

A-CHOICES

The African Lifestyle Magazine

EXCLUSIVE INTERVIEW:
"I NOW REALISE WHY THEY
CALL THE GAMBIA
"THE SMILING COAST OF AFRICA"

Extraordinary photos from The
Voice Achievers Awards Gambia 2022



ALBENA A. JONES

Award winning Motivational Speaker, Entrepreneur, Consultant
African business in Bulgaria and the EU & Event Organizer.



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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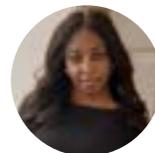
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EDITOR'S LETTER



Hello,

Welcome to the October issue of A-CHOICES Magazine. I am delighted to have you again this month. Independence Day is an official national holiday in Nigeria,celebrated on the 1st of October.

It marks Nigeria's proclamation of independence from British rule on 1 October 1960.This day gives another reason to prioritise shared prosperity that will ensure unity and

faith,peace and progress. Let us come together in unity to build the Nigeria of our dreams.

Happy Independence Day Nigeria!

On the cover of this edition is the beautiful award winning motivational speaker,a respected entrepreneur,consultant African business in Bulgaria and EU.

The Voice Business Summit and The Voice African Achievers Award is the most significant annual event for Africans worldwide.

The event is evolving every year by providing a platform for various progressive individuals Africans and friends of Africa who join from all corners of the world to share and present their ideas,solutions,projects,products, or businesses to help advance the development and future significance of the African continent.

This year,Albena Jones and Albena International Ltd,were recognized at the glamorous Voice Achievers Gala dinner ceremony,2022 held at the Sir Dawda Kairaba Jawara International Conference Centre in Banjul,

The Gambia,by being presented with the Innovation Excellence Award,for her innovative strategy to go back to basics. Her presentation titled Back to Basics

was a powerful opening statement,with a message that humanity needs to go back to nature and back to the virtues of the past,back to the basic,simple principles of our ancient forefathers as adapt,work together in cooperation not in competition in order to succeed, survive and preserve the world we live in for the future generations.

In this exclusive interview with Albena,Jones gives an in depth description of her Dreams to Reality.

Don't forget you can advertise with us as we promise to deliver. You can catch up with us at www.a-choicesmagazine.com for exclusive interviews with celebrities, exciting articles and lots more.

This is a magazine where we celebrate people, lifestyle and African

Achievers.
Thank you.
A-CHOICES





Albena with her awards
Photography; Jordan Pachev

EXCLUSIVE INTERVIEW: ALBENA A. JONES.

Interview



By:Gbenga Teejay
Okunlola
London, UK

Introduction:

The Voice Business Summit and Achievers Award is the most significant annual event for Africans worldwide.

The event is evolving every year by providing a platform for various progressive individuals, Africans and friends of Africa who join from all corners of the world to share and present their ideas, solutions, projects, products, or businesses to help advance the development and future significance of the African continent. After the initial few days of the business summit, an award gala event is held on the last day to celebrate the nominated individuals and entities for their contribution and scope of activity linked to Africa or their African heritage.

This year it was my pleasure to nominate Albena Jones and her company Albena International Ltd which drives and promotes African business in Bulgaria and the EU to be recognized.

Ms. Albena Jones was the first speaker and presenter at The Voice Business Summit 2022 held at the Sir Dawda Kairaba Jawara International Conference Centre in Banjul, The Gambia. Her presentation titled Back to Basics was a powerful opening statement, with a message that humanity needs to go back to nature and back to the virtues of the past, back to the basic, simple principles of our ancient forefathers as adapt, work together in cooperation not in competition in order to succeed, survive and preserve the world we live in for the future generations.

That presentation and a live television interview by Zoom Africa TV made Albena Jones a popular figure among the delegates and the locals, everyone wanted to meet her and discuss ideas or projects, most importantly she triggered a big interest in the young generation who felt motivated and encouraged by her words

for building a better Africa for all. Albena Jones and Albena International Ltd. were recognized at the glamorous Voice Achievers Gala dinner ceremony, by being presented with the Innovation Excellence Award, for her innovative strategy to go back to basics.

Most recently in mid-September, the Voice Achievers Award Committee 2022 headed by its founder Pastor Ambassador Elvis Iruh issued a Letter of Appreciation appointing Ms. Albena A. Jones as one of their Goodwill Ambassadors, to keep prompting global activities and participation for the socio-economic standing of Africa in the World.

In this exclusive interview with Albena A. Jones, a respected motivational speaker, entrepreneur, a business woman of repute, Jones gives an in depth description of her Dreams to Reality.

A-CHOICES: Congratulations on winning The Voice Achievers Award 2022

ALBENA: Thank you, it's an honour and a pleasure!

A-CHOICES: How do you feel about winning this award?

ALBENA: I am delighted, as it's my first award on the African continent. First I would like to thank you personally for nominating me and putting my work in the spotlight. And secondly, I would like to express my gratitude to The Voice Achievers Award Nomination Committee and management for honouring me with The Voice Achievers Award for Innovation Excellence.

A-CHOICES: As a speaker and presenter at The Voice Business Summit 2022 held in Banjul, The Gambia. Tell me more about your presentation Titled: Back to Basics?

ALBENA: Back to Basics is a COVID-19 baby. Being a former financial analyst for Bloomberg LP. It's in my nature to always deeply analyze matters, so after the coronavirus pandemic's severe negative impacts on the global economy, I kept trying to find business solutions for my clients' failing businesses. Initially, my advice was to downsize and downgrade wherever possible. But over 2021 we realized that wasn't enough, so by analysing and investigating further I found all the

solutions we need, tested by time and forgotten back in time.

The ancient man survived by evolving over the centuries through simple, basic principles, which we need to implement right now in order to continue our survival.

I know that we live in a high-tech world; however, machines cannot replace the Human Factor!

People need to look back to the past and follow the laws of nature. By remembering, implementing and combining basic principles, I device tailor-made rescue methods for any business or problematic issue no matter how small or big.

During the Voice Business Summit, I only incorporated a couple of those principles as a general illustration that the Back to Basics method works and to my amazement judging by what followed, my presentation must have probably appealed to every soul in that conference hall.

The pandemic taught us a lesson to follow the laws of nature in every aspect by going Back to Basics, but the question is how many of us are willing to learn?

Albena International Ltd. offers a helping hand to implement this valuable life lesson together, creating much-needed solutions for your business needs now and carefully designing your future development plans. We are the innovator, re-inventing the Back to Basics principles for survival and success!

A-CHOICES: Your first impressions of The Gambia?

ALBENA: Stunning landscape, there is a spectacular view from the air before landing; you see a dark snake shaped river with green mangrove trees all around it. It also has an impressive stretch of Atlantic coastline and serene sandy beaches.

A-CHOICES: Would you say your Gambia Experience was a truly wonderful one?

ALBENA: Indeed it was wonderful. Now I realise why they call Gambia - "The smiling coast of Africa". Because of the positive feel due to the lovely weather and beautiful nature that surrounds you, and also because of its people! Throughout my stay I hardly had any time to relax, but I felt energised throughout, because I was constantly



Albena receiving an award
Photography; Jordan Pachev

meeting new wonderful people, not only the fellow business summit participants, dignitaries and officials from around the world, but the lovely locals who filled my day with smiles and my heart with gladness with their kindness, willingness to help and respectful behaviour. All that made my Gambian Experience a truly wonderful one and I will definitely be going back for more.

A-CHOICES:Great Place, Great People?

ALBENA:Definitely both.The place is great in terms of potential, a lot of development is need and at the same time this small country has a lot to offer. As we know this is the general picture for most of Africa.The Gambia is a vivid example of all that, it has God given blessings as the sun, the sea, the fertile soil, the natural resources and abundance of fresh fish, organic meat and tropical fruits, which make it a Great Place.

And the hardworking, kind, mostly simple and very poor ,smiling people of Gambia contribute to the beauty of the country and its general pleasant deposition, which makes them Great People.

A-CHOICES: Would you say travelling to Africa changed your life?

ALBENA: Well I have lived in Africa as a young child with my parents and then visited on occasions,but I had not been since the early 2000's. So though I promote Africans in Europe and do business with African counterparts on a regular basis, travelling to Africa now has given me a fresh personal perspective and a new more effective business approach. It has also fired me up to promote even more huge potential that the Green continent has to offer and affirmed my words that "One day Africa will feed the World". So the answer to your question is – Yes, I think you are right, travelling to Africa has and will change my life!

A-CHOICES: Tell us more about Albena International Ltd?

ALBENA: I am often invited by Bulgarian Television to share about intercultural, diplomatic or business experiences or events I'm organising. Few years back on one of the talk shows the TV presenter gave a lengthy intro on my activities, the countries I have lived and worked in and so on...realising that the introduction was getting so long,

to cut it short she said or as we like to call her - Albena International. That pleasantly surprised me; I loved it, as it perfectly described me, my experience, my business activities and events, the next day I registered with Albena International Ltd.

WE offer a growing array of diversity to best suit your needs - business consultancy - company analysis, coaching, rescue and negotiations/ business deals mediation - EMEA/ event moderation/ training programs designed for YOU - individual or group, ranging from business English or presentation skills to international etiquette and diplomacy/ events - corporate or celebration/ intercultural activities - concerts, conventions, entrepreneurship and motivational collaborations/ team buildings/ retreats/ business familiarisation trips - national and international and more.

I have used my company as "the guinea pig" for my business strategies and especially the new Back to Basics methods, after the pandemic I have adapted and diversified activities numerous times. I'm constantly changing or adding something new to what I do. As I am the first to follow and experiment with my own ideas or business strategies, Albena International Ltd. is an example of how business should use the adaptation principle to succeed.

A-CHOICES: Where did your entrepreneurship begin?

ALBENA: I can not pinpoint the exact moment, but after studying and working in the UK for many years, a time came when I felt ready to break the 9-5 habit of working for someone else and I embarked on my own journey. Entrepreneurship is an adventure, being your own boss, having a business that helps others, and enjoying what you do is a blessing.

A-CHOICES: What drives you? Why do you do what you do?

ALBENA: I guess I am an old-fashioned girl and maybe a bit naive, as I still believe in the goodness of people. I am driven by positivity, giving positive output and receiving positive input! I am a people person, and that is why I do what I do, communication is my strength. In life it is vital for everyone to find

their calling; I have found mine, have you?

A-CHOICES: Would you say that your passion is helping others to achieve their ultimate goals?

ALBENA: Absolutely.

A-CHOICES: How would you ensure your speeches are captivating and informative?

ALBENA: Actually one of the popular courses I teach is how to be a successful presenter and I can assure you that the power to be a captivating speaker is not only in the theory you learn but it is a gift from within. As a public speaker, you always need to be well prepared and informed; here I always implement the golden rule that information is power. I also simplify and illustrate, that way I ensure my message is understood by everyone.

A-CHOICES: What are some of your biggest lessons from failure? How can people build from it, instead of letting it destroy them?

ALBENA: Failure is an opportunity, it is an opportunity to give up or an opportunity to wise up! We have all experienced failure and struggles in different shapes or forms at some point in life we have been faced with the Break me or Make me situation, as I like to call it. Don't look at failure as a loss but as the greatest teacher that is giving you a powerful lesson that you turn into knowledge.



Albenia with award and other attendees.
Photography; Jordan Pachev



Albena with her awards



Albena with other participants



The Voice Achiever Awards 2022



The Voice Achiever Awards 2022



The Voice Achiever Awards 2022



The Voice Achiever Awards 2022



The Voice Achiever Awards 2022



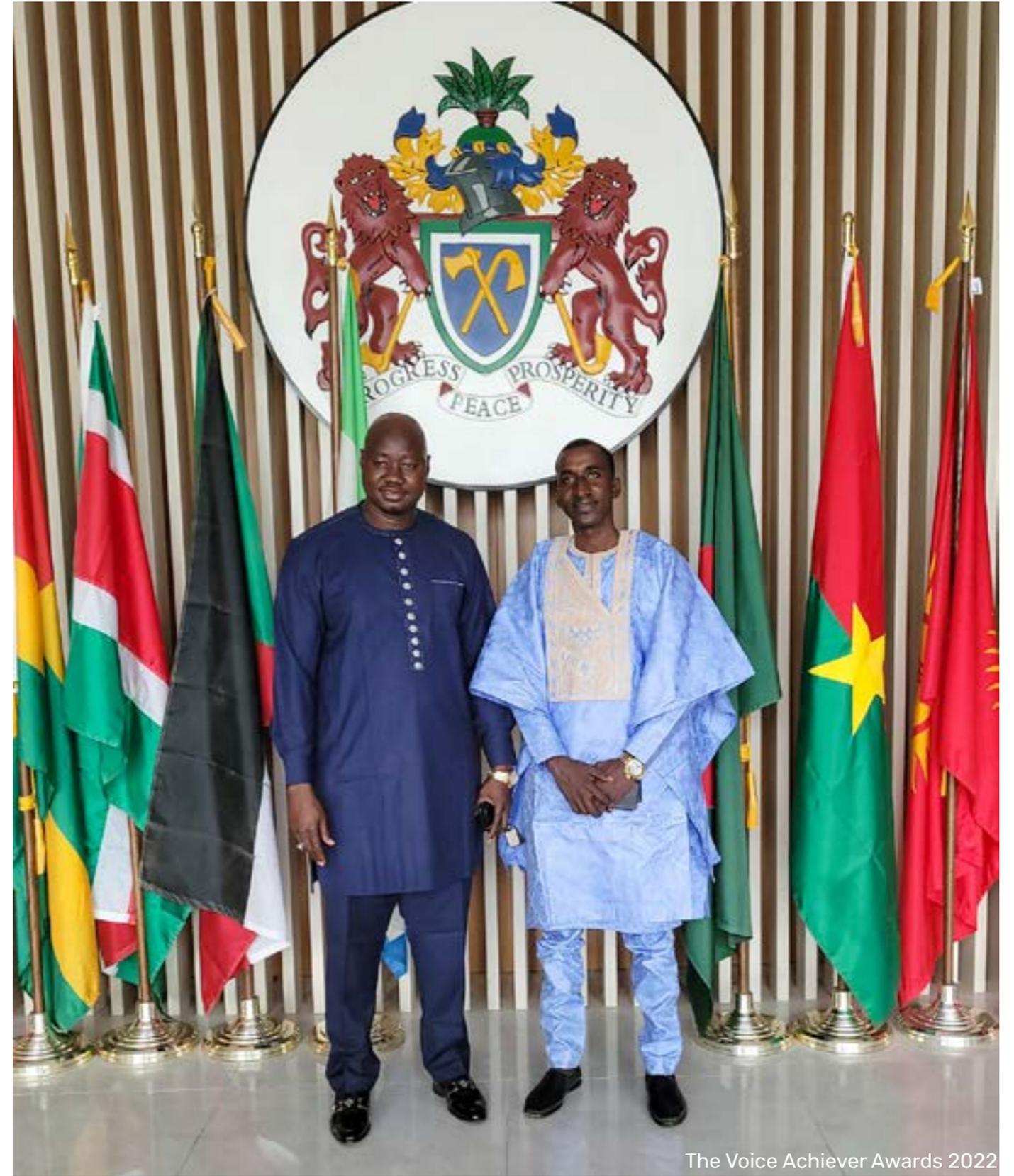
The Voice Achiever Awards 2022



The Voice Achiever Awards 2022



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The Voice Achiever Awards 2022





The Voice Achiever Awards 2022



The Voice Achiever Awards 2022





The Voice Achiever Awards 2022



The Voice Achiever Awards 2022



The Voice Achiever Awards 2022



The Voice Achiever Awards 2022

ALBENA

INTERNATIONAL





By: Akosua Darka
Senior Writer
London, UK.

Politics

Ah finesse if I broke na my business'
How to finesse the cost of living crisis.

There's a cost of living crisis around the World most of as are inaudated with bills and costs and looking for redemption, life is hard. Coupled with the high unemployment rate, and all that is going on in the World. This new decade has been rough, from Covid, to rising fuel costs, to this living crisis, everybody is looking for a way to survive through it all.

Here are some tips to finesse what's happening in our world right now.

If you believe in God pray, honestly prayer is much needed if you are a believer these days. As well as the bible verse God will supply all your needs according to his riches and glory.

I would also suggest counselling, or talking to a trusted religious or community leader or friend (make sure its not a gossip) so you can get issues off your chest. If you don't want to do that get a journal.

Exercise and eat healthy. The more active and healthy you are the more energy you have to put into life, and deal with its stresses. Plus fast food and unhealthy food costs money and illness costs medicine money.

Try to do one thing you enjoy each day. That will make life more bearable and at least each day no matter what happens you'll do something you enjoy so you don't waste the day away.

Watch TV, YouTube, or a streaming service or read a book or this magazine. It's good to escape to another world and forget about this one for a while.

Keep a budget and buy what you need. If you're broke it's your business don't waste time trying to shop for things you cannot afford for other people. At the end of the day no one will feed you or pay your rent if you're broke. So don't spend money you don't have on impressing others. Especially in this economy.

Be around positive people who uplift you. Stay away from negative people who only want to criticise you and hurt your feelings or who don't care about you. The living crisis is tough enough without worrying about fake so called friends.

Be kind to yourself. We are all doing our best. Do not be overly critical and harsh to yourself, it won't help but just make your mental space worse. I know things are hard but say nice things about yourself, look after yourself, and try to maintain yourself.

Allow yourself to be vulnerable. Things are hard, life is crap right now and it's okay to say you're feeling exhausted, overwhelmed, burdened, feel like crashing. Pretending to be tough is a waste of energy. It's better to accept your feelings and vulnerabilities and be kind to yourself, while trying to navigate this economy. If anyone is forcing you to pretend to be tough cut them off. It's okay not to be okay.

Also remember you are not alone. I know it can feel like it but the majority of the world is going through this with you, so you are not alone!

We will survive this! Don't stop believing there's a rainbow at the end of this horrible decades cloud.

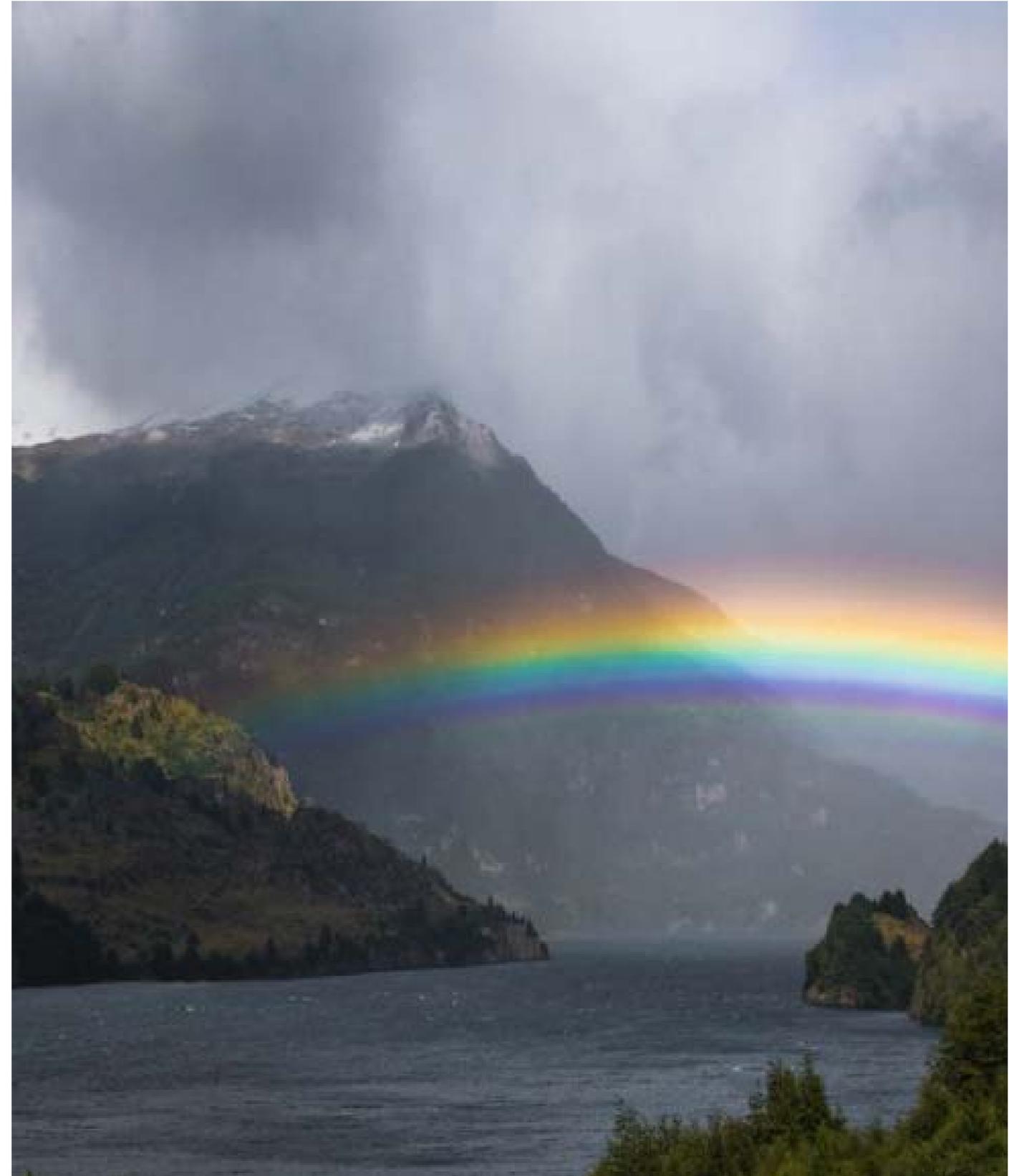
Below are some quotes of encouragement to carry on. The battle isn't for the swift or strong but the one who endures. I don't have much motivation for this current time except take it a day at a time and keep going.

"The only dream worth having, I told her, is to dream that you will live while you're alive and die only when you're dead" Arundhati Roy

“Life is like riding a bicycle. To keep your balance, you must keep moving.”
Albert Einstein

“We must be willing to let go of the life we planned so as to have the life that is waiting for us.” Joseph Campbell

“If I cannot do great things, I can do small things in a great way.”
Martin Luther King Jnr



COCAINE BURST: ARE WE MISSING SOMETHING?



By: Joy Gofwen
Bureau Chief
Lagos

In movies, cocaine warehouses are the most guarded illegal facilities. Sophisticated weapons with dangerous and or hefty looking men are stationed on a 24/7 watch to ensure nobody trespasses from both law enforcement agents and rival cartels. In all the movies, there has never been a bust whether from law enforcements or rival cartels without a gun duel.

These barons guard their warehouses with their lives; they do not mind losing loyal gang members or loved ones as long as their warehouse and 'products' are safe. The focus is first on the safety of their 'product' before family. Those in this kind of business go all out to protect and conceal their 'products' and that is why their delivery men do all manner of things to hide the products just to boycott law enforcements.

On Sunday, 18th August, the National Drug Law Enforcement Agency (NDLEA) carried a very peaceful seizure of "what appears to be the biggest singular cocaine seizure in the history of Nigeria's premier anti-narcotics agency," reports say. The bust was so peaceful that some of the baron picked at the course of the raid paused with big smiles to be photographed. Read full report below.

NDLEA invades cocaine warehouse, seizes N193 billion worth of crack in Lagos

In what appears to be the biggest singular cocaine seizure in the history of Nigeria's premier anti-narcotic agency, operatives of the National Drug Law Enforcement Agency (NDLEA) have invaded a major warehouse in a secluded estate in Ikorodu area of Lagos where 1.8tons (1,855 kilogrammes) of the illicit drug worth more than \$278, 250,000, equivalent of about N193 billion in street value were seized.

Politics



At least, four drug barons, including a Jamaican and the warehouse manager were arrested in the well-coordinated and intelligence-led operation that lasted two days across different locations in Lagos State.

NDLEA's spokesperson, Femi Babafemi, in a statement, yesterday, said the kingpins of the cocaine cartel in custody include: Messrs Soji Jibril, 69, an indigene of Ibadan, Oyo State; Emmanuel Chukwu, 65, who hails from Ekwulobia, Anambra State; Wasiu Akinade, 53, from Ibadan, Oyo State; Sunday Oguntelure, 53, from Okitipupa, Ondo State and Kelvin Smith, 42, a native of Kingston, Jamaica.

"They are all members of an international drug syndicate that the Agency has been trailing since 2018.

"Located at 6 Olukuola crescent, Solebo Estate, Ikorodu, the warehouse was raided on Sunday, September 18, 2022, while the barons were picked from hotels and their hideouts in different parts of Lagos between Sunday night and Monday, September 19.

"Preliminary investigation reveals the class A drugs were warehoused in the residential estate from where the cartel was trying to sell them to buyers in Europe, Asia and other parts of the world. They were stored in 10 travel bags and 13 drums," Babafemi said.

While commending all the officers and men of the Agency involved in the extensive investigation, including those of the American Drug Enforcement Administration, (US-DEA), Chairman/Chief Executive of NDLEA, Brig. Gen. Mohammed Buba Marwa (Retd), said the operation was a historical blow to the drug cartels and a strong warning that they'll all go down if they fail to realise that the game has changed. TheGuardian

I must commend the peaceful nature of the owners of the seized cocaine. Willingly gave up crack worth up to N194, 775,000,000, no fight, no noise no nothing. They must be a set of really generous people, and oh! NDLEA is a really smart agency; all they needed was just two days to pull this off, in fact, they did not disturb the peace of the area.

Earlier this year, NDLEA raided a notorious drug haven in a community on the Lagos Island, that raid did not go unchallenged as the cartel under raid and others around the area put up resistance to protect their 'stuff' from enforcement. Read the press release by the agency below.

"NDLEA raids Lagos Island drug den, arrests kingpin, 6 others; recovers 5,862kg drugs

A major drug kingpin operating the notorious Patey Lagos Island drug haven, in Lagos state, Mrs. Sherifat Kehinde Lawal has been arrested along with six other suspects by operatives of the National Drug Law Enforcement Agency, NDLEA, who also recovered 5,862 kilogrammes of assorted illicit drugs including Loud and Codeine in a raid on Saturday 26th February 2022.

Following credible intelligence and follow up surveillance on illicit drug dealing in Osho, Gambari, and Beecroft Streets, Patey Area of Lagos Island, anti-narcotic officers stormed the Gambari street base of the drug kingpin where they arrested her and six of her accomplices at 9:30am Saturday 26th Feb. Other members of the cartel operating in the axis however mobilised hoodlums who attacked the operatives with stones, bottles and guns in a bid to prevent the officers from arresting other kingpins marked for arrest as well as taking the suspects already nabbed and drug exhibits away.

The operatives were able to tactically defend themselves, took the suspects and exhibits away. Other suspects in custody with Mrs. Lawal include: Ahmed Yisau; Solomon Alape; Olayemi Akinola; Salami Qudus; Bakare Rafiu; Rose Samson; Yusuf Rofiat, and Chukwudi Egon.

In his reaction to the development, Chairman/Chief Executive of NDLEA, Brig. Gen. Mohamed Buba Marwa (Retd) commended the officers and men of the Lagos Command of the Agency for the successful operation. He warned those being used by drug cartels to obstruct or attack anti-narcotic officers in the course of doing their work to desist or face dire consequences."

This bust is not as big as the recent one yet, the cartels put up a fight. A thread I saw on Twitter better express our concerns. I brought that here too.

“How do you bust \$280+ million worth of cocaine and not a single shot was fired? Nobody was crazy, armed and protecting such cache? Even trap houses don't go down that easy tbvh. Something doesn't add up. Small marijuana they busted in Lagos Island we saw how much chaos those guys caused.

Full resistance, gunshots and five whole people died ready to protect their stash.

“E come be coke + crack cocaine that went down with no resistance. Something doesn't add up. You don't keep quarter of a billion dollars' worth of hard drugs in Ikorodu (of all remote places) and not guard with a small but heavily armed militia. You are on the lookout for both rival dealers and law because none of the two will visit you without violence.”

Yet again, the NDLEA did a very neat and peaceful job. They are our heroes and we celebrate them for a good job. This script was awesomely written; we will sit back and watch how the episodes will unfold so, grab your popcorn and drink lets enjoy the show.



EXTRAORDINARY PHOTOS FROM THE QUEEN'S FUNERAL.

By:Linda R. Jones
Senior Writer
London,UK

Kings and queens, presidents, prime ministers, celebrities and friends from across the globe were among the 2,000 guests at the Queen's funeral service at Westminster Abbey.

The Royal Family

Closest to the Queen's coffin were her four children and their spouses. King Charles III and his wife Camilla, the Queen Consort, sat alongside the Princess Royal and her husband, the Duke of York and the Earl and Countess of Wessex. The Duke and Duchess of Sussex sat directly behind the King while the Prince and Princess of Wales sat across the aisle from them.

All of the Queen's eight grandchildren sat in the front two rows, days after they stood together in vigil at the lying-in-state. Prince George, nine, and Princess Charlotte, seven, were the Queen's only great-grandchildren to attend the service. Prince Andrew's ex-wife the Duchess of York was in the second row next to her daughter Princess Eugenie.

She sat next to the Queen's nephew, the Earl of Snowdon. The earl, David Armstrong-Jones, is the son of the Queen's late sister, Princess Margaret and the photographer Antony Armstrong-Jones.

His sister Lady Sarah Chatto, who was close to the Queen, was also at the service with her husband Daniel Chatto and her two sons.

Other members of the Queen's family sat in the first few rows included her cousins, the Duke of Kent and Prince Michael of Kent.

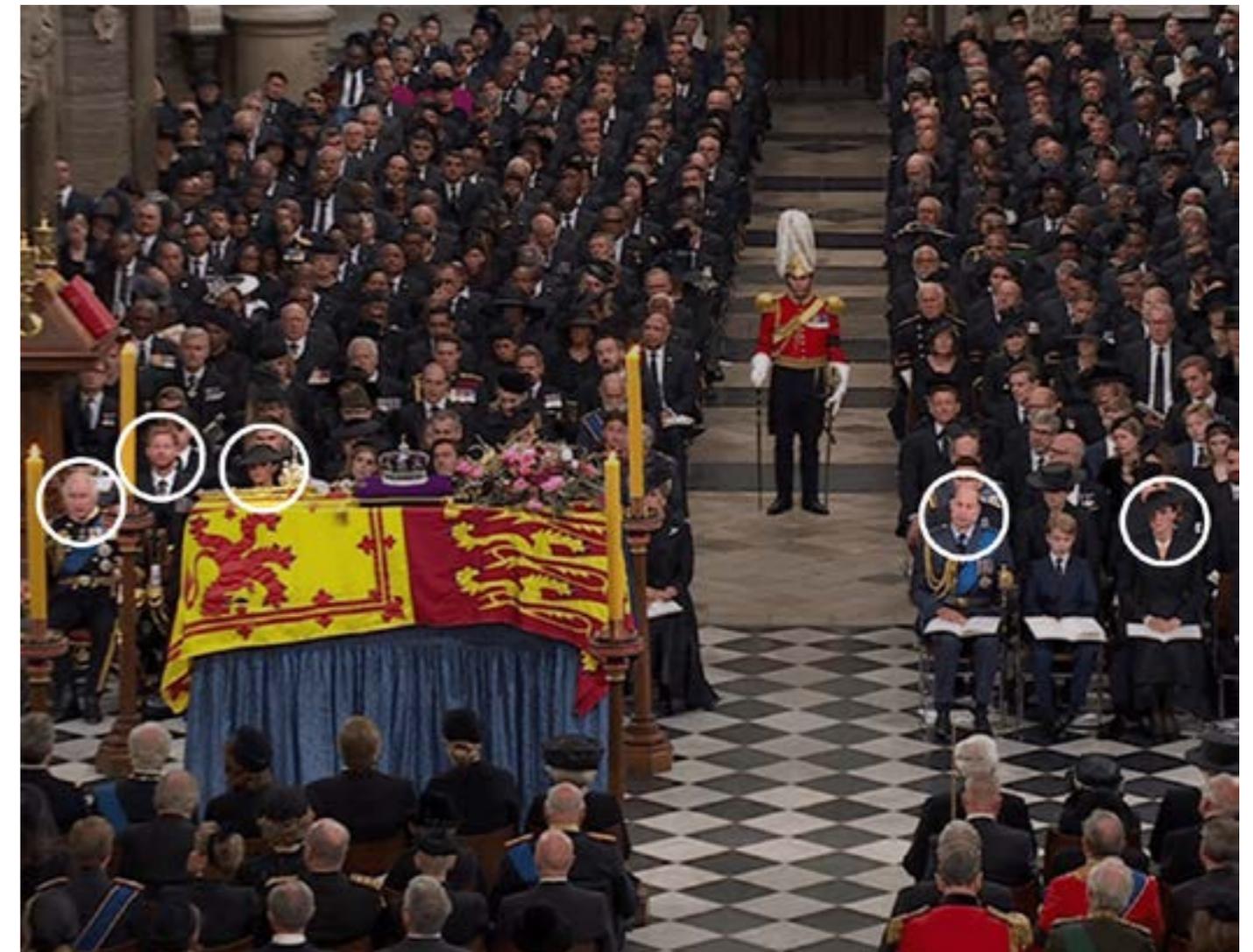
Lifestyle

Some of the Queen's god children were also there including Princess Diana's brother, Earl Spencer.

Close friends also attended. Ladies-in-waiting Lady Susan Hussey and Dame Mary Morrison, were seen arriving alongside Angela Kelly, the Queen's personal dresser and one of her closest confidants.

Current and former UK prime ministers

Current Prime Minister Liz Truss and her husband Hugh O'Leary were alongside other cabinet ministers. All of the UK's surviving former prime ministers were also seated in the quire of the abbey.







World leaders



Justin Trudeau
Prime Minister
Canada



Wang Qishan
Vice-President
China



Ursula Von de Leyen
President
European
Commission



Jacinda Ardern
Prime Minister
New Zealand



Paul Kagame
President
Rwanda



Yoon Suk-yeol
President
South Korea

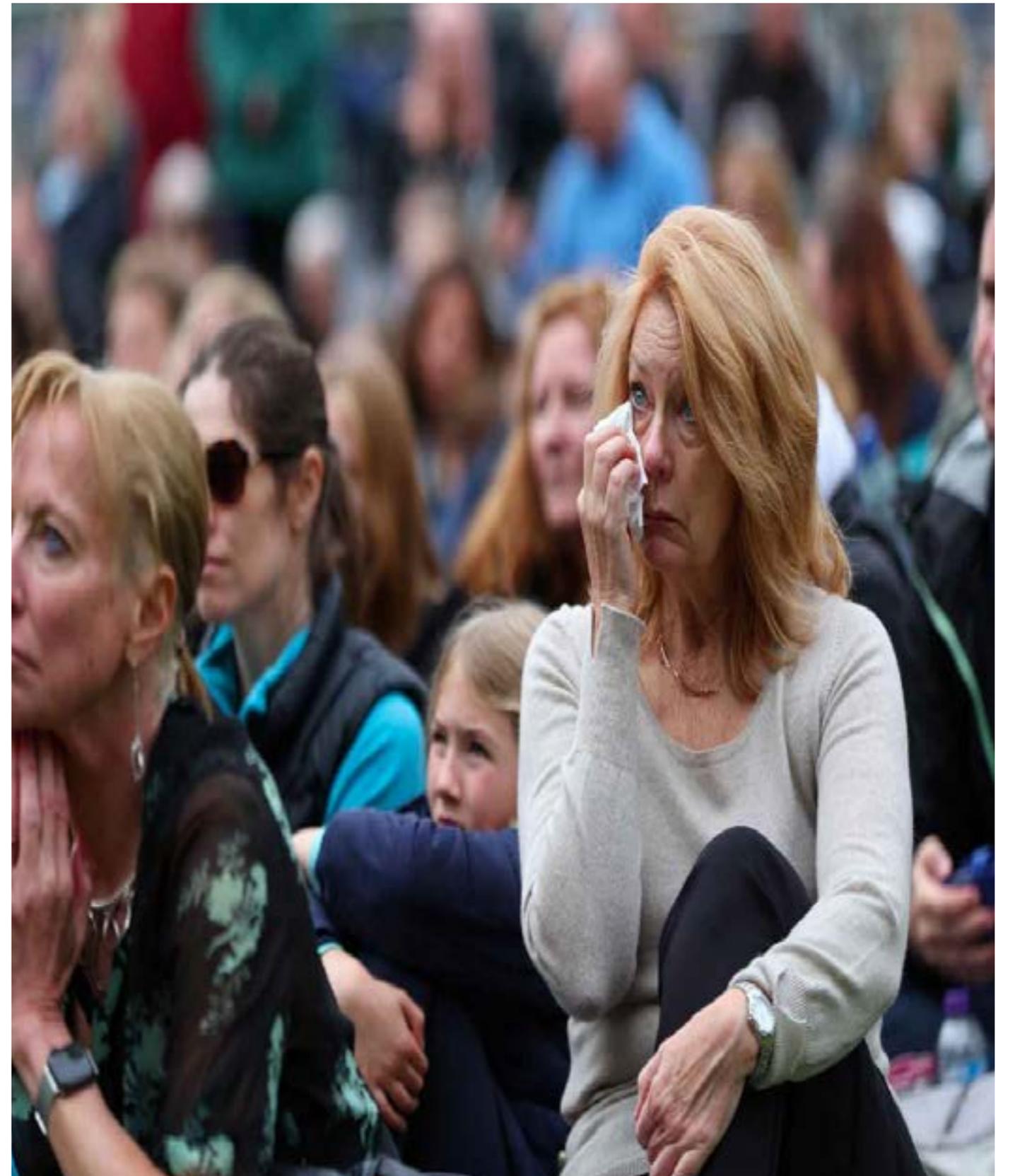
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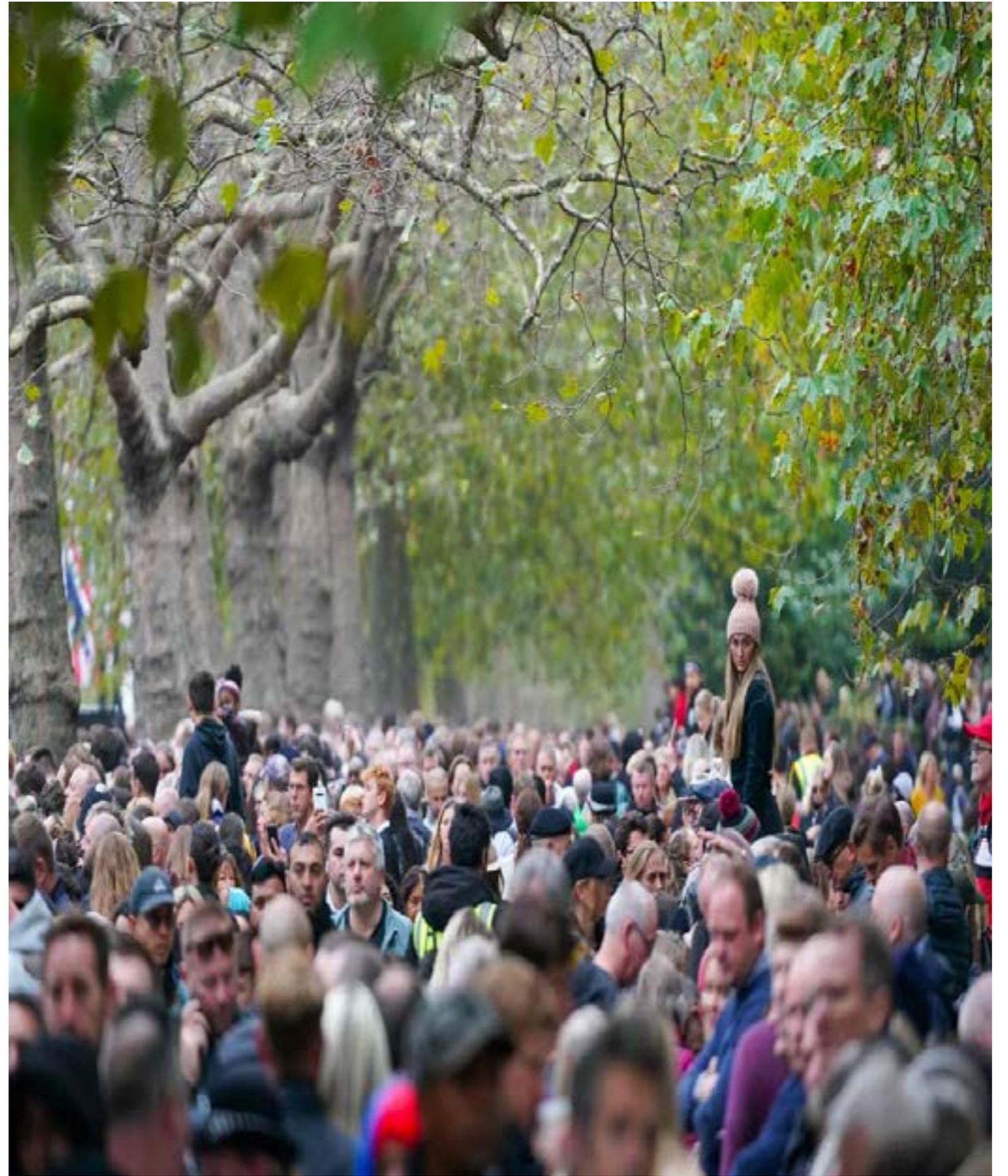




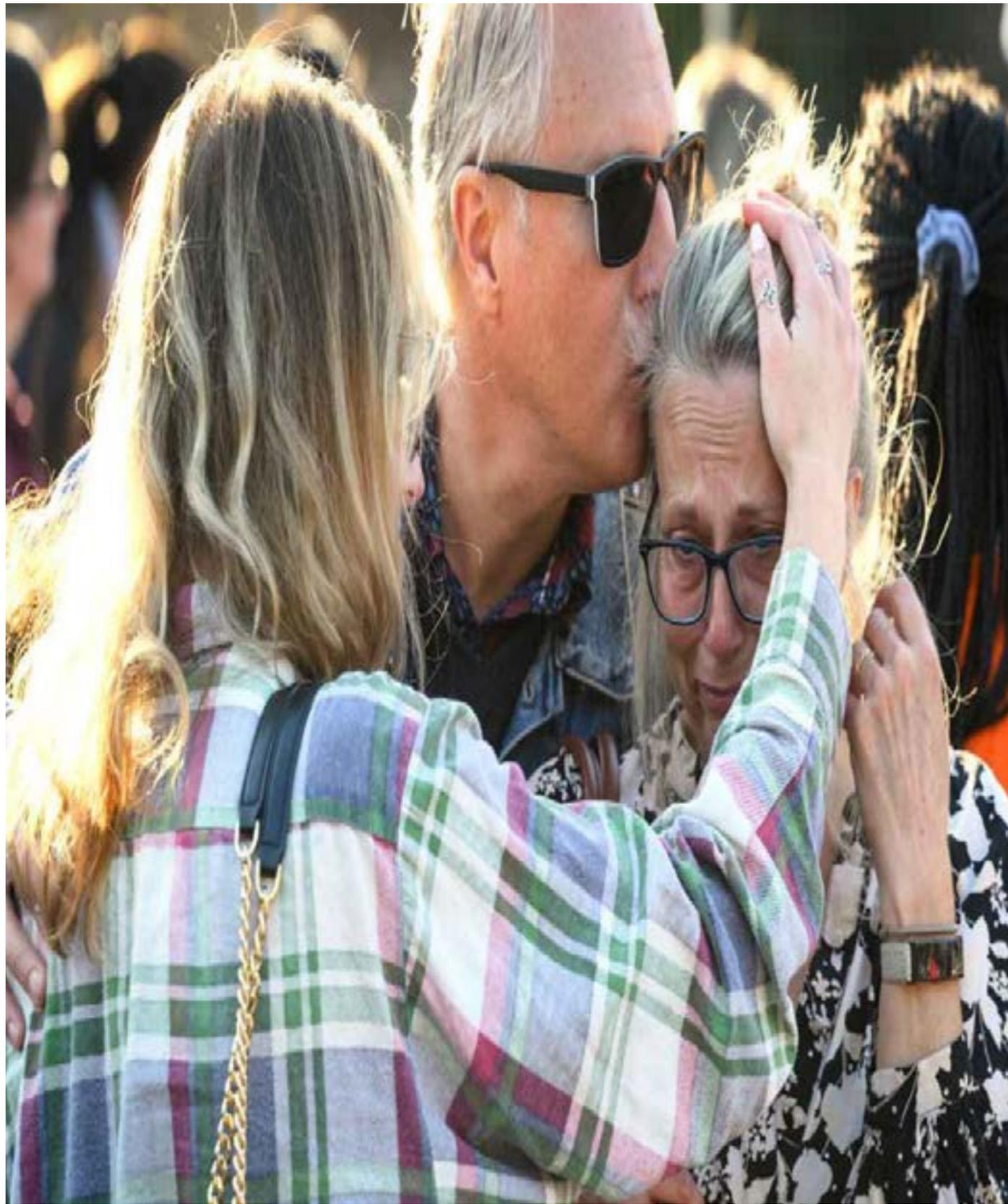


















GANGSTA'S PARADISE RAPPER COOLIO DEAD AT 59.

Entertainment



By: Seyi Awolaye
Los Angeles, CA
USA



Coolio, the '90s rapper who lit up the music charts with hits like "Gangsta's Paradise" and "Fantastic Voyage," has died, his friend and manager Jarez Posey, told CNN. He was 59.

His manager said he was visiting a friend's house in Los Angeles when he apparently suffered a heart attack.

Actress Michelle Pfeiffer and rappers Snoop Dogg, MC Hammer and LL Cool J have led tributes to Coolio after his death aged 59.

According to his manager, he was visiting a friend's house in Los Angeles on Wednesday when he appeared to have suffered a heart attack.

Real name Artis Leon Ivey Jr, Coolio was best known for his 1995 hit Gangsta's Paradise, which was recorded as the soundtrack for Pfeiffer's film Dangerous Minds.

Propelling him to international fame, it remained at number one on the US Billboard charts for three weeks and earned him a Grammy for best solo rap performance. Sharing a clip from the music video on Instagram, Pfeiffer said she was "heartbroken" over a "life cut entirely too short".

"As some of you may know I was lucky enough to work with him on Dangerous Minds in 1995. He won a Grammy for his brilliant song on the soundtrack - which I think was the reason our film saw so much success.

"I remember him being nothing but gracious. 30 years later I still get chills when I hear the song."

She signed off the post: "Rest in power Artis Leon Ivey Jr".

'One of the nicest dudes I've known'

MC Hammer described Coolio as "one of the nicest dudes I've known".

"Good people. RIP Coolio," he wrote. He also shared a black and white picture of the rapper. He later posted a second picture of the pair together, along with Tupac and Snoop Dogg.

Musical comedian Weird Al Yankovic paid his respects by sharing a picture of the pair hugging and adding: "RIP Coolio".

He parodied Gangsta's Paradise as Amish Paradise, though at the time it was claimed Coolio had not given him permission to do so. Coolio stated in interviews the pair had since made amends.

Former NBA player Matt Bonner also recalled time spent with Coolio, saying in a Twitter post the rapper was a “huge hoops fan... we hosted him at a game a few years back... biggest crowd of all-time at a Spurs Overtime concert.”

Coolio grew up in Compton, California, according to a bio on his official website. Speaking to the Los Angeles Times in 1994, he recalled falling into the drug scene but getting himself out by pursuing a career as a firefighter.

“I wasn’t looking for a career, I was looking for a way to clean up – a way to escape the drug thing,” he told the publication. “It was going to kill me and I knew I had to stop. In firefighting training was discipline I needed. We ran every day. I wasn’t drinking or smoking or doing the stuff I usually did.”

His rap career began in the ‘80s, and he gained fame in the underground scene. “Fantastic Voyage” was the first song that really put him on the map.

Arguably his biggest song, “Gangsta’s Paradise,” from the soundtrack to the film “Dangerous Minds,” grew his star power to gigantic proportions. He won a Grammy in 1996 for the song.

In the age of streaming, it has continued to live on. In July 2022, the song reached a milestone one billion views on YouTube.

“It’s one of those kinds of songs that transcends generations,” he said in a recent interview. “I didn’t use any trendy words...I think it made it timeless.” Over his career, Coolio sold more than 17 million records, according to his website.



MI ABAGA MARRIES THE LOVE OF HIS LIFE ENIOLA MAFE

Entertainment



By: Joy Gofwen
Lagos Bureau -Chief
Nigeria



Award winning Africa's rapper and music producer, Jude Lemfani Abaga, popularly known by his stage name M.I Abaga recently married Eniola Mafe the love of his life in a public ceremony in Lagos. The 41-years-old rapper and his elegant bride had their traditional ceremony On September 22, 2022. Following the celebration, a video of the traditional wedding went viral, showing the music singer and his wife looking stunning and loving up in their traditional attire. In the video that went viral online, Abaga and his heartthrob were seen dancing to the delight of guests present at the star struck event. Two days later, Saturday 24 th , the love birds had their white wedding as colourful as the traditional ceremony.

Few months ago, MI Abaga revealed that he and Eniola, who was then his fiancée, will be getting married. He said though he is a private person, but he'd love to share a part of his joy. "I'm a private person. But it's time to share a little part of my joy with you. @eniolamafe and I met in Dec 2020 and straight away I knew I had found the one. "I am excited to announce that we are getting married this year and we ask for your support and blessings as we embark on this journey together. 🙏," he wrote on his verified Instagram handle in April.

Sharing how their relationship began, Eniola wrote on her Instagram handle, "I was minding my single-woman business, hanging out with friends, progressing in my career living my best life in Europe and staying hydrated. @audumaikori had heard me talk about what kind of person I would ever consider as a life partner. One day he told me that there was someone he thought would be a great fit for me. "He described Jude and while I liked what I heard, I specifically said that dating a rapper was not my ministry. I had obviously heard of Jude and liked music, and I knew him to be handsome, highly intelligent and driven, but that was it. At that same time, Jude had noticed me started following me on social media.

"I remember thinking 'hmmmm' but I passed it up to my INCREDIBLE social media charm and the quality of my thought-provoking Instagram content. To carry our technology-enabled connection,

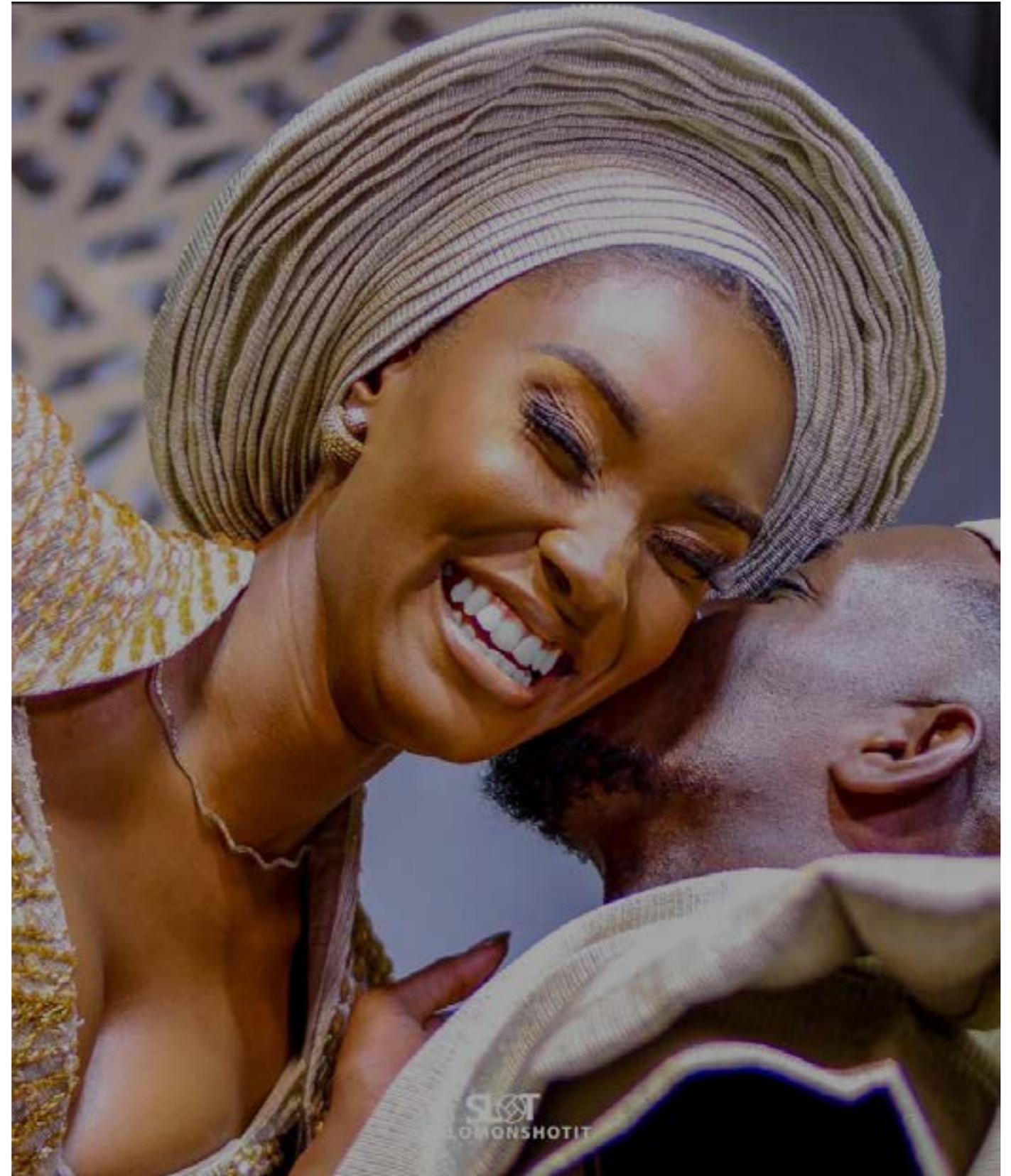
Jude would find cute ways to support me, connect with me, share funny stories, or write me songs on the spot when I was down. That's how love entered and will never leave oo!!

"Jude @mi_abaga Mr. Incredible Abaga, Lemfani the Rescuer, the Microphone Magician, African Rapper #1 is an experience. He is MY GUY!! I just can't wait to do life with MY GUY! I dey for you."

Many people including top celebrities in the Nigerian entertainment industry were present at the glitzy wedding ceremony to share their joy with the lovers. Banky W, IK Osakioduwa, Basketmouth, Jesse Jags (his brother), and a host of others attended the event.

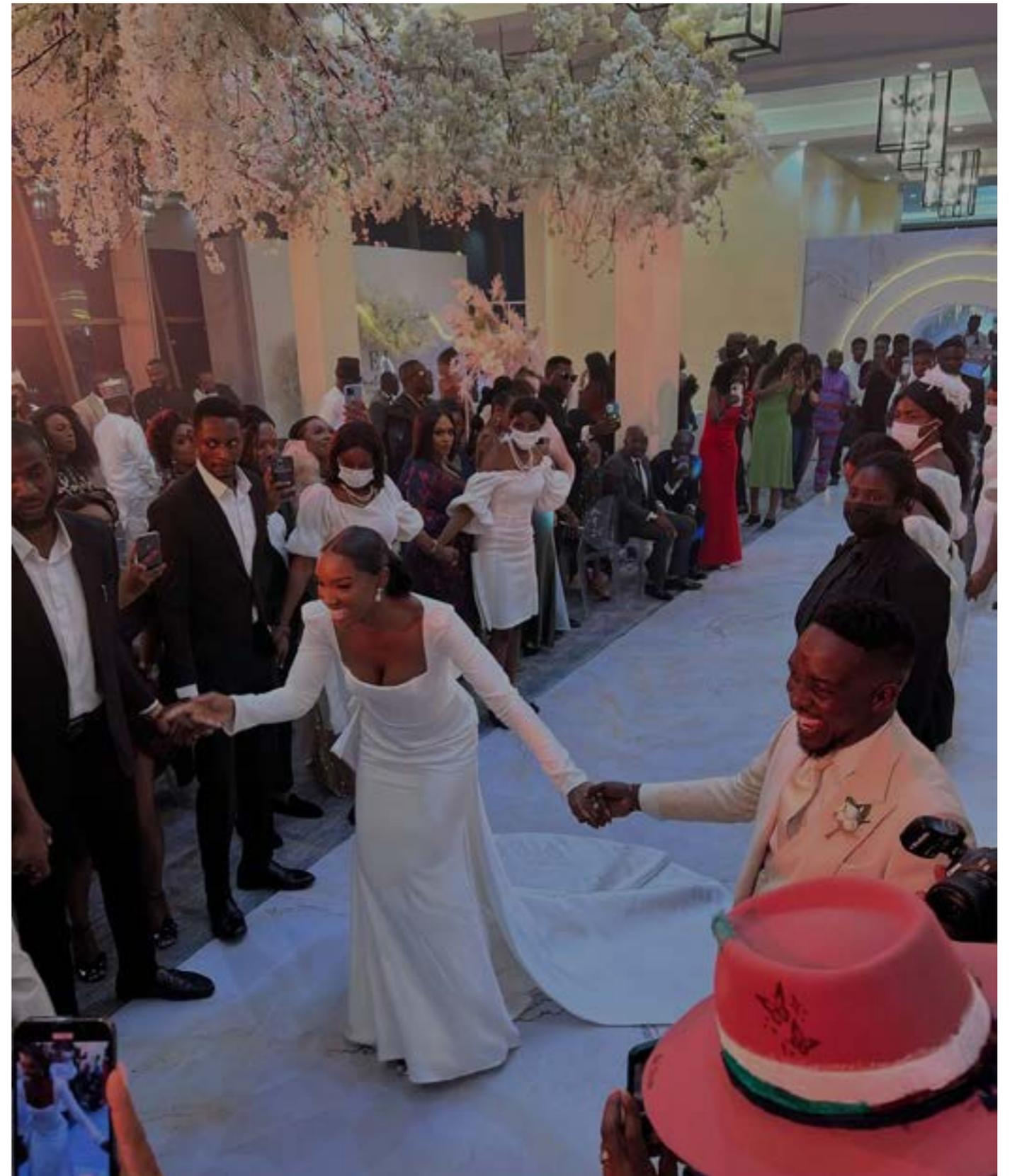
M.I Abaga is a Nigerian rapper and producer. He rose to stardom in 2006 when his song 'crowd mentality' became popular in Jos, Nigeria. Since then, Abaga has released many other albums. Abaga was CEO of the Chocolate City from 2015 to 2019; he left the label in March 2020 and launched his own record label Incredible Music thereafter. M.I has been nominated in over 40 awards and has won over 20 awards.

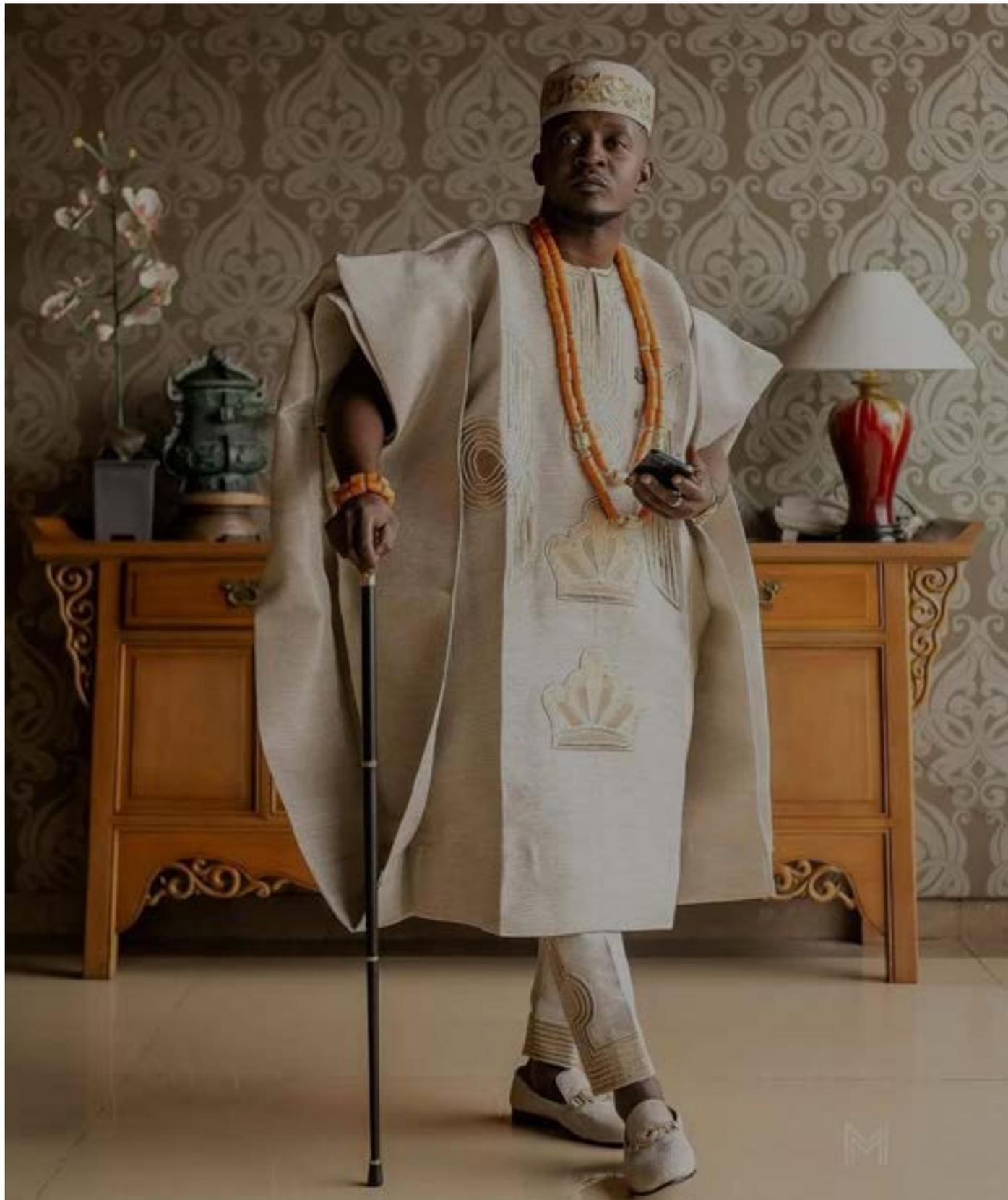
We wish them an #Incredible union as they begin their journey to forever.

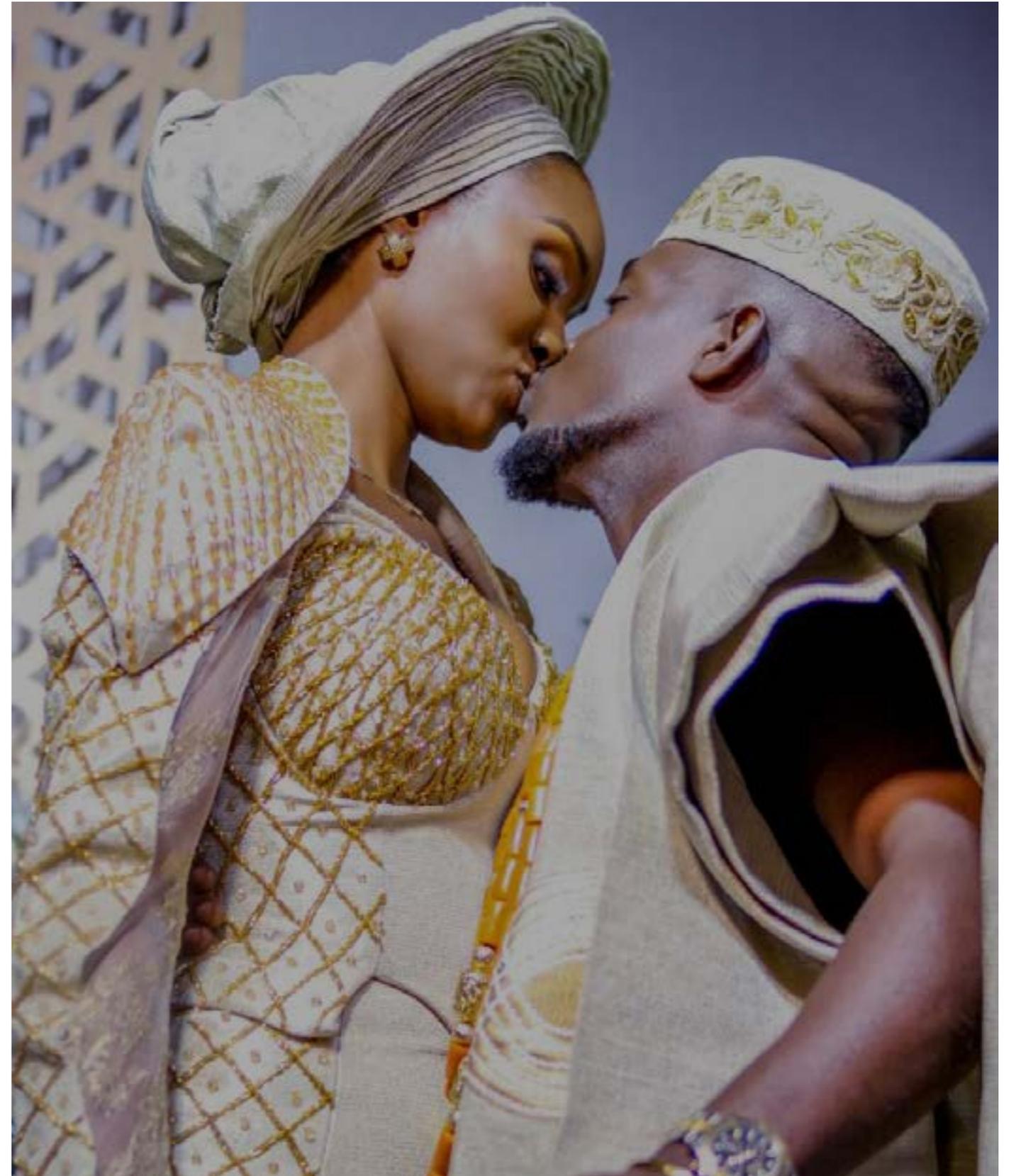


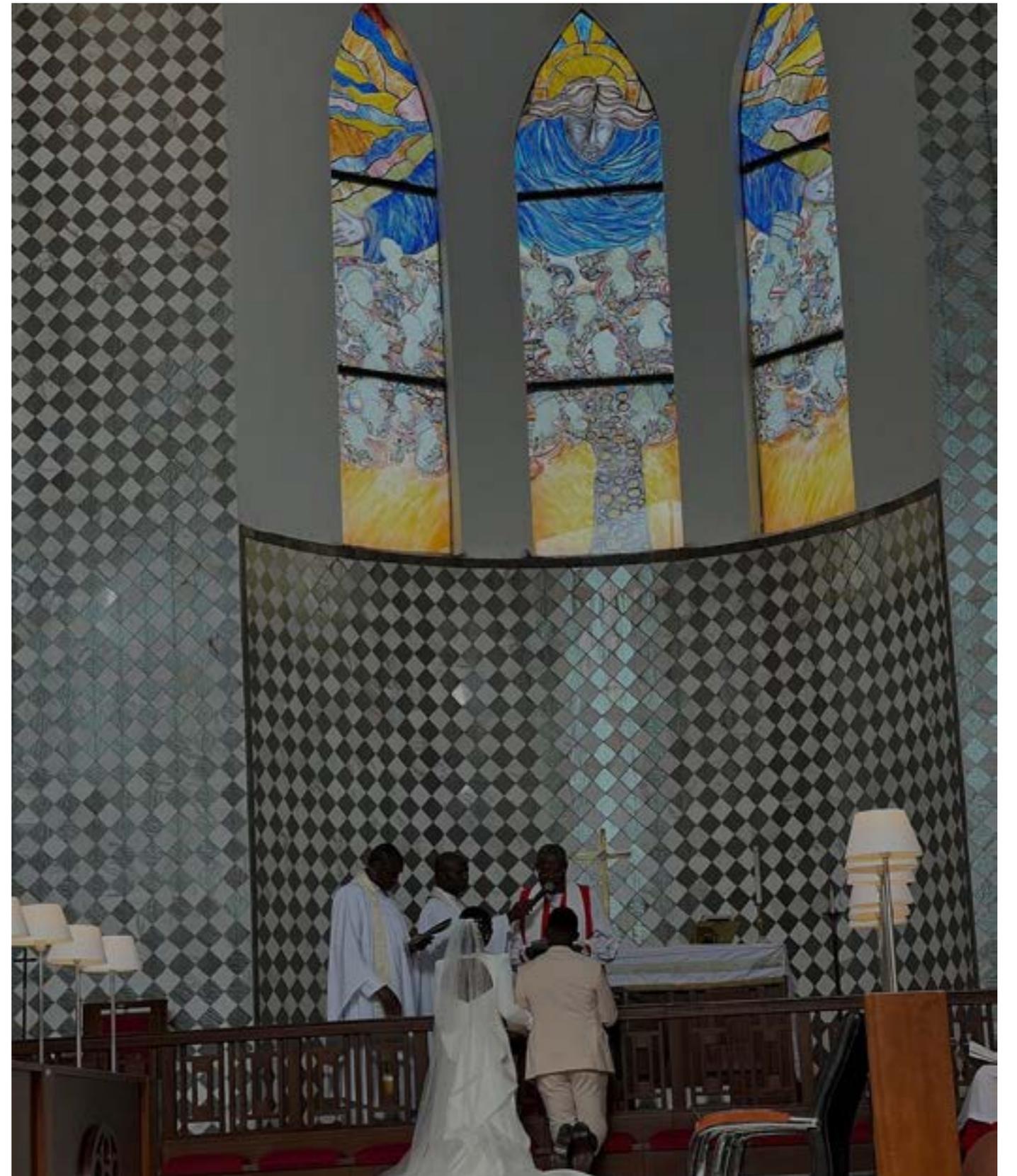
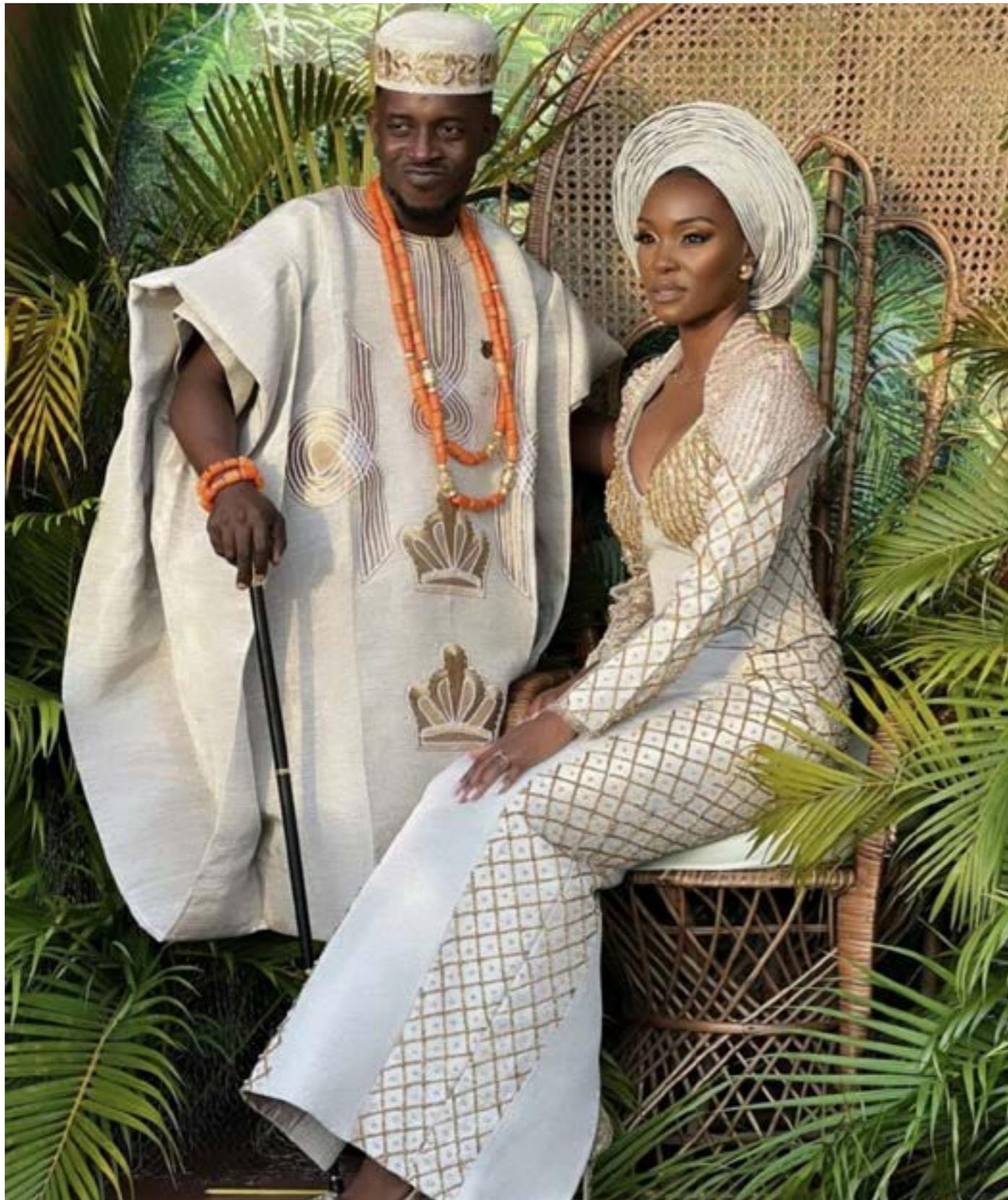














The body part you wash first in the shower says a lot about your personality.

Lifestyle
Linda R. Jones
London,UK

WHEN it comes to taking a shower our brains usually go into autopilot mode.

But next time you step in, pay attention to what you wash first as it can reveal a lot about your personality.

TikToker, Bernice Angoh, revealed the body part you wash first can reveal some hidden truths about yourself.

If you're someone who washes your face first thing, then it means you care a lot about what people say about you and their perception of you.

But if you tend to dive straight into washing your arms or legs, then you're probably a very humble and down to earth person.

She adds: "Your limbs are a symbol of strength and resilience, you're also very vocal and express yourself freely."

If you head down below to your private parts first, then you're probably quite shy and prefer to be more reserved.

She added that your shyness could be caused by having self esteem issues and that you find it very hard to stand up for yourself.

You tend to put your needs at the back and prefer to make sure everyone else is comfortable.

Scrubbing your chest first means you're comfortable in your own skin and are super independent.

Lathering up your hair as soon as you get in the shower suggests you're far too preoccupied with controlling every aspect of your life.

You're somebody who is obsessed with structure, discipline and order and have a very practical approach to life.

Going straight for your shoulders and neck could signify that you're a very hard working person.

She added: "The reason why you go first for your shoulders and your neck is because those are the most stressful parts of your body."

If you tend to start washing your back first then you might be paranoid and always watch your back around people.

Viewers of the video quickly took to the comments section to discuss their findings.

One wrote: "Wow this is spot on! Even seeing how the order of bathing still fits my personality."

Washing your shoulders first could mean you're always working hard and feel the stress of it

Dad furious after London council booted his family off housing waiting list.

Lifestyle

Linda R. Jones
London,UK

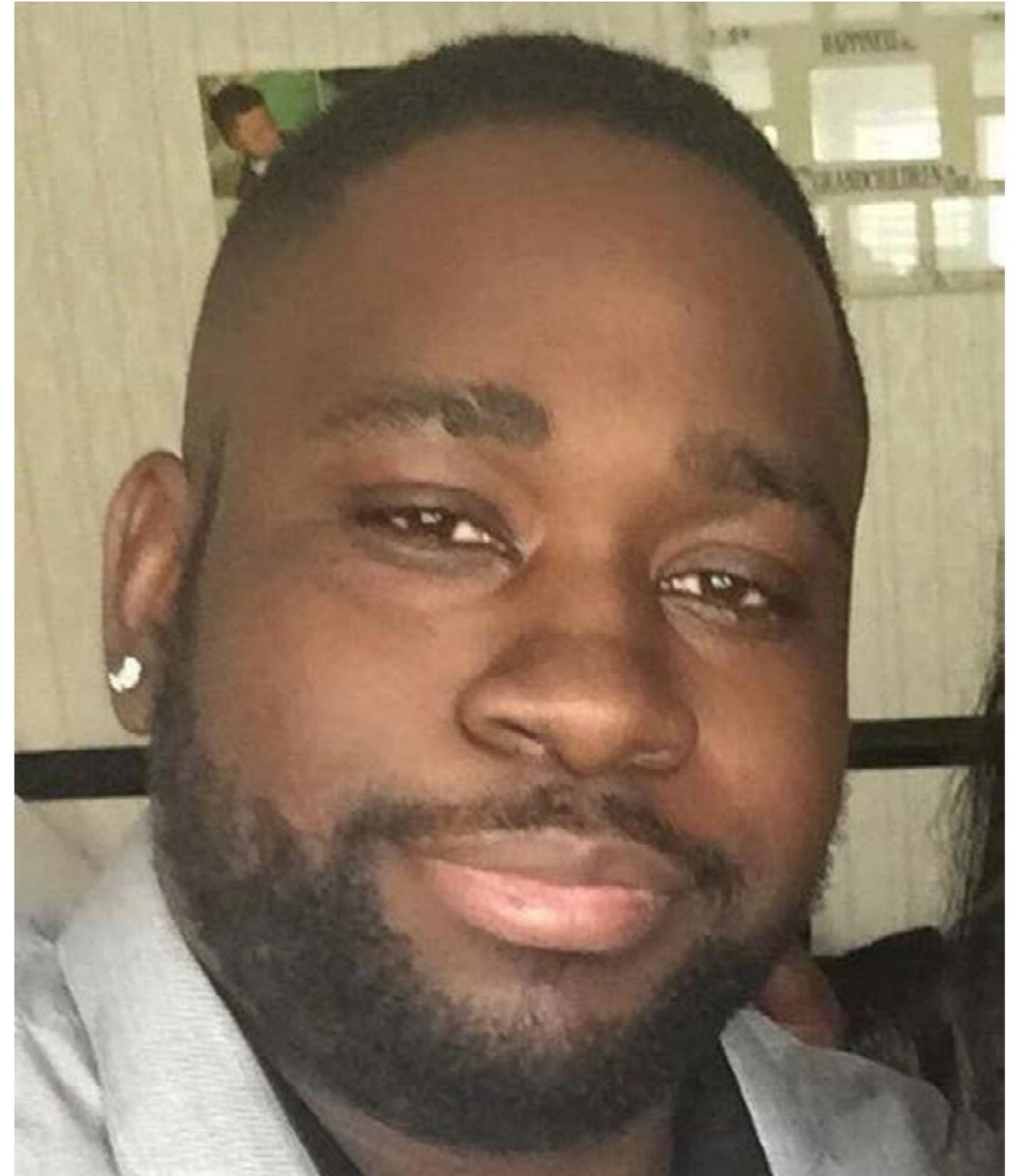
Anthony is trapped in a cramped room with his two kids A dad has vowed to take a South London council to court after it kicked him off the housing waiting list - leaving him and his two kids sharing a cramped room. A year since Lewisham Council tried to evict Anthony Brathwaite from his temporary home, the dad-of-two has said he wants a judge to decide whether his family should get a council home.

Mr Brathwaite, his disabled son, 11, and his daughter of the same age, have been living in a one-bedroom temporary flat in Lewisham since May 2019. In September last year, bailiffs sent by the council twice tried to force his family out of the home after officials ruled Mr Brathwaite, 39, was not eligible for council housing. Their efforts were unsuccessful after housing campaigners and community groups blocked entry to the property.

A year on, Mr Brathwaite and his two children are still living in the temporary accommodation. But the dad-of-two, who works as a bus driver, says the one-bed flat is too small for his family and now wants Lewisham to put him back on the list for a council home.

Anthony Brathwaite has vowed to take Lewisham Council to court in his battle for a council house He said: "The only way that I'm going to get back on that list is if I take the council to court and the judge decides to put me on the bidding system. It's about me being treated fairly. I shouldn't have been made to feel how I have been made to feel. It's like you are a child. They give you something, but because they are bigger they can take it away.

"My daughter is now at secondary school. It's hard for her when she comes home if she has homework to do because it's just one room.



It causes anxiety to her not having the space and knowing Lewisham has tried to evict us from the property.”

The dad-of-two moved out of his former home - a council property in his name - in 2017 after his marriage broke down. Lewisham Council then offered him and his two children temporary accommodation in 2018. While living there he was placed on the council’s housing waiting list, which meant he could bid for more suitable properties for his family.

But in June last year, Mr Brathwaite received a letter from Lewisham Council informing him that officials had ruled he had made himself intentionally homeless when he had left the home he shared with his ex-wife in 2017. He was handed an eviction letter and kicked off Lewisham’s council housing waiting list.

Mr Brathwaite said: “They said I made myself homeless but I never understood what the phrase ‘intentionally homeless’ meant. There was my mental health and the relationship broke down and because I am a man they feel you can fall on your feet and keep going. But it’s not the case.

“They offered me private accommodation in Greenwich but it was £1,300 per month, without bills and council tax included. In the job I’m in I’m not earning that kind of money. People say ‘is it not easier to go on benefits?’ but I don’t want my children to think that’s what life is.”

Mr Brathwaite has launched a fundraiser to raise money to cover the legal fees for his court battle against the council. Supporters have so far donated £1,302, just over a fifth of Mr Brathwaite’s £5,000 target.

A Lewisham Council spokesperson said: “There is not an impending eviction against Mr Brathwaite. We are working with Mr Brathwaite to support him to move into permanent housing in the private rented sector, as he is not eligible for social housing.

“With over 10,000 households on our housing waiting list, we have to prioritise our limited supply of social housing for those most in need. We work closely with residents who are not eligible for social housing to help them to find alternative accommodation and ensure they have a safe and secure place to live.”



Date when King Charles III will appear on bank notes has been confirmed.

Politics

By:Andrew Collins
London,UK

Queen Elizabeth II's portrait has featured on the nation's banknotes and coins for over 60 years and remains on the currency of several other countries formerly under British rule.

Following the late Queen's death, King Charles III immediately ascended the throne. The end of one reign and the start of another will bring some huge changes to the country including the portrait that will be featured on the nation's money. The Bank of England has revealed when images of the new King will replace the late Queen's image.

The new King's portrait will eventually appear on the existing designs of £5, £10, £20 and £50 banknotes.

The Royal Mint has confirmed that coins featuring Charles' portrait will also be co-circulated with those depicting the late Queen, in an attempt to minimise the environmental and financial impact of the change.

The current polymer series will remain present with no additional changes to the actual design, the Bank of England said.

The UK's central bank confirmed that the updated banknotes will be revealed at the end of this year, but the currency won't be in circulation until mid-2024.

Coins featuring the new King will show him facing to the left, while Queen Elizabeth II's effigy faces to the right.

It is a tradition from the 17th century to alternate the way successive monarchs are facing.

Anne Jessopp, chief executive officer at the Royal Mint, said: "The first coins bearing the effigy of His Majesty King Charles III will enter circulation in line with demand from banks and post offices.

"This means the coinage of King Charles III and Queen Elizabeth II will co-circulate in the UK for many years to come."

Historically it has been common for coins featuring different monarchs to co-circulate as it ensures a smooth transition for members of the public.

As well as changes to the country's currency, there will be other additional everyday changes set to impact the nation.

Stamps will also change, as the Royal Mail confirmed: "New stamps featuring King Charles will enter circulation once current stocks of stamps are exhausted".

Existing stamps that feature the late Queen will be distributed and issued as planned, to minimise the environmental and financial impact.

Passports will also be issued in Charles' name, with the wording in the document set to be changed at some point in the future.

Her Majesty's Passport Office will become His Majesty's Passport Office, as is the case with HM Armed Forces and HM Prison Service.

The new monarch will also need a new Royal Cypher, which is the monogram impressed upon royal and state documents.

The Queen's ERII features on traditional police helmets and post boxes, but could be changed to include Charles' cypher in the near future.





Interview with Professor Femi Lawal.



By:Joy Gofwen
Lagos Bureau -Chief
Nigeria

Politics

A-CHOICES: Congratulations on becoming a Professor, Would you like to tell us a little more about yourself?

PROFESSOR FEMI LAWAL: I am happily married to Barrister Tosin Lawal. We have three kids. I am an Industrial/Organisational Psychologist and have practiced, both in the academia and in consultative capacity, for about two-and-a half-decades

A-CHOICES: Tell us a little bit about what you do. What does an average working week look like for you?

PROFESSOR FEMI LAWAL: I teach at the undergraduate and postgraduate levels in a university, specifically Lagos State University. I also supervise students at both levels. Besides, I conduct research, review journal articles for journal outlets, and render free psychological services. I am also a Parish Pastor in the Redeemed Christian Church of God, a responsibility that sees me overseeing a congregation and my parish's neighbourhood on Sundays and during the week. All these I do as a routine every week.

A-CHOICES: What do you enjoy most about your role?

PROFESSOR FEMI LAWAL: Helping and developing people

A-CHOICES: What are your proudest achievements in your career so far?

PROFESSOR FEMI LAWAL: Becoming a Professor and Facilitating the donation—by foreign donors—of 25000 of books and journals to Olabisi Onabanjo University's psychology and other academic programmes.

A-CHOICES: It is generally believed that Nigeria is far behind South Africa in terms of education, funding, facilities, services, and responsiveness. What is your take?

PROFESSOR FEMI LAWAL: This is true; but it is so not because South Africa has more or better academics than Nigeria, but because education is not adequately funded in Nigeria

A-CHOICES: In South Africa the first you learn as a lecturer is to put the interest of the student. In Nigerian institutions students barely have a cordial relationship with lecturers. Why is that so in your opinion?

PROFESSOR FEMI LAWAL: The assertion is incorrect! Many years of neglect of tertiary education may have created a myriad of problems in Nigerian tertiary education, but Nigerian academics still go out of their ways to give students the best within the confines of what is available. Most of our students understand the constraints in the universities, especially with regard to funding and facilities, and a very good number of them cordially relate with their lecturers. I still relate with most of my students that have graduated from the university for example, including those that graduated almost 20 years ago. It is not different at all with current students, nor is it with the way many of my colleagues relate with their current and former students.

A-CHOICES: The Academic Staff Union of Universities has been on strike since February 14 and shows no signs of stopping any time soon, what then is the hope of the student and the education system?

PROFESSOR FEMI LAWAL: Like I mentioned earlier, most of our students understand the fact that education, generally, is not adequately funded in Nigeria, and the efforts of ASUU, over the years, to rescue the situation. To the best of my knowledge, discussions have now resumed between government representatives and ASUU. Everyone, including students, is hopeful for a more vibrant university education in Nigeria going forward.

A-CHOICES: Talking about the 2023 elections, what are your expectations from the agents that would supervise the electoral process such as the INEC, the police, and other stakeholders like your colleagues that would serve mostly as returning officers?

PROFESSOR FEMI LAWAL: The general consensus judging from recent elections is that INEC has improved very significantly. One hopes that they would have improved the most by 2023 so that peoples' confidence in the electoral process can receive a boost. With good monitoring, the police and other agencies will do their jobs creditably well during elections. Unfortunately, some police bosses who are responsible for monitoring their subordinates sometimes compromise themselves; this is usually the crux of the matter!

The wisdom behind using academics as returning officers in elections is that academics are generally very proud of their professions and would not want to be accused of aiding electoral malpractices. Therefore, any academic charged with such a responsibility would always want to be above board by shunning all offers from politicians no matter the academic's propensity for corruption. For this reason, I can still vouch for my colleagues to a large extent.

A-CHOICES: A lot is going on right now in the country, the security challenges in every part are biting hard among other issues. Do you think we are ready for 2023?

PROFESSOR FEMI LAWAL: I believe that the 2023 elections will be held successfully too. I say this out of my conviction of peoples' resolve—more than ever before—to participate in the elections. Psychologically, this goes a long way to defeat people whose intentions are always about causing problems in the system. I really do not share the belief that Nigeria would deteriorate so badly as for elections not to take place. Security would be beefed up in troubled locations and elections will hold. You want to ask why security cannot be beefed up in such locations now, only the government and security agencies can answer such a question.

A-CHOICES: What's your message to the voting public in the face of these challenges?

PROFESSOR FEMI LAWAL: Everybody of voting age should get their PVC and ensure that they vote for candidates of their choice. I believe elections will hold, successfully.

A-CHOICES: Would you say that Nigerians living abroad should get involved in the country's politics as a way of supporting the leaders and helping to raise great leaders for the country?

PROFESSOR FEMI LAWAL: Some Nigerians abroad have always been involved in Nigerian politics, some of them remotely. But it is now time for all Nigerians in diaspora to take this very seriously. There are very many ways they can help than they can imagine.

A-CHOICES: There are a lot of unemployed graduates out there; do you think the current government is doing enough to bridge this gap of unemployment?

PROFESSOR FEMI LAWAL: No the current government is not doing anything near enough to bridge the gap, in my assessment

A-CHOICES: What do you think the government can do to create more jobs?

PROFESSOR FEMI LAWAL: The government may not actually be the ones creating jobs, but providing an enabling environment for startups, investment, innovations, and creative thinking is a necessary and sufficient responsibility to guarantee job creation. Provided the government can be alive to this responsibility. The Nigerian environment is not enabling for any fledgling business to survive. No serious investor would want to invest in an insecure environment where power is very unstable and energy costs are very high and soaring, among other challenges

A-CHOICES: The West and International community has strongly condemned the killing of Deborah Samuel, who was killed for allegedly blaspheming Prophet Mohammed describing it as barbaric and brutal. What is your stand about issues such as this?

PROFESSOR FEMI LAWAL: This was a sad thing happening in a 21st century Nigeria! My profession teaches me that any wrongdoing in any society, whether culturally entrenched or just a vice in an individual, will continue as long as there are no stiff and unpleasant consequences for it. Killing a fellow human being under whatever guise is murder and a crime in all societies and this incident is not different. Until, government, especially at the federal level weighs in to implement existing laws, especially on such a crime, and ensuring that everyone involved is brought to book, regardless of who they are, I really do not think that all the noise people make about it can change or stop it.

A-CHOICES: With happenings like this, would agree with agitations that the country be divided?

PROFESSOR FEMI LAWAL: Nigeria is a great entity as a country and can be great again, and even greater than it used to be, if we can be fair to one another at all levels. I strongly believe that there are many influential Nigerians who wish that the current real and perceived imbalances be corrected so that everyone is happy and the agitations will stop. If a convergence and realization of opinions and thoughts of such people can be achieved across the entire nation, Nigeria will bounce back stronger. But if the unfairness and agitations continue, it is not good for the future of this great and highly resourceful entity, Nigeria.

A-CHOICES: For what in your life do you feel most grateful?

PROFESSOR FEMI LAWAL: The grace to be a servant of the Most High and for the privilege and many opportunities my Dad gave me to be soundly educated

A-CHOICES: Final question and taking you back to the Covid-19 lockdown. What were you doing during that period?

PROFESSOR FEMI LAWAL: Reading, writing, teaching, online, and participating workshops, short courses, and conferences, also online.

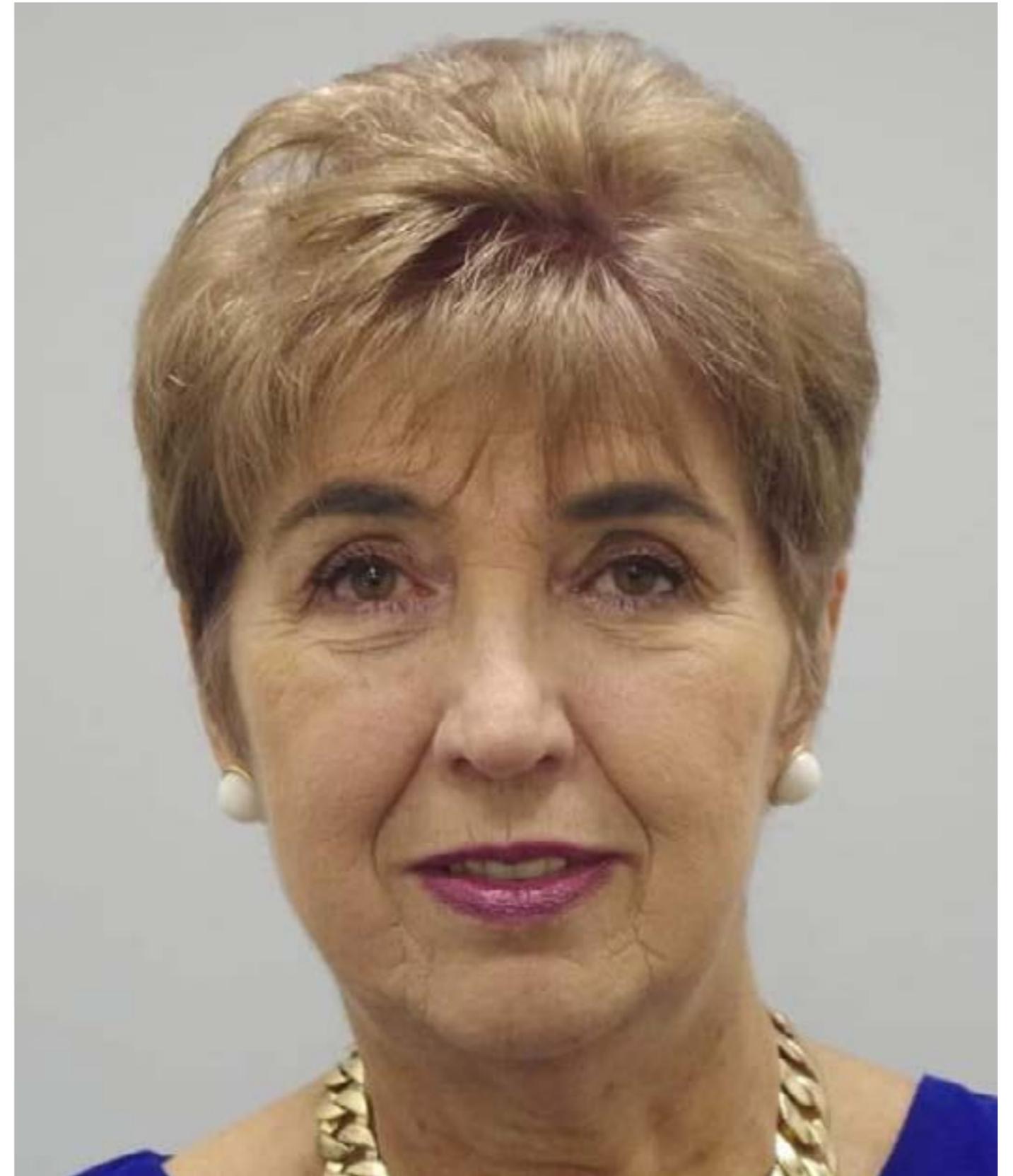


честит рожден ден на една прекрасна жена на моя най-dobŭr priyatel

Wishing you a fantastic birthday and wonderful year ahead. Make every day count! Happy birthday to one of the most special people in my life.

Lots of Love:👩👩👩

Gbenga Teejay Okunlola



Nadia Buari finally unveils Van Vicker as father of her four daughters.



By: Okunlola Kayode F.
Senior Writer
Lagos, Nigeria



Entertainment

Ghanaian and Nollywood actress, Nadia Buari, caught her fans by surprise when she revealed that fellow Ghanaian actor and former On-Air-Personality, Van Vicker is the father of her four daughters.

The beautiful actress made this known via her Instagram page, saying she had to disclose his identity after being asked who the father of the girls is.

The 39-year-old posted a video, where she was seen with Van Vicker as she named him as the father of her kids.

“So a lot of you have been asking me to reveal the identity of the father of my kids. Today I have a surprise for you. Yes, you guessed right. I want to reveal to you the man who gave me four adorable queens.” Nadia Buari said.

The man at the centre of it all, Van Vicker who began his career as a radio presenter with Groove 106.3FM, before turning to an actor, while reacting in the video, said: “Hello Everybody! He then touched his beard and added, “I’m feeling myself.”

Nadia Buari premier on Ghanaian national television with the TV series ‘Games People Play’ in late 2005 and her breakthrough came in the movie ‘Beyonce’, where she starred as the president’s daughter.

Since then she has starred in several other movies but in 2013, she came out with her own movie called ‘The Diary of Imogene Brown’, she moved from the

She was married to a Lebanese man whose name is not known.

Much is not known about her marital life due to her nature of keeping her personal life very guarded.



Events

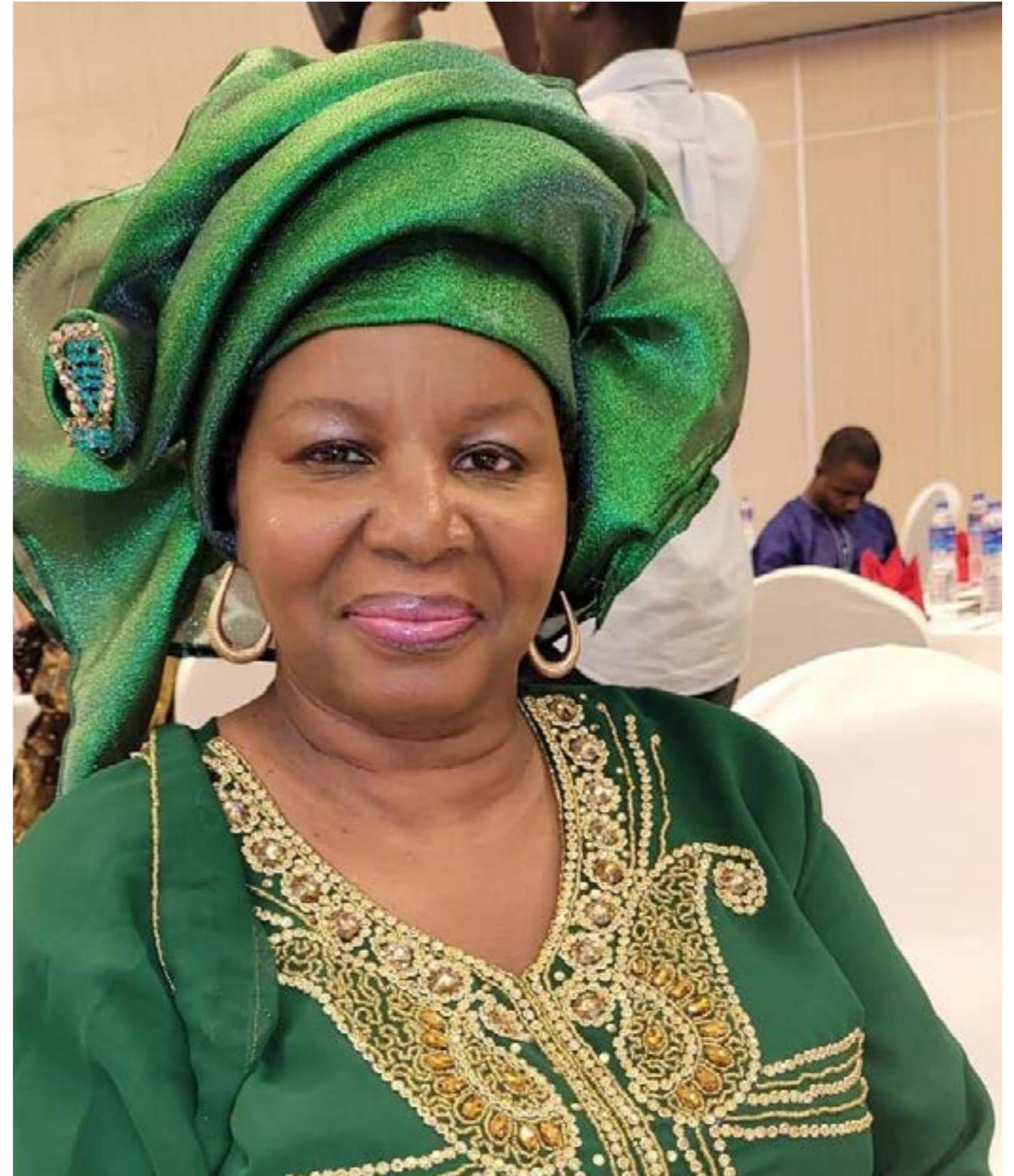
Mrs. Sandra Iruh
Happy Birthday to an Amazing Woman!

Happy special Birthday to a wonderful woman, the Queen of the Family. Heaven's door will be open for a flood of blessings for you....Happy birthday to a strong and virtuous woman.

Ma'am, as you celebrate the GRACE of God in your Life, I pray for longer life, divine health, divine GRACE, divine protection and more of His blessings.

May the GRACE of God continue to strengthen you and your family in Jesus Christ's name, Amen🙏🙏🙏

Best wishes from,
Gbenga Teejay Okunlola





Gangster 'stabbed 32 times after cruising round looking for a target'.

Crime

Andrew Collins
Senior Writer
London,UK

A teenager who crashed a birthday party for a member of a rival gang and pounced on him with a machete was hacked to death in revenge, a court has heard.

Salem Koudou, 19, was chased by up to 15 guests and cornered in a nearby street in Brixton, south London, where he was stabbed 32 times in a matter of 'seconds' and later died from 'catastrophic injuries', jurors were told.

The machetes were 'wielded with such ferocity' that he suffered wounds up to six inches deep, penetrating his skull, chipping his rib cage and piercing his lungs, liver and stomach.

Three men, Darius Kwakye, 29, Donte McCalla, 21, and Tristan Bullock, 21, are accused of joining in the 'murderous attack'.

They deny murder and an alternative charge of manslaughter in relation to the incident in August 2020.

Opening the trial on Monday, prosecutor Oliver Glasgow outlined the 'build up to this shocking violence' but said there could be no excuse for it.

Koudou was described as a member of a Stockwell-based gang which was locked in violent disputes with three groups in neighbouring areas.

He and two others were said to have armed themselves with at least one 'enormous knife' and possibly a gun before setting off in a stolen Volkswagen Golf in search of rivals.

They first went to Wandsworth, the home of one of the competing gangs, where they allegedly chased a potential target but lost track of him.

The trio then cruised around Brixton where they came across an 'ideal target' in the form of a birthday party on a local estate for a Tyreicke Williams, 28, an affiliate of another gang they were in conflict with, the court heard.

Just before 6pm, the VW Golf was driven head-on into a Mercedes belonging to one of the defendants, Darius Kwakye, and flipped onto its roof, prosecutors added.

Its occupants pulled themselves out of the wreckage, after which Koudou allegedly pulled out the blade and started chasing Kwakye and Mr Williams while his two companions ran off.

Mr Williams then fell to the ground and was pounced on by Koudou but managed to wriggle free unhurt.

The response from party guests was 'immediate and violent' as they armed themselves and gave chase to the now 'hopelessly outnumbered' attacker, Mr Glasgow said.

He told jurors: 'The roles were now reversed, Salem Koudou no longer had the upper hand, and he had 15 or more people to escape from.'

Koudou fled the estate and crossed the busy Brixton Road before falling to the ground as his pursuers caught up with him and killed him, the court heard.

The prosecutor added: 'There was no hope of survival and yet seconds was all it took for this attack to take place, for his pursuers to have their revenge, and for the killers to disappear calmly as if nothing had happened.'

The three defendants deny having anything to do with the incident and do not accept CCTV and forensic evidence, the court heard.

The trial continues.



Burkina Faso soldiers announce overthrow of military government.



By:Dr.Funmi
Awoleye-Beckley
Abeokuta,Nigeria

Members of Burkina Faso's army have seized control of state television, declaring that they had ousted military leader Paul-Henri Damiba, dissolved the government and suspended the constitution and transitional charter.

In a statement read on national television late on Friday, Captain Ibrahim Traore said a group of officers had decided to remove Damiba due to his inability to deal with a worsening Islamist insurgency. He announced that borders were closed indefinitely and that all political and civil society activities were suspended.

This is the country's second military coup in eight months, with Damiba only assuming power in January after ousting former President Rock Kabore via a coup of his own in light of growing frustration over the state of the country's security.

Witness statements confirm hearing shots on Friday around Burkina Faso's presidential palace and the headquarters of its military junta currently in power, as troops blocked Ouagadougou's streets and state television broadcasting was cut, AFP reported earlier in the day.

The attacks have been affiliated with Al-Qaeda and the Islamic State group even after Damiba earlier this month dismissed his defense minister and assumed the position himself. Only one new minister has been introduced into the transitional government, Colonel-Major Silas Keita, who is assigned to be responsible for national defense and was promoted to brigadier general.

Politics





On September 28, a convoy carrying supplies was attacked in the town of Djibo, leaving 11 soldiers killed and around 50 civilians missing. More than 40% of the African nation, previously a French colony, is not under government control as most of the Sahel, including Niger and Mali, is suffering from the outcomes of the insurgency, which is beginning to spill over into the Ivory Coast and Togo.

Mali witnessed a large presence of French forces for nearly a decade, but French President Emmanuel Macron decided to withdraw his troops and the Malian military took over. The last French troops from Barkhane departed last month. On the streets of Ouagadougou, some were showing support for the country's new leaders.

"We are demonstrating to support this coup, confirmed or not," said Francois Beogo, a political activist from the Movement for the Refounding of Burkina Faso. "For us, it is already a coup."

'Those sounds will never leave me' Alex Scott hauntingly recalls living 'in fear' as child.

Alex Scott has looked back on her childhood and how her "stupidly cruel" dad would cause her to live "in fear".

Alex Scott, 37, has hauntingly revisited the years when she used to live in her family home in a tower block in Poplar, East London. The BBC star opened up about her father's violent temperament and the fear his actions installed in her when she was just a child.

Recounting how she would lie awake at night listening for possible signs of violence, Alex said she felt "helpless".

She went on: "All I could do was lie there and pray my mum would be alive in the morning." "Control was everything to my dad," the broadcaster added in an interview with The Times. Alex also explained how people who met her and her brother during family outings believed they were well-behaved children - but the reality was much more haunting.

The footballer said: "People would say, 'Oh, ain't they so well behaved?'" "But we sat there in fear. We did as we were told because we knew what would happen to us later if we didn't." But the siblings were not the only ones living in fear of their dad, Tony. Alex's mum, Carol, was once beaten so badly by her dad that the presenter was scared to even make eye contact.

The TV star, who has made 140 appearances for the England women's national football team, has recently opened up about her mental health battle.

She admitted she was "put on an act throughout her life" while trying to deal with the downsides of her career. Alex revealed she has even turned to alcohol but has since been seeking "freedom" in all aspects of her media career.

After retiring from her hugely successful career playing for the Arsenal Women's Team, Alex began presenting.

Sports

By: Edward Collins
London, UK

However, the new career change came with its disadvantages as she became the focus of online trolling on social media. The sports star said she turned to drink and added no one had any "idea what [she] went through".

Alex made the revelation in a recent interview while promoting her book *How (Not) To Be Strong*.

She anticipated readers will be "in shock" when they find out about her life behind the cameras.

Alex said: "I've lived my whole life putting on an act, and there's a lot of things in it that people will have no idea that I went through.

"I'm at a stage in my life where I just want some freedom, and I've managed to feel like it's a time where I can [be open.]" "I think everyone will be shocked at the stories in the book", she told Time Out London.





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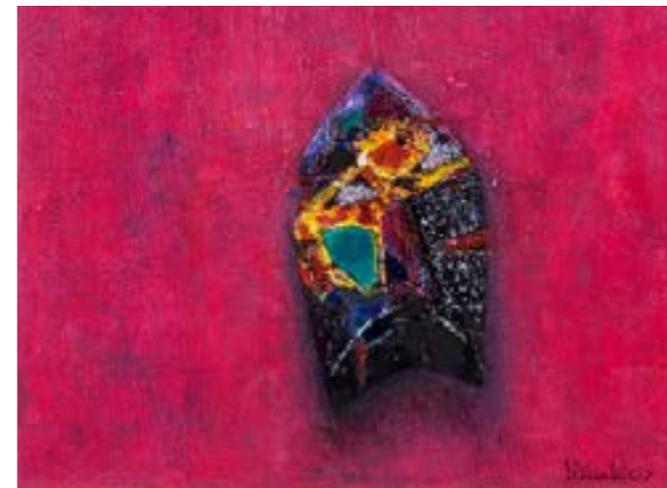
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3. Art and design consulting of the ArtWizard platform. The service comprises personalized advice on what artworks to buy for an office or home interior. The ArtWizard team helps to find the specific artworks that will be affordable and suitable for 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.
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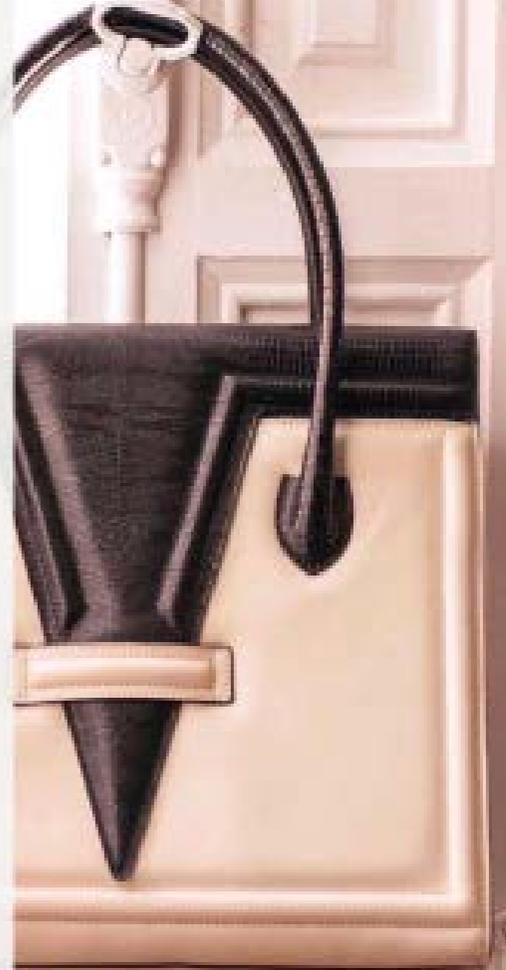
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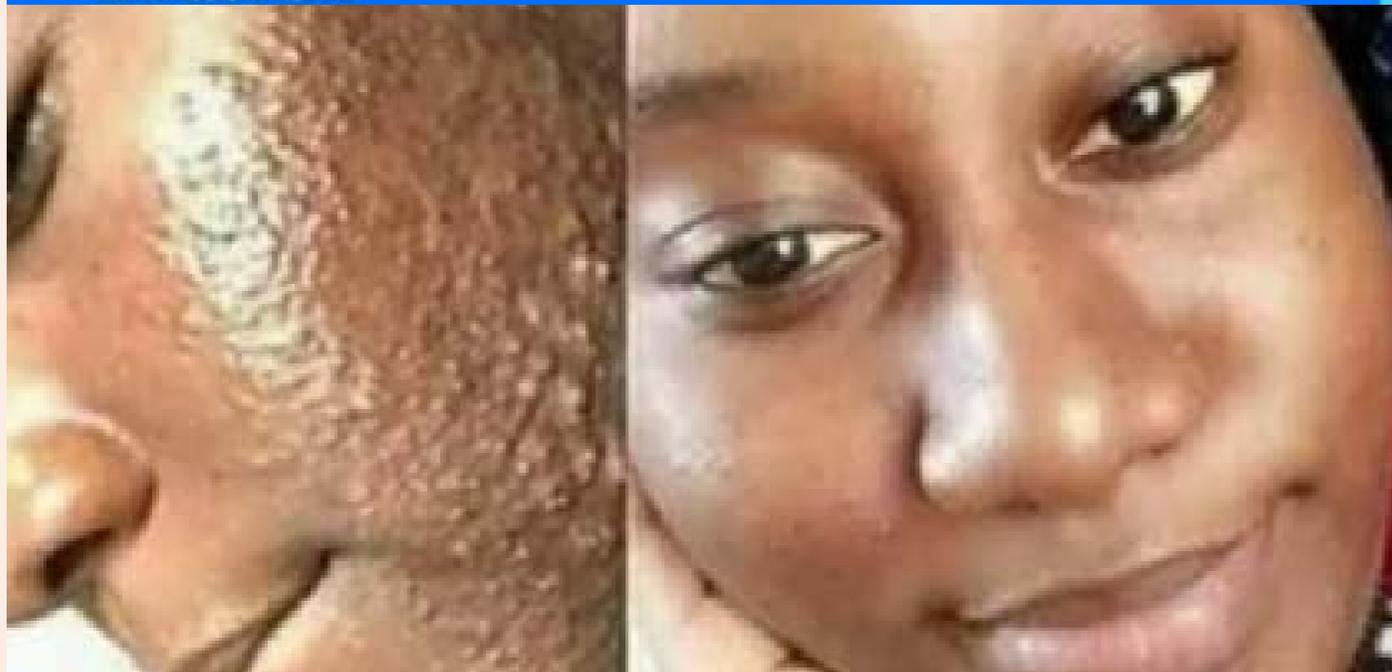


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HOW TO BECOME A BULGARIAN PERMANENT RESIDENT OR CITIZEN BY WAY OF PURCHASING PROPERTY

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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