

A-CHOICES

Issue Number .11 JULY 2021

The African Lifestyle Magazine

**KENNETH
KAUNDA**

1924-2021
SPECIAL TRIBUTE

**LONDON
-BORN
ACTOR FEARS
DEPORTATION**

HEALTH
THE SILENT
PANDEMIC-MENTAL HEALTH
AND
COVID-19

LIFESTYLE:
*Smart ways
to
live well.*

**ABBY JEAN
SAMUDA**

Graphic designer extraordinaire

www.a-choicesmagazine.com



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ABOUT US

A-CHOICES -The African Lifestyle Magazine

A-CHOICES magazine is an online African lifestyle magazine for ordinary-ed-ucated 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 sub-missions 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-choicesmagazine.com

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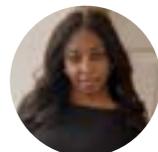
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EDITOR'S LETTER



Welcome to the **July issue of A-CHOICES**, which celebrates all that we love about being African.

Since its launch in 2020, A-CHOICES has always been about celebrating the best of Africa. The journey towards realising the A-CHOICES dream started a year ago, and we have come this far because you believed in that dream. So here is to say a very big thank you for sticking with us, for advertising, for reading us, and again for believing in our dream. We hope to serve you better with incredible content from around the world. Remember you can always catch up with us at:

<https://a-choicesmagazine.com> www.a-choicesmagazine.com

We celebrate people, we celebrate lifestyle and we celebrate African achievers.

From all of us at A-CHOICES MAGAZINE

Editor-in-Chief/Publisher

Gbenga Teejay Okunlola



ABBY JEAN SAMUDA GRAPHIC DESIGNER EXTRAORDINAIRE

Interview



By: Gbenga Teejay Okunlola.
London. UK

I came across Abby Jean Samuda's work for the first time a couple of months ago on UK Black community forum, and since then I've followed her progress in graphic designing with interest. Her skill has gone from strength to strength, with new techniques and processes added to her arsenal on a regular basis. My interview with Abby covers everything from how Abby got into graphic design, to how her creative mind works, and all the way through to tips for aspiring designers!

A-CHOICES: *So let's start with the obvious! what originally made you want to become a graphic designer?*

ABBY: As a child I was always super creative and my artistic flare started at school. My art teacher told me that I could become a designer so after that I went to art college where I specialised in graphic design. I then went on to study graphic design at university and obtained my degree. I have always been good at art and had a love for computers so it came quite naturally. I was lucky to have an encouraging art teacher and later encouraging lecturers.

A-CHOICES: *Tell me a little bit about yourself, family and educational background?*

ABBY: I am from a working class background and proud to say that. My mum had a very creative flare. She was very good with a sewing machine and often made curtains and cushions for our home and sometimes other people. She could paint and draw and would often colour with me as a child so I suppose she was an inspiration.

I suppose I would say that I am an introverted extrovert. If you look online I am everywhere but I like to keep my private life very private. I don't feel the need to share my every move online and I only really talk about my job when you do see me on many social media platforms. I try to live life quietly these days. I feel very married to my work and I love it a lot. As for education I have my degree in graphic design but I haven't stopped learning and I won't stop. I do mini courses all of the time. I enjoy learning.

A-CHOICES: *You are always looking for new & interesting design projects, and specifically you love working with start ups and entrepreneurial types?*

ABBY: Yes I like working with start ups because I can help to create their foundations and we can build on their brand from the ground up, plus hopefully I can give them a good experience so that they won't worry about working with designers in the future whether that be with me or someone else. Entrepreneurs are wonderful people as they have so much drive and energy. They are usually also very clear when it comes to direction and I like that, it makes things easier for me and I can help them faster.



A-CHOICES: A-CHOICES:What is branding and how would you describe your approach to design?

ABBY: The easiest way to remember what branding is to ask yourself a question. How do you want to be remembered when you are not in the room? That is what branding is. It is how you are remembered, whether you are a personal brand or a big company. It is the way to speak to people, what you say, how you look regarding colours, patterns, textures, how you make people feel and of course your logo. My approach to design is not for the faint hearted. I like to be bright, bold and fun.

A-CHOICES: A-CHOICES:Where do you draw your inspiration from?

ABBY: Other designers mostly. I spend hours looking at behance and getting inspiration before I even start work with all of my clients. I also use pinterest and follow blogs. I listen to a podcast called, "Clever" which is pretty cool. These two girls interview designers from all principles and they talk about their life stories and how they became designers. It is wonderful to listen to.

A-CHOICES: A-CHOICES:What do you do when you find yourself creatively blocked or in a rut?

ABBY: It doesn't happen very often but when it does it can last up to a week. It is horrible! When I am stuck I feel like there is nothing I can do, so I just ride the wave and then I bounce back. It can happen when I am overtired so it is important to watch for the warning signs and listen to the body. I realised in my early thirties that I need to rest, so now I take time out. I am lucky that I can walk away from my desk for a few hours. I believe that we all should all be able to do that from time to time. We'd all appreciate that time out, I think it makes you work harder.

A-CHOICES: A-CHOICES:What does a typical day look like for you?

ABBY: I am a creature of habit. Getting dressed and full make up is a must. Perfume and jewelry is normally applied even if I am not leaving the house (of which I laugh about). I then turn on my iMac and begin work. I try to go live on Facebook at least once a week and twice a week I have 2 long days Mondays and Wednesdays. I connect with people who I think are interesting on Facebook, chat with them, offer valuable tips and tricks in groups on how to brand your business better. I am busy with artwork a lot and I am extremely busy looking after existing clients. I always have a full calendar but I think that comes with being very visible on social media.

A-CHOICES: Do you have a favourite genre to design for, or one you really want to design for that you haven't yet?

ABBY: Yes branding is my favourite genre, which is my job so I am very lucky! I would like to design for something like a record label.

A-CHOICES: A-CHOICES:What has been your favourite project to date?

ABBY: I am enjoying working with the lifestyle brand but I can't talk about it much yet as I am still working on it.

A-CHOICES: Who or what has been the biggest single influence on your way of thinking?

ABBY: It has not been a single person that has influenced the way I think but many things. It started by reading The Secret by Rhonda Byrne. That led me on to Eckhart Tolle who wrote The Power of Now. I have watched hours of Bob Proctor, Tony Robbins, Marissa Peer and Gary V. I listen to a lot of audio books like Rich Dad, Poor Dad, Think and Grow Rich, You are a Badass, How to Win Friends and Influence People. I like to listen to books instead of music sometimes. I run on a treadmill and learn all kinds of things. It's fun.

A-CHOICES: What kinds of people employ your services?

ABBY: Mainly women who have small businesses. They are usually quite bold in character and ambitious so we vibe quite well.

A-CHOICES: How expensive are you?

ABBY: I am not the cheapest designer but I do provide a lot of value so I see my services as an investment and not a cost.

A-CHOICES: What are you working on at the moment?

ABBY: LOADS! I work a lot. I am working with a coach, a gardening company, a lifestyle brand, a clothing brand, a beauty brand, a pet store and a few other things.

A-CHOICES: What would you say is your strongest skill and how have you honed that skill over the years?

ABBY: I am a good communicator. I love chatting to people whether that be online, in person or on zoom. I think it is because I am quite a confident person.

A-CHOICES: How do you think online design resources have influenced the graphic design being produced today?

ABBY: I think things like Canva have a place as design tools but that does not make everyone a graphic designer and I think people need to realise this. Also people need to understand that when you use Canva you are limited to design and you could face having your brand look the same as someone else's. If you want good design, hire a designer that can bring you value and has a good portfolio.

Sometimes I think platforms such as Fiverr cheapen the industry, but then I realised that these platforms also churn out a lot of crap. People who don't invest in good design from the beginning often change their work and then look completely unrecognisable to their existing customers and it can put people off. I am not saying that you can't find a good designer on these platforms but I would recommend finding someone worth investing in. Websites like Unsplash and Pexels for images are fantastic because they are high resolution photos that we can use for free as long as we credit the authors in some way and that has made a difference in my world when I am looking for quality images





A-CHOICES: *A-CHOICES:What type of brief or project do you enjoy working on the most?*

ABBY: I secretly still like designing club flyers but nobody is partying at the moment. I like layering images, playing with effects and the use of colour. However I am one of those rare breeds that actually likes their own job.

A-CHOICES: *What are your thoughts on specialisation vs generalisation?*

ABBY: Specialise darling, you make more money!

A-CHOICES: *What are you passionate about besides your work?*

ABBY: Food as I like cooking. I like learning. I have an interest in home decor too.

A-CHOICES: *Do you have any superstitious beliefs or rules that you live by?*

ABBY: Rules consist of, make your own luck. Give thanks every single day by practicing gratitude. Read. Meditate. Look your best for yourself first, not anyone else. Remember it is nice to be important, but it is important to be nice.

A-CHOICES: *What's the best piece of advice you have heard and repeat to others?*

ABBY: Some of the best advice I had from an old boss was, resting is a part of working. I also love a quote by Tom Ford that says, people will stare, make it worth their while. It makes me laugh and I enjoy putting it into practice.

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DANGOTE RECEIVES HIGHEST CIVILIAN HONOUR IN CAMEROON... PLEDGES EXPANSION IN INVESTMENT

Lifestyle



By: Ibukun Babatunde
Lagos, Nigeria



President/Chief Executive of Dangote Industries Limited, Alhaji Aliko Dangote has received the highest civilian honour in Cameroon - the Commander of the National Order of Valour from the President of the Republic, Paul Biya. According to President Paul Biya, the landmark honour was conferred on Dangote in recognition of his efforts in infrastructural development of Cameroon and Africa through his cement plants.

The President, at a conferment ceremony held at the Unity Palace, Yaoundé expressed pride at Dangote's various efforts to promote industrialisation across Africa through the building of cement plants in several African countries.

He noted that these plants have provided thousands of direct and indirect employment at their various locations, to boost the economies of their host countries, just like in Cameroon.

He urged the leading African investor to consider more investments in the manufacturing sector in Cameroon, explaining that there are numerous business opportunities in the country. He maintained that his government is focused on promoting a business-friendly environment to make the country more attractive and an investors' destination.

In his response, Dangote thanked President Biya and the people of Cameroon for the great honour done to him in the award of the nation's highest civilian honour. He disclosed that there are plans to diversify the group's investments in Cameroon, starting with energy. He said, "We have plans to expand our investment to other sectors beginning with oil and gas while our capacity in cement will be expanded".



He commended the Cameroonian government for providing an enabling environment, which aided the successful completion of the Dangote Cement plant. He also expressed appreciation for the support provided by the President and cabinet in solving the challenges encountered in the construction of the plant.

He said, "At the inception of our construction activities at the plant, we encountered several challenges, but the government stepped in and ensured that we overcame these initial problems.

Also, the incentives by the Government to investors are encouraging. We feel very much at home here in Cameroon because of the business-friendly environment. If demand for cement increases, we will increase the capacity of the plant and make the country self-sufficient in cement production.



"Dangote Cement Cameroon SA, part of Dangote Cement Group was commissioned six years ago, and has boosted domestic cement production, reduced partly the domestic deficit, and helped in holding down the price of a bag of cement in the country.

Dangote Cement is a subsidiary of Dangote Industries Limited, a diversified and fully integrated conglomerate as well as a leading brand across Africa in businesses such as cement, sugar, salt, beverages, and real estate, with new multi-billion-dollar projects underway in the oil and gas, petrochemical and agricultural sectors. It recently rolled out its fertiliser products into the local market, with plans for export while meeting local demand to boost agriculture."



The Hens and the Chicks and The supercalifragilistic men who can't control themselves.



By: Akosua Darko
Senior Writer
London,UK



“Supercalifragilistic espiladicious even though the sound of it is something quiet atrocious” (Mary Poppins) is how I would describe the current modern day discourse still penetrating the minds of Africans at home and in the Diaspora as well as the descendants of the black man across the world. I am not talking about polygamists, to those who believe they can have multiple wives and marry them, I don't have a problem with them if all parties involved understand. I'm not here to shame anyone's beliefs. Yet for those who believe in monogamous relationships who have time to shame side chicks and hail main chicks for being stupid and celebrate the men, the mighty men who are so fragile they are always victims of women, even though they are the super prize to be held on to at all costs. We have some men even say God is on their side for adultery.

The woman shouldn't leave the relationship because then the side chick wins. The homewrecker, siren, seductress, whore of a woman, who can make the man, the grand prize, wondrous, magical creature who must be grasped with a tight fist and served like a God, leave his natural godlike morals, strength, self control at the door and leave his virtuous wonder woman of a wife sometimes to sleep and hang out with the side chick behind her back but never leave her because she is the pearl in the oyster. The grande dame, Queen of Queens and woman of worth, cannot let the side chick win.

After all men are hard to get these days so if you find one, you must keep him and the more you act like a slave to a stupid man, one day he will value you enough to not be swayed by a so called whore, husband snatcher and home wrecker. Meanwhile is the unfaithful man and sometimes woman ruining their own home. As the African proverb goes if there is no enemy within, the enemy outside cannot win. A great disservice is being done to our black boys and girls. We teach the boys that being useless is a right of passage, that they do not have to have self worth or respect, they can do whatever they want and still feel good about themselves. We teach them that is okay for them to be abusers, that women are a tool to gain food, a cleaner and worship. Women are not taught to be partners that can offer love, support, ideas and nurture. We do not teach boys that they can have self control, after all a woman always tempts and men apparently can't say no. Which is such a fragile place for a super being to be in, no wonder our boys and men are confused. They feel powerless to control their behaviour. They find out they are not the great being they've been spoiled to believe and keep acting out to gain that favour. Some of our men are so weak they see every constructive criticism as insult, they want to overlord over everyone in their family and have the final say always, never encouraging healthy debate or individual identities because they feel threatened, when their wife is not a servant to them they feel threatened and abuse to feel like the man they have been taught must be served at all costs, or they go outside looking to be a sexual disease dispenser because the wife isn't being wifely enough (not bowing to them and working herself out to be his servant).



Yet some of our men who know masculinity can mean leadership by consent, self control, love and protection for their home end up being respected by their wives (ofcourse if the woman also has common sense).

We also do a disservice to our girls we do not teach them that men can be faithful, smart, lovers and wonderful partners. That they do not have to be a servant and lose their voice in order to be loved by a man. Yet their voice can equally build a home. Like the African proverb goes though the man is the head, the woman is the neck that turns the head. Her value is not in her ability to do domestic chores (which must be done anyway, and the man can also help), or be a mouse, seen but not heard or a person to be bragged about for being a househelp who never speaks and when it's night time, dutifully satisfies her man's lust (though sex should be thoroughly enjoyed by both parties) yet her value is in her ability to nurture and bring herself into the relationship.

She gets bewildered when after being the woman she was taught was the one of every man's dreams, a hard worker, who is also a domestic worker in her own home, who appeases and has lost her voice and identity to please her husband, is getting cheated on for a woman, who doesn't care about any of these so called godly, cultured and traditional characteristics. In most religions Eve was a helper or the women had agancies, they were not doormats.

Even in ancient Africa women had a value in their voice, they made crafts, arts and danced. The women were at home because men were out hunting and men were actually men, they had a wisdom and skill to manage a home. Their women were tactful and useful advisors. This is why African ancestors built great kingdoms and the modern ones cannot.

Yet, the poor woman who has been taught to be a domestic doormat to gain her weak man's approval, tries to be even more of a domestic doormat and gets angry at the other woman for making her not feel good enough and stealing her man with sexual moves.

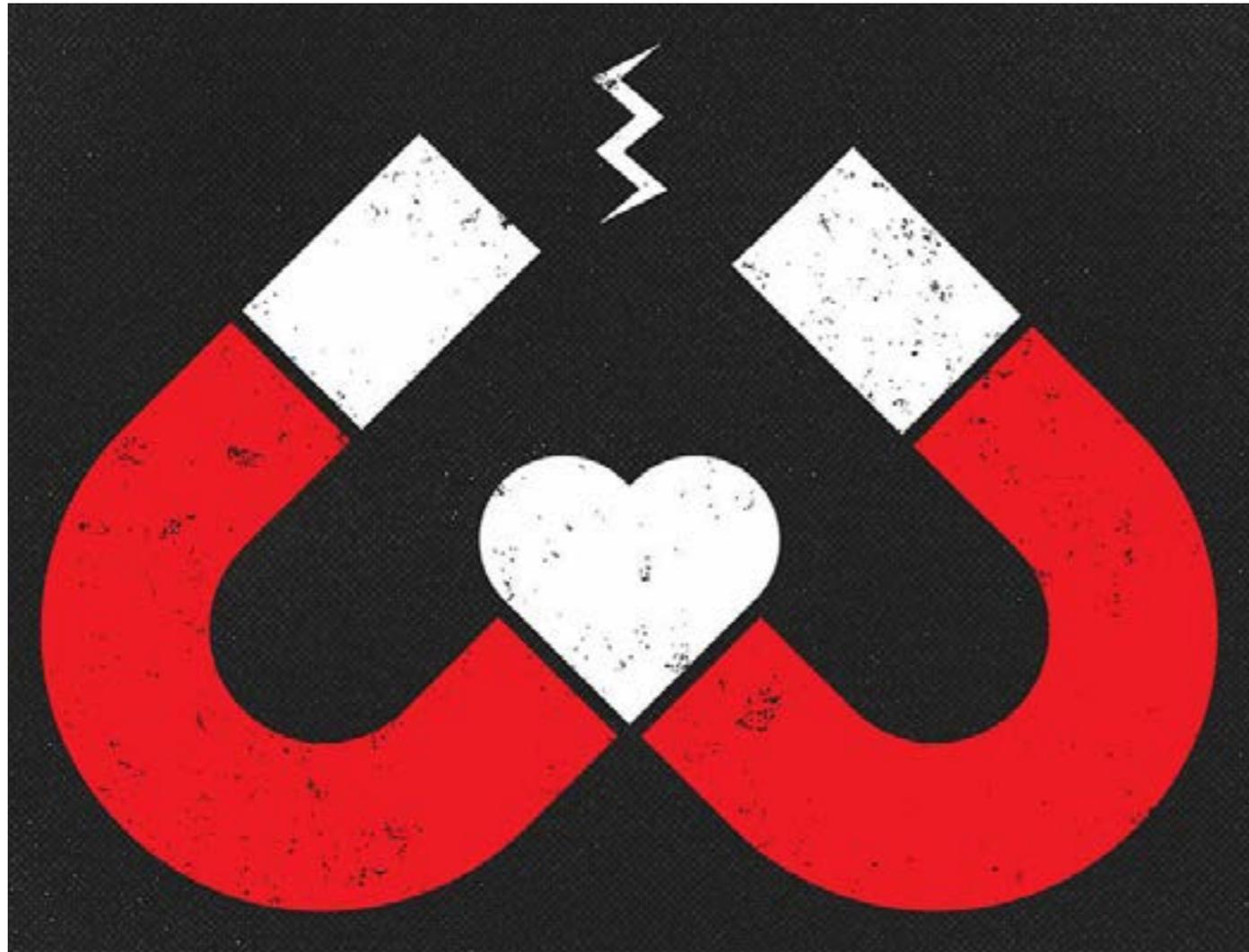
Yet the so called whore who has no idea who she is and is trying to feel like a woman, because she has been taught if she is more of a domestic doormat than the wife or girlfriend and can have a man leave madame virtue for her, due to her sexual nature as well as doormat A grade, she can be the top woman. The funny thing is if she succeeds she becomes the cheated on so called virtuous doormat and she will be angry at her once upon a time self.

It's time the Hens, Chicks and The fragile men learned to love themselves. As well as learn that they are people with value and they deserve love, respect and the freedom that comes with self control.

Opposites do not attract compliments do



By: Akosua Darko
Senior Writer
London, UK



Please date and marry someone who loves you. A lot of people are getting married to their worst enemies because when they were dating they found them interesting and thought they were going to change them into who they wanted them to be. Ladies and Gentlemen if you're dating someone and they want to control and tell you, who you should be and who you should become. Run for your life. That person doesn't love you, respect you and they don't even like you. It's nothing but the truth.

You are not a project and you're not raw paint for someone's desired painting. Your partner is not your God, they shouldn't be dictating your character or your life. Someone who is a good match for you will push you to be your best self and encourage you to be brave to be fully yourself because they love who you are and want you to be the best of that you can be. So they will prod you to improve. Someone who will leave you suffocated, depressed and hating yourself will always say if only you were someone you're not you'll be perfect. If you marry or date someone for their money, title or position, only their looks (sexual attraction is very important, otherwise you'll always be looking for other eye candy and you won't enjoy the physical aspects of your relationship and that is very important, however it's not the be and end all of a relationship), or peer pressure, the type your friends and family will be giving you praise for, make sure these things will sustain you. Don't expect the person to satisfy you in any other way apart from what you went for because you didn't go for who they are. You went to collect something so if you're unsatisfied that's on you. It's better to be with someone you love for who they are, not who you wish they were or what you'll gain. Otherwise for better for worse, richer or poor, sickness or health, till death do you part, is going to be hard for you because love can overcome the hardest things. However, convenience and shallowness can never win over any deep situation. Life is not a fairytale, things will happen that are not in your favour and you have to be able to come out on top.

Lastly the poor rhetoric going around that just because someone is educated, or Miss independent, or Mr position means they are a good mate is not true. The clothes do not always fit the man. Intelligence or certificates doesn't mean someone is moral, kind or has the same mindset as you. Never let anyone use their position or money to intimidate you into being their project. No matter how fantastic they are they're not God. They are not even mother nature who sustains life. You are a valuable person too.

Money doesn't make someone responsible or a person of value. Also just because someone is very committed to God or their religion doesn't mean they will be your God on Earth or you're compatible. Remember you date and marry the person after you take of all the titles, what other people think about them and their money. You date and marry their emotions and personality. Make sure you like those and make sure they like those parts of you.

Do not sacrifice yourself in the name of a perfect man or woman. If they were perfect they would love and accept you the good, bad and ugly. That's the perfect person for you, not someone you have to pretend to be who they want you to be before you're loved or worthy to be with them. Anybody you have to kill yourself, your dreams and ambitions for to be the person they can value is your demon and you should run far away from them.

A Christian like Jordan



By: Akosua Darko
Senior Writer
London, UK



You'll know them by their fruits, the biggest is love. Some people are truly Christlike. My friend Jordan is one of them. He told me that he doesn't believe in gossip or partaking in people talking about others. He is purpose driven focused on loving God and loving people, especially those who are broken hearted. The Lord is close to the broken hearted and through my years of turbulence Jordan has never left me behind.

In the Parable of the good Samaritan. The Jewish priest and the Levite left their fellow Jew, who was beaten by robbers and left half dead across the road, to go along on their journey. That's the sad state of Christianity today, many think the value of a Christian is being judgemental, pointing the sins of others out, some even commit the same sins but because they hide their dirty linens they publicly berate those who don't. Many Christians are too busy in a rush to serve God to gain the world at the price of their soul. Like is sang in Disney's The Hunchback of Notre Dame, this is all they ask God.

" I ask for wealth I ask for fame I ask for glory to shine on my name I ask for love I can't possess I ask of God and his angles to bless me."

They never ask for God's kingdom to come, neither do they have the time to be fishers of 'unholy men', they would rather talk about how disgusting and sinful they are compared to them. Therefore they walk away when they see someone beaten down by life scorning at them for being a sinner, or they beat them up themselves, rob them of their love, joy, peace and sound mind and go their way to gain their world and pretend to be living for God. Yet as Jesus said in **Luke 10:25-37** whoever wants eternal life must behave like the Good Samaritan. The Samaritans and Jews were enemies. However, when the Samaritan saw the Jew robbed and left half dead, he was filled with pity and compassion.

He bandaged his wounds, poured his precious oil and wine on them, put the man on his own donkey, brought him to an Inn and took care of him and gave the innkeeper money to look after him until his return. That is the love a Christian shows to their neighbour, believer or not, and with the good news of the gospel he soothes and turns people to the great healer that is

God to help them after they've been beaten down by the evil of this world.

Jordan has always had time to explain the gospel and God's ways gently. Even when I was wrong, he would humbly and softly correct me. Jordan does not try to beat you down God's word or guilt trip and shame others into a forced change of behaviour.

He doesn't give ultimatums about doing this and that or he'll walk away. Neither does he judge or condemn. He seems to be aware that's not his place. He loves, loves and always has time to love and help others with their problems as well as share God's word. The interesting thing is Jordan was just someone I said hi and bye to at church and I've been struck at his unwavering support for me, always, through good and even the very bad. Asking for nothing in return. I have never met anyone like that before. So obsessed with God's will and his children. If more of us can be like Jordan, so Christlike in spirit and in truth, more people will believe there truly is a Christ because this type of love and grace, is not found in this harsh world. Jordan makes me want to be like Christ and find his God every single day. Maybe from him we can learn to do the same.

KENYAN WOMAN, PLEADS GUILTY TO SWINDLING \$4MILLION



By: Seyi Awoloye
Los Angeles, CA
USA



Florence Mwende Musau, 36, has pleaded guilty to federal counts of conspiracy to commit wire and bank fraud. Musau, a Kenyan citizen, admitted to her role in a romance scam that prosecutors say defrauded men out of more than \$4 million. Musau was one of six people, among them four Nigerian nationals, who were charged in March.

Bank accounts opened by Musau and her fellow accused con artists also were used to collect \$20,000 through pandemic unemployment benefits. A Kenyan national living in Massachusetts has admitted to her role in an elaborate romance scam that prosecutors say defrauded multiple men out of more than \$4 million.

Florence Mwende Musau, 36, who previously resided in Canton, pleaded guilty on Monday to federal counts of conspiracy to commit wire and bank fraud, the US attorney's office in Boston said.

She faces a maximum of 30 years in prison when she is sentenced on October 14. Musau was one of six people, among them four Nigerian nationals, who were charged in March.

Musau participated in a string of romance scams designed to con victims into sending money to bank accounts controlled by her and her alleged accomplices, according to authorities.



She used fake identities on dating apps and social media sites, and created the illusion of a romantic relationship with the victims to steal money from them, prosecutors said.

She also used fake passports and at least two aliases, using the names Precious Adams and Catherine Muthoki, to open bank accounts in the Boston area to collect and launder the proceeds of the scams, prosecutors said.

When Musau withdrew the money, it was often in amounts less than \$10,000 in an effort to evade detection and currency transaction reporting requirements. Musau and one of her alleged accomplices, 41-year-old Nigerian national Mark Arome Okuo, were accused of transferring or depositing \$1.3 million in fraudulent proceeds, since 2018, into various bank accounts, including \$195,000 obtained through five romance scams.

A criminal complaint obtained by DailyMail.com details how Okuo would allegedly meet women on dating sites and pretend to be a US Army soldier serving in the Middle East or Africa.

As the relationships developed, Okuo claimed that he needed the women to wire him money so that he could leave the military and return to the US to marry them, according to the court documents.

In one case, a victim was said to have transferred \$137,000 to bank accounts controlled by Okuo and Musau, thinking it would help her groom-to-be to obtain his military retirement benefits early.

In another case, Okuo allegedly told a woman from Georgia that he lived in Kuwait and worked in the oil industry, but was in love with her and needed \$4,700 to return to the US to be with her. The victim promptly wired the sum to an account controlled by the accused con man.

As part of the dating scam, Musau swindled a California resident she met on social media out of \$7,800 by claiming that she was a United Nations refugee camp worker who needed the money to return to the US to start a new life with him. The bank accounts opened by the accused con artists also were used to collect a further \$20,000 through pandemic unemployment benefits in the names of unsuspecting Massachusetts residents who did not apply for such benefits.

GEORGE FLOYD KILLER DEREK CHAUVIN SENTENCED TO 22 YEARS IN PRISON FOR MURDER



By: Seyi Awolaye
Los Angeles ,CA
USA

A former police officer who murdered George Floyd, a black man, Derek Chauvin knelt on Floyd's neck thereby choking him to death on 25 May 2020, for almost nine and a half minutes, prompting worldwide protests, has been sentenced to 22 and a half years in prison. Chauvin, 45, has been in custody since a Minneapolis court convicted him on three charges of murder, including second degree unintentional murder and manslaughter, three months ago.

The prosecution had asked a 30-year jail sentence. In a brief statement after his sentencing by Judge Peter Cahill, Chauvin expressed his condolences to Floyd's family and promised to provide more information of interest.

The judge said Derek Chauvin's sentence was based "on your abuse of a position of trust and authority, and also the particular cruelty shown" to Mr Floyd.

Chauvin was also told to register as a predatory offender and was barred from owning firearms for life.

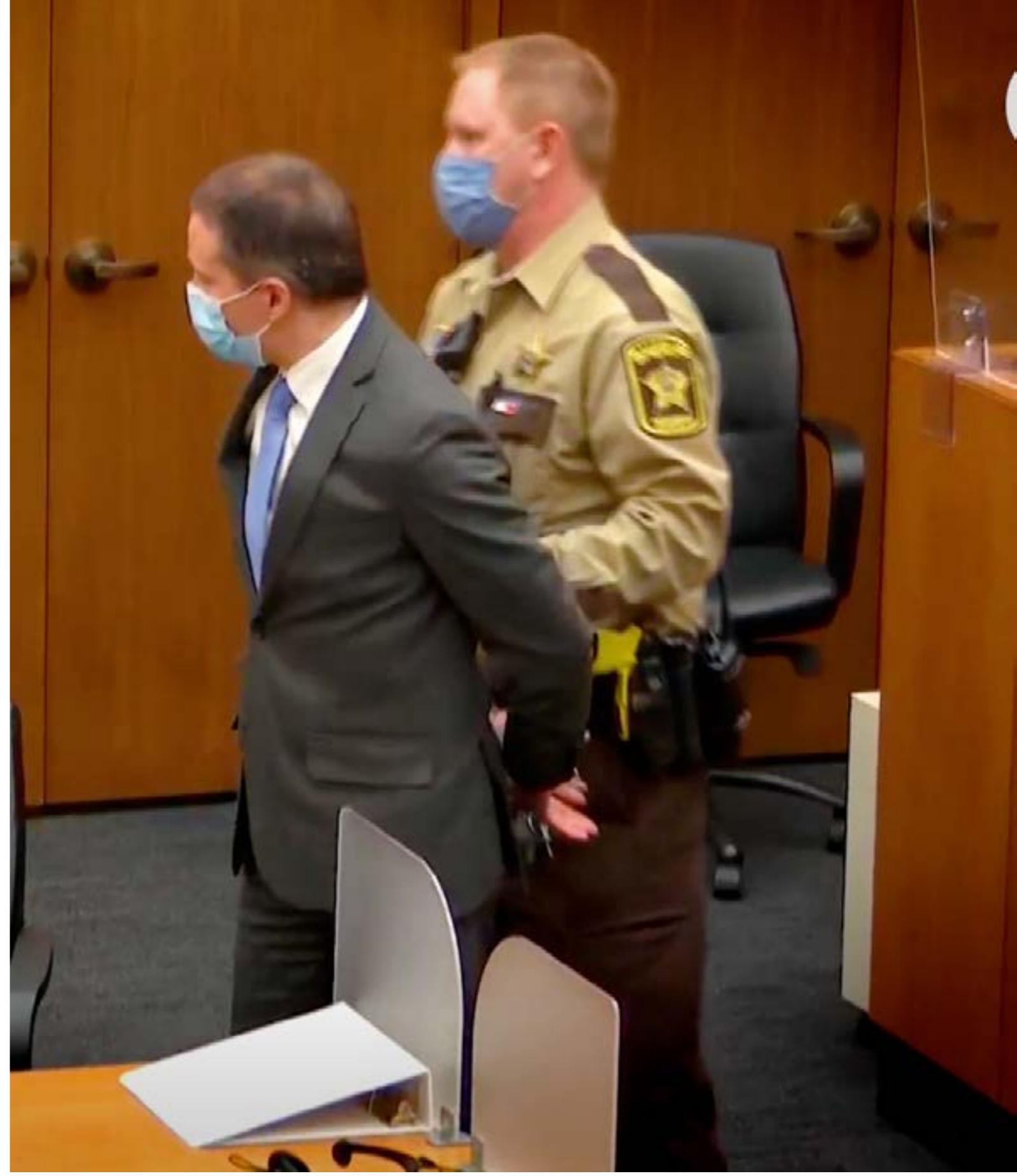
He and three other former officers are separately charged with violating George Floyd's civil rights.

The Floyd family and their supporters welcomed the sentence. "This historic sentence brings the Floyd family and our nation one step closer to healing by delivering closure and accountability," lawyer Ben Crump tweeted. Mr Floyd's sister Bridgett Floyd said the sentence

"shows that matters of police brutality are finally being taken seriously" but there was still "a long way to go".

During the sentencing hearing, Mr Floyd's brother Terrence Floyd demanded the maximum available, a sentence of 40 years. "Why? What were you thinking? What was going through your head when you had your knee on my brother's neck?" he said. Mr Floyd's daughter Gianna, aged seven, appeared in a video recording, saying she missed him and she loved him. "I ask about him all the time," she said. "My daddy always used to help me brush my teeth."

The judge said the case had been painful for the community and the country, but above all,



for Mr Floyd's family. President Joe Biden said the sentence "seemed to be appropriate" but admitted that he did not know all the details.



THE PASSING ON OF THE GREAT PROPHET T. B JOSHUA.



By: Kangmwa Gofwen
Lagos Bereau Chief,Nigeria



Saturday 5th June was a day just like any other at the Synagogue Church of All Nations, Prophet Temitope Balogun Joshua popularly referred to as T.B Joshua preached that evening at the Emmanuel TV partners meeting before retiring to his office.

In the meeting, Prophet T.B Joshua titled his message "time for everything." He said there is a time to gather for prayers and time to return home. Reports say he encouraged members to watch and pray as those were his last words in the meeting.

After the meeting, T.B Joshua indeed returned home; but this time the glorious home in heaven although the cause of his demise is not made public. However, his wife Evelyn Joshua said she met her husband in a reflective position but unconscious, she said efforts by his disciples to resuscitate him to life did not yield results.

The demise of the prophet came few days to his 58th birthday. In a pre-birthday message, T.B Joshua said there are more birthdays ahead as he shared concerns over the worry of those who want to come for his birthday celebration.

He said "as things stands, you may have realized it will not be easy for me to celebrate my birthday under the present circumstance. Some of the people who want to come are troubled by situations all over the world, we see their fear and worry, I feel their pain; I feel their worry." He then encouraged that June 12 be dedicated to fasting and prayers.

T.B Joshua started his ministry in the mid 90's; unlike the common practice by other pastors, T.B Joshua did not have a branch of his church anywhere. In 2004 after NBC ban TV stations from airing miracles from pastors on TV, T.B Joshua launched a satellite station known as Emmanuel TV. The satellite TV further brought a great deal of exposure to international audience.

Famous for his miracles and prophecies on TV, T.B Joshua suffered lack of acceptance by his fellow pastors till his demise. T.B Joshua created a path for himself and has never been linked to any pastor as mentor; this has led many to question how he rose to this





level of success in the ministry as many believed he was a fake preacher that used demonic powers to attract followers.

Many have wondered if the church will survive after the demise of the prophet however, the church has announced that Evelyn Joshua wife of the deceased will be taking over the leadership of the church. The church elders selected Evelyn as the successor of the church leader after a meeting; it was also gathered that the late prophet did not leave a succession plan behind.

According to reports, the elders said so much spiritual and financial efforts has gone into building the church and it cannot be allowed to waste, someone has to take charge immediately. Before her succession, Evelyn was a senior pastor in the SCOAN. T.B Joshua and Evelyn have been married for 31 years and the marriage is blessed with two children. It was revealed that T.B Joshua proposed to his wife 45minutes after he met her when she came to him for counseling and spiritual guidance.

The succession of Evelyn as the leader of the Synagogue Church of All Nations SCOAN has raised much dust on social media as many criticized why she would be the successor of the deceased. Some say her succession means the church was a family business while others question why one of his disciples can't step in since they were groomed by the late prophet himself.

While the family was mourning his demise, one of his daughters delivered a baby boy on the day of her late father's birthday June 12. Sarah is married to Tanzanian businessman Brain Moshi; the couple tied the knot in Lagos last year. Many have congratulated the couple saying her late father has reincarnated.

The late prophet is set to be buried in his church premises in the Ikotun area of Lagos state however, there were controversies as to where the prophet will be buried. According to the ruler of Arigidi Akoko in Ondo state, Oba Yisa Olanipekun they want T.B Joshua's body back in his ancestral home, he said they will not take it lightly if he is not buried in his home town.

The church has since intervened in the matter saying he needs to be buried in the church premises because of spiritual reasons. The church has also announced the funeral programs that will lead to the funeral of its leader.

In a statement published on the church's social media pages said they are preparing for the week-long service from 5th July through to Sunday 11th of July 2021. They said the service is to honor the life and legacy of T.B Joshua. "All services will be broadcast live on the Emmanuel TV. The service which will be open to the public will be communicated to you at the appropriate time" the statement said.

We pray for comfort for the family and his church, may the Lord grant them the heart to bear this irreparable loss; may his soul rest in peace.

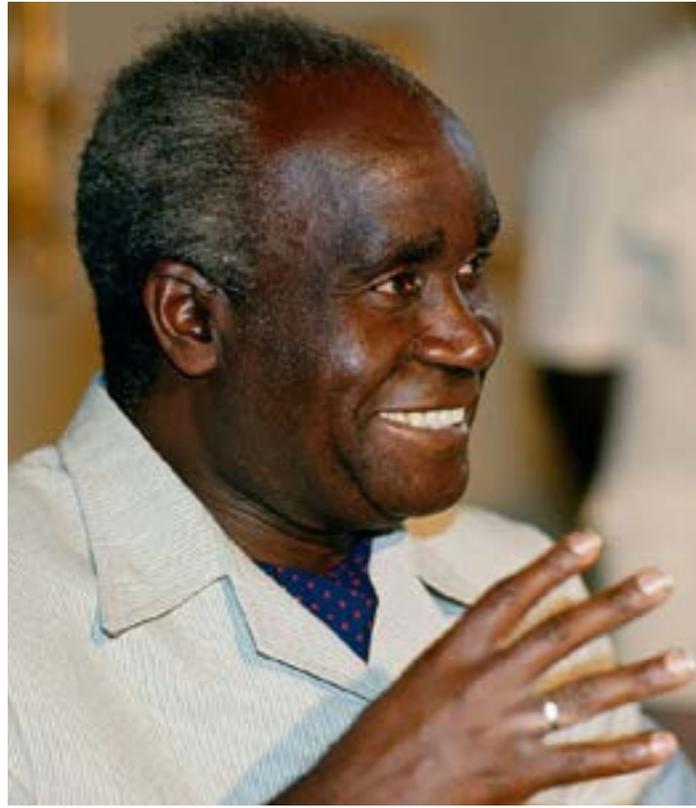


A SPECIAL TRIBUTE TO KENNETH KAUNDA

Politics



By: Gbenga Teejay Okunlola
London, UK



Dr. Kenneth Kaunda, Zambia's first president and one of the last of the generation of African leaders who fought colonialism, has died aged 97. Kaunda was admitted to a military hospital in the capital, Lusaka, in June suffering from pneumonia. His aides said he did not have Covid-19. Kenneth David Kaunda was a Zambian politician who served as the first president of Zambia from 1964 to 1991.

He was at the forefront of the struggle for independence from British rule.

He distinguished himself in Zambia's own liberation from colonialism and was instrumental in providing a home for all the liberation movements of Southern Africa.

In hosting the African National Congress (ANC) and other liberation

movements he defied the powers that be including the brutal Apartheid regime in South Africa and its allies in the West in particular the USA and UK. Seen in the light of the Cold War his efforts were indeed heroic and gallant.

His commitment towards the liberation of Africa from its colonial vestiges remained unswerving even in the face of threats and bullying from these powers. The Nelson Mandela Foundation said Kaunda contribution to the struggle against colonialism and apartheid would not be forgotten.

It is no exaggeration to regard the late President Kaunda as the father of the liberation movement in Southern Africa and the Zambian nation as the true hero and liberator of our sub-continent. He will not only be remembered as one of the last of the generation of African leaders who fought colonialism but also for his love of sport and music. His support for the national team helped them develop



into being a force to be reckoned with on the continent and with that success the side soon became known as the 'KK11' in his honour.

Early on in his political career he realised the football was a tool that could aid his work toward creating a country devoid of tribal politics and to promote his constant theme of 'One Zambia.

One Nation.' He succeeded. His passion for football also saw his first cabinet frequently out on the football pitch playing in matches that gave them the opportunity to engage the public in a light-hearted manner.

He saw it as a way of showing that

they were still in touch with the community while Kaunda himself surfaced at other matches as a referee.

Kaunda was ever-present for high profile matches when the national team played, and frequently for local cup competitions and Independence Day celebratory matches.

He strategically chose encounters that would have huge audiences and maximum impact on the public if the team won.

Yet, he also genuinely loved the game as could be seen by him going out of his way to make sure that the national team had equipment and financial support to fulfil its programmes, even when resources had become scarce as the economy nose dived.



Another tribute came from Kalusha Bwalya, former captain of the Zambian national football team, who said Kaunda had made “an immense impact”.

Although Zambia’s copper-based economy fared badly under his long stewardship, Kaunda

up to white minority rule in Southern African countries such as Angola, Mozambique, Namibia, South Africa and Rhodesia, now Zimbabwe.

The youngest of eight children, Kaunda lost his father when he was eight years old. His mother was a teacher – a rare profession for Zambian women in those days. He started his political career as the organising secretary of the Northern Rhodesian African National Congress (NRANC) in the Northern Province of Zambia. But in 1958, he broke from the NRANC to form the Zambian African National Congress (ZANC). The colonial authorities banned it a year later, and Kaunda was imprisoned in Lusaka for nine months. ZANC became the United Party for National Development (UNIP) in 1959.

The following year, Kaunda was released from prison and elected president of the nationalist, left-of-centre UNIP.

He then started organising civil disobedience known as the Cha-cha-cha campaign.

It was the philosophy of Mahatma Gandhi that made Kaunda committed to non violent principles.

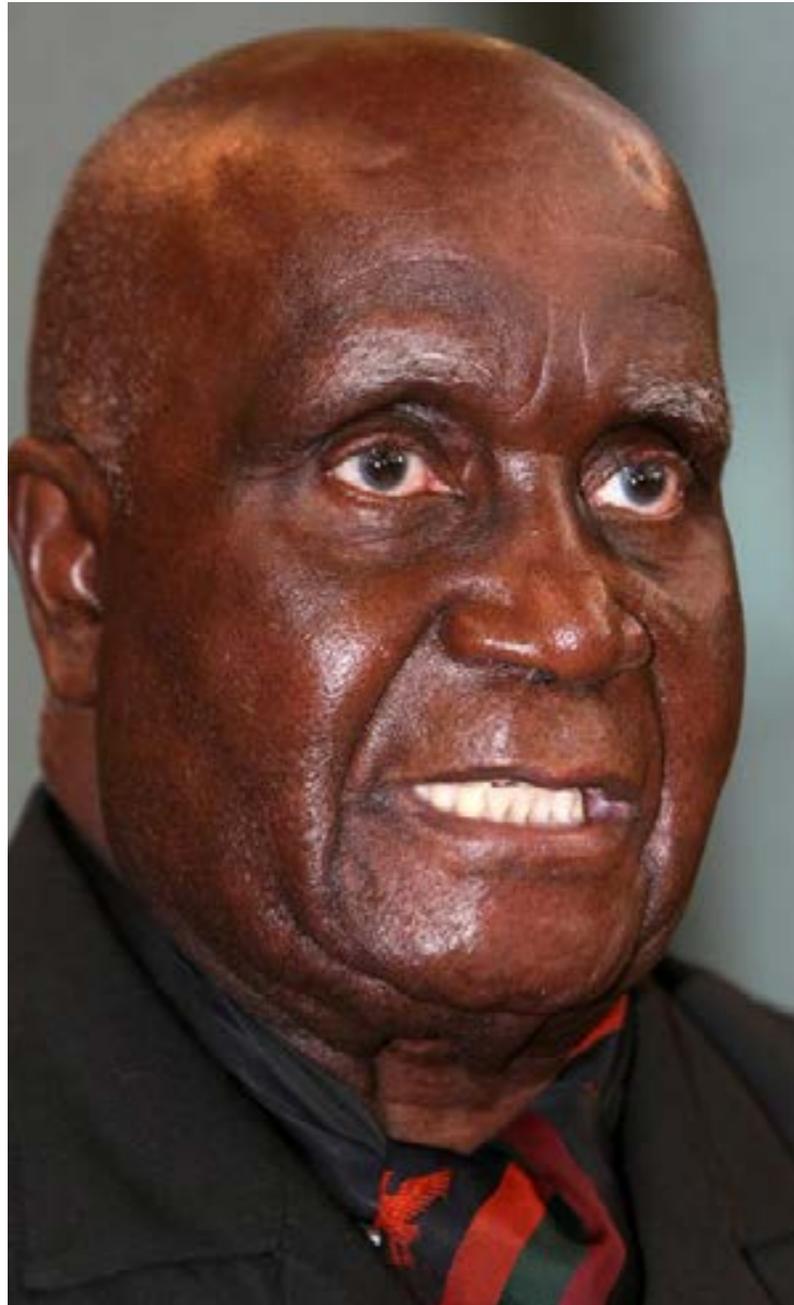
Kaunda was not ashamed to weep in public and had a unique speaking style, emphasising key thoughts by repeating whole sentences, his trademark white handkerchief in his left hand.

He espoused an ideology of

“humanism” mixing Christian ethics, traditional African values and socialistic principles. Using his rhetorical skills to appeal to the public, Kaunda won independence for his nation without resorting to violence in 1964. As UNIP president, he ruled Zambia for 27 years.

Kaunda had continued to engage in national politics and in 1996 tried to stand for the presidency. However, the Chiluba government changed the constitution so that anyone whose parents came from outside the country was deemed a foreigner and could therefore not run for office. Chiluba later attempted to deport Kaunda alleging that he was a Malawian. In 1997, Chiluba threw Kaunda in jail on Christmas Day for allegedly being involved in a foiled coup attempt. In 1999, during Chiluba’s rule, he was declared stateless by a Zambian High Court, but he challenged this decision in the Supreme Court of Zambia, which declared him to be a Zambian citizen the following year.

As head of the left-leaning United National Independence Party (UNIP), Kaunda then led the country through decades of one-party rule. He stepped down after losing multi-party elections in 1991. In later life Kaunda turned his attention to the fight against HIV after one of his sons, Masuzyo, died from an Aids-related disease. “We fought colonialism. We must now use the same zeal to fight Aids, which threatens to wipe out Africa,” he told Reuters in 2002. Throughout the African continent, many streets, buildings and airports are named after him. And even in old age, he repeatedly raised his voice in public against perceived injustices as well as the oppression of minorities.



ECOWAS COURT STOPS FG FROM PROSECUTING HER CITIZENS FOR USING TWITTER



By: Ibukun Babatunde
Port-Harcourt, Nigeria



The ECOWAS court of Justice in Abuja has restrained the Federal Government and its agents from arresting or prosecuting Nigerians who are making use of social media platform, Twitter, which was suspended by Nigeria few weeks ago.

The Attorney General of the Federation, Abubakar Malami, had threatened to arrest and prosecute Nigerians who were using Virtual Private Network to bypass the suspension of Twitter.

Civil Society Organisation, the Socio-Economic Rights and Accountability Project, and 176 concerned Nigerians, however, instituted a suit before the ECOWAS court,



arguing that the unlawful suspension of Twitter in Nigeria, criminalisation of Nigerians and other people using Twitter had escalated repression of human rights and unlawfully restricted the rights of Nigerians and other people to freedom of expression, access to information, and media freedom in the country. SERAP Deputy Director, Kolawole Oluwadare, said in a statement that in a landmark ruling last month, the ECOWAS court restrained the regime of the



President, Major General Muhammadu Buhari (retd.), and its agents from “unlawfully imposing sanctions or doing anything whatsoever to harass, intimidate, arrest or prosecute Twitter or any other social media service provider, media houses, radio, television broadcast stations, the plaintiffs and other Nigerians who are Twitter users, pending the hearing and determination of this suit.

“The court gave the order after hearing arguments from Solicitor to SERAP, Femi Falana (SAN), and lawyer to the government Maimuna Shiru.

The court said: “The court has listened very well to the objection by Nigeria. The court has this to say. Any interference with Twitter is viewed as inference with human rights, and that will violate human rights. Therefore, this court has jurisdiction to hear the case. The court also hereby orders that the application be heard expeditiously. The Nigerian government must take immediate steps to implement the order.”

JACOB ZUMA JAILED FOR CONTEMPT OF COURT IN CORRUPTION CASE



By:Dr. Funmilayo Awoleye-Beckley
Lagos, Nigeria

Former South Africa president Jacob Zuma has been ordered to spend 15 months in jail for contempt of court after he failed to appear at a corruption inquiry earlier this year. The country's Constitutional Court handed down the sentence on Tuesday 29 June after finding him guilty of contempt of court. The high court ordered Zuma to surrender to police within five days.

The former leader has repeatedly refused to appear in front of judges over accusations that he allowed the plundering of state coffers while in office. The inquiry is looking into allegations of high-level graft during Zuma's time in office from 2009 and 2018.

Zuma denies wrongdoing and has so far not co-operated with the inquiry.



If he fails to hand himself in, South Africa's minister of police and the police commissioner have been ordered to take him into custody within three days.

Zuma is the first former South African president to be handed a prison sentence.

In a previous 21-page letter to Chief Justice Mogoeng Mogoeng, which the court has described as "scandalous", the 79-year-old ex-leader claimed he was ready to be sent to prison. It comes after the inquiry's lawyers approached the constitutional court seeking an order for Zuma's imprisonment.

A spokesman for the former political leader said that Zuma would be issuing a statement later, and gave no further details. Zuma had become increasingly unpopular after facing a string of corruption claims when he resigned in February 2018.

The allegations against Zuma include that he allowed businessmen close to him - brothers Atul, Ajay and Rajesh Gupta - to plunder state resources and influence policy.

The Guptas also deny wrongdoing and left the country after Zuma was forced out of office, and succeeded by President Cyril Ramaphosa.

Zuma is also facing a separate court case and charges - which he has denied - related to bribes that he allegedly received in connection with a \$2bn arms deal in 1999, when he was deputy president.



BIAFRAN SEPARATIST LEADER ARRESTED AND WILL FACE TRIAL, NIGERIA SAYS



By: Ibukun Babatunde
Port Hacourt, Nigeria



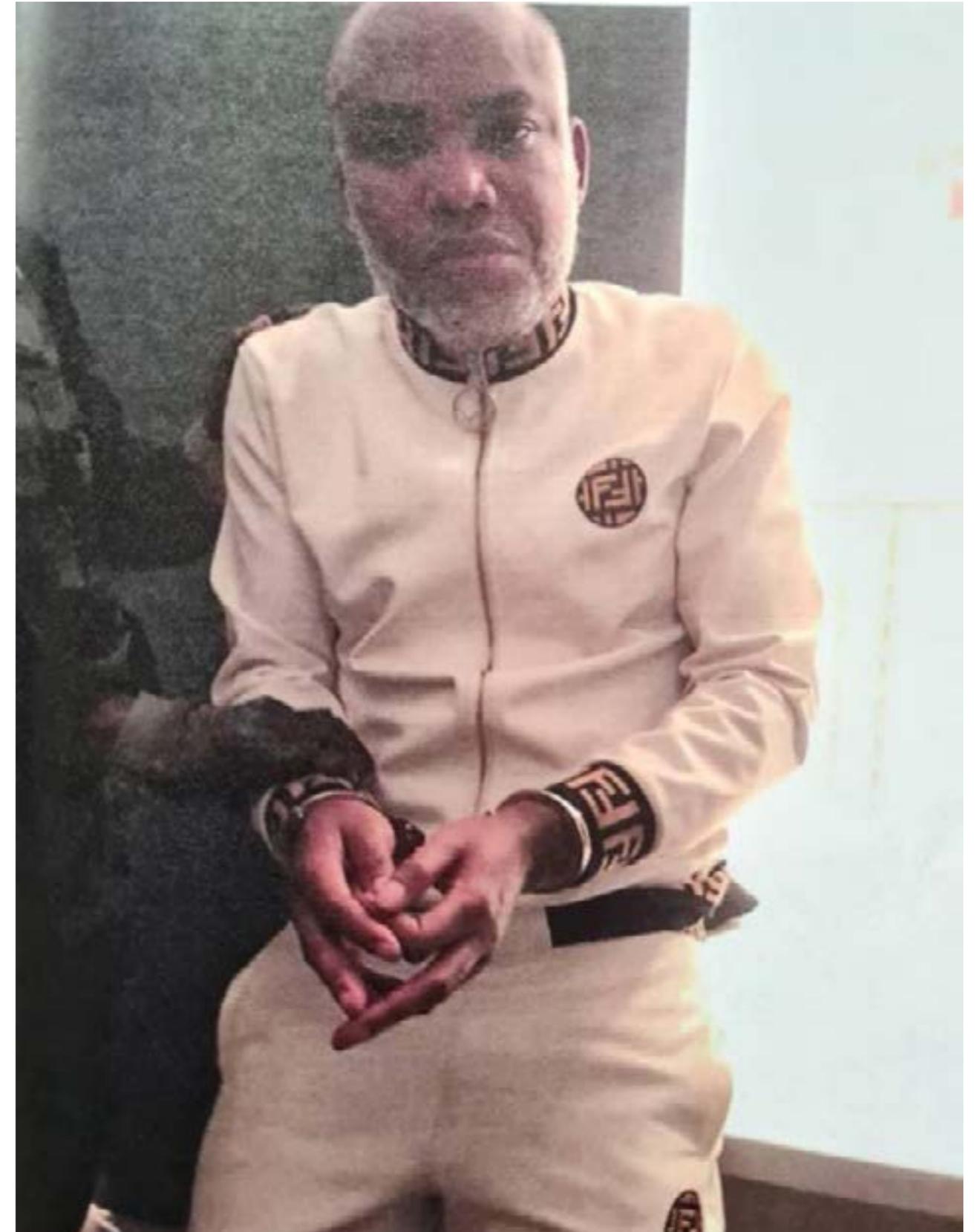
Nigerian separatist leader, Nnamdi Kanu, was located and brought back to Nigeria to face trial for terrorism, Nigeria's Minister of Justice, Abubakar Malami, said. Kanu went missing when he failed to appear in court in 2015 and his whereabouts prior to the arrest was unknown. Officials did not disclose where he was apprehended. "He has been brought back to Nigeria in order to continue facing trial after disappearing while on bail regarding 11 count charge against him," Malami said. Kanu was apprehended on Sunday June 27th, 2021. Nnamdi Kanu appeared in court and his case was adjourned until July 27, a spokesman said.

"Kanu has been intercepted through

the collaborative efforts of the Nigerian intelligence and security services," Malami said.

Kanu leads the Indigenous People of Biafra (IPOB), which the Nigerian military has labelled a terrorist organisation. An IPOB spokesman said it could not confirm the arrest. IPOB leaders have called for the secession of the southeastern region which tried to secede from Nigeria in 1967 under the name of Republic of Biafra, triggering a three-year civil war in which more than a million people died, mostly from starvation.

Kanu spent two years in jail fighting charges of criminal conspiracy and belonging to an illegal organisation, but disappeared after he was released on bail in April 2017. Since then, Kanu's whereabouts have been unclear, but the government has blamed his social media posts for rising violence and a spate of attacks across southeastern Nigeria. He is accused of engaging in subversive activities that include inciting violence through television, radio and online broadcasts against Nigeria and Nigerian State and institutions. Information Minister Lai Mohammed cited Kanu's posts as a factor in the government's decision to suspend Twitter earlier June.



LONDON-BORN ACTOR FEARS DEPORTATION AFTER HOME OFFICE REVOKED HIS RESIDENCY STATUS

Entertainment

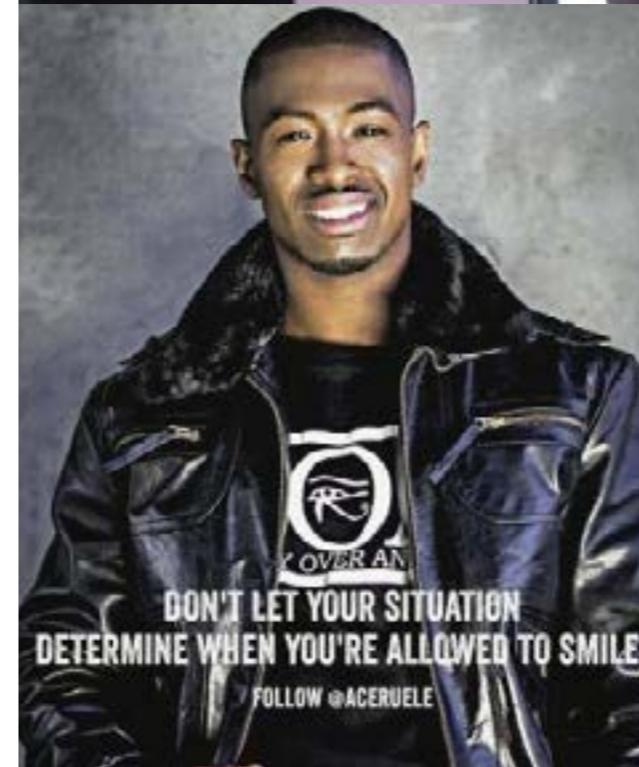
By: Linda R. Jones
London,UK

"I've been working,I've had a family,I was born and grown here, I've worked with the Met Police, the London Mayor's office, helping tackle youth violence... so why are you troubling me?" the actor has asked.

A London-born actor whose residency status was revoked by the Home Office has launched a petition to secure a permanent stay in the UK over fears he could be deported to a country he has only visited twice.Acting union Equity aslo has set up a petition calling on the Home Office to allow Ruele to be granted indefinite leave to remain.

Actor and motion capture specialist Ace Ruele, 33, whose TV credits include East Enders and New Blood,was born in London to a Jamaican family. His mother did not have a British citizenship at the time but he was granted indefinite leave to remain.

At the age of 19 Ruele, whose legal name is Ace Kentake, was jailed for three years for offences including robbery, and was reportedly threatened with deportation upon his release.



RIHANNA REPLACES 'DRAKE TATTOO' CONFIRMS THAT SHE'S DATING A\$AP ROCKY



By: Bunmi Johnson
Bureau Chief-New York
USA



Needless to say that, Rihanna only has room for one man in her life at the moment, and on her body. Fans recently pointed out that it seems the singer has covered up a tattoo that has long believed to have been matching ink with ex-boyfriend Drake. The 33-year-old singer was first seen with a distinctive shark tattoo around September 2016, and just weeks later, her then-boyfriend Drake was also seen with a strikingly similar inking on his right arm. The Barbadian pop star proudly strutted out, showing off new inking on her left ankle that shows the old design has now been covered up – perhaps in a display of loyalty to her new man. 'Rihanna covered her shark tattoo,' one fan tweeted, prompting a slew of replies referencing her Drake romance, with one person quipping: 'ASAP said "what's this one mean?"'

According to Vanity Fair, the ink was inspired by a stuffed toy shark that Drake gave Rihanna while they were dating. Keith McCurdy aka Bang Bang, the tattoo artist who worked on Rihanna's design, told the publication

at the time: 'The significance is personal.'

That's really all I can say. I've seen many people guessing the meaning online, but it's not my place to share publicly. I will say, I've made many tattoos for Rihanna and this one was my favourite! He added: 'The description she gave me was a camouflage shark. So I designed three different versions while on the flight down and she ended up liking one.' 'Rihanna covered up the matching tattoo she had with Drake. I'ma don't nobody feel my pain I promise,' another commented. Another weighed in: 'Whoa. Rihanna covered her shark tattoo with Drake. She def moves on.'



Finally, the prophecy foretold has come to pass. After a year and a half of coyly talking around rumours, ducking paparazzi and no doubt entering and exiting locations from different entrances, US rapper A\$AP Rocky has announced that he is in a relationship with singer Rihanna.

The rapper described her as “the love of my life” in an interview with GQ. A\$AP Rocky and Rihanna aren’t just leaving through the same door together—they are fully gliding down New York City streets, putting their unfathomably stylish union on full blast. Rihanna, of course, has stayed mum—cynics teased that Rocky had simped himself onto the chopping block by talking a bit too publicly and effusively about a woman who has broken her own share of seemingly indestructible hearts. But this is Rihanna we’re talking about, and she knows it. Who can blame him! So here they are, going strong as ever, parading around Rocky’s native New York City streets in plain sight and looking positively drunk in love doing normal NYC couple stuff like falling into Barcade.



Rihanna covered her shark tattoo.



Born Rakim Athelaston Mayers, the star was one of the biggest break-out stars of the 2010s, scoring two US number one albums with the Long.Live.A\$AP (2013) and At.Long.Last.A\$AP (2015). A versatile lyricist, he can flip between aggressive, passionate delivery and a more laid-back, melodic flow - often in the space of the same song. Hugely in-demand, he has collaborated with artists including Kendrick Lamar, Black Eyed Peas, Mark Ronson and even Rod Stewart - who appeared on his 2015 hit Everyday.



R. KELLY MOVED TO NEW YORK CITY AHEAD OF HIS TRAFFICKING TRIAL IN AUGUST.



By: Kangmwa Gofwen
Lagos Bureau Chief, Nigeria



RnB star R. Kelly has been moved to New York ahead of his court appearance later in August. Kelly was charged with racketeering, kidnapping, and sexual exploitation 2 years ago.

The federal prison official website listed the RnB singer as an inmate at the Metropolitan Detention Center in Brooklyn on Wednesday the 23rd of June. Kelly was moved from Chicago where he was facing similar charges following his detention since July 2019.

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The federal prison official website listed the RnB singer as an inmate at the Metropolitan Detention Center in Brooklyn on Wednesday the 23rd of June. Kelly was moved from Chicago where he was facing similar charges following his detention since July 2019.

The 54-year-old singer also added an attorney to his legal team Deveraux Cannick. Cannick is a former Bronx County district attorney who has made a name for himself over the years in New York for defending controversial celebrity cases.

However, there seems to be some conflict rising in the singer's defense team, according to a report by the Chicago Tribune, one of Kelly's attorneys is connected to an alleged victim of the FBI bribery sting last year. "the issue involving Nicole Blank Becker is likely to be a focal point of an unusual hearing Thursday in Brooklyn, where U.S. district Judge Ann Donnelly is expected to notify Kelly of any conflicts of interest Becker may have so the singer can make an informed decision about his legal representation" the Tribune said. Ahead of Kelly's transfer, Donnelly had requested to have a physical hearing to hear from Kelly directly his final decision about his legal team as regards the potential conflict of interest rising in his defense team; Kelly has been in the federal correctional center in Chicago since his arrest due to the pandemic.

Last year, Richard Arline Jr. a self-acclaimed cousin of R. Kelly was charged with an attempt to pay an alleged victim in the racketeering case \$500,000 to keep her from testifying, although the charge did not name the victim, details from the court show that it was Azriel Clary, Kelly's former girlfriend. Becker had worked with Clary when she was still a vocal supporter of the singer; during Kelly's arrest in 2019, Becker showed up for a bond hearing at the Dirksen

U.S. Courthouse with Clary and Kelly's other girlfriend, she has also provided statements to the media on behalf of both girlfriends. Clary is expected to testify at the upcoming trial in August and Becker's dealing with Clary stands as an issue in the case. However if Kelly ignores the potential conflict of interest, Becker will go on in the case as one of his defense attorneys.





Meanwhile, two of his defense attorneys abruptly pulled out from the case two months ahead of the trial. Steven Greenberg and Michael Leonard said during a status conference that they no longer want to represent Kelly; they cited a rift about lack of corporation from other attorneys in the team.



They also said they have concerns regarding the backgrounds of both Farinella and Becker as neither of them has ever tried a federal case. They said they wanted to see Kelly discuss their concerns but he didn't want to see them hence their decision to pull out.

However, one of the attorneys Thomas Farinella said Kelly decided to lay off both Greenberg and Leonard from the team, he said in the conference. When asked by the Judge if he was okay with his decision to continue with just two attorneys in

the case, Kelly confirmed saying "absolutely, yes ma'am" reports says. Judge Donnelly has since ordered the defense attorneys to submit their gripes in writing to the court as she will quickly make her decision; she also said there will be no more delay to the start of the trial.

In a separate development, the mansion used by R. Kelly for his alleged 'sex cult' has been sold reports says. According to TMZ, the mansion was sold for \$1,785,000 on June 3rd; the mansion has a focal point for some of the claims leveled against the 54-year-old singer. It was alleged that Kelly kept women and girls in the mansion as part of his sex cult.

Kelly is set for trial in Brooklyn on August 9 on a racketeering charge that alleged he ran an enterprise that recruited women and underage girls for sexual activities then isolate and threaten them under his control. Federal prosecutors say his managers and bodyguards selected Kelly's victims at concerts and arrange for them to travel and see him.

Kelly is also set to face a similar trial in September in Chicago on federal charges related to sex abuse of minors and allegations he conspired with his two former employees to rig his 2008 child pornography trial in Cook County by paying victims and witnesses to change their stories.

R. Kelly has pleaded not guilty to all charges leveled against him. His attorneys have tried severally to get Kelly released on bail but their efforts yielded no results; in August last year, Kelly was attacked in his cell by a gang leader who was awaiting sentence in a double murder case, his attorneys tried to use that incident to get him bail but were denied again.

SMART WAYS TO LIVE WELL

By: Linda R. Jones

From now on, we must be striving to live our lives well, be available for our friends as well as families, improving our work, all by doing them smarter



Although our main focus is on the financial guidance, we will provide guidance and suggestions in many other ways to live smarter. We aim to assist readers to live in our community from a healthy lifestyle, to a quiet mind, to help others finding happiness as well as living a life of appreciation and pleasure – and insider secrets for savings and lending methods that make life simpler by being SMARTER. Anytime we share methods of living smarter, we utilise our hashtag, “**#BeSmartLiveWell,**” and want you to use it whenever you do.

To kick off your life after reading the article, here are few tips:
Save anything more, don't spend anything more. This simple yet effective recommendation may transform your life. Save just a little bit every week or month and find small means to spend less – yes, they may go together – can contribute to huge development in your nest egg, vacation money and tranquilly.

Plan for this major holiday financing ahead. It's wonderful how financially and otherwise you may be better prepared if you plan ahead. Saving money, getting advice from experienced traveller and equipping oneself with all the tools needed to make your trip simpler may transform your holiday a one-time experience from a nightmare.

Dedicate more and less to experiences. Evidence indicates that individuals spending their money on experiences such as travel, excursions and park visits are in the long term much happier than those spending on the purchase of tangible things. Everything is to find an equilibrium.



Make little adjustments that are healthy. You may enhance your health by making modest adjustments in accordance with the same principle as saving and spending. Big changes may be painful, but minor modifications are much simpler to handle and to stay with. You'll soon notice a favourable add up of the adjustments.

Do you need assistance to afford what you need? This is a good starting point. Support local initiatives that are important in and outside our society. Studies have revealed that... spending on others is the most effective way to spend our money and time.

Others who have spent their effort, time as well as money to assist others have been far happier than people who have spent themselves.

Make charity a money, time and effort component of your life, and not only will you improve the lives of other people, you will also make it better for your own life.



Work Home and Save Money. This is another win-win strategy: the more energy you conserve, the better your environment and your life will improve.

Every time you save, you make the Earth a bit more livable, from energy saving upgrades to your house and a more efficient car, to an effective use of all of the resources you consume each day.

Make a day for someone...with a smile, a favour, or just your time. Besides the less fortunate, spending the time with a friend, a loved person or even an unknown individual.

From a fast, snappy grin to an hour's time visiting someone in a nursing home,

everything will improve the world. A little can make a huge impact, just like so many good acts. If you are starting a new custom (or keeping a good one) or have a fantastic idea or are living smarter, tag it with #BeSmartLiveWell! Let us all share love (and excellent thoughts) and encourage one other via intelligent life.



THE SILENT PANDEMIC - MENTAL HEALTH AND COVID-19

By: Linda R. Jones

The problems associated the mental health in the wake of the Covid-19 pandemic are more likely to be phenomenal and to be felt many years ahead.



According to the recently released Northern Ireland Assembly on the suicide study report. It stated that "developing" data "disproportionately impacted" the psychological health of young people in particular. However, the study cautioned that deteriorating mental health should be avoided as well as suicide and suicide risk.

Covid-19 having a significant influence on mental health and the brain in addition to a variety of physical consequences, a peer-reviewed research has shown that typical symptoms like as sadness, worry and tiredness are likely to occur in mild instances as seriously.

Background of the Issue

COVID-19 has a severe effect, with numerous indications indicating that a concomitant pandemic in mental health is quietly associated with physical consequences. Social conditions such as loneliness, tension and fear all have a significant effect on the mental health of the individuals as well as changes in working and living conditions that cause additional stress. Research shows that, in three months after recovery, one patient in five Covid-19 is diagnosed with mental disorder. The problems are exacerbated by pandemic constraints and overloaded medical systems that impede those who are most in need of assistance.

Important Fact

In conjunction with a significant mental risk for covid-19 survivors, one study showed that individuals with previous psychiatric diseases were 65% more likely to acquire Covid-19. The increasing evidence that this population is susceptible has urged for researchers and mental health groups to prioritise mental health patients in the vaccination push.



Work Life and Socialization

The pandemic COVID-19 has altered our working, everyday routine and socialisation. But for others, the ongoing “silent,” household violence, racism, and mental health pandemics have also been compounded. Business leaders must guarantee that workers with cumulative stresses get the assistance they need in the months ahead.

Domestic Life

For many years family and the domestic violence in has been an important issue around the world. However, additional issues arose with COVID-19. The choices for those with domestic and familial abuse have been restricted to social distances, lockouts and remote employment. As increasing jobs required individuals to work from home, the people who came to seek assistance decreased in numbers, according to supporters. At the same time, new kinds of aggression, such as monitoring people’s time on gadgets and utilising the infection as a threat, have surfaced from reports.

Issue of the Mental Health

It is more essential than ever to ensure the well-being of the employees, especially mental health. There can be no excessive cumulative effect of stresses - such as bushfires, demonstrations by Black Lives Matter, disclosures of sexual harassment in the workplace, and COVID-19. During this epidemic, employees face with various demands and will react differently.

What Leaders can do?

- i. Conducting an organisational risk assessment, identifying both dangers and strengths in order to understand the present status of mental health
- ii. Encourage workers to create a personal well-being plan and make use of teams to monitor their follow-up;
- iii. Development of a plan for mental health and related provisions such as mental health days;
- iv. Normalization of mental health and wellness discussions with up-and-coming staff to go beyond ‘are you all right?’
- v. With so much emphasis paid to the economic implications of COVID-19, leaders need to be cautious not to ignore their employees’ well-being. Our employees are resilient, but also rely on assistance from employers. How effectively leaders are taking care of their people will determine how fast companies, economies and nations are moving towards recovery.



ANTHONY JOSHUA VS OLEKSANDR USYK: TYSON FURY CHANGES HIS PREDICTION

Sports

By: Andrew Collins
London, UK

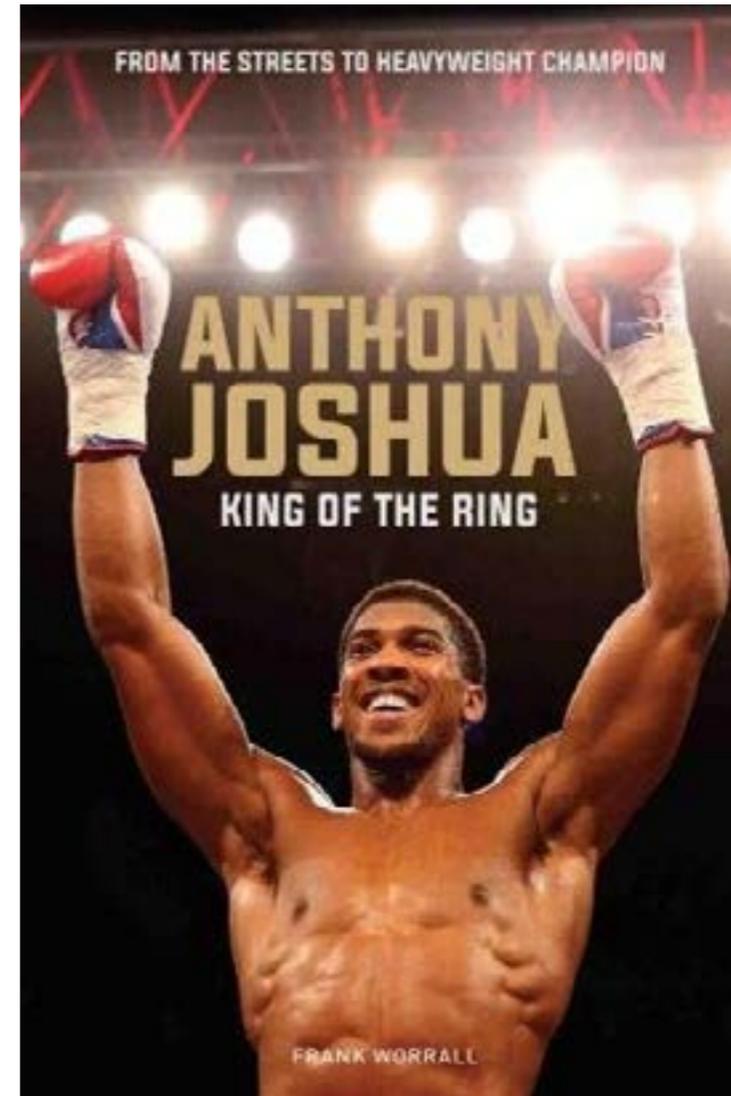


It is not surprising that boxer Tyson Fury has changed his mind on who is going to win the heavyweight title fight between Anthony Joshua and Oleksandr Usyk-just days after tipping the Ukranian to pull off a major upset. The WBC heavyweight champion had initially backed Usyk to beat Joshua later this year.

But Usyk (18-0, 13 KOs), 34, of Simferopol, Ukraine, a former undisputed cruiserweight champion, has had some difficulties in adapting to the new weight class, and scraped past Dereck Chisora last time out. Meanwhile, Joshua (24-1, 22 KOs, 31, of Watford, Hertfordshire, made light work of Kubrat Pulev and is once again the man to beat at the top of the division. Fury said: "I don't believe Usyk is a heavyweight for one. I think he's a pumped-up cruiserweight who struggles with heavyweights.

"In my opinion, Dereck Chisora beat

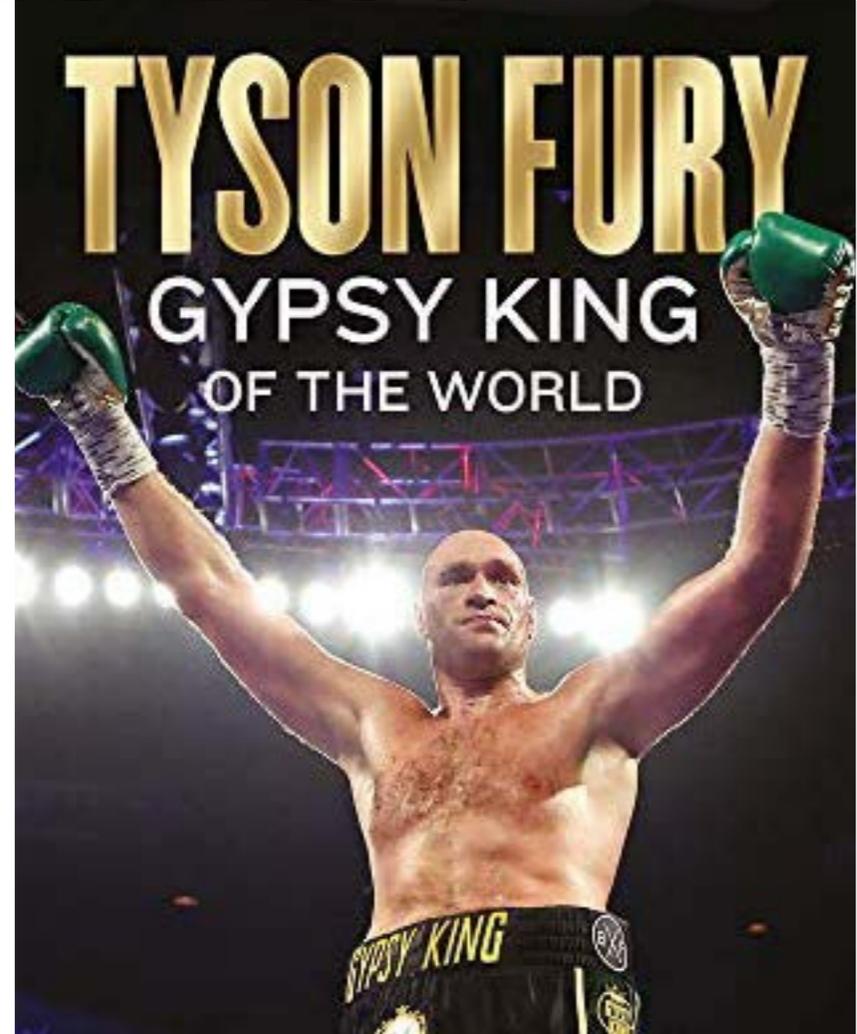
Oleksandr Usyk - he certainly struggled with Dereck Chisora and Joshua is a much bigger, stronger man than Dereck. "I think he walks straight through Usyk. People are trying to build it up as a scary fight but he didn't have the power to halt cruiserweights like Mairis Briedis or



whoever else he fought. But Top Rank CEO Bob Arum, Fury's co-promoter, believes that an upset could be on the cards as he isn't entirely convinced that Joshua will be able to cope with Usyk's technical ability.

"I think Joshua has his hands full with Usyk," Arum said. I give Usyk a hell of a chance to beat Joshua in that fight." Hopefully Tyson comes through and we can do the unification fight in December of this year. Unified heavyweight champion

Joshua is set to face Usyk at the Tottenham Hotspur Stadium in September.



As for Fury, the 32-year-old hasn't fought since his victory over Deontay Wilder last year.

Heavyweight world titleholder Joshua was all set to face fellow champion Tyson Fury in a Battle of Britain for all four major heavyweight titles this summer in what would have been the biggest fight in British boxing history.

But those plans soon came crashing down above their heads when it was reported that an American court had ordered The Gypsy King to honour his rematch clause with Deontay Wilder. Joshua (24-1, 22 KOs), 31, of Watford, Hertfordshire, and Usyk (18-0, 13 KOs), 34, of Simferopol, Ukraine, will most likely meet for the first time in September at the Tottenham Hotspur Stadium in London. If Oleksandr Usyk wins, he then makes an absolute fortune to fight AJ again.



Happy birthday to me!

God has been faithful. If my God is for me then who could ever stop me. It's been a long road to 26. Yet I'm thankful for all the lessons learned the bitter and the sweet. I'm not where I want to be in life yet but inside I'm where I want to be. 25 was the most unfruitful year for me. Since the end of 2018 life hasn't been rosy, it has been filled with highs and incredible lows yet 25 was the worst year. I achieved some good things but the year was filled with a thick gloom of depression and anxiety that took me back to my younger years of deep pain and frustration. However, God is great. Even though my plans for a year of great success, triumph and happiness didn't come true. I am grateful for the opportunity to learn to love myself truly, not the labels I put all over myself to make me think I was worthy of love. I've learned to love myself, the good, the bad and ugly. As well as only the soul that lives within not the things she might, has, can or will accomplish. I've painfully learned to let go of the past and forgive and mostly forgive myself. I've learned to throw away my walls and be completely vulnerable, and I've gained solid confidence and self believe. Though I'm sad at some big mistakes I knew I shouldn't have made. I've learned that my gut is usually right and to follow it before regrets set in. I'm lucky even though sometimes I complain that I wish the young years were full of bliss to have learned the tough lessons young. I wanted to share this as part of my birthday message to myself and others to display life doesn't always go to plan, sometimes what you think will be blessings can bring great pain, not trusting yourself and betraying your instincts out of fear can lead to great regret. Yet, we must remember we are human and be kind to ourselves. Forgive ourselves and really believe in ourselves. It took me 25 years to realise I was not comfortable sitting in a box, being safe or secure. I wanted to live freely and joyfully. That meant jumping out of my shell and letting my real self shine. The good, the bad and ugly. So I say Happy Birthday to a girl, who has stuck by me through thick and thin, encouraged me, pushed me and loves me the most. Myself. I say thank you to her for holding my hand through some traumatic things in childhood, helping me overcome bullying, teaching me to love and believe in myself and fighting through some incredibly hard times when so many voices cruelly put me down. I am a fighter, a phoenix and a flame. I know in the end I will come out on top because I don't know what give up or give in means. I'm thankful for the love I have from family and friends, sometimes even from strangers, which truly touches me. So Miss Beauty Queen, Miss Poet, Miss Authour of The Black HoneyBee, Miss BA, Miss MA, Miss Freelance Journalist, Miss Senior Writer, Miss Activist, Miss Survivor,

Miss lover, Miss Creative, Writer, Speaker, Miss Child of God, Miss full of faith, Miss Jesus lover, Miss Eccentric and Colourful, Miss Unique, Miss Defiant and Miss Free individual spirit, Miss Vibrant and Vivacious and Miss Sense of humour. Happy birthday and thank you for choosing me to be you. There's no one else I'll rather be because I really love you. I wouldn't have accomplished or survived so much without your strength and character. Girl I hope I make you proud, we are stronger than we have ever been now. Thank you for never being afraid of standing out. That is our superpower. 'We can throw our hands up because we know that we are a star, we can stand up cause we know just who we are, we never give up, never say die, that's our girl power.' (Cheetah Girls). We will always be that 21 century fox and sleeping lioness who doesn't break or bend no matter what comes our way.

If you would like to purchase my poetry book here is the link to it on Amazon :

<https://www.amazon.co.uk/BLACK-HONEYBEE-Akosua-Adebra-Darkoebook/>

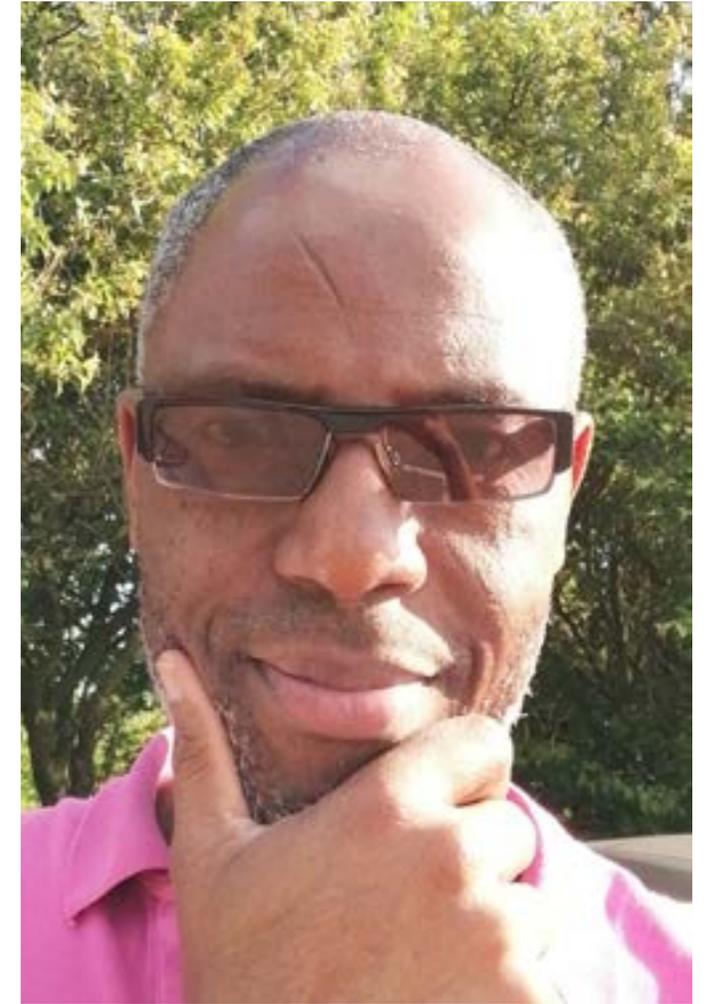
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Akosua Darko

Senior Writer

A very happy birthday to our beautiful senior writer Miss Akosua Darko. Your contribution to A-CHOICES MAGAZINE since inception is very much appreciated, here to say, we love





*From everyone at **A-CHOICES** magazine we would like to wish **Mr Olusola Nwachukwu Esan** a very happy 60th birthday.*



 **HAPPY BIRTHDAY TO** 
OUR
LITTLE PRINCESS-
JOLA AWOLEYE
Lots of Love from: Mom and Dad




HAPPY BIRTHDAY
TO OUR
DRUMMER
BOY-TIFE
AWOLEYE
Lots of Love
from:
Mom and Dad



HAPPY 15TH BIRTHDAY

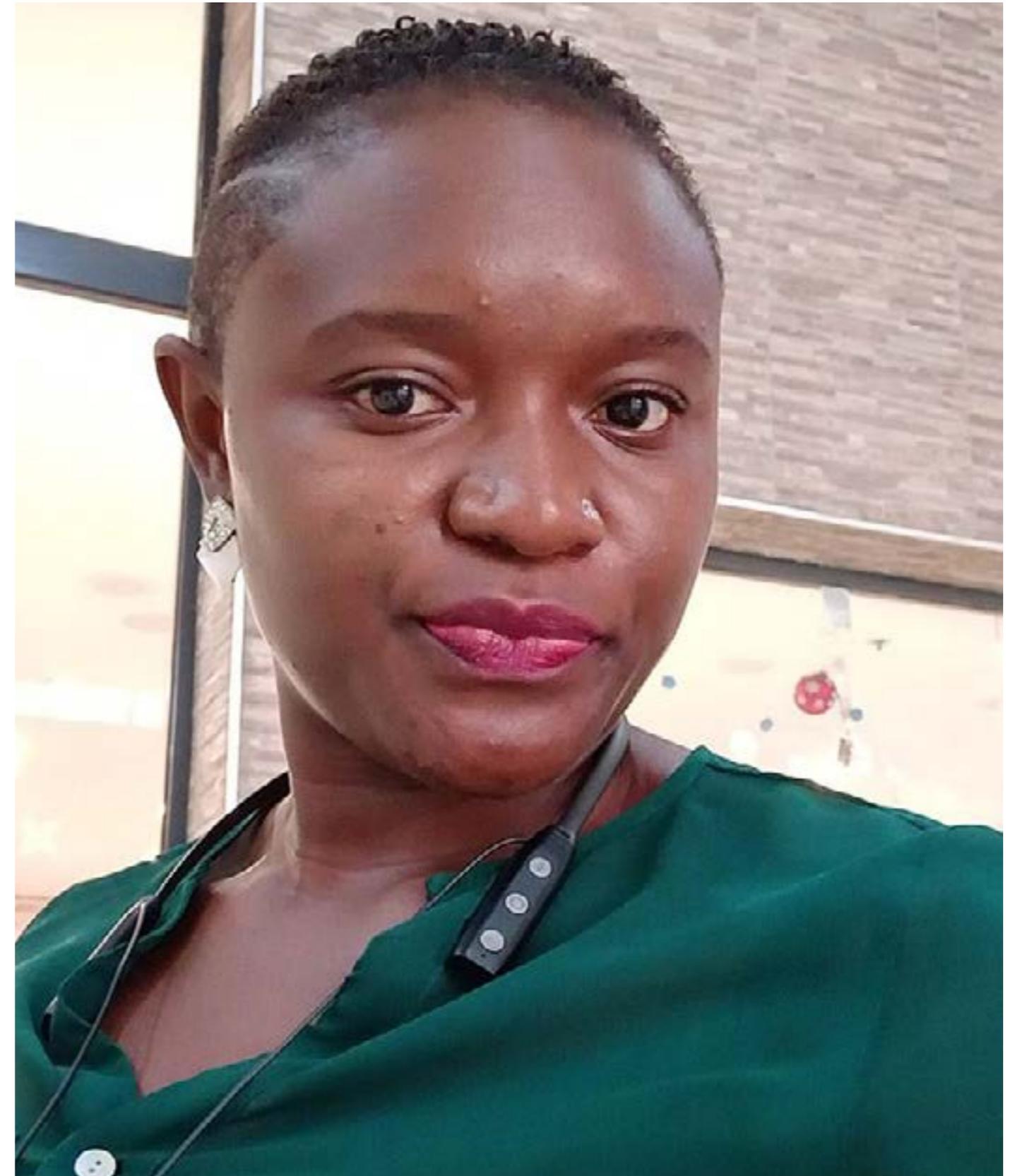
to our growing girl! May the coming years bring nothing but joy, grace, and happiness to you! May all the dreams which are hidden in your sweet heart come true.

Happy birthday!
With Love



**A very happy birthday
to our beautiful
Lagos-Bureau Chief Miss Kangmwa
Gofwen. Your contribution to A-CHOICES
MAGAZINE since inception is very much
appreciated, here to say, we love you and
have a wonderful celebration!**

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What is ArtWizard?

ArtWizard is a Digital Art Platform for virtual exhibitions. We offer the opportunity to display, offer and buy-sell works by artists and galleries seeking greater access to art connoisseurs across borders, in the EU, and the global world.

The purpose of the platform is to open and make access to world and contemporary art independent of the physical location of the connoisseur/collector and artist or gallery, improving access to the general public, collectors, and art galleries. ArtWizard makes the relationship of artists and galleries around the world easier through the innovative Virtual Art Space, where their works can be represented.

Our team consists of experts in art, curators, marketing, finance, and technology specialists. We work with a wide range of artists and galleries who believe in new technologies, choose the modern approach, and want to expand their presence by offering their works to a wider range of connoisseurs in an innovative way.

ArtWizard offers live updated content of its platform in three different languages – English, French and Russian so that we can reach faster and better different audiences. All our content is presented by professionals in all three languages in real-time.

What is the innovation of the ArtWizard Platform?

The platform provides a virtual 3D art space where collectors, galleries, and the general public may view online exhibitions, talk to authors, and purchase artworks using the digital communication and payment channel of the platform. The art connoisseurs can virtually walk into the art space and see multiple high-quality images of the selected artworks, curated as an exhibition.

We created a unique Virtual Art Space for exhibitions on the ArtWizard Platform, where artworks can be seen in several (more than five) different environments, in proportions and scale, reflecting the direction and angle of the fall of light, and the spectator can see all artworks with a maximum precision that ensures an experience closest to the real experience.

Services offered by ArtWizard

ArtWizard offers a hassle-free digital art space that can be accessed by anyone willing to be part of the digital art society. We digitalize the exchange of information, the art presentation, and purchase of artworks in a customer friendly way.

ArtWizard offers a first-class experience for connoisseurs of fine art. Customers can purchase all artworks directly from the platform by sitting comfortably on the armchair in front of the fireplace or desk in their office, using virtual payment methods and receive their work with express delivery to their door, insured by a leading European company and delivered by a first-class courier company. We partner with the best art houses and platforms to promote our artists, galleries, and works.

As the collection of art is also an alternative investment method, ArtWizard provides virtual access to a live price index in order to see how specific categories of art pieces are traded by the most famous auction houses, local and international, and be aware of the approximate value of the investment in case same or similar category of art is purchased by either a collector or a gallery.



NYanakiyev_A_Journey_Through_Time_



nocturno



NYanakiyev_Expectation



IRussev-Summer



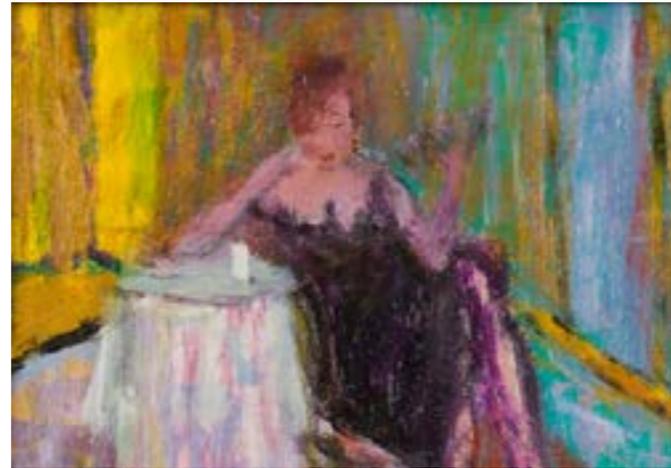
IRussev-Turquoise



IRussev-Turquoise



LDimanov_The_Butterfly



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DMincheva_The_Blue_Lady



danzas sensuales



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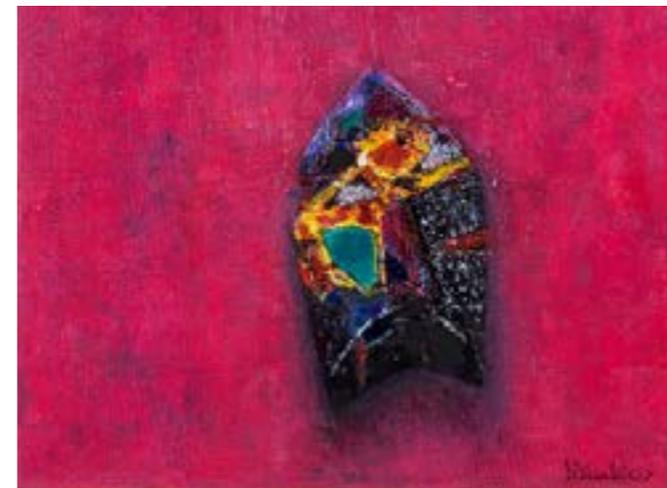
LDimanov_Peasant_Boy



el ensayo



NYanakiev_The_Little_Princess



NYanakiev_Venetian_Mask

Services list

1. Digital art space for exhibitions. The service comprises rent of a virtual exhibition art space. It can be used by artists, collectors, and galleries who can exhibit and sell the artworks through the Platform.
2. Representation of an Artist, Gallery, or Collector. The service comprises a full scale of artist/gallery representation including the creation of editorial content, advertising, legal representation, and logistics.
3. Art and design consulting of the ArtWizard platform. The service comprises personalized advice on what artworks to buy for an office or home interior. The ArtWizard team helps to find the specific artworks that will be affordable and suitable for any interior.
4. Live price index.* The service is designed to show how different art categories that a collector possesses are willing to buy sell globally. It can be used for management decisions related to art, investment decisions, or for the creation of art collection portfolios.
5. Art Investment Consulting. The service comprises the valuation of specific artworks as an investment asset and providing auction estimates.
6. Legal advice. ArtWizard offers legal services related to the protection of artworks, copyright issues, authenticity claims, review of contracts for management, and representation of artists within the EU.



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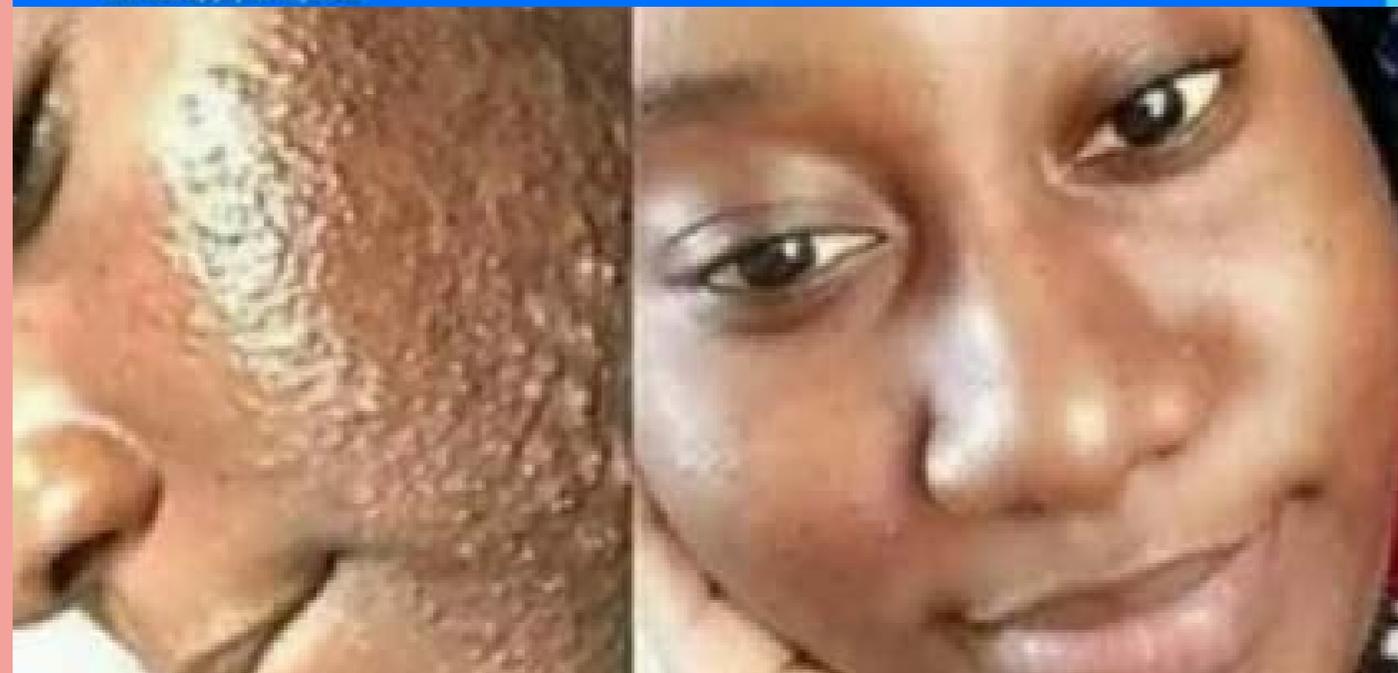
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HOW TO BECOME A BULGARIAN PERMANENT RESIDENT OR CITIZEN BY WAY OF PURCHASING PROPERTY

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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