

# ACCOMPLISH

MAGAZINE

NOVEMBER 2024

**TRUMP  
WINS US  
PRESIDENTIAL  
ELECTION**

**Startups  
and SMEs:  
The Yin and  
Yang of  
Economic  
Growth**

**Deep  
Seaports  
and Agro-  
Corridors  
in Regional  
Development**

## **CEO INTERVIEW**

**Dr. Joseph Ibekwe:**  
Proving that Informed  
and Focused  
Perseverance is  
Rewarding

How AI is Driving  
the Future of  
Transportation

The Ethical  
Responsibility  
Of Balancing  
Good Health  
And Pursuit Of  
Accomplishments

**Dr. Akin Adesina:**

**IMPACTFUL  
LEADERSHIP IN AFRICA**



# ACCOMPLISH Contents

November 2024

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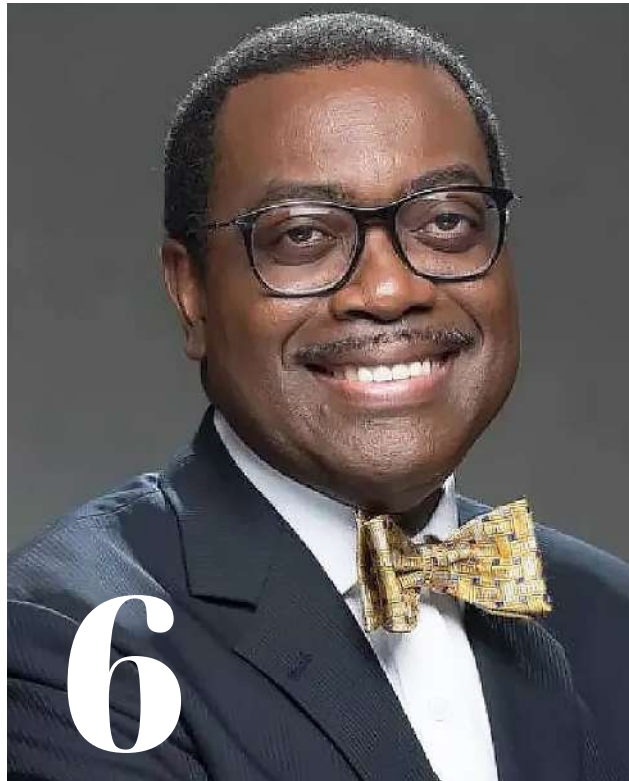
To be the go-to publication for information and inspiration in pursuing life's attainments.

### OUR MISSION:

To profile and celebrate the achievements and lifestyle choices of outstanding leaders and influencers in business, manufacturing, agriculture, academia, administration, entertainment and innovation in Nigeria, Africa and, indeed, globally.



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## COVER

8 **Dr. Akin Adesina - IMPACTFUL LEADERSHIP IN AFRICA**

## NIGERIA: BITS & BOBS

4 Nigeria's foreign reserves rose 12.74% to \$39bn in October & Other Stories

## START UP ANGEL

16 **Start-ups & SMEs:** The Yin and Yang of Economic Growth

## DIASPORA AFRICAN

18 **Prof. Aisha Ali-Gombe:** US-based Award Winning Computer Engineer

## FEATURE/ANALYSIS

20 The Ethical Responsibility of Balancing Good Health And Pursuit Of Accomplishments

22 Deep Seaports and Agro-Corridors in Regional Development

## GLOBAL INFO DIGEST

26 It Takes Determination to Overthrow Evil & other stories

## CEO INTERVIEW

30 **Dr. Joseph Ibekwe:** Proving that Informed and Focused Perseverance is Rewarding

## CELEBRATING ACCOMPLISHMENTS

36 (i) **Prof. Dapo Akande:** Deserved Nomination to the ICJ  
(ii) **Yemisi Iranloye:** Nigeria's Cassava Queen Who's Changing the Game

## GRAND DESIGN

38 Weaving brick forms define Uzbek cultural centre

## THE INCUBATOR SERIES

40 DON'T BE A ONE-PAGE BOOK:  
*Travel and Learn*

## AI TODAY & TOMORROW

42 How AI is Driving the Future  
of Transportation

## AFRICA RISING NEWS....

44 World Bank Lowers 2024  
Growth Forecast for Sub-  
Saharan Africa Amid Sudan  
Conflict & other stories...

## GLOBAL NEWS...

46 Nobel Prize in Chemistry  
Honours 3 Scientists for  
AI-Driven Protein Design &  
other stories...

## LIFESTYLE

### ALTERNATIVE MEDICINE

48 How Much Do You Know  
About Salt?

50 ARTS & THE MASTERS –  
Grand Egyptian Museum  
Opens Selected Galleries to  
the Public

52 5 Foods That Improve Artery  
Function

### CORPORATE SUITE

54 Trump Wins Us Presidential  
Election



## From The Editor

So, it's November and the clock is ticking towards end of year! In this edition, we're pleased to present **Dr. Akinwumi Adesina**, President of the African Development Bank (AfDB), who's leadership impact in Africa, especially in the field of agriculture is irrefutable, as our cover page personality.

Still focussing on promoting quality leadership, we have the tested and resilient **Dr. Joseph Ibekwe**, Founder of Foundation for Leadership & Education Development (FLED), for CEO Interview. Read to see how he rose to international reckoning.

Our Diaspora African this month is **Prof. Aisha Ali-Gombe**, a highly respected US-based, award winning computer expert. In our continued move to encourage illustrious inventors, entrepreneurs and

administrators, we bring you **Yemisi Iranloye**: Nigeria's Cassava Queen and **Prof. Dapo Akande**, a Nigerian-Briton who was recently nominated to serve at the International Court of Justice by the United Kingdom government.

**Osita Aniemeka's** "Deep Seaports and Agro-Corridors in Regional Development", Victor Olewunne's "The Ethical Responsibility of Balancing Good Health and Pursuit of Accomplishments", and Tomi Davies's "Start-ups and SMEs: The Yin and Yang of Economic Growth" are must-read pieces. Please, peruse them.

Of course, our regulars are in too. So, you're welcome. Please, read and send us your feedback on any of the contents of Accomplish Magazine.

*Diyi William-West*

**DIYI WILLIAM-WEST**  
Editor

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# NIGERIA: BITS & BOBS

By Ikenna Ngere

## BUSINESS AND FINANCE



### **Nigeria's foreign reserves rose 12.74% to \$39bn in October**

Governor of the Central Bank of Nigeria (CBN), Olayemi Cardoso, announced a 12.74% increase in Nigeria's foreign reserves, which now stands at \$39.12 billion. This growth stems from remittances, capital inflows, and trade improvements. He noted that foreign exchange reforms enhanced transparency and reduced speculative actions.

Although inflation rose to 32.7% in September, Cardoso remains optimistic about future moderation through targeted monetary policies.

### **99% of Nigeria's wealthiest evade tax - Oxfam Report**

Oxfam Nigeria, a non-profit organisation, reports that 99% of Nigeria's wealthiest individuals evade or avoid taxes, exacerbating

the country's economic crisis and widening inequality. Despite being Africa's fourth-largest economy, economic gains largely benefit a small elite, leaving millions in poverty.

The report, based on a 10-year study with Tax Justice Network Africa and Civil Society Legislative Advocacy Centre (CISLAC), found that only 40 of the wealthiest Nigerians pay taxes, reflecting a compliance rate of just 0.035%.



### **World Bank: Nigeria must sustain current reforms for 15 years to transform economy**

The World Bank's senior vice president, Indermit Gill, emphasised that Nigeria must sustain its current economic reforms for 10 to 15 years to achieve economic transformation. Speaking at the 30th Nigerian Economic Summit in Abuja, Gill stated that these reforms are essential for long-term growth, competitiveness, and stability, which would allow Nigeria to compete globally.

He noted that while maintaining these reforms will be challenging, it is necessary to reverse financial losses from petrol subsidies and multiple foreign exchange rates, ultimately positioning Nigeria as a key growth engine in sub-Saharan Africa..

## POLITICS



### **PDP Reverts to Status Quo, Ends Internal Crisis**

Bala Mohammed, Governor of Bauchi State and Chairman of the PDP Governors Forum, announced that the crisis within the Peoples Democratic Party (PDP) has been resolved.

Speaking in Abuja, on Tuesday, October 15, he stated that the party's governors, Board of Trustees (BoT), and other bodies instructed the National Working Committee (NWC) to restore unity by lifting suspensions and returning to the previous arrangement.



### **Pro-Wike lawmakers declare seats of Fubara's allies vacant**

The Martin Amaewhule-led faction of the Rivers State House of Assembly has declared the seats of four lawmakers loyal to Governor Siminalayi Fubara vacant due to their absence from sessions for 152 days. The lawmakers affected include Edison Ehie, who serves as Fubara's chief of staff, as well as Victor Oko-Jombo, Adolphus Oruibienimigha, and Sokari Sokari.

The assembly plans to notify the Independent National Electoral Commission (INEC) to conduct elections for the vacant seats within 90 days.

Additionally, the assembly has given Fubara another chance to present the 2024 appropriations bill following a court ruling that voided the previous budget presentation.

## ENTREPRENEURSHIP



### **African Diaspora Union Urges Tinubu to Grant Citizenship to Black Foreigners**

The African Diaspora Union (AFRIDU) has called on President Bola Tinubu to grant Nigerian citizenship to Black foreigners interested in embracing Nigerian identity. Chidiebere Ogbu, AFRIDU's president, made the appeal while announcing an inaugural event in Abuja, scheduled from October 17 to 27, dedicated to celebrating African heritage and culture globally.

He emphasised that many Black people worldwide aspire to Nigerian citizenship, highlighting the African Union's recognition of the diaspora as the sixth region of Africa.



**DAMIAN  
IKENNA NGERE**

#### **AUTHOR'S BIO**

*Ikenna is a graduate of Physics and Education, who works as a freelance writer. He has interest in technology, humanity and sports.*



COVER

Impactful  
Leadership In Africa

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DR. AKIN  
**ADESINA**



*By Ify Davies*

**D**r. Akin Adesina is a distinguished development economist and a prominent figure in the agricultural sector. His journey to leadership of the African Development Bank Group (AfDB) exemplifies his commitment to transforming Africa's agricultural landscape.

Adesina's stand-out story began with the exceptional academic performance he recorded in all the schools he attended. In fact, he completed his first degree in Agricultural Economics with a first-class honours at the Obafemi Awolowo University, Ile-Ife, Nigeria; the first student to attain that in the university's reckoning! At Purdue University, where he completed his Master's degree and went on to do his Ph.D. in Agricultural Economics, he bagged the Outstanding PhD Thesis Award.

Dr. Adesina has carried the same knack for excellence through years of diligent career experience, including his time as an Associate Director at the Rockefeller Foundation and Vice President for Policy and Partnerships at the Alliance for a Green Revolution in Africa (AGRA).

## **Educational Background and Early Career**

Adesina's academic journey began at the University of Ife (now Obafemi Awolowo University), Nigeria, where he earned a first-class honours degree in Agricultural Economics in 1981; the first student to achieve that distinction in the university's history!

He furthered his studies at Purdue University in the United States, obtaining both a Master's degree in 1985 and a PhD in Agricultural Economics in 1988, where he was recognised with the Outstanding PhD Thesis Award.

He joined the West Africa Rice Development Association (WARDA) as a senior economist.

Over the years, he held several significant positions, including Associate Director at the Rockefeller Foundation and Vice President for Policy and Partnerships at the Alliance for a Green Revolution in Africa (AGRA). These laid a solid foundation for his later achievements as Nigeria's Minister of Agriculture and ultimately as President of the AfDB.





## **Sterling Performance as Nigeria's Minister of Agriculture**

From 2011 to 2015, Adesina served as Nigeria's Minister of Agriculture and Rural Development.

His tenure was marked by bold reforms aimed at revitalising an agricultural sector plagued by corruption and inefficiency. One of his most notable achievements was the introduction of an innovative electronic

wallet system that provided farmers with subsidised inputs directly via mobile phones. This initiative reached over 15 million farmers within its first four years, effectively ending decades of corruption in the fertiliser sector and transforming

agriculture from subsistence farming to a viable business model.

Under his leadership, Nigeria saw an increase in food production by an additional 21 million metric tons and attracted over \$5.6 billion in private sector investments into agriculture. He was named Forbes Africa Person of the Year in 2013 and received numerous awards for his contributions to agricultural development.

## President of AfDB

In May 2015, Dr. Adesina was elected President of the African Development Bank Group, becoming the first Nigerian to hold this prestigious position. His leadership has been characterised by visionary strategies aimed at fostering economic growth and development across Africa. Notably, he oversaw the largest capital increase in AfDB's history, raising its general capital from \$93 billion to \$208 billion - which enhanced the bank's capacity to finance



development projects across Africa.

Adesina's proactiveness was evident during the COVID-19 pandemic when he launched a \$3 billion Social Bond and established a \$10 billion Crisis Response Facility to support African countries. Furthermore, under his guidance, AfDB has implemented initiatives aimed at averting food crises exacerbated

by geopolitical tensions, such as those resulting from Russia's invasion of Ukraine.

## Global Recognitions

Dr. Adesina's contributions have garnered international





acclaim. He received the prestigious World Food Prize in 2017 for his outstanding work in agricultural development, often referred to as the “Nobel Prize for Agriculture.” In addition to this honour, he has been recognised with various awards, including:

- African Leadership Magazine’s African of the Year (2019).

- Distinguished Fellowship Award from the Academy of Public Health (2020).

- Honorary doctorates from several universities worldwide.

His commitment to sustainable development has also led him to serve on various global platforms aimed at tackling issues such as climate change and food security.

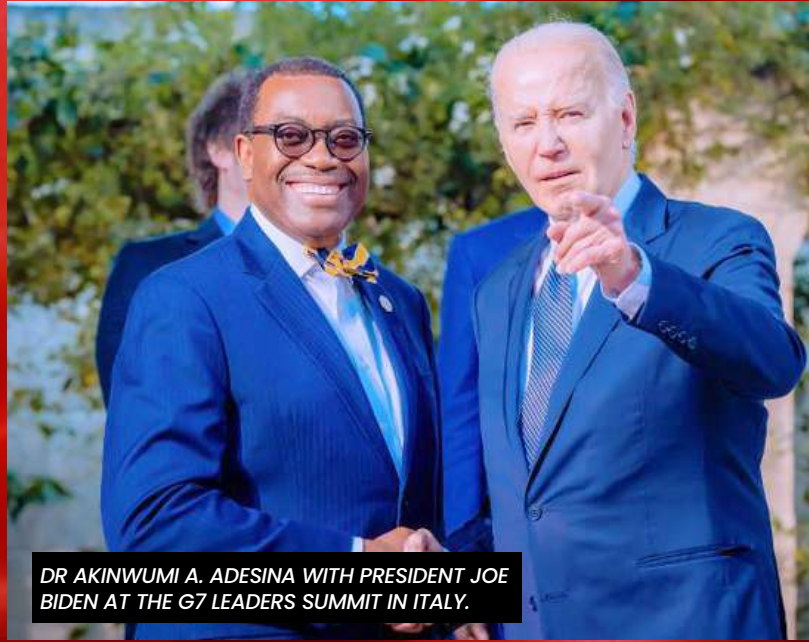
In conclusion, Adesina stands out as a transformative leader whose vision and dedication have significantly impacted agriculture and development finance in Africa. His innovative approaches have not only improved food security but have also inspired millions of farmers across the continent to embrace modern agricultural practices. As he continues to lead the African Development Bank Group towards greater heights, Dr. Adesina remains a beacon of hope for sustainable development in Africa - a true embodiment of what it means to be an agent of change.



# Picture SPEAK



DR AKINWUMI A. ADESINA WITH FORMER ETHIOPIAN PRESIDENT, SAHLE-WORK ZEWDE



DR AKINWUMI A. ADESINA WITH PRESIDENT JOE BIDEN AT THE G7 LEADERS SUMMIT IN ITALY.



DR AKINWUMI A. ADESINA MEETING AND DISCUSSING WITH HIS ROYAL HIGHNESS KING CHARLES III AT COP28 IN UAE.



DR AKINWUMI A. ADESINA MEETING WITH PRESIDENT LUIZ INACIO LULA DA SILVA OF BRAZIL AND PRESIDENT EMMANUEL MACRON OF FRANCE AT THE G20 SUMMIT IN BRAZIL.



DR AKINWUMI A. ADESINA VISITS GLO D.JIGBE ECONOMIC ZONE IN BENIN, WHERE ONE OF THE LARGEST FACTORIES FOR COTTON-TO-TEXTILE IN THE WORLD IS TURNING BENIN TO AN EXPORTER OF TEXTILES.



DR AKINWUMI A. ADESINA CHARTING INVESTMENT FRONTIERS FOR AFRICA WITH SAUDI ARABIA WITH H.E. SAAD AL-KHALB CEO OF SAUDI XIM AND HIS TEAM.



DR AKINWUMI A. ADESINA MEETS WITH PRESIDENT BOLA TINUBU.





**THE PRESIDENT OF THE UNION OF THE COMOROS AZALI ASSOUMANI, AND THE PRESIDENT OF THE AFRICAN DEVELOPMENT BANK GROUP DR AKINWUMI ADESINA, INAUGURATED THE 49.2-KILOMETRE SECTION OF THE NATIONAL ROAD 2 (RN2) ON FRIDAY 5 JULY, 2024, ON THE EVE OF THE COUNTRY'S 49TH INDEPENDENCE CELEBRATIONS.**



**ADESINA PRESIDENT LULA OF BRAZIL AND PRESIDENT EMMANUEL MACRON OF FRANCE AT THE G20 LEADERS SUMMIT IN ITALY.**



**DR AKINWUMI A. ADESINA CHARTING INVESTMENT FRONTIERS FOR AFRICA WITH SAUDI ARABIA WITH H.E. SAAD AL-KHALB CEO OF SAUDIEXIM AND HIS TEAM.**



**MINISTER SIMONE TEBET (PLANNING AND BUDGET), PRESIDENT LULA AND PRESIDENT OF THE AFRICAN DEVELOPMENT BANK, AKINWUMI ADESINA, DURING A MEETING AT THE PLANALTO PALACE - CREDIT: RICARDO STUCKERT/PR.**



# SELECTED QUOTES OF DR. AKIN ADESHINA

*By Tolulope Akinruli*

The bottom of the pyramid should not be a basement; it should be the foundation from which to build a prosperous Africa.

Africa can rise and shine. The sun that will light up and warm Africa is the sun from within Africa.

Africa must invest in several growth engines to meet its development objectives, including agriculture, infrastructure, and technology.

Africa is the young continent. It is time to listen to the aspirations and dreams of its young people.

Africa is not a scar on the conscience of the world; it is a goldmine waiting to be realised.

Africa's journey to transformation should be powered by the ingenuity of its people and the certainty of its leaders.

Africa needs efficient, reliable, and sustainable infrastructure to reduce poverty, enhance competitiveness, and stimulate economic growth.



The future of African youth does not lie in migration to Europe, but in a prosperous and inclusive Africa."

Africa is not poor, it is only poorly managed.

There must be an end to the 'We the People of the Aid Republic.' It is time to build an Africa beyond aid.

Agriculture is not a way of life; it is a business

The potential of Africa is unlimited. The African development story is ready to be written.



# STARTUPS AND SMES:

## THE YIN AND YANG OF ECONOMIC GROWTH

**T**he key difference between start-ups and SMEs lies in their risk profiles. Start-ups are inherently high-risk ventures. They experiment with unproven business models, technologies, or markets, which means they could experience rapid success – or fail just as quickly. Their innovative approach often involves uncertainty, but it also offers high potential for disruption and exponential growth. SMEs, by contrast, operate in more predictable environments. They tend to innovate at a slower pace, focusing on long-term sustainability rather than disruption. This makes them lower-risk, but also less likely to achieve the kind of explosive growth that characterises successful start-ups.

Start-ups are built to scale fast, targeting exponential growth through disruptive innovation. Their core focus is on transforming large markets quickly, typically by introducing

novel technologies or business models that allow them to break into competitive spaces. This makes them highly appealing to angel investors and venture capitalists, who seek the high returns associated with rapid scalability. Start-ups, with their bold approach to solving unique problems, push boundaries and experiment in ways that challenge the status quo. They thrive in dynamic environments where risk and reward are tightly coupled. Their agility allows them to pivot quickly, responding to changing market demands and customer feedback in real time.

Many start-ups enhance rather than disrupt the ecosystems in which they operate, improving efficiency, accessibility, and scale without upending existing systems. For example, Flutterwave in Nigeria has revolutionised the payment landscape in Africa by offering seamless payment solutions for businesses, but it did so by enhancing – not disrupting – existing financial infrastructure.

Similarly, mPharma, in Ghana, addresses the inefficiencies in Africa's pharmaceutical supply chain, but its approach is one of optimisation and collaboration with existing health care systems rather than complete disruption. Lastly, Twiga Foods, in Kenya, built a digital marketplace that optimises agricultural supply chains, reducing food waste and improving logistics for smallholder farmers.

On the other hand, SMEs (small and medium enterprises) pursue a more gradual path, aiming to build sustainable, profitable businesses over time. Their growth is steady and incremental, often serving local or regional markets with a more stable customer base. Unlike start-ups, which often rely on equity financing, SMEs typically access more traditional forms of funding, such as bank loans. Their risk profile is lower, as they operate in established markets with proven business







the status quo, pushing industries forward.

The value of having both lies in their complementary roles. SMEs offer stability and are key to sustaining local economies by generating steady jobs and contributing to GDP. Conversely, start-ups foster growth and innovation, creating high-value opportunities in emerging sectors like fintech, health care, and energy. Together, they enable economies to remain adaptable, resilient, and capable of facing both short-term challenges and seizing long-term opportunities.

In conclusion, start-ups and SMEs each play vital roles in driving economic growth and innovation. Start-ups push the boundaries of what's possible, introducing new technologies and business models that can transform industries. SMEs, in turn, provide the stability and long-term sustainability that economies need to thrive. By supporting both, we can create a balanced ecosystem where innovation and stability go hand in hand, contributing to job creation, economic resilience, and a brighter future for all.

models. This slower pace of growth may seem less glamorous, but SMEs provide the backbone of most economies by offering stability, long-term employment, and consistent contributions to GDP.

ups, by contrast, drive innovation and disruption, creating new markets and attracting external investment. They introduce transformative technologies and business models that challenge

While there may appear to be tension between start-ups and SMEs, both are essential to any economy's health. SMEs are the bedrock of economic stability, providing steady employment and contributing to key sectors like retail, agriculture, and manufacturing. They supply essential goods and services, ensuring economies function smoothly over the long term. Start-



***Tomi Davies (TD) BIO:***

*TD is a leading figure in Africa's tech ecosystem, known as "Africa's top Angel" and the inspiring voice behind TVC Labs, a start-up support organisation in Lagos, Nigeria. His expertise extends to angel investing, mentoring, and advising tech companies, all while equipping future generations of entrepreneurs through his book "Investment Worthy Startup" published in 2023.*

# Prof. Aisha Ali-Gombe:

US-based Award Winning  
Computer Engineer



**P**rof. Aisha Ali-Gombe currently directs the Louisiana State University (LSU) Cybersecurity Clinic (LCC) and founded the System Security (SySec) Lab in the United States. She also holds a joint faculty position at LSU's Centre for Computation and Technology. Her academic and professional focus is cybersecurity and digital forensics, particularly mobile and IoT platforms.

Her research addresses pressing cybersecurity challenges, such as malware detection, threat identification, cybercrime investigations, privacy policy enforcement, access control, and intrusion detection systems. She aims to solve real-world cybersecurity problems and advance theoretical knowledge and practical applications.

She has contributed significantly to cybersecurity, having authored and co-authored over 30 publications. Her work has been featured in prestigious cybersecurity journals and conferences, including NDSS, RAID, DFRWS, ACM's ACSAC,



WiSec, CODASPY, the Journal of Computer and Security (COSE), and Digital Investigations. She has also presented her research at the American Academy of Forensic Sciences (AAFS).

## Background and Education

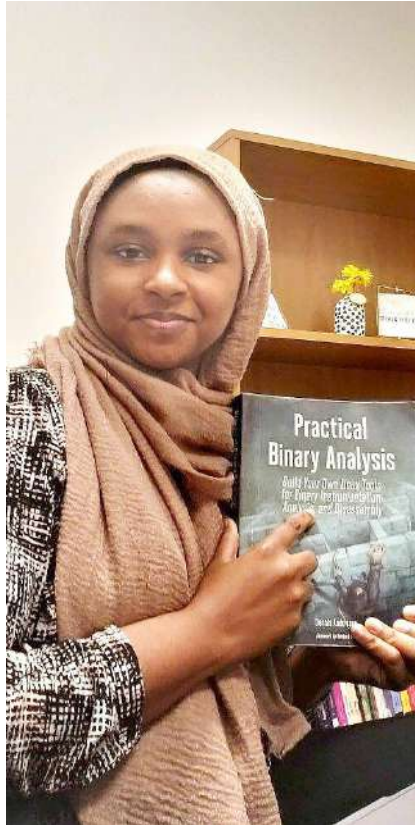
Ali-Gombe completed her Ph.D. in Engineering and Applied Science with focus on Computer Science and specialisation in Information Assurance from the University of New Orleans (UNO) in 2017. Before her Ph.D., she earned her M.Sc. degree in Computer Science from the same institution in 2012. Beyond her Computer Science expertise, she pursued business studies, receiving an MBA from Bayero University Kano.

Her academic journey began with a B.Sc. in Computer Science from the University of Abuja, Nigeria, in 2005. During her undergraduate studies, she was awarded the prestigious TotalFinaElf undergraduate merit scholarship in 2002, highlighting her academic excellence early on. Her scholarly pursuits were further bolstered by the TotalFinaElf Undergraduate Merit Scholarship she received in 2001.

## Selected Publications

Her contributions to the academic community are evident through her substantial list of publications. Noteworthy among these are:

1. "Sterilised Persistence Vectors (SPVs): Defence Through Deception on Windows Systems" – A collaborative work with Nicholas Phillips, presented at the Seventh International Conference on Cyber-Technologies and Cyber-Systems (CYBER 2022).
2. "Memory Analysis of .NET and .Net Core Applications" – Co-authored with Modhuparna Manna and others; recognised as the Best Paper at DFRWS



2022.

3. "Transforming Memory Image to Sound Wave Signals for an Effective IoT Fingerprinting" – A collaborative effort presented at the ACM Conference on Data and Application Security and Privacy (CODASPY 2022).
4. "Seance: Divination of Tool-breaking Changes in Forensically Important Binaries" – Co-authored and published in Forensic Science International: Digital Investigation (DFRWS 2021).
5. "App-Agnostic Post-Execution Semantic Analysis of Android In-Memory Forensics Artifacts" – presented at the Annual Computer Security Applications Conference (ACSAC 2020).

## Award Winning Contributions

Prof. Ali-Gombe has received numerous accolades for her groundbreaking research efforts. She earned the best paper awards at the DFRWS, one of the leading digital forensics conferences in the U.S., in 2021 and 2022. Additionally, she won an outstanding poster award at CODASPY 2016, further highlighting her contributions to the field.

Since beginning her tenure-track career, she has played an instrumental role in mentoring the next generation of cybersecurity professionals. She has guided six doctoral students, two of whom have completed their studies and are now assistant professors. Additionally, she has mentored three Master's degree students and more than 15 undergraduate students, many of whom now work for prominent companies such as Dell, Capital One, and MITRE.

## Notable Grants and Projects

She received a \$1.5 million grant from the National Security Agency (NSA) for the Cybersecurity Clinic. This project helps small businesses in Louisiana with cybersecurity, showing her dedication to helping the community.

The clinic offers services like risk assessment and incident response. Ali-Gombe's leadership and push for diversity in the field highlight her wide-ranging contributions to cybersecurity.



HARRY  
CHOMS

### AUTHOR'S BIO

Harry Choms is a freelance writer with a passion for words and a keen eye for details, an editor, and an avid tech believer. His works can be seen on EntrepreneurNG.com, Iautomator, Secureblitz, Withinnigeria, Feelgospel, Kemifilani, and Glamsquad Magazine. He is the Webmaster and sole owner of Matrismart.com and biowiki.com.ng.



# THE ETHICAL RESPONSIBILITY OF BALANCING GOOD HEALTH AND PURSUIT OF ACCOMPLISHMENTS

*By Victor Olewunne*

**O**ur society, today, often equates success with tireless ambition, but we forget that balancing health and personal accomplishments is an ethical imperative. Indeed, the pursuit of goals – whether they be career milestones, educational achievements, or personal development – can inspire people to push their limits and we applaud those who do. However, when success comes at the expense of one's health, it raises ethical questions about personal responsibility and societal values. Maintaining a balance between good health and accomplishment is essential not only for individual well-being but also for the betterment of the society at large.

## **The Ethical Responsibility to Maintain Good Health**

Good health is foundational to a fulfilling life, yet many sacrifice it in the name of achievements! The ethical responsibility to maintain good health lies in the principle that each individual has a duty to care for himself/herself, not only for personal reasons but also for the impact their health has on others. By taking care of their physical, mental, and emotional well-being, individuals can pursue



their goals with sustained energy, focus, and resilience. Neglecting health compromises one’s ability to contribute meaningfully to family, work, and society.

This responsibility extends beyond personal benefit. Healthier individuals are more capable of helping others, performing well in their professional roles, and participating actively in their communities. Therefore, health maintenance is a moral obligation that supports both individual and collective flourishing.



**Connecting Good Health with Achievements**

Achieving personal goals often requires sacrifices, but when those sacrifices include sleep, nutrition, or mental well-being, they can have lasting negative effects. Over time, poor health can lead to burnout, chronic illness, and reduced quality of life – outcomes that diminish the value of accomplishments that were so intensely pursued. Additionally, sacrificing health for success can lead to behaviours that perpetuate harmful cultural norms, suggesting that relentless work at the expense of personal well-being is both admirable and necessary.

Balancing good health and achievement involves recognising that the two are interconnected. Prioritising well-being should not diminish ambition; instead, it should enhance one’s capacity to reach goals effectively and sustainably. A person who is physically and mentally well can work with greater creativity, solve problems more effectively, and maintain needed stamina for long-term success.

**Key Ethical Considerations**

Each person has an ethical duty to respect himself/herself – body and mind – which includes caring for their health. By engaging in self-care, individuals demonstrate accountability for their well-being and lay a foundation for accomplishments to be more rewarding and sustainable. Health is not only a personal concern; it also affects family, friends, and colleagues. When individuals neglect their health, they inadvertently place additional emotional, financial, and care-giving burdens on those around them. A society is only as healthy as its individuals. Unchecked health neglect can lead to increase in health care costs, lost productivity, and

diminished community engagement.

**Strategies for Ethical Balance**

Achieving balance requires deliberate actions that respect both health and ambition. We must prioritise holistic well-being through regular exercise, a balanced diet, and adequate rest, mindfulness and stress management, establishing boundaries around work, personal time, and other health practices. Supportive relationships and work environments involving people who respect and support both personal goals and well-being is invaluable. Africans were known to excel in such support system, but is gradually losing it to the individualism of the West.

**Conclusion**

The lose of health is the biggest lose in this journey of life. Once it is gone, nothing matters, before or after accomplishment. Our success is intended to be enjoyed and should not be invested in patching up the health we have sacrificed. Balancing good health and the pursuit of personal accomplishment is an ethical responsibility that extends beyond personal gain. It is about ensuring that one’s goals contribute positively to the lives of others and to society as a whole.



**VICTOR OLEWUNNE**

**AUTHOR’S BIO**

*Victor Olewunne, the Ethicist, is a public affairs analyst and Founder, African Foundation for Ethics and Social Responsibility.*



# DEEP SEAPORTS AND AGRO-CORRIDORS IN REGIONAL DEVELOPMENT



By Osita Aniemeka

By Osita Aniemeka

**C**orridors connecting deep seaport gateways to a widely dispersed hinterland are essential to local markets, international trade, and the world economy. Distributing

goods to ultimate land destinations or bringing the goods to seaports from inland origins is organisationally complex involving multiple actors. The role of ports acting as gateways and the actions of corridor players are quite crucial. A key question that

confronts the shipping and port industries, as well as public authorities, is how to increase the benefits of maritime trade to the companies and institutions directly involved as well as the port city-regions where the transfers take place. This question is posed amid a global economic recession and



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investments, policy frameworks, and local institutions and the place of seaports. Corridors have been harnessed for smarter planning initiatives aimed at enhancing agricultural opportunities. Corridor and seaport development also involve the development of an economic zone aptly connecting the states of the region and pointing at the prospects for foreign direct investments (FDIs) on the corridor using agricultural entrepreneurs.

**Port Regionalisation**

The focus on hinterland development has transformed the relationships between the port and its surrounding regions and its port system (or maritime range). A port system is defined as a group of ports sharing similar geographic characteristics, such as a coastline or a bay, and serving overlapping hinterland regions to some extent. Since the mid-19th century and up to the diffusion of containerisation as a dominant form of freight distribution in the 1980s, the development of a port system evolved from an initial pattern of scattered, poorly connected ports along a coastline to a network

trade downturn and in the context of contemporary policy frameworks whose goals are to generate economic benefits and efficiencies rather than to maximise traffic volumes. Putting into perspective the reality, opportunities, and challenges facing seaport gateways and corridors now and, in the future, goes beyond the obvious issues..

Economic agro-corridors are strategic tools that attract local and foreign

private sector capital investment to projects that benefit agriculture, infrastructure, and SMEs in providing jobs and boosting food security in a country like Nigeria. Corridors are development programmes that foster promising economic sectors, notably in agriculture in regions that are connected by myriads of modes of transportation. The strength of corridors is their integration of



consisting of corridors between gateway ports and major hinterland centers.

Containerisation revolutionised maritime shipping and port terminal operations and has supported substantial growth in international transoceanic trade over recent decades. While traditionally, most ports had a fairly clear and distinctive hinterland, containerisation initiated a trend towards large overlapping or contestable hinterland regions. The competitive landscape became even more complex with large container transshipment facilities set up, in many cases, in locations with a limited or non-existing hinterland. From the late 1980s, the integration of transshipment hubs led to a new paradigm in port evolution. Transshipment hubs tend to have greater depth given accommodating containership drafts, placing them at a technical advantage and inciting hub-feeder services and interlining and relaying configurations between mainline vessels. As intermediary locations, they offer a concession between economies of scale in vessels and terminals and the need to maximise connectivity on the corridors.

The multifaceted maritime shipping networks have a correspondence with corridors and port hinterlands. The development phase underlines that ports are going beyond their facilities to accommodate additional traffic and the complexity of freight distribution, namely by improving hinterland transportation. This has come to be known as port regionalisation. Port regionalisation is the logistical integration between maritime and inland transport systems, particularly through the development of rail and barge corridors between a port and a network of inland load centers.

### **A Niger Delta Regional Corridor**

The Niger Delta Regional Corridor Project is a regional perspective to national development. Launched with a pilot aptly called the Niger Delta Agropreneurship Corridor Advantage, the project aims at promoting inclusive economic growth and food security through an integrated approach to trade and transport

competitiveness. The programme builds upon existing local efforts of Niger Delta states to stimulate investment in trade-related infrastructure and services, reform trade policies and procedures, and improve the position of local farmers and food producers in global and regional markets.

The Niger Delta is an oil and agricultural producing region of Nigeria, situated in the region known as the South South and the South East geo-political zones of Nigeria with a population of about 35 million people of more than 40 ethnic groups. The inhabitants of the Niger Delta, speak about 250 different dialects. The Niger Delta comprises the states of Ondo, Edo, Delta, Bayelsa, Rivers, Imo, Abia, Akwa Ibom and Cross River. The Niger Delta is the delta of the Niger River sitting directly on the Gulf of Guinea on the Atlantic Ocean in Nigeria. The region, as now defined officially by the Nigerian government, extends over 70,000 square kilometres (27,000 square miles) and makes up 7.5% of Nigeria's land mass – very arable expanse of land. The seat of administration is Port Harcourt in Rivers State. With dwindling oil revenue and the non-sustainability of non-renewable resources, a corridor advantage is the region's route to the fortunes of the future.



**OSITA ANIEMEKA**

#### **AUTHOR'S BIO**

*Aniemeke is a teacher of teachers, broadcaster, publisher and Chairman of Sub-Saharan Open University. He is also the Dean of the Academy of Management Sciences, a Central Bank of Nigeria consultant and top director or proprietor of several companies and non-profit organisations. He is the Chairman of the Editorial Board of Accomplish Magazine.*





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**OUR MISSION:**  
To profile and celebrate the achievements and lifestyle choices of outstanding leaders and influencers in business, manufacturing, agriculture, academia, administration, entertainment and innovation in Nigeria, Africa and, indeed, globally.



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Compiled by Diyi William-West

## It Takes Determination to Overthrow Evil



**T**he photograph shows Josie (6 years old), Bertha (6 years old) and Sophie (10 years old)

who worked regularly at the Maggioni Canning Company. Work began at 4a.m., and the three would make between \$9 and \$15 a week.

Sophie would do six pots of oyster a day, and her mother, who also worked with her, said, "She don't go to school. Works all the time."

Through photographs like this, Lewis Hines documented the harsh working conditions borne by thousands of children, who were sent to work soon after they could walk and were paid based on how many buckets of oysters they shucked daily.

Hines wrote of one photograph: "All but the very smallest babies work. Begin work at 3:30a.m. and expected to work until 5p.m."

He covered around 50,000 miles a year, photographing children from Chicago to Florida working in coal mines and factories. Those photographs helped to raise an outcry against child labour and made the American public widely aware of the scope of the problem if I didn't leave all the anger, hatred and resentment behind me, I would still be a prisoner."

**Editor's Note: The story was posted by Richard Strachan of History and Mystery Lovers on Quora.com.**

## Does i Forg

**W**ho was Alfred Liskow, and why was he forgotten by world history? Indeed, he has an interesting story.

Alfred Liskow is the young man who might've single-handedly changed the course of World War II, but history has pretty much ghosted him.

Alfred Liskow was a German soldier who, on



# It Matter if History gets a Good Deed!



June 21, 1941, decided to take a midnight swim across the Bug River from Nazi-occupied Poland to Soviet territory. But his mission wasn't just some random desertion. Liskow was carrying intelligence that would make James Bond jealous.

He completed that dangerous adventure and warned the Soviets that Hitler was about to launch Operation Barbarossa, the massive invasion of the USSR, the very next day.

Stalin, being the paranoid cat he was, thought Liskow was a Nazi plant trying to provoke the Soviets into attacking first.

Classic Stalin move! He ignored the warning, and the next morning, the Germans rolled in with 3.8 million troops!

Liskow's story gets even messier though. The Soviets initially celebrated him as a hero and anti-fascist, plastering his face on propaganda leaflets dropped over German lines. But then, like many who tried to help Stalin's regime, he vanished into the Soviet system.

Some records suggest he was sent to work in a factory in Kazan. Others hint he might've been executed because, well, Stalin wasn't exactly known for his gratitude.

As it turned out, most history books completely skip over Liskow. Maybe,

because his warning went unheeded, or maybe because acknowledging him means admitting the Soviets had concrete warning of the invasion. Or, perhaps, it's just easier to forget the young man who tried to prevent one of history's bloodiest campaigns.

What's crystal clear is that Liskow had massive cojones. Swimming across a river in the dead of night, risking execution as a deserter, trying to warn an enemy nation is no ordinary event. It would take some serious commitment to doing what you think is right, even if history decides to look the other way.

***Editor's Note: The original piece was posted by Silk Road on Quora.com***

# The "Sleeping Village"

**S**leeping Village is a historical and mysterious village in Kazakhstan. The village is located in the southern part of Kazakhstan and is famous for its empty and deserted environment.

## **History and characteristics:**

1. Foundation: The real name of Sleeping





Village is "Balkhash". It was once a lively village, but now it's almost completely deserted.

2. Demographics: The village is deserted as very few people live there, and many houses and buildings have turned into ruins. This could lead to the imprisonment of local industries and other economic problems.

3. Current Situation: The village has become a mysterious place for tourists and historians who want to see its ruins and deserted environment.

4. Attraction: Tourists are attracted to the calm and absent environment here, which makes it a unique destination.

Sleeping Village depicts the cultural and historical diversity of Kazakhstan, and its ruins state reveals the story of its past.

**Editor's Note: This piece was originally posted by Shiv Tandon on Quora.com**



## How Daring Can One Be?

**R**etired Chief Petty Officer David Goggins is the only person to ever completed United States Army Ranger School, United States Air Force Tactical Control Party Training, and United States Navy Seal Training. Individually, each of these training programmes is nearly impossible to complete. He not only completed the training but served honourably, completing numerous combat missions in each capacity.

David Goggins is an American hero and we may never know the true extent of all he has done for our country. He is a Guinness World Record holder and widely regarded as "the baddest man on the planet". We salute you!!!

Born February 17, 1975, Goggins is an American retired United States Navy seal. He is also an ultramarathon runner, ultra-distance cyclist, triathlete, public speaker, author of two memoirs, and was inducted into the International Sports Hall of Fame for his achievements in sport. He was also awarded the Veterans of Foreign Wars (VFW) Americanism award in 2018 for his service in the United States Armed Forces.

Goggins has also published a New York Times Best Seller book titled Can't Hurt Me: Master Your Mind and Defy the Odds..

**Editor's Note: This piece of history was posted on Quora.com by Enigmatic and Unusual Things.**

# Dr. Joseph Ibekwe

## Proving that Informed and Focused Perseverance is Rewarding

*By by Diiyi William-West*

**W**hen a man discovers his purpose early in life and decides to make sacrifices that don't fit the description of 'common sense', he mustn't make the error of turning back. If he stays put in that chosen path, he'll receive a hero's medal in the end. If he turns away because of taunts or discomfort, he'll only have proven his critics right that he was unwise from the onset. This is the lesson from Dr. Joseph Ibekwe's story. He's the founder of Foundation for Leadership & Education Development (FLED) which he has built into an international brand in 30 years. His interview has nuggets you could use.







**Dr. Joseph Ibekwe**

**Accomplish Magazine:** We are pleased to have you on CEO Interview. Please, let our readers know you.

**Dr. Joseph Ibekwe:** My name is Joseph Chinenyeze Ibekwe, some people call me Uncle Joe, others call me the Apostle of Public Leadership. I have a multi-disciplinary training and experience as a para-medical, a social entrepreneur, a development consultant, a leadership facilitator; a public issues moderator; a gender practitioner; a journalist; a publishing author and an ordained minister of the gospel. Though I trained as Medical Laboratory Scientist in the beginning, I eventually become a journalist.

**Accomplish Magazine:** Your profile is quite impressive. How did you develop yourself into accomplishing these?

**Dr. Joseph Ibekwe:** It took me years of continuing professional development. I believe in self-education. I believe it is important to acquire some form of education to enable you function effectively in any field you want to practice. As a journalist without a journalism background, I had to apply for a post-graduate course in Journalism. I also took a 3-year post-graduate course in Gender Studies at the University of Abuja to learn more about gender issues. As a trainer that develops course curriculum, I had to undertake a post-graduate diploma course in Education to learn more about curriculum development. As a minister of the gospel, I went to a Bible school to learn how to interpret the

scriptures; how to preach and the ethics of ministry. It's important to develop oneself in different areas. But it requires commitment over a long period.

**Accomplish Magazine:** Tell us about your growing up years and your current family status.

**Dr. Joseph Ibekwe:** I was born on Thursday, November 12, 1964, in a small rural village in Umuchie, Ezeagbogu, Ezinihitte Mbaise Local Government Area, Imo State, Nigeria. Ezeagbogu is a landlocked community, surrounded by other larger and more populous communities including Onicha, Okpofe, Eziudo, Ihitte, and Ahiara. The community has no natural or artificial stream, so water scarcity was a major issue for us. Of course, we had no electricity, majority of the houses were built with mud and had thatched roofs. We had community-created roads that were good enough for the general means of mobility then – bicycles. In the late 1970s, the then military government cited a major bore hole in our community with large overhead tanks and laid water pipes that supplied us water.

My parents were among the poorest of the poor in my village. My dad had lost his own parents at a very tender age and had to be raised by extended family members. This denied him formal education. He, however, learned to survive by being multi-skilled and doing many hands-on jobs to make a living. He was an upright and very hard working man.

My mother, Roseline Ibekwe, was a food stuff trader with specialty in crayfish, stock fish, and other fish products. She was an epitome of a hardworking and supportive wife. My Mum and Dad were very hard-working people. Of course, they didn't have a choice as circumstances of birth forced them to begin to fend themselves quite early in life.

Interestingly, I learned the virtue of hard work from my parents. Though they didn't have the privilege of material prosperity, they lived life in full, and made the best of their circumstances, without blaming anyone.

I grew up among five other siblings. I am the fifth, with two elder sisters and three other brothers. We were all victims of the civil war. We grew up to experience war-inflicted poverty – so excruciating and devastating that daily survival was very difficult.

**Accomplish Magazine:** It would be interesting to know why and how you founded FLED.

**Dr. Joseph Ibekwe:** It was during my travels as a journalist that I began to notice the unsustainability of social systems and the consequences of poor leadership in the private and public sectors in the country. I became particularly concerned about the future of young people who were supposed to grow up and take responsibility for administering society and public resources in the years ahead.

Determined to help the situation, I began to speak with my professional colleagues and associates on how to intervene. The discussions led me to gather some professional colleagues in Lagos on April 17, 1995 to



found an NGO, now called Foundation for Leadership & Education Development – FLED.

The primary focus of the NGO is to build the capacity of youths to participate in public life through leadership and entrepreneurial development. For the first two and a-half years of the NGO, I worked as part-time project director. However, due to increasing responsibilities of combining the NGO work with his regular journalism job, I decided to take an early voluntary retirement from mainstream journalism at Daily Times in October 1997 in order to devote my attention to the social sector as a development worker. That was a major turning point in my career.

**Accomplish Magazine: Did you face any intimidation or challenges when you started? If so, how did deal with them?**

**Dr. Joseph Ibekwe:** While on full-time employment, I ran programmes of the NGO from my personal earnings with occasional support from friends. Now, without regular salary, I faced unprecedented financial challenges both for my personal sustenance and that of the NGO. However, by sheer perseverance, I stayed through and have remained committed to this cause.

One of the first things I did to survive after leaving my job was to start running a creative writing course for

individuals who wanted to learn how to write. I did that for a while and began to make money out of it. Later on, we began to charge a token fee for schools we trained school prefects for.

It is important to state that we have run our NGO for the past 30 years without depending on foreign donations or funding. We gained trust by using our social capital to generate financial support for our work.

**Accomplish Magazine: We imagine that there were people or institutions that aided your efforts through the years.**

**Dr. Joseph Ibekwe:** Yes. There were several people who supported me at the early stage of the NGO formation. Many of them have also remained with me through these 30 years. There is Dr. (Mrs.) Uche Onokala who gave me part of her house in Lagos as office in the early years. There is Mrs. Adun Akinyemiju, the Director of Dansol High School, Lagos, who has been extremely supportive of my vision and also served as chairman of our NGO board. My late friends – Dr. Austin and Mrs. Gloria Nweze – were also there to support. There is Engr. Ellens Aigbokan, who once served on our board in the 1990s. I don't know where he is now, but he was very supportive. I have many people from my church, Household of God Ministry who also supported me.

**Accomplish Magazine: What is the institutional**



**Dr. Joseph Ibekwe, (2nd left) presenting Honorary Fellowship Award to Dr. Yusuf Ahmed-Datti in November 2022. They're flanked by Sen. Ireti Kingibe and Maj. Prof. Aku Amboson (rtd) in Abuja**

**standing of FLED now – locally and internationally?**

**Dr. Joseph Ibekwe:** It's interesting to see how a small seed sown many years ago, being watered consistently, is growing to become a big oak tree. From our humble beginning in 1995, FLED is now a continental brand in the area of leadership development. We now comprise of a number corporate social enterprise institutions including Fled International Leadership Institute established in 1999 and Future World magazine, established in 2001. Our alumni network now runs across Nigeria, some countries in West and East Africa and, Canada, the United States and the United Kingdom.

**Accomplish Magazine: Beyond FLED, what other aspirations have you pursued and how has it been?**

**Dr. Joseph Ibekwe:** My life revolves around FLED because it is a divine mandate that God gave me on February 17, 1995, and taken from Isaiah 58 verse 12. Whatever thing I do with my life, and there are many things I am involved in, they derive their essence from FLED mandate.

**Accomplish Magazine: Wow! That's good to know. With your extensive experience in leadership development, how would you describe the mentality of Nigerians towards quality leadership? Is there any unique difference within public and private organisations?**

**Dr. Joseph Ibekwe:** Nigerians still have not understood the need to receive formal leadership education. Whatever you are not trained in, you cannot deliver quality service on that. They think leadership is about occupying a position. Anybody with any level of conventional education can occupy a position in any organisation, but that does not confer leadership on that person!

Have you wondered why the Nigerian society is in such disarray? It's not that we don't have people occupying positions of authority and responsibility. It's that we don't have trained leaders occupying those positions, whether in the private or public sector.

People who seek to occupy leadership positions in organisations or government must undertake leadership training. This is a must. You don't enter to

operate on a patient because you went to school. You can only do that because you have the qualification for it. Leaders must receive leadership certification that qualifies them to serve as leaders. This is the message FLED has been preaching for the past 30 years. But who has listened to us? Who has believed our message? Nigeria can never develop to her maximum potential without transformational public leaders taking charge of our public space.

**Accomplish Magazine: From your perspective, what can be done to equip Nigeria's graduands from secondary and tertiary institutions for the leadership realities of the coming decades?**

**Dr. Joseph Ibekwe:** This is simple. We have been doing this for years. We believe in systemic leadership development, right from conventional school system. We have run a course called Leadership Skills Enhancement Course (LESEC) – for school prefects since 1998. The course content is now standardised and approved by the Federal Ministry of Education for the training of school prefects, student union leaders on campus and leaders of youth associations in Nigeria.

We need school principals, vice-chancellors, heads of respective tertiary institutions in Nigeria, and youth organisations to take advantage of what we offer to institutionalise leadership development among the youths, because they are the ones to take leadership in the public space.

Remember we are an NGO. So, we offer our service, not for the profit of it, but for the value addition we bring. We are open for engagements.

**Accomplish Magazine: You are also a reverend who has shown some interest in political issues. What is your opinion about religious leaders getting involved in politics?**

**Dr. Joseph Ibekwe:** An unfortunate thing is that we live in a society where many people are ignorant of many issues and are emotional about other issues. It's the height of ignorance when you hear people say don't mix politics with religion. The truth is that politics and religion are like siamese twins. They are co-joined. Religious leaders must be interested in politics, and those who are disposed should be actively involved in it.

I have written extensively on this concept in my book – *Politics is a Kingdom Business: How a Christian Should Do Politics*. There are different levels of political participation or engagement. The book gives details and guide. It is also available for those who seek clarity in this area.

**Accomplish Magazine: Your profile shows that you have authored other books. Let's hear about a few of them.**

**Dr. Joseph Ibekwe:** I have authored about seven books. My three classics are: *The Quest for Political Leadership*

**I'm passionate about Nigeria. It is the jewel and glory of Africa. Nigeria is the largest democracy in Africa with incredible economic potential.**





Dr. Ibekwe standing with two leaders after their induction ceremony



Dr. Joseph Ibekwe, left, handing leadership induction frame to an inductee at an event in Abuja

& Citizens Democracy: How Individuals Become Public Citizens; Politics is a Kingdom Business: How a Christian Should Do Politics; and, How to Become More by Being More: Strategies to Make Impact with Your Life. Of course, my autobiography, The Audacity of Pursuit: The Power of Focused Perseverance, to be published this November for my 60th birthday will join the list of classics.

**Accomplish Magazine: Oh! Congratulations ahead of that milestone! How do you balance your family, professional, religious and relaxation needs?**

**Dr. Joseph Ibekwe:** My life is a complete whole. I love my work and I enjoy what I do. My family is part of my professional life and is also my religious life. I actually don't have distinctions. I live life in continuum. When not on my desk writing, I take a walk around my neighbourhood, and once in a while I go to play golf.

**Accomplish Magazine: What legacies do you want to be remembered for?**

**Dr. Joseph Ibekwe:** The legacy I will like to leave is a legacy of a man that institutionalised leadership training as a pre-requisite for the assumption of public office. The legacy of a man that built young people to discover and maximise their leadership potentials. I

would also like to be remembered as man that built human wealth. I want to be remembered as an Apostle of Public Leadership, because God is very interested in public leadership.

**Accomplish Magazine: Is there any hope for Nigeria's resurgence within and outside Africa?**

**Dr. Joseph Ibekwe:** I'm passionate about Nigeria. It is the jewel and glory of Africa. Nigeria is the largest democracy in Africa with incredible economic potentials. Nigeria is a haven of the best of intellectuals and resourceful professionals. Nigeria is a centre of scattered, unfinished projects. It is a mass-mix of growth potentials and socio-political tragedies. Nigeria's public space - its business and economy, politics, and the socio-cultural milieu - is in a flux.

It is convulsing in the pains of under-development. The country has suffered massively from false starts and dropped batons in her leadership relay race. The Nigerian people groan daily under the weight of broken dreams, occasioned by continued public leadership inadequacies at all levels. Yet Nigeria is Africa's virgin land - the epicentre of investment opportunities; indeed, the giant of Africa.

Nigeria will rise again to assume her leadership role, not only in Africa, but in the comity of nations. But, the hope of Nigeria lies in transformational public leadership. Anything outside that cannot work, no matter how we try; whether we go regional or create a million states!

**Accomplish Magazine: How would you advise aspiring CEOs?**

**Dr. Joseph Ibekwe:** The greatest need of our society is transformational leadership. Aspiring CEOs should take time to enrol in proper leadership schools to learn and understand the spirit, the soul, and the body of leadership. This will help them deliver on their roles as CEOs.



DIYI  
WILLIAM-WEST

#### AUTHOR'S BIO

*More fondly known as DDWEST, he has several years of media practice experience spanning magazines, newspapers, television and radio; laying emphasis on maintaining standards in media practice. He practised and lectured Public Relations for nearly a decade before going into leadership consulting and real estate consultancy.*

# CELEBRATING ACCOMPLISHMENTS

## *Prof. Dapo Akande's* Deserved Nomination to the ICJ

**In a significant milestone for Nigeria and the United Kingdom, Prof. Dapo Akande has been nominated by the UK government for election as a judge to the International Court of Justice (ICJ). This nomination, set for elections in 2026, underscores Akande's profound impact on International Law and his dedication to upholding justice on a global scale.**

### **Background and Academic Credentials**

Prof. Dapo Akande is a distinguished figure in the field of Public International Law. He serves as the Chichele Professor of Public International Law at the University of Oxford and is a fellow at All Souls College, Oxford.

His academic journey began in Nigeria, where he earned his LLB from Obafemi Awolowo University, Ile-Ife, Nigeria and qualified as

a barrister from the Nigerian Law School in 1993. He later obtained an LLM from the London School of Economics and Political Science, further solidifying his expertise in international law.

With over 25 years of experience, Akande has not only excelled academically but has also played pivotal roles in various international legal fora. He is a member of the United Nations International Law Commission (ILC), which is responsible for the progressive development and codification of International Law. His election to the ILC, in 2021, was notable as he became the first candidate to be nominated by countries from four UN regional groups, highlighting his cross-cultural influence and recognition.

### **Professional Achievements**

Akande's professional accomplishments are extensive. He has acted as counsel in numerous high-profile cases before international tribunals, including the ICJ, the International Tribunal for the Law of the Sea (ITLOS), and the International Criminal Court (ICC). His work spans a variety of complex legal issues, from human rights violations to maritime disputes.

His expertise has been sought after by various international organisations, including North Atlantic Treaty Organisation (NATO), the African Union (AU), and the Food and Agriculture Organisation (FAO). Akande has also provided training on International Law to military officers and government officials across several nations, underscoring his commitment to enhancing legal standards globally.

### **The Nomination**

The nomination announcement was made by Joanna Roper CMG, His Majesty's Ambassador to the Netherlands. She emphasised that Akande is an "outstanding international lawyer" who will bring invaluable expertise to the ICJ. This nomination reflects not only Akande's personal achievements but also the UK's commitment to international justice and human rights.

The ICJ, based in The Hague, Netherlands, is tasked with resolving disputes between countries and providing advisory opinions on international legal questions referred by United Nations bodies. Judges are elected by both the United Nations General Assembly and Security Council, making this position one of significant influence in global governance.





# Yemisi Iranloye

## Nigeria's Cassava Queen Who's Changing the Game

**Y**emisi Iranloye, celebrated as Nigeria's Cassava Queen, has made a huge impact on agriculture in Nigeria. Her inspiring efforts highlight the significance of cassava, a key cash crop with immense economic possibilities. Through her company, Pсалtry International Limited, she has turned cassava from a conventional food item into an industrial giant. Her company's emphasis on converting cassava into premium products such as food-grade starch and sorbitol underscores its crucial contribution to boosting Nigeria's agro-processing skills.

### Early Life and Education

Iranloye began her foray into the agricultural sector with a Food Biochemistry and Nutrition degree from the Federal University of Technology Minna, Nigeria in 1997. She proceeded to the University of Ibadan, Nigeria for postgraduate studies in Biochemistry and Nutrition in 2000.

This educational background equipped her with the scientific knowledge and analytical skills to understand food processing and agricultural production. Leveraging these, she became an entrepreneur focusing on cassava; transforming it into a versatile commodity with industrial applications.

### Founding Pсалtry International Limited

Pсалtry International Limited was established in the rural setting of Ado-Awaye, Oyo State, in 2014, with a mission to revolutionise cassava cultivation for industrial use. The company strategically positioned itself close to raw materials, prioritising access over proximity to market hubs. This approach ensured high-quality output and facilitated strong ties with local smallholder farmers. Collaborating with these farmers, Pсалtry International promotes sustainable agricultural practices and empowers them through training and resources, transforming cassava from a subsistence crop into a profitable industrial commodity.

### Achievements and Milestones

Pсалtry International Limited has achieved significant milestones in the agricultural sector. With an annual income of \$12 million, the company produces over 10,000 tonnes

of food-grade starch and high-quality cassava flour yearly. Major corporations like Nestlé and Unilever have been drawn to these products, showcasing the company's dedication to quality.

### Innovations in Cassava Processing

Iranloye's company has become a leading player when it established Nigeria's first cassava-based sorbitol factory. This factory produces natural sweeteners, such as sorbitol, which are increasingly preferred in pharmaceuticals, toothpaste, and high-end beverages.

The versatility of cassava-derived products extends beyond traditional uses, opening new avenues for industrial purposes. By tapping into this potential, Iranloye not only enhances the value chain of cassava but also positions Nigeria as a strong player in the global cassava market.

### Overcoming Challenges

Running an agro-processing business in rural Nigeria comes with its own set of challenges. One major issue is the lack of electricity, which affects how efficiently things can run. As expected, Iranloye uses generators to keep her factory running.

Another problem is the need for high volume of water. To tackle this, she used boreholes to ensure steady water supply for her factory as well as the local community. Both moves show Iranloye's capacity to adapt in the face of difficulties.

### Empowering Local Communities

Nigeria's Cassava Queen has significantly impacted community development in Oyo State. Through Pсалtry International Limited, she has empowered farmers by providing essential training and resources. This initiative focuses on smallholder farmers, ensuring they have the skills and tools to thrive in industrial cassava cultivation.

### Empowerment Initiatives

Farmers receive training on modern agricultural techniques, enhancing productivity and crop quality. By increasing income opportunities, many local families experience improved economic stability.

This empowerment creates a positive



chain reaction, strengthening the entire community's social and economic structure.

### Future Prospects for Cassava Farming in Nigeria

Yemisi Iranloye envisions a future where sustainable agriculture leads Nigeria's development. Her plans for expanding Pсалtry International Limited highlight the importance of innovation in driving growth.

### Her strategy focuses on:

- Promoting environmentally-friendly practices.
- Embracing technological advancements.
- Improving cassava production efficiency.

These approaches promise higher yields and positions Pсалtry International as a model for modern farming methods in Africa by prioritising sustainability, local communities and the wider economy benefit.

*By Harry Choms*

### Impact on International Law

Akande's nomination is seen as a beacon of hope for many aspiring legal scholars and practitioners from underrepresented backgrounds. As one of the few Black professors in his field at prestigious institutions, he serves as an inspiration for future generations. His achievements have already been recognised through various accolades. He became the first Black professor to have a portrait unveiled at St. Peter's College, Oxford, United Kingdom.

Moreover, Akande's role as founding

editor of EJIL:Talk!, a prominent blog associated with the European Journal of International Law, has provided a platform for critical discussions on pressing issues in International Law. This initiative reflects his commitment to fostering scholarly dialogue and advancing understanding in this complex field.

### Looking Ahead

As we look toward 2026, Prof. Akande's extensive experience and deep understanding of legal principles position

him uniquely to contribute meaningfully to the ICJ. His nomination highlights a bridge between cultures - Nigeria and the UK - on one of the most prestigious platforms for international justice. This goes beyond an accolade; it symbolises progress in International Law and justice. It highlights how individual accomplishments can resonate across borders and inspire collective aspirations toward a more equitable world.

*By Ify Davies*

By *Damian Ikenna Ngere*



## • Weaving brick forms define Uzbek cultural centre

Zaha Hadid Architects has revealed designs for the Alisher Navoi International Scientific Research Centre in Tashkent, Uzbekistan. Inspired by traditional Uzbek architecture, the centre's facade will feature weaving brick forms made locally.

Serving as a cultural and educational hub, it will include

the Navoi State Museum of Literature, a 400-seat auditorium, a research centre, and a residential school, forming part of New Tashkent's cultural quarter.

The design integrates passive energy strategies, with ventilation inspired by local wind towers and courtyards for natural light and shared space.







**DAMIAN  
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**AUTHOR'S BIO**

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# DON'T BE A ONE-PAGE BOOK: *Travel and Learn*

**S**everal years ago, while I studied at Yaba College of Technology, our Introduction to Accounting lecturer told us of a principle which I sort of sensed in mind but hadn't put into words: the one-page book. He was responding to one of my classmates who had a shy, withdrawn attitude. I can't recall what he asked the class and when none of us moved to answer him, he began to call out people randomly. At some point, he pointed at the said lady and she stood up and just smiled shyly. She had always done this but this time, the lecturer was not going to let her off. He insisted that she must respond as it was a way of affirming she understood what he'd been teaching or show which area she would need help. But, she just stood there wringing her fingers.



All of a sudden, he asked her: "where are you from?" She responded (I won't mention the community or state). Then, he asked, "Before you came to Yabatech, have you visited any other town?" She responded in the negative. He exclaimed: "No wonder! You lived a one-page book!"

I guess that got the attention of everyone in class. One-page book? Then, he began to explain. "This is what I mean," he said. "I am from Abeokuta, Ogun State. If I was born in Abeokuta, grew up in Abeokuta, attended primary school in Abeokuta, go on to attend



entrepreneur or career executive, you need to travel to learn. It is important to not just travel; travel with an intention to learn something new and even try something new! No person with a one-page book experience fits well in building synergy!



secondary school in Abeokuta and further my education in a university in Abeokuta, what would my global view be?

"Then, I go on to marry an Abeokuta lady with the same experience and we settle down and raise our children in Abeokuta - never visiting anywhere outside Abeokuta, how would we see and discuss issues?" We agreed with him that there's hardly anyone with that kind of experience that won't act awkward in the midst of people.

Now, this was in the early 1990s when there was no social media. Things may be different now with the explosion information and learning channels but the place of education by travelling still stands aloft.

### Memphis Tours lists ten benefits of travelling but we'll look at a few.

**1. Travelling boosts confidence and improves communications skills:** Among other things, travelling helps to enhance one's appreciation of languages. It also aids understanding of new surroundings in a manner that boosts communication skills. Put together, these boost a person's confidence.

**2. Travelling calms the mind,**

especially in these days when constant browsing and chatting clog one's mind. Interacting with people away from gadgets helps to clear the mind.

**3. Travel improves mental health:** Travelling, no matter how short the duration, creates opportunity to reset your mind and this could aid mental health. New faces, new places, different cultures and new food experiences enable relaxation and reduce depression.

**4. Travelling boosts capacity to relate better with other people:** Being conscious of the fact that you are in the midst of people with different experiences and cultures gradually brings about a moderating attitude. Besides, getting to know about other people's experiences and cultures on a face-to-face basis, the inner desire not to misunderstand other people and for other people not to misunderstand you goes a long way.

**5. Traveling enables adaptability and inspiration:** What we learn from what we see, hear or observe when we travel lifts our capacity to adapt and even inspire us to pursue new aspirations.

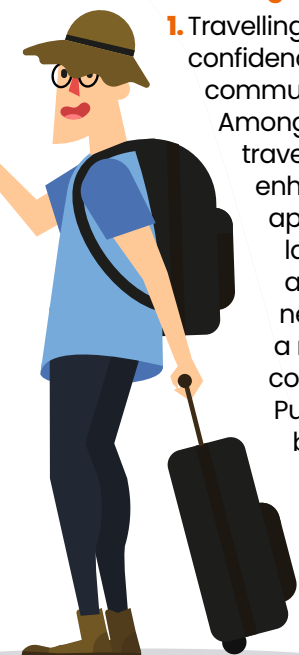
Of course, there are more benefits but it is evident that as an aspiring



**DIIYI  
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*More fondly known as DDWEST, he has several years of media practice experience spanning magazines, newspapers, television and radio; laying emphasis on maintaining standards in media practice. He practised and lectured Public Relations for nearly a decade before going into leadership consulting and real estate consultancy.*



**Ai** TODAY & TOMORROW

# How **AI** is Driving the Future of Transportation

*By Wisdom Thursday*

**A**utonomous vehicles (AVs) are no longer confined to science fiction. With advances in artificial intelligence (AI) and robotics, self-driving cars are becoming a reality. These vehicles, capable of navigating roads without human intervention, are the next frontier in transportation technology.

As Nigeria embarks on its journey towards technological

advancement, the impact of autonomous vehicles promises to be transformative and far-reaching. Autonomous vehicles rely on AI to perform tasks traditionally handled by human drivers. AI systems use sensors, cameras, radar, and algorithms to analyse the environment, make decisions, and control the vehicle's movements. AVs can detect other vehicles,

pedestrians, traffic signals, and road hazards, ensuring safe and efficient navigation. The benefits of autonomous vehicles are immense, including improved road safety, reduced traffic congestion, and enhanced fuel efficiency.

One of the most significant advantages of autonomous vehicles is their potential to reduce





road accidents. The World Health Organisation estimates that over 1.3 million people die annually from road traffic accidents, with human error being a major factor. In Nigeria, poor road infrastructure, inadequate driver training, and non-adherence to traffic regulations contribute to high accident rates. By removing the human element, AVs can lower the risk of accidents caused by fatigue, distraction, or impaired judgement. With AI controlling the vehicle, optimal driving conditions can be maintained, ensuring safer roads.

Autonomous vehicles could also alleviate traffic congestion, a major problem in cities like Lagos and Abuja. Congested roads lead to wasted time, increased fuel consumption, and air pollution. AVs, equipped with advanced navigation systems and real-time data processing, can optimise traffic flow by coordinating with other vehicles and infrastructure. This could result in smoother

traffic, fewer delays, and more efficient use of roads. AVs can maintain consistent speeds and follow precise routes, reducing bottlenecks and accidents that cause traffic jams.

The environmental benefits of AVs are another key driver of their development.

Transportation is a significant source of greenhouse gas emissions, contributing to climate change and poor air quality. AI-integrated electric vehicles can help reduce the carbon footprint of transportation. Electric AVs produce zero emissions and can optimise energy consumption, further reducing their environmental impact. Additionally, autonomous ride-sharing services could encourage more sustainable transportation, reducing the number of privately owned vehicles and decreasing pollution.

Despite the promise of AVs, there are challenges to their adoption in Nigeria. The country's road infrastructure, often in poor condition, lacks the necessary upgrades to support AVs. Autonomous vehicles require well-maintained roads, clear lane markings, and reliable communication systems. Improving Nigeria's road infrastructure and investing in smart transportation technologies will be crucial to introducing AVs.

Additionally, there are concerns about the regulatory and legal frameworks governing AVs. Issues such as liability in accidents, data privacy, and cyber security need to be addressed. Governments worldwide are grappling with these challenges, and Nigeria will need clear regulations to ensure the safe deployment of AVs. Policy makers must collaborate with industry stakeholders to develop policies that promote innovation while protecting public safety and privacy.

Another important consideration is the impact of AVs on employment. The transportation sector is a major source of jobs in Nigeria, with many relying on driving as their primary income. The widespread adoption of AVs could lead to job displacement for taxi drivers, truck drivers, and others in the transportation industry. While new opportunities may arise in vehicle maintenance, data analysis, and software development, it will be essential to provide retraining and support for workers affected by this shift.

In conclusion, autonomous vehicles represent an exciting development in transportation. With AI at the core of this innovation, the potential benefits in road safety, traffic management, and environmental sustainability are enormous. However, for Nigeria to fully embrace autonomous transportation, significant investment in infrastructure, regulations, and workforce development is needed. As the world moves towards a future where AI drives our vehicles, Nigeria has the opportunity to be at the forefront of this technological revolution, paving the way for safer, smarter, and more sustainable transport solutions.



**WISDOM THURSDAY**

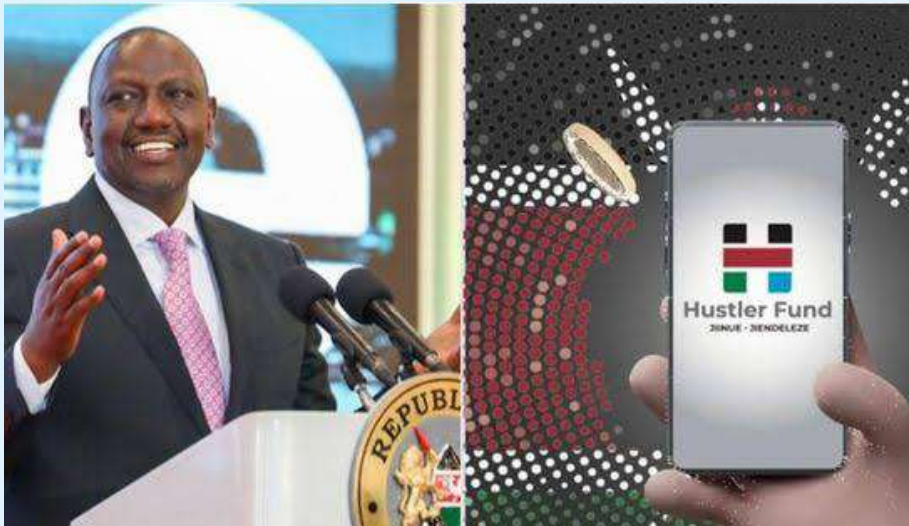
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*Wisdom Thursday is a digital growth specialist. He is a disruptive thinker with a diverse skill set and experience in Brand Strategy Development, Digital Marketing, Web Design and Marketing Strategy Development..*



By Damian Ikenna Ngere

## BUSINESS AND FINANCE



the acquisition aligns with Zijin's plan to boost gold production, aiming to increase output to 110 tons by 2028.

Newmont, while divesting from Akyem, continues to invest in Ghana through its Ahafo North project. Rising global gold prices are beneficial for Ghana's economy, though experts warn of increased risks of illegal mining activities.

### World Bank Lowers 2024 Growth Forecast for Sub-Saharan Africa Amid Sudan Conflict

The World Bank has reduced its 2024 growth forecast for sub-Saharan Africa from 3.4% to 3%, primarily due to Sudan's ongoing civil war impacting economic stability. Despite this, growth is expected to improve over last year's 2.4%, supported by increased spending. Inflation is easing, which might allow governments to

lower high interest rates.

The report warns of risks from conflicts, droughts, and floods, noting growth could have been 0.5% higher without Sudan's war. Major economies like Nigeria, Kenya, and South Africa show varied growth rates, but the region struggles with high debt, hindering investment and poverty reduction.

### China's Zijin Mining Acquires Ghana's Akyem Gold Mine in \$1 Billion Deal

China's Zijin Mining Group will acquire Ghana's Akyem gold mine from Newmont Corp for \$1 billion, with \$900 million paid upfront and an additional \$100 million pending conditions. Expected to close in Q4 2024,



## POLITICS



### Kenya's Deputy President Rigathi Gachagua Impeached Over Corruption Allegations

Kenya's parliament has impeached Deputy President Rigathi Gachagua over



allegations of corruption, undermining the government, and promoting ethnic division. Gachagua, who continues to deny the charges, is set to seek legal redress as he asserts his innocence. The impeachment motion, initiated on October 1, got the support of 291 MPs, exceeding the necessary majority.

The impeachment is historic as Gachagua became the first deputy president removed from office in Kenya.

### **ECOWAS Court Of Justice Elects Ricardo Goncalves As President**

Honourable Justice Ricardo Cláudio Monteiro Gonçalves from Cabo Verde has been elected as the new President of the ECOWAS Court of Justice for a two-year term, succeeding Justice Edward Amoako Asante. Justice Sengu Mohamed Koroma from Sierra Leone was also elected as Vice-President.

Justice Gonçalves emphasised a vision for responsibility, dialogue, and financial prudence, aiming to strengthen the court's independence, efficiency, and accessibility.

## TECHNOLOGY



### **Guinea-Bissau Adopts Blockchain to Curb Public Wage Corruption**

Guinea-Bissau has adopted blockchain technology to manage its public wage bill, aiming to enhance transparency and reduce corruption. Supported by the IMF, this system tracks salaries and pensions for civil servants, helping to prevent fraud and manage expenditures effectively.

The initiative, live since May, allows real-time monitoring and alerts on discrepancies, addressing issues like ghost workers. The move has lowered wage bill expenses as a percentage of tax revenue, but experts stress the need for further governance reforms to sustain transparency and overcome political resistance.



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# GLOBAL NEWS

*By Damian Ikenna Ngere*

## TECHNOLOGY



achievements enable the prediction and custom creation of proteins, holding the potential to revolutionise drug development, pollution solutions, and materials science.

Their work accelerates scientific research and opens new pathways for advanced, targeted medicines. Baker developed Rosetta for protein design, while Hassabis and Jumper created AlphaFold, which predicts the structures of millions of proteins, transforming Biochemistry and showcasing AI's remarkable power in science.

### Nobel Prize in Chemistry Honours 3 Scientists for AI-Driven Protein Design

Three scientists, David Baker, Demis Hassabis, and John Jumper, have been awarded the 2024 Nobel Prize in Chemistry for

pioneering artificial intelligence techniques to decode and design proteins.

Their groundbreaking

## BUSINESS AND FINANCE



### Australian Government to Ban Debit Card Surcharges

Australia plans to ban debit card surcharges starting in 2026, aiming to alleviate household costs. Prime Minister Anthony Albanese noted this move as part of efforts to reduce living expenses, as consumers reportedly

lose nearly 1 billion AUD (\$671 million) annually to these charges. The ban, if enacted, would align Australia with regions like the European Union, which banned similar fees in 2018.

### UK Inflation Falls to Three-Year Low at 1.7%

The United Kingdom's annual inflation rate dropped to a three-year low of 1.7% in September, down from 2.2% in August, driven by lower airfares and petrol prices. This decline raises expectations for a Bank of England interest rate cut in



# VS ROUND UP

## ENTREPRENEUR



November, following the first reduction in August. Chancellor Rachel Reeves and the new Labour government see this as positive news ahead

of a challenging budget later this month, which is expected to include tax increases and spending cuts.

## POLITICS



### Musk's \$75 Million Donation Positions Him as Major Player in Trump's 2024 Campaign

Elon Musk has donated \$75 million to America PAC, a political action committee supporting Donald Trump's presidential campaign. This contribution, made between July and September 2024, positions Musk as one of the largest donors in the Republican Party.

Despite challenges in launching the PAC, which has focused on

get-out-the-vote efforts rather than traditional advertising, it has spent over \$100 million in support of Trump and some Republican candidates.

Musk endorsed Trump after a shooting incident at a rally and has actively promoted him on social media.



### Trump Family Crypto Venture Struggles Despite Presidential Seal of Approval

Former President Donald Trump endorsed the World Liberty Financial (WLF) token, but the project is struggling, having sold only \$9 million worth on its launch day – just 3% of the target. Technical issues with the token sale website hindered access for potential investors.

Despite Trump's backing on social media, initial interest appeared limited, with over 540 million tokens already purchased before his endorsement. The venture is generating mixed reactions, with some viewing it as a strategic move into finance while others criticise its political implications.



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# HOW MUCH DO YOU KNOW ABOUT SALT?

*By Joel N. Logbo*

**S**alt has long been used for its culinary, medicinal and spiritual purposes. Everyone needs salt for fluid balance and muscle and nerve function. But too much salt is bad for us.

So how much do we need? The World Health Organisation recommends not exceeding a daily sodium intake of 1,500 mg or 1.5g a day, or just over half a teaspoon. People with high blood pressure, diabetes or cardiovascular diseases should be especially vigilant in keeping their intake below the 1,500 mg threshold.

The human body regulates how much sodium it contains. If levels are too high, we get thirsty and drink, and the

kidneys speed up the process of getting rid of it. Too much sodium has been linked to kidney stones, high blood pressure, and cardiovascular disease. Too little sodium can lead to hyponatremia, and symptoms of dizziness, confusion, muscle twitches and seizures.

**Apart from using salt for cooking, it is also used for taking care of certain health challenges. Here are some of the common medicinal uses of salt:**



**1. Sore Throat Relief:** Gargling with warm salt water can help soothe a sore throat by reducing inflammation and killing bacteria.

**2. Nasal Congestion Relief:** Saline nasal sprays and rinses, made by mixing salt and water, can help relieve nasal congestion and nasal allergies by loosening mucus and reducing inflammation.

**3. Wound Healing:** Salt water soaks or compresses can be used to cleanse and promote healing of minor wounds, cuts, and abrasions.



**4. Oral Health:** Salt and water mouth rinses can help reduce inflammation, pain, and promote healing of gum sores, mouth ulcers, and mouth infections.

**5. Digestive Health:** Drinking a mixture of warm water and salt can help relieve digestive issues such as indigestion, bloating, and constipation by promoting better digestion and bowel movements.

**6. Muscle Pain Relief:** Soaking in a warm bath with Epsom salt, which is magnesium sulfate, can help relax muscles, relieve muscle pain, and reduce inflammation.

**7. Skin Conditions:** Salt baths or saltwater compresses can help soothe and cleanse the skin in conditions such as eczema, psoriasis, acne, and dermatitis.

**8. Oral Hygiene:** Salt is an effective natural antiseptic that can be used as an ingredient in home made toothpaste or mouthwash to promote oral hygiene and prevent bacterial growth.

**9. Eye Irritation Relief:** Saline eye drops, made with sterile water and salt, can help relieve eye irritation, dryness, and mild infections.

**10. Detoxification:** Salt baths, such as the Himalayan salt bath or seawater are believed to aid detoxification by drawing out impurities from the body through the skin.

Please note that while salt can have certain medicinal benefits, it is important to use it in moderation and follow the

recommended guidelines to avoid any potential side effects or adverse reactions. It is always advisable to consult a health care professional for personalised advice.

Recommended salts are:

- Himalayan pink salt
- Sea salt
- Celtic salt
- Kosher salt

**You are free to share.**



**JOEL  
N. LOGBO**

**AUTHOR'S BIO**

*Dr. Joel N. Logbo is a patient-centred Natural Medicine doctor with 12 solid years of industry experience in Lagos, Nigeria and Wales and Scotland.*

*He is currently seeking more international collaborations to provide holistic, non-invasive medical care for patients and the public on health promotion.*

*His unique approach that has led to admirable achievements include meeting with patients to assess their health and wellness, learn their health goals and create treatment plans. He also collaborates with various teams of medical professionals to provide first-line and supplemental medical treatments through a holistic, natural approach. He loves traveling, adventures, cooking and driving.*

By Damian Ikenna Ngere

# ARTS & THE MASTERS

## • Grand Egyptian Museum Opens Selected Galleries to the Public

After more than two decades of development, the Grand Egyptian Museum, located near the iconic pyramids of Giza, has partially opened, revealing the world's largest collection of ancient Egyptian artefacts. Spread across a 120-acre site, the museum houses over 100,000 historical objects, including items from the tomb of the legendary King Tutankhamun.

While Tutankhamun's treasures remain in storage for now, the museum has opened select galleries showcasing various artefacts, from grand pharaonic statues to beautifully preserved sarcophagi and mummies.

Initially set to launch in 2012, the project faced multiple delays due to financial challenges, political unrest, and the Covid-19 pandemic. So far, the museum has cost over \$1 billion (£768 million) to complete.

This partial opening is part of a phased approach, following last year's unveiling of the main hall and grand staircase. An official opening date for the full museum is yet to be confirmed, but anticipation continues to build for its complete debut.

Here's a look at some of the most captivating images from the newly revealed galleries.







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# 5 Foods That Improve Artery Function

By Tolulope Akinruli

**A** normal artery is strong, flexible, and elastic. Progressive clogging of the arteries is a serious condition known as atherosclerosis, which is the primary cause of cardiovascular disease, including peripheral vascular disease, strokes, and heart attacks. Your doctor may prescribe blood pressure-lowering beta-blockers or cholesterol-lowering statins, which can both slow the progression of plaque buildup (albeit with serious side effects). Thankfully, there are a number of well-researched foods that can prevent clogged arteries naturally instead.

**Below is a list:**



## 1 Pomegranate juice

Consuming 240 millilitres (ml) of pomegranate juice daily for up to 18 months stopped the progression of carotid artery disease in patients at risk of coronary heart disease. Pomegranate juice also contains important nutrients for heart health, such as magnesium and selenium. The high antioxidant content and punical acid in pomegranate juice are thought to help decrease plaque formation and fight atherosclerosis.



## 3 Sesame seeds

The seeds of sesame can help avoid clogged arteries. Research indicates that they may be able to stop atherosclerosis from getting worse. According to a three-month animal study that was published in the *Journal of Medicinal Food* in 2006, sesame oil's fatty acid content may be able to successfully lower mice's levels of LDL cholesterol, blood triglycerides, atherosclerotic lesion formation, and blood cholesterol.

## 2

## Cinnamon

A 2003 study published in *Diabetes Care* found that consuming one, three, or six grammes of cinnamon daily can lower glucose, triglycerides, LDL cholesterol, and total cholesterol in type 2 diabetics. The study followed 60 diabetics for 40 days and concluded that cinnamon can help reduce cardiovascular disease risk factors.





### Turmeric's curcumin

Although turmeric is widely used in Indian and Ayurvedic cuisine, only one active component truly contributes to its health benefits. Curcumin, the main polyphenol found in turmeric, has long been recognised for its cardioprotective properties. It is believed that turmeric extract lowers LDL cholesterol and prevents plaque from accumulating in the arteries.

Researchers discovered that turmeric was more effective than the cholesterol-reducing medication lovastatin at lowering cholesterol and suppressing early atherosclerotic lesions in a 2011 study that was published in the journal *Molecular Nutrition & Food Research*. Furthermore, curcumin may help reduce arterial damage brought on by carotid artery occlusion, according to a 2006 study conducted on mice.



5

### 4 Ground flaxseed

Another essential food for heart health is flaxseed. Ground flaxseed can help support healthy arteries with high fibre. It is also a good source of alpha-linolenic acid, an omega-3 acid that can lower inflammation and blood pressure. In turn, arteries will not become clogged. In a 1997 study published in the journal *Atherosclerosis*, researchers found that flaxseed lowered the development of aortic atherosclerosis by 46% in rabbits.



***In conclusion, if you have any queries concerning your health, your current medicine, or your medical condition, you should always consult your doctor or another trained health expert. Never ignore medical advice from professionals or put off getting help or treatment because of something you've read here.***

## How to Make Date Infused Milk Drink

Dates are a nutritious addition to any meal, thanks to their abundance of nutrients in addition to their delightful flavour. As we reveal the easy yet amazing recipe for date infused milk, get ready to be astounded. Easy to make and full of flavour, this delicious dessert will quickly become a mainstay in your kitchen.

#### Ingredients:

Fresh, plump dates and hot milk.

#### Instructions:

Prepare the Dates  
If needed, start by taking out the pits from the dates. To expedite the procedure, select pre-pitted dates for increased convenience.

#### Heat the Milk

Bring the appropriate amount of milk to a scorching

hot temperature in a saucepan or microwave-safe container. The inherent sweetness of the dates will be released by the milk's warmth, resulting in a flavour combination that is harmonic.



#### Infuse the Dates

Carefully pour the heated milk over the dates in a heat-proof mug or bowl. Give the dates a few minutes to steep in the milk so that the flavours can combine and become more intense.

#### Savour the Magic

After it has been infused, take a drink and enjoy the wonderful fusion of rich dates and creamy milk.

What was the outcome? In just five minutes, a tasting experience that goes above and beyond.



# TRUMP WINS US PRESIDENTIAL ELECTION

*By Damian Ikenna Ngere*

In a stunning return to power, Donald John Trump has won the United States presidential election, defeating Kamala Harris and marking one of the most dramatic political comebacks in American history. Trump's victory, on the card of the Republican Party, was announced on Wednesday, November 6, a day after the election. It's an outcome that resonates globally.



Trump's election, following a divisive and intense campaign, is particularly notable due to his unprecedented circumstances, including a criminal conviction, two assassination attempts, and a former chief of staff's warning which labelled him as a "fascist." Addressing his supporters at a victory event in Florida, Trump said, "It's a political victory like our country has never seen before."

Kamala Harris, who launched her campaign in July after Joe Biden's decision to step aside as the candidate of the Democratic Party, focused on highlighting Trump as a polarising figure and his alleged controversial use of racial and gender-based

language. However, Trump's populist stance on immigration and advocacy for "America First" seemed to strike a chord with voters across the United States seeking change after the Biden administration, especially amid lingering economic concerns post-COVID.

While the race initially appeared set for a close finish, Trump's victories in swing states like Georgia, North Carolina, and Pennsylvania quickly secured the 270 electoral college votes needed for him to return to the White House. The landslide victory made him the first U.S. president, in over a century, to win a non-consecutive second term.

Trump, who will likely face sentencing later this month on fraud charges, is also the only U.S. president to win office with a criminal conviction. At 78, he is set to break another record as the oldest sitting president, surpassing Biden, who steps down in January at age 82.





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