




NATIONAL


Ambassador

₦500 VOL. VOL. 29 NO 06


"Uplift the people, project the nation"


September 2025 Edition


 [nationalambassadorngr](#)


 [+nationalambassadorngr](#)

 [nationalambassadorngr](#)

 [Nationalambassador](#)

 [NationalAmbss](#)

 [nationalambassadorngr@gmail.com](#)

 [www.nationalambassadorngr.com](#)

THE NEW ABIA: NOW A REALITY



**OGBONNAYA ONU POLYTECHNIC'S
GREAT TURNAROUND**



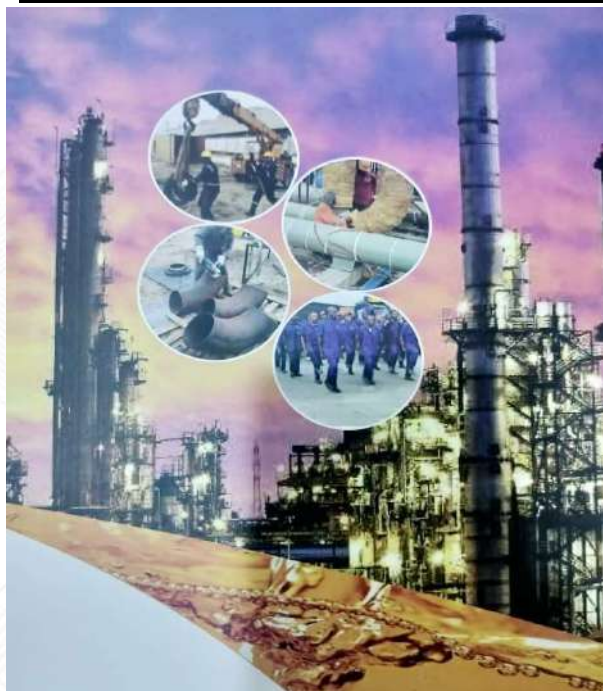
**GOV OTTI HONOURS OHUARUNWA AT 75,
SHOWCASES ABIA'S NEW LEADERSHIP VISION**



**GROOMING THE YOUNG ONES
FOR A GREATER ABIA**



**IYOM ABAM ONYERUBI HOSTS
MRS. PRISCILLA OTTI AT ITS NATIONAL CONVENTION**



- CONSTRUCTION
- HR & MANPOWER SERVICES
- PROCUREMENT
- SECURITY SERVICES

HR Tech
INDIA | NIGERIA

HRTECH GLOBAL ASSOCIATES LTD
1st Floor Bozzac Aluminum Complex
Km - 43. Lekki EPE Express Way Lagos.
09018510104, 07042765052

On behalf of the Board, Management and Staff of HR Tech Nig. Ltd, we wish to congratulate His Excellency, Dr. Alex Chioma Otti, on a very meritorious 34 years of Abia Existence.

We are indeed very proud of your excellent strides.

Signed:



Mr Mishra Abani
Managing Director

Dr. Anderson Okoro
CHAIRMAN

Opinion

CAN WE JUST ALLOW THIS GOVERNOR TO BREATHE?

By: Chief Dr. David Ogba Onuoha Bourdex MFR, OON



Since the creation of Abia State, we have had Governors — men who carried the sacred mandate of leadership but left behind records that today weigh on the conscience of our people.

We had Orji Uzor Kalu, who came into power with youthful energy and political charm, but quickly abandoned the greater good for personal empire-building. The state stagnated under the burden of patronage and self-interest.

We had T.A. Orji, who promised liberation but ended up chaining Abia with policies that favored cronies over citizens, leaving roads broken, institutions hollow, and morale at its lowest.

We had Okezie Ikpeazu, whose era was drowned in rhetoric, endless excuses, and cosmetic projects that never touched the true suffering of the people.

I knew these men, I watched them closely, none of them can honestly be said to have governed with purpose. They pale in comparison to what we are witnessing in Abia State today. They only succeeded in enriching themselves, their families, and their loyalists — while the masses remained trapped in poverty, watching the rest of Nigeria march forward. They were clueless in the art of governance.

So I ask again: Can we just allow this Governor to breathe?

Today, under His Excellency Dr. Alex Chioma Otti, OFR, we have a different kind of Leadership, we are witnessing something radically different. For the first time since 1999, Abia has a Governor who came prepared, who understands governance not as a stage for personal drama but as a mission for collective upliftment.

Dr. Otti has shown intentional leadership — purposeful, thoughtful, and focused. He is repairing not just our roads but our dignity. He



is rebuilding not just infrastructure but hope. He is redefining governance as service, not as an industry of plunder.

Yet, instead of rallying behind this new dawn, opposition voices — the very architects of yesterday's ruin — are howling from every corner, desperate to distract him, to derail him, to suffocate progress.

And so I ask again: Can we just allow this Governor to breathe?

The framers of our Constitution, imperfect as it may be, understood the need to shield the Chief Executive from incessant distractions. That is why they enshrined Immunity — not as a license for impunity, but as a breathing space for governance.

The idea, the constitutional wisdom is simple: give the Governor the room to work. Let oversight institutions record, track, and investigate as they must. But let the man elected by the people focus on the task of rebuilding. Opposition is healthy for democracy, but when it crosses the line into nuisance, it is no longer patriotism — it is sabotage.

And so we must ask again: Can we just allow this Governor to breathe?

Under Dr. Otti, Abia has a track Record that Speaks, Abia State is already repositioning

itself:

* Roads that had become metaphors for abandonment are being reconstructed with quality never before seen in the state.

* Salaries and pensions, once a nightmare for civil servants, are now prioritized and paid promptly.

* Education and healthcare are no longer back-burner issues but front-burner priorities.

* Transparency and accountability are not empty slogans but visible practices.

* Investors, once fleeing Abia, are beginning to look our way again.

* And the long-dreamed Abia Airport project — which

his predecessor Ikpeazu could not build — has now been brought back to life under Governor Otti, proving that where there is vision and will, there will always be a way.

The difference is stark. The nation sees it. The diaspora celebrates it. Even those who opposed him during the elections cannot deny that something new is unfolding in Abia.

So the question remains: Can we just allow this Governor to breathe?

Those who plundered Abia for two decades must understand: that their time has passed. They cannot hold the future hostage because they are uncomfortable with a leader who has chosen a higher road. The attacks, the noise, the campaigns of calumny — they do not weaken Dr. Alex Otti; they only reveal the desperation of men who fear irrelevance.

Abia deserves peace. Abia deserves focus. Abia deserves transformation without distraction.

And so, with all the weight of history, with the voice of a people who have suffered enough and as a plea to Conscience, I ask one last time:

Can we just allow this Governor to breathe?

Chief Dr. David Ogba Onuoha Bourdex MFR, OON
—Ugo'Ena" Nde Abiriba

Contents

CAN WE JUST ALLOW THIS GOVERNOR TO BREATHE?

3

FROM THE EDITORIAL SUITE

5

ABIA AT 34: A HISTORICAL ESSAY ON DESPOLIATION, RESILIENCE AND REBIRTH

6

GOV OTTI HONOURS OHUABUNWA AT 75,

9

AN AGRARIAN REVOLUTION IS UNFOLDING IN ABIA STATE
- DR. AGBAEZE

14

OGBONNAYA ONU POLYTECHNIC'S GREAT TURNAROUND

20

40 ABIA ARISE FARMERS RECEIVE EMPOWERMENT GRANT FROM CHIEF DR. ANDERSON OKORO

23

ABIA'S TRADITIONAL ATTIRE

26

IYOM ABAM ONYERUBI HOSTS MRS. PRISCILLA OTTI AT ITS NATIONAL CONVENTION

27

GROOMING THE YOUNG ONES FOR A GREATER ABIA

33

PUBLISHED BY:

Abia Newspapers & Publishing Corporation

Nnamdi Azikiwe Secretariat Road, Government Station Layout, Umuahia

OUR MEDIA HANDLES

+234-8107148390 nationalambassadorngr@gmail.com +nationalambassadorngr

nationalambassador NationalAmbs nationalambassadorngr

www.nationalambassadorngr.com NationalAmbs

https://news.google.com/publications/CAAqBwgKMJrmiwsw0aPrAg?ceid=NG:en&oc=3



NATIONAL
Ambassador
"Uplift the people, project the nation"



Editorial Board

GM/EDITOR-IN-CHIEF

Jones Nnanna Ike

EDITOR

Chukwuemeka Egejuru

NEWS EDITOR

Okechukwu Ubani

Head Proofreader

Jacob Pious N

Ag ADMIN

Nwachukwu Dandy

HEAD, OPERATIONS DEPT.

Ihednachi Okpara

HEAD, COMMERCIAL DEPT.

Mary Ehumadu

HEAD ACCOUNTS

Promise Obisike

ICT

Mike Itheadindu

ICT CONSULTANT

Prince Blessing Lazarus

EDITORIAL CONSULTANT

Chike Emelike



From The Editorial Suite

With

Jones Nnanna Ike



The New Abia: Now A Reality.



Abians are witnessing a historic moment. After years of disappointment, frustration, and dashed expectations, the people of Abia State can now proudly proclaim that a "New Abia" is no longer a dream — it is a reality.

Abians, who take pride in the unique fact that their state is the only one whose name appears in the Bible, now count themselves blessed to have found a leader who truly walks his talk. After 24 years of mixed and often disappointing governance, the current administration under His Excellency, Dr. Alex Chioma Otti (DFR), has brought a refreshing wave of hope and change.

If anyone still doubts this, a simple look at the activities of the opposition platform 'Ndi Abia' tells the story. This platform, set up by a handful of discredited treasury looters longing for the "good old days" of reckless spending, has become a symbol of the past Abia. Each time they attempt to spread lies and blackmail against Governor Otti's administration, they are met with overwhelming backlash — not just from Abians, but from Nigerians at large. The people are no longer interested in returning to the days when public funds were treated as private spoils.

Governor Otti has been delivering on his mandate with consistency and determination. Like a marathon runner, he started strong on May 29, 2023, and has only continued to gather momentum, running faster with each passing day.

The term "New Abia" has come to symbolize more than just infrastructure or policy — it represents a cultural, ethical, and institutional rebirth. It marks the transition from a dilapidated, mismanaged state into a modern, progressive one.

The New Abia means:

Order, cleanliness, and efficiency.

Discipline and swift service delivery.

Jobs given based on merit rather than political godfatherism.

Respect for rules, due process, and financial accountability.

Governor Otti's work ethic is rubbing off on the entire public sector. The culture of absenteeism and truancy that once plagued the civil service is steadily giving way to hard work and dedication. Public offices are being renovated and retrofitted, creating comfortable and efficient workspaces.

Through initiatives like the Abia Leadership Academy, young Abians are being molded into future leaders who will uphold the values of integrity, discipline, and service. These young men and women are expected to train others, creating a chain of value transmission that will strengthen Abia's future for generations to come.

Physically, the New Abia is visible everywhere — in the clean streets, the new road networks, the rebuilt Port Harcourt Road, the six-lane Aguiyi Ironsi Boulevard, the New Secretariat Complex, Omenuko Bridge, Abia Medical City, remodeled markets, and even in the thoughtfully designed bus stops across the state. Salaries are paid promptly every 28th of the month, restoring dignity to workers and their families.

Rural communities are also feeling the transformation through new road projects and renovated health centres. This development is not confined to urban areas — it is widespread and inclusive.

Perhaps most inspiring is the overwhelming support the Governor enjoys from Abians. From street corners to media platforms, the love and solidarity for Dr. Otti and his party, the Labour Party, are palpable. The people of Abia are united in their resolve to bury the old order and embrace the building of a just, progressive, and prosperous society.

The New Abia is real. It is no longer a slogan — it is a living, breathing reality, touching every sector, every community, and every heart. Governor Otti is laying a foundation on solid rock, and the future of Abia looks brighter than ever before.



ABIA AT 34: A HISTORICAL ESSAY ON DESPOLIATION, RESILIENCE AND REBIRTH

By Jones Ike

Introduction

Abia State, created on August 27, 1991, emerged from a broader movement for Igbo self-determination and equitable representation within the Nigerian federation. Born out of structural marginalization, Abia was carved from the former Imo State during a wave of state creation aimed at pacifying ethnic and regional tensions. Over three decades later, Abia's historical trajectory reflects a profound interplay of political turbulence, elite capture, institutional decay, public resilience, and eventual rebirth. Abia State's 34-year journey, has been marked by a history of despoliation, resistance, and an ongoing attempt at structural renewal under a new leadership dispensation which is fast ushering in what is now generally referred to as the "New Abia".

I. Foundational Years and Military Governance (1991–1999)

The foundational years of Abia's statehood were shaped significantly by Nigeria's military autocracy. Following its creation in 1991, Abia's first administrator, Air Force officer Frank Ajobena, served a brief term before handing over to its first elected governor, Dr. Ogonnaya Onu, in January 1992. Onu's administration, though short-lived due to the 1993 military coup, marked the state's first civilian attempt at structural organization.

Subsequent military regimes between 1993 and 1999—including those of Col. Ike Nwosu, Navy Commander Temi Ejoor, Lt. Col. Moses Fasanya, and Col. Anthony Obi—largely presided over administrative stagnation. These years were characterized by weak institutions, infrastructural neglect, and absence of participatory governance.

No coherent development agenda emerged under the military, leaving the state with an inherited legacy of administrative inertia and corruption at the dawn of the Fourth Republic.

II. Civilian Rule and Political Capture (1999–2023)

The return to civilian rule in 1999 ushered in new hope. Chief Orji Uzor Kalu, the first democratically elected governor in the Fourth Republic, promised infrastructure renewal and economic revival. Initial successes in road rehabilitation and physical infrastructure were, however, soon marred by political infighting and elite factionalism, culminating in a fractured political environment by the end of his tenure.

The 2007 transition introduced Chief Theodore Orji, whose administration became synonymous with a governance model characterized more by political realignments than developmental progress. The persistent dominance of godfather politics and personality conflicts weakened institutional governance, while systemic inefficiency plagued the public sector.

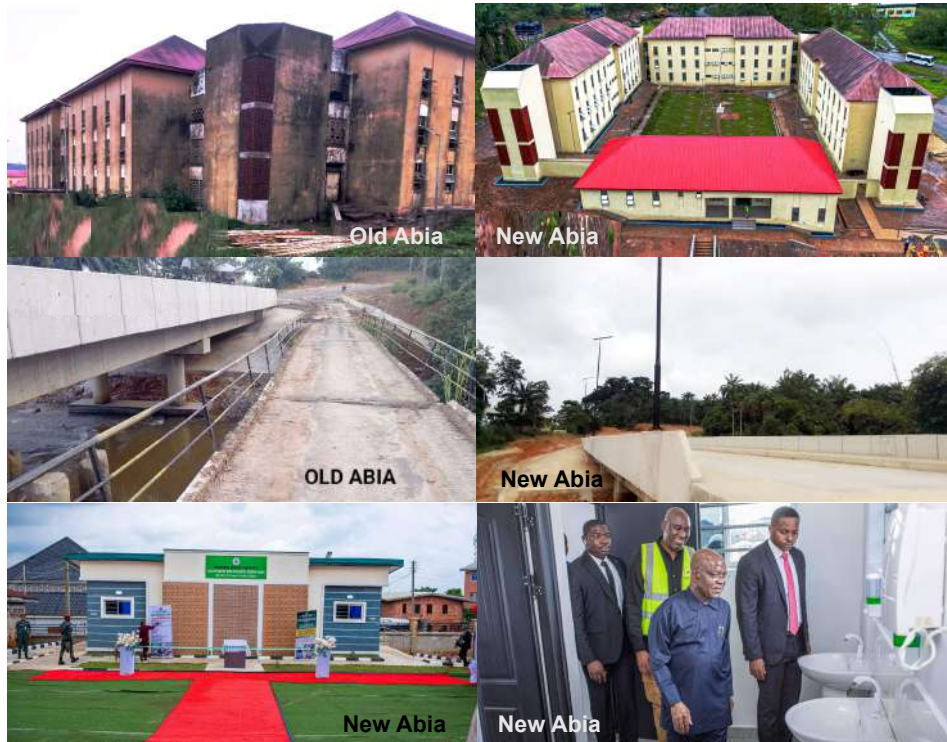
His successor, Governor Okezie Ikpeazu (2015–2023), inherited a broken state infrastructure and is widely criticized for deepening the dysfunction. By 2023, Abia ranked near the bottom of Nigeria's human development indices. Strikes paralyzed government institutions, public servants were unpaid for months, infrastructure had collapsed, and insecurity had escalated. The state's condition reflected what scholars of African politics refer to as "predatory governance", where the political class engages in rent-seeking behaviour at the expense of the public good.

While the State was bleeding, the politics of exclusion and the transactional culture of sharing the common patrimony amongst the tiny ruling clique reached a crescendo.

ABIA AT 34: A HISTORICAL ESSAY ON DESPOLIATION, RESILIENCE AND REBIRTH

In that waning era, the ruling political class in Abia operated as mercenaries in their own land. They became pompous, vicious, uncontrollable, meretricious, majestic and full of perfidy, while the masses who groaned with hardship, yearned and yelled for a change of the status quo.

There was however, a twist on this Abia saga. While the Abia ruling class downgraded the Abia dream to a mirage, the broad population of Abia people like the old 'beetle car' remain rugged, unyielding and resilient while hoping that one day a redeemer will emerge, who will fix their broken cities and ultimately restore the Abia dream as truly the number one State in Nigeria.



III. The Rise of Reformist Governance (2023–Present)

The 2023 gubernatorial election marked a watershed in Abia's political history. The emergence of Dr. Alex Chioma Otti, a technocrat and former bank executive, was the culmination of years of public dissatisfaction. Having first contested in 2015, Otti's persistence and outsider status positioned him as a viable agent of change.

Otti's administration inaugurated a reformist model, focused on institutional rebuilding, fiscal transparency, and infrastructural renewal. He declared states of emergency in key sectors—waste management, health, education, roads, and security—signaling a clear break from past administrations. The "New Abia" project emphasizes technocratic governance, meritocratic recruitment, and public-private partnerships.

IV. Institutional Restructuring and Developmental Strategy

Governor Otti's tenure marks a notable attempt to build state capacity, aligning with developmental state theories which emphasize bureaucratic professionalism, fiscal responsibility, and long-term planning.

Key policy initiatives include:

Under Governor Otti's leadership, Abia State has witnessed significant transformations, including:

1. Road infrastructure development: One of the administration's signature accomplishments is in road

infrastructure. With over 350 roads constructed or rehabilitated across the three senatorial zones, and a focus on cost cutting, quality and sustainability (including partnerships with Julius Berger), the Otti administration is reversing decades of decay. Simultaneously, Aba, the commercial hub, has begun to regain its reputation, now boasting solar-lit roads, modern bus stops, and increased business hours due to improved security and good quality road network.

Indeed, Abia's urban cities of Aba and Umuahia, have undergone significant transformations, with improved infrastructure, beautification, and security.

3. Energy infrastructure: Abia State is working towards achieving energy sufficiency, with initiatives aimed at resolving power challenges and promoting economic growth.

4. Creation of functional institutions such as the Greater Aba Development Authority (GADA), Abia Investment and Industrial Park, and the Abia State Electricity Regulatory Authority the Abia Economic Advisory Council, The Abia Security Trust Fund, Abia State Private- Public Partnership etc.

5. Human capital investment through mass recruitment of teachers and health workers under merit-based criteria, the AbiaTechrise Programme, the Abia Leadership Academy programme and numerous other states sponsored training programmes.

ABIA AT 34: A HISTORICAL ESSAY ON DESPOLIATION, RESILIENCE AND REBIRTH

6. Education sector overhaul, with 20% budgetary allocation, reconstruction of over 220 schools, and the introduction of STEM and local language curricula and massive investments in the state owned tertiary institutions.

7. Health sector revival, especially through Project Ekwueme and Project Impact, targeting primary healthcare infrastructure and retrofitting general hospitals. There have also been massive investment in the tertiary health sector. The Abia State University Teaching Hospital which has regained accreditation of its lost courses is a major beneficiary of such investments. Same as the Zonal Specialist hospitals being established in the three zones of the state. The flagship still remains the 1.2 billion dollar medical city that is targeted at reversing medical tourism in the state. The establishment of the State's Health Insurance Scheme is targeted at guaranteeing medical access to millions of Abians.

8. Power sector reform, leveraging the 2024 Electricity Act to create localized energy governance structures and attract private investment.

Institution of structural agrarian reforms that has enabled the introduction of Abia Dynamic Data Base Instrument, attraction of huge private sector investment into the sector and farm mechanization, all geared towards achieving food security and sustenance.

These reforms illustrate a paradigm shift from "state capture" to "state reformation", where public institutions begin to regain their autonomy and capacity to deliver services.

V. Challenges and Prospects:

Despite the early successes, structural challenges remain. The sustainability of the reforms will depend on:

1. Institutionalization – Ensuring policies and systems outlive the current administration.
2. Economic diversification – Reducing over-reliance on federal allocations and ensuring permanence of the reform structures so far put in place to expand the internal revenue base.
3. Rural integration – deepening rural



developmental efforts, especially to marginalized rural communities.

4. Political stability – Managing political interests without compromising reforms.

Nevertheless, Abia's progress presents a rare case of state turnaround in the Nigerian federation. It is illustrative of what disciplined, visionary, and data-driven leadership can achieve, even within the constraints of a fragile federal structure.

Conclusion:

Abia State at 34 is a compelling case study in post-colonial state development. From its birth in the crucible of Igbo marginalization to decades of underperformance, and finally to its recent reformist turn around, the state embodies a broader Nigerian narrative of betrayed promises and enduring hope.

While the future remains bright, the Otti administration represents an inflection point. Whether this transformation consolidates into lasting change or becomes another footnote in Nigeria's cycle of reform and relapse will depend on the resilience of institutions, the vigilance of civil society, and the political will to resist regression.

Ultimately, Abia's story, is not just only about good leadership. It is also about a people who refused to surrender to despair. It is a story of despoliation, resilience, and rebirth.

GOV OTTI HONOURS OHUABUNWA AT 75, SHOWCASES ABIA'S NEW LEADERSHIP VISION



Governor Alex Otti and wife, Mazi Sam Ohuabunwa and wife, General Ike Nwachukwu (Rtd), Dr. Uche Ogah

By Ekebuisi Precious

Abia State Governor, Dr. Alex Otti, OFR recently led an array of political, business, and cultural leaders to celebrate elder statesman and founder of Neimeth Pharmaceuticals, Mazi Sam Ohuabunwa, on the occasion of his 75th birthday in Umuahia.

The high-profile gathering doubled as a platform for Governor Otti to reaffirm his administration's vision of merit-driven leadership and youth empowerment, while also paying glowing tribute to the celebrant's life of integrity, resilience, and excellence.

Those in attendance included former Labour Party presidential candidate, Mr. Peter Obi; Enugu State Governor, Dr. Peter Mbah, represented by his Deputy, Barr. Ifeanyi Ossa; former Rivers State Governor, Celestine Omehia, and ex- Military Administrator of Imo State, Gen. Ike Nwachukwu (rtd.), who chaired the occasion.

Also present were Senate Minority Leader, Senator Enyinnaya Abaribe; Senator Austin Akobundu; former Minister of State for Mines and Steel, Dr. Uche Ogah; and oil magnate, Chief Chris Igwe. Cultural leaders such as the Obi of Onitsha, HRM Igwe Nnaemeka Achebe; Ohanaeze

President-General, Senator Azuta Mbata; and the Eze Aro of Arochuku, Eze Eberechukwu Ori, also graced the ceremony.

Governor Otti hailed Ohuabunwa as "one of Nigeria's finest" whose professional rise-from joining Pfizer in 1978 to becoming Managing Director within 15 years-remains an inspiring model for younger generations. He disclosed that his government was setting up a leadership academy to train 1,000 Abia youths in Artificial Intelligence, robotics, and 3D printing, as part of efforts to raise a new cadre of future leaders.

"Today, we are not only celebrating a man of principles and values, but also reminding ourselves of the kind of Nigeria we must build-one driven by merit, innovation, and integrity" Otti said. In a goodwill message, Governor Mbah praised Ohuabunwa as a patriotic Nigerian whose life represents integrity and excellence, while Gen. Nwachukwu commended Otti's infrastructural strides, describing the celebrant's story as one of service and sacrifice.

PICTORIALS

GOV OTTI HONOURS OHUABUNWA AT 75, SHOWCASES ABIA'S NEW LEADERSHIP VISION



The launching of the Book

Responding, Mazi Ohuabunwa attributed his successes to divine grace, thanking Governor Otti and other dignitaries for the honour. He lauded the Governor's reforms in infrastructure, education, health, and security, declaring: "Abia is blessed to have a first-class economist and an exceptional leader in Dr. Alex Otti".

His younger brother, Senator Mao Ohuabunwa, described him as "a pathfinder and a mentor whose legacy of integrity will outlive generations".

The occasion also witnessed the public presentation of Ohuabunwa's new book, "Driven by Revelation & Inspiration – My Journey Through the 2023 Nigeria's Presidential Aspiration and Matters Arising" unveiled by Dr. Uche Ogah.

Other dignitaries at the colourful event included former Abia Deputy Governor, Dr. Ude Oko Chukwu; elder statesman, Dr. Eme Okoro; and members of the Abia State Executive Council.



Governor Otti (L), Mazi Sam Ohuabunwa (R)



Mr. Peter Obi and Senator Enyi Abaribe



Mazi Sam Ohuabunwa and Family



The launching of the Book



His Excellency Sir Ude Oko Chukwu, Chief Onyema Ugochukwu



Dr. Uche Ogah.

PICTORIALS

GOV OTTI HONOURS OHUABUNWA AT 75, SHOWCASES ABIA'S NEW LEADERSHIP VISION



Mr. Peter Obi, Governor Alex Otti and Mazi Sam Oluabunwa.



Governor Otti, General Nwachukwu, Mazi Sam Oluabunwa and others.



His Majesty Eze Aro Mazi Kanu Oji flanked by cabinet members.



Senator Abaribe and Peter Obi.



HEALTH TIPS



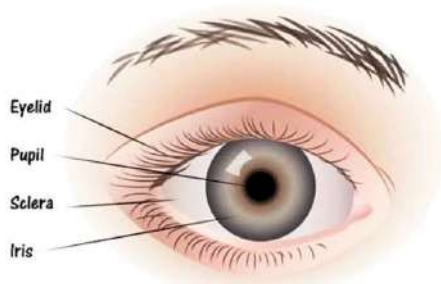
By: Prince Blessing Lazarus

Signature
Blessing Lazarus



The Eyes

Unlocking Their Secrets



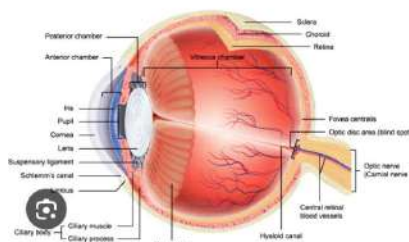
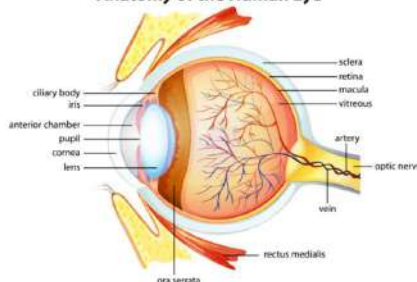
ANATOMICAL DEFINITION:

The eye is a complex sensory organ that detects light and converts it into electrical signals, allowing us to perceive and interpret visual information from the world around us.

AREAS WE COULD EXPLORE:

- 1. EYE CARE TIPS:** Tips for protecting your eyes during sports, Do-It-Yourself (DIY) projects, and other activities that could potentially cause eye injuries.
- 2. EYE DISEASES:** Information on common eye conditions like cataracts, glaucoma, macular degeneration, and diabetic retinopathy, including symptoms, treatment options, and prevention strategies.
- 3. DIGITAL EYE STRAIN:** Tips for reducing eye strain from screens, including adjusting display settings, using blue light filtering glasses, and more.
- 4. EYE NUTRITION:** Foods and supplements that support eye health, such as omega-3 rich foods, leafy greens, and vitamins A, C, and E.
- 5. CONTACT LENS CARE:** Best practices for cleaning, storing, and wearing contact lenses to maintain eye health and prevent infections.

Anatomy of the Human Eye



EYE CARE TIPS

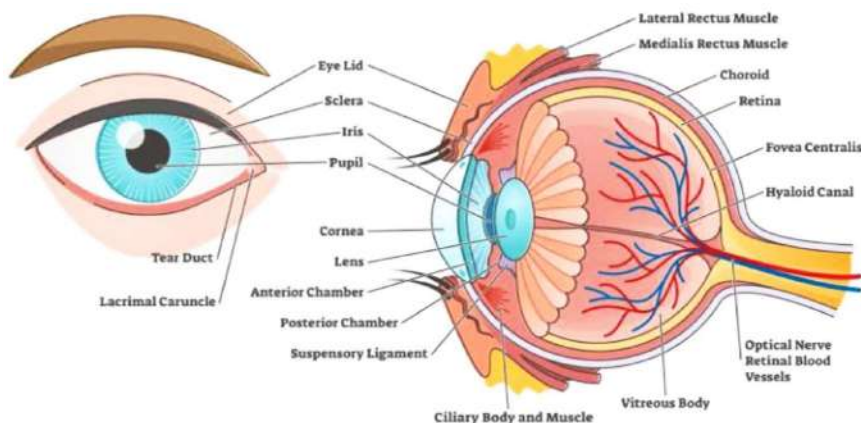
- 1. REGULAR EYE EXAMS:** Schedule regular eye exams to detect any potential issues early.
- 2. PROTECTIVE EYEWEAR:** Wear protective eyewear, such as sunglasses with UV protection, when outdoors.
- 3. SCREEN TIME:** Follow the 20-20-20 rule: every 20 minutes, look away from screens and focus on something 20 feet away for 20 seconds.
- 4. HEALTHY DIET:** Eat a balanced diet rich in omega-3 fatty acids, lutein, and zeaxanthin, found in leafy greens, nuts, and fish.
- 5. AVOID RUBBING:** Avoid rubbing your eyes, as this can cause micro-tears and increase the risk of infection.
- 6. STAY HYDRATED:** Drink plenty of water to keep your eyes moist and comfortable.

- 7. PRACTICE GOOD HYGIENE:** Wash your hands regularly, especially before touching your eyes or handling contact lenses.
- 8. GET ENOUGH SLEEP:** Aim for 7-8 hours of sleep to help your eyes rest and recover.
- 9. USE PROPER LIGHTING:** Ensure adequate lighting in your environment to reduce eye strain.
- 10. WEAR PROTECTIVE EYEWEAR:** Use safety glasses or goggles during activities that could potentially cause eye injuries.

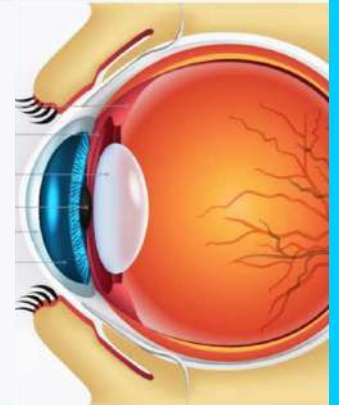
COMMON EYE CONDITIONS:

CATARACTS: Clouding of the lens, causing blurry vision. Treatment involves surgical removal and replacement.

GLAUCOMA: Increased eye pressure damaging the optic nerve. Early detection and treatment can slow progression.



**By taking good care
of your eyes, you can reduce
the risk of eye problems and
maintain healthy vision
for years to come!**



MACULAR DEGENERATION: Age-related damage to the retina, affecting central vision. Healthy lifestyle choices and regular exams can help manage.

THINGS TO AVOID

- 1. PROLONGED SCREEN TIME:** Excessive screen time can lead to digital eye strain.
- 2. UV EXPOSURE:** Direct UV exposure can cause cataracts, macular degeneration, and eye cancer.
- 3. SMOKING:** Smoking increases the risk of cataracts, macular degeneration, and optic nerve damage.
- 4. POOR HYGIENE:** Touching your eyes with unwashed hands can lead to infections.
- 5. INADEQUATE SLEEP:** Lack of sleep can cause eye strain, dryness, and irritation.

**IF THE EYES ARE NOT TAKEN
GOOD CARE OF, THEY CAN BE
AFFECTED IN VARIOUS WAYS,
INCLUDING:**

VISION PROBLEMS: Blurred vision, double vision, or loss of vision due to conditions like cataracts, glaucoma, or age-related macular degeneration.

EYE STRAIN AND FATIGUE: Dry eyes, headaches, and discomfort from prolonged screen time, reading, or other activities that strain the eyes.

INFECTIONS AND DISEASES: Increased risk of eye infections, conjunctivitis (pink eye), or diseases like diabetic retinopathy.

INJURY AND TRAUMA: Increased risk of eye injuries from accidents, sports, or other activities that can cause damage to the eyes.

AGING AND DEGENERATION: Accelerated aging of the eyes, leading to conditions like presbyopia or age-related macular degeneration.



Top 10 Nutritional Diet For Healthy Eyes

A balanced diet plays a significant role in supporting eye health.
Medically Reviewed by Poonam Sachdev

1. Raw Red Peppers: Bell peppers give you the most vitamin C per calorie. That's good for the blood vessels in your eyes, and science suggests it could lower your risk of getting cataracts. It's found in many vegetables and fruits, including bok choy, cauliflower, papayas, and strawberries. Heat will break down vitamin C, so go raw when you can. Brightly colored peppers also pack eye-friendly vitamins A and E.

2. Sunflower Seeds and Nuts: An ounce of these seeds or almonds has half the amount of vitamin E the USDA recommends for adults each day, protecting cells from damage. A large study found that vitamin E, together with other nutrients, can help slow age-related macular degeneration (AMD) from getting worse. It may also help prevent cataracts. Hazelnuts, peanuts (technically legumes), and peanut butter are also good sources of vitamin E.

3. Dark, Leafy Greens: Kale, spinach, and collard greens, for example, are rich in both vitamins A, C and E. They also have the carotenoids lutein and zeaxanthin. These plant-based forms of vitamin A lower your risk of long-term eye diseases, including AMD and cataracts.

4. FATTY FISH (Salmon): Your retinas need two types of omega-3 fatty acids to work right: DHA and EPA, supporting retinal health and reducing inflammation. You can find both in fatty fish, such as salmon, tuna, sardines and trout, as well as other seafood. AMD and glaucoma. Low levels of these fatty acids have been linked to dry eyes.

5. Sweet Potatoes: Orange-colored fruits and vegetables-like sweet potatoes, carrots, cantaloupe, mangos, and apricots - are high in beta-carotene, a form of vitamin A that helps with night vision, your eyes' ability to adjust to darkness. Oranges, strawberries, and mangoes are high in vitamin C, which helps maintain healthy blood vessels in the eyes. One sweet potato also has more than half the vitamin C you need in a day and a little vitamin E.

6. Lean Meat and Poultry: Zinc brings vitamin A from your liver to your retina, where it's used to make the protective pigment melanin. Oysters have more zinc per serving than any other food, but you don't have to be a shellfish lover to get enough: Beef, pork, and chicken (both dark and breast meat) are all good sources.

7. Beans and Legumes: Prefer a vegetarian, low-fat, high-fiber option to help keep your vision sharp at night and slow AMD? Chickpeas are also high in zinc, as are black-eyed peas, kidney beans, and lentils. A can of baked beans will do the job, too.

8. Eggs: It's a great package deal: The zinc in an egg will help your body use the lutein and zeaxanthin from its yolk. The yellow-orange color of these compounds blocks harmful blue light from damaging your retina. They help boost the amount of protective pigment in the macula, the part of your eye that controls central vision.

9. Squash: Your body can't make lutein and zeaxanthin, but you can get them from squash all year long. Summer squash also has vitamin C and zinc. The winter kind will give you vitamins A and C as well as omega-3 fatty acids, too.

10. Broccoli and Brussels Sprouts: These related veggies come with another winning combination of nutrients: vitamin A (as lutein, zeaxanthin, and beta-carotene), vitamin C, and vitamin E. They're all antioxidants that protect the cells in your eyes from free radicals, a type of unstable molecule that breaks down healthy tissue. Your retinas are especially vulnerable.

For more on this topic visit hopkinsmedicine.org

AN AGRARIAN REVOLUTION IS UNFOLDING IN ABIA STATE – DR. AGBAEZE

Dr. Clifford Agbaeze is the Commissioner for Agriculture and Natural Resources, Abia State. He attended Methodist College Uzuakoli, the University of Nigeria Nsukka, Nnamdi Azikiwe University, Awka and the Michael Okpara University of Agriculture, Umudike.

He has several degrees to his credit and that includes a Bachelor and Master's degrees in Banking and Finance, another Masters in Economics and a Ph.D in Agricultural Economics. He started his career in the Banking Sector where he rose up to the position of Deputy General Manager before switching over to the academia and was an Associate Professor at the Michael

Okpara University of Agriculture.

He took a dive into partisan politics in 2022, joining forces with the Dr. Alex Otti political movement which liberated Abia State in 2023.

He was first appointed the Special Adviser to the Governor on Agriculture in 2023 before being moved to his present position as the Commissioner for Agriculture in 2024.

Dr. Cliff Agbaeze is no doubt, one of the thorough bred professionals that the Abia State Governor Dr. Alex Otti, brought in to enrich his cabinet.

In an exclusive interview with the National Ambassador Team-led by its Editor-in-Chief, Mazi Jones Ike, Dr. Agbaeze declares that an agrarian revolution is unfolding in Abia State.

Excerpts:

Question: *What was the status of agricultural development in Abia State before the inception of the Dr. Alex Otti Administration on May 29th 2023.*

Answer: Most sectors suffered neglect in Abia State, not just the Agric Sector. This fact is well known to everybody. For 24 years the state stagnated. There was nothing on ground. The apathy to work, the moral and the general indiscipline that pervaded the public sector are just amongst the worst case scenarios that dominated the public space during those dark period.

The Agric Sector had its fair share of all these negative trends. But we are making efforts to correct all these anomalies. The Dr. Otti administration is working hard to correct the wrongs that were done and make them right. We are doing the same in the Agricultural Ministry.

Question: *What can you point out to be most significant things that has been achieved under the Dr. Alex Otti led Administration?*



Answer: We have started laying the foundation of an agrarian revolution in Abia. We started by changing the structure of Agricultural practice in the State. One of the most important things we are doing in this regard is the training of a new breed of Agric Entrepreneurs. Such training helps to build the capacity of the small holder farmers. At the end of the training, the participants are assisted with funds, inputs and access to markets.

It has to be noted that Agricultural development is not a 'brick and mortar' affair. It is not like say construction whereby if you lay a foundation today, it will come out same or next day, you can see it. In agriculture, the policies and programs you put in place take time to mature.

One of the very first things we did to change the structure of Agriculture in the State and lay a solid foundation for its growth is to build and rebuild the capacities of small holder farmers. It was in order to realize this programme that we sent some of them to the CSS farm in Nasarawa State for training.

AN AGRARIAN REVOLUTION IS UNFOLDING IN ABIA STATE – DR. AGBAEZE

The trained farmers will train others, the chain continues. After the training, they are usually assisted with funds, various farm inputs and access to market in order to enable them succeed as Agripreneurs. We have a plan to train up to 50,000 Agripreneurs under this program.

One other foundational program we have embarked upon to fast-track agricultural development in the State is the ongoing compilation of the data of genuine farmers in the State which is being achieved through the instrumentality of a project called Agricultural Dynamic Data Base "ADDS". Through this instrument, the identity of genuine farmers in the State are captured in the data base. Such capturing enables the Ministry to plan for their needs. This information also helps the Ministry and development partners to determine their needs and how best to assist them. They will eventually be assisted with such stuffs like improved seedlings, herbicides, fertilizers both organic and inorganic etc. Again, institutional funders want credible data that they can work with. The data enables us to track the farmer and access his needs more easily. It also eliminates the ghost farmer. It curtails institutional spending and wastes.

The 'ADDS' instrument enables us to even determine the kind of soil the farmer has and what crop will do well in his farm.

The technology is what development partners want. It is a credible, dependable instrument to track genuine farmers and determine how best to assist them. It is something that is revolutionary and it will revolutionize agricultural practice in this our clime.

Question: Recently, the AUDA – NEPAD Partnership Programme was launched with a lot of fanfare in the State, what is the program all about?

Answer: The African Union Development Agency (AUDA) and New Partnership for African Development are all parts of the program packaged to assist the small holder farmers in the State. In this program, we are targeting the registration of 17,000 farmers that will be assisted with funds and inputs received from the AUDA-NEPAD Partnership with counterpart funding from the State Government. At the same time, we are also registering another set of 17,000 farmers that will be simultaneously assisted with funds and inputs made available by the Abia State Government. In other words, we are targeting the registration of 34,000 farmers under this program.

Question: Can you be specific in terms of the actual nature of such intervention both from the AUDA – NEPAD Partnership and from the Abia State Government.

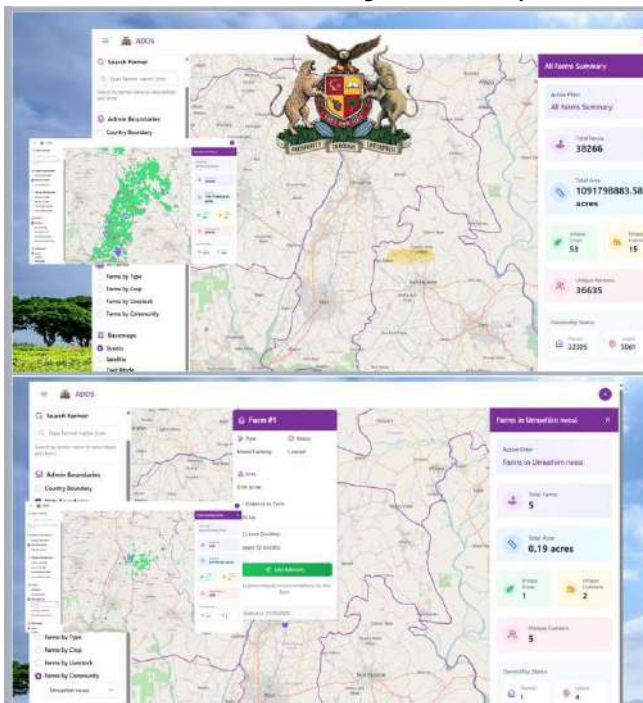
Answer: They will be assisted with improved seedlings, improved weedicides, both organic and inorganic fertilizers etc. The aim is to enable the farmer produce more yield per hectare of farm, for instance, we have improved cassava stems now that will enable a harvest of an average tonnage of about 25-30 tons per hectare instead of the current average of about 5-7 tons per hectare which our farmers are doing. With such increased yield, the average farmer can now move up from being a subsistence farmer to a commercial one. In other words, the status of the



Abia State, Michael Okpara University Partner to Boost Agribusiness and Youth Empowerment



Distribution of interest free Agric empowerment loan to 298 Farmers Trainees at CSS Farm to Boost Agricultural Development



farmer will change from not only putting food on his table but also putting money in his pocket.

Question: What is the process of getting captured in the "ADDS" Data Base?

We are liaising with the political and community leaders in the various local government areas to identify genuine farmers in the various localities. We are liaising with the Mayors,

AN AGRARIAN REVOLUTION IS UNFOLDING IN ABIA STATE – DR. AGBAEZE

the Councilors, the Presidents of the Town Unions and Political Appointees of the Government to identify genuine farmers.

The eligibility criteria is that the person must own a farm. We don't register proxies. We must be able to identify your farm before considering you eligible to be in our Data Base.

Question: What of Cooperate Societies?

We don't register Cooperative Societies as a Group, rather we register members of Cooperative Societies based on their individual merit.

The reason is simple. We don't want to return back to the problem we are running away from. Which is ghost farmers or absentee farmers taking advantage of government agricultural programs to enrich themselves.

We are rolling out a lot of support program for genuine farmers based on the 'ADDS' instrument and we want only genuine and practicing farmers to benefit from it. Not proxies or fake farmers which was the norm in the past.

Question: What are the push backs or the difficulties?

Answer: At times, it is difficult for people to accept innovations, to accept and adopt to new methods of doing things. In some cases, we have had difficulties convincing would be beneficiaries to accept the programs, but in most cases, it's been smooth running. The feedbacks, the acceptance is quite encouraging.

Question : Recently your team visited the Bussiness Incubation Centre of the Michael Okpara University of Agriculture.What informed such an important visit ?

Ans: As I have stated earlier we have developed a robust training program to produce up to 50000 Agriprenuers .We started by sending our initial batches to the CSS farm at Nassarawa State. However because of logistical challenges ,we decided to look around here to see if we could find a good alternative for our training need. It is this quest to discover an appropriate centre for our training that informed the visit.And I can tell you that our trip was quite fruitful.We are discussing with them and soon the public will be made to know the outcome of the visit.

Question:You have done quite a lot for the small holder farmers, what of the big estates, the big farmers, what has happened ?.Many of the Farm Estates are looking the same dormant way with no meaningful activity.

Answer:Thank you for this question.

We have done quite a lot to encourage big time farming in Abia State. You are aware we inherited the structures of big farming from the Premier of the former Eastern Region, Dr. Michael Iheonukara Okpara who established large scale farm estates all over the Eastern Region. Abia State had its own fair of these estates. They were meant to be the bedrock of agricultural mechanization. However, the noble intentions of Dr. M.I.Okpara were disregarded. Infact, by the time of May 29th 2023 when Governor Otti came into the saddle, the estates where in various stages of degradation.

Since the coming into power of our administration, a lot has been done to re-position the estates to be producing centres.



Partnership with Rubber Research Institute of Nigeria for improved productivity



Abia Govt, Eurafican Alliance Explore Smart Farming, Rice and Cassava Projects



Abia Launches AUDA-NEPAD Scheme to Boost Smallholder Farmers



DL1,2,3. Distribution of Farm Assets to Farmers

AN AGRARIAN REVOLUTION IS UNFOLDING IN ABIA STATE – DR. AGBAEZE

It is to realize the objective of revitalizing the farm estates that the Government set up a mechanism to bring in private investors with capacities to revamp and expand them. The business is still ongoing.

We have advertised and several investors with huge capacities have expressed interests to partner with the State Government to revamp and expand the estates. The business is ongoing. We have advertised and several investors with huge capacities have expressed interests to partner with the State Government to revamp and expand the estates. We have even signed an MOU with Nimbale Shaw Consortium to revamp and expand the 5591 Hectares Palm Estate at Ukwa East. They are investing about \$120 million in Oil Palm development. After this engagement, they will do soil test and replant the trees. They will also build a giant mill.

Some other investors bided for Cocoa, some Cashew nuts, some others the rubber estates. We are looking at their bids to see those we can work with.

We are doing quite a lot to revitalize, expand and modernize the huge farm estates.

The process of achieving the partnership is transparent and reassuring. Dr. Otti means well, he means well for Agricultural sector. He is transforming the Agric Sector just as he has transformed other sectors.

We are also doing well in Cassava. There is a Company that is investing 30M Euros. We have given them 1800 hectares for Cassava plantation.

PRISCO, one of the big Agric firms in Nigeria is interested in developing a 21,000 hectares of Palm Oil plantation in Ulona, Bende and Abam axis.

We are also doing a lot in rice production. Presently, we have a demonstration farm somewhere in Owerrinta. At that farm we have 180 hectares of rice farm that we have developed which is being powered by an irrigation system. We are experimenting an all season mechanized farming there. we are leasing tractors for land preparation and harvesting. We are also using weedicides and other technological instruments to power the farm. It is a pilot mechanized farm and we are going to replicate it in several other places.

So, we are doing a lot to revolutionize Agricultural practice in Abia State. In fact there is an ongoing agrarian revolution unfolding in Abia State. I am quite certain that both the Governor Dr. Alex Otti and my humble self will make the right side of history as people who did very well to reposition and modernize Agricultural sector in Abia State.

Question: Is there a special program to open up the farms? Is there a convergence of policy between your Ministry and let's say the Ministry of Poverty Alleviation and Vulnerable Groups

Answer: There is an overriding mission and direction for all the Ministries and Agencies involved. All of us must converge at a point to achieve His Excellency's vision and mission for the State.

For instance, we have several agencies opening up rural roads, we have the Ministry of Works, we have RAAMP as well as NgCare under the Fadama Program. The roads they are opening are assisting the



rural farmers to have access to their farms and markets. The NG Cares program under the Fadama Program are also giving input to farmers.

All these Agencies are working to boost productivity.

Question: So, what is your final words to the farmers?

Answer: My final words to the farmers is that help is finally here. Let them exercise a little more patience as they will soon be smiling.

We are putting in place appropriate mechanisms to help them put food on their table and money in their pocket sustainably.

Dr. Alex Otti is indeed working.

Go Extra With Your Ankara Fabrics

Fashion
With Sandra Chibuike

ANKARA FABRICS are already bold and beautiful on their own, but if you are looking to make a fashion statement ; make them stand out more, look stylish, and express personality— here are some ideas:



1. Mix & Match Prints

Combine two or more Ankara fabrics with contrasting or complementary patterns. Pair small prints with larger ones to create visual balance.

Use Ankara with lace, denim, chiffon, or silk for a luxurious twist.

2. Dramatic Styles

Exaggerated sleeves—puff, bell, or layered sleeves make Ankara

look royal. High-low gowns—combine Ankara with tulle or plain fabrics for drama.

Detachable trains or capes—perfect for weddings, birthdays, or red-carpet looks.



3. Creative Accessories

Ankara headwraps, turbans, or scarves to elevate simple outfits. Ankara statement earrings, bangles, belts, and bags. Even Ankara-covered shoes or

sneakers for a coordinated look.

4. Embellishments

Add stones, pearls, beads, sequins, or embroidery for sparkle. Use fringes or feathers at the

hemline or sleeves for glam.

Metallic accents (gold or silver trims) : this can elevate your ankara outfits by taking it from casual to luxury.



5. Modern Fusion

Mix Ankara with western styles—blazers, jumpsuits, trench coats, or wide-leg pants. Layer with jackets, denim, or leather for an edgy vibe. Ankara corsets over plain shirts or

dressers for a chic look.

6. Home & Lifestyle

Ankara throw pillows, curtains, or bedspreads for a cultural yet modern interior. Ankara notebooks, laptop bags, or phone cases.

Table runners, aprons, or dining sets with Ankara accents.

Quick Style Tip: To go extra, don't just sew Ankara in regular gowns—think bold silhouettes, unique layering, and creative accessorizing.

OGBONNAYA ONU POLYTECHNIC'S GREAT TURNAROUND



Dr. Chris Okoro

THE RECTOR OGBONNAYA ONU POLYTECHNIC ABA

The Rector Ogbonnaya Onu Polytechnic Aba is a brilliant academic. A native of Abam in Arochuku Local Government Area of Abia State.

He holds a B.Eng in Electrical / Electronic Engineering from Madonna University Okija, M.Eng in Control Systems Engineering from University of Lagos and a Ph.D in Control of Drives from Michael Okpara University of Agriculture, Umudike Abia State. He is also a final year law Student of Abia State University, Uturu.

He is a Senior Academic in the Department of Electrical/Electronic Engineering Michael Okpara University of Agriculture, Umudike.

He is also a distinguished member of the following professional bodies, Nigeria society of Engineers (NSE), Council for the regulation of Engineering, Association of Computing machineries (ACM) etc. He has also authored, co-authored over 50 academic journals.

Dr, Chris Okoro is one of the brilliant professionals that has been recruited to enrich the quality of governance in the State. He was appointed the Rector, Ogbonnaya Onu Polytechnic Aba on 2024.

Prior to his ascending the saddle as the Rector, the Ogbonnaya Onu Polytechnic was renowned for the wrong reasons. It easily symbolized Abia Status as the least developed State in Southern Nigeria. The physical infrastructure was a dilapidated lot. Heaps of filth covered all nooks and crannies of the school environment. Payment of emolument were arbitrary and quite unreliable. Most of the staff members were owed several months, some even years of arrears of wages and other allowances.

The school lost accreditation of several courses on account of its poor facilities, several contractors were also owed. Ditto with Banks. In such a depressing atmosphere, which lacked basic environment for learning, cultism was rife and rival gangs competed for Space.

PICTORIALS OGBONNAYA ONU POLYTECHNIC'S GREAT TURNAROUND

All these have changed since the appointment of Dr. Christopher Okoro into the saddle as the Rector of the Polytechnic.

Two years down the line under the leadership of Dr. Alex Otti, The fortunes of the school has been completely turned around as a technological hub and model of excellence.

SOME OF THE KEY ACHIEVERS INCLUDE THE FOLLOWING.

1. Welding And Fabrication Engineering Department.

The Department of Welding and Fabrication Engineering at Ogbonnaya Onu Polytechnic has continued to distinguish itself as a hub of innovation and practical engineering solutions, delivering high-quality fabricated products to meet both community and state needs.

In recent months, the department fabricated ASEPA receptacle buckets to support effective waste management within the state. In addition, the department undertook the construction of durable doors for state government schools, ensuring safer and more conducive learning environments for pupils.

Demonstrating its versatility, the department also designed and fabricated palm oil processing plant machines and cassava processing plant machines, aimed at boosting agricultural productivity and supporting local agro-based industries. Other specialized fabricated machines have also been produced, further showcasing the technical expertise of the staff and students.

These achievements were made possible through the unwavering support of the Rector of Ogbonnaya Onu Polytechnic, Dr. Okoro C.K., whose visionary leadership and encouragement have continued to drive innovation within the department. The department also extends its sincere appreciation to the Executive Governor of Abia State, Dr. Alex Chioma Otti, for his immense support to the Polytechnic, which has created an enabling environment for academic excellence and technological advancement.

2. Career Services Centre: A Milestone Achievement:

The Career Services Centre has come to stay in Ogbonnaya Onu Polytechnic. A reality made possible through the strong will and visionary leadership of the Rector.

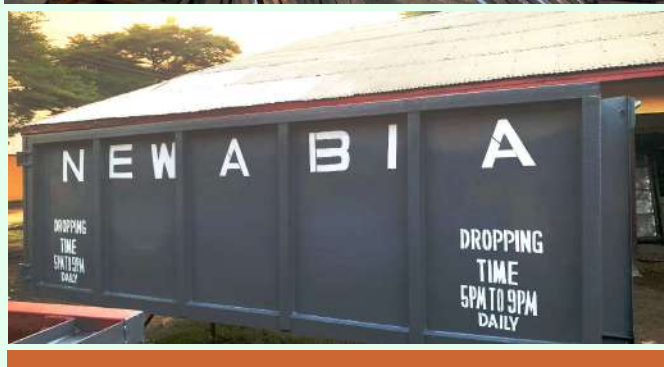
Today, the tenets of career services are firmly rooted in the institution. This has been achieved through:

- A. The integration of Career Development Skills courses into the curriculum for all departments.
- B. Workshops for Career Services Representatives, equipping them to guide their students.
- C. Capacity-building workshops for lecturers across departments.
- D. Workshops for graduating students, the most recent of which was concluded successfully on 14th August 2025.



PICTORIALS

OGBONNAYA ONU POLYTECHNIC'S GREAT TURNAROUND



E. The Career Services Centre is now a permanent pillar of the prestigious institution. The centre aims at equipping students with both hard skills from their areas of specialization and essential soft skills that enhance employability.

F. At Ogbonnaya Onu Polytechnic, every student graduates not only with academic qualifications but also with the competencies employers seek, such as:

- i. Effective communication and active listening
- ii. Adaptability and resilience
- iii. Teamwork and collaboration
- iv. Reliability and professional ethics

In essence, schooling at Ogbonnaya Onu Polytechnic offers students a dual advantage: a Certificate of Academic Excellence and a solid foundation in career readiness. With this complete package, the graduates stand-out as highly employable and fully prepared for the future of work.

Other key achievements of the institution include:

3. Infrastructure Development

- A. Refurbishment, retrofitting, and renovation of structures and personnel facilities.
- B. Construction of a new auditorium, the institution's first lecture theater in 33 years, completed in just four months.
- C. Establishment of a state-of-the-art Creative Art Hub for Staff training and quality assurance programs
- D. Establishment of Fashion/Leather artwork theater for skill acquisition.
- E. Establishment of a CBT Centre for examinations.

4. Academic Enhancements

- A. Introduction of new courses, including Artificial Intelligence, Autotropic, Mechatronics, Leather
- B. Technology, Film and Multimedia Production, Journalism, and Mass Media Studies.
- C. Certificates now feature QR codes for authenticity verification

5. Immediate mobilization of graduates for National Youth Service Corps (NYSC)

6. Staff Welfare

- (A). Abolition of notional promotion, ensuring Staff members receive financial emoluments upon promotion
- (B). Improved staff welfare, including regular salary payments and infrastructure upgrades.

7. N1 million grants awarded to each top-performing students as an incentive for academic excellence through Governor Alex Otti's grant of 150million for the programme

8. Plans are at an advanced stage to commission eight new buildings at the Osisioma campus.

9. Summary:

The institution aims to become the best Polytechnic in Nigeria under the able leadership of Dr. Christopher Kalu Okoro.

40 ABIA ARISE FARMAERS RECEIVE EMPOWERMENT GRANT FROM CHIEF DR. ANDERSON OKORO



Chief Dr. Anderson Okoro addressing members of the Abia Arise Movement during the disbursement of financial grants to 40 beneficiaries at European Hall, Ndi Oji Aban Central School, Arochukwu.

By Favour Okorie

There was great excitement and joy in Ovukwu Abam Ward as a well-known businessman and philanthropist, Chief Anderson Okoro, gave financial grants to 40 rice farmers who are members of the Abia Arise Movement.

Each farmer received N50,000 to support his/her rice farming activities. The event took place at European Hall, Ndi Oji Aban Central School, and was attended by farmers from the seven villages of Ovukwu Ward: Ndi Oji, Atan, Ndi Okorie, Ndi Okereke, Ndi Okwara, Eziafor, and Ahuma Abam.

The support was part of the 2025 Agricultural Empowerment Scheme, a programme that aims to

help local farmers and support the state government's efforts to develop rural communities. Chief Okoro said the grant was his way of supporting Alex Chioma Otti's administration, which has brought positive changes to Abia State in just two years.

Chief Okoro, who is also the CEO of Seed Beverages Limited, praised the governor's work, especially in making rural roads, like the Ozu Abam-Arochukwu Road, motorable again.

"This is my way of thanking Governor Otti," Dr. Okoro said. "By helping these farmers, we're also helping to build a better Abia from the grassroots."

He made it clear that the grant is not a loan and doesn't need to be paid back. Instead, it's meant to

help reduce the cost of farming and increase rice production in the area.

Chief Okoro also quoted US President John F. Kennedy, admonition for people to support their communities "Ask not what your country can do for you, but what you can do for your country."

He also thanked another community leader, Chief James Chijioke Jnr (Ike Abam), for his support to the people through the Unubiko Foundation. He said his own effort is part of a larger goal to improve the lives of people in the area.

The farmers were selected through a fair and transparent process. A local committee, led by Chief Ulu Edu and Elder Kalu Dike Kalu, carried out farm visits and held a raffle draw to choose the beneficiaries. The scheme's Coordinator,

Agwu Chika Uda, said the team made sure only real rice farmers benefited from the programme.

"This is a well-timed and practical support," Uda said. "It will not only improve rice production but also encourage more people to see farming as a good source of income."

During the event, local and state leaders praised Chief Okoro for his generosity. The General Manager of Abia Newspapers and Publishing Corporation (ANPC), Chief Jones Ike, described the project as "visionary" and said it should be copied by others.

"Even in hard times, Chief Okoro has shown that giving back is still possible." He is a true son of Ovukwu, and his actions should inspire others," Chief Ike said.

P I C T O R I A L S

40 ABIA ARISE FARMERS RECEIVE EMPOWERMENT GRANT FROM CHIEF DR. ANDERSON OKORO



Chief Dr. Anderson Okoro, Chief Jones Ike, Mazi G. N. Onwoha



Chief Dr. Anderson Okoro delivering his key note speech



Mazi Machi Okoro, The Abia Arise Co-Ordinator for Arochuku L.G.A. making a remark.



Chief Jones Ike Blessing the Kola nut.



A cross section of beneficiaries of the Empowerment grant receiving their award.



A beneficiary receiving his empowerment grant.



A beneficiary receiving his empowerment grant.



A beneficiary receiving his empowerment grant.



A beneficiary receiving his empowerment grant.

PICTORIALS

40 ABIA ARISE FARMERS RECEIVE EMPOWERMENT GRANT FROM CHIEF DR. ANDERSON OKORO



The Beneficiaries in a group picture



Chief Dr, Anderson Okoro



Ezeogo Ndi Oji Abam, Eze Uka Oji making a speech



ABIA'S TRADITIONAL ATTIRE

Fashion
 With Sandra Chibuike

When we talk about traditional attire, we are actually referring to the fashion and style that represent the culture/tradition of a particular tribe or ethnic group. Traditional attire includes garments, jewelries, and accessories rooted in the past that are used to identify a group of people. Though there might have been some slight changes over time in colour, design and material however, the basic style remains unchanged. Abia attire is a significant part of their culture. Through it, individuals establish their sense of self as well as their place in society. This clothing is an essential part of Abia people's rich and fascinating cultural heritage. The ancient Igbo traditional attire consisted of little clothing, as the purpose of clothing originally was simply to conceal private parts, although elders were fully clothed. Children were usually nude from birth till their youth (the time when they were considered to have something to hide).

SOME IMPORTANT FACTS ABOUT ABIA MEN'S/WOMEN'S TRADITIONAL ATTIRE ARE:

The attire of the royal household, title holders and chiefs is different from that of the untitled men.

The walking stick is a necessary part of the men's attire and no traditional Igbo outfit is complete without it.

Both men and women wear wrappers.

For public occasions such as traditional weddings, men tie such materials like gorge, which is considered to be expensive, and this usually goes with 'Isiagu' specifically for



round the hip, that stops above the knee.

The female's attire goes with accessories like the coral beads, waist beads, the ankle beads, necklace, head beads and wrist beads.

Every married woman usually ties her wrapper on the chest, it covers the stomach and it extends beyond the knee.

wealthy men and traditional rulers. Maidens usually tie a short wrapper round the chest region leaving the stomach bare. Then tie another short wrapper

woman usually ties her wrapper on the chest, it covers the stomach and it extends beyond the knee.

THE ACCESSORIES FOR ABIA TRADITIONAL ATTIRE:

Okpu Ishi-Agu - (Leopard Hat) - is a sign of bravery/warriors, woven with white, and red stripes.

Okpu Ōzō (Red Cap) - the fez caps come from Europe, however, the use of Okpu Ōzō is so specific to communities with Nze na Qzọ associated members. It's spiritually symbolic, and it's also known as Okpu Nmee.

Ishi-Agu: (Chieftaincy); it is usually a red short-sleeved, knee-length tunic, bearing imprints of a tiger's head. Ishi-agu is a mark of achievement. It is usually worn on special events, such as weddings and coronation ceremonies, among others.

Mgba: (Mgba Olu, and Mgba ụkwụ) These are beads and bands worn as wrist bead, bracelets, necklaces, and anklets. Men and women wear mgba aka and others, though the pattern and style of the jewelry may be gender-specific. These

Jewelries include: Olaedo, Cowries, Coral Beads, Ivory etc.

Mgbáji: This is a set of waist ornaments, usually coloured beads or pearls. Multiple rings of Mgbáji encircle the lower abdomen down to the upper hip.

Mkpọ (Staff)- It is a carved designer Walking stick, used by men. The walking stick is a necessary part of the men's attire

and no traditional Igbo outfit is complete without it. The mkpọ is made of the finest wood, delicately carved and glossed with a layer of varnish.

Uli - Its body art was used to decorate mostly the women in the form of lines forming patterns and shapes on the body. In the past, females would also use this uli to paint their legs, though some people believe it had spiritual significance.

Nza: (Horse tail). It formed part of the traditional ruler's regalia in the past. Now, both men and women use it to complement their traditional attire.

Akupe: (Hand fan): This is a traditional hand fan that is used as part of the Abia attire for cultural events. Both men and women use it, though there's a little difference between the male's and female's akupe.



IYOM ABAM ONYERUBI HOSTS MRS. PRISCILLA OTTI AT ITS NATIONAL CONVENTION

By Blessing Anienwe



The historic town of Atan Abam in Etiti Abam community was agog recently, as it played host to the first National convention of Iyom Abam Onyerubi.

In her welcome address, the president, Iyom Abam Onyerubi development Union home and abroad, Lady Nne Oriona Ukeh, described the convention as a unifying homecoming, celebrating Abam rich heritage, the resilience of its women, and reinforcing unity across Abam Onyerubi clan.

During the ceremony, the women brainstormed on ways to contribute to the development of Abam Onyerubi clan, Abia State, and Nigeria as a whole.

The wife of the Executive

ern or of Abia State, Mrs Priscilla Chidinma Otti, graced the occasion, highlighting the importance of women's empowerment. She thanked the women and the entire people of Abam Onyerubi for their massive votes to her husband in 2023, and urged them not to relent in supporting the government of Dr. Alex Otti, OFR.

The chairman of the occasion and Secretary to the state government, professor Kenneth Kalu, commended the women of Abam Onyerubi clan for their valid contributions to the development of their communities.

Honourable Uchenna Okoro Kalu, the majority leader and constituency in the Abia State House of Assembly,

and Chief

Jones Nnanna Ike, in their separate speeches, commended members of Iyom Abam Onyerubi clan for coming together as one indivisible body to foster development in Abam Onyerubi and pledged their support.

The auspicious occasion showcased the unity and determination of the women of Abam Onyerubi and it will be remembered as a significant moment in the history of the community.

The occasion attracted top government functionaries, legislators, traditional Rulers, among others.

P I C T O R I A L S

IYOM ABAM ONYERUBI HOSTS MRS. PRISCILLA OTTI AT ITS NATIONAL CONVENTION

H.E Mrs. Priscilla Otti with Lady Nne Ukaiké Igbo making their way into the Arena



The Mayor Arochuku Local Govt. Engr Dr. Eze Aro with his wife



H.E Mrs. Priscilla Otti making her speech



Prof. Kenneth Kalu (c) flanked by other top Government Officials



H.E Mrs. Priscilla Otti with Prof. Kenneth Kalu



Chief Jones Nnanna Ike making a goodwill message



Hon Uchenna Okoro, Wife & Dr. Chris Okoro



Dr. Chris Okoro Kalu Okoro making his remark



Prof. Kenneth Kalu with other top government Officials



A cross-section of Ndi Eze

P I C T O R I A L S

IYOM ABAM ONYERUBI HOST'S MRS. PRISCILLA OTTI AT ITS NATIONAL CONVENTION



The SSG Prof. Kenneth Kalu Flanked by the leaders of Iyom Abam Women



A cross-section of Iyom Abam Women



P I C T O R I A L S

IYOM ABAM ONYERUBI HOSTS MRS. PRISCILLA OTTI AT ITS NATIONAL CONVENTION

H.E Mrs. Priscilla Otti with Prof Kenneth Kalu



H.E Mrs. Priscilla Otti with Prof Kenneth Kalu, Chief Jones Nnanna Ike and others during the event



H.E Mrs. Priscilla Otti with Mrs Uchenna Okoro (L)



H.E Mrs. Priscilla Otti with Leaders of Iyom Abam



Leaders of Iyom Abam conferring with Chief Jones Ike



H.E Mrs. Priscilla Otti with Deputy Mayor Arochukwu Local Govt. Hon Mrs Ngozi Nwafor (L)



Her Excellency, Mrs. Priscilla Otti in a group photograph with leaders of Iyom Abam and some Government functionaries



leaders of Iyom Abam



The SSG, Prof. Kenneth Kalu shares a moment with one of the leaders of Iyom Abam

GROOMING THE YOUNG ONES FOR A GREATER ABIA

"The function of leadership is to produce more leaders, not more followers." – **Ralph Nader**



Leadership has always defined the fate of societies. Nations rise and fall not merely by the abundance of resources but by the quality of their leaders. True leadership goes beyond occupying positions of authority. It is about influencing change, inspiring hope, and creating pathways for others to thrive. The essence of leadership therefore is not confined to today but to the future, moulding young minds who will step into tomorrow with vision, courage, and values.

This is why deliberate investment in youth leadership is not a luxury but a necessity. When young people are nurtured, mentored, and empowered, they carry with them the ideals that safeguard societies from collapse. It is in this light that Governor Alex Chioma Otti, DFR, has charted a bold path in Abia State by establishing the Abia Leadership Academy, a visionary initiative designed to groom young Abians into transformational leaders.

The Academy, which just graduated its pioneer cohort of 250 participants aged between 16 and 20, is more than a programme, it is a movement. In his address titled "A New Pedestal", Governor Otti reaffirmed his commitment to building future leaders who would uphold values of empathy, integrity, and neighbourliness, describing the initiative as a conscious step to redirect the psyche and mental energy of the younger generation. "We are committed to getting it right with the younger generation. Otherwise, our wider development efforts will be in jeopardy," he declared.

The week-long training immersed participants in leadership lessons, critical thinking, and futuristic visioning, with each group tasked to imagine Abia in 2045. It was designed not to inflate egos but to elevate visions, preparing these young leaders to think beyond self and focus on community, innovation, and service. Pastor Eno Jerry-Eze, a member of the Academy's organizing committee, aptly described the initiative as epochal, emphasizing that Abia is not just producing graduates but raising a critical mass of young leaders who believe that change is possible and who are equipped to drive it.

The brilliance of the Abia Leadership Academy lies in its timing. At ages 16 to 20, participants are at a formative stage where values, discipline, and vision can be most effectively instilled. Training them in ethics, innovation, and problem-solving at this stage ensures that they will not only excel individually but also lead responsibly in the future. Participants themselves testified that the experience was life-changing, boosting their confidence, sharpening their thinking, and inspiring them to contribute meaningfully to society. With the Governor's plan to expand the training to thousands of young people and to send graduates into schools and institutions to mentor others, the Academy is set to ignite a ripple effect of leadership across the state.

Governor Otti's commitment to grooming leaders is not in isolation. His broader vision for Abia includes reviving industries such as the recently announced acquisition of Star Paper Mill, once the state's largest employer. By combining economic renewal with human capital development, Otti is laying the foundation for a self-sustaining future where visionary leadership and enterprise go hand in hand.

The Abia Leadership Academy therefore represents a bold departure from the old order. It is a deliberate attempt to ensure that tomorrow's leaders are not products of chance but of conscious grooming. By catching them young, Governor Otti is sowing seeds of leadership that will blossom across sectors, producing not just professionals but leaders



of thought, policy, and innovation. In the years to come, Abia will be recognized not only for its resilience but also for producing men and women who, having been trained early, carry with them the torch of transformational leadership.

Indeed, leadership is about tomorrow, and with Governor Otti's vision, the tomorrow of Abia and Nigeria is already being shaped today.

– Dr. Ebere Uzoukwa is the Senior Special Assistant to the Governor on Public Affairs

HEALTHY NIGERIAN BREAKFAST IDEAS

Cuisine
With Sandra Chibuike

It is advisable to go on very light foods in the morning (for those who eat before leaving the house), just take simple meals that will unlock your neural pathway for the rest of the day.

If you are a Nigerian or married to a Nigerian and not sure what to make for breakfast, (just in case you want to make a surprise breakfast for your spouse). Well, take your time and dig in

TEA AND BREAD WITH FRIED EGGS:



This recipe is very easy to prepare and comes in handy especially when you are in a rush to meet up with office hours. Most people in Nigeria are comfortable with just tea and bread but occasionally I fry eggs to complement the recipe. Do remember that fried foods are not to be consumed regularly by adults, at least 2-3 times in a week is fine.

INGREDIENTS

4 Fresh eggs
5 tablespoon Vegetable /groundnut

oil
Half cup fresh tomatoes chopped
Small Sliced Onions
Fresh pepper
Salt
Seasoning cube Just a pinch

INSTRUCTION:

Heat your frying pan for a minute then add about 4 Tablespoons of vegetable oil, allow to heat for 30 seconds before adding the sliced onions, then tomato/pepper should follow.

Fry for 5 minutes before spraying a pinch of salt (to taste), then sprinkle the seasoning cube, just a pinch (I prefer less)

Stir, and then make sure it is spread evenly on the frying pan and boiling in very little oil. Then pour in the (already broken and mixed eggs) to cover the onions, tomato combination.

Allow frying for a minute before flipping.

Serve with bread and tea as you see in the image above

This is another breakfast idea that you'll love, especially if you have kids. It doesn't take up to 10 mins to prepare.

PROCEDURE:

There are several ways to add eggs to noodles. I could just boil the eggs and use them for topping or I could do something else using the ingredients listed below.

2 Fresh tomatoes
sliced Onions
Fresh pepper
Eggs

50ml vegetable oil

The process is very simple.

Step 1

Break the indomie into pieces, put in a bowl and pour boiled water into it, soak for about five minutes for the noodles to get soft.

Step 2

Set your frying pan on the heat, add chopped onions, sliced tomatoes, fresh pepper, and fry for about five minutes as well.

Drain water from the noodles after 4 minutes, and add the follow-come spices while still in the bowl,

the noodles will be both soft and hot.

Step 3

Break the two eggs into the same bowl containing the noodles and stir together, then transfer to the frying pan.

The frying pan contains the fried tomatoes onions and peppers, cook and stir for about five minutes, and you are done.

You just made one of my favorite Nigerian breakfasts, serve with cold soft drinks and you are good to go.

INDOMIE NOODLES WITH EGG



INDOMIE AND BOILED EGGS



INSTRUCTIONS

Set a pot on heat, add two cups of water and allow to boil.

Dice the carrots and chop the green bean.

Boil eggs separately, deshell and set aside.

In the pot with boiling water, combine noodles, carrots, and green beans

Allow to cook for 3 minutes, add the follow come spices, allow another minute.

Stir together and serve with the boiled eggs.

INGREDIENTS

2 Eggs
1 Cup Diced Carrots
1/2 Cup Chopped Green bean
200g Noodles
Noodle Follow-come spices

PAP/CUSTARD AND FRIED PLANTAINS WITH EGGS:

This is one of my children's favourite breakfasts. I usually prepare it during the weekends. It is one Nigerian breakfast that almost every family likes. Though it may take longer time than the ones I mentioned earlier, but it is healthy and very satisfying. Paring the pap with milk is very delicious.



CUSTARD AND BEANS:

This is mostly loved by the elderly ones, because of the beans porridge which is rich in protein.

The beans and custard may not be prepare at the same time, considering the length of time it takes to cook beans. So it is advised to cook the beans the night before, then warm it in the morning and prepare the pap or custard. This is much easier especially for those who will leave early for work, or do school run in the morning.

Fashion Mistakes Every Elegant Lady Should Avoid

Fashion isn't about cramming your closet with every trendy piece in the market; it's about knowing what to wear, how to wear it, and when to wear it.

Looking back at my old photos, I sometimes cringe at my past fashion choices. They make me laugh now, but I'm grateful my style has matured. Nobody gets it right all the time—celebrities and top stylists included. Still, there are certain fashion missteps every elegant woman should avoid.

Here are ten of the most common, and how to steer clear of them:



1. Revealing Too Much

Walking the streets in what was once considered underwear—such as bum shorts, slip-shorts, or bra tops—doesn't scream elegance. Certain parts of the body are meant to remain private, yet total concealment can also be awkward. Striking a balance is key. A dress that is too short and tight will rarely look classy, but a subtle leg slit or an open-back gown can create a sophisticated allure.



2. Wearing the Wrong Size

Ill-fitting clothes—whether too tight or too baggy—never flatter the figure. Tight skirts or trousers can create an unflattering “muffin top,” while oversized pieces can overwhelm your frame. Remember: you should wear the clothes, not the other way around.

3. Not Evolving

Fashion repeats itself, but your style should evolve. Being stuck in one era for life can make your look dated. Maintain your unique sense of style, but adapt it with modern touches.

4. Trying Too Hard or Being Too Trendy

Wearing every hot trend at once, or overloading on bling, often distracts from the outfit itself. Choose trends that suit your personality, age, and body shape. Balance is essential—pair timeless pieces with select modern elements for a thoughtful, refined look.

5. Wearing the Wrong Undergarments

Just because they're hidden doesn't mean they don't matter. Ill-chosen underwear can ruin an outfit—think visible panty lines under a fitted dress or bright straps showing through sheer fabric. Invest in quality strapless bras, seamless panties, and shapewear when needed.



Fashion Tips

with
Chibuike Sandra

6. Ignoring the Occasion

Being underdressed or overdressed can make you feel awkward and self-conscious. When in doubt, confirm the dress code. If you must guess, lean slightly towards overdressing—it shows respect for the event.

7. Dressing for Social Media

Shopping purely for likes and online engagement can strip your style of authenticity. Focus less on what will trend on Instagram and more on building a wardrobe that serves your real life and reflects your true personality.

8. Ignoring Your Body Type

Style begins with self-awareness. Wear what highlights your best features. For example, midi skirts should fall just below the knee or at three-quarters length—not at the widest part of your calf. Cropped trousers look best above the ankle, especially when paired with heels if you're petite.



9. Neglecting the Details

Small oversights can ruin a polished look. Worn-out heels, dangling threads, or sticking labels all cheapen your appearance. Keep your shoes in good repair and your clothes neatly finished.

10. Dressing for Others Instead of Yourself

The most important rule: dress to please yourself, not to impress men, compete with women, or fit in with a crowd. True elegance comes from confidence, self-love, and authenticity.

Final Word:

Fashion is a language—and your style speaks volumes before you say a word. The most beautiful accessory an elegant woman can own is confidence, paired with the grace to hold her head high.

THE BIOGRAPHY

Pst. Jimmy Lee Swaggart

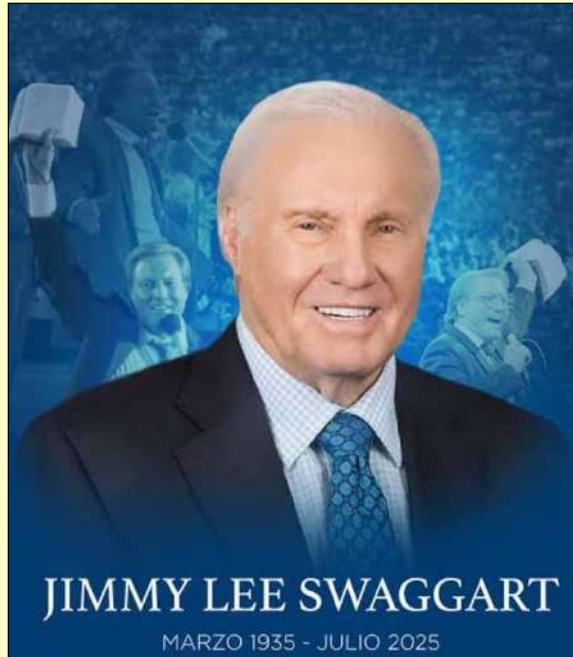
March 15, 1935 – July 1, 2025

Brother Jimmy Swaggart often recalled that his first sermon was preached on the back of a flatbed truck in Mangham, Louisiana, to a handful of people, a message so brief that he preached everything he knew in ten minutes, twice. Some might say that his final sermon came years later, seated in a chair, speaking into a television camera and sharing "the message of the cross" with millions worldwide. Yet, even now, through the SonLife Broadcasting Network, Brother Swaggart's voice continues to proclaim the gospel of Jesus Christ across the globe.

Born on March 15, 1935, in Ferriday, Louisiana, Jimmy Lee Swaggart gave his heart to Christ at the age of eight. With the simple faith of a child, he asked God to teach him to play the piano, a prayer that was miraculously answered and became a lifelong gift. Ferriday, a small farming community, produced four cousins whose musical talents would become legendary: Jerry Lee Lewis, Mickey Gilley, David Beatty, and Jimmy Swaggart himself.

In 1952, Jimmy married Frances Anderson, beginning a partnership in life and ministry that would span more than seven decades. With nothing but a Bible, a calling, and a piano, the young couple took to the backroads of the South, preaching in open-air camp meetings and rural churches, trusting God daily for provision.

Brother Swaggart's ministry grew steadily. He recorded his first album in 1958, launched The Camp Meeting Hour radio program in 1969, and in 1973 introduced The Jimmy Swaggart Telecast, which would eventually be seen in over 100 countries. During the 1980s, he held national and international crusades, preaching to packed stadiums and arenas. Known for his compassion for missions, he spearheaded efforts to build hundreds of schools and churches worldwide, ensuring children received both an education and a daily meal. His music ministry resulted in more than 20 million albums sold, cementing his place as one of the most beloved voices in gospel music.



In his later years, Brother Swaggart founded the SonLife Broadcasting Network, a 24-hour Christian television channel that now reaches over 300 million homes worldwide, keeping the message of the cross at the forefront of Christian broadcasting.

A passionate reader and prolific author, Brother Swaggart published a monthly magazine, dozens of books, and an extensive library of biblical commentaries. His most significant literary contribution, The Expositor's Study Bible, was produced over two decades and has since been translated into six languages, with millions of copies distributed freely to pastors and ministers around the world.

Based in Baton Rouge, Louisiana, Brother Swaggart established Family Worship Center, Family Christian Academy, and Jimmy Swaggart Bible College, alongside a state-of-the-art multimedia facility for radio and television ministry, transforming the spiritual and cultural landscape of the region.

World evangelism was his life's work. For seventy years, he lived by the words of his grandmother, who often told him, "Jimmy, God is a big God, so ask big." He asked, and God answered.

Brother Swaggart was preceded in death by his parents, Willie Leon (W.L.) and Minnie Bell Swaggart; infant brother, Donnie; sister, Jeanette Ensminger; and cousins Jerry Lee Lewis, Mickey Gilley, and David Beatty. He is survived by his devoted wife, Frances; his son, Donnie Swaggart (Debbie); granddaughter, Jennifer Swaggart Mullis (Clif); grandsons Gabriel Lee Swaggart (Jill) and Matthew Aaron Swaggart (Joanna); and nine beloved great-grandchildren: Samantha, Ryder, Abby, Lola, Harper, Navy, Harrison, Caroline Frances, and Mackenzie.

His legacy endures through his family, his church, his music, his books, and the millions of lives touched by his unwavering message: Jesus Christ and Him crucified.

GLOWING YOUR SKIN FROM INSIDE

Fashion
With Sandra Chibuike

A glowing skin doesn't necessarily have to be fair in complexion. It's all about having a healthy skin, whether your light skinned or dark skinned. Maintaining a healthy skin is not a walk in the park. No matter how many skincare products you use, your skin will glow only if you are healthy from within. That is why it's important to have the right amount of nutrients in your meals. Essentially add fruits and veggies to your daily meals. In this edition, I'll be telling you some of the fruits and veggies that will help your skin to glow, and be radiant with or without any skin care products.



VITAMIN C ENRICHED

FRUITS/VEGGIES: An abundant source of nutrients and essential vitamins is fruits. Fruits rich in Vitamin C are great for reducing acne marks and helps in skin brightening. They contribute to glowing skin by providing antioxidants, promoting collagen synthesis which improves firmness and reduces wrinkles. Protect skin cells against environmental damage caused by free radicals, UV light and pollution. Reduce hyperpigmentation for a more even skin tone. Vit C also helps in healing wounds fast, diminishes dark spots and reduces redness.

Some of the foods rich in Vitamin C include: Citrus fruits; oranges, grapes, lemons and limes. Kiwi, Berries - strawberries, and other berries. Bell peppers - both red and green peppers. Leafy green veggies like Broccoli.

FRUITS WITH VITAMIN B: There are major B vitamins that are very beneficial to the skin, they include: B1[thiamine] B2 [riboflavin] B3 [Niacinamide], B5 [Pantothenic acid], and B7 [Biotin] B12 [cobalamin].

Benefits Of Vitamin B To The Skin

- Boots Hydration: Vit B5 and B7 attract and retains moisture in the skin, keeping it supple and preventing dryness/skin peeling.

Reduces inflammation; vitamin B3 contains anti-inflammatory properties

that can calm skin irritation and help with conditions like acne, dermatitis and psoriasis.

Strengthens Skin Barriers: Pantothenic acid [B5] helps in repairing the skin's barrier which is crucial for protecting against external aggressors



and maintaining moisture.

Evens skin tone: B12 vit helps to reduce dark spot and pigmentation, promotes an even tone and brighter skin

Regulates sebum production: B6 Vitamin [pyridoxine] can help regulate excess oil production in the skin, which

helps to prevent acne.

Fruits And Veggies Rich In Vitamin B.

Bananas: A good source of B6, antioxidants, and Vitamin C, they help lighten dark spots and give skin an even tone.

Apples: Contain Vitamin A, C, and B complex, contributing to a healthy glow, texture, and cell renewal.

Watermelons: Rich in vitamins A, B, and C, they provide hydration, improve texture, and prevent skin damage.

Avocados: are high in healthy fats. These fats help to improve the skin. They are a good source of Vitamin E, which is an important antioxidant that helps protect your skin from oxidative damage.

WATER: This is the most important of all the things we eat to glow the skin. Though water can be derived from fruits and some veggies, however it doesn't negate the fact that direct water intake is very essential and serves its purpose. Your skin needs water to stay hydrated.

These and many more are fruits and veggies that are essential for skin health.

It is advised to incorporate some of them in your daily meals. Another factor that aids in glowing the skin is getting enough rest.

Maintaining a glowing skin needs determination and intentionality.

What you take in will reflect on your skin, that is the reason you need to be intentional and pay attention to the things you eat.

SUBSCRIPTION FOR NATIONAL AMBASSADOR NEWSPAPERS AND MAGAZINE



Our advert rates are:

Staying informed about current events, news and trends has become more important in today's fast-paced world. Hence, being a leading and international news, events and developments platform, we ask for your patronage of our subscription services.

With our subscription-based services, our brand is committed to providing accurate, unbiased and informative reportage that will keep you informed and engaged.

Advantages:

- Weekly delivery of our print edition.
- Monthly delivery of our magazine.
- Unlimited access to our online edition.
- Access to our archives, featuring past editions and articles.

Subscribing to National Ambassador Newspapers and Magazine, guarantees unlimited access to:

- Comprehensive coverage of news, events and developments in Abia State and beyond.
- A valuable resource for research, reference and informed services.

Our offer is quite affordable for Government Ministries/MDAs, Private Sectors/Individuals.

We believe that our Newspaper and Magazine would be a valuable addition to your organization's Library or Information Centre.

Please see attached overleaf for your necessary action and thank you for considering our Proposal.

1 NATIONAL AMBASSADOR NEWSPAPERS SUBSCRIPTION ☐

Price Per Newspapers = 250

Monthly = 1000

Yearly = 12000

Name:

Address:

Phone Number: E-mail:

Payment System

Quantity: Unit Cost: Total Cost:

Cash ☐ Cheque ☐ Transfer ☐

All Payments should be made in favour of Abia State TSA/Internally-Generated Revenue (IGR)

Agency (MDA) - Code: 23055011 - Revenue Code: 12040036

2 NATIONAL AMBASSADOR MAGAZINE SUBSCRIPTION ☐

Price Per Magazine = 1500

Monthly = 1500

Yearly = 18000



PUBLISHED BY:

Abia Newspapers & Publishing Corporation

Nnamdi Azikiwe Secretariat Road, Government Station Layout, Umuahia.

☎ 09154423968 📧 nationalambassadorngr@gmail.com 🌐 www.nationalambassadorngr.com



Our advert rates are:

**For Further Enquiries
09154423968**

	Rate	Tax 5%	Vat 7.5%	Total
FULL PAGE COLOUR	₦ 350,000.00	17,500	26,250	393,750
FULL PAGE BLACK & WHITE	₦ 300,000.00	15,000	22,500	337,500
HALF PAGE COLOUR	₦ 250,000.00	12,500	18,750	281,250
HALF PAGE BLACK & WHITE	₦ 200,000.00	10,000	15,000	225,000
QUARTER PAGE	₦ 150,000.00	7,500	11,250	168,750
Change Of Name	₦ 7,000.00	350	525	7,875

KINGDOM COLLEGE HOLDINGS

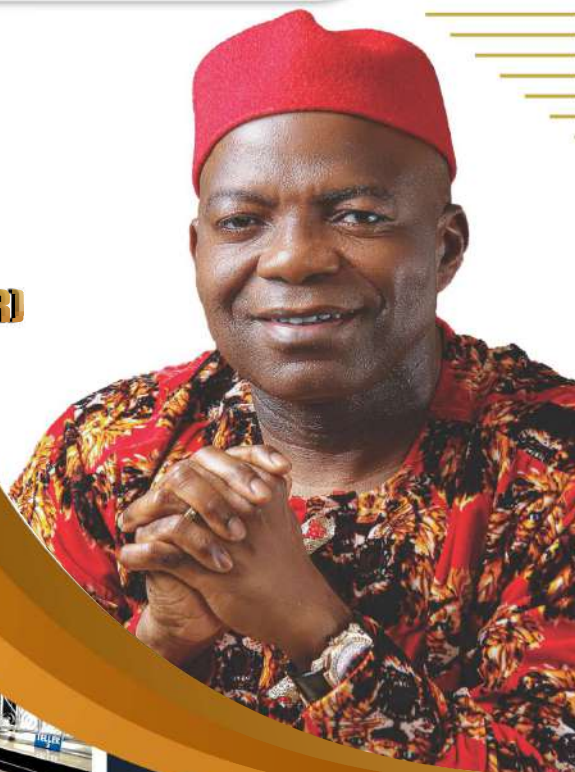
Kingdom College Road Ozu Abam, Arochukwu LGA

Abia @ 34

A BIG THANK YOU TO

HE. Dr. Alex C. OTTI (OFR)

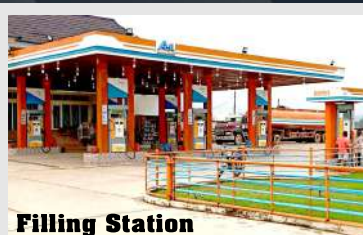
"CHIONA NDI ABIA"
For Restoring
"The Abia Dream"



Kingdom College Micro Finance Bank



KINGDOM COLLEGE: RE-ENGINEERING RURAL DEVELOPMENT IN ABIA STATE



Filling Station



Palm



Poultry

Kingdom College Farms



Kingdom College Commercial Section



Cassava



Piggery



Plaza



Rice



Goat

ANDY SILK

RESORT INTERNATIONAL.

Home of Excellent Hospitality



The occasion of the celebration of Abia @ 34 Years, is an excellent opportunity to say a big thank you to your Excellency, for "Wiping Away Our Tears".

You have indeed restored the Abia Dream.

The Dream for Abia State, to be the truly number one State in Nigeria.

As a major driver in the socio-economic development of Abia State, our numerous investments in such sectors as Human Capital Development, Agriculture, Banking & Finance, Hotel and Tourism, Estate Development, Transport, Oil/Gas and other commercial activities have benefited immeasurably from your giant infrastructural strides and good government system.

We can only say,

A big thank you Sir.

Signed
Dr. Emmanuel Ukoha,
Rector.



Headquarter: Kingdom College Road Ozu Abam, Arochukwu LGA, Abia State.



ABIA STATE MINISTRY OF LANDS AND HOUSING MASS TITLING



GET YOUR
CO
OF
IN 30 DAYS



REQUIREMENTS FOR CERTIFICATE OF OCCUPANCY

1. Current Tax Clearance Certificate from State Internal Revenue Service (for individual) and FIRS (for corporate body/ bodies)
2. Evidence of ownership (root of title e.g power of attorney)
3. 2 passports sized photos (for individual(s))
4. Certificate of Incorporation (for corporate body issued by Corporate Affairs Commission)
5. Corporate body logo
6. Police Report issued by Nigeria Police Force required for Petrol Filling Stations
7. State Fire Service Agency issues Fire Service Report required for Petrol Filling Stations
8. Approval of Ministry of Agriculture required for agricultural uses
9. Approval of Ministry of Education required for educational uses
10. Approval of Ministry of Industries required for Industrial uses
11. Evidence of fencing permit and/ or Building Plan Approval from Town Planning Authority if developed

☎ 09160002083, 09160002084, ✉ cofo@abiastate.gov.ng

FOR MORE INQUIRIES VISIT OUR ZONAL LAND OFFICES AND
TOWN PLANNING AUTHORITIES IN 17 L.G.A.

OVERLEAF