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See p. (15)

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VOLUME 18 · ISSUE 10 · OCTOBER 2023
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HISTORY MADE AS UZOMA ASAGWARA SWORN IN AS HEALTH MINISTER AND DEPUTY PREMIER OF MANITOBA



Uzoma Chioma Asagwara

By Bunmi Akintilo

Uzoma Chioma Asagwara has made history in Canada by becoming the new Health Minister and Deputy Premier of the

Province of Manitoba. She took her oaths of office recently. It's an unprecedented accomplishment as she broke the record of being the first black to achieve that position, having served out her legislative tenure as the first

black in that position in Manitoba and Canada.

She was born in Winnipeg when her parents from Abia migrated to Canada in the late 1970s and was earlier elected to represent the Canadian Union Station in the Manitoba Legislative Assembly in 2019.

By winning a seat in the Manitoba Assembly and becoming the first black queer legislator, Asagwara broke a 150-year jinx.

Asagwara's duties as the new health minister will intersect with the bioeconomy in many ways and she is expected to drive innovation and health advancements within the biosciences.

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**AWARD WINNING
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Pelican Narrows' Ongoing Struggle with Violence Demands Urgent Action

In the heart of the pristine Canadian wilderness, where nature's beauty should offer solace and tranquility, Pelican Narrows is a community that finds itself engulfed in an unrelenting nightmare of violence and despair. It's a crisis that has gone unheeded for far too long, and it's time we, as a society, face it head-on.

The blaring siren that pierces the tranquil northern Saskatchewan night at 10 p.m. is a stark reminder of the daily horrors residents endure. It serves as a grim prelude to the sounds of gunshots, a chilling signal of the dangers that await. This community of approximately 2,173 people, nestled 420 ki-

lometers northeast of Saskatoon, has been living under a state of emergency for nearly a year—a desperate cry for help.

The emergency state that initially encompassed Pelican Narrows has now expanded to include the entirety of the Peter Ballantyne Cree Nation, a collection of eight communities in Saskatchewan's rural north. The reason is clear: the growing plague of violence, substance abuse, and despair is tearing at the fabric of these communities.

At a recent public meeting held at Pelican Narrows' elementary school gymnasium, approximately 100 community members gathered, seeking answers and solutions.

Their stories of fear, grief, and desperation cut to the core of the crisis, with many echoing the same plea: "This is a crisis out here. Something has to be done to help our people, to be safe for our children, my grandchildren," said Antonia Sewap, a lifelong resident of Pelican Narrows.

"It's crazy out there. I'm really worried about the young people's lives. I worry. Sometimes I can't sleep when my daughter is out there, or my son."

The violence that now plagues this once-peaceful community has deep historical roots, intertwined with poverty, limited access to education, and systemic neglect. The horrifying reality is that this crisis is not the result of isolated incidents; it is an endemic issue that demands immediate and sustained intervention.

The recently expanded state of emergency, declared by the Peter Ballantyne Cree Nation in response to the tragic death of a 17-year-old in Deschambault Lake, underscores the urgent need for action. The goal of this declaration is to establish comprehensive community safety plans and an effective emergency response strategy.

Law enforcement and local leadership have promised to address the situation. Initiatives like the community safety officer program are in development to support the RCMP, and programming aimed at steering youth away from criminal paths is being considered. But words alone are not enough.

Pelican Narrows calls for stronger law

enforcement responses, faster response times, and comprehensive community safety measures. The voices of those who live in fear of violence spilling into their homes must be heard and heeded.

The heartbreaking stories of violence and loss, told through pictures and names displayed in the gymnasium, should serve as a wake-up call for our nation. The faces represented on that wall are not strangers; they are our fellow citizens, friends, and family members. The violence has touched the lives of every person in Pelican Narrows, creating a collective anguish that can no longer be ignored.

The statistics paint a grim picture: three reported homicides since 2018, a rise in violent crimes such as homicides, assaults, sexual assaults, and gun-related incidents. But the real tragedy is that these numbers represent human lives, families torn apart, and communities living in constant fear.

The causes of this crisis are complex, rooted in deep-seated societal issues and exacerbated by the presence of gangs preying on addiction. It's a problem that can only be solved through a unified effort. As Murray Chamberlin, Saskatchewan RCMP north district commander, points out, arresting criminals is just one part of the solution. Addressing the root causes, such as substance addiction, is equally vital.

It's time for our governments to step up and provide the resources and funding needed to support Pelican Narrows and communities like it. The state of emergency is

not a plea for charity; it's a demand for justice, equality, and safety. The people of Pelican Narrows deserve the same rights and protection as any other community in Canada.

As Peter Ballantyne Chief Karen Bird has stated, the state of emergency is a call for help to the provincial and federal governments, a cry for assistance that must be answered with immediate and substantial action. The proposed safety officer program, mental health support, and housing solutions must be funded without delay. It's time to confront this crisis head-on and put an end to the unrelenting violence that threatens the very heart of Pelican Narrows.

We cannot turn a blind eye to the suffering of our fellow Canadians. It is our duty as a society to stand in solidarity with Pelican Narrows, to acknowledge their pain, and to work tirelessly to restore peace, safety, and hope to this embattled community. The time for action is now.

Pelican Narrows deserves immediate and comprehensive assistance. This includes increased law enforcement resources, mental health support, addiction treatment programs, and educational opportunities. It means addressing the root causes of the violence, which requires long-term investment and systemic change.

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FAMILY, HEALTH & WELLNESS

THE IMPACT OF STRESS ON SEX AND HOW TO MANAGE IT



By N.Ugoh

Stress can significantly impact a person's sex life. The physiological and psychological effects of stress often lead to reduced libido, difficulties with arousal, and even sexual dysfunction. Chronic stress can disrupt hormone balance, affecting testosterone and estrogen

levels, which are crucial for sexual desire. Additionally, stress can contribute to relationship issues, further exacerbating sexual problems.

Managing stress is essential to mitigate its impact on sex. Here are some strategies:

1. Communication: Open and honest communication with your partner about stressors and emotions is crucial for maintaining a healthy

sexual relationship.

2. Relaxation techniques: Practices like deep breathing, meditation, and yoga can help reduce stress levels, making it easier to connect with your partner.

3. Exercise: Physical activity releases endorphins, which can improve mood and reduce stress. Regular exercise can also boost self-confidence and body image, positively impacting one's attitude toward sex.

4. Time management: Organizing your schedule and setting aside quality time for intimacy can reduce the stress associated with feeling rushed or overwhelmed.

5. Sleep: Prioritizing good sleep hygiene is essential for reducing stress and improving sexual function. Lack

of sleep can lead to decreased libido and energy levels.

6. Seek professional help: If stress-related sexual issues persist, consider speaking with a therapist or counselor who specializes in sexual health and relationship dynamics.

7. Self-care: Take time for self-care activities that bring relaxation and joy, such as hobbies, reading, or spending time with friends.

Limit alcohol and substance use: Excessive alcohol or drug consumption can worsen stress and negatively impact sexual function. Moderation is key.

Remember that stress is a common part of life, but how you manage it can greatly influence its impact on your sex life and overall well-being.

YOUR GUIDE TO ESSENTIAL VITAMINS FOR A HEALTHY LIFE AT 30 AND BEYOND

By N.Ugoh

As you age, maintaining a healthy diet becomes increasingly important, and certain vitamins play crucial roles in supporting your overall health and well-being at the age of 30 and beyond. Here are some essential vitamins for adults in their 30s:

Vitamin D: Necessary for bone health and immune function. Many adults are deficient, so consider supplements if you don't get enough sun exposure.

Vitamin C: Boosts the immune system, aids in collagen production for skin health, and has antioxidant properties.

Vitamin B12: Supports nerve function and red blood cell production. It's important for energy levels and may need supplementation if you're vegetarian or vegan.

Vitamin A: Essential for vision, skin health, and immune function. It can be obtained from foods like carrots, sweet potatoes, and spinach.

Vitamin E: An antioxidant that helps protect cells from damage. It also supports skin health and may have anti-aging benefits.

Vitamin K: Important for blood clotting and bone health. Leafy greens like kale and spinach are good sources.

Folate (Vitamin B9): Crucial for DNA synthesis and cell growth. It's especially important for women of childbearing age to prevent birth defects.

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SMILE BRIGHT: A GUIDE TO SELECTING YOUR PERFECT TOOTHBRUSH

By N.Ugoh

Selecting the ideal toothbrush may seem like a simple task, but it's a decision that can have a significant impact on your oral health. The right toothbrush can help you maintain a bright and healthy smile, while the wrong one might lead to dental issues. Here's a comprehensive guide on how to choose the right toothbrush for you.

1. Bristle Type:

The bristles of a toothbrush come in three main types: soft, medium, and hard. For most people, a soft-bristle toothbrush is recommended. They are gentle on your teeth and gums, effectively removing plaque and debris without causing damage. Medium and hard bristles can be too abrasive and might harm your tooth enamel and gums.

2: Size and Shape:

Toothbrushes vary



in size and shape. Choose one that comfortably fits in your mouth, allowing you to reach all areas of your teeth. A toothbrush with a smaller head is often more maneuverable and can access those hard-to-reach places

3: Manual vs. Electric::

Both manual and electric toothbrushes can be effective, but some individuals prefer the convenience and efficiency of an electric toothbrush. Electric toothbrushes often have built-in timers

to ensure you brush for the recommended two minutes and may provide superior plaque removal.

4. Bristle Design:

Look for a toothbrush with angled bristles or those with bristle patterns designed to clean between teeth and along the gumline effectively. These features can enhance the brushing experience and improve your oral hygiene.

5. ADA Seal of Approval:

To ensure the toothbrush you choose meets

quality and safety standards, look for the American Dental Association (ADA) Seal of Approval. This seal indicates that the toothbrush has been rigorously tested and proven effective.

6. Replace Regularly:

Regardless of the type of toothbrush you choose, remember to replace it every three to four months or when the bristles show signs of wear. Worn-out bristles are less effective at cleaning your teeth.

7. Personal Preferences :

Ultimately, the right toothbrush is one that suits your personal preferences and encourages you to brush regularly. Some people may prefer a certain grip, handle shape, or color. Choose a toothbrush that you enjoy using.

8. Consult Your Dentist :

If you're unsure about which toothbrush

is best for your specific dental needs, consult your dentist. They can provide personalized recommendations based on your oral health.

In conclusion, choosing the right toothbrush is crucial for maintaining good oral hygiene. Consider factors like bristle type, size, manual vs. electric, bristle design, and the ADA Seal of Approval when making your decision. Your toothbrush plays a pivotal role in keeping your smile healthy and bright.

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Nigerian Government to start home delivery of passports next year



By N.Ugoh

Nigerian Government has announced that Nigerians will have the option of having their passports delivered to them at home, offices, and other places of choice from next year.

Minister of Interior Olubunmi Tunji-Ojo made this announcement at the opening ceremony of the 2023 University of Lagos International Week.

The Minister said: "We have commenced the automation of our end-to-end passport application process, and we have given a timeline from which Nigerians will begin to experience the 'sweet

experience.

"By implication, Nigerians will not need to wait longer than two weeks before they get their passport.

"By January next year, Nigerians will be able to complete this application process online, and by February next year, with collaboration and partnership with other relevant stakeholders, Nigerians will have their passports delivered to their homes, offices, and other locations of their choice.

"This, of course, would be extended to our visa application process. We are deploying technology throughout the entire process to make it as seamless as possible. To

achieve this, we have set everything into motion to open more visa application centres across the world.

"In this regard, we are also working on strengthening our visa-on-arrival policy. We are working with the Ministry of Foreign Affairs to enforce the principle of the doctrine of reciprocity, and a committee has been set up in the ministry to achieve this."

Ojo also said that the integrity of the passport would be restored through harmonization of data harmonisation.

He said: "Identity is who we are, what we are, and what we live for. But today, what we have is a duplication of our registration.

"Arguably, Nigeria is the only country I know that has a BVN for the bank, the international passport, the NIN, SIM card registration for telecos, and so on all of which request your data. The integrity of our travel documents must be restored through the harmonization of our data."

Changes to International Student Program aim to protect students

Canada is a top destination of choice for international students, thanks to our high-quality educational institutions; our welcoming, diverse society; and the opportunities to work or immigrate permanently after graduation. While international students have contributed to life on campuses across the country, they have also experienced some serious challenges navigating Canada's International Student Program.

The Honourable Marc Miller, Minister of Immigration, Refugees and Citizenship, today announced plans to implement several measures aimed at strengthening Canada's International Student Program and at better protecting genuine students from fraud. These measures include the following:

- Starting December 1, 2023, post-secondary designated learning institutions (DLI) will be required to confirm every applicant's letter of acceptance directly with IRCC. This new, enhanced verification process aims to protect prospective students from letter of acceptance fraud and to help them avoid similar problems that some students faced earlier this year as a result of fraud investigations. It will also ensure that study permits are issued based only on genuine letters of acceptance.

- In time for the fall 2024 semester, IRCC will adopt a "recognized institution" framework to benefit post-secondary DLIs that set a higher standard for services, support and outcomes for international students. These DLIs will benefit, for example, from the priority processing of study permits for applicants who plan to attend their school.

- In the coming months, IRCC will complete an assessment of Post-Graduation Work Permit Program criteria and begin introducing reforms to better calibrate it to meet the needs of the Canadian labour market, as well as regional and Francophone immigration goals.

We recognize the significant social, cultural and economic benefits that international students bring to Canada, and for those benefits to continue, we must address challenges to the integrity of the International Student Program. Through these measures, we are taking action against nefarious actors who have preyed on genuine students for financial gain by identifying every fraudulent letter of acceptance soon after it is submitted. Institutions that demonstrate strong support for international students will be recognized and their applicants will move to the front of the line for processing, and we will be able to better select and retain those students that are best suited to meet the needs of Canada's economy and immigration goals. These important reforms mark the initial changes identified through the review of the International Student Program, as well as the broader engagement initiative, An Immigration System for Canada's Future. This includes our ongoing work with institutions, provinces and territories, and organizations representing Canada's colleges and universities to better detect fraud and uphold the integrity of our immigration programs.

Quick facts
International education accounts for more than \$22 billion in eco-

nomics activity annually, greater than Canada's exports of auto parts, lumber or aircraft, and supports more than 200,000 jobs in Canada. The temporary drop in international students in 2020 resulted in a loss of more than \$7 billion for Canada's gross domestic product that year.

In Canada, ministries of education in the 10 provinces and 3 territories are responsible for the organization, delivery and assessment of education.

In June, following investigations into fraudulent admissions letters, an IRCC taskforce was formed to work with the Canada Border Services Agency (CBSA) to review the cases of affected students and graduates. The goal of this work was to prevent genuine students from facing removal from Canada.

Of the 103 cases reviewed by October 12, 2023, 63 were found to be genuine students and 40 were not.

The Genuine Students Impacted by Fraud Taskforce is aware of additional cases that have not yet been reviewed, as individuals are still awaiting decisions from the Immigration and Refugee Board. If an exclusion order is issued in these cases, the cases may be reviewed by the taskforce in the future.

On June 23, 2023, CBSA announced that charges had been laid against Brijesh Mishra for immigration-related offences. Mr. Mishra was identified by victims as one of the central figures involved in defrauding students. IRCC will continue to work diligently with the CBSA to identify and act against unscrupulous actors who take advantage of genuine students.

Canada as a whole."

He said Visa application centers in India are run by third-party contractors and would not be affected.

Canada pulls 41 diplomats out of India

By N.Ugoh

Foreign Minister Melanie Joly has announced that 41 diplomats have been withdrawn from India by Canada amid a dispute over the killing of a Sikh separatist leader. The Minister added that Ottawa would not take retaliatory steps.

Recall that the government of India asked Canada to reduce its diplomatic presence after Prime Minister Justin Trudeau cited what according to him was credible evidence of a potential link between In-

dian agents and killing of Hardeep Singh Nijjar, 45, who was killed outside a Sikh temple in British Columbia in June.

Joly said India had threatened to unilaterally revoke the diplomats' official status by Friday if they don't leave. She said this move was unreasonable and unprecedented and clearly violated the Vienna convention on diplomatic relations.

While speaking during a recent press conference, Joly said: "Given the implications of India's actions on the safety of our diplomats, we have facilitated their safe

departure from India.

"If we allow the norm of diplomatic immunity to be broken, no diplomats anywhere on the planet would be safe. So for this reason, we will not reciprocate," she said.

Canada is now left with 21 diplomats in India. The 41 that left were accompanied by 42 dependents.

India has described Trudeau's suspicions that its agents were linked to the murder of Nijjar as absurd.

While talking about the departure, Immigration Minister Marc Miller

Peel Regional Police welcomes new Deputy Chief and CAO Lauren Jackson



Lauren Jackson

By N.Ugoh

The executive team of Peel Regional Police Chief Nishan Duraiappah has a new member as the service has named Lauren Jackson as Chief Administrative Officer (CAO) and Deputy Chief.

According to a board member of the Global Law Enforcement & Public Health Association, Peel police, Jackson's last

role was as a Partner at Deloitte Inc. where she worked as National Security & Justice Leader.

With experience working with police, fire, paramedic, justice and security agencies at every level of government in Canada and internationally, PRP says Jackson will offer "strategic leadership, direction and

said the diplomats' departure meant Canada would reduce the number of embassy staff dealing with immigration.

He said: "We ac-

knowledge the concerns and frustrations that this situation may cause for clients, families, educational institutions, communities, businesses in

agencies, and a mentor volunteer with health care and social service at the LGBTQIA+ Mentorship program at Deloitte.

oversight for the general business, administration, and support functions across our organization."

In a release, PRP said: "Deputy Chief Jackson brings 14 years of demonstrated expertise in providing guidance, direction, and purposeful leadership in managing complex operational and administrative change initiatives."

PRP revealed that

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Rogers Communication Inc. Shuts Down Ottawa Radio



By N.Ugoh

Rogers Communications Inc. has made the decision to shut down its CityNews Ottawa radio station and terminate the employment of newsroom staff. According to Rogers Sports & Media spokeswoman Charmaine Khan, this move, effective immediately,

is a response to dwindling audience numbers, declining revenue, and what the company perceives as “restrictive” regulatory policies pertaining to AM radio. The layoffs impact fewer than ten employees.

However, CityNews Ottawa will maintain a digital presence with the support of two digital reporters, enabling au-

diences to access news, traffic, and weather updates through the CityNews Ottawa website and its various social media channels. It’s worth noting that no other CityNews radio or television stations will be affected by this closure.

This development is the most recent blow to local news this year, following BCE Inc.’s announcement of plans to close or sell nine radio stations and reduce Bell Media’s workforce by six percent, citing unfavorable policy and regulatory conditions as the cause.

Apple Inc. To Increase the Prices of Products



By N.Ugoh

Apple Inc. has announced price increases for its AppleTV+ streaming and Arcade gaming services, as well as its bundled Apple One subscription that encompasses streaming, music, and other offerings. Here are the new pricing details:

Arcade will now be priced at \$6.99, up from the previous \$4.99; AppleTV+ will cost \$9.99, increased from \$6.99; Apple News+ is set to be \$12.99, up from \$9.99; Apple One will see an increase

to \$19.95 from \$16.95 per month for the individual plan and to \$25.95 from \$22.95 for the family plan. Apple One combines subscriptions for Apple Music, TV, Arcade, and 200 gigabytes of iCloud storage.

These price adjustments will impact both the U.S. and select international markets. Existing subscribers will experience these changes 30 days later, coinciding with their next renewal date. Apple justifies these increases by expressing its commitment to delivering exceptional experiences to customers, constant-

ly enhancing its services with high-quality entertainment, content, and innovative features.

Notably, other streaming services have also been raising their prices, particularly for ad-free subscription tiers. Netflix Inc., for instance, recently announced a \$2 price hike for its priciest streaming plan, reaching \$23 per month in the U.S., and a \$2 increase for its ad-free streaming plan at \$12 per month. However, the \$15.50 per month price for Netflix’s most popular streaming option will remain unchanged, as will a \$7 monthly plan that includes occasional advertisements.

Additionally, The Walt Disney Co. has raised the monthly cost of its ad-free Disney+ service to \$13.99, marking an approximately 27% increase, while the cost of ad-free Hulu has gone up by 20% to \$17.99.

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Amazon to Use Drones to Deliver Drug Prescriptions to Customers

By Yahaya Othman

Amazon is set to launch a new initiative, testing the use of drones for delivering prescription drugs to customers. This service will be available in College Station, Texas, where customers can receive their prescriptions within an hour of ordering. Here’s what you need to know:

The delivery process involves a drone flying from a secure pharmacy-based delivery center to the customer’s address. The drone will descend to a height of about 13 feet (4 meters) and drop off a padded package.

Customers will have access to more than 500 medications, covering common treatments for various

conditions like the flu or pneumonia. However, controlled substances will not be included in the list.

Amazon’s Prime Air division initiated testing for drone deliveries of everyday household items in College Station and Lockeford, California, in December, with thousands of deliveries made. Expanding the service to include prescription medications is partly in response to customer requests.

While Amazon Pharmacy already offers medication deliveries within two days, this drone service aims to speed up the delivery process, particularly for customers with acute illnesses like the flu.

Amazon’s Chief Medical Officer, Dr. Vin Gupta, emphasized that the U.S. healthcare system often

faces challenges in diagnosing and treating patients quickly, and narrowing the window between diagnosis and treatment can improve the effectiveness of many treatments.

Amazon isn’t the first company to explore prescription deliveries via drones. CVS Health worked with UPS for a similar test in 2019 but has since concluded the program. Intermountain Health started offering drone deliveries of prescriptions in the Salt Lake City area in 2021 and is expanding the service with the help of logistics company Zipline.

Regulatory approvals have been a hurdle for companies looking to use drones for commercial purposes. Amazon, which had previously envisioned

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Company's 'unconscious bias' in firing of Black worker from transit project cited in \$160,000 arbitration award



By Dele Akintilo

A Black construction worker, fired without cause from Toronto's Eglinton Crosstown LRT transit project, has been awarded more than \$160,000 by an arbitrator — including \$20,000 in human rights damages.

The arbitrator said the worker, AW, lost his job as a result of discrimination.

"Indisputably, that is a very serious consequence, and a harsh blow to (AW's) dignity even though I have found that the company's conduct was the result of unconscious/implicit bias," it said.

In February 2022, the Ontario Labour Relations Board ruled the discharge of AW — a skilled labourer — was not justified and violated both the applicable collective agreement and the Human Rights Code.

While the board did not initially provide specific remedial orders, opting instead to allow the parties to resolve the issue, subsequent attempts at reaching an agreement failed.

AW, a Black man with extensive experience in the construction industry, was employed by CTS (ASDE) Inc. from August 2017 to August 2019 under the terms and conditions outlined in the collective agreement between Local 183 of LIUNA, the labour union representing AW, and the

Heavy Construction Association of Toronto.

During his tenure, AW worked on the Eglinton Crosstown LRT Project, contributing to various tasks such as flagging, shoveling, concrete chipping, and site cleanup. He also performed welding work intermittently.

The dispute centers around his employment at Forest Hill (Bathurst) Station, where he was overseen by project managers, superintendents, and foremen. The board's prior decision highlighted a conflict that occurred on August 15, 2019 when AW was assigned to assist with moving a crane. Following an altercation with a fellow worker, AW was subsequently sent home and terminated by CTS 12 days later.

Anti-black bias, racial discrimination

The arbitration board, in its previous ruling, dismissed the layoff grievances but found the termination lacked just cause. Moreover, the board identified evidence suggesting AW had been subject to anti-Black bias and racial discrimination. They concluded his dismissal was tainted by discrimination based on race and color.

During the remedy hearing, which followed the initial decision, the board heard from DG, the Employer's manager of labour relations, and AW himself. The remaining disputed issues

include whether AW would likely have been laid off or transferred to another station, the extent of his mitigation efforts, and the quantum of general damages resulting from the breach of his human rights.

AW made it clear that he did not seek reinstatement with the company, and therefore, the union did not pursue that remedy.

Compensatory damages

AW obtained intermittent employment in the construction industry following the termination by CTS.

The union estimated his compensatory damages at more than \$308,000, while CTS countered that no more than \$75,791.50 was appropriate.

The union argued AW would likely have remained employed until he obtained his current job, whereas the company contends that his employment opportunities would have been limited and ceased by April 2021.

The arbitrator said it was reasonable to conclude AW's employment would not have continued until he joined his new employer and therefore the union's estimate of compensatory damages was overstated.

Based on the evidence and the nature of the construction industry, it is reasonable to determine a reasonable period of notice of termination in all the circumstances. Considering AW's intermittent employment and the winding down of the project over which the union has jurisdiction, a notice period of two years is appropriate, the arbitrator said.

It also ruled CTS did not prove that AW had failed to mitigate his damages. It awarded \$243,381.03 in damages — clawing back the \$100,685.04 AW earned in his new job — meaning a balance of \$142,695.99 was owed.

Human rights damages

The union sought \$35,000 in damages, including:

\$10,000.00 for the breach of the right to be free from discrimination, injury to dignity, self-respect, self-esteem and confidence;

\$10,000.00 for mental stress, humiliation and hurt feelings;

\$15,000.00 for three separate occasions (\$5,000.00 per occasion) of the Company's failure to investigate allegations of discrimination.

The arbitrator pointed out that AW lost his job due to discrimination, affecting his dignity and self-esteem. He experienced emotional difficulties, stress, sleeplessness, and sought medical help for sleeping problems.

Being an older worker, in his 60s, made him vulnerable in his job search, but he found sporadic employment, it said.

The company said an award of no more than \$5,000 was appropriate. It argued this was not a case of intentional or overt discrimination, and there was no medical evidence submitted about his emotional pain that would warrant higher damages.

The arbitrator awarded \$20,000 in general damages, bringing the total with compensatory damages to \$162,695.99.

Source: <https://hr-lawcanada.com/>

YOU & the LAW

Lee-Chin Wins \$43 Million in Investment Dispute Against Dominican Republic



Michael Lee-Chin

By Stanley Ugagbe

In a significant legal victory, Jamaican business mogul Michael Lee-Chin has secured a substantial award of over \$43 million in an investment dispute with the Dominican Republic.

This momentous decision came as Lee-Chin obtained a Final Award from a UNCITRAL Arbitral Tribunal, marking the culmination of a legal battle that revolved around unprecedented issues under the Caricom-DR Free Trade Agreement.

Lee-Chin's triumph in this case followed an initial favorable outcome in the form of a Partial Award on Jurisdiction, which was issued back in July 2020.

The dispute stemmed from Lee-Chin's claim against

the Dominican Republic under the Treaty, relating to his stake in Lajun Corporation SA, a Dominican company entrusted with a long-term concession contract for managing a landfill in Santo Domingo. Notably, Lee-Chin's son, Adrian Christopher Lee-Chin, held the position of general manager at Lajun.

Recall that in 2017, the Dominican Republic took control of the landfill through military means and initiated local actions aimed at nullifying and terminating the concession, citing an alleged environmental emergency as the basis for these actions.

Fueled by what he perceived as multiple violations of the Treaty by the state, including arbitrary measures designed to compel him to operate the landfill without a fair tipping fee, Lee-Chin embarked on an investment arbitration against the Dominican Republic. This award represents a significant milestone in a complex and high-stakes legal battle that has spanned several years.

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Share A Problem with Agatha – She hates me

Dear Agatha,

I'm 22 years of age and in my final year at the university. From as long as I can remember, my mother has always been very strict with me. Though comfortable enough to employ house-helpers, she insists I do most of the housework like washing of the plates and cleaning the house.

One of my compulsory chores in the house is washing the toilets. My father who is very fond of me has tried severally to persuade my mother following complaints by me, to assign some of the house chores to the paid help. He gave up trying to get my mother to soften her attitude towards me, when my mother refused to listen to him. She told my father not to meddle.

She reminded my dad in my presence; that the reason he married her was because he found something worth marrying in her. She reminded him that he had several options, but picked her out of all the women he dated, due to that special quality he found in her.

Even though my father submitted to her argument, I didn't think it right of her to make me do things the house-help gets paid to do.

What I find really offensive is that, she doesn't extend the big stick to my younger ones. According to her, being her first born, I have to set the example for my younger ones to follow in the family. She said, if I failed to show good leadership by example, my younger ones too will turn out to be lazy and errant.

Despite being in my final year, my mother's attitude towards me hasn't changed one bit. She still expects me to do house chores when I come home. She has even added washing of her clothes and cleaning of her room to the things I do. Though my younger sister now washes the plates, but I think it wrong of her to limit her house-help to sweeping the compound and attending to her shop alone.

At my age, I should be out having the fun of my life because when I get married, I won't have the opportunity to party and have fun generally.

But with a mother like mine, who puts a latch on me, who sees me more as her house-help than a daughter, how can I enjoy my youth?

Lore.

Dear Lore,
Your mother reminds



Agatha Edo

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me of my own mother who insisted on engraining enduring values in me. Like you, I failed to understand why she would employ a paid help and insist on me doing most of the house chores including cooking and helping her with her baking business.

Believe me I didn't find the aspect of being woken up as early as 5 a.m. to clean the house before helping her with her business of baking. One day, I was so angry and demanded to be taken to my true mother since I reasoned that no mother could be so cruel to her daughter.

She didn't bother to dignify my outburst with an answer. The only response I got was an order to continue with what I was doing.

But I started appreciating her when I got married and found the house chores very easy. Unlike some of my friends back then, who couldn't manage motherhood, caring for their homes with their career; it was very easy for me. It wasn't such a big deal as I could effectively appropriate my time in such a way that made things very easy for me. Without a paid help, my home was neat and welcoming. Even if I wanted a paid help back then, we couldn't afford it because of other expenses.

It was then I understood fully and thanked my mother for the kind of training she made me go through. I never stopped thanking her in my own way until she died. Trust me, one day you will come to appreciate your mother for her inestimable training.

This is something most women have neglected to teach their daughters, the reason more and more young women are lacking in home training these days. There is no course in the university that teaches a girl-child how to be responsible and look after her home. This is what your mother is giving you on a platter of gold.

She is impacting the timeless lessons of wisdom, time-management, patience,

selflessness and peace into you. When a woman is drunk on the right virtues of sustaining her home, she has little to worry about because those qualities will always speak for her no matter the situation she finds herself.

When a woman knows how to depend on herself, she will survive the worst kind of crisis because she has such a huge inner strength which nobody can break.

Your mother in preparing you for the marriage institution because she knows, from her experiences that it is one institution that is most difficult to manage because a lot of women go into, with the least preparations.

Every generation produces young girls with ideologies painfully lacking in the essentials. With the society becoming more morally bankrupt than the days of your mother, she knows that the only advantage you will have over millions of girls who also aspire to get married someday are the enduring values she is teaching you now.

Yes, they may appear harsh, unreasonable and even unpleasant, but be thankful she is allowing you go through this grueling experiences because in the end those are what would make you stand out among the pack of girls out there.

One salient fact is this: a woman's life begins only at marriage. You may come from a rich home but if love takes a woman to a poor home, she must have what it takes to abide peacefully and progressively in that home else she ends up unhappy and completely disillusioned.

Beauty, sex and wealth play very limited roles in making a marriage work. The essential is what your mother is teaching you. Whether you like it or not, when a man wants to settle down, he isn't after looks or sex but that something extra that will make him happy and stay with a woman.

Always remember this: for a man, there is always a prettier, sexier, richer and better educated woman to settle down with but the one, who will give him the most fulfillments, is a rare find.

This is the gift your mother is bequeathing; the quality of being a very rare breed. If your husband is happy with you, you will never run dry of fun moments. You will always create wonderful memories together. After all, the total essence of marriage is to have unlimited fun with that one special person in the whole world.

Good luck.

Exploring the Benefits and Challenges of Separate Bedrooms in a Relationship

By N.Ugoh

Sleeping apart in separate bedrooms is a decision some couples make for various reasons, and it comes with both advantages and challenges. Here's an overview of the issues related to this practice:

BENEFITS OF SEPARATE BEDROOMS:

1. Improved Sleep Quality: One of the most significant benefits is improved sleep quality. Different sleep preferences, schedules, or sleep disorders can disrupt a partner's sleep. Having separate bedrooms can alleviate these issues, ensuring both partners get the rest they need.

2. Maintaining Independence: Separate bedrooms allow for personal space and independence within the relationship. This can be especially important for introverted individuals who need alone time to recharge.

3. Reduction of Sleep Disturbances: Partners who snore loudly, toss and turn, or have different sleep routines can find relief from sleep disturbances by sleeping in separate beds.

4. Enhanced Intimacy: Paradoxically, separate bedrooms can sometimes enhance intimacy by reducing tension related to sleep

problems. When both partners are well-rested, they may have more energy and patience for each other during waking hours.

CHALLENGES OF SEPARATE BEDROOMS:

1. Emotional Distance: Sleeping apart can create emotional distance in a relationship. The physical separation may lead to a feeling of disconnection, and couples may miss the intimacy of sharing a bed.

2. Reduced Spontaneity: The convenience of sharing a bed can lead to more spontaneous physical intimacy. Sleeping apart may require more planning and effort to maintain an active sex life.

3. Social Stigma: In some cultures or communities, sleeping in separate bedrooms can be stigmatized, and couples may feel pressure to conform to traditional expectations.

4. Communication: Couples must communicate openly about their reasons for sleeping separately to avoid misunderstandings or assumptions. Lack of communication can lead to relationship issues.

5. Financial Costs: Maintaining separate bedrooms can be costly, especially in terms of housing expenses. Couples must consider the financial impli-

cations of having extra bedrooms.

Finding a Balance:

If a couple is considering separate bedrooms, it's essential to find a balance that works for both partners. This might include:

1. Scheduled Together Time: Designate specific times to spend together outside of the bedroom to maintain emotional connection and intimacy.

2. Regular Communication: Continuously discuss how separate bedrooms are affecting the relationship. Be open to adjusting the arrangement if necessary.

3. Maintaining Intimacy: Make an effort to keep the spark alive by planning romantic activities and finding ways to be physically close despite sleeping apart.

4. Seeking Professional Advice: If issues related to sleeping apart become problematic, consider seeking guidance from a therapist or counselor who specializes in relationships.

Ultimately, the decision to sleep apart or share a bedroom is a personal one and should be based on the unique needs and circumstances of the couple. What's most important is maintaining a strong and healthy emotional connection while ensuring both partners get the rest they need for overall well-being.

A HOLE IN MY HEART

EPISODE 4 ©FRANCA UWUIGIAREN

"This is the key" He said dangling it.

"I won't open the door. Come and sit on my legs, let's talk"

"Talk about what?. I don't even know you. If you don't open this door, i will scream" She threatened.

"Please go ahead. Scream if you like. This door remains lock until I am ready to open it"

She pleaded with him. She went to the window and she observed that it was getting dark.

"O my parents will deal with me for leaving home."

She began to cry. "If you don't open this door right now. I will scream and when I leave here my parents will arrest you"

Her outburst made Tolu to laugh softly. It was obvious he was enjoying the situation.

Lizzy began to scream. She went to the door and hit it hard. Tolu took the remote

and increase the volume of the sound system too.

Tolu removed his clothes and stood stark naked before her. He and began to move towards Lizzy, licking his lips. Lizzy swallowed hard with wide eyes, moved backward and screamed louder. Her voice was drowned by the volume of the sound system.

The terrible slap Tolu gave her, saw her falling. Like a dream he was on top of her but Lizzy fought him, scratching and biting him. Tolu overwhelmed her with his strength and raped her.

The pain was too much to bear. Her eyes went red. Tolu stood up when he had satisfied himself. He dressed up, then opened the door.

"I am through" He said. "You can find your way home, daddy's girl"

Lizzy gathered herself and stood up. Her dress was torn and the blood trickled down her legs. She stare in dis-

belief and disdain at him.

"You will pay for this".

Tolu only laughed and pushed her out of the house.

Despite the pain, Lizzy tried to walk fast. Her heart pounded hard in her chest. Her intention was to get home before her parents and she did get home before them. She took care of herself then went straight to the bed.

When her parents returned, they wondered why Lizzy went to bed earlier than usual. She spent a rough night tossing on the bed. She contemplated whether to tell her parents but she knew she would be blamed for leaving the house after the consistent warning not to leave the house without permission.

She fears her father's reaction. He will deal severely with her if she dare open her mouth. Lizzy decided to keep her mouth shut but to stay away from Tunde and his house.

Written by Franca Uwui-giaren

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TO BE CONTINUED

Cannabis Legalization in Canada and the Cannabis Act

By Dele Akintilo

Canada made history by becoming the second country in the world, after Uruguay, to fully legalize recreational cannabis. The move marked a significant departure from the decades-long prohibitionist approach and was seen as a groundbreaking experiment with far-reaching consequences. This article explores the impact of the legalization of cannabis in Canada and the legislation that made it possible, the Cannabis Act.

The Cannabis Act, also known as Bill C-45, was passed by the Canadian government and received royal assent. The act effectively legalized the recreational use of cannabis, allowing adults in Canada to possess, purchase, and cultivate cannabis for personal use. The legislation introduced a comprehensive regulatory framework aimed at addressing public health concerns, reducing the illegal cannabis market, and generating tax revenue for the government.

One of the primary goals of the Cannabis Act was to prioritize public health and safety. By legalizing and regulating cannabis, the government sought to create a safer environment for consumers. The act imposed strict rules on product labeling, quality control, and packaging to ensure

that consumers could make informed choices. Legalization also enabled the implementation of responsible use campaigns, highlighting the potential risks and providing information on safe consumption.

A significant concern was the potential impact on youth. The Cannabis Act established age restrictions, making it illegal for anyone under the age of 18 (or 19 in some provinces) to purchase or possess cannabis. By removing cannabis from the black market, the hope was to reduce access for minors and minimize the negative health consequences associated with underage use.

Legalizing cannabis presented a significant economic opportunity for Canada. The legal cannabis industry has generated substantial tax revenue and created jobs across the country. Licensed producers and retailers have contributed to local economies, while the government has benefited from excise taxes and sales taxes on cannabis products. Furthermore, legalization has curbed the illicit market, redirecting revenue from criminal organizations to legitimate businesses and government coffers.

The legalization of cannabis has had broader societal implications. It has sparked conversations around responsible use, stigmas, and the normalization of cannabis in Canadian

society. Public opinion on cannabis has shifted, with many Canadians now viewing it as a relatively harmless substance when used in moderation. This change in perception has helped destigmatize cannabis use, but it has also raised concerns about potential overconsumption.

Despite the many benefits of cannabis legalization, the process has not been without its challenges. A persistent black market, challenges in ensuring product quality and safety, impaired driving concerns, and issues related to provincial regulations have arisen. Some critics argue that the government's regulations have been too stringent and have prevented the legal market from fully competing with the black market.

The legalization of cannabis in Canada has demonstrated the potential benefits of a regulated market, generating economic opportunities, tax revenue, and shifting public perceptions. However, it is clear that there is still much work to be done in fine-tuning the regulatory framework and addressing the challenges that have emerged. As other countries consider following Canada's lead, they can draw valuable lessons from the Canadian experience, both in terms of what has worked and where improvements are needed.

McGill University's Concerns About Quebec's Proposal to Double Out-of-Province Tuition for English-Speaking Students

By Dele Akintilo

Quebec has announced a significant increase in tuition fees for out-of-province students, primarily affecting those from Ontario. The province's Higher Education Minister, Pascale Déry, revealed that tuition for Canadian students outside Quebec would rise from \$8,992 to \$17,000 per year. Furthermore, the government plans to charge universities \$20,000 for each international student they recruit, directing these funds exclusively to francophone institutions.

This change is expected to have the most significant impact on Quebec's three English universities, which have a higher proportion of international and out-of-province students compared to their French counterparts. Two of these institutions, McGill University and Concordia University, are in Montreal, while Bishop's University is in Lennoxville, Quebec, east of Montreal.

Déry argued that the new tuition rate of \$17,000 is more in line with the actual cost of educating a university student in Quebec. She emphasized that many out-of-province and international students tend to leave the province after graduation, resulting in a financial burden on the government and taxpayers. Quebec currently covers a \$110 million gap between what out-of-



province students pay and the cost of their education, and the new fee structure is intended to recoup these funds and support French-language universities.

However, the increased tuition fees are not solely driven by financial considerations. The Quebec government claims to be responding to the perceived decline of the French language in Montreal. Language Minister Jean-François Roberge expressed concern that out-of-province students often converse in English, particularly in the city's downtown core.

Quebec has granted universities the authority to set tuition fees for international students as they see fit, while simultaneously collecting \$20,000 per student. Both McGill University and Concordia University's leaders expressed disappointment with the government's decision, emphasizing the importance of retaining international students to contribute to the province's economy.

Concordia University's president, Graham Carr, pointed out that half of their international stu-

dents choose to stay in Quebec, benefiting the province's businesses through co-op internships and other contributions. Carr expressed concerns that the higher fees would discourage out-of-province and international students from attending English-language schools.

Déry clarified that the tuition rate changes apply to all Canadian students in Quebec, with the majority being English-speaking students attending anglophone institutions. She emphasized that this decision is not aimed at discouraging anglophone students but rather at addressing the financial burden of subsidizing students who often leave Quebec.

Comparing tuition fees across Canada is challenging, as Quebec has a uniform price for all undergraduate programs, unlike other provinces with varying fees. This tuition hike will affect undergraduate and graduate students starting in 2024, while PhD and research students will remain unaffected. International agreements will also exempt certain students from the fee increase.

Mississauga announces new Director of Transit

By N.Ugoh

Eve Wiggins has been announced by the City of Mississauga as its new director of transit.

Wiggins will resume office on November 7 and will replace the former director, Geoff Marinoff. Who retired recently.

Wiggins is an operations and service delivery executive with great senior leadership experience which includes her most recent role as Metrolinx's vice president of bus services.

Also, she worked with the Toronto Transit Commission as head of the Wheel-Trans Division and worked with the Greater Toronto Airports Authority for twelve years.

While reacting to the appointment in a news release, Wiggins said: "It is an honour to be joining the City of Mississauga at this historic time for transit and I am excited to bring my passion for transportation to MiWay.

"I'm thrilled to work with the experienced Mi-

Way team and looking forward to collaborating with our transit partners as well as the mayor and members of council to continue to grow transit and provide people with a reliable, safe, and convenient option for travel."

She holds a Master of Science degree in airport planning and management from Loughborough University in the United Kingdom and a diploma in airport operations management from Georgian College.

She will be reporting to the commissioner of trans-

portation and works and will be responsible for every aspect of MiWay's infrastructure and services that focus on planning and delivery of a safe and reliable transit experience.

Also, she will help in bringing in new services like the introduction of the Hazel McCallion LRT in the coming years.

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Leaders, citizens back Sarah Jama after her removal from Ontario NDP caucus

By N.Ugoh

Messages of support are pouring in for Sarah Jama online after her removal from the Ontario NDP caucus in what has now left the Hamilton MPP

without the backing of a political party.

Jama was removed by Ontario NDP leader Marit Stiles recently after a turbulent couple of weeks that began with her controversial comments over the ongoing Israel-Hamas fight in the Middle East.

Jama, who was also voted by Doug Ford's PCs to be censured in the House and is currently an independent MPP, declared support for Palestine in the current by referring to the struggle of Palestinians under occupation as 'Israeli apartheid' while demanding immediate ceasefire and restoration of food, water, fuel and electricity to Gaza.

Jama's supporters, especially Black and Muslim Canadians as well as former

NDP MPPs, are not happy with the decision that was by the Ontario NDP leadership.

The Trillium reporter, Jack Hauen, tweeted: "Two former NDP MPPs, one riding association president and a slew of volunteers have condemned Marit Stiles' decision to kick Sarah Jama from caucus. Party execs are discussing how to push back internally."

While denouncing the removal of Jama for the caucus, Dr. Jill Andrew, MPP for Toronto-St. Paul's, a staunch advocate of Body Equity and Fashion Diversity, tweeted: "It's been brought to my attention that many Ontario NDP members and members of other communities are

continued on p(25)

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RECIPES

2 easy holiday recipes to wow your guest



(NC) While turkey may be seen as the main attraction for your family's holiday meals, it's the sides and desserts that truly make it a feast. Here are two simple side dishes you can impress your guests with this year. Looking for ways to make your holiday feasts more sustainable? Swap your regular eggs for Burnbrae Farms Naturegg Solar Free Range eggs; made using 100 per cent clean energy at their solar-powered farm, making them among the most energy efficiently-produced eggs in Canada.

FESTIVE STUFFING BITES

Prep time: 20 minutes
Cook time: 20 minutes
Resting time: 10 minutes
Makes: 24 bites

- Ingredients:**
- 2 tbsp (30 ml) butter
 - 1 small onion, chopped
 - 1 celery stalk, chopped
 - 2 tsp (10 ml) chopped fresh sage
 - 2 tsp (10 ml) chopped fresh rosemary

- ¼ tsp (1 ml) salt
- ¼ tsp (1 ml) pepper
- 1/3 cup (75 ml) chicken broth
- ¼ cup (50 ml) dried cranberries
- 4 cups (1 L) small cubes of day-old crusty bread
- 3 eggs

Directions:

1. Melt the butter in a large, non-stick skillet set over medium heat. Add the onion, celery, sage, rosemary, salt and pepper; sauté for 5 minutes or until fragrant and tender. Stir in the broth and cranberries; simmer

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for 2 to 3 minutes or until most of the fluid is absorbed. Cool slightly.

2. Meanwhile, pre-heat the oven to 350°F (180°C). Grease a 24-cup mini muffin pan well. Toss the cooled onion mixture with the bread and eggs until well combined. Divide the mixture between the mini muffin cups.

3. Bake for 20 to 25 minutes or until bites are golden and set. Cool for 10 minutes before removing from the pan. Serve warm.

PECAN PIE

Nutty, gooey and simply delicious. This tra-

ditional pie comes together in a snap.

Prep time: 10 minutes
Cook time: 60-70 minutes
Makes: 8 servings

Ingredients:

- 1 cup (250 ml) light or dark corn syrup
- 3 eggs
- 1 cup (225 g) sugar
- 2 tbsp (30 ml) butter, melted
- 1 tsp (5 ml) vanilla extract
- 1 ½ cups (190 g) pecans
- 1 deep-dish pie shell, uncooked

Directions:

1. Place uncooked deep-dish pie shell on a cookie sheet.
2. Spread pecans in the bottom of pie shell.
3. Mix syrup, sugar, eggs, butter and vanilla with a spoon until blended.
4. Pour mixture over pecans.
5. Decorate top of pie with pecans if desired.
6. Bake at 350°F (180°C) for 60 to 70 minutes.

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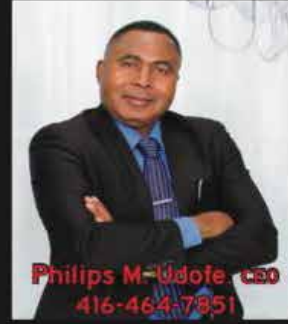
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CARPENTERS' UNION LOCAL 27 BUILDS HOME FOR NEEDY FAMILY IN JAMAICA

By Stanley Ugagbe

A team of 12 dedicated members from the Carpenters' Union Local 27 Equity Committee has taken their craftsmanship and humanitarian spirit overseas to make a meaningful difference in the lives of a less fortunate family in Chapleton, Clarendon, Jamaica.

This development was contained in a conversation with Chris Campbell, the Vice President of Toronto Carpenters' Union Local 27 and also Director of Equity, Diversity, and Inclusion, Carpenters' Regional Council (CRC).

It was revealed that in a heartwarming initiative, these skilled tradespeople worked tirelessly to construct a new home for a family in dire need.

This noble endeavor, spearheaded by the Carpenters' Union Local 27 Equity Committee, saw the union members utilizing their exceptional carpentry skills to build a safe and comfortable dwelling for a family who had been living in challenging conditions. The project not only demonstrates their commitment to their trade but also their dedication to giv-

ing back to communities in need.

According to Chris, a significant portion of the project's success was attributed to the invaluable collaboration of Food For The Poor of Canada, Inc. He noted that their support and partnership made it possible to turn this mission into a reality.

It is germane to note that Food For The Poor of Canada, Inc. has a long-standing reputation for its charitable work and unwavering commitment to assisting those living in impoverished conditions.

The VP also averred that what sets this mission apart was the remarkable selflessness displayed by the Carpenters' Union members. They not only contributed their time and skills but also covered their own flight and accommodation expenses.

In the post, Chris extended the team's heartfelt appreciation to all those who played a role in making this mission a success.

He noted that the collaborative effort of Carpenters' Union Local 27, Carpenters' Regional Council, Food For The Poor of Canada, Inc., Food For The Poor Jamaica, Toronto



Community Benefits Network, Building Up, and the Jamaica Information Service has truly made a positive impact on the lives of

the less fortunate.

Chris also lauded Robert Nester Morgan MP of Chapleton, Jamaica, who extended his sup-

port to this humanitarian cause. He stated that the MP's involvement further highlighted the importance of community leaders and

government officials working hand in hand with organizations and individuals dedicated to improving the lives of those in need.



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3 GIFTS YOU CAN GIVE THAT KEEP GROWING

(NC) Trying to find the perfect gifts for your friends, family and co-workers gives many of us anxiety as the holiday season approaches. This year, rather than fruitlessly searching for something that may quickly be stored away and forgotten about, consider these three gift options that will each grow in their own ways for years to come.

GIVE THE GIFT OF GREENERY

After the holiday lights and decorations are packed away, and the greenery is all covered in snow, winter can feel a bit dreary. Help brighten up the indoors by gifting a plant. For your foodie friends, consider an assortment of fresh herbs or a kit for growing mushrooms at home. Got a friend who's a little forgetful? Cacti are low-maintenance, durable plants that can bloom into astonishing colours.

SUPPORT POST-SECONDARY SCHOOLING

Whether you're a parent or grandparent, aunt or uncle, one gift you can give children now that will help nurture their future is a contribution to their Registered Education Savings Plan, or RESP. The investment made now will grow over time until the child needs to withdraw the funds to further their education. Plus, the federal gov-



ernment contributes up to \$500 a year in grants to the fund.

SEEK DONATIONS THAT MULTIPLY

Many charitable organizations have partnerships with governments and corporations that provide matching donations, so your individual contribution is multiplied. One example is World Vision's gift catalogue which includes items like an emergency food package that will be multiplied seven times by the World Food Programme, helping a \$25 gift grow to \$175. Other multipliers in the catalogue contribute to education, gender equality and food security.

Learn more about the gift catalogue at worldvision.ca/gift.

TRAGEDY STRIKES AS BELOVED PASTOR'S WIFE PASSES AWAY AMIDST CONTROVERSY

BY: NCNC Staff

In a heart-wrenching turn of events, the untimely demise of Mrs. Augusta Elabor Oliogu, the revered wife of a prominent pastor at Faith Restoration Assemblies Ministries has sent shockwaves through the community, with claims of a tumultuous and painful ordeal leading to her tragic end. As the bereaved family grapples with their loss, questions loom over the true cause of her passing, igniting a firestorm of controversy within the close-knit congregation.

Mrs. Oliogu's family sources alleged that her passing was not merely a result of a heart condition, as stated by her husband, but rather a culmination of a shattered heart, a consequence of her husband's alleged extramarital affair, and the anguish she felt from being cheated and used. They contend that the emotional toll became too much to bear, ultimately claiming her life.

On the other hand, her husband, Pastor Duke Oliogu contends that his wife's heart condition, although diagnosed, was exacerbated by her lack of proper self-care and exercise. In an already complex situation, some sources



Mrs. Augusta Elabor Oliogu

suggest that the relentless stress of juggling multiple jobs may have also played a significant role in her health decline.

NCNC gathered that when family was informed of the turmoil in her marriage, they implored her to urgently break free from the shackles of that toxic relationship. However, she obstinately rejected the counsel, adamantly refusing to abandon everything she had painstakingly labored for. She vehemently clung to her marriage, even as it became a suffocating quagmire of misery. Her obstinacy serves as a stark

reminder, a resounding alarm to all, that one must possess the fortitude to recognize the dire need to sever ties and safeguard one's own existence.

The tragic loss of Mrs. Augusta Elabor Oliogu has not only shattered the hearts of her family but also had a profound impact on the congregation. In the wake of her passing, a mass exodus of members from the church has been reported, revealing the deep emotional connection many had with this extraordinary woman.

Adding a layer of complexity to this already

challenging situation, it has come to light that Mrs. Oliogu left behind huge insurance and properties without a will, leaving her family in a state of confusion regarding the distribution of her assets. This serves as a stark reminder of the importance of estate planning, ensuring that one's final wishes are honored and their loved ones spared additional hardship during an already difficult time.

Beyond the controversy and legalities surrounding her properties, Mrs. Oliogu's passing serves as a poignant reminder of the importance of health and well-being. Her life was characterized by selflessness, dedication, and an unyielding commitment to her various roles. However, it appears that the relentless pace she maintained may have taken a toll on her physical and emotional health.

In a time of grieving, it is essential that we reflect on the legacy Mrs. Augusta Elabor Oliogu left behind. She was a role model, a dedicated professional, a loving wife, and a source of inspiration to many. Her impact on the lives of those she encountered will forever be cherished.

As we mourn the loss of this extraordinary woman, we also implore

everyone to prioritize their health and well-being. The story of Mrs. Oliogu serves as a stark reminder that, in the midst of our relentless pursuits and commitments, we must not neglect our physical and emotional health. In the face of life's uncertainties, one's health remains the most precious asset.

Mrs. Augusta Elabor Oliogu's legacy will live on, and our deepest condolences go out to her husband, five children, siblings, uncles, and aunts. May her memory serve as a testament to the importance of love, compassion, and self-care in our tumultuous world.

The late Mrs Augusta Elabor Oliogu was born on the 20th of August 1969 in Benin city at St Philomena's Hospital to Prince Elder Christopher Akhere Elabor of Ubiaja, Esan South East Local Government Area, And Madam Patricia Ekuase Oni of Ogbebor N'Usen, Usen, Ovia South West Local Government Area, Edo State, Nigeria. Both of Blessed Memory.

Tragically, on July 29th, 2023, she passed away peacefully in her sleep, following a grueling 8-hour work shift. After returning home, she retired to her bed, but dawn never broke for her. She was sup-

posed to rise for yet another shift the next day, her dedication and tireless work ethic evident in her unwavering commitment.

Her unyielding devotion spanned three long decades at Christian Horizon predominantly on the night shift, still she took a second full-time job at the Reena Foundation, where she toiled during the day, a grueling routine she maintained for the past eight years.

Such was the impact of her life and the void left by her passing that a closed casket became necessary, as the funeral home and the graveside service witnessed an overwhelming outpouring of love and respect. The magnitude of attendees overwhelmed the funeral home's capacity, a testament to the indelible mark she left on countless lives.

In a poignant celebration of her life at the convention center, conspicuous by his absence was her husband, leaving only her family and children to pay tribute to her memory. This stark contrast speaks volumes about the enduring impact of her life's work and the love she inspired from her closest relations.

Augusta Oliogu was laid to rest on the 30th of September, 2023.

SELECTING A NEXT OF KIN: FACTORS TO CONSIDER

By N.Ugoh

Choosing a next of kin is a significant decision that can have far-reaching implications, both in personal and legal matters. A next of kin is typically an individual who is designated to make important decisions on your behalf in case you become unable to do so due to illness, injury, or other unforeseen circumstances. It's crucial to carefully consider the following factors when making this important choice:

1. Trust and Relationship:
Choose someone you trust implicitly. This person should have your best interests at heart and be capable of making difficult decisions on your behalf. Consider your relationship with potential candidates. Typically, a spouse, adult child, sib-

ling, or close friend may be chosen, but the key is the level of trust and understanding you share.

2. Availability:
Ensure that your chosen next of kin is readily available. They should be geographically accessible and able to respond promptly in case of emergencies or when important decisions need to be made.

3. Legal Implications:
Understand the legal implications of selecting a next of kin. In some cases, this designation may affect inheritance rights, healthcare decisions, and more. Consult with legal counsel if needed.

4. Communication Skills:
Effective communication is vital. Your chosen next of kin should

be able to communicate your wishes and preferences clearly to medical professionals and other involved parties.

5. Capacity for Decision-Making:
Consider the person's ability to make critical decisions under stress. They may need to make medical, financial, or legal decisions on your behalf, so sound judgment is essential.

6. Backup or Alternate Next of Kin:
It's wise to designate an alternate next of kin in case your primary choice is unavailable or unable to fulfill their role when needed.

7. Review and Update:
Life circumstances change over time. Periodically review and, if necessary, update your choice

of next of kin to reflect any changes in your relationships, trust, or circumstances.

8. Legal Documentation:
Formalize your decision by creating legal documents like a durable power of attorney, living will, or advanced healthcare directive. These documents ensure your wishes are legally recognized and followed.

9. Open Communication:
Have an open and honest conversation with your chosen next of kin about your wishes, values, and preferences. This will help them better understand and fulfill their role.

10. Cultural and Religious Considerations:
Be mindful of cultural and religious prac-

tices that may influence your choice of next of kin. In some cultures, specific family members have traditional roles in caregiving and decision-making.

Choosing a next of kin is a deeply personal decision. Take the time to assess the factors that

matter most to you and consult with legal and healthcare professionals when needed. By making an informed choice, you can ensure that your wishes are respected and your affairs are managed appropriately in times of need.

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VISIONARY MAN

SHOLA AGBOOLA IS A NIGERIAN - CANADIAN POLITICIAN AND PHILANTHROPIST

By Dele Akintilo

Shola Agboola is a Nigerian-Canadian politician and philanthropist. He is the President of Nigerian Association for Young Adults of Canada (NAYA). He is also the Goodwill Ambassador for Five Points Youth Foundation for Nigeria, Nigerians in the Diaspora and African Communities. In 2022, he became the first Black to be appointed as a member of the Conservative Party's Leadership Election Organizing committee.

He has over 16 years of progressive experience in public administration, governance and public policy management working with the Department of Justice for the Government of Manitoba, Canada. He also has extensive knowledge in several key areas including social, economic and political engagement having served in many leadership positions in several high-profile non-profit organizations and government boards and commissions in Canada. He was the first Nigerian, the first African and the only black person to ever serve on the national Board of Directors of a major political party in Canada (Conservative Party of Canada)

As a major player within the Canadian political circle and an influential community person, he was once called by former Ministers Vic Toews Jason Kenney) to review policies to ensure they align with our Manitoban communities because of his educational background and experience. He was also invited by Scott Lamb, the President of CP in 2016 to help restructure and revitalize Canada's Conservative party ahead of the 2019 federal elections.

He has a strong foothold in Canada as well as Nigeria and a good understanding of both cultures (Nigeria and Canada) that has made him a critical part of the Canadian advantage in building ties with Nigeria. He is able to broker contacts on both sides of the countries and can bring together leaders, captains of industry, government leaders, academics and other relevant stakeholders to help promote and strengthen policy framework that is conducive to long-term sustainable developments in Nigeria and Canada.

As the president of the most vibrant and largest youth organization in Canada (NAYA Canada), he has led the organization to undertake over \$60 million dollars' worth of social investment in Nigeria in the last 7 years. Through the registration of NAYA-USA in California and his recent appointment as Goodwill Ambassador with a reputable nonprofit organization in the United States (Five Points Youth Foundation), he has significant leverage and influence to bring out collaborative relationships between Nigeria and the United States of America as the bridge to Asian, BRICS and global economies.

EARLY LIFE AND EDUCATION

Shola was born in Oro, Kwara State, Nigeria. He attended Primary and secondary school in Oro. He graduated from Oro Grammar school in 1990. While in Oro Grammar School, he was a member of literacy and debating society and he used to represent his school at debate competitions. He was also the Social Prefect for two years as his set was the first of the 6-3-3-4 system of education.

Later, he proceeded to University of Ilorin where he studied Biological Science and graduated with a Bachelor of Science degree in 1996. He did the one-year mandatory National Youth Service Corps (NYSC) in Kebbi State. During his service year, he was appointed as a general leader at the camp and was later elected as Corper Liaison Officer (CLO) in Jega Local Government Area, his Local Government of Primary Assignment.

When he migrated to Canada, he pursued a Diploma course in Computer Science in Red Rivers College and graduated in 2001. He later enrolled in University of Manitoba for Masters in Public Administration and graduated with Distinction in 2014

CAREER

- Member - Board of Directors Conservative Party of Canada, Canada.
- Goodwill Ambassador for Five Points Youth Foundation, Los Angeles, USA for Nigerians, Nigerians in Diaspora and African Communities.
- Ambassador for



Manitoba Government Ambassadors Initiative, Canada.

- International Ambassador for Nigerian Unity Museum & Trade Tourism Village (NUMATVILLE), Abuja-Dubai.

- North American Coordinator, Oodua Progressive Union North America, Canada-USA-Mexico.

- Co-Facilitator - Leaders in Training Program (LTP) Government of Manitoba, Canada (2017-2018).

- Committee Member - Diversity & Employment Equity Government of Manitoba, Canada (2016-2018).

- Director of Youth Mobilization, African Canadian Cultural Heritage Council (ACCHC) (2016-2019)

- President, Wolseley Electoral District Association (EDA), Conservative Party of Canada, Canada (2014-2016).

- Community Liaison Officer, African Working Group (AWG), University of Manitoba, Winnipeg, Manitoba (2014-2018).

- Training Assistant, Department of Justice, Government of Manitoba, Canada (2012-2014).

- Program Coordinator, Department of Justice, Government of Manitoba, Canada (2010-2012).

- Correctional Officer, Department of Justice, Government of Manitoba, Canada.

- Member, African Canadian Foundation, Canada's Board of Director

(2012-2016)

- Secretary General, Oranmiyan Foundation of Canada, Canada (2012-2014).

- Committee Leader, Social & Networking Committee, Government of Manitoba's Visible Minority Network (GOV-VMN), Canada (2010-2012).

He is the current National President of Nigerian Association for Young Adults Inc., (Canada-USA)

NAYA is a non-profit organization registered and incorporated with the Government of Canada. It is the largest Nigerian association in Canada and the first to have national affiliations and membership across all regions and provinces of Canada. As a vibrant organization for over 19 years of existence in Canada, NAYA has institutionalized itself both in Canada and Nigeria as an organization with a clear vision for social, economic and political development. Because NAYA is committed to providing a sustainable platform for positive youth and social development to strengthen communities through our humanitarian services on education, health care, social and political empowerment, we have the tendency to inspire new generations of young Nigerians to be builders of a better society

NAYA demonstrated this through our various programs and activities both in

Canada and Nigeria. Under Shola Agboola's leadership, NAYA has made significant social investments in Nigeria in many sectors such as Health Care, Education, ICT and Computer funding and provision worth over \$57 million dollars across many parts of Nigeria within the last 7 years. The Association has donated free medical equipment and supplies to many hospitals and medical centres in Kebbi, Niger, Imo, Bayelsa, Abia, Jigawa, Ogun, and Osun states. Also, it has made free donations of hundreds of laptop and desktop computer systems, thousands of secondary and postsecondary textbooks across the country to help in the education sector as well as thousands of free distributions of clothing in rural communities for poverty alleviation programs.

POLITICAL POSITIONS

Former President - Progressive Conservative Party of Manitoba (MB Wolseley Constituency)

Former Policy Director - Conservative Party of Canada (MB West End Constituency)

Past Chairman - Election Task Force Committee (2016) Board of Director - Conservative Party of Canada (MB West End Constituency)

Member - MB Multicultural Advisory Board Awards

Certificate of Merit -

Conservative Party of Canada

Award of Honour - Conservative Party of Canada

Personal Achievement Award - Vigour International Awards, Canada

Certificate of Personal Achievement - Canadian Muslim Leadership Institute

Award of Honour - Osun State Government (2015)

Award of Honour - Osun State Government (2016) Training

Award of Recognition - Osun State Yoruba Broadcasters

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Personal Achievement Award - Vigour International Awards, Canada

Certificate of Personal Achievement - Canadian Muslim Leadership Institute

Award of Honour - Osun State Government (2015)

Award of Honour - Osun State Government (2016) Training

Award of Recognition - Osun State Yoruba Broadcasters

Award of Recognition - Nigerian Professionals in Manitoba (NPIM)

Mahatma Gandhi Community Service Award - Mahatma Gandhi Centre of Canada (2022).

SAGA FOUNDATION

Shola Agboola Goodwill Ambassador Foundation Inc. (SAGA) <https://sagafoundationinc.org/> is a nonprofit organization established to help address poverty issues, education opportunities and economic development. The Foundation strives to achieve its goals by providing sustainable platforms for positive youth and social development to strengthen communities through our humanitarian services on education, health care, social and political empowerment.

SAGA Foundation was launched in Nigeria in 2020 and it partnered with International Hope Canada to send a container of medical supplies and equipment to India during their COVID crisis. Agboola also helped deliver large quantities of medical supplies to other countries in Asia and Africa during the pandemic.

ENTERTAINMENT

DRAKE TAKES BREAK FROM MUSIC OVER HEALTH ISSUE



Canadian rapper Drake

By Bunmi Akintilo

Canadian rapper Drake has made a surprising announcement, revealing his decision to step away from his music career temporarily due to ongoing health concerns. This news came just hours after he released his latest album.

Speaking on his SiriusXM radio show

Table For One, Drake candidly stated, "I probably won't make music for a little bit, I'm gonna be honest. I need to focus on my health first and foremost... I need to get right." He went on to explain that he has been grappling with recurring stomach issues for several years.

Drake, a 36-year-old Grammy Award winner, had recently unveiled his

highly anticipated studio album titled "For All The Dogs." The album featured collaborations with prominent artists such as Bad Bunny, J. Cole, SZA, Lil Yachty, and included a sample from Frank Ocean.

The cover art for the album was created by his five-year-old son, Adonis, who also appeared in a music video for one of the album's new singles, "8AM in Charlotte." Drake's son even made a guest appearance in one of the tracks, "Daylight."

As a consequence of his hiatus, several of Drake's upcoming concerts in the United States have been canceled or postponed, as indicated on his website and Ticketmaster.

Despite his temporary departure from music, Drake emphasized

that he intends to fulfill any prior commitments he has made to others.

He mentioned, "I got some other things I need to do for some other people that I made promises." Regarding the duration of his break, he remarked, "I'm gonna lock the door in the studio for a little bit... I don't even know what a little bit is. Maybe a year or so, maybe a little longer."

Notably, throughout his musical career, the multi-platinum-selling artist has often incorporated elements of his Jewish background into his work.

This has included music videos featuring Orthodox weddings and references to Jewish traditions, as well as playful nods to his heritage, such as his "re-bar mitzvah" concept in a music video.

GOODBYE

SUZANNE SOMERS' OFFICIAL CAUSE OF DEATH REVEALED

By N.Ugoh

The cause of Suzanne Somers' death has been revealed.

According to her death certificate, the beloved star died from "breast cancer with metastasis to brain."

The document revealed that other major conditions that contributed to her death, but did not result in the underlying condition, included "hypertension, hydrocephalus."

The "Three's Company" actress died recently after a protracted battle with breast cancer.

Somers representative revealed that She died peacefully at home in the early hours of October 15th and that she survived an aggressive form of breast cancer for over 23 years.



Her death certificate revealed that she did not have an autopsy performed upon death, although a biopsy was performed.

Also, the death certificate confirmed she died in a "residence hospice" at her home in Palm Springs, California.

The document stated that she had been buried. Her representative confirmed that at the time of her death, her family "was gathered to celebrate her 77th birthday on October 16th."

JADA PINKETT REVEALS WHY SHE CAN'T DIVORCE WILL SMITH



Jada Pinkett

By N.Ugoh

Famous American actress and talk show host, Jada Pinkett Smith, has revealed why she cannot divorce her husband, Will Smith, in spite

of the fact that the couple have been living "completely separate lives" since 2016.

Pinkett stated the reason when she featured in the latest episode of the On Purpose

podcast hosted by Jay Shetty.

During the podcast, Shetty read out a message from Will Smith applauding Pinkett's memoir, "Worthy", and while reacting to Smith's review of her book, the actress said his sense of humour is why she can't divorce "that joker."

Shetty read: "I applaud and honour you. If I had read this book 30 years ago, I definitely would have hugged you more. I'll start now. Welcome to the authors club. I love you endlessly. Now go get some Merlot

and take a rest."

Jada Pinkett blushed: "Hahaha. He knows I can't have no Merlot. That's beautiful. That's why I can't divorce that joker [laughs]."

Recall that Pinkett recently revealed in a clip from her forthcoming NBC News primetime special with Hoda Kotb that she and her husband, Will Smith, have been living separately since 2016.

Pinkett said: "It was not a divorce on paper but it was a divorce. Since 2016, we have been living apart."

GOODBYE

'FRIENDS' STAR, MATTHEW PERRY, DIES OF POSSIBLE DROWNING

Popular American Canadian actor, Matthew Perry, star of the highly-rated 1990s U.S. television sitcom "Friends" as the wise-cracking Chandler Bing, has died. He died at the age of 54 after apparently drowning in a hot tub. He was 54.

While citing law reference sources, TMZ reported that Perry was found dead in a jacuzzi at his Los Angeles home. NBC, which broadcast "Friends" for 10 years, confirmed his death in a statement on X.

Perry was born on Aug. 19, 1969, in Williamstown, Mass. His mother worked as a press secretary for Canadian Prime Minister Pierre Trudeau while his father, John Bennett Perry, was a character actor. His parents divorced when he was a baby so grew up with his mother and stepfather, Keith Morrison, in Ottawa. He was one of Canada's highest-ranked junior tennis players.

He moved in with his father in Los Angeles when he was 15 with

the hope of devoting more time to tennis and moving on from the unhappiness he felt about his place in his mother's second family.

After a couple of years in Los Angeles, Matthew decided that he had discovered what would make him happy.

He made his film debut in 1988, starring alongside River Phoenix in "A Night in the Life of Jimmy Reardon." He appeared on several sitcoms. It was evident that he was an up-and-coming actor — but he was like that for many years.

One day, when he was 24, alone in his small Los Angeles apartment, he knelt and prayed to become popular, no matter what would happen to him in the process.

His prayer was answered as he became cast in "Friends" three weeks later.

Perry had many half-siblings from his parents' remarriages but information about his survivors has not been made available.

MICHAEL CAINE REVEALS HE IS RETIRING AGED 90

By N.Ugoh

Popular British actor and two-time Oscar winner, Michael Caine, has revealed that he would retire from acting, following the release of his latest film.

The 90-year-old actor made the revelation while talking to BBC radio during a recent interview. He said: "I keep saying I'm go-

ing to retire. Well I am now.

"I've figured I've had a picture where I've played the lead and had incredible reviews... What am I going to do that will beat this?"

"The only parts I'm liable to get now are 90-year-old men. Or maybe 85. So I thought, I might as well leave with all this."

Caine, who starred in "The Great Escaper", won Oscars for the 1986 film "Hannah and Her Sisters" and "The Cider House

Rules" in 1999, as best supporting actor. Also, he starred in movies such as "Alfie," "Get Carter" and "Educating Rita."

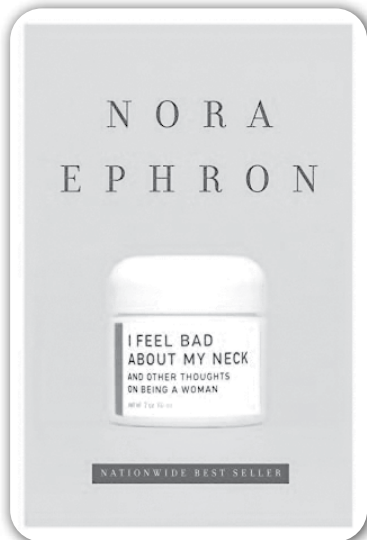
Visit www.nigeriancanadiannews.ca for the full article

Rema becomes the first African Artiste to perform at the Balon d'Or ceremony (Video)

BOOKS

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

I Feel Bad About My Neck

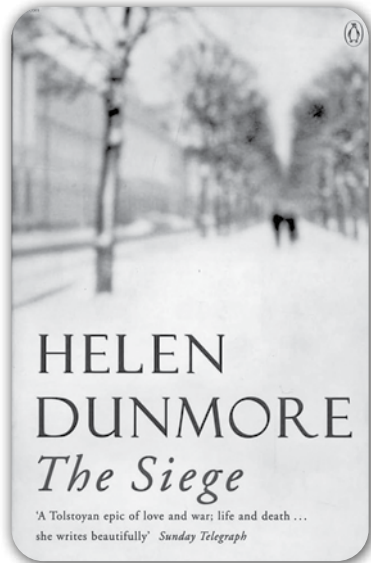


by Nora Ephron

It is a delightful journey through her life, flavored with her disarmingly intimate and accessible narrative style, sprinkled with a dry sense of humor. In this captivating narrative, Ephron shares her experiences as a passionate urban dweller, an enthusiastic cook, and a sometimes hapless parent. Most importantly, she fearlessly delves into the joys and challenges of aging as a woman.

In a candid and uproarious manner, Ephron fearlessly tackles the complexities of life as an older woman, making readers both laugh out loud and reflect on the honest truths she unveils. Her courage shines through, her humor is infectious, and the unexpected depth of her revelations is truly moving. "I Feel Bad About My Neck" is a delectable literary treat, irresistible and satisfying, with nuggets of wisdom and moments of laughter that will resonate with readers of all generations.

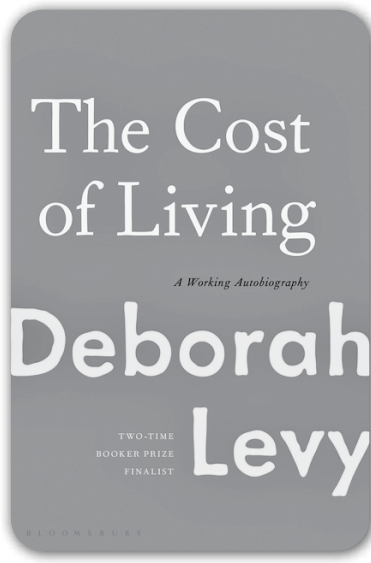
The Siege



by Helen Dunmore

"The Siege" by Helen Dunmore is a remarkable novel set during the Nazis' 1941 winter siege on Leningrad, a tragedy that claimed many lives. The story focuses on the Levin family as they struggle to survive in their small apartment. Anna, a twenty-two-year-old, displays remarkable courage and resourcefulness as she forages for food in the desperate city. The family's father, a blacklisted writer, undergoes a profound decline in both spirit and health. Despite the brutal challenges, the novel underscores the enduring power of the human heart, showing that even in the darkest times, love can persist.

The Cost of Living



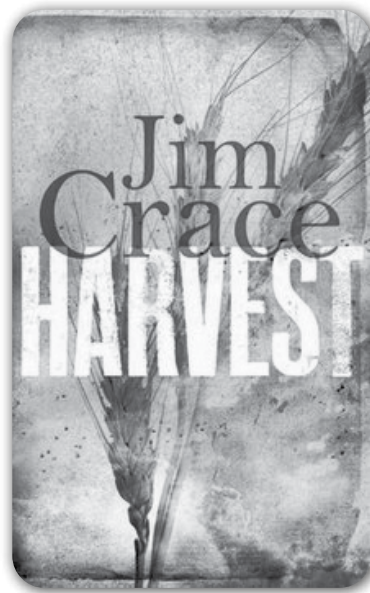
by Deborah Levy

It is a penetrating exploration of love, marriage, grief, and family dynamics. Levy strips away the traditional façade of "The Family House," where men and children's comfort and happiness often take precedence, revealing the hidden struggles of unthanked, unloved, neglected, and exhausted women.

The book delves into the subtle erasure of women's identities, spaces, and stories in contemporary society. In this "living autobiography," infused with warmth and humor, Levy questions the societal roles imposed on individuals and contemplates the politics of breaking free from gendered conventions. She asks what it truly costs a woman to challenge established boundaries and disrupt the social hierarchies that relegate her to a minor role in an unfriendly world.

Levy shares her personal experiences, including her quest to live a life filled with pleasure, value, and meaning, dealing with the challenges of her mother's death, and encounters with women from all walks of life. From a young traveler who navigates uncomfortable advances to a

Harvest



by Jim Crace

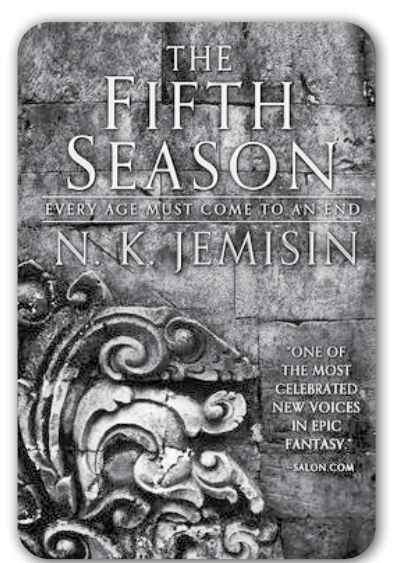
In a remote English village, the morning after a bountiful harvest is met with excitement for a day of rest and feasting at their landowner's table. However, their anticipation turns to alarm and suspicion as they witness two conspicuous columns of smoke in the sky.

The first column results from an overnight fire that has damaged the master's outbuildings, while the second column arises from newcomers at the village's wooded edge, signaling their presence. The villagers find it hard to believe that these events are mere coincidences and fear that violent conflict is imminent.

Amidst this unease, another newcomer has been seen meticulously recording notes and making drawings of the land. His presence poses the greatest threat to the village's traditional way of life.

brilliant student and an octogenarian bookseller offering solace during a challenging period, Levy's narratives offer insights into the lives of women striving for agency.

The Fifth Season

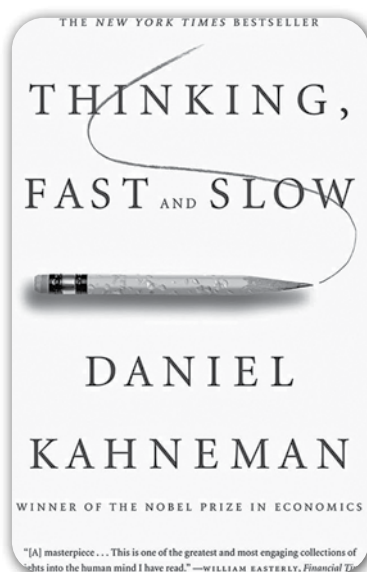


by N.K. Jemisin

In a single fateful day, three catastrophic events shatter the world as we know it. Essun, an ordinary woman living in a small town, returns home to a horrifying sight: her husband has brutally murdered their son and kidnapped their daughter. Simultaneously, the mighty Sanze Empire, which has served as the bedrock of civilization for a millennium, collapses into chaos as its citizens are massacred as an act of vengeance by a deranged individual. To make matters worse, a colossal red rift has been torn across the heart of the vast continent known as the Stillness, unleashing a never-ending flow of ash that darkens the sky for years, perhaps even centuries.

Now, Essun is left with no choice but to embark on a perilous journey through a dying, desolate land to rescue her daughter. In a world devoid of sunlight, clean water, and arable land, with limited supplies, the Stillness descends into chaos. Nations no longer vie for power or territory but instead for the basic resources required to survive the seemingly endless night.

Essun is determined to find her daughter and, if necessary, to shatter the world itself in her pursuit. As the Stillness teeters on the brink of collapse, she will stop at nothing to save her child, even if it means tearing the world apart.



Thinking, Fast and Slow

by Daniel Kahneman

In "Thinking, Fast and Slow," the author provides a profound exploration of the human mind's decision-making processes. He introduces us to two fundamental systems that shape our

thinking.

System 1 operates quickly, relying on intuition and emotion, while System 2 is slower, more analytical, and logical. Kahneman delves into the far-reaching implications of overconfidence in corporate strategies, the challenges of fore-

casting future happiness, and the profound impact of cognitive biases on various aspects of our lives, from financial investments to vacation planning. Understanding these systems is key to comprehending how our judgments and decisions are formed.

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

YOUTH CORNER

“YOUR CHILDREN NEED YOUR PRESENCE MORE THAN YOUR PRESENTS”. – JESSE JACKSON

YOUTHFUL VIBES: OCTOBER ADVENTURE

Hey there, awesome youth readers! It's time for another exciting edition of "Youthful Vibes." This month, we've cooked up a super fun mix of stuff just for you. Get ready to tackle word puzzles, have a blast with wordplay, go on thrilling adventures in short stories, give your brain a workout with cool brain games, and tease your brain with some math puzzles.

Plus, don't miss our fantastic Book of the Month – it's a reading journey you won't want to skip! We want to give a big shoutout to all of you for keeping us going with your incredible support. You make this youth page and the whole newspaper shine! As we embrace the changing weather and the spookiness of Halloween, remember to double-check your can-

dy stash before diving in. And here's a cool tip: your presence means more to your kids than any presents you can give. So, let's dive into all the cool stuff we've got for you this October. And if you ever want to chat, drop us an email at publisher@nigerian-canadiannews.ca. Get ready for an awesome month filled with youthful energy and fun!

WORD PLAY

FUNNY SCIENCE PUNS

1. Question: What did the biologist wear to impress his date? run but cannot walk?
2. Question: What do computers like to eat?
3. Question: What do you call an educated tube?
4. Question: What can
5. Question: Why did the scientist take out his doorbell?
6. Question: Why didn't the skeleton go to the ball?

ANSWERS ON P(25)

A SHORT STORY – A MAN AND THREE THUGS

In a faraway village, a man used to help a landlord without asking for anything in return. He was extremely superstitious. Impressed with the work, the landlord rewards the man with a big healthy goat, one day.

The man carries the goat on his shoulders and starts walking back home. Three wicked thugs observe him and decide to trick him.

The first thug comes to him and asks, "Why are you carrying a dog on your shoulders." The man gets angry and tells the thug that it is a goat and not a dog.

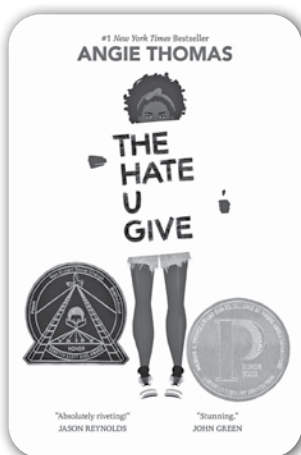
As he keeps walking, the second thug passes by and enquires why he was carrying a dead calf on his shoulders. The man's anger multiplies and says, "You fool! Can't you see this is a goat?" However, the second thug's question plants the seed of suspicion in the man's mind.

After walking for some more distance, the third thug approaches the man, and asks in a sarcastic tone, "Why are you carrying a donkey on your shoulders?"

The superstitious man gets scared thinking the goat is actually a ghost. He leaves it right there and

BOOK OF THE MONTH

The Hate U Give



by Angie Thomas

Starr Carter must find her voice and stand up for justice after witnessing the fatal shooting of her childhood friend by a police officer. This powerful novel addresses important themes of racial injustice.

runs away. The three thugs take the goat away, laughing at the man's stupidity.

ANSWERS ON P(25)

BRAIN GAME

UNSCRAMBLE THE WORDS BELOW RELATED TO A SPECIFIC THEME

TYPES OF GOLDFISH

CELPOSTEE ADNORA RELALCAEPS
MNOCOM RNHAUC

ANSWERS ON P(25)

WORD QUIZ

WHAT MUSICAL INSTRUMENT CAN YOU SEE?

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

ANSWERS ON P(25)

MATH PUZZLES

FIND THE MISSING NUMBERS REPRESENTED BY QUESTION MARKS IN THE DIAGRAMS BELOW

HINT: Subtraction, multiplication and addition will help you out

(1)

15	7	16
8	3	??
7	3	8

(2)

6	15	23
48	??	30
45	41	36

(3)

(4)

?			
9	6		
2	4	7	
1	3	5	2

(5)

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

ANSWERS ON P(25)

INTERNATIONAL NEWS

INDIAN COPS THROW ACCIDENT VICTIM'S BODY INTO CANAL



By N.Ugoh

The police in Bihar's Muzaffarpur district of India have been caught on camera throwing the corpse of an accident victim in a canal. The video was recorded by a passer-by and it shows the cops pushing a package into the canal with their batons. Action has been taken against the officers after the video went viral.

While admitting the lapse, a senior officer of the local police said only the body parts which could not be salvaged, were thrown into the canal.

The senior officer

said: "It was a very bad accident and all the body parts could not be retrieved. This is why the police had disposed of them in the canal."

"The parts that could be salvaged were sent for postmortem... The man is yet to be identified."

He added that the body has now been taken out of the canal and has been kept in the morgue.

Rakesh Kumar, a Senior Superintendent of Police in Muzaffarpur, said: "This incident is shocking and we have suspended the driver constable and terminated the contract of two Home Guard jawans on duty."

ANTIGUA AND BARBUDA TO OPPOSE CARIBBEAN AIRLINES EXPANSION PLANS



By Stanley Ugagbe

The government of Antigua and Barbuda has declared its intention to oppose the expansion plans of Caribbean Airlines (CAL), which is based in Trinidad. This expansion is set to occur in the Eastern Caribbean and could potentially impact the regional airline, LIAT 2020.

In a statement released after their weekly Cabinet meeting, the Antigua and Barbuda government expressed concern over Caribbean Airlines' scaling-up efforts, which include the acquisition of several ATR aircraft with

the intention of deploying them on routes traditionally serviced by LIAT 1974 Ltd.

The statement noted that the information about CAL's expansion plans was conveyed by a Trinidad and Tobago parliamentarian during a recent parliamentary session. It appears that the Cabinet of Antigua and Barbuda believes that the revival of LIAT is not a priority for Trinidad, and instead, the Trinidadian leadership is determined to gain control of the aviation services that Antigua and Barbuda had previously provided.

"The statement about CAL's expansion came from a Trinidad and Tobago par-

JOE BIDEN APPOINTS TWO NIGERIAN-AMERICANS AS ADVISERS

By Dele Akintilo

The Shenzhou 17 spacecraft soared into space from the Jiuquan Satellite Launch Center, situated on the fringes of the Gobi Desert in northwestern China. Notably, this three-member crew, with an average age of 38, is the youngest team deployed since the commencement of space station construction. The mission is emblematic of China's aspirations to place astronauts on the moon within the next decade, a goal that intensifies the rivalry with the United States in the realm of space exploration, technology, and diplomacy.

The trio of astronauts, Tang Hongbo, Tang Shengjie, and Jiang Xinlin, will relieve the existing crew, which has occupied the space station for six months. Tang, an experienced astronaut, previously led a three-month space mission in 2021. The new crew will conduct experiments in space medicine, space technol-



ogy, and various other scientific domains during their mission. They will also play a pivotal role in the installation and maintenance of equipment both inside and outside the station.

In a parallel development, the China Manned Space Agency unveiled plans to dispatch a new telescope for deep-space exploration, enabling surveys and celestial mapping, though the installation timeframe remains undisclosed. China's rich history of celestial observation meets its contemporary efforts to establish leadership in space exploration and

scientific research.

China's autonomous pursuit of a space station comes as a response to its exclusion from the International Space Station, largely attributed to U.S. apprehensions regarding control in the hands of the People's Liberation Army, the military arm of the ruling Communist Party. China's inaugural manned space mission in 2003 elevated it to the third nation, following the former Soviet Union and the United States, capable of independently launching astronauts into space.

While the United States maintains an

edge over China regarding investment, supply chains, and capabilities, China has made significant strides, including lunar sample return missions and rover landings on the less explored far side of the moon. Concurrently, the U.S. is striving to return astronauts to the lunar surface by the end of 2025, collaborating with private sector entities like SpaceX and Blue Origin.

Both nations have also achieved milestones in Mars exploration, with China planning to emulate the U.S. by landing a spacecraft on an asteroid in the future.

FLORA MODI BECOMES FIRST FEMALE MAYOR OF JUBA CITY

By Stanley Ugagbe



The governor of South Sudan's Central Equatoria State, Emmanuel Adil Anthony has issued a significant gubernatorial decree, marking a historic milestone by appointing the first female mayor of Juba City.

The announcement was broadcasted on local television and radio through the Equatoria Broadcasting Corporation (EBC).

In the decree, Governor Adil named Flora Gabriel Modi as the newly appointed mayor of Juba City. Flora replaces Emmanuel Khamis Richard, who was removed from the position last month following an incident where he had physically

assaulted a female street hawker, leading to widespread public outrage. In addition to the mayoral appointment, Governor Adil made sev-

eral other key appointments in the city's administration:

Mogga Franco Wani was appointed as the first deputy mayor for administration and finance. Thiik Thiik Mayardit was named as the second deputy mayor, responsible for social services.

Juma Diyo was appointed as the third deputy mayor, overseeing environment and waste management. Elizabeth Sarah Doa Zozimo was appointed as an advisor

to the leadership of Juba City Council.

Governor Adil also issued separate decrees that resulted in the dismissal or replacement of various officials in different positions across the state government. Notable changes included the appointment of George Pitia Stephen as the new Commissioner General of the State Investment Authority/Corporation, succeeding Flora Gabriel Modi.

These changes and restructuring efforts reflect a significant shift in the leadership and governance of Juba City and Central Equatoria State, including the historic appointment of Flora Gabriel Modi as the city's first female mayor.

The announcement reflects the growing competition and strategic developments in the Caribbean airline industry, with implications for the future of LIAT and the dynamics of air travel in the region.

Parliament. He indicated that following LIAT's exit from the market, there has been a growing demand for air transport services in the Caribbean region, with an increase in international visitors.

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Barbados Rejects Citizenship by Investment, Unveils New Points-Based System



By N.Ugoh

Barbados has categorically ruled out the implementation of a citizenship-by-investment program. This declaration came during a recent diplomatic meeting with Patrice Quesada, Chief of Missions of the International Organization for Migration, when Minister of Home Affairs and Information, Wilfred Abrahams, was directly questioned about the possibility of introducing a Citizenship by Investment Programme, similar to those in other Caribbean nations, within the proposed new Citizenship or Immigration legislation.

Minister Abrahams unequivocally stated that

Barbados has consistently opposed the notion of an investment-based Citizenship Program and reaffirmed that it was not under consideration by the government. Instead, he detailed the upcoming legislative changes that would establish a points-based system. This system would broaden the criteria for individuals seeking citizenship, offering a more inclusive framework compared to the current limited prerequisites.

The stance of the Barbados Government firmly asserts that, even under this new points-based system, citizenship would never be granted solely on the basis of financial investment in the country.

Sheikh Sultan Ensures Equal Grants for Children of Female Citizens



By N.Ugoh

His Highness Dr. Sheikh Sultan Bin Mohammed Al Qasimi, Supreme Council Member and Ruler of Sharjah, has issued a directive to the Sharjah Electricity, Water, and Gas Authority (SEWA).

The directive aims to extend equal treatment to the children of female citizens, similar to the treatment provided to scholarship recipients, both male

and female. Presently, there are 72 students benefiting from these scholarships.

The Ruler has also ordered the repayment of amounts previously collected from those who paid them.

The Amiri Diwan in Sharjah will oversee the process of returning these funds.

These directives were announced during the "Direct Line" program, broadcast on the Sharjah Broadcasting Authority (SBA).

Ugandan Startup Transforms Banana Waste into Valuable Fibers

By Stanley Ugagbe

In Uganda, a creative startup is turning what was once considered waste into valuable, biodegradable products by harnessing the potential of discarded banana stems.

TEXFAD, a Ugandan company that specializes in waste management, has embarked on an initiative to extract banana fibers from discarded stems and craft them into a range of biodegradable handicrafts, including hair extensions.

Uganda, known for its high banana consumption rate and banana production, often finds banana stems left to rot in fields once the fruit is harvested. However, TEXFAD has found a way to give new life to these discarded stems, recognizing their potential value. The company collaborates with seven different farmers' groups in western Uganda and pays \$2.7 USD per kilogram of dried banana fiber.

Another key partner in this endeavor



is Tupande Holdings Ltd., which supplies banana stems from central Uganda farmers. Tupande's workers meticulously sort through the stems to select suitable ones, which are then processed by machines to extract the valuable fiber.

John Baptist Okello, TEXFAD's business manager, highlights the positive impact of this initiative on local farmers, noting that it provides them with additional income opportunities. Moreover, by upcycling banana waste, the initiative is contributing to environmental sustain-

ability while creating employment opportunities for local communities.

TEXFAD's products range from rugs to lampshades, and they have even ventured into the development of fabrics made from banana fibers. Their dedication to sustainability is underscored by the fact that all their products are biodegradable.

Additionally, TEXFAD is working on designing and producing biodegradable hair extensions, which they believe can help reduce the reliance on synthetic hair products that have negative

environmental consequences.

Faith Kabahuma, from TEXFAD's banana hair development program, emphasizes the importance of biodegradable products in contrast to synthetic alternatives, which often contribute to environmental pollution.

This innovative approach not only benefits the environment but also has the potential to provide economic opportunities to local farmers and communities in Uganda while promoting sustainable, biodegradable alternatives to conventional products.

Zimbabwe Grapples with Teachers' Exodus Due to Low Pay

By N.Ugoh

Zimbabwe is currently grappling with a significant exodus of teachers, with approximately 300 educators leaving the country each month, as reported by the Zimbabwe Teachers' Association.

The primary reason behind this exodus is the notably lower salaries in Zimbabwe when compared to other countries in southern Africa.

Despite the economic challenges that make salary increases a formidable task, the country faces the urgent need to both retain and attract teach-



ing talent. Currently, the average teacher in Zimbabwe earns a meager maximum of \$350 per month. This low income level has resulted in the departure of qualified educators, who play a vital role in shaping

the nation's learners. Furthermore, budget constraints hinder the employment of additional teachers required to support the educational needs of the country's students.

For decades, Zim-

babwe's education system was highly regarded and considered one of the best on the African continent, serving as one of the few achievements during the tenure of former President Robert Mugabe's regime.

SPORTS

CHRISTINE SINCLAIR'S ENDURING INFLUENCE ON CANADIAN SOCCER

By Stanley Ugagbe

As the countdown begins for Christine Sinclair's international soccer career, Coach Bev Priestman has emphasized that the impact of the longtime Canada captain will extend far beyond her playing days. Sinclair's leadership and example have left an indelible mark on the team.

Coach Priestman commended Sinclair's continuous dedication and high-performance habits, noting that she brings a notepad to every meeting, setting a standard for others to follow. Sinclair's influence goes beyond her exceptional skills on the field; she leads by example, pushing her teammates to excel both on and off the pitch.

"I've heard her say the team is in safe hands. I think she's very much done that," Priestman said.

During a recent practice session, Sinclair demonstrated her work ethic even when not required, going the extra mile with her training routine alongside new players. These small but impactful actions set a tone of commitment and dedication for the entire team.

"She comes into a meeting with a notepad every time. Makes so many notes. There's high-performance habits that the captain has

led by example and it's never changed. Everyone follows her lead."

Priestman noted Sinclair's work at a recent practice. "We've got two new players in [goalkeeper Melissa Dagenais and midfielder Emma Regan] and the other day, the greatest player of all-time is doing extra fitness at the end of the session. Little things like that set the tone."

Sinclair, a 40-year-old from Burnaby, British Columbia, plans to continue her club career with the NWSL's Portland Thorns for one more season. However, her time representing Canada is coming to a close, with two games against Australia in December marking the end of her illustrious international career.

The impact of Sinclair's legacy transcends the field, as she serves as a role model and inspiration for future generations of Canadian soccer players. Her commitment to excellence and humility has left a lasting impression on the team, and her influence will continue to shape Canadian soccer for years to come.

As Sinclair approaches the end of her international career, Canada's women's soccer team prepares to honor and celebrate the greatest player the country has ever seen.

PIPER GILLES, PAUL POIRIER SECURE FOURTH CONSECUTIVE ICE DANCE TITLE AT SKATE CANADA INTERNATIONAL

By Stanley Ugagbe

In an awe-inspiring return to the ice, Canadian duo Piper Gilles and Paul Poirier clinched the gold medal in the ice dance category at the prestigious Skate Canada International held in Vancouver. Notably, this victory marked their fourth consecutive title in the competition.

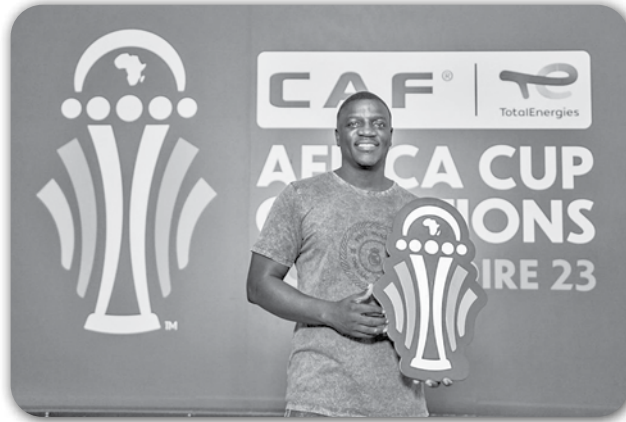
Gilles and Poirier's triumphant performance was all the more remarkable as it occurred on their home turf. Their journey to victory had been laden with challenges, most notably Gilles bravely sharing her battle with ovarian cancer back in May. Undeterred by adversity, the pair delivered a cap-

tivating and emotional performance that wowed both the audience and the judges.

Their free dance program earned them a stellar score of 131.46, contributing to an impressive total score of 219.01. Speaking about their achievement, Piper Gilles expressed their delight, saying, "We're really thrilled. It's taken a long time for us to get to this moment in our career, and I think we're really starting to enjoy each moment we step out onto that ice. I think we believe in ourselves just a little bit more."

Adding to the excitement of the competition, Great Britain's Lilah Fear and Lewis Gibson

AKON TO HOST FINAL AFCON 2023 DRAW IN ABIDJAN



By Marcel Chukwuka

Popular musician, Akon, will host the final draw of the CAF Africa Cup of Nations Cote d'Ivoire 2023 tomorrow in Abidjan.

The final draw will start at 19h00 local time/GMT (21h00 CAT, 22h00 Cairo) at the new Parc Des Expositions, Abidjan and be broadcast live on CAF TV on YouTube.

Akon is a big football fan and social activist whose 'Akon Lighting Africa' project aims to use solar electricity to help African countries meet their basic electricity needs.

Akon's hosting of the Final Draw with Touré spices up what will be a glitzy, glamorous, eagerly anticipated event, as the 24 qualified nations know their group stage opponents.

The final draw will be shown in over 50 countries, with millions of viewers expected to watch the event on CAF's Official YouTube

channel, and across CAF's Global TV partners.

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Akon is a big football fan and social activist whose 'Akon Lighting Africa' project aims to use solar electricity to help African countries meet their basic electricity needs.

Akon's hosting of the Final Draw with Touré spices up what will be a glitzy, glamorous, eagerly anticipated event, as the 24 qualified nations know their group stage opponents.

The final draw will be shown in over 50 countries, with millions of viewers expected to watch the event on CAF's Official YouTube channel, and across CAF's Global TV partners.

enchanted the audience with their "Rocky" themed program, securing the second place in the overall standings, just over five points behind the Canadian champions. Lithuania's Allison Reed and Saulius Ambrulevicius rounded out the top three, maintaining their position from Friday's initial competition.

Saulius Ambrulevicius reflected on the arduous journey that led them to this prestigious moment, saying, "It's been a long road for us, especially teaming up as we had our different careers. Long work and dreams do come true."

The historical significance of Gilles and Poirier's victory is underscored by the fact that they are the first team since Victor Kraatz and Shae-Lynn

Bourne to claim four consecutive gold medals at Skate Canada. Kraatz and Bourne's remarkable achievement included five consecutive medals from 1994 to 1995.

Paul Poirier paid tribute to the legacy of Canadian ice dance, emphasizing the inspiration they drew from their predecessors: "Canada has such a strong legacy of ice dance. We've been so inspired by so many teams that came before us, and we owe, in part, our success to all those teams who always pushed us to be better throughout our careers."

The triumph of Gilles and Poirier not only cements their status as ice dance royalty but also stands as a testament to their resilience, dedication, and love for the sport.

BASKETBALL TRANSFORMS THE LIFE OF CANADA'S LAETICIA AMIHERE



By Stanley Ugagbe

For Laeticia Amihere of Canada, the basketball court has been a sanctuary where she not only excels but also discovered her true sense of belonging. Wrestling with insecurities about her height during her formative years, the moment she transitioned from the soccer field to the hardwood marked a profound turning point in her life.

Amihere reflected on her journey, saying, "The first sport I played was soccer. My parents are from West Africa, where the sport holds a significant place in our tradition. However, as I continued to grow taller,

it became clear that I was better suited for basketball."

Standing at an imposing six feet three inches, this Mississauga, Ontario native started organized basketball in the sixth grade and quickly recognized her potential. Overcoming her earlier lack of confidence, she shared, "I just didn't have that confidence growing up. I wasn't used to seeing people as tall as me. It wasn't until I was able to step on that basketball court where I saw people like me; and I finally embraced it. In any other setting in my life, I was always an outlier. For me, I could finally use things I was insecure about to my

continued on p(25)

CANADIAN BOXERS TAMMARA THIBEAULT, WYATT SANFORD SECURE GOLD MEDALS AT PAN AMERICAN GAMES



By Stanley Ugagbe

Canadian boxers, Tammara Thibeault and Wyatt Sanford, displayed their exceptional skill and determination, earning gold medals at the Pan American Games with unanimous points decisions (5-0) in a thrilling display of talent and grit.

In the women's 75-kilogram final, Tammara Thibeault faced off

against Panama's Atheyna Bylon in a hard-fought match. The two competitors were evenly matched through the first two rounds, setting the stage for an exhilarating final round where Thibeault emerged victorious. Reflecting on her achievement, Thibeault remarked, "It means the world. Out of all the tournaments I've been to, I've been able to capture gold, and I was missing

OTTAWA'S SHANE PINTO SUSPENDED 41 GAMES



By Stanley Ugagbe

The NHL has handed a 41-game suspension to Ottawa Senators forward Shane Pinto, marking a historic moment as the first modern-day hockey player banned for involvement in sports gambling.

The 22-year-old American has been penalized for "activities relating to sports wagering." The league clarified that its investigation found no evidence of Pinto betting on NHL games but did not disclose further details about the situation, including the nature of Pinto's actions or how he came to be caught.

In response to the suspension, Pinto issued an apology, expressing his remorse and taking full responsibility for his actions. He also expressed his eagerness to return to the ice with his team. Pinto is not appealing the suspension, as an agreement was reached between the league, the player, and the NHL Players' Association to resolve the matter. The NHL considers the case closed unless new information emerges.

The Ottawa Senators have expressed their support for Pinto, acknowledging his value to

the team. They emphasized that he is a young, intelligent individual who made regrettable decisions. Pinto is expected to return to the ice in the middle of this season, contingent on him signing a contract. Currently, he is an unsigned restricted free agent, and this suspension sheds light on the reasons behind his unsigned status.

Shane Pinto's suspension adds to a growing list of professional athletes who have faced penalties since the U.S. Supreme Court paved the way for legalized sports wagering in 2018. Notably, several NFL players, including Calvin Ridley, received bans for gambling, with Ridley missing the entire 2022 season. While the NBA and Major League Baseball have not announced recent gambling punishments, the issue is becoming a growing concern in college sports.

The NHL's collective bargaining agreement with the NHL Players' Association explicitly prohibits gambling on any NHL game. In some cases, NHL teams even prohibit their employees, from those involved in hockey operations to those on the business side, from participating in fantasy leagues for money.

Pan Ams. Now missing the Olympics, but hopefully we're on the right path, and that's what we're going to get. I'm very proud of myself, very proud of my team. I couldn't have done it alone."

Thibeault, hailing from Shawinigan, Quebec, is set to pursue her golden collection at the upcoming Paris Olympics, building on her impressive resume that includes the 2022 world and Commonwealth Games titles. With her sights firmly set on Paris 2024, she aims to make history for Canada, saying, "I expect to come out

on top. Expect to come out with a gold medal and make history for Canada."

In a rematch of last year's world championship, Thibeault's strategic approach and quick-strike ability secured her victory in a contest that showcased the strength and skill of both fighters. Thibeault now holds a 2-0 edge in title fights against Bylon, setting the stage for a potential Olympic showdown.

In the men's 63.5 kg final, Wyatt Sanford faced Mexico's Miguel Angel Martinez in a high-energy bout. Sanford, a 24-year-old from

SAUDI ARABIA SUBMIT FORMAL LETTER OF INTENT TO HOST THE 2034 WORLD CUP

By N.Ugoh

Saudi Arabia has submitted an official letter of intent to host the 2034 World Cup to FIFA.

The Kingdom first revealed its intentions to host the competition after FIFA announced that only bidders from Asia or Oceania would be considered for the 2034 tournament.

While revealing the submission in a recent statement, Yasser Al Misheal, President of the Saudi Arabian Football Federation (SAFF) said: "Last week we announced our ambitions to host the 2034 FIFA World Cup, and this official submission continues our journey to make the dreams of our people a reality."

"We are extremely committed to presenting the most competitive bid possible that will also help unite the world through football."

FIFA want to act fast in deciding the 2034 host, as such, formal interest must be expressed by October 31, and a

The Ottawa Senators, in 2021, became the first NHL team to feature a gambling-related entity as a helmet sponsor, displaying the Betway logo on their home helmets. Two years ago, the league investigated Evander Kane for gambling allegations made by his estranged wife, which included

Kennetcook, Nova Scotia, displayed relentless determination and sharp counters to clinch the gold medal. This victory adds to his remarkable journey, as he was the lone male boxer on Canada's team at the Tokyo Olympics.

Reflecting on his win, Sanford shared, "Getting the gold medal is a huge accomplishment; super happy. Super proud of her; she did absolutely amazing. Just overall great performance from both of us at the Pan Am Games." Sanford's wife, Canadian Olympic diver Pamela Ware, had also achieved

signed bidding agreement must be submitted by November 30

FIFA members will rubber-stamp the 2030 and 2034 hosts in late 2024.

The federation claims that 'over 70 FIFA Member Associations from across many continents have publicly declared their support for the Kingdom.'

Recently, Saudi Arabia's bid received the backing of Sheikh Salman of Bahrain, the president of the Asian Football Confederation, who said "the entire Asian football family will stand united in support of the Kingdom of Saudi Arabia's momentous initiative."

The Amiri Diwan in Sharjah will oversee the process of returning these funds.

These directives were announced during the "Direct Line" program, broadcast on the Sharjah Broadcasting Authority (SBA).

claims of betting on NHL games, including those involving his own team. However, the investigation found no evidence to substantiate these allegations.

Before Shane Pinto, the last NHL players to be suspended for gambling were Billy Taylor, Don Gallinger, and Babe Pratt back in the 1940s.

remarkable success at the Pan Am Games.

Canada further expanded its medal collection in Santiago with a gold medal in the men's team pursuit track cycling event. The Canadian cycling team, composed of Carson Mattern, Campbell Parrish, Michael Foley, and Sean Richardson, showcased their exceptional talent by beating Colombia by nearly nine seconds. This victory not only secured gold but also lowered their own Pan Am record, demonstrating Canada's excellence in the world of sports.

Carson Mattern, a

KENYAN MARATHON RUNNER TITUS EKIRU HANDLED A 10-YEAR DOPING SUSPENSION



By Marcel Chukwuka

Titus Ekiru, the Kenyan marathon runner who secured victory at the Milan marathon in May 2021, has been slapped with a ten-year suspension for doping and for obstructing the subsequent investigation, according to an announcement by the Athletics Integrity Unit (AIU).

The 31-year-old athlete tested positive for a banned substance after his unexpected triumph in the Milan marathon, where he had set a remarkable time of 2 hours, 2 minutes, and 57 seconds. Another positive test was recorded in November of the same year, this time in Abu Dhabi, as confirmed by the AIU in a press release.

Ekiru had claimed that this positive result was due to legal medical treatment he received for his injuries. However, the authorities found this explanation insufficient.

A relatively lesser-known figure in the athletic world, Ekiru had astonished experts in the field with his exceptional timing, equaling the former world record Denis Kimetto in 2014 (2 hours, 2 minutes, and 57 seconds). This record had been surpassed twice by Eliud Kipchoge in 2018 and 2022, and eventually broken by Kelvin Kiptum on October 8 in Chicago (2 hours, 35 seconds).

member of the cycling team, commented on the overwhelmingly positive experience at the games, saying, "Just being around all the best athletes from our country as well as others uplifts us to do the best and represent Canada the best we

Ekiru was initially placed under provisional suspension on June 28, 2022, for the use of tramcinolone acetonide, a glucocorticoid that had been entirely banned since January 2022, and pethidine, a narcotic. The confirmation of his suspension implies that he will be barred from participating in races until 2032.

In addition to the suspension, Ekiru has been stripped of his titles, and all his results achieved since the Milan race, as well as any prizes won, have been invalidated.

The AIU's investigation uncovered deliberate attempts by Ekiru to obstruct their inquiry, including collusion with a doctor at a Kenyan hospital. The AIU stated that "Initially, Ekiru expressed his intention to contest the allegations. But confused by substantial evidence against him, the Kenyan athlete decided not to pursue the proceedings."

The AIU has requested the Anti-Doping Agency of Kenya (ADAK) to refer the doctor involved to the country's law enforcement authorities for further investigation.

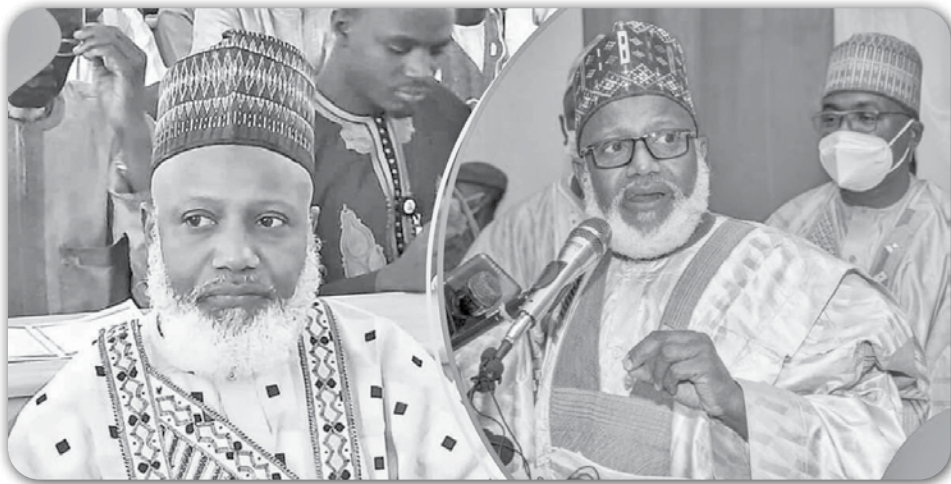
Kenya has witnessed a surge in doping cases in recent years, which has cast a shadow on its reputation as a powerhouse in athletics. Over the past five years, nearly 70 athletes, primarily long-distance runners, have faced bans for doping-related offenses.

The achievements of Thibeault, Sanford, and the Canadian cycling team highlight the exceptional talent and dedication of Canadian athletes on the international stage, making their country proud.

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RELIGION

Sheikh Mansur Sokoto: Islam Will Be In Danger If Taraba, Nasarawa Fall To Non-Muslim Governors



By Bunmi Akintilo

Popular Islamic cleric, Sheik Mansur Sokoto, has revealed that Islam is endangered by what happened at the governorship legal wars of Taraba and Nasarawa state.

While sharing his reflection a recent Facebook post titled "Islam and Northern Arewa" in Hausa language, Mansur said: "Review of the governorship legal tussles of some states these

days is worrisome. If Taraba and Nasarawa fall to non-Muslims, then Islamic religion will be endangered."

After narrating his opinion, Mansur asked: "What's the way out."

Recall that the Governorship Elections Petition Tribunal sitting in Lafia dismissed Nasarawa State Governor, Abdullahi Sule of the All Progressives Congress (APC) and declared Mr David Ombugadu of the People's Demo-

cratic Party (PDP) as the winner of the election.

The majority judgment was delivered by Justice Ezekiel Ajayi, Chairman of the tribunal.

Justice Chiemelie Onaga, a member of the panel, was in agreement with the lead judgment read by the panel chairman. According to him, the judgment was a temporary setback that they would learn from in a bid to re-strategize and come out stronger.

Justice Ibrahim Mashi delivered the only dissenting judgment was delivered by dismissing the petition filed by the PDP candidate and upheld the declaration of the governor by the INEC.

While reacting after the judgement, Governor Sule said: "I still remain the governor till Supreme Court decides otherwise because the law allows me to appeal and we will do that to reclaim our mandate."

In the same vein, the Taraba State Governorship Election Tribunal affirmed that Agbu Kefas of the People's Democratic Party is the validly elected governor of Taraba State.

The three-man panel dismissed the petition filed by the New Nigerian People's Party and its candidate Prof. Sani Yahaya over lack of merit.

Pope Francis suggests Catholic Church could approve same-sex couples



By N.Ugoh

Catholic Church's Pope Francis, may have given fresh hopes to same-sex couples after he hinted that priests could now bless such unions.

The Pope, while responding to a group of cardinals that wanted him to clarify the issue, said any request for a blessing should be treated with "pastoral charity".

According to a recent press release by the Vatican, the request was part of the requests sent to the Pope ahead of a global gathering to discuss the future of the church.

He said: "We cannot be judges who only deny, reject and exclude."

He added that though the Church still feel same-sex relation-

ships are "objectively sinful" and would not recognize same-sex marriage, it would review if same-sex marriages could be blessed in the Church, thereby ending a long-standing opposition to such unions.

He said: "When a blessing is requested, it is expressing a plea to God for help, a supplication to live better.

"Pastoral prudence must adequately discern whether there are forms of blessing, requested by one or more persons that do not convey a mistaken concept of marriage.

Canon law should not and cannot cover everything.

He said that the Church should always approach its relationships with people with "kindness, patience, understanding, tenderness and encouragement".

Jimmy Odukoya succeeds father as Senior Pastor



By N.Ugoh

Son of late founder of Fountain of Life Church, Jimmy Odukoya, has been named the Senior Pastor of the church after the death of his father, Pastor Taiwo Odukoya.

Jimmy, a popular Nollywood actor,

was named his father's successor during the church service recently.

The resident pastor of the church, Rotimi Okpaise, made the announcement while talking to the congregation at the church headquarters at Ilupeju, Lagos. He said the late Pastor Odukoya had told the church Board of Trust-


ees (BoT) about the succession plan before he died and had named Jimmy as his successor.

Okpaise said: "The board has chosen Saturday, September 30, 2023, as the date of Jimmy's installation."

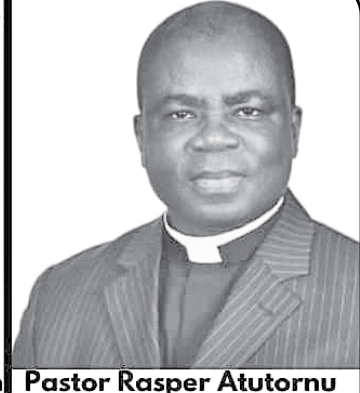
Pastor Odukoya died on August 7 in the United States of America at the age of 67 after

a protracted illness.

Jimmy is a Nollywood actor cum musician and he is famous for playing one of the lead roles as Oba Ade in Netflix's 'Woman King' movie.



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BASKETBALL TRANSFORMS THE LIFE OF CANADA'S LAETICIA AMIHERE

continued from p(22)
 advantage. Basketball was life-changing for me.”

At the age of 15, Amihere gained global attention as the first Canadian woman to dunk in a basketball game, a feat many deemed atypical for girls. The viral dunk not only earned admiration from NBA legend Shaquille O'Neal and Canadian rap star Drake but also piqued the interest of scouts.

Recalling the historic moment, Amihere said, “It was crazy. Like none of my teammates expected it. The coaches didn't expect it. But I think it was really just the momentum that carried me.”

Amihere's journey continued to ascend as she represented Canada in 2015, contributing to

the country's first-ever gold at the U16 FIBA America Championship. In 2017, she made her debut with the senior national team.

Despite facing adversity with two ACL tears before graduating from King's Christian Collegiate in Oakville, Ontario, and committing to South Carolina in 2018, Amihere's resilience prevailed. In 2022, she played a pivotal role in the Gamecocks winning the NCAA national title. A year later, Amihere declared for the WNBA draft and was selected eighth overall by the Atlanta Dream in the first round.

Now a 22-year-old rising star in the WNBA, she represented Canada at the Tokyo 2020 Olympics and aspires to

inspire the next generation of female basketball players in Canada and West Africa.

Addressing young athletes, Amihere said, “All those Canadians, and all those people in West Africa, and in countries that are underserved, and they're overlooked. You can make it, I promise you can because I was that kid, and I'm on the biggest stage now. I'm really trying to pave a way for all those young women. Just keep going, because, trust me, basketball is on the rise for women.”

Laeticia Amihere's journey is a testament to how the love of the game can change lives and inspire future generations, transcending barriers and making dreams come true.

LEADERS... - PAGE 10

under the impression that there was a vote, consensus, or agreement between leadership & the Ontario NDP Caucus, of which I am a member, to remove MPP Sarah Jama from caucus.

“It's also been brought to my attention that people have been specifically told by leadership in various conversations that I supported the decision to remove MPP Sarah Jama from the Ontario NDP Caucus. I did not support this decision for a variety of reasons.”

Andrew also criticized their party's statement that, in their point of view, paints Black women badly.

He said: “The release went on to conjure what I feel were stereotypical tropes often used to communicate about Black people, especially Black women, who are perceived as difficult. I expressed my concerns about this release to the leadership team and to my caucus members.”

In the wake of the fallout, reports of mistreating Sarah Jama by NDP bosses also surfaced online.

Ahmar Khan of Global News reported: “Spoke to sources close to Sarah Jama: They claim there was a level of mistreatment from the NDP toward Sarah Jama,

especially in how she was communicated to by top levels of ONDP brass. They say Marit Stiles was aware of what Jama possibly suing the Premier.”

In the same vein, Ontario New Democratic Youth Chair Avreet Jagdev accused the NDP of mistreating women of colour. Jagdey tweeted: “Outing myself as the current ONDY chair, although it hasn't yet been updated on the website. While I don't speak for the exec, I am horrified by the decision to remove @SarahJama_ from caucus. It is indicative of how the party would treat me & every other WOC on this list.”

AMAZON TO USE... - PAGE 7

drone deliveries in 2018, is currently testing the technology in only two markets.

Amazon's drones will fly as high as 400 feet (120 meters) and will carefully assess the deliv-

ery zone for obstructions, such as pets or children, before safely dropping the package at a designated delivery marker.

Amazon has been progressively expanding its presence in the health-care sector, including acquiring primary care provider One Medical and offering video telemedicine visits in all 50 U.S. states.

The company has expressed hopes to expand this drone delivery program to other markets, but a specific timeline for the expansion has not been provided.



YOUR ANSWER - PAGE 19

WORD PLAY FUNNY SCIENCE PUNS

- Answers:
 1. designer genes
 2. Chips
 3. A graduated tube
 4. Water
 5. He wanted to win the
 no-bell prize
 6. Because he had no body to go with

MATH PUZZLES

Answers

Puzzle #1

Answer: 10
 (15-7) x 2 = 16

(8-3) x 2 = 10

(7-3) x 2 = 8

15	7	16
8	3	??
7	3	8

Puzzle #2

Answer: 50

Starting clockwise, we start analyze the difference between the two numbers as follows:

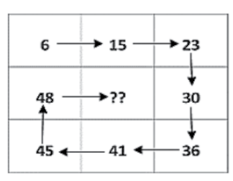
First row: 6+9=15, then 15+8=23

Second row, third column: 23+7=30, then 30+6=36

Third row, third column: 36+5=41

Third row: 41+4=45, then 45+3=48

First column: 48+2=50



Puzzle #3

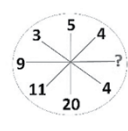
Answer: 76

3*3 - 5 = 4

5*5 - 5 = 20

4*4 - 5 = 11

9*9 - 5 = 76



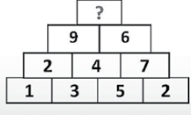
Puzzle #4

Answer: 17

9+6=15

2+4+7=13

1+3+5+2=11

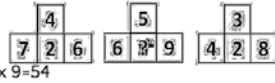


Notice this-> There is an increase in the sum of all rows by 2. Hence, the missing number in the series would 17.

Puzzle #5

Answer: 4

7 x 6=42 and 4 x 8=32. Similarly, 6 x 9=54



BRAIN GAME ANSWERS

ORANDA, RANCHU, PEARLSCALE, TELESCOPE, COMMON

WORD QUIZ ANSWERS

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

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