



RELAXNOMIKS



SUMMER (AKA RAINY SEASON) EDITION 2017

*Rain, rain go away,
Folks want to play,
Lagos traffic is in sway,
Give me my Relaxnomiks this day*

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Dear Reader,

Welcome to the summer edition of Relaxnomiks!

Or can we really call this season summer? In the past couple of weeks, we've seen less and less of the sun, and when we do it's usually the precedent of heavy showers.

Still, the weather forecast may be gloomy but the economic trajectory is not. In the last quarter, we've seen notable improvement in most of the economic indicators. Since our last edition, inflation has declined to a nine-month low, government spending has increased and the naira has gained 16.8%.

This is great news for your summer plans. This year, you could explore top island destinations. Who says Barbados and Seychelles are only for honeymooners? Check out the piece on non-romantic things to do when you're sauntering on the white shores of the world's best vacation hotspots.

Lastly, we at FDC believe that true entertainment is not complete until you have flexed your brain cells. What is full of holes but can still hold water? Who is the world's longest serving national leader? Take our brain-wrenching puzzles and test your intelligence.

This edition contains something for everyone;-the perfect companion for those wet days!

Enjoy your read!

As always, your readership is very much appreciated.

Yours faithfully,

Bismarck J. Rewane

(For and behalf of the publisher)



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NIGERIAN WEB SERIES YOU NEED TO BE WATCHING NOW

Forget what you heard, these programs are all types of dope!



Gone are the days when Papa Ajasco was the reason for the early build up of traffic on Monday evenings; when the reasons for empty restaurants/stores on Thursday evenings were the face and antics of Toyin Tomato, and the soothing bass voice that said 'we are nothing but pencils in the hand of the creator'.

Nigerian TV is not the same. Nowadays, productions are full of pretentious accents, poor acting and predictable story lines (We call it the three Ps of Nollywood).

You know the drill.

The man playing a returnee from the U.S. walks around in the 30 degrees sun with a winter hoodie and a terrible Ibadan accent (No shade to our Ibadan folks, but you have to admit, that 'H' factor can be deep sometimes!).

The lady playing a poor village girl has perfectly manicured French tips.

The man that has been shot, uses his hands for support as he falls to the ground in slow motion (don't even get me started on the pitiable piano sound effects used for gunshot sounds).

The woman playing a rich politician's wife is wearing N3,000 hair extensions (Like how? They should have at least borrowed Brazilian hair wig from a nearby salon).

Well, not all hope is lost. There are a few programs that maintain the standard of quality and authentic entertainment. This piece seeks to shed light on a few web series that are worth your time (and data). They are perfect for passing time this season, when heavy rains won't let your social life be great.

Skinny Girl in Transit: This Ndani TV original is a personal favourite. The show is centred on a lady named Tiwa, a single lady living her life as she pleases. Of course, you can be rest assured that her mother is on her case to find a mate. Any male visitor is a potential and questions ensue on the status of her relationship with the visitor as soon as he leaves. Expect a mix of comedy, romance and



drama and a special Big Brother Nigeria appearance, from this program, available on YouTube.

The Governor: This is a sophisticated show starring British-Nigerian actress, Caroline Chikezie who plays Angele Ochello. It is a political drama from EbonyLife TV about a woman at the forefront of a political battle. Basically, this show is the Nigerian version of Designated Survivor. So you pretty much know there will be a lot of scheming, scandals and plot twists. Juicy!



Hush: That this show saw the return of Richard Mofe-Damijo (aka Africa's Denzel Washington) is enough reason to watch it. Hush revolves around the lifestyle of members of a high society. Main characters: Bem (played by RMD) and Arinola (Thelma Okoduwa) - who are notable players in fashion and politics. RMD plays a dark character here, being a charismatic and calculated go-getter who believes he can get anything he wants. Okoduwa on the other hand is an ambitious and independent 40-year-old. The plot definitely appeals to the feminist community.



This is it: This romantic drama explores the lives of a newly married 21st century couple in Nigeria. The show stars Kenya's Nick Mutuma (Tomide) and budding actress Chiagoziem Nwakanma (Dede). The first season focuses on the first six months of their marriage (the stage after the honeymoon).



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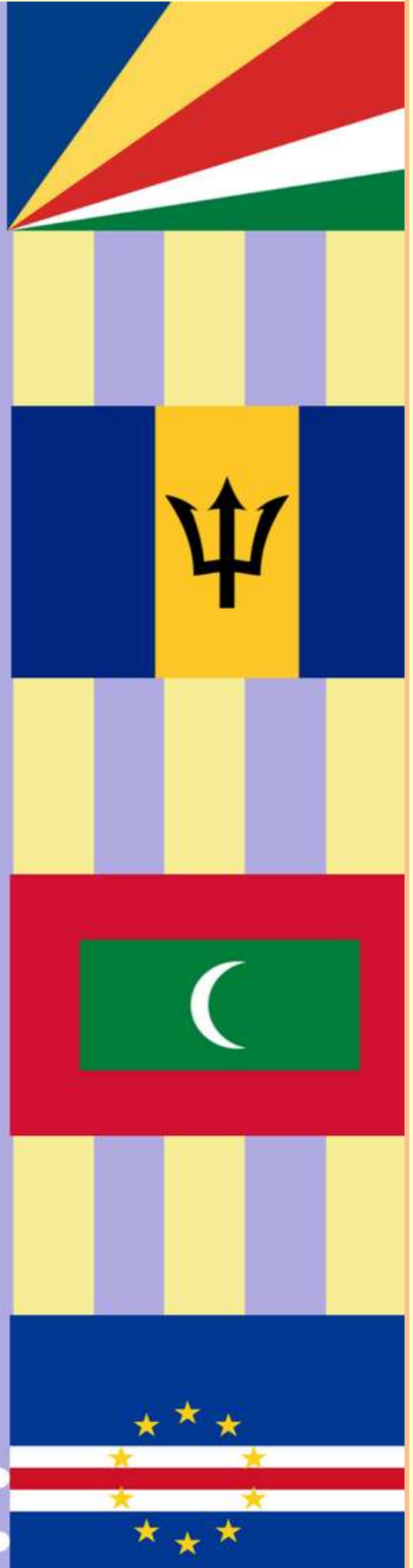
• London

• Paris

FOUR ISLANDS

ZERO VISAS

Our list of top island destinations that have no visa restrictions



Has the constant rain turned your estate into a swimming pool? The residence committee has failed to do anything about it despite your donations last year. Well forget about it! Escape the rainy season blues and take a trip to an island of paradise. This piece lists out top destinations that have no visa restrictions; so you're only a plane ride away from the sun, white beaches and clear blue ocean!



1. **BARBADOS**

To visit Barbados, visitors must have a valid passport and a return ticket before issued entry. No visa is needed to enter Barbados up until 6 months.

The city capital is located in the parish of St. Michael, called Bridgetown. The climate in the region is typically tropical, with temperatures ranging between 27 – 30 degrees and 70 – 76% humidity for most part of the year. The summer months also known as the wet season, starts in June through November while December and May is considered the dry season 'winter period'.

Best things to do in Barbados

Barbados is the ultimate vacation spot for active travellers, beach lovers, swimmers, scuba divers, snorkelers and inland explorers. For those seeking ultimate relaxation and for those looking to party non-stop, Barbados offers night clubs, bars, festivals, beach parties and live performances of renowned international artists.

Carlisle Bay near the capital – Bridgetown, is a popular spot for travellers with Children and snorkelers as the beach offers calm waters and a clean surrounding; making it an ideal place to swim. The bay has 6 shipwrecks and snorkelers are likely to find fishes, lobsters, turtles and rocks. Visitors can rent sport equipments like Kayaks and jet skis from vendors.

Dover Beach is on the south coast, which sits in Christ Church parish. The beach waves are not ideal for paddle boarding and kayaking. However, it is great for surfing, jet skiing and windsurfing. The vibe in Dover Beach is relaxed and travellers in search of a less crowded atmosphere will appreciate it. An added bonus includes the happy hours offered by the beach bars.

2. MALDIVES

Entry into the Maldives doesn't require a pre-arrival visa. A thirty day free visa is issued upon arrival and is applicable to all nationalities. Visitors must have a valid passport with Machine Readable Zone (MRZ) and validity of at least 6 months.

The Maldives is southwest of Sri Lanka in the Indian Ocean. The island has no hills and it is entirely made up of coral sand. The climate in the region is predominately tropical and the temperature is sunny, around 30 degrees Celsius. In spite of high humidity, the sea breeze keeps the air cool.

Places to visit in Maldives

One of the world's best destinations for scuba diving is in the Maldives. Some marine creatures found in the region are stingrays, dolphins, whale sharks and sea turtles.

Mirihi Islands, one of the most popular tourist beaches, is a perfect getaway for honeymooners and tranquil seekers. The island is covered with palm trees, snow-white and an exclusive house reef, which offers 36 tourist water bungalows.

Alimantha Island is one of the most beautiful diving locations in the country. The island is situated on the east of the Maldives and is amongst the government-sanctioned list of protected dive sites. The beach boasts of day and night time diving and snorkelling adventures, ideal for either beginners or experts. Other activities include canoeing, cat sailing, wind surfing and afterwards, a lovely massage at the Ayurvedic Message Centre.

3. CAPE VERDE

Nigeria is among the 19 countries that can visit Cape Verde with no visa requirement.

The island is a blend of both African and Portuguese influence. The captivating island is enriched with beaches, mountains and seaside villages. The temperature is typically warm all year round and the best time to visit is from February through June, as the days are longer and are with lots of sunshine.

Island of Sal, Cape Verde's pristine beach is one of the best of the places for holiday makers to go diving or snorkelling. Sea life is the coastline of Sal and the rest of the archipelago is enriched with various species like dolphins, flamboyant tropical fish, and turtles depending on the season. There are also a few festivals that take place on the island including Nossa Sra. De Piedade and Santa Maria Festival.

The Island of Fogo, where there is an active volcano is ideal for active thrill seekers. Fogo has outstanding scenery with black sands and dark rocks, which gives the impression of a lunar landscape. For hikers, get your hiking boots and grab your walking poles and try exploring the volcanic island.

Santiago, the largest island and most populated, is known for the hillsides, beautiful beaches, mountainous peaks, jungles and an incredible wildlife. Some of the festivals that take place in Santiago include the Gambao Festival and Tabanka.

4. SEYCHELLES

Nigerian citizens do not require a visa for entry into Seychelles. Upon arrival, travellers should provide evidence of return tickets, valid and confirmed accommodation, proof of sufficient funds for the duration before a Visitor's permit valid for a stay of up to 30 days, is issued.

The Seychelles Island is a unique holiday destination and is known for its timeless tranquillity, beauty and diversity. The island is renowned for its exquisite beaches, emerald green rainforests, incredible rock formations, crystal clear turquoise waters, remarkable coral reefs and home to the rarest species of flora and fauna. The region has a favourable climate all year round. The temperature is often between 24 - 33 degrees Celsius. April is the warmest and calmest period of the year.

Be sure to do these few things while in Seychelles:

Visit La Digue where you can walk or hike on the well-known rock beaches and ride your bike around the island.

Try scuba diving in the North Island with hawksbill turtle and discover the beautiful sea life.

Explore the largest Island called Mahe and take a walk through the tea plantations and botanical gardens. Stroll to the local markets and enjoy the sights and sounds of people buying and selling.

Be sure to visit the 2nd largest Island – Praslin and walk through the Garden of Eden. It is an amazing experience walking under giant palms and learning about the Coco de Mer.

Also make sure to check into the country's top hotels: Banyan Tree, MAIA and Four seasons to enjoy a tropical massage.



PRAWNS FETTUCCHINE ALFREDO

Calories: Fat kid **Cooking time:** 20m **Level:** Easy to Nigerian Bachelor

Ingredients for 1 serving:

- 3 oz of fettuccine (i.e. the pasta that looks like spaghetti's fat cousin)
- Salt, black pepper, thyme
- 2 table spoons of Olive oil
- Peeled medium/ king- sized prawns
- 1/2 a cup of heavy cream (a well whisked mixture of milk and butter)
- 1/4 cup of grated Parmesan cheese
- 1/2 cup of grated Romano cheese
- 1 small onion, diced
- 1 handful of chopped spinach (for garnishing)

1 Add fettuccine to a pot of boiling water. Cook as instructed on pack and drain. Toss in two pinches of salt and a splash of olive oil.

2 Put prawns in a bowl, and mix with onions and a sprinkle of black pepper and thyme. Add mixture to a greased pan and fry till prawns are cooked.

3 Grease frying pan with olive oil and butter. Add cream and bring to simmer. Then add the Parmesan and Romano and stir well.

4 Lower the heat and add pasta and prawns mixture (in that order). Season lightly with garlic and black pepper. Stir well. Garnish with spinach. Serve.

BON APPETIT!

TOP TRENDS IN WEDDING PLANNING



FROM GIFT REGISTRIES, TO PERSONAL STYLISTS, BRING OUT THE
BEST IN YOUR WEDDING PARTY WITH THESE TIPS AND TRENDS!

The wedding scene in Nigeria has experienced a massive boom over the years.

Growth in the industry continues to be driven by technology and the increasing sophistication of the Nigerian urban population. Social media has also played a very important role in showcasing what is hot and what is not. This has fuelled a widespread aspiration to host an event that is the talk of town for months and a point of reference for future weddings to come.

This article highlights the hot trends that will help couples and planners alike take their wedding events to the next level.

Trend 1: Wedding Look/Theme

In the Lagos wedding circuit what thing that remains common in the look and feel of weddings is lighting and the floral décor. However, these new trends take this classic look to a whole new level.

The Garden of Eden¹: invite Mother Nature to your wedding with beautiful green leaf and branch centre pieces and décor. Make the room feel like the great outdoors with the use of potted trees. Take it up a notch with intricate details such as wood and stone table settings as well as beautiful white rose and green leaf table settings. Add candles to complete this gorgeous trend.



For the love of pink: As little girls, most brides have planned every detail of their wedding to the letter. As these women grow, tastes change. However, for some, their love of pink transcends through time. Pink signifies the sweetness, romantic, playful and feminine side of most brides. You can add a touch of pink without completely alienating the tastes of your partner.



¹ Source: Theknot.com, <https://www.theknot.com/content/2017-wedding-trends> last viewed on 6th June 2017

Fake it till you make it: let's be honest, the price tag on floral décor alone can run you bankrupt. But don't worry-technology's got you! A new trend, which I believe will soon sweep the Lagos wedding scene, is that of image mapping. Bring in a rose bush or a wild forest into your wedding hall with image mapping. Through lighting and technology, you can bring your hall to life and, it is truly a beautiful sight to behold.



Trend 2: Food trucking

Food trucks over the past year have been popping up all around Lagos. This relative novelty is soon to find its way to wedding ceremonies. Apart from its obvious social media appeal, it is also a fantastic way to get people mingling and generally having fun as they order their food. Popular food truck service companies are urban fusion, Johnny rocket etc.



Trend 3: Naked cakes

Naked cakes (i.e. cakes with no frosting) swept through social media last year. However, it has yet to find its footing in the Lagos market. We expect this to change as the traditional look to cakes has become boring for most. Although late, the naked cake trend in Lagos promises to be a new take on the way people perceive how wedding cakes should look. Don't forget the layers. The more tiers the better and the added touch of floral decorations to the cake give an ethereal and beautiful look to your wedding cake.



Trend 4: A picture lasts a lifetime

Photography in the Lagos wedding scene is big bucks for the big players in the game. A successful wedding is the main goal, but having your memories captured in time is also up there in the ranks. The wedding booth has become a staple at many wedding ceremonies but now technology is introducing a new and improved photo booth 2.0. There's the slo-mo booth, the animated GIF booth, the flip-book booth among others. Also charging through the photography scene is the use of drones to capture important moments. These drones capture beautiful pictures from gorgeous angles and heights.



Trend 5: Wedding (silent) disco

The stereotypical Nigerian wedding will feature music and entertainment targeted at the guests of your parents. (After all, it is their wedding and your marriage). But don't worry, let the old folks enjoy their hits; the after party was invented for you. Your friends can have as much fun as possible when the less Olamide-inclined have gone home to rest. The silent disco (where music is played through headsets) can be incorporated into your party. Your friends and family will definitely enjoy themselves in an unconventional way.





EATING HEALTHY IN NIGERIA

The picture above is a not a strange dilemma. After a long day's work, if you could settle yourself with either food in the picture, which will you go for? One generous wrap of amala, your favourite soup swimming in palm oil, garnished with bokoto, shakki, ogufe, and all that good stuff; Or one measly portion of moin-moin with some spinach on the side? 'A minute on the lips, a lifetime on hips', you tell yourself to psyche your tummy up for the meal that even an *adiye* (chicken) will not accept. In the end, you go for your first love, lick your fingers, leave the bones unrecognizable, and unbuckle your belt for a pre-bed-time nap. 'I'll eat healthy tomorrow', you tell yourself as you fall asleep, and all the carbs/fat you just consumed assign themselves to different parts of your body for permanent habitation.

It is no scientific discovery; Nigerian meals are heavy in carbs and of harmful ingredients. Thus, the quest to eat healthy can sometimes become stressful, redundant and outright impossible. So most Nigerians have thrown in the towel and gone with the wind of palm oil and starch for breakfast, lunch and dinner, resulting in a population of pot bellies and love handles. Those that care to watch what they eat are given looks by the shop attendants when they ask what aisle stocks organic asparagus and couscous. Oh, and with the exchange rate depreciation, let's not even talk about the price of these so-called healthy alternatives.

Well, we think we can help.

The first step you can take to healthy eating is switching up your diet with healthy carbs and protein. Yes, all carbs were not created equal and there is indeed such a thing as healthy carbs, The three main sources of carbs are sugar, starch and fiber- these can either be whole (natural and untouched by man) or refined (processed). Examples of healthy carbs include potato, corn, yam, oatmeal, and fresh vegetables.

Likewise, as much as possible, incorporate protein-rich foods such as moin-moin, beans and meat into your diet. And of course, ensure that meat is grilled and boiled, and not fried.

The next step to eating healthy in Nigeria is overcoming the number one diet nemesis: oil. Nigerian food to oil is as a fat kid to cake- inseparable. One tablespoon of oil contains 120 calories of processed fat. Apart from this, oil raises cholesterol levels and increases the risk of heart disease. So if it adds no flavour to food, and is detrimental to health, why on earth is it used to prepare 99% of our traditional meals? Limit your oil intake and you will become five steps closer to eating healthy. You can also replace vegetable oil with corn oil or sunflower oil.

Here are some other tips you can adopt.

Breakfast

This is indeed the most important meal of the day. Research shows that people who eat breakfast are more likely to be within their BMI range.

However, we suggest that you keep breakfast light. Start with a bowl of fruits. Alternatively, blend your fruits, and start the day off with a delicious healthy smoothie. What you eat next is determined by whether or not you are trying to lose weight, or just stay healthy. If staying healthy is your goal, then a slice of toast/yam and a two-egg omelette will do. If you are looking to drop a few dress sizes then ditch the toast, and eat just eggs with a side of carrots. You can use a drop (literally) of virgin olive oil (the healthiest kind of oil) to fry your eggs, or you can bake the egg mixture.

Snacks

Snacks are an important part of a diet plan, if done properly of course. They keep you from getting hungry between mealtimes and then over eating. However, you need to master the snacking game. There's the when of snacking. The best times to snack are a few hours after breakfast, and again after lunch. You should also take a light snack after each workout session. Next, there is the what. There are snack options that are nutrient-rich and still very healthy. This includes shell groundnut, granola bars, popcorn (lightly salted not sugar or caramel), carrots, grapes and fat-free yoghurt.

Eat before you leave the house

Nigerian caterers are notorious for throwing all caution to the wind when it comes to cooking for large events. The key is to avoid them. Not the parties, of course, we all need our monthly dose of owambe. Instead, reduce your need and desire to eat when you're out by loading your tummy with healthy alternatives before you leave the house. So when they bring the asun to your table, you'll have all it takes inside you to look away.

However, if you're one of those who believe that a party is not complete until the small chops have been served- feel free to turn the day of the event into your cheat day (see below).

Cheat Day

After a week of sticking to your healthy diet, it is only fair that you introduce a cheat day once a week. Research shows that this will also bolster your mental fortitude and give you more drive to stick to your healthy regimen. Now don't cheat five times a week, you deceive no one. Set dates and schedules for your cheat days, and limit them to four a month- or once a week. As mentioned in the point above, it might be better to schedule your cheat day around special occasions where food is infamously known to call your name. Lastly, ensure that you intensify your exercise and training routine the day after your cheat day, to burn off excess calories.

Chew your food

You're probably thinking: this is a silly suggestion! But the truth is most of us gobble our food. And don't claim it's because you're in hurry- because we both know after you finished your last meal, you sat at the table watching your favourite entertainment for a few more minutes. Digestion begins in the mouth with enzymes in the saliva. So if you fast forward the time food spends in the mouth, you skip an essential part. Also, when you eat slower, you will eat less as you are more conscious of your food in-take. This will aid digestion, increase food satisfaction and improve general health.



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Gorilla



Tasmanian Devil



Orangutan

The Perfect Summer Barbecue Party

RECIPES & IDEAS



Summer is the perfect time to host the perfect barbeque party. Good music, good food, and good people can take a boring weekend from zero to a hundred real quick.

You probably read that and thought: 'Yeah, but that's overseas where summer is not just a holiday for school children, but an actual season'. Here in Nigeria, with thunderstorms and knee-high flooded roads, a barbecue is the last thing anyone should plan. Well, we're not weather experts (just really smart economists), but so far this year, there seems to be a pattern to the rain: heavy rains in the midnight to morning, dark skies at noon, and a hint of sun mid-afternoon. So, we suggest you go ahead to hold a barbecue, mid-afternoon to late-evening. You can check weather forecast (Accuweather and BBC weather are reliable options) and select a date that is forecast to have blue skies. Still, safest option would be to have a shaded space guests can stay, in case the clouds decide to misbehave midway through your shindig.

Once you've selected the perfect date, the next step is to prepare the perfect menu that will have your guests licking their fingers.

Below are 6 food recipes:

1) Grilled chicken

A wise man once said "A party without chicken; how that one take be party?"

Ingredients

2 tablespoons of brown sugar

2 large cloves garlic, chopped

Salt and black pepper to taste

20 chicken drumsticks

2 tablespoons vegetable oil

3/4 cup ketchup

2 tablespoons white wine vinegar

Directions

Servings -10

Cooking time -55mins

- Mix brown sugar, garlic, salt, and pepper together to form a paste. Spoon paste into a plastic bag. Add chicken, coat with the paste, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 8 hours to overnight.
- Heat oil in a small saucepan over medium heat. Cook and stir onion in hot oil until softened, about 5 minutes. Stir ketchup and vinegar into onions; bring to a simmer and cook until flavours blend, about 10 minutes.
- Preheat grill for medium heat and lightly oil the grate. Remove chicken from bag and discard marinade.
- Cook chicken on the preheated grill until lightly browned on all sides, about 1 minute per side.
- Mix drumsticks with the sauce and cook for another 10 minutes; turn again and baste chicken with sauce. Continue to grill drumsticks until juices run clear, 10 to 15 minutes more.

2) Beef burgers

Ingredients

1 large egg, lightly beaten

1/3 cup quick-cooking oats

Salt to taste

1/4 teaspoon garlic salt

1/4 teaspoon pepper

1/8 teaspoon salt

1-1/2 pounds ground beef

6 hamburger buns, split

Toppings of your choice

Directions

Servings- 6

Cooking time -30mins

- In a large bowl, mix the egg, oats, onion salt, garlic salt, pepper and salt. Crumble beef over mixture and mix well. Shape into six patties.
- Grill, covered, over medium heat for 6-8 minutes on each side or until a thermometer reads 160°, basting with 1/2 cup barbecue sauce during the last 5 minutes. Serve on buns with toppings of your choice and barbecue sauce.

3) Hotdogs

Ingredients

3/4 cup chopped onion

3 table spoons butter

1-1/2 cups ketchup

1 cup yellow mustard

2 packages (1 pound each) hot dogs

20 hot dog buns, split

Directions

Servings -20

Cooking time - 20mins

- In a saucepan over medium heat, sauté onion in butter until tender.
- Grill hot dogs under low heat for 10-15mins.
- Slice buns and insert hot dogs. Add sautéed onions, mustard and ketchup in bun.

4) Asun- Goat meat

Ingredients

1.2kg (2.6 lbs) goat meat (cut with the skin)

2 scotch bonnet (or to your taste)

1 medium onion

3 big maggi cubes

1 teaspoon thyme

Salt (to taste)

1 cooking spoon vegetable oil

Black pepper (optional)

Directions

- Cut the goat meat into big chunks
- Wash and put the goat meat chunks in a bowl
- Mix the thyme and black pepper; crush and add the stock cubes to the goat meat
- Cover the bowl with a thin film. Put in the fridge to marinate for about 1 hour
- Pound scotch bonnet peppers and set aside
- Cut 1 onion into 4 big chunks
- Bring goat meat out and put in a pot
- Pour water to just half of the level of the goat meat, add salt to taste, add the big chunks of onion and start cooking at medium heat
- Lay the goat meat flat on your oven rack

- Grill/Broil in the oven at 180°C or 350°F till the meat is brown all over
- When the meat is well grilled/broiled, heat the vegetable oil in a dry clean pot
- Add the pepper and the thick stock from cooking the meat and fry for a bit
- Add the grilled goat meat
- Stir well till the pepper is evenly distributed on the goat meat

5) Grilled corn on the cob

Ingredients

6 Corns

Salt to taste

Butter

Directions

Serving -6

Cooking time- 20mins

- Preheat grill
- Place corn on grill for 10 minutes (each side for about 5 minutes each)
- Serve with butter and salt, to taste.

6) Potato Salad

Ingredients

1kg of unpeeled potatoes

1 onion

6 boiled eggs, peeled and diced

1 cup Mayonnaise

1 cup Barbeque sauce

Garlic powder

Salt and pepper to taste

Directions

Serving -12

Cooking time- 30mins

- Place potatoes into a large kettle and cover with water
- Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are just tender, 15 to 20 minutes
- Drain and spread the potatoes onto baking sheets in a single layer. Chill the potatoes in the refrigerator until cold, about 2 hours
- Mix the cooled potatoes, red onion, egg, mayonnaise, barbeque sauce, garlic powder, salt, and pepper in a large bowl

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



5

**RESORTS IN
NIGERIA**

that are worth visiting



Do you ever wish you could run away from the day-to-day mayhem, just for a couple of hours or days? Check out our list of top resorts in the country that will provide you with the relaxation and entertainment you desire.

1. La Campagne Tropicana Beach Resort

The beach resort is entwined in the core freshness of nature, among lovely trees, and the incredible view of the gentle reflection of the setting sun upon the calm Atlantic Ocean. La Campagne offers a perfect blend of nature, which includes a fresh water lake, an accessible mangrove forest, a savannah, an extensive sandy beach and a warm Atlantic sea. The resort is sure to provide a worth-while distraction from the hustle and bustle of the noise, pollution and gossip of the very busy Lagos. The resort provides state of the art swimming pools, water sporting activities, quad biking, water volleyball and much more. La Campagne Tropicana Beach Resort is also baked with irresistible varieties of African recipes. The chefs and the entire culinary staff are one of the finest in the industry and they insist on the finest and freshest ingredients in Africa.

2. La Manga Luxury Beach Villas

La Manga Luxury Beach Villas are Spanish architectural-designed villas with four tastefully furnished beachfront bedrooms, with large sliding doors that open to private balconies. Each villa has lavished suite with rooftop Jacuzzi and private lounge, sizable swimming pool, massage room, beachfront living room with open lounge, furnished kitchen, bar and poolside barbeque grill area. If your idea of a quick getaway includes stunning beach and luxury accommodation in a quiet and private environment, then La Manga Luxury Beach Villas in Ilashe Island, with its spectacular and invigorating view of the ocean is the place for you. La Manga facilities include open-air gazebo for dining and lounging, beachfront bamboo canopies for relaxation, mini-golf course, beach volleyball court, and quad bikes. Water sport activities such as jet skiing and boat cruises can be arranged upon request. La Manga Luxury Beach Villas are located along Ilashe Beach on the beautiful Island of Ilashe in Lagos State and is a 15-minute boat ride from Ikoyi and Victoria Island.

3. Omu Resort

Omu Resort was created to unite nature, recreation and entertainment in an atmosphere that is uniquely luxurious. Omu Resort houses the first wax museum in Africa and the first purpose built race track in Nigeria with a different array of karts for all ages. It has a modern zoo, seaworld, art gallery, mini golf, quad biking, go karting, horse riding, and amusement park and so much outdoor fun, packaged for those who come in to have a great time. Designed as a destination point for schools, families and corporate organisations, the resort observes a flat fee policy which means that once you pay, you and your pack have access to the entire facility all day long with minor restrictions on go karts/quads and rides.

4. Kamp Ikare Beach Resort

Kamp Ikare is beach resort that offers home-away-from-home facilities and services that combine the rustic environment around it with a Miami-style lounge area; creating the most simple, no fuss environment for your relaxation. The Moroccan style rooms on the Penthouse floor of the Kamp House serve as an indulgently furnished lounging area to relax and enjoy the coastal breeze during the day. The resort provides as much or as little to do as possible, and the various entertainment and activity options are truly enjoyable, attracting people from all over the region.

5. Inagbe Grand Resort

An island resort that offers more than just sun, sand and sea! It is a resort full of surprises, fun activities, lively entertainment and smiling faces that are sure to give your holiday so much more. Inagbe is ideal for guests of all ages. With a variety of entertainment, facilities, activities and social events, Inagbe serves couples, honeymooners, friends, families and small groups with a smile and splash of Inagbe charisma. The resort has top notch customer service and friendly faces all around.



5 BENEFITS OF LEMONS

For your meals: Marinate your chicken/ fish with lemon juice and a mixture of your favourite seasonings. Also, the juice from this yellow goodness makes a difference when drizzled on vegetable salad or freshly baked cake!

For your teeth: Lemon is a natural lightening agent. Squeeze some lemon juice onto a clean surface, and mix with your toothpaste. Use 3-4 times a week, and reveal brighter pearly whites.

For your skin: Lemon contains antibacterial acid, and vitamin C. These work to treat/prevent acne and brighten/clear your skin. Squeeze two lemons into a small clean container; mix with honey and sugar. Apply to your face and leave on for 20 minutes and rinse. Repeat 3-4 times a week, and see amazing results!

For your health: Lemon is rich in nutrients, such as potassium, iron, B-complex vitamins etc. It helps with digestion and stimulates the secretion of gastric juice. Simply add lemon slices to your ice water or favourite drink.

For your clothes: The lightening agent in this miracle fruit can help get tough stains out of your garments. Apply a mixture of baking soda, water and lemon juice to the stained area, leave to soak, wash, rinse and voila! Good as new!



12 - MINUTE WORKOUT ROUTINE

A quick guide to building the summer body of
your dreams

Are you that guy that wears a vest to a pool party because your inner six-pack is not visible to the common eye? Or does your Muscle-T shirt always look better on the model because your biceps aren't quite popping? Don't worry, we've got you! Here is a list of work-outs that you can do in the comfort of your home in less than 15 minutes. So say good-bye to your one and a half-pack and hello to the summer body of your dreams!

There is a science behind exercise. Every work-out routine/posture focuses on different combination of muscles. The exercises below mention what muscles they work on most.

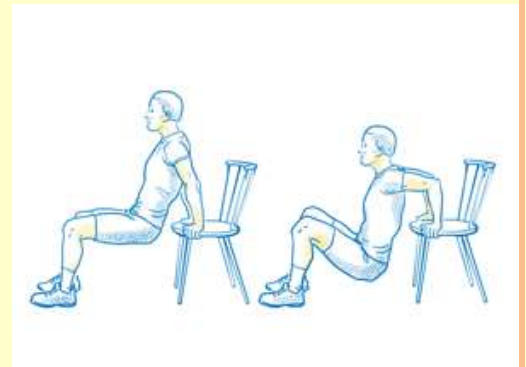
NB: The word beginner is used many times through-out this piece; for the avoidance of doubt, you are a beginner if you i) pant heavily after running up a flight of stairs; ii) Can't remember the last time you did a push up

Dips

Beginner: 3 reps of 10; Non-beginner: 6 reps of 10

Time: 3 minutes

Dips are a good way to build your triceps, pectoralis major and your deltoid muscles (i.e. your under-arm, chest and shoulders muscles, but we just wanted to be fancy). This exercise trains your muscles in a completely different angle than push ups and bench presses. You can do your dips using the edge of your bed or a couch. When just starting this workout, you



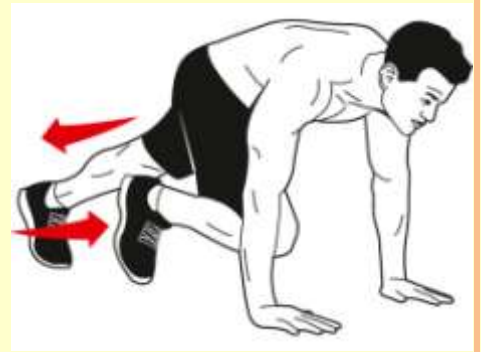
should always stretch your arms after each round so that your arms don't hurt and get too stiff to move. As shown in the picture, you start off with your legs in front of you, and your hands leaning on a chair behind you. In this position, your back and thighs should almost form 90 degrees (we said almost, please don't break your back!) Then, push yourself down, until your butt almost touches the floor. Repeat.

Mountain climbers

Beginner: 4 reps of 10 full cycles, Non-beginner: 8 reps of 10

Time: 3 minutes

Mountain climbers are great total body exercise, but they focus mainly on your rear and thighs, (Gluteus maximus and semitendinosus), abdominal muscles and shoulders. As shown in the picture, you start in the push up position, and with the support of your hands move each leg close to your chest (one after the other please, except you are an acrobat, then feel free to turn it into a hand-stand).



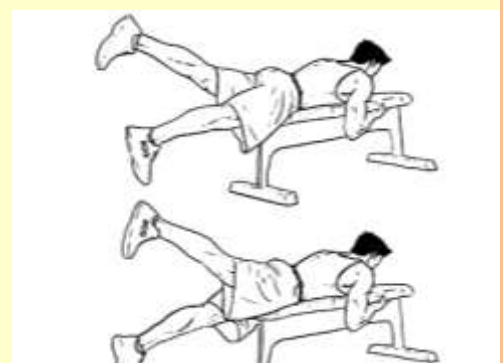
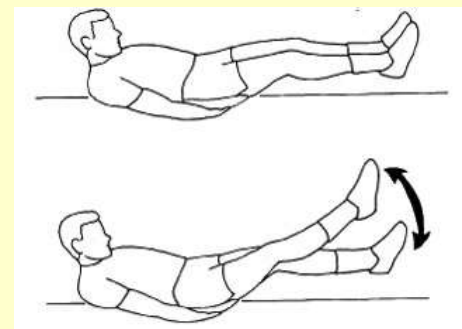
Non-beginners can rest hands on a ball (instead of the floor). This will add pressure to and build the triceps.

Criss-cross flutter kicks.

Beginner: Beginner: 4 reps of 10 full cycles, Non-beginner: 8 reps of 10

Times: 6 minutes

The criss-cross flutter kicks help to tighten your abdominal muscles and give you that rigid shape your WCW² likes to see. With your hands tucked under your hips, raise your legs to about 45degrees and kick your left leg over your right and vice versa. Don't forget to breathe while performing this exercise. You can also flip over, (as seen in picture left) and work on your rear and lower body.



Non-beginners can wear ankle weights for more resistance.

² For the non-millennials, this refers to your favourite female. It is an acronym for Woman Crush Wednesday (not World championship wrestling)

These exercises above will take you no longer than 12 minutes to finish. For maximum effect, repeat two times a day (in the morning and evening). The results? Muscles so tightly right, you can see them through your clothes!

Other suggestions for home work-out include jogging or dancing. Pump up your favourite tunes and work a sweat! Game consoles like the 'Nintendo Wii' or an 'Xbox' will help you engage in vigorous movements you need to burn off some calories. They are also a fun activity that the whole family can join in.

Oh, also, it won't hurt to trade in the chilled can of ginger beer for some juice or smoothie once in a while.

QUIZZES & CULLED PIECES

TWO TRUTHS AND A LIE- GENERAL KNOWLEDGE QUIZ³

Each question contains three statements; one is false, while the other two are facts. Without the help of Google, identify the lie.

1. a) There are more chickens than humans in the world
b) Pluto is smaller than Russia
c) The sun's core reaches up to 40 million degrees Celsius
2. a) The cotton candy machine was invented by a group of dentists
b) The average lifespan of Asian elephants is longer than that of human beings
c) A scorpion can hold its breath for up to 6 days
3. a) France has the most time zones in a single country
b) Addiction, gossip and lacklustre were words invented by British Poet, William Shakespeare
c) Only four Africans have ever won the Nobel Prize for Literature
4. a) The equator passes through 7 countries.
b) Less than 1000 people in North Korea have access to the World Wide Web.
c) Tokyo was originally known as Edo
5. a) Britain luxury department store, Harrods, sold cocaine to the general public until 1916
b) Gorillas are the only great apes that are not ticklish
c) Corn is grown on every continent in the world, except Antarctica
6. a) 70% of the world's Kiwi fruit comes from Thailand
b) During metamorphosis, most of the caterpillar body is digested into liquid
c) Otters sleep holding hands

³ Answers on page 52

7.
 - a) The longest traffic jam in history lasted 12 days
 - b) In Russia, beer was classified as a soft drink until 2011
 - c) French is the Lingua-franca of a total of 31 countries worldwide
8.
 - a) An estimated two-thirds of the world's population have never seen snow
 - b) Third Mainland Bridge is the second longest bridge in Sub-Saharan Africa.
 - c) Ed, Edd n Eddy was Cartoon Network's longest running series, running for almost 11 years
9.
 - a) Our eyes are the same size from birth.
 - b) The Lacrimal bone, one of the most fragile bones in the body, is located in the under-arm.
 - c) In a statue dedicated to a person, if the horse has all four legs on the ground, the person died of natural causes
10.
 - a) All of the top 5 longest-ruling national leaders of modern time are from Africa
 - b) The tongue of a blue whale weighs as much as a full grown elephant
 - c) Prince Charles of Wales once had an Aston Martin that was powered by wine.

BRAINTEASERS TO TEST YOUR MENTAL AGILITY- CULLED FROM ICEBREAKERIDEAS.COM⁴

1. A boy is walking down the road with a doctor. While the boy is the doctor's son, the doctor is not the boy's father. Then who is the doctor?
2. There are three houses. One is red, one is blue, and one is white. If the red house is to the left of the house in the middle, and the blue house is to the right of the house in the middle, where is the white house?
3. You are in a cabin and it is pitch black. You have one match on you. Which do you light first, the newspaper, the lamp, the candle, or the fire?
4. Who is bigger: Mr. Bigger, Mrs. Bigger, or their baby?
5. Mike is a butcher. He is 5'10" tall. What does he weigh?
6. A farmer has 17 sheep and all but nine die. How many are left?
7. In a year, there are 12 months. Seven months have 31 days. How many months have 28 days?
8. Jimmy's mother had four children. She named the first Monday. She named the second Tuesday, and she named the third Wednesday. What is the name of the fourth child?
9. Before Mt. Everest was discovered, what was the highest mountain in the world?
10. Which is heavier? A pound of feathers or a pound of rocks?
11. What is full of holes but can still hold water?
12. A plane crashes on the border of the U.S. and Canada. Where do they bury the survivors?
13. You are driving a bus. At the first stop, two women get on. The second stop, three men get on and one woman gets off. At the third stop, three kids and their mom get on, and a man gets off. The bus is grey, and it is raining outside. What colour is the bus driver's hair?
14. When you have me, you immediately feel like sharing me. But, if you do share me, you do not have me.
15. A lift is on the ground floor. There are four people in the lift including me. When the lift reaches first floor, one person gets out and three people get in. The lift goes up to the

⁴ Questions culled from <<https://icebreakerideas.com/brain-teasers/>> Answers on Page 53

- second floor, 2 people get out 6 people get in. It then goes up to the next floor up, no-one gets out but 12 people get in. Halfway up to the next floor up the lift cable snaps, it crashes to the floor. Everyone else dies in the lift. How did I survive?
16. You are a cyclist in a cross-country race. Just before crossing the finish line, you overtake the person in second place. In what place did you finish?
17. I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What color was the bear?
18. A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?
19. As I was going to St. Ives, I met a man with seven wives. Each wife had seven sacks. Each sack had seven cats. Each cat had seven kits. How many people were going to St. Ives?
20. Arnold Schwarzenegger has a long one. Michael J. Fox has a short one. Madonna does not use hers. Bill Clinton always uses his. The Pope never uses his. What is it?

8 ROOM DESIGN TRICKS INTERIOR DECORATORS WOULD NEVER TELL YOU FOR FREE- CULLED FROM RD.COM⁵

Follow this throw pillow equation

To accent your couch, place two 20-inch-square pillows in a matching bold pattern in the corners. Overlap them with two 16-inch pillows in a coordinating solid color. Add one lumbar pillow with a subtle pattern (like a pinstripe) for balanced design.



Hang artwork at the right height

Most people hang artwork too high. Place a piece so its bottom is only three to eight inches above furniture—lower for large pieces and slightly higher for small pieces. When there's too much space between furniture and a painting, the eye rests on the void, blank wall between the two pieces.



Rearrange the bookshelves

Organize 60% of books vertically and 40% horizontally on the shelves. This creates balance yet spontaneity (and shows off the back of the bookshelf if it's lined with a decorative fabric). Stack horizontal books lower than vertical ones: If the vertical books are 12 inches tall, place three to four books horizontally up to four inches high. Add green plants to soften the bookshelf, but avoid flowers, which can look cluttered and distracting.



⁵ <http://www.rd.com/home/cleaning-organizing/interior-decorator-tricks-free/>

Create space with the right mirror placement

Mirror, mirror, on the wall: What is the best placement of them all? At about 57 inches high, experts say. This is an easy, strain-free eye level for most people. To create the illusion of more space, mount a mirror opposite a window to bounce light.



Place a rug based on its size

The size of the rug—say, for under the coffee table—will dictate how you arrange furniture around it. With an eight-by-ten-foot rug, situate the sofa and any chairs so that the front legs of each are somewhere on the rug but the back legs are not. With a five-by-eight-foot rug, keep the sofa completely off, but still place the front legs of the chairs on it. In a large family room, use two rugs to create two separate living areas.



Measure dining tables before you buy

In the market for a new one? Make sure it's wider than 36 inches. This allows room to eat, even when the centre of the table is filled with serving dishes and centrepieces. Tight on space? Consider a round table. It fits well into a small corner and, with no edges, offers more eating space.



Follow this go-to color scheme

When choosing a color palette, assign 60% of the room a dominant color, 30% a secondary color, and 10% an accent color. In a classic room setting, this may translate to designating walls the dominant color, upholstery the secondary color, and a floral arrangement or pillows the accent color. If you have a nice view outside, frame it by painting the interior window trims a dark color.



Want a new coffee table?

Because couch seats today are typically about 20 inches high for easy sitting and standing, the ideal coffee table is 15 to 20 inches tall. Situate it 18 inches from the sofa; this is the average distance from a person's hip to kneecap (people usually sit perched on sofas in living rooms). In a casual family room, 18 inches gives space for lounging and comfortably walking around the furniture. Choose a coffee table that's two thirds as wide as the sofa.



FREE TO ROAM⁶- CULLED FROM THE GLOBAL TRAVELLER

A growing workforce of digital nomads leaves the office behind.

IS THERE ANYWHERE truly remote in the modern world? Here's somewhere: Juma Lodge. For two nights in this rustic stilted hotel on a tributary of the Brazilian Amazon, our laptops and cell phones were useless. Without outside distraction, we had no choice but to immerse ourselves in the immediate environment.

Such moments, such places, are increasingly rare. It is ever more difficult to throw off the clutches of communication. The demands of the outside world now follow travellers everywhere, even into the air and across oceans. Night and day, almost wherever we are in the world, we can be reached.

There is a positive flipside. Thanks to telecommunications, we are no longer tied to an office in a fixed location. Businesses operate with co-workers living and working in separate cities, even on separate continents, and individuals take their work with them to all corners of the



globe. These digital nomads have thrown off the drudgery of daily routine, putting quality of life above all else. I'm one of them. I am writing these words in a cafe beside the Mediterranean.

I was slow to grasp the possibilities of global interconnectivity. For three decades, between travels, I dutifully returned to my home base in England to endure lousy weather and a high cost of living. In 2016, I realised I could just as easily be based elsewhere and so relocated to Jávea (aka Xàbia), a small town on the coast of Spain.

Not every line of work lends itself to this way of life. Most digital nomads are self-employed and work either in the software industry (computer coding, web design,

⁶ The document has been abridged, Full document is available in The Global Traveler magazine, May 2017 print edition, page 40

software support), in the creative sector (writing, graphic design), teaching English online or in various forms of consultancy.

A sizeable percentage of early digital nomads made their living producing websites or video channels chronicling their lifestyle. That market has been saturated and is no longer sustainable. Similarly, any business plan that relies on providing location-independent services to fellow digital nomads will struggle in the face of well-established competition. The trick is to adapt a real-world career into one that can operate anywhere.

The next task is to choose where. Time zones may provide a limiting factor. If you're providing services to clients in the United States, basing yourself in Europe or Asia would involve working unsocial hours. There are also legal practicalities that vary from country to country. Which type of visa will you require? Are there restrictions on the kind of work you are permitted to do in your chosen country? How will you be paid, and where will you pay taxes?



One way to negotiate the myriad challenge is to link with other digital nomads for advice. As increasing numbers of people are drawn to the way of life, the community is becoming more focused, with dedicated online forums and even formal conferences, such as the DNX Digital Nomad Conference, to hold this year in Lisbon, Portugal, Sept. 9-10.

The same organization also runs regular 10-day DNX Camps at venues around the world (next up: Lemnos, Greece), at which up to 50 digital nomads share experiences and trade advice while co-working in an exotic location.

While for many digital nomads the great lure is absolute independence, others prefer a degree of structure. For them, there are several communal travel programs in which like-minded co-workers tour the world on a pre-determined itinerary.

For the first decade of my career, I expected to be incommunicado for days – sometimes weeks – whenever I travelled. Any visit to Africa, for instance, put me beyond reach as soon as I left the major cities, and within the cities exorbitant hotel rates for international calls limited me.

The extent to which the world has changed sunk in last year when I sat on the veranda of the bar at Desert Quiver Camp in the Namib Desert, Namibia. With the great red wilderness stretching empty to the horizon, I took it for granted I could check emails, upload photographs and make FaceTime calls. That realization was the final impetus that propelled me to Spain.

True remoteness is becoming much more difficult to achieve. Our two nights in Juma Lodge, deep in the Amazon, were a throwback to a simpler, more adventurous era. Severed from the outside world and stripped of our ability to relay our experiences in real time, we absorbed our surroundings fully. No instant selfies, no emails or text messages, no Facebook updates.

Memorable experiences were committed to memory: encounters with monkeys and caimans and sloths. We enjoyed freewheeling conversations in the lodge's stilted dining room with the night sounds reverberating outside our phones silent.

The journey back to civilization took three hours. The transition began at about the midway point. First one phone trilled, then another, then another. By the time we traversed the Amazon River itself, aiming for the hazy skyline of Manaus, we were fully reconnected to the world, with all the disadvantages and advantages that brings.

(The above piece has been abridged. The full document is available in The Global Traveler magazine, May 2017 print edition, page 40)

LUFTHANSA: EUROPE'S BEST AIRLINE- CULLED FROM IOL.CO.ZA⁷

Lufthansa has been voted the “Best Airline in Europe”. The award was given at the Paris Air Show on 20 June 2017 in Le Bourget. The market research institute Skytrax, which specializes in aviation, surveyed around 18 million passengers from over 160 countries worldwide. In the survey, passengers from across the globe spoke in



favour of the German premium carrier, thus acknowledging the services offered by Lufthansa. Carsten Spohr, Chairman of the Executive Board and CEO at Deutsche Lufthansa AG said: “The service offered by our crews on board and on the ground as well as our investments over the past few years in the fitting of our cabins and lounges, in addition to the service and digitalization, have paid off.

The Skytrax Award is evidence that Lufthansa passengers appreciate our quality. The combination of premium service and excellent facilities has impressed passengers worldwide and made us Europe’s number one. Our offer has never been better.” On receipt of the award, Carsten Spohr thanked the employees of Lufthansa in particular, who made this success possible with their excellent work.

Lufthansa also won the award of “Best Airline in Western Europe” as well as the award “Best First-Class Lounge Dining”. Lufthansa, Swiss and Austrian Airlines had been nominated for the award as “Best Airline in Western Europe”. Austrian Airlines won the “Best Airline Staff Service in Europe” award for its employees.

The survey was carried out by the market research institute Skytrax, which specializes in aviation. As part of this, the services on board as well as the airline services at the airports were rated. Skytrax has been carrying out the annual survey since 1999.

⁷ Culled from <http://www.iol.co.za/travel/lufthansa-is-europes-best-airline-9897956>

ANSWERS TO 'TWO TRUTHS AND A LIE- GENERAL KNOWLEDGE QUIZ'

1. C- The temperature of the Sun's core reaches up to only 15million degree Celsius
2. B- On average, the Asian Elephant lives up to 60yrs, less than the global average lifespan of humans 71.4yrs
3. C- Six Africans have been awarded the Nobel Prize for Literature. They include: Camus Albert of Algeria, Manfouz Naguib of Algeria, Wole Soyinka of Nigeria, Lessing Doris of Zimbabwe, Coetzee J. Maxwell of South Africa and Nadine Gordimer of South Africa
4. A- The equator passes through 13 countries, namely: Ecuador, Colombia, Brazil, Sao Tome & Principe, Gabon, Rep of Congo, Dem Rep of Congo, Uganda, Kenya, Somalia, Maldives, Indonesia and Kiribati
5. B- All great apes are ticklish i.e. gorillas, chimpanzees, bonobos and Orangutans
6. A- China is the largest producer of Kiwi, accounting for about 50% of global production
7. C- French is the official language in 29 countries worldwide.
8. B- The Third Mainland Bridge is the longest bridge in Africa, measuring 11.8km
9. B- The Lacrimal bone is located between the two eye sockets
- 10.A- Four out of the top five longest non-royal national leaders are from Africa. The top five include: President Paul Biya, Cameroon (41 years); President Teodoro O. Mbasogo, Equatorial Guinea (37 years); President Jose Dos Santos, Angola (37yrs); President Robert Mugabe, Zimbabwe (37 years) and President Ali Khamenei, who has been Supreme leader of Iran for 35 years.

ANSWERS TO 'BRAINTEASERS TO TEST YOUR MENTAL AGILITY'

1. The doctor is the boy's mother
2. In Washington, D.C.
3. You light the match first
4. The baby, because he is a little bigger.
5. Meat
6. Nine
7. They all do.
8. Jimmy, because Jimmy's mother had four children
9. Mt. Everest. It was still the highest in the world. It just had not been discovered yet
10. Neither. Both weigh a pound
11. A sponge
12. You do not bury the SURVIVORS!
13. Whatever color your hair is! Remember, you are the bus driver!
14. Secret
15. I got out on the second floor
16. Second Place. If you pass the person in second, you take second place, and they become third.
17. White. The only place you can hike 3 miles south, then east for 3 miles, then north for 3 miles and end up back at your starting point is the North Pole. There are only polar bears in the North Pole, and they are white
18. Himself
19. One. Only I was going to St. Ives
20. Surname