

RELAXNOMIKS

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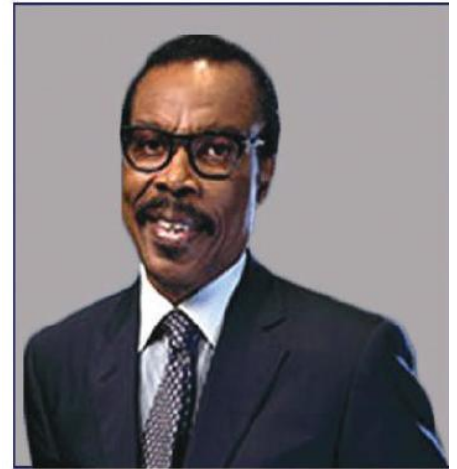
Dear Reader,

Welcome to the Easter Edition of the Relaxnomiks!

In the midst of what feels like seven years of famine, we thought we should remind you that the world is becoming a better place- well, at least in Nigeria.

When we sent out our last edition, we were at the nadir of a recession Christmas. Three months later, with increasing oil production, declining inflation, and a positive growth trajectory, it is safe to tag this holiday as a Recovery Easter.

So relax, it seems we are now approaching the end of the tunnel.



And what better way to relax than with the Easter edition of the Relaxnomiks?

From end to end, this edition contains a rich cocktail of pieces seasoned with wit, and lightly written for your reading pleasure.

Did you know that the Telecommunications companies are one of the best employers in Nigeria? According to Jobberman, Nigeria's four networks rank highly in employee satisfaction. This edition contains the culled piece and the Top 100 ranking.

Check out our Easter Cookbook, and select which international cuisine to explore during this period, without breaking the bank of course. And while on the subject of money, have you kept to your New Year resolutions to save more? Well, no worries, we also look at simple ways to tighten your belt.

For your inner fashionista, we provide the unforgettable highlights of the recently concluded Paris Fashion week.

A wise woman once said, 'Work-life balance is not something you find, it's something you create'. You have been working hard all year; take a moment to relax. You deserve it.

Happy Easter,

Yours faithfully,

Bismarck J. Rewane

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Five destinations: the good, the bad and the ugly

The world is full of priceless sites and break-taking experiences that make us want to travel and discover new places every year. Summer and winter are peak travel periods and many countries brace themselves for an influx of excited and expectant tourists who crave new cultures, memories and Instagram pictures. However, 2016 saw a decline in international travel and number of tourists due to an increase in disease threats, terror attacks and a few other turn offs. This piece provides a realistic picture of top destinations, giving you some factors to consider before booking a trip there in 2017.

Brazil

When you think of Brazil, what comes to mind? Is it the beautiful exotic beaches, colorful festivals or its wide natural life and thick Amazon rainforest? The rich culture, artefacts, and long coastline continue to attract flocks of eager tourists yearly. In 2014, a record 2.26 million visitors from the United States alone visited this South American country. In 2016, the count dropped to 1.84 million due to the rise of Zika virus.

Zika virus first surfaced in Brazil in early 2015. It is spread mainly by the *aedes aegypti* mosquito and can be transmitted from an infected pregnant woman to her foetus. This causes the child to have microcephaly - a medical condition in which the brain does not develop properly resulting in a smaller than normal head. Some cases also include intellectual disability, poor speech, abnormal facial features, seizures, and dwarfism. The World Health Organization (WHO)

declared the outbreak a public health emergency of international concern, as evidence grew that Zika could cause birth defects as well as neurological problems.



Although the country was declared Zika-free on November 2016, we suggest you cross it off your destination list for 2017, especially if you are pregnant or travelling with young children. It is usually best to avoid an epidemic zone for at least one year after the eradication of the disease, in case there is a re-emergence.

Turkey

Tourism into Istanbul, Turkey's capital city, has skyrocketed in the last decade. Incredible sights like the Hagia Sophia, the Topkapi Palace, the Sultan Ahmed Mosque and festivals such as the Camel Wrestling Festival and the Open Door Architecture Festival have gained increasing appeal to international crowds.



Yet, the risk of violence has increased too, especially in the past few months. Turkey has recently been a target for terrorist organizations, due to its proximity to Iraq and Syria. In 2016 alone, the country faced 27 terror-related attacks which claimed the lives of almost 600 people. Ankara and Istanbul have endured a wave of deadly bombs and gun attacks, as well as a failed coup that saw tanks on the streets. The high influx of refugees from war-torn countries has the potential to cause serious unrest within the country. The country is expected to see a 40% fall in its tourist traffic this year¹.

India

We can describe India in two words.

¹<http://www.bbc.com/news/world-europe-36549880>

Culture. The South-Asian country undoubtedly has one of the most beautiful and diverse cultures on earth. Its cuisine, media/television, and religions have crossed international borders and mixed with others. Historical sites that dot the crowded streets have drawn in millions of visitors per year, reaching 8.03 million in 2015. The Taj Mahal in Agra, the Famous Hall of a Thousand Pillars at the Meenakshi Amman Temple at Madurai, the Rani ki vav in Gujarat and the Vamana Temple at Khajuraho are just a few sites that make India one of the most frequently visited tourist destinations on earth.

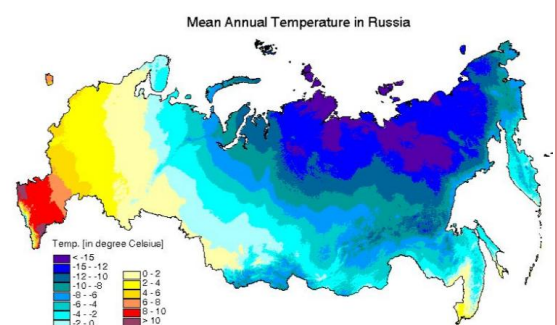


Congestion. New Delhi, the Indian capital, has been a major destination for both business and pleasure for a long time. Currently, it is experiencing the worst case of smog. With a population of 1.26 billion, India is the 2nd most populous country in the world, following China. Yet, with a landmass of 3.2 square kilometers, the country's population density is more than twice that of China's. While China has an estimated 141.26 people living in each 1 square kilometer of land, India has 376.1 people. Overpopulation brings with it pressure on the resources and environment. New Delhi is currently rated the most polluted city on the planet with its air quality index at 999. That rating is off the standard chart which measures a hazardous level at 500. In November 2016, the Indian government declared a national emergency as air pollution in New Delhi reached levels more than 16 times the safe limit. The smog could even be seen from space.



Russia

The traffic in the Russian capital, Moscow, is the worst in the world according to a Dutch GPS manufacturer, TomTom². The slow-moving traffic prolongs the average ride by more than half, thus stealing at least five days from the life of a Moscow driver.



²<https://www.rt.com/news/moscow-traffic-worst-tomtom-386/>

The weather in Russia is also intense and rash especially to African tourists who are used to their sunshine and humidity. The extreme cold is a huge turnoff for most people who prefer a tanning sun and hot glistening beaches. The world's coldest temperature outside of Antarctica was recorded around the Russian city of Yakutsk which had an average temperature of -32 degrees Celsius in December 2016.

Colombia

Picture-perfect beaches, towns full of cobblestone streets, a snow-capped range of volcanic mountains and unparalleled natural beauty should place Colombia onto your top ten hideaway list. On the other hand, the prevalence of a high crime rate and a weak public security system taint the pristine image of this Spanish-speaking country. Drug use, gun fights, kidnappings, sex trafficking, and pick-pocketing are rampant daily on the streets. Needless to say, it is not a family-friendly country; we recommend that it doesn't make your travel list.



How well do you know your country?³

- 1. Which state shares its borders with the most number of other states?**
 - a) Ebonyi
 - b) Enugu
 - c) Kogi
- 2. What is Nigeria's median age?**
 - a) 42.3 years
 - b) 17.2 years
 - c) 22.4 years
- 3. Which state is nicknamed 'the Eastern Heartland'?**
 - a) Akwa Ibom
 - b) Imo

³ Answers on page 37

c) Abia

4. How many heads of states (including democratic presidents and military leaders) has Nigeria had since independence?

a) 13

b) 7

c) 17

5. Who received the agreement of independence (Freedom Charter) on behalf of Nigeria?

a) The First President Nnamdi Azikwe

b) The First Speaker of the House, Jaja Wachuku

c) The First Military Ruler, Johnson Aguiyi-Ironsi

6. Which of the following is true about the origin of the Nigerian anthem?

a) It was written by Lillian Jean Williams

b) It was adopted in 1979

c) The lyrics are a combination of phrases from the five best entries of a national contest

7. How many Nigerian cities have a population of over 1 million people?

a) 12

b) 40

c) 8

8. How many times has Nigeria won the African Cup of Nations?

a) Once

b) 3 times

c) 4 times

9. Which of the following is untrue about the Nigerian coat of arms?

a) It has two green and white wreaths, and a black shield

b) It was adopted in 1960 and tweaked in 1978

c) The two white horses represent dignity

10. Which of these is not one of the six states formed in 1996?

a) Bayelsa

b) Ebonyi

c) Kebbi

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Nigerian foods that are not Nigerian in origin

Nigerian cuisine is the world's best secret. The local bukas make it best- with the pool of palm oil and their sweat to give it an extra kick. Okay, that was a joke. On a serious note, when you think of Nigerian cuisine what foods come to mind first? Is it fufu and egusi that no one makes as good as your grandmother used to? Or pap and akara that brings back distant memories of childhood and summer holidays?

Well, what if I told you that some of these foods are in fact, not Nigerian in origin. Yes, you read that right. Truth be told, we Nigerians have a tendency to take and remake a culture, attach elements of it to our identity and forget that it was never ours in the first place. Take, the dashiki or azonto dance for instance.

Here are four foods that are as Nigerian as a baguette is Indian.

Jollof rice

Ah, jollof rice.

Wait.

Not the one Lagosians eat after church on a Sunday. The one with ginger, peas (yuck!), and basmati rice- that's counterfeit. We're talking about that deep reddish- orange goodness, cooked over firewood, accompanied with ogufe, chicken breast, party dodo and a cold supermalt.



Is that a drool I see?

Well, did you know that jollof rice originated from the Wolof tribe in Senegal? These people make up over 40% of the Senegalese population, and are also present in Gambia and Mauritania. The Senegalese food, locally known as Wolof rice or Benachin, contains more vegetables, such as cabbage or carrots, than the Nigerian version. Wolof rice also crossed the border with colonialism and the slave trade, and inspired the Louisianan dish, jambalaya, which also has some European influences.

Now, before you throw yourself into a fit, let's just clarify. Just because jollof rice was not first created by our Nigerian 'fore mothers', using their grinding stones and charcoal, does not mean that when they stumbled on the food, they did not improve it by a notch or ten. Over the years, recipes have been upgraded and improved as palm oil and dried leaves were exchanged for vegetable oil and tatashe (bell pepper). The reason why Nigerian jollof rice is like a mother's love, in other words, is because it's the ultimate best. Sorry Ghana. Mark Zuckerberg confirmed it!

Pap

Ogi/Akamu mixed with sugar and milk and eaten with steaming akara or moin moin is secretly one of the reasons why many Nigerians even bother to get up in the morning. This breakfast staple has its origin in South Africa.

Pap is a Dutch word that means porridge. Traditionally, South Africans make pap from white maize kernels and eat it with butter or sugar. When made into a semi-solid, (what we call eko), it is eaten with chilli or vegetable soup. Mielepap, as it is locally known, is one of the most widely eaten African foods. Variations of it are consumed in West Africa, Southern Africa, (e.g. Zimbabwe, where it is called isitshwala), and East Africa (e.g. Uganda where it is called ugali).



Fufu

This refers to authentic fufu, produced from cassava or plantain flour, not the one your local posh restaurant sells to you for N100 per wrap. This fufu- complete with its peculiar odor- that excites your taste buds when it is eaten with sea food egusi. This food originated from (hold your breath) Ghana.

Fufu is to Ghanaians as a scone is to the British.

Ghanaian fufu is typically made from both unripe plantain and boiled cassava, which is joined in delicious matrimony by a mortar and



pestle. Legend has it that South American dishes, mofongo and mangu, have their roots in fufu.

Shawarma

This wrapped, moist bundle of deliciousness is what takes a boring Friday night and turns it into a night to remember.

The best part is finding a good shawarma joint, where they practice clean hygiene. Who are we kidding? You know all we really care about is its size and how many pieces of meat they put in.



This snack has its origin in the Levantine region. Levant refers to a region in the Middle East that includes: Cyprus, Iraq, Israel, Jordan, Lebanon, Palestine, Syria and Turkey. It was in this region that meat was first prepared and skewered on a vertical rotisserie or spit, and grilled for hours. Shawarma is the meat itself, which Arabs then eat with pita (flat bread prepared with little yeast). While the Arabic shawarma wrap contains mustard, potatoes, humus and pickles, the Nigerian version is a simple mix of meat, mayonnaise and/or ketchup.



Common ways people waste money and how to avoid them

If you are like most of us, you waste money. A lot of it. Not the innocent hundred/ thousands here and there kind of waste, but the careless expenditures that amount to hundreds of thousands of naira yearly.

Instead of wasting your hard-earned money on overpriced or unneeded items, change your spending habits by cutting out unnecessary or excessive spending. We have all heard the adage, *“take care of your pennies and your pounds will take care of themselves”*. So without further ado, here are some of ways you are wasting money and how to plug your leakages.

This list is by no means exhaustive and adherence to its suggestions won't make you a millionaire overnight. However, they will save you some money and free up some expenses for investment or more pressing needs.

Using credit/debit cards

If you mostly use credit or debit cards to pay for things, then you are susceptible to impulse buying and most likely making purchases you didn't plan. It is a lot easier to spend more than you intend because you aren't seeing the tangible cash leave your wallet. As an alternative to plastic cards, you might want to consider weekly or bi-weekly trips to your bank or ATM and withdrawing a fixed amount of cash to use for your purchases.



Watching the cash disappear from your wallet will make you more aware of how much money you're spending.

Eating out frequently

Eating out is both convenient and a source of leisure. While it saves you time in meal preparation, add a few friends to the mix and you can turn it into a socially enjoyable event. However, this can be an expensive habit. A few thousand bucks for breakfast, lunch and dinner, can add up to many thousands at the end of the month. Cut out your trips to the



restaurant, dust off your stove and get cooking- or get someone to do it for you. You'll find some super easy, delicious recipes online. Also, a packed lunch is often healthier than a restaurant meal, as you are able to control your sugar, oil and salt levels.

Weddings

The average cost of a wedding in America is between \$25,000 and \$30,000. In Lagos, the average cost is between N5 million and N10 million and it could cost up to N20 million (\$65k). It is possible to have a lovely wedding for a fraction of this, without trying to keep up with the

Joneses. Instead, we recommend that you choose a modest yet elegant wedding, without all of the unnecessary extras that drive up the cost.

And if you are a guest, there is no need to buy aso ebi for every invitation you receive. It doesn't buy you shares in the marriage, and it doesn't guarantee that people will buy yours (or your kids') when the time comes. Wear your old pieces, look beautiful and save your money.

Get rich quick schemes

We all know that amassing prosperity and wealth takes time, skill and hard work. It's almost cliché. Yet, our greed allows us to fall for all sorts of gimmicks. This includes ponzi schemes and lotteries (Baba Ijebu). The truth is, you have a higher chance of growing ankle length hair, than you do with winning big with these schemes. So resist the urge to text back 'yes' to be entered into so-called daily draws to win big with your network. "For only N100/day" they say, but every kobo counts.



Mobile data

Still on the subject of networks, how much do you spend on data in a month? Try to track your usage regularly or sign up for alerts that notify you when you've almost run out. If you do have a limited plan, make sure your phone isn't secretly wasting data in the background. It also helps to check out the prices of data bundles of other networks. You may find out that your network charges more than others. If you don't have a dual-sim phone, you can change networks. This is now easier to do, and you can even keep your phone number.

The five-second rule and other food myths debunked – culled from Telegraph.co.uk⁴

Two common food myths have hit the headlines today. Firstly, a study has suggested that using vegetable oils in preference to much-maligned butter could be damaging, rather than beneficial to health, and actually be a cause of obesity. And secondly, a scientist has announced that it's perfectly safe to eat certain types of food that have fallen on the floor. Professor Anthony Hilton argues that as long as the food only makes contact with the floor for a short amount of time, and is not "obviously contaminated", it's unlikely to be harmful.

This second nugget of wisdom is contrary to official NHS guidelines, but excellent news for the 79% of us who have used the five-second rule as an excuse to eat food that has missed the plate, or our mouths. Yes, it seems we really do remain students even after we've graduated.

The 3, 5 or 10 second rule (depending on who you ask) is just one of many popular myths surrounding food. But which are true? And which need to be debunked?

1. You can't reheat rice

The NHS is plain about this: you shouldn't reheat rice because it can cause a nasty type of food poisoning due to the presence of spores called *Bacillus cereus*. What we tend to forget, however, is that only if the reheating isn't done correctly.

Ideally, all cooked rice should be eaten immediately. However, if leftovers are cooled quickly (within one hour) and stored in the fridge, they are safe to eat the next day. Just ensure that the rice is piping hot when you reheat it.

It is possible to reheat rice, as long as you do it safely.

2. Microwaving food destroys its nutritional content

The term "radiation" frightens people, and it's a common misconception that cooking food in the microwave can be damaging to our health.

While the waves of energy used to heat food in the microwave are similar to other, more dangerous types, the point is that they are much, much shorter, and only target certain molecules, such as water. The energy from the waves causes the molecules to vibrate, therefore generating heat and cooking the food.

⁴ Document has been shortened. Full copy available at <<http://www.telegraph.co.uk/food-and-drink/features/five-second-rule-15-food-myths-debunked/>>

Harvard Medical School points out that using a microwave to cook food can actually be beneficial, as cooking times are shorter and less water is needed, allowing foods such as broccoli to maintain more of their nutritional value than if they'd been boiled.

3. Washing chicken removes bacteria

Recent studies have shown that the majority of British supermarket chickens contain traces of the bacteria campylobacter, the most common form of food poisoning. Some people believe that washing chicken before cooking can help to remove bacteria, but the Food Standards Agency (FSA) warns that this is potentially more dangerous, as germs can be spread onto hands, work surfaces and clothing.



As long as you are careful to wash your hands, surfaces and equipment that have been in contact with raw chicken and ensure that the meat is cooked thoroughly, you should destroy any harmful bacteria.

You do not need to wash chicken before cooking.

4. You can't refreeze frozen food

Good news for anyone trying to cut down on food waste: it is perfectly safe to refreeze food that has previously been frozen and properly thawed. However, the NHS discourages the re-freezing of thawed fish and meat that hasn't been cooked. Best to cook them and refreeze afterwards - just ensure that they are properly cooled before putting them in the freezer.

5. You shouldn't eat too many eggs

In the past, we were told not to eat too many eggs due to fear of high levels of cholesterol. However, the British Heart Foundation dropped its advice to limit consumption to three eggs a week in 2007, and scientists argue that the impact on cholesterol is "insignificant". In fact, eggs have



multiple health benefits: the yolks are a good source of protein and fat, while the whites contain selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper.

6. Detoxes are good for you

Every January we are besieged by new diets (usually involving juice, soup or nothing at all) that claim to "detoxify" the body by removing dangerous substances building up the body. Unless you happen to have mislaid your liver, you'll be relieved to hear that your body is already doing this, and doing it rather well. Your internal organs use chemical reactions to convert dangerous substances into safe ones that are naturally excreted.

Restricting yourself to a liquid diet could actually do more harm than good: juices lack the essential fibre of whole fruits and vegetables, and you could be denying yourself essential proteins and minerals.

7. Saturated fat is bad for you

The almost universally upheld belief that a low-fat diet is the secret to good health and weight loss has recently been targeted by the health industry. A 2016 report by the National Obesity Forum argued that the previous guidelines were based on "flawed science" and that a diet higher in fat is beneficial.

No link has been found between a diet high in saturated fat and heart disease, and the Government is reviewing its guidelines on the consumption of saturated fats, such as those in butter and cheese, after claims that fatty foods have been wrongly "demonised".

No one is suggesting that a Big Mac a day will pave the way to health, but it does mean that there is no need to vilify all dairy that's not cottage cheese.

Saturated fat may not be the primary cause of obesity

8. Feed a cold, starve a fever

This famous saying is probably based on the fact that people with a fever tend not to feel hungry, and may take it as an indication that food is best avoided. While anyone with a stomach bug may want to keep away from large meals, it's important



not to deny yourself food simply because you have a temperature. It is important to keep yourself hydrated when ill, and your body needs the nutrients from food in order to have a fully-functioning immune system that can keep the bugs at bay.

9. Frozen food isn't as nutritious as fresh

There are plenty of myths surrounding frozen food, with one of the most popular being that it is less nutritious than fresh produce. This is now held to be false, and the opposite may in fact be true. Frozen fruits and vegetables are often frozen at the point of harvest (or very soon after) meaning that they preserve many of their nutrients. Conversely, "fresh" foods may have been in storage for days or even weeks before they make it to the supermarket shelves.

10. Natural sugar is better than refined sugar

The clean-eating brigade may tout a myriad of options to get you away from the infamous white stuff, whether that be rice malt syrup, agave syrup, maple syrup or dates. As unrefined and "natural" as these sugars may be, the cold hard truth is that they are ultimately no better for you, even if they contain tiny amounts of micronutrients. Sugar is sugar: they all contain sucrose, glucose and fructose, and your body processes them in the same way. Sorry. Honey is no better for you than cane sugar.



Unpleasant odors: Why they come and how to get rid of them

Odors. Those embarrassing nose pinching scents that seem to linger on for a while with no remedy in sight. Everyone has a natural scent that is determined by genetics, hygiene, health and food. It becomes a problem when these scents turn into odors; when scent moves from subtle and tolerable to pungent and unpleasant.

There are numerous ways of eliminating odors from your hair to your feet and then to your car or your bedroom. Before we go any deeper, we need to ask some fundamental questions.

How many times should you shower daily? This depends on three things: your skin type, your daily routine and the weather. Babies and the elderly, who have thinner skin, need less showering as showering strips skin of natural oils, and increases the chance of cracking and infections. Those who engage in physically-intensive activities during the day should shower more often to get rid of odors. Thirdly, people who live in tropical zones like Nigeria, where it is hot, and can be dry or humid, should shower more often than those in temperate and cold zones.

How often should you ventilate your room, car or shoes? In Nigeria, ventilation can be a bit of an issue due to mosquitoes and all sorts of flying creatures. Properties do not have pre-installed ventilation facilities, as seen in the more developed countries. Still, ventilation is very important as it cleans the air, eliminates odors and also prevents the spread of air-borne diseases such as chicken pox, Influenza and tuberculosis.

Finally, *what is your diet like?* Believe it or not, you are what you eat. Yes, we know, sounds like a broken record right? The truth is particular foods are broken down into smelly permeable compounds which are released in sweat and other body liquids. Garlic, for example contains a molecule called allicin which can permeate skin and travel through body fluids. An interesting experiment to try is to rub garlic on your feet and wait. Within 20 minutes you are likely to taste it in your mouth, because allicin travels through your blood to your saliva. Other foods to watch out for include: cruciferous vegetables (broccoli, cabbage), coffee, tobacco and alcohol. You can also increase your intake of foods known to fight these odors such as milk, citrus fruits (lemon, oranges), and tea.



Now, let's get to the crux of the matter. How do we get rid of these little demons?

Mouth Odor

- Poor hygiene – As the saying goes, hygiene is two thirds of health. Irregular brushing or flossing results in food collected between the teeth and gums. If not treated on time, it can advance from an unpleasant odor to mouth infections or tooth decay.

- The solution --- brush twice daily, try to floss after every meal and seal it off with some mint. You can also carry mouth spray and a small bottle of mouth wash around.
- Dry mouth (aka xerostomia) – As much as people shy away from the idea of saliva, it actually cleanses the mouth and removes particles that may cause odor. Whenever your mouth becomes dry or saliva production falls, chances are mouth odor is only a second away. I bet you've always wondered why your mouth felt weird whenever you came down with a cold. Well..... now you know. Your mouth gets dry because you're breathing through your mouth. Also, saliva production is at its peak when the mouth is in motion (when talking or chewing). Thus, a few hours of sleep, or just being quiet, can result in mouth odors.
 - The solution --- Increase your fluid intake and chew sugarless gum to keep the juices flowing.
- Other causes --- Tobacco, alcohol, local infections in the respiratory tract (i.e. chronic bronchitis), diabetes or liver or kidney ailment etc.
 - Abstain from excessive consumption of alcohol or tobacco. If odor persists, despite practicing good oral hygiene, talk to your dentist. He or she can help identify the cause and, if it's due to an oral condition, develop a treatment plan to help eliminate it.



Foot Odour

Foot odor is particularly annoying for people that tend to sweat a lot. First things first, the problem is not your feet. Smelly feet occur when perspiration has nowhere to escape, essentially no ventilation. Ironically it's not the sweat that causes the foot odor. It's the bacteria which lives on the skin and feeds on the sweat, triggering the production of isovaleric acid, which brings about that awful smell. Athlete's foot also causes smelly feet. Other factors include medications, over-wearing those flats that are just so comfortable and of course poor hygiene.

Solutions are pretty simple. Try to avoid wearing the same shoes all week and all year long. It is recommended that you give each pair of shoes about 24 hours before you wear them again. Also, when shopping for footwear, select well made ones that allow your feet to breathe. Try to wear socks made with wool or any other moisture-wicking fibres, so sweat stays on the socks, and not in the shoes. Lastly, it won't hurt to indulge in a hot foot soak, every so often. This will help get rid of lingering smells, dead cells and bacteria.



Hair Odor

The causes of hair odor are fairly obvious. Your scalp gets greasy, attracts environmental pollutants, and dirt accumulates. Before you know it, the odor is diffusing 360 degrees round your head, like the seven rings orbiting around Saturn. It is recommended that we wash our hair two-three times a week. But let's be real, *ain't nobody got time for that*. With bills to pay, TV shows to catch up on, dinner to make and family members to bond with, washing your hair is the last thing you want to think about after a long day. So is it wash your hair, or deal with horrible smells? Not in this 48- hour deodorant generation. Here are some other options to traditional shampoo and water.

- Dry shampoo – It's similar to the application of a deodorant to prevent armpit odor. The powder instantly works to soak up excess oil and imparts a fragrance that helps to tone down any unwanted smells.⁵
- Essential oils – Tea tree oil is your best friend. Its antimicrobial properties can help cure the problem of stinky hair caused by scalp infections. It will also reduce scalp acne, dandruff and the minty scent adds that bracing touch to your hair.

Room/car odors

Ventilation! Ventilation!! Ventilation!!! It's the key to keeping musty odors at bay in an enclosed space. Unpleasant odors have one thing in common, there is always a source. So before running to open windows and



⁵ <http://www.cosmopolitan.com/style-beauty/beauty/how-to/a16091/how-to-combat-hair-odor/>

doors, try to fish out the source of the odor and terminate it Robocop style.

Other methods you can consider are a dehumidifier, air purifier, or an odor neutralizer. Head down to the closest supermarket, to the section with cleaning supplies. There are numerous brands and products that are available to eliminate odors in the room. If you are sceptical about chemical substances, you can opt for scented candles or oils.



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Highlights from the Epic Paris Fashion Week

Paris, the City of Light, hosted fashion's biggest and brightest designers, bloggers, editors and a host of other fashion industry stakeholders from 28th February - March 8th. Many brands promoted versatility, others stuck with portraying youth, and some took on the topical political issues currently circulating the media such as women's rights. All in all, this season's homage to fashion was indeed one to remember. Here are some highlights from the season.

The awesomeness that is Dior's Fall 2017 military inspired collection.

Dior debuted its Fall 2017 collection at Paris Fashion Week. It screams political innuendos that dare to address topics such as feminism. This collection is an example of how fashion is seen as an expressive art and how fashion is not inhibited by the expectations of the majority. Dior's Maria Grazia Chiuri made it clear that feminism would be the central theme from the collection and a 'Dio(R)evolution' was needed in order to get not only the fashion industry but every individual thinking about the issues facing women in society.

The military berets spotted on the models and celebrities alike, such as Rihanna, helped serve this cause portraying women as



more than delicate creatures in pretty frocks. According to the show notes, Grazia chose blue as the benchmark color because it is a

*"symbol of power, beauty, and spirituality [that] is employed for genderless outfits and to express differences. Blue fascinates through its emotional resonance, but also its social quality. It encapsulates a real cross-section in terms of gender, age, and social class."*⁶

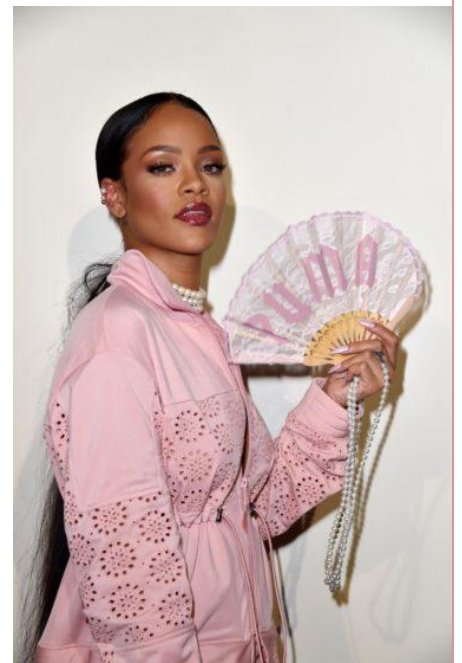
The show also did justice to Nigerian author, Chimamanda Adichie's work and campaign for feminism, with seat cards containing a tidbit of her work 'everyone should be a feminist' made popular by Beyoncé on her self-titled album.

Fenty x Puma Fall 2017 ready-to-wear collection

There wasn't anyone as cool as Rihanna in your high school and the multitasking artist gave us a glimpse of her youthful side with her 'back-to-school' inspired collaborative collection with high-street sports brand Puma.

The show pulled out all the stops with its elaborate location at the National Library of France. Models strutted on library tables in their varsity-inspired outfits. The outfits stayed true to the collection's youthfulness, with primarily cropped accents - cropped tops, cropped sweater, puffy jackets, flared bodysuits and tartan separates.

The collection, cleverly dubbed 'Fenty University,' is the second Fenty x Puma collection to be debuted in the City of Light. Last year the songstress's 'Marie Antoinette at the Gym' was praised for its versatility and the sophomore attempt by the brand received its fair share of praise.



A host of celebrities came to support the Barbadian beauty ranging from BFF Cara Delavigne to Frow regular Salma Hayek. Her family was also in tow to show their support. To close the show, Rihanna walked the runway in an oversized neon jacket and print t-shirt to the applause of everyone.

⁶ <http://www.refinery29.uk/2017/03/145638/model-diversity-aw17-fashion-week>

Stella McCartney's stellar tribute to George Michael

Stella's fall collection debuted at the Gilded Opera Venue in Paris in the early hours of her March 6th show. Guests were greeted with herbal tea to prepare for the energy-filled show which promised and delivered on its diversity and open mindedness towards Stella's classic utilitarian gamut. Stella explored 3-dimensional accents featuring secondary lapels on many of her jacket pieces. A true animal lover and staunch vegetarian, the show also saw detox drinks on the menu as opposed to the espresso loving culture of major guests in attendance. However, the alcohol-inclined after-party ensured that guests had their fun afterwards.

Equestrian looks and checked tailored dresses with high necks and exaggerated sleeves were strutted down the large runway. Sheer, lace negligees were coupled with thick baggy winter wear to offer a good mix and lend that equestrian feel to the outfits.

In homage to the late George Michael who died last Christmas, his hit song 'Faith' was utilized for the finale of the show with models dancing up to the pumped rhythm, adding energy to the show. Models chanted 'faith, love' repeatedly to the approval of the crowd.



The Easter cookbook: meals from around the world

Easter, the holy Christian celebration of the death and resurrection of Jesus Christ, is fast approaching. Because no celebration is complete without food, we thought we would help you out with your menu. This year, try to resist that oh-so-Nigerian urge to cook rice and call it a day. Instead, expand your palate and explore some international options. Detailed below are amazing traditional Easter recipes from various parts of the world.

Which of these will debut on your table this Easter?

Pashka- Mouth watering Easter Russian dessert named after the Eastern Orthodox celebration of Easter (Pascha). The desert is moulded as a pyramid, a symbol of church. It is decorated the letters 'XB', from Christos Voskres, which means 'Christ is risen'



Ingredients

3 egg yolks, slightly beaten
1 cup whipping cream
3/4 cup granulated sugar
1/8 teaspoon salt
1 teaspoon vanilla extract
6 cups small-curd cream-style cottage cheese
1/4 cup butter or 1/4 cup margarine, softened
1/2 cup chopped mixed candied fruit
1/4 cup finely chopped blanched almonds

Directions

1. Mix egg yolks and whipping cream in heavy saucepan.
2. Stir in sugar and salt.
3. Cook over low heat, stirring constantly, until mixture just coats a metal spoon, 12 to 15 minutes.
4. Remove from heat; stir in vanilla extract.
5. Place saucepan in cold water until custard is cool.
6. Place 3 cups of the cottage cheese and 2 tablespoons of the butter in blender.
7. Cover and blend on medium speed.
8. Stir in candied fruit and almonds.
9. Line a 2-quart non-clay flower pot.
10. Pour cheese mixture into pot; fold ends of cheese cloth over top. Place pot on cake rack in shallow pan; place weights on top.
11. Refrigerate 12 to 24 hours, pouring off any liquid that accumulates in the pan.
12. To serve, unmold onto the serving plate; remove the cheese cloth.
13. Garnish as desired with additional candied fruit and blanched almonds.

L'agneau pascal - Fine cooked French lamb made with only 5 main ingredients. The meal signifies Jesus' identification with the sacrificial lamb of the Jewish tradition. It is believed that the lamb signifies new life.

Ingredients

2 to 3 cloves garlic
1 leg of lamb
1 tablespoon rosemary leaves
1 lemon, halved
1 teaspoon salt
Freshly ground pepper
4 tablespoons butter, melted, or olive oil
1/2 cup water



Directions

1. Pre-heat oven to 375 degrees.
2. Open a few gashes in the meat with a sharp knife; push the slivered garlic and rosemary leaves deep inside the lamb.
3. Place the meat in a large baking pan. Rub meat with lemon halves; season with salt and pepper to taste.
4. Place the bay leaf next to the lamb. Baste meat with some of the melted butter. Pour 1/2 cup water around the meat.
5. Bake, 1 hour.
6. Allow to rest 15 minutes before carving.

Mexico

Capirotada - Traditional Mexican bread pudding served particularly on Good Friday.



Ingredients

1 loaf white bread

2 tablespoons butter

1 cup raisins

1 cup pineapple chunks

4 ounces cheese

1 cup chopped walnuts

2 cups sugar

2 cups water

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Combine water and sugar in a medium saucepan. Bring to a boil and let simmer for about 15 minutes. Set aside.
3. Toast bread and butter each slice on one side. Arrange toast in a single layer in a large casserole dish.
4. Sprinkle bread with raisins, nuts, and pineapple. Slice cheese and place over this mixture. Repeat layers until all bread is used, making sure enough cheese is left over for the top. Pour the sugar syrup mixture over everything in the baking dish.
5. Bake for 30 minutes. Remove from oven and cool for at least 15 minutes.

South Africa

Cape Malay pickled fish - Traditional South African classic eaten with hot cross buns on Good Friday.



Ingredients

400g - 500g white fish

2 tablespoons seasoned sea salt

30g flour

Vegetable oil

2 onions, finely sliced into rings

½ cup (125ml) water

½ cup (125ml) cider or white wine vinegar

1 tablespoon of turmeric

Directions

1. Cut the fish into bite sized pieces and season with salt.
2. Heat oil in a frying pan, coat the fish in flour and fry for about ten minutes or until cooked.
3. Set aside. Combine the onions, vinegar, water, turmeric and salt in a saucepan and bring to the boil.
4. Place cooled fish in a deep casserole or large jar and pour the sauce over.
5. Refrigerate for 24 hours. Serve with hot cross buns

The best companies to work for in Nigeria- culled from Jobberman.com⁷



HERE ARE THE JOBBERMAN TOP 100 COMPANIES TO WORK FOR THE YEAR 2016:



#1 GENERAL ELECTRIC



#2 AIRTEL



#3 ERICSSON



#4 GOOGLE



#5 SHELL



#6 GTBANK



#7 FIRSTBANK



#8 ANDELA



#9 UNION BANK



#10 KONGA



#11 NESTLE



#12 INTEGRATED CORPORATE SERVICES LIMITED



#13 COOL FM



#14 NNPC



#15 LEADWAY PENSURE PFA



#16 CHEVRON



#17 KPMG



#18 NBC



#19 UAC



#20 COURTEVILLE BUSINESS SOLUTIONS PLC

⁷ <https://www.jobberman.com/blog/wp-content/uploads/2017/03/List-of-Best-100-Companies-in-Nigeria-to-Work-For-2016.jpg>

									
#31 DANGOTE GROUP	#32 ALUKO & OYEBODE	#33 INSIGHT COMMUNICATIONS LIMITED	#34 HONEYWELL FLOUR MILLS	#35 MEDIAREACH OMD LIMITED	#36 TOTAL PLC	#37 IBM	#38 SYSTEMSPECS LIMITED	#39 SEPLAT PETROLEUM DEVELOPMENT COMPANY	#40 INTERSWITCH
									
#41 CHI LIMITED - TGI GROUP	#42 CUMMINS WEST AFRICA LIMITED	#43 BUA GROUP	#44 APIN PUBLIC HEALTH INITIATIVES	#45 RECKITT BENCKISER	#46 GUINNESS PLC	#47 UNFPA	#48 MTN	#49 HUAWEI	#50 MAERSK
									
#51 ACCION MICROFINANCE BANK	#52 WEMA BANK PLC	#53 ZENITH BANK PLC	#54 BRITISH TOBACCO COMPANY	#55 UNITED NATIONS (UN)	#56 PROCTER & GAMBLE	#57 LEVANT CONSTRUCTION LIMITED	#58 MICROSOFT	#59 UNILEVER PLC	#60 WORLD BANK
									
#61 NCC	#62 BRITISH AIRWAYS	#63 SEAMFIX NIGERIA LIMITED	#64 AGGREKO PROJECT INTERNATIONAL	#65 JUMIA	#66 DHL EXPRESS	#67 WHO	#68 GLAXOSMITHKLINE (GSK)	#69 FEDERAL INLAND REVENUE SERVICE (FIRS)	#70 ETISALAT



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The cheapest and costliest cars and trucks to maintain and repair- culled from Forbes.com⁸

To determine the “true” cost of owning a given car or truck, one has to look beyond the transaction price and consider long-term ownership expenditures including a vehicle’s depreciation, fuel economy, and insurance premiums. Usually far more difficult to research and compare, are the annual costs of maintenance and repairs, the differences in which can add up to several thousand dollars over a five-year ownership cycle, depending on the make and model.

Fortunately for car shoppers and current owners alike, the automotive website RepairPal.com recently launched its Repair Cost Index search tool that gives

⁸<https://www.forbes.com/sites/jimgorzelay/2017/03/14/the-cheapest-and-costliest-cars-and-trucks-to-maintain-and-repair/#12c7d781581e>

consumers both a numeric index score for quickly comparing multiple models (with lower numbers being better) and a projected cash estimate for annual maintenance and repairs across 98% of vehicle types. Both are based on the reported cost of parts and labor for actual procedures submitted by the site's extensive network of certified repair facilities, which include both private shops and new-car dealers' service departments. (The site also provides estimates for specific repairs, based on local rates, for most late-model vehicles.)

It should come as no surprise that domestic- and Japanese-branded models tend to be cheaper to keep running than higher-priced European luxury vehicles. For example, sitting at the top of Mercedes full-size luxury SUV line, the high-performance GLS63 AMG will set an owner back an average of \$2,009 each year for maintenance and repairs, while the decidedly more sedate and affordable compact Toyota Corolla sedan will cost an owner an estimated annual average of just \$341.

Those looking for the most bang for the buck in terms of maintenance and repair costs may want to consider a minivan, where all models' annual estimated repair costs reside in the low-\$400 range; the Honda Odyssey is the cheapest of the bunch to maintain and fix at an estimated \$403 a year, while the costliest is the Kia Sedona at a still-close \$455 a year. The range is far wider with sports cars, with the least expensive models in this regard being the Ford Mustang and Chevrolet Camaro at \$454 and \$461 annually, versus the costlier and more complex Mercedes-Benz SL63 AMG at an estimated \$1,962 per year.



The cost of keeping pickup trucks in good working order tends to follow the segment's size categories, according to RepairPal.com data, with compact and midsize models being cheaper to maintain and repair (the Toyota Tacoma leads the pack at \$398 a year) than full-size half-ton models (with the Chevrolet Silverado 1500 at \$549 a year), and heavy-duty models (with the Ram 3500 at \$1,244 a year).



Who We Are

Avant-garde Academia Limited (AAL) is an education advisory and counseling service organization that was incorporated in July of 2013. AAL was incorporated as an educational aggregator in grooming candidates to be potential global citizens who will reinvest their acquired skills in Nigeria in future. It is positioned to provide support, assistance and guidance to potential candidates and entrants to Ivy League, Elite and premium academic institutions in America. Our target market comprises parents of children in identified elite Nigerian secondary schools and/or top executives in the business community, who have a strong need for our services.

The market also extends to Nigerians resident in Diaspora, and expatriates resident in Nigeria. In Partnership with Ascent Education Advisors, a reputable Education Advisory Services firm, we have designed a range of admissions solutions to cater for children in different stages of secondary school education.



OUR STRATEGIC PARTNER – ASCENT EDUCATION ADVISORS

A reputable education advisory service firm, the lead consultant Ms. Peggy Hanefors has over 10 years experience in admissions; including a position as the Assistant Director of International and Transfer Admissions at the University of Pennsylvania. She was first reader and evaluator of about 3,000 applications for students from across the globe.

What We Offer

- Information and advice about the American University System and its application process.
- Evaluation of student's record prior to application.
- Assistance in selecting curriculum and summer activities that will match the student's desired course of study and also highlight his/her personality and interests.
- Development of personal application timeline, that includes standardized testing, college visits, application deadlines, etc.
- Help in selecting teachers for recommendations
- Guidance in presenting extracurricular record
- Guidance in putting together an overall great college application that highlights the unique attributes of the applicant
 - Essay topic brainstorming
 - Editing
 - Proof-reading
- Guidance in choosing the most suitable college among acceptances.
- Interview preparation

Our Packages

Package 1: 8th to 10th Grade (Final 3-5 Years)

This package is a program designed for candidates from as early as the 8th grade (Junior Secondary School - JSS 2) of high school. This is a full package with the benefits of all the services we offer in addition to education and assistance with entire college admission process, including an unlimited number of applications.

Package 2: 11th and 12th Grade (Final 1-2 Years)

This package is similar to Package 1 but is designed for students in the final two years of high school.

Package 3: (Per Application)

Unlike packages 1 and 2, package 3 only provides unlimited assistance with applications to pre-determined universities.

We host a Parents Admission Support Forum in Lagos bi-annually with the aim of giving parents the information they need to ensure their child(ren)/wards gain admission into reputable universities in United States of America.

To attend one of our events, kindly contact or visit us at 9a Idejo Street, Victoria Island Lagos.

For more information about Avant- Garde Academia Limited please go to our website: www.avant-gardeacademia.com

For enquiries or consultation E-mail us: info@avant-gardeacademia.com Or call Chinyere Ubani 08039238138 | Tope Vincent 08034017603

Answers to 'How well do you know your country?'

Question 1: C- Kogi State

Did you know that Kogi state is bordered by 10 states? Niger (north), Kwara (northwest), Ekiti (west), Ondo (west) Edo (southwest), Anambra (south) Enugu (southeast) Benue (east), Nasarawa (northeast) and FCT (north).

Question 2: B- 17.2 years

Did you know that an estimated 63.5% of Nigerians are below the aged of 15 years? While the working population total an approximate 98 million, those between the ages of 0-14 and 65 and over number about 86 million. This brings our dependency ratio to 88%, the 16th highest in the world.

Question 3: B- Imo

Did you know that Yobe state is the only state with a nickname that sounds more like a slogan? While the nicknames of its neighbouring states, Kano and Benue are '*Centre of excellence*' and '*Food basket of the nation*', Yobe's nickname is '*the young shall grow.*'

Question 4: A- 13

Did you know that Nigeria had a total of 8 military heads of state? During this time, from 1963-1998, there were 3 short periods of democratic rule. These were headed by Nnamdi Azikiwe, (who was elected by Parliament), Shehu Shagari (who stayed president for four years until Buhari-led coup d'etat in 1983) and Ernest Shonekan (interim government which was overthrown by Abacha-led coup d'etat). Nigeria has had 7 elected presidents. This brings the total to 13 (because we do not count both the military and democratic governments of President Buhari and Obasanjo).

Question 5: B- The First Speaker of the House, Jaja Wachuku

Did you know that Jaja Wachuku was awarded the '*Golden Jubille Independence Anniversary Award*', by former President Jonathan? Wachuku was also the first Nigerian ambassador to the United Nations, and the first Minister of foreign affairs.

Question 6: C- The lyrics are a combination of phrases from the five best entries of a national contest

Did you know that Nigeria held a national contest to allow citizens to write the national anthem? In the end, 'Arise O Compatriots' was birthed from excerpts from the top 5 submissions. The music was written by the Nigerian Police Band under the leadership of music director, Benedict Odiase. It was adopted in 1978, replacing 'Nigeria we hail thee', written by Lillian Jean.

Question 7: C- 8

Did you know up to 25% of Nigeria's population is concentrated in 8 major cities? This includes Lagos Metropolitan Area (or Lagos city), Kano (the capital of Kano state), Kaduna (the capital of Kaduna state), Ibadan, Abuja, Port Harcourt, Benin city and Maiduguri

Question 8: B- 3 times

Did you know that Egypt is the most successful nation in the history of African Cup of Nations (AFCON)? While, Nigeria has finished 3rd in the AFCON 7 times, we have won only three times: in 1980, when we hosted the games, 1994 and in 2013.

Question 9: A- It has two green and white wreaths, and a black shield

Did you know that Nigeria's coat of arms has two objects that signify soil fertility: the black shield and the green and white band? The coat of arms has one, (not two) green and white wreath which the eagle appears to be standing on.

Question 10: C- Kebbi

Did you know that Nigeria did not have any states until 1967 when Yakubu Gowon created 12 states? Another land split was done in 1976, under Murtala Mohammed's rule, bringing the total number of states to 19. Badaginda's administration dismantled Bendel state, and created 12 more states, bringing the total number of states to 30. The last six states (Zamfara, Bayelsa, Gombe, Ekiti, Ebonyi and Nasarawa) were declared independent in 1996.