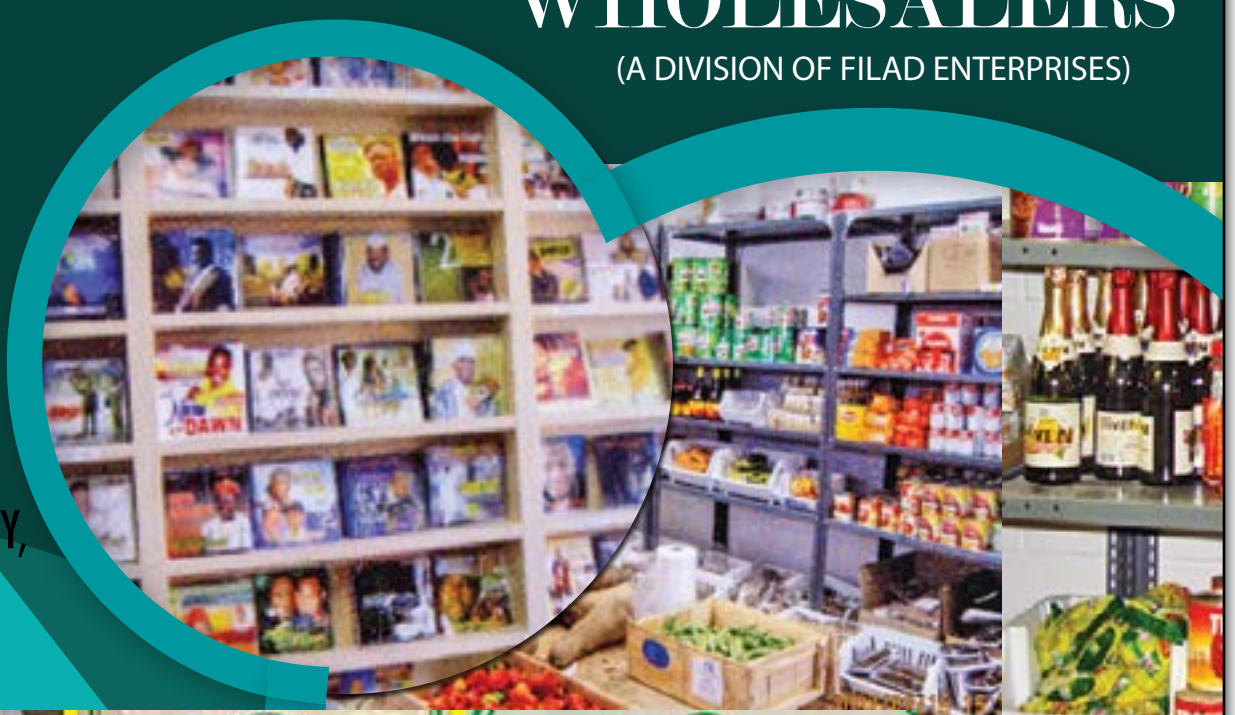
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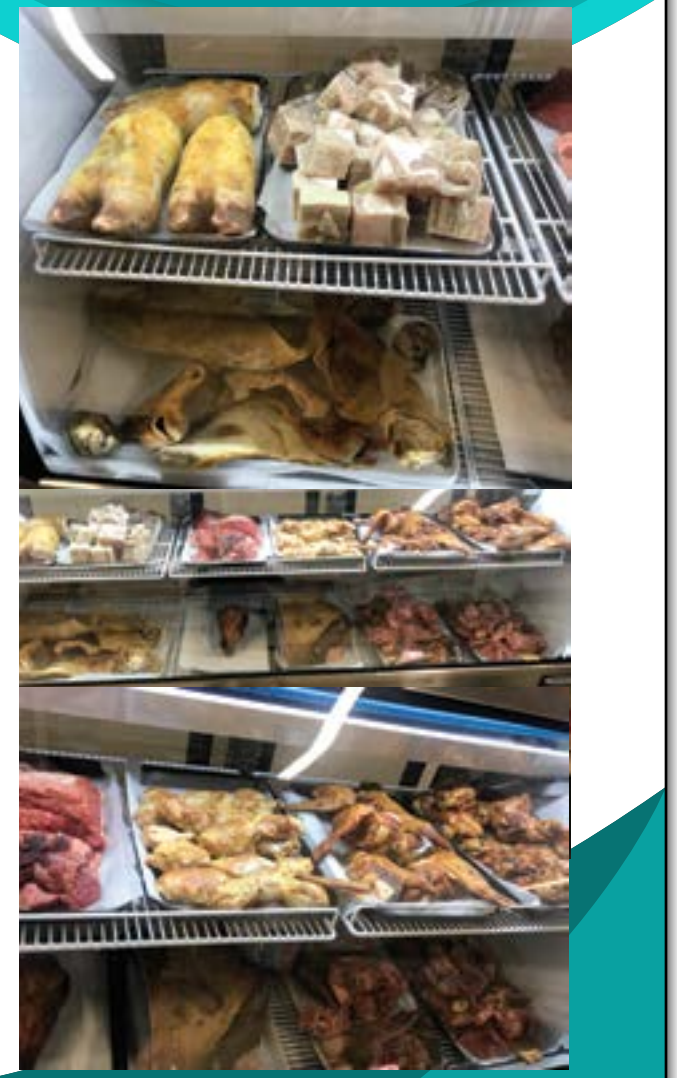
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Editorial

THE TRUMP – PUTIN MARRIAGE, WILL IT EVER END?

The July meeting between Trump and Putin was probably another opportunity for two 'love birds' to once again brainstorm or eulogize their own fanciful exigencies. As observant citizens of a world that cares, we should never be uncritical of any move by the two world leaders regardless of the political facelift and grandeur effect portrayed by the media. In as much as it gladdens the world that both countries can in fact reconcile their differences by resolving pertinent issues, we must be also aware of the threat posed by overnight diplomatic weddings. History teaches us that such marriages often end up in bitter and sometimes catastrophic divorce.

There's so much doubt to the friendly tendencies of Trump regarding this sudden love for Kremlin. Firstly, the allegations of Russian meddling in the 2016 elections



cannot be vaporised and allow to die a natural death in a country with democratic values. Has the quest to form a stronger alliance with Russia exonerated the former Soviet country for many of the crimes its been sanctioned for? Should the emergence of this wildfire friendship consume other 'family members' so as to begin to label them as the real enemies of the American people?

It is no gain saying that over the years, the bond between the US and the EU has pre-empted many attempts by autocratic leaders from becoming bullish as to

pose a cataclysmic threat of destruction to modern civilization. The efforts of the US in providing a joint military alliance, engage in trade, and access to fund and a robust market has been a big deal. Joint economic co-operation is the strength of the West and will always be. The outcome of WWII would have reshaped our world if the US had not intervened.

The democratic ideals of the West cannot be short changed or compromised in any form, despite its perceived or evident shortcomings. Peace is not negotiable, but not to be paid for under the slab of subjective motives. International politics though, isn't a game for the moralists, it has never been. The interest of a nation is at the heart of international trade not until, the interest of others clash to bring us to compromise.

Although it seems plausible to allow the 'art of the deal' man play his cards just as he wrote in his most famous book, however, who's going to pay for it when the bubbles burst? Hopefully, the union of the two should solve the Crema annexation imbroglio, help find a lasting solution to Syria by rebuilding and of course, not align to find a scapegoat again.

As we watch closely, there is the need for the media to stand firm and be the watch even when its dark out there at least, to observe the romance of two distant neighbours.

NIGERIA AIR IS BACK, NOT BACK OR NEVER SHOULD...WHICH WAY FORWARD?

Last month, the federal government of Nigeria launched Nigeria Air, a fleet that is set to replace the de-

Federal government to engage in airline business at this time, the onus lies on us to take center stage in the decision making process. We cannot shy away from the collective responsibility to usher in a new era of accountability and professionalism. If we allow the 'Nigeria Air' project fall into the hands of ruthless and corrupt politicians, we might be in for a new season of air tragedies...Did I hear a Nigerian say "God forbid"? Let's do the needful now – Don't stay aloof. In the words of Richard Quest of the popular Quest Means Business on CNN, let's get our own "share of the pie."

HOW MUCH DOES IT REALLY COST TO RENEW A PASSPORT?

It is indeed a welcome development the news that the Nigerian Passport will now be valid for 10 years. While this is laudable, efforts must be made by the Ministry of Interior and the Immigration Service to also speedy issuance of passports to the public. On many occasions, materials are always not available to print or poor signals for data capturing. One veil many Nigerians willing to renew their passports are unable to remove, is the cost of passport processing. This confusion stems from the prices for different passports posted on the wall or in offices, and the actual amount Immigration officers obtain from members of the public.

Many Nigerians in fact pay as high as N30,000 or more to renew their passports. Authorities concerned should help investigate this injustice against Nigerians and address this fraternal fraud among Immigration officials. They all seem to have a general market price within their ranks. The federal government, through the ministry of interior must not be slack in informing the populace, through print and social media on price changes and modus operandi. Meanwhile, the EFCC and ICPC should also step in to investigate and ensure there's sanity within the Immigration system.

**DON'T JUDGE EACH DAY BY THE
HARVEST YOU REAP BUT BY THE
SEEDS THAT YOU PLANT.**

– ROBERT LOUIS STEVENSON

HEALTHY LIVING

HEALTH IS WEALTH, TAKE CARE OF YOURS

Disclaimer: In no way are any of the suggestion herein meant to take the place of advice given by a licensed health care professional. Please always consult your doctor before commencing any medical treatment.

3 HEALTHY LIVING TIPS YOU SHOULDN'T OVERLOOK

(NC) When it comes to staying healthy, most of us understand the basics by now — eat right, exercise, don't smoke cigarettes and limit alcohol intake. If you've mastered these guidelines, here are three additional smart tips that may help improve your well-being:

1. GET MORE SLEEP.

Keeping choosing to watch that extra episode or check your phone one last time rather than head to bed? A new study by the Journal of Sleep Research

found that adults who consistently get six or seven hours' shut-eye for seven days a week have a lower mortality rate than those who get five or fewer hours of sleep.

2. BRUSH BETTER.

About four in five people over the age of 35 are affected by gum disease, according to new research from the European Federation of Periodontology. Gum disease is caused by a build-up of plaque along the gum line. When left untreated, it can lead to tooth loss and a high

risk of cardiovascular disease and diabetes. To better protect your teeth and gums, make sure to swap out your manual toothbrush for an electric one. Offering an amazingly effective yet gentle clean, Philips Sonicare's ProtectiveClean toothbrush is proven to improve gum health up to 100 per cent more than a manual toothbrush while removing up to seven times more plaque.

3. EAT LESS CARBOHYDRATES.

Contrary to popular thinking, a new

study from Hamilton's McMaster University found no association between eating more than the recommended amount of fat and developing heart disease or having a stroke. In contrast, people who ate a lot of carbohydrates (more than 60 per cent of their total calorie intake) were healthier than those who didn't. So, while moderation is key in any diet, pay less attention to low-fat or fat-free products and instead try cutting back on sugars and carbohydrates.

WATCH YOUR MOUTH: 3 SIGNS OF GUM DISEASE

(NC) Did you know that most of us develop gum disease? According to the Canadian Dental Association, seven out of 10 Canadians will develop the condition at some time in their lives.

Gum disease is caused by a build-up of plaque along the gum line, and when left untreated can lead to tooth loss and a higher risk of cardiovascular disease and diabetes. Here are the three key warning signs that experts recommend you inspect your gums for:

1. COLOUR.

Healthy gums should be a light pink colour. If they're a deeper pink or red, this may be a sign of early gum disease.

2. TOUCH.

If your gums are puffy or tender to touch, it means they are likely to be inflamed. This could be due to plaque build-up along your gum-line and an early

sign of gum disease.

3. BLEEDING.

If your gums bleed each time you brush or as you floss, this means there is a build-up of bacteria that could develop into gum disease if left alone.

It's important to remember that using a manual toothbrush isn't enough to protect your teeth and gums. Today, many dentists are recommending patients upgrade to an electric toothbrush because they offer a gentler way to get a deep clean.

Toothbrushes that have a built-in pressure sensor, like Philips Sonicare ProtectiveClean, will make a pulsing sound to remind you to ease off on the pressure if you're applying too much. This toothbrush is also proven to remove up to seven times more plaque and reduce gum disease by up to 100 per cent compared to a manual toothbrush.

TIPS FOR DEALING WITH SPLITTING CUTICLES

Dr. Kristie

Healthy, nicely groomed fingernails say something about a person. They show attention to detail. Besides, who wants to deal with the headache of dry, peeling cuticles. Splitting cuticles are a common problem - particularly if you work in a profession where your hands are exposed to harsh chemicals and water. Ragged, peeling cuticles are not only unattractive, they can be painful. Need guidance? Here are some tips for turning damaged cuticles into healthy ones.



cuticles become damaged is when you trim them with scissors. Trimming cuticles not only damages them - it increases the risk of a cuticle infection called paronychia, which can be quite painful. Some people also pick at their cuticles which cause them to split and peel.

THE CAUSES OF SPLITTING CUTICLES

The most common cause of splitting, peeling cuticles is a lack of moisture. When you expose your hands to harsh chemicals or repeatedly place them in soap and water, it dries them out and leads to unsightly splitting and peeling. Another way

HOW TO DEAL WITH DAMAGED CUTICLES: STOP TRIMMING THEM

It's important to stop trimming damaged cuticles with scissors and avoid picking at them. If the cuticles are covering too much of your fingernail, use an orange stick to gently push them back after soaking them

FOR HEALTHY CUTICLES, KEEP HANDS AND CUTICLES MOIST

If you expose your hands to chemicals or soap, wear rubber

gloves.

Repeated exposure to water, soaps, and chemicals leads to dryness and further damages already damaged cuticles. Use restraint when grooming your fingernails. Pushing back the cuticles too often increases the risk of irritation, splitting, and peeling. Do it only as often as necessary.

DAMAGED CUTICLES AND THE RISK OF INFECTION

Monitor for any pain or swelling around your cuticles. These signs can indicate a paronychia or cuticle infection. Look for signs of redness or drainage from the nail. If you see any, contact your doctor. Some paronychias are caused by fungi and will respond to anti-fungal medications, while others are bacterial and need an oral antibiotic prescribed by a doctor. In severe cases, a cuticle infection may need to be drained by a doctor.

SPLITTING CUTICLES: THE BOTTOM LINE?

The key to preventing peeling cuticles is to keep them moist and avoid exposing them to trauma. Don't pick at them or overroom them. Wear rubber gloves to shield the hands from soaps and chemicals. With the right habits, almost anyone can have healthy cuticles and more beautiful hands.

REDUCE BLOOD SUGAR LEVELS WITHOUT DRUGS



You don't necessarily have to begin a new round of medications when you can lower blood sugar and avoid Type 2 Diabetes and other health concerns. According to David Friedman, author of food sanity, apple cider vinegar can lower sugar levels by half and reduce insulin sensitivity. Sipping 1 1/2 tablespoon of added with 1/4 cup of water before dinner can reduce sugar levels especially for those prediabetic.

B12 CAN REDUCE CANCER RISKS BY 65 PERCENT

Daily intake of 1000 mcg. of Vitamin B12 can help reduce the risk of cervical cancer in women by 65 percent. British Journal of Obstetrics and Gynaecology reveals that B12 prevents the inflammation of tissues that fuels the growth of cancer cells in the cervix region. It is however important to check out Doctor's advice before taking in new supplements.

WOMEN ABOVE 50 CAN REDUCE THE RISK OF CERVICAL CANCER

British researchers say it is important for women in postmenopausal age to go for regular PAP test. Women above the age of 50 who were tested every 3 years had their cervical cancer risk level upwards 82 percent.

ELECTRONIC SCREENS ENDANGER YOUR KIDS

Their vulnerability to sleeping disruptions is due to the fact that their eyes and brains are still developing. Taking away smart phones and TV one hour before bedtime is advisable for sound health and vitality says The Journal, Pediatrics.

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11 YEAR OLD DRAWS FRENCH PRESIDENT ON THE SPOT

The amazing talent of Nigerians was on display again, this time around, it comes at a time French President visited the country. Kareem Olamilekan, 11, artistically drew a portrait of president Emmanuel Macron of France during his visit to the New Afrikan Shrine in Lagos.

The event held to showcase and celebrate African culture was hosted by Nigerian Artist and performer Banky W and Kenturah King.

While waiting for the President to arrive, Olamilekan got to work and created a portrait of Macron, which

was presented to him by the event's host, Nigerian singer, Banky W.

Macron who was highly elated touched heads with Olamilekan and later took to Twitter to appreciate his work.

He posted a short video of the moment, with the caption, "Very touched. Congrats to this young boy."

Olamilekan is one of the youngest members of a growing community of artists in Lagos creating hyper-realistic charcoal and pencil paintings.

The President's affini-



Kareem Olamilekan

ty with the shrine dates back to 15 years ago when he served as an intern at the French Embassy in Nigeria. He hasn't hidden his love for legendary music

icon, Fela Anikulapo Kuti. Macron was treated to electric African music by Ara, son of late Afro star, Femi Kuti and a host of other African arts.

TWO EDMONTON BARS FINED FOR OVERCROWDING

July 25, 2018

Two Edmonton bars have been convicted and fined for overcrowding under the Alberta Fire Code and Alberta Safety Codes Act.

On July 17, 2018, Nyala Lounge, located at 98 Street and 108 Avenue, pleaded guilty to overcrowding and received a fine of \$3,000. The bar's owner Mulugeta Tesfay was also fined \$2,000. The charges are related to an incident of overcrowding on March 5, 2017.

On May 14, 2018, Hudsons on Whyte Ltd pleaded guilty to overcrowding and received a \$7,000 fine. The charges are related to overcrowding during an inspection on an Oilers playoff night on April 12, 2017.

"These occupancy limits help protect the public at Edmonton establishments," said Mario Arrotta, Assistant Fire Marshal. "Fire Prevention Officers set the maximum occupant loads after taking into account the amount of floor space as well as the number, location and size of fire

exits. Our goal is to ensure timely evacuation for both staff and patrons in the event of an emergency."

Businesses can be fined up to \$100,000 for a first overcrowding offence, and up to \$500,000 for subsequent violations. The Alberta Provincial Court determines the amount of the fine. Hudsons and Nyala Lounge are the first venues convicted of overcrowding in Edmonton in 2018.

Edmonton Fire Rescue Services (EFRS) has begun posting overcrowding convictions on the City's website.

"We seldom see multiple infractions. We've found the majority of local businesses are as interested in public safety as we are and put in a real effort to meet all safety standards," said Arrotta.

After EFRS sets occupant loads, they are monitored by the Edmonton Police Service, the Public Safety Compliance Team and fire officials, during routine inspections. In 2017, fire prevention officers conducted 176 night patrols and the Public Safety Team conducted 106 inspections.

FG BANS IMPORTATION OF HAULAGE VEHICLES ABOVE TEN YEARS

Haulage vehicles that are 10 years and above old from the date of manufacture has been banned by the Federal Government of Nigeria. The ban is expected to take effect from 1st of January 2020. The measure was one of the resolutions of the stakeholders' forum organised by the Office of the Secretary to the Government of the Federation (SGF), Mr. Boss Mustapha, for haulage operators following the recent road traffic inferno on Otedola Bridge in Lagos where over many lives and properties were lost.

At the meeting, a communiqué was issued directing that mandatory certification of all haulage vehicles will now be carried out twice in 12 months. According to the communiqué which was signed by Mustapha, the Federal Government will also work closely with the Bank of Industry (BOI) and other financial institutions towards the establishment of a Fleet Acquisition Renewal Scheme



for haulage operators. The communiqué also resolved that "Standard speed limiters must be installed in all haulage vehicles in Nigeria, and that "tankers without safety valves and the required number plates will henceforth be disallowed from loading".

There was also the urgent need to effectively harmonize safety requirements for haulage vehicles in operation. Hence, the need for

inter-agency cooperation between Department of Petroleum Resources (DPR), Nigeria National Petroleum Corporation (NNPC), Federal Road Safety Corps (FRSC) and other relevant agencies.

The meeting also agreed that "periodic checks of haulage vehicles must be carried out at relevant loading points," and that, "payment of National Transportation Allowance (NTA) and bridging claims to tanker

operators will henceforth be contingent on compliance to minimum safety standards".

Moreover, "single operators of haulage vehicles must be duly registered with National Association of Road Transport Owners (NARTO) and comply with RTSS provisions". The aim of this new initiative is to ensure that roads are safer through proper regulator standards.

ABUJA METRO RAIL COMMISSIONED



By N.Ugoh

President Muhammadu Buhari has commissioned the Abuja Light Rail Project.

The 45.245km standard gauge rail line from Nnamdi Azikiwe International Airport to the Abuja metro station is the first of its kind in West Africa.

The project was flagged-off by former President Olusegun Obasanjo in 2007 in an attempt to host the 2014 Commonwealth Games.

The rail links 13 communities with 12 stations at the Abuja Metro, Stadium, Kukwaba 1 and 2, Wupa, Idu, Bassanjiwa, Airport, Gwagwa Dei-Dei, Kagini and Gbazango.

"The completion of this very important project is a dream come true, and clearly demonstrates our administration's commitment to the realization of critical infrastructural projects," Buhari said during



President Muhammadu Buhari

the commissioning recently I'm Abuja.

Abuja residents have expressed optimism that most of the transport gridlock in Abuja would soon disappear with the commissioning of the rail system.

The project was financed through counter-part-funding with the China Export Import (Exim) Bank on the basis of 60 per cent from the Chinese and 40 per cent from the FCT administration.

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PDP SETS TO REBRAND, CHANGE NAME

By NCNC Staff

Apparently disgruntled with the corruption stigma and mismanagement associated with it, the opposition People's Democratic Party (PDP) has resolved to change its name, a rebranding measure ahead of 2019 general election.

The party had suffered a string of losses in the last four governorship elections – Edo, Ondo, Anambra and the latest in Ekiti which saw the emergence of Kayode Fayemi as Governor-Elect.

The party noted that the move to change its name was to prevent the ruling All Progressives Congress (APC) from tagging it as corrupt.

PDP, which planned to announce the decision to change its name, had also penciled down Deputy Senate President Ike Ekweremadu as the one to head a committee that would walk the party through the procedure.

The ruling APC had successfully branded the party as cor-

rupt and had at many occasions blamed the party for the present economic woes. Party stalwarts admitted that a rebranding was imperative to mount a successful challenge in 2019 and give the party a fresh start.

The opposition party had long brooded the idea of the name change but had slowed down on the decision because a majority of its members were not disposed to it, and those who wanted it could not convince the others.

Besides, it was thought that even though the party had switched positions and had become an opposition party, PDP was still the only party with a strong grassroots support.

The PDP will be hoping to field a candidate capable enough to wrestle power from the President Muhammadu Buhari led administration and his party. Although, many see its chances as slim, it could still pull strings in many states if its rebranding process resonates in the remotest areas of the country.

OSUN GUBER: OLUWO ENDORSES FEMI KEHINDE



Hon. Femi Kehinde
By NCNC Staff

The Oluwo of Iwo, Oba Abdurashheed Akanbi Telu 1, has endorsed Hon. Femi Kehinde, a former member of the House of Representatives representing Iwo Federal Constituency for his Governorship ambition. Kehinde is contesting the September 22 governorship election in Osun on the platform of All Grassroots Alliance, AGA.

The Oluwo of Iwo, Oba Abdurashheed Akanbi Telu 1 while endorsing Kehinde when the AGA's candidate and his team visited the palace, prayed for him and reiterated the need for Osun West and Iwo land in particular to produce the next governor of the state.

"I am throwing my weight behind Barrister Kehinde based on the good name he has long made for himself in public service as former member of the House of Representatives. I maintain it that it is the turn of Osun West to produce the next governor and I have no doubt that God will answer my prayer," Oluwo stated.

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HOW TO AVOID WILDFIRES - HOW THEY ARE CAUSED

It is interesting to note that, of the four billion years of earth's existence, conditions were not conducive for spontaneous wildfire until the last 400 million years. A naturally-occurring atmospheric fire did not have the chemical elements available until major several earth changes occurred.

The earliest life forms emerged without needing oxygen (anaerobic organisms) to live about 3.5 billion years ago and lived in a carbon dioxide based atmosphere. Life forms that needed oxygen in small amounts (aerobic) came much later in the form of photosynthesizing blue-green algae and ultimately changed the earth's atmospheric balance toward oxygen and away from carbon dioxide (CO2).

Photosynthesis increasingly dominated earth's biology by initially creating and continuously increasing the earth's percentage of oxygen in the air. Green plant growth then exploded and aerobic respiration became the biological catalyst for terrestrial life. Around 600 million years ago and during the Paleozoic, conditions for natural combustion started

developing with increasing speed.

WILDFIRE CHEMISTRY
Fire needs fuel, oxygen, and heat to ignite and spread. Wherever forests grow, the fuel for forest fires is provided mainly by continued biomass production along with the resulting fuel load of that vegetative growth. Oxygen is created in abundance by the photosynthesizing process of living green organisms so it is all around us in the air. All that is needed then is a source of heat to provide the exact chemistry combinations for a flame.

When these natural combustibles (in the form of wood, leaves, brush) reach 572°, gas in the steam given off reacts with oxygen to reach its flash point with a burst of flame. This flame then preheats surrounding fuels. In turn, other fuels heat up and the fire grows and spreads. If this spreading process is not controlled, you have a wildfire or uncontrolled forest fire.

Depending on the geographic condition of the site and the vegetative fuels present, you might call these brush fires, forest fires, sage field fires, grass fires, woods fires, peat fires,

bush fires, wildland fires, or veld fires.

HOW DO FOREST FIRES START?
Naturally caused forest fires are usually started by dry lightning where little to no rain accompanies a stormy weather disturbance. Lightning randomly strikes the earth an average of 100 times each second or 3 billion times every year and has caused some of the most notable wildland fire disasters in the western United States.

Most lightning strikes occur in the North American southeast and southwest. Because they often occur in isolated locations with limited access, lightning fires burn more acres than human-caused starts. The average 10-year total of U.S. wildfire acres burned and caused by humans is 1.9 million acres where 2.1 million acres burned are lightning-caused.

Still, human fire activity is the primary cause of wildfires, with nearly ten times the start rate of natural starts. Most of these human-caused fires are accidental, usually caused by campers, hikers, or

continued on p(47)

RAY FRENETTE, FORMER N.B PREMIER DIES AT 83

By N.Ugoh

New Brunswick former Premier, Ray Frenette has died as an octogenarian. He died recently at the age of 83.

His death was announced by the provincial government in a news release with Premier Brian Gallant expressing his condolences.

While announcing his death, Brian Gallant revealed in his statement that "Mr. Frenette has been called a giant of New Brunswick politics, and for good reason."

According to Brian, "Not only did he (Ray) hold several prominent cabinet positions in the government of Frank McKenna, but he



also served as house leader for that government for a decade. He commanded great respect, not only from his own MLAs but all parties in the house." Frenette served the province as its 28th premier between 1997 and 1998. He succeeded Frank McK-

enna and he was succeeded by Camille Theriault.

While representing the riding of Moncton East, Frenette Ray served as the MLA for a period of 25 years.

Image credit: www.twitter.com

FAISAL HUSSAIN IDENTIFIED AS TORONTO SHOOTING SUSPECT

By N.Ugoh

Faisal Hassan has been identified by police as the suspect that masterminded the recent deadly shooting in Toronto.

The Ontario Special Investigations Unit (SIU) revealed it was releasing his name owing "to the exceptional circumstances of this tragic incident".

Not too long ago, a 10-year-old girl and an 18-year-old woman died following a gunman's sporadic shooting in Toronto. The sporadic shooting also left thirteen other people injured.

The Special Investigations Units which is saddled with the responsibility of looking into incidents that involve the police and



followed, after which the man fled again. His dead body was found about 100m (328ft) away from Danforth Avenue.

Hussain's family in their statement offered their "deepest condolences" to those affected and their families on what the family members tagged "our son's horrific actions".

The family members said their son encountered serious mental health problems and was down with severe psychosis and depression.

They said, "Our hearts are in pieces for the victims and for our city as we all come to grips with this terrible tragedy."

Image credit: www.ctvnews.ca

CBN RECOVERS ILLEGAL DEDUCTIONS FROM BANKS

By Julius Oyekunle

The Central Bank of Nigeria (CBN) has announced that it has recovered over N65 billion wrongfully deducted and illegal charges from customers' deposits and other transactions within the banking system. A move it started over 5 years ago.

The recovered cash from commercial banks has since been refunded to the affected customers.

Acting Director of Corporate Communications at the CBN, Mr. Isaac Okorafor disclosed this in Asaba while delivering a presentation on the sidelines of a two-day fair with

the theme: Promoting Financial Stability and Economic Development for stakeholders in Delta State.

"We have recovered and refunded to customers over N65 billion out of complaints by people over acts of treatments on customers, wrong charges, wrong deductions and others since about 2012/2013 when we started," Mr Okorafor said.

Many customers had lodged complaints to the apex bank on such issues and others including, inordinate withdrawals and uncredited accounts.

While speaking on the backdrop of hawking of cash by CBN staff, he

noted that the apex bank was aware of such illegal activities and had set up a task force to find erring staff. He reiterated that hawking of bank notes was punishable under CBN Act of 2007.

He, however, blamed the police for the lack of prosecution of offenders caught hawking naira during various raids in Lagos, Port Harcourt, Onitsha, Ibadan and other cities.

Okorafor said: "The CBN is committed to making sure that people do not hawk the naira, because it is an offence punishable under the CBN Act of 2007. We have made it clear to any of our staff in-

ELLA ZHANG SUES FERTILITY CLINIC OVER CLAIMS THAT DOZENS OF HER EGGS LOST

By N.Ugoh

A Toronto lady filed a lawsuit against a fertility clinic over claims that the fertility clinic was responsible for the loss of many of her eggs.

The lawsuit was filed by Ella Zhang, a 39-year-old single mother who nurtures a seven-year-old daughter. Ella not too long ago parted with an amount in the region of \$10,000 to have 65 eggs removed and saved at ReproMed fertility clinic located in West Toronto. After the eggs removal, the eggs were destroyed as the clinic's cryogenic storage tank malfunctioned and this led to what Ella termed "end of a dream."

During an interview which was interpreted by a Mandarin speaker, Ella said, "I used to be so unhappy, it was so painful. I believed every little thing could be safe, and I would not have to fret about something."

As far as the case is



concerned, ReproMed's Medical Director and other members of staff of the clinic as well as United States manufacturer and the distributor of the cryogenic tank are affected. Ella's claim is that the clinic did not critically "examine, monitor or check" their cryogenic storage tanks and did not endeavour to put in place correct alarm signals to notify members of staff when tank malfunctions.

Ella's assertion of declare stated that "[ReproMed members of staff] breached the duties owed to the ReproMed shoppers — failing to train the talent, data and judgment of strange and prudent well being care professionals working with irreplaceable organic materials in a fertility clinic setting." Her assertion of declare also comprises various allegations that have not been confirmed genuine in court of law.

While the swimsuit seeks to claim \$27.5 million in damages, representatives of ReproMed refused to hold the lawsuit in high esteem.

FG UNVEILS 'NIGERIA AIR'

By Julius Oyekunle

The Federal Government of Nigeria has unveiled its new national carrier, Nigeria Air, stating that the airline would be inaugurated at the end of this year.

In a recent statement issued by the Ministry of Aviation in Abuja, the Minister of State for Aviation, Senator Hadi Sirika, unveiled the carrier at a press conference during the Farnborough Air Show in London.

"I am very pleased to tell you that we are finally on track to launching a new national flag carrier for our country, Nigeria Air. We are all fully committed to fulfilling the campaign promise made by our President, Muhammadu Buhari, in 2015. We are aiming to launch Nigeria Air by the end of this year.

We obtained the Certificate of Compliance from the Nigerian Infrastructure Concession Regulatory Commission two weeks ago and can now go into the investor search. I am confident that we will have a well-run national flag carrier that is a global player, compliant with international safety standards and one which has the customer at its heart.

"We hope to establish an airline that communicates the essence of our beautiful

country; an airline we can all be proud of."

The statement also reveals details of the country's aviation road map that includes airport concession, aerropolis, an aircraft Maintenance, Repair and Overhaul centre, agro allied terminals, the national carrier and an aircraft leasing company.

The ministry added, "The government will support the launch of the new flag carrier with viability gap funding in a public private partnership arrangement to deliver a national flag carrier guided by international standards."

The defunct Nigeria Airways did not project the country's image and the Minister assured that this time around, the country will not make the mistakes of the past that led to its moribund end.

81 routes has already been selected for the commencement of operation of Nigeria Air.

Speaking at the Farnborough Airshow in London following the unveiling of the new national carrier, the minister was quoted to have said that for a start, the airline would operate 40 domestic, regional and sub-regional and 41 international routes.

He said, "This airline is a business and not a social

service. It is not intended to kill any airline in Nigeria but complement it and promote it. It must be done in the right way so that it will be here to stay.

"Government will not hold shares beyond five per cent at the topmost. This airline has the backing of the government. Government will come up with funding according to the business case that has been delivered to the government. We will engage the youth of Nigeria because we do believe in the 'Not Too Young to Run'.

"We engaged them in the campaign to name this airline. We engaged 400,000 Nigerian youths to arrive at the name of the airline. All of their ideas were taken and digested and we came up with what is average. The airline will take into cognizance the multicultural nature of the nation through its diversity. We want to use this airline to make a statement that yes, we can do it," the statement concluded.

Although, many critics believe that the unveiling has no value when in fact there were no airlines on display. It was gathered that at the time of the unveiling, there was no website for Nigeria Air. Many opined if that was a necessary project at this time, when electricity issues, poverty still persist on a large scale.

It is the duty of the Nigerian police to enforce the law. We have collaborated with them at different times.

involved in the practice that they will be dismissed. We have also made it clear to banks that any of them caught doing it will be severely punished. We are regulators and not law enforcement agencies. It

is the duty of the Nigerian police to enforce the law. We have collaborated with them at different times.

TAXATION

REGISTERED DISABILITY SAVINGS PLAN (RDSP)

Registered Disability Savings Plans help persons with disabilities save for the future.

Having a disability or caring for an individual with a disability can be emotionally and financially draining. The Canadian government, recognizing the need to assist in the future care of an individual with a disability, has created a vehicle for persons with disabilities and their families to save for the future.



Dami Okunade

levels.

TAX-DEFERRED GROWTH

Similar to the Registered Education Savings Plan (RESP), contributions made to the RDSP are not eligible for a tax deduction by the contributor(s) but income and capital gains within the plan grow on a tax-deferred basis. Once the funds are withdrawn, the amount is taxed as income in the hands of the beneficiary. Withdrawals include a blend of taxable and non-taxable amounts. Money that has been contributed to the RDSP is not included as taxable income when it is withdrawn. (The amount of non-taxable income is calculated according to a formula developed by the Canada Revenue Agency.) However, investment income and capital gains, plus any Canada Disability Savings Grant (CDSG) and Canada Disability Savings Bond (CDSB) amounts in the plan are included in the beneficiary's income for tax purposes when paid out of the RDSP.

AS A STARTER

The first step is to open an RDSP in the name of the beneficiary who must be a Canadian resident under the age of 60. If the beneficiary is 59, the plan must be opened before the end of the calendar year in which the individual turned 59. Other requirements for enrolment include the need to have a social insurance number and be eligible for the disability tax credit. The program allows only one RDSP per beneficiary and only one beneficiary per RDSP.

DETERMINING THE HOLDER

Once these criteria have been met, the RDSP holder (administrator) must be determined. The holder can be an individual or an organization. If the beneficiary is under the age of majority (the age of majority varies from province to province), the holder can be a parent, a legal representative or the provincial trustee.

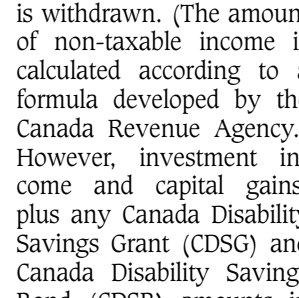
It may come as a surprise, but anyone can contribute to a specific RDSP as long as the holder approves the contribution amount in writing. Withdrawals must begin when the beneficiary turns 60. Annual withdrawals, Lifetime Disability Assistance Payments (LDAPs), continue until the death of the beneficiary. A beneficiary may make a one-time withdrawal under the Disability Assistance Programme (DAP).

CONTRIBUTIONS AND WITHDRAWALS

The investment criteria mirror those of an RRSP investment in that investments can be made in mutual funds, fixed income investments, GICs and Canadian, U.S. and foreign equities, including new issues.

THERE IS NO ANNUAL CONTRIBUTION LIMIT.

Contribution Limits Unlike other savings plans, there is no annual limit on contributions to an RDSP. However, the lifetime limit of contributions is \$200,000 and the threshold must be met by the end of the calendar year in which the beneficiary attains 59 years of age. The federal government actively contributes to an RDSP plan based upon family income



count by contributors. The maximum grant provided through the Canada Disability Savings Grant tops out at \$5,500 per annum and has a ceiling of \$70,000 during the matching contribution period that ends when the beneficiary turns 49 years of age.

As can be expected, grant amounts are based upon the beneficiary's family income and inflationary factors but, if you meet the various criteria to apply for the grants, the rewards to the RDSP are as follows:

- If family income is less than or equal to \$87,900:
 - For the first \$500 you contribute each year to the RDSP, the federal government will deposit \$3 for every \$1 you contribute, up to \$1,500 a year.
 - For the next \$1,000 you contribute each year to the RDSP, the government will deposit \$2 for every \$1 you contribute, up to an additional \$2,000 a



Dami Okunade

year.

- If family income is greater than \$87,900:
 - For the first \$1,000 you contribute each year to the RDSP, the government will deposit \$1 for every \$1 you contribute, up to \$1,000 a year.

The government also contributes funds to low- and modest-income Canadians through the Canada Disability Savings Bond. Those who qualify can receive up to \$1,000 per annum to a maximum of \$20,000, depending upon family income. The government will make no more contributions after the year in which the beneficiary turns 49. Note that it is possible to receive the bond even if contributions are not made to the RDSP.

WITHDRAWALS FROM RDSPS

Because RDSPs are designed as long-term plans, withdrawal of funds from either the bond program or the grant program before the 10th anniversary triggers repayment requirements. Plan holders should be aware that the death of the beneficiary or a determination that the beneficiary may have a shortened life expectancy will create

5 SMART REASONS TO REGISTER YOUR FREELANCE GIG

(NC) Whether you're a freelancer working several jobs or a hopeful entrepreneur developing a side hustle into a full-time career, registering your business as a sole proprietorship is a small but important step that can help you reap rewards.

Here are five reasons why registering your business as a sole proprietorship, no matter how small, is a smart move:

1. CREATE YOUR BRAND.

Registering your business as a sole proprietorship name helps you establish a brand identity. Check whether the name you want to use is available and unique, and not already taken by an existing company name or trademark.

2. THE TAX MAN.

Small businesses in Canada need to charge

GST/HST on their products or services if revenue is more than \$30,000 a year. At that point, you'll need to register for a GST/HST account, but you first need to register your business as a sole proprietorship.

3. GET THE MONEY.

You might need a business bank account to accept payments, pay suppliers and keep your business income separate from personal accounts. You may also benefit from a business credit card to charge expenses or a loan to expand. When applying for financial services for your business, you'll need proof that you are operating a viable business. Your business registration number can be proof that you're legitimate.

4. DEVELOP YOUR REPUTATION.

Customers and suppliers want to deal with established businesses. Many

do their homework and research companies before purchasing their products or services. Registering your business as a sole proprietorship establishes a start date for how long you've been running a legitimate business.

5. BUILD YOUR EMPIRE.

As your business grows, you may need to hire employees. This requires you have a registered business, which allows you to establish payroll, open an account with the Canada Revenue Agency for payroll deductions, and set up Workers Compensation, health benefits and more. The Canadian Federation of Independent Businesses provides information on the steps to take when hiring your first employee.

Register your business as a sole proprietorship quickly and easily online at ownr.co.

BASIC ACCOUNTING TERMS

Balance sheet (BS)

Balance sheet (BS) definition: A financial report that summarizes a company's assets (what it owns), liabilities (what it owes) and owner or shareholder equity at a given time.

Cash flow (CF)

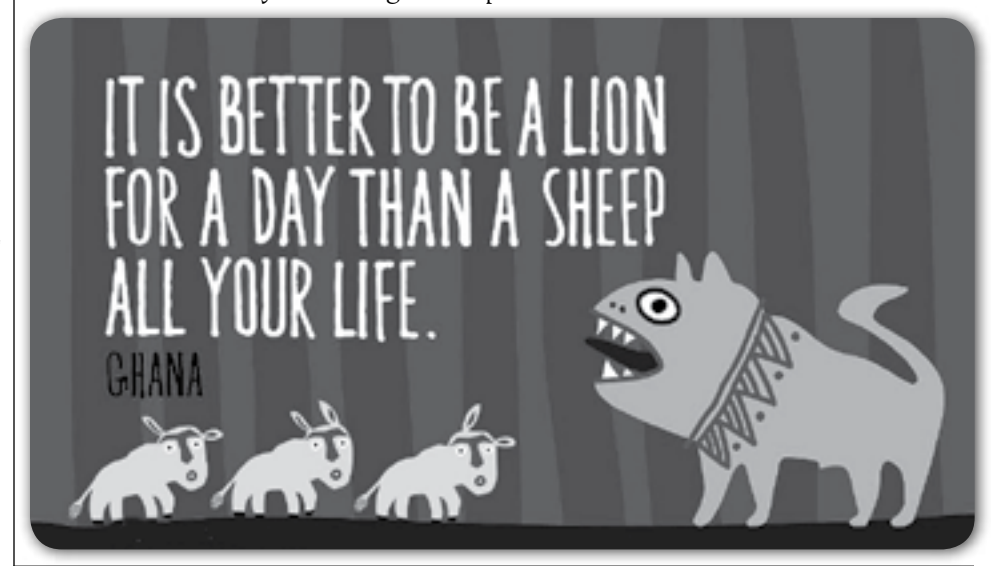
Cash flow (CF) definition: The revenue or expense expected to be generated through business activities (sales, manufacturing, etc.) over a period of time.

Insolvency

Insolvency definition: A state where an individual or organization can no longer meet financial obligations with the lender(s) when their debts come due.

Net income (NI)

Net income (NI) definition: A company's total earnings, also called net profit. Net income is calculated by subtracting total expenses from total revenues.



withdrawal or repayment requirements.

Because withdrawals or the death of the beneficiary will create different repayment or settlement terms, the beneficiary should understand the financial and income tax impact of early withdrawal, death or shortened life expectancy. Your CPA tax advisor, in conjunction with

the financial institution representatives should be able to offer advice.

EXCELLENT MEANS OF SAVING

RDSPs are an excellent vehicle for individuals with disabilities or those responsible for their future financial security. As in any program designed to look after the future welfare of

those we care for, the earlier the program is registered, the more opportunity is available not only for government contribution but for the RDSP to grow and provide that financial security.

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Share a problem with Auntie Agatha

I HAD SEX WITH WOMAN AT MY OFFICE... IT TURNS OUT SHE'S MY MUM

DEAR DEIDRE: I WAS horrified to discover that a woman I recently had sex with is my mum.

She left when I was too young to remember her and I was raised by my dad.

When I had sex with my co-worker I had no idea she was really my mum

I am a 22-year-old guy. My dad never spoke about her, only that she got in with a bad crowd and went off the rails.

My father went on to remarry. I grew up knowing that my mother was a taboo subject as far as my family was concerned.

I graduated last summer and was taken on as an intern at a finance company.

My supervisor was a very glamorous woman in her early forties.

She took me under her wing and really helped me when I started.

Over the next few months we found out we had a lot in common and my feelings for her grew. One day I suggested we go out for a drink after work.

She said it was a great idea and we went to a local pub after we clocked off.

We were chatting all night, had a lot to drink and got on well.

We ended up going back to her place and had amazing sex.

I am not very experienced sexually but she knew exactly how to help me feel relaxed. It was truly awesome.

It was a bit awkward at work the next day but my internship was coming to an end and I knew because of our ages that nothing would happen between us long-term.

I was talking to my dad about her and how wonderful she was.

I showed him some photos of her we'd ex-

changed on Snapchat.

He asked me her name and when I told him he suddenly went white and very quiet.

I asked him if he was OK and he mumbled something about having to go outside.

Dad came back half an hour later and said he had something to tell me. He then explained that the woman in the photos was my mum.

I thought he was joking but he was deadly serious. I was horrified.

He said he'd know her anywhere.

Even as I gazed at the photos I could see a resemblance.

I don't like my first name so I've been calling myself by a different one and have a very common surname, so I assume she had no idea I was her son either, but I'm horrified. What now?

DEIDRE SAYS: We can't rewrite the past of course.

This has come as a terrible shock but it can happen when people who are related meet but haven't known a normal family life together.

You didn't see a future with her and it can't happen again because it is incest and illegal, but neither of you knew about the relationship so weren't knowingly breaking the law.

You are reeling from the shock but you do need to talk to your dad and say you want to know more about your mum. She is a big part of your personal history.

Once the dust has settled, you may want to suggest meeting her – but prepare for it to come as a huge shock.

I hope she decides you can build a relationship with her as your mum.

- Sun

Continued from the last issue

Grace
The next day in the afternoon, as Grace left the courtroom, she used a pink coloured fingernail to turn on her cell phone and a text message entered immediately. She checked, it was a bank alert of a money transfer from Albert. He obviously couldn't wait for her to have the abortion done, she thought with a sad smile. She got inside her official car, fastened her seatbelt, and as she drove in the direction of her workplace, she thought about the conversation her mother had with her last night after Albert left.

Ibie had expressed her opinion about Grace's relationship with Albert, adding that she wanted a good life for Grace.

Grace could still remember her exact words: "Don't think I'm being harsh or unreasonable. I'm saying all these because I want your future happiness. I want to see you married and enjoying your marriage. But if you get married to someone who does not love God, having a good marriage is not going to happen."

Grace sighed. She knew that her mother was right, of course. She reached the building which was the last one on the street. There, she parked the car, took her briefcase and got out. She entered the building. The elevator had just arrived and she waited for the two men inside to step out, then she went in and rode to the third floor. Two companies shared the floor with the law firm: Lawal & Adesola Chambers.

As she walked down the hallway, her black court shoes with stiletto heels made clicking sounds on the tiled floor till she reached the door that had the name plate of the firm. She opened it and stepped into the spacious carpeted reception area.

The receptionist, a plump and pleasant looking woman was there, seated behind a fine polished wood dais that showed the firm's name in gold letters. The office was filled with elegant furniture. A man was seated in the glass-walled area reserved for visitors, reading a newspaper.

Grace greeted the receptionist who told her that Richard and Bayo, the senior partners in the law firm had not returned. Passing by her, Grace went into her office which she shared with two people. A full file tray was on her table while a black file cabinet stood in a corner of the room. A two-door bookshelf was between the tables of her colleagues.

She sat down and put her briefcase on her table. Opening it, she took out a file, closed the briefcase and set it

aside.

She had just opened the file when her cell phone began to ring. It was Albert. Taking a deep breath, she picked it. "Hello."

"Grace, how are you?" "Okay."

Just then, one of her colleagues entered and she waved a hand in greeting.

"Have you received the alert?" Albert asked her. Lowering her voice, she said, "Yes. I can see that you want me to get it done immediately without any consideration for me."

"What are you talking about? You're the one I'm considering in all this. That was why I sent it immediately although you have not asked for a particular amount. I know it can't cost much but I put twenty thousand naira in your account! Besides, terminating it is the only way we can move forward."

"Albert, hold on." She told him.

Leaving the room, she went through the reception and left the office. She stood on a side by the staircase, with her back to the stairs so she could talk freely. People walked past.

"Hello." She spoke into the phone.

"Yes, I'm here." Albert responded.

Sighing she said, "I don't know. I'm just feeling upset."

"I know. Don't let it upset you so much though. It happens all the time. If you had handled yourself, you would not have gotten pregnant."

"And if you had handled yourself, I would not have become pregnant."

"I can't recall holding a gun to your head."

"Oh, just shut up."

"We were both trying to have a good time, not a family."

"You're so annoying, Albert." Well, she had only herself to blame.

He laughed. "Relax Grace, everything is under control. I've done my part, it remains for you to do your part."

"I'm just wondering ... is abortion the only option?"

"It is." He answered. "Look Grace, it's just some tissues at this time. It's not yet a baby."

"Albert, it is a baby." She corrected him. "What you call tissues is the beginning of life; that is how you and I came to being."

"Look Grace," He said, dismissing her theory. "What we should be talking about now is where you will go to have it done. Should I arrange for you to see one of my friends who is a doctor?"

"One of your friends?" "Yes. That's if you

want."

She snorted. "I don't want one of your friends."

"Why not?" "One of your friends? I don't want an inexperienced young person who might perforate my womb."

"I beg your pardon? My friend might be young but he is qualified and experienced."

"Like you would say, I don't give a flip if he is qualified and experienced, he is still young."

He laughed. "Well, it's just a suggestion. It doesn't have to be him. Do you have a particular clinic in mind?"

She asked him, "When would you like to get married?"

"Marriage?" He was obviously surprised at the change of subject.

"I'm wondering about." She pointed out.

"That is not relevant." "I think it is. I'm carrying your baby and we are thinking of what we should do - have an abortion or what?"

"We have decided on what you should do." He said clearly raising his voice on the 'you'.

She was about to respond when she heard a movement from behind her. Someone was near her. As she looked back, she heard Richard's voice, "Grace."

Richard Lawal was the senior partner in Lawal & Adesola.

Surprised to see him, she said, "Oh, good afternoon sir." She hoped he hadn't heard her conversation with Albert.

"How are you?" Richard asked. The tall and dark-complexioned man was in his thirties.

"I'm fine."

"I hope I didn't startle you. I wanted you to look at someone but the person has left." Richard explained then walked away.

"Look Albert, I'll talk to you later." Grace quickly told him.

"Er, Grace."

"Yes sir." She answered and looked at him.

"Just a minute please." She waited to hear him.

"Sit down." She did.

"I don't want to pretend that I didn't hear a little about your conversation on the phone when I was coming in."

Oh my God! (To be continued)

This story is from the novel - With This Ring by Taiwo Iredele Odubiyi

To read the novel, pls visit: <https://www.amazon.com/Taiwo-Odubiyi>

www.okadabooks.com/search?term=odubiysi

www.pastortaiwoodubiysi.org



Pastor Taiwo Odubiyi

she was waved in. Knocking briefly, she opened the door.

Richard was talking on his cell phone. Grace wanted to go back but he beckoned to her.

She entered and sat down. While she waited for him, her eyes took in the things on his shiny table. A file tray, a big Bible, a box of tissue, a monitor, a telephone box, and a framed photo of him and his wife were among the things on the table.

Her gaze shifted to the right where a printer and fax machine stood on a stand that had two shelves for papers. Beside the stand was a wooden cabinet with six pullout drawers, vintage handles and built in label holders. Built-in bookcases, protected by glass doors filled with many books, most of them on law and neatly arranged in alphabetical order, were on the left side of the room. She glanced at the cream-painted walls where his framed law degrees and a painting that was three feet long and twelve inches high hung.

She returned her gaze to Richard. She knew that the black suit he wore was expensive because it was of high quality.

When Richard was through on the phone, she gave him the file in her hand and briefed him about the case she went to court for.

"Well, let the man know that from now on, he should not to talk to anyone. All questions should be directed to us." He advised.

They discussed more details of the lawsuit.

When they finished, she took the file back and got up.

"Er, Grace."

"Yes sir." She answered and looked at him.

"Just a minute please." She waited to hear him.

"Sit down." She did.

"I don't want to pretend that I didn't hear a little about your conversation on the phone when I was coming in."

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www.okadabooks.com/search?term=odubiysi

www.pastortaiwoodubiysi.org

YOU & the LAW

TAKE ACTION TO HELP CANADIANS UNJUSTLY IMPRISONED ABROAD

(NC) Imagine the horror of finding yourself imprisoned in a foreign country without access to a fair trial and even with the threat of being tortured.

Every year, millions of people travel abroad for all kinds of reasons — work, business, holidays or to visit family. Most go about their trips without any problems, but a few find themselves trapped in the nightmare scenario of being unjustly arrested and imprisoned.

A number of Canadian citizens and residents have been stuck in exactly that predicament for years. Examples include Huseyin Celil, a Canadian citizen imprisoned in China for more than 10 years; Bashir Makhtal, a permanent resident imprisoned in Ethiopia for over a decade; Saeed Malekpour, a permanent resident locked up in Iran for over nine years;



and Raif Badawi, a Saudi-Arabian blogger who has been imprisoned unjustly for more than a decade.

All four have no reasonable hope of access to justice in countries notorious for their use of torture. But here are some things you can do to help:

WRITE A LETTER TO AUTHORITIES.

When foreign governments imprison people unjustly or subject them to torture and brutal living conditions, it can make them think twice if they know people are paying

continued on p(47)

CAN I CHANGE MY MIND ABOUT BUYING A USED CAR AFTER I'VE SIGNED THE CONTRACT?

Figure out if you can cancel your contract within 90 days

A contract can be cancelled within 90 days of when you receive the car if the dealer did not tell you:

- the total mileage on the car
- the make, model or year of the car
- that the car was used as a daily rental car, police cruiser, taxi or emergency vehicle

• that the car was ever declared or branded a total loss by an insurer

- that it was considered un-repairable or suitable for salvage, or
- that the car was rebuilt

WITHIN ONE YEAR

You can cancel the contract within one year of when you signed it if the dealer made false or misleading statements about the car. Making false, misleading or deceptive statements in order to sell a

car is known as an unfair practice.

FOR EXAMPLE, A DEALER MUST NOT TELL YOU THAT:

- the car is of better quality than it really is
- the car is only available for a limited time, if that is not true
- you are getting a special price or benefit, if it is not true

Unfair practices also happen when a dealer:

- takes advantage of language difficulties that you may have
- takes advantage of physical, mental, or emotional disabilities that you may have
- charges far more than what is reasonable for the car
- pressures you to buy a car that the dealer knows you cannot afford.

If the dealer used an unfair practice to get you to buy the car, and you are within 1 year of when you signed the agreement, you can cancel it.

IS IT LEGAL TO RENT YOUR PRIVATE PARKING SPACE?

The rise of commodity-sharing services like Uber and Airbnb makes it easier than ever to get a ride, find accommodations and potentially run afoul of the law.

And as entrepreneurs find new ways to monetize common assets, they find new ways to veer into legal grey areas. The next one on the horizon could be parking spaces.

New and nascent apps like Rover or Wherepark let ordinary people rent their parking spaces for a profit. And apparently to court legal trouble.

Renting a private parking spot could technically count as a commercial enterprise and may be illegal depending on local zoning, bylaws and even the type of dwelling.

In Toronto, for example, homeowners or renters can legally rent a single spot, but not their driveway or yard. However, those rules differ for condo and apartment dwellers.

Most condo parking spaces come with their own legal ownership documents that are usually separate from the agreements you sign when you

purchase your unit. Toronto spaces can go for as much as \$70,000.

These spaces, however, can only be sold or rented to fellow residents in the same building, as it can be a security concern. Violators could have their vehicles towed by the condo corporation and possibly face legal charges. All legal costs incurred by the condominium board can ultimately be applied as a lean against your unit.

Fines can range from a maximum of \$25,000 for an individual to \$50,000 for a corporation.

A residential home-

owner, who turns their frontyard into a parking lot, can face a maximum \$5,000 hit, but enforcement is complaint-based, so it's a fairly safe bylaw violation.

Those rules vary from city to city and even within the city, again depending on zoning and dwellings. Just don't assume that something as apparently harmless as renting a parking spot can't get you into trouble.

Check your own local bylaws before starting a private parking business.

Source:findlaw.ca

WHAT IS THE DIFFERENCE BETWEEN A RESTRAINING ORDER AND A PEACE BOND?

Continued from the last issue

2. LEARN ABOUT PEACE BONDS

A peace bond is a criminal court order made by a justice of the peace or judge. It is a signed promise to keep the peace and have good behaviour. If someone signs a peace bond, it means they promise to follow the conditions in it and not to break the law.

Not following the conditions in a peace bond is a crime.

WHO CAN APPLY

You go to criminal court to get a peace bond.

Anyone can apply for a peace bond under section 810 of the Criminal Code. These peace bonds are sometimes called "section 810 peace bonds" or "810 recognizances".

You can apply for a peace bond against anyone. It doesn't have to be someone you were in a relationship with. For example, you could apply for a peace bond against a neighbour or co-worker.

PROVE WHY YOU NEED THE ORDER

To get a peace bond, you must prove that you have a reasonable fear that the other person will:

- hurt you, someone in your family, or your pets,
- damage your property, or
- share an intimate image or video of you without your permission.

WHERE DO YOU APPLY? FAMILY COURT CRIMINAL COURT

Section 810 peace bonds can last for up to one year. If you still feel you're in danger after one year, you can apply again for

another peace bond. You do not need to wait for it to end before applying again.

Mutual peace bonds Sometimes a justice of the peace or judge will suggest a mutual peace bond. Or the person you're requesting an order against might ask you to agree to sign one too.

A mutual peace bond places conditions on both you and the person you requested an order against. For example, a mutual peace bond might say that neither of you can contact the other person.

If you're asked to sign a mutual peace bond, get legal help before you sign. If there is a mutual peace bond and you break it by contacting the other person, they can press criminal charges against you. Sometimes the person might do things to get you to break the peace bond so they can call the police on you.

3. THINK ABOUT THE KIND OF PROTECTION ORDER YOU WILL NEED

This chart explains some of the differences between a restraining order and a peace bond.

Most people prefer to get a restraining order instead of a peace bond. This is because a restraining order can offer protection for a longer period of time than a peace bond. Also, if you have already started a family law court case, you might get a restraining order faster than a peace bond.

Some people might apply for a peace bond be-

against? Usually a spouse, ex-spouse, someone you have lived with, or someone you have a child with Anyone, for example a neighbour or co-worker

CAN YOU GET IT WITHOUT LETTING THE OTHER PERSON KNOW? SOMETIMES NO

What do you have to prove to get it? That you have reasonable grounds to fear for your safety or for the safety of any child in your custody

That you have a reasonable fear that the other person will:

- hurt you, someone in your family, or your pets,
- damage your property, or share an intimate image or video of you without your permission
- How long does it last?
- Short-term (a few days) to long-term (in some cases, it can be permanent Up to one year, but you can apply again once it ends

IS IT A CRIME NOT TO FOLLOW IT? YES YES

Most people prefer to get a restraining order instead of a peace bond. This is because a restraining order can offer protection for a longer period of time than a peace bond. Also, if you have already started a family law court case, you might get a restraining order faster than a peace bond.

Some people might apply for a peace bond be-

cause they don't qualify for a restraining order. Or they might prefer a peace bond because they find the process easier, especially if they aren't already involved in family court.

OTHER CRIMINAL COURT OPTIONS

You can think about calling the police to see if they will bring criminal charges against the person you're afraid of. Once you call the police, the police decide what happens. You do not decide. And there is always a chance that you could be charged, even if you're the one experiencing abuse.

OTHER FAMILY COURT OPTIONS

You can ask the family court for an order that limits contact with the person. For example, you might ask the court for an order that lets you live in your home and says the other person isn't allowed on the property. This is sometimes called an order for exclusive possession of the matrimonial home.

Or you might ask for an order that the person only use a written journal to communicate with you about the children.

These types of orders don't usually have criminal consequences. This means the police won't get involved if the person doesn't follow the order. Instead, you have to go back to family court to ask the judge what should happen.

Source:stepstojustice.ca

EMANCIPATION OF MINORS IS A LEGAL MECHANISM BY WHICH A MINOR IS FREED FROM CONTROL BY THEIR PARENTS OR GUARDIANS, AND THE PARENTS OR GUARDIANS ARE FREED FROM ANY AND ALL RESPONSIBILITY TOWARD THE CHILD. -Wikipedia

FAMILY

BEWARE, SCREEN DEPENDENCY DAMAGES CHILDREN'S BRAIN

Screen dependency has been a ubiquitous problem of late, not only affecting the lives of developing children but the day-to-day activities of adults too. Hence, the premise of the critically acclaimed TV show Black Mirror. It exposes a dystopian world where we're dependent on technology. Restricting time with a screen for children is essential, and some parents avoid screen time altogether. The American Academy of Paediatrics recommends a maximum limit of sixty minutes screen time for 2 to 5-year-olds



Anyone younger than that should probably avoid use technology use altogether. A new study shows that young children get less sleep and were less focussed if they spent an excessive time with smart devices

This behaviour led to an extended sleep time during the day than at night, which is not conducive towards a healthy sleep cycle. The study has shown that for every quarter of an hour the child uses a smart device, they lose an hour of sleep. Definitely, not good returns on investment. Another study found that the more time that a child spent on a smart device, the longer its speech would be delayed. Dr. Catherine Birken calls for more research in her state-

ment to CNN. In fact, after all this research, it was given the name Screen Dependency Disorder. This order is closely associated with the newly discovered Internet Addiction Disorder. We've all witnessed the behaviour of children these days; they're the first to latch on to their devices and constantly stay in touch with them. Be it manipulating apps at the dinner table or only communicating through an app-based software.

EXTENDED FAMILY

An extended family is a family that extends beyond the nuclear family, consisting of parents like father, mother, and their children, aunts, uncles, and cousins, all living nearby or in the same household. An example is a married couple that lives with either the husband or the wife's parents. The family changes from immediate household to extended household.



In some circumstances, the extended family comes to live either with or in place of a member of the immediate family. These families include, in one household, near relatives in addition to an immediate family. An example would be an elderly parent who moves in with his or her children due to old age. In modern Western cultures dominated by immediate family constructs, the term has come to be used generically to refer to grandparents, uncles, aunts, and cousins, whether they live together within the same household or not.[1] However, it may also refer to a family unit in which several generations live together within a single household. In some cultures, the term is used synonymously with consanguineous family.

In a stem family, a type of extended family, first presented by Frédéric Le Play, parents will live with one child and his or her spouse, as well as the children of both, while

other children will leave the house or remain in it unmarried. The stem family is sometimes associated with egalitarian inheritance practices, as in Japan and Korea, but the term has also been used in some contexts to describe a family type where parents live with a married child and his or her spouse and children, but the transfer of land and moveable property is more or less egalitarian, as in the case of traditional Romania, northeastern Thailand or Mesoamerican indigenous peoples. In these cases, the child who cares for the parents usually receives the house in addition to his or her own share of land and moveable property.

In an extended family, parents and their children's families may often live under a single roof. This type of joint family often includes multiple generations in the family. From culture to culture, the variance of the term may have different meanings. For instance, in India, the family is a patriarchal society, with the sons' families often staying in the same house. In the joint family, the workload is shared among the members. The patriarch of the family (often the oldest male member) is the head of the household. Grandparents are usually involved in the raising process of the children along with guidance and education. Like any family unit the success and structure are dependent on the personalities of the individuals involved.

Amy Goyer, AARP multigenerational issues expert, said the most common multigenerational household is one with a grandparent as head of household and his adult children having moved in with their children, an arrangement usually spurred by the needs of one or both to combine resources and save money. The second most popular is a grandparent moving

HELP YOUR KIDS BECOME INDEPENDENT WHEN AWAY FROM HOME

(NC) Heading off to post-secondary school for the first time can be stressful for parents and kids alike. Naturally kids are excited and nervous about starting out on their own. But parents also have to adjust to this new reality.

Here are a few pointers from Laura Plant, senior director, youth and young adult segment at RBC, that can help smooth the transition for both:

LISTEN MORE THAN YOU TALK.

Parents sometimes try to project their own experiences onto their kids, but it's important that you learn to let your kids explore experiences on their own. Listen to their needs, concerns and triumphs, and offer your perspective when it's appropriate.

in with an adult child's family, usually for caregiving reasons. She noted that 2.5 million grandparents say they are responsible for the basic needs of the grandchild living with them.

The house often has a large reception area and a common kitchen. Each family has their own bedroom. The members of the household also look after each other when a member is ill.

SOCIOLOGY

It has often been presumed that extended family groups sharing a single household enjoy certain advantages, such as a greater sense of security and belonging due to sharing a wider pool of members to serve as resources during a crisis, and more role models to help perpetuate desired behavior and cultural values. However, even in cultures in which adults are expected to leave home after marriage to begin their own nuclear-based households, the extended family often forms an important support network offering similar advantages. Particularly in working-class communities, grown children tend to establish their own households within the same general area as their parents, aunts, uncles, and grandparents. These extended family members tend to gather often for family events and to feel responsible for helping and supporting one another, both emotionally and financially.

While contemporary families may be considered more mobile in general than in the past, sociologists find that this has not necessarily resulted in the disintegration of extended family networks. Rather, technological aids such as the Internet and social networking sites such as Facebook are now commonly used to retain contact and maintain these family ties. Particularly in the case of single-parent households, it can be helpful for extended family members to share a single household in order to share the burden of meeting expenses. On the other hand, sharing a household can present a disadvantage depending on the sizes and number of families involved, particularly when only a few members shoulder most of the responsibility to meet expenses for the family's basic needs.

An estimated 49 million Americans (16.1% of the total population) live in homes comprising three or more generations, up from 42 million in 2000. This situation is similar in Western Europe. Another 34 percent live within a kilometer of their children.

private.

DISCUSS MONEY MATTERS OPENLY.

Set expectations at the start — if you're funding the cost of their education, be clear if there are rules on how they spend the funds and what's expected from them. Keep the lines of communication open and be approachable if they are having a hard time managing budgets.

PUT TOGETHER A SPENDING KIT FOR ESSENTIALS.

Gift cards for grocery, drug and department stores will help them manage their funds better and ensure that money for essentials always gets spent in the right places.

Find more information at www.rbcroyalbank.com/student-solution.

STAY CLOSE, BUT NOT TOO CLOSE.

You don't need to arrive on the scene every time you think they need to see you. A quick text message or email is often enough to let them know you are thinking of them. Be in touch and available if you're needed, but encourage independence and a chance to figure it out for themselves.

GIVE THEM SOME BREATHING ROOM.

Don't demand a daily rundown of their activities or expect long conversations on the phone. Remember, they're busy learning new things and making new friends. And that's a good thing.

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lute nuclear family) was at least partly responsible for the birth of industrialization, free-market capitalism and liberalism in that country.

It is common for today's world to have older children in nuclear families to reach walking up to driving age ranges before meeting extended family members. Geographical isolation is common for middle-class families who move based on occupational opportunities while family branches "retain [their] basic independence". Some extended families hold family reunions or opportunities for gathering regularly, normally around holiday time frames, to reestablish and integrate a stronger family connection. This allows individual nuclear families to connect with extended family members.

Australian Aboriginals are another group for whom the concept of family extends well beyond the nuclear model. Aboriginal immediate families include aunts, uncles and a number of other relatives who would be considered "distant relations" in the context of the nuclear family. Aboriginal families have strict social rules regarding whom they can marry. Their family structure incorporates a shared responsibility for all tasks.

Where families consist of multiple generations living together, the family is usually headed by the oldest man. More often than not, it consists of grandparents, their sons and their sons' families. Extended families make discussions together and solve a problem.

2018 SECOND QUARTER UPDATE - THE POSITIVE SIGNS IN THE HOUSING MARKET VERSUS THE CHALLENGES OF RENTING. - STEVE EZEUDE

"Owning a house is a keystone of wealth...both financial affluence and emotional security." - Suze Orman



Steve Ezeude

With the cooling down of the real estate market in the Greater Toronto Area (GTA), positive signs seem to be in the horizon with the market update of June 2018. The point of view of the newly elected Toronto Real Estate Board (TREB) President Garry Bhaura, in his first market release as TREB President, is that there are "some positive signs with respect to the housing market." According to TREB, the month of June 2018 reported 8,082 home sales which when compared with the same time in 2017 was up 2.4 per cent whereas sales were also up 17.6 per cent on a monthly basis between May 2018 and June 2018. It is understandable that the recent policy changes have impacted the real estate market and home buyers have been reacting to these changes. Regardless of the changes, owning a real estate has remained a great long term investment, and Mr. Bhaura attested to that in his reaction to the June 2018 market report stating, "Home ownership has proven to be a positive long-term investment. After some adjustment to the Fair Housing Plan, the new Office of the Superintendent of Financial Institutions (OSFI) stress test requirement and generally higher borrowing costs, home buyers are starting to move back into the market, with

sales trending up from last year's lows. Market conditions appear to be tightening, with sales accounting for a greater share of listings, as new listings have dropped compared to last year."

The average selling price was \$807,871 up by two per cent on a year-over-year basis in June 2018 and with the preliminary seasonal adjustment, there was an increase in the average selling price by 3.5 per cent month-over-month between May 2018 and June 2018. With this development, the expectation according to TREB, is to see improvement in sales over the next year with a probability of increase in competition between buyers based on supply issues that may result in increased pressure on home prices.

On the rental market, it is evident that getting a place to live now is really becoming challenging with renters having little choices especially with the supply issues. A case in point here is the condominium rentals. With a strong demand for Condominium apartment rental, TREB announced that it has continued to record a strong average rent

increases for GTA condominium apartments rented through its MLS system in the second quarter of 2018 in comparison with Q2 2017. Rents are going up. According to TREB, "The average one-bedroom condominium apartment rent increased by 10.4 per cent on a year-over-year basis to \$2,055 in Q2 2018 while the average two-bedroom condominium apartment rent increased by 8.8 per cent on a year-over-year basis to \$2,755 in Q2 2018."

Government's recent measures including rent controls have not done much in solving the rental price increases. Government needs to do more. With the change in the Ontario Provincial Government, the newly elected Members of Parliament should try as much as possible to make as top priority discussions on home ownership, housing supply and housing affordability. It is the expectation of the masses that all impediments towards increasing housing supply including but not limited to land transfer taxes, foreign buyer taxes, exorbitant development charges, and bureaucratic bottlenecks should be eradicated.

Steve Ezeude is a Realtor with Royal LePage Signature Realty and a Real Estate Investment Syndicator. For questions and/or feedback, please send email to steveezeude@yahoo.ca or call 6478608304. www.mitorntohomes.com

WHAT TO DO IF YOUR CONDO IS CANCELLED

(NC) As the market for detached homes has slowed, the demand for condos has continued to grow as people see them as a more affordable option.

While there seems to be no shortage of willing condo buyers, there is a shortage of pre-construction units available for sale. Unfortunately, this is due in part to development projects taking longer than expected, or some being cancelled altogether.

There are many different reasons why some developments never get built. For example, the builders might lack sufficient capital or fail to obtain the necessary zoning or permits. Whatever the cause, a cancelled project can leave purchasers without a home.

However, the experience shouldn't leave them out of pocket.

Under the Condominium Act, if a condo project is cancelled, purchasers are entitled to receive their entire deposit back, including any payments made for extras and upgrades. This is because the builders are required to put these monies in trust or provide alternative acceptable security. If a project is terminated and for some reason the deposits and other amounts are not repaid by the vendor, condo buyers are eligible for protection under the Ontario New Home Warranties Plan Act up to \$20,000.

If you're buying a pre-construction condo, there are consumer

protections in place to ensure that all reasonable steps are taken to complete a condo project, but it is important

to understand your rights as a purchaser if it does not. If your purchase agreement is terminated through no fault

of your own, you should get your deposit back within 10 days. If you don't, you can turn to Tarion for help.

Find more information online at belairdirect.com.

REAL ESTATE

SIMPLE TIPS AND TRICKS TO UPDATE YOUR HOME – JUST USING PAINT



By: Scott McGillivray

(NC) Looking to update your home but don't have the time or money for a full-on renovation? Not a problem. With the right application of paint, you can breathe new life into your home, inside and out.

Consider these five painting projects to boost your home's appeal:

REIMAGINE YOUR SPACE.

One of the easiest ways to add personality to refresh the walls by adding bold and contemporary colours. Try highlighting a focal point or niche with a fresh pop of colour, or paint an accent wall to command the eye's attention.

MAKE A STATEMENT IN YOUR BATHROOM.

People generally limit the amount of time they spend in their bathrooms. But what if you could make it a room you actually want

to spend time in? With a coat of paint in just the right colour, anything is possible. Turn your bathroom into a statement room with a dark shade. Forgoing the usual neutral finish, this bold approach catches the eye and can create a sense of class and drama.

REVITALIZE TIRED CABINETS AND FURNITURE.

Bring old cabinets and furniture back to life with a fresh coat of paint. Choose a colour theme that complements the rest of your home or room. You can accentuate little details, hide imperfections and create great conversation pieces. I recommend using Para Paints Ultra melamine hybrid cabinet and furniture paint in a neutral colour that complements your style.

CAPTIVATE WITH A STYLISH DOORWAY.

The front door is the

focal point of your home's exterior, so you want it to look as good as possible. If yours is looking a little tired and a new one isn't in the budget, a coat of paint is a terrific option. A brighter hue can add energy, while a more subdued one plays up a traditional feel. Top it off with some stylish hardware and accessories and you're good to go.

UPDATE EXTERIOR TRIM AND ACCENTS.

There's a connection between outer upkeep and what a visitor can expect inside. Painting your exterior windows, trim and shutters with the right colour palette can greatly boost your home's curb appeal and make it more inviting for you and your visitors. Experiment with colour to create a playful welcoming effect or opt for a more subtle palette to create a formal or classic look. Remember, first impressions matter.

RENTERS, COVER YOUR ASSETS

(NC) If you're renting, you may not realize that your landlord's insurance policy won't cover your property and personal belongings if a fire or other damaging incident happens. Only tenant insurance can do that.

To make sure you're covered, you'll need a policy that suits your unique needs. Here's what you should keep in mind if you're buying tenant insurance:

YOU'RE WORTH MORE THAN YOUR THINK.

Many people underestimate the value of their

belongings, sometimes thinking they don't need to insure them at all. To understand the true value of your possessions, start by taking inventory of everything you own. Their costs will add up quickly.

KNOW WHAT YOU NEED COVERED.

Not every insurance policy is the same, and getting the wrong policy could leave you exposed. For example, a policy that covers flooding or water damage or insures your bicycle may be a priority. Insurance providers like Belairdirect make it very easy to understand

what's covered and what's not and will help you navigate your needs.

SUBLETTING DOESN'T LET YOU OFF THE HOOK.

Even if you are subletting instead of renting, you still need to ensure your belongings are insured. That could mean getting your own policy or being added to the original tenant's policy; speaking with an insurance provider can help you figure that out.

Find more information online at belairdirect.com.

FOOD

BLACK TEA REDUCES STRESS

By N.Ugoh
Sipping a warm black tea can lower your stress hormone cortisol according to a recent British study. The implication of a lower cortisol is that it reduces anxiety and irritability levels. By all indications, you are also far away from many heart diseases, ab flab and reduce arthritis pain.



5 GARDEN-TO-TABLE HERBS TO TRY

(NC) Herbs are the perfect way to freshen up your garden and dinner plate. A few minutes is all it takes to pick up some herbs at the store and start an edible garden that will add a seasonal kick to your meals. Herbs are easy to grow, require little maintenance and are equally at home on an apartment balcony as they are in a backyard garden," says Sonya Palermo, gardening expert. "I love that I can pick up some top-quality potted President's Choice herbs with the other ingredients for a mouth-watering dish while I'm at my local grocery store."

PARSLEY. This herb tends to grow well in containers as well as in the garden. Whether it's Italian or broad-leaf parsley, it's best to plant towards the end of May to avoid late-season frost. It pairs well with all red and white meats and tastes especially good with

cucumber, avocado or carrots.
CHIVES. This easy-to-care for herb grows abundantly without maintenance and the taste is sure to impress the young gardeners in your family, who can snack on it during cool summer evenings. Chives' peppery flavour is the perfect finish for steak, chicken or lamb and they go marvelously well with potatoes, green peas or radishes.

Rosemary. This is an excellent choice for container gardening since it appreciates its own space. Be sure to avoid overwatering and provide appropriate separation from other plants to keep the leaves free of mildew. Lamb, pork, beef and turkey are great candidates for a few sprigs, as are squashes, leeks and sweet potatoes.

MINT. Another easy grower, mint is best raised in a

planter on your patio or in a submerged pot in the garden since it proliferates easily. Maintain your mint by thinning regularly and nipping buds. Lamb, chicken and salmon are all sensational with it, but pairing with watermelon, asparagus or snow peas will really blow you away. There's also nothing like fresh mint in your mojito on a hot summer day.

THYME. Another low-effort herb to plant, keeping in mind that thyme likes alkaline soil and full sun. Many people will use this plant as a fragrant ground cover. With a little pruning in the spring and summer, yours will turn out great and its nuanced flavour and aroma will pay dividends in the kitchen. Try it with pork tenderloin or get creative with honey lemon thyme cocktails.

For more ideas, read to your local PC Garden Centre.

SIMPLE WAYS TO REDUCE YOUR SODIUM INTAKE

(NC) We all want to improve our health, and an easy way to do that is to lower the amount of sodium we consume. While sodium is an essential nutrient found in table salt and many other foods, too much of it can lead to high blood pressure. Most Canadians, including children, eat too much sodium. Here are some ideas the whole family can get behind to help reduce sodium intake:

SHOP SMART. Choose foods like vegetables, fruit, whole grains, and protein-rich foods with little to no added sodium. Use the Nutrition Facts table to choose foods that are lower in so-

dium. Remember, 5per cent Daily Value is a little, 15per cent is a lot. Choose fresh over processed foods more often. Did you know that almost 80per cent of our sodium intake comes from processed and packaged foods? In Canada, breads, cold cuts, cheese, canned soups, and prepared dishes are some of the top contributors to our sodium intakes.

PREPARE HEALTHIER MEALS AT HOME MORE OFTEN. Cook with little or no added salt. Use herbs and spices to flavour foods. Your taste buds will adjust to less salt in your food. Try using basil in pasta, cumin

in soups and stews, and thyme or rosemary with chicken or beef.

KEEP WITH IT WHEN EATING OUT. Restaurant meals are often very high in sodium. To cut down on sodium and still enjoy a meal out, ask your server about low-sodium options, and for gravy, sauce and salad dressing to be served on the side. You could also order a smaller portion or share a dish with someone.

Look for healthier menu choices. Many restaurants now provide nutrition information for their menu items. Ask to see it before making your choices, or consult it online before going out.

LOBLAW RECALLS NO NAME CHICKEN NUGGETS OVER SALMONELLA RISK

By N.Ugoh
Loblaw Companies Ltd. has recalled specific No Name brand chicken nuggets owing to possible contamination by salmonella. The No Name brand chicken nuggets were doled out for sale in 907-gram packages (under UPC code 0 60383 89685 0) and as such, should either be discarded or taken back to the store of their initial purchase. In respect of the recall, the Canadian Food Inspection Agency has



revealed that there has been a minimum of one reported illness case traceable to the product. The agency revealed further that one other related case may be a possibility. Possible symptoms

of salmonella poisoning include but not limited to diarrhea, fever, headache, nausea, vomiting and abdominal cramps while salmonella poisoning's long-term complications include complex arthritis.

TRY THIS FLAVOURFUL PORK DISH FOR YOUR NEXT BARBECUE

(NC) Looking for that perfect cut of meat to serve at your next outdoor party? This delicious recipe features a pork loin roast made with classic maple and apple flavours.



"Maple and miso are a real power couple when it comes to the marriage of sweet and savoury flavours," shares Tom Filippou, executive chef for President's Choice cooking school. "Be sure to use white miso paste or shiro miso, as it delivers a mild hit of umami that complements rather than overwhelms the maple." Maple Apple Pork with Miso Slaw Prep time: 35 minutes Cook time: 40 minutes Makes: 6

INGREDIENTS:
• 1 PC World of Flavours Canadian pork loin fillet roast (about 2 lb/900 g)
• 1 clove garlic, finely grated or pressed
• 2 tbsp (25 mL) white miso paste
• 2 tbsp (25 mL) cider vinegar
• 1 tbsp (15 mL) pure maple syrup
• 1/2 tsp (2 mL) Dijon mustard
• 1/4 tsp (1 mL) black pepper
• 1/4 cup (50 mL) canola oil

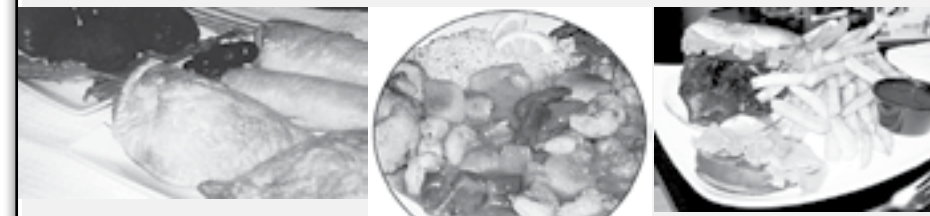
DIRECTIONS:
1. Preheat one barbecue burner to medium heat and leave other burner off. Brush grill with oil. Grill pork 8 minutes, turning once. Transfer pork to cool side. Grill, lid down, and adjust hot burner if necessary to maintain temperature of 375°F (190°C) for 30 to 40 minutes or until cooked through. Transfer to cutting board; cover loosely with foil. Let stand 10 minutes. Cut into 1/4-inch (5 mm) thick slices.
2. Meanwhile, whisk together garlic, miso paste, vinegar, maple syrup, mustard and pepper in large bowl. Gradually whisk in oil. Add green onions, carrots, celery, apples and cabbage; toss to coat.
3. Serve pork with cabbage mixture. Sprinkle with chives (if using).
Chef's tip: No barbecue? Roast the pork on a greased foil-lined baking sheet in 375°F (190°C) oven until cooked through, 50 to 60 minutes.
Nutritional information per serving: Calories 260; fat 10 g (2 g of which is saturated); sodium 550 mg; carbohydrates 17 g; fibre 2 g; sugars 12 g; protein 26 g.

YOUR LUNGS CAN BENEFIT FROM BROCCOLI

By N.Ugoh
So much pollutants and toxic substances we breathe in, yet you do not have to worry if you are a fan of Broccoli. Thanks to Sulforaphane components, Broccoli can effectively expel 61 percent of such harmful pollutants from our lungs according to a research by Johns Hopkins scientists. It is also a good component for reducing the risk of cancer.



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AUTO & TECHNOLOGY

TIRE-BLOWOUT 101: WHAT TO DO WHEN YOUR TIRE FAILS

(NC) Tire-blowout season runs roughly from the middle of May through early October. This is the time when the outside temperatures are the warmest and drivers are travelling longer distances. Do you know what to do if this happens?

1. REMAIN CALM.
Keeping your cool may seem like an unrealistic expectation, especially

when something as scary as a tire blowout is occurring, but you will be doing yourself a favour by keeping your head and handling the situation in a composed manner.

2. CONTROL THE VEHICLE.

Gently remove your foot from the accelerator and let the vehicle slow down gradually. Keep your hands firmly on the wheel and guide the vehicle straight ahead. The tires are going to try to pull towards one side, but it's extremely important to not turn the car. Pull over to the shoulder and come to a complete

stop. If possible, try to pull over with the damaged tire facing away from traffic. This will make it easier and safer to observe and replace the tire.

3. MAKE YOURSELF VISIBLE TO OTHER DRIVERS.

It is vital to make you and your vehicle visible to other drivers on the road. Once the vehicle has safely come to a complete stop, turn on the emergency flashers and observe your surrounding conditions. If the road conditions are safe, exit the vehicle, put out reflective cones if available, and assess the situation.



4. OBSERVE THE DAMAGE.

If one or more of the tires looks flat, low or shows detachment or other damage, remove the tire assembly and replace it with a properly inflated spare. Bumps or bulges may indicate detachment within the tire body and require inspection by a qualified tire technician.

5. REPLACE THE DAMAGED TIRE.

Your owner's manual will tell you where to find the spare and the tools needed to change it. If you don't know how to switch the tire, call for roadside assistance. It's imperative not to try to drive on the flat tire. Not only is this extremely dangerous, but it can cause more harm to your vehicle and come with a steep repair cost. Keep in mind that spares are only recommended for emergency situations and should not be driven on for long distances or at high speeds.

HACKS TO SLASH YOUR CAR EXPENSES

(NC) When you consider the rising costs of gas and insurance, owning a vehicle can get pricey. Fortunately, these easy tips can help lower how much you spend on your car so there's more room in your budget for other expenses, like groceries and recreation.

INCREASE YOUR FUEL ECONOMY.

Did you know that a small spark plug problem can lead to a big expense? A dirty spark plug can cause a misfire, which wastes fuel and can ultimately harm your engine. To combat this, look for a spark plug that's designed for improved fuel economy, like the those from Fram. Try the Autolite

Iridium XP Enhanced Alloy Technology line, which is precisely engineered with a focused ignition point for maximum power, efficiency and life.
GET REGULAR TUNE-UPS.
When a vehicle is properly tuned, all systems work in harmony, including the fuel, ignition, emis-

sion and computer systems. While it can be a hassle getting to regular appointments at your mechanic or dealer, remember that you are investing in the long-term performance of your car, saving you time and money. Regular engine tune-ups bring power and efficiency back to your car, ensuring that it's reliable, safe and

road-ready.
CHANGE YOUR FILTERS.
There are many ways to keep your engine in good shape, helping it to last longer. One is checking the air filter every time you have the oil changed, because engine life and durability are directly related to keeping incoming air clean. It's

an air filter's job to remove contaminants from the air before it goes into the engine, and neglecting this component results in reduced performance. Fram extra guard filters provide premium engine protection and are proven to let in two times less dirt than the average leading standard retail brands.

CAR ACCIDENT? 5 STEPS TO FOLLOW

(NC) Getting into a car accident – even a minor one – can be scary and stressful. While it's easy to become overwhelmed, focusing on what you need to do next can help you stay safe and calm.

Here are the five steps to take immediately following an accident:

1. PULL OVER.

Safety should be your number one priority. Find a secure spot in the area near your accident and move your

2. CALL EMERGENCY SERVICES.

If anyone has been injured, call emergency services right away and wait for first responders to take appropriate action before doing anything else. Even if no injuries have been sustained, you should let the police know about your accident – just make sure to call the non-emergency line.

3. EXCHANGE INFORMATION.

If the accident involved another person, exchange contact and insurance information. Take photos of the other person's ID, registration and insurance policy so you don't miss any important details. Also take pictures of any damage sustained to your vehicle.

4. WRITE IT DOWN.

While the incident is still fresh in your mind, write down important details like



the date, time, a description of what happened and the name and contact information of any witnesses present.

5. CONTACT YOUR INSURER.

No matter how minor the accident, give your insurance company a call. They will be able to advise you on how to proceed and can help you make a claim if you need to.

Insurance companies like Belairdirect can help you navigate the stressful process of making a claim and can even provide support when you are filing a report. Find more information online at belairdirect.com.

GOOGLE LAUNCHES FREE WI-FI FOR NIGERIANS

By D.Forrester
In a bid to allow increased presence on the internet and provide greater accessibility, Google recently launched a network of free Wi-Fi hotspots in Nigeria. The firm, now owned by Alphabet Inc has partnered with Nigerian fibre cable network provider 21st Century to provide its public Wi-Fi service, Google Station, in six places in the commercial capital Lagos, including the city's airport. Some 25.7 percent of Nigeria's population made use of the internet in

2016, according to World Bank Data, a significantly low figure by international standards. The poor internet infrastructure is a major challenge for businesses operating in the country, which is Africa's largest oil producer. Broadband services are either unreliable or unaffordable to many of Nigeria's 190 million inhabitants. "Our country director for Nigeria is welcoming everyone! It's starting! Africa's digital story is evolving and we are excited to

be part of it," the US based company tweeted. Google aims to reach millions of Nigerians in 200 public spaces, across five cities by the end of 2019. Nigeria is the fifth country to launch Google Station, a service that has been successfully launched in India, Indonesia, Mexico and Thailand. The service targets countries with rapidly expanding populations. The United Nations estimates Nigeria will be the world's third most populous nation, after China and India, by 2050.

ORDER FOR ROOM SERVICE THROUGH ALEXA

By D.Forrester
A new version of Alexa for hotels has just been launched by Amazon. Hotel guests can now order for room services with a voice assistant. You do not have to place a call to the front desk to order for your breakfast menu or laundry services. 10 Echo smart speakers will be placed in Marriott's Westin and St. Regins brand and hotels this summer as it already signed up for the technology. The company will make huge gains by earnings by placing Google ad-

Alexa has in fact sold voice assistant services to businesses, getting more people and organizations to sign up. It has also made deals to provide voice assistance in cars and refrigerators. As an integral part of Amazon, Alexa has allowed users to stay with Amazon. One of those services include, music streaming. For privacy concerns, Marriott says individuals who don't want the services

can have it removed from their rooms and data from hotel visitors will be deleted on daily basis. Alexa will also be able to make restaurant recommendations for hotel guests and pool hours. Alexa can also help turn on the lights and check you out as part of its hospitality services. By December, users will be able to link their Amazon.com account to Alexa so they could listen to their playlists or audio books. verts in the login portal and ultimately be a source of IP targeting for businesses.

REFLECTIONS ON RELATIONSHIPS

CAN I CONSIDER HIM FOR MARRIAGE?

By: Pastor Taiwo Iredele Odubiyi



Pastor Taiwo Odubiyi

A lady sent this to me: I started reading all your books over again. When I got to My First Love, I became more determined not to get myself into a relationship with an unbeliever. Have come a long way as a Christian, can't and shouldn't marry an unbeliever. But Mother, the men coming to me don't seem to be close to God - from my observation and after engaging them in discussion. I found myself asking those questions asked by Blessing in your new novel, The One For Me. There is a guy I met recently, he is not a Christian at all. I already know is not an option for me. But I told him about Christ and still telling him till now. I am so happy he is changing. He has started doing things rightly. But Mom what should I do about this? Can I consider him for

marriage?

Pastor Taiwo Iredele Odubiyi: Dear Christian lady, you did the right thing by leading him to Christ, and it's good to know that he's changing.

However, that does not mean he's the one for you. You need to be careful for the following reasons.

* One, he could have decided to change, so he could impress you and get you to change your opinion about him. This happens a lot. Quite a number of ladies have been deceived. But the ladies who know God will be strong and do exploits.

They won't be deceived.

Do not be deceived, my beloved brethren. James 1:16 NKJV * Two, even if he's truly converted, and is now a Christian, that does not mean he's the one for you. Not every Christian man is the man for you. You will need to allow God to work things out.

There is a way that seems right to a man, but its end is the way of death. (Proverbs 14:12)

In the novel The One For Me, I wrote:

In bed much later, Blessing was thinking about her discussion with Josh. He was a level headed person and had been nice to her since she joined the company. He was a Christian but was he the one for her?

Did he qualify to be considered by her? Would he pass her test? She wondered and be-

gan to ask the four questions that were important to her. Does he love the Lord as much as I do? She couldn't tell. Does he love the Lord more than I do? She couldn't answer that as well. Does he love me? She didn't know. Do I love him? That was the only question she could answer – No.

Hmm. She couldn't answer the first three questions and the fourth question was a no, but she had learned to pray first before making a decision. Besides, she had promised Josh that she would pray. She would do so and listen to the voice of God. Having made a mistake before, she couldn't afford to make another one...

* Three, you need to allow him grow spiritually, without distractions, before you begin to pray and consider him. If he doesn't grow spiritually, both of you will end up committing sins, which will make you lose focus



Mr. Paul and Stella Yusuf

and lose God's involvement. Let spiritually mature men in your church follow him up. And let God's will be done. For a child of God, knowing God's will and pleasing God are very important.

My books will make you know more. It shall be well, in Jesus name

www.pastortaiwoodbiyi.org

WHAT IN THE WORLD IS A GOOD MARRIAGE?

By Samtoba Joshua



Samtoba Joshua

WHAT IN THE WORLD IS A GOOD MARRIAGE?

Marriage was established by God and he likened the institution to our union with Christ, which is loving and caring unconditionally for our spouses. Therefore, a good marriage is one that has a specific plan for fulfilling a God-inspired purpose for the union. We should note that those that are married in Christ are married to themselves in Christ forever. That's the marriage the Bible says, "the two are become one flesh, therefore, "What God has joined together, let no man put asunder" (Luke 5:43). This means whatever God has joined together cannot be separated by anyone. In other words, any marriage that's made in Christ has an eternal seal of existence on it. By this, I'm not talking about just any wedding or marriage that make a woman live together with a man and they produce children. I mean a union like that of Abraham and Sarah. If a marriage is not in Christ, its success may be determined by other factors, known to the parties in-

not limited to physical cohabitation alone. All believers in Christ should endeavour to know the purpose of God for their marriages. That's one way to enjoy the journey peacefully. Once the purpose is known, the stress is reduced or removed. Remember, children are God's gift. Human parents are merely caretakers, God is the owner of His children. He doesn't have illegitimate children or orphans. God is the Father and the big breasted mother of all His children. All children born by consenting Christian adults are legitimate and serves as God's alternative window for raising children too. It's all about His prerogative. What's most important is for all God's children to be taught to know Christ and to love others.

The union of God's children should never be judged according to their physical performances but according to the will of God. The fact that people cohabit physically doesn't necessarily mean they're fulfilling the purpose of God. It's better to always have the bigger picture of leaving a lasting legacy and eternity in mind. Allowing earthly pleasure and

physical activities alone to define our marriages is denying ourselves the ultimate pleasure of being in unity with God. The pleasure of allowing Christ to be the centre of our homes is indescribable. We can't afford to miss that for anything else in the world.

In the light of our eternal realities, it's most important to be a family focused on Christ than to own the world. It's also far much better to introduce our children to Christ, for a start, than to buying toys for them. To introduce Christ to them is to give them a lifetime that supersedes all human gifts. If a medical doctor is terminally ill and in need of God's miracle for survival, his knowledge of medicine is completely useless at such a time. If he or she has Christ, it may well be the best way out of such a crisis. That's the way God arranged our lives. Seeking God first is our ultimate success in marriage and in life. But getting a good amount of pleasure is good too to avoid doldrums and burnouts.

A good marriage is a Christ-centered union. And the purpose of God is found in that. A good marriage can't be de-

finer by what is popular and socially acceptable but by what is Godly. And failure in marriage should not be taken personally. It's a human error that can happen to anyone. When it comes to failure in any human relationship the good people are often the worst hit. The bad, clever and devilish ones often get away with incredible wrongs. It takes two to tango, so, if a marriage fails, take responsibility for your own part but don't take ownership of the whole baggage. For a marriage to succeed, the parties involved must be equally committed. It's not within the power of any individual to make a marriage work. The success is made possible by the two that became one flesh. So the success or failure of any union is not for personal credit or responsibility. Though the man is expected

to play the leadership role and make the buck passing stop at his own desk. That responsibility doesn't extend to bearing the burden of marriage alone or defining the success of it without giving room for teamwork. When it comes to succeeding in marriage, both parties are equally responsible and accountable. There's no perfect marriage in the world, it only exists in the Word of God! Use the mirror of God's Word for your marriage, not any worldly standard. The world has no knowledge of how to achieve a good marriage, it's in the Word of God. Are you using it? Please do! Your marriage is already blessed by God. Learn to walk in that light and your days of stagnation and stress will be over. I bid you Godspeed as you blissfully enjoy your union of success!



AFRICAN NEWS

KENYA CHASE BANK TO CLOSE 10 BRANCHES AFTER SBM ACQUISITION



Chase Bank (in receivership) is set to close 10 of its branches as it transitions into SBM Kenya following its acquisition by the Mauritian lender.

This will see the bank remain with 35 branches, which will be re-branded to SBM and re start operations from August 20.

In an email to customers, the bank indicated it will be closing the Bondeni, City Center, Delta, Eastleigh, Eldoret Xpress, Garissa, Kayole, Kisumu Xpress, Pangani Xpress and Parklands branches.

Customers from the affected branches will be transferred to existing ones to ensure smooth transition.

"As a Chase Bank customer, you are also welcome to access our banking services at any of our Chase Bank agents as well as via our mobile and internet banking channels," the bank said in its email to customers.

SBM first entered the market in 2017 when it acquired Fidelity Bank with 10 branches in Nairobi and Mombasa.

The closure of branches will also see the sacking of a number of employees.

In a media update last week, SBM Holdings chief executive officer Andrew Bainbridge indicated the bank strive to absorb as many employees in the transition.

SBM Holdings in April undertook to acquire a majority of Chase Bank's assets and deposits with customers who banked with the lender before it was put under receivership entitled to 75 percent of their deposits.

With the bank set to re-open on August 20, customers who had deposited funds in the bank

before it was put under receivership will initially receive 37.7 percent of their funds.

The 3,100 new customers whose money was stuck with the ailing lender will have access up to a quarter of the cash or Ksh14.25 billion which will be deposited in a current account while another Ksh28.5 billion will be put in a savings account earning an interest of seven per cent.

The remaining Ksh28.5 billion will be set aside as a term deposit attracting seven per cent interest, and will be paid to the customers for a period of three years.

The Central Bank of Kenya and SBM Holdings are yet to make it clear how the outstanding 25 percent will be recovered and given to depositors.

Source: citizentv.co.ke

ERITREA SELECTS AMBASSADOR TO ETHIOPIA TO CEMENT PEACE PROCESS

By R.Njeru

The government of Eritrea recently announced that it has selected an ambassador to Ethiopia. The two countries have been in bad terms and this will be the first ambassador in 20 years.

According to a twitter post by Information Minister Yemane Meskel, the position will be held by Semere Russom. He is the current education minister and the former ambassador to the United States. He will now take charge of Eritrea's diplomatic mission to Addis Ababa.

The two neighboring African countries have been in conflict since 1998 but their leaders recently signed an agreement to re-establish ties.

On the other hand, Ethiopia has also named Redwen Hussien as its representative in Asmara. He has previously worked as the country's ambassador to Ireland. The envoys had been recalled to their respective countries after about 80,000 people were killed in a border boundary war that lasted for two years.

Ethiopian Prime Minister Abiy Ahmed is the man responsible for initiating the peace process. This comes only a few months after he was elected as the new prime minister. He recently invited his Eritrean counterpart President Isaias Afwerki to reopen his nation's embassy in Addis Ababa.

Another milestone was achieved when the Ethiopian national carrier,



Minister Yemane Meskel,

Ethiopia Airlines flew to Asmara for the first time in two decades. It was welcomed by families separated by the war as well as dancers waving flags and flowers.

Eritrea is a former province of Ethiopia and it fought for its independence for a long time before seceding in 1993. The conflict between the two Horn of Africa nations was triggered by a disagreement over the demarcation of their common border.

The United Nations ruled in favor of Eritrea but Ethiopia refused to cede to Eritrea. The two countries remained at loggerheads following the war.

After the peace deal, the two governments said that they are saying goodbye to the long-standing state of war. They said that they would use this new era of peace to encourage close cooperation in economic, security, political, cultural and social issues.

CAMEROON LEADER SET TO BECOME PRESIDENT FOR LIFE

By D.Forrester

Cameroon's President Paul Biya is set to serve for life as he prepares to clinch another term in October.

The 85-year-old leader looks unstoppable. A win will see him extend his 36 years rule. This means that he will be 92 years old by the time his term ends in 2025.

Biya said that he had decided to run for another term because of the overwhelming support from his people. He claimed that he wants to ensure a more stable, united and prosperous Cameroon. His supporters already see victory for the incumbent.

Prof Jacques Fame Ndongo, the Higher Education minister, said that the long-time president will win the election fairly. He argues that Biya remains the best candidate because he has respect for republican institutions.

In 2008, dozens of Cameroonians were killed as they protested Biya's decision to remove term limits. He went on to win the 2011 election.

Progressive Movement party leader Jean Jacques Ekindi recently claimed that Biya has been bribing some members of the civil society



Paul Biya

and opinion leaders so that they can stand by him.

The political discussion in the country is currently revolving around Biya's decision to vie for presidency in October. Students from the University of Yaounde have been arguing that Biya's true intention is to become president for life. The students also said that they were hoping for peace in all the troubled hotspots.

Cameroon is currently dealing with a spillover of violence from the Central African Republic, separatist movements in two English-speaking areas as well as attacks by Boko Haram militants in the north.

A convoy carrying Cameroon's defense minister, Joseph Beti Assomo, was recently attacked by separatists, this is according to an army spokesman. Some delegation

members were injured but the minister was not harmed.

Biya's long rule is only second to that of President Teodoro Obiang Nguema of Equatorial Guinea. He has been in power for more than 38 years, making him Africa's longest-serving president. Denis Sassou Nguesso of Congo Brazzaville has also been in power for a long time, he has served for 34 years.

Biya took office when the country was a middle income country. It is now a low income country and a quarter of its citizens earn less than \$2 in one day. Cameroon has 23 million people and their average life expectancy is under 60.

Many African countries have suffered from the problem of "overstaying presidents" and only time will tell if this problem will go away.

KING OF OGHARA KINGDOM HRH. NOBLE ESHIMITAN VISIT TO CANADA



Image source: www.dailypost.ng

By N.Ugoh

His Royal Highness, Noble Eshimitan, Uku Oghara Na Me, Orefe III, the Ovie of Oghara Kingdom visited Canada for the Rotary Club's 2018 convention. As a devoted Christian, he worshipped at Victory Assembly International Church, 2125 Western Road, Toronto, Ontario. Nigerian Canadian Newspaper caught up with him for an interview to get exclusive gists. In this interview he gives us insight into his life as a King, what Rotary Club looks like and Oghara's business climate.

THE INTERVIEW NC NEWS: CAN I MEET YOU?

HRH: My name is HRH Noble Eshimitan (FCA) Uku Oghara Na Me, Orefe 111, the Ovie of Oghara Kingdom. In other words, I am the Monarch of Oghara in Ethiopia West Local Government Area of Delta State of Nigeria. I am in Toronto, Canada for the second time for Rotary Convention. I will like to begin this interview by letting you know that I have been a Rotarian for over 25 years and that

was before I became a Monarch of Oghara Kingdom. I became a Monarch about 6 years ago.

NC NEWS: CONGRATULATIONS HRH: THANK YOU VERY MUCH.

NC News: Can you talk to us about Rotary?

HRH: Yes. I will like to talk about Rotary before I talk about Monarchy. As a Rotarian, I have travelled to many continents of the world. I have also attained the position of a District Governor of Rotary. The District Governor's office is a office that is highly regarded in Rotary Organization. As a District Governor, you govern a district. You said you are a Lion. I am sure there are some similarities between the structures of Rotary and Lion Organizations. As a Governor, I was controlling 11 states of the Federal Republic of Nigeria. The task was quite challenging as I had to visit the clubs in all these 11 states. That was between 2014 and 2015. The visits were aimed at strengthening the club in these states. The Governor's job is so tasking, as such, you devote the

whole of your time for one year for service to the organization.

NC NEWS: HOW DOES YOUR ROTARY LIFE LOOK LIKE?

HRH: Well, I have been a Rotarian for over 25 years and Rotary is part of me. As a matter of fact, whatever I do, I have an aspect of it that relate to Rotary. Since I joined Rotary, I have never done a thing without imbibing the spirit of Rotary in it. Even in my family life, by default, the spirit of Rotary is imbibed in how I run my family. As you are aware, Rotary is an international philanthropic organization that was formed in 1905 (113 years ago) in America. What Rotary does is to address human problems in the area of needs arising from starvation, hunger, health, education and so many areas of human life. We address these needs in a bid to make life better for human beings and we are structured into districts. As a Rotarian, I have been to Britain, France, several European countries, Thailand and so on.

NC NEWS: WHAT'S

LOOKING FOR A JOB? THINK SKILLS, NOT CREDENTIALS

YOUR PURPOSE OF COMING TO CANADA THIS TIME AROUND?

HRH: I came for Rotary's convention. The convention energizes Rotarians for more service to humanity and it exposes members to the ways and manners through which various communities go about their service to humanity.

NC NEWS: WHAT DID YOU GAIN FROM THE CONVENTION AND WHAT FEEDBACK WILL IT HAVE IN YOUR COMMUNITY?

HRH: In every convention, members get to know what Rotary in so many places, a new way of doing things and so on. members take home what they learnt during the convention. For me, what I have gained will basically help in how I do things better. This will rub off on my people and help in the way they relate with one another, help one another and in the long run make my community a better place. Also, I acquired more education by travelling to different places. This makes the service more interesting. I visited Niagara falls and learnt a lot of things there. I will take this home and discuss with my people how we can make our community a tourist centre.

2. PROVIDERS.

Think of veterinarians or child care providers, those with a high degree of empathy and analytical skills. These are the least at risk of disruption from automation and will also be highly in demand in the future.

NC NEWS: WHAT WERE YOU INTO BEFORE YOU BECAME KING?

HRH: Thank you for that question. Before kingship, being a University of Lagos graduate and a Fellow of Institute of Chartered Accountants of Nigeria, I was into the hospitality business. I started and was efficiently running a hotel. Also, as a professional, I was into auditing.

NC NEWS: HOW LONG HAVE YOU BEEN THE KING?

HRH: I became King on August 9, 2012.

NC NEWS: WHAT'S YOUR DAY LIKE AS A KING?

HRH: As a King, I always have a busy day. I spend time with my Chiefs deliberating on community issues, I receive visitors from all walks of life and I monitor the progress of the community. Besides that, scan the community to know how its citizens are faring. We have court sessions every Sun-

(NC) Over the last several years, the job market in Canada has started to evolve dramatically and leaders in business have begun to think about how to change the way they hire new employees.

One key difference is how businesses will assess candidates — based on skills, not credentials. That's why RBC has recently started a program called Future Launch, which is dedicated to empowering Canadian youth for the jobs of tomorrow. The financial institution has identified these six core "skill clusters" that they see as defining 21st century jobs.

1. SOLVERS.

These are critical thinkers, typically those in roles like judges, architects and mechanical engineers. They aren't at much risk for automation and will be in high demand over the next four years.

3. FACILITATORS.

Employees with a high emotional intelligence but who may lag in technical skills, for example customer service reps and administrative assistants. These are moderately at risk of disruption in the future and will likely also have a surplus of job seekers in the coming years.

4. TECHNICIANS.

Technicians have the most diverse set of skills, with technical skills valued most highly. These are the machinists, electricians and carpenters, and while some of these jobs are at a moderate risk of disruption, there will also be new positions created by the tech boom.

5. CRAFTERS.

Crafters are known for working with their hands. As roofers, fishermen, bakers and cashiers, they're relatively high in technical skills but are at the greatest risk for disruption in the future.

6. DOERS.

Also at high risk for disruption, the doers have an emphasis on basic skills. These are machinery operators, already in diminishing demand across the country.

There is a naval base located in Oghara which helps in combating external youth agitation.

NC NEWS: WE HAVE 3 GROUPS OF URHOBO ORGANIZATIONS IN CANADA. WHAT'S YOUR ADVICE TO THEM?

HRH: My advice to them is simple. They should be better prepared to serve and imbibe the true service spirit. As a Rotarian, I believe in true service to humanity. They should try to unite as there is strength in unity. It is in their best interest to unite and have one united strong voice. During this visit, I will be meeting with some of them to instill this upon them.

NC NEWS: WHAT ADVICE WILL YOU GIVE TO NIGERIANS ABROAD?

HRH: Nigerians the in Diaspora should not forget home. Their story will not be complete without looking back and give back to where they came from. Lastly, they should endeavour to be good ambassadors of Nigeria. See Pictures on page (26)

ZIMBABWE ZIMBABWE'S MNANGAGWA ASSURES WHITE FARMERS

Zimbabwe President Emmerson Mnangagwa has held an interactive meeting with farmers and used the medium to assure white commercial farmers after telling them they are a part of the Zimbabwean family and should play a part in building the country.



Emmerson Mnangagwa

Another farmers' representative, Mr. Berean Mukwende said power tariffs are still very high, requesting that there be affordable rates for farmers as is the case in neighbouring countries.

The President also spoke on the cash crisis, saying people should embrace plastic money as is the case in most developed countries, while solutions on the current high costs of mobile money transactions are being implemented.

The issue had been raised by Zimbabwe National Business Council (ZNBC) representative, Mr. Langton Mabanga.

99 year lease as a tradable document which they can use to borrow money.

He also requested to have the white farming community included in making Zimbabwe succeed, to which President Mnangagwa said he wants a Zimbabwe where everyone is free.

Former Commercial Farmers Union President, Mr. Nick Swanepoel told the President that his constituent is failing to use the



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NAIC

NDOKWA ASSOCIATION IN CANADA

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MONTHLY MEETING IS EVERY LAST SUNDAY OF EACH MONTH
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4401 Jane Street, Toronto, Room #2. M3N 2K3
Time: 3pm-5pm

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West Dean Park, Picnic Area & Shelter

Contacts: Email: info@ndokwacanada.com
President: Chief, Amos Enumah Odubu 1-416-892-2265
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CAC Bethel Toronto.... The church where the Lord answers prayer. come and experience salvation, restoration, deliverance, healing, impartation and more. O taste and see that the Lord is good. (Psalm 34:8). I have tasted and found that the Lord is good. I do testify that the Lord is good. Join me to taste him. Amos Dada

OPINION

FROM THE DOCTOR'S DESK

POWER OF INTEGRITY IN EKITI WRESTLEMANIA

By **Dr. Ignatius Odianosen Okosun (PhD).**

Dr. John Olukayode Fayemi was born 9 February 1965, he attended Christ's School Ado Ekiti from 1975-1980 and received degrees in History, Politics and International Relations from the Universities of Lagos and Ife in Nigeria and his Doctorate in War Studies from the prestigious King's College, University of London, England, specializing in civil-military relations. His research and policy interests include: Democratization, Constitutionalism, Security Sector Governance, and Regionalism in the Global Context. He was a former Director of the Centre for Democracy and Development, a research and training institution dedicated to the study and promotion of democratic development, peace-building and human security in Africa.

Prior to his establishment of the Centre, he worked as a lecturer, journalist, researcher and Strategy Development adviser in Nigeria and the United Kingdom. He was Strategy Development Adviser at London's City Challenge; research fellow at the African Research & Information Bureau in London, UK, reporter with the newspapers; The Guardian and City Tempo, editor of the political monthly, Nigeria-Now, management consultant at Development and Management Consultants and lecturer at the Police College in Sokoto, Nigeria. As a leader of the Nigerian opposition to military rule in exile, he was responsible for the founding and management of the opposition radios; Radio Freedom, Radio Democracy International & Radio Kudirat and played a role in the opposition's diplomatic engagements in exile.

However, when he was manipulated out of power in an uncanny and reckless manner in 2014, it was not firm if Dr. Fayemi envisaged that four light years later, he would bounce back in the resounding manner he did in last Ekiti governorship election. There was no doubt that in that period of madness when impunity was reigning rough shod over all that was decent and desirable, there is every inkling that what beset the minds of Fayemi was the hopelessness and helplessness of the situation that permitted such appalling brigandage to happen and sweep him out of power. The facts of what happened in Ekiti in 2014 were all too obvious for all Nigerians to take note and the widespread angst and condemnation the Ekiti charade drew stands as eternal damnation to the crudity of the erstwhile Jonathan government and his party. That President Muhammadu Buhari should allow for a free, fair and credible election that never required the idiosyncratic oddities that was launched in Ekiti four years ago, shows how much mileage we have made in four short years on our stride to right democratic practice.

Furthermore, what was going on in the mind-set of Kayode Fayemi four years ago were; despondency, betrayal, apprehension, confusion, anguish and fickleness. Who would not entertain such thoughts at a system that was brazenly arm-twisted and guided to pervert the democratic wills of the people of Ekiti and implant a governor that stood out for his rebuke to all what Ekiti State is accustomed to.

The Ekiti fiasco four years ago was enough to make apolitical any straw mind. But with Kayode Fayemi, it was the other way round. Here is a sound intellectual, with enough residual strength to last unimaginable distance. Here is a persona imbued with tremendous inner strength to shake off any disappointment and trudge on where others would have easily given up. Like marathon athlete that has all the potentials to go the entire long, winding bend and burst out victorious. That was what happened in the days in the trenches; the military days where he was a lodestar in the fight against military rule.

Though, if we recall how he became a governor, we would know that it was a long and winding battle where he went through the entire legal system several rounds before justice was given him in October 2010. If we try to inquest how he came back as Governor of Ekiti recently, we would have in our hands a determined and dogged fighter, an intellectual power house whose resolve and will never give in to such crude bayonets and force that were marshalled by the Jonathan government to remove him in 2014 from office.

Also, there is little disbelief that in engaging in these excruciating battles, Fayemi is guided and indeed honed by the stoic Catholic upbringing he was privileged to have had. As an altar boy, it was certain that he ingrained the tenets of patience, perseverance, virtues and strong morals from both his parents and the priests on whose feet he received his earliest trainings. He holds tenaciously to his Catholicity and is worth to value this as a guiding torch in sitting out the many life battles he had fought. When flippantly rigged out of power in 2014, he did not allow himself to be detained by such setback. Even with the obvious infractions that were deployed to get him out of power, he made no fuss. He accepted the outcome of that mangled poll, peacefully handed to the eventual beneficiary of that charade and projected for the future. He did not allow that unfortunate event to seize him as he leveraged his rich intellectual prowess to the eventual task to sever the source of the impunity and cancer that birthed the kind of malady that removed him from power.

More so, his deep role in the battle led to his being given one of the critical posts in the ensuing current administration. When the call for a gubernatorial election in Ekiti came up again, he threw his hat into a crowded ring of galaxy of stars to succeed the thwarting Peter Ayodele Fayose regime that was notorious for debasing governance and ridiculing Ekiti State for the four tempestuous years he had been in power.

Moreover, campaigning under the mantra; 'Reclaiming Our Land, Restoring Our Values', Fayemi captured the immediate yearning of Ekiti people who were sweating under the hood of Peter Ayodele Fayose's maniacal theatrics and wiles. His campaign slogan sparked of the desperate search for a redemptive impetus to free Ekiti from an embarrassing and humiliating atrophy which the Fayose governance represents. He tapped into the dominant progressive political hue to pry the hearts and minds of Ekiti voters who were distraught that their state has turned to a theatre of absurd parody and butt of demeaning.

He poached the proud Ekiti man's desire to undo the trajectory of 2014 that had reduced and indeed blackened his image since 2014. Despite the subterranean moves made to stop him, but soldiered on and stood strong till the people cast their votes and emphatically returned him to continue from where he was stopped in 2014. The rest, they say, is now history and for the next four years, Ekiti will hopefully witness the comeback of serene, deliberate, planned and strategic governance.

But then, what stands out in his victory was the power of resilience and determination which he packs in abundant quantity. Four years ago, his traducers made merry and kicked him about. Today, they cut a pitiable picture of vassal led goons at his mighty feet. Four years ago, those that borrowed devilish templates to invade Ekiti with all manners of devilry, sow dread and evil to remove him and take over power are wailing sissies today who are contending with the footnotes of a history they are warning its notorious pages. Those that partied and threw confetti to celebrate their unjust conquest have vanished into insignificant imprimiturs of a forgettable history while he straddles Ekiti today like an unconquerable colossus. Those that mocked and derided him four years ago as he gave in to brute and insensate force have been swept down the debris of history while he is the newly-minted man of the moment. Those that boasted unbridled and reckless power four years ago are now contending with insignificant anonymity that threatens to bury them on the quicksand of impunity.

More so, the above scenario reifies the power of truth, the power of principle, the power of steadfastness and the power of integrity. They are embedded deep in the values, the restoration of which fired the desire of Ekiti people to bring him back. Dr. Fayemi is a man of value and this is why he had lasted this long in the Nigerian scene and will still last longer. He is a patient and durable politician that sees far beyond the present. He might not have envisaged that he would come back to power four years after he was manipulated out but in his life, beliefs and principles lies the catalyst for such quick rebound.

Finally, he is laughing while those that laughed at him four years ago are weeping. What an irony! What a life! He laughs last to enjoy the richest bragging rights embedded in the aphorism that he who laughs last laughs best. The Ekiti socio-political life is viewed within two prisms: agrarian and backward on the one hand, repository of wisdom and knowledge on the other hand. Soothsayers who understood the dynamics of Ekiti politics could easily predict Dr. John Olukayode Fayemi second coming in the just concluded Ekiti governorship Elections.

*From: Toronto-Canada. Email: odyseries@gmail.com
Dr. Ignatius Okosun is a researcher, prolific writer and a social commentator.*

NIGERIAN REFUGEES IN TORONTO NEED A HOME, NOT A MENTAL ILLNESS

By **Dr Peter Sealy**

Underlying the loud chatter of asylum claimants and refugees, mental illness is allowed to roar like a wild lion in relative silence, as it devours and wrecks the minds of its homeless victims. It is reported that 800 people are living in two College dorms until August 9th when students return to school. A large number of these people are Nigerians, who can also be found in high numbers in shelters and other temporary locations across the city. Some are also homeless living on the streets. Homelessness is a mental health issue.

The struggles for Nigerians are real: A case in point is Kenneth, not his real name and his wife Esther not her real name, who came to Canada from America by means of Quebec. They wanted to stay in Montreal and work but their lack of French prevented them from doing this. So they decided to come to Toronto where language would not be an issue. Both Esther and her husband Kenneth lived on the streets in Toronto for two weeks before finding temporary shelter. Kenneth and his wife said that there are days when they feel depressed. They both have master's degrees from America. Esther and Kenneth left America due to what they call current unfavourable conditions for refugees that will lead to their deportation back to Nigeria. They explained that in their northern village of Nigeria, people are being slaughtered. Considered asylum claimants; hardworking and studious Esther and Kenneth want to work and be independent. Faster issuance of work permits would allow them to work as they wait to see if they are eligible for a refugee claim. The below poem titled, "The Refugee Experience", speaks to the experience of many refugees.

*Leaving my country and getting to safety is key
The journey is dangerous but I want to be free
Detained and questioned is troubling for me
This I have to endure to be called a refugee
I am greeted by homelessness which is a sad reality
Welcome I feel also judgement and insensitivity
But I will make a difference in my new country
While fighting the trauma that no one can see*

Canada for many refugees is a safe haven but not all refugees face this reality on coming here. What we have here today are Nigerians living with a high degree of uncertainty without proper housing. This is a recipe for Black people here in Canada to live sickly mental and physical lives. Certainly, the healthy mental and physical health of Black people is important as is the same also for people coming to Canada from all cultural and racial backgrounds. Indeed we would have to see Nigerians and other Black refugees, sink into the dark hole of racial disparities as it relates to health; making them feel that their mental and physical health is not as important as others. For this could destabilize their coping capacity. But it is not continued on p(47)

Dr Peter Sealy

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HOW TO HAVE THE BEST GARAGE SALE

TURN JUNK INTO CASH BY HAVING A GARAGE SALE

Having a garage sale is not hard to do. All it takes is some time, a few organizational skills, a tad of marketing and you will be on your way to turning your junk into cash. Use the following tips, including yard sale pricing guidelines, to maximize the success of your sale.

POWER IN NUMBERS

Ask friends and family if they would like to participate in a group garage sale. You will increase your chances of attracting buyers by having a wide selection and inventory. Everyone can split the advertising cost and the legwork of advertising the sale, plus it is more fun rather than trying to do it all by yourself.

CLEAN AND FIX IT

Not many people want to buy dirty things. You will want to clean and fix the items you place in your sale.

- Load the dishwasher with all the glassware you plan to sell and you will be amazed at how much more appealing it becomes when it sparkles.
- If something is in need of a minor repair, go ahead and repair it.
- For leather items like handbags and shoes, buff them with leather cleaner.
- Run your clothing through the wash then neatly hand press or briefly iron over the items to make it all look crisp and appealing.
- Dust furniture, vacuum upholstery, clean spots, clean and freshen drawers.
- Furniture oil goes a long way in improving the appearance of not just furniture, but also stainless steel and plastic. Invest in a bottle.

It may sound like a big job, but it is worth it. In fact, it's not unusual that once something is cleaned and fixed, many people will decide to keep it.

PRICING ANTIQUES AND COLLECTIBLES

Do your research. Check websites like Craigslist and eBay to get an idea of how to price collectibles and antiques. Also, give yourself room to negotiate and know beforehand how low you are willing to go. Remember, if time allows, you have other options for selling these types of goods.

- For the items that you do not sell, consider selling them on Craigslist

or at resale shops. Also, there may be resale stores in your area that focus on antiques and collectibles. Check the phone book and ask around.

If the item is an heirloom, check the Internet for a reputable auction house that deals exclusively in heirloom merchandise. Depending on the item, some will pay for the price to ship the merchandise.

PRICING OTHER ITEMS

Consider the type of people that will likely be attending your garage sale. Visit a few sales in your area before you start pricing and see what people are buying and the average prices on items that are similar to what you will be selling.

Take the time to clearly mark every item that you will be putting into your sale. People will not want to wait or hunt you down while they are considering purchasing an item. Pricing each item is very important.

Use tie tags with strings for larger items and sticky tags for smaller items like glassware, but be very careful that the sticker does not hurt the value of the item.

For similar items, such as paperback books, it is acceptable to put up a sign with one price-point. Example - All Paperback Books - 50 cents each!

Avoid table pricing (example - All Items \$1 on Table). This can lead to losses because there will always be some people that will say that they got their items off the \$1 table.

Use quarter-dollar pricing increments to simplify calculating the payment process.

Give yourself room to negotiate, especially on the larger ticket items.

Generally, figure around one-fifth of the retail price for items that are working and in good shape. For items only used once or twice, or those that were never used, you could get one-third of the retail value, depending on the item. If it is an off color or dated style, stick with trying just to get one-fifth of the price.

If time is an issue (you are moving, you sold your house) and you are on the fence about a price, choose the lower price rather than higher price.



- \$10 - \$20
 - Wool Coats - \$15
- \$20
 - Evening wear - \$15 - \$20
- \$15 - \$20
 - Vintage designer or evening wear - \$15 - \$35
- \$2 - \$8 (Name-brand \$4 - \$10)
 - Children's Clothing - \$2 - \$8
 - Popular Toys - \$5 - \$10
- \$10
 - Riding Toys, Bikes - \$10 - \$20
 - Stuffed animals/small toys - \$.50 - \$4
 - Children's furniture - \$10 - \$50
 - Baby Items - \$5 - \$30
 - Baby Gear - \$5 - \$50
 - Books - Paperbacks \$1, Hardcover / Tabletop \$3 - \$15 / Cookbooks - \$2 - \$4
 - DVDs - \$1 - \$3
 - Linens, Bedding, Curtains - \$3 - \$15
 - Dishes, Glassware, Kitchen Utensils, Pots and Pans - \$1 - \$50
 - Small appliances: \$3 - \$20
 - Large appliances: \$30 - \$200
 - Couches, desks, table & chairs, bedroom: \$50 - \$500
 - Garden and Yard supplies: \$3 - \$15
 - TVs and DVD players: \$25 - \$75
 - Power tools, hand tools - \$5 - \$50
 - Fishing and hunting gear - \$5 - \$100

PEOPLE LOVE BOGO SALES

A BOGO stands for "Buy One Get One" and it is used in retail stores to entice customers to purchase multiple items. It works the same in garage sales. Books, videos, baby clothing and records are good items to include in this type of pricing structure and people love getting something for free.

ADVERTISE

The saying, "Build it - they will come," does not work when it comes to garage sales. Do not expect people to just find you. Real bargain hunters

start checking the classified section of the newspaper, on Craigslist or Facebook early to plan their route.

Most newspapers post weekend garage sale advertising at a lower cost than the normal classified fees. You will want to make sure you are included in this section of the paper the day before and the morning of your sale. You will probably be charged per word, so it is a good idea to think up what you want to say before calling the paper. Also, Craigslist has become a popular place for people to advertise their garage sales because it is free.

REMEMBER THE IMPORTANT POINTS

- Date and time of your sale.
- Your street address.
- If it is a multi-family or group sale.
- If you live in rural area, offer directions, a landmark that your home is near, or the color of your house.
- A brief rundown of specific items you will be selling such as baby clothing, toys, arts and craft supplies, artwork, furniture, tools.
- Include the name-brand items that are in big demand, like, BabyGap (size 2t - 4t), or Ethan Allen furniture.

SIGNAGE TIPS

When putting out your street signs, select the high-traffic areas of your neighborhood and around the streets that will guide the people to you. Also, flimsy construction paper is not very effective for street signs, especially on rainy or windy days. A good piece of thick cardboard cut from a box, spray painted in a unique color, with your address, and sale hours printed large enough to read, will bring the people to your door.

Remember, by sticking to a specific color for the cardboard will help

people spot the signs if you need to put up multiple signs directing people to your house.

Merchandising Your Items

Garage-sale hunters like to feel like there is a lot of nice items for them to choose from, so take the time to think about how and where you will place things.

- Avoid putting items in boxes on the ground. Not too many people will bend over or kneel down to dig through it.
- Hang clothing like dresses, suits, skirts, blazers, coats and jackets.
- Designate a table for folded clothing. Include sweaters, t-shirts, jeans, and select baby clothing.
- Sheets, draperies, blankets, and bedspreads should be neatly folded. Use a pretty ribbon to tie grouped items together and price as a set.
- Place your most appealing items within eyeshot of the street so people driving by can see them.
- If you have sets of dishes, display all of the dishes in each set. Avoid putting one plate with a note telling the visitor that there are more. Seeing is believing, and they will want to inspect each piece.
- Tools, lawn equipment, workout benches, etc., will appeal to both men and women, so place them in a high-visible area.

Group your items - toys with toys, clothes with clothes. Think about the setup of your nearest Wal-mart and section things similarly.

CLEAN UP

Remove all of your signs as soon as the sale has ended. Your neighbors will appreciate it and late-comers will not be endlessly ringing your door bell.

Lastly, grab a hot cup of coffee, go sit in your favorite chair, and count all the money that you just made from your hard work.

change and one dollar bills on hand.

- Set up a secure area for your sales transactions to enable you to keep a close eye on your money box.
- Inform your direct neighbors that you are having a garage sale. Offer to rope their yard to avoid people parking on their lawn.
- Have extension cords plugged into outlets so that electrical items can be tested.
- Plan to set an inviting mood by playing soft, easy-listening music.

If you are short on help, consider wearing a 3-pocket apron or a funny-wrapper purse, so that you can keep your money near you while you mingle with your shoppers.

The Day of Your Garage Sale
Avoid letting early-birds in before the actual time that your sale starts. It is considered discourteous to those who respect your advertised time. Plus, they tend to scoop up all the good stuff and haggle you while you are still in your pajamas or trying to down your first cup of coffee.

If people ask to use your restroom, be prepared to politely tell them no. No one should go inside your home or to an area of your house that is not opened to the public.

If you start to get a lot of cash, locking it in your car is an option if you can not leave the crowds to go into your house. With that in mind, keep a set of your car keys on you or in the money box.

If items are not selling or it is a two-day sale and it is the second day, you may want to consider running and area that is all 50 percent off the price that is marked. This does not have to include all of the items that you are selling but do segregate the items that are no included. You may also want to place a red slash on the tickets to indicate which items are 50 percent off.

PREPARING THE FINAL STAGES OF YOUR GARAGE SALE

The time is getting close and you are almost ready to open your home for business. Before you do, consider these ideas:

- Have calculators, pens, newspaper to wrap breakables, boxes, and bags handy.
- Have plenty of

Source: www.thebalanceeveryday.com



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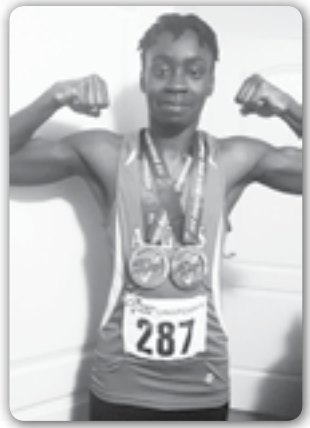
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YOUTH CORNER



OLUCHI UGOH

FILL THE BLANK SPACES WITH THE WORDS BELOW

gold, rice, meat, tape, oil, flour

A drop of _____

A slice of _____

A roll of _____

A bar of _____

A bag of _____

A grain of _____

answers on page (39)

A/AN

_____ banana _____ umbrella

_____ elephant _____ ear

_____ egg _____ doll

_____ cake _____ ant

_____ window _____ doctor

_____ goat _____ answers on page (39)

USE THESE VERBS TO FILL IN THE BLANKS BELOW

play, wear, cut, drive, write, drink

You _____ a car

You _____ a dress

You _____ meat

You _____ games

You _____ water

You _____ books

answers on page (39)

ABEG, ENJOY SUMMER JARE & NANA PICNICS

I hope you are enjoying your summer. This is the time to get out and enjoy the beautiful weather. There are so many activities in the community - picnics, you know Nigerian parents are their picnics. They sometimes even threaten you to come along...ha ha ha. If it is not picnicking, it is the church or birthday parties...ha ha ha. Why are they all the same? My friends are also complaining (no loving it). Our parents aka, we love them. Again, we brought you interesting information, take time to go through them. Do not forget to tell the Publisher that you like my page...more BONUS for me; yea right.

HAPPY SUMMER, BE SAFE.

WORD SEARCH

ISLAND COUNTRIES

M P H H Z N Z I O S N O C V R H B M
A J A A H R B N C I T D N C T L I A
L A I D L R A D A D J O E A F S R U
D M T W E N B O P O A K N W F C E R
I A I C A A R N E M P I R G G O L I
V I C L R U U E V I A R Y E A M A T
E C U B A R N S E N N I N R A O N I
S A C J F U E I R I A B T F V R D U
R O X G W V I A D C P A Z J K O S S
W U D Y X M K I E A M T V X A S Q K
C R J U U I O C F U N I Y G O E U V
G R E N A D A V F I J I X R I I U G

- CAPE VERDE
COMOROS
TONGA
BRUNEI
CUBA
DOMINICA
FIJI
GRENADA
HAITI
INDONESIA
IRELAND
JAMAICA
JAPAN
KIRIBATI
MALDIVES
MAURITIUS
NAURU

answers on page (39)

TELEPHONE SCRAMBLE

BY DIVINE CHIMSOM UGOH

a)

23 44779 263 2 732766 9455

2663 256611

b)

2 232884385 84464 47

63837 7373327

answers on page (39)

WHAT TO SAY INSTEAD

- expensive - costly
- quick - rapid
- important - crucial
- clear - obvious
- necessary - essential



WORD OF THE MONTH

COLLABORATION - WORK TOGETHER

SUDOKU

by Myles Mellor and Susan Flanagan

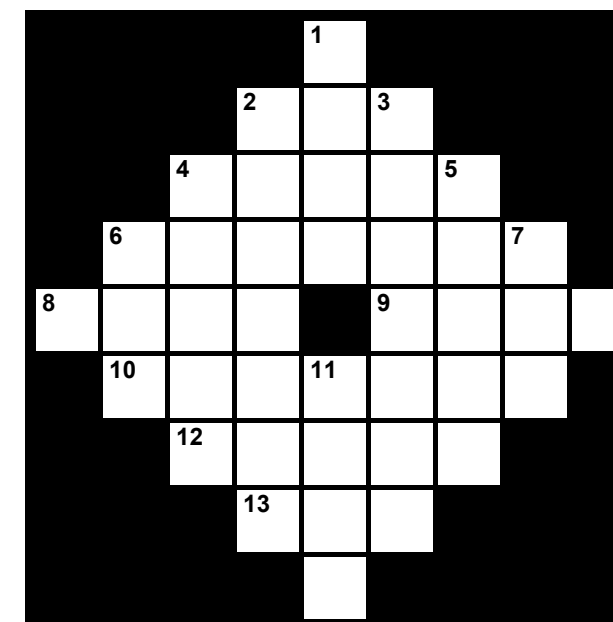
Each Sudoku puzzle consists of a 9X9 grid that has been subdivided into nine smaller grids of 3X3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9. Puzzles come in three grades: easy, medium and difficult.

Level: Medium

			6	7				
8		2	9		4	5		7
7	3				4			
2	7		4					8
	4						5	
5				1		4	3	
		7				2	9	
9		6	2		5	1		4
			3	6				

answers on page (39)

BLACK DIAMOND



Across

- 2. Low card
- 4. "The Lord of the Rings" figure
- 6. Jane Fonda's work-out outfit
- 8. Eye or camera part
- 9. Hard work
- 10. Locks up for a while
- 12. Brought forth
- 13. Ring victory

Down

- 1. Crushing blow
- 2. Ballroom dance
- 3. Address
- 4. Star in Cygnus
- 5. Pretension
- 6. Came first
- 7. Insult, in slang
- 11. "I'm ___ it!"

answers on page (39)

COMPLETE EACH MULTIPLICATION CHART

X3	
3	9
10	
5	15
2	
6	18
12	
11	33
9	
8	
4	
7	
12	36

answers on page (39)

MATH

Draw a line to match each the number

EXAMPLE -

Twelve	0
Five	22
Eight	30
Ten	5
One	12
Fifty	8
Thirty	1
Twenty-two	50
Zero	10

COMPLETE

5 - f_ve

10 - te_

13 - thi_t_en

20 - t_nty

30 - thir_y

7 - _ _ ven

1 - on_

16 - si_t_en

50 - fift_ _

100 - _undr_ _

answers on page (39)

IDIOMS

A friend to all is a friend to none

Someone who's a friend to everyone makes none of them feel special

A good example is the best sermon

Giving a good example is better than giving advice.

A happy heart is better than a full purse.

Happiness is better than wealth.

A loaded wagon makes no noise.

Really wealthy people do not talk about money.

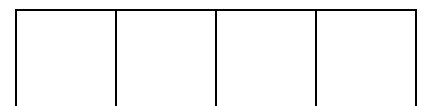
A rising tide lifts all boats

Refers to something that will be helpful to all.

4 PICTURES 1 WORD



x	q	a	c	l
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answer on page (39)

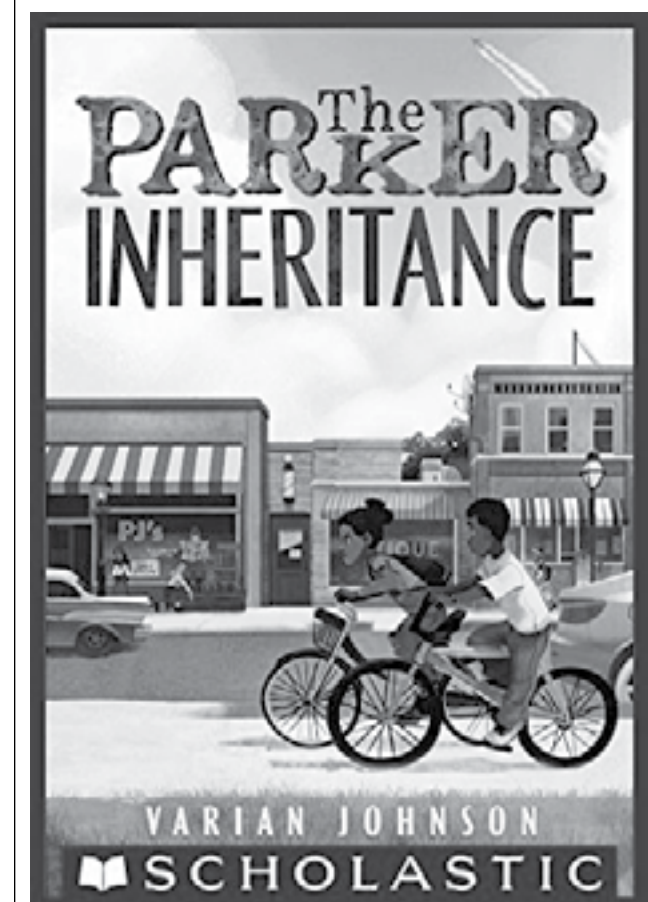
BOOKS OF THE MONTH

Readers are leaders. Happy reading.

Hello everyone, hope you're enjoying the best summer ever. Here we do and we invite you to join us in navigating the knowledge world through the books we've lined up for you. Keep it real and be kind.

THE PARKER INHERITANCE KINDLE EDITION

By Varian Johnson



Never quit when you have the strength to continue. The prize ultimately is for those who win. This is a book of discovery.

A letter found by Candice describes a young woman, probably her Grandmother of an injustice that once

occurred decades ago and a puzzling mystery to be solved.

Brandon the quiet boy will unravel the mystery through clues, and open up secrets of Lambert through a diligent search. Now, would they find the fortune after all?

USEFUL VERBS AND PREPOSITIONS TO /OF /WITH/ AGAINST/ ABOUT

- Adjust to
- Admit to
- Cater to
- Disapprove of
- Get rid of
- Remind of
- Compare with
- Confuse with
- Fight with
- Meet with
- Decide against
- Fight against
- Vote against
- Argue about
- Forget about
- Worry about
- Care about

BUSINESS

GREYHOUND HALTS SERVICE IN WESTERN CANADA

By D. Forrester
Greyhound has announced that it will cease operation of buses in many parts of Western Canada when 2018 fall commences and that operations will continue in Ontario and Quebec routes.

People who dwell in rural areas are expected to be heavily affected by this shocking development.

While making the announcement, Greyhound Canada revealed that effective Oct. 31, it will pull out its operations entirely from Manitoba, Alberta and Saskatchewan. Operations in British Columbia will be pegged to its Vancouver to Seattle route. Also, the company revealed further that it would stop operations in Northwestern Ontario while operations at routes in the remaining parts of Ontario and Quebec continue.

This sad development will result in loss of 415 jobs and it is an offshoot of the company's service slash in Northern British Columbia that happened during last fall.

While reacting to this



development, the Chief of Opaskwayak Cree Nation in Northern Manitoba, Christian Sinclair made it known that the cut in operations will make life harder for a lot of people. He said, "This is definitely needed as a lifeline. Those routes are relied on heavily, because we have a large number of members that transport themselves to Winnipeg daily for medical services. All it's going to do is create more hardship and pressures on the individuals and the families themselves."

Though the intercity bus lost its importance over the last ten years as many Canadians bought private vehicles, a lot of rural dwellers do not possess means of transportation. By implication, Greyhound's service cuts may strand residents of many communities thereby posing safety risk as people may tend towards hitchhiking.

British Columbia commenced a one-year pilot project last in June to gal-

vanize bus service in the northern part in an effort to offset the difficulty posed by Greyhound's recent service cut. This pilot project has not been really effective as the province and its eastern neighbours now encounter a bigger problem.

In Saskatchewan, it is hoped that the private sector will come up with a means of replacing Greyhound while Alberta has commenced small scale bus service that links regional centres to their adjoining areas.

ONTARIO SECURITIES COMMISSION SANCTIONED AND FINED FORMER EXECUTIVES OF SINO-FOREST

By D. Forrester
Ontario Securities Commission (OSC) recently slammed millions of dollars fine and sanctions against former executives of Sino-Forest Corp., following their offence which has been described as "one of the largest corporate frauds in Canadian history" by regulators.

An OSC panel discovered in July 2017 that Sino-Forest and many of its ex-executives deceived investigators and partook in "deceitful or dishonest conduct" attached to the company's timber assets and revenue.

As such, the panel of Ontario Securities Commis-

sion decreed that former Sino-Forest Chief Executive Allen Chan and several other officials be irrevocably barred from trading in any securities. The panel also resolved that the former executives be prohibited from acting as or assuming the office of directors or officers of companies that are publicly traded.

Allan Chan was slammed with a \$5-million administrative fine. In addition to that, he was ordered to "disgorge" to the commission an amount in the region of \$60.3 million and pay a cost of around \$2 million.

Other former execu-

tives were penalized with fines that are up to \$2.65 million and were directed to tender disgorgement payments which range between \$1.2 million and \$1.86 million.

The Ontario Securities Commission decision stated that "The duplicity demonstrated by these respondents in their actions resulting in the collapse of Sino-Forest is among the most serious misconduct engaged in by respondents in Commission proceedings, and especially by senior officers of a public company, including Mr. Chan, the purported 'visionary' who chose to betray the trust of the inves-

tors, employees and many other stakeholders of the company he led."

The sanctions were announced following a recent hearing on the merits of the allegations that continued on for 188 days over three years (2014, 2015 and 2016).

The legal counsel of Chan and his cohorts revealed in an email that his clients were "disappointed in the outcome of this phase of the proceeding" and remarked that a lot of his clients had initiated a Divisional Court appeal in a bid to challenge the decision of OSC concerning the allegations.

JAPAN LIFTS BAN AGAINST CANADIAN WHEAT

By R. Njeru

Japan has lifted its temporary ban of Canadian wheat imports. Earlier, the Asian country was forced to stop buying wheat from Canada following the discovery of genetically modified wheat in Alberta.

Less than 10 GMO wheat plants were recently

found in a ditch along an oil well access road in southern Alberta.

Japanese officials recently traveled to Canada to meet with the CFIA, the CGC and Cereals Canada. Japan's government was also given a validated test for the GM trait.

Lab tests revealed that there were no GMOs in the

imports that were sent to Japan, this is according to Japan's agriculture ministry.

The Canadian Food Inspection Agency did some tests of its own and it established that no unapproved product or genetically modified wheat had entered export cargoes. They came to a conclusion that the unwanted wheat was only

isolated to the small area in Alberta.

Japan has indicated that it will continue testing imports from Canada although it has not found any GM wheat in its system.

According to the Canadian government, the genetically modified wheat is only available in the place it was discovered and there-

TIM HORTONS COMMENCES FOOD DELIVERY IN 3 CITIES



Image credit: www.timhortons.com

By N. Ugoh

Canadians that love and crave coffee and doughnut and other fast food will be happy to know that they can now have Tim Hortons food delivered as the company commences home delivery test in 3 cities.

This development stemmed out of the company's aspiration to maintain its relevance with Canadian customers. Through this, the coffee-and-doughnut chain set in motion food delivery with a food delivery app which is known as Skip The Dishes via 148 restaurants in Edmonton, Ottawa, and Vancouver.

Tim Hortons President, Alex Macedo during his reaction to this development said, "I think we came in with a mindset that we have to listen to our guests and adapt to their changing needs."

Macedo disclosed further that the company's new hires which includes Duncan Fulton, is the rea-

son for the brand's latest productivity.

He stated further that by saying "It's not the only company to feel that way. Cineplex announced late last month it started offering concession stand snack delivery via Uber Eats to movie-watchers in 60 communities in Ontario, Alberta, B.C., and Quebec. But Tim Hortons is relying on more than just delivery to garner more enthusiasm for its brand. Another change that just made sense is all-day breakfast."

According to Fulton, the company plans to move the delivery test to other cities in the coming months. Fulton also admitted that he and many customers of Tim Hortons live their lives on apps like Skip The Dishes, DoorDash and Uber Eat.

At present, around 50 restaurants serve breakfast and if the test delivers positive results, Tim Hortons will roll out the enlarged first meal hours nationwide before the summer ends.

fore it was not present in the animal feed or food system. Canada does not permit the commercial use of modified wheat. On the other hand, South Korea recently resumed its shipments.

Tom Steve, the general manager of the Alberta Wheat Commission, said that they were pleased that Japan had resumed normal trade. He added that Japan is a highly valued customer. He also said that this was a test for Canada's science-based regulatory system and it had passed with flying colors.

In 2017, South Korea spent \$56 million to buy wheat from Canada. On the other hand, Japan spent around \$600 million in the same year. South Korea

also halted imports after the GMO stalks were discovered but resumed trade a few days later. South Korea is an emerging market but Japan remains Canada's second-largest buyer of wheat.

According to a Reuters' report, Japan has already issued tenders for 62,957 tonnes of food-quality wheat from Canada. The Canadian government released a statement reaffirming the country's position as a dependable global supplier of wheat.

Wheat is one of the largest field crops in Canada. It had a production of 30 million tonnes across 22 million acres in 2017. Canada makes around \$6.6 billion annually from wheat exports.



AMAZON RECORDS BIGGEST PROFIT EVER

By D. Forrester

Amazon topped \$2 billion in quarterly profit for the first time in its history, an impressive run fueled by continued growth in Prime subscriptions, cloud computing and its nascent advertising business.

Amazon recently announced that it earned \$2.5 billion in profit for the three months ending in June, a staggering jump from the \$197 million it posted in the same period last year.

This is the third consecutive quarter that Amazon has topped \$1 billion in profit, a remarkable feat for a company once known for investing so much in its business that it often lost money.

Analysts called this a "potential game changer" as Amazon continues to invest heavily in fulfillment centers, new stores and less expensive content deals.

However, weaker than expected sales growth tempered the results. Amazon sales hit \$52.9 billion for the quarter, a 39% increase from the same period a year earlier but slightly below Wall Street's estimates.

Amazon's cloud computing business, Amazon Web Services, remains the key profit maker. The division jumped to more than \$6 billion in sales for the quarter as it continues to dominate the public cloud computing market in the face of competition from

Microsoft (MSFT) and Google (GOOGL). The cloud division also boasts higher profit margins than Amazon's core retail business.

"Amazon Web Services is basically the silver bullet for them for future growth," says Dan Morgan, senior portfolio manager at Synovus Trust.

The company continues to gain more from advertising at a time when Facebook (FB) and Google, the two giants in the market, face mounting scrutiny over their data privacy practices and the prevalence of fake news and disinformation on their platforms. The company's "other" category, said to consist "primarily" of advertising services hit nearly

\$2.2 billion in sales for the quarter, up 132% from the same period a year prior.

More than 100 million people pay for Amazon's subscription service, which includes two-day shipping and access to a growing wave of TV shows and movies. During the quarter, Amazon raised the price of a Prime membership from \$99 to \$119 a year.

Amazon stock ticked up 3% in after hours trading late in the month.

The beginning of July saw an unprecedented surge in Amazon's market value, which topped \$900 billion for the first time, putting it on the cusp of eclipsing Apple as the world's most valuable company.

CN PLANS TO IMPROVE ONTARIO NETWORK



globalnews.ca

CN Rail recently revealed its plans to invest around \$315 million in Ontario in 2018 to boost the company's rail network in the province.

The company reveals its planned projects include but not limited to upgrading its intermodal terminal in Brampton northwest of Toronto, building a new train passing siding east of Sioux Lookout, replacement of 145 kilometres of rail, installation of more than 380,000 new railroad ties, rebuilding of 60 road crossing surfaces, performing maintenance work on culverts, bridges, signal systems and other infrastructure.

The Ontario investments which are part of CN's \$3.4 billion capital program for 2018 include a new train passing siding in CN's corridor which links Toronto and Winnipeg.

While shedding more light on the investment plan, the CN Eastern Region Vice President, Michael Farkouh said, "We are investing for the long haul with these projects to boost capacity and network resiliency to meet growing demand across our economy. Our substantial investments to renew our existing railway infrastructure underscores our commitment to operating safely."

RICHARD BRANSON'S 84 BILLION CRUISE SHIP GETS ONLINE USERS EXCITED

By D. Forrester

68-year old billionaire, Sir Richard Branson has delved into the business of cruise ship. In fact, he recently unveiled the first ship of Virgin Voyages, Scarlet Lady.

During the unveiling at Virgin Voyages in Genoa, Italy, Mr. Branson said the cruise ship will make its first trip in 2020.

According to The Sun, the Scarlet Lady is worth Ksh84 billion and the ship has the capability of accommodating 2,700 passengers and 1,150 crew members.

The Virgin Voyages' mission is to "entice people onto the ships who would not normally think of cruising".

Sir Branson made it known in June 2018 that he would be adding a \$2.5 billion (Ksh252 billion) fleet of cruise ships to the Virgin dynasty.

According to reports



monitored, the liners are expected to sail from Port Miami and journey round the Caribbean while the next two ships will sail in 2021 and 2022.

At present, the cruise ships are being manufactured at Genoa's Fincantieri dock.

As reported by The Telegraph, Sir Richard Branson and the Chief Executive Officer of Virgin, Tom McAlpin disclosed details about

the debut ship of the cruise line. The details disclosed includes efforts put in place for the line's welfare programme (Vitamin Sea), single-use plastics on board ban, nine new public spaces renderings and animations.

Ban on single-use of plastics from inception will range from bottled water to cups of take-away tea and coffee as Virgin Voyages seeks to become one of the best fleets as far as cleanli-

ness is concerned.

While Mr McAlpin was talking about how to fulfill the fleet's purpose, he said, "We believe that in order to fulfill our purpose of creating an 'Epic Sea Change for All' we must make a commitment that is bigger than just eliminating straws. We must make a commitment to building ships and experiences that do everything possible to look after the well-being of our precious oceans."

It was also gathered that Virgin Voyages describe its Vitamin Sea welfare programme for passengers as a programme that was inspired by the oceans and their significance in health and the planet's wellbeing as well as our daily lives.

The nine new on board spaces images include people that will host the diverse group fitness sessions. For instance, sunrise and sunset yoga will be hosted by The Crow's Nest. The Crow's

Nest provides 360 degree views around the ship and it is displayed strewn with exercise mats in Virgin Voyage's signature red.

Also, the Runway running track, the B Complex which offers rooms for yoga, spin and cardio as well as The Athletic Club which comprises a boxing ring and gym facilities that are modeled on what is obtainable in 1920s New York sports clubs will be on board.

Passengers will have the opportunity of being pampered in the ship's Redemption, Spa, low dry bar, male pedicure spa, barber shop and mani-pedi spa.

Richard Branson disclosed further that the cruise ships services are "for the young at heart. If you're going on and don't want to have a good time

don't come". Notwithstanding, the cruise ships have no upper age limit.

CNBC reported not too long ago that the Cruise Line International Association revealed that cruising is the fastest growing area of the vacation industry and according to projections, 27.2 million passengers are expected to cruise in 2018 which represents an increase in 25.8 million passengers that cruised in 2017.

Carnival's report estimated that about 5 percent of North America's population have been on a cruise, which implies there is a lot of growth potentials.

Branson's net worth is \$5.1 billion (Ksh514 billion) and he has been nursing the idea of setting up a cruise liner since he was 27 years old.

TOP 5 SMALL BUSINESSES TO START IN CANADA

(NC) Being your own boss and calling the shots is an incredibly rewarding part of running your own business. But your success is dependent on starting a business that delivers value to customers and provides you with a steady income.

"If you're ready to take the plunge and start your own small business, do your research to see if your idea aligns with what consumers want," advises Jeff Mitelman, CEO of Thinking Capital, a leading online lender to small businesses. "We provide financing to thousands of small businesses across the country and we see how quickly great ideas that respond to market demand can take off and gen-

erate a steady profit."

Since 2006, more than 14,000 small- to medium-sized Canadian businesses have turned to the organization for their business financing needs. Based on this experience, the company offers insights into the top five small businesses to start.

Pet services. We love our animals, with almost half of all households having at least one pet. Consider dog walking, grooming and even backyard clean-up services if you want to start a business based on your passion for four-legged friends.

Fitness studios. While it is a competitive market, studios can stand out by offering specialized training

services which are steadily gaining in popularity. Think cross-fit, boxercise and yoga for starting a healthy operation with staying power.

Coffee shops. Offering more than your average cup of Joe, these community hubs can often be great spots for human interaction, especially if locals are retired. A quaint coffee shop is a great option to engage the community in a profitable way.

Gourmet bakeries. Given today's busy lifestyles, you can profit by making it easy for people to celebrate with quality gourmet pastries and treats not found elsewhere.

Restaurants. The food industry is tough, but qual-

ity products, good value and a great dining experience make a recipe for success.

Find more information online at www.thinkingcapital.ca.

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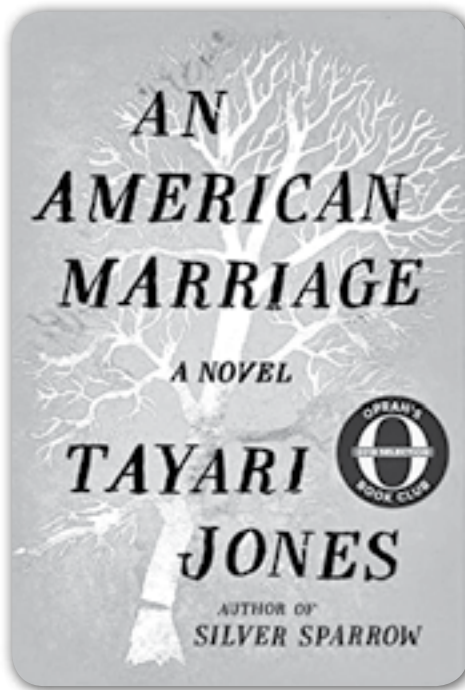
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BOOKS - EDITOR'S PICK

FICTION & NON FICTION BOOKS

We indeed hope you're doing great at this time of the year. As you strategize for greater exploits in coming months, take along with you any of the books we have lined up for you in our latest edition. Thanks for keeping it real with us

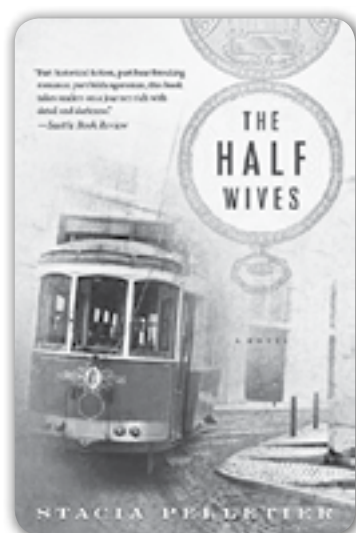
THE OTHER WOMAN: A NOVEL BY DANIEL SILVA



In the quest to unravel mysteries, the bonds of many and indeed the world is about to get loose from the bondage of forces that has held us hostage. This isn't just a spy novel, it offers redemption.

Only one man can unravel the conspiracy of a mole in the West inserted by Russia's KGB decades ago through the effort of a mysterious woman working on a memoir. Gabriel Allon, the legendary art restorer and assassin who serves as the chief of Israel's vaunted secret intelligence service. Gabriel will have a showdown with Russia as the fate of a new world order depends on his ordeal. A spellbinding spy action is taking to the brim of force.

THE HALF WIVES BY STACIA PELLETIER



There's no better exchange for love and neither would we be able to resist the need to love, be loved and to be at

peace. This book is all about rewriting the wrongs.

Henry Plageman is a former Lutheran minister who quit faith after losing his son, Jack. His wife, Marilyn hasn't recovered either, but Henry has another life—another woman and another child—unknown to Marilyn.

Both Marilyn and Lucy the new found love would later meet when Jack's sixteen years remembrance revealed how this top secret keeper had kept eight-year old Lucy's daughter away from everyone.

A WEEKEND AFFAIR BY NIKA MICHELLE

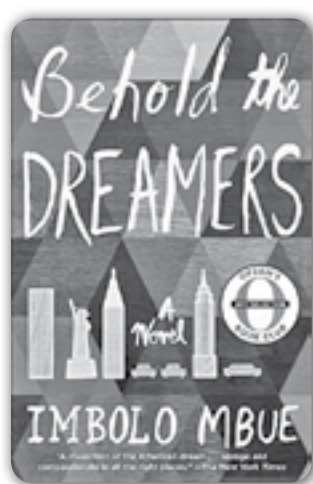


When treading the path of evil, never expect sanity. It takes just a moment of madness to slide into trouble. This is a book that will help reveal the bitter truth about betraying people's trust and infidelity.

Nia's sexual ordeal with a drug cartel isn't going to end well. She must have been unaware that the guns aren't far away or maybe she ignored the vital signs, with a gun in her face.

Brannen's wife, Nova meanwhile would do anything for her man despite knowing he was having affairs with Nina. The worst has not yet happened until Nova takes her stand like a woman who never gives a damn.

BEHOLD THE DREAMERS BY STACIA PELLETIER



A significant

inquest into the human rationale for survival rather than loyalty.

However, when loyalty prevails in difficult circumstances, we all win. This

is a book of impact for passionate service-Jende Jonga, a Cameroonian immigrant living in Harlem gets a job as a chauffeur for Clark Edwards, a senior executive at Lehman Brothers. Clark demands punctuality, discretion, and loyalty—and Jende is eager to please. Neni, Jende's wife also got a temporary work at the Edwardses' summer home in the Hamptons through Clarke's wife. Soon Jende and Neni notice a can of worms at the height of the economic crisis in their employers' façades.

Jende and Neni will have to make an impossible decision.

LITTLE SECRETS, WHAT'S DONE IN THE DARK...ALWAYS COMES TO THE LIGHT BY SHAWNDA JOHNSON



This epic reveals the evident truth that no secret lasts forever and that the decisions we make today can hunt down our perfect relationships.

After let down by several men, Shawn, Aris and Ayanna each meet the right person and all seems perfect on the outside. However, they each have skeletons in their cupboard that could bring their world crashing down. There's no room for darkness when light beckons. The hope of getting to their final destination is just about to be dashed again.

THE MANDELA PLOT BY KENNETH BONERT



A book that brings to remembrance a South Africa under Apartheid. A social imbalance that can never be justified although its remnants continue to thrive. An amazing twist to an historic epic.

Young Martin Helger seems isolated from his white privilege and would find his voice among the blacks who are intent on displacing apartheid. The Helgers, cannot afford to lose their illustrious son as secrets of their past emerges in the final days of the struggle. A politics tear apart the country. An entertaining plot to migration issues, politics and family.

TO THE RESCUE SAY NO TO CORRUPTION By Pastor Dele Dada



CHAPTER FOUR - PG. 72

Kola shook his head. "Harrison I am ashamed of you. Is this what you learnt in the university? To corrupt the over corrupted system? What of those debates, plans that we have to make this country better. All the annual projections of The Association of Sociology Students? Were you not the President of the Association talking about the ways the leaders have messed up, criticizing the leadership, that they are corrupt and that as we graduate we seek leadership roles and correct the system. You have not even finished NYSC and you are doing this? By the way do not deceive yourself that you are a Christian, and that Christians are doing this. Christians are born again people. They have virtue, they have integrity. People are known by their fruits. The fact that you go to church and your parents and sibling go to church does not make you or them Christians. What you are practicing is called nominal Christianity or 'churchianity.' There is a difference between the two. Churchianity is the concept of going to church but not living according to Godly principles. Churchianity is just adding Christian activities to your abnormal life, attending church occasionally, donating money here and there, but not making Jesus your Lord and Saviour. Christianity is about believing in Jesus Christ as Lord and Savior and practicing the Godly principle, I repeat practicing the Godly principles according to the scripture. Henry Ward Beecher said 'A Christian is nothing but a sinful man who has put himself to school for Christ for the honest purpose of becoming better.' You become a Christian by repenting from your sins, living a holy and righteous life. I thought you

understand these basic things.

"The disciples were called Christians first at Antioch!" because they were Christ-like." Kola was excited that he was able to turn around the topic against him and had an opportunity to witness to Harrison.

"Kola, these are the same things you people were saying on the campus. Get real, brother. All those people who come to church and make big donations, what business do you think they are doing. Clean business? They are all involved in shady businesses here and there. My father is an ambassador; these people have been coming to our house since I was young. I have been exposed to the deceit, even in the embassy abroad and in the western nations. Currency trafficking and money laundering is a global phenomenon. Harrison said, trying to pull over in Kola's school premises.

"That is one of the major things I want to say, with this kind of business you are doing you are spoiling and battering the economy of the nation." Kola emphasized.

"Are you the owner of Nigeria? Mr. Economy. Who cares? Am I the one printing the money? If you don't do the business you are the one that will remain poor. All I am saying for instance is take a fake 50 naira bill and give me back 30 genuine naira, take one-third and give me two-thirds' whether it is 20,50 and 100 naira. Young man get smart." Harrison encouraged Kola.

IN A GOOD CAUSE - AFROFEST TURNS 30



Summer is full of outdoor events, festivals, parties, but this was no ordinary event with over 60 vendors; food vendors, showcases of fashion, craft and arts. Huge "music acts and living legends" in a sprawling wicked jam session. The most sought-after fun fest. This year, Afrofest festival was held July 7-8, 2018 respectively at the Woodbine Park, Toronto, Ontario. AFROFEST is becoming the

largest free African festival in North America. It represents Canada's growing culture in its finest form. There were also performances by internationally acclaimed bands, exhibits by designers such as Acekouture, the summer collection is everything you could ever need on holiday.

For those that added this dates to their itinerary, what did we learn? Well, it was sunny, very well-attended;

thousands of people, the live music, grooving away. Respect!

This was a huge success, it creates an openness in ways of experiencing diversity and culture. This is what makes a community great!

Creative editor, text/photography by Kelechi Achonu



INTERNATIONAL NEWS

SINGLE MOTHER AWARDED £1.5MILLION COMPENSATION BY NHS AFTER DOCTORS RENDER HER SEXUALLY INACTIVE

By NCNC Staff

GINNY Atchison is a 45-year-old single mother who has Cauda Equina Syndrome “

(CAS)-a situation whereby the nerves which are situated at the spinal cord's base are squeezed together, causing numbness, pain, and weakness in the buttocks, lower back, legs and between the legs.

Cauda Equina Syndrome also affects the bladder, bowel control mechanism and sexual function. According to the report, Ms. Atchison started experiencing lower back pain in 2008, when she felt she had simply pulled a muscle.

The lower back pain got more severe in 2010 and she decided to go to A&E in a bid to carry out MRI scan on her lower back. On getting to A&E, she was not given an MRI scan but she was directed

to one pain management clinic at Norwich University Hospital and Norfolk where their doctors suspected a slipped disc.

When she could not urinate for 24 hours in 2011, she visited A&E again and it was discovered she was suffering from Cauda Equina Syndrome and she had to undergo surgery. After the surgery, she ceased to experience an orgasm. She had to give up work in 2011 and it is so sad she still finds it difficult to trek long distances. Also, she has a permanent catheter.

She revealed it was surprising that she was still able to trek after undergoing the operation but unfortunately, there was lots of damage.

She said, “I still can't feel the saddle area. I have tried everything to help it. I've looked at the psychology of it, physical treatment but I have come to terms

with the fact that my sexual feeling isn't going to come back.

“I was always a very sexual person. I enjoyed being intimate, having sex at least a few times a week when I was in a relationship. But I didn't realise how important that was to me until it was gone.”

As a divorcee, Ms. Atchison disclosed that the feeling that she is being deprived of sexual feeling happens to be the most annoying part of her condition. She broke up with her partner of over seven years after her diagnosis.

While talking about the fractured relationship, she said, “We are still best friends, but after the injury, we couldn't be intimate and the romantic part of our relationship was over. I struggled a lot because the loss of orgasm is a terrible thing.”

Ms. Atchison's 20-year-old son, Leo, took

legal action against Norfolk Community Health and Care NHS Trust and Norfolk and Norwich University Hospital NHS Foundation Trust but they were able to settle the matter out of court and she was awarded £1.5million compensation.

While reacting to the compensation she received, she said, “I won't be able to work again, so it gives me financial stability for the future.”

Both health trusts tendered an unreserved apology to Ms. Atchison for the discomfort caused by the quality of care she got. The hospital trust's spokesperson said all related incidents are thoroughly investigated in a bid to ensure that lessons are learnt and to forestall future occurrences while the community health trust's spokesperson said, “We have implemented a new protocol improving our response to suspected Cauda Equina Syndrome.”

SPAIN TO TIGHTEN SEXUAL CONTENT LAWS

By Julius Oyekunle



Deputy PM Carmen Calvo

Spain is considering a plan to toughen the law in sexual assault cases to make it clear that consent has to be explicit and if not it should be regarded as rape.

Deputy PM Carmen Calvo says the proposals are inspired by a new law introduced in Sweden, which makes it clear that any sexual act without explicit consent is treated as rape.

“If a woman does not say ‘yes’ explicitly, that means ‘no,’” Calvo who is also the Minister for Equality said in a recent interview. The implication of this is that “if its not ‘yes’, it is not ‘yes’.”

The development follows a scandal over a court ruling in the so-called “La Manada” (“Wolf-Pack” case). A group of five men were convicted of sexual abuse but cleared of rape after assaulting an 18-year-old woman at the Pamplona bull-running San Fermin festival in 2016.

The men got five years' probation and a €10,000 fine each, rather than a 22-year sentence. The five men had filmed the whole incident and argued that the woman did not try to defend herself. During

the trial, the girl said she submitted out of fear.

The judges' verdicts were based on cellphone videos in which the victim was not seen to be objecting. Under Spanish law, an assault must involve “intimidation” or “violence” to be considered as rape.

A public outcry and street protests over the case were repeated last month, when the five were released on bail pending appeals against their nine-year jail terms.

“We cannot return to a situation where, via an interpretation, what is understood to be a serious crime against women is not considered as such,” said Carmen Calvo.

Spain is not alone in Europe in - until now - not recognising sex without consent as rape. The countries which do are Belgium, Cyprus, Germany, Iceland, Ireland, Luxembourg, the UK and now Sweden.

U.S. BUSTS MASSIVE INDIA-BASED CALL CENTRE SCAM THAT STOLE HUNDREDS OF MILLIONS

U.S. authorities have sentenced 21 people in connection with an India-based call centre scam that bilked Americans of hundreds of millions of dollars.

Defendants were given sentences ranging from fines and probationary sentences to 20 years in prison, in what U.S. Attorney General Jeff Sessions called “the first-ever large-scale, multi-jurisdiction prosecution targeting the India call centre scam industry.”

The scammers' modus operandi was similar to that of the network of fraudsters who were arrested in Oct. 2016 in an operation that may have targeted Canadians.

According to the U.S. Justice Department, the sophisticated operation revolved around call centres in Ahmedabad, India, from where individuals called American citizens while posing as officials with

Internal Revenue Services (IRS) or U.S. Citizenship and Immigration Services (UCSIS).

Victims were told that they owed the government money, and were threatened with arrest, imprisonment, fines and deportation if they didn't pay up. Those who gave in to the scam were made to pay using wire transfers, direct bank deposits or iTunes and other gift cards.

Once payment was made, the call centres alerted a network of runners in the U.S., who worked to liquidate and launder the ill-gotten money.

“The transnational criminal ring of fraudsters and money launderers who conspired to bilk older Americans, legal immigrants and many others out of their life savings through their lies, threats and financial schemes must recognize that all resources at the Department's disposal will be de-

LEBANESE FEMALE POLICE OFFICERS KIT UP IN MINI SHORT TO ATTRACT TOURISTS

By N. Ugo



Wonders shall never end as young, beautiful policewomen in black mini shorts with red berets are on patrol in Broummana, Lebanon. According to Reuters, the new kit is in line with Broummana's Mayor's plan to fetch more tourists to the country in a bid to improve the country's image.

The Mayor, Pierre Achkar remarked that “99% of the tourists in the Mediterranean region wear shorts” and hopes that the current generation of beautiful female traffic cops will help in attracting more tourists to the town and propel the country's image.

He said, “We in Leba-

non want to change the bleak picture of Lebanon in the West.”

Not every citizen in Lebanon loves the mayor's vision as a lot of citizens have complained about social media that using attractive women to fetch more tourists is a bad move. Other citizens opined that the uniform of policemen remains unchanged.

In spite of the mixed reactions the development received, a newly recruited police officers, Samata Saad, revealed she is happy with the job.

Samata said, “We came willingly to this work and we have accepted it with enthusiasm and we still hope that it will return in every summer season.”

GERMANY RAKES IN €3 BILLION FROM GREECE'S FINANCIAL CRISIS

By N. Ugo



Finally, the eurozone has agreed to make moves that will bail Greece out of the European assistance program as Greece hopes to get its last tranche of €15 billion in August 2018. The step is expected to end the country's 10-year debt crisis.

The new agreement affords Greece a 10-year extension to pay up €96.9 billion loans which cover about half of the financial aid of Europe to Athens since 2010. The agreement also postpones amortizations and interest payments till 2035.

Greece is expected to receive an additional €15 billion to offset some IMF loans that are more expensive and create a cash succor in a bid to meet its financing needs over the next two years.

employed to shut down these telefraud schemes, put those responsible in jail, and bring a measure of justice to the victims,” said Attorney General Sessions.

“This type of fraud is sickening,” said U.S. Attorney Ryan Patrick. “However, after years of investigation and incredible hard work by multiple agents and attorneys, these con artists are finally headed to prison. Their cruel tactics preyed on some very vulnerable people, thereby stealing millions from them.”

The stiffest of the 21 sentences was reserved for Illinois man Miteshkumar Patel, who was given 20

This new deal sealed as part of the financial help to Greece over the last eight years will fetch Germany €2.9 billion. The profit emanated from interest rates via purchases of Greek government bonds done under European Central Bank's Securities Markets Program (SMP).

Part of the conditions of the SMP deals is all the profits generated from purchasing the Greek securities by other states must be forwarded to Greece if Athens meet all the austerity and reform requirements.

years in prison. Authorities said Patel managed a Chicago-based crew of runners who worked to launder the call centre fraud proceeds using anonymous stored value cards. He was held responsible for the laundering of between \$9.5 and \$25 million.

Another Illinois-based conspirator, Hardik Patel, was sentenced to 15 years and eight months in prison for his role as owner and manager of one of the call centres. Patel was reportedly in communication with notorious call centre scam kingpin Sagar “Shaggy” Thakar, who was arrested by Indian authori-

ties in 2017, as reported by the Hindustan Times. The oldest person to be sentenced in connection with the scam was 82-year-old Raman Patel of Arizona, who was given a probationary sentence and a fine of just over \$76,000. The youngest was 26-year-old New Jersey man Nisarg Patel, who was sentenced to serve 48 months in prison, with the judge recommending deportation to India upon his release.

The indictment also charged 32 Indian-based conspirators, who have yet to be arraigned.

Source: globalnews.ca

SOUTH KOREA SLAPS FORMER PRESIDENT WITH ADDITIONAL JAIL SENTENCE

By R.Njeru



Park Geun-hye

South Korea has slapped its disgraced former president Park Geun-hye with 8 more years in jail. She is currently serving a 24 year prison term for engaging in corrupt activities.

The court increased her sentence after she was found guilty of violating election laws and abusing state funds. The ruling established that she had meddled in her party candidate's nomination while attempting to win more spots for her loyalists ahead of the parliamentary elections in 2016. She was removed from office in 2017 after huge street protests.

She was officially removed from office after South Korea's judiciary confirmed her impeachment. She was arrested a few weeks later.

The disgraced 66-year-old is the country's first female president. She enjoyed overwhelming support from conservatives who catapulted her to the presidency after she won by more than a million votes in 2012. Most of her supporters voted for her hoping that she would continue with her father's legacy of rescuing millions from poverty and establishing aggressive industrial policies. Although many

critics remember her father Park Chung-hee as a brutal dictator who executed and tortured his political rivals some see him as an anti-communist leader who fixed the country after the 1950-53 Korean War.

Choi, who acted as Geun-hye's secret confidante, was also found guilty of extorting bribes from companies like retail conglomerate Lotte and telecommunications giant Samsung. The companies claimed that the extortions were worth millions of dollars. Choi was found guilty of meddling in state affairs, bribery and abuse of power. She was handed a jail sentence of 20 years.

ISRAEL ARRESTS ITALIAN ARTIST OVER CONTROVERSIAL DRAWING



By Julius Oyekunle

Israeli authorities have arrested two Italians for drawing a giant mural of a Palestinian teenager seen as a symbol of resistance on the separation wall in the occupied West Bank, police reported.

The 13 foot image near Bethlehem in the West Bank depicts Ahd Tamimi, 17, who was recently released from prison after an eight-month sentence for slapping two Israeli soldiers, an episode captured on video.

A message was posted to a Facebook page under his name saying he had been arrested and pleading for help.

The arrest of the two Italians and a Palestinian was based “on suspicion of damaging and vandalis-

ing the security fence in the Bethlehem area,” a statement said.

The three, whose faces were masked, “illegally drew on the wall, and when border policemen took action to arrest them, they tried to escape in their car, which was stopped by the forces,” the statement said.

The man who drew the mural was identified as Italian street artist Jorit Agoch.

A message was posted to a Facebook page under his name saying he had been arrested and pleading for help.

The Italian foreign ministry however says it is

cutting the West Bank off from Israel is filled with graffiti in support of the Palestinian cause.

Secretive British street artist Banksy is among those who have painted on the wall.

HAMAS AGREES TO CEASE-FIRE WITH ISRAEL

By Julius Oyekunle



HAMAS has agreed to a cease-fire with Israel after series of massive bombardments of militant positions. The recent development has pulled both sides away from the brink of war. Israel and Hamas have fought three such wars over the past decade and Hamas agreed to the second such cease-fire in a week under heavy Egyptian and international pressure.

Israel has stepped up strikes since then to signal its new threshold for engagement after months of largely refraining to act.

Israel says it has no interest in any form of war with Hamas, but says it will no longer tolerate the Gaza militant campaign of flying kites and balloons

into Israel.

A Palestinian sniper had killed an Israeli soldier along the border -- the first casualty it has sustained in four years -- and Israel unleashed an offensive it says destroyed more than 60 Hamas targets, including three battalion headquarters. Four Palestinians were killed, of which three were Hamas militants.

“The attack delivered a severe blow to the Hamas's training camp command and control abilities, weaponry, aerial defense and logistic capabilities along with additional military infrastructure,” the Israeli military said in a statement, adding that the strikes “will intensify as necessary.”

In a brief state-

ment shortly before the announcement, Hamas spokesman Fawzi Barhoum said the movement accepted the cease-fire brokered by Egyptian and United Nations officials and that calm had been restored. Later, the Israeli military announced a return to civilian routine along the volatile border.

The recent outburst of violence comes after months of near-weekly border protests organized by Hamas aimed in part at protesting the Israeli-Egyptian blockade of Gaza. Over 130 Palestinians have been killed by Israeli fire since the protests began on March 30, fuelled partly by the decision of US President, Donald Trump to move the US Embassy from Tel-Aviv to Jerusalem.

500 MILLION YAHOO HACKS: RUSSIA DENIES INVOLVEMENT

By Julius Oyekunle

THE Russian government says that its agents weren't involved in hacking 500 million Yahoo accounts after the US charged two spies over a “state-sponsored” cyber attack - an unprecedented one in every context.

The Kremlin said its FSB domestic intelligence service was not involved in any unlawful activity. It

appeared to suggest that no Russian intelligence agents have ever hacked anyone else. It recently emerged that the US Department of Justice would charge two Russian spies with hacking into Yahoo in one of the biggest cyber attacks in history.

It said that FSB agents had paid hackers to steal people's email accounts and try and gather information about journalists

and politicians.

Dmitry Peskov claimed Russia had received no official information about the charges and had gleaned all it knew about the case from media reports.

The US Justice Department has sent a warning shot repeatedly that will not allow individuals, groups, nation states or a combination of them to compromise the privacy of

our citizens, the economic interests of US companies, or the security of the country.”

Alexsey Belan and Karim Baratov are accused of targeting the Yahoo accounts of Russian and American government officials, including cyber security, diplomatic and military personnel, as well as Russian journalists other network providers and financial services employees.

HOW TO LOOK RICH AND FEEL RICH WHEN YOU ARE NOT

HOW TO HAVE THE BEST OF THE BEST ON AN AVERAGE INCOME

Let's face it, most everyone would like to be rich. And why not? People with a lot of money are able to surround themselves with the best of the best, while the rest of us tolerate the not so best of the not so best. But must we forever compromise our standards? Wear polyester blends instead of silk? Dine from dollar store plates instead of fine china? Absolutely not! But if you want to experience some of the finer things in life on a big-box store budget, you have to be ready to make some pretty drastic changes.

To start, this article is not about pretending to be rich or fake. That would not be any fun. This is about ways to live with quality, both materialistically and in your daily lifestyle, that is associated with wealth, but on an average income.

Stop spending money and assess what you own

The first step to living rich on an average income is to immediately stop spending money on anything that is not a necessity and assess what you own. Depending on how much you own, this process could take several weeks.

Begin with the furniture and then work your way down to the smaller, less significant items like a sock drawer.

Keep a manageable list by each room, the items in the room, and by area as you go along making your assessments. You may also want to take a picture of the items in the rooms, cabinets, closets, and drawers. As you go along, list the items and ask yourself:

- Do I really like it?
- Do I need it?
- Am I proud of it?
- Does owning it add value to my life?
- Does it do the job?
- Do I wear it, use it, care about it?

Items that you cannot answer a single "yes" to should be marked as items to temporarily remove or liquidate. Items that you cannot decide on should also be temporarily

removed and stored on trial basis. Remember, what you keep that you cannot answer "yes" to will take up space, downgrade the look you want to achieve whether it is with how you look or how your home is decorated. It will only add to the time you spend organizing, cleaning and maintaining your home and your personal appearance.

Less Is Best

Our parents must have said, "less is best" a few million times to us as we branched out on our own, but we wanted more, more and more! We equated having a lot of stuff and an endless wardrobe with being successful. Then we were relocated to different cities multiple times by the company we worked for and we had to lug our successful bunch of junk with us.

Suddenly, my furniture that looked alright inside and under dim lighting took on a whole new life as it was being loaded off of the moving vans in broad daylight, and not in a good way. It was not that the furniture was dirty, but it was just cheap and looked far more used and broken down than its age. It certainly did not resemble anything that I would have associated with success.

Some of it (a lot of it) remained packed in boxes for months at a time. After the sixth move, we smartened up, junked the crap, and never looked back.

A Form of Minimalist Living

This is a great time to develop the attitude that less is best. Minimalistic living is popular today and is for good reason. For one, it is a greener lifestyle. Secondly, things cost more money today, even though the quality of much of what we buy is poor and does not last. And unlike past decades, many people admire those who seem to be perfectly happy living with a few pieces of select furniture.

But the greatest part of minimalist living it is that

living with less does not mean that you have to live without any of the luxuries in life. Just the opposite! It means that the majority of things that you buy will actually add value to your life.

Interesting Tidbit: According to the Wall Street Journal, people regularly wear only 20 percent of their wardrobe. Imagine the space that we would have if we got rid of the other 80 percent or even 60 percent. Imagine the money we would have if we never bought the 80 percent. Now imagine selectively adding to that space with only high-quality, classic, timeless clothing that fits perfectly and that we love.

Hold out for the best quality that you can afford

Once you rid yourself of the items that you own that are unworthy, unloved, and add no value to your life, you will want to think long and hard about what you truly do want in your soon to be brilliant life. Think in terms of quality versus quantity by limiting what you want to replace.

A good exercise is to make a list of the top five items for your home or closet that you want to buy. Prioritize the list by rating the items based on need, overall impact and how much personal value you will get from each one. Then begin thinking about buying the one with the highest rating.

This is where the belief in quality over quantity will make a difference. If you compromised on quality, maybe you could replace three of the items immediately. But then you risk being in the same boat as you were before you started this process.

For example, do you want the \$65 desk from a big-box store that you put together yourself and will likely end up on the street in a few years, or would you rather hold out until you can afford a quality piece of furniture that will enhance the appearance of your home and last for generations? Personally, I'd rather wait and spend time search-



ing and saving for a desk that is top-quality and well designed. In the meantime, I can set up something that will likely look equal to, if not better than, a cheap desk.

Note: I have the following quote framed in my office because it is so true: "Only the rich can afford to buy cheap things."

Dressing Rich—Developing Your Style

There are a lot of misconceptions about what "dressing rich" is really about. For starters, it is not about just buying expensive clothing. We see the proof of that every time we channel surf by one of the "Real Housewives" reality shows.

Just because a person can afford to toss one of their 10 Giorgio Armani blazers over their Stairmaster or replace last year's Alexander McQueen collections with this year's, does not mean that they will necessarily "look rich" when they get dressed.

The Thing About Sticking to the Classics

Looking wealthy is more about developing individual style and enhancing that style with well-made, classic clothing, accessories and shoes. It doesn't matter if you find the clothing that fits your style and your quality standards on eBay, at your local gently used designer clothing store or at Saks.

Why stick with classic clothing? Simple. Classics rarely goes out of style and the better the quality, the longer they last. Trendy clothing is just the opposite. You will get about

rather than fused facing around the cuffs, collars, and pocket

- Look for top-stitching
- Check for proper hem allowance of at least 1-1/2-inch to 2-inch hem allowances, depending on the weight of the item.

Wear the Right Attitude

A large part of giving off a rich appearance depends on a person's attitude and how they relate to others. Wealthy people are often pegged as being rude and snobby, but actually, most wealthy people are just the opposite. However, there are certain behaviors that people born from old wealth have and those who recently earned their wealth.

Did you ever notice that the people who come from generations of wealth are often polite, well spoken, and quiet? When confronted with poor service they will often patiently wait, but will likely never return to the same establishment. Most will not bother with loud complaining.

They also appear never to hurry. It would be rare for someone with extreme wealth to run to a plane or rush through a department store. They take their time because they can.

Looking rich encompasses not just how well dressed you are, but the total package including individual styling, perfect grooming, how well you speak, and what kind of attitude you have with other people.

To sum it up, you really only have to focus on five areas:

- Living with less.
- Buying the best quality.
- Developing your own signature style.
- Perfecting any neglected grooming habits.
- Slowing down to smell the roses

Succeed in each area and you will master looking rich even though your paycheck says otherwise.

Source: www.thebalanceeveryday.com

CLEVER WEIGHT-LOSS TIPS TO HELP YOU SUCCEED

(NC) For any amount of weight you may want to lose, starting can be the hardest part. But you can set yourself up for success by creating a plan. Here

are some tips to help you achieve and maintain a healthier weight.

Set smaller goals that you can hit along

the way. Short-term goals can keep you motivated and on track for the long haul. Don't be vague — the best goals are specific and achievable, like "walking a 5K", "adding 50 per cent more veggies to my weekday meals," or "Taking the stairs instead of the elevator at work."

Change your daily

habits. Healthy, maintainable weight loss is best achieved through minor changes to your lifestyle. You're better off making small, consistent changes you can adopt into your everyday life rather than trying a major fad diet or lifestyle overhaul.

Stick with your plan for at least four

months. Weight loss can take time, a healthier pace that is more likely to help you keep it off. You likely won't see results right away, but keep making healthier choices anyway. Give yourself at least four months to see a noticeable change.

Get extra help with cravings. For some

people, diet and lifestyle changes may only be effective for achieving weight loss in the short term. If you're overweight and have health problems because of it, a new anti-obesity prescription treatment that targets cravings can help. Talk to your doctor about a new treatment option for chronic weight management.

PORTUGAL PARLIAMENT REJECTS BILL BANNING BULLFIGHTING

By Julius Oyekunle

Portuguese lawmakers rejected a bill banning bullfights, submitted by PAN, the People-Animals-Nature party. The bill was rejected by all major parties with few abstentions.

During the debate, Deputy André Silva of the PAN, a party represented by a single deputy, defended that bullfighting is execrable fun, based on torture, "consisting in showing the most abject cowardice that the human species is capable of."

"Portugal continues to be a country that largely ignores the interests of animals, which summons us all to the rejection of bullfighting spectacles and, consequently, justifies the present bill," according to the PAN proposal.

The bill objectives included abolishing bullfights, revoking all laws that go against that principle; publish the law with immediate effect.

The Prótoiro Association, representing bullfighting aficionados, accused PAN of a "desperate attempt to gain visibility" and create "media folklore" with "demagogic and anti-democratic" intentions. They say that they have a constitutional right to cultural entertainment and that bullfighting has a long history in Portugal.

PAN estimates that between €16 million and €20 million a year of public subsidies are directed to bullfighting activities, including live transmission of major bullfights by

RTP the public television broadcaster and therefore says, it is not acceptable.

The bulls are pinched with barbs, and taunted by a horse-mounted toureiro and grabbed by the so-called forcados. In the end, although bulls are not killed in the ring, they are slaughtered.

Protests against such practices are not as vo-

cal as it is for instance in Canada, however, public opinion could change in coming years.

FORMER PAKISTAN PM JAILED 10 YEARS



By Julius Oyekunle

Pakistan's former prime minister Nawaz Sharif was sentenced in absentia to 10 years in prison by a corruption court in Islamabad over issues relating to using public office to enrich himself.

Mr Sharif "has been awarded 10 years imprisonment and an eight million pound [Dh39m] fine" over the purchase of high-end properties in London, defence lawyer Mohammad Aurangzeb said.

Prosecution lawyer Sardar Muzaffar Abbas said that the court had also ordered that the properties, in London's exclusive Mayfair area, be confiscated by the federal government.

Mr Sharif is currently in London, where his wife is receiving medical treatment for cancer. The verdict immediately raised questions over whether he would return to Pakistan, with analysts saying he was in a "difficult position" ahead of the election which occurred last month.

"If Sharif does not come back, his party is

over," said political analyst Rasool Bukhsh Rais. "If he comes back, he will have to fight cases and he will be suffering a lot - but in this way he will save his party." He never saved his party as Imran Khan emerged victorious in a keenly contested election.

Mr Sharif is banned from politics for life and had handed the presidency of his ruling Pakistan Muslim League-Nawaz (PML-N) party over to his brother, Shahbaz, who is leading the party's campaign ahead of Pakistan's second-ever democratic transition of power.

"We reject this decision," Shahbaz Sharif told a televised press conference in Lahore shortly after the verdict. "It is based on injustices. This decision will be written in black words in history."

The Sharif clan and their supporters have repeatedly denied the allegations of corruption, suggesting Nawaz is the victim of a conspiracy driven by the powerful military, which has ruled Pakistan for roughly half of its 70-year history.

continued from p(31) MULTIPLICATION CHART

X3	
3	9
10	30
5	15
2	6
6	18
12	36
11	33
9	27
8	24
4	12
7	21
12	36

continued from p(30) TELEPHONE SCRAMBLE..

- a) Be happy and a reason will come along.
- b) A beautiful thing is never perfect.

continued from p(31) SUDOKU SOLUTIONS

4	1	5	6	8	7	3	9	2
8	6	2	9	3	4	5	1	7
7	3	9	5	1	2	4	8	6
2	7	1	4	5	3	9	6	8
6	4	3	8	2	9	7	5	1
5	9	8	7	6	1	2	4	3
3	5	7	1	4	8	6	2	9
9	8	6	2	7	5	1	3	4
1	2	4	3	9	6	8	7	5

continued from p(30) WORD SEARCH

M	.	H	.	.	.	I	M			
A	J	A	.	.	.	N	C	.	T	I	A		
L	A	I	.	.	.	D	A	D	J	O	.	.	.	R	U		
D	M	T	.	.	N	B	O	P	O	A	K	N	.	C	E	R	
I	A	I	.	.	A	R	N	E	M	P	I	.	G	.	O	L	I
V	I	.	.	.	U	U	E	V	I	A	R	.	.	A	M	A	T
E	C	U	B	A	R	N	S	E	N	N	I	.	.	.	O	N	I
S	A	.	.	.	U	E	I	R	I	.	B	.	.	.	R	D	U
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.	E	A	.	T	S	.	.
.
G	R	E	N	A	D	A	.	F	I	J	I

continued from p(30) USE THESE VERBS ..

- You drive a car
- You wear a dress
- You cut meat
- You play games
- You drink water
- You read books

continued from p(31) 4 PICS ...

Hard

SPORTS

PACQUIAO BEATS MATTHYSSE TO CLAIM WELTERWEIGHT CROWN



By Julius Oyekunle

Manny Pacquiao put on a dominant display to stun defending champion Lucas Matthysse with a seventh-round knockout and claim the WBA welterweight title in Kuala Lumpur.

The 39-year-old Filipino legend looked focused and busy from the opening bell and had the 15,000 fans at the Axiata Arena on their feet when he sent his Argentine opponent to the canvas three times in total with an array of clubbing blows.

The southpaw dropped his opponent for the final time with a brutal uppercut and the win,

his first inside the distance since 2009, improves the eight-division world champion's record to 60-7-2.

"I'm surprised. Matthysse is a very tough opponent," Pacquiao said in a post-fight interview following a performance in which he showed glimpses of the spectacular form that catapulted him to the top of global boxing over a decade ago.

"I knocked him down and that's a bonus for being patient in the fight, and working hard in training," an elated Pacquiao said. The box to box pugilist has bounced back from his loss to Floyd Mayweather to claim leadership position in that category.

RACISM: MESUT OZIL QUILTS NATIONAL TEAM



By Julius Oyekunle

Mesut Ozil released a long statement announcing his resignation citing racism and double standards from the German FA.

In the first part, he defended his meeting with PM Erdogan of Turkey as respecting his Turkish heritage.

In the second part, he accused the media of double standards demanding that he defend his meeting with Erdogan while letting Matthauss's meeting with Putin slide. He thanked Adidas, Beats and Big Shoe for standing by him but slammed other sponsors for abandoning him.

He also went after DFB, particularly its president Grindel. He accused Grindel

of playing politics. While German coach Joachim Low and German President Steinmeier were sympathetic many others in Germany and the DFB were not. In a particularly emotional line, he said, "I am German when we win, but I am an immigrant when we lose."

"Racism should never, ever be accepted," he concluded.

NFF PRAISES PRESIDENT BUHARI FOR RESOLUTION OF CRISIS



By Tunde Ajibode

Monday.

The Nigeria Football Federation has heaped praises on the President and Commander-In-Chief of the Armed Forces of the Federal Republic, His Excellency, President Muhammadu Buhari (GCFR) for his directive that has ensured a peaceful resolution of a long-drawn leadership tussle in the football body.

"We cannot thank His Excellency enough for his action in restoring order to the Football House. By this single action, our President has restored hope to millions of Nigerian youth and the not-so-young who are involved in one way or the other in the football business. Now they can live and breathe their favourite game once more.

"All plans and programmes of the various National Teams will proceed accordingly, and we also believe the League Management Company will now put arrangements in place for the resumption of the Nigeria Professional Football League," NFF General Secretary, Dr. Mohammed Sanusi said on

Operatives of the Department of State Services (DSS) stormed the NFF Secretariat, Abuja on Monday morning with orders to restore normalcy to the place, and were later joined by Dr. Sanusi, who received a letter from the Office of the Attorney General of the Federation and Minister for Justice to the effect that Nigeria would respect world football-body, FIFA's position on the matter.

FIFA President Gianni Infantino had stated in unambiguous terms on the margin of the 2018 FIFA World Cup final match in Moscow, Russia penultimate week that the global body only recognized Mr. Amaju Melvin Pinnick as the President of Nigeria Football Federation.

Three weeks ago, a group led by Ambassador Chris Giwa stormed the NFF Secretariat and took control, on the strength of a court ruling. However, with the new directive, the Board of the Nigeria Football Federation led by the new 1st Vice President of CAF, Mr. Amaju Melvin Pinnick has been restored to office.

FORMER NHL GOALTENDER DROWNS IN HAMILTON



pic: NY Daily News

By N.Ugoh

Retired NHL goalie, Ray Emery, who was part of the Ottawa Senators hockey team that reached the final in 2007 and part of the Chicago Blackhawks that won the Stanley Cup in 2013 drowned in Hamilton, Ontario at the age of 35.

Hamilton Police identified Emery as the victim of a swimming accident, which occurred in the harbor recently. Sergeant Paul Evans disclosed that Hamilton Police were notified about the swimming accident via a call. They got to know through that call that an adult swimmer sank and did not resurface and that the police of Niagara helped in recovering Emery.

Emery's corpse was recovered later that day and Hamilton Police revealed that that cause of his death would be confirmed and made known after a post-mortem.

Emery was nicknamed "Razor" owing to his aggressive style of play. He played actively for Ottawa Senators, Philadelphia Fly-

ers, Chicago Blackhawks and Anaheim Ducks between 2005 and 2015.

While paying tribute to Ray Emery, the President of Philadelphia Flyers, Paul Holmgren said, "Ray was an outstanding teammate and an extremely gifted goaltender. Ray's talent, work ethic and determination helped him enjoy a successful 11-year NHL career."

In the same vein, in a statement released by Chicago Blackhawks, it was stated that "The Blackhawks will fondly remember Ray as a fierce competitor, a good teammate and a Stanley Cup champion."

Emery featured in 326 NHL regular and playoff matches. He amassed 145-86-28 with an incredible 2.70 goal against average as well as 16 career shutouts.

Emery encountered various off-ice problems as a player, including a road rage incident, assaulting a trainer in Russia and an unruly behavior that led to his sending home from the training camp of Ottawa Senators.

FORMER EAGLES GOALIE, CARL IKEME RETIRES FROM FOOTBALL

By Tunde Ajibode

Former Super Eagles' number one goalkeeper, Carl Ikeme, has announced his retirement from the game.

The Wolverhampton Wanderers FC safe hands, diagnosed with acute leukaemia in July 2017 but who entered into complete remission only last month, announced the decision recently.

Last month, on entering into complete remission, Ikeme had announced on his twitter handle: "After a tough year and intense

chemotherapy treatment I would like to let everyone know I am in complete REMISSION. I still have hurdles to get over to be cured but I can hopefully now move forward with some normality.

"I would like to thank my family and friends, to start with who have gone above and beyond for me. The support I have received from Wolves/Nigeria, the football world and from people from all over the world has been hard to put into words. I can't thank everyone at the Christie and

Heartlands Hospital enough for their care!!! What next who knows...I'm just taking it day at a time."

Ikeme was in goal for Nigeria's first three matches of the 2018 FIFA World Cup qualifying series (home and away against Swaziland in the preliminary stage, and away to Zambia in the opener to the group phase campaign) before being diagnosed of acute leukaemia. His first cap was in a 2017 Africa Cup of Nations qualifier away to Tanzania in Dar es Salaam in September 2015.

ADIDAS PLEDGES TO ONLY USE RECYCLED PLASTICS BY 2020

By Julius Oyekunle

In a bid to embrace eco-friendly policies, Adidas says it will expand its use of recycled plastics and not only limited to shoes. The sportswear maker also hinted that it will only use recycled polyester in its shoes and clothing by 2024. Although, the company did not give a detailed roadmap, it is believed that the transition is going to be steady and sustainable without affecting its profit margin. Therefore, an overnight switch isn't feasible.

A lot of that cost likely has to do with economies of scale. Recycled polyester can carry up to a 20 percent premium over the freshly-made variety, and it could prove daunting to process the material in Adidas-level quantities. The company is likely betting that refined techniques

will bring the costs down over time.

Many more manufacturers are joining the bandwagon, including Stella McCartney's fashion label which pledged to stop using brand new nylon by 2020. It'd be uncharted territory for a company the size of Adidas, however, and that could have a significant effect on the viability of recycled plastics across the apparel industry. There's certainly an impetus to make the transition. Eco-conscious design is good for the public image, of course, but it's also crucial when ocean plastic is a serious problem that will only get worse if usage habits don't change.

Plastics have become a major concern to ocean life and research suggests that we could have more fishes by 2050.

ANTHONY JOSHUA SAYS HE'LL RULE BOXING FOR TEN YEARS MORE



By Julius Oyekunle

Anthony Joshua believes he has 10 years more in his kitty to cement his boxing legacy and be among the legends in the sport. His victory over Alexander Povetkin will ultimately decide his journey to greatness. For all the talk

of a future unification bout against Deontay Wilder and the threat posed by his Russian opponent, AJ said he is only concerned by how far he can go.

The heavyweight champion and fast-moving pugilist says, "It is not just about Povetkin and Wilder, it's me and my legacy and

IGINLA TO ANNOUNCE RETIREMENT

Flames to host press conference July 30 at Scotiabank Saddledome

The Calgary Flames will be hosting a press conference on Monday July 30th with former Flames captain, Jarome Iginla. Iginla will be announcing his retirement from the National Hockey League after playing 20 seasons (16 with Calgary).

WHO: Jarome Iginla with special guests
WHAT: Press Conference

WHERE: Scotiabank Saddledome Chrysler Club

WHEN: Monday, July 30, 2018, 10:30am MST

Iginla, the 18th captain in franchise history amassed 525 goals, 570 assists, and 1,095 points in 1,219 games as a member of the Flames while establishing himself as one of the best power forwards of his generation. Iginla reached the 30-goal mark 11 times - four of those surpassing 40 goals and twice reaching 50 while wearing the flaming 'C'.

Drafted 11th overall in the 1995 NHL Draft by the Dallas Stars, Iginla was acquired by the Flames on December 20, 1995, along with Corey Millen in exchange for Joe Nieuwendyk. He signed his first professional contract with the Calgary in 1996 after his junior season in Kamloops came to an end. He later made his NHL debut in the 1996 Stanley Cup playoffs where he appeared in two

games in the Flames series against the Chicago Blackhawks. In his first game, Iginla assisted on a Theoren Fleury goal to record his first NHL point. Iginla scored his first NHL goal in the second game.

The St. Albert, Alberta native played in his first full NHL season with the Flames in 1996-97, scoring a goal in his first regular season game on October 5, 1996. Iginla went on to earn a spot on the NHL All-Rookie Team and finished as the runner-up for the Calder Memorial Trophy as rookie of the year after leading all first-year players in scoring with 50 points.

The six-foot-one, 210-pound forward enjoyed one of his finest seasons in 2001-02 by winning his first Maurice "Rocket" Richard Trophy for leading the league with a career-high 52 goals, while his 96 points that season also led all scorers for him to capture the Art Ross Trophy. Iginla's play also earned him the recognition of his peers as the Ted Lindsay recipient (known then as the Lester B. Pearson Award) for being voted the season's most outstanding player.

In 2003-04, Iginla led Calgary to Game 7 of the Stanley Cup Final in his first year of captaincy, posting 22 points (13-9-22) over 26 postseason games while leading all playoff scorers in goals to further cement his status as a prolific goal scorer. He closed out 2003-



pic: CBS Sports

04 with his second Maurice "Rocket" Richard trophy as the league's leading goal scorer with 41 goals and led the way off the ice as a humanitarian while also winning the NHL Foundation Player Award and the King Clancy Memorial Award.

Iginla was a six-time NHL All-Star (2002, 2003, 2004, 2008, 2009, 2012) in Calgary. He was also named to the NHL First All-Star Team three times (2002, 2008, 2009). Jarome leads the franchise in games played (1219), goals (525), points (1095), even strength goals (351), power play goals (161), and game-winning-goals (83).

After nearly 16 seasons in his home province, the Flames traded Iginla to the Pittsburgh Penguins on March 28, 2013. Jarome

also suited up for the Boston Bruins in 2013, the Colorado Avalanche in 2014, and the Los Angeles Kings in 2016-17 marking his last season in the NHL. Iginla's final game saw him record his 1,300th point of his career with an assist. Iginla finishes his career with 625 goals, 675 assists for 1,300 points in 1,554 games.

Internationally, Iginla represented Canada three times at the Olympic level and won two gold medals (2002, 2010). He earned the primary assist on Sidney Crosby's overtime game-winning-goal in 2010, while he scored three points (2-1-3) in the 2002 final. Iginla also scored three points in six games to help Canada win the 2004 World Cup of Hockey championship.

- www.nhl.com



what I can reach. 'I feel like I am back in a tournament like it was in the amateurs or the Olympics. I have to get past people like Povetkin to fulfill my legacy.'

Joshua and Povetkin posed for pictures together at Wembley Stadium after the press conference and there was no animosity between the pair as they smiled and shook hands.

The IBF, WBA, WBO

and IBO champion also revealed he has changed his mentality regarding opponents. 'I used to concentrate on the opponent and always worried what was next,' he added.

'I used to box within myself, stopped expressing myself and fulfilling my potential to become a great world champion. 'It creates a great fight, I can't afford to get beat and Alex thinks he can

beat me.'

AJ will be stepping into the ring with Povetkin on September 22 and his opponent knows what he's up against. In a recent interview, the 38-year-old said, 'I want to say that Anthony Joshua has proved that he's one of the strongest fighters here - and I'm excited about this fight.'

"This fight will be all about the experience. I

know Anthony Joshua is a world champion, but we have been training hard for this fight.'

"The pace that this young man is moving at and the challenge he is willing to take is fantastic for the sport of boxing,' said Hearn, head of the matchroom pundit. Anthony Joshua wants to create a legacy and the only way you do that is by fighting real fighters,' he concluded.

RELIGION

WHAT THE HOLY SPIRIT TAUGHT ME THIS MORNING

By Pastor Amos Dada PhD;P. Eng

TOPIC: HOW IS YOUR SPOUSE FIXING THAT MATTER FOR YOU?

"What's the matter?" his wife Jezebel asked him. "What's made you so upset that you're not eating?" 6 "I asked Naboth to sell me his vineyard or trade it, but he refused!" Ahab told her. 7 "Are you the king of Israel or not?" Jezebel demanded. "Get up and eat something, and don't worry about it. I'll get you Naboth's vineyard!" 1 King 21:5-7

Above quotation is from a real life situation from the bible not a parable. It is the story of how Ahab wanted Naboth's vineyard and how he refused because it was a family inheritance that could not be given away cheaply or be bought at any price. This got Ahab so upset that he would not eat. His wife then said 'pharapased, "I will fix it, don't worry.' Indeed she fixed it by getting Naboth killed!

My question to you this morning is does it matter to you how your spouse fixes things for you to make you happy?

Many times in order to please our spouse we do wrong things, tell lies on the low level and grievous things like murder on the high side.

Many times our faith and belief in God suffers because we want to please our spouse. Some will go ahead and make fake papers. Some will forge documents. Some will misappropriate funds. Some will steal the nation dry to send their children to school.

Some will take another man's land though legal means illegally.

Ask yourself must I do that?

What of the family I am defrauding to please my spouse? What of the wife I want to become a widow because my husband needs to smell flowers/roses. What of the children that are going to become fatherless and possibly vagabonds because your husband needs to take a walk in the evening in a garden that is not his?

What of the many that will die because the money they needed to build hospitals for the

community, you have stolen it to buy many Range Rovers for your First Lady?

How many have died of typhoid fever because you have to buy the latest dresses and shoes for your spouse instead of using the money to drill borehole to provide potable water for your community?



Pastor Amos Dada
amos.dada@gmail.com

It reminds me of a husband who was sulking like Ahab and could not sleep. Then the wife asked what was the matter. I don't have money to repay my neighbour for the loan I took and he desperately needs it. The wife open the shutter and called the neighbour, shouting on the top of her voice. My husband does not have your money! And slammed the shutter down, told the husband go and sleep, let him(the neighbor) do the worry! Really!

This is what the Holy Spirit taught me today.

1.It is time we stop being selfish.

2. Appeal to your spouse to swallow his or her pride.

3. Think through. When your spouse says I will fix it find out how. Discuss it, if the route s/he wants to take is ungodly or deadly discourage it and stop it.

4. Life is sacred. The bible says thou shall not commit murder. You don't need to kill a human being for a cow or vineyard. Life is in the blood. Put yourself in the position of the person you want to kill!

5. Don't be a scoundrel. Jezebel sought for a scoundrel to bear false witness against Naboth. Stop being a front to siphon government, church, community money. Stop being a thug to politicians or pastors or company directors, or Obas/kings because of stipends.

6. Give your spouse superior reasoning and or alternatives. What stops Jezebel from taking the high road of making the husband to realize how many vineyards he has? How Ahab can afford to buy land and build a better garden. What of reminding your husband about godliness and contentment? How about telling your children or spouse life is not about

possessions and valuables but values. How about telling your wife you don't need to acquire all you see just to please your eyes and emotions. Is that not what led Eve and the whole world to this mess? "And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat." Gen 3:6. Tell your spouse to run away from "things that are pleasant to the eye but not the soul"

7. There is someone watching and more powerful than your spouse. Yes your spouse is the king, Prime Minister, President, Senator, Governor, General Overseer, Bishop, Snr. Pastor, Judge, Managing Director, your spouse is not GOD. Your spouse is occupying that position for a temporary time only for today. He will not be there tomorrow. Your spouse is answerable to God! God is omnipotent, omniscient, omniscient. God sent Elijah to show he was watching. There is nothing you are doing that is hidden from God. It may be hidden from man, but not God. Remember David and Bathsheba? God is in charge of the universe and he is the God of Justice. God owns yesterday today and tomorrow.

8. You will pay ultimately pay for your action or inaction. "Ahab sat at home (inaction), Jezebel went out to take action. Read the result "So Ahab immediately went down to the vineyard of Naboth to claim it. 17 But the LORD said to Elijah, 18 "Go down to meet King Ahab of Israel, who rules in Samaria. He will be at Naboth's vineyard in Jezreel, claiming it for himself. 19 Give him this message: "This is what the LORD says: Wasn't it enough that you

killed Naboth? Must you rob him, too? Because you have done this, dogs will lick your blood at the very place where they licked the blood of Naboth And regarding Jezebel, the LORD says, "Dogs will eat Jezebel's body at the plot of land in Jezreel." 1 King

21:16-19,24. How about that?

Conclusion. No doubt it is important to maintain (fix) the peace in your house. It is important you make your spouse and children and grandchildren happy, but do it in a way that

WHO HAD THE MOST CHILDREN IN THE BIBLE?

THE BIBLE ANSWER

When answering the question, "Who had the most children in the Bible?" a number of things have to be taken into consideration. Because the Bible does not always list by name all of an individuals children, nor does it always give us a total count of all the children that belonged to someone, there is no way of knowing who really had the most children in the Bible.

We can look at Solomon for an example. King Solomon had 700 wives and 300 concubines (1 Kings 11:3), yet the Bible only mentions one son (Rehoboam) and two daughters (Taphath and Base-math) that belonged to him. With the number of wives and concubines that Solomon had it is very likely he had many more children than just the three that are

recorded.

There are also instances in Scripture where only the number of sons are recorded, but not the daughters. For instance, Gideon is credited with having seventy sons by his many wives and one son by his concubine (Judges 8:30-31). There is a good probability with having this many sons that Gideon had a number of daughters as well. The Bible simply doesn't tell us about the daughters in this case.

With all of that being said, we can answer the question of who is recorded in the Bible as having the most children, taking into consideration all of the above.

Rehoboam Is Recorded As Having The Most Children In The Bible (2 Chronicles 11:21) Rehoboam loved Maakah

daughter of Absalom more than any of his other wives and concubines. In all, he had eighteen wives and sixty concubines, twenty-eight sons and sixty daughters.

Interestingly, it is Rehoboam the son of Solomon who the Bible records as having the most children. He had twenty-eight sons and sixty daughters for a total of 88 children. Although he had eighteen wives and sixty concubines, this pales in comparison to the number of wives and concubines his father Solomon had. Because of this you can see how likely it is that someone like Solomon could have had more children than 88 if all of them would have been recorded in the Scriptures.

thebibleanswer.org

AUTONOMOUS 'BANGSAMORO' PROPOSAL TO BE APPROVED IN THE PHILIPPINES

By R. Njeru

Cotabato City, Philippines – President Rodrigo Duterte is set to approve an autonomous 'Bangsamoro' proposal.

The indigenous Moro Muslims are aiming to get their own independent territory. They are a minority population in the predominantly Christian country.

The plan is to end a long time of violent battles that have resulted in the death of 100,000 people. The law will establish a self-governing area in the southern island of Mindanao.

"The Nation of the Moro", which is also known as the Bangsamoro will replace a supposedly Muslim region that has been in the centre of the Moro rebellion although the area is largely run by the central government in Manila.

This new law will permit the Bangsamoro government to manage the territory's natural resources, retain majority of local revenues, to have its own parliament and to frequently receive a fixed figure from



the central government's revenues. The region's justice system will also be operated using Islamic law.

In return for autonomy, the Moro Islamic Liberation Front (MILF) will be required to maintain peace and to disband its army.

According to the rebel group's second-in-command, Ghazali Jaafar, this law will be a good start in the peace process. He said that although it isn't a perfect law, it will help them to improve the living standards of their people. The law covers "85 to 90 percent" of items originally discussed by the rebels in a 2014 peace agreement.

If the central government approves this law, then it will be the end of

negotiations between the Philippines government and the MILF. The negotiations have been going on for 22 years.

The Moro also resisted US colonization in the early 20th century. They have a very different lifestyle when compared to the other 90 million Filipinos; this is thanks to their uninterrupted culture. Their provinces are among the nation's poorest. This society has been persecuted, neglected and discriminated by the central government.

It remains to be seen how this situation will unfold but many Filipinos will be hoping that this is the beginning of a peaceful co-existence.

Yasmin Lewis is having an affair with a married Pastor Sidney Teal of the mega church, Holy Word Holiness, with thousands of members. Pastor Despite in and out of bed treatment, Yasmine longs for more.

Ambrose Hunter, a sexy single guy is in to fill the gap but he dis-

covered the girl he loves is seeing not just a man, but the clergy. Something tragic could happen if Ambrose fails to forgive, but can secrets be kept forever?

Shalom.

MY BEST FRIEND'S LIFE: THE STORY OF KIMBERLY MADDEN

BY LARON COLEMAN AND TAMEKA GARRETT



To anyone who feels life has been unfair and that hate is the only response to its fury, this book will make you re-think and love again. Simply put, it will heal your wounds.

Kimberly Madden had been molested for years after the loss of

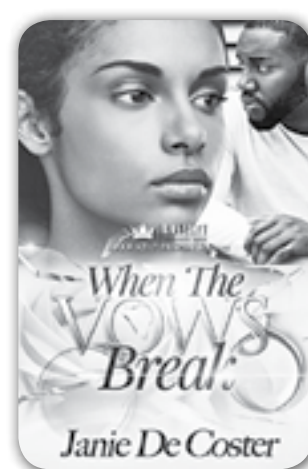
her father. She couldn't find a worthy reason to live and hatred consumed her. Kimberly and her mother were moving on at least rather grudgingly until John Carter emerged... A dramatic turn of events soon land her in jail. Is this the end for Kimberly?

WHEN THE VOWS BREAK BY JANIE DE COSTER

Seeking for redemption after going astray to satisfy our lustful desires doesn't come easy. It comes with a price and sometimes a costly one. When The Vows Break depicts the need to be cautious about what we crave for.

Yasmin Lewis is having an affair with a married Pastor Sidney Teal of the mega church, Holy Word Holiness, with thousands of members. Pastor Despite in and out of bed treatment, Yasmine longs for more.

Ambrose Hunter, a sexy single guy is in to fill the gap but he dis-

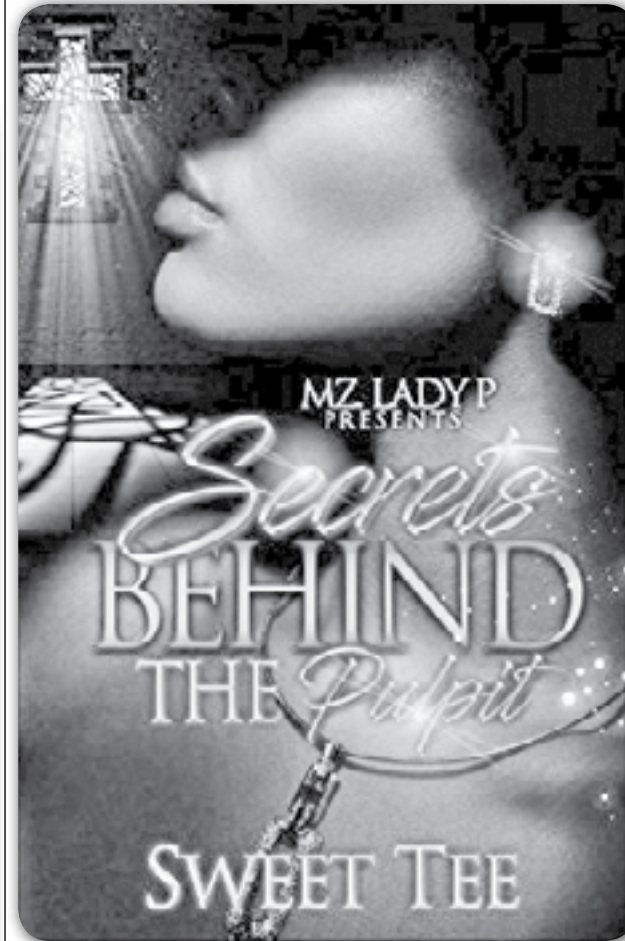


covered the girl he loves is seeing not just a man, but the clergy. Something tragic could happen if Ambrose fails to forgive, but can secrets be kept forever?

RELIGIOUS BOOKS EDITOR'S PICK FICTION & NON FICTION BOOKS

We believe you're having the best of the summer and hopefully, you can take some soul tonic with you from the list of books for this edition. You can get answers to life's most difficult questions without experiencing its pains just by reading. From NCNC, keep having fun.

SECRETS BEHIND THE PULPIT KINDLE EDITION BY SWEET TEE

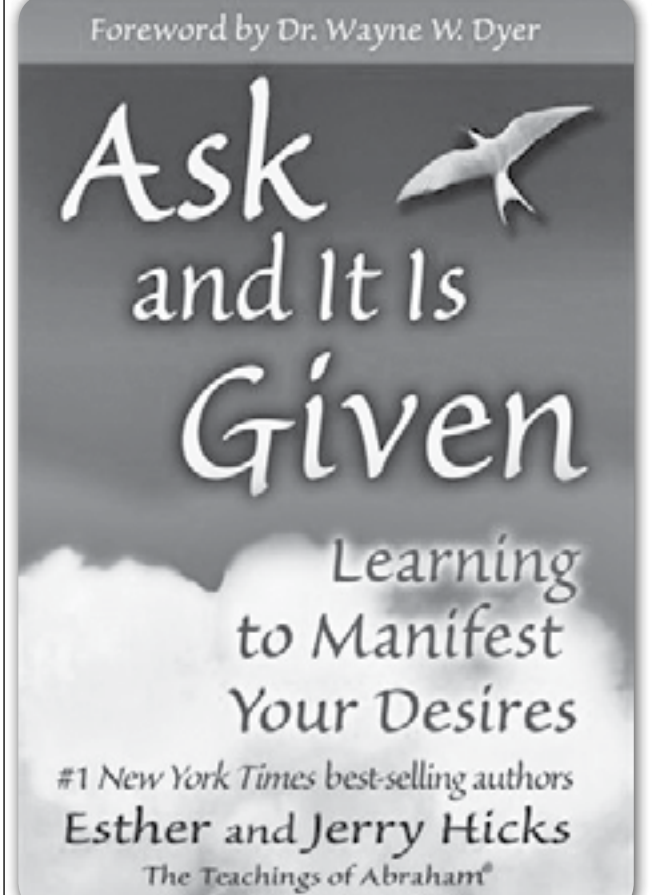


Learning to forge ahead and trust people who had initially betrayed our trusts sometimes seem herculean. Even among 'saints', find out from this epic thriller the two sides to people so you don't have to be a victim of shock.

Sunday service is isn't always over yet for Charles Wallace, Pastor of Calvary Christian Life Baptist Church. He

couldn't practice what he preached He didn't always practice what he preached. His lovely wife and three daughters appeared to be the perfect family to those looking in from the outside. time to make things right? It was during a thanksgiving dinner that secrets after services began to unravel. Will this family unite to withstand the storm?

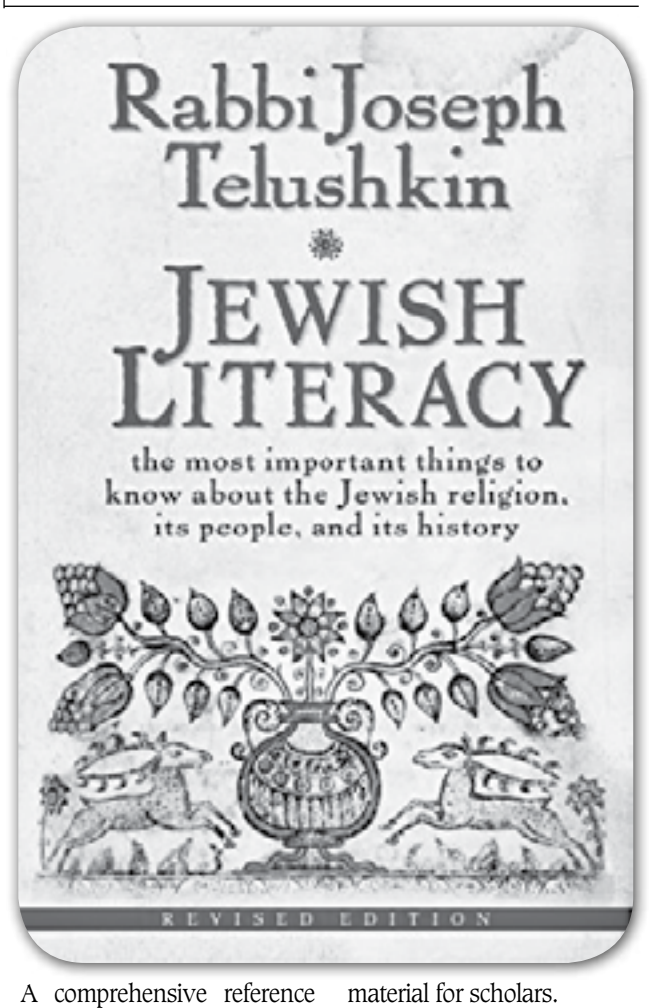
ASK AND IT IS GIVEN: LEARNING TO MANIFEST YOUR DESIRES (LAW OF ATTRACTION) BY ESTHER HICKS AND JERRY HICKS



We have insatiable desires, but more importantly, we are always in need of something. This book will help readers express their ultimate desires to live a purposeful life.

Relationships, health issues, finances, career con-

cerns, and more can be understood in more simple ways. The Universal laws that govern our time/space reality can make us discover powerful processes that will help us stay positive and become successful. We can live a fulfilled life.



A comprehensive reference material for scholars.

SOURCE: AMAZON.COM BOOKS AVAILABLE AT THE TORONTO & MISSISSAUGA PUBLIC LIBRARIES

ARTS & ENTERTAINMENT

JUSTIN BIEBER PROPOSES TO MODEL BALDIN



By Julius Oyekunle

The 24 year-old pop star is engaged to model Hailey Baldwin, with a \$500,000 gift.

The multiple grammy award winning singing sensation proposed to his girlfriend recently at a restaurant in a resort in the Bahamas.

Bieber and Baldwin, 21, have been a couple for about a month after previously dating and breaking up over the past couple of years.

Although many see their engagement not as a surprise, but the timing

may have caught many of Justin's fans unaware. Both have known each other for a long time.

The proposal could lead to marriage as reports suggest.

Bieber's parents posted social-media messages that are being interpreted as confirmation, as well.

"@justinbieber Proud is an understatement! Excited for the next chapter!," Jeremy Bieber captioned a photo of his son looking out at the ocean at sunset.

"Love Love Love Love Love Love Love," his mom Patti Mallette tweeted.

HARVEY WEINSTEIN MOVIE COMING SOON



By Julius Oyekunle

Hollywood is about to make the Harvey Weinstein scandal more explicit and money spinning thanks to the anticipated release of a movie which will be released later in the year.

The Reckoning, a documentary which recounts the fall of producer Harvey Weinstein and the rise of the #MeToo movement, has been acquired by Vertical Entertainment for distribution in the US. The company is planning to release the film latest by November.

The film is directed by Barry Avrich and had its world premiere recently at Toronto's Hot Docs Film Festival.

A follow-up to Avrich's 2011 film Unauthorized: The Harvey Weinstein Project, The Reckoning focuses on the sexual harassment charges that have been levelled against Weinstein, and explores sexual abuse as Hollywood's peculiar issue. The movie also beamed it's scripted scrutiny on other men like Bill O'Reilly, Louis CK, James Toback and US President Donald Trump.

"The Reckoning is a powerful and timely account of widespread harassment in the film industry and a stark reminder that there is much work to be done in confronting the systems of power that got us here," Rich Goldberg, co-president of Vertical Entertainment, said in a state-

RAT CUT SHORT BALLET PERFORMANCE



A rat has caused a black out, thereby cutting short performance by the Sleeping Beauty ballet in Adelaide as audience members and dancers scrambled to leave the venue by torchlight.

South Australia Power network reveals that their crews attended a power outage affecting the north-west part of the city at a recent theatrical show.

"[Crews] found a rat

that crawled inside one of our 11,000-volt pieces of equipment and had blown a fuse," the electricity provider said, adding that the power took two hours to be restored.

The blackout also halted another dance theatre production called The Beginning of Nature at the same Adelaide Festival Centre venue.

Some 2,000 audience members had to be evacu-

ated by torchlight when they realized the darkness was not part of the performance.

"Do the prince & princess get together?!!!" she added.

The festival director jokingly reacted to the abrupt end stated. "Boy meets girl and they all end up happily ever after," according to local broadcaster ABC.

"We know that a night out at a show is a special occasion and we're sorry that

our patrons' experiences ended abruptly. Adelaide Festival Centre apologises for the inconvenience and disappointment," the organizers said in a statement released to journalists shortly after the incident.

It was the last performance of Sleeping Beauty at the festival. The patrons will get a full refund, as well as a recording of ballet free of charge, festival organizers said.

TREVOR NOAH ACCUSED OF RACISM

By R.Njeru

Trevor Noah has come under fire from different people who accused him of using racist words in his Daily Show. Trevor said that the World Cup was won by Africa since most of the French players were black.

Many social media users have expressed their opinion regarding the issue. They have accused the South African comedian of being 'offensive to all French people with a heritage from a different country.'

The French national team won their second World Cup after beating Croatia 4-2 in a thrilling match. Les Bleus last won the world cup in 1998. The eventful match which saw a penalty awarded by video assistant referees (VAR) was played at the Luzhniki Stadium in Moscow.

The Daily Show host's comments were meant to be a joke but they ended up offending many people. He said that, "It was not possible to get that amount of tan by just living in the south of France." He also said that most black people were rooting for France af-



ter the African teams like Senegal, Nigeria, Morocco and Egypt were knocked out of the tournament. He even described the French national team as "Africans' backup team."

Gerard Araud who serves as the French ambassador to the U.S. accused the comedian of "making it seem that whiteness is the only way to be French." He added that it was as if Trevor was denying the players "Frenchness."

Barack Obama, the former US president, also said that Les Bleus had shown that people can achieve great things if they

look beyond race in society. He was speaking in Johannesburg in a speech that was aimed at honoring Nelson Mandela.

16 players have African heritage out of the 23-man French squad. However, all except three were born in France. Steve Mandanda and Samuel Umtiti moved to France when they were two years old, they moved from the Democratic Republic of the Congo and Cameroon respectively. Thomas Lemar's family moved from French overseas territory of Guadeloupe when he was a kid.

The pressure from

ment released recently. "Barry Avrich's film does the important job of shining a light on the experiences of those impacted

so that we can collectively move toward a brighter future," he added.

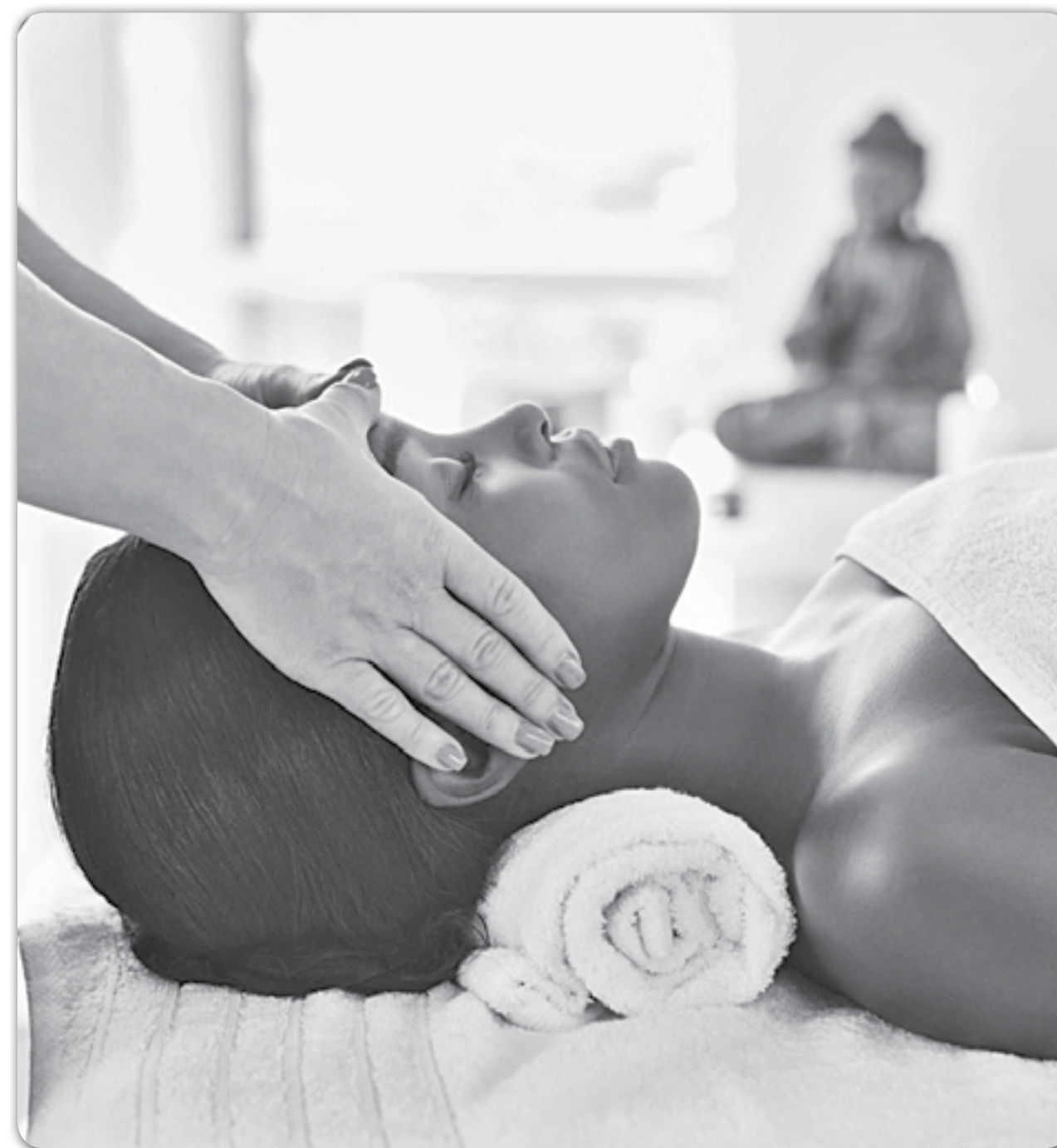
Goldberg said the film is both a tribute to the brave

women who had the courage to stand up to some very powerful and frightening men and anthem of required change.

"Unless we keep the conversation going, the danger of status quo threatens everyone," Avrich concluded.

BEAUTY & FASHION

4 THINGS YOU MUST KNOW ABOUT HAVING A MASSAGE



By N.Ugoh

If you have ever had a massage, you will know massage is a therapeutic and more or less cozy form of healthcare. If you have not gone for massage therapy treatment under a certified Massage Therapist, you may not know what to anticipate and you may even have an unsure feeling about massage.

Whether you have been experiencing massage therapy for a long time or you just started experiencing massage therapy, you need to know these four things:

Massage therapy is healthcare

Whether massage is received at a sporting event centre, health clinic, home clinic or spa, massage therapy is a kind of healthcare that is fully controlled in Ontario.

You are the decider of your comfort level and care.

Massage therapy experts are health professionals that give you the power to decide the number of clothing you want to remove, the amount of massage therapy pressure you are comfortable with

and your body parts that must be touched during massage. As a client, you are offered the opportunity to approve your treatment and you possess the power to stop the treatment whenever you feel uncomfortable.

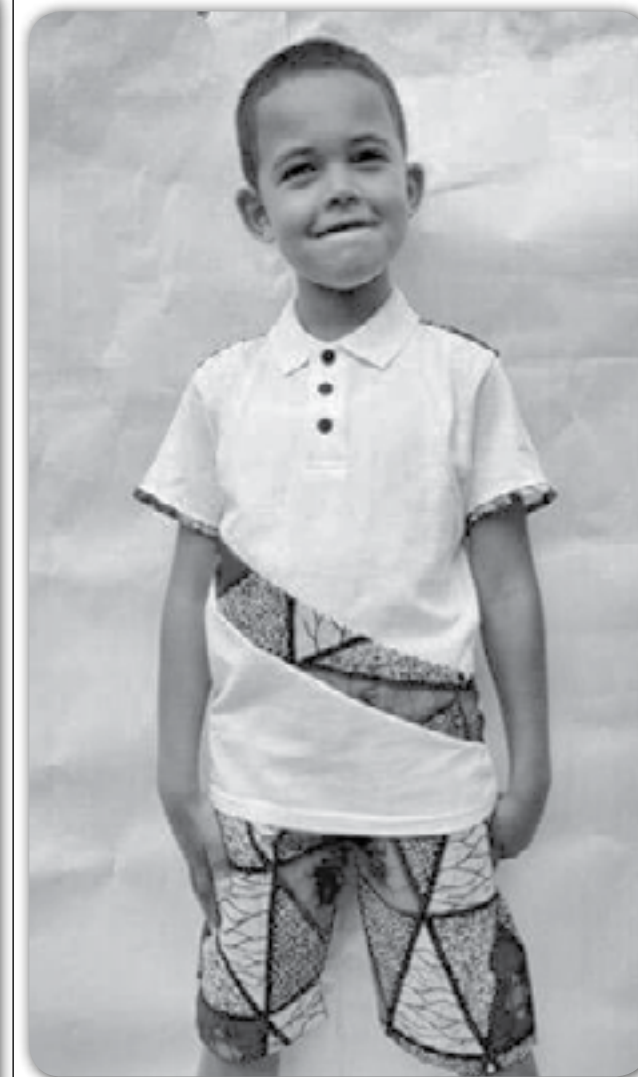
Privacy is not your privilege but your right

According to law, all healthcare professionals that are regulated are mandated to protect your personal information. During the massage therapy process, you will be quizzed on your health history that will not be revealed to anyone without your prior consent. That's the reason you should entertain no fear in telling your massage therapists health conditions or medications you feel they should know.

Always check before you book appointment

Find out from the public register of College of Massage Therapists of Ontario to verify if the therapist you are booking an appointment with is a professional. The College of Massage Therapists is on ground to safeguard your interests and offer solutions to your massage therapy care problems.


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SAVVY SUMMER RUNNING TIPS



continued from p(15)
TAKE ACTION.....

attention. In many cases, letter-writing campaigns supported by ordinary citizens have been crucial in securing prisoners' releases. Using social media can also be a good way to make your voice heard.

REACH OUT TO YOUR MP

Our government has an important role to play in securing the release of all of

our citizens, residents and people with strong Canadian connections who are unjustly imprisoned overseas. The duty is all the more urgent when there is a risk of torture. However, some cases do not always receive the full attention they deserve. Raising your concerns with your local member of parliament is an effective way to ensure they understand that you

see this as an important issue and want them to take action.

DEMAND AN EQUITABLE SYSTEM

Mohammed Fahmy is an award-winning Canadian journalist who spent more than one year illegally imprisoned in Egypt. In partnership with Amnesty International, he launched an initiative demanding

that all Canadians, permanent residents and people with strong Canadian connections who are unjustly detained abroad can receive fair and equal support from our government to secure their release. Read about Fahmy's Protection Charter and take action to protect people locked behind bars without access to justice.

Find more information at www.amnesty.ca.

continued from p(25) NIGERIAN REFUGEES IN TORONTO...

only mental illness at issue here. Nigerian refugees whose capacity to cope is being overwhelmed by the fear of homelessness, anxiety and fates unknown, could enter the doorway of hypertension which can place them at risk for heart disease and stroke.

There are lasting health consequences due to unfavourable childhood experiences of homelessness. These experiences can have harmful effects and lead to mental and physical health problems throughout life. Recently, I interviewed ten people who originally came to Canada many years ago as refugees. Nine were from Nigeria and one from Haiti. They told me that they get a physiological reaction when they see and hear about the homeless issues facing the current Nigerian refugees. It brings back painful memories of their own homelessness issues. The interviewees all came as children to Canada with their parents. Seven now have professional careers whilst three own their own

business. Everyone is a homeowner and a success story. Over the years, eight out of the ten have never spoken about the anxiety they felt as children, about being homeless and living with the threat of homelessness. One woman named Destiny, not her real name, disclosed that she and her mother lived on the streets in Toronto for four months before finding a shelter. Her mother's self-esteem became so low whilst living on the streets that she committed suicide. Destiny's mother was hurting but nobody saw her pain. People tend to see a refugee or an asylum claimant rather than a Black woman. Nobody sees Black children who are lumped into a broad category of asylum claimants and refugees just like their parents.

Two out of the ten past refugees interviewed, received long-term supports and are doing fine mentally. The other eight suffer from time to time with bouts of depression and anxiety in silence. Seven out of the

ten says that they now suffer from high blood pressure. I am currently helping the eight dealing with bouts of depression and anxiety; to engage in supportive activities and resources and instilling in them that they have the inborn capacity to recover. Medical treatment, psychosocial interventions, family and cultural supports, self-help, exercise and healthy eating can all help people to achieve recovery from a mental illness.

I am asking that Toronto Public Health immediately start the process of addressing the lack of proper housing for Nigerians and all refugees as a key determinant of health. We need immediate screening for mental health issues. Newcomer agencies and Shelters can assist in this endeavour by means of a mental health checklist that can be administered to refugees. A checklist could also be given to refugees at points of entry that they can fill out. We must shine a bright, proactive mental health light on this issue as

opposed to the reactionary dull palliative intervention.

Nigerian asylum claimants and refugees are not looking to "jump the queue" of subsidized housing. They are willing to find housing in the private market but can find such housing cost too much, kept in a bad state of repair, unsafe and illegally rented. Closing our borders to refugees and as some say take care of our own first; don't put an end to the homeless problem that has plagued Canada for years. What we need to do is address the exorbitant housing costs, poverty, marginalisation, unemployment and systemic discrimination that contribute to homelessness which causes psychological dysfunction.

Let us give Nigerian refugees and their children in Toronto a home and not a mental illness.

Dr Peter Sealy Received the Public Service Award for Outstanding Work in the Interest of Mental Health in 2007 from the Canadian Mental Health Association (CMHA).

(NC) Whether you're an advanced runner or just lacing up, running outside during the summer is a great way to experience and enjoy the outdoors. Make the most of the experience with a pump-up playlist and some muscle music.

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continued from p(11)
WILDFIRE.....



others traveling through wildland or by debris and garbage burners. Some are intentionally set by arsonists.

Rescribed burn and used for wildfire fire fuel reduction, wildlife habitat enhancement, and debris clearing. They are not included in the above statistics and ultimately reduce wildfire numbers by reducing conditions that contribute to wildfire and forest fires.

HOW DOES WILDLAND FIRE SPREAD?

The three primary classes of wildland fires are surface, crown, and ground fires. Each classification intensity depends on the quantity and types of fuels involved and their moisture content. These conditions have an effect on fire intensity and will determine how fast the fire will spread.

Surface fires typically burn readily but at a low intensity and partially consume the entire fuel layer while presenting little danger to mature trees and

root systems. Fuel buildup over many years will increase intensity and especially when associated with drought, can become a rapidly spreading ground fire. Regular controlled fire or prescribed burning effectively reduces the fuel buildup leading to a damaging ground fire. Crown fires generally result from intense rising ground fire heat and occur in the higher sections of draping trees. The resulting "ladder effect" causes hot surface or ground fires to climb the fuels into the canopy. This can increase the chance for embers to blow and branches to fall into unburned areas and increase the spread of the fire.

Ground fires are the most infrequent type of fire but make for very intense blazes that can potentially destroy all vegetation and organic matter, leaving only bare earth. These largest fires actually create their own winds and weather, increasing the flow of oxygen and "feeding" the fire.

Steve Nix

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Nigerian Teenage Sensation Emerges As New York Fashion Week's Youngest Designer



By N. Ugoh

Nigeria's 19-year-old designer, Taofeek Abijako is now the youngest designer to ever present full collection of design at the New York Fashion Week. Abijako set the new at the recent 2018 international fashion runway event tagged 'New York Fashion Week: Men's this year'. Council of Fashion Designers of America (CFDA) stated that his label "pays homage to his past by celebrating his West African culture through a contemporary

perspective." Abijako characterized his collection 'Genesis' as a 'minimalist street wear approach with social and political commentary.' While talking about what led him into fashion designing, Abijako said, "My dad was a trained fashion designer while living in Nigeria and dealt mostly with local traditional garments. Growing up in an environment like that sparked my curiosity in design." When inquired about what inspired his collection, he responded by saying it will depict "the

vibrancy of West African youth culture in the 70s and Fela Kuti." He said, "The new collection is guaranteed to be groundbreaking in design and social impact." Abijako as a designer started work from his bedroom. He launched his brand two years ago with the intention of making impactful statements from his work. He titled his previous collections "Cruel Hands" and "Hooligans" and the collections comprised apparel with statements "Disorder: In Mutiny We Trust" and "Palaver Child."

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Death Announcement

With heavy hearts but in total submission to the will of God, The Mordi Family regret to announce the passing of our brother, Husband, Father & Uncle.



Mr. Felix Iloba Mordi
July 11, 1965 – July 07, 2018

"Say Not In Grief He Is No More, But Live Thankfulness That He Was"
Forever In Our Thoughts.

Obituary

Dr. Benjamin Nwajei



The Nwajei Family regrets to announce the painful exit and transition to glory of Dr. Benjamin Nwajei of Ogwashi Uku, Delta State on Tuesday July 31st, 2018. He is survived by his children Eche, Jessica, grandchildren Nyah, Nneka Étienne and brothers and sisters.

Funeral arrangements
Viewing: Friday, August 10, 2018, 5pm-8pm Funeral Service, and interment Saturday, August 11, 2018, at 10am.
Venue: 719 Dundas st east Mississauga at St. John's funeral home (behind the Anglican Church)

Eche Nwajei
For the Family

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