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Front page comment: As Nigeria marks June 12

ALMOST thirty years ago today, Nigeria marked a landmark history in its political annals. The most tortuous, painstaking and expensive transition programme from the military *apparatchik* to civilian government, superintended by the self styled military President,

General Ibrahim Badamasi Babangida, popularly known as IBB, was conducted.

WIDELY acclaimed as being free, fair and transparent, Nigerians and the international community were awoken from their rivery by a rude shock from the gap-toothed Minna – born General,

Ibrahim Babangida. Chief Moshood Kashimawo Abiola (M.K.O) was coasting to victory but IBB thought otherwise and annulled the election.

AT that moment, Nigeria, the acclaimed giant of Africa still believed in the union and did not see religion as an

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June 12 and Nigeria's democracy

SUNDAY MAGAZINE, pages 10,31

JUNE 12 has become very significant in the Political annals of Nigeria in an election widely acclaimed as free, fair and transparent. The military regime of the self-styled President Ibrahim Badamasi Babangida, popularly known as IBB, recklessly thwarted the wishes and voices of the people by annulling the election. Pages 10, 31



As Nigeria marks June 12

impediment to growth. Religion, ethnicity and region were none issues. The Nigerianess in the people was the central concern. M.K.O Abiola and Babagana Kingibe were of the same religious stock yet nobody cared. They were overwhelming voted. Things have however, changed.

WE observe with disdain the changing dynamics in the country's political landscape. Rather than talk about basic issues that will be beneficial to the common people, our politicians have gone pedestrian. Politics is no longer issue based. And, the voices of the people do not seem to matter anymore.

IF democracy is government of the people, by the people, and for the people as rightly defined is anything to go by, then this is a sad commentary for Nigeria. Since 1999 till date, the country does not seem to have a firm grip on democratic ethos. Leadership failure and followers docility have become the order.

As another circle of general election is around the corner, Nigerians have another opportunity to right the mistakes of the past. After all these years, Nigerians should not be talking of nascent democracy. The country has outgrown that era. In as much as the country is battling with its democracy, 2023 is definitely going to be a defining moment.

WE urge politicians to play the game according to the rules. It must not be a do or die affair. The life of each and every citizen matters. Nobody should be sacrificed on the altar of politics. Needless to say, Nigeria is sitting on a keg of gun powder. We should not exacerbate it with needless acrimony.

AGAIN, the heroes and heroines of June 12, Nigerians inclusive, particularly M.K.O Abiola, must be commended. Their resilience, doggedness and determination ensured the blossoming of our present democracy. Without all these, Nigeria, the supposed giant of Africa would still have been under dictatorship. Perhaps, it is because of this that, the incumbent President, Muhammadu Buhari, some two years ago, declared June 12 as democracy day.

AS we mark Democracy Day today therefore, we must endeavour to put our acts together and ensure that the dividends of democracy are translated through our actions and activities to positively impact on the society. We must elect leaders who would work for the growth and development of the generality of the society not those who would see the opportunities given them as that of servicing their family and friends.

WHEN we put in place structures that would help the people realize their potentials, only then would the celebration of June 12 as Democracy Day make meaning.

Tanker crashes into Vet hospital, driver dies

By JIDAUNA DARING

A tanker laden with diesel lost control and crashed into the Jos University Veterinary Teaching Hospital at the Polo Roundabout Jos, the Plateau State capital, recently. The tanker driver is reported to have died instantly as a result of the fire explosion that engulfed the scene of the accident.

At the time of filing this report, **SUNDAY STANDARD** gathered that the motor boy was receiving treatment at the Bingham Teaching Hospital Jos.

However, Management and staff of Jos University Veterinary Teaching Hospital were unhappy as a result of accident because of the colossal loss and damages the accident has cost them. It is reported to be running into millions of naira.

Briefing representative of Plateau State government and journalists on the unfortunate incident Dean, Faculty of Veterinary Medicine University of Jos, Professor Lami Lombin said that their attention was drawn to the incident which occurred at about 12:30 am.

She pointed out that no one can tell what exactly the cause of the accident was. Lombin said, that the hospital was gutted by fire due to the spilling of the diesel content into the hospital premises when it



exploded.

She said that the areas that were affected during the inferno include; Microbiology Laboratory, Intensive Care Unit (ICU), Consultant Room, Pharmacy and Public Health Lib among others.

Governor Simon Bako Lalong of Plateau State who was represented by the state Commissioner for Agriculture and Rural Development, Dr. Hosea Finangwai said that they were at the scene of the incident to commiserate with them and described the incident as a very painful one, considering the transformation currently going on at the hospital.

Lalong also stated that the

state government would look into the issue of re-route for the heavy trucks, so as to avoid loss of lives and property.

Vice Chancellor, University of Jos, Professor Tanko Ishaya who was represented by the Librarian, Dr. Thomas Adigun thanked the governor for coming to commiserate with them, describing the incident as a colossal loss to them. He also called on Federal and State governments to both come to their aid.

Our correspondent reports that officials of the Red-Cross, FRSC, NEMA and Man-O-war were all at the scene of the incident.

Plapoly celebrates convocation

By HOSEA NYAMLONG

Executive Governor of Plateau State, Rt. Hon. Simon Bako Lalong has tasked graduands of Plateau State Polytechnic to be good ambassadors. He stated this during the 31st -38th combined convocation ceremony for the award of Higher National Diplomas, National Diplomas, Nigeria Certificate in Education (Technical), Certificates, Conferment of Fellowship and Academic Excellence Awards to the deserving students and personalities at the Twin Theatre Hall, Main Campus, Barkin-Ladi last Friday.

He urged the graduands to prepare their minds to be entrepreneurs, job creators as

they step out of the institution.

He expressed that nowadays, the white collar jobs are scarce and government is finding it very difficult to employ. What is in focus today is entrepreneurship, innovation and technology which are key to development.

Lalong admonished the graduands to distance themselves from any negative vices, such as cultism, drug abuse, violence and thuggery that would jeopardize their future.

He appreciated the efforts of both the academic and non academic staff of the institution, in ensuring that they raised these future leaders of tomorrow by impacting them with the basic knowledge and skills to impact the world.

In a welcome speech by the Rector of the institution Bldr. John Datoegoem Dawam, he thanked the Governor of Plateau State for granting approval and providing the resources to ensure that the convocation ceremony takes place.

He outlined the strategic action plan which was rolled out and are being implemented, among which are the renovations of the ICT Directorate, in conjunction with the Tertiary Education Trust Fund (TETFund), introduction of National Innovation Diploma (NID) and National Vacation Certificate (NVC), Programmes to produce graduates with sufficient technical skills and entrepreneurial capacity to become employers of labour rather than job seekers, introduction of Open Distance

Flexible e-learning Programmes to further boost the institution's drive towards self-sustenance, synergy and academic collaboration with institutions and organisations for research and training services.

Dawam congratulated the graduands for achieving this feat and reminded them that the knowledge acquired and the certificate obtained from this great institution can only find fulfillment in their good character and learning.

Earlier in a speech by the Chairman of the occasion, His Excellency Engr. Abdullahi Sule, Executive Governor of Nasarawa State, he said that as an engineer and his passion for vocational technical education, he would continue to promote the course of this knowledge for the betterment and growth of our country.

Sule, charged the graduands to justify the knowledge they have acquired by impacting it into the society for economic development.

Highlights of the event was the conferment of Honorary Fellowship of the Polytechnic to Rt. Hon. Simon Bako Lalong, Rt. Hon. Ahmed Idris Wase, Deputy Speaker National Assembly and Prof. Suleiman Elias Bogoro, former Executive Secretary of TetFund, in reciprocation of their contributions to the development of the polytechnic education and humanity among others. Certificates were given to the overall best students from the seven schools of the institution.



Lalong



With
**Katdapba
Y. Gobum
On Sunday**



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"To be fair, hundreds of thousands of people, vehicles and goods pass through the route. There are few alternative routes as much as measures to protect vehicles and people from being involved when any accident takes place."

Jos Polo roundabout: A death trap foretold?

Many, who recall, perhaps remember that sometime on February 24, 2020, one Mrs. Christie Vou Simon was gruesomely killed through an incident at the Polo Roundabout in Jos. She died at the age of 59 leaving seven children, but with one now dead. As a result of the shock of losing his dear wife, her husband, Simon Andrew Wya died on November 26, 2021.

Ever since, many other life threatening crashes have also been recorded then which have taken the lives of Nigerians. The record of the occurrence of accidents on the spot is alarming as it calls for intervention to save more lives if any would take place in the future.

Since then as before, the number of lives which have been lost should remind us that not much is yet to be done to stem the tide of the occurrence. The question keep coming, and reminding us of the responsibility of all towards saving the lives of Nigerians who ply that road.

To be fair, hundreds of thousands of people, vehicles and goods pass through the route. There are few alternative routes as much as measures to protect vehicles and people from being involved when any accident takes place.

Perhaps, those who do not know, the roundabout has become the ground for many deaths in Jos, particularly through heavy duty trucks, mostly laden with petroleum products and goods.

Most of the vehicles involved in the fatal accidents have occurred through negligence, brake failure and sleep through fatigue by the drivers, who might have traveled long distances to get to Jos.

Many of such trucks have at different times emptied their contents as they try to negotiate the roundabout. Those who survived it in the past may have stories to recount; unfortunately, some others

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The drivers and owners know that it is possible for the Plateau State Government to wield the big stick on them and succeed. The era of government not acting to save its people has since passed. We are at a point where, people and their business matter. If a group decides to deliberately plunder its road; which by extension is able to destroy the state's economy, it is high time, we descended of the perpetrators.
”**



End of the road

did not live to tell their stories.

Most times when the accidents occur, what quickly comes to mind are the number of the people and vehicles which have been lost at the same venue.

It has been stated; there are a number of reasons why accidents occur on the same spot. There are numerous vehicles as are people involved in one business or another who must ply the road before they get home.

It is only worrisome that lives are often lost when any of such accidents take place. It is also disturbing that each time it takes place property of people are destroyed beyond human comprehension, just as the road becomes more fearful to road users; but increasingly it should a priority for attention.

The question which has been asked for years has to do with the why there are no alternatives for road users. Must they pass through the road always without an alternative? Is it not possible to warn motorists using signs before they reach the spot? I believe there are more questions than the answers we may try to answer towards solving the menace of the roundabout. Many have proposed how lives and property may be saved if heavy duty vehicles must use the road.

As it stands, we are still at the same point telling the world what needs to be done to save lives should another crash occurs.

In the early hours of Wednesday, June 9, 2022, a truck laden with petroleum product crashed at the same spot spilling its contents which set a number of buildings, food items and equipment on fire. Sadly, when the dust settled, the losses were beyond comprehension. Several traders, big and the small who counted their losses couldn't believe what had hit them.

The footages were disturbing as they still tell Plateau State authorities that much is expected to

be done, if we must be saved from the waiting Armageddon. Regrettably, the driver of the truck was killed having been roasted in the inferno that ensued after the truck had hit the boulders set by the authorities of the Teaching Hospital; having known that they were still at risk without them.

Truth is that had those boulders not been erected, the ferociousness of the incident would have been massive. Some of them have been destroyed, meaning, if things work out well in the end by rebuilding the structures destroyed in the inferno; it still would be exposed to the destruction that may come if nothing is done to save it.

Consider this: The road will not be closed for vehicular movement. It is one of the busiest roads in the city of Jos. Businesses will continue to function, and there will be people doing a number of things around the area or its vicinity. Either way, there is still danger lurking around if nothing is done.

The area is where the polo field is domiciled. It is one sport that has brought acclaim to the state, but more importantly of the fact that, it publicizes the potentials of the state as tourism destination as well as the boost the state gets in its economy. That explains more why more attention should be accorded to taking care of the road.

As at press time, it was not certain if the bus conductor (truck assistant) survived the crash; as it was earlier reported that he was taken to the Evangel Hospital for medical attention. Only the two would tell Nigerians what transpired before their end came crashing. They may be the only persons who know if they had a brake failure or that they were asleep when it happened.

Take the case of the University of Jos Veterinary Teaching Hospital, which is located at the roundabout. It should be noted that the inferno touched a great part of the edifice;

where equipment recently installed were destroyed.

Truth is the University of Jos Veterinary Teaching Hospital located close to the Polo Roundabout which is being threatened is said to be one of the most equipped veterinary teaching hospitals in the country. When this is considered, the loss becomes the more depressing and regrettable.

When its establishment came up recently, it was refreshing. It must be stated that one of the best hands in the veterinary business, Prof Lami Lombin knows what it takes to get the best. Having been involved in the sector for long, you can be sure that so much was sank into its establishment.

Therefore, when she fielded questions from journalists last Wednesday, the passion with which she spoke can only be imagined. The destruction to the structure cannot be felt than what the fire did to the newly installed equipment in the hospital. The journalists who covered the said that Prof Lombin stopped short of shedding tears while describing the level of carnage caused by the fire, that was ignited after the crash.

What happened last Wednesday is indeed regrettable. It is in this regard, that something has to be quickly done; otherwise, we are not safe. The state must be worried about the development that stares the state. To think that we can continue not to find a workable solution is the more disturbing.

When the accidents and destruction were increasing, a number of individuals, organization protested to government. Some youth in the area protested by carrying banners lamenting what the people of the area have gone through. That may not have been enough, as more actions were needed to stem the tide and save motorists and other road users from pains.

Many things have been suggested over the years as remedy for protecting people from being affected on account of the fact that they ply the road. It has been suggested long before now that the road should have been fitted with road breakers. Thankfully, it took a long time before that came into being.

When the authorities constructed speed breakers, it became apparent that someone was listening to the cries of the people. But was not enough to stem the tide; for hardly does a period of time is passed than for another incident perhaps more horrible than the last taking place.

If you ply the road on a constant basis, you would have observed that the numbers of trucks that ply the road have increased. The trucks, for all intent and purposes should not be allowed to come into Jos by day time. We should be thanking God that the Wednesday incident happened in the dead of the night, otherwise, the casualties that may have been registered could have been catastrophic had it taken place in the day time.

It is possible for the authorities to establish a trucks park and a Police post somewhere before the entrance of Bukuru; and by doing so; they can only be allowed to pass into Jos in the night. If that is done, through an agency created by government, as it is possible in other states, revenue can be generated in the park as well as their security is also guaranteed.

It is a fact that somewhere at Dadin Kowa, Jos South massive destruction of the road by some of these articulated vehicles is yet to be attended to. It is not possible to state that the state government through the Ministry of Transport is unaware of the practice where these drivers park indiscriminately as if to tell the government: 'These spots belong to us, and there is nothing that can be done to us'.

The state must not be dissuaded about the company or persons who own these vehicles. If it has been done successfully in other states of the federation, how comes that we are failing to have a comprehensive drive to stamp our feet in this area?

The drivers and owners know that it is possible for the Plateau State Government to wield the big stick on them and succeed. The era of government not acting to save its people has since passed. We are at a point where, people and their business matter. If a group decides to deliberately plunder its road; which by extension is able to destroy the state's economy, it is high time, we descended of the perpetrators.

Some of these strategies are able to save Plateau State, but above all, since we are in the era of revenue generation for growth, the development would be of great assistance to us. It is not a bad idea to try to do something new from what we are used to. Let us save families and business from pains inflicted on them by activities that could be stemmed; to help government protect its infrastructure through a conscious effort.

It is possible to stop these accidents, but more importantly, the government has a responsibility to act in the interest of its people.



NEWS

African countries vow to tackle organised crime

A total of 23 African countries bordering the Atlantic coast have made a commitment to tackle organised crime, trafficking and terrorism along the coast.

The countries, in a declaration achieved after the First Ministerial Conference of African Atlantic Countries in Rabat on Friday, said they would defend their territorial integrity.

"We are deeply concerned over the increasingly complex threats posed by terrorism, transnational organised crime and maritime piracy.

"We commit ourselves to continue with cooperation and coordination to enhance political and security dialogue around the areas of countering terrorism, transnational organised crime in all its forms, piracy, migrant trafficking and kidnapping for ransom at sea.

"There is a need to act collectively by coordinating actions on a set of strategic themes and structuring sectors. "This will meet the imperatives of security, sustainable development and prosperity of this common area.

"The ministers of the African Atlantic States reaffirm our firm commitment to pursue the dialogue around common principles, shared challenges and converging interests.



Buhari

"This is with a view to making the African Atlantic space a zone of peace, stability and shared prosperity," they said in the declaration.

The countries' ministers also stressed the importance of optimising the African Atlantic space for a more concerted and coordinated migration governance as well as continued consultations to address environmental challenges.

They also called for the strengthening of transatlantic cooperation, particularly with Latin American countries bordering the Atlantic Ocean.

The ministers particularly commended the vision of the

King of Morocco, Mohammed VI, for coordinating a pragmatic and relevant inter-African framework for cooperation. "We hail His Majesty's commitment for reactivating this geostrategic consultation framework among African Atlantic States."

They, therefore, agreed to establish the Permanent Secretariat of African Atlantic Countries in Rabat, Morocco.

The secretariat will serve as a platform for the exchange of information on challenges and opportunities in the African Atlantic space and for coordinating actions and meetings of the bloc.

NADDCC inaugurates 2,322 Made-in-Nigeria buses

Mr Jelani Aliyu, the Director-General, National Automotive Design and Development Council (NADDCC), has inaugurated 2,322 gas-powered Made-in-Nigeria buses bought by the Road Transport Employers Association of Nigeria (RTEAN).

The vehicles were procured by the association for its fleets in the 774 local government areas in the country.

Inaugurating the buses on Friday in Abuja, Aliyu said: "It's very exciting to see that all the vehicles were

built in Nigeria by an indigenous company.

"I hereby congratulate the Executive National Chairman of RTEAN, Alhaji Musa Maitakobi, for the commitment to buy the Nigerian built OMAA vehicles," he said.

The director-general further called on all transport associations in the country to emulate the RTEAN and key into the National Gas Expansion Programme, by patronising Made-in-Nigeria Gas Powered vehicles.

Aliyu said: "What was witnessed was a testimony to the fact that the

implementation of the National Automotive Industry Development Plan (NAIDP) by the NADDCC is yielding results.

"The CNG powered vehicles produced locally by OMAA Motors, will make transportation cheaper for the commuters and also save lives and protect the environment because it is a cleaner fuel compared to petrol and diesel.

"As one of the 195 signatories to the Paris Accord on the mitigation of greenhouse gases, Nigeria must leverage on the huge reserves of natural gases as

Hypocrisy is our common trait

It is a common advice in Nigeria to tell one, 'do as I say not as I do'. We know we pay lip service in almost every sphere of our life. And in truth, if you really want to get it right, do as you are told not what you see being done.

Mrs X became a member of a church due to pressing needs that only a Pentecostal Church was ready to help her out with. She had a spiritual problem that was so serious that her orthodox Church suspected her of being a witch. But a friend introduced her to a deliverance pastor. Thanks to him, the issue was addressed.

However, shortly afterwards, her pastor turned her to his ATM. He would call at just any time and demand for cash. If at all she was koboless, his tone would register displeasure and disappointment. Unconsciously, she would go out of her way to get him what he was demanding. She continued like that until she came upon the Scripture that says "owe no man nothing but the gift of love". It gave her the boldness to say no when she had no money or had just enough for herself. Unfortunately, pastor is not taking it well.

These 2 ladies, sisters in law went to see a man who claimed to be a man of God for prayers. Both of them suffered dehumanising treatment in his hands when they entered one after the other to see him. Pretending to pray for them, he raped them.

On their way home, they were silent due to shame and shock. It was the sister to the husband of the other woman that boldly asked when she could bear it no more: "What happened in there?"

They both realised the fake man of God had had his way with both of them all the while shouting some prayer points. For the sake of their reputation, they swore to secrecy. But that lasted as long as their conscience allowed them. Today the fake man of God is at large.

Alhaji's children noticed that their father used to enjoy some videos on his phone to the point of forgetting himself and shouting with excitement. So, one night his kids decided to find out what video in his phone used to have that effect on him. They had enough time because he had gone to sleep. To their greatest surprise, they came upon a sex video of their father and house maid doing some ungodly things. It was really out of place because their father was very strict.

A young lady who gave birth out of wedlock, counted herself lucky when a young promising man came for her hand in marriage. She could not believe her good fortune. Added to that, the man was a complete gentleman who was always encouraging her to be a good girl and stay away from sexual immorality.

However, after months of courtship and no attempt whatsoever to caress her or steal a kiss, her family and friends started raising eyebrows. She always had his back and would tell them that he is born again and is waiting until they got married.

One day she paid him an unscheduled

visit in his house. His car was parked outside, so she knew that he was at home. She knocked to no avail. On second thoughts, she decided to go round the house to see if everything was OK. As she approached his room window, she heard some groanings like that of people in ecstasy. Curious, she climbed up the window.

What she saw almost gave her heart attack. She saw two men entangled together stark naked with eyes only for each other. She must have made a sound because they both turned to look at her at the same time. And lo and behold, her fiance was the one on top a strange man.

The lady dismounted and headed home. Shortly, afterwards, the bisexual, now dressed, caught up with her begging her to forgive and still give him a chance as her husband. She simply warned him to leave her alone or she would start announcing loudly what she just witnessed. That did the magic. He was horrified and retraced his steps.

Of recent, a lady came upon her husband and his best friend making out in their guest room. Her husband had told her that his best friend needed a place to stay for the time being. Seeing no harm there, she agreed. She didn't know it was her rival. She never suspected that her husband was bisexual and that his best friend was in fact his lover.

The lady in question wants to leave the marriage and I don't blame her. This is betrayal of trust. Her husband has played her for a fool.

The number of people living double lives is outrageous. Most of them occupy very high positions in church or the society. They deviate from the normal way of life to satisfy the flesh. We forget that our bodies are God's temple. How long do you have to live? Our days are few and futile.

May God help us to number our days so that we can apply our hearts to wisdom?

"Of recent, a lady came upon her husband and his best friend making out in their guest room. Her husband had told her that his best friend needed a place to stay for the time being. Seeing no harm there, she agreed. She didn't know it was her rival. She never suspected that her husband was bisexual and that his best friend was in fact his lover."

Terrorists kill Plateau Secondary School student, injure others

GUNMEN suspected to be terrorists have killed a student of the Government Science School, Kuru, Plateau State. The incident occurred at about 8pm on Friday with other students sustaining gunshot injuries. Kuru hosts the prestigious National Institute of Policy and Strategic Studies (NIPSS) which attracts members of the Nigerian political class and foreign nationals as well.

The details of the incident are still sketchy as it's unclear where the attack occurred. While some residents said it happened inside the school, others said the gunmen stormed a petrol station opposite the institution where the students had gone to

charge their phones because of the power outage, shooting sporadically. However, DSP Alabo Alfred, spokesperson of the Plateau State Police Command in a statement said the incident occurred along Mararaban Jama'a, Riyom Road and not inside the school.

He added that the police were after the terrorists who carried out the attack. The statement read, "The Command wishes to set the records straight that on 10/06/2022 at about 2000hrs, information was received at our end that some unknown hoodlums were firing along Mararaban Jama'a, Riyom road not Science School Kuru Jos as it is reported by cross section of the media.

"Upon receipt of the report, a high powered team of policemen and other security agencies responded swiftly and mobilised to the scene of the incident but on reaching the scene, the gunmen had fled leaving behind one person dead and three others injured. The injured persons were conveyed immediately to the hospital for treatment. Meanwhile the Police are still on the trail of the fleeing suspects. "The State Commissioner of Police, Bartholomew N.Onyeka, advised members of the public to go about their lawful business as normalcy had already been restored in the area, assuring that his men are on ground to contain any further disruption of peace."

SUNDAY POLITICS

Tambuwal steps back to senatorial seat

From ANENE AIKE, Sokoto

THE Sokoto State Chapter of the Peoples Democratic Party (PDP) has affirmed governor, Aminu Waziri Tambuwal of the party for the Sokoto South Senatorial District.

The zone is composed of Bodinga, Dange/Shuni, Kebbe, Shagari, Tambuwal, Tureta and Yabo Local Government Areas.

During the affirmation event which held in Bodinga town, Tambuwal said the PDP and its presidential candidate, Atiku Abubakar were poised to reclaim their pride of place as the ruling party and president of the country in 2023.

He added that "APC is already in ICU even as he urged all men and women, youths and the elderly to continue praying.

These, he said is because when the time comes and the campaign commences, "we must go into the nooks and crannies of our villages to campaign for our candidates and the PDP for its return to the center and its continuation here in the governance of Sokoto State."

"APC is already in ICU (Intensive Care Unit); and we know what is happening now, between today (Saturday) and tomorrow (Sunday), they have gone back to try to trace the drawing board which they are yet to see.

DVD directs supporters to join TCO

THE Captain of the DVD Movement in Plateau State, Nde David Victor Dimka, fsi, with gratitude to God almighty celebrates the landslide emergence of Asiwaju Bola Ahmed Tinubu (The Jagaban of Borgu Kingdom) as the Presidential flag bearer of the All Progressives Congress (APC) at the recently concluded National Convention held in Abuja.

In a statement by Boniface Kassam head of his media team, the APC Stalwart described the primary election as a very transparent, world acclaimed fair and just process which is highly commended by all democrats in Nigeria and Africa.



Tambuwal

They are still looking for the drawing board because they are so confused.

"Either way it goes, by the grace of God, our presidential candidate, Alhaji Atiku Abubakar (Wazirin Adamawa), will emerge victorious as the President of the Federal Republic of Nigeria," he said.

Tambuwal expressed gratitude to God and the political stakeholders including electoral teams

from Abuja and Sokoto State; as well as the Independent National Electoral Commission (INEC) monitoring team, for their participation in the primary election, which simplified the process, thus making it a success.

"By the grace of Allah (SWT), we shall not disappoint you when you give us the mandate. We shall continue to build on the good works we have done now," he assured.

Clergyman clinches Plateau NNPP governorship ticket

PASTOR Alfred Dabwam has clinched the New Nigeria People's Party (NNPP) ticket to run for Governor of Plateau State in the 2023 general elections.

The primary election was held in Jos and the 124 delegates unanimously

affirmed Dabwam as the sole candidate in the presence of INEC officials, security personnel and supporters of the party.

Chairman of NNPP Governorship Electoral Committee, Dr Raymond Ibrahim who declared Dabwam as candidate, said that the aspirant scored all the 124 votes cast by the delegates.

"By the powers vested on me as the electoral committee chairman, I hereby declare Alfred Dabwam as the candidate of NNPP in Plateau," he said.

In his acceptance speech, Dabwam said as a trained security expert, he will employ technology to ensure that the people of the state sleep with their two eyes closed thereby attracting investors to the state.

"I have a vision to take Plateau to a place it ought to be among states in Nigeria.

"Security will be my topmost priority, if elected governor, by the grace of God, we have the vision to tackle insecurity particularly in our rural areas.

"We will deploy technology and surveillance in securing lives and property in Plateau," he said.

He said that he would

THE Plateau State Chapter of African Action Congress (AAC), has endorsed Mr. George Dimka as the flag-bearer of the party for the forthcoming 2023 general elections.

This took place at the party secretariat at Murtala Muhammad House in Jos after party members unanimously endorsed him as the candidate for the governorship position in 2023.

Presenting the candidate before AAC members, the State Chairman of the African Action Congress, Comrade Kargwak Lohdip, said AAC was out to make Nigeria better with credible candidates like George Dimka and that he is confident that the party would win, because in PDP's 16 years and APC's 8 years nothing has been given to Nigerians.

In his acceptance speech, George Dimka promised to introduce a digital security architecture that would track from a distance the enemies of Plateau State and boost tourism with modern reserves of world class standard to attract investors and lovers of Jos Plateau to boost the economy of the state.

He called on the people of Plateau State to vote AAC which is the only party that could take the State and Nigeria to the promised land

AAC Governorship: Dimka emerges candidate

By EZEKIEL DONTINNA

where job opportunities would be at their door steps as the state is endowed in the area of minerals development.

Also endorsed was Mrs. Amarka LD Abok, for the Plateau State House of Assembly seat to represent Jos - North - North Constituency where she promised to change the old narrative of the Constituency by improving the lives of her people by creating skill

acquisition programmes that would put food on their tables.

Officers of the Independent National Electoral Commission (INEC) were served on Monday June 6, 2022 and was received the same and they came to monitor the election and collected the list of their candidates to the State Secretariat Jos as the party holds its National Convention Thursday.



Dimka

Gontori emerges gubernatorial flag bearer of YPP

THE long awaited party primaries for the

election of candidates to run for various positions in the

partner with an American company to generate 500 megawatts of electricity for the state.

Dabwam further said that agriculture and mining where the state has comparative advantage would be on the first line charge for his administration.

Earlier, the Plateau NNPP Chairman, Mr Tokji Mandim

who congratulated Dawan on his emergence, said that six aspirants indicated interest in the governorship ticket but five of them did not pass the party's rigorous screening.

Mandim appealed to NNPP members and those desiring to join the party to work for the party's victory in the general elections.

The chairman said that

NNPP would positively impact the lives of Nigerians when elected in 2023.

"We have a good candidate to fly the party flag and we will work hard to see that we win Plateau come 2023," he added. He commended the peaceful conduct of the Primaries, promised to continue with his good work if elected at the general election.

forth coming 2023 general elections has come and is almost gone as all political parties have held governorship primary elections.

It is in line with this that Hon Manji Gontori, the Restoration captain was on Saturday 4th returned as the YPP flag bearer for Plateau State Governorship election. Gontori was unanimously affirmed as the only candidate of the party in Plateau State by the delegates who came all over the 17 LGAs of the state.

The state special Congress was witnessed by the INEC, state security services, other security agencies and the press men.

It was a colourful event as supporters of Gontori could not hide their joy as they congratulate their Governor in waiting.



Gontori

SUNDAY POLITICS

Keffi Chairman admonishes people to be security conscious

From
**MOHAMMED ABDULLAHI,
Keffi**

THE Chairman of Keffi Local Government Council of Nasarawa State Hon. Muhammad Baba Shehu has tasked the people of the area to be security conscious by reporting any suspicious movement(s) of person(s) to the appropriate security agencies for prompt actions.

This according to him is to avert the occurrence of any breach of peace and security that are capable of causing unnecessary havoc to the law abiding and innocent members of the society in the area.

Speaking after the swearing-in ceremony of the re-instated councillor of Yara electoral ward in the area, Hon Ahmad Idris Damagani in his office recently, the Chairman stated that the call becomes highly imperative in view of the fact that security is everybody's business as such the need for all to join hands in securing the area, the state and the country as a whole.

Shehu who was recently kidnapped along the Akwanga - Keffi federal high way on his way back from an official function in Lafia the state capital and regained his freedom assured that his administration would continue to support all the security apparatus in the area with a view to make the area safe for law abiding and peace loving citizens as well as unsafe for criminals who terrorize the people.

He however expressed gratitude to security agencies in the area for their remarkable contributions towards ensuring peace and security in the area through their constant patrol and synergy a situation that has made it possible for the people to enjoy relative peace and go about their lawful means of livelihood unhindered.

On the issue of the re-instatement of the councillor of Yara Electoral Ward, the



Shehu

Chairman stated that the action was based on the determination of his administration to always be guided or operate within the context of the rule of law and strict abidance to the judicial pronouncements.

He contended that since it is only through the abidance of the rule of law, social justice, equity and fairness to all that peace and meaningful development would take place or prevail, his administration would continue to abide by such principles with a view to build a just and egalitarian society.

While advising the newly

Wadada withdraws his membership of APC

From
MOHAMMED ABDULLAHI, Keffi

Hon. Ahmed Wadada, a former House of Representatives member has formally resigned his membership of the All Progressive Congress (APC).

This was contained in a letter signed by Wadada and addressed to the APC Ward Chairman, Tudun Kofa Ward, Keffi Local Government Area of Nasarawa State a copy of which was made available to SUNDAY STANDARD in Keffi recently.

According to Wadada in the

admitted councillor to properly integrate with his colleagues in the legislative council especially that he is not a first former he assured him of all the necessary support and co-operations to enable him give his people the needed

admitted councillor to properly

admitted councillor to properly

A Senatorial Aspirant of the All Progressive Congress APC in Nasarawa West senatorial zone of Nasarawa State Barr. Labaran Shaibu Magaji has petitioned the

Magaji petitions APC appeal committee

From
MOHAMMED ABDULLAHI, Keffi

party's Appeal Committee to as a matter of urgency and justice cancel the just concluded senatorial primary election and declare him winner.

In a petition he filed before the said committee and made available to newsmen in Keffi

with registration number NW/KEF/06/01001 write to inform you of my decision to resign as a member of the All Progressive Congress (APC). The decision is borne out of the shameful display of illegality, impunity and undemocratic decisions of the party at the just concluded Nasarawa West Senatorial District primary after due consultations with my political associates and constituents.

Nigeria Standard reports that despite the withdrawal of Wadada as a protest over the alleged alterations to the delegates list, APC still went ahead to conduct the election for the remaining two aspirants, Arc. Shehu Tukur and Barr. Labaran Magaji, on Saturday, June 4th which Tukur won by 179 votes to Magaji's 114 votes.

After the election, Magaji also rejected the outcome of the election and petitioned the Chairman of APC Primary Election Appeal Committee over alleged widespread irregularities that marred the exercise.

"The two inconsistent delegates list for Nasarawa and Keffi Local Government are hereby annexed and marked as exhibit A1 and exhibit B2," he explained.

Magaji further explained that on the said date scheduled for the postponement of the APC primary election to select the senatorial candidate for the said zone specifically on the 4th June 2022 no clarification as to which of the two conflicting delegates list is to be used for the election, adding that upon commencement of the election exhibit A1 and exhibit B1 curiously surfaced while the people bearing the names of the said exhibits were on ground to vote in favour of his

confidence that the judiciary is there to fight injustice that would in turn guarantee peace and orderliness in the society gave me the courage to fight my case through the use of the instrumentality of the law and not through violence or violent any confrontations," he re-stated.

Damagani who expressed gratitude that at the end of the day the end has justified the means and would use the opportunity or mandate judiciously for the general good of his people by giving them a result - oriented representation in the legislative council of the local government.

"It is quite gratifying to note that the struggle has yielded the needed fruits as such the mandate given would be deployed towards the services of my people in return so as to make the effort a worthy one" he re-assured.

THE Former Speaker of the House of Representatives, Barrister Yakubu Dogara, has appealed to aspirants who lost at the just concluded APC Presidential Primary election to join hands with the winner of the primaries, Senator Ahmed Bola Tinubu and form a formidable force that will make the party victorious in the 2023 general elections.

Dogara stated this in a press statement issued to journalists in Bauchi by his media aide where he said the emergence of Tinubu as the presidential candidate of the APC is the beginning of good things to happen in Nigeria.

He urged all the aspirants to close ranks and form a formidable force ahead of the 2023 general elections, stressing that it is the surest way to victory for the APC.

Dogara appealed to all that contested with Tinubu not to see their inability to win as a failure but as a game where only one person will emerge winner as destined by God, stressing that it was just a family affair.

He expressed confidence that with Bola Tinubu as the party presidential flag bearer, victory is sure in the 2023 general elections because

Dogara canvasses support for APC presidential flag bearer

From **ABBAS SHEHU GUNGURA, Bauchi**

according to him, "Asiwaju has a very large political followership across the country, he is a bridge-builder"

"My Leader, His Excellency, Senator Bola Ahmed Tinubu, Asiwaju, the Jagaban Borgu, on this historic victory and emergence as the standard flag-bearer of our great political party, the APC, the PDP has no vacuum to occupy"

Dogara said. The former House of Representatives, Speaker is one of the frontline politicians in the country who supported and campaigned for the emergence of Asiwaju as the APC presidential candidate, and therefore assured that his party the APC will sweep all the political positions in the state from down to top.



Dogara

Magaji petitions APC appeal committee

the headquarters of the senatorial zone Barr. Magaji alleged that the election was conducted with some atrocities ranging from how a traditional ruler ordered APC chairman of Keffi LGA not to present a genuine list of delegates during election and how two inconsistent delegate lists were used during the said election.

"That ordinarily, as a party man who believes in sportsmanship, I shouldn't have been seen complaining but with the emerging facts touching on the credibility of the nomination process including a viral audio telephone conversation alleged to be between a traditional ruler and the chairman of All Progressive Congress (APC) Keffi Local Government Area, it's incumbent to bring this appeal in other to safeguard the integrity of our party the APC," he said.

He stated that for the purpose of justice and fairness, he drew the attention of the electoral committee during the stakeholders meeting on the eve of the election.

"The two inconsistent delegates list for Nasarawa and Keffi Local Government are hereby annexed and marked as exhibit A1 and exhibit B2," he explained.

Magaji further explained that on the said date scheduled for the postponement of the APC primary election to select the senatorial candidate for the said zone specifically on the 4th June 2022 no clarification as to which of the two conflicting delegates list is to be used for the election, adding that upon commencement of the election exhibit A1 and exhibit B1 curiously surfaced while the people bearing the names of the said exhibits were on ground to vote in favour of his

opponent Architect Shehu Tukur.

He further alleged that the said exhibit A1 and exhibit B1 suspected to be fake were used to conduct the said primaries after ignoring his protest and strong resistance having been assured of seeing the list before the exercise.

Magaji stated that at the end of the said election he pulled the total of 114 votes cast while Architect Shehu Tukur got 179 votes adding that if the total of 75 votes for exhibit A1 and 50 votes for exhibit B1 in contention for Nasarawa and Keffi Local Government Areas were deducted from the 179 scored by Architect Shehu Tukur in the said election his votes (Magaji) scored would be 54 while his votes would remain 114.

He therefore prayed that both the two separate purported delegates list for Nasarawa and Keffi LGAs being a product of illegality should be declared null and void with no effect whatsoever.

Magaji therefore called for the expungement of the illegal votes from the number of votes casted in favour of Architect Shehu Tukur having being a product of a process not known by extant rules, guidelines and rules governing the process of nominating delegates for the exercise.

"A declaration that I am the winner of the primary election for the selection of the senatorial candidate for Nasarawa West senatorial district held on the 4th June 2022 having satisfied the requirement of the law and pulled the highest number of votes cast in the election" he emphasized.

Meanwhile, the petition was copied to the APC National Chairman, the Governor of Nasarawa State and Independent National

Councillor affirms believe in the judiciary

From
MOHAMMED ABDULLAHI, Keffi

THE councillor representing Yara electoral ward in the Legislative Council of Keffi Local Government Area of Nasarawa State Hon Ahmed Idris Damagani has stated that his firm believe in the powers and abilities of the judiciary to fight injustice and guarantee peace in the society informed his decision to pursue his case in the judiciary and at the end of the day emerged victorious.

Speaking with newsmen after his re-instatement into the legislative council of the area by the chairman Hon Muhammad Baba Shehu, the councillor re-stated his confidence in the powers, and ability of the judiciary to always do the needful in the area of discharging its constitutional responsibility to Nigerians.

"My strong convictions and

The Councillor then assured that he holds no grudges or hatred to anyone and as a true Muslim and strong believer of the Almighty God he has forgiven all and put everything behind him and is ready to forge ahead for the betterment of all and sundry

"Based on what happened during my struggle I have put all that happened behind me and given my unquantifiable gratitude to the Almighty God for the success recorded by my struggle" he asserted

Damagani who was also full of praises to the Executive Governor of the state Engineer Abdullahi Sule, through the State's Attorney General and Commissioner for Justice, the Judiciary and Keffi Local Government's Council Chairman Hon. Muhammad Baba Shehu for ensuring that he is given his mandate, pledged to discharge whose duties dispassionately for the betterment of his constituents.

Damagani who was also full of praises to the Executive Governor of the state Engineer Abdullahi Sule, through the State's Attorney General and Commissioner for Justice, the Judiciary and Keffi Local Government's Council Chairman Hon. Muhammad Baba Shehu for ensuring that he is given his mandate, pledged to discharge whose duties dispassionately for the betterment of his constituents.



Wadada

SUNDAY POLITICS

INEC deadline and political party primaries

Nigeria's Independent National Electoral Commission (INEC) had as part of preparations for the 2023 general elections come up with a time table in which political parties were to conduct primaries into the various offices on or before the 3rd of June 2022 writes LUCY CHINDABA.

AS the date drew nearer, the electoral body, INEC cautioned political parties against exceeding the primaries deadline and urged them to stick to the 2023 elections timetable as it would not allow party primaries beyond the June 4th deadline.

According to the commission, the 18 registered political parties that would participate in the 2023 general elections have been given ample time to conduct their party's primaries ahead of the general elections, adding that INEC would not tolerate the late conduct of the primaries.

"Empowered by Section 29(1) of the Electoral Act, 2022 stipulating that every political party shall not later than 180 days to the general elections, submit to the commission the list of candidates the party proposes to sponsor at the elections, who must have emerged from valid primaries conducted by the political party.

"The commission had fixed April 4th to June 3rd, 2022 for political parties to conduct their primaries to democratically elect their standard-bearers for 2023 generation elections. Adding also that INEC is not ready to listen to any excuse that will be contrary to the Electoral Act.

In spite of this however, the commission had to make a u-turn and extended the earlier deadline by 6 days after a meeting of the 18 political parties under the auspices of the Inter Party Advisory Commission (IPAC).

It is in trying to meet up with the deadline that the People's Democratic Party (PDP) held its National Convention in which Alhaji Atiku Abubakar emerged as its flag bearer. This was closely followed by that of the All Progressive Congress (APC) which was held in Abuja from the 7-8th June where Asiwaju Ahmed Bola Tinubu emerged the presidential flag bearer for the party out of 23 initial aspirants after scoring 1,271 of the total votes cast. He was closely followed by former Minister of Transportation, Hon. Chibueke Rotimi Amaechi who polled 325 to clinch the second position and the Vice President Prof Yemi Osinbajo came third with 274 votes.

As a buildup to the convention, there were a lot of intrigues, agitations and the polity was super charged as all eyes were on the ruling All Progressive Congress (APC). As at the closing date for the sale and submission of forms by the party, a total of twenty three persons had bought, filled and submitted their form. As the day for the convention drew nearer, the presidential aspirants transversed the length and breath of the country all in a bid to woo delegates for the convention to their side. Somewhere along the line, the earlier convention date for the APC was shifted from the 3rd to the 7th of June, a move which sent doubts to the minds of many industry watchers who felt the party wasn't ready for the convention.

Aside from this, having just recently concluded the election of its National Working Committee in which the National Chairman of the party as well as majority of the executive council members came on board through consensus, the rumour mill was rife with the news of a consensus candidate being in the



Mahmood

offing. This was actually almost made a reality when news broke out that the party's National Chairman Senator Abdullahi Adamu had adopted the Senate President, Senator Ahmad Lawan, as the consensus candidate. This however did not go down well with key stakeholders in the party as well as the northern APC governors who immediately went to see President Muhammadu Buhari on the matter and the presidency issued a statement immediately to deny the allegation.

The social media was also rife and agog with stories of the report of the screening committee of the party which had the rumour mill saying the committee was able to clear only thirteen out of the twenty three presidential aspirants and actually had a purported list of the cleared aspirants. It did not stop there. Before the commencement of convention another of aspirants was also rumoured to have been trimmed down to five and within a short time it came down to two names. These were only a build up to the convention itself which is almost normal with an event of that magnitude.

Well, the convention has come and gone and a flag bearer for the party has emerged as seven of the twenty three presidential aspirants stepped down and gave their support to Tinubu who eventually emerged. His emergence however did not come as a surprise to many as he is said to be an astute politician who has paid his dues by building his political structure and his put foot soldiers on ground and worked towards being the president since 1999 when democracy took off in Nigeria.

Although the conventions for the various political parties have come and gone, there are a lot of issues that need to be addressed. A very important point to note is that the truth remains that just like the PDP, the APC Convention was highly monetised and some delegates were

said to be displaying their largess openly. The INEC whose responsibility it is to check the excesses of political parties in Nigeria needs to be up and doing to call them to order.

Also in trying to meet up with the commission's deadline, other political parties had to hold their conventions in order to come up with the list of their respective flag bearers. For instance, the Young Progressives Party (YPP), New Nigeria People's Party (NNPP), African Democratic Party (ADP), Labour Party (LP), among others all held their national conventions to elect their flag bearers.

The African Democratic Party (ADP) which held its convention in Abeokuta, the capital of Ogun State saw Mr. Dumebi Kachikwu emerging as its flag bearer when he polled 977 votes to beat his opponent, Mr. Kingsley Moghalu who finished second with 589 votes. Similarly, Mr. Malik Ado-Ibrahim emerged the Young Progressives Party (YPP) flag bearer after beating his closest rival Ruby Isaac-Chinenye at the party's presidential primaries held in Abuja. He polled a total of 66 votes to beat Chinenye who got 4 votes.

The New Nigeria People's Party (NNPP) led by Dr Boniface Aniebonam pioneer National Chairman and founder of the party had in a press conference in Lagos, ahead of its national convention to be held in Abuja, announced Senator Rabiu Kwankwaso, a former Governor of Kano State as its sole presidential candidate. That he was just going to be affirmed at the convention.

The Labour Party (LP) on its part endorsed Peter Obi as its standard flag bearer after its national convention which was held in Asaba Delta State on the 30th of May, 2022. Although news broke out of a factional presidential candidate of the party, Mr. Jude Ezenwafor, the Nigeria Labour Congress (NLC) has



Adamu



Ayu

issued a statement to the effect that the party only recognizes Peter Obi as its flag bearer and this has also been affirmed by the Independent National Commission (INEC).

By and large, the conventions have come and gone but it can be seen that even though the deadline has been exceeded, the political parties have submitted names of flag bearers but are yet to submit the names of their running mates which was part of guidelines given by INEC to the parties.

The worrisome part however, is the fact that virtually all the women that contested for the presidential ticket across all the parties did not get their party's ticket and their performance

was abysmal. Can Nigeria therefore be said to be ready for a female president?

As Nigerians look forward to the 2023 general elections, it is hoped that political parties will go about their electioneering campaigns and conduct themselves in a manner that at the end we will have a free, fair, peaceful general elections devoid of the violence that was experienced in the past.

Nigerians are also urged to play their part and be patriotic by obtaining their voters card which is the only instrument they can use to exercise their franchise as good citizens of the country and vote in candidates of their choice.

SUNDAY PEOPLE

PLA -POLY JOINT CONVOCATION CEREMONY

Plateau State Polytechnic joint convocation took place last week at the Plateau Polytechnic, Heipang, Barkin Ladi LGA



Plateau State Governor, Rt. Hon. Simon Bako Lalong, delivering his speech



A cross section of graduands at the graduation ceremony



L - R: Governor Lalong, Chairman of the Governing Council, Mr. James Bakfur and Governor Abdullahi Sule of Nasarawa State



Deputy Governor, Prof. Sonni Gwanle Tyoden (right) flanked by Speaker, PLHA, Rt. Hon. Yakubu Sanda and others



Visitor to the Polytechnic, Barr. Simon Bako Lalong, leading others to the project commissioning



Governor Lalong (right) cutting the tape to officially commission the project



Nasarawa State Governor, Engr. Abdullahi Sule (right) presenting award to one of the best graduands



Governor Abdullahi Sule of Nasarawa State (right) receiving an award of excellence from Governor Lalong

PHOTOS: OFFICE OF THE DIRECTORATE OF PRESS AFFAIRS, GOVERNMENT HOUSE RAYFIELD, JOS

WE all know that Government in Nigeria is made up of three distinct branches which are the legislative, executive and judiciary, with the Constitution of the Federal Republic of Nigeria providing a separation and balance of powers among these three. Legislators are elected to either the Senate, House of Representatives or state House of Assembly to be representatives of their various constituencies with the mandate of passing legislations that would be beneficial to the country. The President on the other hand, is elected head with powers vested on him as the executive.

With the coming of democracy in 1999 heralding the fourth republic, many envisaged a Nigeria that would be free from corruption, oppression, human rights abuses, poverty, hunger, injustice, nepotism, ethnicity etc. But after two decades, the country has suffered several setbacks to becoming a fully democratic nation. The leadership and political elites are said to have amassed for themselves more power and wealth than the average citizens, and as a result of this, exposed the nation to a great deal of misfortune in the general life.

According to a Freedom House report, the last presidential, gubernatorial and all other elections were marred by violence, intimidations, open rigging and vote buying, which has become synonymous with elections in the country. Similarly, in the most recent legislative elections, citizens claimed that the process was also characterised by intimidation and other inconsistencies. The electoral process and related laws are supposed to be enacted in a fair manner, but there have been instances of intentionally complicating voting.

The legislators, who are members of the National Assembly, comprising the Senate and House of Representatives, and members of the thirty six state Houses of Assembly are elected to make laws which will guide in the formulation of policies that will help in making lives more meaningful to the people. The legislature is mandated by the constitution to do so, but in recent years, their ability to legislate has been tainted by corruption which is now a major problem of Nigeria right from the military era.

Also within this period, there have been reservations about the style, form and essence of the nation's democratic system. As is obvious, the country has witnessed an increase in violence in its many forms, including a deepening human insecurity with little or nonexistent protection for the most vulnerable in the society, as well as a widening poverty gap between the masses and the elites. From every indication, our journey to true democratic governance still remains a mirage. And as much as the people's voices are becoming louder in calling out the odds, it looks like those who are supposed to be listening, are actually not listening.

One common way to be sure of this, is to weigh government's

responses to certain issues. From the need for transparency and public accountability to addressing the growing security challenges, the responses are the same. A lot of government processes are still shrouded in secrecy. For instance, in as much as our elected officials agree that they are representing the will of their constituencies, why are some of them averse to the idea of returning to the people to give account of their stewardship and how the people's resources are spent? Even with the progress



Democracy: Is Nigeria on the right path?



Buhari



Lawan



Gbajabiamila

made by the FoI Bill, it still remains an uphill task to demand information or accountability on certain things.

Equally, one should also be concerned about Nigeria's commitment to uphold the Warsaw Declarations of 2000. Over a hundred countries are currently signatories to the Warsaw Declaration, including Nigeria. It is now over twenty years of uninterrupted democracy and also over twenty years of her commitment to the democratic principles of the declaration. There is the need to reflect on the outcome of the nation's democracy so as to truly evaluate her commitment to the Warsaw Declaration which is indeed pertinent at this time of our journey as a nation.

Let's first and foremost, understand what the Warsaw Declaration is all about. The declaration is made up of nineteen basic democratic principles which include a free and fair elections, an equal access to public service, equal protection of the law, freedom of opinion and expression, freedom of thought, conscience and religion, equal access to education, the right of the press to collect, report and disseminate information, news and opinions, respect for private family life. Others are the freedom of peaceful assembly and association, the right of minorities or disadvantaged groups to equal protection of the law.

It also includes the right of every person to be free from arbitrary arrest or detention, rights enforced by a competent, independent and impartial judiciary, an obligation of elected leaders to uphold the law, the right of those duly elected to form a government, the obligation of an elected government to refrain

from extra-constitutional actions. There are also, the principles which state that government institutions should be transparent, participatory, and fully accountable. That the legislature is duly elected, transparent and accountable, that there is democratic control over the military and last but not the least, that all human rights, that is civil, cultural, economic, political and social be promoted and protected.

You will agree that these principles are also embedded in the country's constitution. However, the question is what step has Nigeria taken as a democratic nation to ensure it works towards achieving these principles? Clearly, we are still far off. We must applaud the Ninth National Assembly for taking the bull by the horn in coming up with steps towards the alteration of certain aspects of the 1999 constitution. Essentially too, these nineteen principles are hinged upon the three broad themes of peace, development and human rights. Interestingly also, the declaration emphasizes on the interdependence between these three themes and democracy, acknowledging the fact that effective democracy can only be achieved in conformity with the mentioned broad themes.

Having said that, it is certain that we cannot talk about peace without security. Peace can only be guaranteed in any society when the lives of citizens are secured. Without mincing words, the security situation in the country has gotten out of control with so many lives lost on a daily basis. This development, recently led to our legislators at the National Assembly calling on the President to declare a state of emergency on insecurity. Interestingly, it is one of the

resolutions adopted by both chambers after extensively deliberating on the spate of killings across the country. Also, a national security summit to that effect organized by the House of Representatives kicked off last Wednesday which if taken seriously and the outcome gets a nod by the President will go a long way in solving our security issues.

It was very sad and emotional for most people on the Plateau last Tuesday as they woke up to the news of yet another attack. I particularly listened with sadness to one of our legislator from Plateau, Hon. Dachung Musa Bagos, who himself was visibly emotional as he spoke on the recent killings which occurred in some parts of Jos North and Riyom Local Government Areas. Speaking on a Channels Television programme Sunrise Daily, the lawmaker blamed the rising spate of killings on what he called lack of justice in the Nigerian system. According to the member who represents Jos South/Jos East constituency at the National Assembly, failure to bring perpetrators to justice has emboldened them to continue in this heinous crimes against humanity. This assertion is just an undisputed fact as far as many are concerned. Listening to him, I realised that no person or persons have either been arrested or persecuted, especially regarding the killings in Plateau State.

Consequently, if government must tackle this issue of insecurity and killings by either bandits, Boko Haram, herdsmen or whosoever that is responsible, there must be a deliberate effort in arresting and prosecuting those involved. It beats one's imagination that most times perpetrators of these heinous crimes are referred to as

'unknown gunmen'. We all know that they are not unknown because on several occasions they have been identified by the communities they attack as fulani herdsmen. Why is the government shying away from arresting these set of people? Why are some of the killings shrouded in secrecy and the perpetrators protected? Is there something going on that we do not know about?

Today, in the face of challenging security and leadership ills undermining our democracy, Nigeria has continued to deepen the gulf in being one of the world's poorest countries. The basic means of livelihood for most people is far from being attained, just as the economy is steadily going from worse to worst. The county's debt profile has also continued to rise due to constant external borrowings by the President. Since the inception of this administration in 1995, it has borrowed more loans than previous governments put together. The sad thing is that there is no improvement in the country and citizens' standard of living. The National Assembly has categorically been blamed for always giving their approvals to the many loan requests.

Lastly, there is no doubt that the human rights of citizens as enshrined in the United Nations Declaration of Human Rights and as further emphasized in the Warsaw Declaration are fundamental to a functional democratic governance that will ensure sustainable democratic development. It is imperative to state that despite over two decades of democratic governance, impunity still pervades all levels of government as its agencies are consistent with the culture of disregard for the fundamental rights of the people.

We have had several cases of citizens being detained unjustly, harassed, tortured and killed while on detention by security agencies, especially the police. Thankfully, there is still hope as our lawmakers have stepped in to see that such occurrences are forestalled. Thus the setting up of an act to repeal the Police Service Commission sponsored by the legislator from Plateau State, Hon. Yusuf Adamu Gagdi. This could not have come at a better time. According to analysts, the bill which primarily seeks to reform the Nigeria Police Force if passed into law would checkmate and possibly, put an end to the many ills bedeviling the police force.

SUNDAY MAGAZINE



Babangida



Abiola



Tofa

June 12 and Nigeria's democracy

JUNE 12 has become very significant in the Political annals of Nigeria in an election widely acclaimed as free, fair and transparent. The military regime of the self-styled President Ibrahim Badamasi Babangida, popularly known as IBB, recklessly thwarted the wishes and voices of the people by annulling the election. VICTOR ALI writes.

THE importance of which Abiola was the standard bearer of the elections. Needless to say, the entire election was the longest, tortuous and expensive transition programme in Nigeria. In spite of the enormous resources expended, the exercise came to naught. That singular diabolic act of the military almost led to another fratricidal war, reminiscent of the 1967-1970 civil war. There is no denying the fact that tension, threat and altercations enveloped the country. Yet, the resilience of Nigerians pervaded. At the end of it all, the

maradona" as he famously wanted to be identified had to scamper for safety, by "stepping aside".

In as much as it was a democratic mishap, on this day, a lot of heroes and heroines need to be remembered. Chief amongst them is the main man himself- MKO Abiola. After claiming his mandate at the famous Otedo declaration, the military goons went after him. He was incarcerated and eventually died "Mysteriously". The rest, like the saying goes, is now history.

The unfortunate annulment of the June 12, 1993 presidential election led to the reawakening of Nigerian's consciousness. It gave birth to Pro-democracy movement and activism. NADECO readily comes to mind. Against all harassments

and intimidation, they defied all odds to fiercely battle dictatorship. In the cause of this, some lost their lives—Alfred Rewani, Kudirat Abiola amongst so many others were clear examples.

Despite the misdemeanor of the military high command then, there was a crop of gentlemen officers who valued their honour and patriotism to the nation. Colonel Abubakar Dangiwa Umar (rtd) and his likes did protested against the in justice meted on Nigerians. Though this did not change the tide of things, it did register on the psyche of the people.

Having stepped aside, Babangida still had something up his sleeves. The late Ernest Shonekan was to be drafted into the political vortex as Head of the Interim National

Continued on page 31

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Plateau State Internal Revenue Service

Goodwill Message

The Executive Chairman Plateau State Internal Revenue Service, **Mr. Dashe Arlat Dasogot**, Board members, Management and the entire Staff of the Service, felicitate with the President and Commander-in-Chief of the Federal of Republic Nigeria, **President Muhammadu Buhari GCFR**, the Vice President, **Prof. Yemi Osinbajo GCON**, our indefatigable leader, the Rescue Governor of Plateau State and Chairman Northern Governor's Forum, **Rt. Hon. Dr. Simon Bako Lalong KSGG**, his Deputy, **Prof. Sonni Gwanle Tyoden**, the Speaker Plateau State House of Assembly, **Rt. Hon. Yakubu Sanda**, the Chief Judge, Plateau State Justice, **David Mann** and indeed all Nigerians on the occasion marking the Democracy Day celebration of our dear Nation.

The Service is elated with the notable transformational achievements of the Federal, State, and the Local Governments, especially that of our leader the Rescue Governor of Plateau state and Chairman Revenue Council. Sir your effort at providing the socio-economic needs of the people in every facet is highly commendable and deeply appreciated by all Plateau people. We at the Revenue Service wish to put on record your untiring efforts to ensure that we uplift the Revenue profile of the state to enviable heights. We assure you of our support and unwavering commitment towards the actualization of the Economic rebirth and sustainable development of Plateau which is one of the cardinal thrust of your administration.

The peaceful conduct of primary elections across political parties and peaceful coexistence amongst ethnic and religious bodies are notable achievements of your governance.

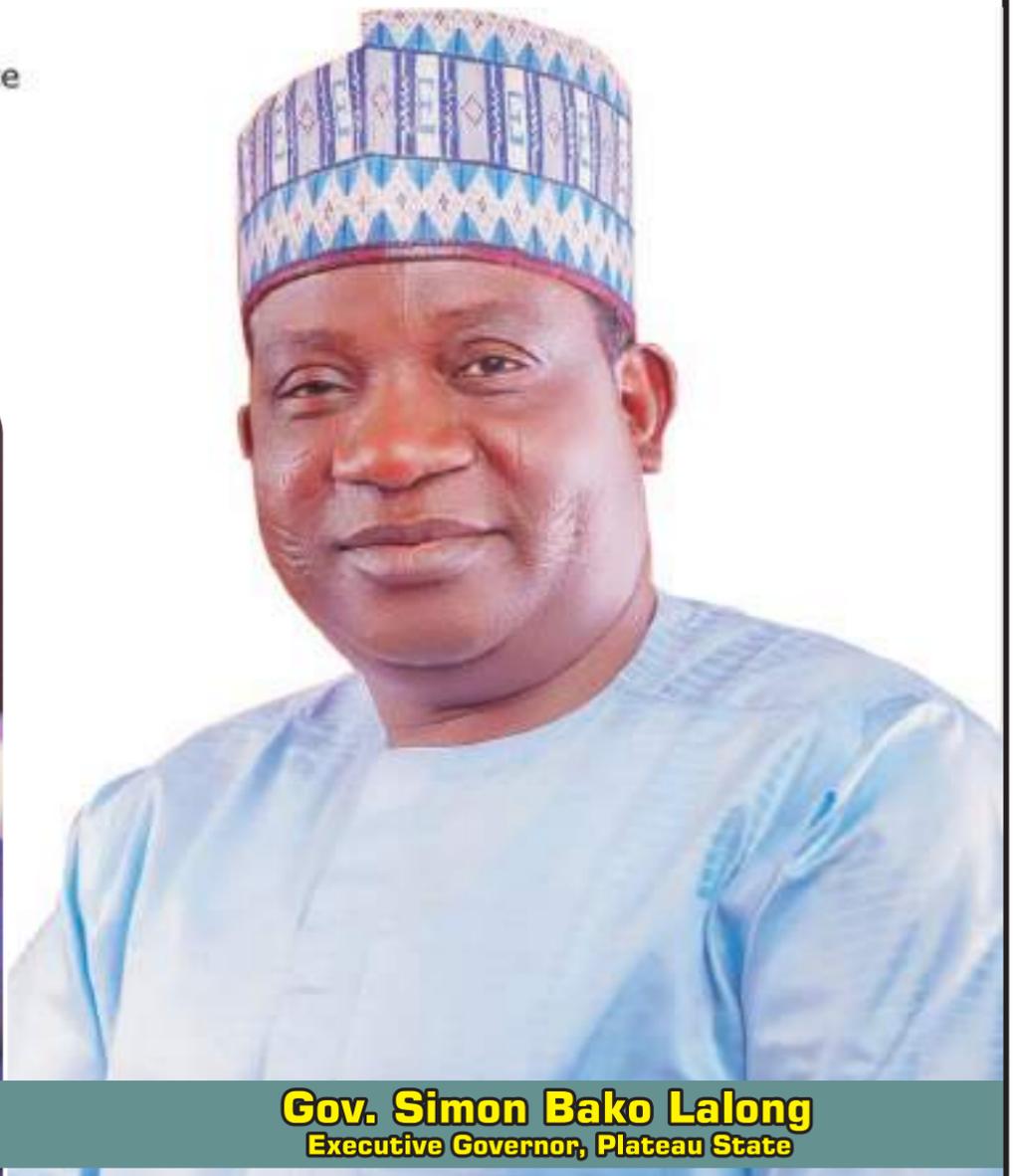
As we celebrate Democracy Day, may the patriotic determination and resilience exhibited by our heroes' past permeate our minds and propel us towards the attainment of permanent peace and progress.

Long Live Nigeria
Long Live Plateau State
Long Live Plateau State Internal Revenue Service

Dashe Arlat Dasogot Fcti, Fcna
Executive Chairman, PSIRS



Dashe Arlat Dasogot Fcti, Fcna
Executive Chairman, PSIRS



Gov. Simon Bako Lalong
Executive Governor, Plateau State

SUNDAY FEATURE

Nigeria, its bleeding democracy

Hemorrhage, in the medical parlance simply means an escape flow of blood from a ruptured blood vessel. It could be in form of stroke, nose bleeding, metrorrhagia or blood extravasation etc. Such could be associated with harm, hurt, injury or trauma. Perhaps such definition best describes our state of democracy in Nigeria today. KENNETH DARENG, writes.

AS the nation commemorates Democracy Day which used to be known as; "June 12," It is apt and auspicious to point to the fact that the journey to where we are today signifies that the nation is indeed in a state of trauma because the vessel which holds Nigeria democracy is already ruptured and requires a surgical operation.

Although the struggle for democratic rule was anchored on the foundation of peace, equity and fairness by the Founding Fathers of the nation right from the 1st, 2nd and leading to the present 3rd republic, the nation's democratic culture has been epileptic and suffered so many convulsions from many years of military interventions that has continued to play dominant roles in the life of the present political class either positively or otherwise.

The heroic roles played by the likes of Sir Abubakar Tafawa Balewa, Dr Nnamdi Azikiwe, Sir Ahmadu Bello, Chief Obafemi Awolowo and many others, showed a clear collective determination to work with total sacrifice and commitment for the overall interest and progress of the country despite the fact that the country was administered through a regional system that tried to bring about development, unity and social integration of the people in the spirit of one Nigeria which unfortunately upon their exit the political terrain became a different ball game.

The return to the 2nd republic with now a different ideologue, politicians like Alhaji Waziri Ibrahim, Mallam Aminu Kano, Alhaji Shehu Shagari, Chief Obafemi Awolowo, Dr Nnamdi Azikiwe who formed different political platforms that later saw the emergence of 5 dominant political parties such as the Great Nigeria Peoples Party [GNPP] led by Waziri Ibrahim, Peoples Redemption Party [PRP] of Mallam Aminu Kano, National Party of Nigeria [NPN] with Shagari as its Presidential candidate while the flag bearer of Unity Party of Nigeria [UPN], was Chief Awolowo and the Nigerian Peoples Party [NPP], had Dr Azikiwe as its presidential candidate.

The fusion of the old and new breed politicians at that time changed the dynamics of democracy especially shortly after the 1979 general elections which brought in the NPN administration that was characterized by wide spread corruption and shortages of food and other consumables and the general outcry ushered in a military coup of 1993 headed by General Muhammadu Buhari.

The return to democratic rule in 1999, was as a result of a prolonged civil disobedience and protests by Civil Society groups and politicians civil which forced the military to midwife the present political dispensation but not without a cost. It was the quest for the actualization of the mandate for the presumed winner of the 2003 Presidential Election, Chief Moshood Abiola that emboldened the people against those that annulled the June 12 General Elections. It was during that period of the struggle that many Nigerians were clamped into detention including Abiola himself and a few others,



Mamood

while some had to go on forced exile abroad. Abiola paid the supreme price with his wife Kudirat, both died while championing the call for democratic rule.

However, the general consensus among many Nigerians was that the worst civilian administration was by far better than a military dictatorship. It still remains the common view that only in a democratic setting that an egalitarian society can evolve while its beauty lays in the fact that it creates the opportunity for freedom of expression as it guarantees the rights of its citizens to elect their own leaders through the framework of the constitution of the Federal Republic of Nigeria, at the same time create avenues for administrative checks and balances.

Perhaps, this was the very reason why the architects of pro-democracy had envisioned. They most have had a picture of what a modern and developed Nigeria should be. Sadly, these dreams of our past heroes have been wiped away by the present crop of politicians whereby common democratic norms and principles still remain on paper. The usual song for justice, fairness and equity has given way to lack of internal democracy by the political parties while the political actors themselves seem to have alienated themselves from the masses.

Our politicians are by the day becoming incest with power and the spoils of office while hybrid corruption, impunity, tribal and religious politics is the new order of the day that appear to polarize the Nigerian State and brotherhood. Unfortunately too, our politicians have not proven their readiness to make this country move on like other developing countries of the world. It is a situation where the country bleeds from maladministration, severe hunger and disease which is being unleashed on the



Abiola

citizens by the so called leadership under the guise of democratic rule. We are indeed celebrating our laxity, lack of patriotism, insincerity and lack of necessary strong institutions that can propel development. Rather, we are in a period where nothing works.

Funny enough, those who are the beneficiaries of the struggle have either forgotten or are pretending not to know what their responsibilities are. The very people entrusted with leadership have rather betrayed every trust by their lack of principles, capacity and willingness to confront challenges that are supposed to

enhance the well being of the people. Rather, Nigeria under a democratic system is bleeding with the hurt, pain and trauma of terrorism, kidnapping, banditry and other social vices. One may even imagine how those who fought for democracy then would be feeling at this moment as those dead heroes must be turning in their graves seeing how the country is bleeding with excruciating pain and must be asking; Is this what we



Kudirat

fought and died for?

Today, let us remember the sacrifices of the heroes of our democracy who made impact in unifying the country and provided the basic foundation for free education, decent housing and also made legacies in the health care system, as well as in the agricultural sector and other infrastructural development. We must on this day draw good lessons from their works and passion for good leadership for our democracy to thrive.

SUNDAY FEATURE

Tinubu, Atiku: Searching for possible running mates

With both the All Progressive Peoples Congress, (APC) and the Peoples Democratic Party, (PDP) primaries over, the next challenge for the two major political parties in Nigeria is to shop for an acceptable running mate ahead of the 2023 general elections. It is no longer news that the Tinubu camp including state governors of the party have scheduled a meeting aimed at fishing for a credible running mate for the party. Likewise, the main opposition party, the PDP has also called for a similar meeting anticipated to get the best for the party. Writes BULUS GAMBO.

IN the spirit of sportsmanship however, some of the aspirants who contested for the APC presidential ticket have already congratulated Tinubu for emerging victorious. The aspirants of the PDP had earlier done same after the emergence of Atiku Abubakar as their presidential candidate. For now, both the ruling party and the major opposition party are seemingly neck-deep into re-strategizing to ensure that the best running mate is gotten as any mistake can puncture their anticipations of winning the polls. It has also become obvious that both parties are fielding Muslim candidates as their flag-bearers but with APC respecting the rotational arrangements while PDP sticking to its contemporary consensus of jettisoning this earlier gentleman's arrangements. No doubt, 2023 general elections will be one of its kind in most recent years. As such, many who are disappointed by the outcome of the party primaries are urging Nigerians to dump both the two major political parties for good. Others have even gone ahead to suggest the name of Labour Party's candidate, Peter Obi as the most reliable and innovative. Their hopes may have been dashed across the wall following the most recent polarization of the party due to internal wrangling.

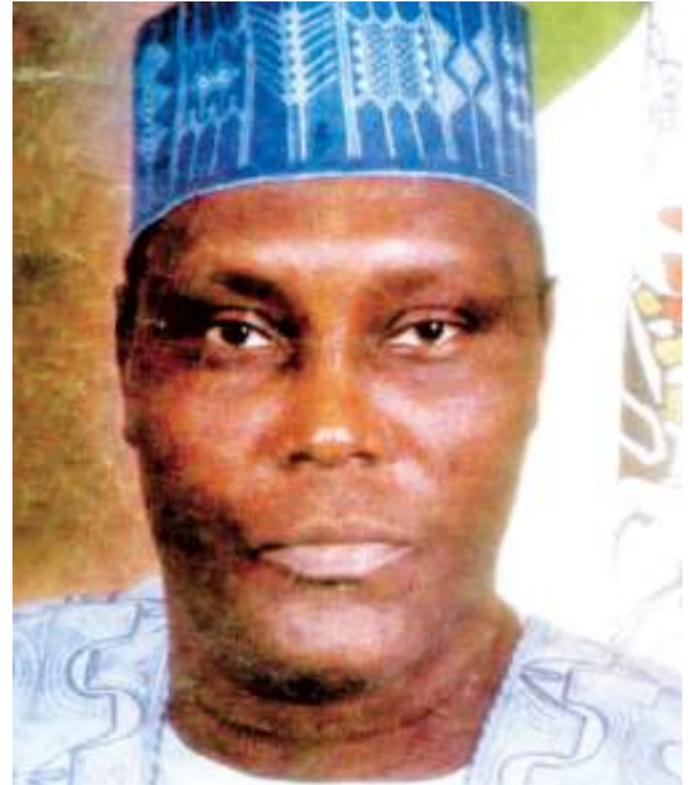
If the truth must be told, any move to dump any of the two major political parties may not achieve the desired result. Either way, these divided votes will only edge out one of the major political parties for the other and nothing else. Handsomely, I don't equally think that the Igbo prepared themselves well to getting the presidential ticket in the first instance. Honestly, though this may be a discourse for another day; no one can win any presidential ticket in this country without parting away with substantial amount of monetary resources. And this is what the Igbo contenders in most recent times are unwilling to do.

For the ruling party however, it has a lot to prove by ensuring that Tinubu's running mate can serve as a bridge builder and also reconcile party members who may have been hurt during their party primaries. Surely, in the aftermath of every political event as such; history has proven that some party faithful are always aggrieved due to one maneuvering or the other.

If the Tinubu camp intends to go further than the primaries, some logical mechanism must be employed to embrace some of its party members. As such, the runners up in the APC primary, Rotimi Amaechi should be his best bet. If this is so, to ensure genuine reconciliation, any possible olive branch which would be offered to him would be an opportunity for him to nominate Tinubu's running mate. If given such an opportunity, Amaechi could nominate the incumbent Governor of Plateau State, his ally. For sure, Lalong has all the credentials required for the job knowing his role in ensuring that power shifted from the northern region to the south. Lalong was also able to convinced some of his northern colleagues to see reason in zoning the party's candidature to the south which led to the emergence of Tinubu. But again, for the fact that Lalong has led the Northern Governors Forum till date with great success this far, it is obvious that such antecedents would be a plus for him as far as the issue of a possible nomination and endorsement for the post is concern. Although pockets of Plateau people saw Governor Lalong's acceptance to serve as the chairman of the Northern Governors Forum as a systematic betrayal of the philosophy of the tenet of the minorities of the Middle Belt, his stay in the forum has catapulted him into national



Tinubu



Atiku

politicking in the country. Thus, like him or hate him, Lalong is emerging as a forceful leader in the Middle Belt with great prospects in the near future if he plays his cards well. Either way, Governor Lalong will definitely be a force to be reckoned with both during and after the general elections should his party win this presidential polls.

Another personality whose résumé is quite intimidating for this purpose is the present Secretary to the Government of the Federation, Boss Gidado Mustapha. Mustapha who was the Managing Director of the Nigeria Inland Waterways Authority is a successful businessmen and a boardroom guru with considerable repute. The only issue against Mustapha's candidature could be whether he would be comfortably accepted by the Christian community in the northern region of the country.

Should the powers that be in the APC insist on a Muslim-Muslim ticket however, another viable option would be the Governor of Borno State, Prof. Babagana Umara Zulum considering his splendid and intimidating profile. Analyzing his performance in the first tenure of his administration in Borno, Prof. Zulum has done the unimaginable as the Governor of his state. The name Zulum today depicts excellent and sincere commitment as far as his credentials are concerned. The only hurdle for Zulum may however come from the proponents of a Muslim-Muslim ticket particularly within the core northern oligarchy. This is because; some of them may not see Zulum as core acceptable Muslim being a Kanuri man. They may desire for nomination, anyone within the confines of the caliphate as a reflection of their religious ideas. For this class of people, even the presidential candidate may be regarded as but a "second class Muslim" far below that which they expected.

Therefore, in their thought, Mohammed Badaru Abubakar, the present Governor of Jigawa State would be a much better option.

This is however not to throw away some other persons in the likes of the former Speaker of the House of Representatives, Rt. Hon. Yakubu Dogara and Prof. Dakas Clement Dakas (SAN) considering their respective pedigree and sacrifice for the party. Indeed, Rt. Hon. Dogara though a

minority from the southern part of Bauchi did his best when he held sway at the National Assembly. What will however stand on his way is the fact that his home state is dominated by the opposition party and he may not have the numerical strength to prove his worth when the chips are down. For Prof Dakas, after serving as a member of the APC Constitution Amendment Committee and the Secretary of the party's House of Representatives Screening Committee, the party is obviously aware of his intellectual capacity. As an accomplished academician of extreme credibility and intellectual pedigree, Prof Dakas has conquered the hearts of many through his contributions to educational growth and his party's pragmatic sustainability. A first-class graduate of Law from the University of Jos, who rose through the ranks to become the Dean of Law in the Faculty of Law in the same institution of learning and also had the opportunity to work in leadership role at the Nigeria Institute of Advance Legal Studies, Abuja, where he also proved his worth both in the academic and political arena in the country. It is also obvious that in his character, Dakas does not believe in lobbying to get any deserving position. This character of his many say has made him so outstanding while a few others think in a country like Nigeria, lack of lobbying maybe one's undoing on the political landscape. No matter what happens at the end of the day however, these two individuals will also continue to be relevant should APC retain the presidential office after the elections of 2023.

For the PDP, any move to unseat the ruling party will definitely depend on the quality of the running mate Atiku Abubakar and his party will pick. As yours sincerely write, many political pundits have suggested the name of the Rivers State Governor, Nyesom Wike as a credible option for the party. Indeed, for the fact that Wike came second on the list during the party primaries and coupled with his tremendous achievements in his state, his scorecard speaks volume of this results.

The 59-year-old lawyer was a former Chief of Staff to Rotimi Amaechi before both went their separate ways after irreconcilable

differences. He was also a Minister of State Education during President Goodluck Jonathan's era and has remained relevant ever since. Presently, many consider Wike a noise maker and a thug, but he has definitely proved his worth in recent times as a performer too. But the question begging for answers is; what kind of a pair would Governor Wike and Atiku be should both occupy Aso Rock after PDP wins the Presidential polls in 2023? Would both of them blend well in the interest of the citizenry and integration of the nation?

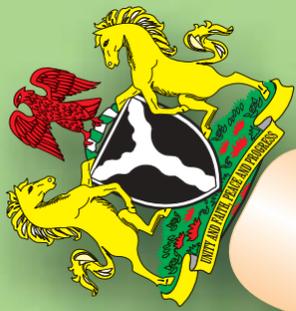
Also on the list of Atiku's running mate presently scrutinized is former Senate President, Anyim Pius Ayim who hails from Ishiagu in Ebonyi State, south south Nigeria. Anyim, a onetime Secretary to the Government of the Federation became a Senator between 1999 and 2000 and was eventually elected as the Senate President till 2003. Anyim is also vast in administration with outstanding record as a great mobilize of particularly his kinsmen and others in diaspora.

Another possible option is Ifeanyi Okowa, the present Governor of Delta State. Okowa was a Senator representing Delta North in the National Assembly from 2021. The 61-year-old Medical Doctor is from the Igbo speaking area of Delta State and Ika North East in particular.

Still Atiku has further options in Emeka Iheodiora, former Deputy Speaker of the House of Representatives and or Udom Emmanuel, the current Governor of Akwa Ibom State who was one of the Presidential aspirants of the PDP during its party primaries. Looking at this unending list of great personalities, Atiku has quite great a number of people to pick from to enable him achieve his main objective for his party.

From the look of things however, the South West is far away from Atiku's reach as far as getting any influential running mate is concern. Obviously, picking any of his running mate from this region would be a heavy political miscalculation and suicidal.

To say the least, Atiku can also go for a Muslim-Muslim ticket if his camp decides so and of course, why not? But for now, however, there is no strong indication that a Muslim-Muslim ticket is becoming more obvious in the PDP.



DEMOCRACY DAY

Goodwill Message

from

Plateau State House of Assembly



Rt. Hon. Yakubu Yackson Sanda
Speaker Plateau State House Of Assembly

Rt. Hon. Yakubu Yackson Sanda on behalf of Members, Management and Staff of the Plateau State House of Assembly congratulates the President and Commander-in-Chief of the Armed Forces of the Federal Republic of Nigeria, **His Excellency, Muhammadu Buhari (GCFR)**, the Executive Governor of Plateau State, **His Excellency, Rt. Hon. Barr. Simon Bako Lalong** and all Nigerians on the occasion of this year's Democracy Day.
Long Live Nigeria!
Long Live Plateau State!!

Signed:
Rt. Hon. Yakubu Yackson Sanda,
Speaker Plateau State House of
Assembly (PLHA).

SUNDAY FEATURE

Gagdi: The good in a man works for him

Rt Hon Yusuf Adamu Gagdi, represents the Pankshin/Kanke/Kanam in the House of Representatives. Those who do not know his antecedence are quick to point accusing fingers at him. Recently, he went through a baptism of fire on his quest to return to the 10th National Assembly come 2023. KATDAPBA Y GOBUM takes a look at his interventions in various areas in the lives of his constituents, and what it means for the people.

IN the build up to the primaries of All Progressives Party, if there was one politician who received the bashing of his life, it was Hon Yusuf Adamu Gagdi. There are more reasons to it than for the bashing, however, if anything, it was his commitment to the cause that befuddled those who had joined the fray to cast aspersion on him.

It was time to move on with what he had started for the federal constituency. Indeed, for him according to sources, he had instructed anyone supporting his cause not fight back in uncomplimentary manner, but to show reasons why he deserved to be returned to the 10th National Assembly.

In the build-up, a number of issues came to the fore. The major take away was not lost: If a representative performed creditably for his constituency, when his/her tenure is ended, there should be need for such a person to re-contest, so that the constituency as well as the legislative business does not suffer a dearth of experienced lawmakers.

Those who have followed the legislative activities and performance of Rt Hon Yusuf Adamu Gagdi over the years had long concluded that he has performed creditably to be reconsidered for another term.

Truth is that, yours sincerely does not begrudge those who joined the fray to contest the same position with him on the same platform or of others. After all, in politics, the contender does not decide for the people, they are responsible for the election of who to represent them. What took place on May 27, 2022 in Pankshin was a confirmation of the will of the people.

It was the animosity and aspersion cast that turned out to be worrisome for the politics. Societies don't develop when their leaders are not appreciated; rather, they do not develop to the point of being appreciated.

After the primaries, several comments were made on account of the development. I found the comments by Ritji Gonet Nendirnu very instructive. He had written thus: The people have spoken. The delegates delivered on their promises by ensuring that Rt Hon Yusuf Adamu Gagdi is returned as the candidate for Pankshin/Kanke/Kanam.

A build up to the primaries almost became a political field of casting aspersions, vilification of his person which was displayed in the most absurd manner ever been witnessed in the federal constituency.

That Rt Hon Yusuf Gagdi trudged on without stopping to listen to every aspersion cast says a lot about his character and how politics should be played, if we must succeed in the vocation.

Recall that, in less than one month, Rt Hon Gagdi had returned to his constituents in more ways than one to hear from them. During the visit, they reassured him of keeping to their side of the bargain, when it was time to pay back.



Gagdi

Apart from turning the constituency into a construction site of some sort, boreholes, schools, palaces and roads, party leaders of various categories received gifts of cars and motorcycles.

The multiplier effects of the above can only be imagined. The party members did not ask for those gifts. Rt Hon Yusuf would always identify with the peculiar needs of his constituents.

Over the years, it has been repeatedly done. Therefore, it was not a one off occurrence. He sincerely did all to improve their living conditions by empowering them to have a future worthy of the sacrifice.

Over the years, his overall performance and capacity buoyed by a competence has made many marvel at the level of his service to Pankshin/Kanke/Kanam.

Despite all of the performance indices, it is less surprising to those 'Who whet their tongues like a sword, and who aim venomous words like arrows' towards Rt Hon Yusuf Gagdi on account of his service to the Federal Constituency. They say, 'there is nothing so bad that politics cannot make it worse'.

Most people in the constituency believe that for Gagdi to have been given the ticket is a confirmation that so much is expected of him. Knowing him, as many have come to, Gagdi is not one that shies away from responsibilities.

He has been prepared for what lies ahead. Do we need to give you a tip of the iceberg of things to expect? His constituents still believe in his capacity and competence for greater performance in the years that lay ahead.

The resounding victory at the primaries is a testament to what he has done. They say 'when you do well, you will receive more' in

people of the federal constituency, which he has been representing since 2019. Love or hate him, his penchant to place the people above everything is not questionable, wrote Ritji Gonet Nendirnu; a public commentator based in Jos.

Since his constituents came to the realization of his fervor to make their lives better, there has been an admixture of consideration of the breed that he is. Depending on who is involved in the description, the most acerbic, sadly, came from his constituents.

That has not stopped the torrent of positive people-oriented initiatives in various forms for the constituency. These are not one-off opportunities presented for the good of Pankshin/Kanke/Kanam and Plateau State. They have kept coming, and are the better for it.

Latter day conscriptions of those who hate his guts, we dare say, stocked the embers of hatred of the Dan Malikin Kanam and Dan Majen Jhar as if it is the only way the federal constituency can move forward, if he is out of the way. Truth be told, no matter how it is served, politics has a way making things look; except for those who may think otherwise to his advantage.

Truly they know better, that he is miles away from what their convictions about him tell them. You may wish to ask: What could be wrong that they are hell-bent on destroying the man most appreciated by his constituents?

In a democracy, it has oft been repeated; and let us sound it here for the umpteenth time, we have come to understand that 'there is nothing so bad that politics cannot make it worse'. The question we have continually asked is: Can there be nothing to be picked from the numerous contributions the Rt Hon Yusuf Adamu Gagdi has painted the constituency with?

But, they know that even the least of what he has put on ground, certainly dwarfs the best of the performances of those they would have wished they replaced him in the Green Chamber. How ridiculous can that be, and to be fair, we are not sounding patronizing to discredit anyone of them!

From all intents and purposes, it makes sense not to turn away from those distinguishing elements and features that, even those who don't like him are quick to admit to recommend him to others.

The invectives poured on him have reached a crescendo: They keep squirting without let. In all, they are quick to forget that the man they hate to acknowledge has transformed lives and communities; brought happiness on the faces of his constituents, forcing some to ask: Who is this Gagdi that does things differently? And again, we are not in any way disparaging anyone before his entrance to represent the people of the constituency.

Haven't those who claimed they made him or are part of his rise asked this question: Why does Gagdi continue to confound more by working to make things better than what used to be? And yet he remained one who has not been

accused of any misdemeanor and brought to justice as having cheated government or individuals.

But even in the myriad of genuine and verifiable claims, he has, become to them, a man who should be hated, despised and taken off the political scene, if it is possible. This is one assertion they very well know may not hold ground.

Rt Hon Yusuf Gagdi became the rave of the moment not through manipulation. His constituents hold him in high esteem, and those who have watched him perform, but above all, he has not disappointed those who even thought he would; so that they can hang him.

His appearance is no doubt bland. To cap it, he is a lesson in branding reinforced in multiple ways and moments. 'His public actions and style are fiercely aligned to his message. There is little dissonance, hence he is credible'.

He has a coalition and a fan base that cuts across the state and particularly the Pankshin/Kanke/Kanam for which they are willing to support his ambition. Today, despite what is on ground 'we are more sentimentally aroused than productivity inclined'; and this explains why his traducers are working round the clock to crucify him.

Gagdi is not about 'hype' or 'pretense' and indeed it does not in any way 'diminish his bona fides'. We have repeatedly observed that it is in this thread that lays his 'authenticity' in the drive to up the good work in PKK and beyond.

In the course of embarking on a tour of the 36 federal wards of PKK, a number of issues have spiraled to ridiculous levels; particularly about his candidature, his party's governorship candidate and of buying a nomination form for Governor Simon Bako Lalong.

From all the allegations that have been reshaped in various forms just so to give the Rt Hon Yusuf Gagdi a bad name in order to hang him on the gallows. Several explanations have been made to his saintly conduct and non-involvement in the theories that have been bandied around.

One thing which we can hold for a certainty is the energy Rt Hon Yusuf Gagdi has put in serving. If there are dissenting voices, it should not be held against them; for in such, even if it were empowerment initiatives, roads, boreholes, etc which affected their communities, they would have wished it was not Gagdi who facilitated those.

It has been observed by one who appreciates Gagdi's positive contribution, let it be known that we have 'lived long to remember that scaremongering doesn't win elections. Only the electorate can decide who represents PKK and not sentimental tantrums'.

In the wards visited during the tour, certain valid questions about Gagdi's candidacy have been asked: Is the PKK Rep a bonafide indigene of Plateau State? Has he not represented the constituency very well as not to be considered to be sent a second time in 2023?

return for the service rendered. He has gotten his reward in return.

There have been more takeaways in the struggles and contributions of Rt Hon Yusuf Gagdi in the journey for representing the people of Pankshin/Kanke/Kanam Federal Constituency.

To be fair and without courting controversy, Rt Hon Yusuf Adamu Gagdi has a composure which has become his trademark of some sort: He is a lover of the people, for whom, he has sworn to serve.

By the grace of God, he is what he has become today on account of the mandate freely given by the

“ **It has been observed by one who appreciates Gagdi's positive contribution, let it be known that we have 'lived long to remember that scaremongering doesn't win elections. Only the electorate can decide who represents PKK and not sentimental tantrums** ”



With **BULUS GAMBO**



Bestiality allegation ruined my life, career – Cossy Orjiakor

Nollywood actress Cossy Orjiakor, whose career dipped in 2002 after being accused of sleeping with a dog, seeks justice. In an interview with PREMIUM TIMES, the 41-year-old movie star actress alleged that her career nosedived in 2002 when a journalist shared footage where she appeared to be allegedly having sex with a dog. The Anambra state-born actress explained that the viral video clip which ended her acting career was a scene from 'Itohan', a 2002 movie produced by the late Chico Ejiro. The film spotlighted the plights of Nigerians trafficked to other countries and used as sex slaves. EXCERPTS :



I did not have enough money to pursue the case, and I could not afford a lawyer. So like every average person, I reported the matter to the police, and up until now, nothing has been done.

What moves did the police make immediately after your report?

I reported the case, but the man wasn't arrested; I was just mocked. Everybody believed the story, and I was banned from acting, and I ran away from the country; shortly after, people started saying that my father had killed me.

My career finally died; that's what they always wanted.

Sometimes when you attract attention without much effort, you gain enemies. People envy and hate you, so it was a ploy of certain people, but at least I am alive today.

Why do you think certain people plotted your downfall?

I don't know. People were jealous of the success of my career.

My entry into Nollywood was just more or less like a miracle. Within a year, I started making waves and became very famous; this is not common in Nollywood. This didn't sit down well with so many people.

I began to gain attention, and in the process, I had many unknown enemies.

By unknown enemies, do you mean your colleagues in Nollywood?

There were a lot of enemies everywhere, even among my colleagues, and I wasn't brought up like that. I was just a young and poor up-and-coming actress.

The question here is for the journalist who singled me to tarnish and ruin me. I want to know who was bankrolling him.

How old were you when the scandal broke out?

I cannot remember, but I think I was 21.

Why do you think the police haven't done much in this case?

I don't know; maybe it was because some influential people were behind my ordeal.

YOU became famous after featuring as a dancer in Fuji singer Obesere's videos. Did such a start affect your career, and will you return to dancing?

I have an Accounting degree from the University of Nigeria. So dancing was fun, and I was paid more than I earned as a youth corp member. It was never a career path I chose for myself.

What other movies did you star in before 'Itohan'?

I starred in several movies. I was paid only N30,000 for my role in the film 'Itohan'. The producer begged me, and I decided to do him a favour by acting for such an abysmal amount. It wasn't a tiny amount for a day's job, but it was better than the N7,500 I earned monthly as a youth corps member.

Were you briefed about your role in Itohan? Why did you accept the position?

I believe a good actress should accept any role and give it her best shot. I wasn't the first Nollywood actress to star in a movie with a dog. I think Tina Amuziam played a similar role with a dog. I only tried to showcase my talent and win awards for good acting.

Were you compensated for the movie? How much were you paid for the role?

I was paid N30,000 for the role because the producer begged me, and I decided to help him.

Cossy Orjiakor, you said you did not sleep with a dog; how did you execute the role?

The story painted was that I slept with a dog for 10 dollars. While I was paid N30,000, my acting was so lovely that a magazine was launched to discuss my role. I still wonder why I didn't win awards with all the hype.

The video is on YouTube for everyone to see.

Why are you just demanding justice 20 years after the scandal?

Nothing was heard about the matter because the police said they are still investigating. The truth is that I was just a budding actress. When I started my career, I was paid N7,500 only for a movie role. Then I progressed to the stage where I began earning N30,000 for my roles in movies.



Continued on page 25

Most expensive Nollywood movies

Nollywood is growing in leaps and bounds, with better stories, better equipment, and ground breaking movies. The rapid growth can be attributed to the ever-increasing budgets and investments. This has provided more opportunities and avenues for filmmakers to explore more possibilities, and make better quality films. Here is a list of Nollywood movies with the biggest budgets on record.

Half of a Yellow Sun



Estimated Budget: ₦1.3 – 1.6 billion

Half of a Yellow Sun is a 2013 Nigerian historical fiction drama film directed by Biyi Bandele and based on the novel of the same name by Chimamanda Ngozi Adichie. The film is a love story that follows two sisters who are caught up in the outbreak of the Nigerian Civil War.

'76



Estimated Budget: ₦600 million

A soldier gets accused of being involved in the unsuccessful 1976 military coup and assassination of General Murtala Muhammed, and the heavily pregnant wife gets entangled in an emotional dilemma.

The CEO



Estimated Budget: ₦600 million

The CEO is a 2016 Nigerian film directed by Kunle Afolayan, starring Kemi Lala Akinkoju, Hilda Dokubo, Jimmy Jean-Louis and Angélique Kidjo. It tells the story of five of top members of a company, who are sent to a retreat and told one of them will become the new CEO. The cordial atmosphere quickly turns into a competition to see who can outdo all the others.

Continued on page 25

INTERNATIONAL



Syrian Army paraded Azaz

Turkish-backed Syrian forces expect military operation soon

TURKISH-backed Syrian opposition forces have said their forces are ready for battle, and expect a new Turkish military operation in Syria to start soon.

Units of the Syrian National Army (SNA) paraded on Thursday through the streets of Azaz, a town in northern Aleppo province, in an effort to show their preparedness for the operation that Turkish President Recep Tayyip Erdogan has threatened in recent weeks against the Kurdish-led Syrian Democratic Forces (SDF).

Vehicles drove thousands of armed fighters through Azaz and several areas near the front lines between areas controlled by Turkey and the SDF in Tal Rifaat.

"The goal is to be on standby for the battle and show our strength," said General Abdul Salam Hamidi,

a commander in the SNA's Third Corps, whose forces were participating in the parade.

Erdogan has stated that Tal Rifaat, which lies in a pocket of SDF-controlled territory surrounded by Turkish and Syrian government-controlled territory, is a target for the operation, along with Manbij, which lies to the east.

Turkey aims to force SDF fighters out of areas on the Turkey-Syria border that Ankara wants to control as part of a 30-kilometre "safe zone", where Syrian refugees could be relocated, amid controversy in Turkey over the millions of Syrian refugees in the country.

Turkey has taken control of large stretches of territory along the border after fighting ISIL (ISIS) and the SDF in three major operations since 2016.

However, SDF-controlled territory such as Tal Rifaat, Manbij and Kobane remain out of Ankara's reach.

The United Nations accused Turkey and its Syrian allies of human rights violations during the most recent 2019 operation, which targeted Afrin, in northern Aleppo province.

US: Gunman kills three at Maryland factory

A gunman has opened fire on his co-workers at a manufacturing facility in northern Maryland, United States, killing at least three people and critically wounding a fourth before being taken into custody after a shoot-out with police.

Washington County Sheriff Doug Mullendore

said police responded to reports of an active gunman at Columbia Machine Inc in Smithsburg.

Three victims were found dead and a fourth victim was critically injured, Mullendore said. He declined to elaborate on the circumstances or possible motives behind the attack but said the gunman and all of his victims were

China Moly denies taking over DRC Tenke mine

There has been no change in control of Tenke Fungurume Mining, majority owner China Molybdenum has said, contradicting authorities in the Democratic Republic of the Congo who said a temporary administrator had taken control of one of the world's largest cobalt and copper mines.

The secretary-general of Congo's state mining company Gecamines told Reuters on Thursday that a court-appointed temporary administrator had officially taken charge amid a dispute between TFM shareholders.

China Moly controls an 80 percent take in the copper and cobalt mine, while Gecamines owns 20 percent.

"There is no change in the management right of TFM, and production and operations are running as usual," China Molybdenum spokesperson Vincent Zhou said in an email to Reuters.

The DRC is also the world's top producer of cobalt, which is used in electric batteries, and

Africa's leading miner of copper.

In February, a court had appointed the administrator, Sage Ngoie Mbayo, for a period of six months in response to a claim brought by Gecamines.

Implementation of the ruling was suspended after the DRC government called for an investigation. But in a letter dated June 1 and seen by Reuters, justice minister Ruth Mutombo ordered that it be enforced.

Ngoie, who had been named Gecamines' representative to TFM shortly before his appointment as temporary administrator, officially took charge on Gecamines secretary-general Patrice Pungwe said.

In a video filmed at TFM's offices, Ngoie declared that he was now in control.

"At this time, TFM is run by me. It is not run by Gecamines or by CMOG (China Moly)," he said.



DRC tanke copper cobalt mine

Malaysia to abolish mandatory death penalty

Malaysia has confirmed it will abolish the mandatory death penalty, which is currently used in a number of offences, including murder and "terrorism", and leave judges to decide the appropriate punishment.

After reviewing the findings of an expert report into proposed alternatives, the government will now consider proposed alternative sentences for the 11 offences that carry the mandatory death sentence, Law Minister Wan Junaidi Tuanku Jaffar said in a statement. It will also look into the use of the death penalty in 22 other offences.

"This shows the government's emphasis on ensuring that the rights of all parties are protected and guaranteed," Wan Junaidi said.

Malaysia took its first steps towards the abolition of the death penalty in October 2018 during the short-lived

Pakatan Harapan government, and currently has a moratorium on executions.

More than 1,300 people are on death row, according to local media reports, with most of those facing

execution convicted of drug offences. United Nations experts have said countries that retain capital punishment should use it only for "the most serious crimes".

The Anti-Death Penalty Asia Network (ADPAN) said

in a statement it welcomed the move towards abolition of the mandatory sentence, which it said "does not provide justice as it deprives judges of the discretion to sentence based on the situation of each individual offender".



Ismail

employees of the facility.

The 23-year-old assailant, who was not identified by police, opened fire using a semi-automatic pistol and then fled in a vehicle before authorities arrived at the scene.

He was tracked down and wounded in an exchange of gunfire with a Maryland state trooper. Both the suspect and trooper were taken to a local hospital for treatment.

The sheriff identified those killed in the shooting as Mark Alan Frey, 50; Charles Edward Minnick Jr., 31; and Joshua Robert Wallace, 30. Mullendore said the wounded victim was Brandon Chase Michael, 42.

Maryland State Police Lt Col Bill Dofflemeyer said the wounded trooper was doing well and that the suspect was being treated.

Dofflemeyer said the suspect opened fire when police made a traffic stop. Troopers returned fire, wounding the suspect.

He declined to release a motive for the mass shooting. "We're still working with sheriff's office on what happened and why it kept escalating," Dofflemeyer told reporters.

A Columbia Machine spokesperson said the company was cooperating with authorities in their probe into the shooting but declined to comment further.

The incident is the latest in a series of mass shootings plaguing the United States.

In late May, an 18-year-

old man opened fire at an elementary school in Uvalde, Texas, killing 19 students and two teachers.

The killings in Uvalde and other recent tragedies have prompted new efforts in US Congress to enact stricter federal gun control laws.

US President Joe Biden made a forceful argument for reforms, including a ban on assault rifles, in an address to the nation last week, saying: "For God's sake, how much more carnage are we willing to accept? ... It's time for the Senate to do something."

US Senator Chris Van Hollen, a Maryland Democrat, lamented the loss of life in his state and promised to take action.

"Today's horrific shooting comes as our state and nation have witnessed tragedy after tragedy, and it's got to stop," he said in a statement. "We must act to address the mass shootings and daily toll of gun violence on our communities."

David Creamer, a 69-year-old member of Smithsburg's volunteer fire department, told The Associated Press that he saw alerts related to the shooting go out shortly before 3pm local time.

"This stuff doesn't happen here," Creamer said. "Everybody pretty much knows everybody. It's a family atmosphere. We watch out for each other."

Smithsburg, a community of nearly 3,000 people, is located west of the Camp David presidential retreat and about 120km (75 miles) northwest of Baltimore.

NEWS

Fadama III distribute farming equipment, improved seedlings

By PETER TITLE & ANDRE BISYIT

IN an effort geared towards improving food security as well as making youths self reliant, the National Fadama II Development project in Plateau State has distributed farming equipments as well as improved seedling to farmers in the state.

Distributing the farming equipments to farmers in the Northern Zone of the State held at the headquarters of Jos South Local Government Council, Bukuru, recently the state coordinator of Fadama III, Chief Gideon Dandam explained that the gesture was from the World Bank and the counterpart fund from the Plateau State Government. He urged all the beneficiating to utilize the equipments maximally to improve food production in the society.

According to Chief Dandam, the programme was a social intervention, to boost and ensure food security in the country as well as to bring youths out of poverty. Dandam explained further that was the reason the government and the World Bank joined hands to proved all these for the vulnerable in the society.

The coordinator pointed out that they started with the northern zone of Plateau where they intend to move to the remaining zones of the state, soonest for similar distribution. He urged the beneficiaries to put in their best as anything short of that would be met with resistance from the constituted authorities.

Earlier on a constancy call on the Executive Chairman of Jos South Local Government council Chief Dandam intimated him on the programme of Fadama 111 and today they were at the local government headquarters. He revealed that it to distribute faming equipments and improved seedlings to farmers in the zone and commended him for supporting them and allowing them to use those stores for storage.

The Executive Chairman,



Dr Haggai Gutap, Technical Administrative Head, Plateau NG Cares presenting motorised sprayer to a beneficiary while Chief Gideon Dandam, (with cap), State Coordinator looks on

Chief Gideon Dandereng in response, commended the management of Fadama 111 for the giant strides and assured of has support at all times.

Represented by the Deputy chairman of the Local Government council, Hon Ayuba Jagaba, he said the intervention was coming at the right time and assured

that farmers at the grassroots feel the impact positively.

He explained that the local government council plans to decongest the famous Kugiya market and make it an international market assuring them of total collaboration to improve lives of the people in its entirety.

The Technical Administrative Head, Plateau NG Cares, Dr Haggai Gutap while presenting the equipments to the beneficiaries, urged them to utilize them maximally, and thanked the state government for their support at all times.

Items distributed according to our correspondents, included motorized sprayers, personal protective equipments, rice milling machine, potato processing machine, and maize Planters almost many other.

Lalong, Wase, others bag awards

By PALANG KASMI

ALL roads led stakeholders and well-wishers to the premises of the Plateau State Polytechnic Barkin Ladi for its 31st to 38th combined virtual convocation ceremony.

The event, held on Friday June 10, 2022 was for the celebration of educational excellence of the institution and it attracted many dignitaries, educational enthusiasts and stakeholders, with awards presented to Plateau Governor, Simon Bako Lalong, Deputy Speaker House of Representatives, Rt. Hon Ahmed Idris Wase, Nigeria's Minister for Women Affairs, Dame Pauline Tallen.

Other recipients for the investiture of the Polytechnic fellowships were former TETFund Executive Secretary, Prof. Suleiman Bogoro, former Nigerian Minister for Water Resources, Sarah Reng Ocheke, Prof Stephen Jackdell Mallo, Hon Simon Mwadkon, and Late Patrick Mallam Dokotri.

Speaking at the Forum, Lalong who was a Visitor at

the occasion appreciated the award conferred on him and congratulated the graduating best students. in his words "This is a forum for the reward for hardwork, resilience and good character in learning".

The Governor however said the delay in organising the convocation was not a good situation for the students and challenged other tertiary institutions to keep to convocation timelines.

Lalong promised to address challenges of the institution including funding, accreditation and reaccreditation of courses, manpower and labour issues to forestall strikes and ensure a smooth environment for educational development.

He charged the graduands to have the mindset of entrepreneurs, skill development, and job creators rather than white caller job seekers promising that his administration through various agencies render support to innovative young minds and entrepreneurs.

Also speaking, the events Special Guest of honour, Governor Abdullahi Sule of Nassarawa State, who was a former pioneer student of the institution expressed happiness to be back home to the institution after over 40 years of graduation.

Sule described the institution as a renowned Polytechnic with technical expertise that has produced many technocrats and professionals in various fields of endeavour who are today among great leaders within and outside the country.

Speaking earlier in his welcome address, Rector of the institution, Bldr. John Datoegoem Dawam appreciated Governor Lalong for his support to the institution's development.

Dawam disclosed that the institution is focused n training and research, adoption of appropriate technology, entrepreneurship and skills acquisition, but it is meeting global trends through Information Technology (ICT), with over 80,000 e-learning facilities mobilised to its e-library with support of TETFund to ease physical learning.

He said the Polytechnic is among those selected by National Board for Technical Education (NBTE) to conduct Open distance relearning programme. He assured that on security, management, it has engaged vigilantes and security agencies to protect the environment and get support towards building a parameter fence.

He however called on government and stakeholders to address challenges of land compensation with the host community which has affected work on the fence including water issues, poor road network and drainages, and incessant strikes by staff.

The best overall students in various departments also bagged cash rewards and prizes at the occasion.



FG charged to dredge River Benue

The Federal Government has been called upon to as a matter of importance dredge the River Benue for more economic development of Nigeria.

According to Dr. Adeyanju Prince Adewale, the President General of the Maritime Workers Union of Nigeria (MWUN), this would boost and facilitate transportation of products and passengers to the Northern part of the country.

complete High Court Complex, Overhead bridge now

Contractors handling the New Jos High Court Complex and that of the British/American Junction Overhead bridge have been charged to finish the projects before the end of this year in line with the specified agreement.

The directive was given by the Plateau State Governor Rt. Hon. Simon Bako Lalong, when he inspected the ongoing projects in Jos, the state capital recently, to ascertain the level of work done.

Wike puts smiles on faces of IDPs

The N200m Rivers State Governor Nyesom Wike donated in Kaduna recently has put smiles on the faces of Internally Displaced Persons (IDPs) in Southern Kaduna as the umbrella union flagged off distribution.

You would recall that the governor announced the donation when he visited Kaduna State on campaign tour in preparation for PDP Presidential primaries.

23 inmates regain freedom in Bauchi

Bauchi State Chief Judge, Justice Rabi Talatu Umar, has expressed concern that some inmates at the Bauchi Custodial Centre lack proper record of their trial awaiting period ranging between 4,5 and 6 years of languishments.

Justice Umar Rabi also noted with concern that some of the awaiting trial inmates have not been presented to the courts for years, a situation that makes their records go out of hand. She was speaking while releasing 23 awaiting trial inmates at the Bauchi Custodial Centre attributing it to God's intervention.

Plateau State NPF Command gets New PPRO

The Plateau State Command of the Nigerian Police Force (NPF), has appointed a new Police Public Relations Officer (PPRO) following the mobilization of DSP Ubah Gabriel Ogaba to Police Mobile Squadron.

This was contained in a press statement signed by one Sgt. Raymond Ayuba, of the Command and made available to SUNDAY STANDARD in Jos, the Plateau State Capital Thursday.

George Dimka emerged as AAC Governorship Candidate in Plateau State

THE Plateau State Chapter of African Action Congress (AAC), has endorsed Mr. George Dimka, as its flag-bearer in the forthcoming General Elections to contest for the number one seat of the state.

This took place at the Party's Secretariat, Murtala Muhammad House in Jos, the state capital recently, after the party members unanimously endorsed him as the candidate for the Governorship position in the state come 2023.

ANAN University Kwall sets to graduate its first Master Degree Students

THE Association of National Accountants of Nigeria University (Uni ANAN) Kwall, Plateau State, is set to graduate its first Post-Graduate students in the next few months since the take off of the university.

The President and Chairman of Council Association of National Accountants of Nigeria (ANAN), Rev. Canon Prof. Benjamin Osisioma FCNA, disclosed this recently at the opening ceremony of the 3rd Session of 2022 Mandatory Continuing Professional Development (MCPD) Programme, held at Crespan Suites and Event Centre Jos, the state capital.

JWSC set to embark on routine maintenance in Jos/Bukuru metropolis

THE Management of Jos Water Services Corporation (JWSC), Plateau State is set to embark on its yearly routine maintenance work on facilities at the treatment plants, reservoirs and the entire pipe lines network in Jos and Bukuru metropolis from June 6 to 12, 2022.

This was contained in a press statement signed by the Corporation's Public Relations Officer, Mr. Nangor Ndam, and made available to THE NIGERIA STANDARD in Jos, the state capital recently, shortly after the Acting Managing Director of the corporation, Mrs Stella T Buge made known at the corporation headquarters.

Compiled by EZEKIEL DONTINNA

NDE trains unemployed youths

From AMEDU JOSEPH, Lokoja

THE National Directorate of Employment (NDE) has commenced three months training of 30 unemployed youths in Kogi on Environmental Development Initiative.

The training is under its Special Public Works Employment Generation and Wealth Creation Programme aimed at empowering unemployed youths to be self-reliant.

Speaking at the orientation and sensitization ceremony for the participants, the Director-General of National Directorate of Employment, Mallam Abubakar Nuhu Fikpo, said that the training is targeted at converting hitherto waste materials into useful finished products to improve upon the socio-economic wellbeing of the beneficiaries.

The Director-General who was represented by the Kogi State Coordinator of NDE, Mallam Abubakar Zakari said that there is abundant wealth in the waste materials in any given environment.

Fikpo who reminded the trainees of the saying that there is dignity in labour, assured that after the three months intensive training, participants will become potential Enviropreneurs.

In his welcome address, the Head of Special Public Works Department of Kogi NDE, Mr. Toyin Ajibade charged the benefitting youths to avail themselves of the opportunity which he said will surely make them to be self-reliant and employers of labour.

He said that the training will also give them the capacity to contribute their quota to the development of their immediate communities.

Ajibade affirmed that white Collar jobs are not enough to

accommodate the growing number of unemployed graduates on a yearly basis hence the need to embrace the rare privilege offered them by the federal government through the NDE.

To facilitate effective programme implementation and delivery in Kogi State, Miss Deborah Uyo Okpanachi Staff of NDE headquarters, was in the state to conduct compliance check on the participants of Enviropreneurship Development Scheme.

Responding on behalf of the participants, Mr. Bola Omoniyi, thanked the Federal Government and NDE for the gesture which he promised would be judiciously utilised.

"We will reciprocate the gesture by making good use of the job creation knowledge acquired during the training" he assured.

THE SUNDAY STANDARD

With **Henrietta Gonzuk**

Health

Surprising health challenges of aging

By **HOPE CRISTOL**

YOU exercise. You eat right. You're in pretty good shape for someone your age.

Still, getting older can bring on health problems as our bodies change. Not everyone will get them. But some medical conditions become more common or more serious after we get a few decades under our belts.

Here are some surprising ways that age itself can pose health challenges.

Flu

When you're over age 65, your immune system isn't as strong as it used to be. Seniors make up the bulk of the people who die or are hospitalized for flu-related problems.

Weight Gain

Getting older can be a triple whammy. You lose muscle as you age. That makes it harder to keep the pounds from creeping up. You also become less active. At the same time, your body burns fewer calories for the same physical activities as when you were younger.

You probably know that being overweight or obese raises your chances for many conditions, like heart disease, high blood pressure, diabetes, and stroke. But the extra pounds can pose an even bigger burden for older people. Everyday movements like walking and getting out of chairs get harder. Obesity and arthritis often go together.

So whether you're 50 or 80, ask your doctor about smart ways to fight the weight gain. Every bit helps.

Sleep Problems

Kids and adolescents need to sleep longer than young adults do. But in our senior years, we need to go back to the 7 to 9 hours of daily shut-eye as in our teens.

Aging also affects our sleep-wake pattern. It makes us sleepier earlier in the evening and wakes us up earlier in the morning. That's true even if you were a night owl before. If you don't get enough sleep after age 50, it can make you more likely to have memory problems, pain, depression, and nighttime falls.

Nutrition Problems

Our nutritional needs change as we age. Many of us don't



eat as well. Plus, older bodies can more easily lack certain vitamins and nutrients. These include vitamin B12 (we don't absorb it from foods as well); calcium (we need more as we age); vitamin D (our skin doesn't soak it up as well from the sun); and vitamin B6 (we need it to keep red blood cells healthy and strong).

Fragile Bones

Many seniors fear falling. Advancing years can affect your balance and make you less steady and sure on your feet. Falls can be especially dangerous if you have osteoporosis, when your bones become less dense and more prone to breaks and fractures. Almost everyone gets it to some degree if they live long enough, but women ages 50 and older are twice more likely than their male peers to break a bone because of this "brittle bone disease."

You can keep your bones stronger if you:

Cancer

Did you know that age is the single biggest predictor of your chances of getting

mean you're destined to get cancer. You can adopt healthy habits proven to help you lower the odds.

You should also ask your doctor about these screening exams:

Men over 50:

- Colorectal cancer
- Prostate cancer
- Skin cancer

Women over 50:

- Breast cancer
- Colon cancer
- Cervical cancer
- Skin cancer

Depression

It's not an unavoidable part of getting older. In fact, about 1 in 20 Americans ages 60 and older have depression, the lowest rate of any age group. But many depressed seniors don't get diagnosed.

You're more likely to be depressed if you have long-term health issues like heart disease or arthritis that put limits on your life. People who need home health care are more likely to have the condition compared with other older adults.

If you feel this way for a few weeks or months, talk to your doctor. Simple lifestyle or diet changes -- and sometimes medication -- may be all you need to regain your enthusiasm for life.

Medication and psychotherapy, also called talk therapy, can also treat it. Loneliness can lead to depression. So seek ways to

connect with others. Talk to friends and family. Join a class or a group.

Memory Loss

Some memory loss happens as we age. The aging brain stores information in a slightly different way, so it's harder for you to recall recent events. So no need to worry if you find yourself stumped for a name or forget where you put the car keys.

But what's not normal is if you can't remember simple things like how to follow directions or recipes or forget the way to your home. That could be a sign of a more serious memory loss caused by a medical condition like dementia or Alzheimer's disease. If so, your memory likely will get worse over time.

Alcohol Tolerance Changes

Everyone has a different limit for booze. Some can have one or two drinks daily without problems, while others can't sip a single glass without harm.

Still, alcohol tolerance usually moves in opposite direction of your age. That means you'll feel the effects like slower reaction time sooner and with fewer sips than when you were younger.

If you have more than one drink every day, it's a good idea to let your doctor know. It's an important part of your health record and could affect any medical treatments.



EVE'S WORLD

With **Henrietta Gonzuk**

Living

Create a simple, beautiful, home

YOUR home doesn't have to be perfect, just meaningful. I believe a home should be your personal sanctuary and enable meaningful living.

By this I mean simplifying life to be able to enjoy the experiences and people that make it wonderful, and become so fulfilled that you overflow and give that joy to others around you as well.

That way of living is hard to do if you come home to a house that's full of clutter and chaos or that's uninspired or stressful!

Choose calm colours.

Colours that are soothing will help your whole home feel calm, and therefore give YOU an immediate sense of calm when you walk into your space. Light, calm colours on the walls also act as a backdrop to display the beautiful and meaningful things you display in your home. I highly recommend painting your whole home in a light and soothing soft white or off-white shade. It's easy for you to choose the right colour. Download it here.

Purge, purge and purge some more.

Donate anything that you do not use regularly or that is not absolutely beautiful and/or meaningful in your eyes. Then put simple systems in place to keep the things you keep organized and functional so that your life at home is never frustrating. Everything should have its place! If you have a lot of clutter, my free declutter dash can help you get started.

Bring in natural elements.

Every home should have



something natural in it like living plants, flowers, natural wood or stone, or even branches or driftwood. When these things delight our senses on a daily basis it helps to ground us and renew our energy. Even if you've got a black thumb, here are indoor plants you can keep alive.

Bring special items out in the open.

Don't make your space a slave to design rules - a room should contain personal items that make you happy and are meaningful to you!

- Hang your favourite piece of art, whether it's the kids' drawings, a family heirloom or a crazy abstract piece sculpture that makes you smile.

- Have photos out of those you love.

- Use items bought on trips or special occasions as functional items - ex. a bowl in the entryway for keys.

- Stack up your favourite books at the couch, or display some on the coffee table.

- Bring your pretty antique chest or bench out from the

storage room. If it elicits warm memories of your parents you should have it out to remind you of them often!

Let the light shine in.

Open up your windows, and give them a good cleaning as well. Make sure that any drapes or curtains are hung outside of the window frames so that they can be opened up fully during the day.

Carve out a special spot just for you.

Whether it's an art studio or a chair for reading, each person in your household should have a spot in the home that's their own feel-good place to unwind. It should be comfortable and restorative. That means if everyone is fighting over the one comfy chair in the family room, sell the uncomfortable couch and bring in more comfy chairs!

Make it welcoming.

The entryway that you use daily should be a welcoming area that is clean, clutter-free and organized.

Make it warm and cozy.

Layer textiles and textures to warm up rooms and make them feel lived in. Rugs that are soft underfoot, pillows to sink into, throws to wrap around you, bed linens that are soft and luxurious - these are details that are worth investing in for a happy and lived-in, beautiful home.

Group collections

together.

Grouping things together makes a more memorable impact and also keeps them from cluttering many spots all over the house.

- Dedicate a shelf for your antique bottle collection.

- Display your vacation shells or sea glass in vintage jars.

- Put your antique postcards or spoons into frames and hang them as a gallery.

- Take the door off of an upper kitchen cabinet and display all of your pretty plates and bowls.

- Lean all of your beautiful cutting boards together against the backsplash. Your collections say a lot about you. Show them off proudly.

Treat your home well.

How well you treat your living space determines how it will treat you. Keep it clean with non-toxic, natural cleaners (see my favourite formulas here). Make a habit of tidying up clutter before it gets out of control. Fix small things like scuffed trim or peeling wallpaper. Make your bed every day. Don't leave walls in a spare room bare and sad. Give your home some love, and it will love you back.

For all of these meaningful and beautiful things to stand out in your home, the backdrop should be calm and light. For me, that almost always means white, off-white or light neutral colours.





Reality Bites

with Palang Kasmir
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Walk away when is not working

AFTER the demise of popular Nigerian Gospel Musician 'Osinachi', there has been debates and arguments based on cultural, social and religious points of view on whether it is proper to walk away from a toxic marriage.

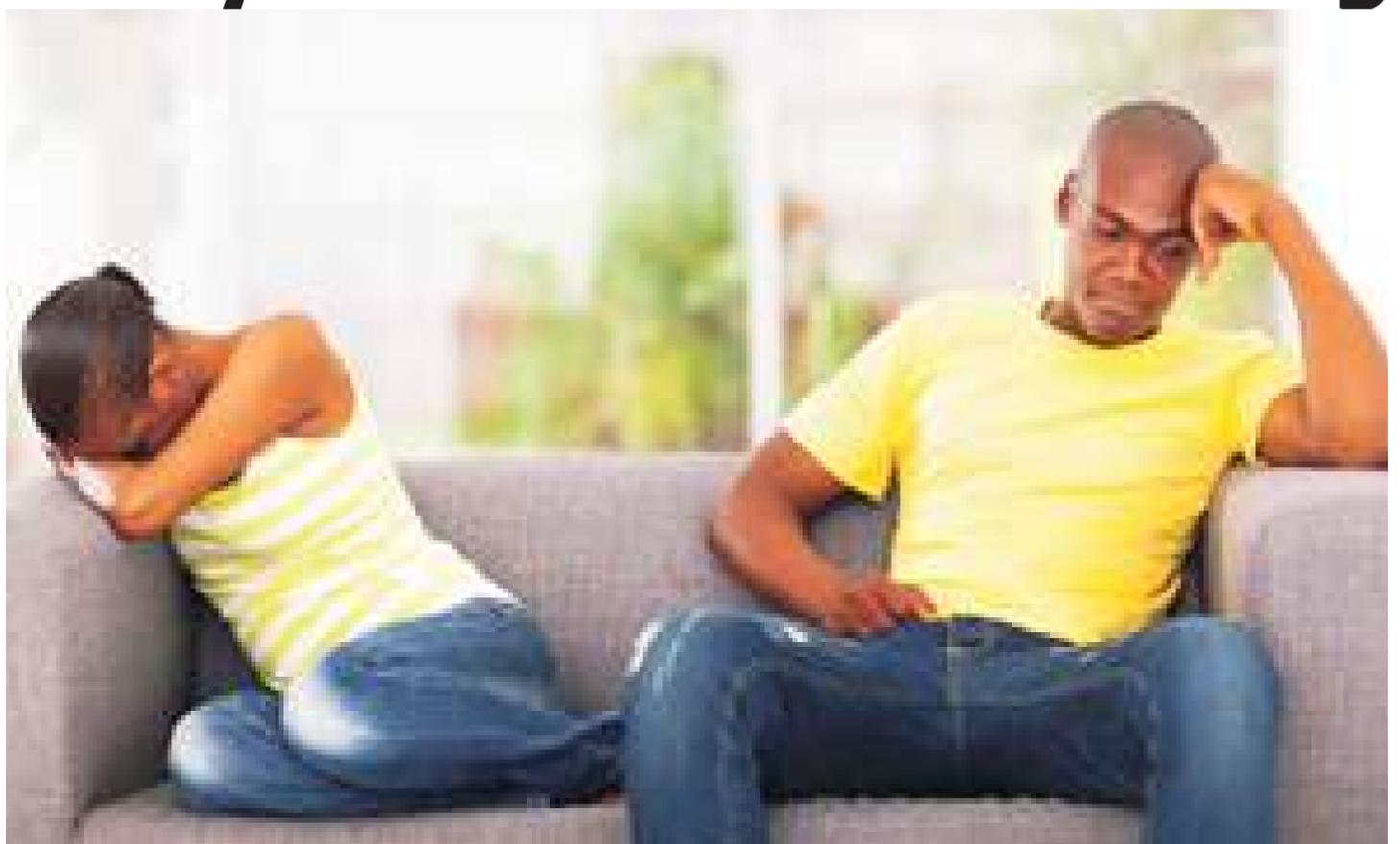
Recently, after trying to overcome the traumatic dehumanising death Osinachi faced in the hands of her abusive husband, another sad news broke from Plateau state and we woke up to reports of another death of Mrs. Mercy Samuel as a result of staying in a toxic marriage.

She was reportedly stabbed by her husband who ripped open her stomach leaving her intestines outside and she was rushed to hospital but didn't survive it. It might be time to leave.

The involvement of abuse in the relationship is a surefire sign of walking away. It is tough to break ties with someone you love, but for the sake of your peace of mind and self-respect, you should know when to walk away from a relationship. We all need to make some tough calls to lead a better life. One should never compromise on peace and dignity.

Being in an unhappy relationship will make you feel miserable, incomplete, lonely, and constantly disappointed, they say.

With the increasing rate of injuries and record of deaths caused by domestic abuse and violence, it is okay to walk away from a toxic marriage because from many happenings we are witnessing in the country, tolerating such toxic actions in marriage has eventually become brutal, in some cases leading to loss of life.



Relationships thrive when you honor your commitments, keep your promises, spend quality time with each other, and share responsibilities. However, when you have put in all the effort that you possibly could into your relationship, but your partner does not reciprocate, it might be time you call it quits and move on to find your happiness, say Psychologists and relationship experts.

According to Shreshtha Dhar, a licensed Clinical Psychologist, if you notice these signs, it might be time to walk away from a relationship:- They do not respect you.

Respect is the essence of any successful relationship, and when there's a lack of respect in

a relationship, it indicates an imbalanced partnership. If you feel your partner doesn't respect your feelings, thoughts, goals, and needs, you should be concerned. A disrespectful partner will disapprove your opinions and decisions, look down upon you, and neglect your efforts to make your relationship happy. If your partner manifests all these signs of disrespect, it might be time for you to walk away.- There's no trust between youIf there is no trust between you two, your relationship is bound to crumble. When your partner knows about your insecurities but still does not feel the need to resolve them and gain your

trust, and if their actions and words do not merit your confidence, it is time to walk away from the relationship.- They do not value you.

Love blooms when you value each other and care for each other. A partner who values you will ask for your opinion on important matters, give you space to take up your hobbies and interests, and do everything they possibly can to keep you happy. If you feel that none of these are happening and your relationship has become one-sided, you should rethink if you should be in this relationship.- There is abuse involved The relationship should be ended the moment abuse begins.

Physical abuse is not the only kind of abuse you should be worried about.

Verbal abuse, emotional abuse, sexual abuse, and any form of abuse should not be tolerated.

Abuse majorly impacts your self-esteem, sense of identity, and confidence, and may even lead to depression.

If there is abuse involved, you should walk away without giving your partner a second chance.- The relationship has become toxic When partners do not support each other in any situation, are in constant conflict, jealousy, competition, and dishonesty creep in, the relationship has become toxic.

If this is the case in your relationship, it can take a toll on your physical health and emotional health, and thus, you should walk away from the relationship.- They have cheatedIf you have enough proofs that your partner has

cheated or is cheating on you, but they deny it or don't seem to regret their act, you should be parting ways with them.

The very fact that they are not remorseful is a clear indication that they would do it again, and you do not want to be with such a person.- Communication between you two has broken downGood communication is vital to any healthy relationship. If you are unable to communicate with each other, your relationship cannot survive. When you are not able to communicate, have meaningful conversations, or develop a deep intimacy, misunderstandings become common.

An irremovable communication gap is an alarming sign that you might need to walk away from your relationship.- They are selfishIt is hard to be around a selfish partner. When your partner is focused on themselves, doesn't take an interest in your interests, manipulates you with tactics like guilt-tripping, and has a dominating behavior that you can't stand anymore, you should consider walking away from such a relationship.- They take you for granted When your partner takes you for granted, it signifies that they no longer care for you. If you feel you are being taken for granted, it's time to act for yourself.

Try to solve this issue by making your partner aware of the situation. And even after constantly emphasizing how you feel neglected, if they are unwilling to work on it, you have the option to walk away.- They do not have a sense of responsibility.

To be Continue next week



EVE'S WORLD

With **Henrietta Gonzuk**

Living

Proven ways to stop loneliness and be happy

By SARAH FIELDING

SPENDING time alone doesn't have to mean you're lonely. Alone time can be an opportunity to get to know yourself better, improve your mental health, and do things you enjoy.

"Humans are social beings, hardwired to be connected to others. At the same time, it's important to learn how to tolerate and even appreciate alone time in extended periods," says Heather Z. Lyons, a psychologist.

Develop a relationship with yourself

Being alone gives you the chance to nurture your relationship with yourself. However, it's not always easy to do this.

"Alone time might be difficult for people for different reasons," says Lyons. "Use the discomfort as an opportunity to learn about yourself. Reflect on what comes up for you when you are alone,"

For example, you can do this by thinking or journaling about your values, likes, dislikes, and current emotions.

Volunteer

In a large study conducted participants completed a survey every two years about their overall mental well-being and volunteering habits from 1996 to 2014. Those who volunteered at least once a month reported better mental health than those who

volunteered infrequently or never.

You can also do this without leaving home. "You can volunteer to tutor students via video, or donate to a food bank,"

Learn something new

Take the initiative to absorb and learn new information or practice a skill while alone. "This might include engaging in activities that require executive functioning skills like focus such as reading or creating," says Lyons.

"Consider doing something

different than usual: this is a great time to try something new or take a class via video," says Tessina.

Exercise

Being active can go a long way towards happiness. Partaking in a daily, mindful walk, or engaging in some form of physical activity could alleviate anxiety.

Whether the time spent outside was in small increments or big chunks did not affect the results, and benefits peaked at 200 to 300 minutes a week outdoors. Go on a long walk, read in a park, or just sit outside.

Practice gratitude

It's all too easy to get caught up focusing on what you don't have.

"I recommend my patients to list things they are thankful for physically, emotionally, and spiritually every morning and evening, especially when lonely during the holidays," says Magavi. "Furthermore, creating gratitude lists and reading these out loud in front of the mirror could help target multiple sensory centers in the brain to maximize the benefits of this activity."

Take a break from social media

While social media may seem like a chance to connect with others, it can actually cause stronger feelings of loneliness.

A large 2019 study of students aged 18 to 30 years old found an association between social media use and a sense of isolation. For every 10% increase in negative experiences on social media,

users reported a 13% average increase in feelings of isolation.

Take yourself on a date

While doing something you like may seem obvious, you rarely have the opportunity to do precisely what you want.

"Most people have never had a sustained period of time to think only about their preferences. Create space during your alone time to ask yourself, 'What do I really want to be doing?,'

Take yourself to see a movie or peruse a new museum exhibit. Or, if you want to stay in, cook yourself your favorite meal.

Meditate

Meditating not only improves mindfulness.

While the idea of meditating may sound intimidating, the actual practice is accessible to anyone. You can try meditating solo or with the help of apps or Youtube videos.

Foster or adopt a pet

Yes, technically, this would

give you a companion, but a pet can't talk back, so it counts.

"Having an animal at home with you creates a relationship that can bring joy, laughter, and unexpected challenges that will keep you on your toes," says Woodfin. "Animals give us a reason to get out of bed. If you're struggling to find the motivation to keep moving, having a pet that needs to go for a walk is a win-win situation."

When to see a professional

Over time, if feelings of anxiety and depression persist or develop, professional care may be necessary. According to Woodfin, a few signs you may need to seek professional help include:

- Disregarding your appearance or not changing your clothes for multiple days
- Consistently declining invites to engage with others
- Regularly spending all day in bed or on the couch
- Overindulging in alcohol, marijuana, or other drugs as a way to numb or stimulate yourself

"The warning signs of increased isolation, increased drug and/or alcohol use, and a decrease in the care and keeping of your body are serious enough that a call to a mental health professional would be helpful," says Woodfin.

Insider's takeaway

Spending time alone doesn't have to be a lonely experience. Instead, it can be a time of happiness. Engaging in activities such as nature walks, journaling, and meditation can help you enjoy your time and better understand yourself.

However, if you think you may be experiencing anxiety or depression, it's always best to seek help from a mental health professional.



BUSINESS WORLD

Nigeria's Central Bank independence inflation control

Nigerian government must allow the CBN the optimal independence it requires to effectively perform monetary policy. Central banks wield enormous power to perform monetary policy effectively and independently from undue political interferences. Central banks use various instruments to reduce the rate of inflation to the lowest possible rate capable of driving economic growth and development of the domestic economies. FELIX ASHAKAH writes.

IN Nigeria and over the years, different monetary policy regimes have been adopted, which resulted in unsatisfactory success. At first, the main monetary policy instrument adopted in Nigeria was the minimum rediscount rate (MRR). Recently, the monetary policy rate (MPR) has become the main monetary policy instrument used by the Central Bank of Nigeria (CBN) to stabilise the economy.

In Nigeria, inflation rises monthly. Many Nigerians have asked severally without getting answers whether the CBN has the required independence in carrying out monetary policy to better economic conditions in Nigeria.

The CBN has not demonstrated any commitments to reduce inflation to a single-digit over the years. The inability of the CBN to reduce the inflation rate in Nigeria has generated concerns among economists, researchers, and many other persons in Nigeria.

In Nigeria, inflation has risen beyond the 13 percent target for 2022 and it has impacted the Nigerian market in different ways. The price of each commodity in the market has increased beyond the affordability of the poor. Also, the costs of production have escalated beyond the reach of many manufacturers.

Many Nigerians are passing through pain as they can no longer eat twice a day due to high inflation in the markets. Many consumers have reduced their consumption due to the prevailing high prices in the markets.

Macroeconomic studies have



shown that consumption expenditure is one of the main drivers of the domestic market. A

reduction in private consumption in Nigeria may affect GDP growth, thereby derailing the economy from the path to prosperity.

In Nigeria, food inflation hits the highest at 18.37 percent in April 2022 from November 2021. Many Nigerians have become poor due to the prohibiting food inflation rate in the country. About seven million Nigerians were plunged into poverty in 2021 by high inflation rates, says the World Bank.

The current high inflation rate challenging the Nigerian economy may aggravate economic hardship in 2022, and many more Nigerians may fall into poverty in 2022.

The high inflation rate in Nigeria is associated with high exchange rates. The devaluation of the naira is a challenge in Nigeria. It has pushed up the prices of imported raw materials, cost of production, and the prices of commodities in the market.

The average exchange rate in the parallel market is as high as N610 per dollar against the official exchange rate of N416.08 per

dollar. Most importers of food, raw materials, and machinery cannot access adequate foreign currency from the official channels; as a result, they access the parallel market at a higher rate.

Exchange rate depreciation has driven the cost of production in Nigeria beyond the reach of many producers. According to Tony Anakebe, managing director of Gold-Link Investment Limited, about 80 percent of importers source foreign exchange from the parallel market due to their inability to source forex from the official market.

Manufacturers are finding it difficult to cope with the high cost of production. The Director-General of the Manufacturers Association of Nigeria (MAN), Segun Ajayi-Kadir, confirmed that the manufacturing sector was still battling for survival as its growth rate was not impressive due to the high cost of production.

He stated further that high prices in Nigeria were adversely affecting the profitability of the

manufacturing sector and were partly responsible for its poor performance.

The manufacturing sector has cut down production and employment following the high cost of production in Nigeria. The cut in production and employment in the manufacturing sector has the full potential of aggravating poverty and insecurity in the country.

The Nigerian government must allow the CBN the optimal independence it requires to effectively perform monetary policy. The CBN must rise to the responsibility conferred on it, thereby reducing inflation and exchange to the lowest possible rates capable of driving the Nigerian economy on the path of growth and development.

The Nigerian government must employ experienced economic and monetary experts with traceable records of success in their careers. The economic managers at the CBN must be separated from active participation in parties' politics to enable them to effectively handle the inflation problems confronting the Nigerian economy.



Emefiele

BUSINESS WORLD

CBN set to sell N1.2trn treasury bills

THE Central Bank of Nigeria, CBN, said it will sell N1.2 trillion worth of Treasury Bills (TBs) in the third quarter of 2022 (Q3'22).

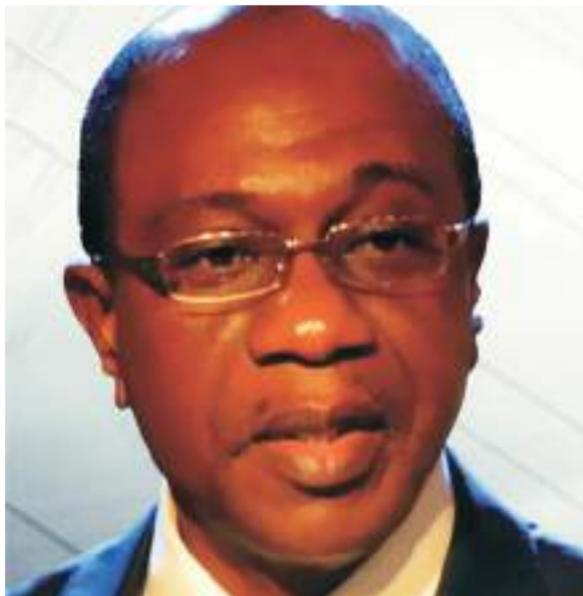
The apex bank disclosed this recently in its Nigeria Treasury Bills Issue Programme for Q3'22.

TBs are short term debt instruments used by CBN to borrow money from the public on behalf of the federal government. The apex bank also uses TBs to control money supply in the economy.

The TBs would be issued in tranches with the first tranche rolled out on June 2, 2022, while the last tranche is scheduled for August 25, 2022.

During the period, the apex bank will issue TBs worth N33.4 billion on 91 days tenor, N22.9 billion on 182 days and N1.17 trillion on 364 days.

A breakdown of the programme revealed that in June, the apex bank plans to sell N376.05 billion worth of



Emefiele

TBs, comprising N22 billion worth of 91 days bills, N4.05 billion worth of 182 days bills, and N350 billion worth of 364 days bills.

In July, CBN plans to sell N407.48 billion worth of TBs comprising N6.7 billion worth of 91 days bills, N4.98 billion

worth of 182 bills and N395.8 billion worth of 364 days bills.

In August, CBN plans to sell N446.12 billion worth of TBs comprising N4.57 billion worth of 91 days bills, N12.85 billion worth of 182 bills and N428.7 billion worth of 364 days bills.

NAMCON to train 60,000 women in agriculture

THE National Agricultural Mechanization Cooperative of Nigeria, NAMCON, has commenced its plan to create Nigeria agro extension service centres in 528 local government areas across 36 states of the federation and the Federal Capital Territory, FCT as part of its contribution to address the scourge of unemployment in the country.

The aim of the scheme is to provide direct jobs for 15 youths per local area as operators, technical staff and agro extension service staff.

In this regard, the body has prioritized five key intervention areas made up of the Nigeria Mechanized Agro-Extension Service Scheme, Women Nurturing Birds for Wealth Empowerment Program, Nigeria Agro Market Space, Strategic Skill Acquisition Program and

Farmers House, a mass housing project for farmers in rural dwellings.

This is even as the cooperative society has commenced the profiling and training of about 2, 300 Katsina residents spread across the 34 local government areas of the state.

The target, according to the body, is to train and empower the beneficiaries, comprising youths and women in poultry farming.

President of NAMCON, Dr Aliyu Waziri, who disclosed these in Katsina, the Katsina State capital, at the inauguration of National Agricultural Mechanization Cooperative of Nigeria, Katsina State chapter, also flagged off registration and accreditation process for applicants in the women

nurturing birds for wealth empowerment program; a scheme, he said would make women financially independent, thus enhancing their socio-economic well being and standing.

In his opening address, Dr. Waziri says "We are happy that here in Katsina, we have been able to inaugurate the zonal, state and local government coordinators today under National Agricultural Mechanization Cooperative Society, NAMCON, program for human-based wealth.

"We are here today to take another bold step towards history, towards unlocking the agricultural sector and to see how we can maximize the hidden potentials in the agricultural sector.

"This program is strategically designed to take advantage of the opportunities that is available in the poultry business value chain, to create job opportunities for our women. You will agree with me that over 80 per cent of our women are still at home and not working, hence the essence of this program.

"For us at NAMCON, we created this system for women who can be at home while taking care of their families and also earn money to support the family, and that is the origin of women nurturing bed for wealth. It is basically to empower women".

NAMCON, under the Women Nurturing for Wealth Empowerment Programme, will train 60, 000 women and youths across the country, with a target of producing 125 million birds per annum. Specifically, the report urged Africa to boost vaccination rates, implement

THE National Bureau of Statistics report has revealed that, despite Nigeria's insufficient gold deposits and production, gold fetched the Federal Government N10.3 billion in the first quarter of 2022.

The report, titled 'Trade In Goods Statistics,' said the commodity classified as 'Gold unwrought or in semi-mfr. forms, or in powder form' was exported to Switzerland and the United Arab Emirates bringing in N10,057.83 and 329.39 respectively.

This is as Nigeria is struggling to modernise mining of the commodity, which is mostly extracted by artisan miners who use the crude form to extract them from the surface of the earth.

Even though the commodity has been found in states like, Zamfara, Kaduna, Kebbi, Niger, Kogi, Ogun, Osun, Abuja, Bauchi, Cross River, Edo, Osun, Niger, Sokoto, Kebbi, Oyo, Ebonyi, Kwara, Nigeria still lacks the capacity to produce them into consumable products like jewelry.

The sector is also associated with illegal mining and smuggling with President Muhammadu Buhari saying

prudent monetary policies, and increase investment in the healthcare system.

Nigeria seeks ILO support to achieve SDGs

THE Nigeria Government has called for support of the International Labour Organisation (ILO) to achieve the Sustainable Development Goals (SDGs) by 2030.

The Minister of Labour and Employment, Sen. Chris Ngige, said this at the ongoing 110th session of the International Labour Conference in Geneva, Switzerland on Thursday in Abuja.

Ngige was responding to the report of the Director-General of the ILO, Mr Guy Ryder.

Ngige, represented by Daju Kachollom, Permanent Secretary in the ministry, said the support was imperative due to the current state of growing inequality gap.

"We consider that the achievement of the SDGs by 2030 is at a great risk.

"If the goal of "not leaving any one behind" is ever to be realized, urgent effort, support and contribution will be required by all in a renewed commitment to multilateralism and international cooperation," he said.

He said the report of the Director-General on the Least Developed Countries (LDCs) - Crisis, structural transformation and the Future of Work was appropriate for the debate.

He said that this was in view of the multiple implications of current global challenges.

He said the analysis of the character and challenges of the labour markets index of the 46 LDCs raise some concerns.

According to him, this is especially in the light of the impact and slow recovery progress of many economies after the pandemic.

"The volume of job losses and the established link between social justice and global peace should provoke honest debate at this conference.

Gold, others generate N19.2bn for FG in Q1

-NBS

Nigeria lost \$3 billion to illegal smuggling of gold between 2012 and 2018, while it is estimated that 2 tons of gold per month is being mined by artisans presently in Nigeria.

Since Nigeria does not have a large-scale mining sector, gold refining is carried out by small-scale or artisans in local areas, unlike countries in West Africa such as Ghana and Burkina Faso, that have fully developed their mining potentials.

Similarly, crises in some states like Zamfara and Kaduna have been linked with the presence of gold deposits, forcing the National Security Adviser (NSA) to convene a security meeting last year to deliberate on the issue of illegal mining, which it said is fueling the crisis in Zamfara State.

The NSA in a statement had pointed out that beyond the problems of bandits and cattle rustlers, the scale of lawlessness in the state was "Aggravated by illegal miners who are harvesting resources they have no legal rights to exploit."

However, the government is trying to breathe sanity into the sector with the Presidential Artisanal Gold Mining Development Initiative (PAGMDI).

The PAGMDI is an artisanal and small-scale gold mining that would enable the miners to send refined gold to the CBN and in accordance with the London Bullion Market Association (LBMA) standards.

President Buhari at an event to mark the first purchase said the initiative would improve gold mining operations in the country, generate 250,000 jobs and over \$500 million in monetary value annually through the payment of royalties and taxes to government coffers.

Also speaking at the launch, Governor of Central Bank (CBN), Godwin Emezie said the development would help Nigeria facilitate economic diversification.

"The Nigerian economy remains strong, remains resilient to withstand the exogenous shocks that we see around today."

Meanwhile, N8.8bn was made from the exportation of cigarettes containing tobacco to neighbouring countries.

A breakdown saw the export of the commodity to Niger Republic valued at N3.567bn, Cameroon N1.944bn, Ghana N1.537bn, Burkina Faso N933m and Ivory Coast N869m.

Nigeria seeks ILO support to achieve SDGs

"The wave of insecurity, terrorism, food scarcity, rising cost of energy, impact of COVID-19, among others should challenge our common humanity and shared international relations.

"These are consummate recipes for global socio-economic disruption and widening inequality," he said.

The minister added that the ripple effect of the deteriorating situation in these 45 LDCs was capable of eroding the gains of the developing and developed economies.

"Our response should go beyond statistics and rhetoric to plans which will stimulate economic activities to generate decent jobs for the teeming unemployed youths who yearn for dignified life," he said.

According to Ngige, Nigeria has over the years upheld the four pillars of the Decent Work Agenda as well as the Strategic Objectives of the ILO.

"This is by implementing different transformative Agenda and Visions to structurally transform and improve its economic productive capacities and outputs.

"This ultimately, is a bit to move the country on the path of sustainable development and economic growth," Ngige said.

He noted that currently the Economic Recovery and Growth Plan (EGRP) of 2017 to 2020 is being rolled into National Development Plan 2021-2025.

He said that this takes into cognisance achievements from preceding activities,

programmes and projects with well defined key performance indicators as guide. "We have entrepreneurial programmes and projects in the agricultural sector through various loan schemes that have created volumes of decent jobs.

"We request a review and reiterate our previous call for the need to ensure that COVID-19 vaccines reach the remotest part of the world by granting patent rights for production of vaccines to regions.

"Sadly too, the LDCs are mostly the regular members on the Committee of Experts on the Application of Standards.

"We advocate a review of this practice especially as it relates to the LDCs economic performance and development," he added.



Abubakar



Bestiality allegation ruined my life, career – Cossy Orjiakor

Continued from page 16



But I think lately the police are doing a great job if someone makes an inciting or defamatory statement online, the police swing into action.

Even the young lady that claimed she slept with a dog, the police declared her wanted.

The police no longer

wait to be told before they swing into action.

How did your family react to the controversy?

My late parents granted interviews back then for clarification, but the journalist twisted and published the interviews in his enquirer magazine.

How did the journalist get the pictures he published?

I don't know if he (the journalist) was trying to promote the movie because the viral pictures were taken on the Itohan movie set. The director and every other person were set when the photo was taken.

So you did not know the journalist you claimed took the photos?

Actually, I knew him in person. He was dating a friend of mine, and she even tried to intervene. He just put the story on the cover of the newspaper. It was so bad that churches included me in their sermons; I was looked down upon. Everybody was scared because they thought I had contracted HIV/AIDS. The journalist included it in his report that I had contracted the disease. I had to run away for my safety. But, even when I ran away, they contacted my father and told him that I acted in a pornographic movie. It was so bad.

So, you didn't know when the picture was taken?

We were just on set shooting; I didn't know.

Why do you need justice for a scandal that broke 20 years ago?

Do you know what it means? Do you know what I lost back then?

I built my career and future, and everything went down the drain. Everybody stigmatised me.

People were saying I contracted HIV. I even lost my relationship then; the person I was dating then subjected me to all sorts of embarrassments and medical tests, even when I was innocent and disease-free.

If somebody could bag a 14-year jail term for sleeping with dogs, then there should be a punishment for someone who wrongly accuses a person of bestiality.

I am not asking for money; all I want is justice.

You have accounts on the porn

platforms, I-fan, and only-fan. Don't you think this would affect your public perception?

I lost the accounts early this year; trying to get another one. It's a platform where fans in a tube watch whatever you choose to create. I showcase my lingerie line Cossysecret to my fans. So they order and also pay to watch me model my designs. What I make is enough to feed and feel good.

How much do you make from it?

I also have unique videos that one can buy. It's a monthly subscription platform. This is the best I can do after looking at my source of income for the past 20 years.

Any plan to return to Nollywood?

I am doing okay. I currently have only fans and I-fans accounts; these are online platforms where fans subscribe to be entertained.

Not much is happening in Nollywood these days; besides, in the heart of the scandal, I lost my sense of purpose.

I was traumatised; who would want to employ a girl that slept with a dog? Even the movie that spurred the controversy was banned. Anybody that featured me in their film lost money.

Have you considered going behind the cameras to produce your movies?

Yes, I did. But the stigma was still there. Nobody wanted to feature me in their movies or even feature in mine. This was because the people who did in the past lost all their money.

Nollywood stakeholders held a meeting, and I was banned afterwards. Films such as 'Shattered home' were forbidden, and the producer lost his money, so nobody wanted to work with me out of fear.

How did the producer of 'Itohan, late Chico Ejiro, react during the scandal?

No one said a word. I think someone influential must have paid them all to keep quiet. The only person who stood by me was the pretty actress, Shan George.

In August 2020, you revealed that your German-Nigerian Model lover, Abel Wilhem, was violent towards you. Did you end the relationship, any regrets?

I don't want to talk about my past relationship

You said you are a trained accountant. Wouldn't you want to work in the corporate sector?

I am Cossy; I can't be running after companies that won't want me. My career was taken from me, and I was thrown to the streets. And nothing was done about it. So if I build another job, I can still lose it and be thrown back to the streets, so I am ok like this.

Source: Prime Times



Most expensive Nollywood movies

Continued from page 16

93 Days



Estimated Budget: ₦400 million

It tells the story of the 2014 Ebola outbreak in Nigeria and its successful containment by health workers from a Lagos hospital. It stars Bimbo Akintola, Danny Glover and Bimbo Manuel.

October 1



Estimated Budget: ₦330 million

October 1 starring Sadiq Daba, is set in 1960, and tells the story of Nigerian police detective dispatched to investigate the murders of women in a small community before independence.

The wedding party 2



Estimated Budget: ₦300 million

The Wedding Party 2: Destination Dubai brings us up to date with the newly-married couple who are now expecting a baby. Is reformed bachelor Dozie ready for this? Felix and Obianuju are still working on their relationship but has he given up 'Small Chops' for good?

The Wedding Party



Estimated Budget: ₦60 million

The Wedding Party is a 2016 romantic comedy drama film directed by first time director Kemi Adetiba. It premiered on September 8 2016 at the Toronto International Film Festival and released world wide on December 16 2016.

ENTREPRENEUR WATCH

WITH CELESTINE D. ATTSAR

Understanding consumer behaviour, their impatience and expectation

In recent times, we have seen more businesses reporting low or no profit and, in some cases, no revenue. The case of business failures is equally high and prevalent, which could be attributed to the changing landscape with the aftermath of coronavirus pandemic, high inflation, poor supply chains, high exchange rate regime, and a host of other struggles. TIMI OLUBIYI writes.



Market

DESPITE the coronavirus pandemic radically altering business operations and customer experiences, many businesses in Africa, particularly Nigeria, have stuck to the prevailing old pattern of customer service, which frequently involves poor customer convenience and low customer satisfaction.

Though we have seen more of innovations around technology adoption in businesses to improve performance and retain customers little is noticed in small businesses and large firms in Nigeria.

Despite changing business models all across different industries around the world to meet current realities and customer expectations. Consequently, businesses that wish to maintain survival need to adjust to the realities around customer expectations, preferences, and convenience without further delay.

If small businesses fail to recognise these changes in customer expectations, they may face a business continuity threat rather than just poor performance, likewise large firms.

The majority of business advances in recent times have been inspired by technology, noticeably in service businesses and food-service sectors, particularly restaurants and transportation. For instance, considering the case of Uber, the car hailing business and the likes, the business model was driven by changes in consumer behaviour and convenience was the major driver. The success of the business model does not rest on a deep emotional connection with customers but the success may be summed up in a single word: convenience.

Also, based on my observations around Lagos State, the adjudged

economic capital of Nigeria, I have seen a restaurant offer a single meal, rice with boiled egg, for N500. That is less than a dollar for a meal, noting that a \$1 is around N600 in the country.

Similarly, banks provide mobile banking software applications (apps) through which accounts may be opened online and transactions can be completed, even to borrow funds, without having to enter the banking hall.

Another example is the sudden deployment of point-of-sale (PoS) terminals to agents throughout the country, with the agents executing some banking transactions nearly everywhere outside banking halls. Further to this, in Somolu, a Lagos State suburb, I have also seen that a local café (Amala joint) opens on Sundays when competitors are all closed, and chooses to close on Mondays to observe the one day off per week.

With this idea, the local cafe operator can give a lot of customers the flexibility and convenience they need on Sundays while also making premium on the business gains. All these concepts are intended to capitalise on customer convenience and the current realities nothing more.

Therefore, business owners and SME operators should understand this and know that when it comes to the most crucial aspects of customer needs, convenience is supreme. Each customer, though, may have different ideas of what constitutes convenience, from pricing to the business location, payment options, ease of shopping or making transactions, business opening days and time flexibility, customer experience of ordering, delivering, and the likes. It is important to note that most consumers are price sensitive though and base their purchasing or

service decisions on it.

According to my further observations in Lagos State, I noticed that despite a lack of solid business concepts and knowledge, the numerous neighbourhood corner-shops, traffic hawkers, and businesses without recognised classification, operate on this convenience model.

Though it may seem to be an insignificant way to operate a business, the turnover, revenue, and profit could be sufficient to sustain the operators. The expectation is that customers will hurriedly need items or products, and such businesses exist on this premise.

Whereas I see major enterprises with a brick-and-mortar retailing strategy still paying exorbitant rent to maintain a physical presence without operating online or adopting technology for convenience. Ignoring the digital age that has changed the retail industry, and indeed most sectors of the economy, where businesses can relate with customers anywhere and at any time.

As a result, it is high time for structured enterprises, retail outlets, and large businesses to adopt the convenience model in order to improve business sustainability and profitability. Convenience is more important to consumers than ever before, particularly in terms of pricing, (i.e., affordable services or products) and location that is easily accessible (physical or online).

What matters to most consumers is the time and effort they have to expend because they are largely impatient – the less time, the better, and the less amount, the best.

Giving an illustration of how convenience can make a business more profitable in a case of a superstore, patronage can be increased by having a good and

convenient location, reducing expensive, specialty, or high-end products and exponentially increasing convenient goods. Convenient goods are items or products that customers can easily afford and frequently buy on impulse without much thought.

Such items are groceries, eatables, detergents, toothpaste, paper products, and emergency products such as light bulbs and so on. The idea is that large volume is likely to be sold within a short period, and repeat purchases will happen continually and such business will be active and performing. Furthermore, technology too can greatly help in this instance, that is where e-commerce comes in.

The extra levels of convenience where customers can effectively use their phones with seamless payment platforms or gateways to effect purchases or transactions will help a great deal, no matter how small. For micro businesses social media platforms and WhatsApp status can equally help with cheap advertisement and keeping customers updated.

For other forms of businesses, particularly large firms a business model can be designed or redesigned around convenient solutions. To create convenience, firms must find ways to eliminate any "friction" that may arise when a potential customer interacts with or purchases from their business. Such convenience can be designed around, packaging, delivery, usability, automation, and product variety.

Let the truth be told, convenience can actually increase repeat purchases of any form of business, which in turn helps increase and grow the profit margin. Any strategy to boost the convenience of customers can also give brand loyalty, which will, at the end of the day, give a competitive edge and market-dominance.

Therefore, providing convenience can be the key to business success at this time of high inflation, low disposable income, and weak purchasing power of the majority, who are the masses. Because by saving customers' time, money, and energy, businesses can also make more income.

Significantly, market survey and customer research may assist in determining which solutions will enhance business service, and overall provide a high degree of ease. Quite often, I have noticed that businesses do not leverage on feedback from customers.

It is good to have present customers submit comments or reviews highlighting instances in which particular business (or rivals' business) failed to meet their convenience expectations, and this may be a pointer to what needs to be addressed.

It takes more than pricing to outperform competition, so consider how to integrate convenience into a designed business model. Who says customers cannot order a haircut, photo shoot, home-cooked meals, or even a manicure directly from their mobile phones for a convenient home service? All that is needed is for the vendors or business owners to think critically and carry out research about the ways things should work.

In conclusion, to effectively engage with today's hyper-connected, technology-savvy, and impatient consumers, businesses must be preoccupied with offering quick, convenient, and simple solutions. In short, nothing pays more for businesses at this time than being more convenience-oriented because it could be the shortest path to increasing customer retention, loyalty, and business profitability. Good luck!

Source: BusinessDay.



Democracy Day

Goodwill Message

Ministry for Local Government and Chieftaincy Affairs

The Honorable. Commissioner, Ministry for Local Government and Chieftaincy Affairs, Plateau State **Hon. Sylvanus D. Tapgun mni**, the Permanent Secretary, **Barr. Rauta Dakok**, the Management and the entire Staff of the Ministry heartily felicitate with the President and Commander – in - Chief of the Federal Republic of Nigeria **Muhammadu Buhari GCFR**, the Vice President, **Prof. Yemi Osmbanjo GCON**, the President of the Senate, **Sen. Ahmed Lawal**, the Speaker of the House of Representative, **Hon. Femi Gbajabamila**, our amiable Governor, the Captain of the Rescue Administration and the Chairman Northern Governors Forum, His Excellency, **Rt.Hon. Dr. Simon Bako Lalong**, His Deputy, **Prof. Sonny Gwanle Tyoden**, the Speaker Plateau State, House of Assembly, **Rt.Hon. Yakubu Sanda**, the Chief Judge of Plateau State, **Hon. Justice David Mann**, and indeed all Nigeria on the occasion of Democracy Day Celebration.

We in the Ministry wish to attribute the remarkable transformation being witness at the Ministry and other sectors of Governance to the pragmatic leadership posture of His Excellency the Captain of the Rescue Mission; which include filling of vacant chieftaincy stools, Upgrading, Restoration and Creation of New Chieftdoms, Districts and Village Areas, Approval of Financial Autonomy to Local Governments in the State, as well as prompt payment of counterpart funds among others. These fits portray you as an exemplary and Legendary leader of our time.

As we celebrate this auspicious day we pray God to guide our leaders and fill them with more wisdom and foresight to continue to deliver more dividends of democracy to the good people of the State.

Long Live Plateau State
Long Live the Federal Republic of Nigeria.
Signed.

Hon. Sylvanus D. Tapgun mni
Commissioner:
Ministry for Local Government and
Chieftaincy Affairs, Plateau State.



Hon. Sylvanus D. Tapgun mni
Commissioner



NEWS

NGO trains community on self-reliance

From **ABBAS SHEHU GUNGURA, Bauchi**

A Non-Governmental Organisation known as Mafia Women and Youth Development Initiative, (MWYDI) has expressed concern over the high rate of unemployment in the country and therefore challenge women and youths in Bauchi State to wake up and find ways of becoming self-employed rather than waiting for government jobs.

The Chairperson of the organisation, Mrs Theresa Orude gave the advise during a one-day business summit organized for women and youth in Miri community, Bauchi Local Government Area of Bauchi State where she said, the summit was to stimulate and motivate women and youths to become aware of the potentials that lie within them and utilize them for their benefit and that of the society.

"We must realize that no country can provide jobs for all its citizens as such; you must start thinking of setting your businesses or companies to add value to the system. This is a reality that Nigerians must come to terms with," she said.

She explained that Mafia was born out of the desire to motivate women and young persons to shun idleness and take advantage of available opportunities to engage in viable business or vocation.

"We have discovered that many housewives are not doing anything at home and depend solely on their husbands. The best thing for any sensible woman or youth to do in the current scenario is to learn a business or a vocation to survive. The few women and youth who are engaged in business are struggling because they lack the requisite skills to grow the business or expand it"



Bala

"Mafia is coming to fill that gap through the creation of awareness of potentials that women and youth carry and how they can exploit these God-given gifts and opportunities to start and become employers of labour," she said.

While appreciating the national Orientation Agency, (NOA) in the state for supporting and encouraging the vision of the Mafia to reach out to more women and youth in the state, Orude unfolded that Mafia will train and empower women and youth in the state to start and grow their businesses and called on well-meaning Nigerians and philanthropists to support Mafia in its quest to reach out

to women and youths to reduce poverty and promote peace among communities.

The Director National Orientation Agency, (NOA) in the state, Alhaji Nura Kobi, in his response commended Orude for setting up Mafia to create awareness and sensitise women and youth on how to be self-employed.

Kobi who spoke through Mrs Mary Keffas Magaji, the Deputy Director of NOA in the state, stated that Mafia has well-tailored aims and objectives that will empower women and youth in the state even as he called on women and youth in the state to take advantage of the opportunities in the community to create wealth by becoming self-reliant and purposeful.

From **DORCAS PANKYES, Abuja**

AHEAD of 2023 General Elections, the Chairman of Independent National Electoral Commission (INEC) Professor Mahmood Yakubu has solicited the support of the Nigerian Air Force, (NAF) for airlift of electoral materials and personnel in preparation for the upcoming elections.

The INEC Chairman made the request when he paid a courtesy visit to the Chief of Air Staff, (CAS) Air Marshal Oladayo Amao at the Headquarters NAF, (HQ NAF) Abuja. Professor Yakubu also sought NAF's assistance in handling delivery of outstanding election materials for the Governorship Elections holding in Ekiti and Osun States in June and July 2022.

According to the Chairman, his visit basically aimed at exploring ways of ensuring effective collaborative efforts with other stakeholders to address issues related to aspects poor electoral logistics management of which the NAF has a critical role to play. "This will be extended to other Armed Services in our determination to efficiently deliver materials and more efficiently serve Nigerians on Election Day", he said. He noted that the law empowers the commission to seek the support of the security agencies and especially the Armed Forces in delivering materials for election and the protection of election officials. While commending the NAF for its neutrality and professionalism, the INEC chairman stated that the collaboration with the NAF has been of tremendous benefit to

INEC chairman solicits support of NAF



Mahmood

the electoral process and the consolidation of democracy in Nigeria.

Responding, Air Marshal Oladayo Amao assured the INEC Chairman of the readiness of the NAF to provide transport aircraft to enable prompt movement of electoral materials during the 2023 general elections. He commended INEC for stabilizing the electoral process in Nigeria. "As the electioneering season gradually picks up, we are aware of the need to coordinate movement of INEC logistics such as election materials and staff to remote areas preparatory to the forthcoming general election in February 2023. I believe

further liaison with us is necessary to enable us incorporate INEC activities in our operational plans", he said. Air Marshal Amao also stated that the NAF would continue to render all necessary assistance and support to make INEC more efficient in the discharge of its constitutional responsibilities. He then directed that a Committee comprising INEC and NAF personnel be constituted to coordinate airlift of electoral materials and other logistics movement for it's free electioneering exercise.

The INEC Chairman was accompanied by some Commissioners and other top management staff. Also in attendance were Branch Chiefs and some Directors.

Yahaya charges commandants on duties

From **DORCAS PANKYES, Abuja**

THE Chief of Army Staff, Lieutenant General Farouk Yahaya has charged Commandants to be professional in the discharge

their duties. This was made in a statement signed by Iweha Ikedichi Ag Deputy Director Army Public Relations 6 Division. The Chief of Army Staff



Farouk

Sate Command in 2015.

Before his appointment as the Command PRO, he served in different capacities at various divisions and formation within the state in Operations, Administration and Investigation, among others and has attended several courses, and training within the country such as, Leadership and Citizenship Course, Shere Hills, Jos, Detective Training and Forensic Investigation, Community Policing Training, Combat Training Course Gwoza Bush Camp, Maiduguri, Central Training and Planning Unit Course, (CPTU) at the Police Staff College, Jos, United Nations Office on Drug and Crime (UNODC) Training on Investigation.

DSP Alfred who was a former team leader of the Homicide section of the SCID, Jos, Plateau State Command promised to bring his wealth of knowledge to image building of the Force and also strengthen Police-Public camaraderie in the State.

Training speaking further described the operational environment as volatile, complex, uncertain and ambiguous. He added that for success to be made in such environment, senior leadership must be dynamic in it's thinking.

The seminar had as it's theme Building the Capacity of the Nigerian Army to meet Contemporary Security Challenges in a Joint Environment: The Role of Senior Leadership.

Earlier, while welcoming participants, the General Officer Commanding 6 Division Nigerian Army, Maj. Gen. Olufemi Oluyede stated that the contemporary threats confronting the nation calls for astute and innovative leadership competencies from commanders. He disclosed further that the seminar will equip senior commandants with the skills set to preserve the image of the Nigerian Army in an increasingly complex operating environment.

He further thanked the COAS for providing the resources for hosting the seminar in the face of competing demands and scarce resources and wished everyone a very intellectual and rewarding deliberation.

Plateau Command gets new PPRO

By **BULUS GAMBO**

Deputy Superintendent of Police, DSP Alabo Alfred has assumed duty as the new Police Public Relations Officer of Plateau State Command, following the mobilization of his predecessor, DSP Ubah Gabriel Ogaba to a Police Mobile Squadron.

DSP Alabo Alfred was enlisted into the Force on 4th

January, 2010 as a Cadet Inspector of Police from the prestigious Nigeria Police Academy Wudil Kano State. He has a Diploma in Marketing and a Degree in Criminology and Security Studies in view. DSP Alfred has also served in various capacities in Kaduna State Police Command before he was mobilized to 30PMF Yenogoa in Bayelsa State and later demobilized to Plateau



DSP Alabo

NEWS

Minister flags-off stream 2 independent monitors

From Dorcas Pankyes, Abuja

MINISTER OF Humanitarian Affairs, Disaster Management and Social Development, Sadiya Umar Farouq has flagged off the On-Boarding of 3000 Stream 2 Independent Monitors.

During the flag-off held at the Nigerian Army Resource Centre, Abuja, the Minister who was represented by the Permanent Secretary, Dr Nasir Sani-Gwarzo, MPOM explained that monitors were one of the most important components of the National Social Investment Programmes.

She said that, the Ministry lays special emphasis on ensuring that its programmes are closely monitored.

"Today's programme marks the beginning of the national training and onboarding of additional 3000 men and women who will serve as Stream 2 monitors. They will be given the prerequisite training and receive engagement letters and tablets as working tools for monitoring the programme. "The NSIP Independent Monitors are responsible for monitoring the NSIP Programmes in their communities, schools, households and market clusters with focus of ensuring that the primary objectives of the NSIPs are achieved.

"We have monitors in every local government where the NSIP is being implemented. Through the Social Investment Management Information System (SIMIS) application, our Stream 1 monitors have uploaded over 220,000 reports to date on the application, giving us good visibility on the programmes in the communities.

"The incoming Stream 2 Independent Monitors are expected to continue using the same platform to report their activities from the field".

The Minister charged the beneficiaries to work closely with the state NSIP teams and avoid any form of intimidation of the beneficiaries.

"Monitoring at the state requires that the Independent Monitors work hand in hand with the state NSIP teams. They are also required to work closely



Farouq

with the beneficiaries. No intimidation of beneficiaries by an Independent Monitor will be accepted by the Ministry. Any Independent Monitor found intimidating or harassing a beneficiary will be taken off the programme", Umar Farouq warned.

Earlier in a welcome address, Dr Umar Bindir of the office of the honorable Minister stated that, the Social Investment Programmes have lifted many people out of poverty while tackling youth challenges through N-Power and its affiliated programmes like N-Build and N-Skills.

While explaining the processes and objectives for Social Investment Programmes Monitoring, the Special Adviser to the President and Team Leader, Monitoring and Evaluation, Dr Fatiya Askederin Musah said that the training will define roles and responsibilities for NSIP Monitors as well as teach the reporting skills and

timelines using the monitoring device.

"We monitor to have visibility in all the states, to collect data and determine areas of improvement and also document lessons learnt. Without monitoring and evaluation, we will not be able to measure the benefits or demerits of the NSIPs, hence the need to ensure accurate evaluation of all government's poverty alleviation programmes".

There were goodwill messages from the Chairman, Focal Persons Forum, Nasir Abdulkadir and a representative of a Non-Governmental Organization, Save the Children.

In attendance were also Directors of the Ministry including Alhaji Ali Grema who represented the Permanent Secretary, Team Leaders, Focal Persons from Katsina, Nasarawa, Osun and Rivers states as well as NGOs and representatives of Civil Society Groups.

KADUNA State government has given an update on the attack on some villages in Kajuru Local Govt Area of the state by bandits where 32 locals were killed.

The state Commissioner of Internal Security and Home Affairs, Mr. Samuel Aruwan who confirmed this in a statement gave details on the attack.

"The Kaduna State government received initial reports from security agencies, that bandits attacked the villages of Dogon Noma, Ungwan Sarki and Ungwan Maikori in Kajuru Local Government Area on Sunday.

"According to the reports, the bandits stormed the area in large numbers on motorcycles, and proceeded to raze several houses, as they attacked and killed locals.

'Since the attack on Sunday, security agencies and traditional leaders in the locations have been updating the government on the development.

"As of the time of this report, 32 persons have been confirmed dead following the attack. The deceased are listed as follows: Dogon Noma -- Ahmadu Musa, - Audu Dandaura, - Akilu Laya, - David Wasika, - Hajatu Buhari, - Nashon Buhari, - Iliya Yaki, - Javan Mairabo - Jackson Adamu, - Nasco Victor, - Dutse Gwamna and- Joshua Amadi

Others are- Gona Isah, - Douglas Yakubu, - Phineas Joel, - Tanimu Umaru, - Abody Iliya, - Wanzami Halidu, - Dogo Aweh, - Sunday Shittu, - Rejoice Audu, - Jedidiah Ayawa, - Jinkai Pius, - Rebecca Ayafa, - Ishaya John, - Audu Danladi, - Jibo Sule, - Yakubu Garba, - Williams Danbaba

Ungwan Sarki- Maikasa Kufana, - Augustine Bahago Uugwan Maikori- Mamiya Maikori

"While the government mourned the gruesome killing and burning of houses in the attacked locations, a

KDSG confirms 32 killed by bandits

From John Fwah, Kaduna

report was published suggesting that the victims of the attack were killed by terrorists using a helicopter.

'The Kaduna State Government wishes to make a clarification based on reports received since Sunday. The bandits attacked the first two locations and killed 31 citizens. They then headed into Ungwan Maikori, where they killed one person and burnt some houses.

"An Air Force helicopter (under Operation Whirl Punch) dispatched to the area, had earlier scanned the first two locations and sighted burnt houses and properties on fire.

"The helicopter intercepted the bandits at the last location (Ungwan Maikori) and engaged them as they retreated, before the arrival of ground troops to the general area.

"It was the arrival of the air asset which deterred the bandits from further attacks on the citizens in the village, after the bandits had already killed one local and burnt several houses.

"The story that a helicopter provided air support to the bandits against the locals, is therefore an untrue account.

"The government of

Kaduna State having gone through all the facts, finds it regrettable that a section of media would circulate an unverified report, insensitive to its implications on national security, law and order.

'Eyewitnesses to the peddled report of a helicopter aiding bandits in the killing of innocent citizens are invited to present their accounts to the government backed by incontrovertible facts.

"The military, police and other agencies working in the general area deserve commendation and motivation, rather than demoralizing allegations.

'In the last 72 hours, security forces have conducted vigorous operations in the same general area, and are on the trail of a wounded notable terrorist.

"Similarly, several kidnapped victims, including an expatriate kidnapped at a mining site, were rescued after a fierce engagement with bandits.

"Governor Nasir el-Rufai, on receiving reports of the attack, expressed deep

sadness and prayed for the repose of the victims' souls. He also conveyed his heartfelt condolences to the families of the victims".



el-Rufai

BUA distributes drugs to host community

From ANENE AIKE, Sokoto

THE BUA Cement Company, Sokoto, has distributed drugs worth millions of naira to indigenes of Wammakko local government area of Sokoto State.

Presenting the drugs to heads of 8 communities made up of Mobile Police Area, Wajeke, Arkira, Sabon Gari Alu, Kalambaina, Gidan Boka, Bakin Kusu and Gidan



Tambuwal

Bailu, the BUA Cooperate care of even as it was very Affires Manager, Alh Sada minor fire disaster.

Suleiman said the drugs He promised that very are meant for its host soon, all the roads, communities. avenues and streets within

,That apart from the the host communities will drugs there are other be renovated and new goodies made available to ones constructed to make them which includes life meaningful for all of Bore holes provided in them.

every nooks and crannies In their speeches, each of the host communities of the village heads

He also stated that all thanked BUA for their those of them that were wonderful gesture, care affected by the recent and provisions in area of inferno that affected BUA health and education. Cement plant were taken

Democracy Day Goodwill Message

from
Plateau State Specialist Hospital

The Chief Medical Director, **Dr. Filimon H. Golwa** on behalf of the Management and the entire staff of Plateau State Specialist Hospital, os heartily facilitates with the President and Commander-in-Chief of the Armed Forces Federal Republic of Nigeria, **Muhammadu Buhari, GCFR** and his Vice, **Prof. Yemi Osinbajo, GCON**, the Chief Servant Leader of the State, **Rt. Hon. (Barr.) Simon Bako Lalong**, his trusted Deputy, **Prof. Sonny Tyoden**, members of the National Assembly, Speaker, Plateau State House of Assembly, **Rt. Hon. Yakubu Sanda**, Hon. Commissioner for Health, **Dr. Lar N. Ndam**, Chairman House Committee on Health and other members, the Gbowng Gwom, Jos and members of the State Traditional Council, the Judiciary and the entire hospitable and peace loving people of Plateau State.

As we celebrate 23 years of uninterrupted democracy, it is a symbolic representation of democratic dividend as evidenced by the transformation in the health sector at both the State and National level.

We are indeed grateful to the Government for the support we have enjoyed over the years. We pray that God will give the government the grace and ability to surmount challenges faced by the state and nation at large.

Happy 23rd Democracy Day Celebration!!!

Signed:
TALATU ACHAN ANGI, ANIPR
Public Relations Officer
For: Management,
Plateau State Specialist Hospital



Dr. Filimon H. Golwa
Chief Medical Director



Governor Simon Bako Lalong
Chairman Northern Governor's Forum

Democracy Day Goodwill Message

from
**Plateau State Local Government
Staff Pension Board, Jos**



Governor Simon Bako Lalong
Chairman Northern Governor's Forum



Mr. Vincent Niyel
Permanent Secretary

The Permanent Secretary, Plateau State Local Government Staff Pension Board, Jos, **MR. VINCENT NIYEL**, wish to on behalf of management and the entire staff felicitate with the President and Commander-in-Chief of the Arm Forces Federal Republic of Nigeria, **Muhammadu Buhari, GCFR**, the Vice President, **Prof. Yemi Osinbajo, GCON**, the Rescue Team Lender, **Rt. Hon. (Barr.) Simon Bako Lalong**, Governor of Plateau State and Chairman Northern Governor's Forum on the occasion of Nigeria's Democracy Day, celebration.

As we celebrate 23 years of democracy, it is our prayer that the positive transformation and dividends of democracy enjoyed by our people will continue and we in the local government pension Administration wish to pledge our unalloyed support to the people's governor, **Barr. Simon B. Lalong** and look forward to better days.

Long live Plateau Local Government Staff Pension Board!
Long live Plateau State!!
Long live Nigeria!!!

Signed:
Mr. Vincent Niyel,
Permanent Secretary

SUNDAY MAGAZINE



June 12 and Nigeria's democracy

Continued from page 10 Government (ING). This aberration was not to last as the dark goggled Kanuri General, Sani Abacha waited on the wings. It was a one way thing for Abacha to take over power.

It is another sad reminder that, with Abacha firmly on the saddle; a lot of the political elites jumped ship and participated actively in Abacha's Military regime against all ethos, principle and integrity. Even while Abacha pretended to be carrying out another transition programme, all the then five political parties enormously endorsed him. Five fingers of a leprous hand apology to the late chief Bola Ige. Abacha too has become history, perhaps by divine intervention.

June 12, has become more relevant as two decades of

Nigerians have come to appreciate the beauty of democracy in the country despite its seeming imperfection. In his book on IBB, titled the military, power and politics, the veteran journalist, Dan Agbese, revealed that, IBB himself did allude that if he had declared the election of the result, there would have been a bloody coup. Really?

But another conspiracy theory posited that, there was already an "army arrangement" between IBB and Abacha that it was going to be "turn-by-turn". Meaning that IBB would quietly leave the stage for Abacha. Whatever was the case, General Abdulsalam Abubakar's transition programme which ushered in the present democracy in 1999 became a good omen for the country. With over

uninterrupted democracy, there is great hope that the people are in a pole position to elect who to govern them.

And what are the lessons of June 12, for our democracy? Had the present crop of politicians imbibed anything from June 12, the nation would not have found itself in the present unpleasant situation? Without being a star gazer or a soothsayer, it is very obvious that Nigeria is heading

along religious, region and ethnicity sentiments. What is presently playing out ahead of the 2023 general election is fearsome. Can we ever have a Muslim-Muslim or Christian-Christian ticket in the country?

Patriotism, competence and capability ought to be the watch word for our leaders. However, mediocracy and resort to religious and ethnic cocoon have take the centre stage. It behooves

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But another conspiracy theory posited that, there was already an "army arrangement" between IBB and Abacha that it was going to be "turn-by-turn". Meaning that IBB would quietly leave the stage for Abacha. Whatever was the case, General Abdulsalam Abubakar's transition programme which ushered in the present democracy in 1999 became a good omen for the country. With over two decades of uninterrupted democracy, there is great hope that the people are in a pole position to elect who to govern them.

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on Nigerians to now taken their destiny into their own hands. Therefore, as 2023 becomes very crucial, the needful must be done.

With almost thirty years down memory lane, Nigeria cannot afford to fail the heroes and heroines of the struggle for our democracy. It is commendable that the incumbent President Muhammadu Buhari, deemed it expedient and desirable to declare June 12 as the real "Democracy Day" rather than May 29. That in itself is a signal to the desirability of the universal system of government dubbed as government of this people, for the people and by the people. Hence, the people must rise to the occasion by jealously guarding the ideals of democracy on this day. June 12 has become sacrosant and so be it.

METRO-FOCUS

Skin bleaching is becoming a norm

By HOSEA NYAMLONG

Human history of skin beauty is an age old fashion, desire and a culture that has developed over the years worldwide, depending on the skin colour of every region.

Nigeria and most parts of the African continent are predominantly darkskinned people. And bleaching of the skin occurs in Nigeria either as an attempt to look lighter or to maintain skin toning.

However, skin bleaching refers to the use of products to lighten dark areas of the skin, achieve an overall light complexion or follow a fashion trend to reduce normal melanin in the skin. These products include bleaching creams, soap, ointment, pills as well as professional treatment like chemical pills and laser therapy

Skin bleaching is an ongoing trend and practice among Nigerians, both men and women for some obvious reasons.

It was observed that there are many unregulated cream products sold in our local markets without proper label of the ingredients in their right proportions. These may contain a variety of ingredients, but might be harmful to the skin.

The risks involved depend on ingredients of the products being applied to the skin, in what concentration and over what area and how long it is used?

Investigation has revealed that about 75 percent of Nigerian women patronise skin whitening cream products. But many of these creams have been found to be dangerous with side effects

METRO FOCUS correspondent went round the city centre to interview citizens on the practice of skin bleaching.

Gloria Nduka, a resident of Jos North Local Government Council said that the use of skin bleaching cream depends on the individual's choice. But in her own case, she used simple cream to maintain her skin, because already i have a light skin. On the other hand, some people with dark skin would want to bleach in order to have light skin, to gain public acceptance with both men and women.

In another view, a lady who refuses her name to be in print, said that men are the cause of women bleaching, because most men prefer women with light skin to dark skin. Nowadays, we have many



ladies with light skin which they paid for .

The trending fashion today for most ladies is to look attractive by having a light skin which most times results to skin bleaching without considering the side effect at the end of the day.

Medical experts have strongly advised that skin bleaching is a dangerous pastime that should not be embraced for many reasons. The risk factors associated with the use of bleaching creams are many which includes blood cancer, such as leukemia, cancer of the liver, kidney and with other several skin conditions including ochronosis, a form of hyper-pigment which causes the skin to turn into dark purple shade.

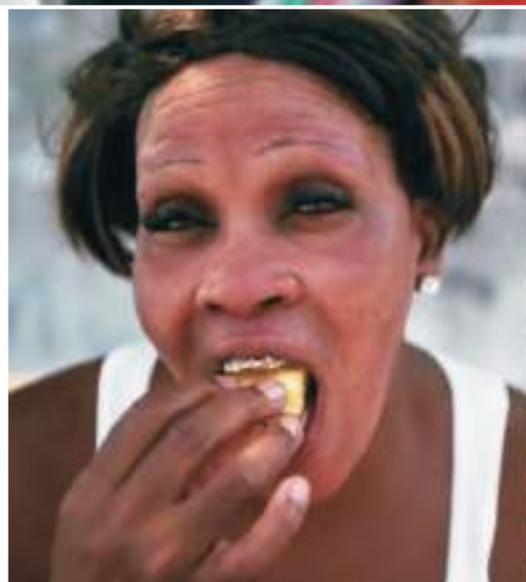
It is easy to identify someone that has bleached because of the dotted dark patches and small reddish blotches that are commonly seen.

In a chat with a lady, a hotelier who disclosed that three years ago, she was dark skinned , but now she has lighten her skin to look more attractive and beautiful.

She added that about 80 percent of her creams and lotions on her shelf are whitening products and she would not want in anyway for her beauty creams to finish without her replacing them.

Some citizens attribute light skin to success and prestige , Most times light skinned ladies are considered as being beautiful than dark skinned ladies

James Maiyaro, in his view



said that he doesn't like people that bleach their skin. I see no reason why men and women should bleach their natural God given skin. I prefer natural light or dark skin, provided it is not artificial skin toning

Chibuzo, a business man who deals with all kinds of cosmetics said most people that patronise his business are women. And some are in the habit of mixing different creams together to lighten their skin, while some prefer to take pills

or the injection type.

He said that he normally mixes creams for his customers based on their request depending on the kind of skin they would want to have or maintain. He normally spends more hours in mixing creams. But refused to share some secrets of his trade.

It is stated that there is no health benefit of skin bleaching. Medically, there is no need to lighten your skin, because the aftermath or after effects are numerous.

The constituted authorities like the National Agency for Food and Drugs Administration and Control(NAFDAC) and sister agencies who are saddled with the responsibility to regulate beauty creams should ensure that harmful products of such nature should not be in our markets, let alone for citizens to use.

It is suggested that dark skin remains the most expensive colour of all the skins in the world. This is because you can not by it.

SUNDAY PEOPLE

JOS POLO ROUNDABOUT ACCIDENT

An accident of a diesel tanker with gas occurred at the Jos Polo Roundabout causing a lot of damage to property and human life



Ishaya Pam, DPO of Laranto Police Divisional Headquarter, Jos (left) Mr. Eugene Nyelong, Zonal Director, NEMA and other official on hand at the accident scene



Plateau State Governor, represented by the Secretary to Government of the State, Prof. Danladi Abok Atu inspecting the level of damage caused by the accident



Wreckaged of the accident tanker captured by The Nigeria Standard photographer



Properties and valuables burnt at the Veterinary Teaching Hospital, University of Jos



Sympathizers at the scene of the accident



Road Safety Special Marshal official (right) answering questions from newsmen at the accident scene



Food stuffs affected by the accident gas tanker before the Gada Biyu Motorpark



Oando Petroleum Station affected by the gas explosion

Photos: DANLADI DUK

Change of Name

<p>NENKIMWA</p> <p>I, formerly known as NENKIMWA SILAS GOYILLA, now wish to be known and addressed as NENKIMWA SILAS MBAHON. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>PETER</p> <p>I, formerly known as PETER SELBOL JAMES, now wish to be known and addressed as PETER SELBOL. All former documents remain valid. All concerned authorities and the general public please take note.</p>	<p>STEPHEN</p> <p>I, formerly known as SILAS DONGBOETNAAN, now wish to be known and addressed as MRS STEPHEN DONGBOETNAAN. All former documents remain valid. All concerned authorities and the general public should please take note.</p>	<p>GOMWALK</p> <p>I, formerly known as MISS GOLIS PANDANG TIMOTHY now wish to be known and addressed as MRS GOMWALK PANDANG TIMOTHY. All former documents remain valid. All concerned authorities and the general public should please take note.</p>	<p>ISHAYA</p> <p>I, formerly known as JOYCE JOYCE TISSING, now wish to be known and addressed as ISHAYA JOYCE TISSING. All former documents remain valid. All concerned authorities and the general public should please take note.</p>	<p>NIMRAM</p> <p>I, formerly known as NIMRAM VICTOR BAGANI, now wish to be known and addressed as NIMRAM VICTOR YAKFA. All former documents remain valid. All concerned authorities and the general public should please take note.</p>
<p>AGYAK</p> <p>I, formerly known as AGYAK, BECKY now wish to be known and addressed as AGYAKI REBECCA BECKY. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>MUSA</p> <p>I, formerly known as MUSA ABUDARDAI MUHAMMED, now wish to be known and addressed as MUSA ABUDARDAI. All former documents remain valid. All concerned authorities and the general public please take note.</p>	<p>JIBRIN</p> <p>I, formerly known as JUBRIL SALAMATU, now wish to be known and addressed as JIBRIN SALAMATU. Correct date of birth is 1/1/2001 not 1/11/1990. All former documents remain valid. All concerned authorities and the general public should please take note.</p>	<p>VICTORIA</p> <p>I, formerly known as MISS VICTORIA AJANG AKASSA, now wish to be known and addressed as MRS VICTORIA NELSON CHIJOKE. All former documents remain valid. Toro LGA, Bauchi state. All concerned authorities and the general public should please take note.</p>	<p>ALAMBAI</p> <p>I, formerly known as SAUL MWANRET JAMES, now wish to be known and addressed as MRS. ALAMBAI MWANRET JAMES. All former documents remain valid. All concerned authorities and the general public should please take note.</p>	<p>ABDULGANIYU</p> <p>I, formerly known as TAIYE KABIRAT ABDULGANIYU, ABDULGANIYU KABIRAT FADERA, now wish to be known and addressed as ABDULGANIYU KABIRAT GARBA. All former documents remain valid. All concerned authorities and the general public should please take note.</p>
<p>ABDULGANIYU</p> <p>I, formerly known as KAREEMAT KEHINDE ABDULGANIYU, ABDULGANIYU KAREEMAT MOSUNMADE, now wish to be known and addressed as ABDULGANIYU KAREEMAT GARBA. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>VONGRIM</p> <p>I, formerly known as PONMAN AUTA, now wish to be known and addressed as VONGRIM PONMAN AUTA. All former documents remain valid. All concerned authorities and the general public please take note.</p>	<p>MARY</p> <p>I FOM MARY DAROS wish to state that my correct date of birth is 27/10/1992 not 27/10/1987. Concerned authorities and the general public should please take note.</p>	<p>DAPAR</p> <p>I, formerly known as DAPAR JOY THOMAS, now wish to be known and addressed as DAPAR TUPKYES. All former documents remain valid. All concerned authorities and the general public should please take note.</p>	<p>OKOMA</p> <p>I, formerly known as OKOMA NAOMI, now wish to be known and addressed as OKOMA NAOMI ONYECHE. Correct date of birth 14/2/2001 not 14/2/1994. All former documents remain valid. First Bank PLC. All concerned authorities and the general public should please take note.</p>	<p>EKESHILI</p> <p>I, formerly known as TAFIDA LARAI USMAN, now wish to be known and addressed as EKESHILI LARA CELESTINE. All former documents remain valid. All concerned authorities and the general public should please take note.</p>
<p>MAICHIBI</p> <p>I, formerly known as MAICHIBI BAWA SAGG, now wish to be known and addressed as MAICHIBI SAGO DOGO. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>OBI</p> <p>I, formerly known as CHUKWUDI OBI, now wish to be known and addressed as OBI AUGUSTUS CHUKWUDI. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>MAGANI</p> <p>I, formerly known as MULLAK CELILIA, now wish to be known and addressed as MAGANI CECILIA MULLAK. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>MUTBAM</p> <p>I, formerly known as ADEDEJI MATHEW, now wish to be known and addressed as MUTBAM MUDARDANG NA'ANLLAH. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>KOPDIMA</p> <p>I, formerly known as MANCHA CHUNDUNG HABILA, now wish to be known and addressed as KOPDIMA CHUNDUNG NENDIMA. All former documents remain valid. First Bank PLC. All concerned authorities and the general public should please take note.</p>	<p>MALLO</p> <p>I, formerly known as YOHANNA MALO DEBORAH, DEBORAH YOHANNA MALLO, now wish to be known and addressed as MALLO, DEBORAH YOHANNA. All former documents remain valid. All concerned authorities and the general public should please take note.</p>
<p>OGU</p> <p>I, formerly known as IBEAUWUCHI TINA FAVOUR, now wish to be known and addressed as OGU ALBERTINA ONYENACHI. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>BILHATU</p> <p>I, formerly known as BILHATU GIDEON KASSAM, now wish to be known and addressed as BILHATU DOKLEMWA KASSAM. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>ZULAI</p> <p>I, formerly known as ZULAI SALEH UMAR, now wish to be known and addressed as ZULAI SALEH. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>DAPIRING</p> <p>I, formerly known as DUWAM SEKYEN MUSA, now wish to be known and addressed as DAPIRING SEKYEN TOBIAS. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>NANCHAL</p> <p>I, formerly known as MANCHAL RIMBUT, now wish to be known and addressed as NANCHAL RIMBUT. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>GOWON</p> <p>I, formerly known as JOEL BLESSING DUNBE, now wish to be known and addressed as GOWON BLESSING KHISITMWA. All former documents remain valid. All concerned authorities and the general public to please take note.</p>
<p>AJAEZU</p> <p>I, formerly known as ANIKA STELLA OBIANUJU, now wish to be known and addressed as AJAEZU STELLA OBIANUJU. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>DANIEL</p> <p>I, formerly known as YAKUBU DANIEL YAKUBU, now wish to be known and addressed as DANIEL YAKUBU. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>LAMELA</p> <p>I, formerly known as DANIEL LYDIA, now wish to be known and addressed as LAMELA LYDIA YILA. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>NANVEN</p> <p>I, formerly known as DANGIDA NITIM, now wish to be known and addressed as NANVEN DINTIM. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>JOHN</p> <p>I, formerly known as FATIMA BLESSING, now wish to be known and addressed as JOHN BLESSING LIPDO. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>DASHE</p> <p>I, formerly known as GBANS .D. MAMSOH, now wish to be known and addressed as DASHE NANSOH GBANS. All former documents remain valid. All concerned authorities and the general public to please take note.</p>
<p>GOPEP</p> <p>I, formerly known as RITA TIMOTHY, now wish to be known and addressed as GOPEP RITA TIMOTHY. Date of birth is 28/5/1994. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>MWANGWAP</p> <p>I, formerly known as MIDINGIDAP SUNDAY DAVOU, now wish to be known and addressed as MWANGWAP SUNDAY DAVOU. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>SAMUEL</p> <p>I, formerly known as SAMUEL DANIEL, now wish to be known and addressed as SAMUEL AHINCHE DANIEL. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>CHRISTIANA</p> <p>I, formerly known as CHRISTIANA MAFAM MANDONG, CHRISTIANA MANDONG, now wish to be known and addressed as CHRISTIANA LUKA MAKWAL. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>FELICITY</p> <p>I, formerly known as FELICITY NITAN DABOER, now wish to be known and addressed as FELICITY DADAI. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>SATI</p> <p>I, formerly known as JINIA SATI WHATLEY, now wish to be known and addressed as SATI WHATLEY JINIA. All former documents remain valid. All concerned authorities and the general public to please take note.</p>
<p>KWAKTIP</p> <p>I, formerly known as INNOCENT GOTODOK, now wish to be known and addressed as KWAKTIP INNOCENT GOTODOK. All former documents remain valid. United Bank for Africa and the general public to please take note.</p>	<p>INUSA</p> <p>I, formerly known as GOYANG INUSA LAGWIM, now wish to be known and addressed as INUSA NASEP. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>TANKO</p> <p>I, formerly known as JIBRIN SHAIBU, now wish to be known and addressed as TANKO SHUAIBU ALHAJI. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>MUHAMMADU</p> <p>I, formerly known as ADAM ATUWA ABDULLAHI, now wish to be known and addressed as MUHAMMADU ATUWA ABDULLAHI. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>LONGZEM</p> <p>I, formerly known as LONGZEM REBECCA, LONGZEM REBECCA, now wish to be known and addressed as LONGZEM REBECCA MATLEN. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>YAKUBU</p> <p>I, formerly known as YAKUBU BARAYA BAYARA, now wish to be known and addressed as YAKUBU BUBA BARAYA. Correct date of birth is 24/4/1984 not 1/1/2008. All former documents remain valid. All concerned authorities and the general public to please take note.</p>
<p>ZINATU</p> <p>I, formerly known as MARYAM MOHAMMED, now wish to be known and addressed as ZINATU MUHAMMAD. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>KOPDI</p> <p>I, formerly known as TANG'AN MERCY TIMOTHY, now wish to be known and addressed as KOPDI MERCY NANGAP. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>BUTKO</p> <p>I, formerly known as BUTKO SYLVESTER, now wish to be known and addressed as BUTKO SYLVESTER CHAKUONG. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>LADAGAAP</p> <p>I, formerly known as DASHE ALEXANDER GABRIEL, now wish to be known and addressed as LADAGAAP ALEXANDER GABRIEL. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>CHUWANG</p> <p>I, formerly known as CHUWANG KACHOLLOM, now wish to be known and addressed as CHUWANG KACHOLLOM GYANG. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>ISHAYA</p> <p>I, formerly known as ADAMS BULUS, now wish to be known and addressed as ISHAYA BULUS AGWOM. All former documents remain valid. All concerned authorities and the general public to please take note.</p>
<p>JIRITMWA</p> <p>I, formerly known as GOTOM JIRITMWA JOEL now wish to be known and addressed as JIRITMWA BAMSHAK DAPAR. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>SALOMI</p> <p>I, formerly known as SOLOMI ZAKARIAH, now wish to be known and addressed as SALOMI ODUMA. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>ISMAIL</p> <p>I, formerly known as ISMAIL KHADIJAH MAHMUD, now wish to be known and addressed as ISMAIL KHADIJA MAHMUD. Correct date of birth is 10/12/1994. not 10/12/1991 and 10/12/1992 in my account and BVN. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>MOHAMMED</p> <p>I, formerly known as MEMUNA NASIRU MUHAMMAD, now wish to be known and addressed as MOHAMMED MAIMUNA NASIRU. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>ABUBAKAR</p> <p>I, formerly known as IDRIS ABUBAKAR SADAUKI, now wish to be known and addressed as ABUBAKAR IDRIS. Correct date of birth is 23/10/1994. not 20/12/1994. All former documents remain valid. All concerned authorities and the general public to please take note.</p>	<p>MARIA</p> <p>I, formerly known as MARIA STEPHEN DAVOU, now wish to be known and addressed as MARIA STEPHEN GYANG. All former documents remain valid. All concerned authorities and the general public to please take note.</p>

Change of Name

POLIT I, formerly known as GO'ES VICTORIA LUKA , now wish to be known and addressed as POLIT VICTORIA CALEB . All former documents remain valid. All concerned authorities and the general public should please take note.	IBRAHIM I, formerly known as IBRAHIM MUSA MUSA , now wish to be known and addressed as IBRAHIM BALA MUSA . Correct date of birth is 4/6/2004 not 3/4/2004. All former documents remain valid. All concerned authorities and the general public should please take note.	ABUBAKAR I, formerly known as SULEIMAN ISA ABUBAKAR , now wish to be known and addressed as ABUBAKAR ISAH SULEIMAN . Correct date of birth is 01-03-1997. All former documents remain valid. All concerned authorities and the general public should please take note.	ABUBAKAR I, formerly known as ISA ABUBAKAR HARU ABDULKADUR , now wish to be known and addressed as ABUBAKAR ABDULKADIR HARUNA . All former documents remain valid. All concerned authorities and the general public should please take note.	BATHELOMEW I, formerly known as BATHELOMEW JERRY DAKAT , now wish to be known and addressed as BATHELOMEW MANYIT JERRY . All former documents remain valid. All concerned authorities and the general public should please take note.	DAKOGOL I, formerly known as KWALYEN KWALYEN CLEMENT , now wish to be known and addressed as DAKOGOL KWALYEN CLEMENT . All former documents remain valid. All concerned authorities and the general public should please take note.
MAGYEP I, formerly known as ILIYA MAGIYEP BALTU , now wish to be known and addressed as MAGYEP ILIYA . All former documents remain valid. All concerned authorities and the general public should please take note.	AGNES I, formerly known as AGNES MANYA SAMUEL , now wish to be known and addressed as AGNES SAMUEL BAKO . All former documents remain valid. All concerned authorities and the general public should please take note.	NANDEM I, formerly known as NANBAAM YILKONG , now wish to be known and addressed as NANDEM JOHN . All former documents remain valid. All concerned authorities and the general public should please take note.	HUSSAINI I, formerly known as HUSSAINI HASSAN MAHMOOD , now wish to be known and addressed as HUSSAINI HASSAN . All former documents remain valid. All concerned authorities and the general public should please take note.	GOENG I, formerly known as BAKKUT COMFORT LAWRENCE , now wish to be known and addressed as GOENG COMFORT JOSEPH . All former documents remain valid. All concerned authorities and the general public should please take note.	ONWUASOANYA I, formerly known as ONWUASOANYA GRACEIRENE KWUROCHI , now wish to be known and addressed as ONWUASOANYA IRENE ULOAKU . All former documents remain valid. All concerned authorities and the general public should please take note.
NANDANG I, formerly known as NANDANG NANRING , now wish to be known and addressed as NANDANG NANRING VONGDOK . All former documents remain valid. All concerned authorities and the general public should please take note.	SULE I, formerly known as SULE GIDEON , now wish to be known and addressed as SULE MIAPDAT GIDEON . All former documents remain valid. All concerned authorities and the general public should please take note.	BELLO I, formerly known as BELLO MAHAMUOD , now wish to be known and addressed as BELLO MUHAMMAD . Correct date of birth is 03/02/1999 not 09/01/1988. All former documents remain valid. All concerned authorities and the general public should please take note.	USAMATU I, formerly known as USAMAMATU AUDU , now wish to be known and addressed as USAMATU AUDU . Correct date of birth is 1/1/1998 not 1/1/1987. All former documents remain valid. All concerned authorities and the general public should please take note.	NKIRUKA I, formerly known as NKIRUKA NA'OMI OKORIE , now wish to be known and addressed as MRS. NKIRUKA NA'OMI OKECHUKWU . All former documents remain valid. All concerned authorities and the general public should please take note.	WILLIAMS I, formerly known as WILLIAMS CHUWANG KYENSON , now wish to be known and addressed as WILLIAMS GYANG KYENSON . Correct date of birth is 15/6/1986. All former documents remain valid. All concerned authorities and the general public should please take note.
PLANGNAN I, formerly known as PLANGNAN MOSES , now wish to be known and addressed as PLANGNAN MOSES DAMAR . All former documents remain valid. All concerned authorities and the general public should please take note.	SERAH I, formerly known as SARA ADAMU , now wish to be known and addressed as SERAH ADAMU . Correct date of birth is 01/02/1983. All former documents remain valid. All concerned authorities and the general public should please take note.	MANBYEN I, formerly known as MANBYEU YILME , now wish to be known and addressed as MANBYEN YILME . Correct date of birth is 27/7/1982. All former documents remain valid. All concerned authorities and the general public should please take note.	WUTIAU I, formerly known as SAMUEL PAULINA , now wish to be known and addressed as WUTIAU PAULINA SAMUEL . All former documents remain valid. All concerned authorities and the general public should please take note.	FADIMATU I, formerly known as FADIMATU SABIU MUHAMMAD , now wish to be known and addressed as FADIMATU MUHAMMAD . All former documents remain valid. All concerned authorities and the general public should please take note.	ANAS I, formerly known as HAMISU ANAS , now wish to be known and addressed as ANAS KHAMIS MUSA . All former documents remain valid. All concerned authorities and the general public should please take note.
ADAMU I, formerly known as AHMAD ADAMU , now wish to be known and addressed as ADAMU AHMED . Correct date of birth is 31/12/1969. All former documents remain valid. All concerned authorities and the general public should please take note.	MUHAMMAD I, formerly known as MOHAMMAD KAMISU , now wish to be known and addressed as MUHAMMAD KHAMISU . All former documents remain valid. All concerned authorities and the general public should please take note.	JAMOK I, formerly known as MATAWAL ASABE SAMSON , now wish to be known and addressed as JAMOK ASABE DAUDA . All former documents remain valid. All concerned authorities and the general public should please take note.	YUGUDA I, formerly known as MUHAMMAD YUGUDA , now wish to be known and addressed as YUGUDA MOHAMMED . All former documents remain valid. All concerned authorities and the general public should please take note.	DALYOP I, formerly known as DALYOP GYANG SHEDRAK , now wish to be known and addressed as DALYOP SHEDRACK GYANG . All former documents remain valid. All concerned authorities and the general public should please take note.	MUHAMMAD I, formerly known as ADAMU WASILA MUHAMMED , now wish to be known and addressed as MUHAMMAD WASILA KABIR . All former documents remain valid. All concerned authorities and the general public should please take note.
DANJUMA I, formerly known as NENGA DANJUMA , now wish to be known and addressed as DANJUMA NANGAK GOMOS . Correct date of birth is 5/10/1998. All former documents remain valid. All concerned authorities and the general public should please take note.	TINA I, formerly known as TINA ROTDANG AUGUSTINE , now wish to be known and addressed as MRS TINA ROTDANG GOKAT . All former documents remain valid. All concerned authorities and the general public should please take note.	JOSEPHEN I, formerly known as JOSEPHEN BAWA , now wish to be known and addressed as JOSEPHEN MAPAK . All former documents remain valid. All concerned authorities and the general public should please take note.	HUBERT I, formerly known as HUBERT UMAR , now wish to be known and addressed as HUBERT HABU UMAR . All former documents remain valid. All concerned authorities and the general public should please take note.	MOHAMMED I, formerly known as MOHAMMED Y. CHINDO , now wish to be known and addressed as MOHAMMED YAKUBU CHINDO . All former documents remain valid. All concerned authorities and the general public should please take note.	SPACE FOR SALE

Public Notice

OFFICE OF THE EXECUTIVE GOVERNOR PLATEAU STATE.

PLATEAU STATE LIVESTOCK TRANSFORMATION PROGRAMME (SLTP)

PLATEAU SLTP LTD

No.1 Fom Davou Close, Off Zarmaganda Road, Rayfield, Jos, Plateau State.

EXTENSION OF DEADLINE OF ADVERTISEMENTS FOR:

1. PRE-QUALIFICATION AND TENDER; AND
2. EXPRESSION OF INTEREST/REQUEST FOR PROPOSALS: DEVELOPMENT OF MASTER PLAN, TRAINING MODULE AND ENVIRONMENTAL IMPACT ASSESSMENT (EIA).

In a bid to provide further equal opportunities to interested bidders, the deadline for advertisement of the above, which had appeared in the National Dailies from Sunday 22nd may 2022, the deadline for the submissions has been extended by another one (1) week only, effective from the date of this publication.

All other contents, requirements and mode of submission as stated in the earlier Advertisements remain valid. The documents will be opened by 12 noon of the deadline in the Conference hall of SLTP at No. 1 Fom Davou Close, off Zarmaganda Road, Rayfield.

Signed:

Professor John W. Wade, mni.

Director-General, Research & Documentation and Secretary, Steering Committee.

SPACE FOR SALE

Public Notice

CHANGE OF NAME

This is to inform the general public that **JUTHS ACCTS INVESTMENT** has change its name to **JUTH ACCOUNTS INVESTMENT CLUB**. Henceforth to be known and addressed as **JUTH ACCOUNTS INVESTMENT CLUB**. All concerned authorities and the general public to take note please.

SPACE FOR SALE

YES, the economy is hard but when last did you take a break from work, go on a holiday, a picnic a wedding or birthday party? When last did you go to the spa to a good massage? Ok, maybe this needs money and that is not so available these days. When last did you go for a leisure work or spend the day in bed resting? In this day and age of people dropping off and dying prematurely, it is very important to work on reducing stress levels. This is because stress is a silent killer and the root of many life-threatening diseases. Prevention is better than cure.

In Nigeria, the idea of leaving work for at least a month and embracing some me-time, is very difficult for some people. Nigerians are hard working people who believe in the adage that time is money. However, over working can also have its downside and stress can lead to death. As Usual, we consult the expert. According to health plus:

Stress comes in many forms. It can be acute (short-term) or chronic (long-term). It can be triggered by an everyday event (e.g a big presentation at work), a traumatic life event (death in the family), or even by nothing obvious at all. And it won't always be a conscious thing in fact, you might be stressed and not even realize it. Some people dismiss the experience of stress and pretend everything is OK. But if it starts to get overwhelming and you see signs of a serious health problem, you should always seek medical advice.

Yes, stress may remain unnoticed until it puts a person out of circulation and may result in hospitalization. Health plus goes on to say that when one is in a seriously stressful situation, his or her heart rate speeds up, he or she breath faster, muscles tense and hands get sweaty. This is the body's natural response to stress which is fight or flight, which is caused by the release of hormones into the body, which includes cortisol and adrenaline.

In addition to secreting hormones which could be dangerous to the body's balance, health plus says that when stress is chronic, it could cause the following diseases:

Chronic stress and heart disease

While a connection has yet to be scientifically proven, initial studies suggest that chronic stress and an unhealthy level of stress hormones may contribute to heart disease.

Inflammation of the heart muscle

Persistent stress may contribute to inflammation in the circulatory system, particularly in coronary arteries. Inflammation in the arteries is a key culprit behind the build-up and rupture of plaque in artery walls and subsequent heart attacks.

Blood pressure spike

When you are stressed, your body produces an influx of hormones that cause your heart to beat faster and your blood vessels to narrow. This results in a temporary spike in your blood pressure. When this occurs frequently, damage to your blood vessels, heart and kidneys result.

Other risk factors for heart disease

Stress can make you feel like wanting to overeat, smoke or skip out on exercise – all of which are risk factors for heart disease.

Irritable Bowel syndrome

IBS is a common chronic disorder that affects the large intestine, causing cramping, pain, bloating, and diarrhea or constipation. Flare-ups can be caused by several different factors, and many people with the condition find that stress is one of them. In fact, almost 60% of people with IBS meet the criteria for a psychiatric disorder such as anxiety or depression. IBS sufferers frequently experience mood disorders such as anxiety or depression. Some of the mood disorders may also arise because of poorly controlled IBS symptoms.

Stress and irritable bowel syndrome (IBS)

So, what's the link? Well, stress has been linked to increased movement and sensitivity in the intestines. As the pain pathways in our central nervous systems are linked to our gut processes, external stressors can trigger unpleasant bowel symptoms. There is also evidence to show that stress and mood disorders can alter our gut microbiome and affect our immune system, both of which are important for proper gut function. If you have IBS, finding ways to relieve stress may help you to manage your condition and

improve your quality of life. Getting a good sleep and having a work-life balance is a good start to managing IBS symptoms.

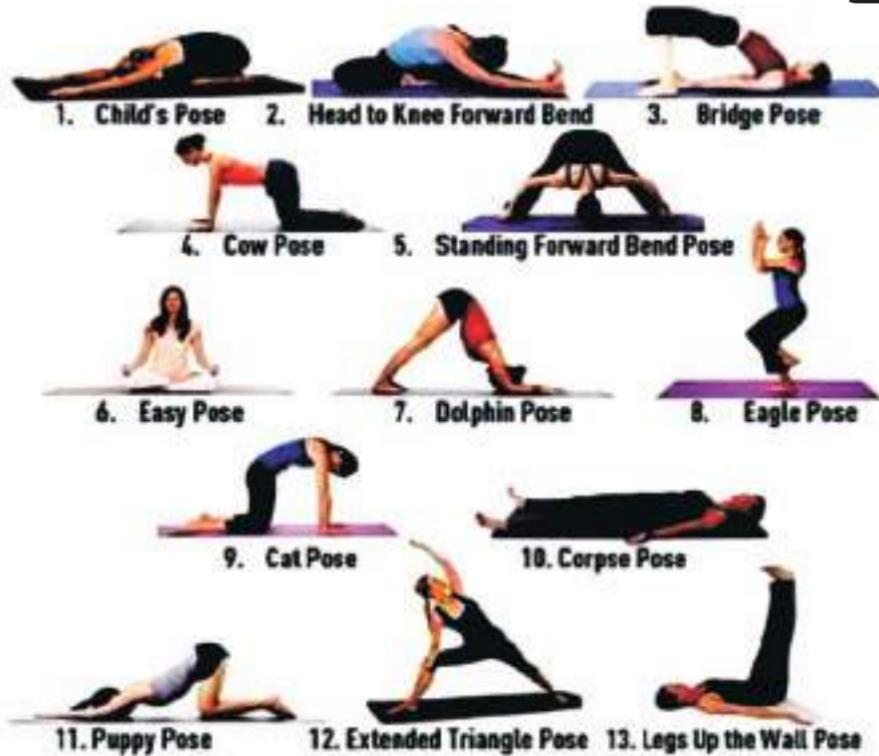
Tension headache

Do you have a dull pain in your head or neck, like a clamp around your skull? This is a classic sign of a tension headache. An occasional tension headache is usually set off by a single stressful event, but if you suffer from chronic stress, you may also get chronic tension headaches. This cycle of pain itself is a big stress factor and can make the stresses of daily living feel even worse.

High blood sugar

When you feel stressed, your body wants to make sure you have enough energy to deal with the cause of stress. So, it releases more glucagon and adrenaline, as well as

Stress management



glucose, from your liver. Insulin levels fall, and growth hormones and cortisol levels rise, which makes your body less sensitive to the insulin you do have.

Stress and high blood sugar levels

This means more glucose is available in your blood stream, and you have higher blood sugar levels. Consistently high blood sugar levels can wreak havoc on your health, with symptoms including: Increased thirst and urination, blurred vision, Light-headedness, Flushed and skin Restlessness. This means more glucose is available in your blood stream, and you have higher blood sugar levels. Consistently high blood sugar levels can wreak havoc on your health, with symptoms including increased thirst and urination, blurred vision, light-headedness, flushed skin and restlessness.

Some studies go so far as to suggest extreme stress can increase your risk of developing diabetes. One found that men with prolonged stress have a 45% higher risk of developing the condition.

Alzheimer's disease

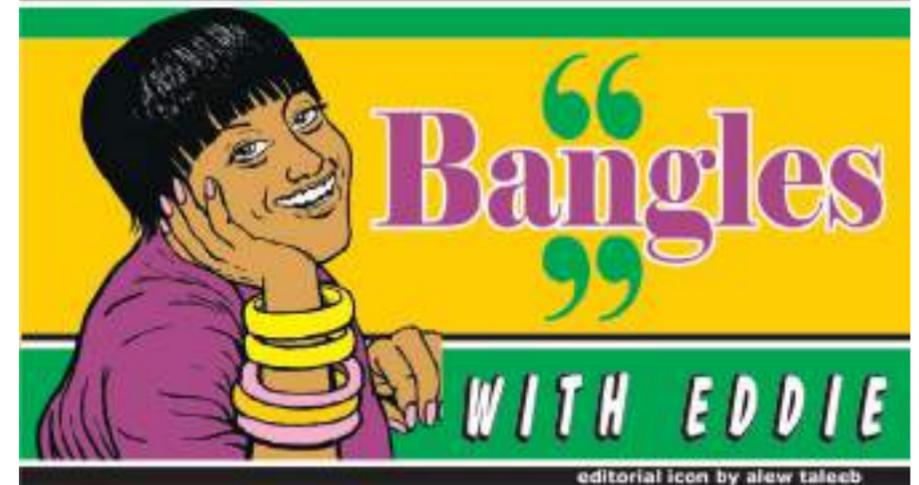
Doctors are yet to prove the connection between stress and Alzheimer's disease, but stress is thought to cause inflammation of the brain, making it more susceptible to health issues in general.

Stress and depression

Stress is also associated with depression, which is known to increase the risk of developing Alzheimer's. In addition, one study found that stressful life experiences (e.g. being fired, declaring bankruptcy, death of a parent or financial loss) can each age the brain by around 1.5 years, with age obviously being a contributing factor in the onset of the condition.

Common cold

Stress can alter the immune system and result in changes to the ability of the immune system to fight off infections. Changes to the immune system may also result in the release of compounds that are related to inflammation. These changes increase the risk of catching a cold. People who are under severe, long-term stress (lasting more than



Sleep apnea is a disorder where there is a recurring collapse of the upper airway during sleep. This causes heavy snoring and choking episodes along with excessive daytime sleepiness and other daytime impairments. Chronic stress can cause conditions such as hypertension, heart disease, obesity and diabetes, which are in turn risk factors for sleep apnoea.

Neck and shoulder pain

When a person is stressed, the body prepares itself to give a stress response. This response can cause physical changes in the body. Stress affects the neck and shoulders in several ways:

Enlarges the blood vessels in the large muscle groups to allow faster oxygen delivery

Causes you to clench and tighten muscle in the neck, jaw and shoulders

Increases tension in the muscles that run across the back of your back

Restricts neck and shoulder movement

Heightens your perception of pain and makes existing pain feel worse

Things to do to minimising stress:

Do something fun: Take a day to yourself to do an activity you enjoy, whether it's reading, going for a walk or getting a massage.

Meditate: Sit or lie down, relax, breathe naturally and focus on what you are doing and how your body moves as you breathe.

Write: Put down on paper what's bothering you and how it makes you feel.

Exercise: Exercising lowers stress hormones. Try to find something you enjoy, whether that's dancing, running, swimming, yoga or something else.

Talk: Try to put your thoughts into words. If you're uncomfortable finding someone you trust to do this with, speak to your doctor about a referral to a therapist.

Whatever you do, don't let stress consume your life. Reach out to a doctor if you need more advice or tips on how to minimise its impact on your happiness.

The forgoing is from the experts. In the cause of this research, I have learnt a thing or two about stress. Our lifestyles, work and family life could also contribute in causing stress. If there is no balance, we will become stressed. Secondly, the general rule is that one should not work for eight hours at a stretch without rest. However, here in Nigeria, we work for 24 hours. Some people can work overtime every day, work all day every day, not go on holiday all year round and refuse to take the very necessary stress management tips. This often leads to a breakdown. Stress has been fingered as one of the contributing factors to heart attack and cancer.

In the western worlds, people plan for and save money towards their holiday. They look for the best tourism packages and travel far away from home to relieve some stress. In this economy, this may be difficult but travelling to the village away from the hustle and bustle of life or going to visit a brother or a close relation in a different town can serve to interrupt our stressful routines and reset our internal clocks.

In conclusion, it is cheaper and easier to manage our stress than it is to spend time and money on diseases that could be prevented by taking time off and taking care of ourselves for a little while. Prevention is better than cure.

a month) are more likely to catch a cold when exposed to a virus than people under milder stress.

Stress and obesity

People who are stressed tend to turn to "comfort eating" where they indulge in foods that are high in fat and sugar, in an attempt to make themselves feel better. This habit of overeating when stress increases the risk of the person developing obesity. Research has also shown that those with persistent high levels of the stress hormone cortisol weighed more, had a higher body mass index (BMI) and a larger waist compared with those who had low levels of the hormone.

Depression

Too much stress can lead to major depression in people who are susceptible to the condition. When you have trouble coping with difficult life situations, chronic stress can wear you down and overwhelm you. This is again due to erratic levels of hormones, including cortisol, serotonin and dopamine, which leads to a persistent stress response that can result in depression. Neglecting healthy lifestyle practices when you are stressed, such as drinking more than normal and skipping exercise, can also increase the risk of major depression.

Stress and sleep disorders

Stress may cause several types of sleep disorders:

Insomnia

Insomnia is difficulty with falling asleep and staying asleep or with overall sleep quality. This occurs despite adequate time allotted for sleep and a comfortable place to sleep. Persistent stressors, such as problems at work, family difficulties, death of a loved one and major illness can contribute to chronic insomnia.

Short-term stressors can also bring short-term insomnia symptoms. These symptoms would usually be resolved once the stressful situation ends. However, some people may fall into a vicious cycle of sleep loss and daytime anxiety about sleep that snowballs into chronic insomnia.

Sleep apnea

SUNDAY SPORTS

Lacazette re-signs for Lyon five years after leaving

ARSENAL forward Alexandre Lacazette has re-signed for Lyon on a free transfer - five years after leaving to join the Gunners for a then club record £46.5m.

BBC SPORT said that, Lacazette returns to the French club on a three-year deal until June 2025.

The France forward scored 54 times in 158 Premier League appearances for Arsenal and helped the Gunners win the 2020 FA Cup final.

In April, Lacazette said he had "never cut contact" with hometown club Lyon.

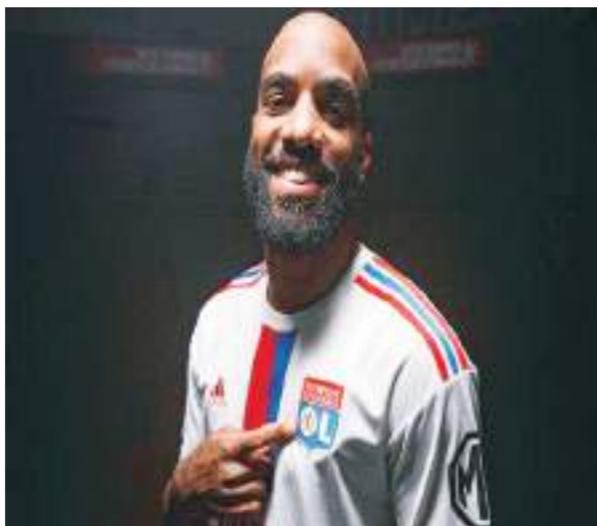
Lyon said they were "very proud and very happy" to announce Lacazette's return to the club he joined at the age of 12, adding a deal "has been the club's priority for several months".

Lacazette, 31, rose through the youth teams at Lyon and scored 129 goals in 275 matches in all competitions for them after breaking into the first team in the 2009-10 campaign.

He was signed by Arsene Wenger in 2017 with the deal - up to £52.6m with add-ons - surpassing the £42.4m Arsenal paid Real Madrid for Mesut Ozil in 2013.

With Lacazette's contract expiring at the end of June, Gunners boss Mikel Arteta admitted in April that Arsenal took a risk in delaying talks with the player about a new deal.

"It is the agreement that we made with him. That was our position and our position remains the same - that is what we are going to



Lacazette

do," Arteta added at the time.

"The risk of that happening, it was always there since the moment we made that decision, then it is up to him."

Lacazette captained Arsenal after Pierre-Emerick Aubameyang, who has since joined Barcelona,

was stripped of the armband by Arteta in December for a disciplinary breach.

Arsenal have not competed in the Champions League since 2016-17 and will play in the Europa League group stage in 2022-23 after finishing fifth in the

Peseiro explains why he took Super Eagles job

JOSE Peseiro has expressed his motivation behind his decision to become head coach of the Nigeria senior national team.

Goal said that, the Portuguese tactician has opened up on why he took the opportunity to be in charge of the 2013 African champions.

The former Panathinaikos, Sporting CP, Al Ahly, and Braga coach was announced as

Super Eagles boss by the Nigeria Football Federation following the exit of Augustine Eguavoen.

Although his first two matches in charge, against Mexico and Ecuador in friendlies, ended in defeats, the Portuguese tactician will be targeting victory against Sierra Leone in Thursday's 2023 Africa Cup of Nations qualification match in Abuja.

Addressing the media

GENNARO Gattuso has been appointed Valencia manager on a two-year deal.

BBC SPORT said that, the 44-year-old has been without a club since May 2021 when he left Napoli, with whom he won the Coppa Italia the previous year.

Former Italy midfielder Gattuso had been named Fiorentina manager last summer but parted company with the club before his official start date.

Gattuso, who spent 13 years as a player at AC Milan, replaces Jose Bordalas, who was sacked on Friday.

Six-time Spanish champions Valencia finished ninth in La Liga in 2021-22.

Meanwhile, Everton owner Farhad Moshiri has apologised to the club's fans for mistakes made during a "challenging" season that nearly led to relegation.

The Toffees needed a 3-2 win over Crystal Palace in their penultimate match to

Valencia appoint Gattuso as new manager



Gattuso previously managed teams including AC Milan and Napoli

avoid the drop.

That is despite the club spending more than £500m on new players since Moshiri's arrival in 2016.

"It has not been good enough and we need to do better," Moshiri wrote in an open letter to Everton

supporters.

"Mistakes have been made and for that I want to apologise to all of you."

Moshiri and chairman Bill Kenwright have faced criticism from fans this season for the way they run the club, which included the unpopular appointment of former Liverpool boss Rafael Benitez last June.

Benitez was sacked in January after a run of one win in 16 games and replaced by Frank Lampard who, after a difficult start, secured their top-flight status for a 69th successive season.

Moshiri says an ongoing strategic review, which has led to the appointments of Lampard and director of football Kevin Thelwell, is evidence of the board's determination to learn from past mistakes.

The British-Iranian businessman also reaffirmed his commitment to deliver a "fully funded" new stadium at Bramley Moore Dock, which is currently under construction, while pledging to not make the same mistakes in the transfer market that led to the club posting combined losses of £372m over three seasons.

"The stadium alone will not help us achieve our objectives and we are committed to not making the same mistakes again - including how we have not always spent significant amounts of money wisely," he said.

"You have given us incredible support that helped us over the line when we most needed it, and we must repay that support and show that lessons have been learned."

Moshiri also revealed Everton have offered Ukrainian club Dynamo Kyiv a friendly match at Goodison Park to raise funds for Ukrainians during the ongoing conflict in the country.

Grealish named Special Olympics GB ambassador



Grealish

MANCHESTER City star Jack Grealish has been named an ambassador for Special Olympics GB.

Goal said that, the England international hopes to improve inclusivity for

children and adults with intellectual disabilities.

The 26-year-old has accepted the long-term role with the non-profit organisation, which provides sports coaching

and competition in summer and winter sports for children and adults with intellectual disabilities.

Grealish said: "I've been thinking for some time about how I can best use the platform football has given me to create a positive change, and it had to be something really close to my heart.

"Special Olympics GB is such an important organisation, playing a huge role in tackling the lack of inclusion for hundreds of thousands of kids in the UK with intellectual disabilities.

"Nobody should be excluded from opportunities, and I can't stand bullying or discrimination!

"In my new role with Special Olympics GB, I'm proud to stand side-by-side with all the children, young people and adults living

with intellectual disabilities, and the incredible families who support them.

"I hope that everyone in Great Britain gets behind Special Olympics GB and its incredible athletes and volunteers."

Special Olympics GB provides training and athletic competition in summer and winter sports for children and adults with intellectual disabilities all yearround.

There are 95 Special Olympics GB-accredited programmes in England, Scotland and Wales, providing coaching and competition opportunities in 27 sports.

More than 3,500 volunteers support more than 6,500 athletes with intellectual disabilities who take part.

Special Olympics GB's work is funded by individuals, trust and corporate donations.

SUNDAY SPORTS

Global medallists ready for rematches in Rome

ELAINE Thompson-Herah, Shaunae Miller-Uibo, Gianmarco Tamberi and Athing Mu are among the 10 individual Olympic gold medalists from Tokyo who will aim to reign supreme when the Wanda Diamond League returns to Rome on Thursday (9).

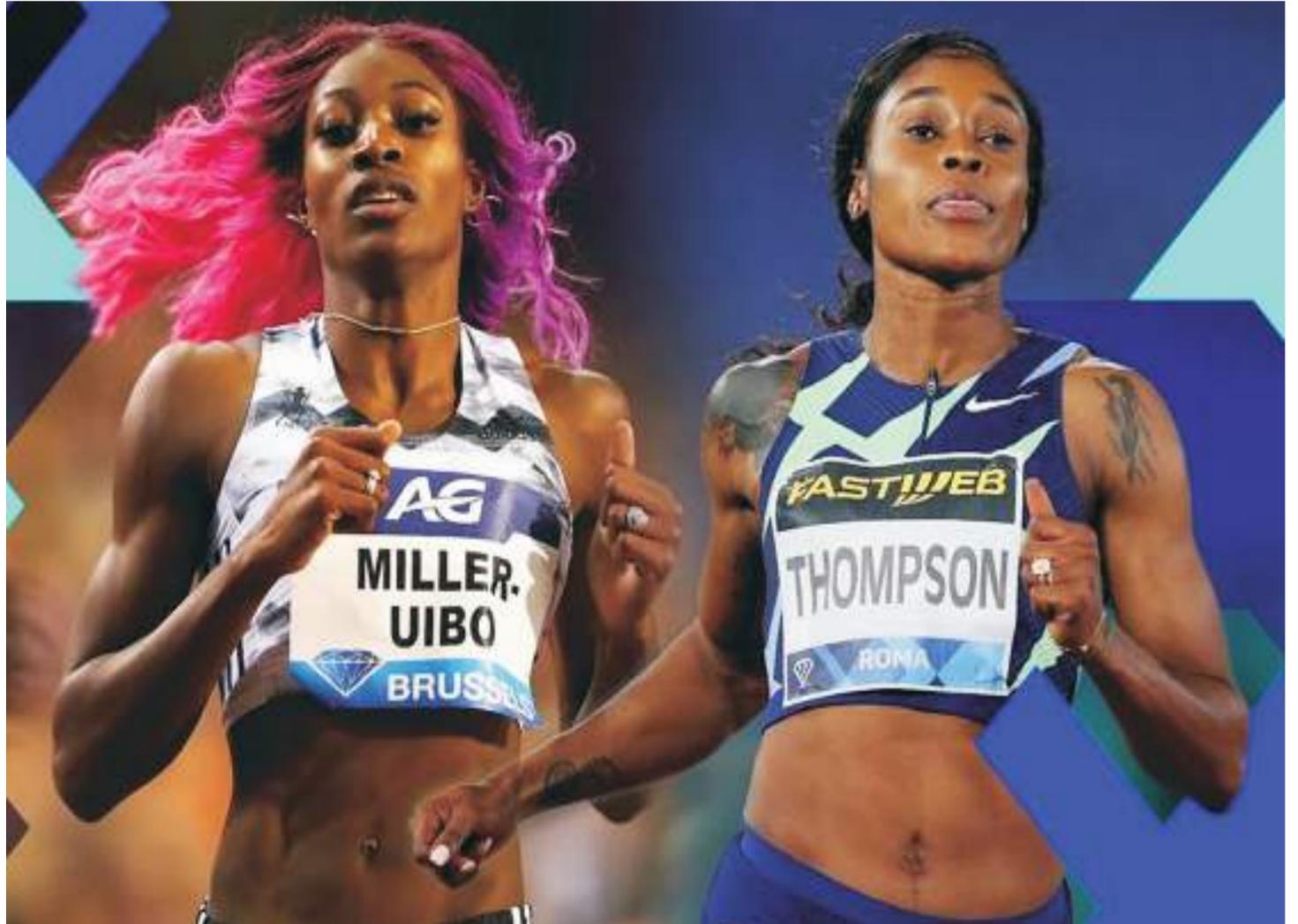
As the fifth meeting in this season's Diamond League, the Golden Gala Pietro Mennea takes place just five weeks out from the World Athletics Championships Oregon22.

Two of those reigning Olympic champions go head-to-head in the women's 200m. Jamaican sprint star Thompson-Herah completed a sprint treble in Tokyo, winning the 100m and 200m as well as the 4x100m, while Miller-Uibo claimed the 400m crown. Now they meet as part of a stacked field for the half-lap event, lining up alongside US sprint legend Allyson Felix, Britain's world champion Dina Asher-Smith, Jamaica's Olympic 100m bronze medallist Shericka Jackson, world indoor 60m champion Mujinga Kambundji, Ivory Coast's multiple world medallist Marie-Josée Ta Lou, Britain's Beth Dobbin and Italy's Dalia Kaddari.

The 2019 Diamond League 100m champion Asher-Smith set the 200m meeting record last year, clocking 22.06 in Florence.

Thompson-Herah ran a couple of 200m races in Kingston in May but has focused on the 100m in international competition so far this season, clocking 10.79 at the Diamond League meeting in Eugene at the end of last month and 10.83 to win in Rabat. Miller-Uibo, meanwhile, races her first half-lap of the season after clocking 49.91 for 400m in April and then finishing third in Doha. When it comes to head-to-heads, Miller-Uibo leads their 200m outdoor final career clashes 5-1, but Thompson-Herah's one win came on the biggest stage – at the Olympics in Tokyo.

"I'm not 100% but I think I am a true fighter," Thompson-Herah explained at the pre-event press conference. "I opened my season at Mt SAC and I got a rotator cuff. You need your arms to run and every



Shaunae Miller-Uibo and Elaine Thompson-Herah (© Getty Images)

time I race I have discomfort, but I have to race, I need to see where I am at.

"Every season speaks for itself," she added. "Even though last year was spectacular, and I'd love to repeat that this year, I am in no rush – my biggest aim is to taste that World Championships gold that I don't have."

Could a meeting record – and the event's first sub-22-second women's 200m – be on the cards?

"You never know," said Miller-Uibo. "This is a great line up of girls and I think we're all going to push ourselves to run a pretty decent time and put on a great

performance. We'll try to surprise the crowd tomorrow."

USA's Mu is also just getting her season started and after a win in Texas in April, she races her first international 800m of the year in Rome. Such is the standard, four of the entrants have PBs under 1:57 and eight have broken the two-minute barrier this season.

Olympic champion Mu had been due to renew her rivalry with Tokyo silver medallist Keely Hodgkinson at last month's Diamond League in Eugene but explained how she wouldn't be racing there as she was "still getting back into my rhythm of things" after contracting Covid. So

the US athlete's race in Rome, which comes the day after her 20th birthday and is her first Diamond League outside of the US, will be eagerly anticipated, particularly as Hodgkinson recorded a world-leading 1:57.72 when winning in Eugene.

"I'm excited to be here," said Mu, speaking at the pre-event press conference on her birthday. "I feel like this is the beginning to my professional career, so to say. To experience it here in Rome for the first time, it's going to be something I remember for the rest of my career as the first overseas Diamond League that I have competed in."

On how fast she might be able to run, Mu added: "I just came back from being sick so just coming out here is me seeing where I am at physically and getting ready for championship season. I don't really have a specific time in mind but hopefully it's fast and under two minutes."

And that world record of 1:53.28 remains an overall aim. "Who doesn't want to have a world record under their belt?" she said. "I think as time goes, and we keep competing with super great athletes like Keely Hodgkinson and we test one another, I think it will definitely come with time. The talent that we have in the 800m this past year and the coming years is really great and I think we'll continue to push each other."

Among her opposition this time is Uganda's world champion Halimah Nakaayi, Jamaica's Natoya Goule, Cuba's Rose Mary Almanza, Renelle Lamote of France, Australia's Catriona Bisset and Britain's Olympic fourth-place finisher Jemma Reekie. Nick Ponzio and Leonardo Fabbri will also be keen to impress in front of home fans in the men's shot put, an event in which their competition includes USA's two-time world champion Joe Kovacs, who has finished in the top two in each of his five contests so far this season, as well as Brazil's world indoor champion Darlan Romani. Achieving the first 22.00m-plus throw at the Golden Gala Pietro Mennea will be among the aims.

Another Olympic champion is in action in the 3000m race walk, held to celebrate Massimo Stano who drops down in distance after his 20km race walk victory in Tokyo and subsequent wins over that distance and 35km in Alberobello and Dudince respectively this year.



Sandi Morris at the Diamond League in Birmingham

SUNDAY SPORTS



Kano Pillars

LMC okays Kano Pillars return to Sani Abacha Stadium

THE body governing the Nigeria Professional Football League, League Management Company (LMC) have granted Kano Pillars F.C request to return to the Sani Abacha Stadium in Kano, following the Minister Of Sports order banning the use of MKO Abiola Stadium by NPFL teams to host matches.

Recall, Kano Pillars have been staging their home league matches at the stadium for more than a month now as part of punishments issued to the club following crowd violence that marred their matchday 30 home game against Katsina United last month.

But the Minister of Sports and Youth Development, Hon. Sunday Dare issued an order on Monday forbidding NPFL from hosting matches at MKO Abiola Stadium following a complaint by Super Eagles Head Coach, Jose Peseiro about the poor state of the playing pitch.

The minister's order stated that the stadium will henceforth be solely used for matches pertaining to the national teams.

In a letter addressed to the Chairman of Kano Pillars on Monday, 10th June, 2022 and sighted by LEADERSHIP Weekend, it granted the club permission to go back to its home ground with matches being played behind closed doors, and under strict security.

The letter reads; "Your letter of 7th June 2022 on the above refers in which you requested for special authorization for relocation of home matches of Kano Pillars back to Kano in view of the closure of the MKO Abiola National Stadium Abuja.

We also acknowledge letter of Security Assurance from the Nigeria Police Force, Kano State command giving guarantee for security before, during, and after matches.

In view of the extenuating circumstances where there are no available Stadia to be used by your Club within your geographical zone, provisional permission is hereby granted for you to return to Sani Abacha Stadium Kano but STRICTLY UNDER CLOSED DOORS.

This means that only accredited persons are allowed

to access the stadium during matches. For clarity, 35 persons per Club -home and away, and 25 persons for the home FA with a maximum of 10 accredited media personnel. LMC accredited delegates will have access to the matches to monitor compliance. All other stakeholders ARE

NOT ALLOWED except with the strict prior approval/accreditation of the LMC.

We will use the matchday 33 game Kano Pillars v Wiki Tourists as a test to determine the effectiveness of your arrangements.

Kindly note above for full compliance."

Rivers Utd Nwagwa plays down title talk

RIVERS United might be top of the table and looking pretty good for the title but their striker, Nyima Nwagwa says the team isn't even thinking of the title but focusing on winning all their remaining games.

The Port-Harcourt side currently sits top of the Nigeria Professional Football League table with 67 points, seven ahead of second-placed Plateau United and a massive 18 points ahead of third-placed Rangers with six games to go.

Despite the massive difference, Nwagwa told NPFL.ng that he and his teammates are more focused now than when the league started.

"We are focused on our remaining matches. We have done well to this point and we

will not allow complacency to set in. We (the players) are not taking anything for granted," the former Kano Pillars striker said.

"I know we are not there yet, we are not satisfied. There are still six matches to go. This is football and you do not take things for granted. I have not seen Rivers United crested on the trophy so we keep working because we are not there yet.

"For this, we will keep working until the Nigeria Football Federation, the League Management Company and the whole of Nigeria comes to Port-Harcourt to give us the trophy.

"It is at that point we will relax and know we have won the title," he said.

Nwagwa also revealed that the secret of their successes so far this season has been down

ALL is now set by Wikki Tourists Legends Football Club of Bauchi to host Gombe United Legends Football Club of Gombe in one of the scheduled program of friendly matches with other Legends Professional football clubs in the country.

The Secretary of Wikki Tourists Legends Football Club, Coach Ibrahim Abass Mai Gandi, unfolded to Sports journalists in Bauchi yesterday at the Abubakar Tafawa Balewa Stadium United Legends Football Club of Jos, Wikki Tourists Legends vs Kano Pillars Legends will be played on Saturday 12/6/2022 at ATBS Bauchi.

Coach Mai Gadi said the purpose of organizing this Legends friendly matches among the Professional football clubs is to bring together all old friends to interact among themselves to remember old playing days with a view to contributing to the advancement of football in the country considering the

NPL football legends re-unite to improve standard

From **ABBAS SHEHU GUNGURA, Bauchi**

deminishing standard of football in the country, which he described as sorrowful and needs quick intervention of the old sportsmanship before, during and after each scheduled match especially the one today with Gombe United Legends.

The Secretary further informed that, the personalities and Gurus in football administration in Nigeria that were invited to watch and add value to the Bauchi and Gombe legends today includes Alhaji Sani Ahmed Toro former NFF Secretary General who is also the Patron of the Wikki Tourists Legends Football Club of Bauchi, Alhaji Aminu Maigari former NFF President and now a serving Patron of the Wikki Tourists legends, Senator Haruna Garba Gombe and Alh. Isa Matori among others.



to Rivers who have been seeking me out for a while," he revealed.

"I am enjoying my time here and I must say the secret behind our good form this season has been God, hard work and dedication.

"The crop of players now at Rivers United, just like the coaches will always say, we are willing to learn, we are willing to work and we are willing to learn.

"That has been our secret and we have been working hard and you know with God at some point he will start giving you what you worked for. Hard work has kept us this far," Nwagwa added.

Rivers United will be home to Abia Warriors this weekend in Port-Harcourt in a Match Day 33 fixture.

Title, survival race takes shape into run-in

THE Nigeria Professional Football League (NPFL) season enters its deep end with the title race looking almost sewn up by Rivers United and the battle for survival still very much alive.

This weekend, Matchweek 33 offers tantalizing fixtures with Rivers United looking to re-open a possible 10-point lead at the summit when they play hosts to Abia Warriors who are looking over their shoulders at the other end of the standings.

Table-toppers Rivers United will miss the service of centre-back Fabian Nworie as he is suspended for the game while Warriors will be without the duo of Chigozie Umeh and Gabriel Innocent for the trip to Port Harcourt as they are also suspended for card accumulation.

After scraping to a 1-0 win over Kano Pillars last time in front of their supporters in Jos, second-placed Plateau United will take a trip to Ibadan where

to hard work and commitment.

The 28-year-old, who has scored five goals for the Port-Harcourt side after joining them from Kano Pillars this season, enthused that the calibre of players in the team

and the bond between them is the major factor in their charge to the title.

"I didn't want to leave Pillars but after I won the Federation Cup title with them I decided to seek a new challenge and come

they will face 3SC who could be sucked into the deep-end of the league table should they drop points. 3SC have managed just one win in their last nine league meetings with Plateau United (W1 D3 L5). The Ibadan club have struggled for form in their last five matches (D2 L3) and will be without one of their key men Gafar Olafimihan who will sit this out owing to suspension from accumulated yellow cards.

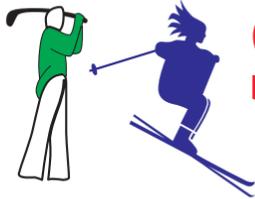
At the bottom end of the table, one match might not catch the fancy of everyone but Lobi Stars versus Heartland throws up a relegation six-pointer for two sides hoping to beat the drop as the matchweeks thin out. Last matchday, both teams earned themselves decent results to keep their hope of escape from relegation alive - Lobi held MFM in Lagos while Heartland edged Akwa United 1-0 in Owerri. However, Heartland's last eight trips to Lobi have all ended in defeat.

The last-two placed clubs in the league standings, Dakkada FC and MFM FC, have very difficult matches to navigate this Sunday when they face Gombe United and Katsina United on the road. Both clubs have managed to claim a paltry combined seven points in away matches - MFM getting six and Dakkada managing just one (the worst in the division this season). Dakkada and MFM face two teams who have intimidating home records this term - Gombe United on a run of 16 straight home matches without defeat and Katsina United with no losses in 24 of their last 26 home games.

The race for third place also takes shape with eight club in the hunt to pick a CAF Confederation Cup spot from the league. In the mix for third spot are Rangers, Remo Stars, Kwara United, Enyimba, Sunshine Stars, Akwa United, Gombe United and Wikki Tourists.

Four of the eight clubs in this





June 12, 2022

AFCON Qualifier

Super Eagles set to battle Sao Tome

THE Super Eagles departed Marrakech, Morocco on Saturday for their 2023 Africa Cup of Nations qualifying matchday two encounter against the Falcons of Sao Tome and Principe.

The Eagles will play away against Sao Tome and Principe tomorrow, at their Moroccan makeshift home in Marrakech.

The Super Eagles started their campaign with a nervy 2-1 home win against the Leone Stars of Sierra Leone on Thursday night in Abuja, São Tomé and Príncipe were hammered 5-1 by Guinea-Bissau.

This is the first time ever the Eagles and São Tomé and Príncipe will clash.

Meanwhile, Super Eagles resumed training today (Friday) at 6pm inside the MKO Abiola Stadium in Abuja ahead of Monday clash.

Peseiro, on Friday evening, had to split his Super Eagles squad into two different sessions as the team prepare for the MatchDay fixture in the qualifiers against Soa Tome and Principe next week.

Match winner against the Leone Stars, Victor Osimhen, Alex Iwobi, Simon Moses and majority of the players that started the AFCON 2023 qualifiers at the MKO Abiola Stadium including Etebo worked in the gym under the watchful eyes of the Super Eagles Physio Trainers.

Peseiro, Finidi George and one of his foreign assistants were first to get to the stadium before the Super Eagles and other staffs.

Captain Ahmed Musa, Cyriel Dessers, Frank Oyenka and others trained with Peseiro



Super Eagles

marching out instructions to the lads.

The Super Eagles

contingent will jet off to Marrakech, Morocco on Saturday for the encounter against the Falcons of Sao Tome and Principe.

Osimhen, Iwobi and other

Stars will hope for a starting in the match.

Injured Nigeria's Super

Eagles skipper William Troost-Ekong has promised to be back in the team in no distant future, BSNsports.com.ng understand

After sustaining ground injury, the Watford FC defender was replaced by CD Leganes player Kenneth Omeruo in the 82nd minute against Leone Stars of Sierra Leone.

Ekong has been present in the team since the appointment of Jose Peseiro as the head coach of the team but has to be replaced in the game played at the Moshood Abiola Stadium.

The former Udinese player was happy with the team performance and the win and promised to be back in the team soon.

"First game & first win to set us off on the new AFCON 2023 campaign. Thanks for the messages. I will be back soon," the defender said. on his Twitter handle.

Ekong face the fitness race to be available for the team's next match against Sao Tome and Principe on Monday.

AAC: Amusan, Omanyala strike gold again

NIGERIA'S Tobi Amusan and Kenya's Ferdinand Omanyala anchored their teams to 4x100m relay success at the African Athletics Championships in Mauritius.

Amusan, who won the 100m hurdles title on Thursday, ran the final leg to help Nigeria win the women's 4x100m relay, as her team bounced back from only qualifying for the final as a fastest loser.

The silver medal went to South Africa while The Gambia, anchored home by 100m champion Gina Bass,

claimed a first ever relay medal at a major championship for the West African nation.

The win means that Amusan, who holds the African record of the 100m hurdles, matches her feat from four years ago when she won the same two golds on home soil.

Kenya's sprint sensation Ferdinand Omanyala also ran the final leg of the men's 4x100m relay final to win gold to go with the one he won in the individual event on Thursday.

South Africa, despite individual silver medallist Akani Simbine opting not to run in the final, claimed silver with Zimbabwe winning bronze.

African 100m record holder Omanyala targeted a third title when he races in the 200m heats yesterday and he was upset Simbine missed the relay final.

"I wish Akani had come to run in the final, I wanted us to win when he is here in the team," Omanyala said after the race.

"This the team did a great job because I got the baton in first place so it was easy for me - I just had to pushing to the line.

"I came here for three gold medals. The hunt is still on. One more to go. So there's no there's no relaxation up to Sunday."

While Omanyala is flying the flag for Kenya in the sprints his compatriots are not faring as well in events the East Africans often dominate.

The men's 3,000m steeple chase has been dominated by Kenya over the years but their Olympic bronze medallist Benjamin Kigen could only

manage sixth place in Mauritius.

As he struggled it was the Ethiopians who took a advantage with Hailemariam Tegen claiming gold ahead of his compatriot Tadese Bikila while Kenya's Geoffrey Kirwa had to settle for bronze.

Despite finishing eleven seconds behind the winner Kigen was philosophical after the race.

"Championship racing is like a merry go round, today you are a winner - tomorrow you don't know what will happen," he told BBC Sport Africa.

"Our dominance was another generation and now others keep acquiring skills from training and they are now used to how Kenyans compete and that is why they are running fast.

"Now it's a matter of us

working hard on it, so that you can fight back."

Kenya also missed out on gold in the men's 800m with Algeria's Slimane Moula claiming the title ahead of Kenya's Nicholas Kiplagat in second with Botswana's Tshepiso Masalela third.

There was something of a surprise in the men's 400m final as Zambia's Muzala Samukonga won gold just ahead of Botswana's pre-race favourite Bayapo Ndori, who won a 4x400m relay bronze at the Tokyo Olympics last year.

The bronze was awarded to Tunisia's Mohamed Glassi after a photo-finish with South Africa's Zakhiti Nene.

In the women's 400m final - gold went to South Africa's Miranda Coetzee, silver to Niddy Mingilishi of Zambia and bronze to Kenya's Veronica Mutua.

In the absence of Nigeria's

Olympic bronze medallist Ese Brume the women's long jump gold was won by Burkina Faso's Marthe Koala, to go one better than the silver she claimed four years ago.

Morocco's Youssra Lajdoud won silver and Egypt's Esraa Samir the bronze.

Brume had been due to compete for a fourth straight continental title but was unable to travel due administrative issues with her passport.

The women's pole vault was won by South Africa's Mire Reinstorf with her compatriot Nicole Jansen van Rensburg third and Tunisia's Mahfouthi Dorra second.

The women's discus title went to Nigeria's Chioma Onyekwere ahead of Cameroon's Nora Atim Monie with another Nigerian Obiageri Amechi winning bronze.



Tobi Amusan was part of Nigeria's relay team at the Tokyo Olympics

WORLD SEARCH Answer the clue and search for the word

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

-Lee (6) Australian tennis star
- sandi.....(6) American Pole Vaulter
- Espana 82 world cup champions (5)
- Clemence.....(9) Super Eagles' UAS 94 coach
- FIFA President (9)
- Tobi.....(5) Nigerian 110m hurdler
- Coco.....(5) US tennis star
- Atlanta NBA Team (5)
-Coe (9) IOC President
- Mikel.....(6) Arsenal Coach
- Allyson(5) Most decorated female athlete
- Harry.....(4) Tottenham striker
- Simone.....(5) USA Gymnast
- Pierre-merick.....(10) Gabon/Madrid striker

By IBRAHIM T. LOT