



**Mrs. Abigail
Hagan Akuoko**

Co Executive Director
of Media X

A Life of Impact

Mrs. Abigail Hagan Akuoko, a dedicated educator, philanthropist, and bead artisan. With a BSc degree in Information Technology Education, I have built a career in teaching, equipping students with the knowledge and skills needed to excel in the digital world.

My passion for education goes beyond the classroom, as I strive to create an engaging learning environment that fosters growth and innovation. Alongside my teaching career, I am deeply committed to philanthropy, using my resources, resources from the Board and members of Selfless Care Foundation to support those in need, believing that true success comes from uplifting others. It's a pleasure being your Kumasi coordinator.

In addition to education and philanthropy, I am also the founder of Abys Beads, a brand specializing in wrist beads and waist beads. Through my craftsmanship, I blend creativity with cultural heritage, making beaded accessories that resonate with diverse audiences. My vision is to expand the reach of Abys

Beads, ensuring that more people embrace and appreciate the beauty of handcrafted jewellery.

Looking ahead, I aim to continue empowering others through education, entrepreneurship, and giving back to my community, leaving a lasting impact wherever I go.

**“True success
comes from
uplifting
others”**

Mrs. Abigail
Hagan Akuoko



10 Most Influential People in Ghana



A. LEADERSHIP

President John Dramani Mahama

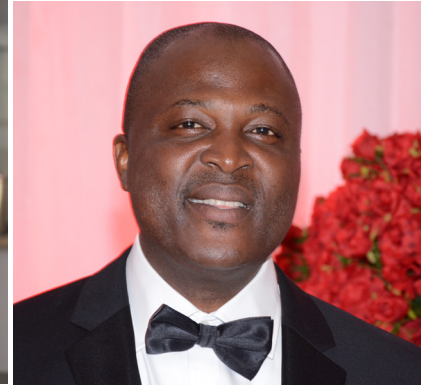
As the current President of Ghana, President John Dramani Mahama is currently shaping Ghana, with a focus on addressing pressing challenges related to the country's economy. This includes revitalizing key sectors, promoting sustainable development, and fostering job creation. He emphasizes the importance of infrastructure investment and technological advancement to stimulate economic growth; and this is positively shaping the nation.



B. AUTOMOBILE INDUSTRY

Aldis Ozols

Aldis Ozols from Latvia and the CEO of A1 Diesel, the largest dealer of diesel injectors and turbochargers on the African continent is shaping the phase of the automobile industry. A1 diesel boasts a significant online following, with a strong presence across various social media platforms with 1.1 million active followers on TikTok, 1 million followers on Facebook and 120,000 followers on Instagram. Currently, A1 Diesel has contributed to the environmental sustainability of Ghana by improving air quality by 20%. This was achieved by removing smoking cars from the road and ensuring they are restored to a fault-free state.



C. ENTREPRENEURSHIP

Ibrahim Mahama

Ibrahim Mahama is a significant figure in Ghana's entrepreneurship landscape, recognized for his innovative spirit and impactful contributions to various industries. As a successful businessman and the CEO of Engineers and Planners, he has made strides in the mining and construction sectors. This showcases his ability to drive growth and create job opportunities. Aside the above, Ibrahim is also known for his commitment to empowering young entrepreneurs through mentorship and investment in startup ventures. This has positioned him as a role model for aspiring entrepreneurs in Ghana. Through his initiatives and philanthropic work, Ibrahim Mahama continues

to inspire a new generation of business leaders, advancing economic development and innovation in Ghana.



D. HEALTH SECTOR
Dr. Bernard Okoe-Boye

In Ghana's health sector, Dr. Bernard Okoe-Boye, a medical doctor and a former Deputy Minister of Health has significantly shaped health policies and initiatives in the country. Through his active presence on social media, he shares valuable health information, dispels myths, and educates the public on various health issues. His outreach programs focus on providing accessible healthcare services and raising awareness about critical health topics. Through his expertise, Dr. Okoe-Boye inspires positive changes in health practices.



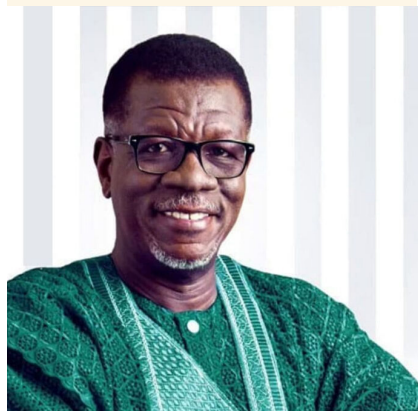
E. POLITICS
Kennedy Agyapong

As a dynamic member of parliament in Ghana, Kennedy Agyapong stands as one of the most influential political influencers. Known for his bold speeches and unwavering stance against corruption, he captivates audiences with his passionate advocacy for accountability. As the owner of media outlets like Net 2 Television and Oman FM, Agyapong uses these platforms to engage the public and shape political discourse. His controversial remarks often spark debates, keeping him at the forefront of national conversations. Committed to community development, Kennedy invests in projects that uplifts his constituents, solidifying his status as a beloved leader and influencer in Ghana.



F. EDUCATION
Dr. Patrick Awuah

As an engineer, educator and entrepreneur who founded the Ashesi University in 2002, Dr. Awuah left a successful career at Microsoft to return to Ghana and educate the next generation of African leaders. Dr. Awuah has received numerous awards for his contributions to education, including the MacArthur Fellowship and the WISE Prize for Education. He's a renowned leader in African education and role model for young Africans.



G. RELIGIOUS
Dr. Mensah Otabil

As a Ghanaian theologian, motivational speaker,

entrepreneur and the founder of the International Central Gospel Church (ICGC), Dr. Mensah Otabil is known for his pragmatic views on governance and African development. He's also a prolific writer, publishing books like; "Buy the Future: Learning to Navigate for a Better Than Your Present" and "The Dominion Mandate". Dr. Otabil has received awards including the Order of the Volta State award in 2007 and ranking among the 100 Most Reputable Africans in 2018.

habits. She's also host of the "Onua Showtime" which stands to entertain and inform viewers while exploring various facets of Ghanaian culture and society. Beyond her television work, McBrown is involved in various philanthropic activities, supporting causes related to education and women's empowerment. Her ability to connect with audiences and her commitment to making impact make her a significant figure in Ghana's entertainment landscape.



J. CREATIVE ARTS
Shirley Frimpong Manso

Shirley Frimpong Manso is a Ghanaian film director, producer and screenwriter. She's known for her thought-provoking and socially relevant films that explore themes of love, relationships, and social issues in Ghanaian society. Some of her notable works include ' "The Perfect Picture, a sting in a tale, and potato Potahto. She's the founder of sparrow production, a film production company based in Ghana. Frimpong Manso has received awards for her work, both locally and internationally.



H. ENTERTAINMENT
Nana Ama Mc Brown

McBrown is a leading influencer in Ghana's entertainment Industry. She's celebrated for her versatility and captivating charisma. As an actress and television presenter, McBrown has won the hearts of many Ghanaians with her engaging performances. She hosts the popular cooking show "McBrown's Kitchen" where she not only showcases delicious recipes but also promotes healthy eating



I.SPORTS
Mohammed Kudus

As a professional Ghanaian footballer who plays as an attacking midfielder or right winger for Premier League club in West Ham United, Kudus is lifting the name of Ghana high with his impressive football skills.



Strategies for Building Positive Habits.

What Are Habits?

Habits are actions that become automatic through repetition. They follow a simple cycle: first, there's a cue (a trigger that prompts us), then we carry out a routine (the action), and finally, we receive a reward (something enjoyable). For instance, when you feel tired (cue), you might reach for a snack (routine) and savor its taste (reward). The more we repeat this cycle, the easier it becomes to do it mindlessly.

Strategies for Building Positive Habits

1. Start Small

You don't need to make drastic changes. Focus on tiny, manageable habits, like drinking an extra glass of water or visiting the gym twice a week. Gradual improvements lead to significant transformations.

2. Use Triggers

Environmental cues are vital for forming habits. Associate a new habit with an existing

routine. For example, place your meditation cushion next to your bed as a reminder.

3. Make It Attractive

Pair new habits with enjoyable activities. For instance, listen to your favorite podcast while exercising to make it more rewarding. Making habits appealing helps in maintaining engagement.

4. Track Your Progress

Monitor your habits using apps or journals. Celebrating small victories reinforces positive behavior and provides insights into your patterns.

5. Be Patient and Persistent

Developing habits takes time. Embrace setbacks as part of the process, knowing that persistence is essential for lasting change.

Breaking Bad Habits

1. Identify Triggers

Self-awareness is key. Analyze what prompts your bad habits

and consider journaling to track these triggers.

2. Create Barriers

Make bad habits less accessible. For example, remove social media apps from your phone to reduce screen time.

3. Replace with Positive Alternatives

Instead of eliminating a bad habit, find a healthy alternative. Replace unhealthy snacks with fruits or veggies while watching TV.

4. Seek Support

Accountability can enhance your resolve. Share your goals with a friend or join a support group for encouragement.

Conclusion

Habits are powerful forces in our lives. By applying these practical strategies, we can align our behaviors with our goals. Start small, be patient, and remember that every step count. Begin your habit journey today!



**Toyota
Landcruiser**

VS



**Mercedes
Benz G Class**

What's worth buying?

The Mercedes-Benz G-Class and Toyota Land Cruiser are two iconic vehicles that have been making waves in the automotive world. Here's a rundown of what you need to know:

Design and Features

The Mercedes-Benz G-Class boasts a distinctive, boxy design that's unmistakable on the road. Its interior features a sleek, modern design with premium materials, including nappa leather and open-pore ash wood trim. The G-Class also comes with a range of advanced tech features, including a 12.3-inch touchscreen multimedia system and a 7.0-inch digital instrument cluster.

In contrast, the Toyota Land Cruiser has a more rugged, utilitarian design that's perfect for off-road adventures. Its interior is similarly practical, with plenty of space for passengers and cargo. The

Land Cruiser also features a range of advanced tech features, including a 12.3-inch touchscreen multimedia system and a 7.0-inch digital instrument cluster.

Performance

Under the hood, the Mercedes-Benz G-Class packs a powerful 4.0-liter V8 engine that produces 430kW of power and 850Nm of torque. It's paired with a nine-speed dual-clutch automatic transmission and features a sophisticated all-wheel-drive system.

The Toyota Land Cruiser, on the other hand, is powered by a 3.3-liter V6 twin-turbo diesel engine that produces 227kW of power and 700Nm of torque. It's paired with a 10-speed automatic transmission and features a full-time four-wheel-drive system.

Practicality

Both vehicles offer plenty of

space for passengers and cargo. The Mercedes-Benz G-Class has a boot capacity of 454 liters, while the Toyota Land Cruiser offers a massive 1131 liters of cargo space.

Pricing

Mercedes-Benz G-Class starts at around **\$247,329**,

Toyota Land Cruiser starts at around **\$145,876**.

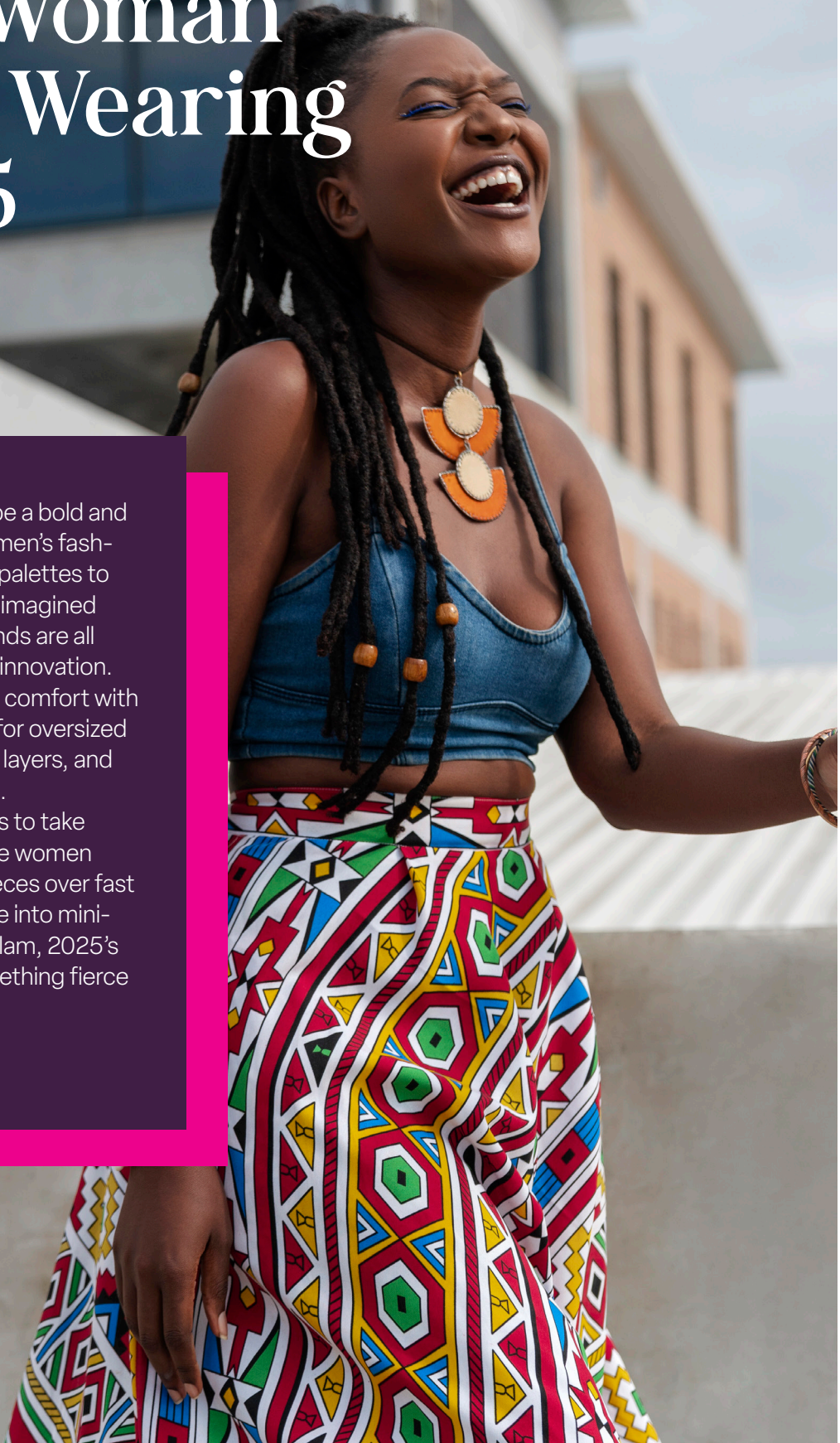
“The Mercedes-Benz G-Class boasts a distinctive, boxy design that's unmistakable on the road”

“The Toyota Land Cruiser has a more rugged, utilitarian design that's perfect for off-road adventures.”



Trend Forward: The Looks Every Woman Will Be Wearing in 2025

2025 is shaping up to be a bold and expressive year for women's fashion. From vibrant color palettes to futuristic fabrics and reimagined classics, this year's trends are all about individuality and innovation. Designers are blending comfort with couture, making room for oversized silhouettes, structured layers, and statement accessories. Sustainability continues to take center stage, with more women embracing timeless pieces over fast fashion. Whether you're into minimalism or maximalist glam, 2025's fashion scene has something fierce for every woman.





Is Richard Nii-Armah Quaye the Richest man in Ghana?

Will washing 5,000 plates a day lead to the path of being a millionaire? Or could the key to wealth be hidden in the most unexpected places? Check this out!

Richard Nii-Armah Quaye, the man who claims to have washed 5,000 plates a day in his journey to success, is now at the pinnacle of wealth in Ghana. But how did he turn those humble beginnings into a fortune? Born on 21st March 1985 in Jamestown, Quaye's entrepreneurial spirit ignited early. From washing dishes to founding Bills, formerly known as Quick Angels Limited, his path is a testament to hard work and determination. Today, he stands as one of Ghana's wealthiest individuals, celebrated for his innovative ventures in micro-financing.

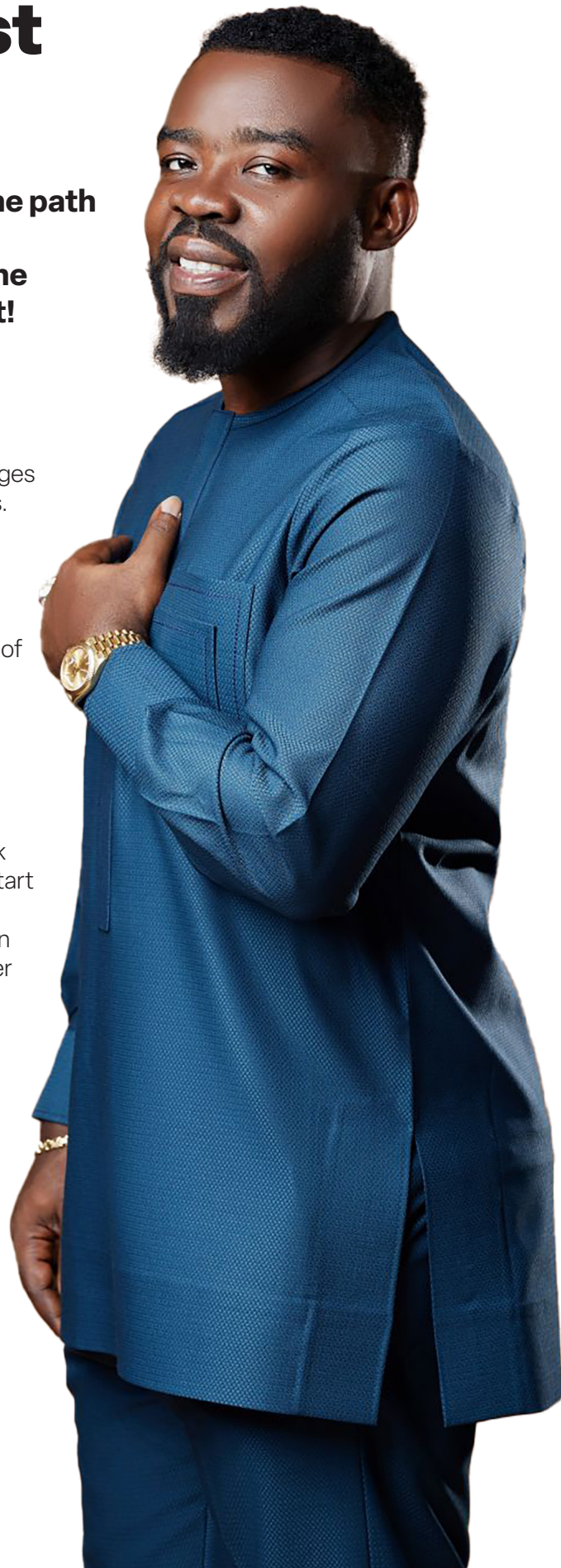
As he celebrated his 40th birthday, Quaye made headlines with the purchase of a stunning \$3 million Bugatti Chiron and a private jet, cementing his status in the elite circle of Ghana's affluent. But is wealth merely a result of luck, or does it stem from relentless perseverance?

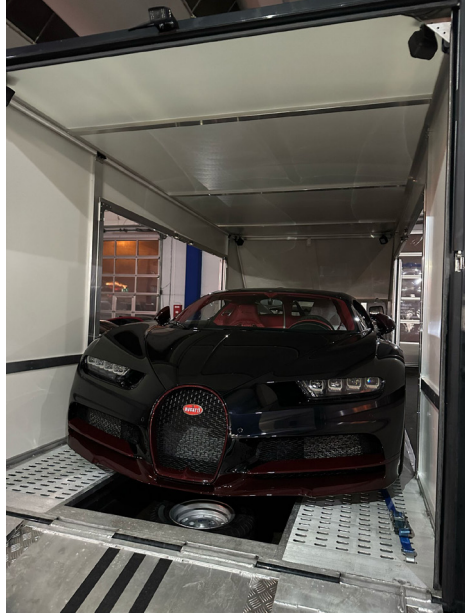
www.mx10online.com

Quaye's story challenges the notion of success. It's not just about the destination but the journey—the late nights, the sacrifices, and yes, the washing of those 5,000 plates.

So, what's the takeaway?

Every success story begins with hard work and a willingness to start from the bottom. As you navigate your own challenges, remember that the effort you put in today can lead to extraordinary rewards tomorrow. You may even be on the headlines tomorrow. Hence, the time to act is now! Embrace your own journey?







Smart Ideas for a Stunning Space

Tips for Home Improvement

Your home is more than just a place to live; it's a reflection of your personality and style. Whether you're looking to make minor improvements or undertake a major redesign, there are plenty of ways to enhance your space. Check out these essential tips for home improvement!

1. Fresh Paint for a Fresh Look

One of the simplest ways to transform a room is with a fresh coat of paint. Choose colors that evoke the mood you want—cool blues for calmness or vibrant yellows for energy. Don't forget the importance of accent walls!

2. Upgrade Your Lighting

Lighting can make or break

a space. Consider updating fixtures to modern styles or adding dimmer switches for flexibility. Layering different light sources (ambient, task, and accent) creates depth and warmth.

3. Maximize Space with Smart Storage

Clutter can overwhelm a room. Invest in multi-functional furniture, like ottomans with storage or built-in shelving. Decluttering and organizing will instantly make your home feel more spacious and inviting.

Interior Design Trends to Watch

• Biophilic Design

Incorporating natural elements into your home is on the rise. Think indoor

plants, natural wood finishes, and large windows that bring in natural light, creating a calming and refreshing environment.

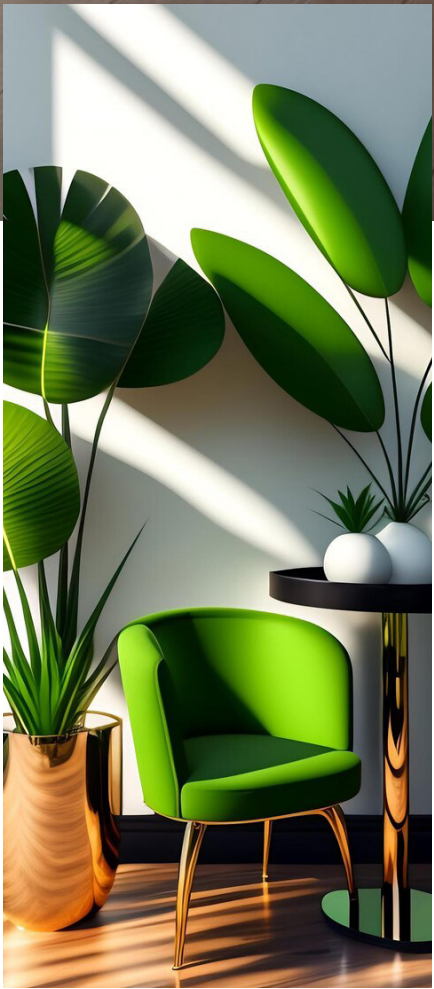
• Sustainable Materials

Eco-friendly design is not just a trend; it's a lifestyle. Look for furniture made from reclaimed wood, recycled materials, or organic fabrics. These choices not only benefit the environment but also add unique character to your home.

• Bold Patterns and Textures

Don't shy away from bold patterns! Geometric designs, vibrant textiles, and textured wallpapers can add visual interest and personality to your spaces.

Home Design Trends For 2025 & Beyond.



Nana's Interiors deals in:
Sofas, wardrobes, mirrors, accent chairs, pendant/rustic lights, coffee tables, walls arts, rattan furniture, rugs, statement trays and decor pieces etc
Contact: 0541046397



Insights on Leukemia from

Dr. Ernest Attuquaye Quaye

What is Leukemia?

“Leukemia is a cancer characterized by the rapid growth of abnormal blood cells. This uncontrolled growth occurs in the bone marrow, where most of the body’s blood is produced. The leukemia cells are typically immature, meaning they are still in the developmental stage of white blood cells.”

How Leukemia Differs from Other Types of Cancer

“Unlike most cancers that arise from solid tumors—such as breast or lung cancer—leukemia originates in the bone marrow and affects blood cells. These blood cells are dispersed throughout the body rather than forming a solid mass, which is a key distinction.”

Risk Factors

“There are several important risk factors associated with leukemia. This includes Family history and genetic disorders, like Down syndrome and Li-Fraumeni syndrome, which can increase risk. Chemical exposures, such as benzene, and radiation exposure are also significant contributors. Age and immune system

disorders, along with smoking also play roles in the likelihood of developing leukemia.”

The Role of the Environment in Leukemia

“Environmental factors contribute significantly to leukemia risk. Prolonged exposure to certain chemicals, like benzene, can damage DNA in blood cells, leading to mutations. High levels of ionizing radiation can also cause DNA damage in bone marrow cells, increasing leukemia risk. Additionally, some carcinogenic chemicals can lead to uncontrolled cell growth. Those with genetic predispositions may be more vulnerable to these environmental harms.”

Symptoms

“The symptoms of leukemia often include fatigue, frequent infections, easy bruising or bleeding, weight loss, night sweats, fever or chills, and swollen lymph nodes.”

Primary Treatment Options

“The main treatments for leukemia are chemotherapy, targeted therapy,

radiation therapy, and stem cell transplantation. Chemotherapy uses strong medicines to kill cancer cells. Targeted therapy focuses on attacking specific cancer cells while minimizing damage to healthy cells. Immunotherapy, such as CAR T-cell therapy, boosts the body’s immune system to help fight the cancer. The best treatment option for each patient depends on the type of leukemia they have, their genetic makeup, and their overall health.”

Advancements in Treatment

“Recent advancements in research and technology have changed how leukemia is treated. Now, precision medicine allows doctors to create treatments that are customized based on the specific genetics of each patient’s cancer. This has led to new targeted therapies that work better. What we call genomic sequencing helps doctors diagnose leukemia earlier, which means they can start treatment sooner. Immunotherapy, especially CAR T-cell therapy, has shown great results for some patients. Additionally,

using artificial intelligence in treatment planning is helping doctors make better decisions.”

Promising Research Breakthroughs

“One of the most exciting breakthroughs is CAR T-cell therapy, a type of immunotherapy where doctors modify a patient’s immune cells in a lab to better fight leukemia, leading to impressive results. There are also new targeted therapies that attack specific genetic changes in leukemia cells, which enhances treatment effectiveness with fewer side effects.”

Resources and Support for Patients

“For patients and families affected by leukemia, there are valuable resources

available. For instance, the African Organization for Research and Training in Cancer (AORTIC) advocates for better policies and resources to support cancer care and research in Africa, ensuring that patients receive the necessary attention and resources. Many hospitals have social workers and patient navigators to help with practical issues. Online forums and community groups offer emotional support, while educational webinars can help families understand treatment options. Also, organizations like the Leukemia & Lymphoma Society provide educational materials, financial assistance, and support groups.”

Importance of Patient Education and Awareness

“When it comes to leukemia, patient education and awareness play a vital role in its management. When patients understand their diagnosis and treatment options, they can make informed decisions and advocate for themselves. This knowledge helps reduce anxiety and fosters a more positive outlook.”

Supporting Loved Ones

“Family and friends can support a loved one undergoing treatment by offering emotional support and practical help, such as cooking meals or providing transportation. It’s essential to respect their feelings and allow them to express their emotions without judgment. You just have to give them a listening ear.”



The Fall And Rise Of Giants

A Journey of Resilience and Innovation in Diesel Injectors and Turbochargers.

A Leap into the Unknown

Aldis Ozols's Journey of Courage and Opportunity

In a world where giants often fall, one man's leap of faith transformed a vision into reality. Aldis Ozols, once a statesman in Latvia, found his life turned upside down in 2008 during the global financial crisis. As the real estate market collapsed, Aldis faced bankruptcy; his company's value fell from £17 million to -£7 million. This tough time tested his strength and determination, leading him on a path to rebuild and succeed.

Breaking Barriers

When an opportunity beckoned him to Ghana, Aldis didn't hesitate. "I didn't come here with a plan to enter the diesel industry. But upon arrival, I spotted opportunities where others saw

obstacles." With determination and a keen eye for potential, Aldis ventured into the world of diesel injectors and turbochargers, eventually establishing A1 Diesel as the largest supplier in Ghana.





Seizing Opportunities

Elevating A1 Diesel: Ambitions Beyond Ghana's Borders

“We aim to elevate A1 Diesel to new heights, providing quality diesel injectors and corner of Ghana and Africa at large.”

A1 Diesel is not stopping at local impact. “In the next decade, we will be the main supplier of diesel injectors and turbochargers across Africa,”

Aldis mentions. “Our goal is to reduce reliance on imports and empower local economies. We will offer the best prices to our neighbours in ECOWAS, ensuring that countries

throughout the region turn to us for their diesel injector and



turbocharger needs.

Driving Change

Contributing to Environmental Sustainability in Ghana

A1 Diesel has reduced carbon emissions by removing smoking cars from the road and ensuring they are restored to fault-free condition. As a result, air quality in Ghana has improved by 20%, highlighting A1 Diesel's commitment to environmental sustainability and a healthier future for all.

Understanding the Ghanaian Market

“Ghanaians have a remarkable understanding of business dynamics. When they find quality that meets their needs, they are eager to embrace what you have to offer. This awareness presents a tremendous opportunity for businesses to succeed by prioritizing exceptional products and services that resonate with the needs of the market.”

– Aldis Ozols

Empowering the Future

Learning and Growth at A1 Diesel: Building a Team of Tomorrow

Behind the vision of A1 Diesel lies a strong community with growth as its hallmark, ensuring that every member of the team is equipped with the necessary skills to succeed in their working environment. Aldis emphasizes; “Learning is crucial; every man who stops learning starts to decline.”

Leadership Redefined

The Power of Purpose: Aldis' Insights on Effective Leadership

“Effective leadership is rooted in energy and purpose,” Aldis advises, urging future leaders to focus on what they can achieve with their capabilities. “Energy is everything. To harness it, you need clear goals. Without goals, motivation dwindles. When you set meaningful objectives, you're driven to achieve what you truly believe in. Remember, the ultimate aim isn't just financial gain; it's

the fulfilment that comes from pursuing your potential. Focus on what you can achieve, and the rewards—both personal and financial—will follow.”

Resilience in Action

To the entrepreneur, *Navigating Challenges and Embracing Failure as a Stepping Stone*

Aldis’ journey and that of A1 Diesel wasn’t without its trials. “Be determined. Don’t let obstacles blow you away. Face them head-on,” he advises. This mindset stems from his own experiences, where overcoming challenges was crucial in building the foundation of A1 Diesel. He encourages others to learn quickly from failures, saying, “Find your strengths and pursue them. Often, the best opportunities lie where you’ve been treated badly.” Aldis’ resilience in the face of adversity is a testament to the determination that drives A1 today.

A Message of Hope

“Find your purpose in life. A happy life is one built on a mission. If you’re just after a paycheck, you’ll miss true fulfilment.” – Aldis Ozols.

“Effective leadership is rooted in energy and purpose”

The Must-Know Truths: Insights from Aldis Ozols

How to Successfully Adapt in Ghana

A Universal Truth

“Humans are the same everywhere. If you bite your finger, you feel pain, no matter your nationality. When you’re cheated, you won’t like it, and when you smile at someone, they will likely smile back. 95% of humans share common traits. I advise everyone to read *The 48 Laws of Power* by Robert Greene.

After reading this book, you’ll realize that wherever you find yourself, the question isn’t ‘How does this nationality do that?’ Instead, you need to understand human nature and act based on reality. With this understanding, your expectations and predictions become more accurate, and you won’t be caught by surprise. Understanding human nature allows you to navigate different cultures effectively.”

In What Age Does Man Mature?


The True Measure of Maturity

“Man matures not just through age but through experiences like pain, failure, rejection, loss, disrespect, and heartbreak. It’s not merely about the number of years spent on Earth; maturity is about the lessons learned from life’s challenges.”

Are You Successful?

Defining Success: Beyond Actions to Habits

“You are what you repeatedly do. Success isn’t just about actions; it’s about the habits you build. Always learn new habits to evolve your personality; because our priorities change at every age or season. You must learn how to travel between them. It is important to recognize the season you’re in now; be happy, and you’ll always find success.”



“I’d rather trust 100 times and face the pain of being dissapointed than shut myself off from from the world”

A1 Diesel: Key Facts

1. Market Leadership

A1 Diesel is the largest dealer of diesel injectors and turbochargers on the African continent, setting the standard for quality and service in the industry.

2. Social Media Presence

A1 Diesel boasts a significant online following, with a strong presence across various social media platforms:

-  **TikTok: 1.2 million active followers**
-  **Facebook: 1 million followers**
-  **Instagram: 128,000 followers**
-  **Youtube: 15,000 Subscribers**

3. Educational Content

A1 Diesel is dedicated to educating its audience by creating informative videos on diesel technology, maintenance tips, and industry insights, helping to empower both customers and aspiring professionals.

A1 Diesel is not just a company. It's a vision brought to life through hard work, innovation, and an unwavering commitment to community and sustainability.

A1 Diesels' Estimated Net worth:

25,000,000 Euros



How to Start a Business: A Comprehensive Guide

Starting a business isn't just about chasing the profits. It's a journey that combines passion, problem-solving, and strategic planning. By merging insights from Aldis Ozols with essential entrepreneurial steps, you can create a robust framework for launching your venture.

Check these out!

1. Identify Your Passion and Purpose

Begin by exploring your interests and skills. What problems do you want to solve? Understanding your passion will fuel your commitment and drive, making the challenging journey of entrepreneurship more rewarding.

2. Identify a Problem

Focus on specific issues that must be addressed. Pay attention to areas where you or others are treated badly. If you can provide a solution or bring improvement in that field, then you've found a business idea.

3. Conduct Thorough Market Research

Understand your target market and potential customers. Analyse competitors and identify gaps in the market. This knowledge will give you the relevant business model and marketing strategies that matches your business.

4. Collaborate with Smart People

Surround yourself with individuals who share your vision and possess complementary skills. Often, collaborate with smart people. They will help you to navigate challenges and avoid common pitfalls. They will also increase productivity.

5. Craft a Solid Business Plan

A well-structured business plan is your roadmap to success. Outline your business

goals, strategies, financial projections, and operational plans. This document will guide your decisions and attract potential investors.

6. Secure Funding

Explore various funding options, from personal savings to investors. Choose the right financing that aligns with your business goals.

7. Build a Strong Team

Hiring talented and capable individuals is important. Smart employees not only simplify your workload but also bring valuable insights and skills that enhance the overall effectiveness of your business.

8. Build Your Brand

Create a strong brand identity that resonates with your audience. Develop a memorable name, logo, and online presence that reflect your values and appeal to your target market.

9. Launch and Test

Once everything is in place, it's time to launch! Start small, gather feedback, and be ready to adapt. Testing your product or service in real-world conditions will help you refine your offerings.

10. Stay Open to Learning

Be open to receive feedback and learn from both successes and failures. Continuous improvement is vital in entrepreneurship, and adapting to new information will help you grow.


11. Focus on Growth

After launching, shift your focus to scaling your business. Invest in marketing, explore new markets, and continuously innovate to stay ahead of the competition.



BOSCH





“Staying open takes courage. It is not weakness, it is strength. It means staying alive, growing, and believe in the good.”

SPORTS NEWS

The Future of Sports: Young Athletes to Keep an Eye on in 2025

As the landscape of sports continues to evolve, a new generation of young athletes is emerging, showcasing exceptional talent and potential. These athletes are not only excelling in their respective sports but also embodying the values and skills that will shape the future of athletics.

What will the future of sports look like? As you examine the future of sports from the viewpoint of young athletes, be sure to keep an eye on these emerging stars.

SOCCER



Endrick Felipe

(Brazil, Real Madrid)

Age: 18 years

Highlight: Endrick became the youngest Brazilian to score in a UEFA Champions League match, showcasing his immense potential at Real Madrid.

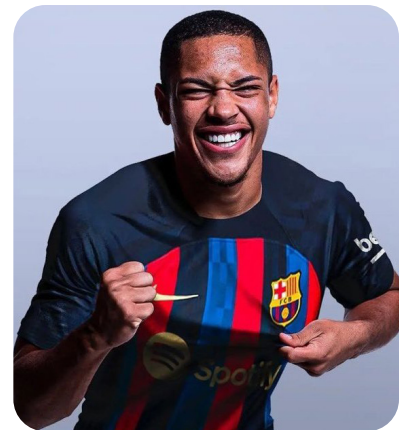


Lamine Yamal

(Spain, Barcelona)

Age: 17 years

Highlight: At just 17, Lamine Yamal is impressing fans with his creativity and goal-scoring ability. As a burgeoning talent in La Liga, he is set to take his career to new heights in 2025.



Victor Roque

(Brazil, Barcelona)

Age: 20 years

Highlight: Known for his explosive speed and technical skills, Victor is rapidly establishing himself as one of the top forwards in La Liga with Barcelona.

BASKETBALL



Victor Wembanyama
(France, San Antonio Spurs)
Age: 21 years

Highlight: The 7'4" sensation is proving to be the generational talent he was touted as. By 2025, Wembanyama is anticipated to become a top-tier NBA player and a possible MVP candidate.



Scoot Henderson
(USA, Portland Trail Blazers)
Age: 21 years

Highlight: A dynamic playmaker, Scoot is recognized for his electrifying style and has quickly become a fan favourite in Portland.



Caitlin Clark
(USA)
Age: 23 years

Highlight: Clark has revolutionized women's basketball, earning accolades like TIME's Athlete of the Year and WNBA Rookie of the Year. She made history as the first NCAA Division I player to lead the nation in both scoring and assists, and her journey is just beginning!

TENNIS



Carlos Alcaraz
(Spain) Age: 21 years

Highlight: The youngest player to achieve the world No. 1 ranking, Carlos captivated audiences with his powerful groundstrokes and tactical brilliance.



Coco Gauff (USA)
Age: 21 years

Highlight: Following her 2024 US Open win, Coco Gauff is poised to lead women's tennis in 2025 and inspire the next generation.



Holger Rune (USA)
Age: 23 years

Highlight: A rising star in men's tennis, Holger made headlines by defeating top-ranked players, showcasing his fierce competitiveness and skill.

HEALTH PLUS

Thriving in Golden Years: Managing Chronic Diseases Like Arthritis, Diabetes, and Hypertension.

Aging is a beautiful journey filled with wisdom and experience, but it often comes with the challenges of managing chronic diseases like arthritis, diabetes, and hypertension. These conditions may seem daunting, but they don't have to define our later years. With the right knowledge and tools, older adults can take charge of their health, stay active, and savor every moment.

Discover powerful strategies for thriving in old age—whether you're nearing this milestone, already experiencing it, or supporting someone who is. These insights are invaluable for everyone! And to younger adults: don't wait until age catches up to you—stay informed and take charge of your health today!

Arthritis

Arthritis is a general term for joint inflammation, pain, swelling, stiffness, and limited movement. It affects the joints and the tissues around them. There are over 100 types of arthritis but the most common one associated with old age is osteoarthritis.

Causes

The cause depends on the type of arthritis condition. Causes of osteoarthritis include:

- Age
- Obesity
- Genetics
- Joint trauma
- Vitamin D deficiency
- Autoimmune disease
- Abnormal metabolism
- Jobs with repeated stress on joints
- Gender (Females are mostly affected)

Symptoms

Symptoms vary from person-to-person, and can affect any joint but are most common in the knees, hips, and hands. This includes:

- Bone spurs
- Tenderness
- Less ability to move the joint
- Pain, especially when moving the joint
- Stiffness, especially after resting
- Swelling in and around the joint
- Feeling like the joint is loose or unstable
- Grating or crackling sound when moving the joint

Reducing the risk

- Engage in regular, low-impact exercise to keep joints flexible.
- Avoid joint injuries through proper techniques in physical activities.
- Use proper techniques when lifting heavy objects and avoid repetitive joint stress.
- Maintain a healthy weight to reduce stress on joints.

Points to staying healthy

- Follow a balanced diet rich in anti-inflammatory foods (e.g., omega-3 fatty acids, fruits, and vegetables).
- Stay hydrated and limit processed foods high in sugar and salt.
- Practice stress-reduction techniques like yoga or meditation to manage pain and improve mental health.

Diabetes

Diabetes is a chronic, metabolic disease characterized by elevated levels of blood glucose (or blood sugar), which leads over time to serious damage to the heart, blood vessels,

eyes, kidneys, and nerves. While both type 1 and type 2 diabetes exist, type 2 diabetes predominates in the older population than the younger population.

Risk Factors

- Age
- Family history
- Overweight/obesity
- Physical inactivity
- Hormonal changes
- High blood pressure & cholesterol
- Sleep disorders
- Ethnicity

Symptoms

- Fatigue
- Blurred vision
- Slow wound healing
- Unexplained weight loss
- Tingling or numbness
- Dry skin
- Increased thirst (Polydipsia)
- Frequent urination (Polyuria)
- Increased hunger (Polyphagia)

Points to staying healthy

- Stay hydrated
- Stay physically active
- Maintain a balanced diet
- Maintain a healthy weight
- Get regular check-ups
- Prioritize sleep (7-9 hours of quality sleep)

Hypertension

Aging causes arteries to become less elastic and stiffer, contributing to increased blood pressure. This is called hypertension.

Risk Factors

- High intake of sodium (salty foods)
- Low potassium intake
- Excessive alcohol consumption
- Chronic kidney disease
- Smoking
- Stress

- Physical inactivity

Symptoms

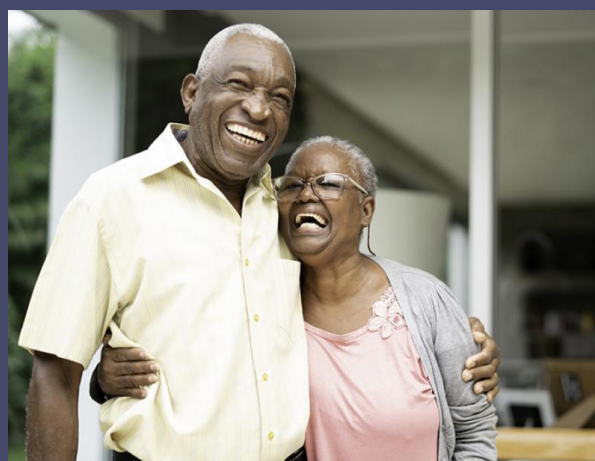
- Blood in urine
- Chest pain
- Blurred vision
- Palpitations
- Frequent headaches
- Nosebleeds

Disclaimer

The health content provided is intended for knowledge and educational purposes. Please consult a healthcare provider for diagnosis, treatment, and any medical concerns.

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Ghana's Soundtrack to 2025: The Top 10 Gospel & Afrobeats Artists Shaping the Year! ~ By Media X

As 2025 unfolds, these artists are not just making waves but creating a tsunami of sound that resonates across borders!

In a world where music is a universal language, these artists eloquently speak through their craft.

Here's to their continued success and the joy they bring to our lives in 2025!

"Ghana's rhythm, our heartbeat!"

Afrobeats Artists



Black Sherif



Stonebwoy



Sarkodie



KiDi

Gospel Artists



Nacee



Piesie Esther



Diana Hamilton



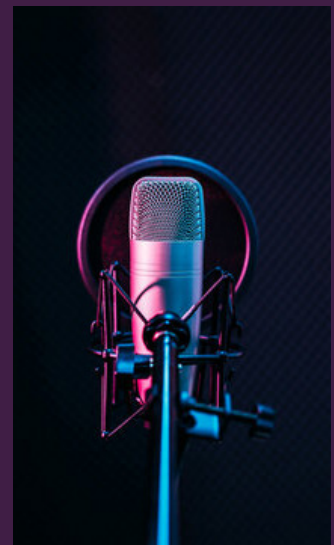
Joe Mettle



Ryan Ofei





Celestina Donkor



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The Basic Car Engines

A car engine is an internal combustion that converts chemical energy from fuel into mechanical energy to power a vehicle. The engine is made up of several major components including.

1. Cylinders
2. Pistons
3. Crankshaft
4. Camshaft
5. Valves

There are several types of car engines including;

1. In-line- 4 engines: These types of engines are commonly found in many small cars
2. V6 engines: These types of engines are commonly found in mid-sized cars and provide a good balance between power and fuel efficiency.
3. V8 engines: These types of engines are commonly found in large cars and trucks.

They provide them with a lot of power.

4. Diesel engines: These the type of engines uses diesel fuel and are commonly found in trucks and buses
5. Hybrid engines: These type of engines combines conventional engines with an electric motor.

How Car Engines Work

1. Air and fuel are mixed together and ignites by a spark plug.
2. The fuel is burned producing a small explosion that drives the piston down.
3. The piston is connected to the crank shaft which converts the up and down motion of the piston into rotary motion.
4. The Rotary motion is transmitted to the transmission which converts the energy into torque.
5. Now the torque is transmitted to the wheels.



Dealing With Depression



What Is Depression?

Depression can be described as a mental health disorder characterized by persistent feeling of sadness hopelessness and loss of interest in activities. It can affect anyone regardless of age background or any socioeconomic status.

Dealing with depression requires a combination of self-care, social support, and professional help.

Here are some strategies that may help.

Self Care

1. Exercise regularly. Physical activities can help reduce symptoms of depression.
2. Eating healthy meals: A balanced diet that includes plenty fruits, vegetables, and wholegrain can help support mental health.
3. Getting enough sleep. Aim at 7-8 hours' sleep per night to help regulate mood.
4. Practicing relaxation techniques: Activities such as meditation, deep breathing, and yoga can help reduce stress and anxiety
5. Engage in activities you enjoy: Doing things you love can help your mind off negative thoughts and improve your mood.

Social Support

1. Talk to a trustee (a friend or family): Sharing your feelings with someone you

can trust can help you feel heard and understood as the saying goes "a problem shared is a problem halved."

2. Join a support group: Connecting with others who are going through similar experiences can provide a sense of community and support.
3. Considering therapy: Mental health support can professionally be provided as a safe and non-judgmental space to explore your feelings and develop hopeful strategies.

Professional Health

1. Considering medication, in some cases, may be necessary to help manage symptoms of depression.
2. Seeking a mental health professional or consultant: A therapist or counsellor can help you develop a treatment plan and provide ongoing support.
3. NB: Depression is not a sign of weakness. It is a serious mental health condition that requires treatment and support. Remember you are not alone. Many people experience depression and there are resources available to help. Recovery is also possible with the right treatment and support. It is possible to manage symptoms of depression and improve your quality lifestyle.

Health Care+

- Gastrointestinal
- Liver
- Kidney
- Cardiovascular
- Bone etc



Lab Test

- Malaria Parasites (MP.s)
- HBsAg (hepatitis B)
- H. Pylori (Ulcer/Gastritis)
- Hemoglobin (HB)
- Glucosamine (Blood sugar) typhoid etc.
- P.S.A (Prostatitis) etc

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Glitz & Gold: Oscars Glory Meets Ghana's Award Horizon

Awards season 2025 is dazzling, from Hollywood's golden night to Ghana's anticipated celebrations of music and theater. The Oscars have just crowned their champions, while Ghana's stages are gearing up for their own spotlight moments. Here's the latest—fresh triumphs and what's brewing—served with magazine shine.

Oscars 2025: Anora's Night of Triumph

The 97th Academy Awards dazzled on March 2, 2025, at Hollywood's Dolby Theatre, hosted by Conan O'Brien. Anora, Sean Baker's indie masterpiece, swept five awards: Best Picture, Best Director, Best Actress (Mikey

Madison), Best Original Screenplay, and Best Film Editing. Baker's four wins for one film tied Walt Disney's single-night record, a historic nod to indie grit. Adrien Brody claimed his second Best Actor Oscar for *The Brutalist*, outshining Timothée Chalamet's Bob Dylan in *A Complete Unknown*. Zoe Saldaña made history as the first Dominican-American Best Supporting Actress for *Emilia Pérez*, which also won Best Original Song ("El Mal"), while Kieran Culkin took Best Supporting Actor for *A Real Pain*.

Tech wins went to *Dune: Part Two* (Best Sound, Visual Effects), and *Wicked*'s Paul Tazewell became the first Black man to win Best Costume Design. Amid LA wildfires, a firefighter tribute and Ariana Grande and Cynthia Erivo's *Wicked* opener set the tone. X trended #AnoraSweep, with fans buzzing over Madison's upset over Demi Moore (*The Substance*). It was a night of surprises and cinematic swagger.

Ghana Music Awards 2025: Titans Ready to Clash

The 26th Ghana Music Awards (VGMA), expected in spring 2025—likely April or May at Accra's Grand Arena—is poised to electrify. Organized by Charterhouse, the event's buzz is heating up, with Telecel rumored as the new title sponsor, replacing Vodafone per industry chatter. Black Sherif, 23, fresh off his 2022 Artist of the Year win, is a frontrunner to repeat with his 2024 hit "Kilos Milos", eyeing Best Hip-Hop Song and Most Popular Song of the Year. Stonebwoy, 36, could dominate Reggae/Dancehall Artist and Album of the Year with *Up & Runnin6*, a 2024 standout.

Sarkodie, 38, is tipped for Best Rap Performance with his *The Championship EP*, while Gyakie, 25, aims for Best Female Vocalist with "December". Shatta Wale's 2024 feuds might fuel a wildcard run. Past champs—Black Sherif's 2022 rise, Stonebwoy's 2019 double—set the stage for a showdown. Look for #VGMA26 to ignite X, with Telecel amplifying streams and Ghana's sound hitting global ears.

National Theatre Awards 2025: Stage Stars in Waiting

Ghana's theater scene could shine with the inaugural National Theatre Awards, slated for late March 2025 at the National Theatre in Accra, backed by the Ministry of Tourism,

Arts and Culture. Uncle Ebo Whyte's *Unhappy Wives, Confused Husbands*—a 2024 hit blending humor and insight—might claim Best Play, showcasing his knack for packed houses. Lydia Forson, 40, known for *The Fisherman's Diary*, is a strong Best Actress contender, her depth a draw.

With theater on the rise—Whyte's sold-out runs, Forson's global nods—this debut promises polish. Expect #NTAGhana25 to spark chatter, balancing veteran craft with calls for fresh voices.

Rewind: Ghana's Award Roots

Ghana's award legacy fuels this anticipation. Black Sherif's 2022 VGMA Artist of the Year win at 20 broke records, while Stonebwoy's 2019 haul (Artist, Reggae/Dancehall) and Sarkodie's rap nods (e.g., 2022 Best Collaboration) trace a path of excellence. Shatta Wale's 2014 VGMA sweep adds fire to the mix. These milestones hint at 2025's potential—a season of fierce talent ready to shine.

The Beat Ahead

The Oscars' *Anora* triumph kicks off 2025 with global glitz, while Ghana's VGMA and Theatre Awards loom as local showcases—Black Sherif's beats, Whyte's wit poised to dazzle. From Hollywood's glow to Accra's groove, it's a tale of gold today and glory tomorrow.

Stay tuned—these stages are set to soar!

In My Solitude

Ghosting The Devil: A Tale Of Cash, Kinks, & Sadism

(Based on true events)

All names in this article have been changed to protect the identities of those involved. But trust me, every word is true!

Some life mistakes make for a good laugh over drinks years later. Others? They leave you jolting awake at 3 a.m., heart pounding, wondering if your kidneys are still yours. My story falls squarely in the latter camp—a wild ride with a woman so powerful, so twisted, that I'm still piecing myself together. Welcome to my nightmare with Madam V, a tale of cash, kinks, and a devil I had to ghost.

The Sugar Mummy Mirage

I was 24, a level 400 student hustling on vibes and “Insha-Allah,” with empty pockets and a head full of dreams. Madam V? If you're Ghanaian, you know her type—her smile graces billboards, her connections sway industries, and her husband drones on TV in ill-fitting suits. We met at an exclusive Accra bar, her eyes locking onto me like I was prey. That night, she wasn't the untouchable figure—she was a dangerously beautiful woman, and I, naive and broke, was her next meal.

At first, it was a dream. Cash flowed—bundles of cedis, trips to Cape Coast, gifts like a gold watch that screamed wealth. She rented me a sleek apartment in Osu, bought me a secondhand car, and even hooked me up

with a gig at her friend's firm. The high was intoxicating, drowning out morals and sanity. I thought I'd hit the sugar mummy jackpot. Little did I know, she saw me not as a partner, but as a toy to control, break, and reshape.

The Descent into Pain

The red flags came fast. Madam V craved pain—not the playful kind, but the kind that left marks. One night, mid-intimacy, she sank her teeth into my shoulder so hard I screamed. Her response? A maniacal laugh, as if my agony fueled her ecstasy. Another time, she gripped my throat, her fingers tightening until I saw my late grandmother waving me toward the light. Gasping, I begged for air; when she released me, she purred, “I love the fear in your eyes.” That's when I knew—I was trapped with a predator. Her sadism escalated. One evening, she tied me to her bed, and I naively thought, Okay, some light BDSM. For the uninitiated, BDSM—Bondage, Discipline, Dominance, Submission, Sadism, Masochism—is about consensual pleasure mixed with power and pain. Key word: consensual. This was no Fifty Shades of Grey fantasy; it was Fifty Shades of Run for Your Life. Out came a knife—yes, a knife—and my soul nearly exited stage left. “I won't cut deep,” she cooed, tracing the cold blade across my chest, leaving shallow scars that still haunt me. “Just memorable.” Memorable? More like a permanent reminder

of my desperation.

Then there was the wax ordeal. In her dimly lit bedroom, she lit a candle, and before I could protest, poured hot wax onto my chest. I screamed—unexpected and searing—while she moaned, reveling in it. As if that wasn't enough, she flipped open a Bible, reciting, "Even Christ suffered," as she dripped more. At that moment, I saw her not as a woman, but a supervillain—Joker to my battered Harley Quinn, lost in her chaos.

The Blood Covenant Trap

The breaking point arrived at a private mansion in Aburi. Candles flickered everywhere, casting eerie shadows. Madam V stood in a red silk robe, holding a bowl. "We need to take this further," she intoned. I frowned—after knives and wax, what more could there be? Then she produced a razor blade, slicing her palm, letting blood drip into the bowl. My heart stopped as she grabbed my hand. "Just a small cut," she whispered. "It will bind us forever." Forever? Even my mother doesn't demand that level of loyalty! I stammered, "Madam, I have anemia—small blood loss, and I'm out!" She smirked, "You're weak." Weak? No, it was survival instinct kicking in. I knew then I had to escape this devil's pact.

The Great Ghosting

Running that night wasn't an option—I needed strategy. I pulled back gradually: ignored calls, made excuses, faked malaria twice. Finally, I vanished—new number, new apartment, new life. Freedom tasted sweet, but the relief was short-lived. The messages began: first, "I miss you." Then, "You belong to me." The clincher? "We have a child. You abandoned us. I will destroy you." A child? From where—telepathy? We'd had countless unprotected encounters during those five months, and her childless rants about her absent husband fueled the fear. Is there a mini-me out there?

I'll never know—and I don't plan to find out.

Life After the Devil

Today, I'm done with rich, married women. If a lady shows too much interest, I bolt. Mention candles? I'm gone faster than you can say "pim." I've seen therapists—three this year alone—unraveling the verbal and mental abuse that lingers. Madam V's chapter is closed, but the scars—physical and psychological—remind me daily. Poverty drove me to her, but survival pulled me out. Crazy? You bet. But I'm here, alive, and wiser. And that's a story worth telling.





Artiste Of The Month

Kjoblak

2025 is still on the run and yet to unfold new talents in our music and entertainment chat scene. The likes of Sarfo Newman, Alor G, Asomacy and more.

The entertainment desk of Media X has announced a super talent named Mc Donald Braid, a.k.a KOJOBLOK as our ARTIST OF THE MONTH - a talented Ghanaian Afro-fusion singer and a songwriter who hails from Dansoman a suburb of Accra.

A singer who is inspired by nature and the legendary Michael Jackson and ET Mensah. His songs resonate around telling the struggles and love life of the average African child with influences from pop culture and Ghanaian Hi-Life music.

One of the most notable songs he wrote is LOMO LOMO by KiDi and his most trending and current sound feat. Kelvin Boy, 'EXCELLENT' on the top list of all digital platforms.



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Tech Unleashed: The Hottest Gadgets, AI Breakthroughs, and Industry Shocks of March 2025

Welcome to the tech frontier, where innovation races like a rocket and the stakes keep climbing! As we roll into mid-March 2025, the tech scene's delivering a thrilling cocktail of breakthroughs, gadgets, and behind-the-scenes drama that's got everyone buzzing. From AI flexing serious muscle to devices that make last year's gear look prehistoric, here's the scoop on what's lighting up screens—and what's keeping us on edge.

AI Levels Up: Robots Get Smarter

Google's DeepMind dropped jaws this week with AI models unveiled on March 12 that can command robots like a pro. These systems aren't just typing essays—they're steering mechanical arms to stack blocks, sort packages, and maybe one day grab your coffee without spilling it. It's a massive jump from 2024's

text-only AIs, merging brainpower with physical finesse. Meanwhile, rumors from Silicon Valley hint Amazon's cooking up a "hybrid reasoning" AI to outsmart ChatGPT—less robotic chatter, more human-like logic. If it lands, your Alexa might finally nail your questions instead of blasting random playlists!

Apple's Fresh Drop: M4 MacBook Air and iOS Revamp

Apple's stealing the spotlight too. The M4 MacBook Air hit stores March 12, and it's a knockout—faster, slimmer, and rocking a "Sky Blue" finish that's turning heads (though some grumble it's not bold enough—picky, huh?). Alongside it, iOS 18.4's rolling out what insiders call a "design revolution." Think vibrant icons, fluid animations, and a lock screen you can tweak to your heart's content. Social media's ablaze—

fans adore the polish, but some wonder if older iPhones will choke on the update. Either way, Apple's proving it's still the king of sleek.

Samsung's Instant Info Game

Samsung's not slacking, launching "Now Brief" and "Now Bar" on March 7. These Galaxy features turn your phone into a news command center—headlines on your lock screen, a swipe-up bar for weather, stocks, or sports scores. It's smooth, intuitive, and perfect for the "no time to scroll" crowd. TechCrunch dubbed it a "control freak's fantasy," and honestly, who doesn't love feeling like the boss with info at their fingertips?

Industry Turbulence: Layoffs and Tariff Twists

Not everything's rosy, though. The tech layoff storm's still raging—TechCrunch's March 12 tally shows over 50 companies cutting jobs in 2025, from scrappy startups to cybersecurity heavyweights. Economic jitters aren't helping, nor is the tariff rollercoaster—Trump doubled metals tariffs this week, then eased off Canada days later. Social media's split: some lament "tech's bleeding out," others shrug, "adapt or die." It's a stark reminder—even the shiniest industries hit rough patches.

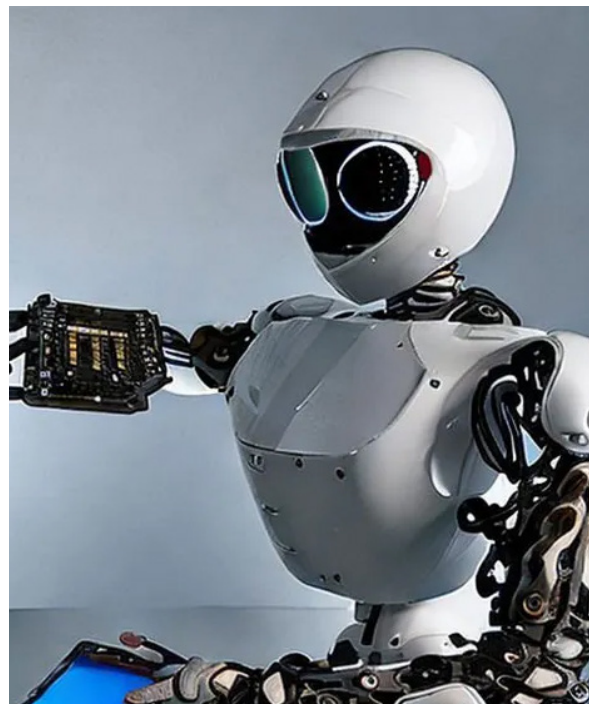
Gadget Buzz: What's on the Horizon?

The rumor mill's churning too. The iPhone 17 Pro, slated for September, might swap titanium for aluminum—lighter, cheaper, and maybe cooler in your hand. Nintendo's Switch Online teased retro Game Boy classics for March, with Mario stealing the show just after Mar10 Day. And Waymo's doubling down on Chinese-made EVs for its robotaxi fleet, sidestepping tariffs with deliveries pegged for late 2025. The hype's building—tech's future looks wild.

The Big Picture: Excitement Meets Reality

Globally, we're hooked on this tech wave—AI robots could transform warehouses, flashy phones keep us connected, and layoffs remind

us nothing's guaranteed. The vibe's electric but grounded: innovation's soaring, yet economic ripples keep us sharp. Takeaway? Dive into the new, but stay savvy—tech's a thrill ride with no brakes. Buckle up, because March 2025's just the start!



Whats Trending ?

World on the Wire: Ghana's Budget Buzz, Climate Clashes, and Global Shifts.



Mid-March 2025 is delivering a whirlwind of trending news that's got the world talking. From Ghana's bold financial budget sparking debate to a dire Arctic melt raising alarms, a U.S. tariff shake-up rattling trade, and a streaming war heating up entertainment—these stories are shaping headlines and futures alike. Here's your sharp, essential roundup of what's making waves, straight from the wire.

Ghana's 2025 Budget: Bold Cuts and Big Promises

Topping Ghana's news cycle is the 2025 Financial Budget, unveiled by Finance Minister Dr. Cassiel Ato Forson on March 11 in Accra. Hailed as a "reset" by President John Mahama's new administration, it's a \$19 billion plan to steady an economy rocked by past debt woes. The headline grabber? Scrapping six "nuisance" taxes—E-Levy, betting tax, and more—delivering on NDC manifesto promises to ease household burdens. "We're boosting disposable income and business growth," Forson told Parliament, projecting a 1.5% GDP surplus by slashing spending 10% to \$13.2 billion and hiking revenue 20% to \$14.4 billion.

The budget's got flair too: a \$10 billion "Big

Push" for infrastructure, a 24-hour economy policy, and the Ghana Gold Board to leverage gold reserves against the cedi's wobble. Roads get a \$180 million boost—up 155%—while education and social welfare score big allocations. But not everyone's cheering. Opposition MPs cry foul over a \$290 billion spending jump from 2024's \$260 billion, despite a leaner 23-ministry setup. "Where's the discipline?" asked Nhyiaeso's Dr. Stephen Amoah on X. Economists warn of IMF scrutiny looming in April—can Ghana balance ambition with austerity? It's a high-stakes play, and Accra's watching.

Climate Crisis: Arctic Melt Triggers Global Alarm

Switch to the environment, where the Arctic's ringing a loud warning bell. NASA's March 11 satellite drop revealed the ice cap's smallest winter extent ever—20% below 2020's low—blamed on a freak Greenland heatwave hitting 5°C above normal. Experts forecast a half-meter sea level rise by 2100, threatening coastal cities worldwide. "Tipping points are behind us," a UN climate official cautioned, pushing for urgent emissions cuts.

Hope flickers, though. Norway's IceTech

launched a March 13 pilot to refreeze Arctic waters—solar pumps spray seawater into freezing air, adding 10 square kilometers of ice so far. It's a small win, but protests in London and Sydney this week demand more: fossil fuel bans by 2035. The clock's ticking—science and streets agree.

Political Power Play: Trump's Tariff Tango Shakes Trade

In Washington, President Donald Trump's tariff gambit is shaking the board. On March 9, he hiked steel and aluminum duties from 20% to 40%, targeting China and the EU to “bring jobs home.” Retaliation was swift—Beijing hit U.S. soy and tech, Brussels eyed car taxes—sending the Dow down 3% by March 12. Trump tweeted, “Trade wars are fun when you're winning!”—then pivoted March 13, exempting Canada for “security talks,” leaving markets dizzy. The fallout's global: Mexico's peso dipped, German carmakers warned of price hikes—think 5-10% on phones and autos by summer. Economists split—some see a U.S. steel revival, others a consumer squeeze. X's #TariffTantrum memes Trump as a cowboy, but steel towns cheer. It's bold, brash, and borderline chaos.



Culture Clash: Streaming Wars Heat Up

Entertainment's throwing punches too. Netflix's March 10 StreamSphere launch lets users VR-step into shows—500,000 signed up in 48 hours to roam *Stranger Things*' Upside Down.

Testers call it “mind-blowing,” but the \$299 headset price stings. Disney+ fired back March 12 with a free “Marvel Legacy” archive—every comic flick since 2008—spiking subs 15%. It's a \$20 billion eyeball grab, with X debating: VR thrills or retro chills? The streaming stakes are sky-high.



The Big Picture: A World in Flux

March 2025's news weaves a tapestry of ambition and tension. Ghana's budget bets big on tax relief and growth, but fiscal tightropes loom. The Arctic's meltdown screams urgency, with innovation racing time. Trump's tariff twist flexes muscle yet risks trade wars, while streaming giants duke it out for our screens. These aren't just headlines—they're the world flexing, adapting, colliding.

From Accra's Parliament to Arctic ice, D.C.'s dealrooms to digital realms, the wire's alive—urgent, electric, unrelenting. This is your front-row seat to a planet on the move.

Photobooks and Their Relevance in Ghana Today.

In an era dominated by digital photography and fleeting social media posts, the photobook stands as a timeless medium for preserving memories, telling stories, and celebrating moments that matter. In Ghana, the relevance of photobooks has steadily grown—not just as keepsakes for individuals and families, but as powerful tools for professionals, creatives, and even businesses.

A Revival of Tangible Memories

Photobooks offer something digital albums cannot—tangibility. There's a unique emotional connection that comes with flipping through a book filled with well-curated photos. Ghanaians are increasingly embracing photobooks for weddings, birthdays, naming ceremonies, graduations, and funerals. These books immortalize key life events and are often passed down through generations.

A Boon for Photographers

With thousands of photographers across

Ghana offering event coverage, the demand for high-quality, well-designed photobooks has surged. For many photographers, adding photobook design and printing to their packages boosts income and enhances client satisfaction. Instead of handing over flash drives or sending WhatsApp albums, professionals can now offer clients a more elegant and lasting product.

Storytelling Beyond the Frame

Photobooks also serve as storytelling tools. Brands, NGOs, and institutions in Ghana are beginning to use photobooks to document projects, events, and achievements. Whether it's a year-in-review book for a corporate client or a portfolio for a fashion brand, photobooks offer a structured and impactful way to communicate visually.

Accessibility and Affordability

Thanks to local photobook service providers, the process of creating and printing a photobook in

Ghana has become more affordable and efficient. Clients can now work with designers who understand local aesthetics and cultural significance, making each book more relatable and meaningful.

The Future of Photobooks in Ghana

As the photography industry continues to evolve, photobooks are poised to become a standard rather than a luxury. With the rise of creative entrepreneurs and the growing middle class, more Ghanaians are looking for ways to preserve their life stories in artistic and professional formats.

The relevance of photobooks in Ghana is no longer in question—it is a growing part of our culture, our memories, and our legacy.

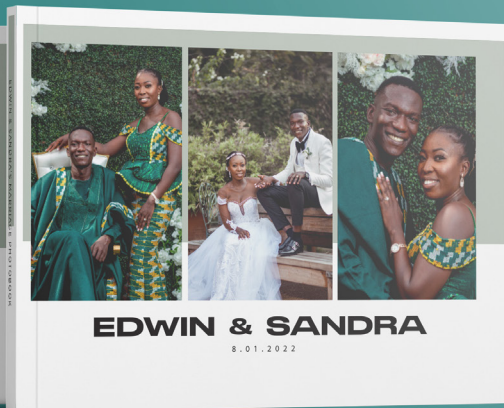
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Sampson & Awurama

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FASHION TIT BITS

Full Cut Trousers Vs. Thin Trousers

Before the Second World War, or now called the war, trousers were worn very high at the natural waist. They were cut very full. With war came a thing such as rationing, but more importantly, the military regalia at the time consisted of trousers with a plain front, and a belt

After the world war, it gradually transferred into a civilian wear, and most of the designers back then ran with it.

So, when looking at slimmer trousers from the 1940s and 50s, they weren't nearly as slim as the trousers we see today, but as with everything, designers take license and go a step further. These days, we've seen trousers go slimmer and slimmer to the point where they literally look like ladies' fit (tight/leggings), although that trend is beginning to reverse, thankfully.

QUESTION OF THE DAY: Men, are you wearing your trousers full cut or slimmer?

CREDIT (SOURCE); ASK OKEY INC.





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Meliorism Partners Foundation is a nonprofit organization that seeks to transform lives, the youth specifically, through education, charity donations, God’s word, and offering life-changing programs that will equip the youth for all of life’s opportunities.

We believe in the inherent potential of every young person, and our vision is to regenerate degenerated youth by addressing the root causes of their challenges.

Through strategic initiatives, we strive to promote the well-being and development of youth while tackling issues that contribute to perceived degeneration.

Ongoing initiatives

School Impact Project (iTOUR)

An initiative aimed at inspiring students by providing hands-on learning experiences that connect classroom knowledge to real-life issues. It involves addressing various topics that promote positive change to help build the lives of students all around.

MELIORISM PARTNERS FOUNDATION

THE SCHOOL IMPACT PROJECT

ITEMS TO BE DONATED

- 10,000 Exercise Books - GHc5.00
- Math set 5,000 Pieces - GHc15.00p
- School Uniforms
- School Bags
- Pens/Pencils
- Erasers
- Story Books

Cash Donation: 0598967709
Meliorism Partners Foundation

Momo Pay ID: 822833
paypal.me/meliorismpartners

<https://meliorismpartnersfoundation.netlify.app>
meliorismpartnersfoundation@gmail.com

For Enquiries, Sponsorship, Donation and Partnership contact:
+233(0)591517852 / +233(0)556102456

iPartners

A free knowledge-sharing initiative aimed at partnering with individuals or organizations with specific skills in any field, be it social or technical, to share their expertise with students or individuals interested in learning at no cost. This is to help foster a collaborative and supportive environment for learning in order to build individuals who have in-depth knowledge in diverse field of study.

MELIORISM PARTNERS FOUNDATION

Impacting the Next-Gen!

iPartners
COLLABORATION AND INNOVATION

Are you eager to share your expertise with the next generation of leaders? We invite you to partner with Meliorism Partners Foundation to empower youths and students through FREE knowledge-sharing initiatives. Together, let's shape the future of our communities!

📞 0591517852/0556102456
✉ meliorismpartnersfoundation@gmail.com
🌐 https://meliorismpartnersfoundation.netlify.app/blog

Connect with us on our socials



(Meliorism Partners Foundation)

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