

September Edition

Volume 2

Issue 6

THE DUNIFIER MAGAZINE

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CONTINUES TO
LIBERIA, THE GAMBIA,
& GUINEA-BISSAU

**OPEN LETTERS TO
THE PRESIDENT**

HEALTH TALK
WITH APRN ABIOSEH PIEH

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INBOX



YOUR COMMENTS

The Right Message at the Right Time!

"Dr. Konteh, I'm fully behind your campaign—not just because I've known you for over forty years, but more importantly because of the message of hope you're bringing to the people of Sierra Leone. Truth is, many Sierra Leoneans have lost all hope in this country, mostly because of dishonest politicians. I've spoken with young people recently who say they won't register or vote in the next election. They just don't believe any politician can bring real, positive change. But I believe your message can change that. It's the kind of message that can give people hope again and encourage them to get involved in politics and fight for a better Sierra Leone." — *Sorie T.*

We The Youth Have a Role!

"As a young person in Sierra Leone, I found the August edition of The Unifier both eye-opening and empowering. The article on de-polarization made me think differently about politics and unity. We youths often feel ignored, but this magazine speaks directly to us. The message is clear: we have a role to play in changing our nation." — *Alusine K., F/Town*

Dear Lord, Bless Your Son!

"Dear Lord, bless your son, Dr. Richard Konteh, and make him the favorite of the party people for the flag bearership and the people of Sierra Leone for the presidency in Jesus' name. Anoint him with abundant grace and wisdom for the task ahead in Jesus' name." — *Alie C., London, UK*

It's Reassuring!

"Reading the August edition from abroad brought me home in spirit. The coverage of Dr. Konteh's engagement with Sierra Leoneans in the U.S. was uplifting. It's reassuring to see leaders reaching out to the diaspora not just for support, but for shared vision and contribution. I applaud The Unifier Magazine for keeping us connected and informed." — *Mariama B., USA*

More Spotlight!

"Your article on cross-border security and drug enforcement was timely and critical. Our nation's fight against kush, corruption, and trafficking needs more spotlight. Thank you." — *Haja Fatmata S., Freetown*

Raising The Bar!

"The open letters to the President were honest, respectful, and filled with urgency. It's not common to find political discourse this balanced and solutions-focused. The Unifier continues to raise the bar for political journalism in Sierra Leone by calling attention to real issues like security, poverty, and leadership accountability." — *Samuel C., Political Analyst*

I'm Inspired!

"This August edition of The Unifier Magazine is one of the most timely issues. The article on de-polarizing Sierra Leone was deeply moving and thought-provoking. It is a necessary call to national healing and honest reflection. I was especially inspired by the 'Hope and Unity' Tour coverage and the open letters to the President. They are bold, respectful, and full of purpose. The spotlight on poverty as our real common enemy reminds us all where the fight truly lies. Thank you for continuing to be a voice of conscience, clarity, and courage in Sierra Leone's media landscape."

— *Fatmata K., Bo District*

Beyond The Capital!

"Thank you for publishing content that is relevant beyond the capital. The story 'From the Hills of Gbendembu to the Halls of National Progress' truly touched my heart. We need more stories that show rural Sierra Leoneans making a difference. Keep inspiring us."

— *James K., Bombali District*



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PRAY

FOR SIERRA LEONE

A Prayer for Dr. Richard Konteh and the Unifier Campaign

Almighty God, Creator of the universe. You are sovereign over us. You are the King of kings, and Lord of lords. In Your hands there is power and might. Your wisdom is infinite.

Lord, with grateful hearts, we acknowledge that “there is no authority except that which You have established” (Romans 13:1). We thank You for the life of Dr. Richard Konteh. We thank you for his family. We thank you for the vision You have placed in his heart, and for his desire to serve Sierra Leone as a unifier and a servant leader.

Lord, Your Word says, “Blessed is the nation whose God is the Lord,...” (Psalm 33:12). We ask that You bless Sierra Leone with peace, justice, and prosperity. Let our nation rise above division, and let our people be bound together in unity and love.

Father God, we ask that you direct Dr. Richard Konteh’s heart, his thoughts, and his steps. Guard him from every scheme of the enemy, from lies, division, and discouragement. Surround him with wise counsel, trustworthy allies, and people who will stand for truth and integrity.

Lord, we declare Your word in Isaiah 54:17 over his life, his family, and his campaign: that “No weapon forged against him will prevail, and you will refute every tongue that accuses him.”

O God, we pray that his message of unity be louder than the voices of hate, that his vision be clearer than the noise of politics, and his actions be a reflection of Your wisdom and grace.

Lord, we pray for the APC party, that You will guide them to choose leaders who will prioritize the people over personal gain, and for Sierra Leone, that every citizen will see hope in the Unifier’s message of Harmony, Opportunity, and Transformation.

Father, we commit Dr. Konteh and his unifier vision into Your hands, for “Unless the Lord builds the house, the builders labour in vain” (Psalm 127:1). Build this vision, Lord. Open doors for Dr. Konteh that no one can close, and let Your will be done in his life, in his campaign for the APC leadership, and in Sierra Leone. We ask all this in the mighty name of Jesus Christ.

Amen.

PRAY

FOR SIERRA LEONE

A Prayer for Dr. Richard Konteh and the Unifier Campaign

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللَّهُمَّ إِنَّا نَسْأَلُكَ لِلدُّكْتُورِ رِيْتَشَارْدِ كُونْتِيهِ الْهُدَى وَالتَّقَى وَالْعِفَافَ وَالْعَنَتِ، وَنَسْأَلُكَ أَنْ تَجْعَلَ خَمَلَتَهُ وَقِيَادَتَهُ لِلْوَطَنِ سَبِيلًا لِلْوَحْدَةِ وَالْعَدْلِ وَالرِّفْعَةِ.

اللَّهُمَّ اجْعَلْهُ قَائِدًا يَسِيرُ عَلَى نُورِ قَوْلِكَ:

إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ (النحل: 90)
وَجْعَلْهُ يَعْمَلُ بِصَالِحِ الْبِلَادِ وَالْعِبَادِ.

اللَّهُمَّ وَفِّقْهُ لِمَا تُحِبُّ وَتَرْضَى، وَافْتَحْ لَهُ أَبْوَابَ النَّجَاحِ وَالنَّصْرِ، وَاحْفَظْهُ مِنْ كُلِّ سُوءٍ، وَاجْعَلْ سِيرَتَهُ فِي عَهْدِهِ بَلَدًا آمِنًا مُزْدَهَرًا.

آمين يا رب العالمين

In the name of Allah, the Most Gracious, the Most Merciful

O Allah, we ask You for Dr. Richard Konteh to be granted guidance, piety, chastity, and self-sufficiency. We ask You to make his campaign and leadership for the nation a path to unity, justice, and progress.

O Allah, make him a leader who walks in the light of Your words:

"Indeed, Allah commands justice and good conduct" (Qur'an 16:90)
and let him work for the benefit of the country and its people.

O Allah, grant him success in what You love and are pleased with. Open for him the doors of victory and success. Protect him from all harm, and make Sierra Leone under his leadership a safe and prosperous land.

Ameen, Lord of the worlds.

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BECOMING THE FLAGBEARER

A DEFINING MOMENT FOR THE APC PARTY

As the APC prepares for the 2026 NDC, the race for the flagbearer position will be pivotal — a make or break for the party's survival.

The race to become the flagbearer of Sierra Leone's All People's Congress (APC) is more than a mere political contest; it is a high-stakes, multi-faceted gauntlet that tests an aspirant's political acumen, influence, and financial muscle. As one of the two major political parties in the country, the APC's choice for its leader and presidential candidate is a decision that ripples across the nation, shaping the political landscape and the future of Sierra Leone. The process is a complex tapestry woven from a party's internal constitution, national electoral laws, and the intricate dynamics of power, patronage, and public perception.

The path to the flagbearer position is first and foremost governed by a dual legal and constitutional framework.

Aspiring candidates must meet both the requirements set forth by the national constitution of Sierra Leone and the internal constitution of the APC. The national constitution sets the fundamental criteria for any person to run for the presidency, such as age, citizenship, and qualification to be a Member of Parliament. These are non-negotiable legal hurdles that every candidate must clear.

The APC's own constitution is the most critical document for an aspirant. It outlines the specific criteria for leadership, the selection process, and the rights and responsibilities of members. A candidate must be a registered, financially up-to-date member of the party. The party's constitution details the internal electoral process, which typically culminates in

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a National Delegates' Conference (NDC). This conference, composed of delegates from across the country's districts and constituencies, holds the ultimate power to elect the flagbearer. The process is not always a simple open vote and can be influenced by endorsements, consensus-building, and backroom negotiations.

Beyond the formal requirements, a successful flagbearer aspirant must possess a potent combination of political, social, and financial capital. These three forms of capital are not independent; they are deeply intertwined and mutually reinforcing. A deficiency in one area can undermine the others, making a balanced and robust approach essential for a serious contender.

- **Political capital** is the accumulated goodwill, influence, and trust that an aspirant has built within the party structure and the broader political establishment. It is the measure of their political clout. This capital is not earned overnight; it is the result of a long and dedicated political career.
- **Social capital** is the public trust and credibility an aspirant has earned outside the party, among the general populace. It reflects their ability to connect with everyday citizens and build a broad base of support. In a country like Sierra Leone, with its diverse communities and strong regional ties, this is especially vital.
- **Financial capital** is the monetary resource required to run a modern political campaign. In a country like Sierra Leone, where a successful campaign requires extensive travel and a well-oiled organizational machine, this is a non-negotiable factor.

Aspirants are not lone actors. Their success hinges on their ability to build and leverage a robust political network. The APC, like any major political party in the world, has its internal factions and power struggles. An aspirant must be capable of navigating these complex relationships, building bridges, and at times, forming strategic alliances to outmaneuver rivals.

While the internal party vote is what counts, a candidate's public image and platform are crucial for both winning the nomination and the general election.

Grassroots Connection: The APC is a party with deep roots in the northern parts of the country and among certain ethnic groups. Since 2018, Dr. Richard Konteh has made a concerted effort to connect with ordinary Sierra Leoneans and grassroots APC supporters across the country and in the diaspora. Since April this year, he and his team has embarked on a “Hope and Unity Tour” across the nation covering every district from north to south, east to west, and the diaspora to places like Glasgow in Scotland, Virginia, Philadelphia, Delaware, and New York in the USA, Accra Ghana, Monrovia Liberia, Banjul, The Gambia, and Guinea-Bissau. This kind of consistent engagement with grassroots supporters, community leaders, youth groups, and women's organizations is the hallmark of a successful aspirant. He has demonstrated a genuine connection to the grassroots, understanding their concerns, and he is able to articulate a vision that resonates with them.

Building Bridges: An aspirant must be capable of navigating complex relationships, building bridges, and, at times, forming strategic alliances – working with other aspirants and party leaders on issues affecting the party, challenging the government on critical national issues of interest, and solidifying support for the party. Again, since 2018, Dr. Richard Konteh has been the unifying force for the APC. He has volunteered his resources for every bi-election and the 2023 general elections to ensure the APC party's votes are counted and reported fairly. He has been featured on national radio and TV news outlets, defending and promoting the party's ideals. These are the genuine efforts that will make the APC party victorious in the 2028 election.

A Proven Track Record: Experience in public service, business, or academia provides an aspirant with a foundation of credibility. Dr. Richard Konteh holds a Master of Arts in Education, a Master of Science in Development Planning and Management, and a Ph.D. in Spatial Planning and Development Coordination. He has served in various capacities over the years, as a school Teacher, Executive Director, Deputy Minister of Finance and Economic Development, Minister of Trade and Industry, and Chief of Staff to President Ernest Bai Koroma. He stands out for his extensive experience in government, business, and international negotiations. His track record reflects competence, integrity, and an ability to deliver results.

A Compelling Vision for the Nation: A flagbearer must be more than a party representative; they must present themselves as a potential leader for all Sierra Leoneans.

Since 2018, through his "Listening Tours" and his recent "Hope and Unity Tour," Dr. Richard Konteh has been able to put together a bold and inspiring vision for the nation. His "Agenda for Harmony, Opportunity, and Transformation" is anchored on five key pillars:

1. Promoting Peace, National Security & Good Governance
2. Agriculture, Food Security, Diversification & Value Addition
3. Development of Human Capital & Social Services
4. Infrastructure and Industrialization
5. Economy and Private Sector Development

This agenda is not just rhetoric; it is a well-thought-out manifesto that addresses the country's most pressing issues with economic instability, youth unemployment, and gaps in education and healthcare.

It's a Marathon, Not a Sprint

The journey to flagbearership is a marathon, not a sprint. It is a test of endurance. It requires consistent engagement, adaptability, and resilience. For Dr. Konteh, the journey has meant years of hard work, meeting people where they are, and investing in relationships that transcend political cycles. Every village visit, diaspora engagement, and community dialogue reinforces a message of unity and shared purpose — a critical foundation for winning the confidence of delegates and ordinary citizens alike. Remember, the race is not for the swift. Instead, factors like time, chance, perseverance, and God's grace play a crucial role in the outcome of life's events and struggles.

Why This Moment Matters

The APC party is at a defining moment. To

reclaim the trust of Sierra Leoneans, the party needs leadership that transcends politics-as-usual — leadership that unites rather than divides, that builds bridges across regions and communities, and that places service above self.

Dr. Konteh understands that the flagbearer role is not just a title; it is a responsibility to inspire confidence, mobilize collective action, and chart a bold path forward for Sierra Leone. His message resonates because it is grounded in authenticity and experience — and because it offers something rare, something new in today's political climate: HOPE.

Looking Ahead

As the APC prepares for the 2026 NDC, the race for the flagbearer position will be pivotal. But for Dr. Konteh, the mission remains clear: to build a movement that reflects the values of unity, integrity, and transformational leadership — a movement where every Sierra Leonean sees themselves in the nation's story.

Whether in village halls or urban centers, in conversations with market women, youth groups, or professionals, Dr. Konteh's message remains consistent:

"Together, we can create a Sierra Leone that works for everyone — a Sierra Leone of dignity, opportunity, and shared prosperity. That is why I seek to lead, and that is why I believe our best days are ahead."

Becoming the flagbearer for the APC party is not just about winning a position; it is about carrying the hopes of millions. And in this journey, Dr. Richard Konteh is ready to lead Sierra Leone toward a future defined not by division, but by faith, vision, and a collective purpose.

**For more about Dr. Richard Konteh
and his vision for the APC Party and
Sierra Leone, visit
www.dunifier.com or
www.richardkonteh.com**

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**FOR FLAGBEARER
2026**

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THE UNIFIER
DR. RICHARD KONTEH

A "HOPE AND UNITY" TOUR

Dr. Richard Konteh's National and Diaspora Tour is a Game Changer - Building Bridges and Inspiring the APC Base



Dr. Richard Konteh met with community members during his Nationwide "Hope and Unity" Campaign Tour in Kabala, Koinadugu District.

Beginning in April 2025, Dr. Richard Konteh embarked on a "Hope and Unity" National Tour, traversing Sierra Leone from north to south, east to west, to connect directly with ordinary Sierra Leoneans in their communities across the nation. Each stop reinforced a message that resonates beyond politics — that sustainable transformation is only possible when grounded in heartfelt unity.

- **Binkolo, Kamabai & Fadugu:** The Hope and Unity tour's launch drew thousands who embraced Dr. Konteh's call for collective action, young and old rallying behind a vision of a Sierra Leone where hope is shared and progress is inclusive.
- **Koidu, Kono District:** In a region known for its economic potential, Dr. Konteh urged locals to reclaim their place in national progress, promising leadership that prioritizes rural development and accountability.
- **Magburaka, Kenema, Kailahun:** Each leg garnered widespread support, underscoring a growing desire for governance that listens, empowers, and elevates every region.

In **Bo City** and **Makeni City**, two pivotal cultural hubs, Dr. Konteh called for unity across tribal and regional lines, bringing renewed hope to communities feeling overlooked. His message blended national aspiration with local solidarity, anchored on job creation, infrastructure improvement, and social inclusion.



Dr. Richard Konteh met with community members during his Nationwide "Hope and Unity" Tour stops at Rokupa, Freetown.



Dr. Richard Konteh met with community members during his Nationwide "Hope and Unity" Campaign Tour in Magburaka, Tonkolili District.

Hope and Unity Beyond Borders — Diaspora Engagement

In June/July 2025, Dr. Konteh carried this same vision abroad to engage Sierra Leoneans in the Diaspora. In Glasgow, Scotland, Dr. Konteh met with the Minister of Finance and hosted a roundtable with the Sierra Leonean diaspora community. The discussion emphasized Sierra Leone's historical journey from colonial rule to independence and the shared responsibility of building a better, inclusive future. He spoke passionately about economic reform, youth empowerment, and strengthening institutional accountability.



Dr. Richard Konteh met with a cross section of members of the Scottish Parliament from both the ruling Scottish National Party and the opposition Labour Party (top photo), the Scottish Finance Minister, and the Sierra Leonean Diaspora in Glasgow during his "Hope and Unity" Tour.

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"The journey ahead for Sierra Leone is not only for those within our borders. Our people abroad are part of the change we seek," Dr. Konteh reminded attendees.

In the United States, Dr. Konteh embarked on a dynamic engagement tour, visiting Sierra Leonean communities in Virginia, Philadelphia, Delaware, and New York. These town hall meetings were platforms for open dialogue, centred on constitutional reform, electoral justice, and civic participation.



Dr. Richard Konteh met with Unifiers and Sierra Leonean communities in Philadelphia and New York during his Nationwide "Hope and Unity" Campaign Tour.

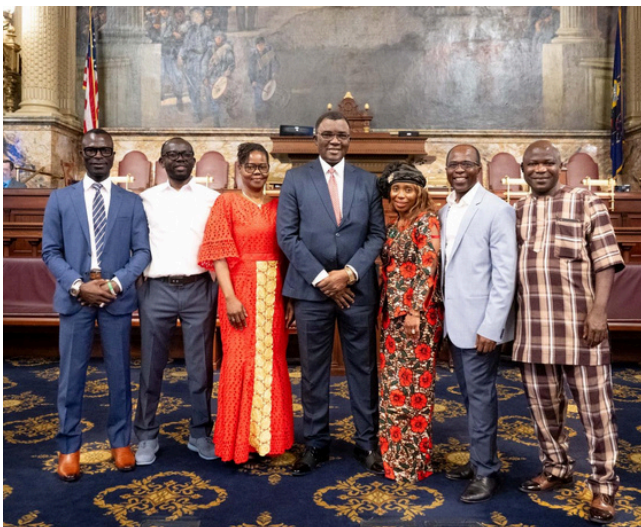
But it was his visit to Harrisburg, Pennsylvania, that underscored his growing stature as a statesman.

Dr. Richard Konteh Engages U.S. Lawmakers in Harrisburg, PA

On Tuesday, June 23, 2025, Dr. Konteh was hosted at the Pennsylvania State Legislative House for an official session with state lawmakers. The discussions explored shared democratic values, policy collaboration, and pathways for deeper diplomatic ties between Sierra Leone and U.S. state institutions.

"International diplomacy must begin at every level—from community leaders to lawmakers," he said. "Our vision for Sierra Leone is one that is globally connected and locally accountable."

The engagement not only bolstered his credibility abroad but sent a powerful message of political maturity, readiness, and reform-minded leadership back home.



Dr. Richard Konteh along with some members of the Unifier team, visited had an official engagement with the Pennsylvania State Legislative House in Harrisburg, Pennsylvania, USA.

Ghana: A New Chapter Begins with Unifier Ghana

From the corridors of Pennsylvania to the cultural capital of West Africa, Dr. Konteh capped off his diaspora outreach with a significant milestone—the official launch of Unifier Ghana.

Held in Accra, the event marked the birth of a new chapter in the Unifier Movement. Hosted by Madam Evelyn and a dedicated team of volunteers, the launch celebrated Sierra Leonean unity abroad and the strengthening of Pan-African solidarity.

The Unifier Ghana launch represents more than just a new branch—it signals the growing momentum of a movement that seeks to transcend political rhetoric with meaningful connection, empowerment, and service.



Dr. Richard Konteh attends the official launch of the Unifier chapter in Accra, Ghana.



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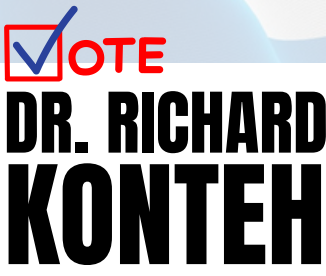
Liberia: A Show of Solidarity and Support for a Unified Vision for Sierra Leone

The Liberia stop of the **"Hope and Unity Tour"** marks another milestone in Dr. Konteh's effort to engage Sierra Leoneans at home and abroad, fostering collaboration and inclusiveness as he builds momentum toward the APC convention in 2026 and the 2028 presidential election.

Dr. Konteh outlined his priority initiatives, including: Education, ensuring every citizen has access to quality education; Economic empowerment, focused on creating jobs and fostering entrepreneurship; Human capital development, to equip Sierra Leoneans with the skills and opportunities needed to thrive.



Dr. Richard Konteh attends the event at the New Kru Town Hall with community leaders in Monrovia, Liberia,



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The Gambia: Embracing the Strength of the African Diaspora

The Gambia stop of the **“Hope and Unity Tour”** further solidified Dr. Richard Konteh’s vision of unity, inclusion, and global engagement as he connected with Sierra Leoneans in the diaspora. Addressing hundreds of enthusiastic APC members, Dr. Konteh emphasized the critical role of Sierra Leoneans abroad in driving progress at home, highlighting the importance of collaboration and collective responsibility.

His message of harmony, opportunity, and transformation resonated deeply, sparking dialogue on the future of the APC and the nation ahead of the 2026 National Delegates Convention and the 2028 elections. The event showcased Dr. Konteh’s growing international support base and his commitment to fostering a leadership that prioritizes unity, transparency, and development for a stronger Sierra Leone.



Dr. Richard Konteh attends the “Hope and Unity Tour” event with community leaders in Banjul, The Gambia.



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Guinea-Bissau: Shared Roots, Shared Struggles and Shared Aspirations

In Bissau, the “**Hope and Unity Tour**” event, attended by a vibrant mix of community members, was an opportunity to reflect on shared roots and shared aspirations for the nation’s future. Dr. Konteh emphasized the importance of the diaspora in shaping Sierra Leone’s path toward progress, noting that national transformation requires the collective effort of Sierra Leoneans everywhere — at home and abroad. *“Our journey as a nation is one that belongs to all of us,”* Dr. Konteh said. *“Wherever we are in the world, we must contribute to building a Sierra Leone anchored in unity, opportunity, and prosperity.”* This visit to Guinea-Bissau stands as a testament to the power of diaspora engagement in shaping a brighter, united future for Sierra Leone.



Dr. Richard Konteh attends the “Hope and Unity Tour” event with community leaders in Bissau.

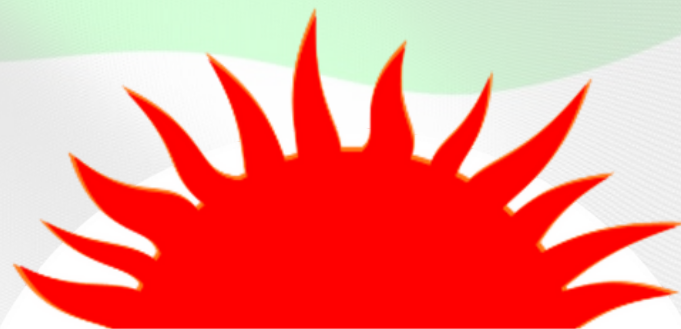
A Movement Without Borders

Dr. Richard Konteh's 2025 Diaspora Tour has proven one thing: Sierra Leone's destiny cannot be written in isolation. Whether through engaging global policymakers, energizing the Diaspora, or planting new seeds of hope, his campaign is shifting from aspiration to action.

As Sierra Leone prepares for the 2028 elections, The Unifier's vision is being forged not only in the streets of Freetown but in the halls of foreign parliaments and the hearts of Sierra Leoneans around the world.

Hope and Unity are not just campaign slogans—they are building blocks of a new national identity.

For more about Dr. Richard Konteh, his nationwide and diaspora tour, and his unifier campaign, visit www.dunifier.com or www.richardkonteh.com



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KONTEH**

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HEALTH TALK

WITH APRN ABIOSEH PIEH



UNDERSTANDING STROKE: A RACE AGAINST TIME



Stroke, often called a "brain attack," is a critical medical emergency that affects the brain's blood supply. It's a leading cause of death and disability worldwide, but understanding its causes, symptoms, and treatments can make all the difference. While it may seem daunting, up to 80% of strokes are potentially preventable, according to the **American Stroke Association (ASA)**.

What Is a Stroke?

Simply put, a stroke occurs when a vessel supplying blood to the brain is either blocked or ruptured. When brain cells are deprived of oxygen-rich blood, they begin to die within minutes. This can lead to a range of severe and lasting effects, from physical impairments to cognitive challenges.

Types of Strokes

There are three main types of strokes, each with a different cause and treatment:

- **Ischemic Stroke:** This is the most common type, accounting for about 87% of all cases. It happens when a blood clot obstructs a vessel in the brain, preventing blood flow. The primary culprit is often

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atherosclerosis, where fatty deposits called plaque build up on artery walls. Urgent treatment for an ischemic stroke often involves clot-busting medications like Alteplase or mechanical clot removal procedures.

- **Hemorrhagic Stroke:** Making up about 13% of strokes, this type occurs when a weakened blood vessel ruptures and bleeds into the brain. The accumulated blood puts pressure on the surrounding brain tissue, causing damage. The most frequent cause of hemorrhagic strokes is uncontrolled high blood pressure.

- **Transient Ischemic Attack (TIA):** Often called a "mini-stroke," a TIA is a temporary event caused by a brief blockage of blood flow to the brain. While the symptoms are short-lived, a TIA is a powerful warning sign that a person is at higher risk for a full-blown stroke.

Know the Symptoms:

F.A.S.T.

Recognizing the signs of a stroke and acting quickly is crucial. The acronym F.A.S.T. is an easy way to remember the key symptoms:

- **Face Drooping:** Is one side of the face numb? Ask the person to smile—is their smile uneven?
- **Arm Weakness:** Is one arm weak or numb? Ask them to raise both arms—does one drift downward?
- **Speech Difficulty:** Is their speech slurred, or are they having trouble speaking or understanding?
- **Time to call 911:** Stroke is an emergency. Immediately call for help and note the time the symptoms first appeared.

Other symptoms can include sudden confusion, trouble walking, or a severe headache.

Who Is at Risk?

Stroke risk factors fall into two categories:

- **Modifiable Risk Factors:** These are behaviours and conditions you can change to lower your risk. They include high blood pressure, smoking, diabetes, obesity, lack of exercise, and heart disease.
- **Non-Modifiable Risk Factors:** These factors cannot be changed, such as age, gender, family history, a previous stroke, and race. For instance, African American adults have a higher risk of stroke compared to white adults.

In fact, Black Americans are twice as likely to have a first-time stroke and are more likely to die from one. This disparity is often linked to a higher prevalence of risk factors like high blood pressure, diabetes, and sickle cell anemia.

The Road to Recovery

The effects of a stroke are unique to each individual. Physical challenges like difficulty walking or using hands and arms are common. However, the brain has an incredible capacity for recovery through plasticity and redundancy. With time, treatment, and a commitment to rehabilitation, many stroke survivors can regain lost skills and make significant progress.

A stroke is a serious medical event, but awareness and timely action are powerful tools. By understanding the risks and recognizing the signs, you can protect yourself and your loved ones.



Abie Pieh (MSN, APRN, FNP-BC, PMHNP-BC)

Abioseh Kamara-Pieh is a Board-Certified Family Nurse Practitioner (FNP-BC) and Advanced Practice Registered Nurse (APRN) with a Master of Science in Nursing (MSN). She is passionate about delivering compassionate, holistic, and evidence-based care to individuals navigating mental health and primary care challenges.

With extensive experience in psychiatric care, Abioseh specializes in medication management, therapeutic interventions, and supportive counseling to address a wide range of mental health conditions, including depression, anxiety, PTSD, addiction, and mood disorders. Her approach to care is grounded in empathy, cultural sensitivity, and a deep commitment to helping people heal, grow, and thrive.

Whether working with children, adolescents, or adults, Abioseh's mission is to create a safe, inclusive, and empowering environment where each patient feels heard, respected, and supported. She believes that mental and physical health go hand-in-hand, and she strives to integrate both in her practice to promote long-term wellness and quality of life.

As the co-founder of Hephzibah Psychiatry Medical Center LLC, Abioseh is honored to be part of a growing movement to redefine mental health care—making it more accessible, compassionate, and patient-centered for communities across Delaware, Sierra Leone and beyond.

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BAD POLITICS

Dr. Richard Konteh Refute the Proposition of SLPP Speaker of Parliament Hon. Segepoh Solomon Thomas to be Selfish and Flawed—Despite Its Surface Appeal

Earlier in August (last month), the Honourable Speaker of Sierra Leone's Parliament, Mr. Segepoh Solomon Thomas, was on video in the wells of Parliament proposing a kind of power-sharing scheme that elections should not be a winner-take-all, but the winning party should share power with the opposition party.

At first glance, this proposal for power-sharing may seem like a pathway to peace, a quick fix to the deepening divisions in our politics. But beneath its surface lies a very dangerous precedent—one that threatens to reward dysfunction, undermine democracy, and stall the progress Sierra Leone so urgently needs.

Commenting on the widely shared video on social media, Dr. Richard Konteh said, "Let me be clear: Sierra Leone does not suffer from

a shortage of political positions to share—it suffers from a shortage of trust, fairness, and accountable leadership. The solution to our national crisis is not another layer of political accommodation, but a radical recommitment to democratic integrity and institutional reform."

"Our core problem is not the structure of government—it is the culture of governance," Dr. Konteh added. When elections are transparent, fair, and credible, the people's will speaks clearly. That is the bedrock of legitimate leadership. But when the electoral process is hijacked, manipulated, or discredited, no amount of seat-sharing can restore public confidence. Unity cannot be decreed through political handshakes in closed rooms. It must be earned through justice, trust, and respect for the people's voice.

Lessons from History: The Dangers of Power-Sharing as a Shortcut

We have seen where such power-sharing shortcuts lead. For example, in South Sudan, multiple power-sharing deals have been signed and broken. The cycle of violence continues because power was split without principle. Where there is no accountability, unity becomes an illusion.

Your proposed power-sharing, Mr. Hon. Speaker Thomas, is selfish and flawed. It will set a precedent where the pursuit of power by any means, even through violence or electoral rejection, can be rewarded with a seat at the table.

Why is this idea selfish and flawed?

The idea is a selfish move by those in power. In a country like Sierra Leone, where the political landscape is highly polarized, such a proposal could be a way for the ruling party to secure its position and limit the threat of a full loss of power. It could be interpreted as an attempt to protect the interests of the political elite rather than serving the interests of the nation. For a leader to suggest a change to the fundamental rules of the democratic game after the election results are known can appear to be an attempt to circumvent the democratic process itself. Instead of accepting the will of the people, the proposal seeks to create a new system that benefits the political class by guaranteeing them a seat at the table regardless of their electoral performance. This undermines the very concept of a free and fair election and can be perceived as an attempt to create a perpetual political class that is insulated from electoral consequences.

The proposal is flawed because it erodes the fundamental tenets of democracy. In a democratic system, elections serve a clear purpose: to determine who holds power based on the will of the majority of voters. A winner-take-all system, while not perfect, forces political parties to compete for the trust and votes of the populace. A power-sharing scheme, on the other hand, blurs this line of accountability. If the opposition is guaranteed a share of power regardless of the election outcome, it reduces the incentive for them to campaign effectively and for the public to vote strategically. It can lead to a sense of political apathy, as voters may feel their choices have less impact. Furthermore, this type of arrangement can create an unstable coalition government where the two parties are constantly at odds, leading to legislative gridlock and hindering effective governance.

Sierra Leone must not walk that path.

True Unity Is Built on Principles, Not Positions

What we need is not a formula for dividing power, but a framework for rebuilding trust across party lines, across regions, across generations. This is how we truly unify Sierra Leone:

- By strengthening our democratic institutions,
- By ensuring justice is blind and impartial,
- By making leadership accountable and transparent,
- And by honouring the will of the people, not suppressing or negotiating it behind closed doors.

We should not be negotiating how to split power—we should be negotiating how to restore faith in the vote, dignity in governance,

and hope in our future.

That is the unity Sierra Leone deserves. And that is the vision I, Dr. Richard Konteh, am committed to advancing—not unity for the political elite, but unity for the people.

Let us be bold enough to confront the real problems. Let us be principled enough to reject convenient compromises that come at the cost of our democracy. And let us be faithful enough to believe that Sierra Leoneans, when given a fair and open choice, can chart a future defined not by division, but by shared purpose, shared progress, and shared peace.

A promotional banner for the RK7 Foundation. The background is a gradient of orange, blue, and green. At the top left, the text "Building a bright future for Our Youth" is written in white. To the right, a list of activities: "• EDUCATION", "• MUSIC", and "• SPORTS" is shown. In the center, a circular frame contains images of a man and three children. The man is holding a microphone, and the children are holding a soccer ball and headphones. Below the circle is the "RK7 FOUNDATION" logo. At the bottom left is a "LEARN MORE" button, and at the bottom right is a "DONATE" button with a heart icon. Contact information is provided at the bottom right: "Email: info@rk7foundation.org" and "www.rk7foundation.org".

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An advertisement for New Waves Studios. The left side features the studio's name "NEW WAVES — STUDIOS —" in large, bold, black letters. Below it, a yellow banner contains the text "WEDDINGS • EVENTS • PORTRAIT". Further down, the address "3 POINT STREET UP DUNDAS STREET" and phone numbers "+232 79 359 640/+232 88 358 410" are listed. At the bottom left, contact information is provided: "E newwavesstudio81@gmail.com", "F New Waves Studios", and "I New Waves Studios". The right side of the advertisement features two vertical photographs of women. The first woman is wearing a dark, strapless dress and has her arms crossed. The second woman is wearing a white, long-sleeved top tied at the waist and a colorful, patterned skirt, and she is smiling.



WORDS IN ACTION

The Unifier Movement Leads Cleanup Efforts in Makeni

Dr. Richard Konteh, a leading flagbearer aspirant for the All Peoples Congress (APC) party, has demonstrated his commitment to the people of Makeni and his party by sponsoring a cleanup of the Makeni Central Cemetery and the APC Regional Party Office.

Through his Unifier Movement, Dr. Konteh donated essential cleaning tools worth thousands of Leones to the APC Bombali District Protocols to facilitate the project.

The donation, presented by Unifier's Bombali District Chairman, John Kalawa Conteh, was described as a gesture of respect for the citizens of Makeni, both living and deceased, as well as for the APC party. Kalawa Conteh emphasized the importance of the cleanup, stating that this initiative is a small but significant step toward the movement's goals.

He assured the protocols that the Unifier Movement, under the leadership of Dr. Richard Konteh, plans to undertake more projects in the future.

Receiving the tools on behalf of the protocols was Bankolay Bright Conteh, who expressed gratitude to Dr. Konteh and the Unifier Movement. He highlighted that Dr. Konteh is the first flagbearer aspirant to provide them with such tools, a gesture that he believes will significantly boost their efforts.

Bright also noted that this action sets a positive example for other aspiring candidates to follow.

The presentation ceremony was also attended by Mariatu Kargbo, representing the District Protocols' chairlady, and Foday K. Sesay, also known as Tecno, the Organizing Secretary of the District Protocols. Both expressed their thanks and appreciation for Dr. Konteh's generous and thoughtful contribution.



COMPASSION IN ACTION

Dr. Konteh Visits A Sick APC Member in Pujehun District

In a heartwarming display of compassion and empathy, Dr. Richard Konteh, popularly known as D-Unifier, stopped at Comah, Pujehun District, to visit Madam Bintu Sheriff, an APC member who is currently very ill and in serious need of medical help.

Madam Bintu Sheriff is the APC Coordinator for the Liberia Branch. She is currently receiving medical attention in her hometown, Comah. Dr. Konteh and his team, on their way back from a campaign stop in Monrovia, Liberia, took time out to visit her, demonstrating his commitment to the well-being of party members.

This act of kindness and compassion speaks volumes about Dr. Konteh's character and leadership style. As a leader, he understands the importance of showing empathy and care to his members, particularly during a time of need. It is a testament to his dedication to the APC party and its members – showing he values the well-being of party members and he is committed to building a strong and supportive community.

True leadership is not just about policy and politics, but also about people and compassion. His visit to Madam Sheriff is a shining example of the kind of leader he aspires to be – one who is caring, empathetic, and genuinely invested in the well-being of his members.

Ms. Sheriff described Dr. Konteh's gesture as a sigh of relief and a demonstration of empathy from a true leader who cares for the grassroots in the APC Party. The PC party should be as a caring mother who passionately nurtures her children.

Dr. Konteh is gradually but firmly establishing the idea or attitude that, working for the APC party with sincerity yields honourable rewards, highlighting the party's commitment to valuing and supporting its members.



A MAYOR IN ACTION

Makeni City Mayor, Abu Bakar Kamara Vows to Tackle Floods and Bad Roads

The Mayor of the city of Makeni, His Lordship Mayor Abu Bakar Kamara is taking a stand against the city's persistent problems of dilapidated roads and devastating floods. In an exclusive interview, the mayor acknowledged the deep frustration felt by residents and outlined a multi-pronged strategy to tackle these long-standing issues, from advocating for national support to confronting human factors that contribute to the problems.

Confronting the "Very Sad" State of Roads

Mayor Kamara didn't mince words when describing the city's road network. He called the condition of key thoroughfares, such as Makama Road, which leads to the Regional Hospital, "very sad." He explained that his office is in constant communication with national bodies, including the Sierra Leone Roads Authority (SLRA) and the Ministry of Works, to push for urgent repairs. The mayor noted that engineers have already surveyed the area, and he has personally engaged with the CEO of the Road Maintenance Fund Administration (RMFA).

While the RMFA is responsible for maintenance, Mayor Kamara emphasized that major arteries, such as OIC Road and Frontier Road, require more than just quick fixes. He pointed out that temporary repairs are futile due to constant flooding, which simply washes them away. He emphasized that the central government must take road infrastructure more seriously, as poor conditions are not just an inconvenience—they are a public safety hazard. Poor roads contribute to frequent accidents and hinder access to essential services, such as hospitals.

The mayor affirmed his administration's close collaboration with Bombali District Members of

Parliament (MPs), stating they share the responsibility of advocating for infrastructure development. He also revealed that he has personally raised the issue with President Julius Maada Bio and Vice President Mohamed Juldeh Jalloh, reminding them of past promises to complete road projects.

Tackling the Flooding Crisis:

The conversation shifted to the tragic issue of flooding, which recently claimed a young child's life. Mayor Kamara identified flood mitigation as a top priority. He highlighted ongoing efforts with partners like the National Commission for Social Action (NaCSA) to clean drainages and improve waste collection under the Makeni City Council's Waste Management program. However, the mayor pointed to a significant obstacle: human factors. He explained that some residents are building homes directly in the middle of canals and water passages. While the City Council has limited authority to stop this due to permissions granted by other government ministries, he appealed to the public to be more responsible. "It's a human factor that we need to solve together," he said.

Looking ahead, Mayor Kamara shared his long-term vision for a sustainable solution. He is in talks with the World Bank through the Resilience Urban Sierra Leone Project (RUSLP), which includes a major component on canalization. This project would provide a permanent fix for the city's drainage issues.

The mayor expressed optimism that these collaborative efforts would lead to a lasting solution for the city's residents.



Flooding in Makeni City along the Kabala Highway and residents. (Photo Credit: Sierra Ultimate Online TV in Makeni, Sierra Leone.)

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OPEN LETTERS TO THE PRESIDENT



LETTER 1

We Are Troubled By The Growing Economic Hardship

Your Excellency,

I am writing to you today not as a political analyst or an economist, but as a concerned citizen deeply troubled by the growing economic hardship that our fellow Sierra Leoneans face on a daily basis. While recent data from sources such as the World Bank and the IMF indicate some macroeconomic improvements, the reality on the ground for the ordinary person tells a different, more painful story.

The numbers are stark: a significant portion of our population is food insecure, and basic necessities have become a luxury. The value of our currency continues to be a source of constant worry, eroding the purchasing power of meagre salaries and daily wages. Our farmers, who form the backbone of our economy, struggle with the rising costs of fuel and fertilizer,

continued on next page

which in turn drives up the price of locally grown food. This paradox—where local products are often more expensive than imports—highlights a deep-seated vulnerability in our supply chains and agricultural sector.

For many families, the simple act of buying a bag of rice, a staple of our diet, has become a source of immense stress. Parents are forced to make heartbreaking choices between feeding their children, paying school fees, or seeking medical care. The cost of transportation has skyrocketed, making it increasingly difficult for people to commute to work or for goods to reach the market. These challenges are not merely abstract economic figures; they are the lived experience of our people, from the streets of Freetown to the remote villages of Bonthe.

Your government has made efforts to stabilize the economy, and the reported decline in inflation from its peak is a step in the right direction. However, these improvements have yet to translate into meaningful relief for the majority of the population. The perception of a disconnect between national-level economic plans and the struggles of everyday life is a major source of frustration and anxiety.

We implore you, Your Excellency, to prioritize and accelerate the implementation of measures that will bring tangible relief. We ask for a greater focus on:

- ***Agricultural Support:*** Investing in our local farmers to reduce our dependence on costly food imports.
- ***Salary and Wage Reform:*** Ensuring that the incomes of public and private sector workers are adjusted to reflect the true cost of living.
- ***Infrastructure Development:*** Improving roads and transportation networks to lower the cost of moving goods and people.
- ***Transparency and Accountability:*** Tackling corruption, which siphons away resources that could be used to uplift our communities.

The people of Sierra Leone are resilient, but their resilience is being tested to its limits. This is a moment that calls for bold, decisive, and compassionate leadership. The time for promises is over; the time for action that can be felt in every household is now.

With sincere respect and hope for a better future,

Ibrahim M.

A Concerned Citizen of Sierra Leone

LETTER 2

Stop Monopoly, Allow Free Market System

Dear Mr. President,

Let me first extend my greetings to you in the name of national unity.

Mr. President, a disturbing event unfolded on Saturday, August 23, 2025. News broke that the Sierra Leone Police halted the official launch of a proposed motorbike and "keke" assembly plant in Masiaka, an initiative spearheaded by Mohamed Omodu Kamara, a flagbearer aspirant for the All Peoples Congress. Reports indicate this is the second time such an interruption has occurred, the first being on August 16, reportedly due to a lack of clearance. The second time, however, police allegedly interrupted the event without providing any clear justification.

This development is particularly concerning given your frequent emphasis on job creation for the citizens of Sierra Leone. This investment could have created jobs for hundreds, if not thousands, of young people, providing a positive path away from drug involvement.

The question on many people's minds is, why was this event stopped? Was the discontinuation of this project based on who was behind it, rather than its economic merit?

The Economic Impact of Monopoly vs. a Free Market System

Mr. President, this situation appears to be a clear example of the harmful effects of a monopoly—a market structure in which a single company or group has exclusive control over a particular good or service, and a lack of competition. When a monopoly exists, the controlling entity can dictate prices and production without fear of being undercut by rivals. This often leads to higher prices, lower quality, and a lack of innovation because there's no incentive to improve.

Many people believe the police's actions were intended to protect an existing business, Shalema, an Indian company, from competition. If this is true, it is an injustice to our nation's youth and their families, who would have benefited from new employment opportunities. Protecting a monopoly at the expense of new investment is unpatriotic and detrimental to our country's economic growth.

In contrast, a free market economy thrives on competition. In this system, businesses compete openly, which drives companies to offer better products at lower prices to attract consumers. It encourages innovation, efficiency, and a wider variety of goods and services. Allowing this new assembly plant to operate would not only create jobs but also introduce healthy competition

continued on next page

into the market for motorbikes and kekes. This would likely result in more affordable prices and better products for consumers across the country.

Mr. President, you are known to be a listening leader, and I urge you to intervene and ensure the successful establishment of this assembly plant in Masiaka. A truly patriotic government fosters a free market system that empowers its citizens and creates a level playing field for all.

While I await your prompt action on this matter, I would also like to remind you not to overlook the request for the construction of the Makama Road.

Sincerely,

Emmanuel Jim

A Concerned Citizen



LETTER 3

An Urgent Appeal: Reconstruct the Matenhu Bridge

Dear Mr. President,

I extend greetings to you from the people of Bombali and Karene Districts.

The photograph accompanying this letter vividly illustrates the severe disconnect between the neighboring Bombali and Karene Districts. This isn't just a story; it's the harsh reality for the residents of Karene, who face immense difficulties traveling to Makeni.

For nearly two years, the bridge connecting these two districts has been cut off, with no discernible action taken to remedy the situation.

The current predicament forces vehicles from Makeni and Kamakwei to stop on either side of the divide. Commuters are then compelled to pay for alternative means to cross, just to complete their journeys. Even those opting for motorbikes, while faster, incur additional costs, as both passengers and riders must pay to have themselves and their bikes ferried across.

This critical infrastructure failure has severely hampered business in Karene District, leading to stagnation and a sharp increase in the prices of goods available in the district headquarters.

Mr. President, the bridge in question marks the boundary between Kalangba and Gbendenbu towns, along the vital highway to Kamakwei. This situation is deeply disheartening for the very people who entrusted you with their votes in the 2023 general elections.



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The Sierra Leone Road Authority (SLRA) has, in the public eye, demonstrated a lack of efficiency, effectiveness, proactivity, and fitness for purpose. Their attempt to use a coainer as a temporary bridge was widely condemned as a "death trap."

To rectify this dire situation, Mr. President, I urge you to revisit the Makeni-Kamakwei road contract. This review should explicitly include authorization for the immediate construction of a new bridge at Matenhu.

In closing, it is imperative to note that there are other critical bridges along the Makeni-Kamakwei highway, similar to Matenhu, that also require urgent attention. Failure to authorize the completion of this vital road network will inevitably lead to a complete and utter disconnect between these two essential districts.

Mr. President, the people of Karene are not strangers; they are citizens of Sierra Leone who deserve safe and reliable infrastructure. Please, act now.

Humbly,

Emmanuel Jim

A Concerned Citizen





DR. RICHARD KONTEH

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