

Maiden Edition

August 2025

# GOVERNOR ENO: PUTTING AKWA IBOM ON THE CROSS ROAD OF HISTORY





DR. DENNIS INYANG

"Empowering Akwa Ibom

> A Call to Support Governor Umo Eno's Vision"

"Empowering Women,

Transforming Nations: The Visionary Leadership of

Dr. Elisha Attai"



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ECHOES FROM
THE PULPIT

### Mission Statement

We are set to break barriers and uproot limitations by collaborating with the "ARISE MANTRA" of Akwa Ibom, Everyone must arise.

#### PRODUCTION CREW

**Editorial Team** 

Felix Mbata -Editor –in-Chief Joe Udoh - Editor

Joseph Ezekiel Okon – Assistant Editor

#### Reporters

Happiness Nseabasi Hope Ayorinde Kokoma Chux

#### Computer Graphics

Mike Udia

#### Photographers

Uwem Emmanuel Godwin Friday Goodness Eyo

#### Contributors

Peter Inyene Mary Imaobong

#### Advertisement

Nelson Joshua Francis Ehirim

Akwa Trumpet Magazine is published by Indigenous Akwa Ibom Forum, Lagos State. Contact: 08142803432, 07069372682. Email: indigenousakwaibom@gmail.com. Office: 7 Tony Shenko Close, Ejigbo, Lagos State.

# Editorial SIGNIFICANCE OF PUBLISHING AKWA TRUMPET MAGAZINE (ATM)

Akwa Trumpet Magazine is a Platform for Unity and Progress in Lagos, which is Nigeria's economic hub, also a melting point of cultures and ethnic groups. Among the diverse population, the Akwa Ibom people have established a significant presence, contributing to the city's growth and development. As a community, they bring unique perspectives, skills, and experiences that enrich the social fabric of Lagos.

Publishing a magazine like Akwa Trumpet can play a vital role in highlighting the importance of Akwa Ibom people in Lagos. By showcasing their stories, achievements, and contributions, the magazine can:

- Promote cultural exchange and understanding: Akwa Trumpet can serve as a platform for Akwa Ibom people to share their culture, traditions, and values with the broader Lagos community. This can foster greater understanding, tolerance, and appreciation for diversity.
- Celebrate Akwa Ibom excellence: The magazine can highlight the achievements of Akwa Ibom individuals and organizations in various fields, such as business, education, healthcare, and the arts. This can inspire younger generations and provide role models for success.
- 3. Provide a voice for the community: Akwa Trumpet can amplify the concerns, aspirations, and interests of Akwa Ibom people in Lagos. By doing so, it can help bridge the gap between the community and other stakeholders, including government agencies, businesses, and civil society organizations.
- 4. Foster community engagement and development: The magazine can facilitate dialogue, networking, and collaboration among Akwa Ibom people in Lagos. This can lead to initiatives that promote economic empowerment, social welfare, and community development.
- 5. Showcase Lagos-Akwa Ibom connections: Akwa Trumpet can explore the historical and contemporary ties between Lagos and Akwa Ibom State. By highlighting these connections, the magazine can promote a sense of shared identity and purpose.

In conclusion, Akwa Trumpet Magazine (ATM) has the potential to make a significant impact on the lives of Akwa Ibom people in Lagos. By providing a platform for their stories, achievements, and concerns, the magazine can promote unity, progress, and community development. As a publication, it can inspire, educate, and empower its readers, ultimately contributing to a more vibrant and inclusive Lagos society.

Felix Mbata Editor- in-Chief 08030527964



# "Empowering Women, Transforming Nations: The Visionary Leadership of Dr. Elisha Attai"

Felix Mbata, Lagos

kwa Trumpet Magazine proudly presents its maiden edition, featuring Dr. Elisha Attai's inspiring story, 'Empowering Women, Transforming Nations: The Visionary Leadership of Dr. Elisha Attai.' As we launch our publication, we're thrilled to share Dr. Attai's

remarkable journey and the impactful work of the African Women in Leadership Organisation (AWLO). We celebrate leaders who drive positive change, and Dr. Attai's dedication to empowering women is a shining example."

#### The Genesis of AWLO:

Dr. Attais journey with AWLO began with a singular, transformative moment: recognizing the power of connection and mentorship in fueling a revolution. I observed a recurring pattern: women, despite their immense talent and leadership potential, were often isolated in their efforts to succeed," he recounts. This realization sparked the idea for AWLO, which has since become a pan-African force empowering women to step into their rightful places of influence.

#### AWLO's Impact:

AWLO's impact is evident in the success stories of its members. Over 1,200 women have graduated from AWLO's programs, and 23 chapters are flourishing across Africa and beyond. Dr. Atta's

> emphasis on experiential leadership development, mentorship, and creating supportive networks has been key to the organization's growth and effectiveness.

#### Breaking Barriers:

Piloting a women-concerned initiative might not be without challenges, taking a look at our family circle & the society where men and women interrelate. Dr. Attai shares his experience: "Navigating societal norms and stereotypes that often undermine women's leadership potential has been a significant challenge. At AWLO, we work to break these barriers by fostering gender parity, but

resistance to change in traditionally male-





dominated spaces remains a hurdle."

#### Inspiration and Motivation:

Dr. Attai's inspiration stems from the resilience and untapped potential of African women. "Witnessing their ability to lead, innovate, and transform communities despite systemic barriers drives my commitment to AWLO's vision," he says. The belief that women can be powerful nation-builders with equal opportunities fuels AWLO's mission to enhance leadership capacity and create a world where women thrive as equal partners in development.

#### Governor Pastor Umo Eno's Efforts:

Dr. Attai praises Governor Eno's administration for its commitment to gender equity and inclusive governance. "Governor Umo Eno has been doing exceptionally well across various sectors of the economy. His administration's focus on infrastructure, and initiatives like the Arise Project demonstrate a commitment to economic diversification and sustainable development," he says.

#### A Vision for the Future:

Dr. Attai envisions AWLO as a global force for change, embracing technology, and equipping women for green economies and peace-building. "I want AWLO to be a lasting force that ensures every African woman has the tools and opportunity to lead. Our future impact will be measured by generations of women leaders who trace their success back to AWLO—a legacy of equality and transformation," he says.

#### Advice for Men:

Dr. Attai offers valuable advice for men seeking to be allies: "Usten more than you speak. Amplify women's voices without trying to control them. Use your influence to challenge biases and open opportunities."

#### A Call to Action:

Dr. Attai's words serve as a call to action to African women: "You are the sun. Your potential is limitless; don't let anyone dim it. AWLO is here for

you-together, we'll light up the continent,"

#### Leadership Aspirations:

When asked about his aspirations for leadership positions, Dr. Attai responds, "If given the opportunity to lead at the state level, Akwa Ibom women in the state and beyond can expect a governance model that prioritizes gender equity and leadership empowerment. Drawing from AWLO's mission, I would champion policies ensuring equal access to opportunities in education, business, and governance, creating platforms for women to lead and thrive."

#### Conclusion:

Dr. Elisha Attai's remarkable journey with AWLO serves as an inspiration to individuals and organizations alike. His dedication to empowering women and promoting gender equity is a testament to the impact one person can have on society. We encourage others to emulate his gestures, support AWLO's mission, and work towards creating a world where women have equal opportunities to lead and thrive. Dr. Attai's legacy will undoubtedly continue to inspire generations to come, and we look forward to seeing the lasting impact of his work.

# "A TRANSFORMATIONAL LEADER DESERVES A SECOND TENURE": Anthony Ekpo on Governor Umo Eno's Achievements and I.A.F's History



nthony Ekpo, the first elected president of the Indigenous Akwa Ibom Forum (I.A.F), is representing Obong Etefia Inyang, the founding father of I.A.F. In this interview with Akwa trumpet magazine, Anthony shares his thoughts on the governor's performance, I.A.F's history, and why he believes Governor Pastor Umo Eno deserves a second tenure.

#### Q: Let's start with the history of Indigenous Akwa Ibom Forum. Can you narrate its formation?

A: Yes, I.A.F was formed in 2008 after the death of a son from Akwa Ibom state in Lagos. We were looking for his people to come and carry his corpse, but we couldn't find any. We took the corpse to the mortuary and planned how to take him home and bury. After that, Chief Etefia Inyang called us and suggested that we shouldn't be gathering only for such issues. He proposed that we form a meeting to prepare ourselves to handle such matters properly. That's how the idea of I.A.F was born. We came out from AKISCON, our mother body in Lagos state.

### Q: How did LALF get its name, and what does it mean?

A: During our formation, we called ourselves Akwa Ibom Forum because it represented our purpose. We didn't want to be seen as just an association; we wanted to officiate with the state government and Akwa Ibom people at home. The name was approved by the Corporate Affairs Commission (CAC) during our registration.

### Q: How has LA.F impacted the lives of Akwa Ibom people?

A: We've made significant impacts, including resolving civil cases, paying hospital bills, and providing accommodation for members in need. We've also promoted Akwa Ibom cultural heritage through events like the Ekpo festival.

#### Q: What are some key events or milestones in LA.F's history since its formation?

A: We've achieved a lot since 2008. In 2010, we paid school fees for some students in secondary and primary schools. We've also published almanacs, which showcase our activities and achievements. Our current administration continues to build on these successes.

## Q: How do you think I.A.F can inform history and development for the next generation?

A: We've already made a positive impact, and our initiatives will continue to benefit future generations. We aim to establish a school and promote entrepreneurship among youth, which will contribute to the state's development.

Q: What role do traditional rulers and institutions play in Akwa Ibom cultural heritage?

A: Traditional elders are crucial in preserving our cultural



heritage. They pour libations, perform traditional duties, and help maintain order in our communities.

#### Q: How has the Ekpo cultural activity contributed to Akwa Ibom identity?

A: Ekpo is an important part of our cultural heritage. By promoting it, we're preserving our traditions and showcasing our rich cultural diversity.

#### Q: What are some traditional practices and customs that are emulatable to the youth generation?

A: During our end-of-year parties, we showcase our cultural dances, like Ekpo and Abang. This encourages our youth to appreciate and preserve our traditions.

#### Q: What are your thoughts on Governor Pastor Umo Eno's administration?

A: I rate him 95 percent. He has exceeded his campaign promises, and his focus on the people's welfare is evident. I believe he deserves a second tenure.

#### Q: Why do you support his second tenure?

A: He's done exceptionally well, and I believe he'll continue to take Akwa Ibom State to greater heights. He's a transformational leader who prioritizes the people's needs.

#### Q: How do you think I.A.F can contribute to the state's development?

A: We'll continue to support the governor's initiatives and advocate for projects that benefit Akwa Ibom people. We aim to build a school and p r o m o t e entrepreneurship among youth.

#### Q: What potential areas for growth and development do you see for IA.F?

A: We plan to establish a school in Lagos and promote skill acquisition programs for youth development. The governor's administration has been successful, and we want to support his initiatives.

### Q: Can you mention some of the notable initiative of IAF?

### A: The Indigenous Akwa Ibom Forum (IAF) has several notable initiatives:

- Free Medical Outreach: Quarterly medical outreaches provide essential healthcare services to IAF members.
- Rescue and Empowerment: The "Operation Rescue Our Girls" initiative aims to rescue girls from prostitution and empower them with skills for small / medium-scale businesses.
- Membership Drive and Infrastructure: IAF's membership drive and infrastructure development promotes its reach and capacities.
- Chapter Creation: Establishing new chapters expands IAF's presence and impact.

These initiatives demonstrate IAF's commitment to supporting its members and the community.

#### Q: The Akwa Trumpet Magazine is coming out with its maiden edition. What input do you hope the magazine will make?

A: I welcome the launch of Akwa Trumpet Magazine. It will promote Akwa Ibom State and its people, showcasing our achievements and potential. I believe it will be a valuable platform for sharing our stories and experiences.



# "Empowering Akwa Ibom: A Call to Support Governor Umo Eno's Vision"

Felix Mbata, Lagos State

Dr. Dennis Inyang, Apostolic Overseer of Sure Word Assembly, has applauded Governor Umo Eno's achievements in Akwa Ibom state, citing his commitment to development and servant leadership. With a ministry that has grown exponentially under his leadership, Dr. Inyang's Sure Word Assembly has become a beacon of hope and spiritual growth for many. In an exclusive interview with Akwa Trumpet magazine, at his church Cathedral, Megalife Cathedral Int'l Headquarters, Greenfield Estate, Ago Palace Way, Okota, Lagos, Dr. Inyang expressed his admiration for the governor's work and urged Akwa Ibom indigenes to support his re-election bid. He also shared his thoughts on the potential of "Akwa Trumpet" magazine, saying it can be a platform to showcase Akwa Ibom's rich culture, talented individuals, and developmental strides, and that it will



grow if it is of high quality and represents the state well.

Also, explored his journey into ministry, his vision for his congregation, and his thoughts on various topics in cluding



leadership, personal growth, and community development.

#### Calling

Dr. Inyang shared his background, tracing his calling back to 1979 when he first sensed a divine purpose. However, it was in 1994 that he felt the specific call to full-time ministry, leading him to leave his booming business behind and dedicate himself to pastoral work. He was ordained in 1995 by Archbishop Benson Idahosa.

#### Vision and Mission

The core of Dr. Inyang's ministry revolves around teaching God's Word and empowering believers to live victorious lives. His mission statement, "Raising Champions," reflects his commitment to helping individuals understand and apply biblical principles to achieve success in their endeavors.

#### Support for "Akwa Trumpet Magazine"

As a proud son of Akwa Ibom, Dr. Inyang

expressed his enthusiasm for the "Akwa Trumpet" magazine, seeing it as a platform to promote the state's rich culture, talented individuals, and developmental strides. He pledged his

support, both spiritually and practically, to ensure the magazine's success.

Assessment of Governor Umo Eno's Performance Dr. Inyang praised Governor Umo Eno's leadership, describing him as a servant of the Lord in the corridors of power. He commended the governor's commitment to development, citing his initiatives in infrastructure, education, healthcare, and social welfare programs. Dr. Inyang believes the governor's performance warrants a second term to complete his good work.

#### Unique Features of Akwa Ibom State

Dr. Inyang highlighted Akwa Ibom's peacefulness, hospitality, and natural beauty as standout features. He emphasized the state's potential for growth and development, urging Akwa Ibans to showcase their talents and contributions to the nation.

#### Keys to Ministry Growth

Dr. Inyang attributed the growth of his ministry to the grace of God and the dedication of his team. He expressed gratitude to the members, pastors, and partners who have supported his vision, emphasizing the importance of teamwork and valuing individuals.

#### Leadership and People Management

On leadership, Dr. Inyang stressed the importance of valuing people, delegating tasks based on strengths, and offering second chances. He believes that understanding and empathy are crucial in managing people, reflecting the qualities of a shepherd.

#### Legacy and Motivation

Dr. Inyang's greatest legacy is the people he has mentored and empowered. He finds motivation in serving others, solving problems, and fulfilling his divine calling, rather than in material rewards or external recognition.

#### Conclusion

This interview provides insight into Dr. Inyang's ministry and his perspectives on leadership, community, and personal growth, highlighting his commitment to serving others and promoting positive change.





Indigenous Akwa ibom forum Ejigbo chapter appoints Dr Dennis Inyang Patron @ Megalife Cathedral Lagos



# GOV UMO ENO: PUTTING AKWA IBOM ON THE CROSS ROAD OF HISTORY

istory has remained an antecedent looked back on, to reflect events in times past, which helps to shape the present and future of mankind. But what we will not forget in a hurry, is the 6th of June, 2025, where the political dynamics of the state was altered.

There are quite significant dates in the history of the state, like the September 23, of every year, May 29 of every year, including the famous August 8, 2018, these dates are quite historic in the annals of history in Akwa Ibom, because, it connects politically, from whatever prism you may view it from.

Like every other day could pass, the 6th of June 2025, did not pass for an ordinary day. It was a day well anticipated, followed by June 21, 2025. It was one day that mixed feelings had engulfed the entire state, as anxiety grew widely.

To some persons, the day should not have come, but at last, it came, but the memories it left, will always not be forgotten. It was a day that Governor Umo Eno stood between the present and the future, and a day that will go down as one Akwa Ibom people will always remember.

Governor Umo Eno once said, "That a leader must see far off than the people he is leading, and that a leader should have the ability to see what others are not seeing." With the defection of the Governor to the All Progressives Congress, despite the criticisms and diverse opinions that have trailed his movement, the Governor alone sees what we are not seeing.

As a core loyalist of His Excellency, and one of his foot soldiers, since the 19th of April, 2025, when I first wrote a piece titled: WILL GOVERNOR UMO ENO DEFECT TO APC? THE UNANSWERED QUESTION AKWA IBOM PEOPLE ARE ASKING," where I stated emphatically that I had enough brooms in my house to go with the Governor if he



defects to the APC, I had come under attack on that piece, but like the rock of Gibraltar, I refused to bulge and stood by my piece, declaring my unalloyed support for the Governor's defection.

The weeks, months and years to come, will shape the destiny of the state and usher us into a future that we are yet to see today. This is the first time that a sitting Governor of the state is moving to another political party, and like I once predicted in my piece, new political players will come on board, and others will go down, that is already happening.

As we gravitate towards this history, Governor Umo Eno will be remembered for this great move, his enduring legacies through the ARISE AGENDA, will outlive him and place Akwa Ibom State in the zenith of leadership strides.

We will all be witnesses to the truth that this movement to the All Progressives Congress will yield more desired development to the state. Let time do the talking for this defection and prove naysayers wrong.

Dr, Eneh John is a Journalist and Associate Member, Nigerian Institute of Public Relations, writes from Ikot Uso Ekong, Eket, AKS.

## UMO ENO'S FINANCIAL LIBERATION: EMPOWERING LOCAL ADMINISTRATORS INTO ROADS CONSTRUCTION

By Emmanuel Nicholas

The administration under the leadership of Governor Umo Bassey Eno, has profoundly revolutionized the framework of local government governance in Nigeria by deliberately abstaining from interference in the financial operations of these entities.

This strategic initiative has conferred upon local

government authorities the full autonomy to manage their financial allocations, which are directly disbursed from the federation account.

Furthermore, the sole oversight exercised in this arrangement is provided by the House Assembly, which is duly empowered by the 1999 Constitution to monitor and ensure accountability in the management of local government funds and expenditures.

This structure not only cultivates a sense of responsibility among local government officials in Akwa Ibom State but also significantly enhances transparency and efficiency in the utilization of public resources.

Governor has effectively terminated the era in which local government funds were distributed among a select few, often without any substantive projects being undertaken by local government administrators.

He has successfully dismantled the prevailing ideology that local government administration is incapable of undertaking substantial projects such as road construction, school building, the establishment of health centers, and a commitment to agricultural initiatives aimed at alleviating food scarcity in their respective areas.

The financial independence granted to local governments by Governor Umo Eno has fostered innovation and responsiveness. Local authorities are now empowered to implement programmea and initiatives that are more attuned to the unique challenges and

opportunities present in their communities, rather than being constrained by the directives of higher authorities.

This newfound flexibility has led to enhanced public services, infrastructure development, and overall community wellbeing.

Among the local government administrations that have capitalized on the financial

freedom afforded by Governor Eno's administration to engage in road construction are Etim Ekpo, Ibiono Uruan, Uyo, Ikot Abasi, and Nsit Ibom Local Government Areas.

When I refer to road construction, I do not imply mere road grading; rather, I am speaking of the construction of well-designed roads complete with drainage systems, the removal of unsuitable materials, the addition of sub-grade and sub-base layers, and the application of asphalt, all of which necessitate substantial financial budgetary allocations.

The first notable achievement comes from the Chairman of Etim Ekpo Local Government Area, Hon. Gideon Uwa, who has skillfully executed the construction of a 1.1-kilometer asphalt-





paved internal roadway, incorporating comprehensive drainage systems, pedestrian walkways, and three designated parking facilities with a total capacity to accommodate approximately 500 vehicles, all accomplished within the initial three months of his tenure.

Rt. Hon. Asuakak Umoh, the Executive Chairman of Ibiono Ibom Local Government Area, has constructed a 453-meter access road leading to the Traditional Rulers Council building, which he recently completed from foundation to finish.

The Executive Chairman of Itu Local Government Council, Hon. Ubong Nkutt, has initiated construction works to asphalt the internal roads within the Council Secretariat. The internal roads, spanning 1.4 kilometers, have reached an advanced stage of development.

Rt. Hon. Iniobong Ekpeyong, a professional surveyor before he entered into local government administration, has commenced the construction of a 1.2-kilometer access road to the local government Secretariat, to be completed with side drains, walkways and solar-powered streetlight.

To mitigate the flooding that often inundates the Uruan local government headquarters during rainy days, the Chairman of the Uruan Local Government is also constructing a 1.7-kilometer underground canal designed to alleviate flooding at the Secretariat, discharging into a valley and stream.

Additionally, the Chairperson of Nsit Ibom Local

Government has also joined the ranks of local government administrators who have broken the mold by engaging in substantial investments in road construction.

Rt. Hon. (Mrs.) Otoobong Aaron has initiated the asphalting of all internal roads within the local government Secretariat, covering a distance of 1.3 kilometers, complete with side drains and provisions for car parks.

Another local government chairman who has initiated infrastructural development within his jurisdiction is the Ikot Abasi Local Government Chairman, Hon. Ime Williamson Essien. He has officially launched the construction of a 1-kilometer road in Ikot Umiang Okon and has engaged the services of the renowned construction firm Henzek Integrated Services to carry out this project. The road on completion will have solar-powered street lights and a walkway.

Previously, the Chairman of Eket Local Government Area, Rt. Hon. Tomme also undertook the rehabilitation of roads that had fallen into disrepair within the Eket metropolis.

Meanwhile, the Chairman of ALGON, Dr. Uwemdimo Udo, who is the Chairman of Uyo Local Government Area, after successfully renovating Mbiabong Park, which had been submerged by floodwaters, has also constructed a 323-meter access road to the park, now asphalt level.

One might wonder why I have chosen to focus exclusively on the progress of local government administration in terms of road construction; the answer is straightforward: this particular aspect of development is one that no local government in Akwa Ibom would have dared to engage in over the past years due to budgetary constraints.

With the soaring costs of building materials such as rods, bitumen, stone base, laterite, cement, equipment, and granite, constructing just one kilometer of the road today can require an investment ranging from eight hundred million to one billion Naira, depending on the terrain, soil conditions, and compensation payments to property owners for right-of-way access.

However, with the financial autonomy granted to local government managers by Governor Umo Eno, PhD, numerous local government administrations have seized the opportunity to develop their localities.

In addition to road construction, many local governments are also actively engaged in the construction of new administrative blocks, while others are investing in the establishment of schools and health centers.

In my next edition focusing on local government administration development, I will spotlight those local governments that are diligently working to enhance healthcare, education, and other administrative facilities within their jurisdictions.

The purpose of today's article is to highlight the local government administrations that have capitalized on the financial freedom granted to them by Governor Umo Eno and have engaged in extensive road construction that has previously been unprecedented.

The benefits of financial independence for local government authorities are manifold. Firstly, it fosters a sense of ownership and accountability among local leaders, as they are now directly responsible for the financial health and service delivery within their jurisdictions.

This autonomy enables them to tailor their budgets and expenditures to address the specific needs and priorities of their communities, resulting in more effective governance.

Lastly, the approach adopted by Governor Eno, to grant financial independence to local government authorities not only enhances their operational effectiveness but also empowers them to serve their communities with greater efficiency and responsiveness, ultimately contributing to the overall development and prosperity of the State.

Culled from Mirroronline

The school is designed to provide a safe, modern, and inclusive learning environment, featuring spacious at to classrooms equipped with smart teaching aids that reflect global best practices in educational delivery.

Additional facilities include a fully equipped ICT laboratory to promote digital literacy, a well-stocked library, and an e-learning resource centre to support research and self-paced learning. A functional sickbay is also provided to ensure the health and well-being of students and staff.

The school compound is fully fenced and gated, with landscaped surroundings to create a serene learning atmosphere. In line with the Governor's commitment to sustainability, the facility is powered by solar energy for steady and eco-friendly electricity supply.

This commissioning marks another milestone in the Eno administration's resolve to deliver quality education and ensure equal access to learning opportunities across Akwa Ibom State. @Ministry of Information, 2025



#### NEWS RELEASE

Gov Eno Set to Commission Model School in Itu on Friday, June 27

Akwa Ibom State Governor, Pastor Umo Eno , is set to commission a n e w l v

completed Model School located at Afaha Itam in Itu Local Government Area on Friday, June 27, 2025.

According to a release by the Honourable Commissioner for Information, Rt. Hon. Aniekan Umanah, the Afaha Itam Model School is one of 31 such institutions constructed across all Local Government Areas of the state, as part of the Governor's strategic investment in education under the ARISE Agenda.

# GOV ENO INSPECTS ARISE SENIOR CITIZENS CENTRE, EWET LUXURY ESTATE

Akwa Ibom State Governor, Pastor Umo Eno today embarked on an unscheduled inspection of project execution at the Arise Senior Citizens Centre, Itak, Ikono LGA and the Ewet Luxury Estate within the Uyo metropolis where he expressed satisfaction at the pace of work.

Details shortly





#### GOV ENO INSPECTS ARISE SENIOR CITIZENS CENTRE, EWET LUXURY ESTATE





# Gov Eno Increases State Allowance for Corps Members from N5,000 to ₩20,000 Monthly

-Akwa Ibom State Governor, Pastor Umo Eno, has approved an increase in the monthly state allowance for NYSC members serving in the state from N5,000 to N20,000 with effect from August 1st, 2025.

-The Governor made this announcement during Day Two of the State Delivery Meeting, held today, Friday, July 4, 2025, at the Banquet Hall of Government House, Uyo.

@He explained that the increment is to support the Federal Government's N77,000 monthly allowance, helping corps members meet their basic needs.

"Over 10,000 corps members are posted to Akwa Ibom annually. We must continue to encourage and support them," the Governor said.

-This development follows his recent approval for the reconstruction of the NYSC Orientation



Camp at Ikot Itie Idung in Nsit Atai, as part of ongoing efforts to improve the welfare of corps members in the state.

-Established in 1973, the National Youth Service Corps is a one-year compulsory service scheme for Nigerian graduates below the age of 30. It was created to foster national integration, unity, and development by deploying young graduates to states outside their region of origin for

community service, education, and nationbuilding efforts.

 -Akwa Ibom State has remained one of the most welcoming and safest destinations for NYSC members, with corps members actively contributing to sectors such as education, healthcare, agriculture, and rural development.

 -With this latest move, Governor Eno continues to demonstrate a leadership style anchored on compassion, inclusiveness, and strategic support for the next generation.

@ Ministry of Information, Uyo, 2025.



#### GENESIS OF THE FREE VOCATIONAL TRAINING FOR YOUTHS OF AKWA IBOM RESIDENT IN LAGOS



CHAPTER SECRETARIAT

7, Tony Shenko Close, lyana Eligbo Bus Stop, Eligbo-Lagos

(B abendahalita

Date: 1st October, 2024

indigenousekwa/bom@gmal.co

мемо

To: All Akwa Ibom Indigenes From: Office of the Chapter Secretary

Subject: YOUTH APPRENTICESHIP SCHEME

The Indigenous Akwa Ibom Forum (I.A.F) Ejigbo Chapter opens window of admission to its free youth Apprenticeship Scheme 2025 session.

Youths of Akwa Ibom origin resident in Lagos who are interested in learning any vocation of their choice (Ubok Utom) are to obtain their admission forms from the chapter secretariat at No 7, Tony Shenko Close, Opposite Honey Dew Hotels, behind Ejigbo, Market Lagos.

Please Note: This training is free of charge. Only admission form attracts a token fee.

Note Also, that the duration of training varies for vocations as prescribed by the training centre.

However, In addition to the practical training, there shall be mentorship, mindset therapy, sensitization and reorientation for the successful trainees.

#### Vocation covered includes:

- 1. Fashion design
- 2. Hair dressing
- 3. Plumbing and pipe fitting
- 4. Automobile mechanic
- 5. Barbing
- 6. Aluminum Fabrication
- 7. Furniture and interior decoration
- 8. Printing
- 9. Driving
- 10. Computer training
- 11. Coding & information technology

- 12. Catering
- 13. Laundry and dry cleaning
- 14. Welding and fabrication
- 15. Electrical installation
- 16. Auxiliary Nursing
- 17. Bricklaying and Tiling
- 18. Painting and Decoration
- 19. Paint production
- 20. Photography and video editing
- 21. Refrigerator and A/C maintenance

Please forward as received to other Akwa Ibom groups and platforms.

#### Limited forms available!!!

#### Enquires:

Comrade Joe Udo (Chapter Chairman), 08025876912 Hon. Ezekiel Okon (Secretary), 08063675489

Mr. Nelson Joshua (Chief Welfare Officer), 08030693186

Continue from next page

#### "Matriculation Ceremony:

Empowering the Future: 2024 Beneficiaries of the Free Youth Apprenticeship Scheme, sponsored by the Indigenous Akwa Ibom Forum, embarking on a journey of vocational skill acquisition."



#### **EMPOWERING THE FUTURE:**

#### Indigenous Akwa Ibom Forum's Free Youth Apprenticeship Scheme

The Indigenous Akwa Ibom Forum, Lagos, has launched a transformative initiative the Free Youth Apprenticeship Scheme. This project aims to equip young people with valuable vocational skills, empowering them for a brighter future.

#### Skills Training

#### The scheme offers training in various areas, including:

- 1. Computer training
- 2. Fashion Design
- 3. Plumbing
- 4. Electrical Installation
- Welding
- 6. Website development. (etc)

#### **Establishing Training Centers**

Plans are underway to establish training centers in all Local Government Areas (LGAs) and Local Council Development Areas (LCDAs) in Lagos.

#### Objectives

The Free Youth Apprenticeship Scheme seeks to:

- Empower young people with employable skills
- 2. Enhance their economic prospects
- 3. Foster self-reliance and entrepreneurship
- Contribute to the development of Lagos State

By providing opportunities for skill acquisition, the Indigenous Akwa Ibom Forum is committed to shaping the future of young people and promoting community development.

### AKWA COOPERATIVE & LOANS SCHEME

The Ejigbo chapter of Akwa Cooperative &
Loans Scheme has recorded a remarkable
feat since its inception. Launched on
February 16th, 2025, by Pastor Sam Adu, the
spiritual father of the chapter, the
cooperative has witnessed tremendous
growth. From a zero base, it has amassed a
staggering capital base of several million
naira in just a few months. This impressive
achievement showcases the potential for
financial empowerment and community
development, solidifying the scheme's
purpose.



SAM ADU



PASTOR SAM ADU UNVEILING AKWA COOPERATIVE & LOAN SCHEME



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# INDIGENOUS AKWA IBOM FORUM EJIGBO

On her One year Anniversary.

We also salute the National body as she marks 17 Wishing the forum more strength in the coming years.

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Prince Tony Ekpo CEO

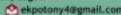




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#### ARRIVAL OF GRACE

The arrival of grace is a proof that God has changed His ways of dealing with humanity, unlike it was under old covenant. Grace has come to enable us have an inheritance in the heavenly places. Truly Grace has arrived. We can simply confirm this with the following

#### Titus 2:11

For the grace of God that bringeth salvation has appeared to ALLMEN

#### John 1:29

John saw it and said. "Behold the lamb of God..."

John said further "And the word became FLESH and dwelt among us and we beheld His glory, the glory as of the ONLY begotten of the father, full of grace and truth." (vs 14)

#### GRACE HAS ARRIVED

Paul said, "When I was a child I spoke as a child, I understood as a child, thought as a child; but when I became a man, I put away childish things." 1 Corinthians 13:11

Paul also said, "the law was our school master to bring us unto Christ, that we might be justified by faith."

#### Galatians 3:24

Vs 25 But after that faith is come, we are no longer under a slave master."

Paul had a NEW beginning, when he encountered grace. He abandoned his former message. And he said;

That I may know Him: Philippians 3 vs 10 His new focus became the GOSPEL OF THE GRACE OF

# ECHOES FROM THE PULPIT

# ....by pastor Sam Adu

GOD

"But none of these things move me; nor do I count my life dear to myself, so that I may finish my race with joy, and the ministry which I received from the Lord Jesus, to testify to the gospel of the grace of God."

Peter also had an encounter with Grace after much struggle, which he called the" present truth." 2 Peter 1:12

Even Jacob prophesied in Genesis 49:1,"...until Shiloh come:

Praise God now Shiloh has come (not as a place but as a person). "and unto Him shall the gathering of His people be." Grace has indeed arrived.

#### There are many phases and levels of understanding in our lives and ministries.

Any leader that desires to lead God's people to the promised land must transit from MOSES to JOSHUA. Even Simon the prophet had a revelation by the Holy Ghost when he came to the temple by the leading of the Spirit when he said - as he held lesus in the arms "Lord now lettest thou thy servant depart in peace...

#### Mr. Law said, "My TIME IS OVER! (Luke 2:25-30)

For mine eyes have seen thy salvation."

The greatest thing that can happen in any ministry is to embrace the MESSAGE of Grace - beyond knowing God as gracious but knowing Jesus as Grace personified. It is not the same experience when you are walking up

the hill and when you are walking downhill.

The New DIMENSION came in when God said "THIS IS

#### Matthew 17:5

We have not come to Mount Sinai we have come to Mount Zion and unto the city of the living God.

- \*The heavenly Jerusalem
- \*An innumerable company of angels

MY BELOVED SON ... Hear ye him.

- \*The general assembly and church of the first born
- \*To the spirit of just men made perfect
- \*To Jesus the mediator of the New covenant.

To the blood of sprinkling that speaketh better things than the blood of Abel. (Hebrews 12:22-24).

Even the Greeks that came to the Jewish feast in John 12 vs 21 said to Philip, "Sir, we would see Jesus"

I don't have to keep dealing with types, shadows, and symbols when the REALITY is on ground.... "Looking unto Jesus, the author and the finisher of our faith Hebrews 12:2 The truth is that Jesus is the central subject and focus of the whole Bible. Jesus is GRACE, Moses is law. Grace did not come to assist the law but it actually came to fulful and replace the law. The glory of the law has faded away!

I cannot be born by Grace and be raised by law

Galatians 3:3 "....are ye so foolish" having begun in the spirit, are you now made perfect by the flesh?"

I decided to abandon foolishness because the law message didn't take away

- \*My fears
- \*My guilt
- \*My Apprehension
- \*My doubts
- \*My uncertainties

We must all pitch our tents fully with Jesus, the mediator of a better covenant, with better promises (Hebrews 8:6); so that we can see ourselves in the NEW GLORY(2Corinthians 3:18)

Titus 2:11 Grace has appeared to all mem. But not all meneven among the body of Christ embraced the message.

- "Building all kinds of resistance and argument around it, even when they have seen the faults of the old covenant.
  "Such positiones and minural extraoding include the fact."
- \*Such resistance and misunderstanding include the fact that grace gives people liberty to sin.

Read again Titus 2:11"....... that bringeth salvation...."
What Grace brings is salvation and not condemnation.

We are here today celebrating this true grace of God as 1. Peter 5:12 describes it.

"I have written briefly, exhorting and testifying that this is the true grace of God wherein we stand" 1 Peter 5:12 GRACE HAS ITS DIMENSIONS

- \*All sufficient Grace in 2 Corinthians 9:8
- \*Great Grace in Acts 4:33
- \*Abundant Grace in Romans 5:17
- \*Rich Grace in Ephesians 2:7
- \*More grace in James 4:6
- \*True Grace in 1 Peter 5:12
- \*Manifold Grace in 1 Peter 4:10
- \*Exceeding Grace in 2 Corinthians 9:14

Grace works in us, for us and through us. With all these dimensions of grace, there is no room for failure in your life.

You are made to succeed.

It is this grace that assures us and guarantees our relationship with God and enablement to partake in His Kingdom in eternity.

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on her One Year Anniversary. Wishing the forum a greater height in years ahead.

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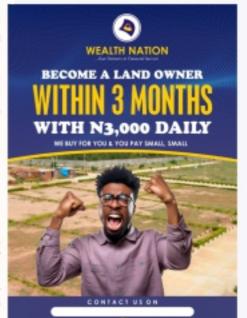






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# Joyfully Felicitates

# INDIGENOUS AKWA IBOM FORUM Ejigbo Chapter

on her 1 YEAR ANNIVERSARY, we also celebrate the national body @ 17.

May the forum soar to greater altitude on this epoch making occasion

# Congratulation!!



Comrade Joe Udoh CEO/MD

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# FROM THE OFFICE OF THE NATIONAL PRESIDENT OF INDIGENOUS AKWA IBOM FORUM (I. A. F) LAGOS, ENGR. AUGUSTINE MATHEW.

"Unity in Action: Celebrating 17 Years of Indigenous Akwa Ibom Forum's Impact" warm felicitation to Indigenous Akwa Ibom Forum at 17 and Ejigbo chapter one

year anniversary. I sincerely wish the forum great strength, peace, love & unity of purpose in the years ahead. It is my utmost joy that despite thorns and thistle, the forum has come to stay. To say the least, 17 years is no mean feat. Several parallel organizations have come & gone without an impact, but IAF remains and has come to stay.

Aside from the fact that the organization is registered with the Corporate Affairs Commission (CAC), this alone is not what makes it so strong, but unity of purpose, vision, sense of direction, and good leadership on the part of the stewards.

Again, passion for success, c o m p a s s i o n, a n d empathy/concern for the people are the panaces and ingredients that put the organization to the standard

we are witnessing.l, therefore, urge every indigene of Akwa Ibom state resident in Lagos and& beyond not to stay far away but come close and come onboard this great movement for a better tomorrow. In my submission, the government of our amiable/pragmatic Governor of Akwa Ibom State, Pastor Governor Umo Eno (PhD), is worthy of mention that we cannot do alone without his support; a support to reach out and assist the teeming unemployed Akwa Ibom indigenes through our Free Youth Apprenticeship Scheme designed to train the young ones on vocational

skills. Also in need of support is Akwa Cooperative & Loan Scheme initiated for micro-financing (SME empowerment, etc.).



A recent survey ranks Akwa Ibom among the states with a very high level of unemployment (slave labor in Lagos). This indeed is a menace we are set to fight and defeat other well-meaning Akwaibomites / Nigerians, philanthropists are not left out of this humble appeal. As part of our outreach strategy to spread our tentacles & touch all:- Ejigbo chapter inaugurated.- Our Youth Apprenticeship Scheme is officially launched.- Akwa Cooperative & Loans is cemented after it was launched late last year.- Akwa Trumpet Magazine (the voice of Akwaibomites in Lagos) is unveiled.

These and more are the projects of this current administration. As our voice gets louder and our rescue hands on the weak becomes stronger, I urge everyone to please come, put hands on the deck, and come together so that we can unanimously stand up for those who cannot stand for themselves and hold a pencil for a child whose hands are not strong enough to write.

LONG LIVE INDIGENOUS AKWA IBOM FORUM, LAGOS! LONG LIVE AKWA IBOM STATE!



Plot 12 Itam Industrial Area, Beside Goodluck Jonathan Flyover, Uyo, Akwa Ibom



BOOK ONLINE VIA - WWW.LIBMOT.COM

# EDUCATION: THE BEDROCK OF DEVELOPMENT...

# as compiled by Joseph Ezekiel Okon

ducation is a vital aspect of human development, playing a significant role in shaping individuals, communities, and societies. Here's a comprehensive overview of the importance of education:

#### Key Benefits of Education

- Personal Growth: Education helps individuals develop their critical thinking, problem-solving, and communication skills, leading to personal growth and self-awareness.
- Career Opportunities: Education opens up better job prospects, career advancement opportunities, and higher earning potential.
- Social Mobility: Education can bridge social and economic divides, enabling individuals to improve their socio-economic status.
- Informed Citizenship: Education empowers individuals to make informed decisions, participate in the democratic process, and contribute to the well-being of their communities.

#### Importance of Education in Society

- Economic Development: Education is crucial for economic growth, innovation, and competitiveness.
- Social Cohesion: Education promotes social cohesion, tolerance, and understanding, helping to break down cultural and social barriers.
- Improved Health: Education is linked to better health outcomes, as educated individuals are more likely to make informed decisions about their health and well-being.

#### Challenges in Education

 Access and Equity: Many individuals face barriers to accessing quality education, including poverty, location, and social inequality.

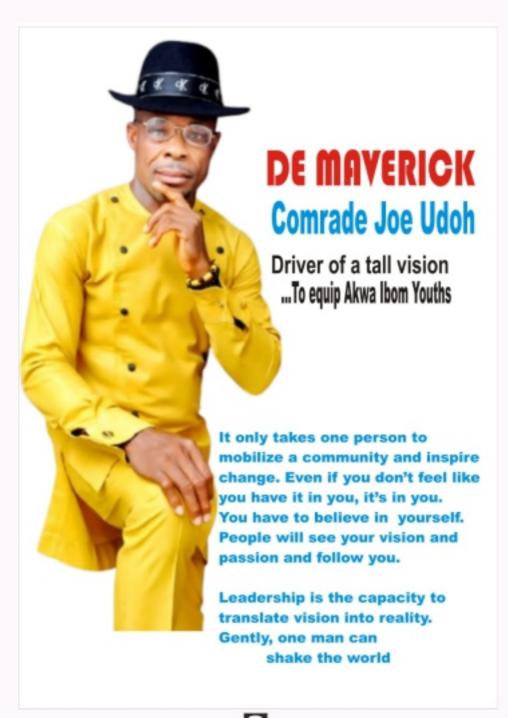


- Quality of Education: Ensuring that education is relevant, effective, and of high quality is a significant challenge.
- Funding and Resources: Education requires significant funding and resources, which can be a challenge for governments and institutions.

#### Solutions and Initiatives

- Increased Funding: Governments and organizations can invest in education infrastructure, teacher training, and resources.
- Technology Integration: Technology can enhance access to education, improve learning outcomes, and increase efficiency.
- Innovative Pedagogies: New teaching methods and approaches can make learning more engaging, effective, and relevant.

Overall, education is a powerful tool for personal and societal development, offering numerous benefits and opportunities for growth





Mr. Ekom Henry @ Akwa cooperative unveiling event.

#### "EMPOWERING AKWA IBOM ENTREPRENEURS: EKOM HENRY ITAUMA'S VISION FOR BUSINESS SUCCESS AND COMMUNITY DEVELOPMENT"

Felix Mbata, Lagos state

In a bid to promote entrepreneurship and community development in Akwa Ibom state, Nigeria, Akwa Trumpet magazine is proud to feature Ekom Henry Itauma, Director of Alrange

Limited Professional Book Consultants. With a wealth of experience in publishing and a passion for promoting knowledge and innovation, Henry's expertise

#### is poised to play a pivotal role in shaping the vision of our magazine.

As a renowned expert in the book industry, Henry has spent over 25 years providing quality services to the academic and professional community. His company, Alrange Limited, has been at the forefront of book marketing and promotions, content development for libraries and faculties,

> and providing specialist materials for library interventions and accreditation programs.

> In an exclusive interview with Akwa Trumpet magazine, Henry shared his thoughts on the importance of entrepreneurship, the potential of Akwa Ibom state, and his plans for contributing to the success of our publication. "We are in the knowledge industry, and Akwa Trumpet magazine is focused on highlighting enterprise and business success stories," Henry



stated. "I believe that success in business comes from knowing what you're doing. Our role will be to guide and train entrepreneurs through relevant books and resources."

Henry's vision for Akwa Trumpet magazine aligns perfectly with the publication's objectives. "We'll highlight programs and initiatives that contribute to the state's development and promote entrepreneurship," he explained. "By doing so, we hope to make a positive impact on the state's growth and development."

As a proud Akwa Ibom indigene, Henry is passionate about showcasing the state's unique cultural narratives and promoting its tourism potential. "Akwa Ibom people are known for their culture and style," he noted. "We have a rich tourism potential, hospitality, and cuisine that are highly regarded. We'll showcase these unique aspects of Akwa Ibom culture and promote our state's tourism potential."



maiden edition of Awka Trumpet magazin e now o u t, Henry outlined plans for future publicati o n s, includin

With the



g partnerships, fundraising, and featuring columnists and journalists. "We'll partner with like-minded individuals and organizations to promote the magazine's vision and reach out to business interests for advertisements," he stated.

As a respected entrepreneur and business leader, Henry's expertise and experience make him an invaluable asset to Akwa lbom state. His commitment to empowering entrepreneurs and promoting community development is a testament to his dedication to the state's growth and prosperity.

Through Akwa Trumpet magazine, Henry's vision for

business success and community development will undoubtedly inspire and empower Akwa Ibom indigenes to reach their full potential. As the publication continues to grow and thrive, it is poised to play a significant role in promoting the state's economic and social development.

By highlighting success stories, promoting entrepreneurship, and showcasing Akwa Ibom's unique cultural narratives, Akwa Trumpet magazine is set to become a leading voice in the state's business and cultural landscape. With Ekom Henry Itauma at the helm, the publication is poised to make a lasting impact on the lives of Akwa Ibom indigenes.

#### Conclusion:

In conclusion, Ekom Henry Itauma's vision for Akwa Trumpet magazine is a beacon of hope for Akwa Ibom state's economic and social development. With his wealth of experience and passion for promoting knowledge and innovation, Henry is poised to make a lasting impact on the lives of Akwa Ibom indigenes. As Akwa Trumpet magazine continues to grow and thrive, we look forward to seeing the positive change it will bring to the state. With leaders like Henry, Akwa Ibom state is sure to reach new heights of prosperity and greatness.

# Amazing Grace FASHION DESIGNERS

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#### "OVERCOMING POVERTY: A PATH TO PROSPERITY"

Poverty is one of humanity's greatest enemies. It kills faster than many terminal diseases, destroys vision, cripples ambition, ravages communities, and cuts life expectancy. Poverty, in this context, refers to the inability to access or provide life's basic necessities.

#### The Devastating Impact of Poverty

Many early deaths in human history can be traced to poverty, where ordinary antibiotic drugs become unaffordable, good food is a luxury, and decent accommodation is a distant dream. When the standard of living is low, life expectancy follows suit, and death becomes inevitable.

#### Religion and Poverty

Some people misinterpret scriptures, believing that God designed them to be poor or that He's the reason for their circumstances. However, man is a free-will agent, shaped by choices, decisions, and environment. If we decide to overcome poverty, it has no choice but to succumb.

#### The Importance of Human Effort

While God is rich in glory, He's given us natural

resources and spiritual gifts. To manifest physical prosperity, we must work tirelessly to tap into these resources. The Bible says, "As long as the earth remains, seedtime and harvest shall never cease." This emphasizes the importance of sowing seeds, particularly during our formative years.



By Joe Udoh

#### Laying Early Foundations

The Igbo tradition of "wealth transfer" – where a young person is trained in a trade and settled after some years – is an effective way to lay financial foundations. A person's destiny is shaped by the decisions they make, and it's crucial to invest in knowledge, build capacity, and train oneself in worthwhile skills from a young age.

Let's take control of our lives, make informed decisions, and work towards overcoming poverty. With determination and hard work, we can create a brighter future for ourselves and our communities.





# Health Column

### 11 HELPFUL TIPS FOR PREVENTING KIDNEY FAILURE

our kidneys filter waste and extra fluid out of your blood so they can be removed from your body in your urine. When your kidneys stop working and can no longer do their job, it's called kidney failure.

Because high blood pressure and diabetes are the most common causes of kidney failure, many of the prevention tips are related to managing these two conditions

Here are the 11 helpful tips to preventing kidney failure

#### E1. Manage your blood sugar

Diabetes increases your risk for heart disease and kidney failure. That's just one reason to manage your blood sugar.

#### 22. Manage your blood pressure

High blood pressure can increase your risk for heart disease as well as kidney failure.

#### 23. Maintain a healthy weight

Obesity can increase your risk for conditions associated with kidney failure, such as diabetes and high blood pressure.

#### 24. Eat a heart-healthy diet

A heart-healthy diet — one low in sugar and cholesterol and high in fiber, whole grains, and fruits and vegetables — helps prevent weight gain.

#### 15. Reduce salt intake

Eating too much salt is associated with high blood pressure.

#### 26. Drink enough water

Dehydration reduces blood flow to your kidneys, which can damage them.

Ask your doctor or a dietitian how much water you should drink per day.

#### 27. Limit alcohol

Alcohol increases your blood pressure.

The extra calories in it can make you gain weight,

too.

It damages kidney function in people with or without kidney disease.

# ey Louis Louis

#### E9. Limit over-thecounter pain medication

In high doses,

nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin, ibuprofen, and naproxen, reduce the amount of blood flow to your kidneys, which can harm them.

#### **B10. Reduce stress**

Reducing stress and anxiety can lower your blood pressure, which is good for your kidneys.

#### #11. Exercise regularly

Exercise, such as swimming, walking, and running, can help reduce stress, manage diabetes and high blood pressure, and maintain a healthy weight.

If you think you might have kidney disease, it's important to see your doctor for evaluation.

Getting an early diagnosis and treatment can help slow the progression to kidney failure.

If you know you have kidney disease, regularly see your health attendance to monitor your kidney function.

While early kidney disease can be reversed with diet and health chronic stage progression can be slowed with appropriate treatment.

Thope this helps? Hove you all Hope Compiled by: Happiness Nseabasi Hope Ayorinde Kokoma Chuk

# Health Column

#### 15 HEALTHY BENEFITS OF EATING WATERMELON

I love watermelon because of its health benefits which includes:

Bit helps in blood sugar management

mater melon keeps you hydrated

Ill it helps protect your skin

it helps offers digestive support

It helps lead to healthy weight management

Bit helps reduce muscle soreness

It helps lower blood pressure

It helps improves circulation

It helps prevents heart strokes

If is Good for nerve function

Dit helps fight inflammation

If helps reduce dental problems

Bit helps to prevent cardiovascular disease

Dit helps with eye health

Bit is Good for the kidneys

Watermelon is a nutrient-rich fruit, providing:

1. Water content: 92%

2. Vitamins:

- Vitamin C: 100% DV (Daily Value)

Vitamin A: 10% DV
 Vitamin B6: 10% DV

- Folate: 10% DV

3. Minerals:

Potassium: 10% DV
 Magnesium: 10% DV
 Manganese: 5% DV

4. Antioxidants:

- Lycopene (powerful antioxidant)

- Cucurbitacin E (anti-inflammatory)

5. Other nutrients:

- Fiber: 2 grams - Protein: 1 gram - Calories: 45 per cup



Watermelon's nutritional benefits in summary is that:

"Hydration is promoted

\* Anti-inflammatory effects will be introduced.

"Antioxidant properties are supplied

Cardiovascular health is Paramount

"Digestive health will be taken care of

"Immune system will be supported

"Anti-cancer properties will be supplied

"Skin and hair benefits is assured

"Muscle relaxation and recovery is optimal

"Your healthy weight management will been n supported

One cup of diced watermelon contains(152g) of calories

Eat more of water melons because they're lower in calories and contains high key nutrients.

And they're also very good for weightloss, combating health challenges and maintenance of sound health

I hope this helps?
I Love you
Hope

Compiled by: Happiness Nseabasi Hope Ayorinde Kokoma Chux

# Health Column

# 9 BRILLIANT WAYS TO KNOW THAT YOUR BODY NEED A DETOXIFICATION...

#### EYou feel tired always.

Are you sick of feeling tired and down in every single day?

It can be an alarming sign of your body under stress.

The main reason you are tired so often is your adrenaline glands, which supplies essential hormones to keep up with the stress.

When pressured, it tends to get overwhelmed and you suffer from fatigue.

It is a good sign that you take a step back and detoxify



night, disturb your sleep cycle and lead to bigger problems at hand.

Next

#### **ESkin infections**.

One of the most common signs that you need to go for a detox session is when you see skin infections, allergies and problems come up.

Even a simple pimple can be tough to get rid of in such a case. In the lack of a healthy diet, you can go overboard with carbs and fats which are not so

good for the body.

#### Elf you fall sick often.

If you fall sick too often, it is a sign that your immune system is weakened.

When that goes for a spin, you are vulnerable to catch viruses and bacteria more easily than the people around you.

Treat this as an option to cut back on processed food and junk.

When you do not eat healthily, it reflects badly on your gut and ultimately on your immunity, making you sick.

Detoxify if it happen too often.

#### Poor memory and concentration.

It's easy to say that memory retention and concentration power slows down as we grow older.

That is not the case always. When you face too much toxicity, it affects the liver, which causes a buildup in the bloodstream going up to the brain.

When this happens, it can block the neurotransmitters from functioning properly and cause your brain to slow down.

#### ETrouble falling asleep.

Another grave sign of a badly needed detox is when you can't fall asleep.

Yes, it's not always the late night parties responsible for this.

When the body has a lot of toxins inside, it can affect our circadian rhythm and make it harder to fall asleep.

Worse, it can also wake you up in the middle of the

#### Take it as a sign to adopt mindful eating!

#### Moving on.... EYou smell!.

Yes, believe it or not, when you have too much of toxins inside you, you can smell!

Body odour is a way the system takes out any form of impurity but when there are too many toxins inside, you can actually experience sweating in excess and that is not pleasant.

#### Go detoxify if you notice this

#### PConstipation.

Frequent constipation is a sign that there is something wrong with your digestive tract and sometimes it is not cured even after having diet rich in fiber and lots of water.

You need to detax your colon and consume raw vegetables and fruits.

Avoid processed food and have healthy food.

#### **PBloating**

Bloating happens when your digestive system is unable to digest the processed food or the food with high sugar and fat content.

This will affect the health of your digestive tract and your overall immunity.

So whenever you notice these signs REGULARLY, it is a sign that you need to detaxify your system

# PICTURES GALLERY



Spiritual father of the forum , pastor Sam Adu admonishing members



AKISCOM YOUTH LEADER, MR EMMANUEL AKPAN & HIS ENTOURAGE AT THE UNVEILING OF AKINA COOPERATIVE & LOAN SCHEME ... a subsidiary of indigenous Airea ibore forum Lagge



#### END OF THE YEAR PARTY OF INDIGENOUS AKWA IBOM FORUM











### MATUTEX WATER

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# Heartily Congratulates

(I.A.F) Ejigbo @1 and the National @17

Wishing them all that makes life beautiful as they mark this milestone program today Cheers.

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Eliffi, Augustino Matthew ero















Honorable Ignatius Ukpe was appointed worthy patron at his Lagos residence during a courtesy



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Mr. Nseabasi Sebastian
MD/CEO

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Meeting Of Indigenous Akwa Ibom Forum



Courtesy call on Mr. Christopher Samuel, and his appointment as Great Patron of Indigenous Akwa Ibom Forum, Lagos

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On her One year Anniversary.

We also salute the National body as she marks 17 Wishing the forum more strength in the coming years.

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Engr. Aniekan Awah

















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### INDIGENOUS AKWA IBOM FORUM PATRONS



Dr. Dennis Inyang Excellent Patron



Mr. Christopher Samuel Great Patron



Hon. Emmanuel Akpan A.k.a. Odudu Oluomo 1 Dependable Patron



Hon. Ignatius Ukpe Worthy Patron



Captain Patrick Mishelia Defense Patron



Pastor Sam Adu Spiritual Father of Indigenous Akwa Ibom Forum

#### INDIGENOUS AKWA IBOM FORUM LEADERS AT THE NATIONAL LEVEL PAST AND PRESENT



Comrade Uko John Akakam General Secretary



Engr. Augustine Mathew National President



Pastor Mike Atte Vice President



Barrister Okokon Okon Legal Adviser



Obong Etelia Inyang, founding father year 2008 - 2011



Dr. Kokoma Chux National Medical Director



Pastor Udeme Den Former President 2017 to 2021



Prince Tony Ekpo Former President 2011 to 2017



Elder Uwern Essien Former President Feb. 2022 to June 2022

#### INDIGENOUS AKWA IBOM FORUM LEADERS AT THE NATIONAL LEVEL PAST AND PRESENT



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Elder James Michael Director Disciplinary Committee



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Mrs. Love Michael Women Leader

### AKWA IBOM AT A GLANCE: HISTORICAL FACTS AND ANCESTRY

The Ibibio people are believed to have originated from different places, with two main theories.

- Central Benue Valley: Some researchers suggest they came from the central Benue valley, specifically from the Jukun influence in old Calabar, due to cultural affinity and the widespread use of manilas, a popular currency used by the Jukuns.
- Cameroon: The most widely accepted version points to Cameroon, specifically Usak Edet (Isangele), as their ancestral home. Oral testimonies from field workers support this claim, stating that the core Ibibio people belonged to the Afaha lineage, whose original home was Usak Edet.



- Initial Settlement: The Ibibio people settled first at Ibom in Arochukwu, where they built a shrine dedicated to the worship of Ibritam or Ibin okpabi (long juju) god.
- 2. Conflict and Migration: Due to clashes with the
  - Igbo people, they left Ibom Kingdom and moved to present-day Ibibioland around 1630-1720 AD.
- Dispersion: From Ibom, the Ibibio people dispersed to different locations, with some settling in Ikono, Nsit Ibom, and Iman Ibom.

The Ibibio people are now primarily found in Akwa Ibom State, Nigeria, and are known for their rich





culture, traditions, and linguistic connections to other ethnic groups like the Annang, Efik, and Oron.

#### THE ORON ANCESTRY

The Oron people have a rich and complex origin story. According to historical accounts and oral traditions, they originated from Northeast Africa and migrated to their current location in the Cross. River Region of Nigeria and Cameroon. Here's a breakdown of their migration pattern:

 Initial Migration: The Oron people are believed to have migrated from Northeast Africa, moving around the Green Sahara region around 3500 BCE.

> This migration was likely linked to the spread of early agricultural practices across the Sahel during the Neolithic period.

- Settlement in Ibom: Some Oron groups, such as the Ebughu Otong, claim to have originated from Ibom in Arochukwu, while others believe they came from the Camerooms.
- Dispersion: The Oron people dispersed and settled in different locations, with some groups moving to the coast and others settling in the hinterland. The Idua (Asang) group, for example, is



believed to h a v e migrated from the Andoniarea.

 Establishment of Clans: The Oron people are made up of six ethnic tribal groups, including the O r o n

Ukpabang, Okobo, Idua (Asang), Enwang, Ebughu Otong, and Efiat/Mbo. Each clan has its own unique traditions and migration stories.

The Oron people share ancestral links with other ethnic groups, including the Efik, Ibeno, and Obolo. However, their relationship with these groups has been complex, with some historical tensions and controversies. Despite these challenges, the Oron people have maintained a strong sense of identity and cultural heritage, with their own language, customs, and traditions.

#### EKET AND IBENO ANCESTRY

The Eket people are an ethnic group native to Akwa lbom State in Nigeria, specifically in the Eket Local Government Area. According to historical accounts and oral traditions, their origin is closely tied to the Ibibio people, with whom they share cultural and linguistic similarities.

The Eket people are believed to have migrated from

the same ancestral homeland as the Ibibio, with some accounts suggesting they came from:

 Ibibio land: Eket people are said to have originated from the Ibibio ethnic group, with whom they share a common ancestry and cultural heritage. - Cameroon: Some traditions suggest that the Eket

people, like other Ibibio groups, may h a v e migrated from the Cameroon region.



The Eket people have developed distinct

> cultural practices, customs, and traditions that differentiate them from other ethnic groups in the region. They are known for their:

- Rich cultural heritage: Eket people have a strong sense of identity and cultural heritage, with many still practicing traditional customs and rituals.
- Traditional institutions: Such as the Ekpe society, which plays a significant role in their governance and social structure.
- Economic activities: Eket people are involved in various economic activities, including agriculture, trade, and commerce.

The Eket people have made significant contributions to the cultural, social, and economic development of Akwa Ibom State and Nigeria as a whole.

#### THE ANNANG ANCESTRY

Annang people are an ethnic group native to Akwa Ibom State in Nigeria. According to historical accounts and oral traditions, their origin is closely tied to the Ibibio people, with whom they share

> cultural and linguistic similarities.

The Annang people are believed to have originated from the same ancestral homeland as the Ibibio, with some accounts suggesting they migrated from the

central Benue valley or



Cameroon. Over time, they developed distinct cultural practices, customs, and traditions that differentiate them from other ethnic groups in the region.

The Annang people have a rich cultural heritage, known for their:

- Traditional institutions: Such as the Ekpe society, which plays a significant role in their governance and social structure.
- Art and craft: Annang people are renowned for their woodcarvings, masks, and other traditional art forms.
- Agriculture: They are predominantly farmers, cultivating crops like cassava, yams, and plantains.
- Respect for tradition: Annung people place great importance on their cultural heritage, with many still practicing traditional customs and rituals.

The Annang people have made significant contributions to the cultural, social, and economic development of Akwa Ibom State and Nigeria as a whole

#### URUAN ORIGIN.

The Uruan people have a rich history and culture, with their origins tracing back to different migrations. According to historical accounts and oral traditions, they likely migrated from

- East-Central and Southern Africa: Uruan people



Hand made / woven baskets from the Rafie city (that Ekpene)



Sing of the bisson along in dispuriture

Cameroon and Cross River State border.

- Southern Cameroon:
   Specifically, they are thought to have come from Usak edet (Isangele) in present-day Cameroon, where their ancestors carried the Ekpe tradition, including the royal branch of Ekpe known as Nkanda.
- Cross River Basin: After migrating to Akani Obio Uruan around the 8th century AD, they settled in the Cross River Basin area, naming the river Akwa Akpa Uruan, meaning "Mighty River of Uruan".
- Mainland Uruan: Due to geographical and ecological problems like frequent floods, they migrated further to the mainland, occupying an area now known as Uruan Local Government Area in Alowa Ibom State.

The Uruan people have maintained strong relationships with their neighbors and preserved their seven-clan structure, which is evident during coronation and burial ceremonies of the Edidem Atakpor, the Nsomm of Uruan. Their principal deity, Atakpor, is believed to be a Great Mother deity associated with water.

#### HISTORICAL SITES & LEISURE SPOTS IN AKWA IBOM

Akwa Ibom State is a treasure trove of natural



believed to h a v e migrated in different waves from this region to Uruan Akpe, near t h e Southwest Region of wonders, cultural gems, and exciting attractions. Here are some top historical sites and leisure spots to visit:

#### Historical Sites

- Amalgamation House: A historic building where Lord Lugard declared the amalgamation of Nigeria's Northern and Southern Protectorates in 1914, marking a significant milestone in the country's history.
- The Bridge of No Return: A poignant reminder of the transatlantic slave trade, where enslaved Africans were taken to ships bound for the Americas, serving as a powerful memorial to the past.
- Mary Slessor's Tomb: A tribute to the Scottish missionary who promoted education and healthcare among local communities, showcasing her legacy and impact on the region.
- Women War Memorial: A monument commemorating the Women's War of 1929, a significant event in Nigerian history.

#### **Cultural Attractions**

- Oron Museum: A repository of artifacts reflecting the rich cultural heritage of Akwa Ibom, featuring traditional masks, sculptures, and historical relics that tell the story of the region's past.
- Ibibio Museum: A cultural hub showcasing the history and traditions of the Ibibio people, offering insights into their customs and way of life.
- Raffia City Plaza: A showcase of local crafts and culture, offering handmade items like shoes, bags,





and mats made from raffia palm fibers, highlighting the region's artisanal expertise.

#### Nature and Wildlife

 Afi Mountain Wildlife Sanctuary: A protected area home to diverse flora and fauna, including endangered species like chimpanzees and drills, providing a serene escapeinto nature.

- Stubb's Creek Forest

Reserve: A wildlife reserve with declining crocodiles, putty-nosed monkeys, and other species, offering opportunities for nature exploration and wildlife spotting.

 Ukanafun Blue River: A stunning natural attraction with clear blue waters, perfect for picnics and boat rides, surrounded by local legend and mystique.

#### Entertainment and Leisure

- Ibom Tropicana Entertainment Centre: A modern leisure complex with thrilling water slides, amusement rides, and cultural performances, catering to visitors of all ages.
- Godswill Akpabio International Stadium: A worldclass sports venue hosting various events, including football matches and concerts, showcasing the state's commitment to sports and community development.
- Ibom Plaza: A vibrant gathering place with shopping centers, eateries, and recreational



- areas, offering a taste of local culture and communitylife.
- Discovery Park: An open-air park with green gardens, sitting areas, bars, and event centers, ideal for relaxation and social gatherings.
- Le Meridien Ibom Golf Resort: A golf course and resort offering a relaxing game of golf and luxurious amenities.

#### NATIVE / TRADITIONAL DELICACIES.

Akwa Ibom people enjoy a variety of traditional delicacies, often featuring seafood, vegetables and domestic animals. Some popular dishes include:

#### -Soups

- Edikang Ikong: A nutritious vegetable soup made with pumpkin leaves, water leaves, assorted meat and seafood.
- Afang Soup: A vegetable soup made with Afang leaves, Okazi leaves, and various proteins like periwinkles and fish.
- Abak Atama Soup: A palm nut soup with Atama leaves, smoked fish, meat and seafood.
- Afia Efere (White Soup): A soup made without palm oil, typically cooked with fish, beef or goat meat.
- Afere Atidod (Bitter Leaf Soup): A soup made with bitter leaves, water leaves and assorted meats.
- Otong Afere Atike (Okra Soup): A delicacy made with okra fruit and various vegetables.

#### - Pottages and Porridges

- Ekpang Nkukwo: A cocoyam pottage wrapped in leafy greens and simmered with meat, fish and periwinkles.
- Asa Iwa (Cassava Porridge): A porridge made from cassava.
- Oto Ebre (Water Yam Porridge): A porridge made from water yam.
- Asa Akpakpa (Corn Porridge): A porridge made from corn.

#### -Other Delicacies

- Fisherman Soup (Efere Ndek lyak): A seafood soup made with fish, periwinkles and other seafood.
- Abak Soup: A soup made from oil palm fruit and vegetables.
- Afere Ikon (Melon Soup): A soup made with grounded melon seeds and various vegetables<sup>2</sup>



Ekpang nkukwo (The making and after being made)



Afang Soup





abak atama soup

### PICTURES OF INDIGENOUS AKWA IBOM FORUM AT EVENT

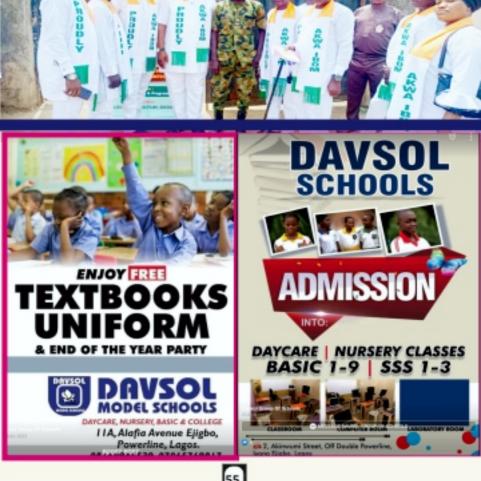






### PICTURES OF INDIGENOUS AKWA IBOM FORUM AT EVENT





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# PICTURES OF INDIGENOUS AKWA IBOM FORUM AT EVENT



















The investigure of Mr. Emmanuel Akpan (a.k.a Odudu-Oluomo 1) as Dependable Patron of Indigenous Akwa Ibom Forum

### TURNING THE TIDE OF MORAL DECLINE:

#### BY APOSTLE (DR) INYENE PETER

#### How to Reduce Social Vices in Akwa Ibom State, Nigeria, and the World at Large

n our society today, the erosion of moral values has become alarmingly visible. Each day, we witness events and hear news that point to a serious breakdown of integrity, reputation, and respect for human life. The younger generation, once the hope of the future, are increasingly lured into practices that harm themselves and society: cultism, drug a buse, prostitution, fraud, rape, alcoholism, and even murder have become frighteningly common.

Sadly, the most vulnerable and impressionable members of society — the youths — are the primary perpetrators and victims of these vices. As elders, leaders, and concerned citizens, we must ask ourselves: How did we get here, and more importantly, how do we reclaim the moral fabric of our society?

#### The Root Causes

Several factors contribute to the rise of social vices:

- Breakdown of Family Structures: The family, once the bedrock of moral instruction, has weakened.
- Poor Educational Systems: Moral education is often missing in today's schools.
- Corrupt Leadership: When leaders fail to live by ethical standards, it sets a dangerous precedent.
- Peer Pressure and Bad Influences: Young people often succumb to negative societal pressures.
- 5. Loss of Spiritual Foundation: Moving away



from Scriptural principles has opened the door to moral confusion.

#### A Call to Action

Reducing moral decadence is not just desirable; it is vital for the health and future of Akwa Ibom State, Nigeria, and the world. We must act urgently and strategically.

#### 1. Strengthen Family Values

Parents and guardians must take responsibility for the moral upbringing of their children. Homes must once again become places of discipline, love, and Scriptural teaching. As Proverbs 22:6 says, "Train up a child in the way he should go, and when he is old he will not depart from it."

#### 2. Reformed Educational Systems

Schools must incorporate moral and civic education into their curriculum. Teachers should not only focus on academics but also mentor students to become responsible citizens.

#### 3. Promote Ethical Leadership

Leaders at all levels — political, religious, and traditional — must lead by example. A nation reflects the character of its leadership.

#### 4. Engage the Youth Positively

We must create more opportunities for youth empowerment through skill acquisition, mentorship programs, sports, arts, and community service, steering their energies toward productive pursuits.

#### Strengthen Religious and Community Institutions

Religious organizations should return to teaching the unchanging truths of God's Word, promoting honesty, hard work, respect, and compassion. Community groups should create environments where good values are celebrated.

#### 6. Encourage Collective Responsibility

Everyone must understand that societal decay affects us all. As the saying goes, "When good people do nothing, evil triumphs." We all must rise, speak out, and act.

#### A Shared Vision for a Virtuous Future

It is no longer enough to merely bemoan the state of our society. We must act — as parents, teachers, leaders, and citizens — to rebuild it. If we fail to act now, the next generation will inherit a society too broken to repair.

Imagine a future where respect, honesty, and compassion flourish once again. Together, by working in unity and with urgency, we can turn the tide of moral decline and build a more just, compassionate, and virtuous society.

Join us in this mission. Let's raise a new generation of morally upright leaders who will not only transform Akwa Ibom State and Nigeria but inspire change across the world.

The time to act is now. (Side Bar / Highlight Box:)

#### Top 3 Things You Can Start Doing Today:

- Have daily family discussions about values and choices.
- 2. Mentor at least one young person around you.
- Speak up and act against injustice and corruption wherever you see it.



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