



"When Food Is Body-Shaming You...": Yakii's Take on Careless Eating and Weight Gain

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Social

“When Food Is Body-Shaming You”: Yakii Bella’s Hilarious Take on Careless Eating and Weight Gain

by FONBAN E. LENDZEMO

Cameroonian comedian based in Canada, Yakii Bella, has once again sent social media into laughter while passing across a message many people may not be ready to hear. In a video posted on her Facebook page, the comedian tackled the sensitive issue of weight gain, body image, and what she describes—humorously—as people “body-shaming themselves with food.” Reacting to claims of body-shaming circulating online, Yakii Bella questioned the logic behind blaming others when one’s lifestyle choices may be the real culprit. “Who is body-shaming who?” she asked rhetorically. “When you use food and body-shame yourself, you say somebody was body-shaming.” Her message, delivered in her signature comic style, appeared to be directed at a lady she had earlier advised to “cut down.” According to Yakii Bella, the same person who once insisted she loved herself “like that” later reduced weight and became visibly happier. This contradiction, the comedian argued, revealed a deeper truth: sometimes people pretend to be comfortable when they are not. “Now you have gone and cut down and you are excited, you are feeling super happy,” she said. “So you don’t love yourself like that before again?” With laughter embedded in her words, Yakii Bella pointed out how self-deception often hides behind loud claims of self-love. Beyond the jokes, however, lies a serious issue many may overlook. Yakii Bella

was not mocking people who naturally struggle with weight due to genetics or medical reasons. Rather, she was calling out careless eating habits—eating without discipline simply because food is available.

In one of the most quoted moments of the video, she joked that “any man weh di chop yi personal money no fit add weight,” loosely meaning that people who feed from their hard-earned cash can’t add weight. She used this analogy to explain reckless consumption—eating excessively without considering the long-term consequences on one’s health.

Her commentary reflects a growing conversation around lifestyle-induced weight gain. While it is true that some people are naturally overweight and face genuine challenges controlling their size, others gain weight due to poor eating habits, lack of portion control, and disregard for healthy routines. Yakii Bella’s humour cuts through the defensiveness often associated with this topic, forcing viewers to laugh—and reflect.

“What is that noise?” she repeatedly asked, mimicking the endless online debates and mockery that surround body image discussions. In doing so, she highlighted the hypocrisy and confusion that often dominate conversations about weight, self-love, and discipline.

Yakii Bella’s strength lies in her ability to address uncomfortable truths without malice. Her video was not an attack, but a mirror—held up with laughter. And as many viewers may realize after watching, sometimes the loudest body-shaming voice is not from others, but from our own careless choices.



Yakii Bella

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Digital safety**Staying Safe Online: How to Protect Yourself from Hackers**

by **Tech Desk**

The internet has become an essential part of modern life. People now use digital platforms for communication, business, education, banking, and entertainment. While this digital transformation has brought convenience and opportunity, it has also created new risks. Cybercrime is on the rise, and hackers are constantly developing new methods to exploit unsuspecting internet users. From stolen social media accounts to drained bank balances, the consequences of poor online security can be severe.

One of the most common ways hackers gain access to personal accounts is through weak passwords. Many users continue to rely on simple passwords such as names, dates of birth, or repeated number patterns. These passwords are easy for hackers to guess using automated tools. A strong password should be long and combine letters, numbers, and symbols. Using different passwords for different platforms is equally important, as a single breach can expose multiple accounts if passwords are reused.

Another effective way to protect online accounts is by enabling two-factor authentication. This security feature requires users to confirm their identity through an additional step, such as a one-time code sent to a mobile

phone or email address. Even when a password is compromised, two-factor authentication can prevent unauthorized access. Many email providers, social media platforms, and financial institutions now offer this option, yet many users still ignore it.

Hackers frequently use deception to trick people into giving away their personal information. Phishing messages, which often arrive via email, SMS, or messaging applications, are designed to appear legitimate. They may claim to come from banks, mobile money services, or government institutions and often create a sense of urgency. Users are urged to click a link, confirm their details, or reset their password. Clicking such links can lead to fake websites that steal sensitive information. Internet users should always be cautious and avoid responding to unsolicited messages requesting confidential details.

Keeping devices and software up to date is another critical aspect of online safety. Software developers regularly release updates to fix security weaknesses that hackers can exploit. Using outdated operating systems or applications exposes devices to unnecessary risk. Regular updates, including antivirus software, help close these security gaps and protect against new threats.

Public Wi-Fi networks also present significant risks. While free internet access in public spaces may be convenient, these networks are

often unsecured. Hackers can intercept data sent over public Wi-Fi, including login details and personal information. Users should avoid accessing sensitive accounts such as online banking or email while connected to public networks unless proper security measures are in place.

Social media has become a major source of personal information for cybercriminals. Oversharing details such as birthdays, phone numbers, locations, and daily routines can make it easier for hackers to target individuals. Privacy settings should be reviewed regularly, and users should limit the amount of personal information visible to the public.

Backing up important data is another essential habit. Cyberattacks such as ransomware can lock users out of their files and demand payment for recovery. Regular backups stored securely can help individuals restore their data without giving in to criminals.

In conclusion, online safety depends largely on awareness and responsible behavior. Hackers often succeed not because they are highly skilled, but because users are careless or uninformed. By adopting simple security practices and remaining vigilant, individuals can protect themselves and enjoy the benefits of the digital world without unnecessary risk.

Cabinet Reshuffle: Biya Makes Cameroonians Salivate but Serves No Meal Yet

by Fonban E. Lendzemo

Camerounians have been waiting anxiously for more than a week after President Paul Biya hinted at a cabinet reshuffle in his New Year's address on December 31, 2025, only for no official appointments to be announced. In his message, Biya outlined his vision for peace, stability, and development in 2026 and signaled that changes in government were imminent, stating the reshuffle would take place "in the coming days."

The announcement sparked hope across the nation. Citizens are eager to see fresh faces in strategic positions—leaders who can confront some of the country’s most pressing challenges and steer Cameroon toward meaningful progress. Yet, as the days pass with no official word, impatience is growing.

Cameroonians are looking for a government that can tackle the ongoing crises affecting the

nation. In the English-speaking regions, the conflict continues to destroy lives and property, crippling local economies and making development nearly impossible. Roads, bridges, and other key infrastructure across the country

remain in poor condition, limiting trade and access to essential services. Meanwhile, the battle against corruption shows little progress, public resources continue to be wasted, and youth unemployment remains critically high, leaving thousands without hope for stable livelihoods.

For ordinary citizens, the reshuffle is more than political theatre. They are hoping that the new government will prioritize security, rebuild infrastructure, restore confidence in governance, and create jobs, ensuring that Cameroon finally moves on a path to sustainable development. Editorial commentary following Biya's speech noted that the president emphasized the government's role in delivering tangible results, implying that the success of his

agenda will depend heavily on the competence and focus of the new ministers.

Across social media and public forums, citizens have echoed the sentiment. Voices of patriotic citizens home and abroad demand a cabinet that addresses the security crisis, invests in infrastructure, strengthens anti-cor

ruption measures, and tackles unemployment head-on. The people's message is clear: Cameroon cannot afford ministers who serve rhetoric instead of action.

For now, the reshuffle remains a promise in waiting, leaving citizens to wonder when the

“meal” of a fully functional and effective government will finally be served—and whether it will be capable of steering the nation through its most challenging moment in years.

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POLITICS

onymous with continuity. In times of political uncertainty or speculation about succession, their steadfast support has helped maintain the public perception of stability within the Biya administration. Their influence extends beyond formal duties; they are often involved in shaping policy discussions, advising the president on appointments, and navigating the delicate balance between competing factions within the government.

The Anticipated Cabinet Reshuffle

With the much-anticipated cabinet reshuffle on the horizon, questions abound regarding the future of these loyalists. Will President Biya retain his inner circle of trusted aides, or will new faces be brought in to inject fresh energy into the administration? Historically, reshuffles have served multiple purposes: rewarding

loyalty, neutralizing potential rivals, and responding to domestic or international pressures. For Ngoh Ngoh, Ayolo, Babo, and Atanga Nji, their continued service will likely depend on a combination of their track record, perceived indispensability, and alignment with the president's strategic priorities.

Political analysts suggest that while some adjustments may occur, the core of Biya's inner circle is expected to remain intact. Their experience, discretion, and proven loyalty make them difficult to replace. However, the inclusion of new actors could signal a subtle shift in the administration's approach to governance, particularly in areas such as decentralization, public administration reform, and electoral management.

Looking Ahead

As Cameroonian await the president's decisions, the fate of these officials remains a topic of intense speculation. For now, their positions symbolize more than administrative authority; they represent the continuity of a political tradition rooted in loyalty, discretion, and close proximity to the center of power. Whether the upcoming reshuffle brings change or confirms the status quo, the influence of those sited closest to the president is unlikely to diminish anytime soon. In the complex chessboard of Cameroonian politics, being seated at the right hand of the father is not merely a matter of physical proximity—it is a testament to trust, a measure of loyalty, and a signal of enduring influence. As the nation watches, the next chapter in this enduring narrative will reveal how the delicate balance of power and loyalty is negotiated at the heart of the presidency.

Column

Hazards of Technologies on Certain Age Groups



benefits, excessive screen time can lead to Eye strain and disrupted sleep patterns. Concerns associated with mental issues like anxiety, depression and isolation are on the rise and the pressure of social media can create unrealistic expectations and increase feelings of isolation.

Increased screen time may hinder face-to-face interactions, affecting the development of crucial social skills. Children may struggle with communication in real-life situations, impacting their emotional intelligence.

Teenagers face their unique challenges in the tech-driven landscape. The dual-edged sword of technology can lead to both positive and negative outcomes.

Negative outcomes such as Cyberbullying. As social media usage increases, so do instances of cyber bullying or harassment online and Addictions. The addictive nature of gaming and social media can disrupt daily life, affecting academic performance and relationships. This addiction can lead to a decline in physical activities and an unhealthy lifestyle.

Many teenagers overshare personal information online, often unaware of the potential risks. This lack of understanding can lead to privacy violations, exploitation and invasion. Some big tech systems use information pushed online as data warehouse for Big Data and Large

Language models(LLM). Wealthy Parents send their kids to go for Montessori school models to shield their kids from these invasive platform. If they do so, and it's helping them, why shouldn't everyone do the same.

For adults, the rise of remote work has blurred the lines between professional and personal life, leading to burnout.

Adults may feel overwhelmed by the pressures of technology, including information overload and the need to stay current in an ever-evolving digital landscape. Filtering such large volume of information can be flabbergasting and overwhelming.

Ongoing use of computers and mobile devices can lead to repetitive strain injuries, including carpal tunnel syndrome and chronic back pain.

Seniors and Juniors are often targets for online scams, as they may lack the knowledge to recognize potential threats. Educating them about safe internet practices is crucial.

As technology continues to evolve, it is vital for the Ministry of Post and Telecommunications to address its potential hazards across all age groups sensitizations and support which are crucial in helping individuals navigate the digital landscape safely. By encouraging a balanced approach to technology use, we can harness its advantages while mitigating the risks, ensuring a healthier and more informed future for all citizens.

By LENJO VALERY LENJO
DIGITAL-AGRO ENTREPRENEUR.

In an increasingly digital world, technology has become an integral part of our daily lives, influencing how we communicate, learn, and interact. However, the rapid growth of technology has raised concerns about its potential hazards, particularly among certain age groups. From children to the elderly, the effects of technology can vary significantly, necessitating a closer look at the associated risks.

Today's children are often referred to as "digital natives," growing up with smart devices, the internet and Artificial Intelligent systems from a young age. While technology offers educational

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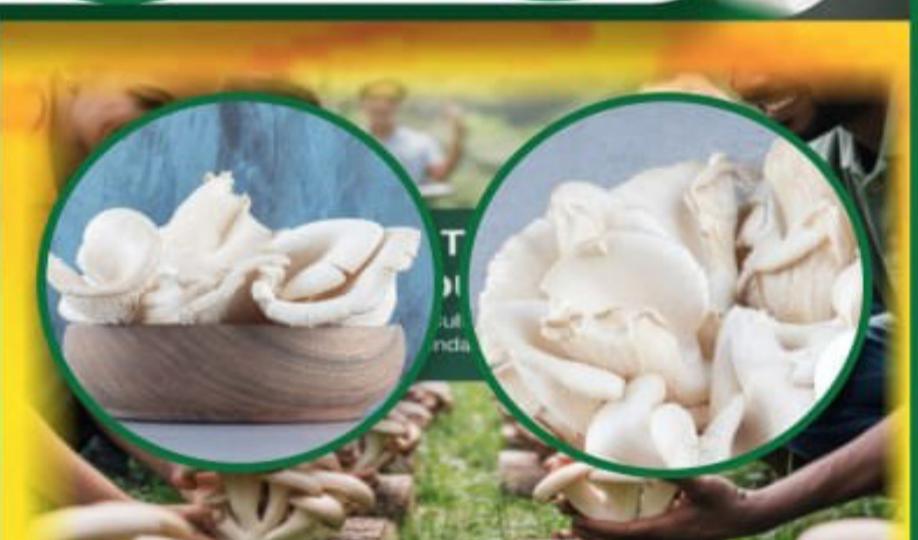


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WHO releases updated recommendations on HIV clinical management



The World Health Organization (WHO) has released updated recommendations on HIV clinical management providing new and revised guidance on antiretroviral therapy, management of vertical HIV transmission, and tuberculosis (TB) prevention for people living with HIV. These recommendations support an evidence-based, cost-effective approach to improving treatment outcomes, reducing HIV-related mortality and accelerating progress towards ending AIDS as a public health threat.

The guideline reflects significant advances in HIV treatment since the last consolidated WHO guidelines published in 2021 and responds to emerging evidence on optimized antiretroviral regimens and simplified options to TB preventive treatment for people living with HIV. Optimizing antiretroviral therapy.

The updated recommendations confirm dolutegravir-based regimens as the preferred option for initial and subsequent HIV treatment and introduce important changes for people whose treatment regimen is no longer

effective. When a protease inhibitor (PI) is needed, darunavir/ritonavir is now recommended as the preferred option, replacing earlier preferences for atazanavir/ritonavir or lopinavir/ritonavir. The guideline also supports the reuse of tenofovir and abacavir in subsequent regimens based on improved outcomes, programmatic advantages and potential cost savings.

The guideline also recommends the use of long-acting injectable antiretroviral therapy in specific circumstances, such as for adults and adolescents who face challenges adhering to daily oral regimens; oral two-drug regimens are also recommended as treatment-simplification options for selected individuals who are clinically stable.

Strengthening the prevention of vertical HIV transmission
Despite major progress in eliminating vertical transmission, new infant HIV infections continue to occur, particularly during breastfeeding. The updated guideline emphasizes a person-centred, public health approach that supports maternal choice and infant well-being. WHO continues to recommend that mothers with HIV exclusively breastfeed for the first six months, with continued

breastfeeding up to 12 months and possibly up to 24 months or longer, alongside effective maternal antiretroviral therapy and appropriate complementary feeding. All HIV-exposed infants should receive six weeks of postnatal prophylaxis, preferably with nevirapine, while infants at higher risk should receive enhanced triple-drug prophylaxis. Extended infant prophylaxis may be used until maternal viral suppression is achieved or breastfeeding has stopped.

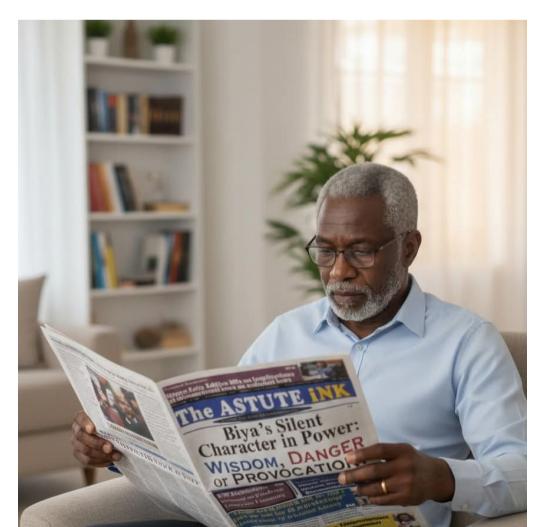
Prioritizing TB prevention in people living with HIV
Tuberculosis remains a leading cause of death among people living with HIV. To improve uptake and completion of TB preventive therapy, WHO now recommends three months of weekly isoniazid plus rifapentine (3HP) as the preferred TB preventive treatment regimen for adults and adolescents living with HIV.

Other WHO-recommended regimens remain options based on clinical and programmatic considerations. Mainstreamed interventions will facilitate better integration of services and aim at reducing TB-related mortality in people living with HIV while simplifying service delivery.
Supporting countries to accelerate impact

“These updated recommendations reflect WHO’s commitment to ensuring that people living with HIV benefit from the most effective, safe and practical treatment options available,” said Dr Tereza Kasaeva, Director, Department of HIV, TB, viral Hepatitis and STIs of WHO Headquarters in Geneva. “By simplifying treatment, improving adherence and addressing persistent gaps in prevention, they will help countries strengthen HIV programmes and save lives.”

The recommendations will be integrated into the next edition of the WHO consolidated HIV guidelines and are intended to inform national HIV programmes, clinicians, partners and communities worldwide.

Source: www.who.int



Qatar in talks with Fifa to host first Women's Club World Cup in January 2028



 The Lusail Iconic Stadium in Qatar before the 2022 men's World Cup final there. Photograph: Bernadett Szabó/Reuters

Qatar is in talks with Fifa about staging the inaugural Women's Club World Cup, which is in line to cause major disruption to domestic seasons in 2027-28, including in Europe.

Fifa announced last month that its latest new club competition would take place from 5 to 30 January 2028, but the governing body has not said where it will be held or whether it will run a formal bidding process.

Qatar's expression of interest is the most recent in a long line of tournament bids after it won the right to host the men's 2022 World Cup finals, since when it has maintained close relations with Fifa.

The Fifa Intercontinental Cup was held in Al-Rayyan last month, with Paris Saint-Germain beating Flamengo in the final, and the second edition of the men's Finalissima between the European champions, Spain, and the South American champions, Argentina, will take place in Doha in March.

As the Guardian revealed last year, Qatar expressed interest in staging the men's Club World Cup in 2029. Fifa has decided the tournament will take place in the northern hemisphere summer, so that has been shelved, and Morocco and Spain are regarded as the most likely hosts as a dry run for the 2030 World Cup.

Taking the first Women's Club World Cup to Qatar would cause controversy given the

country's stance on LGBTQ+ rights and the fact that it has little history of women's football. A women's national team was formed in 2009 when Qatar was preparing to bid for the 2022 World Cup, but after an initial burst of fixtures they have not played an official match for 12 years and do not have a Fifa ranking.

Qatar has the advantages not only of close relations with Fifa but of ready-made stadiums and a warm winter climate. Given the dates, staging the event somewhere in the Gulf appears inevitable.

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the nature of any bidding process. The timing highlights the growing issue of fixture congestion in the women's game. There will be no clash with the Champions League but many domestic European leagues will be affected and may have to introduce a longer winter break.

The Australian, Mexican and Japanese leagues are among other established domestic competitions likely to be affected. The first Women's Club World Cup will feature 16 teams, including at least five from Europe and two each from Asia, Africa, South America and North America. A club from each of those five confederations and one from Oceania will play in a qualifying tournament to determine the final three entrants.

Fifa has yet to determine its entry criteria but Arsenal, as Champions League winners last season, expect to be involved. The competition is due to take place every four years.

Source: The Guardian

Sports

AFCN 2025: Circumstances Evict In-laws but Spare Neighbours

by
Sports Desk

The final whistle in the Cameroon–Morocco encounter did not just signal elimination—it opened a floodgate of emotion. Within minutes, a post by renowned sports journalist Fabrizio Romano triggered a wave of reactions from spectators across the continent, turning the aftermath of the match into a heated public debate.

Much of the outrage centered on officiating. Cameroonian supporters, still stunned by the result, poured their frustrations into the comment section. Njoka Ralph described the officiating as “scandalous,” alleging that “every

50/50 challenge was given in favor of Morocco,” and calling on football authorities to investigate. His post ended with biting sarcasm, naming “the ref” as “Man of the Match.”

Others echoed the same frustration, though in a lighter tone. One fan congratulated Cameroon for fighting “despite a blind referee and a sleeping VAR crew,” before sarcastically applauding Morocco and urging them to “continue like this and claim the cup.” The laughter emojis barely masked the anger, reflecting a fan base struggling to accept what felt like an unfair exit.

Yet the pitch told its own story. Cameroon’s problems went beyond the whistle. The Indomitable Lions lacked sharpness in attack, failing to

trouble Morocco’s defense. Not once did they force the ball onto the goalpost, and Moroccan goalkeeper Yassine Bono remained largely untested, enjoying one of the calmest evenings of his international career.

Moroccan supporters saw the night differently. In the same comment thread, voices from the winning side celebrated what they called a “fighting performance” marked by “high spirit and a national team at the highest level.” For them, the Atlas Lions roared, and criticism was dismissed as noise from “haters and gloaters.”

While Cameroon wrestled with controversy and missed chances, Côte d’Ivoire exited AFCON 2025 through defensive vulnerability. Costly errors at the back and poor organization left

the Elephants exposed, conceding goals that proved decisive and ending their campaign in disappointment. As circumstances evict two in-laws, neighbors remain spared. Nigeria and Senegal press forward, embodying the discipline and efficiency required to survive the unforgiving stages of the tournament.

AFCON 2025 moves on, but the debate lingers. Between anger and celebration, one truth stands clear: when football, officiating and emotion collide, the noise extends far beyond the stadium.

Communiqué

CAF condemns unacceptable behaviour of players and officials during TotalEnergies CAF AFCON Morocco 2025 and opens investigation into match incidents during QF: Cameroon v Morocco, as well as Algeria v Nigeria

Published: Monday, 12 January 2026

CAF has collected recent match reports and video evidence indicating potentially unacceptable behaviour from some players and officials and has opened an investigation into match incidents during the TotalEnergies CAF Africa Cup of Nations Morocco 2025 quarter-final fixtures between Cameroon and Morocco, as well as Algeria and Nigeria.

CAF has referred the matters to the Disciplinary Board for investigation and has called for appropriate action to be taken if the identified persons were to be found guilty of any wrongdoing.

CAF is also reviewing footage of an incident involving members of the media who allegedly misbehaved in the mixed zone area.

CAF strongly condemns any inappropriate behaviour which occurs during matches, especially those targeting the refereeing team or match organizers. Appropriate actions will be sought against anyone whose behaviour is not consistent with professional conduct at CAF events.

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by
FONBAN Emmanuel



Trump withdraws U.S. from 66 international organizations and treaties, including major climate groups



President Trump on Wednesday withdrew the United States from 66 international organizations and treaties, including the United Nations Framework Convention on Climate Change and the Intergovernmental Panel on Climate Change. In a presidential memorandum, Trump said it is “contrary to the interests of the United States to remain a member of, participate in, or otherwise provide support to” the organizations, which also include groups geared toward education, economic development, cybersecurity and human rights issues, among others. He directed all executive departments and agencies to take steps to “effectuate the withdrawal” of the U.S. from the organizations as soon as possible.

While the president has already announced a withdrawal from the Paris climate agreement — an international treaty to limit global warming to under 2 degrees Celsius in order to prevent the worst effects of climate change — the latest move will further isolate the nation at a critical moment, experts said.

The U.N. Framework Convention on Climate Change is a global treaty created in 1992 and signed by nearly 200 countries with the aim of addressing climate change through coordinated international action, including limiting planet-warming greenhouse gases. Trump already raised eyebrows last year by refusing to attend or send any high-level delegates to the annual U.N. Conferences of the Parties meeting in Brazil, where California Gov. Gavin Newsom instead took on a starring role. Simon Stiell, executive secretary of the U.N. Framework Convention, said the U.S. was instrumental in creating the organization and the Paris Agreement because “they are both entirely in its

national interests.”

“While all other nations are stepping forward together, this latest step back from global leadership, climate cooperation and science can only harm the U.S. economy, jobs and living standards, as wildfires, floods, mega-storms and droughts get rapidly worse,” Stiell said in a statement early Thursday. “It is a colossal own goal which will leave the U.S. less secure and less prosperous.”

He added that the withdrawal will also mean less affordable energy, food, transport and insurance for American households and businesses, and fewer manufacturing jobs at a moment when every other major economy is ramping up its clean energy investments. The doors remain open for the U.S. to reenter in the future, he said.

Experts were also quick to denounce the move. Withdrawing from the U.N. Framework Convention is a “shortsighted, embarrassing, and foolish decision,” Gina McCarthy, a former director of the U.S. Environmental Protection Agency, said in a statement.

“As the only country in the world not a part of the UNFCCC treaty, the Trump administration is throwing away decades of U.S. climate change leadership and global collaboration,” said McCarthy, who also served as the first White House national climate advisor and is now chair of the America is All In climate coalition. David Widawsky, director of the World Resources Institute, called the move a “strategic blunder that gives away American advantage for nothing in return.”

“The 30-year-old agreement is the foundation of international climate cooperation,” Widawsky said. “Walking away doesn’t just put America on the sidelines — it takes the U.S. out of the arena entirely.”

Trump on Wednesday also withdrew the U.S. from

the Intergovernmental Panel on Climate Change, the leading global scientific body studying global warming. Its major assessments published every six or seven years help inform climate policy around the world.

Pulling the U.S. out of the IPCC won’t prevent individual U.S. scientists from contributing, but the nation as a whole will no longer be able to help guide the scientific assessments, said Delta Merner, associate accountability campaign director for the Climate and Energy Program at the Union of Concerned Scientists, who has attended previous IPCC meetings.

“Walking away doesn’t make the science disappear, it only leaves people across the United States, policymakers and businesses flying in the dark at the very moment when credible climate information is most urgently needed,” Merner said. “This is a clear attempt to weaken scientific guardrails that protect the public from disinformation, delay and reckless decision-making. Such a move will make it easier for fossil fuel interests to distort the facts while front-line communities pay the price.”

Trump, who received substantial donations from oil and gas companies during his 2024 presidential campaign, has heavily promoted the development of fossil fuels such as oil, gas and coal. He has also taken several steps to limit scientific research and climate action in the U.S., including moving to dismantle the National Center for Atmospheric Research, one of the world’s leading climate and weather research institutions, in Boulder, Colo.

Source : Los Angeles Times

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