



RELAXNOMIKS

SUMMER EDITION 2018

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LETTER FROM THE PUBLISHER

Welcome to the 2018 Summer Edition of the Relaxnomiks!

2018 has been pretty alright. The economy is on a recovery path, some domestic commodities are cheaper than a year ago, and the exchange rate has been relatively stable.

Meanwhile, the World Cup Season is moving all too fast! While we wish the Super Eagles better luck next time, it's not too late to root for another team. Don't worry we won't tell. Check out our football piece as we take a look in our crystal ball to see the players and teams with the highest chances of finishing on top.

Countdown to 2019 elections has begun. Have you registered to vote? If not, there is still time to do so. Be sure to exercise your constitutional rights come February 2019. If you choose not to, then please, no complaining from you until 2023!!!

It is half way through the year, and the perfect time to assess your performance against your January goals. Why not take another stab at your New Year Resolutions? The next few pages will give you the motivation and guidance you need.

But even if you fall short, be easy on yourself. Take some time out and cool off with this edition of the Relaxnomiks. It's guaranteed to fulfil all your entertainment needs.

Yours faithfully,

Bismarck J. Rewane

(For and on behalf of the Publisher)



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Top Players to Watch in the 2018 FIFA World Cup

The 2018 FIFA World Cup season is well underway with football giants Brazil, Spain and France emerging as the favorites to win the tournament. These teams, according to pundits and other football enthusiasts, have the highest possibility of winning the tournament, given the avalanche of talent at their disposal. Nevertheless, teams such as Belgium and Argentina remain strong challengers. Below is a list of likely players to win the golden ball which is given to the best player of the tournament. Previous golden ball winners include the likes of Lionel Messi and legends- Ronaldo de Lima a.k.a. “El Fenomeno” and Zinedine Zidane (Zizou).

Lionel Messi (Argentina)

The 2014 edition's golden ball winner has been terrorizing European defences for the last decade and has proven himself as one of the game's greats. The Argentine talisman's trophy cabinet is a testament to his exceptional accomplishments. However, Messi is still missing a major achievement when it comes to national wins. Argentina's campaign in the current World Cup has been below par. Football enthusiasts have blamed this on the team's overreliance on Messi, who was marked out in the first two games of the tournament. Nonetheless, “the magician” inspired his team to secure a vital 3 points against a young and energetic Nigerian team to qualify for the knock out phase. Russia is likely to be Messi's last chance to win the World Cup and what better time to win the golden boot than your last tournament?



Neymar (Brazil)

The flamboyant, skilful and cocky 25-year old Brazilian shocked the world when he completed a record move from Barcelona to Paris Saint German. He clearly is to Brazil what Messi is to Argentina. Although the present Brazilian team boasts abundant depth, Neymar's importance to the team cannot be overstated. If you recall, in the quarter final of the last World Cup in 2014, Neymar had a horrifying back injury at the end of the game. The whole country went into a depression and come semi-finals Brazil ceded, losing 7-1 to the Germans, who eventually became the world champions. The test of the 2018 Brazilian team is whether they will be able to recover from the malaise of 2014. Neymar will play a vital role in this. He is the icing on the cake. Neymar has scored a goal in the current tournament and is now the third all-time top scorer for Brazil. Neymar has a total of 55 goals for his national team.



Cristiano Ronaldo (Portugal)

Lionel Messi's rival may have lost a yard or two in speed. However, the Portuguese superstar still has the skill to turn a game in his side's favor at any time. Ronaldo has developed his game from a dribbler to an astonishing pace, as a goal poacher and an assist machine. Although the 34-year old Portuguese captain is delving deeper into the twilight of his playing career, the five-time Ballon d'Or winner had a spectacular season as he scored 15 goals to help his team, Real Madrid, win their third consecutive Champions League title. Ronaldo's unquestionable talent and never-say-die



attitude will be a vital motivating factor for his team. The lethal forward has already scored 4 goals in this tournament. This includes a hat trick against Spain.

Eden Hazard (Belgium)

The 27-year-old Chelsea winger has already won titles in France and England, earning a total of 82 international caps. In a talented Belgian team, Hazard stands out for his pace, dribbling and close ball control. His ability to split up defences cannot be over-emphasized. On a good day, the Belgian is unstoppable and has an eye for spectacular goals. If Belgium is to go a long way in this tournament, Hazard and team mates, such as Kevin De Bruyne and Romelu Lukaku, will have to bring their A-game. Lukaku has set the pace running with four goals so far, while Hazard has two.



Harry Kane (England)

England's skipper and talisman, Harry Kane has been on terrific form for both club and national team. The prolific English striker has 5 goals to his name having played only 154 minutes to date at the tournament, putting him one ahead of Portuguese star Cristiano Ronaldo on the goal scoring chart. Clearly, if the three lions (England's team) are to go a long way in the World Cup, Kane will have to maintain his top form and high goal per game ratio.



Honorable mention- Ahmed Musa (Nigeria)

Although the Nigerian Super Eagles team is out, it's worth mentioning Musa, the Leicester city forward that has been the stand out performer for the Super Eagles this World Cup season. His man of the match performance against Iceland raised the hopes of the nation. The clinical finisher is now Nigeria's all-time top goal scorer (4 goals) at global stage i.e. world cup. However, it was unfortunate he could not repeat the same feat against Argentina. The good news is that Ahmed Musa, who is only 25 years old, would be at his prime at the next World Cup and will be the focal point of Nigeria's attack.





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FREE ENTRY

Quick Tips for a Stress-Free Wedding

It's your wedding day. That time when your parents invite half the city, and everyone who carried you as an infant, to come eat some rice. There are several reasons to smile; you are finally joined with your beloved and surrounded by your friends and family.

In the same vein, there will be several reasons and opportunities to lose it, and fast. Noisy guests who seem to care more about getting their souvenirs than hearing your 'vote of thanks' speech. Difficult music bands who are so full of themselves they stay past their time slot thinking they are doing you a favor. Careless waiters who are talking over everyone's food. Here are some quick tips to ensure you have a smooth stress-free wedding day.

Reserve some seats. There's nothing more stressful than looking across the room to see your friends or favorite cousins standing in the corner because there are no more seats. Avoid this by reserving seats for them. You can choose to put names of each guest on each seat, or just group them. For example, reserve a table or two for your colleagues,



another for your university friends, etc. The ceremony will be more enjoyable for your friends if they are seated with familiar faces. While this doesn't always work, a cool way to control seating is to give unique codes to each group of friends that they have to say before they are allowed to sit down. Or assign ushers or bouncers to manage the seating arrangements. Still, 100% success is not guaranteed as you will still have a handful of people (mothers' friends are the

usual culprits), who will snort ‘sho mo age mi?’¹ and sit down on the table reserved for your friends.

Get a bridal stylist. Bridal stylists are like event planners, only exclusive to your wardrobe and look. They ensure vendors, such as make-up artists, hair stylists and fashion designers, are in check. I know what you're thinking, sounds like another gimmick to milk money out of desperate brides. But a bridal stylist is to weddings, what managers are to offices. Now this service is not needed if you will not be changing during the ceremony, but if you have a line-up of outfits planned, it is a necessity. Where's the makeup artist? Did my dress just rip? How could my sister forget to pack my earrings? Bridal stylists come with their sewing kits, makeup brushes, and back up outfits ready to fix any mishap. They also trail you during the event to ensure no hair strand or gele is out of place, and all your photos come out red-carpet stunning! But that's not all; bridal stylists also help with choosing a look that suits your body type, outfit shopping, and pre-wedding photo shoots.



Set up a gift registry. I don't know about yours, but my parents have a cupboard full of unused trays and plates they got at their wedding decades ago. Don't let this be you. Ensure your guests give you gifts that you want or need by setting up a gift registry. While the rest of the world had boarded this train a



¹ Translation: ‘Do you know my age?’ Usually used when speaker feels like their age should earn them an exemption from the rules.

long time ago, Nigeria just recently caught up. A gift registry is basically a list of items that you want your guests to buy for you. You can set it up online - there are a couple of thriving gift registry websites in Nigeria. You can also partner with physical stores such as Game. Once an item has been bought, it is removed from the list, so no one buys it again. Also, don't be shy to ask for cash gifts from guests.

Choose comfort first. Last thing you need is an itchy bowtie or painful earrings. As much as possible ensure that everything you'll be wearing on that day, from head to toe, is extremely comfortable. Break in your wedding shoes; wear them around the house for a couple of days and get the hang of it.



Take time outs. Sometimes the event can get quite overwhelming. It doesn't hurt to take a quick break to gather your composure. You can take a quick stroll at the venue or go to the dressing room/car to cool off and recharge for a bit. And if your wedding is as loud and busy as most, I bet no one will even notice you were gone!

Delegate. Resist the urge to be superman/woman. There is no reason why you, from your special couple throne, should be trying to monitor the details. That's why it's important you pick your best girls and guys to help. Leave that to them or hired hands.

The 9-5er's Guide to a Healthy Lifestyle

It's June, and we're halfway through the year. Chances are you are yet to achieve your New Year's resolutions, half of which you probably do not remember. Each year, about 20% of people propose to adopt a healthier lifestyle - lose weight, eat well, exercise more and even sleep better. However, less than 10% of those people meet their goal or even make notable changes.



Life in the big city does not help matters. Traffic and busy schedules barely make it possible to prepare healthy, low calorie meals or go to the gym. Before you throw in the towel and sigh 'I cannot come and die', your fitness journey does not need to start and end at the gym. You can keep fit even while at a 9 to 5 job with these simple tips.

Commute actively: Tricycles (Keke Napep), double parkers, okadas and crazy drivers all make it difficult to cycle to work like people do in other countries. To make it worse, in cities like Lagos, you often find yourself in a traffic jam that moves an inch every 10 minutes. Take advantage of those jams; when you're about 500m-1000m away from your destination, ditch the car and walk. You can also park your car a few blocks away from your office. That way you are sure to walk a short distance after work hours and stretch your legs.

Take the stairs: You have probably heard this before from your gym buddies, but this tip cannot be over emphasized. It is a quick, and might we say easy, way to burn some calories, improve your stamina, increase your heart rate and strengthen your leg muscles. Remember to factor this into your morning schedule so you don't show up to work late. You can also turn the stairwell into

a substitute gym. Aim to walk up and down one flight of stairs five to eight times a day.

Make the most of your breaks: You probably get a lunch break of up to an hour and, depending on your office, you either have a cafeteria or can go out for lunch. That's enough time to lose some calories, work up a sweat and stretch your muscles. Take a 10-minute stroll or find a private room (it could even be the bathroom) where you can quickly do a few sets of jumping jacks or squats. Also, do you find that your weight is constantly yoyo-ing? You should take a selfie every day. As weird (or vain) as it sounds, new studies² show that taking selfies is an effective way to measure your weight loss journey.

Avoid unhealthy snacking: There is nothing wrong with eating something light between meals. Frankly, with the number of hours and energy spent behind your computer, your brain needs occasional fuel to keep you active. That said, chocolates, and pastries (donuts, Scotch eggs, meat pies) are not the way to go. Instead, try snacks like popcorn, groundnuts (boiled), slices of cucumber and carrots.



Use technology: Technology has made everything easier, even keeping fit. There are now several fitness devices to remind you that you have been sitting for too long. They also track your daily steps as well as total number of minutes spent being active. Portable electronics, such as Fitbits, Moov and Garmin Vivofit, are extremely useful. A cheaper alternative is to use fitness apps, such as Map My Walk, MotionX GPS, or Charity Miles, that can be downloaded to your smart phones.

² Sandhya Raghavan. <http://www.thehealthsite.com/fitness/diet/weight-loss-tip-198-take-a-selfie-to-lose-weight-k1117/>

Do it yourself: Office assistants and subordinates are so handy when it comes to handling those little tasks you can't be bothered to do. However, imagine how many calories you could burn by doing those tasks yourself. It could also help to ease the strain on your eyes from staring at the computer for so long. So, the next time you need to scan a document or pass a memo to your colleague, 'Do it yourself!'

Desk exercises: Yes! You can keep fit even while seated at your desk without drawing attention to yourself. A few 'deskercise' you can try at work include:

- *Spinal stretch – Sit tall in your chair with your feet together and stretch your arms to the ceiling. Put your left hand on the desk, your right hand on the back of your chair and twist your chair to the right. Hold for 10 seconds and repeat in the other direction.*
- *Core straightener - Sit straight in your chair and hold onto the edge of your desk with your fingers and thumb then use your core muscles (rather than your arms) to swivel your chair from side to side.*
- *Seated calf raises - Keep your toes on the ground, lift both heels up, squeeze for two seconds, then lower back down. Aim for 3 sets of 15 reps daily.*
- *Chair triceps dips- Hold on to the armrests of your chair, lift your butt slightly off the seat, raise your body until your arms are fully extended, then lower yourself back down. Do 3 sets of 10 reps.*



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DIY Tricks for a Bedroom Makeover

Wish your bedroom had a new look? No need to break the bank, try out these simple and easy to make décor.

T-shirt doormat³

You will need: An old doormat, scissors, hot glue and old t-shirts.

Difficulty level: Easy

Directions

1. Cut the entire T-shirt into a 2-inch wide and 5-inch long strips.
2. Tie a knot at the center of each cut out piece, apply the glue to the old doormat starting from the edge and place the knotted part of each piece on the glue.
3. Repeat the procedure until the doormat is completely covered.



Watercolor Canvas

You will need: a canvas frame, watercolor paint set, brushes, felt pen, and thin tape

Difficulty level: Easy

Directions

1. Cut the tape into various lengths and place randomly across the canvas.



³ Michelle Edgemont. <https://www.hgtv.com/design/make-and-celebrate/handmade/how-to-make-a-recycled-t-shirt-rug>

2. Choose a color that matches your room theme and paint the uncovered spaces with watercolor paint; could also be a blend of several colors.
3. Once dry, trace the sides of the tape with a felt pen with thin strokes
4. Once dry, remove the tape and hang.

T-shirt Cushions⁴

You will need: A pair of scissors, a plain one-colored oversized t-shirt, stuffing (You can use old clothing or socks) and pins

Difficulty level: Easy

Directions

1. Lay the T-shirt on a flat surface, with your favorite side facing upward. You can draw or write something on it.
2. Measure the sides of your cushion and mark out measurements on T-shirt, adding two inches. Cut out all excess sides including sleeves and neck.
3. Cut 2-inch strips around the perimeter of your cloth.
4. Knot each pair of fringe, leaving the top unknotted
5. Stuff the pillow with old socks or clothing and knot the remaining fringes.



⁴ Ariel Bloomer. <https://www.diynetwork.com/how-to/make-and-decorate/decorating/how-to-make-a-no-sew-pillow-from-an-upcycled-t-shirt>

Wall Paper headboard

You will need: measuring tape, pencil, scissors, stepladder, wall brush, wallpaper, adhesive.

Difficulty Level: Medium

Direction

1. Get a nice spot for your bed. Measure and mark out the wall from the top of the bed to the ceiling for guidelines and add 5-7 inches for easy trimming of the wallpaper.
2. Roll out the wallpaper, use the measuring tape and pencil to mark the needed length; cut out with the extra inches and set aside.
3. Spread the wallpaper faced down and apply adhesive evenly on the surface with the wall brush.
4. Use the marked guidelines to place the first piece of paper on the wall and smoothen accordingly, brushing out air bubbles and crinkles. Cut out the excess paper.



Ankara headboard

You will need measuring tape, nails, medium-density fiberboard (MDF) (aka plank of wood), Hot-glue gun, Hammer, Ankara material, thin foam (1 inch thick)

Difficulty level: Medium- High

Directions

1. Cut the MDF and the thin foam to your desired size. The length and width of the thin foam should be 4-6inches more than the frame.



2. Place the wooden frame on a flat platform and apply the hot-glue on it perfectly. Place the foam on the frame gently, starting from one edge to the other to avoid irregularities.
3. Turn the board upside down and wrap the extra foam on the backside of the frame. Hold it in place using some nails.
4. Cut out the Ankara, using the same measurements used for the foam, lay the piece of Ankara on a flat surface with your favorite side facing downwards.
5. Lay the frame faced down on the fabric, fold the edges of the fabric over the frame and hold tight with the nails.

Managing Perspiration in the Summer Heat

Summer months are typically the hottest in the year as the earth positions itself closer to the sun. High temperatures and low humidity make sweating widely inevitable. While perspiring helps maintain body temperature and releases body toxins, excessive sweating can cause significant water loss in the body, raising the chances of hypothermia⁵. Other downside effects of excessive sweating include skin rash, irritation and body odor.

These few tips will help to effectively manage your sweat as we approach the hottest time of the year.

Dress in hot-weather friendly fabrics: Keep your wool, twills, jacquards and other thick fabrics for the Harmattan season. It is preferable to dress in light and breathable materials such as linen, chiffon and ramie textiles.

Avoid sweat inducing diets: The excessive intake of fatty and spicy foods and the frequent consumption of very hot beverages, such as tea and coffee, are not suitable for summer. These foods generate heat and induce sweats. However, should you find complete abstinence unavoidable, it is more advisable to consume them in air-conditioned places. This limits their impact on your body's sweat expulsion. Fruits and vegetables such as cucumbers, watermelons and lettuce are better for the weather. These foods aid the digestion process, produce essential body vitamins and automatically contain excess sweat.



⁵ Hypothermia is a medical condition whereby the body loses more heat than it produces, causing a suboptimal and dangerous body temperature.

Reduce smoking: The intake of nicotine causes the body to discharge acetylcholine, a chemical that raises the heart rate and body temperature. This stimulates the sweat glands and causes excessive sweating. Combining smoking of cigarettes with the hot temperature in summer speeds up the reaction.



Watch your bathing habits: Bathing with hot water usually raises the body temperature and could translate to excessive sweating. To avoid this, you can switch to cold water showers. Additionally, rubbing your body vigorously when towel drying can make you sweat. Thus, it is recommended that the body be patted gently with a towel to minimize friction.

Antiperspirants: Antiperspirants are substances (usually contained in a deodorant) that are applied to body to avoid sweating. Antiperspirants block the sweat ducts, thereby minimizing the body's discharge of sweats. For best results, it is advisable that the under arms are completely dry and dirt free before applying the antiperspirants.

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Anagram Quiz

An anagram is a word, phrase or name formed by rearranging all the letters of a different word, phrase or name. For example, "iceman" can be formed from "cinema" and "glean" from "angel".

Below is a list of anagrams formed from the names of countries and in brackets the number of letters in each word in the country's name. Rearrange the letters to form the names of countries.

For example: ITS DATE TUNES: United States. Answers on Page 52

1. SAUL TIARA (9)

2. ADACAN (6)

3. CHAIN (5)

4. TYPE G (5)

5. MY ANGER (7)

6. A HANG (5)

7. OX MICE (6)

8. REIGN (5)

9. HAIRCUT SOFA (5, 6)

10. IN SAP (5)

11. ZIT LENDS WAR (11)

12. A THIN LAD (7)

13. ADDING DRAIN TO BOAT (8, 3, 6)

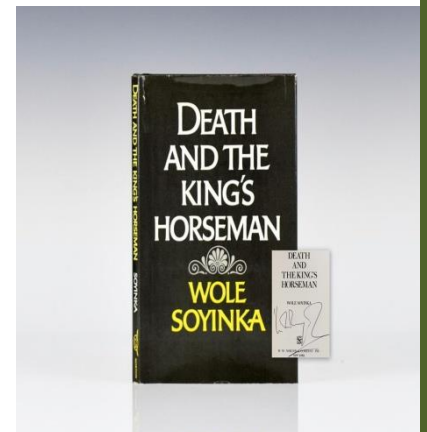
10 Books that will Challenge Your Perspective about Life

Do you remember a book you have read that struck you intimately or transported you entirely? There is something magical about a good book. Stories have a powerful way of presenting a new world that we, as readers, can encounter solely through our imagination. It is no wonder that we can travel space and time through books, and their skilfully constructed plots. Reading is not just a way to pass time; it exposes you to cultures, builds your writing and vocabulary skills and helps maintain mental agility. Below are 10 books through which you can travel the world as well as jump through time, all the while gaining new perspectives on important social issues. Most of these books are available as e-copies online, so get downloading, and get reading!

Death and the King's Horseman- Wole Soyinka

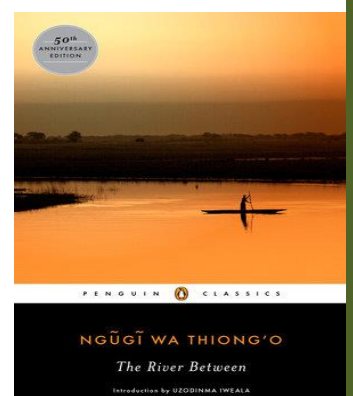
Soyinka's play takes its readers back to colonial Nigeria during the decline of the British Empire. Set in Oyo state, the Elesin is preparing for his death to join the deceased Alaafin of Oyo. This play places its reader in the middle of the struggle for control between the people of Oyo and the British occupiers. Although it may be tempting to simply write it off as a story about a clash of cultures,

Death and the King's Horseman transcends that barrier. It questions tradition, values, duty and the possibility of cultural co-existence.



The River Between- Ngugi wa Thiong'o

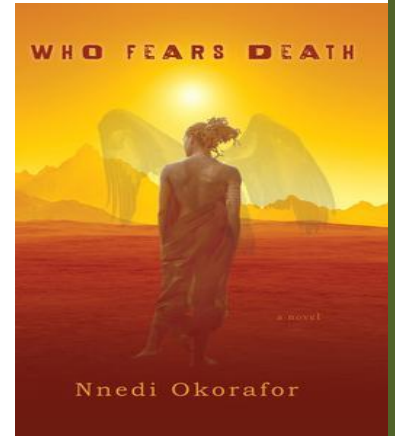
Published in 1965, this novel illustrates the beauty and dangers of leadership and culture. It is set in the land of the Kikuyu people at the time when Christian missionaries entered the land. It follows the life of a boy, Waiyaki, who is torn between the traditions of his Kikuyu people and the values propagated



by the missionaries. Thiong'o's novel skilfully portrays the previously neglected view of the Kikuyu people of the Kenyan colonial war, taking you into a world that separates you from yourself even for just a small moment.

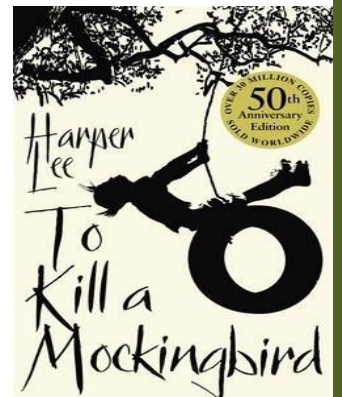
Who Fears Death- Nnedi Okorafor

The recipient of the 2011 World Fantasy Award for Best Novel is a post-apocalyptic African fantasy that stars the titular character 'Onyesonwu'. This gender-bending novel abandons conventions of dystopian African and fantasy novels altogether and tackles relevant social vices that have led to such a dystopia. Addressing issues such as colourism, ethnic identity and religion, Okorafor pushes her readers to delve into the depths of these topics without making way for courtesy or civility. *Who fears Death* is an emotional journey and it is unapologetically so.



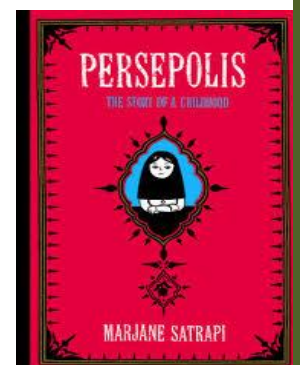
To Kill a Mockingbird- Harper Lee

'Shoot all the blue jays you want, if you can hit 'em, but remember it's a sin to kill a mockingbird.' This quote from the classic novel could sum up what is learned at the end of the novel, but I will leave you to decide. Set in 1930s Southern United States *To Kill a Mockingbird* follows the life of Scout Finch, a young girl, against the background of a prejudiced society. A coming-of-age story that garnered worldwide acclaim is an undisputed classic for reasons that you will only know once you read it.



Persepolis- Marjane Satrapi

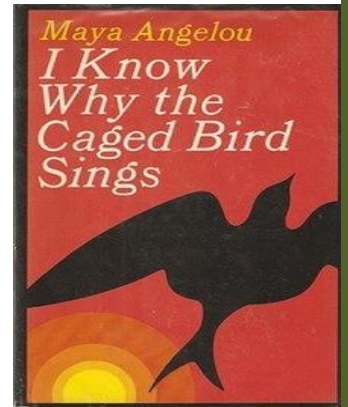
This non-fiction graphic novel is an autobiographical recount of the author's life. Presenting her childhood during the Islamic revolution in Iran and her life under an Iranian dictatorship, Satrapi takes a frank look at what she has lived. The format of a



graphic novel appears to take an unconventional turn for a biography, but this approach makes it that much more of an important read as you see how the events unfold. *Persepolis* takes on the formation of the Islamic Republic through a lens that grapples with religion, freedom and identity all the while telling a beautiful story.

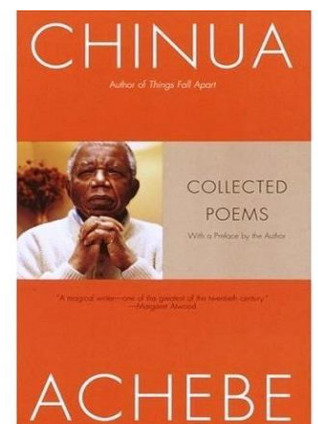
I Know Why the Caged Bird Sings- Maya Angelou

An autobiography by an exceptionally prolific writer, the incomparable Maya Angelou tells of her childhood in the 1930s and 40s United States. Angelou shares with us the struggles, pain and experiences that made her the woman she was. The first part of a series of memoirs, this book shows the unglamorous childhood from which some of the world's best writing was formed.



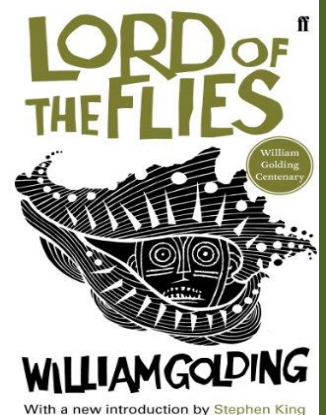
Collected Poems- Chinua Achebe

As the title suggests, this is a collection of striking poems written by the talented writer, Chinua Achebe. Achebe took a break from prose writing as the Nigerian Civil War broke out and wrote poems about the war. However, he also wrote about love, religion and post-civil war life. This collection spans his writing career and includes heart-breaking poems like 'Mother in a Refugee Camp'.



Lord of the Flies- William Golding

Set against the backdrop of war, Golding tells a story about the dark side of humanity that everyone runs away from. An airplane used to evacuate a group of British school boys from the scene of devastation in England crashes onto an uninhabited island with the school boys being the sole survivors. The boys must survive on their own, and without the order of school or society, the worst aspects of human nature are

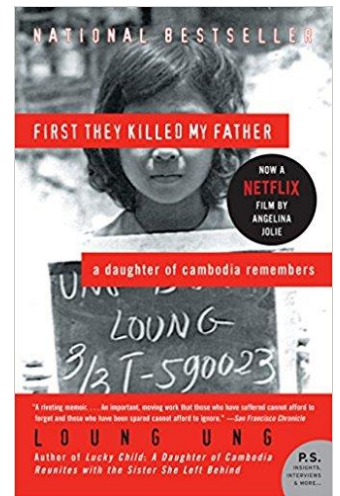


brought to the surface. *Lord of the Flies* shows inhumanity in children and draws an unnerving parallel to the inhumanities of war.

First They Killed My Father: A Daughter of Cambodia

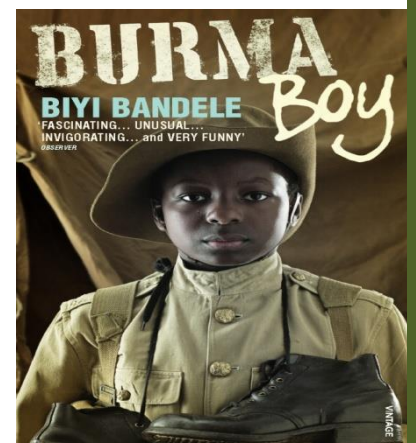
Remembers- Loung Ung

This is a memoir by Cambodian survivor of the Khmer Rouge regime in Cambodia, Luong Ung. Between the ages of five and nine, Ung suffered under the genocidal tyranny of the Khmer Rouge losing her home and members of her family. Her story is one of pain and suffering, but it also a story of triumph as she is indeed a survivor. This memoir is more than just her autobiography it is the story of a nation that still hurts from this loss.



Burma Boy, Biyi Bandele

Bandele documents what he once stated to be WWII's 'least documented and most brutal theatre'. Private Ali Banana is a soldier in the Chindits, a British India 'Special Force' unit that fought against the Japanese during WWII in Burma. Bandele presents a comically naïve young soldier who memorializes the thousands of Africans who fought with the Chindits.



Benefits of Citrullus Lanatus (aka Watermelon)

Watermelon is a sweet summer fruit which possesses several qualities and functions. Its benefits transcend health to being used for other functions such as interior designing. Watermelon contains about 91% water and this helps in satisfying the water requirement needed by the body. The fruit also has some anti-oxidants properties, and eating it has a cooling effect. In addition, watermelon has a low fat content.



Regulates Blood Pressure

Watermelon (its inside and rind) contains potassium, magnesium and carotenoids, which are highly effective in helping to lower blood pressure. The minerals help to release the tension on blood vessels and arteries, thereby stimulating blood flow and reducing the stress on the cardiovascular system. This also reduces the chances of heart attacks.

Treats Kidney Disorders

Watermelon's high level of potassium also helps to reduce toxic depositions in the kidney. Moreover, the high liquid content in the fruit helps to reduce the concentration of uric acid in the blood and reduce the chances of kidney damage.

Improve the Skin appearance

The rind possesses some antioxidants which can help to reduce the effects of free radicals and lower oxidative stress, which minimizes the appearance of wrinkles, blemishes, and age spots as you get older.

Strengthening of Immune System

The fruit contains vitamin C which helps to protect the eyes from age-related problems and drying up of the eye. The vitamin C content also helps to lower the risk for developing asthma. Vitamin C will give a major boost to the immune system as it stimulates the production of white blood cells, which helps to defend against infections and foreign pathogens in the body.

Other benefits of watermelon rind

In recent times, the benefit of watermelon transcends its health benefits. You can also use its rind as a fruit or flower container using the following DIY tips.

Watermelon Flower vase

- Cut a small circle at the top of the water melon
- Scoop out the fruit
- Leave the rind in the sun to dry.
- Arrange some flowers inside the dried water melon rind



Watermelon Basket

- Place the water melon on its side
- Mark the portion of the watermelon that needs to be cut off- a wavy line about two-thirds down the fruit across the perimeter of the fruit, and two parallel curved line across the top, from one side to the other
- Using a sharp knife, carve out your marked lines, starting with the parallel lines
- Scoop out the fruit as you go along
- Dry the watermelon rind and arrange your fruits in it





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Food Pop Quiz

Think you're a foodie? Without the help of Google, test your knowledge of all things food with our pop quiz. Answers on page 50.

1. To which family do apples and pears belong?

- a) The rose family
- b) The peach family
- c) The parsley family

2. For what can coconut water be substituted?

- a) Contact lens solution
- b) Intravenous hydration fluid
- c) Sanitizer

3. Which food was used as a medicine in the 1800s?

- a) Ketchup
- b) Butter
- c) Chilli pepper

4. Who invented the Popsicle?

- a) A dentist in 1964
- b) An 11-year-old in 1905
- c) A confectionary store in 1862

5. McDonald's is the world's largest

- a) Distributor of toys?
- b) Restaurant chain?



c) Consumer of meat?

6. Which of these foods will never spoil or rot?

a) Honey

b) Flour

c) Fruitcake

7. Which country spends the most of their income on food per year?

a) Nigeria

b) Pakistan

c) Australia

8. Which city has the most Indian restaurants?

a) London

b) Delhi

c) New York



9. Stealing small amounts of food to stave off hunger is not a crime in which country?

a) Greece

b) Bolivia

c) Italy

10. Which of these foods is not French in origin?

a) Croissants

b) Baguette

c) Chocolate Mousse

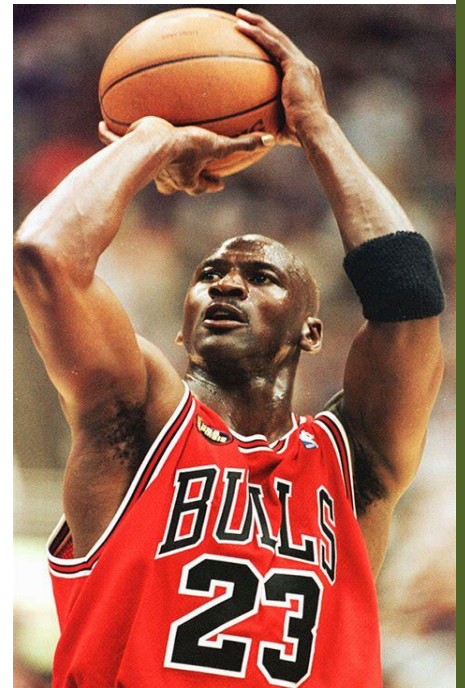
Who is the Real GOAT in the NBA?

The post season of the 2017/2018 National Basketball Association (NBA) has concluded and as usual, the debate of who is the Greatest of All Time (GOAT) came up. Avid NBA fans are already familiar with the usual suspects: Bill Russell, Kareem Abdul Jabbar, Michael Jordan, Kobe Bryant and LeBron James.

In all honesty, it is difficult to say one athlete is the greatest of all time in their respective sport, particularly when players of different generations are compared. Basketball has changed so much that comparing players of different generations is very complicated. The NBA, as we know it today, has evolved from the days of Bill Russell, Michael Jordan and Magic Johnson.

For one, the development of science and technology has brought about numerous changes. In the 20th century, basketball was a non-contact sport. Those days are long gone with the level of physical play far more pronounced in the modern game. Moreover, defensive play in today's game is not valued as it once was, with most of the accolades going to the more offensive player. For instance, a player like Bill Russell, who was known for his shot-blocking abilities, rebounding and man-to-man defense, might still be a linchpin in today's game, but would not be considered for GOAT status. Russell was a five-time NBA Most Valuable Player, while leading the Boston Celtics to 11 NBA championships in his 13-year career, despite never once leading his team in scoring.

Another standout and arguably the best player of his generation is Michael Jordan. Michael Jordan won five NBA MVP awards, six NBA championships and six NBA Finals MVP awards. He was also a 10-time All-NBA First Team



honoree, nine-time NBA All-Defensive Team selection, 14-time NBA All-Star and the winner of 10 NBA scoring titles. Notably, through a combination of his talent and his personality, Michael Jordan exposed the NBA to fans all around the world, paving the way for the globalization of today's game. Who can forget the 1996 classic animated comedy film, *Space Jam*, starring Michael Jordan and the Looney Tunes?

For NBA aficionados, it goes without saying that Cleveland Cavalier's LeBron 'The King' James' accomplishments in the game are beyond legendary. The King has won four NBA MVP awards, three NBA Finals MVP awards, an NBA scoring title, 12 All-NBA First Team honors and five All-Defensive First Team designations. James is also one of only two players to average at least 25 points, six rebounds, and six assists for his career and the only player in modern NBA history to play in seven consecutive finals. It is also worth mentioning that LeBron James



holds the records for the most NBA post season minutes played and points. Both Michael Jordan and LeBron James are arguably the greatest of their generations and are often regarded as two of the worthiest contenders, but can either of them claim GOAT status?

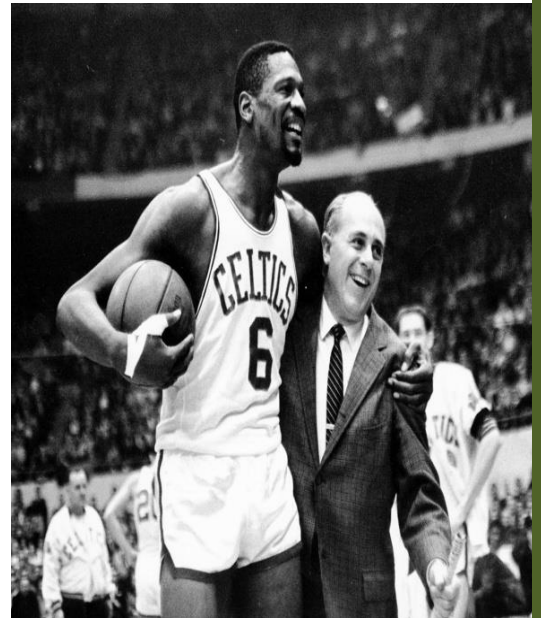
GOAT status comes down to a numbers game

Men lie, women lie, numbers don't.

When all is said and done, the debate about who the real GOAT is in the NBA comes down to which athlete won the most NBA championships. After all, the real purpose and drive behind any athlete is to win championships.

Michael Jordan has six under his belt, Kobe Bryant has five and LeBron James currently has four. None of these players come remotely close to Bill Russell's 11 NBA Championship titles. LeBron James is the only player that can add to

his tally but for the 33-year old veteran, winning seven more titles before retirement is simply not realistic. When you consider that Bill Russell got those 11 championships in 13 seasons, it becomes clearer that his accomplishments in basketball are unrivalled. The real debate should be 'other than Bill Russell, who is the GOAT?'



How to Restart Your New Year Resolutions Long After January 1st- Culled from Day Designer⁶

Are you making progress toward the goals that you set? Have you found yourself stuck? Have you forgotten about the promises that you made to yourself on January 1st? Are these even the goals you still want to be pursuing?

These are important questions to consider, especially as we start a new season, a new quarter, a new month. Take some time this week to check-in on your quarterly goals and make sure you're making good progress—and in the right direction for you. Here are a few tips to help you restart your resolutions:

Celebrate Your Accomplishments

Here's the thing: whether or not you've made progress toward your new year's resolutions or changed directions altogether, you have made progress in these last three months. Give yourself credit for all that you've done—all of your personal and professional accomplishments, all of the ways you've contributed to your family and your friendships, and everything that you've learned.



It's hard to continue making progress toward anything when you're not regularly celebrating what you've already accomplished and how far you've come. Take a few minutes to review these last three months and make a list of all that you have to celebrate—then actually do it! Throw a mini (or not-so-mini!) celebration just for you. You deserve it.

⁶ Source: <http://www.blog.daydesigner.com/how-to-restart-new-years-resolutions-long-after-january-1st/>

Consider Your Current Priorities

A lot can change in three months—including the focus of your new year resolutions. If your current priorities don't align with your priorities on January 1st, you may find that your goals seem painfully out-of-whack. That's okay! That's life. And that's the beauty of goals and priorities—they can and will and sometimes *should* change.

So, have yours? Consider your current priorities. Three months ago, your top priority may have been your job; maybe now your top priority is your health. Have you needed to shift your attention to your immediate family or your friendships or your self-care?

Be honest with yourself and get really clear on your current priorities. Your goals and resolutions (at the start of the year and any other time) should always stem from these.

Check Your Goals + Resolutions

We highlighted this process a bit earlier this week, and we think it's important to review again here: Once you're clear on your current priorities, check your new year's

resolutions against them. Are they aligned? Are you pursuing goals your top priorities?

Again, your priorities may have changed since the beginning of the year, so it's possible that your resolutions may need to change, too. That doesn't mean your new year resolutions were bad—or that you won't revisit them at some time in the future!

That being said, you may find that your resolutions are still right on target. That's great, too! But while your goals may still be right for you, the details may need to be tweaked. Review the progress that you've made toward your goals in the last quarter. What obstacles have been standing in your way? Do you need to be more realistic about your timeline? Goals and



resolutions are great, but only when they intentionally align with how you want to feel, the person you want to be, and the life you want to live.

Continue Moving Forward

This is the most important step of all! Perhaps you feel like you haven't made any progress toward your goals in the last three months. Maybe you're disheartened at seemingly having pursued the "wrong" resolutions. You might even feel tired and overwhelmed by the thought of more personal development.



We totally get it—allow yourself a break if you need one. Make your goals smaller and more realistic. Celebrate your small wins. But no matter what you do, just keep going.

Keep moving forward toward becoming the person you want to be and living the life you want to live. This quarter, this month, this day (and every day) is your opportunity to start fresh. Take advantage of it!

It's a helpful practice to review and restart your resolutions—not just during "spring cleaning" but at several points throughout your year and your life. Plan time to check in with yourself or an accountability buddy, and make sure you're pursuing the goals that will help you live the life you've designed!

And remember—this process is not meant to make you feel bad for what you haven't yet accomplished or for changing your mind about your goals. Rather, it's about reflecting and re-evaluating as necessary and starting fresh to ensure you're being intentional about the way you spend your time and the goals you're pursuing.

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10 Ways to Keep Peace with your Travel Companion- Culled from Smarter Travel⁷

Different interests, a single itinerary. On the road, where you won't have your own cars, jobs in different offices, other friends to hang out with or a big house to wander around, a little togetherness can cause a lot of trouble. It can ruin a trip, or even a relationship.

It doesn't matter whether you're married, significant others, good friends or merely just headed the same direction — it's well worth it to put in the time, thought and effort that will let

you enjoy each other's company without driving each other crazy. Read on for our ideas and tips.



1. Compare Travel Styles

The first step in planning a peaceful trip is to identify your differences. Do you prefer to wake up late and trip the night fantastic, or would you rather be up and at 'em at dawn? Do you like to plan each step of your itinerary or leave it all to chance? Would you rather linger over meals or scarf them down and get moving again? Travel styles can differ greatly, even between spouses or close friends.

Understand that these differences will be an issue, and be sure to talk about how to handle them before your trip begins. Compatible travel styles are probably more important than identical interests in predicting a successful travel partnership. Respect each other's style and be prepared to meet in the middle. There is no other way but negotiation to settle such fundamental differences.

⁷ Abridged version. Source: SmarterTravel <https://www.smartertravel.com/2017/06/19/18-ways-keep-peace-travel-companion/>

2. Choose Your Destination Together

If there's anything on which you need a solid consensus, this is it. No matter what plans you make, precautions you take or tolerance you fake, if your trip takes you to the beach and your companion hates the ocean, you're probably doomed.

Make sure that both parties are involved in the decision-making process. Try to pick a destination that you'll both love or that has enough activities that no one gets bored.



Former IndependentTraveler.com editor Carrie Calzaretta emphatically endorses this advice:

“Although [my husband and I] were more than apprehensive about the idea of spending a week on a cruise ship for our honeymoon (crammed into a tiny cabin, dining with talkative strangers), we both knew there was no better way to see French Polynesia,” Calzaretta says. “So on day one, armed with our shore excursion sheets, we proceeded to pick out three activities a day, every day, for the duration of the trip. Horseback riding, scuba diving, safaris, you name it. For the most part we went together, but there were days when one went to the woods, the other to the shore.

“That time spent away from each other actually brought us closer together; back at the ship we sat on the deck for hours and caught each other up on the events of the day.”

3. Check Each Other's Energy Levels

Just because you are gung-ho to take a walking tour of every pub mentioned in James Joyce's “Ulysses” doesn't mean you're travelling partner is up for the same. An important time to check each other's

energy levels is right at the beginning of your trip; did one of you just come off a particularly tough stretch at work? Is one of you looking forward to a leisurely pace, the other ready to see all of Europe on \$25 in 24 hours?

Your saturation point and stamina may differ greatly as well; hitting your stride together might be even more important than hitting the sights together.

4. Schedule Equal Time or Just Equal Fun

When planning your trip or even your day, it's usually a little like dance class; someone has to lead, and someone has to follow. If your relationship is based on equal time, it's best to know when it's your turn to lead and when to follow.

If you and your companion have different interests, try to divide the itinerary so that each of you has a roughly equal number of activities to look forward to — and be sure you lead the way on the parts of the trip you care most about. Which leads us to our next tip...



5. Do Your Own Legwork

Want to go to a museum? Find out for yourself what tickets cost, how to get there and when it's open. Then when you drag your companion along, he or she doesn't have to worry about all the logistical hassles and might actually enjoy the experience. Sweeten the pot by paying the admission fee or treating your companion to lunch as well.

6. Consider One Another's Routines

What about routine activities, like a cherished daily run or leisurely breakfast? Not everyone accounts for these types of activities when

planning a trip, but forcing your partner to go without can cause considerable friction.

If you are addicted to your 7 a.m. jog or to sipping coffee and reading the newspaper all morning, get up 30 minutes early to make your routine fit.

7. Break Out So You Don't Break Up

Don't be afraid to launch out alone. This may not be advisable late at night or in dangerous neighborhoods, so you should consider these issues carefully. But as Calzaretta notes above, it doesn't hurt to



take a walk on your own or to head your separate ways for a day or an afternoon.

8. Pack Separate Bags

Especially for short trips, it may seem more efficient to pack a single checked bag and then take separate carry-ons. Think twice before you do this.

First off, one person ends up carrying it — which can lead to resentment if one of you has to lug a heavy bag bulging with the other's souvenirs.



Second, packing style is a very personal trait. Some people are neat, compartmentalizing clean and dirty clothes, shirts and pants, etc. Others stuff dirty clothes into corners, pile everything else in and sit on the bag to get it to shut. There'll be enough differences to deal with; skip this one.

9. Agree on a General Budget

While travelling together usually helps you save money, a consensus on how much money you'd like to spend is important. If one person spends freely on restaurants while the other prefers to save money by going to the grocery store, you could be headed for a major clash. Decide ahead of time on a budget that's agreeable to both parties, and stick to it.



10. Don't Forget to Smell the Roses

If your companion has spent the day tagging along on your idea of a good time, a sincere "thank you for coming with me; it was better with you along" goes a long way.

Calzaretta adds one final reminder, especially for couples: "Tips and tricks aside, don't forget that the reason you took the trip was to spend time together.



Mark and I usually agree to go on at least one 'date' together near the end of the vacation — flowers, manners, the whole nine — which inevitably reminds us that despite the occasional rock in the road, we really love to be together."

The World's Top 50 Restaurants- Culled from Bloomberg⁸

Osteria Francescana is the best restaurant in the world, on a night that had a sense of déjà vu, especially for the Top 10.

Chef Massimo Bottura's modern Italian restaurant in the back streets of Modena was the World's No. 1 Restaurant in 2016; last year it was No. 2. The biggest movement in the Top 10 was a drop by last year's No. 1 winner, Eleven Madison Park. They fell to No. 4, after a year that saw a major renovation and a much-buzzed-about pop-up in East Hampton.

The flamboyant Bottura is known for his playful approach to classic dishes. His creations include lasagna with only the crispy bits and a deconstructed dessert called "Oops I Dropped the Lemon Tart." Bottura is an art lover and his food is visually exciting as well as delicious. More recently, he has become known for Food for Soul, an international non-profit organization to feed the homeless and hungry that grew out of a community kitchen in Milan.

Bottura accepted the award on stage with his American-born wife Lara Gilmore. He said that chefs and everyone in the restaurant business must realize that they have the power to change the world.

"I am going to use this spotlight to make even stronger the changes there are going to be," said Bottura at a press conference following his win. "Feed the planet. Fight waste. Last week Henry Kissinger asked me for a selfie. It is unbelievable. We have to involve all the community of chefs ... pushing the spotlight you have to make the invisible visible is extremely important."

The results of the annual World's 50 Best Restaurants awards were announced before an invited audience in Bilbao, Spain. Although much was



⁸ Source: Bloomberg, (online) June 19 2018 <https://www.bloomberg.com/news/articles/2018-06-19/osteria-francescana-is-the-best-restaurant-in-the-world-again>

made about diversity in advance of the ceremony, there was little change in the Top 10 beyond a minor reshuffling of places. Apart from Eleven Madison Park's drop, it was a good year for North America. The United States had four more restaurants in the Top 100, up from nine last year. Mexico had two restaurants in the top 15; in 2017 the country's highest entry was 20.

The World's 50 Best Restaurants list is organized and compiled by William Reed Business Media. It is created from the votes of more than 1,000 restaurateurs, chefs, food writers, and gastronomes. The voters are split into 26 separate regions around the world. Each region has its own panel of 40 members. (Vines formerly chaired the U.K. and Ireland panel but is no longer involved.)

Winning the 50 Best is great for business. The day after El Celler de Can Roca first topped the list, in 2013, its website got 12 million visitors and the restaurant hired three extra staff just to turn down requests for tables. Noma's Rene Redzepi said he could have filled his restaurant for almost 15 years with the booking requests the day after he first won, in 2010

The awards started in 2002 as a feature in Restaurant, a U.K. publication founded the previous year. It grew out of a brainstorming session in a pub to promote the magazine. The editors sent emails to journalists and chefs to pick their favorite places, like a music magazine compiling a best-albums list. The response was overwhelming and the annual awards were born.

Ahead of Tuesday evening's ceremony, three awards were announced: Clare Smyth, of Core by Clare Smyth in London, won Elit Vodka Best Female Chef; Gaston Acurio of Astrid & Gaston in Lima won Diners Club Lifetime Achievement; and SingleThread, a farm restaurant in Northern California won the Miele One to Watch. The second part of the list, 51-100, was also previously announced; the winners follow.

Here are the results (last year's place in parentheses):

1. **Osteria Francescana**, Modena, Italy (2)
2. **El Celler de Can Roca**, Girona, Spain (3)
3. **Mirazur**, Menton, France (4)
4. **Eleven Madison Park**, New York (1)
5. **Gaggan**, Bangkok (7)
6. **Central**, Lima (5)
7. **Maido**, Lima (8)
8. **Arpège**, Paris (12)
9. **Mugaritz**, San Sebastian, Spain (9)
10. **Asador Etxebarri**, Axpe, Spain (6)
11. **Quintonil**, Mexico City (22)
12. **Blue Hill at Stone Barns**, Pocantico Hills, U.S. (11)
13. **Pujol**, Mexico City (20)
14. **Steirereck**, Vienna (10)
15. **White Rabbit**, Moscow (23)
16. **Piazza Duomo**, Alba, Italy (15)
17. **Den**, Tokyo (45) (*Garden salad pictured left*)
18. **Disfrutar**, Barcelona, Spain (55)
19. **Geranium**, Copenhagen (19)
20. **Attica**, Melbourne (32)
21. **Alain Ducasse au Plaza Athénée**, Paris (13)
22. **Narisawa**, Tokyo (18)
23. **Le Calandre**, Rubano, Italy (29)
24. **Ultraviolet by Paul Pairet**, Shanghai (41)
25. **Cosme**, New York (40)
26. **Le Bernardin**, New York (17)
27. **Boragó**, Santiago (42)
28. **Odette**, Singapore (86)



29. **Pavillon Ledoyen**, Paris (31)
30. **D.O.M.**, São Paulo (16)
31. **Arzak**, San Sebastian, Spain (30)
32. **Tickets**, Barcelona (25)
33. **The Clove Club**, London (26)
34. **Alinea**, Chicago (21)
35. **Maaemo**, Oslo (79)
36. **Reale**, Castel di Sangro, Italy (43)
37. **Restaurant Tim Raue**, Berlin (48)
38. **Lyle's**, London (54) (*Signature bloodcake pictured left*)
39. **Astrid y Gastón**, Lima (33)
40. **Septime**, Paris (35)
41. **Nihonryori RyuGin**, Tokyo (52)
42. **The Ledbury**, London (27)
43. **Azurmendi**, Larrabetzu, Spain (38)
44. **Mikla**, Istanbul (51)
45. **Dinner by Heston Blumenthal**, London (36)
46. **Saison**, San Francisco (37)
47. **Schloss Schauenstein**, Fürstenu, Switzerland (72)
48. **Hiša Franko**, Kobarid, Slovenia (69)
49. **Nahm**, Bangkok (28)
50. **The Test Kitchen**, Cape Town (63)



Answers to Food Pop Quiz

1. a) The rose family. Apples and pears belong to the Maloideae species, one of the 2,500 species under the Rosaceae, also known as the rose family.

2. b) Intravenous hydration fluid. This liquid, used to restore electrolyte levels in the blood, is administered via a device (a drip) that pumps into the veins drop-by-drop. Due to its high potassium and low sodium content, coconut water can be used to replace this fluid in emergency situations. It is also a natural remedy for high blood pressure.

3. a) Ketchup. In the 1830s, ketchup was first sold as a cure for indigestion and diarrhoea by a physician in Ohio, United States. It was later commercialized as a condiment in the late 1800s.

4. b) An 11-year-old in 1905. One winter night in San Francisco, 11 year old Frank Epperson left a cup filled with powdered soda, water and a stirring stick on his porch. 18 years later, Epperson filed for a patent for his invention which he called 'Eppsicles', but his children called it 'Pop's sicles'.

5. a) Distributor of toys. The fast food chain sold over 250 Happy Meals every three seconds in 2016. This is 5,000 every minute and 7.2 million per day. The Happy Meal, aimed at children, comes with a small toy.

6. a) Honey. Honey does not expire; it can last up to 3,000 years. Over time the water content dries up, causing the honey to crystallize into a whitish grainy substance. However, just a little water and heat can make the honey like new again!

7. a) Nigeria. According to the World Economic Forum, food accounts for 56.4% of the average Nigerians total expenditure. This is equal to approximately \$1,132/annum.

8. a) London. It's no secret that the British love Indian food. One of the first restaurants in London was Hindoostanee, which served Indian cuisine in 1810.

Aakash, the largest Indian restaurant in the world, is in Bradford, London, and can seat up to 750 people.

9. c) Italy. In 2011, a local supermarket pressed charges against a homeless man who stole cheese and sausages worth \$4.01. The man was sentenced to 6 months in jail and ordered to pay a fine of \$117. During appeal, the Italian high court acquitted the man, and ruled that right to survival supersedes the right over property, therefore stealing in a state of poverty and hunger was not illegal.

10. a) Croissants. An Austrian baker in the 13th century was the first to make the fluffy pastry and named it Kipferl (after himself). The food made it to French cuisine in the 1830s when an Austrian opened a bakery in Paris. The French call it croissant after its 'crescent' shape.

Answers to Anagram Quiz

1. Australia
2. Canada
3. China
4. Egypt
5. Germany
6. Ghana
7. Mexico
8. Niger
9. South Africa
10. Spain
11. Switzerland
12. Thailand
13. Trinidad and Tobago