

Relaxnomiks

Easter/Spring Edition



A Note From The Publisher

Dear Subscriber,

It's been stress, stress, stress, traffic, traffic, LASTMA, blackouts, generator fumes, heat & humidity. These must be taking their toll on you, your job, spouse and relationship. Now you must relax or collapse. That's why we say welcome to the 2019 Easter/Spring edition of the Relaxnomiks!

You want to get away, flights are full and fares are high. Don't worry because British Airways has a new business class seat and Turkish Airlines will take you to the world's largest airport.



But that's not all, Turkish Airlines is set to launch non-stop direct flights (Istanbul - Port Harcourt - Istanbul). So in case you are in Istanbul for business or pleasure, we have four new hotels you can explore. Also talking about de-stressing, who says Santorini is only for music videos? Check out the piece on where to go, what to eat and money saving tips when you're sauntering on the white shores of one of the world's best vacation hotspots.

Meanwhile, we've seen notable improvements in some of the economic indicators. From GDP growth rate of 2.38% in Q4' 18 to a foreign trade surplus of N1.44trn and inflation rate which has been on a downward trend so far in 2019.

The only uncertainty now is not knowing the cabinet of the president. But while you are waiting to see the ministers that will be announced hopefully in June, you can relax with our fully packed Easter/Spring edition of the Relaxnomiks.

As always, your readership is very much appreciated and we hope you enjoy our latest edition!

Happy Easter!!!

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Healthy Skin Tips

Recently the average temperature in Nigeria, especially Lagos, has been above 33°c and humidity of 85.3%. In these conditions, skin damage is very high and deterioration in your looks and profile will follow. The following tips will surely help rejuvenate your skin in this weather.



Eating skin-friendly foods: there are certain food products that contribute to good skin health. Fatty fish, sweet potatoes, tomatoes, avocados, etc fall into this category. Fatty fish such as mackerel and salmon are very rich sources of omega-3 fatty acids. Omega-3 fatty acids keep the skin thick and moisturized. Avocados, tomatoes and sweet potatoes protect one's skin from sun damage.

Limiting sun exposure: little amounts of sun daily produce vitamin D, which are beneficial to health. However, too much sun could damage the skin. Try to avoid the hot sun as much as possible. This could be by seeking shade, using umbrellas, etc.



Water: drinking a lot of water keeps the skin hydrated and prevents it from looking saggy. It is recommended that everyone consumes at least 6-10 glasses of water daily.

usage of natural skin products: several skincare products contain harsh chemicals that could damage the skin. In the process of selecting moisturizers or makeup, verify their ingredients to the best of your ability to be sure they are safe.



Engaging in regular exercise: regular exercise improves the circulation of oxygen. It also releases toxins through sweat, which tend to cleanse the skin.

Turkish Airlines Goes To Port Harcourt (Garden City)

Istanbul-Port Harcourt-Istanbul

Istanbul has the biggest airport in the world with a capacity of approximately 200 million passengers. Turkish airlines is set to launch non-stop direct flights: Istanbul - Port Harcourt - Istanbul route with a frequency of four flights per week, starting June 24th 2019. If Istanbul is one of your preferred destinations, find below the best value for money hotels in this gorgeous city (dollar stretchers).



4 New Hotels in Istanbul

Culled from Business Traveller



BARCELO

Barcelo launched in November in the bohemian area of Beyoglu, next to Taksim Square. The 270-room hotel features a large wellness centre, which includes two Turkish hammams and a rooftop gym, and various meeting facilities. Guests can dine at Barcelo's two restaurants and enjoy drinks at the B Heaven rooftop bar.

barcelo.com



RADISSON BLU HOTEL, VADISTANBUL

This contemporary “bleisure” hotel opened in February in the emerging business district of Vadistanbul. The Radisson Blu has 193 rooms and suites along with a 2,330 sqm spa, a gym and an all-day dining restaurant.

radissonblu.com



SOFA HOTEL AUTOGRAPH COLLECTION

Sofa Hotel Istanbul lies in the heart of the stylish Nisantasi district. Open since September last year, the boutique hotel’s interiors are peppered with artworks. It has 82 rooms, a spa, five meeting rooms and rooftop restaurant Frankie Istanbul.

thesofahotel.com



YOTEL, ISTANBUL AIRPORT

The short-stay hotel is due to open in two areas of the delayed new Istanbul airport this month. Yotel has self check-in kiosks, 174 airside rooms and 227 landside rooms. Rooms feature mood lighting, smart TVs, charging ports and adjustable smart beds.

Yotel.com

The Social Scene In The Next Three Months



Royal Baby

The cameras are ready and the press have assumed their position outside St. Mary's Hospital as the world awaits the birth of the Duke and Duchess of Sussex's first child. The baby, who is due in spring, would be the Queen's fourth great grandchild.

Met Gala

The 71st annual edition of the Met Gala is scheduled to hold on May 6th at the Metropolitan Museum of Art in New York. This year's costume exhibition is themed 'Camp: Notes on Fashion' and would be hosted by Lady Gaga and Harry Styles.



Avengers: Endgame



On April 26th, arguably the biggest movie of 2019 will hit cinemas worldwide. It's been 10 years in the making and it is the culmination of the plot of the Marvel Cinematic Universe that kicked off with the movie "Iron Man". Following the devastation in "Avengers: Infinity War", the surviving avengers assemble for a final face off with Thanos where they will seek to undo his actions and restore order to the universe.

African Cup of Nations (AFCON)



The 2019 edition of AFCON is scheduled to start on July 21st in Egypt. This edition of the tournament is unique, as it has been expanded from 16 to 24 nations. It will also be the first AFCON that will hold in the summer. Hence, team endurance and stamina will be a key factor for competing nations. The teams to watch out for in this year's edition are Egypt, Morocco, Nigeria and Ivory Coast.

UEFA Champions League



The stage is almost set for the 2019 UEFA Champions League final as only four teams, namely Ajax, Tottenham, Barcelona and Liverpool remain in contention. Bookmakers and pundits have tipped the winner of the tie between the latter two teams as the favourites. However, the beauty of football lies in its unpredictability. The winner of the tie between Ajax and Tottenham is sure to give Barcelona/Liverpool a run for their money. So sit back with a bottle of your favourite drink and enjoy the game.

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How To Spend \$4 Million In A Day

Culled from Bloomberg Businessweek

Kris Singh is so excited he's almost vibrating. We're gathered on Aston Martin stand at Geneva International Motor Show, where the venerable British carmaker has just unveiled three concept cars: the Lagonda All-Terrain, a battery-powered SUV lined with silk and cash-



mere; the Vanquish vision, a sports car intended to compete with \$250,000 Ferraris; and the AM-RB 003, a 500-unit, \$1.3 million hybrid that resembles a demonic spectre in an astronaut's helmet.

All three are years from being road-ready, but that doesn't matter to the 39-year-old Miami-based investor. "I love seeing things for the first time in real life, instead of on the internet," Singh says. "Being surprised, that's so rare these days. It's like being part of History.

History hasn't been kind to auto shows in recent years. Luxury car

companies such as Bentley, Lamborghini, Mercedes-Benz, and Porsche have fled them in droves because of the expense of constructing stands and the ease of revealing the car online instead. A more courtly way to network and negotiate with consumers is at high-touch, low

key equestrian events or classic car shows at Amelia Island, Fla., and Pebble Beach, Calif.

Geneva is the exception. Each March the European banking and diplomacy hub attracts the biggest names in high-end-automobiles, as well as countless obscure brands. Toyota Motor Corp., Fiat SpA, and other mainstream automakers also have a presence here, but it's the Bugattis of the world that spend 1 million to 2 million Euros to introduce their latest creations.

Over two VIP days, hundreds of millionaires will kick the tires on hundreds of millions of dollars' worth of exotic cars.

"Geneva is a dangerous sport for me," Singh says. "I find something that I want to buy here every year." He owns a \$1.5 million Pagani Zonda, a \$2.5 million Koenigsegg Agera RS he bought in Geneva four years ago, and a \$3.9 million Lamborghini Veneno he'd already ordered by the time he saw it for the first time in real life here in 2013. He shares pictures of his favourite cars with 720,000 followers on Instagram, often with hashtag blessed.

Holding a single-page intent-to-buy contract, Peter Freedman, the regional marketing director for Aston Martin Lagonda Limited (Ltd), greets us in the shadows of the 003's open butterfly-wing doors. Singh already has on order a \$2.5 million Aston Martin Valkyrie that will feature a chromatic paint job made with crushed moon rocks. But his expressed interest in buying the 003, too, though it won't be out until 2021. Now, considering the other potential buyers who are circling and its limited production run, he kneels to sign the contract on the front fender. Freedman compliments him on his excellent taste, and the two shake hands and laugh.

At the McLaren Automotive Ltd. Booth, in a VIP area behind the velvet rope, privileged are granted access to the brand's top executives and designers, with whom they can discuss future product plans, schedule track weekends, or spec a custom colour or trim. "We're all sort of courting for engagement," says Ansar Ali, managing director of special operations for the British manufacturer, as dozens of McLarenistas eat sea bream tartare

and sip Deutz Champagne. "It's not about being seen," he says. "It's about being behind the scenes."

In Bugatti GmbH's private upstairs lounge, an international group of well-preserved men and women hug, slap backs, and toast with flutes as if they were at a royal family reunion. "We want to make everyone feel like they are part of the family," says Christian Mastro, a sales marketing and consumer service executive of the brand. About 100 Bugatti customers will visit over the two VIP days, significant for a brand that's produced fewer than 1,000 cars in the past two decades.

This dance of salespeople with their top clients illustrates how, when dealing with exclusive, desired, and rapidly appreciating objects like these, the relationship goes both ways. Singh must persuade the automakers it's worth selling one of their precious wares to him. Lingering in the Bugatti lounge, he excuses himself when he sees company President Stephan Winkelmann enter. "I want to get to know him to give me a Divo," he says

The problem, Only 40 of these \$5.8 million track-focused Divos will be built, and all of them are spoken for. Singh says he was offered the opportunity to purchase one, but it came with the prerequisite that he also buy one of the Bugatti's \$2.7 million Chirons. "I didn't want a Chiron," he says. "And when I said Divo the first time, it was on video and I didn't really like it." Now he does.

He returns, undaunted. "I'll get a Divo," he says. We pass the Koenigsegg Automotive AB stand, where the Swedish maker of the world's fastest production car, the Agera RS, has its successor, the Jesko. It has a tall rear spoiler that cantilevers acrobatically; its 1,600-hp motor is wrapped in carbon-fibre bodywork that resembles an advanced airforce weapon.

"I must have it," Singh says, vibrating again. "Koenigseggs are legitimately the best. They make everything else feel slow." He signs another contract on the table-size rear spoiler. "I have no idea," he says. "Joking, I think it's \$2.7 million."

You Deserve That Me-Time:

Relaxation Suggestions



It has been four whopping months of experiencing Lagos stress. You know from waking up early, to closing late and facing the out of this world Lagos traffic. You deserve a day and a 'me-time' during this Easter holiday at one of the best spas in Lagos. It's the perfect way to unwind and recharge after all the hustle and bustle of Lagos.

SpaLagos

SpaLagos will take you on a complete sensorial journey complimented by a spectacular range of beauty treatments such as massage therapy, facial therapy, body therapy, waxing and manicure/pedicure. The company also provides a 24/7 SPA gift voucher. You've got to create that fabulous 'me-time' and try this soon.



Clear Essence California Spa

Clear Essence California Spa provides an easy access and serene ambiance to refresh and rejuvenate mind, body, and soul. You deserve one of the best therapeutic skin and body treatments; tailor-made beauty and body programs including massages and body wrap – it's the ultimate experience.



British Airways Introduces New Business Class Seats



The much-awaited announcement of the new British Airways business class seat was made as we went to the press. In place of the current seating layout 2-4-2, the updated configuration is 1-2-1. The design, called Club Suite by the airline, is intended to not only address complaints about the current seat, but also a step above the competition. So as well as direct aisle access, a good-sized table, gate-to-gate-in-flight entertainment (because the screen is integrated into the seat in front) and lots more storage (including space to store more items under the ottoman for take-off and landing), it has a privacy door – hence the name Club suite. It will start flying in August.

British Airways arguably the largest carrier into Nigeria for decades is upgrading its Business class configuration and seats. Recently Emirates who now operates three flights into Nigeria daily has taken the lead in airline capacity into Nigeria. British airways operates 7 flights into Lagos (Boeing 747 and seven flights into Abuja). Its premium passenger traffic is the highest in the country.

Time To Move

Culled from Business Traveller

This is it, the year you're going to get fit. Perhaps, you've bought a new gym membership or upgraded your running shoes. Well, technology can help too. Fitness trackers work on the principle that knowledge is power and that a little encouragement can go a long way. So, if your first resolution is to walk more –to hit 10,000 steps a day, –then a tracker can keep you informed on how your day is going. If it looks likely that you'll just miss that target, it can notify you, with a gentle hint that a brisk 15 minutes will get you there.

Some trackers buzz when you achieve all your goals. Others help you set up competitions with friends to spur you on. Many are waterproof, so you can count your laps in the pool, and some enable you to make calls and use apps-very useful if you've left your phone at home. As well as counting steps, they can measure your run with GPS, work out the calories burnt and even monitor your sleep.

Here we take a look at the latest trackers and smartwatches, the latter of which incorporate tracking capabilities but usually come with extra features and more stylish looks. None of them can exercise for you, but they will remind you how well you've done and help you stick to your New Year's resolutions.

The latest fitness gadgets will help to keep your New Year's resolutions on target

APPLE WATCH SERIES 4



The latest Apple Watch is not just the most beautiful smartwatch yet, from any brand, it's also the best fitness gadget Apple has released. Central to its operation is the Activity app, which comprises Stand, Exercise, and Move rings that make up the central display of the watch. The goal is to complete each ring during the day-fill the stand ring by getting up at least once every hour, 12 times in the day; the next by managing 30 minutes of brisk exercise; and the move ring by hitting your calorie target each day. Then there is the built-in workout app, which spots when you're out for a run and will ask if you want the exercise recorded. It can also count your calories when you're meditating, practising yoga or engaged in a host of other sports (the watch is waterproof so can be used to monitor swimming, too). Another app, Breathe, helps you to focus on your breath, to de-stress, while sleep tracking is available via third-party apps. You can choose from models with wifi plus 4G, which allows you to use your mobile network, even without the phone nearby-note that you have to have an iPhone to do this (and this version only works overseas if you have your iPhone with you). The battery easily lasts one full day.

SAMSUNG GALAXY SMART WATCH

This is Samsung's most accomplished smartwatch yet; its screen looks like an analogue design with an outside bezel to scroll through settings.



It tracks 40 exercises - some, such as walking, running, cycling and rowing, are launched automatically as you do them –and it also has decent enough sleep tracking. Like the Apple, it comes in two versions, one with Bluetooth connectivity to your phone and one that links straight to the mobile network. The watch works with Samsung phones, other Androids and iPhones, although it is best teamed with a Samsung Galaxy. Battery life is up to four days (the always on screen option halves that)

MOOV NOW TRACKER

There's no screen on the Moov now but it offers exceptional accuracy and a keen price. To check your stats, you must refer to the app on your



phon. There's one button– to start an exercise, for instance. It has workout tracking, with visual help on your phone to guide you and tips to improve performance, but no heart rate monitor. It gives information about how you're running, but for the most detail you need to swap it to your ankle using the supplied second strap. Overall, it's good for tracking your exercise, and great for providing the motivation to improve it. Battery lasts up to six months (it uses a replaceable watch battery)

FITBIT VERSA SMARTWATCH

The Versa is Fitbit's most recent full-featured smartwatch. At first glance, it's similar to the Apple Watch, although it is thinner and lighter. You can swim with it,



as it's waterproof to 50 metres, and, like the Apple and the Samsung Galaxy Watch, you can store music on it and listen to your most inspiring playlist through Bluetooth headphones. It doesn't have built-in GPS, so you'll need your phone to track your runs accurately. Battery life is up to four days.

GARMIN VIVOMOVE HR SMARTWATCH

Attractive and effective, this is a proper analogue watch with hidden fitness smarts and a screen for notifications, although it lacks the second analogue dial reporting your steps



achieved as seen on the withings steel HR. The heart rate monitor operates 24/7, the watch is waterproof and it tracks steps, calories, distance and more. It can even monitor your stress level, let you know when it's elevated and offer a relaxation timer. The battery lasts around five days with features such as the heart rate on; longer with them turned off.

The Santorini Travel Guide

“Heavenly views, amazing weather and delicious architecture”. These are some of the features used to describe Santorini, one of the islands in Greece. The island, officially known as ‘Thira,’ sits halfway between Athens and Crete. With its whitewashed buildings and dazzling views, it is no wonder the island has become a popular destination for many Nigerian weddings and features on the bucket lists of many travelers. There are many reasons why Santorini could be your #Summer2019 destination.

Where to go

Oia



Oia is a small village on the island and is popular for its natural beauty and traditional architecture. You know those pictures you see on Instagram with the white houses and blue roofs,? Yeah that is probably in Oia. The village is home to monumental attractions such as Blue Domes, the St Nicolas Castle and Panagia Platsani. Oia is built along a Cliff side so do not plan for any swimming activity there. Tourists also love experiencing sunsets in Oia, which is often referred to as ‘one of the most famous sunsets worldwide’.

Profitis Ilias (Prophet Elijah)



If you are an outdoor person who loves to hike, then this activity is right up your alley. This is the highest spot on the island at 567 meters/1860feet and is located between Pyrgos and Kamari. The view on top is breathtaking! Watch out for the narrow roads on your hike to the top.

Museum of Prehistoric Thira



History lovers, get in here! The Museum of Prehistoric Thira, located in Fira, is home to various artefacts from excavations on Santorini from the Late Neolithic period to Late Cycladic I period. Exhibits at the museum include marble statues and ceramics excavated from Akrotiri, the Ancient Thera and other places on the island.

Perissa Beach



Santorini’s popular beach is situated at the base of Mesa Vouno Mountain. The beach boasts of crystal clear waters and a variety of hotels and restaurants. The beach caters to all as there are various activities including jet skiing, canoeing, and diving. You can also try some traditional cuisine at the various restaurants on the beach. The cosmopolitan beach also offers a beautiful view of the volcanic island.

What to eat

When in Greece, eat like the Greeks right? We've compiled a list of some of the must-have local dishes:

Fava: This local dish is a yellow split pea puree which is typically served warm with olive oil and lemon. The Greek staple, which can be enjoyed in soups, salads or patties, is typically present during the Orthodox Great Lent.



Tomatokeftedes (tomato fritters): The vegetarian appetizer is fried in hot olive oil and includes ingredients such as pepper, onion, mint and other herbs. The tomatoes used for this local dish are a special variety called Santorini tomatoes, which are typically the size of cherries.



Melitinia: This is a sweet treat served at celebrations including weddings, engagements and festivals. The snack, which is made with mizithra cheese, sugar and mastiha powder, is sold in traditional bakeries in Santorini.



Chlorotyri: This is a sour and creamy cheese made from goat milk. This local staple can be used as a spread on bread or mixed in a salad.



Money saving tips

Beautiful as it is, Santorini can be expensive if you are not careful. A few tips to save those pennies:

Rent an ATV: Local buses in Santorini usually tend to be unreliable, especially in the peak seasons, and taxis can be expensive. To save a few bucks, try renting a quad bike. All you need to rent this is a driver's license and maybe a credit card. And the amazing thing is: you can visit a lot of the places mentioned above on your bike.

Avoid cliffside restaurants: The view from a restaurant by the cliffside is great and could make anyone think himself a photographer. However, cliffside restaurants can cost approximately 30% more than inland restaurants. For great food at affordable prices, be sure to ask a local.

Skip the tours: For first-timers, private tours could seem like a convenient and easy option. However, if you are looking to save money, we would suggest you do-it-yourself. Thank heavens for Google: you can research the places of interest as well as read reviews on other people's experiences. What's more, you get to explore at your own pace!

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Easter Day Word Hunt

R D A K Q T Y J W A P L K A H
V E B Z S L U H K J O P F G U
P P S U N D A Y O H N H O P Z
L P L U E V S Y G L T A O P D
F X F A R O G U N N I Z Y P F
Z F M T K R G H S V U D R W M
O W A S H W E D N E S D A Y V
G Y F I C U R C X R J K V Y R
N D T R J F E S T I V A L Y M
I S F H J I T G N I T S A F Y
R R E C I W S N P Y O D C U H
P A L M L E A V E S Y N Z T R
S H H G H G E H S L O Q T U C
B V X F T W Q M O N D A Y N E
P S C H U R C H R W K V C R X

ASH WEDNESDAY

CRUCIFY

HOLIDAY

LENT

RESURRECTION

CALVARY

EASTER EGGS

HOLY DAY

MONDAY

SPRING

CHRIST

FASTING

JESUS

PALM LEAVES

MONDAY

CHURCH

FESTIVAL

JUDEA

PONTIUS

EASTER

Healthy \$ Spiced Easter

Easter is here again we have fasted and cleansed our souls and bodies. It's time for celebration which means lots of yummy food, drinks, and chocolate to munch on. In turn this means lots of sugar and cholesterol in our diets . Unfortunately, high cholesterol increases the risk of heart disease and stroke. To avoid this, it is necessary to be cognizant of what goes into our mouth during this joyful period. Below is the list of “must include spices” in our food during the Easter celebration



Cinnamon: Cinnamon is a delicious spice that not only adds flavor to food but is also rich in polyphenols, an antioxidant that helps to reduce the accumulation of body fat, prevent spikes in insulin and hence stabilize blood sugar levels. It also has anti-inflammatory properties which help fight body infections and repair tissue damage. It is also an effective solution to lowering bad cholesterol as it contains good proportions of calcium and iron. You won't regret adding a pinch of cinnamon to that party jollof rice.



Ginger: We are in the celebration mood and of course we eat varieties of food. Adding a teaspoon of ginger to not only our food but also our drink will help cure gastrointestinal problems like bellyache and bloating. It also contains gingerol, an inflammation-fighting compound, which helps fight cancer, reduce osteoarthritis pain and soothes sore muscles. Eating ginger lowers blood sugar, helps lower cholesterol levels and can also increase your attention and memory span. A ginger drink isn't a bad idea, right?



Oregano: A tiny but mighty herb, oregano leaves are mainly used in marinades for meat. Oregano is highly rich in nutrients such as vitamins K and E, calcium, iron, manganese and fiber. These are essential for blood clotting, building bones and also preventing heart diseases. It contains carvacrol, an essential compound which has anti-cancerous and antibiotic properties. Also, oregano oil and leaves are effective in curing cough, body-ache, and fever.



Nutmeg: Aside from possessing aromatic and sweetness, nutmeg helps to regulate an irregular bowel. It also contains macelignan, an antibacterial compound which reduces plaque formation by 50 percent and eradicates cavity-producing microbes and also sharpens the brain. Nutmeg is a source of protective anti-inflammatory compounds that stifle tumor growth and prevents cancer. Incorporating nutmeg into food is effective in detoxifying and fighting the digestive disease-causing organisms. Add to your marinades for chicken/turkey and you can thank me later.



Turmeric: A yellow-colored spice, turmeric contains curcumin, an antioxidant and anti-inflammatory compound effective in digesting fat quickly and helpful in preventing Type 2 diabetes. It also helps treat Alzheimer's disease, cancers, and arthritis. Turmeric regulates the metabolism – which plays an important role in determining the rate at which calories burn and is an effective treatment for depression.



Cayenne pepper

Aside from the piquant flavor cayenne adds to dishes, it is a good source of vitamins-C and E. Cayenne contains capsaicin, a compound that bumps up the body's metabolic rate and helps burn calories. It also stimulates brain chemicals that help tame hunger. A dash of cayenne pepper with your dinner is helpful for the prevention and treatment of diabetes.



Garlic: Apart from being closely related to onions, shallots, and leeks, garlic has its own nutritional benefits. Garlic helps fight cardiovascular diseases such as heart attacks and strokes. It also contains antioxidants that support the body's protective mechanisms against oxidative damage. Treatments with garlic extracts, powders and supplements have been found to significantly lower high blood pressure and supplements may help prevent colds and speed recovery.

The Delicious Decade

Culled from Bloomberg Businessweek

Once upon a time, Conde Nast editors ruled the Earth. They had town cars, an annual clothing allowance, and a canteen the Four Seasons. Now, every season brings news of the shuttering or sale of a title-or the exit of one of those fabled editors. In 2018, the company said Chief Executive Officer Bob Sauerberg Jr. would be stepping down later this year. The year before, it lost \$120 million, according to the New York Times.

But from the 1990s and the late 2000s, New York's social world spun around Anna Graydon David Paige (the first names of the editors at Vogue, Vanity Fair, the New Yorker, and Architectural Digest, respectively). Fashion was Conde Nast Inc.'s calling card, but it also boasted the queen of food journalism, Ruth Reichl. The curly-haired Berkeley hippie was the era's Julia Child, with a dash of Chrissy Teigen's communications savvy. In April 1999, Reichl became editor-in chief of America's original food magazine, Gourmet. Her new memoir, *Save Me the plums* (April 2, Penguin Random House), details her reign, which began when Gourmet's core audience was the second-houses-with-horses set and lasted through a decade of ever-expanding horizons.

Reichl narrates cage-rattling such as putting up cupcakes on the cover



Reichl reveals the challenges of being a wife, mother, and a successful author with frequent book tour demands that she guiltily fulfils. Inevitably she arrives at September 2009, when Conde Nast's late owner, S.I. Newhouse Jr., gathered Gourmet's team to say he was closing it. Reichl raided the magazine's wine cellar and summoned company cars to take the staff to her house for one last party.

After such books as *Comfort Me With Apples*, about her start in restaurant criticism, Reichl has an enthusiastic fan base-\$1.3 million of them devour her haiku-like tweets. These readers would be happy to know she's pretty much always right in *Save Me the Plums*, whether she's putting raw fish on the cover (considered art director suicide at the time) or sending pots of homemade chilli to Sept. 11's first responders. Occasionally she admits a mistake: Toward the end, when budgets

were being slashed, she neglected to re-search the person who bought an auctioned dinner with her. It was hedge fund manager Bill Ackman, who wasn't amused at her lack of interest in him.

The book is perhaps too light on what went into putting together *Gourmet*, a Magazine that covered so much disparate ground, it felt like it had ADD. But what is there are reminders of the things she and the magazine achieved: As the restaurant editor at rival *Food and Wine*, I was extremely jealous of the time she flew the entire staff to Paris so they could re-create the experience of French eating, cooking, and shopping in extraordinary detail and when she devoted an entire issue to Southern food legend Edna Lewis. Reichl was also the first print magazine editor to hire a full time video-producer to capture the work of a test kitchen and share simple tricks for, say, boning a fish. Seems obvious now, but she's always ahead of her time.

In the end, for all her efforts, Reichl and *Gourmet* came up against the industry's conundrum: Magazines can't remain the same and stay afloat, nor can they continually innovate, lest they lose their audience. And *Gourmet's* test kitchen ran up vast bills: Recipe-testing costs averaged \$100,000 a year, and the staff included 12 cooks and 3 dishwashers. It wasn't unknown to test the recipe 20 times. (Try telling that to an Instagram chef.) And then there was a financial crisis.

A 2009 *Newsweek* article guessed that Conde Nast ad revenue losses might hit \$1 billion that year. Thus, *Gourmet's* demise was predictable-but still shocking, and not only foodies. For a decade, Reichl used her talents and platform to push the culinary universe to a more democratic place that championed cooking while spotlighting real-world food issues. And it transformed elevated cooking into the realm of the achievable. Now the idea that everyone can be a

home chef is central to our public lives on social media. But momentary videos on YouTube, "quick-fire challenges" on TV, and well-composed photos on Instagram rarely tell the story behind the dish. Reichl endorsed doing it the right way; whether a recipe was simple or ambitious, she urged readers to learn more about what they were doing in the kitchen.

Although her megaphone is smaller, her voice remains one of the most trusted in our disparate food universe. Reichl's book reminds us of the time when you could pick up a magazine and feel simultaneously starved and sustained.

Technology: The World Of Robots



“Claims that robots will steal our jobs are commonplace – but humans will find themselves working side by side with robots, rather than being replaced by them” J.P. Gownder

The current technological age has seen the emergence of robots as either complements or replacements to human actions across different fields. This therefore raises the alarm concerning the extent of job displacement caused by the invention of robots. Similar to the industrial revolution of the eighteenth century, robots have the potential to squeeze job opportunities while also helping to create new jobs and, in some cases, transform the existing ones. As automation gained popularity, J.P. Gownder of Forrester Research estimated job loss to reach 22.7 million in the United States by 2025. It is also expected to create jobs estimated at 13.6 million by 2025.

A robot is any man-made machine that can execute tasks normally performed by humans either automatically or by remote control. Robots that resemble man are known as *androids*.

However, not many robots are human-like. Industrial robots, for instance, are designed to perform repetitive actions that are considered dangerous for humans. A robot can be remotely controlled by a human operator, sometimes from a great distance. A robot is ideal for going into a building that houses a bomb. Robots are also used in factories to build things like cars, candy bars and electronics. The use of robots is now also relevant in the field of medicine.

Robots are made from a variety of materials including metals and plastics, and are composed of three parts, namely, the controller, mechanical parts and sensors. The *controller*, also known as the *brain*, is run by a computer program. Often times, the program is very detailed as it gives command for the locomotive parts of the robot to follow. The *mechanical parts*, which comprise motors, pistons, grippers, wheels and gears, allow the robot to move, grab, turn and shift objects. These parts are usually powered by air, water or electricity. Through *sensors*, robots get information about their surroundings. They allow the robots to determine sizes, shapes, space between objects, direction and properties of substances. A number of robots can even identify the amount of pressure necessary to apply to grab an item without crushing it.





Why the need for robots?

- Robots are often cheaper to use over humans. They are considered efficient in accomplishing some tasks difficult for humans to execute. Examples include coal mining, exploring the inside of gas tanks and volcanoes, travelling the surface of Mars or other places.
- Robots can perform tasks repetitively without being bored. Sometimes, robots are much more accurate than humans, which could help cut back on production costs, mistakes and hazards.
- Unlike humans, robots are not prone to fatigue, illness, hunger and sleep.
- The use of robots makes humans more productive than ever before. For instance in surgical operations, what is required of the surgeon is to acquire the skills to control the robots.

Limitations

Despite their relevance, robots have some setbacks, including:

- Inability to think or make decisions like humans. They are mere tools that help to get things done. They are unlike artificial intelligence, which is an area of computer science that emphasizes the creation of intelligent machines that work and react like humans. Robots require intelligence to handle tasks such as object manipulation and navigation.
- The role of robots is limited by the instructions given to them and by the functions they are expected to perform. Hence, there are as many robots depending on the number of tasks to be performed.
- Robots are also subject to system and mechanical failure.

Case Study: Surgical Robot and Robotic Surgery

A surgical robot is a self-powered computer-controlled device that can be programmed to aid in the positioning and manipulation of surgical instruments, enabling the surgeon to carry out complex tasks. The robots are not devised to replace surgeons but to act as remote extensions completely governed by the surgeon. They are thus described as master-slave manipulators.

Robotic surgery is a type of surgery conducted through the use of robots. Robotically-assisted surgery was developed to help overcome the limitations of pre-existing minimally invasive surgical procedures and to enhance the capabilities of surgeons performing open surgery. Instead of directly moving the instruments, the surgeon uses one of the two methods to control the instruments with the aid of robots: telemanipulator or computer control.

Telemanipulator is a remote manipulator that allows the surgeon to perform the normal movements associated with surgery while the robotic arm carry out these movements using end-effectors and manipulators to carry out the actual surgery on the patient. In computer controlled systems, the surgeon uses a computer to control the robotic arms. One advantage of using the computerized method is that the surgeon does not have to be present at the operation room but can be anywhere around the world.

The benefits of robotic surgery include: more precise surgery; significantly less pain suffered by patients; less risk of infection and blood loss; earlier discharge of patients, shorter recovery, and in many cases, better clinical outcomes. The major challenge with the use of surgical robots is system and mechanical failure that would adversely affect the efficiency of robots in surgical operations, while inflicting additional injuries on the patients. A case in point is a study into the safety of surgical robots that linked the machines used to at least 144 deaths and more than 1,000 injuries over a 14-year period in the United States.



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History Trivia Quiz



1. Which African country named its capital after a U.S. president?
2. What was the name of the first space shuttle?
3. Who was shot outside the Hilton Hotel in Washington on March 30, 1981?
4. Who became President of the United States after John F. Kennedy was assassinated in 1963?
5. Which English queen reigned for just nine days?
6. What colour is Absynth?
7. What is the world's longest river?
8. What is the diameter of the Earth?
9. What is the capital city of Spain?
10. Which record label did Michael Jackson first record on?
11. "My heart will go on" came from which movie?
12. What does the N stand for in NATO?
13. In which country did Marilyn Monroe die?
14. Where is Hartsfield international airport located?
15. How many squares are there on a standard chessboard?
16. The acronym NASA stands for what?
17. What is the only rock regularly eaten by humans?
18. By what other word are the Motion Picture Academy Awards also known?
19. How many Nobel prizes were awarded between 1901 and 2011?
20. The only woman to get two Nobel prizes in her career was?

Pack Smart! Pack Simple!! Pack Light!!!

Travelling is all about taking in new experiences as you explore unknown destinations. So yeah, the Easter holiday will be the first holiday in the year and we all need a break. An average traveller has envisaged an entire suitcase, with a different kind of outfit for a different outing. However, do you know you would use only about 30% of what you pack? No matter what part of the world you travel to, it is always beneficial to pack light. Here are some tips to packing light and smart.



- You don't want to travel and be thinking of work. Nah, the few days should be for you and yours only. The best bet is to ensure you clear your desk before the holiday starts. In addition, you can run a 'before I go' list some weeks before in order to minimize the risk of realizing, halfway down the beach, that you've missed a key task.
- You don't need to lug around different varieties of everything you own in order to have fun. Keep your color selections simple and compatible so you can make many different outfits from very few pieces. Oh, and only one pair of shoes, please! If you are a lady, you can keep it classy with lots of scarves, tops, and some jewelry and keep your number of pants to one or two. The scarves and jewelry can easily fit into your handbag rather than checked in luggage.

- Carry dual-purpose items, such as pants that can be turned into shorts or reversible jackets that can give the appearance of a different style or color. You can wear heavier articles of clothing, like jackets and jeans, on your body, instead of checking it in.
- Lastly, once you have all the essential items (travel documents, cash, card, phone, laptop, camera, chargers, and vital medication) you are good to go. These are the most important bits! The rest can be pared down or scaled up depending on the length of your trip. Keep it light and compact so you can enjoy your trip rather than being stressed by your bags.

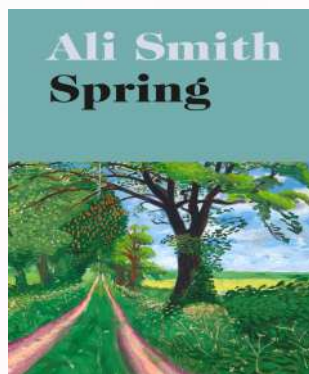
Your Spring Reading List

Culled from *Stylist Magazine*

This April is a bumper time for new fiction, with spring titles bursting on to shelves along with the season's new buds and blossoms. There are so many books coming out this month, but we've chosen four of our favourites to help narrow things down.

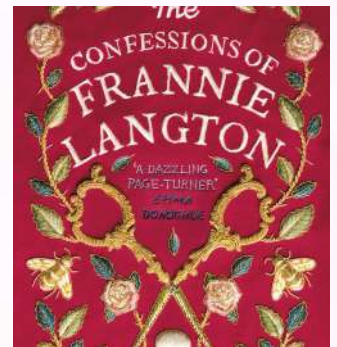
SPRING BY ALI SMITH

The third book in Smith's Seasonal Quartet, *Spring* lives up to its name promising change and possibly hope. Ali Smith is always a brilliant and inventive writer, using fiction to analyse the world as it is now.



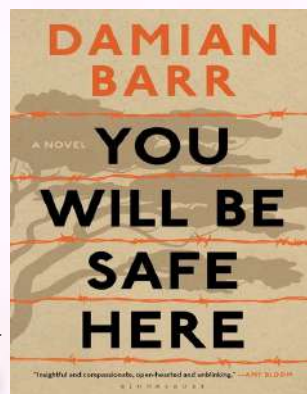
THE CONFESSIONS OF FRANNIE LANGTON BY SARA COLLINS

Set in 1826, Frannie Langton is a maid on trial at the old Bailey accused of killing her employers. Her story spills out: slave, whore, seductress. But how much of it is true?



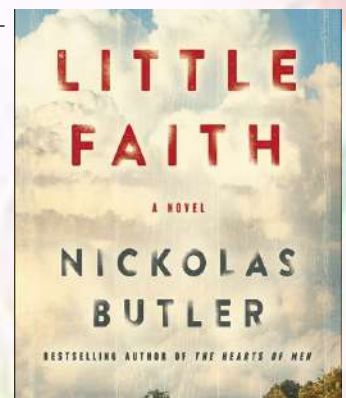
YOU WILL BE SAFE HERE BY DAMIAN BARR

Damian Barr's memoir *Maggie And Me* was full of heart and emotion, but also very precise. His debut novel is set in South Africa and looks at colonial history and present-day darkness.



LITTLE FAITH BY NICKOLAS BUTLER

Lyle and Peg aren't as close to daughter Shiloh since she started attending a new church, but they love her and their grandson, Isaac. Then Isaac becomes ill. A heart-wrenching look at family and the American midwest.



Movies To Watch This Easter

Whether you're celebrating a well-deserved break from work or the resurrection of Jesus Christ, these five themed movies are bound to get you in the holiday spirit.

"Ben Hur" (2016)

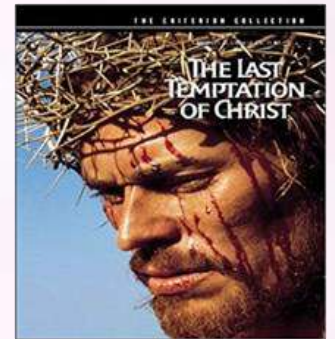
This drama depicts the story of a Jewish man of noble origins during the time of Rome's occupation of ancient Hebrew city, Judea. Morgan Freeman,



Jack Huston and Nazanin Boniadi star in the 2016 remake.

"The Last Temptation of Christ (2016)"

It was directed by Martin Scorsese, so you know it's already a classic. Willem Dafoe stars as Jesus Christ as he makes the harrowing decision to accept his fate as the savior of the world. Late pop icon David Bowie plays a memorable role as Pontius Pilate.



"Hop" (2011)

This live action 3D animated film tells the tale of the Easter Bunny's son, who is uninterested in taking over the mantle from his father. He runs away to Hollywood to achieve his dream of being a famous rock-n-roll drummer.



"Risen" (2016)

The film stars Joseph Fiennes as a Roman military tribune who is loyal to his country to a fault. He arrives at a crossroads when he is tasked to investigate and dispel the rumors that Jesus Christ had risen from the dead. Perfect film for the occasion.



"The Dog Who Saved Easter" (2014)

A crossover between "Home Alone" and "Bolt". This family friendly adventure film tells the tale of Zeus who is forced to stay at home during Easter, while his owners go on a family cruise. During his stay, a criminal tries to infiltrate the house to wreak havoc, but the fearless dog steps to save the day, to the delight of his owners. Not to be confused with "The Dog Who Saved Christmas."



in

Don't Play It (Too) Safe

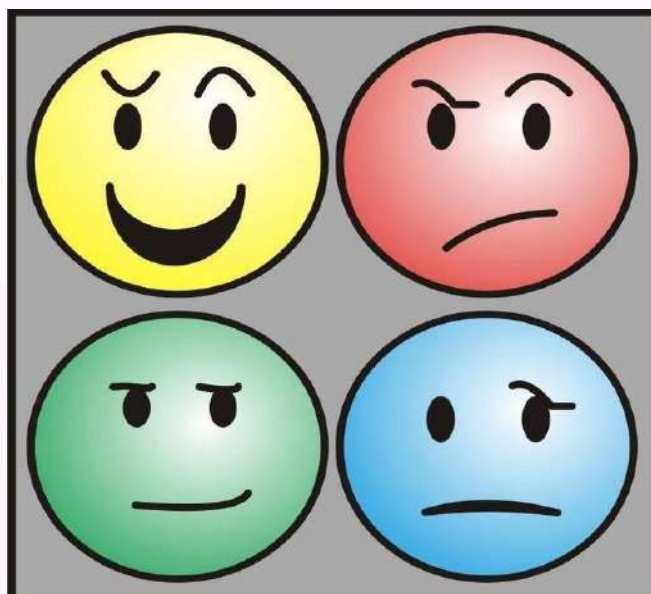
Culled from Bloomberg Businessweek

Risky business, as every chief executive officer knows, is a redundant phrase. "To create value for shareholders, you inherently must take risks," says Todd Gormley, an associate professor of finance at Washington University's Olin business school.

Although some CEOs embrace Alexander Smith's notion "that everything is sweetened by risk," arguably more favour Edmund Burke's belief that "early and provident fear is the mother of safety." Somewhere between lunatic risk taking and paralyzing risk aversion exists, a sweet spot of daring but prudent action. Finding this is as much art as science. Here are some tactics to help:

ACKNOWLEDGE YOUR TEMPERAMENT

Even among CEOs, there's a spectrum of risk-seeking people to risk-avoiding personalities. "The perception is that CEOs, compared to the average person, are more likely to be risk-loving," says Gormley. "But the data clearly shows that they also play safe in many business settings." For any leader, it's important to know how your risk tolerance can bias your decisions, consciously or not. But understanding how your own temperament influences decisions can be difficult, says researcher Donald Hambrick.



NARCISSISM AND CAPABILITY CUES

External factors known as capability cues also exert strong influence on whether we're likely to shoot for the stars or stay the course. CEOs are regularly barraged with feedback on their performance, from objective measures such as stock price to softer signals such as press coverage. These can raise or lower self-confidence-and in turn affect risk-taking.

The lessons seem clear enough. For narcissistic CEOs: Don't let a glowing cover story, or hatchet job, turn you to cocksure or gun-shy. For non-narcissists: Don't let recent performance, good or bad, knock you off your game.

ALIGN PERSONAL AND COMPANY RISKS

Incentive packages, outside oversight, and job security factor dramatically into a CEO's willingness to take or avoid risks. Gormley, along with David Matsa, a professor of finance at North-western University's Kellogg School of Management, wanted to study, while some CEOs faced with the need to change strategies, stay the course rather than taking, as they put it, "painful but profitable choices like redistributing resources, enforcing pay cuts, or closing a plant and laying off dozens of workers."

SELFISH ACQUISITIONS

For companies facing serious threats, such as litigation or new regulations, a common risk-hedging strategy is to diversify through acquisitions. "It's the same as an investor diversifying his personal portfolio," Gormley says. A famous example is Phillip Morris International's 1988 acquisition of Kraft Foods at a time when the health risks of smoking were becoming impossible to ignore. This might seem a prudent move, ensuring that even in worst-case scenarios, leadership will still have a company to run. But acquisitions are often less beneficial to ordinary shareholders, because their cost in added debt or dilution of equity outweigh any benefits. "If an individual is worried about risk," says Gormley, "he or she can diversify for themselves at much lower cost. They don't need the tobacco company to go buy other companies for them."

PAYING FOR PRUDENT RISK-TAKING

Perhaps the most powerful tool is the structure of compensation packages for top leadership. It's long been thought that payment heavy on company stock shares encourages strong performance because it hitches a CEO's success to the company. In reality, Gormley says, equity can be a perverse incentive to play it safe and avoid risks. Stock options, on the other hand, encourage risk-taking because management is rewarded only when share prices climb. Just don't go overboard loading up a CEO with options.

According to "Swinging for the Fences," a study co-authored by Hambrick, when stock options constitute 30 percent to 40 percent of an executive's pay package, it encourages not only more "swings" but also a favourable distribution of homeruns and strikeouts. "Once above 50 percent," he says, "the risk taking becomes really careless and outcomes become lopsidedly negative— James Thorton .





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Achieving Work-Health Balance



Are you overwhelmed by the demands of the work environment? – Consider these health apps

The proverb “all work and no play makes Jack a dull boy” holds a lot of truth. The demands of work can make a work-health balance difficult to achieve. The pressure of meeting daily deadlines can be at the expense of healthy living. While it is very important to meet our work deadlines, it is also essential to adopt healthy and happy living into our daily activities. After all it’s important to remember that “health is wealth”.

The good news is that achieving a work-health balance is becoming easier in the 21st century. Technology applications are gaining traction globally. Most workers have mobile phones, which can be used to download health applications (apps). These apps help to track and even adhere to a fitness routine and diet regimen. It is high time we took advantage of these apps to monitor and improve the state of our health even with our busy schedules.



Sleep Cycle: Do you find it difficult sleeping for eight hours daily due to the nature of your job? Are you concerned about the health implications? Smile, because the solution is at your door step. The Sleep Cycle app helps to track sleep quality as well as sleeping heart rate. More importantly is the “wake up phase” feature which can wake you up at the optimal time before the alarm turns on. To enjoy these benefits, you need to download the app on your phone.



Headspace: It has been scientifically proven that meditation is one of the best ways to ease stress, increase focus and sleep better. Have you been struggling with managing stress, increasing focus and having sufficient sleep time? Then, you can consider just visiting the Google play on your android phone and download the Headspace app. The app is a meditation-made-easy application which provides numerous sessions on stress management and increases focus. It provides guidance on meditation for busy schedules and also exercises in case of sudden meltdowns.

Life Sum: Are you interested in tracking your daily nutrition but find it a challenge? The Life Sum app will help you achieve this with ease. It is also a lifestyle coach. The app will regularly remind you to eat, drink water, and will give you some useful lifestyle tips. All you have to do is to download the app on your phone and take a quick survey relating to your goals and lifestyle. The app then provides recommendations which will help you make healthy changes in your life.



SworKit: Do you want to be active but work demands prevent you from visiting the gym? SworKit, which means “simply work it,” can help you get on track with your fitness goals. The app will assist you in determining your current fitness level and then design a six-week program tailored to meet your needs. It also takes into consideration the time you have available to exercise.

African Migration: Five Things We Have learnt

Culled from BBC Africa



More than one in three Africans have considered emigrating, researchers for Afrobarometer say.

Their continent-wide survey also found that young and educated people were more likely than others to want to leave their home country. For those who do leave, it is not to Europe or North America that most go to, but another African country.

Here are five key things we have learnt from the report.

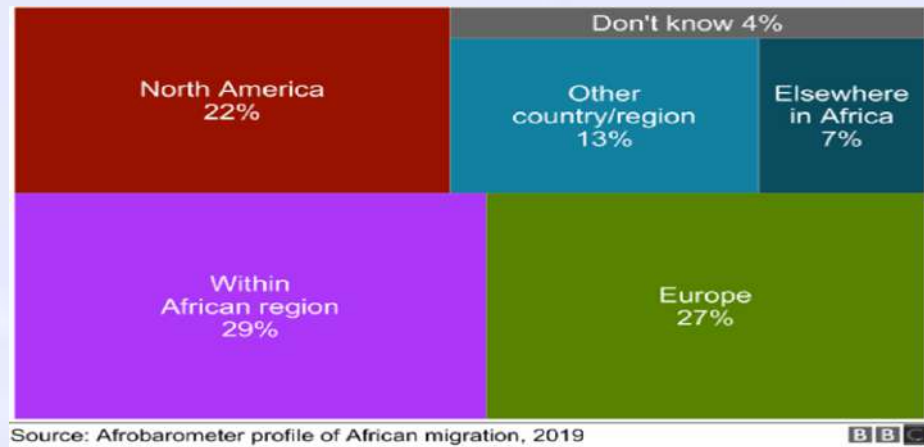
Why do people want to leave?

"Looking for work" and "escaping poverty and economic hardship" were the biggest factors for wanting to emigrate in almost all of the 34 countries surveyed, accounting for 44% and 29% respectively. Having family and loved ones abroad could influence that decision too. Afrobarometer found that one in five depend at least "a little bit" on cash payments sent to them from another country. A quarter of those surveyed say someone in their family has lived in another country during the past three years.

Where do they want to go?

The most popular destinations are not in Europe or North America but within Africa. People who say they are considering emigrating mostly want to stay within their region (29%) or go elsewhere in Africa (7%).

Potential Destinations

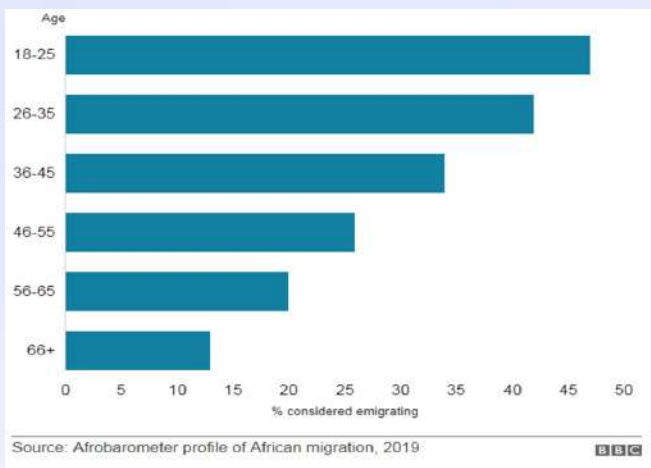


But researchers found some interesting differences. People in southern African indicate the strongest preference for staying in the region (58%) while this feeling was weakest in North Africa (8%). For those saying they want to leave the continent, Europe (27%) and North America (22%) were the next biggest destinations.

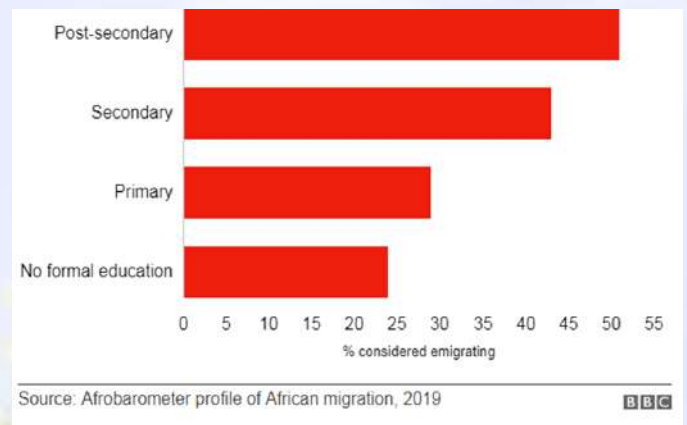
Who is most likely to leave?

Around half of all young adults and highly educated citizens say they have considered leaving their country at least "a little bit".

Young adults are most likely to consider emigrating



Most educated are most likely to consider emigrating



"Thoughts of moving abroad are about equally common among the relatively well-off and the poor", according to Afrobarometer's report.

More men (40%) than women (33%) say they are considering emigrating, and researchers found the desire to leave is stronger among people living in towns and cities (44%) than rural areas (32%).

Which countries are people wanting to leave most?

One of the survey's most striking findings is that 37% - more than one in three Africans - have considered moving abroad. Just under half of those say this is something they have thought about "a lot". When it comes to actually moving, 7% of people in Zimbabwe and Lesotho say they are currently making preparations to go, compared to an African average of 3%.



Countries where more than half of people say they considering leaving at least "a little bit" are Cape Verde (57%), Sierra Leone (57%), The Gambia (56%), Togo (54%), and São Tomé and Príncipe (54%).

But this does not paint the full picture. South Sudan, which does not feature in the Afrobarometer survey, has seen more than 2.2 million people flee into the wider region since the outbreak of civil conflict in 2013.

Nor does the survey include Eritrea, from where the UN says around 2,500 refugees cross the border into Ethiopia every month.

What barriers to travel do people face? What barriers to travel do people face?

Freedom of movement across international borders within the local region should become a reality, 56% of survey respondents have told Afrobarometer. But the same proportion say they find it difficult to cross borders to work or trade in another country.

Why is it so hard for Africans to visit other African countries?

But citizens of African countries still need a visa to travel to more than half of the continent's 54 countries, protecting borders drawn up by European colonisers more than a century ago. "Somebody like me, despite the size of our group, I need 38 visas to move around Africa," complained Nigerian billionaire Aliko Dangote in an interview in 2016.

English Premier League In Focus



The tail end of the Premier League season is here. The title challenge between Liverpool and Manchester City is set to go down to the wire as only one point separates the two teams. There is a possibility of a repeat of the 2011/2012 season where the champion was decided in the last minute by a goal difference. Conversely, there is sufficient evidence to predict top runners for the individual awards such as the Professional Footballers' Association (PFA) Player of the Year award. Below is a quick list of top five contenders.

Son Heung-min (Tottenham Hotspur)



The South Korean attacking midfield maestro has only started a handful of Premier League games so far this season. However, his performance has been top-notch, and he has scored 12 goals, which is only bettered by ten players. The play maker has averaged a goal or an assist in every 67 minutes in the last 14 league matches. Son's scintillating performances at the time when the club lost Harry Kane and Dele Alli to injury are his major highlights in the 2018/2019 season.

Eden Hazard (Chelsea)



Eden Hazard had an outstanding start to the season. It looked like he would break his personal best goal tally in a season with relative ease. Hazard has scored 16 premier league goals so far and currently leads the assist table ranking with 11. His assist feat is only bettered by two players in Europe's top five leagues.

Raheem Sterling (Manchester City)

Liverpool's biggest threat for the Premier League title is Manchester City and leading their title challenge this season is former Liverpool player Raheem Sterling. The Englishman's game has evolved under the tutelage of Pep Guardiola. Sterling led the team's attack during the absence of injured players, Sergio Aguero and Kevin De Bruyne. The English man has 17 goals and nine assists so far in the Premier League.



Mohamed Salah (Liverpool)



The defending Player of the Year is in line to become the first player to win the award in consecutive seasons since a certain Cristiano Ronaldo did it in 2008. Although the 24-year-old has not been scoring as freely as he did in 2017/2018 season, he is currently the joint top scorer in the league with 19 goals. The Egyptian has also amassed seven assists to his name. Salah's form and performance will be crucial for Liverpool in its attempt to win its first Premier League title in 29 years.

The towering defender is this year's clear favorite to win the award. The Dutch defender has been a revelation since he joined the team in January 2018. His domineering performances have ensured that his team has the best defensive record in the league. Van Dijk has played in all of Liverpool's premier games so far this season and has started every league game. Nonetheless, it is worth stating that no defender has won the PFA Player of the Year since John Terry did in 2005. If a defender wins this edition, then you can be certain it is Virgil Van Dijk.

Virgil van Dijk (Liverpool)



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13 Ways Easter Is Celebrated Around The World

Culled from Utravel

Can you believe **Easter** is almost upon us? Where has the beginning of 2019 gone, didn't we just have Christmas?!

Easter is celebrated around the world in a surprising variety of ways, with traditions different from country to country according to their ethnic and cultural origins. Check out these 13 Easter traditions from around the globe and the history behind them

Hungary



“Sprinkling” is a popular Hungarian Easter Monday tradition, in which boys playfully sprinkle perfume, cologne or water over a young woman’s head, and ask for a kiss.

People used to believe that water had a cleaning, healing and fertility-inducing effect.

Seville, Spain

One of the biggest Easter celebrations takes place in Seville, where 52 different religious brotherhoods parade through the streets manifesting the crucifixion, with thousands watching the daily processions of marching bands and decorated candle lit floats heaving with Baroque statues illustrating the Easter story.

France

In the town of Haux, a giant omelette made with 4,500 eggs that feeds 1,000 people is served up in the town’s main square. The story goes, when Napoleon and his army were travelling through the south of France, they stopped in a small town and ate omelettes.

Napoleon liked his so much that he ordered the townspeople to gather their eggs and make a giant omelette for his army the next day.

Brazil

Besides being crazy football fans, there’s a crazy tradition of creating straw dolls to represent Judas (the apostle known for betraying Christ) and hanging them in the streets and beating them up. And many times politicians involved in scandals become Judas.

But, it’s not all aggression, and on Easter Saturday, called ‘Sábado de Aleluia,’ inspires mini versions of Carnival in many small towns to celebrate the end of Lent.

Sweden



Easter in Sweden sounds a lot like Halloween, with the children dressing up as Easter witches wearing long skirts, colourful headscarves and painted red cheeks, and go from home to home in their neighbourhoods trading paintings and drawings in the hope of receiving sweets.

Corfu, Greece

The tradition of "Pot Throwing" takes place on the morning of Holy Saturday. People throw pots, pans and other earthenware out of their windows, smashing them on the street.

Some say the custom of throwing of pots welcomes spring, symbolizing the new crops that will be gathered in new pots. Others say it derives from the Venetians, who on New Year's Day used to throw out all of their old items.

Germany

Whilst in many countries Easter eggs are hidden and children hunt for them, in Germany Easter eggs are displayed on trees and prominently in streets, with some of the trees having thousands of multi colour eggs hanging on them.

Indonesia

There are around seven million Catholics in Indonesia. Christianity was brought here by Portuguese missionaries, and statues from this time are carried through the streets.

Young men consider it an honour to be chosen to play Jesus and be tied to the cross in various locations.

Bermuda

On Good Friday, the locals celebrate by flying homemade kites, eating codfish cakes and hot cross buns.

The tradition is said to have begun when a local teacher from the British Army had difficulty explaining Christ's ascension to Heaven to his Sunday school class. He made a kite, traditionally shaped like a cross, to illustrate the Ascension.

Bulgaria

Here people don't hide their eggs — they have egg fights — and whoever comes out of the game with an unbroken egg is the winner and assumed to be the most successful member of the family in the coming year.

In another tradition, the oldest woman in the family rubs the faces of the children with the first red egg she has colored, symbolizing her wish that they have rosy cheeks, health and strength.

Czech Republic



On Easter Monday there's a tradition in which men spank women with handmade whips made of willow and decorated with ribbons. According to legend, the willow is the first tree to bloom in the spring, so the branches are supposed to transfer the tree's vitality and fertility to the women.

Florence, Italy



A huge, decorated wagon is dragged through the streets by white oxen until it reaches the cathedral, and when Gloria is sung inside, the cathedral Archbishop sends a dove-shaped rocket into the cart, igniting a large fireworks display.

Called Scoppio del Carro (explosion of the cart), this is followed by a parade in medieval costumes.

Washington D.C.



And of course in the United States, the President hosts the annual Easter Egg Roll on the White House lawn on Easter Monday.

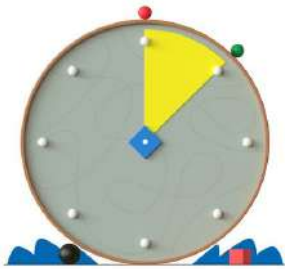
The tradition, believed to date back to the early 19th century, involves children rolling a coloured hard-boiled egg with a large serving spoon.

Reboot

Culled from Bloomberg Businessweek

The internet is full of distractions that interfere with work. Cal Newport, a Georgetown computer science professor, thinks he can help

According to Nielsen, the average American spends three hours a day staring into a phone or tablet. Factor in TVs and computers, and it's up to about nine hours in the glow of a screen. That's a lot of time that could be better used for professional gain. In his latest book, *Digital Minimalism*, technology and productivity expert Cal Newport offers advice on how to free yourself from the tyranny of email, social media, and other digital services. Here are six actions you can take now.—Clint Carter



SCHEDULE UNINTERRUPTED WORK BLOCKS

Chart your workday in two hour periods and quarantine tasks that don't necessarily boost productivity including meetings and phone calls to some scheduled breaks between the blocks. "If you take a two hour block and do literally no quick checks, your mind is operating at full capacity," Newport says. It's like having a cognitive superpower



SEND FEWER, MORE THOUGHTFUL EMAILS

The typical office worker sends or receives roughly 125 emails per day, according to analytics firm the Radicati Group. That's potentially many hours wasted on low-quality communication. Newport's solution: Ignore every email that doesn't require a response, and for those that do, write one that minimizes the number of subsequent emails instead of "Let me know when you want to meet up," try "Let's meet at Rocko's Coffee at 12 noon or 12:30."

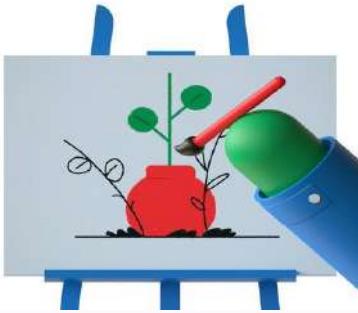


PHONE A FRIEND

Digital interaction isn't a substitute for real-time conversation. "Our brains don't really understand a 'like' or a 'happy birthday' on Facebook," Newport says, adding that such gestures don't add a sense of connection or belonging. If your schedule doesn't allow you to meet friends face-to-face, give them a call. You'll feel better.

CLEAN OUT YOUR TOOLBOX

Newport recommends taking a 30-day break from any digital tool that isn't essential to your work, including social media and video games. You can also probably do without chat services and attention-guzzling websites such as Reddit. When the detox is complete, set clear productivity and relationship goals, then reintroduce only those services that help you achieve them. Set some boundaries, too—for instance, check Twitter only on your desktop computer.



GET CRAFTY

As you scale back on your digital compulsions, make time for a hobby, whether it's painting, playing an instrument, or even whittling. Use your hands productively, and you'll create something you're proud of. That'll help you forget about whatever's happening on your phone.



HANG OUT WITH YOURSELF

By pulling out our phones at the first hint of boredom, most of us suffer from what Newport calls “solitude deficit”, which could be partly responsible for a 5 percent jump in anxiety-related disorders from 2017 to 2018. One way to work in alone time and harness it for creative gain is to practice productive meditation. Do something physical, like jogging, to focus your full attention on a single problem. Two or three such sessions a week will tame your screen check impulse, he says, and improve your concentration.

Answers To The Quiz



1. Liberia. Its capital, Monrovia, was named after James Monroe.
2. Space Shuttle Columbia, on April 12, 1981
3. President Ronald Reagan
4. Lyndon Baines Johnson
5. Lady Jane Grey
6. Green
7. Amazon
8. 8,000 miles
9. Madrid
10. Motown
11. Titanic
12. North
13. The United States
14. Georgia, US
15. 64
16. National Aeronautics & Space Administration
17. Salt
18. Oscars
19. 549
20. Marie Curie