The Source

RELIABLE AND TRUSTWORTHY

Friday, November 27, 2026 | No. 134/26 | GH¢7.00

Bekwai MP: 2027 Budget Is "Jobs Deficient"

P4



Ralph Poku-Adusei, MP for Bekwai



Isaac Yaw Opoku (MP), Ranking Member, Food, Agriculture and Cocoa Affairs Committee

Probe Relabelled Expired Fertiliser Saga – Minority

P3

NPP To Haruna: Withdraw 2-Year BECE Ban Directive

P3



Haruna Iddrisu, Education Minister

Dr Prince Hamid Armah, NPP's Education Sector Policy Committee

NPP Dares Govt: Name Person Linked To Viral Cash Video

P4



Judicial Service Launches Enhanced e-Justice Platform

P2

"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires." -William Arthur Ward

The Source
RELIABLE AND TRUSTWORTHY

Friday, November 27, 2026



Judicial Service Launches Enhanced e-Justice Platform

The Chief Justice, Paul Baffoe-Bonnie, has officially launched e-Justice Plus, an enhanced electronic case management platform that extends digital court processes to the Supreme Court and the Court of Appeal.

The launch, held at the Supreme Court yesterday, is the latest phase of the judiciary's push to modernise the administration of justice across the country.

Launching the programme, the Chief Justice said the aim is not to adopt technology for its own sake, noting that “technology must remain a servant of justice. It must never become its master," he said.

e-Justice Plus builds on the original e-Justice programme, which introduced electronic filing, case tracking, online payments and notifications.

Launched in 2019, it was meant to address long-standing problems with the manual system, including misplaced files, duplicated suit numbers, documents physically moved between offices, and litigants making repeated trips to court for case updates.

The new platform extends electronic filing and service, improves judicial record management, and makes court services more accessible.

A pilot phase will allow the judiciary and users to test the system, identify difficulties, and fix them before full implementation, which will proceed in phases.

The Chief Justice said these were more than administrative inconveniences, noting that a misplaced file could delay a hearing and a missing document could disrupt proceedings.

He argued that confidence in the justice system can suffer when ordinary processes fail.

According to the Chief Justice, the High Court's existing e-Justice system has handled tens of thousands of cases, and millions of judicial records have been digitized and uploaded to a document management system.

He stressed that virtual hearings are not meant to replace the physical courtroom. The decision to proceed virtually, he said, must be guided by the law, the rules of court, the nature of the matter and, above all, the requirements of fairness.

The Chief Justice warned that digital reform must not exclude the vulnerable. He said elderly people, persons with disabilities, those with limited digital literacy and citizens who cannot afford devices or data must not be left behind. He called for support arrangements at the courts and approved access points.

He also pointed to the sensitivity of court records, which can hold personal information and confidential commercial material, and called for controlled access, traceable transactions, and sound arrangements for data protection, backup and system recovery.

He added that technology cannot take over the judge's role. "The judge remains responsible for the decision," he said. "The law remains the standard, and the constitution remains the foundation."

Justice Baffoe-Bonnie also urged judges to embrace the system and asked the leadership of the Judicial Service to treat implementation as an ongoing responsibility, with adequate technical capacity, monitoring, and responsive support.

He assured registry staff that the reform is meant to strengthen their work, not diminish it.

He made a particular appeal to the Ghana Bar Association and the wider legal profession, calling them "indispensable partners."

He urged firms, individual practitioners and state attorneys to familiarise themselves with the system, keep their details up to date, and take advantage of the training provided.



DR Congo Demands Answers Over Ugandan General's Threats

The Democratic Republic of Congo has summoned Uganda's top diplomat in Kinshasa over social media posts by Uganda's military chief, Gen Muhoozi Kainerugaba, who is also the president's son.

Read more on page 6

The Source
RELIABLE AND TRUSTWORTHY

Published by **WILNA COMMUNICATIONS**
Post Office Box CT 5053, Cantonments-Accra
Telephone: **+233 20 899 1455**
Email: **info@mynewssourceonline.com**
Website: **mynewssourceonline.com**

Editor: **Wilberforce Asare**
Mobile Number: **+233 24 438 7050**

Registered with National Media Commission (NMC) as a Newspaper
NMC No: NMC/CI/39/25/7082

Scan QR Code to read more from our Website

The Source
RELIABLE AND TRUSTWORTHY

Friday, November 27, 2026

NEWS

NPP To Haruna: Withdraw 2-Year BECE Ban Directive

The New Patriotic Party (NPP) has sharply criticised Education Minister Haruna Iddrisu over his directive imposing a two-year ban on pupils who register early for the Basic Education Certificate Examination (BECE).

The NPP's Education Sector Policy Committee is demanding the immediate withdrawal of the directive, which bars Junior High School (JHS) 1 and JHS 2 pupils who sit the BECE ahead of schedule from taking the examination for two years.

Minister Iddrisu announced the measure on 23 November, during the launch of the 2026 National Education Week, citing equity, discipline and accurate educational planning.

Speaking at a press conference on Thursday, the Committee's spokesperson, Dr Prince Hamid Armah, described the directive as an inappropriate response to concerns about examination registration and the early presentation of candidates.

"These are fair concerns, but the directive punishes the wrong person for the wrong reason, with a penalty that defeats its own purpose," he said.

Dr Armah acknowledged concerns that some candidates are moved from private to public schools shortly before the BECE to benefit from the public-school quota under the Computerised School Selection and Placement System (CSSPS), and that some children are pushed to sit the examination before they are academically ready.

But he argued such practices should attract sanctions against the adults responsible for manipulating registration records, rather than restrictions on all pupils who take the examination early.

"These are problems of registration integrity, and they call for sanctions on the adults who manipulate records, not a blanket penalty on every learner who is ready to advance," he said.

The Committee said the directive fails to distinguish between fraudulent registration and the legitimate academic acceleration of gifted and talented pupils.

"What is new and what we oppose is a penalty that falls on the child, the child in school, and conflates fraudulent registration with the legitimate acceleration of gifted and talented learners," Dr Armah said.

The Ministry of Education has defended the directive, saying it is intended to address irregularities in examination registration and strengthen compliance with established regulations.

It said the West African Examinations Council (WAEC) estimates that about 5,000 candidates are registered prematurely for the BECE every year, undermining examination integrity and the country's educational progression system.

In a related development, critics of the ban on children who write the Basic Education Certificate Examination (BECE) ahead of schedule for two years have accused the minister of punishing academic excellence, while others call for a balanced approach to gifted learners.

Three prominent voices — policy analyst Kofi Bentil, former Komfo Anokye Teaching Hospital CEO Dr. Otchere Addai-Mensah, and lawyer Kojo Anan Ankomah — have weighed in on Facebook, offering sharply different but converging views on how Ghana should handle exceptionally gifted children.

Stop Punishing People For Being Intelligent

Kofi Bentil described the policy as "particularly retrograde."

"It's particularly retrograde to make policies to punish people for being intelligent!!!" he wrote.

"Policies are made for the average person, but per the Bell Curve, < 20% of people are NOT in the normal range. Why punish people for their natural endowments? Educ. min. Stop pls!"

When Bureaucracy Punishes Academic Excellence"

Former KATH CEO, Dr. Otchere Addai-Mensah, called the decision "profoundly misguided and intellectually indefensible."

"The decision by the Minister for Education, Hon. Haruna Iddrisu MP, to ban children who write the BECE ahead of schedule from taking the examination for two years, ostensibly because of planning difficulties, is profoundly misguided and intellectually indefensible," he wrote.

He argued that children do not learn at the same pace, and while some are exceptionally gifted, others simply master the curriculum earlier than their peers through diligence and aptitude, guided by their guardians.

"Not every such child is a genius, yes, but that is beside the point. If a child is academically competent and ready to sit an examination, why should chronological age become an obstacle?"

Citing his experience studying in Germany, Dr. Addai-Mensah said that country offers differentiated educational pathways that accommodate learners' varying abilities and rates of progression.

"The philosophy is that education should respond to the learner's capacity, not imprison the learner within an inflexible timetable."

He questioned the Minister's justification, asking: "Since when did administrative convenience take precedence over the educational interests of children? If the Ministry has planning difficulties, it should fix it, not punish children for its logistical limitations."

"And what exactly is the child's offence? Being academically ready before the prescribed time? Come on!!! Is intellectual advancement now an examination malpractice deserving of a two-year ban?"

He proposed that instead of a blanket prohibition, the Minister should set reasonable eligibility criteria and objective assessments of readiness.

"The purpose of education is to unlock potential, not enforce intellectual uniformity. We must stop designing educational policies around bureaucratic convenience at the expense of children's abilities. We should be organising our systems around learners, not forcing learners to accommodate the limitations of our systems. Come again, Hon. Minister."

Gifted, Not Rushed

Lawyer Kojo Anan Ankomah offered a middle-ground position, supporting age-appropriate progression as the norm, but not as an inflexible rule.

"I support the principle that children should ordinarily learn and develop alongside their age mates. Being academically bright should not, by itself, be a licence to skip classes. Childhood is about more than intellectual development; emotional and social development matter just as much," he wrote.

"I have seen too many children rushed through the educational system, only to arrive at university academically, emotionally and socially unprepared. Academic brilliance at an early age does not automatically translate into readiness for the next stage of life."

However, he said some children are exceptionally gifted, and forcing them to progress strictly at the pace of their age mates can frustrate their development and waste their potential.

"My position is that age-appropriate progression should be the norm, but not an inflexible rule. Exceptional academic acceleration should be permitted where it is demonstrably in the child's overall best interests."

Probe Relabelled Expired Fertiliser Saga – Minority

The Ranking Member of Parliament for the Food, Agriculture and Cocoa Affairs Committee, Isaac Yaw Opoku, has called for an independent investigation into allegations that liquid fertilizer supplied to cocoa farmers was relabelled in order to alter its expiry date.

Opoku said a product submitted to the Cocoa Research Institute of Ghana (CRIG) for testing differed from the one later supplied to the Ghana Cocoa Board (COCOBOD).

According to him, the product tested was Natra Asuntem, but the fertilizer delivered to COCOBOD was labelled Nutra Asuntem.

He alleged that the product was later relabelled from Nutra Asuntem to Natra Asuntem, and its expiry date was changed from February 2026 to December 2026.

"The product which was tested was not the one purchased by Ghana Cocoa Board. Completely different," he said on the Asaase Breakfast Show on Thursday (26 November).

Opoku questioned how the product was allowed into COCOBOD's warehouses and why the alleged changes to its name and expiry date were permitted.

He said the matter raised serious concerns about oversight and quality control within the cocoa sector, particularly as farmers were already facing challenges with declining yields and scorching cocoa leaves.

The Ranking Member called on President John Dramani Mahama to establish an independent body to investigate the allegations.

"We cannot compromise the quality of our cocoa," he said, adding that anyone found culpable should be dealt with.

Opoku also said he had asked the committee's chairman to invite COCOBOD's Chief Executive to brief members on the matter, but the Chief Executive had not appeared as of the interview.

He said the committee would seek answers on the product originally procured, the alleged changes to its labelling and expiry date, and the procurement process through which the fertilizer was acquired.

COCOBOD has said it is investigating complaints about the fertilizer and has

In a related development, the Ghana Cocoa Board (COCOBOD) has denied distributing expired liquid fertilizer to cocoa farmers, saying preliminary inspections found no irregularities relating to the products' manufacturing or expiry dates.

Head of Public Affairs at COCOBOD, Jerome Sam, said the board's physical verification of the fertilizer supplied under a 2024 contract found that the manufacturing dates, expiry dates and quantities conformed to the agreed specifications.

Speaking on the Asaase Breakfast Show on Thursday (26 November), Sam said the discrepancy identified during inspection concerned the product's name, with the fertilizer delivered bearing the name "Nutra" instead of "Natra" Asuntem.

He said COCOBOD had asked the supplier to correct the discrepancy but maintained that the issue did not concern the manufacturing or expiry dates.

"We had a discrepancy in relation to the name, which instead of natural, we saw neutral," Sam said.

He said the fertilizer had undergone testing by the Cocoa Research Institute of Ghana, including assessments of its efficacy and phytotoxicity, and met the relevant specifications and international standards.

However, Sam said COCOBOD had taken complaints from farmers seriously and formed a committee to investigate reports that some of the fertilizer had expired.

He said the board had directed farmers who may have received affected products not to apply them, as the fertilizer would be needed as evidence during the investigation.

Sam said the investigation would involve relevant departments, including Special Services, Audit and the Code of Health Department.

He said the board was determined to establish what happened and identify those responsible if wrongdoing was uncovered.

The investigation follows allegations that fertilizer supplied to cocoa farmers was relabelled and that its expiry date was changed, claims which COCOBOD disputes.



Here's How Democrats Should Investigate Trump's Corruption

For nearly two years, a Congress controlled by Republicans has prostrated itself to President Trump and his autocratic impulses. Now that Democrats have won control of Congress, they need to restore the legislative branch to its rightful place as the first among equal branches in our constitutional system. Core to that work is holding Mr. Trump and his administration accountable for their abuses of power.

Read more on page 9

The Source
RELIABLE AND TRUSTWORTHY

Friday, November 27, 2026

NEWS

NPP Dares Govt: Name Person Linked To Viral Cash Video

The New Patriotic Party (NPP) has challenged the government to provide evidence to support claims that millions of cedis were found in the closet of a former government appointee, calling for those behind the allegation to be prosecuted if it is proven false.

The party, in a statement signed by the Director of Communications, Dennis Miracles Aboagye, says no former government official has been arrested or questioned over the alleged discovery and is demanding details of the operation through which the money was purportedly recovered.

In a statement issued on Thursday, November 26, the NPP questioned a viral video showing bundles of GH¢200 notes, circulated by social media commentators Arnold Mensah Elevanyo and Johnny Hughes, whom it described as NDC-aligned.

The video claims the money was discovered in the closet of a former government appointee. The NPP, however, argues that neither the footage nor the accompanying claims establish who owned the money or where it came from.

The party is demanding that the government disclose the identity of the former appointee, the location and date of the alleged discovery, the amount recovered, and the state agency responsible for the operation.

"If this is found to be false as peddled, then the peddlers of this misinformation should be arrested, and the law dealt with as has been done to others by this government," the statement said.

The NPP accused the NDC of using what it described as social media propaganda to divert attention from concerns about the government's performance and accountability.

It cited questions surrounding the Ghana Cedi Heritage Series, cocaine-related developments, the GH¢16 million evacuation expenditure involving Foreign Affairs Minister Samuel Okudzeto Ablakwa, allegations of expired fertilisers being distributed to cocoa farmers, unemployment and the rising cost of living.

The party further accused the government of allowing its social media operatives to circulate what it described as fabricated and scandalous allegations against the opposition whenever questions are raised about its handling of national affairs.

"Nearly two years into office, the NDC still thinks the propaganda that helped it win power can cover for its broken promises," the party stated.

The NPP also questioned the government's commitment to fighting misinformation, arguing that its calls for responsible public discourse were inconsistent with the conduct of individuals it accused of spreading unverified claims.

It called on the Christian Council of Ghana, the Ghana Catholic Bishops' Conference, the Office of the National Chief Imam, the Ghana Journalists Association (GJA), the Private Newspapers and Online News Publishers Association of Ghana (PRINPAG), and civil society organizations, including the Centre for Democratic Development (CDD-Ghana) and the Institute of Economic Affairs (IEA), to demand evidence from the government.

The party urged the institutions to insist on equal standards of evidence, accountability, and due process for all public officials, regardless of political affiliation.


Dennis Miracles Aboagye, NPP DoC

Bekwai MP: 2027 Budget Is "Jobs Deficient"

The Member of Parliament for Bekwai, Hon. Ralph Poku-Adusei, has described the 2027 Budget Statement as "jobs deficient," saying it offers new promises without accounting for old ones.

Although far away in Switzerland as part of a delegation from the 9th Parliament for a conference, the MP and Deputy Ranking Member of the Water and Sanitation Committee contributed to the debate on the Minister of Finance's 2027 Budget Statement.

In his remarks, he asserted that a budget is not a poem. A budget is not a slogan. A budget is an account to the people.

"When a finance minister stands before Parliament, he is not there just to make promises and projections," he said.

"He is there to tell Ghanaians: This is what we promised last year. This is what we spent. This is what we delivered. This is how many jobs we created. And this is what we will do next."

"On that test — the only test that matters — the 2027 Budget presented on 12th November 2026 by Dr. Cassiel Ato Forson fails woefully," Poku-Adusei said.

"It was just a mantra. A recitation of beautiful words: 'New Economy,' 'New Ghana, Jobs and Prosperity' — with no account, no evidence, and no hope for the young graduate in Bekwai, the market woman in Kejetia, or the artisan in Kumasi waiting for work," he added.

Three Budgets, Three Themes

"In 2025, the theme was 'Resetting the Economy for the Ghana We Want.' In 2026, it became 'Resetting for Growth, Jobs, and Economic Transformation.' In 2027, it is now 'The New Economy: New Ghana, Jobs and Prosperity.' Three budgets, three themes, one constant: New promises to cover old failures," the Bekwai MP said.

"As Minority Leader Alexander Afenyo-Markin put it during the debate: 'The Finance Minister has delivered promises so grand that if promises were jobs, our youth would be applauding all the way to the bank.'"

"The question Ghanaians must ask is simple: If the Reset worked, why do we need a New Economy? If the New Economy is real, why was the 24-Hour Economy abandoned without accountability?" he indicated.

A Plethora Of Promises

From 2025 to 2026, he said, the government enumerated a plethora of programmes, each presented as the answer to unemployment:

2025 Budget – 11th March 2025:

- Big Push Programme: GH¢13.85 billion to kickstart accelerated infrastructure
- Adwumawura Programme: GH¢100 million to facilitate, track and mentor a minimum of 10,000 businesses, with special focus on young people
- Women's Development Bank: GH¢51.3 million as seed fund
- National Apprenticeship Programme: GH¢300 million
- National Coders Programme / One Million Coders: GH¢100 million
- Agriculture for Economic Transformation Agenda (AETA): GH¢1.5 billion, including Feed Ghana and Nkoko Nkitinkiti

In the 2026 budget, the promises grew bigger:

- Big Push: GH¢30 billion for strategic roads and bridges, projected to create 490,000 jobs
- 24-Hour Economy: Projected to create 1.7 million jobs by the end of 2028
- Women's Development Bank: Another GH¢401 million
- Adwumawura: GH¢160 million
- Overall jobs target: Up to 800,000 new jobs in 2026 alone

The 2027 Budget: No Account, Only New Promises

"A serious Finance Minister would have opened the 2027 Budget with a table: Jobs promised vs. Jobs created," Poku-Adusei said.

"Money allocated vs. Money released. Projects started vs. Projects completed."

"Dr. Forson did the opposite. He gave no verifiable account of a single job created from the 800,000 promised."

During the debate, Ranking Member on Finance, Dr. Mohammed Amin Adam, stated the damning fact on record:

"The government had failed to account for a single job out of the 800,000 it announced in the 2026 Budget."

"Although the 24-hour economy was expected to create 1.7 million jobs by the end of 2028, the Finance Minister had failed to provide figures on jobs generated under the initiative."

Instead, he said, Ghanaians were given a new US$10 billion programme:

"Over a four-year period, from 2027 to 2030, government will spend 10 billion United States dollars equivalent... to create a modern Ghanaian economy for jobs and prosperity."

GH¢30 billion is allocated for 2027 alone, for eight pillars — commercial agriculture (US$3 billion), energy, critical minerals, tourism, textiles, pharmaceuticals, technology, and macroeconomic stability.

"But Ghanaians have heard this before. The Institute of Energy Policies and Research (IEPR) asked the right question before the budget was even read: How does the New Economy differ from the 24-Hour Economy?"

"Why introduce a programme that runs to 2030 when this government has only one full budget left to implement its mandate?"

"That is the pattern: Announce. Abandon. Rename. Re-announce."

Master Of Allocation, Failure At Release

The MP said the Minister is a master of allocation, but a failure at release, citing evidence from the government's own mid-year figures:

- Big Push: GH¢30 billion promised for 2026. Only GH¢6.5 billion, or 21.6%, spent by mid-year. Even after the mid-year review cut the allocation to GH¢14.7 billion, only GH¢14.3 billion had reportedly been spent by the end of October 2026.
- Capital Spending: In H1 2026, GH¢36.6 billion was budgeted for capital spending. Only GH¢22.2 billion was spent — 39.3% short. Arrears clearance was executed at only 38.2%.
- Women's Development Bank: GH¢51.3 million in 2025 + GH¢401 million in 2026 = GH¢452.5 million allocated. Yet as of November 2026, the bank had "not lent a single cedi; still awaiting a banking licence". The company, WDB GH Ltd, was incorporated on 26th January 2026. The GH¢400 million said to be deposited at the Bank of Ghana is capital sitting in an account, not loans in the hands of market women.
- National Coders Programme: GH¢100 million allocated, target of 300,000 trainees in 2026. Result: 40,000 enrolments; about 28,000 completed one module.
- Feed Ghana / Nkoko Nkitinkiti: The poultry phase has been described by Parliamentarians as an "abysmal failure"; livestock components not started.
- Agenda 111: GH¢100 million in 2026 to complete 10 hospitals. Projects remain incomplete.

"This is why the Minister cannot be trusted when he says GH¢389.2 billion will be spent in 2027, with GH¢100.4 billion for capital expenditure and GH¢30 billion for the New Economy. Appropriation in Parliament is not disbursement to the people. If he could not release GH¢30 billion for Big Push in 2026, what guarantee is there that he will release GH¢30 billion for the New Economy in 2027?"



Elon Musk Faces An A.I. Dilaemma At Spacex

There are moments in the life of a constitutional democracy when the most important question is not whether the State has sufficient power, but whether it possesses sufficient restraint. The controversy surrounding the INTERPOL Red Notice concerning former Finance Minister Ken Ofori-Atta presents precisely such a moment.

Read more on page 8

HBG TRADING ENTERPRISE
GLOBAL TRADE | LOCAL SOLUTIONS

FESTIVE SEASON CORPORATE GIFT PACKAGES

PREMIUM STAFF WELFARE HAMPERS & CHRISTMAS PACKAGES

Partner with HBG Trading Enterprise to show appreciation and spread cheer this festive season. Our carefully curated corporate hampers are designed to delight your team and strengthen relationships.

COMPETITIVE BULK PRICES
FLEXIBLE QUANTITIES
TIMELY DELIVERY
WIDE PRODUCT RANGE

CURATED HAMPER CONTENTS



TEL
0558468785 / 0553736316

EMAIL
hbgtradingenterprise@gmail.com

P.O. BOX
13025 Accra-Central, Accra, Ghana

The Source
RELIABLE AND TRUSTWORTHY

Friday, November 27, 2026

DR Congo Demands Answers Over Ugandan General's Threats



Gen Muhoozi Kainerugaba's social media posts have previously sparked diplomatic tensions

The Democratic Republic of Congo has summoned Uganda's top diplomat in Kinshasa over social media posts by Uganda's military chief, Gen Muhoozi Kainerugaba, who is also the president's son.

In a series of X posts, Gen Kainerugaba appeared to support a rebel takeover of Walikale, a mineral-rich territory in eastern DR Congo. He insisted that Uganda's military involvement was purely driven by security concerns.

The DR Congo's foreign ministry summoned Uganda's envoy to explain the remarks, describing them as "particularly serious" and damaging to diplomatic relations.

The Ugandan government has yet to respond.

The diplomatic row comes despite close military ties between the neighbours.

Their forces have been conducting joint operations against the Islamic State-linked Allied Democratic Forces (ADF) in eastern DR Congo since 2021.

Uganda has also recently been involved in efforts to mediate between the Congolese government and an armed group led by former warlord Thomas Lubanga in Ituri province.

In his posts, Gen Kainerugaba accused the Democratic Forces for the Liberation of Rwanda (FDLR), an armed group operating in eastern DR Congo, of targeting members of the Bahema ethnic community.

The Bahema are a traditionally cattle-herding community mainly based in DR Congo's north-eastern Ituri province.

They have historical and cultural ties to the Bahima people of neighbouring Uganda.

He also threatened a rebel takeover of Walikale, in North Kivu province, while defending Uganda's military presence in DR Congo.

Walikale is rich in mineral resources, including some of the country's largest tin deposits and several major gold mines.

Gen Kainerugaba's X account, which had nearly 1.4 million followers, has since become inaccessible.

It is unclear whether he deactivated it, as he has done in the past, or whether the platform had suspended it.

During the same week, he declared: "My tweets in Uganda are directives that must be obeyed."

The posts followed reports that a DR Congo military aircraft had allegedly been shot down by rebels, with foreign mercenaries reportedly among those on board.

Gen Kainerugaba criticised the reported presence of foreign mercenaries in DR Congo.

"These remarks, which are particularly serious, have caused a major media incident and undermine the necessary restraint that must prevail in relations between sovereign states," the DR Congo foreign ministry said in a statement on Wednesday.

"The Congolese government expects the Republic of Uganda to clarify its official position and take the necessary measures to prevent such transgressions from recurring in the future".

The ministry added that DR Congo remained committed to regional peace and stability but would defend its dignity and institutions against "any form of provocation or interference".

It is not the first time Gen Kainerugaba's social media posts have strained relations between the two countries.

In February last year, he threatened to seize the eastern DR Congo city of Bunia, claiming that members of the Bahima ethnic community were being attacked.

In 2024, DR Congo also summoned Uganda's diplomatic representative after the general made threats against foreign mercenaries operating in eastern DR Congo.

The 52-year-old general, widely seen as a potential successor to his father Yoweri Museveni, has become known for his provocative social media posts.

In 2022, he sparked a diplomatic row with neighbouring Kenya after threatening to invade the country and capture its capital, Nairobi, prompting his father to apologize for the remarks.

Thirty-One Killed In Massive Fire As Fuel Tanker Crashes On Cairo Highway

Thirty-one people have been killed and 21 others injured in a large fire on a busy highway in Cairo after a fuel tanker crashed, Egypt's health ministry says.

Hospitals nearby treated patients suffering burns and smoke inhalation after the incident, which occurred on a section of a ring road in the Warraq neighbourhood, to the north of the old city centre, on Wednesday evening.

Footage circulating on social media showed billowing flames and black smoke towering high into the night sky, with multiple nearby vehicles torched.

Officials have not given an account of how the fire broke out, but state-owned media reported the tanker had overturned, dousing nearby vehicles with petrol.

The regional public prosecutor has launched an investigation into the incident and asked that DNA samples be taken from bodies of the dead.

The tanker, which belonged to a private contractor, had been travelling along the highway when a high-voltage cable fell in front of it, prompting the driver to lose control, Al-Ahram reports, citing sources with knowledge of the investigation.

It then crossed the central reservation, overturned and caught fire, the state-owned newspaper says.

Egypt has suffered several deadly fires in recent years, with informal residential areas and often run-down infrastructure making incidents more common, the response to which is often complicated by slow emergency response times and locally improvised rescue efforts, even in the sprawling Egyptian capital.



Images from the scene show a large crowd gathered on the highway after the fire had been extinguished, as emergency services blocked off entry routes.

The tanker crossed the highway's central reservation before overturning and bursting into flames, local media report

The health ministry said 39 ambulances had been dispatched to respond to the fire, while it posted images of Egypt's health minister overseeing the treatment of the injured at one of Cairo's hospitals.

Road collisions are also common in Egypt, often attributed to lax maintenance and the widespread flouting of traffic laws.

Nearly 6,000 people died on Egypt's roads last year, official figures show, a rise of several hundred on the previous year's total.

Emergency responders have since cleared the highway and allowed it to reopen, state broadcaster NMA reports.

A bulldozer was earlier seen at the scene, clearing the burnt-out wrecks of cars.



Images from the scene show a large crowd gathered on the highway after the fire had been extinguished

The Source
RELIABLE AND TRUSTWORTHY

Friday, November 27, 2026

OPINION

Ken Ofori-Atta, The OSP And The Jurisprudence Of Process

By **Sam Kwesi Andoh**

The Question Beneath The Politics

There are moments in the life of a constitutional democracy when the most important question is not whether the State has sufficient power, but whether it possesses sufficient restraint. The controversy surrounding the INTERPOL Red Notice concerning former Finance Minister Ken Ofori-Atta presents precisely such a moment.

The issue should not be reduced to the familiar partisan contest between the NPP and NDC. Nor should the deletion of the Red Notice be misrepresented as a judicial acquittal. The Commission for the Control of INTERPOL's Files (CCF) was not determining criminal guilt or innocence. Its task was to decide whether the processing of the relevant information complied with INTERPOL's legal framework.

That distinction matters. But another distinction matters equally: the fact that a decision does not determine guilt does not make its findings about process insignificant. The reported 40-paragraph decision raises questions about timing, factual sufficiency, data accuracy, operational necessity and political neutrality. Those are not decorative procedural matters. They concern the conditions under which coercive state power becomes legitimate.

The fight against corruption is indispensable. But anti-corruption cannot become an exception to constitutionalism. A republic cannot defend the integrity of government by diminishing the integrity of procedure.



Sam Kwesi Andoh is Executive Director of SKA Legal Consult Ltd, a legal practitioner and commentator with professional experience in immigration, appeals and legal education, including work with law firms in the Midlands and London. He holds a BA (Hons) in Philosophy, a PGDL, and an MA in Law. His principal interests include constitutional law, governance, human rights, public policy, jurisprudence and institutional development.

What The CCF Decision Actually Establishes, And What It Does Not

According to the publicly reported decision, the Red Notice was issued on 5 June 2025 on the basis of an earlier warrant, before Mr Ofori-Atta had been formally charged. The CCF described the request as having been made at a "rather premature stage".

After 78 criminal charges were filed in November 2025 and a fresh arrest warrant was obtained in December 2025, the INTERPOL information was reportedly not updated to reflect those developments. The CCF treated that omission as raising issues concerning the quality and accuracy of the data under INTERPOL's Rules on the Processing of Data.

The CCF also considered the factual material transmitted by Ghana insufficiently particularised to show how the conduct described went beyond the ordinary exercise of ministerial powers or administrative non-compliance without fraudulent intent. It further noted that the information did not identify a specific personal benefit to Mr Ofori-Atta, but instead focused on alleged financial loss to the State.

The Commission additionally questioned the practical necessity of the Red Notice in circumstances where the authorities knew Mr Ofori-Atta's location and were able to engage United States authorities through bilateral, diplomatic and extradition channels.

Ultimately, the Commission concluded, for INTERPOL purposes, that the case in its prevailing circumstances appeared to have a predominantly political character and that the relevant data were incompatible with Article 3 of INTERPOL's Constitution. Article 3 strictly prohibits INTERPOL from undertaking activities of a political, military, religious or racial character.

None of that acquits Mr Ofori-Atta. None of it determines the 78 charges. But neither is it legally trivial. A mature democracy should be capable of holding both propositions at once: Mr Ofori-Atta remains answerable to lawful criminal process, and the State remains answerable for the lawfulness and fairness of the process by which it pursues him.

Procedure Is Not The Enemy Of Justice

There is a dangerous tendency in highly politicised societies to treat procedure as an inconvenience invented by lawyers. It is not. Procedure is civilisation's answer to a terrifying constitutional question: what prevents public power from becoming personal power?

Substantive law identifies the ends the State may legitimately pursue. Procedural law disciplines the means by which the State pursues them. Remove that discipline and legality can slowly become whatever those exercising power say it means.

The United Nations Human Rights Committee describes equality before courts and tribunals and the right to a fair trial as a key element of human-rights protection and as a procedural means of safeguarding the rule of law. Article 14 of the International Covenant on Civil and Political Rights protects, among other guarantees, equality before courts, a fair and public hearing by a competent, independent and impartial tribunal, and the presumption of innocence.

Africa's own human-rights architecture is equally clear. Article 7 of the African Charter on Human and Peoples' Rights protects the right to have one's cause heard, including the presumption of innocence, the right to defence and adjudication within a reasonable time by an impartial court or tribunal. The African Commission's Principles and Guidelines on the Right to a Fair Trial and Legal Assistance in Africa identify equality of arms as an essential element of a fair hearing.

The proposition is therefore larger than any individual defendant: the more coercive the power, the greater the obligation to justify it.

The Jurisprudence Of Restraint

There is an ancient temptation within political power: because an objective is righteous, every instrument used to pursue it begins to appear righteous too. Constitutionalism rejects that proposition.

Corruption impoverishes nations, distorts opportunity and compromises institutions. Ghana has every legitimate interest in investigating corruption fearlessly and prosecuting it effectively. Yet precisely because anti-corruption commands immense moral authority, anti-corruption institutions require exceptional procedural discipline.

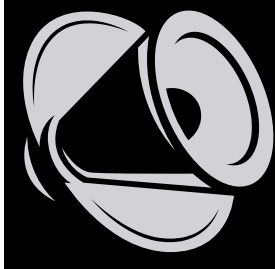
An INTERPOL Red Notice is not, by itself, an international arrest warrant or a finding of guilt. It is an international request to locate and provisionally arrest a person pending extradition, surrender or similar lawful action, and its use is controlled by INTERPOL's Constitution and data-processing rules. Accuracy, purpose and political neutrality are therefore integral to the legitimacy of the mechanism.

If circumstances materially change, information carrying serious international consequences must accurately reflect those circumstances. If a person's location is known, necessity becomes a legitimate question. If proceedings move from investigation to formal prosecution, the information relied upon internationally should reflect that reality. If alleged conduct is criminal rather than merely administratively irregular, the distinction should be demonstrated through evidence, not assumed through rhetoric.

That is not softness toward corruption. It is professionalism in prosecution.

Read more on page 8

> *"There is a dangerous tendency in highly politicised societies to treat procedure as an inconvenience invented by lawyers. It is not. Procedure is civilisation's answer to a terrifying constitutional question: what prevents public power from becoming personal power?*



Seven Tech Problems To Solve For Your Parents This Thanksgiving

Home for the holidays? These steps will help you solve technology problems your parents or other family members might be having and prevent crises before they happen. They will make your life better too.

Read more on page 11

The Source
RELIABLE AND TRUSTWORTHY

Friday, November 27, 2026

OPINION

Ken Ofori-Atta, The OSP And The Jurisprudence Of Process

Continuation from page 7

The Sociology Of Punishment Before Judgment

Modern punishment frequently begins before adjudication. A person may not yet have been convicted, yet reputation can be damaged, political identity converted into criminal identity, livelihood disrupted and social standing altered. Digital publicity intensifies those consequences.

This is why the presumption of innocence is not sentimental courtesy. It is part of the architecture separating accusation from adjudicated truth. A constitutional society must resist punishment by narrative, where official communication and political rhetoric gradually manufacture a social verdict before a court has determined criminal liability.

Justice cannot become a publicity competition between the prosecution and the accused. The dignity of the individual and the authority of the State are both diminished when publicity starts doing the work assigned to evidence.

WHEN ANTI-CORRUPTION ENTERS THE THEATRE OF POLITICS

The most politically sensitive aspect of the CCF reasoning is its conclusion that the matter, in the circumstances examined, appeared predominantly political for INTERPOL purposes. That conclusion requires precision. It does not establish that the underlying criminal allegations are fabricated. It does not prove that every act of the OSP was politically motivated. To say so would turn a compliance decision into something it was not.

But it exposes a broader institutional danger. Bodies may possess statutory independence while operating inside intensely partisan societies. Institutional legitimacy therefore depends not only upon formal independence, but upon conduct capable of demonstrating impartiality.

The prosecutor must not become an alternative opposition politician. The investigator must not become a substitute public-relations strategist. A courtroom must not become an extension of the campaign platform. Equally, political pedigree must never immunise anyone from investigation.

The constitutional prosecutor requires a difficult courage: the courage to pursue both the friends and the enemies of government with the same fidelity to law and evidence. Without that equilibrium, law becomes a rotating weapon whose direction changes whenever political power changes hands.

Ghana Must Fear The Precedent, Not Merely Debate The Personality

There is something dangerously shortsighted about evaluating prosecutorial power according to whether today's target is politically sympathetic. Every exceptional governmental power applauded against an opponent contains the possibility of later use against oneself.

That is why constitutional rights matter most when they protect an unpopular person. The rule of law is not seriously tested when it protects the popular. It is tested when it restrains the State in its treatment of a person whom the public may already have judged.

Governments alternate. Institutions remain. Precedents remain longer still.

Ghana should therefore ask a harder question than whether citizens trust the OSP in this particular prosecution. The better question is whether citizens would be comfortable granting every future Special Prosecutor, under every future government, precisely the same procedural latitude. If the answer changes with the party in power, the principle was never constitutional. It was partisan.

Accountability Without Humiliation

A republic may insist upon accountability without institutional humiliation. The State may investigate, summon, arrest where the legal threshold is satisfied, prosecute, and seek extradition. Following conviction by a competent court, it may punish according to law. Throughout that continuum, however, the accused remains a human being possessed of dignity and legal rights.

Article 5 of the African Charter protects inherent human dignity. Articles 6 and 7 protect liberty, security of the person, and fair process.


Ken Ofori-Atta


Kissi Agyebeng, OSP

Human rights do not evaporate because the allegation is corruption. Public anger does not become evidence because it is loudly expressed.

Democracies sometimes mistake severity for seriousness. They are not the same. A prosecution does not become more credible because officials speak more loudly. An investigation does not become more rigorous because a suspect is branded internationally. Institutional authority is often strongest when institutional language is most restrained.

The OSP's Position Must Also Be Fairly Stated

Forensic criticism must include inconvenient facts. The OSP has publicly maintained that it remains guided by law and evidence and committed to due process and fair, lawful and impartial prosecution. It has also pointed to subsequent extradition and diplomatic processes and to efforts to secure Mr Ofori-Atta's appearance before the Ghanaian courts.

The responsible criticism is therefore not that the OSP is institutionally illegitimate. The more exacting criticism is that an office entrusted with extraordinary anti-corruption powers must demonstrate extraordinary procedural competence.

The credibility of the OSP is itself a national asset. Adverse procedural findings should therefore be approached neither as trophies for political opponents nor as insults to be dismissed, but as an invitation to institutional reflection. Strong institutions do not fear scrutiny. They absorb it, correct deficiencies and become stronger.

Administrative Failure Is Not Automatically Criminality

One of the most jurisprudentially significant features of the reported CCF reasoning is its attention to the distinction between ministerial decision-making, administrative non-compliance and fraudulent criminal conduct. That distinction goes to the architecture of criminal law.

Bad governance is not automatically corruption. A financially disastrous decision is not automatically criminal fraud. Administrative irregularity is not automatically dishonesty. Equally, ministerial authority cannot immunise conduct that the evidence properly establishes as criminal.

The dividing line must be demonstrated through the constituent elements of the offence and admissible evidence. Otherwise criminal law risks becoming a mechanism for retrospectively criminalising unpopular governmental decisions.

That danger is larger than this case. If every change of administration invites the criminal reinterpretation of contested policies of its predecessor, public officials may cease governing according to judgment and begin governing according to fear of tomorrow's prosecutor. Accountability would then cease strengthening governance and begin paralysing it.

Justice Is A Method Before It Is A Result

We habitually speak of justice as an outcome. A person is convicted and one side declares that justice has been done; a person is acquitted and another insists that justice has failed. Constitutional justice, however, is also a method.

Justice resides in evidence properly gathered, accusations properly particularised, information accurately maintained, prosecution separated from political vengeance, a meaningful opportunity to answer the case, the presumption of innocence, an independent tribunal and the willingness of institutions to correct themselves.

The genius of due process lies precisely here: the State must sometimes inconvenience itself in order to remain legitimate. Unrestrained power pursues what it regards as the correct outcome by whatever means appear expedient. Constitutional power accepts limitations upon itself.

That self-restraint is not weakness. It is the moral signature of democratic government.

Ghana's Constitutional Choice

The Ken Ofori-Atta controversy should become more than another episode in Ghana's NPP-NDC contest. It should become a national conversation about the republic Ghana intends to be.

We should want a country in which no former minister is above investigation, no prosecutor is above scrutiny, corruption is pursued fearlessly, evidence precedes condemnation, international police mechanisms are used when legally necessary, and accusation never substitutes for adjudication.

The principle cannot be partisan. If due process belonged only to people who are ultimately found innocent, there would be no need for due process. Its purpose is precisely to ensure that guilt is established through law rather than presumed through power.

Conclusion: The Republic Must Be Better Than Its Anger

Ken Ofori-Atta may ultimately have serious questions to answer before a competent court. Nothing in the CCF decision, as publicly reported, determines his guilt or innocence or extinguishes the criminal proceedings in Ghana.

But the State also has serious questions to answer about the quality, sequence, accuracy, necessity and international presentation of the process by which the matter was pursued. Those questions do not become less important because the allegations concern corruption. They become more important.

The legitimacy of anti-corruption enforcement will ultimately depend not on how dramatically suspects are pursued, but on whether prosecutions withstand the calm examination of law, evidence and procedure.

A democracy must never permit the righteousness of its objectives to absolve the legality of its methods. When procedure becomes dispensable, rights become contingent. When rights become contingent, institutional power risks becoming personal. And when public power becomes personal, justice begins to lose its meaning.

The true strength of the Republic is not demonstrated by how relentlessly it can pursue an accused person. It is demonstrated by whether, while pursuing that person, the Republic can still restrain itself.

Because in the final analysis, the difference between prosecution and persecution is not rhetoric. It is lawful process. And the difference between constitutional government and raw political power is that constitutional government must obey the rules even when it desperately wants to win.

Is It Better To Take Several Short Walks Or One Long Walk?

While you probably know regular exercise is important for your health, could the timing and frequency of movement be as important as how much you exercise?

Read more on page 10

The Source
RELIABLE AND TRUSTWORTHY

Friday, November 27, 2026

ARTICLE

Here's How Democrats Should Investigate Trump's Corruption

By **The Editorial Board**

For nearly two years, a Congress controlled by Republicans has prostrated itself to President Trump and his autocratic impulses. Now that Democrats have won control of Congress, they need to restore the legislative branch to its rightful place as the first among equal branches in our constitutional system. Core to that work is holding Mr. Trump and his administration accountable for their abuses of power.

The most urgent priority should be to halt ongoing abuses and prevent others. Congress should make clear that the Trump administration's rampant corruption will no longer receive a free pass. Nor will its abuse of immigrants and Latino citizens, its perversion of the Justice Department for partisan aims, its illegal and reckless war in Iran or its budget cuts that defy established law. All will be subject to scrutiny. In some cases, Congress should refuse to pass basic funding bills until the Trump administration adheres to the law.

The next priority is to understand the abuses that already occurred, explain those abuses to the American people, and pursue accountability when appropriate. Deciding on the appropriate form of accountability will not be easy. Many Americans are wary of the cycles of prosecution that have dominated American politics in recent years. Many congressional Democrats are wary of pursuing more impeachment cases that seem destined to lead to acquittal in the Senate. But Congress does not need to answer these difficult questions right away.

It should first pursue the truth. It should find out precisely how Mr. Trump and his inner circle have misused their power, and present the evidence in ways ordinary citizens can grasp. Once it does so, it can then decide which forms of accountability are appropriate. The work of uncovering the truth should begin as soon as Democrats take power on Capitol Hill in January.

Congress will have no shortage of targets. Mr. Trump has flouted bipartisan tradition, and sometimes the law, in ways that no other modern president has. If anything, the risk facing this Congress will be pursuing so many subjects that the public cannot make sense of any of it. Congressional leaders will need to decide which areas will receive the bright lights of major congressional hearings and, by extension, national attention.

No subject offers a better opportunity than corruption. Corruption in the Trump administration is vast and flagrant. Mr. Trump's net worth has increased by at least $2 billion since he returned to office. Donald Trump Jr. runs an investment company that helps businesses curry favor with the Trump administration. Other relatives and Trump friends have also made millions with the help of government influence. The administration has created a virtual pardon industry, in which criminals can petition for absolution using their connections to



Mr. Trump's circle.

By focusing on this corruption, Congress can make clear that Mr. Trump and his allies are willing to harm other Americans for their own benefit. While the Trumps have become even richer through crypto, for instance, nearly a million investors have lost a combined $3.8 billion from investing in his coin. Congress can lay the groundwork for passing a package of reforms, including a ban on stock trading by top government officials that too many Democrats opposed in the past, and dare Mr. Trump to veto it.

Democrats can also contrast the Trump administration's self-dealing with the economic struggles of many American families. Corruption is already a top concern of voters, polls have shown. Ultimately, a focus on corruption could help Democrats make a case for broader legislation that would lift living standards by reducing everyday costs. In this year's campaigns, several Democrats — such as Abdul El-Sayed in Michigan, Adam Hamilton in Kansas, Senator Jon Ossoff in Georgia, and James Talarico in Texas — made this case, promising to use government to benefit the many rather than the few.

Congress's new leaders can look to several past congressional investigations for successful models. Examples include the Watergate investigation of the 1970s; the Iran-Contra hearings of the 1980s; the inquiry after the Sept. 11, 2001, attacks; and most recently, the Jan. 6 committee, which unveiled Mr. Trump's efforts to overturn the legitimate results of the 2020 election. The members of Congress who led those investigations made sure the hearings focused on issues Americans cared about. The televised portions were built to be engaging and accessible. They told a story. The Jan. 6 committee even hired a television executive to produce the hearings. The clarity of those hearings, which ended in October 2022, contributed to the defeat of several election deniers in the midterms that were held a few weeks later, even if the hearings were not sufficient to prevent Mr. Trump's victory two years later.

The people running these previous investigations also made efforts to make them bipartisan. That has never been easy. The Watergate investigation may now be remembered as a bipartisan affair, but top Republicans first spent many months criticizing it as a witch hunt.

If anything, bipartisanship is even harder in today's polarized environment. Still, Democrats should try. After Republican leaders refused to participate in the Jan. 6 hearings, for example, Democrats still made sure to include Liz Cheney and Adam Kinzinger, two Republican representatives willing to stand up for the Constitution.

Given this month's midterm results and Mr. Trump's unpopularity, some congressional Republicans may eventually be more open than they have been to hold him accountable. The Congress that convenes will also include more than 30 Republican members who are new to Washington. Republicans, too, should be concerned about runaway executive power.

The Trump administration will probably resist these investigations, much as it stonewalled investigations during the second half of Mr. Trump's first term. Democrats should not relent in the face of obstruction. If he and his aides illegally defy subpoenas, Congress should pursue every legal remedy in the courts. It should also find ways to highlight corruption that do not depend on the testimony of Trump administration officials. There are several.

Congress can subpoena the private citizens who provided money to administration officials even if it cannot hear from the people who received that money. It should subpoena the chief executives of companies that contributed to the White House ballroom, for example. What did they give? Why? What were they promised? What have they received?

One of those companies is Apple, whose former chief executive Tim Cook donated $1 million to Mr. Trump's inauguration and gave him a plaque with a 24-karat-gold base in the Oval Office shortly before his company received a tariff exemption. Amazon, which paid $40 million for the rights to a documentary about Melania Trump, is also on the list. So are Meta, whose chief executive, Mark Zuckerberg, has fawned over Mr. Trump, and Nvidia and BlackRock.

Congress should call people who have received pardons or other favorable treatment, like Changpeng Zhao, a founder of Binance, a crypto company. Soon after Binance made a business deal that will generate tens of millions of dollars a year for the Trumps and the family of Steve Witkoff, a close friend and adviser, Mr. Trump pardoned Mr. Zhao for money-laundering violations that had landed him in federal prison. And Congress should consider subpoenaing former administration officials, including those whom the president fired or forced to resign. Some might provide riveting testimony of abuses of power that they witnessed.

Corruption should not be the only subject of investigation, even if it should be the most prominent. Congress should also hold the administration accountable for its immigration abuses and its persecution of political opponents, among other perversions of government power. Members of Congress should make clear that they intend to function as the Constitution envisioned and act as a check on the president's power. As they do so, they should not shy from giving some investigations greater prominence than others.

Dark times for American democracy have sometimes led to reforms that moved the country forward. After the Watergate scandal, Congress passed laws to constrain future presidents, and the Justice Department built guardrails to protect against presidential interference in criminal prosecutions. The effort was bipartisan, and the changes endured until Mr. Trump became president.

The thorough Republican defeat in this year's midterms can mark the start of the post-Trump era in American politics. Yet that will happen only if Congress again begins to act as a functioning body, one whose members understand they are vested with substantial authority. The 120th Congress will be sworn in on Jan. 3, 2027. May it represent a new day in Washington.



Thirty-One Killed In Massive Fire AsFuel Tanke Crashes On Cairo Highway

Thirty-one people have been killed and 21 others injured in a large fire on a busy highway in Cairo after a fuel tanker crashed, Egypt's health ministry says.

Hospitals nearby treated patients suffering burns and smoke inhalation after the incident, which occurred on a section of a ring road in the Warraq neighbourhood, to the north of the old city centre, on Wednesday evening.

Read more on page 6

The Source
RELIABLE AND TRUSTWORTHY

Friday, November 27, 2026

LIFESTYLE

Is It Better To Take Several Short Walks Or One Long Walk?

By **Katia Hetter**

While you probably know regular exercise is important for your health, could the timing and frequency of movement be as important as how much you exercise?

Taking frequent, short walks throughout the day improved certain measures of blood sugar regulation more than completing the same amount of walking in one continuous session, according to a new study published in the journal Obesity.

Though the study involved just 30 participants, the findings raise questions about whether people who spend much of their day sitting should rethink how they incorporate movement into their routines.

To help us understand the research and its implications, I spoke with CNN wellness expert Dr. Leana Wen, an emergency physician and clinical associate professor at George Washington University. She previously served as Baltimore's health commissioner.

CNN: Is it better to take several short walks or one long one?

Dr. Leana Wen: This trial involved 30 adults aged 18 to 45 with overweight or obesity who spent at least six hours daily sitting and mostly led sedentary lifestyles. Participants were randomly assigned to two groups. Both were instructed to walk briskly for 45 minutes a day, five days a week, for six weeks. One group completed the walking in a single continuous session; the other took approximately five-minute walking breaks every hour throughout the day. Researchers asked participants to maintain their usual diets and avoid intentionally losing weight.

The researchers assessed blood sugar regulation using laboratory tests and continuous glucose monitors, which measure glucose levels throughout the day. The team found that participants taking frequent walking breaks experienced greater improvements in some key measures of glucose regulation than those completing one longer walk.

For instance, the walking-breaks group increased the proportion of time their glucose remained within the study's target range of 70 to 140 milligrams per deciliter. That same group also experienced less fluctuation in glucose levels and more favorable results on a laboratory test measuring how efficiently the body clears glucose from the bloodstream.

The results are interesting, but it's also important to mention the study's limitations: There were only 30 participants, they were relatively young, and the intervention lasted just six weeks. People with chronic diseases were excluded, so the findings cannot be directly applied to people with heart disease, diabetes or other medical conditions.

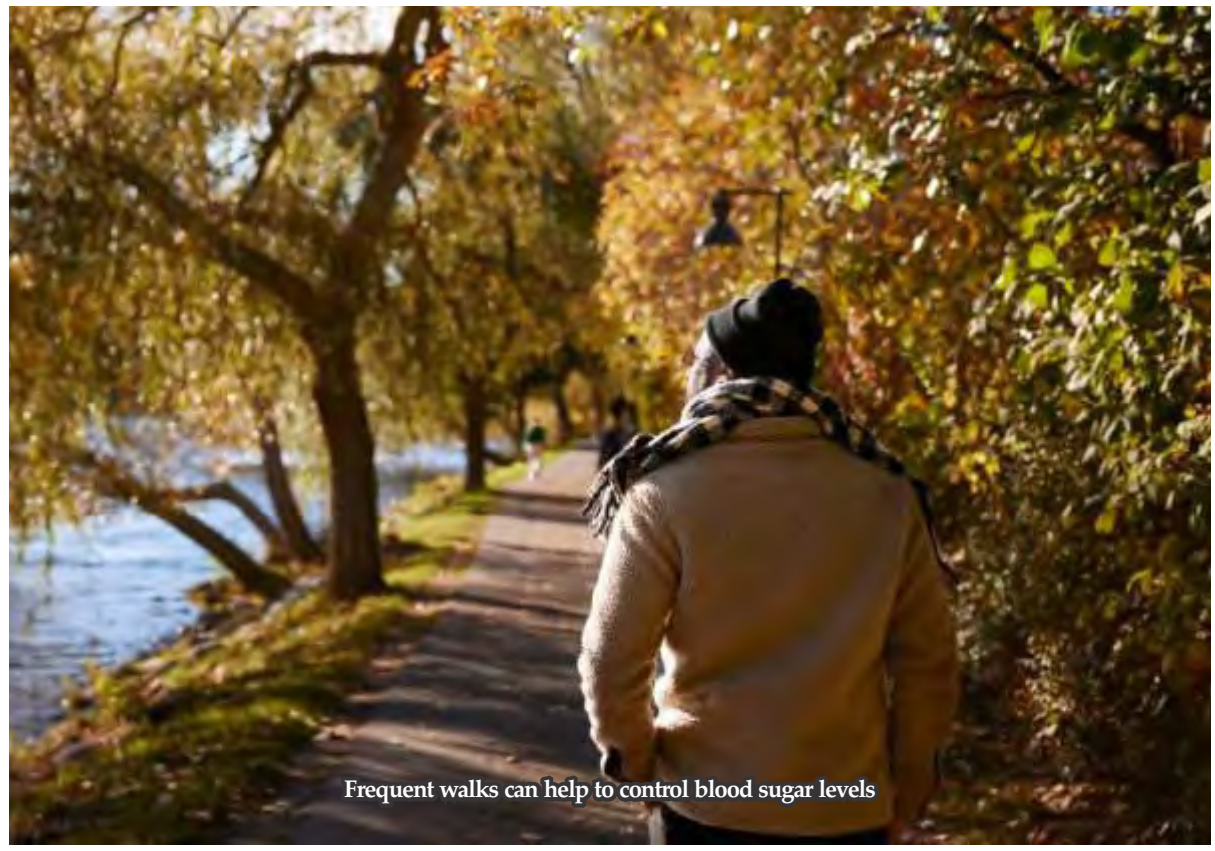
The study also lacked a control group that continued sitting without adding exercise. Moreover, researchers did not control participants' meal timing or dietary composition during glucose monitoring, both of which can influence blood sugar measurements. And we don't know whether the observed changes translate into a lower risk of developing diabetes or other long-term complications. Larger studies involving more diverse populations and longer follow-up periods are needed to establish the sustained clinical benefits — if any — of this approach.

> *"The pancreas releases insulin to help cells absorb glucose and bring blood sugar back toward its usual level. Problems arise when cells become resistant to insulin or the pancreas cannot produce enough insulin to compensate. Over time, these issues can lead to prediabetes and type 2 diabetes.*

CNN: Why might several short walks be more beneficial for blood sugar regulation than one longer walk?

Wen: The researchers proposed several possible explanations. One involves how our muscles use glucose. When someone sits for hours, their muscles remain relatively inactive. Getting up to walk activates these muscles and increases blood flow, which helps deliver glucose to muscle tissue. Repeated walking breaks throughout the day could stimulate glucose uptake at frequent intervals and help the body maintain more stable blood sugar levels.

Another possibility is that walking breaks affect how fat tissue responds to insulin and processes nutrients, which could also influence blood sugar regulation. In addition, repeated muscle activity could stimulate the liver to release more glucose into the bloodstream to replace what muscles are using, resulting in a better compensatory response. The authors emphasized that the exact mechanism is not known, and future research can shed more light on the physiological reasons behind observed improvements.



Frequent walks can help to control blood sugar levels

CNN: Why is blood sugar regulation important, even for people who don't have diabetes?

Wen: Blood sugar naturally rises after meals as carbohydrates are digested. The pancreas releases insulin to help cells absorb glucose and bring blood sugar back toward its usual level. Problems arise when cells become resistant to insulin or the pancreas cannot produce enough insulin to compensate. Over time, these issues can lead to prediabetes and type 2 diabetes.

Chronically elevated blood sugar can damage blood vessels and nerves, increasing the risk of heart disease, kidney disease, vision loss and other complications. One measure used in the study is glucose variability, which describes how much blood sugar fluctuates throughout the day. Greater variability has been associated with adverse cardiovascular outcomes, particularly among people with diabetes.

CNN: Should people stop doing one long exercise session and opt for short workouts instead?

Wen: I would not advise people to abandon their regular workouts. This study compared two schedules for the same amount of brisk walking and measured specific aspects of glucose regulation. The research did not assess whether short walks or a long walk produces greater improvements in cardiovascular endurance, muscle strength or long-term disease prevention.

Sustained aerobic activity has established benefits for heart health, blood pressure, physical fitness and mental well-being. Strength training provides additional benefits, including preserving muscle mass and improving physical function.

To me, the practical takeaway is that everyone should incorporate movement throughout the day, including those who regularly exercise. Someone who goes to the gym in the morning but spends the next eight hours sitting at a desk can benefit from taking breaks to move. A daily workout and regular "exercise snacks" serve complementary purposes.

CNN: How often should people who sit for much of the day get up and move?

Wen: In this study, participants were instructed to take approximately five-minute brisk walks every hour. That's a terrific approach for people whose work involves prolonged sitting. They could set an hourly reminder, walk around their office or home, or take a brief walk outside between meetings.

The American Diabetes Association's 2026 guidelines recommend that people with diabetes or at risk of developing it interrupt prolonged sitting at least every 30 minutes. These breaks can include walking or other physical activities. The precise duration and frequency that produce the greatest benefits have not been established, but I think the most important thing is for people to find the routine that works best for their schedule.

US Approves SpaceX Plan To Send A Million Data Satellites To Space

US regulators have given SpaceX the go-ahead to launch a million satellites into Earth's orbit to help build data centres in space - the first approval of its kind.

The company, which is owned by Elon Musk, wants to use sunlight to power satellites that will process data for AI and send the results back to Earth.

Read more on page 11

The Source
RELIABLE AND TRUSTWORTHY

Friday, November 27, 2026

Seven Tech Problems To Solve For Your Parents This Thanksgiving



Home for the holidays? These steps will help you solve technology problems your parents or other family members might be having and prevent crises before they happen. They will make your life better too.

For millions of Americans spending time with family this Thanksgiving, their holiday visit will be greeted with an inevitable request: to fix gadgets around the house that aren't working as they should.

Tech support is part of the responsibility that comes with aging parents for a lot of people I know. That isn't true in every family, of course (my dad has always been obsessed with computers. That's probably where I get it). But it got me thinking – maybe this Thanksgiving can be an opportunity to be proactive, rather than waiting for things to break.

Here are nine simple tech fixes to make everyone's digital lives safer, simpler, and less annoying.

And if nothing else, a bit of light tech support will give you something to do as you loaf around between gut-busting meals on those bleary holiday afternoons.

Un-smooth the TV

Modern TVs usually have "motion smoothing" features on by default. These use AI to reduce the blur of quick-moving objects. It's great for sports, but it adds a surreal, plasticky appearance that makes everything look like a soap opera. Turn it off for better image quality. TVs use different names: look for "motion", "blur," or "smoothing" controls under display settings.

Some shady websites can use these pop-up notifications to scam people.

Kill wi-fi dead zones

Here's the simple answer: move the router. Imagine a straight-line between the router and the area where you need signal. Move it off the ground, put it in a central area, and avoid walls, doors, and furniture. Some objects, like mirrors, metal surfaces, and even fish tanks, can be especially problematic. If all else fails, consider mesh routers or wi-fi extenders.

Make a wi-fi password QR code

Forget reading out passwords letter by letter. iPhone and Android devices let you create a QR code that guests can scan with their phone camera to connect automatically.

- On iPhones, open the Passwords app > *Wi-Fi > select your network > Show Network QR code.*
- On Samsung phones, find it under *Settings > Connections > Wi-Fi.* You can save QR code as an image or print it out and stick it to the fridge.
- On Android, select Network and Internet > Internet > tap Settings next to your wi-fi network > Share.

While you're at it, change your wi-fi password and network name to something easier to say and remember – using the default can leave you vulnerable to hacking. You just need to log in to your router's admin settings or its companion app. You can usually find details on the back of the router or just look up the model.

Create a secret code word

Older people are particularly vulnerable to scams and fraud, but thanks to ever-growing AI deepfakes, everyone is a potential victim. There's a simple solution: your family needs a secret codeword that you ask for over the phone in unusual situations. But creating the codeword is just step one. Check out our guide for everything you need to know.

The Interface

Want to know more about the stories behind your screen? Check out the latest episode of The Interface, the BBC's flagship technology podcast.

Make TV dialogue easier to hear

Hearing loss can make movies and shows hard to follow. Some TVs and streaming services have special features for this, check for settings like "Clear Voice", "Dialogue Enhancer" or "Speech Mode". Switch off sound features like bass boost, virtual surround and cinema mode which can muddy voices. Use "standard" or "voice" mode instead.

Never lose your devices again

If you haven't set up the "Find My" feature on your devices, you're begging for trouble. Apple devices have built in trackers that show where they are on a map when enabled. In some cases, you can use the feature to trigger a sound so you can track the device down. Android has a network called the Find Hub, which works similarly. You can use these systems with other trackers you can clip on to anything from keys to wallets to remotes.

Stop website notification fraud

You've surely noticed that websites across the internet beg you to let them send your browser notifications. For some people it may sound convenient, but it can be a nuisance. Some shady websites can also use these pop-up notifications to scam people with warnings about fake viruses. You may be better off disabling them altogether or at least removing websites that aren't obviously reputable.

- Safari: go to *Settings > Websites > Notifications >* deselect *"Allow websites to ask for permission to send notifications".*
- Chrome: click the three-dot menu, then *Settings > Privacy and Security > Site Settings > Notifications > hit "Don't allow sites to send notifications"* to block them all.

US Approves SpaceX Plan To Send A Million Data Satellites To Space

US regulators have given SpaceX the go-ahead to launch a million satellites into Earth's orbit to help build data centres in space - the first approval of its kind.

The company, which is owned by Elon Musk, wants to use sunlight to power satellites that will process data for AI and send the results back to Earth.

The Federal Communications Commission (FCC) said on Wednesday that the project, known as Starmind, will "support America's booming super intelligence economy".

Its approval comes as communities across the US have pushed back against the expansion of data centres on the ground.

Space X believes the "orbital data centres" are the most cost and energy-efficient way to meet the growing demand for artificial intelligence (AI) computing power that is beyond "terrestrial capabilities".

FCC Chairman Brendan Carr said in a statement that the project "opens a bold new frontier for the computing infrastructure needed to power America's leadership and growth".

"This is the kind of American ingenuity that can unite our strengths in space and advanced technology, reinforce our economic leadership, and expand prosperity here at home," Carr said.

Responding to the announcement, Musk wrote on X: "Much appreciated. This will be a great asset to America and the world."

Under the FCC licence, deployment of the satellites has to begin no later than November 2033. SpaceX will be required to have deployed 10% by November 2035, rising to 50% by November 2038.

The company has already said it wants to launch its first Starmind satellite next year.

It's unclear if a million satellites will be launched or if SpaceX has sought approval for a higher number than it will use.

Like SpaceX's current Starlink network, which provides high-speed internet via more than 10,000 satellites, Starmind's satellites will operate in low-Earth orbit at altitudes ranging between 500-2,000 km (310-1,242 miles).

Starmind's satellites will communicate with Starlink's and then relay the data to Earth.

The solar-powered satellite system "promises to bring the human race closer to a Kardashev II civilisation—one that can harness the full power of the sun", the FCC statement said, in a reference to a hypothetical society proposed by an astronomer in the 1960s, capable of harnessing the entire energy output of its home star.

The orbiting data centre concept is also being explored by other firms - including Google and Blue Origin - and is being pitched as a greener alternative to traditional centres, which require enormous amounts of power to run and water for cooling.

The ever-expanding use of AI computing has led to a massive increase in the amount of data that needs to be stored and processed worldwide.

New facilities continue to be built, but it is becoming difficult to find places to put them. Data centres are large and sprawling, use enormous amounts of power and water for cooling, and local people increasingly don't want them built nearby.



Data centres were a central issue in the midterm elections earlier in November, with many Democratic candidates promising tougher regulation on their construction.

An expert previously told the BBC that launching hardware into orbit remains expensive and that the infrastructure to protect, cool and power them can be complex - while a growing quantity of space debris puts the physical hardware at risk.

Separately, another cautioned that the growing number of low-orbit craft increases the possibility of crashes between objects - which could damage machines or send materials falling back to Earth.

Starlink has been accused of creating congestion in space, something Musk denies. He has also rejected claims that his satellites have been taking up too much room and crowding out competitors.

The Source

RELIABLE AND TRUSTWORTHY

Friday, November 27, 2026 | No. 134/26 | GH¢7.00

IPLS

MOTTO; *Empowered for Development*

STUDY
ADR PRACTICE
AT IPLS

MEDIATION

NEGOTIATION

ARBITRATION

CUSTOMARY
ARBITRATION



We are the Masters

CONTACT US TODAY ON

0549849939 / 0509634027 / 0303960798

Website: www.iplsghana.com

Email: ipls.edu.gh@gmail.com