MD, Africa Operations, Inlaks, and Olufemi Muraino, Executive Director, Inlaks during Businessday's courtesy visit to Inlaks corporate office, in Lagos.

Boko Haram sacks Chibok village, sets houses ablaze

•Kills 5 farmers in Maiduguri

•3 soldiers, dozens of insurgents killed, injured

By Ndahi Marama

AIDUGURI-VI SUSPECTED members of Boko Haram sect, weekend, invaded Yimirmuqza, near Kautikari community of Chibok Local Government Area of Borno State, razing houses and looting foodstuff as residents fled for safety.

This is even as the insurgents also killed five farmers around Molai general area of Maiduguri metropolis, yesterday. Similarly, the clash

between the insurgents and

troops of Operation Lafiva Dole on Friday had left three soldiers and dozens of the terrorists dead, while ofinsurgents sustained gun shot injuries.

The Chibok attack came five years after 196 students of Government Secondary School, Chibok, were kidnapped after Boko Haram insurgents attacked the school in 2014.

Sources said the insurgents stormed the community on Saturday, causing residents to flee their houses, which the insurgents set ablaze.

An elder in Chibok,

Mallam Abga Pogu, said: Reports coming from Yimirmugza, Kautikari in Chibok LGA indicates that houses were burnt, stores broken, provisions looted, cars burnt and people injured."

At press time, there was no official confirmation on the attack from the Police or military authorities, as all efforts to contract them proved abortive.

In a similar development, no fewer than five farmers were killed, yesterday, by Boko Haram insurgents in their farms around Molai general area of Maiduguri metropolis.

The killing of the farmers on their farmlands is coming less than a month after Governor Babagana Zulum launched a special task force, called Ranchers, which membership is made up of Nigerian Security and Civil Defence Corps, NSCDC, Civilian Joint Task Force, CJTF, and vigilantes/hunters to protect farmers against insurgents.

An operative of CJTF who participated in evacuating the remains of the deceased, Mallam Aji Ali, said three victims from Molai were shot dead by the attackers, while two victims who resides along Damboa/Klorori community of the metropolis were massacred with machete.

The military and police could not be reached yesterday for their reactions as calls to the mobile phones of their spokesmen rang out without response.

3 soldiers, dozens of insurgents killed, injured

Meanwhile, three soldiers and dozens of Boko Haram sect members were on Friday confirmed dead, while eight of the soldiers and scores of the insurgents were injured, following a clash between them along Monguno-Mairari-Gajiram axis of Borno State.

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The clash came barely 24 hours after the new Defence Minister, Bashir Magashi, and Chief of Army Staff, Lt. General Tukur Buratai, were in the state to review the security challenges facing the North East..

The killing of the three military personnel and the injuring of eight others was confirmed by the Acting Director Army Public Relations, Colonel Sagir Musa, in a statement yesterday.

The statement read: "Troops of Sector 3, Operation Lafiya Dole attached to Super Camp Monguno on Friday, August 30, 2019, while on patrol, dealt a devastating blow on Boko Haram terrorists along

of IC Monguno-Mairari-Gajiram bya

Strike: Ngige to n NASU, SSANU lea

By Johnbosco Agbakwuru

BUJA—MINISTER of ALabour Employment, Senator Chris Ngige, has scheduled to meet with the leadership of the Non Academic Staff Union of Universities and Associated Institutions, NASU, and the Senior Staff Association of Nigerian Universities, SSANU, to avoid the planned strike by the unions.

The two non-teaching staff unions in the universities, under the umbrella of Joint Action Committee, JAC, have threatened to embark on what they called mother of all strike, if the Federal Government failed to address their demands.

Already, Chairman of JAC and President of SSANU, Comrade Samson Ugwoke, told Vanguard that JAC might likely meet this week to appraise the situation and take a decision on next line

HEALTH TIPS

By Sola Ogundipe

Store food the right way

Not all food can survive in airtight containers. An apple a day might keep the doctor away, but not if it rots before you can enjoy it.

Apples can be stored at room temperature, but if you want greater longevity, store your apples in the refrigerator, preferably in the crisper drawer.

Flour will stay fresh and usable if placed in an airtight metal, glass, or plastic container. Store whole grain flour in the refrigerator or freezer to slow down the oxidation process further.

Store fruit in the refrigerator, not with vegetables because they can cause each other to deteriorate faster.

Potatoes need to be kept in a dry, cool, and dark place in order to stay fresh. Potatoes do not do well in the refrigerator. Like potatoes, onions need to be stored in dry, dark, cool places, but they also need reasonable air circulation to stay fresh. If you've purchased fresh meat, storing it actually increases the risk of exposure to bacteria along the way.

Uncooked pasta should not be stored in its original container if you want it to last longer. Repackage uncooked pasta in an airtight glass container to extend its

Tomatoes can be tricky to store. They should be left on a countertop, but away from light, moisture, and heat. They should not be stored in the refrigerator. Tomatoes will ripen at room temperature and are good for two to three days once ripe Do refrigerate them within two hours after they've been sliced or chopped.

Bread can be stored in the pantry, but it will last much longer when it's stored in the nemicromitorodineezer

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