

A-CHOICES

The African Lifestyle Magazine

Sept 2020

Special Edition

THE FERTILITY REPORT

What are your options?

BEAUTY TIPS

For the woman on the go

BEYONCE AND SHATA WALE

“Black Lives Matter protests in the USA and UK”

Ex-Eaglets, Flying Eagles keeper Felagha dies in Senegal

NYANDA-JAMAICA TO THE WORLD...



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ABOUT US

A-CHOICES -The African Lifestyle Magazine

A-CHOICES magazine is an online African lifestyle magazine for ordinary-educated reader in English. It is not entirely about entertainment but covers other broad topics including business and economy(market) arts & culture fashions, personality stories, sports, etc. It is a channel through which we celebrate African achievers at home and in the diaspora. A-CHOICES hopes to entertain, empower and inspire Africans around the world.

Write for Us

We're accepting submissions from writers, thinkers, makers, scholars, and readers of online publishing and editorial work. We re currently accepting submissions for our next Issues . We accept submissions on a rolling basis, and generally don't close submissions until halfway through a given issue, so there are no set closing dates.

We do not accept work that has been previously published o blogged.

Please send submissions to achoices@a-choicesmazine.com

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MEET THE TEAM



Gbenga TJ Okunlola
Editor-in-Chief
teejayok@gmail.com
London, UK



Dire Sonia Yobo
Bilbao Bureau Chief
direcoolv1@gmail.com
Spain



Dr. Justina Mutale
Fashion / Beauty Editor
justinamutale@hotmail.co.uk
London, UK



Seyi Awoleye
Managing Editor
seyiawoleye@yahoo.com
Los Angeles, CA



Emmanuel Anya
Contributing Editor
clintonjayboy@yahoo.com
Lagos, Nigeria



Akosua Darko
Senior Writers
creativeisme7@gmail.com
London, UK



Toyin Olamigoke
Fashion Editor
temitolagoke145@gmail.com
Lagos, Nigeria



Albena A. Jones
Associate Editor
albenajones@yahoo.co.uk
Sofia, Bulgaria.



Abiodun Emmanuel Adeleye
Senior Photo Journalist
speaktoabey@yahoo.com
London, UK



Dr. Funmi Beckley
Special Project Co-ordinator
fumbeck@gmail.com
Abeokuta, Nigeria



Akitunde Oluwafemi Samuel
Web Designer
Samuelg.abound@gmail.com
Lagos, Nigeria.



Ibukun Babatunde
Project Co-ordinator
babatundeibukun16@gmail.com
Lagos, Nigeria



Bunmi Johnson
New York Bureau Chief
alu20@hotmail.com
USA



Milena Nikolova
Media Consultant
genova.milena@gmail.com
Sofia, Bulgaria



James Osondu
Sofia Bureau Chief
osonduj@hotmail.com
Bulgaria

EDITOR'S LETTER



Hello,

Welcome to the first edition of **A-Choices Magazine**. We are here to shine a spotlight on all that is great about Africa. This is a multi-platform magazine published in print, online and as a digital page turner. So, whether you love the feel of a high-quality print magazine, or prefer to do your reading on a mobile device or laptop, A-Choices has got all bases covered. A-Choices hopes to entertain, empower and inspire Africans around the world.

We wanted to showcase our identity as a publication by highlighting the unique and interesting stories of young creatives in Africa and the Diaspora. By telling their unique stories, we are sharing our identity with you as a digital publication that highlights the best of young modern Africa and all its potential. We want to show our readers a different side of Africa than what is shown in the global media.

There is so much growth and change happening across the continent as Africa re-emerges onto the world stage. I also hope this publication can open the lines of communication between those in the Diaspora and Africans at home. By bridging the gap between the two communities, the opportunities for progress and success are endless. My hope is that with every issue we carve out a space online where the next generation can tell their stories, get inspired, raise awareness, and find opportunities to better themselves and their communities.

I believe that there is something for everyone in this issue and hope you enjoy the read! We would love to get your feedback about this edition and to hear what we should be featuring in future editions. If you enjoy any of the stories and features please share them via social media, adding the hashtag **#A-Choices**

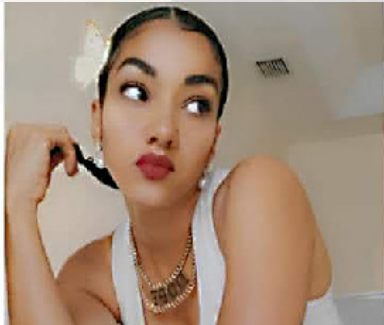
Thank you.
Gbenga TJ Okunlola
Editor-in-Chief

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Exclusive Interview with Nyanda

By Gbenga TJ Okunlola

teejayok@gmail.com



In February 2013, Nyanda (former Brick and Lace member) released her first promotional single, "Trouble", after announcing that she would be pursuing a solo career in music. In February earlier this year, Nyanda has released an all new song entitled "Sacrifice". The beautiful Jamaican singer this time journeys on a more Reggae/Roots vibe, and is contemplating pushing this record forth as an Official Single.

A-CHOICES: Hi Nyanda, thanks for chatting with us! Could you introduce yourself to our

NYANDA: Hi guys it's your Girl Nyanda from the group Brick and Lace (inna di place) lol. Thanks for Having me:)

A-CHOICES: What can you tell us about your new single, Sacrifice?

NYANDA: Sacrifice is my Reggae Adele vibe record. I actually was writing it to submit to Adele as a songwriter but when I was recording it, I really fell in love with it and wanted to keep it for myself. It speaks about the imbalance in relationships, where one person is bound to get their heart broken, until a perfect equilibrium is found in that equally reciprocated love type relationship.

A-CHOICES: So let's get to the heart of the matter. Do you think that there are some links between African orality and the DJ phenomenon that emerged in the late 60s in Jamaica?

NYANDA: I'm not sure but I wouldn't be surprised. We are all from the same origin and are interconnected in many ways, which doesn't exclude the way we move and express ourselves musically.

A-CHOICES: Am I right if I say that African-American rap music partly derives from the Jamaican DJ culture?

NYANDA: Yes Jamaica sound systems had only one turntable and the selector would sometimes slick talk and rhyme on top of the beats which we call dj-ing in Jamaica.

A-CHOICES: Reggae and dancehall have global popularity now. How do you think they've evolved with the times?

NYANDA: I think they're still underrated in comparison to hip hop culture. People are always copying the styles and using it in their music without dancehall getting the credit. Glad to see the global appreciation but much more needs to be done in terms of bringing dancehall to the forefront as a lucrative genre. it's a matter of marketing and exposure...

A-CHOICES: *You know, today, reggae roots artists from the 70s, like Max Romeo or The Mighty Diamonds, are more popular in Europe than in Jamaica itself. What's your view on that particular point?*

NYANDA: It's a testament to the appreciation of our music internationally. But also it's just another example of people taking something for granted when there's easy access to it. Glad for them though, them pounds and euros nice lol .Your vibe always attracts your tribe.

A-CHOICES: *Do you remember what the biggest challenge was that you encountered when starting out?*

NYANDA: As Brick and Lace it was difficult defining our sound and getting producers to put us on riddims because we were not a hardcore dancehall act. Our music was a hybrid blend of genres that had never been heard or seen in Jamaica at the time. As Nyanda it was difficult to get people to know my name. They always think of me as the Brick lol

A-CHOICES: *Did you grow up listening to Bob Marley?*

NYANDA: Yes for sure Bob Marley was a staple in every Jamaican household. Plus you couldn't escape hearing his music playing in the streets, at the beach and everywhere really. Such a Blessing!

A-CHOICES: *What was it like growing up in Kingston Town?*

NYANDA: I loved my upbringing. I grew up in a small townhouse with my mom and dad and three sisters. The community was close knit. We called all the adult neighbours aunty and uncle. Kingston is a vibrant colorful place. It's like the New York city of Jamaica where many people aspire to go for better job opportunities. The scene looks like a music video. The people are original, stylish and mad vibezzz from the way we talk to walk to dance and interact with each other. The food is amazing and the music is always blasting. The definition of IRIE!

A-CHOICES: *What prompted you to go solo?*

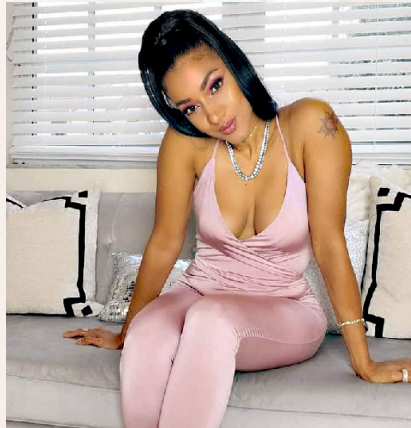
NYANDA: It was time to chart my own path. Brick and Lace was arguing all the time and things became stressful and toxic. We're sisters, We love each other, but it was definitely time for a break. People generally need space and time for self exploration, discovery and growth.

A-CHOICES: *How is being a solo artist different to being in a band?*

NYANDA: You get to move when you want. The buck stops with you. You get to express yourself without compromise. When you're in a group you sometimes can become confined to play a particular role and utilise only one aspect of your talent for eg in

Brick and Lace i'm expected to play the role of the rude girl and only Dj, when i actually enjoy singing as well, so now fans can see my range and versatility.

A-CHOICES: *What was it like working with big industry names like Lauryn Hill, Will.I.Am and Akon?*





NYANDA: Great learning experiences. I was definitely in awe of Lauryn Hill, her talent and professionalism. I had a greater appreciation for studio technique and different styles of harmonies. Akon showed you how you can have fun with your team and still win and his business savvy is unmatched.

A-CHOICES: *How are you staying creative during the lockdown? Do you have any tips?*

NYANDA: Listening to music from different genres and discovering new artists is a great way to stay inspired. For eg im loving listening to Amber Mark. Sometimes spending time exploring other hobbies is a good way to keep music fresh to me, so when I do go back in the studio my love for it is still intact. For eg. I'm learning to sew and get more adept in the art of hairstyling and makeup.

A-CHOICES: *What can we expect from Nyanda in the near future?*

NYANDA: I'm gonna keep making music and showing growth and versatility. I'd like to also do some acting and possibly even starting a fashion or cosmetics brand.

A-CHOICES: *You've also written for the likes of Jennifer Lopez and Christina Aguilera- which is your first love, writing or performing?*

NYANDA: Performing is definitely my first love.

A-CHOICES: *What's like working with Peter "Mr. P" Okoie on Wokie Wokie?*

NYANDA: Omg! I told him he was like the Nigerian Keanu Reeves when it came to doing the music video. He's such a kind positive person and very hardworking. I'm totally inspired by him. He really deserves all the success he has.

A-CHOICES: *What are your favourite fashion brands at the moment?*

NYANDA: So many great fashion brands out there but honestly, with coronavirus going on I'm really not too concerned with fashion at the moment.

A-CHOICES: *Do you think about what your life will look like in 10 years?*

NYANDA: I try to take it day by day. I hope to be happy and at peace with myself and living purposefully.

A-CHOICES: *So my last question is what's your point of view on the evolution of Jamaican music and the new generation of Jamaican artists?*

I love to see all the new artists emerging out of Jamaica, especially the females. There are more opportunities for global impact especially through social media. I just hope we can organise and make it monetarily beneficial for the country as a whole and to advance the industry forward.

Thank you and God Bless. Xoxo

IG: Nyandabnl, FB: Officialnyanda
 General Manager
 Tropic Electric / Thoga Entertainment Inc.
 m:+1 (786) 459 - 0084
 e:chez@tropicelectric.com
 w:www.tropicelectric.com



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Remembering the Life of Civil Rights Icon: A Tribute to John Lewis

By : Seyi Awoleye



Early Life

Lewis strived to be a pastor in his young adulthood and had no contact with white men. Interestingly, Lewis had just two White men in his life until he was six years old.

When he got a bit older he started to travel with his family to the area, where he witnessed discrimination and racism, for example in the public library of Troy.

Lewis was raised and appointed a Baptist priest with the Americans "Baptist

Only few political figures who effectively manage transition from Civil Rights activists to parliamentary officials, so without sacrificing energy and relying on the cause. Yet the U.S. model of civil rights John Robert Lewis, Georgia's 17-year Democrat, was a remarkable figure who had never deviated from his initial goal to see black Americans treated equally, fairly and with respect in America.

SNCC and Struggles as Student

Theological Seminary" in Nashville. He graduated from Fisk University in theology and science. He became committed to the campaign for civil rights as a student. He held lunch sessions in the separated Nashville counter and as a member of the Nashville activist movement engaged in several other civil rights events.

In the peace revolution Lewis had been imprisoned and held several times to deactivate the downtown area of city. Between 1963 and 1966, Lewis remained chairman of the "Student Nonviolent Coordinating Committee" or SNCC.

In reaction to the “1963 Civil Rights Bill”, Lewis had addressed the SNCC Chairman condemning the plan, as it would not shield black Americans from racial violence or grant Africans the ability to vote.

Lewis as Freedom Rider

In 1961, Lewis was among the 13 founding Riders of Freedom. These were consisted of six whites and seven Blacks from Washington to New Orleans in untied fashion. Freedom Rides also revealed the powerlessness of the government to abuse against law-enforcing residents. In the south, the angry crowds were battered and imprisoned by Lewis and the peaceful Freedom Riders.

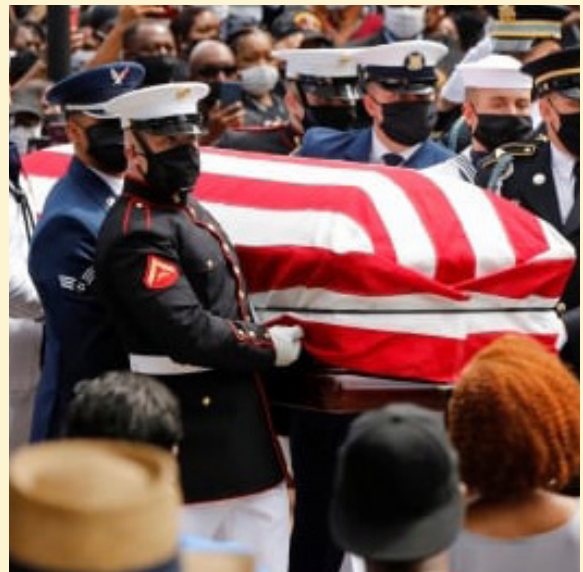
Member of U.S. House of Representatives

Lewis was appointed in 1986 and spent 17 terms in the United States as a member of Democratic Party in “U.S. House of Representatives”. Here, he became a Democratic Party representative where he served as Chief Deputy Whip since 1991 and as Senior Deputy Whip since 2003. Lewis has received numerous honours, including the Presidential Award of Liberty. He was the President of the “Georgia congressional delegation” because of his service length. Much of Atlanta was part of the area he served.

Funeral and Former President Eulogies

The funeral of the Hero of Civil Rights, which died on July 17, 2020, cannot be overstated in terms of its symbolic and practical meaning. Former President Bill Clinton on Lewis funeral recalled moments from his life:

“We honor our friend for his faith and for living his faith. Which the Scripture says is the substance of things hoped for, the evidence of things unseen,” former President Bill Clinton said.



Similarly, Barack Obama, the first Black president of US said:

"I've come here today because I, like so many Americans, owe a great debt to John Lewis and his forceful vision of freedom, It is a great honor to be back in Ebenezer Baptist Church, in the pulpit of its greatest pastor, Dr. Martin Luther King Jr., to pay my respects to perhaps his finest disciple -- an American whose faith was tested again and again to produce a man of pure joy and unbreakable perseverance - ."

Black Lives Matter Protests In the USA & UK: After the protests, what needs to happen

By: Gbenga TJ Okunlola

There are major variations in the essence of Black Lives Matter protests in the US and the UK. Two issues were focused in the US protest: systemic injustice and violence by the police. They can literally look indistinguishable. However, in UK, the preference was solely given to systematic injustice.



"No banner against police brutality can be seen in the UK

BAME people have always been marginalized by society, since people are oblivious to racism or are afraid to accept the issue. People have to accept that racism in UK and US remains a significant issue, particularly in government, and they have to listen to the Black community more.

The teaching on diversity of businesses is not strong, they need tougher debates and they must reform the curriculum, which relies more on American slavery and on the position of Britain.



"Black Lives Matter protest held in London"

Combating fair and equal rights requires having a strong understanding and participating. This may be reading or listening to interviews to help appreciate cultural and systemic inequality and the significant position communities of color have had in forming the United Kingdom. Discover what the local authority is looking to address problems including biased policing or improved access to medical care. Know the problem and contextualize it in your area to help the cause effectively.



"A young protestor sitting at the foot of City Hall in Bristol, listening to the speeches"

The rise in enthusiasm for Black Lives Matter in the UK has contributed to a growing engagement in recognizing how racism is being integrated into their culture and systems – and, most critically, what they should all do to undermine oppressive racial frameworks.





"Black Lives Matter protesters turned out to be in strength in Hyde Park, London."

Citizens must embrace this public attention and the alternative outlets that have emerged in reaction to suffering and agony. The United Kingdom and the United States must retain pressure to have effective answers. A significant piece of research that have been long promoted is the learning of immigration and imperialism in British schools. Trends like #BlackLivesMatter are not hobbies or social parties or pretentious contemporary culture occasions to be accessorized. Transition is expected to have an objective, else it's just a phenomenon.

BLACK LIVES MATTER



"Washington DC protesters arrive for 'largest' rally"

When we learn whether moderate leaders believe the aims of the Black Lives Matter campaign are nonsensical, or whether carrying a symbol is personal, or that funding has to be cut down as it seems like there may be other, more sinister powers at action, what we're really saying is: it's tough – so we're getting back to our ease zones.

Fertility Report: What are your options?

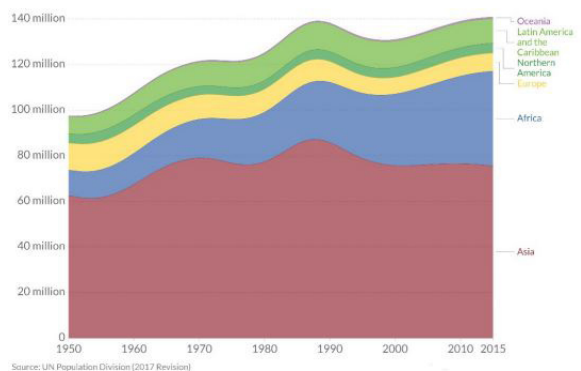
By: Andrew Collins

One of the key factors of population increase and shift in age structure is fertility. During the past couple of decades, global fertility has decreased significantly, while national and even regional aggregates obscure a wide spectrum of fertility changes. One of the United Nations major publications tracking and examining fertility trends over time is the “World Fertility Report”. Across all countries and regions in the world, Fertility Report includes up to date regional fertility data. Through advisory group meetings and forums, analyses and insightful presentations, global, national and nation analyzes are also available.

The most popular metric is the “Total Fertility Rate” or TFR, which calculates the total child number per mother, or simply fertility rate. The estimated global fertility rate today is just about 2.5 children per mother. The average birth rate has halved in the past 50 years.

And the amount of children per mother falls significantly through modernisation of communities. In the pre-modern age of fertility rates were normal between 4.5 and 7 children per mother. Around that time, population increase at a very young age remained low. When health improves and the death rate declines in the nation, we have usually had a rise in population. This accelerated demographic increase concludes with the birth rate dropping almost two children per mother.

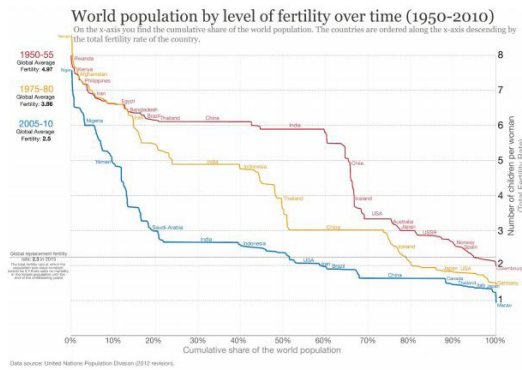
Annual number of births by world region , 1950 to 2015



Decline of the Fertility Rate since 1950

The typical woman had five children 50 years ago, and the figures have been halved since then. In past, far more children had existed as compared to current figures. The amount differed over time and variations between nations occurred.

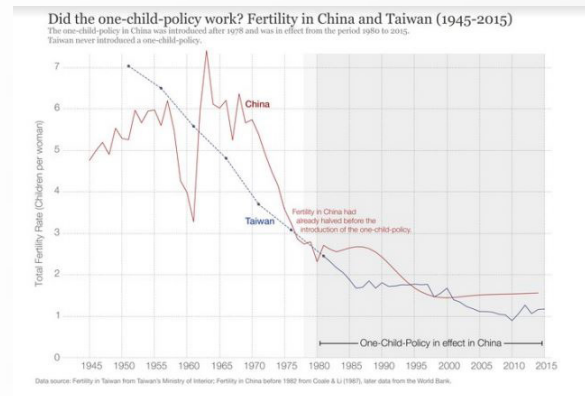
Having an average of 5 children, was valid for the United States , the United Kingdom, Russia , India , China and other nations two hundred years before.



The three key factors are empowerment for women (greater access to schooling and increased involvement in the labour markets), decreased child mortality, and a rise in children's education rates (which also contributed to a reduction in child labor).

What are the options?

Family planning; why family planning is so relevant today is to take into consideration the proportion of premature pregnancies. There is a rather large rate of unwanted births. It is estimated 47 that 85 million pregnancies were unsolicited for 2012-the last year for which we have data. This constitutes 40% of the births in that year, 213 million. Contraception; empowering women and increasing infant welfare decreased the level of desire for having children. Nevertheless, if no way can be identified, a target of lower fertility becomes meaningless. Contraception strategies enable parents to get closer to their ideal fertility in the real fertility.





Coercive policy interventions; One of Chinese Government's famous claims is that China's one-child policy stopped around 400 million Chinese births. Taiwan; which China claims as part of China, has never introduced a one-child policy. However, Taiwan suffered the same decline as China. Of approximately 7 children per woman to less than 2.

The argument is that social and economic growth is profoundly essential and eventually what determines the decision of the women on the amount of children they want.

FASHION

lindarj83gmail.com

Beauty Tips: For the Woman On the Go

By:Linda R. Jones



Women are indeed an active, all-capable centipede. Therefore, in their lives an effective, pleasant and simple beauty plan would be greatly appreciated. Getting up in the morning, taking a shower, breakfast, job, walking the dog, preparing dinner, watching television, sleeping and repeating.

Everyone surely knows this, yet another additional alarm snooze next to your pillow until the active day begins again, and the time for yourself becomes rare.

Afterward, it's a hurry to be on time for the first meeting. Anyway, this could no longer be needed with these five simple beauty tips for the woman on the go.

Use "Two in one" Shower Cream

A shower cream with a "hydrating" element would be an instant, convenient and pleasant tip for the woman on the go. In the shower, just take a little amount of cream and apply on your body, let it function its miracles for several seconds before you washing your body. The skin has been hydrated perfectly!



Use Dry Shampoo



Rinsing your hair will take a long time. However, even on busy schedules, representativeness is an essential element. In this case, usage of a dry shampoo would be an effective tip for the woman on the go. Its function is quite convenient.

You just need to apply it on your dry hairs and comb it out after few moments. Clean and shiny hairs within minutes!

Your Lifesaving Element, Lip-Gloss



For a quick and fine touch-up, a lip-gloss can be your perfect choice. Applying lipstick always requires a mirror and a lip-gloss can save your time of finding a mirror. It is easy to apply and gives a stunning look with extra shimmer and shine right away.

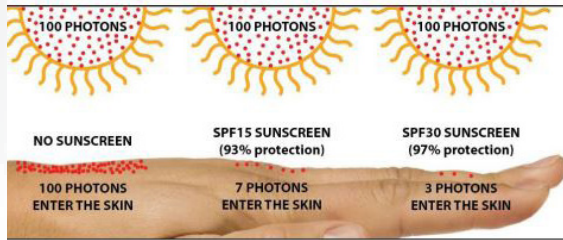
Use Micellar



The woman on the go doesn't have time to refresh her look with heavy makeup. A micellar water can be the solution to this problem. Tiny particles of micellar water, known as micelles, accumulate dirt and dead skin cells. Owing to these micelles, you don't need to rub your skin harshly.

On your busy schedules, this micellar water can act as your freshener as it doesn't take any time and is much effective and gentle on your skin. All you need is a bottle of micellar water and a cotton ball for its application on your face. Get fresh skin within no time and no pain!

Sunscreen: Your Perfect



Finally, remember wearing the sunscreen every day. It is extremely crucial if you are an outdoor woman, as your day-to-day tasks might make you more exposed to the sunlight. Sunscreen is perhaps the most essential anti-aging product that you can add to your beauty essentials. And if you use sunscreen on daily basis, you may skip all the other expensive serums and creams that claim to be anti-aging. Save the money and your age simultaneously!

These are some of the easiest and quickest beauty that the woman on the go can enjoy without wasting any time or spending extra money!

LIFESTYLE

Whoever wants to be a snake will never be a satisfied human-Corruption leads to an unhinged mind.

creativeisme7@gmail.com

By: Akosua Darko



There is a Ghanaian proverb that says being crafty cheats the crafty person. People don't want to work hard and see the fruits of their labour anymore. They want to reap where they have not sown. Although they may get what they want in terms of money, wealth, and jobs.

They lose themselves. What is the point of gaining the whole world and losing your soul. You will always see it with a crooked man or woman.

They want to prove themselves, brag about what they did not work to acquire because they have no self-esteem.

They know they are frauds and they are always threatened by someone who works for what they have, even if in societal terms they have more, they know that person is better than them.



The surely must not, because there is no rest for them. Regardless of what they attain they cannot have peace of mind because they know they are not worthy of what they have. It eats them up inside. They may act like it doesn't bother them, but the devil in their heart that allows them to step without morals over others beats them up daily. It is not alive.

Everybody who lives that fraud lifestyle always talks like somebody whose brain is not properly screwed on. The corruption has made them stupid, so they cannot even think in a linear line because they are crooked. After all, with all their corruption and scheming ways which give them harvest they do not deserve, and karma makes them destroy with their poor character They do not feed you, so why be jealous. Upon all your hard work you feed yourself without behaving like a snake to eat.

Always remember whoever crawls on the ground like a snake will never be a satisfied human.. This is a warning to all who think crookery is the way to success. Be prepared to live a life of hiding, a thief is always hiding. Be prepared to be a compulsive liar, a cheat forever, a hypocrite, an actor, make sure you are cleverer than everyone you try to walk over. Make sure you are stronger than everyone you cheat. Make sure you are better than the other snake competitors and make sure you always

Make sure you are ready to be anxious about being exposed. There is another Ghanaian proverb, too much intelligence is stupidity. See the burdens the corrupt man or woman carry on their heads, while thinking they are looking good and they have cheated the world. It is better to have your little and say this is what I've made with my own hands. Than carry heavy burdens on your head that make you lose your mind, your peace and a life where you can feel good about who you are. Where you can actually think you are a somebody. Do not you see corrupt people always want to be more scheming, to do more to feel good, no matter how much they have. Let us work hard for our fortunes. For our own peace of mind. If something is built on a crooked foundation it will never be stable. If you consume riches offered on a dustbin, your tongue will itch after.



MODEL : CY-13107-HK
L1990MM W970MM H770MM



MODEL : DS-16079
L250MM W200MM H370MM



L MODEL : XK-12010-HK
L250MM W120MM H370MM
S MODEL : XK-12011-HK
L250MM W120MM H325MM



L MODEL : XK-12004
L195MM W200MM H250MM
S MODEL : XK-12005
L170MM W200MM H220MM

*Beyonce has made all of them see that Shatta Wale is a king is reality
Shatta Wale and his fandem have always known it, this black man is king.*

By: Akosua Darko



Beyoncé's new album *Black is King* is displaying African brilliance and spectacular visuals around the world. Shatta Wale dubbed the local champion and laughed at by his Ghanaian counterparts was the only Ghanaian artist featured in the *Black is King* album available on Disney plus. Even more impressive Beyoncé, Shatta Wale and Major Lazer's song *Already*, is the song that talks about a king discovering he is a royal. It is about black men and boys being enlightened about their greatness and their black heritage. Hence *Black is King*.

The album also makes many references to the power of black women. The *Star Boy* who believes the God he serves is mightier than all has displayed they never could predict his future. *Bandana* from Ghana has shown the world that truth telling, and hard work pays. He's shown the people who tried to bring him down, those who didn't want to play his music or allow him to play shows and the VGMA's (Vodafone Ghana Music Awards) who never wanted to give him the best dancehall act

Now God has prepared a table before him with Beyoncé in the presence of his enemies. As the King himself said "dem dey waste them a time, if you dey talk about "him he will shine. His father above has guided him to not fall into the trap of his enemies he never rated, he has killed them with prayers.



As well as scattered all the bad men with adwenfi (an evil mind) against him. He continuously told them Jehovah has already made him great. If they say they are kings, he is Mufasa. Now Shatta Wale is the one singing "Long live the King, you a king you know it...shine already... the line is ready" The ghetto youth is now an international superstar. He has shown us nnipa so y3 den (what is a human being that they can stop him) Some people's lack of common sense and common happiness is the reason they want to bring people down.

That should be a lesson for all of us. We should be like Shatta, They tried to stop Shatta Wale he said, "no no no" I am royalty "don't you know know". They tried to stop Shatta and he told himself "go go go" he let it "bubble up "we have watched him "grow, grow, grow." To the point he is now singing alongside Beyonce. open our minds, search for success, and never give up. We should ignore the negative naysayers who are suffering from sadness and ignorance and live our dreams. He snubbed them, attacked the music like war and followed his creativity.

Ex-Eaglets, Flying Eagles keeper Felagha dies in Senegal



John Felagha, a former Golden Eaglets and Flying Eagles goalkeeper, has died. Nigeria's Minister of Youths and Sports Mr Sunday Dare have announced the death of Felagha.

Felagha, a staff of Aspire Academy, died in Saly, Senegal last month, according to the Nigeria Football Federation. The 26-year-old was the Eaglets' second choice keeper as they reached the final of the U-17 World Cup in 2009.

He was also part of the U-20 team to the U-20 AFCON and World Cup thereafter. He played professionally for Belgian side KAS Eupen, but his career did not last long due to injury. The Director, Aspire Football Dreams (Nigeria), Col. Sam Ahmedu (retd.), said the late Felagha was preparing to return to Nigeria on holidays before he died. "John was an amiable guy and very much loved by all. He was among the first set of Nigerians selected for the Aspire Football Dreams project," Ahmedu wrote on Facebook.

Felagha, according to the NFF, died while holidaying in Senegal although details of his death remain sketchy at the time of this report. The sad passing of John Felagha, ex-Flying Eagles goalkeeper, came to us all as a rude shock. He was coaching future stars before his sudden demise. May God comfort his family & friends. The Bayelsa-born goalkeeper was second choice to Paul Dajuma at the 2013 FIFA U-20 World Cup in Turkey .

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