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## FORMER SOMALI REFUGEE ELECTED MAYOR OF U.S. CITY

By N.Ugoh

In a ground-breaking electoral triumph, 27-year-old Somali-American Nadia Mohamed clinched the mayoral seat in St. Louis Park, Minnesota. Making waves in American political history, Mohamed not only emerged as the city's inaugural Black mayor but also shattered barriers as the first Somali and Muslim individual to hold the position, marking a momentous stride for diversity and representation.

Having resettled in St. Louis Park as a refugee at the tender age of 10, Mohamed underscored her deep-rooted ties to the city. Her political journey commenced in 2019, securing a spot on the St. Louis Park City Council at the age



Pic By: Dymanh Chhoun | Sahar Journal

of 23—an unprecedented feat that etched her name as the youngest person to assume such a role in the city's annals.

The election outcome spotlighted Mohamed's broad-based backing, with an impressive 58% of votes in her favor. This re-

sounding victory dealt a decisive blow to her opponent, Dale Anderson, firmly establishing Mohamed as a leader who resonates with the diverse population of St. Louis Park, where people of color now make up 20% of the community's fabric.

Nadia Mohamed's triumph contributes to the burgeoning success of Somali-American candidates in the realm of U.S. elections. Reflecting an upward trend, the broader Somali-American community sees increased representation, with trailblazers like Mohamed carving significant paths in local politics. Her election stands as a testament to the evolving visage of leadership in American cities and the expanding diversity within elected offices.

## KING'S DINNER IN CANADA: WITNESSING GOD'S POWER IN CRUSADES

By Stanley Ugagbe

In continuation of his fervent mission to save one billion souls for Christ, the founder of Pentium Ministries, Apostle Ausbeth Ajagu recently held two 'Dinner with the King' crusades in Canada and in the vibrant city of Lagos, Nigeria.

The fervor and passion that emanated from the events which were held first in Canada on 20th October and then in Lagos, Ni-

geria on November 10th, echoed through the hearts of attendees, as the renowned Apostle, known for his powerful and dynamic sermons left an indelible mark on the spiritual landscape of the metropolis.

In post events interview with Stanley Ugagbe of The Nigerian Canadian Newspaper Canada, Apostle Ausbeth Ajagu shared insight on the crusades.

*continued on p(25)  
photos on pages 14-15*



Apostle Ausbeth Ajagu Ph.D (Chief Servant Pentium Ministries) at Dinner with the King Crusade

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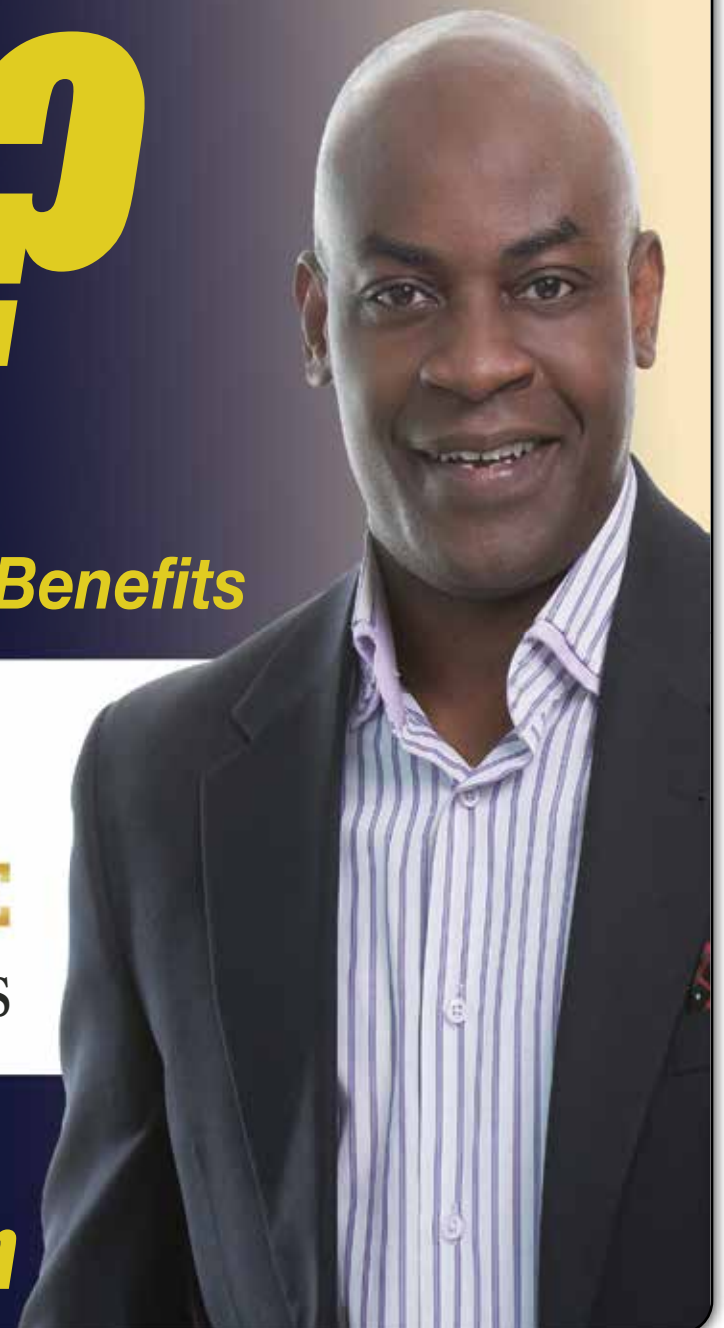


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# Prioritizing Security in a Shifting World - The \$10 Billion Surveillance Plane Purchase

The recent decision by the Canadian government to invest over \$10 billion in a fleet of military surveillance planes sends a clear message: national security is non-negotiable. Defence Minister Bill Blair's assertion that growing threats around the globe necessitate urgent action should not be dismissed lightly. In a world where the geopolitical landscape is shifting, Canada's

commitment to fortify its defense capabilities is not just prudent but imperative.

Minister Blair highlighted the evolving nature of security threats, underlining the urgency to address the needs of the Armed Forces. The decision to sole-source the deal for 16 Boeing P-8A Poseidon planes might raise eyebrows, but it reflects a strategic move to swiftly re-

spond to a dynamic and unpredictable global environment. We strongly believe that waiting for the offer could have jeopardized national security, potentially resulting in a higher price tag for the same essential capability.

The P-8A Poseidon, according to Blair, is the only currently available, proven aircraft that meets all operational requirements of the Royal Canadian Air Force. The alignment with the Five Eyes allies, all of whom use the same aircraft, reinforces the credibility and efficiency of this choice.

Critics, including Bombardier and some political figures, advocate for an open competition, citing the potential economic benefits and the desire for a Canadian-based solution. However, the urgency to replace the aging CP-140 Aurora fleet, combined with the time-sensitive nature of the decision, led the government to opt for a proven model with immediate availability.

The strategic implications of this decision are multifaceted. Not only does it address the imminent retirement of

the outdated Aurora fleet, but it also positions Canada to effectively respond to modern threats. The P-8A's advanced technology, including an active triangulation system, enhances Canada's surveillance capabilities, allowing for more effective monitoring of potential adversaries.

Minister Blair emphasized the increasing challenges posed by sophisticated adversaries like Russia and China, highlighting that this investment is not just about replacing outdated equipment but preparing for a more assertive and unpredictable global stage.

Moreover, the economic benefits of this deal cannot be understated. Boeing's commitment to invest \$5.4 billion in the Canadian economy over the next decade, along with the potential creation of nearly 3,000 jobs and a substantial annual economic output, underscores the broader positive impact on the nation.

While critics argue for an open competition, the reality is that time is of the essence. National security cannot afford delays of three to four years

that would accompany a lengthier procurement process. The urgency expressed by Minister Blair is not merely political rhetoric; it is a reflection of the rapidly changing dynamics of the global security landscape.

The editorial board of The Nigerian Canadian Newspaper Canada, strongly believes that the decision to invest in the Boeing P-8A Poseidon fleet is a resolute step towards safeguarding Canada's interests in an increasingly uncertain world. As we navigate the challenges posed by sophisticated adversaries, this investment in our defense capabilities is not just a fiscal decision but a commitment to the safety and security of the nation. The government's focus on immediate and effective action should be commended rather than questioned, considering the paramount importance of national security in today's complex geopolitical environment.

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## FAMILY, HEALTH & WELLNESS

### 3 INVISIBLE KILLERS THAT COULD BE IN YOUR HOUSE



(NC) Your home sweet home could be hiding some invisible hazards that put your family at risk. Here are three things every homeowner should be aware of, how to detect them and what to do if they are present in your home.

#### CARBON MONOXIDE

Carbon monoxide, or CO for short, is a colourless, odourless, tasteless gas produced by burning fuels such as gas or propane. Exposure to low levels of CO can cause flu-like symptoms at

first. But in high concentrations it can lead to loss of consciousness and death.

The only way to detect it is with a certified CO alarm. You can buy combination smoke and CO detectors. Install one on every floor of your home and near all sleeping areas. Test, maintain and replace your alarms according to the manufacturer's instructions, and leave your home immediately if the alarm sounds.

#### LEAD

For centuries, lead was used in a variety of household products including paint and pipes. Then, scientists discovered that ingesting lead that seeped into the water from the plumbing or airborne flakes of paint can have serious health effects, including affecting young children's neurological development and behaviour. Using lead in paint and plumbing was phased out in Canada in the 1970s, but some still exists in older homes that haven't been completely renovated.

If you live in an older home that might have lead in the pipes, contact your municipality or local public health authority for advice and assistance with the testing. If you have lead in your drinking water, be sure to regularly clean your faucet aerators and always use water filters certified to remove lead in your refrigerator, kitchen tap and water pitchers. You can buy low-cost kits to test for lead in paint at your local hardware store or paint supplier.

If lead is detected in either case, the testing company will advise you on next steps.

#### RADON

Radon is an invisible, radioactive gas that comes from natural uranium in the ground. In concentrated amounts, it is the leading cause of lung cancer for non-smokers. The only way to know if it's accumulating to a dangerous level in your home is to do a radon test. You simply buy a test kit or hire a service provider and do the test in the lowest regularly used room in the home – say, a family room or basement bedroom – for at least 90 days. Then send it to a lab to find out your home's radon level. If the result is high, it can be easily lowered; contact a radon mitigation professional about what you can do to reduce your exposure.

*Learn more about radon and how to protect your family from it at [canada.ca/radon](http://canada.ca/radon).*

### FDA APPROVES DIABETES DRUG TIRZEPATIDE AS A WEIGHT-LOSS TREATMENT

By Stanley Ugagbe

The FDA has given the green light to a new weight-loss drug from Eli Lilly & Co., named Zepbound. This injectable drug, containing tirzepatide, the same ingredient as Eli Lilly's diabetes drug Mounjaro, is designed for people struggling with obesity or being overweight, particularly those with weight-related conditions like high blood pressure.

The drug, recommended alongside a lower-calorie diet and regular physical activity, has shown promise in clinical trials, boasting a weight reduction of up to 22%.

Eli Lilly officials are optimistic about Zepbound's impact, emphasizing its potential benefits for both diabetes and non-diabetes populations. However, concerns have been raised about the side effects, including gastrointestinal issues, and caution is advised for individuals with specific medical

histories.

As the demand for weight-loss medications rises, fueled by the obesity epidemic in the United States, this new drug joins the ranks of effective treatments, including semaglutide used in Ozempic and Wegovy. The surge in demand, however, has led to challenges in ensuring an adequate supply and proper management by healthcare professionals.

While the obesity medicine field celebrates these advancements, critics highlight potential risks, emphasizing the need for careful monitoring and prescription management to avoid unintended consequences, especially for those without diabetes.

As Zepbound enters the market with a list price of \$1,059, the medical community remains cautiously optimistic, recognizing the importance of these medications in addressing the chronic condition of obesity and its associated health risks.

### FAMILIAL HYPERCHOLESTEROLEMIA: THE SILENT THREAT WITHIN FAMILIES

By N.Ugoh

Unraveling the Genetic Culprit Behind High Cholesterol

In households across the globe, a silent but potentially deadly intruder lurks within family trees, often unbeknownst to those affected. Familial Hypercholesterolemia (FH) is a genetic disorder that elevates cholesterol levels to alarming heights, putting individuals at significantly higher risk of cardiovascular diseases. This article delves into the world of FH, shedding light on the condition that silently plagues countless families.

Understanding Familial Hypercholesterolemia

FH is a hereditary condition characterized by abnormally high levels of low-density lipoprotein cholesterol (LDL-C) in the blood.

While elevated cholesterol levels can result from dietary choices and lifestyle factors, FH is caused by a genetic mutation that impairs the body's ability to remove excess LDL-C from the bloodstream. This genetic defect is typically passed from one generation to the next, hence the "familial" aspect of the condition.

#### The Silent Threat

One of the most challenging aspects of FH is its silent and stealthy nature. Many individuals with FH may not exhibit noticeable symptoms, making it a hidden threat within families. The absence of symptoms doesn't diminish the danger, as FH significantly increases the risk of early-onset heart disease, heart attacks, and strokes.

#### The Role of Genetics

FH is primarily a result of mutations in genes responsible for

regulating cholesterol metabolism. The most common genetic mutations associated with FH are in the LDLR (Low-Density Lipoprotein Receptor), PCSK9, and APOB genes. These mutations disrupt the normal process of removing LDL-C from the bloodstream, leading to the accumulation of cholesterol in the arteries.

#### Early Detection and Intervention

Early detection is crucial in managing FH. If left untreated, individuals with FH may develop cardiovascular problems at a young age. Fortunately, genetic testing and cholesterol screenings can identify FH in individuals and families. Once diagnosed, FH can be managed through lifestyle modifications, cholesterol-lowering medications, and, in some cases, specialized treatments like LDL apheresis.

#### The Family Con-

nection

One of the most alarming aspects of FH is its familial nature. If one family member is diagnosed with FH, it's highly likely that others within the family share the same genetic mutation. Therefore, a diagnosis of FH in one family member should prompt screening for others, potentially saving lives through early intervention.

#### Conclusion

Familial Hypercholesterolemia is a genetic condition that stealthily raises cholesterol levels and puts individuals at risk of heart disease. Understanding the genetic aspect of FH and the importance of early detection and intervention can help families break the cycle of this silent threat. Through education and proactive healthcare, we can work together to protect our loved ones from the dangers of FH.

### YOU CAN CONTROL MOULD

(NC) No matter where you live, mould can be found around you. Mould grows on food and in places with a lot of moisture, such as windows, pipes or where there has been flooding.

More than a cosmetic problem, mould can damage your home and contribute to health issues. Those living with mould are likely to suffer from a stuffy nose, sore throat, itchy eyes or skin. People with allergies or asthma may experience worse symptoms.

The good thing is, mould can be managed with a few simple steps:

Check basements, windowsills and around sinks. Clean and dry sur-

faces where moisture has collected.

Throw out any clutter, clothes and cardboard boxes. All great places for mould to grow.

Always turn on exhaust fans when showering or even cooking. And if needed, use a dehumidifier or air conditioner to reduce humidity levels to between 30 to 50 per cent.

Mould can potentially cause health issues and needs to be removed, but you can control mould. For more information, visit [canada.ca/healthyhome](http://canada.ca/healthyhome).

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## Toronto library systems remain down till 2024 after October cyberattack



By N.Ugoh

The Toronto Public Library has revealed that its systems, which were the target of a cyberattack in late October, will remain down until 2024.

In a recent statement, officials said: "Given the complexity and magnitude of this task involving TPL's data centre and computers across 100 li-

brary branches, and the interconnectivity of our systems, we anticipate the restoration of library services will take several more weeks."

The library wants a situation where access to services will be restored gradually starting in January. Priority will be given to the library's computer systems and the reinstatement of its website.

Officials added:

"We recognize this is a long period of time without full library services, but this is considered an aggressive timeframe within the context of such an attack and the experience of other institutions in similar circumstances.

"We appreciate your patience and understanding while we do everything we can to restore our services as quickly as possible."

The TPL website,

## Measles Case confirmed in Calgary

By N.Ugoh

An apprehension wave has swept Calgary as Alberta Health Services (AHS) confirms a case of measles in the city. AHS has warned the public about potential exposure to measles in many busy locations and urges individuals who went to these areas to remain vigilant for symptoms.

Symptoms of measles can appear between seven and 18 days after exposure and include high fever, cough, runny nose, red

eyes, and a red, blotchy rash that begins on the face and spreads to the rest of the body.

AHS urged those who develop any of these symptoms to isolate at home and get in touch with Health Link at 811 before seeking medical care.

AHS revealed that certain demographics. Individuals with fewer than two measles vaccinations, pregnant women, infants under one year old, and people with weakened immune systems are prone to contracting the disease, as such,

they are advised to call Health Link to find out about preventative medication. They are considered less immunized and more susceptible to the disease.

Measles can be prevented through vaccination. AHS pointed out the importance of checking one's immunization status with Health Link and warned that while measles is highly contagious and easily spread through the air, there is no treatment for it once contracted, making prevention paramount.

its public computers and printers at their physical branches, have been down since the system was attacked by a ransomware attack on Oct. 28.

Officials believe that former employees' private data, including social insurance num-

bers and copies of government-issued identification, were likely stolen.

According to officials, cardholder and donor databases were unaffected but some data on the server may have been exposed.

Library officials

have disclosed that staff are working with third-party experts to reinstall the systems and enhance its network security before bringing everything back online.

Library branches however remain open for browsing and use of other services.

## Court restrains Lagos State Government and Federal Housing Authority from further demolition of houses in FESTAC



By Bunmi Akintilo

A Lagos State High Court, sitting in Ikeja, has restrained the Federal Housing Authority (FHA), and Lagos State Building Control Agency (LSBCA), from further demolition of residential houses in 6th Avenue, Festac Town, Amuwo Odofin Local Government Area of the State.

The trial judge, Justice Omolade Awope, granted the order, following the suit by Samuel Ahmed, Martinson Real-

tors Investment Limited, Taoheed Amusa and R. Balogun, seeking a pre-emptive order of injunction against FHA and LSBCA.

FHA and LSBCA have so far demolished over 600 houses and demolished partially around 700 others on 6th Avenue in Festac Town.

The court in the pre-emptive order of injunction restrained the first defendant/respondent whether acting by itself or via its agents, privies, assigns or any special

task force, para-military officers or otherwise, howsoever, described from demolishing and/or removing any building or property erected in 6th Avenue Festac Town or any other part of Festac Town in alleged enforcement of "Town Planning Laws' pending the applicant's compliance with the Lagos State High Court Practice Directions No. 2 of 2019 on Pre-action Protocol.

The order was a sequel to the motion exparte by the claimants, who pointed out 10 grounds

upon which they sought the order.

The grounds include: "That the instant suit was brought before the court under the order of the Supreme Court in Appeal Ne: 8C.931/2007 delivered on (March 8, 2022, and re-initiated vide a writ of Summons and statement of claim dated January 26, 2023."

In a 40-paragraph affidavit deposed to by Alhaji R. Balogun and Thaddeus Idenyi to support the motion, the claimants stated that the suit was the subject

matter of the property located at Fesac Town, Amuwo Odofin, Lagos State, which is more particularly described on the Survey Plan No. KESII/L/106 dated October 4, 1980.

The claimants stated that during the pendency of the suit, the defendants entered into the land and marked the buildings on it for demolition based on alleged infringement of the town planning laws.

The residents averred that the defendant's claim of ownership and the basis on which the alleged demolition notices were pasted is the subject matter of the suit.

The claimants said unless restrained, the defendants may execute their threat to the detri-

ment of the claimants as well as their privies and urged the court to hear the application expeditiously during the ongoing long vacation.

The court granted the application on September 11.

Despite the order, the FHA recently announced a plan to demolish 677 houses while 744 others will be partially demolished over violation by a developer in Phase 2 of Festac Town.

However, a non-governmental organization, NGO, Friedrich Ebert Stiftung, FES, and youths in Lagos have urged the State government to compensate victims whose houses were demolished, saying the state government must provide housing for the needy.

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# Your artificial intelligence questions answered



(NC) Artificial intelligence, or AI, has become a hot-button topic as generative AI programs such as ChatGPT are now available to the public. Here are some common questions and concerns to help you better understand it.

### WHAT IS ARTIFICIAL INTELLIGENCE?

Put simply, AI is a computer program that is pre-programmed to analyze and complete tasks typically done with human intelligence, such as recognizing a face or driving a car. That might sound right out of science fiction to some, but artificial intelligence is not limited to tech experts or people on the cutting edge of what's cool.

### WHO USES IT?

You might not even

realize it, but some form of AI is likely already a part of your day-to-day life. If your phone auto-completes your text messages or emails, if you use a customer service chat window online or if you have a smart home assistant that recognizes your voice, you're already using AI to make your life easier.

AI programs can also be a useful tool to help you generate ideas or start research for homework assignments, projects at work or travel itineraries. No one should claim AI-generated content as their own, but it can save you time in the information-gathering and brainstorming phases of a project.

### HOW WORRIED SHOULD YOU BE?

Like any powerful tool, AI brings risks along with rewards. If you're worried about it taking over the workplace or humanity, you can rest easy – AI tools don't possess human-like smarts and generally only excel at the specific tasks they are trained to perform. There are limits to its abili-

ties, and with a lot of AI-generated content, humans still need to review and confirm its accuracy.

For example, while an AI program may seem to interact with the information or questions that users enter, its output is still passive. It won't push back on your assumptions and may even invent statistics to respond to the prompts provided. Anyone who uses AI will need to hone their critical thinking skills.

Instead of leading to unemployment, it appears that our skill sets will shift as AI becomes more normalized, just as they did as the internet became a routine part of life. At the same time, there are certainly many considerations to think about as you look to use it in your day-to-day life.

### WHAT ARE SOME COMMON RISKS?

Researchers have shown that AI programs can show bias, as the output is only as good as

*continued on p(25)*

# Canada Issues Flight Warnings for Popular Travel Destinations

By Yahaya Othman

The Canadian government has issued flight warnings for several popular travel destinations due to various concerns. Travel advisories aim to inform Canadian citizens about potential risks associated with visiting certain countries. Here are some destinations currently under scrutiny:

Canadians plan-

ning to visit countries in Region X are advised to exercise caution due to ongoing political unrest. Protests, demonstrations, and potential security risks may affect travel plans. Travelers are urged to stay informed about the situation and follow local authorities' guidance.

Due to health-related issues in Country Y, such as the outbreak of a contagious disease, Canadians are advised to review

their travel plans. Health authorities recommend taking necessary precautions, including vaccinations and following hygiene practices to minimize the risk of illness.

The occurrence of natural disasters, such as hurricanes, earthquakes, or wildfires, in Destination Z has prompted Canadian authorities to issue flight warnings. Travelers are encouraged to

*continued on p(10)*

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# Medical Professional in GTA Receives 9-Year Prison Sentence for Sexual Assault Conviction

By N.Ugoh

Wameed Ateyah, a former doctor practising in a village north of Toronto, has been sentenced to nine years in prison for sexually assaulting patients be-

tween 2008 and 2017, as confirmed by York Regional Police. The 52-year-old Ateyah, who practised in Schomberg, Ontario, received his sentence on November 23, which includes less than five days of pre-trial custody.

Ateyah was found guilty in September of multiple counts of sexual assault and one count of sexual exploitation. The investigation into his actions began in August 2020 when two women, aged

*continued on p(25)*

# Tragedy Strikes as Fire Engulfs Section of Canadian Embassy in Abuja

By Stanley Ugagbe

A devastating incident unfolded at the Canadian Embassy in Nigeria on November 6 when part of the embassy premises was engulfed in flames, triggered by a power generating plant

undergoing repairs.

This unfortunate event claimed the lives of two individuals who were part of the technical crew, while one fortunate person managed to escape unharmed.

According to a source who spoke with Vanguard's

correspondent, the sheer force of the sudden fire explosion resulted in others being forcefully ejected from the powerhouse. Embassy staff fled to safety outside the embassy gates as the fire broke out at approximately 11:30

*continued on p(25)*

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## Calgary Man Receives Life Sentence for Matricide

By Stanley Ugagbe

A Calgary man, Levi Romeo Mitchell, 31, has been sentenced to life in prison with no possibility of parole for 10 years after pleading guilty to second-degree murder in the death of his mother, Deborah Ann Mitchell.

The tragic incident occurred on October 30, 2021, leading to the harrowing outcome.

Justice Blair Nixon, presiding over the case, characterized Levi Mitchell as “a person with a serious criminal past” while acknowledging the complicating factor of his Fetal Alcohol Spectrum Disorder

(FASD), emphasizing that Mitchell operates below the cognitive level of a typical 31-year-old.

Second-degree murder convictions in Canada carry an automatic life sentence, and parole eligibility ranges from 10 to 25 years. During the recent sentencing hearing, both Crown prosecutors Tom Buglas and Gregory Whiteside, along with defense lawyer Shaun Leochko, sought a 10-year parole ineligibility period.

The tragic altercation unfolded in 2021 when Levi and his mother shared a residence in the northeast community of Pineridge. The day of the incident, a heated argument escalated, leading Deborah to arm

herself with bear spray. In response, Levi, armed with a sawed-off 12-gauge shotgun, fatally shot his mother, hiding the weapon in the furnace ducts before contacting emergency services.

Justice Nixon noted in his sentencing decision that Levi's call to 911 suggested a moment of regret shortly after the incident occurred. A victim impact statement presented earlier in the week detailed the “crippling” heartbreak experienced by Tina Mitchell, Deborah's sister. Despite the profound grief, Tina expressed gratitude to her nephew for admitting guilt and taking responsibility for his actions.

The court also re-

vealed Levi Mitchell's violent criminal history. At the time of the matricide, he was on bail for 12 criminal offenses, including weapons charges. Since 2015, Mitchell has served multiple jail sentences for offenses such as assault causing bodily harm, assault, drug possession, and weapons charges.

In 2019, he received a six-year sentence for firing shots into a home occupied by a woman and four children. Additionally, in February 2021, Mitchell's statutory release was revoked by the Parole Board of Canada, deeming him too high a risk to the community.

YOU & the LAW

## Fashion mogul convicted of sexual assault



Peter Nygard

By Stanley Ugagbe

Canadian former fashion tycoon, Peter Nygard, has found himself in prison net following a significant legal verdict in Toronto. The court delivered a ruling finding him guilty on four counts of sexual assault, while also acquitting him of one assault charge and one count of forcible confinement.

These charges stemmed from incidents dating back to 1988 involving four women and a 16-year-old girl. Nygard, 82, now faces a series of legal battles related to sex crime allegations in both Canada and the United States, spanning several decades.

The trial, spanning seven weeks, marked the beginning of a string of legal cases against Nygard for alleged sexual offenses. The jury deliberated for five days before reaching the verdict. Justice Robert Goldstein acknowledged

the lengthy and challenging nature of the case for the jury.

Nygard's lawyer, Brian Greenspan, hinted at the possibility of appealing the verdict upon leaving the courthouse. During the trial, Greenspan strongly contested the prosecution's portrayal of Nygard, labeling it as based on “contradictions and innuendo.”

He criticized the depiction of his client as an “evil predator” and questioned the credibility of the accusers, suggesting financial motivations and asserting that their testimonies were inconsistent and, at times, “painfully absurd.”

On the other hand, prosecutor Ana Serban highlighted the consistency in the accounts of the accusers, emphasizing the similarity in their narratives, claiming it indicated a clear pattern of behavior on Nygard's part. Serban also criticized Nygard's demeanor on the stand, describing him as evasive and inconsistent and questioning the reliability of his memory.

Nygard, taking the stand in his defense, denied any recollection of meeting or knowing four of the accusers. He staunchly denied the allegations, attributing any memory lapses to his age, while maintaining that the described conduct did not align with his character.

Following the verdict, Nygard remains in detention and faces additional charges in Quebec and Manitoba. Moreover, there are extradition proceedings to the United States where he faces accusations of assaulting numerous women and girls, in addition to charges of racketeering and trafficking.

## Man swindles Mississauga woman of \$250,000 in romance scam

By N.Ugoh

A heartless “romance scam” orchestrated by a 26-year-old man from Toronto, Chimezie Nwabueze has left a 73-year-old Mississauga woman devastated, robbed of over \$250,000 in cryptocurrency.

According to the Peel Regional Police, the appalling scheme began when the woman met this individual on an online dating platform in September 2022. Their daily exchange of texts and calls formed the groundwork for a web of deceit spun by the man, who spun a fabricated tale of owning an oil rig in the Middle East and desperately

needing money.

He cunningly pledged to repay the victim and even proposed an in-person meeting, yet their interactions remained solely electronic, leaving the victim vulnerable and deceived.

It was only after stumbling upon a media report shedding light on “romance scams” that the woman realized the extent of her manipulation. Over \$250,000 in cryptocurrency had been deceitfully siphoned by this fraudulent individual, preying on her trust and goodwill.

A search warrant executed at the man's Toronto residence uncovered a stash of ill-gotten gains, including high-value jewelry, a luxu-

ry vehicle, and funds linked to these despicable offenses.

Nwabueze, the 26-year-old perpetrator, now faces a slew of charges, including fraud over \$5,000, possession of criminally obtained property, forgery, and identity fraud. His appearance in Brampton court on December 11 marks a pivotal step toward accountability for his reprehensible actions.

The investigation, however, isn't concluded. Authorities suspect there may be more victims, urging anyone with relevant information to come forward to assist in bringing justice to those affected by this deceitful plot.

The police, empha-

sizing caution, remind citizens to remain vigilant when engaging with individuals online, especially in instances involving requests for money or gift cards. Fraudsters stop at nothing to make their deceit seem plausible, making it imperative to shield oneself and loved ones by refraining from sending money or personal information to individuals not met in person.

For further assistance and information, individuals can contact the Canadian Anti-Fraud Centre or visit the Peel police website, reinforcing the vital message of staying alert and cautious in the face of such callous deception.

## Kent Homes justified in firing unionized worker who swore during discipline meeting over attendance issues: Arbitrator

A New Brunswick employer was justified in firing a worker who swore at a supervisor during a disciplinary meeting after repeatedly being absent from work because he claimed to be lactose intolerant.

Unifor filed a grievance against Kent Homes, a division of J.D. Irving Ltd., after the worker — ZV — was terminated for cause.

The union contested ZV's

dismissal for allegedly violating the company's Safe and Respectful Workplace Policy, claiming his innocence and seeking full redress. The company's stance was grounded in ZV's repeated policy violations, warranting his dismissal in line with the collective agreement.

Attendance issues

Kent Homes, a manufacturer of prefabricated wooden structures with approximately

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## REFLECTIONS ON RELATIONSHIPS

# Loving Yourself First: The Foundation of a Fulfilling Relationship

By N.Ugoh

In the complex tapestry of human relationships, one fundamental truth often goes overlooked – before you can truly love another, you must first love yourself. It's a concept that has been preached by self-help gurus, psychologists, and relationship experts for years, and for a good reason: it's the bedrock on which healthy, fulfilling relationships are built.

### THE SELF-LOVE DILEMMA

Many people enter into relationships with the expectation that their partner will fill the voids in their lives, provide happiness, and define their self-worth. However, this approach can lead to codependency and emotional dependency, creating an unhealthy dynamic that can erode the very foundation of a relationship.

Self-love is about recognizing your own worth, independent of any external factors," explains Dr. Sarah Miller, a clinical psychologist. "It means understanding that you are whole and complete as an individual, and your happiness should not be solely

dependent on someone else."

### THE BENEFITS OF SELF-LOVE

When individuals prioritize self-love, they gain a host of benefits that enhance their relationships. These benefits include:

**Increased Emotional Resilience:** Self-love helps people better cope with the ups and downs of life, making them more emotionally resilient partners.

**Enhanced Communication:** Loving oneself fosters open and honest communication in a relationship, allowing for better understanding and connection.

**Less Dependency:** With a strong sense of self-worth, individuals are less likely to become overly dependent on their partner for validation, reducing pressure in the relationship.

**Empathy and Understanding:** Self-love encourages empathy and understanding towards one's partner, creating a more supportive and harmonious bond.

**Improved Conflict Resolution:** Those who love themselves are better equipped to handle disagreements constructively, without undermining the

relationship.

### NURTURING SELF-LOVE

Building self-love is a lifelong journey, but it can be cultivated through various practices, including:

**Self-Reflection:** Take time to understand your strengths, weaknesses, and desires. Know and accept yourself fully.

**Self-Care:** Prioritize self-care routines, which can include exercise, meditation, and other activities that promote well-being.

**Boundaries:** Establish and maintain healthy boundaries to protect your emotional and physical well-being.

**Seek Support:** Consult with therapists or support groups to work on self-love and address any underlying issues.

**Conclusion**  
In the pursuit of love, remember that the most important relationship you'll ever have is the one with yourself. Self-love is the cornerstone upon which fulfilling, healthy relationships are built. By embracing and nurturing self-love, individuals can create strong foundations for relationships that are truly satisfying, compassionate, and lasting.

# 5 ways to feel truly grateful this Thanksgiving



(NC) We all know how Thanksgiving is supposed to be: smiling family around a table loaded with food. Yet the reality can be different. Family squabbles, logistical challenges or money issues can make holidays more stressful than uplifting.

You've likely read about the power of gratitude to change a person's perspective and increase

happiness. But gratitude doesn't just show up on Thanksgiving unannounced. You have to invite it into your home and life. A good way to start is by noticing all the things you do have – things other people may be missing.

Consider these five ways to grow gratitude this Thanksgiving:

#### 1. VOLUNTEER:

Contact your local food bank or drop-in centre for the homeless, to see how you can help.

#### 2. VISIT SOMEONE:

Take the time to visit someone who is elderly, sick, lonely or even in prison.

#### 3. STRIKE UP A CONVERSATION:

Instead of ignoring that homeless person, ask them a bit about themselves. Maybe ask their name, and where they hail from. You'd be surprised how easily a conversation can unfold.

#### 4. COMPARE SITUATIONS:

Learn about parts

# A HOLE IN MY HEART

EPISODE 4 ©FRANCA UWUIGIAREN

Lizzy has been absent from school for a week. She was sick. During the time of her absence, her classmates came to visit. She did not allow them to sit for five minutes before she told them to leave.

"But we only just came" Lola said.

"I don't want noise. I just need to be alone. Leave me alone" She screamed at all of them.

The students stood up abruptly and looked at one another. They wondered what was wrong with her.

"What is our offense? You have been absent from school and we came visiting, showing concern. You don't have any right to shout at us. Please show us some respect" the class captain told her.

"I never asked you to come to my house. Please just leave. Thank you for your concern" she told them.

"You have heard her, let's go" Tunde said.

One after the other, they filed out of the house murmuring to themselves. When others had left the house, Tunde opened his bag and brought out a nylon and handed it to her.

"Take it back. I don't need it"

"I am no more angry with you. I have been worried that you were absent from school. Let's forget our differences please. You just take the nylon. I bought milk and other things that will help you recuperate"

"Get out of this house now before I scream" She threatened.

Tunde looked at her for a moment before walking out of the house dejectedly. His classmates were outside waiting for him. He handed the nylon to one of his classmate to share among themselves.

Lizzy resumed school the following week, but everything had changed. She no longer mingle with her classmates. She was constantly absent-minded. During break, Lizzy would sit alone in the class not communicating with anyone.

of the world where kids don't survive into school-age, let alone into the age where our teens give us so much trouble. Insights on the topic of child and maternal health are available at worldvision.ca.

After school, she would ensure she was the last in her class to leave. She doesn't want to walk with anyone.

Everyone began to notice how unhappy and miserable Tunde was. He was no longer boisterous. Lizzy was constantly telling him to leave her alone.

The other time the literature teacher had come to the class to flog students who refused to submit their assignments. Lizzy was among them.

"Sir, it's my fault that Lizzy did not write the assignment. I took her book home and forgot to return it to her" Tunde said trying to cover up for Lizzy.

"It's a lie sir. Nothing like that happened. I forgot to write it" Lizzy told the teacher.

"You dare look me in the eye and lie to me?" The teacher shouted at Tunde.

"Follow me"

Tunde followed him timidly to the Principal's office. The Principal removed his glasses and dropped it on the table after listening to the teacher.

"So you are now the defender of the universe" he asked.

Tunde was punished.

When other students were going home after school, Tunde would stay behind to wash the toilets. This he did for three days.

Some of his classmates nickname him toilet boy, but he shrugs it off. To further increase Lizzy's grieve, some of her classmate abused her for exposing Tunde.

"Tunde would not be serving this punishment if not for you" Lola said poking her shoulder.

"He was only trying to cover up for you, to protect you" Steve reminded her.

"Who do you think you are?. You are still ignoring him even when he still tries to talk to you" Lola said staring angrily at her.

All their talks got to Lizzy.

On the third day of Tunde's punishment, she stayed back in the class after asking her younger

ones to go home. Tunde had entered the class to take his bag after serving his punishment but was surprised that Lizzy was still in the class.

"You ought to be home" He told her.

"I am waiting for you"

"Waiting for me?" He asked surprised.

"Yes!, You!"

"Aaah!. So you are not fighting me again? You're no longer angry with me even though I don't know why you're mad at me?"

Lizzy forced a smile but still sat down.

"Let's go now before the principal comes"

Lizzy stood up hugging her bag.

"I have something to tell you Tunde. You are a nice person, but your elder brother is not"

Tunde smiled.

"How do you mean?. My brother is too nice. Easy going. You don't even know him to conclude"

"He is a beast"

"Aaah!"

"Yes, he is a beast. He has hurt me and I don't know who to tell"

Tunde was perplexed the more.

"I came looking for you the other time because I wanted to apologize to you over the phone issue. Your beast of a brother locked the door and raped me" She said trying to stop herself from sobbing.

Tunde's eyes widened in shock.

"Are you sure of this? I ...I... My brother cannot do such.... what did...you just say?"

"Your brother raped me. I don't even know his name but he raped me."

"I have just one brother Lizzy... I am not sure..."

Suddenly Tunde screamed and began to hit the wall. He dropped his bag on the floor and began to run home.

Lizzy picked up the bag and hide it somewhere in the class before leaving the school.

TO BE CONTINUED.

#### 5.GIVE BACK:

Donate a bag of outgrown clothes to the local women's shelter, help collect canned goods for your children's school food drive or bake for the

neighbour who has just lost a job.

By reaching out and increasing gratitude, you may make a new friend at the same time – and that's something to really be grateful for.

## LUTH closes five wards over mass migration of health workers



By Bunmi Akintilo

The House of Representatives Committee on Health has revealed that five wards at the Lagos University Teaching Hospital (LUTH) with 150 beds, have been closed as a result of doctors and nurses leaving the hospital for greener pastures.

According to reports, they left to pursue careers abroad, raising concerns about the decline in health manpower in Nigeria.

Dr Amos Magaji, the committee's chairman, called the issue concerning and stated that the legislature was trying to halt the growing number of Nigerians travelling outside to get medical care.

He said the migration of Nigerian health workers overseas had set back the country's health system and affirmed that "the japa syndrome will be curtailed by building state-of-the-art infrastructure and making the sector attractive and rewarding to workers irrespective of their fields."

While speaking during an oversight visit to LUTH, Idi-Araba, the health committee chairman restated that "Nigeria as a nation has found itself in a precarious moment, especially in the healthcare system where japa has taken centre stage. We used to have japa only for nurses, doctors, but now it has even gone to many departments in the health sector."

He, however, revealed that steps were being taken to halt the massive migration of health professionals abroad.

He said: "We saw significant problems here. Right now, there are about five wards in LUTH, totalling about 150 beds that have been shut down because there are no nurses and doctors to work in those wards. And these are a result of the 'japa' syndrome we are having."

"As a committee, we will work together with the Federal Government and also with the teaching hospital to find a way out of these national embarrassments that have befallen this country."

"It's not something that can be fixed in one day, but nevertheless, we are going to be approaching it piecemeal. We are going to do what we can do immediately and what we can do long-term approach to it."

"So, by the grace of God, some of the is-

issues of the 'japa', we are actually looking at how to solve this problem, starting even from the enrollment in universities, and then how house officers are employed, and then of course, the residency programme."

He admitted that many health professionals in Nigeria work under stringent conditions and said: "We will also look at issues of funding. We are also looking at issues of infrastructure, because the truth is that, many health workers in Nigeria are working under stringent conditions."

"They have sacrificed so much for Nigerians to be healthy, for us to get proper health care. Our hands are on deck, and then that was the reason why if you were here earlier, you discovered that some of the key questions and some of the key things we attended here were things that have to do with delivering affordable and accessible health care to Nigerians."

## 'Ghana Must Go' bags prohibited at airports in Nigeria

By N.Ugoh

The use of 'Ghana Must Go' travel bags by passengers at airports in Nigeria has been prohibited after many airlines complained about it.

This development came after Ethiopia Airlines wrote to the Regional Manager of the Federal Airports Authority of Nigeria (FAAN).

According to a circular by FAAN, dated November 24, titled, 'Prohibition of Usage Of Ghana Must Go', signed by Manager, Airport Services, Henok Gizachew, the ban is particularly for passengers that are travelling through the country's international airports.

Gizachew stated that the bags were

banned by the authority because they had cost the airlines huge losses and also damaged the conveyor belt system of airports.

He stated that passengers who wish to use Ghana Must Go bags to travel must have the bags well packaged in cartons or hardcovers of rectangular size.

The circular reads: "Please be informed that effective November 25, 2023, the use of Ghana Must Go to travel on our flight is hereby prohibited."

"The use of Ghana Must Go as a means of packaging baggage has cost the airlines huge loss and also damaged the conveyer belt system, not only on our flight but also on other foreign airlines, hence the prohibition."

## Tinubu seeks senate's approval for \$8.6bn and €100m loan

By N.Ugoh

15, 2023.

Nigeria's President, Bola Ahmed Tinubu, has sought the senate's approval to borrow \$8,699,168,559 and €100 million.

Tinubu noted that the loan will be used to carry out critical projects in different sectors and that the request was part of the federal government's 2022-2024 external borrowing plan approved by former President Muhammadu Buhari's administration.

Tinubu's letter to the senate read: "I write in respect of the above subject and to submit the attached the federal government 2022-2024 external borrowing plan for consideration and early approval of the National Assembly to ensure prompt implementation of the projects."

"The Senate may wish to note that the past administration approved a 2022-2024 borrowing plan by the Federal Executive Council (FEC) held on May

"The project cuts across all sectors, with specific emphasis on infrastructure, agriculture, health, water supply, roads, security, and employment generation as well as financial management reforms."

"Consequently, the required approval is in the sum of \$8,699,168,559 and €100 million."

"I would like to underscore the fact that the projects and programmes in the borrowing plan were selected based on economic evaluations as well as the expected contribution to the social economic development of the country, including employment generation, and skills acquisition."

"Given the nature of these facilities, and the need to return the country to normalcy it has become necessary for the Senate to consider and approve the 2022-2024 external abridged borrowing plan to enable the government to deliver its responsibility to Nigerians."

## Metrolinx wants inspectors to fine 6,000 train riders a month for fare evasion



By N.Ugoh

Metrolinx, a government agency in Ontario that oversees public transport in the southern part of the province, has set targets for the number of fines that inspectors

should issue to GO train riders every month for not paying their fares.

Internal records obtained by CBC shows a breakdown of the number of inspections and notices of violation that Metrolinx wants customer protection officers and revenue

protection officers to issue and how many was completed and issued on each of its eight regional train lines.

Notices of violation are fines issued by GO Transit to passengers who do not provide proof of payment when requested.

Metrolinx implemented a graduated fee structure for those fines in October 2022 so that first-time offenders are fined \$35, second-time offenders are fined \$50 and anyone with three offences is fined \$100.

According to an employee who spoke under anonymity, the trans-

it agency introduced a monthly target for the fines in September and while internal reports use the word "target," the employee describes the figure as more akin to a quota. The new monthly target raises a red flag for August Puranauth, a transit advocate with TTCriders, a group that represents transit riders in Toronto.

Puranauth said: "Having a fare evasion fine quota could possibly mean that GO enforcement are profiling riders, and that could be profiling based on race, based on appearance."

## CANADA ISSUES FLIGHT WARNINGS FOR.. - PAGE 7

monitor weather updates, follow evacuation procedures, and have contingency plans in place.

Ongoing security concerns, including the threat of terrorism or civil unrest, have led to flight warnings for Country A. Canadians are urged to be

vigilant, avoid high-risk areas, and stay informed about the security situation.

Canada has issued flight warnings for Country B due to entry restrictions or quarantine measures in response to the global health situation.

Travellers are advised to check entry requirements, quarantine protocols, and any travel restrictions before planning their trip.

It is crucial for Canadian travellers to stay informed about the evolving situation in these destinations and regularly check

for updates from official government sources. The issuance of flight warnings underscores the government's commitment to prioritizing the safety and well-being of its citizens during international travel.

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### RECIPES

## 3 superfoods to add to your diet



(NC) Every few years a new so-called superfood comes along and takes the world by storm (remember açai?). But we typically find ourselves returning to the classics sooner or later. Here are three superfoods that have stood the test of time to help keep you feeling healthy and strong.

#### LEAFY GREENS

The emerald leaves of dark, leafy green vegetables such as spinach, kale or arugula are rich with fibre, folate, vitamin C,

calcium and vitamin A – good stuff that helps your body stay strong and healthy. Bok choy, swiss chard and collard greens also count. Some, like chard, are bitter when raw and require cooking to mellow out their flavour. Others, like spinach, can be eaten raw or cooked. There are many tasty ways to treat these nutritional superfoods. Try blending them into sweet smoothies, chopping them into sizzling stir-fries, hearty stews and spicy curries, or using them to make a lively

pesto sauce for pasta or pizzas.

#### HEAVENLY WHOLE GRAINS

Whole grains, such as quinoa, barley, bulgur, oats and buckwheat, contain far more nutrients than processed, refined grains you find in foods like plain white bread. Refined grains lose their most nutritious parts – called the bran and the germ – when they are refined. Whole grains keep these parts intact so you can chow down and reap benefits like

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B vitamins, iron, copper and zinc. Just look closely at whole wheat or multi-grain products – they don't necessarily have whole grains in them. To add more whole grains into your rotation try using quinoa or barley in place of white rice or pasta in soups, stews and stir-fries or create a hearty salad with eggs and leafy greens for a superfood trifecta.

#### EGG-CELLENT EGGS

Eggs are a protein powerhouse that contain a lot of vitamins, minerals and all essential amino acids. To maximize the benefits of this wonder food when perusing the grocery aisles, choose eggs that offer additional nutritional benefits, like Naturegg Omega Plus Solar Free Range eggs. These eggs provide an additional source of DHA omega-3 fatty acids and lutein, which are good for eye, heart,

brain and immune health.

There are endless ways to prepare eggs on their own, from hard-boiled and poached, to scrambled or fried. But eggs are among the most versatile foods, and can be used in endless creative ways, including in quiches, frittatas and even desserts.

Find more information about eggs, including recipes, at [burnbraefarms.com](http://burnbraefarms.com).



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# DINNER WITH THE KING CRUSADE PHOTOS FRIDAY, OCTOBER 20TH, 2023

Photos by Pentium Ministries



L-R: Dr. Paul Toluwami, Apostle Ausbeth Ajagu, and Prophetess Mrs. Zania and Mr. Bird



Apostle Ausbeth Ajagu



Apostle Ausbeth Ajagu with Chaplain Ojo and Mrs. Frances Tewogbade



Healing and prophetic moment by Apostle Ausbeth Ajagu



Apostle Ausbeth Ajagu and Mr. Anthony Iseyemi



Worship session



Apostle Ausbeth Ajagu and Dr. Abraham King



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Mr. Ben and Evang. Mrs. Naida Giangrosso



L-R: Evang. Florence Okeke, Apostle Ausbeth Ajagu, Evang. Chidinma and Lady Kemi Amusan



L-R: Evang. Norbert Norman and Pastor Steve Siroki



Cross-section of a few attendees



Apostle Ausbeth Ajagu welcoming guests



Pst. Steven and Prophetess Vanessa Siroki



Apostle Ausbeth Ajagu and Pst. Dr. Timothy Oyeyinka



Evang. Onyinye Gift, Evang. Florence Okeke and the Canadian policemen



L-R:Ausbeth Ajagu Jnr., Apostle Ausbeth Ajagu and Oscar Ajagu



Dr. Udo and Ms. Ada Wogu



Apostle Ausbeth Ajagu and Pastor Francis Ebhote



Prayer session



Apostle Ausbeth Ajagu and Pst. Camille Sophia



Registration table



Pst. Camille Sophia and Min. Gezeel



Registration preparation



L-R:Ms. Ada Aroh, Mrs. Mary Aroh and Co



Apostle Juliester Alvarez (R) and other men of God



Apostle Amos Dada, Pastor of CAC Bethel, Toronto praying at Dinner with the King Crusade



Sumptuous dinner and treats for refreshment

Finally, Ajagu invited all and sundry to embrace Jesus by joining Pentium Ministries' "1 Billion Souls for Jesus" project. Contact them via their website at [www.pentiumministries.org](http://www.pentiumministries.org)



Friends of Pentium Ministries

## WHAT TO GET FOR THOSE HARD-TO-SHOP-FOR PEOPLE IN YOUR LIFE



(NC) Giving holiday gifts should be a joy. But the pressure to find that perfect gift for some of the people in your life can add anxiety to an already stressful time of year.

Instead of wandering the mall in search of inspiration, many Canadians turn to not-for-profit organizations for meaningful gifts that take the stress out of holiday shopping, such as the ones offered by Plan International Canada's Gifts of Hope program. They provide goods and essentials services to children and families in need.

And there are many unique gift options to choose from, potentially solving what to get for

those hard-to-shop-for people on your gift list.

### For the G.O.A.T. in your life

The gift of a goat to a family in need is the perfect solution for the person who's the "Greatest of All Time" in your life. It may be the most unique gift you give this year, and it can be life-changing for the recipients. Goat's milk can provide important nutrients for growing children, and the sale of a goat's offspring means income to pay for essentials like education. Donating a goat costs \$80, and you receive a tax receipt for the full amount.

### For the woman who is changing the world

Finding a gift that's about unleashing the power in every girl to change the world and the lives of those around them is not as hard to find as you might think. A \$50 Girl Power gift provides nourishment, education and protection for girls around the world. It helps create safe schools and helps ensure that girls are not forced into early marriages. Each donation is matched eight times by government or foundation partners, so your gift delivers \$450 in value.

### For the teacher helping kids thrive

A memorable and cost-effective teacher's gift is a donation of daily meals for an entire school. This gift supplies school kitchens with cookware, nutritious ingredients like rice and beans, and clean water for cooking and washing, helping to ensure good nutrition for students. A \$10 donation is matched five times for a \$60 value. Plus, there is an option to download a printable gift card for your child to give to their teacher.

To learn more about these unique gifts, visit [plangifts.ca](http://plangifts.ca).

## NAVIGATING LIFE AFTER A SUDDEN SINGLEHOOD: STRATEGIES FOR COPING AND THRIVING

By N.Ugoh

Coping with sudden singlehood can be a challenging journey, but there are several strategies that can help individuals navigate this transition and ultimately thrive in their newfound independence.

Here are some key tips for coping with suddenly being single:

**Self-Reflection and Acceptance:** Take time to reflect on your feelings and accept the reality of your situation. It's natural to experience a range of emotions, including sadness, anger, and confusion. Acknowledging these feelings is the first step towards healing.

**Lean on Support Networks:** Reach out to friends and family for emotional support. Sharing your thoughts and feelings with loved ones can provide comfort and perspective during this difficult time.

**Self-Care:** Prioritize self-care to nurture your physical and emotional well-being. This can in-

clude exercise, a healthy diet, meditation, or engaging in hobbies and activities that bring you joy.

**Seek Professional Help:** If you find it challenging to cope with your emotions, consider talking to a therapist or counselor. Professional guidance can be invaluable in processing your feelings and developing coping strategies.

**Rebuild Your Identity:** Rediscover who you are as an individual. Use this time to explore your interests, passions, and goals. Reconnecting with your own identity can be empowering.

**Set Realistic Expectations:** Understand that healing and moving on take time. Set realistic expectations for yourself, and don't rush the process. Everyone's journey is unique.

**Financial Planning:** If applicable, review your financial situation and make any necessary adjustments to ensure your financial stability. This might involve budgeting, seeking legal advice, or planning for the

future.

**Positive Mindset:** Cultivate a positive mindset by focusing on personal growth and new opportunities. Embrace the chance to reinvent your life and create a future that aligns with your aspirations.

**Socialize and Expand Your Network:** Reconnect with old friends and make new ones. Expanding your social network can help you build a fulfilling life as a single person.

**Embrace Independence:** Embrace the freedom and independence that come with being single. Explore your interests, set new goals, and take steps toward achieving them.

Remember that coping with sudden singlehood is a highly personal journey, and what works for one person may not work for another. Be patient with yourself, and prioritize self-compassion as you navigate this challenging but ultimately transformative time in your life.

## 4 WAYS TO REDUCE GIFT-GIVING STRESS THIS HOLIDAY SEASON

(NC) Finding a great gift for a friend, family member or office Secret Santa can prove challenging. Sure, there's the worry of the gift selection itself when attempting to buy for the person who has everything, or for someone you barely know. Add in the stresses of gift wrapping, timely delivery if you're ordering online, and trying to score a just-right item that suits your budget, and you've got a perfect holiday-anxiety storm.

Fortunately, reducing holiday stress is very possible. Here are four ways that can help:

**1. Whittle down your list.** Even if it feels like your people-to-shop-for list is set in stone, know this: it's okay to reassess each year. Buying for kids instead of adults in a family-and-friends dynamic is a great way to minimize spending. Or, incorporating an ornament exchange with hard-to-buy-for types will keep the spirit of giving alive without sacrificing your sanity in the process.

**2. Be a purposeful shopper.** A great way to avoid buying items your recipients don't want or need or spending over your limit? Make a list. Whether you prefer to shop in-store or on-



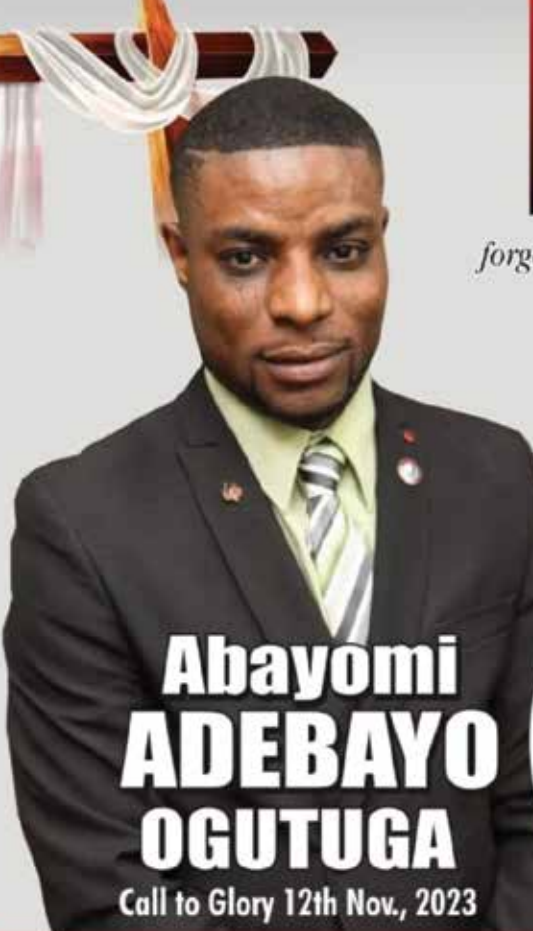
line, being prepared before you buy will help minimize unnecessary purchases. And making a list early on will also help you determine if you're planning to buy too many gifts, period.

**3. Get emotional.** A study published by the Journal of Consumer Psychology found that many participants chose to give a personal but predictable present, assuming the recipient would prefer it. Interestingly, the study found gift recipients valued emotional presents that tugged at their heartstrings instead. So, consider choosing a meaningful gift that helps others through tough times. Take the stress out of personalizing it completely with something like the World Vision cata-

logue. Since it helps children in the world's most dangerous places, it can be one way to help everyone feel good about giving.

**4. Shop early and shop smart.** Sometimes it's not possible to finish your holiday shopping well in advance. So, whenever possible, set aside a few hours on a weekend or after work to chip away at your list online or in person and avoid the chaotic last-minute rush. And for those who prefer to shop online but are concerned about delivery dates, shopping early (and with reputable retailers) is even more important.

Find more information about the gift catalogue at [worldvision.ca/gift](http://worldvision.ca/gift).




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*Rest in peace.*

*Sun re o.*



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ENTERTAINMENT

## HELEN PAUL SHARES TRIUMPH OVER STIGMA OF BEING BORN OF RAPE



pic: topnaija.ng

By Stanley Ugagbe

Renowned Nigerian stand-up comedian, Helen Paul, recently opened up about her inspiring journey of overcoming societal stigma associated with her birth. Helen, who had previously disclosed that she was born as a result of rape, shared her resilience in the face of adversity.

During a recent event, the comedienne reflected on the challenges she faced, revealing that she endured mockery and derogatory remarks, including being labeled a "bastard" by both strangers and family members. Despite this, Helen recounted the unwavering support of her grandmother, with whom she was raised.

She recalled instances where her own aunts advised her grandmother against investing in her, cautioning that she wouldn't amount to anything positive in life. However, Helen's grandmother remained a steadfast source of encouragement, consistently emphasizing the importance of staying focused on achieving significance in life.

Helen attributed her success as both a renowned comedian in Nigeria and a professor in the United States to the guidance and resilience instilled in her by her grandmother.

"Some of us cannot take rejection. Some of us do not know that the words we say can make someone feel rejected forever but the way it worked for me, it was different. What Yoruba call 'Akanda omo', a special

child, appointed child," she said.

"You must have heard before where I shared on a stage saying, I was born out of rape and I grew up with my grandmother, where everybody in the area would call me 'bastard'. So I grew up hearing that 'you are a bastard'.

"I grew up seeing my aunts come to give grandma money for feeding and they will tell grandma 'We are saying you should use this money to take care of one bastard child, we are saying you should use this money to take care of yourself, buy your medicine'.

"Once they leave, mama would turn to me and mama would speak in pidgin 'you don hear wetin dem aunty dem dey talk, na like so this world be o. Na people wey suppose be your mama blood be that oh but dem don tell you who be. If you like grow up, forget yourself, say person no do well, nobody they celebrate ham'.

"But I realize that everytime I offended mama, she would not want to touch me because they have warned mama not to beat me. So you think a child looking at different people talk will grow up with love? oro ni, orokoro. E mo fojudimi o! A comedian in Nigeria, a professor in the United States."

In sharing her story, Helen Paul serves as an inspirational figure, demonstrating that strength of character and determination can triumph over societal prejudices and challenges.

## SIR PATRICK STEWART SAYS HE IS SAD OVER HIS 'NON-EXISTENT' RELATIONSHIP WITH HIS TWO CHILDREN

By N.Ugoh

The relationship between Sir Patrick Stewart and his children is "practically non-existent".

The 83-year-old actor has Daniel and Sophie with first wife Sheila Falconer and he said he feels "significant grief" that he placed his career before his family and he had little impact or influence on their upbringing.

When asked if he found it difficult to be the type of father he wanted to be by Ireland's Independent newspaper, he said: "It was. Given that I'm separated from my children now, we

don't have relationships, they have become very important.

"I never thought that this would happen, but both my children are in their 50s, they're not children anymore, they're adults. And my relationship with them is practically non-existent.

"[That has created] significant grief, yes. There's not a day that goes by that I'm not pained by the memory of my children, who they were and by a sense of responsibility that they became who they are in part because of me

and my influence or lack of influence on them. I always put my acting work first, before my family."

His marriage to Sheila crashed after 22 years in 1990 after he cheated with actress Jessica Hetrick. He was also not faithful during his second marriage, to producer Wendy Neuss.

Patrick said his infidelity was caused by confusion.

When asked what triggered his behaviour, he said: "Confusion. [About] who I was and what I was."

He met his third wife Sunny Ozell in 2008 and

they got married in 2013, and Patrick feels "so fortunate" to have found love with a sensational being.

He said: "She is an absolutely sensational individual. I'm in love with her, I'm impressed by her.

"She provides me with so much support and help, which I try to return as best that I can.

"But I'm so fortunate that I'm in, well, I don't mean to say at the end of my life because I hope that's not where I am and I don't want to be melodramatic, but her contribution to my life has been extraordinary."

## SINGER CASSIE VENTURA FILES LAWSUIT AGAINST RAPPER SEAN "DIDDY" COMBS ALLEGING RAPE AND ABUSE

By Stanley Ugagbe

In a federal court case filed in New York City, singer Cassandra Ventura, professionally known as Cassie, has accused rapper and record executive Sean "Diddy" Combs of rape, physical abuse, and sex trafficking during their decade-long relationship.

The lawsuit portrays Combs as a "vicious, cruel, and controlling man" who exerted complete control over Ventura's personal and professional life.

Ventura alleged that the abuse began after she

met Combs in 2005 at the age of 19, describing instances where Combs raped her in her home after attempts to end the relationship.

The lawsuit outlines various forms of abuse, including physical assaults resulting in bruises, burst lips, black eyes, and bleeding. It also claims that in 2012, Combs destroyed rapper Kid Cudi's car after discovering his romantic interest in Ventura.

The lawsuit further alleges that Combs forced Ventura to engage in sex acts with male escorts while

he filmed the encounters, and he intimidated her into carrying a firearm for him. Additionally, it asserts that Combs introduced Ventura to a lifestyle of excessive alcohol and substance abuse, requiring her to obtain illicit prescriptions to satisfy his addictions.

Ventura, breaking her silence, stated, "After years in silence and darkness, I am finally ready to tell my story, and to speak up on behalf of myself and for the benefit of other women who face violence and abuse in their relationships."

Combs denied all the

allegations, with his lawyer, Ben Brafman, stating that Ventura attempted to blackmail him for \$30 million. Brafman claims that Combs has been subjected to persistent demands for money over the past six months, under the threat of Ventura writing a damaging book about their relationship.

In response, Ventura's attorney, Douglas Wigdor, asserted that Combs had offered his client a substantial sum in exchange for her silence, which she declined. "Ms. Ventura should be applauded for her bravery," Wigdor added.

## GORDON RAMSAY BECOMES A DADDY FOR THE SIXTH TIME

By Stanley Ugagbe

Gordon Ramsay, the TV chef who married Tana Ramsay in 1996 and already has Megan, 25, twins Holly and Jack, 23, Tilly, 22, and four-year-old Oscar with her, celebrated his 57th birthday recently and took to social media three days later to announce the birth of his new son as he stated he is "done" having kids.

While announcing the development on Instagram, he wrote: "What an amazing birthday pres-

ent please welcome Jesse James Ramsay, 7lbs 10oz whopper!! One more bundle of love to the Ramsay brigade!! 3 boys, 3 girls.... Done"

Ramsay shared the news alongside a series of images depicting himself, the newborn and his wife in the hospital and was soon showered with congratulatory messages by colleagues, friends and well-wishers in the comments section of the post.

Earlier this year, Ramsay triggered speculation that he would soon become a father again

after he joked that he did indeed have five children "the last time [he] looked" but felt his wife may be pregnant again after struggling to fit into her jeans.

During an appearance on Heart Radio, he was asked if he had five children and he replied: "Last time I looked there was five, yes. I think there's one more on the way. Tana's jeans aren't fitting her."

He recently opened up about his role as a father while talking to People as he reflected that

because he "never had a father figure" himself, he felt the "pressure" to make something of himself for the sake of his children.

He said: "My job as a dad is to come up with a solution to their problems. That's the most important role of a dad. Growing up, I never had a father figure. Everything I was witnessing at the time was from an alcoholic father, so I knew I had to take the opposites. From that, there was the pressure to get out of the environment [I was] in."

## BOOKS

*“Reading is essential for those who seek to rise above the ordinary.” —Jim Rohn*

## So You Want to Talk about Race



By Ijeoma Oluo

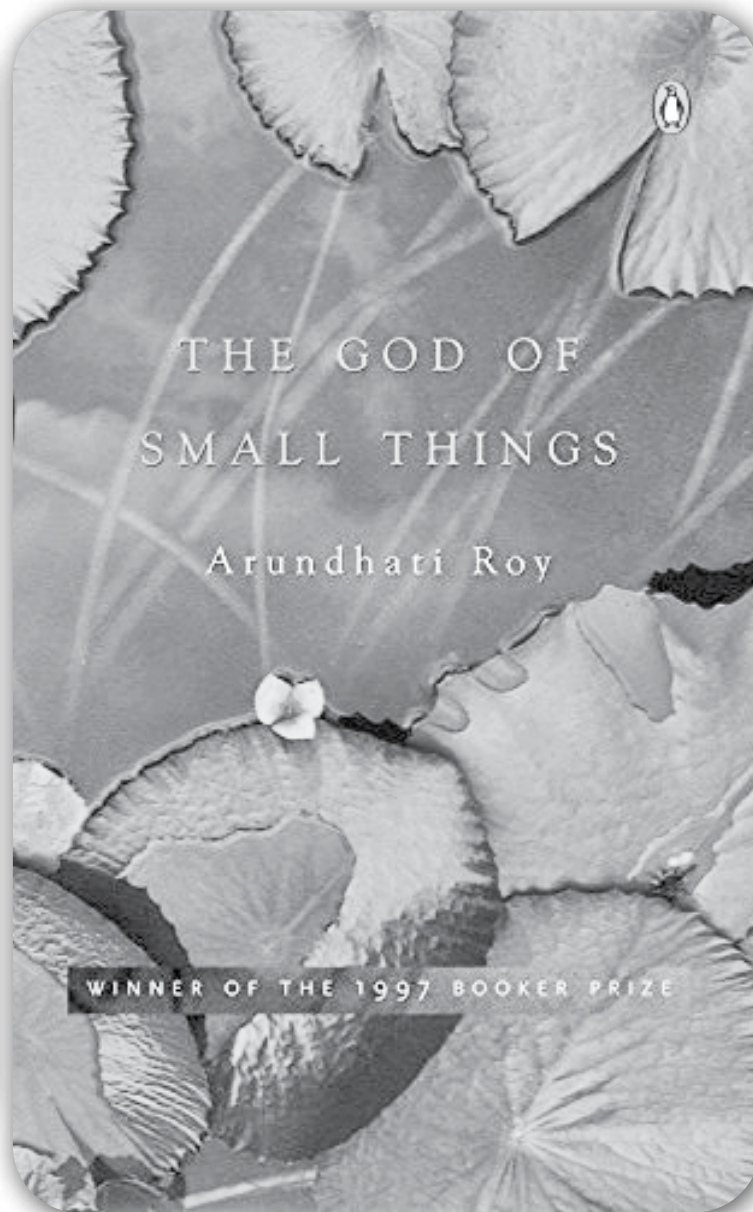
“So You Want to Talk about Race” is a breakthrough exploration of the complexities of today’s racial landscape in America. The book addresses issues such as white privilege, police brutality, systemic discrimination, and the Black Lives Matter movement.

Oluo, an Editor at Large for The Establishment, provides a contemporary and accessible perspective on race, tackling sensitive topics like

micro-aggressions, intersectionality, and the use of racial slurs. Positioned to bridge the gap between people of color and white Americans grappling with these complexities, Oluo’s writing is straightforward, funny, and effective.

Drawing parallels to influential voices like Ta-Nehisi Coates, Roxane Gay, Jessica Valenti, and a young Gloria Naylor, Oluo brings clarity to ideas that might otherwise be vague, making this book an essential read for those seeking to contribute to the dismantling of racial divides.

## The God of Small Things



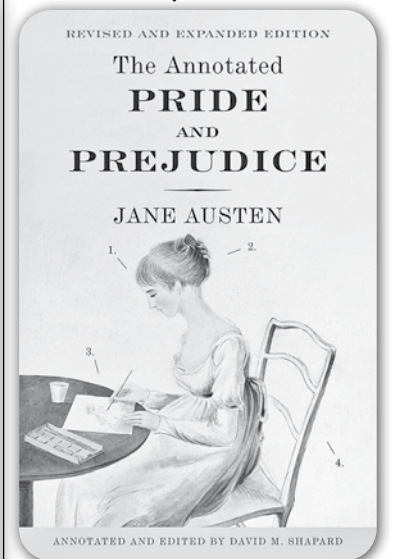
By Arundhati Roy

The God of Small Things” by Arundhati Roy is set in 1969, in the state of Kerala, India. The story begins with two-egg twins, Rahel and Esthappen, stranded in a sky-blue Plymouth on a highway during a Marxist workers’ demonstration. The twins, armed with the invincible innocence of childhood, create a world for themselves amidst the wreckage of their family.

Their family includes their lonely and lovely mother, Ammu, who has a complicated love life, their blind grandmother, Mammachi, who plays Handel on her violin, their beloved uncle Chacko, a Rhodes scholar and radical Marxist, and their adversary, Baby Kochamma, an ex-nun and grandaunt. The narrative also involves the ghost of an imperial entomologist’s moth.

The arrival of their English cousin, Sophie Mol, and

## Pride and Prejudice



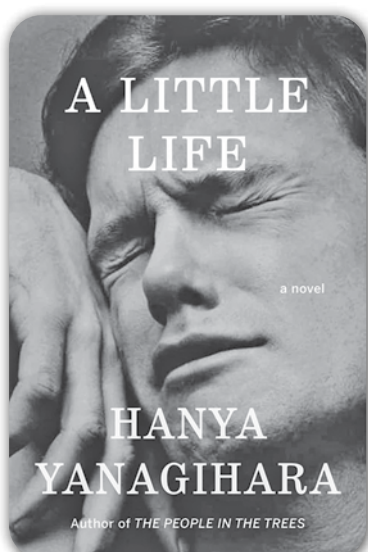
By Jane Austen

Since its remarkable success in 1813, *Pride and Prejudice* has retained its status as one of the most beloved novels in the English language. Jane Austen affectionately referred to this brilliant work as “her own darling child,” praising its lively heroine, Elizabeth Bennet, as “as delightful a creature as ever appeared in print.”

The romantic clash between the assertive Elizabeth and her proud suitor, Mr. Darcy, unfolds as a splendid performance of refined verbal jousting. Jane Austen’s radiant wit shines through as her characters engage in a delicate quadrille of flirtation and intrigue, rendering this book the epitome of Regency England’s superb comedy of manners.

her mother, Margaret Kochamma, on a Christmas visit brings about a realization for Esthappen and Rahel—that lives can change in a day, taking on new, often disturbing shapes.

## A Little Life



By Hanya Yanagihara

In “A Little Life,” Hanya Yanagihara weaves a poignant tale of four classmates who, after graduating from a small Massachusetts college, embark on the journey of making a life for themselves in New York. Broke, adrift, and fueled only by their friendship and ambition, this quartet consists of kind and handsome Willem, an aspiring actor; JB, a quick-witted and sometimes cruel Brooklyn-born painter striving for recognition in the art world; Malcolm, a frustrated architect working for a prestigious firm; and the withdrawn, brilliant, and enigmatic

Jude, who serves as the gravitational force at the center of their bond.

As the decades unfold, their relationships evolve, becoming increasingly complex and shaded by elements of addiction, success, and pride. However, the most formidable challenge they face is the enigmatic Jude himself. By midlife, he emerges as a terrifyingly talented litigator, yet simultaneously, a profoundly broken man. His mind and body bear the scars of an unspeakable childhood, haunted by a degree of trauma that threatens to define his existence permanently—a struggle that each of his friends comes to recognize as their greatest challenge.

## The Line of Beauty

By Alan Hollinghurst

In the summer of 1983, twenty-year-old Nick Guest takes up residence in the attic of the Notting Hill home owned by the Feddens: conservative Member of Parliament Gerald, his affluent wife Rachel, and their two children, Toby and Catherine. Toby, whom Nick revered during their time at Oxford, and Catherine, critical of her family’s assumptions and ambitions, complete the Fedden household.

Set against the backdrop of the booming eighties, Nick, still unfamiliar with the worlds

of politics and wealth, witnesses the transformation of his life due to the increasing prosperity of this glamorous family. Nick’s two distinct love affairs—one with a young black clerk and another with a Lebanese millionaire—serve as compelling illustrations of the risks and rewards associated with his personal pursuit of beauty. For Nick, this pursuit is as captivating as the desires for power and wealth prevalent among his social circle.

“The Line of Beauty” is a richly textured, emotionally charged, and disarmingly comic novel. It stands as a significant contribution by Alan Hollinghurst, showcasing his prowess as one of the finest contemporary writers.

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

# YOUTH CORNER

## NAVIGATING THE PATH TO INFORMED ADOLESCENCE: A GUIDE TO SEXUAL EDUCATION FOR TEENS AND PARENTS

In each group, underline the word with the correct spelling

- 1) Ablase      ablayse ablaze : to burn very fast
- 2) Absurd      absord absawd : not done in the right way
- 3) Abropt      abrupt abrawpt : sudden or happen in a way not expected
- 4) Absolute    absoluth absoloot : total and complete
- 5) Arbate      abath abate : to become less strong
- 6) Abstract    abstrat abstracte : exist but not in the physical
- 7) Abstein     abstain abstane : to do away with something
- 8) Abridge     abredge albride : to make a book or play shorter
- 9) Abscond    abscaInd absconde : to escape from a place

ANSWERS ON P(25)

### WHICH SUFFIX?

**Depend**

- (a) ly                      (b) able      (c) ish

**Crunch**

- (a) ness                (b) ly                      (c) y

**Fresh**

- (a) y                      (b) ment                (c) en

**Splash**

- (a) ness                (b) es                      (c) ly

**Strong**

- (a) ing                      (b) est                      (c) ed

### WHICH ONE DOESN'T BELONG (ODD ONE OUT)

Circle the item that doesn't belong with the others. Explain your answer.

(1)

54	61
423	27

\_\_\_\_\_ does not belong

(2)

604	501
403	60

\_\_\_\_\_ does not belong

(3)

360	603
108	502

ANSWERS ON P(25)



By N.Ugoh

In the modern world, where information is readily accessible and societal norms are evolving, sexual education for teenagers and their parents is more critical than ever. It's a journey that requires open communication, trust, and understanding, as families strive to ensure their adolescents grow into responsible, informed adults.

Open Communication: The Key to Success

First and foremost, open and honest communication between parents and teens is the foundation of effective sexual education. Adolescents should feel comfortable discussing their concerns and questions with their parents, knowing they won't be judged.

Age-Appropriate Information

Sexual education should be age-appropriate, gradually addressing more complex topics as the teenager matures. It begins with the basics, like understanding body changes during puberty, and progresses to discussions about contraception, safe sex practices, and more.

Consent and Boundaries

Teaching the concept of consent is crucial. Adolescents must

learn that consent is enthusiastic, informed, and can be withdrawn at any time. Discussions about personal boundaries help teens develop a healthy respect for themselves and others.

Safe Sex Practices

Educating teenagers about safe sex practices is essential to protect against sexually transmitted infections and unintended pregnancies. Condom usage and contraception methods should be explained in detail.

Online Safety in the Digital Age

In today's digital age, a key aspect of sexual education is ensuring teens understand online safety. They should be aware of the risks of sharing explicit content and the potential consequences, such as cyberbullying or exposure to explicit materials.

Body Positivity and Healthy Relationships

Promoting body positivity and self-esteem is another vital aspect. Adolescents should be encouraged to embrace self-acceptance and respect the diversity of body types. Healthy relationships should be discussed, emphasizing qualities like communication, trust, and mutual respect.

LGBTQ+ Awareness

Sexual education

should be inclusive, addressing diverse sexual orientations and gender identities. This ensures that all adolescents feel respected and acknowledged.

Legal and Ethical Aspects

Teens should be made aware of the legal and ethical aspects of sexual activity. This includes understanding the age of consent and the potential consequences of behaviors like sexting or sharing explicit images.

Resources and Trusted Sources

Providing information on trusted resources and organizations where teenagers can find accurate and reliable information about sexual health and relationships is essential. Knowledge is power, and reliable sources can help teens make informed decisions.

In conclusion, sexual education for teenagers and parents is a journey that should be approached with empathy and understanding. By creating a safe space for adolescents to ask questions and seek guidance, families can ensure that their teens are well-informed, responsible, and equipped to navigate the complexities of adulthood. Open dialogue and mutual respect are the keys to success in this important endeavor.

## INTERNATIONAL NEWS

## TENSIONS RISE AS DOMINICAN REPUBLIC CLOSES BORDER OVER SHARED RIVER DISPUTE

By Stanley Ugagbe

In a recent press conference at the National Palace in Santo Domingo, Dominican President Luis Abinader announced the closure and militarization of the border with Haiti in response to the construction of the Pittobert irrigation canal on the binational Dajabón River, also known as the Massacre River. The decision, part of a series of retaliatory measures, has escalated the longstanding tensions between the two nations.

The Dominican government alleges that the canal's construction, attributed to various entities, violates the 1929 Treaty of Peace, Friendship, and Arbitration between the two countries. The treaty grants both states the right to use the river for land irrigation and other purposes. The Dominican government's handling of the dispute has not only raised concerns about Haiti's sovereignty but has also spurred a passionate response from Haitians rallying in support of the canal's construction.

Evidence suggests that the canal project has been in the works for over a decade, with the knowledge of the Dominican State. A 2021 study by the Dominican National Institute of Hydraulic Resources acknowledged the canal's planned flow, emphasizing that it would be below extractions made on the Dominican side. Despite technical evaluations suggesting no diversion of the river channel, the Dominican government imposed sanctions and militarized the border, sparking widespread support for the canal, including financial campaigns from the Haitian diaspora.

Efforts to halt the canal's construction, including the closure of the border and sanctions against individuals supporting the project, have not yielded the intended

results for the Dominican government. Instead, Haiti has witnessed a surge in volunteers defending and completing the canal, leading to heightened protests against the de facto government of Ariel Henry.

Amid the nationalist fervor, both Jesuit priests on the Dominican border and Dominican social organizations advocate for fair waterway use by both nations. They also denounce plans for mining exploitation in the Dajabón province, warning of potential environmental repercussions.

The dispute reflects a complex web of issues, including hydro-hegemony, immigrant expulsion, and interventionism. The defense of the canal is viewed by many in Haiti as a crucial element in overcoming a food security crisis exacerbated by the border closure. In the Dominican Republic, critics accuse the government of electoral calculations.

The Dominican government's attempt to link the canal conflict with its support for the military occupation of Haiti has sparked further controversy. While the OAS calls for a negotiated solution, the Dominican Foreign Ministry asserts that the river is part of Dominican territory, conditioning dialogue on the Haitian State's effective control of its territory.

President Abinader's recent speech at the UN underscored environmental disparities between the two nations, perpetuating stereotypes about Haitians as agents of environmental degradation.

However, scientific data challenges these stereotypes, emphasizing the need for cooperation between both countries to address shared vulnerabilities to climate change.

Despite weeks of sanctions and border closures, the canal's construction continues, and discontent grows among Dominican border communities over

## MALAWI PRESIDENT IMPOSES TRAVEL BAN ON HIMSELF, CABINET



Lazarus Chakwera

By Stanley Ugagbe

Malawi's President, Lazarus Chakwera, has taken a decisive step to curb public spending and address the country's economic challenges by imposing a travel ban on himself and his government.

The move comes in

the wake of the International Monetary Fund's approval of a \$175-million loan for the southern African nation, as reported by the BBC.

In a televised address, President Chakwera announced a freeze on all publicly funded international trips for government officials at every level until the end of the financial year in March.

"I am imposing a freeze on all publicly funded international trips for public officers at all levels until the end of the financial year in March," Chakwera.

This means that the president himself will forgo attending the COP28 climate summit scheduled for later this month in the UAE.

As part of the cost-cutting measures, President Chakwera has instructed all cabinet members currently abroad on publicly funded trips to return promptly. Additionally, there is a mandated 50-percent reduction in fuel allowances for senior government officials.

Malawi recently announced a 44-percent devaluation of its currency

earlier this week as part of its efforts to secure the IMF loan. Despite substantial official development assistance, the country has faced persistent challenges in achieving sustained growth.

The IMF highlighted the past three years as particularly difficult, marked by stagnant growth and widening macroeconomic imbalances due to unsustainable debt and the impact of various shocks, including a recent cholera outbreak and a cyclone that claimed over 1,000 lives this year.

## TIKTOK BANNED IN NEPAL FOR DISRUPTING SOCIAL HARMONY

By N.Ugoh

The government of Nepal has banned the famous social media app, TikTok on the grounds of disrupting "social harmony" in the country.

The announcement was made after a Cabinet meeting by Foreign Minister Nara-

yan Prakash Saud who said the app would be banned immediately.

Saud said: "The government has decided to ban TikTok as it was necessary to regulate the use of the social media platform that was disrupting social harmony, goodwill and flow of indecent materials."

He said in a bid to

make social media platforms accountable, the government has asked social media platforms to register and open a liaison office in Nepal, pay taxes and abide by the country's laws and regulations.

TikTok has encountered scrutiny in some countries over concerns that China could use the app to harvest user data

or promote its interests. Countries like the United States, United Kingdom and New Zealand have banned the app on government phones despite TikTok constantly denying that it has ever shared data with the Chinese government and would never do so.

In 2018, Nepal banned all pornographic sites.

## GOOGLE AGREES TO PAY \$74M TO CANADIAN NEWS INDUSTRY UNDER LAW

By N.Ugoh

Google has reached an agreement with the Canadian government after months of commotion over a new law that requires mainstream online platforms to pay news outlets to share their articles.

While talking about the development, Pascale St-Onge, the minister of Canadian Heritage, said Google agreed to contribute 100 million Canadian dollars to the Canadian news industry after previously disagreeing with the Online News Act.

St. Onge revealed in a statement that Google will "play an important role in giving Canadians access to reliable news content."

She said: "A sustainable news ecosystem is

good for everyone. News and journalism serve to inform communities, drive civic engagement and counter the rise of disinformation. Access to news helps Canadians fully benefit and participate in democratic society. With newsrooms cutting positions or closing entirely, the health of the Canadian news industry has never been more at risk."

The law requires agreements with news publishers and online platforms to compensate the news organizations for content shared online. The framework agreed to by Google and the Canadian government will include financial compensation packages to a range of news businesses, including independent outlets and

outlets from Indigenous and minority communities. The press release added that the law will become effective on December 19. The Canadian government said it would offer more details about the final regulations of the law before it is enacted fully. St-Onge said Google also stated that the agreement will also make resources available for Canadian news organizations, including training and equipment for business development. Advocates of the legislation argued that online platforms, like Meta and Google, raised their ad revenue from these news articles and that the news organizations were not adequately compensated. Instead of compen-

sating the outlets, Meta revealed in August that it would stop placing news articles in news feeds of users in Canada. Also, Google hinted at the time that it would follow suit, with Google executive Kent Walker stating that the law created "uncertainty" for the company.

Walker, of Google, said in a recent statement that St-Onge acknowledged the companies' concerns in a series of "productive meetings."

Walker said: "While we work with the government through the exemption process based on the regulations that will be published shortly, we will continue sending valuable traffic to Canadian publishers."

As tensions persist, the Massacre River, named for historical conflicts, once again becomes the focal point of a contemporary struggle,

highlighting the urgent need for collaborative environmental conservation and diplomatic solutions between the neighboring nations.

## Apple agrees to part with \$25 million to settle allegations of discriminatory hiring practices

By N.Ugoh

Apple Inc. has agreed to pay \$25 million in settlement of allegations that it partook in a pattern of discriminatory hiring practices when filling some of its jobs between 2018 and 2019.

The deal, which was announced recently, settled a long investigation by the Department of Justice into alleged violations of the Immigration and Nationality Act.

According to federal regulators, an inquiry that started in 2019 determined that Apple's recruitment practices discriminated against U.S. candidates for jobs that were given to some immigrant workers seeking to be granted permanent resident status in the country. In some cases, Apple discriminated against non-

U.S. residents, according to the settlement.

In a statement to The Associated Press, Apple denied any wrongdoing in the official seven-page settlement and defended its hiring record.

The company said: "Apple proudly employs more than 90,000 people in the United States and continues to invest nationwide, creating millions of jobs. When we realized we had unintentionally not been following the DOJ standard, we agreed to a settlement addressing their concerns."

Most of the settlement fund will be used to compensate victims of Apple's alleged discrimination. The remaining money covers the fine that Apple is paying for its hiring practices during the duration covered in the settlement.

## Rishi Sunak sacks Home Secretary Braverman after she accused London police of political bias

By Bunmi Akintilo

United Kingdom Prime Minister, Rishi Sunak, has sacked his Home Secretary, Suella Braverman after she disobeyed his authority recently.

An official in Downing Street said Sunak had asked Braverman to leave the government and she had accepted in what would be a wider reshuffle.

Braverman was sacked by Sunak after she triggered widespread anger with her comments on rough sleeping being a "lifestyle choice" and criticism of the way Metropolitan Police handled pro-Palestinian protests in recent days.

Braverman has persistently referred to pro-Palestine marches in London as "hate marches." In the letter to The Times, she said that the protests were "disturbingly reminiscent" of past scenes in Northern Ireland comments widely condemned as both incendiary and inaccurate.

The future of Braverman was plunged into doubt when she defied Number 10's instructions to tone down an article that compared the pro-Palestinian Armistice Day rally to sectarian marches in Northern Ireland.

Also, she appeared to undermine the operational independence of the Metropolitan Police by arguing in the write-up that, during the Covid-19 pandemic, lockdown objectors were "given no quarter" by police officers while Black Lives Matter demonstrators were "allowed to break rules".

The Prime Minister was also uncomfortable with Braverman's comments on social media platform X, that homeless people living in tents had taken a "lifestyle choice".

She was sacked 13 months after she was compelled to resign from the same job by former Prime Minister Liz Truss for a technical security breach where she used her personal email to send official information.

## U.S. politician Justin Hurst faces criminal charges over alleged \$10 vote buying



Justin Hurst

By Bunmi Akintilo

A U.S. politician, Justin Hurst, is facing criminal charges over allegations of offering \$10 to voters in a recent municipal election. Hurst, who is running for mayor in Springfield, was implicated in video footage showing a man handling cash

to people outside City Hall. Though he wasn't directly seen distributing money, he was observed driving his personal car in a line of vehicles dropping off and picking up voters who later received \$10 bills.

Hurst, a long-time city councilor and attorney, is accused of involvement in fraudu-

lent activities according to city officials who presented a sworn affidavit. The Republican independently reviewed the surveillance footage and identified a man, Gilfrey T. Gregory, distributing bills to voters.

City solicitor John Payne has called for a criminal investigation into the alleged fraud, urging the Hampden District Attorney's office to take action. Payne expressed deep concern over the incident, describing it as a "fraud upon the elections process." He was alerted to the situation when unregistered voters sought payments from the city elections office.

Hurst, facing incumbent Mayor Do-

menic J. Sarno in the upcoming election, vehemently denied any wrongdoing, accusing Sarno's administration of engaging in dirty politics. Hurst dismissed the accusations as "unequivocally false" and claimed it was an attempt to spread fake news and influence the election.

Despite the denial, Hurst was unable to explain the cash exchange outside City Hall. He maintained that his campaign does not pay for votes, emphasizing that any suggestion otherwise is an insult to the integrity of the campaign and the voters.

For more news, visit: [www.nigeriancanadiannews.ca](http://www.nigeriancanadiannews.ca)

## Envoy: India cooperating with United States but not with Canada

By Bunmi Akintilo

India's high commissioner to Canada, Sanjay Kumar Verma, has revealed that the Indian government is cooperating with a US investigation into an alleged thwarted assassination attempt and not Canada's investigation into the killing of Khalistani terrorist Hardeep Singh Nijjar in Surrey, British Columbia due to a disparity between the information the two countries shared in their investigation.

While speaking to CTV's Question Period host Vassy Kapelos, Verma disclosed that his understanding is that United States authorities have released more specific information in respect of the investigation with India than Canada has revealed and that is likely the differentiating factor in the level of India's collaboration in both cases.

UK-based Financial Times recently published a report claiming that the US thwarted a plot to allegedly assassinate India-designated terrorist Gurbatwant Singh Pannun in America.

According to the report, the US shared its

views with India regarding the alleged plot to kill Pannun.

Recall that in September, Canadian Prime Minister Justin Trudeau made allegations regarding the involvement of India in Nijjar's killing.

India rejected the allegations and called them "absurd" and politically motivated.

While speaking further, Verma said India was "absolutely" and "decidedly" not involved in the homicide and termed it a "motivated and absurd allegation."

The allegations triggered diplomatic tensions between the two nations.

The Indian envoy revealed that that ties between India and the US are not under his purview. Meanwhile, his understanding is that authorities in India are cooperating in the American investigation as they have been furnished with "inputs which are legally presentable."

He said: "One is that the investigation in the case of the US, as far as I know, and understand because again, I don't oversee India-US relations is at a much advanced stage. And

therefore, I presume that there would be better information shared within India."

He talked about Canada's inputs in relation to Nijjar's killing and said that Indian authorities would not be able to respond on the case as conversations could have some facts of the case. Meanwhile, allegations and facts do not make it specific and relevant.

When asked whether the national security advisor in Canada shared inputs related to allegations related to Nijjar's killing, he said: "Until the time it is not specific or relevant to the case, we will not be able to respond to it. There could be a lot of conversation. Conversations could have allegations, and conversations could have some facts of the case, but allegations and facts do not make it specific and relevant."

"So we need to have those facts. And we are always ready to do that. If you look at the most recent incident where there are some allegations put out in one of the newspapers against India, the US did provide us inputs. And we have already started following up on that."

Verma revealed that conversations between India and Canada happened during Canada's National Security Adviser's visit to India.

He however added that India needed specific information to request permission from legal authorities to conduct an investigation.

While revealing details regarding the inputs released by the US with India, Verma said that these inputs are regarding a connection between gangsters, drug peddlers, terrorists and gun runners in the United States and there are beliefs that it has some Indian connections, which according to him were not government of India connections.

He said: "Those inputs are a nexus between gangsters, drug peddlers, terrorists, and gun runners in the U.S., and there is a belief that some of the Indian connections — now when I say Indian connections, I don't mean the government of India connections, there are 1.4 billion people, so some of the Indian connections are there — they are ready to investigate. Because we have got inputs, which are legally presentable."

## SPORTS

## CRICKET STAR MARLON SAMUELS RECEIVES SIX-YEAR BAN FOR ANTI-CORRUPTION CODE VIOLATIONS



By Stanley Ugagbe

Former West Indies cricket star Marlon Samuels has been handed a six-year ban from all cricket activities for breaching the anti-corruption code, as announced by the International Cricket Council (ICC). The charges stem from Samuels' involvement in a T10 league in the United Arab Emirates in 2019, despite the player having retired from all forms of cricket.

An independent tribunal found the 42-year-old former top-order batsman guilty of four breaches of the Emirates Cricket Board's Anti-Corruption Code. This marks Samuels' second ban, with the first occurring in 2008. The ban is effective from November 11.

Although Samuels has retired, the ICC's General Manager, Alex Marshall, emphasized that the ban serves as a deterrent for any participant considering violating anti-corruption rules. Marshall stated, "Though he is retired now, Mr. Samuels was a participant when the offenses were committed. The ban

of six years will act as a strong deterrent to any participant who intends to break the rules."

Samuels played a pivotal role in the West Indies' victories in the T20 World Cup in 2012 and 2016. Over his international career, which spanned close to two decades from 2000 to 2018, he participated in 71 Tests, 207 One-day Internationals, and 67 T20 matches for the West Indies.

Among the charges brought against Samuels was the failure to disclose the receipt of gifts, payments, hospitality, or other benefits that could tarnish the participant or the sport of cricket. The ban also cited his failure to disclose the receipt of hospitality with a value of \$750 or more, along with non-cooperation with the investigation.

Marshall highlighted that Samuels had undergone numerous anti-corruption sessions during his cricket career and was well aware of his obligations under the anti-corruption codes. The ban, therefore, serves as a significant penalty for the former cricketer's breaches of the sport's integrity standards.

## WBC PRESIDENT MAURICIO SULAIMAN CONFIRMS ANTHONY JOSHUA COULD FIGHT DEONTAY WILDER IN A FINAL ELIMINATOR FOR TYSON FURY'S WBC TITLE

## MIKEL OBI DISCLOSES FAMILY MEMBERS' ATTEMPTED BLACKMAIL OVER FINANCIAL SUPPORT

By Stanley Ugagbe

John Mikel Obi, former captain of the Super Eagles, recently opened up about the challenges he faced when some family members resorted to blackmail in an attempt to pressure him into continuing financial support. The revelation came to light during a podcast interview with 'Vibe With 5,' as reported by Channels TV.

In the podcast, Mikel shared the distressing experience of familial pressure, where certain relatives threatened to resort to blackmail if he ceased sending them money. The footballer did not delve into specific details, but the implication was clear—some family members sought to exploit emotional ties to secure ongoing financial assistance.

"Because anything I was getting, I was giving so much to the family. They got so comfortable that they were expecting you to do that and I got to that point 5 years ago where I had to say guys I don't care what you say."

"If you don't do it, we are going to go to the press, you are thinking, your brother, your family after all I have done for you guys. It happens a lot," the 35-year-old said while explaining how he was able to manage his finances with the help of his agent.

Speaking further, he stated that African footballers were often-

times burdened with catering for others who weren't their immediate family.

"When you come from Africa and make money, it is not just your money. You have all these relatives, cousins and a lot of them. Then your sisters get married to some guy who just wants to get married to John Obi Mikel's family because my life is sorted. You start looking after the guy. You send money to your sister, but the money goes to him. And he does whatever he does with it," Obi said.

He added that "When you get the money, after you've shared it, you're left with little remaining. And they keep having so many kids, and you're asking who is going to take care of them, but they are looking up to you to look after them. You are looking after the kids, the husband and the husband's family, and it becomes absolutely crazy. For them, you owe them that. It is the culture you owe them that and you stop to think, I don't owe you anything," he said.

Recall that in a similar development, a former Arsenal and Man City player, Emmanuel Adebayor had also revealed he was driven to suicidal thoughts because of how his family attempted to manipulate money out of him.

Adebayor has made a vast fortune for himself during his career, boasting wages of over £170,000 per week while at Manchester City

By Marcel Chukwuka

WBC president, Mauricio Sulaiman, has confirmed Anthony

Joshua could fight Deontay Wilder as a final eliminator in a bid to determine a mandatory contender for the heavyweight title.

## ANGUS MORTIMER HANDED LIFETIME BAN FROM SPORT OVER SEXUAL HARASSMENT

By Stanley Ugagbe

Angus Mortimer, a former Canadian Olympian in canoe kayak, has been handed a lifetime ban from participating in Canoe Kayak Canada (CKC) events after being found guilty of sexual harassment.

The decision follows a four-year investigation into allegations that Mortimer used his position to exploit and coerce teenage girls within the program.

Canoe Kayak Canada, the sport's national governing body, declared that the 38-year-old Mortimer is permanently ineligible for participation in any CKC-related activities. As part of the penalty, Mortimer is required to provide a letter of apology to the complainants, whose identities were not disclosed.

In a statement, CKC praised the courage of the complainants who came forward, pledging ongoing support for them in the aftermath of this distressing matter.

While specific details were not released by CKC, The Globe and Mail reported that Mortimer allegedly utilized

his Olympic status to groom teenage girls, initiating relationships through online messaging and coercing them into sexual acts.

According to a panel of independent adjudicators overseeing the case, incidents occurred between 2009 and 2013. The report revealed that Mortimer targeted girls as young as 15, engaging in inappropriate relationships. One complainant alleged that Mortimer used force to involve her in an oral sex act, while another victim woke up in a hotel room to Mortimer committing rape.

In both instances, the victims were intoxicated. The CKC asserted that Mortimer's actions violated its 2015 Discrimination and Harassment Policy. Although The Globe reported a criminal case against Mortimer, it concluded without any charges being filed.

This case underscores the ongoing challenges of addressing misconduct within sports organizations and emphasizes the importance of creating safe environments for athletes, free from harassment and exploitation.

I feel relieved to have talked about it. "My football career will be finished in three or four years. By contrast, my family name will remain with me – together with these people".

and Tottenham.

In an interview with So Foot 6 years ago, he said "I felt like killing myself so many times. I kept this to myself for years and years. I am disgusted that things reached this stage, but

Joshua and Wilder are speculated to fight each other after they compete in different fights against Otto Wallin and Joseph Parker in

Saudi Arabia on December 23.

Sulaiman has ended the speculation by confirming that AJ and Wilder will fight each

# FLOYD MAYWEATHER ANNOUNCES COMEBACK FIGHT AGAINST JOHN GOTTI III

By N. Ugoh

Boxing legend, Floyd Mayweather, has announced that his next fight against John Gotti III will take place on Saturday, February 10, 2024 in Las Vegas.

The comeback fight was announced by Mayweather on social media. While announcing the event, which is titled 'Unfinished Business', he wrote: "Kicking Off Super Bowl Weekend – Unfinished Business. See You Guys In Las Vegas. More Details Coming Soon!"

The venue and date are yet to be confirmed

by Mayweather's team.

Mayweather has had seven exhibition fights since he retired from professional boxing in 2017.

He fought Gotti last June in Florida but the fight ended in a no-contest after referee Kenny Bayless stopped the fight in the sixth round over excessive trash-talking.

The event later descended into chaos as a huge brawl took place between the camps of both fighters.

Before his fight with Mayweather, Gotti won two out of two boxing fights after switching to the sport from MMA.

other as a final eliminator for the WBC belt if they win their respective bouts in December.

Meanwhile, they will have to wait for some time to get their shot at the title as Tyson Fury, who is the current holder of the WBC belt is set to face Oleksandr Usyk, the current holder of the IBF, WBA and WBO belts, on February 17 in Saudi Arabia.

Also, Sulaiman suggested there may be a rematch between Fury and Usyk, which could happen before Wilder or Joshua get their chance at the undisputed title.

He said: "We've been waiting and pushing and mediating and encouraging everyone to try to make this [Joshua vs Wilder] happen."

"When Wilder was champion there were a couple of occasions where Wilder-Joshua came very close. The WBC left that window without interfering with anything that could get in the way. Then with Tyson Fury, he was ready to fight Joshua,

then Usyk.

"The problem that could happen is a mandatory contender," he continued. "We did order Wilder against [Andy] Ruiz, which was a tremendous fight, to find a mandatory contender."

"That fight didn't take place. So the WBC board of governors has approved Fury against Usyk in February and then the rematch so there will not be anything in the way, as far as the WBC, for both fights to take place."

Sulaiman spoke about the December 23 card in detail by saying: "In itself, it is a natural WBC elimination tournament. You have Wilder, No 1, Joshua, you have Parker, you have Otto Wallin, all those are highly ranked in the WBC. After December 23 we're going to see a different picture in the rankings."

"It looks like Wilder and Joshua are on a collision course. That could very well be a final elimination to determine a mandatory contender for the WBC title."

# ANTHONY JOSHUA HITS BACK AT WILDER



By N. Ugoh

Former two-time Boxing Heavyweight Champion, Anthony Joshua, has hit back at the recent statement issued by Deontay Wilder over his identity as the world counts down to their next clashes on December 23 in Saudi Arabia.

Joshua and Wilder will co-headline the big event in different fights as Joshua will face Otto Wallin while Wilder will battle it out with Joseph Parker.

If they win their respective fights, there is a good possibility of them fighting in the first half of 2024.

Wilder feels Joshua is questioning his own identity because he wasn't fully made by his own potentials.

Wilder said: "I worry about every fight he is in. We question Joshua about his identity. Eddie Hearn built An-

thony Joshua, he wasn't born a champion, he was made a champion.

"They did an amazing job of promoting him and getting him to the top. I would've been the undisputed heavyweight world champion many years ago if I had the opportunities he was given."

Joshua does not agree with Wilder's take on the matter. He said he remained strong in his identity even if he achieved it quicker than Wilder.

He said: "Who the f— is he? He's a boxer, not a psychologist. The boy has had 50 fights and he fought Jason Gavern in his 30-something fight, I probably fought him in my twelfth."

"We are different, my identity is strong. If they're looking for weaknesses and gaps, then they need to stop looking over here because I'm solid."

## GOODBYE

# VETERAN HALIFAX SPORTS BROADCASTER ALEX J. WALLING PASSES AWAY AT 77



By N. Ugoh

Halifax is mourning the loss of a sports broadcasting legend as Alex J. Walling, a prominent figure in Atlantic Canada's media landscape, has passed away at the age

of 77. Walling, a Quebec City native, left an indelible mark on the region through his extensive career in radio and television.

Walling relocated to Halifax in the early 1970s, quickly becoming a familiar and respected voice in

# REGINA TO HOST 2025 VANIER CUP FOR THE FIRST TIME

By N. Ugoh

In a groundbreaking announcement, USPORTS has revealed that the 2025 Canadian national university football championship, the Vanier Cup, will be hosted at Mosaic Stadium, the esteemed home ground of the University of Regina Rams and the Saskatchewan Roughriders.

Lisette Johnson-Stapley, USPORTS' chief sport officer, expressed excitement about bringing the Vanier Cup to Regina, emphasizing the city's fervor for football and dedicated fan base. She stated, "Regina's status as a city where football plays a significant and beloved role in the community's sports culture solidifies our decision. Hosting the Vanier Cup for the first time is an incredibly memorable experience, and we look forward to celebrating the 60th anniversary of the Cup with the University of Regina."

The University of Regina Rams, still seeking their first Vanier Cup win, had their sole appearance in 2000, ending in a loss to the University of Ottawa Gee Gees.

This marks Saskatchewan's second time hosting the Vanier Cup, with Saskatoon hosting the

event in 2006 at Griffiths Stadium, the University of Saskatchewan's Huskies home field. The Huskies have claimed three Vanier Cups.

Additionally, USPORTS announced that the 2026 Vanier Cup will be held at Université Laval in Quebec City. The economic impact of the 2022 Vanier Cup in London, Ont., amounted to \$2.4 million, according to USPORTS, and similar positive effects are anticipated in Regina and Quebec City.

Johnson-Stapley praised Regina and Quebec City, stating, "Celebrating the Vanier Cup's legacy in Regina and Laval for the 2025 and 2026 championships represents a thrilling new chapter in Canadian university football. These cities embody the spirit and passion of the sport, and their selection as host cities is a testament to their vibrant communities and commitment to excellence in athletics."

As the University of British Columbia Thunderbirds and Université de Montréal Carabins contend for the 2023 Vanier Cup at Richardson Memorial Football in Kingston, Ont., this announcement sets the stage for Regina and Quebec City to take the spotlight in the coming years.

the local sports scene. His contributions to CHNS Radio included covering the historic Canada-Russia Summit Series in September 1972. Notably, he was one of only two journalists granted post-game access to Paul Henderson after his iconic game-winning goal in the eighth and final match in Moscow.

For nine years, Walling served as TSN's Maritime correspondent, showcasing his expertise in sports journalism. His regular column, 'A.J.'s Atlantic,' on TSN.ca further solidified his reputation as a knowledgeable and insightful commentator.

During his tenure with TSN's Atlantic bureau from 1991 to 2000, Walling covered a diverse range of events for the network, including

university sports, junior hockey, curling, and the Canada Winter Games. His dedication to sports journalism extended beyond broadcasting, as he also owned and operated the Atlantic Media Institute for 12 years. In 2008, he made a significant contribution to the media landscape by founding CJQC radio in Liverpool, N.S.

Walling's legacy is characterized not only by his professional achievements but also by his commitment to fostering sports journalism in the Atlantic region. His impact on the community and his invaluable contributions to the world of sports broadcasting will be remembered and celebrated by colleagues, fans, and the wider Halifax community.

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## RELIGION



Pastor Amos Dada

By Pastor Amos Dada PhD,P.  
Eng

“And another also said, Lord, I will follow thee; but let me first go bid them farewell, which are at home at my house. No one who puts his hand to the plow and looks back is fit for the kingdom of God.” Lk 9:61-62

Jesus shared with us three categories of followers in Lk 9 from verses 57-62. The first person said “I will follow you- Jesus told him that he has no house or material means. End of story. He backed out. I can not follow a poor man. We never heard about that man again.

The second person, Jesus said – Follow me. He

said “let me go and bury my father- Jesus said it is unnecessary. Let the dead bury the dead. In the end, he could not follow Jesus until he felt he was ready! Again, he went away.

The third person, like the first one, said Jesus, I will follow you on one condition - let me say bye-bye to my family. Jesus said no one that puts his hand on the plow should look back. What does it mean to put one's hand on the plow? It simply means to begin or undertake a task. What did Jesus mean when he said no man having put his hand to the plow and looking back is fit for the kingdom of God? If someone is plowing a field and looks back, they will naturally turn and not plow in straight rows. Jesus

## Don't Go Back!

wants us to look straight ahead and leave our old life behind and be focus on eternal issues.

What the Holy Spirit is teaching us this morning is that you can of your own free will choose to follow Jesus and Jesus can also invite you or send another human being to invite you, but the ultimate decision to follow through depends on you. Today, both chronic unbelievers and believers are behaving the same way. They want to make decisions about Christ the way they like. But our focus is on the believers. I want to encourage you not to look back. It is dangerous.

The story of Lot's wife is very pathetic, God came down an earth as an angel to tell Abraham what he was going to do in Sodom and Gomorrah so that he can intercede and He did, as if that was not enough, God sent angels to physically draw her and her husband out of the land of Sodom and Gomorrah, and warned them not to look back. She did not listen, a quick turn, she lost her life and became a pillar of salt (Gen 19:26)!

Look at Samson. His parents warned him several times, and he looked back, and he was made blind and died a terrible death. Jude 14-16. Jesus took Judas, made him a disciple, cleaned him, trained him – but no, he looked back and eventually committed suicide. Solomon was given exceptional wisdom he was

warned, not to look back - he did and perished.

No excuse to look back when you are born again is good enough. The story was told about ancient Germanic tribe Julius Caesar mentioned in his book on the Gallic Wars. And this tribe, before they would go out to battle, before they would seek the conquering of new lands, they would set fire to their own houses. Why? So, there would be no going back. The old life is done, and the new is ahead. And you better fight for eternal life with Jesus, for there is no going back! Julius Caesar, we were told once “crossed the Rubicon” – a river in northern Italy. No turning back.

*Conclusion: The pressure is high today, and the temptations are even higher. You can give any excuse for going back, but it will only lead to one result taking you back to sin, to failure, to where God has redeemed you from, to where you have prayed to leave, to hell. Ex 14:15 “And the Lord said unto Moses (Amos Dele Dada, put your name there) Wherefore criest thou unto me? speak unto the children of Israel (the Christians of TODAY) that they go forward.” You have put your hand on the plough -Do not look back! Too dangerous an option. You have not put your hand on the plough- Embrace Jesus as Lord and Saviour- Do it now- TOMORROW MAYBE TOO LATE! Shalom*

## NGOs, Churches, mosques to disclose financial records as Nigerian government authorizes new code



By N.Ugoh

Not-for-profit organizations like churches, mosques and non-governmental organizations (NGOs) will now have to disclose their financial reports as the Nigerian Government is making a move to enact the corporate governance code.

This development was announced recently by the Financial Reporting Council (FRC) under the leadership of its Executive Secretary, Dr Rabiun Olowo.

Olowo disclosed that the codes for both the public and not-for-profit sectors were at an advanced stage, to unveil them within the first quarter of 2024.

According to him, the code will compel government institutions

including agencies that are also regulators to comply with the same financial reporting standard as private companies.

He said the Council has also seen the need for proper guidance to Not-For-Profit Organizations as a lot of them are at higher risks compared with for-profit organizations.

He said: “As controversial as it is, it is something that must be done. If you do a risk analysis of entities in any country, the not-for-profit sector is as risky as the profit entities. So, it is very important that we issue codes on how these institutions are covered. It is our responsibility to do that and we will not shy away from that.”

## Pope Francis Removes Texas Bishop Critical of LGBTQ Reforms



By Stanley Ugagbe

In a significant move reflecting internal tensions within the Catholic Church, Pope Francis has ousted Bishop Joseph Strickland of Texas, a prominent conservative figure who vocally opposed the pontiff's progressive reforms.

The Vatican's announcement revealed that Bishop Strickland, formerly in charge of the Diocese of Tyler, was “relieved” of his position following an “apostolic

visitation” ordered by the pope in June. The visitation aimed to investigate the governance and leadership of Bishop Strickland, a staunch critic who accused Pope Francis of undermining the tenets of the faith.

Cardinal Daniel Nicholas DiNardo, Metropolitan Archbishop of Galveston-Houston, explained that an “exhaustive” probe conducted by two US bishops deemed Bishop Strickland's continued leadership “unfeasible.” Despite a request to resign, the bishop's

refusal prompted Pope Francis to order his removal.

The move has sparked discontent among conservative Catholic commentators in the US, with some characterizing it as a form of “total war” against traditional values. Michael Matt, editor of The Remnant Newspaper, expressed concern over what he sees as a threat to the fidelity of the Church.

This development follows Pope Francis's recent announcement that the church would permit the baptism of transgender Catholics and their inclusion as godparents, provided it avoids causing scandal or confusion. The pope has also expressed openness to blessing gay marriages as part of the Church's broader outreach to the LGBTQ community.


Notably, Pope Francis's progressive stance on

social issues and climate change has faced resistance from more conservative elements within the US Church. Bishop Strickland, appointed head of the diocese in 2012 by Benedict

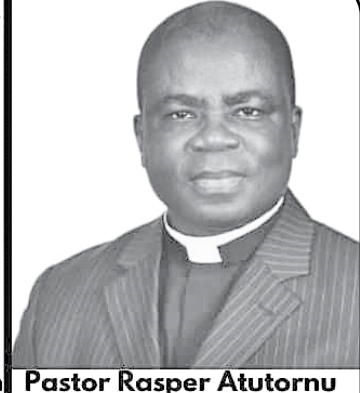
XVI, had not only criticized LGBTQ reforms but also been an outspoken opponent of Covid-19 vaccines and lockdowns, while strongly condemning President Joe Biden for his sup-

port of abortion rights.

The temporary replacement for Bishop Strickland is Bishop Joe Vásquez of Austin, marking a transitional period for the Diocese of Tyler.



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**KING'S DINNER IN CANADA - PAGE 1**

**NCNC:** *Thank you for finding time to have this interview with us. You're quite an accomplished cleric with so many awards to your name. Can you share with us how you were called into ministry?*

**Apostle Ausbeth:** Thanks for your compliments. I'm eternally grateful to God for all the numerous awards worldwide. But the highest award I've received in my life is the award of being called to work in God's Vineyard.

Pentium Ministries is a non-denominational ministry of our Lord Jesus Christ whose core areas include wholistic healing, teaching the undiluted word of God, and counseling. So far, God has through his mightiness used me to perform diverse miracles worldwide, and by God's grace these are verifiable. It's all about Jesus!

I was called about 4 years ago. About the call to service by God, I would say that everyone has been called by God to do his work according to Mark 16:15. He admonished everyone to go into the world and propagate his word to all creation.

Specifically, I was called by God about 4 years ago, though I vehemently refused until he humbled me. The climax was when I slept for some days.

I remember approaching a gate in my sleep, I saw a man with a very long white beard but didn't see his face, whom I had a personal encounter with and I immediately woke up.

All this while He kept on telling me that, I have an assignment in

his Vineyard. Until the pressure became unbearable I gave in and I thank God that I took that decision. Now I know better if one can live life afresh, I will give my life to Christ from day 1 because He is the way, the truth and the life.

**NCNC:** *You recently held your events, Dinner with the King crusades. How would you describe the events? What were the significant things you could point to and say they were better than that of last year?*

**Apostle Ausbeth:** Dinner with the King crusade happens to be one of our major means to harvest the 1 billion souls for Jesus. The event was a huge success as usual. The sick were healed, the down-trodden were given hope and were led to Christ. We were divinely directed to provide people with food and drinks to eat while administering the undiluted word of God and Holistic Healing to them. We recall that our Lord Jesus Christ ministry was centered on harvesting souls through healing and liberation.

**NCNC:** *You tagged the crusade "Jesus Saves". How many souls were saved and what are the measures you put in place to ensure that the souls abide?*

**Apostle Ausbeth:** We are not necessarily a church but a ministry that has one major goal, winning 1 billion souls for Jesus. We are not meant to count. The Holy Spirit counts. As you are aware, only Je-

sus can save and thus we are pointing everyone to Him. He does not only save, he will provide you with his strength and peace. In addition to that, he will guarantee you security, mercy, grace and Heaven at last.

As per measures put in place to ensure that all converts remain in Christ Jesus, Include the following: reaching out to them on regular basis, sending them daily words of God on regular basis, encouraging them to attend our Saturday services via zoom or in person Service.

**NCNC:** *According to an e-flier on your Facebook platform, the crusade was billed to feature Salvation, deliverance, healing and breakthrough. Are there testimonies to this end? Were your personal expectations met?*

**Apostle Ausbeth:** There were so many testimonies, especially post-events. To the glory of God as we look forward to hosting many more crusades across the world next year.

**NCNC:** *What were some of the challenges you encountered in the course of planning and holding the crusade? How did you surmount the challenges?*

**Apostle Ausbeth:** Our greatest challenge was finance, as we had planned on hosting more people. All the same, we give glory to God for the outcome.

**NCNC:** *What inspired you to initiate*

**ALL YOUR ANSWER - PAGE 19**

In each group, underline the word with the correct spelling

ANSWERS: (Correct spellings)

- 1) Ablaze, 2) absurd, 3) abrupt, 4) absolute, 5] abate, 6) abstract, 7) abstain, 8) abridge, 9) abscond

**WHICH ONE DOESN'T BELONG (ODD ONE OUT)**

Possible solution

- 1) 54 because it's even
- 2) 60 because it's only 2 digits
- 3) 603 because it's odd

**WHICH SUFFIX?**

- |                    |                  |                   |
|--------------------|------------------|-------------------|
| Depend<br>(b) able | Fresh<br>(c) en  | Strong<br>(b) est |
| Crunch<br>(c) y    | Splash<br>(b) es |                   |

**TRAGEDY STRIKES AS FIRE ... - PAGE 7**

am. Firefighting trucks swiftly arrived at the scene to combat the flames, while rescue efforts were in progress.

On-the-ground reports revealed that embassy staff sought refuge under trees and other secure locations within the embassy grounds. An ambulance was dispatched to evacuate those affected by the inci-

dent.

Confirming the tragic occurrence, Amiola Adébayo, the Head of Operations of the FCT Fire Service, disclosed in a phone interview that two individuals had been fatally injured beyond recognition, and three to four other victims had been urgently transported to hospitals. However, the cause of the fire

incident and the nationality of the affected individuals were not immediately clarified.

A security source, reacting to the raging inferno at the High Commission of Canada in Nigeria, described it as an explosion, confirming that two individuals had tragically lost their lives in the incident.

**MEDICAL PROFESSIONAL IN GTA... - PAGE 7**

49 and 28, reported to the police that they had been sexually assaulted during visits to the Schomberg Medical Centre.

Further examination revealed that these incidents occurred between 2008 and 2017. Subsequently, additional victims

emerged following the initial investigation, leading to further charges against Ateyah. As part of his sentence, he is required to submit a DNA sample to the National DNA Data Bank.

This case follows a series of disturbing events, highlighting the importance

of addressing and penalising such misconduct within the medical profession. The severity of the sentence underscores the commitment to ensuring justice for the victims and maintaining the integrity of the medical field.

**YOUR ARTIFICIAL INTELLIGENCE... - PAGE 7**

the input. When AI models are trained on data that contains bias, AI will replicate and potentially increase this bias. What's more, AI may present users with incorrect information on a particular topic simply because that detail often shows up across the corners of the internet. Bias and misinformation are risks, and people must carefully review and think critically about its output.

We'll all need to stay aware of developments in AI to avoid being duped.

Ethics is also an important part of conversations about AI - whether it's schools creating policies and educating students about AI or companies deciding how to use it responsibly and providing employee education.

There are many resources to help foster this

conversation among adults, students or executives and boost your knowledge of the ever-evolving space of AI. The Telus Wise program has been around for 10 years, providing free educational workshops and tools to help everyone understand digital tools -including AI - and how to stay safe using them.

Find more information at [telus.com/wise](https://www.telus.com/wise).

*the Dinner with the King crusade and for how long has it been running? How would you measure the impact?*

**Apostle Ausbeth:** When you're in the Lord, you become a slave and servant to Him such that your decisions are not yours anymore. The

crusades have been running for about four years now.

**NCNC:** *For how long do you hope to sustain the initiative and what should people expect in the coming year?*

**Apostle Ausbeth:** So far we've organized

5 crusades and they all witnessed the power of God. Next year we intend to host a minimum of 5 crusades in Jamaica, Nigeria, USA, India, Dubai and as God directs. So I call on good-spirited partners to partner with us towards the One billion souls harvest and it will be well with them In Jesus name.

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## MAXIMIZING YOUR HOME'S APPEAL: A GUIDE TO PREPARING YOUR HOME FOR SALE

By N.Ugoh

In the competitive real estate market, the presentation is key when selling your home. Potential buyers are not just looking for a property; they are seeking a place that resonates with them emotionally. To make your home stand out and appeal to a broader audience, consider these strategic steps to prepare your home for sale.

### 1. CURB APPEAL:

First impressions matter. Enhance your home's curb appeal by maintaining a well-manicured lawn, trimming bushes, and adding some colorful flowers. A fresh coat of paint on the front door and proper outdoor lighting can also contribute to a welcoming entrance.

### 2. DECLUTTER AND DEPERSONALIZE:

Potential buyers want to envision themselves living in your home. Remove personal items, excessive decorations, and family photos. Decluttering not only makes your home appear more spacious but also allows potential buyers to imagine their own belongings in the space.

### 3. DEEP CLEANING:

A spotless home is a selling point. Invest time

in a thorough cleaning – from carpets to windows. Pay special attention to kitchens and bathrooms, ensuring they shine. Consider hiring professional cleaners for a detailed and polished look.

### 4. MAKE NECESSARY REPAIRS:

Address any minor repairs before listing your home. Leaky faucets, peeling paint, or loose doorknobs can give the impression of neglect. A well-maintained home signals to buyers that they won't have to deal with immediate repairs upon moving in.

### 5. NEUTRALIZE COLORS:

While you may love bold wall colors, potential buyers might not share the same taste. Opt for neutral tones, such as whites and grays, to create a blank canvas that allows buyers to visualize their own decorating style.

### 6. STAGE YOUR HOME:

Consider professional staging to showcase your home's potential. Staging involves arranging furniture and decor in a way that maximizes space and highlights the home's best features. A well-staged home can make a lasting impression.

### 7. UPGRADE LIGHTING

### FIXTURES:

Good lighting can transform a space. Replace outdated or dim lighting fixtures with modern, bright alternatives. Ample lighting not only enhances the aesthetic appeal but also makes rooms feel larger and more inviting.

### 8. SET THE RIGHT PRICE:

Work with a real estate agent to determine an appropriate and competitive asking price. Research the market and consider recent comparable sales in your area. Pricing your home correctly from the start can attract more serious buyers.

### 9. CREATE A WELCOMING ATMOSPHERE:

During showings, create a welcoming atmosphere by opening curtains, turning on lights, and playing soft background music. Fresh flowers or a subtle fragrance can add a pleasant touch.

By investing time and effort into preparing your home for sale, you increase the likelihood of attracting potential buyers and securing a favorable deal. Remember, a well-presented home not only sells faster but also potentially fetches a higher price in today's dynamic real estate market.

## NAVIGATING LIFE AFTER A SUDDEN SINGLEHOOD: STRATEGIES FOR COPING AND THRIVING



(NC) If you're a newcomer to Canada and you've got a job, one of things you may notice on your paycheque is a deduction for the Canada Pension Plan, known as CPP. This means you are one of more than 21 million contributors and beneficiaries to a stable post-retirement income plan.

Anyone over the age of 18 and under the age of 70 who works in Canada, outside of Québec, and earns more than \$3,500 per year must contribute. This means that regardless of your status as a newcomer to Canada, if you are working in the country, you are contributing to the plan. And since the plan is based on

your contributions, it will always be yours, regardless of where you live in the world.

The amount you receive each month in retirement is based on your average earnings throughout your working life, and the age you decide to start your benefits.

For 2023, the maximum monthly amount you could receive if you start your pension at age 65 is about \$1,300. The average monthly amount paid for a new retirement pension at age 65 in April 2023 was about \$760, according to the federal government.

CPP is a partnership of the federal government and the provinces, except for Quebec, which runs its own pension plan. The federal government administers the plan, but contributions by individuals and employers not

needed to pay current benefits are transferred to CPP Investments, a professional investment management organization that operates at arm's lengths from the government.

While national pension plans in some countries, including the U.S., are not considered sustainable, Canada's plan is designed to provide a stable source of retirement income for many generations.

It's the best-performing pension fund in the world during the past decade, according to Global SWF, an international consulting and research firm that tracks the returns of public pension funds. A recent review by a federal government agency concluded the plan is sustainable for at least the next 75 years and beyond.

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

## NATURAL WAYS TO REGAIN YOUTHFUL AND FIRM APPEARANCE

By Stanley Ugagbe

The phrase 'sweet 16' is often used to refer to adults and the elderly who look way younger than their age. Reality is that everyone desires to always look young – and so, you often hear people especially females say 'forever young'.

While there are several artificial ways to maintain that youthful look – which of course have side effects, there are also natural ways to keep that banging body in shape.

Below are some effective and natural ways to regain that youthful and firm appearance, all without breaking the bank.

### 1) REGULAR EXERCISE

Researches have revealed that regular exercise do not only benefit your overall health but also contributes to firmer skin. Renowned medical personnel have strongly stated that engaging in regular physical activity helps improve blood circulation, which in turn promotes the delivery of nutrients and oxygen to your skin cells.

If you can key into a combination of cardiovascular exercises, strength training, and yoga or stretching exercises, they will tone your muscles and tighten your saggy skin.

And guess what? Just try it and you will get the answer for the guess.

### 2) STAY HYDRATED

It has been proven that one of the simplest yet most powerful ways to regain youthful and firm appearance is by staying hydrated. Drinking an adequate amount of water daily helps to maintain the skin's moisture balance, improve elasticity, and promote a plump and firm complexion.

Experts recommend that you drink at least eight glasses of water each day and increase your intake during hot weather or physical activity.

### 3) NOURISH YOUR SKIN WITH ANTIOXIDANTS

According to experts, antioxidants play a crucial role in combating free radicals and preventing skin damage. To achieve this goal, incorporate antioxidant-rich foods into your diet, such as vegetables (spinach, kale, and bell peppers), fruits (berries, oranges, and watermelon), and nuts (almonds and walnuts).

Also, consider using skincare products that contain natural antioxidants like vitamins C and E to protect and firm up your skin.

### 4) INCORPORATE COLLAGEN-BOOSTING

### FOODS

For emphasis, Collagen is a protein responsible for maintaining the skin's structure and elasticity. Researches have shown that as we age, our collagen production decreases, leading to sagging skin.

You can boost your collagen levels naturally by incorporating foods like bone broth, fish, lean meats, eggs, citrus fruits, berries, and leafy greens into your diet. Records have it that these foods are rich in amino acids, vitamins, and minerals that support collagen synthesis and help firm up saggy skin.

### 5) PAMPER YOUR SKIN WITH NATURAL REMEDIES

It is germane that you key into natural remedies to help firm up your saggy skin. Try using ingredients like aloe vera gel, cucumber slices, egg whites, honey, and olive oil as homemade face masks or natural skin tightening treatments.

This method is highly effective because these ingredients are known for their hydrating, toning, and nourishing properties, helping to improve skin elasticity and firmness over time.

In a nutshell, how your skin turns out is absolutely in your hands – decide whether to care for it to remain youthful and glowing you neglect it and it will sag away.

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