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# NIGERIAN

## CANADIAN NEWSPAPER CANADA

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Mrs. Funke Banjoko, who hails from Ekiti State, Nigeria has become the first black woman to be elected into the Regional Municipality of Wood Buffalo government, McMurray, Alberta Canada.

## HISTORY MADE AS NIGERIAN ELECTED FIRST BLACK COUNCILLOR IN CANADIAN ELECTION



## EVERYTHING YOU NEED TO KNOW ABOUT CRYPTO CURRENCY

» PG. 10



## JUSTIN TRUDEAU ANNOUNCES NEW CABINET

» PG. 19

**W**OOD Buffalo's regional Municipality includes Fort McMurray and 10 communities that are smaller.

According to CBS News, Wood Buffalo voters elected what is considered to be the most diverse council in the history of the region.

Banjoko has resided in Fort McMurray for 10 years and she is the first Black woman to be

elected to hold that position in the municipal election's history.

She campaigned relentlessly for the position, and it was evident as she got the highest number of votes for the council with 4,788 among the six elected from 24 contestants in the ward.

She read History and graduated from the University of Jos in 1989. After she graduated, she enrolled for professional study in supply chain

management at the Institute of Purchasing and Supply, Stamford University, United Kingdom.

While talking after she won the election, she said: "I represent a group of people that maybe they didn't feel they were represented before.

"When we bring our different strengths, experiences, skills ... if we work together then we will achieve so much. "It's only natural for me."

## JYOTI GONDEK

### BECOMES CALGARY'S FIRST FEMALE MAYOR

By Stanley Ugagbe

Jyoti Gondek has inked her name in history books following her declaration as Calgary's next mayor, making her the first female to be elected to the office.

In a victory speech, she said "My heart is full at the thought of how much love and support I have received, not only from the day I announced, but all the way up to today". The history maker thanked her 1,200 volunteers, as well as her family.

She said "Please know all of your sacrifices did not go unnoticed, thank you for taking this journey with me, for caring about me and believing in me".

"This election is also about my dad, who left us far too early. It was actually his unfinished community service that I picked up in 2003 that has brought me to this point in my life."

It would be recalled that before running for mayor, she served one term as the Ward 3 councillor. Records also have it that prior to her time on city council, Gondek volunteered with the Northern Hills Community Association and served as a citizen member on several municipal committees.

The first female mayor holds a PhD in urban sociology and, before entering politics, worked

at the Westman Centre for Real Estate Studies at the University of Calgary's Haskayne School of Business.

In a statement, the female mayor averred that she looks forward to working with the newly elected council and other levels of government. She said "Now we turn to that focus on the mission of service, to build a stronger city"

"I'm very excited about this prospect of creating a new team, one that prioritizes the well-being of Calgarians, through ensuring that we understand our collective strength. Your new council will pull together around a common vision that makes us more resilient as a city. We will set the bar high to deliver on your expectation and we will remain accountable to all of you."



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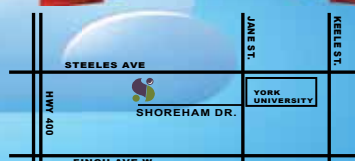
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*Editorial*

## Addressing the scourge of sexual violence in schools

Alarmed by the draconian scourge of sexual violence rocking schools in the province, lawmakers in Quebec have swung into action by pushing for a strict bill to curb the menace – a move that should have been made long before now. If passed, the bill would force schools at all levels, in both the public and private systems, to adopt a policy to combat sexual violence.

Disclosing the ill statistics of victims in recent time, Christine Labrie, Quebec Solidaire's education critic said "More than half of the victims of sexual offenses recorded by the police are minors". While stating that "School is sometimes the only safe place a victim goes to," Labrie said "The forms of sexual violence that young people can experience are numerous: sexual abuse at home, intimate photos shared by classmates, violence linked to sexuality or

identity, etcetera. School workers must be better equipped."

We recall in that in 2020, a survey revealed that more than one in three people reported having suffered sexual violence in Quebec's CEGEPs. Most of the assaults go unreported, according to the same study. It could also be recalled that an anonymous survey conducted by a major news outlet in 2019 among over 4,000 students across Canada between the ages of 14 and 21, about school-related physical and verbal abuse, as well as about sexual harassment and assault, fifteen per cent of female respondents said they have had a sexual act forced upon them, including oral sex or being forced to touch someone in a sexual manner. That means in a class of about 20 female students, three say they've been sexually assaulted by another student.

Nine per cent of male students also reported being sexually assaulted by peers. Of those who reported experiencing sexually inappropriate behaviour, a quarter of students encountered it for the first time before Grade 7. More than half experienced it for the first time between Grades 7 and 10.

As ugly as the statistics are, they are a reflection of what is happening in schools. Though sexual violence is as old as man, there is an urgent need to tame the monster especially in schools. School needs to be a safe place for students, they need to be able to confide in their educators and get help quickly. Sexual violence comes with lots of damaging effects that border on physical, emotional, psychological, and cognitive but to mention a few. No human being deserves to be sexually abused and all efforts must be geared to ensure safety of people especially students in schools.

It's imperative for schools to adopt the sexual-violence policies being put forward by the lawmakers in Quebec. We also call on victims to report sexual abuse cases to the relevant

authorities so as to help curb the scourge. It's commendable that the Ontario government had swiftly announced new supports for students who report sexual violence.

We are calling on the governments of other provinces to key into the move by Quebec to ensure the safety of students. No matter how great a learning institution is, if the students cannot be guaranteed of safety, it simply connotes that all is not well. The scourge of sexual violence must be fought with all ferocity.

In another development, a year after, the Nigerian government is yet to fully address the five-point demands of the #ENDSARS protesters - Investigation of allegations of police misconduct and prosecution of the indicted, Compensations for victims of po-

lice brutality, Release of arrested protesters, Increase in the salaries of police officers, Psychological evaluation of all disbanded SARS officers before redeployment.

It's worrying that till date; a lot of the protesters are still being detained by the Buhari administration – a clear demonstration of the tyranny of the government. We are even perturbed that state governments dragging the investigations of police brutality.

The police, on the #ENDSARSMemorial in Lagos demonstrated their might again by brutalizing an Uber driver – a clear indication that they were yet to learn from last year's events. We call on President Muhammadu Buhari to awake to the five-point demands of the protesters and ensure that they're swiftly met.

*"Kola nut lasts long in the mouths of Those who value it."*  
Nigerian proverbs

## TRUTH, IT IS!



**Kolapo (Kola) Abdul**

It's true, tears could roll,  
It's true, fears could knoll.  
It's true, we've been repressed,  
It's true, we've been neglected.

Though, lost the life we lived,  
Seems torn from my past.  
Though, lost the field we

toiled,  
Seems my history won't last.

The presence and the history,  
Meet at the valley of decision.  
The Crown and the colony,  
We all entomb our long friction.

Unity to servable democracy  
Justice, peace and social liberty.  
That all people are equal rightly  
The truth and reconciliation legacy.

I am healed, my heart is mended,  
I am First Nations, Inuit

and Métis.  
In lasting and enduring declaration,  
In mutual respect and working treaties.

We can weep together,  
We can merry together.  
We all can coexist and grow together,  
We are all human fated to live together.

Its true, Rovers we're all,  
In truth and reconciliation.  
The mandate deems for the land,  
The sacred hearts of the people.

*(for the National Day for Truth and Reconciliation)  
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## HEALTH AND WELLNESS

### Quick tips to refresh your medicine cabinet



(NC) Warmer weather means it's the perfect time to deep clean your home or refresh your wardrobe for the warmer weather. But when it comes to your medicine cabinet, what should stay and what should go? Here are some easy tips to spruce up your medicine cabinet and get the most out of

your products.

#### CHECK YOUR EXPIRY DATES

When was the last time you checked the expiry dates on the items in your medicine cabinet? The expiry date listed on a cosmetic product means it's good until that date if the product is unopened or never used —

but once you've opened the packaging, its shelf life starts winding down. As a rule, your products are only good for about a year from when you open them, so check their best-by dates, especially for products at the very back of your cabinet.

#### SAVE SPACE WITH MULTI-PURPOSE PRODUCTS

Bathroom storage space is often limited, so purchasing multi-purpose products — like a toothpaste that prioritizes gum health, gently whitens teeth and fight cavities all at once — is ideal and lessens the need to buy multiple products. The new Colgate Renewal Gum Revitalize toothpaste features a specialized formula

that helps reverse early gum damage and reduces bleeding and inflammation for healthy and revitalized gums.

#### RE-STOCK YOUR CABINET BY SEASON

The moisturizers and beauty products you use in winter are often too heavy for your skin in spring and summer. The air is dryer in winter, requiring a heavier-duty moisturizer to compensate. If your skin is feeling oily as the weather warms up, switch to a lightweight facial moisturizer and foundation made for your skin type. And don't skip this step if your skin is naturally oily — you still need a good daily moisturizer to keep your skin hydrated, supple and balanced.

### 3 key topics to discuss at your next doctor's appointment



(NC) During the earlier months of the pandemic, many of us likely had non-urgent medical appointments cancelled or postponed to make room for priority patients. While this was the best course of action at the time, it may have resulted in missed visits and left some of us in need of a good checkup.

Since it may have been a while since your last appointment, arrive prepared to discuss some key topics, including:  
**LIFE UPDATES — EVEN THE BORING STUFF**  
Your life might not look

dramatically different since your last visit, but don't leave out the details. Changes that may appear minor could offer your doctor important insights into your overall health. Make sure to check in on medications you're taking; changes to your weight or muscle mass; and new dietary habits or sleeping patterns.

#### YOUR PERSONAL IMMUNIZATION RECORD

As we age, our immune system gradually weakens and becomes less effective at protecting us  
*continued on p(19)*

### 3 childhood health habits we should carry into adulthood



(NC) There is an old saying that old habits die hard. It may not apply to our childhood health routines, when life felt simple and our family looked after our well-being, but maybe it should. Here are three childhood-inspired health habits that could serve us well in adulthood.

#### BABY SOFT SKINCARE

Not all of us are blessed with baby-smooth skin, but we can certainly try to preserve our precious glow by taking a few notes from the kid's playbook. Always wash your face before bed, be sure to apply sunscreen before you go out, keep hydrated and remem-

ber that simple, unscented soap is sometimes all you need for cleansing.

#### REGULAR VACCINATIONS

Thanks to our parents, most of us were immunized at a young age against vaccine-preventable diseases like the measles or chicken pox. But vaccination isn't just for kids. Immunity from childhood vaccinations may wear off over time and as we age, so getting a booster dose can increase our immunity to provide the best protection.

There are also diseases that are more common in adults, even healthy ones. This is why additional vaccines are needed as we get older. Remember, staying up to date on your shots helps protect you and those around you.

#### TIME FOR SLEEP

We all cherish the nights when we slept like a baby. In fact, children require (and get) on average 10 to 13 hours of sleep in a 24-hour period. While adults don't require the same quota as children, many may forget just how important sleep is for the maintenance of good health. Canadian adults aged 18 to 64 require seven to nine hours of sleep per night. In today's always-on world, insufficient sleep is common, but if our kid selves can teach us anything, it's the importance of getting in a good night's rest.

### How to prepare your family for fire emergencies

(NC) Fire can spread rapidly through your home, and the National Fire Protection Association predicts you may only have as little as one or two minutes to escape safely once smoke alarms sound.

"We encourage everyone to evaluate their level of preparedness against potential dangers," says Ashley Gocken of First Alert, a leading fire safety brand.

"It's imperative that people develop and practice a fire escape plan and install, maintain and regularly test smoke and carbon monoxide alarms. These are life-saving practices that can make a real difference."

To ensure you and your family are prepared and protected, follow these steps:

*continued on p(25)*

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## NOT-FOR-PROFIT PROFILE

## Youth for Purpose Canada and Post-covid Strategic Intervention



By Zacheaus Somorin

The Youth for Purpose Canada (YFPC) was founded in 2020 for the purpose of intervening in the various challenges that youths in Canada face during and after the covid



**Elisha Ayantokun**  
Founder: Missionary, migration, and advisor

pandemic that almost ravaged the world economically.

A recent survey of young people (aged 14 to 27 years) conducted by CAMH found that nearly half of youth with existing mental health challenges

and 40% of those who have never sought mental health treatment have experienced improved self-reflection and self-care during the pandemic. Despite this, strategic interventions are still needed to help the youth sustainably.

Founded by Elisha Ayantokun (a missionary, migration and financial advisor) YFPC intends to motivate young adults as leaders to become whatever they desire in life as long as they have access to the right information and the right people who can show them the way.

As a humanitarian organization focused on grooming future leaders by providing high-impact interaction programs to young adults, the organization has a global agenda - to spread around nations.

Part of the central mission of YFPC is to grant access to powerful life transforming networks and information, while helping them to break

from every limiting shackles holding them back from achieving their life goals.

Helping youth in Canada to access resources is the centerpiece of Youth for Purpose Canada. The resources have the potential of encouraging the young ones to transform their consciousness in the theme of their beliefs, values and cultural backgrounds.

The organization has an empowerment program that aims at improving the quality-of-life by channeling younger people to participate in school scholarship programs in universities across the world. This is the gateway to intergenerational equality.

The YFPC volunteers are always in search of information about job openings, scholarships and government aids in Canada. The requirements for filling these opportunities are diligently sourced and communicated to all members.

Community, being the host of every individual, must be taken into consideration. The organization therefore understands how important it is to engage with not just its environment but the individuals that make up with the community with gestures

that resonate to the neighboring community and the society at large.

YFPC offers the opportunity to further knowledge and cultural capital, learning about places and cultures, and gaining intercultural skills in the process; therefore, youths are to be considered "global citizens" in today's world where some levels of international competence are required. Hence, whether our youths' school at home or abroad, they will need to work effectively with others from very different and diverse backgrounds. This may be made more understandable in the case of business.

YFPC Global Engagement also is functional at management of study abroad opportunities, management of partner exchange programs, facilitation of international research collaborations, dealing with visa and work permit issues for incoming and outgoing students and faculty, orientations for inbound students, pre-departure briefings for outbound students.

*Somorin, a global journalist and Director of Research and Programs, Youth for Purpose Canada, writes from Mississauga, Ontario*

## One Love Table Fall Dinner- A Success!

800 Arrow Rd., Toronto, Ont.

October 16, 2021



I was inspired by Bob Marley's song One Love, One Heart to start advocating for this service by highlighting the work Chaplains do to reintegrate inmates successfully into society.

Food insecurity is a rising concern in Canada during the Pandemic and around the world. No one is safe. There is only One God and His Religion Is to take care of humanity.

Now that I have had the opportunity to do the food hampers differently, again the One Love song has inspired me to have the fabric of Interfaith and Multiculturalism sew itself into this beautiful dress with our amazing Christian Chaplain Julianne Martin as Director and the humanitarian Muslim leader Sadro Usman leading the operations whilst the Hindu community activist Rajmini Ram renders her continued support and the Jewish voice for the voiceless Orev Katz prods us on-

the family of One Love is woven from the threads of

far and wide of volunteers, clients and donors of varied ethnicity, race, religion, sexual orientation, nationality and languages because the human dignity of one is the dignity of all. We are all the Children of Adam!

One Love Table serves clients across the GTA on a monthly basis of food non perishable items through pick up or delivery by volunteers and the acceptance of food items or funds go towards this monthly food drive of 650 hampers. Our newest partner is Global Medic and Valmiki Ashram and the Islamic Institute of Toronto.

The drive through dinner was a success thanks to all the beautiful donors and steelpan man Robby ready to entertain. Our newest location is at 800 Arrow Road thanks to Sam Boujie of Global Solutions.

*See onelovetable.org for more details. The next Drive is for Remembrance Day Nov 6th and 7th.*

## Ontario school board issues new dress code after students criticize 'outdated' policy

By DeleAkintilo

Ontario school board will implement a new dress code after students talked about a policy they felt was outdated and targeted females.

The Hamilton-Wentworth District School Board (HWDSB) released the new rule recently, calling the existing dress code used by some schools outdated. Also, they said the policy unequally "targets female-identified students without considering non-binary views and identities."

Once the new code is implemented, students won't have to cover up their stomachs, shoulders or bra straps. Also, students will be able to wear hats and reveal their legs,

thighs and hips.

The changes came almost two weeks after officials at Waterdown District High School announced over the PA system to remind students to abide by the dress code which would witness them cover their shoulders and stomachs.

The announcement was made two days after Hamilton police disclosed they were investigating many reports of sexual assault and harassment linked to the school.

At that time, Waterdown District High School student Sophie Vivian said: "It felt as if they were telling us it was our fault," at the time.

The principal has apologized for the announcement and said "the timing of the announce-

ment was insensitive to the ongoing concerns about sexual assault" and that the school condemns victim-blaming.

A lot of walkouts were organized by students after the announcement.

While talking to CP24 recently, HWDSB Trustee Maria Felix Miller said the walkouts led to a "constructive" conversation and "self-reflection."

She said: "It was the culmination of student trustees communicating and really amplifying the voice of students across the board, letting us know that our outdated policy and the way that it has the potential to be enforced at schools is problematic.

"It caused harm and a review is long overdue.

"What we're hoping to do in the spirit of the motion is really to make sure that we are allowing our students to express themselves in a way that they feel is most appropriate for how they identify."

The following rules will soon be enforced on students:

- A top and bottom clothing layer made of opaque material must be put on.

- Tops which reveal arms, shoulders, stomachs, midriff, necklines, chest and straps are permitted but the nipples must be covered.

- Bottoms that reveal legs, thighs, hips, straps and waistbands will be permitted. The buttocks and groin must be covered.

- Headwear and head coverings like ball caps, headscarves and durags are permitted but the face must be conspicuous.

- Dress or headwear needed for religious reasons will be permitted.

- Undergarments must not be used as outerwear

- Students will not be permitted to put on anything that encourages or epitomises alcohol, drugs, illegal activity, hate or discrimination, profanity, pornography; that incites violence or harassment; or threatens health and safety.

- Clothing must not portray or exhibit hate speech

Also, the school board issued guidelines for both staff and stu-

dents on how to handle a dress code violation, a thing that student trustee Aisha Mahmoud says is equally important.

Mahmoud said: "It's not about the guidelines on paper, it's about the lack of direction and it's about how it's enforced and the way that it's thought and the kind of culture and narrative that surrounds it."

Miller agreed with Mahmoud's statement and said the school board wanted a situation where staff have the tools to impose a dress code respectfully.

She said: "We want our students to feel safe in their school and part of that safety has to do with the freedom to express themselves, how they feel most comfortable."

## FINANCE

### Is a rent-to-own plan right for you?

(NC) When shopping for big-ticket items such as furniture, appliances, electronics or cars, you may not always have enough money saved up to buy what you need or want. A rent-to-own plan may seem appealing because it allows you to spread out the payment over time.

#### BUT ARE THESE KINDS OF PLANS RIGHT FOR YOU?

Here are a few things to think about to fully understand the risks and benefits of rent-to-own plans, which are also called lease-to-own, rent-to-buy and consumer leases.

#### WHAT IS A RENT-TO-OWN PLAN?

Typically, it's an agreement for the rental of an item. You will not own the item until you have met the conditions in your agreement which usually means multiple regular

payments.

In addition to your monthly payment, you may have to pay extra fees. These can include an additional charge if at any time you want to purchase the item outright.

Such plans are tempting because they sometimes come with free repairs or replacements. Also, customers who have no credit score or a low credit score often qualify for them. But there are downsides.

#### HOW MUCH DO RENT-TO-OWN PLANS COST?

When buying an item with this type of plan, you can expect to pay anywhere from two to five times the regular price. To get a complete picture of the total cost of your purchase, you need to multiply the regular payments amount by the total number of payments.

For example, you may be asked to pay \$22 per week for 104 weeks to

purchase a sofa, which normally sells for \$800. In this case, the sofa would cost you \$2,288 — or almost \$1,500 above the retail price — which is not a good deal.

In short, it's important to do your homework before agreeing to any plan. Otherwise, you might be tempted to take on unnecessary debt.

#### WEIGH YOUR OPTIONS

Before you make your purchase, research and consider all your options. You may find it cheaper to simply buy the item right away, or to use a credit card or line of credit.

To help you navigate and compare your financing options, the Financial Consumer Agency of Canada provides unbiased information and tools. Find more information on the Managing your Money section of their website.



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## PHOTO NEWS

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## NIGERIA 61ST INDEPENDENCE DAY FLAG RAISING CEREMONY AT WHILLANS SQUARE, THE CITY OF BRAMPTON ON OCT., 1, 2021

Pictures by NCNC



# YOU & the LAW

## Quebec lawmakers reel out bill to combat sexual violence in schools



Christine Labrie

By Stanley Ugagbe

Alarmed by the menace of sexual violence rocking schools in the province, lawmakers in Quebec are pushing for a new bill to combat the scourge.

Christine Labrie, Quebec Solidaire's education critic said "School needs to be a safe place for students; they need to be able to confide in [their educators] and get help quickly".

If passed, the bill would force schools at all levels, in both the public and private systems, to adopt a policy to combat sexual violence.

In a press conference, Labrie stated that "More than half of the victims of sexual offenses recorded by the police are minors".

"School is sometimes the only safe place a victim goes to," she said. "The forms of sexual violence that young people can experience are numerous: sexual abuse at home, intimate photos shared by classmates, violence linked to sexuality or

identity, etcetera. School workers must be better equipped."

In addition to forcing schools to adopt sexual-violence policies, Quebec Solidaire called for more training for school staff so they can intervene when a child is at risk.

Harping on the development, party spokesperson Manon Masse said "It is a necessity that all our schools adopt such a policy," adding that "In 2017, when there was the whole movement of denunciations, especially at Laval University, young people spoke up."

It would be recalled that, that year, police investigated several reports of sexual assault from students following break-ins to university residences.

The government imposed rules on universities to adopt a sexual violence policy -- something Quebec Solidaire wants to apply to all levels of education.

Masse said "This is a need that is still very real".

## Immigration boss camouflages as passport applicant in Lagos, nabs 'corrupt' officers

By Stanley Ugagbe

Some officers of the Nigeria Immigration Service (NIS) in Lagos have been exposed for their corrupt practices and will face the wrath of the law.

They were caught recently when the Acting Comptroller General of the NIS, Isa Idris, disguised as an applicant for an international passport at the service's Lagos State Command, Ikoyi, after which he alleged that some officers of the service offered to engage in shady deals with him.

In an interview with newsmen, Idris said he decided to walk in unannounced in order to gain firsthand experience of what Nigerians are going through "in the hands of unscrupulous officers of NIS."

It would be recalled

that Idris, who assumed office in September, had pledged to tackle three things including addressing the challenges faced by Nigerians in their efforts to procure international passports, enhance border security and improve workers' welfare.

In his words, the unscheduled visit to Ikoyi was to confirm the allegations against officers of the immigration offices in Lagos State including Ikoyi, Ikeja and FESTAC town.

The acting CG noted that when he approached the officers at the Ikoyi command, he was given various high prices for the different categories of passports.

He said "When I approached the officers, they offered me the menu without recognising me. They said 32

pages of the international passport for five years would cost me N45,000 instead of N27,000. They said 64 pages for five year would cost me N55,000 instead of N37,000, and N95,000 for 64 pages for 10 years instead of N72,000.

"I was asked where I was from and I said Niger State. They also asked me if I had a letter of indigeneship and other documents and I said I didn't have any one. So they said they would collect N3,500 to provide all the documents for me".

He averred that the lesson from the incident will help the service to strengthen the passport issuance process, adding that having an international passport of a country confers nationality on its holder and so it must have integrity.

"So with what I have experienced firsthand today, it simply means that anybody can come in from anywhere and obtain our passport. This is unacceptable. So I can assure you that the Immigration Service under our watch will strengthen the issuance process and the integrity of the document," he said.

According to him, the officers caught in the act during his unscheduled visit have been documented and that they would be disciplined accordingly.

He said "The laws are there, and so they will be made to face the law. There are about three of them but we are very sure that it is an organised crime. They are not alone but further investigations would reveal that".

## Tesla ordered to pay \$137m to former black employee over racism at work

By Stanley Ugagbe

For Owen Diaz, justice has eventually been served as a federal jury in San Francisco has ordered Tesla Inc. to pay nearly \$137 million to the black former employee who won a ruling that the company failed to stop his supervisors from calling him the "N-word" at the electric-car maker's northern California plant.

In its report, the jury said the company neglected to take reasonable steps to prevent Owen Diaz, a lift operator hired in 2015 through a staffing agency, from being racially harassed.

It was reported that Diaz's case marked a rare instance in which Tesla, which typically uses mandatory arbitration to resolve employee disputes, had to defend itself in a public trial. Records have it that the company almost never loses workplace arbitrations, though it was hit with a \$1 million award in May in a case brought by another ex-worker



that was similar to Diaz's.

Owen Diaz in his lawsuit had described the Fremont, California, plant, as a 'hotbed of racist behavior' where he was subjected to daily racist abuse including the N-word, over a course of 11 months from 2015 to 2016.

But Tesla argued that it never intended to disregard the rights and safety of African-American workers placed by the staffing agency and

that all incidents reported by Diaz were investigated and resolved.

Tesla's attorney, Tracey Kennedy said "Mr. Diaz's story simply doesn't make sense" in light of his encouragement to his son and daughter to take up jobs at the company. She also said Diaz's claims weren't supported by the evidence.

However, the 52-year-old maintained that fellow employees drew swastikas and left

racist graffiti around the plant, while he said one of his supervisors drew a person with a black face and a bone in his hair and wrote 'boo', short for 'jigaboo.' The supervisor then allegedly told him 'he couldn't take a joke' when Diaz confronted him. Diaz contended that none of his supervisors stepped in to stop the abuse.

It was gathered that J. Bernard Alexander III, a lawyer for Diaz, told jurors that "as opposed to a zero-tolerance policy, Tesla had a zero-responsibility policy."

Alexander said the "n-word" was "pervasive and virtually everywhere". Diaz himself testified that he suffered "sleepless nights" and weight loss as he lost his appetite.

"Some days I would just sit on my stairs and cry," he told the jury.

The jury's award included \$6.9 million for emotional distress and \$130 million in punitive damages, according to Diaz's other attorney, Lawrence A. Organ.



## REFLECTIONS ON RELATIONSHIPS

### How do I resolve this issue?

Dear Agatha,  
This problem doesn't concern me directly but it will affect my sister if it eventually blows open.

It has to do with the sister to my sister's husband and our neighbour. About three weeks ago, I came back home from an errand to find our flat locked.

I didn't find the key where we usually keep it, so I went downstairs to ask the security man if my sister's sister-in-law left the key with him. He replied that she hasn't come down all day. As I was going to our flat to knock harder on the door; thinking she might have slept off, I saw her and the married man opposite our flat kissing at the top of the stairs. They quickly disengaged, when they heard my footsteps.

I pretended not to have seen them in order not to embarrass both of them. Besides, she was a lot older than I am. When I tried to question

her about what I saw, she shut me up with a slap; telling me to mind my business. She also threatened to deal with me should I tell anybody about her affair with our neighbour.

I am however bothered because of the problems that will occur should the wife of the man find out about the affair. Other neighbours may not notice because we are at top flats and share the same passage.

Once everybody is out of the house, she migrates into this man's flat. I don't know what he does for a living but he is home most of the time. His wife leaves the house as early as 6 a.m. and comes back very late. They have only a child, a five year old son he takes to school in the morning after which he comes back home to stay.

I'm scared. A friend I told about the incident, advised I should alert my sister about it,

arguing that I am aiding and abetting her sister-in-law, to destroy another woman's home by refusing to say what I know.

I am confused about it. Please help me. I am just 16 years of age while she is 22. What should I do?

Derin.

Dear Derin,

This is something you can handle on your own without involving your sister or husband. Since she has decided to use force and threats, there is nothing stopping you from doing same in getting her to listen to your opinion.

You maybe younger than she is but, let her know, you are not stupid or lacking in the knowledge of what is good and bad.

But you must get this clear; it is her life hence she has a right to do whatever she pleases with it. Your interest in her life begins and ends with the implication on



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your sister and family should the man's wife discover she is having an affair with her husband.

Explain to her that if the affair involved someone else, not known to the family, you wouldn't have bothered with what she does with her life.

Make it clear to her too that the next time she slaps you on account of her relationship with this man, you will have no choice but, to inform your sister and brother-in-law about the

affair she is having with their neighbour.

Let her understand that you are not trying to ply into her affairs but to stop everybody being embarrassed by her conduct should the affair blow open and becomes public knowledge. Make her understand that it is one thing to be in an affair with a married man, and another thing entirely, for the affair to be going on in the woman's matrimonial home.

Ask her how she would feel if she is the other woman? How would she feel going out to work all day and coming back home to the knowledge of another woman sharing her husband right in her home?

She may not want to listen to you, but make her understand the gravity of what she is doing not just to herself, but to the entire family who maybe forced to move houses as a result of the scandal that normally follows

such a situation.

If she fails to listen to you, you may have no choice but to tell your sister about it. Telling your sister will free you from the guilt of not telling her as well as the burden your knowledge of the affair between both of them has placed on you.

By then it would be the decision of your elder sister to confront her sister-in-law or inform her husband about the illegal affair going on between his sister and their neighbour.

As for you, mind your business and concentrate on the business that brought you to your sister's house. To pry too much, is to distract yourself from that thing most important to you in life.

If at the end of the day, you don't think you want to be fingered as a gossip in this whole episode; try to ignore her completely.

Good luck.

### How to be a good friend

By N.Ugoh

#### Introduction

The definition of a true friend is someone that always has your back even in difficult situations. A good friend ensures you feel loved, supported and always safe. A good friend will help you stay out of harm's way by leading you away from bad situations. We get to choose our friends and that's why it's important to choose the ones with the best qualities. Below, we have listed some of the most important attributes of being a good friend.

#### GOOD FRIENDS LISTEN

One of the best attributes you can possess as a good friend is the ability to listen keenly. Listen to what your friend is saying and don't interrupt. You will be able to give a proper response after you understand the message.

Support for each

other

A good friend will offer to help you during your time of need. All you need is support when you're feeling down and a good friend should give you that. At times, all you need is a shoulder to lean on and a good friend should provide that.

#### TRUSTWORTHINESS

Some of the characteristics of a trustworthy friend include: being dependable, keeping promises and keeping secrets. There is no friendship without trust. Trust allows you to feel safe and to show your vulnerability. Once you're comfortable with your friend, then you can show your true self, and share your inner thoughts. People who trust each other have fewer suspicions of each other and are therefore less likely to have conflicts. Trust allows friends to build a long-lasting relationship.

#### CHALLENGE EACH OTHER

Growth is part of human development and a good friend should want you to grow. Good friends will correct you when you do something wrong, push you to achieve big things and challenge you when needed. Positive criticism is important but it should be done with a language of love and respect. This kind of honest communication with your friend allows you to grow together, helping each other along the way.

Listen to Christenna's story: "I was arguing with a colleague at work when my friend Beth stopped me and said, 'Simon, you got this one wrong, I'm always on your side but you've overstepped on this one. Take some time and ask yourself, would you like someone else to treat you like this?' That moment has always remained in my mind because she was speaking

from her heart."

#### BE ATTENTIVE TOWARDS LITTLE THINGS

Pay close attention in order to read between the lines. A good friend knows your heart and can therefore tell when something isn't right. For instance, if you ask your friend how she is doing and she simply replies with "Okay" then you can immediately suspect that she is not okay. Look at her facial expressions and her mood. When you understand the heart of your friend, then you will grow a deeper relationship.

#### SPENDING TIME WITH EACH OTHER SHOULD BE A PRIORITY

The modern day lifestyle makes it hard to find free time and that's why every moment you spend with true friends is sacred. If you want to grow your friendship then it's important to

share quality time and to have shared experiences that bring back positive memories. A good friend will prioritize spending time with you. Engage in fun activities that strengthen your bond. For instance, you can watch a game together, go swimming or watch a movie.

A good friendship should also be low maintenance. This means that a good friend should always understand when it is difficult to spend time together because of a busy schedule. Many long-time friends say that they reconnect easily even when they haven't seen each other in a long-time, it's almost like no time has passed.

#### PROTECT EACH OTHER

You should stand up to be counted even when the situation doesn't benefit you. A true friend will do the right thing. For instance, as a good friend you

should stick up your neck to protect your friend if you feel that he or she is being mistreated by other people. It might be shutting down rumors about them, ensuring they get home safe, or something else.

#### ACCEPTANCE

You should always accept your friends just the way they are even if your life is moving in different directions. True friends accept that you have to make decisions that are right for you; they don't have to agree with everything you do but they understand that you're living life by your own terms.

#### BEING NONJUDGMENTAL

A nonjudgmental friend doesn't instill insecurity and self-doubt in you. Your friend should make you feel confident in yourself. Nonjudgmental friends always work hard to see things the way you see them.

## Haitian gang demands \$17 million in exchange for kidnapped missionaries

By N.Ugoh

An armed gang has demanding a ransom of \$17 million for the group of American and Canadian missionaries that were recently kidnapped in Haiti.

According to Haiti's Minister of Justice, Liszt Quitel, the notorious 400 Mawozo gang is demanding \$1 million per missionary.

The gang controls the Ganthier community in the eastern suburbs of Haiti's capital, Port-au-Prince, where the group of 16 U.S. nationals and one Canadian was kidnapped while traveling back after visiting an orphanage.

Quitel said the hos-

tages include five children, the youngest of whom is eight months old.

The Human Rights Analysis and Research Center, a non-profit centre in Haiti, said it has recorded no fewer than 628 kidnappings since the start of 2021, out of which 29 were foreign nationals.

The centre said there was a 300 percent increase in the number of incidents in September compared to that of July.

As the search for the abducted missionaries intensifies, the citizens of Haiti held a general strike in Port-au-Prince to protest against persistent violence and Haiti's devastated economy.

## Otedola becomes First Bank's majority shareholder



Femi Otedola

By Stanley Ugagbe

The owners of First Bank Nigeria, First Bank Holdings have confirmed that Nigerian billionaire, Femi Otedola, is now the company's major shareholder after acquiring a 5.07 per cent equity stake.

It would be recalled that the holding firm had earlier denied knowledge of the takeover saying it had not received a notification of a significant holding

by Otedola.

But in a follow-up communication to the Nigerian Exchange Limited, the firm said it received notification from APT Securities and Funds Limited that its client, "that Mr Otedola Olufemi Peter and his nominee, Calvados Global Services Limited have acquired a total of 1,818,551,625 units of shares from the Company's issued share capital of 35,895,292,791."

The notice signed by Seye Kosoko, the company's secretary, said "Based on the foregoing, the equity stake of Mr Otedola Olufemi Peter and his nominee in the company is now 5.07%".

In view of the development, Otedola be-

comes the bank's single largest shareholder on record.

It is important note that the bank had in its 2020 annual report and accounts stated that "According to Register of Members as at December 30, 2020, there is no shareholder with 5% of the shares of FBN Holdings Plc."

Otedola's development is the first time since that reporting that the bank is informing the Nigerian Exchange of a substantial acquisition of shares that has thrown up an individual with five percent significant slice of the company.

It is important to note that the First Bank move marks Otedola's foray into bank-

ing, having sold off his shareholding in Forte Oil Plc in 2019 to consolidate his investment in Geregu Power Plc.

According to reports, the acquisition, estimated to have taken its stake in FBN Holdings beyond five per cent, will lift Otedola's shareholding above that of Oba Otudeko and Oye Hassan Oduka, two of the firm's biggest owners with 1.5 per cent and 1.03 per cent holdings respectively.

Reports also have it that before now, Nigeria's second richest man, Mike Adenuga, had been making plans to wrest control of the prime spot in FBN Holdings ownership before now.

## Everything you need to know about crypto currency

By NCNC Staff

When watching news or going through finance websites, magazines and other day to day activities, most likely you will come across something that talks about crypto currency. It has become very trendy these days with more and more people coming out with stories of how they made a fortune overnight.

### WHAT IS CRYPTO CURRENCY?

Before we go any further, let's first break down what crypto currency is. The word crypto currency is the joining of two words, namely cryptography and currency. Cryptography is the process of turning understandable text into one that is unintelligible and vice versa for confidentiality and authentication purposes. Currency on the other hand is the exchange that allows people to convert their work into something that holds value, which can in



turn be exchanged for goods and other services.

So with the union of these two words, we have crypto-currency which is a type of digital currency which is intangible. A currency that uses highly sophisticated encryption that ensures transactions are secure and verified. The way it is designed to work makes it a decentralized medium of exchange. Unlike the normal currencies, crypto currency is independent of financial institutions and is not controlled by a central authority like banks or even governments, because of this, some people look at crypto currency as a way of minimizing the risks associated with the current system which

are very easily and harshly affected by things happening within a government controlled economy.

While crypto currency shares characteristics of currency and investment, it still leaves room for debate among experts. It can be used to make purchases but at the end of the day purchasing power is limited due to the fact that it is not widely accepted among retailers and other businesses. Because it has not been widely accepted and because of its volatility, there is a limitation for its use as a currency.

Over the last few years, the demand for digital currency has seen a steady growth fueled by the media which has

been showcasing the success of investors in this sector. There are hundreds of digital currencies as we speak and the number just keeps growing.

### TYPES

The first and most popular digital currency is known as Bitcoin which was introduced in 2007 and after its success there has been birth of other crypto currencies like Ethereum, Litecoin, Ripple, Monero, Zcash, Cardano, Dogecoin to mention just a few.

### HOW DO THEY WORK?

Is it worth it to invest in digital currencies? Just like real currencies, crypto currencies do not generate cash flow and so in order to profit somebody has to pay more than you did. In order to buy crypto currencies, one needs to have a "wallet" which is an online application that assists in holding your currency. Here you can create an ac-

count which then allows you to transfer real money in order to purchase crypto currencies.

### SECURITY

When it comes to determining the security of crypto currency, there are a few things to understand. Cryptocurrencies are usually built using blockchain technology. Blockchain translates how transactions are recorded and time stamped into "blocks". This technical process is somewhat complex but the end result is totally worth it. It makes it harder for hackers and therefore your money is safe from theft. Blockchain makes a digital ledger of cryptocurrency transactions.

Even though there is security put in place, it does not mean that cryptocurrencies can't be hacked as a matter of fact there have been a several hacks that have cost the cryptocurrency startups big losses.

### THE FUTURE

The future for cryptocurrency is still uncertain, but some of these digital currencies like Bitcoin for instance has seen its value skyrocket in the recent years, in fact this year alone its value has more than doubled. On the other hand, Ethereum has seen its value quadruple this year. But whether this continuous growth can be sustainable and what it means in the long run is still debatable.

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(NC) Quinoa is a nutritional powerhouse. Gluten-free, high in soluble fibre, and full of fatty acids, vitamins and minerals, it's also an excellent source of protein.

It may even have anti-inflammatory effects, which makes it a great choice for people with arthritis.

Quinoa is featured in this nutrient-dense recipe from dietitians at the Arthritis Society. This recipe is a great way to enjoy fresh seasonal fruit and boost your energy

for the day.

### CRISPY QUINOA BREAKFAST BOWL

Prep time: 5 minutes  
Cook time: 15 minutes

Serves: 2

Ingredients:

- 1 cup quinoa, rinsed and drained
- 1 tbsp maple syrup or honey
- 1 tbsp hemp oil (15ml)
- 1.5 cups plain Greek-style yogurt
- 1 cup mixed fresh seasonal

fruit

- 4 tbsp crushed cashews, unsalted (optional)

Directions:

1. Preheat oven to 400°F (200°C). Mix quinoa with maple syrup and oil; spread in an even layer on a rimmed baking sheet. Bake until crisp for 13 to 15 minutes, stirring occasionally. Let cool and transfer to a plate.

2. To serve, divide yogurt into two bowls and top each with half of the fruit, quinoa and cashews.

Tip: You can use a more neutral-tasting oil, such as canola or light olive oil.

Nutritional information (per serving): Calories: 379; protein 20g; total fat 9g; saturated fat 3g; unsaturated fat 4g; carbohydrates 60g; fibre 12g; sodium 65mg.

Find more arthritis-friendly recipes at [arthritis.ca](http://arthritis.ca).

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## TIPS FOR A HEALTHY MARRIAGE

By NCNC Staff

### LEARN TO NEGOTIATE CONFLICT

Arguments are common even among happy couples. All relationships go through conflicts. Having arguments with your spouse doesn't mean that you're in an unhappy relationship. Actually, it could actually signify that you are normal.

However, these conflicts can escalate to an unmanageable level if they are not addressed by the two lovers. It is therefore important to discuss issues with your spouse. You can use different kinds of resources to resolve conflict, for instance you can download conflict resolution apps. Working on your issues together ensures you build a long-lasting bond.

### WRITE DOWN THE SWEET THINGS THAT YOUR GUY DOES

Do you remember when he bought you a new dress without you telling him that you needed one? Or when he filled your gas tank? What about when he bought you flowers that you didn't expect because it wasn't your anniversary? According to Christina Steinorth-Powell, a licensed psychotherapist and relationship expert,

many people overlook the little things that their spouses do especially in long-term relationships.

Women are mostly guilty of forgetting the little nice things that their men do and therefore the men often feel unappreciated in the relationship. Coming up with a list is helpful in reminding you how special your man is. You will appreciate sweet little things that make your marriage tick, don't forget to share the list with your spouse at the end of the week – he will feel appreciated.

### WORK ON YOUR COMMUNICATION SKILLS

If you want to build a healthy relationship then you must have proper communication with your spouse; this is essential in avoiding any sort of misunderstandings. Don't assume that your spouse already knows what you're feeling or what you're thinking.

At times, it is important to explain your needs to your spouse while at other times, it is simply more important to listen. Most people struggle with listening to their spouses especially if you're quarrelling – listening is a skill that can be improved with practice. You can learn how

to improve your listening skills using online courses, marital education workshops and books. Couples can improve their communication using all the above options.

### LEAVE YOUR MOBILE PHONES ALONE

Yes you heard that correctly. Many couples have broken up because of mobile phones and it is therefore important to put it away when you want to enjoy some quality time with your partner. The problem with having a cell phone in your hand is that it breaks the connection between lovers thus distracting you from the present moment. It is also disrespectful to be busy chatting on the phone when your spouse is deep in conversation with you. It doesn't matter if you didn't mean to offend your spouse, being busy on the phone creates an illusion that you don't care what he or she is saying.

It might be a good idea to have phone-free moments where you can just enjoy each other's company.

### SEX IS IMPORTANT

Simply put, sex has to be a priority in your marriage. Sex is an important component of any good marriage although a strong

relationship requires more than sex.

You can achieve a new level of closeness from the enjoyment of marital intimacy.

Explore your own hobbies

It is important to have personal hobbies and to explore them without feeling guilty or under pressure from your spouse. In as much as it is important to have common activities with your lover, it is also important to have a personal life. This freedom is good for building trust. Distance makes the heart grow fonder – you will miss your spouse more and thus you will appreciate every moment you spend together.

### CHANGE YOURSELF FIRST IF YOU WANT TO CHANGE YOUR MARRIAGE

The best place to get marriage advice is from veteran couples. Most veteran couples will tell you that changing your spouse is like teaching a fish how to walk – almost impossible. If you want change in your marriage then it is best to start with yourself.

Your Marriage can survive a crisis

Your marriage doesn't have to come to an end just because you're going through a crisis. The crisis is just like stormy weather, all you have to do is drive through it and everything will be fine. You are likely

to experience a new beginning after you and your spouse make it through a serious crisis. Your relationship will only grow stronger once you learn that you are capable of going through hell and come out smelling like roses. Your bond will grow stronger now that you know that you're capable of withstanding tough times together.

### DON'T RELY ON YOUR PARTNER TO COMPLETE YOU.

It is common for couples to say romantic words like "You complete me," – but when you think about it deeply then you'll realize that it isn't practical in the real world. Every human being is built in a unique manner and it's therefore not ideal to be over-dependent on your spouse. You will not grow as an individual if you require someone else to feel complete. An ideal relationship is one where the two lovebirds complement each other. While it is important to be open to your spouse, you should be whole, mature and secure. It is healthy to grow your own dreams and interests – make plans with friends, register for that class you have been craving – instead of building everything in your world around your spouse.

When you follow your own interests, you create a healthy distance between

you and your spouse. This will even help your heart grow fond of him or her after spending the day doing other activities. It also reduces any chances of conflict that might come with spending too much time with your spouse.

### FORGIVE EACH OTHER

Treat your spouse the same way you would like him or her to treat you. Learn to forgive your lover if he or she does something that upsets you. Why? Well, you should forgive him because you're also likely to do something similar in the future.

Nobody is perfect and that is why forgiveness is important in any healthy marriage. Remember: it is important to act quickly to apologize when you offend your partner. Waiting too long can often make the problem worse than it already is. Your marriage will become stronger if you encourage forgiveness.

### BUILD A SPIRITUAL CONNECTION

Couples who share spiritual beliefs often have a deeper bond. There are different ways to do this. For instance, a couple can have an affiliation to a mosque, synagogue or a church. Alternatively, you can also achieve a connection using meditation, yoga, intimate conversation or spending time in nature.



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# How winning Miss Ireland has impacted my life – History maker, Pamela Uba



Pamela Uba

By Stanley Ugagbe

Nigerian-born Pamela Uba, who recently made history as the first black woman to win the Miss Ireland pageant, has again averred that it feels incredible being the first person to achieve the feat.

Uba, who has Ni-

gerian parents, was crowned Miss Ireland 2021 and became the first black person to hold the title after 74 years of the contest.

In a recent interview with Newsmen, the twenty-six-year-old medical scientist said “It feels really incredible to be the first black woman to win Miss Ireland since

the contest started in 1947. This is because you don’t really see a lot of people like me doing things like this, especially, out here in Europe where we are still the minority.

“It is an amazing feeling to know that I have paved the way for other girls who feel that they really wanted to try something like

this or who feel that they cannot do this because their colour might be an impediment. I am glad I have shown them that their colour does not make them different in a bad light. We should use the “black girl magic” in anything that we do. I also think that my colour does not set me apart from other people in a way that it puts me down from other people. It is something that empowers me and I feel that it should empower all black women too”.

When asked if she saw the crown coming, she said “I felt overwhelmed and blessed that all the hard work that went through getting there finally paid off. I was Miss Galway for a year and a half before the finals because of the pandemic. So, I was the longest reigning finalist as well. Hence, it was as if all that hard work finally came to bear. I felt a rush of emotions, my mom was there in the crowd. It was such

a proud moment for her, seeing me mount the podium and collecting the title as Miss Ireland, even though I was not an indigene of Ireland by birth. It was a really defining moment for me”.

Uba stated that she has been modelling since her college days. “I had always been modelling as a freelance model. I just got on a really good deal with an agency in March and part of the package was winning Miss Galway. It made me happy, fortunate and lucky because that was the agency that I always wanted to get on in Ireland. The pandemic allowed me to slow down in a way. I took the time to really delve into my creative sense”.

Harping on how the feat has impacted her life so far, she said “Winning Miss Ireland has definitely changed my life. It has shot me into the limelight in the media, especially, the first two weeks of

winning the crown. My everyday schedule has changed and there is a lot going on in my life right now.

“It is a very “crazy” experience, but it also humbled me in a way. I got to appreciate where I started, where it all began and where I might be going. My journey to Miss Ireland has enabled me to do so many things. One of the mottos we have in Miss Ireland and Miss World is ‘Beauty with a Purpose.’ Therefore, as an ambassador, you can use your platform to do a lot of things for your country. I have done so much this year.

“I am highlighting awareness for families for children living in direct provision. I also got to do a fundraiser for them and raise money to get them all iPads for their online schooling. As all the schools went online during the pandemic, the families of these kids wouldn’t have the financial means to do all that”.

## Empty nesters and downsizing — how to stay healthy and safe at home



(NC) With a rapidly ageing senior population in Canada, research shows many

older Canadians want to live in their own homes for as long as possible. For those who

prefer to age at home, here are a few simple tips to enhance safety and peace of mind

while maintaining independence.

### SAFETY-FIRST HOME UPDATES

With one in five falls leading to serious injury as we age, it’s important to take measures to boost safety in our homes. From adding slip-resistant flooring to making sure stairs are well lit and have a railing, these small, affordable upgrades can help to minimize potential accidents.

### REORGANIZE AND REASSESS

Decluttering your home from unnecessary items is a good

way to minimize the risk of accidents including trips and falls. With minor updates like eliminating small rugs, or securing loose cords, you will have better peace of mind that your home is free of tripping hazards and better suited to your needs as you age.

### PERSONAL EMERGENCY RESPONSE SERVICES

Many older people are using personal emergency response services to stay safe while at home or on the go. Rapid advancements in this technology have made these

services more discreet and accessible to help reduce stigma while staying safe and continuing to live an active and independent life.

A new service contributing to greater independence is Telus Health Companion on Apple Watch, which has revolutionized how older Canadians experience wearable emergency support. With automatic fall detection and 24/7 access to a live emergency operator, this modern and powerful device allows people to continue enjoying active lifestyles but with improved safety and peace of mind.

# TOP DESTINATIONS TO VISIT WHILE TRAVELING ALONE

By NCNC Staff

Solo traveling can be quite daunting than traveling with friends and family. Usually, the places that seem more rugged in every aspect tend to be the more adventurous to go solo than with others.

You definitely won't take your children thru-hiking the Appalachian Trail or any other long distance trail. You will have so much to carry and worry about than focusing on your travel.

And sometimes you have that deep urge of going alone, so you don't need friends though you can expect making some on your travel.

The solo destination, therefore, becomes tricky to choose. You might be escaping your family and friends but end up in places where others came accompanied with their lot. Then the place become so filled up with parties, bonfires, noise and all sorts of nuisance. That's not what you want.

You want the freedom of exploring the unknown, least visited places on the planet. Sometimes it can be a scary prospect but that's the fun part of it, the chance for self-discovery and adventure.

Keep in mind that all the planning and ground navigation is all up to you, so you need to know a bit more than the average traveler. Some of the destinations, however, have tour guides so you can pick one to lead you.

For those who yearn to travel solo but don't know where, here are the top travel alone destinations in the world.

## HOKKAIDO, JAPAN

Japan has a reputation of being friendly and as a matter of fact, you will feel so much welcome as a solo traveler. Of the four main islands of Japan, Hokkaido is the least developed yet well known for great outdoor adventures.

Located in the far northern part of Japan, Hokkaido's remote and unspoiled landscape is perfect for hiking, cycling and camping from June to September and skiing and snowboarding during the colder seasons.

You can enjoy bird watching in one of the three national parks in Hokkaido; Shiretoko National Park on an unspoiled peninsula, Rishiri and Rebun near Hokkaido's northern tip or visit the wildest national park in the region, Daisetsuzan National Park.

Furano town with its beautiful lavender and flower fields is a must see. Head to Sapporo for a cold beer, of course, the famous Sapporo beer and wind up at Niseko snow resort for breathtaking photo-shoots.

## NEPAL

Nepal has been continuously hit by earthquakes in recent years but most of the hiking trails remain largely unaffected.

If you are an altitude pro trekker, the Annapurna circuit in Nepal is a trail you can take independently. However, it's wise to set out with an organized group or hire a porter as the steep is quite dangerous.

Trekking this Himalayan circuit will take approximately 3 weeks and it offers a marvelous way to get up close to traditional mountain people. That means you need quite little gear as these people will offer you comfortable teahouses and food along the way.

## SOUTH ISLAND, NEW ZEALAND

New Zealand's stunning South Island offers a list of endless activities for solo travelers; horse riding, skiing, hiking, bungee jumping, jet boating, skydiving, kayaking, whitewater raft-



ing, zorbing, and so much more. In simple words, the South Island is one small country with a big outdoor playground.

There are jaw-dropping scenery around every corner with mountains, lakes, glaciers and craggy coastline forming the backdrop of one place that has regularly earned a spot among the most beautiful places in the world.

## SOUTHWEST, USA

The Southwest is famous for its breathtaking landscapes with the most popular being the deep red rock desert dotted with flat-topped buttes and towering pinnacles.

In this side of the world, it's easy to get the sense that our own planet is part of something greater; the vast vistas from atop a mesa that extend to the edge of a curving earth and the boundless arc of the Milky Way stretching the night sky.

The big draw is the Grand Canyon which unfolds hundreds of millions of geological years as your eye will follow its wall downwards.

Join a horseback tour along Monument Valley and be sure to stop at the viewpoints on the way and photograph spanning shadows in the early morning or late afternoon light.

## GUATEMALA

In all over Central and South America, Guatemala offers the best places to travel alone. It is a cheap place to travel and that means you can stay around longer to learn Spanish or perhaps volunteer.

Visit Guatemala for hiking adventures, kayaking and whitewater rafting. Explore the jungle and get up close and personal with the ancient Mayan sites and Central America's active volcanoes.

The country is rich in agricultural produce and haggling for fresh vegetables in the colourful markets is an adventure of its

own.

## BALI, INDONESIA

The 'spiritual place' as is commonly known has a lot to offer, from yoga to spas, massages, organic eateries and markets. Such diversity only amount to a staple destination for solo travelers from all around the world.

The people here are quite friendly and hospitable with a magnificent visual culture and that is a major factor as to why Bali is Indonesia's number one tourist destination. Being a Hindu island, Bali is the ideal place for relaxing and spiritual retreat.

You definitely won't be the only lone traveler in Bali. Due to their friendliness, you are sure to meet some amazing people along the way. Start your journey in Ubud where you are likely going to meet and mingle with other travelers and head inland to the Sacred Monkey Forest, if you love monkeys, that is.

## DUBROVNIK, CROATIA

This historic city juts out into the deep blue waters of the Adriatic with so much to offer the solo traveler.

The best times to visit are April through September when the weather is warm and the cafes and restaurants are open for the season. Try to avoid the high summer though when cruise ships dock and passengers flock the narrow streets.

Take a walk along the city walls, relax on an island cruise with others while sipping sundowners or take a hiking or rock climbing trip with Croatia Traveller, where you will meet instant friends with the same interests.

## ALASKA

Located northwest of Canada, Alaska happens to be the largest and most sparsely populated U.S state. Yet, Alaska is no stranger to welcoming solo travelers with its diverse

terrain of open spaces, forests and snow-capped mountains, with abundant wildlife and several small towns.

It is a destination for outdoor activities such as skiing, kayaking and mountain biking. Sit at the edge of the waters and watch the whales leap high into the air and crash back into the water. Glacier-filled fjords and majestic icebergs are also worth gazing at.

Alaska is the home to Denali National Park and Denali, formerly known as Mt. McKinley, which is the highest peak in North America. An Alaska cruise will offer a happy medium for solo travelers, with an immediate group of friends with whom to dine and enjoy activities together.

## FINAL WORD

Solo travelling is one of the most rewarding ways of exploring the world. You can choose solo destinations based on your interests.

Perhaps you love hiking or backpacking, maybe you want to discover new foods, or you are the curious kind of person who just want to go new places and learn the culture of the local people.

Maybe you love sight-seeing and wildlife watching or you enjoy water activities or simply trekking through city suburbs. And sometimes you may want a combination of adventures.

Your interests basically determines the right place for you to go. The best place to find these places is online; there is a vast wealth of resources that will make it easier for you to hit the road alone.

Even if you are traveling on a budget, you can be sure to find some spot somewhere in the world waiting to entertain you. In any case, our bucket list has some of the most adventurous and solo travel-fulfilling places on earth that you should not miss.

Travel cool.

**peel** District School Board

## We Rise Together - Regional Learning Choices Program Information Session

For parents/guardians of students going into high school in the 2022-23 school year.

**Tuesday, November 2, 2021**

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[www.peelschools.org/RLCPsecondary](http://www.peelschools.org/RLCPsecondary)

**Registration Deadline**

RLCP applications for the 2022-23 school year open on **November 15, 2021 at 8:30 a.m.** and close **November 29, 2021 at 3 p.m.**

we RISE together



# YOUTH CORNER

•••• Oluchi Ugoh ••••

**"Your Children Need your presence more than your present". - Jesse Jackson**  
 Thank you for supporting our page and the newspaper. Please, enjoy and feel free to send in your comments to [publisher@nigeriancanadiannews.ca](mailto:publisher@nigeriancanadiannews.ca)

## CAN YOU USE THE WORDS FROM THE LIST TO FILL THE SPACES IN THE PASSAGE BELOW TO MAKE IT MORE MEANINGFUL?

### WORD LIST

- |            |      |                    |                    |                   |
|------------|------|--------------------|--------------------|-------------------|
| Finally    | next | later on           | shortly afterwards | at last           |
| after that | Soon | Almost immediately | soon afterward     | in a little while |

Somewhere in the hills, a tiny spring gushed out of the rock and trickled happily over smooth stones and shiny pebbles. \_\_\_\_\_, It was a dancing stream that rushed down the valley past huge boulders and tall pine trees. \_\_\_\_\_, it was joined by another stream and \_\_\_\_\_ by another and another. \_\_\_\_\_, it became a swift flowing river that reared onwards with great power and force. \_\_\_\_\_ it passed a small village at the foot of the hills, where laughing children tossed bits of wood into its racing current. \_\_\_\_\_, it flowed under the arch of a sturdy stone bridge where a fisherman sat, his line dangling hopefully into the foaming waters. \_\_\_\_\_ it reached the flat, level land of the plain and the river then slowed down, becoming silent, dark and deep. \_\_\_\_\_ it was winding its way lazily through wide fields of rich green grass. \_\_\_\_\_ it came upon a noisy city where huge buildings and tall smoky chimneys crowded the skyline, \_\_\_\_\_ it flowed into the sea.

Answer on Page 24

## MATCH EACH SET OF RELATED WORDS WITH THE CORRECT GROUP NAME IN THE BOXES

- Earth, Venus, Mars, Saturn
- Guitar, violin, piano, flute
- Viper, python, cobra, asp
- New York, Moscow, London, Beijing
- Fir, oak, mahogany, chestnut
- Everest, Kilimanjaro, Makalu, Lhotse
- Japan, Ireland, Ghana, France
- Shark, salmon, trout, mackerel
- Atlantic, pacific, Indian Arctic
- Canoe, punt, catamaran, barge

- |          |         |       |             |        |      |
|----------|---------|-------|-------------|--------|------|
| Mountain | Planets | Tree  | Instruments | Oceans | Fish |
| Snakes   | Cities  | Boats | Countries   |        |      |

Answer on Page 24

## MENTAL MATH

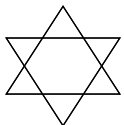
- By how much is the sum of 24 and 26 greater than their difference? \_\_\_\_\_
- Take half of 18 from 3 times 7 \_\_\_\_\_
- What is the value of the 5 in 26.45? \_\_\_\_\_
- Which shape has the most sides; A hexagon, a pentagon or an octagon? \_\_\_\_\_
- Which of these letters have the most horizontal lines? E, F, H \_\_\_\_\_
- The sum of three numbers is 40. If two of the numbers are 12 and 10, what is the third number? \_\_\_\_\_
- Which is the largest amount of time? 50 days, 6 weeks, 2 months \_\_\_\_\_
- The magic square adds up to 27 in each direction. Fill in the missing numbers

		8
9		
		10

- The magic square adds up to 21 in each direction. Fill in the missing numbers

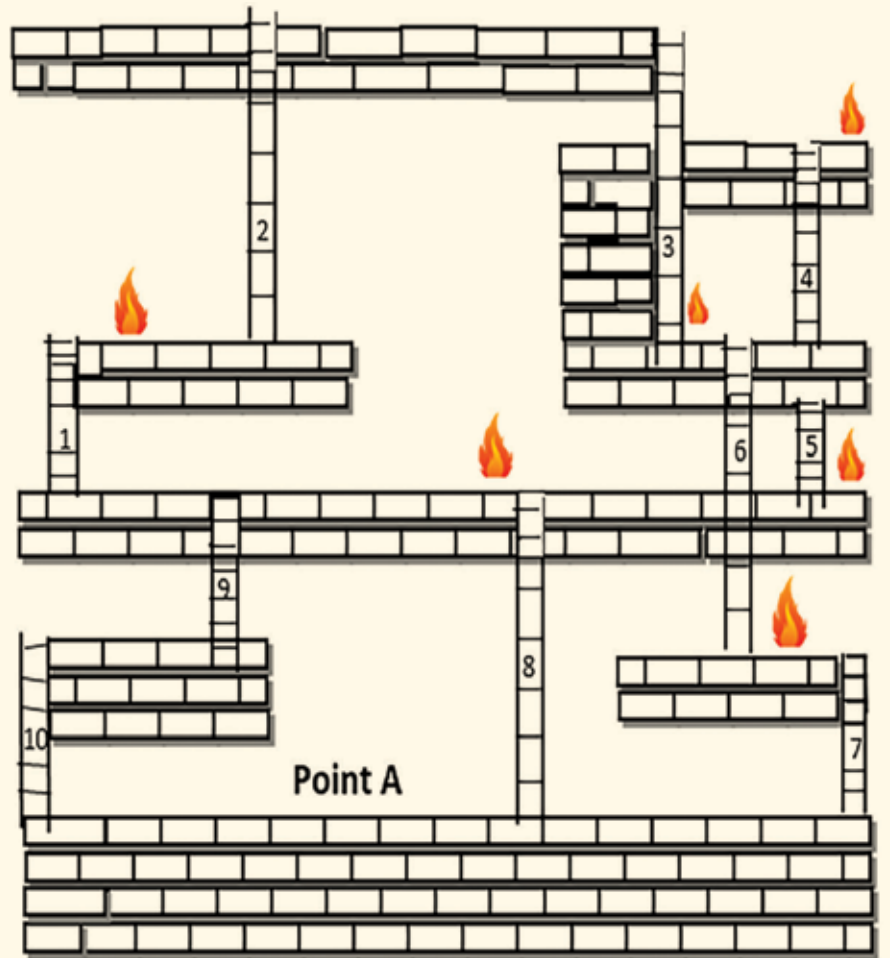
5		
	7	
8		9

- How many triangles can you see?



Answer on Page 24

## CAN YOU MOVE FROM POINT A TO POINT B WITHOUT GETTING BURNT?



Answer on Page 24

## THE FRENCH CORNER – BONJOUR

By Faridat Audu

### MATCH THE CORRECT FRENCH WORDS

- |                |                  |
|----------------|------------------|
| Good morning   | Excuse-moi       |
| I am sorry     | Au revoir        |
| Thank you      | Bonne après-midi |
| Goodbye        | Bonjour          |
| Excuse me      | S'il te plaît    |
| Please         | Bonne nuit       |
| Good afternoon | Merci            |
| Goodnight      | S'il te plaît    |

ANSWER ON PAGE 24

### Quotable Quote

**"MAY YOUR TROUBLES BE LESS AND YOUR BLESSINGS BE MORE."**

Irish Blessing

## Magic Words Les mots magiques



### BOOK OF THE MONTH

Mistakes Are How I Learn: An Early Reader Rhyming Story Book for Children to Help with Perseverance and Diligence By Kiara Wilson

See Page 18

### FRENCH VOCABULARY ON LA FAMILLE

- Good morning my son - *Bonjour mon fils.*
- The boy is saying thank you. - *Le garçon dit merci.*
- My daughter comes in the afternoon - *Me fille vien l'après-midi.*
- The girl likes to say goodnight - *La fille aime dire bonne nuit.*

### REMINDER TIPS ON LEARNING OR IMPROVING YOUR FRENCH

- Watch French programs (News) at least 20-30 minutes daily.
- Read French books/newspapers/journals daily.
- Listen to French music daily.
- Make effort to communicating in French language

### FRENCH IDIOM

*Cleanliness is next to godliness.*  
*La propreté est proche de la sainteté.*



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**Faridat A. Audu**

Let's speak French!

ENTERTAINMENT By N. Ugoh

**BURNA BOY**  
**REVEALS**  
**PLANS TO**  
**NEVER GET**  
**MARRIED**

Famous Nigerian musician and Grammy award winner, Damini Ogulu, also known as Burna Boy has disclosed that his mother and manager, Bose Ogulu dislikes it anytime he says he's never getting married.

**B**URNA Boy made this known on his Instagram page. Also, he revealed that he is not planning to walk down the aisle.

However, the singer added that he still doesn't know if he means it or he's saying it to annoy his mother.

He wrote: "My mum hates it so much when I tell her I'm never getting married. She turns red. "My issue now is that now I'm not sure if I really mean it or I just say it to piss her off."

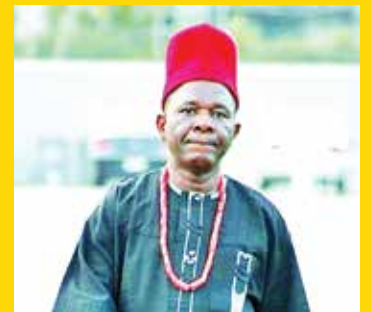
“  
“  
My issue now is that now I'm not sure if I really mean it or I just say it to piss her off



**WIZKID'S 'ESSENCE'**  
**RECEIVES PLATINUM**  
**CERTIFICATION IN THE**  
**UNITED STATES**

Nigeria's sensational Afro-beats musician, Wizkid's hit, "Essence" has become the African song to obtain the platinum certification in the United States.

"Essence" was released in October 2020 and it reached platinum status a month after it bagged the gold certification in the United States.



**NOLLYWOOD ACTOR**  
**CHIWETALU AGU**  
**RELEASED BY DSS**

Popular Nollywood actor, Chiwetalu Agu, has been released by the Department of State Services (DSS).

The release was confirmed by the Director of Communication, Actor Guild of Nigeria (AGN), Monalisa Chinda, in a recent statement on the guild's Instagram page.

Agu was nabbed by a group of soldiers for allegedly garnering support for the Indigenous People of Biafra (IPOB) in Onitsha, Anambra State, recently.

He was however released by the Nigerian Army but got picked up by the DSS a few hours later for questioning.

The statement read: "The National President of the Actors Guild of Nigeria, Ejezie Emeka Rollas, has yet again secured the release of Actor Chiwetalu Agu from the custody of the DSS.

"On behalf of the Guild, I was at the DSS office with my colleague, the Senior Special Assistant on Military Affairs and Inter-Governmental Relations to the President, Steve Eboh, to receive Mr. Agu today.

"The elated veteran actor thanked God for surviving the ordeal and commended the leadership of the Actors Guild of Nigeria headed by Ejezie Emeka Rollas for their relentless efforts in securing his release from the detention."

And if you ever wondered how a beloved story goes from page to screen, then you're invited to Netflix Book Club.



**UZO ADUBA IS SET TO**  
**HOST NETFLIX'S NEW**  
**BOOK CLUB SERIES**

Netflix has released a new virtual book club which will be headlined by 'Orange Is The New Black' star, Uzo Aduba.

According to reports, the Nigerian-American actress will host episodes bordering around titles that Netflix has made adaptations from.

Also, members of the book club will get the chance to read every novel and watch their Netflix adaptations while the authors and cast of the films are interviewed by Aduba.

In the Netflix Book Club teaser, Aduba said: "Before these stories became pop culture phenomenon, they were first your favourite books.

"And if you ever wondered how a beloved story goes from page to screen, then you're invited to Netflix Book Club."

**Oluchi Madubuike**  
**emerges Most Beautiful**  
**Girl in Nigeria 2021**

Oluchi Madubuike, who represented Abuja has emerged the winner of the Most Beautiful Girl in Nigeria (MBGN) 2021.

In the dignitary-laden event which took place at Eko Hotel, Victoria Island, Lagos, Oluchi emerged winner among 37 women who contested with her for the crown.

In view of this development, she will be representing Nigeria at the 2021 Miss World pageant, which will take place in Puerto Rico on Dec 16, 2021.

Miss Anambra, Maristella Okpala who emerged the first runner-up, will represent Nigeria at the Miss Universe pageant.

Also, Miss Abia, Adaeze

Chineme, the second runner up, will represent Nigeria at Miss Supranational.

Others are Miss Bayelsa, Mercy Jessica Odjugo, who emerged the third runner-up. She is MBGN Tourism.

And, Miss Bauchi, Lydia Okojie, the fourth runner-up, is MBGN ECOWAS.

It should be noted that Miss Nigeria is an annual pageant showcasing positive attributes of Nigerian women and awarding university scholarships.

The winner portrays exemplary qualities and serves as a role model for young women in the country.

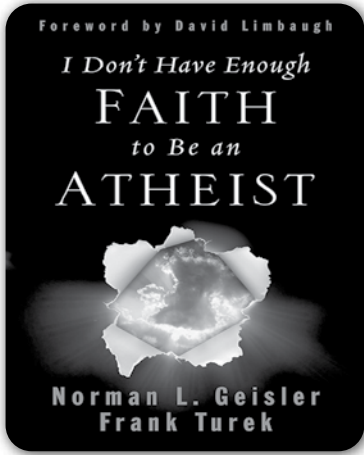
The pageant is currently organised by Daily Times.



## BOOKS

*"There is more treasure in books than in all the pirate's loot on Treasure Island." - Walt Disney*

### I Don't Have Enough Faith to Be an Atheist



By Norman L. Geisler and Frank Turek

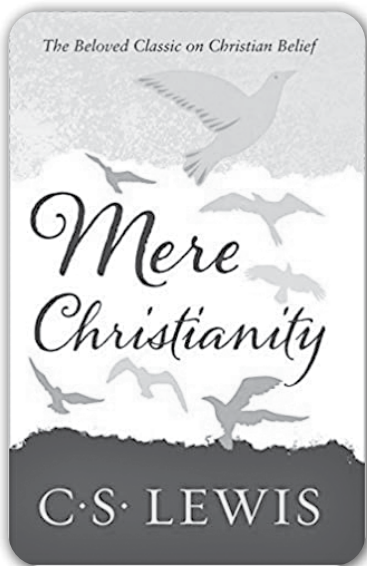
It is a direct contradiction of those who believe that having faith in a higher power or a set of religious beliefs is nonsensical. Overtime, many view religion in general, and Christianity in particular, as unfounded and unreasonable.

But in this riveting book, the authors argued that Christianity is not only more reasonable than all other belief systems, but is indeed more rational than unbelief itself. In clear terms, they guide readers through some of the traditional, tested arguments for the existence of a creator God.

Geisler and Turek move into an examination of the source of morality and the reliability of the New Testament accounts concerning Jesus.

They went further x-ray the teachings and practices of Christ. For those seeking to articulate a more sophisticated defense of their faith, this is a recommended resource material.

### Mere Christianity Paperback

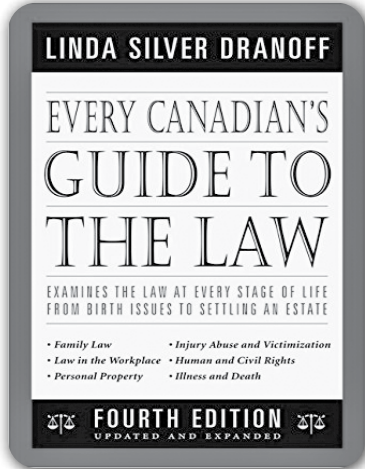


By C. S. Lewis

The author x-rays and explores the common ground upon which all of those of Christian faith stand together. It is a culmination of Lewis' legendary broadcast talks during World War Two from his three previous books *The Case for Christianity*, *Christian Behavior*, and *Beyond Personality*.

In *Mere Christianity*, Lewis provides an unequalled opportunity for believers and nonbelievers alike to hear this powerful apologetic for the Christian faith. You will get value for exploring this book.

### Every Canadian's Guide to the Law, 4th Edition



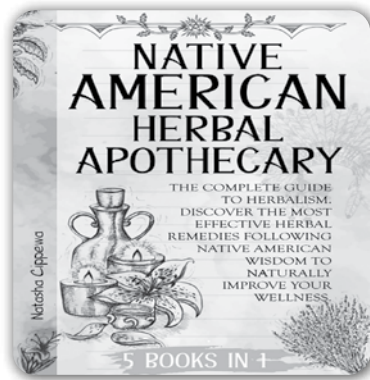
By Linda Silver Dranoff

First published in 1997, this edition unearths in a clear, accessible "cradle-to-grave" format, addressing issues from fetal rights to human rights, from teen sexuality to marriage and divorce, from workplace issues to will and estate issues.

The author provides insight into the process of law and how it responds to changing social values, revealing how laws evolve over time and pointing to future trends.

Remarkably, this edition addresses important legal developments, including significant changes to family law from stricter rules against non-disclosure and non-payment to tough orders against parental alienation, from revised pension-sharing rules to the novelty of three or more support-paying parents for some children. This edition will expose you to so many things.

Native American Herbalist's Bible: 7 in 1 • The Complete Guide to Naturally Improve Your Wellness by Discovering the Native Herbal Apothecary, Dispensary, Recipes, Remedies & Essential Oils



By Tatanka Luta

The author transcribed the ancient teaching of Native American Herbalism in one powerful comprehensive bundle. Native American Herbalist's Bible includes his trusted encyclopedia and dispensary to help YOU unlock the benefits of 1,000s of years of forgotten natural health wisdom.

It will help you learn to appreciate the spirituality used by Native Americans in your own practise, learn how to source, prepare, dry, and store your herbs.

You will discover how to identify Native American plants and how to make effective usage of their hidden powers. Learn to heal 37 of the most common ailments, with positive healing that promotes the full experience of wellbeing.

You will uncover the precise uses, dosages, and benefits of each tincture, oil and remedy to maintain the perfect healthy balance. Discover precious information and advice

Mistakes Are How I Learn: An Early Reader Rhyming Story Book for Children to Help with Perseverance and Diligence



By Kiara Wilson

It is a rhyming story that involves SEL, social emotional learning. It is a clear guide that will help your child know that he/she is not alone when facing defeat. The story's exemplar, Tamara shares what she does when confronted with challenges.

Tailored to engage children, Wilson's stories will empower children with the affirmations to overcome obstacles.

Without mincing words, with Tamara in examples children can identify with, your child will learn to develop resilience. It will help children to develop affirmations such as 'Mistakes are how I learn,' 'I will get there soon,' 'I'll keep dreaming big,' 'Even if it's flying to the moon'.

about how essential oils can dramatically reduce inflammation and improve your skin diseases. Your wellbeing is important, grab a copy of this book.

### TO THE RESCUE SAY NO TO CORRUPTION

- By Pastor Dele Dada



"When Moses died, Joshua was given an assignment that looked gigantic, a mountain that looked insurmountable and a river that he could not swim across. God gave him four words 'be strong and courageous'. In this national task darling be courageous. We shall mobilize the local parish and the entire body of Christ in Nigeria to be praying

for you and I trust that God will help you. The truth is that you occupying that position is answered prayers for the nation. Genuinely, this nation is tired of corruption. I think for once the Federal government is aware that Nigerians are in pain based on year after year devastation of the masses by the corrupt leadership of successive regimes, and they want to do something about it. In my opinion that is why they are attracting brilliant people and mostly people of high integrity to these key positions. Before, government just lobby themselves and put key members of their ruling party or members of the Police Force in such positions and there is nothing tangible they have done. "Kola seemed to finish his sermon.

Kola's faith had really developed over the years. Marriage had really enabled

him to mature. It is not only on marital issues that he gives proper counsel, even on political issues.

Tosin's first day in office was very interesting and challenging. Pressmen and paparazzi were all over the place. Prior to getting to her office that day she had visited the Aso Rock—the seat of government, where The President of the Federal Republic of Nigeria and Commander-in-Chief welcomed her. It is a day Tosin will never forget in a hurry. She could not believe that she was in the corridor of power. The Chief of Staff welcomed her warmly to the office of Mr. President.

"Barrister Tosin Kolade, welcome to my humble office. Let me first of all say congratulations and ask that you take your seat." The President said briskly and matter of factly. Tosin was still kneel-

ing down after shaking the hand of the president as the President went to sit behind the desk. The President was surprised about her humility. Is the famous anti-corruption czar so simple and amiable?

"Madam I appreciate your upbringing. Please take your seat." The President insisted.

She managed to get up. She was still about ten meters away from the President. Top government functionaries were present.

All of them were congratulating her. She was genuflecting and acknowledging their compliments.

"Mr. President, I want to thank you for this opportunity. I am extremely honored to have been appointed as the new chairperson of EFCC and I came to accept the responsibilities that your trust has entitled me to. I am boundlessly

grateful to The Presidency and to those who nominated me, and I can hardly keep in my impatience to start the work you have given me.

Our country requires a lot of improvements. One of the management's tools that we learnt in Law school is Total Quality Management; TQM is a management approach to long-term success through customer satisfaction. In a TQM effort, all members of an organization participate in improving processes, products, services and the culture in which they work. That is the approach we need to tackle the corruption in our country, team work. I pledge to be the biblical Esther to deliver this country from corruption and I need your cooperation, I will do this work with my determination, loyalty and dedication, knowing fully well it is risky. I believe this nation

SOURCE: AMAZON.COM  
BOOKS AVAILABLE AT THE TORONTO & MISSISSAUGA PUBLIC LIBRARIES

# Justin Trudeau announces new cabinet



Prime Minister Justin Trudeau

By N. Ugoh

Prime Minister Justin Trudeau has unveiled his third cabinet since he first assumed office in 2015, changing the defence minister and environment minister as his government seeks to rise from the coronavirus pandemic, ameliorate its environmental record and combat political challenges from opposition parties.

In the most recent national election, the Liberals clinched 159 seats out of 338 in the House of Commons, as such, they will need another party to pass legislation.

As expected, the New Democratic Party (NDP) and the Bloc

Quebecois, will be the Liberals' possible legislative partners.

Trudeau revealed on Twitter recently that the new cabinet "will finish the fight against COVID-19, make housing more affordable, address climate change, create good jobs, walk the path of reconciliation, and build a better future for everyone".

Steven Guilbeault, a former staff of Greenpeace that represents a riding in Quebec, is Canada's new environment minister. Guilbeault replaces Jonathan Wilkinson who will be transferred to the natural resources portfolio.

The appointment of Guilbeault came be-

fore United Nations' climate talks in Glasgow, Scotland. Trudeau will attend the talks and the environmental record of Canada is likely to be scrutinised.

While talking to Reuters, Peter Donolo, a political strategist at the public relations firm Hill+Knowlton who used to be communications director for Liberal former Prime Minister Jean Chretien, said Trudeau was aiming to "position Canada as a winner in the greener global economy over the longer term".

Anita Anand who worked as public services and procurement minister during the pandemic and was commended for secur-

ing Canada's vaccine supplies amid serious competition will be the new defence minister.

Also, Melanie Joly will be the new foreign affairs minister, replacing former astronaut Marc Garneau. Joly will have to manage Canada's strained relationship with China, and other foreign policy problems.

Marci Ien, a former television journalist who won former Green Party leader Annamie Paul for a downtown Toronto seat, will become minister of women, gender equality and youth.

The new cabinet comprises 38 members, including Trudeau.

is worth dying for, for that I will say if I perish I perish. Once again Mr. President thank you for the opportunity you have given me to champion SAY NO TO CORRUPTION for our nation by the grace of God I will not disappoint this nation or yourself" Tosin ended her extemporaneous acceptance speech.

"Mrs. Kolade," The President, coughed slightly and continued in a soft spoken manner "this nation needs someone to rescue her, this nation believes they have found the rescuer, this nation believes in you. You will be faced with temptations and great challenges please do not sink in the ocean of corruption of our nation rather be a guard to bring this nation out, be

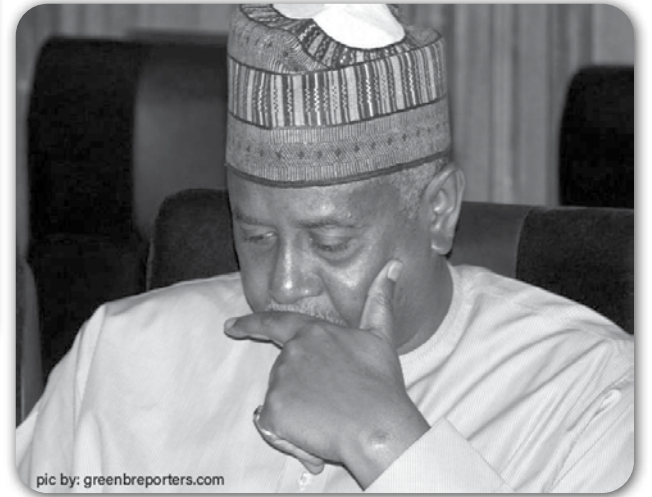
a light to the gentiles, a hope for the coming generation and a deliverer for this generation. Let there be no sacred cows, if you find me corrupt charge me to court, do not spare any political office holder past or present, Ministers, Special Advisers, Senators, Members of Representatives, Director of Ministries, State Governors, Members of House Assemblies, Civil Servants and Local Government Chairmen. Do not limit yourself to public officers or politicians if you have people in the private sector and banking sector that are engaged in any unethical way of enriching themselves or corrupt ways please do your job. Nigerians in the Diaspora should not be spared.

You and I know that our Green Passport is not respected. Whether it is a myth or reality this nation is known internationally for corruption. My government has resolved if there is one thing we shall be remembered for it is that we tackle corruption with iron will. We want to create a New Nigeria all Nigerians will be proud of and that the international community will respect. We want to lead by example. You will step on toes but you will have the government backing. You are called upon to sanitize this nation and the sanitizer is your Commission, The EFCC, use it well. History will judge you with whatever you do with this position. Every Wednesday when the Federal Executive

meets we award contracts in billions of naira but Corruption swallows it up every Thursday. The issue of generating power has suffered in the hand of corruption from one government to another. By now this nation should be generating more than twenty thousand megawatts, the dreaded corruption has swallowed it up and you know the instability in that sector is what has made our nation to be left as underdeveloped. Your predecessor will hand over to you promptly as you have said go ahead and get busy. Thank you also for accepting to serve your motherland. Congrats." Mr. President concluded.

TO BE CONTINUED

# PANDORA PAPERS: Dasuki named in alleged money laundering deals



pic by: greenreporters.com

By N. Ugoh

The Pandora Papers still unveil many alleged shady financial deals as a former National Security Adviser, Sambo Dasuki has been accused to have laundered money through the establishment of shell companies in the British Virgin Islands.

Dasuki was alleged in a report published by Premium Times recently in conjunction with United Kingdom-based Finance Uncovered within the bigger Pandora Papers Investigation overseen by the International Consortium of Investigative Journalists, ICIJ.

According to the report, "Nigerian multi-billionaire businessman, Leno Adesanya, approached a secrecy seller in the British Virgin Islands, Trident Trust Company Limited, to help family members of Sambo Dasuki, the National Security Adviser at the time, to register a shell company, Hy-

dropower Investments Limited.

"In the documentation submitted for the company's incorporation, Mr Adesanya indicated that Hydropower Investment was set up to own real estate and investment portfolios."

The Pandora Papers further revealed that the company was "locked in a long-drawn dispute with the Nigerian government over the Mambilla power project. The legal dispute is stalling the key funding from the Chinese EXIM Bank to execute the Mambilla project, an ambitious electricity generation infrastructure considered key to tackling Nigeria's long-standing power sector crisis."

The report however clarified that there was "no evidence that that was the case here, although Mr Dasuki was a key political office holder in Nigeria at a time two of Mr Adesanya's companies were seeking major favours from the Nigerian government."

## continued from p(5) 3 KEY TOPICS TO DISCUSS

from disease. That's why keeping up to date on vaccinations throughout adult life is important to staying healthy. While COVID-19 vaccines are top of mind, it's essential to make sure you're up to date on all vaccinations that may be recommended for you. Be sure to ask your doctor about the protective benefits of vaccines throughout every life stage and understand which ones are right for you.

**SCHEDULING TESTS AND SPECIALISTS**

The key to preventative health is staying on top of it. Be sure to talk to your doctor about a plan for routine tests and checkups you may have missed or might need throughout the year, such as blood work or blood pressure tests. Also speak to them about referrals that may be needed, from psychologists to help with your mental health to a dermatologist to see to that new rash you've developed.

Learn more and download a personalized vaccination tracker at [vaccinateforlife.ca](http://vaccinateforlife.ca).

## INTERNATIONAL NEWS

## Ime Umanah becomes first black woman president of Harvard Law Review



Ime Umanah

By N.Ugoh

The reputable Har-

vard Law Review has elected its first black woman president in its 130-year history. She is 24-year-old Ime Umanah, the daughter of a Nigerian immigrant.

Ime's father, Dr Ime Sampson Umanah, was a Nigerian immigrant who hailed from Abak Local Government of Akwa Ibom State.

Ime was raised in

Harrisburg, Pennsylvania. She is a joint degree candidate at Harvard Kennedy School of Government and Harvard Law School.

Umana was elected by the Harvard Law Review's 92 student editors in what is widely viewed as the highest-ranked position a student can have at the highly competitive law school.

## ICJ rules in favor of Somalia over Kenya in long-running maritime dispute

By Stanley Ugagbe

In a historic decision that could worsen the already fragile relationship between the neighboring countries, the International Court of Justice (ICJ) has ruled largely in favour of Somalia in its dispute with Kenya, setting a sea boundary in part of the Indian Ocean.

The ICJ ruled that Somalia, not Kenya, should control most of the triangle of water in the Indian Ocean over which Kenya has maintained sovereignty since 1979. The area, measuring about 39,000 square miles, is believed to contain deposits of oil and gas and has been

a source of tension between the two countries for years.

Local reports have it that the new boundary drawn by the International Court of Justice mostly followed a line proposed by Somalia, attributing to it several offshore oil blocks claimed by Kenya.

It was gathered that the court found that Kenya which did secure some territory beyond the Somalia proposal, had failed to prove there was an established sea boundary between the states, which would have given it a greater portion of the disputed territory.

Judge Joan Donoghue said the revised

maritime border along the exclusive economic zones for the continental shelves of Somalia and Kenya "achieves an equitable solution".

In a swift reaction, Kenyan President Uhuru Kenyatta said the country "rejects in totality" the court's decision, which he predicted would strain Kenya's relationship with Somalia at a time when tension is already high in the greater Horn of Africa region.

On his part, Somalia's President Mohamed Abdullahi Mohamed praised the ICJ as upholding the rule of law.

"Justice has prevailed," said the president.

## Former US secretary of state, Colin Powell dies

Former US Secretary of State, Colin Powell has died. He died of Covid-19 complications at the age of 84.

While announcing his death on Facebook, his family wrote: "General Colin L. Powell, former U.S. Secretary of State and Chairman of the Joint Chiefs of Staff, passed away this morning due to complications from Covid 19.

"We have lost a remarkable and loving husband, father, grandfather and a great Ameri-

can.

"We want to thank the medical staff... for their caring treatment."

Powell was a former highly ranked military officer that became the first African-American secretary of state in 2001 under former United States president, George W Bush.

His experience while serving in the US-Vietnam war helped shape his military and political tactics as he became a trusted military adviser to many leading

US politicians.

His national fame rose after the US-led coalition victory during the Gulf War, but his reputation would be forever dented when, as he pushed faulty intelligence before the United Nations to advocate for the Iraq War when he was Bush's Secretary of State, under the claim that the country was developing weapons of mass destructions, an allegation that was proven false after the US invaded Iraq.

## Turkish President Promises To Help Nigeria Fight Terrorism

By Stanley Ugagbe

President Muhammadu Buhari in a recent meeting in Abuja heaped praises on Turkish President Recep Tayyip Erdogan for opening his country's borders to accommodate millions of refugees in dire need of humanitarian support.

Speaking at a joint press conference on the occasion of the official visit of the Turkish leader to Nigeria, Buhari said his Turkish counterpart has set an example to the rest of the world on how to treat refugees.

"I commend Your Excellency for your leadership and generosity in receiving and accommodating 4 million refugees fleeing from conflict areas particularly in Iraq, Syria and Afghanistan. You have indeed set an example to the rest of the world," the Nigerian leader said.

The Nigerian leader described the two-day visit of President Erdogan and the First Lady, Emine Erdogan, as a reflection of the "robust, warm and cordial bilateral relation" between Nigeria and Turkey.

He noted that it was the second time he has had "the pleasure of receiving my Brother in Abuja."

On the accomplishments from the visit, Buhari said:

"During the visit, we held very useful discussions on a number of bilateral issues, aimed at strengthening this cordial relationship between Nigeria and Turkey.

"The key issues we touched on included a Series of Bilateral Agreements and Memoranda of Understanding that had been finalised.

"As a positive outcome, eight major Agreements/MoUs on a number of the key sectors including Energy, Defense Industry, Mining and HydroCarbons among others were



signed today. We have agreed that implementation is to commence immediately.

"In the course of our discussions, we also reviewed the travel ban list based on the revised COVID-19 protocols and removed Turkey from Nigeria's Travel Ban List. Turkey has indeed achieved remarkable success in addressing the COVID-19 pandemic."

President Buhari said President Erdogan's meeting with a Joint Session of the Nigeria and Turkish Chambers of Commerce and Industry, before departing Nigeria, would be another opportunity to engage and exchange views on more productive ways of pushing ahead the socio-economic ties between the two countries.

He thanked the Turkish President and the First Lady for commissioning the Turkish Cultural Centre in Abuja as well as opening the newly renovated Government Secondary School in Wuse, Abuja, undertaken by the Turkish Cooperation and Coordination Agency (TIKA).

In his remarks, President Erdogan stressed that Turkey was determined to improve relations with Nigeria to "higher levels on all fields".

He said the trade volume between both countries reached 2 billion dollars in 2020, making Nigeria the outstanding and the biggest trading partner in sub-Saharan Africa.

"However, we still believe that this level of trade we have achieved is far from being adequate. We hope

and pray that we will be expanding our trade volume up to 5 billion dollars immediately.

"We hope that the relations between the two nations will be further developed on the basis of a win-win scenario and mutual respect," the President, who spoke through an interpreter said.

Commiserating with Nigeria on the attack in Goronyo Local Government Area of Sokoto State, which claimed several lives, the Turkish leader pledged that his country would further cooperate with Nigeria on counter-terrorism as well as in the fields of military, defence and security.

"We are ready to share our ever expanding capabilities with Nigeria especially in the field of defence industry and security, which has been praised by the entire globe.

"This sensitivity that we have showcased in fighting terrorism, I hope will be reciprocated by our Nigerian brothers, sisters and counterparts," he said.

The Turkish President announced that his country has increased its diplomatic presence in Africa to 43 missions, adding that the third round of the Turkish-African business forum will be held in Istanbul this October while the third Turkish-African partnership summit will follow in December.

Erdogan expressed delight that many Nigerian students are currently studying in Turkey and benefiting from scholarships.

## Philippines makes U-turn, to review thousands more 'drug war' killings



By Marcel Chukwuka

The Philippines Justice Minister, Menardo Guevarra has disclosed that the nation will look into thousands of killings in President Rodrigo Duterte's war on drugs, after a review of a sample of cases indicated foul play in dozens of deadly police operations. In a statement, Guevarra noted that his Department of Justice (DOJ) would expand its review to the more than

6,000 killings during police operations, after which many officers were cleared of wrongdoing in internal police investigations.

Speaking with newsmen, he said "Time and resources permitting, the DOJ will review these thousands of other cases, too".

This move is can be seen as a shift from the Philippines' unflinching defence of the drugs war, which has seen the government scold crit-

ics and activists who alleged there were systematic executions of drug suspects by police.

It is imperative to note that the Philippines has been under pressure from the United Nations to hold a thorough probe and the International Criminal Court recently announced it would investigate the crackdown.

The government had always maintained that it will not cooperate because the Philippine justice system is functioning.

But the recent release that detailed 52 drug war deaths marks a rare admission by the state that abuses may have taken place.

It was said that in several of those, victims had no traces of gun-

powder on their hands, or did not have a gun at all.

In the release, the Menardo Guevarra-led DOJ also said police had used excessive force, shot suspects at close range and relevant medical and police records were missing.

It was stated that the findings, which are subject to further case buildup and criminal charges, could challenge the government's narrative of the war on drugs.

It should be noted that Duterte has for five years defended police and argued that all those killed were drug dealers who resisted arrest. He has publicly said police could kill if they believed they were in danger and he would pardon any who end up in prison.

## Uzbek's President Re-elected



Shavkat Mirziyoyev

By Stanley Ugagbe

Again, the President of Uzbek, Shavkat Mirziyoyev has picked up the baton of the nation's leadership following his re-election for a second five-year term.

The nation's electoral body said Mirziyoyev took 80.1 percent of the vote against four token opponents.

Local reports have it that Mirziyoyev's widely expected victory will allow

him to deepen his reform campaign and likely lead to Uzbekistan opening up further to foreign trade and investment - while retaining a highly centralised political system.

Prior to the election, Mirziyoyev lifted some restrictions on religious practices, reined in the powerful security services and overseen the release of some political prisoners.

Also, he has rebuilt the resource-rich country's ties with both Russia and the West and pledges to cut poverty through rapid economic growth and gradually decentralise decision-making by devolving some powers to district councils.

Remarkably, despite the absence of significant competition, voter turnout was strong at 80.8%.

It is important to note that Mirziyoyev, who took office in 2016 following the death of longtime President *continued on p(25)*

## UAE, Saudi fingered as Lawyers file Yemen war crimes complaint with UK police

By Stanley Ugagbe

In a move that is being hailed by stakeholders, Human rights lawyers have filed a complaint to British police accusing senior government officials of Saudi Arabia and the United Arab Emirates (UAE) of complicity in war crimes in Yemen.

This move was made by an international justice chamber that specializes in enforcing human rights and international crime norms, Guernica 37. It was gathered that the London-based company submitted their report to the Metropolitan Police Service and the Crown Prosecution Service.

Toby Cadman, leading advocate of the complaint claimed that 22 high-ranking Saudi and Emirati political and military officials were involved in crimes against humanity.

In the file, the lawyers called for the alleged individuals to be arrested immediately upon entering the United Kingdom, a close diplomatic ally to Saudi Arabia and the UAE.

However, as of the time of filing this report, the lawyers were yet to release the list of names.

Cadman said "We are talking about the most heinous crimes and we don't believe there is any immunity from them".

Guernica 37, in the dossier, referred to three events: a 2018 air attack on a school bus in northern Yemen which killed at least 26 children, a 2016 aerial bombing of a funeral in Yemen's capital which killed 140 people, and the alleged torture and murder of civilians in southern Yemen by Colombian mercenaries.

The lawyers cited accounts from survivors of the incidents and their relatives as evidence and also featured testimonies from the families of those killed.

It is important to note that Yemen has been in the throes of war since 2014, when the Iranian-aligned Houthis

rebel group seized large swathes of the country, including Sana'a, forcing the internationally recognized government of President Abd-Rabbu Mansour Hadi to flee.

The fight escalated in March 2015, when a Saudi Arabian-led military coalition featuring the United Arab Emirates intervened to try to reestablish Hadi's administration.

Multiple reports have it that the fight has killed tens of thousands of people and spawned what the United Nations has called the world's worst humanitarian crisis. Both sides have been accused of committing war crimes.

## Finally, Colombia's most-wanted drug kingpin meets waterloo



By Marcel Chukwuka

After several years of hiding, Colombia's most-wanted drug trafficker and the leader of the country's largest criminal gang, Dairo Antonio Úsuga, best known as Otoniel has been captured.

According to reports, the drug lord was captured in his rural hideout in Antioquia province in north-

western Colombia, close to the border with Panama.

It was stated that the operation involved 500 soldiers supported by 22 helicopters. Reports stated that the 50-year-old had used a network of rural safe houses to move around and evade the authorities, and did not use a phone; instead, relying on couriers for communication.

*continued on p(25)*

## Imprisoned Russian Opposition Leader Navalny Scoops Top EU Prize

By Stanley Ugagbe

In what analysts believe is a clear slap on President Vladimir Putin, the incarcerated Russian opposition leader Alexei Navalny, who narrowly survived a poisoning that he blames on the Kremlin, was awarded the European Union's top human rights prize.

While awarding the Sakharov Prize to Navalny,

the European Parliament praised his "immense personal bravery." It was recalled that the 45-year-old activist fell ill from a nerve agent poisoning last year and recuperated in Germany, and was swiftly arrested upon his return to Moscow and later imprisoned.

Parliament President David Sassoli in a statement said "He has campaigned

consistently against the corruption of Vladimir Putin's regime, and through his social media accounts and political campaigns, Navalny has helped expose abuses and mobilize the support of millions of people across Russia. For this, he was poisoned and thrown in jail".

The Parliament boss also sued for the immediate release of Navalny, who

is adjudged Putin's biggest domestic foe.

EU foreign policy chief Josep Borell tweeted that the prize is a recognition of Navalny's "commitment to defending democracy in Russia, at great personal cost," adding that the EU wants his "immediate and unconditional release."

Reacting to the award, NATO Secretary General *continued on p(25)*

## Botswana Moves To Overturn Rule On Same-Sex Relationships

By Marcel Chukwuka

Barely two years after making the rule, the Court of Appeal in Botswana has started hearing a government attempt at overturning a landmark ruling that decriminalized homosexuality.

It would be recalled that Botswana's High Court had in 2019 declared prison sentences for same-sex relationships as unconstitutional.

The Court decriminalized same-sex relationships

in a unanimous ruling welcomed by the LGBTQ+ community in the southern African country and beyond.

Justice Michael Lebutu who made the announcement in 2019, said discrimination has no place in Botswana.

"A democratic society is one that embraces tolerance, diversity, and open-mindedness," he said.

He added that continuing to criminalize sexuality and gender identity *continued on p(25)*

## SPORTS

# INTERNATIONAL PARALYMPIC COMMITTEE BANS NIGERIAN PARA POWERLIFTER FOR 30 MONTHS

By N.Ugoh

The International Paralympic Committee (IPC) has banned former Paralympic champion and Nigerian Para powerlifter Paul Kehinde for 30 months for violating an anti-doping rule.



## C. RONALDO SETS NEW INTERNATIONAL RECORD

By Stanley Ugagbe

Five-time Ballon d'Or winner, Cristiano Ronaldo has become the first player in men's international football to score 10 hat-tricks for his country. In a recent World Cup Qualifier, the Manchester United and Portugal legend scored his 113th, 114th and 115th international goals during a 5-0 rout of Luxembourg.

Ronaldo, 36, opened the scoring from the penalty spot in the eighth minute, and then converted another spot-kick just five minutes later to double Portugal's lead.

Bruno Fernandes and Joao Palhinha added further strikes, before Ronaldo headed home a Ruben Neves cross in the final few minutes of normal time, to complete his 58th career hat-trick.

It would be recalled that Ronaldo fired his ninth international hat-trick back in 2019, against Lithuania, which took him level with Sweden's Sven Rydell (1923-1932) for most hat-tricks in international football.

Against Luxembourg he edged beyond Rydell and became the first player to reach double figures.

It's important to also note that in September, Cristiano became the overall leading scorer in men's international football, by netting his 110th and 111th strikes, during a dramatic 2-1 victory over the Republic of Ireland.

The former Real Madrid and Juventus forward has been nominated for this year's Ballon d'Or.



This case may have been avoided if the athlete had followed the rules for Therapeutic Use Exemptions (TUEs) and verified that his prescribed medication was prohibited

**I**N a statement issued by the IPC, Kehinde tested positive for banned substances after a urine sample provided out-of-competition on 9 March 2020. This is his second ADRV.

The substances are hydrochlorot-

hiazide and its metabolite and amiloride which are included on the World Anti-Doping Agency 2020 Prohibited List under the class S5 Diuretics and Masking Agents.

The Anti-Doping Director of IPC, James Sclater remarked that Kehinde

could have avoided the ban if he had abided by laid down rules

He said: "This case may have been avoided if the athlete had followed the rules for Therapeutic Use Exemptions (TUEs) and verified that his prescribed medication was prohibited.

## Onyenwere Makes History as 2021 WNBA Rookie of the Year

By Stanley Ugagbe

Nigerian-American basketball player for the New York Liberty of the Women's National Basketball Association, Michaela Nne Onyenwere has been named the 2021 Kia WNBA Rookie of the Year. This development was contained in a statement by the WNBA.

Following the announcement, she becomes the first player to win the annual award with the liberty. According to the statement, Onyenwere received 47 votes from a national panel of 49 sportswriters and broadcasters. Atlanta Dream guard Aari McDonald and Liberty guard/forward DiDi Richards received one vote each.

Onyenwere averaged 8.6 points and 2.9 rebounds in 22.5 minutes in 32 games (29 starts) this season. She led all WNBA rookies in points per game, field goals made (91) and three-pointers made (37). The 6-foot Onyenwere also ranked second among rookies in total rebounds (94).

A regular starter in her first WNBA season, Onyenwere recorded 12 games with 10 or more points and five games with five or more rebounds. In her WNBA debut, she finished with 18 points and five rebounds against the Indiana Fever on May 14. Onyenwere scored a career-high 29 points and grabbed five rebounds against the Dream on May 29. In her first career double-double, she posted 11 points and a career-high 10 rebounds against the Minnesota Lynx on Aug. 31.

Onyenwere won all four Kia WNBA Rookie of the Month awards this season. She helped New York qualify for the WNBA Playoffs for the first time since the 2017 season.

New York selected Onyenwere with the sixth overall pick in the 2021 WNBA Draft. Onyenwere played four college seasons at UCLA, where she became the Bruins' first two-time AP All-America Team selection and finished her career as the fourth-leading scorer in program history (1,888 points).

"In honor of being named the 2021 Kia

WNBA Rookie of the Year, Onyenwere will receive \$5,150 and a specially designed trophy by Tiffany & Co".

It is important to note that currently in its 25th season in 2021; the WNBA is a bold, progressive basketball league that stands for the power of women. Featuring 12 teams, the W is a unique sports property that combines competition and entertainment with a commitment to diversity, equity and inclusion and social responsibility. Through its world-class athletes, the in-game fan experience, TV and digital broadcasts, digital and social content and community outreach programs, the league celebrates and elevates the game of basketball and the culture around it.



## SPORTS

# RUGBY: TUNISIA WINS AFRICA CUP TOURNAMENT

By Stanley Ugagbe

Tunisia's women's team played Cote d'Ivoire, who had lost to Senegal in the previous match on October 17th at El Menzeh Rugby Ground in Tunisia's capital. Tunisia seemed to have found their feet with the 15s game to win by a mile scoring 61 points to nil.

**T**UNISIA started strong, passing the ball and sprinting out hard and committed early on to moving the up the field and keeping it close to the soaring zone. In the first few runs though Tunisia underestimated the strength of Cote d'Ivoire's defenders only to run straight into their tackles. Although much slower Cote d'Ivoire surrounded the fleet footed Tunisian players like a pride of lions, swiftly bringing them down.

After a few run ins to Cote d'Ivoire's killer tackles Tunisia quickly adapted and upped their fast passing game sending the ball out wide onto the wing and bringing in their first try in the first eight minutes by No. 14 Ranim Madouri. After that Tunisia hit their stride and became like a well oiled machine, moving the ball forward with a much longer game.

The Tunisian team showed greater unity as a team than they had done in their first match against Senegal. Despite being occasionally snarled up in Cote d'Ivoire's tackles and scrums Tunisia kept up the pressure with a fast paced technical game.

After Madouri's try, No. 10 Ameni Ben Salem scored a perfect conversion. For the rest of the match she proved herself to be a precise and effective penalty and conversion kicker. Madouri's confidence was visibly growing, as she put in some



spectacular turns of speed. Realizing that she never had to eat dirt, she dodged and weaved around Cote d'Ivoire's defenders to score. In her final scoring run of the first half, she sprinted in a perfect arc to score on her feet, leaving Cote d'Ivoire's defenders lumbering in her wake.

At the end of the first half Tunisia had scored 30 points with Cote d'Ivoire having failed to even get the ball far up enough the field to dream of scoring a try.

Tunisia's team manager Abdelaziz Chaouachi who was pleased with Tunisia's strong showing in the first half, said "the team is now getting used to playing 15s, now the ball is moving as it should, it's about how the players move, but about how the ball moves".

In the second half, Cote d'Ivoire seemed more assertive trying to the push the push up the field faster but Tunisia quickly took control of the ball to score another try in under four minutes of play.

For the early part of the second half it was a try/conversion killer combo by Madouri getting balls over the line and

Ben Salem kicking them across the bar.

After a series of substitutions it was No. 16 Abire Dhaheri, a late substitution who brought home the next try and No. 11 Rihab Hamouda, but it was the kicking machine Ben Salem who launched the conversions over the bar, to bring the final score to 61-0 to Tunisia.

Tunisia's team coach, Malick Tcha-Tchibara said that Tunisia's win was down to the new skills they had developed "they improved their communication, it was much clearer, it is easier to play when communication is clear, they decided to work hard and to go deep and move the ball."

A jubilant captain, No. 9 Meriem Mekni, who could not stop smiling after wining, said "we had a strategy to play long, because we saw that Cote d'Ivoire play a very close short game with tackles, so we went deep and wide."

Abdelaziz Chaouachi said "that after the game against Senegal Tunisia ranked 32 in the world, we are hoping that this tournament win will take us into the top 20."

## MOVE FOR BIENNIAL WORLD CUP SUFFERS SETBACKS

By Stanley Ugagbe

The move for a biennial world cup has again suffered a major setback as UEFA President Aleksander Ceferin has warned his FIFA counterpart Gianni Infantino against pushing ahead with a vote on the plan, saying there would be "terrible consequences" to such a move.

In a recent meeting, FIFA's ruling council agreed to hold a global summit of all 211 member associations on December 20 to discuss the proposals for a World Cup to be held every two years rather than every four years.

In view of this, FIFA will now wait for the results of a feasibility study and also an economic analysis of the financial impact of the extra World Cup, which are expected to be delivered before the summit.

Infantino said "We will continue with the objective of reaching a consensus with solutions that work for everyone's benefit. By hosting a global summit later this year, we will now have the opportunity to present one plan and to provide feedback to all our FIFA member associations".

The FIFA president had taken part in a conference call with UEFA's 55 national federations and the proposals received widespread criticism and rejection.

UEFA president firmly maintained that "I am seriously asking you and FIFA not to push for a vote, because that could have terrible consequences for football in general," said the UEFA president.

"I don't think it would be wise to go for a vote on a matter like that. Not just because there will be severe consequences that we will have to take but also because the stakeholders like clubs and leagues don't have a vote and this idea is detrimental to their existence," he added. In the recent meeting, a report commissioned and presented by UEFA estimated a shortfall of between 2.5 and 3 billion euros (\$2.9bn to 3.5bn) across four years for European federations if FIFA were to adopt its plan to switch to a biennial World Cup.

However, Infantino believes that reshaping of world football is germane to safeguard the future of the sport.

He said "I believe as well that the enemy of football is not the World Cup or is not FIFA but it is other activities that young boys and young girls are running after today".

"And we need to see how jointly and together we can bring them back to be interested in football."

Infantino did not specify what those "other activities" were.

It was gathered that in the meeting, officials from the Italian, Romanian, German, Portuguese and other federations told Infantino that the changes would be damaging to the game and also criticised the way the consultation process has been handled.

## NHL agrees to send players to Olympics in Beijing

By Bunmi Akintilo

Players of the NHL will return to this winter's Olympics in Beijing after reaching an agreement with international officials. The NHL, its players' union, the International Olympic Committee (IOC) and the International Ice Hockey Federation (IIHF) agreed on a deal recently that will showcase the world's best players back on sports' highest stage in February after they missed out on the 2018 Pyeongchang Games.

Meanwhile, after the league and players agreed to participate in the Olympics as part of a long-lasting prolongment of the collective bargaining agreement last summer, the COVID-19 pandemic and related expenditures threatened to waive that possibility. Rather, the parties were able to figure it out, permitting the league or players

to pull out if virus conditions change for the worse or there's an outbreak while the season is on.

In as much as that does not happen, NHL players will take part in the Olympic men's hockey tournament for the sixth time in seven opportunities which date to 1998. The NHL participated in five Olympics in a row beginning in 1998 but did not participate in the 2018 Games in South Korea over concerns about travel, costs and logistics.

Participation in Olympics was an issue during last summer's negotiations between the league and the NHL Players' Association over the extension of the collective bargaining agreement, and the NHL pledged it would make effort to send players to Beijing.

A lot of hockey's biggest names like Edmonton Oilers captain Connor McDavid and Washington Capitals star

Alexander Ovechkin have expressed their desire to play at the Olympics.

While talking in June, McDavid said: "When we signed our last (collective bargaining agreement) I think the players were pushing for a commitment from the league to allow us to go to the Olympics.

"My understanding (is) we got that commitment and the league is going to do everything in their power (to make that happen). As players, we're expecting to go."

Canada has been dominating Olympic hockey for a long time, winning gold in 2002 in Salt Lake, Vancouver in 2010 and Sochi in 2014. The coach of Tampa Bay Lightning, John Cooper will lead Team Canada in Beijing.

Before the announcement in August, Cooper said: "It's the Olympic Games. I get fired up just talking about it."

St. Louis Blues' Doug

Armstrong will be the team's general manager. United States coach Mike Sullivan said returning to the Olympics is "such an exciting time for hockey."

Also, while talking to The Associated Press recently, McDavid, who played for an under-23 "Team North America" at the 2016 Hockey World Cup and has not yet played for Canada in a competition of the world's best men's hockey players said: "Just to be able to represent Canada at the Olympics and compete for a gold medal would be an absolute dream come true.

"It's kind of been a long time since we've been able to play best-on-best internationally. I think for me and I think for a lot of guys that were on that team, it's been a long time coming. We're looking forward to going to the Olympics if we're all lucky enough to make it."

## RELIGION

## What are you doing now that you are young?

By Pastor Amos Dada PhD,  
P.Eng

"Josiah was eight years old when he became king, and he reigned in Jerusalem thirty-one years. 2 He did what was pleasing in the Lord's sight and followed the example of his ancestor David. He did not turn away from doing what was right. 3 During the eighth year of his reign, while he was still young, Josiah began to seek the God of his ancestor David. Then in the twelfth year he began to purify Judah and Jerusalem, destroying all the pagan shrines, the Asherah poles, and the carved idols and cast images." 2 Chr 34:1-3

#### THE PURPOSE OF INFORMATION IS TRANSFORMATION.

The Holy Spirit wants you to learn somethings that can help you from the life of Josiah. Please apply it to your life and urgently share with someone who needs it.

A little background to Josiah's story will help us. "At the Lord's command, a man of God from Judah went to Bethel, arriving there just as Jeroboam was approaching the altar to burn incense. 2 Then at the Lord's command, he shouted, "O altar, altar! This is what the Lord says: A child named Josiah will be born into the dynasty of David. On you he will sacrifice the priests from the pagan



**Pastor Amos Dele Dada** shrines who come here to burn incense, and human bones will be burned on you" 1 King 13: 1-3.

Our reference scripture in Chronicles 34 above shows the confirmation of what the man of God prophesied. What does that mean for you and I? A lot!

1. The bible from Genesis to revelation gives prophecies of people that will be born and they were born. That to me authenticates the integrity of the bible. That distinguishes it from other religious books that are just narratives without prophetic words subject to validation.

2. The birth of many people were predicted: Isaac, Samuel, Samson, Josiah, Jeremiah, John the Baptist and Jesus himself, just to mention a few. One of the intuitions from that is that you and I have an unwritten prophecy before we were born! It shows that everyone born into this world was not an accident. It was carefully planned by the maker. That in itself demolishes the evolution theory that humans evolved from apes or the

Big Bang theory!

3. In addition to their birth, the bible also prophesied what each of those people born were to do. Isaac was to perpetuate the dynasty of Abraham a generation from which the whole earth will be blessed. Samson was to judge the people of Israel. Josiah was to bring reforms to Judah. Jeremiah was to be a prophet to warn the people against abandoning God. John the Baptist was to introduce Jesus as the Lamb of God. Jesus was to be Emmanuel - God with us and to take away the sins of the world. Matt 1:21.

You will observe that most of these people carried out their life assignments when they were young. Joseph was Prime Minister at 30 years. Jesus began his ministry at the age of 30 and he was done after thirty three and a half years. Our Josiah became king at eight. In our time most countries classify 0-18 as minors, people incapable of making sound decisions. I guess the bible did not sanction that philosophy.

In our times we've had similar individuals who brought sanity to our world. Joseph Ayo Babalola (1904-1959) was 26 when God used him for Oke-Oye revival in Nigeria. John Knox (1505-1546) was 39 years when he started in Scotland.

Joseph Seymour (1870-1922) was 36 when he started the

Azuza street Revival in America.

John G. Lake (1870-1935) 36 years in South Africa. Benson Idahosa (1938-1998) was 30 when he started in Nigeria. On 6th October, in 1536 William Tyndall was strangulated for Translating the Bible into English Language so we all can read it.

Likewise in the Nigerian political terrain; Major General Gowon was 32 when he became the head of state, he was a bachelor! The likes of Obafemi Awolowo, Anthony Enaboro, Nnamdi Azikwe, Tafewa Balewa, Ahmadu Bello, Micheal Opara, Odumegu Ojukwu were all in their thirties when they became military and political leaders in Nigeria.

In this technological age Mark Zuckerberg was 19 when he started Facebook. Jack Dorsey was 21 when he started what is now known as Twitter. I guess these figures are not strange to you. To the glory of God, I was privileged to start church planting at the age of 30. I will be 66 tomorrow October 10, 2021. By his grace I have preached the gospel in over 80 nations, made my mark in the oil industry as a Chemical Engineer, and written a dozen number of books. I believe I still have much more to contribute to humanity and I praise God for the way I spent my youth.

How are you spending your youthful age? The Holy Spirit

wants us to learn from Josiah who at age 12 started reforms in Judah. Is your life reformed? All human beings were deformed by sin. Only in Jesus do we have redemption and transformation. I established earlier that God has a purpose for you. You can really get a lot done in your youth. You are young now and strong but you will soon be old and weak. King Solomon said "Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest." Eccl 9:10.

I hear you say how can I bring reformation? How can you make yourself count as a youth? I'll give you these ten steps

. Intentionally document a plan

• Establish your priorities

• Pursue your passion

• Protect your plans and priorities

• Identify what you value

• Make decisions based on destiny

• Inventory your associates.

• Review your investments, do not try to please everyone.

• Seek for help from the right people where and when you need it.

• Forget the past, design your future and move into action

Conclusion: Josiah "began to purify Judah and Jerusalem, destroying all the pagan shrines, the Asherah poles, and

the carved idols and cast images." He purified himself and purified the nation. He championed great things for his generation. You can do better. Get rid of sin. Destroy those habits, characters that can destroy you and destroy Canada or the nation you represent. Be creative, Be innovative. Destroy the Asherah poles and idols, ungodly friendship, godless gods, corruption, ungodly lifestyles. The Holy Spirit is saying it is not too late for you! Channel your energy in a positive way! A Chinese proverb says "The best time to plant a tree was 20 years ago. The second best time is now." God orchestrated, engineered and planned your birth like that of Josiah to be a reformer not a deformer. Josiah started early and accomplished much. Your education, place of birth, race, religion, marriage, everything around you is not by accident or coincidence it is the work of God, the Master planner- Plunge yourself into action Now That You Are Young and become a history maker so that you will not be cast into the dustbin of history. Shalom.

O taste and see that the Lord is good. (Psalm 34:8). I have tasted and found that the Lord is good. I do testify that the Lord is good. Join me to taste him.

www.cacbethel.com  
www.igoeministry.com

## Controversial Pathways leader, Smith dies in car crash

By N.Ugoh

The controversial leader of Pathways International Ministries, Kevin O Smith has died following a motor vehicle accident on the Northern Caribbean island of Jamaica.

Local reports have it that Smith died alongside a policeman in the accident. Three other cops were injured in the incident.

It was gathered that Police confirmed Smith's death saying that he was heading to Kingston at the time of the accident.



**Kevin O Smith**

Speaking with newsmen, Head of the Jamaica's Constabulary Forces said: "They were taking him to Kingston to be formally charged; there was an accident and all four people in the vehicle received serious injuries. Two died, a police constable and Mr.

Smith and the other two police officers are in critical condition." The controversial Pastor, who is the head of his Pathways International Kingdom Restoration Ministries was earlier arrested after police swooped down on his church in Montego

Bay in response to a report that a human sacrifice was taking place in the church, where more than 100 followers had gathered, dressed in white robes.

In their testimonies, survivors who spoke to local Jamaican media outlets, said the ritual involved senior members of the church "stabbing" and "slashing" several congregants who were told they'd be embarking on a "heavenly journey".

"When I saw blood and the young lady fell, I said 'This is it for

me,'" one member who managed to escape the church told the Jamaican Observer.

Another testifier, Milton Ricketts, who knew Smith well, told newsmen that the troubling activities at Smith's church had been "going on for years." "The people have been brainwashed, including the children, and they have been taught things which are unscriptural and they have suffered damage in their soul."

Delineating on the development, Ricketts said Smith usually de-

mand his followers to "take a knee," when addressing him, asking them to refer to him as "Crown Bishop... at all times."

Meanwhile, Police on the island had previously said they were investigating "a case of double murder and three counts of wounding," in connection with the Oct. 17 killings, and more than 40 members have been arrested over the incident so far. The police probe has also involved the search of two of Smith's luxury homes before he died.

**answers from p(16)  
CAN YOU USE ...**

Somewhere in the hills, a tiny spring gushed out of the rock and trickled happily over smooth stones and shiny pebbles. **Al-most immediately**, it was a dancing stream that rushed down the valley past huge boulders and tall pine trees. **Shortly afterwards**, it was joined by another stream and **soon afterwards** by another and another. Next, it became a swift flowing river that reared onwards with great power and force. **Later on**, it passed a small village at the foot of the hills, where laughing children

tossed bits of wood into its racing current. **In a little while**, it flowed under the arch of a sturdy stone bridge where a fisherman sat, his line dangling hopefully into the foaming waters. **After that**, it reached the flat, level land of the plain and the river then slowed down, becoming silent, dark and deep. **Soon**, it was winding its way lazily through wide fields of rich green grass. **At last**, it came upon a noisy city where huge buildings and tall smoky chimneys crowded the skyline; **finally**, it flowed into the sea.

**answers from p(16)  
MATCH EACH SET ...**

- Earth, Venus, Mars, Saturn  Planets
- Guitar, violin, piano, flute  Instruments
- Viper, python, cobra, asp  Snakes
- New York, Moscow, London, Beijing  Cities
- Fir, oak, mahogany, chestnut  Trees
- Everest, Kilimanjaro, Makalu, Lhotse  Mountains
- Japan, Ireland, Ghana, France  Countries
- Shark, salmon, trout, mackerel  Fish
- Atlantic, pacific, Indian Arctic  Ocean
- Canoe, punt, catamaran, barge  Boats

**answers from p(16)  
CAN YOU MOVE ...**

Answer: go through ladder 8, move to ladder 6, avoid the fire and climb ladder 4, go up by ladder 3 and you're at point B

**answers from p(16)  
MATCH THE CORRECT ...**

**Good morning** – Bonjour, **I am sorry** – Je suis desolé, **Thank you**– Merci, **Goodbye**– Au revoir, **Excuse me** – Excuse-moi, **Please**– S'il te plaît, **Good afternoon** – Bonne après-midi, **Goodnight** – Bonne nuit.

**continued from p(21)  
BOTSWANA MOVES TO ...**

holds societies back from reaching their full potential, saying: "Societal inclusion is central to ending poverty and fostering shared prosperity."

But in the recent move, the government is clamoring for the ruling to be overturned on the ground that courts have no jurisdiction in this matter, and instead should be an issue for parliament to decide.

Ricki Kgositau-Kanza, Executive Director at Accountability International said "A win out of the

Court of Appeal is an affirmation of the fact that Botswana has indeed moved 20 steps ahead, not only of the former self of Botswana, but ahead of many other parts of the continent that still criminalise consensual adult same sex and same gender activity".

It's important to note that Botswana is one among a handful of countries in Africa to have decriminalized homosexuality. Other countries are Lesotho, Angola, Mozambique, the Seychelles and South Africa.

**answers from p(16) MENTAL MATH**

- (1) 48; (2) 12; (3) 5/10; (4) octagon; (5) letter E (3 horizontal lines); (6) 18; (7) 2 months;

(8)

8	11	8
9	9	9
1	7	10

(9)

5	10	6
8	7	6
8	4	9

(10) 8

**continued from p(21)**

**FINALLY, COLOMBIA'S MOST-WANTED ...**

Harping on the development, Colombia police chief Jorge Vargas said his movements were traced by more than 50 signal intelligence experts using satellite imagery.

"The U.S. and UK agencies were involved in the search."

It is important to note that there have been several huge operations involving thousands of officers to capture the 50-year-old in recent years, but until now none has been successful.

It would be recalled that the notorious drug kingpin became the head of the Gulf Clan, previously known as the Usuga Clan, after its previous leader – his brother – was killed by police in a raid on a New Year's

Eve party in 2012.

Reports have it that since then, Colombia's security forces labelled the gang as the country's most powerful criminal organisation, while authorities in the U.S. describe it as "heavily armed [and] extremely violent."

The Colombian government had offered \$800,000 reward for information about his whereabouts, while the United States placed a bounty of \$5 million on his head.

The BBC had noted that the gang operates in many provinces and has extensive international connections. It is engaged in drug and people smuggling, illegal gold mining and extortion.

"It is believed to have

about 1,800 armed members, who are mainly recruited from far-right paramilitary groups. Members have been arrested in Argentina, Brazil, Honduras, Peru and Spain.

"The gang controls many of the routes used to smuggle drugs from Colombia to the US, and as far away as Russia."

However, the Colombian government believes it has decimated its numbers in recent years, forcing many leading members to hide in remote regions in the jungle.

Otoniel now faces a number of charges, including sending shipments of cocaine to the U.S., killing police officers and recruiting children.

Reacting to his arrest, President Ivan Duque described the development as a victory. He likened it to the arrest three decades ago of the notorious Colombian drug kingpin, Pablo Escobar.

"This is the biggest blow against drug trafficking in our country this century," he said. "This hit is only comparable to the fall of Pablo Escobar in the 1990s."

The president noted that one police officer died during the operation.

Duque reportedly described the operation as "the biggest penetration of the jungle ever seen in the military history of our country," adding that Otoniel's arrest "marks the end of the Gulf Clan".

**continued from p(21)**

**IMPRISONED RUSSIAN OPPOSITION ...**

Jens Stoltenberg said "I welcome the fact that a strong voice ... in Russia has been awarded this prize," adding that the prize also was a call for "his unconditional release from prison" and to have an international investigation into it.

The Secretary General also recalled that NATO considered the treatment of Navalny as part of a "pattern where we see that Russia has become more oppressive at home and more aggressive abroad."

It's imperative to note

that the EU has been calling for Navalny's immediate and unconditional release in what it sees as a politically motivated imprisonment and has said it holds Moscow responsible for his health.

Recall that the EU imposed sanctions last year on six senior Russian officials for their alleged involvement in the poisoning of Navalny.

In a post on Facebook, Navalny's top associate Leonid Volkov said the prize showed that hundreds

of lawmakers from different countries and parties had reached a consensus that the fight against corruption is an issue for all of Europe and that Navalny is "political prisoner No. 1 in the world and Putin's personal captive."

He said "Europe understands that we are fighting to make Russia a normal European country, which it will become, and supports it".

Another member of Navalny's team, Ruslan Shaveddinov told newsmen

that "Russian authorities may want this to be forgotten as soon as possible, but we see that European politicians believe that this issue is important and send quite a clear message that no one forgot and that they demand Alexei Navalny's release."

Shaveddinov emphasized that Navalny's associates will do everything possible to win his freedom, and will continue their anti-corruption investigations, political and public campaigns and protests.

**continued from p(21)  
UZBEK'S PRESIDENT...**

Islam Karimov, has relaxed many of the policies of his predecessor but maintained rigid controls over the political scene.

Among other developments, under Mirziyoyev, freedom of speech has expanded compared with the Karimov era, and some independent news media and bloggers have appeared.

The president lifted controls on hard currency, helping encourage foreign investment. Mirziyoyev has moved to boost economic and trade ties with Russia,

which is building Uzbekistan's first nuclear power plant and has invested in other big economic projects in the country. Russia also attracts a flow of migrant workers from Uzbekistan.

However, Political scientist Akhmed Rahmonov observed that while under Karimov food and energy were subsidized by the state, "today, with the free market reforms, the subsidies have been removed, but no mechanism has been created to support redistribution of wealth."

**continued from p(5)  
HOW TO PREPARE...**

**CHECK YOUR ALARMS.**

Conduct fire drills at least twice a year during the day and night, making it as realistic as possible. Allow children to master the fire escape routes beforehand. The objective is to practice, not to frighten, so telling children there will be a drill before they go to bed can be as effective as a surprise drill.

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**HAVE A MEETING LOCATION OUTSIDE.**

Choose a designated outside meeting place a safe distance from your home. Once you're out, stay out. Under no circumstances should you ever go back into a burning building. If someone is missing, inform the fire department dispatcher when you call. Firefighters have the skills and equipment to perform rescues.

*Find more home fire safety tips at [firstalert.ca](http://firstalert.ca).*

**MAP YOUR HOME.**

Involve everyone in your household when developing escape routes. Walk through your home and inspect all possible exits. Identify two ways out of each room, including windows and doors. Make sure everyone in the home understands the plan.

**PRACTICE YOUR PLAN.**

# BOOST YOUR IMMUNE SYSTEM THROUGH THE POWER OF FOOD



(NC) Fall is a favourite season for many with beautiful colours, cozy sweaters and everything pumpkin spice. But one thing fall brings that is a little less thrilling is cold and flu season.

Wearing a mask

in public, staying away from others who are sick, washing your hands regularly and getting enough rest are a few of the things you can do to stay healthy. But maintaining a good diet is equally important.

Here are three simple things you can add to your diet to help boost your immunity:

## VITAMIN C

Research shows Vitamin C can help make your immune system stronger, but

before you reach for supplements, there are lots of food sources that naturally contain it. While you may only think of oranges and other citrus fruits, tomatoes, potatoes, strawberries, bell peppers, broccoli and kiwi are also great sources. Tip: Make a bell pepper sandwich by slicing the pepper in half and taking out the seeds and adding your choice of meat, vegetables or cheese. You can customize this for breakfast, lunch or dinner and play around with different techniques.

## ZINC

Include adequate protein-rich foods because they contain nutrients that are important for immune health. Zinc helps

maintain immune function and can be found in meat, poultry, fish, seafood, eggs, soy, legumes, nuts and seeds. Try adding more beans to your soups and sauces or nuts and seeds to your yogurt and baking to get more of this immune-boosting nutrient. Tip: During your annual pumpkin carving, save some pumpkin seeds and roast them in the oven at 400°F for 20 minutes. Make it fun and add cinnamon and brown sugar or make it spicy with siracha.

## PROBIOTICS

Foods with probiotics, such as kefir and yogurt, can benefit our gut and immune health. Be sure to look for the word “probiotic” on the label, as this

is a regulated term. Try including more of these foods by having yogurt parfaits, using yogurt in dips and adding kefir to your morning smoothie. Tip: Try yogurt bark for an easy on-the-go breakfast. Simply spread probiotic yogurt on a parchment-lined baking sheet and add toppings of your choice, such as berries, bananas, honey and chocolate. Freeze for two to three hours or until firm.

Looking for more inspiration? Reach out to your local Loblaws dietitian for more immune-boosting recipe ideas. They also provide a range of services, including phone consultations and online workshops. Find one near you at [bookadietitian.ca](http://bookadietitian.ca).

# SWEET AND SPOOKY BEAUTY TIPS FOR THE BEST HALLOWEEN COSTUME



(NC) Halloween is the perfect chance to get creative and express yourself. No matter what your plans are, here are some timeless costume trends

and makeup tips to get you in the spooky spirit.

## QUICK CLASSIC COSTUMES.

From pirates to princesses, classic

costumes will always be popular. There is something nostalgic about putting on a simple witch's hat, donning a skeleton suit or drawing whiskers on your face

with an eye pencil. For last-minute plans, have fun upcycling old clothing or items from previous costumes to help you get into character quickly.

Makeup tip: Browse your local beauty aisle for limited-edition spider lashes and fake blood to create quick pretty, scary or funny looks.

## POP CULTURE CHARACTERS.

Many top costume trends are inspired by the TV shows and movies that we've been binge-watching lately. Turn yourself into your favourite show's main character with items from your lo-

cal thrift store for key costume pieces.

Makeup tip: Dig into your makeup bag to create your own version of the character's look. Have fun and discover ways to play with lipsticks, eye pencils, blushes and eyeshadows in new and imaginative ways.

## DARK AND DAZZLING.

Get inspired by your favourite social media personalities and embrace a dramatically darker look.

“Halloween is all about having fun with your makeup,” says Kimberley Margarita, Canadian social media star. “I created a dark queen look

this year using a few core makeup products from Quo Beauty. My golden tears were formed using the brand's limited-edition skull highlighter, which I dripped under my eyes to add a dramatic and unexpected feature to this otherwise dark makeup look.”

Makeup tip: Use your face palette and bronzer for eyes, cheeks and lips. Blending the shades together will create a base that you can build on to further define areas such as hollowed cheekbones.

Find more Halloween makeup trends and products at [shoppersdrugmart.ca/quoBeauty](http://shoppersdrugmart.ca/quoBeauty)

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