

A Publication by Dapines Global Investors Ltd

# U50



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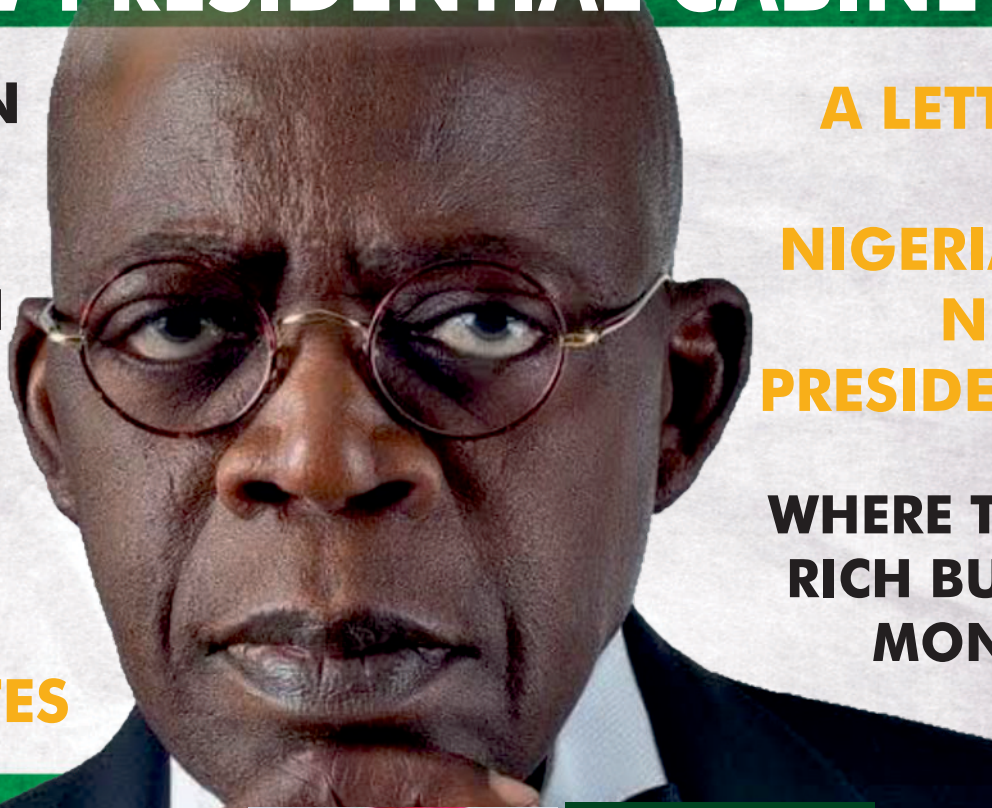
## TOP 10 UNDER 50 NIGERIANS THAT MAY MAKE NEW PRESIDENTIAL CABINET

**NIGERIAN  
YOUTHS  
DISRUPT  
ELECTION  
NORM  
IN 2023**

**NOTES  
FROM  
BILL GATES**

**A LETTER  
TO  
NIGERIA'S  
NEW  
PRESIDENT**

**WHERE THE  
RICH BURY  
MONEY**



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## 11 | TOP 10 UNDER 50 NIGERIANS THAT MAY MAKE NEW PRESIDENTIAL CABINET

Nigeria's recently concluded general elections that saw the emergence of Sen. Bola Ahmed Tinubu of the All Progressives Congress (APC) as the winner of the presidential election was welcomed with mixed feelings of nostalgia across political party lines. As the new government assumes office, young people are more concerned about their ilk who will form part of the president's cabinet. Here is a look on the profile of some of the top 10 young Nigerians who may make that list.

## 21 | NIGERIAN YOUTHS DISRUPT ELECTION NORM IN 2023

Nigeria is Africa's most populated nation and highly endowed with enormous natural, mineral and human resources. Yet the greater percentage of the population lives in poverty. A population comprising mostly of young people who are unemployed or underemployed. But 2023 General Elections was not business as usual when young Nigerians took their own destiny in their own hands. A disruption like never before witnessed.

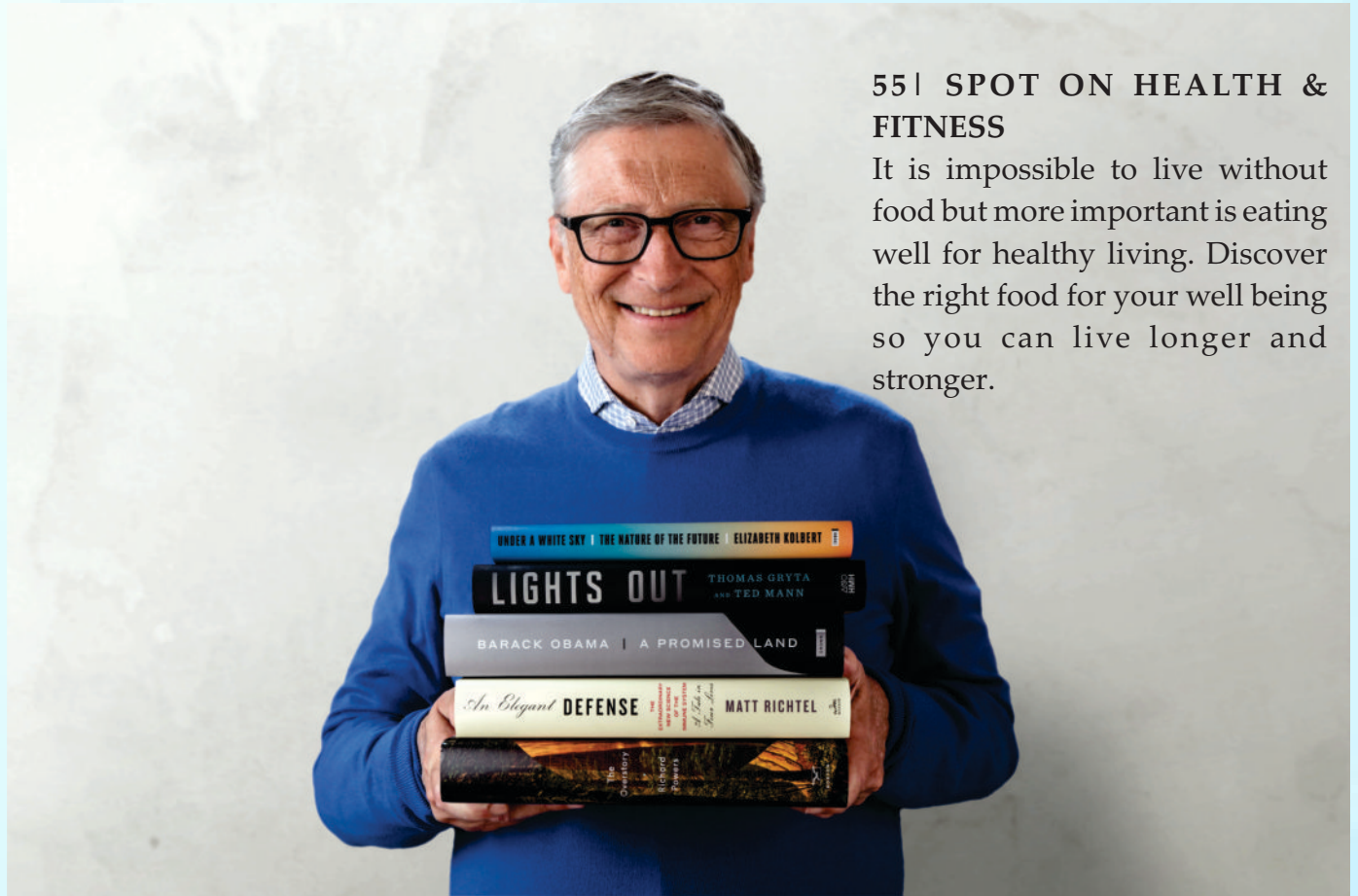
## 46 | BE A LAWYER IN 60 MINUTES

Ignorance of the law is never an excuse in jurisprudence. Discover the limits to your right as a citizen of Nigeria. The lead counsel at Mildred & Patriach Attorneys guides you on understanding how to be a law abiding citizen.

## 47 | LETTER TO THE PRESIDENT-ELECT

Nigeria's new president is to be sworn-in May 29, 2023 and there are a plethora of issues brewing but more pertinent is the question, will Sen Bola Ahmed Tinubu do better than his predecessor? Simon pens his titbits in this letter.





## 55 | SPOT ON HEALTH & FITNESS

It is impossible to live without food but more important is eating well for healthy living. Discover the right food for your well being so you can live longer and stronger.

## 50 | AUTO SPOT ON PREVENTIVE MAINTENANCE

Has your car been given you issues lately? Or you are about to sell that car because you tried all you could to solve a persistent problem to no avail? Let our auto expert bring you tips on turn around maintenance that will get your vehicle running in better shape and long lasting.

Discover simple practical daily steps that will help you prevent your car from breaking down abruptly and taking more money from your pocket.

## 53 | WHERE THE RICH BURY MONEY

Urban Shelter Properties is one of Nigeria's leading property developers with a multi-billion naira property portfolio in the Federal Capital Territory (FCT) focused on providing affordable housing and commercial market space. In this article we bring you excerpts from the CEO, Saadiya Aminu on the opportunities for investors to key into in the property market.

## 56 | BOOKS FOR THE RICH & SUCCESSFUL

Explore the secrets of where rich and successful people like the world's richest man find knowledge. From Bill Gates himself.

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# U50

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### ABOUT US:

Dapines Global Investors Ltd is a certified investment company with wide range of investment in media, ICT, real estate and consumer lending. With a team driven by decades of experience in finance, media, entertainment, ICT, real estate and business consulting.

Our subsidiaries are U50 Nigeria Magazine, U50 Business & Excellence Awards, Investus.ng and esale.ng.

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Yusuf is the lead counsel at Mildred & Patriach, a legal firm committed to providing excellent legal representation and advisory including litigation, asset recovery, corporate law and mediation. In the continuation of his contribution, "Limit to Rights," in our Focus on Civic Education Spot (Be a Lawyer in 30 minutes).



### Vincent N. Obiora

Vincent Ngwu Obiora is auto expert with three decades experience in the automotive industry mostly spent abroad. He is the CEO of Vinny Leverages Ltd, an automotive dealership company in Nigeria.

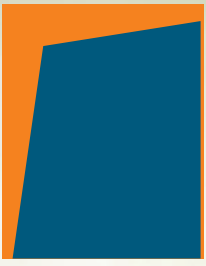


### Saadiya Aminu

She is the Chief Executive Officer, Urban Shelter Properties, and in this extract she shares the investment opportunities her company continues to uncover over the past years in our column; Where the Rich Bury

#### SPECIAL FEATURE





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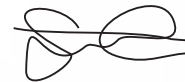
# EDITOR'S NOTE

In 2021, we set out to create a print media channel to showcase the under 50 years old outstanding Nigerians who are unsung in the private sector and public service. This is as a result of a downward trajectory in our nation's leadership quota gradually excluding young audacious people to such gory state that very little becomes known of them before their lights suddenly fade in death. Unlike the post-colonial era in our nation's history, when young articulate intellectuals took the leadership mantle across a wide spectrum including even public administration of our common wealth.. We had Ken-Saro Wiwa, the activist who in his early 30s became a spokesperson for the Ogoni people of the Niger Delta, later president of the Movement for the Survival of Ogoni People. Before his death at the hands of the Nigerian military became one of most prominent non-violent activists in the country. Alex Ekwueme, Nigeria's first elected vice president whose political renown came to national spotlight only in his 30s. Prior to his entrant into politics, he had distinguished himself in architecture and professional practice forming

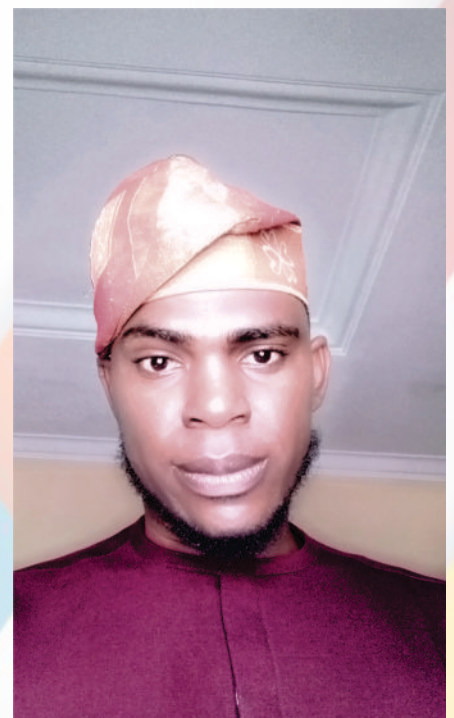
the first indigenous architectural firm in the country. His practice flourished with 16 offices spread all over Nigeria and was wound up in preparation for Dr. Ekwueme assuming office as the first executive Vice President of Nigeria. Dr. Ekwueme had presided over the Nigerian Institute of Architects and the Architects Registration Council of Nigeria. In the military, we have two young Nigerian officers who rewrote our nation's history even though in their 30s; Chukwuemeka Odumegwu Ojukwu and Yakubu Dan-Yumma Gowon. The two officers on opposing sides of North and South of the country sparked what became the worst 30 months in the nation's history. The Nigerian Civil War that claimed millions of lives was led by young soldiers, Ojukwu leading the Biafran forces and Gowon Nigerian military. The whole world stood still at the courage of these young Nigerians. Even though the story retold has always been obnoxious and disheartening, this history cannot be easily erased. We cannot forget Fela Anikulapo Kuti who put Nigeria's Afro-beat on the world map through his

Its 2023, there are millions of phenomenal inspirational stories that ought to be told and celebrated. We beam the light on ten outstanding young Nigerians who may make the president's cabinet, highlights on breathtaking stories of Goodness in Nigerians. Young Rukkuyyat becomes a member of Kwara State House of Assembly, Angbo beats the odds, Timothy made Nigerians proud when he returned N10.8 million to a customer and two young tech disruptors. This year has brought chills of change and hope for the young generation fueling our zest to the cause.

Do enjoy this publication!



**Simon Tuleh**  
Editor-in-Chief/CEO



# BUZZ FEED

## YOUR COMMENTS ABOUT OUR PREVIOUS EDITION

*I am honored and grateful to be on the cover page of the maiden edition of this fantastic concept that sets out to bring enormous change in business and public service in Nigeria. Glad to be a part of it.*

**Bruce Ayonote, Co-founder/CEO, Suburban Fibre Company, Owner of Legend Internet**

*Your work is highly commendable and the quality of the production is excellent. I am proud of your efforts in promoting young Nigerians who are making significant positive impact in public service and the private sector.*

*Well done.*

**Boss G. Mustapha, Secretary to the Government of the Federation**

*Qualitative, informative and excellent work.*

**Dr Sunny Akpoyibo, Founder/President, Asteven Group**



*Congratulations on your successful publication which we are honored to have been featured and promoted in. The Binani brand has always committed to empowering and promoting innovation and creativity, and we are happy to be part of your efforts in line with our corporate goals.*

**Hajia Aminatu Dahiru Goje, Group MD/CEO, Binani Group**

*Breathtaking, informative and inspirational. Young leaders deserve greater spot light and this seeks to serve that niche. It's a great delight to be part of this great effort.*

**Amb. Elijah Onyeagba PhD  
Nigeria Ambassador to Burundi**

# GOODNESS

## 26 Year Old Rukayat Shittu Wins Kwara State House of Assembly Seat

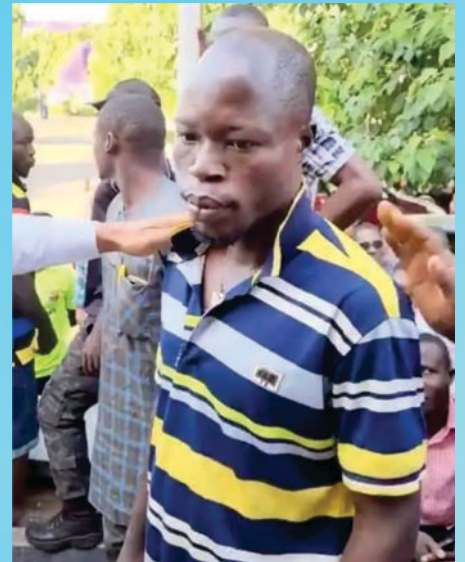
Miss Rukayat Shittu who vied under the All Progressives Congress (APC) emerged winner in the contest to represent Owode/Onire Constituency, Asa Local Government in the Kwara State, House of Assembly during the 18<sup>th</sup> March 2023 general elections. She was declared the winner by the Independent National Electoral Commission (INEC) after polling 7,512 votes to defeat the top contender from the People's Democratic Party (PDP) who got 6,957 votes. Shittu is not only set to become one of Nigeria's youngest law makers, born in 1996, but also one youth whose stories of ground breaking achievements have only begun.

The emergence of this young Muslim law maker in the state that will be dominated by individuals twice her age may pose one of the tests that could form her political experience. But her victory rekindles the hope of possibilities for not only the female muslim in the country but every young boy or girl out there that Nigeria's political trajectory heads where light abounds.



## Young Nigerian Vehicle Mechanic Returns N10.8 million

A young man who's heroic gesture could only be considered the revalidation of the true Nigerian spirit that extols honesty, integrity and compassion was reported to return the sum of ten million naira that had been mistakenly transferred to his account by his client. The young man who many referred to as Mr Timothy did not only receive unfathomable gratitude from the beneficiary but got celebrities and citizens showering praises and prayers on him. This reminds the world once again that it is not every less privileged Nigerian who is consumed by avarice.



## 35years old Mathew Wins Kaduna Federal House of Representative:

The Labour Party (LP) candidate, Mr Donatus Mathew, an okada rider, has been declared the winner of the Kaura federal constituency of Kaduna State.

The returning officer, Professor Elijah Ella, declared the result yesterday

and said Mathew polled a total of 10,508 to defeat the incumbent member of the Peoples Democratic Party (PDP), Hon Gideon Lucas Gwani, who came second, with a total vote of 10,297 votes.





### **Kennedy Angbo Wins Otukpo/Akpa State House of Assembly:**

Businessman/Philanthropist/Entrepreneur turned politician, Amb. Kennedy Angbo who answered the call from his state constituents to serve in the state house of assembly emerged winner in the contest for who will represent the people of Otukpo/Akpa. the tightly fought contest which saw the top contender from the

incumbency factor and support from the Local Government Chairman and Executive Governor being members of the PDP. The victory of Amb. Kennedy against all odds stomped resoundingly the wishes of the people leaving little room for dispute. At the aftermath of the “Not too Young to Run Act” it is no surprise that young Nigerians like Amb. Kennedy who marched to see it come to pass take a bold stand to put his money where his mouth is.

### **TWO U50 INNOVATORS LEADING MOBILITY DIGITIZATION**

The two under 50 innovators who emerged winners in the Nigeria Communications Commission 3rd Annual ICT Innovation Competition are set to lead Nigeria’s mobility industry through digital technology solution system, Nairaxi. The founders, Kingsley Eze and Elizabeth Omale designed the unique transport solution technology to facilitate digitization of Nigeria’s transport system that has mainly been operated in an analogue way.

Nairaxi is an indigenous Nigerian on-demand multi-service platform and digital payment technology group based in Abuja. It launched its

m o b i l e application in 2 0 2 1 t o provide users with wide user options that includes ride hailing, e-commerce and logistics from anywhere in the country.



### **26YRS OLD, WENDY OKOLO A NIGERIAN US WOMAN EMERGES 1ST BLACK WOMAN TO BAG PHD IN US UNIVERSITY:**

An exceptionally gifted Nigerian-American woman named Wendy Okolo has emerged as the first-ever black woman that will earn a Doctor of Philosophy degree from the University of Texas, United States.



Wendy Okolo achieved this outstanding feat at the age of 26. She started her higher education in the United States after being accepted to earn a Bachelor of Science Degree in Aerospace Engineering at the University of Texas.

Dr Wendy Okolo has since excelled as an Aerospace Engineer, winning several awards.



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# UNDER 50 SPOT

## TOP 10 UNDER 50 NIGERIANS THAT MAY MAKE NEW PRESIDENTIAL CABINET

The 2023 General Elections have come and gone, it is time to focus on governance as the incumbent administration gradually winds down with President Muhammadu Buhari inaugurating a National Transition Committee to oversee the smooth transition, the game of federal appointments unfolds. It is believed that the weight of resources and efforts channeled into election campaign must be equally matched in the process of setting up government, else those who labored at the threshold may only jostle for crumbs from those who did little or nothing during campaigns. No one wishes to eat crumbs this time or wait to be handed what they deserve.

In the twist and turn of the fight to make the list of federal appointments and the Nigerians who will constitute the president's cabinet, we bring you profiles of top ten Under 50 progressives and Sen. Bola A. Tinubu's young leaders who may make the president's team at various levels including as Aides, heads of Ministries, Parastatals, Departments and Agencies of the Federal Government of Nigeria



**UNDER 50  
SPOT**



**His Excellency**  
**ALHAJI YAHAYA A. BELLO**  
**EXECUTIVE GOVERNOR**  
**KOGI STATE**

**H**is Excellency, Governor Yahaya Bello (47 years, North Central, Nigeria) of Kogi State who contested but lost for the presidential ticket of the All Progressives Congress during the party's national convention in 2022 and was later appointed the National Youth Coordinator for Tinubu Shettima Presidential Campaign. Governor Bello is not only Nigeria's youngest state governor but has enjoyed popularity amongst young people as one who is easily accessible, supportive and detribalized politician.

His electoral career began with a loss to Abubakar Audu in the APC gubernatorial primary in 2015 before Audu won the general election; however, Audu died on the day of the election and Bello was selected as his replacement as party nominee and was sworn in the next year. Four years later, he was elected in the November 2020 governorship elections where he emerged winner with over 400,000 votes leading the major contenders from People's Democratic Party (PDP) and Social Democratic Party (SDP). His profile has risen rapidly over the course of his term, partly due to his relative youth when compared to other Nigerian politicians along with his controversial statements and questionable expenditures.

Bello was born June 18th, 1975, in Okene, Kogi State, the youngest of six children. He attended Local Government Education Authority (Nigeria) (LGEA) Primary School, Agassa in Okene LGA beginning in 1984. He was named as a class prefect of class two and was made the school Head Boy in class six. He attended high school at Agassa Community Secondary School, Anyava, Agassa-Okene and obtained his Junior Secondary School Certificate Examination (JSSCE) and Senior Secondary Certificate Examination (SSCE) certificates from Government Secondary School, Suleja-Niger State in 1994. Bello studied at Kaduna State Polytechnic Zaria in 1995 and obtained an accounting degree from Ahmadu Bello University in 1999. Yahaya Bello further enrolled for a Masters program in Ahmadu Bello University in Zaria where he was conferred with a

Masters degree in Business Administration (MBA) in 2002. Bello became a chartered fellow of the Association of National Accountants of Nigeria in 2004.

*Became one of Africa's youngest governors in 2015 in democratic state.*

Immediately, the newly sworn in Governor took to the tasks in sanitizing the Government of Kogi State. He sought to streamline government processes and protocols and to recover lost and/or stolen government properties including monies. He also launched the exercise to rid the Kogi state civil service of ghost workers. As Yahaya Bello arrived the seat of governor, he met a Kogi State that had been poorly managed.

The Yahaya Bello administration was quick to grab the bull by the horns without allowing for the precious time to waste away. He delved into the nitty - gritty to set the committee task force for the recovery of lost and stolen government properties and monies.





*“His work rate, tight schedule and the fact that he has packed his cabinet with equally youthful commissioners and aides are responsible for Kogi’s stellar achievement in financial Transparency, Accountability, Probity and Integrity to such extent of World Bank celebration.”*

- Economic Confidential

The Yahaya Bello administration in Kogi state launched a major campaign to revamp and upgrade the healthcare delivery system in the state.

His administration began with healthcare infrastructure. Within the first four years 400 primary healthcare centers were either constructed, renovated upgraded and fully equipped across the rural communities.

The Yahaya Bello administration through the ministry of works and housing expended over N26.5 billion for the construction of 30 major roads across the state.

His empowerment program in the state empowered over 10,000 artisans and semi-skilled indigenes.

Under Yahaya Bello administration Kogi State was



ranked the 7th top performer among all the state and FCT in Universal Basic education commission UBEC this is as the result of construction of over 375 classroom blocks and renovation of over 700 classrooms blocks across the state. His tenure is set to end

in 2024 and there have been many speculations that his capacity to galvanize young people from across regions, religions and tribes will put him in good position to serve as the Youth Minister in the new Executive government of Bola Ahmed Tinubu.

**UNDER 50  
SPOT**

**MRS HADIZA B. USMAN  
FMR MD/CEO,  
NIGERIA PORTS  
AUTHORITY (NPA)**



**H**adiza Bala Usman (47 years, North West) is the former Managing Director of Nigeria's Ports Authority, politician, human rights activist and member of the All Progressives Congress (APC) and one of the top notch young female Progressives who vigorously campaigned for the Tinubu/Shettima presidency during the 2023 elections campaign trail. She was previously the chief of staff to the Governor of Kaduna State from 2015 to 2016.

Since 2014, she is one of the co-founders of the Bring Back Our Girls campaign, and is also a founding member of the ruling All Progressives Congress.

She took a strong cue behind her former principal and lifelong mentor, Governor El-Rufai who stamped his foot down with northern governors in support of the APC zoning the presidency to the South of Nigeria.

Even though her tenure at the Ports Authority ended abruptly based on yet to be proven allegation of embezzlement, the reforms and innovation recorded during her tenure has set the standard for many after her to work hard to outshine in exceeding her achievements.

Hadiza Bala Usman was born on 2 January 1976 in Zaria to a Fulani ruling class family of the Sullubawa clan. Her father, Yusufu Bala Usman, the grandson of Sarkin Katsina Muhammadu Katsina Dikko, was a prominent academic and historian. He later founded the Centre for Democratic Development, Research and Training in Zaria.

Her great grandfather, Abdullahi Bayero (father to her paternal grandmother), was the 10th Emir of Kano from 1926 to 1953, her paternal grand father was the Durbin Katsina, her grand uncle was Usman Nagogo the Emir of Katsina and her great grand father was Sarkin Katsina Muhammadu Dikko (father to her paternal grandfather).

Hadiza grew up on the campus of Ahmadu Bello University in Zaria, where her father worked.

She started her education at the university staff primary school and went ahead to complete her secondary education. In 1996, she enrolled at the university and received a bachelor's degree in business administration in 2000.

*One of the top notch young female Progressives who vigorously campaigned for the Tinubu/Shettima presidency during the 2023 elections campaign trail.*

She later received a master's degree in development studies from the University of Leeds in 2009.

Hadiza grew up on the campus of Ahmadu Bello University in Zaria, where her father worked. She started her education at the university staff primary school and went ahead to complete her secondary education. In 1996, she enrolled at the university and received a bachelor's degree in business administration in 2000. She later received a master's degree in development studies from the University of Leeds in 2009.

She then worked at the Bureau of Public Enterprises from July 2000 to August 2004 as an





Before her suspension on the basis on false allegations of abuse of procurement processes she recorded outstanding achievements at the NPA. As the first female Managing Director of NPA, she ensured the very first creche in Nigerian Ports Authority (NPA) was established at the Lagos Port Complex (LPC) Apapa. She also achieved the commissioning of the Command & Control, Communication and Intelligence Centre for NPA. She also acquired and commissioned four new tug boats namely, MT Daura, MT Ubima, MT Uromi and MT Majiya in order to further improve operational efficiency, signed of a Memorandum of Understanding (MoU) with Open Budget System platform and implementation of a public data dissemination programme and so many others.

Despite the plot to discredit her at the NPA, she still formed part of the core think tank in Tinubu/Shettima presidency in the North, and speculators expect to see her back heading one of the strategic MDAs in the days ahead.

enterprise officer. From October 2004 to January 2008, she was then hired by the UNDP for the Federal Capital Territory Administration as a special assistant to the Minister on project implementation.

In 2011, She ran for the federal constituency seat of Musawa/Matazu under the Congress for Progressive Change (CPC) but lost.

She then joined the Good Governance Group in Nigeria, a non-governmental organisation, as the country director of strategy from 2011 to July 2015.

In 2014, following the Chibok schoolgirls kidnapping by Boko Haram, Hadiza Bala Usman noticed that the Jonathan administration was not prioritizing the kidnapping, she then co-founded the Bring Back Our Girls campaign group to advocate the rescue of the abducted schoolgirls. She chose the colour red for the campaign because it is a sign of "alarm, danger, a warning."

Hadiza Bala Usman has also helped coordinate meetings with the parents of the kidnapped girls and members of the Nigerian government. She had continued to protest with the group into 2016.

In 2015, following his election Governor Nasir Ahmad el-Rufai appointed her as Chief of Staff to the Governor of Kaduna State. She was appointed as the Managing Director of Nigerian Ports Authority (NPA) in July 2016 by President Muhammadu Buhari. Her appointment generated a lot of controversies as many saw her nomination as ethnically based and questioned her qualification for the specific role.

Hadiza Bala Usman had also helped coordinate meetings with the parents of the kidnapped girls and members of the Nigerian government. She had continued to protest with the group into 2016.

*She shattered the glass ceiling proving no doubt that Nigerian women if given the opportunity in any field of endeavor are excellent achievers.*

- HBU Women Group

**UNDER 50  
SPOT**

**AMB. ELIJAH ONYEAGBA PhD  
NIGERIA AMBASSADOR  
TO THE REPUBLIC OF BURUNDI**

*Appointed Nigeria's  
youngest ambassador in  
2022.*

**H**is Excellency, Amb. Elijah Onyeagba, PhD (45 years, South East, Nigeria) is a Nigerian Diplomat currently serving as Nigeria's ambassador to the republic of Burundi. He is one of the top young hopefuls of the All Progressives Congress (APC) in South Eastern Nigeria since 2015 at the formation of the party and effectively campaigned for Tinubu/Shettima in the region in the presence of strong ethno-tribal sentiments.

The popularity of the APC in the South East had been non-receptive with majority of the people tagging the party a Muslim party which became more herculean with the emergence of the Muslim/Muslim ticket of the duo of Tinubu and Shettima. A commentator even joked to say, "if any Igbo man can convince another one to vote for APC in the South East such vote should counted as 10 votes equivalent given how difficult it would be."

Yet it is the likes of Amb. Onyeagba who did not only dare the odds but drove a hard bargain that has gradually consolidated the party's footing in the region.

Elijah was born on 2<sup>nd</sup> September 1977 into the family of Apostle Raphael and late Mrs Mabel Onyeagba of Awoovu village, Enugwu Ukwu. His father was a pastor and his mother a teacher. He was Managing Director/CEO of Countrywide Housing Company (CHC) – a company that has set out to develop affordable housing units in Nigeria and to create value within the housing ecosystem.

He also worked as Head of Commercial (Marketing & Sales), Northern Operations of the Nigeria Securities, Printing and Minting (NSPM Plc).

Prior to that, he was the Group Head (AGM) in charge of Real Estate Transaction in ASO Savings & Loans Plc; Nigeria's largest originator of mortgage assets with additional responsibility of overseeing the company business concerns within the Federal Capital Territory, North and the Southern Regions of Nigeria.

Before joining ASO, he worked with Equitorial Trust Bank (Now Sterling Bank) as Head of Business, Bond Bank (Now Skye Bank) as relationship manager and Platinum Bank (Now keystone Bank) as relationship officer and customer service officer. He also worked as a research assistant with the Policy Analysis and Research Group (PARG).

Amb Elijah Onyeagba, who before his appointment as Nigeria's ambassador to the Federal Republic of Burundi by President Muhammadu Buhari, he contested for the House of Representatives office of Anaocha/Njikoka/Dunukofia Federal Constituency in Anambra state under the ruling All Progressives Congress (APC).

Elijah is Alumnus of the International Housing Finance Program and Securitization of the Wharton Business School in Pennsylvania. Elijah is an Archbishop Desmond Tutu Fellow of the African Leadership Institute.





He is also a Senior Member of the Chartered Institute of Bankers of Nigeria (HCIB) and a Fellow of the Institute of Treasury and Financial Administration (FITFA), a new leader with the Crans Montana Forum and a member of the African Leadership Network-ALN.

Academically, Elijah started his academic life at Community Primary School Enugwu Agidi where he finished and got admitted into St. Michael's Secondary School NIMO where he obtained his West African education Certificate (school certificate). He bagged his first degree in Economics with 2<sup>1</sup> from the University of Nigeria, Nsukka, Master's Business Administration in Finance from University of Calabar and Master's in Applied Economics from the American University in Washington DC, USA.

He has a PhD in Economics (Public Policy) from the Prestigious Atlantic International University, Hawaii USA.

He is a Board of Trustee member of IgbaK'Igba Foundation - an NGO committed to the empowerment and uplifting of children, youths and women in Nigeria.

He also led Tinubu/Shettima campaign groups in the South East including as Grand Patron of Tinubu/Shettima Disciples, Chair Member of Tinubu/Shettima South East Support Groups, Member, Tinubu/Shettima Presidential Campaign in Anambra State and many other youth groups of the party. Also, Member, Tinubu/Shettima Women Presidential Campaign Team, Director Diaspora Affairs,, Member Contact & Mobilization (South East) for Tinubu/Shettima Presidential Campaign Council and his LGA (Njikoka) Council for Tinubu/Shettima Campaign Council.

Amb. Elijah is loved by young people across party lines due to his profound commitment to excellence and innovation. His savvy youth driven team in Burundi proves his capacity to perform exceptionally well in a youth empowerment and development MDA. He also engages with top level young Igbo business moguls and celebrities which he did not hold back during his involvement in mobilizing Igbos in Lagos to also vote Babajide Sanwo Olu at the governorship elections on the 18th March 2023.

He also sits on the Advisory board of Democracy Youth Roundtable. Professionally, In addition, he has undergone several leadership and management courses in Harvard Business School USA – High Potential Leadership Program HPLP- 2008, Leadership Development LD 2009, Wharton Business School USA – Strategic Marketing – MT 2010, Said Business School Oxford UK, 2012 and INSEAD Business School, Fontaine Bleau, France – Leadership Transition LT, 2013.

Elijah seeks to bring on board finance and investment experience for national economic development. As a young autistic innovative leader, he is one of those South Easterners that can consolidate on the party's efforts in the region.

“Amb. Elijah Onyegba PhD has demonstrated a rare courage in diplomacy with his uncommon diplomatic blueprints which has greatly improved the economic visibility of Burundi with Nigeria and across the globe.

*"We have waited too long; it is time to take it with our hands. They will always claim that the youths are leaders of tomorrow, but when will tomorrow come? I have been hearing that since I was born and now, I am over 30 years old...they will not believe the power we have but we shall shock them next year (2023)."*

– Adikwu S., ENDSARS Protester (June 2022)

*"One thing I know is that this forthcoming general election cannot be rigged. We will make sure that our votes count..."*

– Femi K, human rights activists (June 2022)

In 2020, Nigerian youths would draw the world's attention to its doorsteps on a matter that many never would consider rift for this most neglected population of Africa's largest nation, Nigeria. Unlike past display of dissatisfaction by young people in the country that will start and fizzle like a bubble, this one stuck for hours, days and weeks from one neighborhood to another street, from one city to the next until even the government began to shiver at the decibels of the uproar.

The Buhari led government was the one at the receiving end of the global wave that had rested its tide on Africa's largest democratic nation with its trigger from the Arab Spring that started in 2010. The president Buhari led government which took over power from the incumbent in 2015 with overwhelming populist votes came with high spirits and hopes that the struggling nation would overturn the strong grip of corruption to revamp an economy that will provide employment and job opportunities to the teeming youth population.

The youth population which comprises about 60% of the entire population had suffered a declining rate of employment and financial empowerment as a result of the impact of the global recession between 2008 to 2011. The effect of the recession was felt more by undeveloped countries which are mostly in Africa, and Nigeria being one of the largest bite it larger than the others, and this surfeit. In a country where corruption drove its wheels, Sir Chinua Achebe

*Corruption slowly took over the system and determined the pace which our nation races with others.*

## NIGERIAN YOUTHS DISRUPT ELECTION NORM IN 2023

BY SIMON TULEH



puts it cogently; "Nigerians are corrupt because the system makes corruption so easy and profitable." Corruption slowly took over the system and determined the pace which our nation races with others. In 2011, Nigeria became ranked as one of the failed states at par with Afghanistan, Iraq, Somalia and the likes.

So, one will not pause at the exhilaration that pervaded Nigeria in 2015 when Buhari came into office; a man without a stain of corruption who past military administration's austere measure would come handy at such a time when the crooks needed to be weeded out and lofty heights in view restored. The promises adorned in the All Progressives Congress (APC) campaign trail to the elections left no doubt to the over 15 million pro-Buhari voters and the other 90%+ of the population that better days had come.

Undoubtedly, young people took the victory beyond the erstwhile street celebration to social media hashtags that would garner reposed confidence in the continent such that Bill Sweeney, President & COO of International Foundation for Electoral Systems (IFES) expressed that the election was an indication "of a fledgling culture of trust emerging from the dust of terrible, violent conflict. The step in the right direction for democracy in Africa and sign of hope for those who fear a growing democracy deficit."

Continue on page 22

Even one of the world's reputed media organization, Reuters affirmed the magnanimity of the problems that came with the historic flip highlighting that "Buhari had become in charge of Africa's biggest economy and one of its most important turbulent democracies." Very few people paid attention to the closing phrase (one of its most turbulent democracies).

In 2020, young people had been strangled by the overreaching strain by officers of Nigeria's Special Anti-Robbery Squad (SARS), a department under the Nigeria Police Force created to deal with the erstwhile upsurge in armed robbery and criminality in the country.

The good efforts and sacrifices of the gallant officers became overshadowed by the acts of corruption, exploitation, intimidation and unlawful actions that undermined its success at a whole. And those at the brunt of the heat were young Nigerians who were either unemployed or under employed. Like a dog pushed to the wall for so long, the quiet whisper was taken to the streets.

ENDSARS protest did not only send a strong message to the government of the young people's displeasure but rather made more visible the red light that things are no longer the same.

The possibility that a group of unknown young Nigerians will bring government to stoop tore apart the curtains that made government seem irreproachable. These young people realized that what they had waited for long time ago was already in their own hands, and alas, 2023 was a mile away and the protest would be staged at the ballot in demand for something more.

The possibility that a group of unknown young Nigerians will bring government to stoop tore apart the curtains that made government seem irreproachable. These young people realized that what they had waited for long time ago was already in their own hands, and alas, 2023 was a mile away and the protest would be staged at the ballot in demand for something more.

The build up to the 2023 election indicated that the two leading political parties, All Progressives Congress (APC) and People's Democratic Party (PDP) would be hard to sell. The wave of casting their fate into the hands of a third unknown force became brandished on social media platforms which topmost was Twitter.

Even the world turned its gaze on the tipping point in Nigeria and the unprecedented Commando posture that these young people were set to stage. The microscopic attention on the 2023 election would not only bring to fruition the long fought Electoral Amendment Law but magnify to the world every process to it that formerly was kept in seclusion. No one had it easy anymore.

Not the government, political parties, electoral bodies and institutions of government. Young people sponsored others to ensure they took possession of the Permanent Voter's Card (PVC) whilst young celebrities turned their social media handles as platforms to sensitize and educate. According to SBM Intelligence, a survey and data collection organization, "there is a very high degree of interest in voting in the 2023 elections and amongst those who desire to vote, 94% of them went ahead to complete the CVR and 90% have tried to get their PVCs, even if they have had to visit up to six times to do so."

The Independent National Electoral Commission (INEC) reported that it had about 84 million registered voters at the time of the 2023 general election with the youths close to 40%. According to the national electoral body, there was a significantly wide growth margin in the population of registered voters.

The 25<sup>th</sup> February, 2023 in the election that produced Sen Bola Ahmed Tinubu of the All Progressives Congress (APC) scoring 8,794,726 votes, the highest above candidates of the People's Democratic Party (PDP), Alh. Atiku Abubakar 6,984,520 votes, Mr Peter Obi of Labor Party, 6,101,533 and Mr Rabiun Kwakwaso of New Nigeria People's Party (NNPP). Whilst the governorship and state house of assembly election held on 18<sup>th</sup> March, 2023 the results were not only shocking to many but instead disrupted a historic trend incumbency power and godfatherism. The wave of change blew in favor of political parties and candidates who stood against the old order which resulted into their victories.

The outcome of the 2023 general elections at all levels have consolidated on the fact that the youths hold immense influence over the polity and must be taken more seriously than done in the past; greater youth inclusion in governance and policy formulation. No government shall sail smoothly if the young population is not given uppermost inclusion, except such a government wishes to become burdened by unwavering disruption.

*The possibility that a group of unknown young Nigerians will bring government to stoop tore apart the curtains that made government seem irreproachable.*

**UNDER 50  
SPOT**



**AMB. TEIN JACK RICH  
2023 PRESIDENTIAL ASPIRANT (APC)  
FOUNDER, BELEMA OIL**

**T**ein T.S Jack Rich (48 years old, South South) popularly called Jack Rich Tein is a Nigerian entrepreneur and philanthropist born on January 28, 1975. He is well known as the founder and president of Belema oil, State Electricity Board and Deputy director of the All Progressives Congress (APC) Presidential Campaign Committee fundraising committee for Tinubu/Shettima candidacy in the 2023 general elections.

The oil mogul is one of the young accomplished Nigerians who sought to step into the political arena in the bid to contribute effectively in governance and policy making. Since the clarion call from political leaders across national and international platforms for younger Nigerians who have made remarkable successes in their fields to become more involved in governance rather than be at the side walks.

His erstwhile quiet achievements in not only the business circle but also significant impact been made in community development and human capacity development was to be brought to fore in reckoning with young leaders deserved of national leadership opportunities.

He was born on January 28, 1975 into the family of Elder and Mrs Teinbo Saturday Seliyefubara Jack-Rich in Rivers State part of Nigeria.

He lost his parents at the age of 10 but that did not stop him from achieving his set goals. He was able to take full responsibility as a man without any guardian.

He is also well educated as he studied Petroleum Production Technology in Panola College Cartage, USA, Business Administration at the University of Wales and of course Business Management at Usam University. He also obtained numerous Fellowship and Doctorate awards both within and outside the country.

Jack-Rich was a consistent worker in hard and there by founded

J+G Global Gas & Oilfield Limited in 1998 and other subsidiaries with the sole aim of providing oil and gas related services.

He eventually became the Founder of Belemaoil producing limited, the first indigenous oil

exploration and Production company in Nigeria to emerge from an oil producing Community in Niger Delta.

Aside being a business man, Jack-Rich has been able to give back through his foundation where he awarded scholarships to many students of which some graduated from schools in Nigeria, Ghana, Ukraine, Canada, USA, Malaysia and so on. He is one of the prominent members of the APC in the South South who threw political weight behind the fight for Southern presidency in 2023.



*He is one young indigenous oil magnate who has prioritized community and human capacity development as the core of his enterprise.*



“It is gratifying that his selfless service to the nation and humanity is recognized with this award (Order of the Niger by President Buhari), which indeed speaks to his vision, enterprise, leadership excellence and inspiration to good citizenship and patriotism.”  
- Elin Group



As a philanthropist, he also provided best drinking water for his community and had provided jobs for more than 3,000 Nigerian youths. Jack was conferred with the title of Sarkin Ruwan Hausa (Water Provider) by the Daura Emirate to appreciate him for

providing portable water for the Daura Community in Katsina State. Jack-Rich Tein Jr is one of the most influential Nigerian entrepreneur who is believed to worth millions of dollars and can bring enormous weight of experience and network in

His declaration to run for the office of the president of the country was a loud statement to many who had relegated the transformation entrepreneur to just business acumen that if given the opportunity he could contribute to economic re-engineering.

**UNDER 50  
SPOT**

**MRS DAMILOLA OGUNBIYI  
CEO, UN SUSTAINABLE  
ENERGY FOR ALL**

**D**amilola Ogunbiyi (early 40's, South West, Nigeria) is a global leader and advocate for the achievement of the Sustainable Development Goals (SDGs) with a focus on SDG7, which calls for access to reliable, affordable, sustainable, and modern energy for all by 2030. She is the Chief Executive Officer of Sustainable Energy for All, the Special Representative of the UN Secretary-General for Sustainable Energy for All, and Co-Chair of UN-Energy.

She is one of the young technocrats who worked under the Lagos State Government and longtime disciple of Bola Ahmed Tinubu in actualizing the state's master plan. Tinubu's long time vision to transform Lagos State into world class mega city has progressed overtime from one state administration to the other after he left office in 2007, and Damilola is one of those young bright minds who made a stint in the administration's electricity sector - Lagos State Electricity Board.

Even not known member of the All Progressives Congress (APC), she is considered one of the young women who enjoy high political recommendation from the South West block which have been bolstered more by her excellent performance at any given opportunity.

Her national reputation only gained much following during her leadership of the Nigeria



Rural Electrification Agency that was merely known until Damilola took the helm in 2017 as the first female Chief Executive of the agency.

Prior to joining REA, she worked in several capacities including as Consultant, Department for International Development, UK, Senior Special Assistant to Lagos State government on Public Private Partnership, became first female General Manager of Lagos State Electricity Board and first woman to head any state owner electricity organization nationwide.

She stepped up to the national call behind the curtains of the presidency as Senior Special Assistant to the President and Head of Advisory Power Team in the Office of the Vice President which her exceptional performance gained her the position of the CEO of the struggling rural electrification agency at the time.

Mrs. Ogunbiyi was the first female Managing Director of the Nigerian Rural Electrification Agency where she initiated the Nigerian Electrification Project, a USD 550 million facility which is a joint World Bank and African Development Bank programme that to date provided energy access to over 5 million people across Nigeria. She also conceptualised the Energizing Economies Initiative, estimated to impact 1.2 million SMEs. Her decentralized renewable energy policy making strategy garnered international

*She is a visionary with originality full of energy, innovation and sticker to excellence. Her ability to motivate people's optimum productivity at a short span is incredible.*

interests which engineered funding that sparked a revolution in the country's renewable energy sector.

However, her stellar vision to power all Nigerian markets, schools and commercial hubs was cut short due to political interests that sought to undermine her boisterous efforts. With a highly remarkable performance which endeared the international community including the United Nations she was tapped to oversee UN Sustainable Energy for All programme after her resignation from the REA. With Mrs. Ogunbiyi at the helm, Sustainable Energy for All (SEforALL) has entered into working relationships with over 200 partners, supported over 90 countries globally, and secured commitments of more than \$600 billion in energy finance.

This has been achieved through programmes such as Universal Energy Facility, Powering Healthcare, Women and Youth at the Forefront,

Compacts, Energy Transition Plans, Universal Integrated Energy Plans, the Africa Carbon Markets Initiative (ACMI), and the Renewable Energy Manufacturing Initiative (REMI) among many others. Through her leadership, SEforALL has grown its global influence and country support providing clear pathways to accelerate progress towards universal energy access, ending energy poverty, and advancing the global just and equitable energy transition.

Mrs. Ogunbiyi is a member of the Global Leadership Council (GLC) of the Global Energy Alliance for People and Planet (GEAPP), International Development Finance Corporation (DFC), a member of the Clean Cooking Alliance Advisory Board, and a member of the Advisory Board of University of Oxford's Future of Cooling Programme and so many others.

At a time when Nigeria is grogpling with clean sustainable and renewable energy both in technical expertise and funding, her experience and network will greatly enhance the efforts of the new government if positions in the sector.



"As a leader who has contributed to combating climate change and improving access to energy, Damilola is a tireless campaigner for change in the industry. Her leading role in Sustainable Energy for All has worked in furthering the pace of SDG7 on behalf of the UN Secretary General..."

**UNDER 50  
SPOT**



**HON DAYO ISRAEL  
NATIONAL YOUTH LEADER  
ALL PROGRESSIVES CONGRESS**

**D**ayo Israel (37 years, South West, Nigeria) is a pastor, youth development consultant and National Youth Leader of the All Progressive Congress (APC) who wears the hat for a natural flair he has exhibited at a very early age.

His leadership stint started early that many debate that Israel validates the argument that “leaders are born before they are made.” Even though he only became a popular young progress during the heat and fight for who will more effectively connect to the Nigerian youth through the party’s platform, some of the bigwigs in South Western block stamped their feet behind Israel as the person most qualified to deliver on the party’s mandate.

Many would say the party must envisage the tough fight ahead to have elected a young person who can connect with youths at all levels and regions ahead of the 2023 elections. Israel truly had his teeth cut for him and dexterity which he deployed amidst enormous disaffection against the APC from youth influencers, celebrities and the likes in the build up to the elections must be credited to the party victory at various levels.

Dayo started at London Metropolitan University on the International Foundation Programme and continued onto the LLB and finally completed his MA International Relations in 2010. His past achievements and connections to various international organisations and charities meant that whilst studying at London Met he continued to grow and develop his impressive portfolio of achievements.

Alumnae of the Harvard Business School, Cambridge Judge Business School, the Executive Development Program of the Wharton School of the University of Pennsylvania and the London Metropolitan University.

He was named one of the 100 Most Influential People of African Descent (under 40) as part of the 2017 celebration of the UN Decade for people of Africa Descent at the One UN Plaza in New York. Dayo is a member of the British Council Global Change Makers Network, Connecting Futures Program and Fellow of the US State Department International Visitors Leadership Program (IVLP) that has produced over 400 Heads of Government globally.

A Henley Business School Young Leader, Dayo has twice been recognized in 2016 and 2017 as one of 50 UK’s brightest young leaders. He was also recognized as one of the top 25 Promising Nigerian Youths under 35 To Serve Nigeria in 2016 and as one of Africa’s top 30 most inspirational young people of 2013.

Before his emergence as the party’s national youth leader, Israel serve as a Executive Permanent Member of the Lagos State Universal Basic Education Board.



He is passionate, purpose driven and leadership natural who endears youth followership. His ability to communicate and instill confidence in others.

(UBEC) and prior to that he had also served as Legislative Aide at the National Assembly.

His burning desire to influence and make significant impact inspired his early pursuit. From the age of nine, Dayo started the only child-led non-governmental organisation (NGO) in Nigeria at the time – General Action Against the Violation of Human and Children’s Rights, an organisation which spearheaded the campaign for the promotion of children’s rights in Nigeria. This laid the foundation for his early interaction

This resulted in the election of youngest state party chairman in Benue State.

Faced with heightened aggression from opposition parties and restive youths who were bent on discrediting and undermining the ruling in 2023 general elections, he created the first political party volunteer corp “the Jagaban Army,” responsible for door to door campaign for the party in the 2023 general elections.

His support for Bola Ahmed Tinubu prior to the party’s national primaries was also undeniable thereby rejuvenating his



As the leader of young progressives of APC Dayo commenced his tenure by first touring the 36 states and the FCT to engage with youth leaders at various levels to restore young people’s confidence in the ruling party. In the bid to ensure the party is more youth friendly and persuasive he brought on board young professionals and innovators to rebrand the youth arm of the party and create wider platforms for engagement within the party.

Israel championed the age limit for specific party positions solely for youths as a way of ensuring

He has demonstrated uncommon ability to serve in diverse spectrums of government based on his extensive experience internationally. He was specially invited by Queen Elizabeth II and the Duke of Edinburgh to a private reception at Buckingham palace as a result of his contribution to Africa Diaspora Development, and remains the only ever recipient of the Young PEWA (Person Earnestly Working for Africa) Award at the office of the Mayor of London. He was also invited by the Obama Administration to the White House President’s Forum for Young African Leaders in Washington DC and other reputed international forums.

**UNDER 50  
SPOT**

**DR BETTA EDU  
NATIONAL WOMEN LEADER  
ALL PROGRESSIVES CONGRESS**

**D**r Betta Edu (37 years old, South South Nigeria) is the National Women Leader for the All Progressives Congress (APC), former Commissioner for Health in Cross River State, member of the Presidential Health Reform Committee, member APC Reconciliation Committee and Medical Doctor who was the youngest member of Cross River state executive council under Gov Ben Ayade and presently the youngest women leader of any political party in the country. Her emergence as number one women of the progressives across the country was a signal to the world that the ruling party, APC places high premium of the leadership ability of young Nigerians.

She was born and spent her formative years in the United Kingdom being exposed social factors that shaped her leadership skills and professional excellence.

The twin born young autistic progressive began to learn self discipline and focus from her strict father who taught his children the importance of focus, commitment, hard work and sacrifice. This will later manifest in her Betta's early resolve to avoid youth delinquency and aim to stand out among her peers and becoming a medical doctor.

Her exposure to leadership training and experience started at her young age through her father's missionary work which he ensured did not leave out his family. The ability to mobilize, empathize, listen and communicate effectively as a leader had been imbibed to such extent that the young Betta was often picked for leadership positions both in school and church circles.

The graduate of medicine turned politician holds a degree BSc. in Medicine from University of Calabar,

Post graduate Diploma & Masters in Public Health for Developing Countries from London School of Hygiene & Tropical Medicine, UK and Doctor of Public Health from Texila American University. Being a firm believer in continuous personal development, she frequently participates in professional training from internationally prestigious academic institutions such as University of London, UK, Harvard University, University of Washington and University of Virginia, US. She is one of the youngest African Fellow of the Roya School of Public Health, UK.

Prior to her emergence as the National Women Leader of the ruling party, All Progressives Congress (APC) in 2022, she served diligently under the People's Democratic Party's (PDP) led government of Prof Ben Ayade and to overnight attain such critical position was no mere feat. In a country where political rivalry is considered a fist fight, yet a very young



leader female would emerge above other party loyalists to become the preferred candidate is unbelievable. Many say her track record made it an easy sale for the position when other contenders felt they were more deserved of the office.

A young woman amongst outstanding women in Nigeria taking the lead even though from a non-political family background and minority state. A driving force.



*“You are our mother and amazon, this award is in recognition of your outstanding support and contributions to the growth and development of millions of Progressive Young women forum in the APC and Nigeria.”*

- Progressives Young Women Forum



Before serving as the Commissioner of Health for Cross River State, she was the Director General/CEO of Cross River State Primary Health Care Development Agency (CRSPHCDA) where she established the Cross River State Primary Health Care Development Agency resulting to the successful building of 60 new Primary Health Centres and rehabilitating 200 delapidated one. She also established the first Cross River State Health Insurance Scheme which enrolled over 60,000 beneficiaries. Her efforts in a short time revolutionalized the state’s health sector improving maternal care, infant mortality and access to vaccine significantly. As a result of the improvement in the sector, the state gained the commendation from UNICEF as the state with highest child survival rate in the country.

Her role as a health practitioner and advocate for efficient medical care elevated her to achieve remarkable achievements that attracted foreign grants and investment into the health sector of the state and through her technical expertise introduce ingenious ways that curtailed the corruption in the state’s health sector.

Dr Betta is one who’s reputation has applauded by both older generation and her own peers to such extent that she could easily mobilize women across all ages to garner support for the party in the 2023 elections.

As the Progressives’ first lady, she was saddled with the humongous task to mobilize women within the party both the top echelon and bottom strata. These included wives of top party leaders such as the president of the country, vice president, leaders of the national assembly, state governors, party leaders, appointees in government, top business executives within the party and women in various professions. Her ability to connect with the powerful and influential women within the party to such extent that it recorded enmasse victory at the polls both nationally and across the state is no mere comeuppance.

A close-up portrait of Barr Ismaeel Ahmed, a man with a grey beard and sunglasses, wearing a green cap with a logo and a white and blue striped garment. The background is blurred, showing other people and flags.

**UNDER 50  
SPOT**

**BARR ISMAEEL AHMED  
SENIOR SPECIAL ASSISTANT TO  
THE PRESIDENT ON NATIONAL  
SOCIAL INVESTMENT PROGRAMME**

**B**arr Ismaeel Buba Ahmed (43 years old, Kano State, North West Nigeria) is a politician, lawyer, youth development strategist, one of the pioneer youths of the Congress for Progressive Change (CPC) and currently a stakeholder in the All Progressives Congress (APC).

According to Jogn N. Paden, author of the biography, Ahmadu Bello, Sarduana of Sokoto, *“Leadership maybe defined as implying a more active, purposeful, directional role than authority, which may be static. In practice, however, leadership assumes authority - (whether the ‘power’ element is real or sought after) - and most authority also entails some elements of leadership...in changing times or times of challenge and stress, leadership is crucial in defining ends and means.”*

Ismaeel is one of those young northern intellectuals who sought power that will give greater inclusion of the younger generation in governance at a time when the older generation dominated the space. Rather than bury his passion in the security of a government employment as popular in his early at the age of 23, he instead committed himself to active political partisan participation. The Kano born politician began his political career under the Congress of Progressives Change (CPC) as aspirant to represent Nasarawa Federal Constituency, Kano State after which he was later selected to become a member of the Renewal Committee of the party

before curlicue merger that was considered the largest political merger in 2015 between the CPC, ACN, ANPP, APGA and others. The merger led to the formation of present day All Progressives Congress (APC).

Barr Ismaeel or ‘leader’ as he is popularly called became one of the prominent members of the party at about the age of 35 serving as a member of the sub-committee responsible for planning the merger. His zest to ensure strong visibility and prominence of young people in

dominate and reap from this wine press could not even consider young people except as erranders. Succintly put, “The basic problem of democracy and development in Nigeria is the nature and orientation of the political actors as framed by the nature of the Nigerian state. The political actor either as a ruler or an opposition member is concerned with his self interest.” (Meditteranean Journal of Social Sciences, MCSER, Publishing, Rome, Italy, 2013)



the party engineered his forming the Youth Wing of the party known as All Progressives Youth Forum (APYF). He became elected as the founding chairman of the forum before successfully transiting power in 2018.

Nigeria’s democratic journey which took off in 1999 in the midst of grave uncertainties and pessimistic forecasts of its longevity kept many at bay from participating. The older politicians who sought to

So, young politicians like Ismaeel in the past could not have envisaged any significance in the political system except to live in uncertainties or trust that a day will come that young people will have a place. He did not sit like others and wait for this to happen, he continued to show his capacity, dexterity and stint through little responsibilities and duties that later made the big shots to take him serious.

As a member of the APC, he has served as member of Kastina State Committee Registration and Presidential Primaries Convention in 2014. He served in the party's Directorates, member of Planning Committee, 2015, Chairman Monitoring Committee for Ondo State and Chairman Gubernatorial and Legislative Primaries in Nasarawa State in 2018. He was deputy director, Directorate of Youth for 2019 Campaign Council and currently on the Caretaker/Extraordinary Convention Committee of the party.

Barr Ismaeel's ability to engage and mobilize young people attracted his appointment to serve as the president's senior special assistant on the National Social Investment Program which was flagged off in 2015. The National Social Investment Program was created to address social welfare of Nigeria inline with president Buhari's campaign promise to address poverty and increase economic development.

In the build up to the 2023 general elections, he was one of the young progressives who engineered the creation of a unified platform for youths in the party and from across the country. The hosting of the first APC Youth Conference in 2021 provided a platform for aggrieved youths to dialogue, exchange ideas and regain confidence in the party's inclusion structure. The event brought top government functionaries and politicians including the Vice president, Prof Yemi Osibanjo and the speaker of the Federal House of Representatives, Femi Gbajabiamila. The successful event impressed the president instigating his instruction mandating the his Chief of Staff and Secretary to the Government of the Federation (SGF) to ensure inclusion of young people on government boards and committees.

Barr Ismaeel influence has grown beyond the north as he has built robust relationship across the South which many portend his appointment into any of the MDAs will be a big win for younger politicians.



*Right from the formation of the APC, young people (like Barr Ismaeel) have been at the forefront of promoting our party and our candidates. Even now, with campaigns yet to kick off, the youth energy can be felt...*

**- Sen Oluremi Tinubu**



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**UNDER 50  
SPOT**

**DR SANUSI OHIARE  
FORMER EXECUTIVE DIRECTOR  
RURAL ELECTRIFICATION FUND  
GOVERNORSHIP ASPIRANT  
KOGI STATE**



**D**r Sanusi Mohammed Ohiare (38 years old, North Central Nigeria) is a politician, Economist, Renewable Energy policy maker, rural electrification expert and member of the All Progressives Congress (APC). He is the former Executive Director of Rural Electrification Fund (REF) of the Rural Electrification Agency of Nigeria under the Federal Ministry of Power. He is one of the few young Nigerians who had the opportunity to serve on the executive of a federal government agency just at the age of 32 appointed by president Muhammadu Buhari in line with the government's commitment to transform the power sector in the country.

His appointment to serve on the board and member of the management team brought a great weight of responsibility on him to quickly metamorphose from the result oriented fast paced private sector to bureaucratic slow interest ridden public sector.

Dr. Sanusi Ohiare was born on the 6<sup>th</sup> of March 1985 into the family of Senator Mohammed Ohiare, a reputed politician and statesman who has been a major contributor to Nigeria's politics over the decades including the development of democratic processes in Kogi state. Sanusi hails from Adavi local government area of Kogi state but has spent his early years in Abuja, Federal Capital Territory where he was born.

Sanusi holds a Bachelor of Science in *Economics* from the University of Jos, Plateau State, where he graduated with a Second Class Honours, Upper Division (2.1) in 2006. He later attended the renowned Centre for Energy, Petroleum, Mineral Law and Policy (CEPMLP), University of Dundee, Scotland, United Kingdom, where he obtained a Master of Science degree in Energy Studies, with Specialization in Energy Finance in 2011.

Due to his age old desire and quest to transform rural electrification in Nigeria he decided to major his academic

and Innovative Development Research (Spider) Solutions, Federal Capital Territory Administration-Abuja and other private companies in various capacities.

He has contributed to the literary community with several publications for peer-reviewed articles and a textbook chapter on rural electrification with bias to planning, technology options and financing for policy makers in Nigeria. He was part of the presidential committee that reviewed the rural



qualification in Rural Energy Development with a *Doctor of Philosophy (PhD)* degree in *Rural Energy Development* from the Institute for Energy and Sustainable Development (IESD), De Montfort University, Leicester, United Kingdom. Sanusi has worked in the Rural Electrification industry for over a decade within some of the top players and regulatory bodies including the Nigerian Bulk Electricity Trading Plc. (NBET), Sustainability, Policy

electrification strategy document for Nigeria in 2013, and also, part of the team that developed the Mini-grid regulations 2016 for strategic implementation of the policy framework.

He is one of the young technocrats who has developed himself for political leadership.



Sanusi who had endeared the interest of key stakeholders in the sector by his stint and commitment to hard work earning him the appointment by President Muhammadu Buhari to head the financial strong room of the Rural Electrification Agency (REA); Rural Electrification Fund.

Prior to the appointment he worked with the German International Cooperation Agency (GIZ), co-funded by the European Union and German Government, also as National Advisor on Rural Electrification under the Nigerian Energy Support Programme (NESP). He led planning and management team for Rural Electrification Agency and the Nigerian Electricity Regulatory Commission (NERC) by providing technical support and data management.

He also supported the development of mini-grid Pilot Projects and coordinated the Northern states of the programme namely; Sokoto, Niger and Plateau.

As the top executive and key administrator of the Rural Electrification Fund, Nigeria, he has been known for contributing enormously to the industry and various achievements have been recorded since his appointment in 2017. The fund which is administered by the agency has been judiciously deployed nationwide in facilitating various initiatives such as 12 mini grid projects, 19,000 solar home systems for rural Nigeria and over 50,000 jobs created through its programmes.

Dr Ohiare whose outstanding career has been on the rise did not focus solely on technocracy but participated actively in politics at state and national levels under the All Progressives Congress (APC). Also considered one of the budding youths making a strong bargain for greater inclusion of young people into national politics he served at various sub-committees of the party.

As the momentum for the 2023 general elections grew stronger, he is one the young party faithful who organized various summits, forums and dialogues for young politicians to connect. He has tirelessly empowered young innovators, engaged with social influencers and young public appointees in ensuring greater acceptance of the party.

Dr Ohiare is a quiet, soft spoken and visionary who believes in timeless service to humanity.

***Dr Ohiare as a vibrant , progressive, energetic, experience, trusted and a charismatic leader whose achievements has surpassed his age...  
- Youth Dialogue Group***

**UNDER 50  
SPOT**



**RINSOLA ABIOLA  
DAUGHTER, M.K.O ABIOLA  
FOUNDER, EQUITY NOW INITIATIVE**

**R**insola Abiola (South West, Nigeria, 30's) is a gender advocate, media strategist, politician and daughter of Nigeria's democracy hero, Late Chief Moshood Kashimawo Olawale (MKO) Abiola, the winner of the popular June 12, 1993 presidential elections annulled by the military. She is one of the founders of Progressives Sisters Network under the All Progressives Congress focus on promoting and canvassing for increased participation of women in politics and engaging government for greater gender representation in governance, and member of the APC.

Her father, Late Chief MKO Abiola is not one personality that can easily be brushed off and just mentioned without recognition of his contributions to the democracy that politicians jostle to have a big bite of.

A brilliant mind with impeccable antecedents, Abiola was a tycoon and the biggest philanthropist in Africa. He was an African pillar with investments scattered across Nigeria and the African continent.

From South Africa to Libya, Ghana, Uganda and Nigeria, Italy to the United Kingdom, UK, United States to Lebanon, Abiola's fame was undeniable. He had his fingers in virtually every sector of the economy, including oil, aviation, farming, printing, publishing, communication and well as banking.

Some of his business interests were Abiola Farms, Abiola Bookshops, Radio Communications Nigeria, Wonder Bakeries, Concord Press, Banuso Fisheries, Concord Airlines, Summit Oil International Ltd, Africa Ocean Lines and Habib Bank, among others. Abiola's firms and companies employed over 5,000

Representatives, Hon. Yakubu Dogara. She was born in London, trained as a statistician and public relations guru trained at the University of Agriculture Abeokuta, Ogun State and the Nigerian Institute of Public Relations. Born at a time that gave very little time to know her late father her trajectory was



people in Nigeria and the West African sub-region.

Late MKO's demise began when he made public his interest in becoming Nigeria's president leading to military assault on the business tycoon. The various debacle of his aspiration cut his life short yet he fought to the death for Nigeria to become a democratic state. Rinsola was one of the four children bore by one of his wives, Folashade. The young lady who in her late 20s worked as a special adviser on New Media to the former Speaker of the Federal House of

bordered on tragedy, hope and blessings. For a young woman who hardly knew her father growing up, she has decided to take shot at a political office. Imbued with intelligence, diligence and excellence, Rinsola exudes class, simplicity and a grass-roots camaraderie that are uncommon among individuals of her pedigree.

She is courageous and determined to make a positive change.



In 2019 she left the All Progressives Congress (APC) for Action Democratic Party (ADP) to contest for the office of Federal House of Representative for Abeokuta North/Odeda/Obafemi Owode, Ogun State. For many political observers her tenacity and bravado was to be taken more seriously. It is no secret that she is intelligent and service driven considering her ability to stay off controversies and media splurge over the years despite her father's enormous wealth and reputation.

During the 2022 battle for who will the ruling party, APC's national youth leader, Rinsola threw her hat into the ring to such surprise by many who undermined her introvert demeanor. As tough as the bid was, her ambition was not shoved aside by the party chieftains in consideration of her father's legacy and the grave debt that he paid some of the political actors to become benefactors. It would be no small achievement if a young woman her age emerged

could serenade to no one more than the family of Late Chief MKO who will live to see the reincarnation of their father's "Hope 93" in a "Renewed Hope 23."

Rinsola may just be on a new trajectory that could engineer her revival of her father's achievement if she is strategically positioned to waddle through the rough political landscape. Her passion and commitment to advocate for greater inclusion of women and youth shall amplified giving rise to many more of her ilk stepping up to make a difference.

***"She is committed to youth inclusion and believes in creating space for women and youth in politics in addition to the fact that, like her father, she is detribalised and patriotic."***

**- North-West Youth Group**

# BE A LAWYER IN 60 MINUTES

(LIMIT TO RIGHTS PT 2)

YUSUF USMAN Esq

These rights ensure that you can assemble freely, be it for owambe, political rallies, waazi or Holy Fire Crusade and Osun Festival too. The Constitution, unfortunately, made no timetable or schedule for when and where one group may congregate or when and where the other group may not. In any case, this should not be a recipe for disorder, if, as human beings, we honoured the millennia old saying 'live and let live'. In exercising its rights to assemble or right of religion, you find a political party, church or mosque, closing entire streets, not buildings, streets! If you are an adherent of the religion concerned and you criticized this, you are considered an apostate. Same goes for the noise pollution occasioned by these worship houses, early morning calls to prayer, vigils with loud speakers in residential areas, rowdy motorcycle races during political rallies.

Ours has always been a case of 'give a mile and the people take ten'. You have one right and you unlawfully and unreasonably arrogate more to yourself. It was the account that a religious sect in the Northwestern part of Nigeria was holding a procession and prohibited motorists from using the road. Interestingly the motorcade of the then Chief of Army Staff was caught up in this rascality. What did the military do? They took law into their own hands.

They invaded the community occupied by this sect, demolished structures and allegedly killed some adherents. There are parts of the city you cannot drive through on Fridays and Sundays because worship centres block the road.

This is an overreach and an outright infringement on the rights of others.

The last right to be addressed in this article is the almighty freedom of expression and the press. I think this right is the most abused by people and the most breached by the government. The Constitution allows every person to freely express themselves, hold opinions, receive and impart ideas and information without interference.

So irrespective of how you express yourself; sign language, artwork, skit, social media or verbally, you are well within your rights. It would not matter what the topic is, whether politics, atheism, sex, finances, music, astrology or dental health, you are free.

This right is as limitless as it is limited. The most common boundary is defamatory statements; where you say things that are untrue, derogatory and capable of embarrassing or demeaning another person in the estimation of other members of society.

That is why you cannot, with all your freedom of expression, call anybody a fraud, without proof, or call a professional a quack without proof, or call a nun a prostitute without proof, or accuse a married man of infidelity without proof.

It is important to caution that some things you consider as true or facts are not legally so, and you must be careful not to attract needless liabilities to yourself. Anything you may want to accuse anybody of, which if true would be a crime, must first be found by a Court of Law to be a crime before you can call it so. A man you caught shoplifting in a supermarket is not a thief, until he has been tried by a Court of Law and found guilty, then he is a thief, a rapist, a fraud or murderer as the case may be. If by any reason whatsoever a man is tried and is found to be innocent of charges against him, any accusation of crime would be defamatory.

# LETTER TO PRESIDENT-ELECT, SEN. BOLA AHMED TINUBU

## DON'T REPEAT BUHARI'S FAILURE

**C**ongratulations on your audacious victory in the just concluded presidential election. The optimism of your victory could only be in doubt by those who know little of your antecedence and track records. To Progressives, it is no surprise and indeed well deserved.

This letter wishes to draw your attention to the pit fall that the Buhari government fell into which led to the arduous battle the APC had to fight in the 2019 and the recently concluded 2023 general elections. No political party in our nation's history has dismembered itself with salient rife like observed within the APC in recent times resulting into heightened public outrage and glorification of erstwhile failures of the People's Democratic Party (PDP) which was ousted in 2015, to such extent that eluded the landmark achievements by the Buhari administration from 2015 till date. Nigerians were suffocated like a thirsty man in a desert who will drink even urine as water.

People suddenly exhumed the buried lucre skeleton of Nigeria's future buried by the PDP becoming the biblical dry bones of Ezekiel 33 that could rise again. What could have made Nigerians wish they went back to the days of PDP when the Buhari government's 8 years evidently outperformed the last 16 years of gargantuan corruption? Is it president Olusegun Obasanjo's administration which was accused of embezzling about \$16billion in just the power sector or the Goodluck Jonathan administration that appendage the Nigerian brand of corruption at historic proportion.

Nigerians were sooted with the imagery and grandeur of utopia; "all is well," is what they were made to believe. The media was paid heavily for this as Nigerians danced to radio jingles, giggled at television adverts and watched government spokespersons assured that things have never been this better. Whilst the nation sank slowly into an Amazonic marsh of economic scarecrow.

2015 came! One would have expected that the manner in which Nigerians had supported and welcomed the Buhari government in 2015 would crescendo into the consolidation of the humongous efforts of the government through its dogged fight against corruption, recovery of looted funds, infrastructural development roadmap, unprecedented social intervention, remarkable prudence in management of resources etc. But instead, the APC gait to victory in 2023 against a massive ill public sentimental onslaught against your candidacy.

What happened? How did the darling party of Nigerians in 2015 suddenly become the one that will have to muscle for its place in governance? The appointment of proven media practitioners, the likes of Garba Shehu, Special Adviser to the president on Media & Publicity who's career stint in journalism as former president of Guild of Editors and columnist in the Nigeria Premium Times and his colleague, Femi Adesina, ace journalist who scintillated readers with his espouse on politics would give the Buhari government unfair media advantage.

Continues in page 48

Their parlay with the media would amplify the achievements of the government so much that opposition parties and pessimists would back paddle and bend the knee. Even the entrance of the learned silk, Festus Keyamo into the courts of the administration cabinet had left jaws dropping at the abysmal quietness and reactive media parlay. The vast array of media savvy professionals at the presidency could have drove the narrative up to speed than wait for naysay to postulate. One would wonder, what happened to journalism? What is behind those curtains in the villa that muted these exceptional individuals who erstwhile dined with the media. Why did they allow the government sink so deep in public disaffection and distrust when very little could have been done to lead the hurdle.

Nigerians were not patient to wait for the promised land in silence. The public who had become starved, dry and left to decode the body language and good intentions of government had to invent their own means. If the government knew this mistake would become sand in its wheel of change it never would have gave it a second thought. The biggest mistake it ever made.

The government kept millions of its citizens in the dark; when you don't feed the masses what they need then be willing to deal with what they will throw at you. Even a dog often isolated from its owner will soon bark at him.

It is one of America's bestselling authors and speakers, Zig Ziglar who said that marketing is the lifeblood of any enterprise. There is also a popular cliché in advertising that says, it is needless winking in the dark, because no one will see you. It is unfathomable why the Buhari led government would undermine the role of the media over the course of its 8 years of governance, without realizing that this same tool facilitated the victory it got in 2015 against an incumbent government.

How did it forget so soon the backlash and relentless reboot by its social media armies against the day-to-day dirt thrown by the incumbent government in order to discredit the Buhari/Osibanjo candidacy. The media bash in 2015 elections against the APC presidential candidate could have buried anyone, instead it was dusted off and blown away by the sporadic response of these young ardent followers at the time. What happened afterwards? Why did the APC struggle so much to swim aboard the tide of social barge these same young vociferous social media mercenaries unleash on it in the 2023 general elections? Did the Buhari administration perform so badly that the public would vent their rage on the party or was his efforts not amplified enough? Even the president at some point in 2022 expressed his dismay at how his achievements were not publicized and little credit accorded his administration by his own appointees and party faithful. Even those who benefitted immensely observed table manners or better put in Nigerian parlance, "they chop clean mouth."

Yet, even anti-Buhari supporters would agree that the government has achieved landmark strides, especially in areas of infrastructural development, policy reform, serial interventions in agriculture, security, ICT etc.

In the race to the 2023 general elections and the public outburst of the president instigated his ministers and heads of MDAs to rev up and wrangling last minute jingles, press interviews, media hypes and releasing publications to amplify the achievements of the government. So many Nigerians expressed shock at the reality of the magnitude of the projects executed by the government.

But already, the stench had spread and just one spray of deodorant could not be enough to undo what the nose had inhaled. The last minute media acrobatics could not downplay the misinformation fed the public turning them against the government the pillaged in earnest for positive change.

Undoubtedly, Nigeria has become one of fastest growing and highest social media driven nations in the world to such level that our young people have drawn the attention of some of the most influential people to our nation's doorstep. Our entertainers have become global influencers in such historic fashion than one could ever imagined. Truly, any leader who losses this population must be sure to count his teeth with his tongue in the days ahead.

Sen. Ahmed Bola Tinubu, President Elect, has been known as one who has always surrounded himself with young ingenuous Nigerians right from his time as governor in 1999 till date. Even some of the bright minds who came to national spot light through his recommendation could not be easily shoved aside for incompetence and lack of capacity. Yet, there is a new state in Nigeria now (an invincible State yet powerful to put a hold on the entire nation, Social Media State of Nigeria-37th State) he must endear if he seeks to enjoy the lost love of 2015. BAT presidency must prioritize the media as an ally in development and partners in progress. It will be wise to court, woo and engage them. Do not leave Nigerians to assumptions or presumptions.

Importantly, whoever shall be appointed as the spokesperson, minister of information or whatever nomenclature is chosen, must carry the New Media along. It is better said wrongly than not said at all.

Your Excellency Sir, as I conclude, please don't forget that Nigerians will not say how good your soup taste until you say it out loud.

May the taste of your soup in these 4 years be heard in the nooks and crannies of Nigeria.

May your government leave a lasting legacy that will endure for those after you.

Long live Sen. Bola Ahmed Tinubu,  
President Elect

Long live the Federal Republic of Nigeria.

# AUTO SPOT

## Preventive Maintenance Tips

By Vincent Obiora

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**R**egular preventive maintenance is probably the single thing you can do as a car owner to keep your ride happy and save money on repairs in the future. However, not everyone agrees on what preventive maintenance is, what you should do, and when you should do it. Let's clear that up, and give you some tips that'll apply to any vehicle.

Anyone who's ever worked on cars or spent a ton of money getting their car repaired will tell you: Don't ignore preventive maintenance. The basics, like changing your oil, checking your tire pressure, and getting scheduled inspections and work done are like getting regular checkups at the doctor. They keep you healthy and give you—and the experts—a chance to catch

When we covered the ways you can save serious money on car repair, more than a few people pointed out that preventive maintenance is probably one of the biggest ways you can save money—not actively, but in the long term. Spending a little money now on these basics will save you from more costly repairs later on:

**Do your own inspection.** It's basic, but give your car a once-over periodically so you catch anything that looks out of the ordinary. Make sure all your lights are working. Check the air pressure in your tires every month or so (and buy a cheap tire air pressure gauge and keep it in the glove compartment). Doing so is good for your tires, gets you better mileage, and saves you money in gas if you discover that the pressure is off. Listen for any strange sounds, inside and out. Make sure your tires have enough tread. You can use a penny to do it, or look out for the wear indicators on the tire treads. If anything's out of the ordinary, don't ignore it.

**Learn to check your fluids.** Even if you don't ever learn how to change your antifreeze, power steering, coolant, or even your wiper fluid (although seriously, don't let someone charge you to change wiper fluid), you should learn how to check those fluid levels. In some cases, you can see the tank level directly, but most have gauges or dipsticks you can pull out to check current levels against a notch that indicates optimal levels. Even if your owner's manual doesn't have much to say about checking your transmission fluid or antifreeze, don't be afraid to open the hood and see if you can find it. If you're running low, add more (if you can) or get it changed. Most importantly, never ignore a leak.

**Inspect and get your timing and serpentine belts replaced when necessary.** Many people will tell you to get your timing belt replaced every 60,000 miles or so, and your serpentine belt replaced every 40,000 miles, give or take. Again, your owner's manual will offer real numbers for your type of vehicle. If you can't

them replaced before they fail. If you wait and those belts do fail, you'll break down, and the damaged belt can damage other accessories, making the repair even more expensive. Check your oil and get it changed regularly. Whether your car has a dipstick to check the oil's color and oil level or the dipstick has been replaced with an electronic gauge, you should know how to check it. Knowing the difference between clean oil and muddy, murky oil will save you a ton on unnecessary changes and gives you a way to tell if something's wrong with your engine (e.g. the oil looks terrible but you just had it changed). It's hard to make a

for how frequently you should change your oil, but the answer is — as we mentioned—in your owner's manual. Don't just blindly follow the 3,000 mile myth though—for most vehicles it can be as high as 10,000 miles, depending on the oil your vehicle calls for (something else that's in the manual).

Check your battery and clean the contacts (if necessary). Most batteries these days don't require much in the way of maintenance, but you should know where it is and check it to make sure it's not leaking and there's no mineral or other buildup on the contacts. If there is, clean it off with a battery cleaning brush. It will set you back a couple of bucks

Buy one and keep it in the trunk. While you're at it, consider buying a cheap battery tester or jump starter. You'll never need to call someone or wait for AAA (or a friendly passer-by) to give you a jump.

Replace your windshield wipers when the view gets streak-y. It may seem silly, but I've known several people who just ignored their wipers until they got them replaced as part of a bigger job. Wipers are cheap and easy to replace yourself. Don't wait until you can barely see through your windshield. Your visibility is important, and you wouldn't wait until you saw an optometrist to clean your glasses, would you? While you're at it, give your windshield a good cleaning inside and out—if it's hard to see, the problem may be inside, not out.

If your spark plugs are worn out or covered in buildup, your engine isn't working efficiently. That can cost you money in fuel for one, but it can also lead to a breakdown. It may sound daunting, but in some cases checking and replacing them isn't that difficult. If you don't feel like doing it yourself (or it's a big and complicated job for your vehicle), follow your manual's recommendation and get them changed regularly—for most



These are just a few things that every vehicle needs, and almost all of them are things you can do yourself. We can't stress enough the importance of checking your owner's manual for anything we may have overlooked here, or anything specific to your vehicle. If you don't have your manual, you can find it pretty easily online. Delaying preventive maintenance or obvious problems, sounds, or leaks will inevitably lead you to more expensive and time-consuming repairs down the road.



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Investing in Real Estate by Saadiya Aminu,  
CEO - Urban Shelter Properties

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We are delighted to announce our several commercial developments that will come on board in 2021. These include the development of UTC, Garki Abuja; Shelter Tower (15 floor office development) in the heart of Central Business District Abuja; and Guzape Mall, a retail development.

Because Urban Shelter is passionate about getting people

into homes, we have made it our singular goal to evolve affordable homes without compromising on aesthetics, design or quality, thus, achieving homes that put the client at its very centre. It’s a segment of the market that we have built expertise in which our signature use of the burnt red bricks we are able to produce homes at competitive rates.



“

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It is in our hands  
to make a difference.  
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**The Hills Residences**  
Guzape, Abuja  
From **₦170,000,000**



# SPOT ON HEALTH & FITNESS

## Eating Healthy to Live Healthy

A healthy diet typically includes nutrient-dense foods from all of the major food groups, including lean proteins, whole grains, healthy fats, and fruits and vegetables of many colors. Healthy eating habits also include replacing foods that contain trans fats, added salt, and sugar with more nutritious options. Following a healthy diet has many benefits, including building strong bones, protecting the heart, preventing disease, and boosting the mood.

This article discusses the top 10 benefits of a healthful diet and the evidence behind them. According to the Centers for Disease Control and Prevention (CDC) Trusted Source, heart disease is the leading cause of death for adults in the United States.

The American Heart Association (AHA) Trusted Source states that almost half of U.S. adults live with some form of cardiovascular disease.

High blood pressure, or hypertension, is a growing concern in the U.S. The condition can lead to a heart attack, heart failure, and a stroke. It may be possible to prevent up to 80% of premature heart disease and stroke diagnoses with lifestyle changes, such as increasing physical activity and healthful eating. The foods people eat can reduce their blood pressure and help keep their hearts healthy.



A person may eat foods that contain antioxidants to help reduce their risk of developing cancer by protecting their cells from damage.

The presence of free radicals in the body increases the risk of cancer, but antioxidants help remove them to lower the likelihood of this disease.

Many phytochemicals found in fruits, vegetables, nuts, and legumes act as antioxidants, including beta carotene, lycopene, and vitamins A, C, and E.

According to the National Cancer Institute Trusted Source, there are laboratory and animal studies that link certain antioxidants to a reduced incidence of free radical damage due to cancer. However, human trials are inconclusive and doctors advise against using these dietary supplements without consulting them first.

Foods high in antioxidants include: berries, such as blueberries and raspberries dark, leafy greens pumpkin and carrots nuts and seeds

# BOOKS FOR THE RICH & SUCCESSFUL

## AN EMAIL FROM MY YOUNGER SELF

Recently I was telling a friend about *Weather for Dummies*. This was not unusual—it's actually one of the first books I recommend to anyone who wants to understand the weather and how it's affected by climate change.

After that conversation, I started wondering when I got my own copy of *Weather for Dummies*. I searched through old emails and was amazed to learn that it was more than 14 years ago!

In the fall of 2008, I had transitioned from being full-time at Microsoft to full-time at the Gates Foundation. After decades of focusing maniacally on software, I finally had the time to get a better grounding in physics, chemistry, biology, and other sciences, which would help me in my work on health, education, and climate change. I was also just curious about all these subjects for their own sake. So I looked around for the best books and read as many of them as I could find. *Weather for Dummies* was one of 25 titles that I chose.

It took a while, but I eventually made it through all the books. Although there were many good ones, here are three in addition to *Weather for Dummies* that I especially recommend:

*The Atmosphere*, by Frederick K. Lutgens and Edward Tarbuck. This one was first published in 1979 and is now in its 14th edition. (Redina Herman joined as a third author sometime after I got my copy.) Although it's intended as a textbook for a college-level course, it's quite accessible for anyone who's motivated to learn about how the Earth's climate works. It covers precipitation, air pressure, storms, air pollution, and much more and uses colorful illustrations to explain complex subjects. (Available for rent or purchase from the publisher, Pearson.)

*Physical Geology*, by James S. Monroe, Reed

elementary school—like plate tectonics and volcanoes—but in way more depth, which makes them even more interesting. There are some helpful ties to climate change, such as a chapter on glaciers (which are retreating dramatically as the Earth warms), and some amusing asides, like a page on the geology of the British Crown Jewels. (Available used on Amazon.)

*Planet Earth*, by John Renton. I appreciate this book for two reasons: because it's fascinating on its own, and because it introduced me to John Renton as a teacher. After reading *Planet Earth*, I watched his series of video lectures, *Nature of Earth: An Introduction to Geology*, on The Great Courses. Renton was a professor at the University of West Virginia and was just so good at making geology interesting. Through his writing, he helps you see the physical world around you in a different way. (You can find *Planet Earth* on Amazon and watch *Nature of Earth* on The Great Courses or Wondrium.)

I'm glad I did these deep dives. Although I'm not a scientist, I draw on a basic grasp of sciences all the time. Knowing something about the weather and geology helps me with Breakthrough Energy's work on climate change. Knowing some chemistry and biology helps me with the foundation's work on new medicines and vaccines.

There's always more to learn. More recently, I've gained a lot from reading a diverse set of books and authors including *Under a White Sky* by Elizabeth Kolbert, *On Immunity* by Eula Biss, *The Gene* by Siddhartha Mukherjee, and *Eradication* by Nancy Stepan. Vaclav Smil's books are always phenomenal. And I recently read Mukherjee's newest book, *The Song of the Cell*, which is about how understanding cells is key to improving human health.

But these days I'm not just reading about science. I make sure to look at lots of other kinds of books too, including novels, histories, and biographies. A couple months ago I even let myself goof off by reading a murder mystery! I doubt my younger self would approve, but it's fun and educational to branch out.

FROM GATES NOTES APRIL 2023

# SPOT ON

## EVENTS

### 4TH EDITION OF BUSINESS & EXCELLENCE AWARDS



**D**apines Global Investors Ltd, organisers of yearly business and excellence awards, has said it would be scoring Nigeria's outgoing ministers and showcasing outstanding private sector brands in the Federal Capital Territory (FCT), Abuja in the 2022 edition of the event.

Simon Tuleh, founder/chief executive officer (CEO) of Dapines Global Investors Ltd in a statement in Abuja said this year's event was hosted in collaboration with Civil Society Organisations and reputable non-governmental organisations (NGOs). Tuleh said the event, which is an initiative of the organisation to create a public polling platform to score public servants and private sector players, is also to celebrate those the public considers deserving of the awards who are also major drivers of economic development.

According to him, "The award which started in 2019 has been bestowed on top public servants like; Osagie Ehanire, Minister of Health, Elijah C. Onyeagba, Nigeria Ambassador to Burundi, Princess Gloria Akobundo, CEO, AUDA-NEPAD, Fatima Lawan, GM Legal, TCN, Aisha Mahmud of NERC, Kola Talent, NIPOST, Sanusi Ohiare, ED REF, Bala Bello, ED NEXIM Bank.

"Private sectors award recipients include Transcorp Hotels, Bolt, Binani Press, Cosgrove Investments Ltd, Bruce Ayonote, Suburban Fibre as CEO of the Year 2021, Sunny Akpoyibo, Asteven and others.

Tuleh said the 2022 edition kicks off with open public voting via [www.beawards.ng](http://www.beawards.ng) for anyone to go online and vote for nominees in the public service and private sector.

The winners who emerged in the voting include JRB Solar Investment Ltd, 4U Supermarket, Yaliam Press Ltd, Urban Shelter Properties and host of others. While Public Service Special Award was given to Dr Pauline Tallen, Honourable Minister of Women Affairs & Social Development and ESV Peter Iyobhebhe.

Tuleh also stated that there are various social media platforms to find out more about the event including Facebook@Dapines Business & Excellence Awards, Twitter@SimonTuleh, Instagram@beawards.ng. Voting starts from 5th to 25th July, 2022.

He also appreciated the support the organisers have enjoyed from government institutions such as the Office of the Secretary to the Government of the Federation and private organisations, saying members of the public who participate in voting also stand to be rewarded with many benefits. Find pictures of the event in next page.

# BUSINESS & EXCELLENCE AWARDS 2022 HOSTED AT SHERATON HOTELS ABUJA





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