



## Innovating in a Straitjacket: A Guide to Navigating Innovation in Highly Regulated industries

... Contd. From Previous edition of the Newsletter

### Finance: Square's Payment Processing Solution

Innovation: Square transformed payment processing for small businesses by introducing a compact, mobile credit card reader.

**Regulatory Navigation:** Square had to comply with a myriad of financial regulations, including the Payment Card Industry Data Security Standard (PCI DSS) and anti-money laundering (AML) laws. They worked closely with financial institutions and regulators to ensure their product met all compliance requirements.

**Behind the Scenes:** The company invested heavily in security and fraud detection technologies to protect consumer data and build trust with users and regulators. Their proactive approach to compliance helped them navigate the financial sector's complex regulatory environment.

### Scaling and Iterating Post-Approval

Once your innovation receives the green light, the journey isn't over. Scaling your solution while maintaining compliance and responding to feedback is crucial for sustained success.

### -Continuous Improvement and Monitoring

Post-approval, it's vital to monitor your innovation's performance, gather user feedback, and make iterative improvements. This ongoing process ensures that your innovation remains relevant, effective, and compliant.

Leverage partnerships with entities outside the industry to gain fresh perspectives and access to novel solutions  
Expanding on leveraging partnerships with entities outside the industry, this approach involves stepping beyond the traditional boundaries of one's sector to tap into diverse pools of knowledge, technology, and methodologies that can inject fresh perspectives into stagnant areas. For example, a healthcare provider might partner with a tech company to develop AI-driven diagnostic tools, marrying medical expertise with cutting-edge artificial intelligence and machine learning capabilities. This not only accelerates innovation but also ensures that the solutions are more holistic and grounded in cross-disciplinary knowledge.

Moreover, industries like automotive and energy have seen companies partnering with environmental organizations to develop sustainable solutions. These collaborations can lead to innovative products and services that not only comply with existing regulations but also anticipate future standards and public expectations regarding sustainability.

These partnerships often involve co-creating in 'innovation labs' or 'incubators' where teams from different industries can work together on joint projects. This setup fosters a melting pot of ideas, where unconventional approaches

can be explored in a safe, regulated environment, leading to breakthroughs that might not have been possible within the silo of a single industry.

### Utilizing Ex-Regulators

Hiring former regulators or engaging them as consultants can provide unique insights into the regulatory process and how to navigate it innovatively. Their deep understanding of the regulatory framework, along with their perspective on its flexibilities and constraints, can guide companies in developing compliant yet innovative products or services.

### Scenario Planning

This involves creating detailed narratives about the future, considering various regulatory changes and their potential impacts on the industry. By preparing for multiple regulatory futures, companies can pivot more quickly than their competitors when changes occur, seizing opportunities to innovate within new regulatory frameworks.

In some circumstances it is just better to ask for forgiveness ...  
While the adage "it's better to ask for forgiveness than permission" can sometimes spur bold moves in innovation, its application in highly regulated industries requires careful consideration. In sectors where safety, privacy, and compliance are paramount, bypassing regulations can lead to severe consequences, including legal penalties, loss of trust, and harm to stakeholders. However, in specific contexts where regulatory frameworks lag behind technological advancements, pushing the boundaries responsibly can drive regulatory evolution and industry innovation. In such cases, companies should ensure their innovations prioritize safety, ethics, and transparency. They should also have robust mechanisms for monitoring impacts and be prepared to adjust swiftly if their advancements pose unforeseen risks or consequences. Engaging with regulators proactively post-innovation, presenting comprehensive data to demonstrate safety and benefits, and showing a commitment to compliance and rectification can help mitigate risks associated with this bold approach. Ultimately, while seeking forgiveness rather than permission can catalyze progress, it should be pursued with caution, ensuring that innovation does not compromise responsibility and trust.

**In Conclusion: Orchestrating Innovation Within Constraints**  
Innovating in regulated industries demands resilience, insight, and strategic thinking. It's about finding harmony within the constraints, turning regulations into rhythms, and constraints into choreographies of innovation. By deeply understanding regulations, building collaborative relationships with regulators, leveraging data, and maintaining a

commitment to continuous improvement, you can conduct an orchestra of innovation, creating symphonies of success that resonate within and beyond your industry.

### Author Bio

Ethel Coffie is the CEO and Founder of EDEL Technology Consulting, a leading IT consulting and innovation company, and has been recognized as one of the Top 5 Women impacting IT in Africa. With over fifteen years of experience, she has honed her expertise in the fields of technology, innovation, and entrepreneurship. In her current roles, Ethel serves on the Board of Old Mutual Insurance Ghana, offering her insights to steer the company towards growth and success. She also advises various fintech companies, contributing to the vibrancy and dynamism of the sector. As the chair of the ICT Skills Sector Board, Ethel works closely with Ghana's Education Ministry to enhance the ICT curriculum, playing a crucial role in shaping the educational landscape. Additionally, she is a member of the governing council of the Star Ghana Foundation, where she participates in initiatives that drive social and community development.

Ethel's involvement across these significant positions reflects her commitment to advancing technology and innovation while fostering impactful change in Ghana and beyond.





## First Bank MD, Adesola Adeduntan, resigns as CEO of First Bank Nigeria

The Managing Director and Chief Executive Officer (CEO) of First Bank Nigeria Limited, Dr. Adesola Adeduntan, has resigned from the bank abruptly to pursue other interests.

He resigned his appointment from the company after nine years of holding the top executive position. He was due to retire in December when his tenure would have been fully completed. However, he decided to bow out way before that.

Mr Adeduntan joined First Bank in 2014, first as a chief financial officer and as an executive director. Before this, he served at the Africa Finance Corporation as the pioneer chief financial officer/business manager and as a director as well.

He was once a senior manager at the auditing and professional services firm KPMG and held the role of Senior vice president & chief financial officer at Citibank Nigeria Limited. His range of expertise covers investment finance, commercial and investment banking, consulting and audit.

First Bank is the flagship subsidiary of FBN Holdings, one of Nigeria's foremost financial institutions, which abruptly announced the cancellation of an extraordinary general meeting on Saturday morning after Mr Adeduntan resigned.

The meeting had been earlier "scheduled to be held virtually on Tuesday, April 30, 2024, at 10 am for the consideration and authorization of the company to undertake a capital raise of up to N300,000,000,000," FBN Holdings said in its notification to the Nigerian Exchange.

"I have however decided to proceed on retirement with effect from 20 April 2024 to pursue other interests," he said in a copy of his resignation letter seen by PREMIUM TIMES.

Perhaps the biggest upheaval of his career, a leadership tussle among vested interest at the bank in 2021 saw the power bloc of Obi Otudeko, FBN Holdings' Chairman at the time, and Ibukun Awosika, the then chair of First Bank, sack Mr. Adeduntan, announcing a replacement in his stead.

It took the supreme intervention of industry regulator the Central Bank of Nigeria (CBN) to restore him to that coveted position with a verdict that his dismissal was in breach of corporate governance. The CBN would later fire the duo of Mr Otudeko and Ms. Awosika for the misconduct.

Mr Adeduntan is a 1992 graduate of veterinary medicine from the University of Ibadan. He holds a Doctor of Science, Honoris Causa, from Cranfield University UK in addition to an MBA from the same institution.

Adeduntan's tenure was supposed to expire on 31 December, 2024 but he

could not wait for that date as he quit to pursue other interest.

The MD, in a resignation letter addressed to the chairman, said "As you are aware, my contract would be expiring on 31 December, 2024, after which I would no longer be eligible for employment within the bank having served as the Managing Director/Chief Executive Officer of FirstBank for a record time of nine years."

He said during this period the bank and its subsidiaries had undergone significant changes and broken new grounds.

Adeduntan stated that he and his team had repositioned the institution as an enviable financial giant in Africa.

"I have however decided to proceed on retirement with effect from 20 April, 2024, to pursue other interests," he said.

The bank's CEO added that he was eternally grateful to the board of directors of FirstBank and FBN Holdings Plc for the support that he received from them during his stewardship.

"I wish our iconic institution continue success and progress as we move into the next phase of its evolution. Warm regards," he said.

Adeduntan's departure marks the end of his nine-year tenure, during which he supervised the bank's operations and strategic direction for three terms.

First Bank is poised to unveil Adeduntan's successor, who will spearhead the bank's expansion initiatives amidst fierce competition in the financial sector.

Checks indicate that Adeduntan, who has held the esteemed position of MD since July 2014 and CEO since 2016, announced his decision to resign immediately, eight months before his tenure expires on December 31, 2024.

**THE ROUNDTABLE: EFCC Targets High-Profile Celebrities In Battle Against Naira** He would commence his pre-retirement leave from Saturday, April 20, 2024, the resignation letter noted. Adeduntan also stated in his resignation letter that he was leaving to pursue other interests, ThisDay reports.

The resignation letter reads, "As you are aware, my contract would expire on December 31, 2024, after which I would no longer be eligible for employment within the bank having served as the Managing Director/Chief Executive Officer of FirstBank for a record time of nine years.

The first bank has since appointed a new acting CEO along with 5 new elite Directors to take over the reins of the Bank.

Source: [www.pmnnewsnigeria.com](http://www.pmnnewsnigeria.com), [www.punchng.com](http://www.punchng.com), [www.nairametrics.com](http://www.nairametrics.com), [www.thisdayng.com](http://www.thisdayng.com)

# Diabetes – The Silent Killer



### About Diabetes

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood glucose. Hyperglycaemia, also called raised blood glucose or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels.

In 2014, 8.5% of adults aged 18 years and older had diabetes. In 2019, diabetes was the direct cause of 1.5 million deaths and 48% of all deaths due to diabetes occurred before the age of 70 years. Another 460 000 kidney disease deaths were caused by diabetes, and raised blood glucose causes around 20% of cardiovascular deaths (1).

Between 2000 and 2019, there was a 3% increase in age-standardized mortality rates from diabetes. In lower-middle-income countries, the mortality rate due to diabetes increased 13%.

By contrast, the probability of dying from any one of the four main noncommunicable diseases (cardiovascular diseases, cancer, chronic respiratory diseases or diabetes) between the ages of 30 and 70 decreased by 22% globally between 2000 and 2019.

### Symptoms

Symptoms of diabetes may occur suddenly. In type 2 diabetes, the symptoms can be mild and may take many years to be noticed.

Symptoms of diabetes include:

- feeling very thirsty
- needing to urinate more often than usual
- blurred vision
- feeling tired
- losing weight unintentionally

Over time, diabetes can damage blood vessels in the heart, eyes, kidneys and nerves.

People with diabetes have a higher risk of health problems including heart attack, stroke and kidney failure.

Diabetes can cause permanent vision loss by damaging blood vessels in the eyes.

Many people with diabetes develop problems with their feet from nerve damage and poor

blood flow. This can cause foot ulcers and may lead to amputation.

### Type 1 diabetes

Type 1 diabetes (previously known as insulin-dependent, juvenile or childhood-onset) is characterized by deficient insulin production and requires daily administration of insulin. In 2017 there were 9 million people with type 1 diabetes; the majority of them live in high-income countries. Neither its cause nor the means to prevent it are known.

### Type 2 diabetes

Type 2 diabetes affects how your body uses sugar (glucose) for energy. It stops the body from using insulin properly, which can lead to high levels of blood sugar if not treated.

Over time, type 2 diabetes can cause serious damage to the body, especially nerves and blood vessels.

Type 2 diabetes is often preventable. Factors that contribute to developing type 2 diabetes include being overweight, not getting enough exercise, and genetics.

Early diagnosis is important to prevent the worst effects of type 2 diabetes. The best way to detect diabetes early is to get regular check-ups and blood tests with a healthcare provider.

Symptoms of type 2 diabetes can be mild. They may take several years to be noticed. Symptoms may be similar to those of type 1 diabetes but are often less marked. As a result, the disease may be diagnosed several years after onset, after complications have already arisen.

More than 95% of people with diabetes have type 2 diabetes. Type 2 diabetes was formerly called non-insulin dependent, or adult onset. Until recently, this type of diabetes was seen only in adults but it is now also occurring increasingly frequently in children.

### Gestational diabetes

Gestational diabetes is hyperglycemia with blood glucose values above normal but below those diagnostics of diabetes. Gestational diabetes occurs during pregnancy.

Women with gestational diabetes are at an increased risk of complications during pregnancy and at delivery. These women and possibly their children are also at increased risk of type 2 diabetes in the future.

Gestational diabetes is diagnosed through prenatal screening, rather than through reported symptoms.

To be continued in next edition ...

Source: [www.who.int](http://www.who.int) ,

# The Conflict in Democratic Republic of Congo - Matters Arising and the Call for more attention

Thousands of Congolese have been forced to flee their homes due to the conflict between the Congolese army and M23 rebels, leading to what the UN Office for the Coordination of Humanitarian Affairs says is one of the worst displacement crises in the world. The U.N. High Commissioner for Human Rights, Volker Turk, has last Wednesday appealed for more attention to be given to the conflict in the Democratic Republic of the Congo, as he visited a camp for displaced people in Goma.

Faida Bauma one of the victims, who was displaced from Masis with her four children, bemoaned the camp's miserable living conditions and the ongoing violence that residents suffer.

"They fired bullets that crossed here. Look at the conditions in which we live, when it rains here, we suffer, look at where we sleep, when it rains, we fold our mattresses. We are going to die here; people are even raped. So, there are several cases of violations happening here caused by the military," she said. Another internally displaced woman, Aminatha Kasole of Kitshanga, pleaded, "May God help us so that the war ends and people return to their respective areas, because we live in poor conditions, we have nothing here. Please let this war end so we can return home." Turk's visit comes as the security situation in eastern DR Congo continues to deteriorate following ongoing clashes between the Congolese army and M23 rebels near Goma.

Turk spoke to displaced people in the camp during his visit, and said to the media: "We have to take this situation very seriously. We have a lot of conflicts in the world, and sometimes I have the impression that we forget the situation here. And I came here to bring the attention of the international community onto the tragedy that is happening here."

An OCHA report released Tuesday stated that since the start of 2024, more than 738,000 people have been newly displaced in the DRC, bringing the total to around 7.2 million displaced people. It specified that "women represent 51% of the displaced population".

Since the end of 2021, the province of North Kivu has been gripped by a conflict between the M23, which Kinshasa and the UN accuse of being supported by Rwanda, and the Congolese army associated with armed groups and two foreign military companies.

The DRC accuses Rwanda and its "auxiliaries" of the M23 of wanting to take control of the minerals of eastern Congolese. M23 claims to defend a threatened segment of the population and demands negotiations, which Kinshasa refuses, excluding discussions with "terrorists".

Fierce battles between Congolese troops and the M23 rebels in eastern DR Congo have intensified regional tensions. Experts say it points to worsening relations between Kigali and Kinshasa. Intense fighting between the Congolese army and the M23 rebels is exacerbating the security crisis in eastern DR Congo. More than 100,000 civilians have been forced to flee in recent days as the M23 rebel fighters advance towards North Kivu's provincial capital, Goma, bordering Rwanda and Uganda.

The Congolese army and M23 have been fighting for control of Goma and the surrounding area for many years. In November 2012, M23 briefly seized Goma — a strategic city with approximately 1 million people — but the rebels later withdrew from Goma after an agreement with the government brokered by Uganda. The M23 (March 23 Movement) is among over 200-armed rebel groups in the mineral-rich eastern DRC. However, analysts say the M23 is the most significant threat to Congo's sovereignty due to its alleged ties with Rwanda.

M23 is alleged to be serving Rwanda's interests  
Congo's multi-faceted conflict has spilled

over into the wider Great Lakes region. Kinshasa has long accused neighboring Rwanda of supporting the M23 rebels. The United Nations also blames Kigali for funding, training, and equipping the M23 rebels.

Despite previous denials, Rwanda earlier this week rejected calls by the US for it to withdraw troops and missile systems, saying the military installations are in eastern DRC to defend Rwanda from the FDLR (Democratic Forces for the Liberation of Rwanda), an armed rebel group whose members include alleged perpetrators of the 1994 Rwandan genocide in which nearly a million Tutsi were killed by Hutu militias. Many of them later fled to Congo to avoid facing justice in Rwanda.

"The M23 group has always served as a vehicle to protect Rwandan interests in eastern Congo," said Kristof Titeca, conflict researcher for Central and East Africa at the University of Antwerp. He told DW that Rwanda has political, security and economic interests in the DRC. "Rwanda sees the FDLR as a major threat to its security," Titeca said. "The Congolese army is collaborating with the FDLR, that angers Kigali."

Congo's gold as a source of revenue for Rwanda  
Formal and informal trade between DR Congo and Rwanda is flourishing, especially in gold. "Gold is an important source of foreign currency for Kigali, and much of it comes from eastern Congo," Titeca said. But it is not just its value that has placed gold at the heart of controversy. It occupies an important place in the geopolitical competition between Uganda, Rwanda, and the Congo, Jason Stearns, director of the Congo Research Group, said in a report.

Before the M23 rebellion even began, Rwanda's largest export was Congolese gold, which rose from 1% in 2014 to 47% in 2020. "In Uganda, we can see a similar trend, culminating in 2021, when gold made up 56% of its exports", Stearns wrote.

According to research analyst Titeca, Rwanda considers parts of eastern Congo as part of its sphere of influence. But in November 2021, the Ugandan army sent troops to the eastern DRC in a joint offensive with the Congolese army against the ADF (Allied Democratic Forces) rebels.

Uganda's role in DR Congo  
The ADF, historically a Ugandan Muslim-majority rebel coalition, established itself in eastern DRC in 1995 and has operated for years along the border areas of both countries. Uganda's intervention has further disrupted the fragile regional balance, Titeca says. "This is the main reason for the emergence of the M23 at the end of 2021."

This military rebel group, which consists mainly of ethnic Tutsis, broke away from the Congolese army just over ten years ago. In 2012, the rebels carried out a major offensive and captured Goma. However, the M23 rebellion was crushed by the army in 2013, and the fighters and their leaders fled to Uganda and Rwanda, Titeca explained. The negotiated peace agreement — seen as a crucial step towards ending the violence in eastern Congo, including the integration of the M23 into the Congolese army — has not yet been implemented.

The M23 group accuses the Congolese authorities of failing to combat the Rwandan Hutu rebels who settled in eastern Congo after the Rwandan genocide in 1994, as well as other armed groups that pose a threat to Congolese Tutsis.

"The resurgence of the M23 must be seen as a reflection of the deteriorating relations between Kinshasa and Kigali," Titeca has added.

Source: [www.dw.com](http://www.dw.com) ,  
[www.aljazeera.com](http://www.aljazeera.com) ,  
[www.africanews.com](http://www.africanews.com)

# Exploring the History of the Moors of Africa and their Impact on the World - In Architecture, Literature, Medicine, The Game of Chess, Cleanliness and more...

.... Continued from Newsletter Edition 8

3. The Moors Introduced Numerous New Fruits and Vegetables to Europe  
The Moors introduced a variety of fruits and vegetables that were previously unknown in both Spain and Europe, and thus deemed exotic novelties. These items included peaches, lemons, oranges, saffron, cotton, rice, silk, sugar cane, apricots, figs, dates, pomegranates and many others. Although commonplace today, during the Middle Ages these items were almost alien to the Spanish. Today, centuries later, they have become staples of Spanish production and diet.

4. The Arabic Numerals We Use Today Were Brought to Europe by the Moors  
The classic numbers we all use and love today are of Arabic origin, introduced by the Moors upon their arrival into Spain. These numbers were quickly adopted as they were simpler and easier to use than the complex and aged system of Roman numerals. Additionally, the Moors also introduced paper to Europe, at a time when parchment, made of animal skins, was the common writing medium in medieval Spain. This was a major development essential for the progress of European civilization.

5. The Moors Were Several Steps Ahead of Medieval Europe  
At the time of their conquest of the Iberian Peninsula, the advanced civilization of the Arabs was renowned for its architecture, science, mathematics and exploration. Upon their arrival in Spain, the Moors introduced architectural techniques that amazed European stonemasons. One of the most impressive examples of Moorish architecture is the Alhambra, a palace complex and fortress located in Granada, Spain. Construction began in 1238, and it surpassed any similar palace in grandeur and beauty. Today, it remains one of the best-preserved palaces of the Islamic world.

6. Chess Spread Throughout Europe Thanks to the Moors  
Even though chess is over 1,500 years old, it was first introduced to Europe in its current form by the Moors. Chess spread from India to the Arabic world and was introduced to Spain by the Moors. It quickly became popular and swept across Europe's courts and society. In medieval Spain, chess was a popular game of strategy and patience. The first written mention of chess in Spain dates back to 1010 AD, in the Catalanian Testament.

7. The Moors Were Very Strict About Their Hygiene  
The Moors were known for their love of cleanliness, with a popular saying claiming that a Moor "would rather go without bread than without soap." Due to their traditions and the rigors of their religion, the Moors were fond of looking spic and span, and encouraged frequent bathing; in the Moorish town of Cordoba, there were around 900 public baths. This allowed for proper hygiene during a time when plumbing and running water were not yet widely available. Some sources also claim that the Moors brought some form of soap to Europe, introducing a new era of cleanliness.

8. The Career of Ziryab, the Famed Moorish Musician, Flourished in Spain  
Ziryab, whose name meant "blackbird," was a renowned poet, oud and lute player adored in the Islamic world. Having arrived in Spain in 822, Ziryab settled in Cordoba, where he became an instant court favorite. Ziryab was very influential, setting new fashion trends, inspiring singing and poetry, and even inventing a type of deodorant and toothpaste. Described as a major trendsetter, Ziryab was a great lover of local cuisine, having invented many new culinary recipes in Moorish Spain. Could it be that through the efforts of a single, visionary man, the whole of Europe benefited?

9. Education Was Very Important to the Moors  
Education was of utmost importance to the Moors, who ensured that it was universally available to all within their realm. This stood in stark contrast to medieval Europe, where 90% of the population remained illiterate, and education was reserved for only the wealthiest nobles and clergy. In fact, there were even some European Kings

who could not read or write. The Moors established 17 great universities in Spain, located in cities such as Cordoba, Malaga, Granada, Seville, Toledo and Almeria, among others.

10. Numerous Moorish Words Found Their Way into Modern Spanish and English  
After their arrival in Europe, the Moors brought with them new concepts and words that quickly became a standard part of everyday language. Spanish has up to 4,000 words of Arabic origin, including algebra, checkmate, and influenza. Other examples are cipher, alcohol, chemistry, typhoon, orange, alkaline, cable and nadir.

11. At the Height of Moorish Rule, Cordoba Was the Most Modern City in Europe  
During the 10th and 11th centuries, Cordoba was the very center of the Moorish world, and a great center of learning, education, and economy. The second-biggest city in Europe, Cordoba had over 80 libraries, as well as some of the most advanced knowledge of medicine, mathematics, botany and astronomy - far superior to the rest of Europe. It was also very modern for its time, having beautiful architecture, raised sidewalks for pedestrians, many miles of road and even street lighting.

12. The Moors Were Very Industrious  
Upon their arrival in Iberia, the Moors saw the potential in the old Roman irrigation systems they found and quickly adopted, enhanced and revived them. This led to a surge in agricultural productivity and a boost in the economy. They were also able to cultivate new crops they brought with them such as lemons, oranges, figs, dates, and apricots. Soon, Spain became one of the largest producers of crops in Europe, all thanks to the Moors' innovative irrigation techniques.

13. The Moors Greatly Transformed Spanish Cuisine  
Spices were a rare commodity for Europeans, and their food was often considered bland. The Moors changed that by bringing over hundreds of unique spices, new recipes and innovative methods of preparing food. This culinary revolution gave rise to many wondrous dishes that we still enjoy today. The Moorish spice markets were famous for their variety, offering choice for cooks of all styles. The colors and smells of these medieval markets must have been truly incredible.

14. The Moors Had a Major Impact on the European Renaissance  
Thanks to their introduction of arts, education, astronomy, mathematics and music, the Moors greatly enhanced existing European culture. Their architecture was a whirlwind of color and detail, their cuisine a typhoon of spices and flavors, their music enigmatic and exotic, their fashion sense unique and flamboyant. The Moors brought a vibrant splash of color to an otherwise gray medieval Europe. Despite being invaders, whose arrival often brought death and suffering, their greatest contribution was the infusion of artistic and cultural richness that transformed the region.

An Invasion That Brought Both Good and Bad  
The Moors arrived during a tumultuous time in Iberia, which had seen many cultures come and go leaving the peninsula ravaged by war and soaked in blood. The Moors capitalized on this situation, quickly overwhelming the Visigothic Kingdom and revitalizing Spain with their colorful culture in the process of their conquest. The presence of the Moors in Europe cannot be overlooked. After all, sometimes it takes an invasion to breathe new life into a civilization and introduce beneficial aspects into a culture. The Moors endured for several centuries in Iberia, but Spanish Christians continued to yearn their lost territory. In response they launched the Reconquista, a war which in just a few generations drove the Moors back to the sea until they were finally expelled from the Iberian Peninsula. Yet even so, the marks left behind by the Moors in Spain would never be erased.

Source: Ruth De Jager , [www.ancient-origins.net](http://www.ancient-origins.net) , [www.wikipedia.com](http://www.wikipedia.com)