invest their efforts into raising an effective team in their private or [...]

congress to all APC members who had tellers, regardless what faction they belonged to.



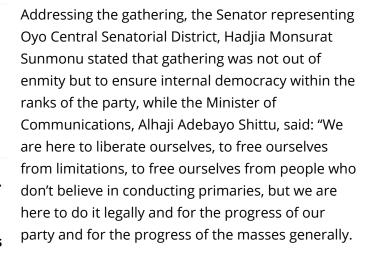
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In his own remarks on the current state of the party, AlaoAkala said he had offered himself to Ajimobi to lead the cause of reconciling all members of the party.

This was as the Unity Forum elected 33 other state officers at its congress held at the main bowl of the Obafemi Awolowo Stadium, Ibadan.



8 beauty tips every woman must know





5 tips for healthy, loving relations hips

> "We need to do things in a democratic process and not as if we are under a tyranny leadership. The party in the state will remain solid and positioned for the forthcoming elections."

APC leaders at the congress included Dr Busari Adebisi, Professor Adeolu Akande, Dr Ismail Adebayo Adewusi, Shittu, Alhaji Tijani Balogun, Alhaji Fatai Ibikunle, Dr Yunus Akintunde, Honourable Bosun Oladele, Honourable Sunday Adepoju and Honourable Adedapo Lam Adesina, among others.



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#### NATURAL HEALTH

One dies in road crash, as deputy gov, NASS members shun congress in Jigawa.

ONE person lost his life while five others were injured on Saturday, as delegates to the APC state congress from Miga Local Government Area of

Bitter kola controls stress better than



Jigawa State were involved in a ghastly motor accident.

This was as the state's deputy governor, Ibrahim Hassan Hadejia, three senators and members of the House of Representatives shunned the exercise held at the Aminu Kano Triangle, Dutse, where delegates disrupted the exercise over alleged insertion of delegates.

It took the combined efforts of security agents in the state to continue the congress, which was characterised by physical assault from some aggrieved party supporters.

Reports from the state indicated that the APC officials in the state were returned to their various positions unopposed, as consensus option was eventually adopted, with a former speaker of the Jigawa State House of Assembly, Hon. Idris Garba appointed as the chairman of the party.

Speaking shortly after the swearing in of the 36 APC state exco members, Badaru Governor Mohammed Badaru Abubakar cautioned opposition parties in the state to imbibe the culture of constructive criticism, saying no amount of intimidation or blackmail could deter him from excuting projects that have direct impact on the state citizens.

### kola nut — Experts

STEERING clear from stress is almost impossible in today's high-pressure society. Before resorting to prescription drugs, bitter kola may be an option worth trying out. Interestingly, a study comparing the invigorating effect of bitter kola [...]

## SEXUALITY & HEALTH

Nasarawa: Al-Makura charges party exco on integrity

Nasarawa State governor, Governor Umaru Tanko Al-Makura has advised the leadership of the party to always be mindful in sustaining the integrity of the party, appreciating delegates for their behaviours and maturity displayed during the congress.

# Causes of pain in the testicles

This was as the party adopted the current state executive under the leadership Philip Tattari

