

LIFE & TIMES

WINTER 2013

FACE OF THE NEW AFRICA



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The Magic
of Africa

**The
Glamour of
Life and Times
Fiesta 2013**

**Uzo
Udemba**
Recreating
Urban Living
Through Trend
Media City

**Plateau
State**
Home of
Tourism

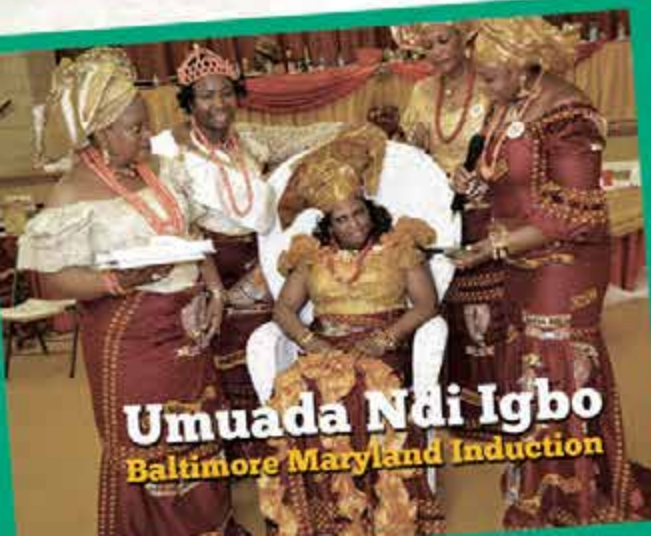
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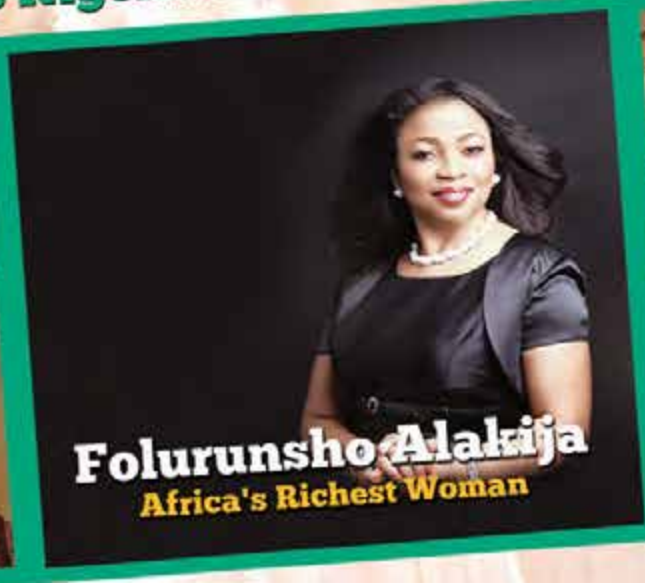
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CHIDERA AGUDE

Miss Nigeria in America 2013



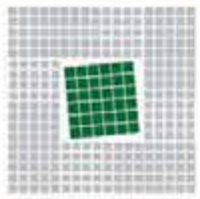
Umuada Ndi Igbo
Baltimore Maryland Induction



Folurunsho Alakija
Africa's Richest Woman



**Chinonye
weds Austin**
in Maryland



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WELCOME HOME



FROM THE DESK OF THE PUBLISHER

It is yet another holiday season and time to count all our blessings..

God has been good to us despite all the tra-
vails we may have experienced in this outgoing
year: the struggling economy, the struggle to
balance our budgets, and for those of us from
Nigeria, the reports of insecurity in our country:
the Boko Haram menace, the continued reports
of kidnappings, etc...

That is however not the full picture and that
is not the report we will believe..

God has been our strong tower and our
refuge during life's storms.

We do have a shelter over our heads and
food on our table. We do have children we can
call our own and they are healthy and strong.

We do live in a country that is not passing
through a civil war, the sectarian violence or the
street rage that is presently common in several
parts of the world..

We have a lot to be thankful for as 2013
draws to a close and we stretch out thankful
hands to welcome a brand new 2014.

To celebrate the end of the year, our Winter
2013 special edition is classic LIFE and TIMES...a
true celebration of the best amongst us..

Our cover story celebrates beauty and Youth!
Our Cover subject is Chidera Agude, Winner of
Miss Nigeria in America 2013 Contest.

This Contest is aimed at celebrating the
Nigerian women in the diaspora and to give a
voice to their yearnings and aspirations.

Chidera is a young girl that epitomizes
beauty and brains and we wish her the best in
her reign.

Other bumper stories include spotlights on

- (a) Uzo Udemba, Chairman/CEO of Trend Media
Group that plans to recreate urban living
through the development of the Trend Media
City
- (b) Folorunsho Alakija- Nigeria's richest woman
and how she rose to wealth and fame
- (c) Flavor Nabannia and the rave music that he
creates

We also have spotlights on the magic of
Kenya, Plateau State, the tourism capital of
Nigeria and the grand Induction of Umuada ndi
Igbo in Diaspora Inc. Baltimore Maryland Chapter.

In addition to all these we do have our regu-
lar columnists, Dr. Olufemi Saliu on HEALTH
and NUTRITION, Pastor Dipo Kalejaiye on RE-
LIGION, Dr. Nicoline Ambe on LIFE'S ISSUES,
Ijeoma Nwawka - YOUTH COLUMN, Grace
Neequaye on GOING HOME FOR CHRISTMAS
and a brand new columnist, Iruka Ndubuizu
who writes on SETTING GOALS IN 2014 from
Atlanta, Georgia

It's yet another collector's edition you cannot
afford to miss...

As we wrap up this year, on behalf of the
Board and Staff of LIFE and TIMES and my fam-
ily, I wish all of you- our loyal readers, sub-
scribers and advert patrons- a very happy
holiday season and a prosperous new year...

Chike Nweke

Chike Nweke
Publisher/CEO
December 2013



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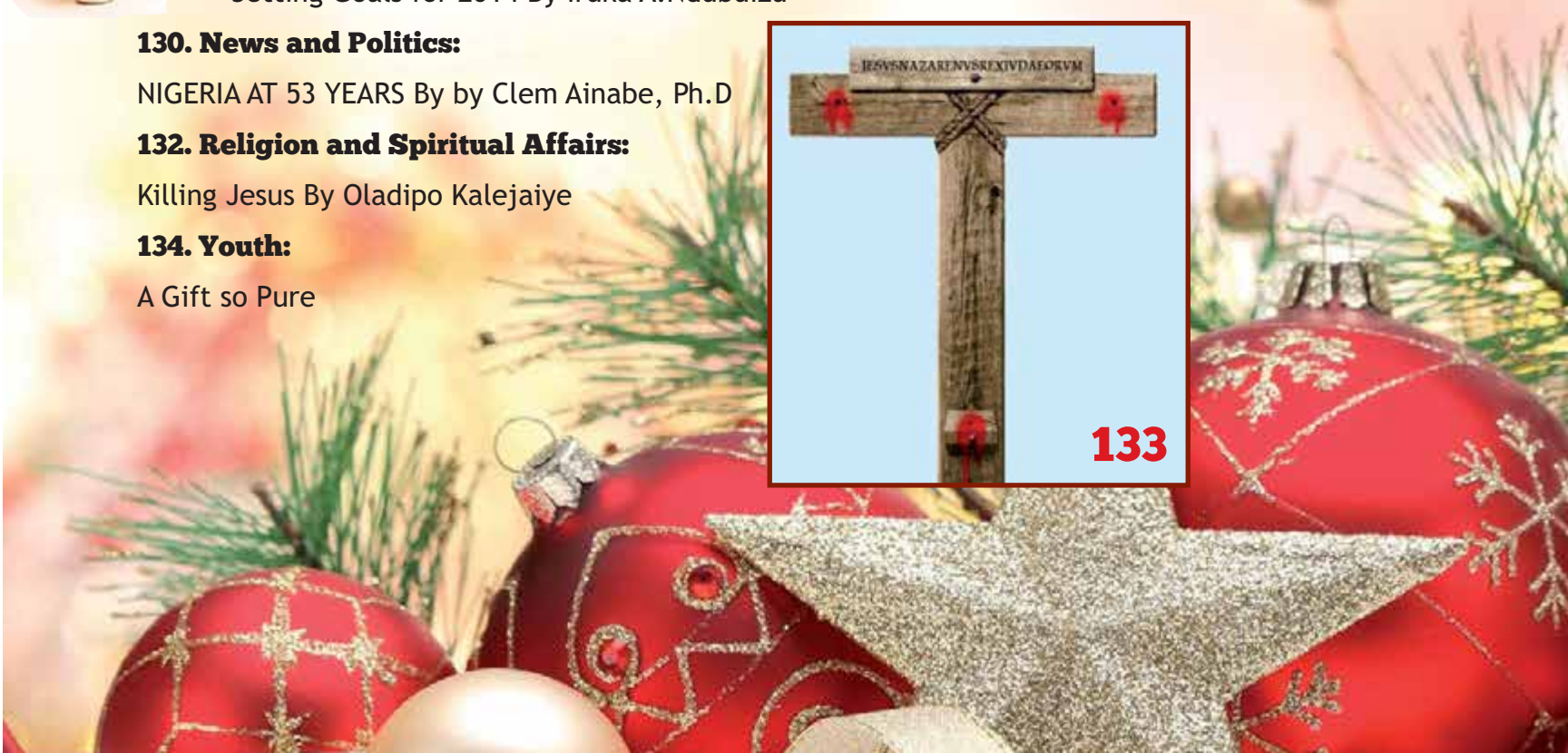
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CHIDERA AGUDE

MISS NIGERIA IN AMERICA 2013



Torrance, CA – September 21, 2013 On Saturday, September 21, 2013, Ms. Chidera Agude of Corona, California was crowned the 2013 Miss Nigerian America adding her to a lineage of Nigerian American women who have served as ambassadors of empowerment for African women in the Diaspora. The event was hosted by Ochuwa Oghie (Grey's Anatomy, Touch, Just Jordan, Take Me To The Poor House).

Chidera Agude holds a

Bachelors of Arts degree in Political Science from California State University, East Bay and is currently pursuing a dual master's degree in international relations and Fashion. With her degree in Political Science, she is determined to fulfill her dream as an international fashion entrepreneur and merge lines of philanthropy and self-fulfillment within Nigeria. She will continue the MNIA Education Initiative – Project Women's Education (Project WE) and will also work on her

platform of becoming a voice for women who have been broken by abuse (domestic and/or verbal).

The panel of judges included: Toks Olagundoye – Actress on ABC's The Neighbors; Christian Purefoy – Former CNN Correspondent for Nigeria and Founder of Batta Box; Jacquelyn Aina – Founder and CEO of Makeup Game On Point; Barbara Amadi – CEO of White-House Entertainment; Chuck Nwokocha – Strength



Finders Presenter; and Dr. Na-jeem Gbadamosi – Founder/CEO of Better Youth, Inc.

The Miss Nigeria in America Beauty Pageant identifies Nigerian women in the US who exemplify beauty, talent, supremacy and intelligence. It aims to create new role models who through the beauty pageant will serve as ambassadors that will define a new Nigeria, enrich the beauty of the Niger-

ian Woman and enhance a new strength, energy and spirit for the advancement of women while positively impacting their communities.

The Miss Nigeria in America Pageant was founded in 2004 by Ms. ChiChi Emeson. MNIA, Inc. a non-profit organization was founded as a result of the need to promote education and to seek global advancement for the Nigerian Woman. The initiative for the organization grew

out of a team of Nigerian professionals concerned about the deteriorating state of education in Nigeria among women. It was also started as an initiative to develop programs for a better quality of life in Nigeria. It was an idea to celebrate Nigerian women and the opportunity to impact the lives of many. It is a thought process to teach and instill among all Nigerians, the value of unity among Nigerians.

In this interview with our Features editor Grace Neequaye, the new Miss Nigeria in America, Ms. Chidera Agude talks about her life, her background, becoming a beauty queen, her plans during her reign and her plans for the future...

1. How does it feel to be Miss Nigeria in America and how has winning this contest changed your life?

I am beyond elated at this point. This pageant gave me a new sense of self-confidence. I couldn't imagine the day where I was handed the crown. I am overjoyed. I love it because the shy and quiet Chidera is becoming an extrovert and ready to say hello to the world. The Pageant and my title as the Miss Nigeria in America 2013 will allow me to break out of my shell. Now, I am more vocal about my political views, my dreams, and passions. It almost seems like someone handed me a huge stage and the entire world is my audience. I look forward to this 2013 - 2014 year to work with MNIA management and to make a difference in our community. Nigeria needs strong women to stand behind their country. I will definitely stand behind my beloved country.

2. Please tell us a little bit about your background, your years growing up, your educational attainments, your present position and your plans for the future...

I was born in Corona, CA and I hold a Bachelors of Arts degree in Political Science from California State University, East Bay. I am pursuing a dual master's degree in international relations and Fashion. Currently, I work as a personal stylist for a full line luxury department store styling and outfitting wardrobes for individuals. My personal philosophy is "The world is your stage, and everyday your outfit picks a different character". My dream is to become an international fashion entrepreneur and use my degree in political science merge lines of philanthropy and self-fulfillment within Nigeria. I will be launching a personal fashion blog by January 2014 as I believe that Fashion is Art and one of the most beautiful forms of art. The process to create your favorite dress as designed and sculpted by a person before it graces your body, and the look, the feel, the color and the ability to wear it graciously is the best part. I believe we are all walking masterpieces. I am also inspired by many African fashion designers and plan on working with them in the future.

In prior years, I have served as a volunteer for Grace Mission for African development NPO where I assisted in medical missions in the village of Obe, Enugu Nigeria. The purpose of this NPO was to reach out to those less fortunate that cannot afford or travel for medical care, and I found that very enriching as it thought me service and commitment to society.

I also want to be an ambassador of my generation, living by example and uplifting the integrity of MNIA and of myself.

3. Growing up, did you ever dream of becoming a beauty queen?

Of course, what girl has not dreamed of being a beauty queen? When I was growing up, women such as Vanessa Williams, Naomi Campbell, Iman, and Tyra banks captivated me. These women are absolutely beautiful. Even though it was only Vanessa Williams that held an official title, each one of these women are beautiful queens. They command beauty and elegance. I emulated and imitated them so much so that I played in my mother's make-up and shoes. It's funny I remember in third grade my teacher was handing out awards for the classroom and handed me the best dressed girl in class. I also believed that the way you dress and carry yourself projects how the world sees and views you. I had no idea that one day, I would end up being a beauty queen and represent Nigerian women in America and across the world.

4. How did your upbringing help you to attain this goal?

As you know, all Nigerians have a strong sense of pride. Every day, my uncles reminded me of my heritage and how we have a strong sense of accomplishment and greatness. My mother also played a big role in my confidence. She sang to me



as a child. She called me her little sunshine. She made me feel beautiful with every word that she uttered. She kissed me and told me that I would show the world how beautiful I was inside and out. I understand that being a beauty queen is not the looks or the glamour. It takes a humility, intelligence, and commitment to possess the crown. I thank God for my fascination in random facts as I am a big researcher, and will use my educational skills as well as life skills to take control of the stage. I worked on my confidence and presentation during the pageant and tried to represent the Nigerian woman in the best way possible.

5. You have a mother that is a strong women leader and an advocate for women's rights, how much has her views and role in our community impacted on you?

My mother is my inspiration. We may not agree on all things but we certainly agree on women's rights. My mom has been a prime example of a woman who fights for what she believes in. She loves unconditionally but will let you know when business is business. I am a very empathetic person. I have developed a strong sense of understanding when it comes to pain and suffering. My

mother encourages me to stand behind those who need a helping hand. She challenges me to be the best woman I could possibly be. Most of my characteristics come from my father. If I were anything like my mother it would be her kind heart, her leadership qualities and her ability to make things happen. Don't overlook us, we're world changers.

6. How rigorous was the Miss Nigeria in America Pageant and how congenial were the contestants during the competition?

Oh boy the competition was a process. It involved weeks of community service that re-

quired detailed journals entries. It followed weekly essays that challenged our thought process on world, issues affecting women and issues as it related to Nigeria. The pageant was a mental game and all the delegates were expected to multi-task and meet deadlines. I appreciated every minute of it. It sparked in me a necessary thought process. During the week prior to the competition the real work began. It was a joyful experience being surrounded by such beautiful and talented women. Every morning we attended meetings where we were provided information about MNIA and the role of a queen. We attended community service events and ended the night with our group dance. The girls were amazing. I made many friends and I thoroughly enjoyed their presence. We understood that this was a competition but we had each other's best interest since our first meeting. These women are very beautiful and will shake up the world. I am very proud to have the opportunity to have met every-single one of them.

7. What will be your signature project during your reign?

I will advocate for Women's rights and focus on Domestic Abuse through my campaign (Project Voice). I will also work with MNIA Project Women's Education (Project WE) to promote education among women. Domestic violence is a serious social problem among Nigerian and African women and a



major health concern with significant negative impacts on individuals and our communities. I would say it is the primary cause of injury to women Nigeria. I am a strong advocate for women's rights. It is sickening to see so many woman abused by sexual and domestic violence. I have witnessed too many of my Nigerian woman who have been abused but in secret. It is a taboo to talk about sexual violence. It doesn't happen in our community. I however do not feel that it is right. I want to establish locations and hotlines that will provide a safe avenue for women to come to. The only problem is retention. My long-term goal is to develop a law firm in Nigeria that strictly defends women and their families that have been abused.

8. When your reign as Miss Nigeria in America is over, how would you like to be remembered?

I want to be remembered as a woman who used her voice to spark change, spark discussions and eliminate perceptions on things that are not spoken of in Nigeria. I want to be able to use my voice to help women across the globe be able to speak out on injustice.

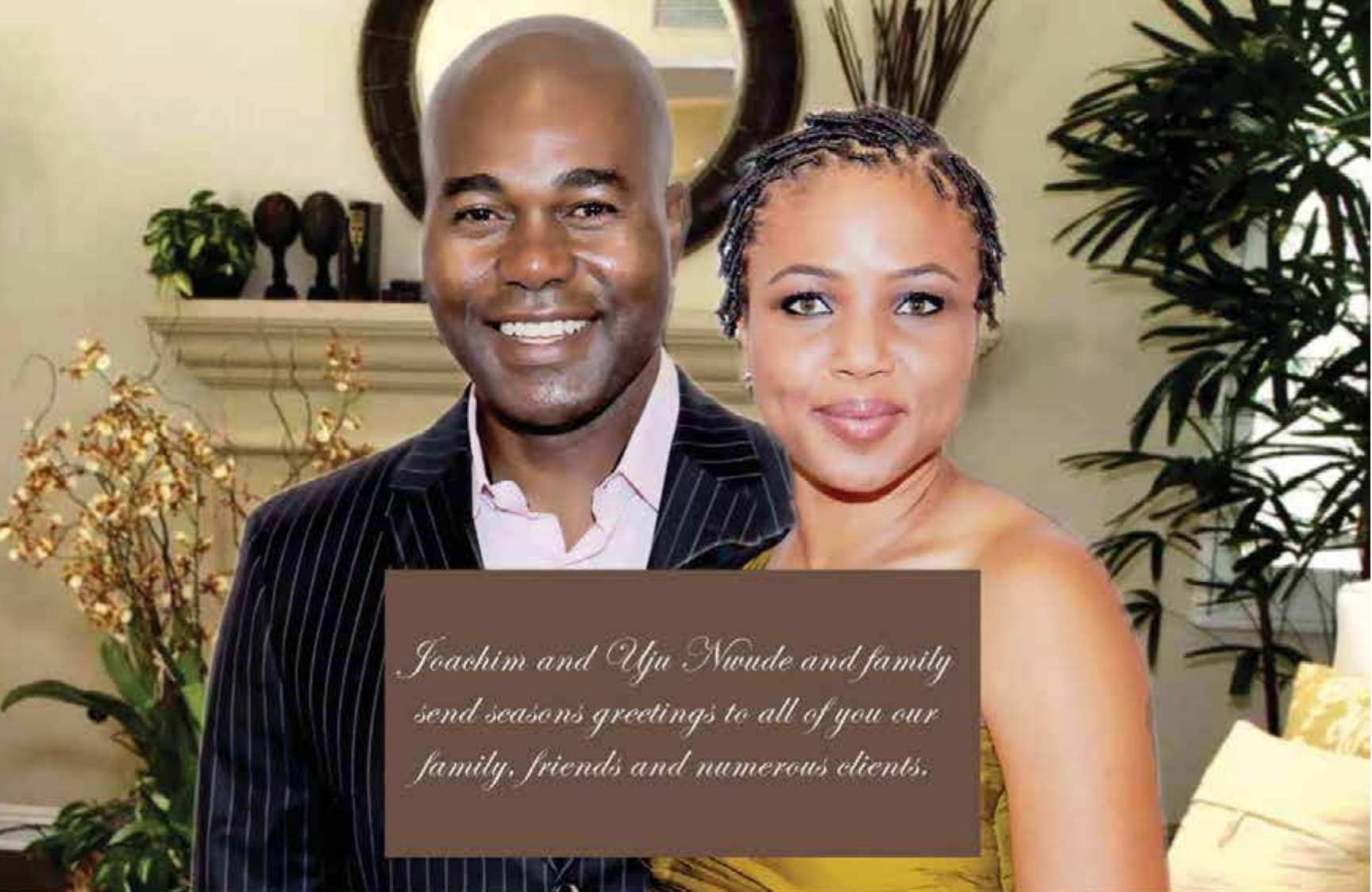
9. What advice would you give young Nigerian Americans on how to attain their dreams?

To my young Nigerians, I suggest you love with all your heart. Have fun and laugh. Seek out your dreams whole heartily. Be kind and respect those you come across. Be the man or woman you would want your child to be, so they can have a perfect imperfect role model. Do not feel discouraged when things don't go the way you planned. There is always another path. Keep your goals in the back of your mind at all times; situations are always temporary.

As Robert Frost wrote in a Road not Taken... "Two roads diverged in a wood, and I took the one less traveled by, and that has made all the difference."

10. Where do we expect to see Chidera Agude- 10, 20, 30 years from now?

Don't expect anything. She'll surprise you.



*Joachim and Uju Nwude and family
send seasons greetings to all of you our
family, friends and numerous clients.*

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Folorunsho Alakija

— Africa's Richest Woman

Folorunsho Alakija is a businesswoman from Nigeria. She was born in 1951 to the family of Chief L. A. Ogbara in Ikorodu, Lagos State. She is a business tycoon involved in the fashion, oil and printing industries. She is the Group Managing Director of The Rose of Sharon Group which consists of The Rose of Sharon Prints & Promotions Limited and Digital Reality Prints Limited and the Executive Vice Chairman of Famfa Oil

Limited. Folorunsho Alakija is ranked by Forbes as the richest woman in Nigeria with an estimated net worth between \$2.5 Billion and \$7.3 billion.

She is ranked by FORBES as the 13th Richest person in Africa

Family and Education:

At age seven, Folorunsho Alakija travelled to the United Kingdom to begin a four year primary education at Dinorben School for Girls in Hafodunos Hall in Llangernyw, Wales.

After returning to Nigeria, she attended Muslim High School Sagamu Ogun State, Nigeria. Afterwards, she returned abroad for her secretarial studies at Pitman's Central College, London. She also studied fashion design at the American College, London and the Central School of Fashion. In November 1976, she married a lawyer, Modupe Alakija. They reside in Lagos, Nigeria with their four sons.



Business background

Folorunsho Alakija started her career in 1974 as an Executive secretary at Sijuede Enter-

prises, Lagos, Nigeria. She moved on to the former First National Bank of Chicago, now FinBank where she worked for

some years before establishing her tailoring company called Supreme Stitches. This rose to prominence and fame within a

few years, and as Rose of Sharon House of Fashion, became a household name. As National President and lifelong Trustee of the Fashion Designers Association of Nigeria (FADAN), she left an indelible mark, promoting Nigerian Culture through fashion and style. In May 1993, Alakija applied for an allocation of an Oil Prospecting License (OPL). The license to explore for oil on a 617,000-acre block – (now referred to as OPL 216) was granted to Alakija's company, Famfa Limited. The block is located approximately 220 miles South East of Lagos and 70 miles offshore Nigeria in the Agbami Field of the central Niger Delta. In September 1996, she entered into a joint venture agreement with Star Deep Water Petroleum Limited (a wholly owned subsidiary of Texaco and appointed the company as a technical adviser for the exploration of the license, transferring 40 percent of her 100 percent stake to Star Deep. Subsequently, Star Deep sold off 8 percent of its stake in OPL 216 to Petrobras, a Brazilian company.

Philanthropic interests

Mrs. Folorunsho Alakija has a foundation called the Rose of Sharon foundation that helps widows and orphans by empowering them through scholarships and business grants.

On Monday, 1st July, 2013, the Federal Government of Nigeria inaugurated the National Heritage Council and Endowment for the Arts and appointed Folorun-



CELEBRATING 60TH BIRTHDAY



THE ALAKIJA BOYS



sho Alakija as Vice-Chairman of the body. While inaugurating the council, Nigeria's Minister of

Tourism, Culture and National Orientation, Edem Duke, said Nigeria had identified 100 new heritage sites, which "are unique and uncommon assets that we intend to preserve and promote." He charged the council, which is headed by Igho Sanomi, to "ensure the protection and conservation of places and objects of heritage significance and the registration of such places and objects."

— Source: Wikipedia

**We wish all of you - our subscribers,
loyal readers and advert patrons...
A very happy holiday season and
a prosperous New year!
From all of us at LIFE and TIMES**



THE BOARD OF LIFE AND TIMES

TMC Events



After the MOU signing between The Udemba Group and Deloitte Canada, **Mr. Uzo Udemba** Chairman of The Udemba Group, with (at his right) Nigerian High Commissioner to Canada, his Excellency **Chief Ojo Uma Maduekwe** and his Canadian counterpart, **Mr. Chris Cooter**, and (at this left) **Mr. David A. Chemla**, Vice-President Deloitte Canada and **Mr. Philippe Vermande**, Strategic Business Development Advisor, The Udemba Group.



Launch of Trend Media City Phase One, Victoria Island, Lagos on 2nd August 2013, Unveiling Proper, **Engr. Uzo Udemba** and **Prof. Joseph Ajienska**, Vice Chancellor UNIPORT



Launch of Trend Media City Phase One, Victoria Island, Lagos on 2nd August 2013 (From Left) **Prof. Femi Shaka**, UNIPORT, **Som Nath**, Academy Director Whistling Woods, Academy India, **Mr Solomo Avbioroko**, Academy Director AFTA, **Prof. Joseph Ajienska**, Vice- Chancellor UNIPORT, **Engr. Uzo Udemba**, CEO of Trend Media City, Representative of Lagos State Governor, **Prof. Biakolo**, Dean School of Media and Communication, Pan Atlantic University, **Mr Chaitanya Chinchlikar**, Technical Director, Whistling Woods, India, **Mr Onyedibia**



Trend Media City Limited partners with Whistling Woods International For the African Film & TV Academy launch in Nigeria
Lagos, Nigeria, Jun. 01, 2012 Trend Media City Limited (TMCL) - a Nigerian development company, along with Whistling Woods International (WWI) a globally recognized Institute for Film, Communication, Animation & Media Arts from India, have signed an

MOU announcing a partnership in the development of the first world-class film & media institute in Africa, Whistling Woods International Nigeria (WWIN).

The MOU communicates how both TMC and WWI will invest their resources, capital, and knowledge to develop the new WWIN - Whistling Woods International Nigeria - film & media Institute for the thriving entertainment hub of Nigeria. In addition, WWI will be supervising the operations of the film institute and the studios for a minimum period of 10-years.



At the signing of MOU between TMC and School of Media and Communication of the Pan African University Lagos for collaboration in running the Lagos campus of African Film and TV Academy (AFTA).

In pics - Uzo Udemba and Prof Emevwon Biakolo, the Dean School of Media and Communication exchanging copies of MOU while Mr Magnus Ekwunife of MCL Consulting, the management consultants to TMC looks on.



Trend Media City explores alliance with strategic Institutions in Canada to develop an intelligent smart city in Nigeria.

In pics - TMC team to Canada with the former Canadian prime minister Rt. Hon John Turner.



At the signing of MOU between TMC and University of Portharcourt (UNIPORT) for collaboration in running the Portharcourt campus of African Film and TV Academy (AFTA).

In pics - Uzo Udemba and Prof Joseph Ajienska, the Vice Chancellor of UNIPORT exchanging copies of MOU

UZO UDEMBA

RECREATING URBAN LIVING THROUGH TREND MEDIA CITY

Somewhere along the Lekki Peninsula in the bustling Metropolis of Lagos Nigeria, an idea is developing that will transform urban living as we know it. It is the development of the TREND MEDIA CITY (TMC) a bold and innovative idea by Engineer Uzo Udemba that will transform urban living. It envi-

sions the creation of a self-sustaining community with zero carbon emissions, functioning with robotic technology. This will be a center that will lure and retain the intellectual capital that creates products and build successful businesses in the arts, literature, culture, media, entertainment, science, technology,

tourism and lifestyle sectors, delivering great value to all stakeholders and becoming some of the largest and most profitable publicly listed companies in Africa by 2020.

In this interview with Chike Nweke, our Publisher, Engineer Udemba talks about his goals and bold dreams for TMC.

What is the idea behind Trend Media City?

Trend Media City evolved out of a simple decision - A decision we made in 2009 to become a net exporter of African TV Entertainment content by year 2017. For many years, I wondered what was my mission in the make believe world of Media and TV Entertainment. My Civil Engineering training did not by any chance prepare me for a career in the world of Media and TV Entertainment. Civil Engineering practice provided me and my family a decent income with no hassles and I had more time to spend with family and friends.

For close to 25 years, Schwartz Kristoffel Engineering has been a leading engineering services provider to the Nigerian oil industry in the areas of land stabilization, flood and soil erosion control, landfills, land reclamation and waste containment works. It is a pioneer and a market leader in the field of Geosynthetics and the use of flexible structures, multi-plate structures and Horizontal Directional Drilling (HDD) in Ground Engineering practice in Nigeria. The company provides its services strictly to the oil industry in Nigeria in areas where only the multinational oil service companies play.

Our best moments are usually each time we won against international oil services engineering companies in competitive "design and construct" bids. And these were quite frequent. Our engineering business kept us busy; we certainly were not looking to delve into another career ... not until that telephone call one late afternoon in June 1995!

Some friends who were expatriate oil company executives requested if I could provide them cable TV services. The decision, according to them was based on Schwartz Kristoffel's history of innovation and superior services which, they believed would become an asset in TV entertainment business. Of course, I had no idea what they were talking about at the time. My instant acceptance of this proposition was borne out of a character of meeting new challenges as an opportunity for both learning and innovation. Trend TV launched in November 2003 and became the first Nigeria-owned Multi channel DTH Satellite pay TV platform. The platform soon began to lose money but we refused to

that the gap between Africa and rest of the world was actually the most important driver of prosperity -: productivity. This realization is what gave birth to the idea of the TREND MEDIA CITY.

The Vision of trend Media City therefore is to build capacity and develop creative hubs in Africa and in some selected cities around the world which are linked to some of the world's most innovative centers that will become home to the intellectual capital that causes change in mindsets of a people, dispel myths and shift emphasis away from the exploitation of natural resources as a source of economic prosperity into innovation and creative economy.



quit. Something must be definitely wrong!

A study we commissioned in 2009 identified high amounts expended on foreign contents for the continued losses. We therefore made a decision to reverse the trend and grow our TV entertainment business to become a net exporter of African TV entertainment contents not just within Africa but to every part of the world by 2017.

Thereafter, I began a tour to meet and learn from the major global players in the creative industry. From these visits, it dawned on me that a true measure of the economic prosperity of a country is a direct consequence of its ability to attract and retain talents. I realized

This vision will be accomplished through the development of intelligent smart communities that promote broadband economy in Africa and provision of state-of-the-art infrastructures that set new global standards in design, construction, energy efficiency and eco-friendliness, located in safe and secure environments - to lure and retain the intellectual capital that creates products and build successful businesses in the arts, literature, culture, media, entertainment, science, technology, tourism and lifestyle sectors, delivering great value to all stakeholders and becoming some of the largest and most profitable publicly listed companies in Africa by 2020.

Your goal of creating an Intelligent-Smart "Trend Media City" with Zero carbon emissions is very bold. How do you intend to achieve this with the technological limitations and epileptic power supply in the Nigerian environment?

Trend Media City will have a zero reliance on power supply sources within Nigeria. The whole concept of Trend Media City is a self-sustaining community with its own power, water and waste disposal facilities. Power will be generated from 100 percent renewable sources like solar and there will be three back up facilities for each of these utility services. The technology to achieve this already exists in several parts of the world.

In Trend Media City, petrol and diesel cars will be banned in favor of solar powered boats and fuel cell cars driven by robots making it a model for the world to emulate. Are there current innovations/technologies to realize this?

The good thing about technology is that you dream it and you have it. Banning petrol and diesel powered cars in TMC is to create a healthy environment devoid of vehicular pollution. Solar powered cars driven by robots will take the place of petrol and diesel cars within TMC boundaries. They are noiseless and pollution free!

We are working with partners in different parts of the world to design robots and cars that will

take man and materials from Point A to Point B in Trend Media City. TMC will be a major center for robotic engineering and most of Africa's problems in security and industrialization could be solved with robotic engineering. Some of the ideas in TMC will be the first in the world. Trend Media City will be the first in triathlon sports which in its most popular form, involves swimming, cycling and running. All the roads on TMC will be designed as triathlon tracks, that is, in 40 Kilometer loops as physical fitness will be given a very high consideration in the City. The City will have several bicycle racks where people can hang their bicycles to cycle or run or walk. TMC is envi-



sioned to be a major destination for sports tourism in Africa that will generate millions of dollars in sports/tourism related revenue.

Where will people park their cars when they are in TREND MEDIA CITY or when they visit the city?

This has been provided for and properly addressed in the design of the City. From every access point into the City, people will park and seamlessly enter into the City driven by solar powered cars driven by robots that will take them to their destinations within

the city. They can also choose to walk or cycle to their destinations.

How do you intend to fund the development of Trend Media City?

The First Phase of the development of Trend Media city will cost about 50 Million Dollars and it's ongoing. It will involve the acquisition of the land and the land preparation. The Second Phase of the project will cost about 2.5 Billion Dollars and is billed to start in 2014. Trend Media City is designed in clusters and there will be seven clusters. Each cluster will have a major anchor industry and will have a major investor. A major

source of funding will be the residential units and apartments within the clusters that will be sold off plan.

Statistics show that Diaspora Nigerians remit about 44 Billion Dollars into the Nigerian economy annually. Our target is to get at least 10% of those remittances to help in the funding of the TREND MEDIA CITY PROJECT. We believe that Diaspora Nigerians will embrace this project as it will have facilities comparable or even exceeding the standard of living they are accustomed to in the developed world in a secure and efficient environment.

Elle Effing

Photography: Devere Photography
Shot on location: Negril Jamaica @ Coco La Palm Resort
www.cocolapalm.com
Wardrobe: Baku Swim Wear Australia
www.bakuaustralia.com.au
Model: Elle Effingham; H 5' 8, 115lbs,
Measurements: 34-26-34
Model From: Calgary, Canada

ham



Photography:
Shot on location:
Wardrobe:
Model:
Model From:

Devere Photography
Negril Jamaica @ Coco La Palm Resort
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Calgary, Canada



Award For Outstanding Community Service

Life And Times Outstanding Community Service Award To:

Prince, Sir /Dr Ukeje Agu

- **The Man On A Mission...**



Prince/Sir Dr. Hyacinth Ukeje Agu was born to Mathias Agu the then Paramount Ruler of the Ojebe Ogene Clan (present Enugu State). in the then Eastern Region of Nigeria . He did his primary education at St. Patrick's primary school Coal camp Enugu and proceeded to St. Patrick's College Calabar where he did high school. He then moved to Lagos to attend Nigerian Railways Technical School. He immigrated to the United States on January 10, 1961 and proceeded to Cal Poly San

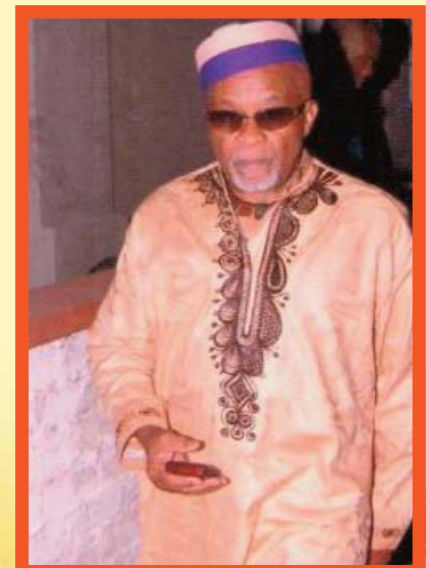
Louis Obispo California to study Mechanical engineering. He graduated in June 1965 and was hired by Rockwell International Corporation one of the leading companies in the Aerospace industry where he worked for 8 years as an aerospace design engineer. He then became a consultant/contractor and worked for the following companies - Douglas Aircraft, Hughes Aircraft Helicopter Division., Northrop Grumman, Boeing Corporation, Lockheed Martin etc. until he

retired from the Aerospace Industry in 2007. He obtained his MBA degree in Cal State University Dominguez Hills in 1978 and Ph.D. in Finance and Economics from the Pacific State University.

Post retirement from the Aerospace Industry because he still remained agile and strong, Dr. Ukeje formed the Agu Engineering Company that is a Category D Construction Company (one of the highest construction engineering categories) to build roads and bridges here in America and to help in the development of Nigeria.

Civic/Community leadership

Dr. Ukeje and other fellow compatriots started the Igbo





cultural Associate of S. CA informally 1966 and the Association was finally formalized in 1977 following the death of

Goddy Ufere. He became the 1st president of Igbo Cultural association of S. CA and later became the 1st Board Chairman. He was one of the founding members of World Igbo Congress (WIC) on August 27, 1994 . He became the first Chairman of WIC Chapter in Los Angeles which became the Political Action Committee. for Igbo Cultural Association in Southern California. He was the founder of the Enugu State Association of Southern CA in 1983. He has also served as Patron and adviser to several Nigerian Community Associations in S.CA.

Prince Dr. Ukeje Agu has been happily married since 1972 to Lolo Bridgett Agu and they are blessed with 3 grown children- Uchenna, Adaeze and Ukeje jr who have all moved on in life and have become very successful in their chosen careers and in raising their families.

COMMUNITY SERVICE AWARD: Dr. Ukeje Agu-a response

I, Dr. Ukeje Hyacinth Agu (Eze Afulkwe II Of Ojebe Ogene Clan) from Enugu State Nigeria humbly and gratefully accept this award. I am very grateful to Chike Nweke , Publisher and all the members of the Board of Directors of Life and Times Magazine, for considering me for the 2013 Community Service Award. As one adage says "If you Live Long Enough Something

Good Will Come Your Way" and that is true for me today.

I am one of the sons of the Paramount Chief Mathias U. Agu (Eze Afulkwe I of Ojebe Ogene Clan) in Enugu State, Nigeria. He passed on March 1st 1990 and he was my best friend. I came to America in Feb. 3rd 1961 under his auspices and when I came to this country the racial social condition was very unfriendly. This was a shot in my arm to hurry up and get a degree in mechanical engineering and go home but it didn't turn out that way as you can see I am still here.

In 1967 The Biafra Nigerian conflict broke loose and it lasted for three years. Those three years taught me a few things about Igbo people and how the world viewed us. Soon after the conflict began we quickly organized our people on a national level in a few states and from that another segment evolved called The Science Group, all with a goal to provide support to our beloved country.

Once the war ended our efforts continued as we came to the aid of the survivors who took refuge in different parts of the world. As I look back at those times what I realize is that we had a strong connection to our country and felt a true obligation to help in any way possible. My desire and hope is that our people continue to uphold that same passion, pride and commitment to our country as these times are just as desperate.

We are told that life is a process but we must know what the process is in our situation.(Ama Ka Odi, Oga Adi Mma.- Ma Anyi Kwe). Most importantly, we must own the change and make a difference one person at a time. If I have the power, to reincarnate I will come back as a proud Igbo Man.



Professional Excellence Award

Life And Times Professional Excellence Award To:

Dr. Mal Fobi, MD FACS, FASMBS, FACN, FICS



Dr. Mathias A.L. (MAL) Fobi, the inventor of the Fobi-Pouch Operation for Obesity, is an internationally renowned bariatric surgeon, who has changed the shape of Hollywood heavyweights such as Roseanne Barr, Etta James, Jennifer Holiday and American Idol's Randy Jackson.

Dr. Fobi received his Pharmacy degree from the University of Michigan and received his medical degree from University of Cincinnati. Dr. Fobi completed a General Surgical Residency at the King Drew Medical Center in Los Angeles where he was Chief Resident and later the Chief of the Division of General Surgery at the school. He is a Board Certified General Surgeon, Fellow of the American College of Surgeons, Fellow of American Society for metabolic and Bariatric Surgery and Fellow of the International College of Surgeons.

In 1977, he experienced a life-changing encounter while teaching at the King/ Drew Medical Center. He met a woman who feared emergency surgery to reverse her surgery to repair complications from intestinal bypass surgery. She was willing to die rather than regain the weight she had lost. Her story of physical incapacity and ridicule while morbidly obese struck a cord of compassion, and after some research and consulting with Dr. Edward Mason, Dr. Fobi converted her J-I bypass to gastric bypass which corrected her metabolic problems while maintaining her weight loss. That experience eventually led him to shift the focus of his surgical career

from trauma and oncology to the fledging field of bariatric (obesity) surgery.

In 1981, he opened the Center for Surgical Treatment of Obesity in Los Angeles and has treated more than 12,000 patients through The Center. Dr Fobi served as the Medical Director of the Bariatric Surgery Program at St. Mary Medical Center in Long Beach California where he developed an ASMBS accredited Center of Excellence. He served also as the Medical Director of Tri-City Regional Medical Center Bariatric Program in Hawaiian Gardens, CA. which is also an ASMBS accredited Center of Excellence.

Dr. Fobi is the past President of the International Federation for Surgery of Obesity, the past President of the California Chapter of the American Society for Bariatric Surgery and the past President of the American Society of Metabolic and Bariatric Surgery Foundation. He is a member of over two dozen medical associations, including the Los Angeles County Medical Association, North American Association for the Study of Obesity, American College of Nutrition, Los Angeles Surgical Society, Southwestern Surgical Association, the National Medical Association and the American Medical Association. He is an honorary member of many International medical societies.

Dr. Fobi is the founder and Chairman of Bariatec Corporation, a company that develops and markets medical devices for obesity surgery.

Dr. Fobi lectures worldwide and has published numerous articles on obesity and surgical treatment for obesity. He serves on several editorial boards.

Dr. Fobi emigrated from Cameroon in 1966 and is now married to Helen Jean Newton Fobi of Blackshear, Georgia. He has four daughters and two grandchildren.



Entrepreneurial Award



Life And Times Professional Excellence Award To:

Halilu Haruna, MBA, EA.



Mr. Halilu Haruna is the current CEO of Bali Business Management, a business management company located in Los Angeles that specializes in developing and managing charter schools. The company also works with various small businesses in their management. Some of Bali's clients and business contracts include various charter schools under the Los Angeles Unified School District, Los Angeles County Office of Education, Rowland Heights Unified School District, Arizona Board of Charter Schools and San Bernardino City Unified School District. The company is currently engaged in discussions and has made presentations in Nigeria, the Ivory Coast and South Africa on various educational and investment opportunities.

Mr. Haruna graduated from Ferris State University, Michigan with high distinction, with a Bachelor's Degree in Business. He then graduated with an MBA with a specialization in Accounting and Financing from Northrop University. Mr. Haruna is a member of the National Association of Enrolled Agents and a member of the Graduate Fellows

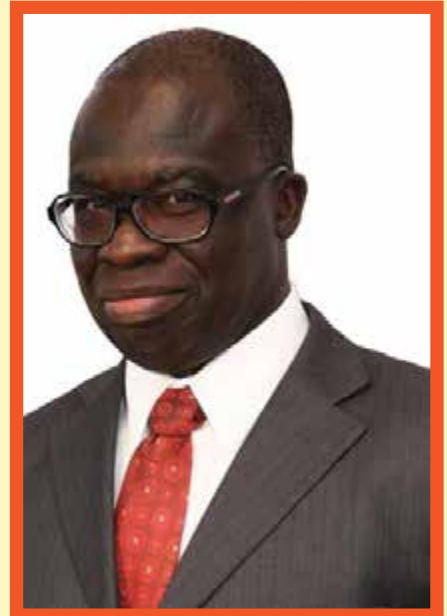
Association, having graduated from the National Tax Practice Institute.

Halilu has over 34 years of financial management experience in for profit and nonprofit organizations specializing in Personal Care, Financial Planning & Financial Control.

His experiences includes working with charter schools tax clients and other entities including Gongola State Scholarship Board in Yola, Nigeria. He has been credited with turning an organization from a deficit of \$400,000 to a surplus of \$200,000 in just three years. Additionally, one of his charter school clients was named by Time Magazine as the Elementary School of the Year 2001 for the United States of America.

With knowledge gained over the years Mr. Haruna has negotiated several grants for charter schools including an award for \$20 million from Wall Street. He has also been instrumental in setting the fiscal infrastructure of his schools. He is a well known and respected Business Services Consultant.

In 2008, he was featured in the Business Quarterly Renaissance as a Renaissance Executive. He is the Vice Chairman of the Board of Trustees of Trinity Baptist Church as well as the Chapter President of the Los Angeles Chapter of Zumanta Association. Mr. Haruna is referred to by his employees and charter school clients as Mr. Fix it, because of his history of taking on troubled schools and making them successful. He was recently interviewed on the Pasadena Community Television Network.





Ugo Anakwenze Community Service Award

Ugo Anakwenze Community Service Award To:

Attorney Ademola Okunsanya

PRESIDENT, NAPAC



It is with extreme humility that I accept this great Honor and Award bestowed upon me by Life and Times Magazine at its 3rd Annual Fiesta Celebration taking place on September 7, 2013, in Los Angeles, California. I appreciate the sentiments behind it, which is my service as the President of The Nigerian-American Public Affairs Committee, known as NAPAC. Accepting this award will not be about me, but about the organization I happen to have the privilege and honor to serve, as well as those people that have made NAPAC what it is today and whom I hereby acknowledge.

NAPAC is a movement that was conceived on May 1st, 2011 at a meeting at Mrs. Lara Okunubi's residence. The many people present at the meeting have continued over these years to support NAPAC here in California. By September 17, 2011, NAPAC had concluded its first election and elected the following members into respective offices: I as the President: Mrs. Lara Okunubi as Vice President: Professor Charles Onunkwo as Treasurer: Dr. Sanya

Soyemi as General Secretary: Chinyelu Odunze as Assistant to the General Secretary and Ed-E-Nunu as Youth Director. I thank them all for their incredible service to our Nigerian-American community, on behalf of NAPAC.

Since that faithful meeting in May 2011, NAPAC has continued to grow across the United States. NAPAC is a voluntary tax exempt Corporation organized as a social welfare organization, in a manner consistent with section 501c(4) of the Internal Revenue Service and any Treasury Regulations promulgated thereafter. NAPAC USA engages in social welfare activities as well as other advocacy activities aimed at empowering the larger Nigerian community.

The purpose of NAPAC USA is to work within the Federal, State and Local Electoral process and laws to further the established goals of the Corporation through direct involvement in social welfare activities for the benefit of the Nigerian-American Community. NAPAC tries to research, debate, investigate and take positions on issues that directly or indirectly impact the Nigerian American community in the United States of America.





NAPAC raised monies for the campaigns of President Barack Obama's reelection, Gloria Tinubu, Stephen Anyaka, and some Nigerian office seekers in Northern California, etc. NAPAC-USA even collaborated with the local county Registrar's office to register thousands of voters during the last election season. It is important to emphasize that the decision to raise money for these campaigns was not driven by any corporate ideological or partisan preference. We seek to ensure that the Nigerian-Americans take a more active role in electing into any public office candidates that appear to promote their interest or issues with the goal of having such issues discussed at the local, state or national legislative power houses. It is our civic commitment and duty as a community. Therefore, NAPAC-USA is strictly a non-partisan advocacy group.

NAPAC Promotes and solicits voluntary contributions and donations in a manner consistent with applicable Federal and State laws to support social welfare activities and to influence activities in support of the social welfare of the Nigerian-American community. Educate Nigerian-Americans and other interested parties about the civic responsibilities and political governance of the United States of America. To further these purposes, NAPAC USA shall solicit, directly or indirectly, accept, voluntary personal contributions, and make expenditures in connection with the objectives of this organization

NAPAC was established to serve as the VEHICLE to carry our story beyond where it has been thus far. NAPAC is a CATALYST to fuse the loose ends of what has kept our story from being told, as it should. NAPAC is the CATAPULT that will LAUNCH our people to the height where other people who have come to the US are; albeit some came with clearly different intentions as ours. NAPAC want to take us to the heights where we also can, unequivocally, announce that we have arrived

Currently, the Committee's areas of focus are immigration, education, social security and foreign policies as well as providing community service. An equally essential part of our purpose is to support the election of Nigerian-Americans and Americans who share our corporate values into local, state, and national offices. NAPAC activities are funded entirely by contributions from individuals and dues paid by members. Members and non-members can make donations to the organization, to a specified candidate or the advocacy of a particular policy. Note that only U.S. citizens or permanent residents can donate to a PAC and those donations are not tax deductible.

Furthermore, NAPAC has grown to where it now has five-registered state PACs: Maryland, Georgia, Indiana, Illinois and California. The following states also have NAPAC members and are in the process of being registered as state PACs themselves: Louisiana, Texas, Alabama, Massachusetts, Minnesota and Pennsylvania. In order to foster and carry out the vision and objective of NAPAC USA and its state PACs, NAPAC foundation was recently established.

NAPAC FOUNDTION a 501(c)3 is a public welfare organization. Its primary purpose is to educate Nigerian-Americans and other interested parties about their civic responsibilities of the United States of America and to provide support to NAPAC USA and other organizations that can help it achieve its primary purpose.



Outstanding Youth Award

Life And Times Outstanding Youth Award To:

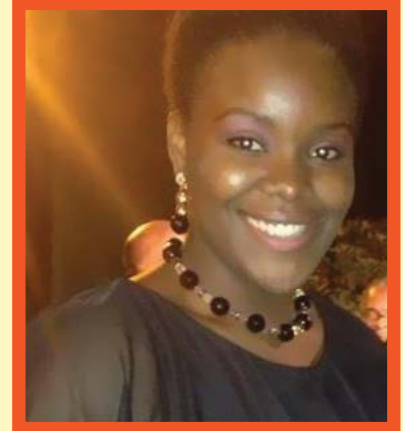
Ms. Chinua Ezeonu



Chinualumuogu Calista Ezeonu represents the open-minded, intellectually-curious young adult that has the motivation to succeed. Chinua welcomes challenges with grace and humor. In fact, she sees all challenges as a bridge to her future accomplishments. She has integrated her academic interest with other personal interests, such as volunteer work and participates in athletic and creative expressions, such as church, dance, music, and poetry.

For the last four years, Chinua has taught Igbo language and folklores at the annual Igbo Camp held at CSU Dominguez Hills. During this camp she shares knowledge of the Igbo language and how it relates to the culture and traditions of the Igbo people. She also serves as a mentor to the students. Chinua choreographs and teaches dance steps for the Akala Aka Cultural Dance Troupe. The dance troupe, which performs during various functions in Los Angeles, practice together and create their own signature moves while learning traditional dances that become second nature.

Chinua has a passion for children. She shows this at St. Eugene Catholic Church during Igbo Mass where she helps attend to them. She constantly keeps them in prayer and provides them an attentive listening ear when they need someone to talk to. In the same church, she is a member of the Holy Spirit Charismatic Renewal



where she actively contributes to the lives of children and adults by teaching topics such as "Being one body in Christ", "The meaning of Love" and "Forgiveness".

Chinua is the current National President of the Young Adults of the Igbo Catholic Community, USA (ICCUSA). Her focus is to

uplift the Igbo culture among the youth. She was instrumental in the creation of the Young Adult organization under the ICCUSA which the Elders had extensively discussed. Chinua continues to engage in youth activities by coordinating the young adults of St. Eugene to hold their first picnic as well as their first elections. She supports the cause of the youth as their representative and pushes them forward nationally through ICCUSA.

Extremely hard working, creative, and motivated, Chinua possesses admirable leadership qualities that can be seen in her interactions with others. She is also focused on long term achievements and is meticulous about doing high quality work that honors God. Chinua is currently enrolled at Charles Drew University where she is pursuing a degree in pre-medicine.

Entertainer of the Year Award



Life And Times Entertainer of the Year Award To:

NZE DR. SOLO EGBUHO



Alhaji Sikiru Ayinde Barrister, Shina Peters, Majek Fashek, Lucky Dube, Ik Dairo, Babatunde Olatunji, O. J. Ekamode, Dr. Sir Warrior and Oriental Brothers, King Eugene DeCoque, Flavour Nabania, Prince Onyeoma Tooohukwu, Blessed Sam (Jesus Nmanu Anu), Afrik Moto, Sunny Okosun's The Four Stars, Eddie Kwanza Thomas Manpfuma, Kanda Bongoman, Sir Victor Uwaifo, Victor Essie, T (Mandators) The Souskus Stars and some many others to mention.

Nze Dr. Solomon David O. Egbuho born Tuesday, June 1st, 1953 into a very devout Christian family. All early childhood and pre-college education were completed in Nigeria, before proceeding to the United States for further studies. Awarded federal government scholarship to complete his Bachelor of Science degree in Aviation Administration (the very 1st of its kind). Also completed his Masters of Science degree in Management on same scholarship. He then went on to complete his Doctorial degree in Business Administration majoring in International Business with a minor in Human Behavior. Other advanced studies included Certificates in Dual Diagnosis, Mental Health Treatment/Management, Alcohol and Drug Treatment/Management, Domestic Violence Treatment, Anger Management, Stress Reduction Techniques Counseling Center Management, Media Radio Broadcasting and Presentations.

His on the job experiences included, Staff Recorder Grade Level 1, with

Federal Ministry of Finance, Lagos, under Honorable Minister Alhaji Shehu Shagari. Also Executive Program Director Inglewood Substance and Domestic Violence/Anger Management Counseling Center. Co-host of the once very famous African Beat Radio Show on KCRW-89FM, Santa Monica for over 12 ½ years. He has founded and co-managed many viable different organizations and outfits including "We Celebrate Africa Now" Inc. (A Not-Profit Organization, positively presenting Africa one block at a time.)

In show business, Nze Dr. Solomon started at a tender age of 16, promoting events, producing, managing and presenting very notable artist and performances. Under his rooster are people like Mr. Goddy Oku (Father of Okey Oku, one of Mr. Flavour's Producers) and Highgrades of Enugu in the 1970's. Harry Mosco Egere/Billy Iyke and the Funkies of ABA. Strangers of Owerri, Chief Oliver de Coque, Chief Stephen Osita Osadebe, Bright Chimezie, Fela Kuti, King Sunny Ade, Chief Commander Ebenezer Obey,

In our Community Organizations he was: - Former Parliamentarian National O.R.A. USA, Inc., Current Chairman of Board, Oporuiche U.S.A, Inc., Former President and Current Vice President Igbo Cultural Association of Southern California, Vice President IMO State Union of Southern California, Vice President Holy Trinity Anglican Church Men's Association, Director of Communications, ANOC, USA. Master of Ceremony/Fundraiser for many IGBO, Nigeria and African events.

Just published and ready for release "Inspirational Poetic Wisdom", a book of poems, poetry and words of inspiration and wisdom. Another publication titled "The Man of Faith" is on the way.

This Man of Faith is happily married to Lady Henrietta Ulunma Egbuho and he has a total of nine brilliant children and two grandkids. Lots of other commendations, awards and recognition from different hierarchies of government officials and functionaries.



Show of class & style at Life & Times Fiesta

9/7/13

TORRANCE CA, 9/7/13

++Photo Credits: Devere Wheatfall, Ade James, Kingsley Nwammadu

It was a show of style and class as the cream of our Community gathered from all over the United States and beyond for the LIFE AND TIMES MAGAZINE 3rd Annual Fiesta which was held at the Holiday Inn Torrance California on Saturday September 7, 2013.

As he welcomed the guests, the Publisher/CEO of Life and Times Magazine, Chike Nweke shared that this fiesta which has come to be anticipated annually in our community is aimed at celebrating the achievements of our people, telling our story from our own perspective and showcasing the abundant tal-

ents in music, fashion design, arts etc that exist within our community.

This year's award recipients were: (1) Dr. Ukeje Agu- Community Service Award, (2) Dr. Mal Fobi- Professional Excellence award (3) Attorney Ademola Okusanya- Ugo Anakwenze Community Service award (4) Mr. Halilu Haruna- Entrepreneurial Award (5) Dr. Solo Egbuho- Entertainer of the year award and (6) Ms. Chinua Ezeonu- who bagged the Bayo Okunubi Memorial Youth Award.

The night was also full of entertainment as the evening opened with songs by soloist Yetunde Falade and R and B Singer Sabastine Deboyed. There was also a fashion run-

way show by Sumahrie Designs, Mocolate fashion House, The Fashion house of Christina Lowanga and Addictive Closet Shoes by Lola Taylor...

A raffle was drawn sponsored by Arik Air for a chance to win two free roundtrip airplane tickets New York-Lagos won by Chief Dr. Ifesinachi Ugwuonye with two consolation prizes of \$100 Target gift card won by Chief Sunday Agude and \$50 Wal-Mart gift card won by Azare Haruna.

After the formal dinner and ceremonies, guests danced into the wee hours of the morning with music supplied by DJ LENTINI...

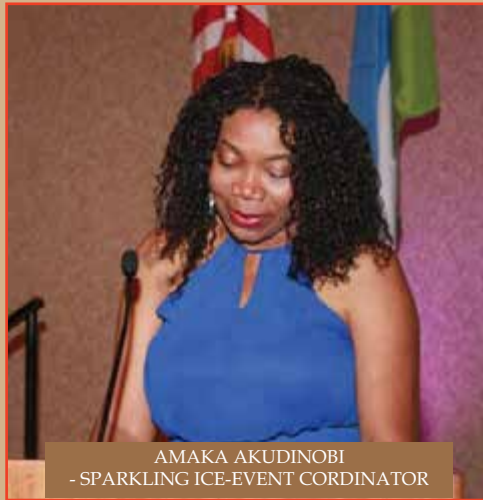
Following is a photo essay of this great event.



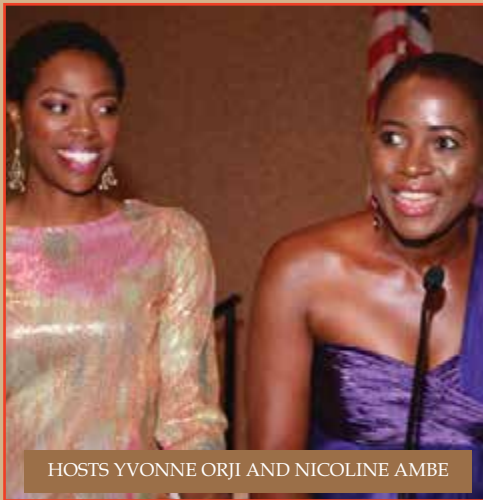
CHIKE, WELCOME SPEECH



ON THE RED CARPET



AMAKA AKUDINOBI
- SPARKLING ICE-EVENT CORDINATOR



HOSTS YVONNE ORJI AND NICOLINE AMBE



OSAYANDE AGHAZE AND FRIEND



SOLOIST YETUNDE



SABEATINE DEBOYED



PEP TALK BY PAUL KAYODE



SPECIAL PRESENTATION BY MERCY
AND CHIKE TO MAYOR DEAR

People and Places



BOB BRUNNER PRESENTING ARIK AIR TICKETS



DR. UKEJE AGU, AWARD RECIPIENT



PRINCE DR. UKEJE AND LOLO BENE AGU



CHARLES ANCHANG READING DR. UKEJE'S CITATION



DR. MAL FOBI, AWARD RECIPIENT



DR. MAL FOBI RECEIVING HIS AWARD



MR. HALILU HARUNA- AWARD RECIPIENT



ATTORNEY ADEMOLA OKUSANYA- AWARD RECIPIENT



DR. SOLO EGBUHO, AWARD RECIPIENT



UZO ORAGWAM AND FAMILY



CHINUA EZEONU, AWARD RECIPIENT



OMALICHA Nwas ENTERTAINMENT



OMALICHA Nwas IN ACTION



MR AND MRS. OKUSANYA



INTERVIEWING DESIGNER,
MOLA AKPATA

People and Places



YVONNE INTERVIEWING THE DANCERS



SUMAHRIE MODELS



SUMAHRIE MODELS



AFRICAN BEAUTY-SUMAHRIE FASHION



SUMAHRIE MODELS



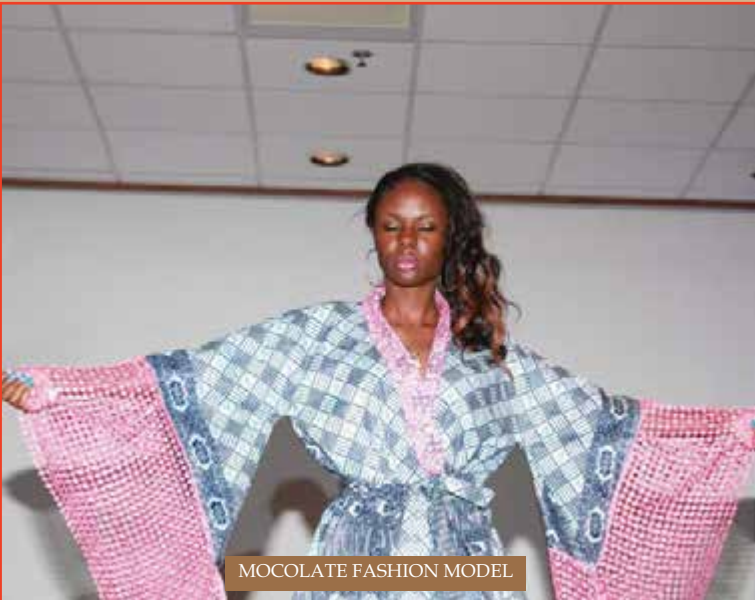
MOCOLATE FASHION MODELS



DESIGNER, MARIAMMA SUMA



MOCOLATE FASHION MODEL



MOCOLATE FASHION MODEL



DESIGNER CHRISTINA LOWANGA



INTERVIEWING CHRISTINA



CHRISTINA LOWANGA'S MODELS

People and Places



EXOTIC FASHION BY CHRISTINA LOWANGA



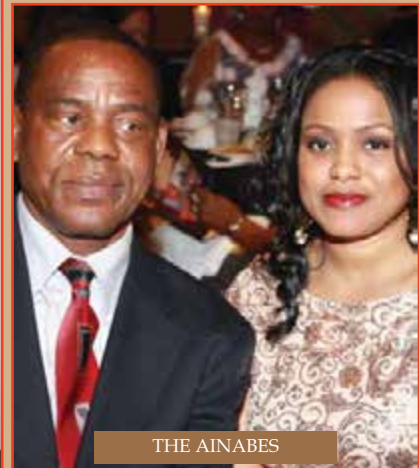
ADDICTIVE CLOSET BY LOLA TAYLOR



ADDICTIVE CLOSET BY LOLA TAYLOR



AFRICAN BEAUTY – ADDICTIVE CLOSET



THE AINABES



THE ODUOZAS



THE MBABEFOS



CROSS SECTION OF THE CROWD



CHIKODILI UDENGWU AND UCHE OBENG



CHIKE AND MERCY NWEKE



PAMELA AND CHARLES ANCHANG



UCHE AGU AND FRIEND



MAYOR JIM DEAR

People and Places



NDIDI OBI AND UZO ECHEZONA



NNEKA NTAGU



COUNCILMAN MIKE GIPSON



KEN AND ADA OGBOGU



PAUL AND NNEKA IFEDIBA



CHARLES AND CHINWE IZUAKOR



IK AND UCHE ANIGBOGU



DR. MAL FOBI



THE OKONKWOS



THE ANUSIEMS



AMARA NWOSU



ENDEE EGBUNIKE



JULIE NWOSU



THE OLIE'S WITH ESTHER SILVA

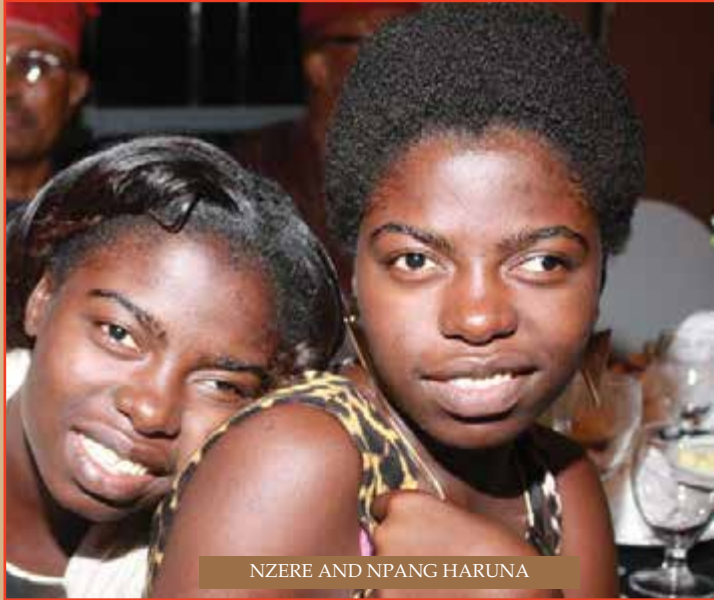


LADY LARA OKUNUBI



GUESTS

People and Places



NZERE AND NPANG HARUNA



GUESTS



GUESTS OF THE HARUNAS



LOLA AND IVY BAILEY



GUESTS



THE ADELEYES



IFEOMA AGUBATA



OZO IBEKWE



GUEST



THE ILOUNOS



DR. COMFORT NWACHIE



THE EGBUHOS



BEVERLY ANITA



THE WHEELERS



QUEEN GIDEON AND CHICHI EMESON



ARTHUR ABRAHAM

People and Places



GUEST



NONI AND CHIZOMA



WINNER OF 3RD PRIZE-MS. NZERE HARUNA



BOARD OF LIFE AND TIMES



WITH BOB BRUNNER ARIK AIR VP



AMAKA AKUDINOBI AND NICOLINE



ADAOZO AND BARBARA



JOJO OZO AND FATIMA DAVIES



THE OBIEJES



AMAKA AND ABRAHAM WITH THE WHEELERS



NKIRU ONYEJEKWE AND CHIKO UDENGWU



THE AGUS WITH MRS. OGBUNAMIRI



CHIKO AND SINACHI



MR. AND MRS. VICTOR AGU



ADDICTIVE CLOSET MODEL

People and Places



ASHLEE TEZINO WITH PAUL-KAYODE JOASH



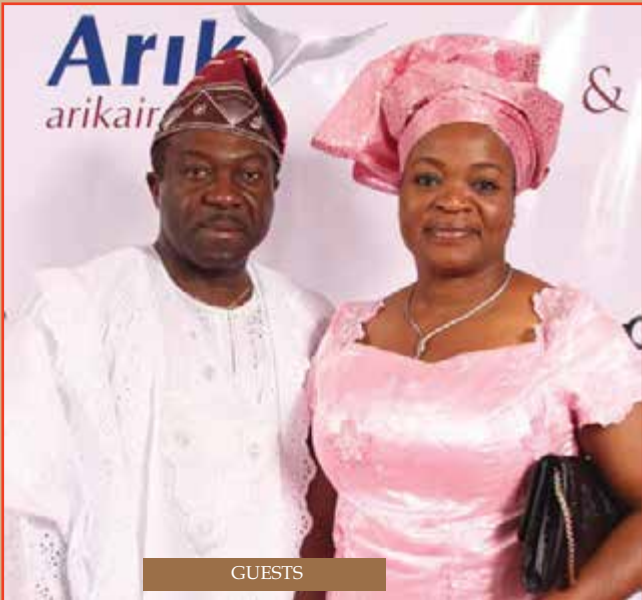
CATALENA PEOPLES AND A GUEST



DR. OGUNDIYE



PRINCE(DR.) UKEJE AND LOLO BENE AGU



GUESTS



MS. GRACE NEEQUAYE



GUESTS



FRANK AND UCHE OTI



YVONNE WITH THE OTIS



SCHOLA, BARBARA AND FATIMA DAVIES



THE OGOMAKAS



EVANGELINE OKUSANYA AND FRIEND



EBERE ANAKWENZE AND ESTHER UMEADI



DAVID AKUNWAFO



ADE JAMES AND BEAUTIFUL DAUGHTER



THE EZEANYIMS WITH PASTORS GRACE AND EFFIEM



MONICA, ADAOBI AND FRIEND



THE AGBUS



THE UCHEGBUS



THE ONYEADORS



FRANK OTI,STEPHEN ANYAKA AND CHI BOY



CHIEF JOE IVOKO



STELLA OKONJO



ADAMMA WITH OMALICHA NWS



AMOGI, AMAKA AND FRIEND



THE ONUNKWOS



CHIEF MARTIN OKPALA



FRIENDS OF THE FOBIS



NONI, CECILIA ADEGOKE AND FRIENDS



CHIBUZO ONYE



MR. AND MRS. PAUL ANYANKOR



'SINACHI AND SON CHIDERA F. IDOWU



MS. HUGHZETA SMITH



THE IHENACHORS



DAVEON AND LOLA TAYLOR



THE IKEANYIS



THE AMADIS



THE FOBIS



L.A. DIVAS



THE OTIS



AMAKA WITH THE SPARKLING ICE CREW



THE ANIGBOCUS



THE AGUDES



THE MBELUS



THE OGBUEFIS



CHUDDY OJE



LILLIAN MMARI MONGJA



OBASI AND CHIBBY AZINGE-WALTON



THE AGUNWAHS



THE OBENGs



CHIEFS SUNDAY OKORO AND GODDY NWUFO





CONFERRING LADY NNENNA ANAOKWUTE WITH THE TITLE OF NNE DI UMU ADA NDI IGBO MMA IN DIASPORA

UMUADA NDI IGBO IN DIASPORA INC. **BALTIMORE INDUCTION**

JULY 6, 2013

It was a show of the pomp and pageantry of fine Igbo Culture as the beautiful women of Umuada Ndi Igbo in Diaspora Inc. led by their indomitable and indefatigable Founder/National President Chief (Mrs.) Ada Ozo Grace Nnoniyelum Agude- Ada Igbo Gburugburu, conducted a classy induction of

their newest chapter in Baltimore Maryland...on the night of July 6, 2013.

The induction of over 83 members was watched by a huge crowd of Nigerians and friends of Nigerians in the East Coast and a host of dignitaries from Nigeria led by Eze Obiwuru (Chairman Association of

Nigerian Traditional rulers).

These are the newly elected Executives of Baltimore Chapter of Umuada Ndi Igbo in Diaspora, Inc. :

To strengthen the gains made after the induction, the following officers of Umuada Ndi Igbo in diaspora Inc. Maryland Chapter were elected in an election conducted by Chief Mrs. Ada Ozo Agude, Founder and National President on October 19, 2013

Lady Nnenna Anokwute – Chapter Coordinator
Mrs Chinonye Ukabi – Assistant. Coordinator
Mrs Chioma Nwafor – Secretary General
Mrs Nonye Duru – Assistant Secretary General
Mrs Uju Ogugua – Financial Secretary
Mrs Joyce Awuzi – Assistant Financial Secretary
Mrs Angelia Okororie – Treasury
Mrs Chioma Opara – Social Director
Mrs Azuka Ezembakwe – Assistant Social Director
Mrs Julia Duru – Public Relations Officer
Mrs Stella Agunente – Assistant Public Relations Officer
Capt. Lizzy Oshodi – Special Project Director
Assistant Project Director, Mrs. Ngozi Okoro
Mrs Chigor Etekechay – Chief Of Protocols
Mrs Gladis Oduba – Parliamentarian. 1

Mrs Onyinyechi Anyalewechi – Parliamentarian. 2
These members were sworn-in on same day to begin their duties effective immediately. Ada gburugburu also appointed a Five-Member lifetime Conflict Resolution Committee which include:
Mrs Frankie Oguamanam
Mrs Rita Basse
Mrs Gloria Aikia
Mrs Julie Ibidapo
Mrs Theresa Opara

Following is a photo essay of the beautiful and urbane inauguration ceremony,



LADY ADAOZO GRACE NNONYELUM AGUDE, (ADAZURU IGBO GBURUGBURU) FOUNDER UMUADA NDI IGBO IN DIASPORA INC. WITH THE PRINCESSES



SIR WILLIE ANAOKWUTE



CHINE OKUDO AND ANN OKENKPA



PRINCESSES L-R: CHIOMA, PEACEMAKER, NNONYE, CHIOMA, CAROL, STELLA, NNENNA AND ULOMA



CROSS SECTION OF CROWD



L-R, CHIEF (DR) EMMA ONYEKWERE AND CHIEF HYACINTH NWACHUKWU



CHIEF ADA OZO NNONYE AGUDE, FOUNDER UMU ADA NDI IGBO IN DISAPORA INC.



MR AND MRS JOHN ETOH



LOLO FRANKIE, MAJESTA AWUZIE



EZE OBIEFULE BEING USHERED IN



L-R: HELEN, NGOZI, LIZZY AND GLORIA



EZE MAGNUS DURUAKU

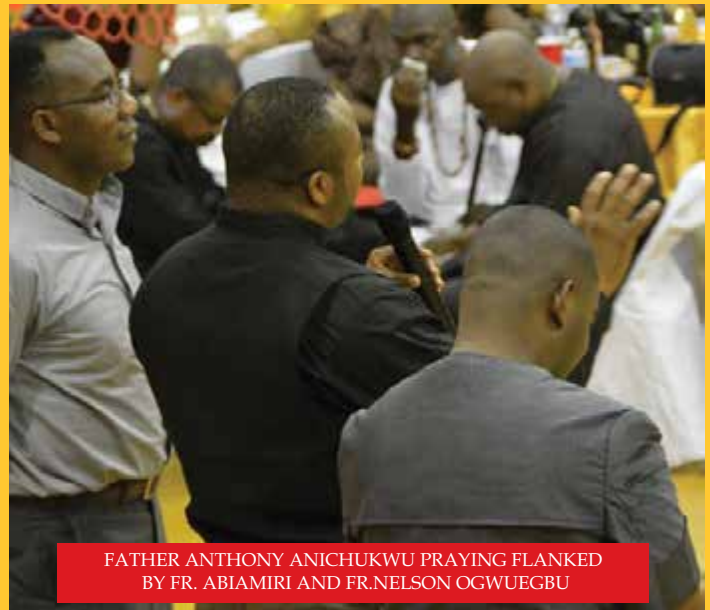


ADA OZO BEING USHERED IN BY OBATA AND VEE POWER

People and Places



FATHER ANTHONY ABIAMIRI



FATHER ANTHONY ANICHUKWU PRAYING FLANKED BY FR. ABIAMIRI AND FR. NELSON OGWUEGBU



CROSS SECTION OF CROWD



NNE DI ORA MMA USHERING IN INDUCTEES



MS. GLORIA IWE



PEACEMAKER MCBOJI



NNENNA NTIWUNKA



VICKY NWABA



PEACEMAKER, ASSUMPTA & CHINWE



CHIOMA NWAFOR



NGOZI ODUBA



STELLA OGWUMIKE

People and Places



THERESA OKORIE



ANN OKENKPA



NKOLI ONYEMA



ADA OKORORIE



ANGELA OKORORIE



CHIKA OSUALLA



STELLA OKOYE



CHINWE OKUDO



IFY ONYEKWERE



JOVITA ONYEKWERE



THERESA OPARA



CHINONYE UKABI



CHIOMA OPARA



LIZZY OSHODI



DAISY UKWU



TOCHI EMELUMBA



CHIJI UCHE



NEW YORK INDUCTEE



BLESSING GABRIEL



HELEN NNABUGWU



CECELIA OSEFO



ANN ONUKOGU



ADURE



MC- CHARLES DURU (GODFATHER)



OZO IBEKWE



LADY OLUCHI ADAUKWU BEING SPRAYED BY HUBBY

People and Places



CHIEF AND LOLO LAMBERT EZEALA



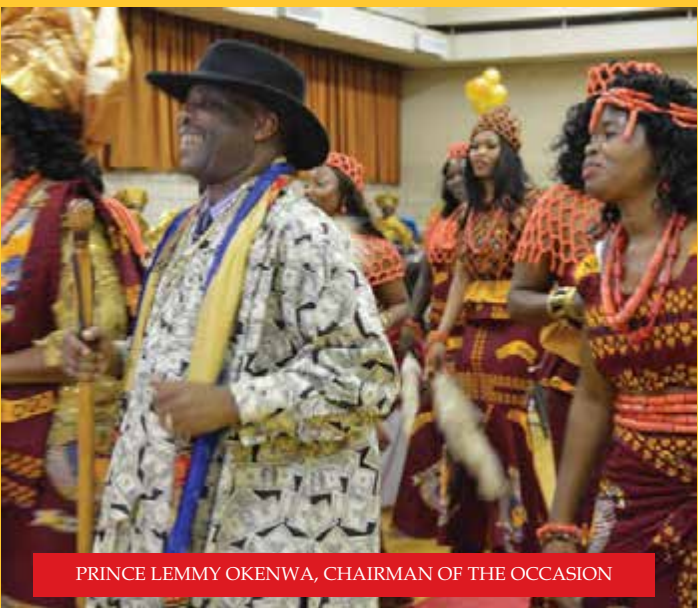
NGOZI, CHIGO, UCHE & OTHERS



GODFATHER BEING USHERED IN BY PRINCESSES



BANKERS: NKEM ANIGE & EMMA MGBOJI



PRINCE LEMMY OKENWA, CHAIRMAN OF THE OCCASION



CHIEF AND LOLO A. C. OGUAMANAM



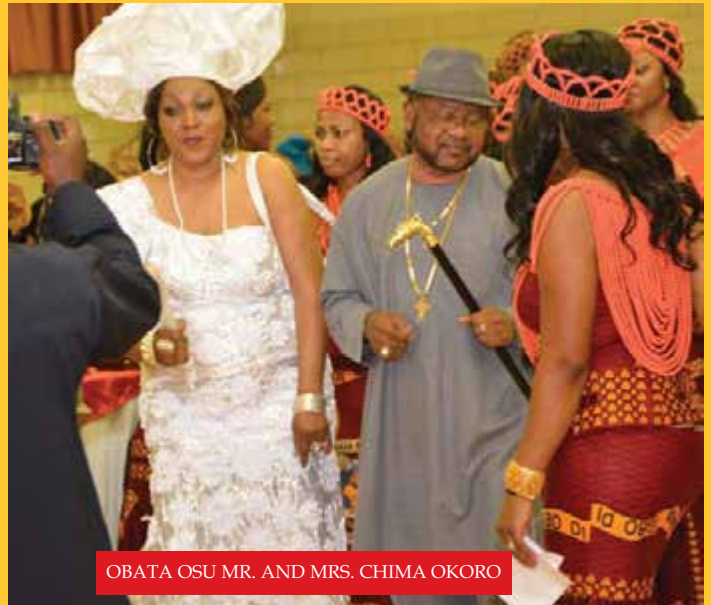
CHIEF HYACINTH NWACHUKWU, PRESIDENT ICOTH-USA



CHIEF I.B. BARAH AND DR. MICHELLE TOWSON



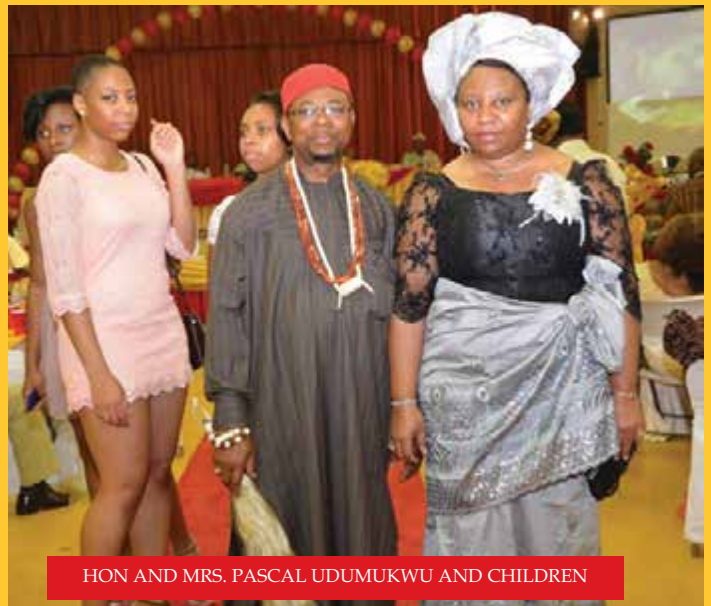
ENGR. & MRS. NNAMDI IWUOHA



OBATA OSU MR. AND MRS. CHIMA OKORO

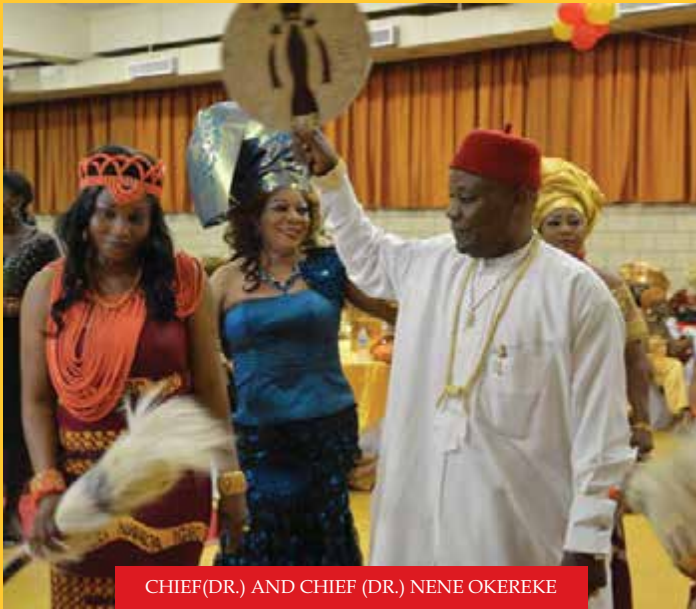


CHIEF PATRICK NWAKAUBA



HON AND MRS. PASCAL UDUMUKWU AND CHILDREN

People and Places



CHIEF(DR.) AND CHIEF (DR.) NENE OKEREKE



DR. MRS. OGECHI EKEOCHA



CHIEF ULOMMA IHEANACHOR, EZENWANYI CHRISTY EJIUGU USHERED IN BY PRINCESSES



SIR WILLIE AND LADY NNENNA ANOKWUTE BEING USHERED IN



DR. INNOCENT EGEONU



LADY CHRISTY EJIOGU AND MRS. OZO IBEKWE BEING USHERED IN



SIR MIKE AND LADY PRISCILLIA NJOKU



MS. CHIME OKAFOR, ODERA GBURUGBURU, SECRETARY GENERAL



DAME IVY ONYEJEKWE AND V.POWER VERO ANEKE

The Life
And Times **4TH**
ANNUAL
FIESTA

Our Community's Event Of The Year

PUT THIS ON YOUR CALENDER
SAVE THE DATE



DATE: August 16, 2014

Time: 6PM

PLACE: Radisson Hotel LAX
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Los Angeles, CA 90045
United States of America

Hotel Phone: 1-855-296-5766

LIFE&TIMES
FACE OF THE NEW AFRICA

Achievement Awards, Fashion Runway Show, Comedy and Musical Performance

Guest Speaker: Chika Unigwe, Winner of Nigeria Prize for Literature 2012 (Africa's highest literary prize)

**** More details coming soon!!!

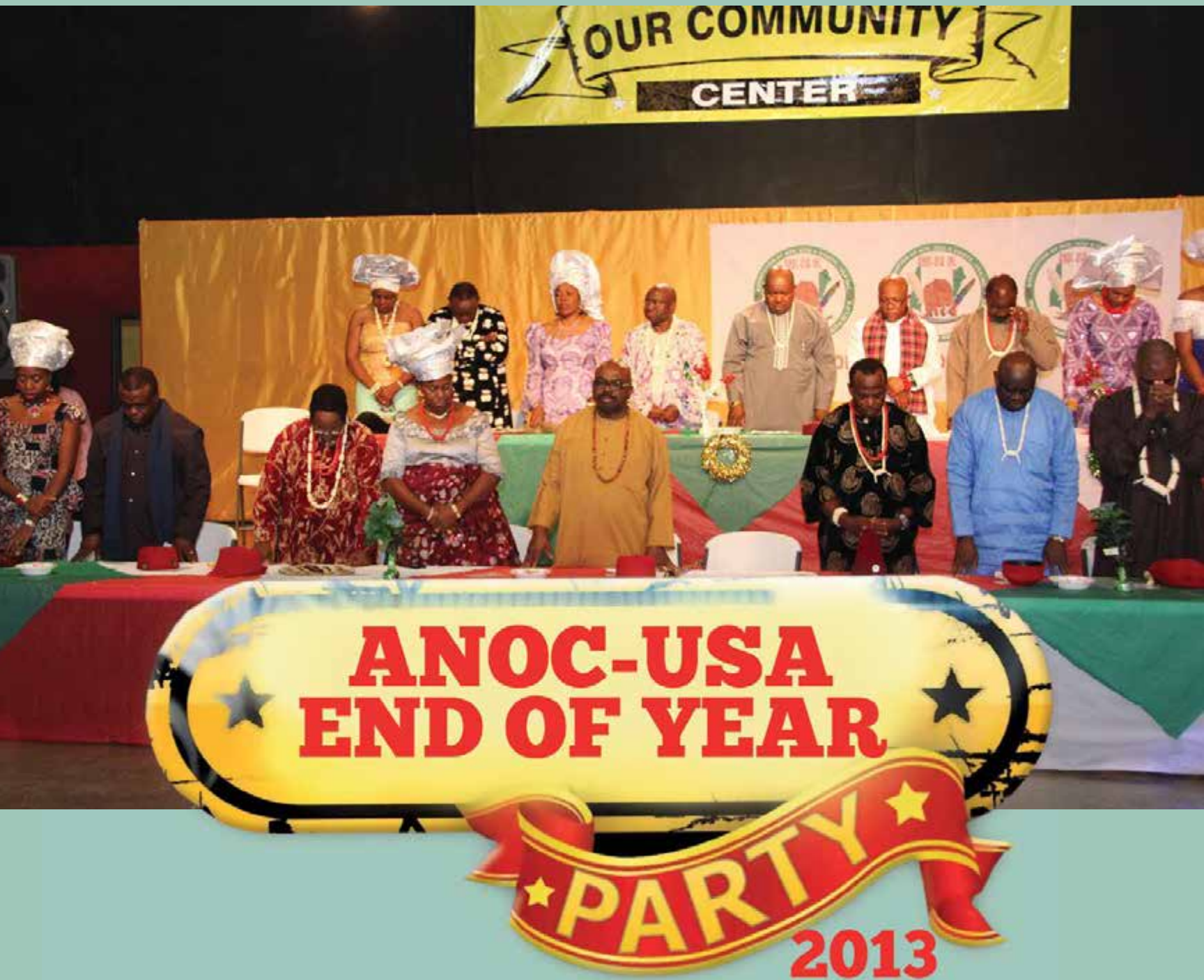
Beauty of the Moment

Bo Okunubi

Bo Okunubi

Status: Single

Contact: larafuja@yahoo.com



It was a tour de force for the main stream & authentic Association of Nze, Ozo and Chiefs (ANOC) USA led by Chief Goddy Nwufu, Ezeakonobi na Abatete (President) and Chief Ed Iheanachor (Oku Enyere Mba na Orlu) as Board Chairman as they celebrated the 2013 Annual Banquet and end of year party.

32 members regaled in fine traditional Igbo attire were present along with hundreds of friends and well wishers from the larger Southern California Community to celebrate God's mercies in 2013 and showcase our rich Igbo culture and tradition. ANOC-USA members and the esteemed guests enjoyed a great dinner and a free flowing

bar with assortment of drinks and danced to great music provided by DJ Iyke/Jasper. Osadebe reincarnation- ONYEZE AMOBI and the Ojemba masquerade ensemble performed live.

There was more than enough to drink and eat and guests danced into the early hours of the morning...



A CROSS SECTION OF ANOC MEMBERS



CHIEF ADA OZO, LOLO UCHENNA AGBAHIWE AND FRIEND



FROM R TO L, PRESIDENT CHIEF NWUFO, VP- CHIEF OKORO AND BOARD CHAIR CHIEF INENACHOR



CHIEF CHUDI AND LOLO CHI-CHI OKPALA



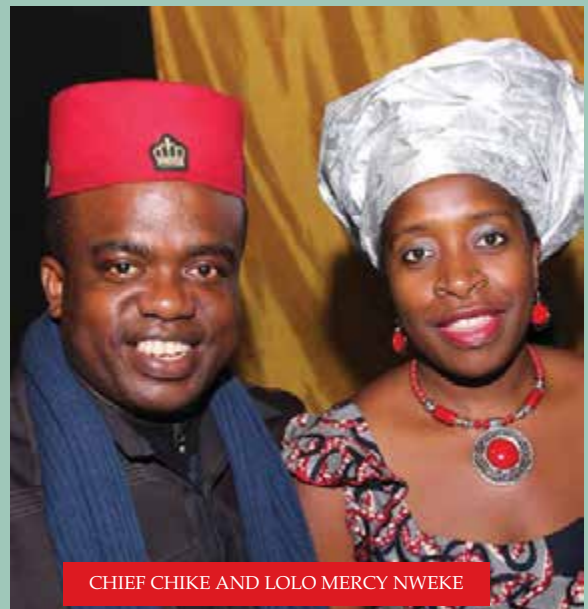
A CROSS SECTION OF THE BEAUTIFUL LOLOS



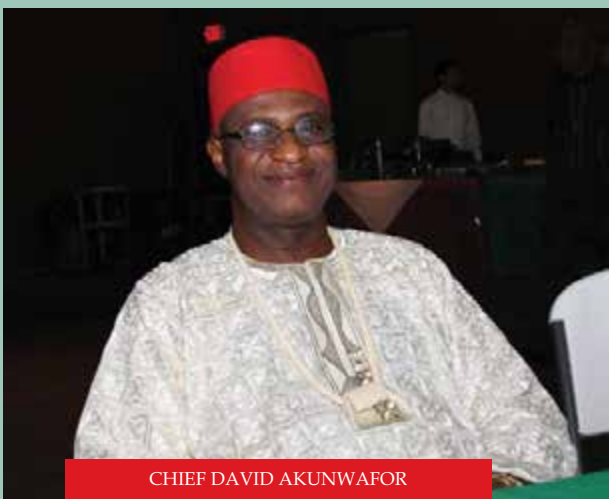
BEAUTIFUL LOLOS LED BY ADA OZO DANCING IN



BEAUTIFUL LOLOS LED BY LOLO NKOLI NWUFO BRINGING IN THE KOLANUTT



CHIEF CHIKE AND LOLO MERCY NWEKE



CHIEF DAVID AKUNWAFOR



CHIEF FRANK AND LOLO NKIRU IFEDIBA



CHIEF OKENWA D. EWUDO



CHIEFS MARTIN OKPALA, BERNARD OKWELUGU AND JOHN AWUJO



JOS MAIN MARKET



CROSS SECTION OF CHIEFS



CHIEFS AGU, ENEWALLY AND MGBEKÉ



CROSS SECTION OF GUESTS



CHIEFS ED IHENACHOR AND JIMMY ASIEGBU SPRAYING ONYEZE



EZEUDO PROF NWOMONO AND CHIEF CLETUS CHUKWURAH



OKU, ANGELA, CHIKE, DOROTHY AND DR. CHIMA



OJEMBA MASQUERADE ENSEMBLE



WITH CHIEF AND LOLO JOHN ONUIGBO



THE AGUDES WITH CHIEF JOE IVOKO AND FRIEND



NZE MUOKWE, OBA AKAMETALU AND CHIEF CHRISTIAN AGU

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UNN-USA ALUMNI CONVENTION

LOS ANGELES CA | OCTOBER 18-20, 2013

It was a gathering of University of Nigeria Alumni from all over the world

at the 7th Annual Convention of UNN-USA from October 18-20, 2013.

The theme of the convention was: "Positioning the UNN to compete in the Global Arena".

The convention deliberated on ways and means of assisting the University to regain its ranking as a premier institution of learning in Africa by drawing on the strengths of the university alumni and friends of the University from around the world.

Amongst dignitaries present were Ambassador Humphrey Umunna Orjiakor, Nigeria's Permanent representative to the United Nations Office in Geneva, Dr. Emeka Enejere- Pro-Chan-

cellor of the University, Deputy Vice Chancellor Academics, UNN; Prof. Polycarp Chigbu, Dr. Nwanne Chioke, President of UNNAA and Dr. Austin Okocha President of the University of Nigeria Alumni USA and hundreds of other distinguished alumni from all walks of life from all over the world.

One of the highlights of the gala night was a presentation of certificates of commendation to various principal officers of the University and the Alumni Association by the Mayor of Carson California, The Hon. Jim Dear.

The convention was hosted by the California Chapter led by Dr. Paul Amuchie. The following is a photo gallery of the convention:



CROSS SECTION OF CALIFORNIA DELEGATES



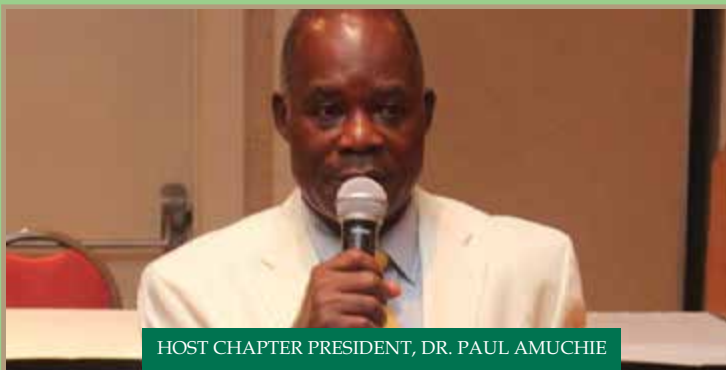
CROSS SECTION OF GEORGIA DELEGATES



CROSS SECTION OF DELEGATES



CROSS SECTION OF DELEGATES



HOST CHAPTER PRESIDENT, DR. PAUL AMUCHIE



UNN-USA ALUMNI PRESIDENT DR. AUSTIN OKOCHA AND WIFE



DR. EMEKA ENAJERE, PRO CHANCELLOR UNN



AMBASSADOR ORJIAKOR WITH A DELEGATE



MAYOR JIM DEAR WITH DR. OKOCHA



DR. NWANE CHIOKE AND WIFE

People and Places



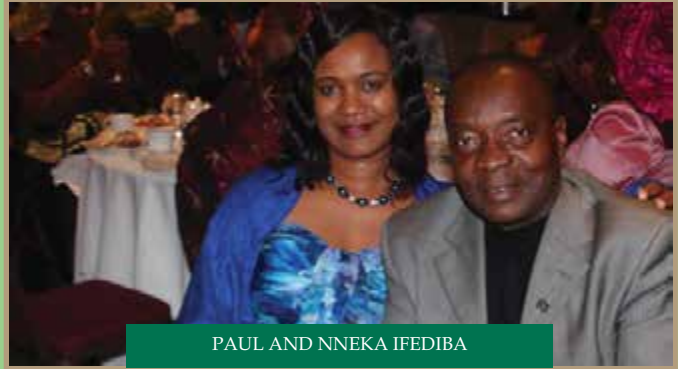
DR. PAUL AND LOLO ROSELINE AMUCHIE



CHIKE AND MERCY NWEKE



AMAKA AKUDINOBI AND PRISCILLA CHUKWUMEZIE



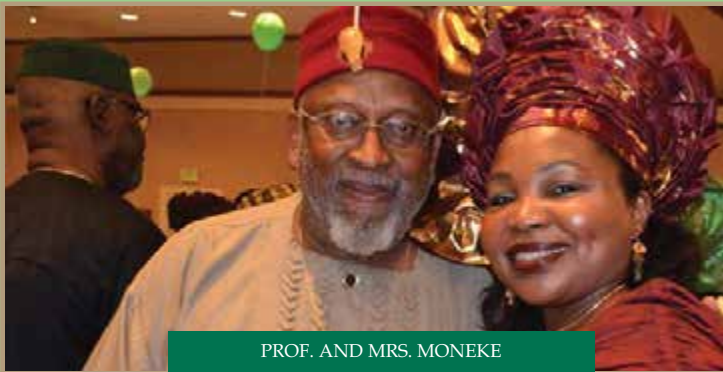
PAUL AND NNEKA IFEDIBA



JONATHAN AND KATE OKPUKPARA



MR AND MRS. IK OKONKWO



PROF. AND MRS. MONEKE



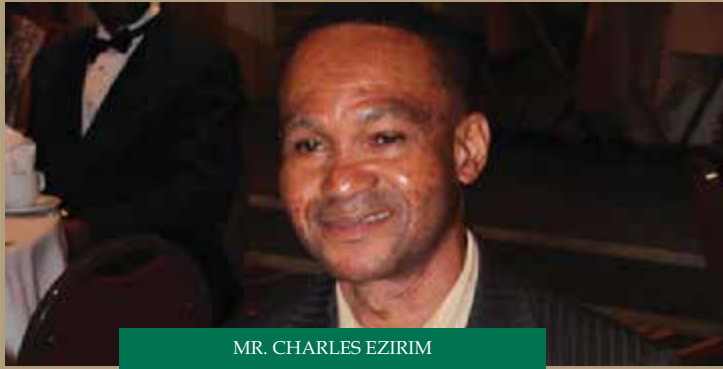
DR. CHIKA AND LOLO ADA OKORO



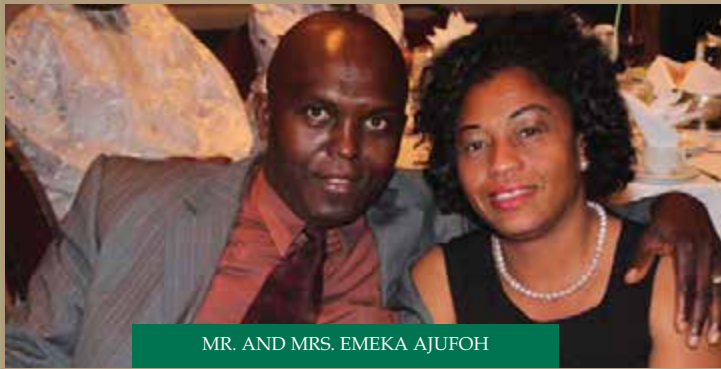
DR. PRUDENCE NWABI AND FRIENDS



DR. EZE, DR. OMALU, MR. IKEBUDU AND DR. NWABI



People and Places



MR. AND MRS. EMEKA AJUFOH



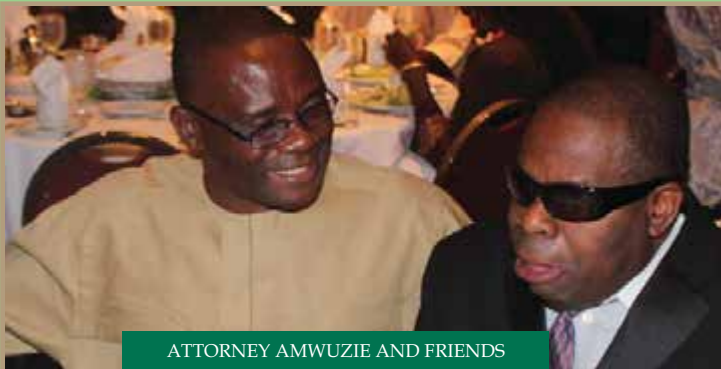
MR. AND MRS. OHANAGA



ROSEMARY AND MAUREEN



DELEGATES



ATTORNEY AMWUZIE AND FRIENDS



OMALICHA Nwas ENTERTAINMENT



DR. MRS. UZOAMA EKEJIUBA



ROYAL GUESTS



DELEGATES



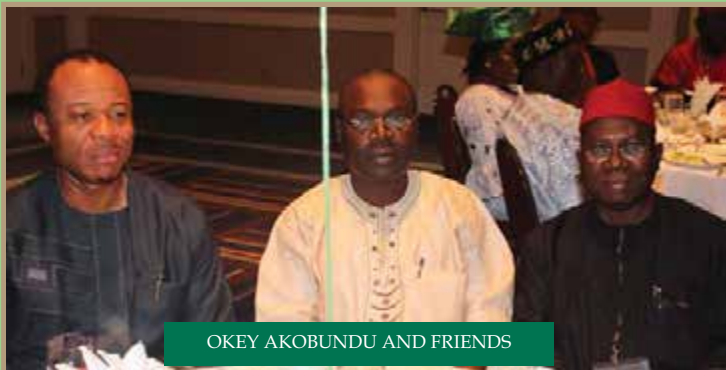
DR. DOZIE AMUZIE AND FRIEND



DR. NKEM CHUKWUMERIJÉ



GABZY & FRIEND



OKEY AKOBUNDU AND FRIENDS



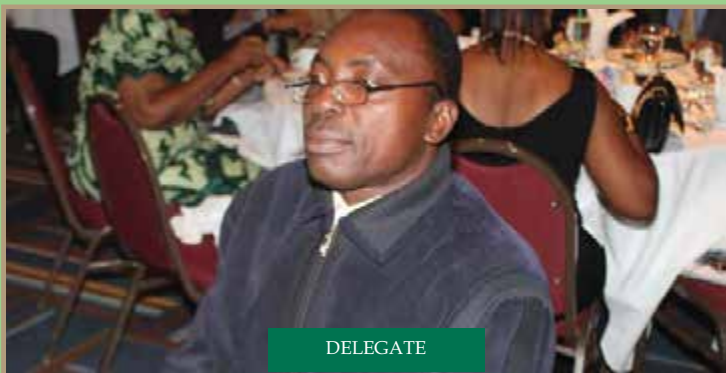
PROF JOHN AND MRS. RITA ORJI



DELEGATE



PHILIP & CHINYERE NWIKE



DELEGATE



YETUNDE SERENADING THE CROWD



ATTORNEY CHUCK EMENIKE



CLEMENT AROH AND FRIENDS

People and Places



DELEGATES



MR AND MRS EMMANUEL OFILI



CHIKA AND CHRISTY



CROSS SECTION OF GUESTS



GUEST



DELEGATES



DELEGATES



DONA AND MEGAN MUONEKE



OSY AND STELLA UFONGDU



CY AND MEG OMEAKU



DELEGATES



GEORGE NWOLISA AND FRIEND



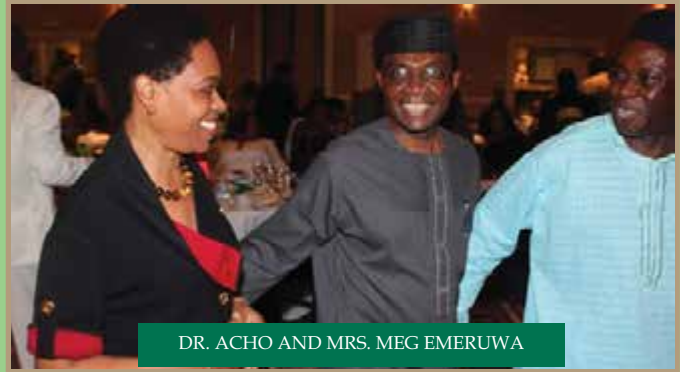
DELEGATES



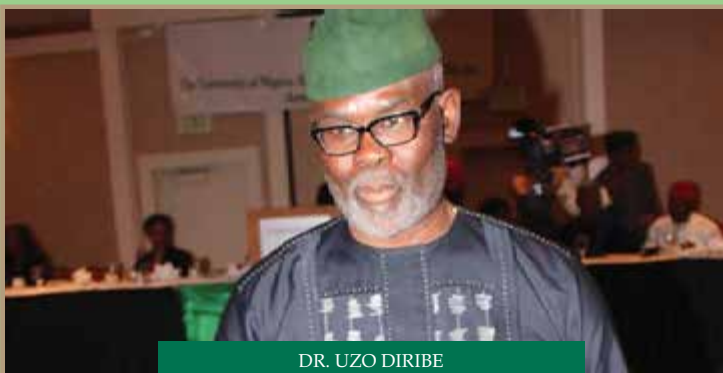
DELEGATES



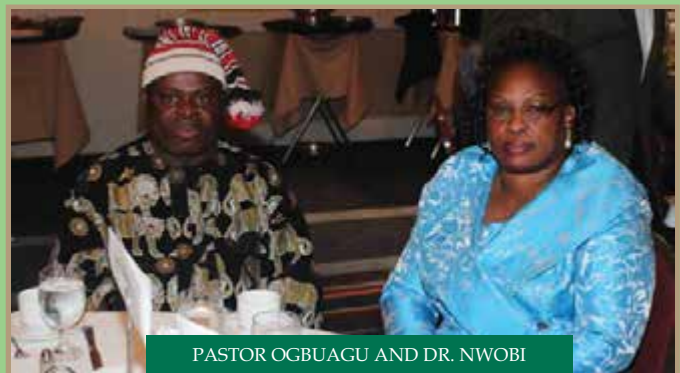
DR. RITA OGBO AND HUSBAND



DR. ACHO AND MRS. MEG EMERUWA



DR. UZO DIRIBE



PASTOR OGBUAGU AND DR. NWOBI



KINGSLEY AND NKIRU EKEJIUBA



ERNEST AND NNENNA EKEJIUBA

People and Places



CROSS SECTION OF GUESTS



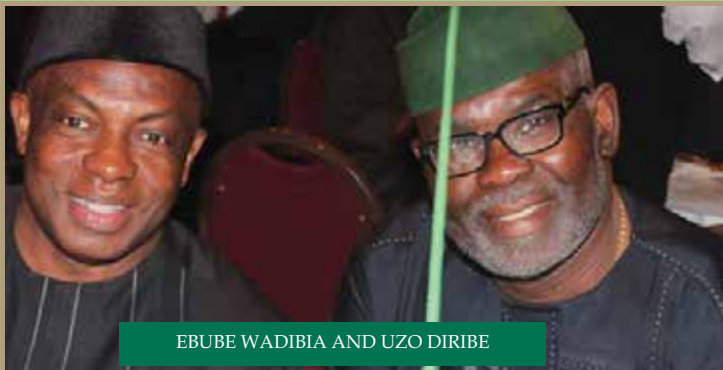
RITA OKOYE



DR. RICO OBIAMALU AND DELEGATE



NGOZI UZO-DIRIBE AND CHINYE WADIBIA



EBUBE WADIBIA AND UZO DIRIBE



CHRIS AND OGE OKPALA



DELEGATE



LOLO ANGELA OFEGBU



ANTHONIA OFOHA AND FRIEND



GUESTS



MAUREEN, CHIKA, CHRISTY AND ROSEMARY



KATE OKEKE, CHARMAINE EME LIFE, CHIBBY AZINGE



ADAORA AKIDI



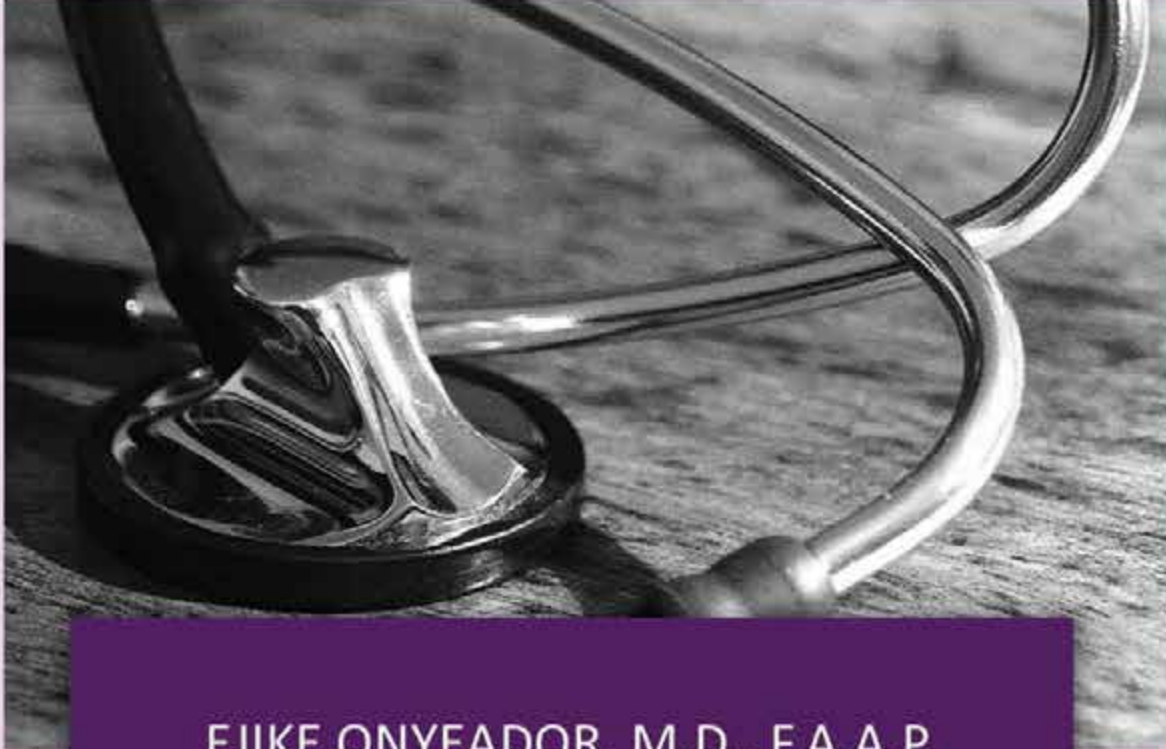
CHIKE, MERCY AND YETUNDE



MICHAEL AND NGOZI OKOROAFOR



GOZIE IGWEZE



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Chinonye weds Austin

Beautiful Ms. Chinonye Martina Achilefu said I do to her heartthrob the handsome Sir Austin Emeka Ukabi at a classy wedding ceremony in Baltimore Maryland on April 27, 2013. Chinoye a nurse and Austin a U.S. based Nigerian businessman drew a crowd of

who is who in the Nigerian Community throughout the United States who came to witness this wedding ordained in heaven.

The wedding was also the first Umuada Ndi Igbo in Diaspora Inc. wedding and was graced by the Founder of Umuada Ndi Igbo in Diaspora

Inc. Chief (Lady) Ada Ozo Grace Agude- Ada Zuru Igbo Gburu Gburu. Mrs. Chinonye Ukabi is the Assistant Coordinator Umuada ndi Igbo, Maryland Chapter.

The following is a photo essay of this beautiful wedding:



BRIDE



BEAUTIFUL BRIDE



KISS OF LIFE



WEDDING TRAIN



BRIDE AND FATHER



BRIDE WITH UMUADA NDI IGBO



CHIEF ADAOZO AGUDE- FOUNDER UMUADA NDI IGBO- IN THE HOUSE



HANDSOME GROOM



LOVE UNLIMITED



COUPLE WITH OFFICIATING PRIESTS



COUPLE WITH BRIDE'S PARENTS



COUPLE WITH CHIEF ADA OZO NNONYE AGUDE



TOAST FOR HAPINESS



IN TRADITIONAL OUTFIT



CHINONYE AND AUSTIN-FOREVER AS ONE



AFRICAN CINEMA'S NEW FRONTIERS IN SILICON VALLEY

Tezkatlipoka Aztec Dance Company Performance

Photo credit: AJ Fuertado Photography

Since its founding, four years ago, remarkable strides, and the motto 'Africa through African lenses', the Silicon Valley African Film Festival (SVAFF), which takes place in Mountain View, California, and is produced by Oriki Theater, has become a distinctive and bustling forum for African cinema, arts and cultures. In dispensing with the clichés about Africa, and the narrow gauntlet African films are often subjected to in global arenas, the festival's rich roster, spanning feature-length and short films, documentaries and fiction, emerging and established directors, themes and artistic sensibilities, showcases the inventive spirit and fascinating verve of African film-making.

In its goal of developing new and progressive ways of seeing Africa, this year's edition, which ran from October 11 through 13,

had thirty-two films, from sixteen countries, included a vibrant marketplace for arts, crafts and foods, and, in partnership with the African Diaspora Network, and the Institute of International Education, hosted a momentous interactive forum, African Women in Technology, which featured Africa's next generation of women leaders in the fields of science, technology, engineering, and mathematics, visiting from sixteen countries. The teeming audience, from various places and walks of life, thronging the venue, Community School of Music and Arts (CSMA), a presenting partner, included a member of the diplomatic community, Ms. Yvette Rugasaguhunga, from the Embassy of Rwanda, in Washington, D.C. who, in extolling various aspects of the festival, noted, "I found the Women in Technology discussion

extremely enriching and trust that the seeds planted will flourish beyond Silicon Valley."

Opening with its customary Parade-of-Flags, by youths of the African diaspora bearing national flags of scheduled films, African drumming and invocations, Aztec dancers in a remarkable show of solidarity, Honorable John M. Inks, mayor of the host city, who was in attendance, officially declared the weekend of October 11, 12 and 13 "Silicon Valley African Film Festival Weekend" in the City of Mountain View, to thunderous applause. With the preceding, Mahamet Saleh-Haroun's subtle, Cannes Palme d'Or nominee and Vulcan Award-winner, Grigris (Chad), which opened the festival, set the rapturous tone for what followed: accomplished centerpiece films, including US premieres of the controversial *Of Good Report* (South



In Awe at the African Arts and Crafts Marketplace

Photo credit: AJ Fuertado Photography



Delighted Festival Attendees

Photo credit: AJ Fuertado Photography

Africa), Children's Republic (Guinea Bissau), The Last Fishing Boat (Malawi), The Route (Uganda), as well as world premieres of The Rwandan Night (Rwanda) and Dreamwalker (Nigeria).

In the mix, too, were Jean-Pierre Bekolo's audacious Le Président, banned in Cameroon, the closing night film, Newton Aduaka's One Man's Show (Nigeria), which won the Critics Award at FESPACO 2013, Sephora Woldu's impressive short, Impresa! (Eritrea), and, from South Africa, Beauty Beyond Color, a short documentary challenging beauty norms. These sample titles, with others from across the continent, projected unique ranges of the African imagination, and the intricate relationships between them but without compromise to the uniqueness of each. Following its motto, the festival's discerning ros-

ter was not just about how Africans see themselves but offering requisite lenses with which to see Africa differently.

From the foregoing, the festival's value in facilitating vigorous flows of African creative endeavors, through interaction with arts, peoples, voices, ra-

tionalities and realities, in ways that engender new associations, friendships, sensitivities, bonds and shared memories, is incalculable. Its stationing in the world's leading hub for technological innovation and venture capital, with enormous capacities for new modes of production, distribution and exhibition, augurs well for African cinema to reach international networks and arenas in ways that had been, until now, inconceivable through, for instance, the Internet, commercial channels, social and electronic media.

With groundwork for the next edition being mapped, emphasis is on bolstering enabling conditions for the festival's sustenance, expanding opportunities for African film-making, establishing more progressive, critical thinking amongst peoples and communities in ways that abolish the distances between 'us' and 'them', borders

between 'here' and 'there', and, crucially, barriers that foster myopic perspectives and undermine our common humanity. An attendee, Don Mullen, echoing the consensus on the festival, has this to say: "The films chosen certainly gave me things to think about, different ways of looking at things, and a much more complex appreciation for what's going on in African cultures today."



Rwandan Filmmaker, Gilbert Ndahayo, and Ms. Yvette Rugasaguhunga, a Rwandan Embassy Official.

Photo credit: AJ Fuertado Photography



SVAFF 2013 Africa Reel Award winner, Newton Aduaka, and Festival Director, Chike Nwofiah, on the Red Carpet

Photo credit: AJ Fuertado Photography

**SVAFF 2013
Award Winners - Full List**

2013 SVAFF Africa Reel Award Winner:
Newton Aduaka (Nigeria)

2013 Emerging Filmmaker Award:
Director: Chimwemwe Mkwezalamba
(Malawi) (*The Designer*)

2013 Emerging Filmmaker Award:
Director: Sephora Woldu (Eritrea)
(*Impresa!*)

Narrative Feature Film Award:
Director: Shemu Joyah (Malawi)
The Last Fishing Boat

Narrative Short Film Award:
Director: Tim Huebschle (Namibia)
Dead River

Documentary Feature Film Award:
Director: Gilbert Ndahayo (Rwanda)
Rwandan Night

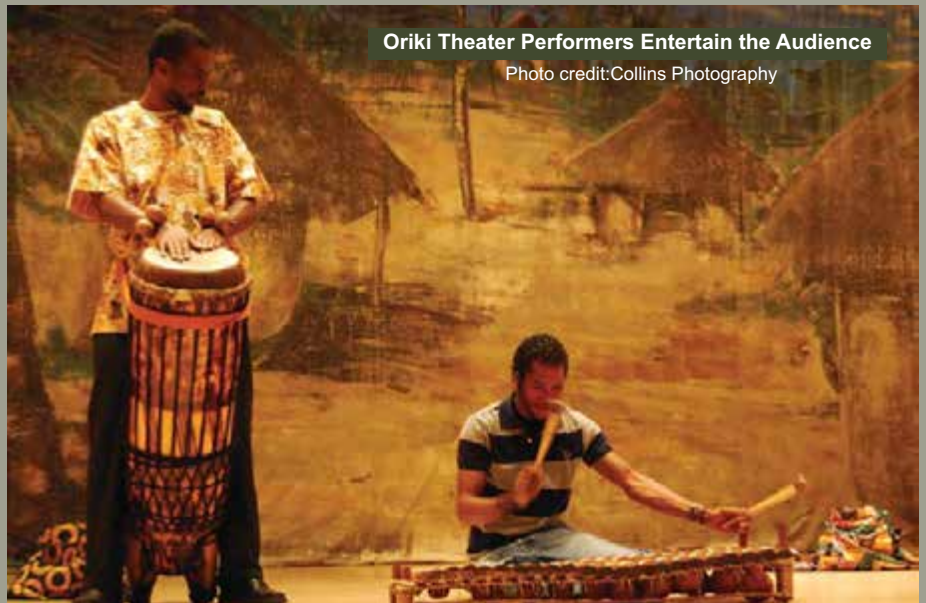
Documentary Short Film Award:
Director: Kurt Orderson (South Africa)
*On the Trail of my Father - the story of
Lucky Dube*

Achievement in Narrative Feature Film:
Director: Jackson Kabirigi (Tanzania)
Mdundiko

Achievement in Narrative Short Film:
Zelalem Woldermariam (Ethiopia)
ADAMT

Achievement in Documentary Film:
Director: Stanford Gibson (South Africa)
Beauty Beyond Color

* Dr. Jude Akudinobi, an editorial board member, who teaches at UC Santa Barbara, contributed this piece.



Oriki Theater Performers Entertain the Audience

Photo credit:Collins Photography



Mayoral Proclamation

Photo credit: Collins Photography



SVAFF 2013 Emerging Filmmaker Award winner, Sephora Woldu with Festival Director, Chike Nwoffiah

Photo credit: Collins Photography



Ghanaian elder, Dela Acolatse's Libation Ceremony

Photo credit: Collins Photography



Parade-of-Flags, at Opening Ceremony

Photo credit: Collins Photography



Mayoral Proclamation Certificate



South African Delegation

Photo credit: Collins Photography



PLATEAU STATE NIGERIA

Home of Tourism

Plateau State in Nigeria (West Africa) derives its name from the geographical description of the landscape that predominates in this part of Nigeria which is often referred to as the Jos Plateau. The Jos Plateau is the higher of the two plateaus found in Nigeria; the other one being the Mambilla Plateau. Whereas, a greater part of the PLATEAU is made up of slightly undulating highlands of an average height of 3,500 meters above sea level, there are areas such as the Share Hills with peaks of over 5,000 meters above sea level.

Jos, the capital of Plateau State is situated approximately on latitude 9.6 degrees North and Latitude 8.5 degrees East. The city lies close to the geographical center of

Nigeria. For variety and scenic beauty, Jos is non - peril.

Plateau State is a miniature Nigeria. Apart from harboring an area of fascinating contrast of scenic beauty embracing a somewhat cool temperate climate, it has a rich blend of different, yet friendly people mostly Christians. This is one of the few states in the country where there is no particular ethnic group that enjoys monopoly of any sort. Instead one finds here a multiplicity of small ethnic groups that see and appreciate the need for mutual co-operation for the survival and progress of the entire state.

CLIMATE

Generally speaking, the climate of the state is milder than

that of the rest of the country. It is invigorating, and the nearest equivalent to a temperate climate in this tropical zone. It is for this reason that we have Jos and its environs the largest concentration of resident expatriates in the former British West Africa. In fact, in the colonial days, Jos was regarded as an asylum where colonial officers came to spend their local leave and enjoy the healthy surrounding.

Temperatures on the Plateau are several degrees lower than those in the rest of the county. Recorded mean temperature is 81.7F (27.6C) Maximum and 51.7F (10.9C) Minimum. There are neither extreme dual temperatures nor too much difference between

the rainy and dry season.

In the rainy season, there are intermittent rain falls and sometimes drizzles on end. One interesting aspect of Jos weather is that it may be raining in one part of the town yet other parts may remain dry and sunny. Besides, drainage is generally very good.

Because of its climate, and fascinating topography, Jos has become a magnetic holiday resort most especially for European tourist.

Markets & places of interest on the Jos-Plateau; Building Materials and Vegetable Market, Faringada Tomatoes Market, Langtang Street, Mangu Market,

Rukuba Road Market, Jengre Market, etc. The Jos-Plateau in Nigeria is also the place to find the following in abundance and at good wholesale and retail prices. Commodities like; vegetables (including Irish potatoes, Cucumber, Cabbage, Tomatoes, Green pepper, Green peas, water melon, Water, Onions, Carrots), fruits (including; Oranges, Bananas, Mangos, Pineapples, Strawberry, Grape), (including Cow, Calf, Goat, Sheep, Goat, Chicken Eggs, Broiler chicken), and gem stones (including Topaz, Ruby, Tourmaline Blue, Pink Tourmaline, Aquamarine, Quartz, Sapphire), and many more.

GOVERNMENT:

The Plateau State administrative structure consists of the State Cabinet, the House of Assembly and Local Government Areas.

The state government is run by the Governor (chief executive), Deputy Governor, and Secretary to the state government, Commissioners (cabinet members), special advisers, permanent secretaries, board chairmen and general managers. The current governor is Jonah David Jang.

The House of Assembly consists of 25 members and 11 special advisers. The Speaker of the house is currently Rt. Hon. John

make up the legislative arm.

Plateau State is also divided into chiefdoms and emirates, each encompassing ethnic groups who share common affinities. Leaders of the chiefdoms are elected by the people from amongst several contestants who may not be related to any past chiefdom leaders, while succession to the position of an emir is hereditary.

TOURISM IN PLATEAU STATE:

Plateau State is celebrated as The Home of Peace and Tourism and there is plenty to see.

The Wildlife Safari Park sits in



WILD LIFE SAFARI PARK



PLATEAU THE BEAUTIFUL STATE



MODERN HIGHWAY IN JOS

D. Clerk who was elected after the 2011 poll by his fellow members. Local Government is headed by a chairman, who is the chief executive, while his cabinet consists of elected councilors who

the middle of 8 km² (3.09 sq. miles) of unspoiled savanna bush, about 4 km (2 mi) from Jos. It offers a wide variety of wild animals within easy viewing. These include buffalos, lions, leopards, baboons, monkeys, derby elands,



PLATEAU; NIGERIA'S FARMING BELT



JOS MAIN MARKET

pythons, crocodiles, chimpanzees, jackals and the rare pygmy hippopotamus, which is being successfully bred in the 'hippo pool'. The park also boasts great, panoramic views of Jos city.

The National Museum in Jos was founded in 1952, and is recognised as one of the best in the country. It is renowned for its archeology and The Pottery Hall has an exceptional collection of finely crafted pottery from all over Nigeria. The museum boasts some fine specimens of Nok terracotta heads and artifacts dating from between 500 BC to 200 AD.

The Museum of Traditional Nigerian Architecture is adjacent, with life-size replicas of a variety of buildings, from the walls of Kano and the Mosque at Zaria to a Tiv village. In addition, articles of interest from colonial times relating to the railway and tin mining can be found on display.

Jos Zoo is located in Jos city, beside the museum. It has a good stock of animals, birds and reptiles and was established in 1957.

Assop Falls is perhaps, the most notable of Nigeria's many waterfalls. Located at the edge of the Jos Plateau, about 40 miles (64 km) from Jos city, on the road to Abuja, this is a popular tourist stop for picnicking, swimming and enjoying the scenery. Assop Falls has also proved popular with people shooting local soap operas and advertisements.

Kurra Falls is an area of magnificent scenery some 77 kilometers southeast of Jos. It is the

location of the State's first hydroelectric power station. It is a beautiful area of rocks hills, and lakes, ideal for boating, camping, and rock climbing. There is tourist accommodation available.

Wase Rock is a striking dome-shaped inselberg which juts out of the ground to an incredible height of 450 meters. It is located about 216 kilometers southeast of Jos near Wase town. It is one of the only five breeding places for the White pelican in Africa. Because of this, the government now protects about 321 acres (1.30 km²) of land around the rock as a bird sanctuary and for wildlife development.

The Kerang highlands are located about 88 kilometres from Jos. These beautiful, volcanic mountain hills are the source of natural mountain springs, which supply the popular spring water company (SWAN).

The Shere Hills include some of the Plateau's highest peaks. They are a scenic range of hills to the east of Jos which offer a prime view of the city below. They offer fantastic opportunities to mountain climbers and hill walkers alike.

Riyom Rock is one of nature's most spectacular rock formations, located 25 kilometers southwest of Jos, near Riyom town.

Pandam Game Reserve is a wildlife sanctuary. It is a protected region of natural habitat and is home to Hippopotami, Crocodiles and snakes of all

types. Local park rangers track local game on foot and guide people to the best viewing areas. This area is still virtually unspoiled by human contact. It offers sports fishing facilities and tourist accommodation is available.

Kahwang Rock Formation is a set of beautiful basalt rocks, second to one of its kind found in Switzerland. Located in Bangai village of Bachi District in Riyom Local Government of the state, the Kahwang rocks have received tourists from different parts of the state, the country at large and on occasions, from outside Nigeria, who visit the site to see for themselves the wonders of nature. This site is however, still awaiting the attention of the Plateau State Tourism Corporation to meet modern standards and to serve as another source of revenue generation to the state.

Miango Rest House is a retreat and conference center located in Miango established by missionaries (SIM Nigeria) in 1914. It is located next to Kent Academy, a non-denominational missionary school. The Rest House provides visitors with plenty of opportunities to hike in the surrounding area. The property also features a man-made dam, a farm and is located at the foot of small hill (Mt. Sanderson) that provides a beautiful view of the area.

Article Source:

1. <http://EzineArticles.com/5193402>

2. Wikipedia.com



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Retirement
Next Exit ↗

Income strategies for retirement

BY CHUCK C. OJE, MBA

Will I have enough money in retirement? It's a question more and more Americans are asking. Baby boomers in particular wonder if they'll be able to live comfortably and securely when they leave the workaday world. The good news is that you may be able to retire with confidence and enough assets — if you get organized. That means thinking about what you want retirement to be, reviewing your current investments and benefits, and taking maximum advantage of some investment vehicles designed to provide retirement income. As with so many things, the key is to set clear goals and then pursue them.

“People who are getting ready for retirement are more financially responsible than their counterparts who are not planning for retirement,” says David Karr, a CPA with the accounting firm of David E. Karr and Associates, LLC, in Rockville, Md. “People who spend less than they make and take maximum advantage of the opportunities presented them to save for retirement, these people understand that life is not all about today. If you want a nice retirement life, you need to start planning as early as possible.”

Setting retirement goals is not just about dollars and sense. It's also about drawing on your



val-
u e s
and hopes
to create a satisfy-
ing life. For some, that may
mean continuing to work past
age 65, or even starting a new
career. Others, of course, may
be ready to stop laboring and
start relaxing, volunteering,
traveling or pursuing a pastime.

Because each individual's
idea of the perfect retirement is
different, everybody will have
different financial needs. Try to
determine what yours will be
based on your vision of being
retired. Don't accept the con-
ventional wisdom that says all
of us will require 60 to 80% of
our income when we stop
working. Instead, try to esti-
mate a budget for your specific
vision of retirement.

Start by noting what you
spend on the basics: food, shel-
ter, clothing, health care and
transportation. Include ex-
penses for raising children and
the mortgage, if it still needs to

be paid off.
Also, if

you
k e e p
working, ac-
count for any income
you anticipate. Add costs for
travel, hobbies, entertaining,
donations and a second home, if
that's something you've
worked toward attaining. Think
about what might happen to
your taxes and apply that infor-
mation accordingly. While ad-
mittedly imprecise, this
estimate should be a fair start-
ing place for creating a retire-
ment budget.

As you look ahead, be sure
to consider that, realistically,
you may be retired for a long
time, and your finances need to
reflect that fact.

"If you retire at 65, you have
a life expectancy of another 20
to 25 years. That's a long, long
time not to have a regular check
coming in," Karr says.

Once you have a sense of
your financial needs, look at the

benefits you're confident you'll
receive. Make sure you know
what you'll get from your em-
ployer. This typically will take
only a quick visit to the human
resources department.

"Make sure you talk to
well-informed people. Make
sure they know what they're
talking about. Get all the
facts. Sometimes there are
gross misunderstandings
about what you'll get. You
want to focus too on when you
get benefits," Karr says.

Also, review your savings
and investments. Then check on
your Social Security benefits.
Once a year, Social Security
sends a statement of these. If
you don't have one, then use
the benefit calculators at the So-
cial Security Web site —
www.ssa.gov.

When you know your goals
and estimated expenses and in-
come, you can create a written
retirement plan that covers in-
vestments held in retirement
and nonretirement accounts. As
you do, it's a good idea to look
at several sources of income that
you can use to save and invest.

Begin by considering using
an Individual Retirement Ac-
count. Two types particularly
deserve attention — traditional
IRAs and Roth IRAs. Tradi-
tional IRAs tend to work best
for people who believe they'll
be in a lower tax bracket during
retirement and meet the criteria
for making tax-deductible con-
tributions. Earnings and contri-
butions are taxable as ordinary
income when withdrawn, and

withdrawals prior to age 59½ may trigger a federal 10% penalty. Payments from the account must begin when the investor reaches age 70½.

The Roth IRA generally appeals to people who want tax-deferred earnings, are OK with the idea of making after-tax con-

tributions now in exchange for tax-free distributions in retirement and who expect to be in the same or a higher tax bracket when they retire.¹ Holders of Roth IRAs often use them because they also may need access to their savings. The Roth IRA requires no minimum distribution during the investor's lifetime. With both IRAs, investors make periodic contributions and direct how the money will be invested.

Besides IRAs, annuities² also may have a place in your portfolio. An annuity is a contract between you and an insurance company in which the insurer agrees to make periodic payments to you, beginning either immediately or at some future date. Annuities are designed to be long-term investments used for retirement. They have contract limitations, fees and charges that include, but are not limited to, mortality and expense risk charges, sales and surrender charges, administrative fees, and charges for optional benefits. There are limitations on the amount of funds that may be withdrawn without a charge, and withdrawals reduce annuity contract benefits and values. Additionally, withdrawals of earnings are subject to ordinary income tax, and a federal 10% penalty may apply to withdrawals taken prior to age 59½.

Annuities have two basic forms — fixed and variable. Fixed annuities appeal to conservative investors because they deliver a fixed payment at a regular interval. On the other hand, variable annuities generally offer a range of investment options, and the value of your investment will vary depending on the performance of the investment options you choose, which may directly impact the payments you are able to receive.

Ultimately, proper planning may help you get the retirement you desire, if you know what you want and what your options are — and pursue both with resolve and clarity.

¹ For Roth IRAs, qualified distributions are federally tax-

free, provided a Roth account has been open for at least five tax years and the owner has reached age 59½ or meets other requirements. Qualified Roth IRA distributions are not subject to state and local taxation in most states.

² Insurance products are offered through non-bank insurance agencies of Wells Fargo & Company and are underwritten by unaffiliated insurance companies.

Together, we can discuss:

- > Your vision and goals for retirement
- > How an annuity might help strengthen your retirement plan
- > Whether a traditional IRA or Roth IRA makes sense for you

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Chukwudi Charles Oje, MBA, Wells Fargo Financial Advisor in Los Angeles, CA

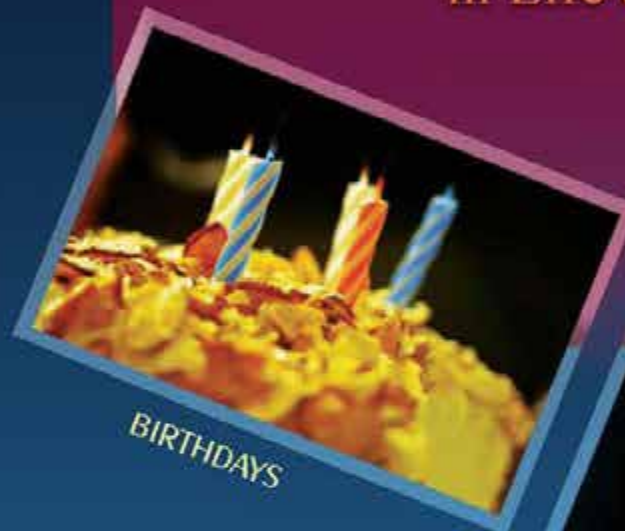
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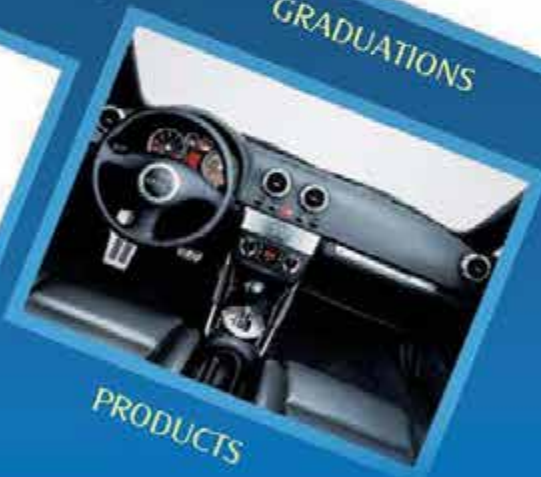
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Going home for Christmas

by Grace Neequaye , Life and Times Features Editor

Home is where the heart is and for quite a number of us, though we have lived outside of our birth homes for a long time, our hearts are still with the family back in Africa. My first Christmas in the US was in Ohio where I experienced a very white and rather cold Christmas. At that time the internet was not quite what it is now and I did not know much about Christmas outside of how my family celebrated in Ghana.

Back home in Ghana, Christmas meant a break from school, visiting family members, cooking, baking cakes, Christmas carols and church. The mood was generally festive and everyone just seemed happy. There was even one Christmas when my mother and I went to a big shop where I met Father Christmas. I remember this being

an exciting and frightening experience for 5 year old.

Since I was still fairly young, I thoroughly enjoyed the various Christmas plays at school and in church. It was very prestigious to be chosen to be a part of the play; with the roles of Mary and Joseph being especially coveted. We were reminded of the Christmas story as many times as possible through the plays along with endless carols and church services. Our clothes were a huge part of the anticipation for Christmas. Many of us were allowed to get new clothes for the occasion as well as new shoes. My mother and I would spend hours looking through various fabrics before I would finally approve

of the perfect one for the perfect style that she would allow me to choose!

Between all the national holidays in December, many people were home with their families during most of the month of December; eating, drinking and generally having a very merry time. The simplicity of Christmas was enhanced by spending time with our loved ones and sometimes visiting family members in the village. It was a chance to see those who live far away. Food was definitely a center of our celebrations and many families would have special arrangements to commemorate the occasion. Many families would invest extra money in very juicy chicken that had been walking around the compound feeding and enjoying life and not knowing it would soon provide joy for a family.

For other families it would be a goat especially fattened for the occasion. Jollof rice and chicken, pastries such as cake, jam rolls, sausage rolls, and imported cookies like the Danish cookies and Cabin biscuits along with "minerals" such as Fanta, Coca Cola, Ginger Ale, Muscatela, PCola, and Mangola all became available during this time of the year and children who otherwise did not get to enjoy them were al-

lowed to indulge. My mother would caution me against eating too many sweets, but who listened to moms at Christmas, anyway!

After all the Christmas celebrations, we would come together once more time to ring in the New Year. Most of us children were allowed to stay up late, attending all-night services or parties where we would noisily bring in the New Year with bangers, sparklers and other noisemakers. The challenge of the little bangers was to get an unsuspecting cousin or younger sibling to hold it while the others lit it and ran away before it went off. We were certainly cautioned and told stories of past experiences of family members losing various digits in the quest to make noise for New Years!

Between the hot days, cool nights, food, music, shared time and festivities the Christmas and New Year season always proved to be a delight, reminding us of the importance of connection and spending time with loved ones.

Our worlds have changed quite a bit from those days.

Even though I haven't celebrated Christmas at home in at least 15 years, I can only imagine that the current celebration has more elements of how it used to be, than our adopted methods of celebrating in the U.S. Christmas in the US has gently been monopolized by businesses looking to capitalize on our desires to create a festive environment through gift-giving. Many churches have had to take up a campaign of putting "Christ back in Christmas" just to remind congregations of the "reason for the season".

We are certainly far away from the days of chasing after siblings or neighborhood children, enjoying special meals and clothes and spending time with more people than we cared to count. We can still make the best of our new worlds by reaching out to our loved ones, and taking time from our commercialized versions of Christmas time to enjoy what it's all about: Love. For those traveling home to celebrate the holidays, I wish you safe travels.

Wishing all a Merry Christmas and a Happy New Year.

CHIDERA AGUDE

**Miss
Nigeria
in America
2013**

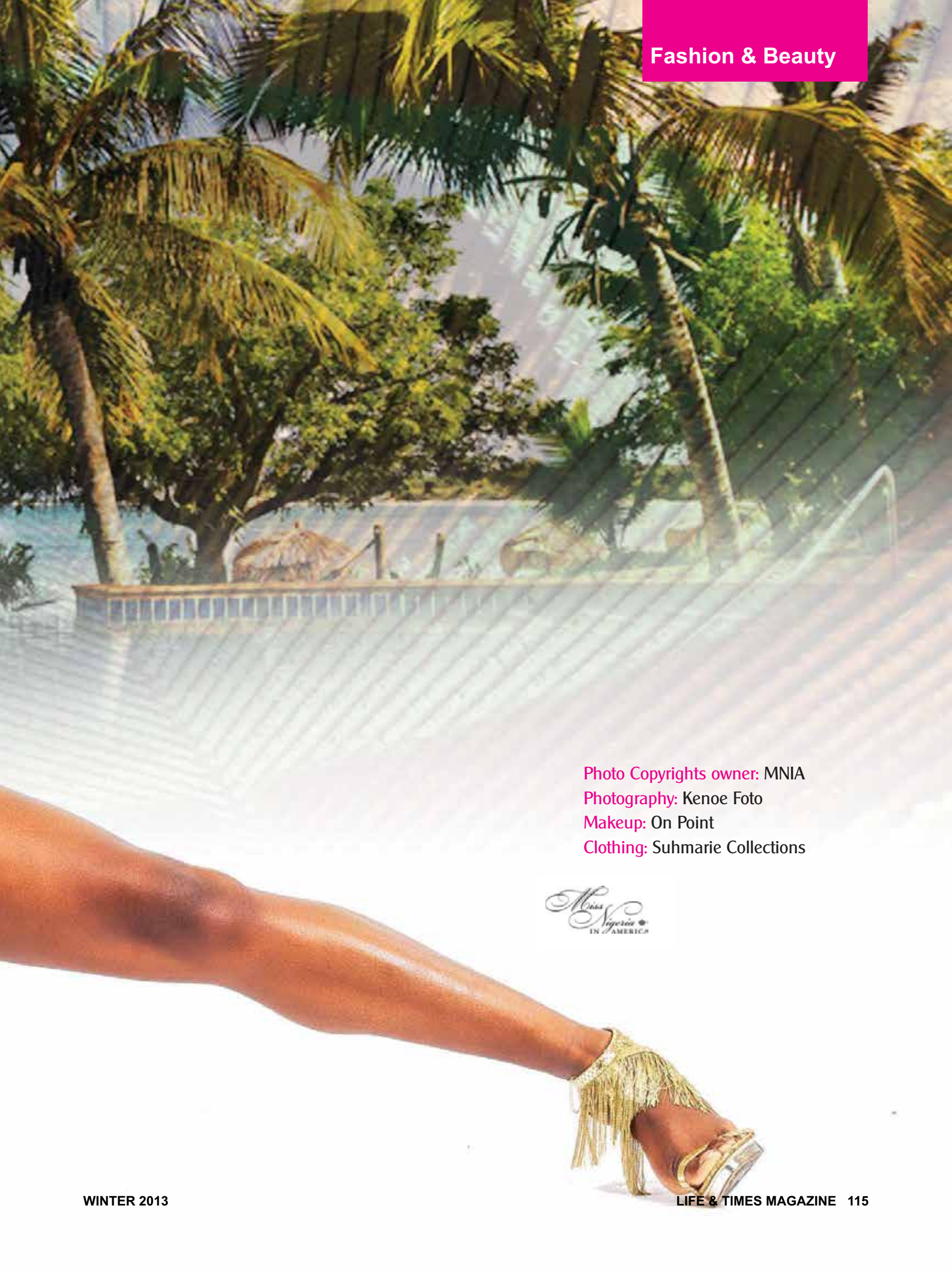


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Miss
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IN AMERICA



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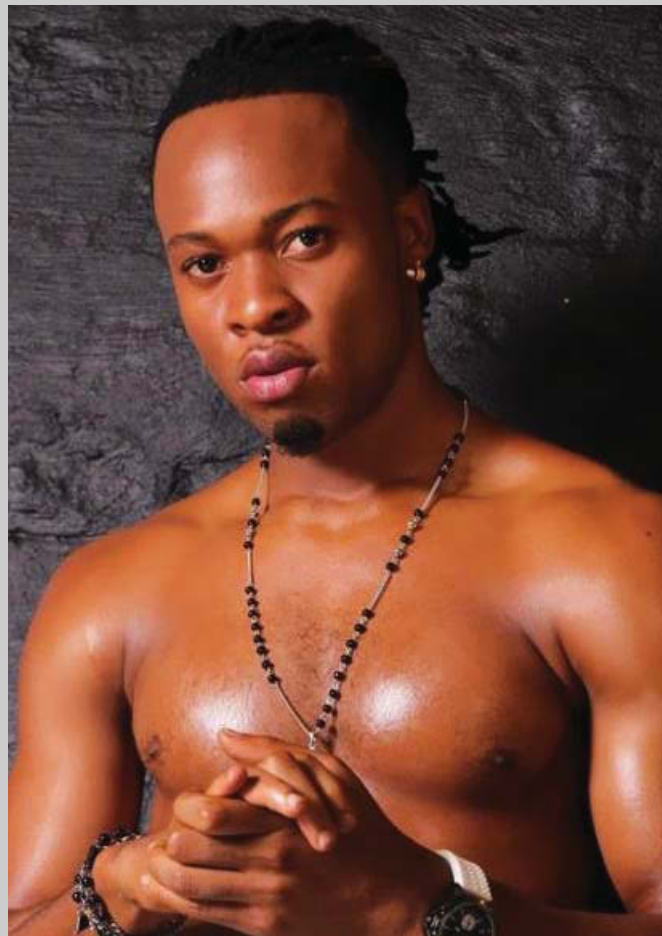
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THE RAVE OF FLAVOUR

Chinedu Okoli (born 23 November 1983), better known by his stage name Flavour N'abania, or simply Flavour, is a prolific Nigerian recording artist, dancer, songwriter, and performer. Flavour N'abania began his music career playing drums for a local church in his hometown, Enugu State. Flavour is popularly known across Africa and the world for his massive club banger, "Nwa Baby (Ashawo Remix)". He is currently signed to 2nite Entertainment Music Label.

In 2005, he released his self titled debut album, N'abania. In 2010, Flavour released his second studio album, Uplifted. It was supported by the singles "Nwa Baby (Ashawo Remix)", "Adamma", and "Oyi Remix". The album's success made Flavour one of Africa's most sought out artists. Flavour was booked to perform at numerous concerts and social events following Uplifted's release



Flavour, who is well known for his ability to sing fluently in the Igbo language, was born in Enugu State, Nigeria. His family

is originally from Umunze in Orumba South LGA, Anambra State, Nigeria. Flavour began his music career at the age of 13 when he started playing the drums for his church choir in Enugu. The resident pastor at his church introduced him to a friend, Chris I Ordor, the CEO of SoundCity Communications. Mr. Ordor had just started a musical company aimed at training young musicians on the basics of music and nurturing them all the way to a professional level. In 1996, Flavour was invited to join the company on an educational scholarship to study music. After three years of playing the drums, Flavour started playing the drums professionally. In 1999, Flavour moved on from playing the drums and started playing the keyboard. He also used to provide backing vocals for other musicians at SoundCity.

Musical Career

At the age of 19, Flavour emerged unto Nigeria's musical

scene as a drummer and pianist for a local Enugu band. After learning to play drums professionally, Flavour received an offer to perform at City Centre, Enugu. The massive crowd at City Centre inspired him to gain new grounds and reach great heights. Flavour's educational background in music enabled him to learn music production from Dekumzy, Isi Charles and Nnachie.

2005: N'abania

In 2005, Flavour released his debut album, N'abania, through Obaino Music. The album's success was relative and limited to Eastern Nigeria, particularly, Enugu State. Flavour collaborated with Mr. Raw on the first single entitled "N'abania". The song was recorded at Kingsley Ogoro's studio in Lagos, Nigeria.

2012: Blessed

Flavour's third album, Blessed, was released on 18 October 2012 through 2nite Entertainment and iROCKING LTD. The album is the successor to Uplifted. It is arguably Flavour's biggest album to date due to the amount of producers that worked on it. It was launched on the same day of Flavour's 2nite Club grand opening. In an interview with



2010: Uplifted

Following the relative success of his debut album, Flavour released Uplifted in 2010. While working on the album, Flavour believed the album would surpass his previous works. Flavour's projection came true when the album broke national barriers. Lolhiphop Records, an established record label in South Africa, released the album after popular demand. The album's top hits include: "Nwa Baby (Ashawo Remix)", "Adamma", and "Oyi Remix"; the latter features Tiwa Savage.

iROKTV, Flavour said "I think I'm growing. This is my third album... Now it's time to give them the music, like define myself. I have to be more mature with my music, lyrics and instrumentation wise. I worked with tons of producers and the whole production process made sense."

We believe the best is yet to come from Favour as he appears poised to hold the center stage in African Musical entertainment for years to come...

Source: Wikipedia



KENYA

- THE MAGIC OF AFRICA

Kenya, officially the Republic of Kenya, is a sovereign state in Africa. Its capital and largest city is Nairobi. Kenya lies on the equator with the Indian Ocean to the south-east, Tanzania to the south, Uganda to the west, South Sudan to the north-west, Ethiopia to the north and Somalia to the north-east. Kenya covers 581,309 km² (224,445 sq mi) and has a population of about 44 million in July 2012. The country is named after Mount Kenya, the second highest mountain in Africa.

Kenya is divided into 47 semi-autonomous counties that are headed by governors who were elected in the first general

election under the new constitution in March 2013. These 47 counties now form the first-order divisions of the country. Under the old constitution, Kenya comprised eight provinces each headed by a Provincial Commissioner (centrally appointed by the president). The provinces (mkoa singular, mikoa plural in Swahili) were subdivided into districts. Constituencies are an electoral subdivision, with each county comprising a whole number of constituencies. An Interim Boundaries

commission was formed in year 2010 to review the constituencies and in its report, it recommended creation of an additional 80 constituencies. Previously to the 2013 elections, there were 210 constituencies in Kenya.

The current President of Kenya is Uhuru Kenyatta and won with 50.51% of the vote in March 2013.

Famous for its classic savanna safaris, Kenya is a coun-



Republic of Kenya
Jamhuri ya Kenya
(facts)



Flag



Coat of arms



Motto: "Harambee" (Swahili)
"Let us all pull together"
Anthem: Ee Mungu Nguvu Yetu
O God of all creation

Capital and largest city: Nairobi

1°16'S 36°48'E / 1.267°S 36.800

Official languages: Swahili, English

Ethnic groups: 22% Kikuyu, 14% Luhya, 13% Luo, 12% Kalenjin, 11% Kamba, 6% Kisii, 6% Meru, 15% other African, 1% non-African

Demonym: Kenyan

Government: Presidential republic

President: Uhuru Kenyatta

Deputy President: William Samoei Ruto

Legislature: Parliament

Upper house: Senate

Lower house: National Assembly

Independence

From the United Kingdom-12 December 1963

Republic declared - 12 December 1964

Area

Total 581,309 km² (49th), 224,080 sq mi

Water (%) 2.3

Population

2013 estimate 44,354,000 (31st)

2009 census 38,610,097

Density 67.2/km² (140th), 174.1/sq mi

GDP (PPP) 2012 estimate

Total \$75.888 billion

Per capita \$1,802

GDP (nominal) 2012 estimate

Total \$41.117 billion

Per capita \$976

Gini (2008) 42.5

medium · 48th

HDI (2013): Increase 0.519

low: · 145th

Currency: Kenyan shilling (KES)

Time zone: EAT (UTC+3)

Summer (DST): not observed (UTC+3)

Date format: dd/mm/yy (AD)

Drives on the: left

Calling code: +254

ISO 3166 code: KE

Internet TLD: .ke

Sources: Wikipedia and <http://www.touropia.com>

try of dramatic extremes and classic contrasts. Deserts and alpine snows; forests and open plains; the metropolis of Nairobi and colorful tribal cultures; freshwater lakes and coral reefs. For many people, Kenya is East Africa in microcosm. The wildlife safaris have been the top tourist attractions in Kenya for decades while other activities include trekking Mount Kenya, ballooning over the Masai Mara and snorkeling in Malindi on the Indian Ocean coast.

10-Nairobi National Park

Nairobi National Park is just a 10 minutes drive from the center of Nairobi with only a fence separating the park's wildlife from the metropolis. Nairobi's skyscrapers can be seen from the park. Despite its proximity to the city and the relative small size of the park, Nairobi National Park boasts a large and varied wildlife population. Migrating wildebeest and zebra gather in the park during the dry season, and it is one of Kenya's most successful rhinoceros sanctuaries.

ing the dry season, and it is one of Kenya's most successful rhinoceros sanctuaries.

Malindi

Malindi provides a very nice introduction to the coastal tourist attractions in Kenya with its extensive coral reefs and beautiful beaches. There are surfing, snorkeling, deep-sea fishing and other water sports. The Malindi Marine National Park is protected and has fine beaches clear water and very colorful fish. Malindi is served with a domestic airport and a highway between Mombasa and Lamu.

Mount Kenya

Mount Kenya is the highest mountain in Kenya and the second-highest in Africa, after Kilimanjaro. The mountain offers a beautiful sight. Its series of peaks are crowned with snow, and its slopes are covered with forest. The 5199 meter (17,057 ft) high summit is a difficult technical climb, several lower peaks however are an easy destination for any fit trekker.

Samburu National Reserve

Samburu National Reserve is a very peaceful national park in Northern Kenya. It attracts wildlife because of the Uaso Nyiro River that runs through it and the mixture of forest and grassland vegetation.





tion. All three big cats, lion, cheetah and leopard, can be found here, as well as elephants, buffalo and hippos. The Uaso Nyiro River contains large numbers of Nile crocodile.

Hell's Gate National Park

Hell's Gate National Park is a tiny park named after a narrow break in the cliffs, once a tributary of a prehistoric lake that fed early humans in the Rift Valley. It is unique among Kenya's wildlife parks, as you are allowed to walk or cycle without a guide. There's dra-

matic scenery, with steep cliffs, gorges and basalt columns. The national park is home to a wide variety of wildlife, though many are few in number. Examples of little seen wildlife include lions, leopards, and cheetahs.

Lamu Island

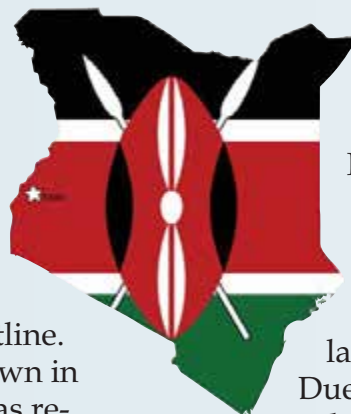
Lamu Island is a part of Kenya's Lamu Archipelago, and has managed to stay unspoiled and untouched by the mass tourism that has hit much of Kenya's coastline. As the oldest living town in Kenya, Lamu Town has retained all the charm and char-

acter built up over centuries. There are no roads on Lamu Island, just alleyways and footpaths, and therefore, there are few motorized vehicles on the island. Residents move about on foot or by boat, and don-

keys are used to transport goods and materials.

Tsavo National Park

Tsavo is the largest national park in Kenya and one of the largest in the world. Due to its size the park was divided into





JOS MAIN MARKET



JOS MAIN MARKET



JOS MAIN MARKET



JOS MAIN MARKET



JOS MAIN MARKET

Tsavo West and Tsavo East. The Tsavo West has spectacular scenery with a rolling volcanic landscape while Tsavo East has more open savannah than its western sibling. Tsavo National Park is the ideal destination in Kenya for people who seek solitude and privacy as well as the chance to explore the wilderness.

Lake Nakuru

Lake Nakuru is a very shallow lake in central Kenya. The lake's abundance of algae attracts vast quantities of lesser

flamingos, sometimes more than one million at once. Often called the greatest bird spectacle on earth, the flamingos are one of Kenya's top attractions. Sadly, in recent years the number of

flamingos at Lake Nakuru has been decreasing, due to environmental degradation and pollution.

Amboseli National Park

Amboseli National Park is a relatively small park located close to the Tanzania border at the foot of Africa's highest mountain, Mount Kilimanjaro. The park is famous for being the best place in Africa to get close to free-ranging elephants. Other attractions of the Amboseli National Park include opportunities to meet the Maa-

sai people and spectacular views of Mount Kilimanjaro.

Masai Mara National Reserve

The Masai Mara National Reserve is one of the top tourist attractions in Kenya and the country's most popular game park. Each year the Masai Mara National Reserve is visited by thousands of tourists who come here to watch the exceptional population of game and the annual migration of zebra and wildebeest. The "Great Migration" takes place every year from July to October when millions of wildebeest and zebra migrate from the Serengeti in Tanzania.



Beware Of Fruits

By Olufemi Saliu, M.D.

Without a doubt, fruits are healthy food: they are loaded with vitamins, minerals, antioxidants, and fibers. In concert with vegetables, raw nuts, appropriate fat and protein, studies have shown that fruits have the potential to prevent chronic diseases such as diabetes, cardiovascular diseases, and cancers. I think that is what people have in mind when they make statements about their

healthy choices. A friend once told me: "I chew carrots day and nights but still I went to the ER with a chest pain!" Another one said: "I eat healthy, for breakfast today I had bread, oatmeal, cantaloupe, and apple."

Unlike us, our ancestors, the hunter-gatherers had very limited access to fruits. In seasons, mindful of hungry lions and other predators, they

probably walked miles to pick fruits. Perhaps that was why the caveman's body was adapted to using up every unit of fructose (sugar) in the fruits he was fortunate to gather. The body couldn't afford to waste any fructose.

On the other hand, our own access to fruits is limitless. At the Torrance, California Whole Food Store I buy navel oranges from three sources: California, Florida, and Australia. This is possible because of advances in technology in terms of transportation, storage, and genetic engineering. Whenever I run out of fruits in the kitchen, they are just minutes away in the neighborhood's grocery store. Despite the tremendous access the modern man has to fruits—and thus fructose, the adaptation has not changed: every unit of fructose in the fruit consumed is utilized—converted to fat, and uric acid. In the body fructose behaves like alcohol: a

sugar (fructose) addict and an alco-

holic are the proverbial birds of the same feather. According to Dr. Robert H. Lustig of UCSF, "Excessive consumption of fructose can cause many of the same health problems as alcohol." These may include hypertension, myocardial infarction, dyslipidemia, pancreatitis, obesity, malnutrition, hepatic dysfunction, and habituation.

Fruits were the main source of fructose for the caveman. For the digital man, in addition to fruits that are ubiquitous in his environment, other sources are processed foods and drinks with added sugar such as sodas, fruit juices, milk, milk shake, chocolate drinks, bread, bagels, donut, croissants, sandwich, muffin, cereals, potato chips, cookies, candy, cake, ice cream, honey, honey roasted nuts, and so on.

Without eliminating or drastically reducing the amount of fructose consumption via processed foods, uncontrolled consumption of fruits would not be accompanied with expected health benefits, rather it would be tantamount to piling up sugar on sugar, and fat on fat.

So my fellow readers, beware of fruits. For expected positive impact on your health, moderate fruit consumption—equivalent of one to two apples a day—should be in conjunction with the following:

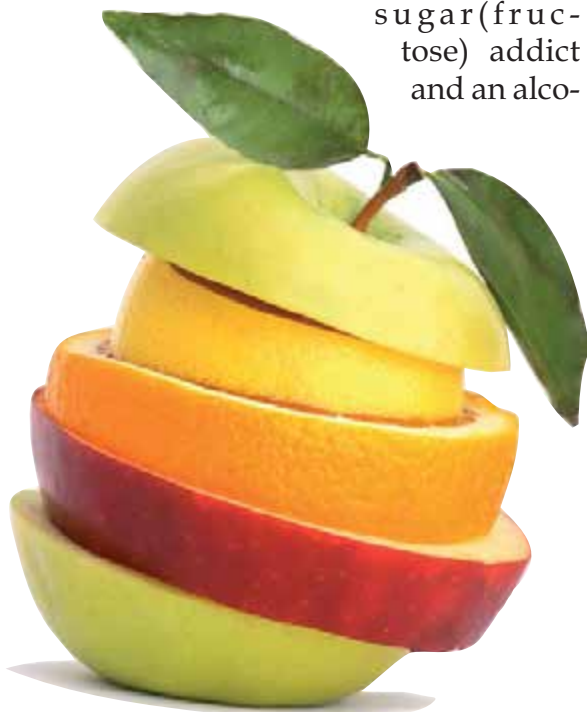
1. Habitual consumption of variety of vegetables: let a bowl of salad or a glass of smoothie

“My early morning salad: yellow bell pepper, kale, broccoli, and tomato”

be the first course of your breakfast, lunch, and dinner.

2. Consumption of wild fish, grass-fed beef, free-range chicken, and organic eggs.
3. Snacking on variety of raw nuts such as almonds, cashew, and walnut.
4. Avoidance of processed foods: foods with added sugar; wheat and wheat products—and elimination of sugary drinks such as sodas, fruit juices, malt drinks, milk shake, and alcohol. And remembering that cow milk is meant for calves.
5. Moderate consumption of grains such as rice (white, brown or wild), quinoa, oat meal, and legumes such as beans.
6. And moderate amount of exercise such as taking long walks, walking up and down the stairs, and parking your car far away for an opportunity to walk, or joining a gym.

Finally, I am not advocating that you stop eating fruits, rather they should be consumed in moderation in the context of a well-rounded healthy lifestyle change.





SETTING GOALS FOR 2014

By Iruka A. Ndubuizu

Can you believe 2014 is almost here? I'm sure I'm not the only one wondering where the time went! We all have our New Year's Eve traditions - hanging out with a loved one or family, watching the various local and national TV entertainments, partying, popping champagne, and most importantly, making New Year resolutions.

I am one of those who rattle off my New Year's resolutions every year (lose weight, be more spiritual, love more, be kinder, make more money, travel, shop less, etc.). By March (more like end of January), the enthusiasm dies due to the lack of a concrete accountability sys-

tem. For 2013, I did something different. I decided to write my goals down and this made all the difference. I had seven things on my list and added an eighth one in May. I did not achieve everything on my list in 2013 but it kept me focused throughout the year.

Take the time to look back and review what worked for you and what didn't as we wrap up 2013. This applies to every aspect of your life - career, home, relationships, business, faith, etc. Resolve to incorporate more of what worked into your life and release everything or person that hindered your progress.

As a self-proclaimed "contract guru", I have decided to enter into a contract with 2014. The purpose of a good contract is essentially to meet and manage expectations thus avoiding disappointments. Having a contract requires you to think through what you are agreeing to. Rather than the usual lists we come up with, approach your goals for 2014 differently. It should include what you will and will not do. Creating sound goals are critical so applying the famous S.M.A.R.T. goal principles to this exercise is very helpful.

Specific: This is where you answer the "What, Why &



NIGERIA AT 53 YEARS

BY CLEM AINABE, PH.D

Reading and listening to divergent opinions of past/present politicians and everyday Nigerian on where we are 53 years following the departure of our shores by the British, led one to one conclusion – the progress we have made in freedom to express ourselves as individuals. It certainly brings alive the reality that we are actually living in a democratic society. One's hope is that this endures and is strengthened by succeeding democratic leaders in years to come, and hopefully for ever.



As an optimist, I refuse to label Nigeria a failure. Not with all the resources; human, natural and otherwise that we are blessed with. There is a bright future for all in our great country.

53 years of independence; nothing is working! The 2015 elections must not come and go like the previous ones. It is time we take it(our country) back from those b - - - - - and put it on the right track!!

In spite of the sweeping, most of the time not properly thought through, criticisms that are visited upon our leaders, I believe that we have reasons to celebrate in areas where progress has been made. Doing so, no doubt, would precipitate the replication of similar or the same things in areas needing progress.

While I do not discount in totality comments, such as the one a friend called my attention, which in part goes like this ...

It is sad that Nigeria is still crawling even after

Comments like this are not out of place in a democratic political dispensation. However, rather than propagate and perpetrate them, I would instead advocate galvanizing comments like the one by David Mark who states that:

Although "we are yet to get to the level of our dreams, nobody can deny the fact that we have recorded some landmark achievements since the colonial masters left our shore." Besides the infrastructural developments across the country, we now have skilled and qualified manpower in virtually all fields of human endeavor." ... Nigerians should "renew hope and faith in the capacity and capabilities of our people to rise to a level when citizens could enjoy an internationally acceptable standard of living thus earning the status of a developed nation." "All of us may not be doctors, good lawyers, good writers or good engineers but we can all contribute our quota where we have comparative advantages to make our country a better place."

My hope and prayer is that our leaders/dear country continue to espouse the tenets of a democratic system where every individual, regardless of his/her financial status, educational attainment, religious affiliation, ethnicity, etc, is able to express, without fear of persecution, his/her expectations of the country. This to me is an indispensable tool for progress.

Long live our great nation Nigeria. May our past mistakes and present shortsightedness in any aspect of the country serve as impetus to catapult us as a nation to the prosperity that we deserve as individuals and as a nation.

KILLING JESUS

By Oladipo Kalejaiye

Bill O'Reilly's 2011 *"Killing Lincoln"* dominated the New York best-seller list and his 2012 *"Killing Kennedy"* quickly sold over a million copies upon release and also became number one on the best-seller list.

In 2013, he released *"Killing Jesus"*, also an instant best-seller! But the killing of Jesus did not begin and end with the Romans. Herod launched a historically unprecedented baby-hunt to track him down who was "born the King of the Jews" in order to eliminate him after the wise men had

failed to return to him to disclose where baby Jesus was. He ended up slaughtering all male babies two years old and younger to ensure that Jesus did not escape, but God had safely tucked His Son away in Egypt. Since then, Emperors, kings, Presidents, world leaders and their people have been obsessed with "killing" anything Jesus-related - his followers (Christians), his worship (Christianity), his book (the Bible), his life-style in his followers (holiness) - and of course, his holiday (Christmas).

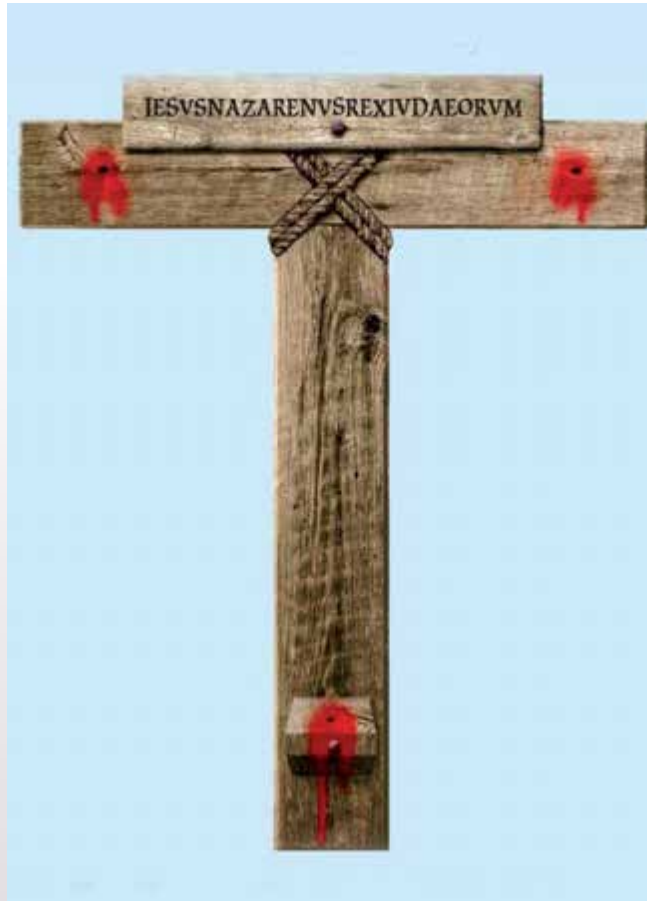
The word Christmas comes from the English observance of the birth of Christ called "Christ's mass" or Cristes masse because a spiritual mass was celebrated on that day. In France it is known as Noel; in Spain Navidad; in Italy, Natale all meaning birthday. The Germans call it Weihnachten or Holy Night and the Yorubas of southwest Nigeria call it Keresimesi (a vernacularized version of the English "Christmas").

Emperor Nero set Rome on fire and blamed it on the Christians which triggered their intense per-

secution and martyrdom. Christmas was outlawed in England by the Puritans under Oliver Cromwell who thought of it as a "heathen celebration". It was illegal to celebrate the holiday until the British monarchy was restored in 1660. In America, Christmas was outlawed by the puritans of New England. The following law was passed in Massachusetts in 1659: "whoever shall be found observing any such day as Christmas and the like, either by forbearing labor, feasting or in any other way, shall pay for such offense 5 shillings as a fine to the country". The law remained on the books for 22 years and Christmas was not made a legal holiday in Massachusetts until just before the Civil War. In 1938, Hitler banned nativity plays in schools and changed the name "Christmas" to "Yuletide".

Even today, in our country, war is constantly being waged to "kill" anything Jesus-related - ranging from banning prayer in schools and filing lawsuits to remove the Ten Commandments from the Supreme Court to changing the greetings "Merry Christmas" to "Happy Holidays" and banning nativity scenes in public places.

Why? What is it about that name? What is it about the name of Christ?



Very simple. The devil hates Christmas and stirs up men to wage war against it from generation to generation because Christmas celebrates the birth of the One who:

- Kicked Satan out of heaven. Jesus said " I saw Satan falling like a lightning from heaven" (Luke 10:18)
- Stripped Satan and his demons of their sham authority and marched them naked through the streets (Colossians 2:15)
- Cancelled the reservation in hell of all those who believe in Jesus, and prepared mansions for them in heaven ("... in my Father's house, there are many mansions.... and I go to prepare a place for you ...John 14:2-4)
- Gave all those who believe

power over all the powers of the enemy(Luke 10:19)

- Will cast Satan, Death, and Hell into the Lake of Fire on the judgment day(Rev. 20:14)
- Conclusion

Vice-President George H.W. Bush represented the United States at the burial ceremony of the then U.S.S.R 's Leader Leonid Brezhnev. He noticed that before the coffin was closed, Brezhnev's widow made a sign of the cross on the dead man's chest! There in the citadel of secular, atheistic power, the wife of the man who had run it all hoped that her husband was wrong. She hoped that there was another life and that that life was best represented by JESUS CHRIST who was born the savior of the world and that that same Jesus might yet have mercy upon the soul of her husband.

Instead of trying to "kill" Jesus, receive him freely. He is the Gift of God the Father, born on Christmas day, to save the world from their sins. Merry Christmas!

Oladipo Kalejaiye holds a Ph.D degree in law and was a litigation attorney in Nigeria, Europe and the United States for over

17 years. He entered into full time ministry in year 2000, and currently serves as the pastor of International Christian Center, Los Angeles (You can contact him on the



web : www.iccla.com, Facebook: iccla/facebook, Twitter: @DipoKalejaiye)

A GIFT SO PURE

The temperature drops and the festivities rise
The elements shift to the layman's surprise
The depth of one's pocket is barely secure
But Hope never fails us, He is always alive

A pendant, a locket, a covering of lure
The word so desired, the gesture so sure
But nothing compares to the wonderful mystery
The ultimate sacrifice, a Gift so pure

The fleeting desire, the superfluous rhyme
The misplaced assurance is sour as lime
The supposed guarantee so rarely aligns
Yet His manifold mercies ring true every time

A triumphant entry, a story once told
The Lion and the Lamb, how perfect a mold
The Prince of Peace, whom then shall I fear?
Constantly watered and so steadfast His hold

- Ijeoma Nwawka, Esq.



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name



Making Disciples of All Nations

Drs. Dipo & Nony Kalejaiye
Pastors



Weekly Services

Sundays

Worship Service

(Bilingual English / Spanish)

11.00 am - 1.00 pm

Enrichment with Christ

(Teen's Church)

Enriquezimeiento con Cristo
(Ministerios de Adolescentes)

Thursdays

Over & Above

(Mid-Week Service)

7.00 pm - 8.30 pm

Superior a Todo
(Servicio de Media Semana)
Biligue: Ingles/Espanol)

Fridays

Intercession (Church

Prayer Phone - led by Pastor Dipo)

6.00pm - 7.00pm

Call prayer phone # 1-218-862-6420

code #9102817

Oracion dirigida por Pastor Dipo (intercession)

Telefono a llamar para la oracion es 1-218-862-6420

codigo # 9102817

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