

A-CHOICES

The African Lifestyle Magazine

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**EXCLUSIVE INTERVIEW WITH
MODEL,ACTRESS, TV
PRESENTER,ACTIVIST
- AMAL FASHANU...**

**JUSTINA MUTALE REVEALS
POWER SECRETS OF
FEMALE WORLD LEADERS**

**GETTING TO KNOW YOU- A
BOOK ON MARITAL STEPS WITH
INFORMATION ABOUT
MARRIAGE**

**HOW TO BECOME A BULGARIAN
PERMANENT RESIDENT OR CITIZEN
BY WAY OF PURCHASING
PROPERTY**

**HEALTH BENEFITS
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WHY YOU NEED TO SLEEP WELL

**INTERVIEW WITH A
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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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HAPPY NEW YEAR TO EVERYONE!



It's that time of the year when we look back and reflect on the events of the past 12 months, before attempting to make some predictions about the trends and themes that might emerge in the new year. 2020 may have been both a year you are bound to remember and a year you want to forget. Where do you start when looking back on a year like that? I'm certain to not be alone when I say that 2020 was the toughest 12 months I've known. A roller-coaster of emotions, full of unknowns and fears and, sadly, far too empty of happy memories. But at least we can now say that it is over. And that while the immediate future continues to look full of peril and heartbreak, I'm sure that overall 2021 will be a much more positive one for many of us. However, there are of course some out there who sadly are not around to look forward to brighter horizons and I want to start this piece by offering my wholehearted sympathies to anyone who lost someone close to them, through covid or otherwise, during 2020. I hope this year brings you better fortune.

So, as we move headlong into 2021, it feels like the right time to embrace change and enrich our lives with the things that feel good. For this month's edition of A-CHOICES magazine, I had the pleasure of interviewing the beautiful designer, TV presenter and model - Amal Fashanu (daughter of the legendary footballer John Fashanu) on filmmaking, her business ventures, racism and her equality campaigns, and she left me feeling both inspired and a little bit emotional. Despite her phenomenal work output over the last few years, Amal's key focus remains her family. After that roller-coaster year, here's to a brighter 2021. Keep well and safe. God bless.

With warmest wishes
Editor-in-Chief
Gbenga Teejay Okunlola

EXCLUSIVE INTERVIEW WITH: DESIGNER,MODEL,TV PRESENTER,SINGER,ACTIVIST AND FILMAKER

-AMAL FASHANU...



By: *Gbenga Teejay Okunlola*
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Amal Fashanu is a name that needs no introduction. Daughter of football legend John Fashanu and Spanish model Marisol Acuna. Amal shot to fame with her hard-hitting BBC Three documentary Britain's Gay Footballers, few years ago. Amal is a respected documentary film-maker. Fashion model, TV presenter, model, designer and a tireless equality campaigner. The 31 year old beauty has produced 4 documentaries: "Britain's gay Footballers" for mental health and "Footballers, Se, Money: What's Gone Wrong" for BBC3. In 2012 she was invited by the then Prime Minister David Cameron to a summit on discrimination in football at Downing Street.

Last year, Amal established the Justin Fashanu Foundation, named after her uncle who tragically took his own life eight years after becoming the first professional footballer to come out as gay. She has proven that some things do run in the family with her countless and tireless campaign against racism in football, features and magazine covers. In this exclusive interview, Amal talks about her career and other interesting subjects.



A-CHOICES: *Hi, Amal. Please, tell us a little bit about yourself?*

AMAL: So, my name is Amal Fashanu and I was born in London. I grew up in Madrid, Spain and my mother is Spanish, my father is Nigerian. I went to Brunel University. I studied communication and media studies and then I specialized in making documentaries for BBC, followed by having my own street wear equality brand called Black heart label and then I recently launched well recently, I launched a handbag brand two years ago. So, I'm a handbag designer and I am into music which I will be releasing in 2021.

A-CHOICES: *Professional footballers will not discuss homophobia, and you have been battling to put an end to homophobia in the game?*

AMAL: Homophobia football is a topic that I've been talking about since about 2011. I've been an active campaigner not only with homophobia in football but racism and mental health in football. I set up a foundation around 9 months ago called the Justin Fashanu foundation which works with the professional football association of USA and we are now hoping to work with FIFA and the premier league. What the foundation has now been doing this year in 2020 is having an ambassadorial scheme where we appoint three ambassadors from each football club to be mental health ambassadors for our foundation so right now we have three footballers from Norwich city football club who are our three mental health footballers.

A-CHOICES: *Your late uncle Justin Fashanu is finally being recognised as one of football's greatest trailblazers – 22 years after his death. How does this make you feel?*

AMAL: I'm very proud and very honoured that he was my uncle because no matter what your sexuality is, what your religion is or what your race is, you are a human and what is important in this life is to be the best type of human that you can be and that's who I feel Justin was, a good human and individual and not only that, he was very very talented. So for me, the fact that he's finally being recognized is an incredible step forward.

A-CHOICES: *How did you come up with the idea of launching your foundation?*

AMAL: There's this documentary that I made in 2012 called "Britain's Gay Footballers" for BBC 3. Then, I was invited to Downing Street and it made me want to do more, equality wise. And I know that Justin would have been really proud of me doing these types of things that I do.

A-CHOICES: *But he will be forever remembered in English football as the first professional player to come out as gay?*

AMAL: Justin would be remembered as the first black million-pound player in England. That's what happened and then, he was one of the first openly gay professionals to be playing, while still playing he came out. That is something that till today, we have not seen. It is something that is amazing that someone would have the courage and the bravery back then not only to come out as gay but you're also black, you also have a brother who plays in the game and you're also religious so it's going against a lot of barriers but it just proves how strong of a person he was as an individual.

A-CHOICES: *As a film-maker, on which topic would you make your next documentary about?*

AMAL: My next documentary is going to be also based around football because I find that within the football game, I have a lot of access to these individuals who can tell me the truth though I like to explore the world of football that so many people find hard to explore.

A-CHOICES: *As a filmmaker, what words of advice do you have for filmmakers reading this interview?*

AMAL: I will first advice people venturing into documentaries to love the topic that you are talking about, the subject. And I think they have to be passionate about it.

A-CHOICES: *Tell us about your participation in the Black Lives Matters protest in London summer 2020?*



AMAL: I came out with my street wear brand, Black heart label. I have a jumper, it was the most sold out jumper, 2012 and because of black lives matter, I went out to the protest with a few friends and they all wore the jumper and this jumper was pictured in Vogue magazine so once it was pictured in Vogue magazine, it went viral and then obviously on the website, the jumpers were completely sold out and ever since I've been selling these jumpers. I can send you a picture as well.

A-CHOICES: *What is it like being a fashion model, designer, TV presenter, an equality campaigner and a business woman?*

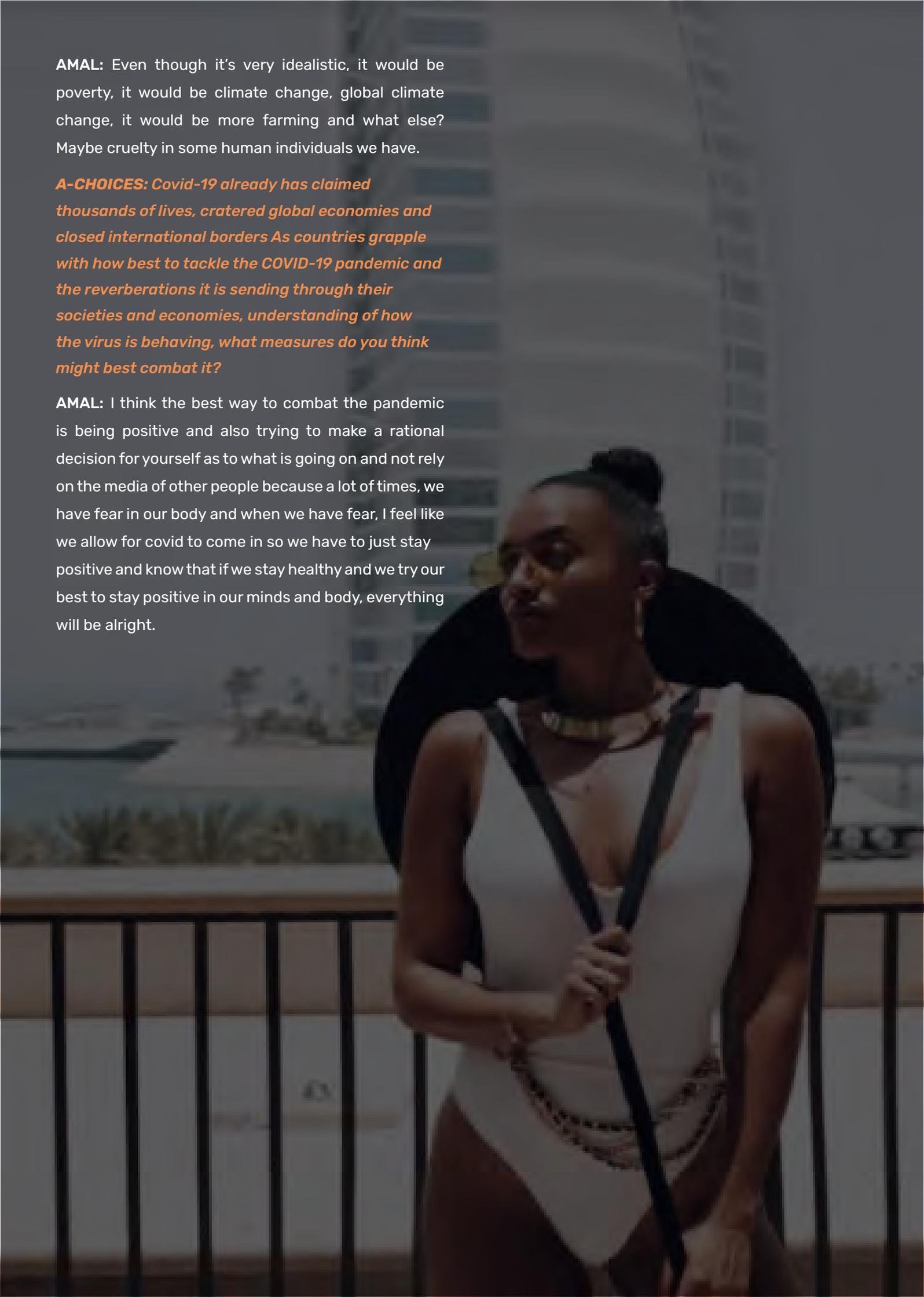
AMAL: When you decide to do many things in life, you have to be very discipline because you have to be very careful, you don't want to be seen as jack of all trades, master of none. So, you need to be very disciplined and focused and you need to make sure that you have a structured time and a structured place for everything that you do and in the meantime, you have to not forget that we only have one life so you have to also have a lot of fun. You have to mix both things and be able to balance them which sometimes becomes hard but as you grow older and wiser, it becomes easier.

A-CHOICES: *If you had the power to change five things in the world, what would they be?*

AMAL: Even though it's very idealistic, it would be poverty, it would be climate change, global climate change, it would be more farming and what else? Maybe cruelty in some human individuals we have.

A-CHOICES: *Covid-19 already has claimed thousands of lives, cratered global economies and closed international borders As countries grapple with how best to tackle the COVID-19 pandemic and the reverberations it is sending through their societies and economies, understanding of how the virus is behaving, what measures do you think might best combat it?*

AMAL: I think the best way to combat the pandemic is being positive and also trying to make a rational decision for yourself as to what is going on and not rely on the media of other people because a lot of times, we have fear in our body and when we have fear, I feel like we allow for covid to come in so we have to just stay positive and know that if we stay healthy and we try our best to stay positive in our minds and body, everything will be alright.





AL-AMAR THE POSITIVE FRAGRANCE FOR THE NEW YEAR!

Interview with Ahmed Hamed, AL-AMAR



By: Albena A. Jones

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At the stroke of midnight on New Year, we all ask ourselves the same question – What will the coming year bring? This year more than any other, the entire humanity is hopeful, waiting for 2021 to begin and bring positivity to wash away the dark traits of 2020.

To affirm our positive mind set, millions around the globe set New Year's resolutions. This task setting process motivates us to commence work on our goal immediately and as a mental award creates a visual of the desired achievement. Some resolutions make it, some don't, it really depends on our determination.

I would like to introduce you to an innovative individual that prefers to have an - All Year resolution! Mr. Ahmed Hamed is an Egyptian businessman, Founder of Al-Amar, he has successfully launched a new product trend in Europe by capturing the exotic African and mystic Middle Eastern fragrances into one big perfumery retail chain that provides a new experience to the European customer. Originally being an international Oil and Gas consultant he combined his experience in international trading with the passion for promoting the rich heritage of his native Egyptian aromatic culture to the Western world. Let his All Year round resolution inspire us for 2021!

ALBENA: *Actually the origin of fragrances comes from ancient Egypt, please tell us more about that?*

AHMED: Well, where to start? Humans have always associated pleasant experiences with certain smells, for example when spring comes everyone receives renewed energy out off the beautiful,

fresh breezes. Similarly cosmetics, beauty, health and the hygienic practices were a major part of the ancient Egyptian lifestyle. Remarkably as recent as last year a great discovery was made, out of the tomb of Cleopatra they recovered her beauty set including her perfume containers. After conducting research on these containers, it was exciting to

discover what exactly the fragrances belonging to Queen Cleopatra contained 3500 years ago. So, before any modern understandings of perfumes, centuries ago ancient Egyptian have created this industry and had provided this solid fragrance background as foundation for the sophisticated perfume culture of today.

ALBENA: *You are a known innovator in the International perfume industry how is the African perfumery spirit and the Middle Eastern aromatic culture incorporated in what you do?*

AHMED: We came across the fact that recently world renowned designer names started tackling the unfamiliar African and Middle Eastern culture and spirit, making attempts to present their imagination about the exotic African or Middle Eastern mystic fragrance products. My innovation came with the idea to represent our perfumery creations and industry into this part of the world, to allow such an experience for the European market and personally because of the fact that I'm married to a Bulgarian lady and I relocated to live in Bulgaria. We started to create a base that was the platform responsible for introducing these products, this culture to the European customers enabling them to experience that exotic part of the world. Many people travel to Dubai, to Egypt, they go on safaris in Africa, but to have the accessibility to having such a product nearby is our responsibility. I can gladly say that for the past 2 years AL-AMAR brand has managed to become the biggest in Eastern Europe.

ALBENA: *It sounds like you truly brought the African and Middle Eastern perfume experience to Europe, how big is your network?*

AHMED: In Bulgaria we have eight stores so far. One in Greece and some distributors. We have a distribution network in Romania and Hungary. We are growing the network further, in the loop we have France, Italy and Germany, this is our next step and now you are the first to know about this exclusive – expansion plan for AL-AMAR. We are the official regional dealership for top seven manufacturers in the industry in Middle East

and Africa, including two of Dubai's super brands – to name some but not limit it to Swiss Arabian Perfume Group, Nabeel Perfumes Group and the Egyptian Mutawaeh Perfume Group.

We also have to mention the fact that we are representing a culture, which is not the normal usage of just a spray perfume that is common to the European customer, but we are introducing the concentrated perfume oils, which are applied differently to the conventional spray perfumes. The longevity of these oils are undisputable due to many factors, in really hot parts of the world a perfume has to be complex and long lasting that after using it once, it will keep giving you the same aromatic experience for the whole day. Because of Europe's weather which is beautiful, fresh, the complexity of our products will give you a unique experience, you might be introduced to something that is unknown to you and you may love it!

ALBENA: *This sounds very interesting, is there an opportunity for others to become part of this business model?*

AHMED: For sure we are open to new partnerships and for the new we have planned to give franchise opportunities to potential parties, enabling them to benefit from the history of the trade mark as well as the variety of brands under our umbrella.

ALBENA: *Have you implemented a switch to digital marketing due to the COVID-19 trade restrictions?*

AHMED: Definitely! The whole economic system is facing a challenging period due to the COVID-19 circumstances and all businesses had to shift. It's an adaptation to the current circumstances but it is crucial, as due to the preventative measures that have been applied for public health it's more challenging for businesses. Our strategy at the current moment is that we shifted to a big extent on to digital presence. Not only in terms of commercial activity, but also in exposure and more product awareness to the customers. We give orientations, which adds the client experience and gives them perfume back ground knowledge. We are doing a great job with this digital shift, I can say.

ALBENA: *Having in mind the lock down state, how can your product enhance the prolonged home stay?*

AHMED: Good question, people recently due to the home stay, home office which is a new norm they have to stay home for longer periods of time and because people are used to a certain lifestyle it gets difficult when it comes to adaptation to this new norm, what we propose to make the home stay more pleasant is a unique tradition of the African and Eastern culture which is the burning of incense or the Arabic word – Bakhoor. Incense are basically small chunks of scented wood, that can be used in this form or transformed into powder or other forms and have added fragrances and components like lavender, vanilla, etc. It was commonly known in the form of incense sticks, but we provide this other forms as well - one can use an incense burner lit with charcoal, place the incense on top to release it's magical aroma. Your house will smell great, the whole energy of your surroundings will be super charged, it's also used for relaxation, aromatherapy, basically it's beneficial and enjoyable to use during the current situation.

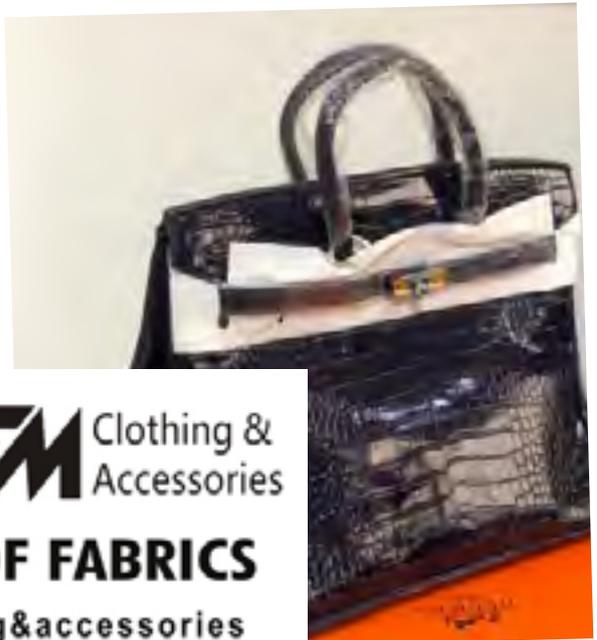
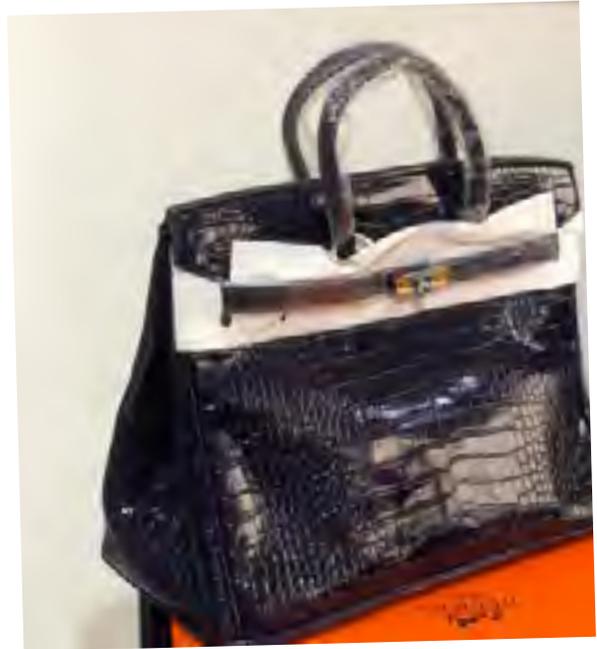
ALBENA: *I always emphasise on the potential of Africa, please share your professional opinion on that matter?*

AHMED: Africa is a very, very rich continent. Judging by my speciality I can name some resources of richness of Africa, which we take as a responsibility to promote, such resources is the Egyptian Jasmine, which is the finest Jasmine of all. Egypt has the world's biggest reserve of Jasmine, up to 7 tonnes per year, which is utilised by perfume designers and manufacturers worldwide. Also the famous Egyptian Lotus, for thousands of years it has been reflected and incorporated in the ancient Egyptian art and culture, today it has vast use in perfume products.

ALBENA: *Last year has been very challenging for the entire humanity, everyone is looking for a positive start to the New Year. Share with us what is your New Year's resolution and your message to our readers for 2021?*



AHMED: Speaking of New Year's resolution, I don't have one, I prefer to have - an All Year round resolution, it has to be continuous. That is partially the answer to the 2nd part of the question - stay positive, always be positive, always believe that as long as you're gaining progress today, small wins will count! Focus on the small wins daily and by the end of the year you will find the accumulated winnings astounding. I wish everybody all the best, stay healthy, stay safe and positive all year round.



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Law and Business in Bulgaria



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I represent „Dimitrov & Partners” Law Firm, we are registered in the Bulgarian capital, Sofia. Founded in 1993 as an independent law office, over the years we grew into a law firm uniting lawyers with varied experience in all fields of law. To find out about our legal services, visit our web site www.dp-lawfirm.com. We also have working partnerships with numerous law firms and legal practitioners around the world.

Our focus is to support the international business sector, companies that wish to invest in the various sectors of the Bulgarian economy - banks, finance, private companies, real estate, agriculture, tourism, transport, natural resources, etc.

We have also established a real estate agency to support the needs of property investors coming to Bulgaria. Bulgaria is known for still having the 4 defined seasons - summer, autumn, winter, and spring. We have contrasting beautiful mountains and the Black Sea coast. Bulgaria is one of the few countries in the world that has a large amount of fresh drinking water, it springs directly from the earth core and its purity makes it suitable for consumption without processing, the country also has large mineral water sources.

That makes it a potentially attractive destination for investors or individuals wishing to relocate.

Not to mention, that the Corporate Tax is only 10% and the VAT is at 20%.



Our legal services are aimed at consulting, supporting, and conducting all procedures from company registration to accommodation and real estate settlement of incoming and established investors. We carry out full legal due diligence of companies, including from tax perspective. We provide full assistance for individuals with financial opportunities wishing to buy a property or business in Bulgaria, and after a successful accomplishment we can become their trustworthy legal representative.

We are focused and have sufficient long term experience in international business and international transactions.

Bulgaria has a Law for Protection of the foreign company and private investments, it also has a legal provision for obtaining a residential status and citizenship application as a result of an investment.

This is important because Bulgaria is an EU country and when you settle in Bulgaria and base your company's headquarters here, you enjoy the status of a European company.

The IT industry is highly developed here, Bulgaria is known for recruitment of good IT programmers, which is the main reason for many companies from the USA, Ireland and others have established their outsourcing company branches in Bulgaria.

Furthermore, the tourist industry here also provides good opportunities for skiing in the winter and seaside holidays in summer. Although in the last year this sector has been the worst affected by the Covid-19, the pandemic will soon pass and this is a perfect timing for investors to identify new destinations for establishing a business or new business ventures.

Over the years through our solid legal expertise, we have served already established clients in Bulgaria and abroad. We hope you will be one of them, too.

Welcome to Bulgaria!

HOW TO BECOME A BULGARIAN PERMANENT RESIDENT OR CITIZEN BY WAY OF PURCHASING PROPERTY

By: Gbenga Teejay Okunlola & Albena Jones



Although EU citizens can travel and work freely throughout the EU member states, there are still some restrictions in place for those who wish to relocate permanently and for those who are from “third countries”, meaning non-EEA countries and people who are not Swiss citizens. Did you know that if you bought a Bulgarian property or business you can obtain permanent citizenship? The recommended way, is to hire a specialist law firm to arrange for immigration and deal with work permit requirements before you arrive. In addition to dealing with your permanent residency needs and work permit issues, a law firm based near your future home can also deal with arranging family permits for non-EU national family members who wish to join you. In this issue we would like to introduce you to such an opportunity. A law firm in Sofia that offer full planning services from buying or renting property, both residential and commercial all the way to assisting you with child care and education if needed.

CITIZENSHIP BY INVESTMENT

Since 2013, Bulgaria’s government has offered a immigration program that can lead to long-term residency and, where applicable, to full citizenship. Since that year, foreign investors have been spending more than 500,000 Euros or 1,000,000 BGN on amazing residential properties that represent excellent value for money and in due time they have been enjoying the benefits of being EU citizens without limitations. Recently many have discovered the beneficial ways to obtain residency by investment is to either start or buy a company that is registered in Bulgaria. There are certain advantages doing this, as Bulgaria has one of the lowest flat tax rates in the EU (10% at the time of writing).

Once the legal period of actually living in the country has been met, it is possible for non-EU residents to apply for full citizenship. If you happen to be from a third country, investing in a Bulgarian business or investing in Bulgarian real estate can provide you with EU nationality and visa free travel throughout the whole territory of the EU. One advantage of choosing Bulgaria is that the investment is 100% refundable, if you purchase, for example, Bulgarian shares on the stock exchange or buy government bonds or similar investment vehicles. Doing so means you gain unlimited living and working rights throughout the EU territory.

It is also possible to acquire permanent residency status by investing more than 1,000,000 BGN in a Bulgarian licensed credit institution for a time of no less than 5 years or by investing at least 6,000,000 BGN in the capital of a Bulgarian company, where shares are not traded on a regulated market. Investors who get involved with large-scale development projects, such as infrastructure for example, are also able to obtain long-term residency rights.

If you are planning to invest in Bulgaria, be it in a company formation, a trade representative office, a second residency opportunity for you and family or simply to retire, live and work in Bulgaria, one must consult a specialist law firm about residency, inheritance and taxation issues. A-CHOICES recommend our legal partners DP Law Firm, who are one of the most reputable and leading multilingual law firms in Bulgaria. To familiarize yourselves review the published company profile in this issue. When contacting them quote ref: a-choices magazine.

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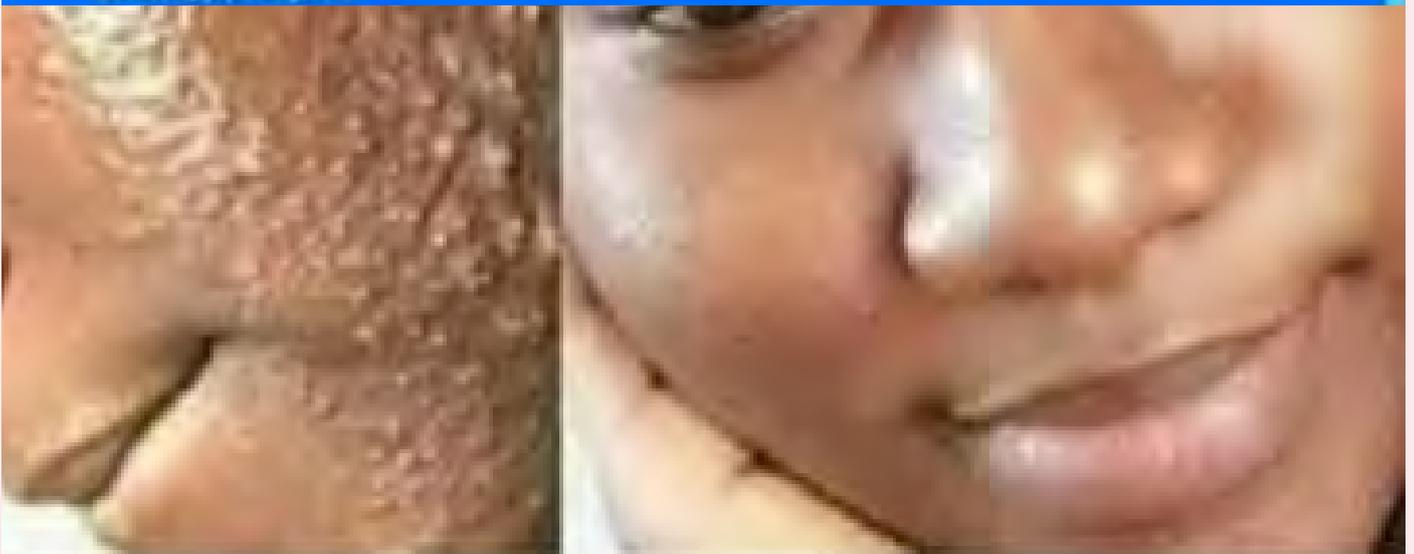
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WHY YOU NEED TO SLEEP WELL



By: Dr. Funmilayo Awoleye-Beckley

Sleeping well is important for your physical and mental health. My motto in life has always been "Life is what you make of it" Hence, I always try to seize every opportunity to do the things I truly love. But with so many things to do and so little time, something's gotta give. In my case, it is often the amount of sleep I get; there is always something more exciting to do. A party, a late-night drink, emails to check, watching TV etc. Sleep is expendable, right? Wrong. One might have gotten away with it when one was younger, but these days one pays a price when you cut your sleep short.

We can all relate to feeling tired and run down if we don't get enough sleep. However, not getting enough sleep over a longer period of time can have a big impact on our physical and mental health. The recommended amount of sleep for an adult is around eight hours, but some people need more, while others can cope with less. We each need to work out what works for us and then get into a healthy sleep pattern, as getting it right helps us achieve a long, happy and healthy life. Deprive yourself of sleep and your body and mind will feel the impact; impatience, irritation, bad memory, mood swings, lack of focus, low energy—just to name a few. If you get in the habit of skipping your nightly 7-8 hours, you might even run into health problems over time. Scientists say that we need restful sleep to restore our souls, heal our bodies and off-load our brains to stay healthy. We eat nutritiously, work out regularly and try to reduce stress because it contributes to our well-being. So why do we sacrifice sleep so easily, when it is so important to our survival?

A poor night's sleep is likely to leave us feeling irritable, tired and lethargic and can affect how we perform at work or home the next day.



If your sleep is disrupted for a number of nights, you are likely to find it difficult to concentrate and make sound decisions. Risk of accidents (and potential injury) increases and your mental health could suffer too. An old friend of mine recently said to me that your body will take care of you up until the age of 40.

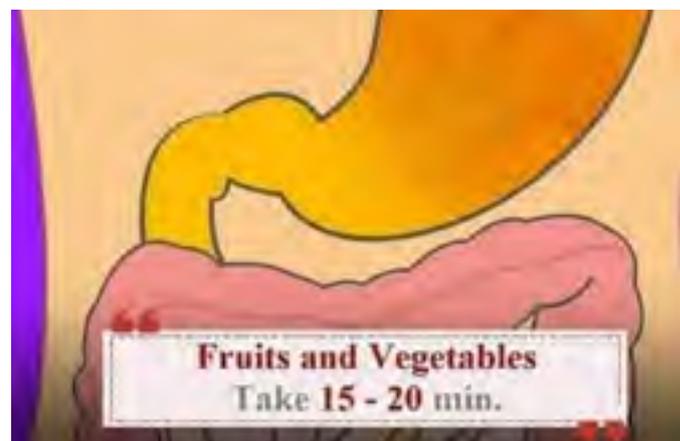
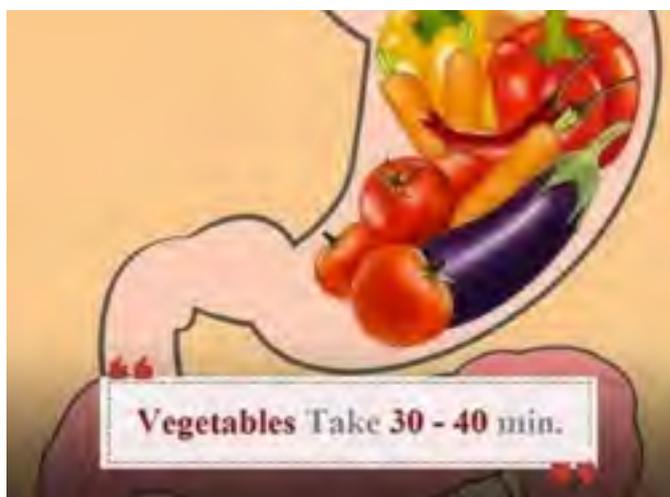
After that you have to take care of your body. Getting enough sleep should be your starting point.

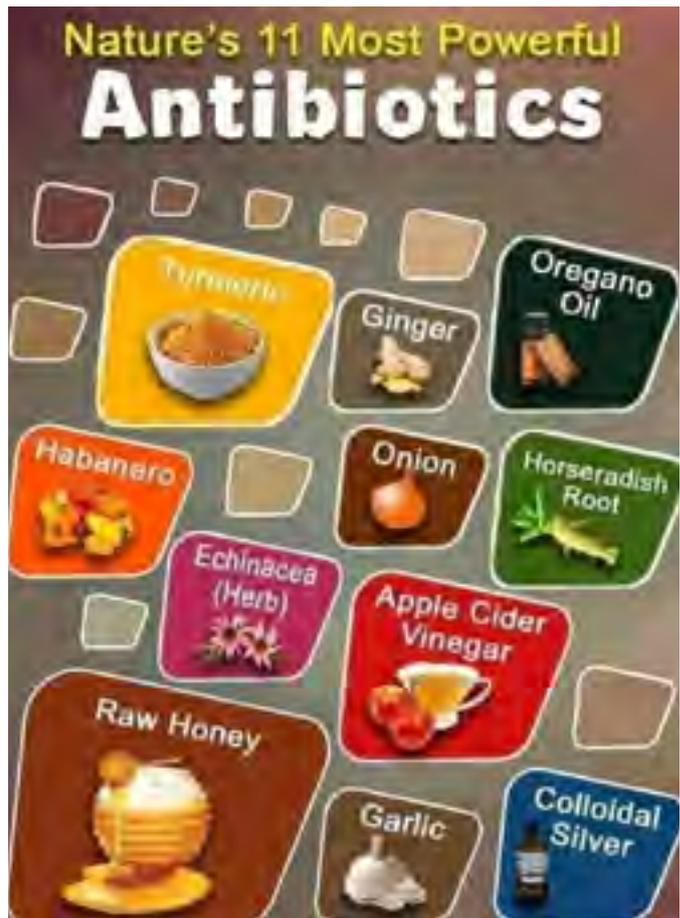
These days, sleep disorders are on the rise and 1 in 6 people has trouble sleeping. Two of the major causes are stress and the blue light emanating from your phone and TV.

My personal sleep tip for you? Something I do regularly. Before bedtime, write down your to-do list in as much detail as possible. This way your brain will have processed it and you won't lie awake worrying all night. After that, when you are in bed, take 2 or 3 minutes to simply look into the light of a candle. This relaxes you, helps your brain counteract the blue light



HEALTH BENEFIT





The Right Time To DRINK WATER

- 
After Waking Up
 1 glass to Cleanse your organs
- 
Before a meal
 1 glass to dilute your digestive juices
- 
Before a shower
 1 glass to lower your blood pressure
- 
Before going to bed
 1 glass to keep yourself hydrated

Top Natural Painkillers

Earache Garlic		Toothache Cloves
Heartburn Apple Cider Vinegar		Chronic Pain Turmeric
Joint Pain Cherries		Bloating Pineapple
Sore Muscles Peppermint		Sinus Pain Horseradish
Injury Pain Water		Urinary Tract Infections Blueberries

Arthritis Pain

Turmeric
The curcumin content in turmeric has potent healing properties.

Ginger
The anti-inflammatory compounds in ginger can effectively relieve arthritis pain.

Cherries
Cherries contain polyphenols called anthocyanosides that can help treat and reduce pain.

Pineapples
The bromelain content in pineapples has powerful anti-inflammatory properties.

Omega-3-Rich Foods
Fish oil, flaxseeds, and chia seeds can help soothe joint pain.

Raw Apple Cider Vinegar (ACV)
The high acetic content in ACV can negate the effects of inflammation.

20 BENEFITS OF WALKING 30 MINUTES A DAY



1. Improves mood
2. Helps to manage stress
3. Helps you lose weight
4. Improves circulation
5. Improves heart health
6. Improves bone density
7. Improves balance
8. Improves posture
9. Improves digestion
10. Improves blood sugar
11. Improves blood pressure
12. Improves cholesterol
13. Improves energy levels
14. Improves skin health
15. Improves immune system
16. Improves memory
17. Improves focus
18. Improves productivity
19. Improves relationships
20. Improves overall health

Why You Should Start Your Day With Lemon Water

1. Fresh breath
2. Improved digestion
3. Better hydration
4. Boosted energy levels
5. Stronger immune system
6. Prevention of cough and colds
7. Clearer skin
8. Relief from inflammation
9. Regulated pH levels
10. Steady weight loss
11. Sharper brain function
12. Reduced risk of cancer

Drinking Water From A COPPER CUP helps



- Kill bacteria
- Stimulate the brain
- Regulate the functioning of the thyroid gland
- Soothes arthritis pain
- Boost skin health
- Slow-down aging
- Improve digestion
- Get rid of anemia
- Lower the risk of cancer and heart disease

10 Benefits Of Drinking LEMON WATER On An Empty Stomach

1. Boosts metabolism
2. Relieves constipation
3. Speeds up athletic recovery
4. Acts as a natural diuretic
5. Prevents flu and colds
6. Reduces blood pressure
7. Relieves inflammation
8. Improves skin health
9. Rehydrates the entire body
10. Promotes weight loss

HONEY for COLD 	HONEY for DETOX 
HONEY for SINUS 	HONEY for WEIGHT LOSS 
HONEY for COUGH 	HONEY for TOOTHACHE 

Benefits Of Pineapple Juice

1. Boosts immunity
2. Aids digestion
3. Relieves cough and sinusitis
4. Reduces arthritis pain
5. Strengthens bones
6. Reduces period cramps
7. Lowers the risk of cancer



3 Amazing Juice Recipes For Better Health

For Improved Heart Health  1. Carrot 2. Orange 3. Apple 4. Spinach 5. Water	For A Complete Detox  1. Apple 2. Cucumber 3. Kale 4. Lemon 5. Ginger 6. Celery
For Increased Energy Levels  1. Apple 2. Cucumber 3. Kale 4. Spinach 5. Lemon	



Ahmed Hamed

Owner

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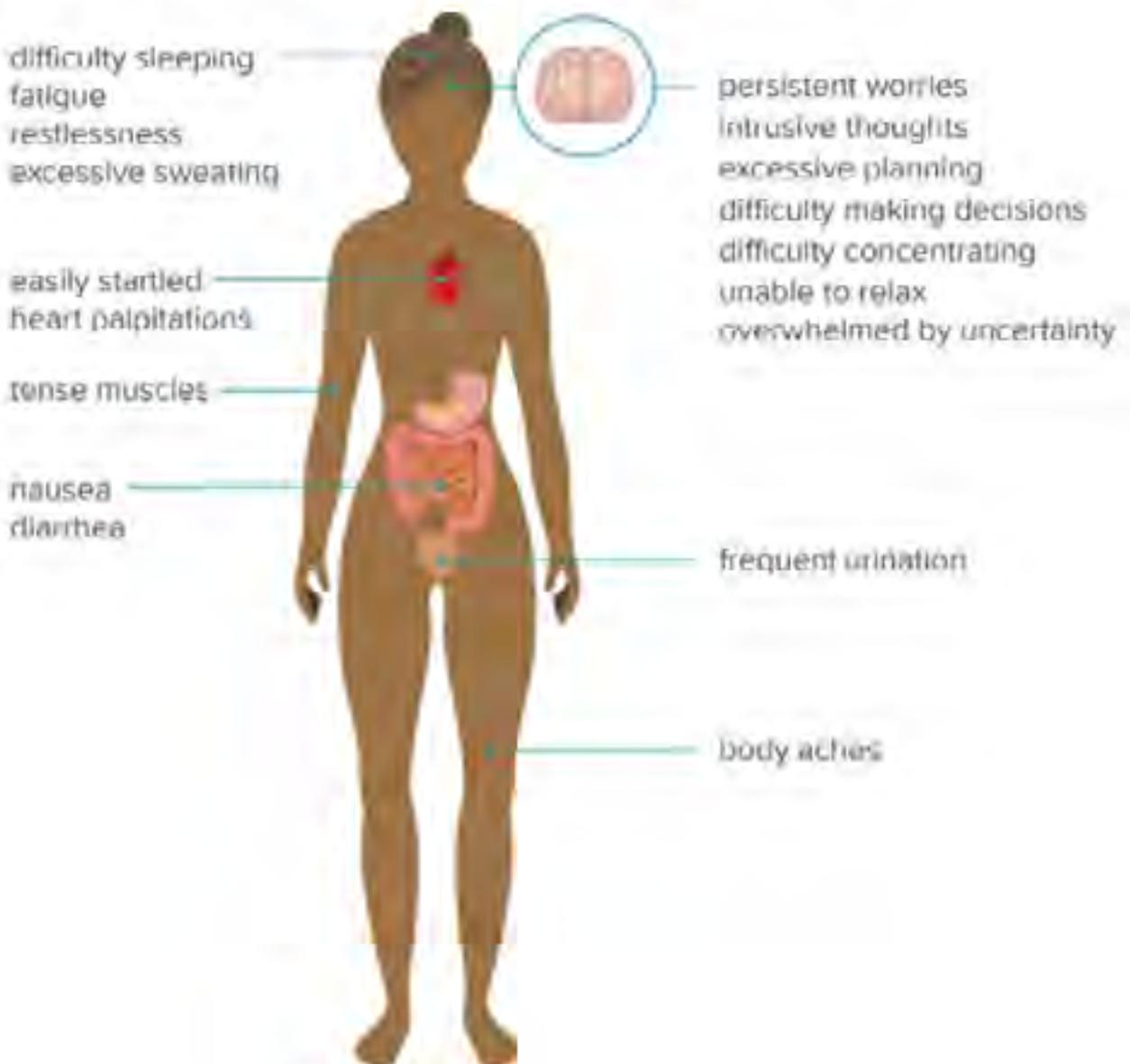
Lifelong scars, a beautiful woman,
anxiety and depression.



By: Akosua Darko

MEDICALNEWS TODAY

Effects on the Body Generalized Anxiety Disorder



I have anxiety disorder and I am depressed. These words are so heavy and hard to write, even more so to admit. It's tough to say especially in an ethnic minority group where not being okay is seen as weak, dysfunctional, abnormal, something you can pray away or something you're not just getting over. It's not something you can snap your fingers and wash away. Depression and anxiety are mental turmoil.

I feel like the devil knocks on my door 24/7. I've been depressed since I was nine, subject to too many childhood traumas. I've been anxious since then too. I have lived in fear for a long time but my fear was comfortable because I am so well acquainted with it. When you grow up and society is telling you to hate yourself, or you're not good enough are words washed over you. We all want to fit in, be acceptable, liked, clever, wholesome, fun, fantastic, the best, be all and end all. Nobody wants to be seen as an outsider. We all want to be esteemed by other people. Unfortunately, growing up, for me, that wasn't the case. I was shot down constantly and berated. That made my self-esteem very low, I'm struggling to build it up in my mid 20's. Some say I should snap out of it, if it was that simple I would have a long time ago. I want to be happy more than anybody. Some may say worse things have happened to people and they survived. That may be true but my DNA belongs to me, it doesn't include anybody.

Some people's pain is hidden behind a facade to show the world that they're okay. Well, the me today is refusing to do such. She is refusing to pretend to be something she's not. At the root of continuous depression, anxiety and a lackluster life is the idea of living for other people, not living for oneself. Worrying about what other people will think. I've made some bad decisions and some of them were to please others. When I gave up my right to be myself when I was younger to beg for the praise of others. I hurt the sweet little girl I was. When I was older and I made decisions to satisfy other people's ideas of me guess who I hurt, myself. For not being fully present and alive. Most of my depression and anxiety is caused by fear of all the things I stopped

myself doing because I didn't want to be me. I felt like I was wrong because I wasn't anybody's idea of who or what I should be.

I'm learning to love myself. I didn't even know who she was. I was angry, bitter and upset all the time because I didn't even like being in my own body. I spent my whole life trying to find who I was supposed to be. Now being myself and peeling my layers is driving me to the brink of insanity because it's so painful not to hide behind wanting to please other people's opinions. Well, this is me. Anxiety ridden, Christian and depressed, totally unashamed about it now. It is what it is. I dare you to show people who you truly are and learn your feelings are valid. Some will run from the negativity. However, you are first in your life believe that! When bad times come, the people who love who you pretend to be, will run! You'll find only you will deal with the consequences of your actions.

THIS IS FOR YOUNG GIRLS- A letter to my younger self.



By: Akosua Darko

I hope you don't make the same mistakes I did. I hope you learn to be yourself. I hope you don't follow anybody's dreams, even your parents. This is your life, be respectful, and polite. However, live it solely for yourself. Carry yourself like a queen who is in command but full of dignity, compassion, empathy and good at relating with people in a respectful manner.

I hope you learn your voice is oh so important before I did. I hope you learn to tell your truth even if people disagree and it makes them uncomfortable. At the end of the day you'll be uncomfortable twisting into shapes you cannot bend into because it's not you. I hope you learn that you are valuable, your opinions, thoughts and ideas matter, even as a child. It will help you shape up to be a responsible adult who doesn't bow down to others.

You are a star in your own right, the only you and only you can bring forth your talents in this world. You have something unique and wonderful to offer, remember that. I know you are young, but let that little light of yours please shine brightly.

I know the world will make you question your beauty, your talents and whether you are good enough. Let me tell you, you are! Phenomenal! Somebody worthy of love, fulfillment and satisfaction. You are worthy of all good, fabulous and special things the world has to offer. Do not discover that in your mid 20's like me. Your childhood is a chance to learn, grow, play, have fun and become. It's the time you are free of all adult responsibility. It's not the time to be worrying about being good or pretty enough for friends, peers or boys. Total waste of time.



Choose your friends wisely. Do not be friends with people who do not accept, care for you or want you to be better. Friends who steal your joy, peace and happiness from you. Friends who make you feel you have to be more to earn their love or respect. Those friends are childhood ghosts who will steal your childhood and your self esteem. I don't care how popular or how cool they seem. If they don't like you for you and affirm, support, cherish, have clean fun with you and help you grow. They are not worthy of you. I want you to get it into your head, you are worthy of only spectacular things. I want you to enjoy friendship and realise it can be healthy, not toxic and that's the way it should be. A friend should have your back and not play a part with other groups in bringing you down to be liked. Steer clear of such people, when people are young they want popularity. However, you my dear are

Most of all enjoy being educated. Read, challenge yourself with school work, go above and beyond to divulge all you can so that you can be the best you possible. Being young is the time to explore knowledge, you have all the time in the world and no cares to help you do that. Learn about nature, societies, humanity, yourself, life, money and everything. Keep an open

I wish you heed my advice, I wish you great things and none of my mistakes.

Love,

A woman who thinks you're important enough to advice you.

JUSTINA MUTALE REVEALS POWER SECRETS OF FEMALE WORLD



*Gbenga Teejay Okunola, Publisher/Editor-in-Chief
A-CHOICES magazine with Dr. Justina Mutale.*

society for the better. Within her new book, **“The Art of Iconic Leadership”**, Justina delves into the past and present of iconic women to inspire the trailblazing leaders of the future and implore them to harness opportunities for global change.

“This book is my gift to the next generation woman, to every young woman and every girl. A gift to inspire their leadership journey and to let them know that it is possible to lead as a female”, say Justina Mutale.

Justina’s specialist knowledge regarding the strategies to excel as a female leader is evident from her distinctive track record. Justina is a seasoned professional speaker, delegate, event convenor, mentor and leadership coach. She discusses her own first-hand experiences in the book, both the successes and challenges, to motivate readers. With this in mind, proceeds from the book go to the Scholarship Fund at the Justina Mutale Foundation to help disadvantaged young women and girls from rural communities in Africa access tertiary education across the globe.

Within the book, which pulls together politics, gender, economy, strategy, leadership and geo-politics, Justina has identified a number of different characteristics, many of these soft skills, that she believes are fundamental for effective leadership and have been consistently exhibited by female leaders across history, including courage,

London: “The power of women in politics is a soft power”, said Kosovo’s first-ever female President, Atifete Jahjaga.

Justina Mutale has gone ahead to reveal that power, by writing a book that chronicles the leadership journey and stories of iconic female world leaders through the ages.

“This book is making a timely debut at a significant moment in world history... a time in which issues of gender parity, and the empowerment of women, are taking their pride of place in global discourse”, says Senator Donzella J. James, Senate of the State of Georgia, USA.

Despite growing numbers of female world leaders and changing mind-sets, leadership continues to be dominated by men. In her book, Justina Mutale argues that throughout history we have seen many powerful women across the world excel in leadership and demonstrate key characteristics that, if emulated and embraced, have the power to fundamentally change

compassion, resilience and purpose. She also delves into how millennials are leading differently, reflecting on Jacinda Ardern's impressive success to date.

"The entry of this book into the global literary market is both welcome and necessary... it plays its part in an enduring legacy to inspire women and girls this century and beyond", Says Baroness Sandip K. Verma, Chair of UN Women UK & Member of The House of Lords.

To demonstrate the power of these characteristics she showcases key female leaders in history, bringing the achievements of women across the world to the fore to show just what is possible with women at the helm. Justina recounts the reign of Catherine the Great of Russia and how she exercised her creativity to bring innovation like no other. Justina also discusses Queen Elizabeth II and the successful leadership characteristics she has embodied throughout her reign, including astute emotional intelligence. The book has a global focus and includes many women outside of the western world that perhaps readers may not have heard of, including Nkosazana Dlamini-Zuma, the first ever woman to lead the African Union Commission. She is also the first ever woman to present herself as a presidential candidate in South Africa.

It is clear that the coronavirus pandemic has proved the effectiveness of female leadership in times of crisis, and it is essential this recognition is not lost. Justina argues that female leaders are infinitely capable and flourish given the same opportunities as their male counterparts. ***The Art of Iconic Leadership*** is the perfect read for anyone seeking a comprehensive guide to the power of secrets of female world leaders. It is an ideal read for any aspiring female leader keen to learn about the past and the present, so they can be prepared to be the future and command real change. *The Art of Iconic Leadership*, hit No.1 international bestseller on its first day of release in December 2020.

The book is available at Amazon as well as in book stores, airports, and E- book platforms, as well as some libraries and universities around the world.

For press enquiries please contact the Press Team at: +44 (0) 1603 743 363 or Email: media@panomapress.com

About the Author:

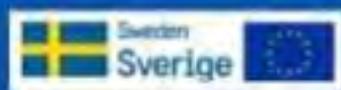
Acclaimed as one of the most influential and inspirational women of African origin, Dr Justin Mutable is the "African Woman of the Year" 2012, an honour bestowed upon Justin on the same platform as Archbishop Desmond Tutu of South Africa as well as the former President of Malawi, The Rt. Hon. Joyce Banda and the former female Deputy Prime Minister of Zimbabwe, The Hon. Tanzanian Ketchup. Justin has twice been honoured on the same platform as the first President of the Republic of Zambia Dr Kenneth Kaunda in the Voice Achievers Awards in the Netherlands and the Global Officials of Dignity (G.O.D.) Awards held at the United Nations Headquarters in New York.

Justina is the Founder & President of the Justina Mutale Foundation and its Scholarship Programme for underprivileged African Young Women. She is also Founder of POSITIVE RUNWAY: The Global Catwalk to Stop the Spread of HIV/AIDS. Named as one of Africa's most respected names, well-known faces, and influential voices, Justina is listed in various Who's Who Lists, Power Lists and Influential Lists, including the 100 Most Influential Creatives; Black Women in Europe Power List; Global Women Leaders Hall of Fame; and the Black 100+ Hall of Fame, an Exhibition & Legacy of the top 100 Black Achievers in modern Britain. She is also a Distinguished Member of the Royal Biographical Institute and the Global Institute of Human Excellency. Justina has been honoured for her outstanding and phenomenal leadership qualities as a National and Regional Stateswoman; as well as Global Leader of the Year, and Iconic Woman Leader of the Decade. She serves on the Board of the World Leaders Forum and is Global Ambassador and Spokesperson of the International Women's Think Tank. A civil society delegate to the United Nations Commission on the Status of Women (UNCSW) and the African Union High Level Panel on Gender Equality and Women's



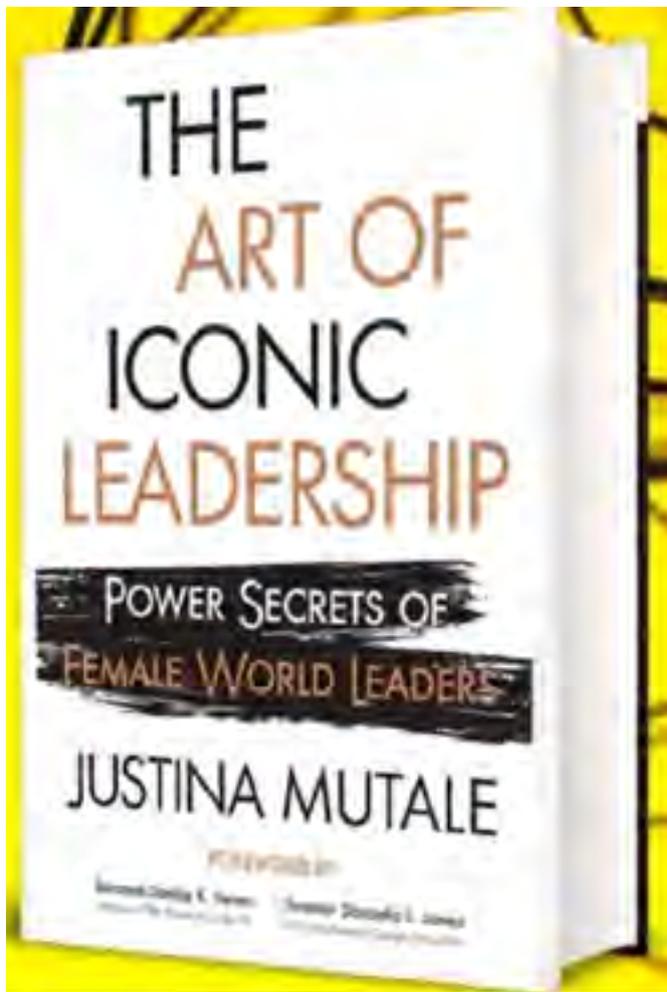
Women In Leadership

Justina Mutale , CEO, Justina Mutale Foundation



#Bom2Lead

Building
Solidarity for
Women's
Empowerment



Empowerment, Justina serves as President, Patron, Ambassador, Trustee, Board Member, Advisor and Mentor to various humanitarian, charitable and community organisations in the UK and overseas. Prior to founding her own organisations, Justina worked in the Commonwealth Secretariat in London.

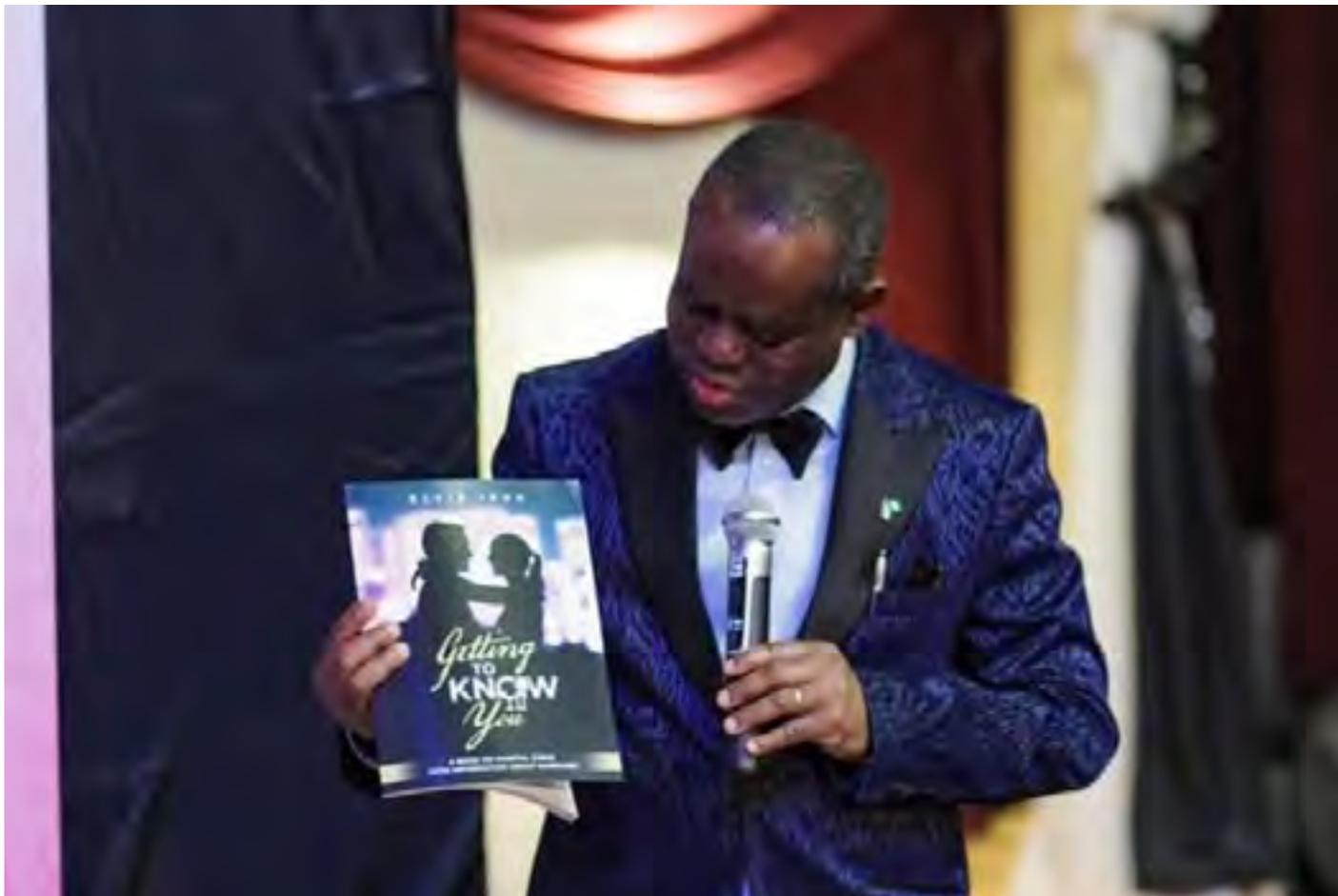
Among others, Justina serves on the Boards of the World Leaders Forum (Dubai); British Award for African Development (UK); Young CEO's Global Forum; African Achievers Awards (Africa); Resource Alliance (UK); WEforWE Global Campaign for Women (India); Young African Leaders Forum (Africa). She is also the Fashion Editor/ Senior Media Adviser of **A- CHOICES Magazine**, London, UK. She is the Honorary President of the Martial Arts Academy (France); and acts as Advisor and Mentor to the Young African Leaders Forum.

Justina has been featured as a Hero in the Capital Finance International Journal, which brings coverage and analysis of the drivers behind change by combining the views of leading multilateral and national organizations with thought leadership from

some of the world's top minds. Having gained global recognition for her ability, as a public personality to use her status to potentially influence the thinking of both Africans and non-Africans alike, Justina is featured among Africa's most respected names, well-known faces, and influential voices who inspire the future, motivate the young generation, and raise the profile to positively alter the perceptions of Africa and Africans around the world.

A-CHOICES MAGAZINE

GETTING TO KNOW YOU - A BOOK ON MARITAL STEPS WITH INFORMATION



BOOK REVIEW

Pastor Elvis Iruh's new book is out.....

Title: "Getting to know you" - A book on marital steps with information about marriage

Author: Pastor Amb. Elvis Iruh

About the book:

Whether you're preparing for marriage or want to enjoy a deeper union with your spouse, this guide will help you enjoy a relationship built on solid Christian values.

Pastor Elvis Iruh is a licensed minister with Victory Outreach International. His book highlights simple principles that are often taken for granted.

Learn how to:

- get to really know a love interest before deciding to marry;
- avoid mistakes that lead to divorce;
- appreciate the sanctity of marriage;
- forgive your partner when they make mistakes.

ELVIS IRUH



Getting
TO
KNOW
You

A BOOK ON MARITAL STEPS
WITH INFORMATION ABOUT MARRIAGE

Before you think of getting married, you should take the necessary steps to really get to know your partner. Your past should not contain any surprises - and your values must be aligned. This revealing book is filled with practical exercises that partners can carry out with each other as well as guidance for pastors and church leaders who may need help in advising couples. This guide will help couples enjoy marriage that is built to last.

About the Author

ELVIS IRUH is a native of Delta State, Nigeria. He attended numerous schools in Nigeria, including the Nigeria Institute of Journalism, Lagos, Nigeria, before continuing his studies in Europe and earning a degree in theology from Victory Education & Training Institute.

He worked for several media organizations in Nigeria as well and has been the publisher and editor-in-chief of The Voice news magazine since August 1999. He is serving as an associate pastor at Victory Outreach Almere, The Netherlands.

The book can be used for educational purposes as well as educating your children on the subject of marriage. He is also available to speak on related topics covered in the book at any organized event or church activities. He is open for collaborative efforts to strengthen marriage institutions worldwide. It is a mission he has dedicated himself to helping the younger generation to talk and address the challenges they face in building good and solid relationships which could end up in marriage.



You can purchase the book in Holland via his website: www.elvisiruh.com or through his publishers': www.authorhouse.com/elvisiruh or on www.amazon.co.uk via this

GETTING TO KNOW YOU - A BOOK ON MARITAL STEPS WITH INFORMATION ABOUT MARRIAGE

link: https://www.amazon.co.uk/gp/aw/d/1665580844/ref=ox_sc_act_image_1?smid=AHRB20K2Q2YCL&psc=1

You can contact him directly through any of his social media handle for your questions or comments, he would look into it and respond would be sent to you accordingly.

Email: info@elvisiruh.com or elvisiruh@gmail.com

AMAL FASHANU BAGS

By: Toyin Olamigoke

Fashion Editor

temitolagoke145@gmail.com



Some girls are into shoes, Amal has always been into bags. From a young age was she able to appreciate art, architecture and fashion. What sacrifices would you have to make to afford Amal's gorgeous Hand bag-all butter soft leather,ruches and gold hardware. The It-Bag is the ultimate 21st- century object of desire,not just for supermodels,actresses and celebuitantes, but for working women from all walks of life. These days we are prepared to spend more on a handbag than a holiday or even a car - and we want the rest of the world to know it.Growing up between London and Madrid, Amal graduated at the London School of Communication and went on to present four documentaries for the BBC.

Having completed a Masters in handbag design in Madrid Amal was then able to indulge her dream and passion; returning to London and setting up Amal Fashanu bags in 2017.

Clothes on the catwalk regularly take second place to this most covetable of accessories - clothes are redundant - it's all about the It-Bag. But why do we find bags so desirable? It's partly because they've become a unique outward statement of a woman's status, fashion savvy and earning power - and the rising popularity of handbags over the past 100 years has followed the increasing social independence of their owners.





Two hundred years ago, a woman's role was largely domestic and she would keep her belongings in a purse tucked into the folds of her clothes. But as women started leaving the home, both for leisure and work, bags became a useful way of carrying their possessions.

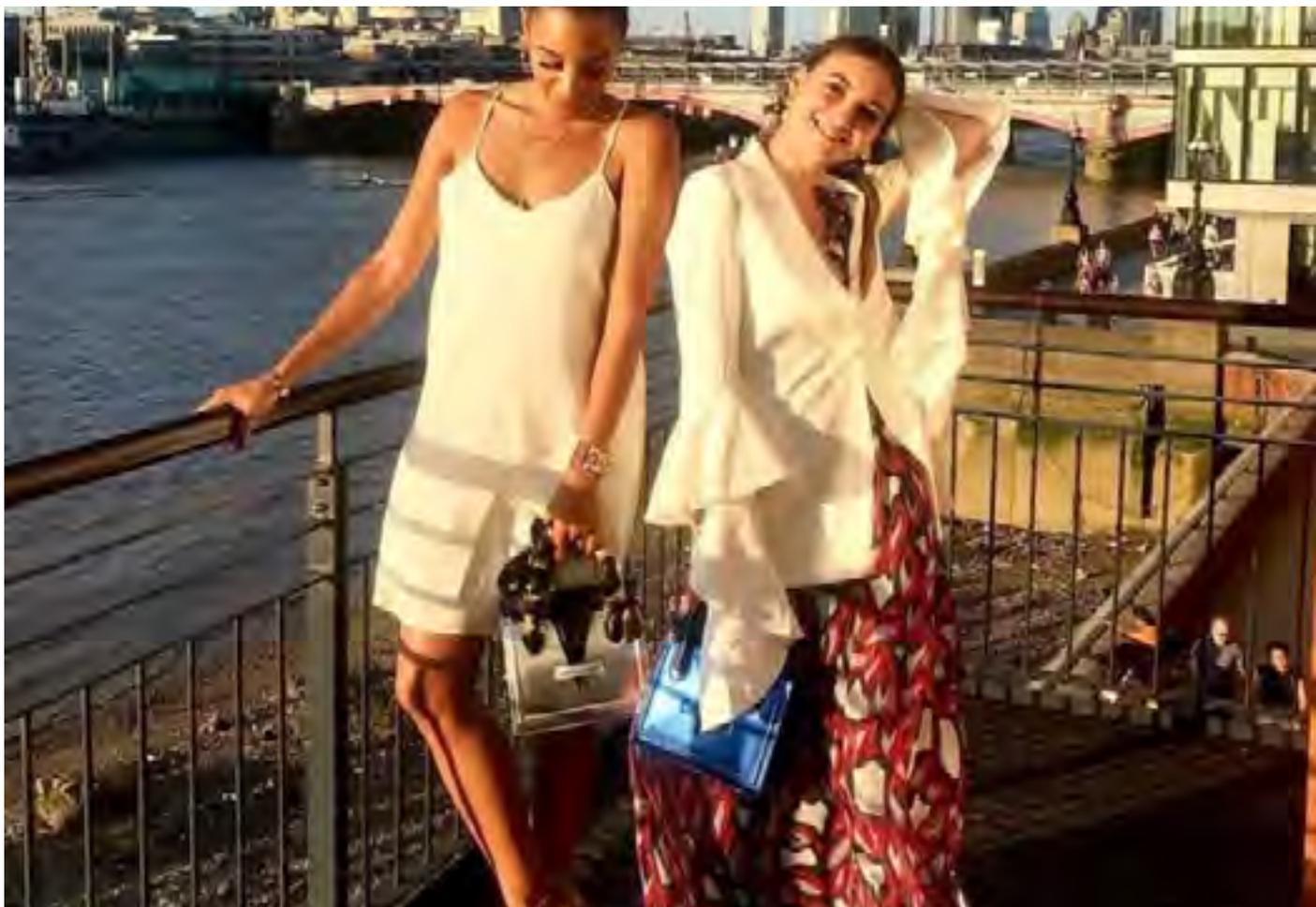
Rail and sea travel caused an explosion in the popularity of fashionable luggage such as suitcases, dressing cases, hat and shoe boxes - out of which the modern leather handbag developed. It's no accident that many of today's most luxurious handbag design houses, such as Louis Vuitton, Gucci, Prada and Hermes, originated in the late 19th and early 20th centuries as travel became more common. Then, as women gained financial independence, so the handbag industry flourished out of all proportion to its humble origins.

For some time, handbags were seen as sexual items - the expression "old bag" for a woman who is past her sexual prime is a lingering part of that legacy. These days, although they no longer have a racy

reputation, they have lost none of their sex appeal and this is probably because the bag remains an accessory that is still very closely associated with all of our most intimate possessions.

A bag contains our survival kit for daily life in the urban jungle - from mobile phone, tampons, make-up, money and keys, to hair straighteners, laptops, Blackberries, chewing gum, condoms or a change of clothes. As a result, its mystique remains intact: many men find the complexities of what women carry in a handbag thrillingly obscure and would never dare to invade its privacy. Most women would feel naked without their handbags. And, as clothes become ever more streamlined and minimalist, it is in your choice of bag that you can make sure you stand out from the crowd

Amal's mission is to design gorgeous yet wearable bags and accessories whilst supporting small family-owned businesses in their growth. Each and every piece is crafted with love paying strict attention to detail to ensure the highest quality.



At the core of the brand sits impeccable design; the Amal Fashanu products are all handmade in Spain using only the softest of Nappa leathers. Our timeless shapes are made for women, who appreciate quality and originality; who love beauty in its purest and most refined form.

Do you ship overseas?

Yes, we ship all over the world. Shipping costs will apply, and will be added at checkout. We run discounts and promotions all year, so stay tuned for exclusive deals.

AMAL STOCKISTS

Available at a number of retailers worldwide.

Contact us:

On Instagram: *@amalfashanuhandbags*

Website: *www.amalfashanuhandbags.com*

www.amalfashanu.com



metise_mini_green



cardholder-orange



metise_clutch_red



Ivory Metise Bum Bag



Metallic Silver Metise Satche



gr_card



Dusty Pink Metise Bum Bag



BUM BAG



AF Handbags -Blacked out Edition Metise Mini



Amal_Handbags



Exclusive Heritage Bag



Heritage Bag



METISE MINI ORANGE



OBITUARY



AUTOBIOGRAPHY

Alhaji Kolawole Abdulwahab Aremu Busari was born on the 11th of November, 1933 in Offa, Kwara State; into the family of Alhaji Salami Akande and Alhaja Saadatu Arinola Busari. He started his Primary school Education at African Primary School Ogidiri, Offa in 1945. He left Offa in 1946 with his Uncle, Baba Busari Aweda to Minna, in Niger State, where he completed his Primary School Education at St. Malachi Primary Sch, Gurmi. Niger state.

He had his Secondary School Education at Olivet Baptist High School, Oyo (Baptist Boys High School) Between 1951 and 1957 where he met some of his very Close friends : Chief Shittu Ajiroba, Chief B.A. Lala, Dr Ayangade, Prof Aminu Jubril, Chief Gboyega Arulogun among others. He got admitted into The University of Ibadan in 1960, where he graduated with a degree in chemistry. He started his career with the Nigerian Sugar Company Bacita in 1965, as a laboratory Chemist, from where he later rose through the ladders to the position of the General Manager in 1977.

In his quest for entrepreneurship he resigned from Nigeria Sugar Company Bacita (NISUCO), in 1981 to start his own company which is called; Kola and Sons Agro Chemicals Limited. His Company produces the cattle salt lick blocks till date it is worthwhile to note that the cattle salt lick blocks was then and for a very long time, the first of its kind in the whole of Nigeria. He managed the business passionately as the MD, CEO Kola & Sons Agro Chemicals Limited.

In the course of his sojourn in the line of his profession, vocation and business, he traveled far and wide to countries like London UK, Australia, Kenya, France , Egypt, India, Guyana and a number of South American countries amongst others. He got Married to Alhaja Iyabo Rabiātu Busari in 1965, with whom he spent 55 years of his life. His marriage was blessed with children, grandchildren and also great grand children. He indeed was a wonderful husband and father.

He indeed was an upright and God fearing personality, with a very deep sense of humour.



He was kind hearted and generous to a fault,a very contented personality that is worthy of emulation.One major attribute which also made him outstanding was his brilliance... (he was extremely knowledgeable with a photographic and retentive memory), and his display of great wisdom and discretion in handling issues of life. He also bagged many meritorious awards .Having lived a fulfilling life, Alhaji Kolawole Abdulwahab Aremu Busari left for the world beyond on the 17th of day of December,2020 after a brief illness.May His Soul Rest In Perfect Peace.

NIGERIAN MAN ELECTED INTO PUBLIC OFFICE IN USA

*By: Bunmi Johnson
Bureau-Chief, New York*



If not for bad leadership, tribal and religious sentiments, endemic corruption, lack of rule of law, Nigeria would have been a great Nation, a force to be reckoned with in the comity of civilized Nations. Nigerians are blessed and talented but the country is not a good environment to nurture and develop talents & creativity. Hence, they keep excelling once they are out of the country. The subject matter in this article is: Will Jawando, an attorney, Jawando is a Nigerian council member in Montgomery County Council in the United States that is promoting the African culture – has proudly rocked a West African traditional attire popularly called Agbada to his inauguration. The young Nigerian-born US based politician wore an Agbada to his swearing-in ceremony in a bid to promote the African culture. “We all come from different culture, it’s really important that we respect our differences even

if those differences come in ways we don’t anticipate or even understand.” So by wearing this agbada, this traditional West African clothing in a public setting to take the public oath of office, it’s part of a bigger and public dialogue that I think it’s needed if we are to understand and respect our differences and move forward.”

Will, who is born to a Nigerian father and a white Kansan mother, is an activist, and community leader with a lifelong dedication to public service. His career has been crafted by a unique combination of grit, compassion, and integrity. Born in Silver Spring, Will’s bi-racial identity gave him an appreciation for the varied experiences life in America can bring. Raised in a low-income household, he was determined to secure a successful future for himself through the pathway of education.



When he was a teenager, tragedy struck when one of his best friends was killed in a senseless act of gun violence. The aftermath of this ordeal would be the catalyst that would solidify Will's commitment to becoming an agent of change through public service. With unwavering dedication, he earned a B.A. in Sociology from Catholic University of America and completed his J.D. from their prestigious Columbus School of Law. While attending Catholic University, he started the first NAACP chapter on their campus – a move that would chart the course for his burgeoning career in law and politics.



Described as “the progressive leader we need” by revered civil rights activist and Congressman, John Lewis, Will has worked with House Democratic Leader Nancy Pelosi, Senator Sherrod Brown, and then-Senator Barrack Obama. During the 8-year Obama Administration, Will had the honour of serving as Associate Director of the White House Office of Public Engagement, followed by a position as an advisor to U.S. Secretary of Education Arne Duncan. He has worked tirelessly to ensure a quality education, opportunities for prosperity and guaranteed civil rights are available to every American.

Will continued his dedication to public service in Montgomery County and in 2014, he founded Our Voices Matter-Maryland, a social justice non-profit that works with all communities to develop broader civic engagement, grassroots activism and leadership. In 2017, he spearheaded Summer R.I.S.E., a summer job shadowing program in partnership with Worksource Montgomery, state and county government, and Montgomery County Public Schools that placed over 400 high school students in enriching career experiences. Will is also a co-founder of the African Immigrant Caucus (AIC) whose mission is to increase civic engagement, economic development and political participation of Africans in the diaspora, in Maryland, D.C. and Virginia.

It's Will's family and friends that keep him grounded and focused on what's most important in life. A devoted husband and father of four beautiful children, his family is his greatest achievement. He and his wife Michele work together to create a loving and safe environment for their children, and won't rest until Americans everywhere can have the same.



Adaptation Motivation



*By: Albena Jones,
Associate Editor
Sofia-Bulgaria*



Standing at the front door of 2021 let us enter in, with the right mindset and a viable action plan.

A year ago none of us knew that we were then, on the verge of the most turbulent times for humanity. Covid-19 caught us unprepared! The virus or “silent war” as I call it, has managed to damage our world in a more devastating way than any other war or natural disaster. We all suffered and lost, but no more! We have endured, evaluated, and now it’s time to adapt.

As Covid-19 spread, we watched the world financial markets go through the most devastating crash scenes the one on Wall Street in 1929 and the Global Economy plunge into the worst recession since World War II, as an International Business expert and entrepreneur my analytical nature kicked in. My conclusion is that we need to switch into survival adaptation mode, to overcome the Covid-19 setbacks. Everyone must adapt in 2021, it is crucial more than ever to make unorthodox changes that will ensure our future survival.

In a nutshell, my advice is to Downgrade, Downsize, and go Back to Basics.

These might not suit many, but are the needed temporary measure to help recover. We are all climbing the ladder right? Step by step, up we go, but on this occasion, we have to take 2-3 or even 5 steps back to remain on the ladder. Isn’t that better, rather than falling off?

Let’s explore together how adapting your business or work can help forge forward. One can make similar adaptive lifestyle changes too. I previously hated both these terms - downgrading and downsizing were never used in my business advice vocabulary. Part of my work is to help improve or even rescue businesses, friends often come to me for advice or brainstorming ideas. It was painful to see some of them close down, be made redundant and even I found myself with a handful of clients.

If your business does not fall in the ones thriving from the Covid-19 restrictions, don’t despair, but restructure by downgrading your business and downsizing your operations, rather than shut down completely. Narrow your product range or services, to somehow how fit the current market niche, be creative



If you are an employee take a demotion, a pay cut. If unemployed, look for jobs outside your line of work or retrain. Remember, those are only temporary adaptations enabling you to remain in the game, better to have some kind of job rather than no job at all!

My most valuable advice is to go “back to basics”, everyone understands this expression differently and can implement it in various manners, depending on you line of work.

My angle of its adaptive interpretation is that this is no time for competition, but for co-operation. “Mutual support” and “mutual benefit” are forgotten business terms that need to be revived from ancient times. Remember that ladder we are all climbing, how about if you actually fall, but there is a safety net underneath, now that’s what I’m talking about!

Are the trading practices from the past, a way for survival in the future? To find out more about your personal or business innovative adaptation send me an enquiry to office@albenainternational.com

Together we can prevail, 2021 here we come!



The Economic Consequences of a No-Deal Brexit



By: Gbenga Teejay Okunlola

"The economic threat of a "no-deal Brexit" has risen with the approaching deadline of 31 December 2020 for the trade pact between the United Kingdom and European Union"

What is No-Deal Brexit?

After UK's initiated Brexit on 31st January, 2020, the agreement of withdrawal provided the new trading arrangement for 11 months and extended the United Kingdom during this transition, membership in the EU customs union and single market. If no resolution is made on time, what is dubbed a no deal Brexit would trigger. In that case the trading ties between the UK and the EU are, by implication, regulated by the World Trade Organisation's trade laws. The abrupt transition into WTO laws would increase tariffs and other trading constraints significantly, increase the cost of imports and making legislation more difficult, significantly increasing company profits and regulatory burdens. Brexit's non-deal would have a big effect in the UK, triggering an estimated 8.1% decrease in its GDP after 10 years.

No-Deal Brexit will simply mean that import tariffs are levied on the goods of each other and that trading becomes more expensive and complicated. As a consequence, market costs for products and the UK are expected to increase. In the event of shortages or disruptions at ports, stores already store such long-

Impact on Overall Market

Strategists, analysts and economists have been analysing the economic effect of Brexit on Pound (GBP), the Gross Domestic Product (GDP), foreign direct investment (FDI), land prices and commodity prices for several years back, if not the last four years after in June 2016 the Brexit referendum.

The Trades Union Congress study states that no agreement has a negative effect on UK GDP anywhere in the long run on up to 10%. Up to 2% of GDP might immediately be impacted. Any decline on this magnitude of economic size would have substantial consequences on employment, salaries and public sector funding. Moreover, a range of sectors have little effect on any contract, but because of tariff and non-tariff barriers, utilities, agricultural food, production (pharmaceutical and automotive), research, technology and R&D cannot feel any deal easily and acutely. An increasingly fragile social services sector for adults is in danger of collapsing due to higher inflationary costs. The paper entitled Operation Yellowhammers indicates that it is possible that small suppliers and big suppliers would collapse within a span of 2-3 months after a contract.

Impact on Employment

In November the United Kingdom's "Budget Responsibility Office" or OBR, producing the Government's economic estimates, reported that while Brussels and London can negotiate to an agreement, a longer-term production loss of about 4% in contrast to the UK remaining in the European Union is likely to result in their recent trade ties with the UK. However, the Brexit agreement will slash production by 2% by 2021 or about GBP 40 billion and placed more than 300,000 unemployed by the second half of next year under the OBR. Furthermore, at a moment when the UK is still facing a rising crisis in employment and is experiencing the biggest recession as a consequence of the pandemic for 300 years.

Lower Productivity

The OBR knows it is not the only one in the forecasting business. Nor does it have the best track history for

this, Brexiteers points out. Therefore, 13 additional studies have been conducted in the last four years on the effects of a “no deal” Brexit. The average is 4% below the growth trend projected within the European Union with a non-tariff agreement from the EU. This raises to 6.1% for no contract or tariffs.

The reasons are partially that employment and enterprises have been losing initially and more costly entry to EU markets threatens its economic model. More significantly, lower efficiency has been accomplished over time, with lower economic demand and less control from the most productive EU firms and, consequently, lower market spending.

Hike in Food Price

The average tariff will be 23% for UK food goods with lamb farmers facing high export taxes of 45%. According to George Eustice; the Environment Minister, the price of food entering into Britain will also increase. In an interview he said that tariffs could add almost 2% to food costs. According to customs reports, about 71% of the UK’s value imports of beverages as well as food are imported from the European Union. In the absence of an arrangement, one of the UK’s main grocery chains, Marks & Spencer warned last month about a possible rise in food prices.

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The hope is that the United Kingdom will enter improved trading agreements beyond the EU. It is less possible that the UK government is faced with violating the Northern Ireland protocols. It would be perhaps more difficult to get some to say that Britain is almost as good as their word in the talks.

Numerous agreements have been signed to date which ensure that existing agreements with countries like Morocco, Israel, Canada and South Korea continue following December 31. There are negotiations on new plans for exchanging fishing supplies with Iceland and Norway.



Ethiopia conflict: What are they fighting about and why?



By: Seyi Awolaye
Managing Editor
Los Angeles, USA



"It has become a shame that many people have seen a civil war escalating in Ethiopia, with Ethiopia leading what it terribly called a "law enforcement operation" in the area of Tigray labeling and pledging to destroy a terrorist organisation which the previous ruling party in Ethiopia – Tigray People's Liberation Front (TPLF)"

What is happening in the region?

Targets around Tigray were bombed by Ethiopian ground forces and jet fighters, fighting Tigray People's Liberation Front, the governing portion of its most northern region. Mr. Ahmed, the Prime Minister of Ethiopia claims the conflict is over, but there have been several intermittent clashes. The Internet and the telephone lines are shut down in most of the region which makes information hard to validate. Fighters of the TPLF presumably have melted in and hidden away in civilians in the other country, where international observers and Western diplomats believe they are

training for an armed uprising. The TPLF vowed not to give up and turn Tigray into hell for the government of Ethiopia.

What has caused the fight?

The war started following an assault on the base of Ethiopia's National Defense Force near Mekelle on November 4 by the TPLF militias. The assault was turned into the triggering point for Ahmed, whose earlier conciliatory strategy to deploying land and air forces was soon discarded. Both parties are potentially armed: artillery, long-range missiles and caches concealed throughout the area are controlled in the TPLF. The Ethiopian government announced a six-month situation of emergency in Tigray and closed down telephone and Internet services.

The Ethiopian state TV stated that more than 1,000 civilians were killed in the fighting. On 2 November Mr. Ahmed reported that everybody was a fighter and not a civilian, an assertion that TPLF denied.



Why are they fighting?

After Abiy's rise to power in 2018, he introduced a variety of changes after he assumed power, which undermined the policy stance of the TPLF. The EPRDF was disbanded and the Prosperity Party formed, which gained it popular admiration from some and political hostility from others. In addition, Abiy suspended a number of Tigrayan citizens from elected offices after he became Prime Minister and detained some suspected of graft and other crimes. From that point on, Abiy and the federal government were harboured by Tigray and the TPLF.

More recently, in September, Tigray officials held elections in complete rebellion of the Ethiopian government that, due to the obvious coronavirus pandemic, delayed the general elections. Leaders of Tigray claimed Abiy weakened his leadership mandate by delaying general elections. The federal government voted in reaction to cut support for the region, an uproar to Tigrayan officials. The administration and TPLF had each other accusing themselves of using military action until the TPLF captured the federal military base on November 4.

What is the possible solution?

Every practical or financial assistance for faster revival of such programmes should be encouraged by the international community. The only way Tigray will get deeper in crisis is if TPLF could top up its weapons, fuel, troops, and food quickly declining.

The Ethiopian state TV stated that more than 1,000 civilians were killed in the fighting. On 2 November Mr. Ahmed reported that everybody was a fighter and not a civilian, an assertion that TPLF denied. The data blackout in Tigray makes it impossible to objectively check these figures, and humanitarian organisations predict that several thousand casualties are likely. On 25 November, a news agency in the Amhara region in Ethiopia stated that over 10,000 Tigrayan personnel had been "killed". More than 40,000 refugees from across the border have moved to Sudan, and relief groups estimate that they are planning 200,000 people for water, shelter and food.



They have lost all the significant ground they could return and fight against at the moment. Deescalation will provide them only with the breathing room to group and recover elements needed to resume their war. It is now the duty of the international community to call on the TPLF to renounce this failed cause. If TPLF sincerely claims to lead or serve the Tigray people, it must not jeopardise them.

Moreover, Mr. Ahmed can only be compelled to work for a negotiated settlement to the crisis by such a concerted strategy, incorporating economic and political pressure. Such a result could not even exist over the last 60 years in Ethiopia, many of them characterised by political turmoil and violence. Nevertheless, their legal obligations under the International humanitarian law, including protecting civilians and impartial assistance for civilians in need, should be recalled by all parties.

Another choice is to plan the deteriorating humanitarian situation, especially the emerging Sudanese refugee crisis, in view of the possibility of protracted armed conflict. And while policymakers should do everything possible to urge both sides to end the war, they must still prepare to curb its destabilising consequences by supplying as much humanitarian relief as possible.

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INTERVIEW WITH A RISING STAR-TIFFANY DANGWE



By: Gbenga Teejay Okunlola



A-CHOICES: *Hi, Tiffany. Can you tell our readers a little bit about yourself?*

TIFFANY: I was born in Congo and came to the UK when I was around 8 years old. Even though I came here when I was young, my culture has always been part of my life. In Congo, music is a big thing. People love to express themselves through the music and their fashion.

A-CHOICES: *What first got you into music and how would you describe your music?*

TIFFANY: In 2011 I started dancing and really found my passion in music. I started singing and performing and found my part in this world. If I could use one word to describe my music it would be Ambiance. It's all about the vibes. How you feel in that moment. And being elevated from any situation just because of a melody and some lyrics.

A-CHOICES: *Who inspired you to make music?*

TIFFANY: Bill Clinton Kalonji Macintosh. He is a legend in Congo. Very respected and knows his craft. Most people refer to him as the president, hence the name. He has not only inspired me to take this to the next step, but he is also mentoring me. He knows his music and he is driven by passion like myself.

A-CHOICES: *Who would you most like to collaborate with?*

TIFFANY: I would love to collaborate with Shaybo. She is a UK artist that bring the Nigerian vibes to her music. Even though she does drill, I love her music and her flow and how she integrates both of her cultures. South London and Nigeria. That's what I would like to do. Also Awilo Longomba! He is the godfather.

A-CHOICES: *If you could go open a show for any artist who would it be?*

TIFFANY: I would love to open a show for Diamond Platnumz. Our music styles are similar.



TIFFANY: The internet and especially social media has had a positive impact on music in my opinion. For example, promotion. With social media now you can self-promote, you can network by yourself and you can make connections, whereas before, if you want in the music business, you would need to be promoted, you would need someone to bring you “in”. And now the internet is you’re “in”.

A-CHOICES: *What is your favourite song to perform?*

TIFFANY: Bako Nigana. It means to move. And it’s just about that. Being happy, moving around and just being you.

A-CHOICES: *Which famous musicians do you admire and why?*

TIFFANY: I love Rihanna and Lady Gaga, because I think they are movements within themselves and that’s what I want to be. Anybody can do music. So many people can sing. But to move people, to create this essence. That’s what I admire.

A-CHOICES: *Where have you performed? What are your favourite and least favourite venues? Do you have any upcoming shows?*

TIFFANY: I’ve performed all around UK. My favourite and the biggest performance I have done is African Oye festival in Liverpool 2015. It’s an African and Caribbean festival that celebrates African music and culture. Favourite venues are the ones outside, as they tend to be bigger and people tend to get more involved in the dancing. I’ve not had a least favourite venue yet, as I just love performing. So anytime I can get a chance I am happy. I don’t have any upcoming events yet, as I am currently working on a new project and once that is rolled out, I will then plan shows. But that’s a while away for now, and with everything going on at the moment with Covid, I’m just focusing on honing in on my craft and giving my fans the best of me.

A-CHOICES: *How do you feel the Internet has impacted the music business?*





A-CHOICES: *What is the best advice you've been given?*

TIFFANY: To stay true to myself and to keep my circle small. And give respect to those who I have come to meet and who have been here before me.

A-CHOICES: *If you could change anything about the industry, what would it be?*

TIFFANY: More recognition and respect for women. I feel like women have to work 10 times as hard just to be given their dues. And it's 2020. We need to start actively changing this stereotype. By supporting women in the music industry and not just when it benefits us, but because it's the right thing to do.

A-CHOICES: *What is your top five favourite albums of all time? Why those albums?*

TIFFANY: I wouldn't be able to choose my top 5. In fact I don't even like comparing albums, I Love music and the thing is with music, depending on how you are and where you are in life it can change. Also as an artist, I know the amount of work that goes into putting out a piece. So to say this is the best or this is better, I couldn't.

A-CHOICES: *What are your ambitions as a songwriter and musician from here?*

TIFFANY: To just grow. To be the best me. To show up every day and bet at 100. I would love to have my

music integrated into movies, into different parts of art. I would love that. That's the dream, but right now the only ambition I have is to keep growing and building a really solid fan base.

A-CHOICES: *Tell us about Koffi Olomide, Fally Ipupa and Ferre Gola?*

TIFFANY: Well those 3 artist are Legends. I've actually met all of them. And respect them so much. We've been in the same circle many times when I go to Congo and they are wonderful human beings. Not only have they made Congolese music mainstream, but they've widened our listeners. And they are inspiring people like me, that it is possible. I mean look at Fally! In America he is huge, so it's great to see.

A-CHOICES: *What would you be doing right now, if it wasn't for your music career?*

TIFFANY: I would have been either an actress or a make-up artist. I've actually been in some Congolese films, it's fun, it's all art. I love entertaining and I love all things fashion and beauty.

A-CHOICES: *What is one message you would give to your fans?*

TIFFANY: I just want to say to them keep supporting me. I have new music coming out. Already working on a few singles and even though I've taken this hiatus, I am back. I am back in full



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