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## ASAGWARA SWORN INTO MANITOBA'S NDP

By Stanley Ugagbe

Uzoma Asagwara, Canadian politician of Nigerian origin has been officially sworn into Manitoba New Democratic Party Caucus.

The Nigerian history maker was sworn-in on Friday, September 27th alongside 17 other MLAs in the party.

Wab Kinew, the party's leader disclosed his cabinet which according to him will



hold the government accountable.

It would be recalled that Asagwara had earlier won the Union Station Legislative seat for the NDP.

Her election marked

the first time Manitoba voters have elected a black MLA to the province's Legislature.


Asagwara made history as one of the three black MLAs elected in the Manitoba. The second being Jamie Moses who won the seat in the new

constituency of St. Vital Jamie. While in Southdale, Audrey Gordon became the third black MLA elected in a race that was very tight.

Prior to her election, Asagwara worked as a psychiatric nurse specializing in adult and youth mental health and addictions.

She has a history as a grassroots community activist, educator, entrepre-

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neur and mental health advocate and currently serves as a member of Women's Health Clinic board of directors.

Asagwara was also a member of the Canadian national women's basketball and acts as a mentor for youth athletes in downtown Winnipeg.

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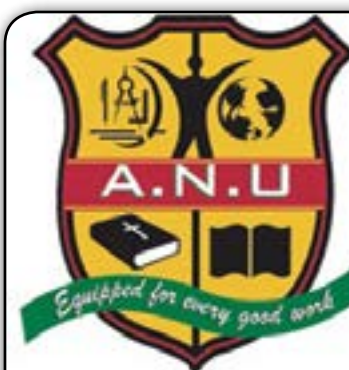
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## FORMER VETERANS MINISTER DIES AT 72



pic: coastreporter.net

FREDERICTON — New Brunswick politician Greg Thompson, who served in both the provincial and federal cabinets has died at the age of 72.

Thompson was first elected as a member of Parliament in 1988 and later re-elected in 1997, 2000, 2006 and 2008.

He served as minister of Veterans Affairs and regional minister for New Brunswick under former prime minister Stephen Harper.

*The Canadian Press*

## SPEED LIMIT INCREASE ON SOME HIGHWAYS

By N.Ugoh

The pilot project that will see speed limits increased on three provincial highways that was previously announced has been launched.

Recently, Transportation Minister Caroline Mulroney disclosed that the project, which is expected to increase speed limits from 100 kilometers per hour to 110 kilometers per hour, falls in line with projects in other provinces and denotes a return to speed levels that existed in Ontario till 1975.

The affected routes by the pilot project are part of

Highway 402 between Sarnia and London, the Queen Elizabeth Way between Hamilton and St. Catharines and Highway 417 between Quebec border and Ottawa.

The ministry of transportation will be erecting signs and safety messages on the routes affected in a bid to make the public aware of the speed limits change.

Mulroney disclosed further that public consultations on the adverse effects of the new speed limits will be included in the pilot project and members of the public have until November 23 to complete an online survey.

## CANADA'S AMBASSADOR TO US QUILTS

By Julius Oyekunle

Canada's ambassador to the US, David MacNaughton, who became the focal point of the Liberal government, says he plans to step down from the post. He personally managed an unpredictable White House.

MacNaughton's resignation comes just weeks before Canadians go to the polls Oct. 21.

He says he intends to return to the private sector in Toronto. He'll be replaced on an acting basis by Kirsten Hillman, his deputy for over two years.

"Serving as Canada's ambassador in Washington, at this pivotal time in our country's history, has been the greatest honour of my life," he said in a statement that described his decision as "bittersweet."

MacNaughton became the nation's top envoy to the U.S. in March 2016, when Barack Obama was president and the relationship between Ot-

tawa and Washington appeared to be favorable, which saw Justin Trudeau and his family at the White House less than a week later as the guests of honor at a lavish state dinner, after two decades.

However, Donald Trump's White House decided to scrap or renegotiate unpopular trade deals like the North American Free Trade Agreement, presaging a dramatic turn in Canada's relationship with its next-door neighbour and largest trading partner, a big challenge for Canadian negotiators.

MacNaughton was a central player in the ensuing 13 months of talks to renegotiate the outdated trade pact, talks that culminated in a slightly retooled "new NAFTA" christened by Trump as the U.S.-Mexico-Canada Agreement.

That deal has been approved in Mexico, but still awaits ratification in the U.S. Congress and on Parliament Hill.

"Challenges of course remain," MacNaughton said. "But



the overwhelming sense of uncertainty overhanging NAFTA — our farm exports, our resource industries, our manufacturing sector, our auto sector, and so many others — is gone. That is a source of great personal satisfaction to me."

Meanwhile, Prime Minister Justin Trudeau described MacNaughton as a "Canadian patriot" who negotiated painstakingly on behalf of the country relief from Trump's punishing tariffs on Canadian steel and aluminum, which lingered for months after the trade deal was signed.

"David's skill in

bridging partisan and ideological divides — always putting Canadians' interests first, never deviating from objectives he knew to be both possible and desirable — has been unparalleled," Trudeau said.

"Working alongside our foreign minister, Chrystia Freeland, and Canada's team of expert negotiators, David has been our point person with Congress and with the U.S. administration, in the most difficult and uncertain trade negotiations this country has ever faced.

"It's no exaggeration to say his contribution has been historic."

## IN MONTREAL, DRONES ARE BEING TESTED AS MEDICAL DELIVERY VEHICLES

By N.Ugoh

In the next couple of years, high flying drones in Montreal and in rural areas of Quebec would be used as medical delivery vehicles.

The robotic aircraft that are unpowered are now being tested by McGill University Health Centre (MUHC) emergency physicians to supply defibrillators and blood.

While talking about the development, Dr. Valérie Homier, the leader of a research team researching the feasibility of drone in delivering medical needs in emergency cases in



pic: muhc.org

MUHC said: "I'm very excited. I think that drone technology will evolve and give us more and more opportunities. This could be used in case of disaster, especially when the regular transportation routes for the vehicles are unusable."

Drone delivery capacity has commenced and is working well in the county of Renfrew, Ontario.

While intimating the public on how drone delivery has helped the County,

are being tested to take defibrillators to areas that paramedics cannot easily reach.

Drone delivery capacity has commenced and is working well in the county of Renfrew, Ontario.

While intimating the public on how drone delivery has helped the County,

Scott McLeod, a paramedic and drone pilot for Renfrew County said: "We've had situations where we've located people who've wandered away. Maybe elderly with dementia, we've had a few of those situations."

Also, Katrysha Gellis, a cardiac arrest survivor whose colleagues applied CPR and used a defibrillator to save her life many years ago embraces the usage of drone technology. She said: "I think that having a drone to bring a defibrillator to the scene is incredible and I think it could save a lot of lives and make a big difference."

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# Editorial

## ELECTIONS IN CANADA: FOR THE LOVE OF A NATION

Canadians are getting ready for yet another score-card moment and of course, an opportunity to entrust the governance of the country to individuals perceived as capable to uphold our cherished democratic ideals. While challenges remain, the state of the nation in terms of interactions among its diverse groups and the economic might relative to other super powers is not irredeemable. The path of progress in the union hasn't been spontaneous, but it has been achievable through

the painstaking effort to protect the constitution, as well as, strengthen the institutions that make it a model of democratic norms for other countries.

The Liberal government under PM Justin Trudeau has witnessed a surprisingly fierce challenge from the opposition in recent weeks especially in the wake of the scandal which came to the forefront as elections drew near. The Conservatives expectedly seem excited and are ready to pounce on the flaws of the Liberals – pure poli-

tics. The country for once would appear to have been ruptured by the language used by both sides during campaigns, and of course that was evident on ideological grounds. However, politicians in the country owe the world a duty to eschew insane politics of violent diatribes capable of igniting divisions of generational proportions.

Rather than blindly supporting candidates based on party affiliations, Canadians should vote based on substance. A book recently released titled, "Why Liberals And Conservatives Think That Way" examined the underlying principles behind the two dominant ideologies in the West. It reveals the unscientific appeal by individuals to think in some certain ways and ignoring every substance of the other's argument. This is costly to our democracy. Policies must be well weighed as our future and existence is consequent upon the choices we make. We can't afford to fail.

In the meantime, the resignation of Canada's ambassador to the US, Mr MacNaughton last month is coming as a surprise to many. A man of outstanding leadership qualities, whose wits and knowledge helped neutralize the intimidation of Trump's administration especially in regards to

the NAFTA agreement. He displayed a sense of commitment to duty and has no doubt created a pathway for himself in Canada's political milieu.

### Nigeria @ 59: Time to shine

Despite the numerous challenges which needs not be listed, Nigeria is in a state of labor and the pangs of birthing a nation seem to overshadow the joy of what is to come. This year's commemoration of her 59th independence from Britain calls for reflection on two angles. Firstly, there's the need to be appreciative of the gains made and for those who have sacrificed to keep the country together. It has been a long, rough journey with a civil war in between, which nearly tore the country apart. Military coups, the 1993 Junta and the final attempt to get it right in 1999 when the present democratic dispensation began. Beyond the storms of ethno-religious conflicts, political uncertainties and economic constraints – reces-

sion inclusive, here we are still forging ahead. We need to applaud our tenacity by our very selves.

Also, the second attempt to reflect should be futuristic. We can't continue to brood over the past when there's a pathway to greatness. Everyone must be ready to follow that path. If Nigeria's leaders follow the path of justice, by ensuring that the law is obeyed to the letter, and fight corruption in a transparent manner, we can start talking about transformation and rebirth. When police brutality, official recklessness and outright violation of human rights are dealt with and uncovered, we are closer to the light and ready to shine.

No government policy, irrespective of the design will ever be impactful in a state of lawlessness. The electoral process is the starting point to put Africa's most populous nation on the path of progress. The potentials are much, however the will and sincerity of its people has consistently failed the test.

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- African Proverb

## HEALTHY LIVING

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### THIS IS WHAT HAPPENS TO YOUR BODY (AND MIND) WHEN YOU CRY

*From stress release to emotional bonding.*

Did you know that there are actually three different types of tears? Maybe I've been living under a rock, but until a random bout of tears (otherwise known as my quarter-life crisis) led me down a Google rabbit-hole the other day, I had no idea.

First, there are basal (also called continuous) tears, which help keep our eyes hydrated and in turn help us to see clearly. Then, there are reflex tears, which are usually sudden and provoked in response to some sort of immediate irritation, like chopping an onion or getting makeup in your eye. Finally, there are the tears we all know well: Emotional, or psychic, tears. Whether in response to sadness, anger, or even pure bliss, emotional tears are a uniquely human experience. It is a physical way in which we all show and process our emotions, both happy and sad.

Another thing I didn't realize is that the composition of each type of tear is different. For example, reflex tears are almost all water—but emotional tears actually contain certain hormones, which your body naturally secretes in times of stress in order to help restore balance. In other words, there's real science to back up that feeling of a weight being lifted off your shoulders after a good cry. How incredible is that? Here, we asked experts to breakdown some of the health

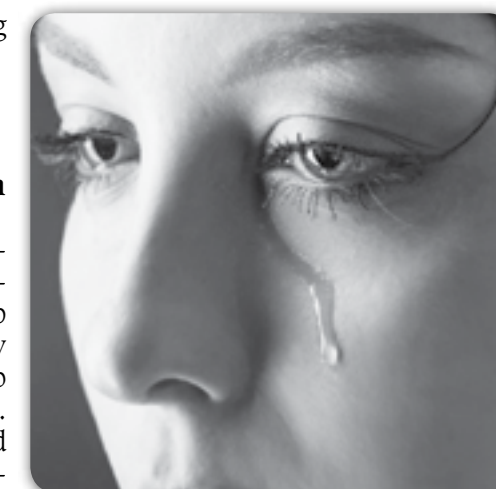
benefits of crying out.

#### 1. Crying helps release stress hormones from the body

On a physical level, emotional tears help relax the body and allow it to release stress. When we shed tears of the emotional variety, we are quite literally expelling stress hormones and other toxins from our body, which promotes a feeling of release and calm. In fact, scientists are finding that emotional tears actually contain additional hormones and proteins that aren't found in the other two types of tears at all. While research is still ongoing (you can imagine how difficult it is to conduct a valid study when commanding people to cry for emotional reasons), all you need to know is this: "Emotional tears help to release stress hormones from the body when we are upset," explains Judith Orloff, MD. "Typically, after crying, our breathing, and heart rate decrease, and we enter into a calmer biological and emotional state."

#### 2. Crying helps release stress hormones from the body

On a physical level, emotional tears help relax the body and allow it to release stress. When we shed tears of the emotional variety, we are quite literally expelling stress hormones and other toxins from our body, which promotes a feeling of release



liever, also called the bliss hormone—are also stimulated and released within the body. This is part of the reason why a vigorous crying session "can be exertional, almost like a workout," Brissette says. "It helps to dissipate energy." According to the American Academy of Ophthalmology, emotional tears also contain higher levels of Leu-enkephalin, an endorphin that helps mitigate pain and improve mood.

#### 4. Crying helps us bond with others

You might think that bursting into tears would push someone away, but on the contrary, experts say that crying's very function is actually to bring us closer together. "Crying helps us to bond interpersonally and acts as a way to non-verbally communicate with others," Brissette explains. "Among all the theories about why humans cry, the most widely accepted is that it is a way to enhance our ability to communicate at an advanced level. It helps us communicate our desire for help, connection, or share in moment with others, whether sadness or joy."

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### SUNSHINE IS GOOD FOR YOU

Get a daily dose of sunshine, and new studies in the American Journal of Clinical Nutrition show you're more likely to have healthy cholesterol levels, better moods and, most surprisingly, lower levels of skin damage! Researchers theorize that moderate amounts of sun trigger positive DNA changes that lead to a host of health benefits - WW

### 5 APPS AND TOOLS TO IMPROVE YOUR HEALTH AND WELLNESS

(NC) Finding great tools to enhance our wellness is easier than ever with the wealth of technology at our fingertips. Here are 5 apps and technologies featured on Lumino Health aiming to make a difference you can feel:

**LIFT Session.** Regardless of your experience level, going to the gym can be a challenge. Whether you're looking to tone, build or improve your cardiovascular health, this app has you covered. It offers the experience of a fitness studio with the convenience of virtual online streaming. With group fitness classes or live personalized training, you can work out and feel supported along the way.

**QSun.** Though the summer may be wrapping up, UV rays will continue to affect your skin throughout the year. QSun is a wearable device that tracks your sun exposure. It will notify you when it's time to re-apply sunscreen or step indoors. You can sync the device with an app to help you track the sun throughout the day.

**Maple.** As you aim to make the most of these last days of summer, this app could become your best health-care buddy. It's a virtual health-care app that provides on-de-

mand access to licensed Canadian doctors 24/7. It allows you to spend more time recovering than waiting at the doctor's office. Maple offers virtual medical advice, referrals, prescriptions and sick notes.

### BLACK PEPPER

Applying a large amount of black pepper onto a bleeding wound immediately stops the heavy bleeding by constricting blood vessels. It is still not recommended unless you are in a situation where you have cut yourself

and black pepper is all you have on you. Be aware that despite the antibacterial properties of black pepper there's still a chance for infection. It is greatly advised that you try direct pressure to the affected area first. ~ RD.

**Big White Wall.** An online community for mental health support is only a click away. Members can access mental health assessment tools and courses in a peer-to-peer community that trained counsellors (wall guides) monitor for safety. In Ontario, Big White Wall is available for free.

**Stop Breathe & Think.** This mindfulness app allows you to check in with your emotions and recommends personalized activities tuned to how you feel. It includes guided meditations, yoga, acupressure and relaxing audio recordings, or soundscapes. You can tune in to yourself and try new ways to manage your mental health.

Establishing a healthy lifestyle can be a tough. But smaller changes are easy to make and can lead to better health. Using the right tools can help you stay on the right track.

Find more information on these apps or other health-care resources at [luminohealth.ca](http://luminohealth.ca).

Nigerian Canadian News

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# ALLEN ONYEAMA: THE MAN WHO CARRIED NIGERIANS IN SA WITH HIS 'WINGS'



**Allen Onyeama**

By D.Forrester

Until the recent Xenophobic attacks in South Africa, very few people knew about Allen Onyeama. Although, in the aviation sector in Nigeria, the name is synonymous with Air Peace and his recent humanitarian gesture has further brought the businessman to limelight. By personally funding the airlifting of Nigerians willing to return home, many are already making him the man of the year.

## WHO IS ALLEN ONYEAMA?

Onyeama was born in Benin City, Edo state in 1964 to parents of Anambra State Origin.

# BUHARI ASSIGNS PORTFOLIOS TO CABINET

By Stanley Ugagbe

Six months after the 2019 Presidential election, President Muhammadu Buhari has sworn in members of his cabinet into office.

The returning President who assigned portfolio to his cabinet members three months after the commencement of his

second tenure, reserved the petroleum portfolio for himself.

While swearing in the cabinet, Buhari said "The core objectives of this administration are to improve security, achieve diversified, inclusive economic growth and fight corruption".

Below are the President's cabinet members

which are expected to address the numerous issues menacing against the 59-year-old nation.

Dr. Uchechukwu Ogah Abia, Mines and Steel Development, State while Muhammed Musa Bello Adamawa, is the minister of FCT. Former Governor of Akwa Ibom, Sen. Godswill Obot Akpabio, Niger Delta min-

ister while his Anambra counterpart Chris Ngige Anambra, Labour & Employment.

In the same vein, Sharon Ikeazor is the minister of Environment, while Bauchi's Adamu Adamu retained his portfolio as Education minister. Amb Maryam Katagum of Bauchi garnered Indus-

try, Trade and Investment portfolio (State) and Bayelsa's Timipre Silva bagged Petroleum (State) portfolio.

Moreso, Sen. George Akume of Benue was assigned Special Duties minister while Mustapha Baba Shehuri of Borno garnered Agriculture spot. Cross River's Godwin Jedia Agba earned Power spot and renowned lawyer, Festus Keyamo of Delta earned Niger Delta portfolio.

Furthermore, Zainab Shamsuna Ahmed of Kaduna bagged Finance, Budget and National Planning portfolio while Dr. Mohammad Mahmoud of the same origin earned Environment spot. Mohammed Sabo Nanono of Kano, Agriculture while Maj. Gen. Bashir Magashi (rtd) of the same origin earned Defense portfolio.

The first four B737 have on them names of his four children namely; Nnenna- after his first child and daughter, Chionso- after his first son, Obinna - after his second son and Ugochukwu - after his last son.

# 11-YEAR OLD NIGERIAN WINS GLOBAL ART PRIZE



By D.Forrester

Kareem Waris Olamilekan, an 11-year-old creative artist who gained worldwide attention months ago when he did a very captivating portrait of Emmanuel Macron, the French president, during his visit. Now he's in the news this time around as he won Taiwan's Chou Ta-Kuan Cultural and Education Foundation award.

Olamilekan beat 2,723 others to get the prize which is the 22nd Fervent Global Love of Lives Award. The young Nigerian will be attending charity event in Taipei and also the opportunity of meeting the country's president.

Ambassador Vincent Yang, the representative of Taiwan in Nigeria disclosed the news to Newsmen shortly after receiving

the details of the winner.

He said Kareem gained global attention for his marvelous drawings, a uniqueness that made him the most preferred among thousands.

The lad attended charity events in the company of other winners at Taipei where he also met with the country's president.

Yang also added that his office had already congratulated and hosted the young creative.

Olamilekan's story is reminiscent of how individuals often emerge from slumps to the palaces of life. A story that resonates among many celebrities who were brought to limelight in an unbelievable manner. Many other Olamilekan are out there on the continent, but who will bring them out of their ghettos?

Adebayo of Ekiti earning Industry, Trade and Investment spot.

Also, Enugu's Geoffrey Onyeama earned Foreign Affairs portfolio and Dr. Ali Isa Pantami of Gombe bagged Communication portfolio. Emeka Nwajuba of Imo bagged Education (state) spot while Jigawa's Suleiman Adamu earned Water Resources spot.

Furthermore, Zainab Shamsuna Ahmed of Kaduna bagged Finance, Budget and National Planning portfolio while Dr. Mohammad Mahmoud of the same origin earned Environment spot. Mohammed Sabo Nanono of Kano, Agriculture while Maj. Gen. Bashir Magashi (rtd) of the same origin earned Defense portfolio.

Ogbonnaya Onu of Ebonyi retained Science and Technology spot and Dr. Osagie Ehanire of Edo bagged Health portfolio. Another Edo indigene, Clement Ikanade Agba bagged Budget and National Planning (State) spot with Ounba Adeniyi

# SANWO-OLU UNVEILS COMMISSIONERS, SPECIAL ADVISERS



**Lagos state Governor, Mr. Babajide Olusola Sanwo-Olu.**

By Stanley Ugagbe

The Lagos State Government has unveiled names of commissioners and special advisers to Governor Babajide Sanwo-Olu.

According to a statement released by the state government, Mr. Rabiul Olowo Onaolapo is the Commissioner for Finance while Mrs. Folashade Adefisayo is the Commissioner for Education.

Prof. Akin Abayomi holds the portfolio of Commissioner for Health

as Dr. Idris Salako scoops Commissioner for Fiscal Planning and Urban Development spot.

Former commissioner, Mr. Tunji Bello holds the portfolio of Commissioner for Water Resources and Environment and Mr. Gbenga Omotoso bagged the Commissioner for Information and Strategy portfolio.

Mrs. Bolaji Dada scoops Commissioner for Women Affairs and Poverty Alleviation while Mr. Olalere Odusote holds Commissioner for

Energy and Natural Resources

Also, Dr. Frederic Oladeinde bagged Commissioner for Transportation, Mr. Gbolahan Lawal holds Commissioner for Agriculture spot while Moruf Akinderu Fatai is the Commissioner for Housing.

Furthermore, Mr. Moyo Onigbanjo (SAN) claimed Attorney General and Commissioner for Justice Portfolio as Mr. Hakeem Fahm scooped Commissioner for Science and Technology.

Mrs. Ajibola Ponnle holds the portfolio of Commissioner for Ministry Establishment, Training and Pension, Engr. Aramide Adeyoye, Commissioner for Works and Infrastructure while Mr. Segun Dawodu is the Commissioner for Youth and Social Development.

Immediate past commissioner for Wealth Creation and Employment, Mrs. Uzamat Akinbile-Yusuf is the Commissioner for Home Affairs while Mrs. Yeturunde Arobieke is the Commissioner for Local Government and Community Affairs

Others are Mrs. Lola Akande, Commissioner for Commerce and

# KEVIN O'LEARY'S WIFE CHARGED IN FATAL BOAT CRASH

By N.Ugoh

The wife of popular businessman Kevin O'Leary, Linda O'Leary, and an American have been charged in a recent fatal boat crash that killed two and injured three.

Ontario Provincial Police said recently that Linda O'Leary, 56, was charged under the Canada Shipping Act with careless vessel operation.

The crash occurred recently around 11:30 p.m. on Lake Joseph which is located in the ritzy Muskoka cottage community north of Toronto, and it involved two boats.

A 64-year-old man

who came from Florida died at the scene and a 48-year-old woman from Uxbridge, Ontario, died few days later in hospital.

OPP Staff-Sgt. Carole Dionne revealed that Richard Ruh, 57, of Orchard Park, N.Y., who operated the other boat, was also charged with failure to exhibit navigation light while underway.

The lawyer of Linda O'Leary, Brian Greenspan, made it known that his client was driving home "on a dark and moonless night" with the lights of the boat on "at a reasonable speed" when it ran into with the other boat. He said Linda O'Leary broke her foot in

the crash and required surgery.

Greenspan labeled the incident "a terrible tragedy," but said he found it "regrettable that the OPP has chosen to charge Mrs. O'Leary under the shipping regulations, in circumstances where the person (who) has always been a cautious, and certainly experienced boater, came in a collision with an unlit craft."

Ruh could not be instantly reached for comment.

Kevin O'Leary said after the crash that he wasn't cruising the boat at the time, and that the other boat involved didn't

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Industry, Mrs. Olufunke Adebolu, Commissioner for Tourism Arts and Culture, Mr. Sam Egube, Commissioner for Economy Planning and Budget.

The Governor's special advisers are Dr. Wale Ahmed, Special Duties and Inter-Governmental Relations, Ms Ruth Bisola Olusanya, Special Adviser, Ministry of Agriculture, while Princess Aderemi Adebowale is the Special Adviser of the Office of Civic Engagement.

Others are Mr Afolabi Ayantayo, Special Adviser on Political and Legislative Affairs, Mrs Toke Benson-Awoyinka, Special Adviser, Ministry of Housing, Joe Igboke, Special Adviser for Drainage and Water Resources

Still on the list, Tubosun Alake is the Special Adviser for Innovation and Technology, Architect Kabiru Ahmed Abdullahi, Special Adviser, Urban Development while Anofi Olanrewaju Elegushi Special Adviser,

Central Business Districts.

Bonu Solomon Sannu, Special Adviser, Arts and Culture, Oluwatoyin Fayinka

Special Adviser, Ministry of Transportation, Oladele Ajayi, Special Adviser on Commerce and Industry.

The other two are Tokumbo Wahab Special Adviser, Ministry of Education, Solape Hammond Special Adviser on Sustainable Development Goals.

# TRUDEAU DENIES FORCING OUT QUEBEC MP FOR QUESTIONING HIM AS FEMINIST

By N.Ugoh

Liberal leader Justin Trudeau revealed recently that he did not block a sitting Quebec MP's opportunity to run for reelection due to the fact that she challenged his credentials as a feminist.

It should be recalled that Eva Nassif made it known that she was not nominated to contest in the Vimy riding owing to the fact that she did not support Trudeau as a fem-

inist after the SNC-Lavalin scandal that made two female cabinet ministers resign.

While denying forcing Eva out, Trudeau said: "I can confirm that was not the reason she was red-lit. Nassif didn't meet the standards of the Liberal party's protocol for vetting candidates. The process around a green-light committee is conducted independently according to the rules that we've. I trust the processes we've

established as a party and I know those processes are properly followed."

Two months ago, Nassif announced that she would not pursue a second term in the riding north of Montreal due to personal reasons but according to riding association President Giuseppe Margiotta, Nassif was pushed out.

The Liberals have however named Annie Koutrakis as their candidate for Vimy.

prayers and condolences to the victims, the families and those affected by this loss."

Linda O'Leary will appear in court in Parry Sound, Ontario on October 29, 2019.

## JAGMEET SINGH PROMISES \$15B FOR GREEN JOBS AND WAR AGAINST 'CRISIS OF EPIC PROPORTION'

By Dele Akintilo

The Leader of NDP, Jagmeet Singh summarized his party's obligations to climate action during a quick stop which took place recently at The Forks.

Before he visited the national historic site, Singh's first stopped at the University of Winnipeg, where he announced that there would be major investments on environmental initiatives.

Singh told the crowd at University of Winnipeg that a federal NDP government would aim to tackle climate change by creating 300,000

green jobs, stop subsidies for the fossil fuel industry and set up a publicly funded \$15-billion "climate bank" to facilitate emission-reductions.

He however took swipes at his competitors and reiterated elements of teen activist Greta Thunberg's speech during the recent United Nations Climate Action Summit.

While accusing Liberal's Trudeau of giving "empty promises and characterizing Conservative's Scheer as someone who "barely believes that there is a climate crisis, Singh said: "This is a crisis of epic proportion.

Future generations of kids are depending on us. They are begging for action and we are going to deliver that. We have the courage to do so."

He said the NDP would make sure that First Nations are "equal partners" in the war against climate change. He stressed further that resolving boil-water advisories on First Nations, fixing inadequate housing and improving access to education are part of that.

Singh said if voters elect an NDP government, the climate bank that is funded by the public would help businesses

green up operations and catalyze the development of an emissions-free energy corridor in every area.

Singh also stressed the importance of working hand in hand with municipalities, particularly in Manitoba, where the Progressive Conservative provincial government focuses its attention on cutting services like transit.

He said: "More than ever cities need a partner federally who's willing to invest in cities and invest in the things that people need. We are going to work with the provinces to make sure that the

funds are available, but it's going to be a massive investment."

While at The Forks Market, Singh talked with Tabitha Langen, the owner and operator of the Tall Grass Prairie bakery for close to 30 years. Tabitha said her business was established in response to environmental issues and the business only sources grains from local organic farms.

Singh's idea about cutting out fossil fuels makes sense to her.

She said: "The way we treat the environment and the way we treat people are often the same."



The first impression she had of Singh is that Singh is "leadership material" and it is her hope that he "hangs in there."

She said: "I would love to see the NDP and the Green Party work together a lot more. Then I think they would really have a good chance. It's always hard for the left, and I get that we're protesters. So I don't know what the prospects are. My fear is splitting the vote."

## SASK. MED SCHOOL OPENS SEATS TO DISADVANTAGED STUDENTS

Growing up in high income family a big advantage, says dean

The dean at the College of Medicine at the University of Saskatchewan says that too many doctors come from privilege and may not represent the population they serve.

"We are quite committed to being a socially accountable medical school," said Dr. Preston Smith in an interview with CBC Radio's Saskatchewan Morning.

The college has launched a new initiative that sets aside six seats for students who come from disadvantaged socioeconomic backgrounds.

Students can qualify based on more than just family income

"You know we are skewing our profession to be a group that's not representative of our population as a whole," explained Smith.

Privilege, Smith said, begins early. Children from high income families, he said, reap the benefits of a more rounded life steeped in learning opportunities.

"School trips, family vacations where you see the world, all provide you with knowledge and skills that make you very competitive to get into medical school."

Source: CBC.ca

## TRUDEAU PLEDGES \$40K INTEREST-FREE LOANS TO PROTECT HOMES ENERGY FROM SEVERE WEATHER

By Dele Akintilo

Liberal Leader Justin Trudeau has promised to give Canadians access to interest-free loans of an amount not more than \$40,000 to make old furnaces better, replace windows that are leaking or upgrade their homes to increase their level of energy efficiency and make them resistant to floods and wildfires induced by climate change.

According to the Liberal Party, the program would provide a free energy assessment and would help in retrofitting around 1.5 million homes.

As such, landlords and homeowners would be eligible to access an interest-free loan of up to \$40,000 for qualified green-friendly renovations like high efficiency rooftop solar panels, doors or windows, insulation or basement flood-proofing.

Under the plan, loans would be repaid over 10 years via a Canadian Mortgage and Housing Corporation insured mortgage, in partnership with a utility company through savings on monthly bills or a bank loan.

Canadians that took out such a loan could get cash benefit of between \$250 and \$750 depending on how much energy



waste they cut.

Canadians who purchase new homes that are classified as zero-emissions would also get a Net Zero Homes Grant of up to \$5,000.

The Liberals also revealed that they would deploy \$100 million to skills training to ensure there are enough competent workers to oversee the energy audits, net-zero home construction and retrofits.

"It's a win-win-win," Trudeau said.

Trudeau revealed Canada has an obligation as a country to assist those living in flood zones, who will encounter increasingly difficult decisions as to whether they should rebuild or relocate.

He said: "This is a conversation we know is only going to become more difficult and more acute for more people over the coming years with the very real impacts of climate change. Our commitment today is that we will be there with people, supporting them through these difficult moments in their lives as we fight climate change."

## CONSERVATIVES PROMISE REVIEW OF TAX SYSTEM TO HELP SMALL BUSINESSES

By Dele Akintilo

The Leader of Conservative Andrew Scheer has promised to repeal changes to the tax system that resulted in a near war between the Liberal government and small businesses two years ago.

Scheer said he will reverse the decision by the Liberals which jerked up tax rate on small business investments and made it more difficult for companies to remit dividends to family members.

He said: "A new Conservative government will continue to celebrate small businesses as drivers of prosperity, and not view them merely as sources of revenue."

The Liberals changed the tax system for small businesses to close what they termed an unfair loophole in 2017. The tax system allowed small businesses to hide their income from sources unrelated to their work inside their corporations, where the income was taxed at a rate lower than if they had enumerated it towards their personal bottom line.

The government had put forward an argument that the al-



lowance of that system meant businessmen were incorporating businesses just for a tax benefit, but an enormous outcry ensued among those who thought the Liberals were labeling Canadians who are self-employed as tax cheats.

Subsequently, the government was coerced to change the proposed new rules and decided to give businesses allowance of keeping a maximum of \$50,000 in passive income prior to the implementation of the new taxes.

Scheer said he would just reverse that and he would also appoint an expert panel to scrutinize the entire tax system in a bid to modernize it, look for a way to help businesses to navigate the tax system better and cut regulations by 25 per cent over the period of four years.

## T4A(P) TAX SLIP FOR CANADIAN INCOME TAXES EXPLAINED

This form is for Canadian pension plan benefits

A Canadian T4A(P) tax slip, or Statement of Canada Pension Plan Benefits, is issued by Service Canada to tell you and the Canada Revenue Agency how much you received in Canada Pension Plan benefits during a tax year and the amount of income tax that was deducted. Canada Pension Plan benefits include retirement, survivor, child, and death benefits. Read on to learn important information about T4A(P) tax slips, including the deadline for submitting them, how to file these forms and what to do if your T4A(P) is missing.

9914 during regular business hours. You will be asked for your Social Insurance Number.

Even if you haven't received your T4A(P) tax slip, file your income tax return by the deadline anyway to avoid penalties for filing your income taxes late. Calculate your Canada Pension Plan benefits as well as deductions and credits you can claim using any information you have. Include a note saying what you have done to get a copy of the missing tax slip. Include copies of any statements and information you used in calculating the benefits income and deductions for the missing tax slip.

Deadline and Filing the T4A(P)

T4A(P) tax slips must be issued by the last day of February the year after the calendar year to which the T4A(P) tax slips apply. When you file a paper income tax return, include copies of the T4A(P) tax slip you received. You can also file your income tax return using:

- NETFILE, an electronic tax-filing service that allows you to send your individual income tax and benefit return directly to the CRA
- EFILE, where you prepare your own income tax return then take it to a service provider to file it electronically for a fee

In either case, keep copies of your T4A(P) tax slips with your records for six years in case the CRA asks to see them.

Other T4 Tax Slips  
Other T4 tax information slips include:

- T4: Statement of remuneration paid
- T4A: Statement of pension, retirement, annuity, and

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## FINANCE

## HOPE4 COMMUNITY SERVICES PLEDGES UNFLINCHING SUPPORT TO DEBTORS IN CANADA

By Adewale Sobowale

Non-Governmental Organization, Hope4 Community Services has pledged to continue to search for and assist people who are living in debt in Canada.

In an exclusive interview with our correspondent, the organization's personnel, Patrick Mould explicitly remarked that the NGO was formed to assist the government and the community.

Patrick said "Hope4u community services is an organization that was formed and registered as an NGO to assist the government and help the community".

According to him, "Canada is a country where people live on credit. But they sometimes unknowingly make some decisions that mortgage their future. People are therefore forced into the debt trap".

He continued that "Some financial institutions give loans without conditions and people might not easily realize that if they, for instance, borrow \$300, they might end up paying \$500 or \$600.

"At the end of

other income  
• T4A(OAS): Statement of old age security  
• T4E: statement of Employment Insurance and other benefits

Familiarize yourself with these tax slips to ensure that you file your taxes correctly but also receive all of the benefits you are owed.

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the day, they become weighed down by debts to the extent of getting depressed. They might then start thinking of committing suicide or they might become vegetative because of negative thoughts".

In his words, the NGO partners with Credit Canada Debt Solution which is the first organization to handle debt services in Canada with over 65 years' experience.

He said "Hope4u community services search for such people and give them hope, support them, link them up with Credit Canada Debt Solution which is the first organization to handle debt services in Canada with over 65 years' experience".

He explained that "Credit Canada pulls their credit records out and negotiates with their creditors to get reduction in the debt and sometimes total cancellation of the interest. They organize for the actual debt to be paid over some

In his clarion call, he said "The nonprofit organization enjoins people from all creeds to put calls through to either Patrick on 647.864.4673 or Roy on 416.854.4673.

## REPS TELL CBN TO SUSPEND NEW CHARGES ON TRANSACTION

The Central Bank of Nigeria has been ordered by the House of Representatives to immediately suspend the new charges placed on Nigerians under its new cashless economy policy.

The apex bank had announced an increase in charges on withdrawals and deposits exceeding N500, 000.00

They will ask no questions. All they need is the relevant information and they get to work".

"Hope4u combines with Credit Canada to provide people free counseling with certified credit counselors, free review of debt relief options, debt consolidation without loans, bankruptcy or insolvency and all collection calls are stopped even with interest.

He added that "People also get reduced monthly payments. The service is for everyone. It gives hope for the hopeless".

The NGO's personnel also noted that the organization is equally teaching people "how to make budgets, which banks to use, which credit cards to use and they are told what to look for in credit cards. They are also taught how to get free tax refunds".

He concluded that "Indeed, people are taught how to spend what they earn on their needs and take loans when it is absolutely necessary. They are taught about the freebies available in the supermarkets".

See advertisement on page 5

# My husband cannot keep it up for more than two minutes

Dear Agatha,

My husband is 31 years old while I'm 29 years of age. We got married six weeks ago. We met last year at a friend's wedding. Being both Christians we decided to wait until our wedding night to consummate our relationship. Although both of us aren't saints, but that was before we gave our lives to Christ.

We also decided not to talk about our pasts when we decided to go steady. Our agreement was to leave the mistakes of all our pasts behind and that our lives started the day agreed to be a couple.

For me it wasn't easy because I had always been sexually active. I actually love sex but he refused to act on my offer on those days my desires got the better of me. It was one the reasons our marriage counselor advised us to get married as soon as possible since we had made up our minds to spend the rest of our lives together. Besides, I wanted exclusive right to my husband who was too handsome to be left alone. Even in my presence women would walk up to him to request for his phone number.

I couldn't wait to be called his wife so you can imagine my disappointment when on our first night together, he couldn't live up to my expectations. He cannot be a husband to me. He only stays up for about two minutes and that is just it. I'm too young to tolerate this. He tried to explain the condition dysfunctional ejaculation but in all honesty I don't want to know. He knew he had the problem of premature ejaculation, yet he didn't tell me. No wonder he willingly hid behind the instruction of the Church to abstain from sex until the wedding night. I feel cheated and betrayed. It hurts badly because I feel like an idiot for trusting him.

I don't care what people say, of what use is being married without having sexual fulfillment. Can you imagine the church is asking me to stay on? What for Agatha?

Truthfully, I don't know what I'm expecting from you. I just need to talk to somebody as



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agatha.edo@gmail.com

everybody around me is refusing to understand my situation. My mother-in-law even asked if sex is food. Can you imagine that? If I were her daughter would she be that unfeeling?

Bolu

Dear Bolu,

I sincerely empathize with you. For a young lady, it is indeed a daunting challenge and I completely agree with you that he should have told you and not hide behind the instruction of the church. What he has done has given you all the right to be angry with him and everyone who wants you to continue in the marriage.

But after the storm comes the calm. Is there really no chance for both of you to work things out? Remember where there is a will, there is a way. Isn't there anything awesome about your husband and relationship worth fighting for? Is marriage for you just about sexual satisfaction? Did you not survive the period you stayed without sex? Doesn't that tell you something? That you are not so addicted to sex as you think? If indeed you were so hooked on sex as you claim, you wouldn't have been able to abstain for that length of time.

I agree his mother's utterances are highly provocative given the highly sensitive nature of the issue at hand but the inherent truth is, there is more to marriage than a wonderful sex life. If sex were the be-it-all in a relationship, married couples won't be cheating on their spouses. Marriage is a layer of a lot of things and no one marriage has all it takes to succeed. This is perhaps the opportunity you need to get to discover things about each other beyond bedroom matters.

Remember that God doesn't make mistakes. We humans are the ones through impatience making life difficult for ourselves. I pray for wisdom from above for you.

You would understand my point better if you meet women whose husbands are machines in the bedroom but are abusive of their wives.

You would be surprised how both of you, can become very tight and wonderful friends from this situation. Once you are able to break through this obstacle your marriage could become one of the best because you both would have been able to build trust, sacrifices, tolerance, understanding, friendship, contentment, patience and the presence of God into its foundation.

However, unless you are determined to help your husband to be the kind of man you want him to be in the bedroom, this situation will appear very hopeless. But if are willing to go beyond what he did to you and focus on how to make your marriage work, you can encourage a heavy dose of foreplay. In marriage, sex has no creed or rules. Setting your rules means you and your husband must step out of the conventional to achieve better results. Your fingers and tongues when well applied on your bodies are very effective. By the time he goes inside you, you would be ready to explode hence won't even notice the length of time he took to get you to your peak. As long as he has healthy sperm, you can make a baby. A man's ability to get his wife pregnant is not the duration he spent inside his wife. All it takes is a second of release of healthy sperm.

I concur you are still hurting and very upset with him but once you are calm enough to think logically, consider this option before taking a final decision on your neo-natal marriage.

God will definitely give you the wisdom to negotiate this very slippery beginning but I assure you there are young couples out there that have more terrible situations than yours and are determined to forge ahead.

Remember that God doesn't make mistakes. We humans are the ones through impatience making life difficult for ourselves. I pray for wisdom from above for you.

Good luck.

# PASSION With This Ring

By Pastor Taiwo Odubiyi

Continued from the last issue.

Ask her to leave? How could he? Besides, he was tempted and he didn't think he had the power to do anything about it.

His pastor's message in the morning about self-control came to his mind. Albert knew he was supposed to exercise self-control and resist the temptation. He knew he should but didn't want to.

While struggling with his thoughts, his mind went to Grace and reality hit him. She was carrying his baby because of his lack of self-control. He would become a father soon if Grace didn't change her mind. He couldn't afford to put another lady in the family way. What was wrong with him?

He knew Patience's type. If she should get pregnant, she could use it as an opportunity to milk him dry or end up becoming his wife. Albert knew he would be in a very big mess.

He should resist this temptation and push Patience away but he felt helpless. What should he do?

Feeling a need to think, he got up and said, "I'm coming."

He entered his bedroom to think of what to do and how to handle her.

He suddenly remembered what one of his colleagues in the office who was a Christian told him some weeks back. The married man told Albert that if an attractive lady was trying to seduce him, he would tell himself that she probably had AIDS. That thought always gave him extra strength to resist and push the lady away. He would also pray and inform his wife about the situation.

The three measures had never failed to work for him.

Albert smiled and told himself, I guess I have to follow his advice.

Patience probably had AIDS and he would be doing himself a world of good by staying away from her, he counselled himself.

Next, he had to pray.

God help me. He knew that prayer was very weak. He needed to learn how to pray. He needed to learn a lot of things, he realised. He tried to pray again, I need to ask her to leave, Lord help me.

The third thing was to tell his woman about Patience. But who was his woman? Grace? Could he call Grace his woman? Well, he probably could after all, she was carrying his baby. But Grace was not talking to him, and the last thing she would want to hear from him now was about another lady and how he had been a fool, again. Besides, she warned him about Patience the day they met at Chumsey Restaurant.

Well, the first thing he had to do now was ask Patience to leave.

He opened the door and stepped out. Standing in the middle of the living room, he told Patience, "I'm sorry but you will have to leave."

"Leave?" She asked with a frown. Getting up, she asked, "Why?"

"I'm no longer interested."

"What happened? What did I do?"

"You didn't do anything. I have just changed my mind. It's wrong."

"Albert," she called and came to him.

When she tried to put her arms round his waist, he stepped back and said, "No!"



Pastor Taiwo Odubiyi

"But why are you doing this? What happened? You were happy to see me when I arrived. What caused this sudden change of heart?"

"Nothing happened, Patience. I have the right to change my mind, don't I?"

He walked over to where she put her handbag. He took it and held it out to her. "Take."

She collected it and asked, "Do you really mean it?"

"Yes."

She inhaled deeply and blew the air out of her mouth. She glanced at her watch and said, "Fine. I will leave but what about my application letter?"

"I will give it to the person tomorrow. Whatever happens, I'll let you know."

"Do you think I will be employed?"

"I hope so."

She took a deep breath before she said, "My salary at the restaurant is not much."

"I understand. Let's hope something comes up." He said, bringing out his wallet.

As he did on Friday evening when Patience was leaving his house, he counted out five thousand naira and gave it to her.

"Thank you. Can I call you?" Patience asked.

"Yes, er ... sure. It may not be necessary though. I will call you if I have to."

She left.

Albert locked the door and went back to sit. Phew! When will I learn? Lord, I'm sorry.

\*\*\*\*\*  
continued on p(43)



## FORMER IN-LAWS FIGHT OVER HABS TICKETS

By Julius Oyekunle

Quebec Superior Court has granted nearly \$45,000 to a man whose former brother-in-law deprived him of their Montreal Canadiens season tickets over a family dispute, ruling that he had no

ing the Canadiens' final year at the Montreal Forum.

The tickets were transferred to the Canadiens' current home, now known as the Bell Centre, and were added in court testimony as among the best seats in the house:



right to unilaterally deny access to the seats.

Justice Jeffrey Edwards delivered the judgement based on the true value of Habs tickets and the prejudice that arises from being deprived of them.

The dispute between Louis Terzopoulos and Petros Sakaris began in 2014, when Sakaris refused to provide Terzopoulos access to the tickets they had shared for 19 years.

Both had been splitting season and playoff tickets since the 1995-96 season, which began dur-

above the penalty bench, on the centre-ice red line.

Despite denying that there was an agreement to share the tickets, the judge ruled there was overwhelming evidence that a contractual agreement existed between the duo.

They were married to two sisters when they first obtained the tickets — but the ruling suggests Terzopoulos' marriage breakup was the trigger for Sakaris denying him the tickets.

Sakaris' attorney says the last has not been heard, as plans are under way to appeal the ruling.

## LOBLAWS GRANTED RELIEF IN BANGLADESH CASE

By Julius Oyekunle

The Supreme Court has refused to hear a group of Bangladeshi victims and relatives who wanted to sue Loblaws over the devastating collapse of a garment factory in Bangladesh six years ago.

One important issue in the lawsuit was the question of jurisdiction as to whether a Canadian court had the constitu-

tional rights to consider the claim — of importance to companies that source product from abroad.

The complainants had previously been denied by Ontario's Superior Court and Court of Appeal the class-action certification in their quest for \$2 billion in compensation.

The case arose out of the collapse of the nine-storey Rana Plaza on April 24, 2013, in Dhaka. A total of 1,130 peo-

## SOCIAL ASSISTANCE RULES ABOUT COUPLES: WHAT YOU NEED TO KNOW IF YOU LIVE WITH SOMEONE

What if OW or ODSP thinks I am living with someone but I am not?

If OW or ODSP thinks you are living with someone, they will look into it.

For example, OW or ODSP might think this if:

- another person told them that you are living with someone
- someone gets their mail at your address, so it looks like they are living with you

If OW or ODSP thinks you live with someone, you have to show them that this is not true. If this happens to you, it is a good idea to get legal help.

What if someone moves in with me while I am on assistance?

You must let OW or ODSP know as soon as someone moves in with you.

If you are on assistance as a single person or a single parent, OW or ODSP may contact you 3 months after someone has moved in with you to set up a meeting.

Make sure you respond to them right away and go to the meeting. If you do not, OW or ODSP will cut off your assistance.

At the meeting,

they will ask you for the kinds of information and documents listed below:

What rules do OW and ODSP use to decide if someone is my spouse?

OW or ODSP will decide you are spouses if any of the following are true:

- you tell them that you are spouses
- you are married to each other
- the law says that the other person must support you or your child

And if you live together, OW or ODSP will also decide you are spouses if all of the following are true:

1. You have been living together for at least 3 months.
2. One of you supports the other or the two of you are "financially interdependent".
3. You are "living together as a couple", not as two single people. This means that your relationship is like a marriage. Whether or not you have a sexual relationship with each other does not matter. They are not allowed to ask about that.

How do they decide that we are financially interdependent?

To find out if one of you supports the

other or if the two of you are financially interdependent, OW or ODSP asks questions like:

- Do you own things together?
- Do you have joint bank accounts?
- Has one of you ever included the other in a benefit plan at work?
- Have you borrowed money as a couple or has one of you co-signed a loan for the other?
- Are one or both of your names on leases or on bills for utilities, or cable or telephone services?

If your answers suggest that the person you live with is not your spouse, OW or ODSP should not ask you questions about whether you live together as a couple.

How do they decide that we are living together as a couple?

OW or ODSP will want to find out if the two of you are living together as a couple, which means that your relationship is like a marriage. To do this, they ask questions like:

- Do friends, family members, and others who know you, think you are a couple?

• Do schools, daycare centres, doctors, or other services and organizations you deal with, know the two of you as a couple?

• If you have children from another relationship, do they treat the person you are living with as a parent? Do your children think this person is your spouse?

Whether or not you have a sexual relationship with each other does not matter. They are not allowed to ask about that.

They will cut off your assistance if you do not give them the information they ask for.

If they decide that the person is your spouse, they can then look at whether the two of you can get assistance as a couple.

If they cut off your assistance, you can appeal. See What can I do if OW or ODSP refuses or stops giving me assistance?

Even if OW or ODSP decides that the person is not your spouse, they may follow up in the future to see if your relationship has changed. And they will likely ask you for information about the relationship at least once a year.

To be Continued

## MOM TO PAY THOUSANDS OF DOLLARS AFTER SON CRASHES VEHICLE

By D.Forrester

An Ontario judge has ruled that a mother would have to cough out thousands of dollars after her rented minivan was crashed by her son who got behind the wheels.

The Superior Court held that Tricia

Richards must cover the costs of replacing the crashed vehicle, despite having bought optional insurance coverage at the time of rental.

In his decision, Justice Russell Raikes ruled stating evi-

dence had shown that continued on p(39)

FAMILY

## 7 IMPORTANT CONVERSATIONS EVERY COUPLE NEEDS TO HAVE

*These personal finance tips will change the way you and your partner think about money.*



Achieving financial breakthrough or simply being in a place of financial stability is something that most of us dream about. Yet, getting to that place can be quite a struggle especially if you're living paycheck to paycheck. Being in debt can feel like you're in bondage with no form of escape. Unless you were born into wealth or achieved wealth, the odds of becoming a millionaire and making all your financial dreams come true may not be the highest. However, achieving financial breakthrough doesn't have to come by circumstances or luck. Having the right conversations and tools in place can get you to this point. Where a lot of couples go wrong is not talking through their financial issues. Having the right conversations early on can really set you up for success in ways you may have never imagined. Here are seven important money conversations every couple needs to have.

### A Conversation About How We Handle Money

A very important conversation every couple should have is how they deal with money. You should know if they're conservative about their spending or if they like to blow through their money. You should know if they are in serious debt or financially responsible. If you don't know these answers before you choose to walk down the aisle can lead to a lot of problems down the road.

A lot of relationships benefit from having someone who takes budgeting and financial planning seriously. However, this may not always be a reality. Sometimes, both partners are just not good when it comes to these sorts of things. If this isn't the case, you can still come up with a workable game plan. You can both split

responsibilities based on your strengths and turn to financial planners that can help you get on track.

### A Conversation About Spending Less

There is no way to become financially successful if you spend every dollar you earn. That's why it's so important to for couples to have conversations about saving. You can't begin to do this until you start spending less than you earn. Create a budget around your necessary expenses and every paycheck; put your money into savings accounts that you can't immediately access. Saving also allows you to have money for down payments on future large-purchase investments like a home. Remember, these purchases serve not only as equity but as investment properties, bought with the intent of earning a return on your investment. There are likely people you know who are sitting on a great amount of wealth but you would never know it because they aren't flashy – they don't spend their money on frivolous things but on things that will keep their finances stable.

### A Conversation About Investments

Investing is one of the best ways to keep your wealth growing and is one of the major keys to financial success. Remember, an investment is the purchase of goods that aren't used today but in the future to create wealth. A great money conversation every couple should have is about financial investments. For a couple that has never made a serious investment, the idea may sound scary

but it doesn't have to be. Investing is super beneficial but it can be extremely intimidating, especially when you've never invested in before. Having a financial advisor can be advantageous as they will guide you in putting your investments in the right place and really helping you manage your money. There are also tons of beginner investment strategy resources available online that will help you figure out the direction you want to head in.

### A Conversation About Banking

To bank together or not to bank together, that is the question. In many cases, you and your partner having a joint bank account can be a huge financial asset. When you share a lot of expenses, particularly the usual bills and household finances, it can be helpful to have an account together so all of your money is in one place. When you have one account, both parties can always see where money is going and may be able to cover more financial ground. This means that you have to be honest and open about anything you may have been hiding.

There are also couples that benefit from having separate accounts. Some of these benefits include having some financial not having to ask to spend money and some financial freedom. The key to this is both being financially responsible. If this is the direction you want to go in, it's important that you communicate about it.

### A Conversation About Long-Term Financial Success

Whether you're flourishing financially or you're finances are in a rocky place, you should always keep in mind that this may not be your big financial season but that time is coming. This is why it's so important to focus on long-term financial success with your partner. When you and your partner are making financial decisions, you should always begin with the end of the mind. Don't just make quick financial decisions that only benefit you too in the short-term. There's no way to achieve financial breakthrough without hard work and believing that achieving success is truly possible. Trust in the process. Trust that when your time comes, you will be ready for it and that you will do what it takes to keep your business in order. When you truly believe that anything is possible, including your personal success, the sky's the limit.

### A Conversation About Starting Your Own Business

Have you and your partner ever considered starting your own business? Many people say you can't mix family but that's not always the case. Sometimes, there is no better team than two partners who are committed to making a collective dream a reality. If you and your partner have a big idea, it is possible to start your own business. While there is the chance that you can achieve great financial success by working for other people, the value of your work is split among others and you're not in control of how money and value are distributed. If you and your partner start your own business, you control how money and value are distributed, and these two factors will only grow with your business, especially one that the two of you are passionate about. There are tons of online resources that can assist you in starting your own business. Use them.

### A Conversation About

## NEW PARENTS? HERE ARE 5 TIPS FOR DEALING WITH STRESS

(NC) As joyful as having a new baby can be, it also has its challenges. Lack of sleep and a demanding schedule can leave you feeling worn out. One important way to help protect yourself from emotional fatigue is practicing self-care.

"Becoming a parent is a time of intense transition," Katie Turner, a Registered Psychologist, says. "Our identities, roles and relationships often go through a period of massive upheaval and change. It is important to be compassionate with yourself, to adjust your expectations and to make time for self-care."

Here are 5 top self-care tips for new parents:

**1. Create a postpartum plan:** It can be helpful to think about those first 3 months as the 4th trimester. Newborns sleep and feeding schedules are intense and demanding. Plan for what will best support you and your family during this time. Let friends and family know

### Generating Multiple Forms of Income

Having more than one steady flow of income can put you and your partner in a great financial place. Income streams can dry up. That's why having money coming in from multiple sources can help. It ensures that the money never stops rolling in. Successful business owners go to extremes to make sure they have money coming in from different places. This allows them to produce multiple forms of revenue, consistently. If you and your partner already have a business going, invest money in other promising business ventures. Think bigger than just your business. Remember, you're not limited here. If you and your partner have a business idea but haven't taken the leap, know that it's never too late to start. It may not be easy, but taking a leap of faith can put you in a better place to secure your financial future.

how they can best support you. Be loving, yet firm and direct with your boundaries. This can range from when you would like visitors to what type of support is most helpful (and what is not so helpful).

**2. Adjust your expectations of yourself:** Focus on bonding and caring for your new baby. Allow time for your family to adjust and make sure you're getting enough rest, sleep, nutrition and recovery time. Focus on your self-care essentials and let go of expectations to have everything else done. It is not a time to worry about entertaining others or having a spotless house.

**3. Stay connected:** Take time for family and meet other new parents with similar aged children. Schedule time to connect with family and friends, and be flexible in planning social activities. This might mean asking people to come to you. *continued on p(39)*

*Source:www.beliefnet.com*



## MAKE YOUR BASEMENT A NOISE-FREE INCOME PROPERTY

(NC) Creating a basement apartment in your home is a great investment whether you're planning to rent it or use it as an in-law suite. These suites increase a home's value and the income can help pay off your mortgage. Secondary suites are also a great way to get started in the real estate investment business, mainly because you don't have to purchase a second property in order to become a landlord.

There are other reasons for the growing basement apartment trend. Canada's population is aging and many seniors are deciding to stay in their homes and familiar neighbourhoods in order to enjoy independence for as long as possible. Building a sec-

ondary suite allows them to have younger family members live in the main part of the house while they move into a new, smaller unit.

Another scenario playing out is the 'boomerang generation', children who move back in with parents after college or university in order to pay off student loans and save money to rent or buy their own home. This trend is on the rise, particularly in larger centres because of hot rental markets and the high cost of buying a home.

According to Statistics Canada, more than one in three young adults aged 20 to 34 were living with at least one parent in 2016. In Ontario during the same period, more than two

in five were living with their parents. In the larger urban areas of Toronto and Oshawa, that number increased to almost one in two.

If you have a basement, you can turn it into a legal apartment depending on the laws in your municipality. Once you have the permits, it's on to the next stage – renovation.

Kate Campbell, celebrity contractor, says that installing high-quality soundproofing in your basement ceiling is a key part of making it tenant-ready, as it will preserve your family's privacy and comfort in your home. She recommends Canadian-made Sonopan NoiseStop Technology for all her basement renovations.

"The product ab-

sorbs a wide range of frequencies and significantly reduces the transmission of sound and vibrations from basement rental units. The standard 4-by-8-foot panels feature cavities of varying dimensions and depths on each side. They are lightweight, simple to install behind drywall and environmentally friendly because they're made from 100 per cent recycled wood and are totally recyclable."

Campbell suggests that it's best to incorporate soundproofing into your original design, since soundproofing at the construction phase is considerably more effective and will end up costing much less.

Find more information at [sonopan.com](http://sonopan.com).

## A SMALLER HOME CAN CUT YOUR COSTS AND WORRIES



The kids are long gone, you're in a big home that requires a lot of maintenance and is expensive to heat and cool. You're also thinking it's time to explore a different kind of living. So why not downsize?

With downsizing, however, comes hard decisions. Should you stay nearby or leave town? Do you want to live in a condominium or single-family home? Making the wrong move will cost you and maybe you'll have to relocate once again.

According to recent studies, people downsize for a variety of reasons – a desire for lower monthly housing costs, a larger home is too much work, there are fewer family members in the household and not as much space is needed, and the wish to free up cash from a prior home while building equity in another.

Whatever your reason, the solution may be a land-lease home where you buy the home outright and lease the land. By downsizing from a larger house with higher costs into a land-lease home, retirees can free up cash for more important things in life.

The key to the affordability of land-leasing is that you pay for

just the home and not the lot it sits on, making it much more affordable. This means you're then free to do whatever you wish with the money you unlock from the sale of your current home, or money you're not paying the bank in big monthly mortgage payments.

What you do with that money is your choice. Many land-lease homeowners are snowbirds or frequent travellers. Some purchase nearby golf memberships or their dream car or boat, or simply create more retirement savings that may not be possible otherwise.

Moreover, land-lease homeowners continue to build equity because they own the home. Market analysis shows that well-maintained homes in land-lease communities appreciate in value similar to freehold homes in the same market.

And, since land-lease communities are also often located in picturesque settings a short drive from larger urban centres, the model may be an attractive housing option for retirees who are considering downsizing as their needs change.

Find more information at [parkbridge.com](http://parkbridge.com).

REAL ESTATE

## MAKE AN EASY HOME INVENTORY LIST FOR INSURANCE

(NC) Your home is where you store your most valuable possessions – from jewelry, to furniture, to electronics like laptops. Ensuring these things are protected requires home insurance.

Start by looking for the best deal for your needs on a site like [LowestRates.ca](http://LowestRates.ca), which quickly and easily com-

pares the insurance market for you.

Once you're insured, it's important that you create an inventory list of what you have in your home. In addition to traditional valuables, you should also consider adding books, fragrances, pots and pans, musical instruments, shelves, rugs and mirrors to your home insurance list.

Once you've created a list of the major items you own, it's important to compile some physical proof that you own these things. This way, if there is a catastrophic event such as a flood or fire, you can easily prove what was in your home so your insurance can replace it. Here are a few ways to do this:

**Video inventory:** Documenting your possessions with visual evidence is a surefire way of proving ownership. The only downside is that inventory videos can be quite long; you may want to create timestamps so you can navigate your video more quickly.

## 3 WAYS TO CREATE A CHIC AND COZY LIVING ROOM

(NC) The living room is a primary gathering spot for relaxing and entertaining with family and friends. Create a contemporary and cozy space for lounging that is chic yet livable. Sharon Grech, Benjamin Moore colour and design expert, shares three ways to cre-

ate the ultimate space. Create rhythm. Living rooms are often open to other areas of the home, which can make it challenging to select a colour palette that will work with adjacent rooms. Using different shades of the same colour is an effective way

to define the area. "Deeper colours can bring coziness, which is ideal for the living room. Choose a stronger colour for living room paired with a neutral, or paler version for connecting spaces. A deep grey like Kendall Charcoal HC-166 pairs

well with a lighter shade like Metropolitan AF-690."

Think beyond the walls. Consider painting furniture, window trims or ceilings in a bolder colour if your walls are neutral. Opting for *continued on p(43)*

## CALLING ALL COFFEE-LOVERS



(NC) Few beverages are so universally loved as coffee. And there's no shortage of ways to consume this caffeine-filled favourite: slow drip, hot, iced, foamed – the list goes on. But how about a coffee smoothie?

This delicious coffee smoothie is the perfect quick morning pick-me-up. Using Fairlife chocolate ultrafiltered milk offers

50 per cent more protein and 50 per cent less sugar than regular chocolate milk, giving you a chocolaty boost to start your day.

### Coffee Smoothie

Prep time: 2 minutes

Serves: 4

### Ingredients

- 2 cups Fairlife chocolate ultrafiltered, partly skimmed milk

- 1 cup coffee
- 1 cup ice
- 1 tsp instant coffee
- 1 packet sweetener of choice

### Directions

1. Combine all ingredients in a blender with ice for 30 seconds.

2. Optional: Add whipped cream and nutmeg sprinkled on top.

## THE PERFECT 5-MINUTE BREAKFAST ALTERNATIVE FOR YOUR ON-THE-GO LIFESTYLE

(NC) Mornings are busy. And once the kids are back in school, this time of day can feel downright hectic. Since breakfast is an integral component to the morning routine, whipping up something that's ultra quick, easy and healthy can go a long way in easing into the start of your day.

A banana-berry smoothie bowl is a perfect way. You can take this bowl to the office or even drink it during your commute – and the kids will love it too. It's also nutritious – this version is

made with Fairlife ultrafiltered milk, which has 50 per cent more protein and 50 per cent less sugar than regular milk.

### Banana-Berry Smoothie Bowl

Prep time: 5 minutes

Serves: 1

### Ingredients:

- 1 cup Fairlife 2% ultrafiltered, partly skimmed milk
- ½ cup frozen blueberries
- ½ cup frozen raspberries
- 1 frozen banana (frozen in chunks

for easier blending)

- 2 tbsp ground flax seeds
- ½ tsp vanilla
- Topping suggestions: sliced bananas, extra berries (fresh or frozen), chia seeds, hemp hearts, granola, nuts.

### Directions:

1. Add all ingredients (except toppings) to a blender and process until smooth. Garnish as desired and serve immediately.

*Tip:* Fresh fruit can be used if frozen is unavailable. Add ice to achieve desired thickness.



## HEALTH BENEFITS OF ROSEMARY

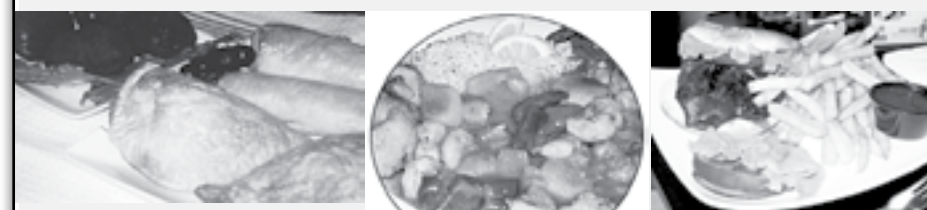


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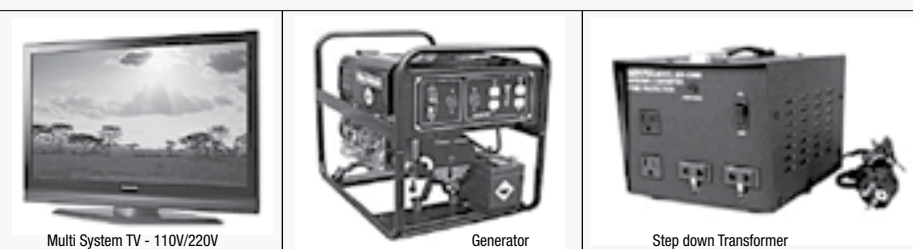
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OPINION

WHY DO NIGERIANS STILL STUDY LAW?

By David Hundeyin  
\*18 September 2019\*

The 2015 movie "The Big Short" tells the true story of Steve Eisman, a Wall Street fund manager who becomes aware of an opportunity to profit heavily by shorting the US housing market. Wanting to investigate it for himself, he takes a trip to South Florida where he discovers a hyper-inflated local housing market, unscrupulous mortgage brokers and clueless mortgage borrowers. It turns out that due to relaxed regulatory compliance and corporate greed, banks are issuing mortgage loans to pretty much anyone who wants them, even giving out so-called NINJA (No Income No Job or Assets) loans worth hundreds of thousands of dollars against all common sense.

What really makes his mind up for him is when he meets a stripper who informs him mid-dance that she is paying mortgages on five houses she "owns." He immediately buys \$50 million worth of shorts against the housing market with a potential 20-1 payout. The reasoning is simple – there is a housing asset bubble caused by an oversupply of easy credit and willing takers with a steep deficit of borrowers who can actually pay back their loans. Sooner or later, the bubble will pop and the whole house of cards

comes crashing down – which happened in 2008, netting Eisman over \$1 billion in profits.

This incidence of heavy investment going into an asset class without reliable evidence that said assets are valued correctly underpins every market bubble, from the Dutch tulip bubble in the 1630s to the dot-com bubble at the turn of the millennium. We may not realise it, but it also underpins the bubble we have created around higher education in Nigeria. Like the pre-2008 financial credit rating agencies who kept giving worthless mortgage-backed securities AAA ratings, the highest rate for creditworthy, investment-grade assets – Nigerians continue to regard certain university programmes very highly, even though their objective value – determined by job market outcomes – is practically nil.

"Educational investment as a bubble: The curious example of law"

In 2008, I started a programme of study that many Nigerians – most notably my parents – thought of as borderline insane. Whenever I met other Nigerians on campus and I got the "what are you studying?" question, I got used to the almost pitying looks that followed my answer – Creative Writing and Media, Culture & Society. Apparently, it

was almost unthinkable that Nigerian parents would make the 3-year investment worth circa £50,000 for a foreign degree if it were not Engineering, Business, something Science-y or Law. Especially law. Nigerian parents love to send their children to school in Nigeria and beyond to study law, and I had several Nigerian acquaintances studying law at Hull University.

After three years studying a difficult LLB programme, many returned to Nigeria to make a wonderful legal career for themselves. Only after Law school and NYSC though, which cumulatively swallowed a further two years, but no matter – those fantastic jobs at elite law firms like Banwo & Ighodalo and Falana & Falana Chambers would make the time and money invested, hard work, sacrifice, paying dues and all that worth it!

The jobs, however, did not materialise. It wasn't that the big boys weren't hiring. It was that there was such an oversupply of qualified lawyers competing for a tiny number of spaces that getting a good entry level legal job became like getting into NASA. In an employers' market, the few who did get into the much-coveted spots at elite law firms found themselves burning both ends of the candle, working from dark to dark for a salary often less than

\$450/month. Those who did not make it into these spots found themselves unemployed, underemployed and ridiculously underpaid.

A good friend of mine with an LLB and LLM found himself working at a mid-sized law firm in Abuja for a king's ransom of N40,000/month. Eventually he and his partner packed up and moved to China to teach English for two years, where they saved up money for an eventual move to Canada earlier this year. Any lawyer practicing in Nigeria who graduated at any point within the last 15 years probably has similar stories, and yet as you read this, naïve teenagers and pushy parents all over the country are still putting down "law" on JAMB forms.

Like the pre-2008 U.S. housing market, there is no evidence that the asset in question (a Law degree) offers value commensurate to its rating and perceived desirability, but investors (students and their parents) keep putting their time, money and energy into it anyway. Even worse, unlike a stock market bubble which at least goes away after it pops, it seems as if the penny is not about to drop with Nigerians on the subject of investing in overvalued degree programmes like law.

The LLB and LLM basket clearly has too many holes to successfully fetch water anytime soon, but the tap above it is still rushing, pouring out tens of thousands of new law graduates every year for no reason at all, adding to the existing number of unemployed and depressed ones.

"Short the bubble and try something new"

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PRESIDENTIAL POWERS AND THE VP



By Reuben Abati

President Muhammadu Buhari recently set up an Economic Advisory Council to replace the country's Economic Management Team. He also moved some departments and agencies of government to the new Ministry of Humanitarian Affairs, Disaster Management and Social Development. I don't see why this should become a source of agitation and frustration for some Nigerians.

The Economic Advisory Council is chaired by Prof. Doyin Salami, a seasoned intellectual. The members are persons of great technical ability with a track record of achievement as economists and policy wonks. The Council will meet every month and meet with the President every quarter. The Nigerian economy can certainly benefit from new ideas and perspectives. It is also refreshing to see the President put together a team that is not made up of party members, dead woods, or sycophants. Each member of the Economic Advisory Council inspires confidence. There is a consensus that the President got it right with the list. What the Advisory Council needs is the President's support and an enabling environment for it to be able to make a difference. How do we achieve double-digit economic growth? What are the fiscal and monetary policies that can position the Nige-

rian economy differently, for better performance? What do we need to do to reduce unemployment? What kind of injection does the real sector need? The Council can also help generate robust discussions within government on key issues that affect all of us. It is also a good development that the President is personally taking charge of the economy. The Council will report to him directly. I don't have a problem with that.

I also like the idea of a new Ministry of Humanitarian Affairs, Disaster Management and Social Development. Such a sharply-focused Ministry should serve as a strategic hub for the management of the many disasters that keep occurring across the country. The missing link in existing efforts is the lack of co-ordination and synergy among various agencies and between the states and the Federal government. This ministry could help send a signal that the Nigerian government now intends to place a higher premium on human lives. It is about time the country took disaster management and humanitarian care more seriously.

I expected many Nigerians to focus on the value of these two initiatives. Instead, what I hear is a disturbing conversation about how both amount to an "enemy action" to whittle down the

continued on p(37)

REFLECTIONS ON RELATIONSHIPS

QUESTION: HOW CAN I MARRY A LADY WHO I KNOW HAS BEEN RAPED?

By Pastor Taiwo Iredele Odubi

I dealt with this issue in my book 'Rape & how to handle it'.

And in the novel 'Then Came You', I wrote:

Bode continued. "About a month ago, I was praying and it seemed like the Holy Spirit brought her back to my mind. I tried to push it aside, saying No, I don't think that I need to pray about her but I could sense the Holy Spirit telling me – why not, after all, she's now a Christian and back in the fold. I said, well yes but what about the things that happened to her? But even as I was thinking those things, the Holy Spirit was telling me that those things don't matter. I know they don't matter but ... I – I couldn't shake them off. I'll marry her if God is involved but ... I need to be sure in my heart." He pointed a finger at his chest. "I'd like to know how to go about this."



Pastor Taiwo Odubi

Pastor Martins nodded again.

Bode went on. "And when you were counselling her the other day and she told you that she hoped to marry a pastor. I was surprised."

"Did you tell her at anytime that you'd like to become a pastor?" Pastor Anna asked. Bode shook his head. "No, I didn't. We didn't talk along the line at all, and she didn't tell me those things about herself."

"Hmm." Pastor Martins took a deep breath.

Bode continued talking and when he stopped, the pastor

smiled and looked at his wife.

"What's that?" Pastor Anna asked, returning the smile.

"I'm just wondering, asking myself that if such a thing had happened to you, would I still marry you?" Pastor Martins said. "My answer is yes, I would still have married you because I loved and believed you were God's will for me."

His wife smiled and nodded.

Bode nodded in understanding. Pastor Martins spoke again. "Yes, those things happened to her but as I told her, it wasn't her fault."

Pastor Anna nodded. "That's right."

Pastor Martins went on. "Even if she was at fault or was a loose girl, because she is now a child of God, she is a new creation. She has been cleansed and what God has cleansed, no one should call common as God told Peter."

His wife nodded

again. "That's right."

The pastor spoke again. "And in case you're wondering if she would be able to conceive in marriage, I'll say this ... when Pastor Richard came the other time to minister, he told us a little about himself. He said he and his wife married as virgins but she didn't conceive until after about eight years and it wasn't as if anything was wrong. And so, the truth is that children come from the Lord, and if she was properly treated, she will conceive in marriage. But if there's a challenge, pray, seek medical help, and put your trust in God. You will not be disappointed."

Bode nodded.

"However, that does not mean that she's the right one for you." Pastor Martins added. "That's not what I'm saying. You will need to seek God's face concerning that."

"Okay Sir." Bode said.

continued on p(43)

Couple of the Month



Esther & Nelson Akinkugbe

SO YOU WANT A RELATIONSHIP?

Jil, the challenge you have is that you're sending out the wrong vibes. You're giving the impression you don't want a relationship when in fact you want one. You're dismissive in attitude, portray a picture of self sufficiency and therefore have no need of a guy. Guys are reading those cues and staying away. What do you expect? It would be foolhardy of any guy to approach you given the vibes you're sending out. You're making it clear you don't want a relationship. No guy wants to embark on a fool's errand.

Part of the problem is your temperament. And your wilfulness. It sends a message of combativeness and unwillingness to listen to reason. It gives the impression there'll be so many arguments in the relationship. Many guys can't handle that. They just want peace. They don't want to be in a relationship in which every point is contested. That's not saying there aren't guys who want to take that on, but they're rare. Your scope of choice is thus narrow. You're a niche player. If your statements are cut-

ting in a conversation and you can't accommodate a gracious give and take, being willing to even hear the other party out, people are going to keep away from you. The fact you also archive texts is scary, especially given the fact you reference them like a lawyer. Anyone will be scared of that. That's a rather loooooong memory system.

Another problem is that you don't want to be vulnerable. But how can you be in a relationship and not be vulnerable. You put up these fences to protect yourself but fences also keep people away. Because you're argumentative the emotional cost of relating with you is too high. A high emotional cost depreciates value. A high emotional cost also wipes out intrinsic worth. The cost is so high it overshadows your wonderful qualities. You have those wonderful qualities. But they're obscured by these things. And many of those things are so unnecessary. It's gotten to the point you just act instinctively – arguing for the sake of arguing. You just want to have your way. And when your statements are cut-

continued on p(43)

"THAT NIGHT IN ROOM 401" B I WENT TO MY HOMETOWN IGBONLA - PART 9

Opeyemi Ojerinde Akintunde ©

As I drove close to my mother's house, I realized the drum beating was from my mother's house. There was a feast going on, my younger sister was having her Marriage introduction (a mini feast to know the immediate family of the groom). The moment I parked, the drum ceased... My mother was shocked to see Me. I am sure she was torn between running towards me in excitement and showing her anger towards me. Maami and I had not spoken in the past two years, because of my disobedience to her as regards coming to do a ritual, precisely to carry a sacrifice to appease one of the Ori-

shas to aid my fruitfulness... We stopped speaking two years ago after a very hot argument, but I never stopped sending her money through her bank account...

My sisters ran towards me in excitement, the drummers moved towards me as I began to spray them money... They were singing... "Orishamuyiwa tii wale" (Orishamuyiwa has come home)... I walked towards my mother and knelt before her, asking for her forgiveness, my mother turned her face to the other side...

"You have to give birth to the child, the gods forbid I tamper

with their works, Do you know how many sacrifices I carried on your behalf... This is the doings of the gods"... My mother said at night when we sat down to discuss my ordeal.

What was my mother saying, No wonder we were never on the same page...

"Maami, how did adultery become a way of your gods answering prayers?" I said in disbelief at my mum's mindset...

"Orishamuyiwa, the truth is, in what has been written about your destiny, You and your dead husband were not destined to have children together, ....that man Larry, your keyboard-



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**AFRICAN AND CARIBBEAN NEWS**

**ZIMBABWE EX-PRESIDENT ROBERT MUGABE BURIED IN HIS NATIVE VILLAGE**

Zimbabwe's former president has been buried in his rural village of Kutama, three weeks after he died in Singapore. The body of Zimbabwe's late former President Robert Mugabe has been buried in his rural village of Kutama after weeks of wrangling between his family and the government over his final resting place. Mugabe died in a Singapore hospital on September 6, aged 95, almost two years after a military coup ended his 37-year rule. Hundreds of mourners assembled for the low-key event, which was initially intended to be a private family ceremony. Many wore white Mugabe-emblazoned T-shirts with the slogans "Founding father", "Liberator" and "Torch bearer". Some were singing and dancing, while others sat quietly under two white tents set up for the occasion. Mugabe's widow Grace and his children



accompanied the casket - draped in Zimbabwe's green, yellow, red and black flag.

White flower installations spelt out the words "Dad" and "Baba", meaning "father" in the local Shona language.

"This is a man who made use of the gifts he was given by God," said the priest who presided over the funeral. "This man was an asset, he was not a liability."

No senior government officials were among the audience, including President Emmerson Mnangagwa, a once-trusted deputy who helped remove Mugabe from power in 2017.

**Weeks-long dispute**

Mugabe's family had earlier agreed to a government request to bury him at a shrine in the capital, Harare, but only after a hilltop mausoleum was built to set him apart from former comrades.

But the government on Thursday abruptly announced the family had changed its mind.

On Thursday evening, the remains of the country's founding father were moved from his house in Harare, with police and military vehicles escorting them to Kutama, some 90 kilometres (55 miles) further west.

It was the second time Mugabe's body made its way back to Ku-

tama village in Zimbabwe district. When the body was first taken home last week for the public to pay their last respects, it was airlifted by a military helicopter.

Al Jazeera's Haru Mutasa, reporting from Zimbabwe, said it was Mugabe's wish not to be buried in Harare, according to his family.

"His family say Mugabe was very angry at the way he was removed from power by the army. He did not want to be buried at the National Heroes Acre shrine, according to the family," Mutasa said.

An independence hero, Mugabe came to power at the end of white minority rule in 1980 and ruled Zimbabwe uninterrupted for 37 years and seven months.

He presided over the country's economic collapse and was forced to resign in November 2017 in the wake of a military takeover. The former guerilla leader died of prostate cancer.

[www.aljazeera.com](http://www.aljazeera.com)

**SAUDI DRONE STRIKE PRESENTS A GLOBAL CHALLENGE**

By NCNC Staff

The recent drone strike that set fire to two oil production facilities in Saudi Arabia highlights the rising threat of "massive disruption" posed by swarms of cheap, unmanned flying devices.

The drone strike disrupted 5.7 million barrels of crude oil production, representing half of the kingdom's output.

Oil prices immediately soared above \$70 per barrel the day after but plunged back after the US says it has more than enough for supply.

On Saturday 14 September an oil production facility in Abqaiq and the Khurais oilfield, both run by Saudi Arabia's state-run oil production company Aram-

co, were attacked by air. Aramco declared it was an act of terrorism in a statement.

"The drone strike on the heart of the global petroleum production was the first known coordinated massive swarm drone strike," a designer stated "And it was potentially executed by a non-state actor on a budget."

We now live in a world where clouds of simple drones were increasingly capable of hitting a strategic target and causing massive disruption.

The attacks come amid mounting concerns over the destructive use of unmanned aerial vehicles (UAVs) and how they could impact our world.

**KENYAN GLOBAL PRIZE WINNER MEETS TRUMP**

By Julius Oyekunle

Global Teacher Prize winner, Peter Tabichi, last month was in the US where he met US President Donald Trump where he addressed the the UN General Assembly.

Tabichi is a Kenyan science teacher and Franciscan friar. He won the coveted 1 million dollar prize (100 million Kenyan shillings) in the Global Teacher Prize award earlier in the year. The award is granted to a teacher who

Tabichi teaches maths and physics at Keriako Mixed Day Secondary School in Nakuru County. Two of his students, Esther Amimo Anywanza and Salome Njeri, were crowned winners in the UN Sustainable Development Goal awards in May. The two girls won \$2000 for developing a device for blind and deaf learners to measure length.

White House Press Secretary Stephanie Grisham tweeted of Tabichi, "His



has made an outstanding contribution to the profession.

He donates 80% of his salary to support pupils in the Pwani Village and supports his students through numerous other means, beat out nine other finalists of teachers from other countries to win.

dedication, hard work, and belief in his student's talent have led his poorly-resourced school in Kenya to emerge victorious after taking on the country's best schools in national science competitions. Peter, you inspire us all! Thank you for your commitment to your students."

**#WithoutUs: SOUTH AFRICAN WOMEN PROTEST AGAINST RAPE**

By NCNC Staff

No work, no school, no buying, and selling. This is the way South African women last month came out to take a stand against rape. What will markets sell without women? What economy thrives without women? Perhaps, this is the most civil way to achieve justice and fight the rape scourge destroying many young girls and women.

Between 2015/16, there were 51,895 crimes of a sexual nature reported to the South African Police Service.

The women were able to reinforce themselves with #WithoutUs to protest femicide and rape in the country.

The rate of sexual violence in South Africa is said to be among the highest in the world. Just last i, a 31-year-old woman was kidnapped

and shot dead in a nature reserve, while a 21-year-old nursing student was abducted outside a hospital and raped. These led to the Twitter movement #AmINext, which had women asking if they will not be the next victim.

With the #WithoutUs protest, the women sat in their homes, refused to go to work, to school, or even participate in the economy.

Some women have however said that while they support the protest, they had to go to their places of work, else they'll lose their jobs. So they're wearing black in solidarity.

Hopefully, the voice of Women South Africa is heard and the protest yields a positive result.

South Africa has one of the highest rate of rape in the world. Traditional institutions and

**GUYANESE TO HOLD GENERAL ELECTIONS MARCH, 2020**

By Stanley Ugabge

The Government of Guyana has disclosed that the nation will hold its general and regional elections on March 2, 2020.

This development was disclosed by President David Granger who noted that, that is the time the Guyana Elections Commission (GECOM) says it will be ready to hold the polls.

The President's announcement came just shy of a week after GECOM chairman, Retired Justice Clau-

dette Singh wrote to him indicating that the elections body would be able to deliver credible elections by the end of February next year.

The nation's number one citizen said he had convened a cabinet meeting twice to discuss the GECOM proposal on when to hold the election before the decision was reach.

In his announcement, Granger said "I met chairman of the Elections Commission, Justice Singh

*continued on p(26)*

metaphysical beliefs has also strengthened this crime as some men had been found to rape in order to get them cured of HIV and AIDS. The seem-

ingly impossible way of defending rape victims through the country's weak justice system has further ignited the call for reforms in the sector.



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of our dear parents*

*Chief Michael Adigwe &  
Mrs. Ositadinma Mercilina Obodochina*



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Your memories we treasure,  
Loving you always,  
Forgetting you never.*

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*Your loving daughter:  
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## CHINA TO TAKE OVER ZAMBIA'S MINING ASSETS

By NCNC Staff

According to a recently published report by African Confidential, Zambia which produces 70 percent of the world's cobalt, an essential component of electric car batteries and mobile phones, the Copperbelt is in the midst of a sweeping transformation.

"Seeking to expand their access to the metal, China's mining companies are eyeing the potential sale of assets such as Vedanta's Konkola Copper Mines (KCM) in Zambia and Glencore's mothballed Mutanda mine in Congo-Kinshasa," AC says.

"Buying up those assets and consolidating political ties with Lusaka and Kinshasa would enable China's companies to extend their control of supply chains in the high-tech sector and re-shape the region's mining sector at the same time. It also fits with a shift in China's strategy in Africa to focus more on private companies' operations, rather than state-backed mega projects...."

Another complica-

tion, according to AC, is the growing scrutiny of international oil and mining companies.

It states that Glencore, one of the biggest commodity trading and production companies, faces a raft of corruption investigations.

"Western mining companies' dominance in the Copperbelt is fading, owing partly to changing political conditions and business strategies while an economic war between the United States and China escalates," it says, adding that the US and China have not competed much for African oil or minerals.

"But President Donald Trump's trade war, coupled with the search for scarce minerals for high-tech products, has changed the stakes."

The AC also highlights debts contracted by President Edgar Lungu's government.

Zambia has long had Chinese mining companies, small and medium scale operators, on the Copperbelt.

"President Edgar Lungu's government has racked up much bigger debts to Chinese com-

panies than it has previously admitted," AC writes.

"Sources in the finance ministry in Lusaka say that the Chinese creditors are losing patience over debt arrears. Chinese companies are not keen on debt re-scheduling and would prefer to get some collateral, perhaps in the form of other mining assets. Under growing political pressure as economic problems mount, President Lungu is running out of options."

The AC further points out that Chinese companies will seek to benefit from the liquidation of KCM and "are also watching First Quantum Minerals (FQM), the country's largest producer, which operates Kansanshi and Sentinel mines."

"The government-owned ZCCM Investment Holdings, which has a 20 percent stake in the country's biggest mines, wants to liquidate KCM, claiming that Vedanta is lying about expansion plans and is paying too little tax," AC notes.

"However, Chinese companies are reluctant

to buy disputed assets. ZCCM-IH's claims have to go through arbitration. This is an important test and could open the way for a sale. The companies also face some anti-Chinese sentiment on the ground among trade unionists and local communities."

Meanwhile, the AC writes about the secrecy surrounding Jiangxi Mining purchasing about 9.9 percent of FQM, listed on the Toronto Stock Exchange.

It says the purchases have come through: "derivatives and direct stock purchases and have so far cost about \$800 million."

"It would take about \$2 billion to give Jiangxi a shot at majority control. Meanwhile, there is a standstill agreement between FQM and Jiangxi in which the Chinese have agreed not to take over without the approval of FQM's managers and shareholders," explains AC.

"Glencore's Zambian mine, Mopani, may also be ready for the auction block."

Source: African Exponent

## #REVOLUTIONNOW: COURT ORDERS IMMEDIATE RELEASE OF SOWORE FROM DSS CUSTODY

By NCNC Staff

The bail application waning the release of the convener of RevolutionNow protest, Mr. Omoyele Sowore, has been granted.

Justice Taiwo Taiwo of the Federal High Court in Abuja on Tuesday ordered that Mr Omoyele Sowore be released from the custody of the Department of State Service immediately.

The judge who ordered the activist to be released to his lawyer, Mr. Femi Falana (SAN), stated that he would be produced for arraignment whenever he is required.

The judge, however, said since charges had already been filed against the activist, he must deposit his passport and other travel documents to guarantee his availability for trial.

The judge had earlier stood down the case after hearing arguments from legal teams of Sowore and the DSS.

Leading Sowore's team, Mr. Femi Falana (SAN), noted that the or-

der issued by the court on August 8, 2019 permitting the DSS to hold the activist for 45 days, had expired on September 21.

He urged the court to issue a consequential order releasing the publisher of SaharaReporters from custody.

But responding, DSS' lawyer, G.O Agbadua, said that since the charges had been filed against the activist on September 20, it was lawful to continue to keep until arraignment.

But Falana said, "Filing of charges cannot metamorphose into a detention order."

"A citizen cannot detain a citizen in anticipation of arraignment."

On the grounds of the expiration of the detention order and the withdrawal of the DSS' request for further detention of Sowore, Falana urged the court to order his client's release.

The judge in his ruling agreed with Falana by ordering the immediate release of Sowore from custody.

## TECHNOLOGY

### FACEBOOK BUYS STARTUP THAT CONTROL MIND

By Julius Oyekunle

Facebook Inc. has agreed to acquire CTRL-Labs, a tech company startup that builds software to let people control a digital avatar using only their thoughts. The social networking giant will pay between \$500 million and \$1 billion, according to reports.

The startup which has raised tens of millions in venture capital, make use of bracelet to measure neuron activity in a subject's arm to determine movement that person is thinking about, even if they aren't physically moving. That neuron activity is then translated into movement on a digital screen. Facebook did not give details on the price of the acquisition.

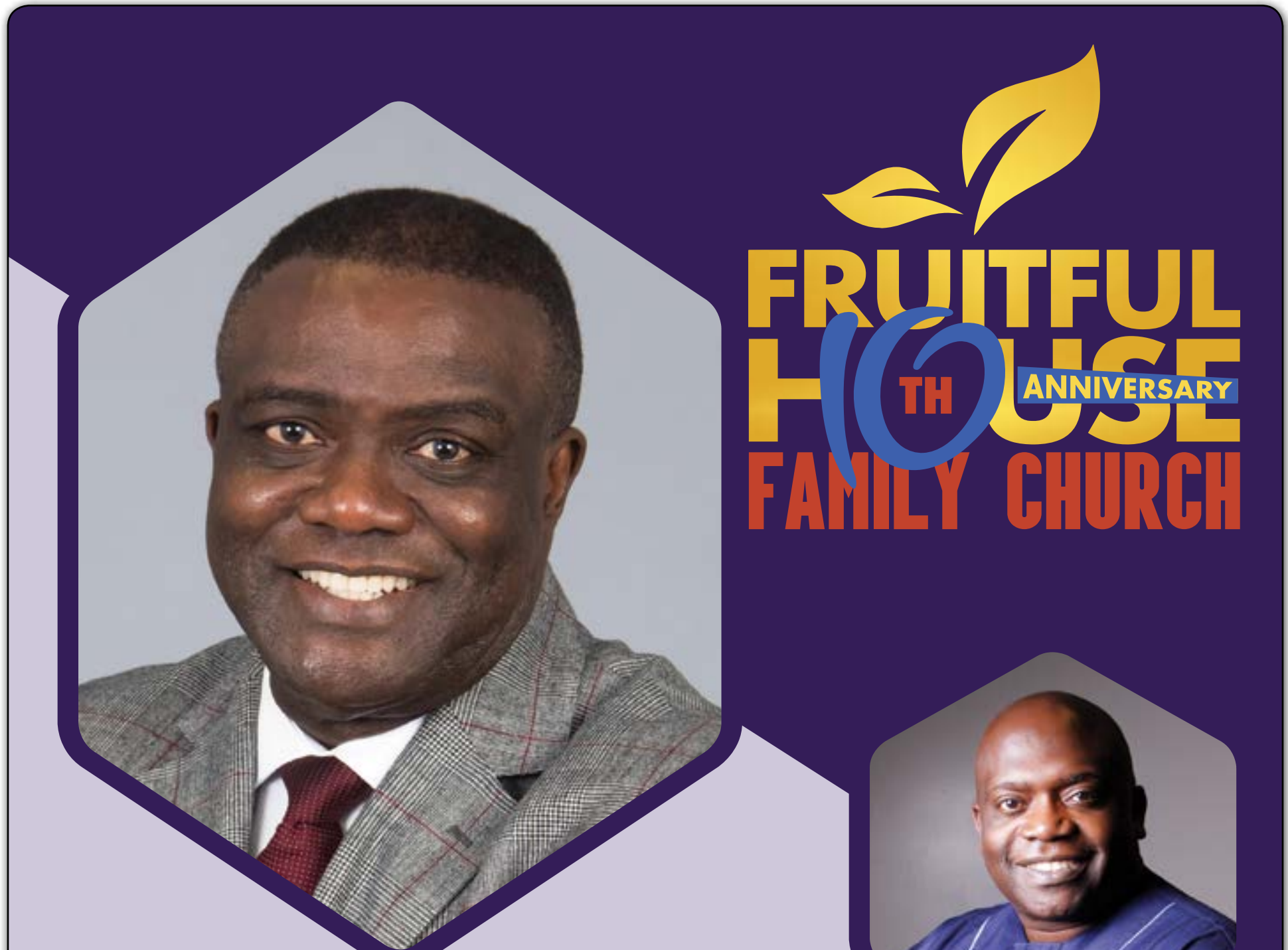
CTRL-Labs' technology may someday be a crucial part of products like augmented reality glasses, where a user might want to control a computer without the need for buttons or a keyboard. "Your hands could be in your pocket, behind you," explained Thomas Reardon, chief executive officer of CTRL-Labs, at an industry con-

ference last December. "It's the intention [to move], not the movement" itself that controls the avatar, he said.

Facebook has been pushing deeper into augmented reality technology, including the development of a hands-free pair of AR glasses. In 2017, it announced a "brain-computer interface" that could someday let people turn their thoughts into actual text on a screen by monitoring signals in the brain. The CTRL-Labs technology is attempting to solve a similar problem.

"The wristband will decode those [neural] signals and translate them into a digital signal your device can understand," wrote Andrew Bosworth, Facebook's head of AR and virtual reality, in a post announcing the deal. "It captures your intention so you can share a photo with a friend using an imperceptible movement or just by, well, intending to."

The purchase comes at a challenging time for Facebook, which is under scrutiny from two separate U.S. antitrust investigations.



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SPEAKER/GENERAL OVERSEER

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## continued from p(23) GUYANESE TO HOLD GENERAL ...

[on] Wednesday, when she discussed the statutory timelines for the upcoming general and regional elections...I am pleased to announce that, after discussions with chairman of the Elections Commission and with my Cabinet, the earliest possible date for the holding of General and Regional Elections will be on Monday, 2nd March, 2020".

He continued that "Guyanese can now look to the Elections Commission to conduct credible elections within the time frame prescribed...We are on the right path to preserve our precious parliamentary democracy".

The nation's elections will come more than a year after the

coalition government lost a no-confidence vote in the National Assembly last December.

The opposition People's Progressive Party (PPP) has been insisting that the government is contravening the constitution and the ruling of the Caribbean Court of Justice (CCJ) – which in June this year validated the passage of the motion –, by not holding elections by now.

Disagreeing with the opposition's view, the President remarked that since the passage of the no-confidence motion, his administration had respected the decisions of the courts and upheld the Constitution.

Granger maintained that "We chal-

lenged the validity of the no-confidence motion and defended the challenge to the constitutionality of the appointment of the Chairman of the Elections Commission. The legal processes were neither frivolous nor aimed at delaying the consequences of the no-confidence motion. They sought to clarify and interpret the Constitution and to ensure that general and regional elections would be conducted on the basis of a credible list".

He continued that "I have complied with the rulings of the courts, upheld the Constitution of Guyana and respected the National Assembly at all times. I engaged the Elections Commission from February 2019

repeatedly. I insisted that credible elections be held at the earliest possible time. Credible elections are essential to representative democracy."

It must be made clear that the Guyana Constitution specify that following the passage of a no-confidence vote against a government, an election is due within three months unless the National Assembly passes a resolution supported by at least two-thirds of the elected members to extend that period.

In lieu of the nation's electoral body's readiness to hold the elections, President Granger said the government must now return to the National Assembly to request the extension.

## CHRIST MIRACLE CHURCH MISSION WORLDWIDE CONVENTION IN CANADA: AUGUST 30TH - SEPTEMBER 1, 2019, IN TORONTO. THEME: " WE ARE MORE THAN CONQUERORS"



L-R: Elder Teju Ogunwomoju, Elder Akinola, Elder Bola Ogunpolu, Pastor Oladimeji Koleola, Resident Pastor Emmanuel John Amadi, Prophet Peter Abiola Adebisi, Elder Sola Alabi, Pastor Dr. Ogungbe, Elder Wole Akinleye and Pastor Tope Babadele



Prophet Peter Abiola & Pastor Mrs Folashade Adebisi President, Christ Miracle Church Mission

There was awesome manifestation of the power of God at the first convention of CMCM Worldwide in Canada that took place between Friday, August 30th and Sunday, September 1, 2019, in Toronto.

The power-packed event showcased amazing testimonies including the testimony of a famous praise worship recording minister who shortly before getting engaged to her fiancé then who is now her husband had confided that medically it was impossible for her to bear children but the strong-willed faith-filled husband believed otherwise and confided in Prophet Peter Abiola Adebisi with the seemingly insurmountable challenge.

He was encouraged to go ahead with the marriage with a prophetic declaration that the couple will experience divine visitation. God brought performance to the prayers and nine month after marriage, the couple was blessed with a beautiful baby girl that was dedicated amidst awesome praise worship at the convention in Toronto.

Another powerful testimony that was witnessed live at the convention was the account of a man whom Prophet Adebisi ran into in a public place in Toronto while spending parental visit time with his son stemming from fallout in his marriage.

The prophet told his assistant to call the man they saw for the first time with his son in a public place and prophetically told the man that the purpose of his mission as a man was to be a father



Prophet Peter Abiola Adebisi seated in the middle Front Row with L-R: Pastor Dr. Ogungbe, Elder Sola Alabi, Elder Wole Akinleye and Elder A. Akinola. Back Row L-R- Pastor Mrs. Akinleye, Pastor Mrs. Alabi, Pastor Tope Babadele and Pastor Emmanuel John Amadi



CMCM Choir with Prophet Peter Abiola Adebisi



A section of CMCM leaders and guests at the convention

Pics by NCNC

to the boy that was prophetically declared as very special in the sight of God. The astonished man confessed that another man of God shared the same prophetic declarations when the boy was christened one week after his birth. The problem was that the man was now separated from his wife and he claimed the marriage failed because of irreconcilable differences in

the marriage. Prophet Adebisi prayed with the man and counselled him to forgive and reconcile with his wife. It was truly what church is all about a few days later when the couple reconciled in front of the congregation especially the sight of seeing the couple's children taking turns amidst the tears and applause of the congregation hugging their parents

with excitement. The convention in Toronto Canada with the theme " We are more than conquerors" followed similar events that took place in Lagos, Minnesota, Toronto, and London in England. CMCM is a vibrant evangelical church envisioned for Worldwide Mission with a global presence to propagate the gospel of Jesus Christ.

Prophet Peter Abiola Adebisi is the Founder and President of Christ Miracle Church Mission Worldwide. A highly anointed man of God who is imbued and blessed with the fivefold ministry of the church as a Prophet, Apostle, Evangelist, Pastor and as a Teacher. A man of God with holy spirit-filled anointing and uncommon humil-

ity, he has authored so many books and is highly sought at church conferences and conventions all over the world. The convention in Lagos attracted thousands of congregants from all over the world. Similarly, delegates from Africa, Europe, Canada and United States gathered for the conventions that took place in Minnesota, Toronto and London.

## CULTURAL FIESTA SEPTEMBER 1, 2019



By Adewale Sobowale

African attire.

It was a night to remember when Iyameto Productions anchored by the Iyameto of Canada, Chief Funmi Olumade, organized its premiere Annual Cultural Funfair. It was as if Nigerians were looking for something to make them remember the homes of their youth.

All the sellers were making brisk sales.

On the other hand, most of them were very interested in letting their wards, most of whom have never visited Nigeria, have some glimpses of their lives at home.

As if that was not enough, the high table was in itself a star-studded one. Starting from the Oloba of Oba Ile, HRM, Oba Dr. Adekunle Asamu Oyeyemi, Tewogbade I, and with his wife, supported by eminent personalities. They were, the Chair of Scarborough Community Council, Hon Jim Karygiannis, the first Blackwoman in Canadian parliament, Hon Dr. Jean Augustine and Mother General Esther Iyabode Olumade, to count but a few were all present to witness the occasion.

The event which took place on the first day of September at the De Ruma Banquet Hall in Toronto featured a mixed grill of culture, entertainment, and fashion at its very best.

A very important feature of the events of the day was the recognition given to various people from diverse backgrounds who had made their impacts felt in the community.

After the opening prayer, followed by the national anthems of Canada and Nigeria, respectively, the events rolled off into a start with the traditional games' finals.

Those recognized included Chief Fred Olusola Akindolire, Evang(Prophet) J Adebajo, Mr Yinka Farinde, Mr Ayo Adewumi, Mr Abiodun Olayinka, Alhaji Semiyi Animashawun and our own multi award winning Ngozi Ugoh, founder and publisher of the Nigerian Canadian Newspaper, Canada who happened to be the only female recipient.

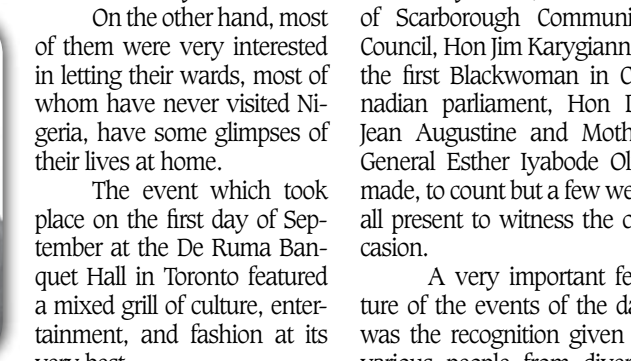
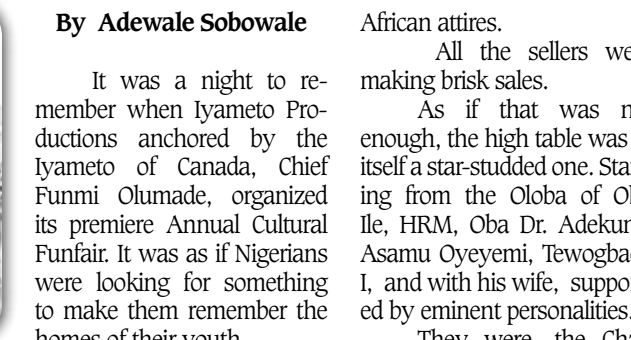
The games which contenders vied for were, Ayo Olopon, Draughts, and Ludo. Since they were having the finals, the preliminaries having been concluded at an earlier date, winners soon emerged.

Music was supplied by a coterie of musicians which included DJ Hockey, JCROSS, AY Hip Hop, BENADE PRAISE, Toyosi (Alaye) and others.

There was also a gele, headgear, tying competition.

While the games were going on, so many other activities were taking place simultaneously. There were stalls in which African foods were being sold. Drinks of all sorts too were being sold. To crown it all, some of the stalls were occupied by vendors of

It was definitely a night that people would keep talking about.



Pics by NCNC



**YOUTH CORNER**

Your Children need your PRESENCE more than your PRESENTS” - Jesse Jackson

**HELLO ALL**

THANK YOU FOR READING OUR PAGE. HAVE A GREAT MONTH.  
OLUCHI & CHIMSON UGOH

**A WISE OLD OWL**

There was an old owl that lived in an oak. Every day he saw incidents happening around him. Yesterday he saw a boy helping an old man to carry a heavy basket. Today he saw a girl shouting at her mother. The more he saw the less he spoke.

As he spoke less, he heard more. He heard people talking and telling stories. He heard a woman saying that an elephant jumped over a fence. He also heard a man saying that he had never made a mistake.

The old owl had seen and heard about what happened to people. Some became better and some became worse. But the old owl had become wiser each and every day.

**Moral of the story :**

You should be observant, talk less but listen more. This will make you a wise person.

**DO YOU KNOW?**

**Q: Which is the longest word in the dictionary?**

A: "Smiles," because there are miles between each "s."

**Q: What stays in a corner and travels all over the world?**

A: A stamp.

**Q: Did you hear the joke about the roof?**

A: Never mind, it's over your head.

**Q: What did the stamp say to the envelope?**

A: Stick with me and we'll go places together.

**Q: What race is never run?**

A: A swimming race.

**Q: Why did the little boy throw his clock out the window?**

A: Because he wanted to see time fly.

**Q: What has two legs but can't walk?**

A: A pair of pants.

**WORD SEARCH**  
CANADIAN PROVINCES

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

- (1) ALBERTA
- (2) BRITISH COLUMBIA
- (3) MANITOBA
- (4) NEW BRUNSWICK
- (5) NEWFOUNDLAND AND LABRADOR
- (6) NOVA SCOTIA
- (7) ONTARIO
- (8) PRINCE EDWARD ISLAND
- (9) QUEBEC
- (10) SASKATCHEWAN

answers on page (38)

**TELEPHONE SCRAMBLE**  
BY DIVINE CHIMSOM UGOH

- a) 2    946637    47    2    5673
- 446    87433    663    6673    8463
- b) 72843623    226    2665
- 2    78663

answers on page (42)



**LAUGH IT OUT**

**Scotsman, Irishman, and Englishman Story**

A Scotsman, an Irishman, and an Englishman are each sentenced to a year in solitary confinement; before being locked away, each is to be granted a year's supply of whatever he wants to help him get through the long, long spell alone.

The Scotsman asks for a year's supply of whisky; it's given to him and he's locked away.

The Irishman asks for a year's supply of Guinness so he's locked up with several thousand bottles of it.

The Englishman asks for a year's supply of cigarettes and he's given a pile of cartons and the cell door is shut

on him.

**One year later, their doors are all unlocked.**

The Scotsman staggers out and shouts, "I'm free!" and then keels over dead from alcohol poisoning.

The Irishman is dragged out into the light, whereupon he promptly dies of liver

failure.

When the door to the Englishman's cell is opened, everybody watches eagerly to see what sort of a wreck the man has made of himself. To their surprise, he walks right out the door, sidles up to the first person he sees, and asks, "I say you wouldn't happen to have a match, would you?"

**QUOTES TO INSPIRE YOU**

Honor thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee" - *God Almighty*

"Every time you mistreat someone, you reveal the part of you that lacks love and needs to heal." - *Kemi Sogunle*

**FRIENDSHIP**

- Friendship is love but not in love
- Friendship is a secret never to be told
- Friendship is a shoulder to cry on
- Friendship is not having to say sorry but do
- Friendship is not judging no matter what
- Friendship is someone to run to when things are tough
- Friendship is a hand to hold when things are so rough
- Friendship is someone to laugh with not at you
- Friendship is just knowing they are there
- My friend is all of these..... Hope you have one just like her.

A poem by Christina Christina

**Q & A:**

1. Does the bald eagle have feathers on its head?  
Yes / No
2. How many weeks is the gestation period of a house mouse?  
Three / Six
3. What physical ailment do turkeys and high-blooded businessman share?

answers on page (42)

**RIDDLES**

- You can hold it without using your hands or your arms. What is it?
- It's so fragile even just saying its name can break it. What is it?
- What smells bad when living but smells good when dead?
- Three doctors said that Bill was their brother. Bill said he had no brothers. Who was lying?
- The more that there is of this, the less you see. What is it?
- I have seas with no waters, coasts with no sand, towns without people and mountains with no land. What am I?

answers on page (42)

"The future belongs to those who believe in the beauty of their dreams"

- Eleanor Roosevelt

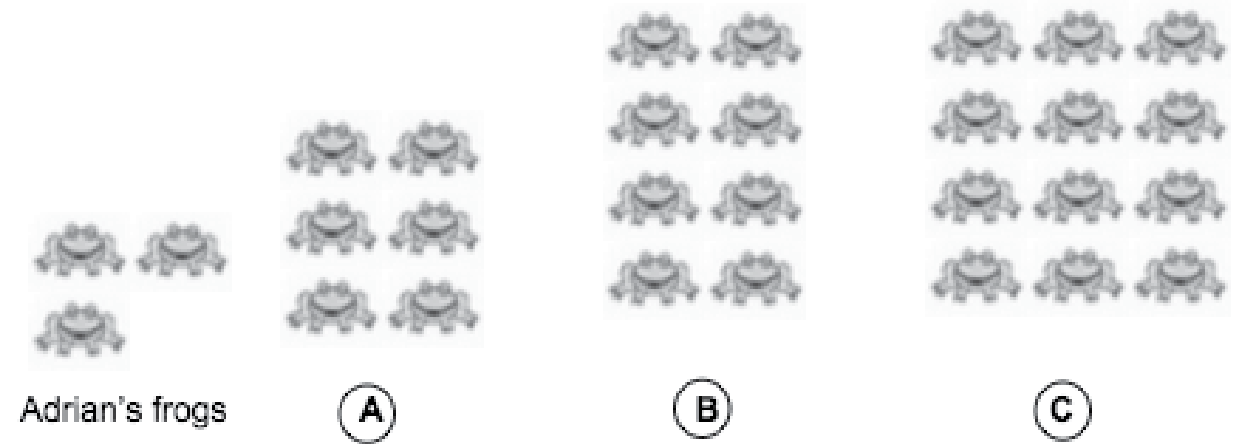
"A winner is a loser who tried one more time"

- George M. Moore

"The responsibility of your dreams coming true does not belong to your husband, does not belong to your man, does not belong to your woman, or to your children, to wait and hope for them to one day see your dream as a priority, that's an unrealistic expectation"

- Olubunmi Allen

THE PICTURE IN THE BEGINNING OF THE ROW SHOWS ADRIAN'S FROGS. FOR EVERY ONE THAT ADRIAN HAS, ADRIAN'S FRIEND TAMI HAS TWICE THE NUMBER OF FROGS. HOW MANY FROGS DOES TAMI HAVE?



answers on page (42)

**USE THE SAMPLES BELOW TO SOLVE QUESTIONS 1 - 5**

SAMPLES:

38
4 9
3 3 4

12
3 4
2 2 3

QUESTIONS:

- (1) 

20
4 5
2 2 ?
- (2) 

8
2 4
2 ? 2
- (3) 

40
5 8
2 ? 5
- (4) 

?
7 9
3 3 7
- (5) 

48
6 ?
2 4 6

answers on page (42)

CODE	m	a	n	g	o	e	s
	9	8	7	6	5	4	3

**CIRCLE THE ODD NUMBERS**

- (1) What number stands for 'some'? \_\_\_\_\_ 2 7
- (2) What word stands for '947'? \_\_\_\_\_ 9 11
- (3) What word stands for '7534'? \_\_\_\_\_ 24 16
- (4) What number stands for age? \_\_\_\_\_ 8 17
- (5) What word stands for '3894'? \_\_\_\_\_

answers on page (42)

answers on page (42)

IN EACH OF THE FOLLOWING ITEMS, A WORD IS MISSING; CHOOSE FROM THE GIVEN ALTERNATIVES, THE WORD THAT MOST SUITABLY COMPLETE THE RELATIONSHIP EXAMPLE:

Hen and chicks, Lion and \_\_\_\_\_ (a) calf (b) kid (c) cub (d) lamb (e) kelp  
The word that suitably complete the relationship is 'cub', so the answer is c.

**Now answer questions 1 - 6**

- (1) Bear and cub, buffalo and \_\_\_\_\_ (a) calf (b) kid (c) kitten (d) puppy (e) lamb
- (2) Goose and gosling, Kangaroo and \_\_\_\_\_ (a) fry (b) calf (c) infant (d) Joey (e) whelp
- (3) Duck and duckling, Bird and \_\_\_\_\_ (a) calf (b) fawn (c) fry (d) kid (e) nestling
- (4) Cat and kitten, fish and \_\_\_\_\_ (a) fawn (b) fry (c) foal (d) kid (e) tadpole
- (5) Carmel and colt, elephant and \_\_\_\_\_ (a) calf (b) nit (c) puppy (d) tadpole (e) whelp
- (6) Chimpanzee and infant, Goat and \_\_\_\_\_ (a) calf (b) colt (c) kid (d) kitten (e) nestling

answers on page (42)

# BUSINESS

## AMTRAK SET TO RUN TRAINS BETWEEN TORONTO AND CHICAGO

By Stanley Ugagbe

United States largest passenger railroad service is working on an initiative that would see trains running directly from Chicago to Toronto and back.

This development was disclosed following deliberations at the Michigan Rail Conference in East Lansing.

In lieu of the deliberations, Amtrak said it aims to extend its Wolverine line — which currently sees trains moving back and forth between Pontiac, MI, and Chicago, IL, three times per day — all the way up to Canada's largest city.

According to a statement through a presentation slide shared by an official Michigan Department of Transportation Twitter account, Amtrak aims to extend "at least one" Wolverine train into Ontario, "where it

could continue as a VIA Rail Canada corridor service from Windsor/Walkerville to Toronto."

The company however noted that the initiative won't happen overnight, stressing that there's a bunch of work to be done in order for the train service to come into operation, including the construction of a new border processing facility.

The railway corporation further disclosed that it would need to work out partnership agreements with multiple railroads, upgrade portions of the track between the Windsor Tunnel Portal and VIA Rail's Walkerville Station, as well as determine a "slot" through the rail tunnel between Detroit and Windsor.

The multiple partnership according to the corporation would enhance the initiative and help to bring it to existence.

In an interview with Streetsblog USA, Amtrak spokesman Marc Magliari

said "For many of our regional routes, our primary competition is the automobile."

The spokesman continued that "As anyone who has driven between here in Chicago and Toronto over the years including me knows, there has to be a better way than slogging across I-94 (and I-69) and then the 401 (or 402)."

Following the decision, Amtrak has noted that it has already submitted a funding request to America's federal government for the restoration of train service between Toronto and Detroit — a route that was cancelled in 1971.

On the premise of this development, passengers who want to travel between Toronto and Chicago via land can take a four-hour train ride to the U.S./Canada border, take the Detroit-Windsor tunnel bus across, and then jump on another train for roughly five-and-a-half hours.

## KFC TO SERVE CHICKEN AND DONUTS

By N.Ugoh

Some are excited, others shocked while some folks think it's not new. What's in it?

The fried chicken chain announced it is testing "Chicken and Donuts" for a limited time at more than 40 locations in Norfolk/Richmond, Virginia, and Pittsburgh.

It provides options such as the Kentucky Fried Chicken and Donut Basket, which pairs chicken on the bone or chicken tenders with one or two donuts, and the Kentucky Fried Chicken and Donuts Sandwich.



wich, which sandwiches a chicken fillet between two fully glazed donuts. Yummy!

Customers will pay \$5.49 for the chicken-and-donut meal for one donut and \$7.49 for two donuts. The sandwich is priced at \$5.99, or as a combined meal for \$7.99. Customer can also add a donut served hot to any meal for \$1.

KFC said in a press

release that the chain is using the test to evaluate whether customers are craving chicken and donuts on a national scale. According to a representative, the donuts will arrive to stores already cooked. When a customer orders chicken and donuts, the donuts will be dipped in the fryers and glazed with a vanilla icing to ensure they are hot and fresh.

The fried chicken-donut mashup is already polarizing potential customers on social media.

Some saw the menu item as a dangerous option for KFC to offer especially if you're watching your diet.

## AMERICA'S WALMART QUILTS E-CIG SALES

By D.Forrester

Walmart, America's largest retailer has revealed that upon selling out its current inventory, it will stop selling electronic cigarettes at its namesake stores and Sam's Clubs in the U.S.

In a statement made available to newsmen, the company remarked that the move is due to "growing federal, state and local regulatory complexity" regarding vaping products.

This development is



coming after several hundred people have mysteriously fallen ill after vaping, and eight have died.

In what has been adjudged a major blow to the vaping industry, Walmart's decision is the latest setback

in the industry, which has tried to position its products as healthier alternatives to smoking cigarettes, which are responsible for 480,000 deaths a year, according to the Centers for Disease Control and Prevention.

## PURDUE PHARMA FILES FOR BANKRUPTCY

By D.Forrester

Purdue Pharma, maker of the painkiller OxyContin has filed for bankruptcy as part of its plan to settle court cases with dozens of states in the US and other plaintiffs who claim the company fueled the opioid crisis.

The move will end the ownership of the company by the billionaire family.

Purdue Pharma said its bankruptcy filing is part of an agreement to pay billions of dollars to states and local and tribal governments.

The company has denied any wrongdoing.

"This court-supervised process is intended to, among other things, facilitate an orderly and equitable resolution of all claims against Purdue, while preserving the value of Purdue's assets for the benefit of those impacted by the opioid crisis," the company said in a statement.

After bankruptcy fil-



ings are complete, Purdue will provide more than \$10 billion in funding to address the opioid crisis. That will include settlements with 24 state attorneys general, five US territories and attorneys in multi-district litigation, the statement said.

"This settlement framework avoids wasting hundreds of millions of dollars and years on protracted litigation, and instead will provide billions of dollars and critical resources to communities across the country trying to cope with the opioid crisis," said a statement from Steve Miller, chairman of Purdue's board of directors.

The Sackler family said it hopes that the bankruptcy

reorganization process "will end our ownership of Purdue and ensure its assets are dedicated for the public benefit."

"This process will also bring the thousands of claims into a single, efficient forum where the settlement can be finalized, reviewed by the bankruptcy court to ensure it is fair and just and then implemented," the Sacklers said.

"Like families across America, we have deep compassion for the victims of the opioid crisis and believe the settlement framework ... is an historic step towards providing critical resources that address a tragic public health situation."

## LYFT COMING TO VANCOUVER

By D.Forrester

Ride-hailing company Lyft is planning to launch operations in Vancouver before the end of this year. Although the Passenger Transportation Board in B.C. is yet to release its final ride-hailing regulations, but a statement from the company says it is confident its operations will begin in the Lower Mainland by fall.

Date ride-hailing companies in BC who applied before the September 3rd deadline can now enter the market, while rules covering fares and the number of vehicles permitted for each ride-booking service are expected by the end of the summer.

In the meantime, Pe-

ter Lukomskyj has been named as Lyft's first general manager in B.C., and says the company hopes to expand throughout the province, especially into areas where additional transportation options are most needed.

The ride-hailing network says the company's immediate focus is the Lower Mainland.

Lukomskyj admitted that Lyft is concerned there may not be enough drivers with commercial licences to allow it to expand beyond the region.

"We are still quite concerned about the requirement for drivers to have commercial licences as it will negatively im-

pact driver supply and restrict the regions in which we are able to operate," Lukomskyj says in an emailed statement.

Class 4 licence holders can only drive taxi, limousine and ambulance. They must be at least 19 years old with a minimum of two years of non-learner experience and fewer than four penalty points over the preceding two years.

The craft brewers guild, epilepsy society and BC's gaming and restaurant associations have called for ride-hailing.

Lyft already operates in Ottawa and the Greater Toronto Area between Hamilton and Oshawa. 95 percent of the US population currently use the ride-hailing app.

It would be recalled that the industry has come under serious scrutiny after the deaths and illnesses — along with a surge in underage vaping.

In his bid to also curb the menace, President Donald Trump has proposed a federal ban on flavoured e-cigarettes and vaping products.

As part of efforts to

curb the development, Michigan banned the sale of flavoured e-cigarettes recently. On their part, San Francisco had in June became the first major U.S. city to ban the sale of electronic cigarettes.

Executive director of the association, Tony Aboud had in a statement said "The fact that Walmart is reducing access for adult smokers to regulated vapour

products while continuing to sell combustible cigarettes is irresponsible"

He added that "This will drive former adult smokers to purchase more cigarettes."

According to reports by the U.S. Health Officials, more than 500 people have been diagnosed with breathing illnesses after using e-cigarettes and other vaping devices.

# TRAVEL

## AIR CANADA BOOST FLEETS WITH NEW A220

By D.Forrester

Canada's largest airline seeks to maintain its foothold by boosting his presence in the U.S. with a pair of Airbus A220 jetliners on two new non-stop routes between Seattle and Montreal and from Toronto to San Jose, Calif. The two aircrafts

will start flying on May 4, and are the first two of 10 that Air Canada is hoping to boost its fleet by the summer of 2020, granting it greater range and cost savings as rival Westjet Airlines Ltd. attempts to make further inroads into international markets.

The airline based in



Montreal will be the second North American carrier, after Atlanta-based

Delta Air Lines Inc., to fly the A220. The 137-seat A220

provides better fuel efficiency than some Airbus jets and Boeing 737, Mark Galardo, the company's head of network stated. It also has a greater range than equivalent-size aircraft like the Embraer E190 which the new planes will replace.

Earlier this year, Air Canada said it planned to

grow its share of the U.S. international transit market to two per cent from roughly 1.5 per cent — though no timeline was set.

The plane was christened the C Series before Bombardier Inc. gave up a controlling stake in the aircraft program to Airbus, which named it the A220.

## ETHIOPIAN AIRLINE INTRODUCES ONBOARD WI-FI

By D.Forrester

Thanks to the onboard WiFi internet connectivity the Airline introduced on its A350 fleet using the latest broadband satellite technology - Ka-band, its now easy to surf the internet onboard Ethiopian Airlines.

With state-of-the-art broadband satellite technology, passengers can rest assured that they will enjoy reliable connectivity for sending emails, shopping online or even chat-

ting on social media while flying over the clouds.

Mr. Tewolde Gebremariam, Group CEO of Ethiopian Airlines, says, "We are glad to introduce inflight internet connectivity with the latest broadband satellite technology, Ka-band, offering our passengers seamless digital experience as they fly Ethiopian. The launch of the onboard wi-fi internet is part of our relentless efforts to further add to passengers' comfort keeping pace with the technology of the day. As a customer-centric airline, we will remain focused on continuous service excel-

lence, taking advantage of emerging technologies and infrastructure."



Passengers can access the inflight connectivity service by purchasing vouchers at Ethiopian Airlines sales outlets including Addis Ababa International Airport customer service desk, boarding gate

and cabin crews onboard the flights. Online sales through credit/debit cards

ternet is initially launched on the A350 fleet of Ethiopian with further plans to expand the service on other airplanes deployed on long haul flights.

Ethiopian Airline commands the lion's share of the Pan-African passenger and cargo network operating the youngest and most modern fleet of 125 international passenger and cargo destinations across five continents. Ethiopian fleet includes ultra-modern and environmentally friendly aircraft such as Airbus A350, Boeing 787-8, Boeing 787-9, Boeing 777-300ER, Boeing 777-200LR, Boe-

ing 777-200 Freighter, Bombardier Q-400 double cabin with an average fleet age of five years. Ethiopian Airlines is the first airline in Africa to own and operate these aircraft.

Ethiopian Airline is currently implementing a 15-year strategic plan called Vision 2025 that has led it to become the leading aviation group in Africa with Six business centers: Ethiopian International Services; Ethiopian Cargo & Logistics Services; Ethiopian MRO Services; Ethiopian Aviation Academy; Ethiopian ADD Hub Ground Services and Ethiopian Airports Services.

## SHOCK, AS THOMAS COOK LIQUIDATES

By D.Forrester

British revered airline, Thomas Cook late last month collapsed stranding hundreds of thousands of travelers with 21,000 jobs at risk.

The 178-year-old company stated that its board "concluded that it had no choice but to take steps to enter into compulsory liquidation with im-

mediate effect" after talks on a financial rescue failed. It immediately cancelled all its bookings.

Peter Fankhauser, Thomas Cook's chief executive, apologized to customers, employees, suppliers and partners.

"This marks a deeply sad day for the company which pioneered package holidays and made travel possible for millions of



people around the world," Fankhauser said.

"Despite huge efforts over a number of months, and further intense ne-

gotiations in recent days, we have not been able to secure a deal to save our business. I know that this outcome will be dev-

astating to many people and cause a lot of anxiety stress and disruption," he added.

The company's liquidation had ripple effects in Asia. Shares in China's Fosun Tourism dropped by nearly 5% in Hong Kong. The billionaire founder of parent company Fosun International, which owns all-inclusive holiday firm Club Med, is Thomas

Cook's largest shareholder, according to Refinitiv data.

"Fosun is disappointed that Thomas Cook Group has not been able to find a viable solution," the company said in a statement. "We extend our deepest sympathy to all those affected by this outcome," it added.

Despite the collapse, Thomas Cook India is not affected.

## BUSINESS

### 4 STEPS TO GET YOUR BUSINESS UP AND RUNNING IN 2019

(NC) A recent small business poll revealed that over half of Canadians have thought about owning a business. If you've been thinking about making your business ownership dream a reality, here are four steps to help get you started and set up for success:

**1. Finalize your business plan.**

A business plan is

your road map and an important exercise in defining what your business is all about, and what success looks like to you. Key components of the plan include an outline of your business' strengths, weaknesses, opportunities and threats; a forecasted cash flow; your channels of distribution; and a detailed marketing plan that includes research on your competitors, target

customers and advertising tactics. Digital marketing solutions like Acquisio's Promote can help owners reach new customers with targeted online advertising campaigns.

**2. Register your business and open a business bank account.**

Registering your business is important to establish your brand and en-

hance its credibility. It's also required if you earn more than \$30,000 in revenue annually. Ownr.co offers an affordable and straightforward service for business owners in Ontario, Alberta and BC to register their

business in less than five minutes. Similarly, consider separating your personal and business finances from the start to make your life easier down the road. Once you've registered your business, you can set up a busi-

ness bank account online in less than 15 minutes with RBC's online application.

**3. Create your brand.**

A successful business needs a great brand *continued on p(38)*

*Thank you for reading*

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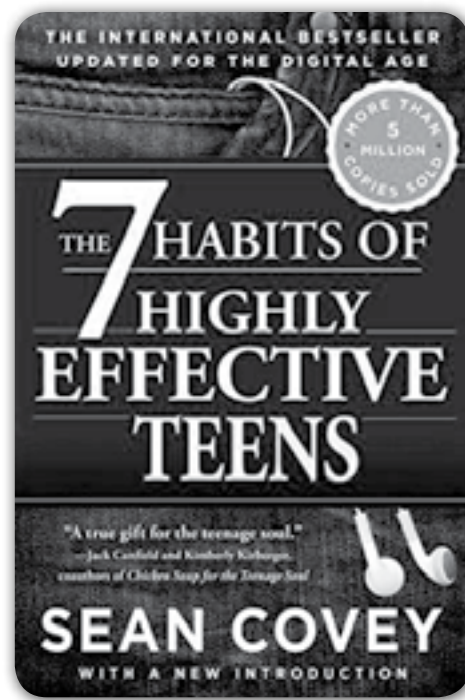
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# BOOKS - EDITOR'S PICK

## FICTION & NON FICTION BOOKS

Hi great people, the year is rolling by and of course, we are excited to see you pulling amazing surprises. Anything is possible. Pick any of the books lined up in this edition and get inspired, learn and love. Have a wonderful time digesting knowledge.

**THE 7 HABITS OF HIGHLY EFFECTIVE TEENS**  
BY SEAN COVEY



Sean Covey has made a leap by focusing on the teenagers and how they are able to effectively maximize their teenage and youthful years. The foundation to success later in adulthood is by learning the habits of highly successful people.

It is a step-by-step guide to help you get from where you are now, to Your goals, your dreams, your plans.

The book is an eye-opener that helps teens improve self-image, build friendships, resist peer pressure, achieve their goals, and appreciate their parents, as well as tackle the new challenges of the digital age.

**99 PERSEVERANCE SUCCESS STORIES: ENCOURAGEMENT FOR SUCCESS IN EVERY WALK OF LIFE**  
BY MICHAL STAWICKI (AUTHOR), JEANNIE INGRAHAM (AUTHOR)

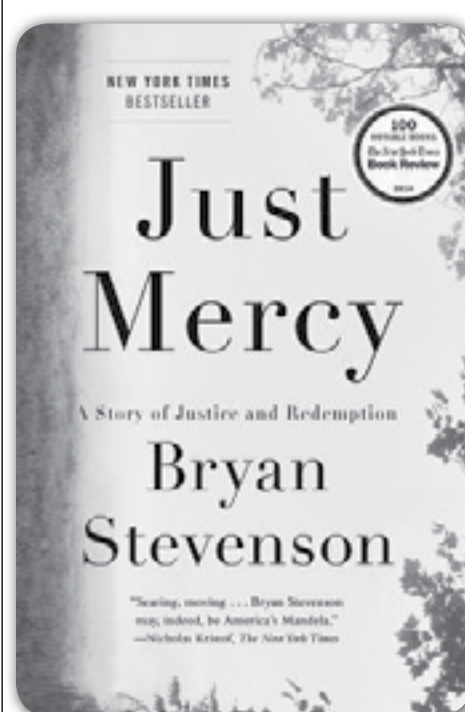


You won't get past your challenges if you lack the ability to persevere. This inspirational book explores the possibilities within us and encourages the reader for greater impact.

It highlights the success stories of individuals and organizations who had almost everything working against them. The highly motivational book uncovers the different pathways to their breakthrough and how brains can fully integrate the concept of perseverance and success.

Choose from a list of diverse role models irrespective of religion, race, occupation and gender identity.

**JUST MERCY: A STORY OF JUSTICE AND REDEMPTION**  
BY BRYAN STEVENSON



Defending the poor and underprivileged doesn't come easy in a world of evil machinations. Justice and mercy can prevail irrespective of the power they hold - according to Bryan Stevenson.

A promising lawyer dedicated to defending those most desperate and in need: the poor, the wrongly condemned, and women and children trapped in the farthest reaches of our criminal justice system. He once advocated for Walter McMillian, a young man who was sentenced to die for a notorious murder he insisted he didn't commit. The case drew Bryan into a tangle of conspiracy. Will he ever find justice?

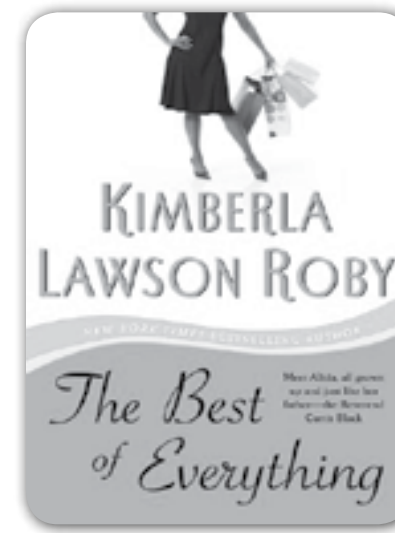
**AT THE CEO'S PLEASURE: A BILLIONAIRE BOSS WORKPLACE ROMANCE (THE STEWART HEIRS BOOK 1)**  
BY ST. JOHN, YAHRAH



Sometimes we compromise on ourselves and break the rules we once upheld. Its either love or lust, but the consequences of our choice are as realistic as death.

Businessman Ayden Stewart needs Maya Richardson back at all cost. Taking the job, Maya tells herself the years apart have cooled their chemistry. Ayden makes her know what real love truly means. Only that this is not the first time and what is going to be different? How do you spot the red flag?

**THE BEST OF EVERYTHING: A NOVEL (A REVEREND CURTIS BLACK NOVEL BOOK 6) KINDLE EDITION**  
BY KIMBERLA LAWSON ROBY



Alicia Black Sullivan swore to never repeat the mistakes of her father, the Reverend Curtis Black: she would never tell lies, she would never break any promises. And most important of all, when she got married, it would be for good.

Alicia really does love her husband, Phillip, the assistant pastor of her father's church. She just happens to love money—and the things it can buy—as well. Alicia was born to the good life, she's entitled to the best, and she'll do anything to get it. Even if it means piling up thousands of dollars in debt. Even if it means denying to everyone—even herself—that her love of shopping has gotten way out of control. Even if, deep down, she knows a whopper of an emotional bill is coming due. And all the regrets in the world won't change the fact that she may be more like her infamous father than she could have imagined—or feared.

**GOTTA HAVE FAITH**

AUTHORS: SHANNON GARDENER AFRICAN AMERICAN CLUB



Kayla Malcolm's fame seemed to be never ending!

After the phenomenal success with 'A Woman's Cry' which led to the award winning movie of the same name, she seemed to have it all. A successful career, and a loving husband in the form of the billionaire Tyrese. In this story the couple celebrate seven years of marriage and two beautiful children, plus the soundtrack to the second movie. But with success comes trials and tribulations!

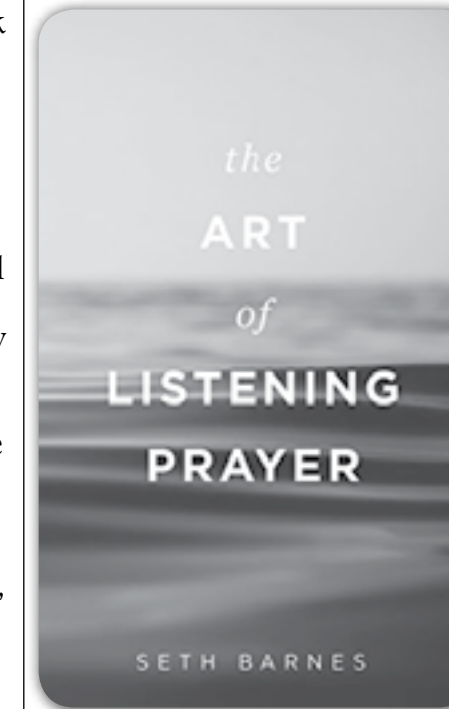
A scandal breaks out with the death of her father, Revd. John Simmons, when it was discovered that he had a son with a woman other than Kayla's mom.

continued on p(38)

## RELIGIOUS BOOKS EDITOR'S PICK FICTION & NON FICTION BOOKS

It's never too late to shine, to start, to love, to impact, and to learn new things. Get yourself immersed with any of these books in your quest for knowledge. Read, enjoy and do great stuff.

**THE ART OF LISTENING PRAYER: HEARING GOD'S VOICE AMIDST LIFE'S NOISE**  
BY SETH BARNES



Grab your prayer journal and start listening to what God wants to say to you today.

What if you could hear from God directly, just as you would from a close friend? Are you satisfied with a seemingly one-way conversation with God? Do you ever wonder if he really wants to hear from you?

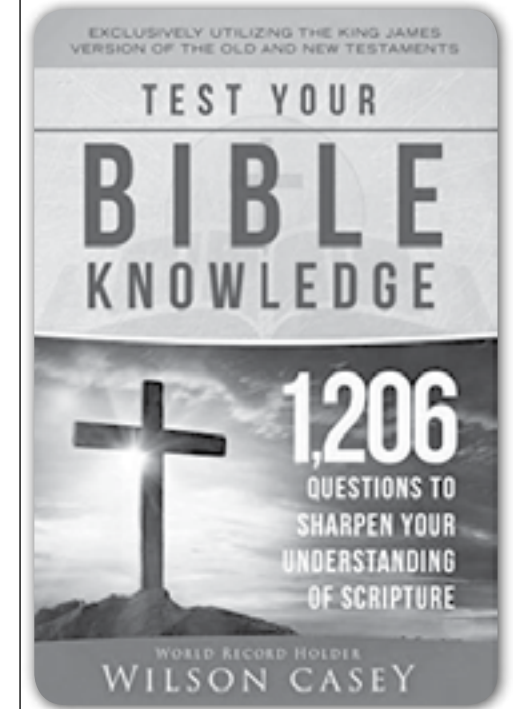
The Art of Listening Prayer is about what it really means to have a personal relationship with God. If God loves his people, maybe it means that he wants to speak one-on-one with us, and if that's true, shouldn't our first priority be to learn how to hear from him?

Explore what it means to experience prayer that really is two-way. Using the Bible as a foundation, you can go way beyond theory and grow in this practice of listening prayer.

God wants to speak to you, and at the end of this thirty-day devotional, you will not only learn how to draw closer to him, you'll be equipped with a practical process to hear from him on a daily basis.

And that's just the tip of the iceberg; it seems others around Kayla are having issues, ones which could impact the relationship she has with Tyrese! Amidst all the trials, can they keep their marriage strong and in God's light?

**TEST YOUR BIBLE KNOWLEDGE: 1,206 QUESTIONS TO SHARPEN YOUR UNDERSTANDING OF SCRIPTURE**  
BY WILSON CASEY

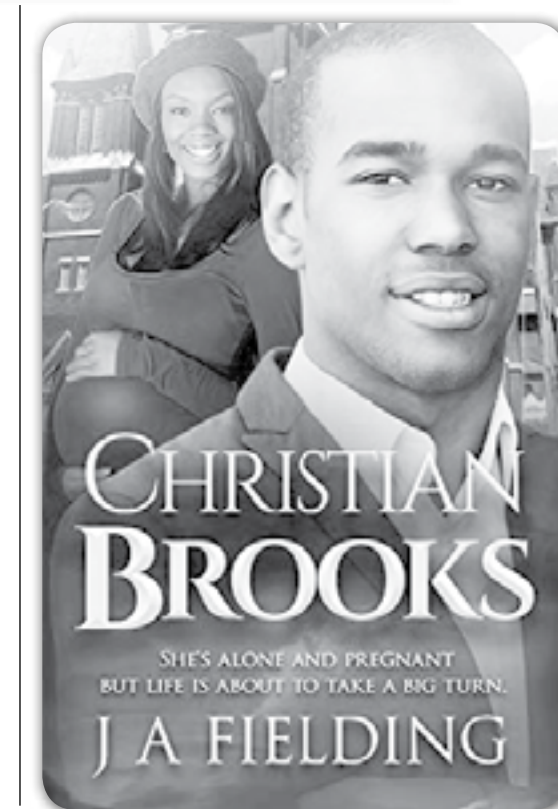


People are passionate when it comes to the Lord's word, as the Holy Bible has remained in the top-most rank of best-selling books of all time. Test Your Bible Knowledge is a fun, informative, and entertaining way to see how well you know the Good Book.

Trivia expert and author Wilson Casey has compiled 1,206 fascinating questions about the people, history, stories, and facts from the Bible. Each page is a separate quiz with six enlightening and fresh questions with multiple-choice answers. In addition, every correct answer includes references to the relevant chapter and verse in scripture for further study and clarification. It's the perfect companion for the multitudes wanting to test their biblical knowledge (and keep score if desired).

**CHRISTIAN BROOKS**

AUTHORS: SAMANTHA FOSTER AND AFRICAN AMERICAN CLUB



Laura has just escaped from her abusive husband.

Now pregnant, she wants to build a new life far away from the man who hurt her.

And meeting tech billionaire Christian Brooks was definitely not the plan...

Neither was them falling in love with each other!

Still recovering from her abusive past, it's not all rosy for Laura.

As she struggles to love again she finds that the past is not too far behind her...

And it may come back to destroy everything she has rebuilt...

Will Christian stick by her, through thick and thin?

And will Laura be willing to start a new life with him?

**SEDUCED BY THE BADGE (TO SERVE AND SEDUCE BOOK 1)**  
BY FLETCHER MELLO, DEBORAH



Rather than focus on our line of duty, the desire to get lost for lust can put us in jeopardy. It is a book that gives its readers the insight to setting a boundary that can't be broken.

Chicago detective Armstrong Black is a no nonsense man or maybe not. When he's assigned to partner with an Atlanta detective who's hell-bent on bringing down criminals who targeted her sister, he's determined to stay in control. But stunning Danni Winstead is all blazing temper and sweet temptation. Working with her tests Armstrong's restraint; here lies the question, can she be trusted?

**TO THE RESCUE SAY NO TO CORRUPTION**  
By Pastor Dele Dada



nity of labour at the expense of mediocrity? What type of country is this that makes a mockery of its future at the expense of the present? What type of country is this that wastes away its generations on the altars of materialism at the expense of values."

Then, looking to the ceilings as if asking God or the higher mortals some questions as Job did in the time of his travesty and adversity, that included great loss of children, property and wallowing in sickness.

"Is it a sin to live a righteous life, Oh God? Is it a sin to identify with you Oh heavenly father? Is it a sin to prefer holiness to unholy living?"

Is it a sin to resolve to know you and walk in your laid down principles? Is it a sin to desire to make you Lord and Master and not just Savior? Is it a sin to be a practicing Christian and not just a nominal Christian?

Is it a sin not to be corrupt? Will you not answer me, Oh God?" Kenny began to sob; he was shaking with no one to comfort him for he had just got a letter that morning that he has been retrenched in his office before Paola's call came in. "Oh God this weight is too much for me. Am I going to join them to live in corruption and follow what Paola has said and go back to Lagos and Abuja and be scrambling for contracts that do not exist or are given to those that are

in the corridors of power only, and those that can bribe the best? Or look for people who I will be bribing before I can get a job. My wife says Taiwo is sick and diagnosed with Leukemia. Leukemia for my child? Is that not the dignified name for cancer in the blood? Why are all these challenges piling up on me? Why do bad things happen to good people? Why do the righteous suffer? Where is the resurrection power? The power that raised the dead? Can that power not heal my son? These things are coming too fast and too heavy for me."

He knelt down and looked for the bible. So many passages were flashing up in his mind, Job chapters one and two, the Lamentation of Jeremiah chapter five.

BOOKS AVAILABLE AT THE TORONTO & MISSISSAUGA PUBLIC LIBRARIES

## INTERNATIONAL NEWS

## US ISSUE TRAVEL BAN ON CUBA'S FORMER PRESIDENT

By Stanley Ugagbe

The United States has imposed travel ban on Cuban Communist Party chief Raul Castro over his support for Venezuela's socialist president, Nicolas Maduro, and involvement in what it called "gross violations of human rights."

The President Trump administration banned Castro, Cuba's former president and younger brother of the late Fidel Castro, as well as family members from travelling to the United States, a development many have adjudged a symbolic swipe at Cuba's leadership as part of Donald Trump's continuing pressure campaign against Havana.

Secretary of State Mike Pompeo in a statement said "Castro is responsible for Cuba's actions to prop up the former Maduro regime in Venezuela through violence, intimidation, and repression".

The former President's children who were affected by the sanction are Idrén,



Raul Castro

Alejandro Castro Espin, Deborah Castro Espin, Mariela Castro Espin, and Nilsa Castro Espin.

According to Pompeo, the measures that would block their entry to the United States are likely to have limited impact. It would be recalled that Castro last visited in 2015 to address the United Nations General Assembly.

Secretary of State, Pompeo also accused the former Cuba's President of overseeing "a system that arbitrarily detains thousands of Cubans and currently holds more than 100 political prisoners," a development which the Cuban

government vehemently rejected.

This development is the latest in a series of punitive measures that Trump has taken against Washington's old Cold War foe since taking office in 2017, steadily rolling back the historic opening to Havana under his Democratic predecessor, Barack Obama.

The US number one citizen has focused especially on Cuba's support for Maduro, a longtime ally of Havana. It would be recalled that earlier this year, the United States and dozens of other countries recognized opposition leader Juan Guaido as Venezuela's rightful

president, though Maduro retains the backing of Russia and China as well as the OPEC nation's military.

Pompeo said "In concert with Maduro's military and intelligence officers, members of the Cuban security forces have been involved in gross human rights violations and abuses in Venezuela, including torture". The Cuba government has also denied the U.S. accusations.

In lieu of the development, Venezuelan Foreign Minister Jorge Arreaza scoffed in his remarks in New York while attending the U.N. General Assembly inveighed the U.S. measure against Castro, saying it was an attempt to humiliate him.

Arreaza, referring to a similar U.S. travel ban on Venezuelan officials and citing a Russian offer to host the United Nations in Sochi said "And neither Raul Castro nor his family even want to come to this country! We are forced to come here because the U.N. headquarters is in New York, for now"

Recently, the Trump administration had also ordered the expulsion of two members of Cuba's delegation to the United Nations.

## SYRIAN CONSUL'S HONORARY STATUS REVOKED



Bashar Assad

By Julius Oyekunle

Following the outrage over his support for Syrian President Bashar Assad and controversial social media posts, Foreign Affairs Minister Chrystia Freeland has revoked the status of Syria's honorary consul in Montreal.

"The views espoused publicly by Wassim Ramli to the press and on social media are shocking and unacceptable," Freeland said in a statement.

"No one who shares Mr. Ramli's views should have ever been approved by Global Affairs Canada to serve in this capacity. Upon review of the department's decision, I have instructed officials to immediately revoke his status."

Ramli's appointment as honorary consul was done over the summer after the Montreal businessman was nominated for the post by the Syrian government in Damascus. His position was subsequently approved by Global Affairs.

Ramli's outspoken support for Assad, whose government has used chemical weapons and other tactics to crush dissent during what has been a bloody eight-year civil war in Syria, as well as social media posts criticizing Western sanctions against the country has constantly come under public scrutiny.

Ramli, who was set to take up his new post on Oct. 1, had severally attacked the White Helmets humanitarian organization in Syria, calling them terrorists.

The all-volunteer White Helmets have been applauded and supported by Canada and other

Western nations for their role as first responders and humanitarian workers who has put their lives on the line to save hundreds of lives during Syria's bloody civil war.

Canada agreed to resettle dozens of White Helmets and their families last year following fears the Syrian government was intentionally targeting them.

"I would like to express my deep regret over the difficult situation this nomination has posed for many Syrians living in Canada, including the many brave White Helmets and other refugees who now call our country home and may be feeling fearful and distressed," Freeland said.

Meanwhile, Global Affairs denied having a privy knowledge to Ramli's appointment.

While Canada severed diplomatic ties with Damascus at the height of Assad's impunity and recklessness in 2012, the Syrian government has maintained honorary consulates in Montreal and Vancouver ostensibly to assist Syrians with passports and other administrative issues.

Many Syrians had expressed concern about Ramli's political leanings and past comments, however, given that he would have been responsible for issuing passports and other official documents on behalf of the government in Damascus.

Canada had opened its arms to tens of thousands of Syrian refugees since 2011, when Assad launched a deadly crackdown on pro-democracy protesters that has since blown into a full-scale civil war.

influence and authority of the Vice President, Prof. Yemi Osinbajo. Previously, the Vice President was the Chairman of the Economic Management Team and the National Economic Council. The first is an ad hoc administrative structure focusing on the economy; the latter is a statutory, constitutional body. I do not share most of the views that have been expressed, or the obvious attempt to politicize what in reality is within the authority of the President. Afenifere says for example, that the "office of the Vice President has been rendered useless, impotent and irrelevant." How? Just because the President sets up an Economic Advisory Council and created a new Ministry to ensure greater service delivery in a critical area of national concern? The Movement for the Actualization of Sovereign State of Biafra (MAS-SOB) says Vice President Yemi Osinbajo is being "maltreated" and "that the unconstitutional stripping of Prof. Yemi Osinbajo's official attributes amounts to ...continuous humiliation of Christians in high positions of current administration of President Muhammadu Buhari." There you go. Nigerians are always quick to play the ethnic and religious card. Some other commentators claim that they see the hands of an anti-Osinbajo cabal in the matter. At least one Pastor has prophesied that the cabal will fail. Others have argued that certain forces are determined to stop Vice President Osinbajo just in case he is nursing a 2023 Presidential ambition. Persons have been named who have been penciled down as the VP's likely replacement. The various conspiracy theories seem suspicious.

Of course, I know that there is never a shortage of mischief-makers in the corridors of power. The relationship between Presidents and Vice Presi-

dents and between Governors and their Deputies has also always been quite tricky in Nigerian politics. Should the President become incapacitated or he is removed from office, the Vice President replaces him. He is thus just a step away from the office, Deputy Governors stand in the same regard to the Governors in the states. With the kind of politics that we play, Governors and their supporters always keep an eye on the Deputy Governor. If he shows any sign of disloyalty or ambition, all the hawks within the system will go after him and ensure that he is removed, marginalised or humiliated. Presidential politics is worse. The Presidency is clearly the highest office in the land, it is the home of even more vicious intrigues. And indeed we have had cases in the past of conflicts within the Presidency, between the President and the Vice President. Many will recall how the relationship between President Olusegun Obasanjo and then Vice President Atiku Abubakar deteriorated rapidly after the 2003 Presidential election. The Presidential Villa practically became a war zone. All kinds of opportunists cashed in on this and there was never a shortage of salacious tales emanating from the Villa, from faceless persons casually referred to as "sources within the Presidency."

Those "sources" are at work again. But we all need to learn from the past. A divided Presidency short-changes the people. Many will also recall the travails of President Goodluck Jonathan as Vice President to President Umaru Musa Yar'Adua. There was a deliberate attempt to frustrate him by those who did not want him as a successor to the late President whose tenure was defined majorly by the

politics of illness and death. When President Yar'Adua left the country for medical treatment, there were persons within and outside the Presidency who insisted that VP Jonathan would not be allowed to act as President. It took the intervention of men and women of reason and the National Assembly for the letter and spirit of the Constitution to take effect. When VP Jonathan became President, he chose Arc. Namadi Sambo, then Governor of Kaduna State, as his Vice President. Arc Sambo and President Jonathan had a good, rancor-free working relationship, but that does not rule out the fact that certain mischief-makers tried to come between them.

My view is that Professor Yemi Osinbajo would rank as one of the most influential and visible Vice Presidents that Nigeria has had since the return to civilian rule in 1999. With the possible exception of Atiku Abubakar between 1999 and 2003, he has been able to engage the public and connect with the people in a manner no other Vice President before him, did. This probably explains why there has been so much concern about his place in the Presidency, and his relationship with his principal. It also explains why he may attract envy and criticism. I like the fact that he has been very calm and dignified in the face of it all. He has refrained from making any statement that may convey the impression that he also believes the narrative that some persons, wielding long knives, are out for him. He has not shown any desperation in the face of speculations that he may be removed, nor has he responded to any suggestion that he is under pressure to resign. His media team has not over-reacted. I commend him for his tact, and for staying above the fray.

However, one person who is convinced

## PRESIDENTIAL POWERS AND THE VP

continued from p(20)

that the Vice President's office is truly under siege told me the other day that Professor Osinbajo should go to court. Why would he allow the President to take away his powers over the management of the economy, including bodies of which he is statutorily the Chairman? I laughed. I told the person that the Vice President will do no such thing. He has no special powers of his own except powers delegated to him by the President, and even that is entirely at the discretion of the President. It is not impossible that many of the persons who are protesting that the Vice President is being marginalized are also under the illusion that there is a power sharing arrangement between the President and the Vice President of Nigeria. No. There is no such thing. Even the VP's Chairmanship of the National Economic Council, under Section 18 of the Third Schedule is at the pleasure of the President; in any case, the Economic Council, like the Economic Advisory Council, and many such bodies is merely an advisory body. There is only one President of the Federation. He is granted so many powers under the 1999 Constitution, the Nigerian President is almost a constitutional monarch. He is the country's chief economic manager. He is the "head of State, the Chief Executive of the Federation and Commander-in-Chief of the Federation" (Section 130(2)). Whereas in defining the powers of the Federal Government, the Constitution vests legislative (Section 4) and judicial powers (section 6) in institutions and not individuals, Executive Powers (section 5) are vested in the person of the President. It is as follows:

"5(1): Subject to the provisions of this Constitution, the executive powers of the Federation -

(a) shall be vested in the President and may, subject as aforesaid and to the provisions of any law made by the National Assembly, be exercised by him either directly or through the Vice-President and Ministers of the Government of the Federation or officers in the public service of the Federation."

In other words, the Vice President exercises executive powers only as delegated by the President, and the manner and extent to which he does so is at the entire discretion of the President as provided in Section 148 (1): "The President, may in his discretion, assign to the Vice President or any Minister of the Government of the Federation responsibility for any business of the Government of the Federation, including the administration of any department of government." The operative phrase here is "may in his discretion". And for the benefit of those wondering whether the President acted rightly by setting up an Economic Advisory Council, Section 151 of the Constitution refers - to wit: "The President may appoint any person as a Special Adviser to assist him in the performance of his functions."

This, to the best of my knowledge, is the position of the Constitution on how the Vice President stands in relation to Presidential powers. In the eyes of the Constitution, the buck stops at the President's desk. His government fails or succeeds strictly on the basis of the choices that he makes. He is not first among equals. He is the boss. The Vice President is at best his number one aide and adviser. The circumstances, however, under which the Vice President can replace him or act on his behalf are properly spelt out in the same Constitution. It is not for nothing that the Presidential Election Petition Tribunal in a ruling on the

2019 Presidential election recently declared that the Vice President is an 'appendage.'

When I canvass this view, I am told that I don't understand the politics that is currently going on in the Villa. My suspicion is that the people who are playing politics are the people latching on to the announcement of an Economic Advisory Council or the revelation that the Vice President must take directives from the President (which is not a problem by the way), to project their own fears onto the national screen - namely their ethnic interests, religious sentiments and personal interests. They do so in rather hyperbolic terms. Just as there are persons threatening to march on the Villa "to defend our VP", there are those who are seizing the moment to launch personal attacks on the Vice President.

Those who claim to be defending him may be expressing their admiration of him - it is clear he has a followership and a constituency behind him - but they should be careful not to damage his politics and his relationship with his principal. There is definitely also a lesson here for the President and the Presidency. Perception is everything. Given Nigeria's politics of suspicion, even the most innocent of gestures could create wicked problems; hence, government must always think ahead and communicate with greater clarity. Flip side: it is definitely clear that Professor Yemi Osinbajo's followers want him to be given more responsibilities, not a demotion. They don't want him to be used and dumped, no matter what. Off the books, beyond legalese: address this perception problem. Above all, something must be done about those so-called "reliable sources" in the Presidency. I never liked them. They only make things difficult for everyone.

## ITALIAN PM RESIGNS

By Stanley Ugagbe

The reign of Italy's prime minister has come to an abrupt end as he has resigned his office after launching an explosive attack on his own interior minister, Matteo Salvini, accusing him of sinking the ruling coalition and endangering the economy for personal and political gain.

The Prime Minister Giuseppe Conte, while addressing parliament after it was recalled from its summer recess to decide the future of the 14-month-old government, accused the far-right League party chief Salvini of seeking to cash in on his rising popularity.

It would be recalled that on Aug. 8, Salvini declared that his alliance with the anti-establishment 5-Star Movement was dead and called for elections, but the gambit could yet prove a big political blunder and open the door to power for his rivals.

In a senate meeting that had Salvini in attendance, Conte said "The interior minister has shown that he is following his own interests and those of his party," adding that "His



The Prime Minister Giuseppe Conte

decisions pose serious risks for this country."

The Prime Minister described Salvini's actions as reckless and "liable to tip the country into a spiral of political uncertainty and financial instability".

Conte succinctly averred that he was worried by Salvini's threat to call people into the country's squares if his drive for elections were thwarted, as well as his demand for "full powers".

He said "We do not need men who have 'full powers', but people who have institutional culture and a sense of responsibility".

Conte further requested that Salvini should

provide explanations over allegations that the League attempted to obtain illegal funding from Russia through a covert oil transaction.

However, Salvini rejected Conte's comments, saying other parties were afraid of going to elections and losing their influence.

Salvini, who remarked that Rome should spend at least 50 billion euros (\$55 billion) to stimulate the chronically weak economy, maintained that his political goal was to challenge the European Union's fiscal rules, which he has blamed for impoverishing the country.

He said "I am not afraid," he said. "I don't

want Italy to be a slave to anyone, and I don't want Italy to be given a long chain like a little dog. I don't want any chain at all."

At the end of the parliamentary debate the League withdrew the no-confidence vote in the government that it had tabled earlier this month, but a resolution which Conte said had come too late.

Conte said "I see that the League's leader Matteo Salvini lacks the courage to take responsibility for his actions. If there's a lack of courage, don't worry, I'll take responsibility before the country that is watching us".

After the explosive dramatic Senate argument Conte, who is not a member of either of the coalition parties, handed his resignation to President Sergio Mattarella.

Italy has not held an election in the autumn since World War Two because the final months of the year are traditionally dedicated to drawing up the budget - a key moment for a country with one of the world's largest debt mountains.

RELIGION

WHEN YOU HAVE THE JOY OF SALVATION

By Pastor Amos Dada PhD; P.Eng.

Topic : "Restore unto me the joy of thy salvation;" Psalm 51:12a

I asked thy Lord what was missing in David that he wanted God to restore. What does the joy of salvation represent, connote and promote in a believer? Below is what the Holy Spirit dropped in my spirit. "My son when you have the joy of salvation you have the realization that I saved you from death, shame and eternal hell fire".

What does this look like on a day to day basis:

1. You don't toy with sin!
2. Fornication and adultery are taboos and irritations in your thoughts, words, conversations and most importantly in your actions! Party- spirit, anger, bitterness, unforgiveness, envy, lust, sin are no go areas in your life.
3. Reading the bible

becomes a daily delight ! You enjoy daily revelation downloaded into your life moment by moment by the only true God!

4. You enjoy God's company!



Pastor Amos Dada amos.dada@gmail.com

5. Prayer is easy and a great desire. You want to talk daily to your creator and hear his voice for guidance and direction.

6. You want to obey God! Because you don't only have Him as your Saviour, you make Him your Lord!

7. You fellowship with God and men in the spirit of holiness and righteousness is all you crave for!

8. Giving to the gospel is not a task or burden, never by coercion, tricks or manipulation.

You don't even need a teacher, preacher, motivator to appreciate God your great provider and sustainer! Something in you gives cheerfully and generously to God.

9. You cannot but preach the gospel, not because of your charisma or character but because you have compassion for others, you want others to have the joy of salvation you have. Wherever you go Jesus confirms his Words and Name with signs and wonders.

10. The fruit of the spirit, love, meekness, humility, patience, self-control long suffering, joy characterize your life.

11. You are driven by service, motivated to see others succeed, guided and encouraged to excellence.

12. Gratitude becomes an attitude!

13. It is so easy to say sorry when you offend others and repent when you fall into sin.

14. Pride and the spirit of arrogance are far from you.

15. You exhibit the spirit of contentment!

16. Your relation-

ship with others, spouse, parents, siblings, church members, neighbours, colleagues, is cordial and homely!

17. You are not involved in shady deals, arts and acts of corruption, hypocrisy, double facedness, wickedness or an evil life style of any shade or colour.

18. Integrity, honesty, modesty, probity, holiness, righteousness, sanctification, blamelessness and any life style that pleases God becomes your watchword.

19. You are earthly relevant and heavenly focused and conscious.

20. The mundane things of this world don't drive you rather you are driven by eternal things. Like Abraham you look forward to a city not built with hands. Meaning you don't spend your life pushing, pressing and pursuing the perishables and valuables but values.

21. As a life goal you pursue excellence not mediocrity. You want to live a purposeful life. You want to leave your mark with a good and godly legacy on earth. Your family name matters. You don't want to be a black sheep of your family, church, commu-

nity or nation. In conclusion, you love God with all your heart, soul and spirit and you love your neighbour as yourself! When you leave this world you want to hear, "Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world." "When you have the joy of salvation" Psalm 51:12, You will enter the joy of The Lord ! Matt 25:21.

Shalom.

continued from p(34) TO THE RESCUE ...

He remembered the sermon he heard on Sunday. The Pastor preached on "How To Face Challenges" and said there are four ways to come out of trouble: Through the name of Jesus Christ, through the power of the Holy Ghost, through angelic assistance, and through people. He recalled a book he also read on the same topic that also offered five ways, thank God in everything, pray about the situation, call on Elders of the church, believe your prayers and keep confessing what you believe. The Pastor said Jesus does not prevent Christians from getting into trouble but he stays in the trouble and brings them out. He illustrated this with the story of the three Hebrews that even though it was not time for Jesus to come on earth, he fast tracked his coming and showed up in the fiery furnace and turned flames of fire to the cooling breeze of an air conditioner. He buttressed his point when he read psalm ninety-one verse fifteen: He shall call on me, and I will answer him; I will be with him in trouble; I will deliver him, and honour him." Suddenly Kenny was feeling the way Jesus felt when he was depressed at the garden of Gethsemane and angels came and strengthened him. As those memories of the sermon were coming he was receiving a spiritual boost in his inner mind.

aloud Psalm 73: "Truly God is good to Israel!" Then he repeated the verse. Saying my Pastor had told me to always put my name in scripture. Truly God is good to Kenny to such as are pure in heart.

But as for me, my feet had almost slipped;

I had nearly lost my foothold.

For I envied the arrogant when I saw the prosperity of the wicked.

They have no struggles; their bodies are healthy and strong. [a]

They are free from the burdens common to man; they are not plagued by human ills.

Therefore pride is their necklace; they clothe themselves with violence.

From their callous hearts comes iniquity [b]; the evil conceits of their minds know no limits.

They scoff, and speak with malice; in their arrogance they threaten oppression.

Their mouths lay claim to heaven, and their tongues take possession of the earth.

Therefore their people turn to them and drink up waters in abundance. [c]

They say, "How can God know? Does the Most

High have knowledge?"

This is what the wicked are like— always carefree, they increase in wealth.

Surely in vain have I kept my heart pure; in vain have I washed my hands in innocence.

All day long I have been plagued; I have been punished every morning.

If I had said, "I will speak thus," I would have betrayed your children.

When I tried to understand all this, it was oppressive to me

till I entered the sanctuary of God; then I understood their final destiny.

Surely you place them on slippery ground; you cast them down to ruin.

How suddenly are they destroyed, completely swept away by terrors!

As a dream when one awakes, so when you arise, O Lord, you will despise them as fantasies.

When my heart was grieved and my spirit embittered,

As he knelt reading this he knelt down and started to pray violently until he lost his strength and slept off.

They say, "How can God know? Does the Most

continued from p(33) 4 STEPS TO GET ...

identity. More than just a pretty graphic, your brand is the essence of how you want to be perceived and your promise to your customers about what they can expect. Once you've defined your brand's purpose, mission and key messages, create a logo

and visual identity. Consider working with a graphic designer for more professional guidance.

Explore financial tools and integrated solutions. Entrepreneurs should consider signing up for invoicing software like Wave to simplify the

process of invoicing, tracking expenses and balancing books. There are many other companies that offer helpful things like payroll assistance and free templates to create profit and loss statements. Find more information at rbc.com/beyondbanking.

To be Continued

continued from p(20) WHY DO NIGERIANS STILL ...

Like Eisman in "The Big Short" who famously stated that his investment strategy was based on "a willingness to call bulls"t" on irrational asset valuations and go against conventional market wisdom, one way to make a significant short term dent in Nigeria's long term unemployment problem is for Nigerians to become ruthlessly pragmatic and data-driven about what their education choices represent. Law is the most obvious and egregious example, but there are several other conventional university programmes that remain significantly overvalued in Nigerian consciousness.

Medicine is another example of an overvalued study program, consuming anything from 7 to 12 years of a Nigerian student's life just to be qualified to practise as a junior doctor. I know a doctor who got into Medical School at 18 and completed his first degree at 29 - 11 years later. For reference, in the 11 years since I entered university to study my "unconventional" programme in 2008, I have worked across several jobs, founded two businesses and grown a sig-

nificant portfolio of local and international work. The doctor by contrast, is only now qualified to start his career at the lowest possible rung, and getting even a house placement and a job afterward will be extremely difficult. If he decides to move abroad, he then faces the prospect of further expensive, difficult examinations to enable him practise- exams that must be passed within a limited number of tries with no guarantee of success. From a numbers point of view, can one really justify the years and money invested in that medical degree when compared to the left-field route I took?

This of course does not mean that avoiding Law and Medicine in favour of Creative Writing will necessarily result in similar results to mine. It just means that when making the most important investment decision of a young adult's life - post-secondary education - students and their parents must first of all analyse the job market to make an informed decision about what to fill in on that JAMB form. In a world where companies like IBM, Apple and Facebook have removed

university degrees from their list of recruitment requirements, it also means that Nigerians must focus now on practical skills over high-sounding degree certificates.

"In the job market of today, a 19 year-old with an SSCE certificate, an online nano-degree in Python and six months of remote experience as a developer will be significantly more employable and better remunerated than a 31 year-old with an LLB and an LLM who spent seven years acquiring these qualifications across university and Law School."

"Some companies like Siemens in Germany even offer apprenticeship programmes to teenagers, which take them straight from high school into paid work, awarding the equivalent of a degree certificate afterward."

Unlike Steve Eisman, we may not make \$1 billion for recognising that the world has changed and "calling bulls"t" on the false valuations Nigeria currently gives to certain types of education. Like Eisman though, we will at least be in a position to benefit from rapid change instead of being consumed by it.

continued from p(15) MOM TO PAY THOUSANDS ....

Enterprise Rent-A-Car had not given her son Christopher permission to drive, and the damage waiver she had purchased did not apply.

"The agreement expressly says that the waiver is invalidated if someone other than the renter or additional authorized driver operated the vehicle without the owner's written consent," Raikes wrote in his ruling. "Once Christopher got behind the wheel of the van and put it in gear, the waiver was invalidated. That is so whether he had Ms. Richards' permission or not."

Richards disputed the claim. She argued she had been driving but that, after stopping for gas, she returned to the minivan and found her son behind the wheel. She said

she got into the passenger seat and tried to dissuade him from driving, but was tired and gave up when he insisted. "I had absolutely no control of the situation and was wary that my safety was involved if I did anything further to frustrate him," she said in submissions.

She admitted having no idea his son's licence had been suspended, which led to charges against him after the crash. Raikes, however, said whether or not Richards had given her son permission to drive was inconsequential. What was clear, he said, is that the rental company had not given her the permission.

Or you can have a phone or video chat date when it is hard to connect in person. It can also be helpful to build connections with other new parents. Look for community programs and parenting groups to get out of the house and to connect with other parents.

4. Treat yourself: Do small things as a part of your self-care practice. In the early weeks to months, self-care may be taking shower and brushing your teeth that day. When the baby gets older (and everyone is getting more sleep), self-care may be taking some "me" time. You could get out with friends, go to a yoga class or even do something nice for your-

self at home. For example, scheduling a virtual personal training session or taking a long bath.

5. Try to get your ducks in a row: To prevent stress as a new parent, try to get health information and resources organized as soon as possible. Ask friends, family or health care providers to recommend nearby perinatal supports for your baby, yourself and your relationship/family. It is a good idea to have a list of resources handy. You can use them if you run into any medical concerns or stressors as you transition into parenthood. This may include:

continued from p(21) "THAT NIGHT IN ROOM 401".....

my three sisters are my stepsisters.... One daughter, one husband....

This was not the advice I needed, Maami was only going to complicate matters.... I slept off that night with a bigger plan in mind....

Early the next morning, I set out to boy's corner in Igbonla, that was where all the rogues, touts, robbers, cultists sit to smoke and drink all day....

Stepping down from my car, I tried to see if there was anyone I could recognize, when I heard my name....

"Oosamuyiwa.... A. K. A Grace the Singer, wetin you dey find? "I could not recognize the face instantly, but looking intently, it was Ifakolade, my first crush as the age of 10. We were always called husband and wife when we were younger. His teeth had turned brown from smoking... We exchanged pleasantries and we had time to talk. I narrated my ordeal and told him I needed someone to kill Larry for me... Ifakolade told me he was up-to the task and we bargained Four hundred thousand

Naira of which, I paid him half of the money instantly.. How desperate I was!!!

Two days later, Ifakolade brought me BAD news, they had gone to Larry's house in the city and shot at him, only for the gun to have no effect.... Larry took the gun and shot one of the boys that went with Ifakolade (Ifakolade only brother). He then asked Kolade to deliver a message to Grace.... It was a written note...

"Grace, do you think you are dealing with a boy? What I felt you before has become full blown enmity.. Be ready for war, I know where you are, by the time you will be reading this note, you will be putting on a red top and white trouser...that is to let you know... I am ahead of you... I am coming for you soon to take something precious " My hands were like Jelly, I was really putting on red top and white trouser...

I realized I was in soup, Larry was no ordinary human being, now I knew I needed supernatural powers, that was more than Larry's.... This was not going as planned....

Did you ever suspect Larry was this evil.....? DEEP THOTS NOVELS INSPIRED BY THE LIVING WORD WRITTEN BY OPEY-EMI O.AKINTUNDE FACEBOOK@OPEYEMI OJERINDE AKINTUNDE INSTAGRAM@OPEY-EMIAKINTUNDE @OPEYEMITHINKS DEEP YOUTUBE@DEEP THOTS FILMS

Ifakolade was lamenting over the loss of his brother, telling me why didn't I tell him Larry was diabolically empowered.... I was blank.... Larry was a Christian or so I thought.... Hot tears dropped from my eyes, the baby inside me kicked and that moment I felt like stabbing the seed of the monster inside me....

Suddenly, I heard a loud cry from inside the room, I dashed in.... What I saw made me pee on my body....

My youngest sister was dead.... I knew Larry did this....

It gets deadlier after this, all because of one night of adultery.... Continue reading my tale, and be ready to cry for me....

To be continued....

continued from p(30) NEW PARENTS?.....

• sleep consultants

• community support and social supports for new parents

• breast/bottle feeding supports

• recovery from labor and delivery (such as pelvic floor physiotherapists)

"Remember that we have evolved as a social species," Turner says. "It is also essential to be open to receiving support as a part of your self-care plan during the postpartum period."

If you are looking for a psychologist, a website like Lumino Health could help you find someone in your area. You can also find more information or research self-care options and resources at luminohealth.ca.

SPORTS

SIASIA'S MOTHER REGAINS FREEDOM FROM KIDNAPPERS



Mother of former Super Eagles skipper and coach, Samson Siasia, has regained her freedom from the den of the kidnappers. Siasia's mother Mrs Beauty Ogere was on July the 15th kidnapped by heavily armed gunmen who invaded her Odoni country home in Sagbama Local Government Area of Bayelsa State. It is the second time in four years Madam Beauty Ogere would be taken away.

OMERUO, ABDULLAHI, AWAZIEM BACK FOR BRAZIL

By Tunde Ajibode

Rohr picks Azeez, Olayinka for big game

Technical Adviser Ger-not Rohr has picked in-form Granada of Spain midfielder Ramon Azeez and Czech -based forward Peter Olayinka in Nigeria's 23-man squad for the prestige friendly with five -time world champions Brazil in Singapore on Sunday, 15th October.

Rohr also have defenders Kenneth Omeruo, Abdullahi Shehu and Chidozie Awaziem back from injury, otherwise the squad is largely unchanged from the side that was forced to a 2-2 draw by Ukraine in Dnipro on 10th September.

Goalkeepers Francis Uzoho, Ikechukwu Ezenwa and Maduka Okoye are retained, but England -based Leon Balogun and Russia -based Bryan Idowu are left out of the defence equation.

Former U20 team captain Ramon Azeez is called just as Leicester of England's Kelechi Iheanacho is left out, while Girondins Bordeaux's Joshua Maja will sit this one out, his place taken by another new boy, Peter Olayinka.

England -based midfielder Wilfred Ndidi also returns after missing the Ukraine encounter with injury. Alex Iwobi, Oghenekaro Etebo and Scotland -based Joseph Ayodele-Arifo, who scored on his debut against Ukraine, are all back in midfield, with Victor Osimhen, Samuel Chukwueze, Moses Simon, Samuel Kalu, Paul Onuachu and Emmanuel Dennis all back in the frontline.

Substantive captain Ahmed Musa is still down with injury.

All invited players are expected to arrive in Singapore

on Wednesday, 9th October.

Nigeria and Brazil will tango in a much -anticipated encounter at the Singapore National Stadium, Kallang, Singapore on Sunday, 15th October, 25 years after Nigeria, on their way to winning Africa's first Olympic football gold, spanked the Selecao in the semi finals at the Athens Stadium in the State of Georgia, USA.

23 EAGLES TO BATTLE BRAZIL

**Goalkeepers:** Francis Uzoho (Omonia FC, Cyprus); Ikechukwu Ezenwa (Heartland FC); Emil Maduka Okoye (Fortuna Dusseldorf, Germany)

**Defenders:** Olaoluwa Aina (Torino FC, Italy); Abdullahi Shehu (Bursaspor FC, Turkey); Chidozie Awaziem (CD Leganes, Spain); William Ekong (Udinese FC, Italy); Kenneth Omeruo (CD Leganes, Spain); Jamilu Collins (SC Paderborn 07, Germany); Oluwasemilogo Ajayi (West Bromwich Albion, England)

**Midfielders:** Alexander Iwobi (Everton FC, England); Anderson Estiti (PAOK Salonica, Greece); Oghenekaro Etebo (Stoke City FC, England); Wilfred Ndidi (Leicester City, England); Joseph Ayodele-Arifo (Glasgow Rangers, Scotland); Ramon Azeez (Granada FC, Spain)

**Forwards:** Victor Osimhen (Lille OSC, France); Moses Simon (FC Nantes, France); Samuel Chukwueze (Villarreal FC, Spain); Samuel Kalu (Girondins Bordeaux, France); Paul Onuachu (KRC Genk, Belgium); Emmanuel Dennis (Club Brugge, Belgium); Peter Olayinka (SK Slavia Prague, Czech Republic)

MESSI WINS BEST MEN'S PLAYER AWARD, BEATS RONALDO, VAN DIJK

By NCNC Staff

Lionel Messi, has set a new record of winning the FIFA best male footballer of the year for the sixth times.

The 32-year-old who won the best player of the year; beat his arch-rival Cristiano Ronaldo and Virgil van Dijk, who was recently named UEFA player of the year.

Having missed the cut last season, Messi scored 36 league goals to clinch the 2019 gong.

He won the European Shoe for the sixth time.

With 13 assists, Messi was involved in over half of all the goals scored by



Lionel Messi

Barcelona in their 2018/19 title-winning campaign.

He scored 12 goals in just 10 appearances in the Champions League which fired him to the top of the

goalscoring charts in Europe's biggest club competition.

In total, Messi scored 51 goals in 49 games; making it the sixth time he

has exceeded the 50 goals-a-season barrier.

The Best FIFA Awards was launched in 2016 after France Football broke the Ballon d'Or away from world football's governing body following corruption allegations.

The 2019 FIFA Best Award ceremony was held at the Teatro Alla Scala in Milan on Monday night.

Megan Rapinoe of the USA won the Best Women's Player of the year award ahead of compatriots, Alex Morgan and England's Lucy Bronze.

Liverpool's Jürgen Klopp was named Best

continued on p(42)

WE'RE COMMITTED TO NIGERIA OPEN, LAGOS ASSURES ITTF

By Tunde Ajibode

Lagos State Governor, Babajide Sanwo-Olu has disclosed that sport is a key to youth development while also reaffirming the state's commitment to the annual ITTF Challenge Plus Nigeria Open.

Governor Sanwo-Olu said the hosting of the tournaments has put Lagos on

the world map with players across the world eager to be part of the competition.

Nigeria Open is the third tournament in the last one week to be staged in Lagos and the Governor however, reaffirmed support to the championship.

Sanwo-Olu said table tennis has been developing since the start of the Nigeria Open few years ago.

Specifically, he singled out the Chairman of the Local Organising Committee (LOC), Wahid Oshodi as a pride to the state whose commitment and resourcefulness has continued to raise the profile of the sport in Africa.

"We want to continue to raise the bar so that other countries can continue to come to Lagos to

compete. We will not relent in our efforts to empower our youths which has been part of our campaign promises that we will support our youth to actualise their dream through sports. Wahid Oshodi has made Lagos State proud and taken table tennis to great height in Nigeria and Africa at large. Our commitment to the

continued on p(42)

SWAN PRESIDENT VISITS NEW MINISTER OF SPORTS

By Tunde Ajibode

SWAN President, Honour Sirawoo, earlier today, had a closed door meeting with the Minister of Youth and Sports, Honourable Sunday Dare.

Briefing newsmen after the meeting, the SWAN President said ways to make the Ministry succeed and record laudable achievements took center stage.

Sirawoo said SWAN would give adequate support to the new Minister of Youth and Sports.

The Minister was once a Journalist

The Sports Writers Association of Nigeria (SWAN) has congratulated the newly appointed Minister of Youth and Sports, Mr. Sunday Dare, describing his appointment as well-deserved.

"His appointment as Minister for Youth and Sports represents a new frontier in the administration of sports in Nigeria and one that is expected to usher in dynamism, resourcefulness and focused leadership.



outh and Sports Development Minister Sunday Dare (right) with SWAN President Honour Sirawo (left)

"As the umbrella body of all sports journalists in Nigeria, affiliated to the Association Internationale de la Presse Sportive (AIPS) and the Nigeria Union of Journalists (NUJ), SWAN calls on the new Minister to give every Sport adequate attention, unlike some of his predecessors that focused mainly on football to the detriment of others.

A statement issued by the National Secretariat of SWAN and signed by the Deputy Secretary General, Babafemi Raji, noted that over the years, the fortune of Nigeria in international championships have continued to dwindle due largely to lack of concerted effort to discover budding talents that abound in the length and breadth of the country. "SWAN believes that Nigeria deserves more than what the country is getting from sports in view of the abundance of natural talents in practically every field; hence our hope that you will give priority to

grassroots sports.

"Equally of importance to SWAN is the regrettable state of federal government-owned sports facilities; we make bold to say that they are mostly in dire need of rehabilitation, especially the pitch of the now Moshood Abiola National Stadium, where it is evident that anthills are freely springing up due to lack of maintenance.

"The recent embarrassment the country faced after the Athletics Federation of Nigeria (AFN) allegedly diverted about \$135,000 dollars the world Athletics body mistakenly paid to it, is yet to abate, just as athletes representing the country at international championships were thrown out of their hotel accommodation; amidst cases of unpaid allowances and corruption in the sector.

"SWAN equally expects that the yearly allocation to the sports sector from the Federation Account will significantly improve, because sports is a huge industry, that if well programmed has the

continued on p(42)

NIGERIAN ACTRESS, YOMI ADEYEMI-WILSON DIES AT 39



NCNC Staff

Popular Nigerian child star, Oluoyomi Victoria Olaniyi-Toluwalope (née Adeyemi-Wilson) dies at 39.

Yomi who was born on May 31,

1980 passed away on September 12, 2019 after a battle with health challenges.

Late Yomi who became popular in the 1980s and 1990s with the popular TV series 'Third Eye' which aired on NTA

attended Home Science Association Nursery and Primary School, Ikoyi, Queens College Lagos and the University of Lagos where she studied law.

She played the role of 'Uze', the daughter who provided Inspector Best Idafa (Olu Jacobs) with clues for solving criminal cases in the TV series.

Queens' college old girls on their official website commiserated with the family of Oluoyomi Victoria Olaniyi-Toluwalope.

JAMIE FOXX DENIES ROMANCE

By Stanley Ugagbe

Following his reported split with fellow actor Katiem Holmes, Jamie Foxx has denied the rumour making waves that he is in a romantic relationship with singer Sela Vave.

In an Instagram Live video, the 51-year-old Foxx noted that his relationship with 21-year-old Vave is a professional one, emphasizing that claims to the contrary are "scandal chasing".

The ongoing saga started after Foxx and Vave were seen leaving a Los Angeles nightclub hand-in-hand.

According to the Press Association, Foxx in a video had said he

is acting as a mentor to Vave. Delineating on the development, he remarked that he had performed a similar role in helping singer-songwriter Ed Sheeran and presenter Nick Cannon on their way to the top. Foxx said "When I met Ed Sheeran, I didn't know him from Adam. He slept on my couch for six weeks - he ended up going on to do great things."

He continued that "It's a double standard when it comes to women".

The actor, who lamented why people always read negative meaning into everything public figures do, said "When it was the guys,

everything is cool, but when it was the women they try to make it something else. But we are going to try to protect our own.

"And like I said, I spoke to that girl's mom and she put her trust in me."

On her part, Vave had posted a photo of herself and Foxx on Instagram and wrote: "I am so grateful to this man! Thank you so much @iamjamiefoxx for everything you do and for believing in me. #feeling-blessed."

The star actor, Foxx and Holmes were reportedly in a six-year relationship but never confirmed it during that epoch that they were a couple.

OTEDOLA COMES FOR MAJEK FASHEK'S HOSPITAL BILL

By D.Forrester

Help has finally come for Reggae artist, Majek Fashek as billionaire business mogul, Femi Otedola reportedly takes over his medical bills in the UK.

Otedola has decided to foot all the medical bills for the reggae music icon who has been admitted at a London based hospital. His manager,

Uzoma Day confirmed this to Linda Ikeji during a chat.

"We really appreciate him for coming through and taking care of the hospital bills. Its a huge relief and we are grateful. We however still need more support from well-meaning Nigerians to take care of other expenses," he said.

The help comes just days after Majek's man-

ager had debunked the claims he was dead.

Help has finally come for Majek Fashek as his hospital bills have been reportedly taken over by billionaire business mogul, Femi Otedola.

According to him, he was still in the hospital and only required prayers and funds from well-meaning Nigerians.

According to him,

ARTS & ENTERTAINMENT

JAY-Z PARTNERS WITH NFL



By Stanley Ugagbe

In its bid to enhance the NFL's live game experiences and to amplify the league's social justice efforts, Roc Nation, the entertainment company founded by rapper and businessman Shawn "Jay-Z" Carter, has disclosed that it is entering into a multiyear partnership with the NFL.

This development was disclosed by Roc Nation in a statement made available to newsmen.

According to the statement, Roc Nation will advise on the selection of artists for major NFL performances like the Super Bowl. The statement further specified that a major component of the partnership

will be to nurture and strengthen community through football and music, including through the NFL's Inspire Change initiative.

It would be recalled that the NFL formally launched the Inspire Change initiative in early 2019, after more than two years of work with NFL players, with the

continued on p(42)

NOLLYWOOD RELEASES MOVIE TITLED XENOPHOBIC ATTACKS

By D.Forrester

When you think you have seen it all and the dust finally getting settled over the recent Xenophobic attacks in South Africa, then Nollywood comes up with something that makes you cringe.

Nigeria's movie industry, which is the 3rd largest in the world has over the years pulled up surprises but the recent release of a movie trailer titled; Xenophobic Attack, is the latest stunt that has got people talking.

The movie is produced by Sam Dede and was premiered on the 6th of September on YouTube. It has since been viewed over a million times. It seeks to narrate the details of the attacks



on foreigners by South Africans, especially tracing the root causes and the emotional side of violent attacks as it impacts families. However, many are already reacting, saying it may actually not be a blockbuster considering the hurried way it was produced.

Sam Dede is known to act in gangster-themed movies and became popular with 'Issakaba' movie in the early 2000s. Questions raised in-

clude, the location of the movie, plot and the story it has to tell.

The movie will hit the cinemas soon. It is believed that it could help deliver the solemn message of harmony and the need for social integration among Africans rather than the glorification of violence. Ultimately, it shouldn't just be about making gains from the sad tales of horror, but rather the inculcation of values that will continually linger on.

the reports on social media about Majek Fashek's death are untrue, stating that the singer is responding to treatment and would require more donations and prayers

from well-meaning fans and individuals.

M a j e k o d u n m i Fasheke, popularly known as Majek Fashek, is a Nigerian singer-songwriter and guitar-

ist. He is best known in his home country for the 1988 album Prisoner of Conscience, which included the multiple award-winning single "Send Down the Rain".

from p(41)  
**JAY-Z PARTNERS WITH NFL**

goal of creating positive change in communities across the country.

It was disclosed that through the initiative, NFL teams and the league office work with the Players Coalition and other NFL players to support programs and initiatives that reduce barriers to opportunity, with a focus on three priority areas: education and economic advancement; police and community relations; and criminal justice reform.

Carter in a statement said "With its global reach, the National Football League has the platform and opportunity to inspire change across the country."

He continued that "Roc Nation has shown that entertainment and enacting change are not mutually exclusive ideas -- instead, we unify them. This partnership is an opportunity to strengthen the fabric of communities across America."

While fielding questions from media men, Carter explicitly noted that: "I'm really into action -- I'm into real work. I'm not into how it looks. How it looks only lasts for a couple months until we start doing the work. I've been in this position many times"

"Take Tidal as a great example from five years ago. Now, people look at it today, people have a different outlook on it. But at the time, people didn't see what was going on. So I've been in this position many times. I just show up and do the work."

"I'm not interested in how things look on the outside. If protesting

on the field is the most effective way, then protest on the field. But, if you have a vehicle that you can inspire change and you can speak to the masses and educate at the same time."

According to him, the platform that the NFL provides speaks to the work in the community that the league and Roc Nation can achieve together.

In his words, "Inspire Change is already happening (with Roc Nation) and the NFL has a huge platform."

"We can use that huge platform, and we've seen it happen. Like with J.J Watt, when he brought the aid to everyone in Houston, everybody forgot about the turmoil that was in the NFL. If you can use this platform to do that in different areas, that's a home run. That's how I would view a success. That's success for me."

The statement also added that Roc Nation will work with the NFL to create and distribute content across multiple music streaming services for a variety of initiatives.

On his part, NFL Commissioner Roger Goodell said "Every conversation I've had with Jay has been inspiring."

He continued that "Not just on his perspective on the process of how we do the entertainment, but what we should try to achieve. We always say we should get better and we should evolve. We think we should partner with the best, and that's why we're sitting here. We believe we're partnering with the best. So, his perspective is going to drive us."

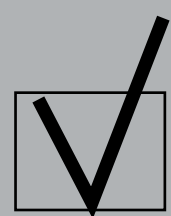
answers from p(31)  
**CODE**

- (1) What number stands for 'some'? \_\_\_\_\_ (3594)
- (2) What word stands for '947'? \_\_\_\_\_ (men)
- (3) What word stands for '7534'? \_\_\_\_\_ (nose)
- (4) What number stands for age? \_\_\_\_\_ (864)
- (5) What word stands for '3894'? \_\_\_\_\_ (same)

answers from p(30)  
**TELEPHONE SCRAMBLE..**

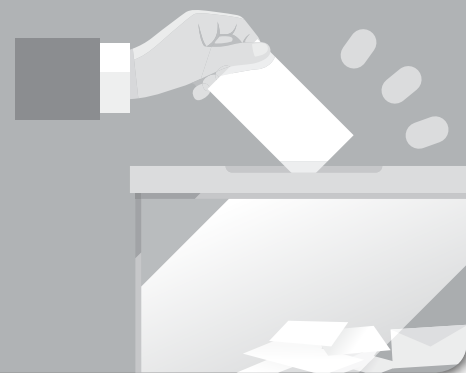
- a) A winner is a loser who tried one more time
- b) Patience can cook a stone

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answers from p(40)

**SWAN PRESIDENT VISITS.....**

potential to meaningfully engage a lot of the teeming youths.

"SWAN will be ready to support you push for an increase in the allocation that comes to the Ministry, by engaging relevant government agencies both at the Execu-

tive and Legislative arms.

"SWAN is also looking forward to the enactment of a workable national sports policy that will enable every sport to grow, and the creation of an endowment fund for our sports heroes; as well as, an environment that will

encourage private sector investment.

"SWAN advocates the upgrading of the National Institute for Sports (NIS) to a Degree Awarding Institute as well as the establishment of a University for Sports with campuses across the

country.

"As an Association, we express our readiness to work with any progressive idea you bring to the table, in addition to performing our responsibilities as watchdog of the sports sector, through constructive engagements".

answers from p(40)

**WE ARE COMMITTED TO.....**

sport will not dwindle and we assure ITTF that we will do our best to make the tournament more glamorous in coming years," Sanwo-Olu said.

For Dr Meshref, Lagos has become the home of table tennis in Africa having hosted some of the ma-

tor tournaments in the ITTF Calendar.

"We are proud to be associated with Lagos State and we want thank you for your support and this goes to show that you are indeed a sports loving governor. ITTF has seen the Nigeria Open as one of major tour-

naments in the world and we will continue to do our best to support the tournament," he said.

The ITTF team has the President of African Table Tennis Federation (ATTF), LOC Chairman, Wahid Enitan Oshodi and Executive Chairman, Lagos State

Sports Commission (LSSC), Dr. Kweku Tandoh. The Lagos State team include the Deputy Governor, Femi Hamzat, Head of Service, Hakeem Muri-Okunola and Senior Special Assistant to the Governor on Foreign Relations and Diaspora, Jermaine Sanwo-Olu.

answers from p(40)

**MESSI WINS BEST...**

Men's coach of the year beating English Premier League compatriots of Pep Guardiola and Mauricio Pochettino of Manchester City and Tottenham Hotspur respectively.

"What can I say. I have to say thank you to a lot of people obviously. Nobody would have expected this 20 years ago, five years ago, four years ago," Klopp said.

"Mauricio I won that game, that's why I'm here not you. That's just how football is."

"I say thank you to my club. I have to thank my team. As a coach, you

can only be as good as your team.

"I'm really proud of being a manager of an incredible bunch. I don't understand 100% individual prizes. But I get it. I'm here for a lot of people."

"I'm really proud to announce that I'm a member of the Common Goal family."

For the Best Women's coach award, Jill Ellis of the USWNT beat England's Phil Neville and Sarina Wiegman of Netherlands.

**Here is a full list of FIFA Best Awards**  
**Best Men's player**  
Lionel Messi (Barce-

lona/Argentina)

**Best Women's player**  
Rapinoe (Reign FC/ USA)

**Best Men's Coach**  
Jurgen Klopp (Liverpool)

**Best Women's coach**  
Jill Ellis (USA)

**Best Women's goalkeeper**  
Sari van Veenendaal (Atletico Madrid/Netherlands)

**Best Men's Best Goalkeeper**

Alisson Becker (Liverpool/Brazil),  
**Puskas Award**

Daniel Zsori (Debrecen v Ferencvaros)

**Best Fan**

Silvia Grecco

**Best Fair Play**  
Marcelo Bielsa and Leeds United FC

**Best FIFPro Men's XI**  
Alisson Becker, Matthijs de Ligt, Sergio Ramos, Virgil Van Dijk, Marcelo, Luka Modric, Eden Hazard, Frenkie de Jong, Kylian Mbappe, Cristiano Ronaldo, Lionel Messi

**Best FIFPro Women's XI**

Sari van Veenendaal, Lucy Bronze, Wendy Renard, Nilla Fisher, Kelley O'Hara, Amandine Henry, Julie Ertz, Marta, Rose Lavalley, Megan Rapinoe, Alex Morgan

answers from p(31)

**RIDDLES**

Answers: Your breath, Silence, Bacon, No one. The doctors were bill's sisters, Darkness, a map.

answers from p(31)

**MISSING WORD..**

Answers: (1) a; (2) d; (3) e; (4) b; (5) a; (6) c;

answers from p(31)

**QUESTIONS 1-5**

Answers: (1) 5; (2) 2; (3) 4; (4) 63; (5) 8;

continued from p(14)  
**WITH THIS RING**

When her mother left the room, Grace continued in her thinking. She wondered where Albert was and what he was doing. It occurred to her to return his money, she didn't want his money. Giving her money to terminate the pregnancy was an insult. She got up and carried her laptop. Within minutes, she had transferred the money back to Albert's account.

What else did she need to take care of? Yes, she had to call her father, Lulu Adejoh.

She took her cell phone, searched for 'Dad' and dialed. The phone rang several times but wasn't picked. She put the phone down. He would call her back, she was sure.

Almost immediately he called her.

"I'm sorry I missed your call. I saw someone off and left my phone in the living room." Lulu explained.

The man was from Igalala in Kogi state.

"That's okay, Dad. Will you still be in the office by six on Tuesday

evening?"

"Do you want to come and see me?"

"Yes."

"Okay. I'll wait for you."

"Thank you, Dad."

"How's your mother?"

"She's okay. Good-night Dad."

"Goodnight, my dear."

As she ended the call, her phone started ringing again. She checked. It was Albert.

Albert? He must have received an alert of the transfer. She ignored the shrill ringing.

After several rings, it cut off but began to ring again almost immediately. What's he calling for? She wondered with a frown on her face and pain in her heart. When she didn't pick it, it eventually stopped.

She thought back to Pastor Femi's statement that she should have seen it coming. Yes, she should have.

She knew he wasn't a strong Christian and wanted sex yet she continued seeing him and gave in to him because

continued from p(21)

**HOW CAN I MARRY..**

Pastor Martins reached out, took a sheet of paper and a pen, and began to write. "Some of the questions ..."

(Excerpts from the novel THEN CAME YOU)

*For the men who might have been wondering - how can I marry a lady who has been raped, the question is - Why can't you marry her?*

*You can marry her if you love her.*

*You can marry her because she did not cheat on you, she was raped.*

*Yes, rape is terrible, and it might have robbed you of the joy of being the first man with her but true love transcends it all.*

*The Bible reveals some things about true love.*

*For love is patient, love is kind.*

*It does not envy, it does not boast, it is not proud.*

*It is not rude, it is not self seeking, it is not*

*easily angered, it keeps no record of wrongs.*

*Love does not delight in evil but rejoices with the truth.*

*It always protects, always trusts, always hopes, always perseveres.*

*Love never fails.*

*(1 Corinthians 13)*

If you are still bothered about marrying such a lady, then you should go for counselling together.

Another way to look at it is this - how would you feel if a man says he can't marry your daughter or walks away because she was raped? I'm sure you would be very upset and disappointed.

And so, pray about the situation, trust in the Lord will all your heart, and He will direct you.

*To read this novel and the others by the same author, please visit:*

*www.pastortai-woodubi.org*

she didn't want to lose him. She wished she could rewind the time and erase her visits to Albert's house. The good times she had with him were not worth the troubles she would go through, she realised.

(To be continued)

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

*To read this novel and the others by the same author, please visit:*

*Website: www.pastortai-woodubi.org*

continued from p(17)

**3 WAYS TO CREATE....**

neutral hues throughout the space with bolder or deeper hues to emphasize mill-work, ceilings and window framing will create a feeling of harmony throughout your home. "Be sure to use appropriate premium quality products when painting these surfaces," says Grech. For example, premium paints like Benjamin

Moore Regal Select would be ideal for painting ceilings.

Luxe layers. Nothing says cozy quite like a plush sofa with oversized pillows and throws. Play around with different textures to establish a chic and comforting look and feel. Layering luxe fabrics that are

rich in texture, like velvet and faux fur, adds an instant dose of sophistication to your space.

**Do not stand in a place of danger trusting in miracles.**

- African Proverb

continued from p(21)

**HOW CAN I MARRY..**

people feel you won't listen they'll say to themselves, what's the point! They'll relate to you on other parameters but will be afraid of intimacy with you.

The other reason people will be worried about those stored texts is because it suggests vindictiveness, like you must not be offended. No one wants to be in a relationship with the unforgiving. You may not want to hear this but your dressing is another factor. You don't take care of yourself. Of course you have a right to present yourself as you like, if just to prove a point but don't forget men are ruled by imagery. You can't stick to that right and then turn around and complain men are superficial. They have a right to be superficial, just as you have a right to have an uncaring attitude about your appearance.

Men are into imagery. It's what the look SUGGESTS that matters. If a Beyonce LOOK is a man's idea of beauty whoever has a semblance of that look will be considered attractive, even if she's a far cry from the real thing. Wigs can serve that purpose. Now, don't interpret that to mean men don't care about values. Not so. And anyway the number one value for men when it comes to relationship is agreeability. Agreeability produces peace. And so when you're difficult you chase men away from you. Too much emotional cost. Too much will be required to have a relationship.

Everyone regretted planning the evening with her. They couldn't even think of a way to get rid of her and go and have their drink. She wore everyone out emotionally. She destroyed that Friday. They soon agreed to disperse. They were emotionally worn out. They just couldn't bear

to have drinks and may be dinner. They were all single. The guys were professionals, one lady was a lawyer, the other an entrepreneur. They agreed to meet at a mall at 7pm. And so they did. The understanding was, they would choose where to have drinks when they meet in the parking lot of the mall. They could patronise a bar in the mall, have dinner at one of the restaurants, or go to another venue entirely. And so they met, hoping to relax and enjoy each other's company. It was Friday night. They were paired. They just needed to choose a restaurant or bar. There was only one problem. Every suggestion made was unacceptable to the entrepreneur lady. And she had no suggestions of her own. Can we try this? No! Can we try this other place? No! How about here? I don't like it. What do you want? I don't know. She held everyone hostage, and this exacting exercise of choice went on for almost forty-five minutes. Everyone was fed up. Somehow she couldn't see she was destroying the evening. She was habitually controlling. She had no sensitivity. Never occurred to her she could forbear some specs for the sake of the company. At the end of forty-five minutes everyone despaired of her. The other lady was visibly irritated. Everyone regretted planning the evening with her. They couldn't even think of a way to get rid of her and go and have their drink. She wore everyone out emotionally. She destroyed that Friday. They soon agreed to disperse. They were emotionally worn out. They just couldn't bear

her again. One disagreeable person can hold an entire group to ransom. That's the power of negative attitude. They swore in their post analysis on WhatsApp they'll never invite her out again, and they kept their word. What's the point? She was difficult. Two single girls, two single guys and someone ruined the possibilities with willfulness and self-centeredness. That is an illustration of what people mean when they say someone is difficult. There's no spirit of agreeability. You can't have a relationship without agreeability. Two can't walk together except they agree.

If you want a relationship you have to be willing to forbear and accommodate viewpoints, even if you don't agree with those viewpoints. That's what it takes to have a relationship. But if you must have your way in a discussion and turn it into an "I must win" scenario you'll lose valuable friendships. In fact some relationships will never start. People will run away. You'll become an insufferable personality, a very irritable personality. You won't be aware of the level of irritability because you'll be happy you had your way. The discussion will turn quietly bitter and nasty, with a negative after taste; or the other party may concede just for the sake of peace. But then what do you have?

You can't continue this way. You'll lack what you need and those needs are going to hit you hard when you're alone. You're going to be unhappy. Of course you're going to generate an excuse for why guys are keeping away, saying

they're scared of confident women, etc. But in your heart of heart you know that's not the case. Stop cutting people down in your conversation. Stop being argumentative in discussions. Stop dragging simple issues. Business appearance matters. And we don't complain in that context. How come we imagine we can get away with poor appearance in social context?

You can't want people to like you and be doing disagreeable things. It won't add up. You can't imagine you can do whatever you like, say whatever you like, show no sensitivity and imagine people will be drooling all over you. You're hurting people. There are people who give pain when they relate. Five minutes into a conversation and they're saying hurtful things, seeking to cut people down, reduce your standing. You shouldn't be that person. That's relationship on pain of punishment. Guys will be afraid of being locked up in a relationship with such a person. There'll be too much pain. You can't say that's how you are. If that is the case, don't look for a relationship. Stay single. After all that's how you are!

These things are learnt traits. They can be unlearned. You can get rid of them. And you should. They're hurting your chances, hurting your marital prospects.

What more can I say?

Your mentor, LA. talk2me@lekealder.com

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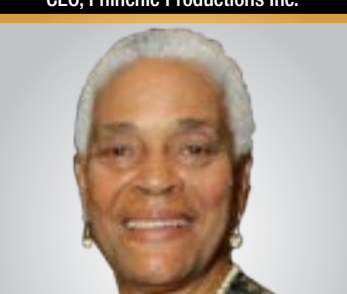



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