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The  
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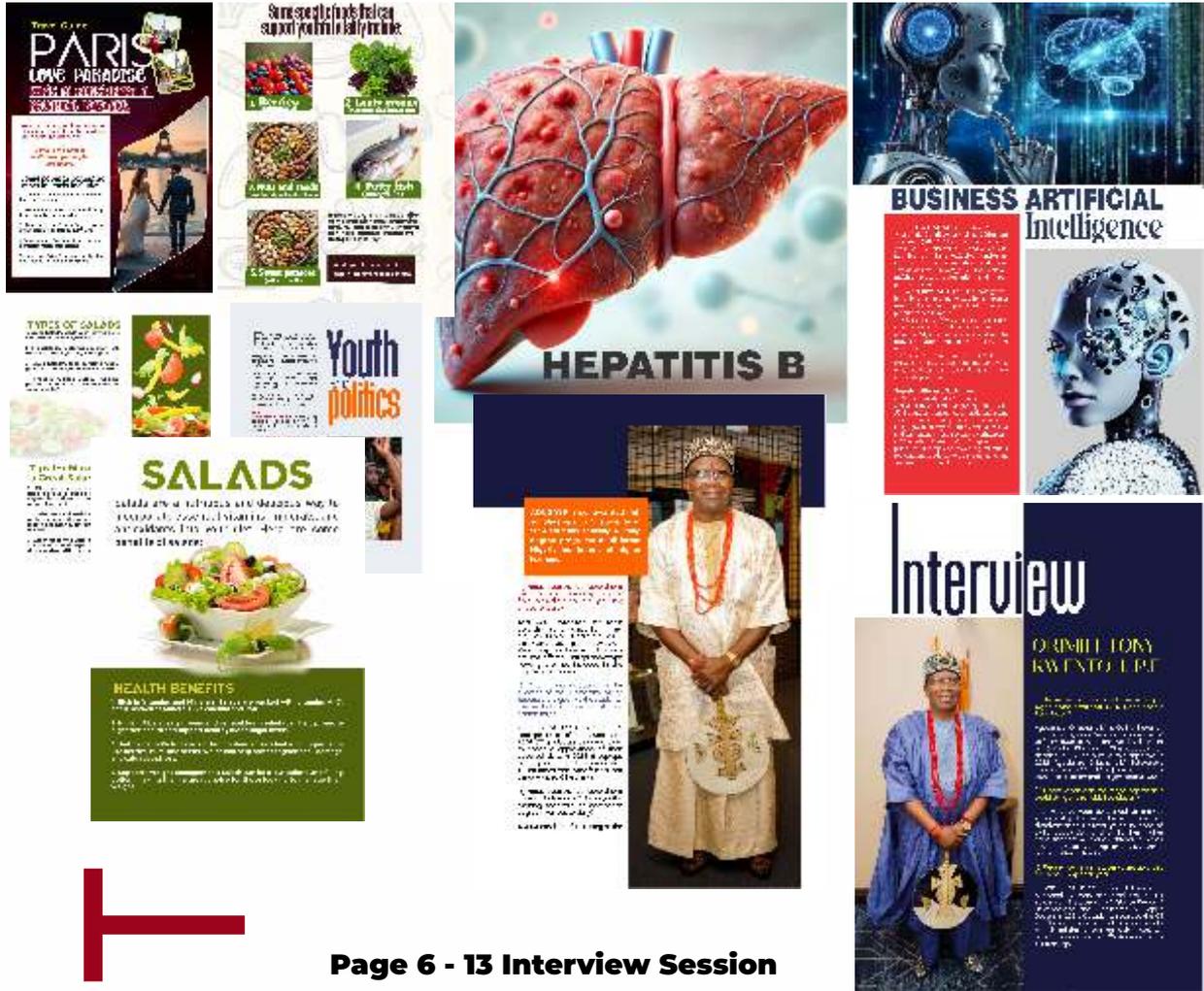


**AGBALANZE ONITSHA  
USA SCHOLARSHIP  
FOUNDATION**

Education  
is key



**OBI OF ONITSHA  
IGWE ALFRED NNAEMEKA  
ACHEBE  
(AGBOGIDI)**



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**VISION**  
To raise global leaders in harnessing their God giving talents.

**MISSION**  
To encourage and motivate young entrepreneurs in all productive endeavours

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# PUBLISHER'S NOTE

## Welcome To 2026

**T**he year 2025 was an awesome year. We give God all the glory for his mercies and divine protection.



You are welcome once again to another awesome and tantalizing edition.

This edition is totally dedicated to the Agbalanze Onitsha USA Scholarship Foundation

This noble association of great minds has deemed it fit to support the Onitsha youths in productive endeavours by giving scholarships and information technology training to the youths.

In addition, free laptops were also given to the students after the successful completion of the information technology training.

A big thanks to Agbalanze Onitsha USA Scholarship Foundation.

We equally had an exclusive interview with the President, Orimili Tony Kwentoh, a dynamic, hardworking and quintessential Gentleman who is totally committed to the success of the foundation.

A big thanks to the awesome Exco members of Agbalanze and everyone who has supported this noble vision.

I can't forget Barr. Ifeyinwa Araka, the Nigerian coordinator whose exemplary leadership style is exceptional and highly commendable.

Thank you and God bless.

# Interview With The President Agbalanze Onitsha U.S.A

ORIMILITONY  
RWENTOH, P.E.

## Can We Meet You?

I joined Agbalanze Onitsha U.S.A(AOUSA) in 2007 as one of the founding members at the inaugural meeting held in Baltimore, Maryland and have been a member of AOUSA in good standing for the past 18 years.

In 2018, I served as the AOUSA Chairman of the Dues Resolution AD-HOC Committee. In 2019, I was entrusted to become the AOUSA Financial Secretary. In 2020, I joined the Fundraising / Project Standing Committee. In 2021, I became the Chairman of the Fundraising / Project Committee. The Committee organized Palliative fundraising that was distributed to elderly members of Agbalanze Onitsha Cultural Association in Onitsha during the COVID-19 pandemic. Also under my Chairmanship of the Fundraising / Project Standing Committee, the Committee initiated and implemented the Agbalanze Onitsha USA Scholarship Foundation Program. In 2023, I served on the Bylaws Committee that produced the current Bylaws of AOUSA that was adopted on January 27, 2024. In 2024, I became the President of the AOUSA.

### **Academic and Professional Background:**

I studied Civil Engineering and graduated with MSc from Ohio State University,



Columbus, Ohio in 1983. In 2020, I retired as a licensed Professional Civil Engineer after 32 and half years with excellent leadership roles overseeing complex Bridges & Highway projects in the State of Connecticut.

### **My Vision and Priorities for AOUSA:**

The central focus of my Presidency is to work hard to achieve some specific goals for AOUSA with emphasis on empowering Onitsha youths through skills acquisition, programs and strengthening the Agbalanze Onitsha Usa Scholaship Foundation(AOUSF).



(2) Tell us more about the birthing of Agbalanze Onitsha USA Scholarship Foundation?

Agbalanze Onitsha USA (AOUSA) has an item in the Bylaws "Mission and Objectives" to "contribute to the economic development of Onitsha Kingdom". The association decided in 2021 to pursue this objective. In 2022, Agbalanze Onitsha USA Scholarship Foundation (AOUSF) was officially launched as a non-profit organization in the United State of America.

(3) What was the major inspiration in the birthing of this noble foundation?

The initiative was conceived to provide scholarship to help the economically disadvantaged Onitsha youths in need of skills acquisition and to further higher education that will make a difference in their lives in order to improve economic opportunities in Nigeria.

(4) How many students get awarded the scholarship each year?

In 2023, AOUSF raised funds to successfully train and graduate 20 ICT students (13 students in Website Design & Development, and 7 students in Graphic Design). In 2024, 10 students received the ICT scholarship awards, and 9 successfully completed the ICT training. In 2025, we awarded new 20 students for the ICT trainings.

AOUSF also awarded full scholarships to 5 students in 2024 currently studying Nursing degree programs at different Nigeria institutions of higher learning.



**PICTURE OF AGBALANZE ONITSHA USA MEMBERS**



**Nnanyelugo Okey Machie, Financial Secretary, presenting his financial report at the annual convention.**

(5) Does the foundation have mentorship and internship program for young entrepreneurs?

AOUSF mission includes awarding scholarships for higher education, trades and apprenticeships. However, Mentorship and Internship trainings are not offered. Entrepreneurships funding are not included in the organization mission.

(6) A big congratulations on the success of the ICT program where laptops were given to the students. Tell us more about that historic day?

In 2025, AOUSF provided 9 Laptops to all of the successful 2024 ICT graduates as useful tools to continue applications of their acquired skills. In 2024, 6 Laptops were given to the best graduating ICT students from the 2023 batch that went further into the advanced ICT trainings.

(7) Does the foundation have plans for indigenous Onitsha youths running masters or doctorate degrees in various tertiary institutions?

Agbalanze Onitsha Usa conducts fundraising at the



annual convention's to support the Foundation programs. Fundraising is very challenging due to the current economy in the U.S.A, and we are constrained to program awards based on available funds. Currently we cannot support Masters or Doctorate degree students.

**(8) Where do you see the foundation in the next 10 years?**

I am optimistic that Onitsha youths will continue to raise sufficient funds necessary to continue the scholarship awards for Onitsha youth to successfully train and graduate in various skills acquisition. AOUSF plans to diversify its fundraising efforts to include outreach for grants funding from philanthropic entities within U.S.A.



**AGBALANZE ONITSHA U.S.A EXECUTIVES**

From Left: Ojinnaka Tony Ejoh (Publicity Secretary), Orimili Tony Kwentoh (President), Ugochukwutubelu Dr. Victor Okafor (Secretary) and Ugonabo Akunwata Vin Chugbo (Treasurer)

## GOODWILL MESSAGES FROM AWARD RECIPIENTS



"I am Emesim Nkiruka Ifeoma, one of the beneficiaries of the Agbalanze Onitsha USA Scholarship, where I benefitted as a Graphics Design student. Gaining this scholarship has benefitted my life thus:  
Skill development: Enhanced my design skills and knowledge, allowing me to create more impactful visuals.  
Networking: Provided chances to connect with industry professionals and like-minded peers.  
Confidence: Gave me the confidence to pursue my passion for graphics design and take on new challenges. Currently as a result of benefitting from this scholarship I design materials such as business cards, invitation cards, posters and help develop logos and also teach close friends who might be interested in learning the graphics design skill and I am also earning a living out of it. I am deeply grateful to the foundation for their kindness and generosity in awarding me this scholarship. I say a very big THANK YOU for investing in my future."

My name is Olisa Benedict Menkiti from Umuaroli village in Onitsha. I give heartfelt thanks to the Almighty for the opportunity to benefit from the Agbalanze Onitsha USA Scholarship program. I am deeply grateful for the chance to enhance my skills in web development, particularly in front-end web development. This empowerment has been a game-changer for me, opening doors to new experiences and opportunities that I could never have imagined. I'm thankful to the Agbalanze Cultural Association for their visionary initiative, which has not only expanded my knowledge but also boosted my confidence. Their commitment to empowering individuals is truly commendable, and I am greatly honored to be a part of it."



"My name is Aghadiuno Ifeanyi Dominica. The Agbalanze Onitsha USA Scholarship Foundation has benefitted me so much by making it possible for me to pursue my dream course which is Nursing. I am presently studying nursing in one of the most reputable college of nursing sciences in Delta state. So, I can boldly state that I am a prospective registered nurse (RN). I sincerely thank all the sponsors of Agbalanze Onitsha USA scholarship foundation for their benevolence, and I pray that God in his infinite mercy increases you all in all ramifications of life. I promise not to disappoint the foundation or take your benevolence for granted. I am super grateful. Thank you so much."



OKECHUKWU HENRY CHIEDU-

“I am Okechukwu Chiedu Henry, a beneficiary of the Onitsha Agbalanze USA Scholarship. I want to appreciate the Foundation for coming through for me. It was a great relief and I'm really happy for this opportunity. The Scholarship caters for my tuition fees and my upkeep for each school year. I am presently studying Nursing at the Chukwuemeka Odimegwu University, Anambra State with less financial challenges. May God bless all the members of this great organization.

“My name is Chima Chike Anthony and I am from Umuase village in Onitsha. I'm honored to share how the Agbalanze Onitsha USA Scholarship scheme has benefited my life.

This opportunity equipped me with in-demand skills, boosted my confidence, and opened doors to new career prospects. Through this program, I gained expertise in graphic design, enhancing my creativity and problem-solving abilities. I've applied these skills in various projects, creating innovative solutions and achieving tangible results. The scholarship not only supported my education but also empowered me to pursue my passion. I'm grateful for the investment in my future and the impact it has had on my personal and professional growth. Thank you to the scholarship program and its generous sponsors for believing in me and providing this lifechanging opportunity. I have been able to launch my career in Graphics Design. I'm presently freelancing and enjoying the opportunity to work with diverse clients and bring their visions to life through my designs.



“My name is Alex Tobechukwu Anazonwu from Ogbe Oza village in Onitsha and I am a proud beneficiary of the Agbalanze Onitsha USA Scholarship Foundation. Through this scholarship, I was able to complete a course in Digital Marketing and Graphics Design, which has greatly helped and transformed my life. The training equipped me with valuable digital skills that have helped me become more creative and productive. Today, I am confidently using these skills to grow my business and work with clients all thanks to the foundation's generous support. I sincerely appreciate the Agbalanze Onitsha USA Scholarship Foundation for investing in young people like me. Your vision and kindness has empowered me and many others to pursue our dreams and build better futures.

Thank you for your continuous support and for believing in the potential of the younger generation.”



My name is Unegbu Amechi Patrick and I was among the beneficiaries of the AGBALANZE Onitsha USA Scholarship training, under Graphics Design Class 2024 Cohort. This training benefitted my life, because it has helped me with the foundation for my journey into the Graphics Design world. I am a practicing Electrical Engineer and a Graphics designer as well courtesy of this foundation and I am earning income from both practices. I am using this medium to extend my heartfelt appreciation, to everyone that made this training possible and also for the support of the work tool (laptop). I am truly grateful and pray that the good Lord would continue to bless, protect and enlarge the coasts of everyone that has made this possible. I thank you all specially for finding me worthy to be part of this great opportunity. God bless.”

“ My name is Mmaka Ikechukwu Emmanuel from Obikporo village in Onitsha I am a proud beneficiary of the Agbalanze Onitsha USA Scholarship Foundation. The scholarship has been a great blessing and a major turning point in my life. It gave me the opportunity to pursue my passion for technology and develop my skills in web development. The support and encouragement I received allowed me to focus fully on my training without distraction, Since receiving the scholarship in 2023, I have built and managed several websites, including the official website of the Agbalanze Onitsha USA, the same organization that sponsored my training. After completing the program, they further supported me with a laptop, and I am proud to say that the Agbalanze Onitsha USA website became my first business project on that laptop. That project opened many doors of business opportunities and marked the true beginning of my professional journey. Today, I am a practicing Web Developer and the founder of InlandTech Onitsha (Inland Computer Technology) — an IT school, business center, and consultancy office. Through this platform, I train young people in digital skills, provide ICT solutions, and contribute to the growth of technology within my community. I remain deeply grateful to the Agbalanze Onitsha USA Scholarship Foundation for their generosity, vision, and commitment to youth empowerment through education. Your support has transformed my life and inspired me to impact others positively. God bless Agbalanze Onitsha USA.”



“My name is Agha Uchechukwu JohnPaul from Ogbolieke village in Onitsha, I am a beneficiary of the foundation in the 2024 Cohort. I was received training as a Frontend Web developer. Presently, I am still learning to be better as programmer. The gift of the laptop from the foundation has made my learning process easier. For this I am eternally grateful to the sponsors of the Agbalanze Onitsha USA Scholarship Foundation. Thank you once again.

## Travel Guide

# PARIS

## LOVE PARADISE

### PARIS IS CONSIDERED A ROMANTIC PARADISE.



From its stunning architecture to its charming streets, beautiful gardens, and picturesque Seine River,

*Paris is the perfect destination for couples and lovers.*

### Some popular romantic spots in Paris include:

1. The Eiffel Tower: A classic symbol of love and romance.
2. Seine River Cruises: A romantic way to see the city's landmarks.
3. Montmartre: Charming streets, artist studios, and stunning views.
4. Luxembourg Gardens: A serene oasis perfect for picnics or strolls.
5. Pont des Arts: A pedestrian bridge with beautiful views of the Seine.



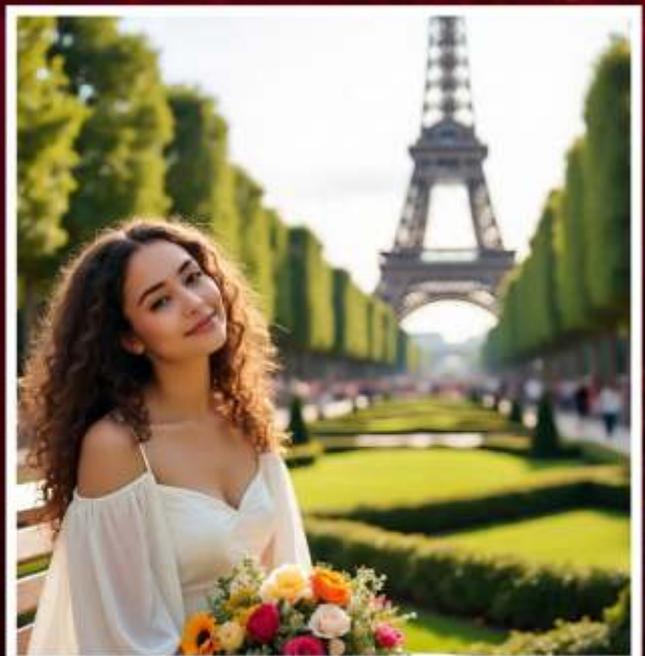
# Here are some dos and don'ts when visiting Paris:

## Dos

1. Learn basic French phrases: Greet locals with "bonjour" (hello) and "merci" (thank you).
2. Explore neighborhoods: Visit charming areas like Montmartre, Le Marais, and Saint-Germain-des-Prés.
3. Enjoy local cuisine: Try croissants, baguettes, cheese, and wine.
4. Visit iconic landmarks: See the Eiffel Tower, Notre-Dame, and the Louvre.
5. Take a Seine River cruise: Admire the city's landmarks while learning about its history.

## Don'ts

1. Don't assume everyone speaks English\*: Make an effort to communicate in French.
2. Don't skip museum etiquette\*: Follow rules and respect artwork.
3. Don't ignore local customs\*: Dress modestly when visiting churches or mosques.
4. Don't eat on the go\*: Enjoy meals at cafes or restaurants.
5. Don't forget to validate your ticket\*: Ensure your public transportation ticket is validated.



# Business world

# INVESTMENT TIPS

Investment is allocating and channeling your resources with the expectation of generating income

## 1. Feasibility study

Firstly, carry out a feasibility study and effective planning strategy before you invest. Pertinent questions need to be ascertained such as. How much can I invest? What are the Government policies? The Environment the business will operate, Profit analysis and the needs of the customers.

## 2. Understand Risk

Every business always has its risk. Invest in line with your capacity for loss. A stable economy if not properly monitored can be eroded by inflation or crises



### 3. Diversify

The need to diversify is very key. Don't put all your eggs in one basket. Investing in only one particular business sector can leave you exposed to unforeseen issues occurring in that particular sector.

The best approach is investing across a range of different businesses to mitigate potential losses and maximise long-term returns.

### 4. learn to be patient

You need to be patient in any business and learn the nitty gritty of the business. To attain a sustainable growth, businesses need to build long term sustainability strategy and focus on long term goals.

### 5. Innovation and creativity

As an investor, you need to be innovative in sustaining your customer needs and businesses objectives.

Innovation gives you a competitive advantage because businesses will learn from failures and achieve success.



### 6. Consider professional advice.

Consult with a professional before investing in any business. Having a proper guidance before investing is key.

# AGBALANZE ONITSHA USA SCHOLARSHIP FOUNDATION

## Empowering Tomorrow Leaders Begins Today

Education is the cornerstone of the development and progress of any community. Education polishes the potential of the youth of any community, provides them with economic empowerment and unlocks opportunities for them.

But besides enhancing the economic opportunities for young people, education also leads to the development of the community at large by making it possible for the young people to participate in the economic and moral development of the community.

But today, in Onitsha, the opportunities to attain good quality education have not been available to many young Onitsha indigenes for various reasons, of which lack of financial resources are the primary reasons. With the exorbitant cost of education in Nigeria today, at all levels, young people from economically-disadvantaged backgrounds cannot afford to obtain formal education. Even the ordinarily short-term professional training skills acquisition programs are now increasingly beyond the reach of the economically

impoverished youth in Onitsha. Today, trade schools and apprenticeships programs that once provided the fallback opportunities for economically disadvantaged youth are now equally unattainable as well.

The sad, but real, consequence of the lack of education among Onitsha youth due to lack of financial resources is that many Onitsha youth are living a life of despair and hopelessness. In some cases, the youth have even ventured into a life of mischief and crime, which in turn has devalued the quality of life in the community.

Agbalanze Onitsha USA (AOUSA) understands that education is the most important foundation in the development and advancement of any community, and that a well-educated citizenry is crucial for the development and advancement of any community.



So, in 2022, AOUSA set up the Agbalanze Onitsha USA Scholarship Foundation (AOUSASF) to raise the necessary funds to administer a scholarship program

that would provide the necessary financial support for economically-disadvantaged young Onitsha indigenes to acquire skills through formal education at all levels. The scholarship program would offer financial assistance to Onitsha youth to pursue various types of academic and professional training at Nigerian institutions of higher learning, trade schools and apprenticeship programs. Needless to state that members of AOUSA embraced the AOUSASF and its goals wholeheartedly.

The Foundation generally recruits scholarship candidates from high school graduates from economically-disadvantaged families with

outstanding academic achievements and a demonstrated commitment to community service and leadership. Potential students must first take an entrance examination administered by professionals hired by the Fundraising/Projects Committee of AOUSA, after which candidates that obtained the benchmark scores are interviewed by the members of the committee.

Since its inception in 2022, AOUSF has raised funds to successfully train 30 students in Information and Communication Technology (ICT) and also awarded FIVE full scholarships to Onitsha indigenes to attend nursing schools.

In 2023, AOUSF trained 20 economically-disadvantaged Onitsha youth in Information and Communications Technology (ICT): 13 of the students were trained in Website Design and Development, and 7 of the students were trained in Graphic Design. In 2024, AOUSF trained 10 students in ICT, and awarded full scholarships to FIVE students to

attend nursing schools.

AOUSF scholarship program generally covers full tuition, and educational supplies, such as textbooks, computers, etc.

Today, SIX of the ICT graduates are pursuing advanced training in Information Technology, and others have started working in various areas in the digital technology arena, and some have engaged in private digital entrepreneurship.

AOUSF was able to provide hope to these seemingly hopeless youth, and rejuvenate their spirits and dreams of becoming successful human beings, and worthy citizens that will contribute to the development of Onitsha.

AOUSF is now making plans to expand its scholarship program to provide financial assistance to economically-disadvantaged Onitsha youth to pursue other types of professional training, such as Medical Lab



**THE LOGO OF AGBALANZE ONITSHA USA  
SCHOLARSHIP FOUNDATION**



THE PRESIDENT-GENERAL OF THE ANCIENT PRESTIGIOUS AGBALANZE ONITSHA CULTURAL ASSOCIATION OZOMMA OGBOGU OKOSI SPEAKING TO THE INFORMATION AND COMMUNICATION TECHNOLOGY (ICT) STUDENTS DURING THE GRADUATION CEREMONY



ORIMILI TONY KWENTOH, PRESIDENT OF AOUSA SPEAKING TO THE STUDENTS



THE COORDINATOR OF AGBALANZE ONITSHA  
USA SCHOLARSHIP PROGRAM IN ONITSHA  
IFEYINWA ARAKA ESQ. SPEAKING TO  
THE STUDENTS



THE PRESIDENT-GENERAL OF AGBALANZE ONITSHA OZOMA  
OGBOGU OKOSI(RIGHT)AND ORIMILI TONY KWENTOH



**TOP AND BOTTOM PICTURES:ORIMILI TONY KWENTOH HANDING OUT THE CERTIFICATE TO THE ICT GRADUANTS**



**FINANCIAL SECRETARY OF AOUSA NNANYELUGO OKEY MACHIE AND COORDINATOR OF AOUSF IFEYINWA ARAKA ESQ**



**THE ICT GRADUANTS WITH THEIR FREE LAPTOPS**

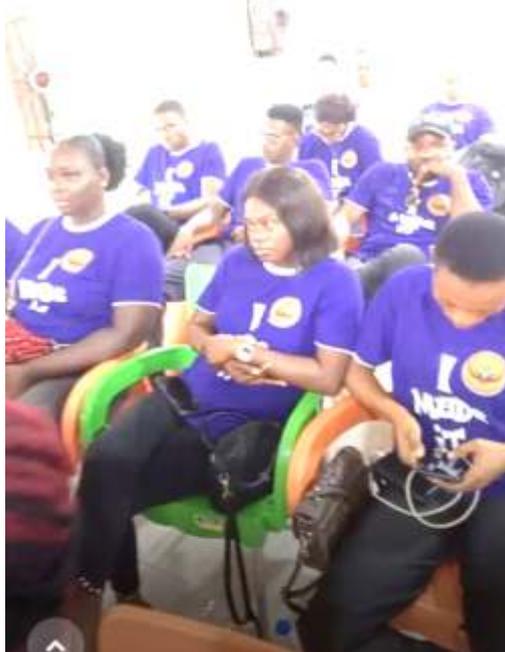


**THE PRESIDENT WITH SOME OF THE NURSING STUDENTS AND AGBALANZE MEMBERS**





THE ICT GRADUANTS PROUDLY DISPLAYING THEIR AGBALANZE ONITSHA USA GRADUATION TSHIRT



SOME OF THE ICT GRADUANTS LISTENING TO THE PROJECT PRESENTATIONS



ONE OF THE ICT STUDENTS PRESENTING HER FINAL PROJECT DURING THE GRADUATION CEREMONY



TOP AND BOTTOM PICTURES: SOME OF THE PROJECTS THE ICT STUDENTS PRODUCED DURING THE SESSION





**THE HAPPY GRADUANTS**



**THE GRADUANTS WITH THEIR CERTIFICATES**



**THE ICT GRADUANTS RECEIVED FREE LAPTOPS AFTER GRADUATION**



**THE FINANCIAL SECRETARY OF AGBALANZE ONITSHA USA NNANYELUGO OKEY MACHIE PRESENTING THE LAPTOPS TO THE ICT GRADUANTS**









# Healthy Eating habits to stay young

**1. Focus on whole foods** Prioritize whole, unprocessed foods like fruits, vegetables, whole grains, lean proteins, and healthy fats.

**2. Stay hydrated:** Drink plenty of water throughout the day to maintain skin health and overall well-being.

**3. Antioxidant-rich foods:** Include foods high in antioxidants like berries, leafy greens, and nuts to combat oxidative stress.

**4. Omega-3 rich foods:** Consume foods rich in omega-3 fatty acids like salmon, walnuts, and chia seeds to support heart and brain health.

**5. Limit processed foods:** Minimize intake of processed and sugary foods that can contribute to inflammation and aging.



# Some specific foods that can support youthful vitality include:



**1. Berries**  
(antioxidants)



**2. Leafy greens**  
(vitamins and minerals)



**3. Nuts and seeds**  
(healthy fats and antioxidants)



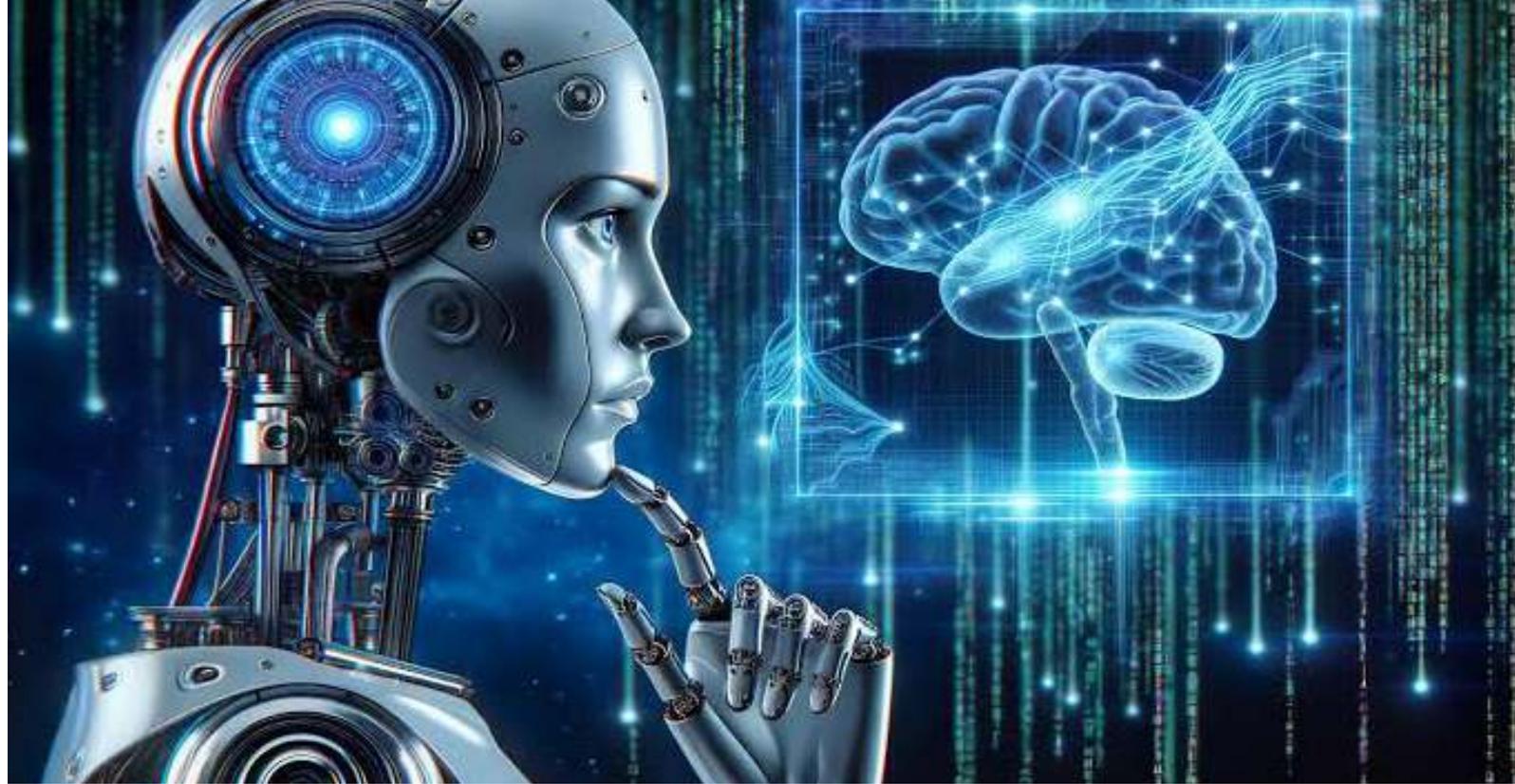
**4. Fatty fish**  
(omega-3s)



**5. Sweet potatoes**  
(vitamin A)

**Remember, a balanced diet combined with regular physical activity and a healthy lifestyle can help support overall well-being and vitality.**

Would you like more specific dietary recommendations or tips?



# BUSINESS ARTIFICIAL Intelligence

## TECHNOLOGY TRENDS

**\*Artificial Intelligence (AI) and Machine Learning (ML)\*:** AI adoption is expected to grow 38.1% between 2023 and 2030, with applications in predictive analytics, customer service automation, and more. Businesses will leverage AI for decision-making, process automation, and hyper-personalization.

- **\*Generative AI\*:** This technology will boost business productivity, with companies using it for monitoring technology worker productivity and more.

- **\*Business Hyperautomation\*:** Companies will implement solutions that combine AI, machine learning, and robotic process automation (RPA) to optimize operations.

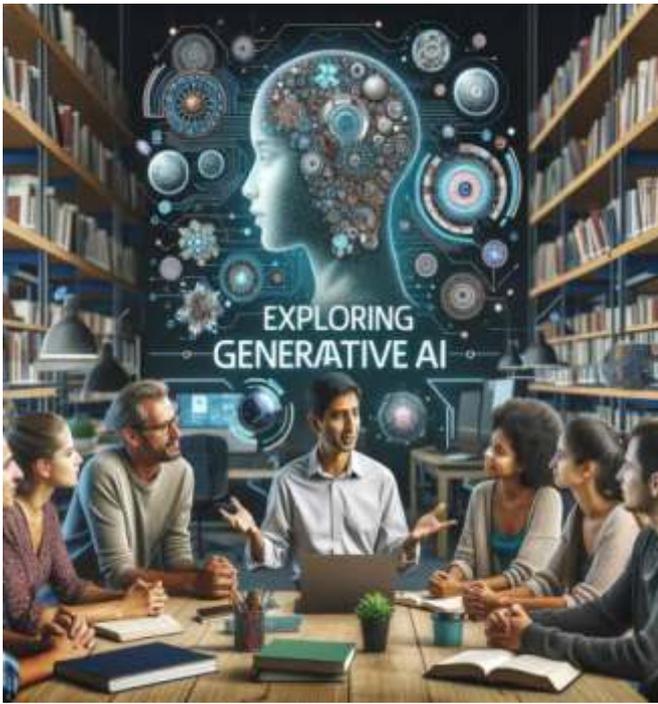
- **\*5G and Edge Computing\*:** Expect growth in data collection and analysis, enabling faster decision-making and more efficient operations.

## Sustainability and Social Trends

- **\*Sustainability\*:** Environmental consciousness is no longer optional, with 55% of global consumers prioritizing buying from sustainable companies. Businesses will adopt green energy solutions, reduce waste, and implement circular economy principles.

- **\*Circular Economy\*:** Companies will prioritize reusing and recycling materials, redesigning products to be sustainable, and investing in renewable energy.





- **\*Remote and Hybrid Work Models\***: With 39% of knowledge workers expected to be hybrid workers by 2025, companies will invest in collaboration tools and employee engagement strategies.

### Customer Experience Trends

- **\*Customer Hyper-Personalization\***: Businesses will use AI-driven insights to offer tailored customer experiences, predicting future needs and preferences.

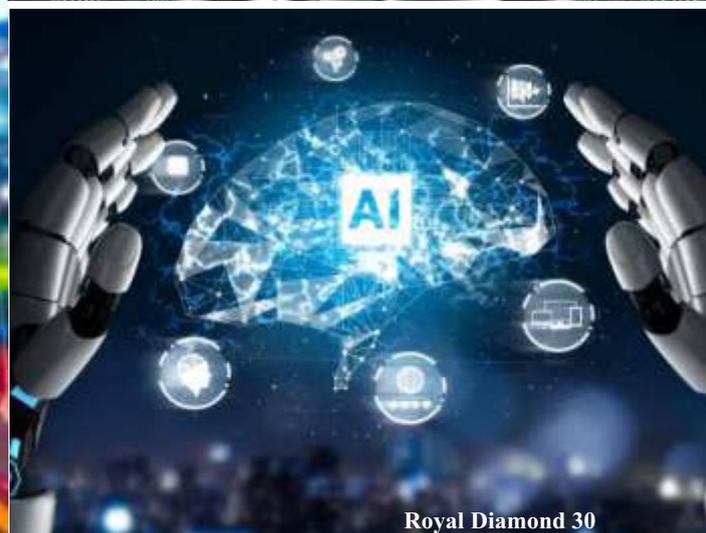
- **\*Immersive Technologies\***: Companies will experiment with virtual worlds, augmented reality, and more to enhance customer engagement.

- **\*Customer-Centric Innovation\***: Businesses will prioritize customer feedback and data-driven insights to develop products that resonate with their target audience.

### Other Trends

- **\*Blockchain and Decentralized Finance (DeFi)\***: Expect growth in blockchain technology, particularly in supply chain management, financial services, and data sharing.

- **\*Digital Transformation\***: Companies will adopt digital tools to turn raw data into clear insights, making decision-making easier for leaders



# SALADS

Salads are a nutritious and delicious way to incorporate essential vitamins, minerals, and antioxidants into your diet. Here are some benefits of salads:



## HEALTH BENEFITS

- 1. Rich in Vitamins and Minerals:** Salads are packed with vitamins A, C, and K, as well as minerals like calcium and iron.
- 2. High in Fiber:** Leafy greens and vegetables in salads can help promote digestive health and support healthy blood sugar levels.
- 3. Antioxidant-Rich:** Salads often contain antioxidant-rich ingredients like berries, nuts, and seeds, which can help protect against cell damage and oxidative stress.
- 4. Supports Weight Management:** Salads can be a low-calorie and filling option, making them a great choice for those looking to manage their weight.

# TYPES OF SALADS

1. **Green Salads:** Made with leafy greens like lettuce, spinach, or kale.
2. **Fruit Salads:** Featuring a mix of fresh fruits like berries, citrus, and apples.
3. **Grain Salads\*:** Incorporating whole grains like quinoa, brown rice, or farro.
4. **Protein-Packed Salads:** Adding protein sources like grilled chicken, salmon, or tofu.



## Tips for Making a Great Salad

1. **Choose a Variety of Colors:** Incorporate a range of colorful vegetables and fruits to ensure a broad range of nutrients.
2. **Add Protein and Healthy Fats:** Include protein sources like nuts, seeds, or lean meats, and healthy fats like avocado or olive oil.
3. **Experiment with Different Dressings:** Try homemade vinaigrettes or creamy dressings to add flavor to your salad.



**F**or the Nigeria youth to impact their world positively. It is advised that they play a major role in selecting credible leaders with integrity

Sitting on the fence will definitely not contribute to the success or growth of one's community.

Politics is meant for those who are genuinely passionate about changing lives and creating positive change in their community

Engaging in politics can be highly beneficial for young people. Here are some pros and cons to consider:

**Pros:**

**1. Empowerment:** Politics lets young people shape decisions that affect their future—whether it's about climate, education, or jobs.

**2. Leadership Skills:** Running a campaign or joining a youth council builds public speaking, negotiation, and problem-solving skills.

**3. Networking:** You'll meet diverse people—mentors, peers, and professionals—who can open doors for internships, jobs, or collaborations.

**4. Civic Awareness:** Engaging in politics helps you understand how governments work and how to advocate for change.

**5. Change-Making:** Politics gives you a platform to ask for solutions for issues you care about.

**6. Personal Growth:** It teaches resilience, critical thinking, and adaptability—skills that serve you in all areas of life.

# Youth AND politics



### Cons:

1. **\*Challenges & Criticism\***: Politics can be tough, with harsh scrutiny and opposition. Young people might face ageism or skepticism.
2. **Time-Consuming**: Balancing campaigns, meetings, and activism with other responsibilities (e.g., school, work) can be overwhelming.
3. **Ethical Dilemmas**: Politics often involves compromises and tough decisions that might conflict with personal values.
4. **Systemic Barriers**: In some places, youth voices are marginalized or ignored, making it hard to effect change.

### The Verdict:

Engaging in politics can be \_incredibly rewarding\_ if you're passionate about creating change and are prepared for the challenges. It's not for everyone, but for those who dive in, it can be a powerful way to learn, grow, and leave a mark on society.

Here are more reasons why youth should engage in politics:

1. **Ensure Representation**: Young people make up a significant portion of the population, and their voices need to be heard to ensure their interests are represented.
2. **Drive Social Change**: Youth-led movements have historically been instrumental in driving social change, from civil rights to environmental activism.
3. **Influence Policy**: By engaging in politics, young people can influence policies that affect their lives, such as

education, employment, and healthcare.

4. **Develop Critical Thinking**: Political engagement encourages young people to stay informed, think critically, and form educated opinions on complex issues.
5. **Build Community**: Getting involved in politics can help young people connect with like-minded individuals and build strong, supportive communities.
6. **Counter Apathy**: Engaging in politics can combat feelings of powerlessness and apathy, empowering young people to make a difference.
7. **Shape the Narrative**: Youths can challenge stereotypes and misconceptions by being actively involved and sharing their perspectives.
8. **Mentorship and Role Models**: Young leaders can inspire and mentor others, creating a ripple effect of positive change.
9. **Address Youth-Specific Issues**: Engaging in politics allows young people to address issues that directly affect them, such as student loans, job opportunities, and mental health.
10. **Long-Term Impact**: The decisions made today will shape the future; young people's involvement ensures that their generation's needs and values are considered.

# SUCCESS<sup>IN</sup> BUSINESS

### How to Grow Your Business

Do you want to grow your business? We have some major boosters that will help you to achieve your desired goals and objectives in taking your business to the next level.

The success of your small business depends on your efforts to grow profits using various methods. From employee training to marketing, every aspect of your business deserves attention.

Rapid growth doesn't happen overnight, but there are several steps you must take to keep your business moving forward. It takes time and effort. However, when you start reaping the benefits, you will see that your effort is worth it. Here are some tips to consider if you wish to see your business grow.

### Understand Your Customers

You can only develop products and services that will be a huge hit if you are attentive to the needs of your customers and prospects. One way to understand exactly what your customers want is through research and surveys.

You should be constantly inviting them to provide honest, even brutal feedback. Reviews and surveys are the best ways to get inside the mind of your customers. This makes it easier for you to develop products and services that are suitable to the current demands of the market. Moreover, it helps you understand the



areas in which your company needs to improve.

### Improve Customer Service

If you don't provide quality customer service, it will be difficult to satisfy your customers even if you have a superior product or service. This aspect of the business is about taking the extra step to make them feel special.

Let your customers know that they are valued. If they have problems, make sure you address them right away. If they have questions, take time to answer them. They should not feel like things are difficult for them if they raise certain issues. Social media is a great way to



understand your customers by listening to them. If they find the customer service satisfactory, they might even recommend others to also buy from your business.

### **Establish Loyalty**

It takes time to encourage customers to come and buy what you have to offer. But it's not enough to just get them to buy. You need to encourage loyalty. Considering that there are other competitors who could offer them better, you want them to remain loyal to you. Don't feel complacent just because you already have a lot of loyal customers. They can be easily attracted to other options and they might leave you.

Provide loyalty rewards. If there are discounts and promotions, let these most loyal customers be the first ones to know. You must sure your customers know they are appreciated.

### **Maximize Social Media**

Without a doubt, social media is a very powerful tool. It reaches out to hundreds upon thousands of people at once. Make sure your business is engaged in social media. This helps you stay relevant. Listening to people and reading their comments will give you an idea on how to make them feel more satisfied. You will also understand their behaviour and find a way to meet their demands. The best part is that you

won't have to spend a lot of money just to attract new customers. You don't need to engage in comment wars though. Just keep it positive and make everyone feel that they are heard.

### **Focus on Professional Development**

The success of your business also depends on the quality of employees that you hire. Building an effective team is the key to ensuring that your business prospers.

One of the best ways to have motivated employees who work hard is to give them a sense of purpose. They should not just feel like they have to work for the sake of working.

Culled. mallbiztrends





# AGBOGBO mmuo

Agbogho Mmuo are maiden spirits that perform in various functions in south east Nigeria.

In Onitsha which is a commercial city located on the brink of the River Niger, you will see a colourful display of this beautiful maiden spirit in events such as Burials where they entertain the invitees and the public. They also perform at cultural Carnivals.

They have unique hairstyles which are likened to 19<sup>th</sup> century ceremonial

hairstyle. They equally adorn a sacred mask with colourful facial inprints.

The maiden spirits dances to traditional drums and other musical instruments.



# Onitsha

## Trade and Commercial hub



**H**istory has it that in the mid eighteenth century, the Portuguese arrived Nigeria after navigating the inlands of River Niger from the Atlantic Ocean.

They encountered commercial activities in Onitsha which was of great interest to them. They received acceptance from the people after some brief resistance and now settled for business.

The Portuguese now exchanged by barter various commercial items such as palm produce and ivory which was exchanged with clothing, guns and gun powders from the Portuguese etc.

The British later sacked the Portuguese and established the Southern Protectorate and introduced money as a medium of exchange which was in coins and later notes.

Onitsha slowly grew to become a very trading port for the Royal Niger Company in the mid-1850s

**C**ommercial activities now increased and in 1857 British palm oil traders established a permanent station in the city with Christian missionaries joining them which was headed by the liberated African Bishop Samuel Ajayi Crowther and Reverend John Taylor .

In 1900 Onitsha became part of a British protectorate. The British colonial government and Christian missionaries now established schools and churches.

The trade routes now grew with the construction of the Niger bridge in 1965. It replaced ferry crossing and allowed commercial activities to boom with western Nigeria

**T**he Niger Bridge makes Onitsha the gateway to the Igbo heartland.

**O**nitsha has one of the largest markets in West Africa in terms of geographical size. Onitsha is a commercial hub where billions of naira are reportedly transacted every day with major financial institutions and the Nigeria stock exchange having its presence in this great town.

**O**nitsha has lots of industries and has recently become an investment Haven for investors across the globe, special thanks to its hardworking Governor. His Excellency Chief Willie Obiano who has attracted major investors to come and do business in Onitsha. The security architecture has greatly improved.

**O**nitsha has over 30 markets with its own specialty where goods are sold ranging from Pharmaceutical, Electronics, Ceramics, Plastic, Consumables, Textiles, Building Materials, Spare parts, Timber, Aluminum. Glass, stationaries, Cosmetics, House hold items etc

**O**nitsha has its industrious and highly educated indigenes. Onitsha indigenes migrated from the Benin kingdom. and they are headed by the Obi of Onitsha. Obi Alfred Achebe (AGBOGIDI) and he is assisted by titled red cap elders or Chiefs called NDI ICHIE. Onitsha is the best investment destination for investors.



# Culture

# ONITSHA

## CEREMONIAL CYCLE

### Overview

*Onitsha ceremonial life involves a series of festivals, with each festival forming part of a continuum that helps to symbolically relate each aspect of social life to the wider reality. Six main festivals are celebrated in one Onitsha year. The basic sacred divisions of the year are set by the phases of the moon. The Obi proclaims each of the 28-day lunar months ONWA and defines the ceremonial sequences in terms of the seven four-day weeks OGE ISA that comprise each month.*



The six festivals are as follows:

#### IFEJIOKU

This is usually celebrated in January and is essentially an homage to the yam spirit with a view to establishing the presence of this guardian spirit of yams in each strip of farmland to be cleared and cultivated.

#### AJACHI

Normally celebrated in June, it is a sacrifice to the Almighty and involves beseeching God to guide every adult in his labour and help his/her crops prosper.

#### UMATO

This is the first harvest festival celebrated in June at the time of the maize harvest. Umato is a 16-day festival beginning with the exclusive celebration by the Obi for a four-day period, after which the celebration of the populace takes place. Umato entails a redistribution of new consumable wealth by the nobility to lesser mortals.

## OWUWAJI

This is the new yam festival. It is normally celebrated in September and commences 24 days after the Umato, lasting for another 24 days. The Obi performs the ritual of eating the new yam after the various sections of Onitsha must have performed the ritual. The Obi must also during this period retire into a trance-like state for four days. This is known as INYEPU UKWU NA NLO

## OFALA

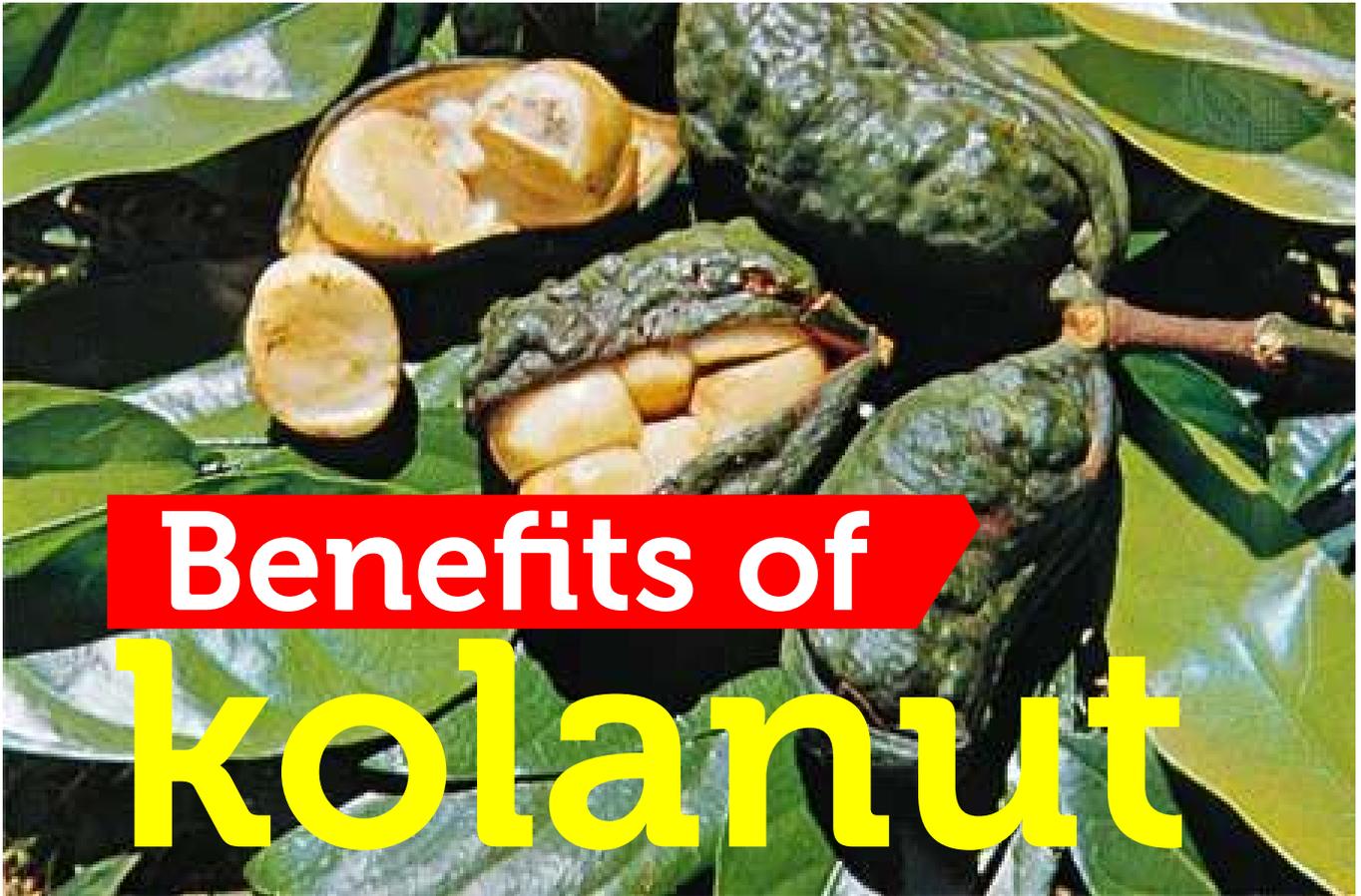
This is the Obi's annual emergence from seclusion, having assessed his relationship with God and the spirits, after which his body is washed to signify the end of his mourning. It is usually celebrated in October.

## OSISITE

It comes nine days after the Ofala. This is the ceremony of cooking in the pot and signifies the end of the harvest cycle.

SOURCE –[Imeobionitsha.org](http://Imeobionitsha.org)





## CULTURAL SIGNIFICANCE

Kola nuts are seeds from the kola tree (*Cola acuminata*), native to West Africa, including

Kolanuts have an important cultural significance and are often used in

welcoming guests

It is also used in ceremonies

The spiritual significance of kola nuts in Igbo culture is further emphasized through various rituals and traditions:

- **\*Breaking the Kola\***: The kola nut is broken, and the pieces are shared among participants, symbolizing love, oneness and unity.

- **\*prayer And Invocation\***: Prayers are offered to God for blessing and invoking ancestors to bless the occasion, bring peace, and grant Prosperity

- **\*Divination\***: in some cultures, they are used for divination, with the pattern of the broken nut interpreted to reveal messages from the gods.

These customs highlight the kola nut's



role as a sacred bridge between the physical and spiritual realms

kola nuts hold significant spiritual importance. The kola nut is seen as a symbol of communion and connection with the spiritual realm. When broken, it's believed to facilitate communication with ancestors and gods, and is

often accompanied by prayers and blessings.

The different parts of the kola nut, like the lobes, are also believed to have spiritual significance, representing different aspects of life including the four market days .

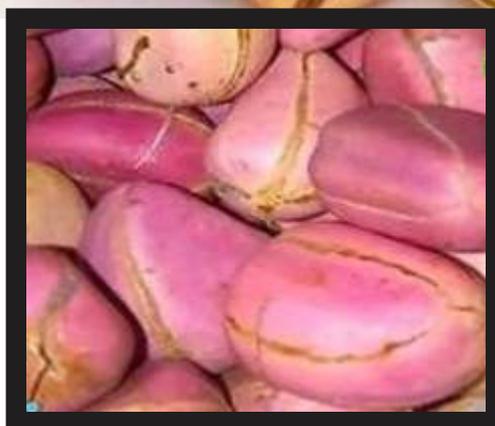
Lets look at the medicinal benefits of kolanuts

- **\*Cerebral stimulant\***: Kola nuts contain caffeine, which can boost mental alertness and energy.

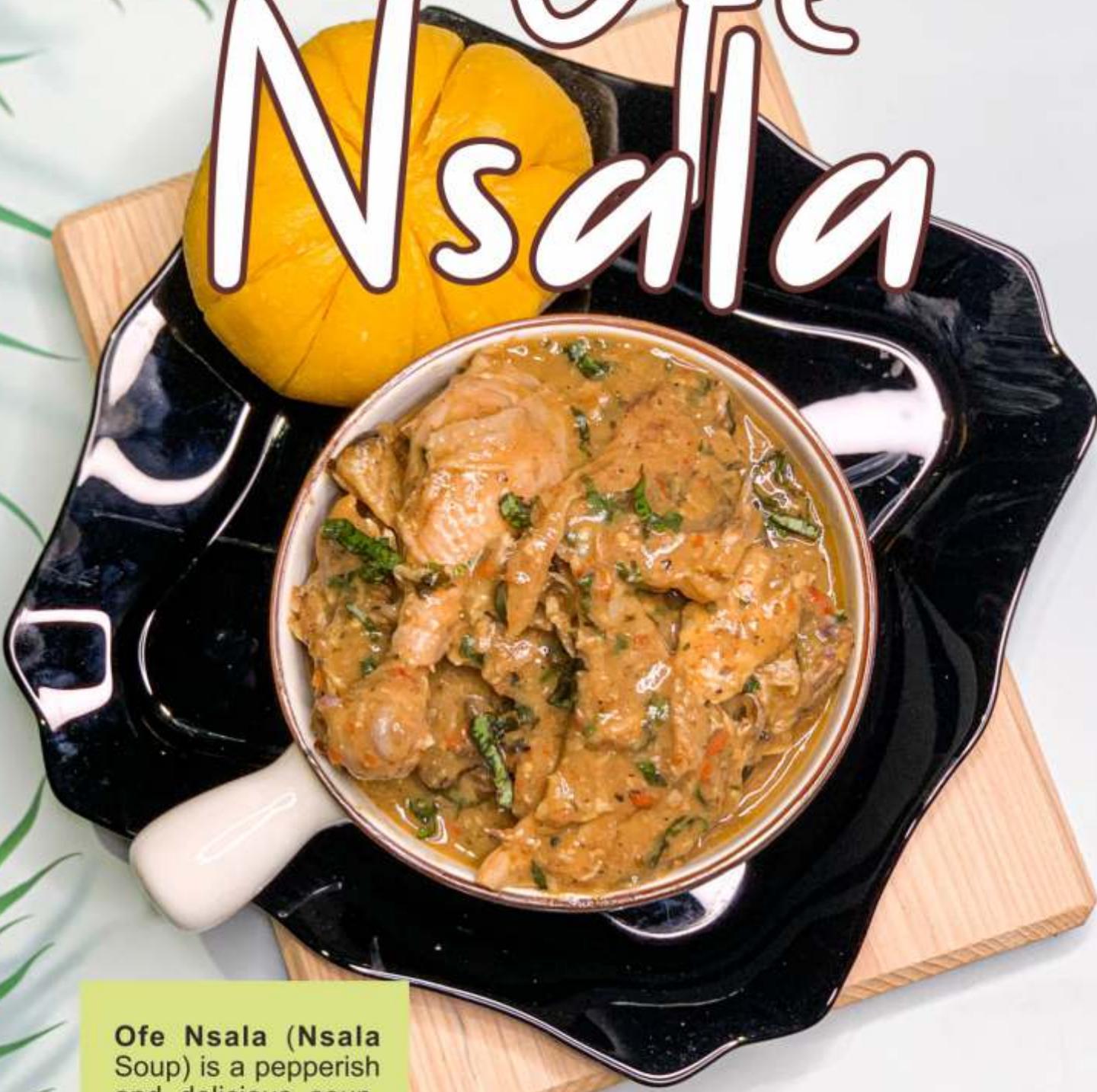
- **\*Digestive aid\***: In traditional medicine, kola nuts are used to aid digestion and relieve stomach issues.



- **\*Antioxidant properties\***: Kola nuts contain antioxidants, which can help protect against cell damage and oxidative stress.



# What is **Ofe Nsala**

A top-down view of a bowl of Ofe Nsala soup. The soup is a thick, orange-brown color with visible pieces of meat and green herbs. It is served in a white ceramic bowl with a handle, which sits on a black, irregularly shaped plate. A slice of yellow mango is placed on the plate next to the bowl. The entire dish is on a light-colored wooden cutting board. The background is a light green and white pattern with green leaf-like shapes.

**Ofe Nsala (Nsala Soup)** is a pepperish and delicious soup, which is very popular in Nigeria most especially in the ancient kingdom of Onitsha

It has no palm oil and it's also called  
**"WHITE SOUP".**

## Ingredients for Nsala Soup

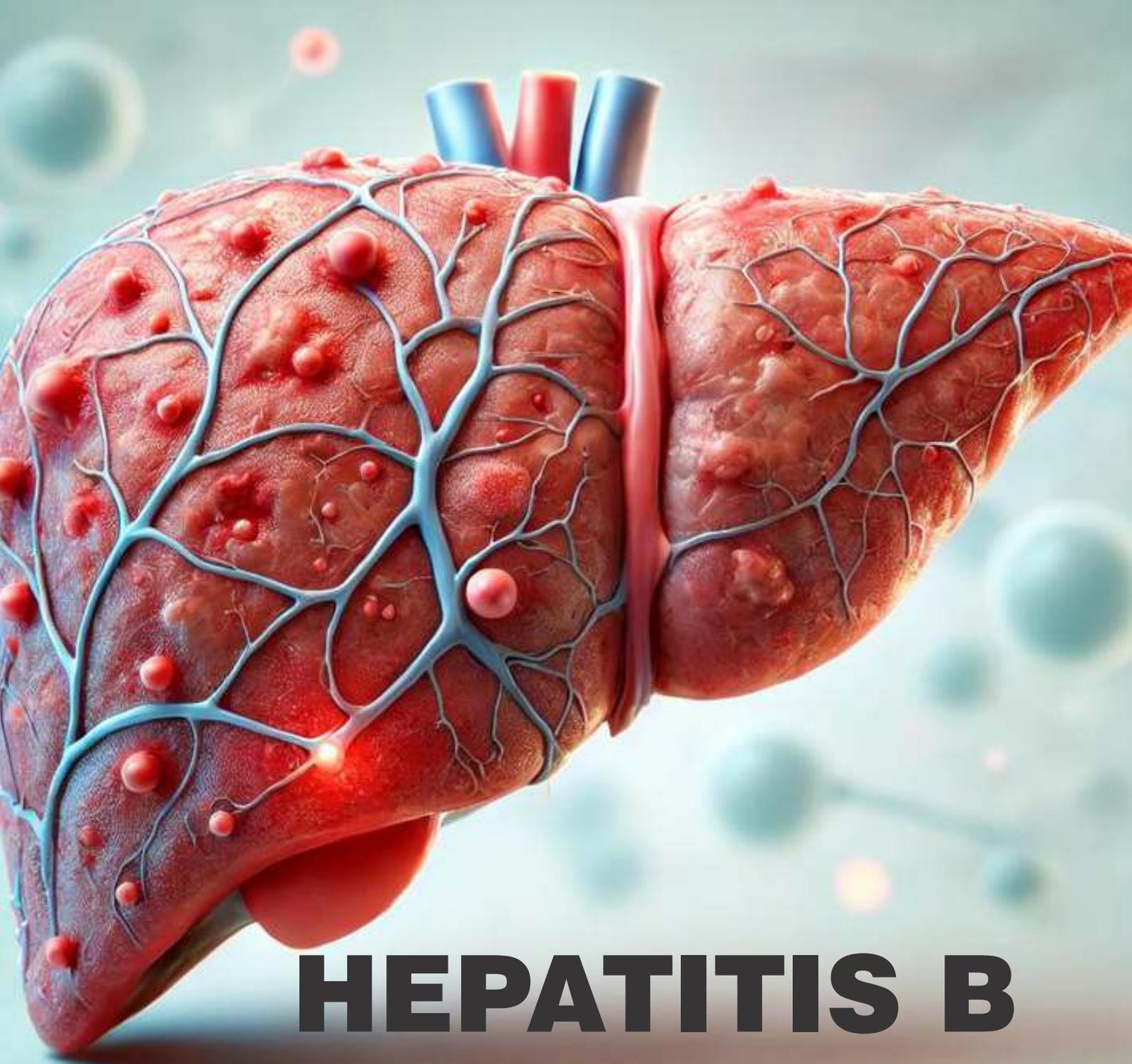
- Cat Fish or chicken or turkey.
- Uziza leaf(fresh or dry) or Uziza seed
- Fresh or dry Utazi Leaves
- Thickener: Raw White Yam
- Onions
- Red peppers
- Salt
- 2 handful crayfish.
- Ginger(optional)
- 1 stock cube(seasoner)
- Dry fish



## Preparation Method

### How to cook Nigerian Nsala Soup (White Soup)

- Cook the chicken with the dried fish with onions, cube seasoner and salt to taste. ...
- Peel the yam and boil until they are soft, then use a mortar and pestle to give it a smooth paste.
- Add crayfish, ginger, prawn or shrimps, red pepper ,utazi and uziza.
- Finally , place the catfish into the pot and it cooks for 10mins and serve
- Serve with pounded yam or Semovita

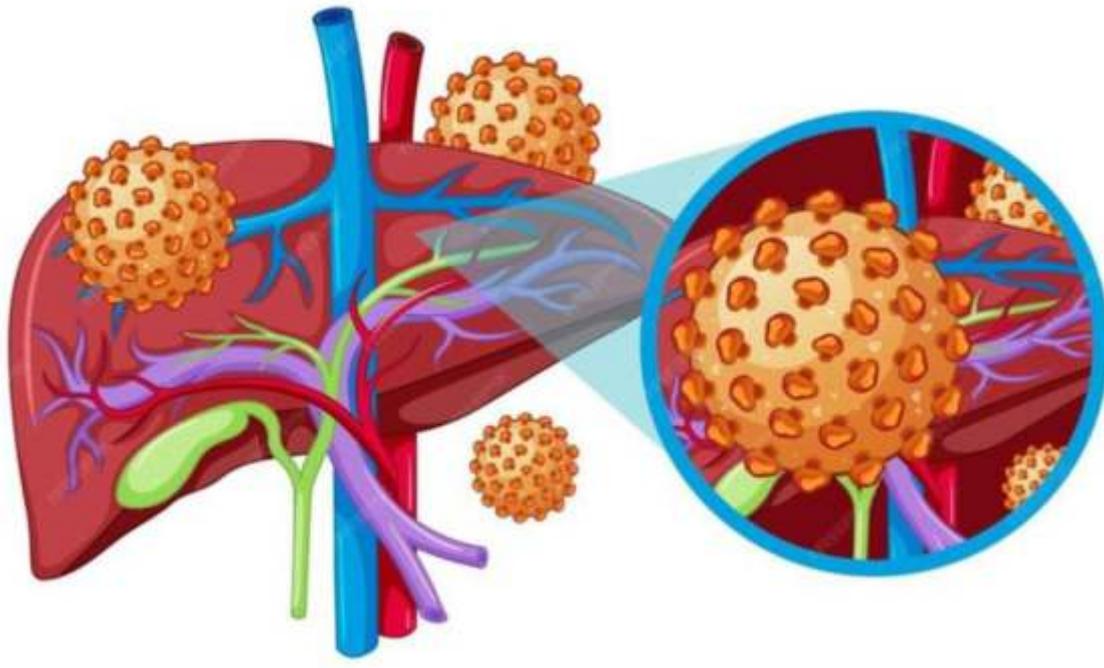


# HEPATITIS B

This is a serious liver infection caused by the hepatitis B virus (HBV). Here's the lowdown:

- *\*What it is\**: HBV attacks your liver, causing inflammation. It can be acute (short-term, 6 months) or *\*chronic\** (long-term), leading to risks like liver failure, cirrhosis, or cancer

# HEPATITIS

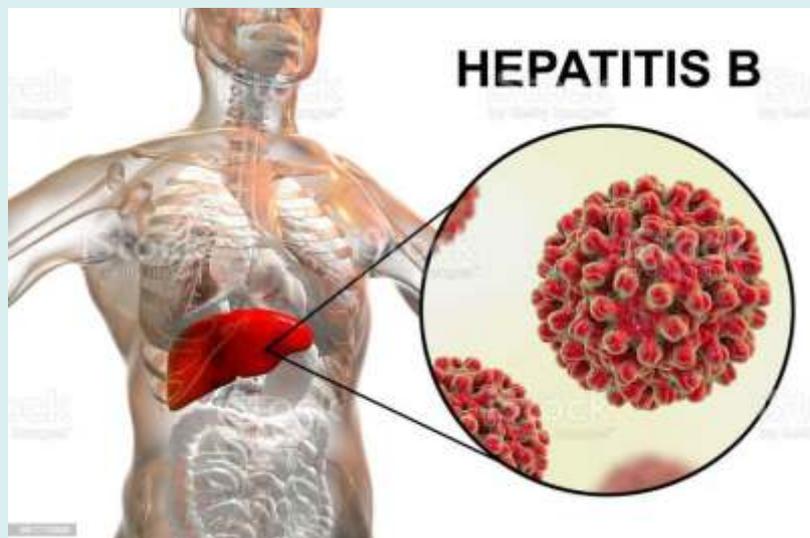


## SYMPTOMS

- Often none, especially in kids!  
When they show up (1–4 months post-infection), you might get:
- \_Fatigue, fever, joint pain, dark urine, stomach ache, jaundice (yellow skin/eyes)\_
- **\*How it spreads\*:**
- Infected blood, semen, or body fluids (e.g., unprotected sex, shared needles, mother-to-baby during birth).

## PREVENTION

- **\*Vaccine!\*** 98–100% effective, given in 3 shots (WHO recommends within 24 hours of birth).
- Safe sex, no needle-sharing, cover cuts.
- **\*Treatment\*:**
  - No cure, but antivirals (e.g., tenofovir) slow damage. Liver transplant in severe cases.
  - **\*Global impact\*:** 296 million chronically infected (2022); ~1.1M deaths/year



# OUR JOURNEY SO FAR

