



RELAXNOMIKS

EASTER EDITION 2020

A NOTE FROM THE PUBLISHER

Dear Reader,

Remember the song “from a distance” by Bette Wilder?

After the whirlwind quarter we had, the start of a new quarter feels like the break of a new dawn! Bob Marley said there is a natural mystic!

The world got a rude awakening from the Covid-19 pandemic as major global markets and economies took a big hit. 52 out of the 54 countries in Africa have confirmed cases of the virus. With over 1.4 million persons infected in 209 countries, we have seen the health, trade & investment, oil markets and growth of various economies tragically slowdown. There has also been panic reactions from various countries as their borders have been closed, air travel has been suspended in over 100 countries, companies have shut down and workers are being retrenched and others are forced to work remotely. As if it was not bad enough, the price war between Saudi Arabia and Russia sent Brent crashing (62.5%) to a 17– year low of \$24pb from an average of \$64pb.

With a global economic recession now inevitable and massive job loss in several countries, no one can guess when the recovery will start and the full effect of the virus.

However, it pays to remain positive, find consolation in the isolation and enjoy an amazing Easter holiday—This time from a distance!

As always, the next pages have been specially packaged for your reading pleasure.

There is something for everyone, from the soccer fans, to the foodies and the binge watchers.

So, regardless of whether you have self quarantined or you have made Easter plans, let this Relaxnomiks hop you through this Easter with joy and love.

Enjoy your read!

Happy Easter!



Bismarck J. Rewane

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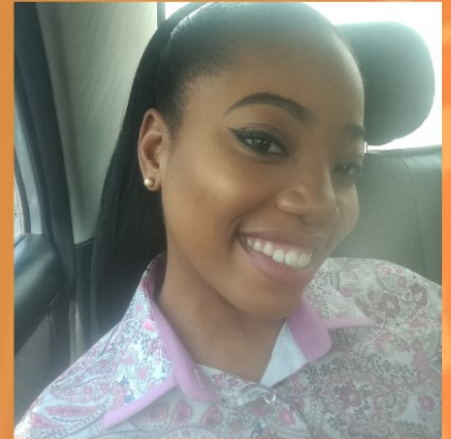
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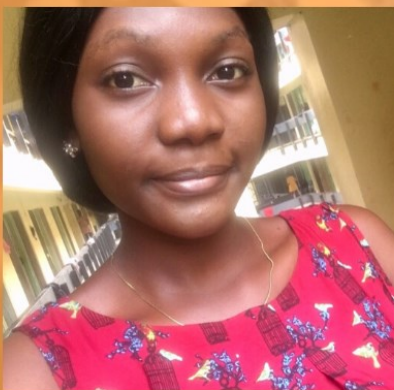
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Health & Wellbeing



Turning Isolation into Relaxation



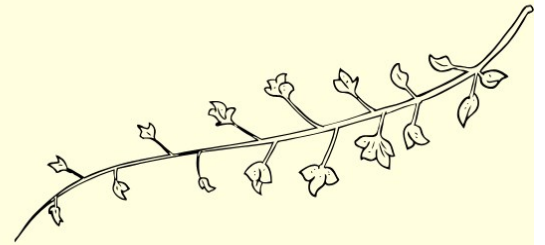
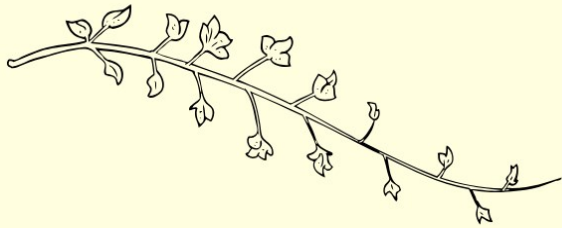
2020 started on a rather tragic note amid the Covid-19 pandemic. All expectations for the year have become tepid as cases of the virus increase and more companies are shutting down. Most of us have been confined to our homes and as the fear of the virus deepens, the lockdown lingers and loss of jobs heightens. The possibility of stress, boredom and anxiety also increases.

Right now, individuals are probably experiencing what we call “negative relaxation” as they try to deal with all the heart bugging news on the state of health in various countries, the global and domestic economic paralysis and nowhere to release the tension as they are trapped at home with no restaurants, bars or hotels to just chill.

Here’ s a little formulae to elaborate the transition to negative relaxation:

Lockdown = Isolation

Isolation = Stress



Stress = Negative Relaxation

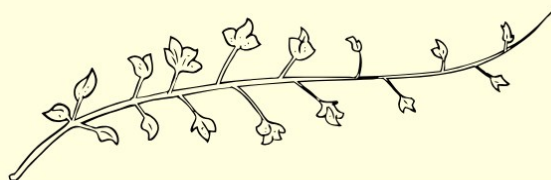
Negative Relaxation = Isolation + Claustrophobia (resulting in more stress)

The question is, what do you do in a socially claustrophobic environment where cinemas, hotels, restaurants and clubs are closed?

- **Be optimistic**
- **Allow yourself to cope the way you need to**
- **Separate your feelings from what is necessary to keep you safe and healthy**
- **Try new things – Meditate, do some yoga, cook...just do something you wouldn't do on a regular day**
- **Learn and unlearn**



These strategies seem cliché at this point, but the truth is beauty and strength lie in the simple things of life.



Getting Practical about Healthy Habits



*“If virus is a dog, we can make it the dog that didn’ t bark, so to speak” –
Anonymous*

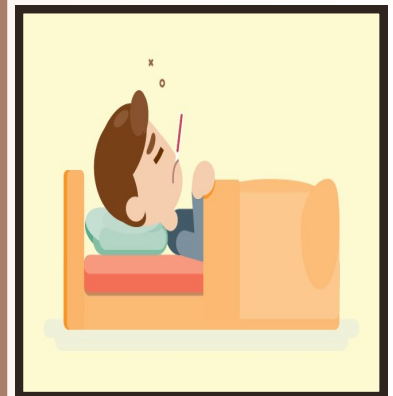
At a time when everyone wants to know what they can do to keep themselves protected from sickness, healthy habits prevent you from being exposed to virus and infection which result in you getting sick. Creating healthy habits takes practice and requires changes to be made in some of your daily routine and behaviour. It requires making sacrifices to keep safe, and as questions unravel about ‘*the how to stay healthy*’, below is a list of practical healthy habits. The good news is that healthy habits improve the quality of life and reduce the risk of contracting infections.

Washing of hands often: This should be something done on a regular basis and not just a quick rinse. The hands are the ones mostly exposed in relation to the outside world. From shaking of hands to eating our meals, to cleaning a room, you can pick up virus which is particularly risky with this Covid-19 pandemic. Virus on the hands can be transferred to your eyes, nose or mouth finding its way into your body. Once in, it can make you sick. Hence, it is appropriate to wash your hands regularly with soap and water especially after you have been in a public place to kill viruses that may be on your hands.



Staying hydrated: Water accounts for about 60% of our body and it is the most important nutrient for the body. Water helps to filter waste from the blood so staying hydrated prevents toxins from building up in the body. It is commonly recommended to drink at least 8 glasses of water per day. There is no universal agreed quantity of water that must be consumed daily but the most important thing is to always stay hydrated.

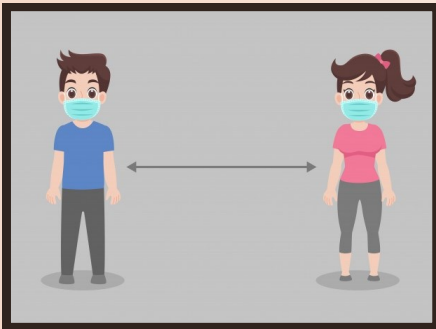
Stay home when sick: Stay home as much as you can except to get medical care. You don't need to go to the hospital except if you notice any difficulty with your health. Faced with an outbreak in coronavirus, call your health care provider in advance so the doctors can protect themselves. This will also protect you and help prevent spread of viruses and other infections. If you are at a higher risk of contracting viruses such as the COVID-19 because of your age or a serious medical condition, it is extra important for you to take actions to avoid getting sick.



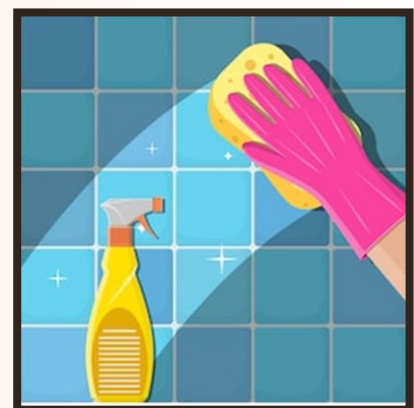
Wear a facemask if you are sick: This is necessary to prevent the spread of the virus especially if you are coughing or sneezing and provide some respite for doctors. If you are sick, you should wear a facemask when you are around other people (e.g., sharing a room or vehicle). If you don't have a facemask handy, then you should do your best to cover your coughs and sneezes. If you are not sick but caring for someone who is sick, also wear a facemask.



Maintain social distancing - This is taking a hard line but it's worth the reward of remaining safe. In the case of Covid-19 epidemic, you can become infected by airborne respiratory (cough or sneeze) droplets. When you go out in public, keep away from others who are sick and limit close contact. Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. Also, cover your nose and mouth when coughing or sneezing either with a tissue or using the crook of your elbow so that the germs in your body don't go flying around in the air.



Regularly clean surfaces: Clean and disinfect frequently touched surfaces daily. If surfaces are dirty, clean them. You can use detergent or soap and water. This includes tables, desks, phones, computers, keyboards, light switches, handles, doorknobs, toilets, sinks and countertops. This practice keeps you unscathed and in great health.





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10 WAYS TO BECOME THE BEST VERSION OF YOURSELF



Living your best life and becoming the best version of yourself requires a conscious decision to be healthy in mind, body, and spirit. Wellness means choosing to assume responsibility for your happiness and the quality of your life. Here are 10 practices you can adopt to help you become the best version of yourself:

Live a life of purpose and passion

Developing a balance between your personal and professional life will have a significant impact on your overall well-being. It is important to find and follow your passion while maintaining healthy and loving relationships. Authentic wellness has been shown to bring about a powerful sense of identity and purpose.

Practice gratitude and positive thinking

Gratitude is one of the most overlooked tools for increasing happiness. Positive psychology research has shown that gratitude impacts many aspects of our lives, including our personality, mood, social dynamics, career success and health. Gratitude is the healthiest of all human emotions. Practicing gratitude on a daily basis is the best way to create an optimistic world view. “Being thankful for what you have will make you end up having more. If you concentrate on what you do not have, you will never have enough.” Start with a gratitude journal and each morning write five things for which you are grateful. Always say thank you! (...and mean it).

¹Happier Human, Feb 2020. “31 Benefits of Gratitude: The Ultimate Science-Backed Guide”, Happier Human: What About Happiness. happierhuman.com/benefits-of-gratitude/

²Zig Ziglar, and. “Zig Ziglar Quotes,” Brainy Quote. brainyquote.com/quotes/zig_ziglar_617744

³Oprah Winfrey, April 3, 2019. “Old and Wise Monk,” <http://www.oldandwisemonk.com/2019/04/be-thankful-for-what-you-have-youll-end.html>

List three important things to do at the start of each day

Writing down three important things you would like to achieve each day will inherently make you more productive. Higher productivity will make you feel more fulfilled. There is nothing worse than the disappointment that comes from feeling like you have wasted a day or not accomplished much.

Learn one new thing a day

Research has shown that making an effort to learn new things boosts feelings of happiness and self-esteem in adults. This tip is essential in pushing yourself to grow every single day. Picking up reading as a habit is an effortless way to ensure you are constantly learning.

Prioritize sleep

Getting a full night's sleep is vital to authentic wellness. You probably heard this non-stop from your mother as a child, but the research supporting the importance of getting at least six hours of sleep is astounding. Sleep is key to optimal physical and mental performance.

Exercise in the morning

If you are not a morning person, it is recommended that you read this with an open mind. This is not being suggested from personal preference but there are many science-backed benefits from exercising in the morning. Exercising in the morning is essentially your all-natural cup of coffee. It wakes your body up, prepares your mind and boosts your metabolism throughout the day. Cultivating morning workouts will do wonders for your self-discipline and will make you happier due to the release of endorphins (our built-in happiness drug).

Follow and heal your gut

You have probably been told countless times to eat healthily and quite frankly, you are probably sick of it. The truth is all the healthy food in the world won't help a compromised digestive system. The gut is one of the epicenters of the body and plays a vital role in your overall health and well-being. You probably did not know that 90% of serotonin ("the happy hormone") is produced in the gut. That means when you are feeling down and out, it could possibly be traced to a gut imbalance. An imbalance is generated when there is an unhealthy amount of bad bacteria in the gut and the good bacteria can't thrive. Fiber is what the good bacteria needs to thrive. Therefore, to maintain good gut health, eat lots of fiber! Whole plant foods such as fruits, vegetables, legumes, and whole grains have the most fiber. Also try adding probiotic food such as yogurt, kefir, and pickles to your diet to increase the amount of healthy bacteria in your gut. Alternatively, you can opt for probiotic supplements. Good gut health is indisputably the center of your vitality and wellness.



Practice kindness

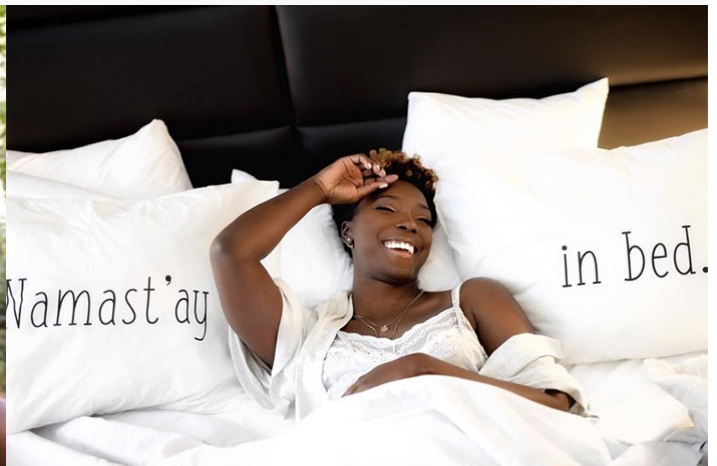
Learn to be kind to yourself and others. Put negative self-talk behind you and learn not to punish yourself when you make mistakes. When you are truly kind to yourself, it is much easier to be kind to others.

Build a “feel good crew”

The company you keep is crucial in your journey of becoming your best self. Choose friends that make you feel good about yourself. Feeling loved and cared for is crucial to your happiness. Build a friendship group with loving, supportive, confident, and like-minded individuals. Balance is key so make sure they are fun too!

Stop looking for a secret trick

Becoming a better version of yourself involves intentional and conscious daily decisions. There is no miraculous shortcut!



5 GROOMING MISTAKES MEN MAKE



**...and
how to
fix
them**

Let's be honest - most men highly underrate the importance of grooming. Self-care and proper grooming techniques are not exclusive to women. Grooming is an essential part of every man's routine and it shouldn't be an afterthought. Even the most stylish men can get it wrong when it comes to grooming. At the end of the day, clothing represents your style but doesn't sufficiently show how you value your image - grooming does! There isn't anything more attractive than a man that clearly takes care of himself. There's a high chance you're making a few grooming mistakes so keep reading to find out what some of them are and how to fix them.

Shaving against the grain

Shaving against the grain increases the risk of ingrown hairs, irritation, and razor bumps. Even though it provides a closer shave, it isn't worth it if it's going to leave you with unsightly bumps that are sometimes painful. They also don't do your confidence any favors. Pay attention to the direction of your hair growth and note that the direction may be different across your face and neck.



THE FIX

Use a quality single-blade safety razor and shave in a different angle depending on the direction your hair grows. Remember not to use old razors with rusty blades. Sharp blades require less pressure and are therefore less damaging to the skin.

Not having a skin care regimen

Using your body soap or shower gel on your face is not enough. Most men ignore their skin, and this unfortunately makes them more susceptible to premature aging, wrinkles and other skin ailments. It isn't a "girly" thing to take care of your skin and have a good skin care routine. You may be lucky to have naturally unblemished skin and think it isn't necessary, but it really is. While a lot of men struggle with acne it's amazing how just establishing a good routine can transform the skin.

Not taking care of hands and feet

Having dirty or untidy fingernails is NEVER ideal.



THE FIX

Gentlemen! This is a call to action! Be comfortable in your masculinity and visit a nail salon for a manicure and pedicure. These treatments are unisex, and you should not be ashamed to indulge in them. Having dirty or untidy fingernails is not ideal. If you wear sandals or slippers often, then pedicures are basically not optional but mandatory for presentable feet. If you don't even care enough to do all this for yourself (which you should), do it for the ladies. Healthy looking hands and feet are very appealing, and they will 100% notice the effort. Tip of the day!



THE FIX

Get a good face wash/cleanser and use it twice daily (morning and evening). Follow your face wash off with a good toner or face tonic. ALWAYS round up with a moisturiser, especially one with SPF in it. SPF is extremely essential for skin protection. At night-time, opt for an intense hydration anti-aging night cream. Make sure you take your skin condition into account when choosing a moisturizer. Is it oily, dry, a combination or sensitive? Pick the moisturizer that matches your skin.

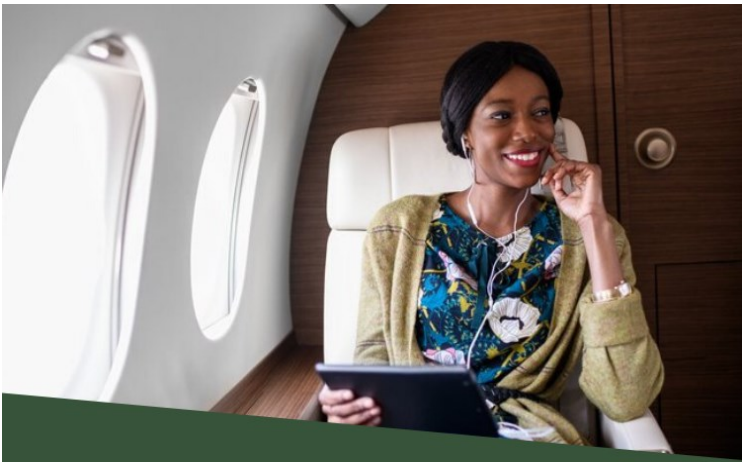
Too much cologne

Too much cologne is quite a common mistake. There is a tendency to go overboard when it comes to colognes or deodorants. If you make this mistake, it can be nauseating for those around you and this is obviously not the reaction you want.



THE FIX

Remember most things are better in moderation. Apply your cologne before you put on your clothes. A single spritz to your neck, chest and pulse points is sufficient. Subtle works best.



Lifestyle



WHAT YOU NEED TO KNOW TO START WORKING FROM HOME

Culled from Forbes

With COVID-19 forcing many businesses to quickly implement remote work, you may suddenly find yourself working from home and wonder how to get started. Here are six tips to help you effectively manage yourself.

The COVID-19 outbreak has already had a huge effect on work and how we work. It has disrupted supply chains, led to travel restrictions and, of course, has had a terrible human cost.

So it's no surprise that more and more companies are beginning to recommend or require employees to work remotely or work from home. The growth of remote work is nothing new, but the urgency brought on by the virus means many of us may suddenly need to work from home, sometimes for the first time, with a lack of formal policies or training.

I've been working at home for two days a week for over a year now. I've found it gives me higher productivity, creativity and workplace satisfaction and research shows that many remote workers feel the same. A little preparation can go a long way to helping you prosper in this new world of work, so here are six tips to help you get started.

1) Know Your Work-style

Working from home (WFH), like any form of remote work, presents new challenges and opportunities that require you to approach work differently. The great news is that you have more freedom and control over how you work, but to make that more impactful you need to align how you work from home to your work-style.

Does your creativity and productivity peak in the morning or the afternoon? Are you a lark or an owl? Do you work better with your head hunkered down in silence or do you thrive with music and background noise? By figuring all that out and planning your WFH experience and environment around it, you'll be more productive and more satisfied.

Take some time to sit down, understand your work-style better and use those insights to plan your approach. This is the foundation of WFH.

2) Create Your Workspace

A big part of effective WFH is making it feel like work and the physical workspace you choose is central to this. You don't need a home office or make any big investment, just a bit of planning. And



maybe moving some furniture around.

What kind of workspace best suits your work-style? Is the kitchen table going to do the trick or will you need something bigger? Will having other people around help you or will you need to work in a separate room? Does a window looking out on the world inspire you or distract you? Do you want to be near a wall so you can put up some Post-its? Will you need

somewhere to store documents? Position your workspace in such a way that you can concentrate and have the resources you need.

One of those critical resources is a good internet connection, so find out where in your home gets the best Wi-Fi reception. If you are doing many video calls, you may need to make one small investment in an ethernet cable. Wi-Fi can be unreliable and a wired connection will lead to better call quality.

Think about how your workspace will look and sound on an audio or video call. Will there be a lot of background noise? More importantly, what will everyone else on the video call see

behind

you? Will they see a messy kitchen, a pile of laundry or a tidy, professional background?

If you're going to be working remotely for an extended period,

try to make this workspace semi-permanent, so you can return to it each day and pick up where you left off. It makes it feel like your personal space.

3) Get Into The Right Mindset

When it's finally time to start your first day working from home, it's not just a matter of opening your laptop and sitting at the kitchen table all day in your pajamas.

Try to make it feel like work, which can be a challenge when surrounded by your home, family or pets. But making that mental shift to "work" will help your focus and productivity. If you've set up your workspace in the right way, you're already half-way there.

One simple trick to make that mental shift is to dress in such a way that it feels like work, which likely doesn't mean sweat pants. You don't need to go formal, but dressing like you do at work, even a little, will remind you that you're in work-mode now. If you're going to be doing video calls, you should be doing this to give the right professional impression to your colleagues and customers.

Finally, make sure to start and end each workday at around your usual time. While there is a natural and admirable tendency to start earlier or work later because your commute time is now zero, try to stick to your regular work schedule to make it feel like work.

4) Schedules And Routines Keep You Focused And Motivated

You'll likely have fewer meetings and distractions from colleagues or bosses. While that can lead to the challenge of social isolation, it gives you a chance to be more in control of your schedule, focus more on a few big tasks and dive into them for a few hours.

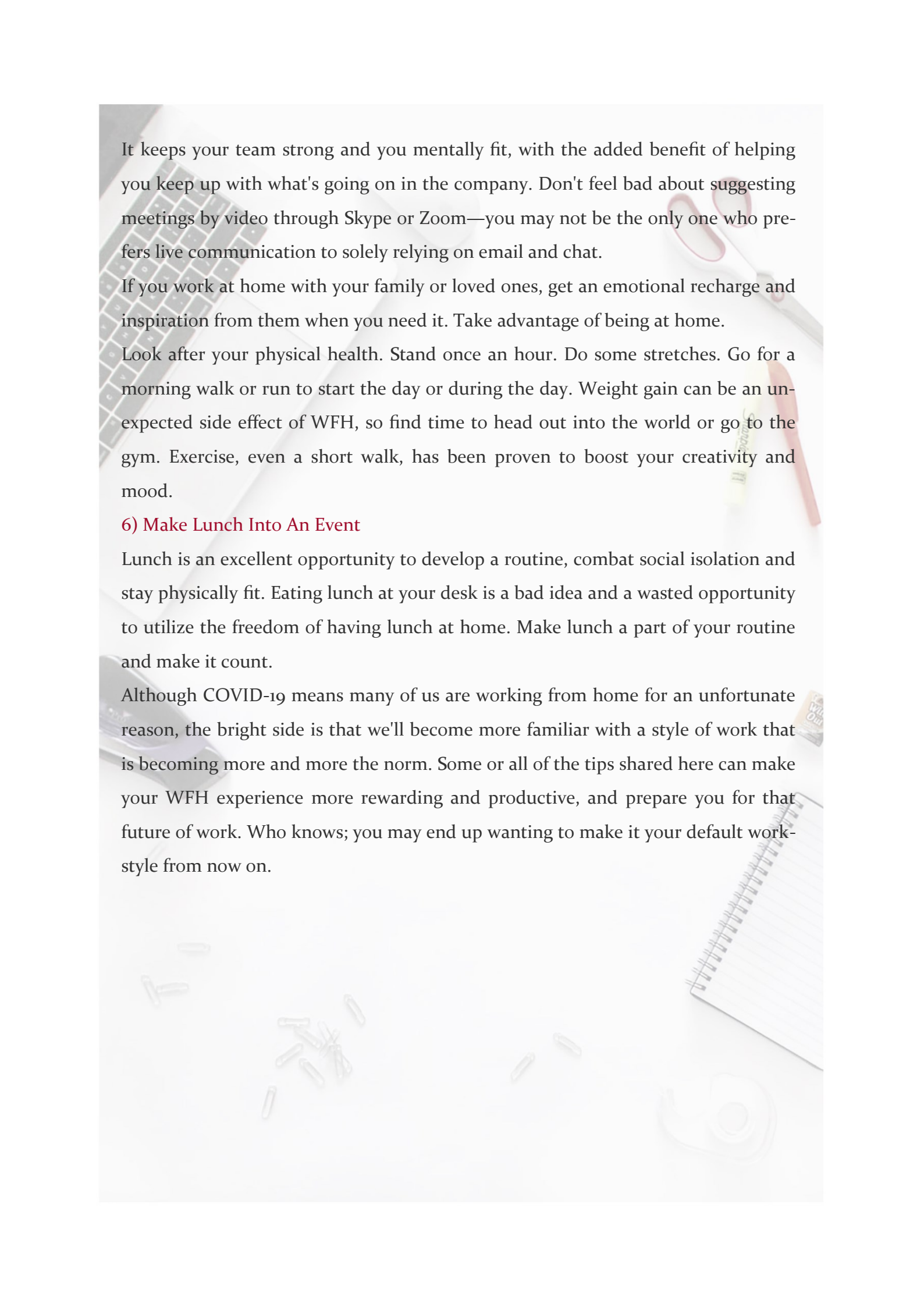
To build your workday focus, plot out what you want to accomplish each day and chunk out time for each of your tasks. Schedule creative tasks to the times when you're most innovative and routine work to the times that you're not. Build in time for daily rituals and routines, like the morning email check, team call or administrative tasks.

5) Watch Your Physical And Mental Well-being

Working from home has some unique stresses, and social isolation is top. We're social animals, and working at home all day can affect our physical and psychological health. But you can fight it.

Keeping in touch with your colleagues is vital, and email isn't enough. Find the time for virtual water cooler chats with your colleagues, even to make small talk. Set a dedicated time each day to do this, whether they're also working at home or are in the office, and make it a video call to strengthen that social bond.





It keeps your team strong and you mentally fit, with the added benefit of helping you keep up with what's going on in the company. Don't feel bad about suggesting meetings by video through Skype or Zoom—you may not be the only one who prefers live communication to solely relying on email and chat.

If you work at home with your family or loved ones, get an emotional recharge and inspiration from them when you need it. Take advantage of being at home.

Look after your physical health. Stand once an hour. Do some stretches. Go for a morning walk or run to start the day or during the day. Weight gain can be an unexpected side effect of WFH, so find time to head out into the world or go to the gym. Exercise, even a short walk, has been proven to boost your creativity and mood.

6) Make Lunch Into An Event

Lunch is an excellent opportunity to develop a routine, combat social isolation and stay physically fit. Eating lunch at your desk is a bad idea and a wasted opportunity to utilize the freedom of having lunch at home. Make lunch a part of your routine and make it count.

Although COVID-19 means many of us are working from home for an unfortunate reason, the bright side is that we'll become more familiar with a style of work that is becoming more and more the norm. Some or all of the tips shared here can make your WFH experience more rewarding and productive, and prepare you for that future of work. Who knows; you may end up wanting to make it your default work-style from now on.



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ESSENCE 2020 AFRICA'S LIST

- Culled from Essence

Essence has released its Africa's Honorees list in several categories including music, film, style, tech and activism for 2020. Here are some of the Africans gaining grounds in their fields:

Honorees: Best in Music



Sho Madjozi – South Africa



Aya Nakamura – Mali



Burna Boy – Nigeria

ESSENCE 2020 AFRICA'S LIST

- Culled from Essence

Honorees: Best in Film



Samuel Bazawule – Ghana



Mati Diop – Senegal



Wanuri Kahiu – Kenya

ESSENCE 2020 AFRICA'S LIST

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Honorees: Best in Style



Thebe Magugu – South Africa



Uoma Beauty – Nigeria



Mantsho – South Africa

ESSENCE 2020 AFRICA'S LIST

Honorees: Best in Tech



Olugbenga Agboola

Flutterwave – Nigeria + San Francisco



Sénamé koffi agbodjinou

WoeLab – Togo



Odunayo Eweniyi

PiggyVest – Nigeria

IS ADULTING REALLY A SCAM?

“Adulthood is like the vet, and we’re all the dogs that were excited for the car ride until we realized where we’re going”

Unknown

We all looked forward to the next big thing that took us closer to being an adult – using a pen instead of a pencil; wearing trousers to school instead of shorts; finally owning a phone; leaving home for college; having our curfews extended; believing that we would finally gain our freedom from being policed around. If only we knew.

We feel scammed. It’s either one of two things - we had the wrong idea or our adulting package is different from what our parents received. Maybe it really is a different package. Unfortunately, no one has discovered the life hack to this adulting thing yet. We all need it, right? While we wait for someone to hit us with the hacks, below are some tips that should help us navigate through this journey.

- ♦ **Self-awareness:** Having a mental note of what you want out of life is essential. This, at every point in time, should motivate you to keep pushing, because sometimes life can be a lot of “gbas gbos”. To get to your destination, you need to be honest about where you are right now. Periodic assessment can be therapeutic. You get to celebrate your little wins and pat yourself on the back.



- ◆ **Strategy session(s):** Might sound complex, but, it's as simple as setting a plan for your destination. Most times, we are presented with various options as to navigating to our destination of choice and just like we check Google map to know the best route to follow to get to our destination, we should draft a plan on how to get what we want out of life. These plans are to be backed up with actions.



- ◆ **Spring back:** Giving up is never a choice. Yes, there might be a change of plan as situations evolve, but, no, we don't give up. Sometimes everything becomes cloudy, things don't make sense, life knocks us out of our focus line, but we spring back up and refocus.
- ◆ **Support system:** No one is an island. Sometimes we need a network of people who show up for us on this adulting journey. They keep us sane most of the time – they listen to us rant, cry with us, advise us and hype us. It takes a village indeed.
- ◆ **Slow down and enjoy the process:** The adulting journey is tough and complex enough. It's so easy to always be caught up in the web of needing to do more just to keep up. Slowing down to enjoy every moment must be intentional. You'll be glad you did - hang out with friends, take care of yourself, take deep breaths, capture moments, and spend time with family.

Cheers to enjoying adulting!





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FREELANCING IDEAS

MAKING MONEY FROM YOUR HOBBY

There is joy in doing what you love in a calm and relaxed environment. This, and the need for more freedom and flexibility in the workplace, is why the idea of freelancing has become popular, especially among the youth. Working from home or in your comfort zone is a major perk of freelancing. It appeals to people who crave a constant change of environment and an opportunity to pursue their passions. Have you been thinking about ways to earn supplementary income through your hobby? Here are some of the top freelancing jobs you can consider:



Writing

Writing is one of the most popular jobs among freelancers. If you possess exceptional writing skills and enjoy putting a pen on paper during your free time, this option should be your top choice. Freelancing allows the writer to hop from one field to another, giving you diverse experiences in various areas. Writing includes content development for blogs, article writing for companies, editing, and proofreading.

Marketing

Looking for a way to channel your social media prowess into a money-making activity? You should consider freelance marketing as a side job. The demand for freelancers in this category continues to increase as the popularity of social media platforms grows. Freelance marketing is not limited to social media publicity as brand development and advertisement creation are also options in this field.

Videography and photography

Do you have a good eye for detail and composition? Do you enjoy taking pictures, making, or editing videos? If yes, you can consider becoming a freelance videographer or photographer. This field allows you to have a flexible schedule while working on projects that suit your style of art.



Graphic design

Companies today need creative individuals to develop graphic content to communicate effectively with their target audiences. This is where graphic designers come in. If you enjoy playing around with color and infographics to create meaningful content during your spare time, then freelance graphic design is for you.

The flexibility that comes with freelancing makes it easier to manage a side job while maintaining a day job. However, if you are thinking about becoming a fulltime freelancer, self-development and practise is important. Also, your credibility, personal brand, online presence, network, pricing strategy and business plan should be developed to have a profitable career.

WEIRD TYPES OF PHOBIAS

You have probably heard the saying, 'Everyone is brave until the cockroach starts flying'. However, have you ever wondered what the phobia of cockroaches is called? *Katsaridaphobia*.

We are all familiar with the common phobias – claustrophobia (fear of closed spaces), arachnophobia (fear of spiders) or cynophobia (fear of dogs). However, have you ever met anyone with a fear for long words (Hippopotomonstrosesquipedaliophobia) or someone who is afraid of the colour yellow (Xanthophobia). There are other types of bizarre but real phobias including:

- ◆ **Nomophobia:** Ever had those mini-panic attacks when you think you forgot your mobile phone at home? Well, feel free to identify yourself as nomophobic i.e. a fear for being out of mobile phone contact. Smartphone addicts experience severe anxiety when they are without their phone, or their battery is low or out of service. Research shows that over 50% of smartphone users suffer from this phobia.



- ◆ **Globophobia:** Simply put, this is the fear of balloons. Can you imagine having this phobia as a child at a birthday party? This phobia is described as the morbid fear at the thought or touch of balloons for fear that it will pop. Celebrity host, Oprah Winfrey suffers from this phobia.

◆ **Decidophobia:** The fear of making decisions. It goes a bit deeper than deciding what to watch on Netflix. People who suffer from this phobia find it impossible to decide on anything. This phobia is often associated with symptoms such as panic, avoidance, nausea, and dry mouth amongst others. They often leave life-changing decisions to family and friends, regardless of the likely outcome.

◆ **Pogonophobia:** Fear of Beards.

TeamBeard Gang, can you imagine if your girlfriend or wife had this phobia? These people have an extreme dislike for beards so as you can imagine #NoShaveNovember is not their favorite month. For them, this fear stems from associating bearded



men with dirty environments or maybe it could be the advice from their mothers not to trust bearded men except its Santa Claus.



◆ **Alektorophobia:** Growing up in Nigeria, chances are that you were chased by a chicken. The phobia for the two-legged, sometimes creepy but oh-so-delicious animal is called

alektorophobia. For an alektorophobe, it does not matter if the trauma happened in real life or merely imagined, what matters is that they break out in bouts of sweat and experience shortness of breath just from the mention of eggs or new born chicks.



Beauty



HOW TO MAKE YOUR MAKEUP LAST LONGER

Okay so you get up early to put your makeup on. You really enjoy the time you have to yourself in the morning. Just you, the mirror, and the fun makeup products you have to play with on your dresser. You have your “feel-good-getting-ready” playlist on and you really take your time to put your makeup on. The commute to work is okay, despite the Lagos traffic. However, during your lunch break you head out for lunch with your colleagues and boom! You are faced with the Lagos heat! Now all your hard work is gone, and your makeup is melting. Poor you. Here are some ways to make your makeup last longer and ensure that even the Lagos heat doesn’t ruin your face beat.

USE LESS MAKEUP

Sorry ladies, in this hot weather the last thing you want to do is cake up your face with a thousand products. Less makeup means less opportunity for makeup to drip down your face. A tinted moisturiser or a cream paired with concealer is sufficient in this hot weather. Using a high coverage and heavy foundation will leave you prone to caking and creasing. This also means cream foundations are a big no no in this weather.



USE WATERPROOF PRODUCTS

Your brow and eye products really should be waterproof if you sweat a lot. If you do sweat a little bit, these products won’t smudge. Sweating and letting your eyeliner run will lead to racoon eyes- not a cute look. Avoid this with waterproof eyeliners, mascaras, and brow pencils/pomades.

INVEST IN A POWERHOUSE PRIMER

Primers do wonders for the longevity of your makeup. They are relatively lightweight, and they really hold your makeup in place. When it’s hot, your T-zone is more likely to get oily. Strangely, your eye lids are too, so invest in a good eyeshadow primer. There are primers for different skin types and a few have SPF in them which is essential to protect your skin.



USE POWDER SPARINGLY. Blot!

Powder and hot skin are not friends. Experts from “The Cut” have stated that powder clings, clogs pores and makes your skin look like it is covered in a film of dust. Pretty funny but it is true. Opt for a blotting paper or a paper towel if you do get oily or a little bit sweaty during the day.



Setting spray. Setting spray. SETTING SPRAY!

Now this is the major key. A good setting spray will literally seal your makeup in place to the point that it'll take a whole lot to remove. It will probably take elbow grease and powerful showers of rain to make your makeup move even a little bit. Makeup artists highly recommend Urban Decay's All Nighter Setting Spray. This product is the holy grail of setting sprays. ALWAYS finish your makeup with a setting spray.

TIPS FOR STRONG AND HEALTHY NAILS

Are you the type of person to regularly visit a nail salon to get a manicure and a polish? Or are you the type of person to bite your nails and pick at your cuticles till they pretty much bleed? Ouch! If you are the latter, there are many ways to take diligent care of your nails and heal the damage that has been done. If you do not physically bite and pick at your nails but you see ridges, dents, or areas of discolouration, keep reading to find your fix.



1. **First, you must note that not all nail conditions are normal.** If you notice a change in colour of the entire nail or a dark streak under the nail, consult your doctor or a dermatologist. Do not ignore these signs!
2. **Practice good nail hygiene** by using sanitized sharp manicure scissors or clippers. Trim your nails straight across then use a nail file to round the tips in a gentle curve.
3. **Take good care of your nail tools.** To sanitize your nail care utensils and avoid the introduction of harmful bacteria underneath the nail, soak them in isopropyl alcohol or methylated spirit for 30 minutes. You can also boil your metal tools for 20 minutes if you do not have isopropyl alcohol.
4. **Do not cut or manipulate your cuticles.** The cuticles are the nails natural barrier to fungus and bacteria, once this is breached, protection is lost. Dermatologists advise that you leave them alone.
5. **Be careful with nail hardeners.** Professionals have recommended that unless your nails are exceptionally weak and fragile, do not use a nail hardener. A lot of these products have not been studied clinically and can actually do more harm than good. Unless the product has been tested clinically, do not use it. Nail hardeners usually contain a high amount of formaldehyde that temporarily hardens your nails, but later cause them to crack easier due to them becoming too hard.
6. **Be careful with your nail polish.** Make sure you read the labels and ensure you are buying a useful product. Many polishes contain toxic chemicals such as dibutyl phthalate, formaldehyde and toluene. These chemicals can cause brittleness, splitting and cracking of the nails.

7. **Always use a base coat and a topcoat.** Always use a base coat before polish application to protect your nails from getting stained by the polish. A base coat will also improve the opacity of the nail polish and make it last longer. As mentioned in tip #5, beware of base coats that claim to be nail hardeners. After you apply your chosen polish, always use a topcoat to have an even longer lasting manicure. This will also give your nail polish a glossy finish.
8. **Do not overdo the acrylic and gel treatments.** There is no doubt that acrylic and gel manicures are long-lasting and convenient. They also make a dramatic difference to the appearance of the hands. However, they are very hard on the nails. The exposure to UV light in the curing device for gel nail polish can damage below the nail and increase the risk of cancer. Scary right? You can still get these treatments done but indulge in them sparingly.
9. **Use cuticle oil daily and moisturize hands.** This is the ultimate key to healthy nails. Too bad it is highly underrated. Most people believe they only need cuticle oil just after their nail appointment, but regular cuticle oil application will transform your nails. It will also keep your manicure looking freshly done. You can buy a good cuticle oil or make your own organic DIY oil using essential oils. The best oils to use are listed in the table below:

TYPE OF OIL	BENEFITS
Jojoba oil (a carrier oil for the essential oils)	This is the closest oil to the human's skin. It has the fewest molecules which makes it easy for the nails, cuticles and surrounding skin to absorb the oil. This means they stay hydrated and the nails are less likely to crack, split or break.
Vitamin E oil (100%)	A great moisturizer with restorative properties. This oil is rich in antioxidants and will help repair nails and give them shine.
Lavender oil	Has antibacterial properties to fight germs that can infect the cuticle. Also strengthens nails and keeps them moisturized
Myrrh oil	Best essential oil for nail growth
Lemon oil	Brightens yellow nails and leaves them looking shiny

10. **Wear gloves when doing the dishes.** Washing your dishes with hot and soapy water without gloves can weaken your nails. Cleaning with harsh chemicals can do this too. Always wear rubber, vinyl, nitrile, or plastic gloves to protect your nails.

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Every Taste Maker's Delight





Wine & Dine



THE EASTER COOKBOOK

EASTER MEAL IDEAS AND RECIPES

The best way to enjoy this period of social distancing is by trying out new meal recipes. Do something different from the usual jollof or fried rice.

Below is a list of tasty meals and recipes that can be explored this Easter. Not only is the food delicious, each recipe has religious significance for each day of the celebration.

Frejon

Total Time: 1 hour 30 minutes

Ingredients

200 g dry brown beans (honey beans)

200 ml coconut milk

4 cups of water

2 teaspoons granulated sugar (to taste)

1 teaspoon ground cloves

Salt to taste



Direction

1. Boil beans until soft and drain the liquid with a sieve.
2. Pour beans into a blender, add 1/2 cup of coconut milk and blend till smooth to paste.
3. Return the mixture into the pot and boil over medium heat for 5 – 10 minutes.
4. Add sugar, salt to taste, cloves and the other 1/2 cup of coconut milk and cook uncovered on low heat until it starts to thicken.
5. Stir occasionally when cooking to prevent it from burning.

Serve with fish sauce and dry garri

**warm,
smooth &
tasty.**



THE EASTER COOKBOOK

EASTER MEAL IDEAS AND RECIPES

Brown Baked Sugar Glazed Ham

Total time: 1 hrs 15 mins

Ingredients

10 pounds fully cooked bone-in ham

2 cups of water

For brown sugar glaze

½ cup brown sugar

½ tbsp. apple cider vinegar

¼ tablespoon ground cloves

2 tablespoons Dijon mustard

¼ teaspoon ground ginger



Direction

1. Preheat oven to 350°. Pour 2 cups of water into a roasting pan. Place the ham on a roasting rack and cover with foil.
2. Prepare the glaze by stirring together brown sugar, mustard, apple cider vinegar, ground cloves and ground ginger in a small saucepan over low heat and simmer.
3. After about 30 minutes baking time, brush some glaze on the ham with a pastry brush and return it to the oven, basting with more glaze every 10 minutes.
4. Remove ham from oven when an instant-read thermometer reads 140°F in the thickest part of the meat away from fat and bone.
5. Let it rest for 15 minutes before carving and serving.
Enjoy!

**warm,
smooth &
tasty.**



THE EASTER COOKBOOK

EASTER MEAL IDEAS AND RECIPES

Lamb chops with roasted potatoes and radishes

Total time: 40 minutes

Ingredients

- 1/4 c. finely chopped red onion
- Kosher salt and freshly ground black pepper
- 5 tbsp. olive oil, divided
- 1 lb. baby Yukon gold potatoes, halved
- 1 lb. small radishes, quartered
- 8 small (about 3/4-inch-thick) bone-in-lamb loin chops (about 2 pounds total)
- 1/4 c. fresh mint, chopped
- 2 oz. feta, crumbled (about 1/4 cup)

Direction

1. Preheat oven to 400°F.
2. Coat a rimmed baking sheet with 2 tablespoons oil. Add potatoes and season with salt and pepper. Roast 10 minutes. Add radishes to pan and roast until potatoes are golden brown and radishes are tender, 14 to 16 minutes.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Season lamb with salt and pepper. Cook to desired degree of doneness, 3 to 5 minutes per side for medium - rare; transfer to a platter.
4. Add mint, cheese, and remaining 2 tablespoons oil to onion mixture. Serve lamb topped with relish and vegetables alongside.



**warm,
smooth &
tasty.**



THE EASTER COOKBOOK

EASTER MEAL IDEAS AND RECIPES

Macaroni and Cheese

This will make a perfect holiday side dish

Total time: 1 hr

Ingredients

- 1 pound macaroni
- 1 cup old cheddar cheese (cut into cubes)
- 1 cup whipped cream
- 1 cup milk
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 eggs
- ½ cup margarine

Direction

1. Preheat oven to 350°F. Grease a baking dish with some margarine. Place a pot of water on the stove top, add macaroni and cook until they are half cooked.
2. Arrange the macaroni and cubes of cheese in a baking dish, alternating between the macaroni and cheese.
3. In a medium-size bowl, mix eggs, salt, whipping cream and pepper. Pour evenly over the macaroni and cheese.
4. Add 1tbsp of margarine at the middle and each corner of the macaroni and cheese. Cover with a lid or foil and bake at 350°F for about 40-45 minutes until bubbly on top.

You can garnish it with chopped veggies, hotdogs, beef or peas to suit your taste.



**warm,
smooth &
tasty.**



HOMEMADE DRINKS FOR THE SEASON



Are you thinking about doing something different this year for your family gatherings and hangouts with friends? Have you considered replacing the usual carbonated drinks with more healthy options? Here are some simple homemade drinks to enjoy with friends and family this Easter season.

Fruit Smoothie

Fruit smoothies are healthy and natural, making them a perfect option to boost energy and satisfy your sweet tooth without worrying about gaining weight. You can also add nuts and dairy products like yogurt, milk or ice cream to your favorite fruits for a nutritious drink.



Ingredients

Preferred fruit(s)

Yogurt, milk, or ice cream (optional)

Steps

You can make this nutritious drink in just two steps

Blend all ingredients until smooth

Add crushed ice and blend briefly (optional)

Alternatively, you can use frozen fruit. This helps to thicken the smoothie.

Enjoy!

Varieties of smoothies

Strawberry smoothies and banana smoothies are some of the most popular varieties. Other flavors include:

Berry smoothies – A blend of grapes, blackberries or cranberries

Green smoothies – A vegan option containing kale, spinach, ginger and cucumber

Your personal flavour – A mix of your favourite fruits



Mimosa

Ingredients

Champagne or sparkling wine (alcoholic or non-alcoholic)

Fresh fruit juice

A slice of cucumber, orange, or lemon

Steps

This is a simple wine and fruit juice combo. This cocktail is very easy to make and perfect for your meals with friends. A classic mimosa is a combination of champagne and orange juice in a 50/50 ratio. The drink is traditionally served in champagne flutes to preserve bubbles for a fizzy feel.

Mimosas are prepared in a few easy steps
Slowly pour the champagne or dry sparkling wine in your champagne flute
Add the orange juice (the ratio of your wine to fruit juice can be adjusted to suit your taste)
Garnish your drink with a slice of lemon, orange or cucumber
Drink up!

Varieties of mimosa

Poinsettia – A cranberry and champagne cocktail

Hawaiian mimosa – A pineapple and champagne cocktail

Strawberry and grape fruit mimosa

Others flavours include: apple cider, berry and pear nectar mimosas

Mojito

This classic cocktail is refreshing, easy to make and perfect for parties and relaxing with friends. The light and minty taste of a classic mojito also makes it a top choice for cooling off and enjoying some alone time.



Ingredients

Fresh limes

Sugar or sugar syrup

White rum

Mint leaves

Crushed ice

Steps

Put the mint leaves, lime slices and sugar in a sturdy glass

Muddle to release the juice (try to avoid crushing the leaves too much)

Fill the glass with crushed ice

Pour the rum over the ice

Stir gently and garnish your drink with extra slices of lime and mint leaves

Enjoy!

Varieties of mojito

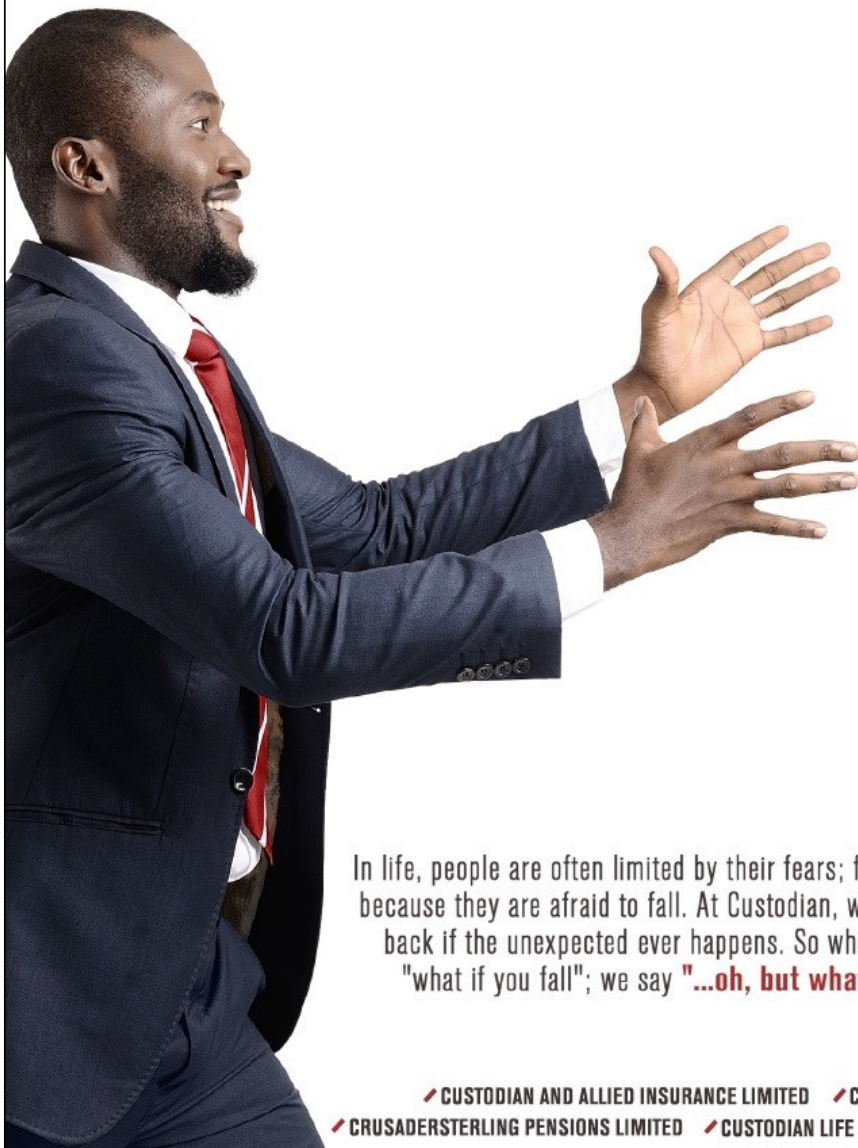
Berry mojitos – Made with cranberries, raspberries, blueberries or grapes

Tropical mojitos – A mix of mango, pineapple or passion fruit

Other exciting flavours include orange, coconut and strawberry mojitos.

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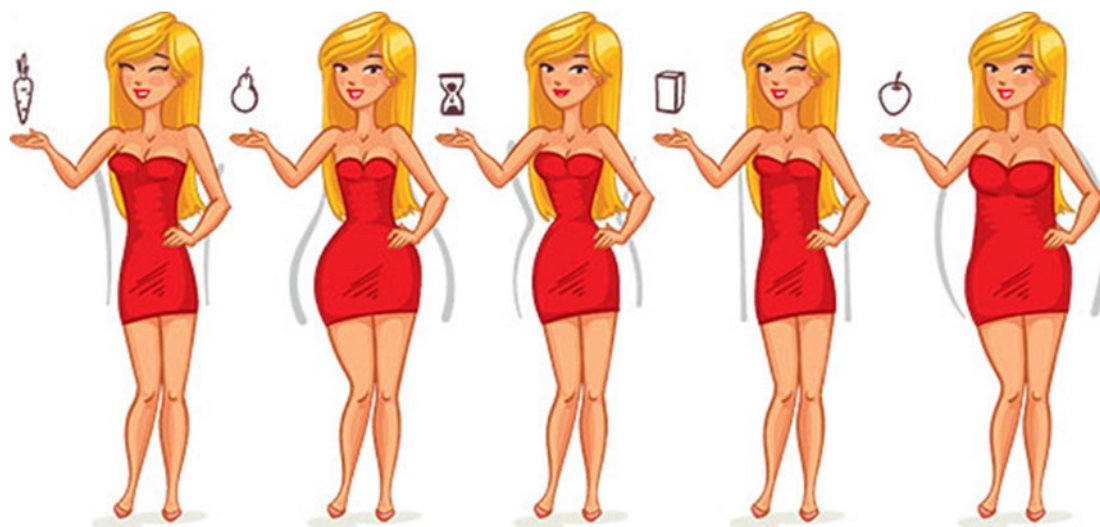


Fashion & Style



STYLING YOUR BODY SHAPE

As women, we all have different body types. Your body type is essentially the outline of your structure. You may also call it your body silhouette. It is important to know and understand your body type to style yourself correctly. We all want to look good in our clothes. So we've got to pick clothes that sit proportionally and enhance our silhouettes. Here is a concise summary of the different body types and some styling dos and don'ts:



The "Carrot" or Inverted Triangle body shape

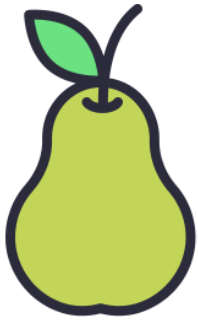
Of all the body shapes, this is the most athletic. If this is your shape, your shoulders are much broader than your hips. Therefore, you want to enhance your arms and shoulders while adding definition to your hips.

Dos:

- Peplum tops, wide-leg or flared trousers, A-line skirts, draped belts, V and sweetheart necklines

Don'ts:

- Patterned tops, turtlenecks, tapered trousers, full sleeves, double breasted jackets, shoulder pads, shapeless floaty dresses, elaborate necklaces



The "Pear" body shape

The widest part of your body is your hips. The lower part of your body is physically bigger than your upper body. When styling this body shape, you want to accentuate the top half of your body to balance out your figure.

Dos:

- Structured or crop jackets, A-line skirts, optical illusion skirts/dresses, ruffled tops, straight or boot-cut trousers, plain colour bottoms, dark coloured bottoms

Don'ts:

- Capri pants, pleated skirts, miniskirts, big prints on top, printed trousers

The "Hourglass" body shape

This is the most balanced of all the body types. The top and bottom parts of the body are proportionate with a well-defined waist. If this is your body shape, you definitely want to flaunt it so you must choose well-balanced clothes. Your clothes should sit well at your curves and accentuate your waist.



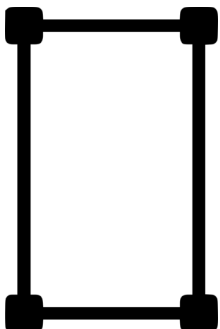
Dos:

- Dresses that cinch at the waist, V necklines, waist belts, jumpsuits, tailored blazers, pencil skirts, wrap dresses, wide-leg trousers, simple jewellery

Don'ts:

- High-neck blouses, clothes with stiff fabrics, baggy clothing, tapered trousers, big belts, pleated skirts

The "Rectangle" body shape



If this is your body shape, there is a similar width throughout your body from shoulders to waist. Your body is well balanced from your shoulders to your hips. To style your shape correctly, you want to show off your arms and legs. You also may want to create more curves.

Dos:

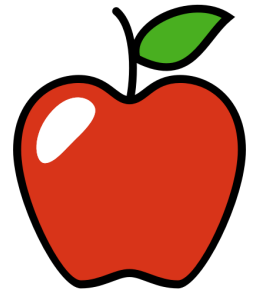
- A-line skirts, bold patterned clothing, long jackets, strapless dresses/tops, sweetheart necklines, ruffled tops, shape wear that provides shape to the waist

Don'ts:

- Very tight clothes, narrow skirts, crop tops, boxy jackets, baggy clothing, clothes with vertical lines

The "Apple" body shape

If this is your body shape, you carry weight in your middle section with a slim lower body. Your upper body is slightly smaller than your lower body, due to your broad shoulders and bigger bust line. Therefore, to style your shape correctly, you want to draw the attention away from your midriff. You should show off your legs and wear clothes that accentuate the bust.



Dos:

- Flowy tops, flared trousers, V and low necklines, shift dresses, tops ruched in the middle, straight jackets/coats, straight-leg trousers, shape wear for torso

Don'ts:

- High-waist trousers, high necklines, pleated skirts, tight T-shirts or tops, waist belts



Movies & Sports



MOVIES TO ENJOY THIS EASTER

The Covid-19 pandemic has disrupted several sectors including the entertainment sector. A fallout from the outbreak is the postponement of several movies initially scheduled to be released during the Easter break. As most of us have been confined to our homes for health and safety reasons, there is no harm in driving down memory lane and having fun while at it. Here is a mix of hit movies you can re-watch this Easter with family, friends and loved ones.



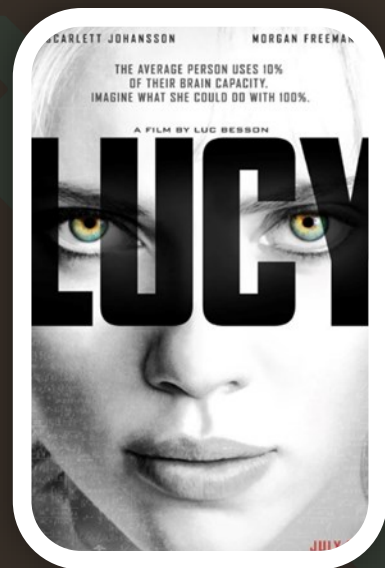
Baby's day out (1994)

Genre: Drama/Crime

Three confused crooks pose as photographers to kidnap the son of a millionaire. However, it turns out that the baby is smarter than them.

Main cast

Joe Mantegna, Lara Flynn Boyle, Joe Pantoliano, Brian Haley



Lucy (2014)

Genre: Thriller/Action

Lucy finds herself entangled in a drug operation drama. The drug, which was placed in her stomach, burst and she began experiencing heightened brain capacity.

Main cast

Scarlett Johansson, Morgan Freeman, Choi Min-sik, Amr Waked



Kingsman – The secret service (2015)

Genre: Crime/Sci-Fi

After losing his dad at a tender age, Eggsy faces numerous problems until he is recruited as a spy in a secret service organization his father was once a part of.

Main Cast

Colin Firth, Samuel L. Jackson, Mark Strong, Taron Egerton
Michael Caine



Fast & Furious 8 (2017)

Genre: Crime/Thriller

Dom meets a strange woman, Cipher, who gets him twisted in the world of terrorism. His crew unites to save him.

Main cast

Vin Diesel, Dwayne Johnson,
Jason Statham, Michelle Rodriguez,
Tyrese Gibson



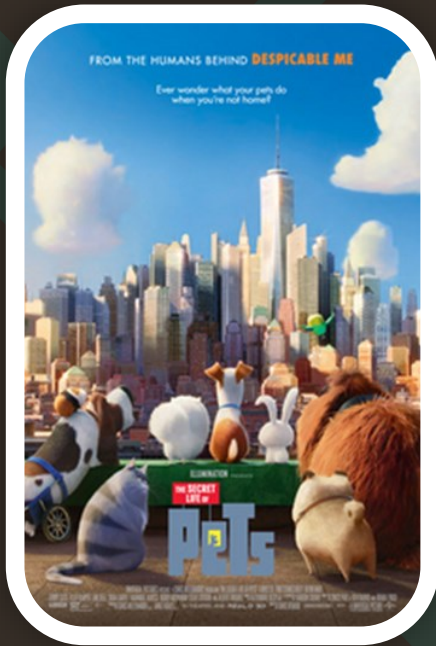
Night School (2018)

Genre: Comedy

Teddy Walker, a successful salesman ends up blowing up his place of employment. He is forced to take his GED at a night school where he realizes he has a second chance at life.

Main Cast

Kevin Hart, Tiffany Haddish, Rob Riggle, Romany Malco



The secret life of pets (2016)

Genre: Adventure/Comedy

Max adopts a furry canine, who gets jumped by some ferocious alley cats. A bunny, snowball, comes in to save the canine and in turn demands that it joins his gang of pets to fight humans who have treated them badly.

Main Cast

Eric Stonestreet, Kevin Hart, Jenny Slate, Ellie Kemper, Lake Bell



Think Like a man (2012)

Genre: Romance/Comedy

A group of men were upset when they found out that their women were using relationship advice from a book by Steve Harvey. Seeing that they have been betrayed by the writer, the men decided to turn the tables to their favour.

Main Cast

Jerry Ferrara, Meagan Good, Regina Hall, Kevin Hart, Terrence J, Taraji P. Henson, Romany Malco, Gabrielle Union

The parent trap (1998)

Genre: Drama/Comedy

A set of identical twins are separated after their parents divorce. They begin different lives but years after reunite at a summer camp. The twins switch places and join forces to bring their parents back together.

Main cast

Dennis Quaid, Natasha Richardson, Lindsay Lohan





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LIVERPOOL FOOTBALL CLUB, BACK ON ITS PERCH?

When legendary coach Sir Alex Ferguson arrived at Old Trafford, he said his greatest challenge would be to "knock Liverpool right off their perch". And he did just that, winning 13 titles in a space of 21 years and also eclipsing Liverpool's record haul of 18 league titles, before retiring. Mission Accomplished!!! For the Merseyside reds, the only thing that hurt more than their own failures was seeing Manchester United flourish.

There was a running joke - Liverpool Football Club (LFC) at the top of the table is like an elephant on top of a tree. You do not know how it got there, but as sure as death and taxes, you know it will come crashing down sooner or later. Last season's remarkable second place finish served to further underline this view. With just a single defeat and 97 points garnered, LFC somehow contrived to not win the English Premiership. To put that points total in context, it would have been enough to win every English premiership trophy since LFC last won the league in 1990 - barring Manchester City's centuries of 2017/18. It was simply inconceivable that a team could amass 97 points and still fall short - which only made Manchester City's title run all the more astonishing.



Perennial underachievers - often close but always seeming to slip-up (pun intended) on the edge of glory. Even success in Europe failed to gloss over domestic failures. They say it's not the despair that kills you, it's the hope. The sense of entitlement on the part of the fans who seemed to think that every year was their year - but needing to conjure up excuses by mid-season.

Nonetheless, the 2019/2020 season will be remembered for how LFC emphatically buried its recent history of domestic shortcomings. 30 agonizing years of not just toiling for glory but also watching helplessly as "the old enemy" knocked it off its perch as English football's dominant side. It took over four years for Jurgen Klopp to fine-tune this well-oiled machine that comes out swinging a great gleaming scythe and tears down every one - well almost every-one - in its path. Klopp-style Rock & Roll football - pace (lots of it), power, pressing and utter ruthlessness - with emphasis on team play. It isn't always easy on the eyes but it has been nothing short of devastating in its effectiveness.

LFC won an unthinkable 27 of its first 29 games this season, drawing at Old Trafford and then



finally losing at Watford on Match day 28. While they may still be on course to break the "points" record of 100 set by Manchester City just two years ago, relief was palpable in certain parts of North London as the Reds came dangerously close to surpassing the "invincibles" of 2014. As a matter of fact, they already have more wins than the 26 Arsenal FC managed in their run. A runaway train, 22 points ahead with 9 games to go - surely they will be crowned champions, perhaps even in record time. Win the next two games and they would be officially crowned champions. A title party before Easter - Manchester City may have to give the new champions a guard of honour at the Etihad - a fitting way to end a 30-year wait.

Ironically, in arguably one of their best performances of the season, they were booted out of the Champions league by Atletico Madrid. A profound contrast of styles and fortunes saw their utter dominance in almost every aspect on the pitch undone by what some would refer to as a footballing heist. Anyway, EPL glory would now have to make do as "scant consolation".



It all seemed to be already written in the stars. The prospect of Liverpool not winning the league is unthinkable - or so we all thought. That was before football, and everything else for that matter, came to a grinding halt. The coronavirus pandemic is wreaking havoc across the globe and sporting events have been either postponed or cancelled outright. The English Football Association (FA) is considering restarting the league by June. That is only if the threat of the COVID-19 pandemic is completely eliminated by then. However, in the event that it isn't, the options before it at this time are to simply wait out the pandemic and resume when it's safe, or declare the season null and void.

The problem with the first option is that it is likely to disrupt next season's timetable. The second option would perhaps be the gravest injustice in footballing history. Can you imagine waiting 30 years to win a title and the season is declared null and void? I can't either. No one can. It has never happened before. Hopefully it doesn't. If the heavens have a sense of humour, then they are probably having a laugh at LFC's expense. I suspect they do. Oh and they are probably also winking at the teams fighting for survival as the relegation battle is looking like it could be the stiffest in years. The second option would likely mean they all live to fight another season.



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