

# Relaxnomiks

## *Post Vacation Blues*



# NOTE FROM THE PUBLISHER

*Welcome to the latest edition of the Relaxnomiks!*

*Right from the start of this year, we were all taken by surprise. The COVID-19 pandemic has proven to be no easy feat and has made 2020 a year for adaptation and survival. Several countries have been affected by the virus, and Nigeria has certainly not been spared from the heat.*

*Due to the effects the lockdown measures, GDP contracted sharply (-6.1%), unemployment rose (27.1%) and inflation skyrocketed to 13.71%. Citizens are also under pressure following increases made to living costs (PMS pump price and electricity tariff hikes). However, being reminded each day of the gruesome statistics only serves to increase fear and hurt our mental health.*

*That's why we bring you this issue of the Relaxnomiks, packed with all you will need to ease your tension and focus on the present moment. The safe spots you could visit, recipes you could prepare and Netflix shows you can binge are sure to make for light-hearted read.*

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

*Enjoy your read!!!*



*Bismarck J. Rewane*



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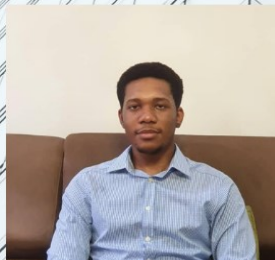
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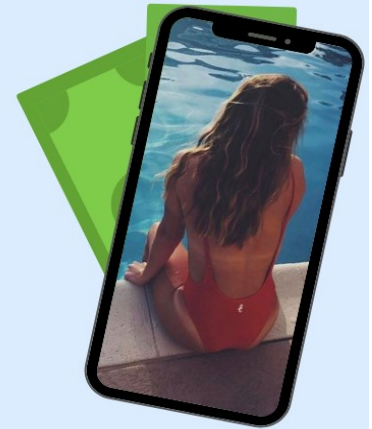
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# THE SWIMSUIT SAGA – THESE STUDENTS MADE \$600,000 IN 24 HOURS



*Good marketing, they say makes the company look smart. Do you know that smart social media marketing choices ups your chances of making optimal sales? Let's take a typical example of the two students that made a whopping \$600,000 in just a day.*

## *Here's the trick;*

*They promised everyone who reposted the item a "free" swimsuit, with just a shipping charge of \$12 (retail value \$64.99) and in 24 hours.*

## *Reaction*

- Their Instagram followers jumped to 784,000 from about 7,000;*
- More than 346,000 took part in the sales which led to the students capping production at 50,000 units;*
- And they refunded \$73,000.*

*Basically, the two students generated more revenue in one day than many businesses did in 2020 with only an Instagram post and \$0 ads.*

## *Facts and Maths*

- The students don't manufacture swimsuits, so they must have sourced the products online*
- For instance, if an online retail store sells its swimsuit for \$6.10/unit (for orders over 100) and they can negotiate for a better deal say \$3/unit given that they are ordering 50,000 units*

- *You can ship a seven-ounce package across the U.S. for about \$3.21 via USPS First Class*
- *Factor in \$0.50 for packaging/branding and \$0.70 for payment processing fees and that brings total costs to \$7.41*
- *Estimated profit = \$12 - \$7.41 = \$4.59/unit*
- *Estimated profit = \$4.59/unit \* 50,000 = \$229,500 in 24 hours*

### *Why it worked*

- *The magic word was “Free” – When life gives you free stuffs, take it and run!!!*
- *Urgency sells - If “free” grabs the audience’s attention, limited time offers give them no choice but to respond*
- *The appealing image that was posted grabbed the attention of the audience also – Warm weather, swimming pools and an exciting swimsuit color (Red)*

*The example of these students show that you can make a lot of money from selling merchandise online with a smart advert strategy. Smart work they say is better and more profitable than hard work.*

# Banana Island

## Home of the Nouveau riche

*You want to know where the billionaires in Lagos are, then drive to banana Island...oh wait...not just anyone can get access. So let's take you on a tour to the piece of heaven in the middle of noisy Lagos.*

*Banana Island which was completed in 2000 and got its name from its distinct shape, is home to Nigeria's richest and well known families. It has a quiet and peaceful atmosphere compared to the clamor and crowds of Lagos. The 1.63-million-square-meter sand-filled island is about five miles east of Tafawa Balewa Square, the commercial and ceremonial heart of Lagos. It also shares borders with Parkview Estate amongst others.*



### **Price range**

*You don't need a soothsayer to tell you that houses in Banana Island will cost a fortune. Typically, in Nigeria, real estate prices are based on the value of the land and this also applies to houses in the luxury estate. A square meter, depending on the area in the estate sells for about N400,000 (\$1,052). The price of a detached house, which rarely comes on the market starts from N1bn (\$2.63mn), a four-bedroom, single-family terrace/townhouses that are on average 400 square meters generally range from N350mn - N500mn, while a six-bedroom detached house of about 2,600 square meter could sell for about N4bn - N5bn (\$10.53mn - \$13.16mn). However, if you're renting an apartment, be sure ready to pay a whopping N25mn - N30mn annually.*

## *Amenities and high-tech infrastructure*

*The island has three prominent condo developments: Ocean Parade Towers, Bella Vista Towers and Lakepoint Apartments. Of the three, Ocean Parade is considered the most sterling, due to amenities such as tennis courts, an Olympic-size pool, two gyms and children's play area. Some apartments buildings also come fully stocked with a fitted kitchen, walk-in wardrobes, standby generators, intercom systems and security surveillance systems.*



*Also in the luxury estate, the electrical and water systems are underground, there's a central sewage system and treatment plant as well as street lighting and satellite telecommunications networks.*

## *Who lives here*

*Simply the wealthiest people! They range from expatriates that work for multinationals, billionaires such as Mike Adenuga (Owner of Globacom), Paul and Peter Okoye (Musicians), Linda Ikeji (Blogger/businesswoman), Sayyu Dantata (Son of one of the wealthiest man in West Africa), Davido (Musician), Aliko Dangote (Business man/Richest man in Africa) amongst others.*

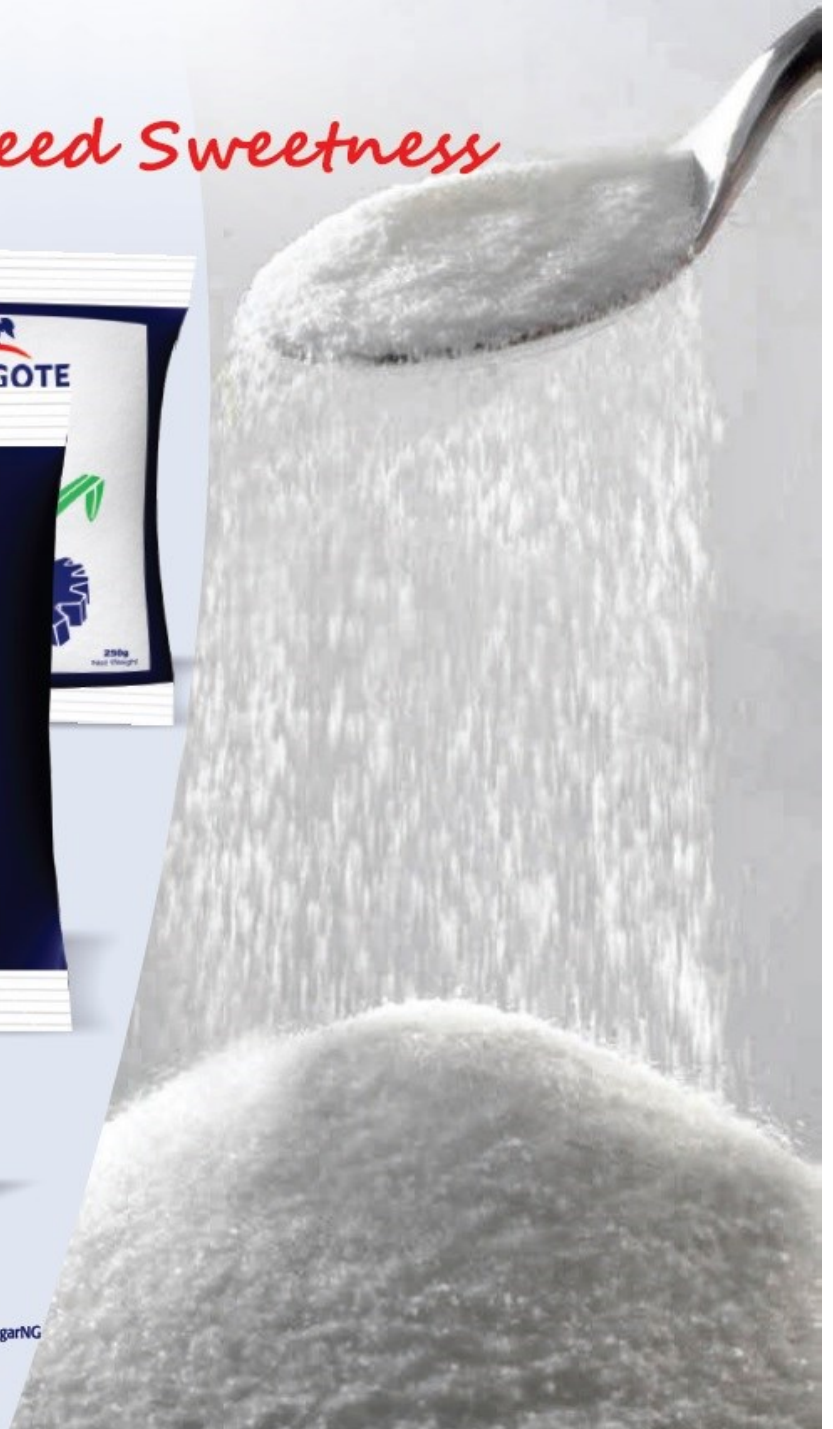






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# Covid Wedding vs Normal Wedding



*We know when it comes to weddings, Nigerians do too much. Before the pandemic, Saturdays were not the same without Nigerian weddings and the legendary party jollof rice. But now, the pandemic has caused many to postpone their weddings or result to a small wedding (so un-Nigerian).*

*The good news is that people are gradually getting back in the game of the big Nigerian weddings, so there is the need to be extra careful and ask as many questions as possible before agreeing to attend a wedding. Remember your health and safety comes first.*

*So here are few things you need to know before saying yes to that wedding invitation:*

- ***Be nosy – Ask questions***
  - *Is it an outdoor or indoor wedding?*
  - *The number of guests the couples are expecting?*
  - *Will there be hand sanitizers?*
  - *Will masks be provided?*
  - *What is the ventilation like?*



- *Keep your distance*
  - *If the event characteristics sound risky or beyond your comfort levels and you feel you still need to attend, then you can stand in the back and watch from a distance. If you also don't have to be physically present, you can ask for a virtual option. One of the riskier parts of a ceremony this period is often the reception, when alcohol flows and boundaries blur, so be careful.*
- *Politely decline*
  - *There's no shame in telling a couple you cannot attend their wedding, remember health comes before etiquette.*





# Coffee Tasting

## The New Sport



### Quiz: How well do you know your coffees?

*Think you're a coffee aficionado? Put yourself to the test!*

*Whether you enjoy an instant coffee at work, a flat white in a café or a dalgona coffee at home, we have a quiz to put your knowledge of coffee drinks to the test.*



1. What's a cold-brew coffee?

- A. An Americano with ice cubes added towards the end and then left to chill
- B. Coffee that's slowly brewed with cold water
- C. Espresso and ice blended together

*The clue's in the name: it's coffee that's made with cold water, but because it's cold, it takes ages to brew – we're talking around 12 hours here. Not one to make in a rush.*



2. What is this contraption called?

- A. Cezee
- B. Creve
- C. Cezve

*It's a cezve. Its purpose? To make a Turkish coffee that sees very finely ground coffee added to the long-handled pot, along with water and sugar (if desired). It's brought to a boil and froths up, and is then poured straight into a cup without filtering the coffee granules (well, powder) out first.*



*3. What's the difference between a latte and a flat white?*

*A. A latte starts with espresso and has steamed milk added, a flat white starts with steamed milk and has espresso added*

*B. A latte is a double espresso with microfoam added, a flat white just has one shot of espresso with microfoam*

*C. A latte is an espresso with steamed milk and foam, a flat white is espresso with steamed milk*

*These milky coffee drinks are very similar, so what separates them? Well, they both have shots of espresso with milk added, but the difference is the way the milk is heated up.*

*A latte sees a shot (or two) of espresso have steamed milk added to it and then a small amount of foam placed on top.*

*A flat white also has steamed milk added to espresso, but the milk is heated in a way that creates very small bubbles (microfoam), which are said to make it velvety. No layer of foam is placed on top.*

*Still can't tell the difference? A flat white tends to be smaller and stronger and has less milk.*

4. You're looking at a dalgona coffee, but what's it made of?

- A. Espresso, cream, sugar and water
- B. Instant coffee, cream, sugar and water
- C. Instant coffee, milk, sugar and water



To create dalgona coffee you need an electric hand-whisk to fluff up the sugar, coffee and hot water, then once it forms stiff peaks you add it to milk.

Yep, despite appearances, there's no cream in here. And you're really going to want instant coffee powder rather than a fancy filter/espresso coffee to make this sweet treat.

5. What type of coffee are you looking at here?

- A. Affogato
- B. Mocha
- C. Frappe



It's an affogato, which is half-drink, half-pudding. It involves a shot of hot espresso being poured onto a scoop of ice cream (which tends to be vanilla but can be chocolate). A creamy, indulgent end to a meal.



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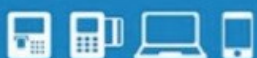
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9. There's a ristretto in front of you, what does it look like?

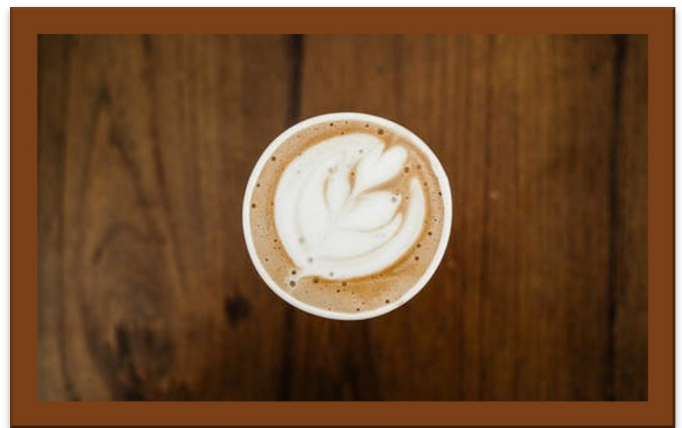
- A. A smaller version of a Frappuccino
- B. A smaller version of an espresso
- C. A smaller version of a cappuccino

It's one of the smallest coffee drinks you can order, and at its tiniest is about half the size of an espresso. It is a highly-concentrated version of the already strong drink – same amount of coffee, smaller amount of water. It packs a punch!

10. How does a long black differ from an Americano?

- A. A long black has espresso and water combined at the same time and an Americano has water poured over espresso
- B. A long black has espresso poured over water and an Americano has water poured over espresso
- C. A long black has water poured over espresso and an Americano has espresso poured over water

All the options sound very similar, right? Well, they are, but an Americano starts with a shot of espresso before hot water's added, while a long black starts with hot water which then has espresso added to it. Ten extra points if you can tell the difference when drinking it.





6. *What alcohol do you put in an Irish coffee?*

- A. *Stout*
- B. *Whiskey*
- C. *Irish cream liquor*



*For a hot drink that warms the cockles, you can't go wrong with an Irish coffee, which combines a shot of whiskey with your regular coffee. Other nations have their own liquor coffee, with Grand French being made with orange liquor and an Italian coffee being made with amaretto.*

7. *If you were being served a doppio, what would you be about to drink?*

- A. *Three shots of espresso*
- B. *Two shots of espresso*
- C. *A half-shot of espresso*



*Two is the magic number here, it's also – unsurprisingly – known as a double espresso.*

8. *What's a red eye?*

- A. *An espresso shot mixed with brewed coffee*
- B. *Brewed coffee made with double the amount of coffee beans*
- C. *A triple espresso*

*The American drink sees a regular filter coffee have a shot of espresso thrown into the mix. Why? Well, as you can probably tell from the name, it gives a larger amount of caffeine per cup. So if you're tired but don't want to be, it might be the coffee you reach for!*

# 7 habits to cultivate your inner charm



*Charming people are very likeable. I mean, what's not to like? They exude an aura that just draws everyone in and have the innate ability to make everyone feel special. Although some argue that such personality is a genetic trait, there are certain habits that charming people have in common that are possible to learn and cultivate.*

*Here are 7 tips that can help you cultivate your inner charm and be more appealing to people.*

## **1. Give your undivided attention**

*One thing charmers have in common is that they give their undivided attention in whatever conversation they may be engaged in, and this means that they are not constantly checking their phones or making themselves the center of*

*the conversation.*

*Practice!*

*When talking to people, turn your notifications off and keep your phone out of sight. This way you can be more present and genuinely interested in the conversation.*

## **2. Give positive reinforcement**

*In an interaction, charmers are sure to say something positive about the other person. This could be about things that they may have forgotten or that they take for granted.*

*Practice!*

*Make it a point to praise the strengths of the people you interact with. It will make them want to know more about you and make for a more fulfilling conversation.*

*Talk about yourself when asked*

*Centering a conversation on oneself is simply conceited and inconsiderate. Rather, listen more and only speak about yourself when asked to or*

*when it is relevant to the topic being discussed.*

*Practice!*

*Be sure not talk about yourself all the time. However, when asked to, give a thoughtful response that highlights your passions.*



### ***3. Always follow through***

*“But” is not in the vocabulary of charmers, they always do what they say they would. It is important that you keep your word, and this will make you even more respectable.*

*Practice!*

*Do not make promises that have a possibility of not being fulfilled.*

### ***4. Don't be afraid to be vulnerable***

*Although it can be scary, being vulnerable deepens trust in relationships and creates intimacy. This is a habit that makes charmers more connected with others.*

*Practice!*

*You can do this by sharing an imperfection or your biggest fear or simply admitting to a past mistake.*

### ***5. Be curious about the other person***

*Charming people are curious (not in a creepy way) about who they interact with, and this shows that they are genuinely interested and makes them more likeable to others.*

*Practice!*

*Ask open-ended and thought-provoking questions that will allow others to express themselves freely.*

### ***6. Help others willingly***

*The last habit here is to be proactive about helping people. Charmers are great at helping people without expecting anything in return. This makes others appreciate them more.*

*Practice!*

*Be happy to help others even when you know that they cannot return the favor. This would even make for a happier and more fruitful life.*

*When these habits are cultivated, you won't have let others know that you're charming. Your actions would do the talking.*

# Four Facts that Sound True but Are Not



## 1. Alcohol warms up the body.

*Not only is the belief that alcohol raises body temperature untrue, but it can also radically increase the loss of body warmth. While the liver absorbs alcohol, it gives off heat creating a warming sensation while the body temperature falls. So whenever you hear people say alcohol warms up the body just know it's not true.*

## 2. Popping joints causes arthritis

*Many parents scold their children for cracking or popping their knuckles believing it will lead to arthritis. This statement is very untrue; cracking knuckles has neither a positive nor a negative impact on the body. Knuckle cracking does not cause arthritis. The sounds you hear when cracking knuckles are just synovial fluids moving around in the joints and causing gas bubbles to escape.*

## 3. Do humans use only 10% of our brain?

*Various movies have continued to spread the assumption that we only use 10% of our brain capacity. According to these movies, if we can unlock the remaining 90%, we would unlock innate power and have the ability to move things with our minds. According to a neurologist at Johns Hopkins School of Medicine, humans use practically 100% of the brain almost 100% of the time. Although it would be fantastic if we had the potential for telekinetic abilities but it is just a big misconception.*

## 4. Reading in darkened areas damages the eyes.

*It is a common belief that reading in very dim lighting will damage the eyes and cause people to wear glasses. However, this is just a myth; reading in the dark only strains the eyes and does not damage eyesight in any way.*

# Media Influencers & Comedy Skits The New Goldmine



*As the world continues to shift towards a more technology-focused society, the fight to stay relevant in the workforce becomes more challenging each day. This is because, various jobs are becoming redundant. However, the advancement of technology has led to the creation of jobs that no one would have considered a few years ago. Some*

*of these jobs include social media influencers and comedy skit creators.*

*In the digital world we live in, businesses must have an online presence to reach their target market and tap into new market opportunities. As a result of the need to have an online presence, the only way businesses can effectively increase their market share or tap into new market opportunities is to have online users that can easily persuade others into buying their goods or service. This is where social media influencers come in. Influencers are one of the easiest ways for businesses to reach their target market because they already have an established reputation. In more developed economies like the US, the need for social media influencers is increasing rapidly with the influencer marketing size growing from \$1.7 billion in 2016 to \$6.5 billion in 2019. Also, 380 more influencer marketing-focused platforms entered the market in 2019. Bloggers make \$175 to \$5,000+ per post, Instagram influencers make \$75 to \$3,000+ per image and video influencers make \$500 to \$5,000+ per video. For developing economies, like Nigeria, the use of social media for advertising and marketing is becoming more rampant, and the need for online influencers is increasing just as fast.*

*Comedic skit creators are also becoming more common in Nigeria. Because of the increased use of social media, people have shifted from television to online platforms as a means of entertainment. As a result, comedians have to create short videos, called skits that convey content that is enjoyable on social media. This has also created an opportunity for people to enter the comedy industry. Although it is unclear how much Nigerian media influencers make from their videos, it is evident that these skits have given them a great start into the comedic career.*



*So technology and social media are not solely negative and not everyone you see scrolling or pressing their phone is idle. Social media has provided an excellent opportunity to earn more than enough through careers that would have been unthinkable a few years ago. So if you are having an issue figuring out what careers you can delve into, why not look at social media influencing and comedic skit creating (that is if you're funny).*

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# Baratheon Boar Ribs inspired by Game of Thrones

## Ingredients

- 32 ozs pork/lamb/beef ribs
- ½ cup of red or white wine
- 3 tbsp. apple cider vinegar
- 4 tbsp. local honey
- ½ cup white onion (or pearl onion), chopped
- 7 whole cloves garlic
- 1 tbsp. sage
- ½ tbsp. paprika
- ½ tbsp. red pepper flakes
- 2 tbsp. olive oil, for searing
- 2 bay leaves (optional)
- Salt and pepper, for taste



## Instructions



- 1. Separate the ribs so each bone contains an even amount of meat on each side. Season with salt and pepper. In a skillet over high heat, add the olive oil then sear the ribs on each side until browned, but not completely cooked through.*
- 2. Remove the ribs from the skillet and set aside. In the same skillet over medium heat, add the onions and whole cloves of garlic with a drizzle of olive oil. Sauté until the vegetables begin to caramelize which should usually take about 10 minutes.*
- 3. Pour in the wine, apple cider vinegar and bring to a simmer. Next, add the sage, thyme, paprika and red pepper flakes (and bay leaves if using) and finally season once again with salt and pepper.*
- 4. Place the ribs back into the skillet with the sauce. Simmer over medium to medium low heat for about one hour until the ribs have cooked through. Be sure to turn about every 10 minutes to ensure even cooking.*
- 5. Plate the ribs then pour the remaining sauce in the pan over the ribs. Serve alongside Winterfell root vegetables. Celebrate the King of the North!*

# Back-to-online School Tips



*With the pandemic still raging, it is clear it will be a while before learning goes back to normal. The introduction of online classes half-way through the semester posed numerous problems for both students and teachers due to poor network issues, rigid time schedules and inconvenient test practices. Now, a new semester dawns and excuses won't be as viable as they were the previous semester.*



1. *Log into classes as soon as possible: A standard rule which people abide by even in normal classes is arrive early to class. Always ensure you log into your online classes some minutes before the actual class starts in case any unforeseen hiccups arise that need to be resolved.*



2. *Get organized – and stay organized: Create an orderly learning space to do schoolwork. Be sure you have room for your books, computers, pens, paper, and other supplies. Create electronic folders for each class on your system and in your school's email program. Also remember to use the school administered virtual planner to achieve maximum time efficiency.*



3. *Establish a flexible routine: Just because classes are now held online, it doesn't mean you can ignore class schedules. You need to have a set routine that will allow you to keep track of your schoolwork.*



4. *Eliminate distractions: One's home can be brimming with temptations and distractions, from Netflix to social media, game consoles and dishes piling up in the sink. There will be several intrusions that can easily derail your studies, but a great student knows how to effectively balance these distractions or mute them out completely, and set aside time to focus.*



5. *Treat an online course like a "real" course: It's all about the discipline to sit down and say, "I am going to work on this," as well as the dedication to actually follow through. With enough motivation and enough practice, an online course is not just about sit through the about actively participating in each class.*



6. *Keep in touch with your lecturers and fellow students: Even with all the school administered timetables and planners, you can never be too sure of what may happen. To best prepare ahead for any unforeseen events, send an email, call your lecturers or class president every week to ensure you know of any developments in your course of study.*



7. *Take regular breaks: This should be obvious; the average human can't go for extended periods of time sitting at a computer without fatigue, if you can arrange your work day, identify the hours you are most productive and center your day around them.*





# Lounging in the Lagos Metropolis

*Let's be honest, we could all use a break. Unfortunately, the uncertainty surrounding the safety of air travel makes hopping on a plane not the best choice right now. However, you can take a little drive to some of the beautiful spots and resorts right here in Lagos that are sure to help you and your family (or a few friends) relax and have fun. These locations are also committed to providing safe environments by keeping to COVID-19 prevention guidelines. So be rest assured that you will be in safe hands.*

## 1. Jara Beach Resort



*Hidden away in the serene environment of Eleko, a clean and beautiful beach front, exquisite en-suite bedrooms, leisure amenities and delectable international and local cuisine await at the Jara Beach Resort. Guest temperature tracking, separation of dining tables and deck chairs, and a 15 overnight guest limit are*

*a few of the COVID-19 preventive measures carried out here.*

*More info available here: <https://www.jarabeachresort.com/>*

## 2. La Campagne Tropicana

*Yacht and water scooter rides, pool volleyball, and a stocked bar are just three of the several fun activities that can be enjoyed on this private beach. The resort also provides African-themed chalets, each at different price points for guests that choose to stay overnight. COVID-19 prevention protocols in-*





clude the installation of hand washing areas at strategic points in the resort, an upgrade of cleaning procedures, and a guest limit of 20 per day.



More info available here: <https://www.lacampagnetropicana.com/>

### 3. Clear Essence California Spa & Wellness Resort



If you are looking to be pampered, this location is the place for you. Not only are spa treatments available, but also modern and well furnished rooms at different price points for those guests that prefer an extended stay. They have put in place several measures to ensure the health safety of their guests: the resort frequently sanitizes high-touch surfaces, periodically disinfects and fumigates, and has installed automatic hand sanitizer dispensers at many points in the resort.

More info available here: <https://www.cleaessencecaliforniaspa.com/en-us>





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# Weekend/Day-off De-stress Routine

Have you noticed that working from home is more intense and stressful than working in the office? People tend to overwork when working from home. Weekends were the favourite days of the week because we were not required to be in the office, but with remote work becoming the new normal, it is difficult to separate business from leisure.

*All work and no play they say makes ... a dull child*

Here are tips to incorporate into your days off or weekend to help you relax and feel rejuvenated for your next work day.

**Let's get the "do not's" over with first.**

1. Don't work and relax in the same space

Studies have shown that we associate a space with the activities we perform in that space the most. For example, if you tend to work in bed most of the time, it would be very difficult to fall asleep in that bed. So a separation of work and relaxing spaces from your general space is crucial for an effective work-life balance. Tip: Take your work out of your room, or have a designated work area.

2. Limit exposure to screens

It's easy to think that watching TV or movies all day is a proper way to relax, but it is actually the contrary. Prolonged exposure to screens actually increases the chances of poor cognitive functioning, blurred vision, and headaches. That just refutes the whole point of relaxing, doesn't it? Yes, you can watch a few episodes of your favorite show on your day off, just don't overdo it.

## *Here are the positives*



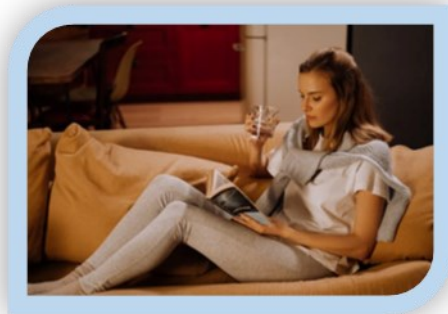
### *1. Do some light exercise*

*You might be thinking, “I’m supposed to be relaxing, why do I have to exercise?” Research shows that regular exercise reduces the risks of depression and anxiety, both of which can be associated with stress. It also improves your mood and boosts self-confidence (there’s nothing quite like that feeling of accomplishment after a good workout). But you actually don’t have to do anything intense, taking a walk or going on a run, doing yoga or some light aerobics (just anything to get your heart rate up).*



### *2. Set the mood*

*Someone who intends to relax needs to make sure his surroundings will enable him do so. Start off by decluttering your space – make sure there is nothing in it that would make you*



*begin to think about work. Then, you can turn on some music, dim the lights and light some scented candles, pour yourself a glass of wine, and plop on a comfortable sofa and feel the stress dissolve.*



### *3. Take a nap*

*Nap! Nap!! Nap!!! This cannot be overemphasized, but note that for the nap to be effective, exercise is necessary. As mentioned earlier, sleep is often disrupted by stress, depression and anxiety, all of which can be reversed by regular exercise.*





# Netflix Movies/Series Recommendations

If you've been finding it hard to make a decision on what to watch on Netflix, worry no more. From action to documentaries and romance, this list has something for everyone.



## Action

- *Outer Banks*
- *The Witcher*
- *The Umbrella Academy*



## Anime

- *NiNoKuni*
- *Flavors of Youth*
- *Full Metal Alchemist Brotherhood*

## Sports

- *The Last Dance*
- *Sunderland 'Til I Die*
- *Losers*



### Sci-Fi

- *Annihilation*
- *Arq*
- *Maniac*



### Documentaries

- *What Happened, Miss Simone?*
- *The Edge of Democracy*
- *Feminists: What Were They Thinking?*



### Mystery

- *Murder Mystery*
- *Sherlock Holmes (Sherlock)*
- *The Gift*



### Romance

- *Always Be My Maybe*
- *Isn't It Romantic?*
- *Falling Inn Love*

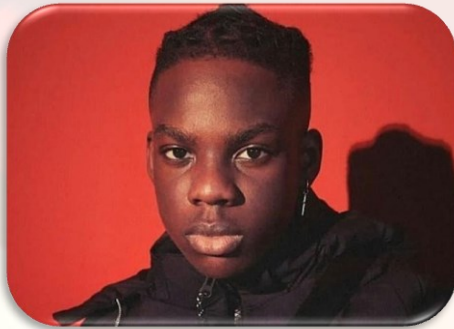
# The Art Scene in Nigeria - Upcoming Nigerian Musicians

*From Nigeria to the world, here are five upcoming artists that are rocking both our speakers and bodies.*

## **Rema**

*Divine*

*Ikubor otherwise known as "Rema" has become the most popular upcoming artist in the Nigerian music industry since his debut in 2019 after his viral freestyle he posted online got him signed by Don Jazzy under Mavin Records. In 2019, he dropped the hit track "Dumebi" which topped the charts and fully brought him to limelight. Later that year, he released*



*his debut Freestyle EP that spent over a month at No.1 on Nigeria's Apple Music charts. Rema also won the award for Headies 2019*

*Next Rated which speaks clearly about how talented he is. So far this year, he also released the singles "Woman" and "Beamer" which have also topped the charts.*

## **Joeboy**

*Joseph Akinwale Akinfenwa, commonly known as "Joeboy" has become a force*

*to reckon with in the music industry. He so far released an EP called "Love & Light" which included songs like "Beginning" and "Baby" that became two of the hottest songs of 2019. The famous Nigerian artist is the first graduate of Mr Eazi's "emPawa" Africa initiative and he is currently under Mr Eazi's record label. Joeboy*

*was nominated in 2019 next rated category of Headies award indi-*

*cating without a doubt that he is one of the upcoming artists of 2020.*





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## **Fireboy**

Fireboy DML, a new artiste under the YBNL record label, has become a familiar name on the lips of many Nigerians because of his unique blend of country and Afro music. Adedamola Adefolahan, or Fireboy, released “Jealous”, “Vibration” and “Scatter” which became hits and made him a famous artist in 2019. He was nominated for the next rated Headies award in 2019. Since then he has released two albums, one in 2019 and in 2020, with songs like “Champion”, “King”, “Eli” and “Spell” that have also caught the ears of many Nigerians.



with DRB Lasgidi. Although her style of music falls outside the mainstream musical trends, her talent is undeniable and has made her one of the notable artists of 2020.

## Honourable Mentions

Oxlade

Buju

WurlD

The Cavemen

Mojo

Aussie Maze

Telz (Co-Producer of Burna Boy’s “Twice as Tall” Album)

## **Tems**

Tems is another artist that has captured the hearts of many Nigerians with her incredible voice and vocal range. Tems, full name Temilade Openiyi, entered the music industry with her debut single “Mr Rebel” which was nominated for 2019 Headies best alternative song and best vocal performance. She has also featured on other hits songs like “Know Your Worth” with Davido & Khalid and Trouble



# Natural Ways to get that Full, Long and Healthy Hair



Every young girl dreams of the Rapunzel kind of hair. While some have it easy, others have to go the extra mile of regular washing, steaming, conditioning among other techniques. The journey to getting that desired long, full and healthy hair at times can seem difficult, but with patience, consistency and commitment, it will surely come true. Below are easy tips for having that desired long, full and healthy hair.

## Watch your diet

The journey begins with your diet. The composition of your meal goes a long way in determining the length and health of your hair. Consumption of food rich in protein and vitamins such as fish, meat, milk, egg, etc. could be a quick fix as they provide the essentials for hair growth.

## Trim your hair regularly

Looking for that long, full and healthy hair? Then, you've got to trim your hair frequently. This may appear counterintuitive, but it ensures that split ends disappear. This prevents breakages and gives your hair the desired look and feel. Trimming of hair can be as frequent as every three months.

## Resist the urge to go blonde

As attractive as blonde hair may look, it could make your desired long, full and healthy hair a mere wish, that might never come true. This is because chemicals (bleach) can damage the cuticle of the hair and cause more breakage.

## Embark on a scalp massage frequently

Often times, we commit too much financial resources to having long and healthy hair,



neglecting the fact that healthy hair growth begins with the scalp. Just like the soil supplies the necessary support for plant growth, the scalp sustains hair growth. Thus embarking on a scalp massage could be the simple way to stimulate hair growth. Massaging increases blood flow to the scalp, boosts the strength of the hair roots, and helps nutrients get to the follicle faster.

### Apply an egg yolk mask

Egg yolk mask is an effective way of preventing hair breakage. Eggs contain lecithin and protein that strengthen, nourish, and heal hair strands. They are also high in sulfur, which can help treat dandruff.

### Ingredients for egg yolk mask

- Two eggs
- Two tablespoons of olive oil
- Half a cup of water
- Shampoo and conditioner



### Procedure

- Mix the eggs with the olive oil
- Add water to dilute the mixture and prevent it from being sticky
- Apply the mask directly to dry and well brushed hair
- Leave it on for about 30 minutes before washing with shampoo and conditioner

### Limit excessive heat drying and styling

Frequent use of dryers and styling irons are recipe for hair breakage as they make the hair dry and brittle. Air-drying of hair appears to be the most efficient way of keeping and ensuring hair growth.

# Old Myths & New Realities

*Living in Nigeria is tough and not just for adults. A Nigerian child is saddled with the responsibility of not bringing shame to the family name as well as deciding which of the numerous myths bandied about to believe. The mentality that the community had parenting rights to a child meant that it was everyone's job to keep you in check. Parents, neighbors and family friends curbed any sign of youthful exorbitance and excesses. This was done using an array of strategies including a beating or by simply instilling fear in the child by telling weird and ludicrous tales/myths/superstitions.*

*Whether these myths had any element of truth or were merely figments of the imaginations of our parents, we believed them growing up! So, let us play a game. We will list some words/phrases and you guess what myths are associated with them:*

*#1: I give birth when rain is falling and the sun is shining at the same time. What am I?*

*The king of the jungle aka a lion!*

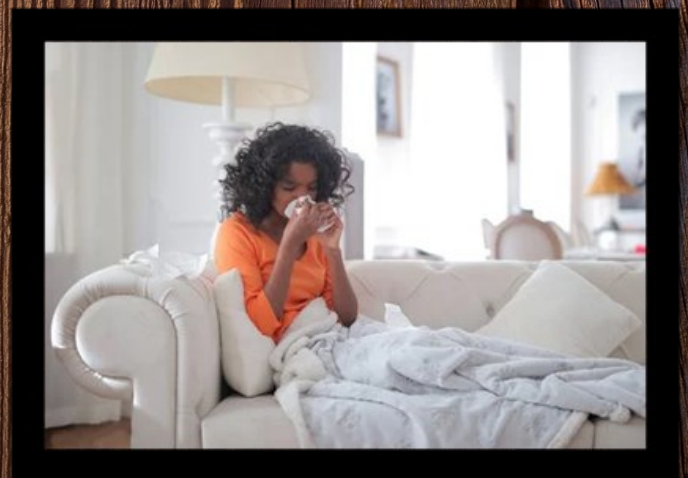
*#2: You should not walk over me when I am pregnant. Why?*

*Because my child might be your doppelgänger, i.e. your look alike.*

*#3: Why am I sneezing repeatedly?*

*Ancient history suggests that it is because someone is thinking/talking about me. We can only hope that they are good thoughts*

*#4: What should I do when I hit my left leg against a stone?*







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*Turn around and go back home because it is an omen that evil spirits are warning me to resist going out that day.*

*#5: You can expect me to show up when your palms become itchy. What am I?*

*The Igbos call me “ego”, Yorubas will say “owo” and the British will simply say money!*

*#6: If I swallow an orange seed, what can I expect to happen to me?*

*The roots and branches will suddenly swell up and burst through my skull and brain making me an orange tree too.*

# Style Tips - Five Ways to Style an Oversized T-shirt

Styling has become an essential part of the everyday look. We have seen fashion trends evolve, particularly the rebirth of trends from the good old days. Typical examples are vintage glasses, flare, boot cut jeans, and most recently oversized wears. Oversized clothes have quickly gone from shabby to chic and have fast taken to the runways. The trend dates as far back as the 1920s and has varied from decade to decade through different style interpretations and themes. Therefore, ladies, be it an extra-large t-shirt you can still put it to good use. So, here are a few style tips to wear an oversized shirt.

## #1: Fashionista with a bang!

Rock your white shirt like the models on the runway.

Pair it with a high waist belt or corset for



that snatched look. Accessorize, style your hair as desired and pick a nice classy heel or knee length boots. With this, you will sure look like a snack the entire day.



## #2: The Boss Chic

Oversize can suit the corporate world if you wear a suit. You can also pair with a blazer and pants of your choice. It also works well with a high-waist straight cotton or leather skirt. Leather pants will also fit this niche. On one hand, if you go with suits/blazer the preferable shoes would be the ox-

ford flats for women while on the other, if you choose skirts, heeled sandals or stilettoes are the perfect choice.

## #3: Go big

Go big or go home! Oversize plus oversize = the perfect mix of comfort and style. If you are adventurous and you

love comfort, you can try this. Maxi skirts

and baggy pants work well in this category. Remember to accessorize with knuckle rings, earrings and any other jewellery of your choice.

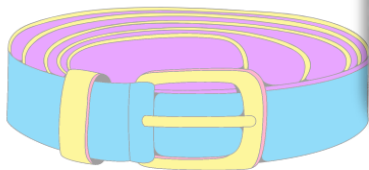
#### **#4: A denim love affair**

You can avocado-pear your baggy shirt with denim for that smooth, buttery and organic look. It could be pants, skirts, shorts or dungarees. Style your hair to your desired taste and accessorize. This could be appropriate for casual outings. Preferably, match with heels or leather boots. One more thing, a red lipstick would be the cherry on the cake!



#### **#5: Pile it on**

Just go all out here! You can go for colour blocking or pair your oversized shirt with a pinafore. You can also go for high waist shorts or overlap with a large coat/baseball shirt. Sneakers and lace up sandals do well here.



# Why Not Own a Plant?

*When you hear the word pet, what typically comes to mind? You probably begin to think of domestic animals like dogs, rabbits, parrots, cats etc. But have you ever thought of owning and nurturing a plant? Animal pets are prohibited in some apartments and communities which could deprive you of the awesomeness of having a pet. Keeping a pet is one of the ways of adding some spice to life and has been found to contribute greatly to one's mental and physical wellbeing. It's wonderful to have something to nurture and cherish giving a feeling of joy and fulfilment. Let's explore some plants you can choose to keep and nurture as a pet.*

- **Coffee plant**

*The Arabian coffee plant makes a wonderful indoor plant which will not only bring nature closer to you but provide you some beans for a quick breakfast coffee on a rainy day. The plant grows well under medium indirect sunlight and should be watered regularly to keep the leaves green and attractive. You want your pet in the best possible state, don't you?*



- **Aloe Vera**

*Aloe Vera is a beautiful plant with great physical appeal adding spark to you home décor. It is an outdoor plant that thrives better in the sun but can also survive as an indoor plant when placed in a spot where it gets indirect light. Interestingly it has a great capacity to retain moisture and so does not require frequent watering. Aloe Vera is a medicinal plant mostly used for cosmetics.*



- *Snake plant*

*This plant is also known as devil's ivy because it finds it difficult to die irrespective of the level of ill treatment it might receive. The snake plant is fine in a moderately*

*lit environment and only requires watering when the soil is dry. It is also a décor friendly plant that can help to illuminate a seemingly boring part of the house like the hallway.*



- *Calathea*

*Calathea belongs to a family of plants known as the prayer plants due to their visible response to light. Prayer plants typically have their leaves spread out during the day in response to light rays and fold up later at night. The calathea does not like the sun and only needs enough water to keep it moist. This plant is particularly attractive due to its marked and sometimes colourful (depending on the species) leaves.*

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