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9TH ANNUAL REMARKABLE MOTHERS AWARD & GALA A NIGHT OF SPLENDOR AND INSPIRATION



By Stanley Ugagbe

Etoobicoke, Canada – Under the glittering chandeliers of the Panemonte Banquet & Convention Centre, an extraordinary event unfolded in the evening of May 4th, 2024, marking a milestone in the celebration of women's achievements. The Nigerian Canadian Newspaper hosted its ninth annual Remarkable Mothers Award & Gala, a dazzling evening dedicated to honoring the remarkable contributions of women from diverse backgrounds. With the empowering theme "Empowering Women, Building Futures," this year's gala was nothing short of spectacular, leaving an indelible impression on all who attended.

continued on p(14,15 & 27)

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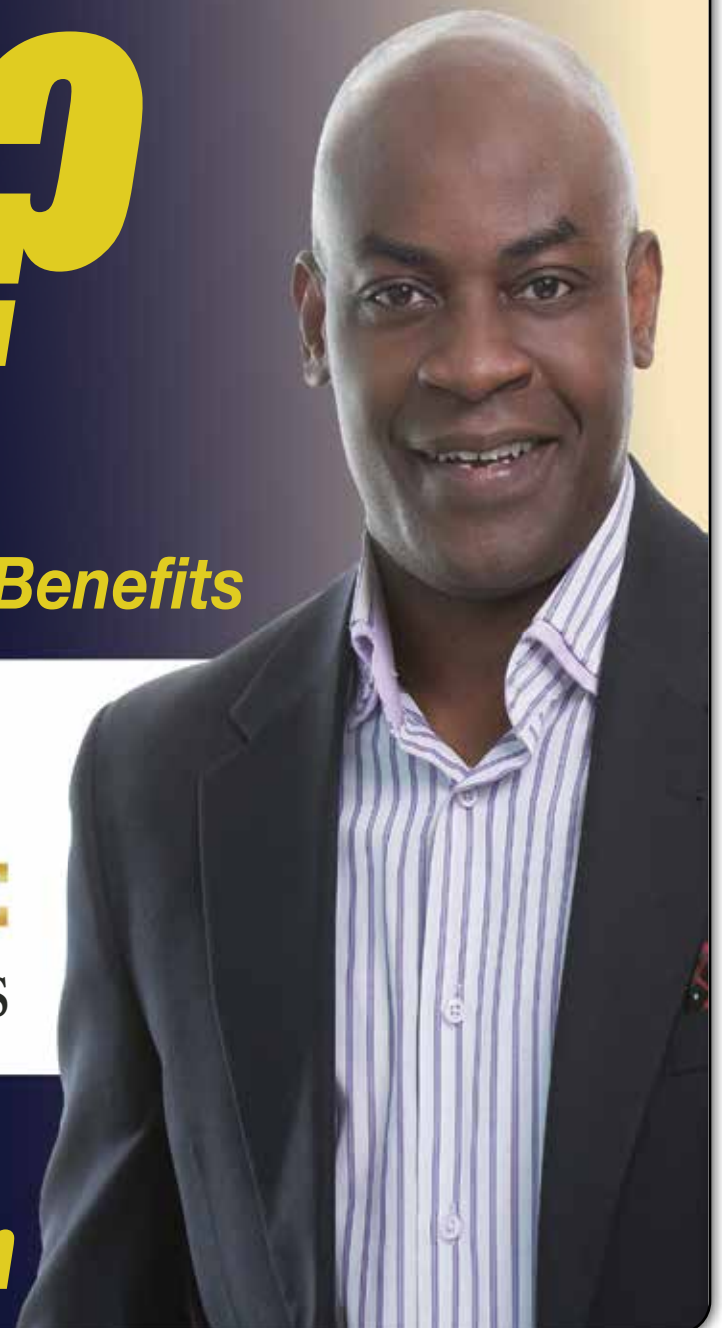


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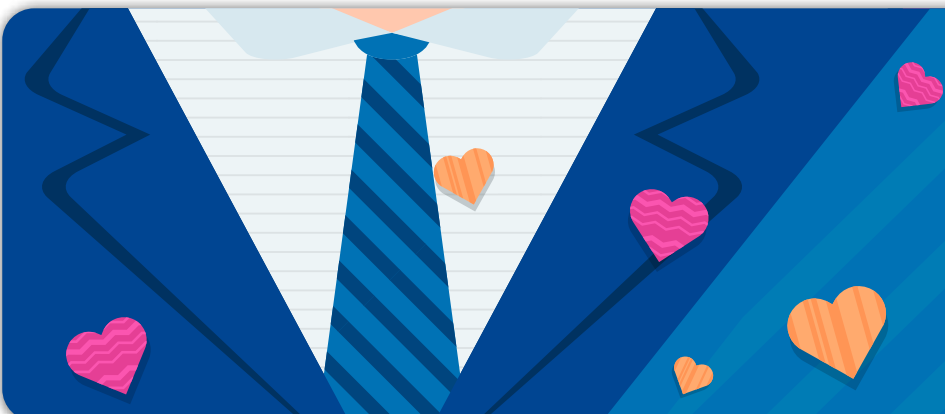


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Facing the Future: Canada Must Prepare for Plausible Global Threats

In an era marked by rapid technological advancement and global interconnectivity, Canada stands on the precipice of a potentially turbulent future. A recent report by Policy Horizons Canada (PHC), a think-tank within Employment and Social Development Canada, has listed 35 "plausible" global disruptions that could profoundly reshape our nation and the world. This exhaustive analysis is not just a theoretical exercise; it is a clarion call for urgent and robust policy action.

At the forefront of these threats is an insidious assault on truth. Within the next three years, our information ecosystem could be saturated with misinformation and disinformation, exacerbated by sophisticated algorithms and artificial intelligence (AI). These algorithms prioritize emotional engagement over factual accuracy,

leading to increased distrust and social fragmentation. This scenario is not a distant dystopia but a looming reality that could compromise public decision-making, erode trust in institutions, and isolate individuals in echo chambers of their own making. Governments must act decisively to safeguard the integrity of information and ensure that public discourse remains grounded in truth.

Equally alarming are the environmental threats that dominate the top of PHC's list. The impending collapse of ecosystems due to biodiversity loss and extreme weather events pose existential risks. In just five to six years, we could witness cascading impacts on all living things, threatening basic human necessities such as clean air, water, and food. The increasing frequency of wildfires, floods, and severe storms will not only

destroy property and infrastructure but also displace millions and exacerbate the mental health crisis. These environmental challenges demand immediate and comprehensive policy responses to mitigate their devastating effects.

AI's unchecked development is another perilous frontier. The report warns that within four to five years, cyberattacks could cripple critical infrastructure, while the super-rich might leverage their influence to override democratic governance. As AI technology evolves, so too does its potential for misuse. This could lead to sophisticated cyberattacks, economic volatility, and even conflicts driven by resource scarcity. The prospect of billionaires wielding disproportionate power, shaping public policy, and even engaging in unilateral military actions is a chilling reminder of the fragility of our democratic institutions. We must implement stringent regulations to govern AI development and ensure equitable distribution of technological benefits.

Moreover, the report highlights the grim reality of resource scarcity. Within eight years, shortages of vital resources like water, sand, and critical minerals could destabilize economies and spark armed conflicts. As resources become scarce, their prices will become volatile, potentially leading to social unrest and geopolitical tensions. This underscores the need for sustainable resource management and international cooperation to prevent conflicts over dwindling resources.

The normalization of downward social mobility is another distressing trend. The increasing unaffordability of housing and precarious work arrangements threaten to erode socioeconomic conditions, making it harder for future generations to improve their lives. This downward trajectory fuels economic and social stress, exacerbating inequalities and undermining social cohesion.

Addressing these issues requires bold policy interventions to ensure affordable housing, stable employment, and equitable wealth distribution.

Canada's healthcare system is also at a critical juncture. The PHC report warns that labor shortages, an aging population, and funding constraints could lead to a collapse of the healthcare system within six years. While some experts suggest that this may be an exaggeration, the fact remains that parts of the system are already in crisis. Long waitlists, limited access, and the pressures of an aging population necessitate immediate reforms to ensure reliable access to quality healthcare for all Canadians.

Finally, the report highlights the potential breakdown of democratic systems. With authoritarian regimes outnumbering democracies worldwide, the struggle between these ideologies is intensifying. Even countries with strong democratic traditions are facing unprecedented challenges. As societal fragmentation deepens, building national consensus and crafting effective policies becomes increasingly difficult. This underscores the importance of reinforcing democratic institutions and fostering social unity.

In conclusion, the threats outlined by PHC are not mere hypotheticals but plausible scenarios that could unfold in the near future. Ignoring these warnings would be perilous. As a nation, we must adopt a proactive and forward-thinking approach to policy-making, ensuring that we are prepared to face these challenges head-on. The time to act is now, before these plausible threats become our grim reality.

MEANWHILE, in an astonishing display of misguided priorities, the Nigerian government has reverted to an old national anthem composed by a British author. This move, amidst a plethora of pressing national crises, epitomizes the disconnect between the leaders and the people they are supposed to serve. It is a stark reminder that our government is more interested in symbolic gestures than addressing the substantive issues that plague our nation. While Nigeria grapples with economic instability, rampant corruption, insecurity, and a failing infrastructure, the decision to change the national anthem is a tone-deaf and regressive distraction.

This inexplicable choice not only undermines the progress made in forging a national identity post-independence but also disrespects the very essence of Nigerian sovereignty and cultural pride. The anthem we were proudly singing, "Arise, O Compatriots," was a product of our collective spirit and struggle for self-determination. Reverting to an anthem composed by a colonial power symbolizes a step backward into the shadows of colonialism, disregarding the sacrifices of those who fought for Nigeria's independence and the ongoing struggle to establish a distinct and unified national identity. It is an affront to our history and a betrayal of the ideals of self-governance and national pride.

At a time when Nigeria faces monumental challenges, the government's focus should be on tangible reforms and solutions. Millions of Nigerians are suffering from poverty, lack of access to quality education and healthcare, and persistent insecurity from terrorist groups. Sadly, instead of addressing these critical issues with the urgency they demand, the government diverted attention and resources to an irrelevant anthem change.

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FAMILY, HEALTH & WELLNESS

ENERGIZE WITH CAUTION: NEW LABELS ON CAFFEINATED ENERGY DRINKS

(NC) How do you power through your late-night work or study sessions? Do you rely on caffeinated energy drinks, coffee or chocolate? These foods all contain caffeine, which you may want to limit. Health Canada recommends a daily intake of no more than 400 mg of caffeine for adults over 18. For reference, energy drinks can contain up to 180 mg of caffeine per can.

Supplemented foods, such as caffeinated energy drinks, are regulated by Health Canada. They require labels to help you know what ingredients like caffeine or taurine have been added to them.

Other examples of supplemented foods include snack bars and fruit drinks, which could be supplemented with:

- minerals such as calcium
- vitamins such as vitamin C
- amino acids such as L-leucine

As of January 1st,

2026, all supplemented foods will be required to have new labels, but some are already starting to appear on the market, so here's what you can expect to see.

All supplemented foods will show a supplemented food facts table instead of a nutrition facts table. There will be a "Supplemented with" section listing the type and amount of each supplemental ingredient, like caffeine.

Some of these foods will also carry a caution identifier, which includes an exclamation mark and the words "Supplemented" and "Health Canada" on the front, alerting you to read cautions written on the back or side of the product. An example of a caution is: "Do not drink more than 1 serving per day."

Whether for yourself or other family members, find more information at canada.ca/supplemented-foods.

WHO REPORT: COVID-19 PANDEMIC CLAIMS NEARLY 13 MILLION LIVES IN TWO YEARS

By Stanley Ugagbe

A recent report by the World Health Organization (WHO) has unveiled staggering figures, estimating that nearly 13 million people lost their lives to the COVID-19 pandemic over the course of two years. The report, released on Friday, underscores the profound impact of the virus globally.

The study highlights that COVID-19 swiftly emerged as the leading cause of death in the Americas, further asserting its position as the third highest cause of mortality

worldwide in 2020, subsequently rising to the second spot in 2021. Notably, COVID-19 ranked among the top five causes of death in all regions except Africa and the Western Pacific.

In a sobering revelation, the pandemic has undone nearly a decade of progress in improving life expectancy, compressing it by 1.8 years globally to 71.4, mirroring levels last seen in 2012. Similarly, global healthy life expectancy regressed to 61.9 years, akin to the figures recorded in 2012.

The report identifies the Americas and Southeast Asia as the hardest-

hit regions, experiencing a significant drop in life expectancy by approximately 3 years and healthy life expectancy by 2.5 years between 2019 and 2021. Conversely, the Western Pacific region faced minimal impact during the initial two years of the pandemic.

WHO Director-General Tedros Adhanom Ghebreyesus emphasized the fragile nature of progress, lamenting that "in just two years, the COVID-19 pandemic erased a decade of gains in life expectancy."

Initially emerging in late 2019, COVID-19 rapidly escalated into the most

significant epidemic witnessed in nearly a century. While the medical journal Lancet speculated that COVID-related deaths could surpass 18 million, the WHO report underscores the grim reality of the toll exacted by the virus.

Furthermore, the report underscores that non-communicable diseases, including ischemic heart disease, stroke, cancer, chronic obstructive pulmonary disease, Alzheimer's disease, and diabetes—previously the leading causes of mortality—accounted for 78% of non-COVID deaths during 2020-2021.

HOW CHEMICALS AND POLLUTANTS GET INTO OUR BODIES



(NC) We do many things to take care of ourselves and those around us, like staying active, eating healthy and keeping our homes safe. Yet we are regularly exposed to chemicals and pollutants in air, food, water and in the products we use in our homes. Most of these chemicals are harmless, but others can pose a health risk if we don't learn how to protect ourselves. Here's what you need to know about how we are

exposed to the chemicals around us.

INGESTING

Ingesting just means eating or drinking. Many chemicals can be found in both our food and water sources. As we eat and drink, we might swallow chemicals that can harm us. Children are also at risk of putting things in their mouths that aren't food or drink, including flakes of lead paint, colourful detergent pods and household

cleaning supplies.

INHALING

Inhalation is breathing in. The chemicals and pollutants we breathe in end up in our lungs and can end up in our blood. This can include anything from second-hand smoke or paint fumes, to odourless, tasteless chemicals like radon or carbon monoxide.

ABSORPTION

Finally, chemicals and other pollutants can enter the body through absorption. That's when something comes in contact with your skin or eyes. These organs can be more sensitive to pollutants and may react more quickly than the rest of our bodies.

RISK FACTORS

The impact a chemical or pollutant has on your health depends on many factors, including the type of substance you were exposed to, how long you

were exposed and your age and general health. Some exposures may have an immediate impact, such as nausea and vomiting or a chemical burn on the skin. Others may have longer-term impacts such as cancer or organ damage.

Some groups of people are more likely to face serious harm including the very young or very old, and those who are pregnant or have certain pre-existing medical conditions.

If you suspect someone's ingested a toxic substance, seek medical attention or call Canada's new toll-free number immediately for advice: 1-844-POISON-X (1-844-764-7669). In Quebec, call 1-800-463-5060. Any information you have about the product and exposure time can help determine the best treatment.

Learn more about the pollutants in our daily lives and how to avoid them at canada.ca/healthy-home.

CANADIAN DENTAL CARE PLAN APPLICATION PHASES ANNOUNCED

By N.Ugoh

In an effort to provide comprehensive dental care coverage to Canadians, the Canadian Dental Care Plan (CDCP) has announced its application phases. The plan aims to ensure accessibility and affordability of dental services for eligible individuals across the country.

Applying for the Canadian Dental Care Plan is a straightforward process, but it's important to know when you can apply based on your eligibility criteria.

The application process for the CDCP will unfold in several phases, with specific groups becoming eligible to apply at different times. Here's the breakdown:

Seniors aged 87 and above: Applications opened in December 2023.

Seniors aged 77 to 86: Applications began in January 2024.

Seniors aged 72 to 76: Applications started in February 2024.

Seniors aged 70 to 71:

Applications commenced in March 2024.

Seniors aged 65 to 69: Eligible to apply starting May 2024.

Adults with a valid Disability Tax Credit certificate: Eligible to apply starting June 2024.

Children under the age of 18: Eligible to apply starting June 2024.

All remaining eligible Canadian residents: Application opens in 2025.

At present, personalized application codes and instructions are being distributed to seniors aged 70 and over. These letters serve as invitations to apply for the Canadian Dental Care Plan.

If you receive a letter: Individuals who receive a letter inviting them to apply for the CDCP should take note that their personal application code expires on April 30, 2024. Further instructions on how to proceed after this date will be provided.

If you're eligible to apply starting in May 2024:

Those eligible to apply from May 2024 onward will have the opportunity to do so online. Detailed information regarding the online application process will be made available closer to the opening date.

For those who require assistance, it's possible to apply for the CDCP with the help of a trusted individual

or delegate.

The Canadian Dental Care Plan represents a significant step towards ensuring that all Canadians have access to essential dental care services. By following the outlined application phases and procedures, eligible individuals can secure the coverage they need for optimal oral health.

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PROGRESSIVE CONSERVATIVES WIN BOTH ONTARIO BYELECTIONS



Doug Ford's

By N.Ugoh

Doug Ford's Progressive Conservative candidates have won both Ontario byelections by good margins.

Zee Hamid, the PC candidate who has Liberal roots, won with over 2,400

votes, or nine percentage points, over Liberal Galen Naidoo Harris in the riding of Milton.

It was suggested by polls and observers that Milton would have been a tighter race as the Liberals looked to make an impact in the 905 corridors around Toronto that the Tories

have won in the last two elections.

After winning, Hamid said: "I feel great. I think it's an affirmation of the great work that our PC Party is doing in Ontario and people voted to continue that."

Also, fellow PC candidate Steve Pinsonneault garnered 57 percent of the votes in the Tory stronghold of Lambton-Kent-Middlesex.

While celebrating with Hamid at his victory party in Milton, Ford said: "We're fortunate, we're blessed, but we're very humbled about the victory."

"We couldn't ask for two better candidates than Zee and Steve."

The Liberals came

second in both byelections while Opposition New Democrats came third.

While reacting in a statement, the Ontario Liberal Party said: "Tonight's results in Milton and Lambton-Kent-Middlesex send a strong message: Bonnie Crombie and Ontario's Liberals are the only alternative to Doug Ford."

"Ontario Liberals will continue to hold the Ford Conservatives accountable for choosing to reward their rich insider friends instead of fighting for the real people of Ontario."

Milton has been vacant since cabinet minister Parm Gill's resignation in February to join the federal Conservatives.

In south-west, Lambton-Kent-Middlesex was held by Monte McNaughton, who served in Opposition for the Progressive Conservatives, since 2011. McNaughton, a cabinet member, was viewed as a rising star on Ford's team before his resignation last October.

Cathy Burghardt-Jesson, Liberal candidate, finished with over 9,000 votes behind Pinsonneault, a Chatham-Kent councillor, as she garnered 23 percent of the votes.

In the lead up to the byelection and during the byelection, Ford paid Milton a lot of attention with announcements on GO Transit service and Highway 413.

He also had many cabinet ministers and other caucus members canvassing there.

Cameron Anderson, a political science professor at Western University, said: "The path to victory is going to be won through the 905, as it has been for the Conservatives, and so holding onto this seat and doing so quite convincingly at this stage should be really emboldening for the Conservatives."

"I see a not bad showing for the Liberals at just under 40 per cent, but clearly not a breakthrough for the Liberals and clearly not a repudiation of the governing party at this time."

TWITTER EXECUTIVE: BUHARI UNBANNED TWITTER TO SAVE FACE; WE DIDN'T MEET WITH LAI MOHAMMED AND OTHER NIGERIAN MINISTERS

By N.Ugoh

Anthony Russell Tatum, a shareholder in X, has made it known that then-President Muhammadu Buhari's regime lifted the months-long ban on X, formerly Twitter, without any dialogue with the platform's executives as falsely claimed by the Nigerian government two years ago.

According to Tatum, the lies permitted to run unchecked by Twitter hampered free speech and had devastating effects on the microblogging site's shareholders.

In a 119-page-suit filed in Pender County, North Carolina, U.S.A

against X and its owner, Elon Musk, Tatum accused the company, based on its erstwhile management's actions, of hiding relevant information from shareholders and general recklessness, stating its alleged failure to proactively reveal take-down requests of unflattering tweets from foreign governments that are not receptive to free speech.

Summons for the matter were issued in January 2024 against the parties.

Recall that in June 2021, Lai Mohammed, then information minister, announced a Twitter ban after the site brought down Muhammadu Buhari's tweet for inciting violence,

which was deemed a violation of Twitter policy and guidelines.

Angered by the deletion, Buhari banned Twitter and ordered all internet service providers in Nigeria to restrict people living in the country from accessing the microblogging site.

In January 2022, Buhari's government reversed the ban, which it said was necessary after several negotiations with executives of Twitter and the site's decision to abide by certain rules.

The claims were disputed by Peiter Zatkan, a former Twitter employee, in a whistleblower report to the U.S. Congress that

there were no such dialogues. His report made the centre of a lawsuit filed in the United States recently.

Tatum relied on the whistleblower complaint by Peiter Zatkan, a former vice-president (security) at Twitter, to support his argument against X and its owner.

Though Musk was not responsible for the accusations, it was the company he bought, hence, the liability was his to take.

When Lai Mohammed got wind of the whistleblower's claims in 2022 and sought to debunk them at a press briefing in Abuja in December 2022, he insisted that the Nigerian government indeed negoti-

ated with Twitter to reverse the ban.

He said: "The back-and-forth negotiation culminated in a series of agreements that paved the way for the lifting of the Twitter suspension in January this year (2022)."

Buhari's regime banned Twitter in June 2021 and then falsely claimed to be in negotiations with Twitter executives. According to Tatum's allegation, the failure of Twitter to correct the false record on many reported non-existent discussions with the Nigerian government permitted Nigeria to negotiate unilaterally through the media and dic-

tate unfavourable terms for a final resolution.

He stated that the decision of Twitter to refrain from correcting misinformation about Twitter's proposed negotiations with the Nigerian government directly harmed Twitter shareholders.

In the suit, Tatum said Twitter's inaction did not only egg on the Buhari regime to control and circulate a false narrative, but also allowed the Nigerian government to impose various conditions that harmed free expression rights and democratic accountability for Nigerian citizens on the platform.

MAYOR SAYS 4 HOMES LOST TO WILDFIRE NEAR FORT NELSON

By N.Ugoh

Rob Fraser, the Mayor of Northern Rockies Regional Municipality in British Columbia, has said four homes have been lost while six other properties have been damaged by a wildfire that forced the evacuation of Fort Nelson over a week ago.

According to Fraser, three of the four homes were occupied while one was vacant, but he has been able to speak with most of the owners whose

properties have been damaged.

He said the affected properties were on the outskirts of Fort Nelson, and the six others witnessed damage to sheds, shops and vehicles.

He added that there's been no official word on when it would be safe for residents to come back as the BC Wildfire Service waits until it's certain that the Parker Lake wildfire is "burning away from the community."

Fraser said returning "essential services" would

be the first step in allowing residents to return home, including grocery stores, medical staff, gas stations and school board officials.

He says any potential return is still completely dependent on weather and despite recent rain, firefighters have informed him that the fireline is dry enough to compare to "walking on potato chips."

He said: "I'm very anxious. I mean, this is the start of a potentially really long season. We're surrounded by fire, we're surrounded by heat in this

community and we're in a stage five drought."

In a recent update, the municipality said forecasted rain has provided "a window for progress," but problematic drought conditions remain.

Also, fire crews have placed "structural protection measures" on 200 homes in Fort Nelson, and crews are being supported by both helicopters and heavy equipment.

Fraser later stated that fire experts have said a re-entry plan would likely be on a 14-day timetable, but

there are "too many variables" to give people a solid answer on when it will be safe to return.

He said: "Two weeks can be a long time. Look

what happened in a few hours. We ask every single day. We're asking ourselves, 'when can we get people back into the community?'"

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Ontario MPP Sarah Jama asked to leave Ontario legislature again over keffiyeh

By N.Ugoh

Sarah Jama, an Ontario MPP, has again been asked to leave the Ontario legislature for putting on keffiyeh, a garment that was prohibited by the Speaker last month owing to its political symbolism.

Sarah Jama was "named" by Speaker Ted Arnott for wearing the black-and-white checkered scarf, which identifies with Palestinian solidarity, meaning she won't be able to vote on matters before the house for the remainder of the day.

Jama left the legislative chamber alongside NDP MPPs Joel Harden and Kristyn Wong-Tam, who also wore the scarves in solidarity with the Independent representative for

Hamilton Centre.

Recall that Jama was asked to leave the chamber last month for wearing the garment, but refused.

The ban was announced by Arnott last month after his conclusion that it had come to represent a political statement, was loosened before question period and Jama's removal. The Speaker has now said the ban only applies in the chamber and not throughout Queen's Park.

Arnott said: "It has been our standard practice, again for many decades, to ask those who seek to enter the [legislative] assembly not to wear any attire which appears to be intended to make a political statement of any sort. This is intended to promote order and decorum and mostly

has had the desired effect through the years.

"But in this case, which unfortunately became politicized, it has instead fostered division and discord both in this House and in our communities in the province."

While speaking to reporters outside the chamber, Jama said she would keep wearing the garment, despite the ban.

She said: "We've decided to wear the keffiyeh today to stand in solidarity with all the Palestinians who have been displaced, about 1.6 million, from their homes. Wearing the keffiyeh, especially in the midst of the keffiyeh ban being reversed in the rest of this building, shows that there was no merit to this ban in the first place."

Calls for Resignation and Audit at Canadian Black Business Charity

By NCNC Staff

Members of a prominent charity supporting the Canadian Black business community are urging the resignation of its board of directors and demanding a third-party audit following revelations that the non-profit paid two former board members' companies at least \$1.5 million for services while they held board or CEO positions.

CBC Toronto has reviewed numerous internal documents pertaining to the Black Business and Professional Association (BBPA), including invoices and transaction records. These records reveal that over \$800,000 of the expenditures were not reported as related party transactions to the Canada Revenue Agency (CRA).

According to a charity watchdog, payments made to directors, staff, or others not at arm's length from a charity, excluding salaries, are considered related party transactions and must be disclosed to an auditor and the CRA.

"We demand an immediate independent audit of the awarding and use of government, sponsorship, and all other funds," said Chandran Fernando, a concerned BBPA member, in a statement.

"The BBPA was established to empower Black entrepreneurs and professionals, and it must return to that vital mission through principled leadership and sound governance.

Fernando, along with other members, hired a lawyer to present their de-

mands to the current board of directors in March. Their lawyer, Kate Genest, sent a follow-up letter last month, accusing the BBPA of submitting inaccurate financial filings to the CRA.

Denham Jolly, the BBPA's founder, voiced his support for the call for an independent audit and the board's resignation. "It is a critical first step to restoring transparency and accountability within the BBPA," Jolly said. "Moving forward with good governance, leadership and service to the Black community, a special election must happen immediately following the above process."

Responding to CBC Toronto's inquiries, a BBPA lawyer acknowledged the allegations and emphasized the board's commitment to addressing them.

"The board has launched an independent review, which aligns with the BBPA's commitment to transparency, accountabil-

ity, and good governance," said lawyer Mariam Moktar in an email.

The independent review will be conducted by a forensic auditor and a third-party firm with expertise in charity and non-profit law and governance.

Additionally, the BBPA board announced that board chair Ross Cadastre and director Rustum Southwell will temporarily step down during the external review and forensic audit to avoid potential conflicts of interest. Both directors were serving on the board during the period in question. An interim chair will lead the board during this time.

Earlier reports by CBC Toronto detailed how allegations of financial mismanagement prompted the daughter of renowned Canadian sprinter Harry Jerome to demand the BBPA cease using her father's name for its annual awards until the charity is cleared of the allegations.

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Lagos State Government Order Police to Pack Residents in Luxurious Buses to Osun, Tell Them to 'Remain in Their State'

By N.Ugoh

Reports have it that the Nigeria Police Force in partnership with the Lagos State Task Force packed some residents and young people from the streets of the state recently and transported them to Osun State.

According to SaharaReporters, one of those who were affected by this act and taken away at his office said the law enforcement agents packed young people in Ajah, Tafawa Balewa Square and Island areas of the state and put them inside an

uncompleted building at the Makoko police station before they were moved to a forest in Ilesha in Osun State.

He made it known that about five luxurious buses were filled with the youth that were taken to Osun State.

He said, "We were arrested around 10pm yesterday and they dropped us at Ilesha in Osun State inside the bus and told us we should go and they even threatened to shoot a gun. We were arrested by police officers, they took us from Makoko police station to Elemoro

and we were taken from Elemoro to Osun. We were plenty. It is about five luxurious buses. We were plenty. They told us that we were arrested because they wanted us to go back to our states.

"They packed people from Ajah, Ibeju Lekki, TBS, Agarawu, and Island. We were kept inside one uncompleted building inside the cell.

"Police officers followed us. They were the ones that even dumped us inside the forest. One of the officers wore a police uniform while others were task force jackets."

Peter Obi excited by exploits of Nigerian youths in Brampton

By N.Ugoh

The presidential candidate of the Labour Party in the 2023 general election, Peter Obi, has shown happiness over the exploits of young Nigerians in Brampton, Canada.

Obi in a recent post on his X handle said the exploits are testaments to the urgent need to harness the potentials of young Nigerians for the development of Nigeria.

Obi wrote: "Brampton is a melting pot of diversity, boasting over 250 cultures and approximately 170 languages spoken among

its residents. Impressively, 60% of its populace comprises youth, with a significant portion holding university graduate qualifications, reflecting a highly educated and dynamic community.

"The city's expansion is fueled by key pillars of productivity, including innovation, creativity, manufacturing, and education, which serve as catalysts for its ongoing development.

"Of particular note is Brampton's inclusive approach to its diaspora community, a testament to its commitment to embracing diversity and leveraging the

continued on p(25)

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Emefiele Forfeits \$4.7 Million, N830 Million, Multi-Billion-Naira Properties to FG

By Bunmi Akintilo

In a recent development, the Federal High Court in Lagos has issued an interim forfeiture order concerning substantial sums of money and multiple properties allegedly linked to the former governor of the Central Bank of Nigeria (CBN), Mr. Godwin Emefiele. The court order, granted on May 23, 2024, was based on an ex-parte application presented by the lawyers representing the Economic and Financial Crimes Commission (EFCC), Bilkisu Buhari and C.C. Chineye.

Justice Yellim Bologoro, after considering the arguments put forth by the EFCC's legal team, approved the interim forfeiture of \$4,719,054, N830,875,611, and various properties connected to Mr. Emefiele. The judge directed that the order be published in a national newspaper to provide an opportunity for interested parties to contest the forfeiture. The case was adjourned to July 2 for further proceedings on the matter.

The funds subject to interim forfeiture were reportedly held in accounts across First Bank, Titan Bank, and Zenith Bank, associated with entities such as Omoile Anita Joy, Deep Blue Energy Service Limited, Exactquote Bu-

reau De Change Ltd, Lipam Investment Services Limited, Tatler Services Limited, Rosajul Global Resources Ltd, and TIL Communication Nigeria Ltd.

Among the properties ordered to be forfeited to the federal government are significant real estate holdings, including an 11-floor building under construction in Ikoyi, Lagos, an office space in Lekki Peninsula, Lagos, industrial parks, warehouses, and several other residential and commercial properties across Lagos and the United States.

The EFCC sought the interim forfeiture under various legal provisions, alleging that the assets and funds were proceeds of unlawful activities. The ongoing legal battles involving Mr. Emefiele also extend to allegations of fraud, with specific charges related to the receipt of millions of dollars in cash through undocumented means.

Emefiele and his co-defendant, Henry Isioma-Omoile, are facing charges at the Special Offences Court in Ikeja over allegations of abuse of office, receiving gratifications, corrupt demands, fraudulent obtaining and conferring of corrupt advantage, among others. These legal proceedings underscore the significant legal challenges confronting the former CBN governor.

Canada's most wanted fugitive apprehended in P.E.I. in connection with Toronto homicide

By Bunmi Akintilo

The suspect in a fatal shooting in East End Toronto last summer has been nabbed in Charlottetown one week after he emerged as Canada's most wanted fugitive.

According to a news release, 35-year-old Michael Bebee was arrested without incident by Charlottetown police at a business on Belvedere Avenue recently.

Bebee was wanted on a country-wide warrant in connection with the shooting to death of Shamar Powell-Flowers near Danforth and Carlaw avenues in the early hours of July 23, 2023.

His arrest happened exactly one week after he was named as the most wanted fugitive on an updated list released by the BOLO (Be on the Lookout)

program.

In a news release, Charlottetown Police Services (CPS) said Toronto police investigators contacted them late last week asking for help with tips they'd gotten indicating that Bebee may have been in Prince Edward Island.

They said detectives from Toronto would be travelling to P.E.I. to move Bebee to Ontario in "the coming days."

"This arrest proves that collaboration between police services, media, the public, Crime Stoppers and organizations like BOLO makes our communities safer and stronger,"

In a press release, Toronto Police Chief Myron Demkiw said: "I want to thank Charlottetown Police Services for apprehending the suspect, BOLO and Crime Stoppers for working together

to make our communities safer. We truly hope this arrest provides some comfort to the family and loved ones of Shamar Powell-Flowers."

Police said Bebee is facing a charge of second-degree murder and appeared in court on May 1 in Charlottetown.

In a statement made available by Toronto police, the mother of Powell-Flowers stated that it was difficult to describe the "flood of emotions" she felt when she got a call from Det. Sgt. Trevor Grieve informing her of the arrest in the case.

Charmaine Flowers said: "An immense weight had been lifted.

"I have so much gratitude. I am grateful to the Bolo Program for taking on our case, to the investigative team from the Toronto Police Homicide Unit for their tireless efforts toward justice

and the respect and dignity they have shown our family since our paths crossed in the most unfortunate way, and to the members of the media who amplified this campaign."

In the release, Toronto police said Bebee was apprehended after a tip from the public, but it remains unclear whether a reward of up to \$100,000 that was previously offered by the BOLO program will be paid.

In her statement, Flowers thanked the person who informed the police they needed to arrest Bebee. She thanked the informant for allowing her and her family to "take our next steps forward through this awful journey."

She said: "Please know that if my beautiful Shamar were alive and the tables were turned, he would not have hesitated to help your family in any way he could."

Manitoba judge rejects bid to dismiss murder charge against accused serial killer in Mashkode Bizhiki'ikwe case

By Bunmi Akintilo

A Manitoba judge has rejected a defense motion to dismiss one of four first-degree murder charges against Jeremy Skibicki, 37, accused of the killings of four Indigenous women in Winnipeg. The trial is set to start in two weeks. Skibicki, who has pleaded not guilty to all charges, is alleged to have murdered Mercedes Myran, 26; Morgan Harris, 39; Rebecca Contois, 24; and a fourth woman, known as Mashkode Bizhiki'ikwe or Buffalo

Woman, believed by police to be Indigenous and in her mid-20s.

The defense sought to quash the charge related to Mashkode Bizhiki'ikwe, arguing the absence of an identified victim or recovered body rendered the charge legally invalid. Defense lawyer Brittney Hoyt emphasized the lack of identifiable victim details during the 40-minute hearing before Chief Justice Glenn Joyal at the Court of King's Bench. Hoyt argued this deficiency should lead to the charge's dismissal.

During the hearing, Crown attorney Renee Lagimodiere countered that the identity of the victim is not necessary for proving a violent crime occurred, defending the sufficiency of the charge's details against the defense's motion.

Justice Joyal dismissed the motion, stating the charge was sufficiently detailed to inform Skibicki of the accusations against him, thereby allowing the trial to proceed as planned. Skibicki remains in custody, with his trial slated to begin on April 29.

The case has drawn significant attention, particularly after police found partial remains of Rebecca Contois at the Brady landfill in June 2022. Authorities believe the remains of Myran and Harris might be in another landfill, though the location of Mashkode Bizhiki'ikwe's remains is still unknown. The federal and provincial governments have recently allocated \$40 million combined to fund a search of the Prairie Green landfill, highlighting the ongoing efforts to address this tragic case.

Chey Tae-won Ordered to Pay \$1 Billion to Ex-Wife in Landmark Divorce Settlement



By N.Ugoh

In a historic ruling, South Korean billionaire and SK Group chairman Chey Tae-won has been mandated to pay his ex-wife \$1 billion, nearly a decade after their separation. This divorce settlement is the largest ever recorded in South Korea.

Chey's marriage to

Roh So-young ended almost ten years ago following revelations that he had fathered a child with another woman, concluding their 35-year marriage. The Seoul High Court ruled in favor of Roh, determining that she is entitled to a significant portion of Chey's company shares.

The court stated, "It was reasonable to rule that,

as his wife, Roh played a role in increasing the value of SK Group and Chey's business activity," thereby classifying the shares as joint property.

This new settlement amount drastically surpasses the \$48 million previously awarded by a

lower court in 2022. The earlier ruling had denied Roh's request for a share of her ex-husband's company holdings.

Chey's legal team has announced plans to appeal the decision, criticizing the court for accepting "Roh's one-sided claim as factual."



REFLECTIONS ON RELATIONSHIPS

A HOLE IN MY HEART

Continued from the last issue

EPISODE 10 ©FRANCA UWUIGIAREN

The commotion in Akin-tayo's home was great. He called Tunde and Tolu to his room. He never knew his children were capable of disgracing him the way they did.

"Are you saying both of you raped her?" He asked with hands folded across his chest.

"I did not touch her. I told you I have never met her" Tolu defended.

"Why would she point her fingers at you?. Why would she mention your name?" he asked Tolu.

"I don't know dad. She just wants to ruin my life. This is devil at work" He lamented.

"Hmmm!, I believe Tolu" Abike said sitting by her husband on the bed. She had been in the kitchen cooking but when she heard their voices, she left what she was doing to join them.

Akintayo looked at Tunde and shook his head.

"I sent you to school so that you become a better person and you repaid me with this?" He lamented.

"I just wanted to take responsibility because Tolu refused to take it. I never raped Lizzy. Tolu raped her and is responsible for the pregnancy. Was I supposed to watch my brother reject the pregnancy? No!. My brother Tolu is responsible. Lizzy can't just lie that is him that impregnated her when it's not true. For once Tolu, accept responsibility for your actions. I won't allow you deny Lizzy. Do you know what she's going through right now?" Tunde was angry and he felt like hitting his brother.

"Stop lying. You are lying. That girl is trying to rope me in her problem." He said. Suddenly Tunde began to laugh and everyone stare at him in disbelief.

"Both of you can go" Akintayo told them.

Immediately they left, Akintayo faced his wife.

"What happened in my absence?"

"I don't know, but I know that Tolu is not responsible for that girl's pregnancy"

Akintayo sighed deeply but didn't say anything. He began to think of his next action.

Patrick sat on the bed refusing to sleep. He was covered in shame and anger. He began to review his method of training his children.

"Where did I fail?"

Onome who sat be-

side him, held his hand. She listened to him as he vent his anger. It was a big shock for Patrick that his daughter was pregnant.

"Let's think with a clear head honey. I know you are upset and i am too. The deed has been done, but we can still salvage the situation"

"I hope you are not thinking of abortion"

"Well..."

"Please knock it off your head. How can you be suggesting that?. Please say something else"

Onome sighed.

"We shouldn't have left Lizzy there. We don't know that family. This is not the time to abandon her because of the pregnancy"

Patrick was not listening. The faces of his friends and neighbours laughing and making mockery of him kept flashing before his face.

"...do you understand what I am saying?. Asking the boy to marry our daughter because of unplanned pregnancy is not ideal. Marriage is a big commitment"

"Hmmm!"

"Let's not make any mistake. When she delivers, we will bring her home..."

"God forbid!, What of the child?. Onome I have handed Lizzy over to them. When she delivers, the boy should pay her bride price. Lizzy will not step into this house with her pregnancy"

Patrick stood up and left his worried wife in the bedroom.

Tunde could hear Lizzy sobbing. He had wanted to enter the room and comfort her, but was afraid of what his parents would say. He had expected his mother to be with Lizzy consoling her, but nothing like that happened. His mother after serving his father breakfast had refused to come out from the bedroom.

Tolu too has been insulting and blaming him.

"If you had kept your mouth shut, all would have been well. All her parents could have done was arrest me and I will still deny it. You have always been behaving like a good boy"

"I am a good boy. I would never imagined myself raping anyone. I can't be caught in such trap. You have no idea what you have put that girl through. You raped her and denied her pregnancy. Who does

that?"

The argument became heated and Tunde had to leave the room. When food was served, Lizzy refused to come to the dining room. It was past lunch time and Lizzy was still crying. Tunde moved to the door but returned to the sitting room. The urge to knock on the door persisted. He returned to the door again and knocked this time. He was not expecting any response, so he pushed open the door.

Lizzy was on the tiled floor sobbing. Tunde sat beside her on the floor too. In the process of consoling Lizzy, he joined her to cry. It was a heart wrenching cry. Everyone in the house heard them cry and they were uncomfortable. It was Abike that first came in. She lambasted Tunde for joining Lizzy to disturb the peace of the house.

"You want to pull down the roof of this house?. Will you get out of this place"

Tunde still in tears walked pitifully out of the room. His father was waiting for him in the sitting room as he stepped out.

"What is the cry about?" He asked Tunde.

"I... I went in there to console her and I became emotional" He said with head Bent low.

Akin forced a smile and asked him to return to his room.

"Wait" He called.

"Has she eaten anything today?"

"No!"

Akintayo then instructed his wife to ensure that Lizzy ate food. Food was served but Lizzy still refused to eat. Akintayo went in and sat beside her. He listened as Lizzy kept crying and he was overwhelmed by it all.

"I am sorry Lizzy. I am really sorry. I need you to stop crying. Your tears will change nothing"

I know you are deeply hurt, but find it in your heart to forgive us"

Akintayo stood up "Forgive my son. Forgive us"

When he left, Lizzy stood up and dried her tears. She moved to the table beside her and looked at the plate of rice on the table. Lizzy climbed the bed and covered herself with the duvet. In no time, she was sound asleep.

Inspired by the Holy Spirit

TO BE CONTINUED

Multigenerational housing: share costs, responsibilities and time



(NC) The rising cost of housing and the responsibility of caring for children and aging parents are common challenges many of us are facing.

Some families are choosing to live as a multigenerational household to help provide some relief.

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ment unit in your basement or a more private area in your house – it can make the situation even better.

However, if saving money is one of the reasons you're sharing your home, you might be concerned about renovation costs.

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\$7,500.

It's not just about changing a house; it's about creating a welcoming space to keep your loved ones near, so you can provide them with support they need if they're eligible for the disability tax credit or are 65 years or older.

This could mean having your kids visit their grandparents for a movie night without leaving the yard, having weekly family dinners or dropping off groceries for each other.

Learn more and find out if you would qualify at canada.ca/cra-mhrtc.

continued from p(1)

Naomi Sigismund Appointed Trade Commissioner in Toronto

By Stanley Ugagbe

The Republic of Vanuatu has named Mrs. Naomi Omolola Sigismund, a Nigerian entrepreneur residing in Canada, as the Trade Commissioner for Vanuatu in Toronto, Canada, to bolster trade connections and drive economic progress.

Mrs. Sigismund is the organizer of the annual Glam African Fashion Festival (GAFF) hosted in both Nigeria and Canada. She is a fervent supporter of creating business networking opportunities between Africa and Canada. She is also the Founder of the Hope For Sure Foundation, a charitable organization, and the Project Director of The African Canada Investment Expo and Summit, a notable business event designed to connect African enterprises with Canadian investors.

The announcement of her appointment was made via an official letter from Vanuatu's Ministry of Foreign Affairs, International Cooperation, and External Trade, addressed to Mrs. Sigismund on May 20, 2024. The letter, signed by Deputy Prime Minister and Minister of Foreign Affairs, International Cooperation, and External Trade, Matai Seremaia Nawalu, stated that the appointment was made under section 42 of the Foreign Service Act No. 20 of 2013, which authorizes such designations.

As the new Trade Commissioner, Mrs. Sigismund will be responsible for advancing Vanuatu's trade investments in Toronto. Her roles and duties are specified in her Terms of Reference, which she is expected to carry out with diligence.

"To maintain transparency and accountability, Mrs. Sigismund is required to submit quarterly reports to the Director General, following

section 42 (B) of the Foreign Service Act. The appointment as Trade Commissioner of the Republic of Vanuatu to Toronto is for a term of three (3) years, starting from the date of the appointment letter," the letter stated.

This position allows Mrs. Sigismund to represent Vanuatu's interests and strengthen trade relationships with Canada. It is anticipated that her knowledge and commitment will significantly contribute to the expansion of Vanuatu's trade sector and improve bilateral cooperation.

In his letter, Matai Seremaia Nawalu congratulated Sigismund on her appointment, acknowledging her qualifications and suitability for the role. He added, "The Government of Vanuatu has confidence in her capability to effectively promote Vanuatu's trade interests in Toronto and wishes her success in her new role."

TINUBU DRAGS 36 GOVERNORS TO COURT OVER LOCAL GOVERNMENT AUTONOMY

By Stanley Ugagbe

The Federal Government has taken legal action against the governors of all 36 states in the Supreme Court, alleging misconduct in the management of Local Government Areas (LGAs). The suit, filed by the Attorney General of the Federation (AGF) and Minister of Justice, Lateef Fagbemi, seeks to secure full autonomy for all LGAs in Nigeria.

In the legal filing, the Federal Government has requested the court to prohibit state governors from unilaterally and unlawfully dissolving democratically elected local government councils. The governors have been sued through their respec-

tive Attorneys General.

The Federal Government also seeks a court order to ensure that funds allocated to local governments from the federation account are directly disbursed to them, bypassing the allegedly unlawful joint accounts created by the governors. Additionally, the suit calls for an injunction to prevent governors from establishing caretaker committees to run local governments, which is contrary to the constitutionally mandated democratic system.

The Federal Government's suit includes a request to restrain governors and their representatives from receiving or misusing funds intended for local governments when no democratically

elected councils are in place.

In its 27-point argument supporting the suit, the Federal Government emphasized that Nigeria's federal structure, as defined by the 1999 Constitution (as amended), includes the President, who swears to uphold the constitution, and state governors, who have taken similar oaths. The constitution recognizes federal, state, and local governments as three distinct tiers, each entitled to funding from the federation account.

The Federal Government contends that the constitution mandates a democratically elected local government system and does not provide for any other form of local

governance. Despite this, many governors have failed to establish such a system without any state of emergency that would justify the suspension of democratic institutions.

The Federal Government argues that this failure undermines the 1999 Constitution, which both the governors and the President have pledged to uphold. Efforts to compel the governors to comply with constitutional requirements for democratic local governance have been unsuccessful. Consequently, the Federal Government asserts that it is not obligated under Section 162 of the constitution to disburse funds to states lacking democratically elected local governments.

AIR PEACE SLASHES LONDON FLIGHT PRICES: ECONOMY AT N1.2M, BUSINESS AT N4M

By N.Ugoh

Air Peace, the leading airline in West and Central Africa, has officially announced the launch of its London service, set to begin on March 30, 2024, offering competitive fares to travelers. The announcement came through an official statement released to media outlets.

The airline revealed that flight schedules for the London route are now accessible on their website, featuring tickets at remarkable prices. For instance, a Return Economy Class Ticket is priced at N1,200,000, while a Return Business Class Ticket is available at N4,000,000. Additionally, Nigerian students studying in the UK can benefit from a special 15% discount on the already reduced Economy fares.

This move follows the airline's recent engagement with travel agents in Lagos,

where they introduced a special fare for Nigerian students in preparation for the London route launch. London marks Air Peace's seventh international destination since its inception less than a decade ago.

Air Peace has been at the forefront of Nigeria's aviation industry, boasting a rapidly expanding network comprising 21 domestic routes, 10 regional routes, and now 6 international destinations, supported by a modern fleet of over 30 aircraft.

Currently, the Lagos-London route is dominated by two British carriers, British Airways and Virgin Atlantic Airways, which typically charge between N3 million to N4 million for economy class tickets and even higher prices, ranging from N8 million to N10 million, for business class tickets, depending on booking timing.

FEDS REJECT TORONTO'S REQUEST TO DECRIMINALIZE SIMPLE POSSESSION OF ILLICIT DRUGS

By Stanley Ugagbe

The federal government has turned down Toronto's request to decriminalize the possession of small amounts of illegal drugs for personal use within the city. Mental Health and Addictions Minister Ya'ara Saks cited concerns about safety in her decision, as per a statement from Health Canada.

"She has determined that it does not adequately protect public health and maintain public safety," the statement read.

Toronto's Medical Officer of Health, Dr. Eileen de Villa, emphasized the potential benefits of decriminalization as part of a comprehensive strategy to address the opioid crisis. "As Minister Saks has refused Toronto Public Health's request to decriminalize personal possession of controlled drugs and substances, the need to invest in other available

evidence-based interventions is all the more critical," she said.

In 2023, Toronto reported 733 suspected drug-related deaths, with 523 of these deaths attributed to opioid toxicity. Since 2016, Canada has witnessed at least 42,000 opioid overdose deaths.

Toronto's request to Health Canada, submitted in early 2022, sought an exemption under the Controlled Drugs and Substances Act. The application was supported by the Toronto Police Service, harm reduction experts, and advocates.

Ontario's chief medical officer of health had also advocated for the decriminalization of personal possession of unregulated drugs. However, last week, Ontario Health Minister Sylvia Jones and provincial Solicitor General Michael Kerzner sent a letter to Dr. de Villa, stating the province's opposition to the request. "Under no circumstances will our government ever

support your request, which would only add to crime and public drug use while doing nothing to support people struggling with addiction," the letter read.

Health Canada's press release highlighted the province's lack of support as a factor in the federal rejection. "[The federal government has] concerns with feasibility and ability for law enforcement to implement the proposed model, protection of youth, and lack of support from key players including the province of Ontario," the statement said.

Toronto Mayor Olivia Chow has urged Prime Minister Justin Trudeau and Ontario Premier Doug Ford for a more coordinated approach to the opioid crisis. "We have an opportunity to change how we approach this epidemic and develop a whole-of-society framework to meet health needs in a strategic, efficient, and cost-effective way that improves the lives of all

residents," she wrote.

Mayor Chow proposed several initiatives, including a 24/7 crisis center, expanded housing programs, new social supports, and health services. "Shared commitment and responsibility for increased treatment demands a collaborative pilot program focusing on a broad and bold approach, one which encompasses connections to primary care, supportive housing, harm reduction, and partnerships with emergency services," she stated.

The federal government's decision follows the recent move to decriminalize public illicit drug use in British Columbia. B.C. had started a decriminalization pilot in January last year but requested adjustments to the program. The federal government granted this request last week, making public possession of illicit drugs illegal again, though adults won't be arrested for possessing or using drugs in private.

ONTARIO REACHES LAND CLAIM SETTLEMENT WITH MATACHEWAN FIRST NATION

By Stanley Ugagbe

The Ontario government has announced a settlement regarding a treaty land entitlement claim with the Matachewan First Nation. As part of this settlement, the First Nation, located southeast of Timmins, Ontario, will receive \$590,000 and over 2,000 hectares of provincial Crown land, which may be added to its reserve.

Treaty land entitlement claims address situations where First Nations did not receive the amount of reserve land promised under numbered treaties. Specifically, Treaty 9, also known as the James Bay Treaty, allocated nearly 260 hectares of land per family of five, or just over 50 hectares per individual. However, the Matachewan First Nation did not receive its full entitlement.

Ontario has been settling land claims with Indigenous communities since 1983 and has handled 65 land claims and other agreements so far.

Quick Facts:

- The Matachewan First Nation is situated north of the Township of Matachewan, approximately 60 kilometres west of Kirkland Lake and 70 kilometres southeast of Timmins.

- Negotiations between Ontario and the First Nation began in 2012, with public and Indigenous consultations taking place between 2015 and 2022.

- In 2019, Canada and the Matachewan First Nation reached a bilateral settlement for loss of use compensation.

- Since the Specific Claims program began in 1973 until March 31, 2024, 702 claims have been settled, resulting in \$14.9 billion in compensation. Between January 1, 2016, and March 31, 2024, 297 claims were settled for nearly \$11.1 billion in compensation.

- Ontario has been resolving land claims with Indigenous communities since 1983, achieving 65 settlements and other agreements to date. For more information about land claims in Ontario, visit the provincial website.

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FOOD & NUTRITION

HOW TO CHOOSE THE PERFECT BARBECUE FOR YOU

(NC) Barbecue season is here, and there are many options to consider when choosing the perfect grill for your next meal. Here's a guide to help you choose the best grill for your space.

MULTI-FUNCTIONAL

"A surprising trend is that people now have more than one barbecue in their yard, just like how they have multiple appliances in their indoor kitchen," says Janna Millious, barbecue merchant at The Home Depot Canada. "For smaller backyards, we're seeing increased interest in modular grills with a pizza oven, storage, foldable side tables and a griddle top for entertaining, which is great for a group teppanyaki night or for a fun breakfast."

NATURAL GAS

One of the most widely used grills; the natural gas grill connects to the gas line on the exterior of your home, eliminating the need for propane tanks. While natural gas doesn't burn as hot as propane, it can be more cost-effective and it offers a constant flow without the need to refill your tank.

PROPANE

Propane tanks can be refilled and are portable, allowing more freedom in where you place the barbecue in your yard.

CHARCOAL

Charcoal grills are heated using briquettes. When burned, they turn into embers, giving you an even, hot grilling surface that produces a smokier flavour. Charcoal grills are often portable as

well and they can be used in a variety of scenarios – from your backyard to a picnic in the park.

WOOD PELLET

Wood pellet grills are some of the most versatile barbecues on the market because they can be heated to a variety of temperatures, making them an ideal grill, barbecue or smoker. They're often cylindrical in shape and burn food-safe wood pellets to create heat.

ELECTRIC

Electric grills are small in size and run completely on electricity, making them the ultimate portable grilling surface if there's somewhere to plug it in. You won't get the full, smoky, barbecue flavour that you would from a traditional fire grill, but they can be used almost anywhere.

WHAT EVERYONE SHOULD KNOW ABOUT ESSENTIAL OILS



(NC) Scent is a powerful part of our human experience. Different aromas can take us down memory lane or transport us to a calming or energizing place. Essential oils

often bring such scents to everyday items like candles, soaps and lotions. But there are some things you should know about them.

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THE MEANING OF ESSENTIAL

It may be easy to assume that essential oils are called that because they're essential to our health, like essential nutrients. But it actually means that they're the "essence" of something, specifically, a plant. Depending on the plant, oils may be extracted from the roots, flowers, leaves, bark or whatever part will give off the fragrance or flavour.

THE SAFETY OF NATURAL

Even though essential oils are natural substances, made directly from plants, that doesn't

mean they are always safe for our health. In fact, many plants produce toxins to protect themselves against insects or animals, which can also harm us.

THE ONGOING RESEARCH

Under Canada's Chemicals Management Plan, Health Canada has been evaluating the safety of essential oils. Lab studies have shown that some essential oils may affect important organs, hormones or the reproductive system when they're breathed in, put on the skin or eaten. Developing babies could be especially sensitive.

To assess if they might pose a health risk, Health Canada draws on information about how these oils are being used in products and by consumers and in what quantities. After considering this information, they determine if there is a potential risk to people in Canada. If an assessment determines that essential oils could be harmful at current levels of exposure, there could be new regulations or guidelines about how particular oils are used.

Find more information at canada.ca/healthy-home.

TOP TIPS TO MAKE YOUR COTTAGE SAFER FOR ALL AGES AND ABILITIES

(NC) For many Canadians, their cottage is their favourite place on Earth. However, visiting a cottage can often be a challenge for people with physical or cognitive issues. Here are five areas the College of Occupational Therapists of Ontario recommends focusing on to make your cottage safe for guests of all ages and abilities.

ENTRANCE

Cottages are often built on hilly terrain, meaning you need to climb up or down a flight of stairs to get to the front door. If that's the case at your cottage, is there a way to build a ramp or a lift for safe access? If not, is there a side door on level ground that guests can use?

BEDROOM

If possible, consider making at least one bedroom fully accessible.

You may need to make space on the main level for a bedroom, with a door wide enough for a wheelchair or walker to pass through, for example. Adding motion or voice-activated lights can also help people with vision issues avoid tripping hazards.

BATHROOM

Having an accessible bathroom is essential. It should have an open area large enough for a wheelchair or walker to manoeuvre in, grab bars by the toilet and in the bathing area, and a barrier-free bathtub or shower stall.

KITCHEN

There are a few low-cost, DIY steps you can take to make a kitchen more accessible. For example, replacing small and hard-to-grip door-knobs and handles with large U-shaped ones

that are easier to open with arthritic hands, or installing a motion- or voice-activated faucet.

If you have the budget for it, some motorized cabinets and countertops rise and lower at the push of a button.

EXTERIOR

Cottage country often features some steep and tricky terrain to navigate. If possible, grade the soil so there's an even walkway free of roots and other tripping hazards. Or build a slightly raised boardwalk with a railing along one or both sides. In some cases, you might want to invest in an exterior lift to get from an elevated cottage down to the water.

Find more information about how licensed occupational therapists can help make homes and cottages accessible at coto.org/ot.

IS PET INSURANCE WORTH IT?

(NC) Pets are great. Not only do they provide companionship, but they can also improve our health and well-being. It's well documented that they keep us active and can help improve mood, reduce stress and even lower our blood pressure.

No wonder people treat them like family. Should we invest in the same sort of insurance coverage for them as well? Is pet insurance worth it?

As risk assessment professionals who often advise on insurance, many actuaries have strong knowledge on the subject. Here's what their analysis suggests.

Most Canadians have some form of insurance through public, group or individual health plans to help cover their own medical costs.

Pet insurance generally offers the same basic coverage for the cost of accidents or sudden illness. For some, this sort of coverage can be really valuable. If you have had a pet for any length of time, there's a good chance you have received a large and unexpected vet bill at some point.



As a relatively new product, what pet insurance can cover is changing. In the same way you can get coverage for dental and vision care, pet insurance can now also cover things like vaccinations, flea treatments and dental cleanings.

So, how much does it cost?

Like for our own insurance, a number of factors come into play:

- The type of animal – only dogs and cats can be covered so far
- Your pet's breed, age and gender
- Where you are located – because vet costs vary from place to place
- The amount of

coverage you want

- The deductible required
- The percentage of the total cost paid out for claims

A Forbes Advisor Canada analysis found the average cost is about \$76 per month, based on \$5,000 annual coverage, a \$100 deductible and 80 per cent reimbursement of costs.

Is pet insurance worth it? It can provide peace of mind but, like coverage for your family members, it will depend on your individual situation.

You can learn more about Canada's actuaries and their assessments at cia-ica.ca.



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MAY 4TH, 2024

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Award - Humanitarian of the year

To my family, friends, and colleagues

From the bottom of my heart, thank you for sharing my Humanitarian Award of the Year with me. A magical memorable day, impossible to forget, was organized by the entire team at Nigerian Newspaper Canada for hosting the 9th Annual Mother's Awards and Gala.

My nephew Danny Desrochers and his partner Dan Weibe from Ecco Electric sponsored our family and we would not have been able to accomplish this without their love, support, and generosity. Furthermore, I would like to thank my colleagues at Denny's for their love and generosity. Along with Sylva McLaughlin, who travelled from New Brunswick, Barbara LaFleshe sponsored a ticket for him. I would like to extend my gratitude to my daughters, friends, and family members. I will always remember and cherish what a joy it was to be with my family and friends. Thank you to Dr. Adewale Akande and Yvette Shank for nominating me. My sincere thanks go out to all of you for sharing my special day.

With love and gratitude
Alfredine (Linda) Plourde



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9TH ANNUAL REMA

AWARD & GALA A NIGHT OF S

continued from p(1)

The atmosphere was electric with excitement and anticipation as guests made their grand entrance on the red carpet, showcasing their glamorous attire. The Panemonte Banquet & Convention Centre, located at 220 Humberline Dr. in Etobicoke, provided a perfect backdrop for this illustrious event. The venue was abuzz with laughter, music, and the sound of glasses clinking, as attendees engaged in vibrant conversations and networking opportunities.

In her speech, the founder of the event, Mrs. Ngozi Ugoh described mothers as “the heartbeat of our homes, the silent strength that guides us through life’s challenges, and the unwavering pillars of love and support”.

Continuing, she said “Tonight, we pay tribute to your remarkable contributions, your tireless efforts, and your boundless love. Your sacrifices often go unnoticed, but tonight, we shine the spotlight on your incredible achievements.

“As we gather in this elegant setting, let us take a moment to reflect on the countless ways mothers enrich our lives. They are the first to kiss away our tears, the ones who cheer the loudest at our successes, and the ones who believe in us when no one else does. Their love knows no bounds, their wisdom knows no limits, and their compassion knows

no end.

“Tonight, we honor mothers in this room and around the world who dedicate themselves to nurturing the next generation. Their love and strength is the fuel that powers our dreams, and their support is the foundation upon which we build our futures. Their sacrifice is the greatest gift we can receive.

The evening was filled with entertainment. Guests enjoyed live performances by talented artists, including Ekosax captivated by the soulful tones of his saxophone. Esther Okorodudu delivered a powerful rendition in honor of mothers. The event also featured a variety of stalls displaying a wide range of products, and generous donations that many left with in their hands. The night was filled with lively and joyful spirit, and the stalls displayed a variety of products, and generous donations that many left with in their hands. The night was filled with lively and joyful spirit, and the stalls displayed a variety of products, and generous donations that many left with in their hands.

The event drew a large crowd of attendees from all walks of life, including Augustine PC., C.M., Iqra Khalid, , Coun. as a keynote speaker, Councillor MPP David Smith, and Coun. Anthony Perron. The event was a celebration of mothers, royal leopards, and community leaders.



Photos by [unreadable]

REMARKABLE MOTHERS SPLENDOR AND INSPIRATION

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in their support for the empowerment of women. Their presence underscored the significance of the Remarkable Mothers Award & Gala as a prestigious platform that transcends societal boundaries.

The highlight of the evening was the award ceremony itself, where women who have made significant strides in their careers and communities were celebrated. These women have not only achieved professional success but have also played crucial roles in building and enriching their communities, challenging societal norms and breaking barriers. Their stories of perseverance, leadership, and dedication served as an inspiration to all, illustrating the power of women to shape the future.

Since its inception, the Remarkable Mothers Awards & Gala has been a beacon of recognition, celebrating women who have excelled in various fields and left an indelible mark on society. This initiative continues to shine a spotlight on those who transcend traditional roles, paving the way for future generations to follow in their footsteps.

The Nigerian Canadian Newspaper's Remarkable Mothers Award & Gala is more than just an event; it is a movement that empowers women and builds futures. This year's gala was a testament to the strength, resilience, and indomitable spirit of women, a night that will be remembered for years to come.



by NCNC

INTERNATIONAL STUDENTS SHOWCASE THEIR ART AT THE LONDON INTERNATIONAL ACADEMY EXHIBITION

By N.Ugoh

International students at the London International Academy (LIA) in London, Ontario, recently held an exhibition showcasing their visual arts pieces centered around themes of nature, life, and cultural heritage. The event was a vibrant display of artistic talent and cultural appreciation, drawing praise from visitors and art enthusiasts alike.

Suzie, an international student at LIA, captivated attendees with her vivid portrayal of the natural world and its connection to human existence. Her artwork reflected her unique perspective and creativity, highlighting the beauty and complexity of nature and life. Each piece was a testament to her artistic skills and deep appreciation for the environment.

Claire, a fellow artist, also presented her work at the exhibition. She shared insights into

her creative process and discussed the broader impact of visual arts in expressing complex themes and emotions. Her presence added depth to the exhibition, emphasizing the power of art in conveying profound messages.

In addition to the art exhibition, the event celebrated Nigerian culture, displaying African tradition through attire and styles. This cultural showcase provided attendees with a



rich, immersive experience, emphasizing the importance of cultural diversity and heritage. The Nigerian Canadian



an Newspaper Canada had the opportunity to speak with Mrs Abeera Atique, the Professor of



Visual Arts at LIA, who commended the students' dedication and the cultural significance of their work. The pro-

fessor highlighted how Suzie's pieces contribute to a greater understanding and appreciation of nature and life.

One of the standout pieces at the exhibition was created by Oshoke Omamegbe, a Nigerian student at LIA. Her remarkable artwork, titled 'Honoring Heritage,' pays homage to Nigerian culture and is a heartfelt tribute to her mother, capturing her dressed as an Edo bride. The painting, adorned with intricate beads symbolizing fitness and strength, is a testament to Omamegbe's admiration for her mother's resilience and the richness

of Nigerian heritage.

Omamegbe described the artwork as an expression of appreciation for her mother's qualities, including intelligence, beauty, resilience, and a strong faith in God. She explained that the painting represents the unity found within Nigeria's diverse tribes and cultures. Through 'Honoring Heritage,' Omamegbe hopes to showcase the beauty and strength in Nigeria's cultural tapestry,



emphasizing the importance of peace and unity in a country known for its rich cultural heritage.

Rosemary Ehiemu-

ra, the founder of Black Community Employment and Empowerment Services (BCEES) and owner of Roswen Nigerian Restaurant and African Food in London, Ontario, was also present.

This exhibition was a testament to the power of art in bridging cultures and inspiring conversations about the beauty of our world. It highlighted the incredible talent of interna-

tional students and their ability to use art as a medium for cultural expression and appreciation.

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ENTERTAINMENT

KHLOE KARDASHIAN SAYS SHE MIGHT BE OPEN TO DATING WOMEN

By N.Ugoh

Reality TV star, Khloe Kardashian, has hinted that she might be open to dating women.

In a recent post on X, she revealed that when it comes to sexual preferences, she's keeping her options open. When a fan jokingly replied that she needed to try lesbianism after many high-profile breakups with men, Khloe wrote: "Well you never know what my future holds."

Another fan later replied to her comment with a GIF involving scissors and Khloe responded with

a cry-laughing emoji.

Recall that Khloe had experienced a lot of heart-breaks with men. She's had an off and on-again, off-again relationship with NBA star, Tristan Thompson after the sensational player cheated on her on more than one occasion, which is well-documented.

Also, Khloe had a complicated marriage to Lamar Odom. The duo married in 2009, but the basketball star has revealed being unfaithful for most years of their marriage. This led to their separation in 2013 and eventual divorce.

PELOTON ANNOUNCES REMOVAL OF DIDDY MUSIC FROM ALL ITS CLASSES

By N.Ugoh

Fitness company, Peloton has announced that it is removing all Diddy music from its classes after the horrifying 2016 clip of the popular rapper beating his ex, Cassie, was released.

The company made the announcement in a recent statement shared on social media;

The company said: "We take this issue very seriously and can confirm Peloton has paused the use of Sean Combs' music, as well as removed the Bad Boy Entertainment Artist Series, on our platform.

"This means our instructors are no longer using his music in any newly produced classes. Again, thank you for sharing your concerns and thank you for being a member

ALAN DOYLE TO PLAY AT THE UNITED KINGDOM'S CANADA DAY SHOW ON JUNE 30

By N.Ugoh

Alan Doyle, one of Canada's renowned musicians for his solo effort and as frontman with million-selling former folk-pop group Great Big Sea, will return to the UK for the first time in seven years to perform a free show at the Canada Day celebrations in Trafalgar Square on June 30.

Doyle is expected to ignite the party for the thousands of fans coming to London to enjoy the rich music and culture of Canada.



Doyle's latest work, Welcome Home, is his fourth full-length solo studio album and twentieth overall including the catalogue he established with his acclaimed group, Great Big Sea.

'Welcome Home' retains Doyle's signature touches and holds a few surprises including

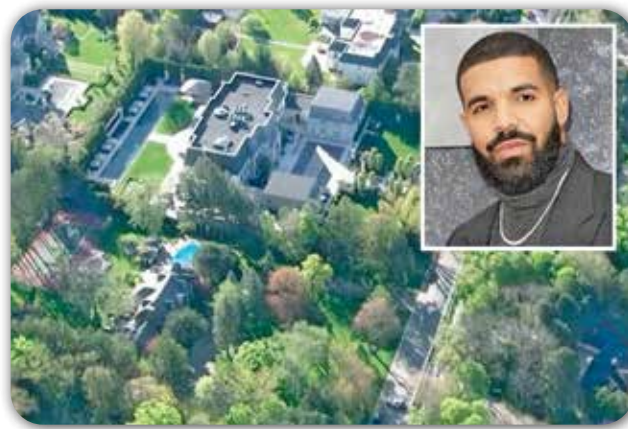
co-writes with Jimmy Rankin, an East Coast country-folk king; Donovan Woods, a country-roots hipster; and Oscar Isaac, a cast member of Star Wars.

Also, the album contains one of the first tunes Doyle ever done and it boasts some ballads: full-stop, heart-on-

sleeve love songs.

While talking about the album, Doyle said: "This is the most personal and understated record I've ever done. I have always struggled with the middle ground. I love playing live so much and I have been rightly accused of writing songs more for concerts than albums. Most people who come to my shows want that kind of night out. So, I have overlooked the lower and slower: the lower part of my vocal range and the slower songs. I'm letting myself do that for the first time on this record."

TORONTO POLICE REVEAL MAN TRIED TO GET INTO DRAKE'S MANSION



By N.Ugoh

Toronto police have stated that a man was arrested outside Drake's Bridle Path mansion recently after he tried to gain access to the residence.

of our Peloton community."

The company's comment was a response to a post from a concerned member. The post read: "Dear Peloton, Your next purge needs to be all Diddy classes. Signed, women everywhere."

This came after

According to information, the man was handcuffed and led away by officers to a cruiser. Police revealed he was apprehended under the Mental Health Act.

Police still patrol the affluent North

York neighbourhood as the investigation continues into the early Tuesday morning shooting that injured a security guard severely.

Investigators revealed the guard was standing outside of the front gates when someone inside a vehicle fired shots.

So far, no suspect information has been released but police said they had received a security video showing the shooting.

The shooting happened at a time when Drake was embroiled

in a beef with California rapper Kendrick Lamar. The two have released many diss tracks aimed at each other which included unsubstantiated allegations and personal insults.

One of Lamar's tracks is titled "Not Like Us" and it featured a Google Maps image of Drake's Bridle Path mansion.

Toronto police said the motive behind the shooting has not been established and that it was too early to conclude it is connected to the feud.

Diddy publicly apologized for his videotaped beating of Cassie, saying he "takes full responsibility for his actions". The rapper also claimed he has gone to rehab over the issue.

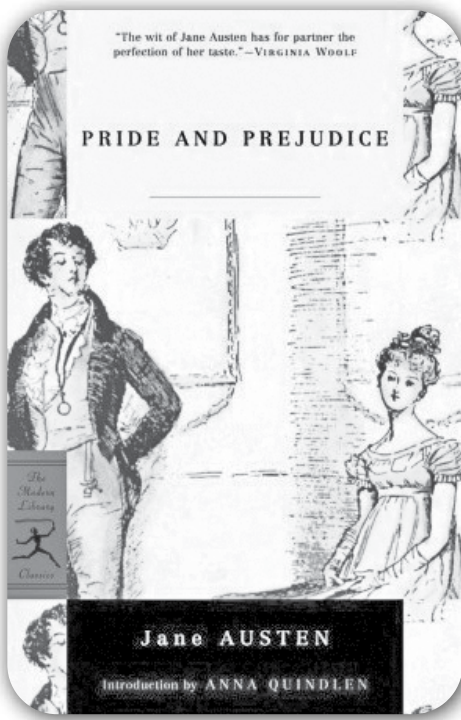
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BOOKS

"The person who deserves most pity is a lonesome one on a rainy day who doesn't know how to read." - Benjamin Franklin

Pride and Prejudice

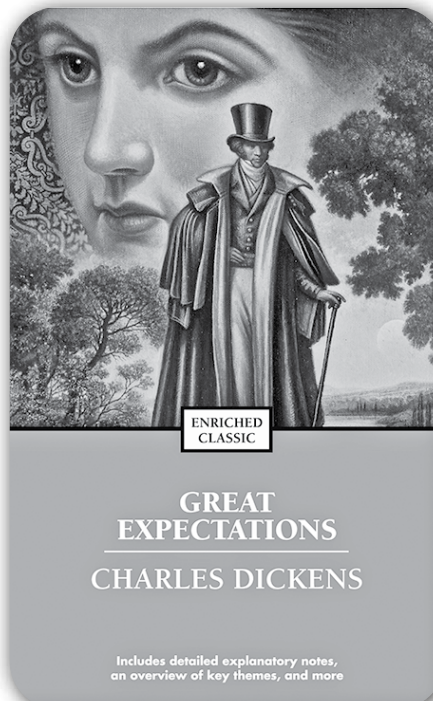


By Jane Austen, Anna Quindlen

Since its instant success in 1813, "Pride and Prejudice" has stood as one of the most beloved novels in the English language. Jane Austen affectionately referred to

this brilliant work as "her own darling child" and described its spirited heroine, Elizabeth Bennet, as "as delightful a creature as ever appeared in print." The romantic tension between the strong-willed Elizabeth and her proud suitor, Mr. Darcy, showcases a masterful display of civilized sparring. Austen's radiant wit shines throughout, as her characters engage in a delicate dance of flirtation and intrigue, rendering this novel the finest comedy of manners of Regency England.

Great Expectations

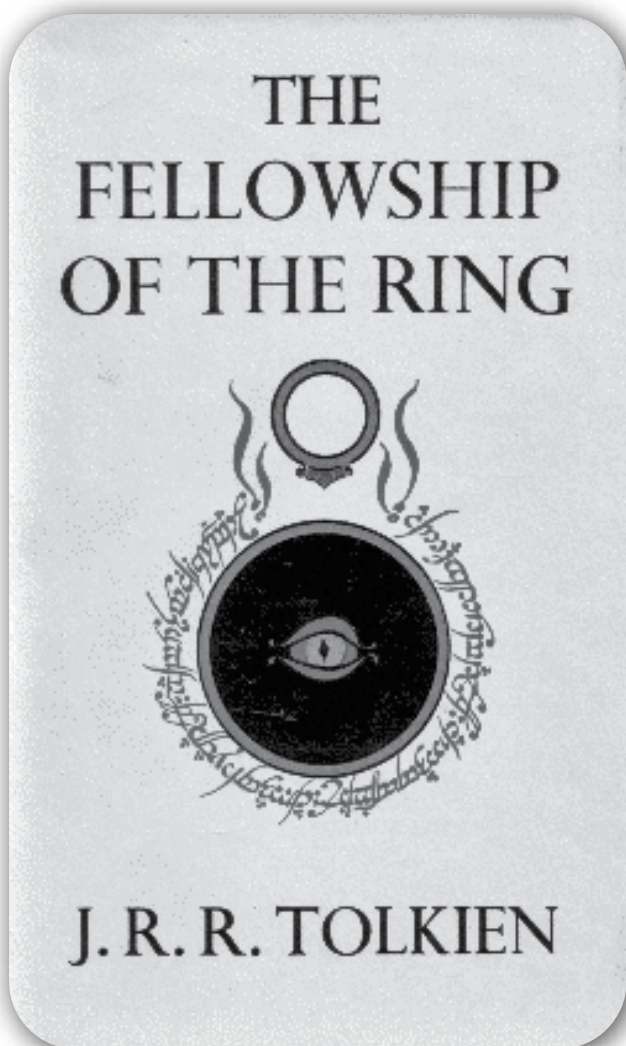


By Charles Dickens

"Great Expectations" follows Pip's journey from childhood to adulthood, moving from the Kent marshes to bustling London and encountering remarkable charac-

ters like the escaped convict Magwitch and the reclusive Miss Havisham, along with her ward, the proud and beautiful Estella. Pip's quest to discover his true self and values raises the central question of whether such principles can thrive in early Victorian England. This edition features the original discarded ending, Dickens's working notes, and the serial installments, all based on the definitive Clarendon text.

The Fellowship of the Ring

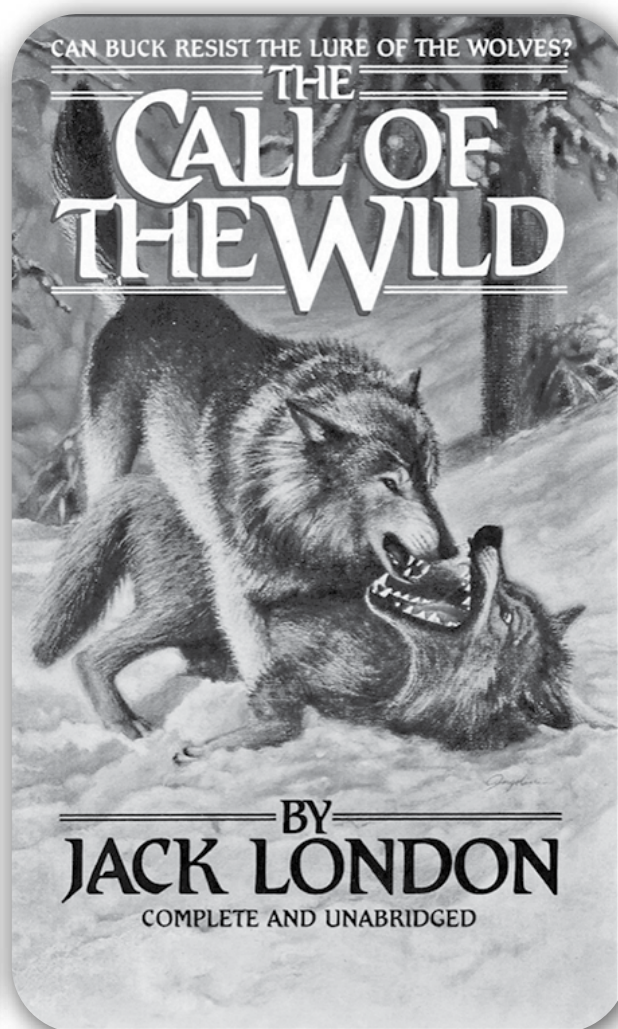


By J.R.R. Tolkien

In ancient times, the Elven-smiths crafted the Rings of Power, and the Dark Lord Sauron forged the One Ring, infusing it with his power to dominate all others. However, the One Ring was taken from him and remained lost for ages until it came

into the possession of Bilbo Baggins, as recounted in "The Hobbit." In the peaceful Shire, young Frodo Baggins inherits the Ring from his elderly cousin Bilbo and is thrust into a monumental quest. Frodo must leave his home and embark on a perilous journey across Middle-earth to the

The Call of the Wild



By Jack London

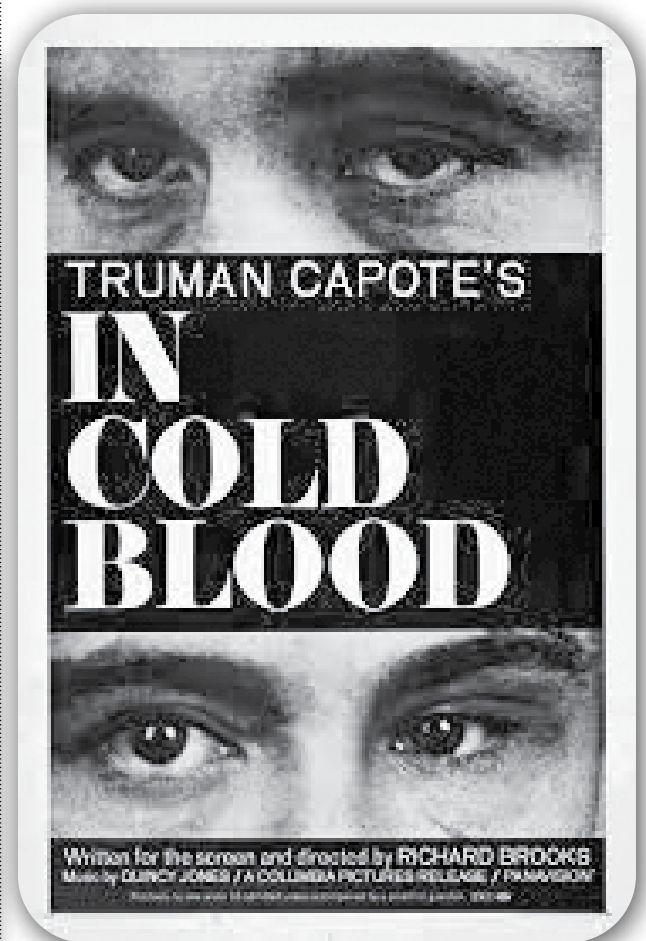
Debuted in 1903, "The Call of the Wild" is considered Jack London's masterpiece. Drawing from his experiences as a

gold prospector in the Canadian wilderness and his reflections on nature and survival, the novel tells a gripping tale of unyielding spirit and the fight for survival in the frozen Alaskan Klondike.

gold prospector in the Canadian wilderness and his reflections on nature and survival, the novel tells a gripping tale of unyielding spirit and the fight for survival in the frozen Alaskan Klondike.

to thwart the Dark Lord's evil plans.

In Cold Blood



By Truman Capote

On November 15, 1959, in the small town of Holcomb, Kansas, the Clutter family was brutally murdered by shotgun blasts at close range. With no apparent motive and almost no clues, the crime baffled investigators.

In "In Cold Blood," Truman Capote meticulously reconstructs the murder and the ensuing investigation, capture, trial, and execution of the killers. The result is a narrative that combines gripping suspense with profound empathy, offering deep insights into the nature of American violence.

SOURCE: AMAZON.COM

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

SUMMER FUN & GAMES: YOUR ULTIMATE OUTDOOR ADVENTURE GUIDE

Welcome to our youth page! This month, we've packed in some super fun and engaging activities just for you: Split Words, Similes, Word Play, Q&A, and an exciting article about outdoor adventures.

The weather is fantastic right now, making it the perfect time to get outside and soak up some sunshine. Whether you're into BBQs, picnics, hiking, or just hanging out with friends and family, now's the

time to enjoy the great outdoors to the fullest!

Thanks for your amazing support of our publication. Don't forget to share it with your friends to keep the fun going. Happy reading and exploring!

TOP 5 SAFETY TIPS FOR OUTDOOR ACTIVITIES

(NC) Whether it's hiking, cycling or playing sports with your pals, many of us flock outside when the weather permits. While nature offers plenty of opportunities to get active, it's not without some health and safety risks. These five core safety tips will help you enjoy all nature has to offer throughout the season.

MAKE A PLAN – AND SHARE IT

Even if you're the spontaneous type, stick with a schedule or game plan for your outdoor activities. Do your research so you know what you're getting into and avoid walking into potentially dangerous situations unawares. You don't want to discover a key road on your bike route is washed out when you're halfway through the ride or forget to account for hiking back down the trail after you reach the lookout.

Always share your itinerary with a close friend or family member who's not participating in the activity. That way they know to sound the alarm promptly if you're not back according to schedule and can direct responders to your approximate location.

DRESS FOR SUCCESS

Crucial for a good day outdoors is to wear appropriate clothing. Lightweight, breathable layers are typically your best bet, allowing you to cool off as you work up a sweat and layer back up to avoid a chill.

Check the weather forecast before you head out and don't compromise on appropriate footwear either. Not only will your feet be aching without unsupportive shoes, but you'll also be at greater risk for slips, trips and falls.

INSPECT YOUR GEAR

If it's an activity you do a lot, you might want to make a plan, grab your gear – be it your bike, climbing harness or hiking boots – and go. But taking a minute to give your equipment a thorough once-over can prevent any unforeseen accidents or injuries – allowing you to focus on having fun.

RESPECT YOUR LIMITS

When you're passionate about your hobby, it can be tempting to push yourself beyond what's safe. Don't be too proud to change your plans if continuing would risk your health and safety. Stay hydrated, stop for breaks and

regularly check in on how you and anyone with you are with are doing.

WATCH OUT FOR TICKS

Lyme disease is a potentially serious illness you can get from the bite of an infected black-legged tick. These little bugs in the spider family can be found across Ontario, and they can be hard to spot. Ontario Public Health recommends wearing long sleeves, closed-toed shoes and long pants tucked into your socks. They also suggest you check your body for ticks after returning home too, including your underarms and behind your knees.

If you do discover you've been bitten by a tick, you can visit your local pharmacy, like your nearest Rexall, for treatment. In Ontario, pharmacists can diagnose and treat 19 minor illnesses, including tick bites. They can also provide post-exposure treatment to help prevent Lyme disease.

Ultimately, a few simple steps can help you continue to enjoy your time in the great outdoors this spring.

Find more information about getting treatment from a pharmacist at rexall.ca/pre-scribing.

COMBINE THE SPLIT WORDS IN THE GRID INTO TWENTY WHOLE WORDS OF TWO FRAGMENTS

THEME: NATURE

sun	water	fire	house	sea	drop	thunder	snow
light	sand	fish	rock	mill	river	dune	peak
rain	slide	moon	flower	grass	fall	quake	wind
song	flakes	leaf	storm	bird	land	shell	burst
star	cloud	bed	earth	mountain	tree	fly	litter

FILL IN THE BLANK WITH THE RIGHT SIMILE

- As busy as a _____. - Answer: lion, tiger
- As blind as a _____. - Answer: bee, dog
- As cool as a _____. - Answer: feather, snow
- As brave as a _____. - Answer: bat, fox
- As light as a _____. - Answer: mouse, cat
- As quiet as a _____. - Answer: mule, goat
- As sharp as a _____. - Answer: tack, knife
- As slippery as an _____. - Answer: eel, glue
- As stubborn as a _____. - Answer: bird, air
- As free as a _____. - Answer: bird, air

WORD PLAY

Word Jumble

Unscramble mixed-up letters to form words. Example:

SRETALFO - FORESTAL

LBALE _____

TLOFRA _____

CGNIDA _____

VILROH _____

TPROTA _____

FIND SMALLER WORDS HIDDEN WITHIN A LARGER WORD

Celebrate _____ \ _____ \ _____ \ _____ \ _____

Opportunity _____ \ _____ \ _____ \ _____ \ _____

Incredible _____ \ _____ \ _____ \ _____ \ _____

Q & A

WHERE' IS THE WORLD'S TALLEST BUIKING?

As of 2024, the world's tallest building is the Burj Khalifa in Dubai, United Arab Emirates. Standing at a staggering height of 828 meters (2,717 feet) with 163 floors, it has held this title since its completion in 2010. The Burj Khalifa is a marvel of modern engineering and architecture, featuring residential, commercial, and hospitality spaces, as well as observation decks that offer breathtaking views of the city and beyond.

WHICH IS THE WORLD'S OLDEST CAPITAL?

The world's oldest continuously inhabited capital city is Damascus, the capital of Syria. With evidence of settlement dating back to around 11,000 years, Damascus has a rich and ancient history. It has been a vital cultural, commercial, and political center for millennia.

ALL ANSWERS FROM THIS PAGE ARE ON PAGE 25

INTERNATIONAL NEWS

TRUMP FOUND GUILTY IN HUSH-MONEY CASE, TO BE SENTENCED JULY

By Stanley Ugagbe

The embattled former United States President, Donald Trump has been found guilty on all counts in his landmark New York criminal trial, marking the first time a former or sitting president has been convicted of a crime as he campaigns to return to the White House.

A jury of 12 Manhattan jurors unanimously convicted Trump on 34 counts of falsifying business records. Sentencing is scheduled for July 11.

Over the course of the six-week trial, the court heard testimony from 22 witnesses, including Stormy Daniels, whose alleged sexual encounter with Trump was central to the case. Trump, 77, denounced the verdict as a “disgrace” and vowed to “fight to the end.”

The charges stemmed from accusations that Trump concealed a payment made to buy Daniels’ silence in the final days of his 2016 election campaign. Prosecutors argued that Trump violated election law by disguising the payment as legal expenses.

Trump’s sentenc-

ing will occur just before the Republican National Convention, where he is expected to be confirmed as the party’s candidate to face Democratic incumbent Joe Biden in November. While a prison sentence is possible, a financial penalty is more likely. Trump has been released without bail.

As the guilty verdicts were read, Trump pursed his lips and looked at the jurors. The verdict came after two days of deliberations. Outside the court, amid heavy police presence, Trump called the trial a “disgrace” and claimed it was “rigged” by a “conflicted judge who was corrupt.” He stated that the “real verdict” would come from the people on November 5, insisting the matter was far from over.

Manhattan District Attorney Alvin Bragg, when asked if he would seek a prison term for Trump, declined to comment but defended the decision to prosecute, saying, “I did my job. Our job is to follow the facts without fear or favor, and that’s what we did here.”

The conviction does not bar Trump from running in the November election, but an appeal is almost certain. The im-

pact of the verdict on the presidential race is uncertain, though some polls suggest it could sway voters in key swing states.

Brian Hughes, a senior adviser to the Trump campaign, noted a surge in supporter donations following the verdict. If Trump defeats Biden, he would be the first convicted criminal to occupy the White House.

Trump’s political allies quickly rallied to his defense. House Speaker Mike Johnson called it a “shameful day in American history” and criticized the “weaponization” of the justice system. Asa Hutchinson, a former Arkansas governor and Republican presidential candidate, acknowledged the difficulty of seeing a former president convicted but urged respect for the jury’s decision.

The Trump campaign is closely watching Republican responses, anticipating a “GOP civil war,” according to a source. Meanwhile, the Biden-Harris campaign emphasized the importance of the rule of law, with spokesperson Michael Tyler stating that the only way to keep Trump out of the Oval Office is through the ballot box. The White House Counsel’s Office

also affirmed respect for the rule of law without further comment.

During the trial, prosecutors demonstrated that Trump falsified records when reimbursing his former lawyer Michael Cohen for the \$130,000 hush-money payment to Daniels, misclassifying the reimbursements as legal expenses to evade campaign finance laws. Trump’s lead lawyer, Todd Blanche, argued unsuccessfully for acquittal, claiming Cohen committed perjury.

Cohen, in a statement on X (formerly Twitter), hailed the verdict as a victory for accountability and the rule of law, emphasizing the importance of truth.

Trump’s presence was required in the Manhattan court for the trial’s duration, limiting his campaign activities. Despite this, he continued to launch frequent attacks on Biden, asserting that the case was politically motivated.

Trump faces three other criminal cases, including two related to alleged election interference, but those trials are unlikely to begin before the presidential election on November 5.

COUP ATTEMPT LEADER KILLED BY CONGOLESE ARMY IN DRC

By Stanley Ugagbe

The Congolese army has reported the death of Christian Malanga, the leader behind a foiled coup attempt in the Democratic Republic of Congo (DRC). The military also claimed to have arrested around fifty individuals, including three American citizens.

The coup attempt unfolded with gunfire erupting around 4 am in Kinshasa as armed assailants targeted the presidency located in the city center. Christian Malanga, an opposition figure in exile in the United States, was identified as orchestrating the attack on the Palais de la Nation. He was reportedly neutralized during the assault.

Malanga, aged 41 and a former soldier, had a long-standing opposition to the DRC government. He previously lived in the United States and ran in the 2011 legislative elections in the DRC as an opposition candidate. His candidacy was marked by

his arrest for openly opposing then-President Joseph Kabila.

Malanga posted a live video from inside the presidential palace on a Facebook account believed to be his. Surrounded by armed men, he issued threats against Congolese President Félix Tshisekedi.

General Sylvain Ekenge, an army spokesperson, confirmed the attack on the presidency but did not specify whether President Tshisekedi was present at the time. Concurrently, another attack occurred at the home of Vital Kamerhe, a prominent parliament member expected to become the next Speaker. Moto Muhima reported that two guards and one attacker died during this incident.

The violence had repercussions beyond the DRC’s borders. A shell fired from Kinshasa landed in Brazzaville, the capital of the neighboring Republic of Congo, injuring several people.

PUERTO RICAN LEGISLATOR AND HUSBAND SENTENCED FOR BRIBERY, FRAUD, AND MONEY LAUNDERING

By Stanley Ugagbe

María Milagros Charbonier-Laureano, a member of the Puerto Rico House of Representatives, and her husband, Orlando Montes-Rivera, were sentenced today for their roles in a multi-year conspiracy involving theft, bribery, and money laundering. Charbonier-Laureano, also known as Tata, received an eight-year prison sentence, while Montes-Rivera was sentenced to four years and nine months.

From early 2017 until July 2020, Charbonier-Laureano, her husband, and her assistant, Frances Acevedo-

Ceballos, engaged in a scheme to defraud the Commonwealth of Puerto Rico. According to court documents and trial evidence, the scheme involved inflating Acevedo-Ceballos’ salary from \$800 bi-weekly (after taxes) to nearly \$2,900. Acevedo-Ceballos would then keep a portion of her inflated salary and kick back approximately \$1,500 per paycheck to Charbonier-Laureano and Montes-Rivera.

In an attempt to obstruct the investigation, Charbonier-Laureano deleted significant data from her phone, including call logs, WhatsApp messages, and iMessages, after learning of an impending investigation

and search warrant for her phone.

The jury convicted Charbonier-Laureano and Montes-Rivera in January on multiple charges, including conspiracy; theft, bribery, and kickbacks involving federal funds; honest services wire fraud; and money laundering. Additionally, Charbonier-Laureano was convicted of obstruction of justice for deleting data from her phone.

Acevedo-Ceballos, who pleaded guilty to bribery charges related to programs receiving federal funds, was sentenced in February to three years and one month in prison.

The investigation

was conducted by the FBI San Juan Field Office, with prosecution led by Trial Attorneys Jonathan E. Jacobson and Kathryn E. Fifield of the Criminal Division’s Public Integrity Section, and Assistant U.S. Attorney María L. Montañez Concepción for the District of Puerto Rico.

The announcement of the sentences was made by Principal Deputy Assistant Attorney General Nicole M. Argenti, head of the Justice Department’s Criminal Division; U.S. Attorney W. Stephen Muldrow for the District of Puerto Rico; and Special Agent in Charge Joseph Gonzalez of the FBI San Juan Field Office.

MELINDA GATES RESIGNS FROM GATES FOUNDATION

By N.Ugoh

Melinda French Gates has announced her resignation as co-chair of the Bill & Melinda Gates Foundation, the nonprofit she co-founded with her ex-husband, Bill Gates over 20 years ago.

Recall that Bill and Gates filed for divorce in 2021 after 27 years of marriage but vowed to continue their philanthropic work together.

“This is not a decision I came to lightly,” she wrote in a recent statement posted on X.

“I am immensely proud of the foundation that Bill and I built together and of the extraordinary work it is doing to address inequities worldwide.”

She thanked the

foundation’s CEO, Mark Suzman, and the foundation’s Board of Trustees, which was greatly expanded after the couple announced their divorce in May 2021.

She added: “The time is right for me to move forward into the next chapter of my philanthropy.”

In a statement, Bill Gates commended French Gates for her “critical” contributions to the foundations.

He said: “I am sorry to see her leave, but I am sure she will have a huge impact in her future philanthropic work.”

French Gates will receive \$12.5 billion as part of her agreement with Gates, which she said would be committed to future work focused on women and families.

NIGER REPUBLIC JUNTA INITIATES LEGAL ACTION AGAINST DEPOSED PRESIDENT BAZOUM

By N.Ugoh

The Nigerien junta has taken steps to remove former President Mohamed Bazoum's immunity by approaching the country's Supreme Court, the Cour d'Etat. Officials from the Justice Department filed a petition, urging the court to lift Bazoum's immunity so that charges of treasonable felony can be brought against him.

The request follows international calls for the release of Bazoum, his family members, and cabinet officials who are currently detained. The 22-member Cour d'Etat, led by Justice Abdou Dan-galadima, has scheduled

April 10, 2024, to deliver a verdict on the matter.

The move has sparked division among citizens, with some viewing it as a necessary step and others seeing it as a politically motivated witch-hunt. "I see nothing wrong about the move," remarked activist Mahamadou Tchirouma Aissami, while Bazoum's supporter Sahanine Mahamadou expressed hope for justice despite concerns about political bias.

Bazoum's legal team, led by Moussa Coulibaly, had requested additional time to study the case and brief their client. However, the court denied the request and announced its decision to render judgment within five days.

UK BLOOD SCANDAL VICTIMS TO GET FINAL COMPENSATION THIS YEAR

By Yahaya Othman

The British government has announced that thousands of victims of the U.K.'s infected blood scandal will begin receiving their final compensation payments this year. This scandal, which involved tens of thousands of people being infected by contaminated blood or blood products provided by the public health service, is considered the deadliest disaster in Britain's National Health Service since its establishment in 1948.

The announcement followed the release of a report revealing that civil servants and doctors had exposed patients to unacceptable risks by administering blood transfusions or blood products tainted with HIV or hepatitis from the 1970s to the early 1990s. Prime Minister Ri-

shi Sunak apologized for what he described as a "decades-long moral failure at the heart of our national life."

The report highlighted that successive U.K. governments had refused to acknowledge wrongdoing and attempted to cover up the scandal. It is estimated that about 3,000 people died as a result of receiving contaminated blood or blood products, with approximately 30,000 people being infected with HIV or hepatitis C during that period.

Cabinet Office Minister John Glen informed lawmakers that victims needing urgent payments would receive an additional interim compensation of £210,000 (\$267,000) within 90 days, prior to the full payment plan being established. He also mentioned that friends and family members who cared

CAMBRIDGE ACADEMIC CLAIMS UK OWES CARIBBEAN NATIONS OVER £200BN IN SLAVERY REPARATIONS

By N.Ugoh

Rev Dr. Michael Banner, Dean of Trinity College, Cambridge, has sparked controversy by asserting that the UK owes more than £200 billion in reparations to Caribbean nations for its historical role in slavery. In his new book, "Britain's Slavery Debt," Banner argues that the modern-day descendants of enslaved people deserve compensation, citing Britain's former status as "the leading slavery nation in the world."

Dr. Banner's £205 billion estimate is derived from the compensation claims made by slave owners when the abolition of slavery was enacted. At the

time, the British government compensated slave owners over £20 million, half of their requested amount of £40 million.

Banner specifically called on the Scottish Government to take initiative, proposing it should start repaying its £20.5 billion share of the total debt. He highlighted Scotland's significant involvement in the British Empire and the Caribbean trade, particularly through Glasgow. "Scotland now has an opportunity to show leadership once again on the side of right, by recognizing the compelling case for making reparations to the nations and people of the Caribbean," he said in an interview with the Herald on Sunday.

"The British Government has consistently failed to face up to this responsibility. Scotland can show the way."

The UK government has historically dismissed calls for reparations. Nonetheless, Banner's claims align with broader efforts by organizations such as Caricom, which represents 20 Caribbean states and has outlined a 10-point plan for "reparatory justice."

Adding to the debate, UN judge Patrick Robertson stated last year that the UK might owe over £18 trillion for its slavery involvement across 14 countries.

Several British institutions, including the Church of England and the Univer-

sity of Glasgow, along with some prominent families, have acknowledged their historical ties to slavery and have set up funds to address reparations.

However, Scottish Conservative MSP Stephen Kerr criticized Dr. Banner's proposals, suggesting they are detached from current societal needs. "Dr. Banner's reasoning may have its place in the ivory towers of Russell Group universities, but it does not speak to the real-world challenges we are facing," Kerr said. "People in Scotland have other pressing concerns. We need to deal with the real priorities of Scots and not be concerned with yet more academic virtue-signalling."

FORMER US AMBASSADOR SENTENCED TO 15 YEARS FOR SPYING FOR CUBA

By Bunmi Akintilo

Victor Manuel Rocha, a Colombian-born former U.S. Ambassador to Bolivia, has been sentenced to a 15-year prison term for espionage activities conducted on behalf of Cuba over a span of four decades. From 2000 to 2002, Rocha held ambassadorial duties and various other influential roles within U.S. diplomatic circles. His admission to charges of acting as an illegal foreign agent and conspiring to defraud the United States was confirmed by the U.S. Attorney's Office.

Rocha's illicit activities commenced in 1973 and continued until his arrest in Miami in December

of the previous year. During this period, he covertly aided Cuba by collecting and transmitting sensitive U.S. intelligence, thus committing additional offenses including fraud and document forgery.

In court, Rocha faced the maximum penalty for his offenses, receiving not only the 15-year sentence but also a substantial fine of \$500,000, three years of supervised release, and a special assessment, as imposed by Judge Beth Bloom.

Assistant Attorney General Matthew G. Olsen highlighted the gravity of Rocha's betrayal, noting his violation of trust while holding critical U.S. government positions. U.S. Attorney Markenzy

Lapointe also remarked on Rocha's underestimated perception of law enforcement capabilities which eventually led to his prosecution.

The proceedings revealed that Rocha's role as a Cuban agent was integral to his career strategy, guiding his actions within the U.S. Department of State from 1981 to 2002. His positions provided him privileged access to classified and sensitive information which he exploited to influence U.S. foreign policy and benefit Cuban intelligence efforts. Even after his official employment ended, Rocha continued to engage in activities supporting Cuba's intelligence services.

As part of his plea

agreement, Rocha is required to cooperate fully with U.S. authorities, including assisting with damage assessments. He must forfeit all future U.S. government retirement benefits and any profits from publications relating to his criminal activities or government service.

The case underscores the severity with which the U.S. government treats espionage, particularly involving a trusted official acting for a foreign power against national interests. Judge Bloom's acceptance of Rocha's guilty plea marks the conclusion of a notable instance of prolonged espionage within the highest echelons of the U.S. diplomatic framework.

for the infected individuals would be eligible for compensation.

An initial interim payment of £100,000 was made in 2022 to each survivor and bereaved partner. Glen did not specify the total cost of the compensation package, though it is estimated to exceed £10 billion (\$12.7 billion).

However, Des Collins, a lawyer representing many victims, pointed out that numerous bereaved families have not yet received any payments and lack information on how to claim the interim payments promised to the es-

tates of deceased victims.

Campaigners have spent decades pushing for official accountability and government compensation. The inquiry, approved in 2017, has reviewed evidence from over 5,000 witnesses and more than 100,000 documents over the past four years.

The scandal primarily affected individuals with hemophilia, a condition that impairs blood clotting. In the 1970s, patients were treated with a new product from the United States that included plasma from high-risk donors, such as prison inmates who were paid for

their blood. Because the treatment involved plasma from thousands of donations, a single infected donor could contaminate an entire batch.

The report indicated that around 1,250 people with bleeding disorders, including 380 children, were infected with HIV-tainted blood products, and three-quarters of them have died. Additionally, up to 5,000 others who received these blood products developed chronic hepatitis C.

An estimated 26,800 individuals were also infected with hepatitis C following blood transfusions,

commonly administered after childbirth, surgery, or accidents. The report concluded that the disaster could have been largely avoided if officials had taken action to mitigate the known risks associated with blood transfusions and blood products. The U.K. was notably behind other developed countries in implementing rigorous screening of blood products and donor selection.

The harm was exacerbated by concealment and a defensive culture within the government and health services, according to the inquiry.

SPORTS

MAN UTD STUN MAN CITY TO WIN FA CUP



By Stanley Ugagbe

First-half goals from Manchester United teenagers Alejandro Garnacho and Kobbie Mainoo secured a momentous 2-1 FA Cup final victory over Manchester City, earning the Red Devils a spot in next season's UEFA Europa League.

Nineteen-year-old Garnacho fired United ahead after 30 minutes, followed by Mainoo's strike nine minutes later, making them the first pair of teenagers to score in an FA Cup final. Substitute Jeremy Doku pulled one back for City three minutes from time, but it wasn't enough to prevent Premier League champions City from falling short in their bid to become the first club to win back-to-back League and FA Cup Doubles.

This defeat ended Man City's 35-match unbeaten run, while Erik ten Hag became the first manager to beat Pep Guardiola's side in a major domestic cup final.

HOW THE MATCH UNFOLDED

Newly crowned champions Man City made three changes from their title-clinching final Premier League match, with John Stones, Nathan Ake, and Mateo Kovacic coming in for Ruben Dias, Manuel Akanji, and Doku.

Man Utd saw Marcus Rashford and Raphael Varane return to the starting XI. Garnacho and Mainoo's inclusion meant United were the first team since Millwall in 2004 to start at least two teenagers in an FA Cup final.

City had a penalty appeal waved away in the opening minute when Erling Haaland went down under a challenge

from Lisandro Martinez. But Garnacho silenced City's fans with United's opening goal after 30 minutes, capitalizing on a defensive mix-up between Stefan Ortega and Josko Gvardiol to tap into an empty net from close range.

Garnacho became the first Argentinian to score in an FA Cup final since Ricardo Villa for Tottenham Hotspur against Man City in 1981. Nine minutes later, Rashford's superb crossfield ball found Garnacho, who fed Bruno Fernandes, and from the captain's sublime lay-off, Mainoo swept home to make it 2-0. Mainoo became the first English teenager to score in an FA Cup final since Steve MacKenzie for Man City in the same 1981 match against Spurs.

Guardiola brought on Akanji and Doku for Kovacic and Ake at the start of the second half, prompting a positive response from City. Golden Boot winner Haaland hit the crossbar in the 55th minute, and United goalkeeper Andre Onana made a superb diving save to keep out Kyle Walker's long-range effort.

Julian Alvarez missed a one-on-one opportunity with Onana, and the United keeper denied Walker again with a brilliant low save. Doku eventually pulled a goal back on 87 minutes, beating Onana at his near post to set up a frantic finale.

Despite intense pressure, United, who finished the Premier League season 31 points behind City, held firm for a famous victory and their first FA Cup final success in eight years. This victory also ended Rodri's remarkable 74-match unbeaten run in all competitions for Man City.

ADEMOLA LOOKMAN DESTROYS BAYER LEVERKUSEN TO SECURE ATALANTA EUROPEAN GLORY



By Stanley Ugagbe

Bayer Leverkusen's impressive unbeaten run came to a dramatic halt after 51 games, as Atalanta secured their first European trophy with a 3-0 victory, thanks to Ademola Lookman's stunning hat-trick.

While much of the pre-match focus was on Xabi Alonso's emergence as a top-tier coach in Europe, it was veteran Gian Piero Gasperini who basked in the glory, claiming his first piece of silverware at the age of 66. Gasperini's Atalanta displayed exceptional dynamism and organization, leaving Leverkusen, who had been stellar under Alonso's guidance, unable to mount their usual comeback.

The Europa League final, held in Dublin, showcased two teams that have enjoyed remarkable seasons with vibrant football styles. For Atalanta, whose previous honors included only the 1963 Coppa Italia, and Leverkusen, often ridiculed as "Neverkusen" for their frequent runner-up finishes, this was a rare and exhilarating moment.

Alonso had credited his team's unbeaten streak to their confidence, but they appeared unusually nervous from the outset. Leverkusen, known for their late goals, seemed out of sorts early on, a stark contrast to their typical resilience.

Atalanta took the lead in the 12th minute following a lapse in concentration by Leverkusen's Exequiel Palacios.

Davide Zappacosta's cross from the right was left unchallenged by Palacios, allowing Lookman to pounce and drive the ball into the top corner.

Lookman doubled the lead with a display of skill and composure. After Amine Adli's clearance fell to him, the Nigerian winger cut inside, nutmegged Granit Xhaka, and curled a shot into the far post. Gasperini's understated celebration reflected the joy of a man who had finally achieved long-awaited success.

Despite being two goals down, Leverkusen, who had previously overcome similar deficits in their Europa League campaign, remained hopeful. Alonso introduced Victor Boniface at halftime, reminiscent of his own substitution tactics during his playing days.

Leverkusen had opportunities to score, with Alex Grimaldo and Jeremie Frimpong both missing key chances. However, their attempts to build pressure were thwarted by Atalanta's resolute defense.

The final blow came with 15 minutes left. Gianluca Scamacca orchestrated a counterattack, feeding Lookman, who cut onto his left foot and delivered a powerful finish into the top corner, sealing his hat-trick and Atalanta's historic victory.

This triumph marked a memorable end to Atalanta's European journey, while Leverkusen's incredible unbeaten run ended just short of the finish line.

USYK DEFEATS FURY TO CLAIM UNDISPUTED HEAVYWEIGHT CHAMPIONSHIP



By Stanley Ugagbe

Oleksandr Usyk triumphed over Tyson Fury by split decision, becoming the undisputed heavyweight world champion. The Mirror highlighted Usyk's dramatic second-half comeback, which secured him the prestigious title.

Fury, who dominated the early rounds with his flamboyant antics, seemed unfazed by the fight's significance. Despite his early showboating, Usyk's relentless effort turned the tide in the latter half. In the ninth round, a powerful surge from Usyk left Fury hanging on the ropes, prompting the referee to issue a count.

Struggling to regain control, Fury appeared relieved to hear the final bell. However, his respite was short-lived as Usyk was declared the winner by split decision, making him the division's first undisputed champion in 25 years.

Fury, defending his world title for the fourth time, entered the ring 40 pounds heavier and six inches taller than Usyk. As they touched gloves, Fury confidently told Usyk he was "going to school." From the start, Fury taunted Usyk, lying back on the ropes and even punching himself in the head.

The second round saw Usyk land a one-two combination, while Fury targeted the body and ended the round with an uppercut. Fury, often fighting on the back

foot, used his size to lean on Usyk. Switching to southpaw in the fourth round, Fury prematurely celebrated after landing a backhand.

Despite Fury's reach advantage, Usyk struggled to close the distance but persisted. By the sixth round, Fury appeared in control, with Usyk showing signs of fatigue. Fury, now on the offensive, taunted Usyk with his hands behind his back.

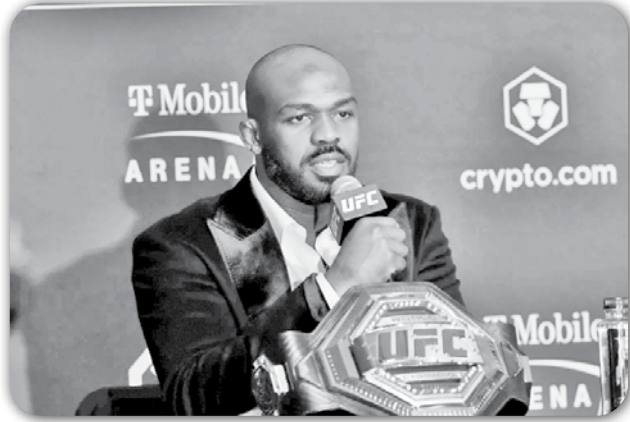
Among the 28,000 spectators were Cristiano Ronaldo, Anthony Joshua, Turki Alalshikh, Steven Gerrard, and Neymar, all witnessing Fury's early dominance.

However, Usyk rallied in the seventh round with powerful left-hand shots. Fury responded immediately but faced increasing pressure. In the eighth round, Usyk chased Fury, demanding a brawl. Usyk's vigorous efforts peaked in the ninth round when a left hand left Fury stunned and reeling, held up only by the ropes. The referee's count allowed Fury to continue, but Usyk sensed victory.

Although Fury had previously recovered from knockdowns, he appeared vulnerable. Despite regaining some composure by the penultimate round, Usyk's momentum remained strong. In the final round, neither fighter took decisive action, leaving the outcome to the judges.

Ultimately, Usyk's persistence and skill earned him the split decision victory, as reported by The Mirror.

JON JONES ACCUSED OF ASSAULTING AND THREATENING DRUG TESTING AGENT



By Bunmi Akintilo

UFC heavyweight champion Jon Jones is facing serious allegations of assaulting and threatening to kill a drug-testing agent. The incident occurred during a surprise drug test visit by anti-doping officer Crystal Martinez and her colleague Jerome Romero at Jones' residence in Albuquerque on March 30th. They were representing Drug Free Sport International, contracted by the Ultimate Fighting

Championship (UFC) for drug testing purposes.

Martinez reported that Jones became agitated with the testing process, seized her phone, and aggressively confronted her, stating, "Why you f***** people come so early? Do you know what happens to people who come to my house? They end up dead."

Jones, on the other hand, has refuted these claims, stating in a lengthy Instagram post that while he was frus-

trated with the agents' unprofessionalism, the encounter ended amicably. He even shared a video purportedly showing a friendly exchange between himself and the agents as they left his property.

According to Martinez, Jones was unable to provide a urine sample and reacted angrily when she suggested a blood test as an alternative. She further alleged that Jones may have been intoxicated and threatened legal action against her and Romero.

Despite Martinez's discomfort, Jones eventually provided a urine sample, but not without further incidents. Martinez claims Jones recorded a video mocking her and Romero, and at one point, physically assaulted her and confiscated her phone. She expressed fear for her safety throughout the

encounter but hesitated to terminate the session due to concerns over potential UFC penalties for not providing a sample.

Martinez was adamant about pursuing charges against Jones, despite her supervisor's reservations. Jones, interviewed by police over the phone, denied making threats against Martinez's life.

Jones, whose career has been marred by doping violations, previously served a 15-month suspension in 2018. He became UFC heavyweight champion in 2023 and holds a notable record in mixed martial arts.

The situation remains unresolved as Jones faces allegations of assault and interfering with communications. He has been issued a summons to appear in court, indicating a serious legal battle ahead.

TOBI AMUSAN BECOMES WORLD'S FASTEST WOMAN



By Bunmi Akintilo

Nigerian sprint star Tobi Amusan has set a new benchmark in women's athletics by becoming the fastest woman in the 100m hurdles, clocking a time of 12.40s (0.9), a World Lead time! You defeated World Champion Danielle Williams, who came 2nd in 12.46s, while Christina Clemons was 3rd in 12.54s," he wrote. In an electrifying race, Amusan outpaced Danielle Williams, the current world champion, who finished with a season-best time of 12.46 seconds. American hurdler Christina Clemons secured the third spot, finishing in 12.54 seconds.

This victory catapults Amusan to the top of the global rankings, surpassing the previous record of 12.42 seconds set by American Tanea Marshall in late April. Amusan's remarkable achievement comes just two months before the Paris 2024 Olympics, heightening anticipation for her performance in the upcoming games.

John Enoch, Nigeria's Minister of Sports Development, took to his X (formerly Twitter) account to congratulate Amusan. "Take your flowers Tobi Amusan, you stormed to an em-

phatic win in the women's 100m hurdles at the Jamaica Athletics Invitational, clocking a time of 12.40s (0.9), a World Lead time! You defeated World Champion Danielle Williams, who came 2nd in 12.46s, while Christina Clemons was 3rd in 12.54s," he wrote.

"Tobi, you keep making our country proud. Paris Olympics is around the corner, your performance gives us hope just like others, that Nigeria is set to break a jinx. Keep soaring, we are proud of you."

At 26, Amusan continues to break barriers. Recently, she set a new African record in the 60m hurdles, clocking 7.77 seconds at the Astana Indoor Meet in Kazakhstan, a record previously held by Gloria Alozie for 25 years.

Amusan's stellar performances position her as a leading contender for gold at the Paris Olympics, set to commence on July 26 at France's national stadium. Her achievements not only inspire hope for a successful Olympic run but also cement her legacy as one of Nigeria's premier athletes.

FORMER ONTARIO CHIEF JUSTICE APPOINTED TO LEAD COMMISSION PROBING SYSTEMIC SPORT ABUSE

By Bunmi Akintilo

Former Chief Justice of the Ontario Court of Justice, Lise Maisonneuve, has been appointed by Sport and Physical Activity Minister Carla Qualtrough to lead a three-person commission tasked with investigating systemic abuse in sports. Joining Maisonneuve on the Future of Sport in Canada Commission are Noni Classen, the director of education at the Canadian Centre for Child Protection, and Dr. Andrew Pipe, an esteemed expert in sports medicine and health promotion.

The 18-month commission has been

commissioned to examine Canada's sports system to ensure the safety of Canadian athletes. Minister Qualtrough, who initially announced the commission in December, stated that the primary objective is to listen to Canadians, various organizations, and consult with provinces and territories. Maisonneuve emphasized that the commission will make concrete recommendations to the federal government after the consultation process.

While Maisonneuve did not delve into specifics regarding the commission's approach, Minister Qualtrough confirmed that the process is modeled after the

Truth and Reconciliation Commission. The commission held its inaugural meeting to strategize on the next steps.

According to the federal budget for this year, the commission is allocated \$10.6 million over two years. During this period, the commission will produce two reports: a preliminary report and a final report expected in 18 months.

Minister Qualtrough stressed the importance of the commission hearing from individuals, stakeholders, and experts both within and outside the sports system. However, some, like Amelia Cline, managing director of Athletes Empowered, have

expressed reservations about the commission's voluntary testimonial approach, suggesting that an inquiry with the power to compel testimony would be more effective. Cline hopes that the commission members exhibit courage and assertiveness in pursuing information.

Minister Qualtrough defended her decision to opt for a commission rather than an inquiry, citing concerns about placing victims at risk of cross-examination during an inquiry. She emphasized the commission's humane approach, aiming to avoid subjecting individuals to prove their trauma.

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RELIGION

Possible reasons for disarray! Pastor Amos Dada PhD, P.Eng



Pastor Amos Dada

By Pastor Amos Dada

"The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction." Prov. 1:7 "The fear of the Lord is the beginning of wisdom, and the knowledge of the holy is understanding." Prov 9:10 The Holy Spirit gave me three reasons why many life's, homes, marriages, businesses are in disarray.

1. NO, OR LACK OF FEAR OF GOD. DO YOU FEAR GOD?

"Thou believest that there is one God; thou does well: the devils also believe, and tremble." Jas

2:19. Even Satan, the arch enemy of God, fears God! That means do you reverence the Almighty God? Anglican lay theologian C. S. Lewis references the term in many of his writings, but specifically describes it in his book "The Problem of Pain" and states that "fear of the numinous is not a fear that one feels for a tiger, or even a ghost. Rather, the fear of the numinous, is one filled with awe, in which you feel wonder and a certain shrinking or a sense of inadequacy to cope with such a visitant and our prostration before it". It is a fear that comes forth out of love for the Lord. This is the checklist:

Do you worship God in Spirit and Truth?

Do you care to know him?

Do you obey His instructions?

Do you constantly commit sin? Or live in sin? Do you live holy life? A life of integrity, consecration, sanctification?

Do you offer sacrifices of thanksgiving for all he has done; he is doing

or will do for you?

Do you make fun of God, blaspheme God?

Do you give to God's cause? Or you even mock those who are dedicated to him.

Do you have time for God?

The list is unending. If you don't do any of these things, you risk your marriage and many other things. Don't put your life in disarray.

2. NO REGARD OF MAN

Next to God in the order of God's creation are humans. God made them in his own image and likeness. They are more important than angels in terrestrial and celestial hierarchy. Angles are ministering spirits. So if humans are this important to God, how do you treat them? How do you treat your spouse, your workers, your employees, the people you govern, the people you are pastoring? How do you treat your neighbours? As a young man, you impregnate a teenager, deny the

pregnancy, and grow old to marry another woman, and you expect a "wonderful" home or marriage? As a young woman, you kill and abort many fetuses under the auspices of "unwanted" pregnancy, and you want to have a great future? Go and ask Cain. You are called to ministry like Samson, and all you are looking for as your Delilah are gullible church women to sleep with. You rape people, maim, kidnap, terrorize, pour acid on people, cheat workers, embezzle pensioners funds, loot the nation, refuse to execute contracts, and use their funds to buy luxurious cars. How do you treat people? You abuse your spouse emotionally, physically, financially even sexually? No regard of man. No regard for people in authority, you disdain your spiritual fathers and mothers? You have sown the seed of disarray for your life. To regard man is to treat humans with respect and dignity. Otherwise, you are fooling yourself you

are walking to disarray life- stop it!

3. NO FEAR OR RESPECT FOR THE WORD OF GOD

The Word of God is so important that God magnifies it over his name. Psalm 138:2. The word of God is so important that even Satan and his cohort tremble at it. How do you treat God's Word the Bible? Do you see it as a historical book of some Jewish people or God's manual for you to live a peaceful life. Joshua Chapter one verse 8 says you must study the Word of God, meditate on it, and apply it to all areas of your life, and you will prosper and have good success. You don't even read it, not to talk of obeying it, and you are wondering why your life is up and down? In Eph 5, he gives clear instructions "wives submit to your husband", "husbands love your wife" You claim this is too heavy a burden to bear, and you want a smooth sailing home? When you bought a car they gave

you a manual to operate it you follow it and your car is cruising, but you ignore God's word and want your marriage to be cruising, are you not deceiving yourself?

1 Pet 3:7 says honour your wife, instead of that you turn her to a punching bag, forgive yourself, that is not in your own Bible, don't drink alcohol, don't gamble, you refuse to do that and practice all this ungodly lifestyle in the presence of your children and you are looking for a stable, steady home. Do a rethink.

Conclusion. If you don't want your life, home, marriage, business to be in disarray, there are three things you must practice habitually, you must fear God, you must fear man and you must fear the Word of God. People who do this still face challenges how much more you who disdain that. Path to peaceful home has been shown you. Embrace it.

Mississauga Mayoral Race 2024: Meet the Candidates

By N.Ugoh

As Mississauga gears up for a significant change in leadership, four candidates vie for the mayor's seat vacated by Bonnie Crombie. The city stands at a crossroads, with pressing issues like affordable housing, crime prevention, and transit expansion taking center stage.

Here's a glimpse of the contenders:

CAROLYN PARRISH

As a veteran Mississauga councillor, Carolyn Parrish brings extensive experience to her mayoral candidacy. Known for her outspoken nature, Parrish advocates for bold solutions to address the city's challenges. She is particularly focused on redesigning parts of the Heartland area, aiming to revitalize and optimize this important district. Parrish believes that transparency and accountability are essential in public service,

promising to deliver on her commitments to the residents of Mississauga.

DIPIKA DAMERLA

Dipika Damerla, currently serving as Ward 7 councillor, emphasizes fiscal responsibility and effective governance in her mayoral campaign. With a background in public service, including her previous role as a provincial cabinet minister, Damerla highlights her experience as a key asset in tackling the city's complex issues. She is committed to ensuring that taxpayer dollars are spent wisely, prioritizing essential services and infrastructure projects to benefit all residents of Mississauga.

ALVIN TEDJO

Alvin Tedjo, councillor for Ward 2, presents a platform centered on affordability and sustainability. Tedjo proposes a residential property tax freeze to alleviate financial burdens on homeowners while maintaining

quality municipal services. He emphasizes the importance of long-term planning and responsible budget management to support Mississauga's continued growth. Tedjo's approach prioritizes the needs of residents, aiming to create a more inclusive and equitable city for all.

STEPHEN DASKO

Stephen Dasko, representing Ward 1, advocates for pragmatic and realistic solutions to address the evolving needs of Mississauga. With a focus on smart development and infrastructure investment, Dasko aims to ensure that the city's growth is sustainable and inclusive. He emphasizes the importance of community engagement and collaboration in decision-making, seeking to foster a sense of ownership and pride among Mississauga residents. Dasko's approach prioritizes long-term planning and proactive measures to build a vibrant and resilient city for future generations.

Prince Harry and Meghan welcomed with cheers before giving mental health talks in Nigeria

By N.Ugoh

Prince Harry and his wife, Meghan, were welcomed with wild cheers, song and dance as they visited a school recently to talk about mental health in Abuja, Nigeria's capital city. The Duke of Sussex later met wounded soldiers in northern part of Kaduna.

The couple are on their first visit to Nigeria, induced by links forged via the Invictus Games, an international sporting event Harry commenced a decade ago for military personnel wounded during service. He said Nigeria had shown interest in hosting the 2029 games.

The couple were invited to Nigeria by Chief of Defence Staff, Christopher Musa, who told them the armed forces encountered armed criminal gangs and jihadists and that ex-

plosive devices that were improvised presented "the greatest challenge".

Harry then visited a military hospital in Kaduna where he met wounded soldiers.

In Abuja, the couple visited Lightway Academy, which is operated by a non-profit organization supported by the Archewell Foundation. They were welcomed with wild cheers and entertained by dancers and singers.

They talked about mental health, which carries a fundamental stigma in the country.

Harry said: "Too many people don't want to talk about it 'cause it's invisible. It's something in our mind that we can't see. It's not like a broken leg, it's not like a broken wrist."

"Every single person in this room, the young-

est, the oldest, every single person has mental health. So therefore, you have to look after yourself to be able to look after other people."

He added that "there is no shame" to acknowledge it.

Meghan revealed that they were honoured to make their first trip to Nigeria and advised the students not to suffer in silence.

She said: "Just make sure that you are taking care of yourselves and that begins with your mental health by really talking about whatever's coming up for you."

Also, the couple visited a kindergarten class, and when they were introduced to a five-year-old student who happens to be the oldest in the class, Meghan said: "Our son Archie's five. He turned five last week."

B.C. Judge Upholds Vaccine Mandates for Health-Care Workers as Reasonable and Constitutional

By N.Ugoh

B.C. Supreme Court Justice Simon Coval has upheld the vaccine mandates for health-care workers put in place by provincial health officer Dr. Bonnie Henry, dismissing claims that the mandates are unreasonable and unconstitutional.

In a ruling dated May 10, Justice Coval stated that the province's chief medical officer was justified in extending COVID-19 vaccine mandates from October 2021 through two renewed orders made on October 5, 2023.

Health-care workers who had lost their jobs due to their refusal to be vaccinated had lodged a claim based on four key grounds, which Justice Coval addressed in a comprehensive written decision:

Continued Risk of COVID-19: Petitioners argued that COVID-19 was no longer an "immediate and significant risk" to public health in B.C. However, Justice Coval determined that the virus continued to pose an immediate and significant risk, thereby justifying the ongoing use of emergency powers.

Risk to Vulnerable Patients: Petitioners claimed that unvaccinated health-care workers posed no greater risk to vulnerable patients or the healthcare system than vaccinated workers. Justice Coval sided with Dr. Henry's evidence that a fully vaccinated workforce mitigates transmission risks.

Scientific Evidence: Justice Coval clarified that he was not assessing the veracity of the scientific evidence but whether it supported Dr. Hen-

ry's claims. Given that vaccines have been proven to reduce transmission and hospitalization rates, the mandate was generally justified.

Constitutional Rights and Freedom of Religion: Some petitioners argued that the mandate infringed on their constitutional rights to freedom of religion. While Justice Coval acknowledged that the mandates did impinge on these rights, he ruled that it was within reason "to achieve the essential public health objectives of protecting vulnerable patients, residents, and clients from serious illness and death, and safeguarding the functioning of the province's healthcare system."

Additionally, Coval dismissed claims that the mandate violated personal beliefs on vaccination and prevented workers

from keeping their jobs in their chosen professions. He stated that the orders did not compel unwanted medical treatment and did not interfere with bodily integrity or medical self-determination.

Justice Coval emphasized that the Charter of Rights does not protect the right to work in specific employment or particular professions nor the right to avoid the stress and hardship of being denied employment due to non-compliance with governing rules and regulations.

However, Justice Coval instructed Dr. Henry to reconsider allowing requests from health-care workers to remain unvaccinated if they can perform their roles

remotely or without contact with patients, residents, clients, or frontline healthcare workers. Of the 11 original petitioners, many worked remotely and without patient or frontline staff contact.

The ruling considered three petitions, including:

- **Peternella Hoogerbrug:** A nurse practitioner previously employed at an urgent care center within the Fraser Health Authority, who led a second petition on religious grounds.
- **Dr. York Hsiang:** A surgeon from Vancouver General Hospital.
- **Dr. David Morgan:** A psychiatrist from Prince George Youth Forensic Clinic.
- **Hilary Vanderugten:** A registered

nurse and clinical coordinator at Langley Memorial Hospital.

Most petitioners reported being unemployed or underemployed following their opposition to the mandate. Approximately 1,800 health-care workers lost their jobs due to the mandate. Justice Coval noted that nearly all petitioners viewed vaccination as a personal health decision and many cited religious objections, particularly concerning the use of fetal cells in vaccine development.

The court's decision reinforces the legal and public health framework supporting vaccine mandates in the healthcare sector, emphasizing the balance between individual rights and collective safety.

ALL YOUR ANSWER FROM – PAGE 19

COMBINE THE SPLIT WORDS IN THE GRID INTO TWENTY WHOLE WORDS OF TWO FRAGMENTS

THEME: NATURE

- Sun + flower = Sunflower
- Water + fall = Waterfall
- Rain + drop = Raindrop
- Tree + house = Treehouse
- Snow + flake = Snowflake
- Star + fish = Starfish
- Earth + quake = Earthquake
- Sea + shell = Seashell
- Thunder + storm = Thunderstorm
- Moon + light = Moonlight
- Wind + mill = Windmill
- Rock + slide = Rockslide
- Leaf + litter = Leaf litter
- Bird + song = Birdsong
- Fire + fly = Firefly
- Sand + dune = Sanddune
- Cloud + burst = Cloudburst
- River + bed = Riverbed
- Grass + land = Grassland
- Mountain + peak = Mountainpeak

FIND SMALLER WORDS HIDDEN WITHIN A LARGER WORD.

Celebrate - Late, Rate, Beat, Tree, Create, Able, Opportunity - Port, Tiny, Turn, Unit, Pony, Tour
Incredible - Red, Bird, Line, Rice, Bind, Cred

WORD PLAY

Word Jumble
Unscramble mixed-up letters to form words.

LBALE - LABEL
TLOFRA - FLOAT
CGNIDA - DANCING
VILROH - VIGOR
TPROTA - RAPTOR

FILL IN THE BLANK WITH THE RIGHT SIMILE

- As busy as a ____.
- Answer: bee
- As blind as a ____.
- Answer: bat
- As cool as a ____.
- Answer: cucumber
- As brave as a ____.
- Answer: lion
- As light as a ____.
- Answer: feather
- As quiet as a ____.
- Answer: mouse
- As sharp as a ____.
- Answer: tack
- As slippery as an ____.
- Answer: eel
- As stubborn as a ____.
- Answer: mule
- As free as a ____.
- Answer: bird

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PETER OBI EXCITED BY EXPLOITS – PAGE 7

strengths of its residents. I had met with Mayor Patrick Brown, during my 2023 campaigns, reaffirming my interest in studying the city's exemplary growth trajectory.

"It was heartening to learn that Nigerians play a significant role in Brampton's success, with some employed in various capacities within the city administration and contributing positively to its vibrancy.

"Vincent Rodo, the Director of Organizational Performance, highlighted the exceptional work ethic and can-do attitude of

young Nigerians, emphasizing the transformative potential of effective leadership in harnessing the aspirations of our youth. Brampton, like many cities globally, thrives on the energy and harnessing of human potential for sustainable growth and development.

"The lessons gleaned from Brampton's experience in productivity and leadership commitment serve as invaluable insights for our nation.

"It underscores the imperative for prioritizing

investments in human capital development and channelling resources towards fostering an environment conducive to growth and progress.

"As leaders, it is incumbent upon us to prioritize the collective welfare of our nation above personal and sectional interests. Let us redouble our efforts towards steering Nigeria towards its full potential, guided by the principles of inclusivity, innovation, and commitment to national development. Together, we can realize the promise of a New Nigeria.

HOW TO NAVIGATE FOOD RULES FOR BUSINESSES

(NC) When running a business, rules, regulations and guidelines seem to come with the package. Learning to navigate everything can be a challenge, but these requirements play an important part in ensuring the Canadian marketplace is safe, consistent and fair to everyone.

The Canadian Food Inspection Agency's Safe Food for Canadians Regulations are a set of federal food safety rules that apply to many types of food businesses. These include licensing, preventive controls and plans, and traceability.

For food businesses, following these rules helps to keep the food system safe. Here are some of the ways to do that:

1. Start by confirming which rules apply

In general, these regulations apply to all businesses that import or prepare food for export or interprovincial trade. They apply to all foods, including manufactured foods such as snacks, coffee, cereals, beverages and pastas.

Requirements vary,



but they typically include having a valid food safety licence, having preventive controls in place and keeping traceability records.

2. Have a valid food safety licence

Your licence application must include the activities you conduct, the location where they will occur, the types of food involved and a declaration that you have preventive controls in place for food safety.

Businesses importing food or beverages into Canada must have a valid food safety licence. Without a valid licence, shipments

may be denied entry into the country.

3. Create a preventive control plan

You may also need to have a preventive control plan written down. It outlines the measures you need to put in place to prevent contaminated food from entering the market. Most businesses are required to document how they identify and control food safety risks for the foods they handle. While some small businesses may not need a written plan, they must still have preventive controls in place.

4. Create a traceability plan, if applicable

In case of a food safety incident or recall, businesses must be able to trace the movement of a food product. As the food system has many steps, and a product may be processed and packaged in different places, keeping track of where it's been and where it's going is essential to quickly protect consumers if a problem occurs.

Preventive controls and traceability records are usually required even for food businesses that do not need a licence. For example, retailers need to keep records of receiving the food (tracing back where it came from), but do not need to trace the food forward to the consumer.

Depending on your product(s), where you are selling them and where you are located, your business may need to comply with various other federal, provincial and municipal requirements.

Find more information on these steps at inspection.canada.ca/safe-food.

Why your auto insurance premium is so high

(NC) An increase in the cost of auto insurance can be frustrating, especially if you haven't had any accidents. There are a number of factors that impact how much premium you pay, according to Aviva Canada. Some are external marketplace pressures that customers don't control and others are customers' unique circumstances.

COST OF A NEW CAR

New car prices have soared since the pandemic, partly because advanced technologies have also made vehicles more expensive to replace. Insurance premiums reflect the value of your car.

COST OF REPAIRING A CAR

The cost and time to repair a car has increased. Global supply chain issues continue, making it difficult to get parts. Inflation has also driven up the cost of parts and labour to repair. All these have an impact on your insurance premium.

AUTO THEFT

A car is stolen every five minutes. Rampant vehicle thefts by organized crime drive up premium costs for all Canadians.

ADDING DRIVERS OR ANOTHER VEHICLE TO YOUR POLICY

Adding other drivers, a new driver, or drivers under 25 years of age to your existing insurance policy may also cause your insurance premium

to increase.

If you add a car onto your policy or replace an existing car with a newer one that costs more to replace or repair, your insurance premium may go up.

POOR DRIVING RECORD

If you have multiple driving infractions such as speeding or stunt driving, your insurance rates will go up as you're perceived to be at a greater risk for collisions. If you get into an at-fault accident, you'll lose the accident-free discount most insurers offer. And your rates will rise the more at-fault accidents you're involved in.

MISSED DISCOUNTS

If you have multiple insurance products with one provider, they usually offer you a bundled discount. They might also offer a lower rate if you opt for a higher deductible for example. Look into what discounts you might qualify for.

NOT TAKING ADVANTAGE OF TELEMATICS

Many auto insurers offer their customers discounts if they sign up for telematics. These are apps on your phone that score you on driving behaviour. Safe drivers can benefit from lower insurance rates and rewards for driving carefully.

Learn more about insurance costs and coverage, and how to save, at aviva.ca.

TIME FOR A SPRING RESET: 5 WAYS TO REVAMP YOUR LIFE

(NC) As spring comes into bloom and summer waits just around the corner, many of us are ready for a reset, whether at home or in life. With that in mind, these are super simple steps to help you feel safe, refreshed and organized this season.

FINALLY TACKLE THAT FRIDGE

A messy or sticky refrigerator can make any home feel unclean, so giving it an overhaul can offer big relief. Find recipes to use up your leftovers. Look up how to organize your fridge to keep food fresher, longer. And even if something's past its best-before date, that doesn't always mean you have to throw it out. Best-before dates tell you how long an unopened product maintains freshness, taste and nutritional value, according to the Canadian Food Inspection Agency. Use your judgement to check it out before you automat-



By Allan Britnell, Editor-in-Chief, News Canada

ically chuck it out.

GET YOUR PAPERWORK IN ORDER

Tax time might be over, but there may be additional paperwork that you would feel good about getting off your plate, such as creating an emergency plan, building a financial plan or finalizing your will and setting out wishes for your funeral.

This last one can be sensitive and challenging for many of us, but some funeral homes, including Arbor Memorial, suggest that opening meaningful conversations about death may help your loved ones with the eventual grieving process, and ultimately provide them with comfort.

MAKE YOUR CAR LESS TEMPTING FOR

THIEVES

Car theft is on the rise, and it costs Canadians more than a billion dollars annually, according to insurance provider Co-operators. They say thieves are first going for the easy opportunities to steal, so find ways to make your car inconvenient to take. Suggestions include installing a vehicle tracking device, storing your keys or fob away from

doors and windows, and parking in a garage or a well-lit, populated place.

PROTECT YOUR ANIMALS

Taking good care of your animals is important for every owner. But it's hard to do that if you don't have all the facts. Take time this season to seek out accurate and up-to-date information on caring for your animals. If you have any pigs, for instance, make sure you've got the right biosecurity measures in place to keep out serious diseases like African Swine Fever. The Canadian Food Inspection Agency has a checklist you can follow.

RENEW YOUR LEASE ON LIFE

Do you find yourself avoiding your gardening hobby because your knees can't handle kneeling or even climbing the back steps? If you or a family member could use a new lease on life – maybe you have mobility problems, or it's harder than it should be to do everyday activities – you may want to consult an occupational therapist. They can help you build strategies to make it safer and easier to keep doing the things that matter to you. The profession is licensed in Ontario by the College of Occupational Therapists of Ontario.

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