

Relaxnomiks

Mid-Year Edition



Rain Rain Go Away!!!

A Word From The Publisher

Dear Subscriber,

Welcome to the 2019 mid-year edition of the Relaxnomiks!

The year is half gone and yet it seems like we are still saying happy new year. Elections have come and gone but in spite of this, roads are still flooded in Lagos and the traffic is horrid. But there is a flicker of hope, Governor Sanwo-Olu is trying to make some changes - hoping to reduce traffic by 50% on Lekki-Epe highway and clear the Apapa gridlock. However, if you are itching to take a break from the constant traffic, flooded roads and looming deadlines that plague us at work, look no further...

Take a memorable trip to our favorite tourist destinations in Nigeria that will leave you filled with love and pride for the motherland. However, if you can leave the country, then make the best of this season and check out the wonders of Italy. The horseshoe nation has much to offer the tourist from serene natural beauty in Tuscany to high fashion on the streets of Milan.

Are you a fan of scary park rides?

Well, maybe you would be when you read our piece on the most exhilarating and terrifying roller coasters you can find in the world.

No matter how you choose to enjoy this season, make sure you stay hydrated, keep calm and achieve your goals.

As always, your readership is very much appreciated.

Enjoy your read!

Bismarck J. Rewane

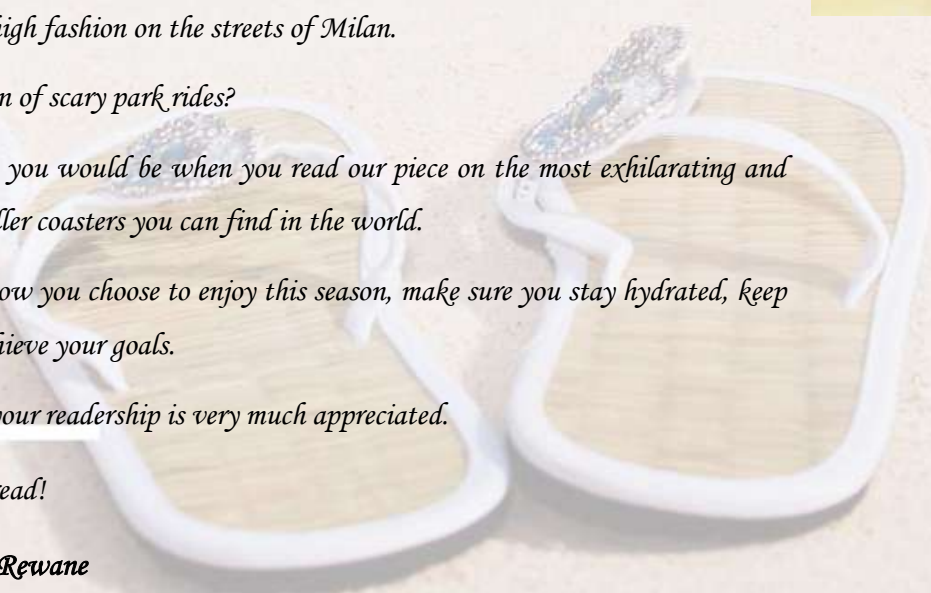




Table of Contents

5 *How to travel Sustainably*

Fitness is an Adventure 7

12 *5 Eco-friendly Hotels*

Why nobody knows how many Nigerians there are 22

28 *Reading List*

Scariest Theme Park Rides in the World 33

40 *Here Is What Your Zodiac Sign Says About You*

The G Team



Damilola Akinbami
Editor-in-chief



Cosanna Preston-idedia
Content Editor



Thessa Brongers - Bagu
Content Editor



Tobi Ogunpolu
Writer/Graphic Designer



Adedayo Ogunniran
Writer



Gisha Bella
Writer



Temitope Olugbile
Writer



Tolulope Agunbiade
Writer



Funmi Adebawale
Writer



Wasiu Adegunle
Writer



Paras Kapoor
Writer



Munachi Ernest-Eze
Writer



Nosike Nwajide
Writer

How to...

travel sustainably

Corporate travel is often criticised for its heavy carbon footprint. Frequent long-haul flights, hotel stays and ground transport cannot help but take their toll, but there are ways to reduce your environmental impact.

Consider your flight

Skyscanner highlights eco-friendly flights with a green leaf symbol, taking into consideration fuel consumption based on the type of aircraft, its seating capacity and whether the flight has a stopover. As a rule of thumb, fly economy class nonstop on an airline with a newer fleet.

Stay in budget accommodation

If you can, stay in a newly built hotel that has smaller rooms (and so is more efficient) and that uses fewer disposable amenities (toiletry dispensers in the shower rather than travel-size bottles).

Use public transport

Once you've reached your destination, rent an electric vehicle or use bicycles and public transport to get around the city.

Limit Plastic Use

Carrying a reusable water bottle save money and is environmentally friendly. Hotels often have water fountains, while many international airports have free water dispensers. When offered a plastic bottle of water, refuse it. And that means saying "no", not throwing it in the bin.



Buy eco-friendly sun cream

Many sun creams contain oxybenzone, a chemical that causes harm to coral reefs by increasing their susceptibility to bleaching. NGO Marine Life has found that oceans are currently filled with approximately 82,000 chemicals. Hotel and spa group Six Senses is launching a resort-wide ban on selling these sun creams from September. It will instead promote 100 per cent reef-safe alternatives, packaged in plant-based or fully compostable packaging.

Respect animal welfare

Steer clear of tours that involve up-close encounters with animals, whether that be touching, riding or bugging the wild creatures.

Eat local produce

Farm-to-fork dining is a twofold gain, supporting the local economy and limiting carbon emissions from transporting the food long distances. Many hotels now use locally sourced kitchen ingredients, or even grow their own produce on site.

Act as you would at home

Limit indulgent behaviour- take shorter showers, reuse your towel and don't use the robes and slippers if your stay is brief.

Go paperless

Ask for digital receipts from hotels rather than amassing a lot of paper. If the property doesn't offer this, encourage them to do so.

Do your research and speak up

Business travellers can drive change in the industry. Now Transforming Travel, a global community raising the bar on transparency and accountability, can steer you in the right direction. The website lists 45 eco-friendly hotels, many of which are certified by Earthcheck, and lists tough questions that guests should ask hotels before booking. A carbon calculator and offset programme was set to launch in June, allowing people to offset their carbon footprint by purchasing equivalent carbon credits from one of three sustainable projects.

Culled from Business Traveller

Fitness is an Adventure

It's been work, work and more work in the past few months. We all know how important exercise is to our health. The major hindrance to incorporating exercise into our daily routine is time. From tight schedules to almost every weekend 'owambe'. The year is half gone, a chance to finally take some time out for yourself, relax and do some workouts. Exercise is not always easy, but it's always worth it. So, try to adopt some of these tips and tricks to help prepare your body and mind.

Mental preparation: How to get into the right mindset

It is necessary to prepare your mind before your fitness routine. Getting in the right mindset will make a huge difference on your success. It will motivate you even when your body can no longer push you. Consistency is key.

Preparing your body: What to do

Exercise is not always easy. Many people have heard the phrase, "if it was easy, then everyone would do it." Exercise will help improve your muscle strength, boost your endurance and help you have a better lifestyle. In addition, you get a better chance to live longer, save money on health care, feel better, look younger and eat more.

There are so many fun ways to get your body moving. This is an opportunity to become a fitness conscious newbie.

The first thing that can put you off is looking for a gym or a place to workout. The search for gyms with the right kind of facilities that strike your fancy should not be a drawback for you. Check out these fitness centers to get your blood pumping.



Proflex Fitness Center

Proflex Fitness Center is a top-notch facility with grade-A instructors. It has a 15,000 square-foot facility dedicated solely to fitness and strength training. The gym also features a cardio area with over 20 different specialized machines to help you work up your cardio levels. It is one of the most equipped and premiere gyms in Lagos (Victoria Island) and offers a range of activities such as aerobics and yoga classes. The fitness centre also has experts that can coach you on mobility and nutritional counselling.



Fitness Central

Tired of counting down the minutes for someone else to get off the treadmill? Fitness central, located at Lekki second roundabout is one of the new slew of game-changing gyms in Lagos. It was founded on the idea that everyone deserves access to a quality exercise facility.¹³ The gym center features a massive facility with multiple equipment and space divisions for different activities. The space offers cardio equipment, strength machines, free weights and every other machine that appeals to your workout fancy.



Paslim Gym

Located in the state's capital Ikeja, the outpost has established itself as one of the best gym centres in the area. The facility was opened to cater for the well-being, fitness and health of residents and it has grown over the years to cater for aerobics classes, weight training, sauna and steam bathing.¹⁴



Team 5 Gym

A world class gym aimed at creating a perfect atmosphere and a conducive workout environment for its patrons, Team 5 gym located at Isheri, Ojodu Berger, Lagos, is fully fortified with the right equipment. Most of the equipment are from Technogym, the world leader in the design and manufacture of fitness equipment. Team 5 Gym has programs to appease every fitness appetite.¹⁵



Fitness Options

Fitness Options, located in Surulere, is popular for its services, including: wellness and healthy lifestyle program, weight management programs, creative exercise programing, functional training and more.

With its blend of enthusiastic and knowledgeable trainers, outstanding facilities, and diverse fitness programs, the outpost has something for everyone. The place is simply massive and is open to new members of all ages. The trainers also have a unique system to monitoring members' progress and can help with nutrition and meal planning as well.



¹³Fitness Central: <https://www.fitnesscentral.ng/>

¹⁴Paslim Gym: <http://www.paslimgymspa.com/aboutus.html>

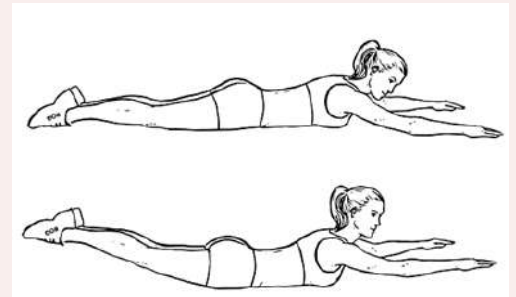
¹⁵Team5 gym: <https://www.team5gym.com/>

However, if you can't make it to a gym, there are some easy workout exercises that you can do at home.

Supermans [Back Exercise]

Who doesn't want to think they have super powers? The feeling of lifting your arms and legs off the ground, as if you were flying? The superman exercise strengthens your back and core muscles. To perform the superman exercise¹⁶:

- ◆ Lay face down on a mat or flat surface, with arms stretched out
- ◆ Keep your hands and arms straight throughout the exercise
- ◆ Raise your hands and legs 4-5 inches off the ground
- ◆ Hold for five seconds, then return to starting position
- ◆ After a few seconds of holding your core in, inhale, as you lower your arms and legs back down.



Push Up [Arm Exercise]

Are you simply looking for new ways to work your arms, shoulders, back and chest? The push-up is an oldie but a very good exercise. It builds both the upper body and core strength. Try the moves below as many times as possible:

- Start in a high plank position. Your hands flat on the floor about shoulder-width apart and wrists under shoulders.
- Place a yoga block or similar surface for elevation under your knees.
- Keeping your body in one long line, bend your arms and lower your body as close to the floor as you can.
- Push back up to start.
- You can modify intensity by changing hand placement.



¹⁶Pop work outs, <https://www.popworkouts.com/supermans-exercise/>

Come home to that

DREAM HOUSE






Send money home with the **Rapidtransfer** App



Everyone desires a home to come to. Send money home for your projects with the **Rapidtransfer** app; enjoy the best rates and zero transfer fees.

- Zero Fees ■
- Best rates ■
- No intermediary ■
- Instant delivery to beneficiary's account ■

Abroad money to Naija **Fiam!**

  @ecobank_nigeria |  @EcobankNGR |  0700 5000 000 |  ENGcontactcentre@ecobank.com

Download & Share Now



Download on the
App Store

ANDROID APP ON
Google play

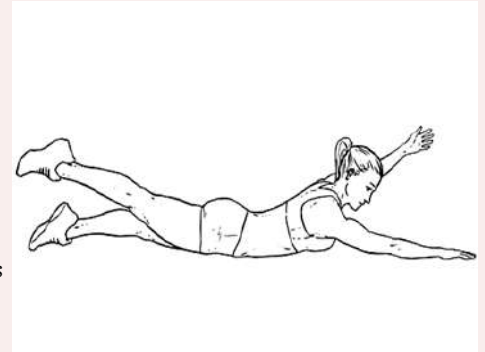
Rapidtransfer

My money. My Africa.

Contralateral Limb Raises [Back Exercise]

Don't let the name scare you – this is great for toning those troubling upper body areas. Just follow the few steps and you are done.

- Lie on your stomach with the arms outstretched and palms facing one another
- Slowly lift one arm a few inches off the floor, keeping it straight without rotating the shoulders
- Simultaneously lift the other leg
- Hold the position, then lower the arm and leg back down



Squat Jumps [Butt & Hip Exercise]

Not every workout needs to be overly complicated. Squat jumps are a powerful, plyometric exercise that strengthens your entire lower body and increases your heart rate for a significant calorie burn. Start your squat jumps with the instructions below:

- Stand tall with your feet hip width apart.
- Hinge at the hips to push your butt back and lower down until your thighs are parallel to the floor.
- Press your feet down to explode off the floor and jump as high as you can.
- Allow your knees to bend 45 degrees when you land.
- Immediately, drop back down into a squat and jump again.



It is important to warm up before you start your work out. Just few minutes of light activity is all you need to do things like walking or jogging. After your workout, it is also necessary to cool down by walking or jogging.

5 Eco-friendly Hotels

Culled from Business Traveller

The Brando, Polynesia

Located on the small Tetiaroa atoll, this luxury resort—Marlon Brando's former private island—honours its natural surroundings through the use of local or certified renewable materials. A deep seawater air conditioning system runs cold ocean water throughout, providing low energy cooling for all buildings and reducing energy demands by almost 70 per cent. The resort is fully biofuel capable and is close to achieving its goal of net zero carbon impact. thebrando.com



1 Hotel Central Park, New York

This 18 storey hotel boasts a three storey living green façade. Interiors feature reclaimed barn wood and antique bricks, room keys are crafted from recycled wood, and glasses and carafes are made from recycled wine bottles. Showers have a five minute timer to encourage mindful water use. 1hotels.com

Islas Secas, Panama

This island resort's four villas were built with sustainable wood. Its energy is entirely solar generated, its food waste is turned into fertiliser, wastewater is reused for irrigation and there are no single-use plastic water bottles. Flights there aren't quite so eco-friendly but a staff rotation schedule minimises boat trips from mainland Panama. islassecas.com





QO, Amsterdam

This IHG hotel is an architectural eco feat, with almost one-third of the concrete used sourced from Amsterdam's Shell building. Its façade is built from thermal panels that react to the outdoor climate to regulate the indoor temperature. An aquifer thermal energy storage system stocks unused heated water underground until its needed up top, while a greywater scheme means all water is reused to flush toilets. qo-amsterdam.com

Hotel Verde Cape Town Airport

While only 400 metres from Cape Town airport, an undeniable source of pollution, this hotel decked out in 220 photovoltaic solar panels is certainly eco. Rooms have LED lights and spectrally selective windows, which let in daylight but block heat. A greywater system saves on average 6,000 litres of water per day, and the gym equipment pumps power back into the hotel. On checking out, guests get a certificate to show their carbon offset. The neighbouring wetlands are home to more than 100 types of vegetation. verdehotels.com



The Wonders of Italy

Italy is the home of art treasures, charming towns, stunning landscapes, passionate people and world-class cuisine. The country can satisfy every type of tourist, so pack your bags, get ready and let us take you through the wonders of Italy.

Rome

The former capital of the Roman Empire and current seat of the Italian government is an important centre of culture, power and religion. Perfect for the history junkie, every building, street, corner of this 2,500-year old city screams the glories of the Roman Empire. Prominent attractions include the Colosseum, a stadium capable of holding 50,000 people that in ancient days hosted gladiator battles. The history junkie can further revel in the glories of the city by visiting the Pantheon and Capitoline museum.



Vatican City

Those seeking an out of the body experience need not look any further than Vatican City, located a short ride away from Rome. They can attend service at St Peter's Basilica and then proceed to catch a glimpse of His Holiness, Pope Francis, at St Peter's Square. Our personal recommendation is a visit to the Vatican Museum, where one can delve deeper into the origins of the Vatican City.

Venice

Picturesque waterways and historic architecture combine together to make Venice one of the most romantic cities in this world. The archipelago of 118 islands is the perfect honeymoon destination for lovebirds. Be sure to take a gondola boat ride down the Grand Canal to take in the spectacular views and explore the water canals of Venice. Once back on land head to the impressive St Mark's Basilica, admire the Byzantine and Gothic architecture and pay your respect to Saint Mark at his tomb.



Tuscany

If city life has got you down and a natural getaway is what you need, then look no further than Tuscany. The region is renowned for its beautiful rolling hills, olive groves, vineyards and cypress trees, making it one of the most beautiful provinces in Italy. Land in Florence and admire a city commonly called a colossal outdoor museum. Home to stunning pieces of art from the Renaissance period and architectural wonders like the domed Santa Maria del Fiore Church. Tired of the city? Take a drive down to the Chianti wine region and sample some excellent wine from a local winery while admiring the picturesque views for which Tuscany is renowned. End your trip by taking a picture with the famous leaning Tower of Pisa located just 100 kilometres away.



Pompeii

You have come to Italy and you want to see the Romans. They are long dead, but you can get a feel of the lives they led by visiting the historic city of Pompeii. A perfectly preserved 17,000-year-old city, offering visitors fascinating insights into the everyday life of the ancient Roman world. Tourists can become everyday Romans walking along pre-historic streets to see the remains of bakeries, brothels and baths. A guided tour is a must for this city.



Visitors can witness the devastating destruction wrought by volcano ash on this city first-hand by visiting the “Garden of the Fugitives”. Walk down to Pompeii’s amphitheatre, the earliest Roman amphitheatre to be built out of stone. Head over to Pompeii’s thermal baths and see first-hand how ancient Romans cooled off.

Best Places to Visit: Nigeria

They say those who remember their history prosper. So this period take a vacation in Nigeria and delve deeper into the mysteries of a country we all call home. Nigeria's rich land has incredible offerings for tourists, from sun-kissed beaches to ancient ruins.

Ibeto Beach

Ibeto beach in Akwa Ibom holds the title of the longest beach in Africa with a shoreline stretching for 30 kilometers from Ibeto to James Town. Located in south-east Nigeria, it is blessed with white sand and a flat shoreline. People regularly come here after a long day of work or on the weekends to kick back and relax. With amenities like boating, rafting, skiing, camel and horse riding, Ibeto is the perfect destination for families. It is also the landing site for one of the most successful Christian missions, Qua Iboe Mission, in Nigeria.



Obudu Mountain Resort

Obudu Mountain Resort also known as Obudu Cattle Ranch is located in Cross Rivers state, close to the Cameroon border. The resort is renowned for its attractive and calming ambience, stunning peaks and valleys and its temperate weather.

Want to get that perfect picture for Instagram? Take the cable car to the top of the resort and enjoy a well-deserved picnic with the family while taking in the picturesque beauty of the Obudu plateau. Lovers of nature can take a sightseeing adventure and spot some of the 250 varying species of birds that the resort houses. Or you can hike on the many trails

offered. Thrill seekers can take the terrifying canopy walk, a 100-meter swaying bridge suspended in air. Alternatively, you can marvel at the Grotto Twin Waterfall and even take a swim in the lake it forms.

The resort is perfect for children as well. They can have a blast at the water park with its various slides and pools for all ages. Parents can relax in the Jacuzzi overlooking the pool. Other possible fun activities for kids are horse riding, throwing hoops in the basketball court, kicking a ball in the football court and/or a game of tennis in the lawn court. End your trip with a luxurious dinner in one of the many eateries at the resort serving items from cuisines from around the world.





Gashaka Gumti National Park

Gashaka Gumti National park is a nature park located in the eastern provinces of Taraba and Adamawa states, near the border of Cameroon. The park covers a total area of 6,402 square kilometres. The former game park is split into two with the northern section being characterized by flat woodlands and grasslands, while the southern section is defined by mountains and deep slopes. This park is a call to all animal lovers as tourists can catch views of some 500 unique species of birds. If wild game is what tickles your fancy then you won't be disappointed by the spectacle of stunning lions, African elephants, buffaloes, waterbucks, leopards and chimpanzees roaming free in their natural habitat.

Witness the odd spectacle of the bat forest, where a large number of fruit bats congregate to create an eerie setting straight out of movies like Hotel Transylvania. Next, descend into the forest with a safari to catch glimpses of the wild animals, native to these lands. Tired? Take a break and head over to the ruins of the pre-historic German Fort and imagine the glory of this once important administrative center. Close the day at the hippo pool, where you can witness the majestic yet terrifying hippopotamus up close from the banks of the river.

Alternatively, one can take an adventure tour of the nature park. Start early in the morning and head over to catch some fish. The waters in Gashaka hold rare fish like the mighty Nile perch, tiger fish and some 50 other species. Next, take a horse and conquer the incline of Hendu-Shirgu Mountains, all the while enjoying the breath-taking views of the surrounding flora. If the last activity leaves you desiring for more, then attempt an arduous trek to reach the Peak of Gangirwal Mountain, the highest mountain in Nigeria.

Isaac Boro Garden Park

Isaac Boro Garden Park in Port Harcourt is a place where peace, beauty and calm intermingle with the mind. It is a perfect place to find some alone time, unwind and relax. Tourists have a variety of options to keep them engaged and entertained while here. So grab a mat and soak up some sun. We recommend ditching a packed lunch and instead eating at one of the many fine restaurants within the park. The young ones can play board games and sports like softball and basketball in designated areas. The park is perfect for wholesome fun that nourishes the soul.



Trust

it's not about falling
...it's about helping you fly.



In life, people are often limited by their fears; failing to soar because they are afraid to fall. At Custodian, we've got your back if the unexpected ever happens. So while others say "what if you fall"; we say **"...oh, but what if you fly."**

✓ CUSTODIAN AND ALLIED INSURANCE LIMITED ✓ CUSTODIAN TRUSTEES
✓ CRUSADERSTERLING PENSIONS LIMITED ✓ CUSTODIAN LIFE ASSURANCE LIMITED


Custodian
...exceeding expectations

A Season to Remember, a Final Not to....

One of the more exciting football seasons in living memory ended with one of the most forgettable footballing spectacles of all time. What was anticipated to be a slugfest between two English teams famed for their attacking prowess, turned out to be a final completely devoid of flair and invention. Kinsey Wolanski, a Los Angeles based model, who streaked across the pitch early in the second half, brought more cheers, laughs and excitement in her 30 seconds of fame than the entire 90 minutes of football could conjure. In the end, pragmatism won – so did Liverpool Football Club. An early penalty set the Reds on their way to their 6th European title. A well-deserved and fitting end to a phenomenal season and redemption for last season's losing finalists.

The season began with aplomb across the continent as the post-World Cup fanfare faded away. A few notable transfers and managerial changes had set the stage for anything but a dull season. Cristiano Ronaldo (CR7) and Zinedine Zidane (Zizou) departed Real Madrid after back-to-back European Champions League (UCL) trophies – a feat never achieved before and unlikely to be surpassed soon. Where one legend sought a new challenge in the Seria A, the other went on a long deserved holiday. Both legends left devastation in their wake as Real Madrid struggled to fill their boots and exited the Champion's League in the second round while failing to even contend for the Spanish La Liga. Several managerial casualties followed and the 2018/2019 season was in many ways a failure for Real Madrid.

To be the GOAT

Speaking of La Liga, this was a foregone conclusion the moment a certain Lionel Messi came fifth in the Ballon D'Or votes. The five-time winner of the award was voted as the fifth best player in the world after having perhaps the most statistically impressive season in 2017/18 that an individual player has ever mustered. The key word here is "individual". Barcelona on the other hand fell short in the UCL and Argentina lost to eventual winners, France, in the World Cup. Messi, by the lofty standards the world has set for him, simply didn't rise up to expectations. Some even dared to say he had fallen off his pedestal. At 31 years of age, he has lost a step and his best days are behind him. Needless to say, Lionel Messi came into the season with a chip on his shoulder. As if to remind the world of his extra-terrestrial abilities on the pitch and reclaim his G.O.A.T (Greatest of All Time) status, Messi put in an even better individual performance than he did last season. He scored goals, created goals, and mesmerized opposition players and the rest of us in ways that left us all gasping for breath. This was until Barcelona ran into the red wall of Liverpool and we saw one of the biggest come-backs in all of football history. Messi's fifth UCL trophy will have to wait at least another year. However, I suspect that his sixth Ballon D'Or will not.



Cometh the hour, cometh the man

CR7 did not disappoint either. In his first season of Italian football, he may have failed to score a bucket load of goals but came up big as he typically does when his team needs him the most. A hat trick against old cross-town rivals, Atletico Madrid, in the second round of the UCL after losing 2-0 in the first leg was the highlight of his season. That's why Juventus Football Club broke the bank to agree to his staggering wage terms. That's why they signed him – to win the UCL. The Italian League was a foregone conclusion – Juventus won and



the others battled for UCL places. That come-back victory put the rest of Europe on notice. However, Ajax Amsterdam didn't get that particular memo. The youth of the Dutch side went up against the experience and pedigree of the old lady. At the end, Johan Cruyff must have been grinning in his grave. The brand of total football, which he epitomized and worked tirelessly to instil in any club he was associated with (notably Ajax and Barcelona), had come of age at a time when tiki-taka had been declared dead. Ajax overcame Juventus. Their fearless youngsters took the game to the veterans from Turin. No one saw it coming. CR7 and his crew were out of the UCL and Ajax became the toast of the world of football.



Photo Finish

The English Premiership gave us one of its most exciting instalments yet. Liverpool pushed Manchester City all the way. Drama on the last day saw City go a goal behind at Brighton when the Reds were already a goal up at home to the Wolves. The two sides had been neck and neck since the start of the year and only a point separated them. A slip up by City on the final day would be cataclysmic.

Not just because it would hand Liverpool their first English League title since 1990, but it would also mean that City would be letting another one slip in similar fashion after losing a UCL semi-final to Tottenham via a goal in the final seconds of the fixture. City roared back and their superior quality showed. They hit back with four goals of their own and gave captain Vincent Kompany a fitting farewell. Liverpool played out their match and won 2-0, albeit with a subdued sense of joy. Their race was run, they gave it their all; the team had grown by leaps and bounds from last year and you just felt Jurgen Klopp deserved more. They had somehow managed to stack up 97 points and still did not win the English Premier League title – because Manchester City had 98 points. Tottenham and Chelsea rounded up the top four while Arsenal came in fifth and lost to Chelsea in the Europa League final – their one chance to make the UCL next season and they blew it. Ole and his boys flattered to deceive at some point, stacking up win after win after win, then contriving to still finish sixth after a series of dire performances.

Honourable Mentions

In France, it's almost a procession really. There is no stopping Paris Saint Germain (PSG) – high wages have bought success in recent years but the lack of continental success will continue to haunt them. In Germany, Borussia Dortmund (BVB) had a chance to upset the book-makers and win an unlikely league title after a team and managerial makeover injected plenty of youth into the squad. Come squeaky bum time and Bayern Munich slowly chipped away at the lead knowing they still had to play the league leaders.



When the match-up came, Bayern left Dortmund wondering how it all went wrong. It ended 5-0 and with that defeat, the momentum swung away from BVB and was firmly with Bayern who finished two points clear. Club legends, Arjen Robben and Frank Ribery, played their last games for the club in an emotional farewell that saw both players turn back the clock with trademark performances.

In all, this season will go down as one of the best in recent years. There were a lot of shocks, upsets and truly memorable goals. Hopefully, next season conjures up something just as exhilarating. A less anti-climactic ending would be nice as well.

Why nobody knows how many Nigerians there are

Culled from The Economist - Seriously Curious



Nigeria is Africa's most populous country, a designation it wears with pride. It had more than 182mn citizens in 2015, according to the World Bank, and is poised to have the world's third-largest population, behind India and China, by 2050. But those figures are based on Nigeria's 2006 census, which probably exaggerated the number of people. Parliamentary seats and central government money are handed out to states based on population, giving politicians an incentive to inflate the figures. In 2013, the head of the National Population Commission (NPC), Festus Odimegwu, said that neither the 2006 census nor any previous one had been accurate. He resigned soon afterwards (the government at the time said he was fired).

Counting Nigerians has been controversial since the colonial era. The country was stitched together from two British colonies: a largely Christian south and a Muslim-dominated north. In the lead-up to independence in 1960, the British were accused by southerners of manufacturing a majority in the north, which they were thought to favour. In 1962, unofficial census figures showed population increases in some south-eastern areas of as much as 200% in a decade. The full data were never published and northern leaders held a recount, which duly showed they had retained their majority (their region had apparently grown by 84%, rather than the originally estimated 30%). This politicking led to coups, the attempted secession of what was then known as the Eastern Region, and a civil war.

The north-south divide has remained salient; there is still an unwritten rule that the presidency should alternate between a northerner and a southerner. Allegations that the north has manipulated its way to a majority continue. The censuses of 1973 and 1991 were annulled. In 2006 arguments flared when 9.4mn people were counted in the northern state of Kano, compared with just 9mn in Lagos, the commercial capital. The Lagos state government conducted its own, technically illegal census and came up with a figure of 17.5mn (probably a vast overestimate). A new national census has been repeatedly delayed. The NPC's estimate that it will "gulp" N223bn (\$708mn) may mean the count is put off indefinitely.

Even using other methods, Nigeria's population has proved tricky to pin down. Africapolis, a French-funded research project, employed satellite mapping to estimate the population of towns and cities in 2010. It found that several cities, mostly in the north, had hundreds of thousands fewer people than the 2006 census counted. But even those data are not entirely trustworthy: it later transpired that the researchers had underestimated urbanisation in the densely populated Niger Delta. Until there is an accurate, impartial census, it will be impossible to know just how many Nigerians there really are. That means government policy will not be fully anchored in reality – and it will not be possible to send resources where they are most needed.



Thinking Vegetarian? Five Interesting Dishes to Try

Who would have thought Nigeria would make it to the top ten countries with the healthiest diet in the world? Well, we made it. According to Bee Wilson, it doesn't take being rich to have healthy diets.¹ This, therefore, answers the concerns about vegetarians having healthy diets. The vegetarian life affords you the opportunity to spend less while maintaining a healthy diet although this depends on your ability to choose the right dishes. In a country with a number of routine meals, many wonder how one could possibly survive as a vegetarian in Nigeria. If this mirrors your thoughts, here are five interesting dishes that can add some spice to your menu.

Abacha (African Salad)

Abacha is one of the celebrated staple foods of the Igbo tribe in south-east Nigeria. Popularly known as African Salad, this dish is greatly loved by many including other tribes in the country. I remember a Yoruba friend introduced me to the dish. It's likely you will become another voluntary advocate after your first taste. Abacha is a cassava inspired meal garnished with green leafy vegetables, onions, ugba (oil bean seed), garden eggs and palm oil. This dish is packed with both macro and micro nutrients. A 100 gram portion of Abacha comprises energy (18.7%), protein (22.7%), crude fiber (21.3%), iron (51.3%), phosphorus (30.3%) and zinc (36.0%) (Adepoju & Nwangwu, 2010)².



Gwate

Gwate identifies with the Hausas in the northern part of Nigeria and is said to have originated from Plateau state. It goes by a number of names such as: Gwate Acha, Pate Acha, Gote Acha or Gwote Acha. The most important ingredient of this meal is the Acha (hungry rice), a highly nutritional cereal crop that has the form of grated maize. Other ingredients include: yakuwa (sorrel leaves), garden egg, tomatoes, groundnut flour, onions, and salt among others depending on your taste. Gwate is a wholesome vegetarian dish that has been proven to be beneficial to all categories of people, young and old.



¹Wilson, B. (2019). *The Way We Eat Now: How the Food Revolution Has Transformed Our Lives, Our Bodies, and Our World*. New York: Perseus Books.

²Adepoju, O. T. & Nwangwu, J. O. (2010). Nutrient composition and contribution of noodles (abacha) and local salad from cassava (*Manihot spp*) to nutrient intake of Nigerian consumers. *African Journal of Food Science*, 4(7), pp. 422 - 426.



Moin moin

This dish is alternatively known as “moi moi” and is popular among Nigerians. It is usually eaten as a topping on jollof and fried rice at many Nigerian ceremonies . Moin moin can, however, serve as a meal on its own, eaten as a snack or as part of a full course meal. The dish is cooked with a mixture of ingredients and wrapped in plantain leaves. Beans is the most common ingredient. However, there are some other varieties such as quinoa instead of beans. Irrespective of the ingredient used as the main recipe, this dish is a good source of protein, fibre, energy, potassium, calcium, iron, magnesium, phosphorus, the B vitamins and other essential micro nutrients.

Plantain porridge

This is a nutrient-dense vegetarian dish mostly prepared with unripe plantain. The first time I tasted this dish was at a family friend’s place. The couple had just welcomed a baby and the husband decided to help with kitchen duties. I met him chopping some unripe plantains and I was wondering what business he had with unripe plantain. The delicious meal was well garnished with ugwu (pumpkin leaves) and other interesting spices. Plantain porridge is rich in complex carbs, fiber, and high in antioxidants. It is also a rich source of Iron and other essential nutrients including Vitamin C.



Ewa agoyin with plantain



Ewa agoyin is popular among the Yorubas in the south western part of Nigeria. As the name implies, this dish is essentially made of black beans, with a specially made sauce, seasoned with plantain. A cup of cooked black beans has as much fiber as 11 cups of white rice. This dish is also a protein-rich meal comprised of complex carbohydrates for energy, potassium for the proper function of the body, folate for body tissues, and other body-building nutrients. This meal combines the richness of the bean grain and the wholesomeness of plantain.



Word-Search Puzzle

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

Abacha

Acha

Africansalad

Beans

Diet

Dish

Ewaagoyin

Gote

Gwate

Hungryrice

Meal

Moinmoin

Nutrients

Pate

Plantain

Porridge

Recipe

Sauce

Ugwu

Vegetarian

EXCLUSIVE CAR RENTAL

Rated ★★★★★



Get amazing offers and value for your pick up/drop off, staff bus/school bus, airport transfers, travels and tours plus escort and protocol services. Your comfort, discretion and safety are guaranteed.

Hertz Franchise is owned and managed by C & I Leasing PLC in Nigeria.

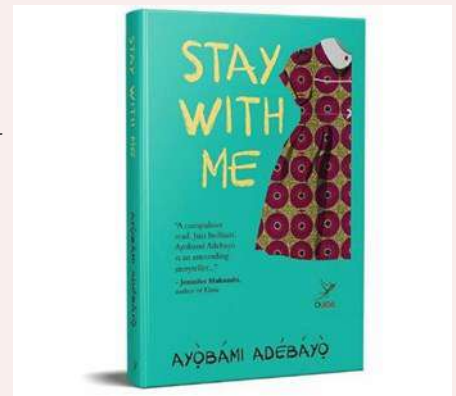
☎ 09060004026; 09060004025; 09060004024

Reading List

Book enthusiasts know that this period is the perfect time for thrilling fiction and juicy tell-alls. For holidays, you need a book that is easy to read and a page-turner. This is why we've decided to put together five Nigerian books we think will be ideal on your reading list. So, go ahead, grab your piña colada and settle down with any of our top picks:

1. Stay with Me – Ayobami Adebayo

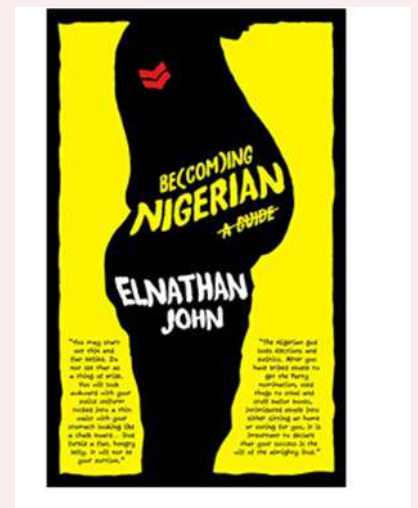
Set in Osun state, this book takes you through the story of a young woman who has tried for several years to get pregnant with no luck. Her husband's family is less than thrilled with her 'failure' which leads to them bringing a new wife home for their son. Therein begins the journey of love, betrayal, and forgiveness. Sounds like a typical Nollywood movie, right? We promise this book is a page turner.



2. Becoming Nigerian: A Guide - Elnathan John

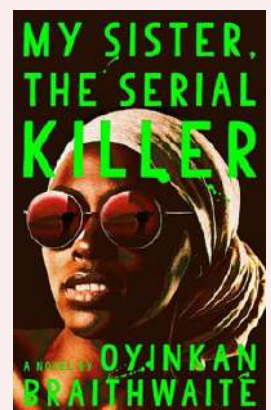
This humorous guide takes a jab at Nigerian society covering issues such as religious hypocrisy and the abuse of power in private and public sectors.

The book serves as a mirror for Nigerians to assess themselves and a guide for foreigners living in Nigeria. For instance, a foreigner would understand the concept of religion in Nigeria via chapters such as How to be a pastor, How to worship the Nigerian God and How to fly a private jet to the glory of God. The 150-page book is a comical satire that you would not want to put down.



3. My Sister, the Serial Killer – Oyinkan Braithwaite

Two sisters – one is a nurse, the other is a murderer. This story takes you through the journey of sisters, Korede and Ayoola, who are as different and unique as they come. Ayoola is in the habit of killing her boyfriends while Korede knows her way around masking the smell of blood and disposing of a body. It's these differences that allow them to survive in Lagos. The book is funny in a twisted and morbid way and can easily be finished in one sitting.



4. What it means when a man falls from the sky – Lesley Arimah

This is the perfect book for holiday - short and sweet. The twelve stories are set in Nigeria, America and other fantasy realities and explores the ties between parents and children, husbands and wives, lovers and friends. Arimah, who is passionate about the girl child, places her characters in moments of love, tough decisions and helplessness. For instance, the 'Buchi's Girls' follows the story of a young woman who lost her husband and must be selfless to support her daughters.



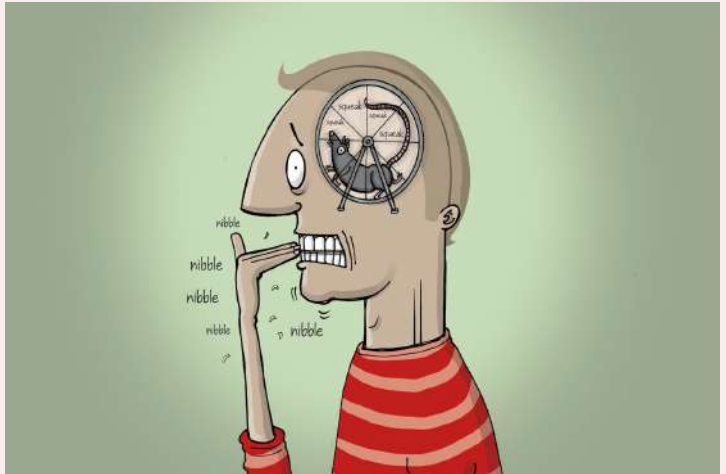
5. Never look an American in the eye – Okey Ndibe

Ndibe's tells his story of his move to America in this funny and charming memoir. The biography covers socio-political differences between America and Nigeria, the different American stereotypes about Africa and the trials faced by a new American. His stories on how he was mistaken for a bank robber, his encounter with Chinua Achebe and Wole Soyinka and the racism encountered are witty and engaging.



Tips for an Anti-Anxiety Routine

According to epidemiological surveys, one-third of the world population is affected by anxiety during their lifetime. Anxiety can be appropriate, but if it is experienced regularly, the victim may suffer from anxiety disorder (a group of mental disorders characterized by feelings of anxiety and fear). Anxiety is not the same as fear – the former involves expectations of future threats while the latter is a response to real or perceived immediate threats.



What is anxiety?

Wikipedia defines anxiety as “an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behaviour, such as, pacing back and forth, somatic complaints, and rumination”. In the words of American Psychiatric Association’s experts, anxiety is “an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure”. Pema Chodron, a leading expert on meditation and how it can help with everyday life, says that “inner peace begins the moment you choose not to allow another person or event to control your emotions”.³

What are the causes of anxiety?

Sherry Thomas, an American female novelist, comments that “worry about outcomes over which I have no control is punishing myself before the universe has decided whether I ought to be punished”.⁴ Kahlil Gibran, a Lebanese poet, has this to say: “Our anxiety does not come from thinking about the future, but from wanting to control it”.⁵ Winston Churchill, a former British Prime Minister, shares his experience: “When I look back on these worries, I remember the story of the old man who said on his deathbed that he has had a lot of trouble in his life, most of which had never happened”.⁶

³Falvia Medrut (2018). “21 Quotes to help you cope with your Anxiety”. GoalCast. <https://www.goalcast.com/2018/07/26/anxiety-quotes/>

^{4,5}Happier Human (2019). “75 Anxiety Quotes to keep calm when you feel stressed out”. <https://www.happierhuman.com/anxiety-quotes/>

⁶Happier Human (2019). “75 Anxiety Quotes to keep calm when you feel stressed out”. <https://www.happierhuman.com/anxiety-quotes/>

The possible causes of anxiety include: environmental factors (difficulties at work, relationship problems and family issues), genetic hereditary (anxiety disorder is more likely to be passed down from one generation to another), medical factors (side effects of medications, symptoms of a disease, the stress of an intense surgery or prolonged recovery), brain chemistry (traumatic experiences could alter the normal functioning of the brain). Anxiety can be controlled as long as it has not developed into a disorder; if it has, the victim is advised to seek medical treatment.⁷

Measures for controlling anxiety

Walter Anderson, an American painter and writer, opines that “nothing diminishes anxiety faster than action”.⁸ Martin Luther King, Jr, an American Baptist Minister and activist, has the following supportive statements: “If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward”.⁹

Natural remedies to reduce anxiety include:

◆ Staying active through regular exercise

Physical exercise helps to relieve tension and stress, boost physical and mental energy and enhances well-being through the release of endorphins (chemicals produced naturally by nervous system to cope with pain or stress). Regular exercise offers additional benefits such as reducing hypertension, reducing risks of both heart disease and cancer, and preventing diabetes.



◆ Avoid drinking alcohol

Trying to cool off or relieve oneself of worries instead of addressing the root cause of the problem at hand could lead to alcohol abuse. This will add to the problem. Research carried out by National Institute on Alcohol Abuse and Alcoholism (NIAAA) and University of North Carolina’s Bowles Centre for Alcoholic Studies showed that “a history of heavy alcohol abuse could impair a critical mechanism for recovery from a trauma, and put the drinker at a greater risk of developing post-traumatic stress disorder (PTSD)”.¹⁰

⁷Felman, A. (2018). “What causes anxiety”. Healthline Media UK Limited. www.medicalnewstory.com/articles/323456.php

⁸Falvia Medrut (2018). “21 Quotes to help you cope with your Anxiety”. GoalCast. <https://www.goalcast.com/2018/07/26/anxiety-quotes/>

⁹Happier Human (2019). “75 Anxiety Quotes to keep calm when you feel stressed out”. <https://www.happierhuman.com/anxiety-quotes/>

¹⁰Cherney, K. and Jewell, T. (2016). “Alcohol and Anxiety”. Health Media. www.healthline.com/health/alcohol-and-anxiety/treating-anxiety

◆ Create more time for sleep

Sleep is a cornerstone of mental and physical well-being. During sleep, the brain recuperates and stores important information. Make sleep a priority by sleeping at night when tired, instead of reading or watching TV in bed. Keep your room dark and cool, and go to bed at the same time every night.



◆ Stop smoking



Remember the cautious statement, credited to Federal Ministry of Health in Nigeria, that 'cigarette smokers are liable to die young'. Continued smoking to stem worries will worsen the anxiety. Findings showed that the earlier one starts to smoke in life, the higher the risk of developing an anxiety disorder later.¹¹

◆ Meditation

Involving oneself in regular meditation will help to remove chaotic thoughts and support the calmness of the mind. Research at John Hopkins University suggests that 30-minutes of daily meditation acts as an anti-depressant and will help to alleviate some anxiety symptoms.



◆ Eat a healthy diet

If your anxiety worsens after eating, then check your eating habits. One can stay healthy through a healthy diet, such as taking a lot of vegetables and fruits, avoiding artificial preservatives, and limiting processed foods and sugars. Eating healthy foods gives the body essential nutrients it needs without the potentially toxic addictive.



¹¹Moylan, S., Jacka, F.N., Pasco, J.A., and Berk, M. (2013). "How cigarette smoking may increase the risk of anxiety symptom and anxiety disorders: a critical review of biological pathways". *Journal of Brain and Behaviour*, 3(3): 302-326. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3683289/>

Scariest Theme Park Rides in the World

Two things happen at theme parks: either you listen to the screams of thrill seekers or you are among the visitors screaming.

Theme park rides are for the brave and the brave only! The thrills, screams and occasional spills of your last meal are all too familiar to theme park enthusiasts. Nevertheless, they love the adrenaline and the quickened heartbeat the rides give them.

How brave are you feeling this Period? Well, we are about to break the brave-o-meter. We have compiled the scariest theme park rides in the world and dare you to try any of them during your holidays.

1. Insanity Ride – Stratosphere, Las Vegas

As the name implies, this ride is insane! It extends over the edge of Stratosphere Tower and spins passengers at a thrilling 70-degree angle and 40 miles per hour speed. We hear the view of Las Vegas from that angle is divine. However, you must survive the ride first to tell the tale.



2. Tower of Terror II – Gold Coast, Australia

If you suffer from acrophobia (the fear of heights), this ride is certainly not for you. The L-shaped ride stretches three to five meters above the ground and runs at a speed of approximately 100 miles per hour in seven seconds. You will experience the full force of gravity with this ride as the cart rushes to the ground in a stomach-churning freefall.



3. CraZanity – Six Flags Magic Mountain, California

The name of this ride came from a combination of insanity and crazy – CraZanity! This ride, which is currently ranked the world's tallest and fastest pendulum ride, is sure to give you a breath-taking view of the city of Los Angeles (if you are brave enough to open your eyes as it swings back and forth). It is similar to the classic 'janglelova', except it thrusts riders 170 feet above the ground.

4. Kingda Ka – Six Flags Great Adventure, New Jersey

Currently ranked the world's tallest as well as the second fastest roller coaster, Kingda Ka reaches a height of 456 feet at a speed of 128 miles per hour in less than 4 seconds. The train climbs to a tower (top hat) reaching a height of 456 feet before descending through a 270-degree, clockwise spiral. Riders are guaranteed 28 seconds of pure thrill.



5. Gravity Max – Lihpao Land, Taiwan

Commonly referred to as the “Cliffhanger”, this ride is sure to frighten even seasoned theme park enthusiasts. A quick description of the scary ride: train goes up to a horizontal platform, train tilts until its vertical and drops down into a tunnel, flips 180 degrees and moves to enter yet another loop. Can you feel your stomach in your throat yet?

So go ahead, test your ‘adventure-ness’ and include any or all of these rides on your bucket list! Be sure to open your eyes so you can see the world... or not (so you don't get motion sick and throw up all over other riders!)



Leo

on WhatsApp

Chat on +234-903-000-2455



Check Account Balance?

Top up your airtime?

Bank Transfers?

Bills Payment?

<https://m.me/ubachatbanking> ✉️ Leo@ubagroup.com 📞 CFC (+234-1-2807400)

▪ Africa

• New York

• London

• Paris

Lovely Tunes to Light Up Your Mood

Offset!! - (The Father of 4)



On February 22, 2019, Kiari Kendrell Cephus (Migos' Offset) released his 16-track debut solo album titled *The Father of 4*. The album, surprisingly, barely features any other Migos' artist, yet it remains impressive with the likes of Travis Scott, Cardi B and J.Cole adding so much drip to an extremely exhilarating Offset's rap. For an album that just dropped after being criticized by feminists last year, it is a top-notch album. The album is quite emotional and focuses on his previous family life, a father of four, and his relationship with Cardi B. The beats by Metro Boomin' and Southside are amazing. This album has been commended for its crazy trap beats and phenomenal word-play

by music. So, if you need some heavy trap beats to light-up your mood, Offset's *Father of 4* might just be the album for you.

Khalid - (Free Spirit)

After the success of his debut album, *American Teen*, the 21-year-old American pop singer, Khalid dropped another album, *Free Spirit* on April 5, 2019. *Free Spirit* is a left turn from his "hybrid and soul" kind of music. It is more about good and bad intentions and may just be the right song for a person who is trying to get back on track. The 17 tracks on the album all have lovely tunes and vary from R&B to carefree pop, making it much more versatile and very likely to soothe various people's music types. This album has good lyrics and excellent rhythm, which is very soothing to groove to. So if you are looking for music less vulgar, less offensive than the usual trap and J.Cole rap, Khalid's *Free Spirit* album is the best you can add to your playlist.



Ariana Grande - (Thank you, Next)

Six months after dropping her 2018 impressive album, Sweetener, American singer, Ariana Grande surprisingly dropped another 12-track thrilling album, Thank you, Next on February 8, 2019. When asked how she dropped another album so quickly, she said, "It's just like, 'Bruh, I just want to fucking talk to my fans and sing and write music and drop it the way these boys do.'" Such diligence is bound to make her rise in the music industry. Despite the short period of time, her new album is her best yet. It has more vibes and very meaningful lyrics. One of her songs, 7 Rings, was accused of plagiarism by some other artists. Astonishing grace, perfect resonance and exceedingly emotional, Ariana Grande's album is the perfect music for you at the sea side. It's one of the best albums that has already been released this year. So let's add it to our playlist!

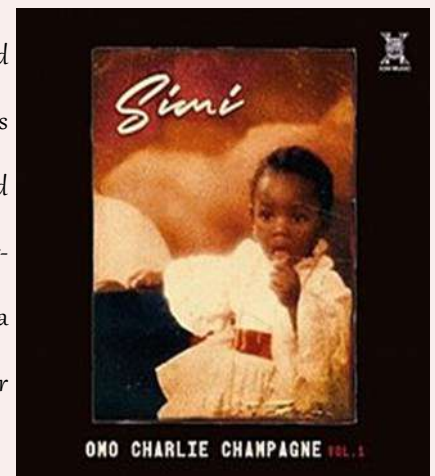


Mayorkun - (True)

Another dope song that should be on your playlist is "True" by Mayorkun featuring Kiss Daniel released on May 31, 2019. I strongly believe that it is a delight to Nigerian music and there is nothing groovier than it this period, "True" is an amazing afro-beat song by the best two vocalists in Nigeria. It is a great love story with a sensational tune and meaningful lyrics. The music rhythm and beats are excellent. It might just be the smash hit of 2019 Nigerian music. This song also has an amazing and unique flair that could light up your mood. It is just the perfect song to dance to this period.

Simi - (Omo Charlie Champagne)

After a record-breaking and major awards winning sophomore album, Simisola, Simi recently released another amazing music album, Omo Charlie Champagne, on April 19, 2019. It featured amazing artists like Falz, Patoranking and her husband Adekunle Gold. It is also another versatile album, just as good as her previous album that cuts across various genres. In fact, the album is a celebration of her marriage and was made in honor of her late father. The album has lovely afro-soul vibes and portrayed a growth sonically in her music. Generally, it was an impressive album with 13 tracks, all right for our various moods. Try it! It might just be what's needed to spice up your mood.



Rema - (Dumebi)

A prodigy has just begun! After Marvin records, headed by Don Jazzy, signed the 18-year-old singer, Rema to their record label, we all wondered what music talent this young star could possess that a big record label showed interest in him. In my opinion, this is the beginning of a future world class afro-beat singer. His debut album, Rema's Ep, released on March 25, 2019, contains four amazing songs that will spice up your music playlist this period. The two best songs, Why and Dumebi, both trap infused songs, portray a rising Nigerian XXXTentacion or Juice Wrld artiste as both songs excel in cohesion, transcendence and rhythm. The beats are also beautiful with lovely vocals. While the song theme is basically just the generic Nigerian dance music love story, the marvellous tune of this prodigy shows a bright future you all should watch out for.



TOP 10 MOST POLLUTED PLACES

The worst-performing countries last year based on air quality data from public monitoring sources

1

Bangladesh

2

Pakistan

3

India

4

Afghanistan



5

Bahrain

6

Mongolia

7

Kuwait

8

Nepal

9

UAE

10

Nigeria

Here Is What Your Zodiac Sign Says About You

Abbreviated from *Worldlife Astrology*



Do you know that your Zodiac sign simply reflects the position of the sun when you were born? It is determined by your date and month of birth and could have a strong influence on your personality. It can also be a useful tool for understanding yourself and your relationships.

The interesting thing about astrology is that you can choose to take it seriously or ignore it completely.

Aries (March 21 - April 19)

Aries (the ram) is the first sign of the zodiac and a natural born leader. The ram is impulsive, spontaneous and headstrong. People under this sign are confident, support a fight and share unwavering opinions. Most Aries have a burning desire to start things off and are risk takers, who don't mind failing multiple times because they have enough energy to start another project with an equal amount of strength.

On some occasions, they act impatiently, are impulsive and short-tempered. If an Aries can overcome these weaknesses, they can achieve success in life, due to their confidence and clarity of thought.



Taurus (April 20 – May 20)

Taurus (the bull) is very gentle, hardworking, steadfast and practical. Many believe Taurus is the most dependable and loyal sign in the Zodiac, simply because they hate the idea of 'change'. They often stick to routines and they adopt the mantra – “if it ain't broke, don't fix it!”. This makes Taureans quite headstrong and stubborn. As a result, they tend to hold on to unhealthy situations, be it relationships, jobs or homes just to prove a point.

Taureans are dependable partners, soothing their friends and lovers through their trustworthiness and devotion. However, some are often laid back and have a lazy attitude.



Gemini (May 21 – June 20)

Gemini (the twins) are known for being two-faced. They are often called the chameleons of the Zodiac, owing to their ability to blend into different situations based on the vibe and energy they perceive. Geminis are versatile and quick-witted. They are spontaneous in interaction and are very sociable. They stand by their word with or without your approval.

Their love towards life is evident in their way of living and one thing a Gemini will never do is ruminate about the past and what might have been. Instead, they move ahead with optimism while keeping the mood light and superficial because feelings are confusing and a bit too ambiguous for their taste.



Cancer (June 21 – July 22)

Cancer (the crab) are known for their emotional strength and intuition. They are kind-hearted, good listeners, caring and always willing to share everything. The crabs are very internally focused and able to keep secrets, making them an excellent friend. They are extremely sensitive and are often ruled by the ever-changing moon, which makes them experience an array of emotions daily.

Just like a crab, Cancers may be perceived as cold or unfriendly but with time they reveal their gentle and emotional nature. They also tend to shield themselves with their hard, external shell when necessary.



Introducing...



**BEST VALUE
FOR MONEY
BY FAR**

**UP TO 50%
STRONGER
AFTER 1 DAY**

**THE KING
OF CEMENT**
IDEAL FOR ALL
BLOCK & CONCRETE
APPLICATIONS



www.dangote.com

facebook.com/dangoteindustries

[@dangotegroup](https://twitter.com/dangotegroup)

Leo (July 23 - August 22)

Leo (the lion) is the most generous and open-minded of the Zodiac. Just like the lion, they possess a dominating nature. They may come off as egotistic and bossy, but they are true leaders. Leos are generous, affectionate, charismatic, and often theatrical in their behaviour.

Leos crave attention and admiration to validate the effort they exude in being the best they can be at any time. Leos are self-confident in everything they do. Often times they suffer in silence. Only a select few are chosen to see them vulnerable and weak. They refuse to appear publicly until they are feeling exuberant again. Leos worst traits are pride and a bad temper. When pressured, Leos have a chal-

lenging time making compromises or being even-handed. The good news is that most are won over by Leo's warm and self-confident nature.¹²



Virgo (August 23 - September 22)

Virgo (the virgin) are hardworking, analytical, and practical. They are also known for their warmth, kind and dependable nature. Nothing is more valuable to a Virgo than the relationship they have with people. They often try to avoid conflict and tend to lose their sense of peace when they have a disagreement with anyone.

Completely service orientated, they often do more for others than for themselves. Virgos must remember to take better care of themselves. It's impossible to care for those they love when they are drained lifeless.



Libra (September 23 - October 22)

Libra (the scales) are the most cooperative, fair-minded, and social of the Zodiac. They are represented by the symbol of the balancing scales and are the ultimate diplomat which advocates for the underdog. Libras are charming, classy and always wear a smile until someone pisses them off!

However, Libras tend to be indecisive until they have weighed each pro and con thoroughly. Owing to this trait they sometimes miss great opportunities because their fear stifles their thinking. Libras often feel the need to rely on people they trust by communicating their thoughts in order to find ways of dealing with life's puzzle.



¹²<https://astrologyanswers.com/zodiac-signs/leo/>

Scorpio (October 23 - November 21)

Scorpio (the scorpion) is fierce, brave, loyal, and passionate. They are also intelligent, motivated individuals, who can contribute to any project. Scorpios are not afraid of change; they often break things down with purposeful drama when they are bored, just to have the pleasure of building it up again.

On the contrary, they appear to be very mysterious, often sneaky and jealous. Betrayal is the word and expression Scorpios hate and cannot take well. They find it hard to trust people but when they give you their heart you better handle with care or revenge is theirs. If someone truly gets in Scorpios' way, they lose their temper and get vengeful.



Sagittarius (November 22 - December 21)

Sagittarius (the archer) is a perfect blend of confidence and curiosity. This trait drives their propensity to explore new paths. Sagittarians are adventurers, love to travel, fun loving and good company. They have the uncanny ability to make the best of an unpleasant situation. They use wit and sarcasm to bury painful situations.

They are also considered as excessively hopeful, and seem to promise more than they can deliver. They are sometimes tough and cut off their vulnerable side entirely, which seems prickly, uncaring, and cold to outsiders. They often say it as it is, which can come off as insensitive and direct.



Capricorn (December 22 - January 19)

Capricorn (the goat) are prudent, practical, and tolerant. They may get a reputation as stubborn, but they simply know what they want. Their ambitious nature does not allow them to give up easily. They are vigilant and they plan carefully before embarking on a project. They marvel in leadership positions by assigning and executing the right people for the right jobs. Just as a goat, perseverance and tolerance are their greatest qualities. They are generally upfront in fighting whatever comes in their way.

Capricorns believe everyone and everything has a purpose in their lives which leaves them little time for frivolous actions. This makes them come across as cruel individuals who are orthodox and rigid.



Aquarius (January 20 - February 18)

Aquarius (the water-bearer) are independent, original, intelligent and unique individuals, but don't mistake these attributes for aloofness. They are a silent well of deep knowledge, emotions, and ideas. They are very supportive and encouraging and will always be ready to help with genuine and unbiased advice.

Aquarians sometimes seem indifferent to others, but the truth is they simply prioritize the people who need them the most. Sometimes, that puts the people they love in a lurch.



Pisces (February 19 - March 20)

Pisces (the fish) are smart, creative, sensitive and sympathetic. Their kind and caring nature make them wonderful friends, who are willing to go out of their way to help others. Pisces are close to a psychic. They have the uncanny ability to feel things deeply and have incredible gut reactions.

However, they are so empathetic, they often take on others' pain at the detriment of their own health. The opinions of others can easily influence them, and they can easily get carried away. They are not very determined or courageous and are sometimes vague in thinking.

We bet you didn't know some of these amazing fun facts about your sign!



Which cities have the highest murder rates?

Culled from The Economist - Seriously Curious



Cocaine is grown primarily in South America, and trafficked to the world's biggest market, the United States, via Central America and the Caribbean. The land routes originate mainly in Colombia, and pass through the small nations of El Salvador, Honduras and Guatemala before traversing Mexico. It is little wonder, then, that Latin America remains the world's most violent region not at war. According to data from the Igarapé Institute, a Brazilian think-tank, 43 of the 50 most murderous cities in the world in 2016, and eight of the top ten countries, are in Latin America and the Caribbean. (War zones, where numbers are hard to verify, are excluded.) Conflicts between gangs, corruption and weak public institutions all contribute to the high levels of violence across the region.

The top of the ranking has not changed. In both 2015 and 2016, El Salvador was the world's most violent country, and its capital, San Salvador, was the most murderous city. However, the 2016 numbers do represent a slight improvement: the national murder rate fell from 103 killings per 100,000 people in 2015 to 91 the following year, and San Salvador's murder rate from 190 to 137. Most analysts credit a clampdown by government security forces for this reduction, though tough-on-crime policies do little to address the underlying causes of gang violence. A similar downward trend was evident in neighbouring Honduras: San Pedro Sula, which for years wore the unwelcome crown as the world's most murderous city, ranked third.

However, spikes in violence in neighbouring countries suggest that anti-gang policies are merely redistributing murders geographically rather than preventing them. Acapulco, a beach resort on Mexico's Pacific coast, recorded 108 homicides per 100,000 people in 2016, placing it second behind San Salvador. That reflects the nationwide trend: Mexico's overall rate rose from 14.1 killings per 100,000 people to 17. That figure nearly equals the previous violent peak of Mexico's drug wars, in 2011. As a result, six Mexican cities rank among the top 50, three more than did so a year earlier.

The middle of the list is dominated by Brazil: the world's second biggest cocaine consumer is home to half of all cities in the ranking. That mostly reflects its large population. During 2016, violence shifted from place to place within Brazil: the murder rate fell in the largest cities, but increased in smaller ones. In Marabá and Viamão, homicides rose by 20% in a year, whereas in São Paulo, Brazil's most populous city, murders fell by 55% from 2014 to 2015. Unlike in Mexico and Central America, there is evidence of a slight overall improvement: the national homicide rate fell from 29 per 100,000 in 2014 to 27 in 2015, the latest year for which data are available. Nonetheless, by sheer virtue of its size, Brazil reigns as the world's overall murder capital: 56,212 people were killed there in 2015.

Only two countries outside Latin America contains cities in the top 50: the United States and South Africa. In America, the only rich country on the list, a spike in homicide propelled two more cities, Detroit and New Orleans, to join St Louis and Baltimore, which also figured on 2015's list. Each has a rate that is around ten times the national average of 4.9 homicides per 100,000 people. South Africa is the only country outside the Americas in the ranking. Two new cities, Nelson Mandela Bay and Buffalo City, have been added to the list, mainly because data collection is improving in the country. The homicide rate in South Africa climbed by 5% last year, though other violent crime dropped.

Busting Fitness Myths



At the beginning of a new year, we are always enthusiastic about changing one thing or the other about our lifestyles. We usually come up with a list of resolutions. For those who are overweight, one New Year's resolution could be to get more fit. However, the world of fitness and workouts is full of misconceptions such as:

Myth 1: You can spot-reduce fat

One of the common fitness myths is that fat can be reduced in one part of the body through specific and targeted exercises. For instance, gym-goers misconstrue sit-ups as the most efficient way of carving a set of six-pack abs. In reality, you can't spot-reduce problem areas with targeted exercises, and no amount of sit-ups alone will give you a sexy six-pack.

Myth 2: Cardio burns the most calories

The role of cardio as a fat-loss plan has been overrated. When it comes to losing weight, the first thing that most people do is head out for a run. Although, cardio has its benefits, it is not the most effective way for weight loss. In fact, too much cardio could be counterproductive as it can eat up your muscles. Losing muscle will result in your body needing fewer calories.

Myth 3: Lifting weights makes women bulky

Another fitness myth is that lifting weights makes women bulky. In fact, women do not have enough testosterone (one of the main hormones responsible for muscle growth) to gain extraordinary amounts of muscle mass. It can only be achieved through a rigorous work ethic that involves lifting heavy weights regularly, good genetics and a specific diet or supplements to build the muscles.

Myth 4: Muscles will turn into fat

Muscle and fat are mutually exclusive, so it is impossible for one to translate to the other. Muscle mass is lost when you stop working out, leading to a dip in metabolism. This can result in a flabby appearance over time. However, the change in appearance has nothing to do with one type of tissue turning into the other.

On the other hand, fat can't turn into muscle, it can only be reduced. It all boils down to simple science; if the number of calories lost in a day exceeds the number of calories consumed, you will lose weight.

Myth 5: You need to cut out carbs completely to lose weight

Since the early 2000s, the low-carbohydrate, high protein and high fat diet took the world by storm. Many even believe that a carbohydrate-free diet is a necessity for weight loss. Studies have demonstrated that carbohydrates are necessary nutrients the body needs to function well. A complete neglect of carbohydrates in one's diet can lead to tiredness, sluggishness and hinder your performance.